PRO-FORM PF 3.6

USER'S MANUAL

Model No. PETL40507.0

Serial No. _____

Write the serial number in the space above for future reference.
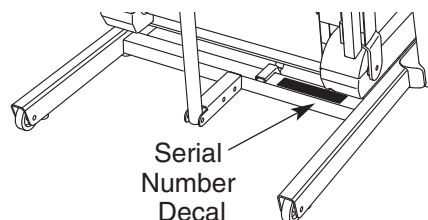
Serial
Number
Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

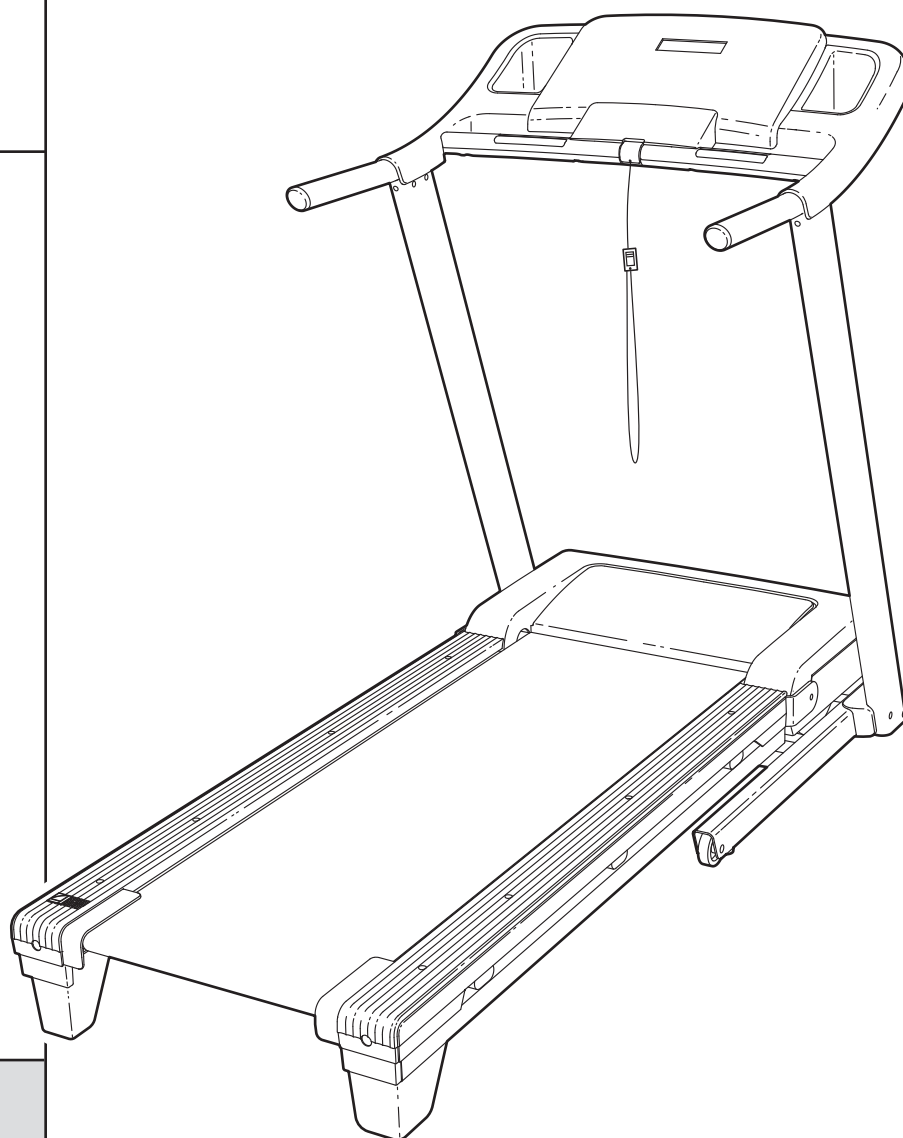**E-mail: csuk@iconeurope.com**

Write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

⚠ CAUTION

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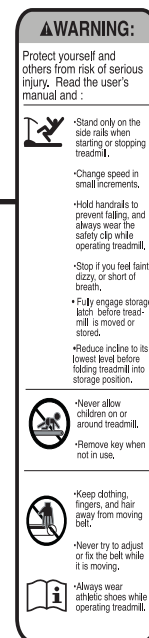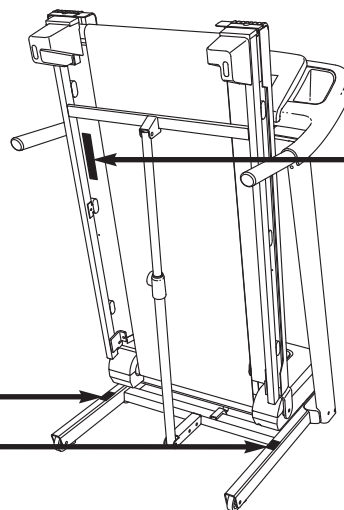
Visit our website at

www.iconeurope.com

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WARNING DECAL PLACEMENT

The decals shown here have been ap-
plied in the locations shown. **If a decal
is missing or illegible, call the tele-
phone number on the front cover of
this manual and request a free re-
placement decal. Apply the decal in
the location shown.** Note: The decals
may not be shown at actual size.

⚠ CAUTION

KEEP HANDS AND FEET AWAY
FROM THIS AREA WHILE THE
TREADMILL IS IN OPERATION.

⚠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 tread-
mill 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.

PROFORM is a registered trademark of ICON IP, Inc.

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 the age of 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 the age of 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 13), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.

12. If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm^2) cord that is no longer than 5 ft. (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 22 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 15).

16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or crosswalk arms 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 20.) 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 mainte-nance and adjustment procedures described in this manual. Never remove the motor hood un-less instructed to do so by an authorized ser-vice 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 commer-cial, rental, or institutional setting.
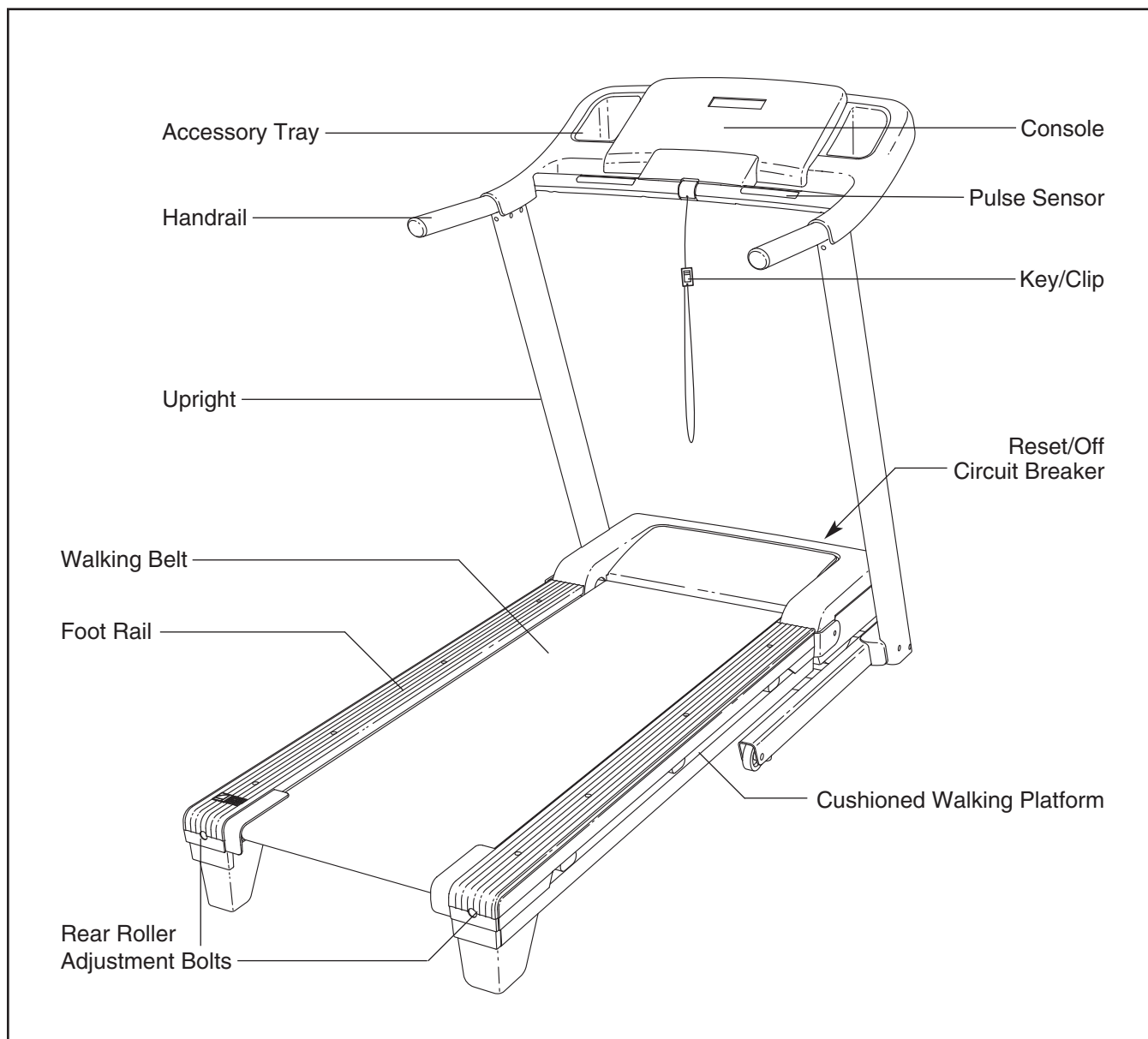
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® PF 3.6 treadmill. The PF 3.6 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 PF 3.6 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 reading 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 (see the front cover of this manual).

