

PRO-FORM[®]

A Subsidiary of Weider Health and Fitness, Inc.

EQUALIZER[™] 6.0s

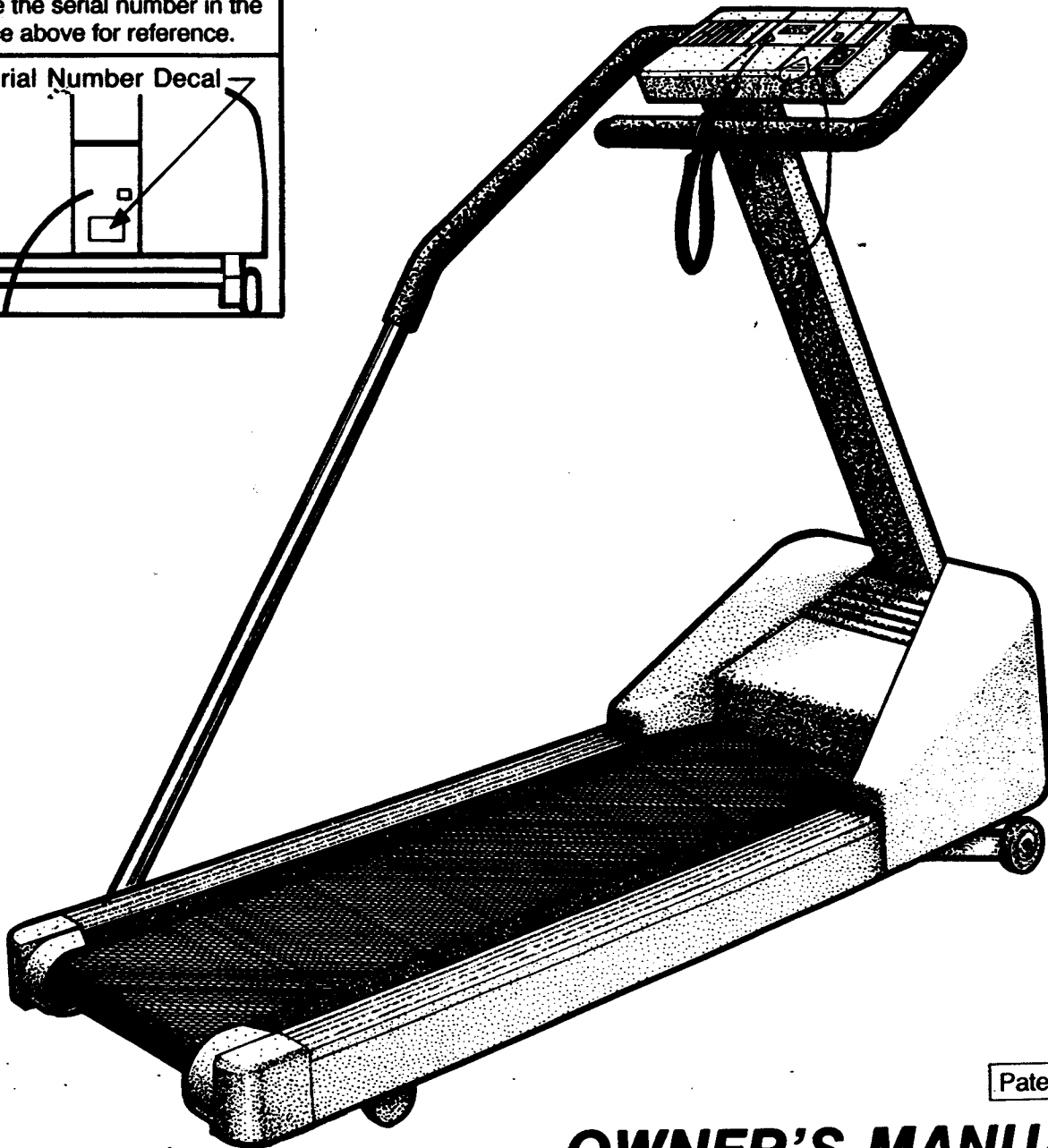
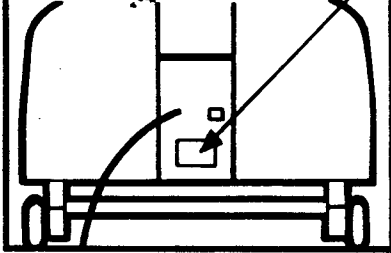
PROGRAMMABLE SPEED

Model No. PF350900

Serial No.

Write the serial number in the space above for reference.

Serial Number Decal



Patented

OWNER'S MANUAL

CAUTION: Read all safety precautions and instructions in this owner's manual carefully before using this equipment. Save this manual for your future reference.

