

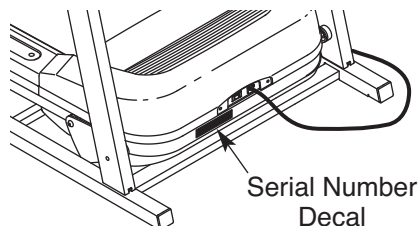
# PRO-FORM<sup>®</sup>

## 400 ZLT

Model No. PETL49910.0

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

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



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

#### UK

Call: 08457 089 009

From Ireland: 053 92 36102

Website: [www.iconsupport.eu](http://www.iconsupport.eu)

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

#### Write:

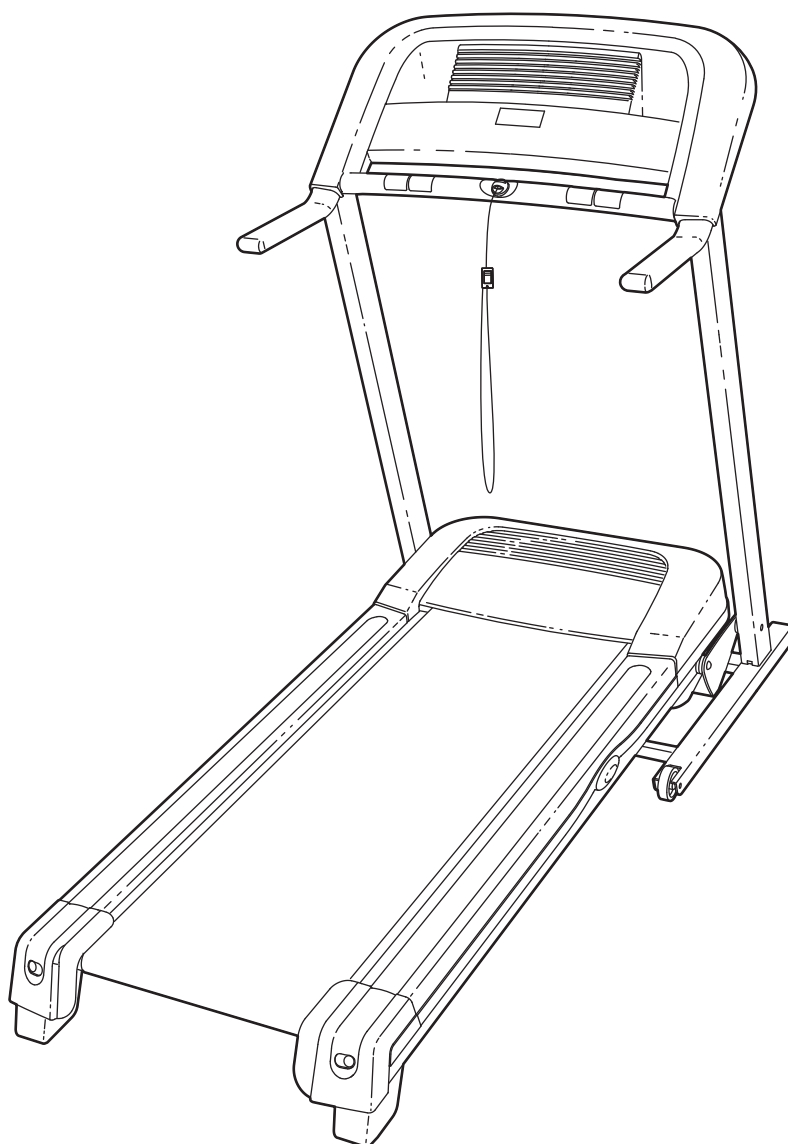
ICON Health & Fitness, Ltd.  
c/o HI Group PLC, Express Way  
Whitwood, West Yorkshire  
WF10 5QJ  
UK

#### AUSTRALIA

Call: 1-800-237-173

#### E-mail:

[australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)



### CAUTION

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

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## WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be 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.

# 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 age 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. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. 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 any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 265 lbs. (120 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 12), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.
12. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).
13. Keep the power cord away from heated surfaces.
14. 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 19 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 14).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)
20. 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 18.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
22. Inspect and properly tighten all parts of the treadmill regularly.
23. Never insert any object into any opening on the treadmill.
24. **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.
25. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.
26. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

**SAVE THESE INSTRUCTIONS**

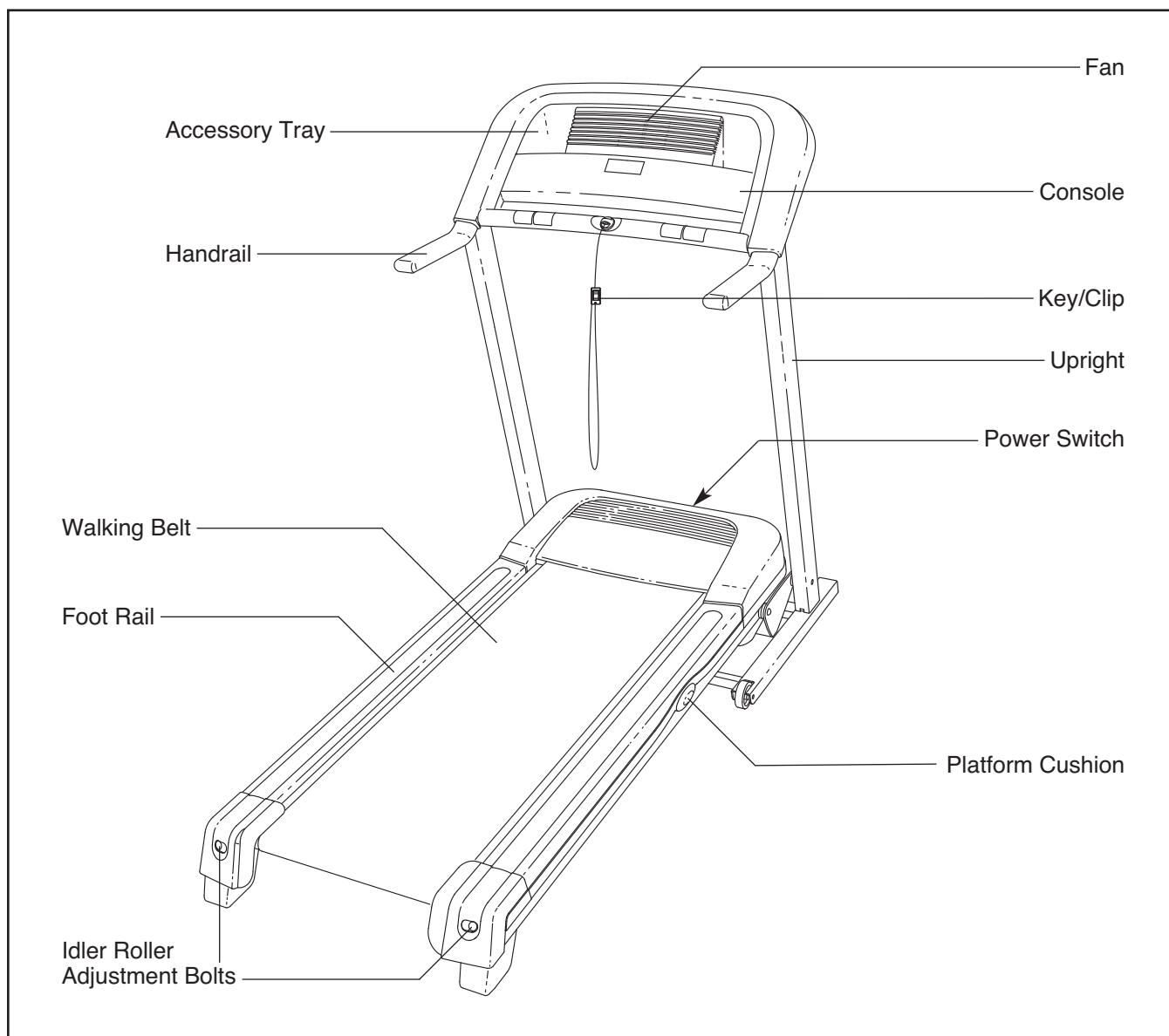
# BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 400 ZLT treadmill. The 400 ZLT treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique 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, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

