

PRO-FORM®

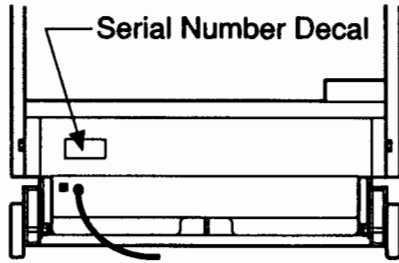
ESPTM 8

EXTENDED STRIDE PROFILE

0-8 MPH PROGRAMMABLE SPEED • POWER INCLINE • 1.25 HP DC MOTOR • ADJUSTABLE SUSPENSION DECK

Model No. PF904520

Serial No. _____



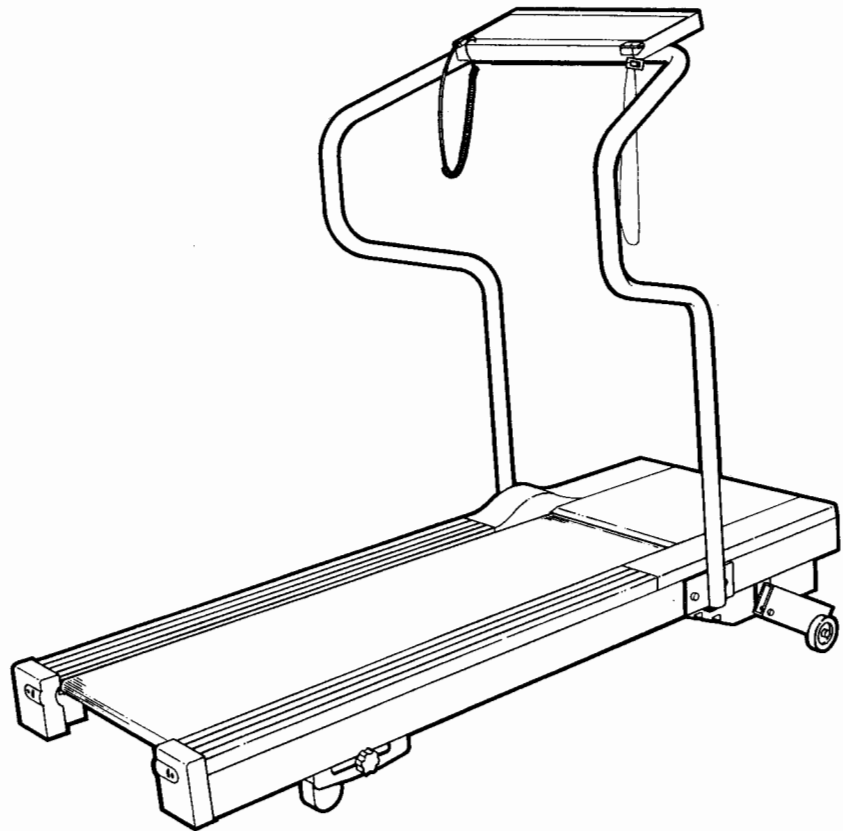
QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

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



OWNER'S MANUAL

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 level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on a surface that blocks any air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see OPERATION AND ADJUSTMENT in this manual), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliances should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
3. 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 BEFORE YOU BEGIN in this manual if the treadmill is not working properly.)
4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear running shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
5. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. Never allow more than one person on the treadmill at a time. The treadmill should not be used by persons weighing more than 250 pounds.
8. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
9. Never drop or insert any object into any opening.
10. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
11. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.
12. Use the treadmill only as described in this manual.
13. 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 in this manual should be performed by an authorized service representative only.

