

PRO-FORM[®] 590 HR

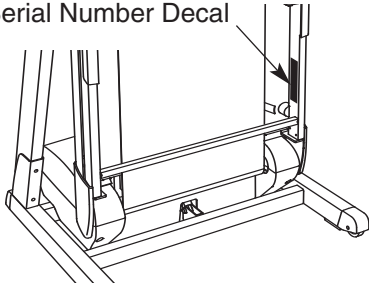
HeartRateControl

Model No. PETL5513.3

Serial No. _____

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

Serial Number Decal



USER'S MANUAL

QUESTIONS?

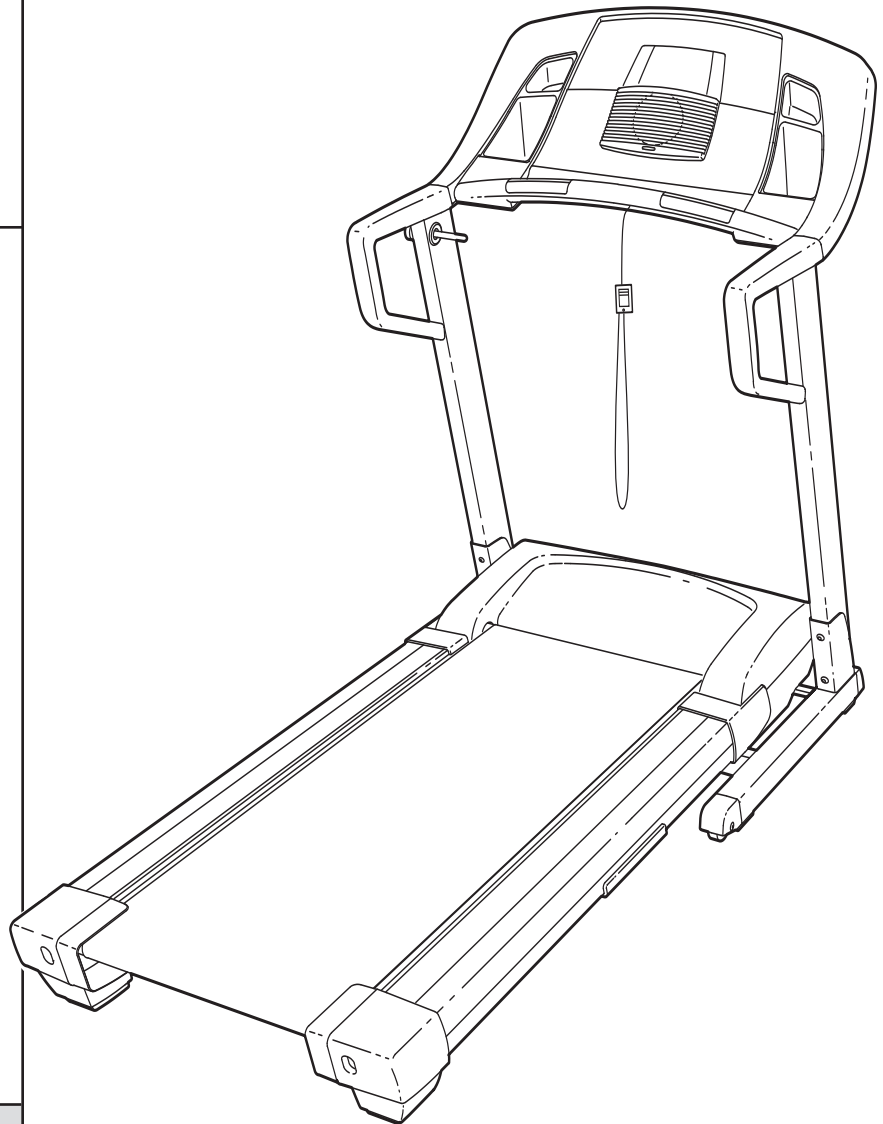
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com



CAUTION

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



Visit our website at

www.iconeurope.com

PRO-FORM® 590 HR HeartRateControl

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Note: An EXPLODED DRAWING is attached in the centre of this manual.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with 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 any surface that blocks 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 oxygen is 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 115 kg (250 lbs.) or less. Never allow more than one person on the treadmill at a time.
8. Wear appropriate exercise clothes whilst 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.*
9. When connecting the power cord (see page 10), 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.
10. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).
11. Keep the power cord away from heated surfaces.
12. Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
13. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.
14. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
15. 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 exercise aids in determining heart rate trends in general.
16. Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord, and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)
17. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See **ASSEMBLY** on page 6, and **HOW TO FOLD AND MOVE THE TREADMILL** on page 24.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.
18. When folding or moving the treadmill, make sure that the storage latch is fully closed.

19. Whilst using iFIT.com CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

20. Whilst using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.

21. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

22. Inspect and properly tighten all parts of the treadmill every three months.

23. Never drop or insert any object into any opening.

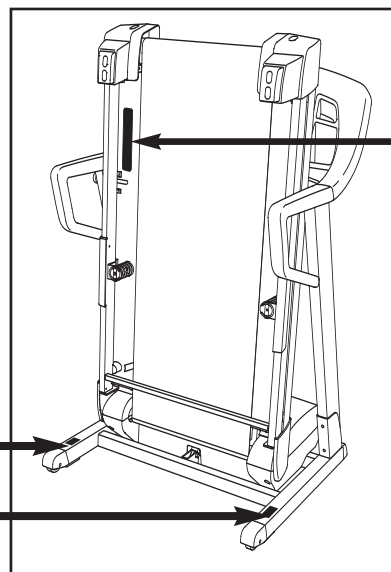
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

25. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.


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


SAVE THESE INSTRUCTIONS


The decals shown below have been placed on your treadmill. If a decal is missing or illegible, please call our Customer Service Department toll-free at to order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown 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.

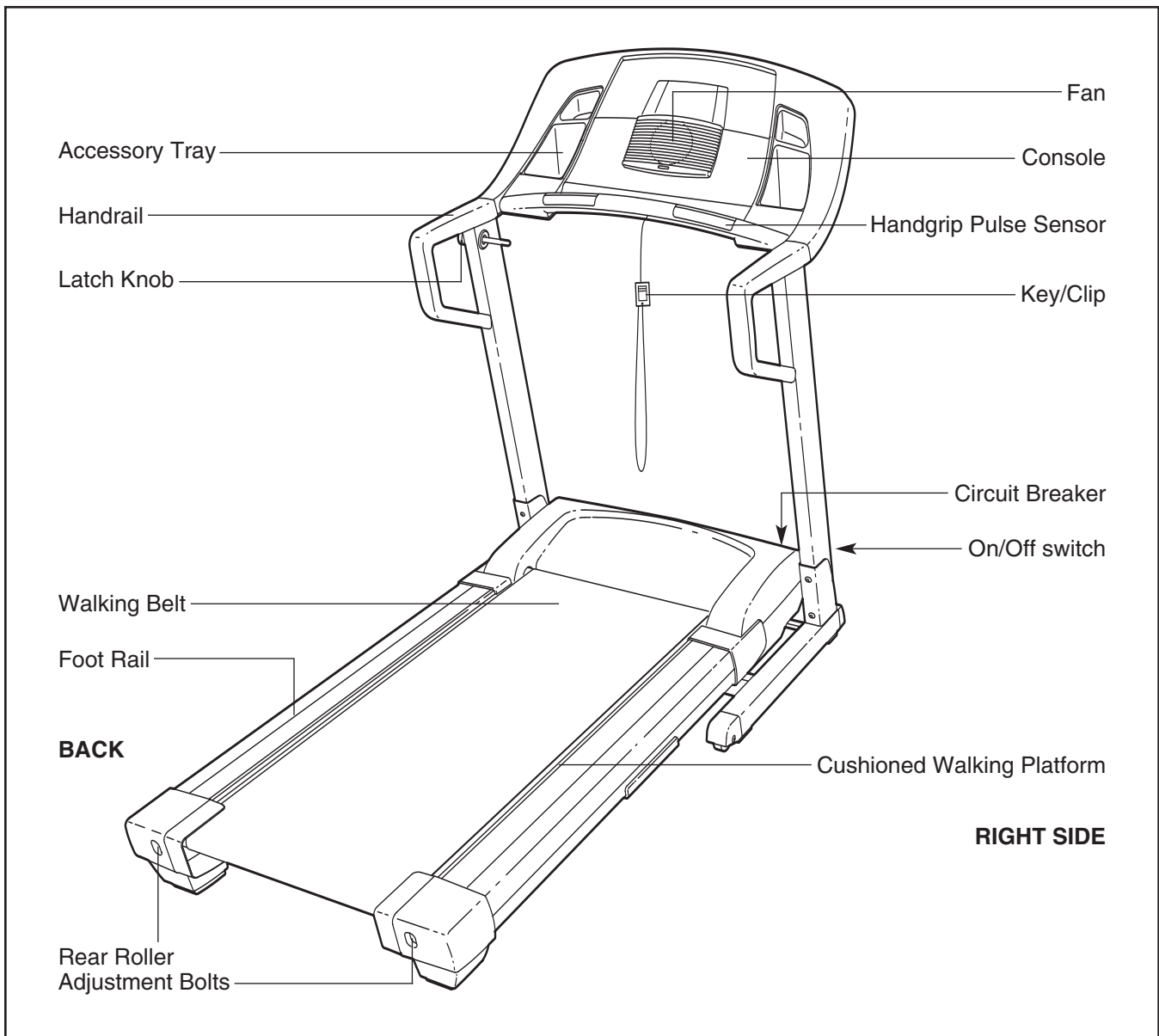
BEFORE YOU BEGIN

Congratulations for purchasing the PROFORM® 590 HR treadmill. The 590 HR treadmill offers an impressive array of features to help you achieve your fitness goals in the convenience of your home. From the advanced console to the cushioned walking platform, the 590 HR treadmill is designed to make each workout more effective and enjoyable. And when you're not exercising, the treadmill can be folded away, taking less than half the floor space of conventional treadmills.

