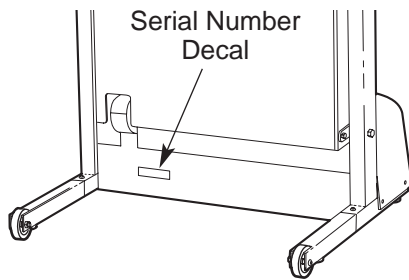




CrossWalk GTS

Model No. PFTL39921

Serial No. _____



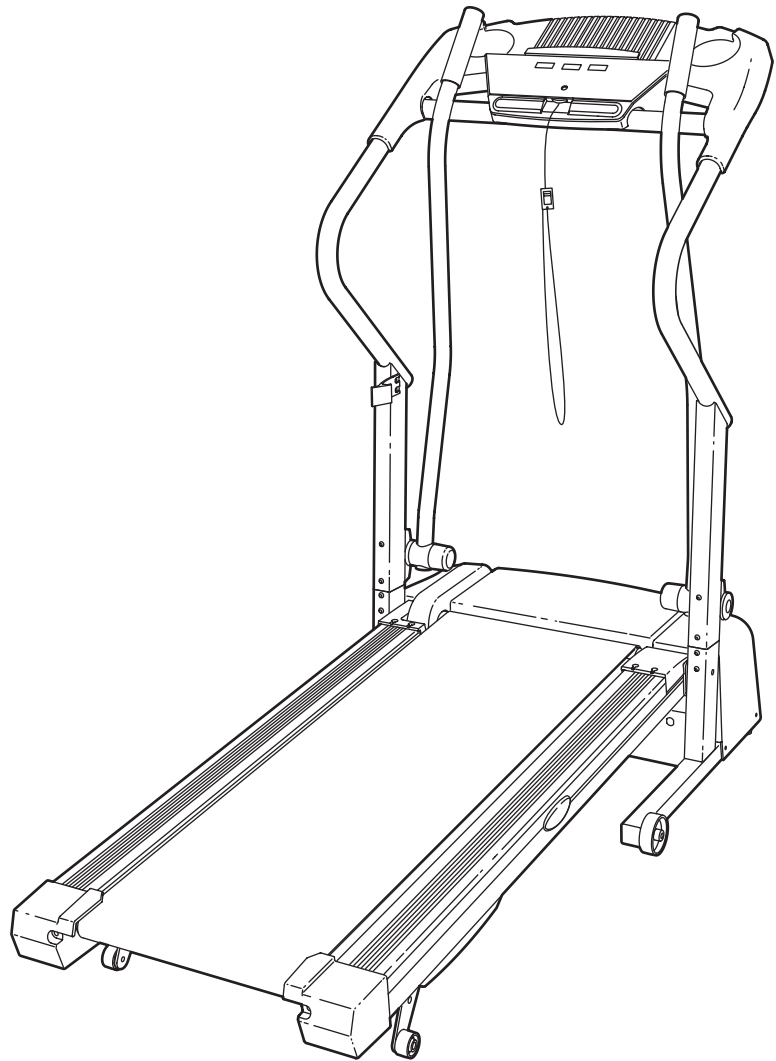
USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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.



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fitness tips, and much more!*

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Note: An EXPLODED DRAWING, a PART LIST, and a PART IDENTIFICATION CHART are attached in the center of this 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. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet 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.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 250 pounds or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise 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.*
10. When connecting the power cord (see page 8), 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.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. To purchase a surge suppressor, see your local PROFORM or call 1-800-806-3651 and order part number 146148.
12. 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 or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.

14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or the upper body arms while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord and move the on/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 4 for the location of the on/off circuit breaker.)
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO FOLD

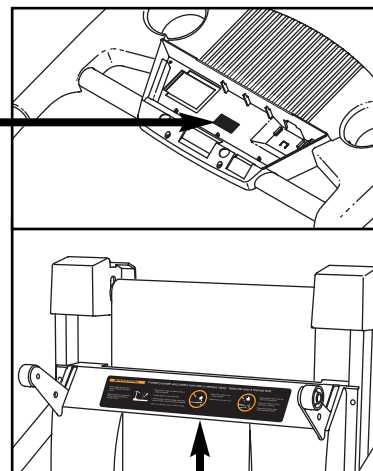
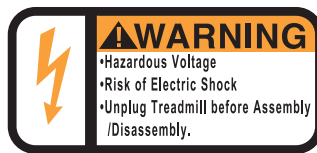
AND MOVE THE TREADMILL on page 11.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

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

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

SAVE THESE INSTRUCTIONS

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



⚠ WARNING:

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

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.



- Stand only on 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.

