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: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

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

• The MODEL NUMBER of the product (PETL30130)

• The NAME of the product (PROFORM® 360 P 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 DRAW-ING in the centre of this manual)

PRO-FORM® 360 P
PulseMonitor

Class H Fitness Product

Model No. PETL30130
Serial No. _____

Serial
Number
Decal

USER'S MANUAL
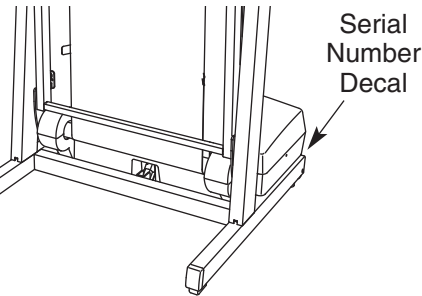
QUESTIONS?

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:
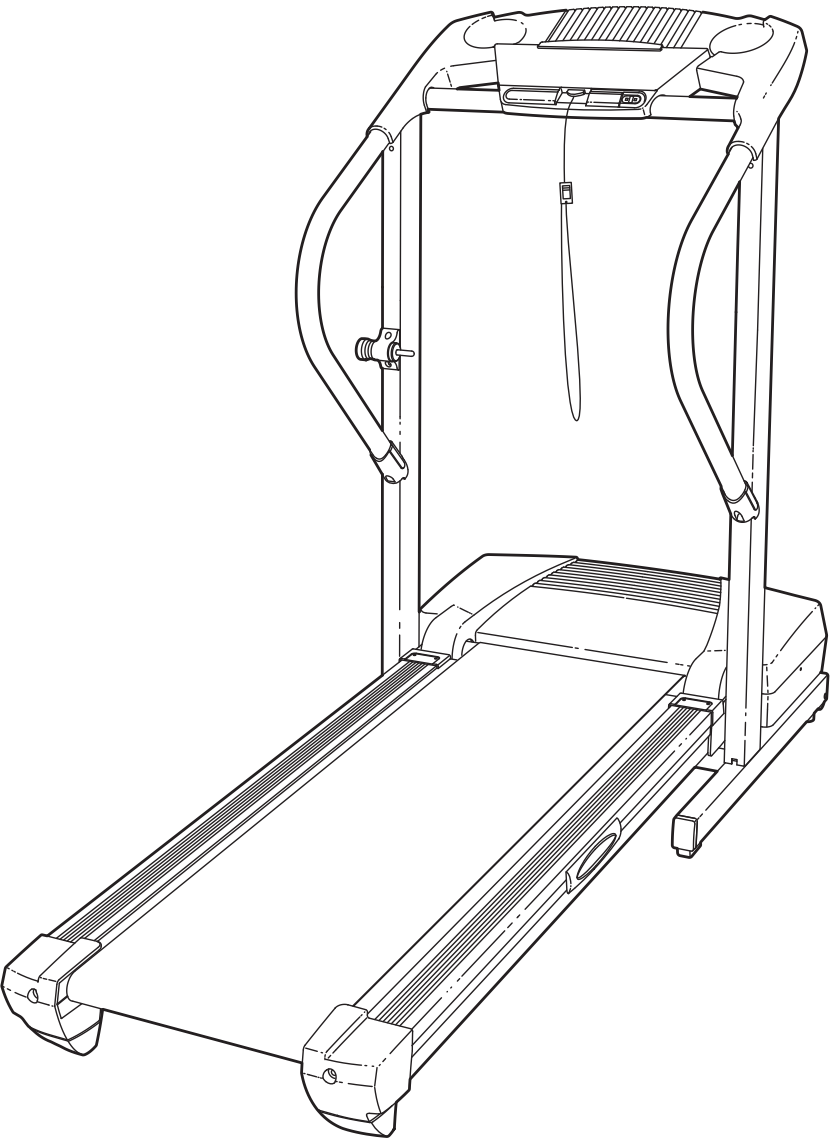
08457 089 009

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.

�== **Visit our website at**
www.iconeurope.com

PRO-FORM® 360 P
PulseMonitor

TABLE OF CONTENTS

Note: An EXPLODED DRAWING and a PART LIST are attached in the centre of this manual.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
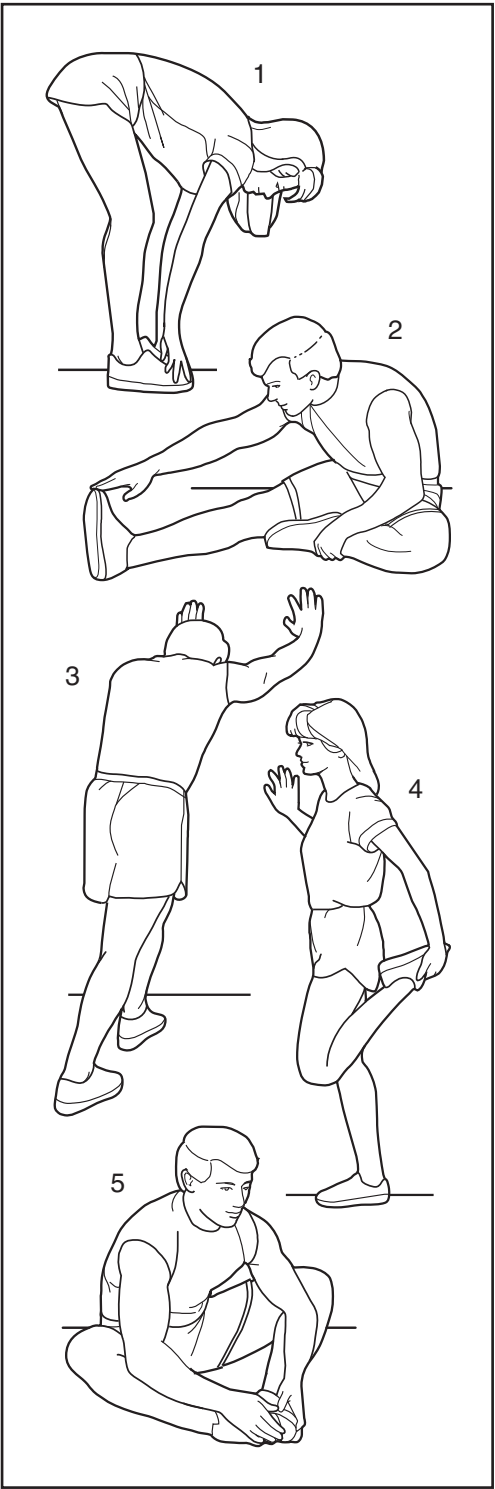
IMPORTANT PRECAUTIONS

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

4. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. 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.

