

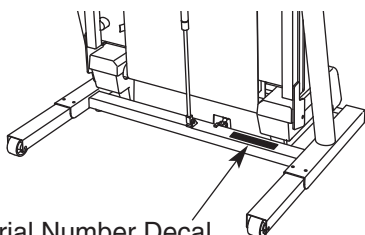
# PRO-FORM<sup>®</sup>

## 650 V

Model No. PETL77905 R.0

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

Find the serial number in the location shown below. Write the serial number in the space above for 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

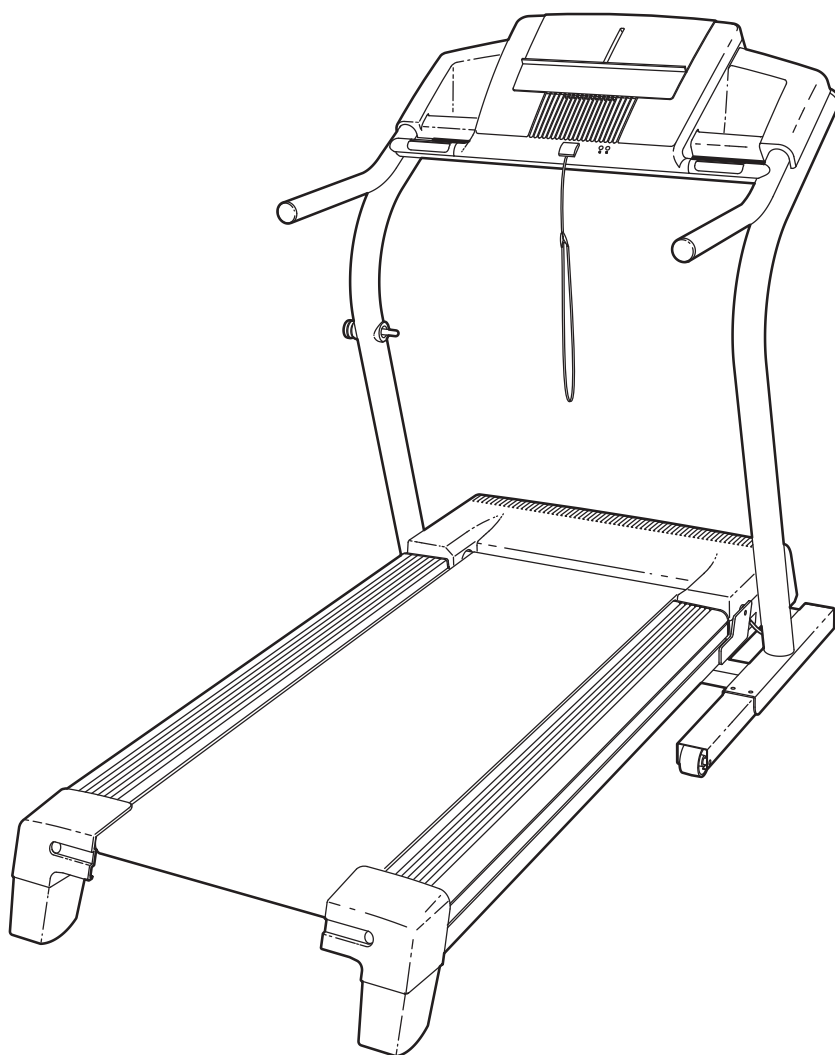
Revie Road Industrial Estate

Revie Road, Beeston

Leeds, LS11 8JG

UK

email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)



### CAUTION

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



Visit our website at

[www.iconeurope.com](http://www.iconeurope.com)

# **PRO-FORM**<sup>®</sup> **650 V**

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Note: An EXPLODED DRAWING is attached in the center 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.
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 where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 135 kg (300 lbs.) or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 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.
11. If an extension cord is needed, use only a 3-conductor, 1mm<sup>2</sup> (14-gauge) cord that is no longer than 1.5 m (5 ft.).
12. Keep the power cord away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 26 if the treadmill is not working properly.)
14. Read, understand, and test the emergency stop procedure before using the treadmill (see OPERATION AND ADJUSTMENT on page 10).
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including 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.
18. Never leave the treadmill unattended while 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.)
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 24.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.
20. Do not change the incline of the treadmill by placing objects under the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

22. When using iFIT.com programs, 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.

23. When using iFIT.com programs, you can manually override the speed and incline settings 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.

24. Always remove iFIT.com CDs and videos from your CD player or VCR and disconnect your MP3 player when you are not using them.

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

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

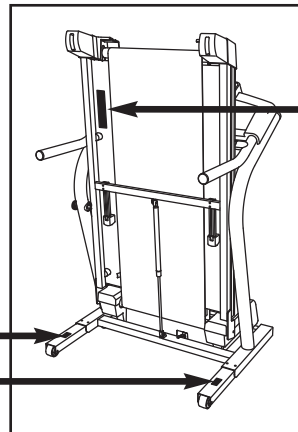
27. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other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

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



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

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

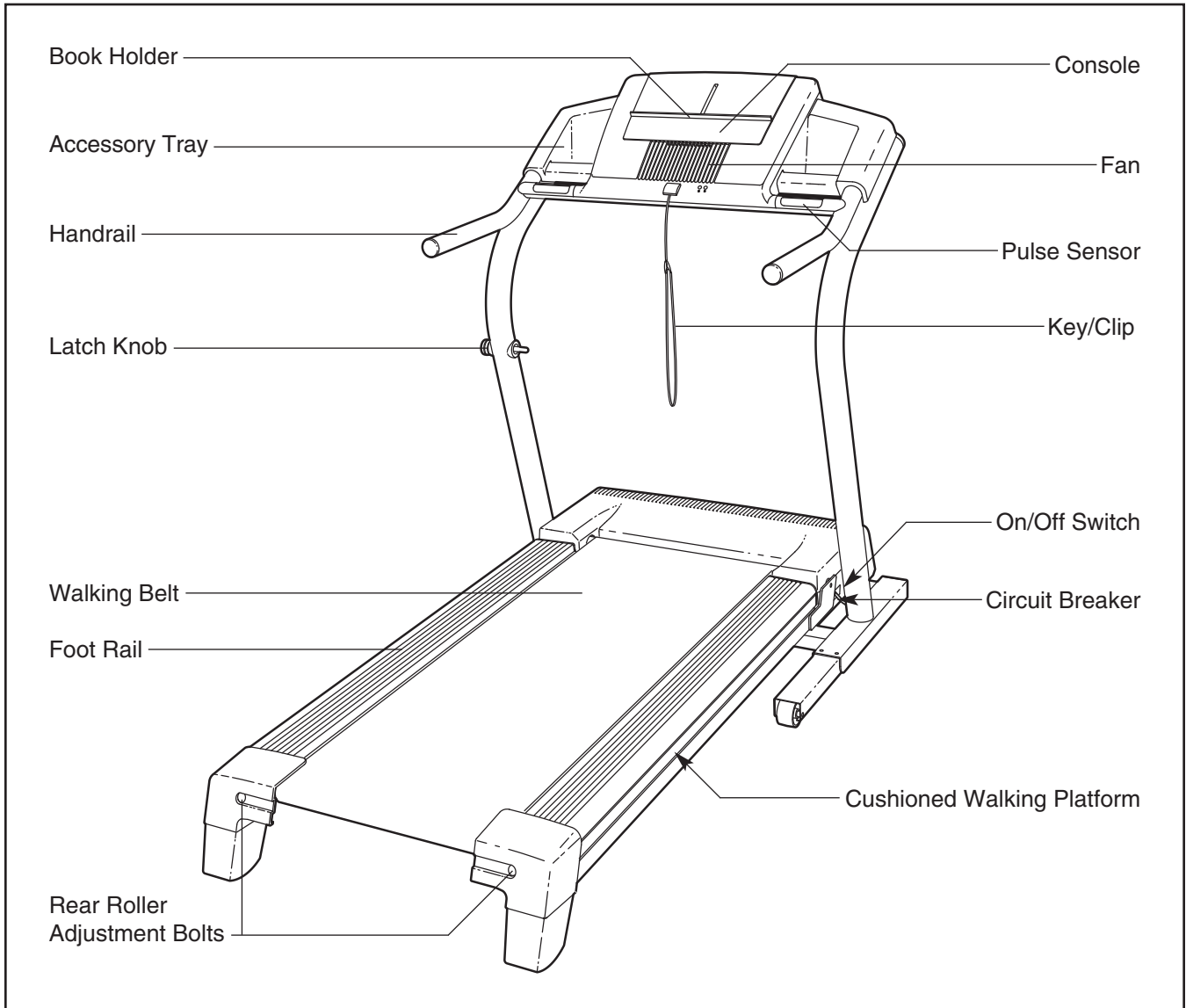
# BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 650 V treadmill. The 650 V treadmill combines advanced technology with innovative design to help you get the most from your exercise in the privacy of your home. And when you're not exercising, the unique 650 V 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 of the treadmill is PETL77905 R.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).


