PRO-FORM® 755
CROSSTRAINER

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:
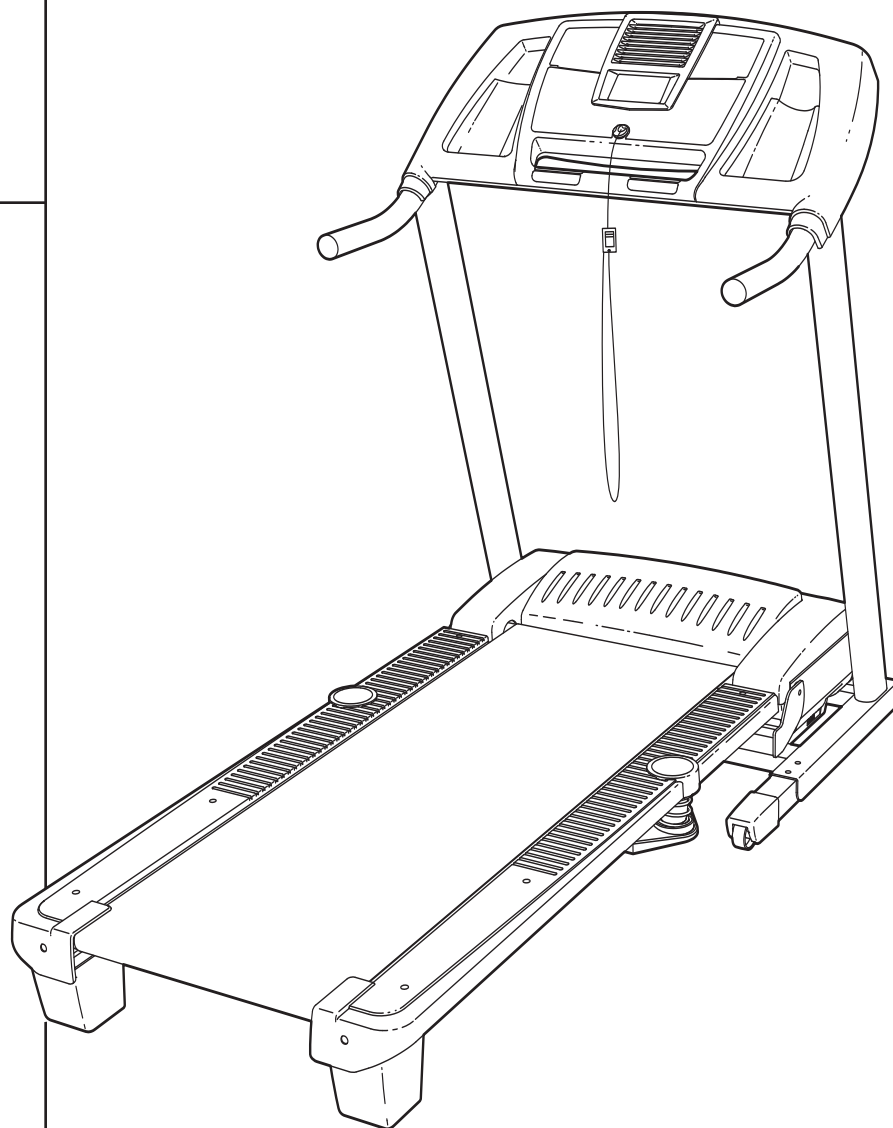
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

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


Visit our website at

www.proform.com
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The decals shown here have been applied in the lo-cations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**
Note: The decals may not be shown at actual size.

⚠ **CAUTION**

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
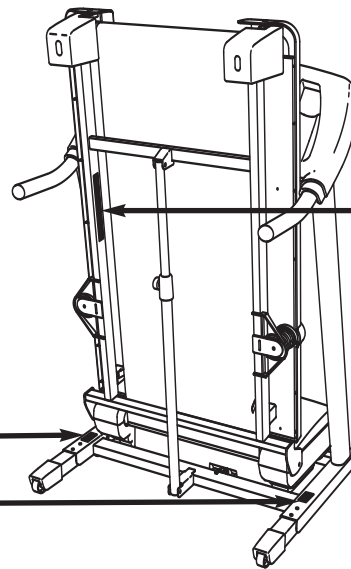
⚠**WARNING:**

Protect yourself and others from risk of serious injury. Read the user's manual and :

•Stand only on the side rails when starting or stopping treadmill.

•Change speed in small increments.

•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

•Stop if you feel faint, dizzy, or short of breath.

•Never allow children on or around treadmill.

•Remove key when not in use.

•Keep clothing, fingers, and hair away from moving belt.

•Never try to adjust or fix the belt while it is moving.

•Always wear athletic shoes while operating treadmill.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

3. Use the treadmill only as described.

4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. 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.

5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

7. Keep children under the age of 12 and pets away from the treadmill at all times.

8. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.

9. Never allow more than one person on the treadmill at a time.

10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes 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.*

11. When connecting the power cord (see page 10), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

14. Keep the power cord and the surge suppressor away from heated surfaces.

15. 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 TROUBLESHOOTING on page 20 if the treadmill is not working properly.)

16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).

17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

19. 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.

20. Use the included dumbbells only as described in this manual. Properly store the dumbbells in the dumbbell holders on the console when you are not using them (see page 5). If the dumbbells are improperly stored, they may fall off the console, causing the user to trip.

21. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)

22. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 19.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

23. When folding or moving the treadmill, make sure that the frame is held securely in the storage position.

24. Never insert any object into any opening on the treadmill.

25. Inspect and properly tighten all parts of the treadmill regularly.

26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and 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.

27. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.
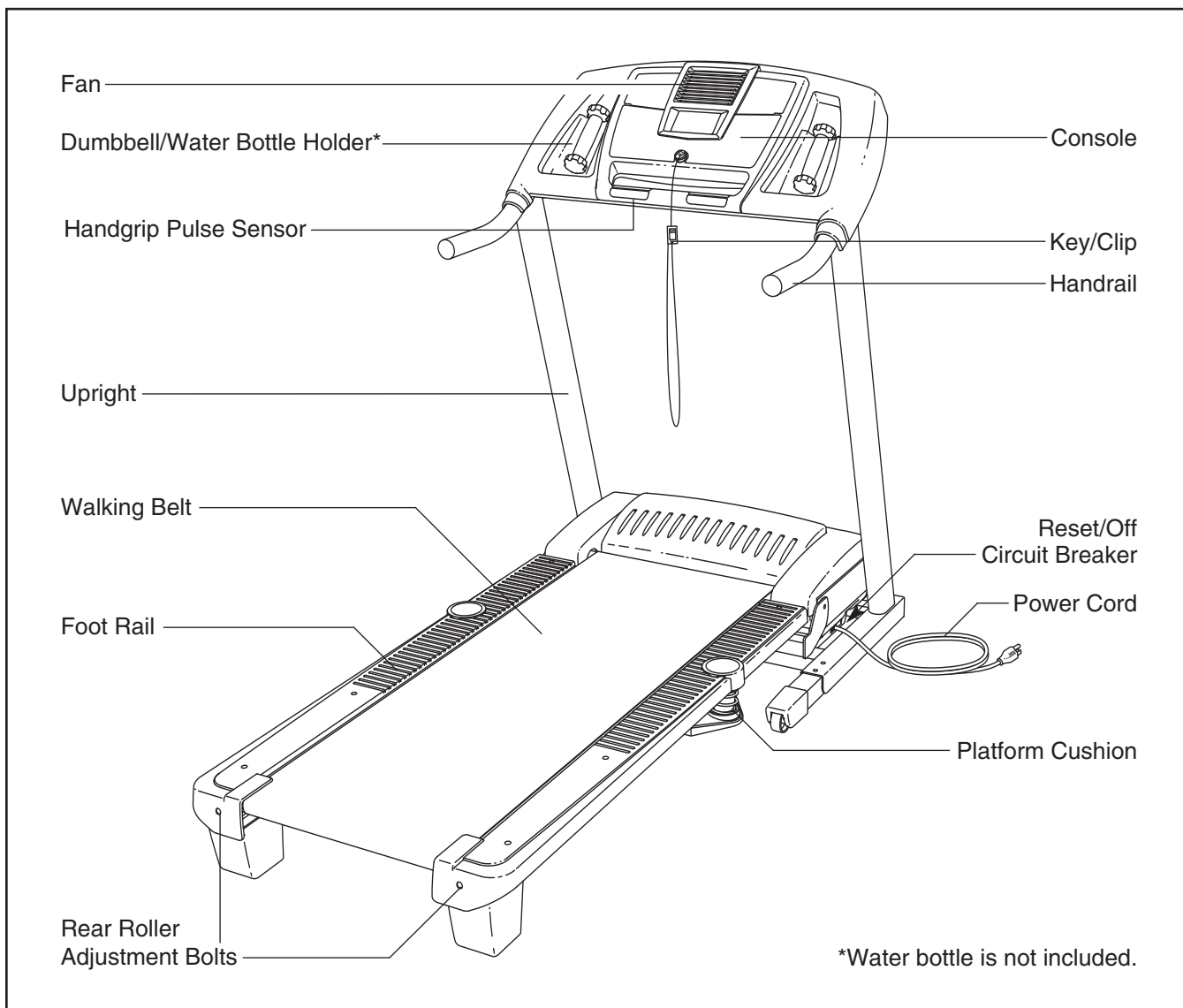
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 755 CROSSTRAINER treadmill. The 755 CROSSTRAINER treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique 755 CROSSTRAINER treadmill 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 questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.proformservice.com/registration.

