

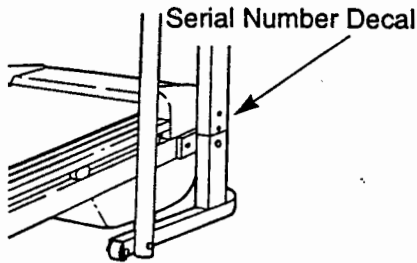
PRO-FORM 525 SI

PERFORMANCE TREADMILL

RELEASED TO
DEC 23 1996
MANUFACTURING

Model No. PFTL32061

Serial No. _____



QUESTIONS?

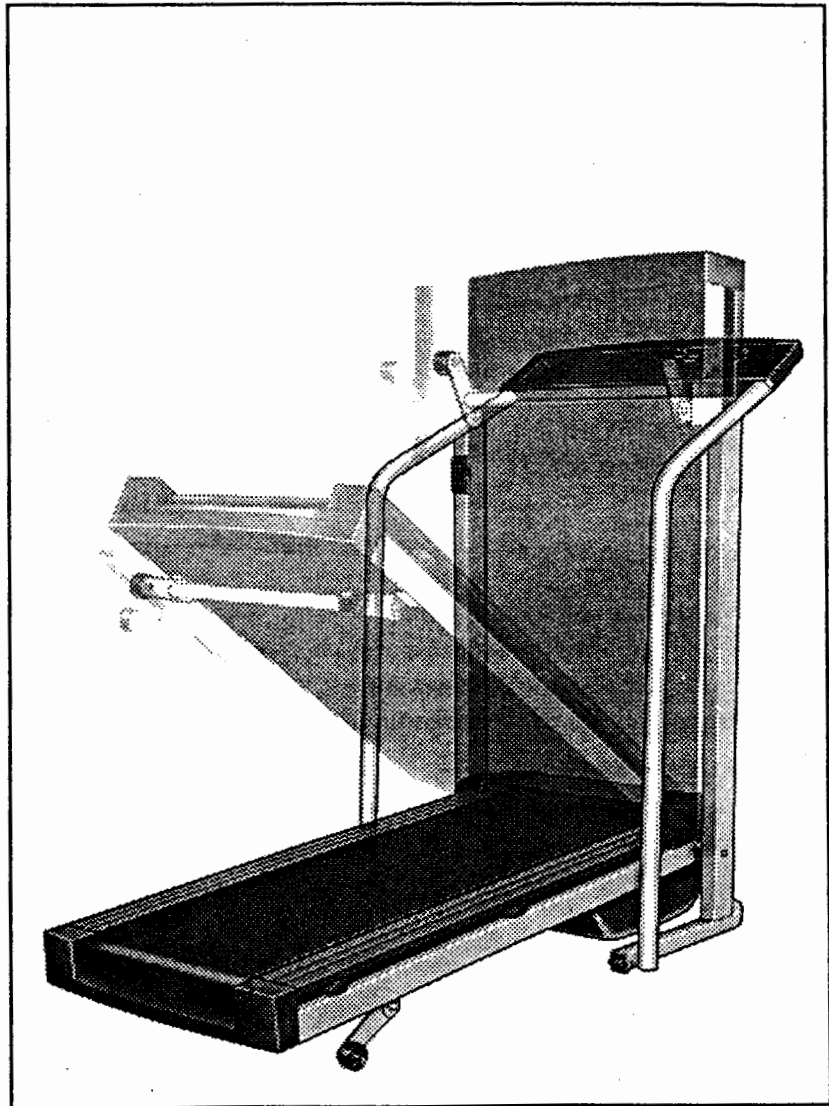
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

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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.

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 8 feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep small children and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 250 pounds or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see 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 15 or more amps. No other appliance should be on the same circuit.
11. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
12. Keep the power cord and the surge protector away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on pages 5 and 6, and

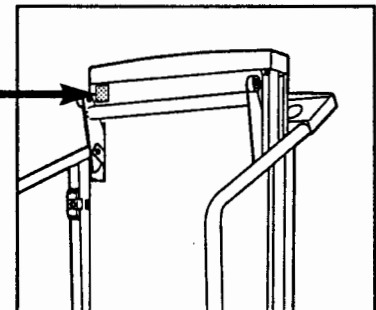
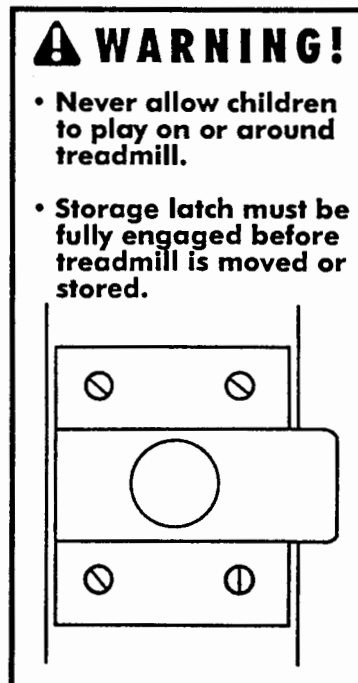
HOW TO MOVE THE TREADMILL on page 11.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

20. When folding or moving the treadmill, make sure that the storage latch is fully closed.
21. Inspect and tighten all parts of the treadmill every three months.
22. Never insert any object into any opening.
23. 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.
24. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

