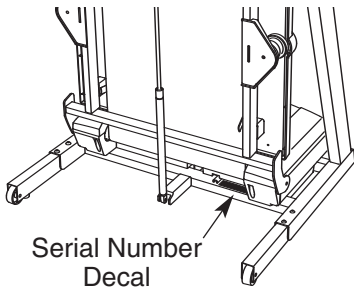


# PRO-FORM<sup>®</sup> 585

## Perspective

Model No. PETL41306.0

Serial No. \_\_\_\_\_



## USER'S MANUAL

### QUESTIONS?

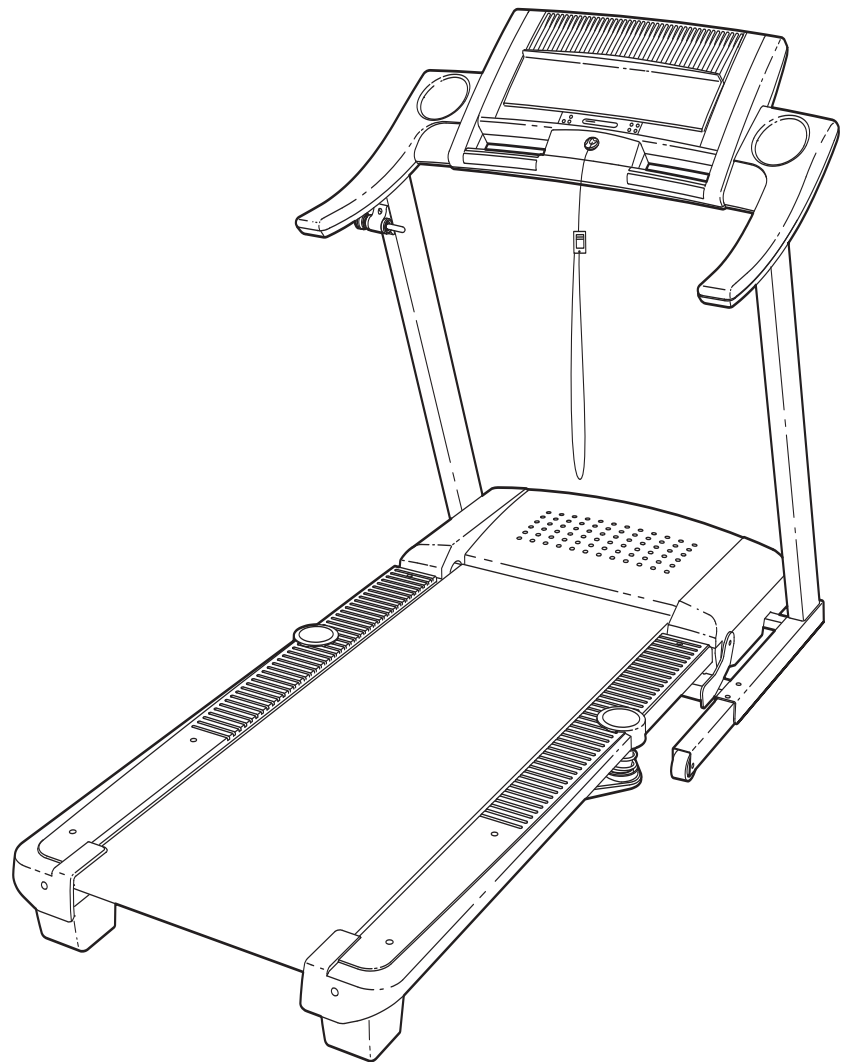
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

**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](mailto: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](http://www.iconeurope.com)

# **PRO-FORM<sup>®</sup> 585**

## **Perspective**

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# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least 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.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 136 kg (300 lbs.) or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 13), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.
11. If an extension cord is needed, use only a 3-conductor, 1mm<sup>2</sup> (14-gauge) cord that is no longer than 1.5 m (5 ft.).
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 27 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 15).
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 sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are 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 on/off switch to the off position when the treadmill is not in use. (See the drawing on page 6 for the location of the on/off switch.)
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 26.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
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 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. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

25. If an outside antenna or cable system is connected, be sure that the antenna or cable system is grounded to provide some protection against voltage surges and built-up static charges. See Local Codes for information with respect to proper grounding of the mast and supporting structure, grounding of the lead-in wire to an antenna discharge unit, size of grounding conductors, location of antenna discharge unit, connection to grounding electrodes, and requirements for the grounding electrode.

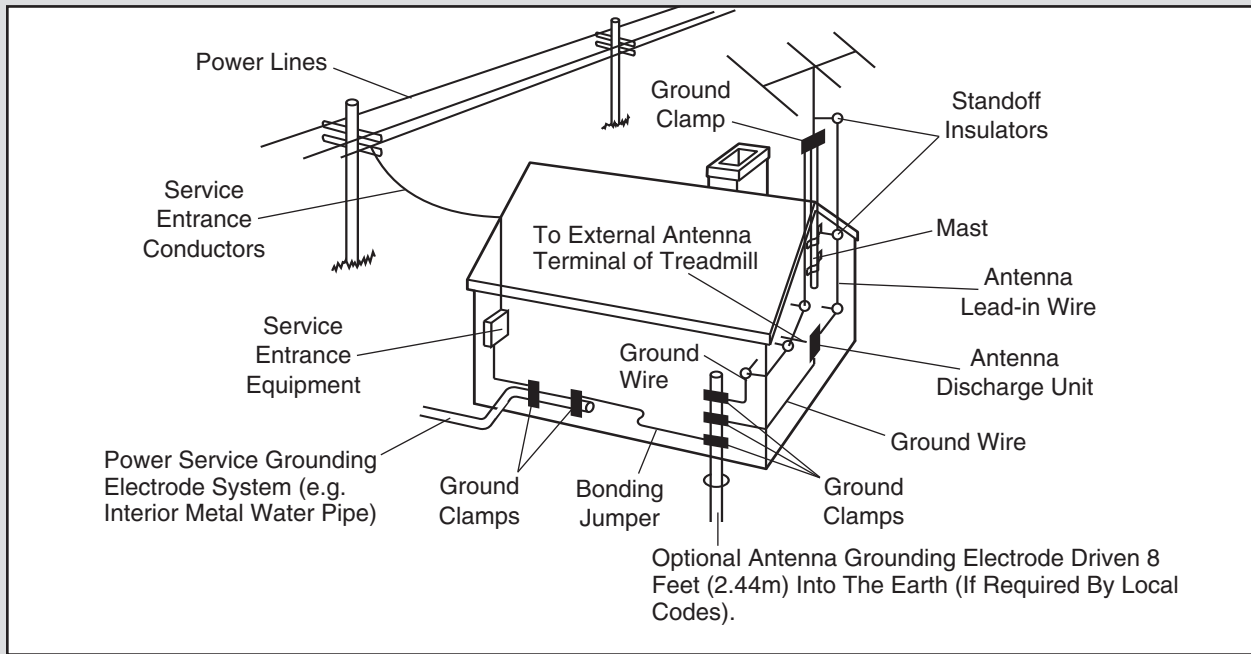
26. An outside antenna system should not be located in the vicinity of overhead power lines or other electric light or power circuits, or where it can fall into such power lines or circuits. When installing an outside antenna system, extreme care should be taken to keep from touching such power lines or circuits, as contact with them might be fatal.

27. To reduce the risk of electric shock, do not remove the cover or the back of the television. There are no user serviceable parts inside. Refer servicing to qualified service personnel.

28. Upon completion of any service or repairs to the treadmill or the television, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.

- Use No. 10 AWG (5.3mm<sup>2</sup>) copper, No. 8 AWG (8.4mm<sup>2</sup>) aluminum, No. 17 AWG (1.0mm<sup>2</sup>) copper-clad steel or bronze wire, or larger as a ground wire.
- Secure an antenna lead-in and ground wires to the house with stand-off insulators spaced from 4 to 6 feet (1.22 to 1.83m) apart.
- Mount an antenna discharge unit as close as possible to where the lead-in enters the house.
- Use a jumper wire not smaller than No. 6 AWG (13.3mm<sup>2</sup>) copper, or the equivalent when a separate antenna-grounding electrode is used. See Local Codes.

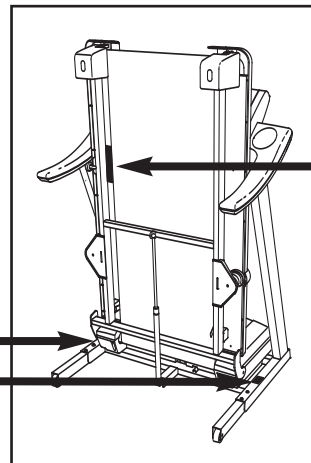
Note to CATV system installer: See Local Codes for grounding requirements.



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

## SAVE THESE INSTRUCTIONS

The decals shown at the right have been placed on the treadmill. If a decal is missing, or if it is not legible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.



