

ORDERING REPLACEMENT PARTS

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

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009
Fax: 0113-2411120

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PETL38590)
- The NAME OF THE PRODUCT (PROFORM® 385EX)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual)
- The DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual).

If possible, place the treadmill near your telephone for easy reference when calling.

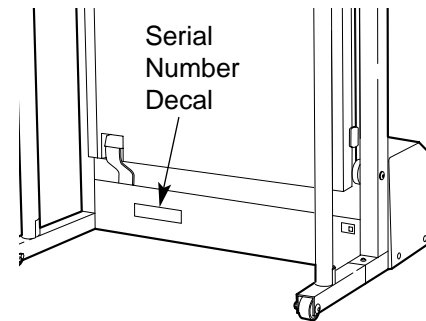
PROFORM is a registered trademark of ICON Health & Fitness, Inc.

PRO·FORM[®] 385ex

PERFORMANCE TREADMILL

Class HC Fitness Product

Model No. PETL38590
Serial No. _____



QUESTIONS?

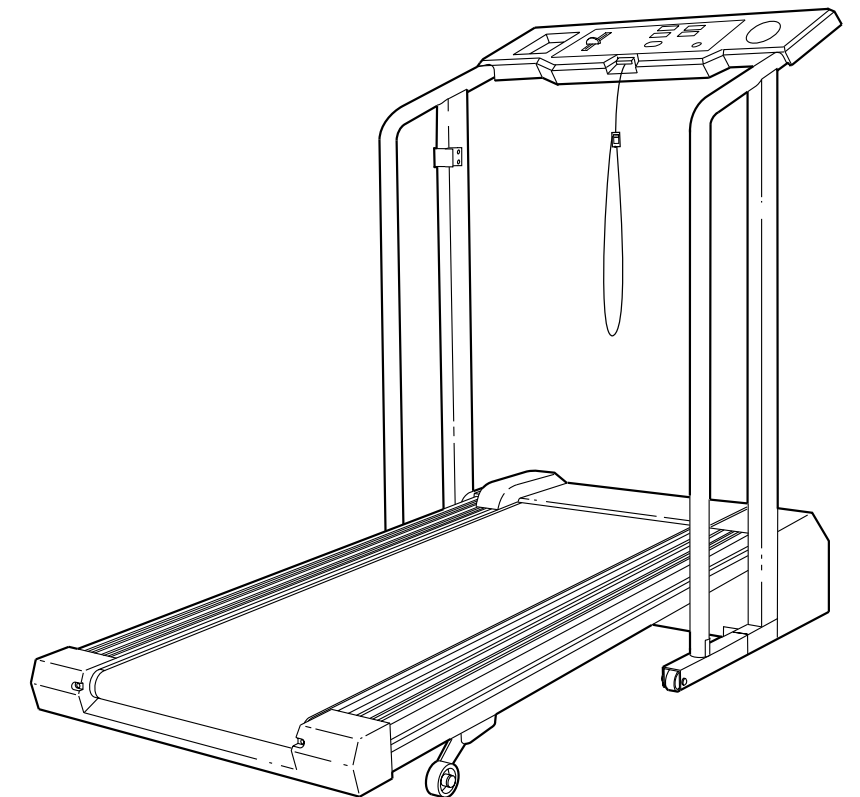
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

⚠ CAUTION

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



USER'S MANUAL

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS2
 BEFORE YOU BEGIN4
 ASSEMBLY5
 OPERATION AND ADJUSTMENT7
 HOW TO FOLD AND MOVE THE TREADMILL11
 MAINTENANCE AND TROUBLE-SHOOTING13
 CONDITIONING GUIDELINES15
 ORDERING REPLACEMENT PARTSBack Cover

Note: An EXPLODED DRAWING and PART LIST are attached in the centre of this manual. Please save them for future reference.

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 in this manual.
3. Place the treadmill on a level surface, with 8 feet (2 m) of clearance behind it. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. When choosing a location for the treadmill, make sure that the location and position permits access to the plug.
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 not be used by persons weighing more than 250 pounds (115 kg).
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing 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 7), plug the power cord into an earthed circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.
12. If you need an extension cord, use only a 3-conductor, 14 gauge (1mm²) cord that is no longer than 5 feet (1.5) meters.
13. Keep the power cord and the surge protector away from heated surfaces.
14. Never move the walking belt whilst 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 BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

CONDITIONING GUIDELINES

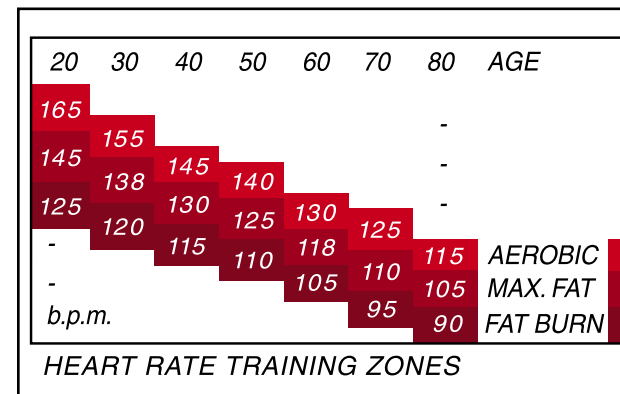
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including 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.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. 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.



cise. (This chart is also found on the console.) To find the proper heart rate for you, first find your age at the top of chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are 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 one of the lower two numbers 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

A well-rounded workout includes the following three important parts:

A Warm-up

Start each workout by warming up for 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase your body temperature, heart rate, and circulation in preparation for strenuous exercise.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (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.

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 to prevent post-exercise problems.