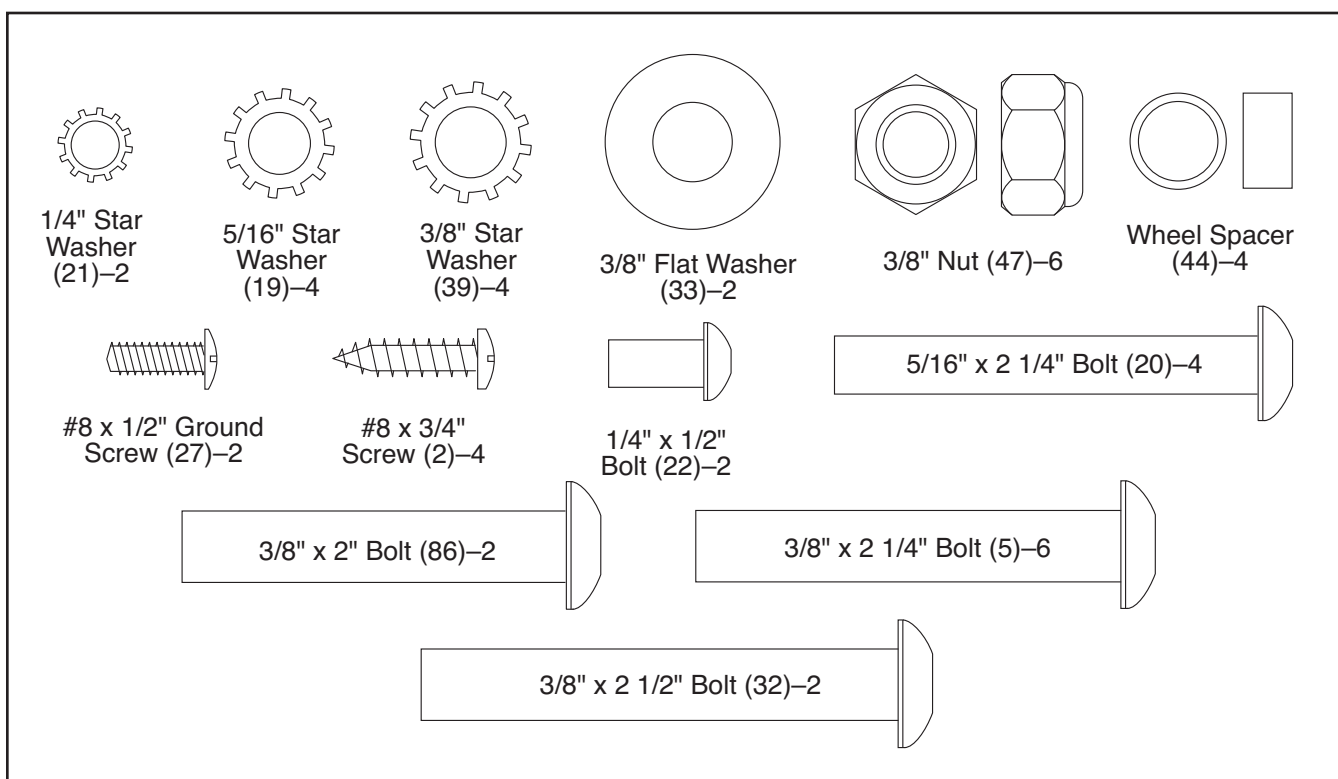


# ASSEMBLY

**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 treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included hex keys**  **and your own Phillips screwdriver**  **, rubber mallet**  **, adjustable wrench**  **, wire cutters**  **, and needlenose pliers** .

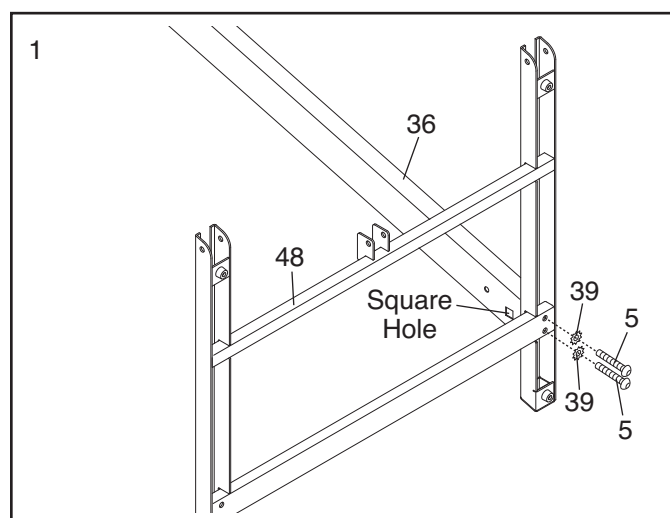
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**



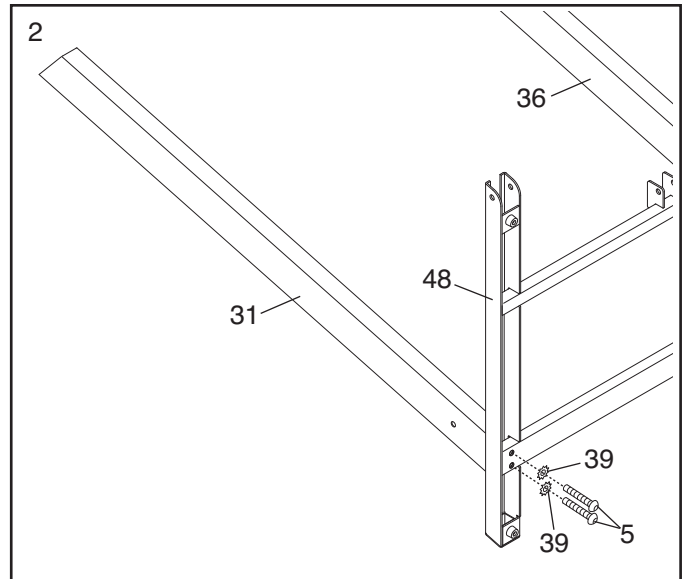
1. Orient the Base (48) as shown.

Identify the Right Upright (36), which has a square hole near the lower end.