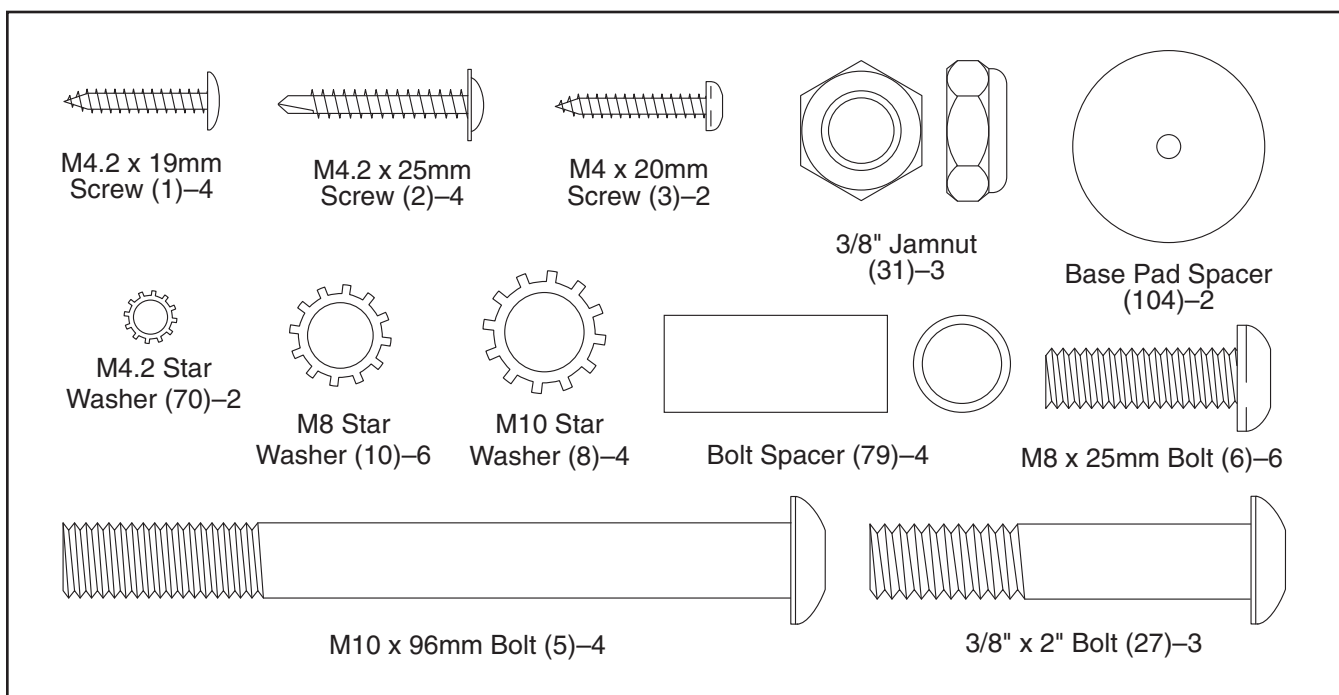Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

Accessory Tray

Handrail

Upright

Walking Belt

Foot Rail

Rear Roller Adjustment Bolts

Console

Pulse Sensor

Key/Clip

Reset/Off Circuit Breaker

Cushioned Walking Platform

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, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition 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 keys and your own Phillips screwdriver , adjustable wrench and scissors .

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 parts bag, check to see if it is preattached to one of the parts to be assembled. Extra hardware may be included. To avoid damaging plastic parts, do not use power tools for assembly.**

M4.2 x 19mm Screw (1)–4

M4.2 x 25mm Screw (2)–4

M4 x 20mm Screw (3)–2

3/8" Jamnut (31)–3

Base Pad Spacer (104)–2

M4.2 Star Washer (70)–2

M8 Star Washer (10)–6

M10 Star Washer (8)–4

Bolt Spacer (79)–4

M8 x 25mm Bolt (6)–6

M10 x 96mm Bolt (5)–4

3/8" x 2" Bolt (27)–3

1. **Make sure that the power cord is unplugged.**

   Remove the M10 Nut (33), the M10 x 50mm Bolt (4), and the shipping bracket (A) from the Base (85). **Repeat this step on the other side of the treadmill.** Discard the shipping brackets.
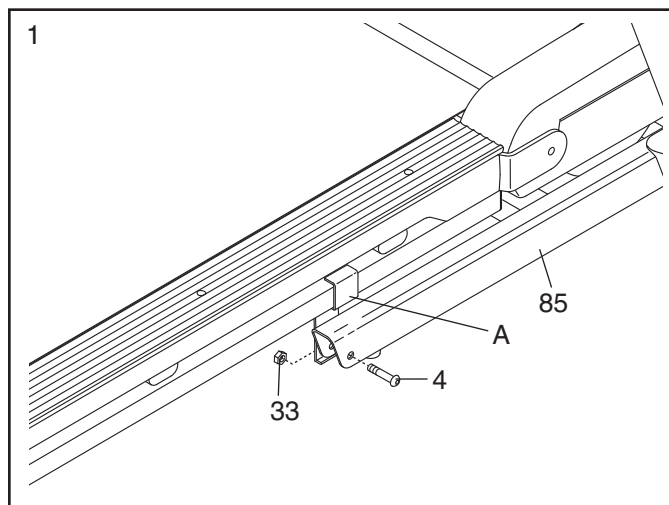
2. With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (48) so that the treadmill is more stable; **do not fully fold the Frame yet.**

   Cut the tie securing the Upright Wire (77) to the Base (85). Locate the tie in the indicated hole in the Base, and use the tie to pull the Upright Wire out of the hole.

   Attach a Base Pad (81) to the Base (85) in the location shown with a Base Pad Spacer (104) and an M4.2 x 25mm Screw (2). Then, attach a Base Pad in the location shown with only a M4.2 x 25mm Screw (2).
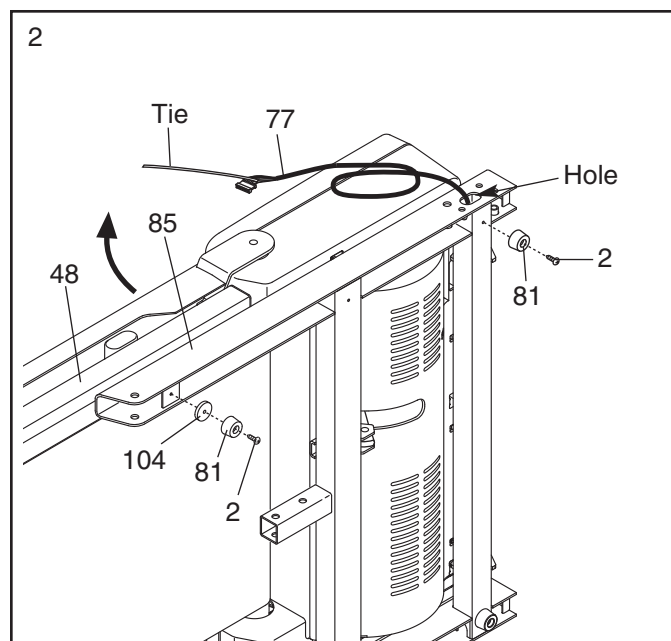
3. Attach a Wheel (86) with the M10 x 50mm Bolt (4) and M10 Nut (33) that you removed in step 1. **Do not overtighten the Nut; the Wheel must turn freely.**
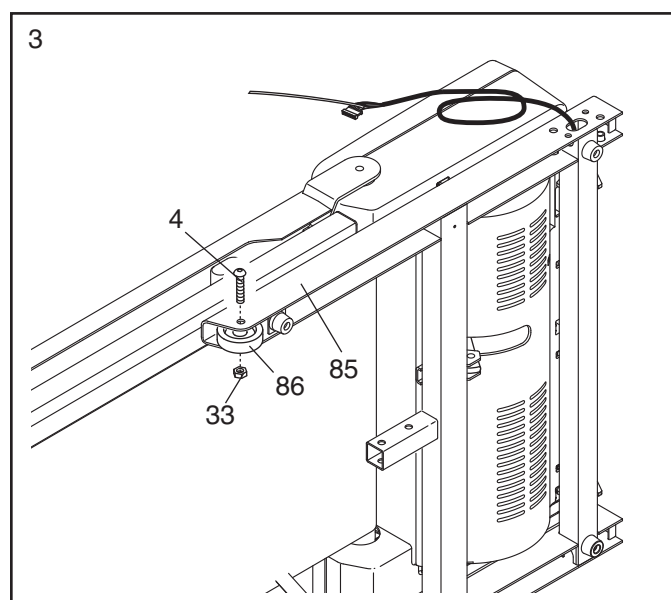
4. Identify the Right Upright (78) and the Right Upright Spacer (80), which are marked with stickers. Insert the Upright Wire (77) through the Right Upright Spacer as shown.

