PRO·FORM® ESP 10 ●
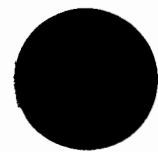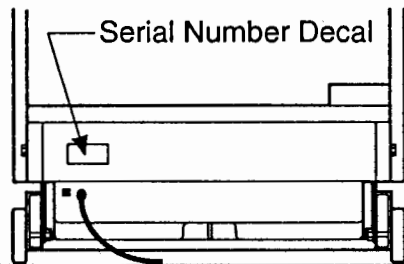
™

EXTENDED STRIDE PROFILE

0-10 MPH PROGRAMMABLE SPEED • POWER INCLINE • 1.5 HP DC MOTOR • ADJUSTABLE SUSPENSION DECK

Model No. PF905022
Serial No. _____

Serial Number Decal

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.
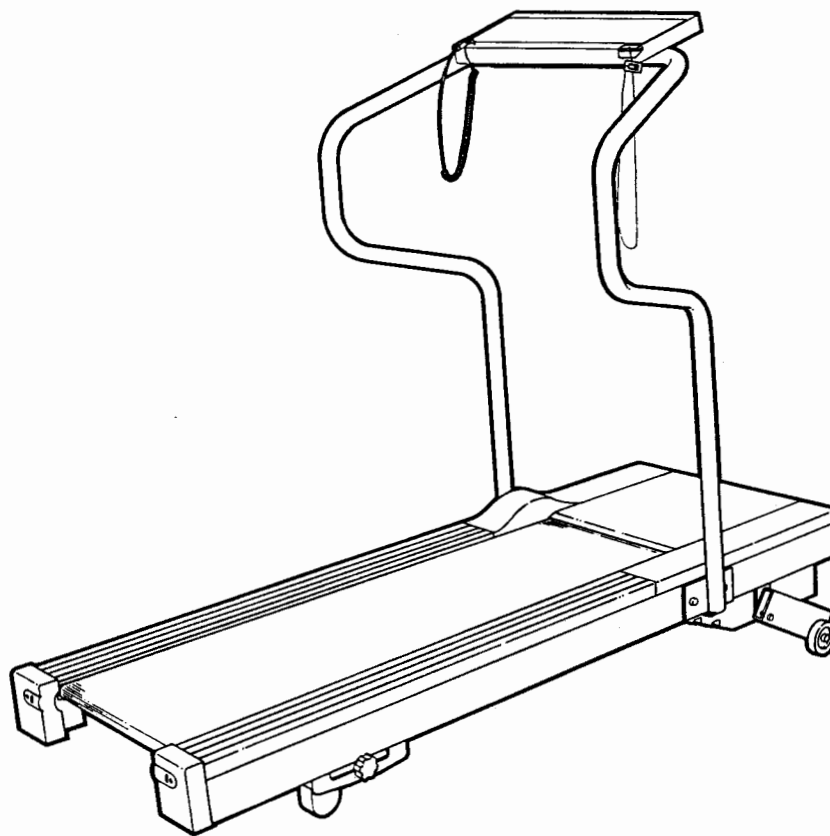
OWNER'S MANUAL