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

SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



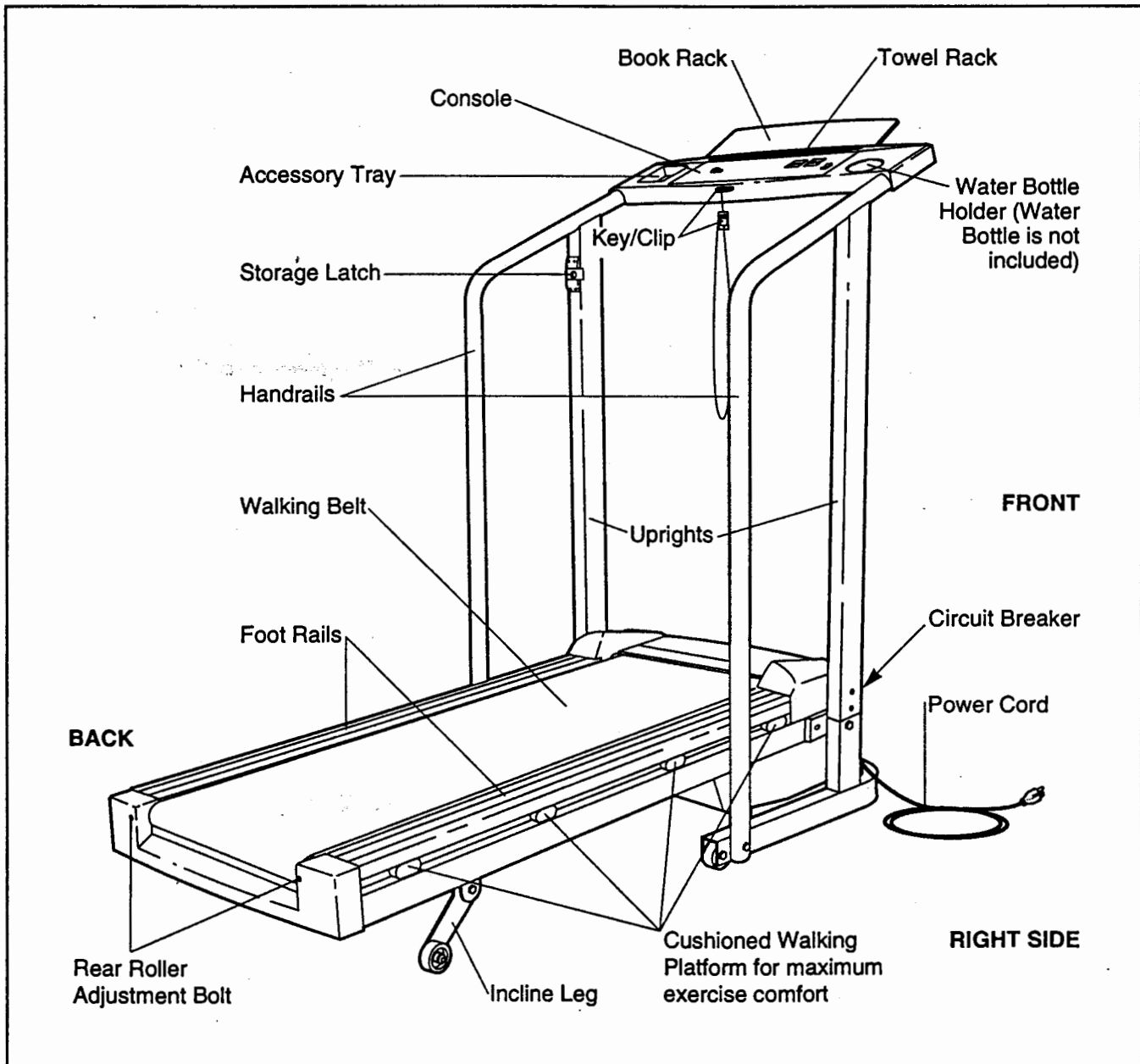
BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 525 SI treadmill. The 525 SI treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique 525 SI can be folded up, requiring less than half the floor space of other treadmills.



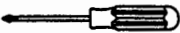
For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free

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 PFTL32061. 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 labeled parts.

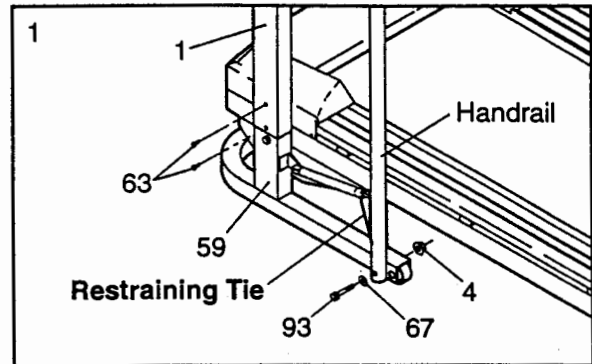


ASSEMBLY

CAUTION: Carefully read and follow step 1 below before removing the restraining tie (see drawing 1 below). If the restraining tie is removed prematurely, serious bodily injury may result. Assembly requires two people. Set the treadmill in a cleared area and remove the packing materials, except for the restraining tie. Do not dispose of the packing materials until assembly is completed. Assembly requires the included allen wrench , two adjustable wrenches , a phillips screwdriver  (not included).

1. Slide the Left Upright (1) onto the left side of the Base (59). It may be necessary to firmly push down on the Left Upright until it is fully seated on the Base. Remove the restraining tie from the Base.

Attach the left handrail to the Base (59) with a Handrail Bolt (93), Handrail Washer (67), and Handrail Nut (4). Do not tighten the Handrail Bolt yet. Using the allen wrench, tighten two of the four Upright Screws (63) into the Left Upright (1) and the Base.

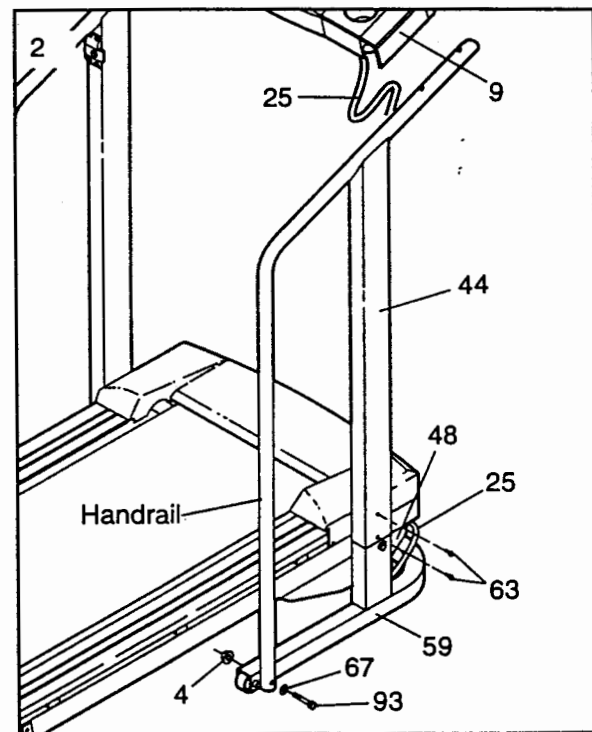


2. Slide the Right Upright (44) onto the right side of the Base (59). It may be necessary to firmly push down on the Right Upright until it is fully seated on the Base. Be careful not to pinch the Wire Harness (25) between the Right Upright and the Base.