EXERCISE FREQUENCY

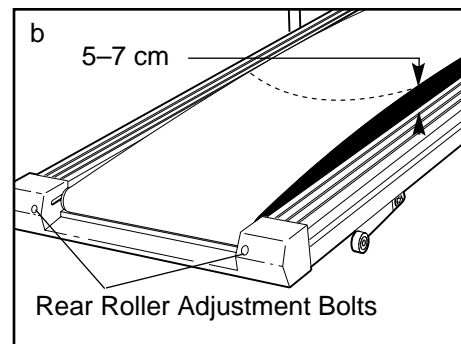
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

PROBLEM: The walking belt slows when walked on

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

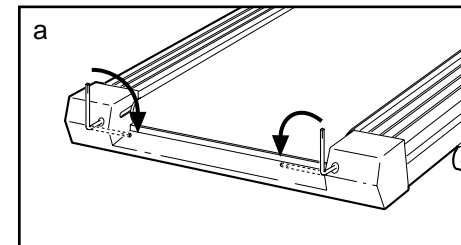
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 7 cm off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



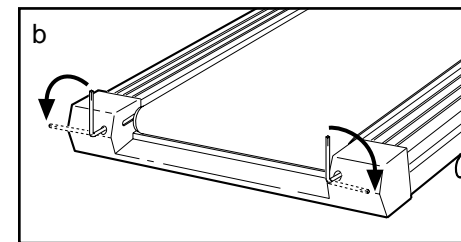
c. If the walking belt still slows when walked on, please call our Customer Service Department.

PROBLEM: The walking belt is off-centre when walked on

SOLUTION: a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.

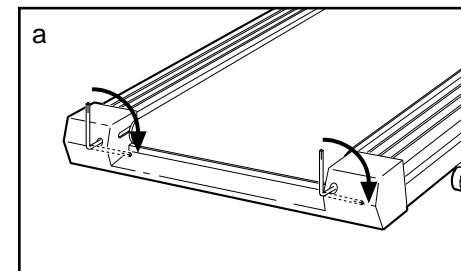


b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



PROBLEM: The walking belt slips when walked on

SOLUTION: a. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment 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 5 to 7 cm off the walking platform. Be careful to keep the walking belt centred. 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.



15. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. Never leave the treadmill unattended whilst it is running. Always remove the key when the treadmill is not in use.
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO MOVE THE TREADMILL on page 11.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.
19. Do not change the incline of the treadmill by placing objects under the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

21. Inspect and tighten all parts of the treadmill regularly.
22. Never insert or drop any object into any opening.
23. **DANGER:** Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.
24. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.
25. 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.

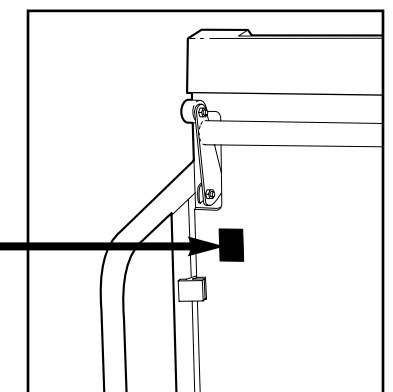
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.

⚠ WARNING

- Never allow children on or around treadmill.
- Storage latch must be fully engaged before treadmill is moved or stored.



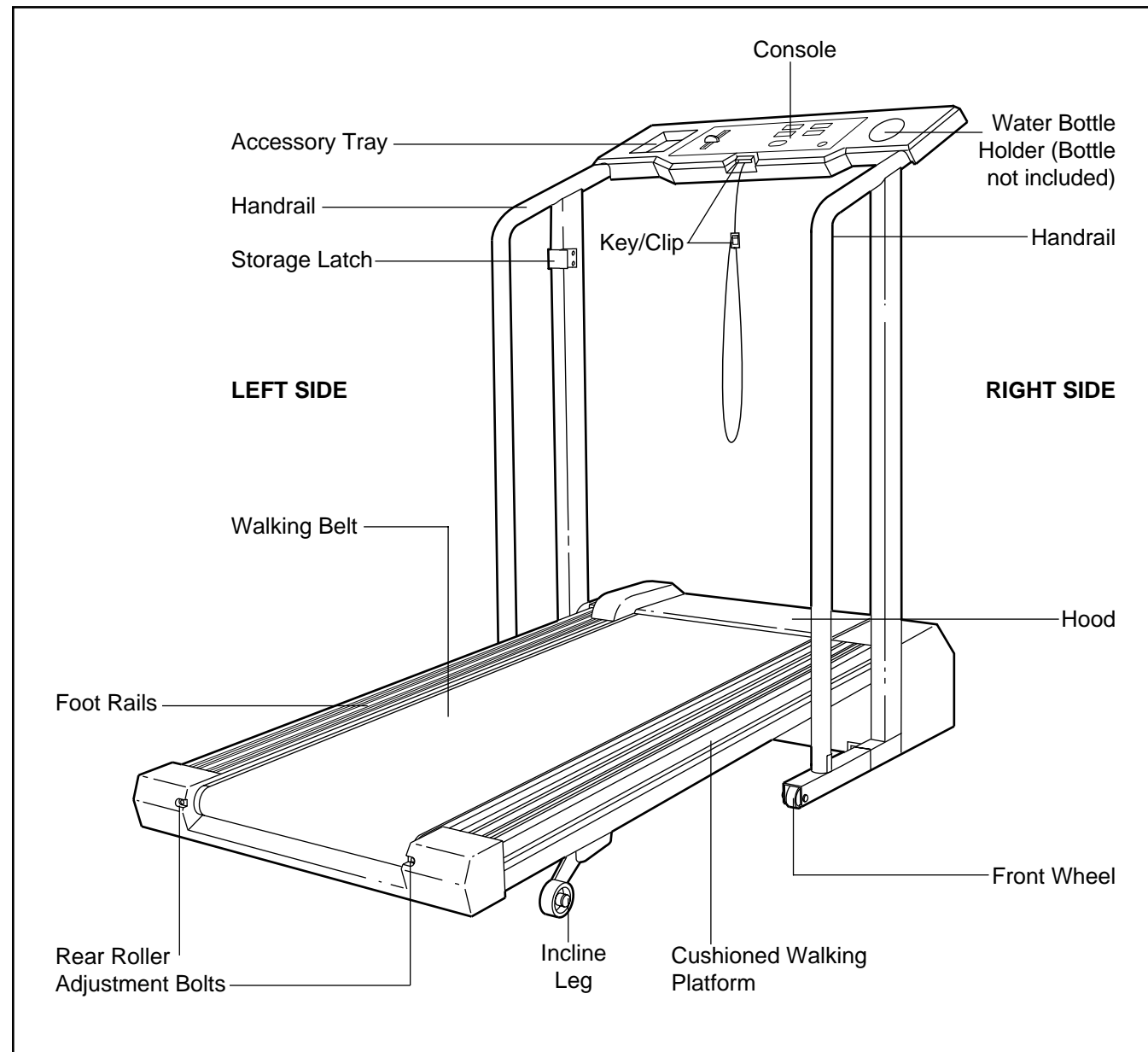
BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 385EX treadmill. The 385EX treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique 385EX 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 additional questions, please call our Customer Service Department at 0345-

089009. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL38590. 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 review the drawing below and familiarise yourself with the parts that are labelled.