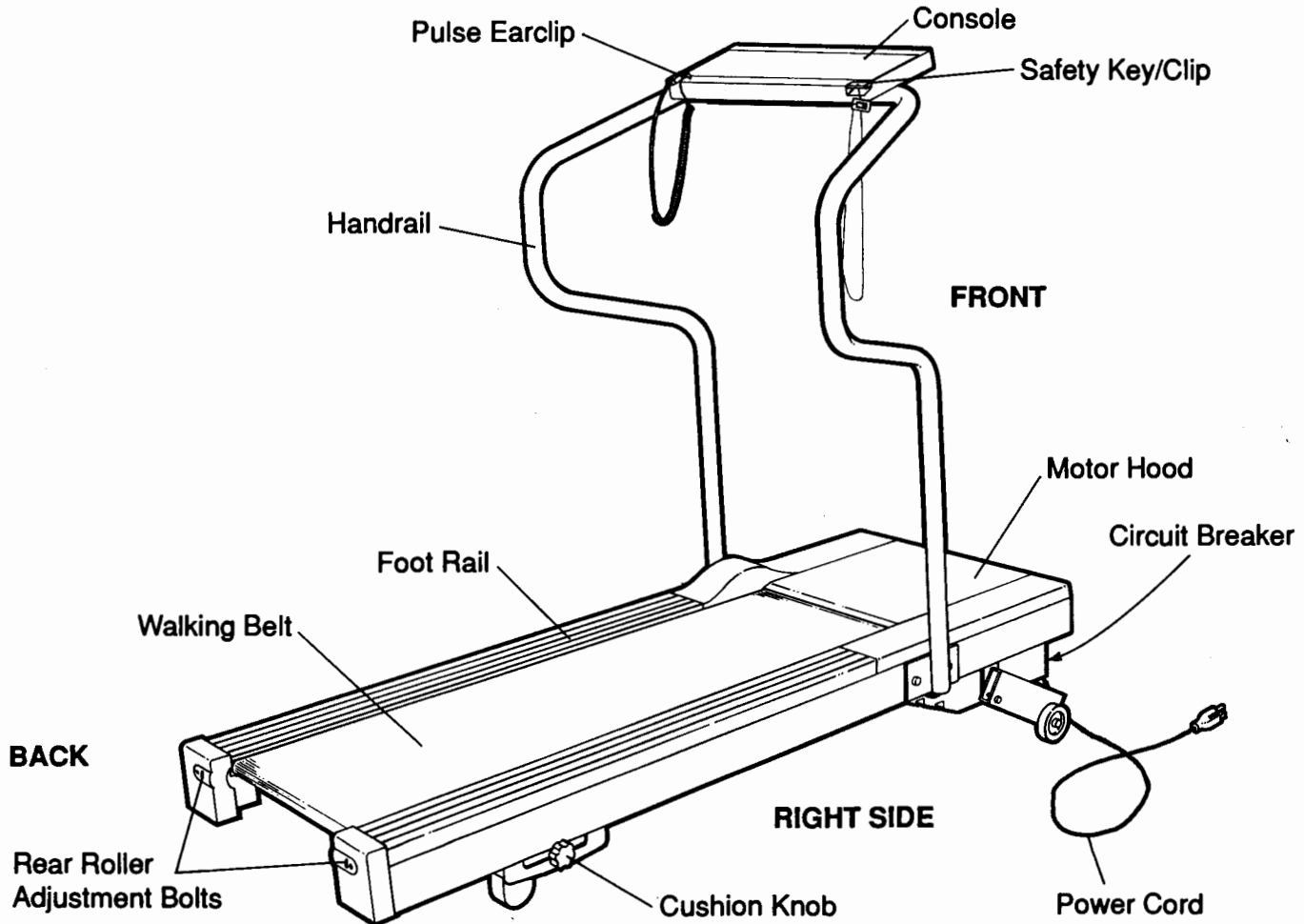
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

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BEFORE YOU BEGIN

Thank you for selecting the PROFORM® ESP 8 treadmill. The ESP 8 combines state-of-the-art technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience of your home. **For your safety and benefit, read this manual carefully before using this treadmill.** If you have additional questions, please call 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). To help us assist you, please mention your product model number and serial number when calling. The model number is printed on the front cover of this manual. The serial number is recorded on a decal attached to the treadmill (see the drawing on the front cover for the location). Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires an 8" adjustable wrench.**

1. Align the lower end of the Right Handrail (22) with the holes in the side of the treadmill Frame (46). Attach the Handrail with two of the four Handrail Bolts (19) and Handrail Washers (36). **Be careful not to pinch the wires in the Handrail.** Do not fully tighten the Bolts.

Attach the Left Handrail (not shown) in the same manner.

2. Place the Console (8) on the upper end of the Left and Right Handrails (1, 22) as shown. Pull the end of the Handrail Wire Harness (10) out of the right handrail. Attach the Console with the two Console Bolts (2) and Flat Washers (39). **Be careful not to pinch the wires in the Handrail.** Do not fully tighten the Bolts yet.

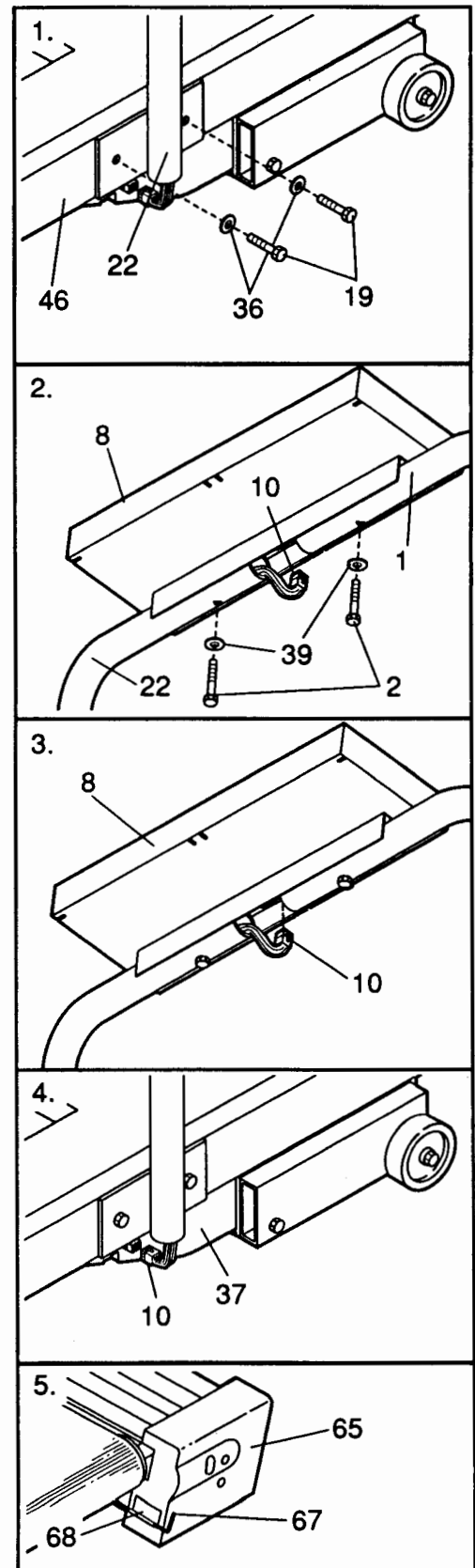
3. Plug the Handrail Wire Harness (10) into the connector on the underside of the Console (8). The small latch on the Harness should snap onto the connector. If the Harness does not fit easily, turn it; do not force the Harness into the connector.