LIMITED WARRANTY

Pro Form Fitness Products, Inc. ("Pro Form") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. Pro Form's obligation under this Warranty is limited to replacing or repairing, at Pro Form's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by Pro Form at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by Pro Form. Pre-authorization may be obtained by calling Pro Form's Customer Service Department at 1-800-999-3756. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a Pro Form authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Pro Form.

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PRO FORM Fitness Products, Inc., P.O. Box 4087, Logan, UT 84321

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EQUALIZER[™] 6.0s

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

IMPORTANT SAFETY PRECAUTIONS

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

1. Position the treadmill on a clear, level surface with a minimum of 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors.
2. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliance should be on the same circuit. (See the OPERATION section of this manual for proper grounding instructions.) Keep the power cord away from heated surfaces. If an extension cord is required, use only a 14-gauge, general-purpose cord of six to ten feet in length with a three-wire conductor.
3. Never operate the treadmill if the cord or plug are damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual for instructions if the treadmill is not working properly.)
4. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when walking or running on the treadmill.
5. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running.
6. Always wear appropriate clothing when using the treadmill. Do not wear flowing clothing that could become caught in the treadmill. *Always wear running or aerobic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are also recommended for both men and women.
7. Never drop or insert any object into any opening.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. Use this treadmill only as described in this manual.
10. Always unplug the power cord 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 described in this manual should be performed by an authorized service representative only.

SAVE THESE INSTRUCTIONS

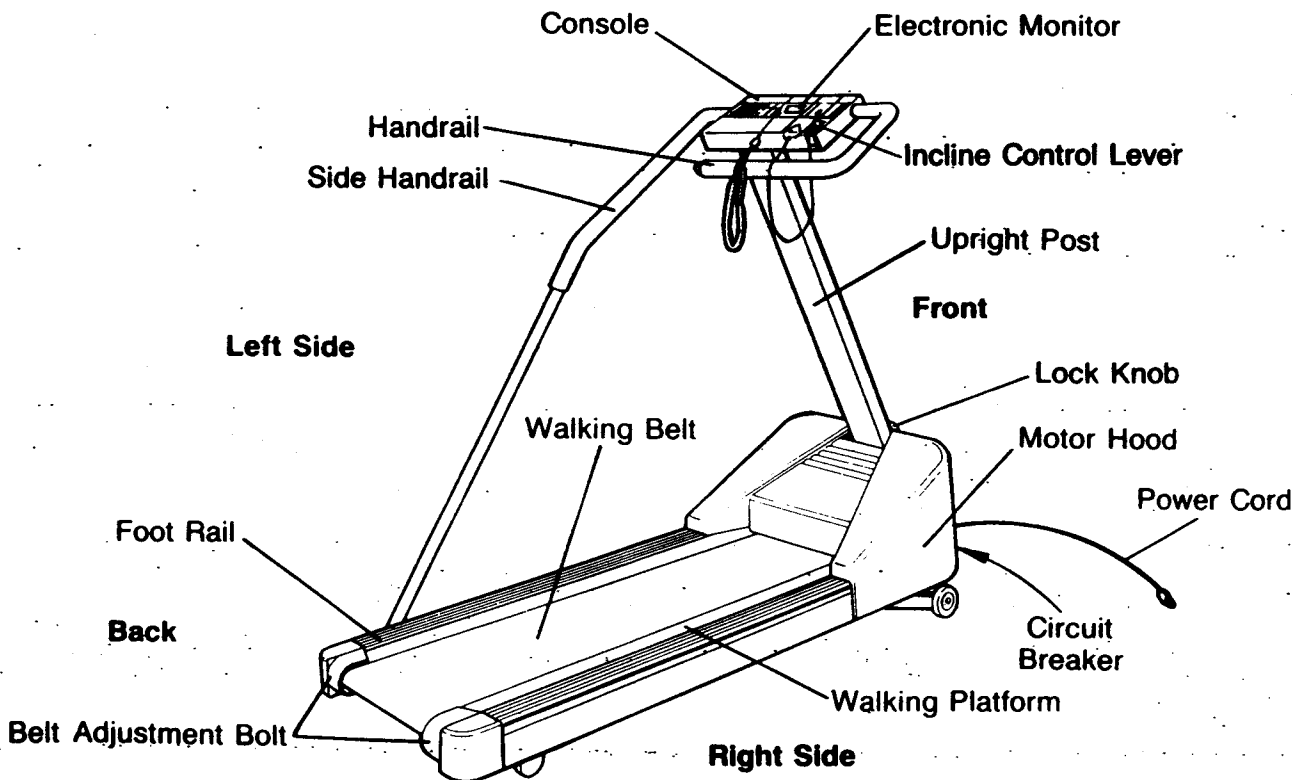
BEFORE YOU BEGIN

Thank you for purchasing a PRO FORM EQUALIZER 6.0s Programmable Speed treadmill. The EQUALIZER 6.0s combines advanced technology with innovative design to let you enjoy one of the best forms of cardiovascular exercise in the convenience and privacy of your own home. Your workouts will be more enjoyable and effective with such features as a card-activated safety power switch, a console-mounted incline control, programmable speed and a microprocessor-based exercise monitor.