MAINTENANCE AND TROUBLE-SHOOTING

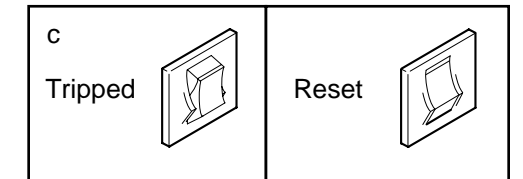
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) If you need an extension cord, use only a 3-conductor, 14 gauge (1mm²) cord that is no longer than 5 feet.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 1 on page 8.)

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.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. 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.

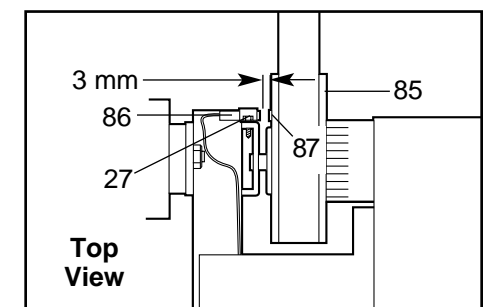
c. Remove the key from the console. Reinsert the key fully into the console. (See step 1 on page 8.)

d. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The displays of the console do not function properly

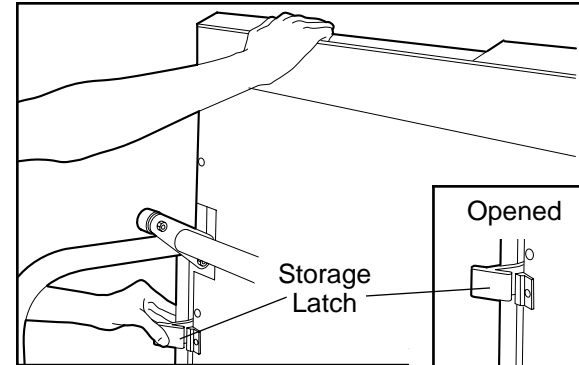
SOLUTION: a. Check the batteries in the console. See BATTERY INSTALLATION on page 8. Most problems are the result of drained batteries.

b. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (86) and the Magnet (87) on the left side of the Pulley (85). 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.** If necessary, loosen the Screw (27) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

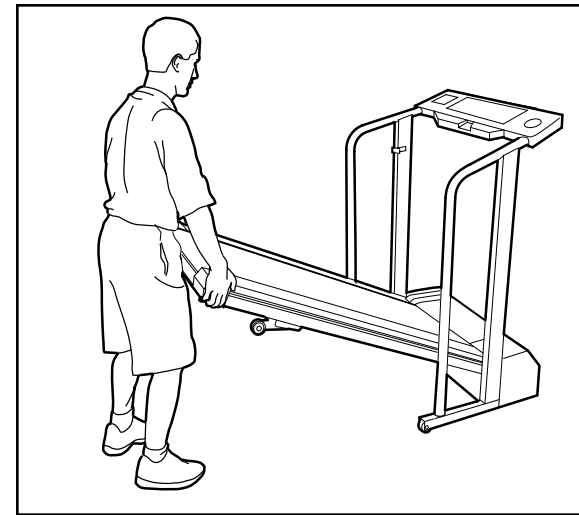


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, slide open the storage latch. Pivot the treadmill until the frame and the foot rail are past the storage latch.




2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**

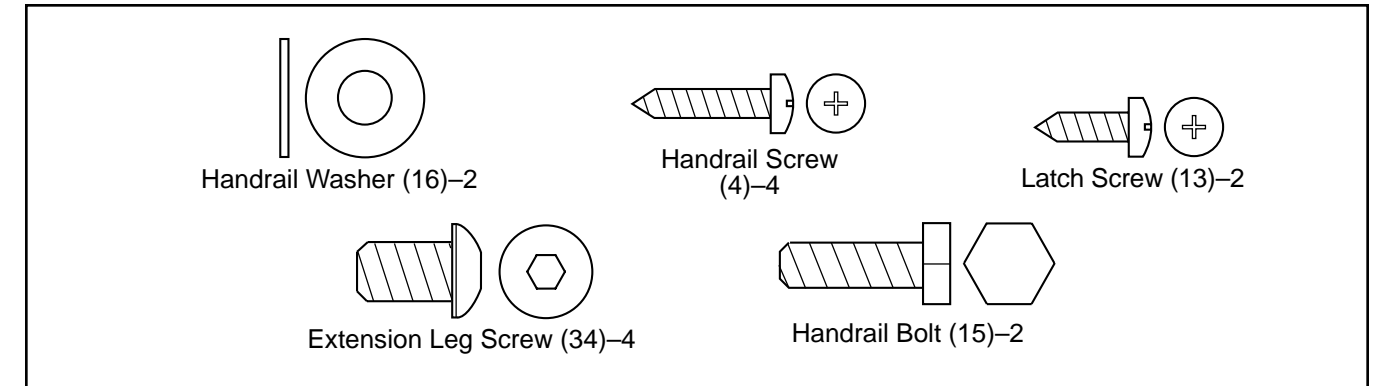


ASSEMBLY

Assembly requires two people. 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 treadmill walking deck 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 a phillips screwdriver , **an adjustable wrench** , **and scissors (not included), as well as the included allen wrench** .