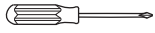


Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



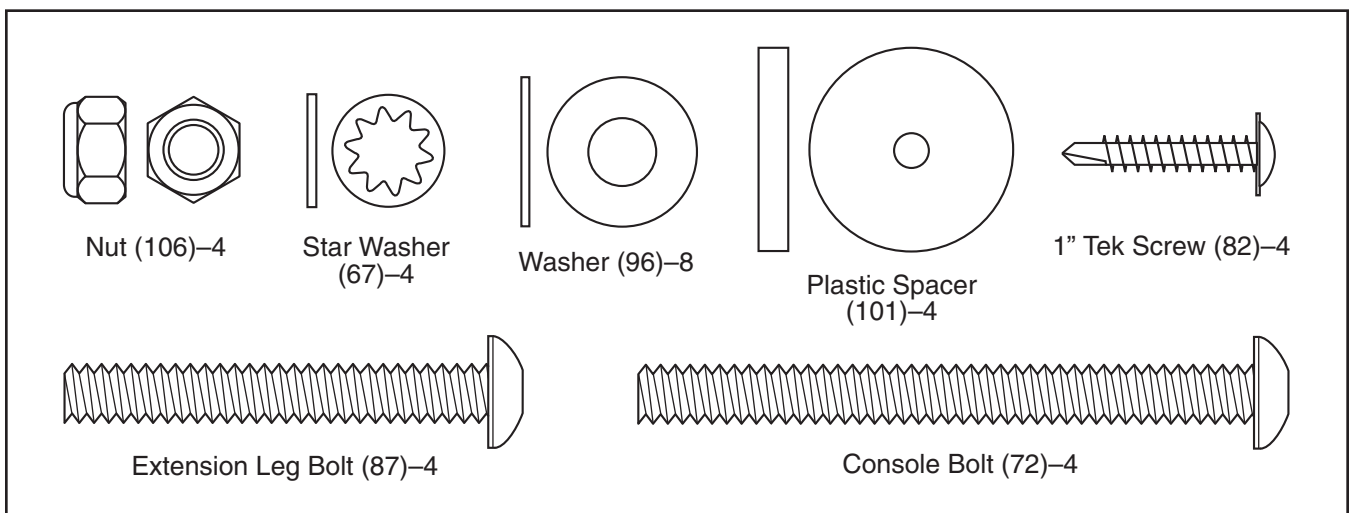
# ASSEMBLY

**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.

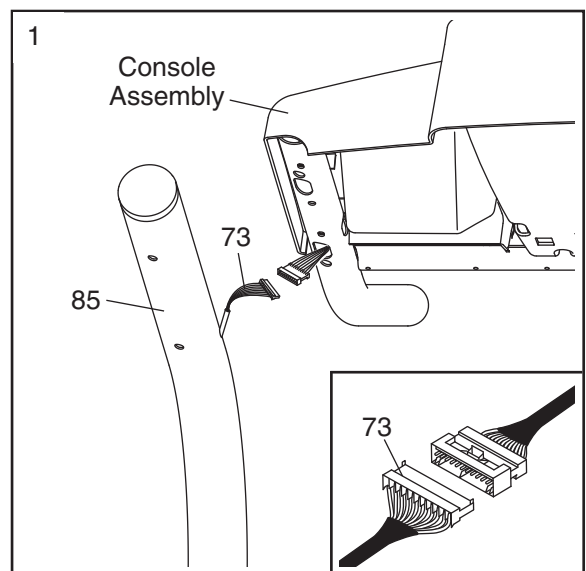
**Assembly requires the included hex key**  **and your own phillips screwdriver**  **, adjustable spanner**  **, and rubber mallet** .

**For help identifying the assembly hardware, see the drawings below.** The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 30 and 31. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**

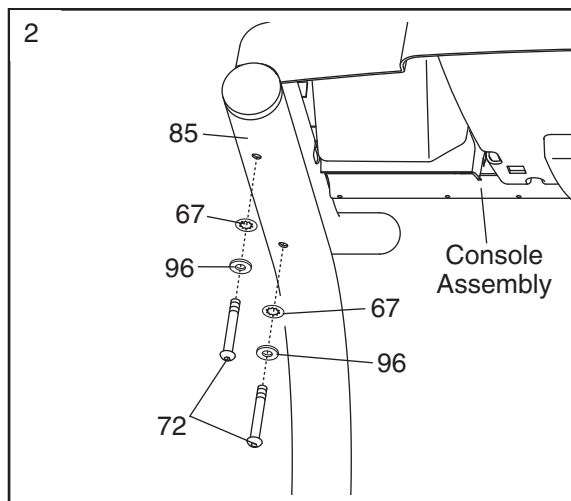


1. With the help of a second person, carefully raise the Uprights (85) to the vertical position. Remove the band securing the Upright Wire Harness (73) to the right Upright.

Next, have a second person hold the console assembly near the right Upright (85). Connect the Upright Wire Harness (73) to the wire harness on the console assembly. **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 again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, insert the connectors down into the right Upright.



2. With the help of a second person, set the console assembly on the Uprights (85). **Make sure that no wires are pinched.** Attach the console assembly with four Console Bolts (72), four Washers (96), and four Star Washers (67) (only one side is shown). **Start all four Console Bolts before tightening any of them.**

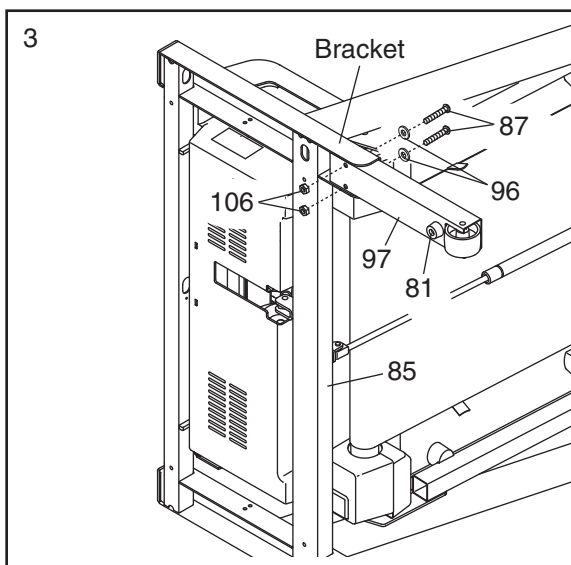


3. With the help of a second person, carefully tip the treadmill onto its side as shown.

Insert an Extension Leg (97) into the indicated bracket on the base of the Uprights (85). **Make sure that the Extension Leg is turned so the Base Pad (81) is on the side shown.** If necessary, use a rubber mallet to align the holes in the Extension Leg with the holes in the bracket.

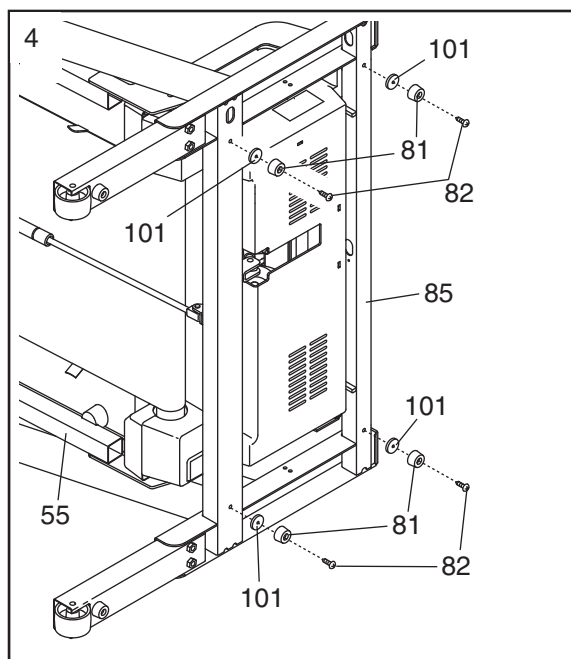
Attach the Extension Leg (97) with two Extension Leg Bolts (87), two Washers (96), and two Nuts (106) as shown. **Firmly tighten the Nuts.**

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



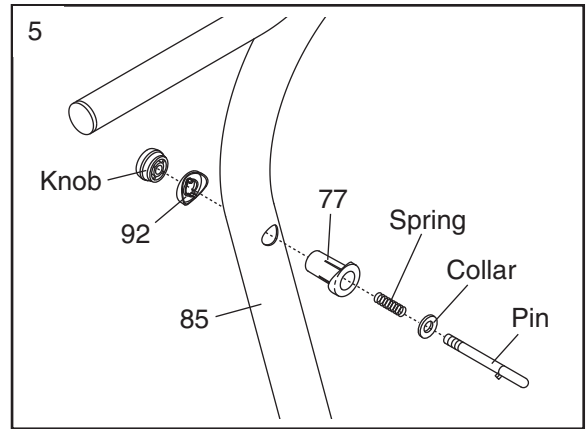
4. Attach the four Base Pads (81) to the base of the Uprights (85) in the indicated locations with four 1" Tek Screws (82) and four Plastic Spacers (101). Note: One replacement Base Pad may be included. Use the Base Pad to replace any Base Pad that becomes worn.

