

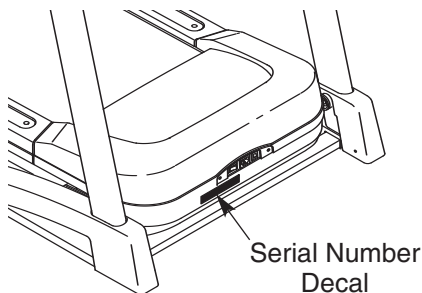
PRO-FORM® 475

AUDIO SERIES

Model No. PATL30806.0

Serial No. _____

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



QUESTIONS?

If you have questions, or if any parts are missing or damaged, please see the dealer contact information on the back cover of this manual or on the included service card.

⚠ CAUTION

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

USER'S MANUAL

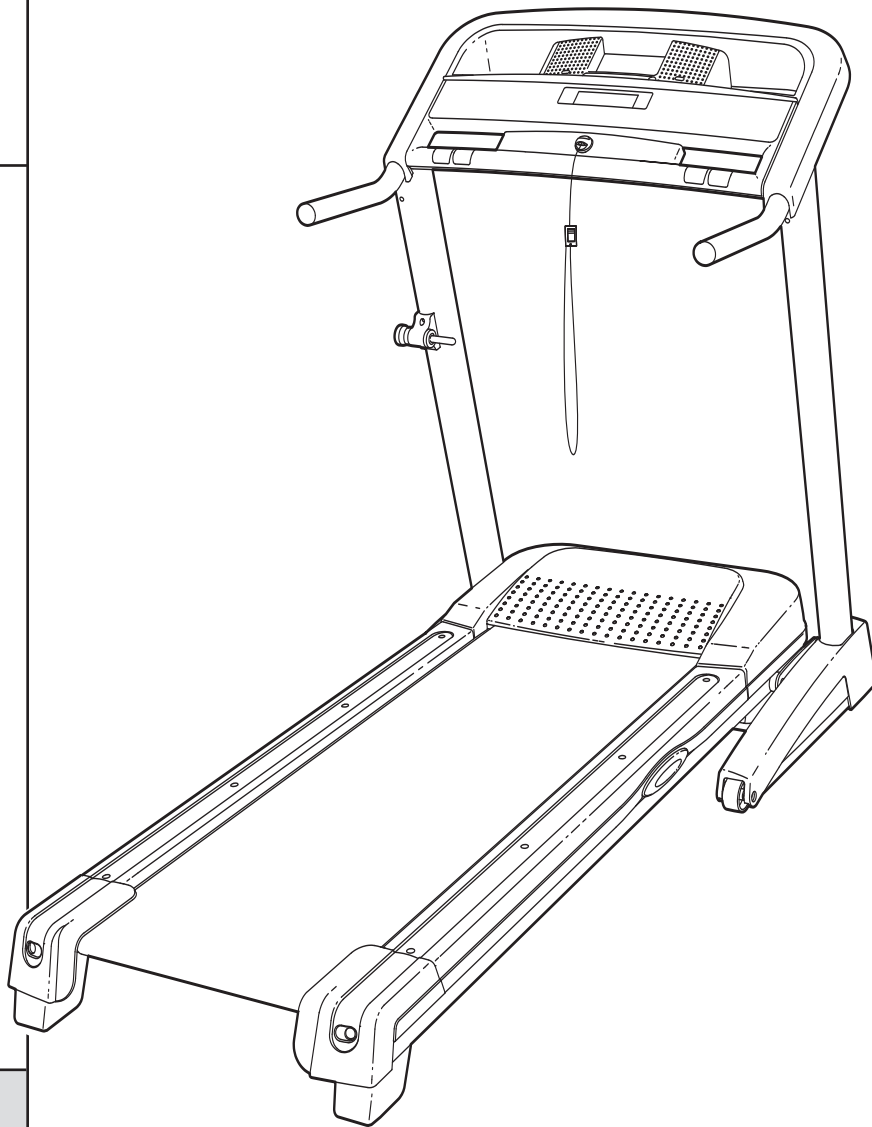


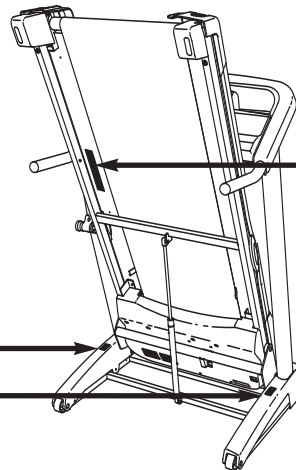
TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	14
HOW TO FOLD AND MOVE THE TREADMILL	24
TROUBLESHOOTING	25
EXERCISE GUIDELINES	27
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

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

WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, please see the dealer contact information on the back cover of this manual or on the included service card and order a free replacement decal.** Apply the decal in the location shown. Note: The decals may not be shown at actual size.



IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 275 lbs. (125 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 14), 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. Keep the power cord away from heated surfaces.
13. 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 25 if the treadmill is not working properly.)
14. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 16).
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. 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.
18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)

19. 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 24.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the frame is held securely in the storage position.
21. Inspect and properly tighten all parts of the treadmill regularly.
22. Never insert any object into any opening on the treadmill.
23. **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.
24. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

SAVE THESE INSTRUCTIONS

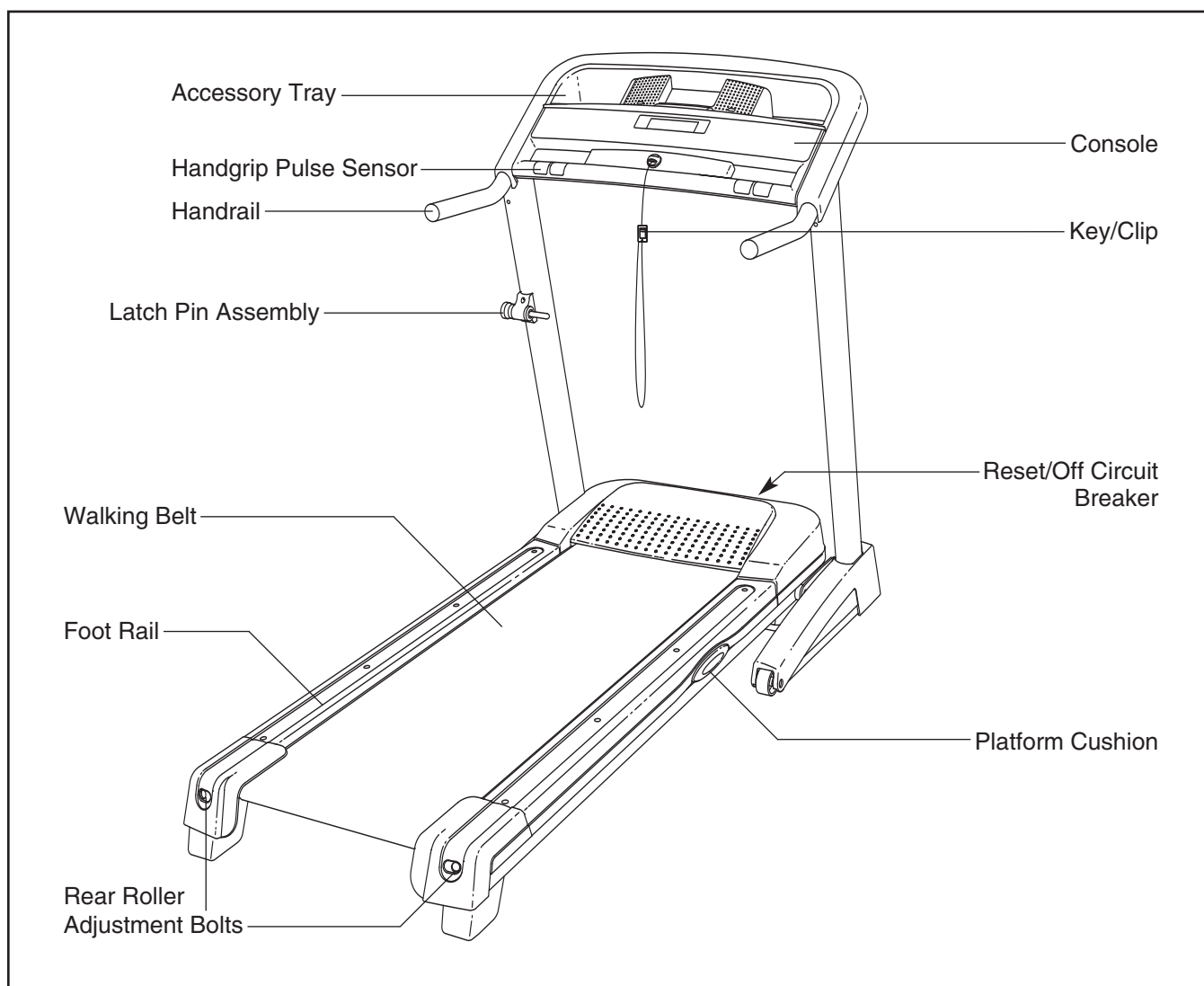
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 475 AUDIO SERIES treadmill. The 475 AUDIO SERIES 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 475 AUDIO SERIES 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 dealer contact information on the back cover of this manual or on the included service card. To help us assist you, note the product model number and serial number before contacting the dealer (see the front cover of this manual).

