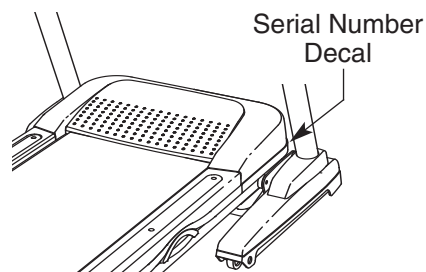# PRO-FORM 6.5 X

USER'S MANUAL

Model No. PETL31806.0
**Serial No. _____**

Serial Number
Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com
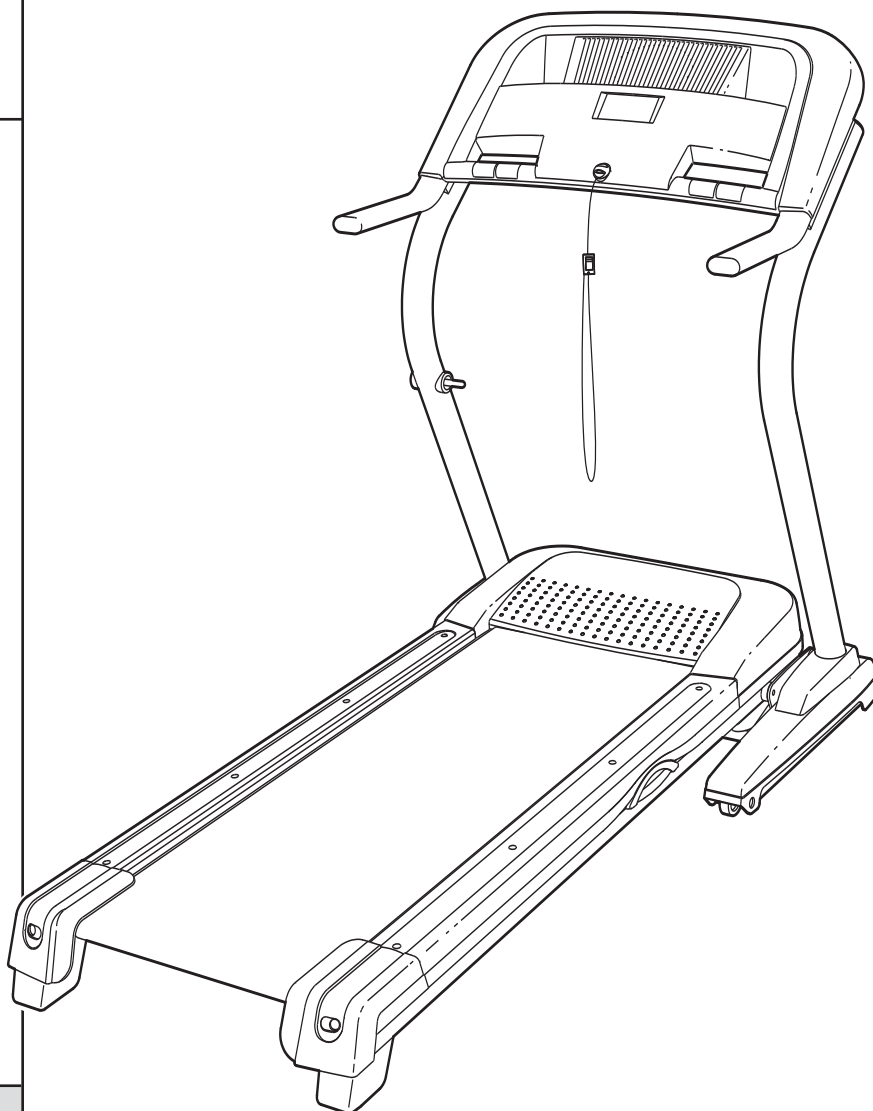
⚠ CAUTION

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

PRO-FORM®
6.5 X

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS

⚠️ **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

2. Use the treadmill only as described.

3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet 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.

4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

6. Keep children under the age of 12 and pets away from the treadmill at all times.

7. The treadmill should be used only by persons weighing 125 kg (275 lbs.) or less.

8. Never allow more than one person on the treadmill at a time.

9. 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.*

10. 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.

11. Keep the power cord away from heated surfaces.

12. 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 24 if the treadmill is not working properly.)

13. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).

14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

16. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

17. 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.

18. 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 23.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

19. When folding or moving the treadmill, make sure that the storage latch is fully closed.

20. Inspect and properly tighten all parts of the treadmill regularly.

21. Never insert any object into any opening.

22. **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.

23. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

⚠ **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. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown at the right have been placed on the treadmill. If a decal is missing, or if it is illegible, call the telephone number on the front cover of this manual and order a free replacement 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.
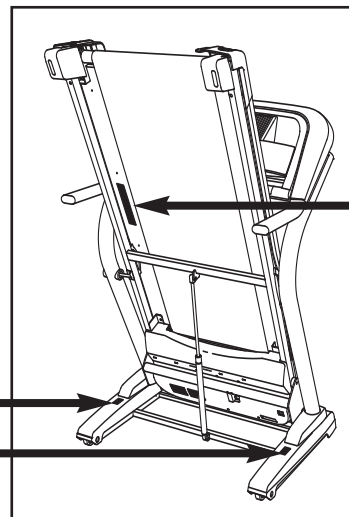
⚠**WARNING:**

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 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.

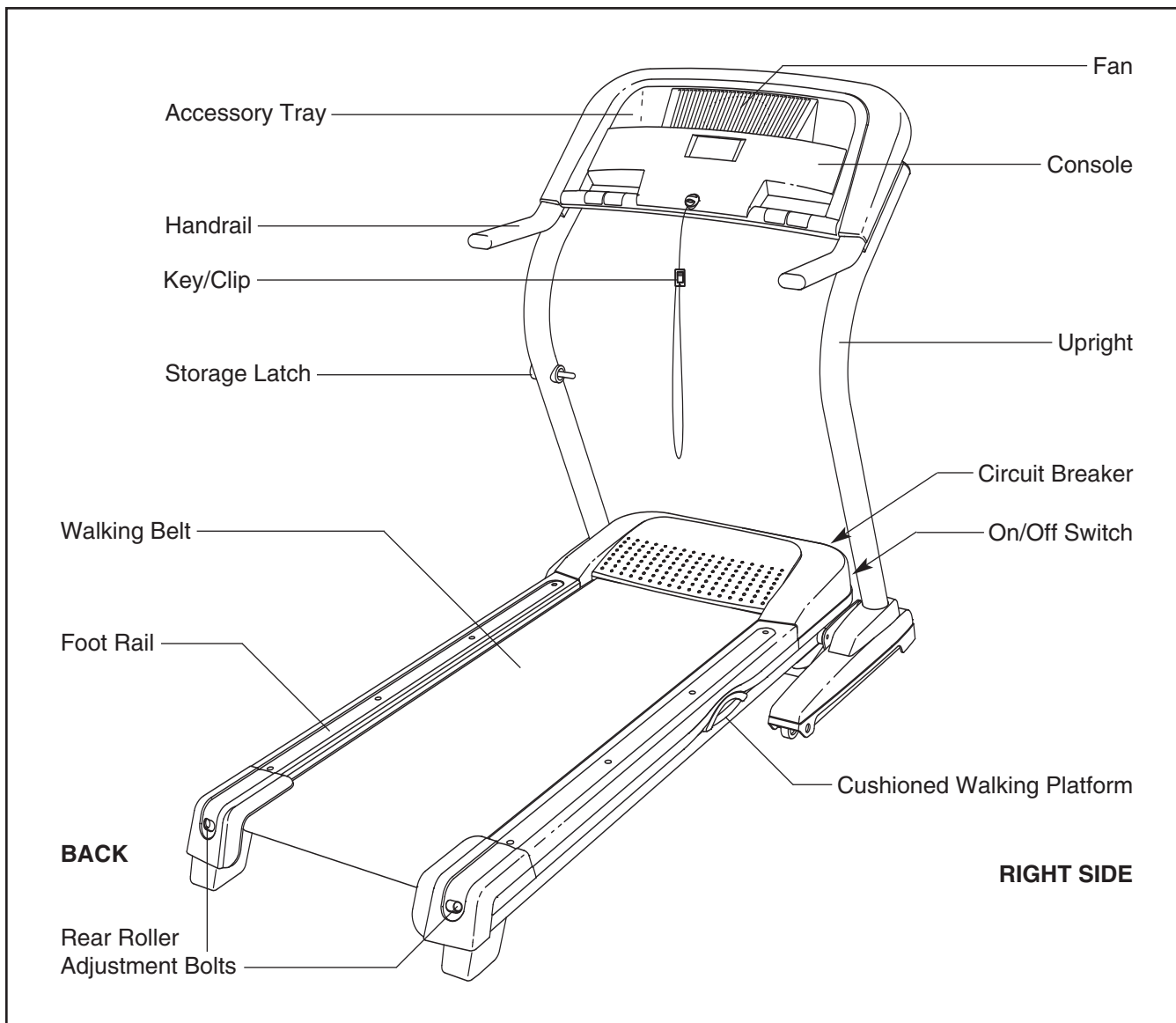• Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 6.5 X treadmill. The 6.5 X treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience of your home. And when you're not exercising, the 6.5 X 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, please note the product model number and serial number before contacting us. The model number of the treadmill is PETL31806.0 The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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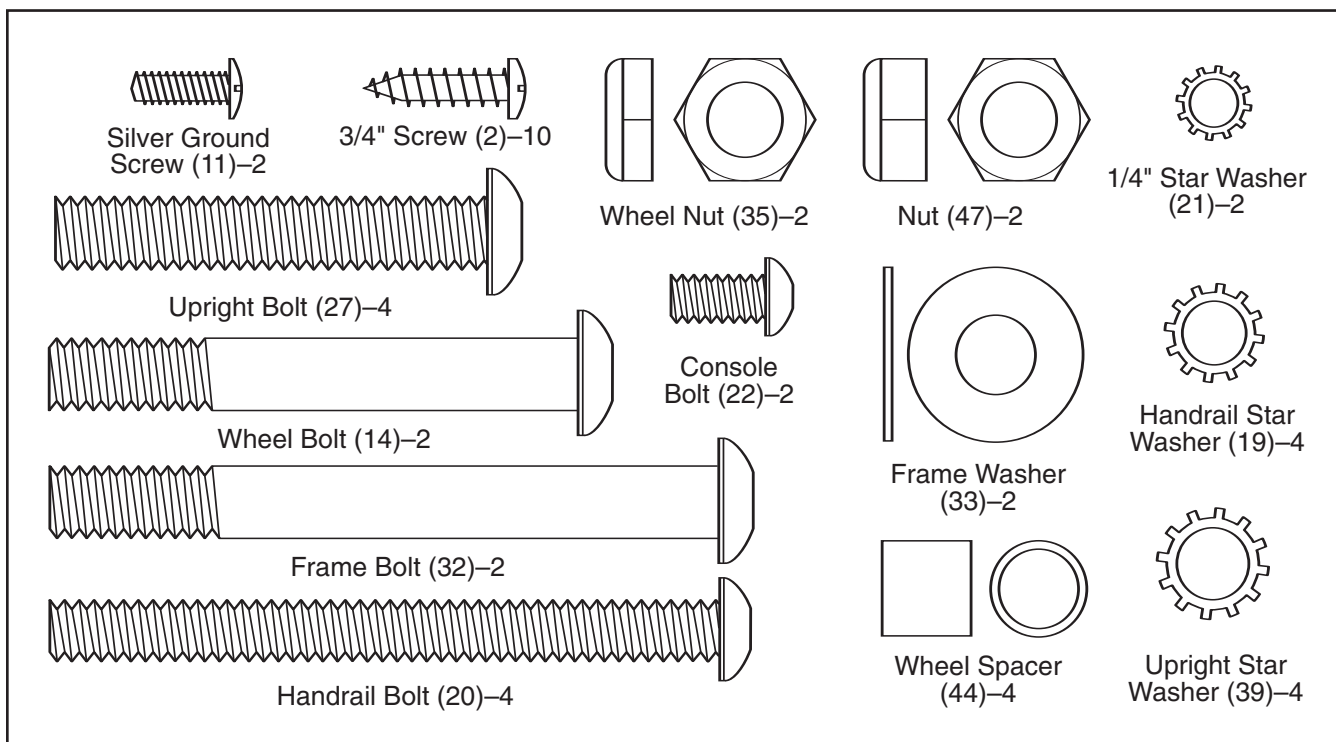