   See the inset drawing. Tie the wire tie in the Right Upright (78) securely around the end of the Upright Wire (77). With the help of a second person, hold the Right Upright near the Base (85). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.
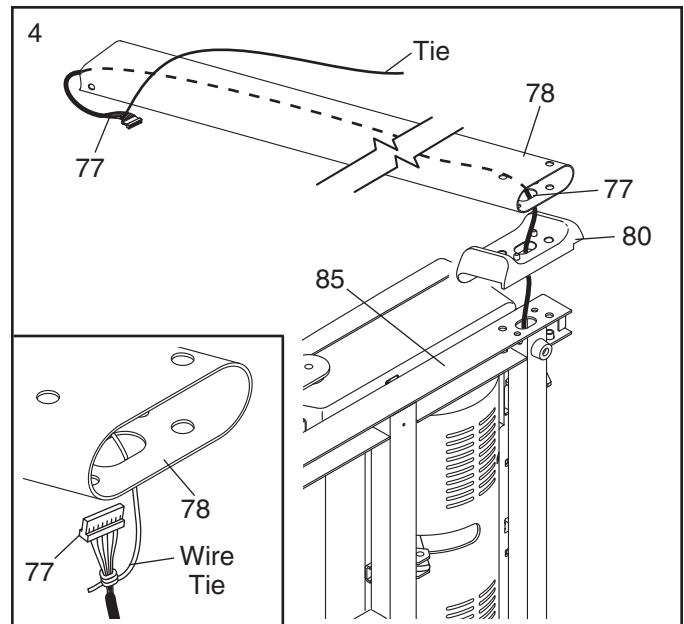
5. Hold a Bolt Spacer (79) inside the lower end of the Right Upright (78). Insert a M10 x 96mm Bolt (5) with an M10 Star Washer (8) into the Right Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (79), M10 x 96mm Bolt (5), and M10 Star Washer (8).**

   Hold the Right Upright Spacer (80) and the Right Upright (78) against the Base (85). **Be careful not to pinch the Upright Wire (77).** Finger tighten the M10 x 96mm Bolts (5); **do not fully tighten the Bolts yet.**

   Press a Base Endcap (82) into the Base (85).

8
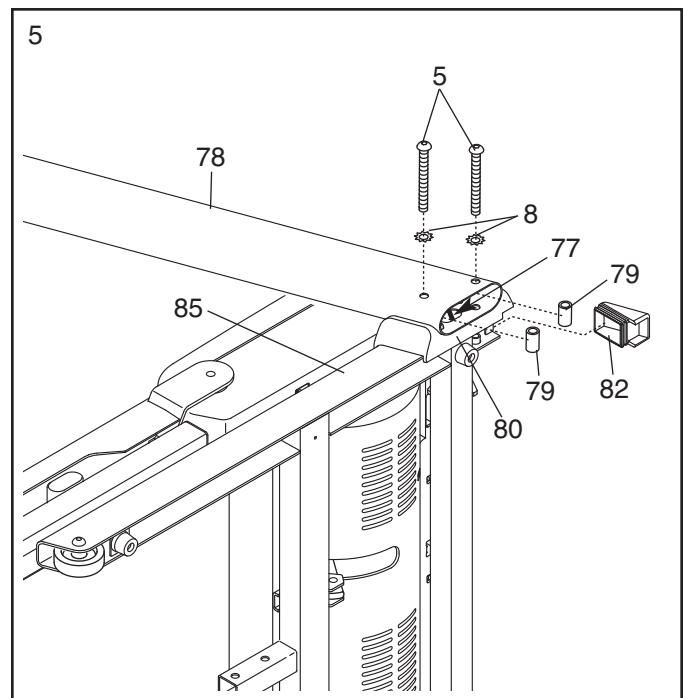
6. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (48) so the treadmill is more stable; **do not fully fold the Frame yet.**

Attach a Base Pad (81) to the Base (85) in the location shown with a Base Pad Spacer (104) and an M4.2 x 25mm Screw (2). Then, attach a Base Pad (81) in the location shown with only a M4.2 x 25mm Screw.

Attach a Wheel (86) with the M10 x 50mm Bolt (127) and the M10 Nut (33) that you removed in step 1. **Do not overtighten the Nut; the Wheel must turn freely.**
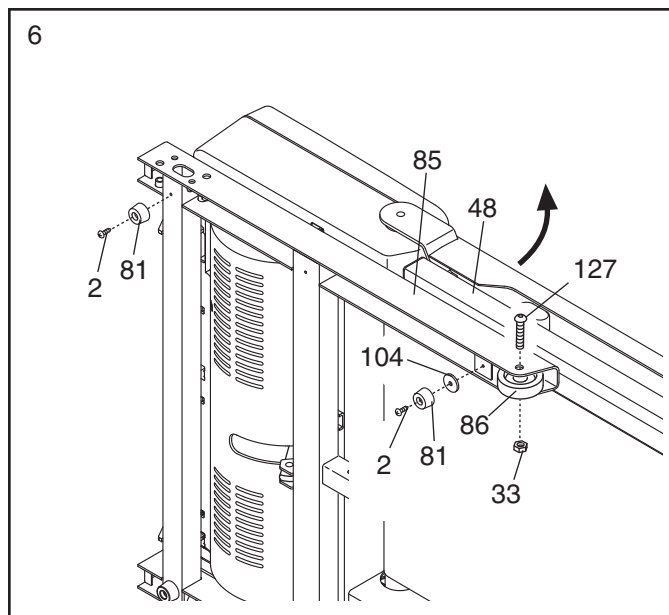
7. With the help of a second person, hold a Bolt Spacer (79) inside the lower end of the Left Upright (73). Insert a M10 x 96mm Bolt (5) with an M10 Star Washer (8) into the Left Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (79), M10 x 96mm Bolt (5), and M10 Star Washer (8).**

Orient the Left Upright (73) and the Left Upright Spacer (83) as shown. Hold the Left Upright Spacer and the Left Upright against the Base (85). Finger tighten the M10 x 96mm Bolts (5); **do not fully tighten the Bolts yet.**
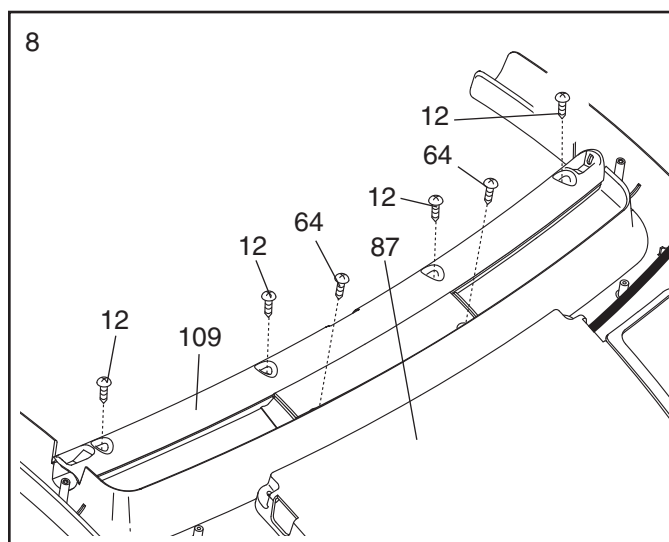
Press a Base Endcap (82) into the Base (85).

With the help of a second person, tip the tread-mill so that the Base (85) is flat on the floor.
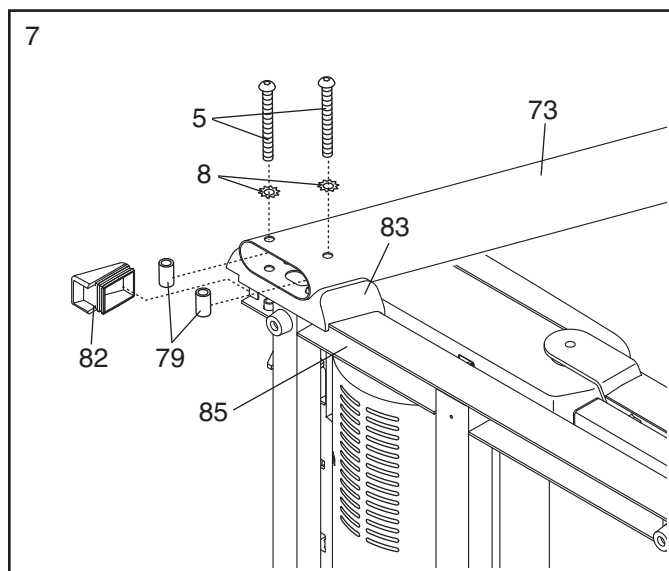
8. Set the Console (87) face down on a soft sur-face to avoid scratching the Console. Remove the four M4.2 x 16mm Screws (12) and the two M5 x 15mm Screws (64). **Save all six Screws for step 10.**

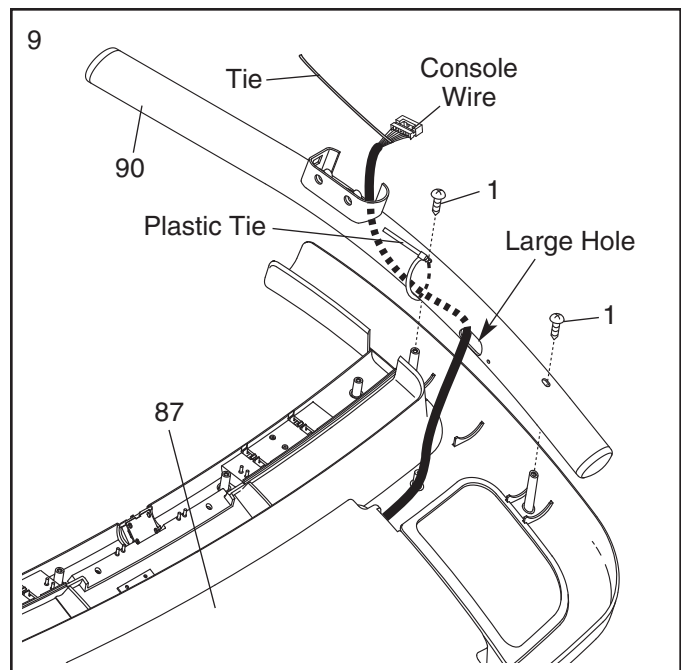Lift off the Pulse Support (109).