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. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliance should be on the same circuit. (See OPERATION AND ADJUSTMENT in 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 approximately five feet 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.
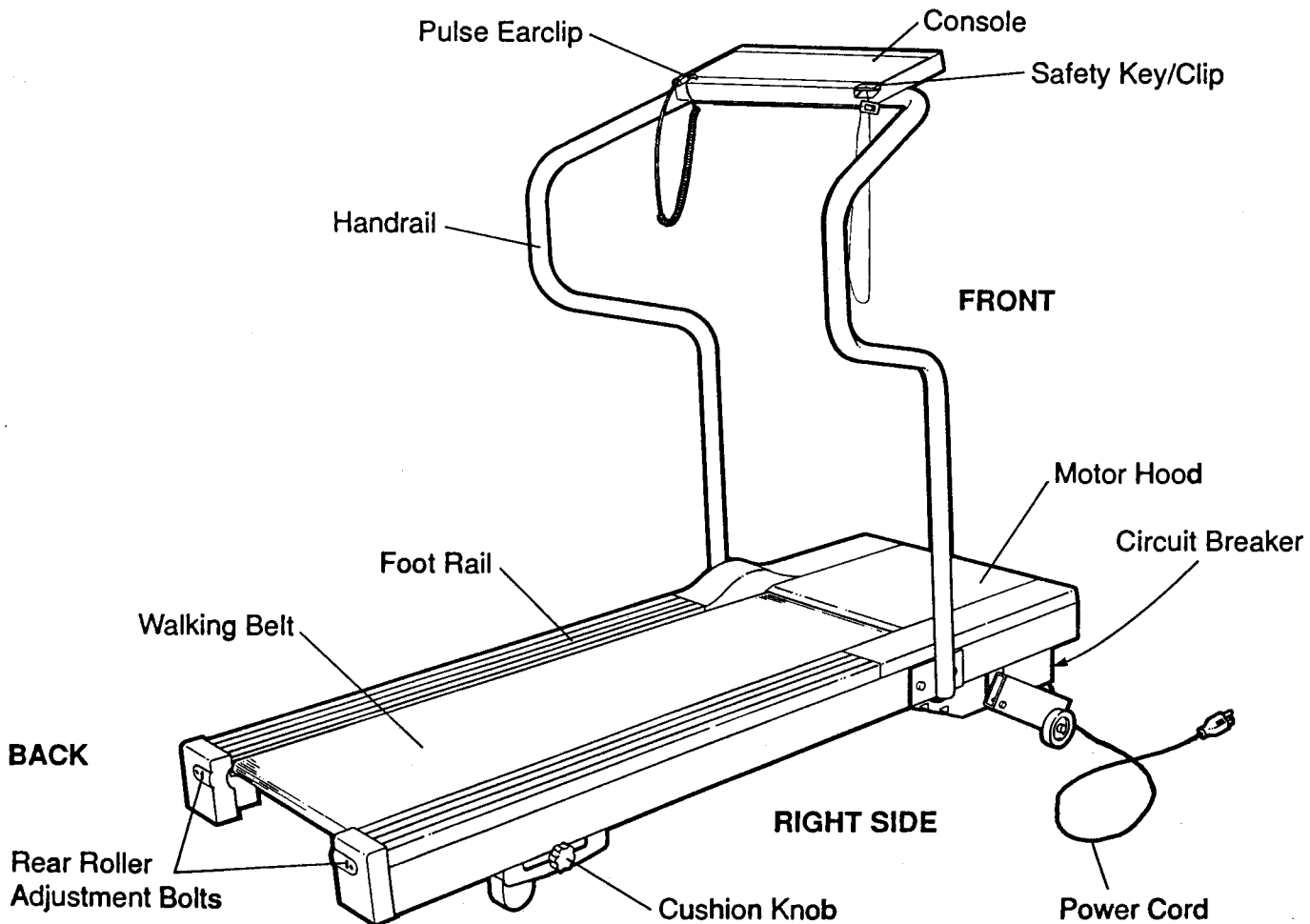
⚠ **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

TABLE OF CONTENTS

BEFORE YOU BEGIN

Thank you for selecting the PROFORM® ESP 10 treadmill. The ESP 10 combines state-of-the-art tech-nology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the con-venience 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 PF905022. 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.

Pulse Earclip

Console

Safety Key/Clip

Handrail

FRONT

Motor Hood

Circuit Breaker

Foot Rail

Walking Belt

BACK

RIGHT SIDE

Rear Roller
Adjustment Bolts

Cushion Knob

Power Cord

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 indicated holes in the side of the treadmill Frame (46). Attach the Handrail with two of the four Handrail Bolts (79) and Handrail Washers (36). **Be careful not to pinch the wires in the Handrail.** Do not tighten the Bolts yet.