With the help of a second person, carefully tip the treadmill down so the four Base Pads (81) are resting on the floor and the Uprights (85) are in the vertical position.



5. Remove the knob from the pin. **Make sure that the collar and the spring are on the pin.**

Press the Latch Insert (77) into the right side and the left Upright (85), and press the Knob Insert (92) into the left side of the left Upright. Use a rubber mallet, if necessary. Next, insert the pin into the Latch Insert, and tighten the knob back onto the pin.



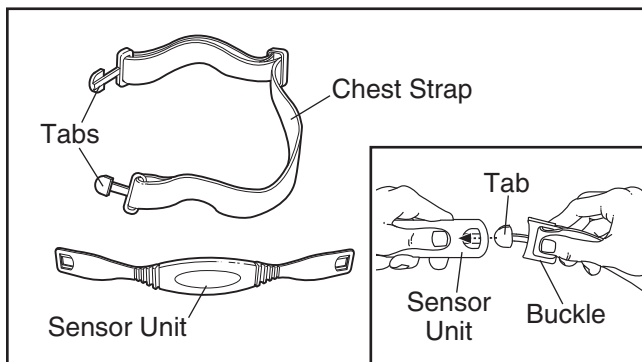
6. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place. The hex key is used to adjust the walking belt (see page 27). **To protect the floor or carpet from damage, place a mat under the treadmill.**



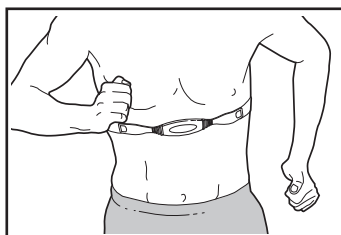
# HOW TO USE THE CHEST PULSE SENSOR

## 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 the hole in one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.



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



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

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

## CHEST PULSE SENSOR CARE AND MAINTENANCE

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

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

## CHEST PULSE SENSOR TROUBLESHOOTING

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

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the centre of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 28).

# OPERATION AND ADJUSTMENT

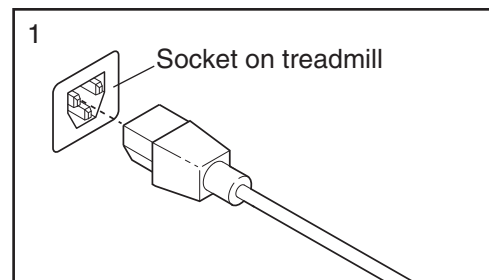
## THE PRE-LUBRICATED WALKING BELT

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

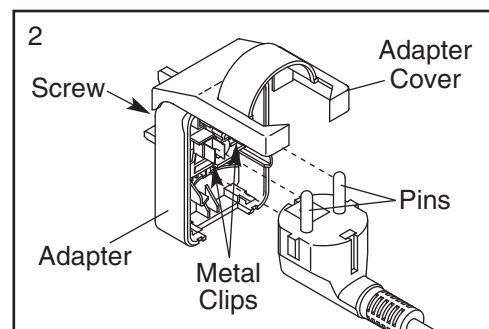
## HOW TO PLUG IN THE POWER CORD

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

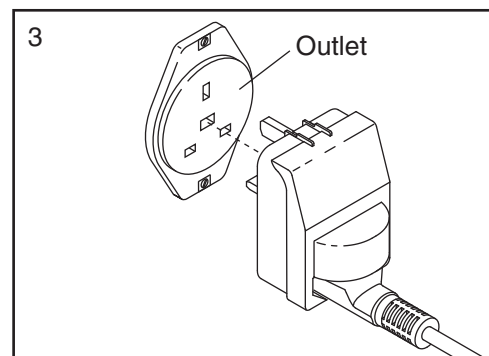
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



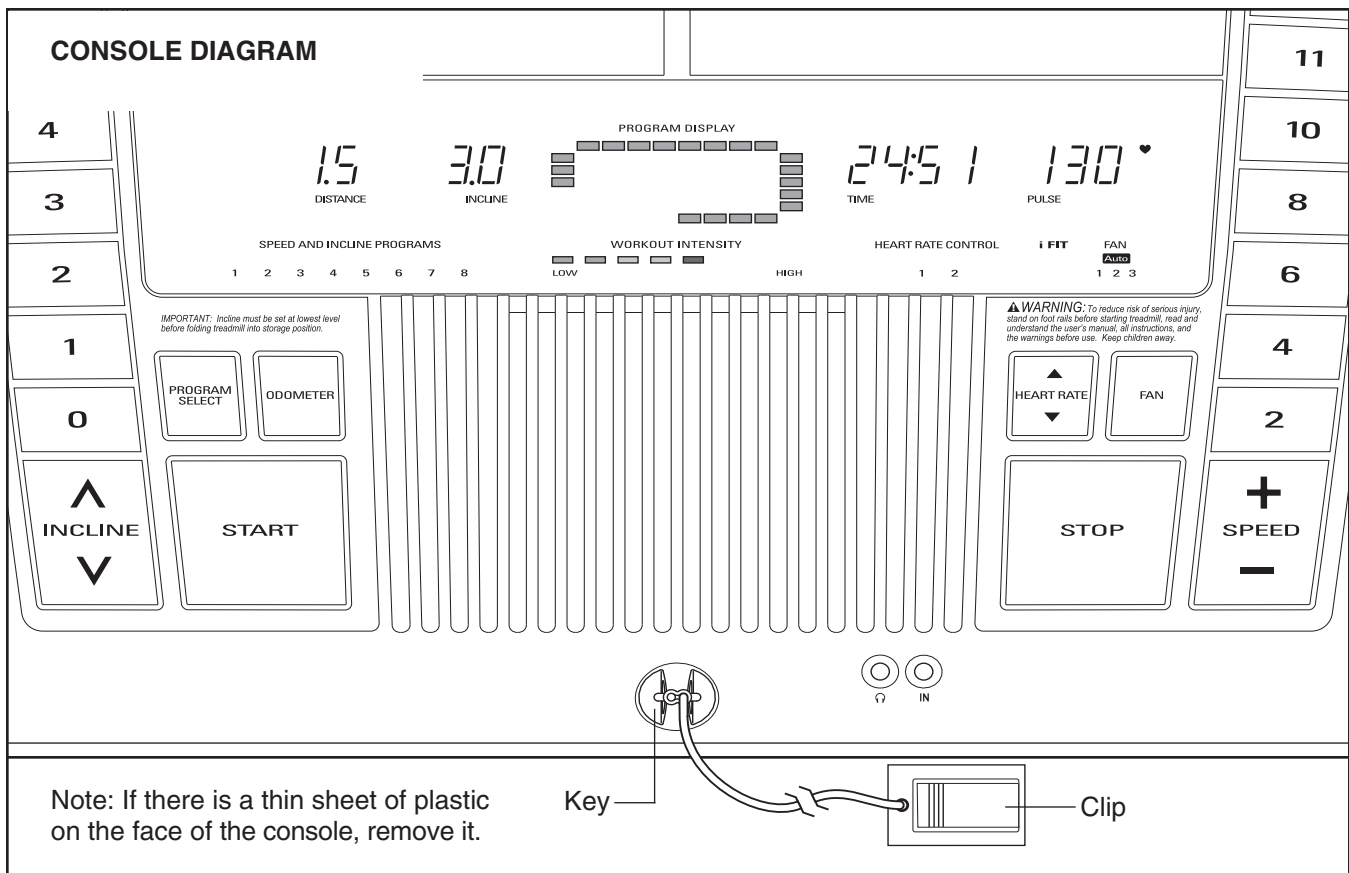
See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**



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



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



## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to help you get the most from your workouts. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the chest pulse sensor.