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 113 kg (250 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. 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 13.) You must be able to safely lift 20 kg (45 lbs) to raise, lower, or move the treadmill.

11. When connecting the power cord (see page 9), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.

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

13. Do not change the incline of the treadmill by placing objects under the treadmill.

14. Keep the power cord away from heated surfaces.

15. 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 5 if the treadmill is not working properly.)

16. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.

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

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

19. Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)

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

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

22. Never insert any object into any opening.

23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the mainte- nance an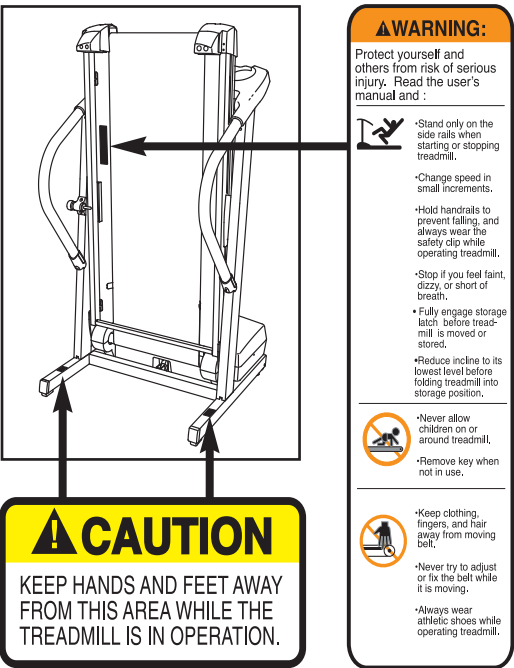d adjustment procedures described in this manual. Never remove the motor hood un- less instructed to do so by an authorised ser- vice representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

24. The treadmill is intended for in-home use only. Do not use the treadmill in a commer- cial, 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 have been placed on the treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see the back cover of this manual). Apply the decal in the location shown.

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

•Stand only on the side rails when starting or stopping treadmill.

•Change speed in small increments.

•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

•Stop if you feel faint, dizzy, or short of breath.

• Fully engage storage latch before tread- mill is moved or stored.

•Reduce incline to its lowest level before folding treadmill into storage position.

•Never allow children on or around treadmill.

•Remove key when not in use.

•Keep clothing, fingers, and hair away from moving belt.

•Never try to adjust or fix the belt while it is moving.

•Always wear athletic shoes while operating treadmill.

⚠**CAUTION**

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

CONDITIONING GUIDELINES

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

The pulse sensors are not medical devices. Various factors, including the user's move- ment, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

The following guidelines will help you to plan your ex- ercise program. For more detailed exercise informa- tion, 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 recom- mended 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 "train- ing zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor on the console.

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 en- ergy. 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 tread- mill 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 sys- tem, 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 in- creases your body temperature, heart rate and circula- tion 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 min- utes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-ex- ercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest be- tween workouts. After a few months, you may com- plete 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.

Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). 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 (26) and move the Reed Switch slightly. Retighten the Screw. Re-attach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.
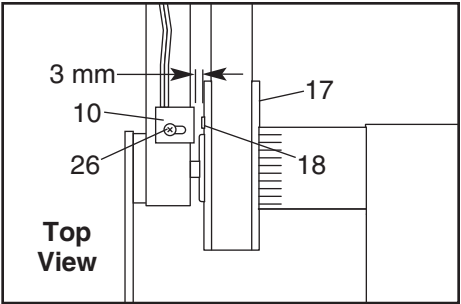
PROBLEM: The walking belt slows when walked on

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 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 8–10cm (3-4 in.) 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.
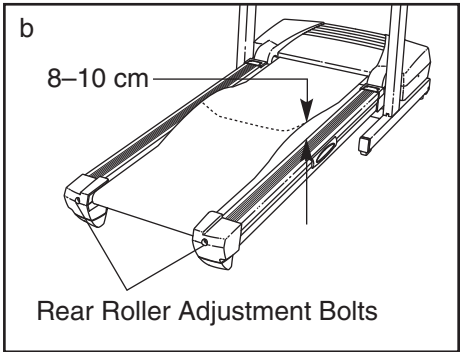
c. If the walking belt still slows when walked on, call our Customer Service Department.

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

SOLUTION: a. If the walking belt is off-centre, 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 rear roller bolt counterclockwise 1/2 of a turn. 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.
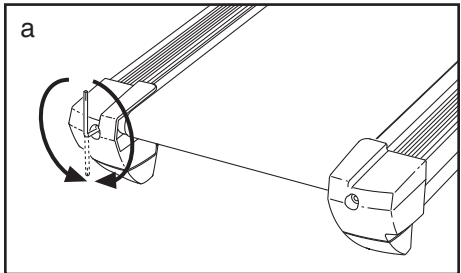
b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 8–10cm (3–4 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