For your safety and benefit, **read this manual carefully before using this product.** If you have additional questions, please call our Customer Service Department in the U.S.A. or Canada toll-free at **1-800-999-3756**, during our regular business hours: Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

In all communications regarding this product, please refer to the product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover for the location of the decal). Write the serial number in the box on the cover for easy reference.

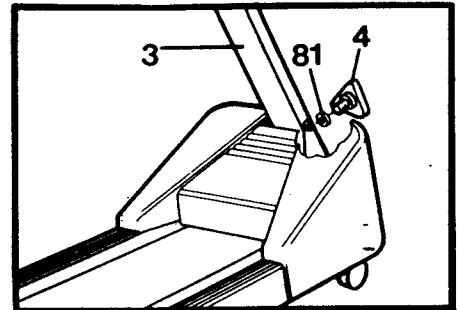
To help you understand clearly the instructions in this manual, examine the drawing below and familiarize yourself with the parts labeled.



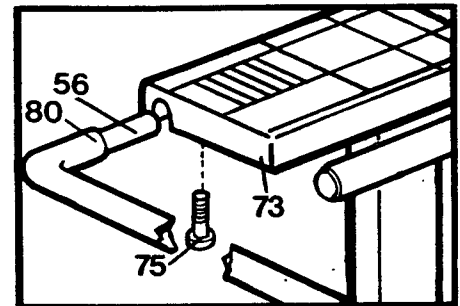
ASSEMBLY

Set the treadmill in a clear area on the floor and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.** Please read all instructions before beginning assembly. Refer to the Part List and the Exploded Drawing on pages 14 and 15 for help in part identification. Assembly can be completed using a standard screwdriver (not included).

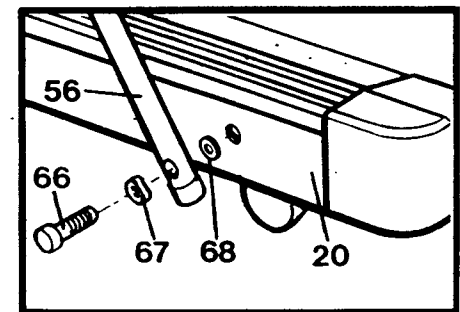
1. Raise the Upright Post (3) to the vertical position. Insert the Lock Knob (4) with the Lock Knob Washer (81) into the Upright and turn the knob clockwise until it is almost tight. Leave a little play in the Upright Post for the following step.



2. Slide the upper end of the Side Handrail (56) into the opening in the left side of the Console (73). Insert the Short Handrail Bolt (75) through the metal plate under the Console, and tighten the Bolt into the Side Handrail. **Note:** If the Side Handrail cannot be inserted into the Console far enough to attach the Bolt, roll back the Side Foam Handgrip (80) slightly.



3. Align the hole in the lower end of the Side Handrail (56) with the hole in the Frame (20). Attach the Side Handrail with the Long Handrail Bolt (66), Formed Washer (67) and Flat Washer (68). Tighten the Lock Knob (see step 1).



Make sure that all parts are tightened securely before using the treadmill.