9. Identify the Right Handrail (90), which has a large hole in the location shown. Hold the Right Handrail near the Console (87).

Next, insert the tie on the console wire into the large hole in the Right Handrail (90) and out of the top as shown. Insert the included plastic tie through the holes in the Right Handrail as shown. Make sure the plastic tie holds the console wire to the near side. Tighten the plastic tie.

Attach the Right Handrail with two M4.2 x 19mm Screws (1). **Make sure that no wires are pinched. Start both Screws before tightening them; do not overtighten the Screws.** Remove the plastic tie**.**

Attach the Left Handrail (not shown) to the Console (87) in the same way. Note: There are no wires on the left side of the Console.

10. Hold the Pulse Support (109) near the Console Base (88). Conect the ground wire from the Console Base to the Console Ground Wire (115) from the Pulse Support. Set the Pulse Support on the Console Base and insert the ground wires into the Console Base. **Make sure that no wires are pinched.**

Tighten two M4 x 20mm Screws (3) with two M4.2 Star Washers (70) into the Pulse Support (109).

Tighten the four longer M4.2 x 16mm Screws (12) and the two M5 x 15mm Screws (64) from step 8 into the Pulse Support (109) and Console Base (88). **Start all six Screws before tightening them.**
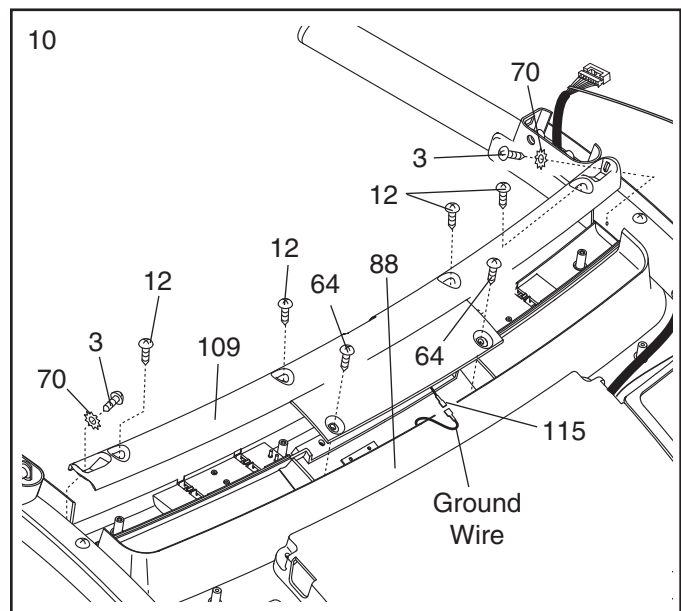
11. Have a second person hold the console assembly near the Right Upright (78). Remove the long tie from the Upright Wire (77) and the tie from the console wire.

Connect the Upright Wire (77) 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.** Then, insert the connectors into the Right Upright (78).

Set the console assembly on the Right Upright (78) and the Left Upright (not shown). **Make sure that no wires are pinched.**
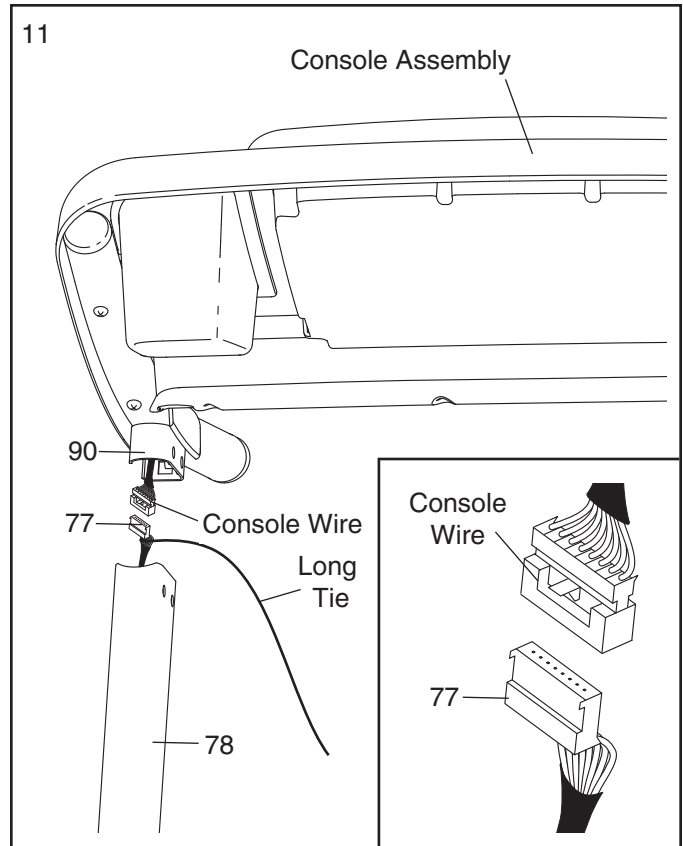

12. Finger tighten three M8 x 25mm Bolts (6) with three M8 Star Washers (10) into the Left Upright (73) and the Left Handrail (89).

Next, finger tighten three M8 x 25mm Bolts (6) with three M8 Star Washers (10) into the Right Upright (78) and the Right Handrail (90). **Then, tighten all six Bolts.**

See steps 5 and 7. Tighten the four M10 x 96mm Bolts (5).

Press the Left Accessory Tray (110) and Right Accessory Tray (111) into the Console Base (88).
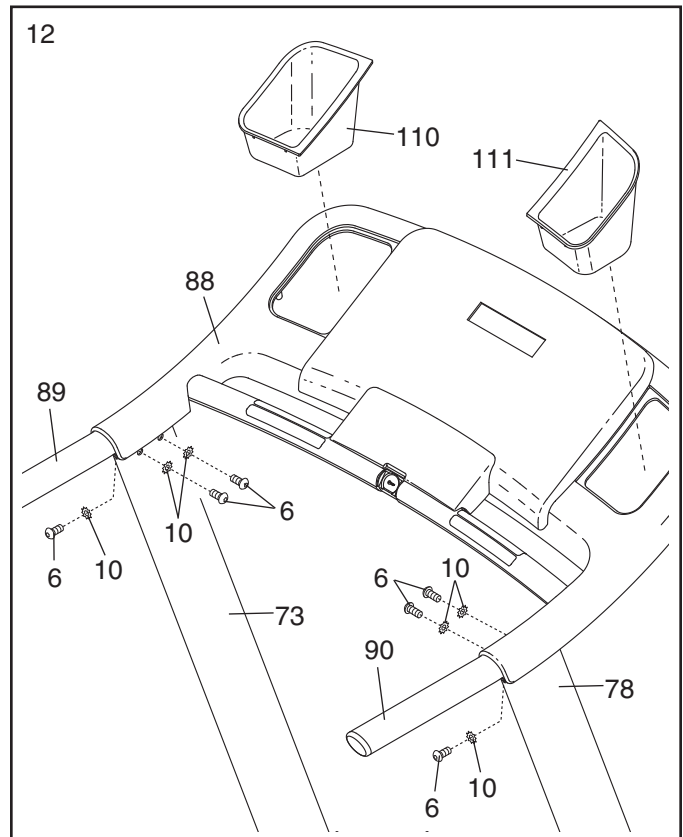
13. Raise the Frame (not shown) to the position shown. **Have a second person hold the Frame until step 15 is completed.**

Identify the Latch Assembly (72). Make sure that the sleeve has been slid over the indicated hole and that the Latch Knob (74) is locked into the hole. **Pull on the sleeve to make sure that it is locked into place.**
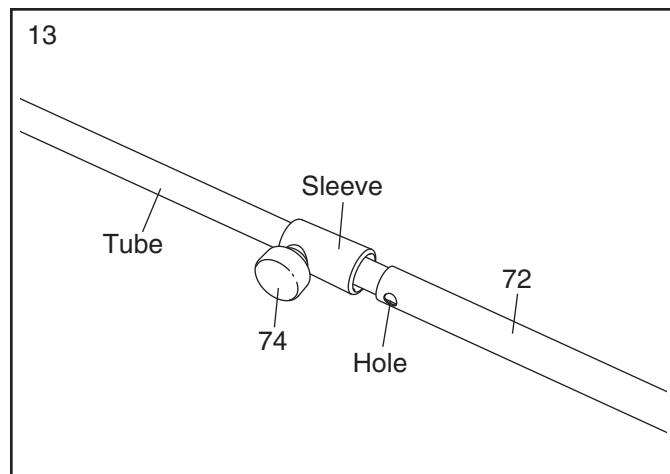
14. Attach the Latch Bracket (71) to the Base (85) with two 3/8" x 2" Bolts (27) and two 3/8" Jamnuts (31).

Attach the upper end of the Latch Assembly (72) to the bracket on the Frame (48) with a 3/8" x 2" Bolt (27) and a 3/8" Jamnut (31). Note: It may be necessary to move the Frame back and forth to align the Latch Assembly with the bracket.