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

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

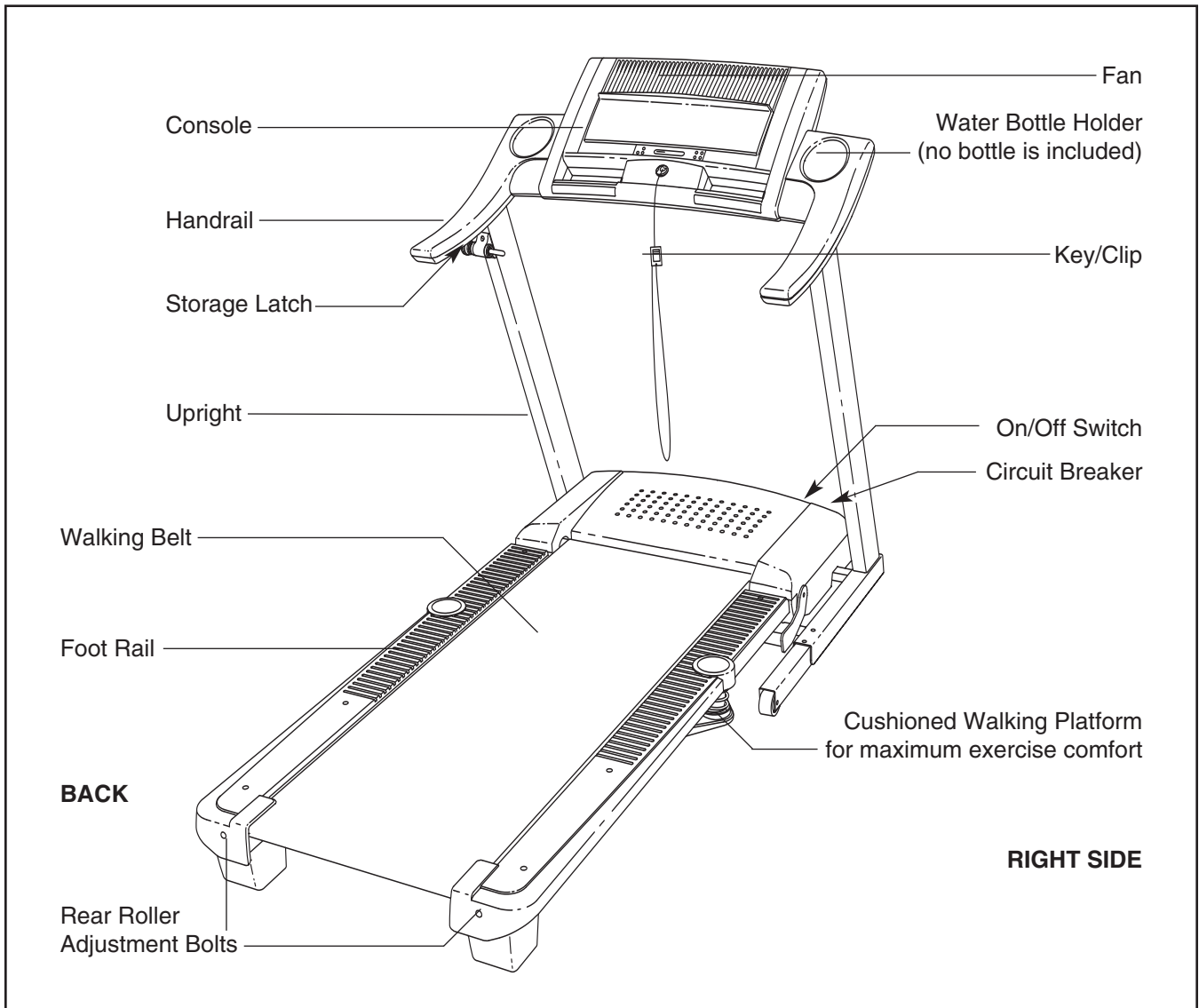
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 585 PERSPECTIVE treadmill. The 585 PERSPECTIVE treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique 585 PERSPECTIVE treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after read-




ing this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number of the treadmill is PETL41306.0 The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

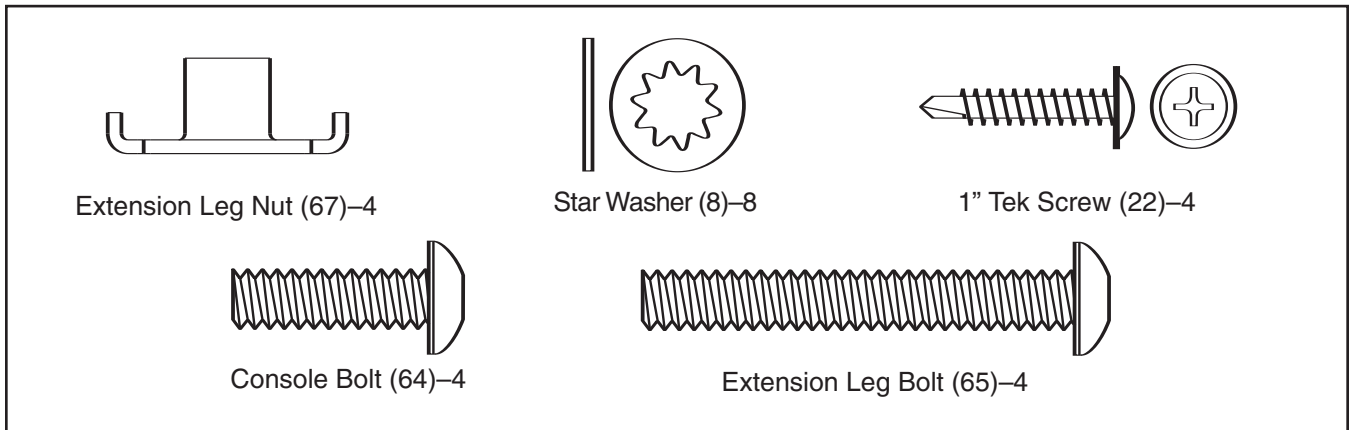


# ASSEMBLY

**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 allen wrench**  **and your own phillips screwdriver**  **and wire cutters**  .

Use the drawings below to identify the hardware used during assembly. **Note: If a part is not in the parts bag, check to see if it has been preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly.**



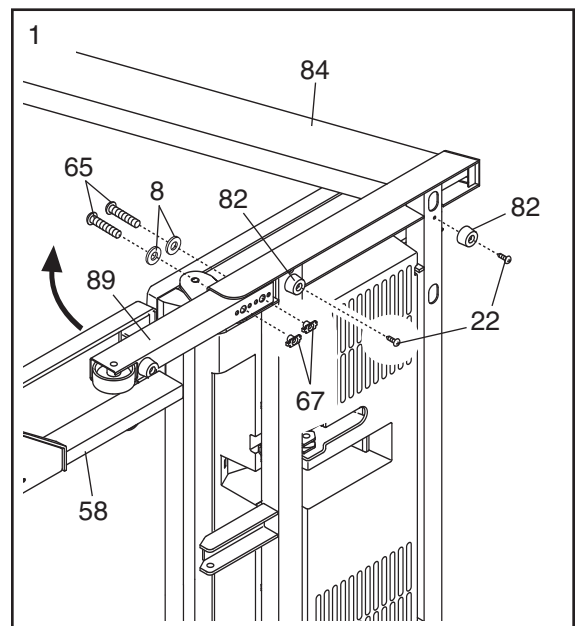
## 1. Make sure that the power cord is unplugged.

With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (58) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

Attach four Base Pads (82) (only two are shown) to the base of the Uprights (84) with four 1" Tek Screws (22).

Insert an Extension Leg (89) into the base of the Uprights (84) as shown. Hold two Extension Leg Nuts (67) in the bottom of the Extension Leg. Next, insert two Extension Leg Bolts (65) with Star Washers (8) into the top of the Extension Leg, and firmly tighten the Extension Leg Bolts into the Extension Leg Nuts.

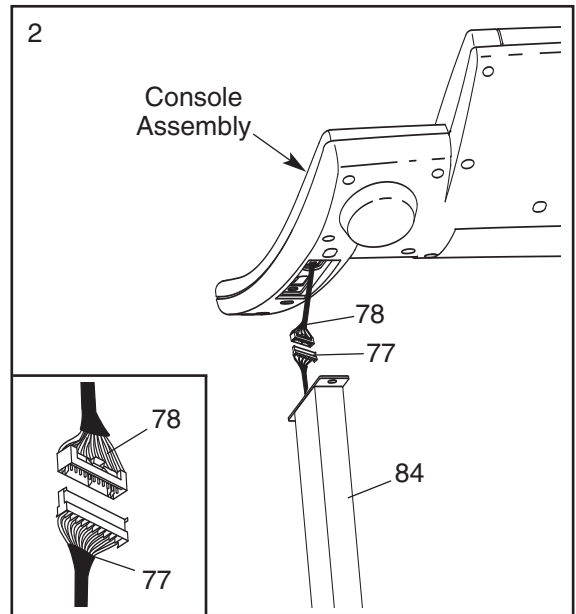
With the help of a second person, carefully tip the treadmill onto its other side. Attach the other Extension Leg (not shown) as described above.



2. With the help of a second person, carefully raise the Uprights (84) to a vertical position.

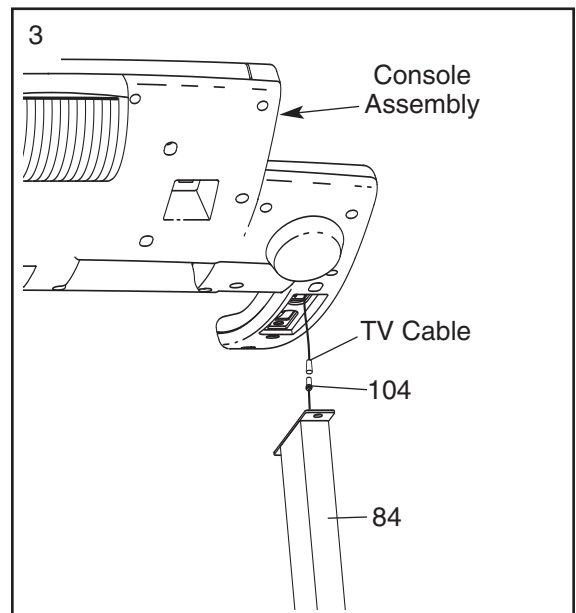
Have the second person hold the console assembly near the Uprights (84) as shown. Look under the console assembly and locate the Console Wire Harness (78).

Remove the tie securing the Upright Wire Harness (77) to the right Upright (84). Next, connect the Upright Wire Harness to the Console Wire Harness (78). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



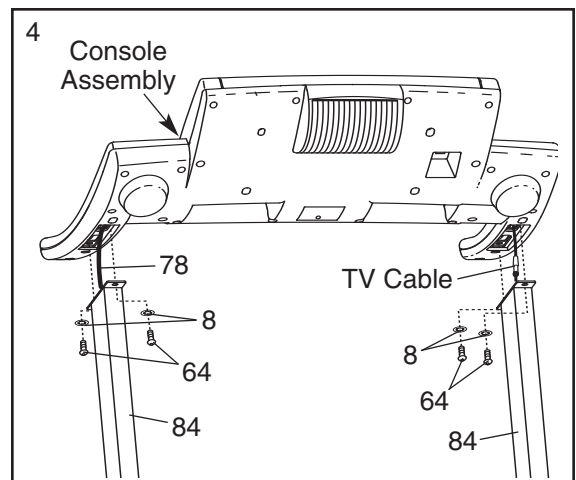
3. Look under the console assembly and locate the TV cable.

Remove the tie securing the Upright TV Cable (104) to the left Upright (84). Connect the Upright TV Cable to the TV cable on the console assembly.