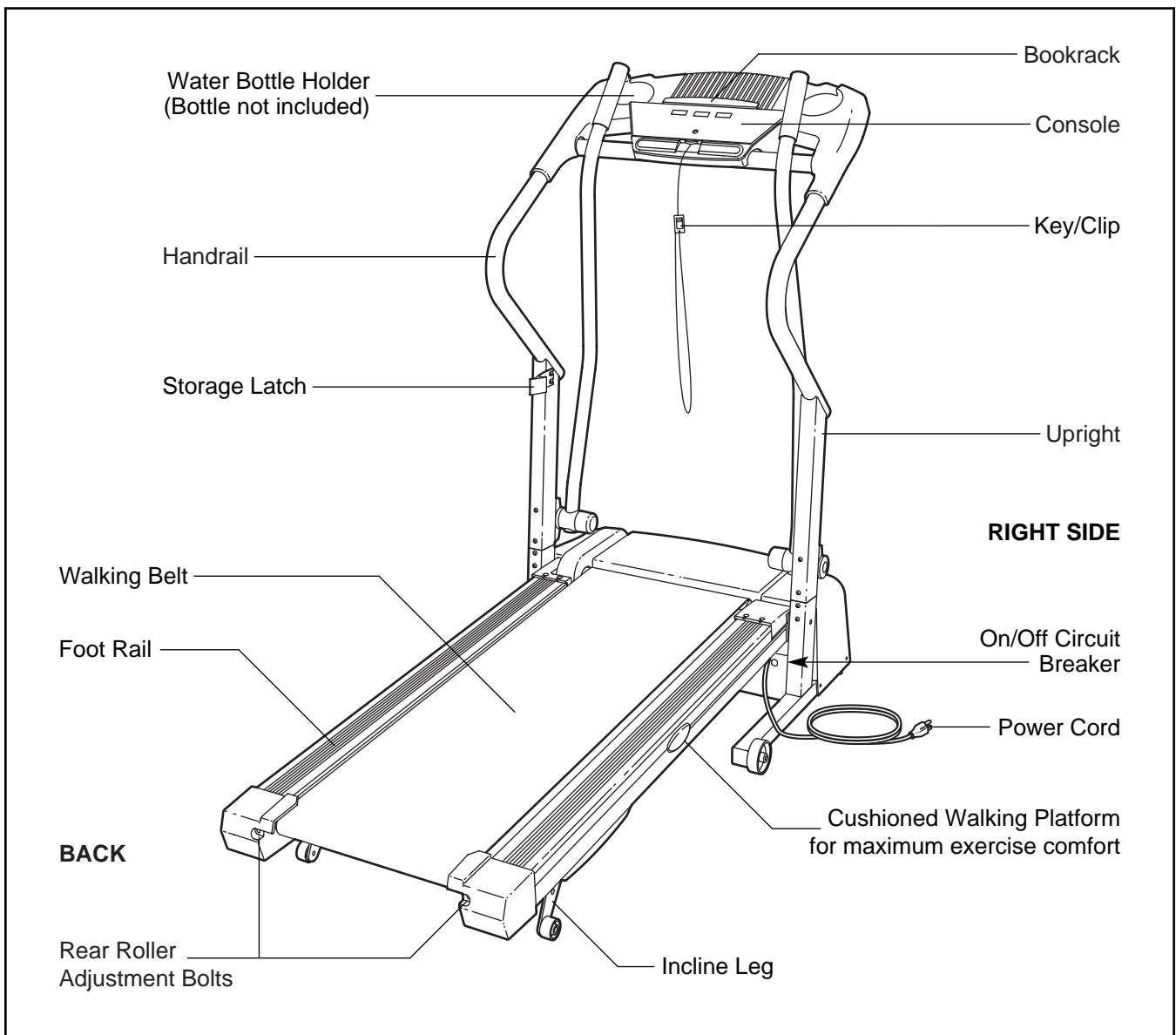
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® CROSSWALK GTS treadmill. The CROSSWALK GTS treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience and privacy of your home. And when you're not exercising, the unique CROSSWALK GTS treadmill can be folded up, requiring less than half the floor space of other treadmills.

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 PFTL39921. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

For your benefit, read this manual carefully before using the treadmill. If you have additional questions,

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



ASSEMBLY

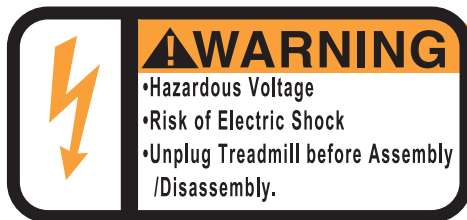
Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

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 is a normal condition and 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 allen wrenches  and your own phillips screwdriver , rubber mallet , wire cutters , adjustable wrench , and needlenose pliers .

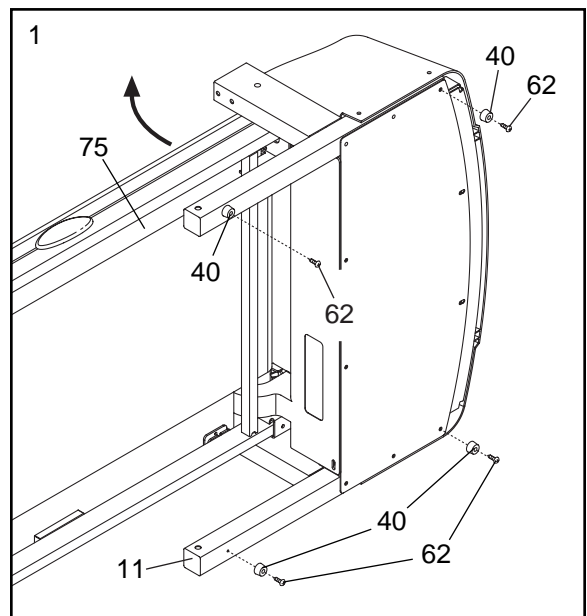
To identify small parts during assembly, use the PART IDENTIFICATION CHART in the center of this manual.

1. Make sure that the power cord is unplugged.



With the help of a second person, carefully tip the treadmill onto one side. Partially fold the Frame (75) so that the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

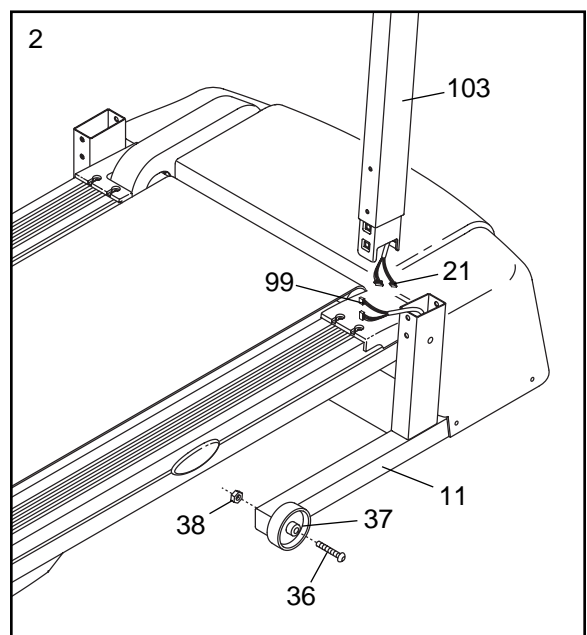
Attach four Base Pads (40) to the Base (11) with four 1" Tek Screws (62).



2. With the help of a second person, tip the treadmill down to the position shown.

Attach a Wheel (37) to each side of the Base (11) with a Wheel Bolt (36) and a Wheel Nut (38) as shown. **Do not over tighten the Wheel Bolt.** The Wheel should be able to turn freely.