   Attach the Left Handrail (not shown) in the same manner.
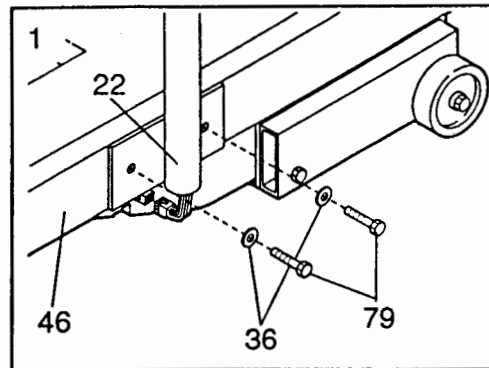
2. Place the Console (8) on the upper ends of the Left and Right Handrails (1, 22) as shown. Pull the end of the Handrail Wire Harness (10) out of the Right Handrail and plug the it into the connector on the underside of the Console (8). The small latch on the Harness should snap onto the connector. If the Harness does not fit easily, turn it; do not force the Harness into the connector. Attach the Console with the two Console Bolts (2) and Flat Washers (39). **Be careful not to damage the wires in the Handrail.** Do not tighten the Bolts yet.
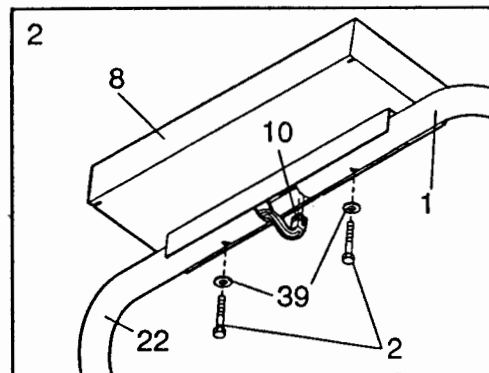
3. Plug the lower end of the Handrail Wire Harness (10) into the connector on the right side of the Safety Cover (37). The small latch on the Harness should snap onto the connector. If the Harness does not fit easily, turn it; do not force the Harness into the connector.

   Firmly tighten the Bolts on the lower and upper ends of both Handrails (not shown).
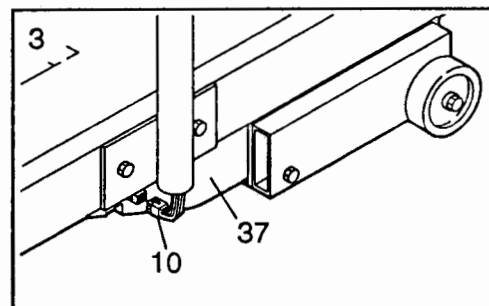
4. Slide the metal Clothes Clip onto the Pulse Earclip in the indicated location. The use of the Pulse Earclip is explained in the SELECTING MONITOR MODES section on pages 9 and 10.
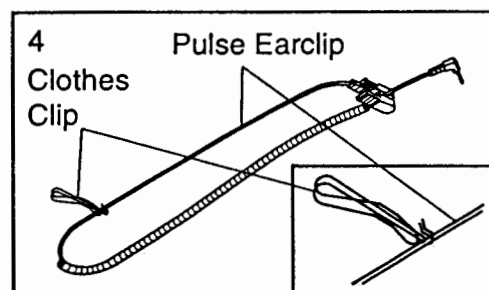
5. Remove the backing from the Wrench Clip (68), and press it onto the Right Endcap (65) in the indicated location. Press the Allen Wrench (67) into the Wrench Clip.