- Accessory Tray
- Handrail
- Key/Clip
- Storage Latch
- Walking Belt
- Foot Rail
- **BACK**
- Rear Roller Adjustment Bolts
- Fan
- Console
- Upright
- Circuit Breaker
- On/Off Switch
- Cushioned Walking Platform
- **RIGHT SIDE**

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 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, 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** ⬡▭➝ **, rubber mallet** ▭ **, adjustable wrench** ⬡ **, and needlenose pliers** ⬡ **.**

To identify assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 27. The number following the parentheses is the quantity used in assembly. **To avoid damaging plastic parts, do not use power tools for assembly.**

Silver Ground Screw (11)–2
3/4" Screw (2)–10
Wheel Nut (35)–2
Nut (47)–2
1/4" Star Washer (21)–2
Upright Bolt (27)–4
Console Bolt (22)–2
Wheel Bolt (14)–2
Frame Washer (33)–2
Handrail Star Washer (19)–4
Frame Bolt (32)–2
Wheel Spacer (44)–4
Upright Star Washer (39)–4
Handrail Bolt (20)–4

1. Attach a Wheel (45) to one side of the Base (48) with a Wheel Bolt (14), two Wheel Spacers (44), and a Wheel Nut (35) as shown. **Do not over-tighten the Wheel Nut; the Wheel should turn freely.**
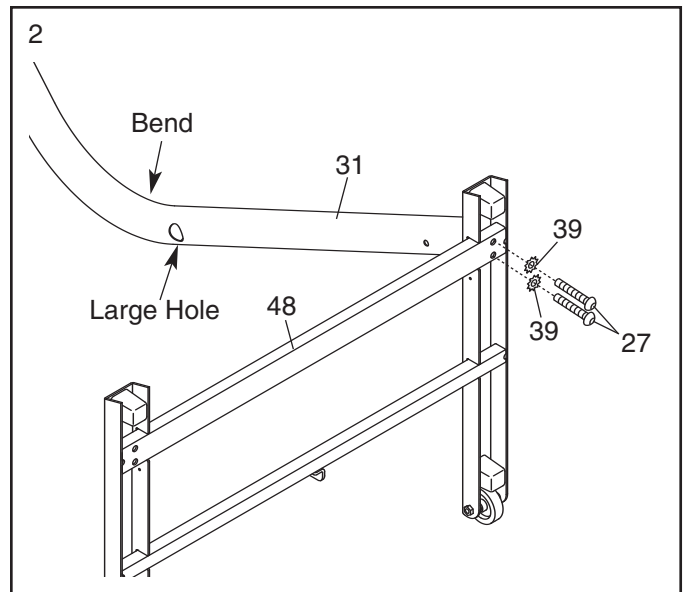
   Attach the other Wheel (45) to the other side of the Base (48) in the same way.

6
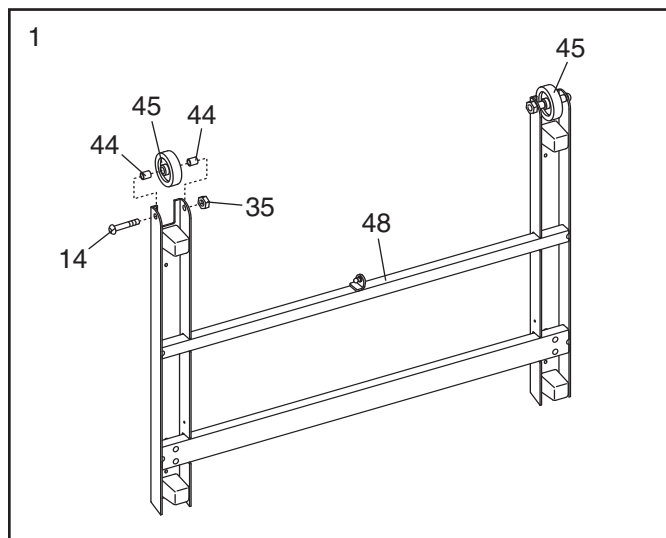
2. Have a second person orient the Base (48) as shown.

   Identify the Left Upright (31), which has a large hole near the bend.

   Orient the Left Upright (31) as shown, and attach it to the Base (48) with two Upright Bolts (27) and two Upright Star Washers (39); **do not tighten the Upright Bolts yet.**

3. Orient the Right Upright (36) as shown, and attach it to the Base (48) with two Upright Bolts (27) and two Upright Star Washers (39); **do not tighten the Upright Bolts yet.**
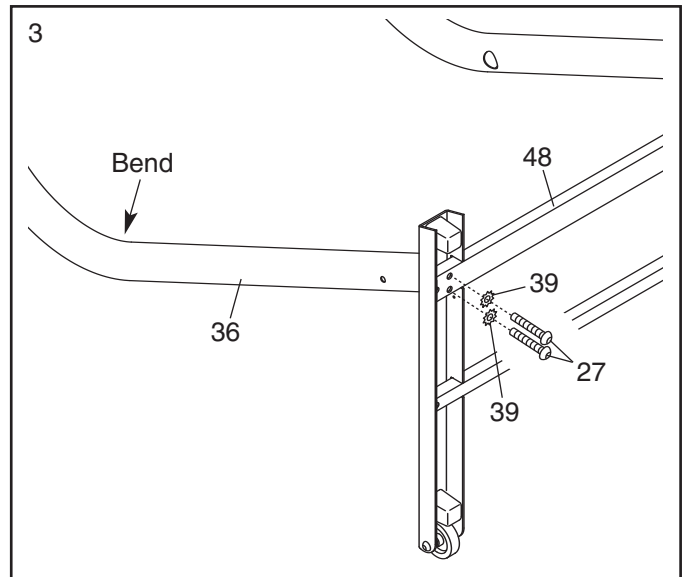

4. Set the Base (48) near the front of the treadmill as shown.

   Cut the tie (not shown) securing the Upright Wire (28) in a bundle. Discard the tie.

   See the inset drawing. Locate the long tie in the Right Upright (36). Wrap the tie securely around the connector on the Upright Wire (28) as shown, and insert the connector into the large hole in the Right Upright. Then, pull the opposite end of the tie until the Upright Wire is pulled through the Right Upright.

   Raise the Uprights (31, 36) so that the Base (48) is flat on the floor. **Make sure that the end of the Upright Wire (28) does not fall into the Right Upright.**
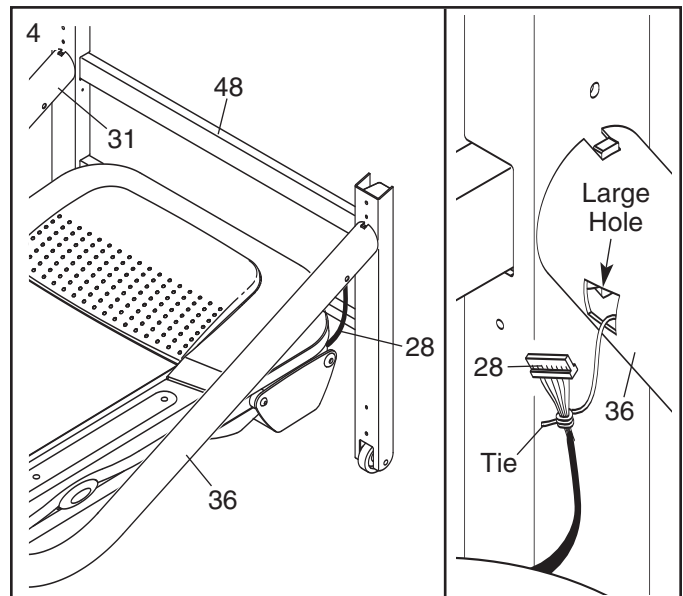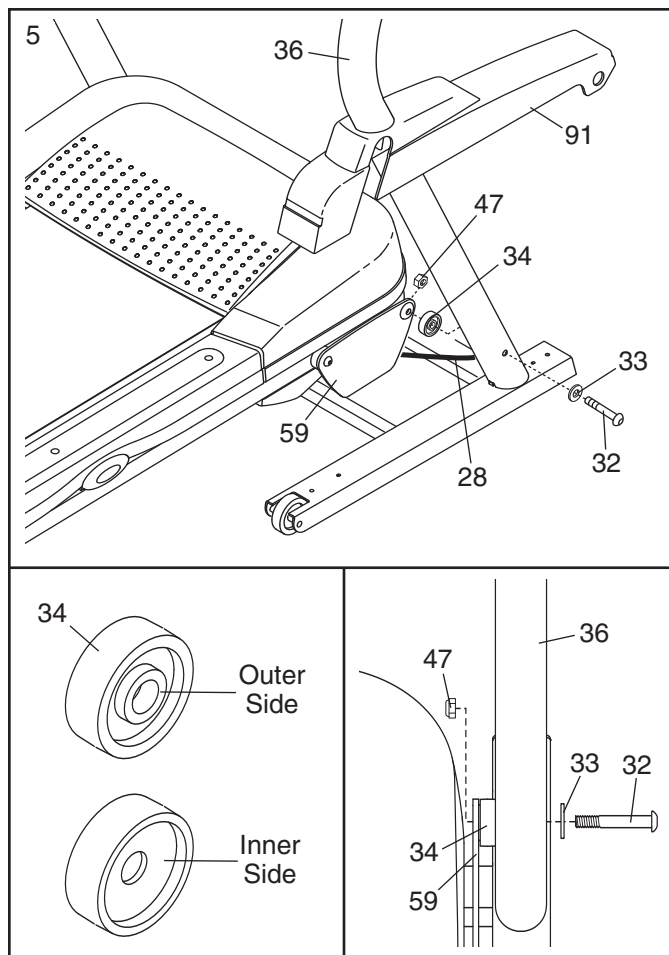
5. See the left inset drawing. Identify the two Frame Spacers (34). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

