

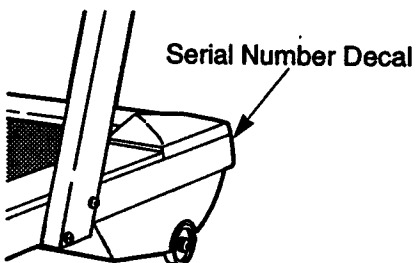
# **★PRO·FORM**

## **five series**

# **525 SE**

Model No. PFTL52550

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 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.

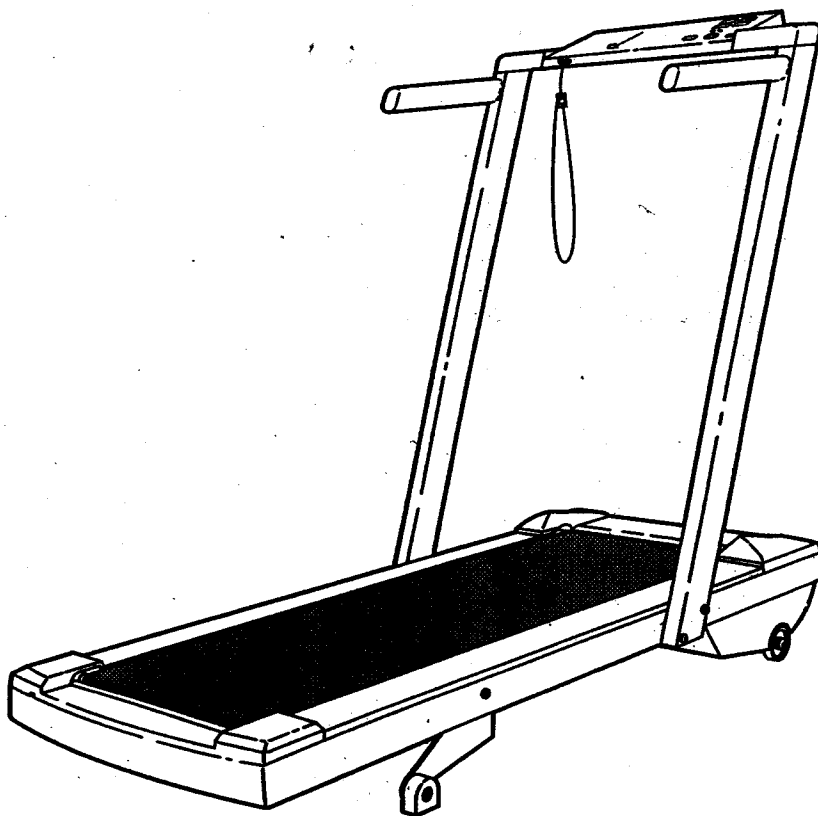
**CUSTOMER HOT LINE:**

**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**

# 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. 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.
3. Do not place the treadmill near water, outdoors, or on a surface that blocks any air openings.
4. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
5. Keep small children and pets away from the treadmill at all times.
6. The treadmill should be used only by persons weighing 250 pounds or less.
7. 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 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.
9. 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.
10. 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.)
11. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are recommended for both men and women.
12. Never start the treadmill while you are standing on the walking belt.
13. Always hold the handrails while using the treadmill.
14. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
15. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
16. Never leave the treadmill unattended while it is running. Always remove the **SAFEKEY** when the treadmill is not in use.
17. Use the treadmill only as described in this manual.
18. Never insert any object into any opening.
19. 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

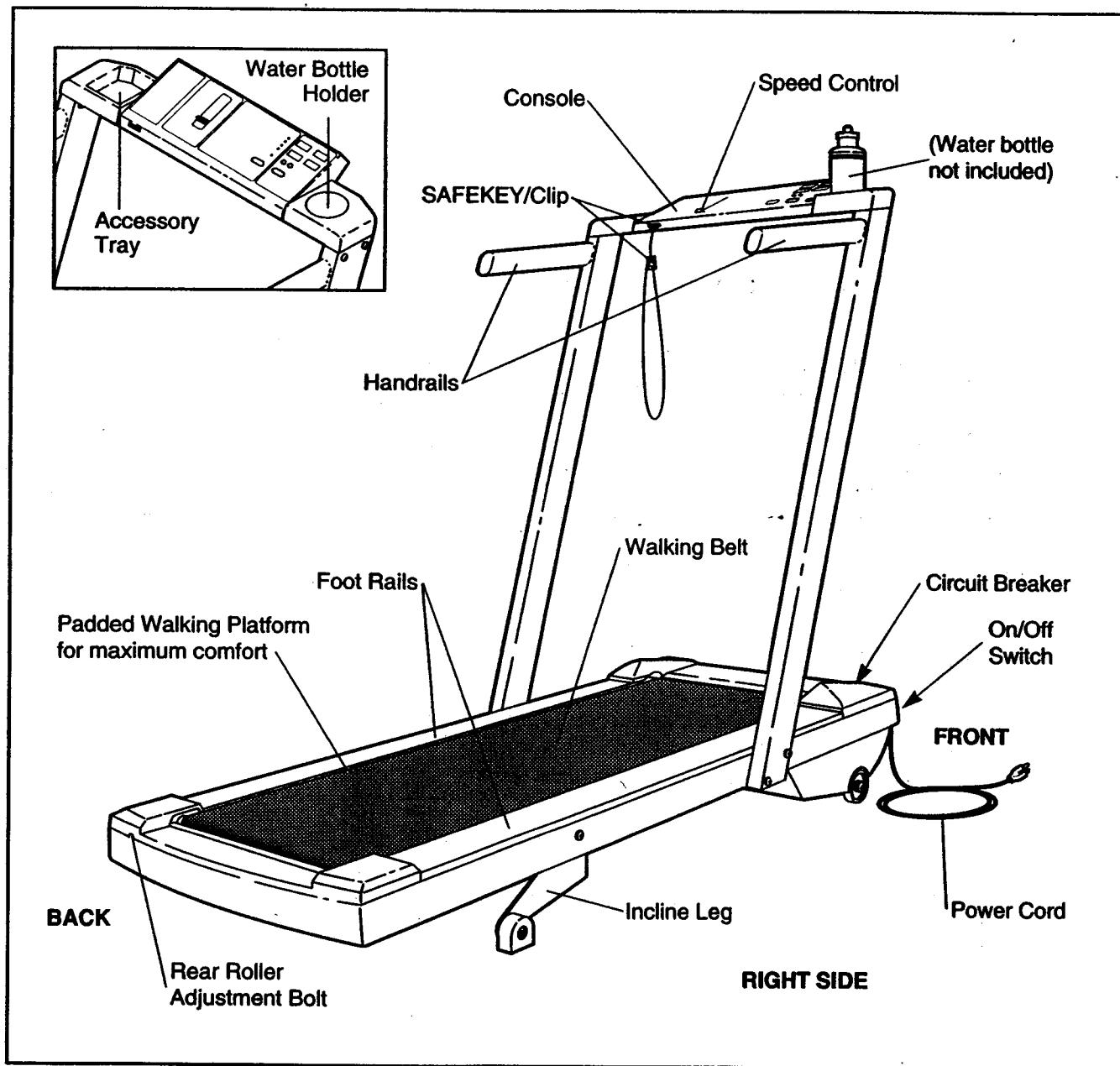
# BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 525 SE treadmill. The PROFORM 525 SE 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.