4. Plug the lower end of the Handrail Wire Harness (10) into the connector on the right side of the Belly Pan (37). The small latch on the Harness should snap onto the connector. If the Harness does not fit easily, turn it; do not force the Harness into the connector.

Firmly tighten the Bolts at the lower and upper ends of both Handrails (not shown).

5. Remove the backing from the Wrench Clip (68), and press it onto the Right Endcap (65) in the indicated location. Press the Allen Wrench (67) into the Wrench Clip.

Make sure that all parts are tightened securely before using the treadmill. The use of all remaining parts will be explained in the following sections of this manual.



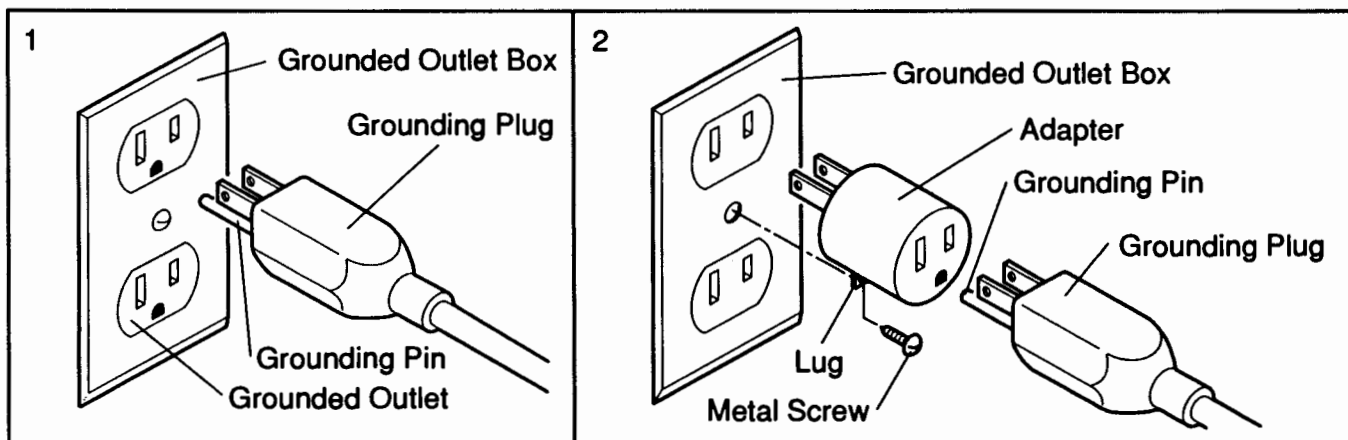
OPERATION AND ADJUSTMENT

PLUGGING THE POWER CORD IN

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. **Plug the power cord 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.**



MAINTENANCE-FREE WALKING PLATFORM

This treadmill features a walking platform coated with a special hydrocarbon slip agent. **Do not apply silicone spray or any other substance to the walking platform or the walking belt.** Such substances will deteriorate the surface of the walking platform and cause excessive wear. The first time you use the treadmill, walk on the treadmill for 10 minutes to break in the walking platform. During this initial break-in period, it is normal for the walking belt to slow.

CUSHION LEVEL ADJUSTMENT

The cushion level of the treadmill can be adjusted using the cushion knob located on the right side of the treadmill. Turning the knob counterclockwise will result in a softer cushion as you exercise; turning the knob clockwise will result in a more firm cushion.