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

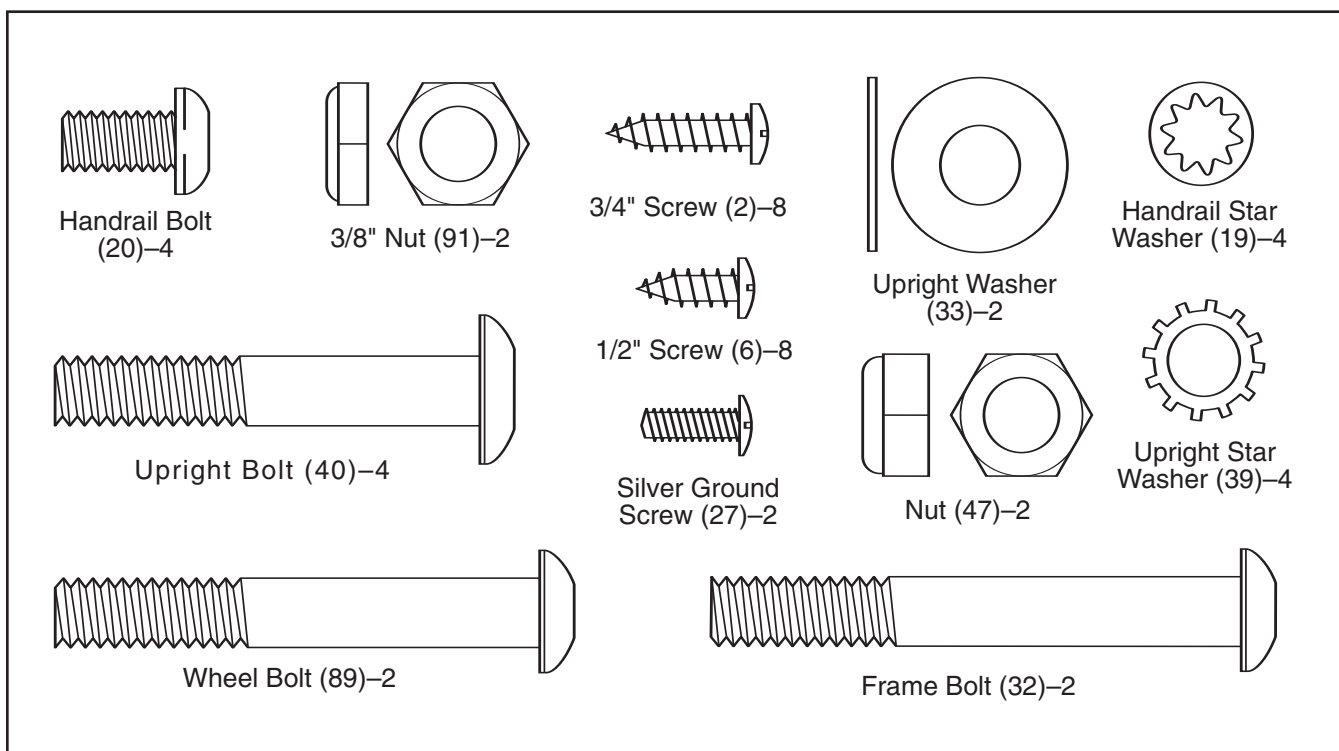


ASSEMBLY

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.

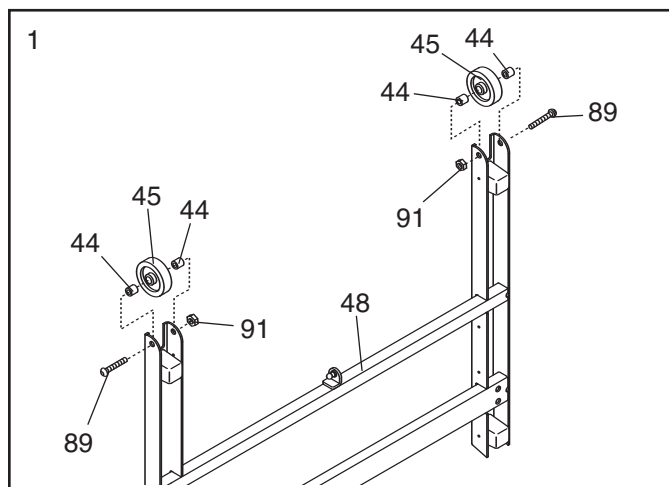
Assembly requires the included hex keys  **and your own Phillips screwdriver** , **rubber mallet** , **and an adjustable wrench** .

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



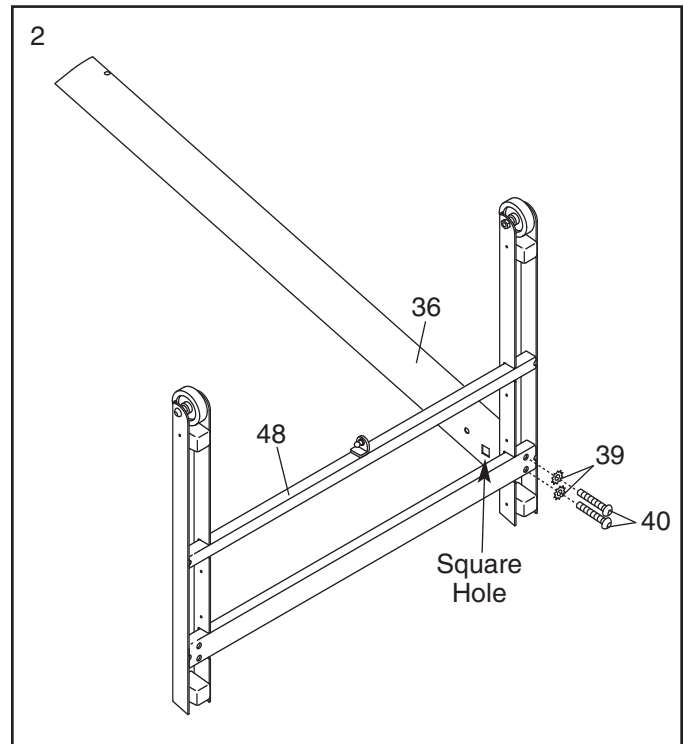
1. Make sure that the power cord is unplugged.

Attach a Wheel (45) to each side of the Base (48) with a Wheel Bolt (89), two Wheel Spacers (44), and a 3/8" Nut (91) as shown. **Do not overtighten the Wheel Bolts; the Wheels should turn freely.**



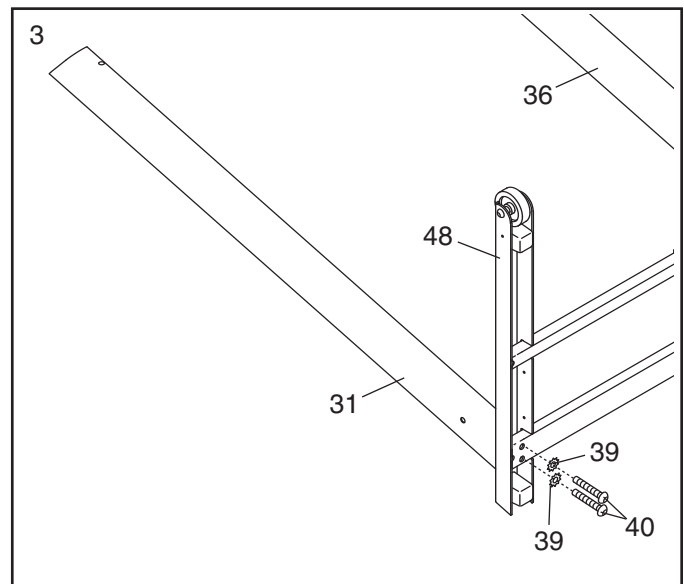
2. Identify the Right Upright (36), which has a square hole in the location shown.

