

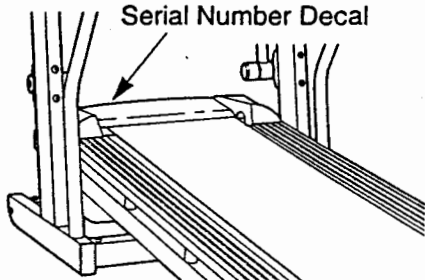
PRO-FORM[®] CROSS WALK[®] si

Model No. PFTL20350

QVTL 2035

Serial No. _____

Serial Number Decal



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that 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.

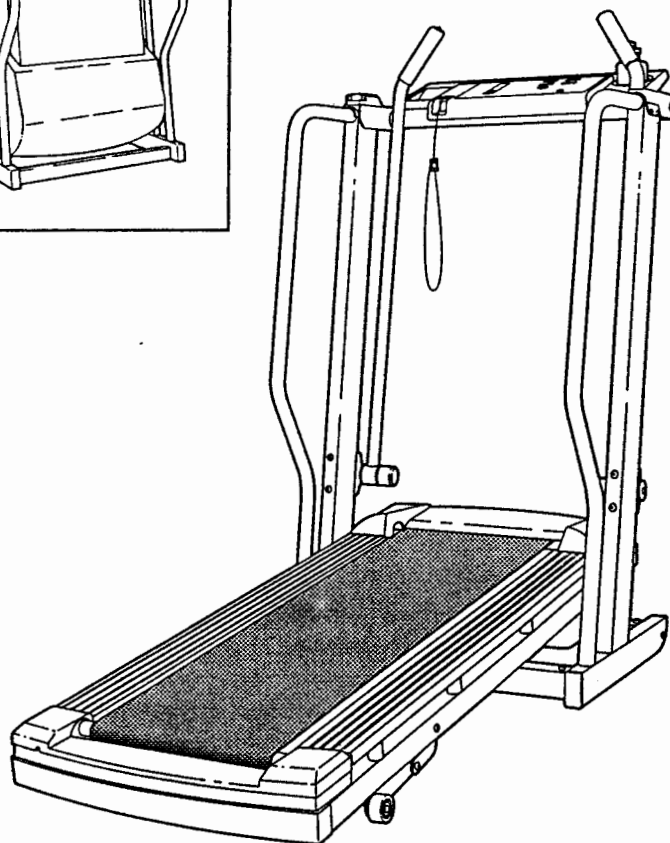
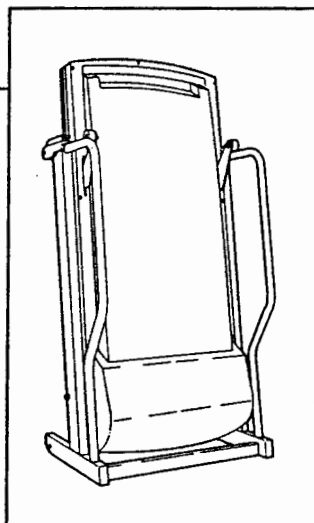
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

⚠ CAUTION

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



USER'S MANUAL

LIMITED WARRANTY

ICON Health & Fitness, Inc. ("ICON"), 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. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 ICON. 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 an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN UT 84321-9813

PRO·FORM CROSS WALK[®] si

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Note: An EXPLODED DRAWING and a PART LIST are attached to the center of this manual. Save the EXPLODED DRAWING and PART LIST for future reference.

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

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least 8 feet of clearance behind it. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Do not place the treadmill near water, outdoors, or on a surface that blocks any air openings.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep small children and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds. Never allow more than one person on the treadmill at a time.
8. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces.
9. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces.
10. If an extension cord is needed, use a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
11. 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 on page 5 if the treadmill is not working properly.)
12. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or upper body arms while using the treadmill.
13. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
14. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
15. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
16. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
17. You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
18. When storing the treadmill, make sure that the storage latch is fully closed.
19. Never insert any object into any opening.
20. 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.