In addition, the console features eight preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. The console also offers two heart rate programs that control the speed and incline of the treadmill to keep your heart rate near a target heart rate during your workouts.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo,

home stereo, computer, or VCR and play special iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). iFIT.com 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 download iFIT.com MP3 programs, go to [www.iFIT.com](http://www.iFIT.com). To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

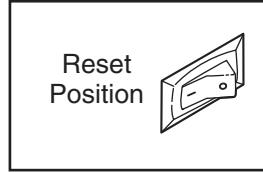
With the treadmill connected to your computer, you can also go to [www.iFIT.com](http://www.iFIT.com) and access iFIT.com programs directly from our Web site. **See [www.iFIT.com](http://www.iFIT.com) for more information.**

**To use the manual mode of the console**, follow the steps beginning on page 12. **To use a preset program**, see page 15. **To use a heart rate program**, see page 16. **To use an iFIT.com MP3, CD, or video program**, see page 20. **To use an iFIT.com program directly from our Web site**, see page 22.

## HOW TO TURN ON THE POWER

**Note:** To prevent damage to the walking platform, always wear clean shoes while using the treadmill.

Plug in the power cord (see page 10). Next, locate the on/off switch on the treadmill frame near the power cord. Make sure that the circuit breaker is in the reset position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11) and attach the clip to 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 until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

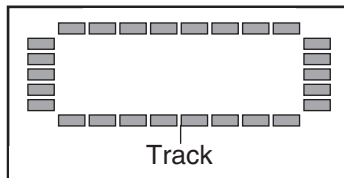
## HOW TO USE THE MANUAL MODE

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

### 2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Program Select button repeatedly until a track appears in the matrix and the iFIT indicator is **not** lit.



### 3 Start the walking belt.

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

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 2 km/h. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button

is pressed, the speed setting will change by 0.1 km/h; if a button is held down, the speed setting will change in increments of 0.5 km/h.



**Note:** After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

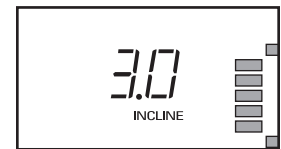
If one of the speed buttons numbered 2 through 16 is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the walking belt, press the Start button, the Speed increase button, or one of the speed buttons numbered 1 through 10.

**Note:** The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 27).

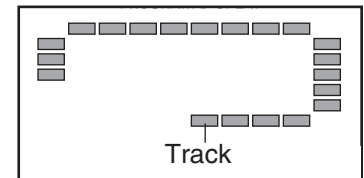
### 4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline quickly, press one of the incline buttons numbered 0 through 12. **Note:** After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

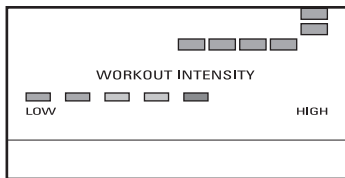


### 5 Follow your progress with the matrix and the displays.

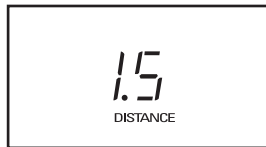
**The matrix—** When the manual mode or the iFIT.com mode is selected, the matrix will show a 400 meter (1/4-mile) track. As you walk or run, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light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



**The Workout Intensity display**—This display indicates the approximate intensity level of your exercise, from low intensity to high intensity.



**The Calories/Distance display**—This display will show the approximate number of calories that you have burned and the distance that you have walked or run during your workout. The display will change from one number to the other every few seconds.



To see the total number of kilometers that the walking belt has moved recently, press the Odometer button; the words “MY DIST.” (My Distance) and the total number of kilometers will appear in the display. To reset this number, hold down the Odometer button for a few seconds.

To see the total number of kilometers that the walking belt has moved since the treadmill was purchased, press the Odometer button again; the words “TOTAL DIST.” (Total Distance) and the total number of kilometers will appear in the display.

To see only the number of calories that you have burned, press the Odometer button again.

To see only the distance that you have walked or run during your workout, press the Odometer button again.

To again see the number of calories that you have burned and the distance that you have walked or run during your workout, press the Odometer button again. The words “Calories” and “Distance” and the word “SCAN” will appear in the display for a few seconds.



**The Carbs/Incline display**—This display will show the approximate number of grams of carbs you have burned



and the incline level of the treadmill. Note: Each time the incline changes, the display will show the incline setting.

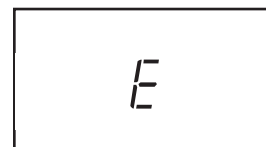
**The Time/Pace display**—This display will show the elapsed time and your pace (pace is measured in minutes per kilometer). Note: When a program is selected (except for heart rate program 1), the display will show the time remaining in the program instead of the elapsed time.



**The Pulse/Speed display**—This display will show the speed of the walking belt. The display will also show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.

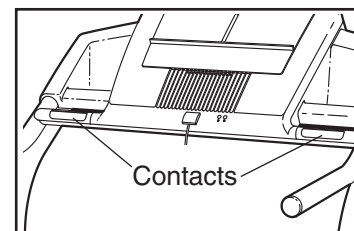


Note: The console can display speed and distance in either kilometers or miles. To determine which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear in the Pulse/Speed display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. **Note: For simplicity, all instructions in this section refer to kilometers.**



## 6 Measure your heart rate if desired.

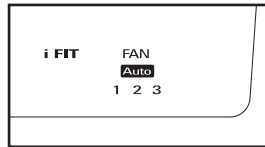
Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately. Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol beside the Pulse/Speed display will flash, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

## 7 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. To turn on the fan at medium speed, press the button a second time. To turn on the fan at high speed, press the button a third time. To select the auto mode, press the button again; the word “Auto” will appear in the display. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.



To turn off the fan, press the Fan button again. Note: If the fan is on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

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

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 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, switch the on/off switch to the “off” position and unplug the power cord.**

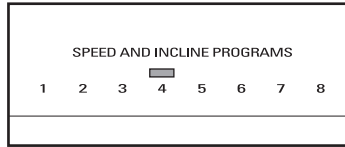
## HOW TO USE A PRESET PROGRAM

### 1 Insert the key into the console.

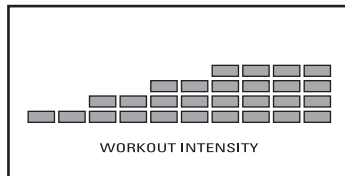
See HOW TO TURN ON THE POWER on page 12.

### 2 Select one of the preset programs.

To select one of the preset programs, press the Program Select button repeatedly until one of the eight Speed and Incline Programs indicators lights.



As each preset program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the displays for a few seconds. The Time/Pace display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.

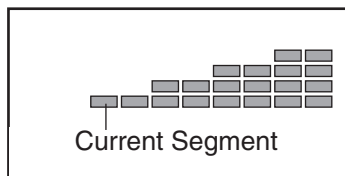


### 3 Press the Start button or the Speed increase button to start the program.

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

Each program is divided into either 30 or 60 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column



of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next seven segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or the incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the displays to alert you.

When the first segment is completed, *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 seven indicators in the Current Segment column are lit, *the speed settings may also move downward* so that only the highest indicators appear in the matrix.

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

If the speed or incline setting for the current segment is too high or too low, 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.

**Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 km/h. When the 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 14.

**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 display remains 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, switch the on/off switch to the “off” position and unplug the power cord.

**HOW TO USE A HEART RATE PROGRAM**

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

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

Follow the steps below to use a heart rate program.

**1 Put on the chest pulse sensor.**

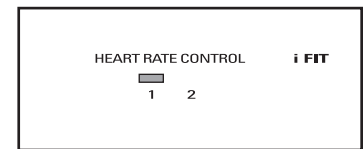
You must wear the chest pulse sensor to use a heart rate program.

**2 Insert the key into the console.**

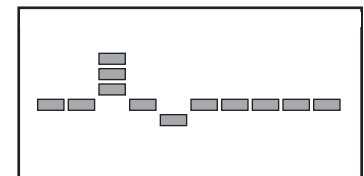
See HOW TO TURN ON THE POWER on page 12.

**3 Select a heart rate program.**

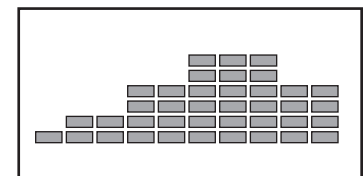
To select a heart rate program, press the Program Select button repeatedly until one of the two Heart Rate Control indicators lights.