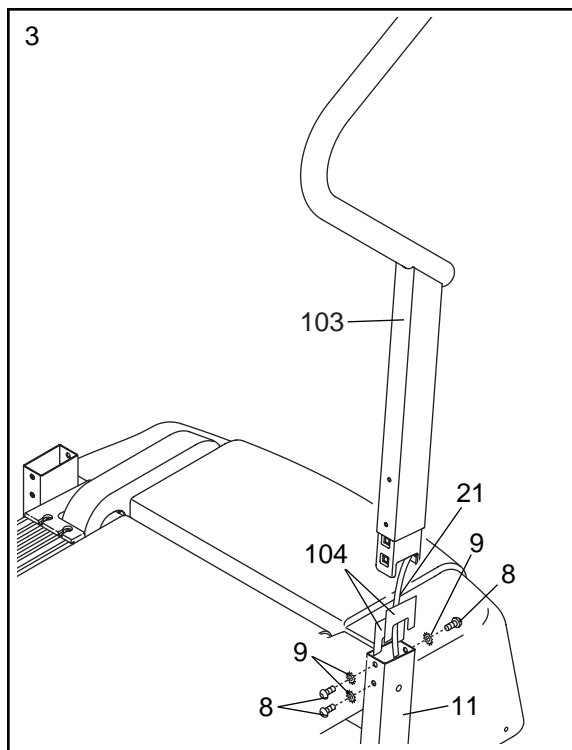
Identify the Right Handrail (103) (the Handrail Wire Harness [21] is routed through the Right Handrail). If there are plastic ties in the lower end of the Right Handrail, remove them. While a second person holds the Right Handrail near the Base Wire Harness (99), connect the Handrail Wire Harness to the Base Wire Harness. **If the connectors do not fit together easily, rotate them and then connect them.**



3. Insert a Plastic Shim (104) into each side of the post on the right side of the Base (11). Next, orient the Right Handrail (103) as shown, and insert it into the Base. **Be careful to avoid pinching the Handrail Wire Harness (21).** Note: If necessary, tap the Right Handrail with a rubber mallet until it is fully seated in the Base. If the Right Handrail cannot be fully seated, remove the outer Plastic Shim and then insert the Right Handrail.

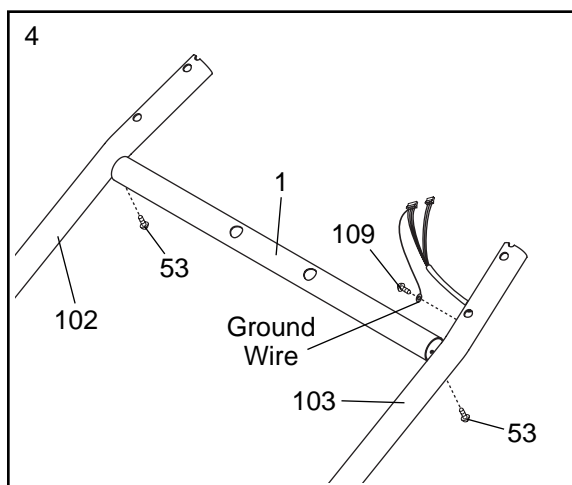
Attach the Right Handrail (103) to the Base (11) with three 1" Bolts (8) and three 1/4" Star Washers (9). **Do not tighten the Bolts yet.**

Assemble the Left Handrail (not shown) in the same way. Note: There is not a wire in the Left Handrail.



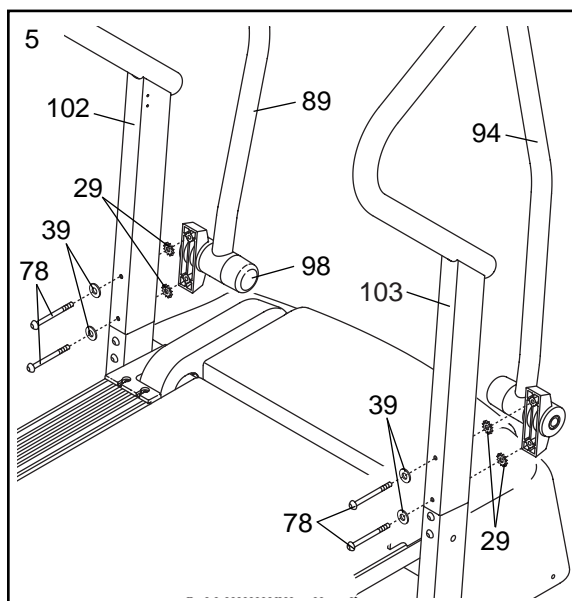
4. Hold the Crossbar (1) between the Handrails (102, 103). Attach the Crossbar with two Crossbar Screws (53). **Do not tighten the Crossbar Screws yet.**

Attach the ring on the end of the ground wire to the small hole in the side of the Right Handrail (103) with a Silver Ground Screw (109).



5. Hold the Left Upper Body Arm (89) near the Left Handrail (102) as shown. Make sure that the Resistance Knob (98) is on the indicated side. Attach the Left Upper Body Arm to the Left Handrail with two 3" Bolts (78), two Washers (39), and two 3/8" Star Washers (29) as shown.

Attach the Right Upper Body Arm (94) to the Right Handrail (103) as described above. **Be careful not to pinch the wires in the Right Handrail.**



- Place the Console Base (46) on the Right Handrail (103) and the Left Handrail (not shown). Attach the Console Base with four 1 1/4" Screws (81) (only two Screws are shown). **Do not tighten the Screws yet.**

Insert the Wire Harness (21) through the two indicated plastic ties on the Console Base (46). Next, insert the Wire Harness up through the opening beside the Console Cover (110). Make sure that the Console Cover is securely attached to the Console Base.

Refer to the inset drawing. Look at the top of the Console Base (46). Insert the Wire Harness (21) through the plastic tie on top of the Console Base.

- Hold the Console (10) near the Console Base (46). **Touch the Right Handrail (103) to discharge any static.** Find the 3-wire connector on the end of the Wire Harness (21). Insert the connector into the red socket beneath the console. **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it. Insert the 5-wire connector into the black socket beneath the console in the same way. Make sure that the connectors and wires appear as shown in the inset drawing.

Insert the excess Wire Harness down through the opening in the Console Base (see the inset drawing in step 6 above). **Securely tighten the plastic tie on top of the Console Base to prevent the Wire Harness from slipping.** Then, cut off the end of the plastic tie.

Refer to drawing 7a. Press the Book Rack (101) onto the Console Base (46) in the location shown.