SAVE THESE INSTRUCTIONS

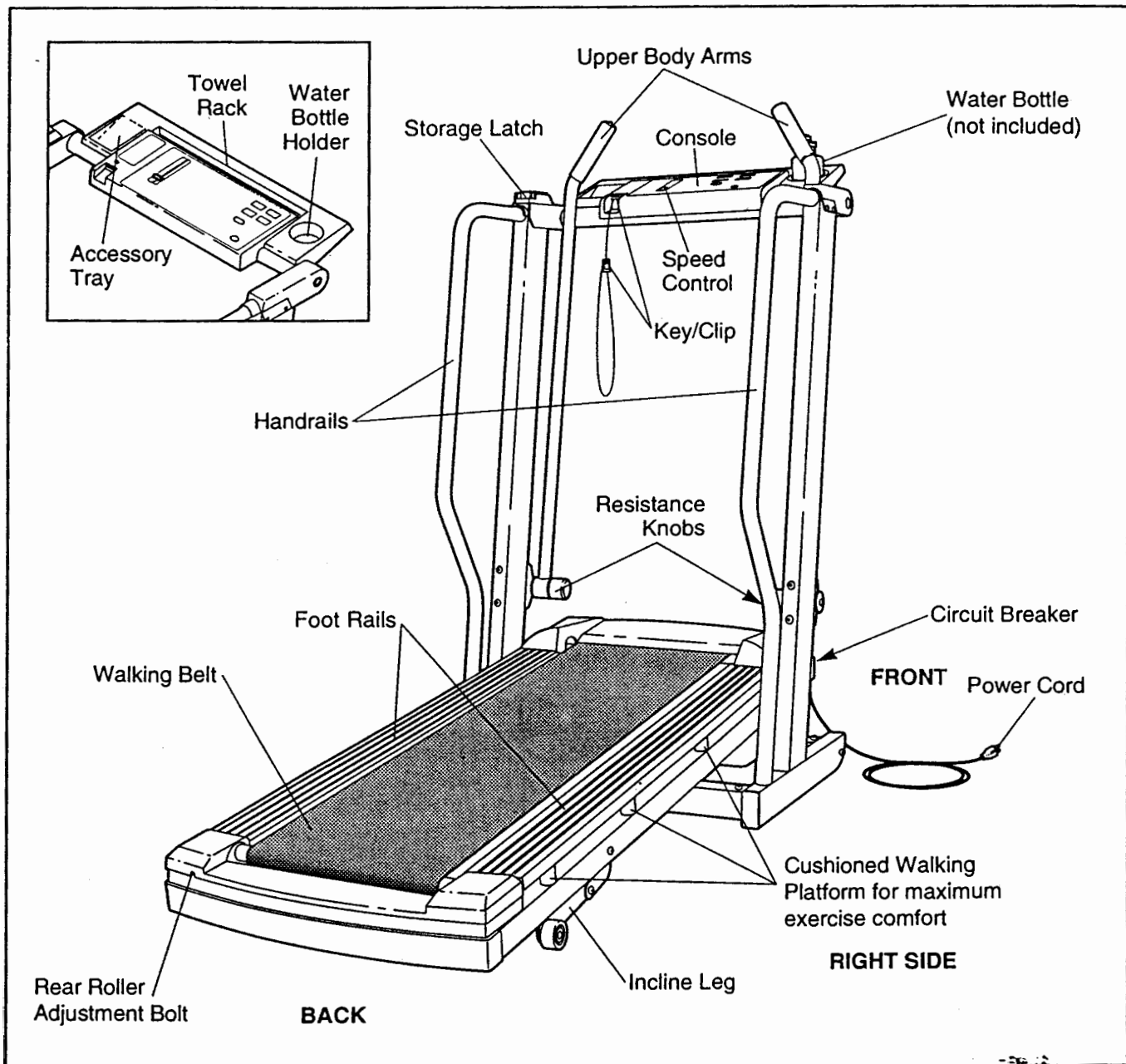
BEFORE YOU BEGIN

Thank you for selecting the PROFORM® CROSS-WALK si treadmill. The CROSSWALK si treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before using the 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 note the product model number and serial number before calling. The model number of the treadmill is PFTL20350. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

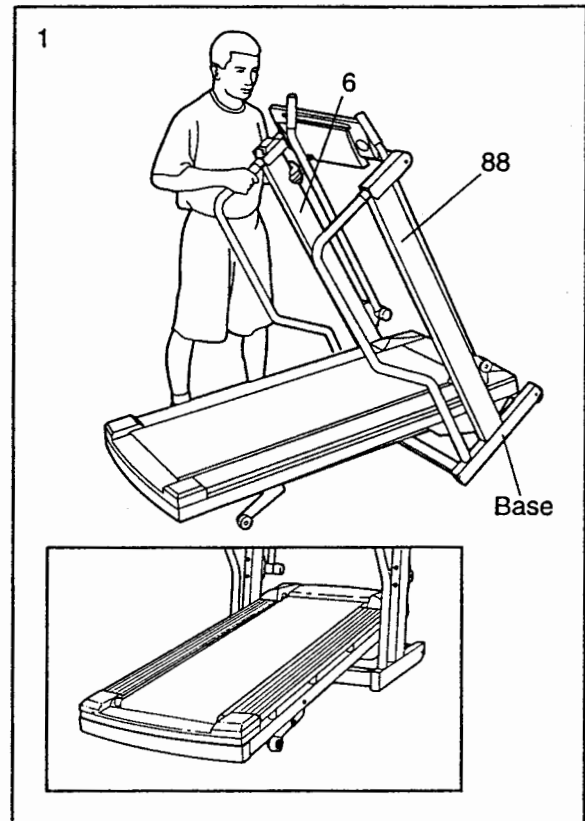


ASSEMBLY

Two people are required for 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 the following tools:** The included 7/32" allen wrench  and your own phillips screwdriver .

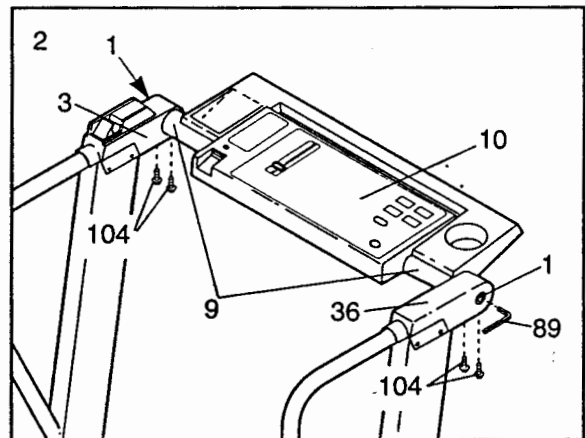
1. Firmly hold one of the Uprights (6, 88) with both hands. Raise the Uprights until the base is resting on the floor.

The inset drawing shows how the treadmill should appear when this step is completed.



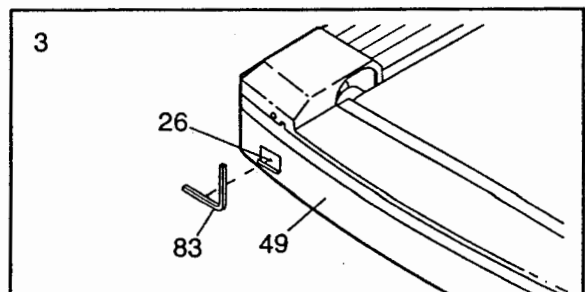
2. Loosen the Crossbar Bolts (1) in the ends of the Console Crossbar (9). Pivot the Console (10) to the angle shown. Look under the Left and Right Console Brackets (3, 36) and find the two small holes in each end of the Console Crossbar (9). Tighten Crossbar Screws (104) into all four holes.

Pivot the Console (10) upward until it stops. Using the 7/32" Allen Wrench (89), tighten the Crossbar Bolts (1).



3. Remove the paper backing from the Adhesive Clip (26). Press the Adhesive Clip onto the Frame (49) in the indicated location. Press the 3/16" Allen Wrench (83) into the Adhesive Clip. The use of the 3/16" Allen Wrench is described on page 12.

Make sure that all parts are tightened before you use the treadmill. **Note: Cover the floor beneath the treadmill to protect the floor or carpet.**



OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. During the first few hours of use, it is normal for a small amount of white powder to appear on the foot rails and the walking platform. The white powder is excess high-performance lubricant from the walking belt.

IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

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

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.

Surge protectors are sold at electronics stores and most department stores. Be sure to read all instructions supplied with your surge protector.