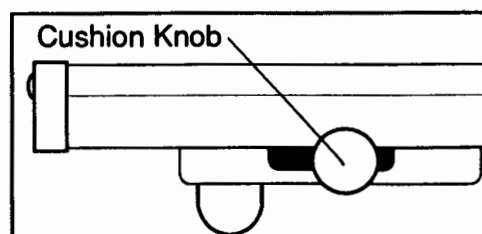
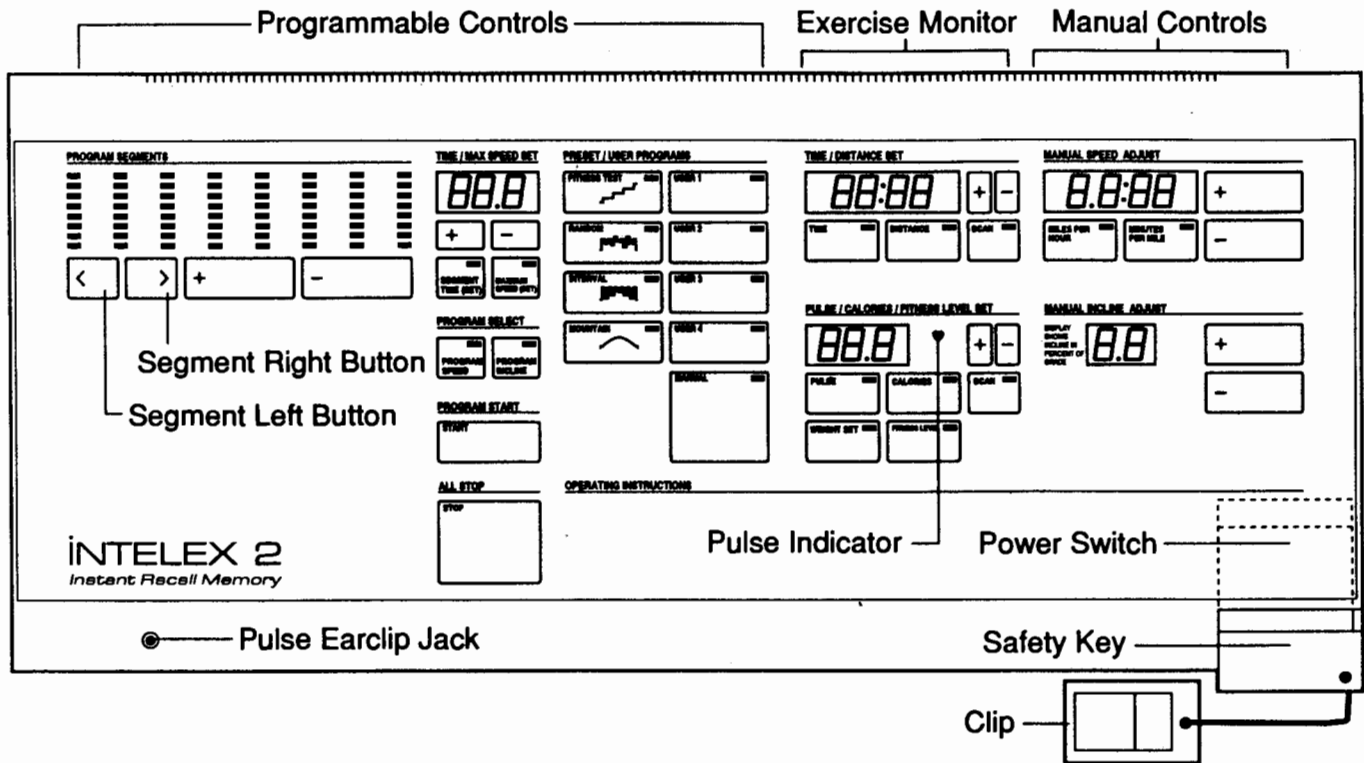


DIAGRAM OF THE TREADMILL CONSOLE

Please read all instructions carefully before operating the console.



TURNING THE POWER ON

Make sure that the safety key is removed from the console. Plug the power cord in. (See PLUGGING THE POWER CORD IN on page 5.)

Step onto the foot rails of the treadmill. Find the clip attached by a cord to the safety key. Slide the clip onto your waistband.

⚠ WARNING: Do not stand on the walking belt when turning the power on. Always wear the clip when operating the treadmill; if you fall, the safety key will be pulled from the console, instantly turning off the power.

Insert the safety key into the console. NOTE: When the safety key is first inserted after the power cord is plugged in, the treadmill will perform an automatic incline test, rising to maximum incline and then returning to minimum incline. If the safety key is in the console when power cord is plugged in, a "PO" may appear on the display. If a "PO" appears, remove the safety key, wait for ten seconds and then reinsert the safety key.

MANUAL TREADMILL OPERATION

When the power is turned on, the console will be in the manual mode. The walking belt will be stationary, and the incline of the treadmill will be 1.5%.

The console can display speed using either of two different units of measurement: miles per hour and minutes per mile. Select the unit desired by pressing the MILES PER HOUR or MINUTES PER MILE buttons beneath the MANUAL SPEED ADJUST display. Note: If you select MINUTES PER MILE, the speed of the walking belt must be at least 2.0 miles per hour to be displayed.

The speed of the walking belt can be controlled using the "+" and "-" buttons beside the MANUAL SPEED ADJUST display. Each time one of the buttons is pressed, the speed will change by 0.1 mile per hour. The buttons can be held down to change the speed quickly. Press the "+" button until the walking belt begins to move at slow speed. Hold the handrail and step carefully onto the walking belt. As you exercise, the speed of the walking belt can be changed as desired by pressing the buttons. To stop the walking belt, hold down the "-" button. The walking belt can be stopped quickly, if necessary, by pressing the STOP button.

CAUTION: After the "+" and "-" buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed gradually until you are familiar with the operation of the treadmill. As the "+" and "-" buttons are pressed, the display will show the selected speed setting. The display will then change to show the actual speed of the walking belt, until the belt reaches the selected speed setting.

To vary the intensity of your exercise, the incline of the treadmill can be changed, from 1.5% to 10%. Press the "+" or "-" buttons beside the MANUAL INCLINE ADJUST display to change the incline. Each time one of the buttons is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline quickly.

PROGRAMMABLE TREADMILL OPERATION

In the programmable mode, the console will automatically control either the speed or the incline of the treadmill to guide you through an effective cardiovascular workout. You can choose any of four different preset programs. In addition, you can create an endless number of your own "user" programs. Up to four user programs can be stored simultaneously in the console's memory, and recalled for future workouts.