4. Insert the Console Wire Harness (78) and the TV cable into the Uprights (84).

Set the console assembly on the Uprights (84). **Be careful to avoid pinching the Console Wire Harness (78) and the TV cable.** While a second person holds the console assembly, attach it with four Console Bolts (64) and four Star Washers (8) as shown; **start all four Console Bolts and then firmly tighten them.**

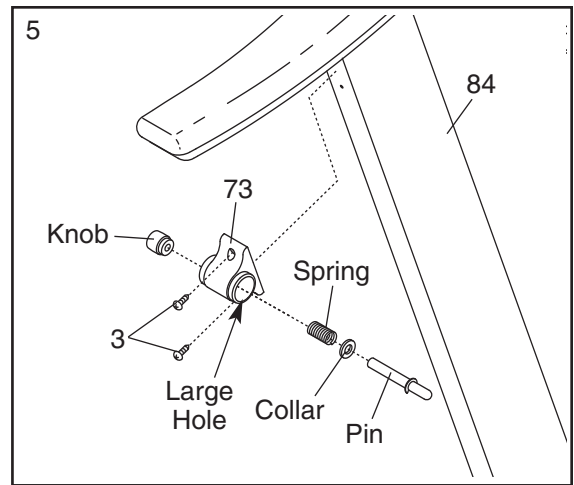




- Orient the Latch Housing (73) so the large hole is on the indicated side. Attach the Latch Housing to the left Upright (84) with two Latch Screws (3); **start both Latch Screws and then tighten them.**

Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Next, insert the pin into the Latch Housing (73). Then, tighten the knob back onto the pin.

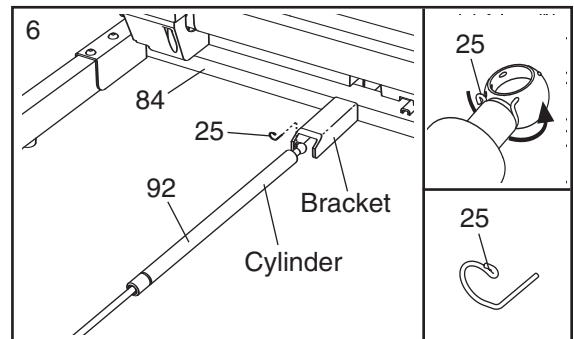
Plug in the power cord as described on page 13, and turn on the power as described on page 15. Note: The treadmill may automatically rise to the maximum incline level and then return to the minimum level.



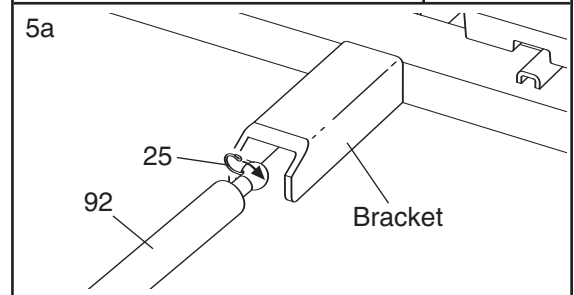
- Place the treadmill in the storage position (see HOW TO FOLD AND MOVE THE TREADMILL on page 26).

Next, place the cylinder end of the Shock (92) near the bracket on the base of the Uprights (84).

See the two small inset drawings. Using your fingernail or the end of a screwdriver, press on the end of the Shock Pin (25) to loosen it from the Shock (92). Next, rotate the Shock Pin and pull it out of the Shock. **Be careful to avoid losing the Shock Pin.**

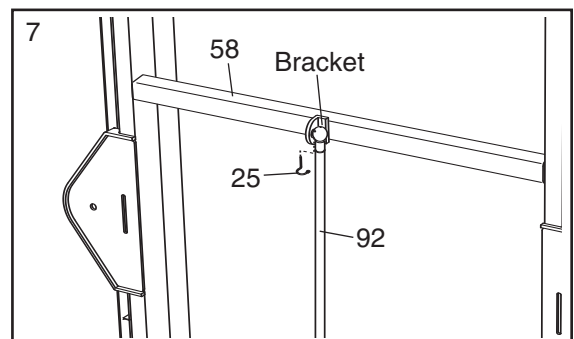


See drawing 5a. Press the cylinder end of the Shock (92) onto the ball on the bracket. Next, insert the end of the Shock Pin (25) through two of the small holes in the end of the Shock. Then, rotate the Shock Pin until it clips onto the Shock.

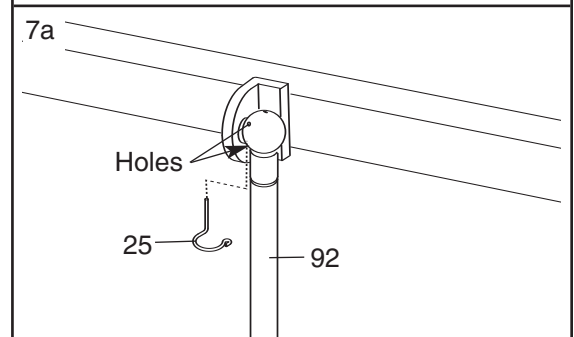


- Raise the Shock (92) to a vertical position. Remove the Shock Pin (25) from the raised end of the Shock as described in step 6. If necessary, rotate the Shock to align the end of the Shock with the ball on the bracket on the Frame (58).

Next, press the Incline increase and decrease buttons until the ball on the bracket is aligned with end of the Shock (92). Then, press the end of the Shock onto the ball. Note: It may be necessary to press the end of the Shock onto the ball while the Frame is moving.

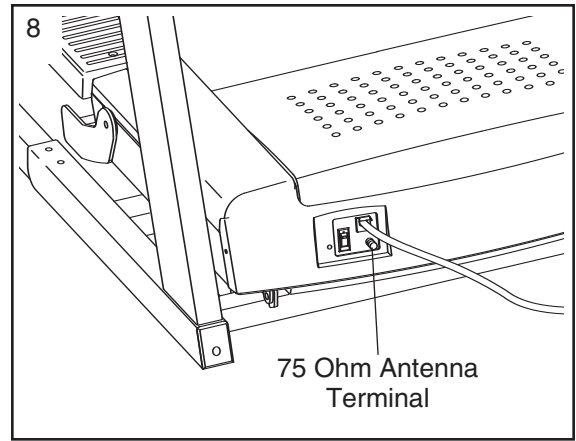


See drawing 7a. Insert the Shock Pin (25) into the two indicated small holes in the end of the Shock (92). Then, rotate the Shock Pin until it clips onto the Shock. Note: Extra Shock Pins are included.



**Press the Incline decrease button until the treadmill is at the lowest incline level.** Then, unplug the power cord.

8. Note the location of the 75 ohm antenna terminal on the treadmill. For the television to operate properly, an antenna, a CATV cable, or a VCR must be connected to the 75 ohm antenna terminal (see page 11).



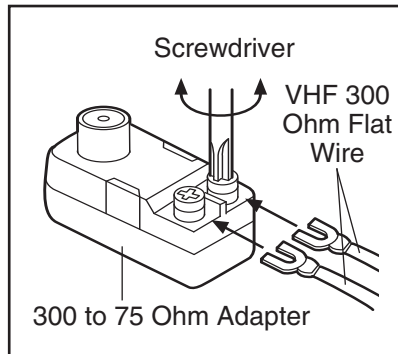
9. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included allen wrench in a secure place; the allen wrench is used to adjust the walking belt (see page 28).

Before the personal television can be used, you must connect an antenna, a 75 ohm CATV cable, or a VCR to the 75 ohm antenna terminal on the treadmill frame. Note: No antenna, cable, or adapter is included.

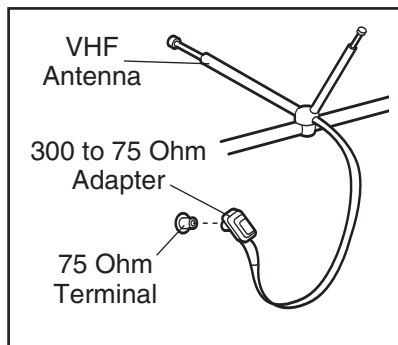
## HOW TO CONNECT AN ANTENNA

### Indoor Antenna

1. Place a VHF antenna in the desired location. Connect the 300 ohm flat wire from the antenna to a 300 ohm to 75 ohm adapter.

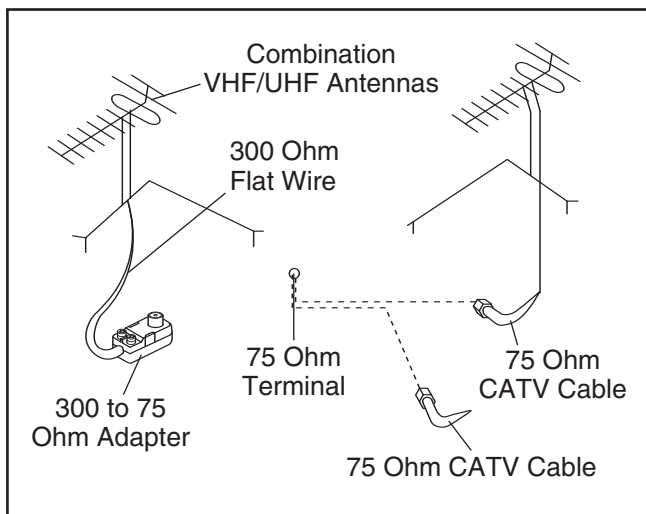


2. Push the 300 ohm to 75 ohm adapter onto the 75 ohm antenna terminal on the treadmill frame near the power cord.



### Outdoor Antenna

Note: Outdoor antennas are subject to weathering that can reduce signal quality. Inspect your antenna and the lead-in wiring before connecting the antenna.



### 300 Ohm Flat Wire

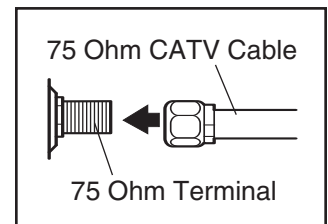
1. See the large drawing near the bottom of this page. Connect the 300 ohm flat wire from the antenna to a 300 ohm to 75 ohm adapter.
2. Push the 300 ohm to 75 ohm adapter onto the 75 ohm antenna terminal on the treadmill frame near the power cord.

### 75 Ohm CATV Cable

1. See the large drawing near the bottom of this page. Connect the 75 ohm CATV cable from the antenna to the 75 ohm antenna terminal on the treadmill frame near the power cord.

## HOW TO CONNECT A 75 OHM CATV CABLE

1. Connect a 75 ohm CATV cable to the 75 ohm antenna terminal on the treadmill frame near the power cord.



## HOW TO CONNECT A VCR

1. Connect one end of a 75 ohm CATV cable to the video output jack on your VCR.
2. Plug in the power cord of your VCR. See your VCR user's manual for proper grounding instructions.
3. Connect the 75 ohm CATV cable to the 75 ohm antenna terminal on the treadmill frame near the power cord.

Note: To operate the television with your VCR, **make sure that channel 3 or 4 is selected.**

## HOW TO CONNECT A DVD PLAYER OR VCR DIRECTLY TO THE CONSOLE

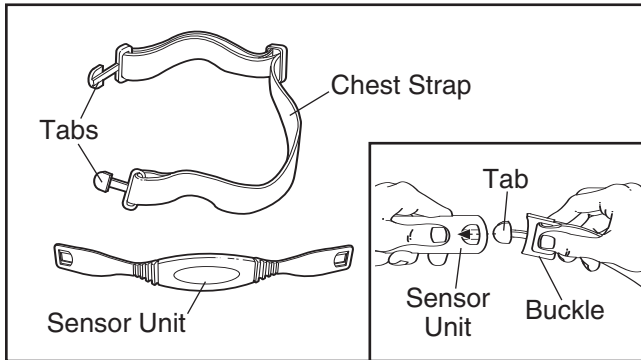
Your DVD player or VCR can be plugged into the audio/video RCA jacks on the back of the console.