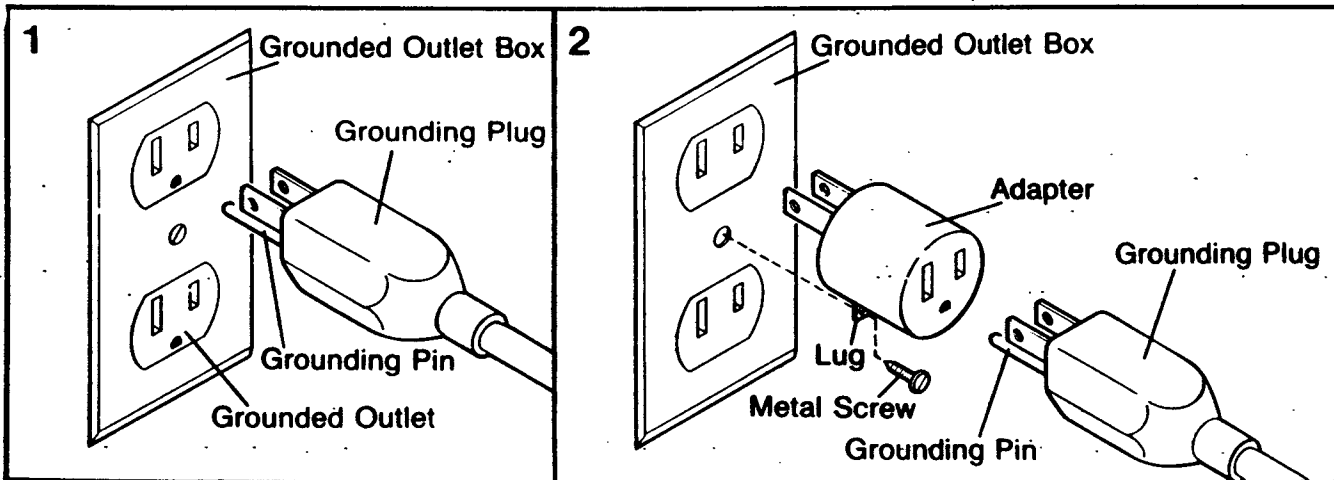
OPERATION AND ADJUSTMENT

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. 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.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be connected to a permanent ground such as a properly grounded outlet box cover.** Whenever the adapter is used it **must be held in place by a metal screw.** Some 2-pole receptacle outlet box covers are not grounded. **Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

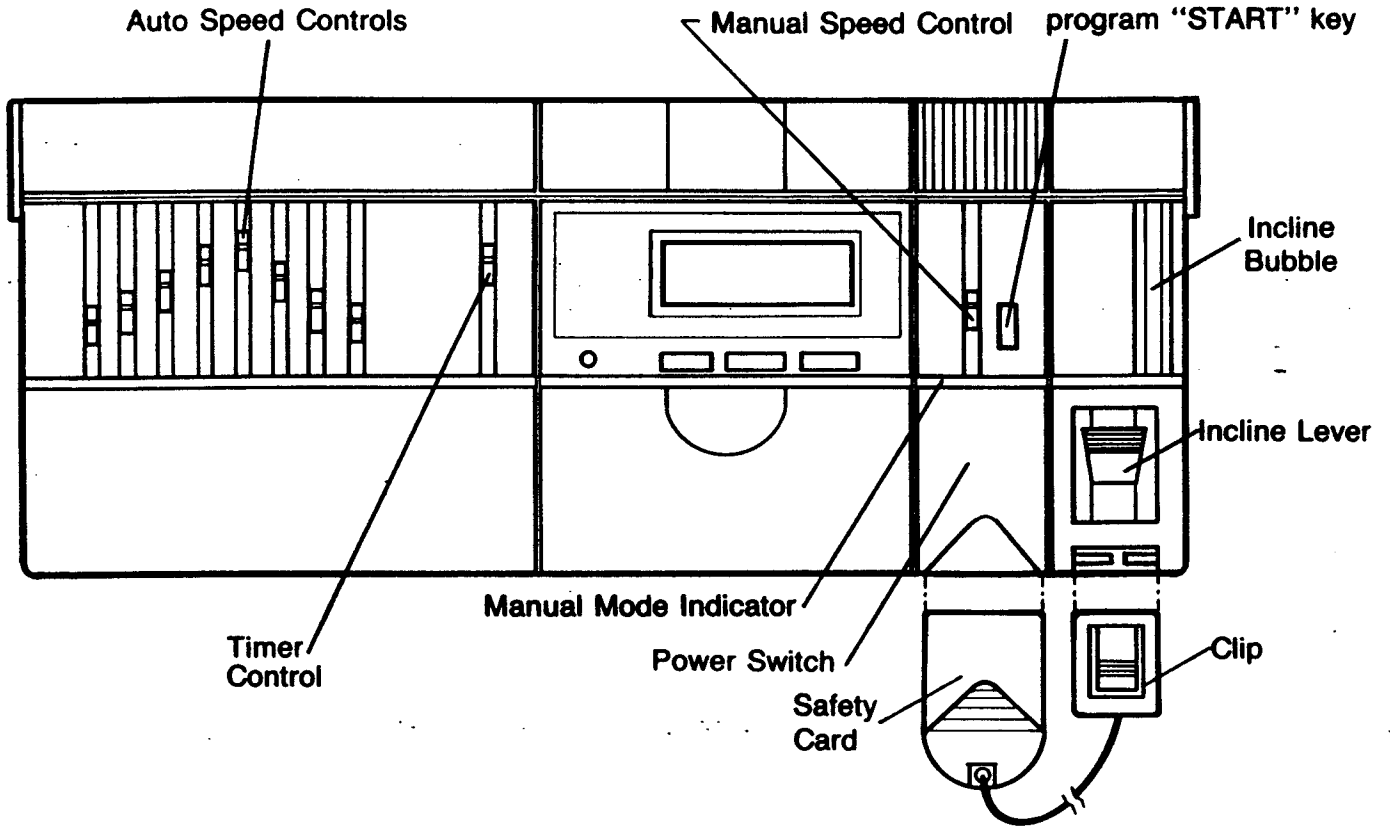


INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be changed using the lever on the right side of the console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline of the treadmill, **stand toward the rear of the foot rails and pull back the lever.** When the desired incline is reached, release the lever. To decrease the incline, **stand toward the front of the foot rails, lean forward if necessary, and pull back the lever until the desired incline is reached.**



There is a bubble located above the incline lever on the console. The bubble measures the incline of the treadmill.