CREATING A USER PROGRAM

Press one of the four USER buttons. Be sure that the walking belt is fully stopped before you continue.

Press either the PROGRAM SPEED or the PROGRAM INCLINE button, depending on whether you want the console to control the speed or the incline of the treadmill.

If you pressed the PROGRAM SPEED button, a speed range should be set for the program. Press the MAXIMUM SPEED (SET) button beneath the TIME/MAX SPEED SET display. The minimum speed the walking belt can move during a program is 1.5 miles per hour. The maximum speed the walking belt can move is preset at 3 miles per hour, as shown in the display. The maximum speed setting can be changed, if desired, by pressing the "+" or "-" buttons beneath the display. Each time one of the buttons is pressed, the setting will change by 0.1 mile per hour. The buttons can be held down to change the setting quickly. The maximum speed setting can be from 2 to 8 miles per hour.

If you pressed the PROGRAM INCLINE button, a speed range does not need to be set. Instead, press the "+" button beside the MANUAL SPEED ADJUST display until the display shows 2 miles per hour, or 30 minutes.

All programs are divided into eight equal time periods, called "segments." The speed or incline of the treadmill will change automatically at the beginning of each segment. The eight speed or incline settings should be programmed on the eight vertical segments of the PROGRAM SEGMENTS display. The setting of each segment is shown by the number of bars lighted in that segment. If only one bar is lighted, the segment is set for 1.5 miles per hour, or 1.5% incline. If all eight bars are lighted, the segment is set for the maximum speed you set previously, or 10% incline. If a program has not been created before, the same number of bars will be lighted in all segments.

The first segment of the PROGRAM SEGMENTS display will be flashing. To program a setting on the first segment, press the "+" or "-" buttons beneath the display until the desired number of bars is lighted. Each time the "+" button is pressed, a tone will sound and the setting will increase. Every few times the button is pressed, an additional bar will light. Each time the "-" button is pressed, a tone will sound and the setting will decrease. Every few times the button is pressed, a bar will darken. The buttons can be held down to program a setting quickly. After the desired setting is programmed on the first segment, press the segment right button beneath the display. The first segment will stop flashing, and the second segment will begin to flash. Program a setting on the second segment in the same manner. (Settings can be programmed only when segments are flashing.) Continue in this manner until the desired settings are programmed on all eight segments. You may wish to program a low setting on the first segment for a warm-up, higher settings on the middle segments, and a low setting on the final segment for a cool-down. An endless variety of settings can be programmed.

The final step in creating a program is to set the length of time you want each program segment to last. (All segments will last for the same length of time.) Press the SEGMENT TIME (SET) button beneath the TIME/MAX SPEED SET display. Each segment is preset to last for 150 seconds (2.5 minutes), as shown in the display. Since there are eight segments, the program will last for a total of 20 minutes. If you wish to change the length of time each segment will last, press the "+" or "-" buttons beneath the TIME/MAX SPEED SET display. Each time one of the buttons is pressed, the length of time displayed will change by 1.0 second. The buttons can be held down to change the length of time quickly.

To start the program, press the START button. The first segment of the PROGRAM SEGMENTS display will begin to flash, and the speed or incline of the treadmill will automatically adjust to the setting of the first segment. Step carefully onto the walking belt and begin your workout. The time remaining in the first segment will be shown in the TIME/MAX SPEED SET display. When no time remains, the second segment will begin to flash, and the speed or incline of the treadmill will automatically adjust to the setting of the second segment. The program will continue in this manner until all eight segments have been completed. (If the console is controlling the speed of the treadmill, the incline can be controlled using the "+" and "-" buttons beside the MANUAL INCLINE ADJUST display. If the console is controlling the incline of the treadmill, the speed can be controlled using the "+" and "-" buttons beside the MANUAL SPEED ADJUST display.) Note: The program settings can be changed while the program is running. **If you wish to stop the program before the program has ended, press the STOP button.** The console will then be in the same state as if the program had ended.

After the program has ended, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL button. The current program settings will be saved in the console's memory. (Speed or incline settings made using the manual buttons will not be saved.) The program settings will be saved as long as the power cord remains plugged in. If the power cord is unplugged, however, only the preset program settings will be saved.

SELECTING A PRESET PROGRAM

Press the RANDOM, INTERVAL or MOUNTAIN buttons. (The FITNESS TEST program will be explained later.) Be sure that the walking belt is fully stopped before you continue.

Press either the PROGRAM SPEED or the PROGRAM INCLINE button, depending on whether you want the console to control the speed or the incline of the treadmill.

If you pressed the PROGRAM SPEED button, a speed range should be set for the program. This should be done in the same manner as for a user program.

If you pressed the PROGRAM INCLINE button, a speed range does not need to be set. Instead, press the "+" button beside the MANUAL SPEED ADJUST display until the display shows 2 miles per hour, or

30 minutes.

The eight speed or incline settings of the selected program will be shown on the PROGRAM SEGMENTS display. If desired, the setting of any segment can be changed. Press the segment right or left buttons beneath the display until the segment you want to change begins to flash. Press the "+" or "-" buttons beneath the display to change the setting of the segment.

Next, set the length of time you want each program segment to last. This should be done in the same manner as for a user program.