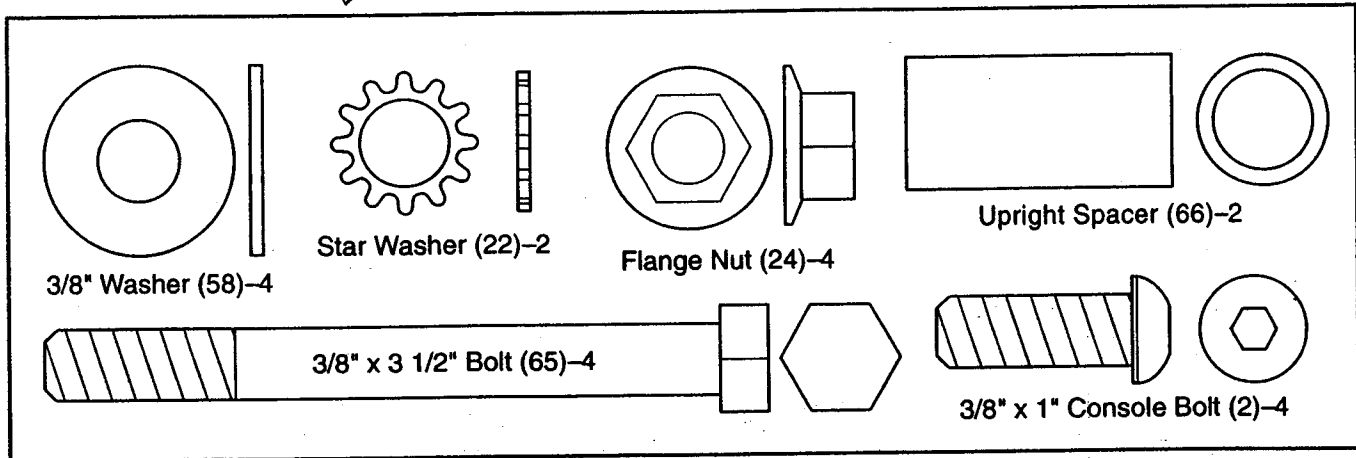
until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PFTL52550. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



# ASSEMBLY

**Assembly requires two people.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Refer to the drawings below to identify the small parts used in assembly. **Assembly can be completed using the included 7/32" allen wrench**  **and your own adjustable wrench** .



1. Hold an Upright Spacer (66) inside the lower end of one of the Uprights (11). Insert a 3/8" x 3 1/2" Bolt (65), with a 3/8" Washer (58), into the lower hole in the Upright and through the Upright Spacer. Slide a Star Washer (22) onto the Bolt. Insert a 3/8" x 3 1/2" Bolt (65), with a 3/8" Washer (58), through the other hole near the lower end of the Upright.

Insert the 3/8" x 3 1/2" Bolts (65) into the indicated holes in the Frame (57). Reach under the Frame and loosely thread a Flange Nut (24) onto each Bolt.