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

OPERATION AND ADJUSTMENT

PLUGGING IN THE POWER CORD
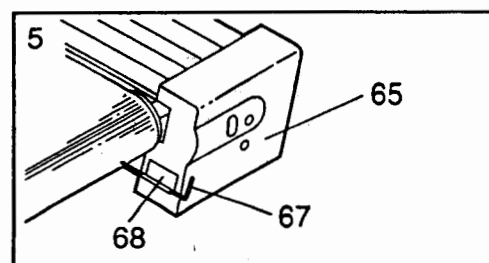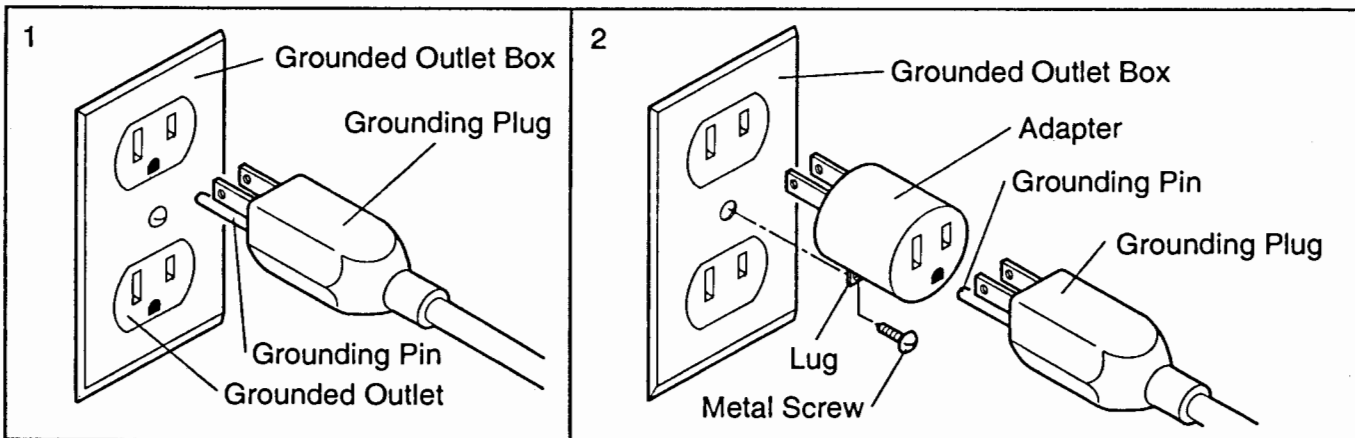
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into 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.**

1 — Grounded Outlet Box / Grounding Plug / Grounding Pin / Grounded Outlet

2 — Grounded Outlet Box / Adapter / Grounding Pin / Grounding Plug / Lug / Metal Screw

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 entire surface of the walking belt 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

For a softer cushion level as you exercise, turn the cushion knob counterclockwise. For a firmer cushion level, turn the knob clockwise. Note: The faster you run on the treadmill, the firmer the cushion level should be. If the cushion level is too soft, the treadmill will bounce excessively.

Cushion Knob
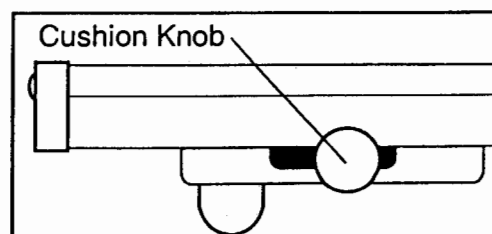
DIAGRAM OF THE TREADMILL CONSOLE

Please read all instructions carefully before operating the console.