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 a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

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 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector 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.**

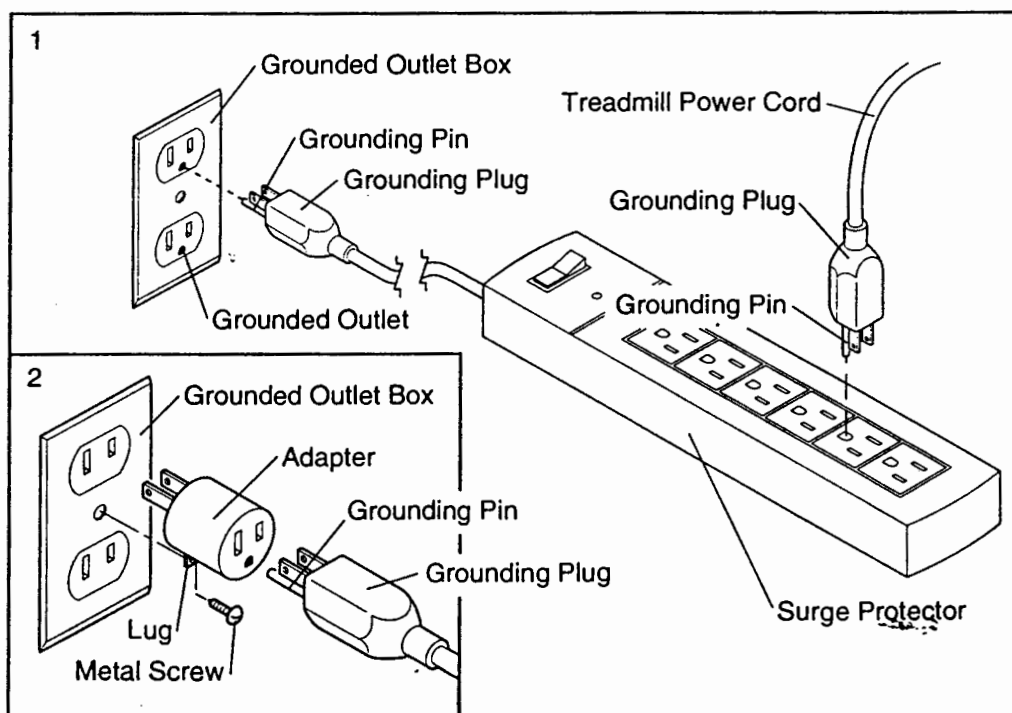
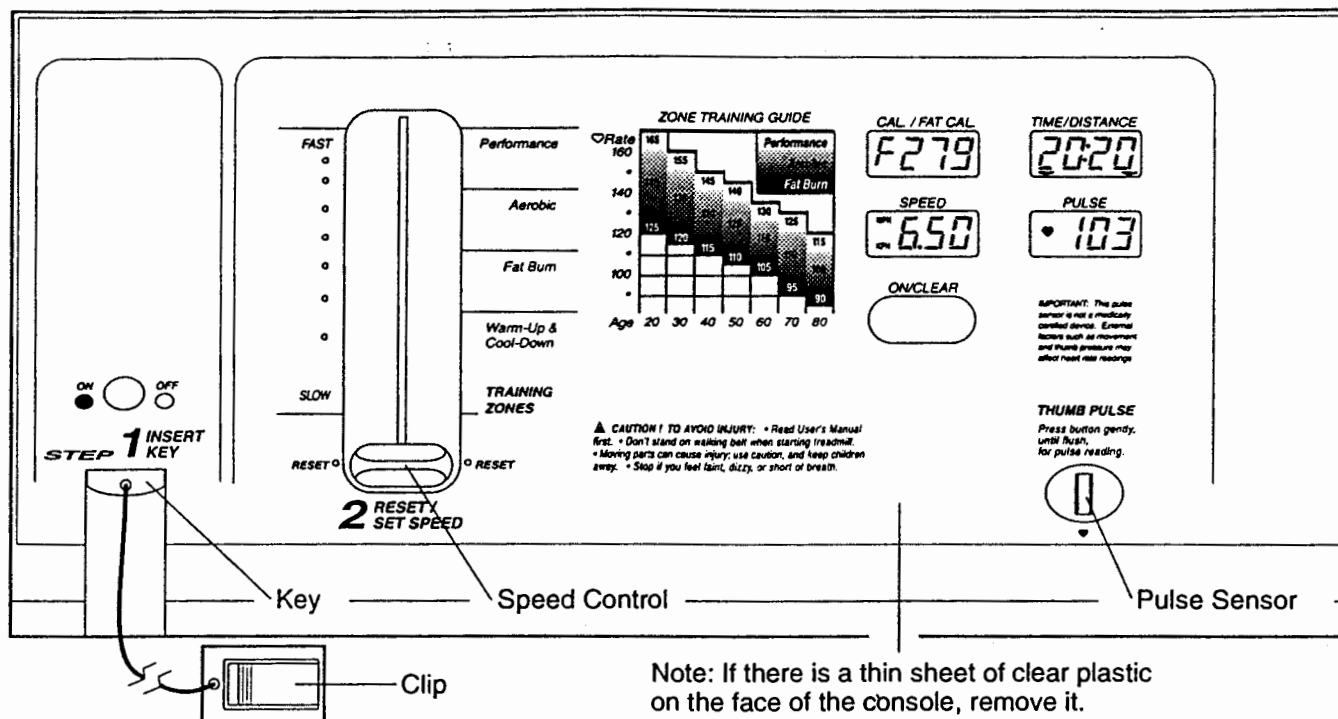


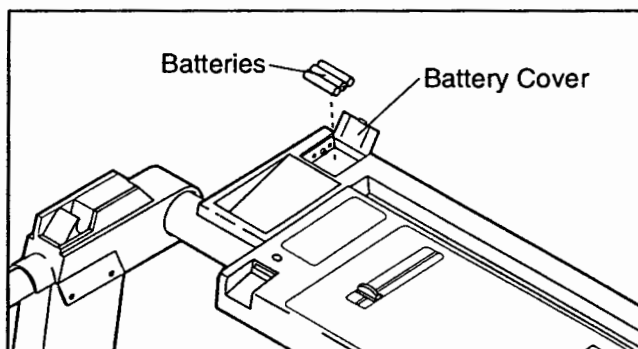
DIAGRAM OF THE CONSOLE



CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill. When the key is removed from the console, the treadmill will stop.
- Adjust the speed in small increments until you are familiar with the treadmill.
- The training zones marked beside the speed control are general guidelines only. See **CONDITIONING GUIDELINES** on pages 14 and 15.
- Do not spill liquids on the console.

