

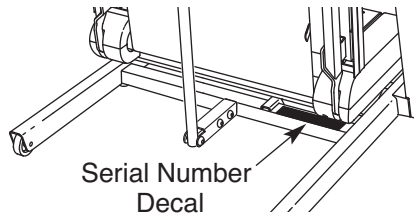
PRO-FORM[®]

1095 ZLT

Model No. PETL71709.0

Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009

From Ireland: 053 92 36102

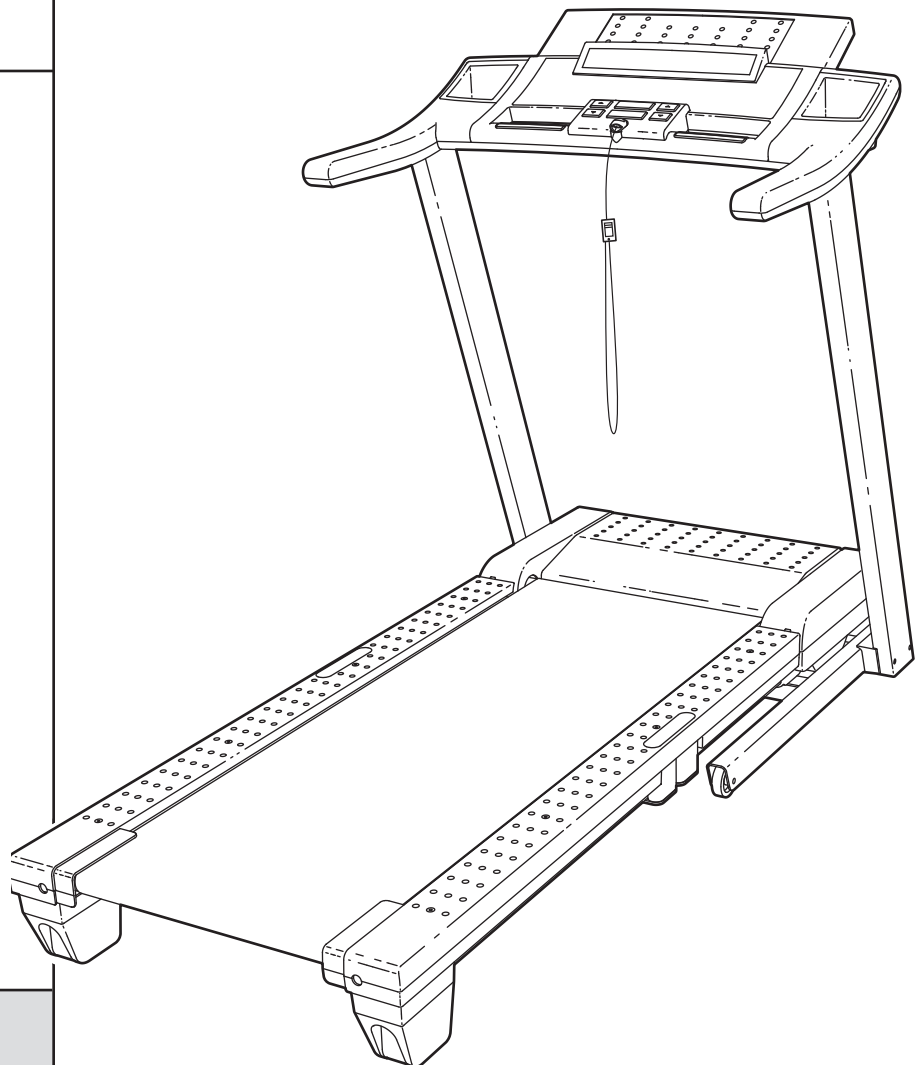
E-mail: www.iconsupport.eu

Write:

ICON Health & Fitness, Ltd.
c/o HI Group PLC, Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

In Australia:

Please contact the store where you purchased this product.



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

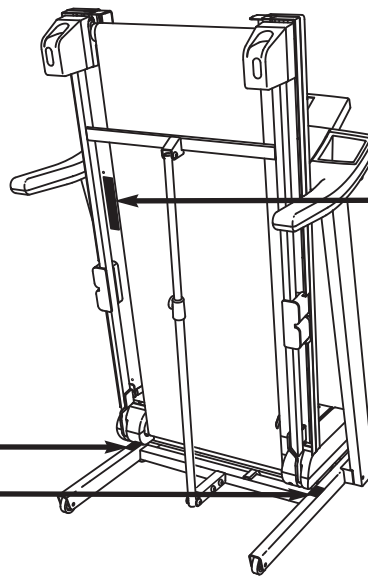
www.iconeurope.com

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WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note:** The decals may not be shown at actual size.



WARNING:
 Protect yourself and others from risk of serious injury. Read the user's manual and :

-  *Stand only on the side rails when starting or stopping treadmill.
- *Change speed in small increments.
- *Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- *Stop if you feel faint, dizzy, or short of breath.
- *Fully engage storage latch before treadmill is moved or stored.
- *Reduce incline to its lowest level before folding treadmill into storage position.
-  *Never allow children on or around treadmill.
- *Remove key when not in use.
-  *Keep clothing, fingers, and hair away from moving belt.
- *Never try to adjust or fix the belt while it is moving.
-  *Always wear athletic shoes while operating treadmill.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 286 lbs. (130 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 11), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.
12. If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m.
13. Keep the power cord away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 19 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 17.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is fully closed.
22. Never insert any object into any opening on the treadmill.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
25. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.
26. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

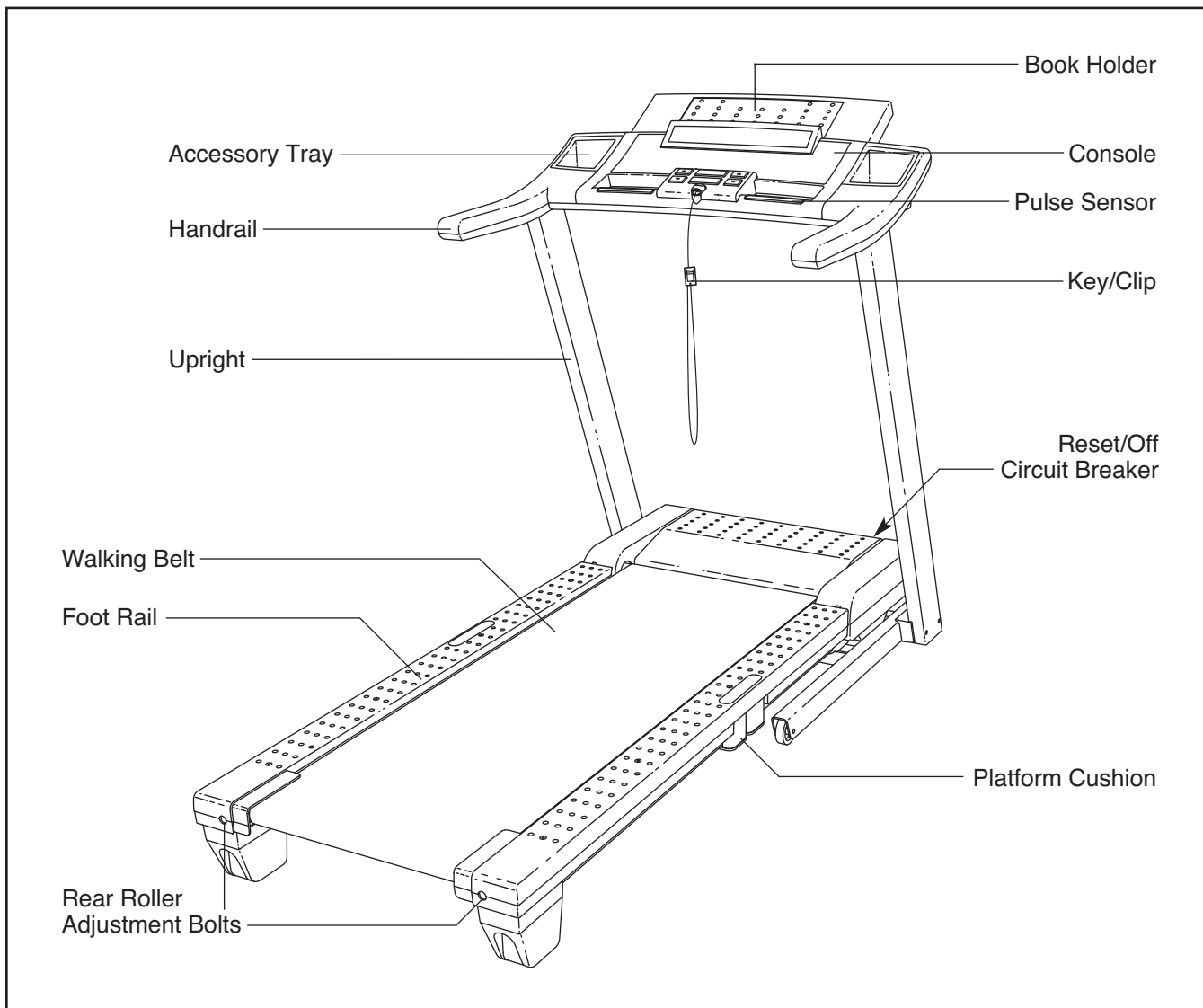
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 1095 ZLT treadmill. The 1095 ZLT treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-

ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

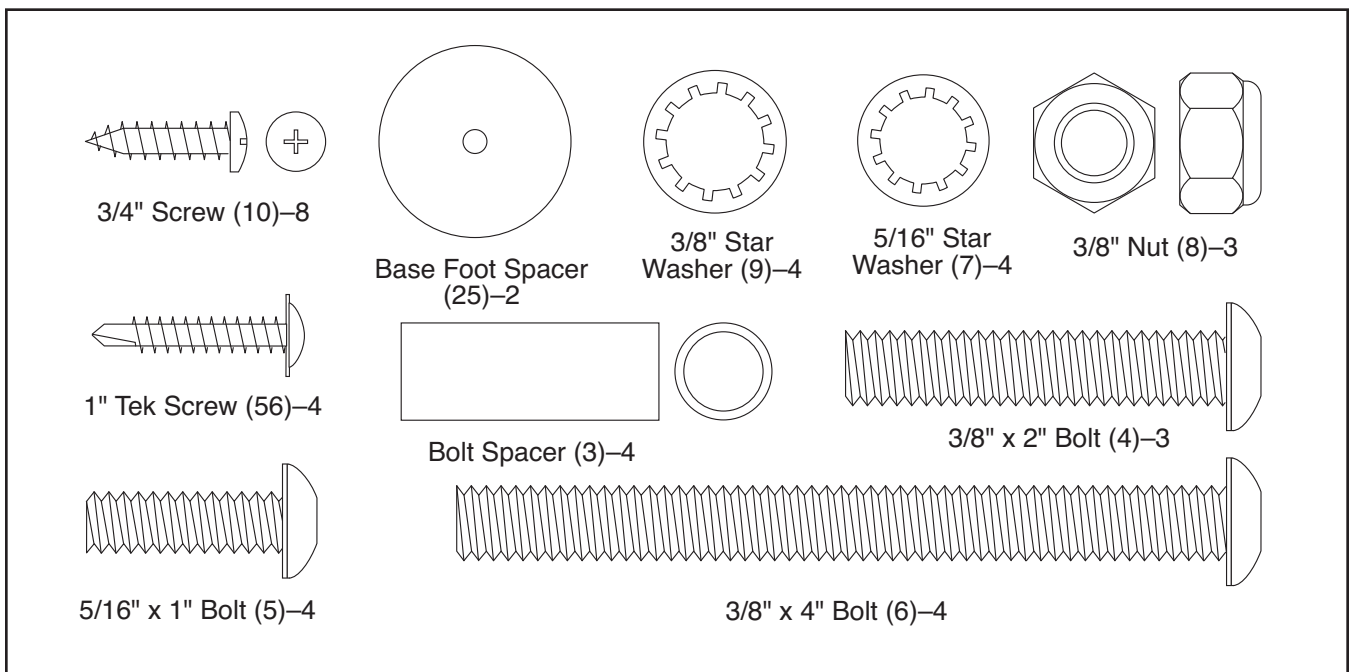


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

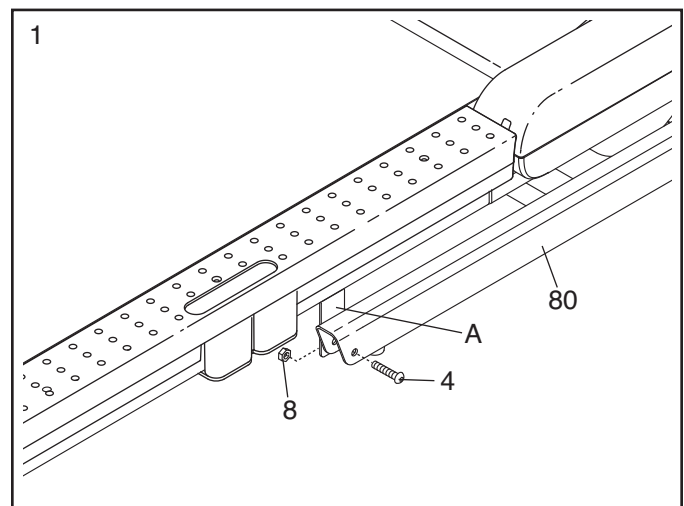
Assembly requires the included hex key  and your own Phillips screwdriver  and adjustable wrench .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**



1. Make sure that the power cord is unplugged.

Remove the 3/8" Nut (8), the 3/8" x 2" Bolt (4), and the shipping bracket (A) from the Base (80). **Repeat this step on the other side of the treadmill.** Discard the shipping brackets. The Nuts and Bolts will be used later.

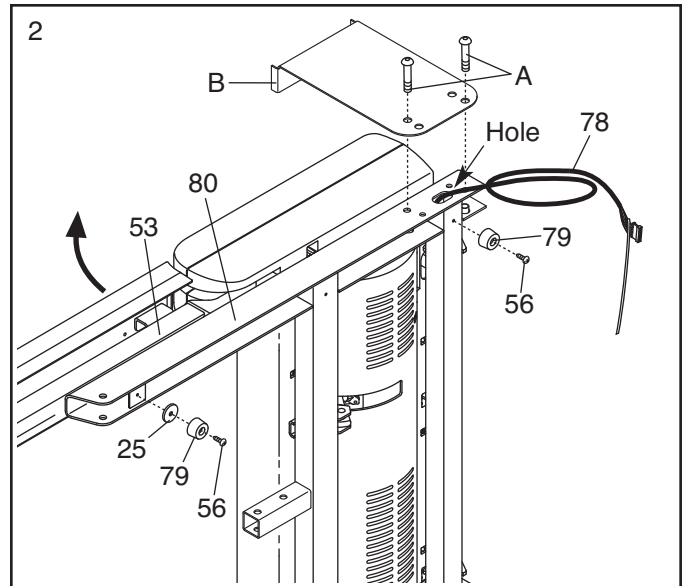


- With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (53) so that the treadmill is more stable; **do not fully fold the Frame yet.**

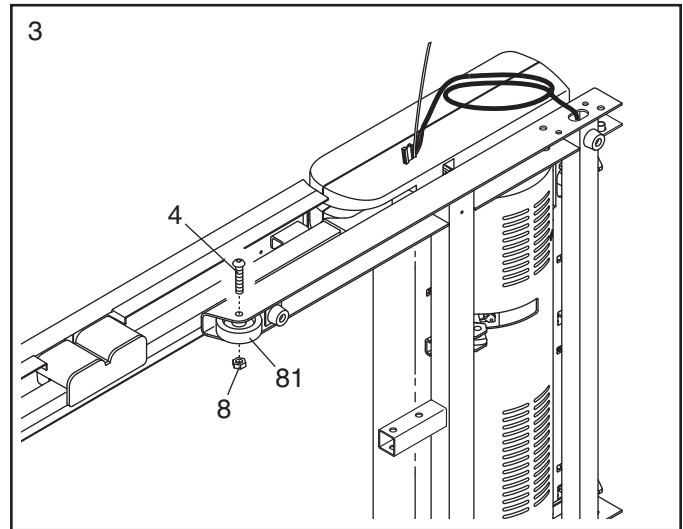
Remove and discard the two indicated bolts (A) and the shipping bracket (B).

Cut the shipping tie securing the Upright Wire (78) to the Base (80). Locate a plastic tie in the indicated hole in the Base, and use the tie to pull the Upright Wire out of the hole.

Attach a Base Foot (79) to the Base (80) in the location shown with a Base Foot Spacer (25) and a 1" Tek Screw (56). Then, attach another Base Foot (79) with only a 1" Tek Screw (56).

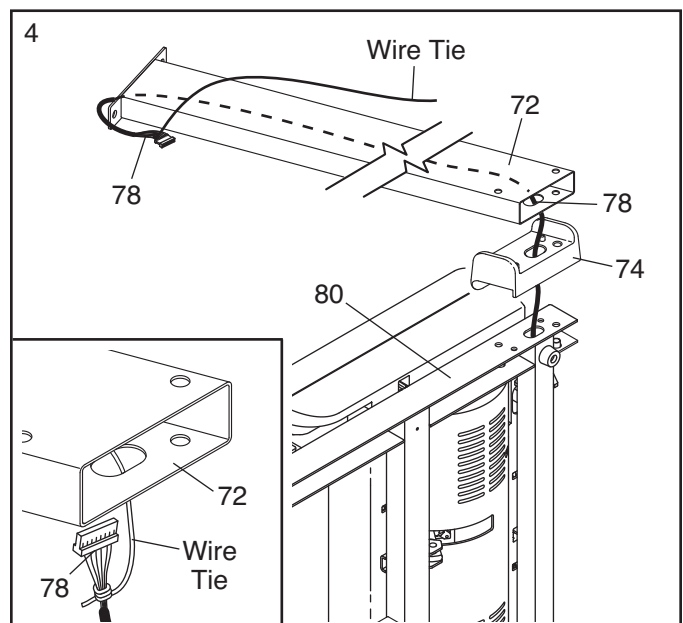


- Attach a Base Wheel (81) with the 3/8" x 2" Bolt (4) and the 3/8" Nut (8) that you removed in step 1. **Do not overtighten the Nut; the Base Wheel must turn freely.**



- Identify the Right Upright (72) and the Right Upright Spacer (74), which are marked with "Right" stickers. Insert the Upright Wire (78) through the Right Upright Spacer as shown. Set the Right Upright Spacer on the Base (80).