Attach the right handrail to the Base (59) with a Handrail Bolt (93), Handrail Washer (67), and Handrail Nut (4). Do not tighten the Handrail Bolt yet. Using the allen wrench, tighten two Upright Screws (63) into the Right Upright (44) and the Base.

Hand tighten the Handrail Nuts (4) used in steps 1 and 2. Using a wrench, tighten the Handrail Bolts (93) used in steps 1 and 2.

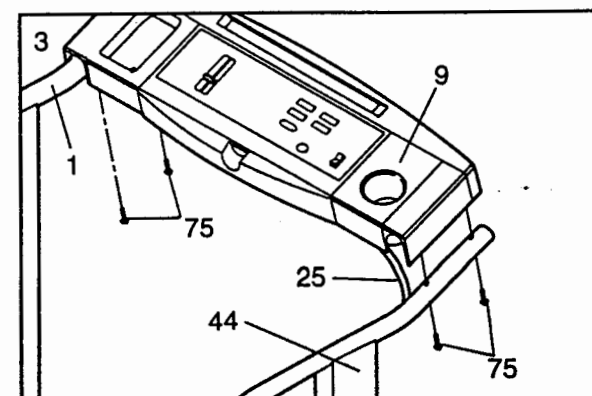
Remove the wire ties (not shown) attaching the Console Base (9) to the Right Upright (44).



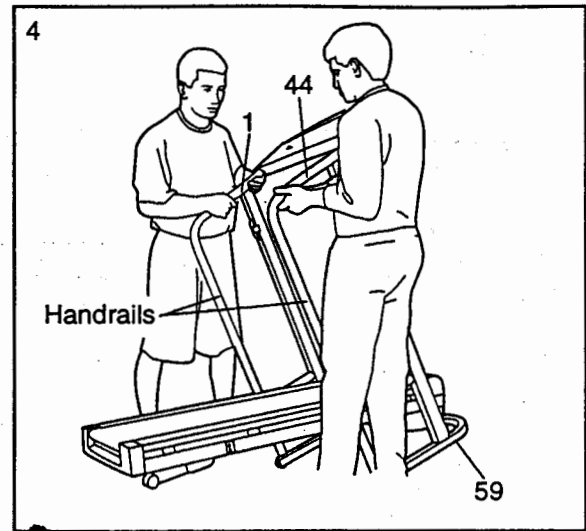
3. Set the Console Base (9) on the Left and Right Uprights (1, 44).

While one person carefully feeds any slack Wire Harness (25) down into the Right Upright (44), a second person should carefully pull the slack Wire Harness from the lower end of the Right Upright. Refer to drawing 2 above. Feed the slack Wire Harness into the Belly Pan (48).

Attach the Console Base (9) with four Screws (75).



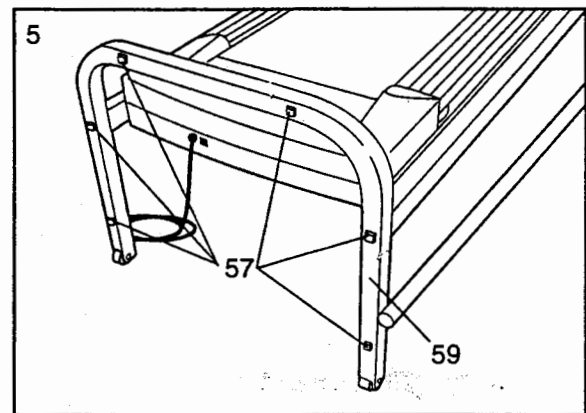
4. With the help of a second person, carefully lower the Left and Right Uprights (1, 44) until the handrails are resting on the floor.



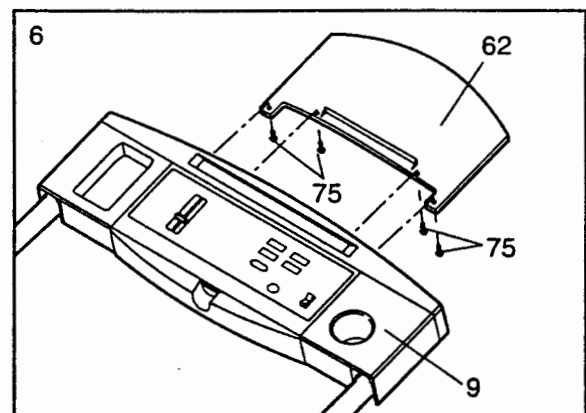
5. Attach six Base Pads (57) to the bottom of the Base (59) in the indicated locations. Note: An extra Base Pad may be included.

(See drawing 4 above.) With the help of a second person, raise the Left and Right Uprights (1, 44) until the Base (59) is resting flat on the floor.

Before moving the treadmill, see HOW TO MOVE THE TREADMILL on page 11.

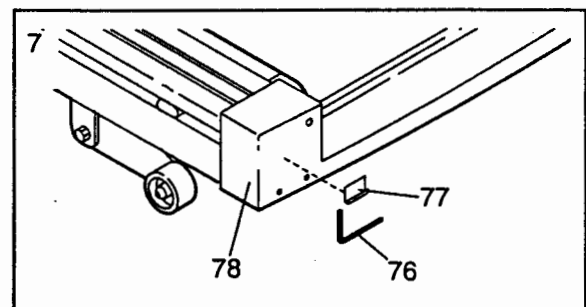


6. Align the holes in the Book Rack (62) with those in the Console (9). Attach the Book Rack to the Console with the four remaining Screws (75) as shown.



7. Remove the backing from the Adhesive Clip (77). Press the Adhesive Clip onto the Rear Roller Endcap (78) in the indicated location. Press the Allen Wrench (76) into the Adhesive Clip.

Make sure that all parts are tightened before you use the treadmill. Note: To protect the floor or carpet, place a mat under the treadmill. For information on ordering a mat, see ORDERING REPLACEMENT PARTS on the back cover.



OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **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 most hardware stores and department stores. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

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.**

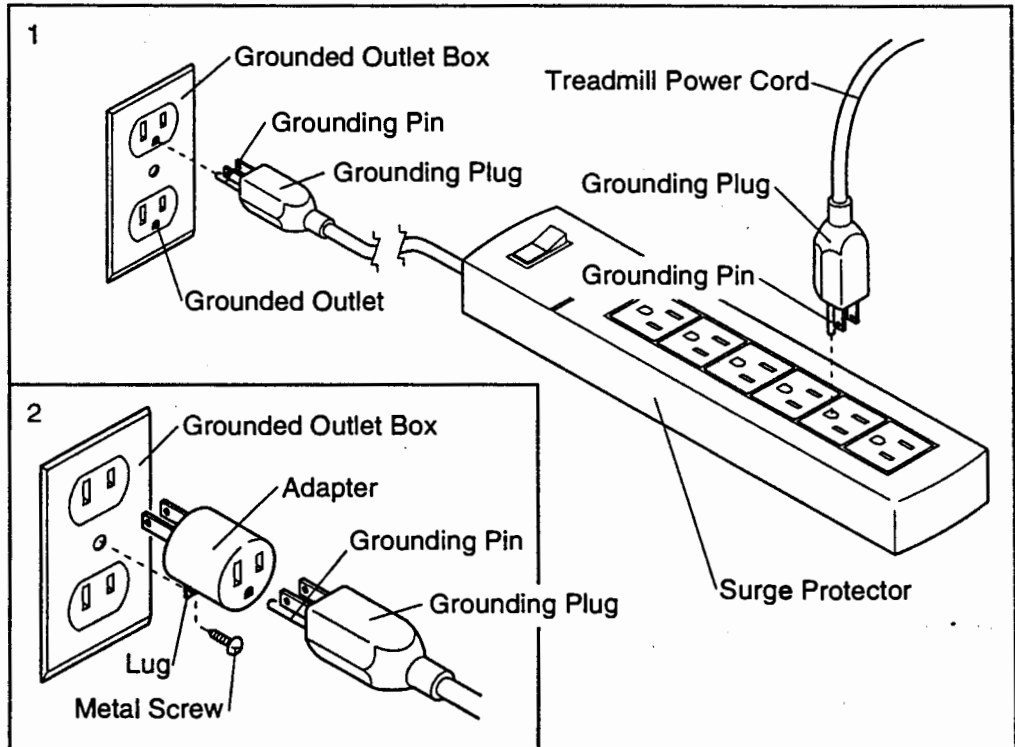
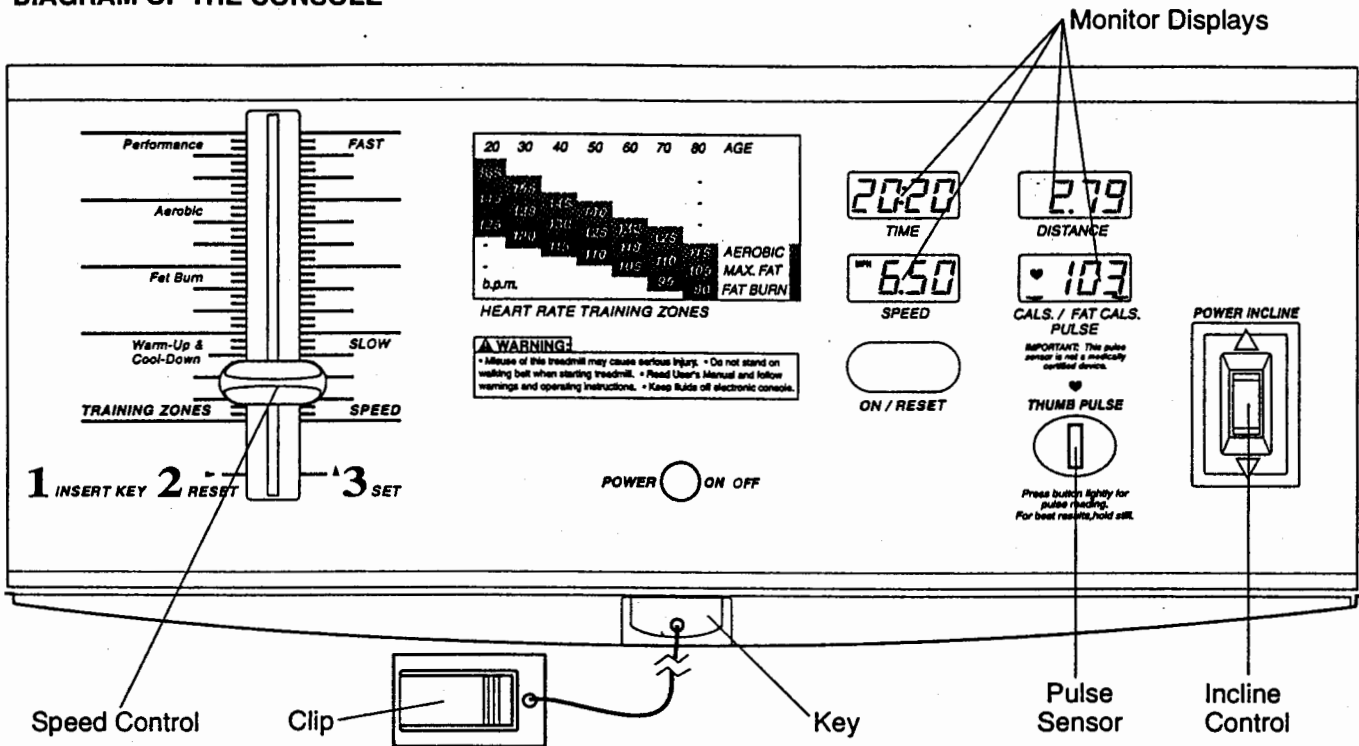


DIAGRAM OF THE CONSOLE



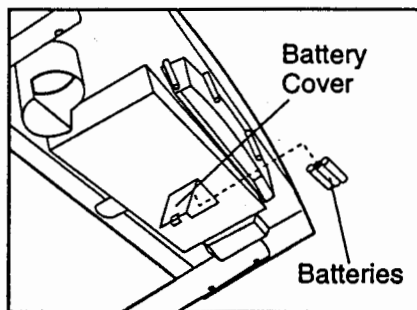
CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while using the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- The training zones marked beside the speed control are general guidelines only. See pages 14 and 15 for more information.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Use only a sealed water bottle.

BATTERY INSTALLATION

The console requires **three "AA" batteries** (not included). Alkaline batteries are recommended. To install batteries, open the battery cover under the console as shown below. Press three batteries into the battery compartment.

Make sure that the negative (-) ends of the batteries are touching the springs. Close the battery cover.



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.) If there is a thin sheet of clear plastic on the face of the console, remove it.