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





ing this manual, please call our Customer Service Department at 08457 089 009. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL5513.3. 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.

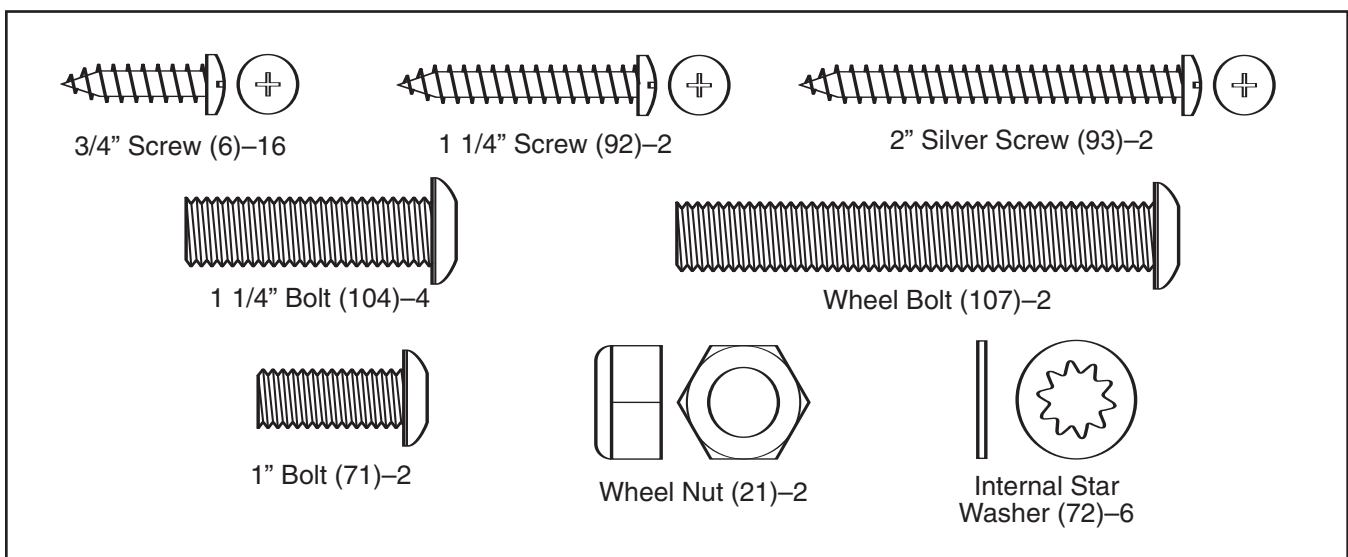


ASSEMBLY

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

Assembly requires the included hex keys  **and your own phillips screwdriver**  **, wire cutters**  **, rubber mallet**  **, and adjustable spanner** .

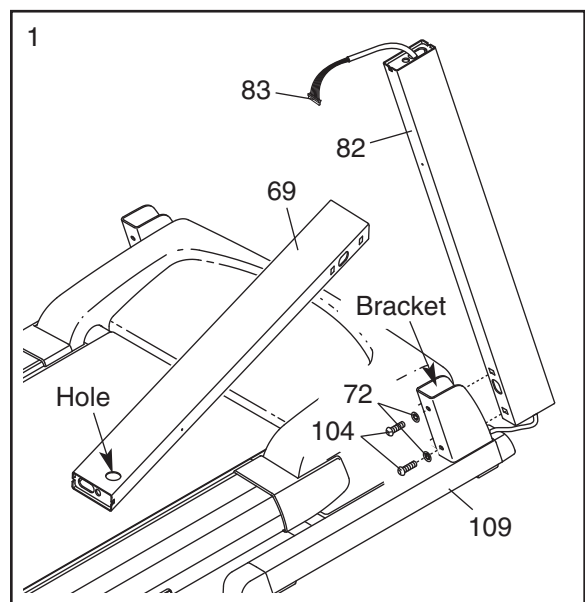
For help identifying the assembly hardware, refer to the drawings below. Note: The assembly hardware and other small parts are packaged in separate part bags. **Do not open the part bags until instructed to do so. (The part bags are not labeled according to the order in which they are to be opened.)** If a part is not found in the part bags, check to see if the part has been preassembled.



- Open part bag B.** Identify the Right Upright (82) (the Left Upright [69] has a large round hole in the location shown). Lay the Right Upright flat, and cut the plastic ties off the lower end. Next, feed the Wire Harness (83) into the bottom of the Right Upright and pull it out of the hole in the top. Note: There may be a tie on the end of the Wire Harness to help you pull it through the hole.

Attach the Right Upright (82) to the bracket on the right side of the Base (109) with two 1 1/4" Bolts (104) and two Internal Star Washers (72). (Note: It may be helpful to use a rubber mallet to fully insert the Right Upright into the bracket.) **Do not tighten the Bolts yet. Be careful not to damage the Wire Harness.**

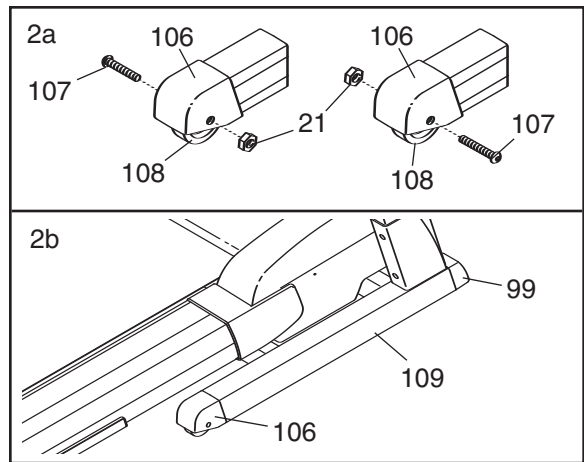
Attach the Left Upright (69) to the left side of the Base (109) in the same way. Note: There is not a wire harness on the left side.



2. **Open part bag C.** See drawing 2a. Attach a Wheel (108) to each Wheel Housing (106) with a Wheel Bolt (107) and a Wheel Nut (21) as shown. **Do not overtighten the Wheel Bolts.**

See drawing 2b. Insert a Wheel Housing (106) into the Base (109). (Note: It may be helpful to use a rubber mallet to fully insert the Wheel Housing.) Next, press a Base Endcap (99) into the Base.

Repeat this step on the opposite side of the treadmill.

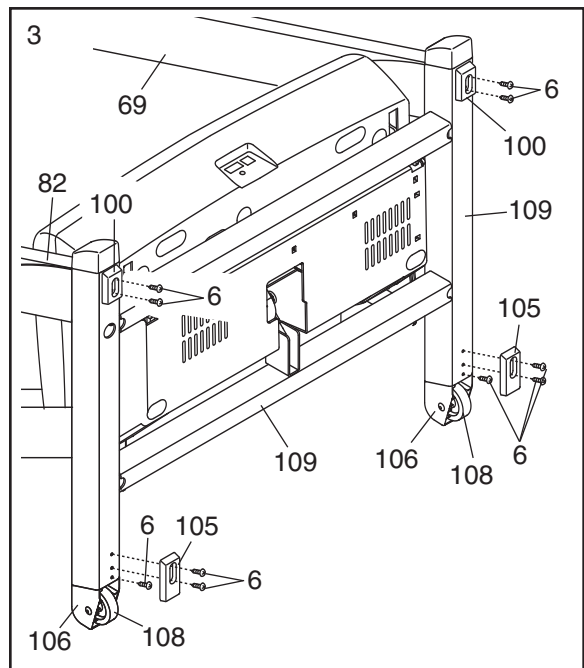


3. With the help of a second person, carefully tip the Uprights (69, 82) down so the treadmill pivots on the Wheels (108) as shown.

Tighten a 3/4" Screw (6) into one side of the Base (109) and one of the Wheel Housings (106). Attach a **long** Rear Base Pad (105) and a **short** Front Base Pad (100) to the Base with four additional 3/4" Screws (6) as shown.

Repeat this step on the opposite side of the treadmill.

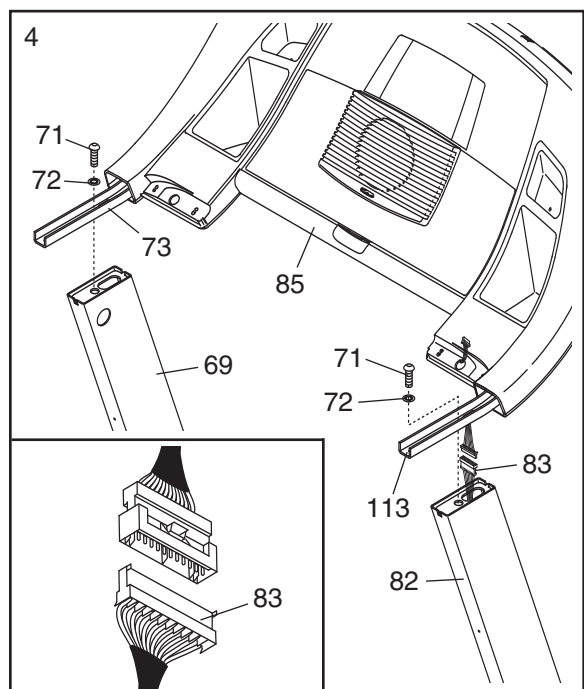
With the help of a second person, carefully raise the Uprights (69, 82) to the vertical position.