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



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





#### 4 Enter a target heart rate setting.

If heart rate program 1 is selected, the target heart rate setting for the program will flash in the Pulse/Speed display. If desired, press the Heart Rate increase and decrease buttons to change the target heart rate setting (see **EXERCISE INTENSITY on page 29**). Note: The same target heart rate setting will be programmed for the entire program.



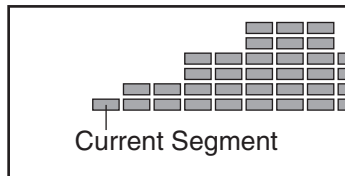
If heart rate program 2 is selected, the maximum target heart rate setting of the program will flash in the Pulse/Speed display. If desired, press the Heart Rate increase and decrease buttons to change the maximum target heart rate setting (see **EXERCISE INTENSITY on page 29**). Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.

#### 5 Press the Start button or the Speed increase button to start the program.

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

Heart rate program 1 is divided into 40 one-minute segments. The same target heart rate setting is programmed for all segments. (Note: For a shorter workout, simply stop the program before it ends.) Heart rate program 2 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

If heart rate program 2 is selected, the target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several segments will be shown in the columns to the right. When only three seconds remain in the first segment, both the Current Segment column and the column to the right will flash and a series of tones will sound. In addition, the speed setting



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

During both heart rate programs, the console will regularly compare your heart rate to the current target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. If the speed of the walking belt reaches 12 km/h and your heart rate is still too far below the target heart rate setting, the incline of the treadmill will also increase.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the letters "PLS" will flash in the Pulse/Speed display and the speed and/or incline of the treadmill may automatically decrease. If this occurs, see page 9.

To stop the program at any time, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 km/h. When the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

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

See step 5 on page 12.

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

See step 7 on page 14.

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

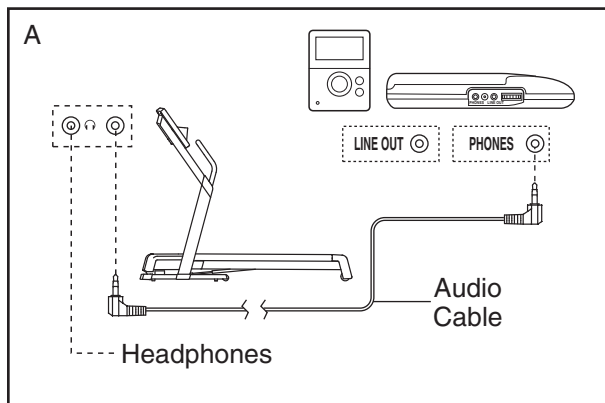
See step 7 on page 16.

## HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 18 and 20 for connecting instructions. To use iFIT.com programs directly from our Web site, the treadmill must be connected to your computer. See page 19 for connecting instructions. To use iFIT.com video programs, the treadmill must be connected to your VCR. See page 20 for connecting instructions.

## HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

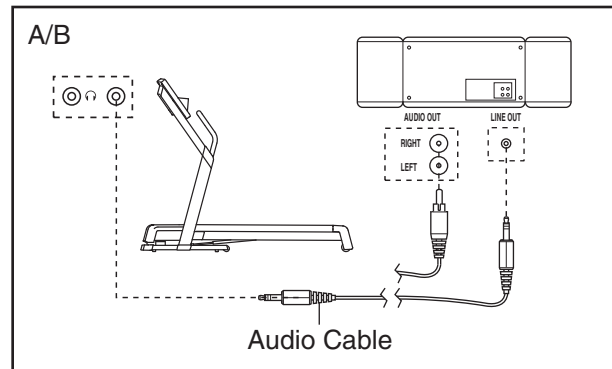
- A. Plug one end of the included 3.5 mm to 3.5 mm stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



## HOW TO CONNECT YOUR PORTABLE STEREO

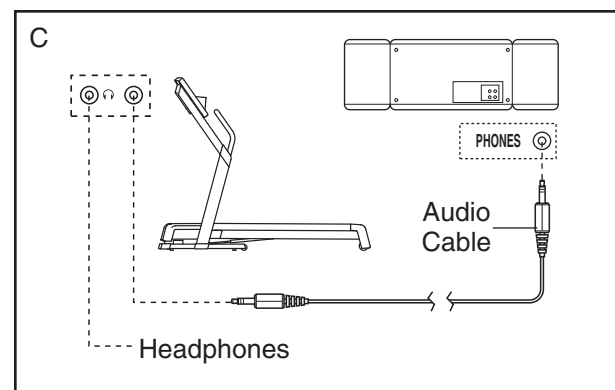
**Note:** If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5 mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

- A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



- B. See the drawing above. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

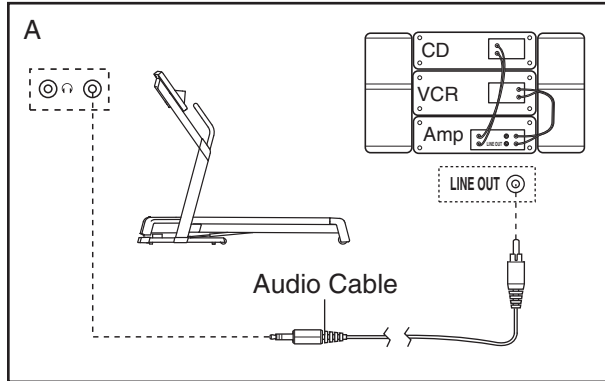
- C. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.



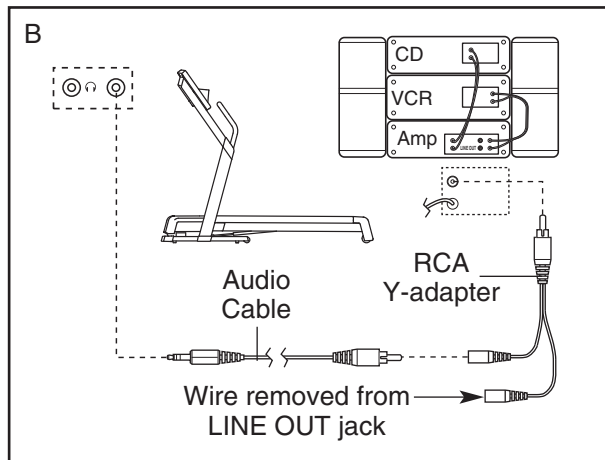
## HOW TO CONNECT YOUR HOME STEREO

**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 a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

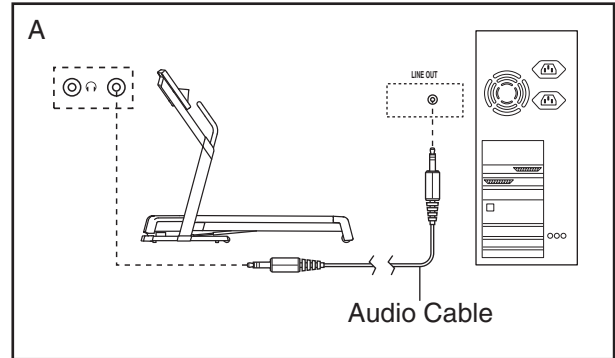


- B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: While the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



## HOW TO CONNECT YOUR COMPUTER

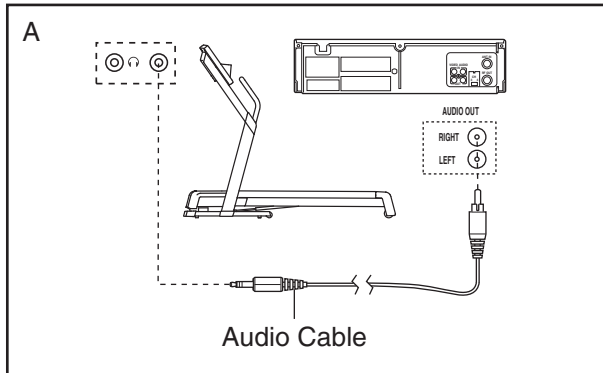
- A. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



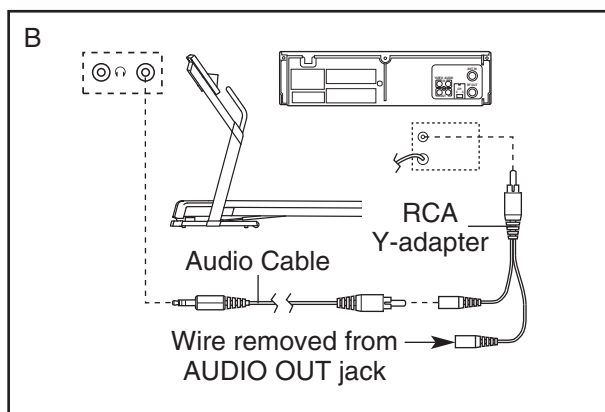
## HOW TO CONNECT YOUR VCR

**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 a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



- B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable 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 Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE AN iFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO USE iFIT.COM PROGRAMS** on pages 18 to 20. **To download iFIT.com MP3 programs, go to [www.iFIT.com](http://www.iFIT.com). To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

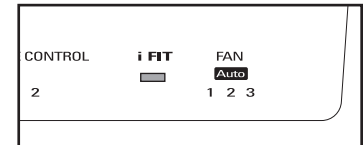
Follow the steps below to use an iFIT.com MP3, CD, or video program.