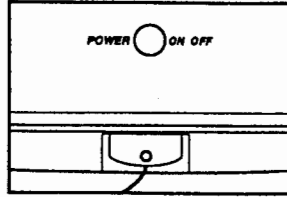
Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

Follow the steps on page 9 to operate the console.

1 Insert the key fully into the power switch.

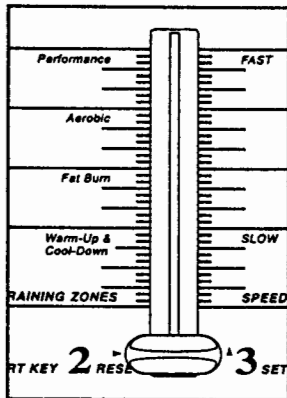
Inserting the key will not turn on the displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started.

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



2 Reset the speed control.

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.



3 Start the walking belt.

After you have moved the speed control to the RESET position, slowly slide it upward 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.

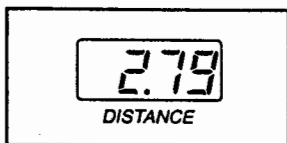
To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

4 Follow your progress with the monitor displays.

TIME display—This display shows the total time that you have walked or run on the treadmill.



DISTANCE display—This display shows the total distance that you have walked or run, in miles.

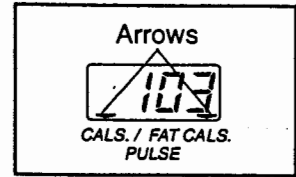


SPEED display—This display shows the speed of the walking belt, in miles per hour.



CALORIES/FAT CALORIES/PULSE display

—This display shows the approximate numbers of *calories* and *fat calories* you have burned. (See **FAT BURNING** on page 14 for an explanation of fat calories.) Every seven seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown. Note: This display will also show your pulse when the pulse sensor is used.

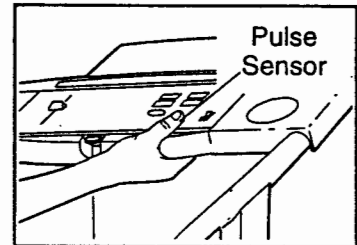


The displays can be reset, if desired, by pressing the ON/RESET button.

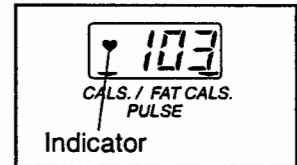


5 Measure your pulse, if desired.

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



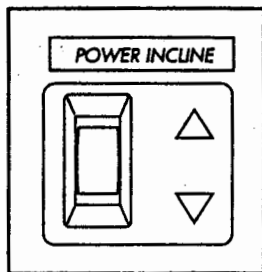
the pulse sensor. Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected. Next, slightly raise your thumb until the heart-shaped indicator in the CALORIES/FAT CALORIES/PULSE display flashes steadily. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading. 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.

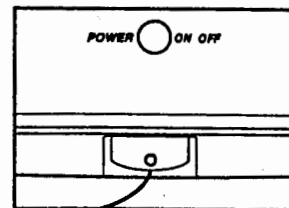
6 Change the Incline of the treadmill, if desired.

To increase or decrease the incline, hold down the top or bottom of the incline button. **Important: Do not change the incline of the treadmill by placing objects under the treadmill. Change the incline only as described above.**



7 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. **After the key is removed, the displays will remain on for about five minutes.**



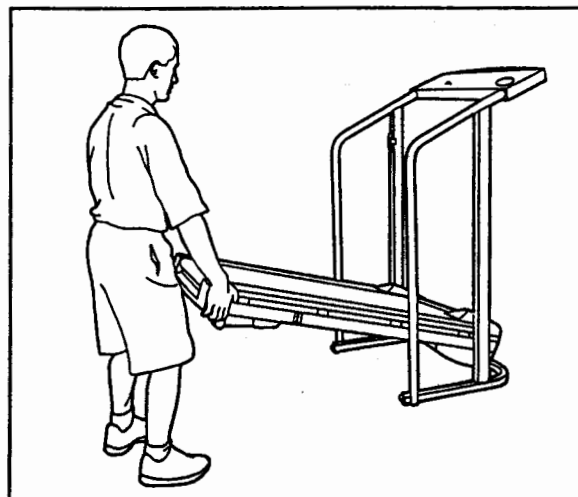
Note: Any time that the walking belt is stopped and no console buttons are pressed for five minutes, the displays will automatically turn off in order to conserve the batteries.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

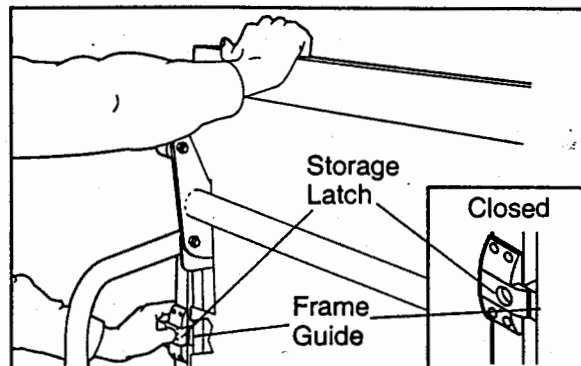
Before folding the treadmill, unplug the power cord. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

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



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the frame guide. **Make sure that the storage latch closes fully over the frame guide.**

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

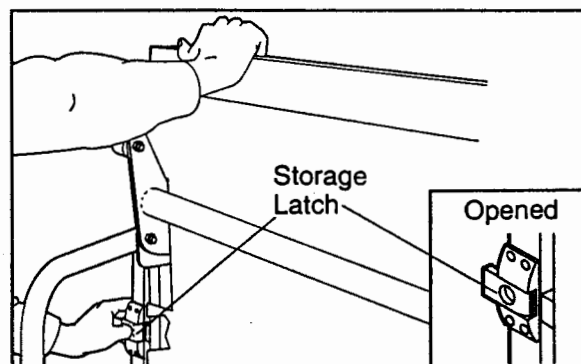
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the frame guide.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back, or the base pads may come off. 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, and carefully lower the treadmill until it is resting in the storage position.