Note: To operate the television with your DVD player or VCR, **press the Power button once or twice** (see HOW TO OPERATE THE PERSONAL TELEVISION on page 24).

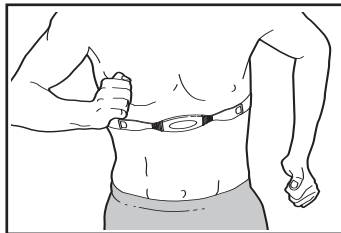
# HOW TO USE THE CHEST PULSE SENSOR

## HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.



Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse



sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Next, pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

## CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 50° C (120° F) or below -10° C (15° F).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

## CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the centre of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 29).

# OPERATION AND ADJUSTMENT

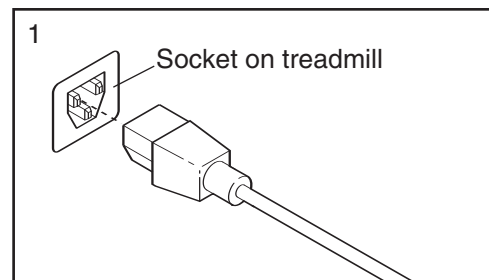
## THE PRE-LUBRICATED WALKING BELT

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

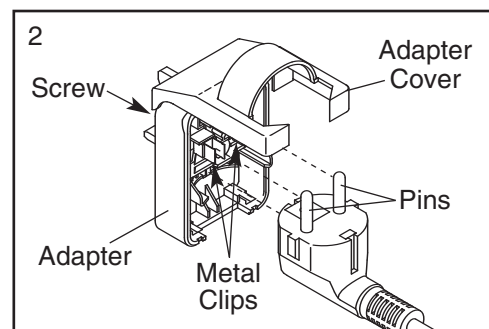
## HOW TO PLUG IN THE POWER CORD

**This product must be earthed.** If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

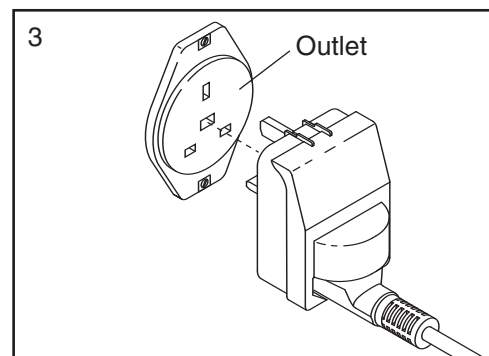
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



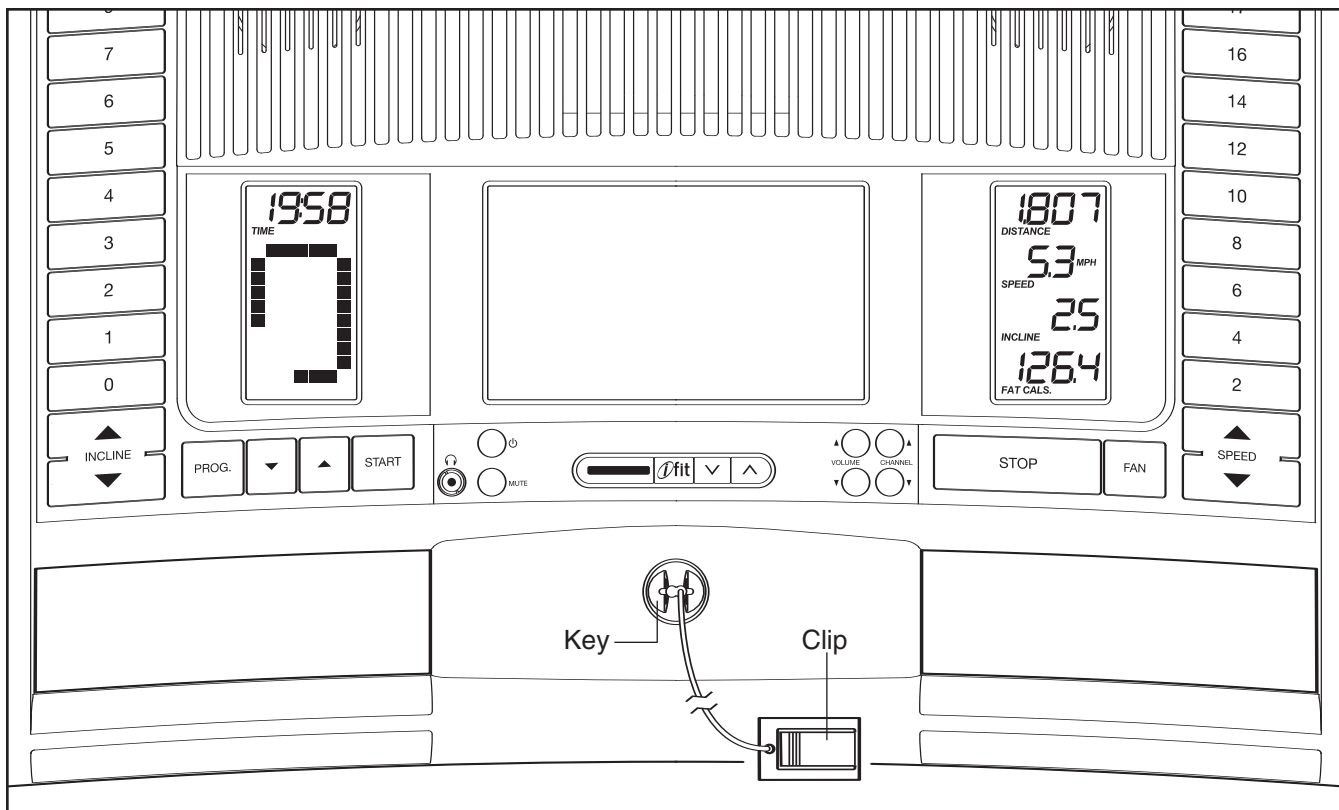
See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**



See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



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



## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array 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 handgrip pulse sensor or the chest pulse sensor.

In addition, the console offers twenty preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create custom workout programs and store them in memory for future use.

Four heart rate programs are also offered. Each program automatically adjusts the speed and incline of the treadmill to keep your heart rate near target heart rate settings while you exercise. Note: The heart rate programs require the use of the chest pulse sensor.

The console also features the new iFIT Interactive Workout system. The iFIT system enables the console to accept iFIT Interactive Workout Cards containing workout programs designed to help you achieve spe-

cific fitness goals. For example, lose unwanted pounds or train for a long-distance run. iFIT programs automatically control the treadmill while the voice of a personal trainer coaches you and motivates you through every step of your workout. iFIT Cards are available separately. **To purchase iFIT Cards at any time, go to [www.iFIT.com](http://www.iFIT.com) or call the telephone number on the front cover of this manual. iFIT Cards are also available at select stores.**

Whether you select the manual mode or a program, you can enjoy the shows of your choice on the personal television while you get in shape.

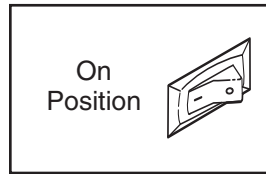
**To use the manual mode of the console**, follow the steps beginning on page 15. **To use a preset program**, see page 17. **To use a heart rate program**, see page 19. **To create and use a custom program**, see pages 21 and 22. **To use an iFIT card**, see page 23. **To operate the personal television**, see page 24.

Note: If there is a sheet of clear plastic on the face of the console, peel off the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill.

## HOW TO TURN ON THE POWER

Plug in the power cord (see page 13).

Next, locate the on/off switch near the power cord. Make sure that the on/off switch is in the on position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 14) and attach the clip securely to the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light, and after a few seconds, the television will turn on. **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 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.**

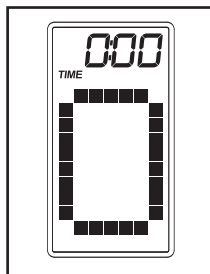
## HOW TO USE THE MANUAL MODE

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

### 2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Programs (PROG.) button repeatedly until a track appears in the left display.



### 3 Start the walking belt.

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

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 2

Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed 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. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

If one of the numbered Speed buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

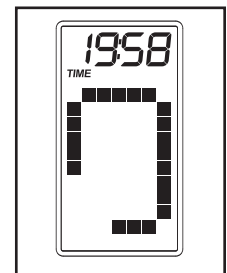
To stop the walking belt, press the Stop button. The time will begin to flash in the left display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered Speed buttons.

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

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

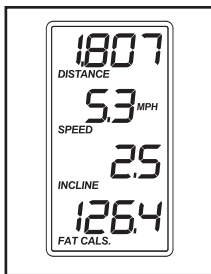
### 5 Follow your progress with the two displays.

**The left display**—This display will show the elapsed time. Note: When a program is selected (except for heart rate program 21 or a custom program), this display will show the time remaining in the program instead of the elapsed time.



When the manual mode is selected, the left display will also show a track. As you exercise, the indicators around the track will appear in succession until the entire track appears. The track will then disappear the indicators will again begin to appear in succession.

**The right display**—This display will show the distance that you have walked or run, the speed of the walking belt, the incline level of the treadmill, your pace (in minutes per kilometer), and the approximate number of *calories* and *fat calories* you have burned (see FAT BURNING on page 30). This display will also show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.



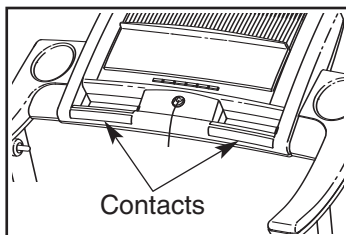
Note: The console can display speed and distance in either kilometers or miles. The letters “Km/H” or “MPH” will appear in the right display to show which unit of measurement is selected. To change the unit of measurement, see HOW TO USE THE INFORMATION MODE on page 24. **For simplicity, all instructions in this section refer to kilometers.**

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

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

Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately.

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.