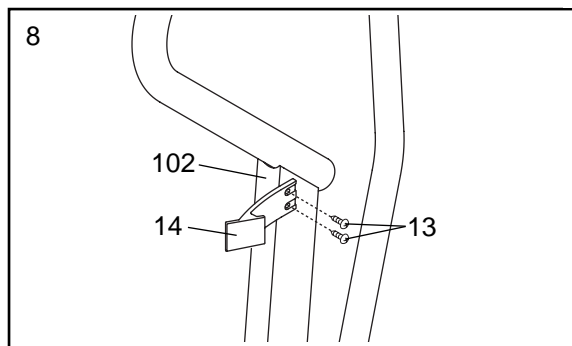
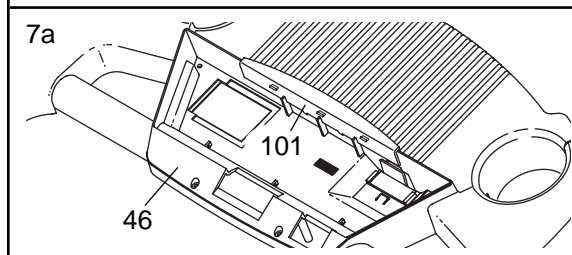
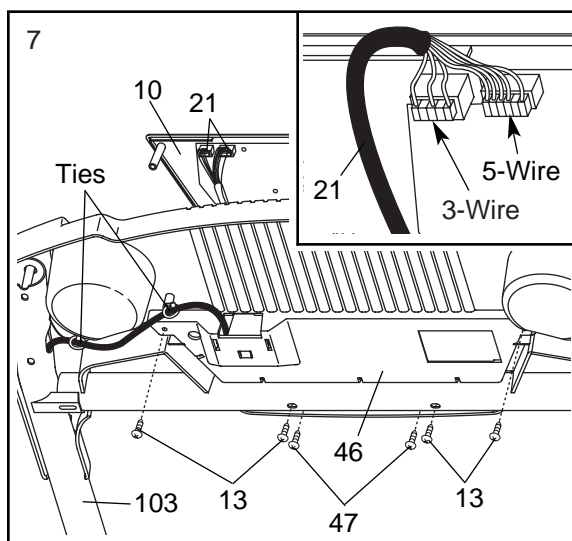
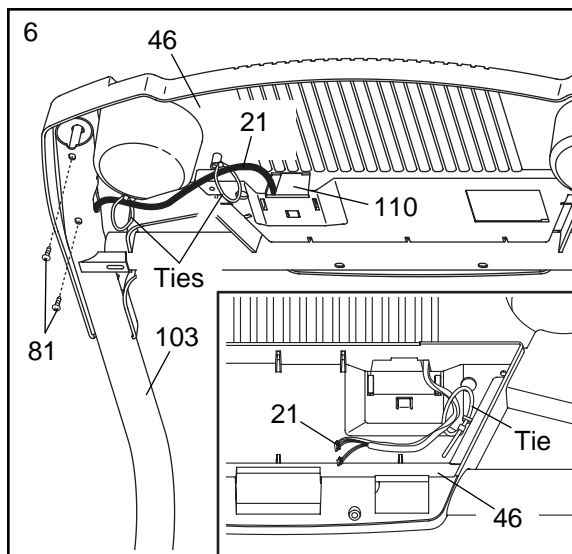
Set the Console (10) on the Console Base (46). Insert the excess Wire Harness (21) into the large hole in the side of the Right Handrail (103). **Securely tighten the plastic ties on the bottom of the Console Base to prevent the Wire Harness from slipping.** Cut off the ends of the plastic ties.

Attach the Console (10) to the Console Base (46) with two 1/2" Silver Screws (47) and four 3/4" Screws (13). **Start all six Screws before tightening them; do not overtighten the Screws.**

- Attach the Storage Latch (14) to the left Handrail (102) with two 3/4" Screws (13). **Be careful not to overtighten the Screws.**

Lift the treadmill frame (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 11), but do not latch it. Make sure that the frame is centered between the Handrails (102, 103 [not shown]). **Firmly tighten all of the bolts and screws used in assembly steps 3, 4, 5, and 6.** Then, lower the frame to the floor.

- Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place. The large allen wrench is used to adjust the walking belt (see page 14). To protect the floor or carpet, place a mat under the treadmill.



TREADMILL OPERATION

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. 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.

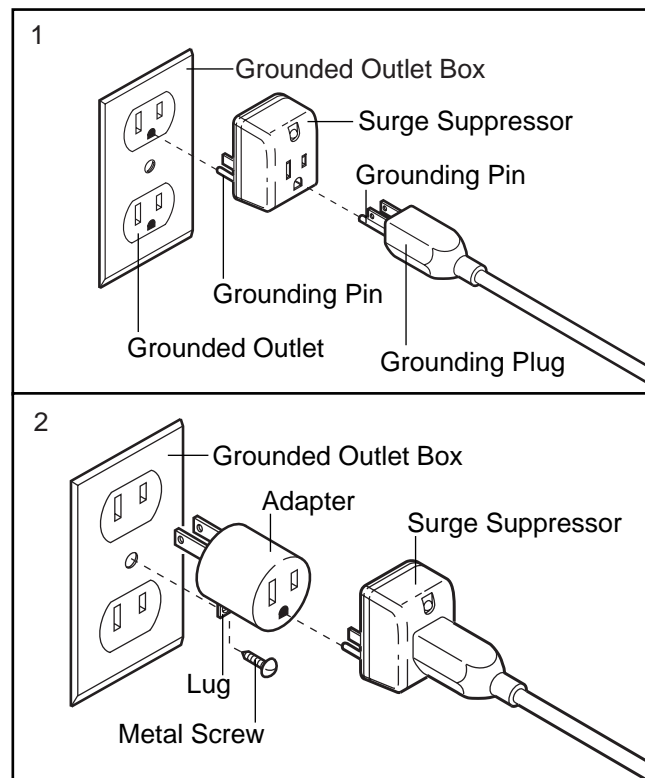
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility 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 toll-free 1-800-806-3651 and order part number 146148.

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 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 to reduce the risk of electric shock. This product is equipped with a cord having

an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge 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.**