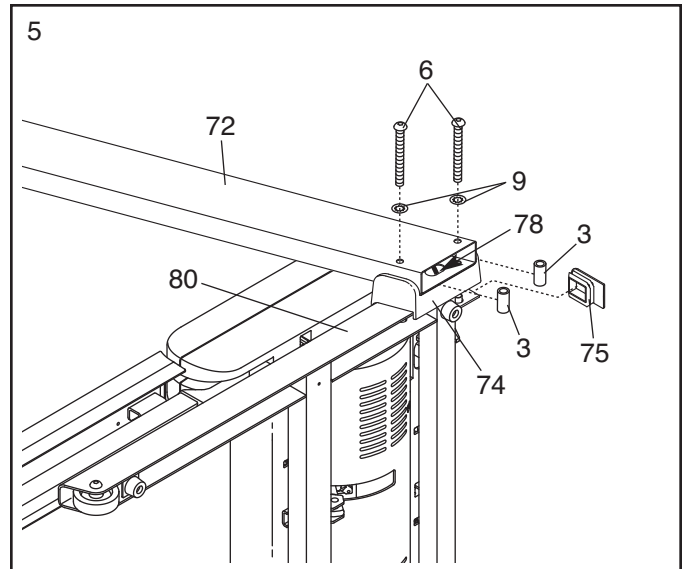
With the help of a second person, hold the Right Upright (72) near the Base (80). **See the inset drawing.** Tie the wire tie in the Right Upright securely around the end of the Upright Wire (78). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.



5. Hold a Bolt Spacer (3) inside the lower end of the Right Upright (72). Insert a 3/8" x 4" Bolt (6) with a 3/8" Star Washer (9) into the Right Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (3), 3/8" x 4" Bolt (6), and 3/8" Star Washer (9).**

Hold the Right Upright (72) against the Right Upright Spacer (74). **Be careful not to pinch the Upright Wire (78).** Tighten the 3/8" x 4" Bolts (6) until the heads of the Bolts touch the Right Upright; **do not fully tighten the Bolts yet.**

Press a Base Cap (75) into the Base (80).

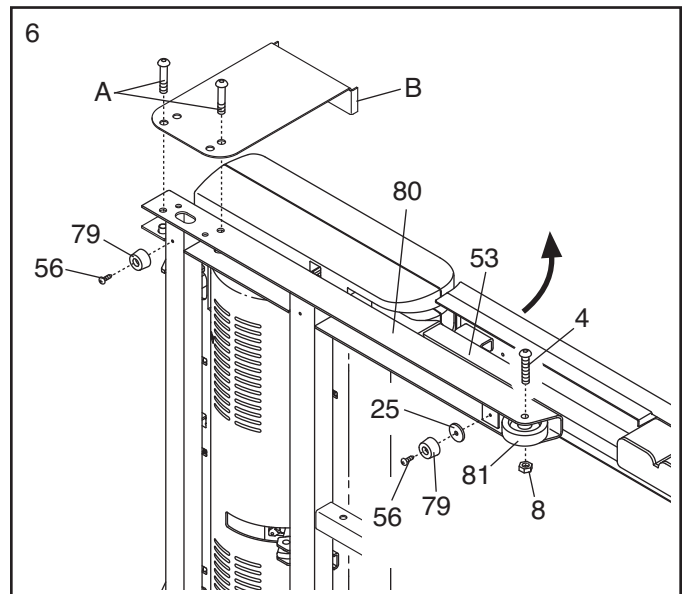


6. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (53) so the treadmill is more stable; **do not fully fold the Frame yet.**

Remove and discard the two indicated bolts (A) and the shipping bracket (B).

Attach a Base Foot (79) to the Base (80) in the location shown with a Base Foot Spacer (25) and a 1" Tek Screw (56). Then, attach another Base Foot (79) with only a 1" Tek Screw (56).

Attach a Base Wheel (81) with the 3/8" x 2" Bolt (4) and the 3/8" Nut (8) that you removed in step 1. **Do not overtighten the Nut; the Base Wheel must turn freely.**

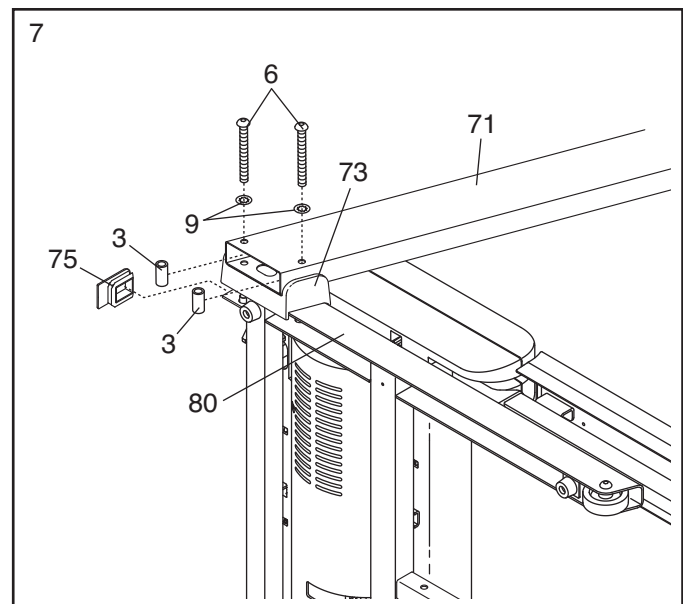


7. With the help of a second person, hold a Bolt Spacer (3) inside the lower end of the Left Upright (71). Insert a 3/8" x 4" Bolt (6) with a 3/8" Star Washer (9) into the Left Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (3), 3/8" x 4" Bolt (6), and 3/8" Star Washer (9).**

Orient the Left Upright (71) and the Left Upright Spacer (73) as shown. Hold the Left Upright Spacer and the Left Upright against the Base (80). Tighten the 3/8" x 4" Bolts (6) until the heads of the Bolts touch the Left Upright; **do not fully tighten the Bolts yet.**

Press a Base Cap (75) into the Base (80).

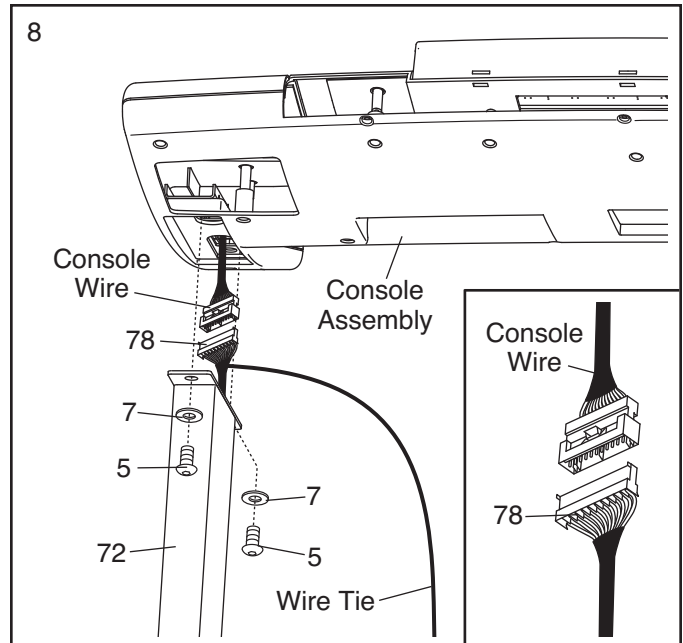
With the help of a second person, tip the treadmill so that the Base (80) is flat on the floor.



8. Have a second person hold the console assembly near the Right Upright (72).

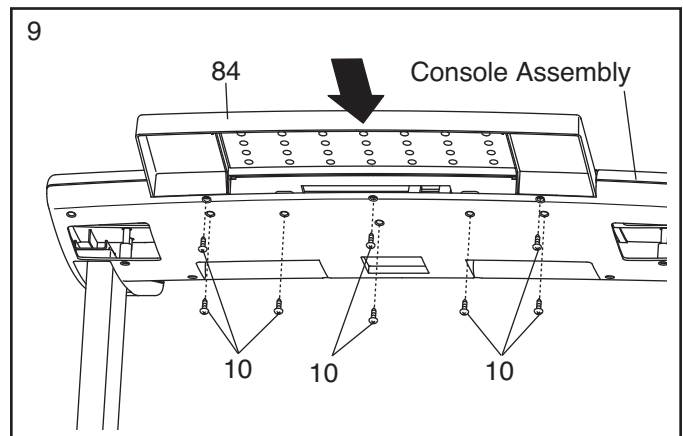
Connect the Upright Wire (78) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Remove the wire tie from the Upright Wire. Then, insert the connectors into the Right Upright (72).