   Next, hold a Frame Spacer (34) between the Right Upright (36) and the Lift Frame (59), **with the outer side of the Frame Spacer facing the Right Upright.** Attach the Right Upright to the Lift Frame with a Frame Bolt (32), a Frame Washer (33), and a Nut (47); **do not tighten the Frame Bolt yet.**

   Then, identify the Right Base Cover (91). Slide the Right Base Cover onto the Right Upright (36) and turn it to the position shown.

   Pull gently on the upper end of the Upright Wire (28) to remove any slack.

6. See the left inset drawing. Identify the outer side of the remaining Frame Spacer (34).

   Hold the Frame Spacer (34) between the Left Upright (31) and the Lift Frame (59), **with the outer side of the Frame Spacer facing the Left Upright.** Attach the Left Upright to the Lift Frame with a Frame Bolt (32), a Frame Washer (33), and a Nut (47); **do not tighten the Frame Bolt yet.**

   Identify the Left Base Cover (90). Slide the Left Base Cover onto the Left Upright (31) and turn it to the position shown.
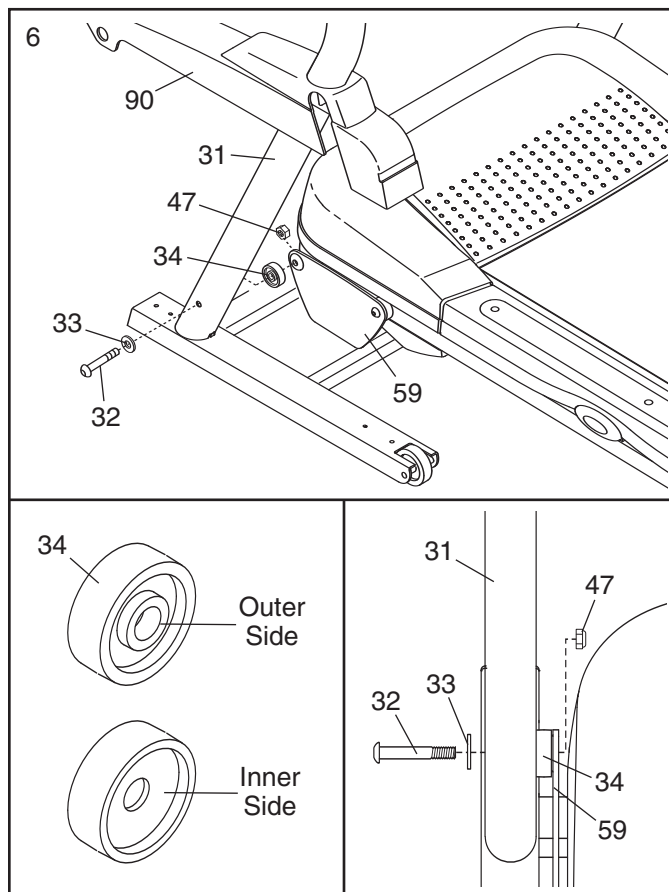
7. Set the console assembly face down on a soft surface to avoid scratching it.

   Have a second person hold a Handrail (18) in the position shown. Insert the console wire into the Handrail and out of the indicated square hole. If necessary, grip the connector with needlenose pliers **only in the area indicated by the arrow in the inset drawing.** Then, remove the tie from the console wire.

   Attach the ground wire to the Handrail (18) with a Silver Ground Screw (11). Next, set the Handrail on the console assembly. **Make sure that no wires are pinched.** Finger tighten a Console Bolt (22) with a 1/4" Star Washer (21) into the Handrail, and then finger tighten two 3/4" Screws (2) into the Handrail. **Tighten the Console Bolt and then tighten the two Screws; do not overtighten the Screws.**

   Attach the other Handrail (not shown) in the same way. Note: There are no wires on the other side.
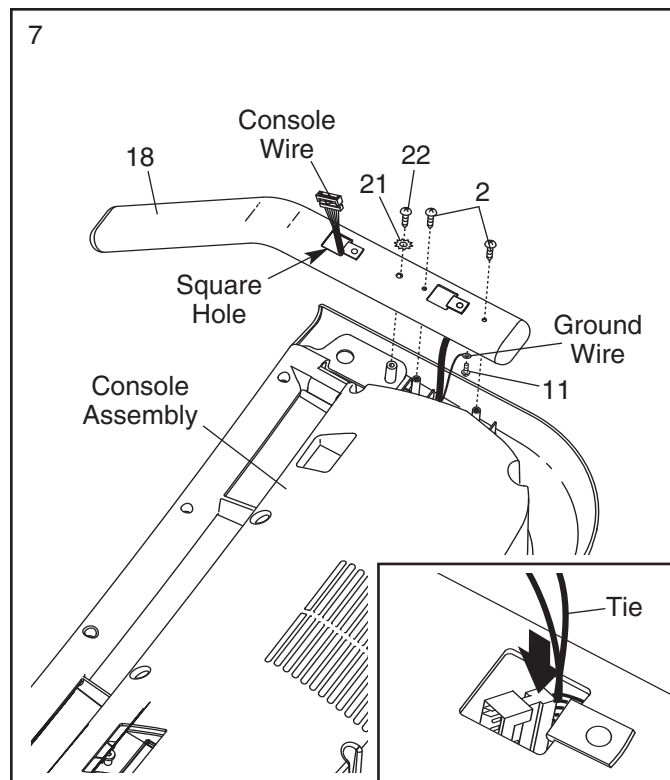

8. Insert the Upright Wire (28) through a Handrail Spacer (88) as shown. Attach the Handrail Spacer to the Right Upright (36) with a 3/4" Screw (2).

   Attach the other Handrail Spacer (not shown) to the Left Upright (not shown) in the same way. Note: There are no wires on the left side.
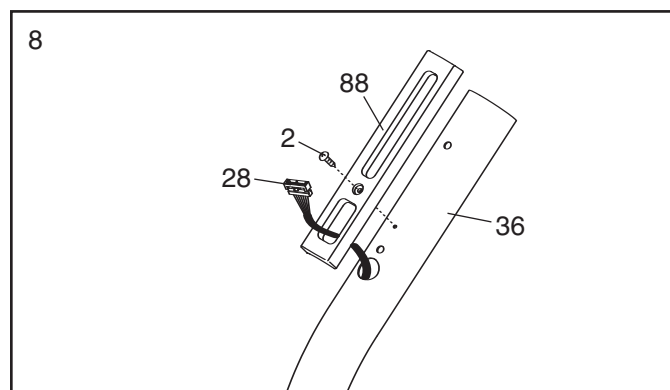
9. While another person holds the Console Base (26) near the right Handrail Spacer (88), connect the console wire to the Upright Wire (28) as shown in the inset drawing. **Important: If the connectors are oriented correctly, they will slide together easily and snap into place. If the connectors are not oriented correctly, the console may be damaged when the power is turned on.** Insert the connectors into the Right Upright (36).

   Attach the Console Base (26) to the Right Upright (36) and the Left Upright (not shown) with four Handrail Bolts (20) and four Handrail Star Washers (19) (only one side is shown). **Start all four Handrail Bolts before tightening any of them.**
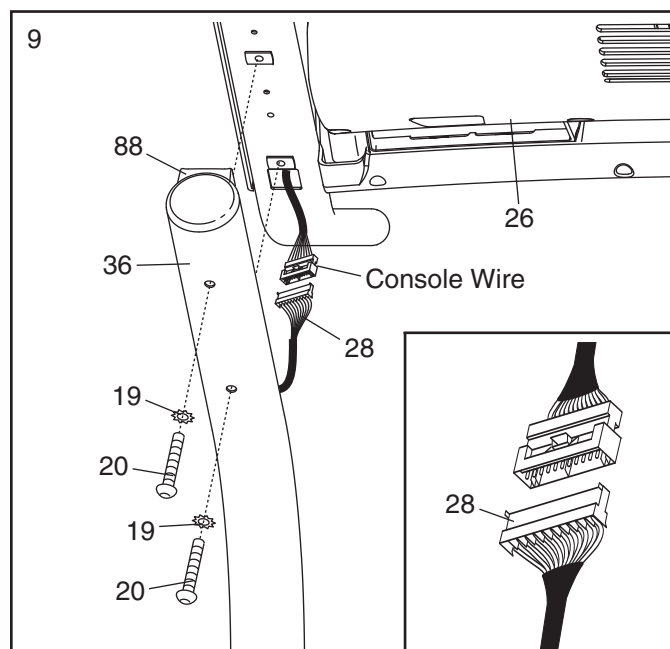
10. Have a second person raise and hold the tread-mill Frame (74).