TURNING THE POWER ON AND OFF

1. Stand on the treadmill with your feet on the foot rails.
2. Attach the clip on the safety card to the waistband of your clothing. To turn the power on, insert the card into the power switch. The manual mode indicator above the switch will light. **IMPORTANT: For your safety, always wear the clip when using the treadmill. If you should slip or fall while exercising, the card will be disengaged from the switch, instantly turning the power off.**
3. To turn the power off, remove the safety card.

SPEED ADJUSTMENT

The speed of the treadmill can be controlled either manually or using the programmable mode.

Note: The manual mode indicator will light when the treadmill is in the manual mode.

MANUAL MODE

1. After the power is turned on, move the manual speed control to the "Reset" position. (Each time the power is turned on, the control must be moved to the "Reset" position before the walking belt can be started.)

2. Move the manual speed control slowly forward until the walking belt begins to move at a slow speed.
3. Hold the handrail firmly and step onto the walking belt.
4. Move the manual speed control slowly forward or backward until the desired speed is reached.

PROGRAMMABLE MODE

The programmable mode allows you to set the length of time that you plan to exercise and program eight speed settings. The treadmill computer will then control the speed of the treadmill automatically for the length of time set.

1. **Move the manual speed control to the "PROGRAM" position. (This is also the "Reset" position.)**

Note: If the manual speed control is moved from the "PROGRAM" position at any time, the treadmill will revert to the manual mode. There may be a brief pause before the walking belt begins to move.

2. Set the timer for the length of time that you plan to exercise, from 5 to 40 minutes.
3. Set the eight auto speed controls to the desired speeds.

Important Note: Low speed settings are recommended until you are familiar with the operation of the treadmill. Do not set adjacent auto speed controls to greatly differing speeds. Sudden jumps in speed may cause loss of balance while running.

4. Press the program "START" key. The indicator below the first auto speed control will light and the walking belt will begin to move at the first speed setting. After one-eighth of the total set time has elapsed, the indicator below the second auto speed control will light and the belt will move at the second speed setting. (Each auto speed control will be activated for one-eighth of the length of time set.) When the total time has elapsed, the walking belt will slow to a stop and the treadmill will revert to the manual mode.

Note: The auto speed controls can be changed while the program is running if desired. To return the treadmill to the manual mode before the program has ended, simply move the manual speed control from the "PROGRAM" position. If one control is set at a very fast speed, and the next control is set at a very slow speed, the programmable mode and the walking belt may stop. If this happens, the manual speed control must be moved away from the "PROGRAM" position and then back again to reset the console. The programmable mode can then be restarted or the treadmill can be operated in the manual mode.

IMPORTANT: This treadmill has been designed to remain operational if the electronic monitor or the programmable mode malfunction. Even with the monitor removed, the incline, power and manual speed mode can be controlled as described above.

ELECTRONIC MONITOR OPERATION

See the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual for operating instructions.

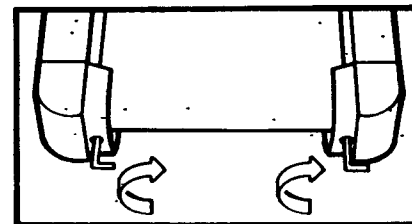
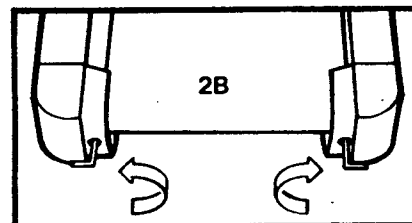
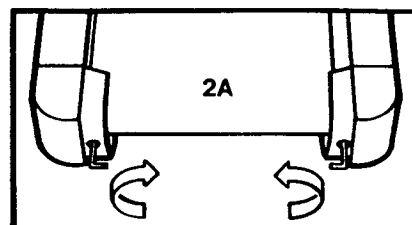
MAINTENANCE AND STORAGE

Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the Console.