4. **Open part bag A.** With the help of a second person, hold the Console Base (85) near the Uprights (69, 82) as shown.

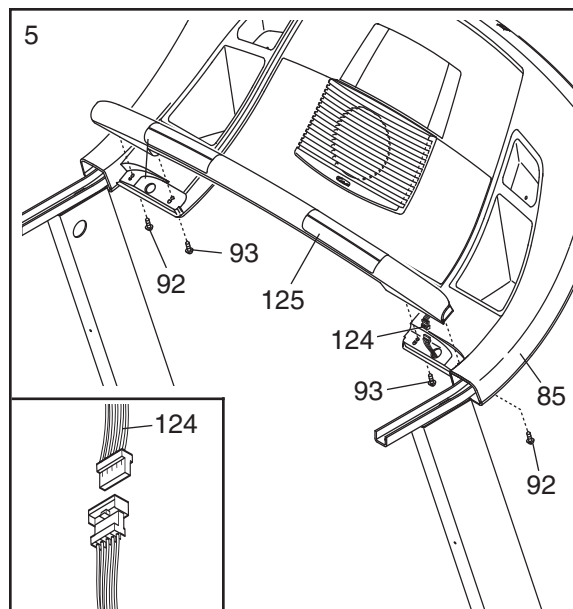
Connect the Wire Harness (83) to the wire harness in the Right Handrail Bracket (113). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try to connect them again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the wires harnesses into the Right Upright (82).

Hold the Handrail Brackets (73, 113) on top of the Uprights (69, 82). Finger tighten two 1" Bolts (71) with Internal Star Washers (72) into the Handrail Brackets and the tops of the Uprights as shown. **Press the Handrail Brackets towards the centre of the treadmill.** Then, tighten both Bolts.



5. Hold the Pulse Bar (125) near the Console Base (85). Connect the Pulse Wire (124) on the Pulse Bar to the indicated wire on the Console Base. **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 try to connect them again. Insert the wires into the hole in the Console Base.

Have a second person hold the Pulse Bar (125) firmly on the Console Base (85). Attach the Pulse Bar to the Console Base with two 1 1/4" Screws (92) in the locations shown. Be careful not to damage the Pulse Wire (124) or the wire on the Console Base. Next, tighten two 2" Silver Screws (93) into the Console Base and the Pulse Bar in the locations shown. **Note: The correct Screws must be used in the correct locations, or the Pulse Bar may be damaged.**

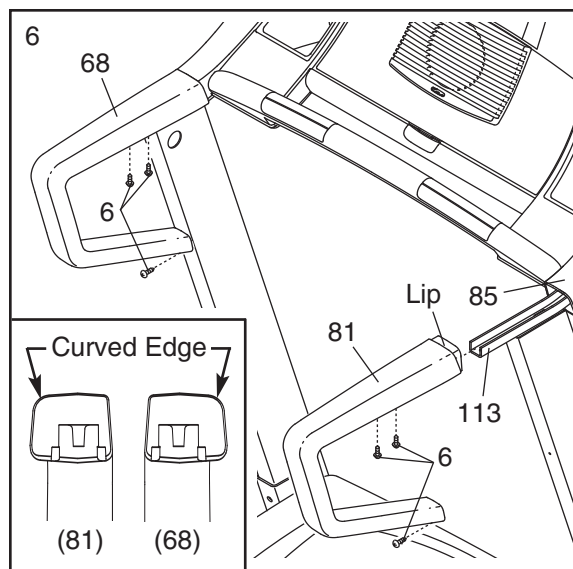


6. Identify the Left and Right Handrails (68, 81) (see the end views of the Handrails in the inset drawing). The curved edges of the Handrails should be on the outside.

Slide the Right Handrail (81) onto the Right Handrail Bracket (113), and press the lip on the front of the Right Handrail under the Console Base (85). (Note: It may be helpful to tip the Right Handrail and to tap it with a rubber mallet to correctly position it.) Tighten three 3/4" Screws (6) into the Right Handrail as shown. Note: It may be necessary to move the lower end of the Right Handrail slightly to align the lower screw hole.

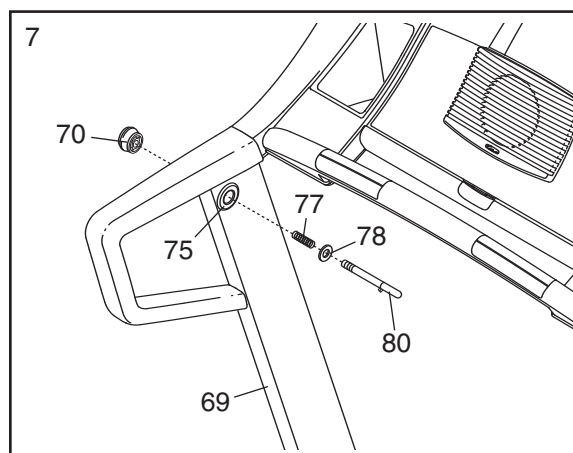
Attach the Left Handrail (68) in the same way.

See assembly step 1. Tighten the four 1 1/4" Bolts (104).



7. Press the Latch Knob Sleeve (75) into the Left Upright (69). Note: It may be helpful to use a rubber mallet to fully insert the Latch Knob Sleeve.

Remove the Latch Knob (70) from the Latch Pin (80). Make sure that the Latch Pin Collar (78) and the Spring (77) are on the Latch Pin. (Note: If there are two Latch Pin Collars, place one on each side of the Spring.) Insert the Latch Pin into the Left Upright (69) and tighten the Latch Knob onto the Latch Pin.

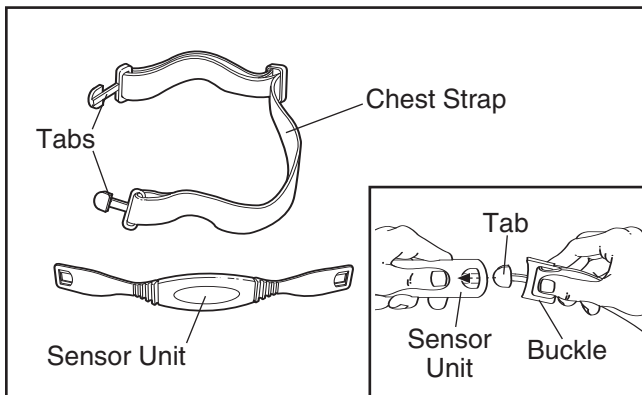


8. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place. The large hex key is used to adjust the walking belt (see page 26). To protect the floor or carpet, place a mat under the treadmill.

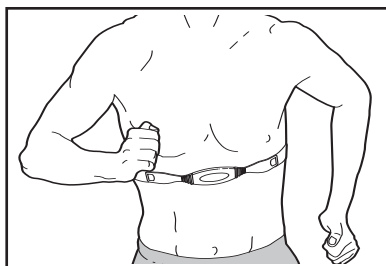
HOW TO USE THE CHEST PULSE SENSOR

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 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.

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° Celsius (122° Fahrenheit) or below -10° Celsius (14° Fahrenheit).
- 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, re-wet 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 27).