TURNING ON THE POWER

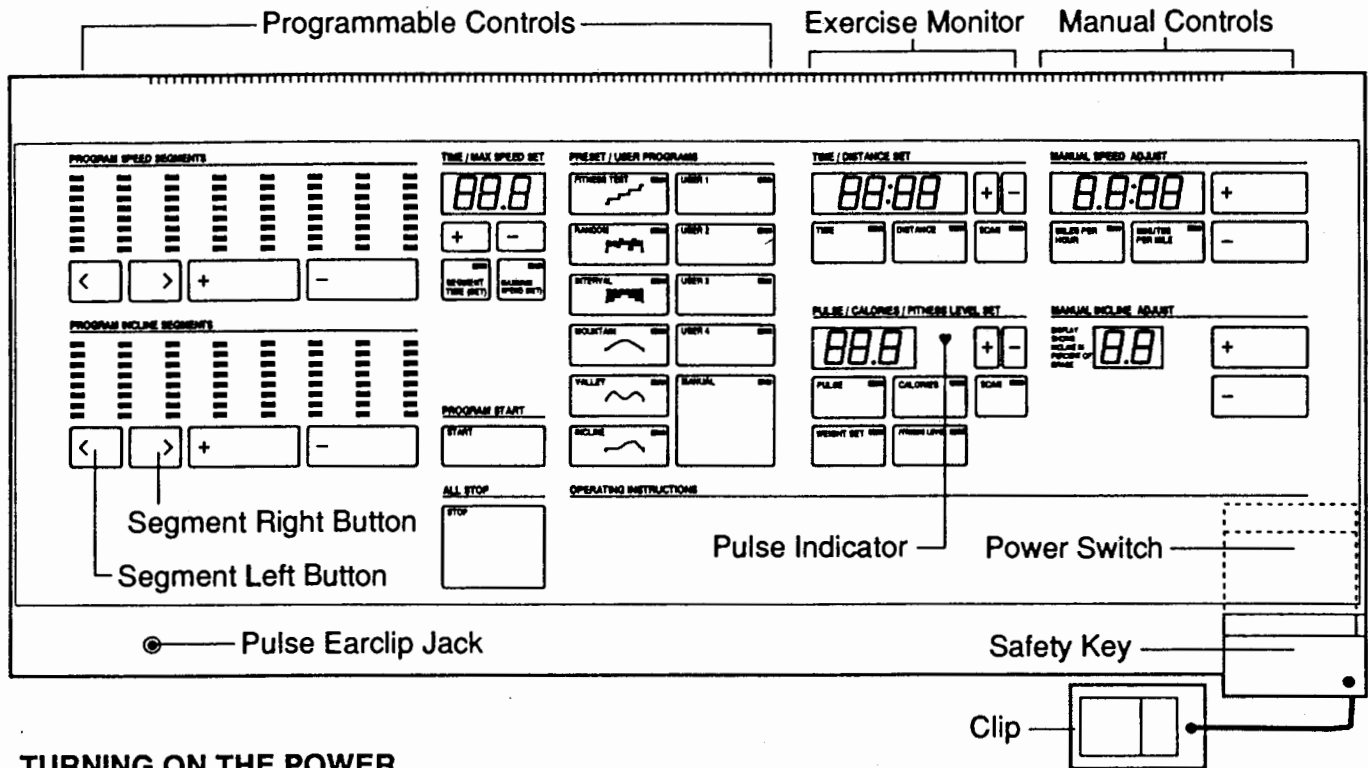Make sure that the safety key is removed from the console. Plug the power cord in. (See PLUGGING IN THE POWER CORD on page 5.)

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 treadmill 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 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. The indicator on the button you press will light. Note: If you select MINUTES PER MILE, the speed of the walking belt must be at least 2.0 miles per hour.

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 "+" or "-" 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 speed and incline of the treadmill will be controlled automatically by programs you select. Six different preset programs are offered. 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.

CREATING A USER PROGRAM

Press one of the four USER buttons. The indicator on the button you press will light. Be sure the walking belt is fully stopped before you continue.

The first step in creating a program is to set a speed range 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 1.0 mile per hour. The maximum speed the walking belt can move is preset at 2 miles per hour, as shown in the display. The maximum speed setting can be changed, if desired, by pressing the "+" button beneath the display. Each time the button is pressed, the setting will increase by 0.1 mile per hour. The button can be held down to change the setting quickly. The maximum speed setting can be from 2 to 10 miles per hour. Note: The incline range for all programs is preset at 1.5% to 10%, and cannot be changed.