Press three batteries into the battery compartment, with the negative (-) ends of the batteries touching the springs. Close the battery cover.



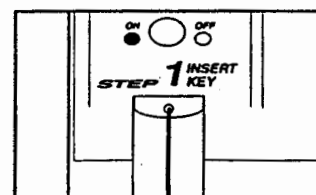
Next, step onto the foot rails. Find the clip attached to the key (see the drawing at the top of this page), and slide the clip onto the waistband of your clothing.

Follow the steps below to operate the console.

1 Insert the key fully into the power switch.

Inserting the key will not turn on the displays. The displays will turn on when the ON/CLEAR button is pressed or the walking belt is started.

Note: If you just installed batteries in the console, the displays will already be on.



STEP BY STEP CONSOLE OPERATION

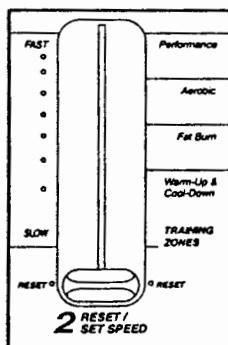
Before operating the console, make sure that the power cord is properly plugged in. (See **HOW TO PLUG IN THE POWER CORD** on page 7.)

The console requires three "AA" batteries (not included); alkaline batteries are recommended. Open the battery cover as shown in the drawing at the upper right.

2 Reset the speed control and start the walking belt.

Slide the speed control down to the "RESET" position.

Note: Each time the walking belt is stopped, the speed control must be moved to the "RESET" position before the walking belt can be restarted. Next, slide the control up until the walking belt begins to move at slow speed.



Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control. To stop the walking belt, step onto the foot rails and slide the speed control to the "RESET" position.

3 Follow your progress with the monitor displays.

• CAL/FAT CAL.

This display shows the numbers of both Calories and Fat Calories you have burned (see FAT BURNING on page 14). Every seven seconds, the display will change from one number to the other. An "F" will appear when the number of Fat Calories is shown. Note: The actual numbers of Calories and Fat Calories you burn may vary slightly depending on the speed and incline of the treadmill.



• SPEED

This display shows the speed of the walking belt, in miles per hour or kilometers per hour.

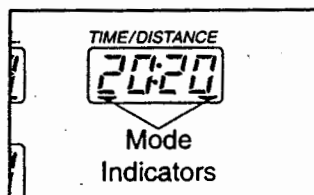
An MPH or a KPH will appear in the display to show which unit of measurement is selected.



To change the unit of measurement, hold down the ON/CLEAR button for five seconds. An MPH or a KPH will appear in the SPEED display to show which unit of measurement you have selected. Note: If MPH is selected, the distance will also be displayed in miles; if KPH is selected, the distance will be displayed in kilometers (see TIME/DISTANCE below).

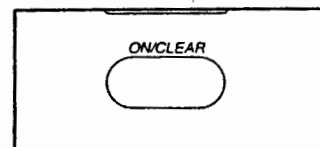
• TIME/DISTANCE

This display shows the elapsed time and the total distance that you have walked or



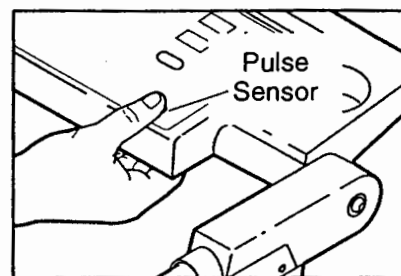
run. Every seven seconds, the display will alternate between elapsed time (the left mode indicator will appear) and total distance (the right mode indicator will appear).

The displays can be reset, if desired, by pressing the ON/CLEAR button.



4 Measure your pulse, if desired.

To use the pulse sensor, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated. Fully press down the pulse sensor. Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected. Next, slightly raise your thumb until the heart-shaped indicator in the PULSE display flashes steadily. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be shown in the PULSE display. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above.

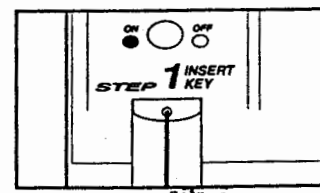


Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.



5 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a secure place.

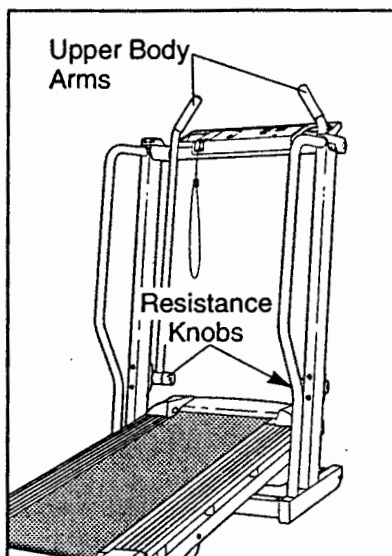


Note: After the key is removed, the displays will remain on for about four minutes.

HOW TO USE THE UPPER BODY ARMS

As you exercise on the treadmill, you can either hold the handrails or use the upper body arms. The upper body arms are designed to exercise your arms, shoulders, and back for a total body workout. Hold one upper body arm with each hand, and move the arms forward and backward as you walk on the treadmill.

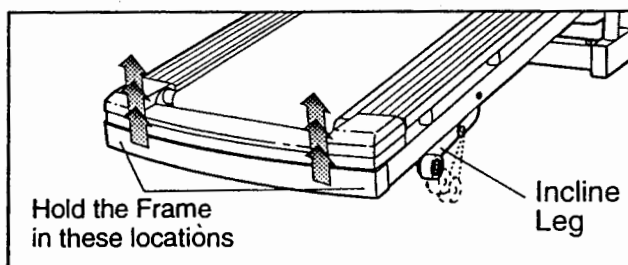
To vary the intensity of your upper body exercise, the resistance of the upper body arms can be adjusted. To increase the resistance, turn the resistance knobs clockwise; to decrease the resistance, turn the knobs counter-clockwise.