To start the program, press the START button. The program will run in exactly the same manner as a user program. After the program has ended, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL button. Although the settings of a preset program can be changed, any changes made to the settings of the segments will not be saved in the console's memory.

SELECTING THE FITNESS TEST PROGRAM

Press the FITNESS TEST button. When the FITNESS TEST program is selected, **the console will control both the speed and the incline of the treadmill**. The settings of this program are preset, and cannot be changed. The settings shown on the PROGRAM SEGMENTS display are both the speed and the incline settings.

Press the WEIGHT SET button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Press the "+" or "-" buttons in the display to enter your weight, in pounds. Each time one of the buttons is pressed, the weight displayed will change by 1.0 pound. The buttons can be held down to enter your weight quickly.

Next, press the FITNESS LEVEL button. The display will show a zero until the program starts.

To start the program, press the START button. When the walking belt begins to move, step carefully onto the walking belt and begin your workout. As you exercise, the speed and incline of the treadmill will gradually increase. When you are exercising as hard as you can **without discomfort**, press the STOP button. Your fitness level will be displayed in the PULSE/CALORIES/ FITNESS LEVEL SET display.

EXERCISE MONITOR OPERATION

The console features nine different monitor modes to provide you with instant feedback on your performance as you exercise. Modes can be selected and changed at any time. Indicators on the mode buttons will show which modes are currently displayed. Modes can be selected in the following manner:

TIME: Press the TIME button beneath the TIME/DISTANCE SET display. As you exercise, the elapsed time will be displayed.

TIME GOAL: Press the TIME button beneath the TIME/DISTANCE SET display. Next, press the "+" button beside the display to set the length of time that you plan to exercise. Each time the button is pressed, the time displayed will change by 10 seconds. The button can be held down to set a time goal quickly. As you exercise, the time will be counted down. When no time remains, a tone will sound. Note: The TIME and TIME GOAL modes cannot be selected at the same time. Set time goals only when the console is in the manual mode. When the console is in the programmable mode, a time goal will be set automatically.

DISTANCE: Press the DISTANCE button beneath the TIME/DISTANCE SET display. As you exercise, the distance you have traveled will be displayed.

DISTANCE GOAL: Press the DISTANCE button beneath the TIME/DISTANCE SET display. Next, press the "+" button beside the display to set the distance that you plan to travel during your workout. Each time the button is pressed, the distance displayed will change by 0.1 mile. The button can be held down to set a distance goal quickly. As you exercise, the distance will be counted down. When the goal is completed, a tone will sound. Note: The DISTANCE and DISTANCE GOAL modes cannot be selected at the same time.

TIME/DISTANCE SCAN: Press the SCAN button beneath the TIME/DISTANCE SET display. As you exercise, the TIME (or TIME GOAL) and DISTANCE (or DISTANCE GOAL) modes will both be displayed in a repeating cycle.

PULSE: Press the PULSE button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Plug the pulse earclip into the jack on the left side of the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to prevent excessive movement of the earclip wire. When your pulse is detected, the pulse indicator beside the display will flash on and off. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed, rub your ear lobe and reposition the earclip. It may be helpful to stop exercising briefly while you measure your pulse.

PULSE GOAL: Press the PULSE button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Press the "+" and "-" buttons beside the display to set a maximum heart rate goal for your workout. (See CONDITIONING GUIDELINES in this manual.) The maximum heart rate goal can be set at from 60 to 220 beats per minute. Each time one of the buttons is pressed, the heart rate displayed will change by 1 beat per minute. The buttons can be held down to set a maximum heart rate goal quickly. Plug the pulse earclip into the jack on the left side of the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to prevent excessive movement of the earclip wire. When your pulse is detected, the pulse indicator beside the display will flash on and off. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed, rub your ear lobe and reposition the earclip. If your heart rate rises above the maximum heart rate goal as you exercise, a warning tone will sound until your heart rate drops below the maximum heart rate goal.

CALORIES: For your Calorie expenditure to be measured accurately, your weight should be entered into the console. Press the WEIGHT SET button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Press the "+" or "-" buttons beside the display to enter your weight, in increments of 1.0 pound. The buttons can be held down to enter your weight quickly. Next, press the CALORIES button beneath the display. As you exercise, the number of Calories you have expended will be displayed.

PULSE/CALORIES SCAN: Press the SCAN button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. As you exercise, the PULSE (or PULSE GOAL) and CALORIES modes will both be displayed in a repeating cycle.

TURNING THE POWER OFF

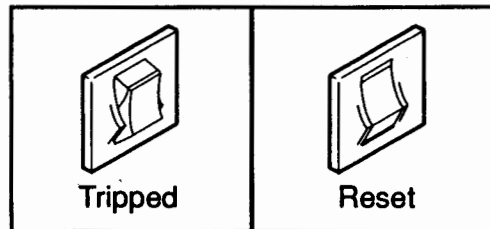
Stand on the foot rails of the treadmill. Remove the safety key from the console and store it in a secure location. Always remove the safety key when you finish your workout.