During assembly, refer to the drawing below to identify the small parts used in assembly.

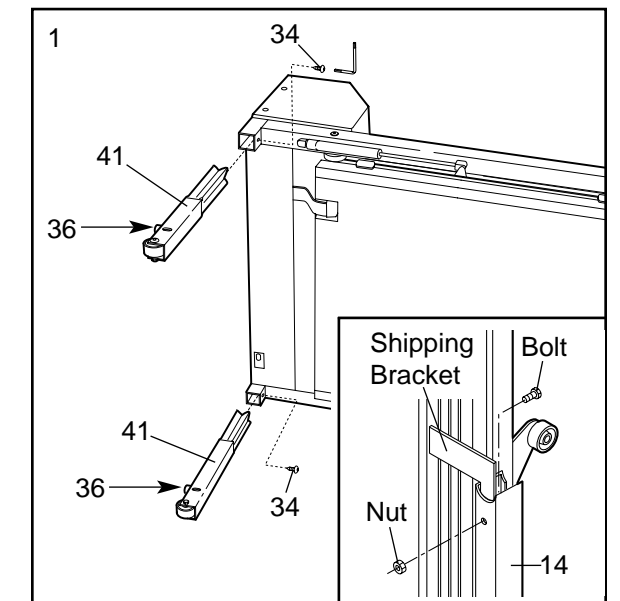


1. With the help of a second person, carefully lay the treadmill on its right side as shown (refer to the drawing on page 4 to identify the right side).

Insert the Extension Legs (41) into the treadmill. Make sure that the Extension Legs are turned so the Base Pads (36) are on the indicated side. Attach each Extension Leg with an Extension Leg Screw (34).

With the help of a second person, carefully raise the treadmill to the upright position so the Extension Legs (41) are resting flat on the floor.

Refer to the inset drawing. Remove the nut, bolt, and shipping bracket from the left Upright (14) and discard them.

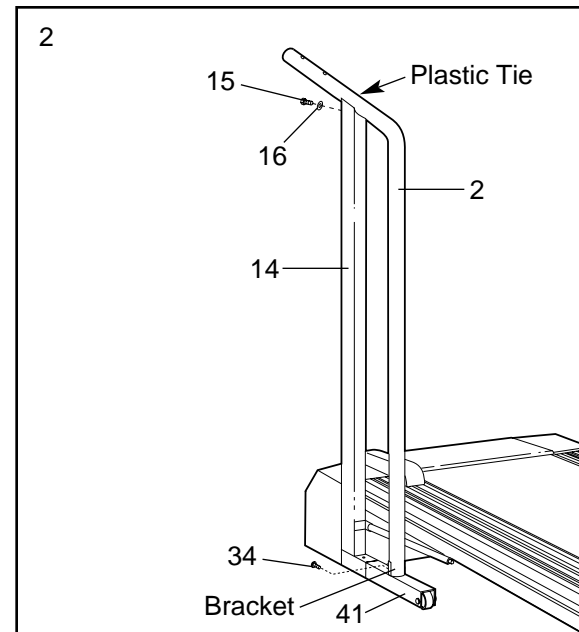


- Refer to HOW TO LOWER THE TREADMILL FOR USE on page 12. Follow the instructions in step 2 to lower the treadmill.

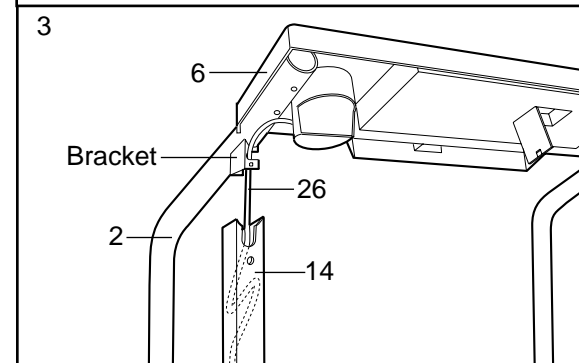
Cut the plastic ties that hold the cage nuts in each Handrail (2).

Position one of the Handrails (2) on the left Upright (14). The lower end of the left Handrail should be resting against the bracket on the Extension Leg (41) as shown. Thread a Handrail Bolt (15) with a Handrail Washer (16) into the left Upright and Handrail. **Do not tighten the Handrail Bolt yet.**

Make sure that the hole in the bracket on the Extension Leg (41) is aligned with the hole in the Handrail (2). Tighten an Extension Leg Screw (34) into the bracket and Handrail.

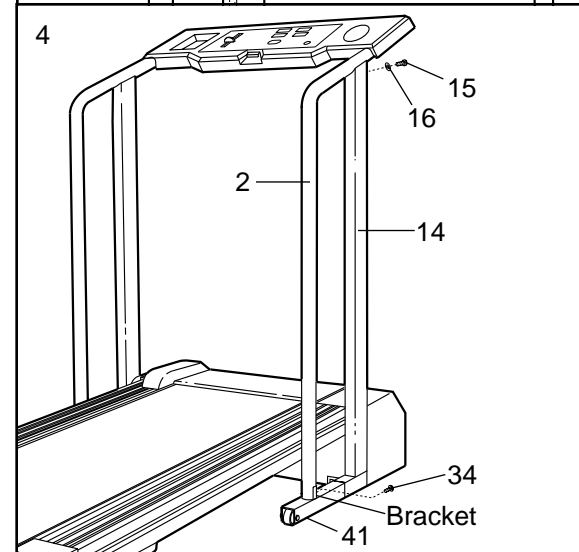


- With the help of a second person, hold the Console Base (6) and the other Handrail (2) near the right Upright (14) as shown. Insert the Wire Harness (26) down into the right Upright; bend the Wire Harness, if necessary. Next, route the Wire Harness through the bracket on the Handrail and insert the bracket into the right Upright. **Make sure that the Wire Harness is not pinched.**