HOW TO CHANGE THE INCLINE OF THE TREADMILL

The incline of the treadmill can be changed by raising or lowering the back end. **Before changing the incline, remove the key and unplug the power cord.**

Hold the back end of the treadmill frame with both hands. When the back end of the treadmill is in the lowest position, the incline is about 10%. Raise the back end until it clicks into position. The incline will then be about 5%. Raise the back end again until it clicks into position. The incline will then be about 3%. To lower the back end, first raise it past the highest position, and then lower it. **CAUTION: Before exercising, push on the back of the treadmill to make sure that the incline legs are locked in position. Both incline legs must be at the same incline level.**

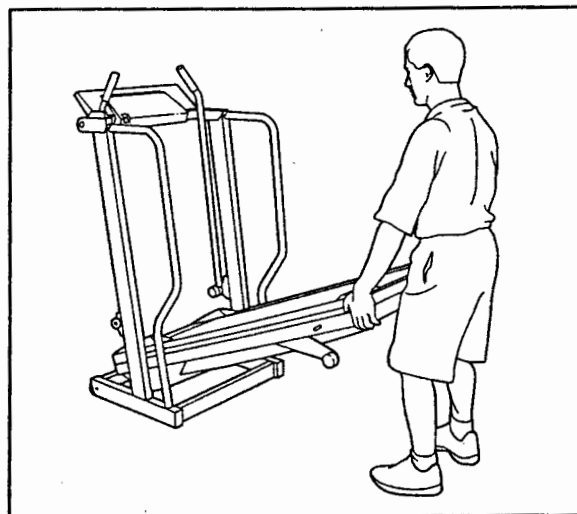


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

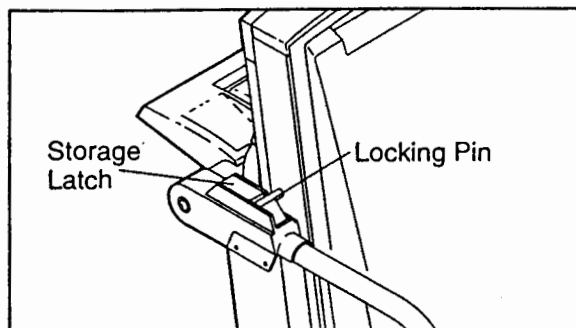
Before folding the treadmill for storage, unplug the power cord. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill firmly, with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight.** Raise the treadmill to a vertical position. **Make sure to lift with your legs rather than your back.**



2. Pivot the treadmill until the locking pin snaps into the storage latch. **Make sure that the locking pin is inside the storage latch, and that the storage latch is fully closed.**

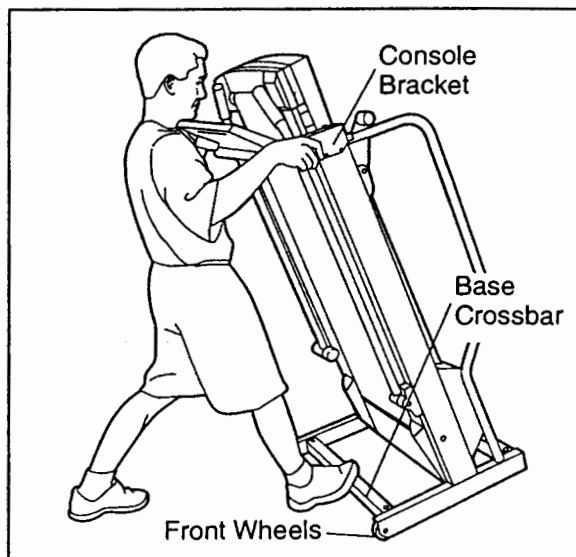
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

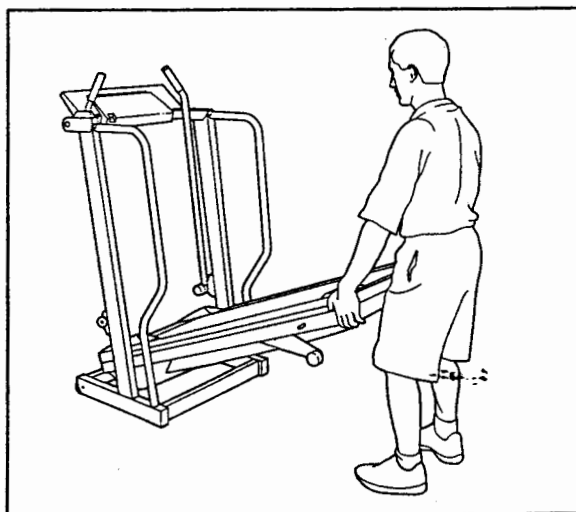
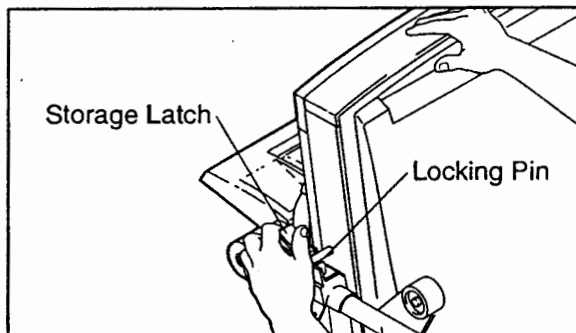
Before moving the treadmill, convert the treadmill to the storage position as described on pages 10 and 11.

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



HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, lift the storage latch. Pivot the treadmill slightly until the locking pin is out of the storage latch.
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**

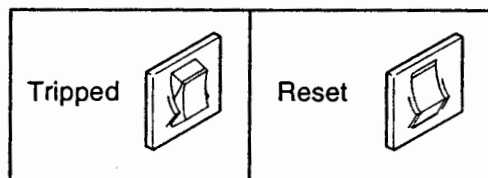


TROUBLE-SHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department 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

- Make sure that the power cord is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 1 on page 8.)
- Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

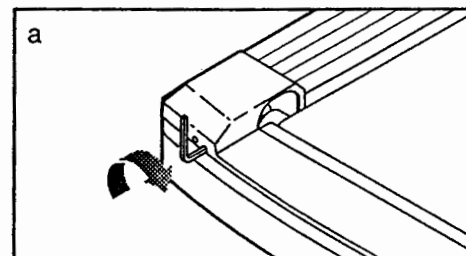
- Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the key from the console. Reinsert the key fully into the console. (See step 1 on page 8.)
- If the treadmill still will not run, please call our toll-free Customer Service Department.