### 1 Insert the key into the console.

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

### 2 Select the iFIT.com mode.

To select the iFIT.com mode, press the Program Select button repeatedly until the iFIT indicator lights.



### 3 Press the Play button on your MP3 player, CD player, or VCR.

Note: 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.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the Time/Pace display, press the Start button or the Speed increase button on the console. The treadmill will not respond to an MP3, CD, or video program while the time is flashing.

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. In some instances, the speed and/or incline may change before your 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 program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 2 km/h. **When the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 20.

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

- **Make sure that the iFIT indicator is lit and that the time is not flashing in the Time/Pace display. If the time is flashing, press the Start button or the Speed increase button on the console.**
- **Adjust the volume of your MP3 player, 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.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

**4 Follow your progress with the matrix and 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 14.

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

See step 7 on page 16.

**CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.**

## HOW TO USE AN iFIT.COM PROGRAM 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.

See step 2 on page 20.

### **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](http://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 rails. 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 for the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 2.0 km/h. **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. Note: To use another program, press the Stop button and go to step 5.

**Note: If the speed and/or incline of the treadmill does not change when a “chirp” is heard, make sure that the iFIT indicator is lit and that the time is not flashing in the Time/Pace display. In addition, make sure that the audio cable is properly connected.**

### **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 16.

## THE INFORMATION MODE/DEMO MODE

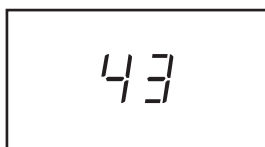
The console features an information mode that keeps track of the total number of kilometers that the walking belt has moved and the total number of hours that the treadmill has been operated. The information mode also allows you to select kilometers or miles as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console.

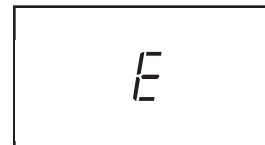
The Calories/Distance display will show the total number of kilometers (or miles) that the walking belt has moved.



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



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



**IMPORTANT:** If a “d” appears in the Carbs/Incline display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically light in a preset sequence, although the buttons on the console will not operate. **If a “d” appears when the information mode is selected, press the Speed decrease button so the “d” disappears.**

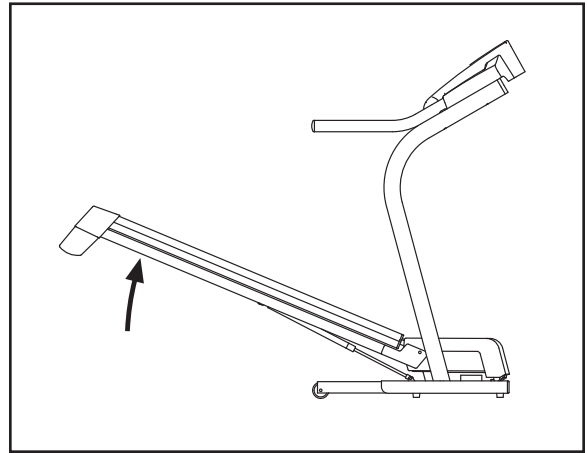
To exit the information mode, remove the key from the console.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

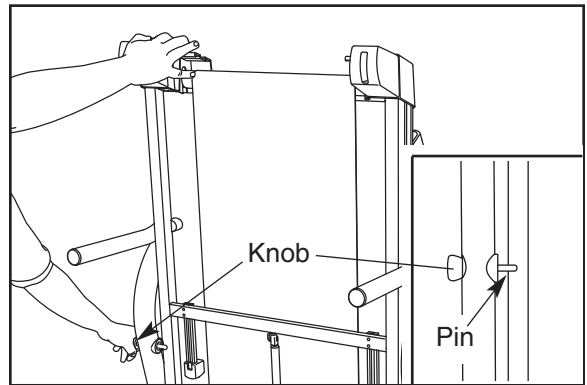
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

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



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

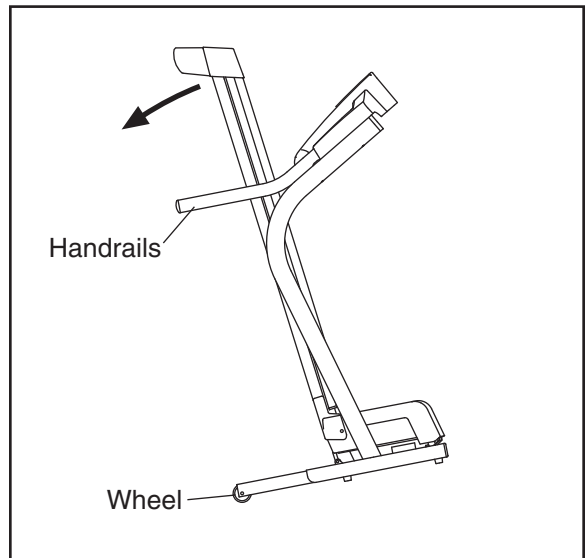
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).**



## 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 held securely by the pin on the latch knob.**

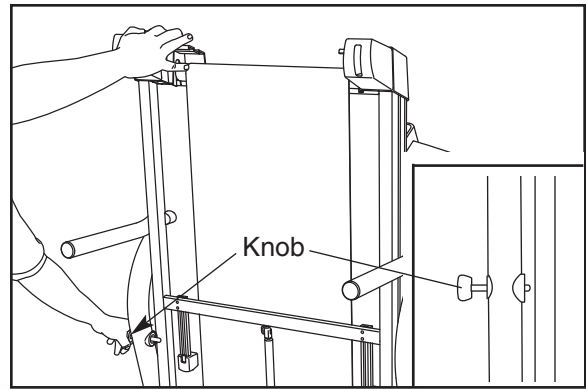
1. Hold the handrails and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.



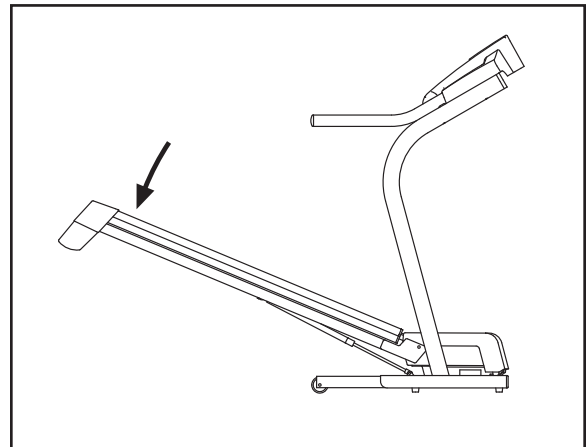


## HOW TO LOWER THE TREADMILL FOR USE

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



2. Hold the frame firmly with both hands, and lower it to the floor. **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, see the front cover of this manual.

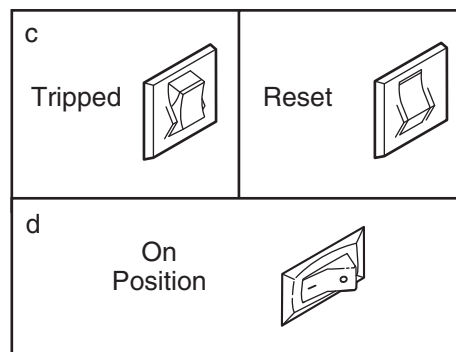
## PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 10.) If an extension cord is needed, use only a 3-conductor, 1 mm<sup>2</sup> (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

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

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

d. Check the on/off switch located on the treadmill frame near the power cord. Make sure that the switch is 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 the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

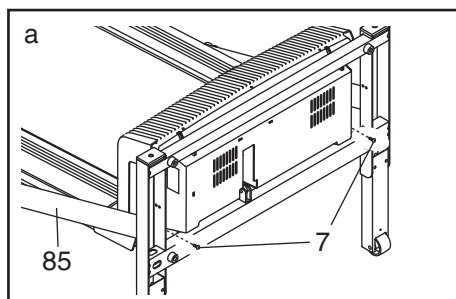
c. Remove the key from the console. Reinsert the key into the console.