3 mm — 17
10
26 — 18

Top View

b

8–10 cm
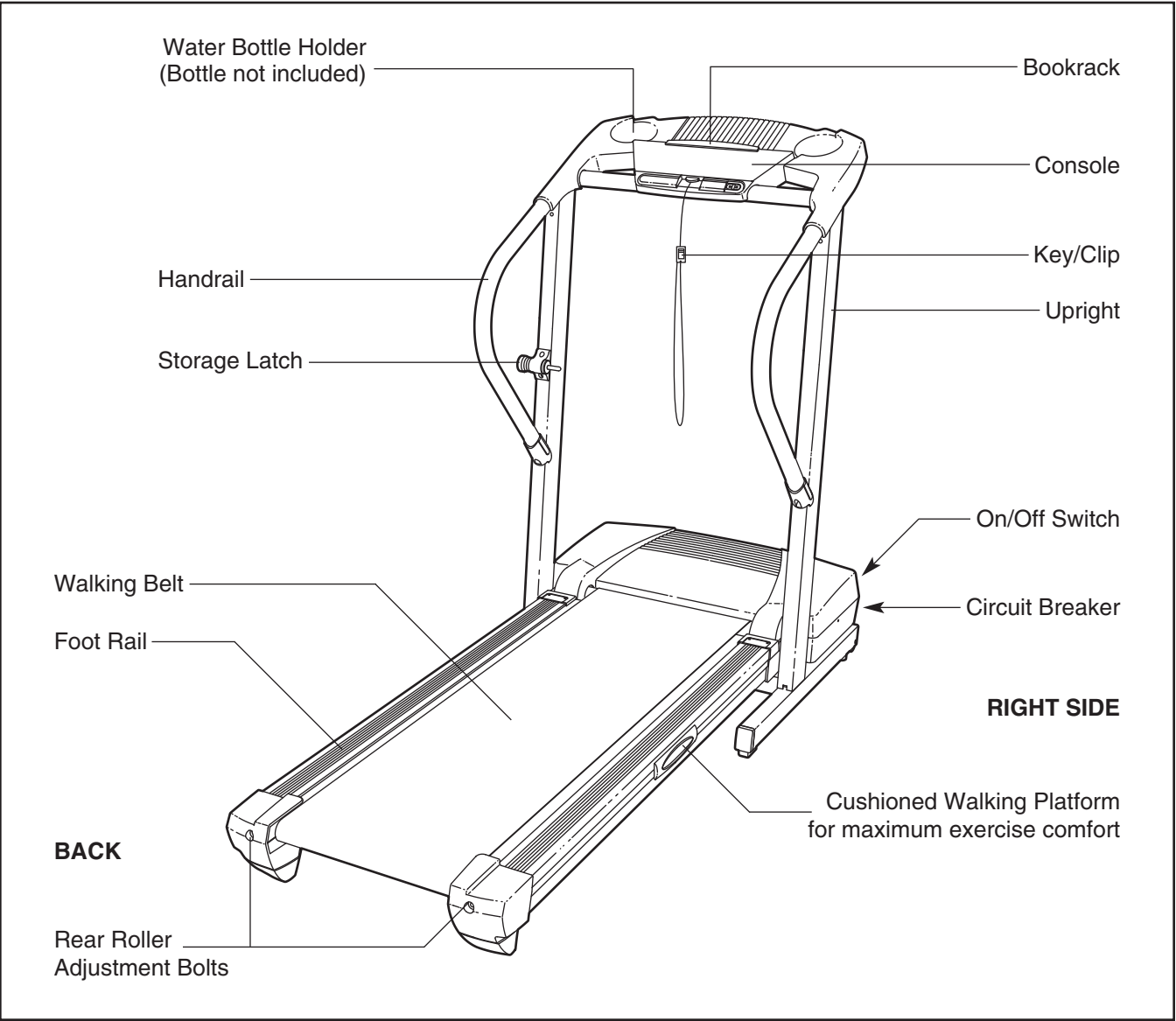
Rear Roller Adjustment Bolts

a

b
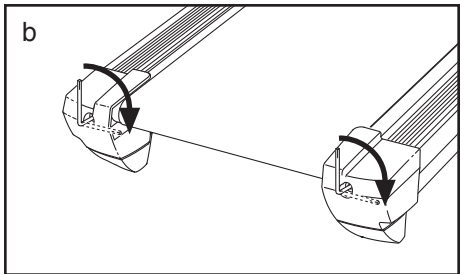
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 360 P treadmill. The 360 P treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience and privacy of your home. And when you're not exercising, the unique 360 P treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL30130. 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 familiarise yourself with the parts that are labelled in the drawing below.

Water Bottle Holder (Bottle not included)
Bookrack
Console
Key/Clip
Upright
Handrail
Storage Latch
On/Off Switch
Walking Belt
Circuit Breaker
Foot Rail
RIGHT SIDE
Cushioned Walking Platform for maximum exercise comfort
BACK
Rear Roller Adjustment Bolts

ASSEMBLY

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

Assembly requires the included hex keys and your own phillips screwdriver , wire cutters , needlenose pliers , and rubber mallet .

**For help identifying the assembly hardware, refer to the PART IDENTIFICATION CHART in the centre of this manual. Note: The assembly hardware and other small parts are packaged in separate part bags. Do not open the part bags until instructed to do so.**

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

   With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (86) so that the treadmill will be more stable. **Do not fully fold the treadmill until it is completely assembled.**

   Open part bag A. Attach the two Base Pads (57) and two Base Endcaps (65) to the bottom of the Base (69) with four 1" Tek Screws (58). Attach a Wheel (66) to the Base with a Wheel Bolt (64) and a Nut (13).

   Note: It may be helpful to tap on the Base Endcaps with a rubber mallet as you insert the Base Endcaps.
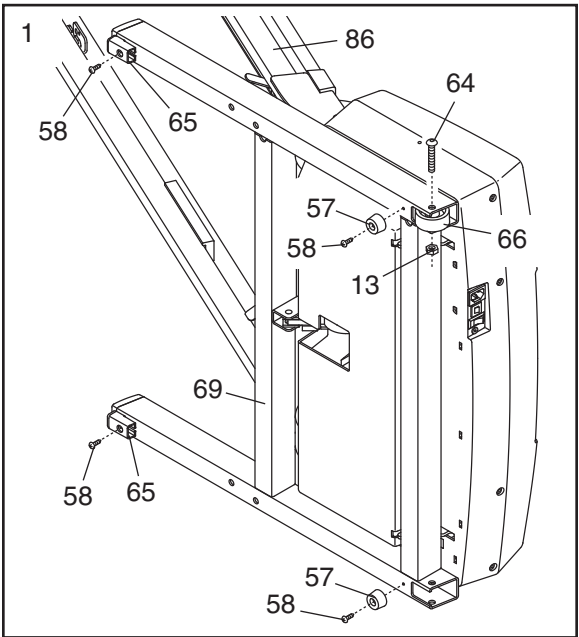
2. Identify the Right and Left Uprights (29, 25); the Left Upright has two small holes in the indicated location. Make sure that there are two U-nuts (45) in the lower end of each Upright (see drawing 2a).

   Hold the Right Upright (29) near the Base (69), and **orient the Right Upright so the indicated bracket is in the position shown.** Straighten the Wire Harness (42), and feed it into the lower end of the Right Upright and out of the upper end. **Make sure that no wires are pinched.** Hand tighten two 3" Bolts (70) with Star Washers (63) into the bottom of the Base and the lower end of the Right Upright.