Orient the Right Upright (36) and the Base (48) as shown. Attach the Right Upright to the Base with two Upright Bolts (40) and two Upright Star Washers (39); **do not tighten the Upright Bolts yet.**



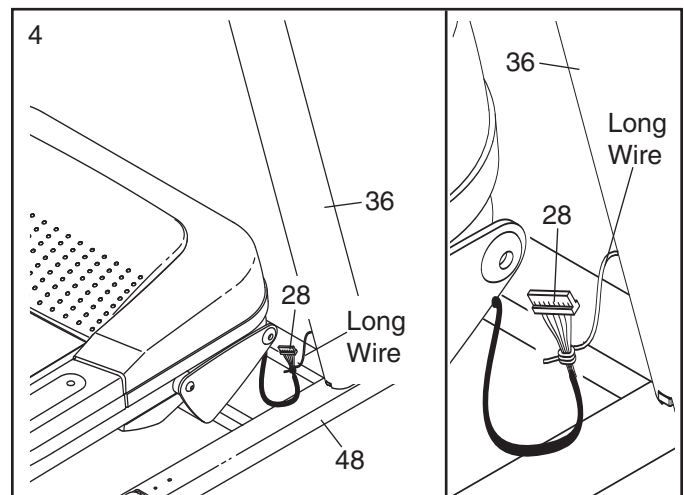
3. Orient the Left Upright (31) as shown. Attach the Left Upright to the Base (48) with two Upright Bolts (40) and two Upright Star Washers (39); **do not tighten the Upright Bolts yet.**

Raise the Uprights (31, 36).



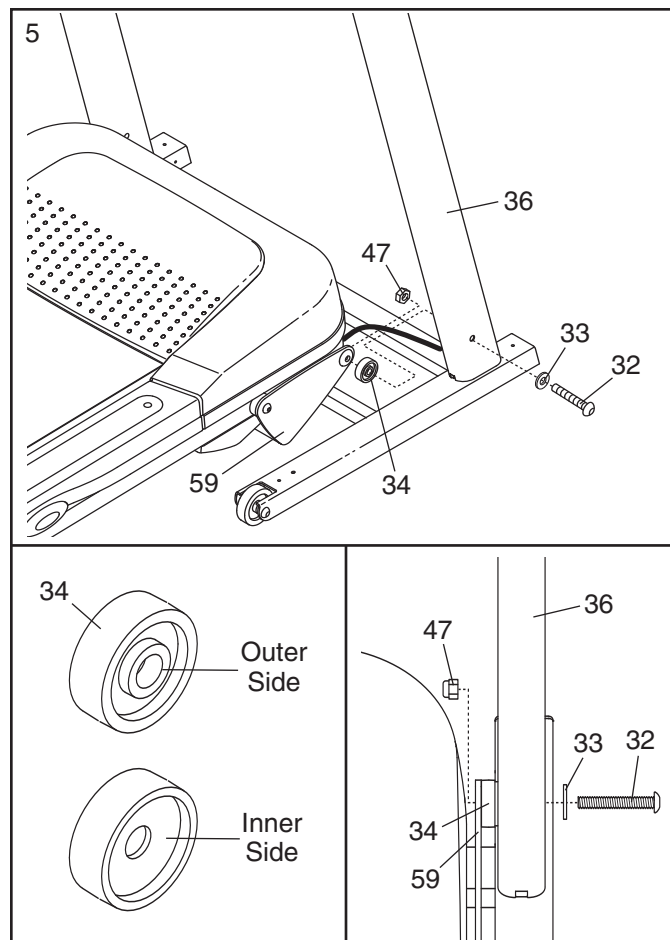
4. Position the Base (48) near the front of the treadmill as shown.

Locate the long wire in the Right Upright (36). **See the inset drawing.** Tie the long wire **securely** around the end of the Upright Wire (28). Then, insert the connector into the square hole in the Right Upright.



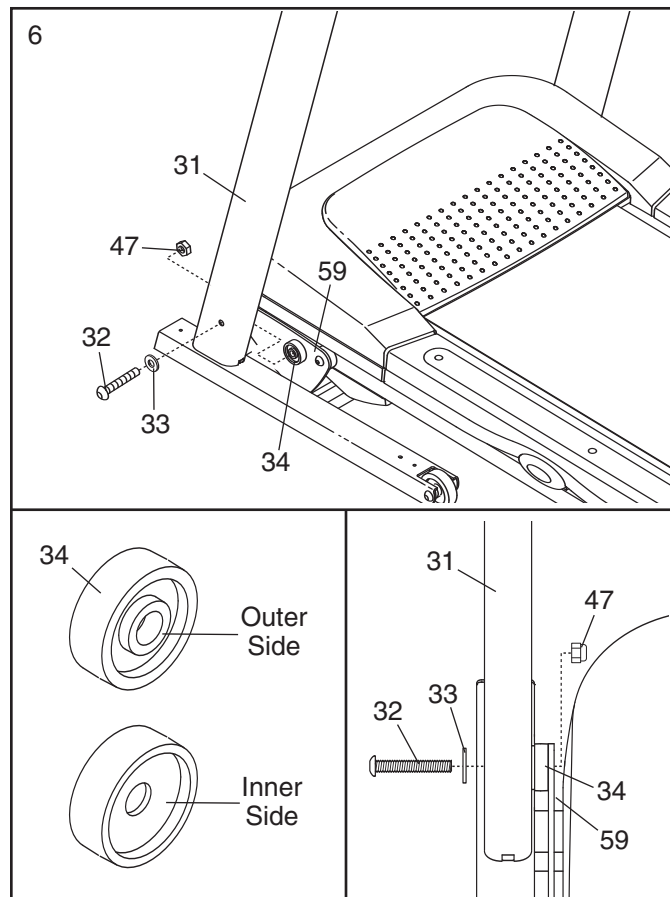
5. **See the left inset drawing.** Identify the two Frame Spacers (34). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

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), an Upright Washer (33), and a Nut (47); **do not tighten the Nut yet.**



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

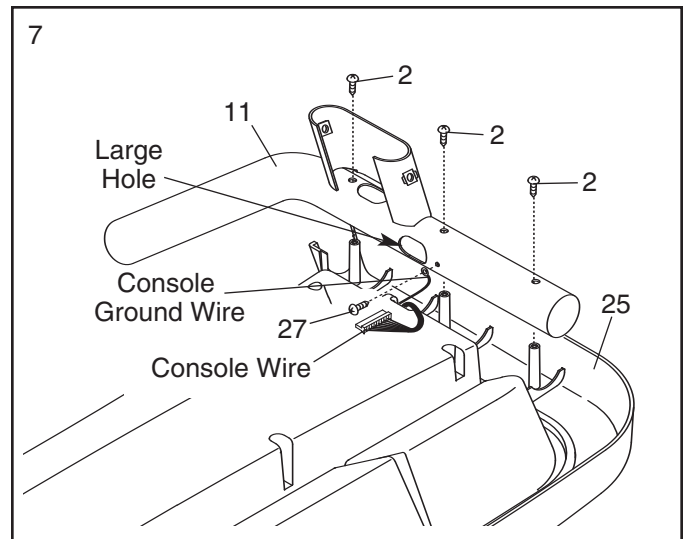
Hold the Frame Spacer (34) between the Left Upright (31) and the Lift Frame (59), **with the outer side of the Frame Spacer facing the Left Upright.** Attach the Left Upright to the Lift Frame with a Frame Bolt (32), an Upright Washer (33), and a Nut (47); **do not tighten the Nut yet.**



7. Set the Console (25) face down on a soft surface to avoid scratching the Console. Identify the Right Handrail (11), which has a large hole in the location shown. Set the Right Handrail on the Console as shown. Attach the Right Handrail with three 3/4" Screws (2). **Make sure that no wires are pinched. Start all three Screws before tightening any of them. Do not over-tighten the Screws.**

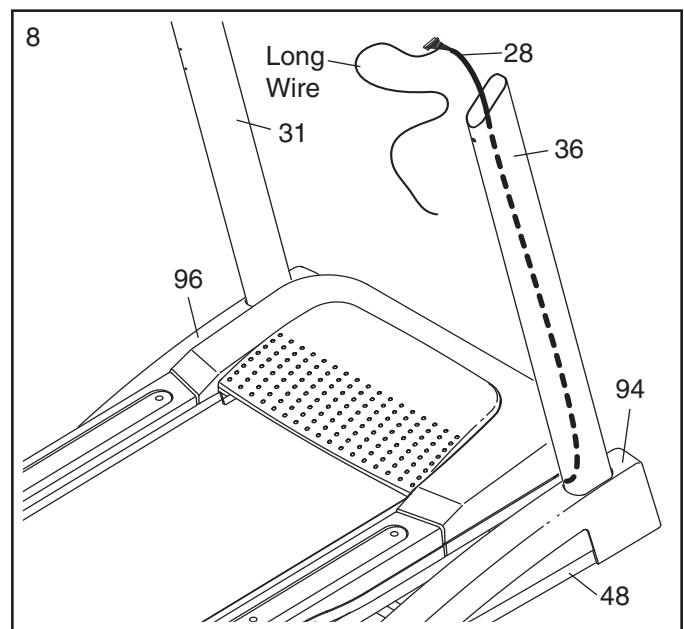
Attach the console ground wire to the Right Handrail (11) with a Silver Ground Screw (27).

Then, attach the Left Handrail (not shown) to the other side of the Console (25) as described above. Note: There are no wires on the other side of the Console.