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

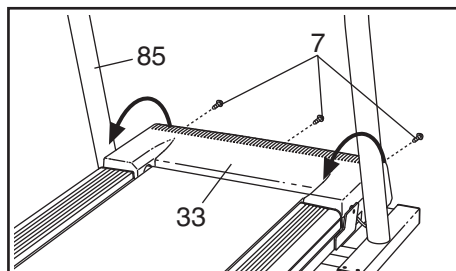
e. If the treadmill still will not run, please see the front cover of this manual.

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

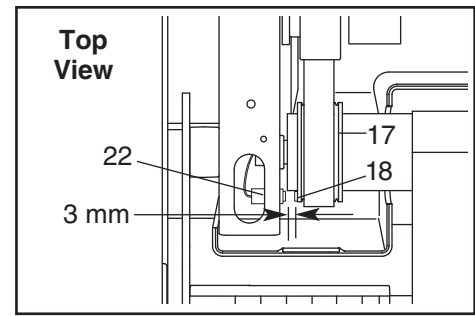
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, carefully lower the Uprights (85). Remove the two indicated Screws (7). Note: A phillips screwdriver with an 8" shaft is needed.



Raise the Uprights (85) to the vertical position. Remove the three Screws (7) from the Hood (33), and carefully pivot the Hood off.



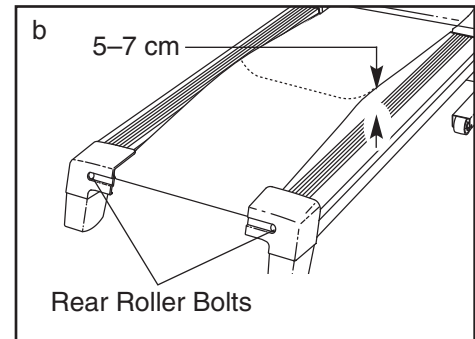
Locate the Reed Switch (22) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, move the Reed Switch slightly using a slotted screwdriver. Reattach the hood (not shown), making sure that the screws are inserted into the same holes from which they were removed. Then, run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

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

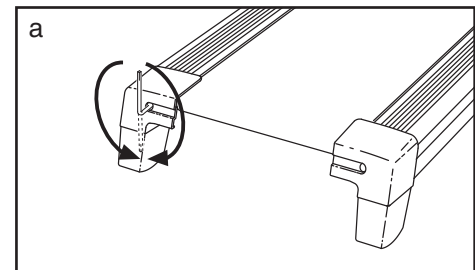
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be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



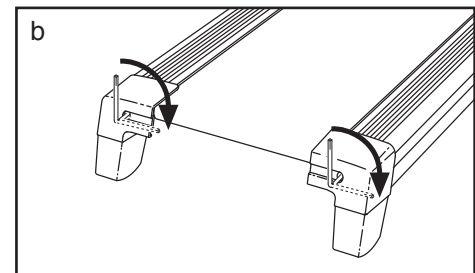
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

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



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



**PROBLEM: The shock does not assist the lowering of the treadmill frame**

**SOLUTION:** a. Environmental factors such as cold temperatures can affect the performance of the shock. To restore shock performance, hold the ends of the frame near the endcaps firmly with both hands, and carefully lower the frame to the floor and then raise it several times. **To decrease the possibility of injury, bend your legs and keep your back straight.**

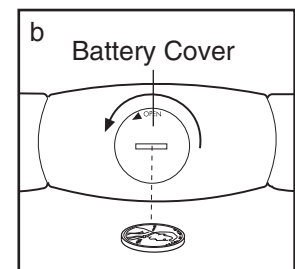
**PROBLEM: The incline of the treadmill does not change correctly**

**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.

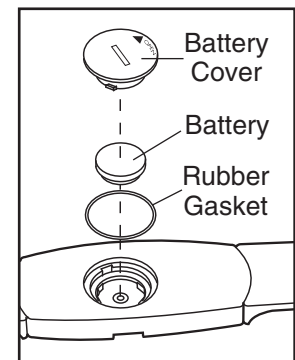
**PROBLEM: The chest pulse sensor does not function properly**

**SOLUTION:** a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

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



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



# CONDITIONING GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

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

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

## Fat Burning

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

begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

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

## Aerobic Exercise

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

## WORKOUT GUIDELINES

Each workout should include the following three parts:

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

**Training Zone Exercise**—After warming up, increase the intensity of your exercise until your 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.

# PART LIST—Model No. PETL77905 R.0

R0706A

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

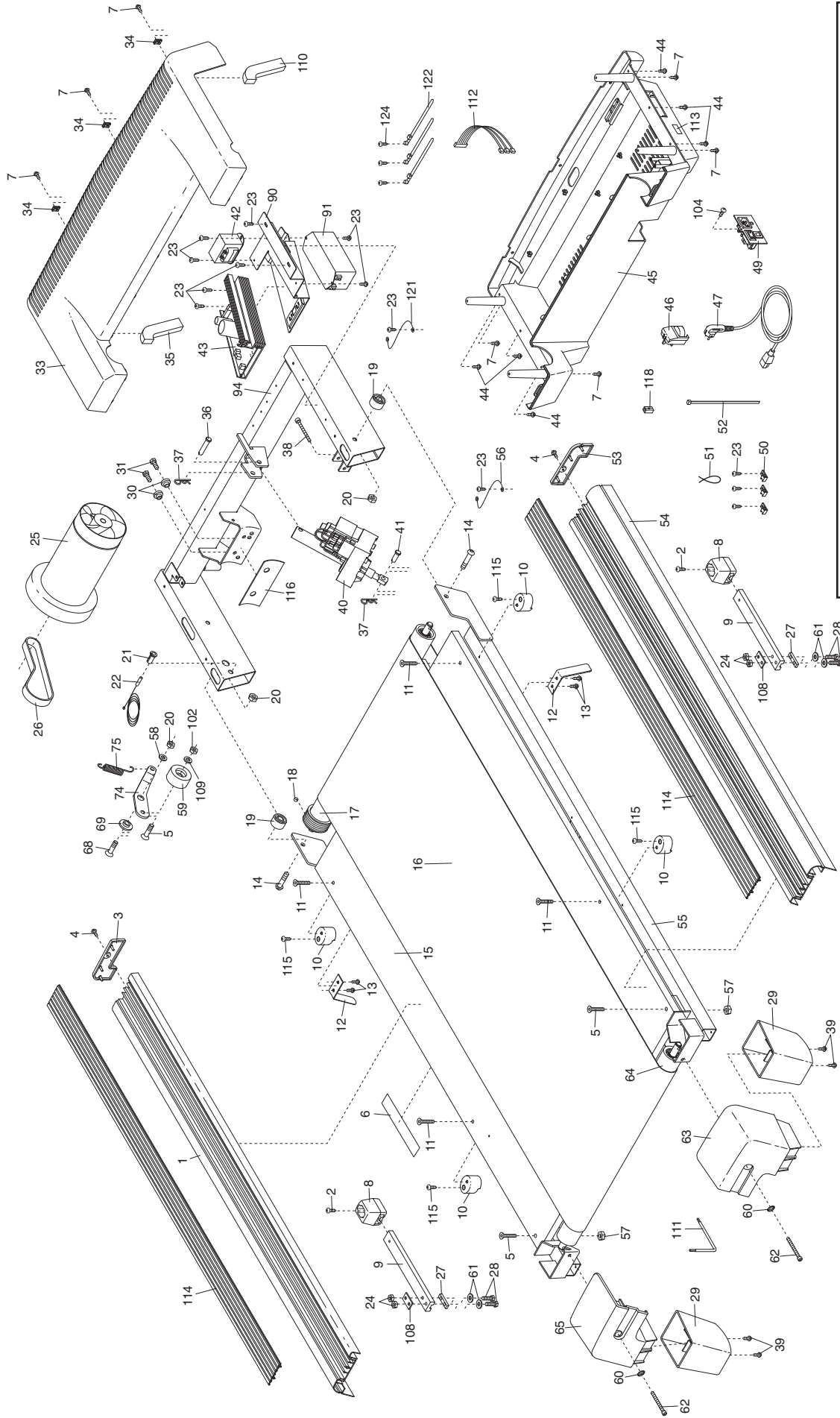
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Foot Rail	51	1	Releasable Tie
2	2	Spring Pad Screw	52	7	Plastic Tie
3	1	Front Left Endcap	53	1	Front Right Endcap
4	2	Front Endcap Screw	54	1	Right Foot Rail
5	3	Rear Platform Screw	55	1	Frame
6	1	Latch Warning Decal	56	1	Lift Frame Ground Wire
7	35	3/4" Screw	57	2	Platform Nut
8	2	Spring Pad	58	1	Idler Arm Washer
9	2	Leaf Spring	59	1	Idler Pulley
10	4	Isolator	60	2	Rear Roller Star Washer
11	4	Platform Screw	61	4	Leaf Spring Washer
12	2	Belt Guide	62	2	Rear Roller Bolt
13	4	Belt Guide Screw	63	1	Right Rear Endcap
14	2	Frame Pivot Bolt	64	1	Rear Roller
15	1	Walking Platform	65	1	Left Rear Endcap
16	1	Walking Belt	66	1	Idler Pulley Bolt
17	1	Front Roller	67	4	Star Washer
18	1	Magnet	68	1	Idler Arm Bolt
19	2	Frame Spacer	69	1	Idler Arm Spacer
20	5	Nut	70	1	Handrail
21	1	Reed Switch Clip	71	2	Round Upright Endcap
22	1	Reed Switch	72	4	Console Bolt
23	10	1/2" Screw	73	1	Wire Harness
24	4	Spring Nut	74	1	Idler Arm
25	1	Motor	75	1	Idler Arm Spring
26	1	Motor Belt	76	1	Latch Assembly
27	2	Spring Spacer	77	1	Latch Insert
28	4	Spring Bolt	78	2	Handrail Endcap
29	2	Rear Foot	79	2	Square Upright Endcap
30	2	Motor Bushing	80	2	Lift Frame Bolt
31	2	Motor Bolt	81	6	Base Pad
32	2	Insert Screw, Lower	82	6	1" Tek Screw
33	1	Motor Hood	83	4	U-nut
34	3	Hood Clip	84	2	Caution Decal
35	1	Hood Foam, Left	85	1	Upright
36	1	Upper Clevis Pin	86	1	Shock
37	2	Cotter Pin	87	4	Extension Leg Bolt
38	1	Front Roller Adjustment Bolt	88	2	Front Wheel Bolt
39	4	Rear Foot Screw	89	2	Front Wheel
40	1	Incline Motor	90	1	Electronics Bracket
41	1	Lower Pin	91	1	Filter
42	1	Transformer	92	1	Knob Insert
43	1	Controller	93	1	iFIT Cable
44	6	3/4" Screw	94	1	Lift Frame
45	1	Belly Pan	95	1	Access Door
46	1	Power Cord Adapter	96	8	Washer
47	1	Power Cord	97	2	Extension Leg
48	2	Lift Frame Nut	98	1	Console Base
49	1	Outlet Assembly	99	1	Pulse Sensor Screw
50	2	Tie Holder	100	1	Console Fan