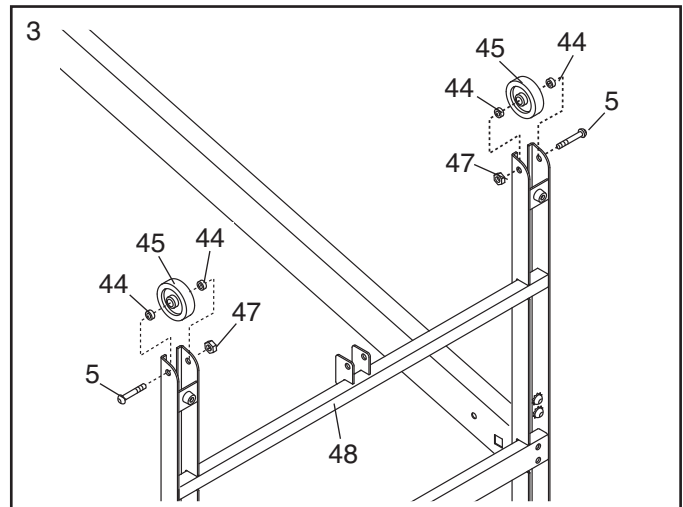
Orient the Right Upright (36) as shown, and attach it to the Base (48) with two 3/8" x 2 1/4" Bolts (5) and two 3/8" Star Washers (39); **do not tighten the Bolts yet.**



2. Orient the Left Upright (31) as shown, and attach it to the Base (48) with two 3/8" x 2 1/4" Bolts (5) and two 3/8" Star Washers (39); **do not tighten the Bolts yet. Make sure the top of the Left Upright is angled in the same direction as the top of the Right Upright (36).**



3. Attach a Wheel (45) to each side of the Base (48) with a 3/8" x 2 1/4" Bolt (5), two Wheel Spacers (44), and a 3/8" Nut (47) as shown. **Do not overtighten the Bolts; the Wheels should turn freely.**

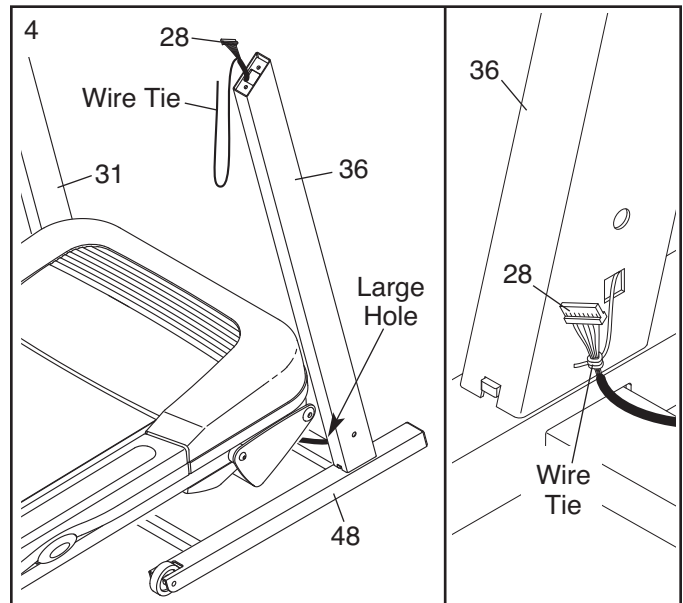


4. Raise the Uprights (31, 36) so that the Base (48) is flat on the floor and positioned as shown.

Cut the tie holding the Upright Wire (28) in a bundle.

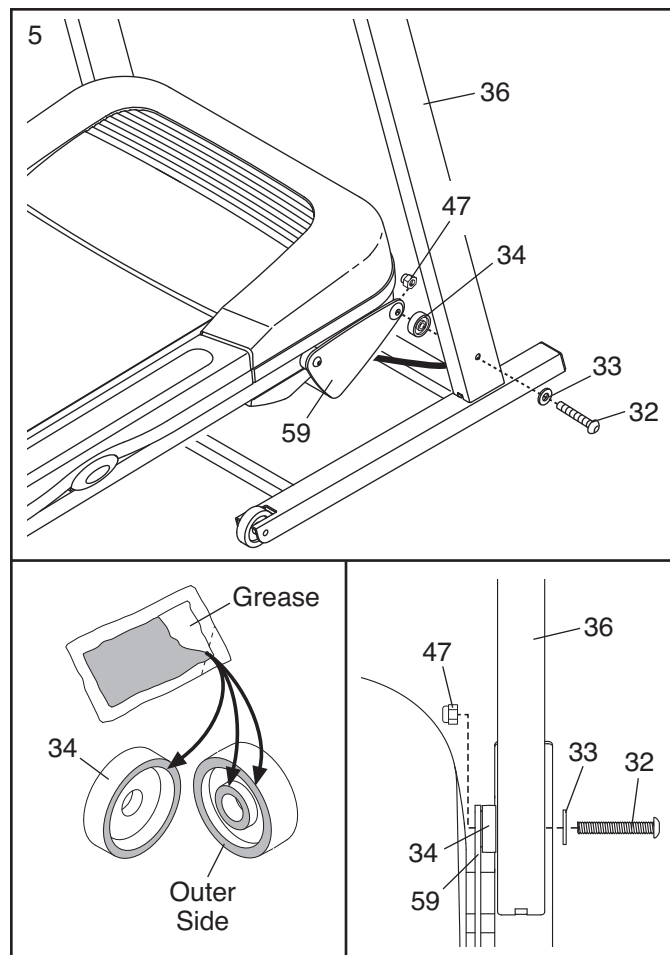
**See the far right drawing.** Tie the wire tie in the Right Upright (36) around the end of the Upright Wire (28). Then, pull the other end of the wire tie until the Upright Wire is extending from the upper end of the Right Upright.

**Make sure that the end of the Upright Wire (28) does not fall into the Right Upright (36).**



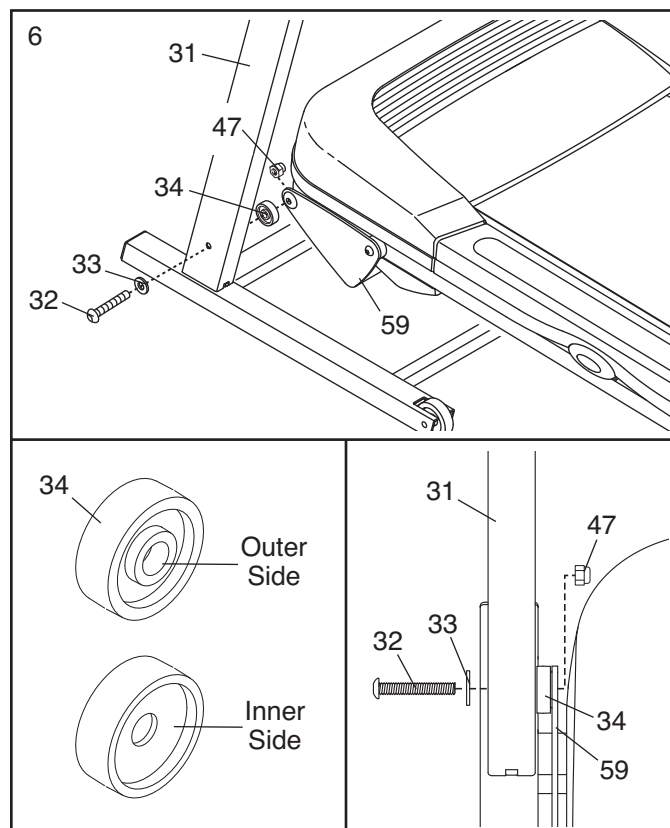
5. **See the left inset drawing.** Identify the two Frame Spacers (34). Open the included grease packet, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

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 3/8" x 2 1/2" Bolt (32), a 3/8" Flat Washer (33), and a 3/8" Nut (47); **do not tighten the Bolt yet**.