3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

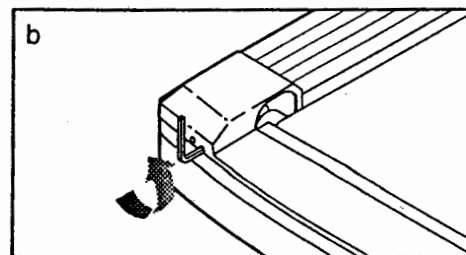
- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- If the walking belt still slows when walked on, please call our toll-free Customer Service Department.

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

- If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn the left rear roller adjustment bolt clockwise 1/4 of a turn. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

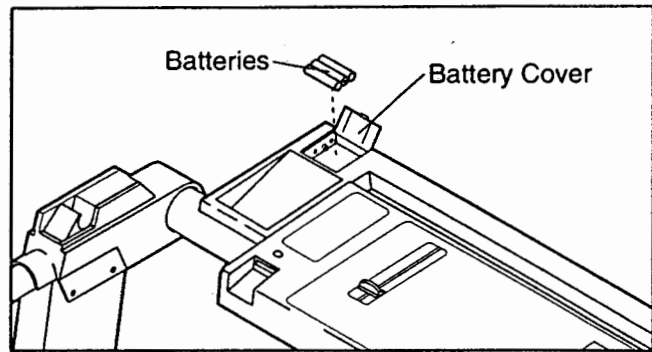


- If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn the left rear roller adjustment bolt counterclockwise 1/4 of a turn. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



5. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

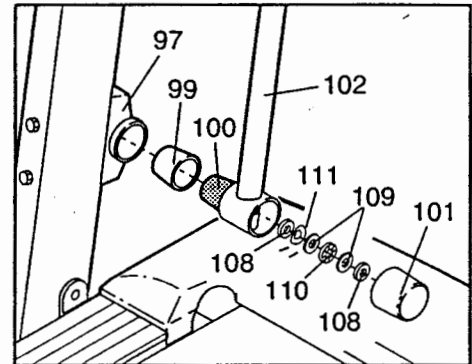
- a. The console requires three "AA" batteries (not included); alkaline batteries are recommended. If the displays of the console do not function properly, the batteries should be replaced. Open the battery cover as shown at the right. Press three batteries into the battery compartment, with the negative (-) ends of the batteries touching the springs. Close the battery cover.



6. SYMPTOM: ONE OF THE UPPER BODY ARMS SQUEAKS DURING USE

- a. Correcting this problem requires a small amount of white marine grease, available at most department stores.

Turn the Resistance Knob (101) counterclockwise until it can be removed. Remove the Resistance Cone (100) and the Upper Body Arm (102), along with the Resistance Washers (108), Spring Washer (111), Thrust Washers (109), and Thrust Bearing (110). (Note: If the Resistance Sleeve [99] comes out of the Resistance Bracket [97], press it back in.) Apply a **thin layer** of white marine grease to the outer surface of the Resistance Cone (100). Reattach all parts in the order shown at the right.



CONDITIONING GUIDELINES

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

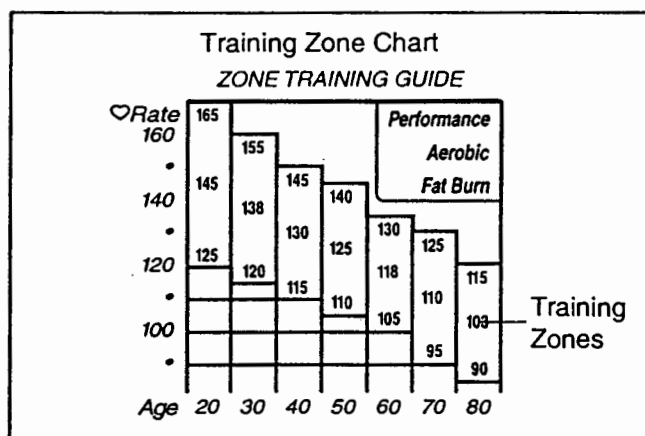
The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide.

The chart below shows recommended heart rates for fat burning, aerobic exercise, and high performance athletic conditioning. (This chart is also found on the console.)



To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the box containing three numbers. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for aerobic exercise; the highest number is the recommended heart rate for high performance athletic conditioning.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone as you exercise. It may also be helpful to set the speed control on the console to FAT BURN to help you maintain the proper intensity level. (See page 8.)

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone. It may also be helpful to set the speed control on the console to AEROBIC to help you maintain the proper intensity level. (See page 8.)

High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone. It may also be helpful to set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level. (See page 8.)

HOW TO MEASURE YOUR HEART RATE

You can measure your heart rate using the pulse sensor on the console. Exercise for about four minutes, and then measure your heart rate immediately. If your heart rate is too high or too low, adjust the speed and incline of the treadmill until your heart rate is at the proper level.

WORKOUT GUIDELINES

A well-rounded workout includes three phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate and circulation in preparation for strenuous exercise. Stretching also guards against muscle, tendon and ligament sprains.

A cardiovascular phase, including 20 to 30 minutes of exercising with your heart rate in your training zone. (See EXERCISE INTENSITY on page 14 to find your training zone.)

A cool-down phase, consisting of 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective during this phase. This phase should leave you relaxed and comfortably tired.

To maintain or improve your condition, plan 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.