WALKING BELT ADJUSTMENT

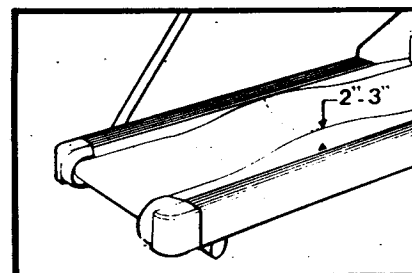
To prevent damage to the Walking Belt, always keep the Belt centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Observe the spaces between the edges of the Walking Belt and the Foot Rails. If the Belt is closer to one Foot Rail than the other, center the Belt in the following manner:

1. Locate the Belt Adjustment Bolts and the Adjustment Tool. **Caution: Keep your hands away from the moving Walking Belt or serious injury could result.**
2. A. If the Walking Belt has shifted to the left side:
Turn the left Adjustment Bolt clockwise and the right Adjustment Bolt counterclockwise, 1/8 of a turn at a time, until the Belt moves to the center.
- B. If the Walking Belt has shifted to the right side:
Turn the left Adjustment Bolt counterclockwise and the right Adjustment Bolt clockwise, 1/8 of a turn at a time, until the Belt moves to the center.

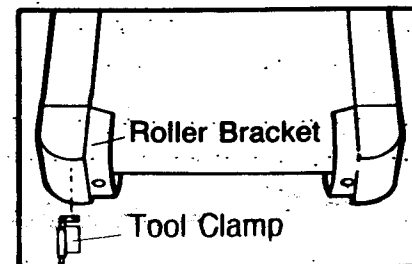


If the Walking Belt slips during operation, the tension should be adjusted. Turn both Adjustment Bolts clockwise an equal amount until the Belt no longer slips. Be careful to keep the Belt centered. **Do not over-tighten the Bolts.** Overtightening may stretch the Belt, cause excessive Roller noise and reduce Motor performance.

To check for proper Walking Belt tightness, **UNPLUG THE POWER CORD** and lift the sides of the Belt. You should be able to lift both sides approximately 2-3 inches off of the Walking Platform. The center of the Belt should remain just at the surface of the Platform, causing the Belt to bow.

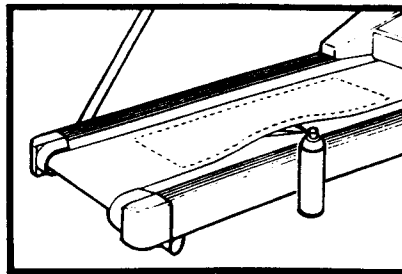


The Adjustment Tool can be stored on one of the Roller Brackets using the adhesive Tool Clamp included.



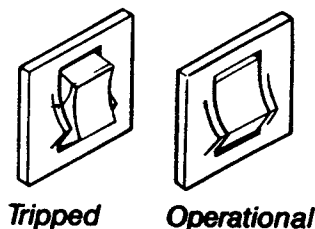
SILICONE APPLICATION

To maintain the low-friction quality of the Walking Belt and reduce treadmill wear, a **non-oil, non-petroleum base silicone lubricant should be applied generously to the Walking Platform.** (Silicone lubricant is included, and is available at most hardware and automotive stores.) It is **very important** to apply silicone lubricant before initial use of the treadmill. Lubricant should also be applied after every 10 hours of use or whenever a decrease in performance is noticed. **UNPLUG THE POWER CORD**, lift each side of the Walking Belt and apply the lubricant generously to the area indicated in the drawing.



CIRCUIT BREAKER

If the treadmill stops or will not start, check the Circuit Breaker located on the front of the Frame near the Power Cord. The Circuit Breaker is designed to protect the electrical system. If the Circuit Breaker has tripped, the switch will protrude as shown. To reset the Circuit Breaker, allow the treadmill to cool for a few minutes and then push the switch back in.



STORAGE

Always unplug the Power Cord when the treadmill is not in use. To convert the treadmill to the storage position, first remove the Bolts and Washers from the lower and upper ends of the Handrail. Store the Bolts and Washers in a secure location. Loosen the Lock Knob and lay the Upright Post on the treadmill. Lay the Handrail on the treadmill.

The treadmill can be moved by lifting the back end of the Frame and pushing or pulling the machine on the front Wheels.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. **However, before beginning this or any exercise program, consult your physician.** Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until you reach the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). First, set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes elapse. Immediately measure your heart rate using the PULSE function. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is too high, reduce your level of exertion.

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

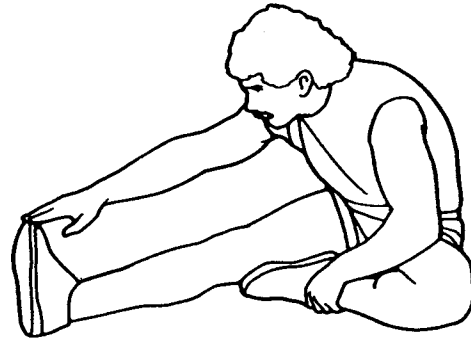
STRETCHING

The following stretches provide a good warm-up. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly — don't bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, lower back and groin.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

Stretches: Inner thigh muscles.