Set the console assembly on the Right Upright (72) and the Left Upright (not shown). Attach the console assembly with four 5/16" x 1" Bolts (5) and four 5/16" Star Washers (7) (only two are shown); **start all four Bolts before tightening any of them.**

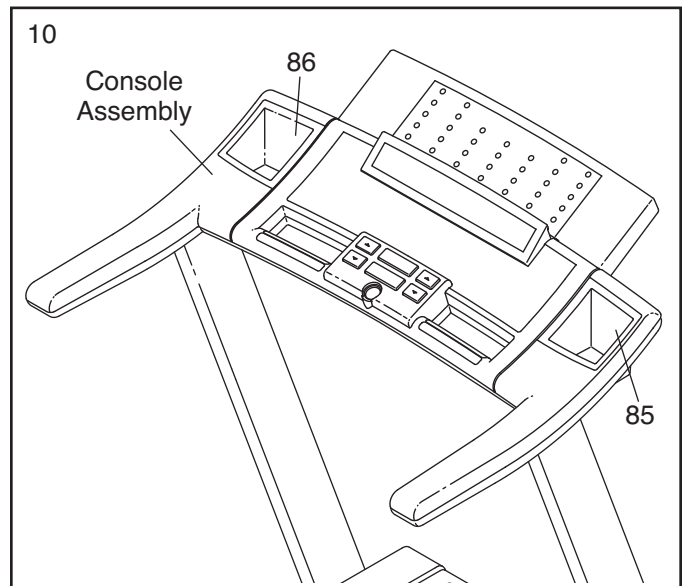


9. Insert the Book Rack (84) into the console assembly; it may be helpful to rock the Book Rack up and down as you insert it. Attach the Book Rack with eight 3/4" Screws (10); **start all eight Screws before tightening any of them.**

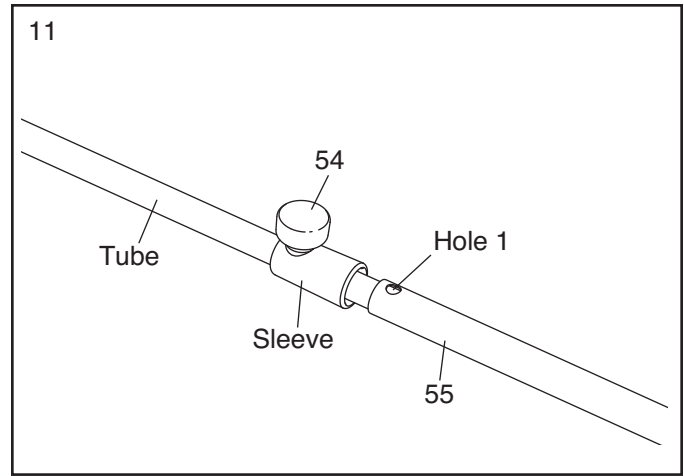
See steps 5 and 7. Tighten the 3/8" x 4" Bolts (6).



10. If necessary, press the Left Tray (86) and the Right Tray (85) into the top of the console assembly.



11. Identify the Storage Latch (55). Remove the tie from the end of the tube. Make sure that the sleeve has been slid over hole 1 and that the Latch Knob (54) is locked into hole 1. **Pull on the sleeve to make sure that it is locked into place.**

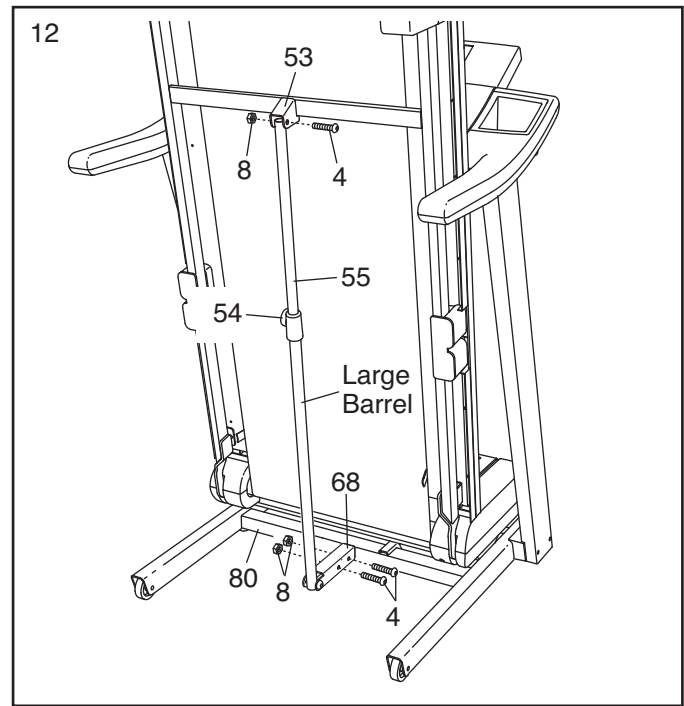


12. Raise the Frame (53) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Latch Assembly (55) so that the large barrel and the Latch Knob (54) are in the positions shown. Attach the Latch Bracket (68) to the bracket on the Base (80) with two 3/8" x 2" Bolts (4) and two 3/8" Nuts (8).

Attach the upper end of the Latch Assembly (55) to the bracket on the Frame (53) with a 3/8" x 2" Bolt (4) and a 3/8" Nut (8). Note: It may be necessary to move the Frame back and forth to align the Latch Assembly with the bracket.

Lower the Frame (53) (see HOW TO LOWER THE TREADMILL FOR USE on page 18).



13. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 20 and 21).

OPERATION AND ADJUSTMENT

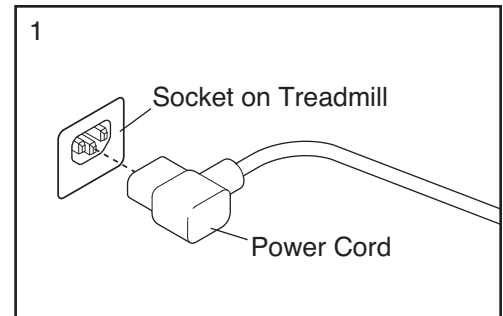
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

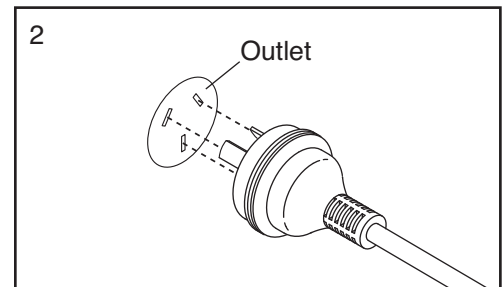
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



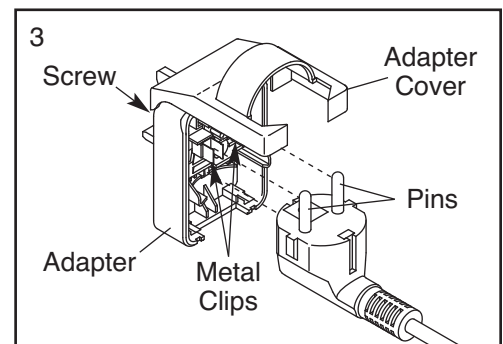
HOW TO PLUG IN THE POWER CORD IN AUSTRALIA

See drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**

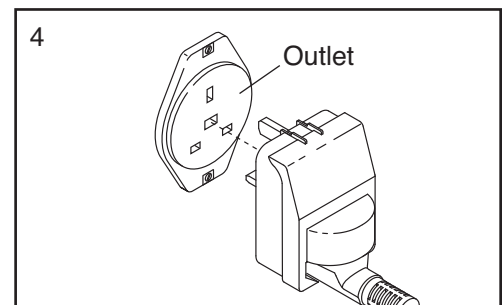


HOW TO PLUG IN THE POWER CORD IN THE UK

See drawing 3. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

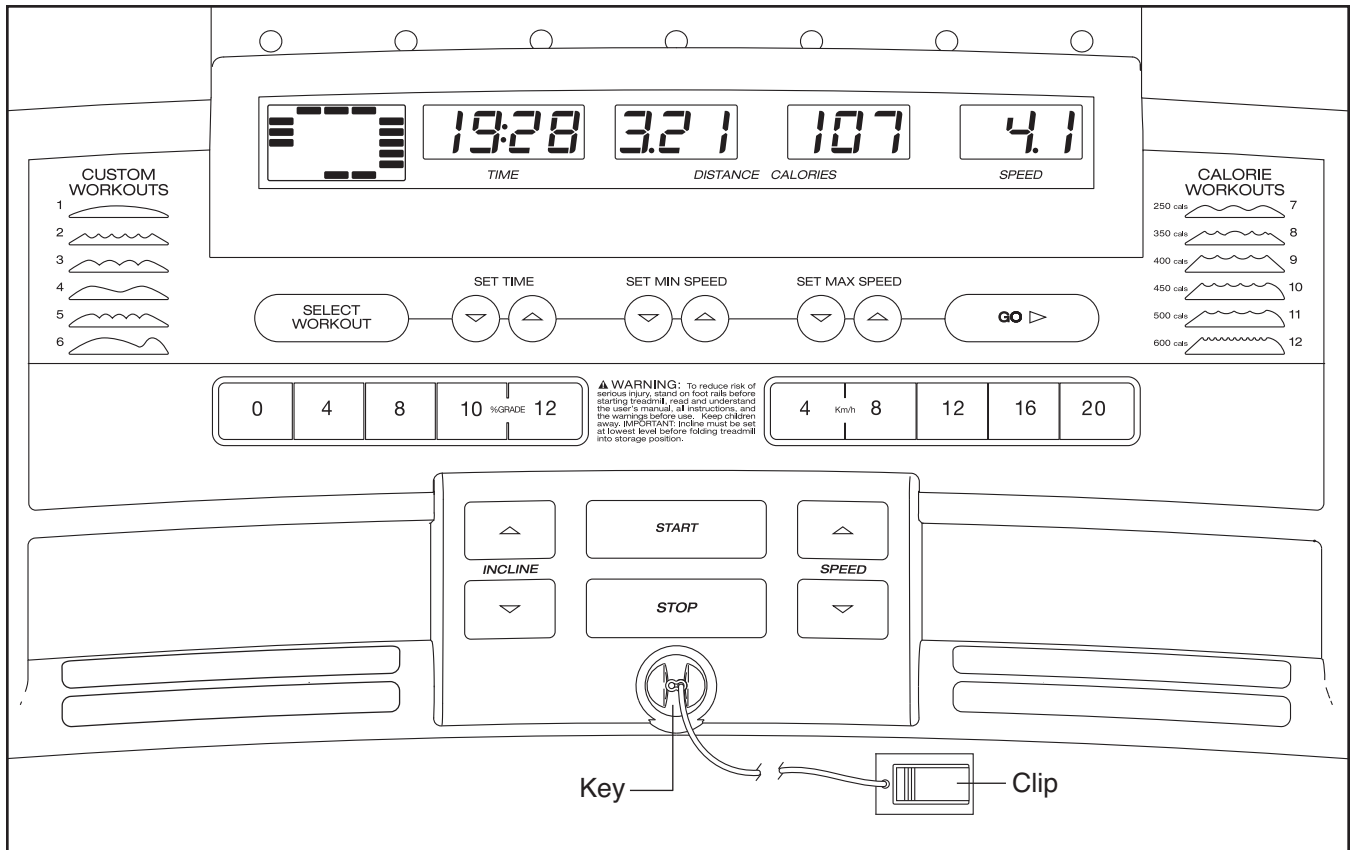


See drawing 4. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable.