TREADMILL OPERATION

THE PERFORMANT LUBE™ WALKING BELT

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

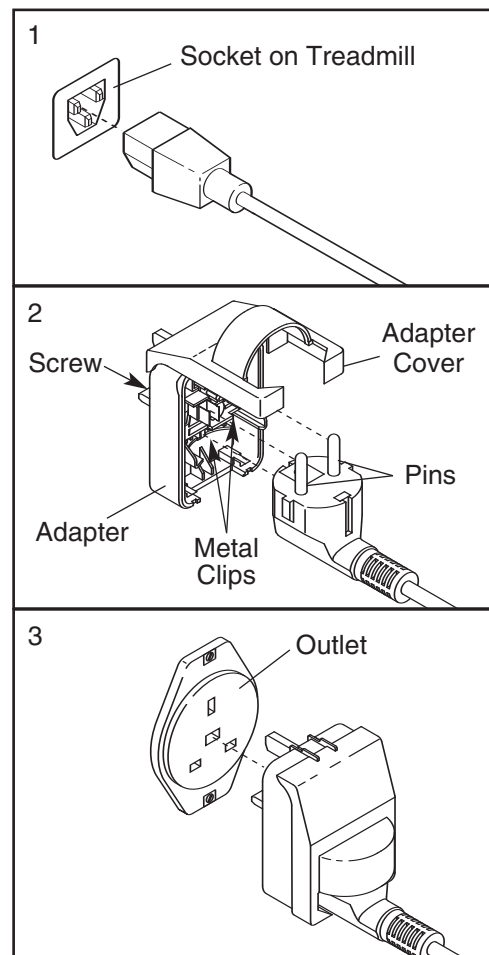
HOW TO PLUG IN THE POWER CORD

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

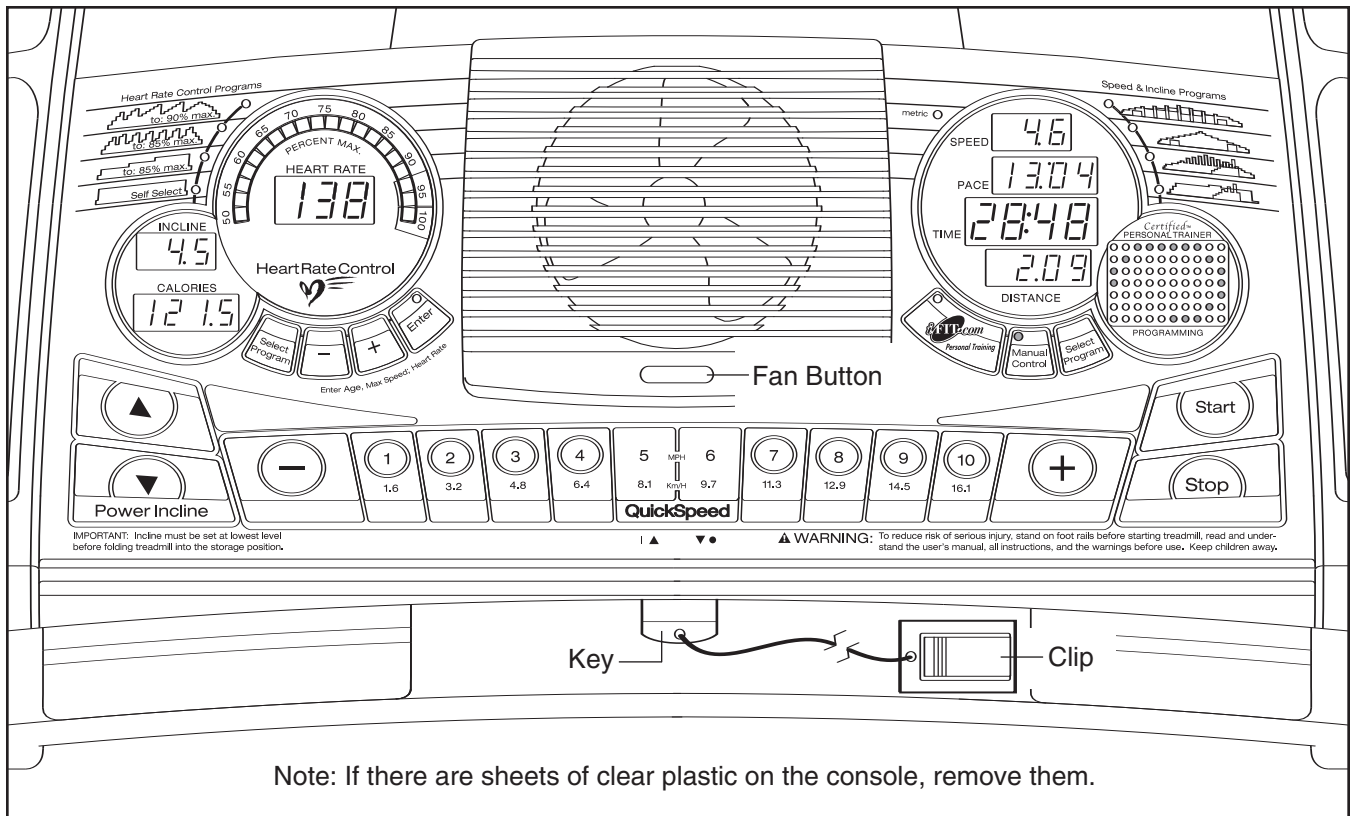
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.

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 help you get the most from your workouts.

Whilst 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 instant exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

In addition, the console offers four preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. Four heart rate programs are also offered. Each program automatically adjusts the speed and incline of the treadmill to keep your heart rate near a target heart rate whilst you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio

cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, visit our Web site at www.iFIT.com.**

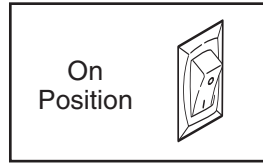
With the treadmill connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. Additional options are soon to be available. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a preset program**, see page 14. **To use a heart rate program**, see page 16. **To use an iFIT.com CD or video program**, see page 20. **To use iFIT.com programs directly from our Web site**, see page 22.

HOW TO TURN ON THE POWER

1 Plug in the power cord (see page 10).

2 Locate the on/off switch on the treadmill near the power cord. Move the on/off switch to the on position.



3 Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11) and slide the clip onto the waistband of your clothes. Next, route the cord attached to the clip **under the handgrip pulse sensor**, and insert the key into the console. After a moment, the displays and various indicators will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

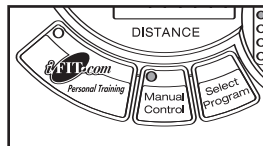
HOW TO USE THE MANUAL MODE

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

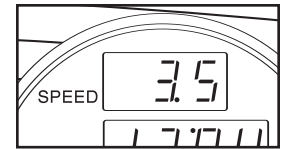
When the key is inserted, the manual mode will be selected and the indicator on the Manual Control button will light. If you have selected a program, press the Manual Control button to reselect the manual mode.



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

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing

the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the Quick Speed buttons. **Note: The console can display speed and distance in either miles or kilometres. For simplicity, all instructions in this section refer to miles.**

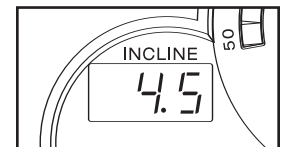


To stop the walking belt, press the Stop button. The Time display will begin to flash. To restart the walking belt, press the Start button or the Speed + button.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 26).

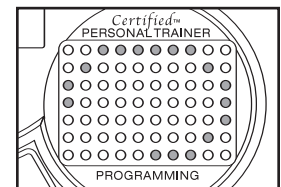
4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline buttons. Each time a button is pressed, the incline will change by 0.5%.

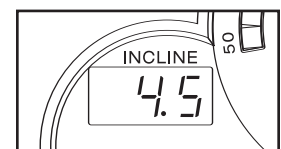


5 Follow your progress with the matrix and the displays.

The matrix—When the manual mode or the iFIT.com mode is selected, the matrix will display a 400 m (1/4-mile) track. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



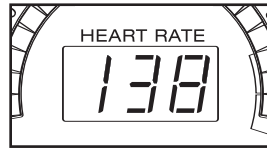
Incline display—This display shows the incline level of the treadmill.



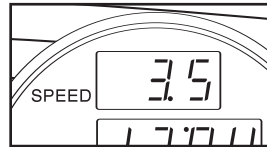
Calories display—This display shows the approximate number of calories you have burned.



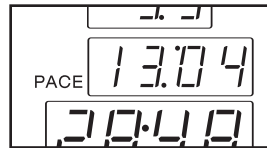
Heart Rate display—This display shows your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.



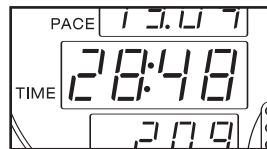
Speed display—This display shows the speed of the walking belt. Note: When the Metric indicator beside the display is lit, the console will display speed and distance in kilometres; when the Metric indicator is not lit, the console will display speed and distance in miles. To change the unit of measurement, see THE INFORMATION MODE/DEMO MODE on page 23.



Pace display—This display shows your pace, in minutes per mile.



Time display—Whilst the manual mode or the iFIT.com mode is selected, this display will show the elapsed time. Whilst a program is selected (except for the heart rate Self Select program), the display will show the time *remaining* in the program.



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

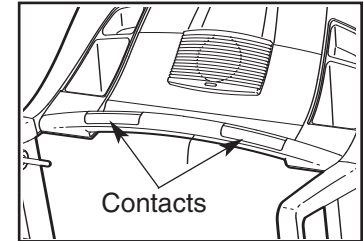


To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate if desired.

You can measure your heart rate using either the chest pulse sensor or the handgrip pulse sensor.

To use the handgrip pulse sensor, first make sure that your hands are clean. Next, **stand on the foot rails** and hold the handgrip pulse sensor with your palms on the metal contacts.



Avoid moving your hands. When your pulse is detected, two dashes (--) will appear in the Heart Rate display, 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 button below the fan. 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: A few minutes after the walking belt is stopped, the fan will automatically turn off.

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 be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 23 and turn off the demo mode.**

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

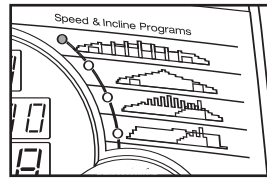
HOW TO USE PRESET PROGRAMS

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 12.

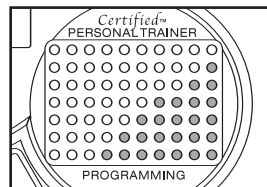
2 Select one of the preset programs.

When the key is inserted, the manual mode will be selected. To select a preset program, press the right Select Program button repeatedly until one of the four preset program indicators lights.



The diagrams beside the preset program indicators show how the speed and incline of the treadmill will change during the preset programs. When a preset program is selected, the Speed display will flash the maximum speed setting of the program for a few seconds, and the Incline display will flash the maximum Incline setting. The Time display will show how long the program will last.

The matrix will show the first seven speed settings of the program.

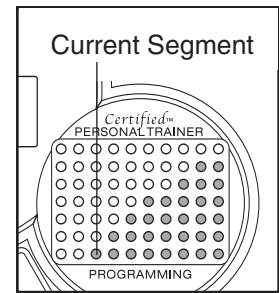


3 Press the Start button or the Speed + button to start the program.

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

Each program is divided into several time segments of different lengths. 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 is 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 seven segments are shown in the seven 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. If the speed and/or incline of the treadmill is about to change, the Speed display and/or the Incline display will flash to alert you. When the first segment ends, *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 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 of the 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 of the matrix 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 light or darken in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken 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 display will begin to flash. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. 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 page 12.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 Turn on the fan if desired.

See step 7 on page 13.

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 on the console remain lit after the key is removed, the console is in the “demo” mode. See page 23 and turn off the demo mode.**

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

HOW TO USE HEART RATE PROGRAMS

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

1 Put on the chest pulse sensor.

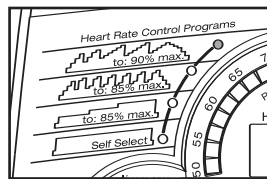
You must wear the chest pulse sensor to use a heart rate program. See page 9.

2 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 12.