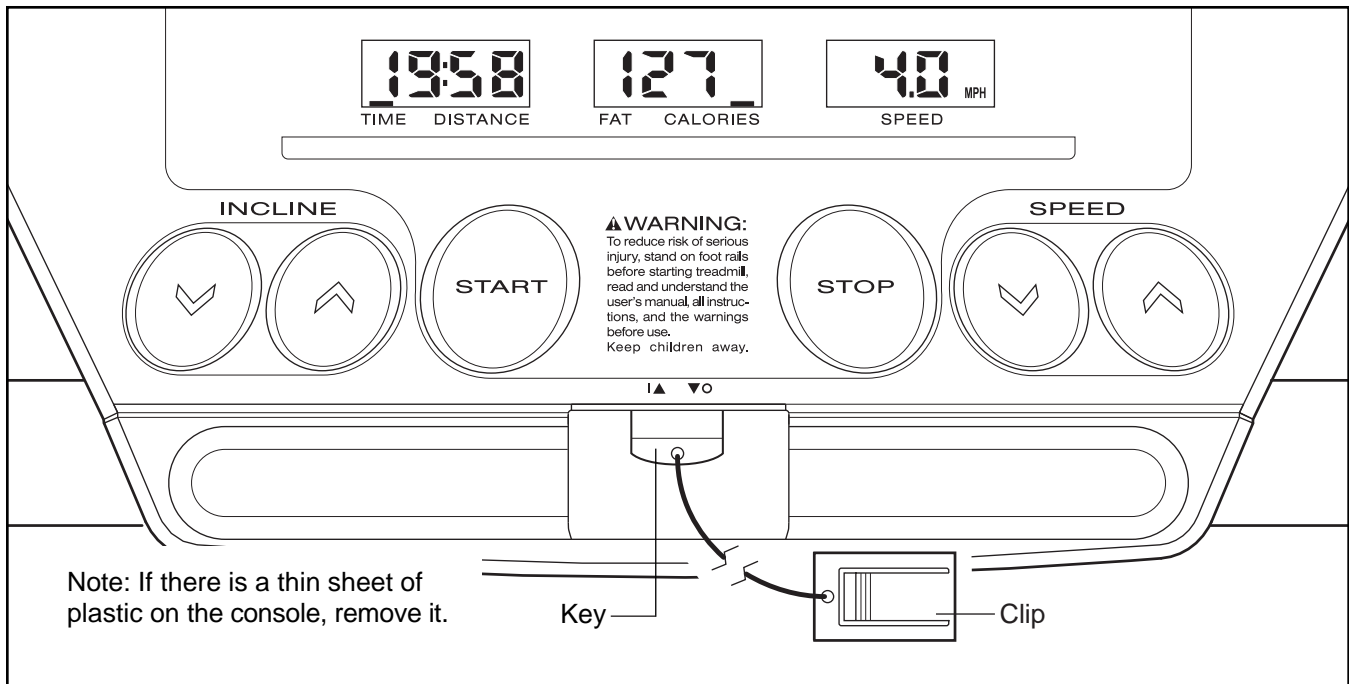
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



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



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

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in (see page 8), and the on/off circuit breaker is in the reset position (see page 13).

Follow the steps on this page and page 10 to operate the console.

1 Insert the key fully into the console.

Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above) and slide the clip onto the waistband of your clothes. Next, insert the key fully into the console. After a moment, the displays will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.** Then, reinsert the key into the console.

2 Press the Start button or the Speed Δ button to start the walking belt.

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

As you exercise, change the speed of the walking belt as desired by pressing the Speed 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: The console can display speed and distance in either miles or kilometers (see SPEED DISPLAY on page 10). For simplicity, all instructions in this section refer to miles.**

To stop the walking belt, press the Stop button. The elapsed time will begin to flash in the Time/Distance display.

Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align it if necessary (see page 14).

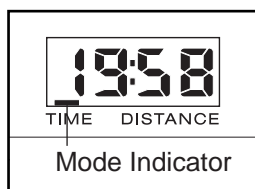
3 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline buttons until the desired incline level is reached.

4 Follow your progress with the three displays.

Time/Distance display

—This display shows the elapsed time and the distance that you have walked or run. The display will change from one number to the other every few seconds, as shown by the mode indicators. When the Stop button is pressed, the elapsed time will flash in the display.

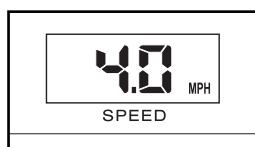


Fat Calories/Calories display

—This display shows the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 15). The display will change from one number to the other every few seconds, as shown by the mode indicators.



Speed display—This display shows the speed of the walking belt.



Note: The console can display speed and distance in either miles or kilometers. The letters MPH or KPH in the Speed display will show which unit of measurement is selected. To change the unit of measurement, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a moment. An “E” for English miles or an “M” for metric kilometers will appear in the Fat Calories/Calories display. Press the Speed Δ button to change the unit of measure-



ment. When the desired unit of measurement is selected, remove the key and then reinsert it.

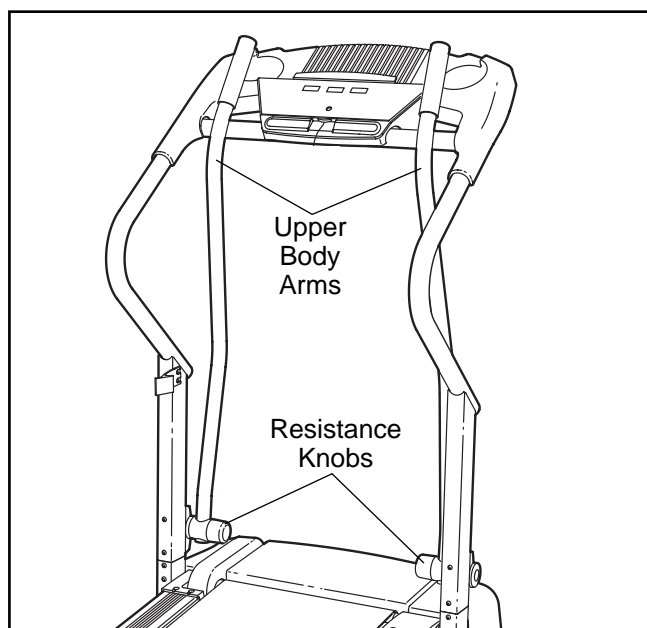
To reset the displays, press the Stop button, remove the key, and then reinsert the key.

5 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and remove the key from the console. Keep the key in a secure place.

HOW TO USE THE UPPER BODY ARMS

As you walk on the treadmill, hold either the handrails or the upper body arms. To exercise your arms, shoulders, and back for a total body workout, move the upper body arms forward and back as you walk on the treadmill.



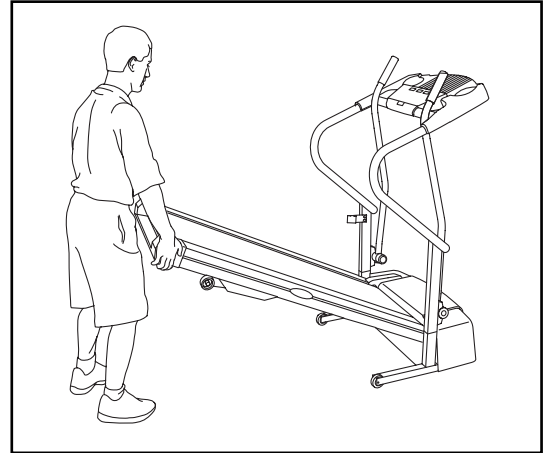
To vary the intensity of your upper body exercise, the resistance of the upper body arms can be adjusted. To increase the resistance, turn the resistance knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