. All programs are divided into eight equal time periods, called "segments." The speed and incline of the treadmill will change automatically at the beginning of each segment. The speed and incline settings should be programmed on the PROGRAM SPEED SEGMENTS and PROGRAM INCLINE SEG-MENTS displays. Both displays consist of eight vertical segments. A different speed or incline setting can be programmed on each segment. The setting of each segment is shown by the number of bars lighted in the segment. If one bar is lighted, the segment is set for 1.0 mile per hour, or 1.5% incline. If all eight bars are lighted, the segment is set for the maximum speed, or 10% incline. If a program has not previously been created, four bars will be lighted in each speed segment, and three bars will be lighted in each incline segment.

The first segments of the PROGRAM SPEED SEGMENTS and PROGRAM INCLINE SEGMENTS displays will be flashing. To program the first speed segment, press the "+" or "-" buttons beneath the PROGRAM SPEED SEGMENTS display. Each time the "+" button is pressed, a tone will sound and the speed setting will increase. An additional bar will light every few times the button is pressed, depending on the speed range you set. Each time the "-" button is pressed, a tone will sound and the

speed setting will decrease. An additional bar will darken every few times the button is pressed. The buttons can be held down to program the segment quickly. After the first speed segment has been programmed, the first incline segment should be programmed in the same manner. Press the "+" or "-" buttons beneath the PROGRAM INCLINE SEGMENTS display to program the segment.

After the first speed and incline segments have been programmed, press the segment right button beneath either display. The first speed and incline segments will stop flashing, and the second speed and incline segments will begin to flash. The second segments should be programmed in the same manner as the first segments. (Segments can be programmed only when they are flashing.) Continue in this manner until all eight speed and incline segments have been programmed. You may wish to program the first segments for low settings to warm up, the middle segments for a combination of higher settings, and the final segments for low settings to cool down. The segments can be programmed in an endless variety of "profiles."

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

The program is now ready to be started. Press the START button. The first segments of the PROGRAM SPEED SEGMENTS and PROGRAM INCLINE SEGMENTS displays will begin to flash, and the treadmill will begin to operate at the first speed and incline settings. Step carefully onto the walking belt and begin your workout. The time remaining in the first program segment will be shown in the TIME/MAX SPEED SET display. When no time remains, the second segments will begin to flash, and the treadmill will adjust to the second speed and incline settings. The program will continue in this manner until all eight program segments have been completed. The walking belt will then slow to a stop. The incline will remain at the last setting. Note: The program settings can be changed while the program is running. **If you wish to stop the walking belt 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, the program can be restarted, 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. The settings will be saved as long as the power cord is plugged in, regardless of whether the console power is on or off. If the power cord is unplugged, only the original program settings will be saved.

SELECTING A PRESET PROGRAM

Press the RANDOM, INTERVAL, MOUNTAIN, VALLEY or INCLINE buttons. (The FITNESS TEST program will be explained later.) The indicator on the button you press will light. Be sure the walking belt is fully stopped before you continue.

Next, set a speed range for the program. This is done in the same manner as for a user program. Note: The incline range for all programs is preset at 1.5% to 10%, and cannot be changed.

The eight speed and incline settings of the selected program will be shown on the PROGRAM SPEED SEGMENTS and PROGRAM INCLINE SEGMENTS displays. If desired, the setting of any segment can be changed. Press the segment right or left buttons beneath either display until the segment you want to change begins to flash. Press the "+" or "-" buttons beneath the appropriate display to change the setting of the segment. Each time a "+" button is pressed, a tone will sound and the setting will increase. Each time a "-" button is pressed, a tone will sound and the setting will decrease. Every few times a button is pressed, an additional bar will light or darken.

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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.

The program is now ready to be started. Press the START button. The program will operate in the same manner as a user program.

Although the settings of a preset program can be changed, any changes you make to the settings of the speed or incline segments will not be saved in the console's memory.

SELECTING THE FITNESS TEST PROGRAM

Press the FITNESS TEST button. The indicator on the FITNESS TEST button will light.

Press the WEIGHT SET button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Press the "+" or "-" buttons beneath 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 has started.

When you are ready 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.