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

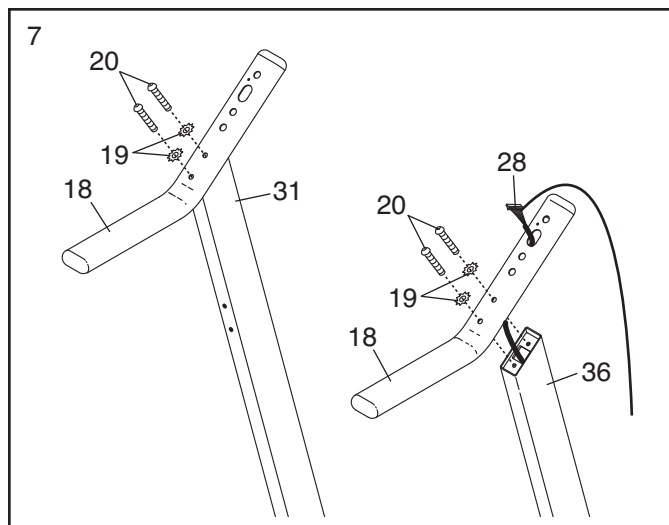
Hold the Frame Spacer (34) between the Left Upright (31) and the Lift Frame (59), with the **outer side of the Frame Spacer facing the Left Upright**. Attach the Left Upright to the Lift Frame with a 3/8" x 2 1/2" Bolt (32), a 3/8" Flat Washer (33), and a 3/8" Nut (47); **do not tighten the Bolt yet**.



7. Route the Upright Wire (28) through one of the Handrails (18) as shown.

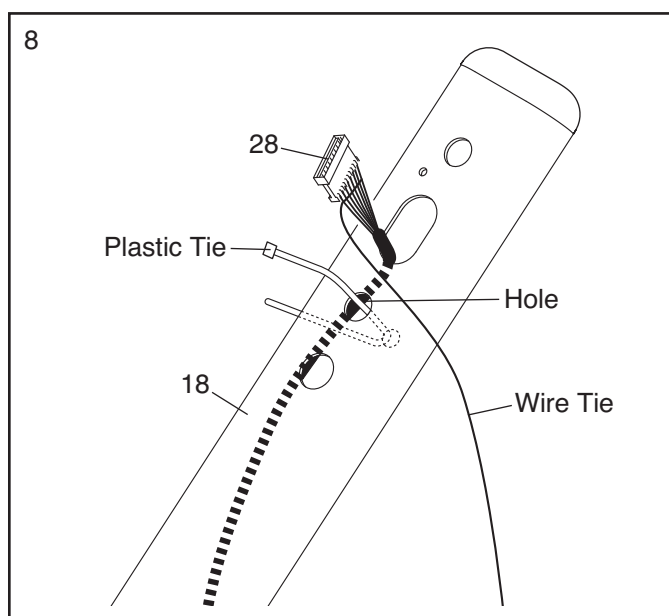
Attach the Handrail (18) to the Right Upright (36) with two 5/16" x 2 1/4" Bolts (20) and two 5/16" Star Washers (19). **Be careful not to pinch the Upright Wire (28).**

Attach the other Handrail (18) to the Left Upright (31) with two 5/16" x 2 1/4" Bolts (20) and two 5/16" Star Washers (19). **Firmly tighten the four Bolts.**



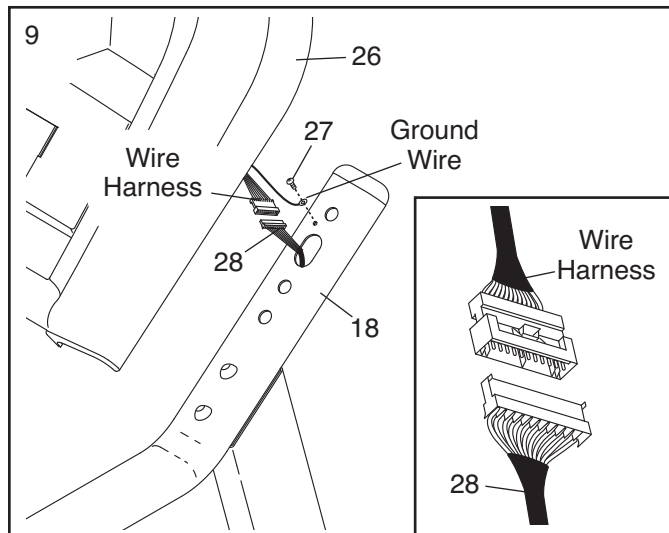
8. Insert the included plastic tie through the indicated hole in the right Handrail (18). **Make sure that the Upright Wire (28) is secured to the inside of the Handrail as shown.** Then, tighten the plastic tie.

Remove the wire tie from the Upright Wire (28).



9. While another person holds the Console Base (26) near the right Handrail (18), attach the ground wire on the Console Base to the right Handrail with a #8 x 1/2" Ground Screw (27).

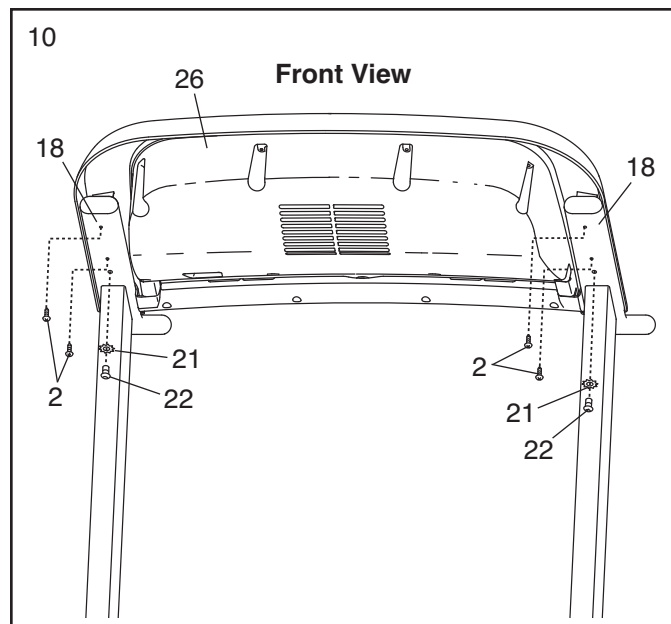
Connect the wire harness on the Console Base (26) to the Upright Wire (28) as shown in the inset drawing. **If the connectors are oriented correctly, they will slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**



10. Insert the wires into the Console Base (26) as you set the Console Base on the Handrails (18). **Be careful not to pinch the wires.** Next, thread two 1/4" x 1/2" Bolts (22) with two 1/4" Star Washers (21) into the Handrails and the Console Base; **do not tighten the Bolts yet.**

Attach the Console Base (26) to the Handrails (18) with four #8 x 3/4" Screws (2). **Then, tighten the two 1/4" x 1/2" Bolts (22).**

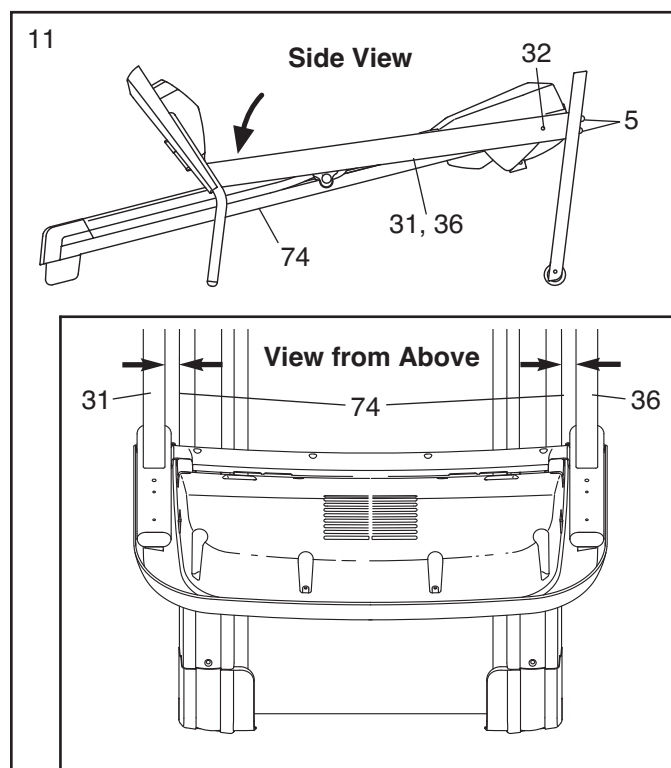
**See step 8.** Remove the plastic tie from the right Handrail (18).