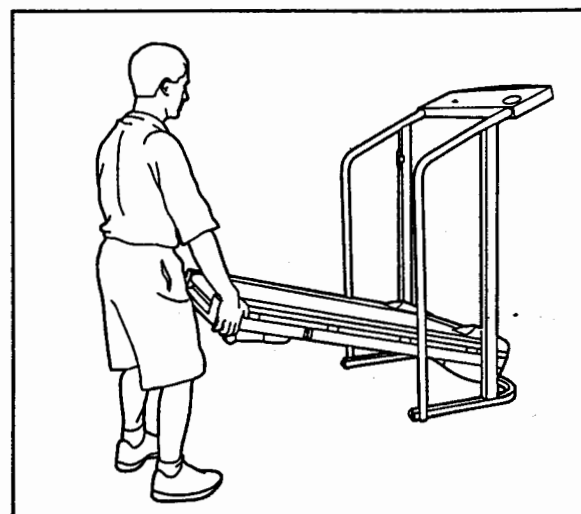


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, slide open the storage latch and hold it open. Pivot the treadmill until the frame and foot rail is past 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.**

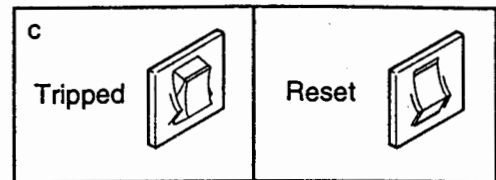


TROUBLE-SHOOTING

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

- a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
- b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 1 on page 9.)
- c. 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.

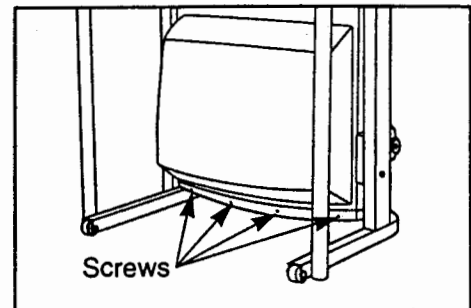


2. SYMPTOM: THE POWER TURNS OFF DURING USE

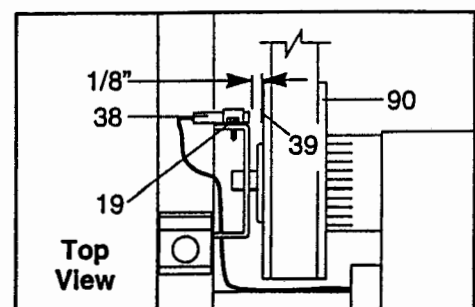
- a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
- b. Make sure that the power cord is plugged in.
- c. Remove the key from the console. Reinsert the key fully into the console. (See step 1 on page 9.)
- d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

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

- a. Check the batteries in the console. (See BATTERY INSTALLATION on page 8.) Most problems are the result of drained batteries.
- b. If the speed display does not show a correct reading, remove the key and **UNPLUG THE POWER CORD**. Raise the treadmill to the storage position. (See HOW TO FOLD THE TREADMILL FOR STORAGE on page 10.) Remove the four indicated screws. Next, lower the treadmill. (See HOW TO LOWER THE TREADMILL FOR USE on page 11). Remove the four screws from the sides of the hood. Carefully slide the hood forward and remove it.



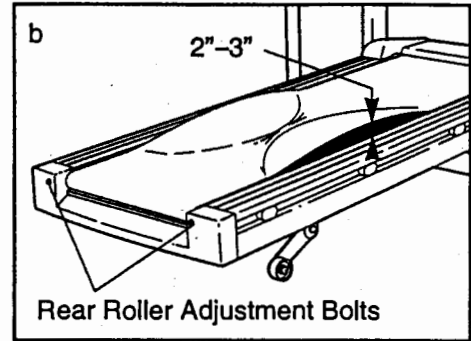
Locate the Reed Switch (38) and the Magnet (39) on the left side of the Pulley (90). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (19) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

a. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

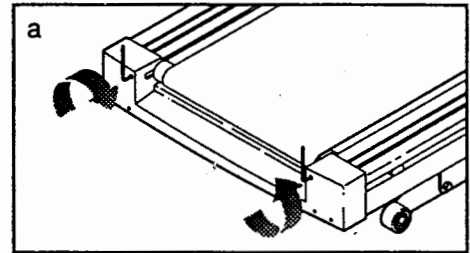
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2–3 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 key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



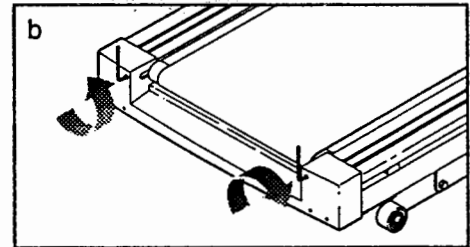
c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

5. SYMPTOM: THE WALKING BELT IS OFF-CENTER WHEN WALKED ON

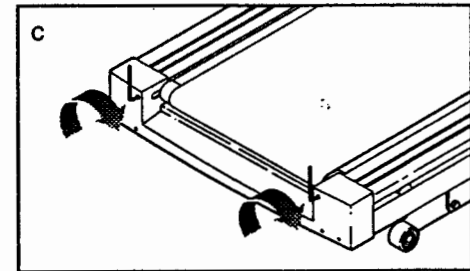
a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the 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 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 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 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 2-3 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 key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



6. SYMPTOM: THE TREADMILL SITS UNEVENLY ON THE FLOOR

a. Make sure that the six base pads are attached to the treadmill (see assembly step 5 on page 6).

CONDITIONING GUIDELINES

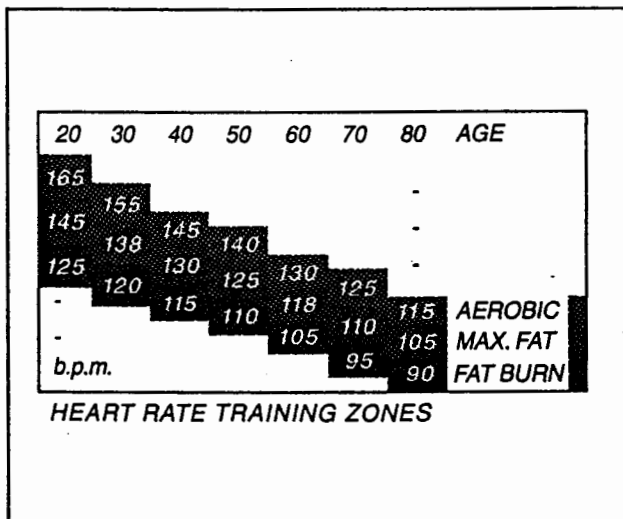
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

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 only. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

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



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

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone. 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 9.)

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 higher 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 9.)

High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level. (See page 9.) Note: During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.