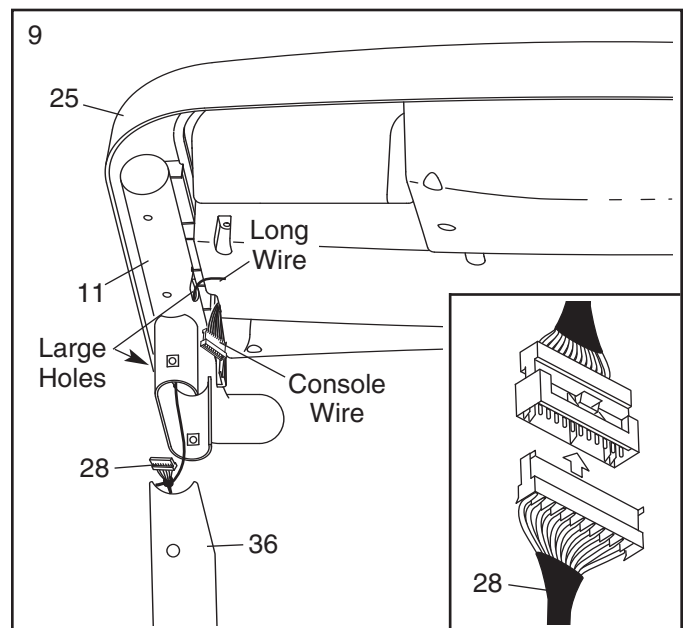
8. Pull the indicated long wire until the Upright Wire (28) is extending from the upper end of the Right Upright (36).

Slide the Right and Left Base Leg Covers (96, 94) onto the Left and Right Uprights (31, 36) and press them onto the Base (48) as shown. If necessary, pry lightly on the sides of the Base Leg Covers to fit them over the 3/8" Nuts and Bolts (not shown).

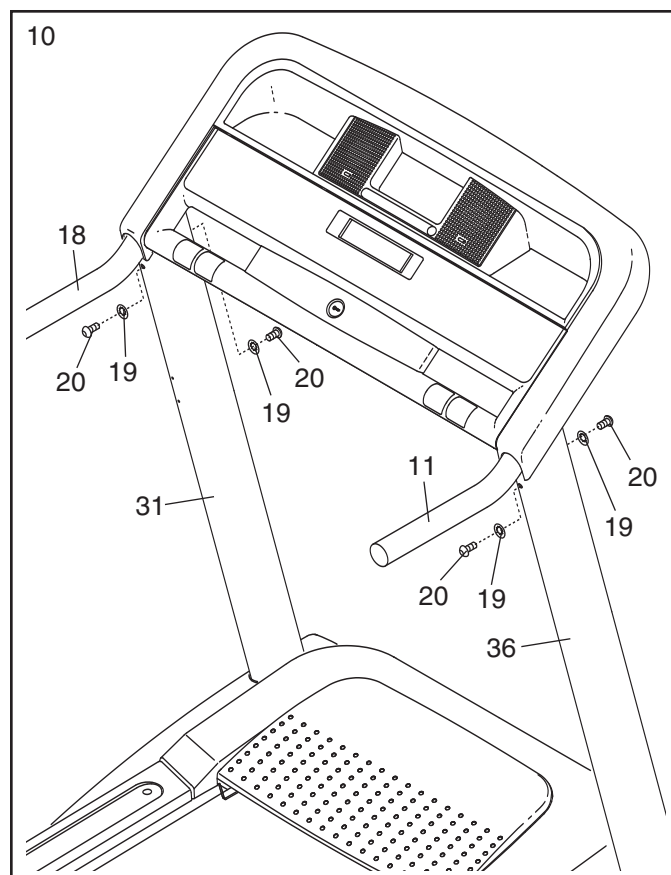


9. Insert the long wire on the Upright Wire (28) up through the large holes in the Right Handrail (11) as shown. Pull the Upright Wire up through the holes. Next, set the Right Handrail and the Left Handrail (not shown), with the Console (25), onto the top of the Right Upright (36) and the Left Upright (not shown). **Make sure that no wires are pinched.** Then, untie and discard the long wire.

Connect the Upright Wire (28) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the connectors and excess wire into the Console (25).



10. Tighten the four Handrail Bolts (20) with the four Handrail Star Washers (19) into the Left and Right Uprights (31, 36) and the Left and Right Handrails (18, 11). **Start all four Handrail Bolts before tightening any of them.**

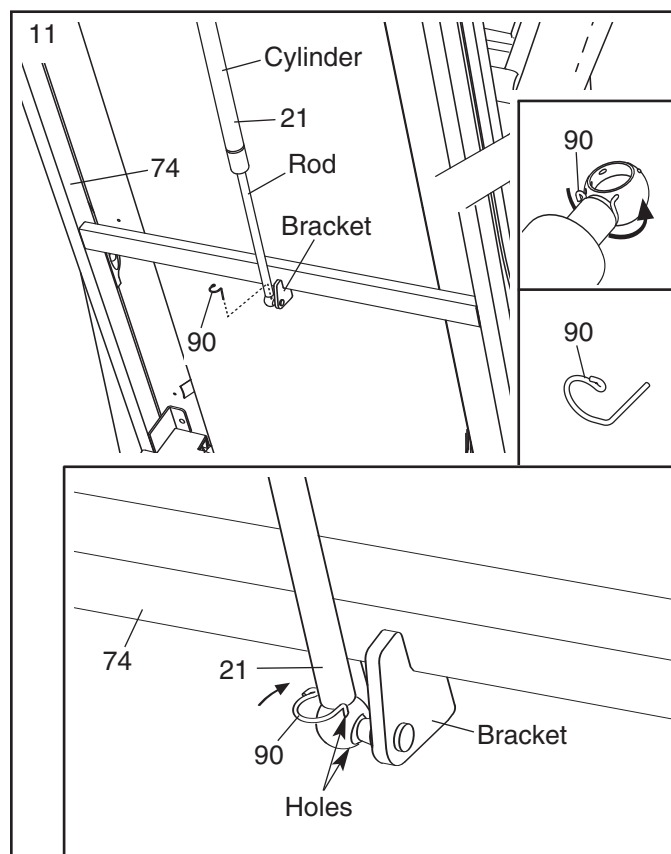


11. Have a second person raise and hold the treadmill Frame (74).

Identify the Gas Spring (21). Note that the Gas Spring has a cylinder end and a rod end. **See the two small inset drawings.** Locate the Spring Clip (90) 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 (21) 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 the large inset drawing. Insert the Spring Clip (90) into the two indicated small holes in the rod end of the Gas Spring (21). Then, rotate the Spring Clip until it clips onto the Gas Spring.

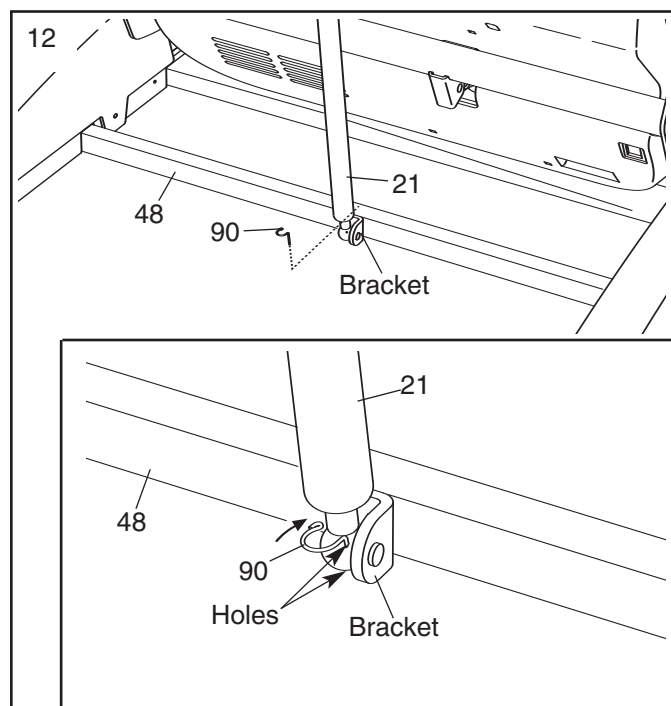


12. Pivot the cylinder end of the Gas Spring (21) down to the position shown. Remove the Spring Clip (90) from the end of the Gas Spring.

Next, align the cylinder end of the Gas Spring (21) 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 the inset drawing. Insert the Spring Clip (90) into the two indicated small holes in the Gas Spring (21). Then, rotate the Spring Clip until it clips onto the Gas Spring.