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

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

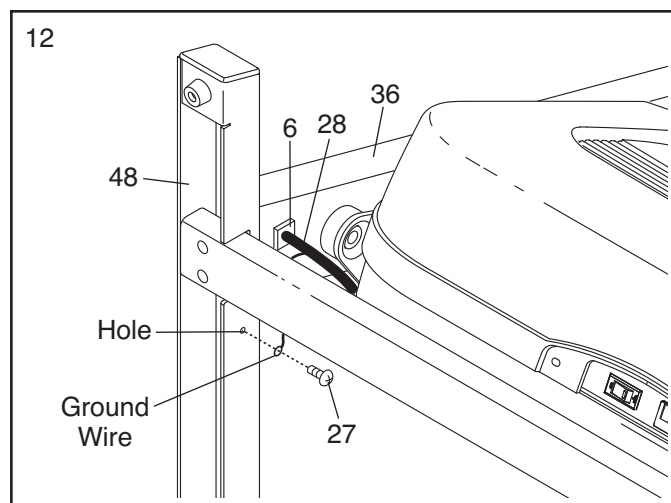
Firmly tighten the 3/8" x 2 1/2" Bolts (32) and then the 3/8" x 2 1/4" Bolts (5) on each side of the treadmill. **Do not overtighten the 3/8" x 2 1/2" Bolts.**



12. Attach the ground wire on the Upright Wire (28) to the indicated hole in the Base (48) with a #8 x 1/2" Ground Screw (27).

Press the indicated Grommet (6) into the Right Upright (36).

Raise the Right Upright (36) and the Left Upright (not shown).



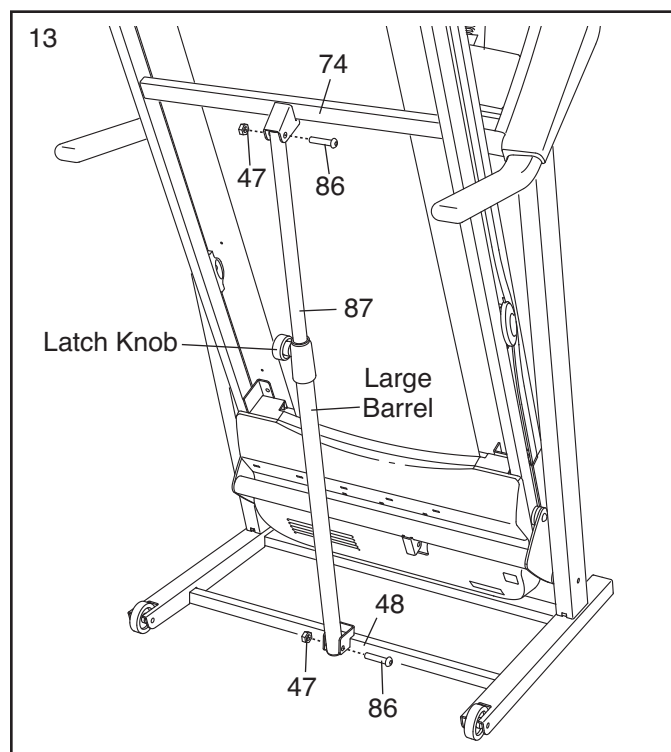
13. Raise the Frame (74) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Storage Latch (87) so that the large barrel and the latch knob are oriented as shown.

Attach the upper end of the Storage Latch (87) to the bracket on the Frame (74) with a 3/8" x 2" Bolt (86) and a 3/8" Nut (47).

Attach the lower end of the Storage Latch (87) to the Base (48) with a 3/8" x 2" Bolt (86) and a 3/8" Nut (47). Note: It may be necessary to move the Frame (74) back and forth to align the Storage Latch with the Base.

Lower the Frame (74) (see HOW TO LOWER THE TREADMILL FOR USE on page 18).



14. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of 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 hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 20 and 21).

# 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.**

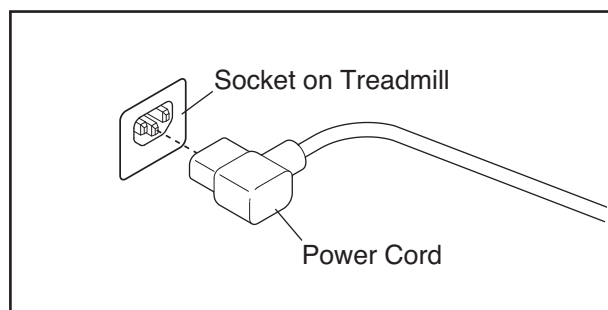
## HOW TO PLUG IN THE POWER CORD

**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.**

**⚠ 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.

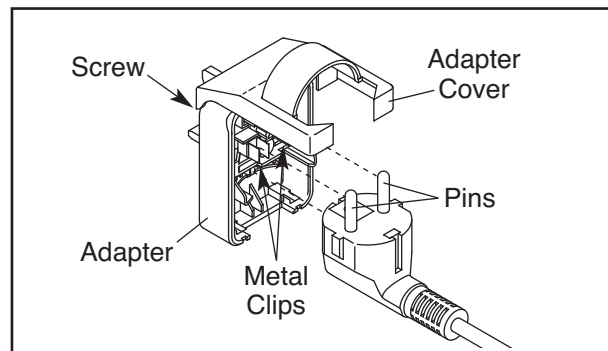
Follow the steps below to plug in the power cord.