To measure your heart rate during exercise, use the pulse sensor on the console. (See page 9.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill until your heart rate is at the proper level.

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A Warm-up

Start each workout by warming up for 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase your body temperature, heart rate, and circulation in preparation for strenuous exercise.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down

Finish each workout with 5 to 10 minutes of stretching

to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

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

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

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 each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

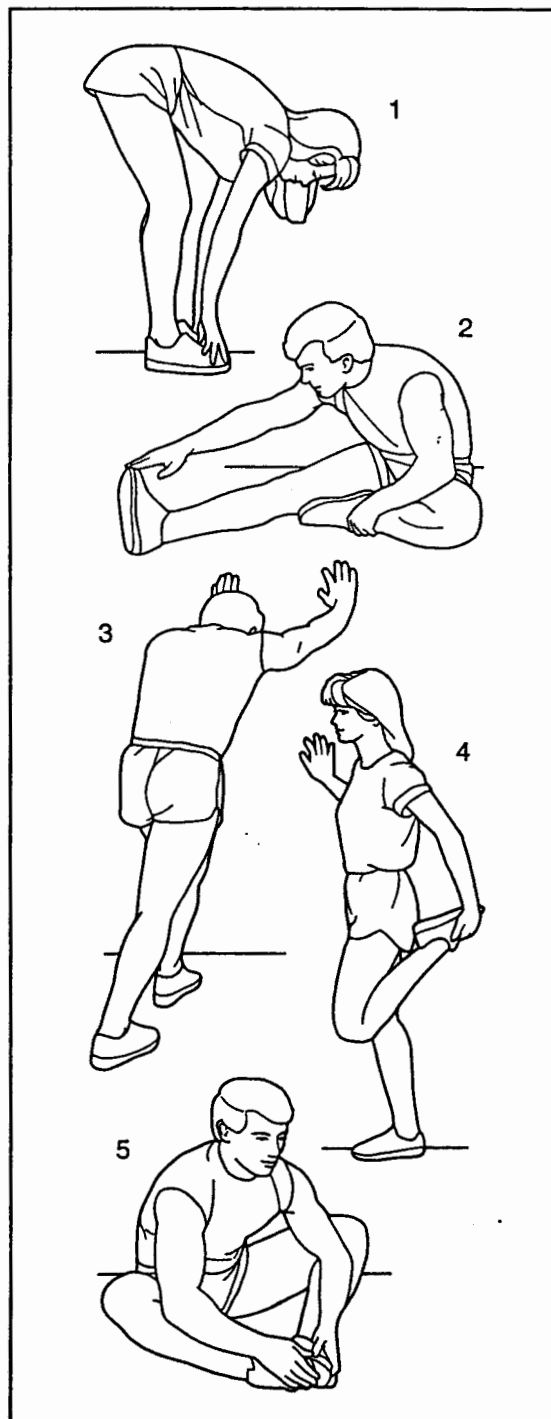
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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 each leg. 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 (PFTL32061).
- The NAME OF THE PRODUCT (PROFORM® 525 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.

PROFORM is a registered trademark of ICON Health & Fitness, Inc.

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 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.

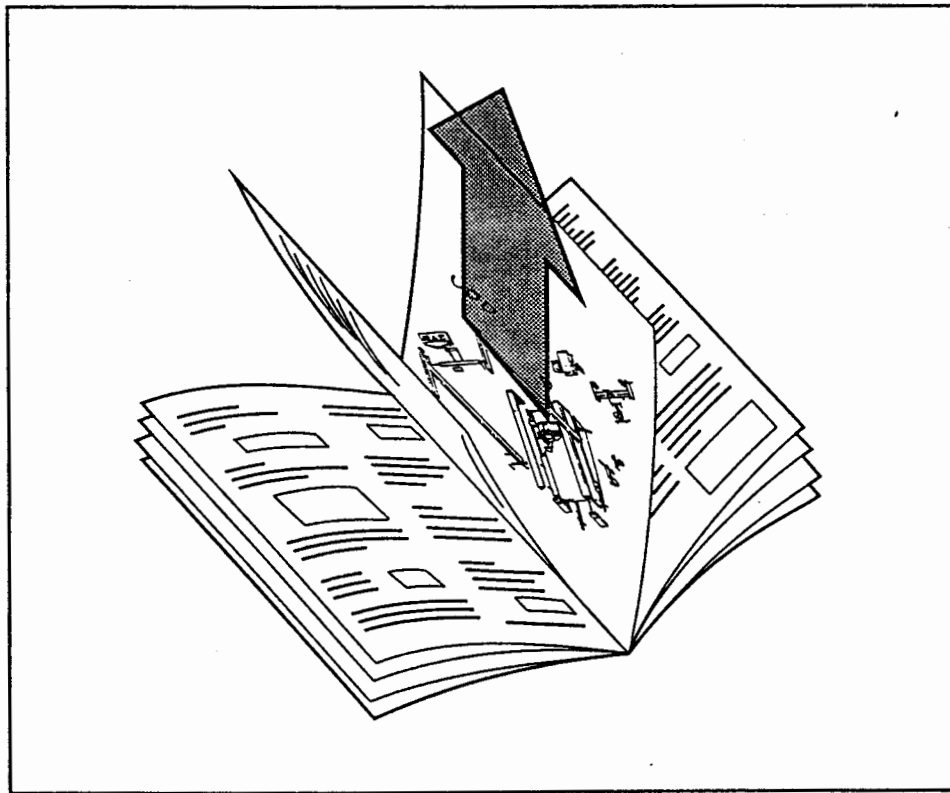
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. 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