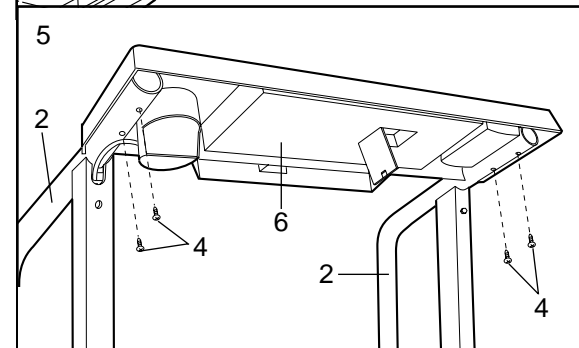
- Thread a Handrail Bolt (15) with a Handrail Washer (16) into the right Upright (14) and the right Handrail (2). **Do not tighten the Handrail Bolt yet.**

Make sure that the hole in the bracket on the Extension Leg (41) is aligned with the hole in the Handrail (2). Tighten an Extension Leg Screw (34) into the bracket and Handrail.



- Attach the Console Base (6) to the Handrails (2) with four Handrail Screws (4).

Tighten all parts used in this step and in steps 2 and 4.

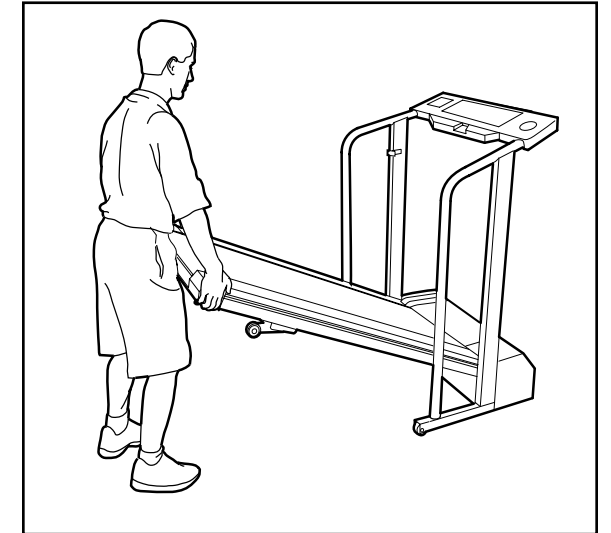


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

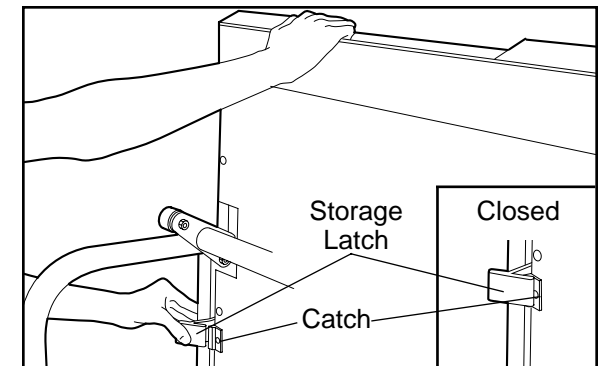
Before folding the treadmill, unplug the power cord. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

- Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



- Move your right hand to the position shown at the right, and hold the treadmill firmly. Raise the treadmill until the storage latch locks over the catch. **Make sure that the storage latch closes fully over the catch.**

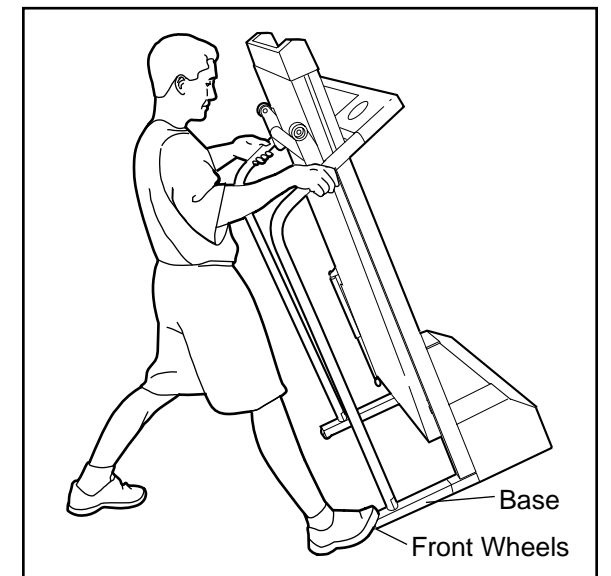
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 34° C.



HOW TO MOVE THE TREADMILL

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

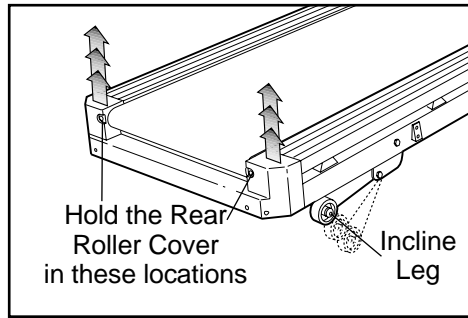
- Hold the upper ends of the handrails. Place one foot on one of the front wheels as shown.
- Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back, or the base pads may come off. To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
- Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



HOW TO CHANGE THE INCLINE OF THE TREADMILL

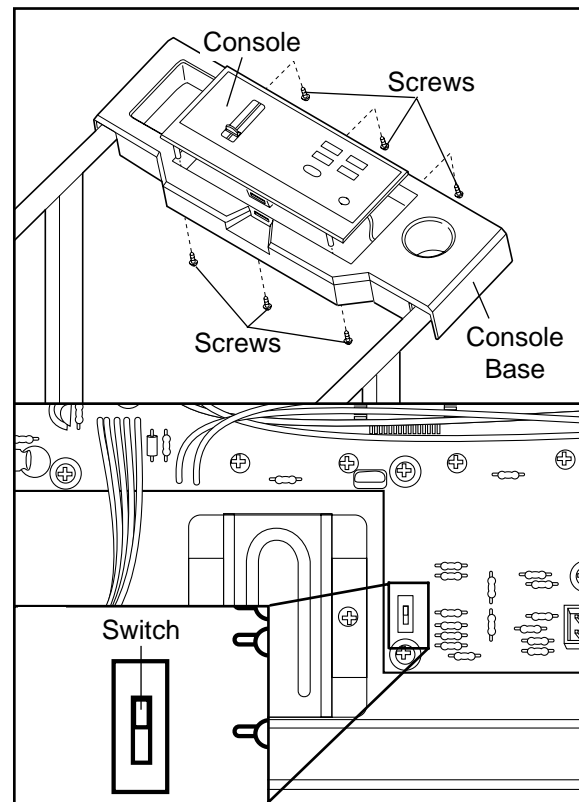
The incline of the treadmill can be changed by raising or lowering the back end. **Before changing the incline, remove the key and unplug the power cord.**