   With the help of a second person, tip the treadmill onto its other side. Attach the Left Upright (25) as described above. (Note: There is not a wire harness on the left side.) Attach the other Wheel (not shown) to the Base (69) as described in step 1.
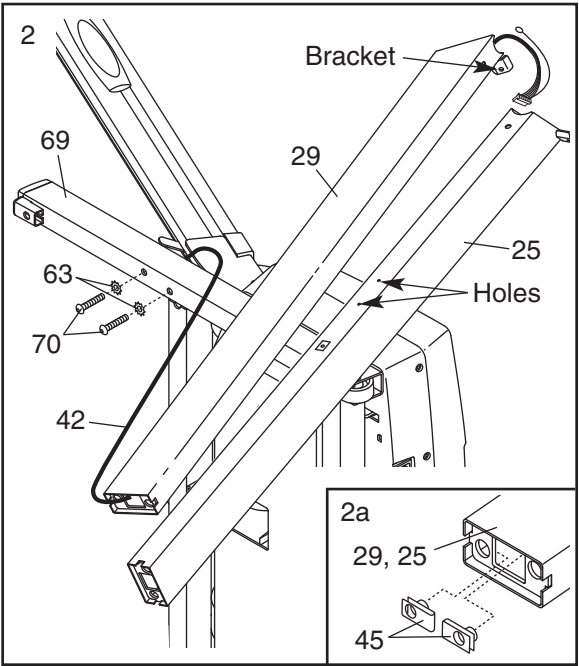
TROUBLESHOOTING

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 call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 9.) 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 fully 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.
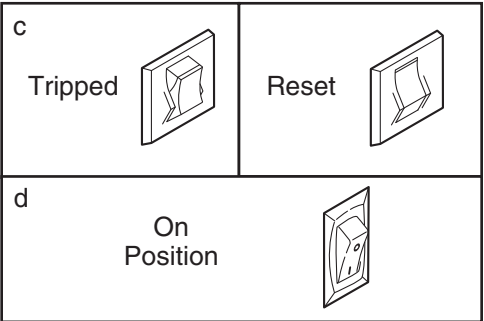
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill near the power cord (see 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. 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 fully 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, please call our Customer Service Department.

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 four 3/4" Screws (2) from the Hood (1), and carefully pivot the Hood off.
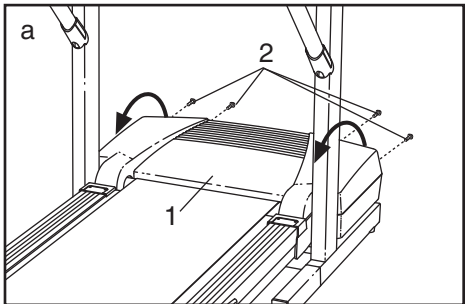
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin. Slowly release the latch knob.

Latch Knob
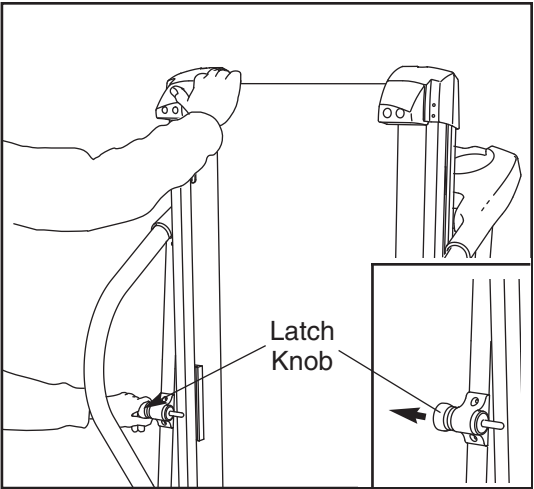
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**
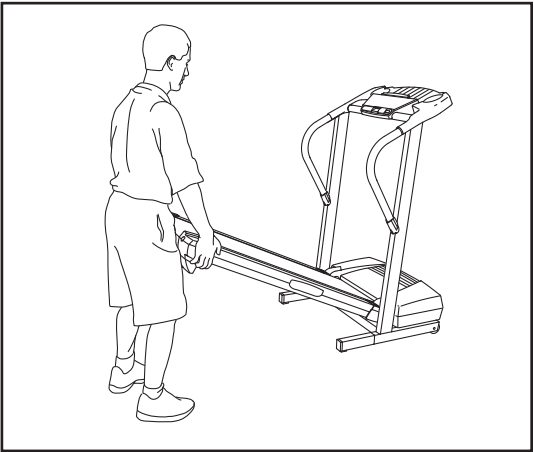
3. With the help of a second person, raise the Uprights (25, 29) to the vertical position.

   Open part bag B. Set the Crossbar (40) on the brackets on the Uprights (25, 29). Attach the Crossbar with two Crossbar Screws (39). **Do not tighten the Crossbar Screws yet.**
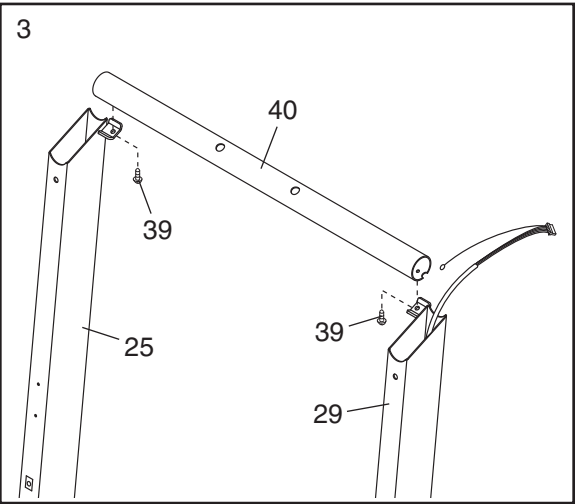
4. Identify the Right Handrail (72), which has a large hole in the left side. Feed the Wire Harness (42) up into the bracket on the Right Handrail and out of the large hole in the left side. (Note: It may be helpful to use needlenose pliers to pull the Wire Harness out of the hole.) Press a Handrail Cap (76) onto the lower end of the Right Handrail as shown. Remove any nylon ties from the bracket.

   Insert the bracket on the Right Handrail (72) into the top of the Right Upright (29) so the Handrail Cap (76) is resting against the Upright as shown. Attach the Right Handrail and the Handrail Cap with **three** 1" Bolts (37) and **two** Washers (38) as shown. **Do not tighten the Bolts yet.**
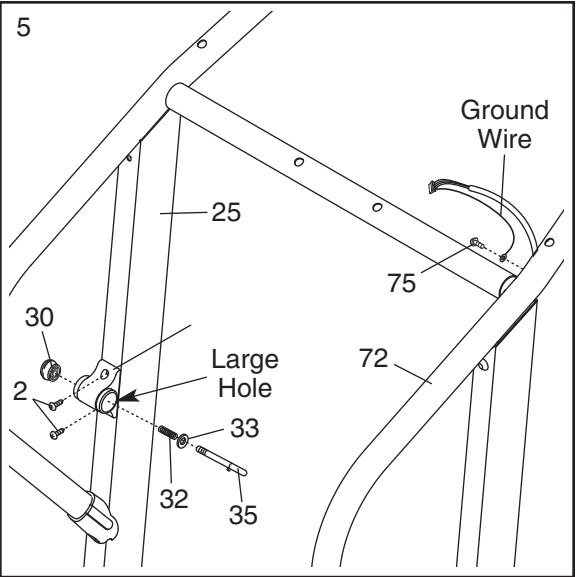
   Attach the left Handrail (not shown) in the same way.