3 Select a heart rate program.

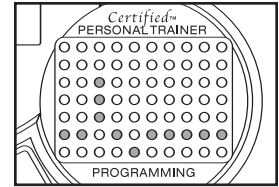
When the key is inserted, the manual mode will be selected. To select a heart rate program, press the left Select Program button repeatedly until one of the four heart rate program indicators lights.



The diagrams beside the heart rate program indicators show how the target heart rate will change during the programs. During heart rate program 1, your heart rate will reach approximately 90% of your *estimated maximum heart rate*; during heart rate programs 2 and 3, your heart rate will reach approximately 85% of your estimated maximum heart rate; during the Self Select program, your heart rate will remain near a level that you select.

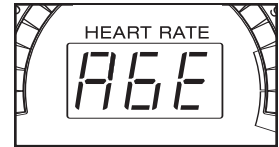
Note: Your estimated maximum heart rate is determined by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ($220 - 30 = 190$).

During heart rate programs, the matrix will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.



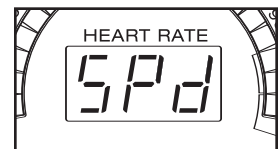
4 Enter your age.

When a heart rate program is selected, the word “AGE” and the current age setting will flash in the Heart Rate display. If you have already entered your age, simply press the Enter button. If you have not entered your age, press the + and – buttons beside the Enter button to enter your age. Then, press the Enter button.



5 Enter a maximum speed.

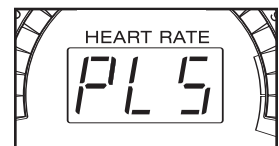
After you have entered your age, the letters “SPd” and the maximum speed setting of the program will flash in the Heart Rate display. If desired, press the + and – buttons beside the Enter button to change the maximum speed setting. When the desired setting is shown, press the Enter button.



If the Self Select program is selected, go to step 6. If a different heart rate program is selected, go to step 7.

6 Enter a target heart rate.

After you have entered a maximum speed setting, the letters “PLS” and the target heart rate setting for the program will flash in the Heart Rate display. If desired, press the + and – buttons beside the Enter button to change the target heart rate setting. When the desired setting is shown, press the Enter button.



7 Press the Start button or the Speed + 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 heart rate program is divided into several time segments of different lengths. One target heart rate is programmed for each segment. Note: If the Self Select program is selected, the same target heart rate is programmed for all segments.

During each segment, the console will regularly compare your heart rate to the current target heart rate. If your heart rate is too far below or above the target heart rate, the speed of the treadmill will automatically increase or decrease to bring your heart rate closer to the target heart rate. If the speed reaches the maximum speed setting of the program (see step 5 on page 16) and your heart rate is still too far below the current target heart rate, the incline of the treadmill will also increase to bring your heart rate closer to the target heart rate.

During the last three seconds of each segment, a series of tones will sound and the Speed display and the Incline display will flash.

The program will continue until 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 adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to

the current target heart rate, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

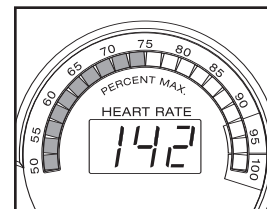
If your pulse is not detected during the program, the letters “PLS” will flash in the Heart Rate display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

To stop the program, press the Stop button. Heart rate programs cannot be stopped temporarily and then restarted. To use a heart rate program again, reselect the program and start it at the beginning.

8 Follow your progress with the displays.

See step 5 on page 12.

Note: During heart rate programs, the display above the Heart Rate display will show your heart rate as a percentage of your estimated maximum heart rate.



9 Turn on the fan if desired.

See step 7 on page 13.

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

See step 7 on page 15.

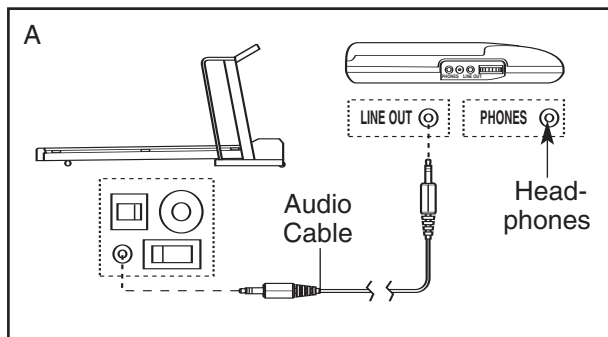
HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 18 and 19 for connecting instructions. To use **iFIT.com video-cassettes**, the treadmill must be connected to your VCR. See page 20 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 19 for connecting instructions.

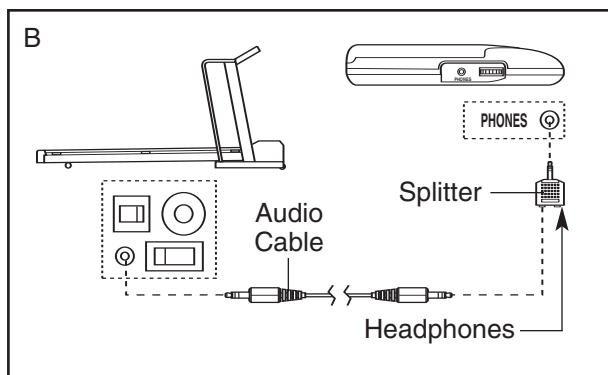
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



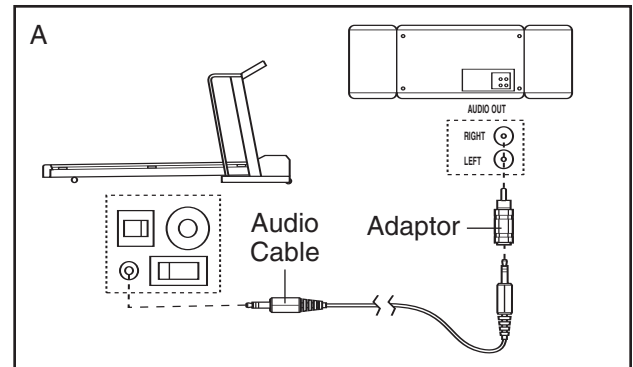
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the splitter.



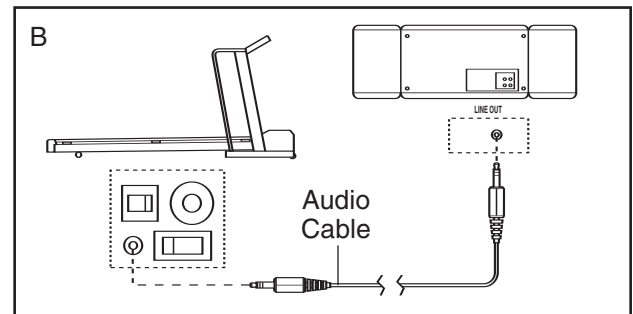
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **3.5 mm LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

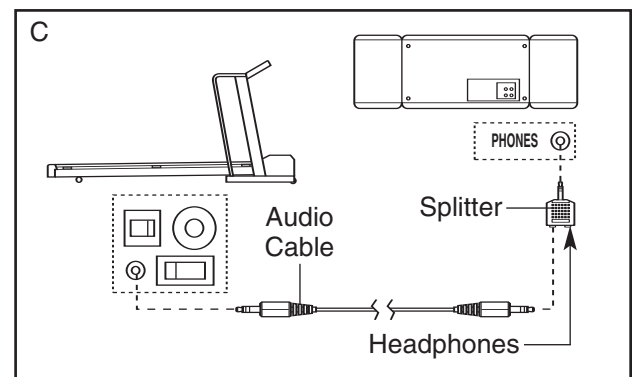
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



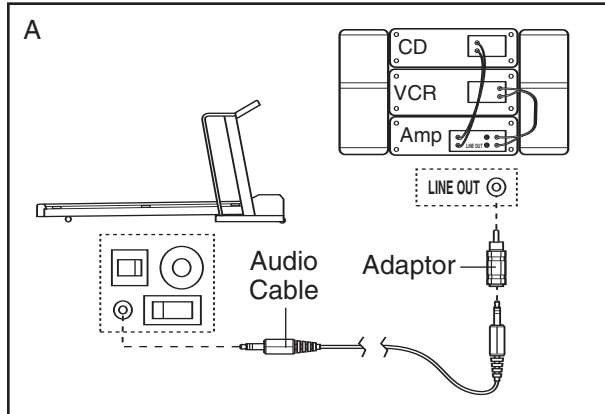
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the splitter.



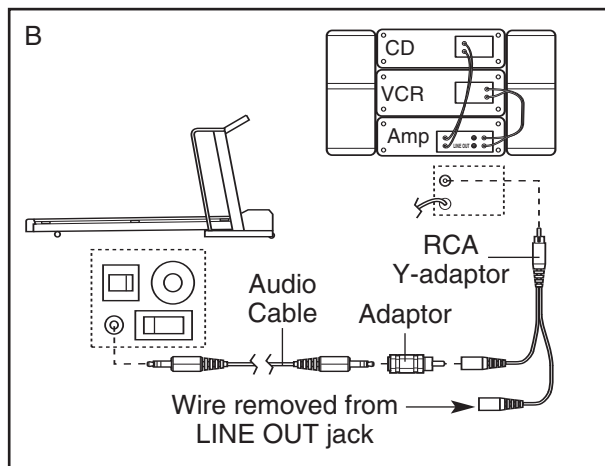
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into the **LINE OUT** jack on your stereo.