Hold the rear roller cover with both hands. When the back end of the treadmill is in the lowest position, the incline is about 10%. Raise the back end until it clicks into position. (Note: It may be necessary to shake the treadmill slightly so that it clicks into position.) The incline will then be about 5%. Raise the back end again until it clicks into position. The incline will then be about 3%. To lower the back end, first raise it past the highest position, and then lower it. **CAUTION: Before exercising, push on the back of the treadmill to make sure that the incline legs are locked in position. Do not place objects under the treadmill to change the incline; change the incline only as described above.**



HOW TO SELECT KILOMETRES AND MILES

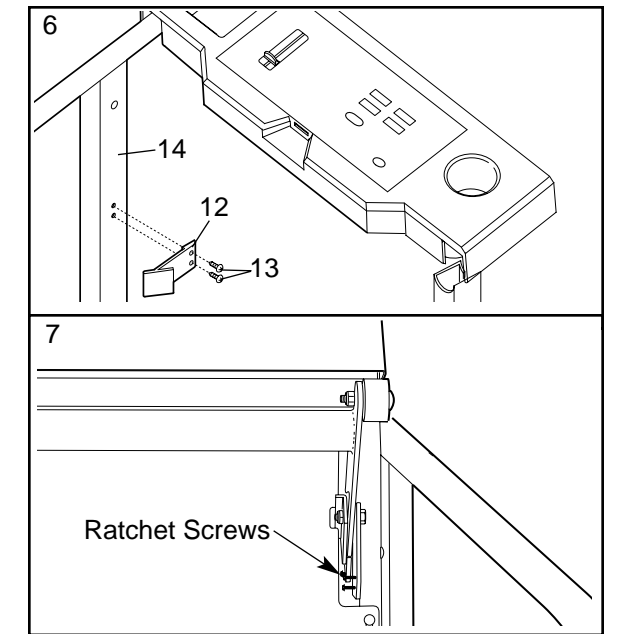
The console can display distance and speed in either kilometres or miles. To change the unit of measurement, first **UNPLUG THE POWER CORD**. Next, remove the six screws attaching the console to the console base. Lift the console a few inches, being careful not to pull on the wires, and turn the console over. Locate the small switch on the back of the console. Move the switch upward or downward to select kilometres or miles. Re-attach the console to the console base. **After changing the unit of measurement, remove one of the batteries from the console for about five seconds and then reinsert it. This will reset the console.**



6. Attach the Storage Latch (12) to the left Upright (14) with two Latch Screws (13). Be careful not to overtighten the Screws.

7. **Make sure that all parts are tight before you use the treadmill.** Note: The ratchet screws shown at the far right are factory set and **should not be adjusted.**

Some parts may be left over after assembly is completed. Save the included allen wrench for adjusting the walking belt. To protect the floor or carpet from damage, place a mat under the treadmill.



OPERATION AND ADJUSTMENT

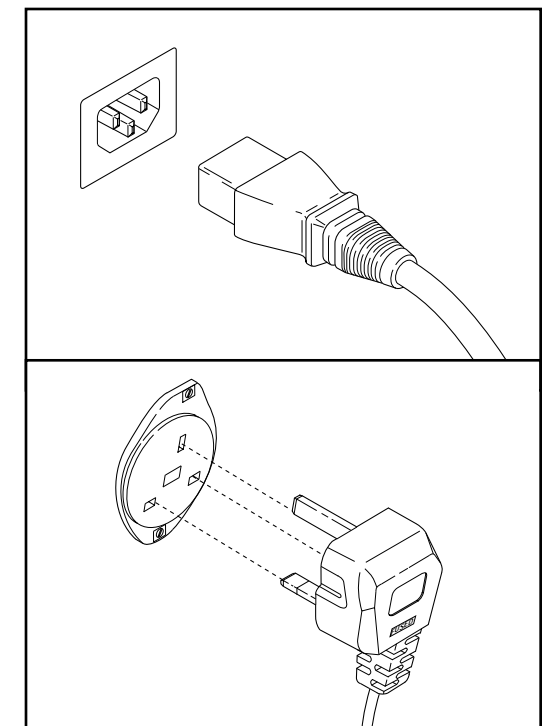
THE PERFORMANT LUBE™ WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