When the manual mode of the console is selected, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor.

In addition, the console offers twelve preset workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

To turn on the power, see page 13. **To use the manual mode**, see page 13. **To use a preset workout**, see page 15. **To use the information mode**, see page 16.

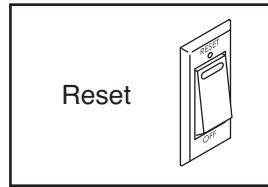
IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 21).

Note: The console can display speed and distance in either kilometers or miles. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 16. For simplicity, all instructions in this section refer to kilometers.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 16 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 12) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

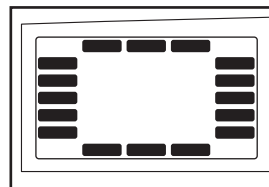
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2. Select the manual mode.

When the key is inserted, the manual mode will be selected and a track will appear in the matrix. If a preset workout has been selected, remove the key and then reinsert it.



3. Start the walking belt.

To start the walking belt, press the Start button, the Go button, the Speed increase button, or one of the speed buttons numbered 4 through 20.

If you press the Start button, the Go button, or the Speed increase button, the walking belt will begin to move at 2 km/h. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 km/h; if you hold down a button, the speed setting will change in increments of 0.5 km/h. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the numbered speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Go button, the Speed increase button, or one of the speed buttons numbered 4 through 20.

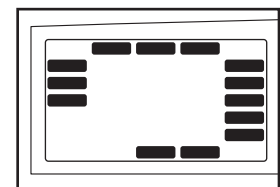
4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered incline buttons. Each time you press the Incline increase or decrease button, the incline will change by 0.5 percent. If you press one of the numbered incline buttons, the treadmill will adjust to the selected incline setting. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.



5. Monitor your progress with the matrix and the displays.

The matrix—When the manual mode is selected, the matrix will display a 402 meter (1/4-mile) track. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



Time display—When the manual mode is selected, this display will show the elapsed time. When a workout is selected, the display will show the time remaining in the workout rather than the elapsed time.



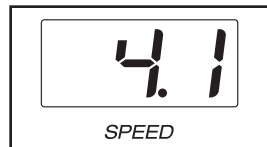
Distance/Incline display—This display shows the distance that you have walked or run. Note: Each time the incline changes, the display will show the incline setting for several seconds.



Calories/Pulse display—This display shows the approximate number of calories you have burned. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor (see step 6).



Speed display—This display shows the speed of the walking belt.



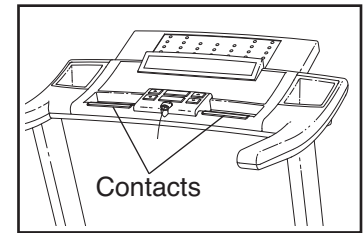
To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6. Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same

time, the console will not display your heart rate accurately. For information on the optional chest pulse sensor, see page 16.

Before using the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts on the pulse bar. In addition, make sure that your hands are clean.



To use the handgrip pulse sensor, **stand on the foot rails** and hold the pulse bar with your palms on the metal contacts. **Avoid moving your hands.** When your pulse is detected, two dashes (--) will appear in the Calories/Pulse display, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

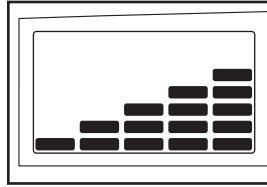
1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Select a preset workout.

To select a preset workout, press the Select Workout button repeatedly.

When a preset workout is selected, the minimum speed setting of the workout will appear in the Distance/Incline display, the maximum speed setting will appear in the Calories/Pulse display, and the workout time will appear in the Time display. In addition, a profile of the speed settings of the workout will scroll across the matrix.



3. Customize your workout if desired.

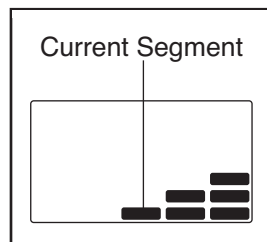
You can change the length of the workout, the minimum speed setting of the workout, and/or the maximum speed setting of the workout before you begin. To customize your workout, press the Set Time, the Set Min Speed, and/or the Set Max Speed increase and decrease buttons. The new workout settings will appear in the displays.

4. Start the walking belt.

Press the Start button or the Go button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each workout is divided into 30 one-minute segments, unless you have changed the length of the program (see step 3). One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates



the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and/or incline settings is programmed for the next segment, the speed and/or incline settings will flash in the display to alert you. The treadmill will automatically adjust to the new speed and/or incline settings.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Go button. The walking belt will begin to move at 2 km/h. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

5. Monitor your progress with the matrix and the displays.

See step 5 on pages 13 and 14.

6. Measure your heart rate if desired.

See step 6 on page 14.

7. When you are finished exercising, remove the key from the console.

See step 7 on page 14.

THE INFORMATION MODE

The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to switch the console from kilometers to miles. In addition, the information mode allows you to turn on and turn off the display demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop button. When the information mode is selected, the following information will be shown:

An "M" for metric kilometers or "E" for English miles will appear in the Calories/Pulse display. Press the Speed increase button to change the unit of measurement if desired.



The Distance/Incline display will show the total number of kilometers (or miles) that the walking belt has moved.



The Time display will show the total number of hours the treadmill has been used.



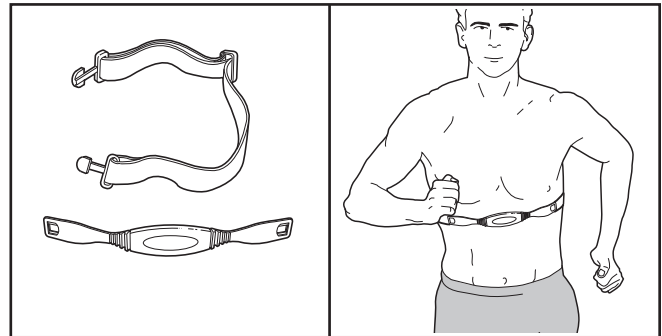
The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the speed display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.



To exit the information mode, remove the key from the console.

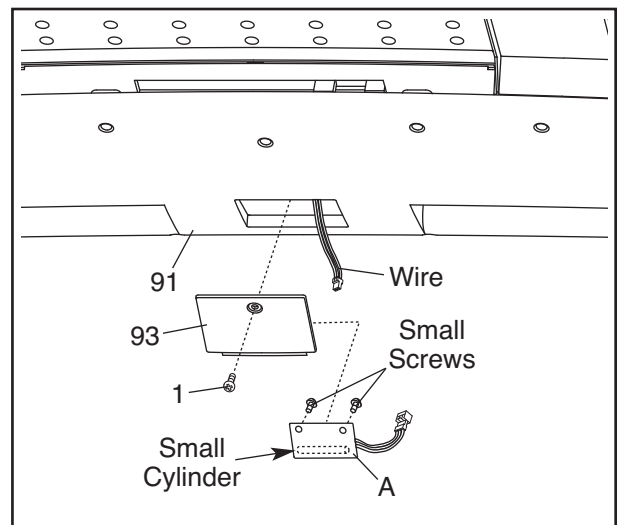
THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**



If you purchase the optional chest pulse sensor, follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated 1/2" Screw (1) and the Access Door (93) from the Console Back (91).



2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Back (91). **Hold the receiver so the small cylinder is oriented as shown and is facing the Console Back.** Attach the receiver to the plastic posts on the Access Door (93) with the two included small screws.
3. **Make sure that no wires are pinched.** Reattach the Access Door (93) with the 1/2" Screw (1). Discard the other wires included with the receiver.

