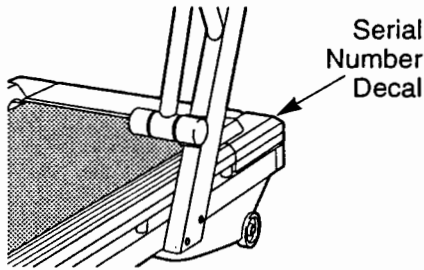


# PRO·FORM<sup>®</sup> five series 575 XT

Model No. PFTL57550

Serial No. \_\_\_\_\_



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## QUESTIONS?

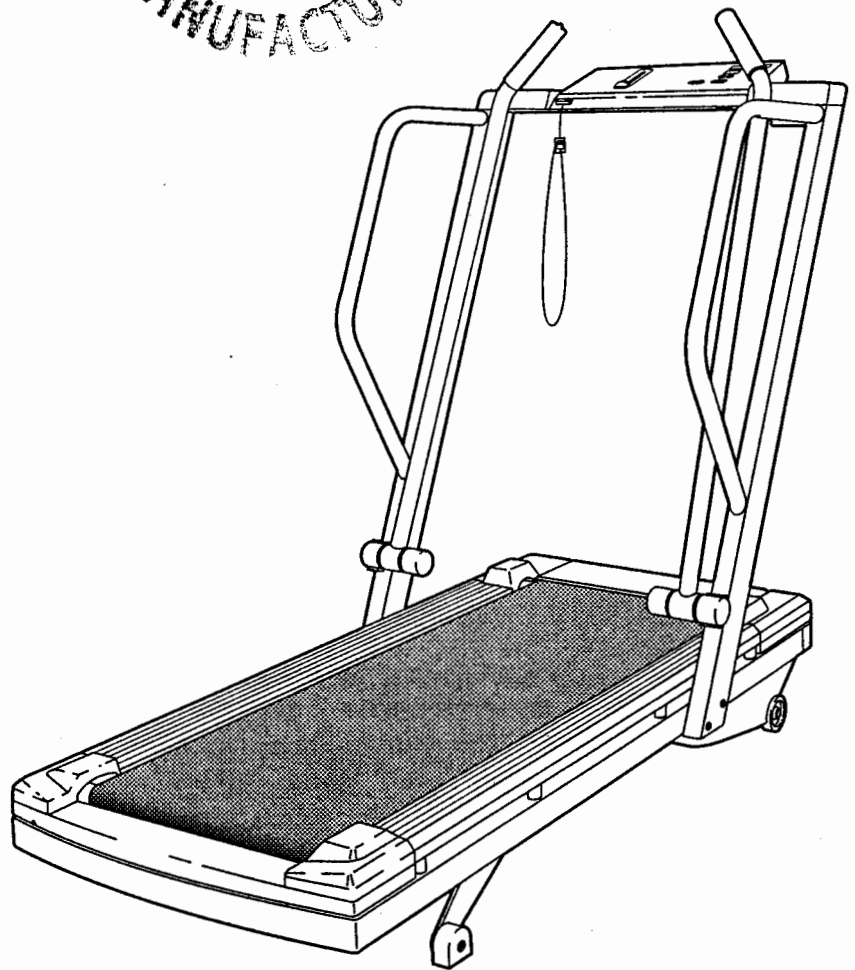
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

**1-800-999-3756**

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



## ⚠ CAUTION

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

# USER'S MANUAL

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## LIMITED WARRANTY

ICON Health & Fitness, Inc. ("ICON"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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

# PRO·FORM<sup>®</sup> five series 575 XT

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

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

# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Place the treadmill on a level surface, with at least 8 feet of clearance behind it. To protect the floor or carpet from damage, place a mat under the treadmill.
3. Do not place the treadmill near water, outdoors, or on a surface that blocks any air openings.
4. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
5. Keep small children and pets away from the treadmill at all times.
6. The treadmill should be used only by persons weighing 250 pounds or less.
7. Never allow more than one person on the treadmill at a time.
8. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces.
9. If an extension cord is needed, use a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
10. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
11. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. 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.*
12. Never start the treadmill while you are standing on the walking belt.
13. Always hold the handrails or upper body arms while using the treadmill.
14. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
15. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
16. 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.
17. Never leave the treadmill unattended while it is running. Always remove the key and move the on/off switch to the "off" position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)
18. Use the treadmill only as described in this manual.
19. Never insert any object into any opening.
20. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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**SAVE THESE INSTRUCTIONS**