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

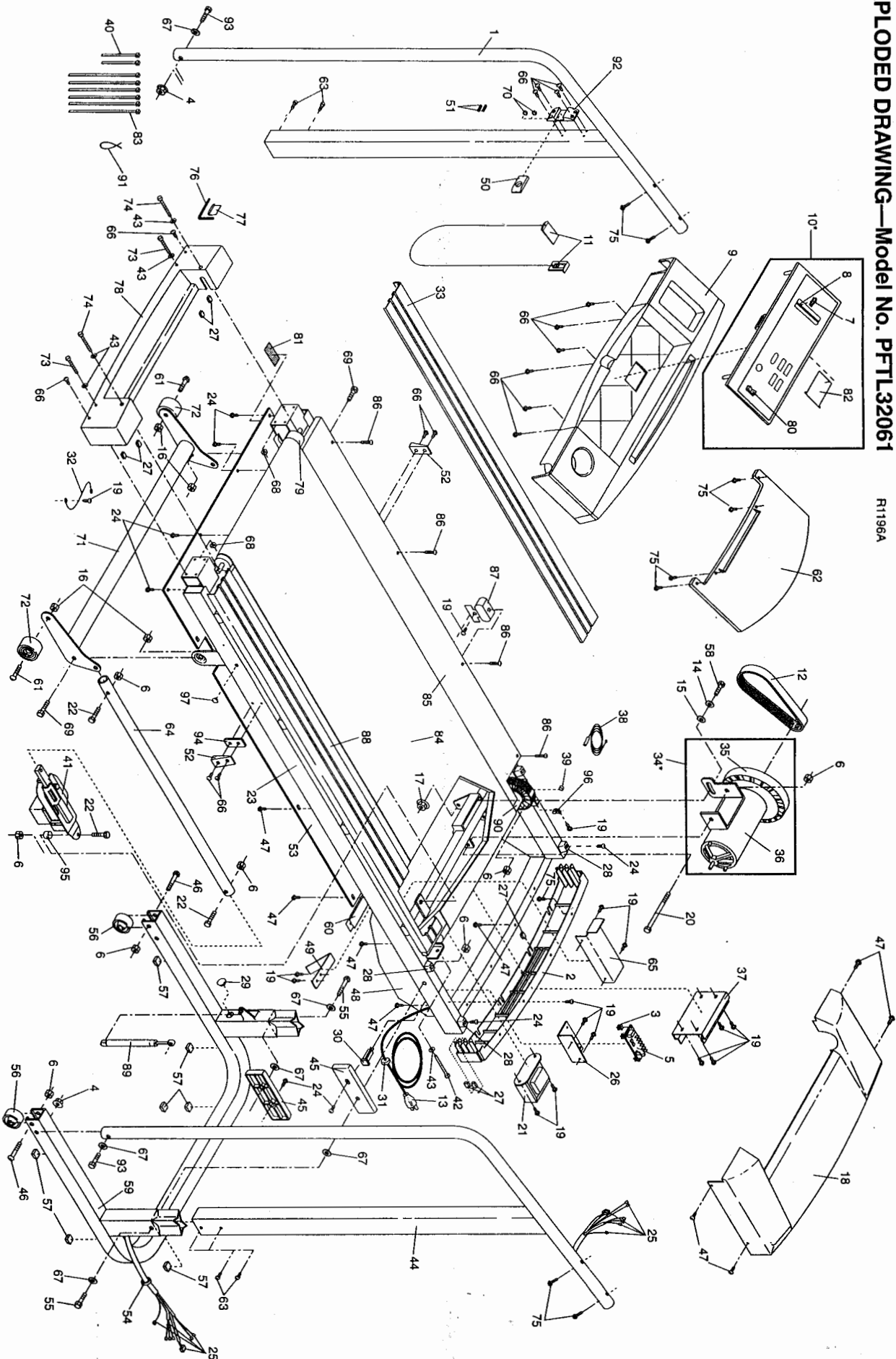
Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

EXPLODED DRAWING—Model No. PFTL32061

R1196A



PART LIST—Model No. PFTL32061

R1196A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	53	1	Frame Cover
2	1	Frame Cover	54	1	Wire Harness Grommet
3	4	Plastic Stand-Off	55	4	Upright Pivot Bolt
4	2	Handrail Nut	56	2	Base Wheel
5	1	Lift Board	57	7	Base Pad
6	9	3/8" Lock Nut	58	1	Motor Tension Bolt
7	1	Speed Knob	59	1	Base
8	1	Speed Potentiometer	60	1	Safety Cover Connector
9	1	Console Base	61	2	Incline Leg Wheel Bolt
10*	1	Console	62	1	Book Rack
11	1	Key/Clip	63	4	Upright Screw
12	1	Motor Belt	64	1	Incline Rod
13	1	Power Cord	65	1	Incline Motor Guard
14	1	Motor Tension Washer	66	12	Latch -Frame Guide Screw
15	1	Star Washer	67	6	Handrail Washer
16	4	Incline Wheel Nut	68	2	Roller Endcap Nut
17	1	Motor Tension Nut	69	2	Incline Leg Bolt
18	1	Motor Hood	70	2	Latch Pad
19	22	Small Screw	71	1	Incline Leg
20	1	Motor Pivot Bolt	72	2	Incline Leg Wheel
21	1	Choke	73	2	Rear Roller Endcap Screw
22	3	Incline Bolt	74	2	Adjustment Bolt
23	1	Frame	75	12	Screw
24	14	Small Screw	76	1	Allen Wrench
25	1	Wire Harness	77	2	Adhesive Clip
26	1	Lift Board Bracket	78	1	Rear Roller Endcap
27	8	Cover Clip	79	1	Rear Roller
28	4	Hood Anchor	80	1	Incline Switch
29	1	Hole Plug	81	1	Latch Decal
30	1	Circuit Breaker	82	1	Battery Cover
31	1	Grommet	83	6	8" Cable Tie
32	1	Ground Wire	84	1	Walking Belt
33	1	Left Foot Rail	85	1	Walking Platform
34*	1	Motor/Pulley/Flywheel/Fan	86	8	Platform Screw
35	1	Pulley/Flywheel/Fan	87	8	Isolator
36	1	Motor	88	1	Right Foot Rail
37	1	Controller	89	1	Shock
38	1	Reed Switch Extension Wire	90	1	Front Roller/Pulley
39	1	Magnet	91	1	Releasable Cable Tie
40	2	4" Cable Tie	92	1	Storage Latch Bracket
41	1	Incline Motor	93	2	Handrail Bolt
42	1	Front Roller Adj. Bolt	94	2	Frame Guide Spacer
43	5	Adjustment Washer	95	1	Incline Spacer
44	1	Right Upright	96	1	Reed Switch Clip
45	2	Upright Spacer	97	1	Frame Cap
46	2	Base Wheel Bolt	#	1	14" Blue Wire, 2 Female
47	20	Belly Pan Screw	#	1	14" White Wire, 2 Female
48	1	Belly Pan	#	1	4" White Wire, Male/Female
49	2	Belt Guide	#	1	User's Manual
50	1	Storage Latch			
51	2	Storage Latch Spring			
52	4	Frame Guide			

* Includes all parts shown in the box

These parts are not illustrated