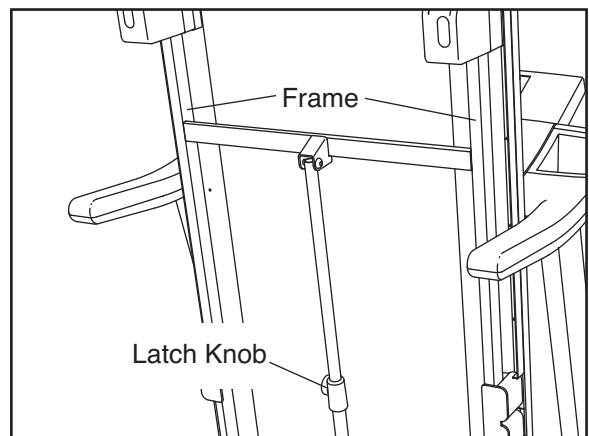
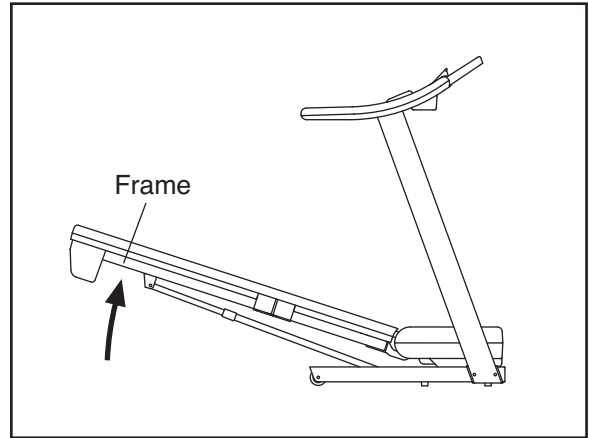
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame. Raise the frame about halfway to the vertical position.
2. Raise the frame until the latch knob locks into the storage position. Make sure that the latch knob is locked in the storage position.

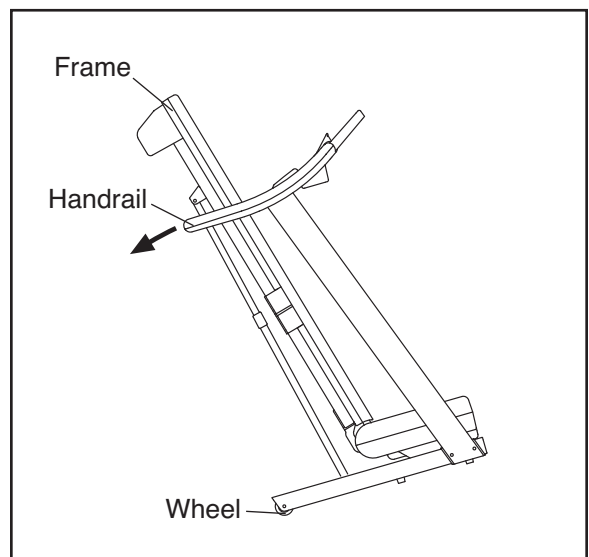
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

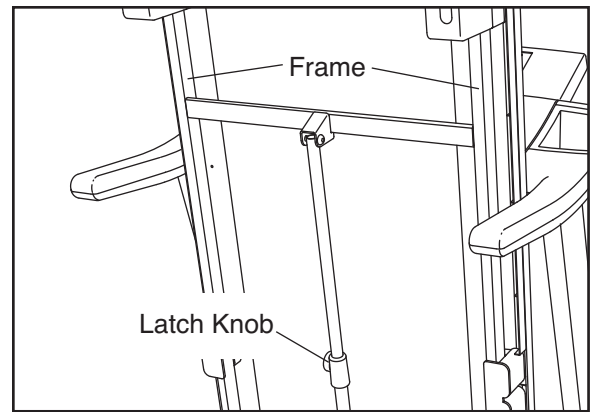
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold a handrail and the frame and place one foot against one of the wheels.
2. Tip the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

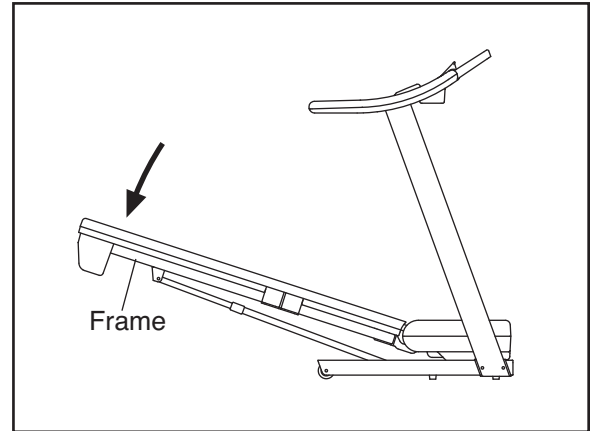


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.



2. Hold the metal frame firmly with both hands and lower it to the floor. **CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**



TROUBLESHOOTING

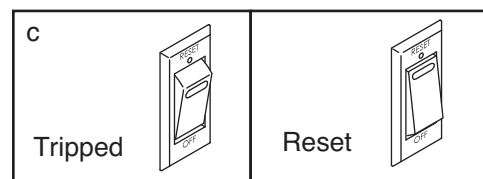
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call the telephone number listed on the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 11.) If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

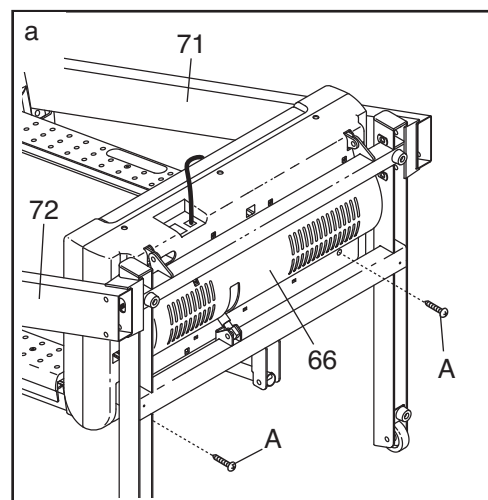
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The console displays remain lit when you remove the key from the console

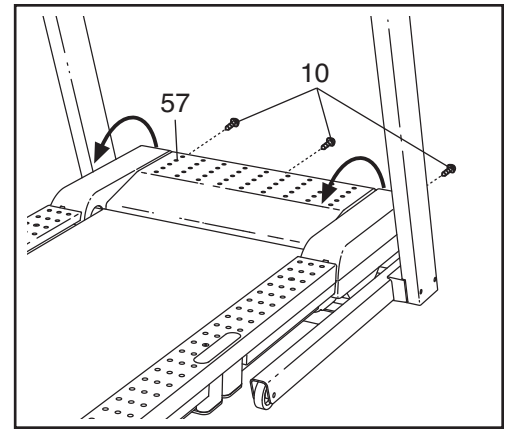
SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 16 to turn off the demo mode.

PROBLEM: The displays of the console do not function properly

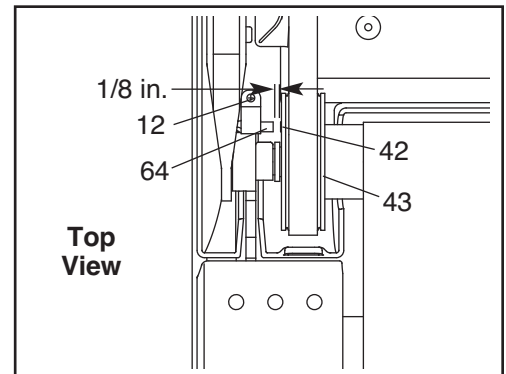
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. With the help of a second person, carefully tip the Uprights (71, 72) down. There may be two hood screws (A) in the bottom of the Belly Pan (66). If there are, remove them. Then, raise the Uprights. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required.



Remove the three 3/4" Screws (10) and carefully pivot the Motor Hood (57) off.



Locate the Reed Switch (64) and the Magnet (42) on the left side of the Pulley (43). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the Reed Switch Screw (12), move the Reed Switch slightly, and then retighten the Screw. Then, reattach the Motor Hood (not shown). Reattach the Hood Screws (not shown), if necessary. Raise the Uprights. Run the treadmill for a few minutes to check for a correct speed reading.



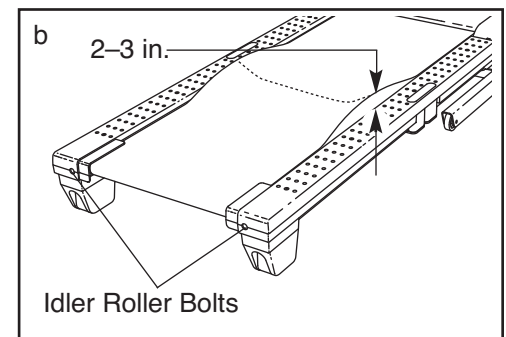
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

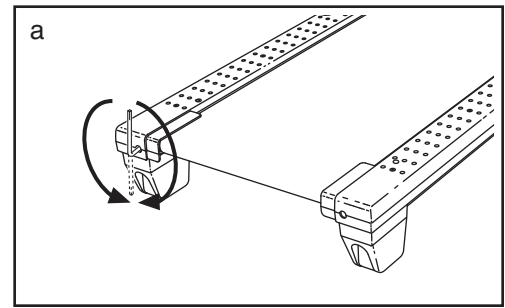
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



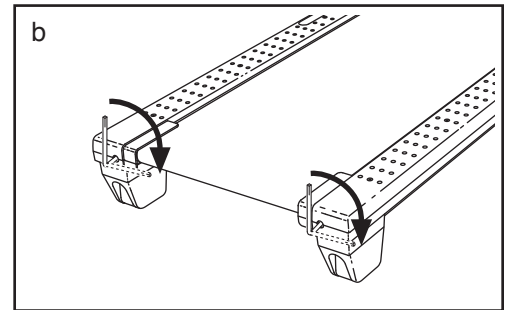
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠️ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PETL71709.0