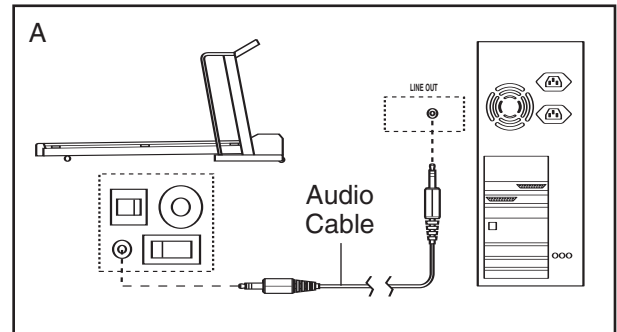
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an **RCA Y-adaptor** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the **Y-adaptor**. Plug the **Y-adaptor** into the **LINE OUT** jack on your stereo.



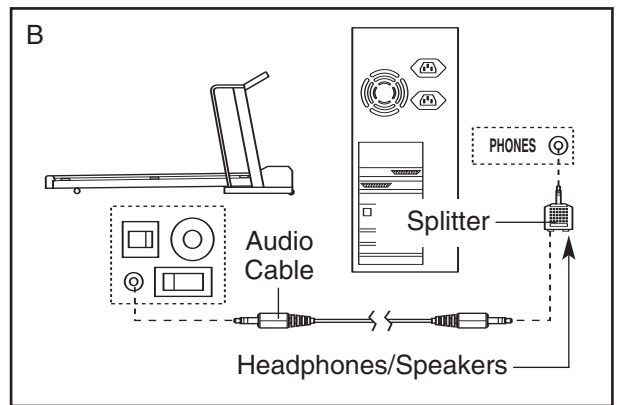
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a **3.5 mm LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



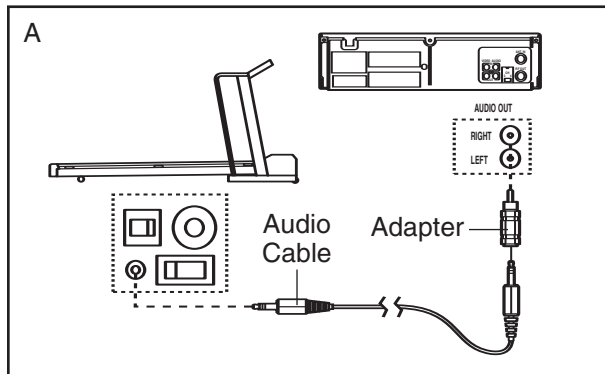
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the splitter.



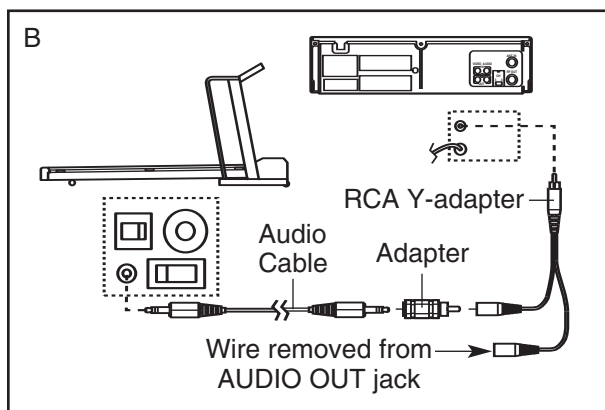
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 19.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA Y-adapter. Plug the RCA Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER** on pages 18 to 20. **Note:** To purchase iFIT.com CDs or videocassettes, visit our Web site at www.iFIT.com.

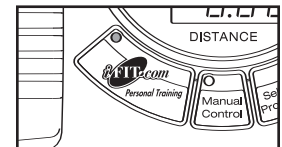
Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key into the console.

See **HOW TO TURN ON THE POWER** on page 12.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use iFIT.com CDs or videocassettes, press the iFIT.com button. The indicator on the button will light.



3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time display is flashing, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD or video program whilst the Time display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program.**

When the CD or video program is completed, the walking belt will stop and the Time display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 20.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard:

- **Make sure that the iFIT.com indicator is lit and that the Time display is not flashing. If the Time display is flashing, press the Start button or the Speed + button on the console.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

5 Follow your progress with the matrix and the displays.

See step 5 on page 12.

6 Measure your heart rate if desired.

See step 6 on page 13.

7 Turn on the fan if desired.

See step 7 on page 13.

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

See step 7 on page 15.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR when you are finished using them.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 19. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

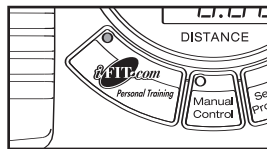
Follow the steps below to use a program from our Web site.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button. The indicator on the button will light.



3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot pads. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic

“chirping” sound will alert you when the speed and/or incline of the treadmill is about to change.

CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the Time display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard, make sure that the iFIT.com indicator is lit and that the Time display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 Follow your progress with the matrix and the displays.

See step 5 on page 12.

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

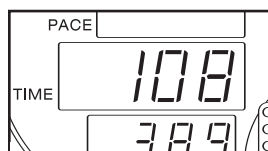
See step 7 on page 15.

THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been used and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometres per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

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

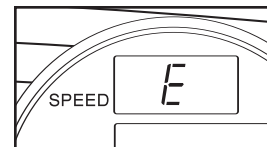
The Time display will show the total number of hours the treadmill has been used.



The Distance display will show the total number of miles (or kilometres) that the walking belt has moved.



An “E” for English or an “M” for metric will appear in the Speed display. Press the Speed + button to change the unit of measurement.



IMPORTANT: The Heart Rate display should be blank. If a “d” appears in the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. Whilst the console is in the demo mode, 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, although the buttons on the console will not operate. **If a “d” appears in the Heart Rate display whilst the information mode is selected, press the Speed – button so the display is blank.**

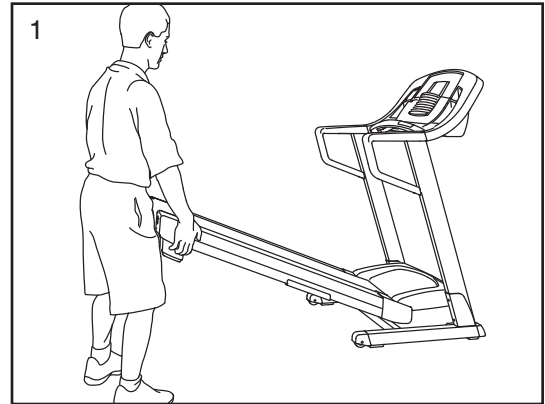
To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

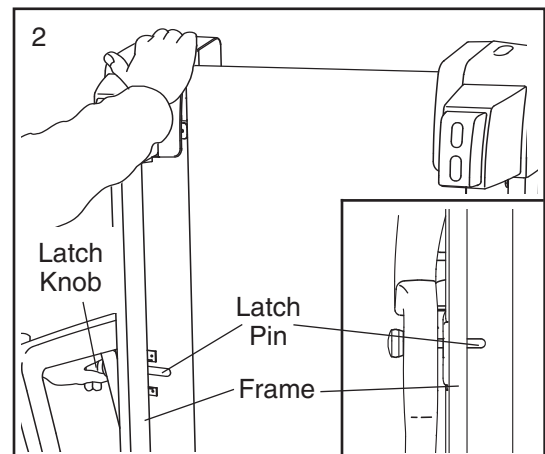
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

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



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

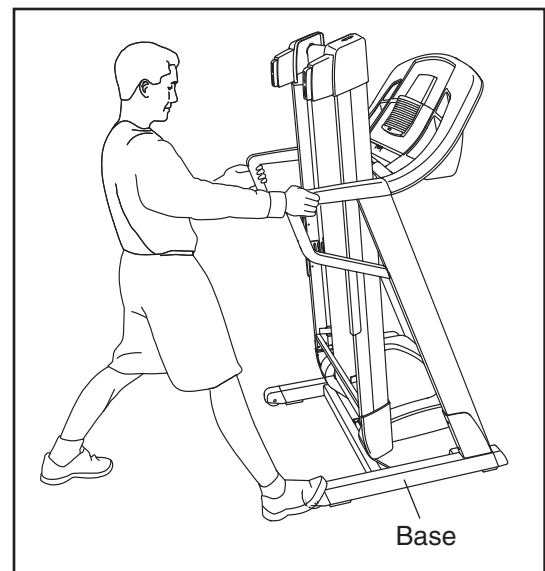
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



HOW TO MOVE THE TREADMILL

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

1. Hold the upper ends of the handrails. Place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



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 and hold it. Pivot the treadmill down until the frame is past the latch pin.
2. See drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, 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 call our Customer Service Department.

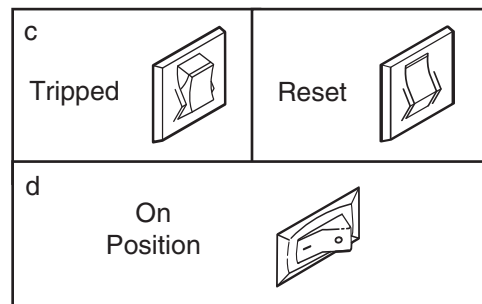
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 10.) If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

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

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

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



PROBLEM: The power turns off during use

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

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

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

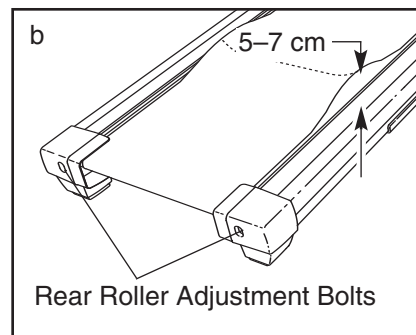
d. Make sure that the on/off switch is in the on position.