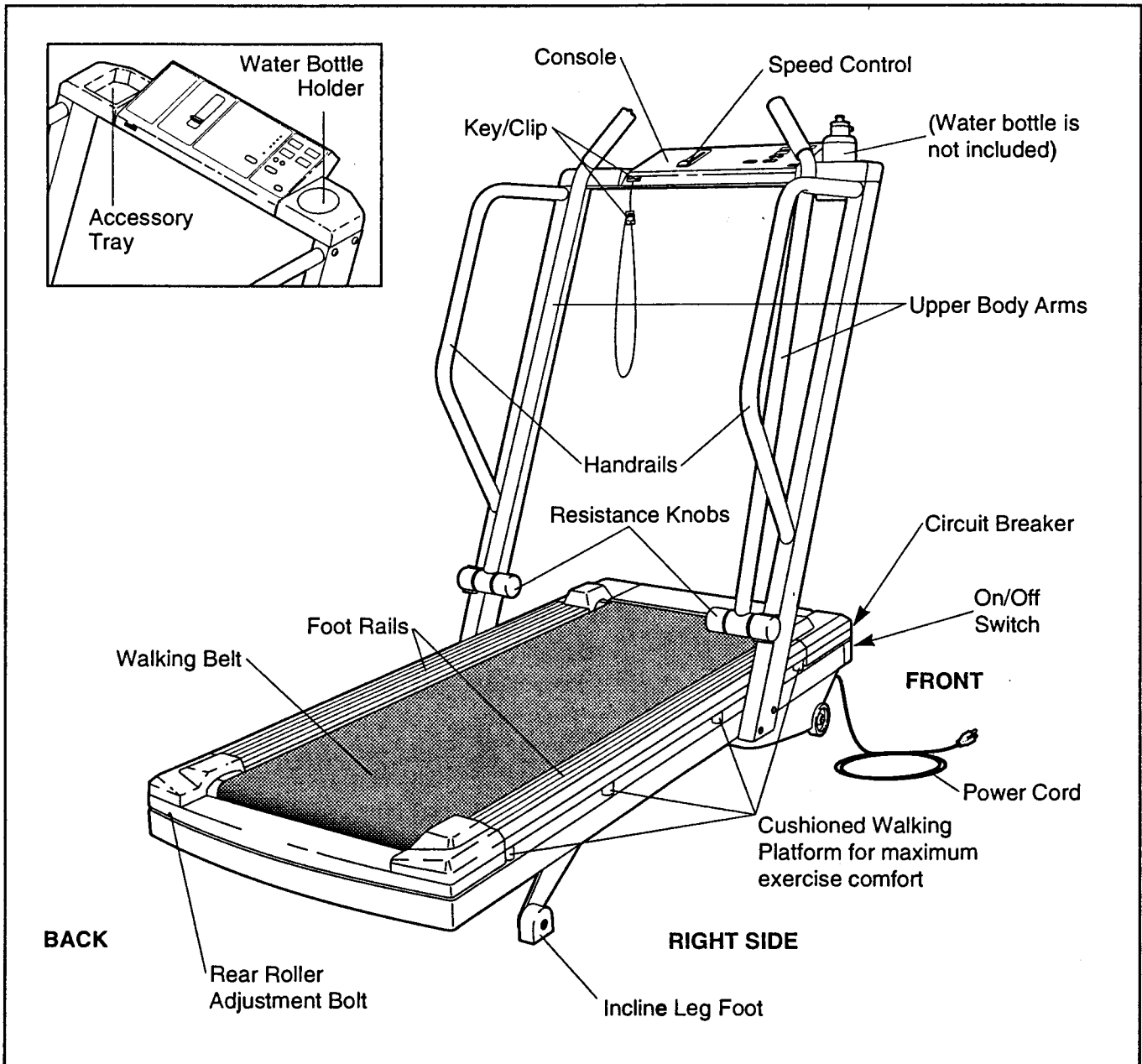
# BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 575 XT treadmill. The PROFORM 575 XT treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m.

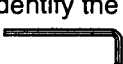
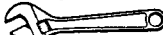
until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PFTL57550. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

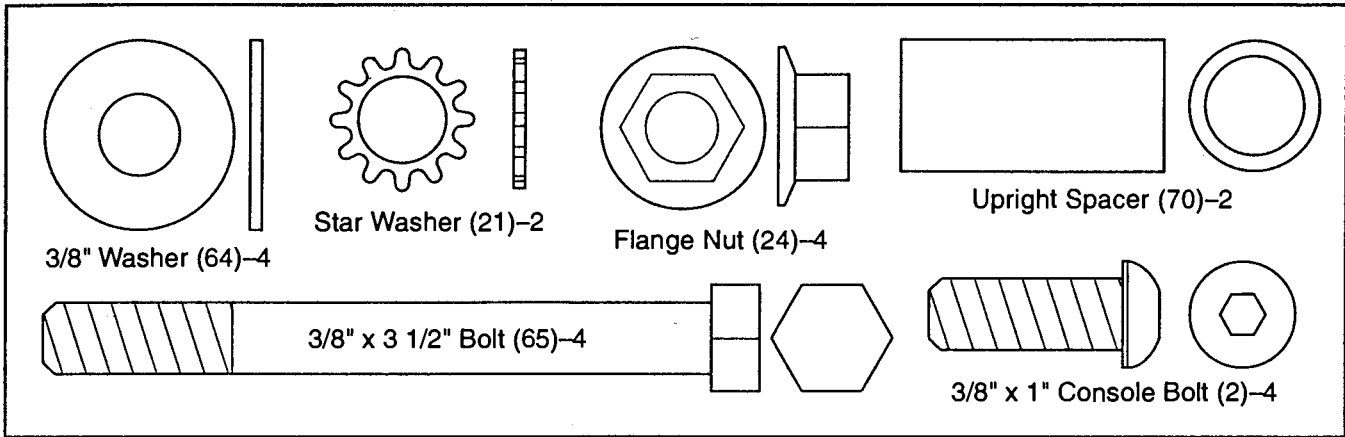
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



CLIPPING

# ASSEMBLY

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



1. Hold an Upright Spacer (70) inside the lower end of the Right Upright (99). Insert a 3/8" x 3 1/2" Bolt (65), with a 3/8" Washer (64), into the lower hole in the Upright and through the Upright Spacer. Slide a Star Washer (21) onto the Bolt. Insert a 3/8" x 3 1/2" Bolt (65), with a 3/8" Washer (64), through the other hole near the lower end of the Upright.

Insert the 3/8" x 3 1/2" Bolts (65) into the indicated holes in the Frame (76). Reach under the Frame and loosely thread a Flange Nut (24) onto each Bolt.