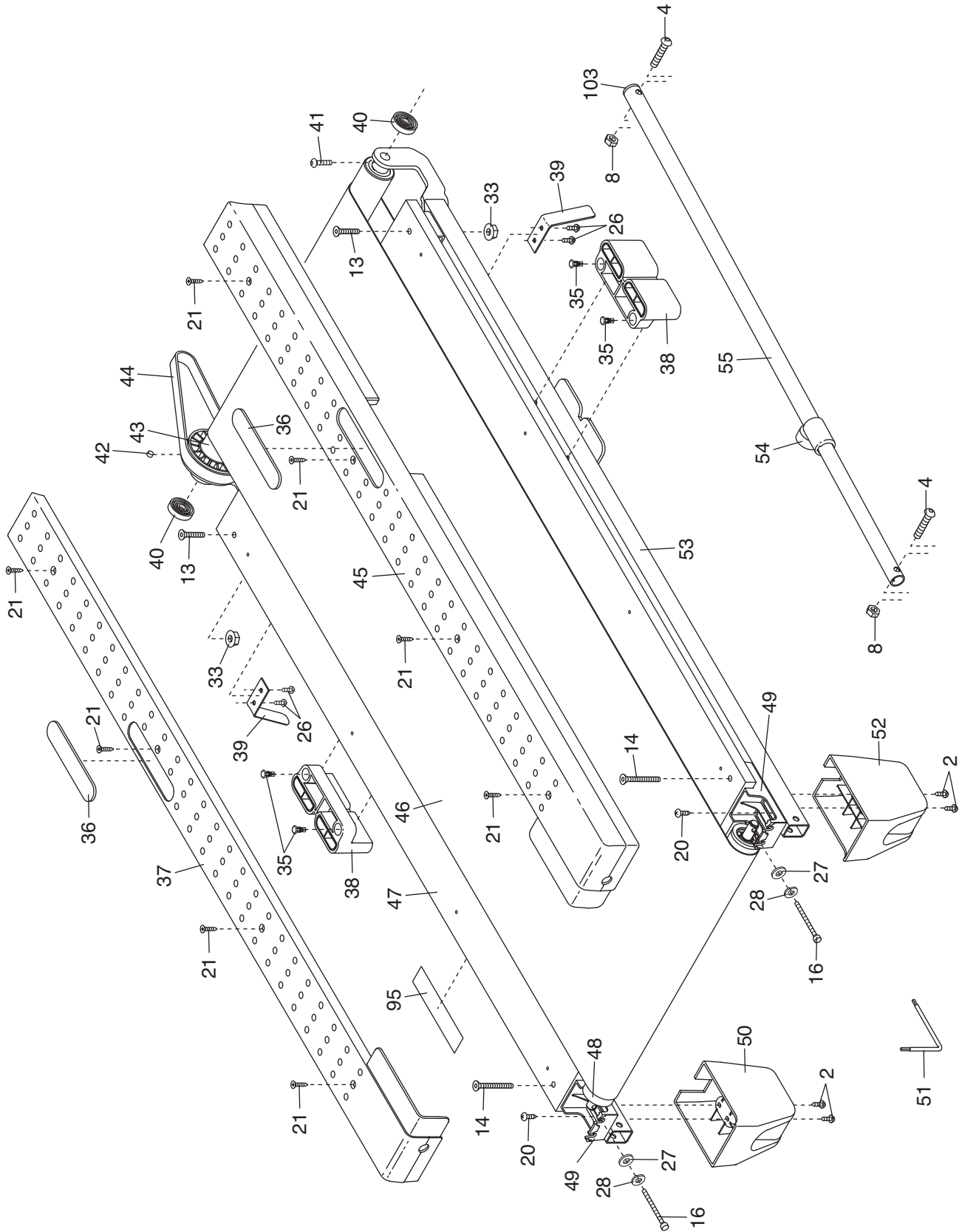
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	7	1/2" Screw	59	1	Drive Motor Isolator
2	9	3/4" Tek Screw	60	1	Drive Motor
3	4	Bolt Spacer	61	1	Lift Frame
4	6	3/8" x 2" Bolt	62	2	Drive Motor Bushings
5	4	5/16" x 1" Bolt	63	1	Rear Roller Ground Wire
6	4	3/8" x 4" Bolt	64	1	Reed Switch
7	4	5/16" Star Washer	65	1	Reed Switch Clamp
8	8	3/8" Nut	66	1	Belly Pan
9	4	3/8" Star Washer	67	1	Reset/Off Circuit Breaker
10	24	3/4" Screw	68	1	Latch Bracket
11	3	Lift Frame Wire Tie	69	1	Power Cord
12	1	Reed Switch Screw	70	1	Controller
13	2	5/16" x 1 1/4" Bolt	71	1	Left Upright
14	2	M8 x 90mm Bolt	72	1	Right Upright
15	2	3/8" x 1" Patch Bolt	73	1	Left Upright Spacer
16	2	Idler Roller Bolt	74	1	Right Upright Spacer
17	1	3/8" x 1 3/4" Bolt	75	2	Base Cap
18	1	3/8" x 1 1/2" Bolt	76	2	Caution Decal
19	2	3/8" x 1" Bolt	77	1	Incline Motor
20	13	1/2" Ground Screw	78	1	Upright Wire
21	8	1 1/4" Screw	79	4	Base Foot
22	2	1/4" Motor Bolt	80	1	Base
23	1	#8 x 3/4" Ground Bolt	81	2	Base Wheel
24	1	#8 Nut	82	1	Releasable Tie
25	2	Base Foot Spacer	83	7	Cable Tie
26	4	Belt Guide Screw	84	1	Book Rack
27	2	1/4" Flat Washer	85	1	Right Tray
28	2	1/4" Split Washer	86	1	Left Tray
29	2	#8 Star Washer	87	1	Console
30	1	Power Cord Adapter	88	1	Key/Clip
31	2	3/8" Incline Motor Nut	89	1	Console Base
32	1	Electronics Bracket	90	1	Console Ground Wire
33	2	5/16" Nut	91	1	Console Back
34	3	Hood Clip	92	1	Left Grip Bracket
35	4	Cushion Fastener	93	1	Access Door
36	2	Foot Rail Decal	94	1	Right Grip Bracket
37	1	Left Foot Rail	95	1	Latch Warning Decal
38	2	Platform Cushion	96	1	Lift Motor Spacer
39	2	Belt Guide	97	1	15 1/2" Wire Tie
40	2	Frame Spacer	98	1	Filter
41	1	1/4" x 1" Bolt	99	1	Controller Ground Wire
42	1	Magnet	100	1	Receptacle
43	1	Drive Roller/Pulley	101	1	Transformer
44	1	Drive Belt	102	1	Wire Clamp
45	1	Right Foot Rail	103	1	Latch Cap
46	1	Walking Belt	104	1	Incline Motor Wire
47	1	Walking Platform	*	—	8" Green/Yellow Wire, F/Ring
48	1	Idler Roller	*	—	4" Green/Yellow Wire w/Decal
49	2	Idler Roller Bracket	*	—	4" Black Wire, F/F
50	1	Left Rear Foot	*	—	4" Black Wire, M/F
51	1	Hex Key	*	—	10" Blue Wire, M/F
52	1	Right Rear Foot	*	—	10" Blue Wire, 2F
53	1	Frame	*	—	8" White Wire, F/F
54	1	Latch Knob	*	—	4" Red Wire, M/F
55	1	Storage Latch	*	—	User's Manual
56	4	1" Tek Screw			
57	1	Motor Hood			
58	1	Lift Frame Ground Wire			

Specifications are subject to change without notice.
*These parts are not illustrated.

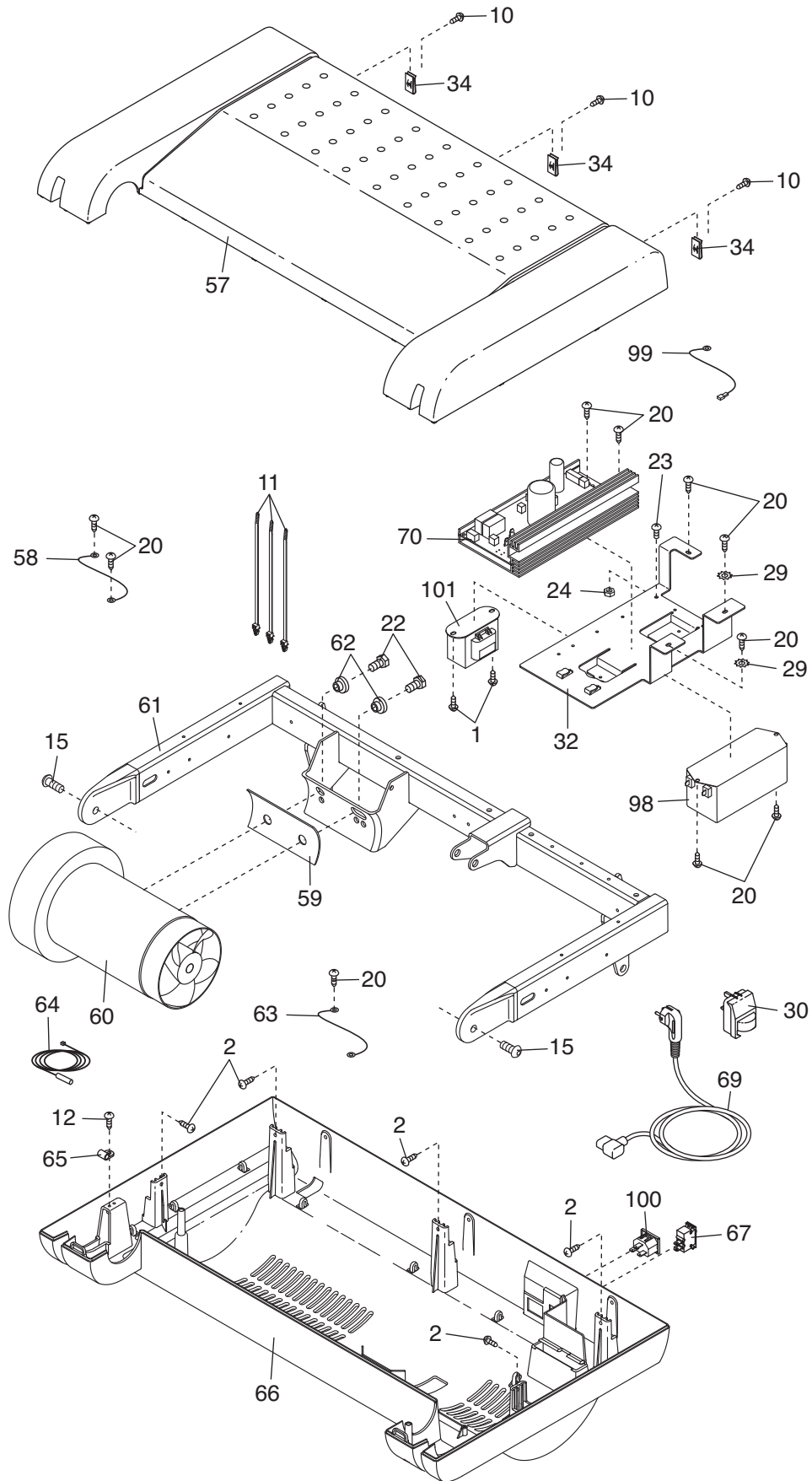
EXPLODED DRAWING A—Model No. PETL71709.0