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

PROBLEM: The walking belt slows when walked on

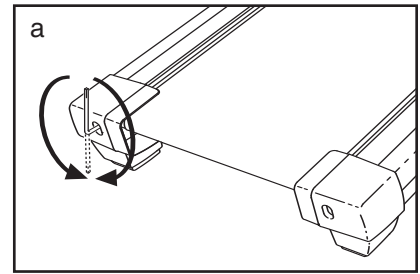
SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

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

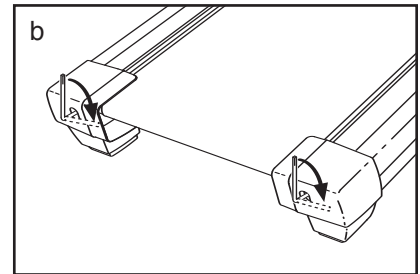


PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. If the walking belt is off-centre, first remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centred.

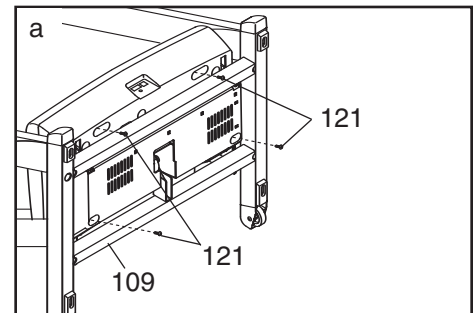


b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking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

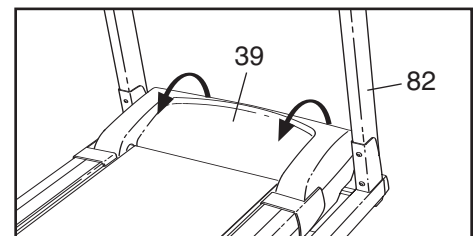


PROBLEM: The displays of the console do not function properly

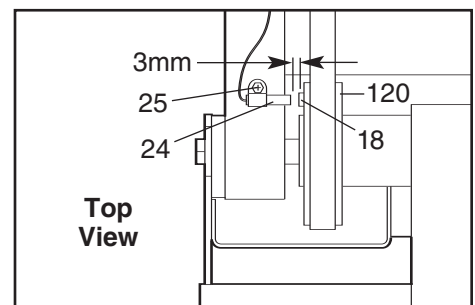
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. With the help of a second person, carefully tip the Base (109) down as shown. Remove the four Long Belly Pan Screws (121). Note: A phillips screwdriver with at least a 5" shaft is required.



With the help of a second person, carefully raise the Upright (82) as shown. Carefully pivot the Hood (39) off.



Locate the Reed Switch (24) and the Magnet (18) on the left side of the Pulley (120). 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 3mm (1/8 in.).** If necessary, loosen the Screw (25) and move the Reed Switch slightly. Retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



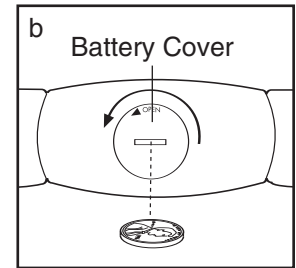
PROBLEM: The incline of the treadmill does not change correctly or does not change whilst iFIT.com CDs and videos are played

SOLUTION: a. With the key in the console, press one of the Incline buttons. **Whilst 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.

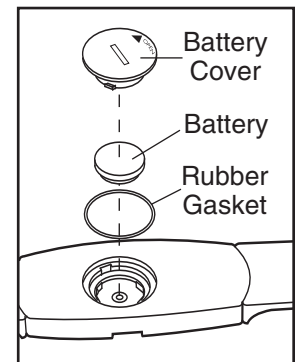
PROBLEM: The heart rate monitor does not function properly

SOLUTION: a. If the heart rate monitor does not function properly, see CHEST PULSE SENSOR TROUBLE-SHOOTING on page 9.

b. If the heart rate monitor still does not function properly, the battery should be changed. To replace the battery, 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. Remove the cover.



Remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.



EXERCISE 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 the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

The following guidelines will help you to plan your 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 highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the handgrip pulse sensor. If your heart rate is too high or too low, adjust the speed or incline of the treadmill.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for en-

ergy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed or incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed or 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 or 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 pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

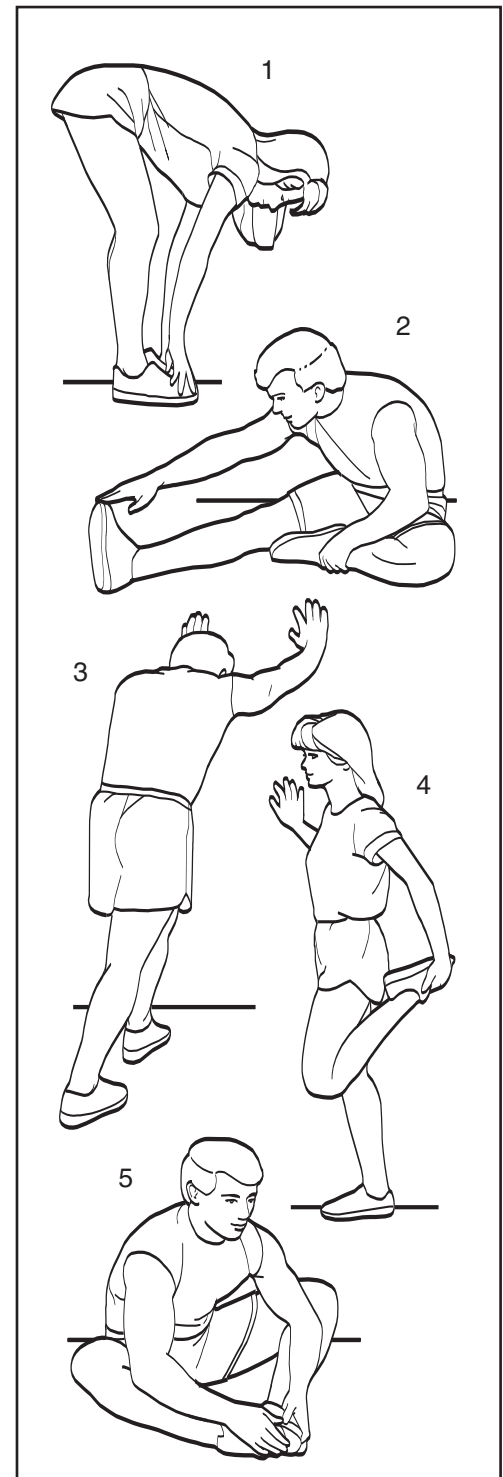
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST—Model No. PETL5513.3

R0205A

To locate the parts listed below, see the EXPLODED DRAWING attached in the centre of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Cover	51	1	Left Front Endcap
2	1	Left Foot Rail	52	1	Walking Belt
3	1	Left Front Endcap	53	1	Walking Platform
4	2	Belt Guide	54	1	Frame
5	4	Belt Guide Screw	55	2	Platform Nut
6	45	3/4" Screw	56	1	Right Foot Rail
7	1	Left Decal Holder	57	1	Rear Roller
8	2	Cushion Spring	58	1	Right Rear Foot
9	4	Catch Screw/Isolator Screw	59	1	Hex Key
10	1	Warning Deal	60	2	Rear Roller Adj. Bolt
11	2	Rear Platform Bolt	61	2	Rear Roller Washer
12	1	Latch Catch	62	1	Right Rear Endcap
13	2	Spring Bolt (Bottom)	63	1	Left Rear Foot
14	2	Spring Bolt (Top)	64	1	Left Rear Endcap
15	2	Front Isolator	65	2	Small Endcap Screw
16	2	Front Platform Screw	66	2	Endcap Washer
17	2	Platform Pivot Bolt	67	4	Front Endcap Screw
18	1	Magnet	68	1	Left Handrail
19	1	Motor Fan	69	1	Left Upright
20	1	Motor Pivot Bolt	70	1	Latch Knob
21	7	Wheel Nut	71	2	1" Bolt
22	2	Frame Spacer	72	4	Internal Star Washer
23	1	Reed Switch Clip	73	1	Left Handrail Bracket
24	1	Reed Switch	74*	1	Latch Assembly
25	1	Reed Switch Screw	75	1	Latch Knob Sleeve
26	1	Lift Frame	76	1	Latch Pin Collar
27	1	Motor Tension Nut	77	1	Latch Spring
28	1	Motor	78	1	Right Console Plate
29	1	Pulley/Flywheel/Fan	79	1	Pin Clip
30	1	Motor Belt	80	1	Latch Pin
31*	1	Motor Assembly	81	1	Right Handrail
32	1	Motor Tension Bolt	82	1	Right Upright
33	1	Motor Tension Washer	83	1	Wire Harness
34	1	Motor Star Washer	84	1	Left Accessory Tray
35	2	Motor Bracket Bolt	85	1	Console Base
36	7	Small Screw	86	4	Fan Screws
37	2	Ground Wire	87	1	Fan
38	1	Transformer	88	1	Console
39	1	Hood	89	1	Fan Housing
40	1	Controller	90	1	Right Accessory Tray
41	1	Power Cord	91	1	Key/Clip
42	1	iFIT.com Wire Nut	92	2	1 1/4" Screw
43	1	iFIT.com Wire	93	2	2" Sliver Screw
44	1	Receptical	94	1	Access Door
45	2	Static Decal	95	1	Console Back
46	1	On/Off Switch	96	1	Tie Holder
47	5	Belly Pan Screw	97	1	Releasable Tie
48	1	Belly Pan	98	1	Plastic Tie
49	1	Photo Switch Wire	99	2	Base Endcap
50	1	Circuit Breaker	100	2	Front Base Pad