Next, hold the handgrip pulse sensor with your palms resting on the metal contacts; **avoid moving your hands**. When your pulse is detected, the heart-shaped indicator in the right display will flash each time your heart beats, one or two dashes (– –) will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

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

To turn on the fan, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

**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 when the treadmill is folded to the storage position or the treadmill will become damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays remain lit after the key is removed, the console is in the “demo” mode. See HOW TO USE THE INFORMATION MODE on page 24 and turn off the demo mode.**

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



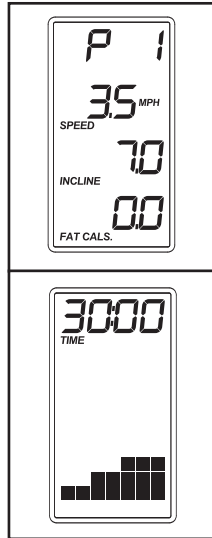
## HOW TO USE A PRESET PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2 Select a preset program.

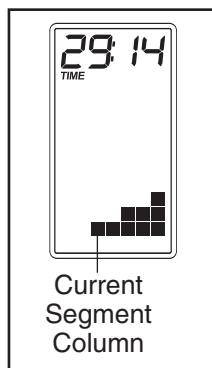
To select a preset program, press the Program (PROG.) button repeatedly until one of the programs numbered "P 1," to "P20" appears in the right display. When a preset program is selected, the maximum speed setting of the program and the maximum incline setting will flash in the right display for a few seconds. The left display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix in the left display.



### 3 Press the Start button to start the program.

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

Each preset program is divided into either 30, 50, or 60 one-minute segments. One speed setting and one incline setting are programmed for each segment. (Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.) The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next few segments will be shown in the columns at the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the right display to alert you. When the first segment ends, *all speed settings in the matrix will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column, and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings may move downward* so that only the highest indicators appear in the matrix. If some indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column 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 program, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well.) **Note: When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

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

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

See step 5 on pages 15 and 16.

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

See step 6 on page 16.

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

See step 7 on page 16.

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

When the program ends, **make sure that the incline of the treadmill is at the lowest setting.**

Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators remain lit after the key is removed, the console is in the “demo” mode. See HOW TO USE THE INFORMATION MODE on page 24 and turn off the demo mode.**

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

## HOW TO USE A HEART RATE PROGRAM

During heart rate program 21, your heart rate will remain near a target heart rate setting that you select. During heart rate programs 22, 23, and 24, your heart rate will reach approximately 85% of your *age-predicted maximum heart rate*. (Note: Your age-predicted maximum heart rate is calculated by subtracting your age from 220. For example, if you are 30 years old, your age-predicted maximum heart rate is 190 beats per minute).

**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.

Follow the steps below to use a heart rate program.  
**Note:** You must wear the chest pulse sensor to use a heart rate program. While using the chest pulse sensor, do not use the handgrip pulse sensor.

### 1 Put on the chest pulse sensor.

See HOW TO PUT ON THE CHEST PULSE SENSOR on page 12.

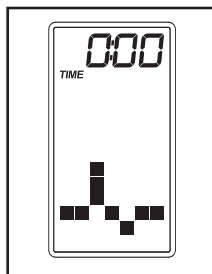
### 2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

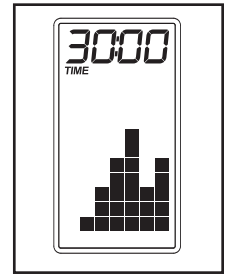
### 3 Select a heart rate program.

To select a heart rate program, press the Program (PROG.) button repeatedly until "P21," "P22," "P23," or "P24" appears in the right display.

If heart rate program 21 is selected, a pulse symbol will scroll across the matrix in the left display. Each time a heartbeat is detected, a peak will appear.

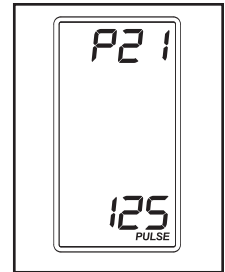


If heart rate program 22, 23, or 24 is selected, a profile of the target heart rate settings of the program will appear in the matrix in the left display.



### 4 Enter a target heart rate setting for the program.

If heart rate program 21 is selected, the word "PULSE" will appear in the right display and the target heart rate setting for the program will begin to flash. If desired, change the target heart rate setting by pressing the increase or decrease button below the matrix (see EXERCISE INTENSITY on page 30).



If heart rate program 22, 23, or 24 is selected, the word "PULSE" will appear in the right display and the maximum target heart rate setting of the program will begin to flash. If desired, change the maximum target heart rate setting by pressing the increase or decrease button below the matrix (see EXERCISE INTENSITY on page 30). Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.

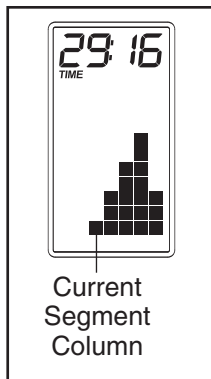
### 5 Press the Start button to start the program.

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

Heart rate program 21 is divided into several one-minute segments. The same target heart rate setting is programmed for all segments. Note: For a shorter workout, simply stop the program before it ends.

Heart rate programs 22, 23, and 24 are divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. (The same target heart rate setting may be programmed for two or more consecutive segments.)

**If heart rate program 22, 23, or 24 is selected,** the target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several segments will be shown in the columns to the right. When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound.



When the first segment ends, *all target heart rate settings will move one column to the left.* The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

**During both heart rate programs,** the console will regularly compare your heart rate to the target heart rate setting for the current segment. 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 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, when the console compares your heart rate to the target heart rate setting, the speed of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

If your pulse is not detected during the program, the letters “PLS” will flash in the right display and the speed of the treadmill may automatically decrease.

To stop the program at any time, press the Stop button. To restart the program, press the Start 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 of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

## **6 Follow your progress with the displays.**

See step 5 on pages 15 and 16.

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

See step 7 on page 16.

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

See step 7 on page 18.

## HOW TO CREATE A CUSTOM PROGRAM

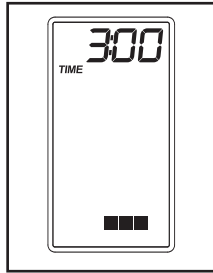
### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2 Select a custom program.

To select a custom program, press the Programs (PROG.) button repeatedly until "P25" or "P26" appears in the right display.

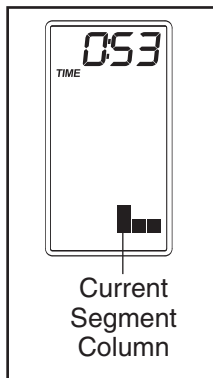
If the custom program has not yet been defined, three columns of indicators will scroll across the matrix in the left display. **If more than three columns of indicators appear, see HOW TO USE A CUSTOM PROGRAM on page 22.**



### 3 Press the Start button or the Speed increase button and program the desired speed and incline settings.

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

See the matrix in the left display. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline set-



tings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column.

When the first segment of the program ends, the current speed setting and the current incline setting will be stored in memory. *The three columns of indicators will then move one column to the left, and the speed setting for the second segment will be shown in the flashing Current Segment column.* Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

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

See step 7 on page 18.

## HOW TO USE A CUSTOM PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2 Select a custom program.

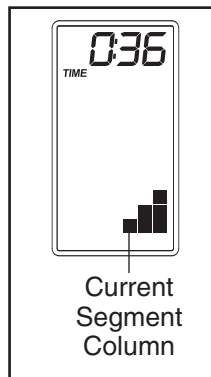
To select a custom program, press the Program (PROG.) button repeatedly until "P25" or "P26" appears in the right display.

When a custom program is selected, the maximum speed setting of the program and the maximum incline setting will flash in the right display for a few seconds. The left display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix in the left display. **Note: If only three columns of indicators appear, see HOW TO CREATE A CUSTOM PROGRAM on page 21.**

### 3 Press the Start button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each custom program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next few segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, the speed setting and the

incline setting will flash in the right display, and *all speed settings will move one column to the left.* The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the second speed and incline settings that you programmed previously.

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

If desired, you can redefine the program while using it. **To change the speed or incline setting during the current segment,** simply press the Speed or Incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program,** first wait until the program ends. Then, press the Start button, and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program,** press the Stop button twice at any time before the program ends.

To stop the program at any time, press the Stop button. The time will begin to flash in the left display. To restart the program, press the Start button.

### 4 Follow your progress with the displays.

See step 5 on pages 15 and 16.

### 5 Measure your heart rate if desired.

See step 6 on page 16.

### 6 Turn on the fan if desired.

See step 7 on page 16.

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

See step 7 on page 18.

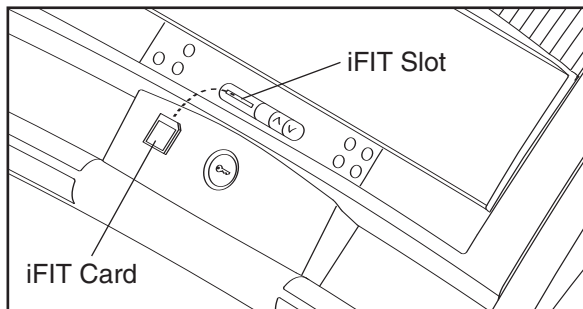
## HOW TO USE AN IFIT CARD

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2 Insert an iFIT Card and select a program.

To use an iFIT program, insert an iFIT Card into the iFIT slot; make sure that the iFIT Card is oriented so the metal contacts are face-down and are inserted into the iFIT slot.



Next, select an iFIT program by pressing the iFIT up and down buttons next to the iFIT slot. When an iFIT program is selected, the maximum speed setting of the program and the maximum incline setting will flash in the right display for a few seconds. The left display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix in the left display.

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

### 3 Press the Start button to start the program.

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

During the program, a personal trainer will guide you through the workout. If desired, adjust the volume by pressing the Volume buttons, or select an audio setting for your personal trainer (see HOW TO USE THE INFORMATION MODE on page 24).

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons; however, when the next segment begins, **the treadmill will automatically adjust to the speed and incline settings for the next segment.**

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

### 4 Follow your progress with the displays.

See step 5 on pages 15 and 16.

### 5 Measure your heart rate if desired.

See step 6 on page 16.

### 6 Turn on the fan if desired.

See step 7 on page 16.

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

See step 7 on page 18.

**CAUTION:** Always remove iFIT Cards from the iFIT slot when you are not using them.

## HOW TO OPERATE THE PERSONAL TELEVISION

**IMPORTANT:** Before operating the television, you must connect an antenna, a 75 ohm CATV cable, or a VCR to the 75 ohm antenna terminal on the treadmill. See page 11 for instructions.

Follow the steps below to operate the television.

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2 Press the Power button to select a television source.

When the key is inserted, the television will automatically turn on. If you have plugged a DVD player or VCR into the audio/video RCA jacks on the back of the console, select the Input source by pressing the Power button once or twice.