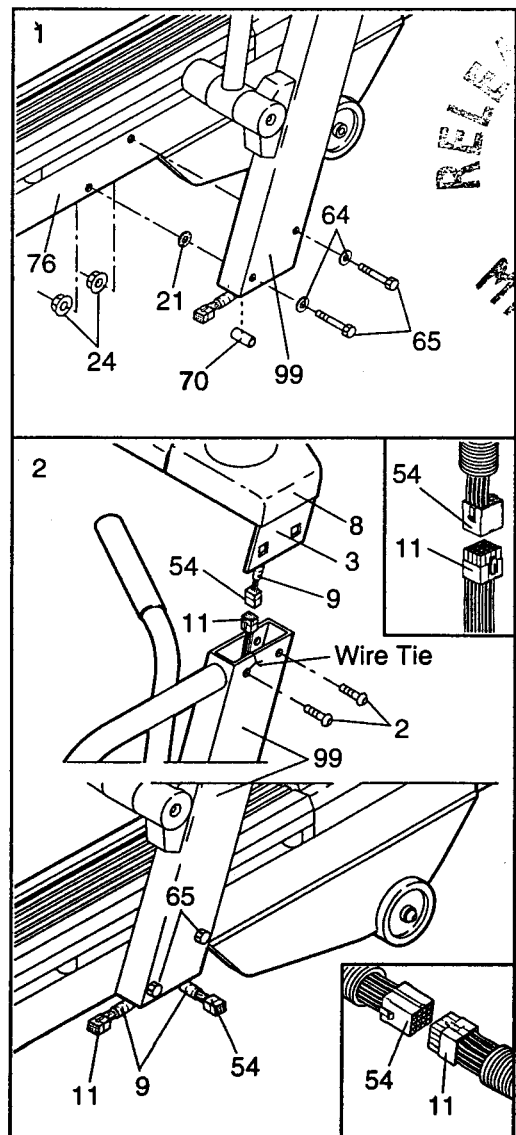
Attach the Left Upright (not shown) to the left side of the Frame (76) in the same manner.

2. Hold the Console (8) near the upper end of the Right Upright (99). Connect the Short Wire Harness (54) to the Upright Wire Harness (11). The small latch on the Upright Wire Harness should snap onto the Short Wire Harness (see the upper inset drawing). If the Wire Harnesses do not fit together easily, turn them; do not force the Wire Harnesses together. Slide the end of the Cable Loom (9) against the end of the Short Wire Harness. **Be careful not to damage the Wire Harnesses.**

Cut the wire tie holding the Upright Wire Harness (11). If there are cable ties in the holes in the Console Plate (3), cut them. Insert the Console Plate into the Right Upright (99) and the Left Upright (not shown). Attach each side of the Console Plate with two 3/8" x 1" Console Bolts (2).

Using two wrenches, tighten the four 3/8" x 3 1/2" Bolts (65).

Plug the lower end of the Upright Wire Harness (11) into the Short Wire Harness (54). The small latch on the Upright Wire Harness should snap onto the Short Wire Harness (see the lower inset drawing). If the Wire Harnesses do not fit together easily, turn them; do not force the Wire Harnesses together. Slide the ends of the Cable Looms (9) against the ends of the Wire Harnesses. **Be careful not to damage the Wire Harnesses.**



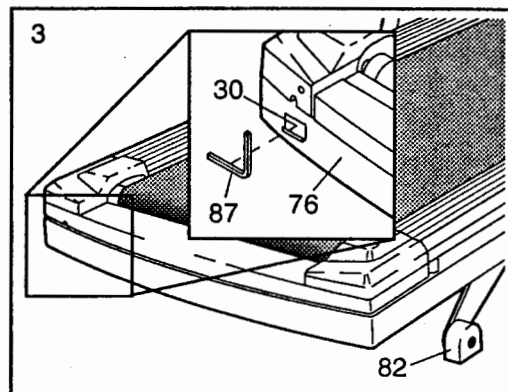
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- Remove the paper backing from the Adhesive Clip (30). Press the Adhesive Clip onto the Frame (76) in the indicated location. Press the 3/16" Allen Wrench (87) into the Adhesive Clip.

Make sure that each Incline Leg Foot (82) is turned so the flat side is at the bottom.

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



## OPERATION AND ADJUSTMENT

### THE PERFORMANT LUBE™ WALKING BELT

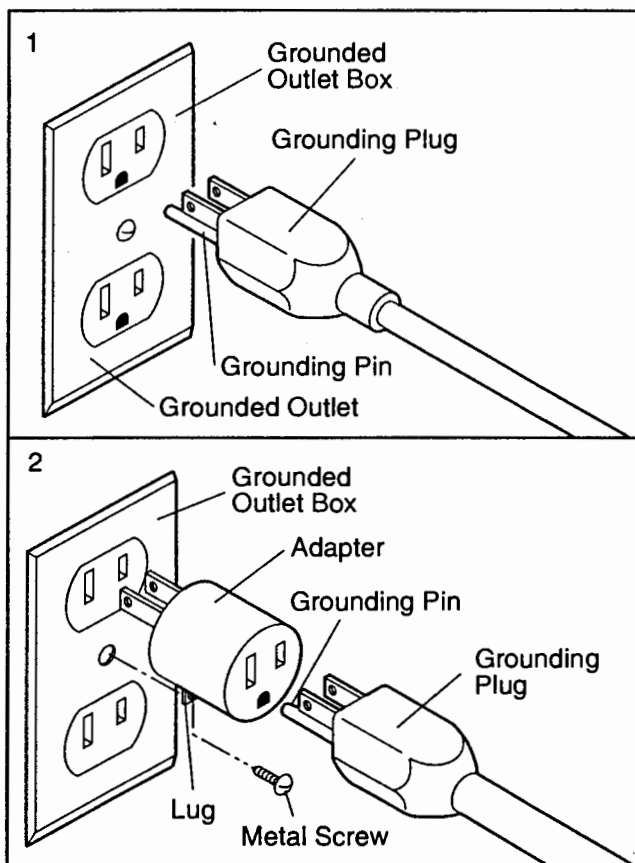
Your treadmill features a low-maintenance walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. During the first few hours of use, a small amount of white powder may accumulate on the foot rails and the walking platform. The white powder is high-performance lubricant from the walking belt. **Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.**