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Clevis Pin	128	2	Motor Pivot Bushing
102	2	Hairpin Cotter	129	1	Electronics Bracket
103	4	Cage Nut	130	1	Choke
104	4	1 1/4" Bolt	131	1	Pulse Receiver
105	2	Rear Base Pad	132	1	Chest Pulse Sensor
106	2	Wheel Housing	133	1	Chest Pulse Strap
107	2	Wheel Bolt	134	1	Adapter
108	2	Wheel	135	1	Splitter
109	1	Base	136	1	Optic Disk
110	1	Incline Stop Bracket	137	1	Photo Switch
111	2	Incline Motor Bolt	138	1	Photo Switch Nut
112	1	Incline Motor	139	1	Photo Switch Bolt
113	1	Right Handrail Bracket	#	1	8" Green Wire, F/Ring
114	1	Right Decal Holder	#	1	4" Green Wire, F/Ring
115	1	5/16" Hex Key	#	1	18" Blue Wire, 2 F
116	1	iFIT.com Cable	#	1	16" Blue Wire, M/F
117	1	Motor Bracket	#	1	10" Blue Wire, 2 F
118	2	J-Nut	#	1	10" White Wire, 2 F
119	1	Front Roller Adj. Bolt	#	1	6" White Wire, 2 F
120	1	Front Roller/Pulley	#	1	12" Red Wire, M/F
121	4	Long Belly Pan Screw	#	1	User's Manual
122	1	Photo Switch Washer			
123	2	Rear Roller Star Washer			
124	1	Pulse Wire			
125	1	Pulse Bar			
126	2	Caution Decal			
127	2	Nylon Washer			

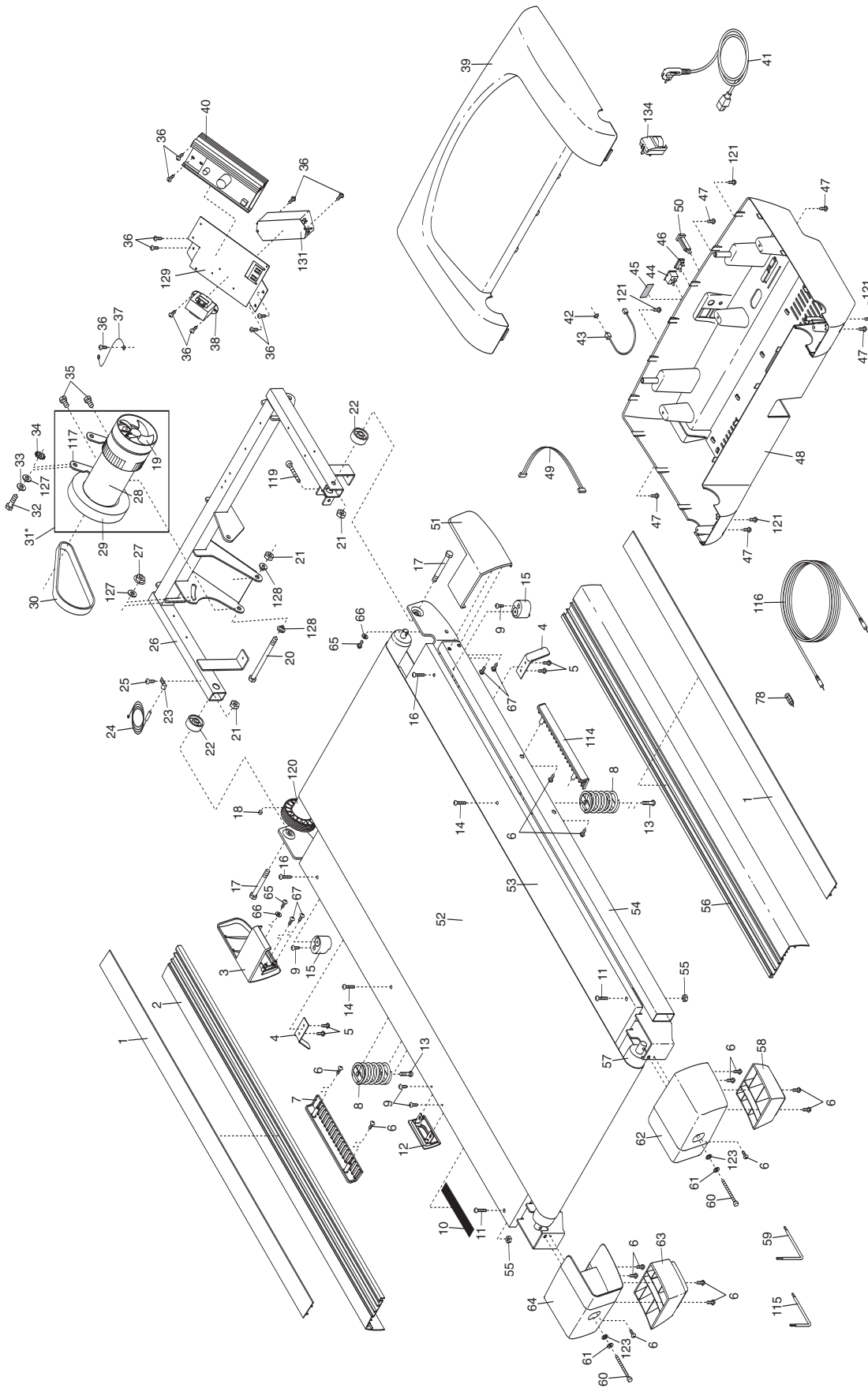
* Includes all parts shown in the box

These parts are not illustrated

Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. PETL5513.3

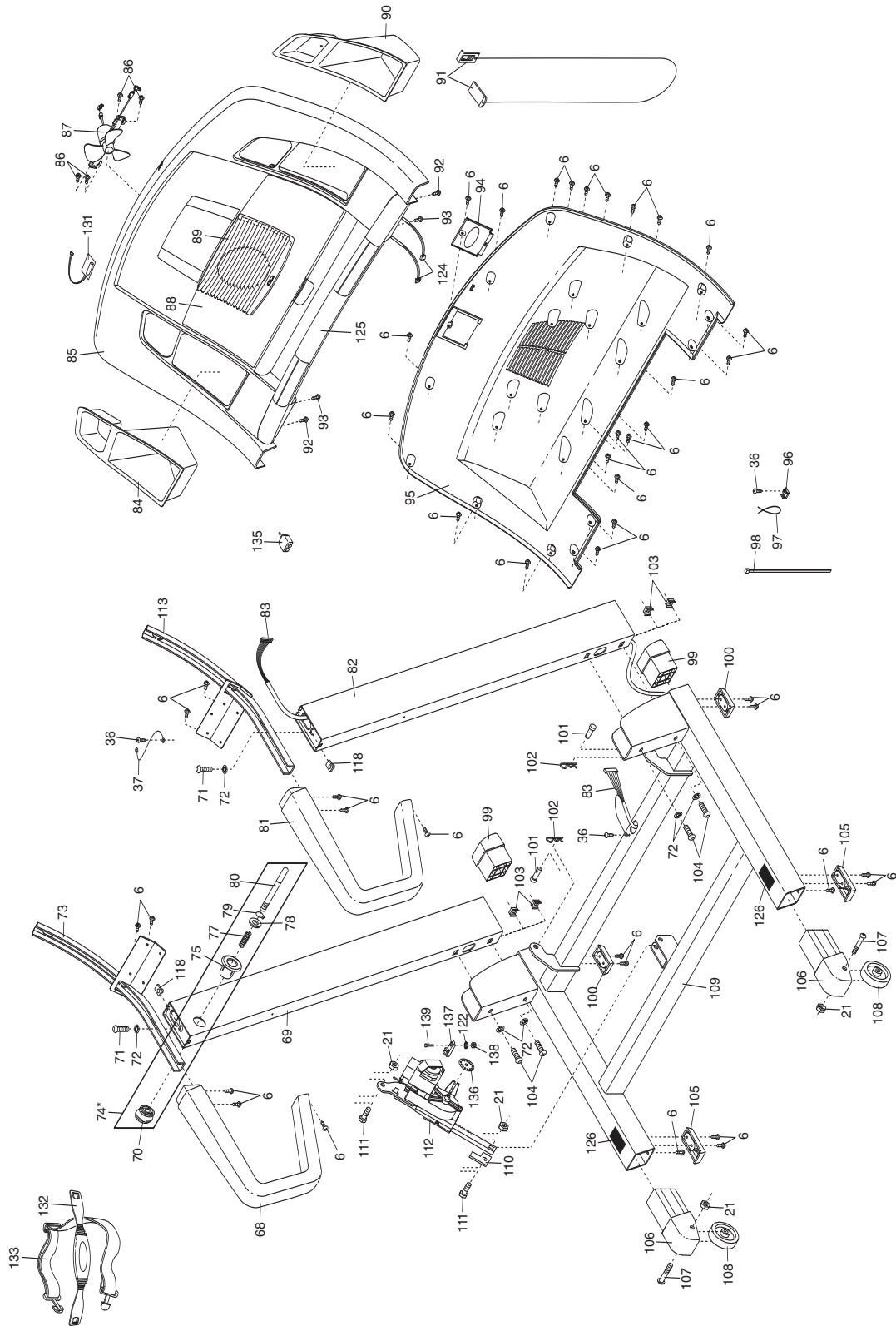
R0205A



To identify the parts shown on this EXPLODED DRAWING, see the PART LIST on pages 30 and 31 of the user's manual.

EXPLODED DRAWING—Model No. PETL5513.3

R0205A



HOW TO ORDER 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) 113 387 7133

Fax: (44) 113 387 7125

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

- The MODEL NUMBER of the product (PETL5513.3)
- The NAME of the product (PROFORM® 590 HR treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on pages 30 and 31 and the EXPLODED DRAWING attached in the centre of this manual)