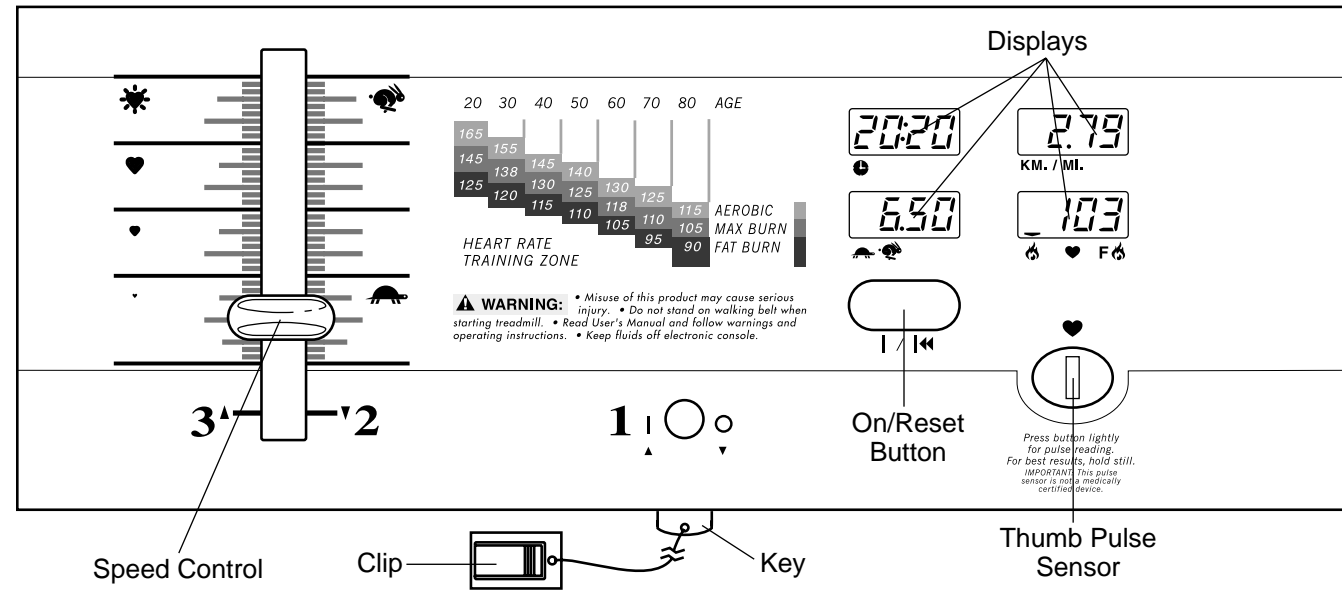
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and an earthing plug. Plug one end of the cord into the treadmill. **Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.**

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



Use only a power cord type H05VV-F with a conductor of at least 1mm², with a country recognised plug and an appliance coupler.

DIAGRAM OF THE CONSOLE



CAUTION: Before operating the console, read the following precautions.

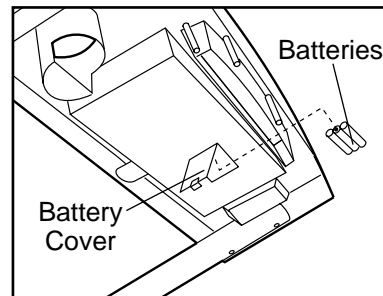
- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) whilst using the treadmill. When the key is

removed from the console, the walking belt will stop.

- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Use only a sealable water bottle.

BATTERY INSTALLATION

The console requires **three "AA" batteries** (not included). Alkaline batteries are recommended. To install batteries, open the battery cover under the console. Press three batteries into the battery compartment. **Make sure that the negative ends of the batteries (marked "-") are touching the springs.** Close the battery cover.

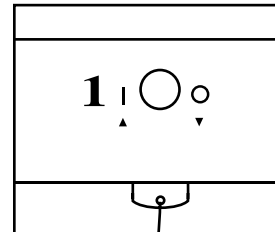


Follow the steps below and on page 9 to operate the console.

Note: The console can display distance and speed in either kilometres or miles. (See HOW TO SELECT KILOMETRES OR MILES on page 10.)

1 Insert the key fully into the power switch.

Note: Inserting the key will not turn on the displays. The displays will turn on when the on/reset button is pressed or when the walking belt is started. If you just installed batteries, the displays will already be on.



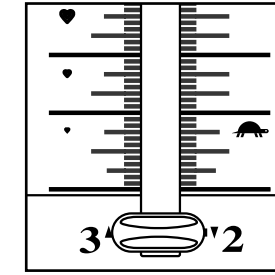
STEP BY STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.)

Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

2 Reset the speed control.

Slide the speed control down until it stops. **Note: Each time the walking belt is stopped, the speed control must be moved to the lowest position before the walking belt can be restarted.**



3 Start the walking belt.

After you have moved the speed control to the lowest position, slowly slide it upward until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.

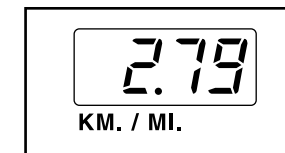
To stop the walking belt, step onto the foot rails and slide the speed control to the lowest position.

4 Follow your progress with the monitor displays.

TIME display—This display shows the total time that you have walked or run on the treadmill.



DISTANCE display—This display shows the total distance that you have walked or run.

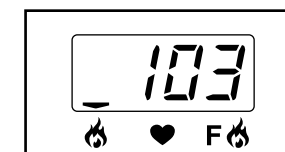


SPEED display—This display shows the speed of the walking belt.



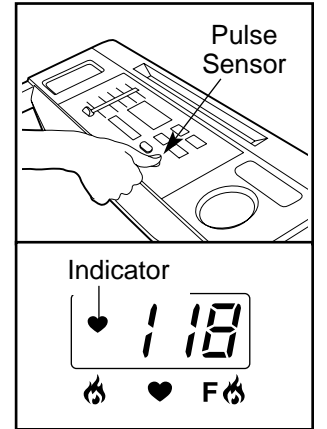
CALORIES/FAT CALORIES display—This display shows the approximate numbers of calories and fat calories you have burned.

(See FAT BURNING on page 15 for an explanation of fat calories.) Every seven seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown. Note: This display also shows your pulse when the pulse sensor is used (see step 5 below).



5 Measure your pulse, if desired.

To use the pulse sensor, stand on the foot rails of the treadmill and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated; fully press it down. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, raise your thumb slightly until the heart-shaped indicator in the Calories/Fat Calories display flashes **steadily**. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be shown. Hold your thumb on the pulse sensor for another 15 seconds for the most accurate reading.



If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the pulse sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the pulse sensor several times until you become familiar with it. Remember to stand still whilst measuring your pulse.

CAUTION: 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.

6 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a secure place. **After the key is removed, the displays will remain on for about five minutes.**

Note: Any time that the walking belt is stopped and no console buttons are pressed for five minutes, the displays will automatically turn off in order to conserve the batteries.