   Large Hole
   Bracket
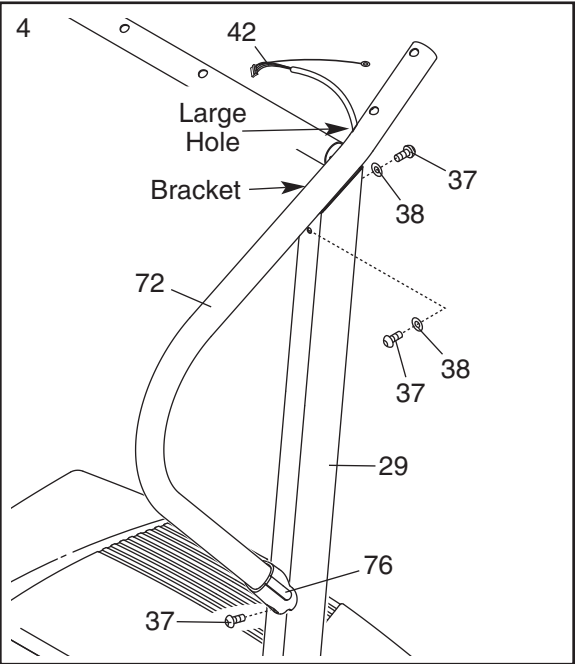
5. **Open part bag C.** Attach the end of the ground wire to the small hole in the side of the Right Handrail (72) with a Silver Ground Screw (75).

   Attach the Storage Latch (36) to the Left Upright (25) with two 3/4" Screws (2).

   Remove the Latch Knob (30) from the Latch Pin (35). Make sure that the Latch Pin Collar (33) and the Spring (32) are on the Latch Pin. Insert the Latch Pin into the Storage Latch (36), and then tighten the Latch Knob back onto the Latch Pin.

   Ground Wire
   Large Hole

6. Place the Console Base (47) on the Right Handrail (72) and the Left Handrail (not shown). Attach the Console Base with four 3/4" Screws (2) (only two Screws are shown). **Do not overtighten the Screws.**

   Insert the Wire Harness (42) through the two indicated nylon ties on the Console Base (47). Next, **touch the Right Handrail (72) to discharge any static.** Refer to drawing 6c. Find the connector on the end of the Wire Harness (42). Insert the connector into the red socket beneath the Console (43). **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it.

   Make sure that the connector and wires appear as shown in drawing 6a. **IF THE CONNECTOR IS NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**
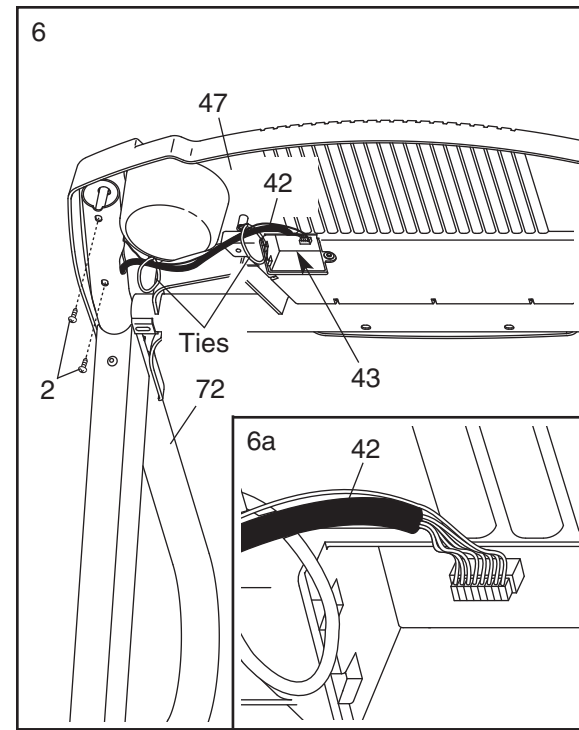

7. Insert the excess Wire Harness (42) into the large hole in the side of the Right Handrail (72). **Securely tighten the nylon ties on the bottom of the Console Base (47) to prevent the Wire Harness from slipping.** Then, cut off the ends of the nylon ties.

   Route the Wire Harness (42) through the indicated opening in the Console Base (47). Attach the Wire Cover (44) to the Console Base with a 1/2" Silver Screw (48).

   Tighten two 3/4" Screws (2) into the Console Base (47).

   **Firmly tighten the bolts and screws used in steps 2, 3, 4, and 6.**
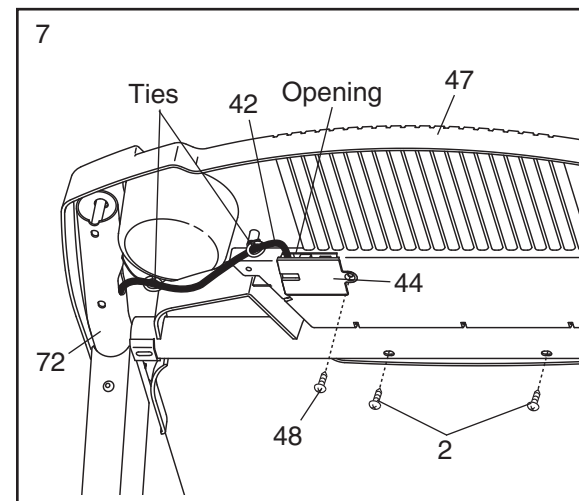
8. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place. The large hex key is used to adjust the walking belt (see page 16). To protect the floor or carpet, place a mat under the treadmill.

HOW TO FOLD AND MOVE THE TREADMILL
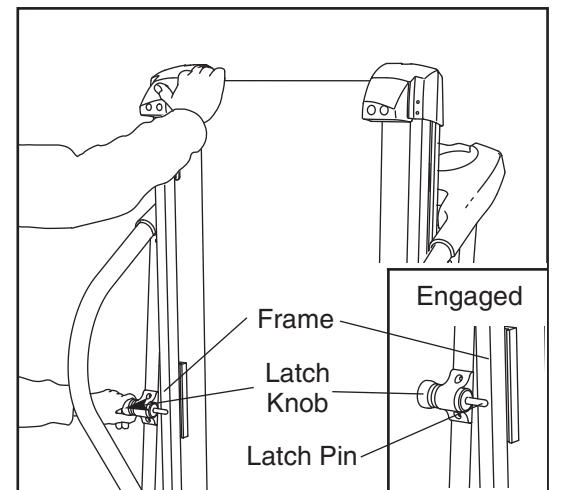
HOW TO FOLD THE TREADMILL FOR STORAGE

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 20 kg (45 lbs.) to raise, lower, or move the treadmill.