TROUBLE-SHOOTING

Most treadmill problems can be solved by following the simple steps below. If further assistance is needed, please call 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).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure the power cord is plugged into a properly grounded outlet. (See OPERATION AND ADJUSTMENT in this manual.) If an extension cord is necessary, use only a 14-gauge general-purpose cord of five feet or less in length.
- b. Make sure the safety key is fully inserted into the console. Various indicators on the console should light. (See OPERATION AND ADJUSTMENT in this manual.)
- c. 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 five minutes, and push the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in. (See the drawing above.)
- b. Make sure the power cord is plugged in.
- c. Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

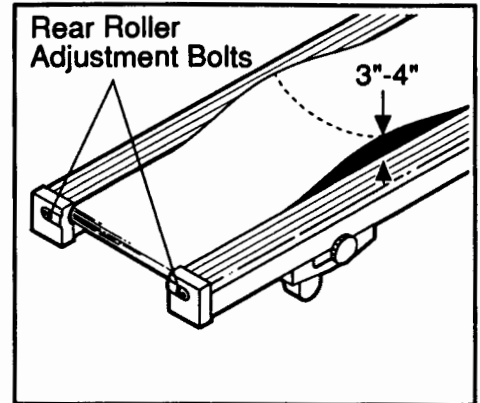
- a. Make sure the pulse earclip is plugged fully into the jack on the console. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- b. Try standing still while measuring your pulse. **WARNING: The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**
- c. The pulse earclip may need to be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

4. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- a. If a console malfunction occurs, an error code ("PO," "EE" or "EEEE") may appear on the console. If an error code appears, remove the safety key, wait for ten seconds and then reinsert the safety key. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

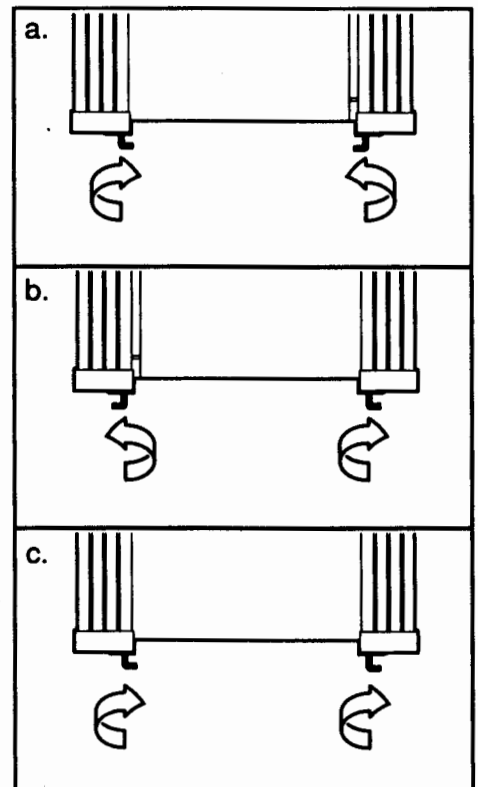
5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. Walk on the treadmill for 10 minutes to break in the walking platform. During this break-in period, it is normal for the walking belt to slow.
- b. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- c. If the walking belt is overtightened, treadmill performance may be reduced and the walking belt permanently damaged. Remove the safety key and UNPLUG THE POWER CORD. With the allen wrench included, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the tension is correct, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the surface of the walking platform. Be careful to keep the walking belt centered. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat until the tension of the walking belt is correct.



6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- a. If the walking belt has shifted to the left, first remove the safety key from the console and UNPLUG THE POWER CORD. With the allen wrench included, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat as necessary until the walking belt is centered.
- b. If the walking belt has shifted to the right, first remove the safety key from the console and UNPLUG THE POWER CORD. With the allen wrench included, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat as necessary until the walking belt is centered.
- c. If the walking belt slips when walked on, first remove the safety key from the console and UNPLUG THE POWER CORD. With the allen wrench included, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat as necessary until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **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.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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 months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other post-exercise problems.