SELECTING MONITOR MODES

The console features nine different modes to give you instant feedback on your performance and progress as you exercise. You can change modes at any time during your workout. Indicators on the mode buttons will light to 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 walked or run 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 you plan to walk or run 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 the distance quickly. As you exercise, the distance will be counted down. When the distance 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. Note: If your heart rate is not displayed, try rubbing your ear lobe and repositioning the earclip. You may find it 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 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. The pulse earclip must be plugged into the jack on the left side of the console, and attached 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 heat rate is not displayed, rub your 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 OFF THE POWER

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

TROUBLE-SHOOTING AND STORAGE

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.
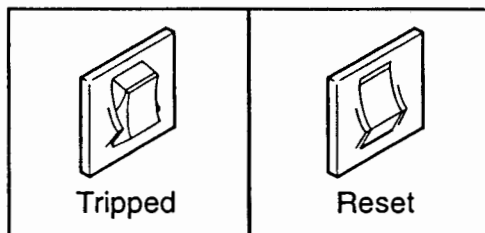
Tripped   Reset

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 that 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. Stand still while measuring your pulse.

c. The pulse earclip may need to be cleaned. Press the earclip open, and find the two clear circles inside the earclip. Wipe the two clear circles using a cotton swab saturated with denatured alcohol.

⚠ 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.

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 display. 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. The first time you use the treadmill, walk on the entire surface of the walking belt for 10 minutes to break in the walking platform. During this initial 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 decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

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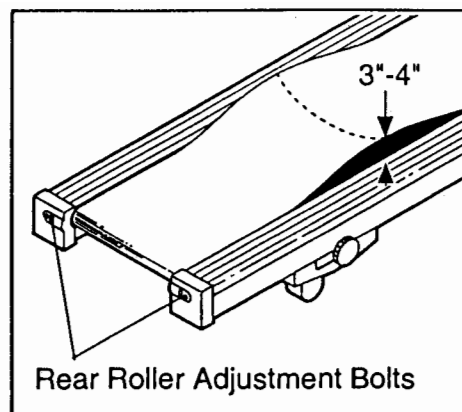
6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
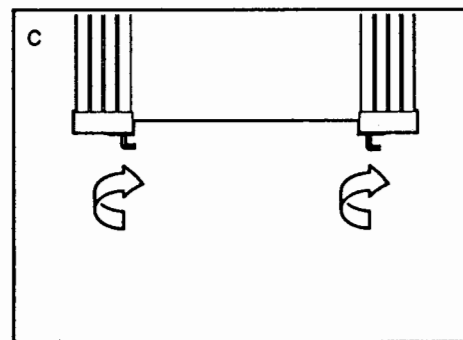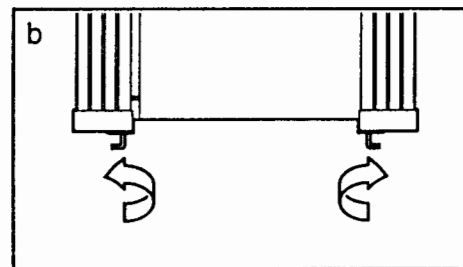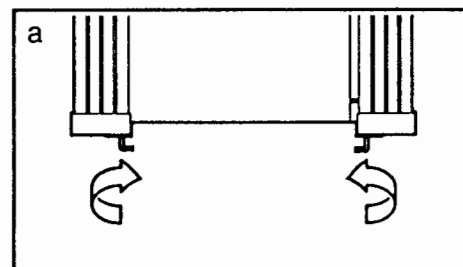
STORAGE

Unplug the power cord when the treadmill is not in use. Remove the bolts and washers from the lower end of the handrails. Keep the bolts and washers in a secure location. Carefully lay the handrails and console on the treadmill. **Be careful not to pinch the wires in the handrail.**

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 ˉ

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level 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.

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.