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

Fan

Dumbbell/Water Bottle Holder*

Handgrip Pulse Sensor

Upright

Walking Belt

Foot Rail

Rear Roller Adjustment Bolts

Console

Key/Clip

Handrail

Reset/Off Circuit Breaker

Power Cord

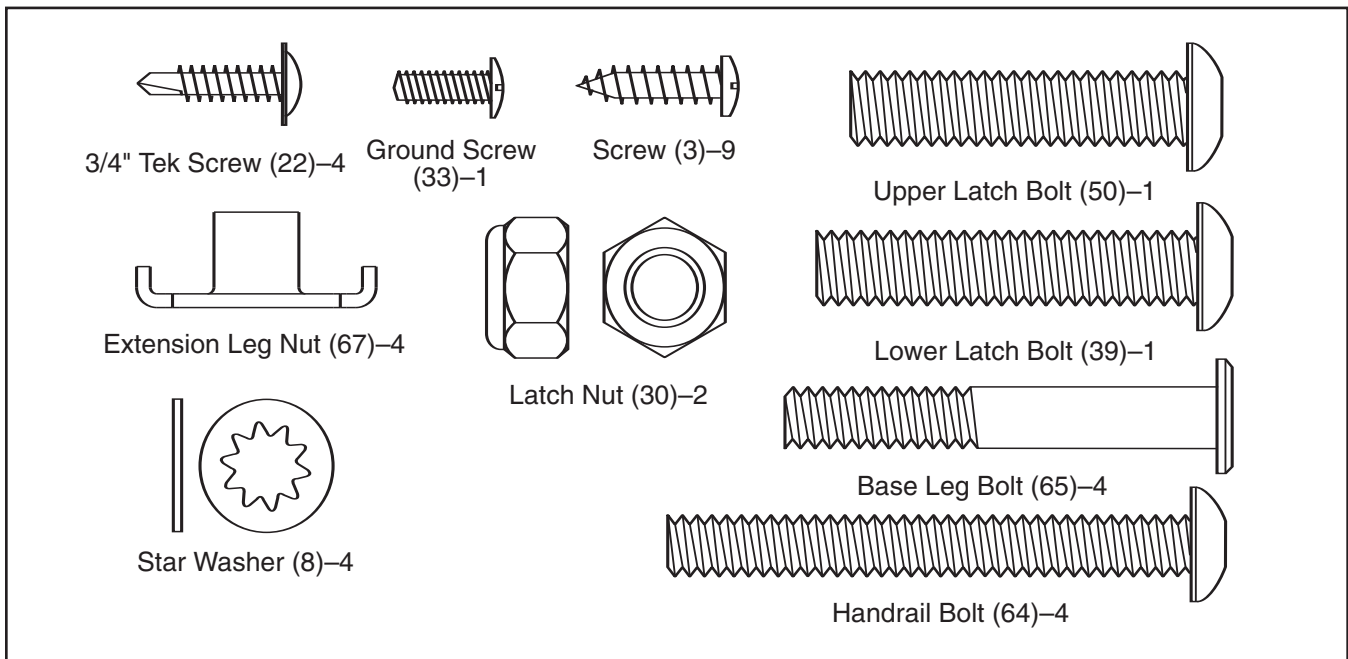Platform Cushion

*Water bottle is not included.

ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex key and your own Phillips screwdriver with a shaft at least 6 in. (16 cm) long, wire cutters , and an adjustable wrench .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**


3/4" Tek Screw (22)–4

Ground Screw (33)–1

Screw (3)–9

Upper Latch Bolt (50)–1

Extension Leg Nut (67)–4

Latch Nut (30)–2

Lower Latch Bolt (39)–1

Base Leg Bolt (65)–4

Star Washer (8)–4

Handrail Bolt (64)–4

1. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the treadmill onto its left side as shown.

   Insert an Extension Leg (89) into the base of the Uprights (84) as shown. Hold two Extension Leg Nuts (67) in the bottom of the Extension Leg. Next, insert two Base Leg Bolts (65) into the top of the Extension Leg, and firmly tighten the Base Leg Bolts into the Extension Leg Nuts.

   Attach two Base Pads (82) to the base of the Uprights (84) with two 3/4" Tek Screws (22).
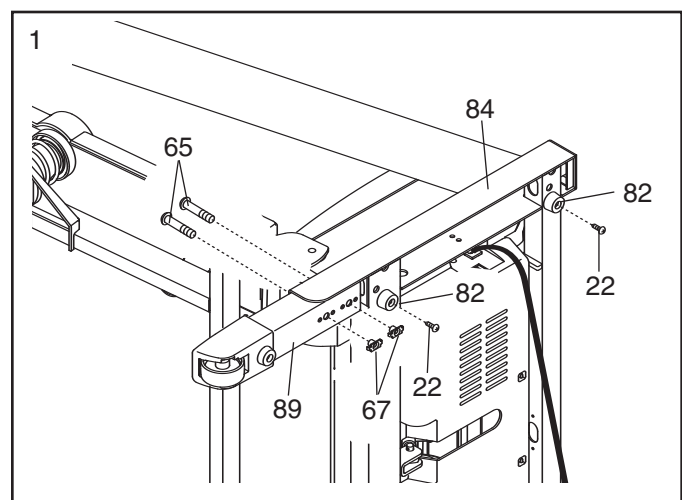
2. With the help of a second person, carefully tip the treadmill onto its right side as shown.

   Insert the other Extension Leg (89) into the base of the Uprights (84) as shown. Hold two Extension Leg Nuts (67) in the bottom of the Extension Leg. Next, insert two Base Leg Bolts (65) into the top of the Extension Leg, and firmly tighten the Base Leg Bolts into the Extension Leg Nuts.

   Attach two Base Pads (82) to the base of the Uprights (84) with two 3/4" Tek Screws (22).
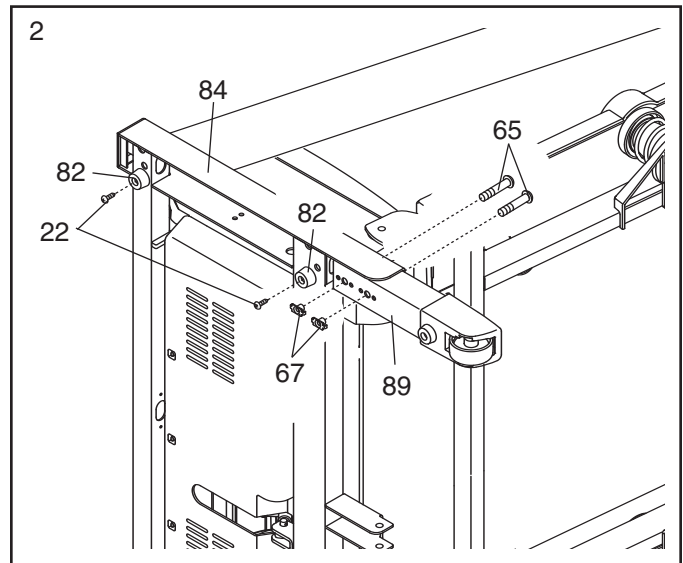
   With the help of a second person, carefully raise the treadmill so that all four Base Pads (82) are on the floor and the Uprights (84) are in a vertical position (see drawing 4).

3. Identify the Latch Assembly (29).

   Make sure that the sleeve on the Latch Assembly (29) is covering hole 1 and that the Latch Knob (97) is engaged in hole 1. If necessary, slide the sleeve over hole 1 and engage the Latch Knob into hole 1. **Then, pull the sleeve to make sure that it is locked in place.**

   Next, make sure that the Latch Knob (97) is also engaged in hole 2. If it is not, pull out the tube until you see hole 2, and then slide the tube back into the large barrel until the Latch Knob engages in hole 2.
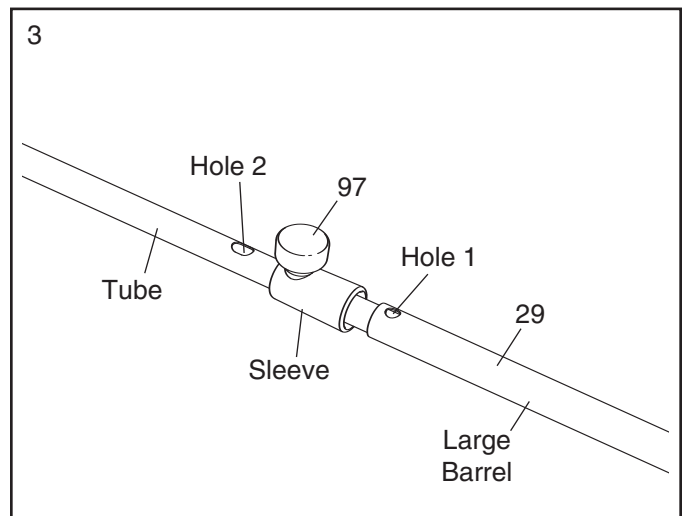
4. Remove the plastic ties from the ends of the Latch Assembly (29).