Key No.	Qty.	Description	Key No.	Qty.	Description
101	6	Plastic Spacer	119	1	Chest Pulse Strap
102	1	Idler Pulley Nut	120	1	Chest Pulse Sensor
103	1	Key/Clip	121	1	Front Roller Ground Wire
104	1	Outlet Bracket Screw	122	3	Wire Tie
105	1	Console Insert	123	4	Wheel Spacer
106	4	Nut	125	2	Console Fan Screw
107	1	Book Holder	#	1	10" Blue Wire, 2F
108	4	Cushion Spacer	#	1	8" Blue Wire, M/F
109	1	Idler Pulley Washer	#	1	4" Blue Wire, M/F
110	1	Hood Foam, Right	#	1	10" Green Wire, F/Ring
111	1	Hex Key	#	1	8" Green Wire, F/Ring
112	1	Incline Wire Harness	#	1	4" Green Wire, F/Ring
113	1	Static Decal	#	1	4" Red Wire, M/F
114	2	Rail Cover	#	1	6" White Wire, 2F
115	4	Isolator Screw	#	1	User's Manual
116	1	Motor Isolator			
117	1	Pulse Receiver			
118	1	Ferrite Clamp			

#These parts are not illustrated  
Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. PETL77905 R.0

R0706A

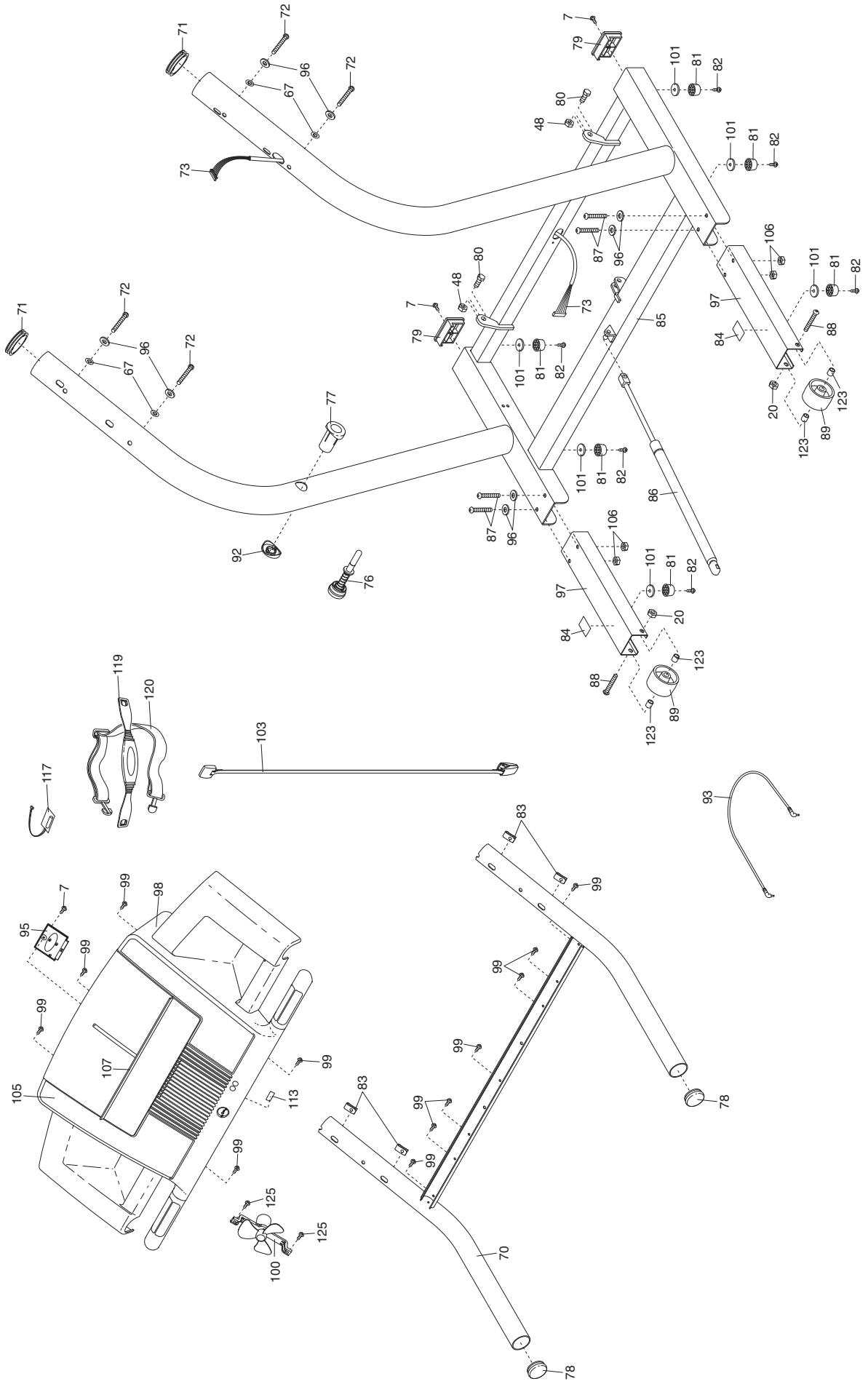


To identify the parts shown on this exploded drawing, see the PART LIST on pages 30 and 31 of the USER'S MANUAL.



# EXPLODED DRAWING—Model No. PETL77905 R.0

R0706A



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# ORDERING REPLACEMENT PARTS

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

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

Tel:

**08457 089 009**

Outside the UK: (44) 0113 387 7133  
Fax: (44) 0113 387 7125

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

- the MODEL NUMBER of the product (PETL77905 R.0)
- the NAME of the product (PROFORM 650 V treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST on pages 30 and 31 and the EXPLODED DRAWING in the centre of this manual)