Identify the Gas Spring (99). Note that the Gas Spring has a cylinder end and a rod end. See the two small inset drawings. Locate the Spring Clip (98) in the rod end of the Gas Spring. Using your fingernail or the end of a screwdriver, press on the end of the Spring Clip to loosen it, rotate the Spring Clip, and then pull the Spring Clip out of the Gas Spring. **Be careful to avoid losing the Spring Clip.** Note: Extra Spring Clips are included.

Next, hold the rod end of the Gas Spring (99) near the bracket in the center of the Frame (74). Press the end of the Gas Spring as far as possible onto the ball on the bracket.

See drawing 10a. Insert the Spring Clip (98) into the two indicated small holes in the rod end of the Gas Spring (99). Then, rotate the Spring Clip until it clips onto the Gas Spring.
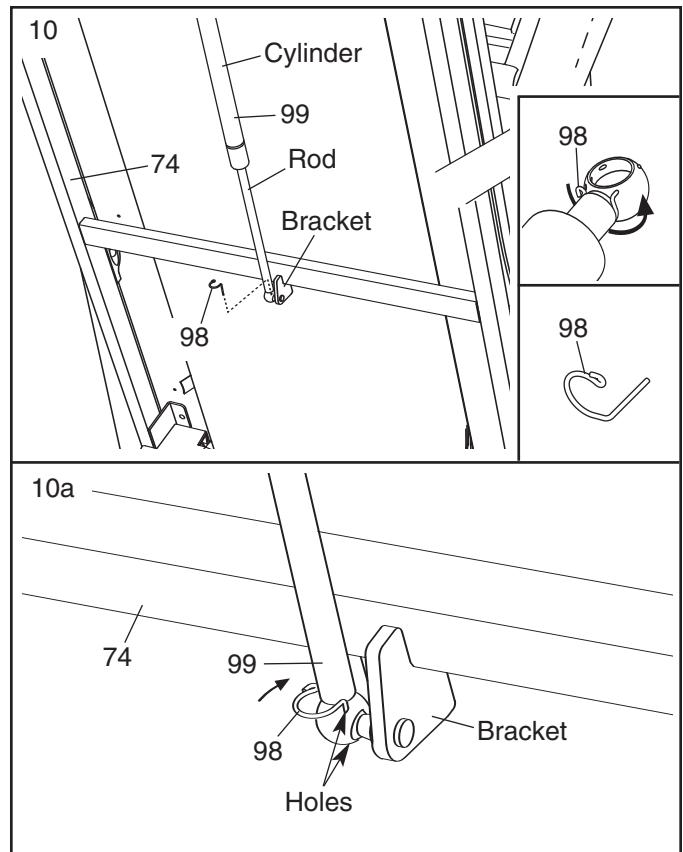
11. Pivot the cylinder end of the Gas Spring (99) down to the position shown. Remove the Spring Clip (98) from the end of the Gas Spring.

Next, align the cylinder end of the Gas Spring (99) with the bracket in the center of the Base (48). Press the end of the Gas Spring onto the ball on the bracket. Note: It may be necessary to pivot the Frame (not shown) forward or backward slightly to align the end of the Gas Spring with the ball.

See drawing 11a. Insert the Spring Clip (98) into the two indicated small holes in the Gas Spring (99). Then, rotate the Spring Clip until it clips onto the Gas Spring.

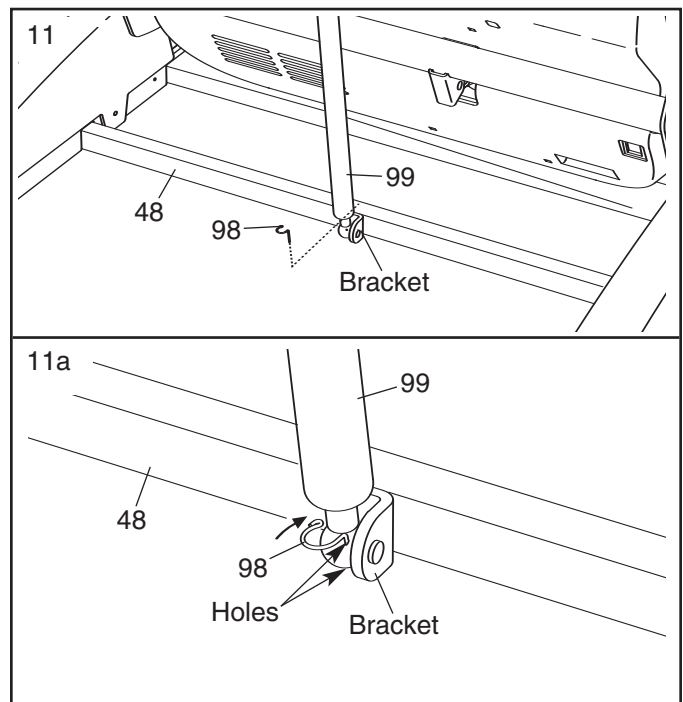With the help of a second person, lower the Frame (not shown) to the floor.

12. Lower the Uprights (31, 36). **Be careful to not damage the Left and Right Base Covers (90, 91).**

See drawing 12a. Position the Uprights (31, 36) so that the treadmill Frame (74) is centered between the Uprights.

Firmly tighten the Upright Bolts (27) and the Frame Bolts (32) on each side of the treadmill. **Do not overtighten the Frame Bolts.**
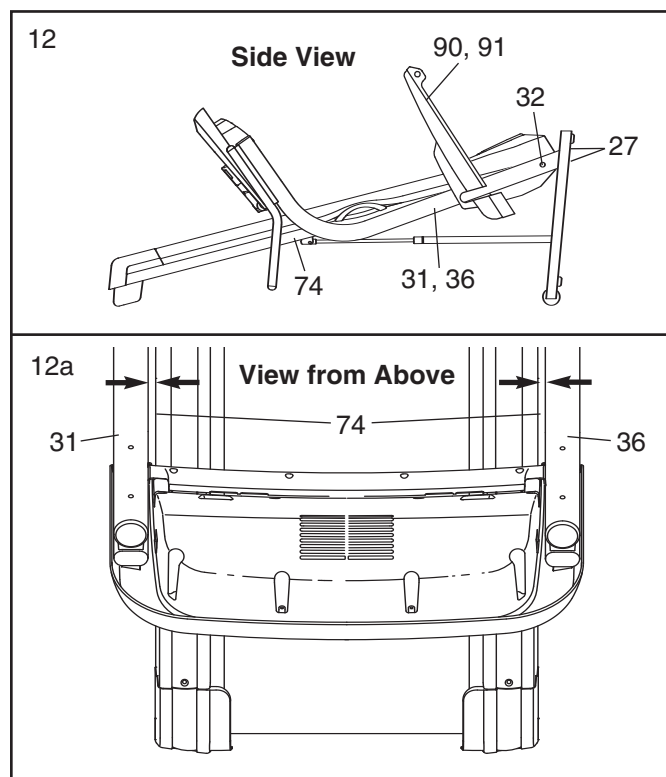
13. Raise the Uprights (31, 36).

Turn the Left and Right Base Covers (90, 91) to the position shown. Slide the Base Covers downward over the Base (48). If necessary, pull out on the sides of the Base Covers to fit them over the Wheel Bolts (14).

Lower the Uprights (31, 36).

14. Attach the ground wire on the Upright Wire (28) to the indicated hole in the Base (48) with a Silver Ground Screw (11).

Then, press the indicated grommet into the Right Upright (36).

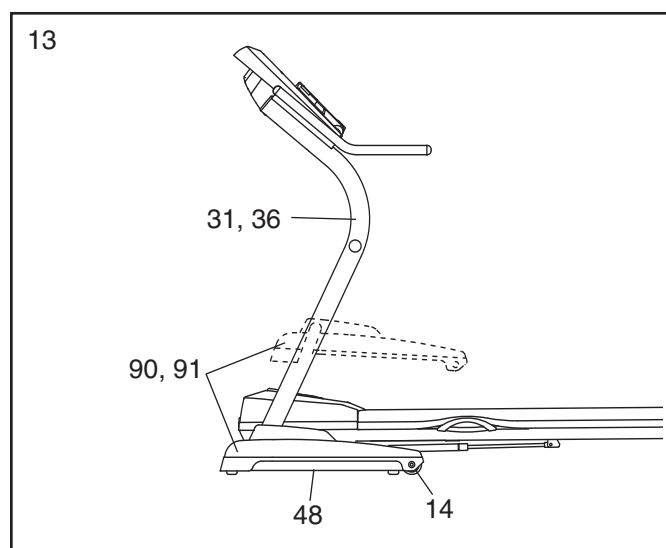Attach the Right Base Cover (91) to the Base (48) with two 3/4" Screws (2). **Attach the Left Base Cover (not shown) in the same way.**

Raise the Uprights (31, 36) to a vertical position.
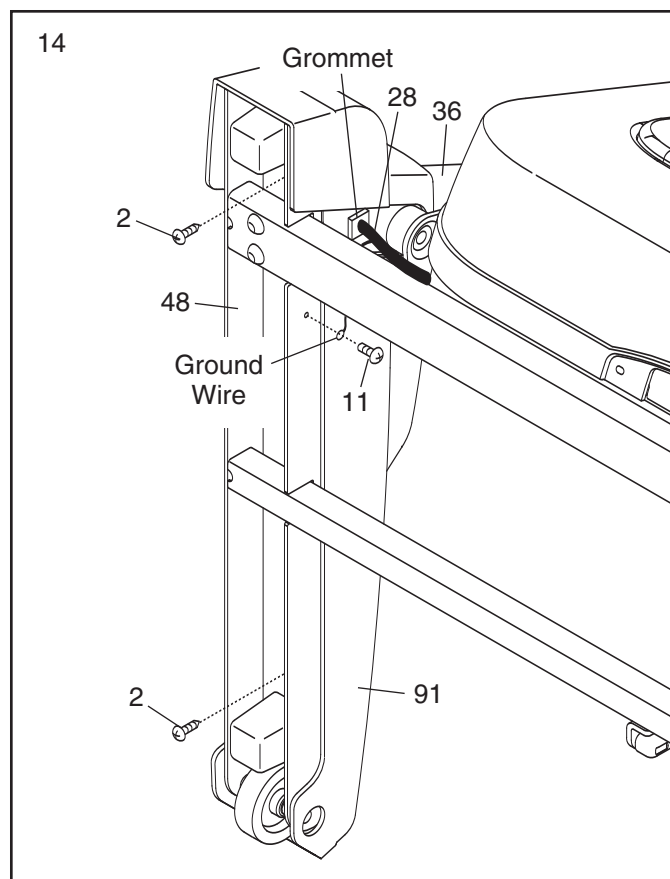
15. Press the Latch Sleeve (30) into the Left Upright (31).