   Orient the Latch Assembly (29) so that the large barrel and the Latch Knob (97) are positioned as shown; **make sure that all of the holes are aligned (see the inset drawings).** Attach the lower end of the Latch Assembly to the bracket on the Upright (84) with the Lower Latch Bolt (39) and a Latch Nut (30).

   Then, attach the upper end of the Latch Assembly (29) to the bracket on the Frame (58) with the Upper Latch Bolt (50) and a Latch Nut (30). Note: It may be necessary to move the Frame back and forth to align the Latch Assembly with the bracket.


7
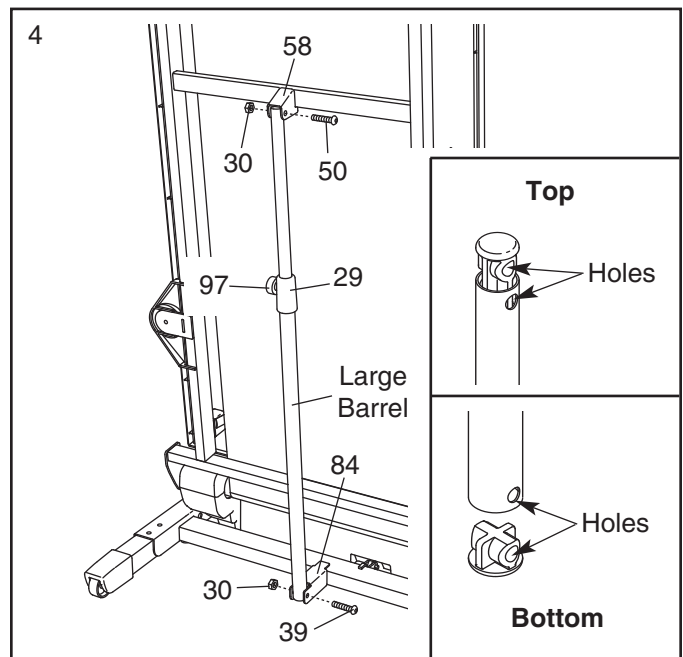
5. Lower the Frame (not shown) (see HOW TO LOWER THE TREADMILL FOR USE on page 19).

Have a second person hold the Handrail (20) near the Uprights (84). Insert the Wire Harness (77) into the hole in the bottom of the Handrail and out of the top as shown.

Next, set the Handrail (20) on the Uprights (84). **Do not let the Wire Harness (77) fall into the right Upright.**

Attach the Handrail (20) with four Handrail Bolts (64) and four Star Washers (8); **start all four Handrail Bolts and then firmly tighten them.**
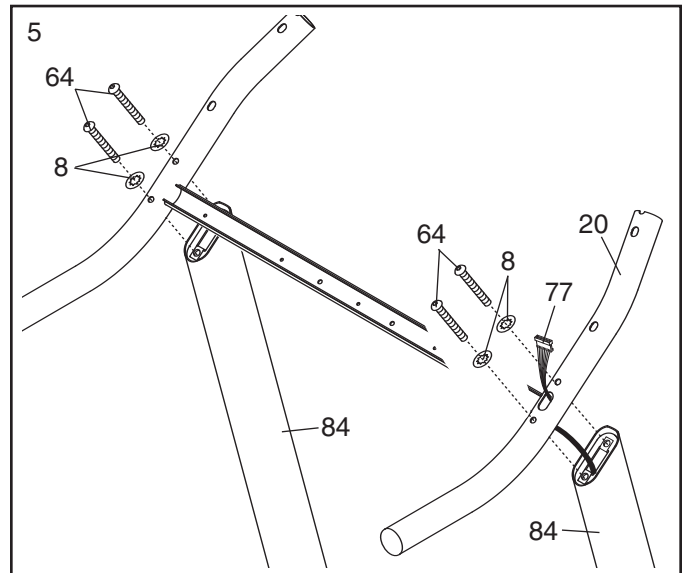
6. While a second person holds the console assembly near the Handrail (20), attach the ground wire to the indicated hole in the Handrail with a Ground Screw (33).
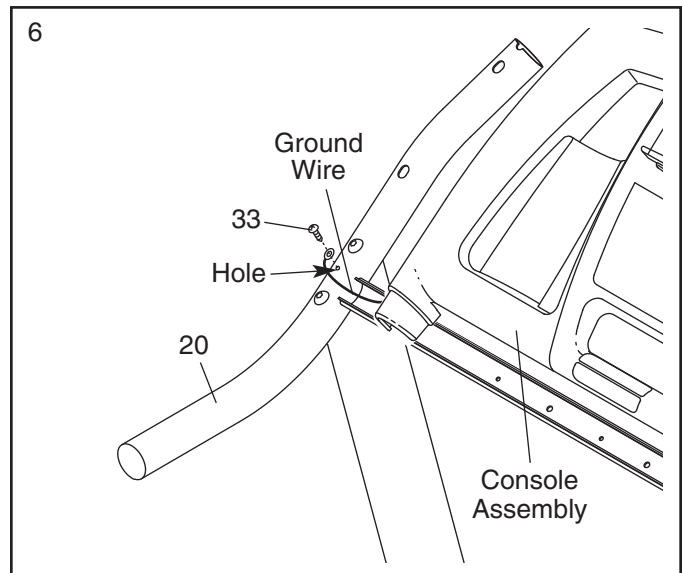
7. While the second person continues to hold the console assembly, locate the wire harness underneath the console assembly.

Connect the wire harness from the console assembly to the Wire Harness (77). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, insert the connectors downward into the Handrail (20).
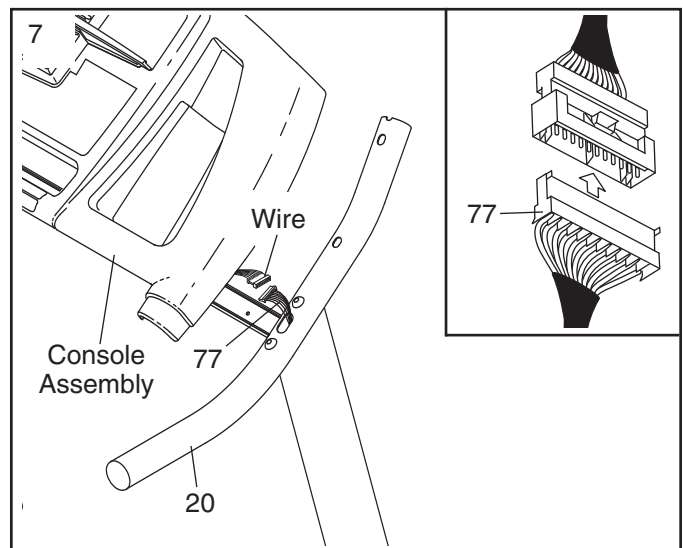
8. Set the console assembly on the Handrail (20). **Be careful to avoid pinching any of the wires. Make sure that the ground wire (see step 6) and the wire harness from the console assembly (see step 7) are in the indicated channel.**

   Partially tighten five Screws (3) into the Handrail (20) and the console assembly. **Start all five Screws, but do not tighten them yet. Do not put Screws into the two indicated holes.**
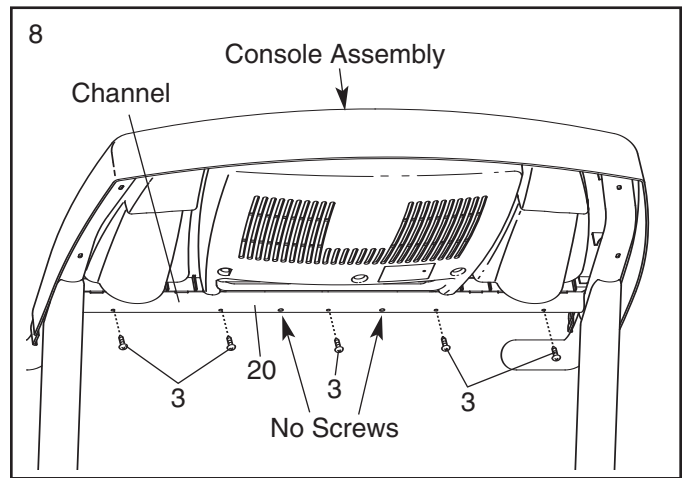
9. Partially tighten four additional Screws (3) into the Handrail (20) and the console assembly. Then, **tighten all nine Screws used in step 8 and this step; do not overtighten the Screws.**
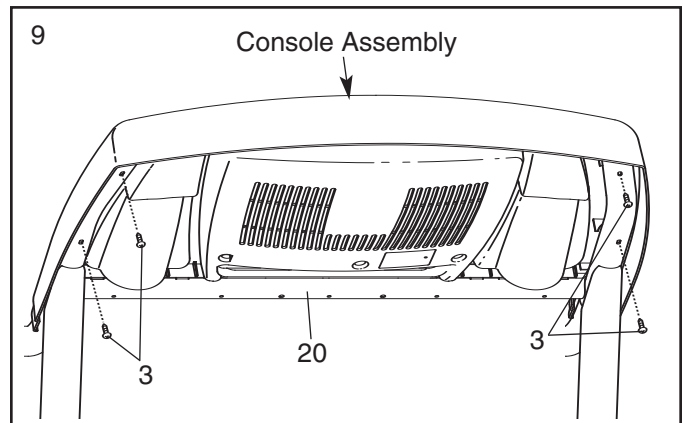

10. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 21).