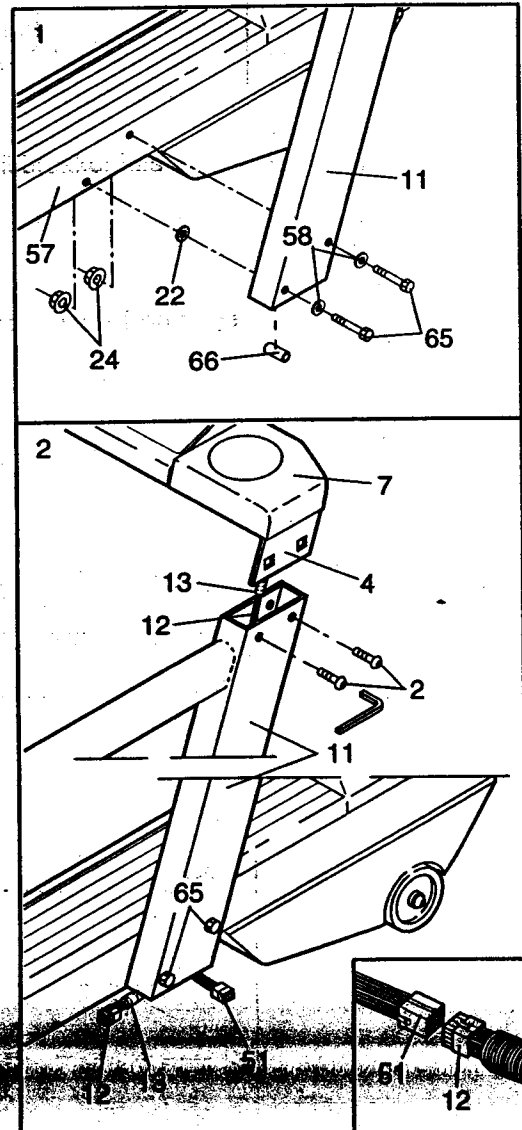
Attach the other Upright (11) to the left side of the Frame (57) in the same manner.

2. Hold the Console (7) near the upper end of the right Upright (11). Feed the Long Wire Harness (12) down into the Upright, until the Long Wire Harness extends from the lower end of the Upright. Note: If the end of the Long Wire Harness gets caught in the Upright, it may be helpful to turn the 3/8" x 3 1/2" Bolts (65) back and forth. **Be careful not to damage the Long Wire Harness.** Make sure that the Cable Looms (13) are in the upper and lower ends of the Upright.

If there are cable ties in the holes in the Console Plate (4), cut them. Insert the Console Plate into the right Upright (11) and the left Upright (not shown). Attach each side of the Console Plate with two 3/8" x 1" Console Bolts (2).

Tighten the four 3/8" x 3 1/2" Bolts (65).

Plug the lower end of the Long Wire Harness (12) into the Short Wire Harness (51). The small latch on the Long Wire Harness should snap onto the Short Wire Harness (see the inset drawing). If the Wire Harnesses do not fit together easily, turn them; do not force the Wire Harnesses together. Slide the end of the Cable Loom (13) against the end of the Long Wire Harness. **Be careful not to damage the Wire Harnesses.**

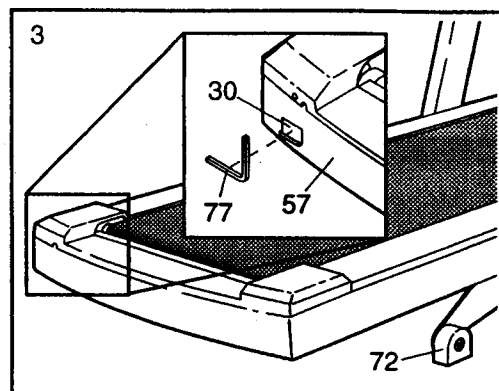


3. Remove the paper backing from the Wrench Clip (30). Press the Wrench Clip onto the Frame (57) in the indicated location. Press the 3/16" Allen Wrench (77) into the Wrench Clip.

Make sure that each Incline Leg Foot (72) is turned so the flat side is at the bottom.

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

**Note:** Cover the floor beneath the treadmill to protect the floor or carpet.



## OPERATION AND ADJUSTMENT

### THE PERFORMANT LUBE™ WALKING BELT

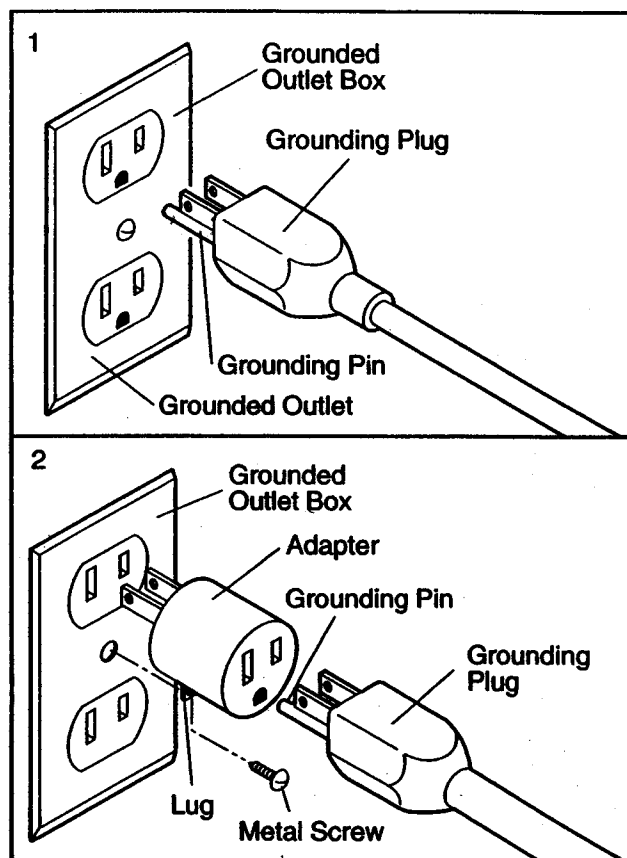
Your treadmill features a low-maintenance walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. During the first few hours of use, a small amount of white powder may accumulate on the foot rails and the walking platform. The white powder is high-performance lubricant from the walking belt. **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