### HOW TO PLUG IN THE POWER CORD

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

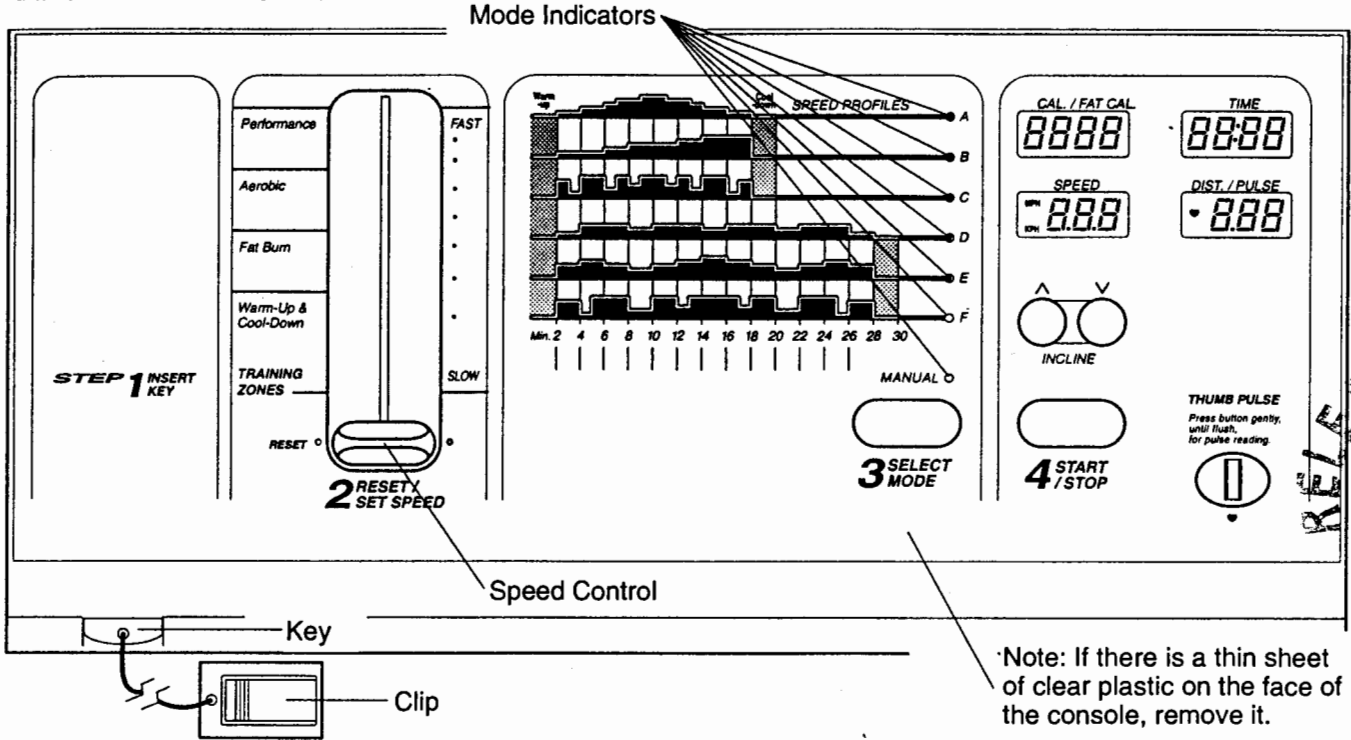
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 on this page. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in drawing 2 if a properly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



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

# DIAGRAM OF THE CONSOLE



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

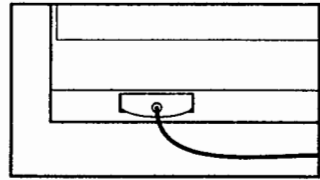
- Do not stand on the walking belt when turning on the power.
- Always wear the clip while operating the treadmill.
- Adjust the speed in small increments.
- To reduce the risk of electric shock, use only a sealed water bottle.
- The training zones marked beside the speed control are general guidelines only. See **CONDITIONING GUIDELINES** on page 13.

PLUG IN THE POWER CORD on page 7.)

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

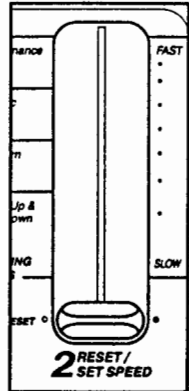
**1** Insert the key fully into the power switch.

The four displays and the green MANUAL mode indicator will light.



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

Slide the speed control down to the "RESET" position. **Note:** Each time the walking belt is stopped, the speed control must be moved to the "RESET" position before the walking belt can be restarted.

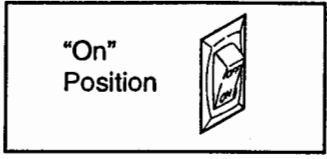


Next, slide the speed control upward to select a speed setting. **Note:** If the key was just inserted, or if the walking belt was stopped with the **START/STOP** button, the walking belt will not begin to move yet.

## STEP BY STEP CONSOLE OPERATION

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

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



**8** If the key is in the console, remove it. Make sure that the power cord is properly plugged in. (See **HOW TO**

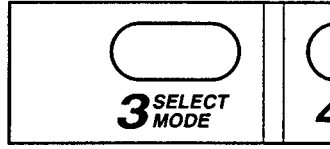


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**3** Press the SELECT MODE button to select the desired mode.

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

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



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

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

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



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

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

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

The four monitor displays provide instant feedback:

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



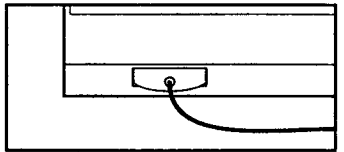
- TIME display—When the console is in the manual mode, the elapsed time will be shown. When one of the preset programs is selected, the time remaining in the program will be displayed.



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

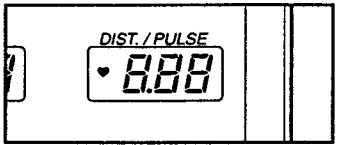


Note: To change the unit of measurement, hold down the START/STOP button while inserting the key into the console.