If you purchase the optional chest pulse sensor (see page 18), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Remove the key from the console and unplug the power cord.**

   Remove the Screw (3) and the Access Door (76) from the back of the Console Base (85).

2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Base (85). **Hold the receiver so the small cylinder is oriented as shown and is facing the Console Base.** Attach the receiver to the plastic posts on the Access Door (76) with the two included small screws.

3. **Make sure that no wires are pinched.** Reattach the Access Door (76) with the Screw (3). Discard the other wires included with the receiver.
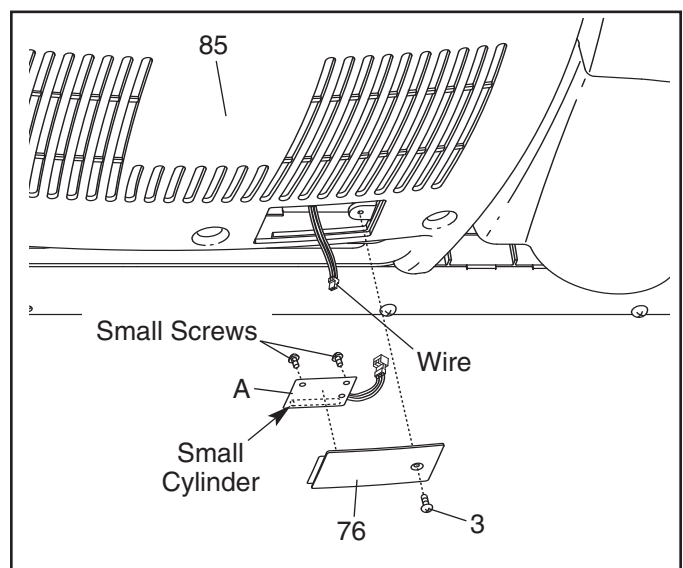
OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances 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.
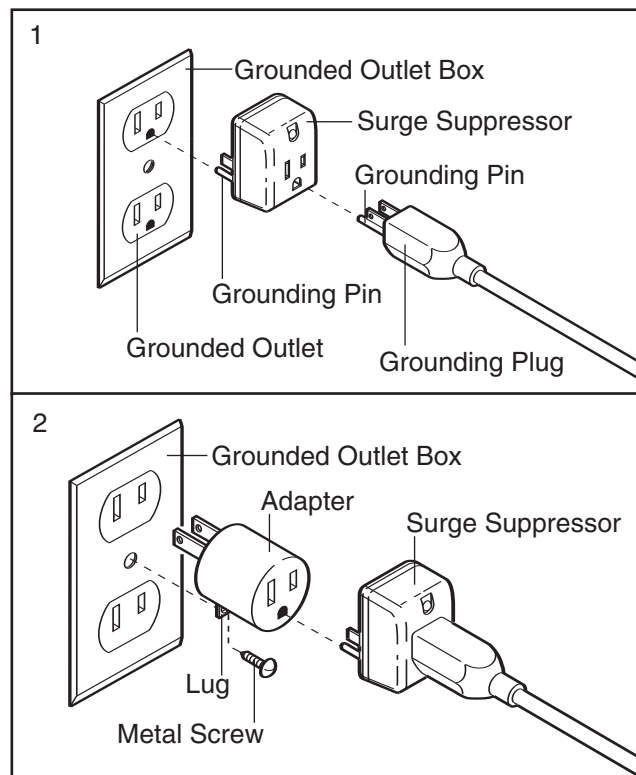
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current, reducing 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 suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

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 suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

1 — Grounded Outlet Box, Surge Suppressor, Grounding Pin, Grounding Pin, Grounded Outlet, Grounding Plug

2 — Grounded Outlet Box, Adapter, Surge Suppressor, Lug, Metal Screw

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.**

CONSOLE DIAGRAM

TIME 19:58   107 CALS.

INCLINE 2.0   5.5 SPEED

3 UPPER BODY PROGRAMS

3 LOWER BODY PROGRAMS   FAN

ODOM.   3 WHOLE BODY PROGRAMS

DISPLAY COLOR   2 CUSTOM PROGRAMS

START   INCLINE   1 2 3 4 5 6 7 8 9 10 mph   SPEED   STOP
         0 2 4   6 8 10 %grade

Key — Clip
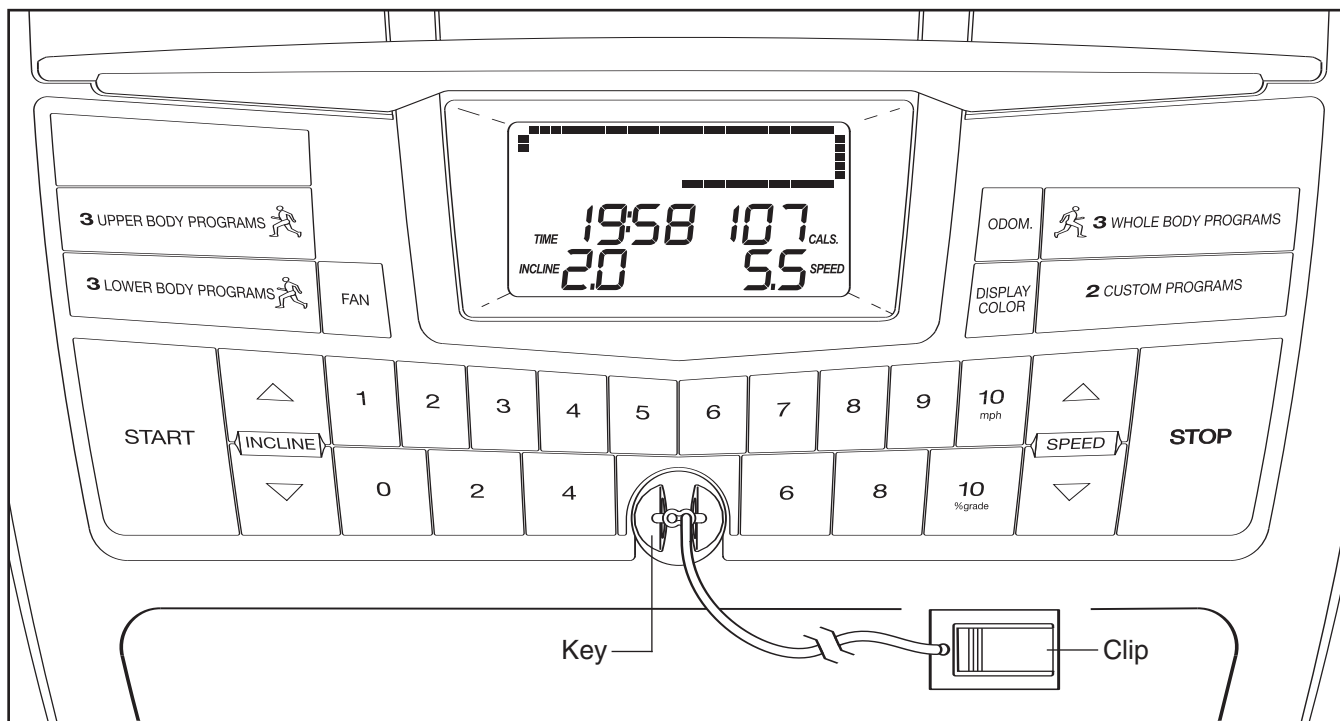
FEATURES OF THE CONSOLE

The revolutionary treadmill console offers a selection of features designed to make your workouts more effective and enjoyable.

When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 18 for information about the optional chest pulse sensor).

The console also features nine interactive cross trainer programs designed to help you to burn calories and enhance your cardiovascular system while toning and strengthening your muscles. These programs feature the voice of a personal trainer to guide you through your workouts. The cross trainer programs automatically control the speed and incline of the treadmill and prompt you to perform a variety of strength exercises during your workout. There are three whole body, three upper body, and three lower body cross trainer programs to choose among. Note: The strength exercises require the use of dumbbells and an inflatable exercise ball. **To purchase additional dumbbells or an additional exercise ball, call the telephone number on the front cover of this manual.**

In addition to the cross trainer programs, you can even create your own custom workout programs and save them in memory for future use.

To turn on the power, follow the steps beginning on page 12. **To use the manual mode of the console,** see page 12. **To use a cross trainer program,** see page 14. **To create and use a custom program,** see pages 16 and 17. **To use the information mode,** see page 18.

IMPORTANT: If there are sheets of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 21).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 18. For simplicity, all instructions in this section refer to miles.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 10). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.
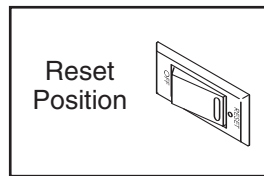
Reset
Position

IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the display lights as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the display remains lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**
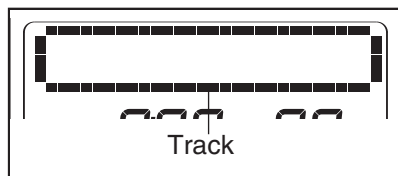
HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

    When the key is inserted, the manual mode will be selected. If a

    Track

program has been selected, reselect the manual mode by pressing any of the four Programs buttons repeatedly until a track appears in the display.