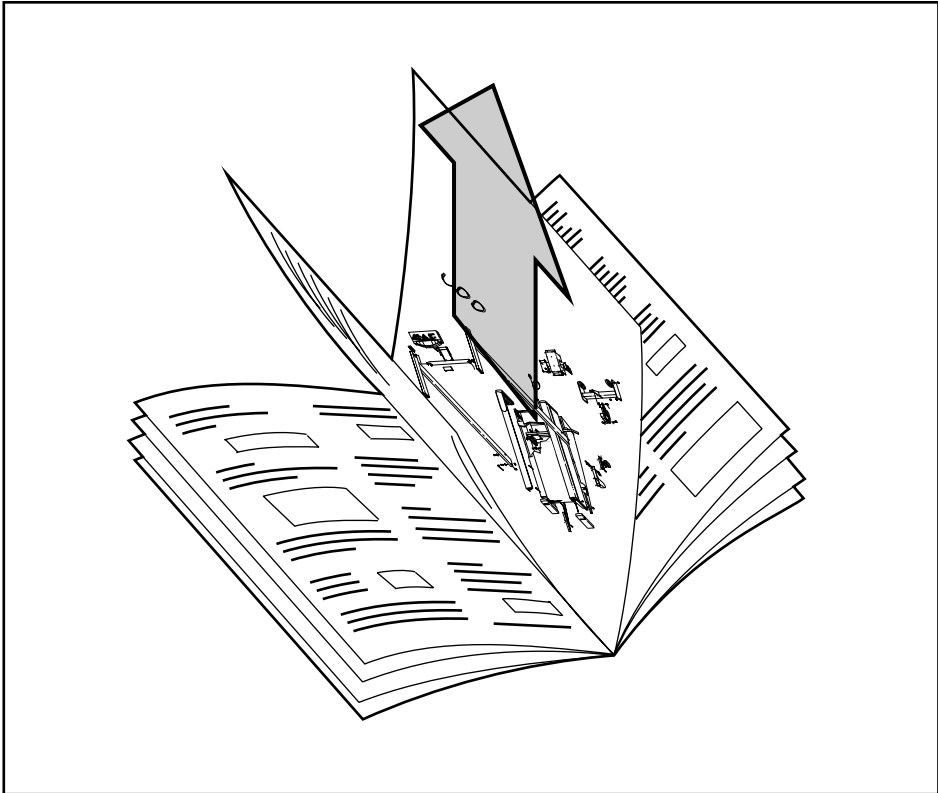
PART LIST—Model No. PETL38590

R0599A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Key/Clip	55	1	11 1/2" Cable Tie
2	2	Handrail	56	4	8" Cable Tie
3	2	Cage Nut	57	1	Ratchet Spring
4	10	Hood/Handrail Screw	58	1	Ratchet
5	2	Rear Isolator Screw	59	6	Motor Belly Pan Screw
6	1	Console Base	60	1	Ratchet Spring Screw
7	1	Speed Control Knob	61	2	Ratchet Screw
8	1	Speed Potentiometer	62	1	Incline Leg Plate
9	1	Battery Cover	63	2	Roller Guard
10	8	Isolator Screw	64	2	Incline Wheel Bolt
11*	1	Console Assembly	65	2	Incline Wheel
12	1	Storage Latch	66	2	Wheel Nut
13	10	Latch Screw	67	1	Motor Spacer
14	1	Upright/Base	68	1	Ground Wire
15	2	Handrail Bolt	69	1	Incline Leg
16	7	Handrail Washer	70	1	Frame
17	1	Motor Belt	71	2	Rear Roller Adj. Bolt
18	1	Motor Swivel Nut	72	1	Rear Roller Endcap
19*	1	Motor/Pulley/Flywheel/Fan	73	1	Allen Wrench
20	1	Pulley/Flywheel/Fan	74	1	Ferrite
21	1	Motor	75	1	Right Foot Rail
22	3	Motor Tension Bolt/Incline Bolt	76	1	Rear Roller
23	1	Motor Tension Washer	77	4	Platform Screw
24	1	Motor Tension Star Washer	78	1	Latch Catch
25	1	Motor Swivel Bolt	79	1	Walking Platform
26	1	Wire Harness	80	1	Walking Belt
27	12	Ground Wire/Electronic Screw	81	1	Front Roller Adjustment Bolt
28	1	Hood	82	1	Shock
29	1	Hood Shield	83	1	Ratchet Pivot Bolt
30	10	Screw/Handrail Screw	84	1	Sensor Clip
31	1	Latch Decal	85	1	Front Roller/Pulley
32	2	Frame Pivot Washer	86	1	Reed Switch
33	2	Frame Pivot Bolt	87	1	Magnet
34	4	Extension Leg Screw	88	2	Incline Leg Spacer (short)
35	1	Cable Clamp	89	1	Incline Leg Spacer (long)
36	6	Base Pad	90	1	Grounding Screw
37	2	Wheel Bolt	91	1	Grounding Nut
38	2	Wheel	92	1	Grounding Washer
39	7	Wheel Nut/Base Pivot Nut	93	1	Filter
40	1	Controller	94	2	Motor Pivot Bushing
41*	2	Extension Leg	95	3	Plastic Washer
42	1	Circuit Breaker	96	1	Right Upright Spacer
43	1	Left Foot Rail	#	1	8" Green/Yellow
44	1	Receptacle	#	1	4" Black, 2 Female
45	1	Left Upright Spacer	#	1	12" Green/Yellow
46	4	Isolator	#	1	4" Black, Male/Female
47	14	Belly Pan Fastener	#	1	8" Red, Male/Female
48	1	Choke	#	1	8" Black Wire, Pig Tail
49	1	Motor Locknut	#	1	8" White Wire, Male/Female
50	2	Belt Guide	#	1	8" White Wire, 2 Female
51	1	Belly Pan	#	1	User's Manual
52	4	Isolator Spacer			
53	1	Cable Tie Clamp			
54	1	Motor Belly Pan			

* Includes all parts shown in the box
These parts are not illustrated

**REMOVE THIS EXPLODED DRAWING
AND PART LIST FROM THE MANUAL.
Save this page for future reference.**



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

EXPLODED DRAWING—Model No. PETL38590

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