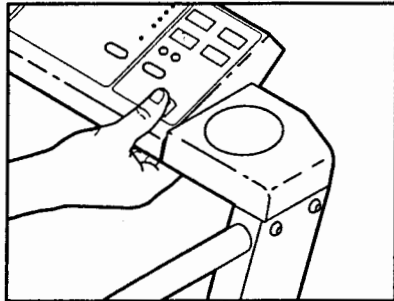
An "E" (for English system—miles per hour) or "M" (for Metric system—kilometers per hour) will appear in the DISTANCE/PULSE display. Press the SELECT MODE button to select the desired setting. Remove and then reinsert the key. An MPH or a KPH will appear in the SPEED display to show which unit of measurement you have selected.

- DISTANCE/PULSE display—Displays the distance you have walked or run. If an MPH appears in the SPEED display, the distance will be displayed in miles. If a KPH appears, the distance will be displayed in kilometers. This display also shows your pulse when the pulse sensor is used (see step 6).



## 6 Measure your pulse, if desired.

To use the pulse sensor, stand on the foot rails and place your thumb on the pulse sensor as shown.

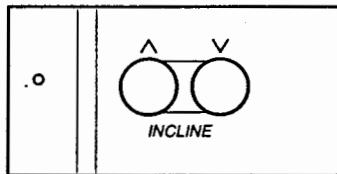


The pulse sensor is pressure-activated. Fully press down the pulse sensor. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, slightly raise your thumb until the heart in the DISTANCE/PULSE display flashes **steadily**. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be displayed. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor.

Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

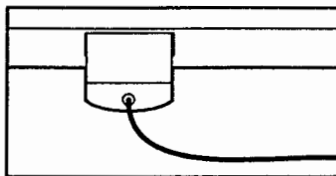
## 7 Change the incline of the treadmill, if desired.

To change the incline, hold down one of the incline buttons until the desired incline is reached.



## 8 When you are finished, remove the key.

Step onto the foot rails and remove the key from the console. Store the key in a secure place. Store the key in a secure location. In addition, move the on/off switch to the "off" position. (See the drawing near the bottom of page 8.)



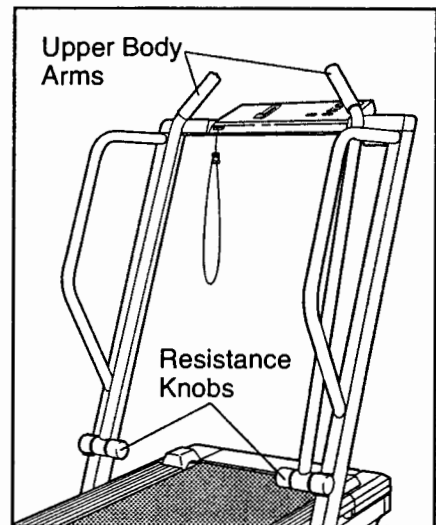
## THE INFORMATION MODE

The console features an information mode that keeps track of the total time and distance accumulated on the treadmill. To access this mode, hold down the START/STOP button while inserting the key into the console. The TIME display will show the total time. The SPEED display will show the total distance (if the total distance exceeds 999, the thousands and ten thousands digits will be shown in the CAL/FAT CAL display). The DISTANCE/PULSE display will show an "E" or an "M," indicating miles or kilometers (see SPEED DISPLAY on page 9). To exit the information mode, remove the key from the console.

## HOW TO USE THE UPPER BODY ARMS

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

The resistance of the upper body arms can be adjusted with the resistance knobs. To increase the resistance, turn the knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.



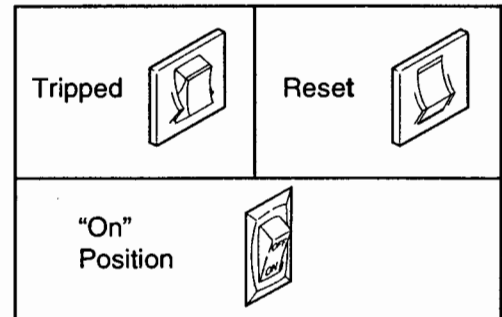
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# TROUBLE-SHOOTING

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

## 1. SYMPTOM: THE POWER DOES NOT TURN ON

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



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

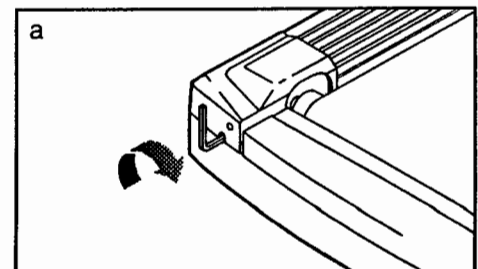
- Check the circuit breaker located on the treadmill frame near the power cord. If the circuit breaker has tripped (see the drawing above), wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the key from the console. Reinsert the key fully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

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

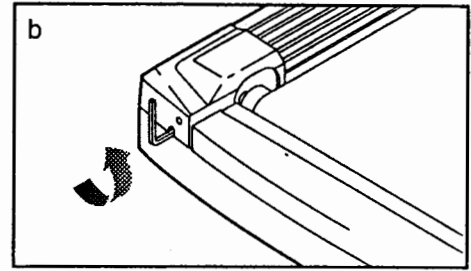
- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- If the walking belt still slows when walked on, please call our Customer Service Department.