**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 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.

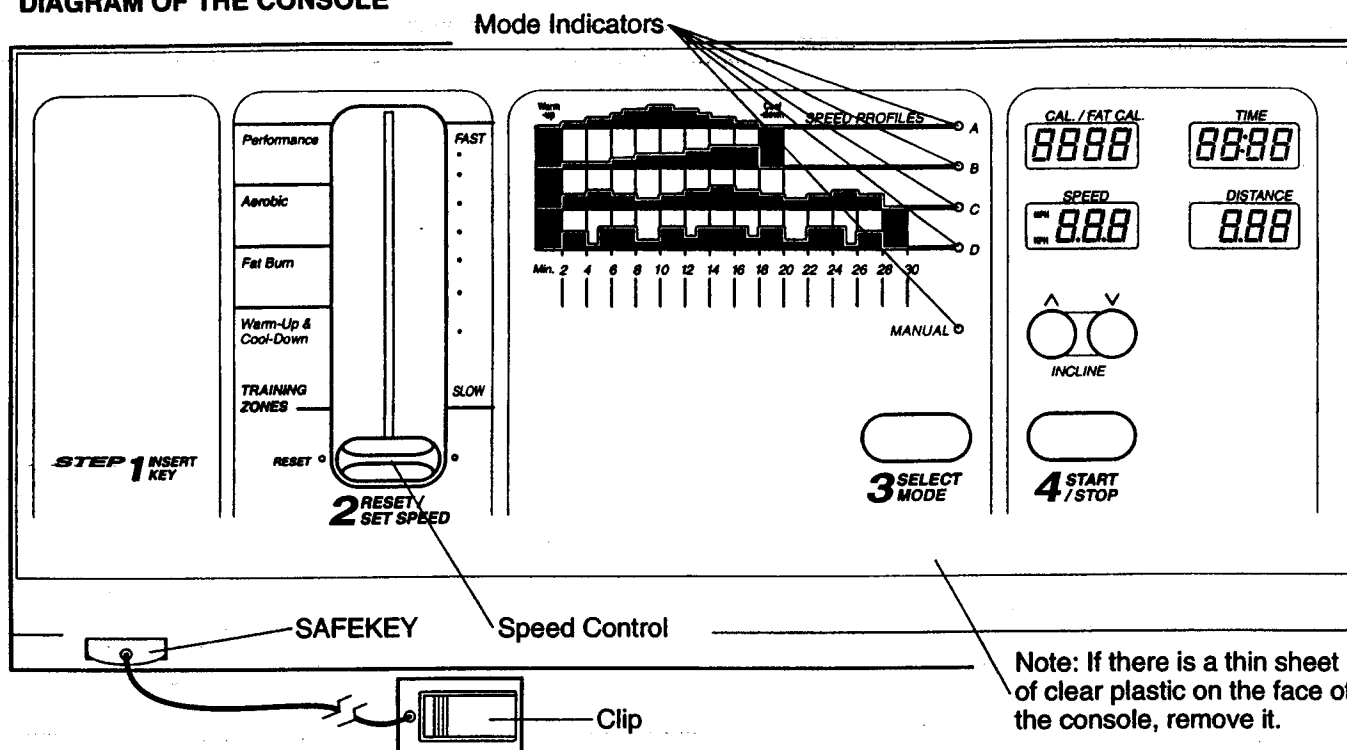
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 on this page. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in drawing 2 if a properly 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.**

## DIAGRAM OF THE CONSOLE



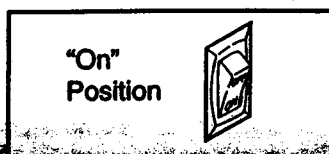
**CAUTION:** Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip when using the treadmill.
- 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 page 13.

## STEP BY STEP CONSOLE OPERATION

The treadmill console features a manual mode and four preset workout programs. In the manual mode, the speed of the walking belt can be changed with the electronic speed control. When one of the workout programs is selected, the console will automatically control the speed as it guides you through an effective workout.

Before operating the console, make sure that the on/off switch near the power cord is in the "on" position.

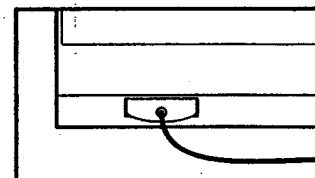


TO PLUG IN THE POWER CORD on page 7).

Next, step onto the foot rails of the treadmill. Find the clip attached to the **SAFEKEY** (see the drawing above), and slide the clip onto the waistband of your clothing. Follow the steps below to operate the console:

### 1 Insert the **SAFEKEY** fully into the power switch.

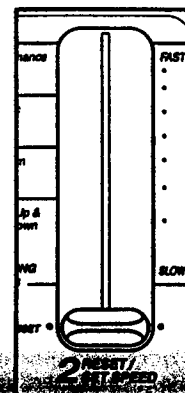
When the **SAFEKEY** is inserted, the four displays and the green **MANUAL** mode indicator will light.



### 2 Reset the speed control and select a speed setting.

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 speed control upward to select a speed setting. Note: If the **SAFEKEY** was just inserted, or if the walking belt was stopped with the **START/STOP** button, the walking belt will not begin to move yet.

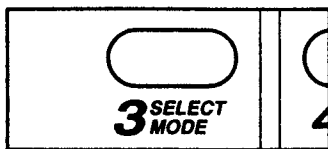




**3 Press the SELECT MODE button to select the desired mode.**

When the SAFEKEY is inserted, the console will be in the MANUAL mode.

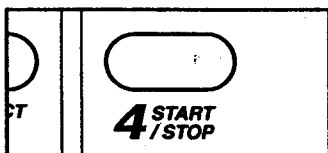
If you want to select one of the four preset programs, press the SELECT MODE button. The red PROGRAM A indicator will light. To select PROGRAM B, C, or D, repeatedly press the SELECT MODE button.