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

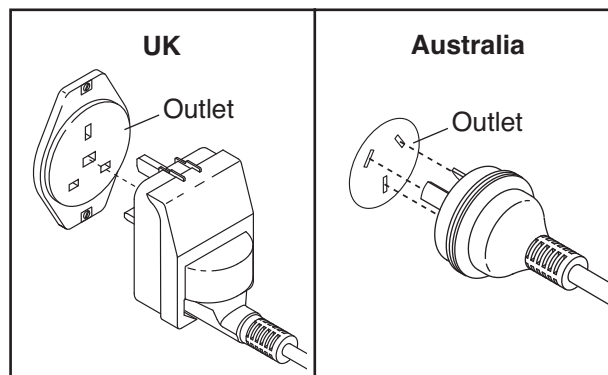


2. If you are plugging in the power cord in Australia, go to step 3.

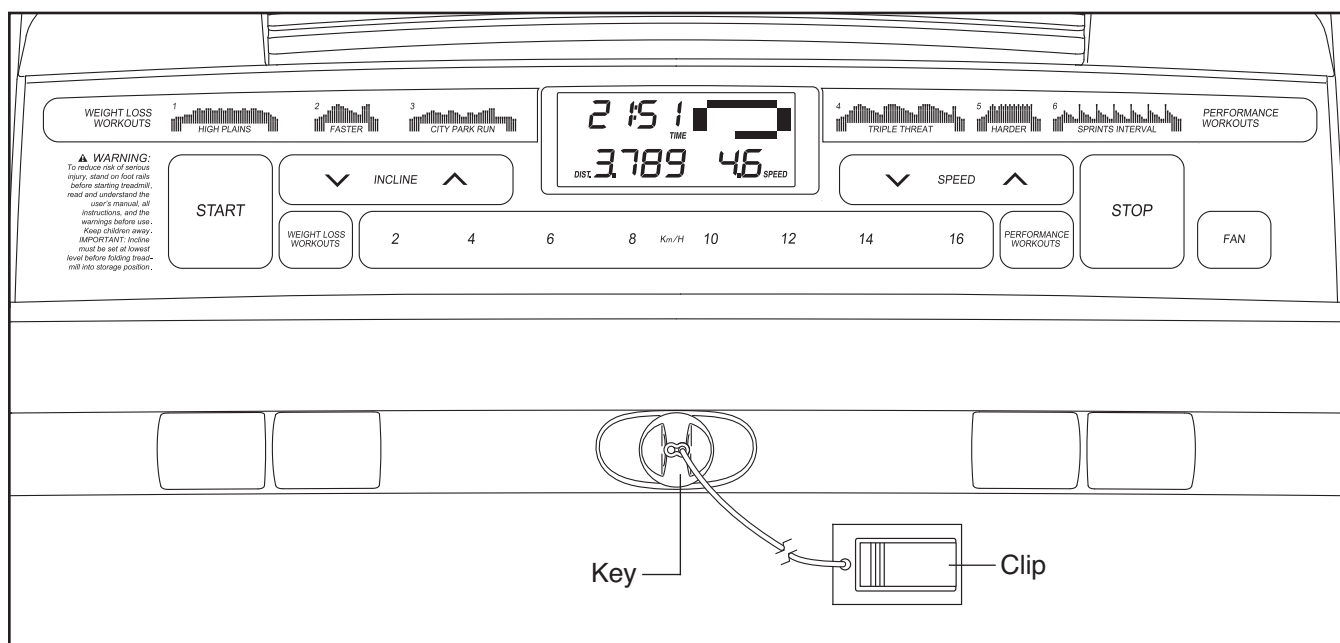
**If you are plugging in the power cord in the UK,** first press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the screw is tightened into the adapter cover.** Then, go to step 3.



3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



## CONSOLE DIAGRAM



### FEATURES OF THE CONSOLE

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

The console also features six preset workouts—three weight loss workouts and three performance workouts. Each workout controls the speed and incline of the treadmill as it guides you through an effective exercise session.

**To turn on the power,** see page 14. **To use the manual mode,** see page 14. **To use a preset workout,** see page 16. **To use the information mode,** see page 17.

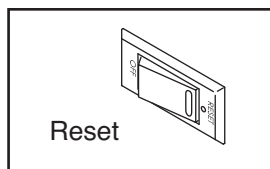
**IMPORTANT:** If there is a sheet of plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 21).

Note: The console can display speed and distance in either kilometers or miles. To find which unit of measurement is selected, see THE INFORMATION MODE on page 17. For simplicity, all instructions in this manual 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, you may damage the console displays or other electrical components.

Plug in the power cord (see page 12). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in 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 press the power switch into 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 17 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 13) 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.

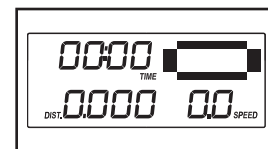
## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See **HOW TO TURN ON THE POWER** above. The treadmill will rise to the maximum incline level and then return to the minimum incline level.

### 2. Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing one of the Workouts buttons repeatedly until only zeros appear in the displays.



### 3. Start the walking belt.

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

If you press the Start button or the Speed increase button, 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 you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

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

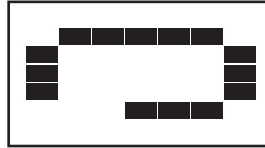
### 4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time you press one of the buttons, the incline will gradually increase or decrease until it reaches the selected incline setting.



**5. Follow your progress with the track and the displays.**

**The track**—The track represents a distance of 1/4 mile (400 meters). 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 upper display**—The upper display will show the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



**The lower left display**—As you exercise, the lower left display will show the distance that you have walked or run. In addition, the display will show the incline level of the treadmill each time the incline changes.



**The lower right display**—The lower right display will show the speed of the walking belt and the approximate number of calories that you have burned for a few seconds each. The display will also show your heart rate when you use the handgrip pulse sensor (see step 6 below).



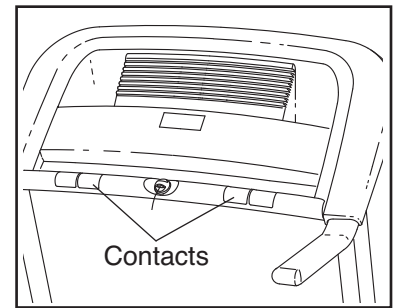
To reset the displays, press the Stop button, remove the key, and then reinsert the key.

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

Before using the handgrip pulse sensor, remove the sheets of 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 hold the contacts**—avoid moving your hands.

When your pulse is detected, a heart symbol in the lower 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.**

The fan has low and high speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt stops, 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 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, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

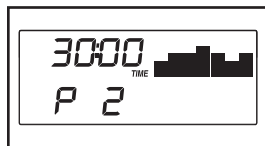
## HOW TO USE A PRESET WORKOUT

### 1. Insert the key into the console.

See step 1 on page 14.

### 2. Select one of the six preset workouts.

To select a preset workout, press the Weight Loss Workouts button or the Performance Workouts button repeatedly; "P 1," "P 2," "P 3," "P 4," "P 5," or "P 6" will appear in the lower left display for a few seconds. The maximum speed setting, maximum incline setting, and duration of the workout will also appear in the displays. In addition, a profile of the speed settings of the workout will scroll across the display.



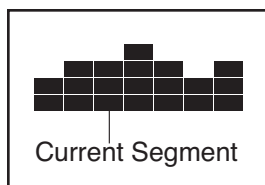
Each workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and incline settings may be programmed for consecutive segments.

### 3. Start the walking belt.

Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings for the workout. Hold the handrails and begin walking.

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 and the speed or incline will automatically adjust to the speed and incline settings for the next segment.

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; **however, 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.

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

See step 4 on page 14.

### 5. Follow your progress with the track and the displays.

See step 5 on page 15.

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

See step 6 on page 15.

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

See step 7 on page 15.

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

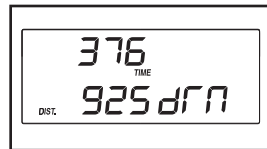
See step 8 on page 15.

## 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. You can also turn on and turn off the display demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console. When the information mode is selected, the following information will be shown:

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 miles or kilometers that the walking belt has moved.

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

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, press the power switch into 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 turn off the demo mode, press the Speed decrease button.

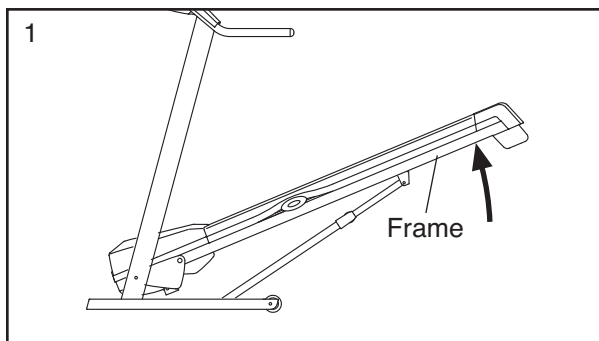
To exit the information mode, remove the key from the console.

# HOW TO FOLD AND MOVE THE TREADMILL

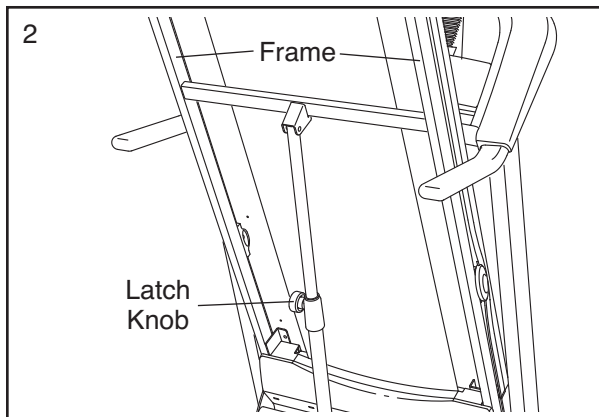
## HOW TO FOLD THE TREADMILL

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and 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 below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.** Raise the frame about halfway to the vertical position.