Remove the knob from the pin. Make sure that the collar and the spring are on the pin. Insert the pin into the Latch Sleeve (30) and the Left Upright (31). Press the Latch Insert (89) into the other side of the Left Upright, and then tighten the knob back onto the pin.

Remove the plastic packaging from the bottom of the treadmill.
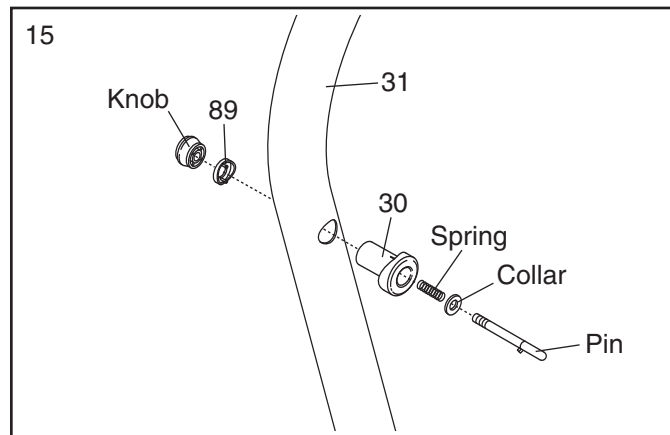
16. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 25). To protect the floor or carpet, place a mat under the treadmill.

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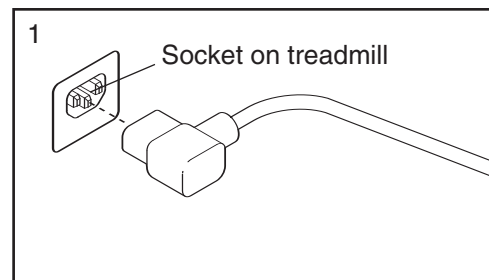 product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

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.**
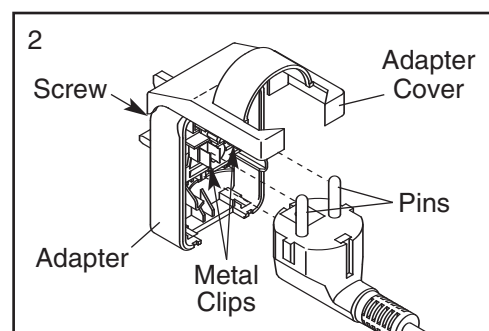
See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**
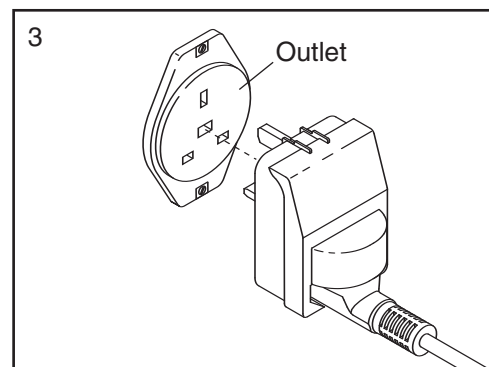
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM

INCLINE BASED PROGRAMS

HEART RATE PROGRAMS

CALORIE GOAL PROGRAMS

SPEED BASED PROGRAMS

⚠ WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.

▼ RATE ▲

TIME *19:58* *107* CALS.

INCLINE *2.5* *4.0* SPEED

▼ WEIGHT ▲

IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.

10 9 8 7 6 5 4 3 2 % GRADE 0   2 Km/H 4 6 8 10 12 13 14 15 16

▼ INCLINE ▲   FAN   ▼ SPEED ▲

START   STOP

Note: If there are sheets of clear plastic on the console, remove the plastic.

Key ——

Clip

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also features four preset programs – two incline based programs and two speed based programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. In addition, the console offers four calorie goal programs that control the speed and incline of the treadmill to help you burn unwanted pounds.

The console also offers four heart rate programs that control the speed and incline of the treadmill to keep your heart rate near a target heart rate during your workouts.

To use the manual mode of the console, follow the steps beginning on page 15. **To use a preset program**, see page 17. **To use a calorie goal program**, see page 18. **To use a heart rate program**, see page 20.

HOW TO TURN ON THE POWER

Plug in the power cord (see page 13). Next, locate the on/off switch on the tread-mill frame near the power cord. Make sure that the on/off switch is in the "on" position.

On Position
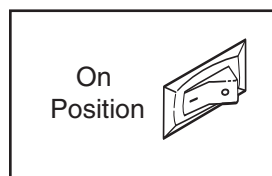
Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 14), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console; after a moment, the display will light. **Important: In an emergency situation, the 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.**

Note: To prevent damage to the walking platform, always wear clean shoes while using the treadmill. The first time you use the treadmill, periodically inspect the alignment of the walking belt, and center it if necessary (see page 25).

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Enter your weight if desired.

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

3 Select the manual mode.

When the key is in-serted, the manual mode will be selected. If you have selected a program, press one of the programs buttons repeatedly until a track appears in the dis-play.
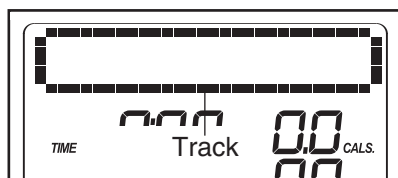
4 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the num-bered speed buttons.

If the Start button or the Speed increase button is pressed, 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 in-crease and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 Km/H; if a button is held down, the speed setting will change in in-crements of 0.5 Km/H.
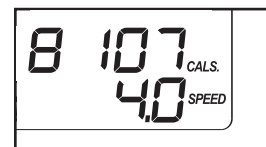
If one of the numbered speed buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting. **Note: The console can display speed and distance in either kilometers or miles (see THE INFORMA-TION MODE on page 22). For simplicity, all in-structions in this section refer to kilometers.**

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, the Speed increase button, or one of the numbered speed buttons.

Note: The first time you use the treadmill, periodi-cally inspect the alignment of the walking belt, and center it if necessary (see page 25).

5 Change the incline of the treadmill as desired.

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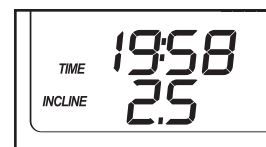
If you press one of the numbered incline buttons, the treadmill will adjust to the selected incline set-ting. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.

6 **Follow your progress with the display.**

When the manual mode is selected, the upper part of the display will show a track that represents 400 meters (1/4 mile). As you walk or run, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.
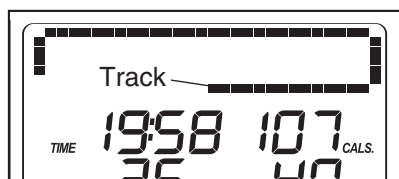
Track —

TIME **19:58** **107** *CALS.*

The left side of the display will show the elapsed time, the distance that you have walked or run, and the incline level of the treadmill. Note: When a calorie goal program is selected, the display will show the time remaining in the program instead of the elapsed time.

TIME **19:58**
INCLINE **2.5**
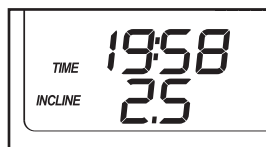
The right side of the display will show the approximate number of calories you have burned, the speed of the walking belt, and your pace in minutes per kilometer. The right side of the display will also show your heart rate when you use the handgrip pulse sensor.

8 107 *CALS.*
4.0 *SPEED*

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

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

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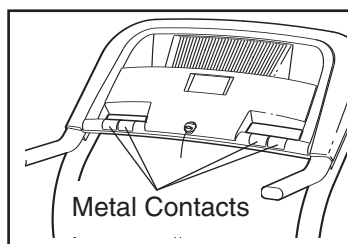
Metal Contacts

To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol in the display will begin to 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 at least 15 seconds.**

8 **Turn on the fan if desired.**

To turn on the fan at low speed, press the Fan button; the word "Low" will appear in the display. To turn on the fan at high speed, press the button a second time; the word "High" will appear in the display. To turn off the fan, press the button a third time; the word "Off" will appear in the display. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

9 **When you are finished exercising, remove the key.**

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 the treadmill is folded to the storage position, or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 22 and turn off the demo mode.**

When you are finished using the treadmill, switch the on/off switch to the "off" position and unplug the power cord.

HOW TO USE A PRESET PROGRAM

All four of the preset programs automatically control the speed and incline of the treadmill to guide you through an effective workout. During an incline based program, the incline of the treadmill will adjust frequently; during a speed based program, the speed of the walking belt will change frequently.

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

See HOW TO TURN ON THE POWER on page 15.

2 **Enter your weight if desired.**

See step 2 on page 15.

3 **Select a preset program.**

To select a preset program, press the Incline Based Programs button or the Speed Based Programs button once or twice; "P 1," "P 2," "P 3," or "P 4" will appear in the display for a few seconds. When a preset program is selected, the maximum speed setting and the maximum incline setting of the program will flash in the displays for a few seconds and a profile of the speed settings of the program will scroll across the matrix. The display will also show how long the program will last.
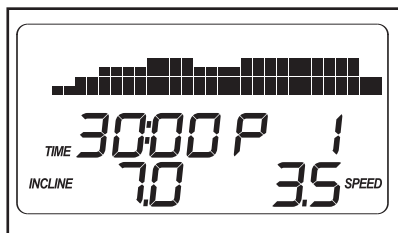
4 **Press the Start button or the Speed increase button to start the program.**

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into 30 or 50 one-minute periods. One speed setting and one incline setting are programmed for each period. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive periods.
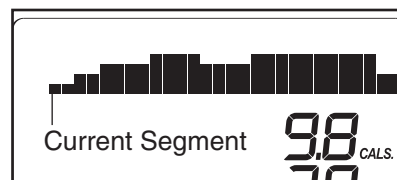
The speed setting for the first period will be shown in the flashing Current Period column of the matrix in the display. (The incline settings are not shown in the matrix.) The speed settings for the next four periods will be shown in the columns to the right.