Note: PROGRAMS A and B are twenty-minute programs; PROGRAMS C and D are thirty-minute programs. The speed profiles in the center of the console show how the speed of the walking belt will change during the programs. During PROGRAM A, for example, the speed will gradually increase during the first ten minutes, and then gradually decrease during the last ten minutes. Each program will begin with a two-minute warm-up period, and end with a two-minute cool-down period.

**4 Press the START/STOP button.**

After the START/STOP button is pressed, the walking belt will begin to move. Hold the handrails and carefully begin walking.



If the console is in the manual mode, change the speed of the walking belt as desired by sliding the speed control. To stop the walking belt, slide the speed control to the "RESET" position. The walking belt can also be stopped by pressing the START/STOP button; this will reset the displays.

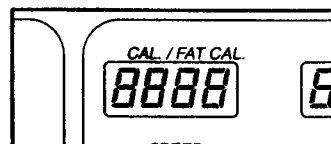
If one of the preset programs is selected, the speed setting you selected will be the minimum speed setting for the program. The speed of the walking belt will then change automatically during the program as shown by the speed profiles in the center of the console. When the program is completed, the walking belt will automatically slow to a stop. Note: If the intensity level of the program is too easy or too difficult, adjust the speed control to select a new minimum speed setting. To stop the program temporarily, slide the speed control to the "RESET" position. To restart the program, slide the speed control up to the desired position. To terminate the program before the program is completed, press the START/STOP button.

If you select a different program or select the manual mode while a program is running, the walking belt will slow to a stop.

**5 Follow your progress with the monitor displays.**

The four monitor displays provide instant feedback:

- **CAL/FAT CAL display**—Displays the approximate numbers of Calories and Fat Calories you have burned



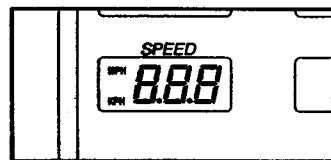
(see BURNING FAT on page 13). Every seven seconds, the display will change from one number to the other (an "F" will appear when the number of Fat Calories is shown). Note: The actual number of Calories you have burned may differ slightly from the number shown if the speed or incline is near the lowest or highest setting.

- **TIME display**—When the console is in the manual mode, the elapsed time will be shown.

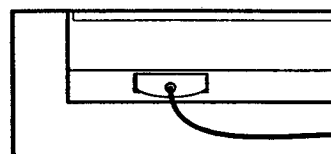


When one of the preset programs is selected, the time remaining in the program will be displayed.

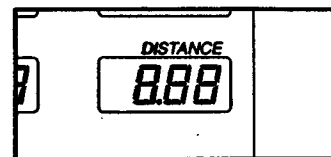
- **SPEED display**—Displays the speed of the walking belt, in miles per hour (MPH) or kilometers per hour (KPH).



Note: To change the unit of measurement, hold down the START/STOP button while inserting the SAFEKEY into the console. An "E" (for English system—miles per hour) or "M" (for Metric system—kilometers per hour) will appear in the DISTANCE display. Press the SELECT MODE button to select the desired setting. Remove and then reinsert the SAFEKEY. An MPH or a KPH will appear in the SPEED display to show which unit of measurement you have selected.



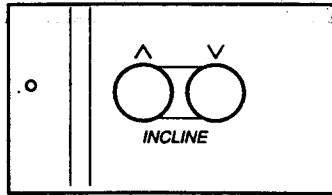
- **DISTANCE**—Displays the distance that you have walked or run. If an MPH appears in the SPEED display,



the distance will be displayed in miles. If a KPH appears, the distance will be displayed in kilometers.

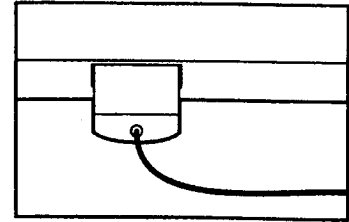
**6** Change the incline of the treadmill, if desired.

To vary the intensity of your workout, the incline of the treadmill can be changed. To change the incline, hold down one of the incline buttons until the desired incline is reached.



**7** When you are finished, remove the SAFEKEY.

When you are finished exercising, step onto the foot rails and remove the SAFEKEY from the console. Store the SAFEKEY in a secure location.



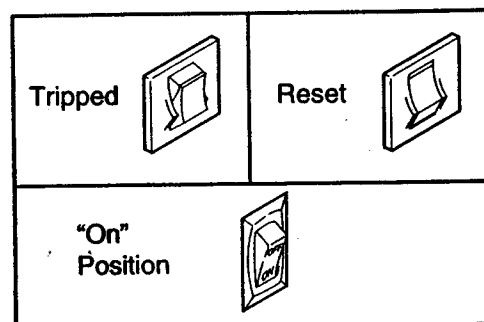


# TROUBLE-SHOOTING AND STORAGE

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 SAFEKEY is fully inserted into the console. Various indicators on the console should light. (See step 1 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.
- Check the on/off switch located at the front of the treadmill near the power cord. The switch must be in the "on" position.