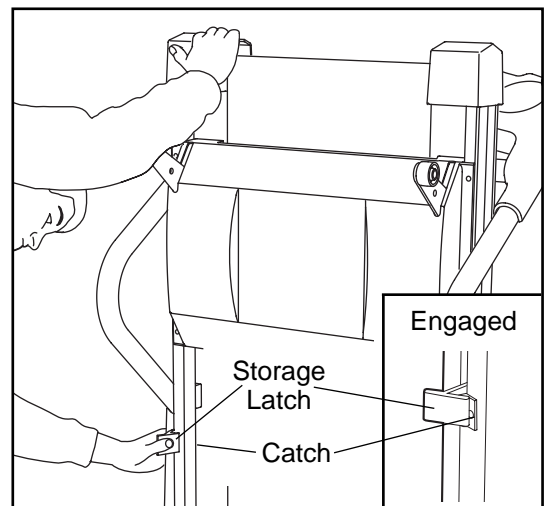
Before folding the treadmill, unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

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



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left thumb, press the storage latch to the left. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

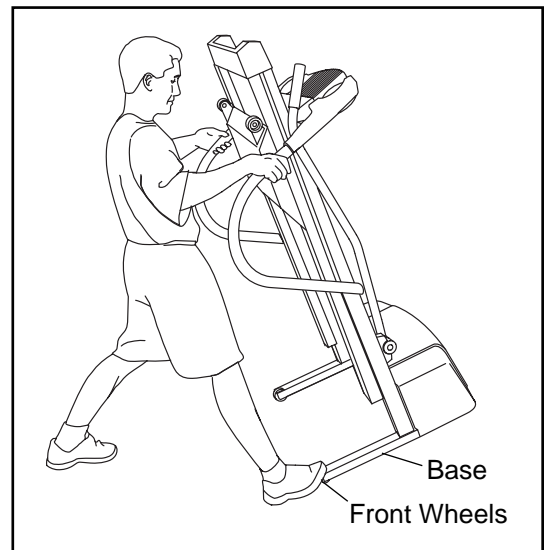
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

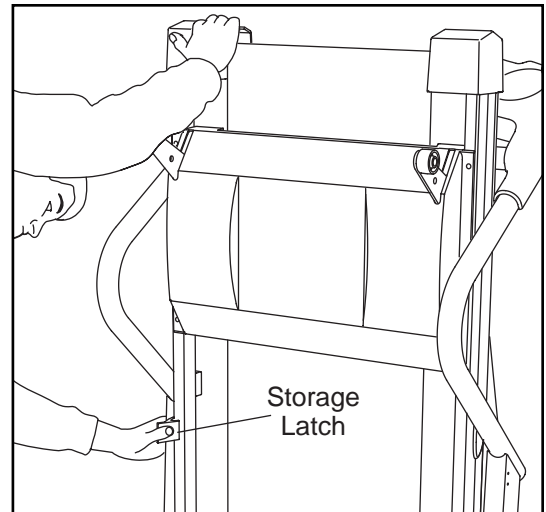
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is fully engaged over the catch.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **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 on the base, and carefully lower the treadmill until it is resting in the storage position.

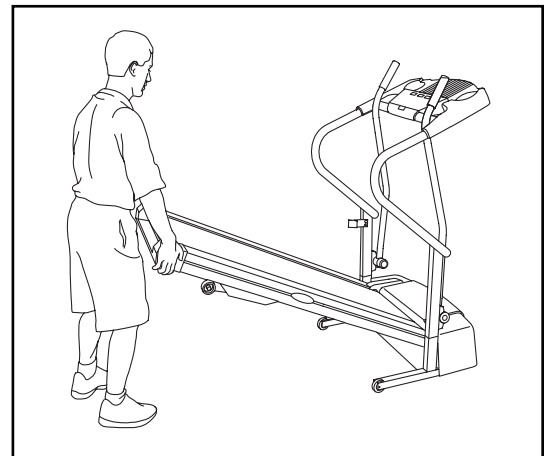


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch to the left. Pivot the treadmill down until the frame and foot rail are past the storage latch.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLESHOOTING

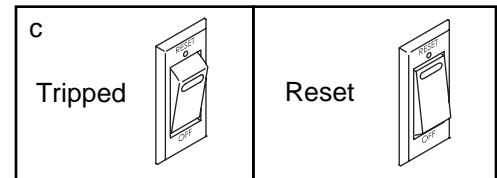
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

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 8). Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. 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 fully inserted into the console.

c. Check the on/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the on/off circuit breaker has tripped. To reset the on/off circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the on/off circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the on/off 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.

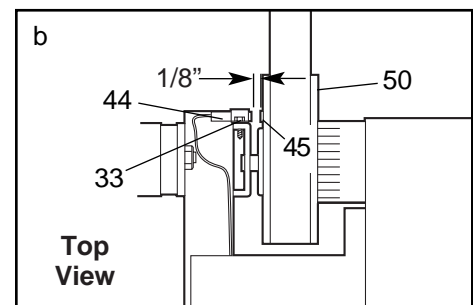
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood, and carefully remove the hood.

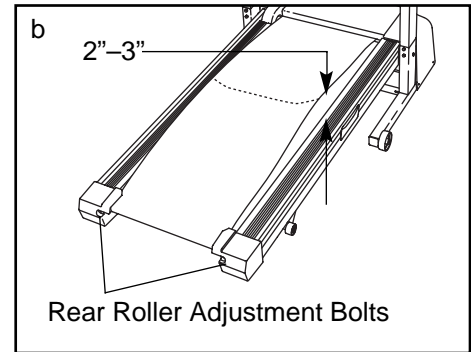
Locate the Reed Switch (44) and the Magnet (45) on the left side of the Pulley (50). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (33) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8.

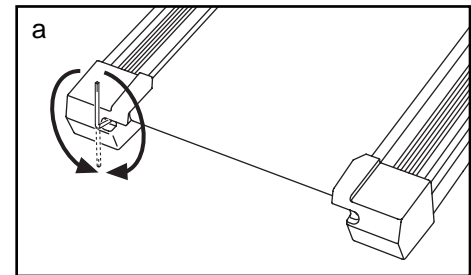
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



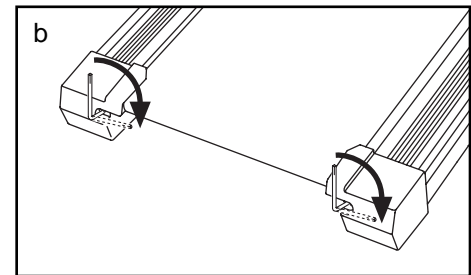
c. If the walking belt still slows when walked on, please call our toll-free Customer Service Department.