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

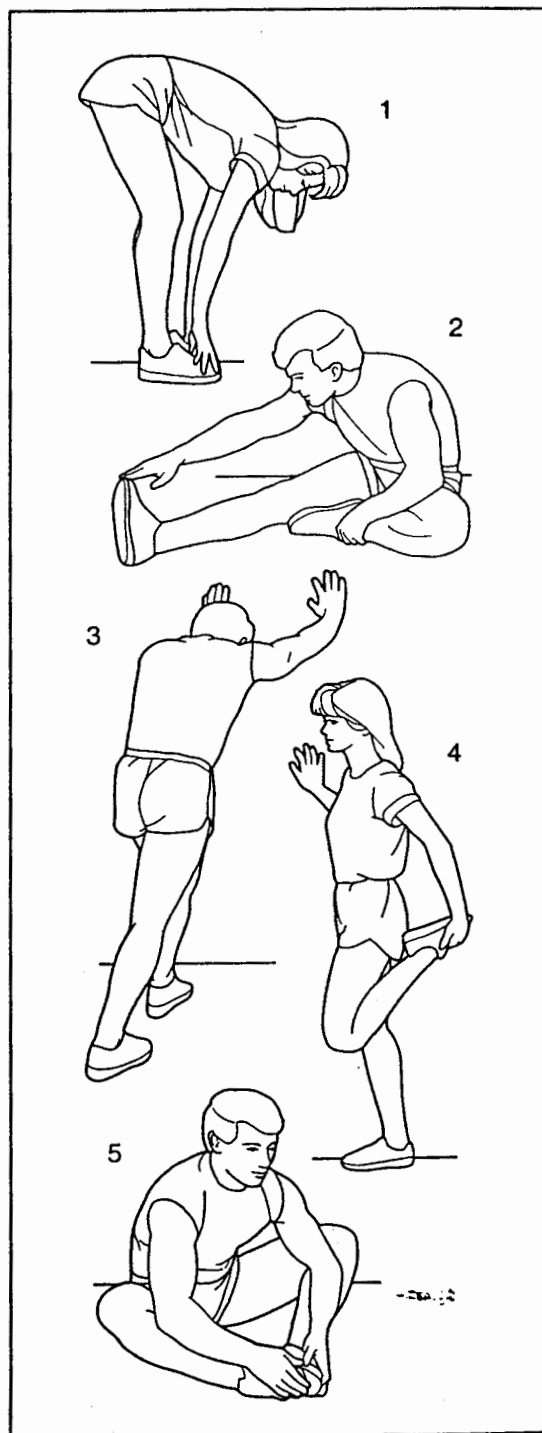
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



ORDERING REPLACEMENT PARTS

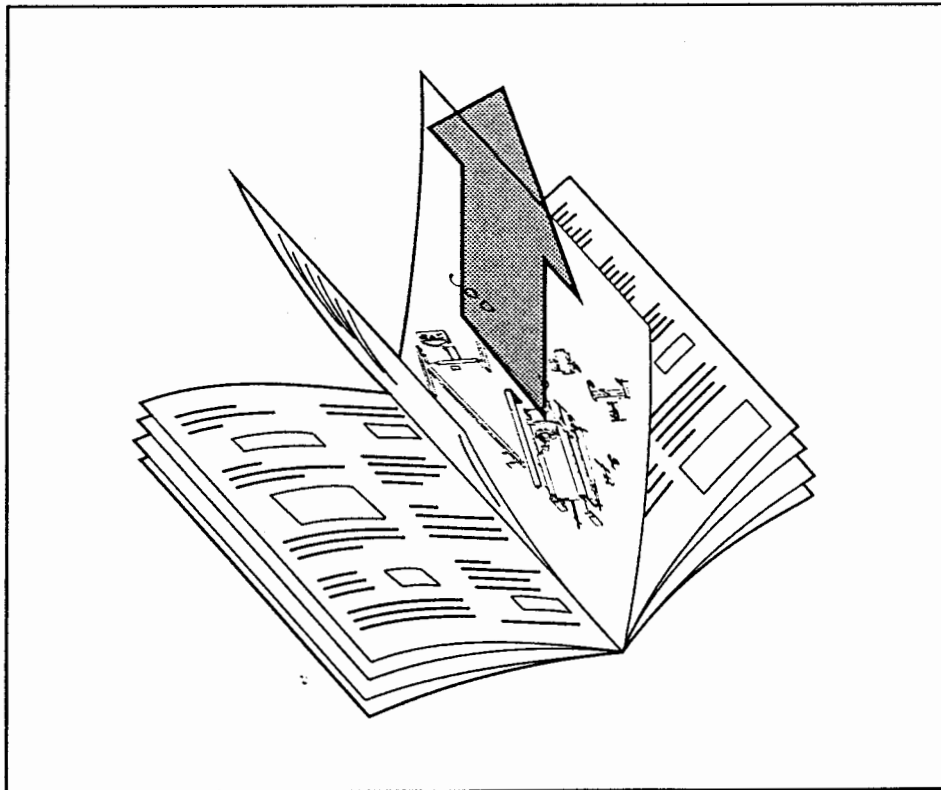
To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PFTL20350).
- The NAME OF THE PRODUCT (PROFORM® CROSSWALK si treadmill).
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual).
- The KEY NUMBER OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached to the center of this manual)
- The DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached to the center of this manual).

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

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL!