## 2. SYMPTOM: THE POWER TURNS OFF DURING USE

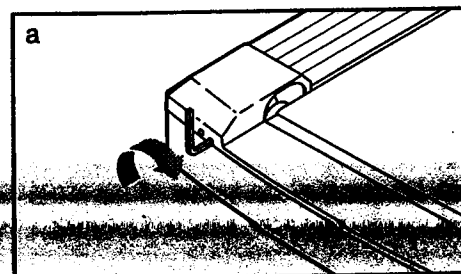
- Check the circuit breaker located on the treadmill frame near the power cord. If the circuit breaker has tripped (see the drawing above), wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the SAFEKEY from the console. Reinsert the SAFEKEY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

## 3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

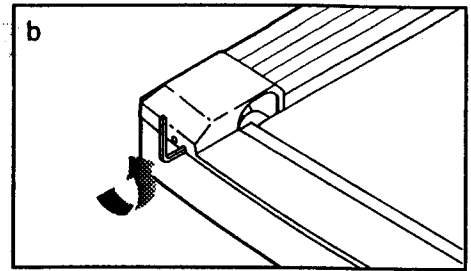
- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- If the walking belt still slows when walked on, please call our Customer Service Department.

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

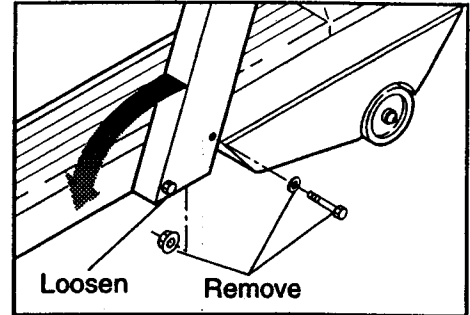


## STORAGE

Unplug the power cord when the treadmill is not in use.

Remove the indicated bolt, washer, and nut from the lower end of each upright. Loosen the other bolt and lower the upright. Keep all hardware in a secure location.

It is recommended that the treadmill be covered during extended periods of storage.



# 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 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 you want to burn fat, strengthen your cardiovascular system, or increase your athletic performance, you can tailor your exercise to your specific goals. The key to achieving the desired results is to exercise with the proper intensity.

### Burning Fat

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 of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, set the speed control on the console to **FAT BURN** to help you maintain the proper intensity level. (See pages 8 and 9.)

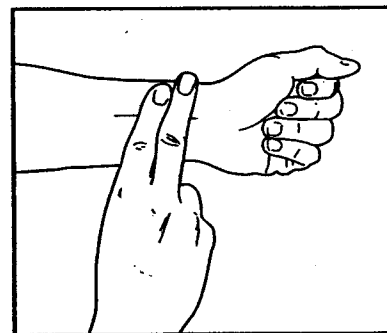
### Aerobic Exercise

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. The proper intensity level for aerobic exercise can be found by using your heart rate as a guide. As you exercise, your heart rate should be kept at a level between 70% and 85% of your maximum possible heart rate. This is known as your "training zone." You can find your training zone in the table at the top of this page. Training zones are listed according to age and physical condition.

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 gradually increased until it is near the middle of your training zone as you exercise.

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

To measure your heart rate, stop exercising and place two fingers on your wrist as shown below. Take a six-second heart-beat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.)



If your heart rate is too high or too low, adjust the intensity of your exercise.

It may also be helpful to set the speed control on the console to **AEROBIC** to help you maintain the proper intensity level. (See pages 8 and 9.)

### Performance Training

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 pages 8 and 9.)

# ORDERING REPLACEMENT PARTS

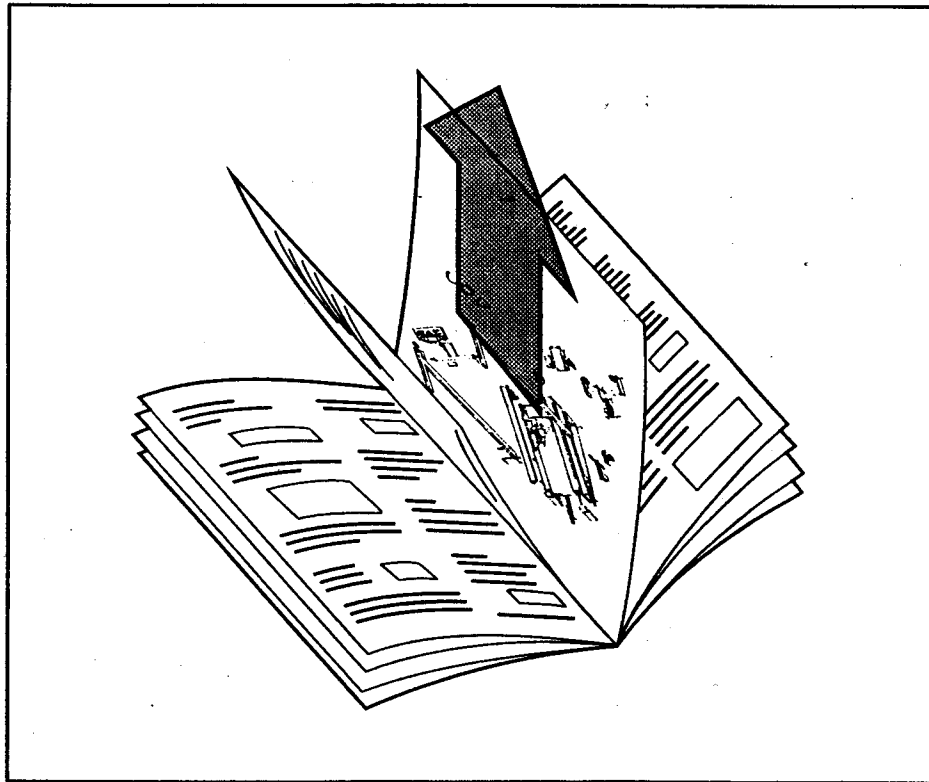
To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PFTL52550).
- The NAME OF THE PRODUCT (PROFORM® 525 SE 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.