When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first period is completed, *all speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column and the treadmill will automatically adjust to the speed and incline settings for the second period. Note: If all five of the indicators in the Current Period column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last period is shown in the Current Period column and the last period ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current period is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Period column; if any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may appear or disappear in those columns as well. **Important: When the current period of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next period.**

To stop the program temporarily, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the next period of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next period. To end the program, press the Stop button, remove the key, and then reinsert the key.

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

See step 6 on page 16.

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

See step 7 on page 16.

7 **Turn on the fan if desired.**

See step 8 on page 16.

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

See step 9 on page 16.

HOW TO USE A CALORIE GOAL PROGRAM

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

See HOW TO TURN ON THE POWER on page 15.

2 **Enter your weight.**

See step 2 on page 15. **Note: Always enter your weight before using a calorie goal program; the speed and incline settings of the program will depend on the weight setting you enter.**

3 **Select a calorie goal program.**

To select a calorie goal program, press the Calorie Goal Programs button repeatedly; "P 5," "P 6,"

"P 7," or "P 8" will appear in the display for a few seconds. As each calorie goal program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the display for a few seconds and the display will show how long the program will last. A profile of the speed settings of the program will scroll across the display.
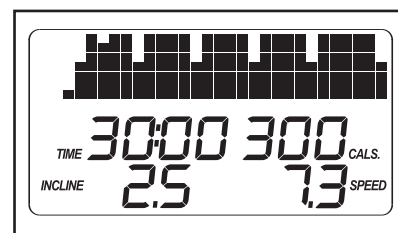
4 **Press the Start button to start the program.**

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into 30 or 40 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current

Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the following segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all seven of the indicators in the Current Segment column are lit, the speed settings may move downward so that only the highest indicators appear in the matrix.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column.
Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.

To stop the program at any time, press the Stop button. To restart the program, 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 program begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

The program will continue in this way until the last segment of the program ends. The walking belt will then slow to a stop. **Important: The calorie goal is an estimate of the number of calories that you will burn during the program. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of treadmill during the program, the number of calories you burn will be affected.**

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

See step 6 on page 16.

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

See step 7 on page 16.

7 **Turn on the fan if desired.**

See step 8 on page 16.

8 **When the program is completed, remove the key from the console.**

See step 9 on page 16.

HOW TO USE A HEART RATE PROGRAM

Follow the steps below to use a heart rate program.

⚠ CAUTION: **If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.**

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

2 Enter your weight if desired.

See step 2 on page 15.

3 Select a heart rate program.

To select a heart rate program, press the Heart Rate Programs button repeatedly; "P 9," "P10," "P11," or "P12" will appear in the display for a few seconds. A profile of the target heart rate settings of the program will scroll across the matrix.

4 Enter a target heart rate setting.

The maximum target heart rate setting for the program will appear in the display. If desired, press the Rate increase and decrease buttons to change the maximum target heart rate setting **(see EXERCISE INTENSITY on page 26).** Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.
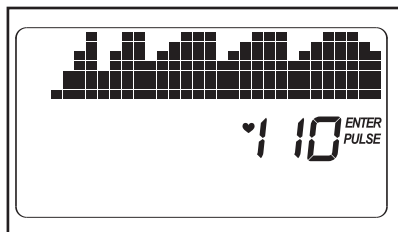
5 Measure your heart rate.

You do not need to hold the handgrip pulse sensors continuously; however, you must hold the pulse sensors frequently for the heart rate program to work properly.

See step 7 on page 16.

6 Press the Start button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

The target heart rate setting for the first period will be shown in the flashing Current Period column of the matrix. The target heart rate settings for the next several periods will be shown in the columns to the right. When only three seconds remain in the first period, both the Current Period column and the column to the right will flash and a series of tones will sound. In addition, the speed setting and the incline setting will flash in the displays to alert you. When the first period ends, *all target heart rate settings will move one column to the left.* The target heart rate setting for the second period will then be shown in the flashing Current Period column.

The console will regularly compare your heart rate to the current target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. If the speed of the walking belt reaches 12 Km/H and your heart rate is still too far below the target heart rate setting, the incline of the treadmill will also increase.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the speed and/or incline of the treadmill may automatically decrease. If this occurs, see step 7 on page 16.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

7 **Follow your progress with the display.**

See step 6 on page 16.

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

See step 9 on page 16.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select kilometers or miles as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The center of the display will show the number of hours that the treadmill has been operated. The lower right corner of the display will show the total number of kilometers or miles that the walking belt has moved.
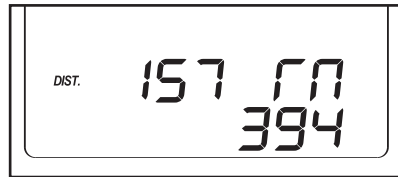
In addition, an "M" for metric kilometers or an "E" for English miles will appear in the right side of the display. To change the unit of measurement, press the Speed increase button.

IMPORTANT: If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when the treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically appear in a preset sequence; the buttons on the console will not operate. **If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**

Note: If you press the Calorie Goal Programs button while in the information mode, the display may become very dim, very dark, or blank. If this happens, press the Calorie Goal Programs button repeatedly until the display looks right.

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 this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 pounds (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. To raise the frame, bend your legs, keep your back straight, and lift with your legs.** Raise the frame about halfway to the vertical position.
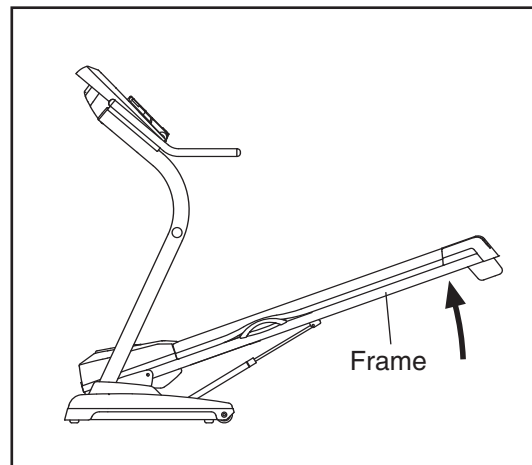
Frame

2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch passes the pin on the latch knob, and then slowly release the latch knob. **Make sure that the pin is resting securely against the catch.**

   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° Fahrenheit.

Latch Knob

Engaged
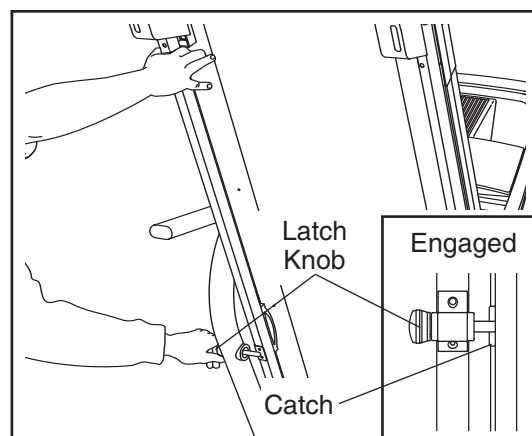
Catch

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert it to the storage position as described above. **Make sure that the pin on the latch knob is resting securely against the catch.**

1. Hold one of the handrails and place your other hand on the deck. 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. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

Deck

Handrail

Wheel
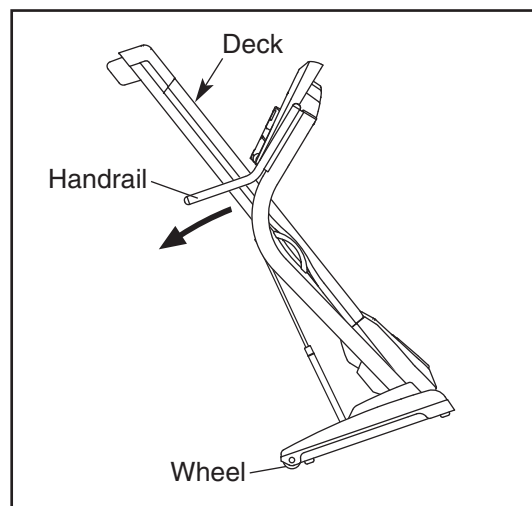
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your left hand. Pull the latch knob to the left and hold it. Pivot the frame downward and then release the latch knob.

2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**

TROUBLESHOOTING

Most treadmill problems can be solved by following the 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, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the circuit breaker located on the treadmill 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.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the "on" position.
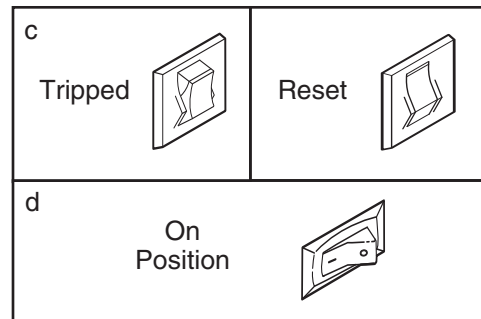
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (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. Make sure that the on/off switch is in the "on" position (see d. above).

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

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 two Foot Rail Screws (4) and the two 3/4" Hood Screws (2) and carefully remove the Hood (1).

Locate the Reed Switch (62) and the Magnet (67) on the left side of the Pulley (64). 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 3 mm (1/8 in.).** If necessary, loosen the Screw (11), 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.

24
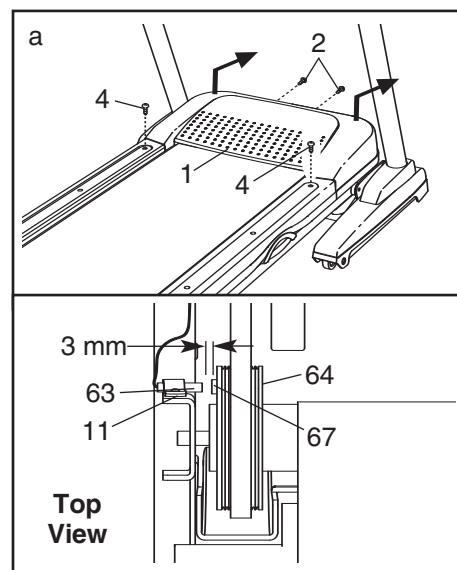
PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).
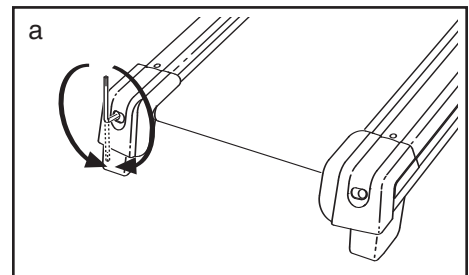
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) 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.
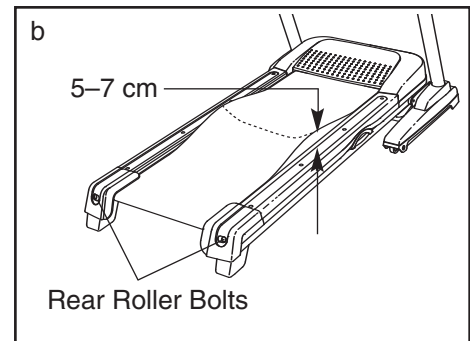

c. If the walking belt still slows when walked on, please see the front cover of this manual.