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

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

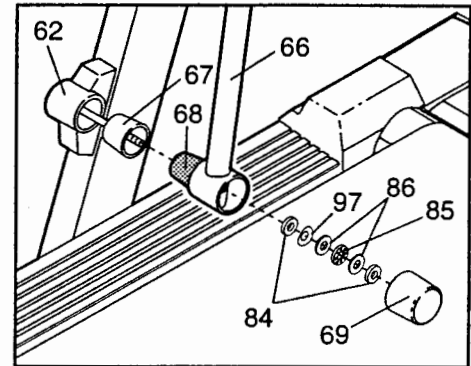


- b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn the left rear roller adjustment bolt counterclockwise 1/4 of a turn. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the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



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

- a. Correcting this problem requires a small amount of white marine grease, available at most department stores. Turn the Resistance Knob (69) counterclockwise until it can be removed. Remove the Resistance Cone (68) and the Upper Body Arm (66), along with the Resistance Washers (84), Thrust Washers (86), Thrust Bearing (85), and Spring Washer (97). If the Resistance Sleeve (67) is pulled out, push it back into the Resistance Bracket (62). Apply a **thin** layer of white marine grease to the outer surface of the Resistance Cone (68). Reattach all parts in the order shown at the right.



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# CONDITIONING GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

### Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, set the speed control on the console to FAT BURN to help you maintain the proper intensity level. (See pages 8 and 9.)

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. The proper intensity level for aerobic exercise can be found by using your pulse as a guide. As you exercise, your pulse should be kept at a level between 70% and 85% of your maximum possible heart rate. This is known as your training zone. You can find your training zone in the table at the top of this page. Training zones are listed according to age and physical condition.

During the first few months of your exercise program,

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

keep your pulse near the low end of your training zone as you exercise. After a few months of regular exercise, your pulse can be gradually increased until it is near the middle of your training zone as you exercise. You can measure your pulse using the pulse sensor. Exercise for about four minutes, and then measure your pulse immediately. If your pulse is too high or too low, adjust the intensity of your exercise. It may also be helpful to set the speed control on the console to AEROBIC to help you maintain the proper intensity level. (See pages 8 and 9.)

### Performance Training

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level. (See pages 8 and 9.)

## WORKOUT GUIDELINES

Each workout should include three parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

### Warm-up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up (see SUGGESTED STRETCHES on page 15).

## **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.) Breathe regularly and deeply as you exercise—never hold your breath.

## **Cool-down**

Finish each workout with 5 to 10 minutes of activity similar to that of the warm-up phase. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably tired.

Instead of waiting for a convenient time to exercise, plan a specific time. The morning hours work well for many, and the self-discipline required to rise early and exercise often carries through the day to help increase productivity in other areas. For some, exercising before dinner initiates a period of winding down from the day's activities. Whatever time you choose, be consistent and stick with it.

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.

## **WORKOUT ATTIRE**

Exercise clothing should be comfortable and allow unrestricted movement. Do not wear rubberized or plastic clothing that can interfere with the evaporation of

sweat from your skin. Always wear athletic shoes that are flexible and provide good protection and support.

## **ADDITIONAL SUGGESTIONS**

Creating a more active lifestyle, in addition to establishing a regular exercise program, will help you to achieve your fitness goals.

It's easy to improve your lifestyle by making a few changes in your daily routine:

Keep yourself moving throughout the day. Use the stairs instead of the elevator. Park a half mile away from work or get off the bus a couple of blocks before your stop and walk the remaining distance.

Increase midday productivity, creativity and energy by replacing a heavy lunch with a light meal. Spend the extra time in physical activity such as walking.

Substitute manually-operated devices for automatic equipment such as lawn-care machinery, power tools and snow removers.

Stop smoking; smoking nearly doubles the risk of coronary heart disease. (Framington Heart Study)

Reduce or eliminate alcohol consumption. Alcohol is a major cause of liver problems and other health disorders. (Office of Disease Prevention and Health Promotion)

Reduce your intake of fat. Less than 30% of the calories you consume each day should come from fat. Excessive fat consumption has been linked to numerous causes of death, including heart disease and cancer.

Know and keep a record of your cholesterol level, blood pressure and other health information. Keep your blood pressure below 140/90; keeping it below 125/85 is preferable.



## SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

### TOE TOUCH STRETCH

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

Stretches: Hamstrings, back of knees and back.

### HAMSTRING STRETCH

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

Stretches: Hamstrings, lower back and groin.

### CALF/ACHILLES STRETCH

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

Stretches: Calves, achilles tendons and ankles.

### QUADRICEPS STRETCH

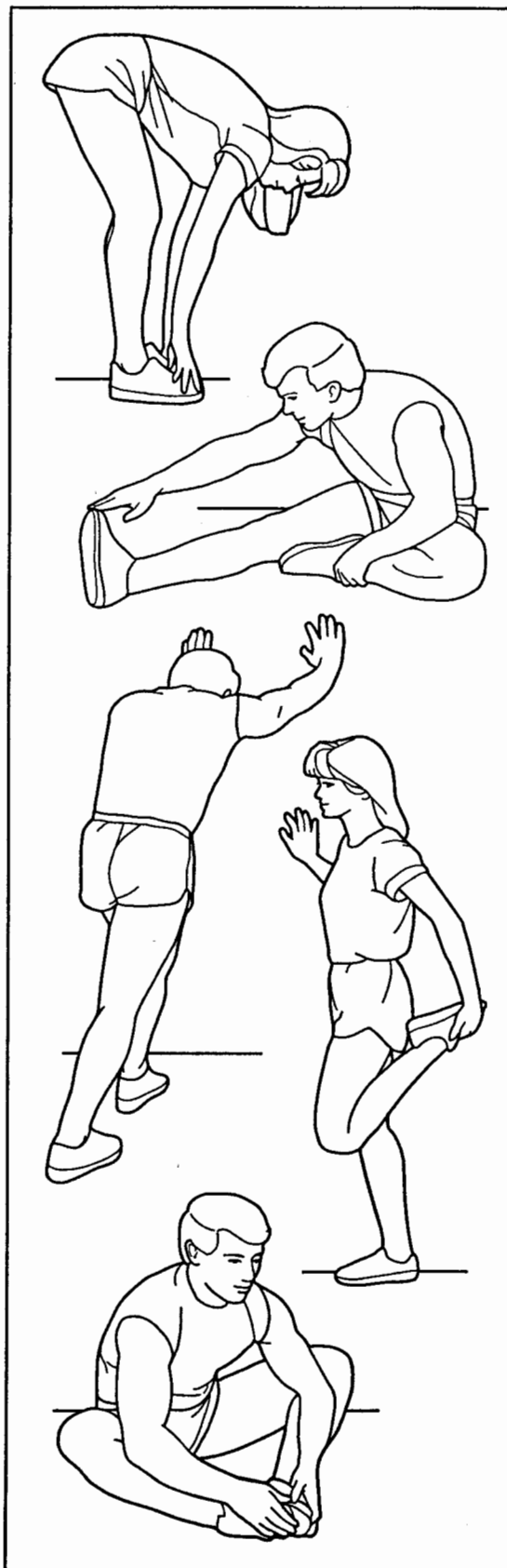
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