### 3 Press the Channel buttons to select the desired channel.

To select a channel, press the Channel buttons. The selected channel number will appear on the screen for a few seconds. Note: The television is equipped with a channel memorizing function that allows you to go directly from the current channel to the next channel saved in memory. Before channels can be selected in this way, they must be saved in the television's memory. See HOW TO USE THE INFORMATION MODE at the right.

### 4 Press the Volume buttons to adjust the volume.

When either Volume button is pressed, the volume level indicator will appear on the screen for a few seconds. To temporarily mute the sound, press the Mute button. Press the Mute button again to listen to the television. Note: When the iFIT mode is selected, the Volume buttons and the Mute button will control the volume of the audio of the iFIT program.

To use earphones or headphones (not included), plug them into the headphone jack on the console.

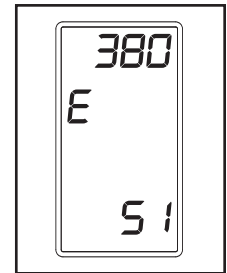
## HOW TO USE THE INFORMATION MODE

The console features an information mode that allows you to view treadmill usage information, select a system of measurement for the console, and turn on and turn off the demo mode. The information mode also allows you to adjust the settings of the television and to save channels into the television's memory.

Follow the steps below to use the information mode.

### 1 Hold down the Stop button while inserting the key into the console.

When the information mode is selected, the left display will show the total number of hours that the treadmill has been used. The upper part of the right display will show the total number of kilometers or miles that the walking belt has moved.



In addition, the right display will show the letter "E" for English miles or the letter "M" for metric kilometers. Press the Speed increase button to change the unit of measurement if desired.

The letter "P" may also appear in the right display. When you use an iFIT Card, a personal trainer will guide you through your workouts and give detailed instructions if "P" is selected as the audio setting. If you turn off the "P" setting, your personal trainer will simply guide you through your iFIT workouts. Press the Incline decrease button to change the audio setting if desired.

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



**2 Press the On/Off button and adjust the brightness, contrast, color, sharpness, and/or hue of the television.**

A few seconds after the On/Off button is pressed, the brightness level indicator will appear on the television screen. Press the Volume buttons repeatedly to adjust the brightness setting if desired.

Next, press the Channel buttons repeatedly until the contrast, color, sharpness, or hue level indicator appears. Adjust each setting, if desired, by pressing the Volume buttons.

**3 Press the On/Off button again and add or delete channels.**

To add or delete a channel, first press the Channel buttons until the desired channel number appears on the screen. Then, press the Volume increase button to add the channel, or the Volume decrease button to delete the channel. Continue this process until you have added all desired channels and deleted all unwanted channels.

**4 Press the On/Off button again and select a video broadcast system for a single channel.**

To select a video broadcast system for a single channel, first press the Channel buttons until the desired channel number appears on the screen. Then, press the Volume buttons until the desired video broadcast system for the channel appears on the screen.

**5 Press the On/Off button again and select a video broadcast system for all channels.**

To select a video broadcast system for all channels, press the Volume buttons until the desired video broadcast system appears on the screen.

**6 When you are finished using the information mode, remove the key.**

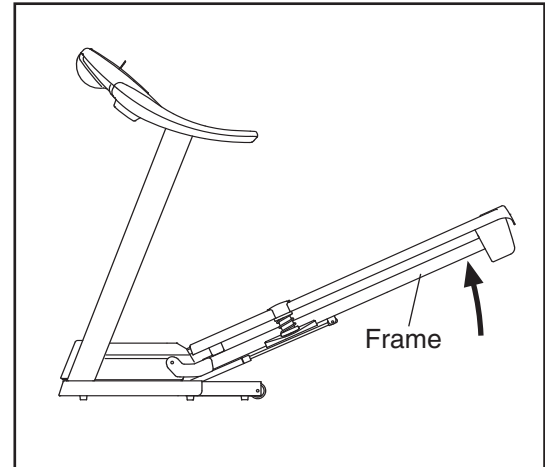
To exit the information mode at any time (except while the television is scanning channels), remove the key from the console.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

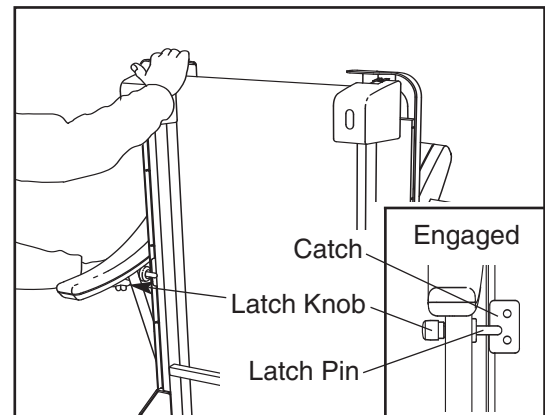
Adjust the incline to the lowest position. If this is not done, the treadmill may become permanently damaged. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. Bend your legs, keep your back straight, and raise the frame about halfway to the vertical position. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs, keep your back straight, and lift with your legs.



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

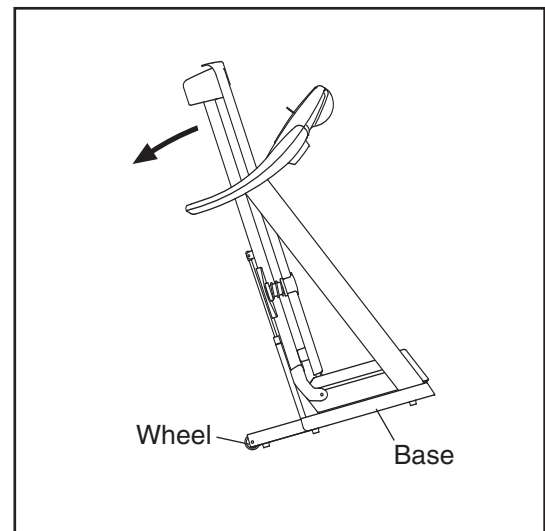
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° Celsius (85° Fahrenheit).



## HOW TO MOVE THE TREADMILL

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

1. Hold the upper ends of the handrails. Place one foot against one of the wheels.
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 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 upper end of the treadmill with your right hand. Pull the latch knob to the left. Pivot the frame down until the catch 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.

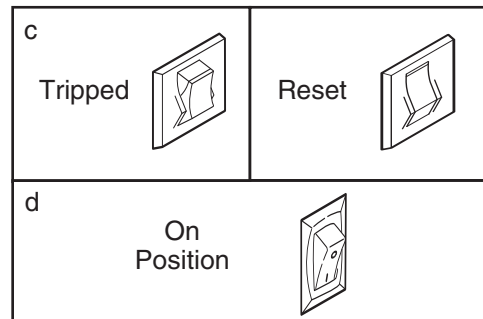
## PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a properly earthed outlet (see page 13). If an extension cord is needed, use only a 3-conductor, 1 mm<sup>2</sup> (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the "on" position.



## PROBLEM: The power turns off during use

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

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

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

d. Make sure that the on/off switch is in the "on" position (see d. above).

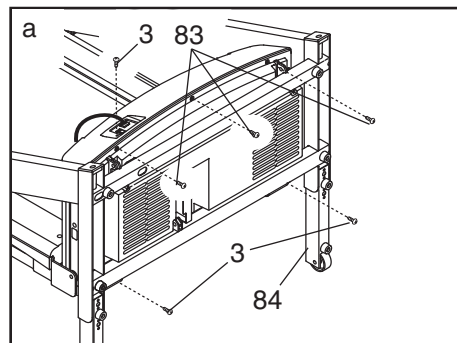
e. If the treadmill still will not run, see the front cover of this manual.

## PROBLEM: The incline of the treadmill does not change correctly

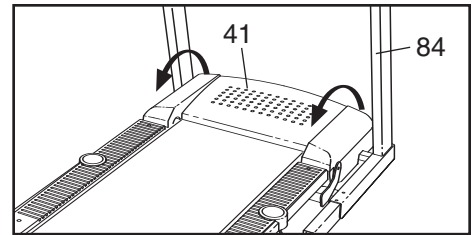
**SOLUTION:** a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

## PROBLEM: The display of the console does not function properly

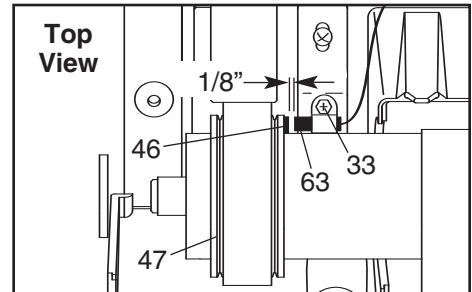
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Uprights (84) down as shown. Next, remove the three Screws (3) and the three 3/4" Screws (83). Note: A phillips screwdriver with a shaft at least 5" long is required.



With the help of a second person, carefully raise the Uprights (84) to the position shown. Carefully pivot the Hood (41) off.



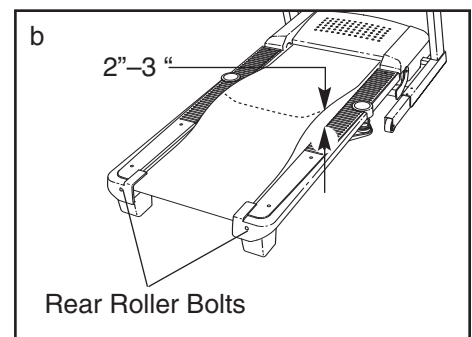
Locate the Reed Switch (63) and the Magnet (46) on the left side of the Pulley (47). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (3), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, 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, 1mm<sup>2</sup> (14-gauge) cord that is no longer than 1.5 m (5 ft.).

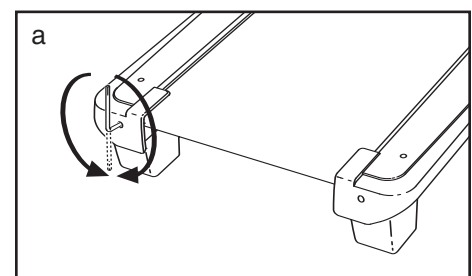
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should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



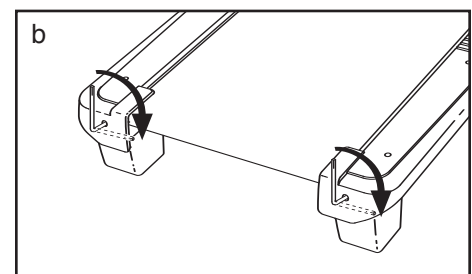
c. If the walking belt still slows when walked on, see the front cover of this manual.

**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 allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**PROBLEM: Television reception is poor**

**SOLUTION:** a. For the television to operate properly, good reception is necessary. If you are using an antenna, make sure that it is properly connected and adjusted for optimal reception. (See HOW TO CONNECT AN ANTENNA on page 11.)

b. Check for the problems listed below and follow the applicable instructions.