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 allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

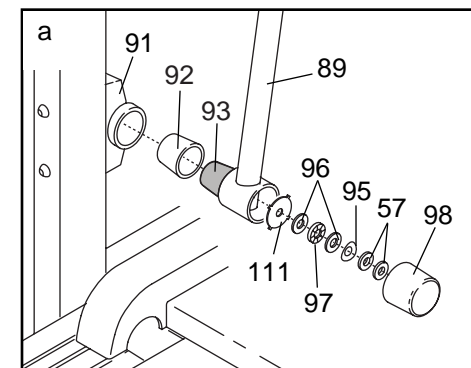


b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. 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.



PROBLEM: ONE OF THE UPPER BODY ARMS SQUEAKS DURING USE

SOLUTION: a. Correcting this problem requires a small amount of white marine grease, available at most hardware stores. Turn the Resistance Knob (98) counterclockwise until it can be removed. Remove the Resistance Cone (93) and the Upper Body Arm (89), along with the 3/8" Washers (57), Spring Washer (95), Thrust Washers (96), Thrust Bearing (97), and Resistance Plate (111). (Note: If the Resistance Sleeve [92] comes out of the Resistance Bracket [91], press it back in.) Apply a **thin layer** of white marine grease to the outer surface of the Resistance Cone (93). Reattach all parts in the order shown at the right.



CONDITIONING GUIDELINES

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

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

EXERCISE INTENSITY

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

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

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

Fat Burning

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

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise

is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.)

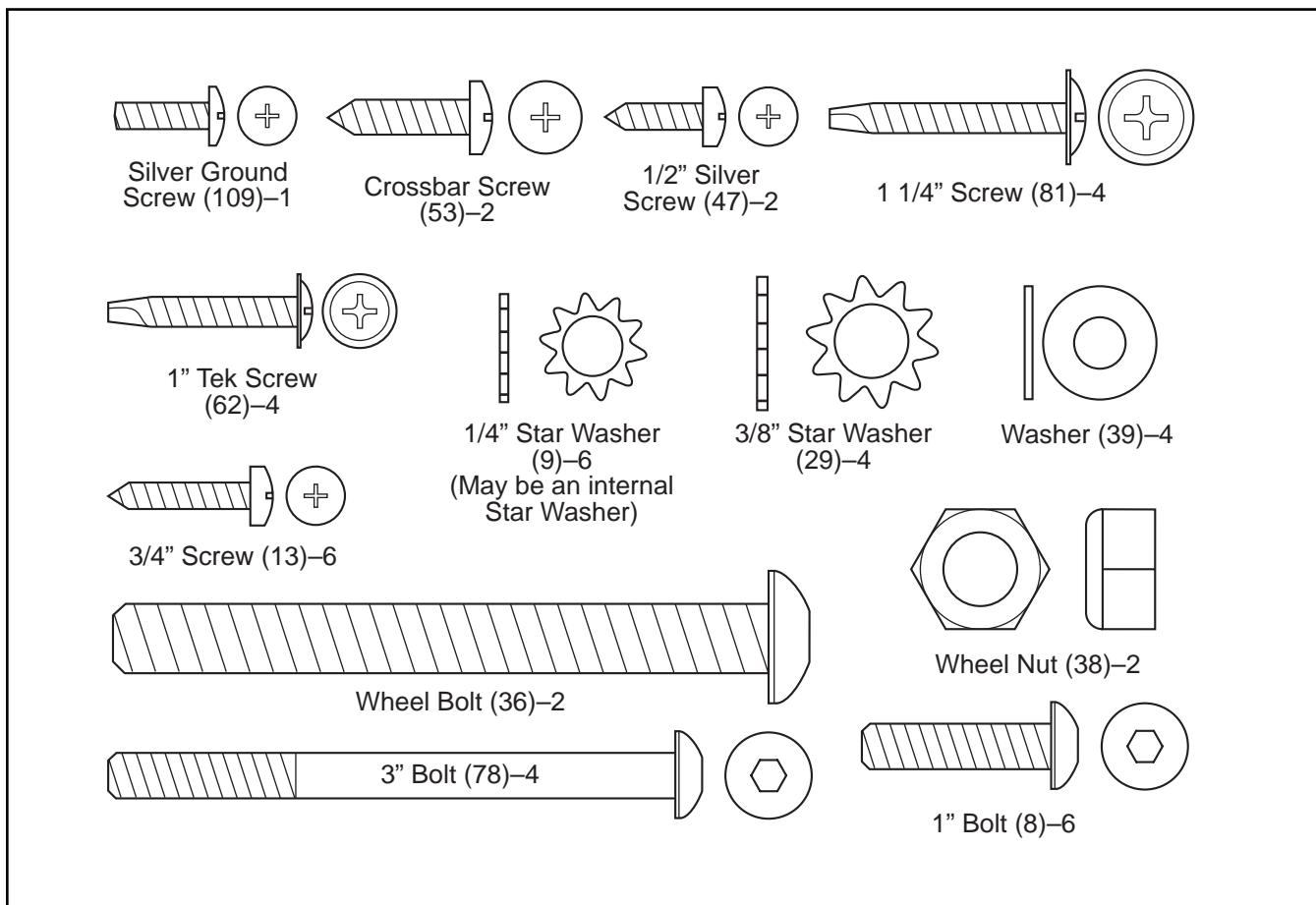
A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