2. Raise the frame until the latch knob locks in the storage position. **CAUTION: Make sure that the latch knob locks.**

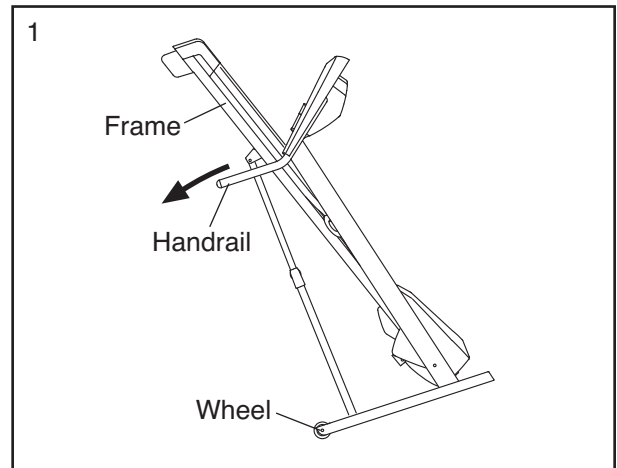


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

## HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the latch knob is locked in the storage position. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill.

## HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill frame with your right hand. Pull the latch knob to the left; if necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.
2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

# TROUBLESHOOTING

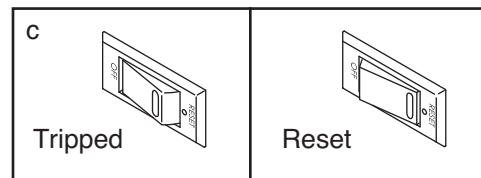
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

## PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a properly earthed outlet (see page 12). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).

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

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



## PROBLEM: The power turns off during use

**SOLUTION:** a. Check the power switch (see the drawing above). If the switch 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.

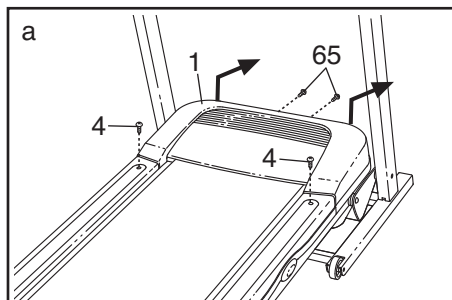
d. If the treadmill still will not run, see the front cover of this manual.

## PROBLEM: The console displays remain lit when you remove the key from the console

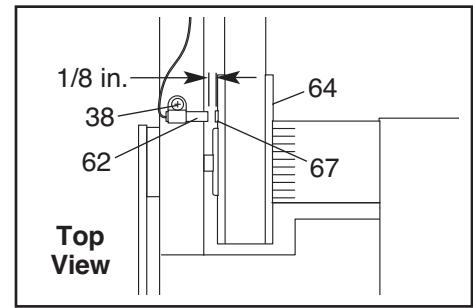
**SOLUTION:** a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 17 to turn off the demo mode.

## PROBLEM: The displays of the console do not function properly

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, remove the two #12 x 1 1/4" Screws (4) and the two #8 x 3/4" Hood Screws (65) and carefully remove the Motor 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 #8 x 3/4" Tek Screw (38), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



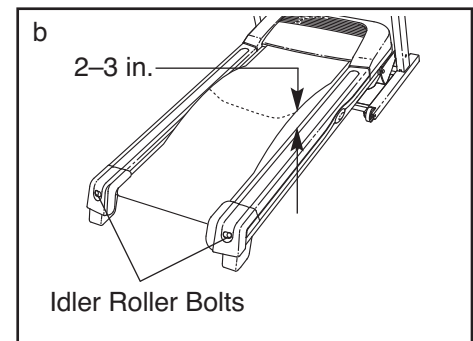
**PROBLEM: The incline of the treadmill does not change correctly**

**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 walking belt slows when walked on**

**SOLUTION:** a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).

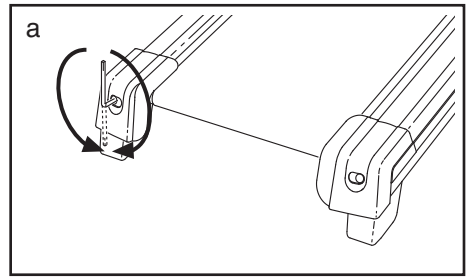
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened, you should 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.



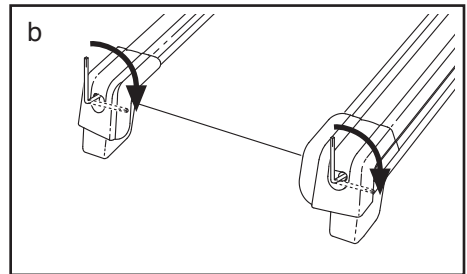
- c. If the walking belt still slows when walked on, please see the front cover of this manual.

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



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler 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 this or any exercise program, consult your physician. This is especially important for persons over age 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.