### INNER THIGH STRETCH

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

Stretches: Quadriceps and hip muscles.



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# ORDERING REPLACEMENT PARTS

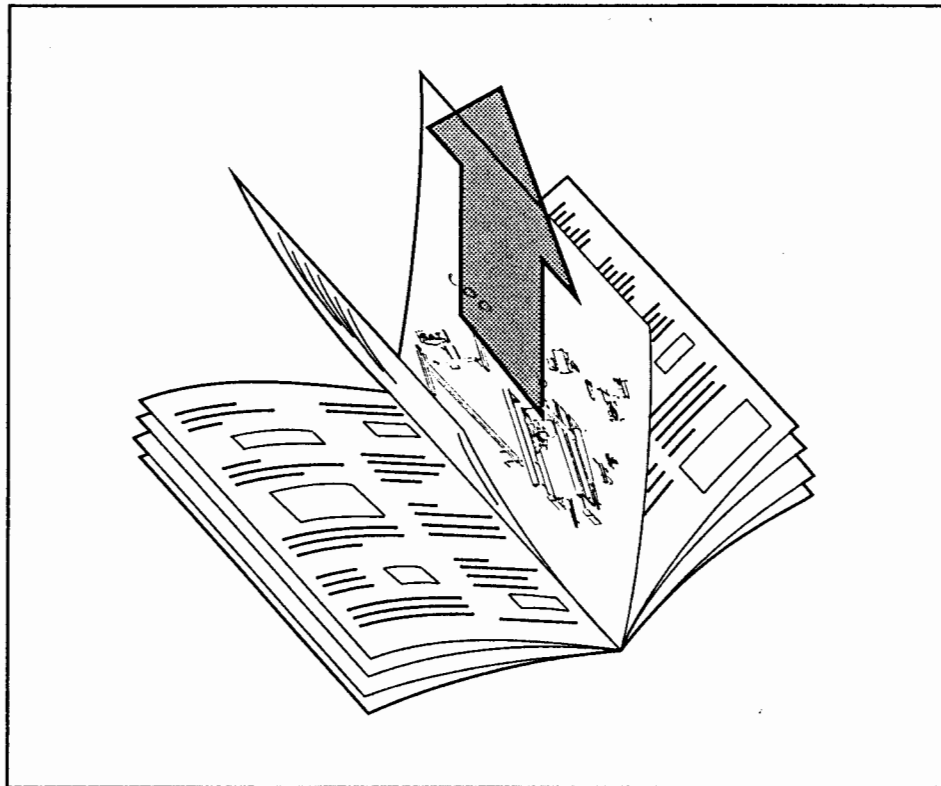
To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PFTL57550).
- The NAME OF THE PRODUCT (PROFORM® 575 XT treadmill).
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual).
- The KEY NUMBER OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached to the center of this manual)
- The DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached to the center of this manual).

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

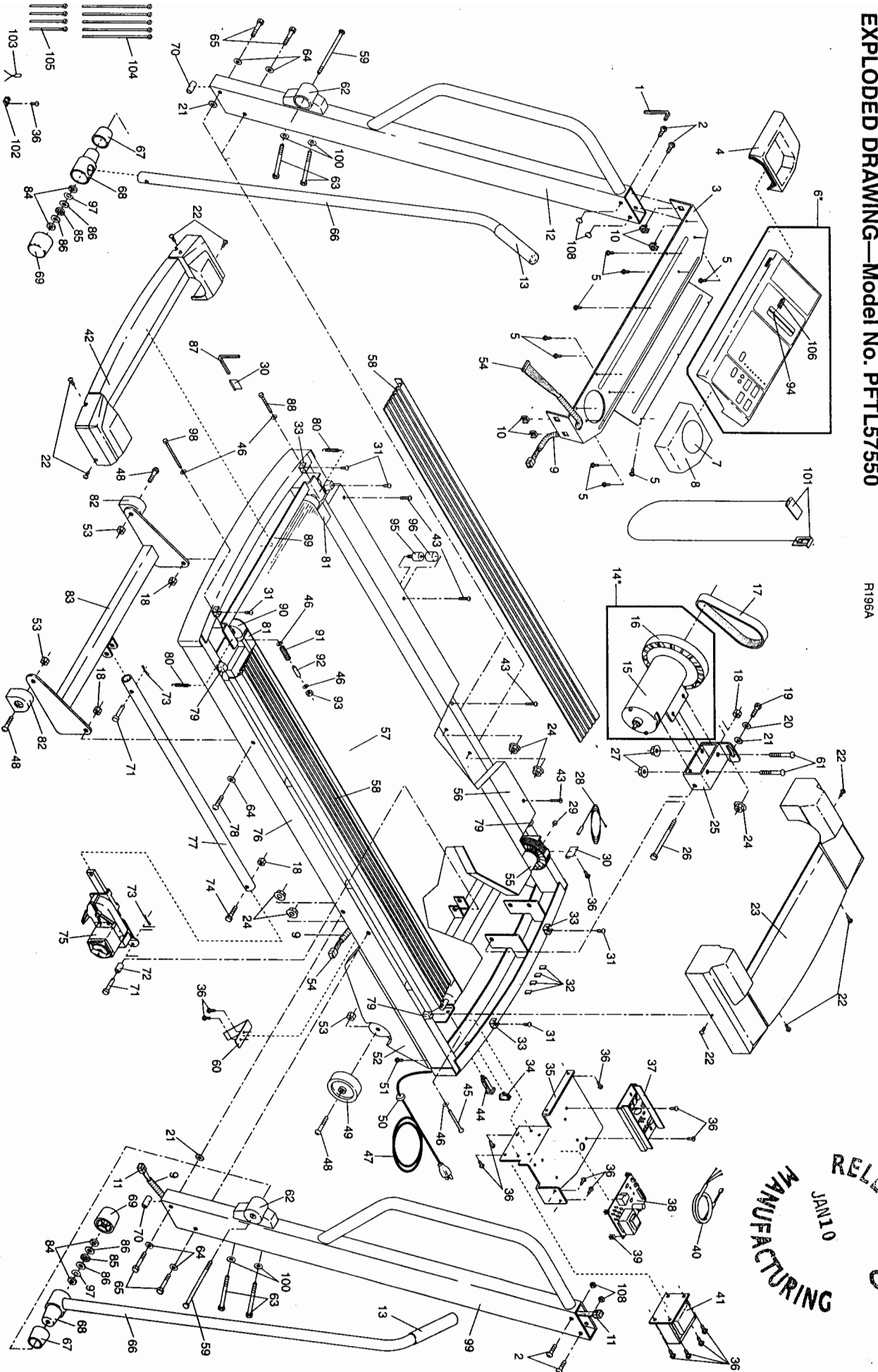
# REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