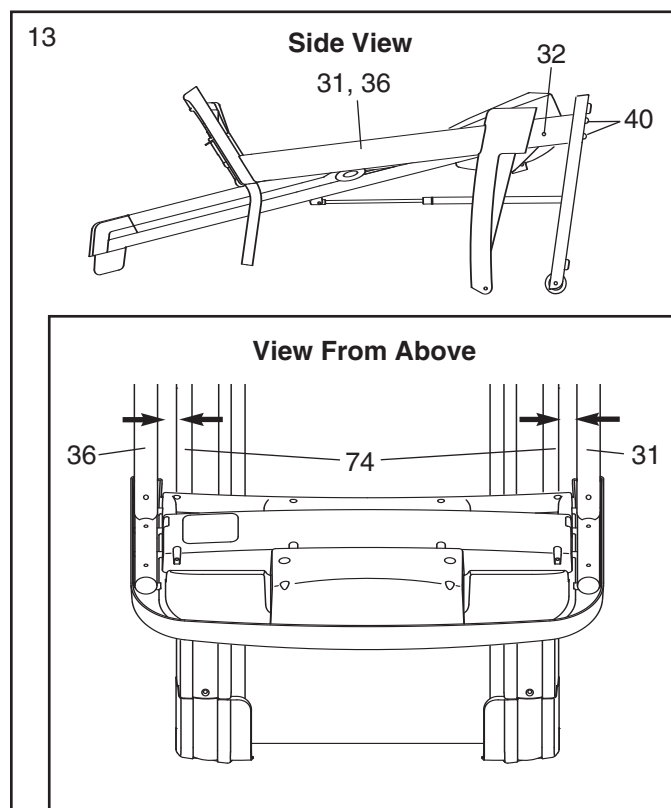
With the help of a second person, lower the Frame (not shown) to the floor.



13. Lower the Uprights (31, 36) as shown.

See the inset drawing. Push the Uprights (31, 36) sideways so that the treadmill Frame (74) is centered between the Uprights.

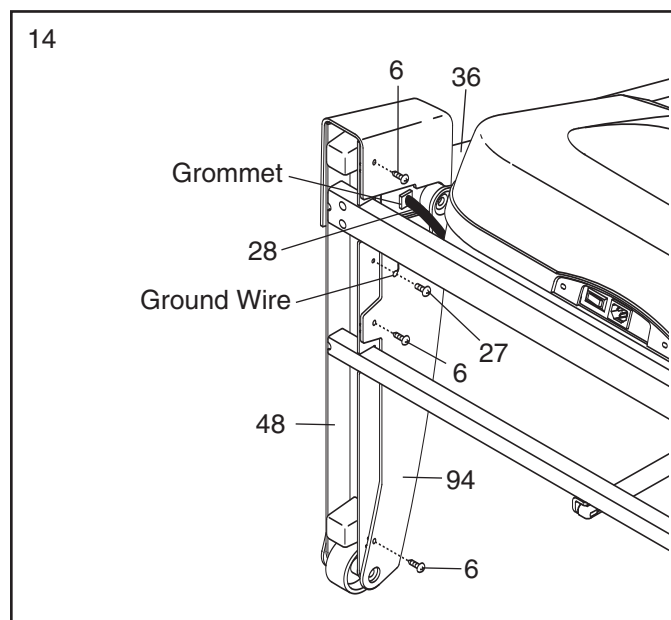
Firmly tighten the Upright Bolts (40) and the Frame Bolt (32) on each side of the treadmill.
Do not overtighten the Frame Bolts.



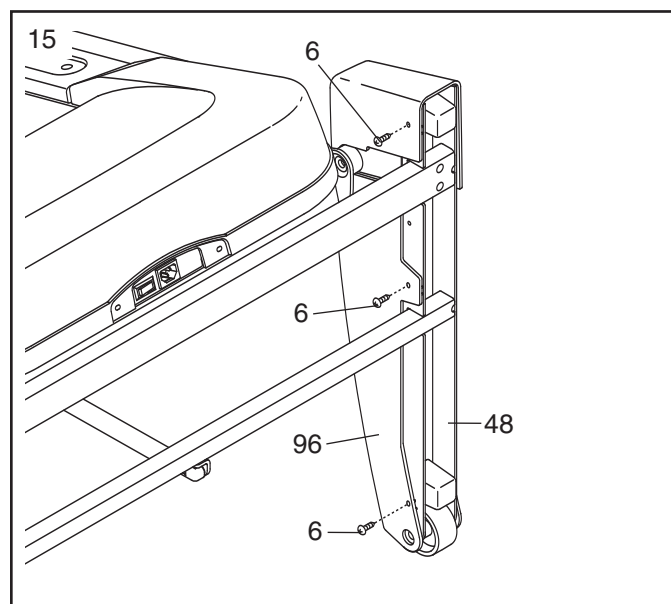
14. Attach the ground wire on the Upright Wire (28) to the indicated hole in the Base (48) with a Silver Ground Screw (27).

Press the indicated grommet into the Right Upright (36).

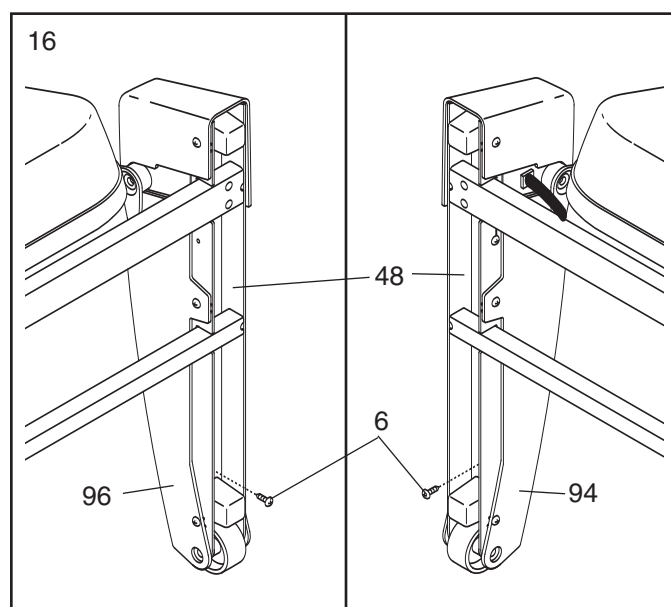
Slide the Right Base Leg Cover (94) onto the Base (48) as shown. Attach the Right Base Leg Cover with three 1/2" Screws (6). **Be careful not to pinch the Upright Wire (28). Do not over-tighten the Screws.**



15. Slide the Left Base Leg Cover (96) onto the Base (48) as shown. Attach the Left Base Leg Cover with three 1/2" Screws (6). **Be careful not to overtighten the Screws.**

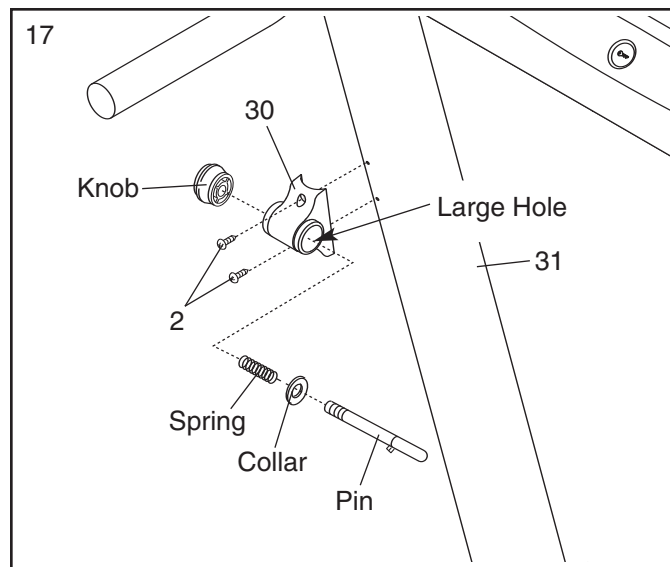


16. Tighten a 1/2" Screw (6) into each side of the Base (48) and each Base Leg Cover (96, 94). **Be careful not to overtighten the Screws.**



17. Carefully raise the Uprights (only one is shown). Attach the Latch Housing (30) to the Left Upright (31) with two 3/4" Screws (2). **Make sure that the large hole in the Latch Housing is on the side shown. Do not overtighten the Screws.**

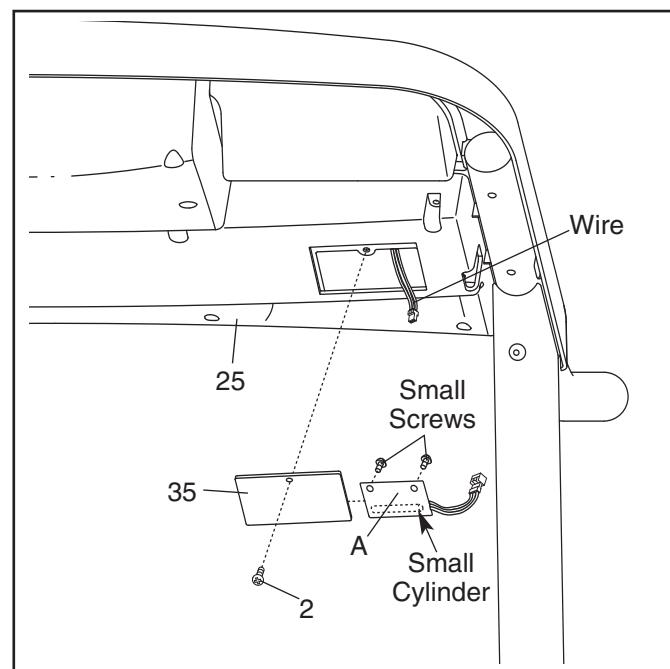
If the pin is not preassembled in the Latch Housing (30), remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing, and tighten the knob back onto the pin.



18. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 26). To protect the floor or carpet, place a mat under the treadmill.

If you purchase the optional chest pulse sensor (see page 23), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated 3/4" Screw (2) and the Access Door (35) from the left side of the Console (25).
2. Connect the wire on the receiver (A) to the indicated wire extending from the Console (25). **Hold the receiver so the small cylinder is oriented as shown and is facing the Console Back.** Attach the receiver to the plastic posts on the Access Door (35) with the two included small screws.
3. **Make sure that no wires are pinched.** Reattach the Access Door (35) with the 3/4" Screw (2). Discard the other wires included with the receiver.



OPERATION AND ADJUSTMENT

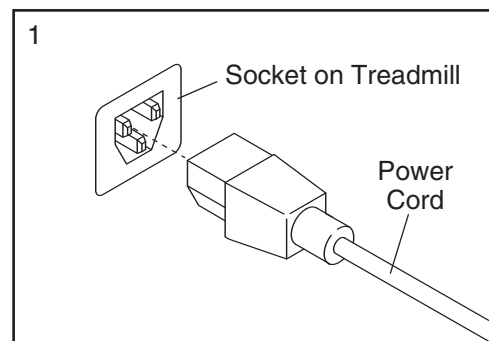
THE PRE-LUBRICATED WALKING BELT

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.**

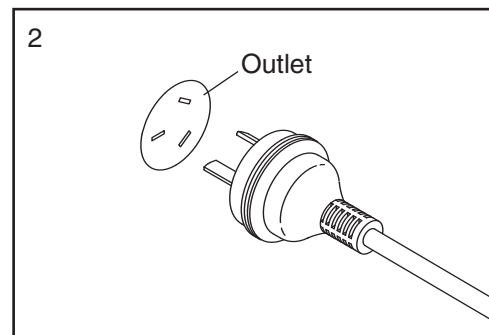
HOW TO PLUG IN THE POWER CORD

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.**

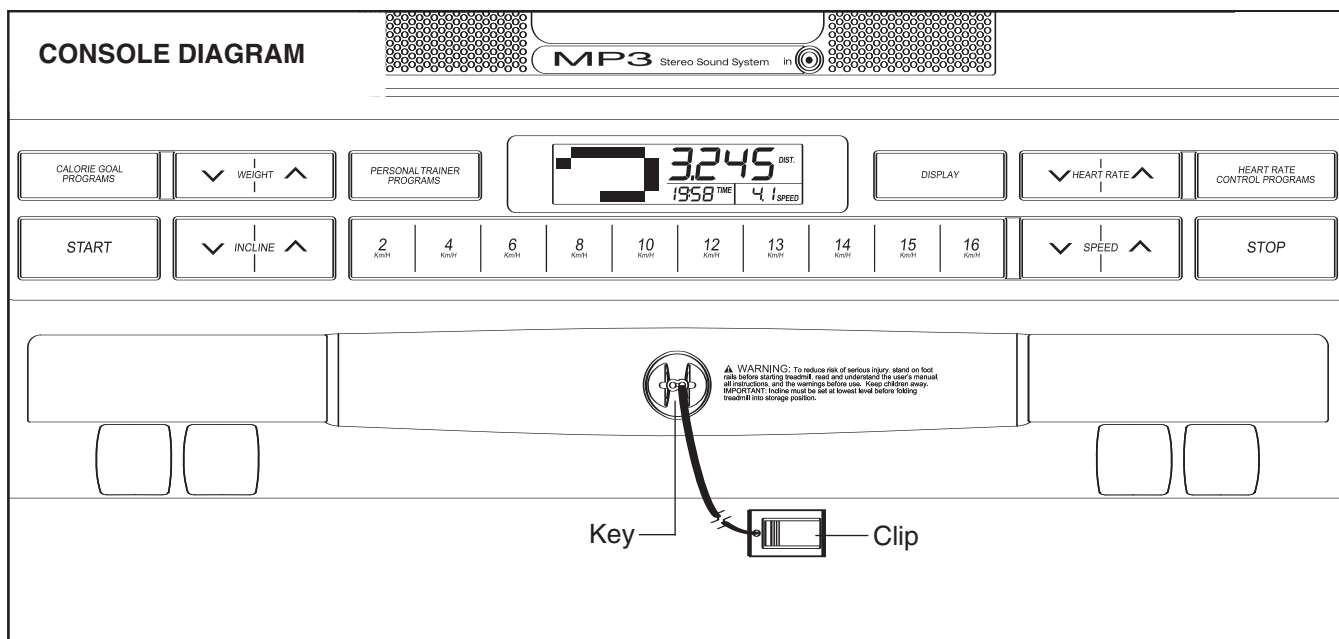
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



See drawing 2. 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.



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 or the optional chest pulse sensor (see page 23 for more information about the optional chest pulse sensor).

The console also features four personal trainer 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. Note: You must wear the optional chest pulse sensor to use the heart rate programs.

You can even listen to your favorite workout music or audio books with the console's stereo sound system.

To turn on the power, follow the steps beginning on page 16. **To use the manual mode of the console**, see page 16. **To use a personal trainer program**, see page 18. **To use a calorie goal program**, see page 19. **To use a heart rate program**, see page 21. **To use the stereo sound system**, see page 22. **To use the information mode**, see page 23.

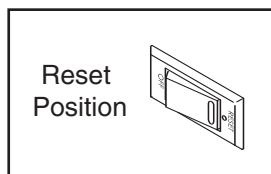
IMPORTANT: If there are sheets of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 26).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 23. Note: For simplicity, all instructions in this section refer to kilometers.

HOW TO TURN ON THE POWER

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

Plug in the power cord (see page 14). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see **THE INFORMATION MODE** on page 23 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 15) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

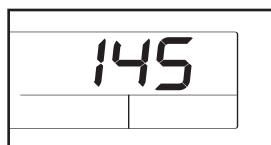
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER above.

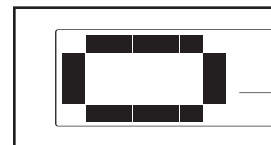
2. Enter your weight if desired.

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 inserted, the manual mode will be selected. If a program has been selected, press any of the Programs buttons repeatedly until a track appears in the matrix.



4. Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the buttons numbered 2 through 16.

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 increase 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 increments of 0.5 Km/H.

If one of the ten numbered 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 miles or kilometers (see THE INFORMATION MODE on page 23). For simplicity, all instructions 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 ten numbered buttons.

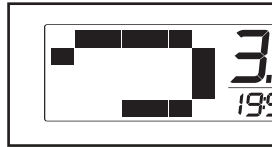
5. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline setting will change by 0.5%; if a button is held down, the incline setting will change quickly.

6. Follow your progress with the displays.

When the manual mode is selected, a track representing 400 meters (1/4 mile) will appear in the matrix.

As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The lower left display can show the elapsed time and the distance that you have walked or run during your workout. Note: When a program is selected, except for heart rate program 1, the display will show the time remaining in the program instead of the elapsed time.



The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned during your workout. This display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor (see page 23 for more information about the optional chest pulse sensor).



The upper display can show the distance that you have walked or run, the approximate number of calories you have burned, the speed of the walking belt, or the workout time. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. In addition, each time the incline changes, the display will show the incline setting for a few seconds.

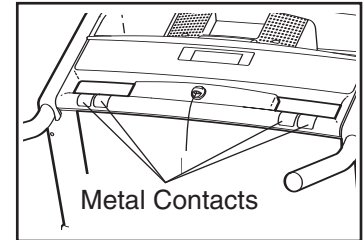
Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.

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

7. Measure your heart rate if desired.

If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately. For more information about the optional chest pulse sensor, see page 23.

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.



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 about 15 seconds.**

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

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

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

HOW TO USE A PERSONAL TRAINER PROGRAM

1. Insert the key into the console.

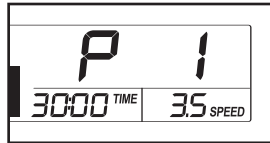
See HOW TO TURN ON THE POWER on page 16.

2. Enter your weight if desired.

See step 2 on page 16.

3. Select a personal trainer program.

To select a personal trainer program, press the Personal Trainer Programs button repeatedly until "P 1," "P 2," "P 3," or "P 4" appears in the display. When a personal trainer program is selected, the maximum speed 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.