1. 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.
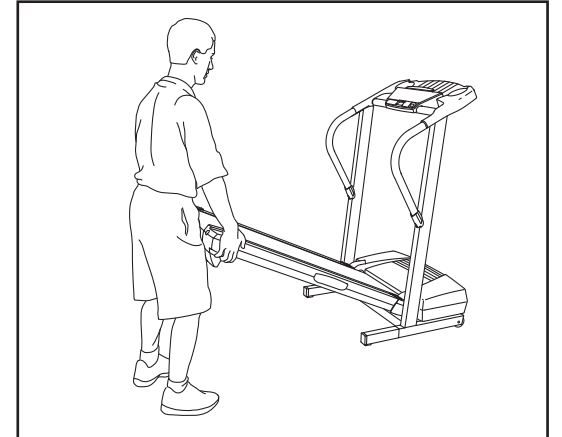
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the frame is past the latch pin. Slowly release the latch knob. **Make sure that the frame is securely held by the latch pin.**

   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 30° C (85° F).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the latch pin.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.
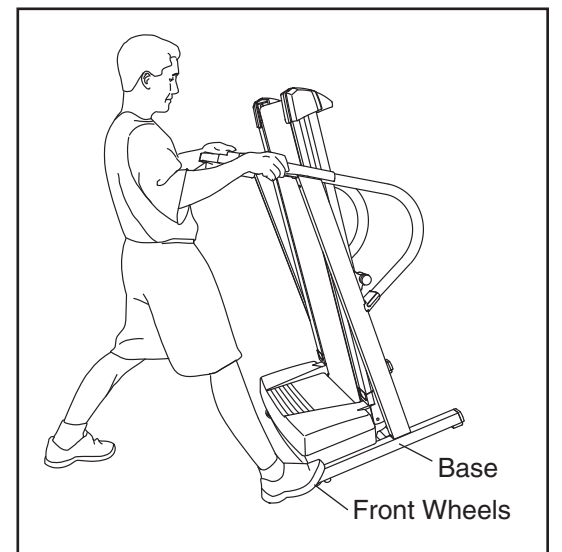
6 **When you are finished exercising, remove the key.**

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put the key in a secure place.

When you are finished using the treadmill, move the on/off switch near the power cord to the off position.

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. Such substances will deteriorate the walking belt and cause excessive wear.**
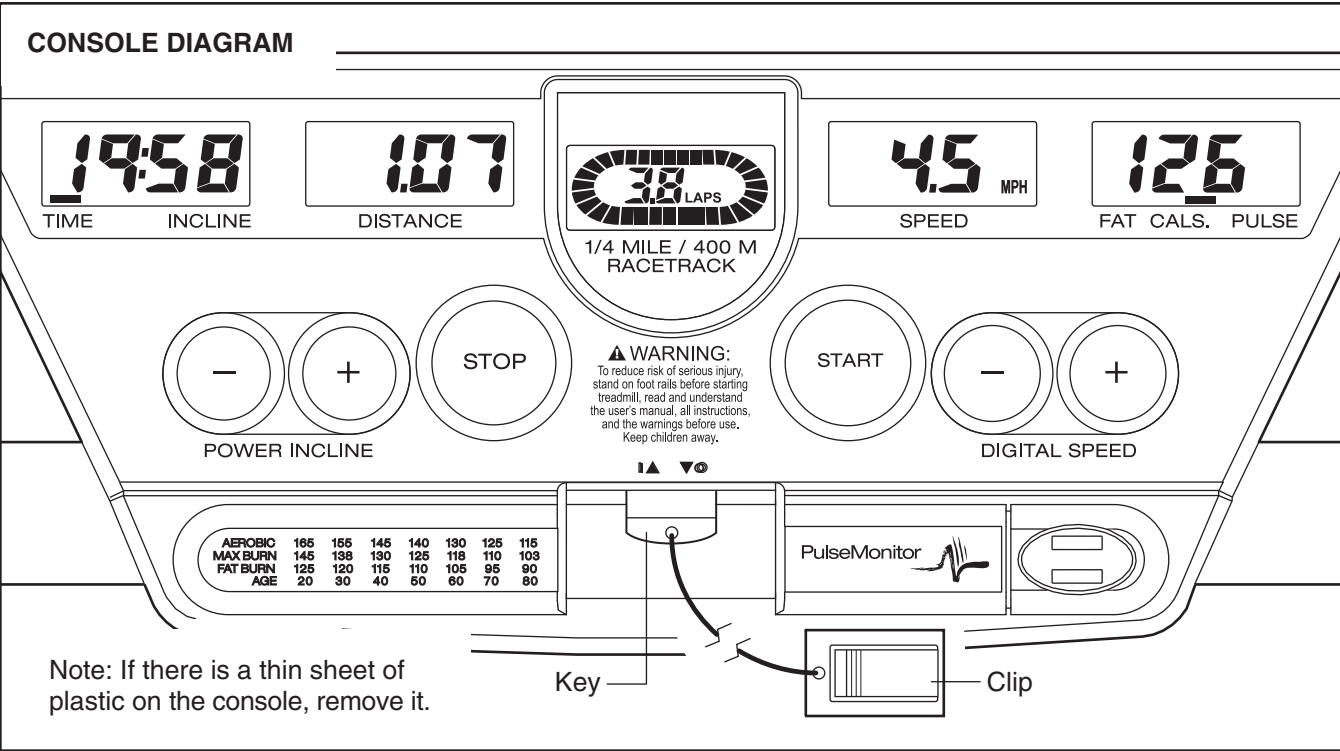
HOW TO PLUG IN THE POWER CORD

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 a earthing plug.

Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. Next, lift the tab on the ferrite box and clamp the ferrite box around the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. The plastic tie will prevent the ferrite box from sliding along the power cord. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.