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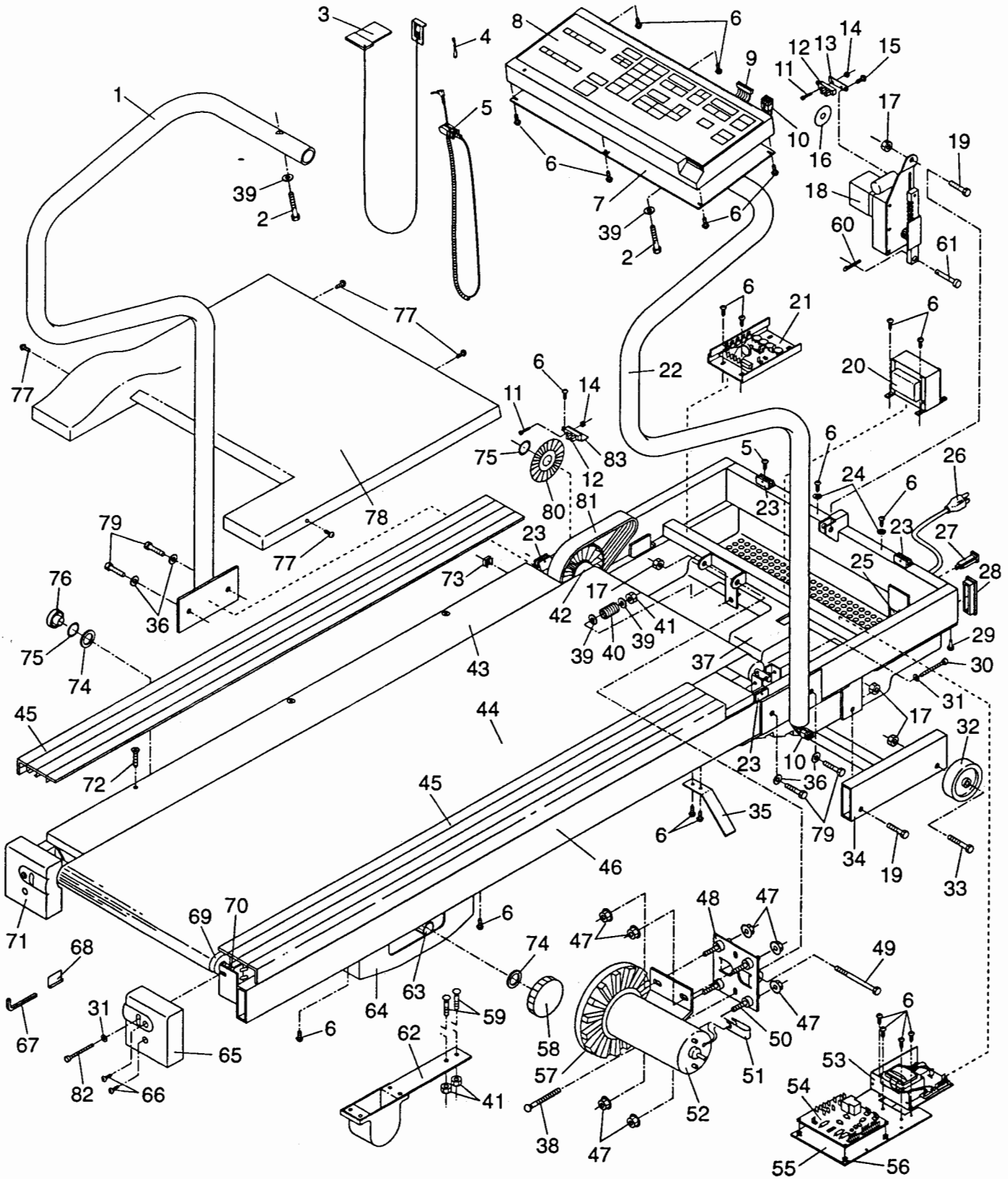
ORDERING REPLACEMENT PARTS

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 (PF905022).
2. The NAME of the product (PROFORM® ESP 10 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.

LIMITED WARRANTY

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