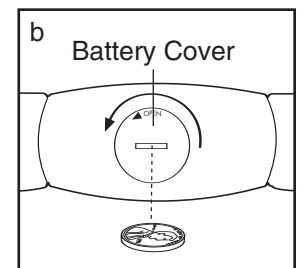
- Ignition (black spots or horizontal streaks that appear on a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of the treadmill or other electric appliances to correct the problem.
- Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects. Change the direction or position of the antenna to improve reception.
- Blue Screen—If the treadmill is located in the fringe area of a television station where the signal is weak, the picture may be of poor quality or a blue screen may appear. If the signal is weak, it may be necessary to install an external antenna to improve the picture.

Note: If one of these symptoms appears when the cable from a CATV company is connected, the symptom may be caused by the local company broadcast.

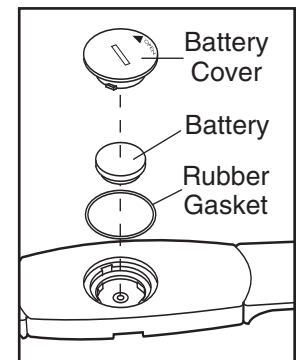
**PROBLEM: The chest pulse sensor does not function properly**

**SOLUTION:** a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 12.

b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, first locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, and turn the cover counterclockwise to the “open” position. Then, remove the cover.



Next, remove the old battery from the sensor unit, and insert a new CR 2032 battery, **with the battery oriented so the writing on top.** Make sure that the rubber gasket is in place in the sensor unit. Then, reinsert the battery cover and turn it to the closed position.



# CONDITIONING GUIDELINES

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

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

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

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

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

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

## Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal

is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

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

## Aerobic Exercise

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

## WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

**A Cool-down**—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## EXERCISE FREQUENCY

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

# PART LIST—Model No. PETL41306.0

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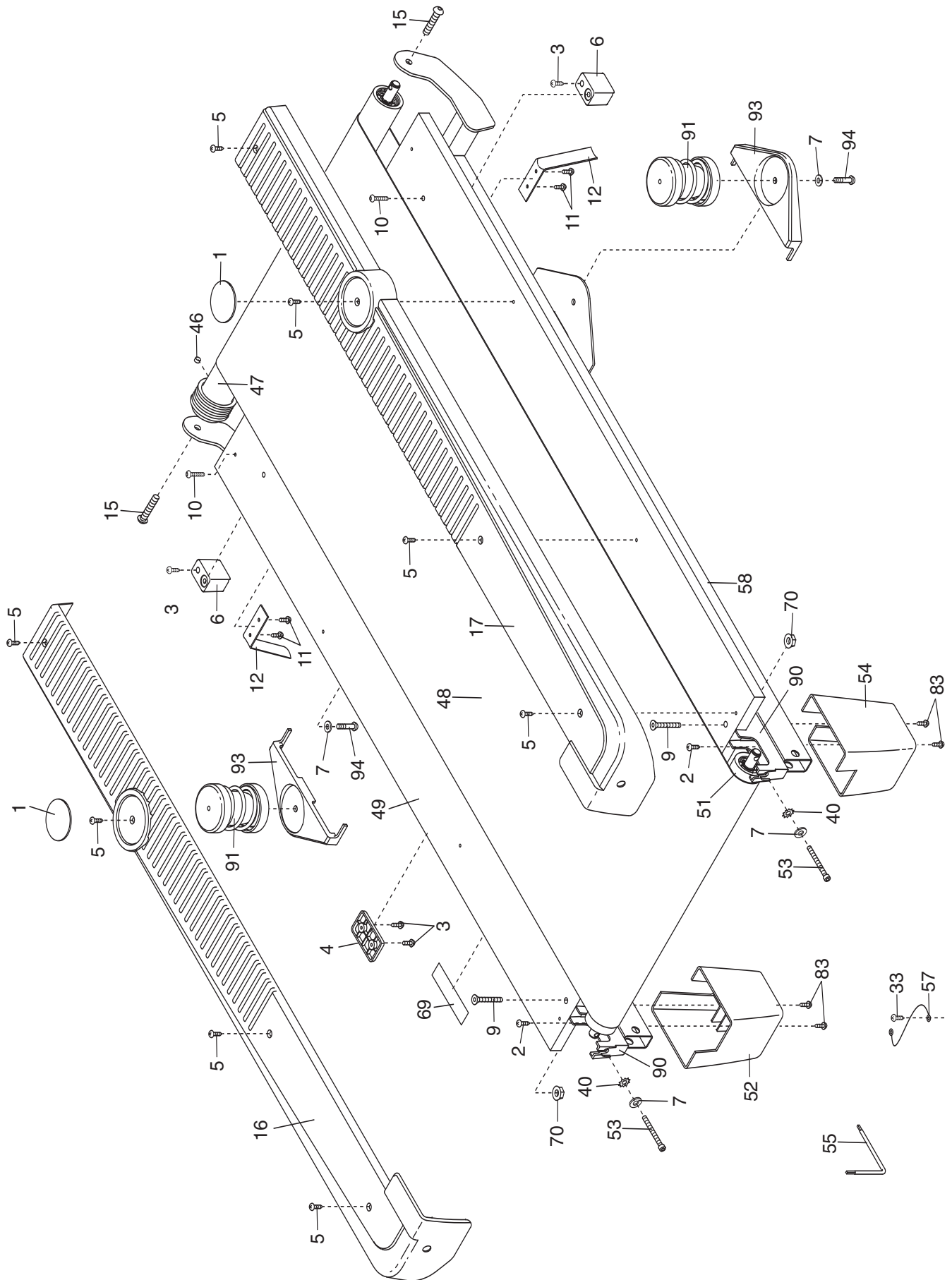
To locate the parts listed below, see the EXPLODED DRAWING on pages 32 to 35.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Isolator Decal	43	1	Lift Frame	85	1	Console Base
2	8	3/4" Tek Screw	44	2	Base Endcap	86	1	Cotter Pin, Top
3	40	Screw	45	1	Front Roller Bolt	87	2	Hair Pin Cotter Pin
4	1	Catch	46	1	Magnet	88	1	Incline Motor
5	8	Foot Rail Screw	47	1	Front Roller/Pulley	89	2	Extension Leg
6	2	Front Isolator	48	1	Walking Belt	90	2	Rear Roller
7	4	Isolator Washer	49	1	Walking Platform			Bracket
8	8	Star Washer	50	1	Motor Cover	91	2	Isolator
9	2	Platform Bolt, Back	51	1	Rear Roller	92	1	Shock
10	2	Platform Bolt, Front	52	1	Left Rear Endcap	93	2	Isolator Bracket
11	4	Belt Guide Screw	53	2	Rear Roller Bolt			Cover
12	2	Belt Guide	54	1	Right Rear Endcap	94	2	Isolator Bolt,
13	1	Left Handrail	55	1	Allen Wrench			Bottom
14	1	Right Handrail	56	1	Incline Stop	95	1	Idler Arm Pivot Bolt
15	2	Frame Pivot Bolt			Bracket	96	1	Idler Arm Spacer
16	1	Left Foot Rail	57	1	Ground Wire	97	1	Idler Arm
17	1	Right Foot Rail	58	1	Frame	98	1	Idler Arm Spring
18	5	U-nut	59	1	Belly Pan	99	1	Idler Arm Washer
19	1	Static Decal	60	1	Reed Switch	100	1	Idler Arm Nut
20	1	Console Frame			Bracket	101	1	Idler Arm Pulley
		Support	61	1	Reed Switch Clip	102	1	Pulley Bolt
21	1	Latch Pin Assembly	62	1	Front Roller Nut	103	5	Hood Cover Screw
22	6	1" Tek Screw	63	1	Reed Switch	104	1	Upright TV Cable
23	1	Console Ground	64	4	Console Bolt	105	2	Cable Nut
		Wire	65	4	Extension Leg Bolt	106	1	Transformer
24	2	Motor Bolt	66	4	Star Washer	107	1	Filter
25	2	Shock Clip	67	4	Extension Leg Nut	108	1	Outlet Assembly
26	1	Motor Belt	68	2	Caution Decal	109	1	Power Cord
27	1	Drive Motor	69	1	Warning Decal			Adapter
28	2	Frame Washer	70	2	Platform Nut	110	2	Motor Isolator
29	2	Pulse Receiver	71	10	Cable Tie	111	1	Chest Pulse
		Screw	72	1	Cotter Pin, Bottom			Sensor
30	1	Filter Wire	73	1	Latch Housing	112	1	Chest Pulse Strap
31	2	Lift Frame Bolt	74	2	Tie Clamp	113	1	Pulse Receiver
32	6	Lock Nut	75	3	Releasable Tie	#	1	6" Blue Wire, 2F
33	20	1/2" Screw	76	1	Access Door	#	1	4" Red Wire, M/F
34	1	Console	77	1	Upright Wire	#	1	User's Manual
35	2	Fan Screw			Harness			
36	1	Power Cord	78	1	Console Wire			
37	1	Console Fan			Harness			
38	1	Controller	79	1	Key/Clip			
39	1	Electronics Bracket	80	2	Front Wheel			
40	3	Roller Star Washer	81	2	Wheel Bolt			
41	1	Hood	82	6	Base Pad			
42	1	Front Roller	83	10	3/4" Screw			
		Bushing	84	1	Upright			

"#" indicates a non-illustrated part.  
Specifications are subject to  
change without notice.