3. **Start the walking belt.**

    To start the walking belt, press the Start button, the Speed increase button, or one of the speed buttons numbered 1 to 10.

    If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

    If one of the numbered speed buttons is pressed, the walking belt will gradually change speed until it reaches the selected speed setting.

    To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

4. **Change the incline of the treadmill as desired.**

    To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the incline buttons numbered 0 to 10. Each time

    TIME 19:58
    INCLINE 2.5

    the Incline increase or decrease button is pressed, the incline will change by 0.5%. If one of the numbered incline buttons is pressed, the treadmill will adjust to the selected incline setting. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

5. Follow your progress with the display.

Note: The display features several different background colors. To select a background color, press the Display Color button repeatedly.

When the manual mode is selected, the display will show a track that repre-

Track

sents 1/4 mile (400 meters). As you walk or run, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.
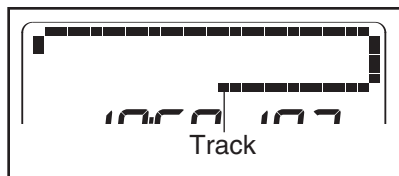
The left side of the display will show the elapsed time, the distance that you have walked or run, and the incline level of the treadmill. Note: When a

TIME 19:58
INCLINE 2.5

cross trainer program is selected, the display will show the time remaining in the program instead of the elapsed time.

The right side of the display will show the approximate number of calories you have burned while walking or running, the speed of

8 107 CALS.
5.5 SPEED

the walking belt, and your pace in minutes per mile. The right side of the display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.

To reset the display, press the Stop button, remove the key, and then reinsert the key.

To see the total number of miles that the walking belt has moved since the last reset, press the odometer (ODOM.) button; the total number of

31

miles will appear in the matrix. To reset this number, hold down the odometer button for a few seconds.The number will appear in the display for a few seconds.
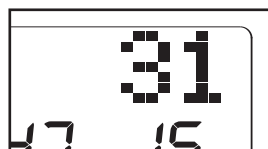
6. Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addi-

Contacts

tion, make sure that your hands are clean.
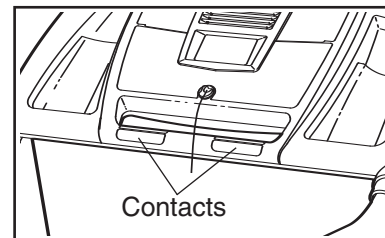
To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, one or two dashes will appear in the right side of the display and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt stops, the fan will automatically turn off after a few minutes.

8. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**
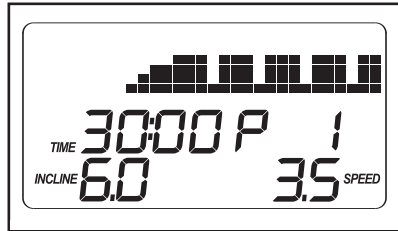
HOW TO USE A CROSS TRAINER PROGRAM

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page 12.

2. **Select one of the nine cross trainer programs.**

    To select a cross trainer program, press the Upper Body Programs button, the Lower Body Programs button, or the Whole Body Programs button repeatedly until "P 1," "P 2," "P 3," "P 4," "P 5," "P 6," "P 7," "P 8," or "P 9" appears in the display. When a cross trainer program is selected, the program time will appear in the display, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds, and a profile of the speed settings of the program will scroll across the matrix in the display.

    Note: During the program, a personal trainer will guide you through the workout. You can adjust the volume or select an audio setting for your personal trainer (see THE INFORMATION MODE on page 18).

3. **Press the Start button to start the program.**

    A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

    Each program is divided into 25, 30, or 45 one-minute segments. One speed setting and one incline setting are programmed for most segments. (Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.) During other segments, the console will prompt you to perform strength exercises.

During the program, the profile will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.

The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Perform the first strength exercise when prompted.**

When the first strength exercise segment begins (only one indicator will flash in the

current segment column), the walking belt will slow to a stop and the name of the first strength exercise will appear in the display for a few seconds.

Next, the personal trainer will tell you the recommended number of repetitions for the first strength exercise.

Remove the clip from the waistband of your clothes, step off the treadmill, and prepare to begin the first strength exercise. The personal trainer and the display will count the repetitions; perform one repetition of the exercise on each count. Exercise with a slow, steady motion; do not perform more than one repetition for each count.

Note: Refer to the accompanying exercise chart to see the correct form for each exercise. When performing lunges, alternate legs with each repetition. When performing dumbbell rows, perform half the repetitions with your right arm and half the repetitions with your left arm. The strength exercises require the use of dumbbells and an inflatable exercise ball. **To purchase additional dumbbells or an additional exercise ball, call the telephone number on the front cover of this manual.**

5. **Continue the cross trainer program.**

When you have performed the recommended number of repetitions, the words PRESS START will appear in the display. To continue the cross trainer program, step onto the treadmill, **slide the clip back onto the waistband of your clothes,** and press the Start button. The treadmill will automatically adjust to the speed and incline settings for the next segment.

The program will continue in this way until the last segment ends. The walking belt will then slow to a stop.

6. **Follow your progress with the display.**

See step 5 on page 13.

7. **Measure your heart rate if desired.**

See step 6 on page 13.

8. **Turn on the fan if desired.**

See step 7 on page 13.

9. **When you are finished exercising, remove the key from the console.**
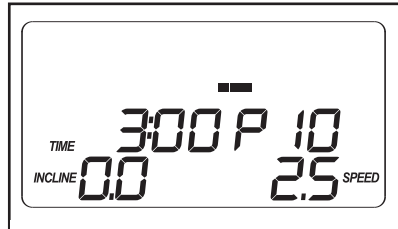
See step 8 on page 13.

HOW TO CREATE A CUSTOM PROGRAM

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 12.

2. **Select one of the custom programs.**

   To select a custom program, press the Custom Programs button once or twice, until "P10" or "P11" appears in the display.

   Note: If the custom program has not yet been defined, only three columns of indicators will scroll across the matrix. If more than three columns of indicators appear, see HOW TO USE A CUSTOM PROGRAM on page 17.

3. **Press the Start button and program the desired speed and incline settings.**

   A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

   See the matrix in the display. Each custom program is divided into
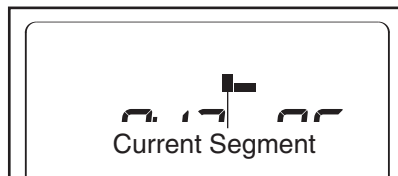
   Current Segment

one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing current segment column of the matrix. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the current segment column.

When the first segment of the program ends, the current speed setting and the current incline setting will be saved in memory. *The three columns of indicators will then move one column to the left,* and the speed setting for the second segment will be shown in the flashing current segment column. Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

4. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 13.

HOW TO USE A CUSTOM PROGRAM

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 12.

2. **Select one of the custom programs.**

   To select a custom program, press the Custom Programs button once or twice, until "P 10" or "P 11" appears in the display.

   When a custom program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the display for a few seconds. The display will also show how long the program will last. A profile of the speed settings of the program will scroll across the matrix. **Note: If only three columns of indicators scroll across the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 16.**

3. **Press the Start button to start the program.**

   A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

   Each custom program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment.
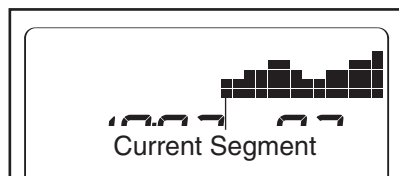
   The speed setting for the first segment will be shown in the flashing current segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the following segments will be shown in the columns to the right.

   Current Segment

   When only three seconds remain in the first segment of the program, both the current segment column and the column to the right will flash. If the speed and/or incline of the treadmill is about to change, the personal trainer will alert you, and the speed setting and/or the incline setting will flash in the display.

When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing current segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the speed setting for the last segment is shown in the current segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine the program while using it. **To change the speed or incline setting for the current segment,** simply press the Speed or Incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program,** first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program,** press the Stop button twice at any time before the program is completed.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Follow your progress with the display.**

   See step 5 on page 13.

5. **Measure your heart rate if desired.**

   See step 6 on page 13.

6. **Turn on the fan if desired.**

   See step 7 on page 13.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 13.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select miles or kilometers as the unit of measurement, to select an audio trainer setting, to adjust the volume, and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The center of the display will show the total number of hours that the treadmill has been operated. The lower part of the display will show total number of miles or kilometers that the walking belt has moved. In addition, an "E" for English miles or an "M" for metric kilometers will appear in the lower part of the display. To change the unit of measurement, press the Speed increase button.
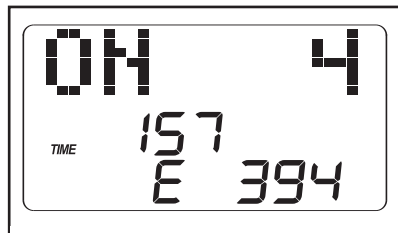

The upper left part of the display will show the personal trainer audio setting. If you select "ON" as the audio setting, the personal trainer will guide you through your workouts and give detailed instructions. If you select the "OFF" setting, your personal trainer will simply guide you through your workouts. Press the Incline decrease button to change the audio setting if desired.