Lower the Frame (48) (see HOW TO LOWER THE TREADMILL FOR USE on page 21).
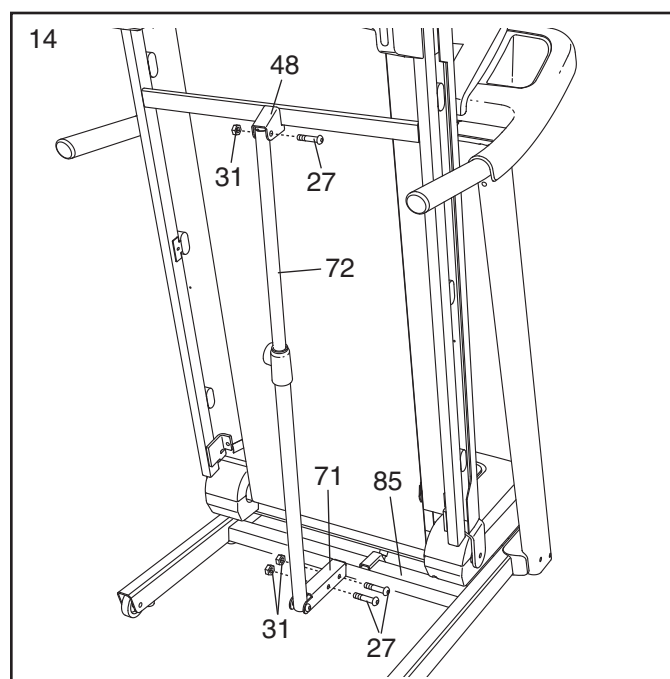
15. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see pages 23 and 24).

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.
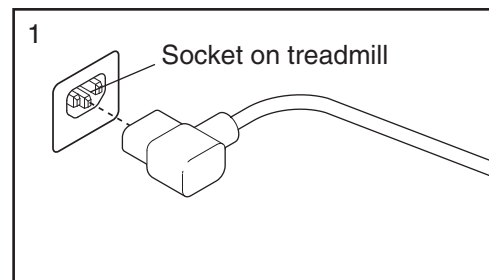
See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**
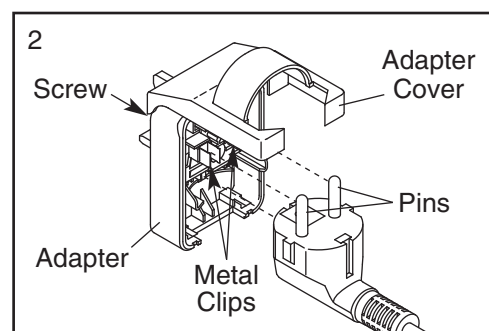
See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with RCD-equipped outlets.**
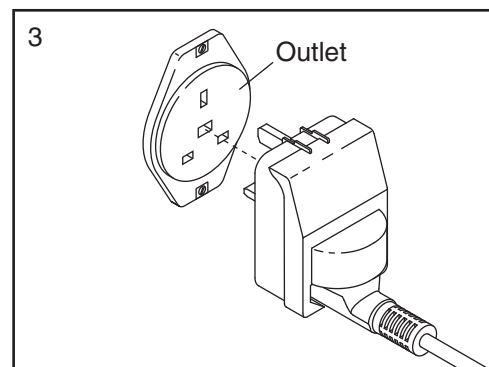
DANGER: **Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

13

CONSOLE DIAGRAM
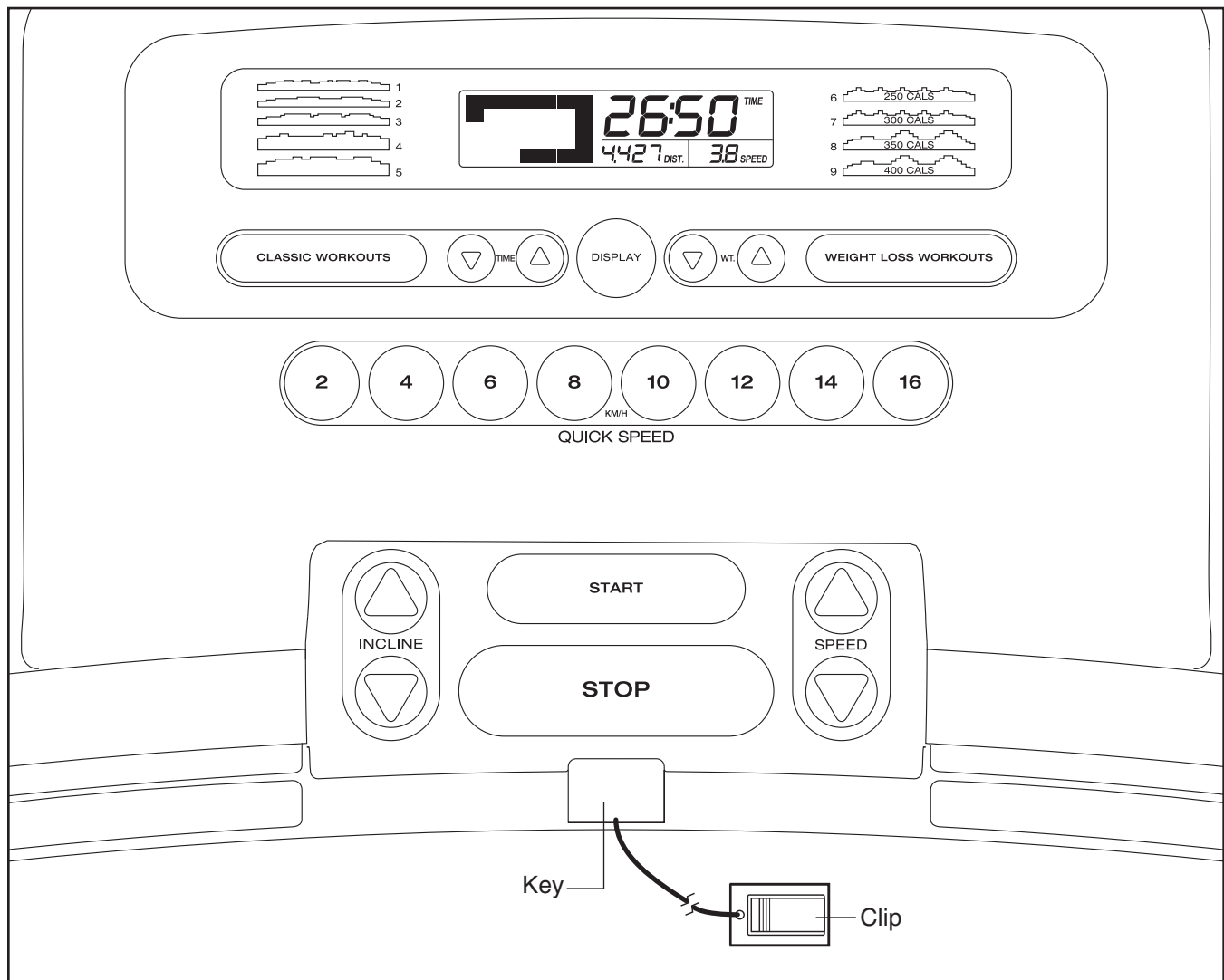
FEATURES OF THE CONSOLE

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

When you use the manual mode, 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.

In addition, the console features five classic workouts and four weight loss workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

To use the manual mode of the console, follow the steps beginning on page 15. **To use a classic workout,** see page 17. **To use a weight loss workout,** see page 18.

IMPORTANT: If there are sheets of clear plastic on 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 24).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 19. Note: For simplicity, all instructions in this section refer to kilometers.

14

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, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 13). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.
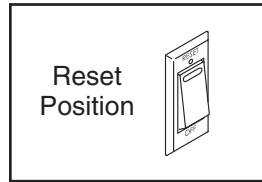
Reset Position

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 19 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 14) 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 to the left.

2. **Select the manual mode.**

    When the key is inserted, the manual mode will be selected. 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 Speed increase button, or one of the Quick Speed buttons numbered 2 through 16.

    If you press the Start 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 a button, it may take a moment for the walking belt to reach the selected speed setting.

    If you press one of the numbered Quick 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. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Speed increase button.

4. **Change the incline of the treadmill as desired.**

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

5. **Follow your progress with the displays.**

The track—When the manual mode is selected, a track representing 400 meters will appear in the matrix. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run. The lower left display will also show the incline of the treadmill each time the incline level changes. Note: When a workout is selected, the lower left display will show the time remaining in the workout instead of the elapsed time.

The lower right display—The lower right display can show the approximate number of calories that you have burned and the speed of the walking belt. The display also shows your heart rate when you use the handgrip pulse sensor (see step 6).
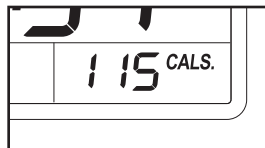
The upper display—The upper display can show the elapsed time, the distance that you have walked or run, the approximate number of calories that you have burned, or the speed of the walking belt. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower displays.

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

6. **Measure your heart rate if desired.**

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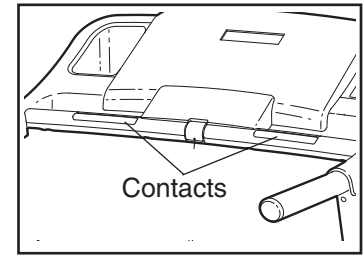
Contacts

To measure your heart rate, **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, a heart symbol in the lower right display will flash each time your heart beats, one or two dashes will appear, 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 or you may damage the treadmill when you fold it to the storage position.** 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 CLASSIC WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a classic workout.**

   To select a classic work-
   out, press the Classic
   Workouts button repeat-
   edly. Note: The number
   and profile of each work-
   out is listed on the con-
   sole.