# EXPLODED DRAWING A—Model No. PETL41306.0

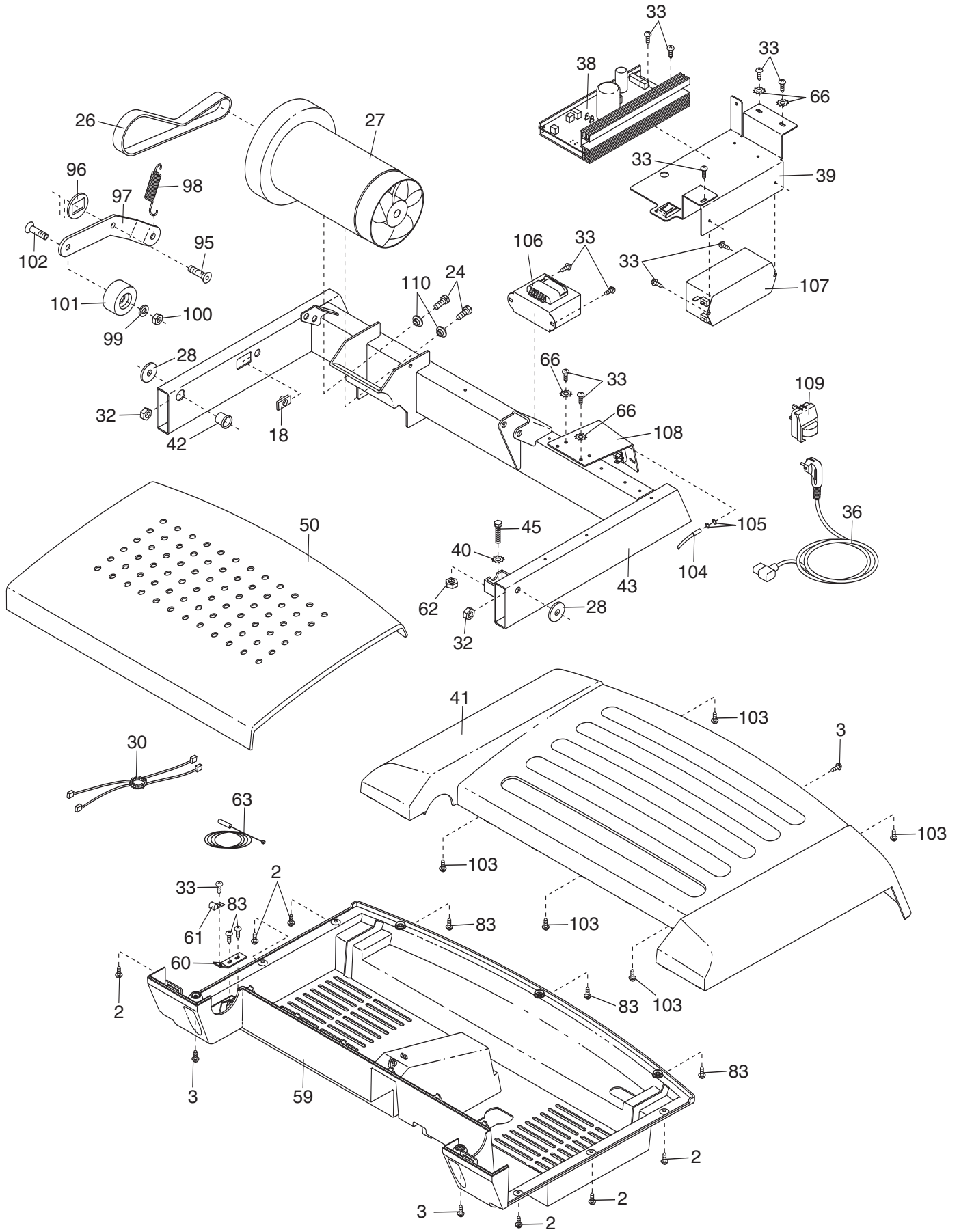
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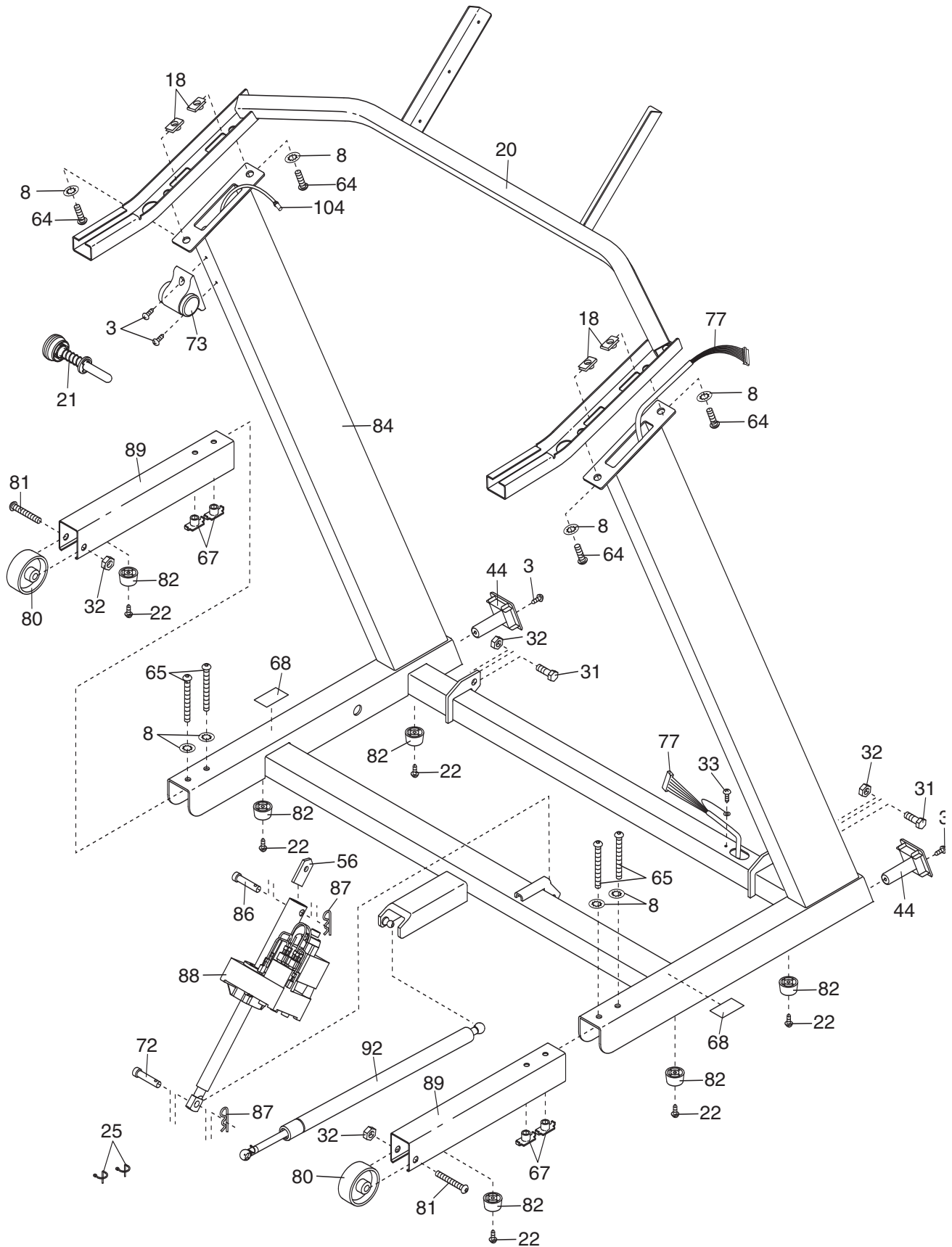
# EXPLODED DRAWING B—Model No. PETL41306.0

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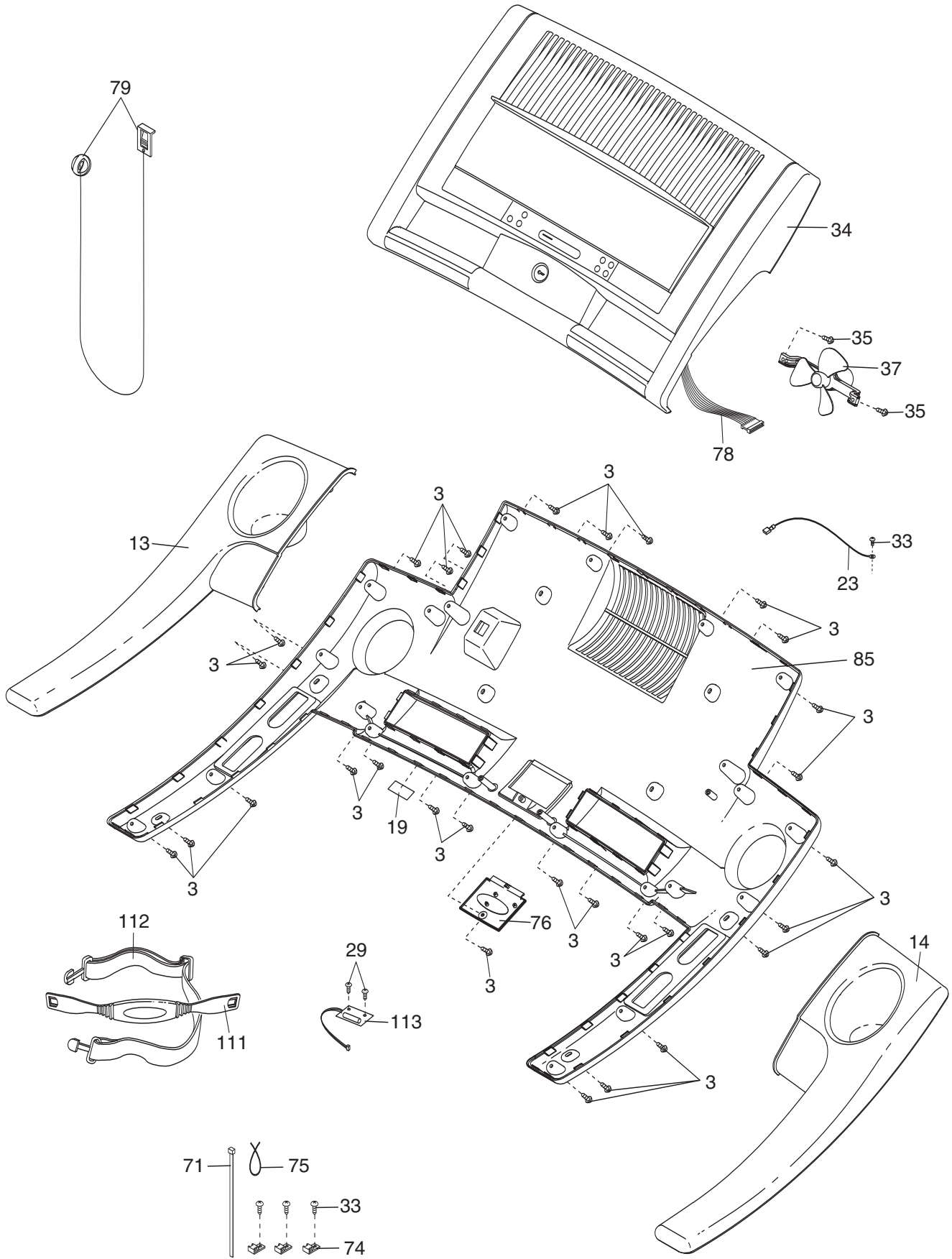
# EXPLODED DRAWING C—Model No. PETL41306.0

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# EXPLODED DRAWING D—Model No. PETL41306.0

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# ORDERING REPLACEMENT PARTS

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

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

Tel:

**08457 089 009**

Outside the UK: (44) 0113 387 7133

Fax: (44) 0113 387 7125

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

- the MODEL NUMBER of the product (PETL41306.0)
- the NAME of the product (PROFORM 585 PERSPECTIVE treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 31 through 35)