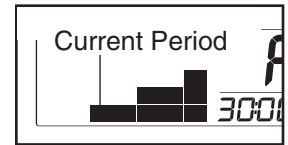


4. Press the Start button or the Speed increase button to start the program.

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 and/or incline setting may be programmed for consecutive periods.

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



The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.

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

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

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

5. Follow your progress with the displays.

See step 6 on page 17.

6. Measure your heart rate if desired.

See step 7 on page 17.

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

See step 8 on page 17.

HOW TO USE A CALORIE GOAL PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

2. Enter your weight if desired.

See step 2 on page 16. Note: It is important to enter your weight before using a calorie goal program. The console will adjust the speed and incline settings of the calorie goal programs based on your weight.

3. Select a calorie goal program.

To select a calorie goal program, press the Calorie Goal Programs button repeatedly until "CAL1," "CAL2," "CAL3," or "CAL4" appears in the



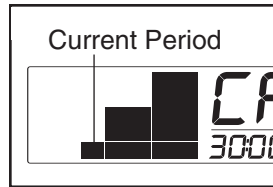
display. When a calorie goal program is selected, the maximum speed setting of the program and the calorie goal setting of the program will flash in the displays for a few seconds; in addition, the display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.

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 for the program. Hold the handrails and begin walking.

Each program is divided into 30 or 40 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.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.



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

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

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

Important: The 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 displays.

See step 6 on page 17.

6. Measure your heart rate if desired.

See step 7 on page 17.

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

See step 8 on page 17.

HOW TO USE A HEART RATE PROGRAM

Heart rate program 1 will automatically adjust the speed and incline of the treadmill to keep your heart rate near a target heart rate that you select. Heart rate programs 2, 3, and 4 will keep your heart rate within a preset range.

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. Put on the optional chest pulse sensor.

You must wear the optional chest pulse sensor (see page 23) to use a heart rate program.

2. Enter your weight if desired.

See step 2 on page 16.

3. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

4. Select a heart rate program.

To select a heart rate program, press the Heart Rate Control Programs button repeatedly until “Hr 1,” “Hr 2,” “Hr 3,” or “Hr 4” appears in the display.

If heart rate program 1 is selected, a pulse symbol will appear in the matrix.



If heart rate program 2, 3, or 4 is selected, a profile of the target heart rate settings of the program will scroll across the matrix.



5. Enter a target heart rate setting.

If heart rate program 1 is selected, the target heart rate setting for the program will flash in the display. If desired, press the Heart Rate increase and decrease buttons to change the target heart rate setting (**see EXERCISE INTENSITY on page 27**). Note: The same target heart rate setting will be programmed for the entire program.



If heart rate program 2, 3, or 4 is selected, the maximum target heart rate setting of the program will flash in the display. If desired, press the Heart Rate increase and decrease buttons to change the maximum target heart rate setting (**see EXERCISE INTENSITY on page 27**). Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.

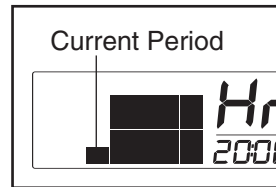


6. Press the Start button or the Speed increase button to start the program.

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.

Heart rate program 1 is divided into 100 one-minute periods. The same target heart rate setting is programmed for all periods. (Note: For a shorter workout, simply stop the program before it ends.) Heart rate programs 2, 3, and 4 are divided into 20, 25, and 30 one-minute periods. One target heart rate setting is programmed for each period. Note: The same target heart rate setting may be programmed for two or more consecutive periods.

If heart rate program 2, 3, or 4 is selected, 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. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.



During both heart rate programs, 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 the instructions included with the optional chest pulse sensor.

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 displays.

See step 6 on page 17.

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

See step 8 on page 17.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other audio player to the console. Plug one end of the included audio wire into a jack on your audio player. Plug the other end of the audio wire into the input jack on the console. **Make sure that both ends of the audio wire are fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other audio player. Then, adjust the volume of your audio player.

If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console.

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

An “E” (for English miles) or an “M” (for metric kilometers) will appear in the lower right display. Press the Speed increase button to change the unit of measurement, if desired.

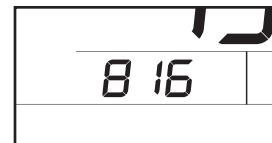


Note: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console.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

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



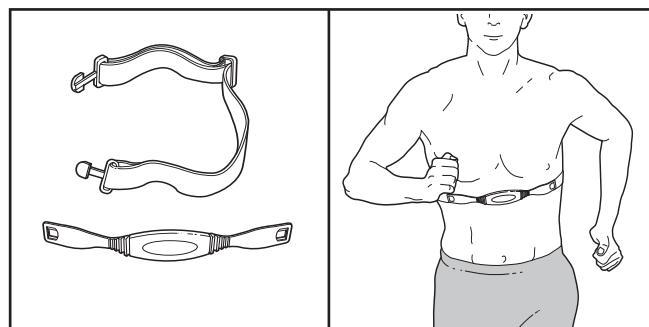
The lower left display will show the total number of kilometers (or miles) that the walking belt has moved.



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

THE OPTIONAL CHEST PULSE SENSOR

The chest pulse sensor offers hands-free operation, and enables you to use the console's four heart rate programs. **To purchase the optional chest pulse sensor**, please see the dealer contact information on the back cover of this manual or on the included service card.



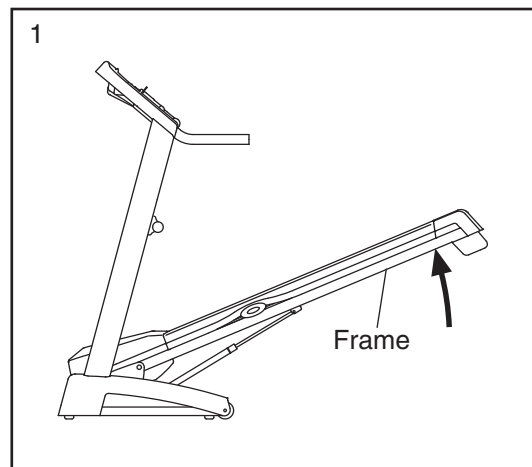
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, the treadmill may be permanently damaged. Next, unplug the power cord.

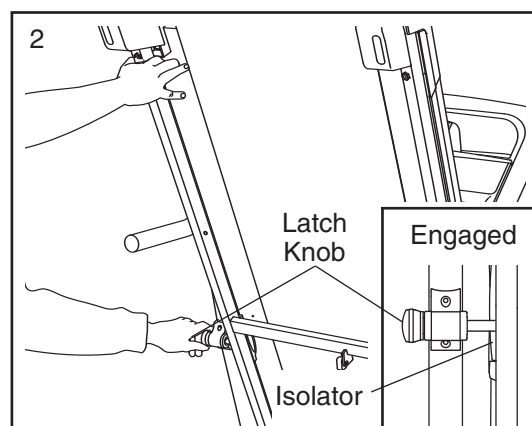
CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure you bend your legs and keep your back straight. As you raise the frame, lift with your legs rather than your back. Raise the frame 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 frame until the hole in the isolator is aligned with the latch pin, and then slowly release the latch knob. **Make sure that the frame is held securely by the latch pin.**

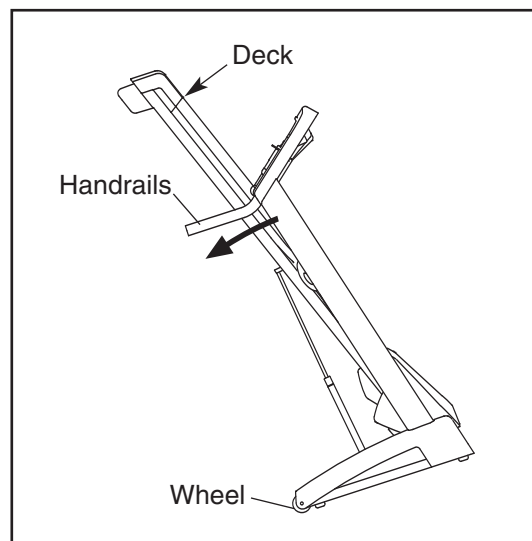
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

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

1. Hold one handrail with one hand, 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.



HOW TO LOWER THE TREADMILL FOR USE

1. See drawing 2 above. Hold the frame with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin.
2. See drawing 1 above. **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

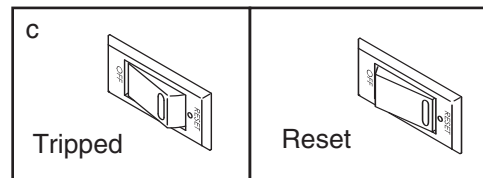
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 14). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m). **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 reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

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

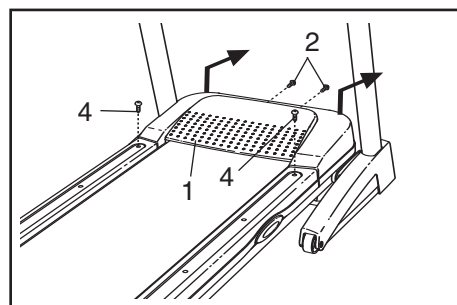
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

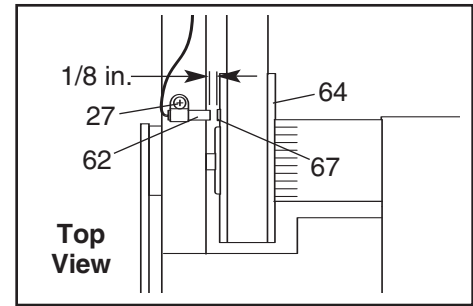
d. If the treadmill still will not run, see the front cover of this manual.