You can adjust the volume of the personal trainer audio (0 through 5) by pressing the Incline increase button repeatedly. The volume setting appears as the upper right digit in the display.
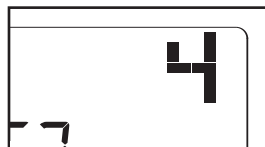
Note: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will

function normally when you plug in the power cord, switch the circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

To exit the information mode, remove the key from the console.

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**
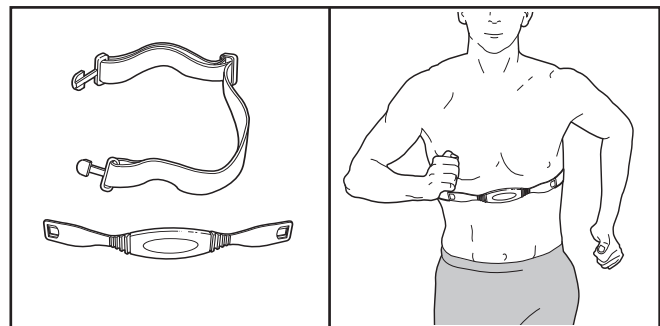
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

**Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than with your back.**
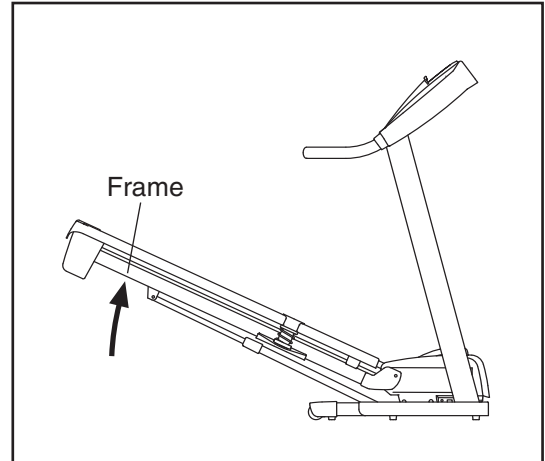
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   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° F (30° C).
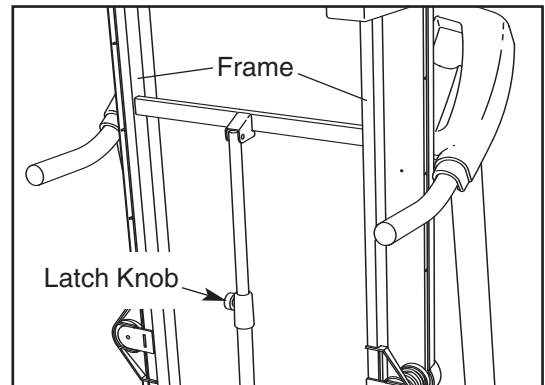
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold the handrails and place one foot against one of the wheels.

2. Tilt the treadmill backward 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 move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.
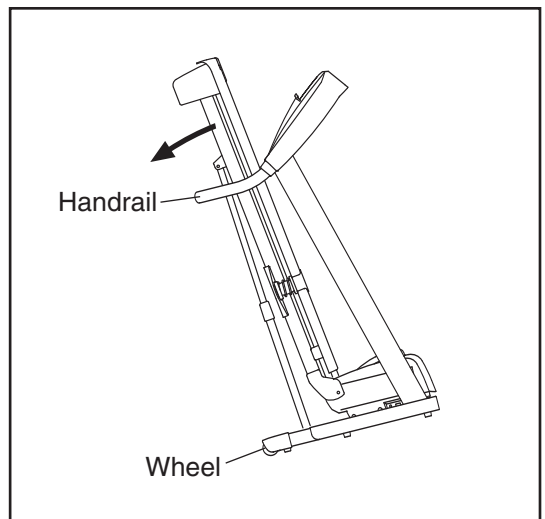
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it; it may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.

2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**

19

TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If you need further assistance, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame 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.
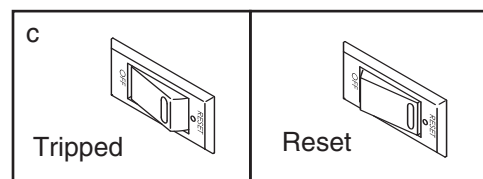
PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing 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. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The display of the console does not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, carefully lower the Uprights (84). Remove the two indicated 3/4" Tek Screws (22). Note: A Phillips screwdriver with a shaft at least 8 in. (20 cm) long is required.
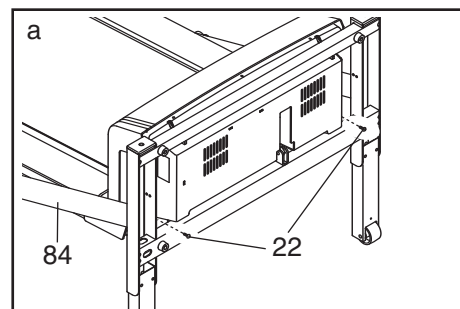
Raise the Uprights (84) to the vertical position. Remove the three Screws (3) from the Hood (41), and carefully pivot the Hood off.
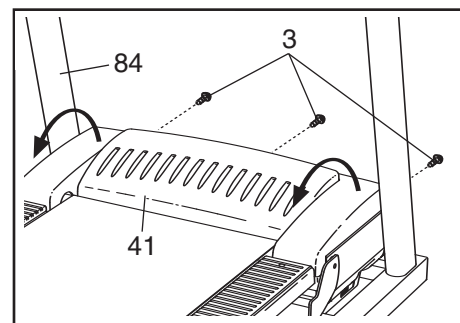
Locate the Reed Switch (63) and the Magnet (46) on the left side of the Front Roller (47). Turn the Front Roller until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, move the Reed Switch slightly using a slotted screwdriver. Reattach the Hood (not shown), making sure that the Screws (not shown) are inserted into the same holes from which they were removed. Then, run the treadmill for a few minutes to check for a correct speed reading.

Top View

63

1/8 in.

47

46
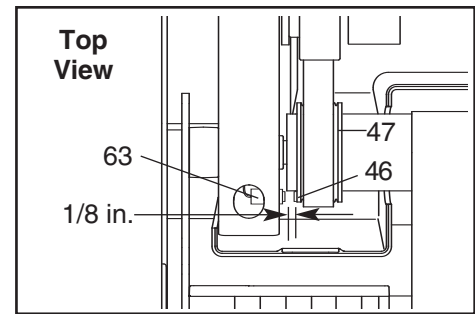
PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all the specifications described on page 10.
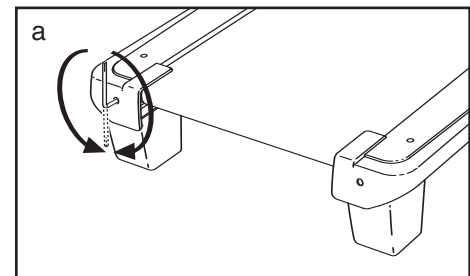
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) above the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.


b

2–3 in.

Rear Roller Bolts
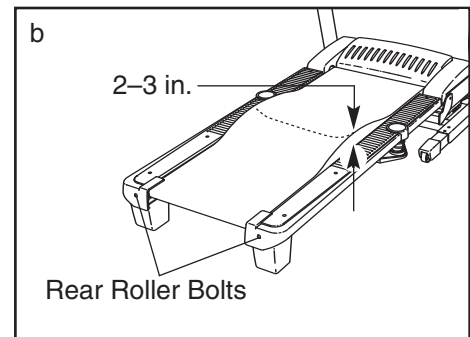
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

a

b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) above the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

b
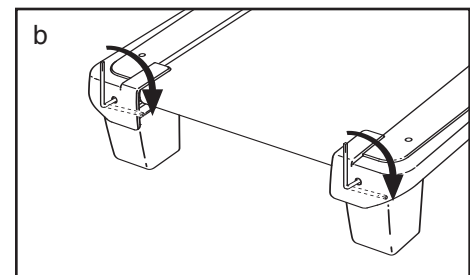
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors 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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