   When you select a classic workout, the maximum
   incline level of the workout will flash in the lower left
   display, the maximum speed setting will flash in the
   lower right display, and then the workout length will
   appear in the upper display.

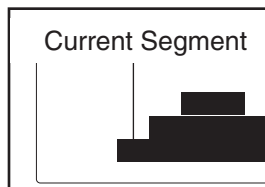3. **Customize your workout if desired.**

   To change the length of the workout, press the
   Time increase and decrease buttons. The new
   workout settings will appear in the displays.

4. **Press the Start button or the Speed increase
   button to start the workout.**

   A moment after you press the button, the treadmill
   will automatically adjust to the first speed and in-
   cline settings of the workout. Hold the handrails and
   begin walking.

   Each workout is divided into 30 one-minute seg-
   ments, unless you have changed the length of the
   workout (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 two or more consecutive
   segments.

   Durring 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 or incline setting is programmed for
the next segment, the speed or incline setting will
flash in the display to alert you.

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. **Note: When the next segment of the
workout begins, the treadmill will automatically
adjust to the speed and incline settings for the
next segment.**

To stop the workout at any time, press the Stop
button. To restart the workout, press the Start button
or the Speed increase 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. **Follow your progress with the displays.**

   See step 5 on page 16.

6. **Measure your heart rate if desired.**

   See step 6 on page 16.

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

   See step 7 on page 16.

HOW TO USE A WEIGHT LOSS WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a weight loss workout.**

   To select a weight loss workout, press the Weight Loss Workouts button repeatedly. Note: The number and profile of each workout is listed on the console.

   When you select a weight loss workout, the incline level of the workout will flash in the lower left display, the speed setting will flash in the lower right display, and then the workout length will appear in the upper display.

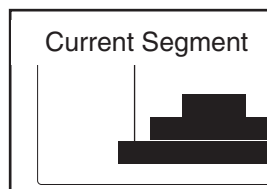3. **Enter your weight if desired.**

   For the most accurate calorie count, enter your weight into the console by pressing the Wt. increase and decrease buttons repeatedly. Note: Once you have entered your weight, your weight will be saved in memory.

4. **Press the Start button or the Speed increase 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. 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.

   Durring 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 or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.

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. **Note: When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase 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.

Important: The numbers of calories printed on the profiles on the right side of the console are estimates of the numbers of calories that you will burn during the workouts. 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.

5. **Follow your progress with the displays.**

   See step 5 on page 16.

6. **Measure your heart rate if desired.**

   See step 6 on page 16.

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

   See step 7 on page 16.

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 select a measurement system of miles or kilometers, and turn on and 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 "E" for English miles or an "M" for metric kilometers will appear in the lower right display. Press the Speed increase button to change the unit of measurement if desired.

The lower left display will show the total number of miles (or kilometers) that the walking belt has moved.

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

Note: 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 reset/off 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 lower right display while the information mode is selected. To turn on or off the demo mode, press the Speed decrease button.

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

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.
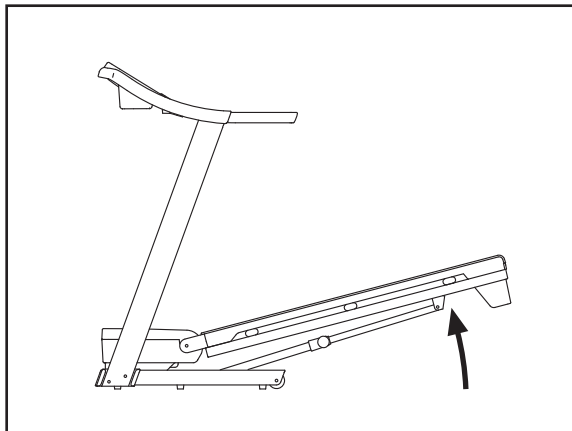
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   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).
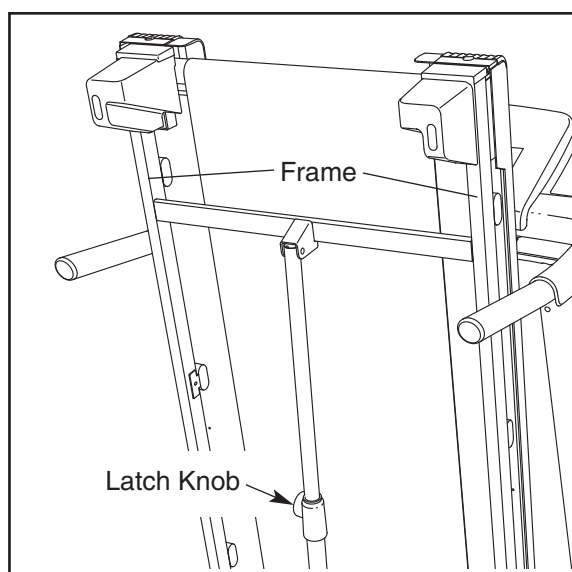
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert it 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. Tilt 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.
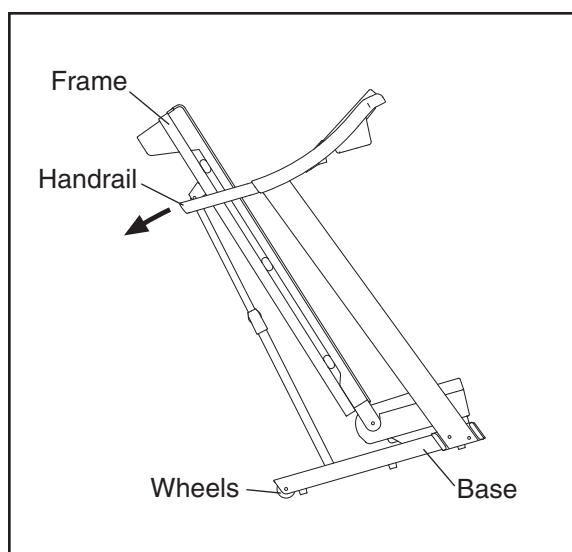
HOW TO LOWER THE TREADMILL FOR USE

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.

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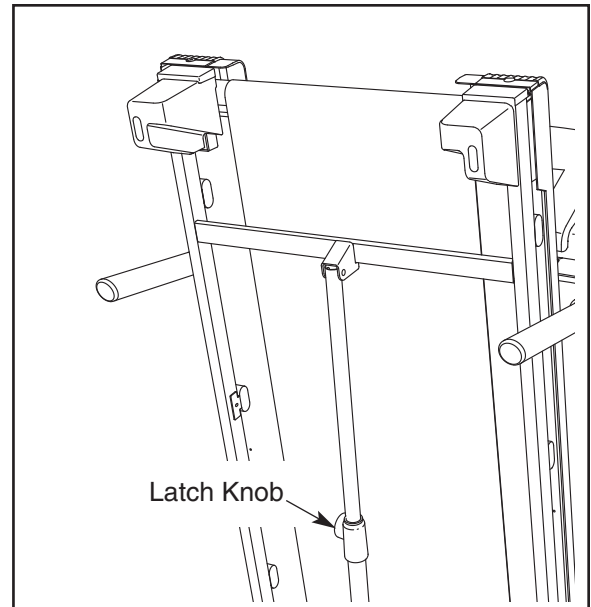
2. **Hold the metal frame firmly with both hands and lower it to the floor. CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**
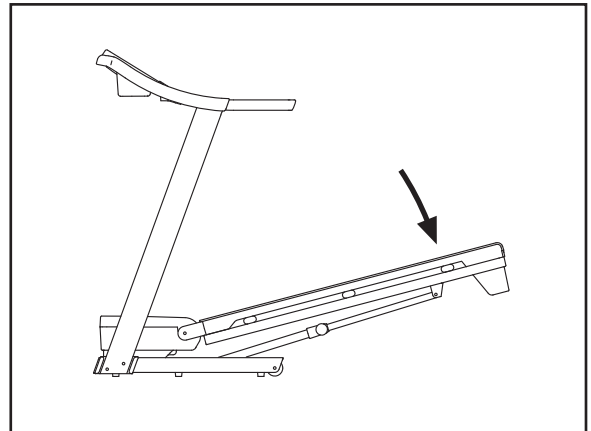
TROUBLESHOOTING

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, please see 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 13). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m). Important: The treadmill is not compatible with RCD-equipped outlets.

   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.
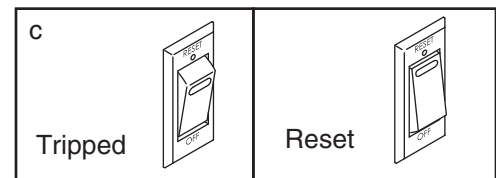
PROBLEM: The power turns off during use

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 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 displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the three M4.2 x 19mm Hood Screws (13) and carefully pivot the Hood (53) off.
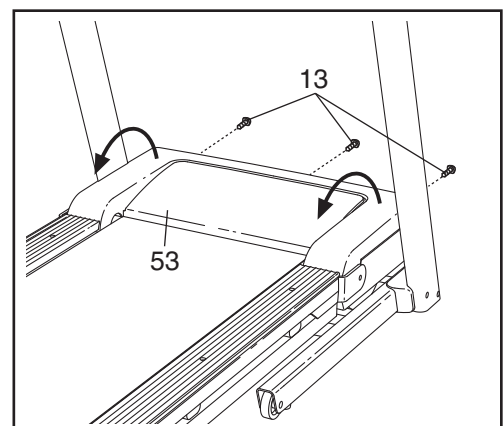
Locate the Reed Switch (54) and the Magnet (42) on the left side of the Pulley (44). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 19mm Screw (1), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.
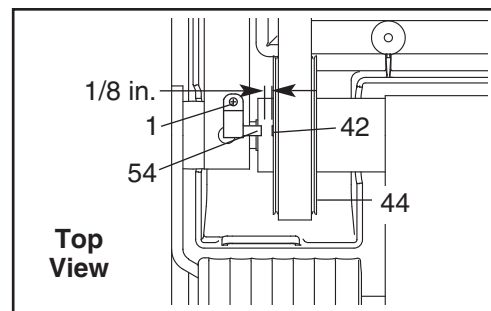

PROBLEM: The console displays remain lit when you remove the key from the console

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 19 to turn off the demo mode.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm^2) cord that is no longer than 5 ft. (1.5 m).