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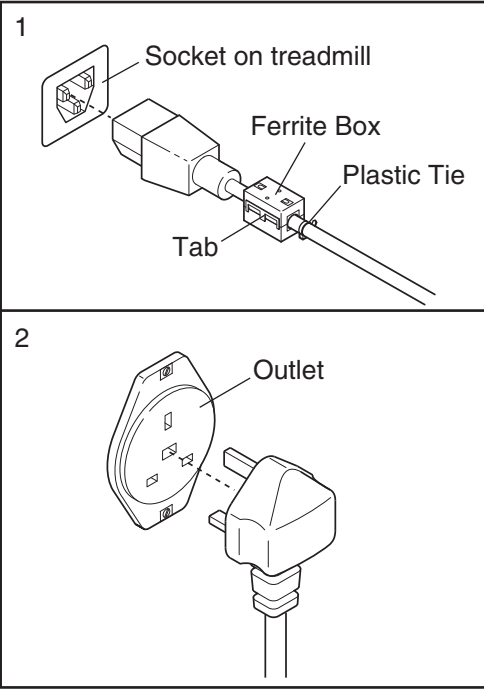
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit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

CONSOLE DIAGRAM

TIME   INCLINE   DISTANCE

19:58   **1.07**   **3.8 LAPS** 1/4 MILE / 400 M RACETRACK   **4.5 MPH** SPEED   **126** FAT CALS. PULSE

POWER INCLINE   — +   STOP   ⚠ 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.   START   — + DIGITAL SPEED

AEROBIC	165	155	145	140	130	125	115
MAX BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
AGE	20	30	40	50	60	70	80

PulseMonitor

Note: If there is a thin sheet of plastic on the console, remove it.   Key — Clip

⚠ **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 operating the treadmill.**

• **Adjust the speed in small increments in order to avoid sudden jumps in speed.**

• **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.**

STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in (see page 9).

In addition, make sure that the on/off switch, located on the front of the treadmill near the power cord, is in the on position.

On Position
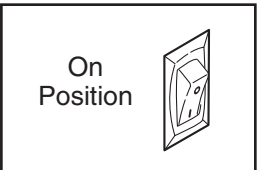
Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays and various indicators on the console will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

Follow the steps below to operate the console.

1 Insert the key fully into the console.

A few seconds after the key is inserted, the displays will light.

2 Press the Start button or the Speed + button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed will change by 0.1 mph. If a button is held down, the speed will change in increments of 0.5 mph.

4.5 MPH SPEED
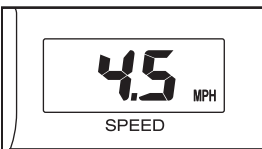
To stop the walking belt, press the Stop button. The Time/Incline display will begin to flash. To restart the walking belt, press the Start button or the Speed + button.

Note: During the first few minutes that the treadmill is used, observe the alignment of the walking belt, and align it if necessary (see page 16).

3 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline buttons until the desired incline level is reached.

3.5 TIME   INCLINE
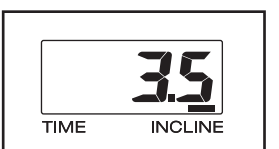
**4 Follow your progress with the track and the four displays.**

The track—The track in the centre of the console represents a distance of 1/4 mile (or 400 meters). As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light. The number of laps that you have completed will appear in the centre of the track.

15 LAPS 1/4 MILE / 400 M RACETRACK

Time/Incline display—This display shows the elapsed time and the incline level of the treadmill. The display will alternate between one number and the other every few seconds, as shown by the indicators in the display. When the Stop button is pressed, the elapsed time will flash in the display.

Indicator
19:58 TIME   INCLINE
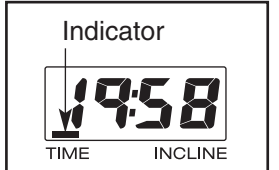
Distance display—This display shows the distance that you have walked or run.
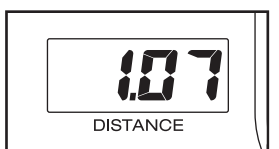
1.07 DISTANCE

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

4.5 MPH SPEED
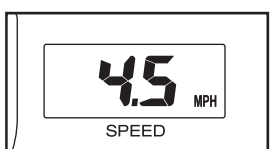
Note: The console can display speed and distance in either miles or kilometers. The letters "MPH" or "KPH" will appear in the Speed display to show which unit of measurement is selected. To change the unit of measurement, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a moment. An "E" for English miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. **For simplicity, all instructions in this section refer to miles.**

E SPEED
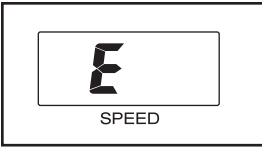
Fat Calories/Calories/Pulse display—This display shows the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 17). The display will alternate between one number and the other every few seconds, as shown by the indicators in the display. The display will also show your heart rate when you use the pulse sensor (see step 5).

126 FAT CALS. PULSE

5 Measure your heart rate, if desired.

To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor. **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.** After a few seconds, the heart-shaped indicator in the Fat Calories/Calories/Pulse display will begin to flash, one or two dashes (– –) will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.
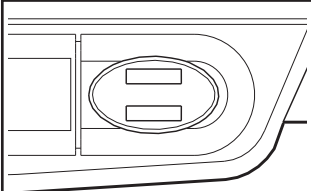
If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above. Remember to stand still whilst measuring your heart rate.
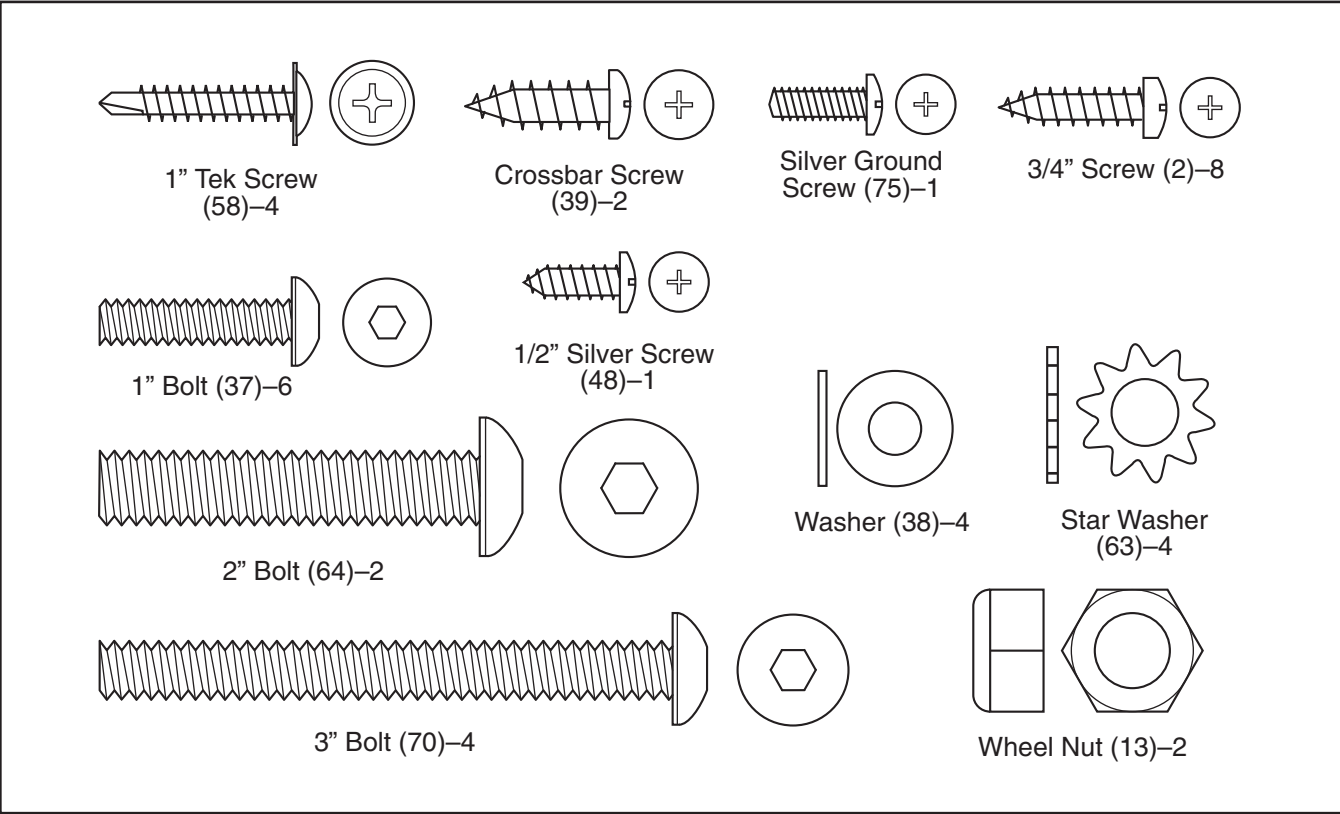
PART LIST—Model No. PETL30130