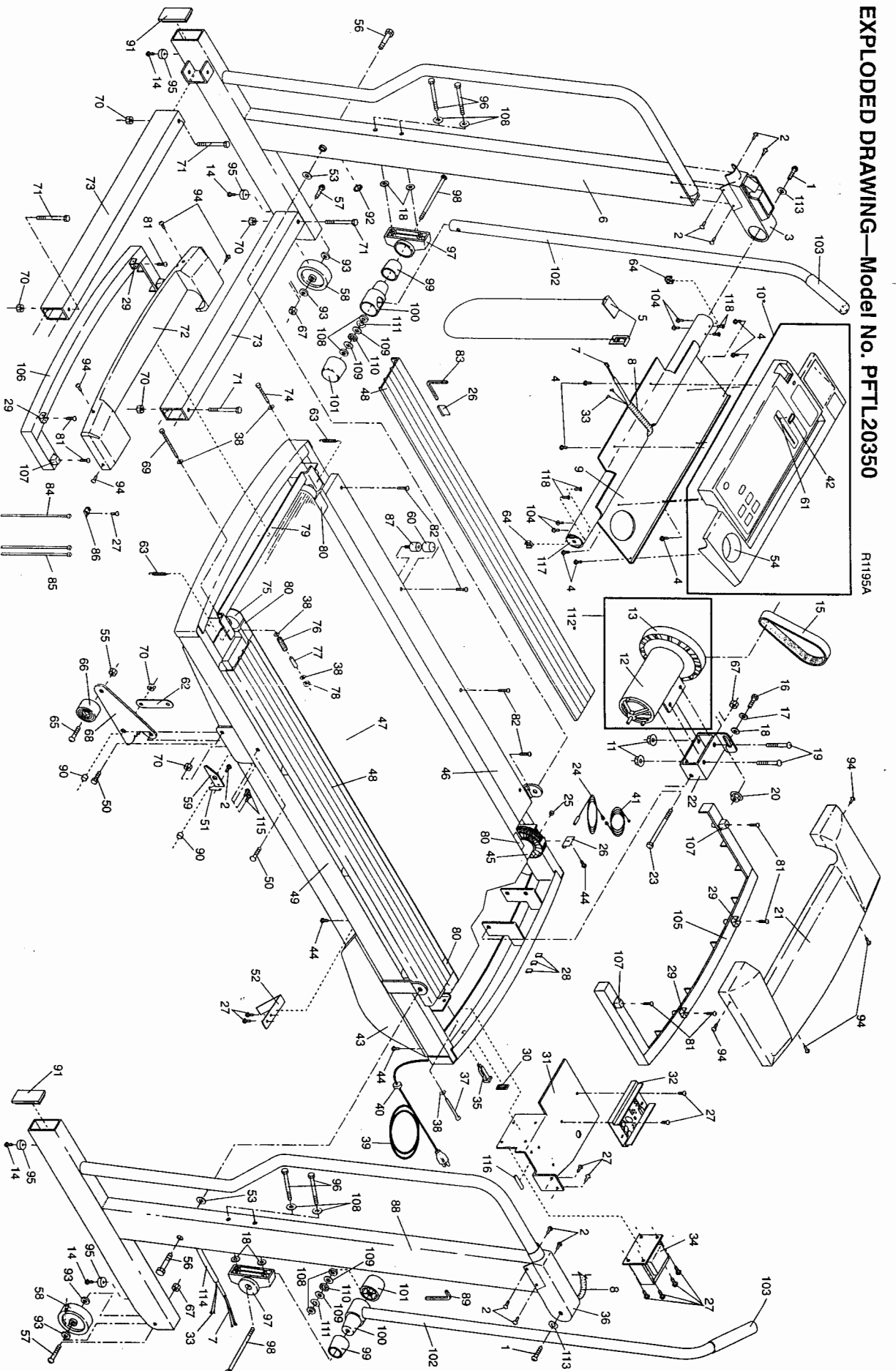
Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual.

EXPLODED DRAWING—Model No. PFTL20350

R1195A



PART LIST—Model No. PFTL20350

R1195A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Crossbar Bolt	64	2	Crossbar Cage Nut
2	10	Console Bracket Screw	65	2	Incline Leg Wheel Bolt
3	1	Left Console Bracket	66	2	Incline Leg Wheel
4	12	Console Screw	67	3	Incline Leg Nut
5	1	Key/Clip	68	2	Incline Leg
6	1	Left Upright	69	1	Right Rear Adjustment Bolt
7	1	Pot Wire Harness	70	8	Base Crossbar Nut
8	1	Cable Loom	71	4	Base Crossbar Bolt
9	1	Console Crossbar	72	1	Rear Hood
10*	1	Console	73	2	Base Crossbar
11	2	Motor Nut	74	1	Left Rear Adjustment Bolt
12	1	Motor	75	1	Rear Roller
13	1	Pulley/Flywheel/Fan	76	1	Rear Roller Tension Spring
14	4	Upright Foot Screw	77	1	Spring Sleeve
15	1	Motor Belt	78	1	Roller Tension Nut
16	1	Motor Tension Bolt	79	1	Rear Roller Guard
17	1	Motor Tension Washer	80	4	Roller Guard
18	5	Star Washer	81	8	Hood Anchor Screw
19	2	Motor Bolt	82	8	Platform Screw
20	1	Motor Tension Nut	83	1	3/16" Allen Wrench
21	1	Front Hood	84	1	Large Wire Tie
22	1	Motor Mount Bracket	85	2	8" Wire Tie
23	1	Motor Swivel Bolt	86	1	Tie Holder Clamp
24	1	Reed Switch/Sensor Wire	87	8	Platform Isolator
25	1	Magnet	88	1	Right Upright
26	2	Adhesive Clip	89	1	7/32" Allen Wrench
27	15	Screw	90	4	Incline Leg Spacer
28	3	Wire Clip	91	2	Upright Endcap
29	4	Hood Anchor	92	1	Upright Plug
30	1	Safety Cover Plug	93	4	Wheel Spacer
31	1	Electronics Bracket	94	8	Anchor Screw
32	1	Controller	95	4	Upright Foot
33	1	Upright Wire Harness	96	4	Resistance Bracket Bolt
34	1	Choke	97	2	Resistance Bracket
35	1	Circuit Breaker	98	2	Resistance Bolt
36	1	Right Console Bracket	99	2	Resistance Sleeve
37	1	Front Roller Adj. Bolt	100	2	Resistance Cone
38	5	Adjustment Washer	101	2	Resistance Knob
39	1	Power Cord	102	2	Upper Body Arm
40	1	Grommet	103	2	Foam Grip
41	1	Reed Switch Extension Wire	104	4	Crossbar Screw
42	1	Speed Control Knob	105	1	Front Hood Spacer
43	1	Safety Cover	106	1	Rear Hood Spacer
44	23	Safety Cover Screw	107	4	Rubber Hood Mount
45	1	Front Roller/Pulley	108	4	3/8" Flat Washer
46	1	Walking Platform w/Fastener	109	4	Thrust Washer
47	1	Walking Belt w/Fastener	110	2	Thrust Bearing
48	2	Foot Rail w/Fastener	111	2	Spring Washer
49	1	Frame	112*	1	Motor/Pulley/Flywheel/Fan
50	4	Incline Leg Bolt	113	2	Console Bracket Washer
51	2	Incline Leg Spring	114	1	Upright Cable Loom
52	2	Belt Guide	115	4	Ratchet Mounting Screw
53	2	Upright Pivot Washer	116	1	Wire Guard
54	1	Water Bottle Insert	117	2	Crossbar Bracket
55	2	Wheel Nut	118	4	Crossbar Bracket Screw
56	2	Upright Pivot Bolt	#	1	4" Blue Wire, 2 Female
57	2	Wheel Bolt	#	1	4" Blue Wire Male/Female
58	2	Front Wheel	#	1	8" White Wire, Male/Female
59	2	Incline Leg Latch	#	1	User's Manual
60	8	Isolator Cover			
61	1	Potentiometer			
62	2	Ratchet Bracket			
63	2	Guard Spring			

* Includes all parts shown in the box

These parts are not illustrated