TOE TOUCHES

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

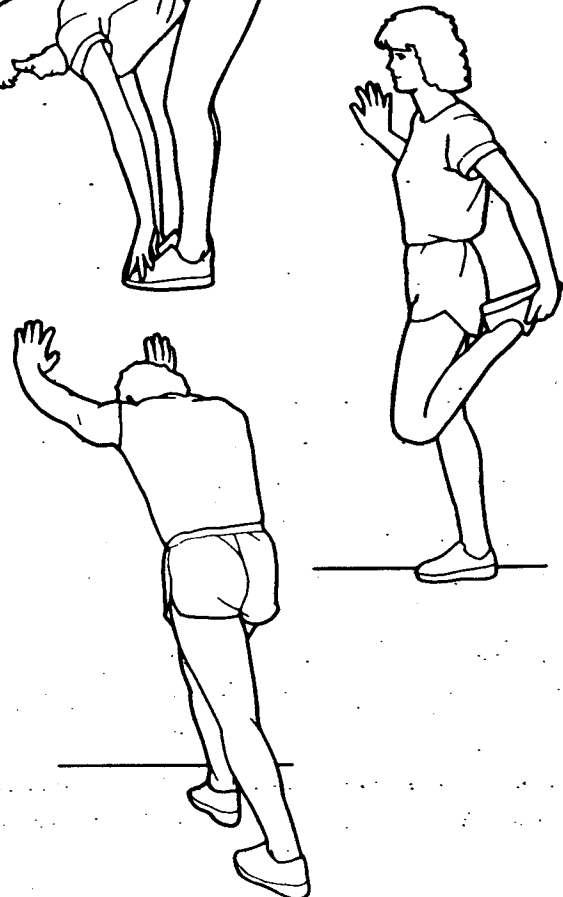
Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, hip muscles.



CALF/ACHILLES STRETCH

With one leg in front of the other and arms forward, lean against the wall. Keep your back leg straight and back foot flat on the floor; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts. To cause further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, achilles tendons, and ankles.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Foam Handgrip	41	2	Lift Frame Mtg. Bolt
2	1	Endcap	42	4	Flat Washer
3	1	Upright Post	43	4	Frame Locknut
4	1	Lock Knob	44	1	Motor
5	1	Clothes Clip	45	1	Motor Pulley
6	1	Console	46	4	Mtg. Screw
7	1	Electronic Monitor	47	1	Switch Wire
8	1	Sensor Wire/Reed Switch	48	2	Monitor Screw
9	1	Safety Card/Clip	49	1	Circuit Breaker
10	1	Hinge Bolt	50	1	Roller Lock
11	2	Hinge Washer	51	3	Locknut
12	19	Small Screw	52	1	Motor Hood
13	1	Front Roller Adj. Bolt	53	4	Motor Hood Screw
14	3	Washer	54	1	Safety Cover
15	1	Power Cord	55	1	Walking Platform
16	1	Shock	56	1	Side Handrail
17	1	Shock Mounting Bracket	57	1	Adjustment Tool
18	1	Shock Release Mechanism	58	1	Tool Clamp
19	2	Foot Rail	59	1	Motor Controller
20	1	Frame	60	1	Sensor Magnet
21	6	Large Screw	61	1	Choke
22	2	Rear Leg Cap	62	1	Star Washer
23	1	Right Roller Bracket	63	1	Flywheel
24	2	Rear Roller Adj. Bolt	64	1	Fan
25	1	Left Roller Bracket	65	1	Side Handrail Cap
26	1	Walking Belt	66	1	Long Handrail Bolt
27	1	Front Roller Bushing	67	1	Formed Washer
28	4	Sensor Wire Clip	68	1	Flat Washer
29	1	V-Belt	69	4	Motor Bolt
30	1	Front Roller/Pulley	70	1	Motor Mount Spacer
31	1	Rear Roller	71	1	Earclip
32	1	Grommet	72	6	Console Screw
33	2	U-Nut	73	1	Auto Speed Console
34	1	Shock Cushion	74	1	Incline Bubble
35	1	Clevis Pin	75	1	Short Handrail Bolt
36	1	Cotter Pin	76	1	Incline Cable
37	1	Push Nut	77	8	Auto Control Knob
38	2	Wheel	78	1	Speed Pot. Wire
39	1	Lift Frame	79	1	Manual Control Knob
40	2	Wheel Mounting Bolt	80	1	Side Foam Handgrip
			81	1	Lock Knob Washer
			#	1	Monitor Operation Guide
			#	1	Owner's Manual

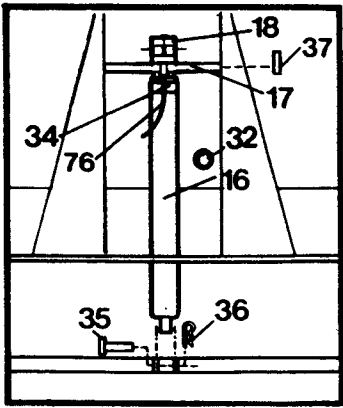
Note: “#” indicates a non-illustrated part