| 165 | 155 | 145 | 140 | 130 | 125 | 115 | 🖤 |
| 145 | 138 | 130 | 125 | 118 | 110 | 103 | ❤ |
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *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, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (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.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps 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 of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.
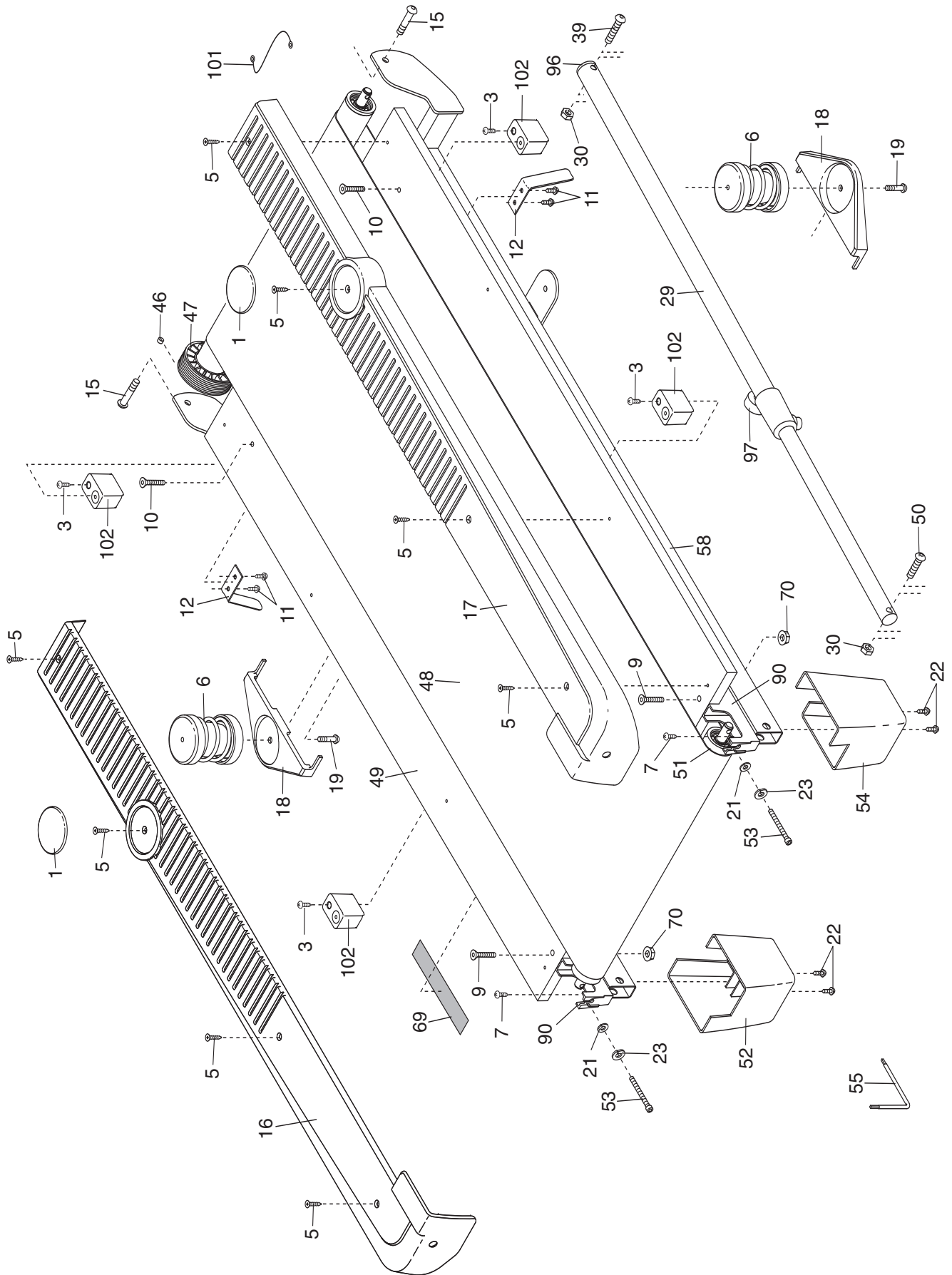
PART LIST—Model No. PFTL79506.3