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	48	1	1/2" Silver Screw	93	1	Right Rear Endcap
2	26	3/4" Screw	49	2	Console Screw	94	1	Hex Key
3	1	Motor Belt	50	1	Key/Clip	95	1	Left Rear Endcap
4	1	Motor Tension Bolt	51	1	Incline Motor	96	1	Walking Belt
5	5	Flat Washer	52	1	Incline Bracket	97	1	Walking Platform
6	1	Motor Star Washer	53	2	Incline Motor Bolt	98	1	Right Foot Rail
7	1	Flywheel	54	2	Clevis Pin	99	1	Left Rear Endcap Pad
8	1	Motor	55	2	Cotter Pin	100	1	Rear Roller
9*	1	Motor Assembly	56	1	Motor Controller Wire	101	2	Nylon Tie
10	1	Reed Switch	57	2	Base Pad	102	6	Rear Endcap Screw
11	1	Latch Warning Decal	58	12	3/4" Tek Screw	103	1	Motor Mount Bracket
12	2	Frame Spacer	59	1	Controller	104	1	Power Board w/Clips
13	7	Nut	60	1	Lift Frame	105	4	Plastic Standoff
14	2	Frame Pivot Bolt	61*	2	Extension Leg	106	1	Electronic Bracket
15	4	Walking Platform			Assembly	107	1	Choke
		Screw	62	2	Warning Decal	108	1	Static Decal
16	1	Left Foot Rail	63	4	Star Washer	109	1	Audio Cable
17	1	Front Roller/Pulley	64	2	2" Bolt	110	1	iFIT.com Plug
18	1	Magnet	65	4	Base Endcap	111	2	Upright Insert
19	1	Motor Pivot Bolt	66	2	Wheel	112	1	Power Cord Set
20	2	Motor Bracket Bolt	67	1	Console Warning	113	1	Optic Disk
21	1	Right Foot Rail			Decal	114	1	Small Star Washer
		Endcap	68	4	8" Cable Tie	115	3	Nylon Washer
22	2	Belly Pan Clip	69	1	Base	116	3	Plastic Bushing
23	1	Front Roller	70	4	3" Bolt	117	1	Photo Switch
		Adjustment Bolt	71	1	Left Handrail	118	1	Photo Switch Wire
24	1	Filter	72	1	Right Handrail	119	1	Filter Wire
25	1	Left Upright	73	4	Cage Nut	120	1	On/Off Switch
26	14	Electronics Screw	74	1	Left Foot Rail Endcap	121	1	Ferrite Box
27	1	Power Board	75	1	1/2" Silver Ground	122	2	Small Nut
28	1	Motor Tension Nut			Screw	#	1	8" Blue Wire, 2F
29	1	Right Upright	76	2	Handrail Cap	#	1	4" Blue Wire, 2F
30	1	Latch Knob	77	4	Belly Pan Screw	#	1	4" Black Wire, 2F
31*	1	Latch Knob Assembly	78	1	Circuit Breaker	#	1	4" Black Wire, M/F
32	1	Spring	79	2	Small Bolt	#	1	4" White Wire, M/F
33	1	Latch Pin Collar	80	1	Receptical	#	1	8" White Wire, 2F
34	1	Latch Pin Clip	81	1	Belly Pan	#	1	8" Green Wire, 2 Ring
35	1	Latch Pin	82	2	Belt Guide	#	1	8" Green Wire, F/Ring
36	1	Storage Latch	83	4	Belt Guide Screw	#	1	6 " Red Wire, M/F
37	6	1" Bolt	84	4	Plastic Fastener	#	1	User's Manual
38	10	Washer	85	2	Isolator Cushion			
39	2	Crossbar Screw	86	1	Frame			
40	1	Crossbar	87	4	Releasable Tie			
41	1	Choke Bracket	88	1	Incline Motor Wire			
42	1	Wire Harness	89	2	Cable Tie Clamp			
43	1	Console	90	1	Ground Wire			
44	1	Wire Cover	91	1	Right Rear			
45	4	U-nut			Endcap Pad			
46	1	Bookrack	92	2	Rear Roller			
47	1	Console Base			Adjustable Bolt			

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

PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.

1" Tek Screw (58)—4
Crossbar Screw (39)—2
Silver Ground Screw (75)—1
3/4" Screw (2)—8
1" Bolt (37)—6
1/2" Silver Screw (48)—1
2" Bolt (64)—2
Washer (38)—4
Star Washer (63)—4
3" Bolt (70)—4
Wheel Nut (13)—2

EXPLODED DRAWING—Model No. PETL30130

R0803B