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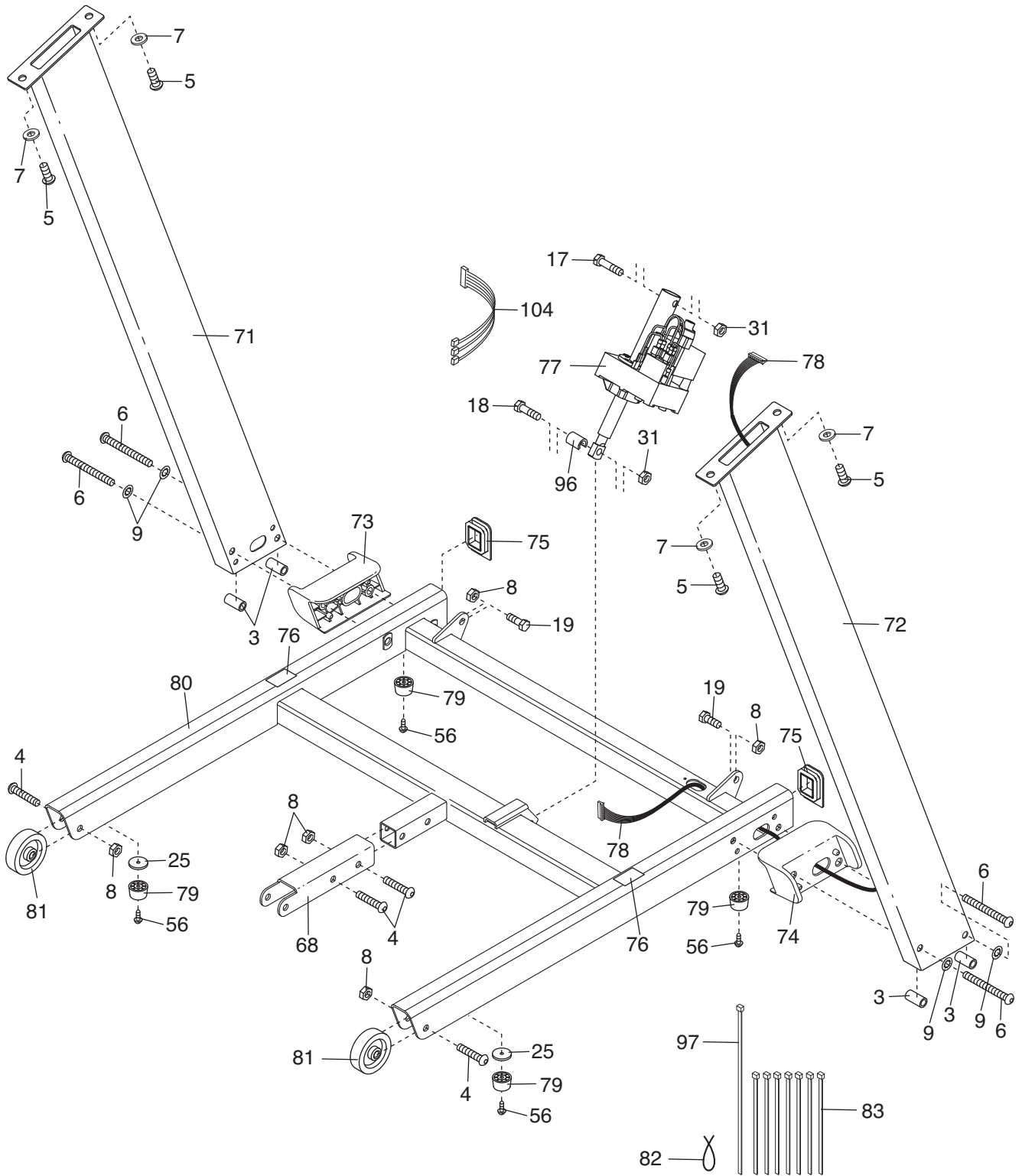
EXPLODED DRAWING B—Model No. PETL71709.0

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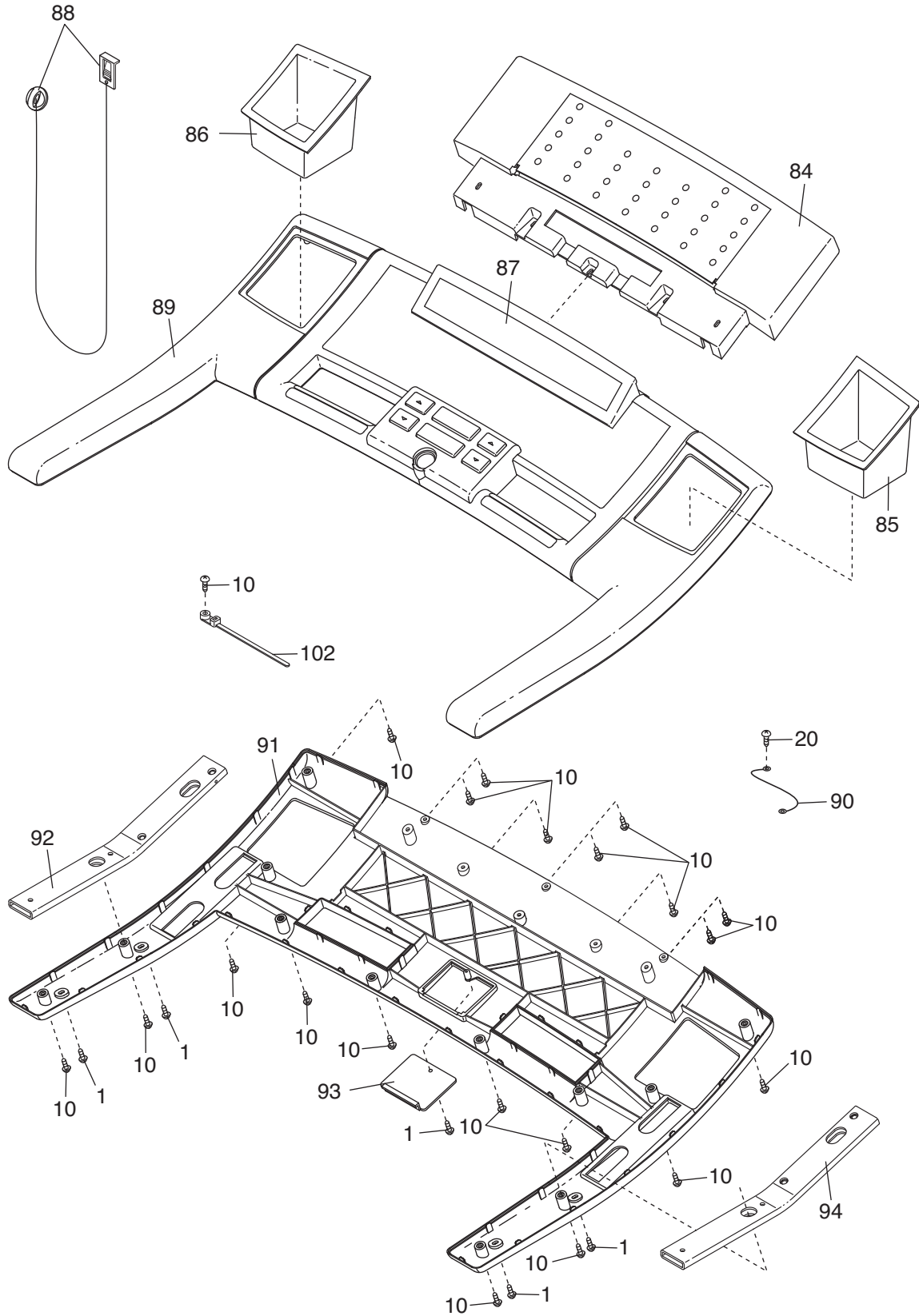
EXPLODED DRAWING C—Model No. PETL71709.0

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EXPLODED DRAWING D—Model No. PETL71709.0

R0110A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