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Decal	40	1	Filter Wire	81	2	Wheel Pin
2	5	3/4" Screw	41	1	Hood	82	4	Base Pad
3	24	Screw	42	1	Front Roller	83	2	Lift Frame Pivot Nut
4	1	Reset/Off			Bushing	84	1	Upright
		Circuit Breaker	43	1	Lift Frame	85	1	Console Base
5	8	Foot Rail Screw	44	2	Front Endcap	86	1	Top Clevis Pin
6	2	Center Isolator	45	1	Front Roller Bolt	87	2	Hair Pin Cotter Pin
7	6	1/2" Screw	46	1	Magnet	88	1	Incline Motor
8	4	Star Washer	47	1	Front Roller	89	2	Extension Leg
9	2	Platform Bolt, Back	48	1	Walking Belt	90	2	Rear Roller
10	2	Platform Bolt, Front	49	1	Walking Platform			Bracket
11	4	Belt Guide Screw	50	1	Latch Bolt, Upper	91	1	Static Decal
12	2	Belt Guide	51	1	Rear Roller	92	1	Idler Arm Pivot Bolt
13	1	Power Cord	52	1	Left Rear Endcap	93	1	Hood Cover
		Grommet	53	2	Rear Roller Bolt	94	1	Book Rack
14	1	Incline Motor Wire	54	1	Right Rear Endcap	95	1	Exercise Ball
15	2	Frame Pivot Bolt	55	1	Hex Key	96	1	Latch Endcap
16	1	Left Foot Rail	56	1	Idler Arm Washer	97	1	Latch Knob
17	1	Right Foot Rail	57	1	Base Ground Wire	98	2	Dumbbell
18	2	Isolator Bracket	58	1	Frame	99	1	Idler Arm Spacer
		Cover	59	1	Belly Pan	100	2	Wire Tie
19	2	Isolator Bolt	60	4	"U"-nut	101	1	Roller Ground Wire
20	1	Handrail	61	1	Reed Switch Clip	102	4	Isolator
21	2	Rear Roller	62	2	Handrail Endcap	103	1	Idler Arm Spring
		Washer	63	1	Reed Switch	104	1	Pulley Bolt
22	16	3/4" Tek Screw	64	4	Handrail Bolt	105	1	Idler Arm
23	2	Rear Roller Lock	65	4	Base Leg Bolt	106	1	Idler Arm Pulley
		Washer	66	4	Hood Cover	107	1	Idler Arm
24	2	Motor Bolt			Washer			Pulley Nut
25	1	Transformer	67	4	Extension Leg Nut	108	2	Thin Base Pad
26	1	Motor Belt	68	2	Caution Decal	109	1	Idler Arm
27	1	Drive Motor	69	1	Latch Decal			Pivot Washer
28	2	Frame Spacer	70	2	Platform Nut	110	1	15 1/2" Wire Tie
29	1	Latch Assembly	71	11	Cable Tie	111	1	Controller Ground
30	2	Latch Nut	72	1	Bottom Clevis Pin			Wire
31	2	Lift Frame Bolt	73	3	Belly Pan Clip	*	–	4" Red Wire, M/F
32	3	Locknut	74	1	Tie Clamp	*	–	12" Blue Wire, 2F
33	7	Ground Screw	75	1	Releasable Tie	*	–	8" Blue Wire, M/F
34	1	Console	76	1	Access Door	*	–	User's Manual
35	2	Fan Screw	77	1	Wire Harness			
36	1	Power Cord	78	2	Extension Leg	*These parts are not illustrated.		
37	1	Console Fan			Endcap	Specifications are subject to		
38	1	Controller	79	1	Key/Clip	change without notice.		
39	1	Latch Bolt, Lower	80	2	Front Wheel			
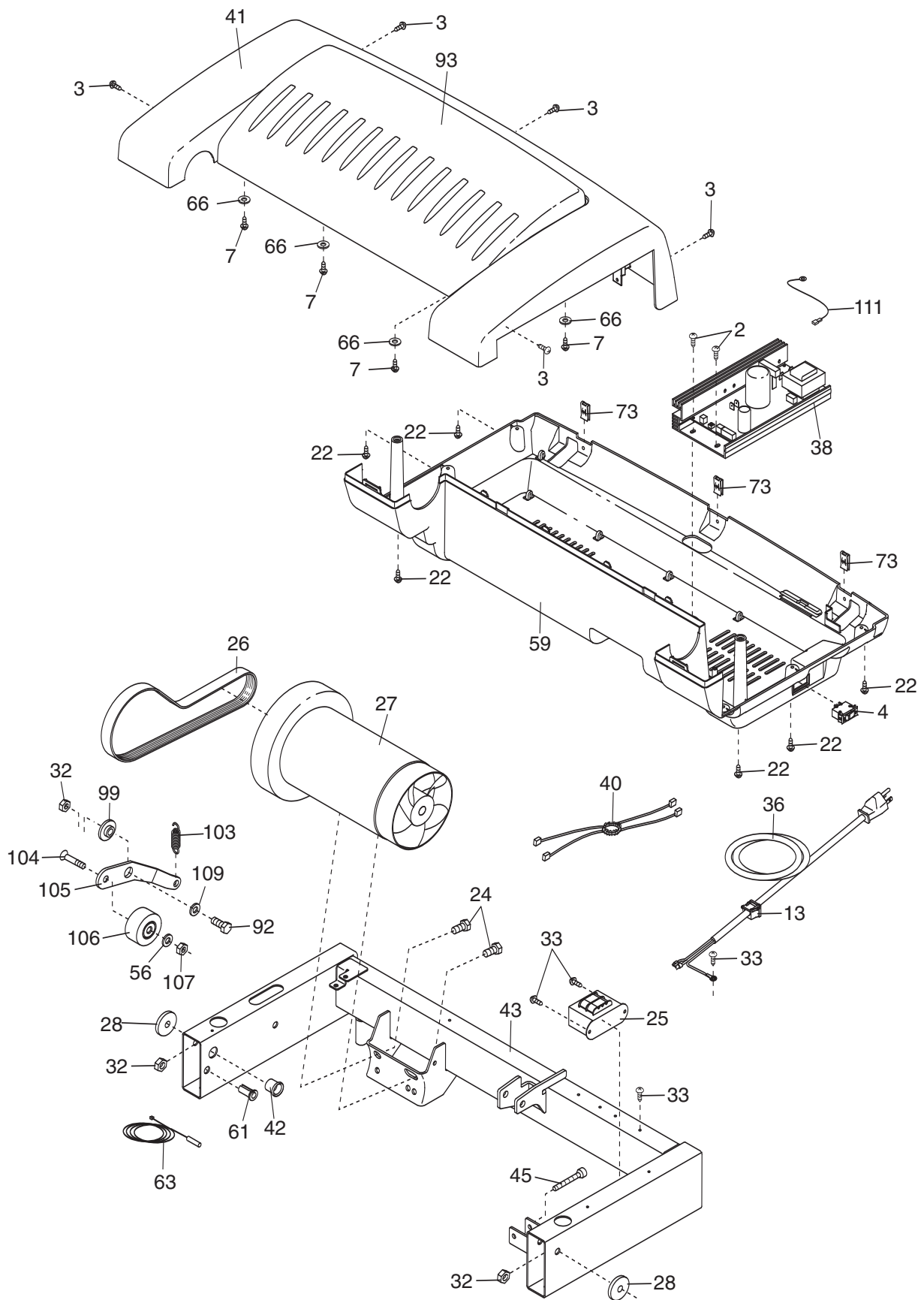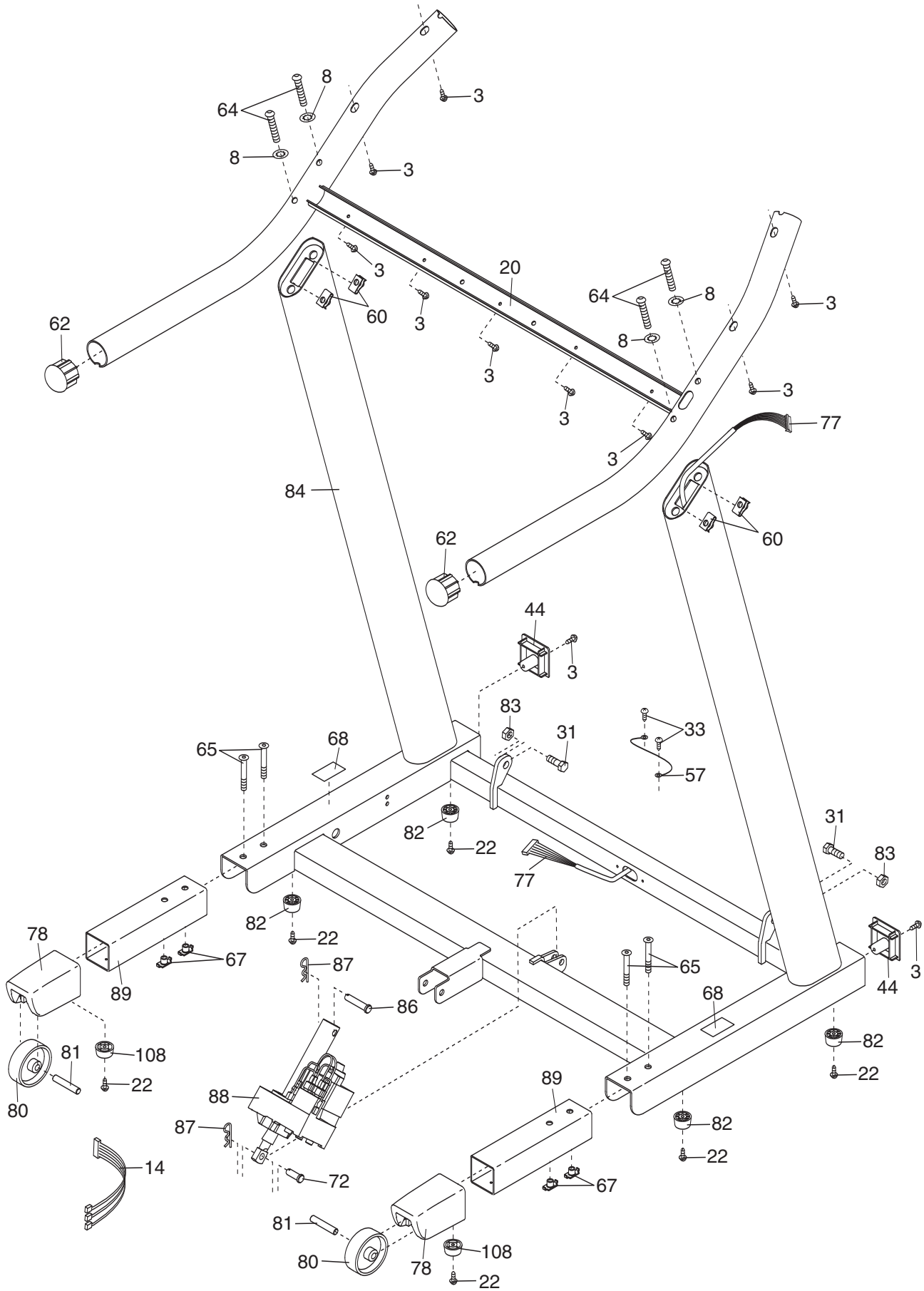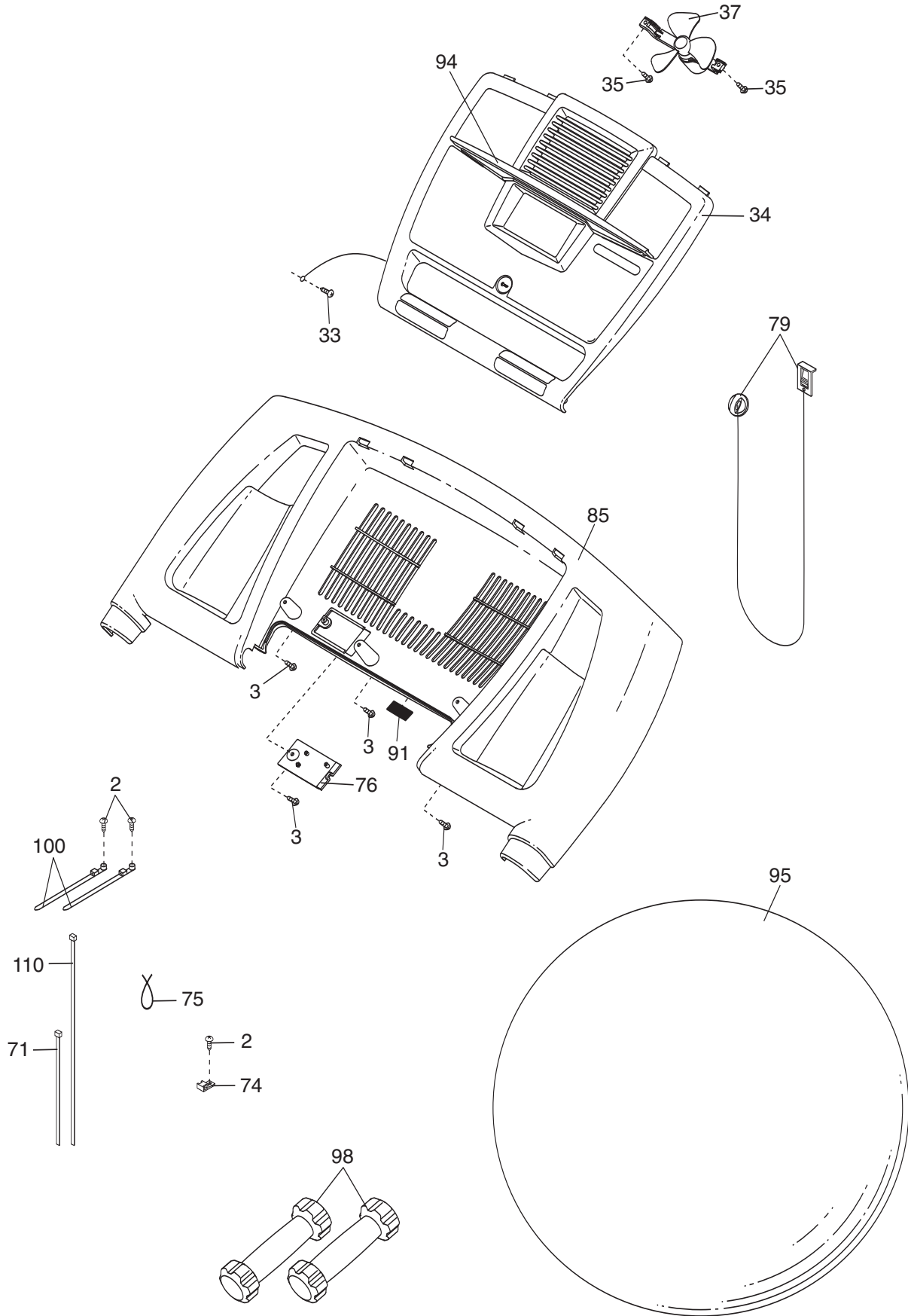
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this 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. The drive motor is warranted for twelve (12) years after the date of purchase. Parts and labor are warranted for ninety (90) days after 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 through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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; products used for commercial or rental purposes; or 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 or 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