# PART LIST—Model No. PETL49910.0

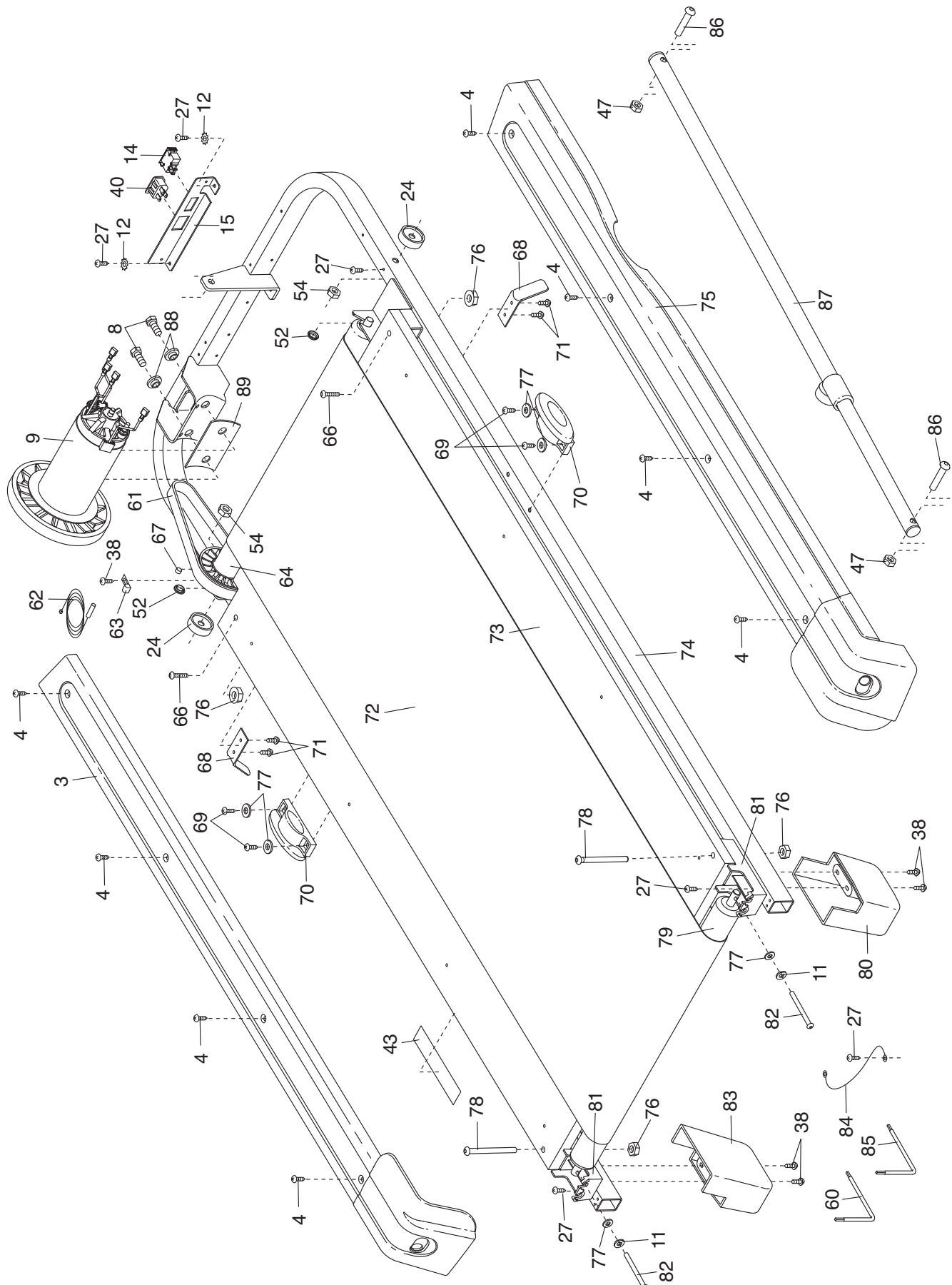
R0810A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	48	1	Base
2	20	#8 x 3/4" Screw	49	1	Releasable Tie
3	1	Left Foot Rail	50	1	Belly Pan
4	8	#12 x 1 1/4" Screw	51	1	Controller
5	6	3/8" x 2 1/4" Bolt	52	2	Roller Bushing
6	2	Grommet	53	2	3/8" x 2 1/4" Lift Frame Bolt
7	8	Wire Tie	54	4	3/8" Jam Nut
8	2	Motor Bolt	55	1	Lift Motor
9	1	Drive Motor	56	1	Stop Bracket
10	1	Power Cord Adapter	57	1	3/8" x 1 3/4" Bolt
11	2	1/4" Split Washer	58	1	3/8" x 1 1/4" Bolt
12	4	#8 Star Washer	59	1	Lift Frame
13	1	Power Cord	60	1	5/32" Hex Key
14	1	Power Switch	61	1	Drive Belt
15	1	Power Cord Bracket	62	1	Reed Switch
16	1	Fan	63	1	Reed Switch Clamp
17	4	Handrail Cap	64	1	Drive Roller/Pulley
18	2	Handrail	65	2	#8 x 3/4" Hood Screw
19	4	5/16" Star Washer	66	2	5/16" x 1 1/4" Bolt
20	4	5/16" x 2 1/4" Bolt	67	1	Magnet
21	2	1/4" Star Washer	68	2	Belt Guide
22	2	1/4" x 1/2" Bolt	69	4	#8 x 3/4" Washer Head Screw
23	1	Key/Clip	70	2	Platform Cushion
24	2	Frame Pivot Spacer	71	4	#8 x 1/2" Washer Head Screw
25	1	Console	72	1	Walking Belt
26	1	Console Base	73	1	Walking Platform
27	16	#8 x 1/2" Ground Screw	74	1	Frame
28	1	Upright Wire	75	1	Right Foot Rail
29	1	#8 x 3/4" Machine Screw	76	4	Platform Nut
30	1	#8 Nut	77	6	1/4" Flat Washer
31	1	Left Upright	78	2	5/16" x 3 1/2" Bolt
32	2	3/8" x 2 1/2" Bolt	79	1	Idler Roller
33	4	3/8" Flat Washer	80	1	Right Rear Foot
34	2	Frame Spacer	81	2	Idler Roller Bracket
35	2	Base Cap	82	2	1/4" x 2 1/2" Bolt
36	1	Right Upright	83	1	Left Rear Foot
37	4	Base Foot	84	1	Idler Roller Ground Wire
38	14	#8 x 3/4" Tek Screw	85	1	Hex Key
39	4	3/8" Star Washer	86	2	3/8" x 2" Bolt
40	1	Receptacle	87	1	Storage Latch
41	2	Caution Decal	88	2	Motor Bushing
42	1	Pulse Bar	89	1	Motor Isolater
43	1	Warning Decal	90	1	Electronics Bracket
44	4	Wheel Spacer	91	1	Transformer
45	2	Wheel	92	1	Filter
46	3	Plastic Tie	93	1	15" Wire Tie
47	6	3/8" Nut	*	—	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

# EXPLODED DRAWING A—Model No. PETL49910.0

R0810A

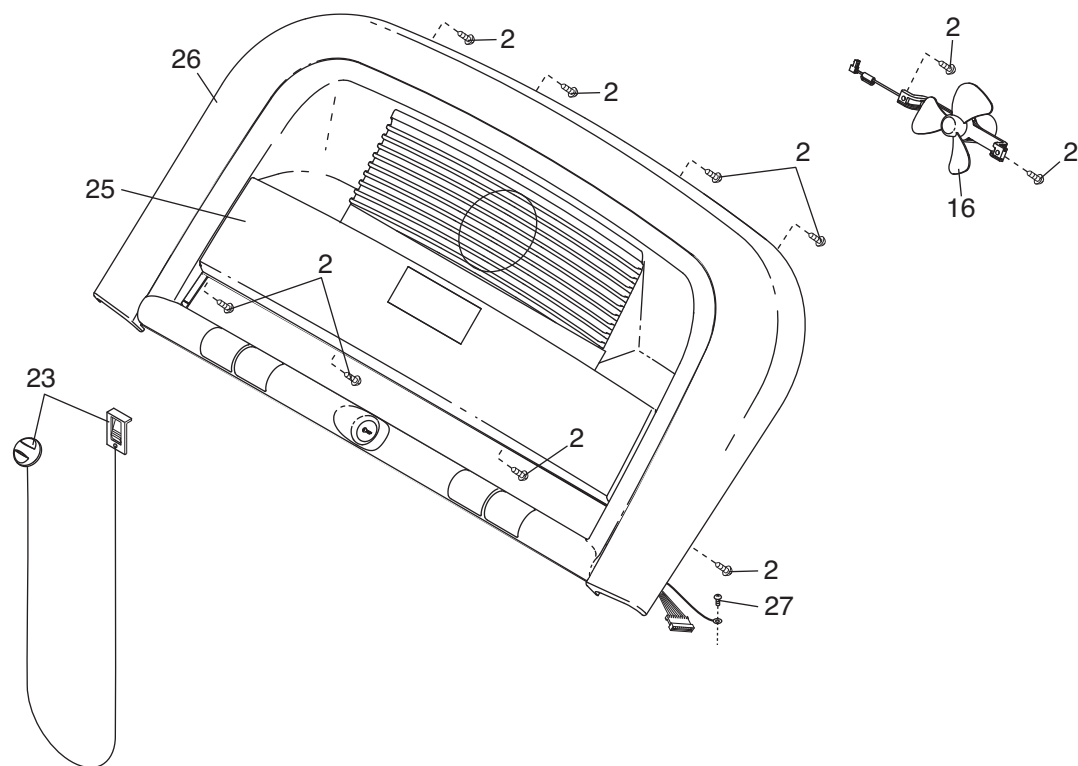


## R0810A



## R0810A





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## ORDERING REPLACEMENT PARTS

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

- the model number and the 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 near the end of this manual)

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## RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