14. See the back cover of this manual for part reordering instructions.

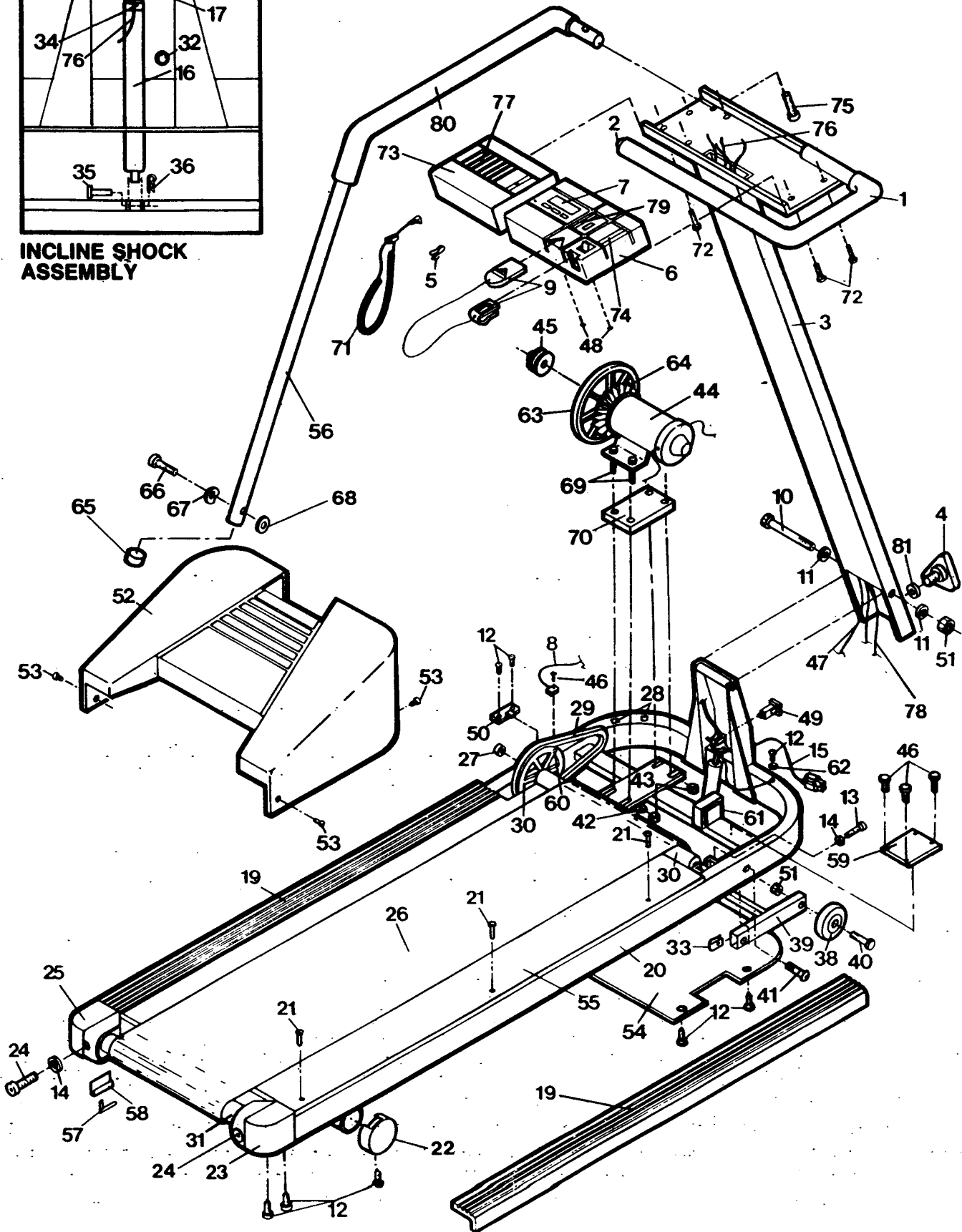
EXPLODED DRAWING - Model No. PF350900

Rev. 6/90

*Specifications are subject to change without notice.



INCLINE SHOCK ASSEMBLY



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain time (excluding holidays). When ordering parts, please be prepared to give the following information.

1. The **MODEL NUMBER OF THE PRODUCT** (PF350900).
2. The **NAME OF THE PRODUCT** (Pro Form EQUALIZER 6.0S Programmable Speed Treadmill).
3. The **SERIAL NUMBER OF THE PRODUCT**, found on a decal affixed to the product (see the drawing on the front cover for the location of the decal).
4. The **KEY NUMBER OF THE PART** from page 14 of this manual.
5. The **DESCRIPTION OF THE PART** from page 14 of this manual.

If possible, place your telephone near the treadmill for reference when calling.