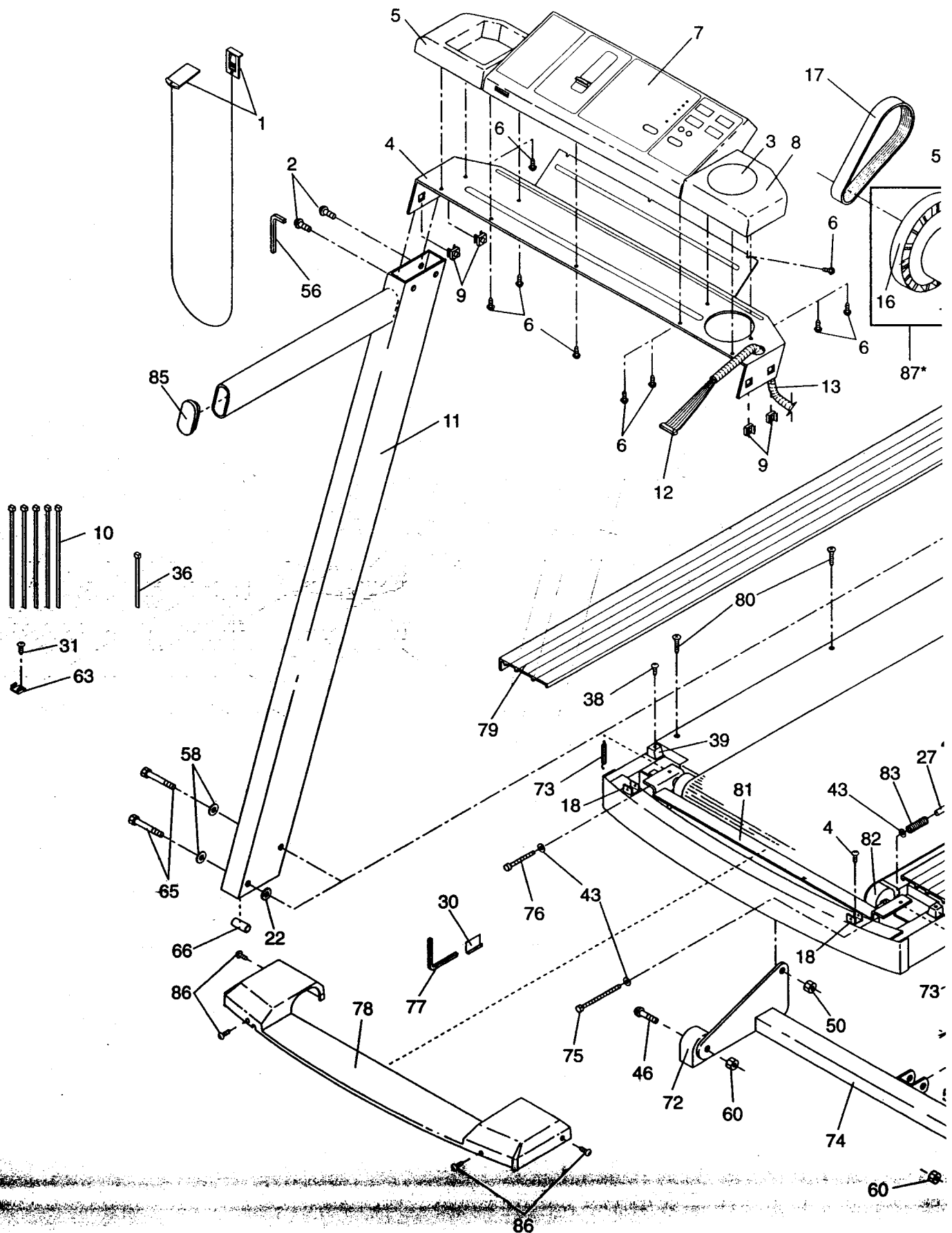
# **REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL!**