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" Screws (2) and carefully remove the Hood (1).



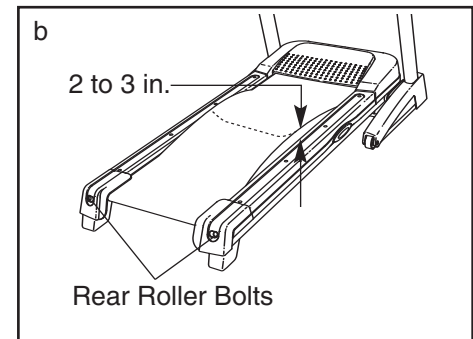
Locate the Reed Switch (62) and the Magnet (67) on the left side of the Pulley (64). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the Silver Ground Screw (27), move the 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. If the reading appears normal, reattach the Foot Rail Screws (not shown).



PROBLEM: The walking belt slows when walked on

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

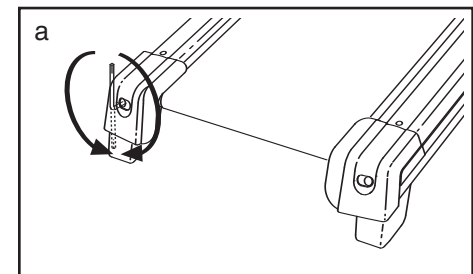
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be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



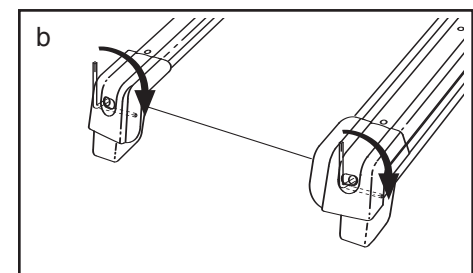
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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. 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 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

165	155	145	140	130	125	115	❤
145	138	130	125	118	110	103	❤
125	120	115	110	105	95	90	❤
20	30	40	50	60	70	80	

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

The ICON Authorized Dealer (Dealer) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for ten (10) years after the date of purchase. The drive motor is warranted for five (5) years after the date of purchase. Parts and labor are warranted for one (1) year after the date of purchase.

This warranty extends only to the original purchaser. The Dealer's obligation under this warranty is limited to replacing or repairing, at the Dealer's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by the Dealer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a Dealer authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by the Dealer.

The Dealer is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

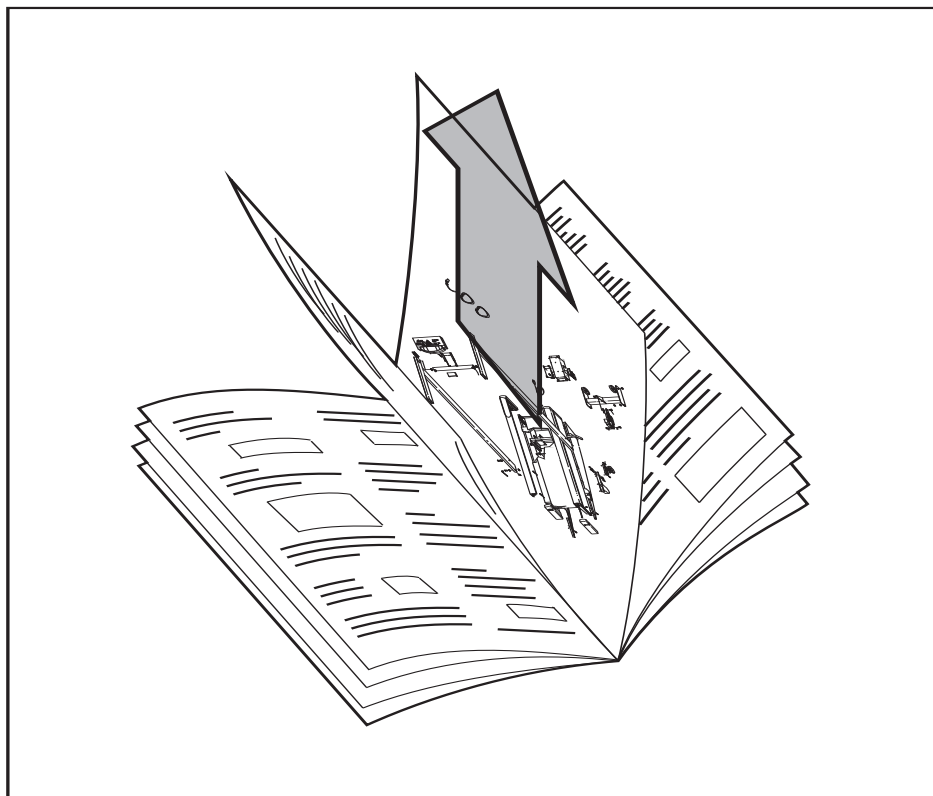
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON Authorized Dealer:



REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST 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.

PART LIST—Model No. PATL30806.0

R1107A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	54	1	10" Controller Ground Wire
2	28	3/4" Screw	55	1	Lift Motor
3	1	Left Foot Rail	56	1	Stop Bracket
4	8	Foot Rail Screw	57	1	Incline Motor Bolt, Top
5	2	Motor Tension Bolt	58	1	Incline Motor Bolt, Bottom
6	12	1/2" Screw	59	1	Lift Frame
7	1	Power Cord Bracket	60	2	Motor Tension Nut
8	2	Motor Bolt	61	1	Motor Belt
9	1	Drive Motor	62	1	Reed Switch
10	1	Motor Bracket	63	1	Clip
11	1	Right Handrail	64	1	Front Roller/ Pulley
12	4	Power Bracket Star Washer	65	1	Motor Pivot Bolt
13	1	Power Cord	66	2	Platform Bolt, Front
14	4	Cage Nut	67	1	Magnet
15	2	Motor Bushing	68	2	Belt Guide
16	1	Receptical	69	1	10" Ground Wire w/Decal
17	4	Handrail Endcap	70	2	Isolator
18	1	Left Handrail	71	4	Belt Guide Screw
19	5	Handrail Star Washer	72	1	Walking Belt
20	4	Handrail Bolt	73	1	Walking Platform
21	1	Gas Spring	74	1	Frame
22	1	Electronics Bracket	75	1	Right Foot Rail
23	1	Key/Clip	76	1	Incline Motor Wire
24	2	Frame Pivot Spacer	77	4	Platform Nut
25	1	Console	78	2	Platform Bolt, Rear
26	1	Console Base	79	1	Rear Roller
27	12	Silver Ground Screw	80	1	Right Rear Foot
28	1	Upright Wire	81	2	Rear Roller Star Washer
29	1	Latch Pin Assembly	82	2	Rear Roller Bolt
30	1	Latch Housing	83	1	Left Rear Foot
31	1	Left Upright	84	1	Rear Roller Ground Wire
32	2	Frame Bolt	85	1	Hex Key
33	4	Upright Washer	86	6	Rear Roller Washer/Isolator Washer
34	2	Frame Spacer	87	1	Book Rack
35	1	Access Door	88	2	Rear Roller Bracket
36	1	Right Upright	89	2	Wheel Bolt
37	4	Base Pad	90	1	Gas Spring Clip Kit
38	11	3/4" Tek Screw	91	4	3/8" Nut
39	4	Upright Star Washer	92	1	Ground Bolt
40	4	Upright Bolt	93	1	Hood Cover
41	2	Caution Decal	94	1	Right Base Leg Cover
42	1	Transformer	95	1	Ground Nut
43	1	Latch Warning Decal	96	1	Left Base Leg Cover
44	4	Wheel Spacer	97	2	Front Roller Washer
45	2	Wheel	98	1	Releasable Tie
46	1	Motor Isolator	99	9	8" Tie
47	5	Nut	100	2	Plastic Tie
48	1	Base	101	2	15 1/2" Wire Tie
49	1	Reset/Off Circuit Breaker	*	—	User's Manual
50	1	Belly Pan			
51	1	Controller			
52	1	Audio Wire			
53	2	Lift Frame Bolt			

*These parts are not illustrated.

Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. PATL30806.0

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