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

PART LIST—Model No. PF904520

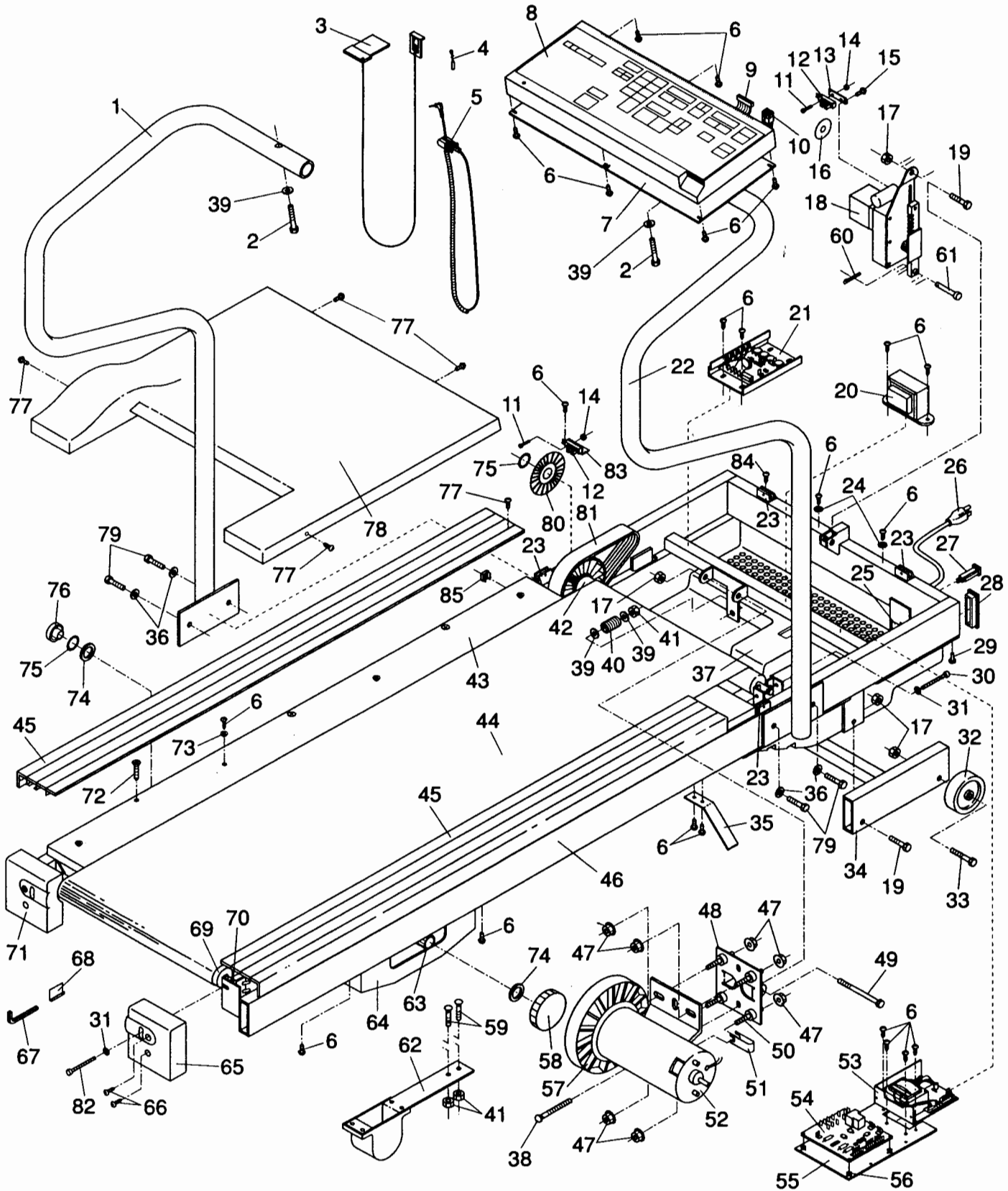
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Handrail	44	1	Walking Belt
2	2	Console Bolt	45	2	Foot Rail
3	1	Safety Key/Clip	46	1	Frame
4	1	Clothes Clip	47	8	Motor Mount Nut
5	1	Pulse Earclip	48	1	Motor Mount Plate
6	33	Small Screw	49	1	Motor Pivot Bolt
7	1	Console Plate	50	4	Motor Isolator
8	1	Console	51	1	Ground Strap
9	2	Short Wire Harness	52	1	Motor
10	1	Handrail Wire Harness	53	1	Power Supply Board
11	2	Switch Bolt	54	1	Interface Board
12	2	Optic Switch	55	1	Mounting Plate
13	1	Incline Switch Bracket	56	4	Plastic Stand-Off
14	2	Switch Nut	57	1	Pulley/Flywheel/Fan
15	1	Incline Bracket Screw	58	1	Cushion Knob
16	1	Incline Optic Disk	59	4	Cushion Spring Bolt
17	6	Lock Nut	60	1	Cotter Pin
18	1	Incline Motor	61	1	Incline Motor Pin
19	3	Leg Bolt/Motor Bolt	62	2	Cushion Spring/Foot
20	1	Choke	63	1	Adjustment Rod
21	1	Controller	64	2	Cushion Cover
22	1	Right Handrail	65	1	Right Endcap
23	4	Hood Anchor	66	4	Endcap Screw
24	2	Ground Washer	67	1	Allen Wrench
25	1	Grommet	68	1	Wrench Clip
26	1	Power Cord	69	1	Rear Roller
27	1	Circuit Breaker	70	2	Rear Roller Spacer
28	2	Frame Endcap	71	1	Left Endcap
29	10	Belly Pan Pin	72	6	Platform Screw
30	1	Front Roller Adjustment Bolt	73	8	Foot Rail Washer
31	3	Roller Adjustment Washer	74	2	Rod Washer
32	2	Front Wheel	75	2	Retainer
33	2	Wheel Bolt	76	1	Rod Endcap
34	1	Incline Leg	77	6	Hood Screw/Foot Rail Screw
35	2	Belt Guide	78	1	Motor Hood w/Decal
36	4	Handrail Washer	79	4	Handrail Bolt
37	1	Belly Pan	80	1	Speed Optic Disk
38	1	Carriage Bolt	81	1	Belt
39	4	Flat Washer	82	2	Rear Roller Adjustment Bolt
40	1	Tension Spring	83	1	Speed Switch Bracket
41	5	Nut	84	4	Hood Anchor Screw
42	1	Front Roller/Pulley	85	4	Cage Nut
43	1	Walking Platform	#	1	Owner's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PF904520

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ORDERING REPLACEMENT PARTS

To order replacement parts, call 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 (PF904520).
2. The **NAME** of the product (PROFORM® ESP 8 treadmill).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 14 of this manual.
5. The **DESCRIPTION** of the part(s) from page 14 of this manual.

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