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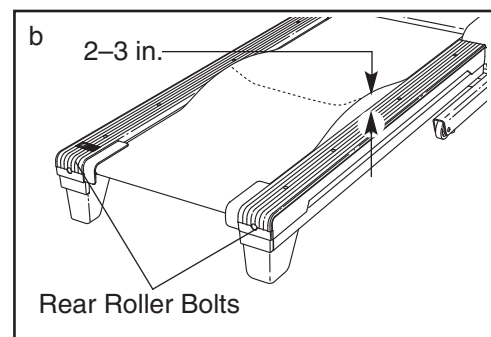
c. If the walking belt still slows when walked on, see the front cover of this manual.

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 rear 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.

a
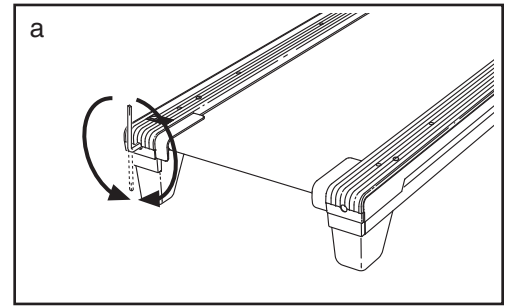
b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 in. (5 to 7 cm) off 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.

b
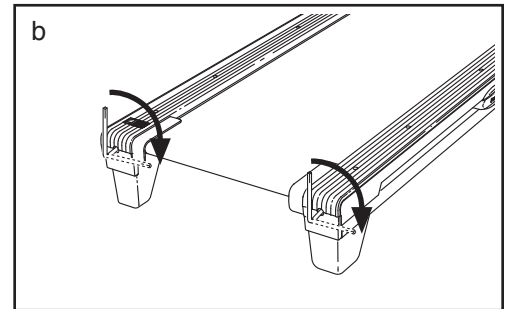
EXERCISE GUIDELINES

⚠ WARNING: **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 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	♥
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.
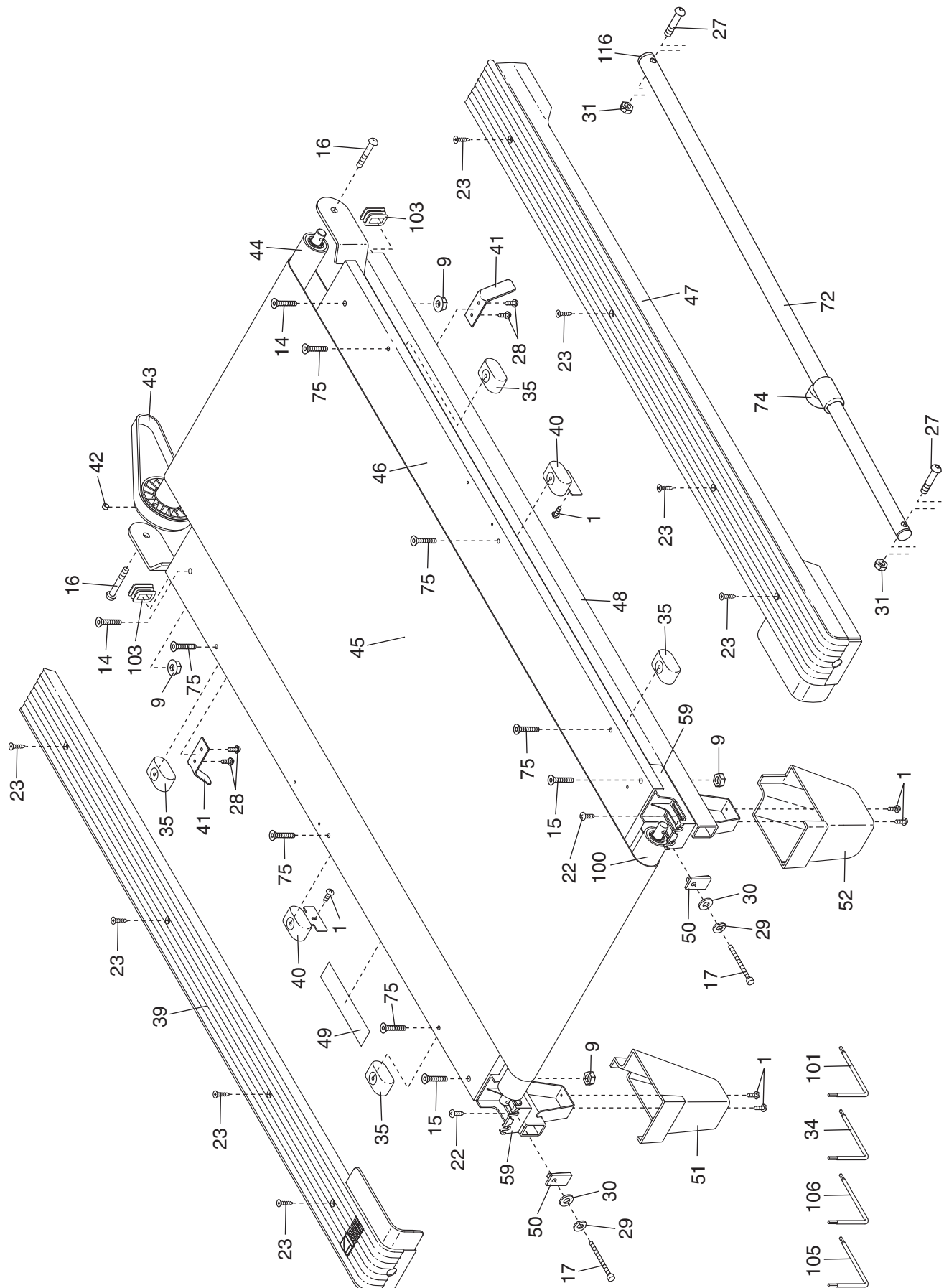
PART LIST—Model No. PETL40507.0

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	11	M4.2 x 19mm Screw	51	1	Left Foot
2	4	M4.2 x 25mm Screw	52	1	Right Foot
3	2	M4 x 20mm Screw	53	1	Hood
4	2	M10 x 50mm Bolt	54	1	Reed Switch
5	4	M10 x 96mm Bolt	55	1	Reed Switch Clip
6	6	M8 x 25mm Bolt	56	2	Frame Spacer
7	1	3/8" Star Washer	57	1	Lift Frame/Roller Ground Wire
8	4	M10 Star Washer	58	1	Incline Motor
9	4	M8 Nut	59	2	Rear Roller Bracket
10	6	M8 Star Washer	60	1	Motor
11	5	M4.2 x 13mm Belly Pan Screw	61	1	Motor Bracket
12	21	M4.2 x 16mm Screw	62	3	Lift Frame Cable Tie
13	3	M4.2 x 19mm Hood Screw	63	1	Lift Frame
14	2	M8 x 30mm Screw	64	2	M5 x 15mm Screw
15	2	M8 x 90mm Screw	65	1	Power Cord
16	2	M10 x 30mm Bolt	66	1	Controller
17	2	M6 x 70mm Bolt	67	1	Receptical
18	1	3/8" x 1 3/4" Bolt	68	1	Reset/Off Circut Breaker
19	1	3/8" x 1 1/2" Bolt	69	1	Belly Pan
20	2	3/8" x 1" Bolt	70	3	M4.2 Star Washer
21	1	M6 x 45mm Bolt	71	1	Latch Bracket
22	3	M4.2 x 16mm Ground Screw	72	1	Latch Assembly
23	8	M5 x 25mm Screw	73	1	Left Upright
24	2	1/4" x 3/8" Bolt	74	1	Latch Knob
25	2	3/8" x 3/4" Bolt	75	6	M6 x 28mm Screw
26	1	3/8" x 4" Bolt	76	2	Motor Isolator
27	7	3/8" x 2" Bolt	77	1	Upright Wire
28	4	M4.2 x 13mm Screw	78	1	Right Upright
29	2	M6 Lock Washer	79	4	Bolt Spacer
30	2	M6 Washer	80	1	Right Upright Spacer
31	5	3/8" Jamnut	81	4	Base Pad
32	2	3/8" Motor Nut	82	2	Base Endcap
33	2	M10 Nut	83	1	Left Upright Spacer
34	1	6mm Hex Key	84	2	Caution Decal
35	4	Platform Cushion	85	1	Base
36	4	3/8" Lock Nut	86	2	Wheel
37	3	Hood Clip	87	1	Console
38	2	Cage Nut	88	1	Console Base
39	1	Left Foot Rail	89	1	Left Handrail
40	2	Center Platform Cushion	90	1	Right Handrail
41	2	Belt Guide	91	2	Handrail Endcap, Lower
42	1	Magnet	92	2	Cable Tie
43	1	Motor Belt	93	1	Key/Clip
44	1	Front Roller/Pulley	94	2	Releasable Tie
45	1	Walking Belt	95	7	8" Cable Tie
46	1	Walking Platform	96	1	Power Cord Adapter
47	1	Right Foot Rail	97	1	Electronics Bracket
48	1	Frame	98	3	15 1/2" Cable Tie
49	1	Warning Decal	99	1	Lift Motor Spacer
50	2	Rear Roller Bracket Plate	100	1	Rear Roller