PART LIST—Model No. PFTL39921

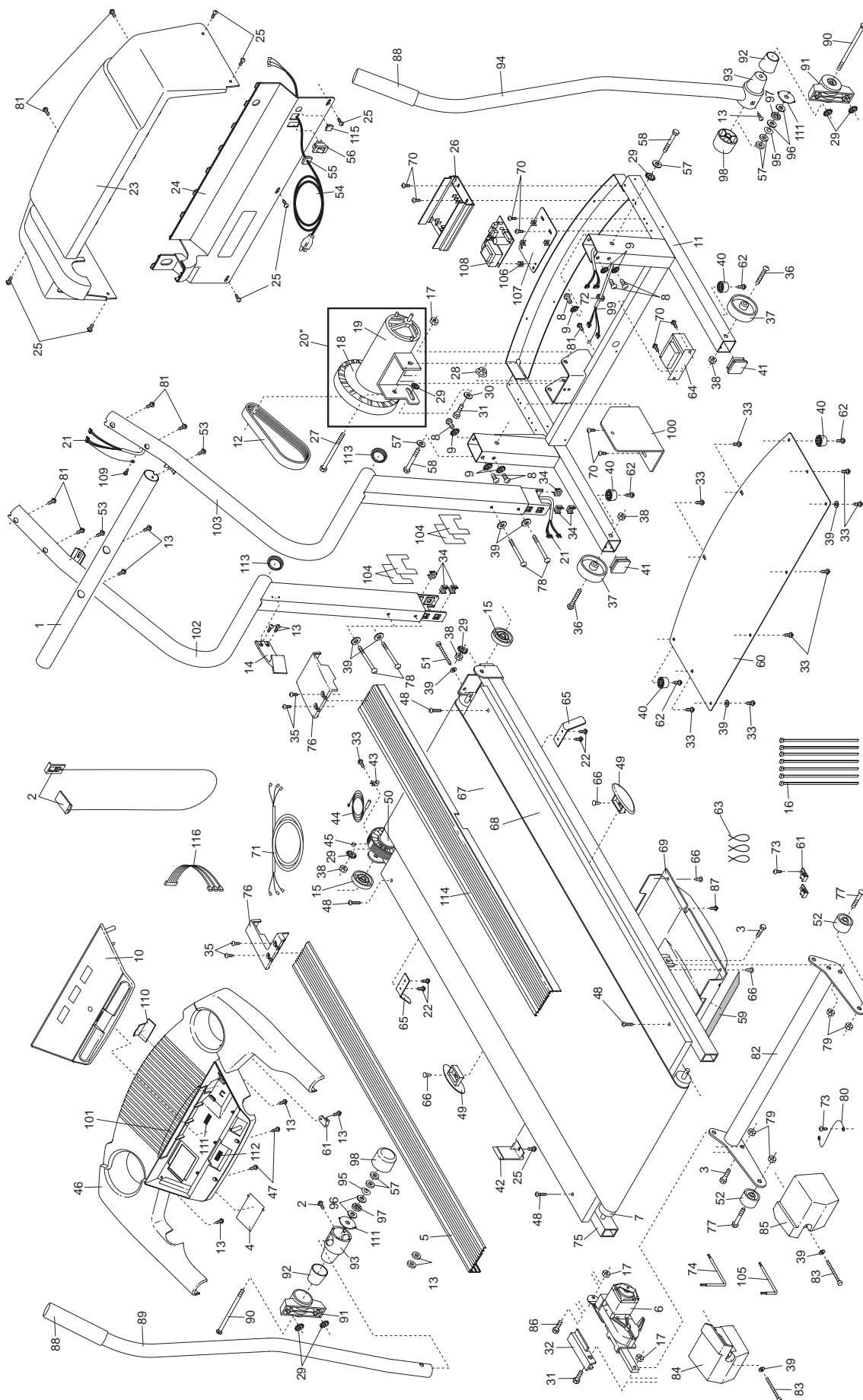
R1003A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Crossbar	63	3	Releasable Tie
2	1	Key/Clip	64	1	Choke
3	2	Incline Leg Pivot Bolt	65	2	Belt Guide
4	1	Battery Cover	66	6	Plastic Fastener
5	1	Left Foot Rail	67	1	Walking Belt
6	1	Lift Motor	68	1	Walking Platform
7	1	Rear Roller	69	1	Belly Pan
8	6	1" Bolt	70	8	Electronics Screw
9	6	1/4" Star Washer	71	1	Incline Wire Harness
10	1	Console Assembly	72	1	Upright Grommet
11	1	Base	73	2	Isolator Screw
12	1	Motor Belt	74	1	Allen Wrench
13	11	3/4" Screw	75	1	Frame
14	1	Storage Latch	76	2	Front Endcap
15	2	Frame Pivot Spacer	77	2	Incline Wheel Bolt
16	7	8" Cable Tie	78	4	3" Bolt
17	1	Motor Nut	79	4	Incline Wheel Nut
18	1	Pulley/Flywheel/Fan	80	1	Ground Wire
19	1	Motor	81	4	1 1/4" Screw
20*	1	Motor/Pulley/Flywheel/Fan	82	1	Incline Leg
21	1	Handrail Wire Harness	83	2	Rear Roller Adj. Bolt
22	4	Belt Guide Screw	84	1	Left Endcap
23	1	Motor Hood	85	1	Right Endcap
24	1	Hood Shield	86	1	Incline Motor Bolt
25	19	Screw	87	2	Belly Pan Screw
26	1	Controller	88	2	Foam Grip
27	1	Motor Swivel Bolt	89	1	Left Upper Body Arm w/Foam Grip
28	1	Motor Tension Nut	90	2	Resistance Bolt
29	9	3/8" Star Washer	91	2	Resistance Bracket
30	1	Motor Tension Washer	92	2	Resistance Sleeve
31	2	Motor Tension Bolt	93	2	Resistance Cone
32	1	Incline Stop Bracket	94	1	Right Upper Body Arm w/Foam Grip
33	1	Clip Screw	95	2	Spring Washer
34	6	Cage Nut	96	4	Thrust Washer
35	4	Endcap Screw	97	2	Thrust Bearing
36	2	Wheel Bolt	98	2	Resistance Knob
37	2	Wheel	99	1	Base Wire Harness
38	6	Wheel Nut/Lift Nut	100	1	Motor Belt Shield
39	9	Washer	101	1	Book Rack
40	4	Base Pad	102	1	Left Handrail
41	2	Base Endcap	103	1	Right Handrail
42	1	Latch Catch	104	4	Shim
43	1	Reed Switch Clip	105	1	5/32" Allen Wrench
44	1	Reed Switch	106	4	Plastic Stand-off
45	1	Magnet	107	1	Power Board Plate
46	1	Console Base	108	1	Power Board
47	2	1/2" Silver Screw	109	1	Silver Ground Screw
48	4	Platform Screw	110	1	Console Cover
49	2	Isolator	111	2	Resistance Plate
50	1	Front Roller/Pulley	112	1	Incline Warning Decal
51	1	Front Roller Adj. Bolt	113	2	Handrail Endcap
52	2	Incline Wheel	114	1	Right Foot Rail
53	2	Console Screw	115	1	Hole Cap
54	1	Power Cord	116	1	Motor Controller Wire
55	1	Power Cord Grommet	#	1	8" White Wire, 2F
56	1	On/Off Circuit Breaker	#	1	4" White Wire, M/F
57	6	3/8" Washer	#	1	4" Blue Wire, M/F
58	2	Frame Pivot Bolt	#	1	4" Red Wire, M/F
59	1	Latch Decal	#	1	User's Manual
60	1	Motor Belly Pan			
61	2	Cable Tie Clamp			
62	4	1" Tek Screw			

* Includes all parts shown in the box
 # These parts are not illustrated

EXPLODED DRAWING—Model No. PFTL39921

R1003A



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 (PFTL39921)
- The NAME of the product (PROFORM® CROSSWALK GTS treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

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LIMITED WARRANTY

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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.

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