USED TO  
JAN 10  
MANUFACTURING



RELEASED TO  
JAN 10  
MANUFACTURING

# PART LIST—Model No. PFTL57550

R196A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	7/32" Allen Wrench	60	2	Belt Guide
2	4	3/8" x 1" Console Bolt	61	2	Motor Bolt
3	1	Console Plate	62	2	Resistance Bracket
4	1	Accessory Tray	63	4	Resistance Bracket Bolt
5	12	Screw	64	6	3/8" Washer
6*	1	Console Assembly	65	4	3/8" x 3 1/2" Bolt
7	1	Water Bottle Insert	66	2	Upper Body Arm w/Foam Grip
8	1	Water Bottle Holder	67	2	Resistance Sleeve
9	3	Cable Loom	68	2	Resistance Cone
10	4	Cage Nut	69	2	Resistance Knob
11	1	Upright Wire Harness	70	2	Upright Spacer
12	1	Left Upright	71	2	Incline Pin
13	2	Foam Grip	72	1	Incline Spacer
14*	1	Motor/Pulley/Flywheel/Fan	73	2	Cotter Pin
15	1	Motor	74	1	Incline Bolt
16	1	Pulley/Flywheel/Fan	75	1	Incline Motor
17	1	Motor Belt	76	1	Frame
18	4	Nut	77	1	Incline Rod
19	1	Motor Tension Bolt	78	2	Incline Leg Bolt
20	1	Motor Tension Washer	79	8	Rubber Hood Anchor
21	3	Star Washer	80	2	Guard Spring
22	8	Hood Screw	81	2	Roller Guard
23	1	Front Hood	82	2	Incline Leg Foot
24	5	Flange Nut	83	1	Incline Leg
25	1	Motor Mount Bracket	84	4	Resistance Washer
26	1	Motor Swivel Bolt	85	2	Thrust Bearing
27	2	Motor Nut	86	4	Thrust Washer
28	1	Reed Switch/Wire	87	1	3/16" Allen Wrench
29	1	Magnet	88	1	Left Rear Roller Adj. Bolt
30	2	Adhesive Clip	89	1	Rear Roller Guard
31	8	Hood Anchor Screw	90	1	Rear Roller
32	3	Wire Clip	91	1	Rear Roller Tension Spring
33	4	Hood Anchor (not used)	92	1	Spring Sleeve
34	1	On/Off Switch	93	1	Roller Tension Nut
35	1	Electronics Bracket	94	1	Potentiometer
36	12	Small Screw	95	8	Platform Isolator
37	1	Controller	96	8	Isolator Cover
38	1	Power Board w/Clip	97	2	Spring Washer
39	4	Plastic Stand-Off	98	1	Right Rear Roller Adj. Bolt
40	1	Motor Controller Wire	99	1	Right Upright
41	1	Choke	100	4	Resistance Bracket Washer
42	1	Rear Hood	101	1	Key/Clip
43	8	Platform Screw	102	1	Tie Holder Clamp
44	1	Circuit Breaker	103	1	Cable Release
45	1	Front Roller Adjustment Bolt	104	5	8" Cable Tie
46	5	Roller Adjustment Washer	105	1	4" Cable Tie
47	1	Power Cord	106	1	Speed Knob
48	4	Wheel Bolt	107	1	Potentiometer
49	2	Front Wheel	108	4	Upright Plug
50	1	Grommet	#	12	Fastener
51	12	Safety Cover Screw	#	1	14" White Wire, 2 Female
52	1	Safety Cover	#	1	8" White Wire, Male/Female
53	4	Wheel Nut	#	1	14" Blue Wire, 2 Female
54	2	Short Wire Harness	#	1	8" Blue Wire, 2 Female
55	1	Front Roller/Pulley	#	1	4" Black Wire, 2 Female
56	1	Walking Platform w/Fastener	#	1	8" Green Ground Wire
57	1	Walking Belt w/Fastener	#	1	User's Manual
58	2	Foot Rail w/Fastener			
59	2	Resistance Bolt			

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