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 left 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 rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) 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.
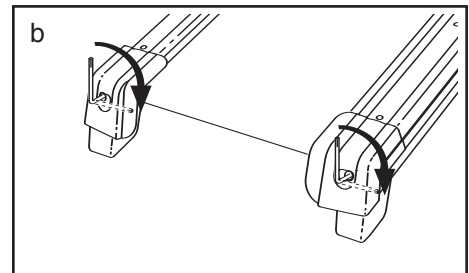
CONDITIONING GUIDELINES

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

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

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. 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 heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help 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, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PETL31806.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	59	1	Lift Frame
2	28	3/4" Screw	60	2	Motor Tension Nut
3	1	Left Foot Rail	61	1	Motor Belt
4	8	Foot Rail Screw	62	1	Reed Switch
5	2	Motor Tension Bolt	63	1	Clip
6	2	Motor Tension Washer	64	1	Front Roller/Pulley
7	11	Wire Tie	65	1	Motor Pivot Bolt
8	2	Motor Bolt	66	2	Platform Bolt, Front
9	1	Drive Motor	67	1	Magnet
10	1	Motor Bracket	68	2	Belt Guide
11	14	Sliver Ground Screw	69	2	Rear Roller Bracket
12	7	Star Washer	70	2	Isolator
13	1	Power Cord	71	4	Belt Guide Screw
14	2	Wheel Bolt	72	1	Walking Belt
15	2	Foot Rail Decal	73	1	Walking Platform
16	1	Console Fan Assembly	74	1	Frame
17	4	Handrail Endcap	75	1	Right Foot Rail
18	2	Handrail	76	4	Platform Nut
19	4	Handrail Star Washer	77	2	Rear Roller Washer
20	4	Handrail Bolt	78	2	Platform Bolt, Rear
21	2	1/4" Star Washer	79	1	Rear Roller
22	2	Console Bolt	80	1	Right Rear Foot
23	1	Key/Clip	81	2	Rear Roller Star Washer
24	2	Frame Pivot Spacer	82	2	Rear Roller Bolt
25	1	Console	83	1	Left Rear Foot
26	1	Console Base	84	4	U-nut
27	4	Upright Bolt	85	1	Hex Key