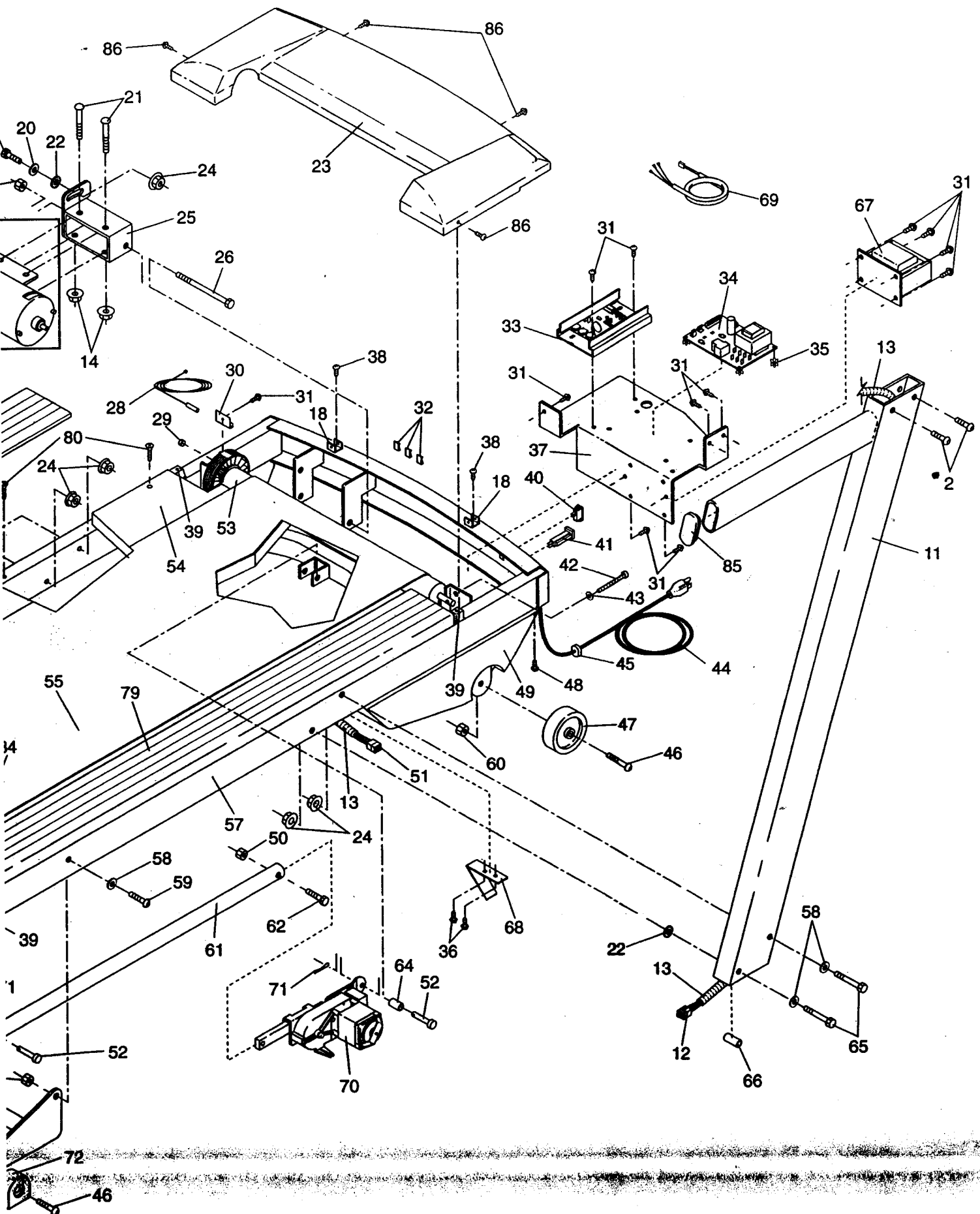
**Save this EXPLODED DRAWING and PART LIST for future reference.**



# EXPLODED DRAWING—Model No. PFTL52550

R1095A







# PART LIST—Model No. PFTL52550

R1095A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	SAFEKEY™/Clip	51	1	Short Wire Harness
2	4	3/8" x 1" Console Bolt	52	2	Incline Pin
3	1	Water Bottle Insert	53	1	Front Roller/Pulley
4	1	Console Plate	54	1	Walking Platform w/Fastener
5	1	Console Tray	55	1	Walking Belt w/Fastener
6	12	Console Screw	56	1	7/32" Allen Wrench
7	1	Console	57	1	Frame
8	1	Water Bottle Holder	58	6	3/8" Washer
9	4	Cage Nut	59	2	Incline Leg Bolt
10	5	8" Cable Tie	60	4	Incline Nut
11	2	Upright	61	1	Incline Rod
12	1	Long Wire Harness	62	1	Incline Bolt
13	3	Cable Loom	63	1	Tie Holder Clamp
14	2	Motor Nut	64	1	Incline Spacer
15	1	Motor	65	4	3/8" x 3 1/2" Bolt
16	1	Pulley/Flywheel/Fan	66	2	Upright Spacer
17	1	Belt	67	1	Choke
18	4	Hood Anchor	68	1	Belt Guide
19	1	Motor Tension Bolt	69	1	Motor Controller Wire
20	1	Motor Tension Washer	70	1	Incline Motor
21	2	Motor Bolt	71	2	Cotter Pin
22	3	Star Washer	72	2	Incline Leg Foot
23	1	Front Hood	73	1	Rear Guard Spring
24	5	Flange Nut	74	1	Incline Leg
25	1	Motor Mount Bracket	75	1	Right Rear Adjustment Bolt
26	1	Motor Swivel Bolt	76	1	Left Rear Adjustment Bolt
27	1	Spring Sleeve	77	1	3/16" Allen Wrench
28	1	Reed Switch/Wire	78	1	Rear Hood
29	1	Magnet	79	2	Foot Rail w/Fastener
30	1	Wrench Clip	80	8	Platform Screw
31	16	Screw	81	1	Rear Roller Guard
32	3	Wire Clip	82	1	Rear Roller
33	1	Controller	83	1	Rear Roller Tension Spring
34	1	Power Board w/Clips	84	1	Rear Roller Tension Nut
35	4	Plastic Stand-Off	85	2	Handrail Endcap
36	1	4" Wire Tie	86	8	Hood Screw
37	1	Electronics Bracket	87*	1	Motor/Pulley/Flywheel/Fan
38	8	Anchor Screw	#	12	Fastener
39	4	Rubber Hood Anchor	#	1	14" White Wire, 2 Female
40	1	On/Off Switch	#	1	8" White Wire, Male/Female
41	1	Circuit Breaker	#	1	14" Blue Wire, 2 Female
42	1	Front Roller Adj. Bolt	#	1	8" Blue Wire, 2 Female
43	5	Adjustment Washer	#	1	4" Black Wire, 2 Female
44	1	Power Cord	#	1	8" Green Ground Wire
45	1	Grommet	#	1	User's Manual
46	4	Wheel Bolt			
47	1	Wheel			
48	8	Safety Cover Screw			
49	1	Safety Cover			
50	4	Wheel Nut			

\* Indicates all parts in box

Note: "#" indicates a non-illustrated part.