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Hex Key	120	2	M3 x 13mm Key Screw
102	1	Lift Frame/Base Ground Wire	121	4	Clamp
103	2	Frame Endcap	122	1	Left Top Pulse Plate
104	2	Base Pad Spacer	123	1	Left Bottom Pulse Plate
105	1	4mm Hex Key	124	1	Rigth Top Pulse Plate
106	1	5mm Hex Key	125	1	Right Bottom Pulse Plate
107	1	Filter	126	2	M4.2 x 16mm Screw
108	1	Transformer	127	1	M5 Ground Screw
109	1	Pulse Support	*	–	8" Blue Wire, 2F
110	1	Left Accessory Tray	*	–	16" Blue Wire, M/F
111	1	Right Accessory Tray	*	–	12" Black Wire, M/F
112	2	Handrail Endcap, Upper	*	–	4" Black Wire, 2F
113	1	Motor Plate	*	–	10" Green Wire, F/Ring
114	1	Incline Motor Wire	*	–	8" Green/Yellow Wire, F/Ring
115	1	Console Ground Wire	*	–	8" White Wire, 2F
116	1	Latch Endcap	*	–	6" Red Wire, M/F
117	1	M4 x 10mm Screw	*	–	User's Manual
118	1	M4 Ground Nut			
119	4	M2.5 x 5.5mm Screw			

*These parts are not illustrated.

Specifications are subject to change without notice.
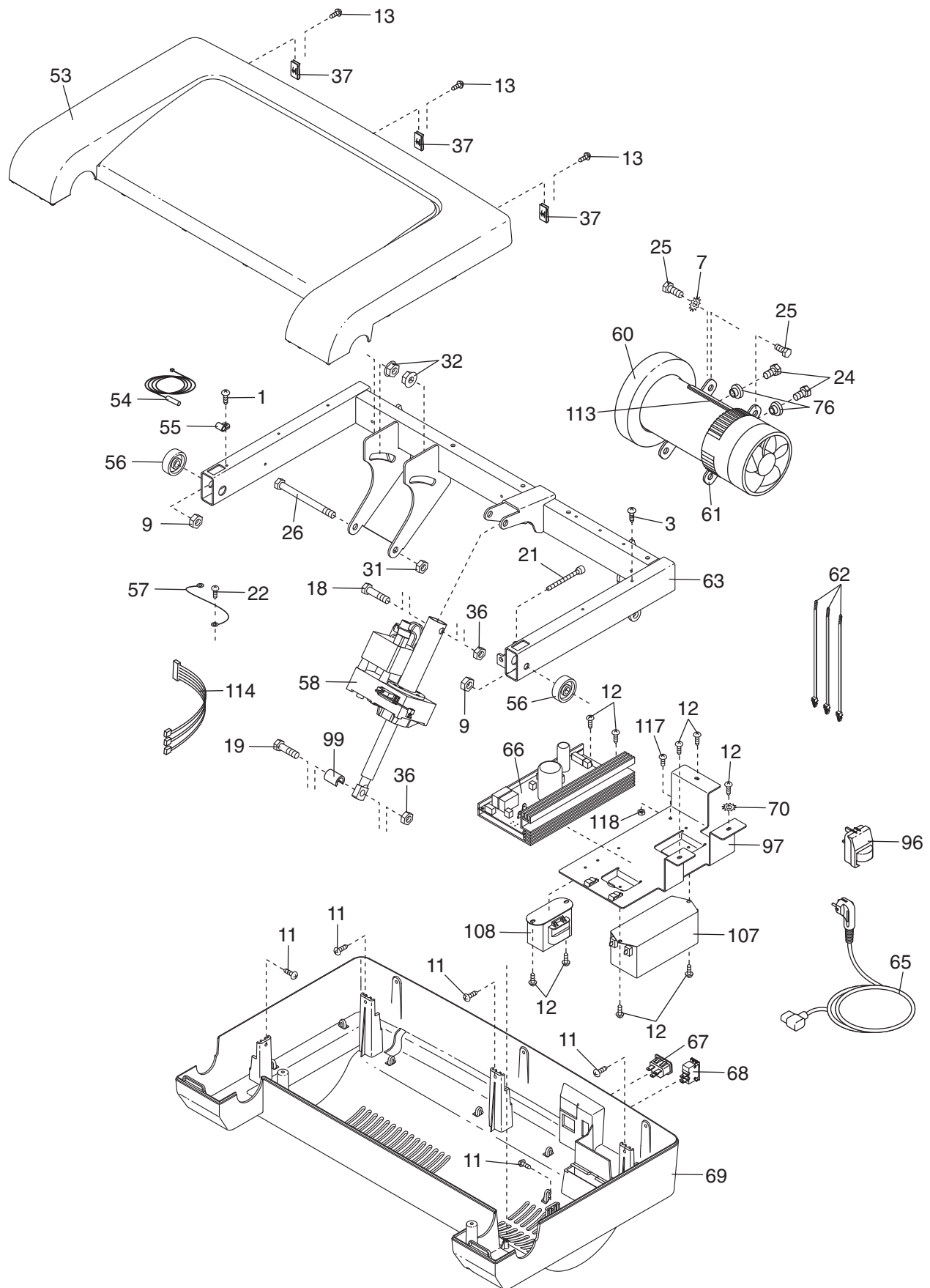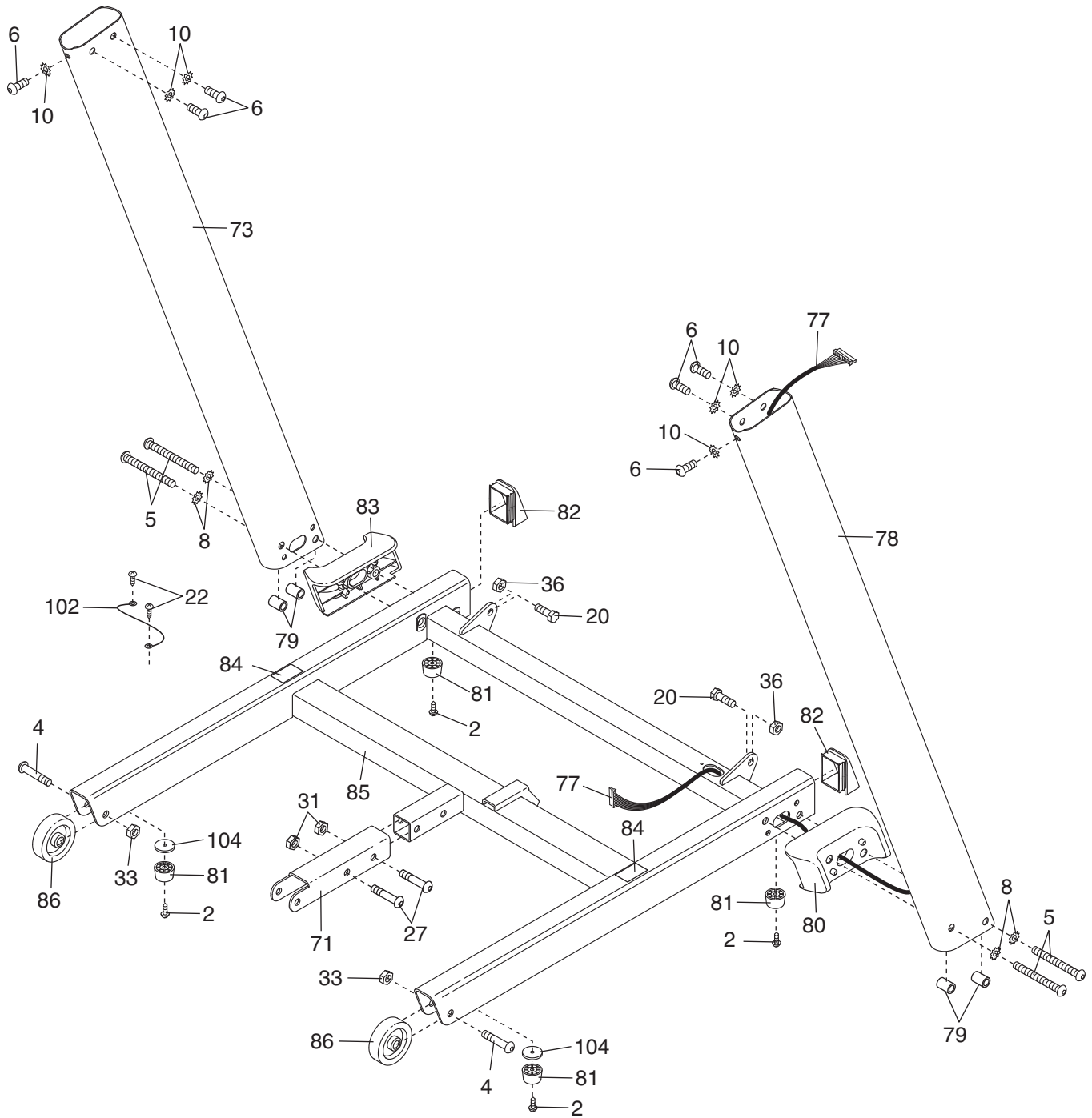
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, 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.