28	1	Upright Wire	86	1	Motor Isolator
29	1	Latch Pin Assembly	87	2	Motor Bushing
30	1	Latch Sleeve	88	2	Handrail Spacer
31	1	Left Upright	89	1	Latch Insert
32	2	Frame Bolt	90	1	Left Base Cover
33	4	Frame Washer	91	1	Right Base Cover
34	2	Frame Spacer	92	1	Hood Cover
35	2	Wheel Nut	93	4	Hood Cover Screw
36	1	Right Upright	94	4	Isolator Fastener
37	4	Base Pad	95	1	On/off Switch
38	8	3/4" Tek Screw	96	1	Catch
39	5	Upright Star Washer	97	4	1 1/2" Screw
40	1	5/32" Hex Key	98	1	Gas Spring Clip Kit
41	2	Caution Decal	99	1	Gas Spring
42	1	Console Support Bracket	100	1	Power Cord Adapter
43	1	Warning Decal	101	1	Electronics Bracket
44	4	Wheel Spacer	102	1	Transformer
45	2	Wheel	103	1	Filter
46	3	Incline Motor Nut, Top	104	1	Ground Bolt
47	2	Nut	105	1	Ground Nut
48	1	Base	106	1	Circuit Breaker
49	3	Plastic Tie	107	1	Power Inlet Bracket
50	1	Belly Pan	108	2	Rear Bracket Screw
51	1	Controller	#	1	4" Black Wire, M/F
52	2	Upright Endcap	#	1	8" Green Wire, F/R
53	2	Lift Frame Bolt	#	1	8" Blue Wire, 2F
54	2	3/8" Nut	#	1	4" Red Wire, M/F
55	1	Lift Motor	#	1	User's Manual
56	1	Stop Bracket			
57	1	Incline Motor Bolt, Top			#These parts are not illustrated.
58	1	Incline Motor Bolt, Bottom			Specifications are subject to change without notice.
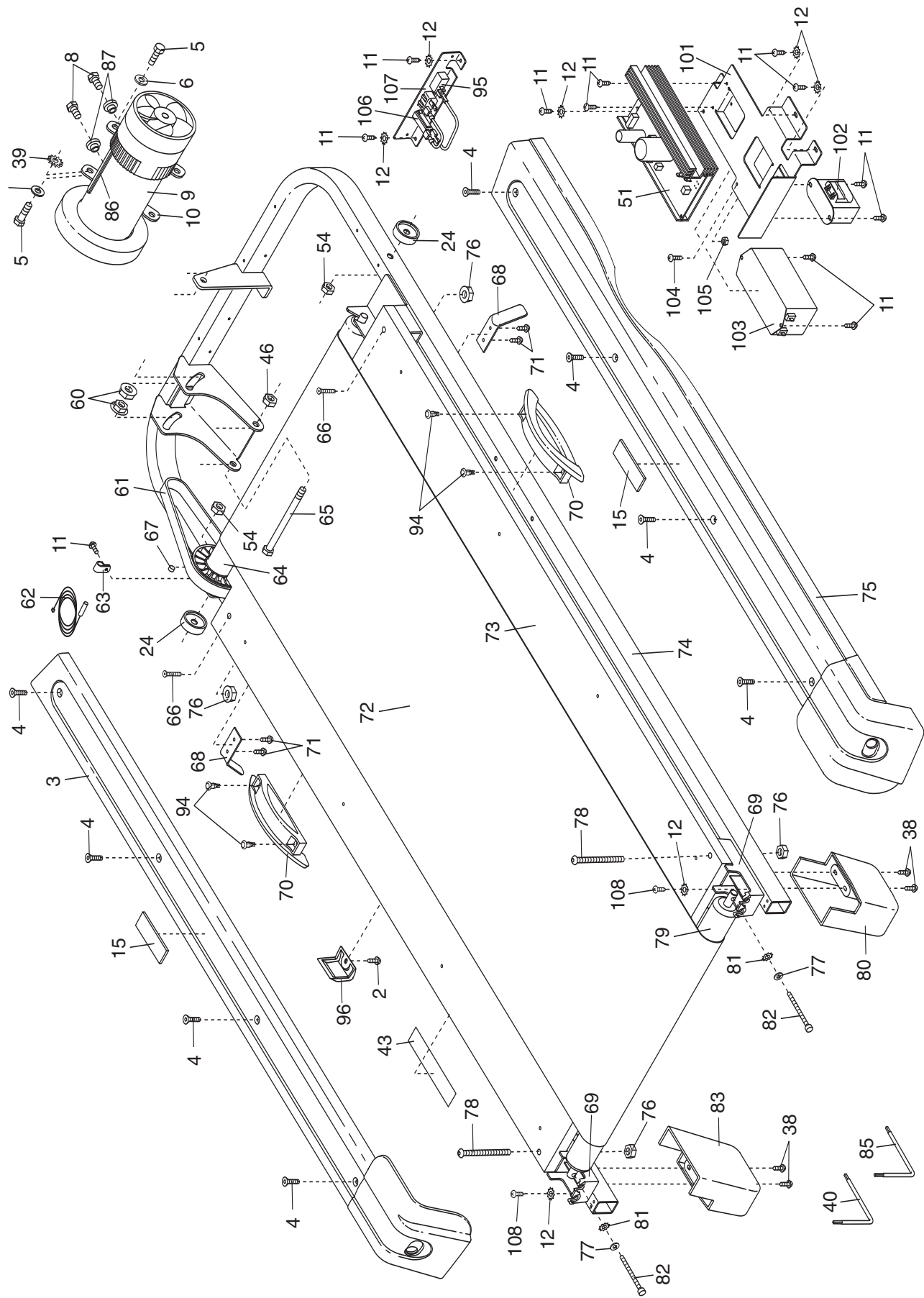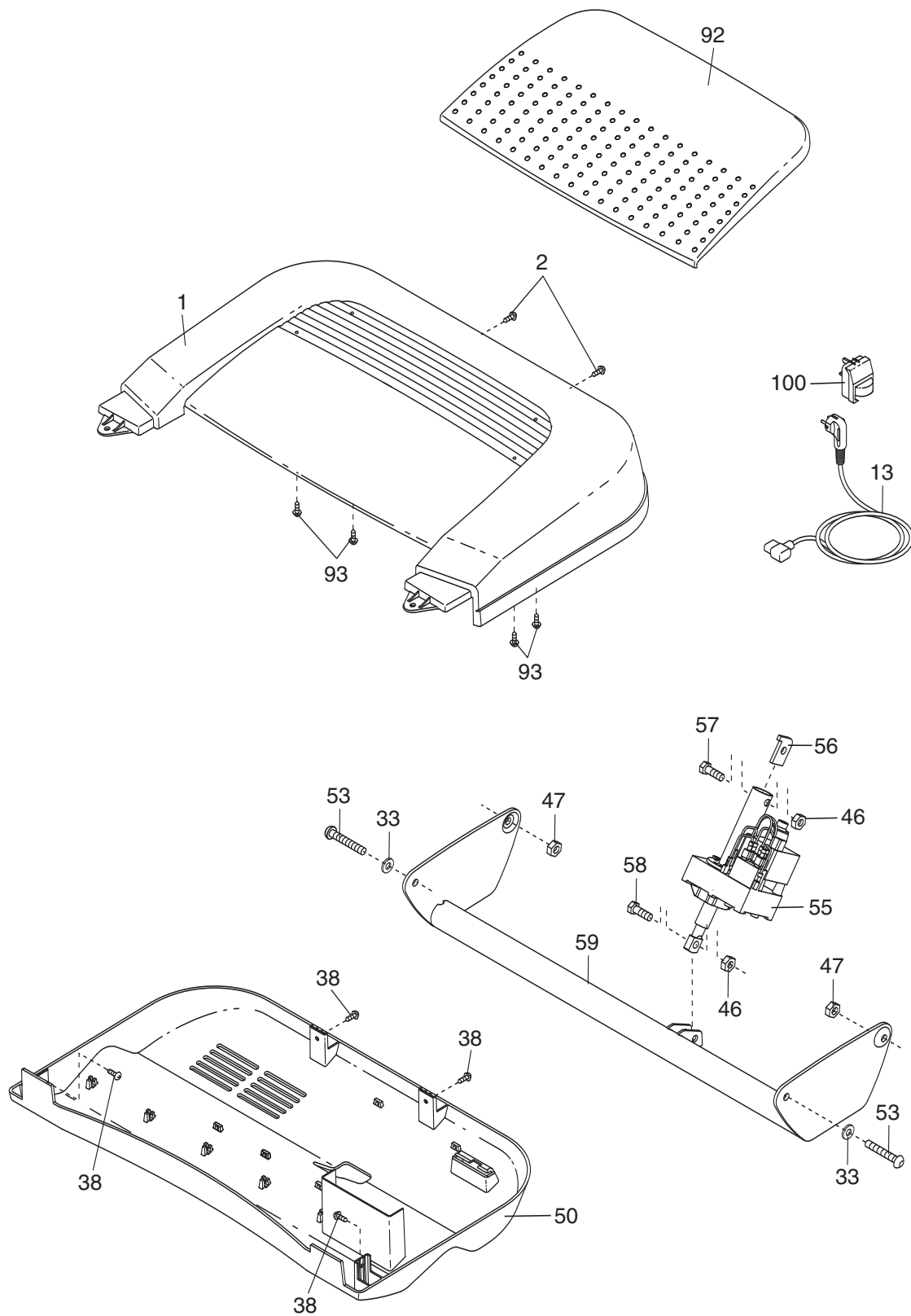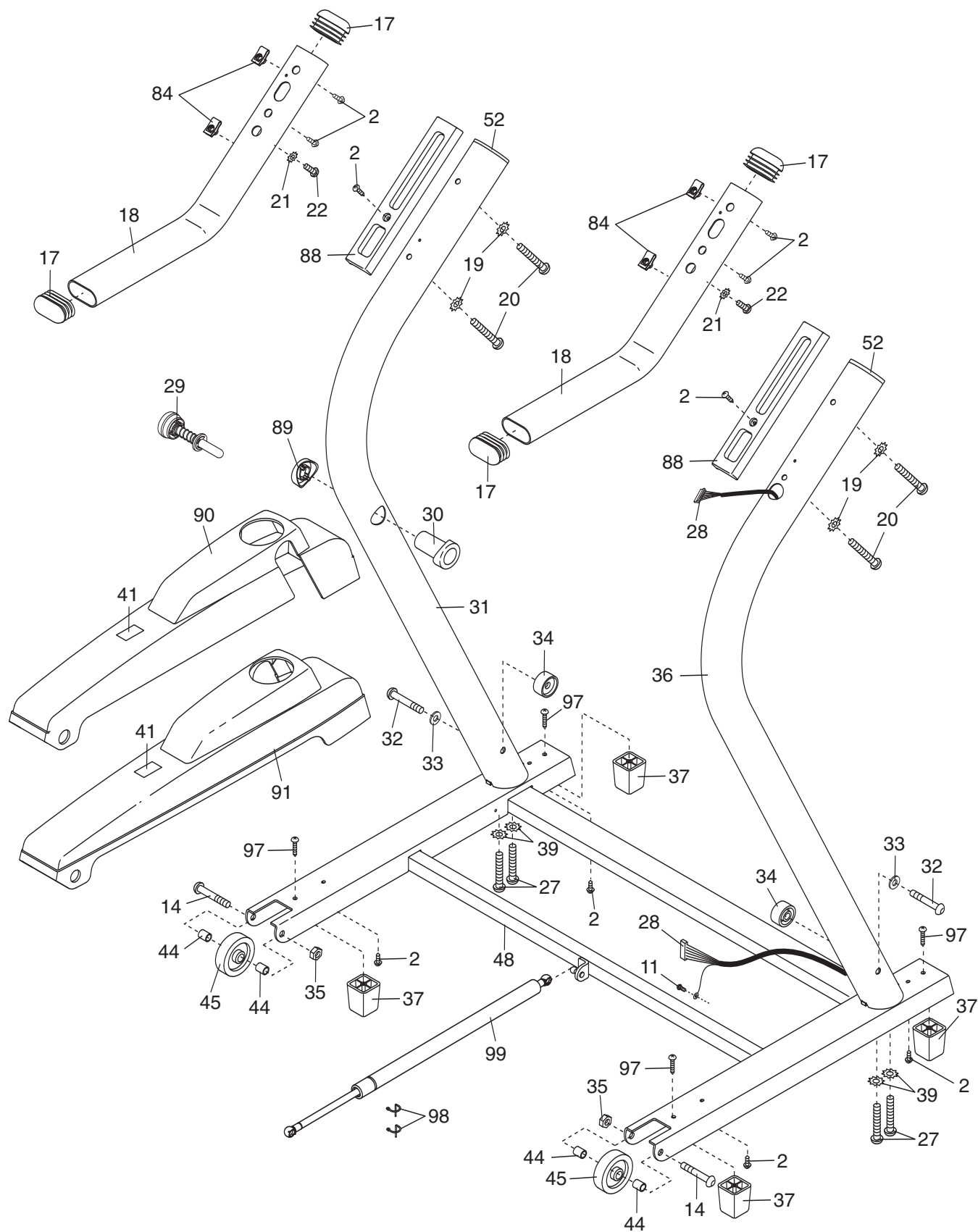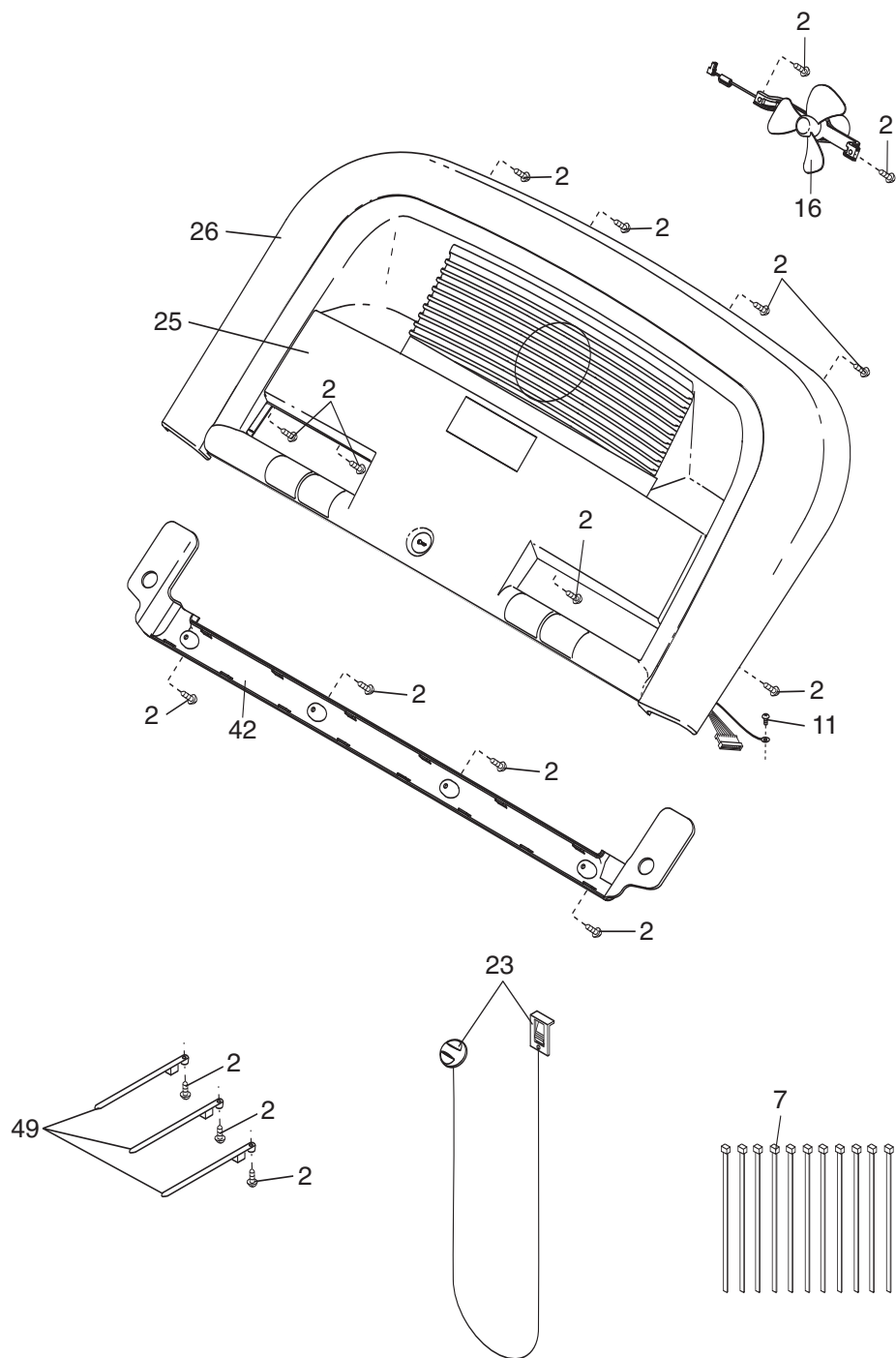
ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: (44) 0113 387 7133
Fax: (44) 0113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PETL31806.0)

- the NAME of the product (PROFORM 6.5 X treadmill)

- the SERIAL NUMBER of the product (see the front cover of this manual)

- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 27 to 31)