

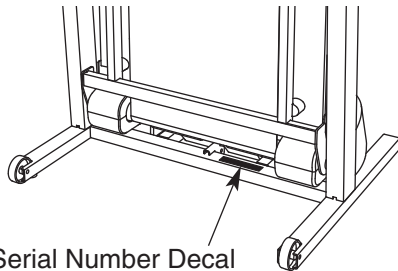
PRO-FORM[®]

700 GX

Model No. PFTL72505.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

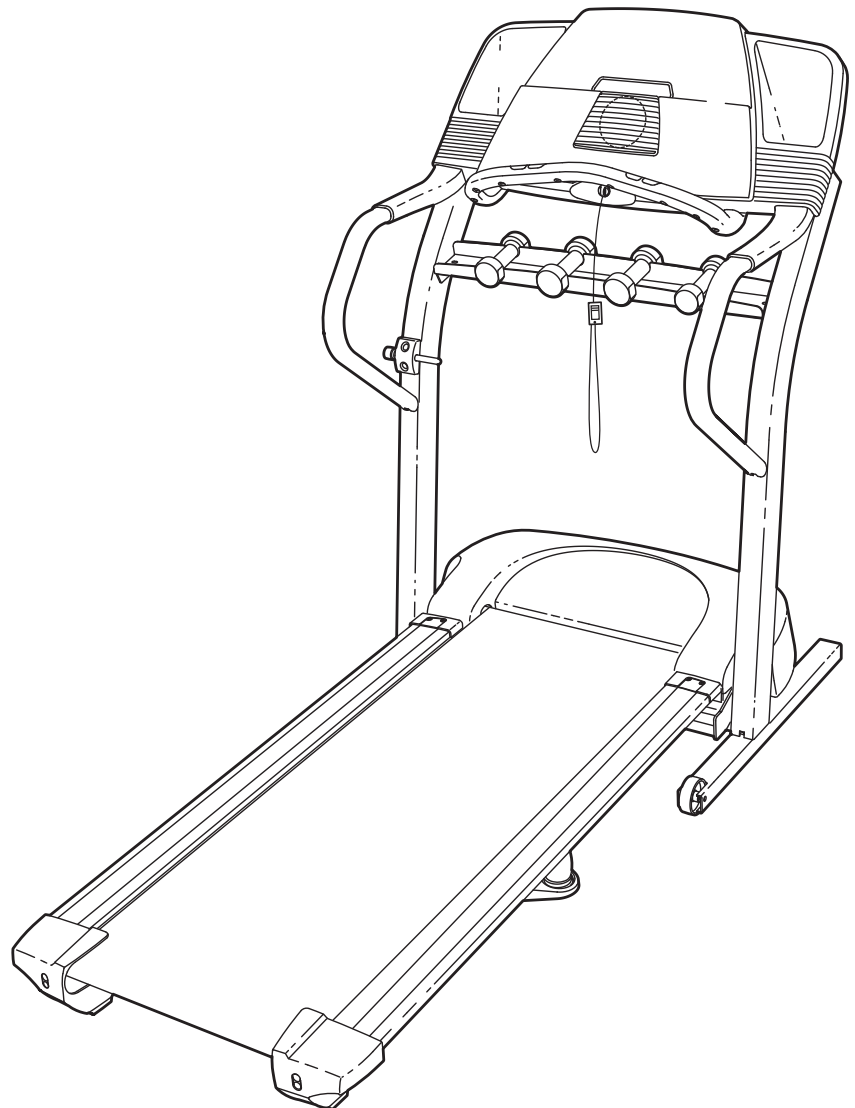
CALL TOLL-FREE:

1-888-533-1333

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



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fitness tips, and much more!

PRO-FORM[®] 700 GX

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN5
ASSEMBLY6
TREADMILL OPERATION10
HOW TO FOLD AND MOVE THE TREADMILL23
TROUBLESHOOTING25
EXERCISE GUIDELINES28
PART LIST30
HOW TO ORDER REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

Note: An EXPLODED DRAWING is 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 oxygen is administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 300 pounds. Never allow more than one person on the treadmill at a time.
8. 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.*
9. 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.
10. 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 toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
11. 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.
12. Keep the power cord and the surge suppressor away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 25 if the treadmill is not working properly.)
14. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while you are using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Do not use the hand weights at speeds faster than walking speeds. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using hand weights should be attempted only by experienced users.
19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move 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.)

20. 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 23.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

22. When using iFIT.com programs, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

23. When using iFIT.com programs, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.

24. Always remove iFIT.com CDs and videos from your CD player or VCR and disconnect your MP3 player when you are not using them.

25. Inspect and properly tighten all parts of the treadmill every three months.

26. Never drop or insert any object into any opening.

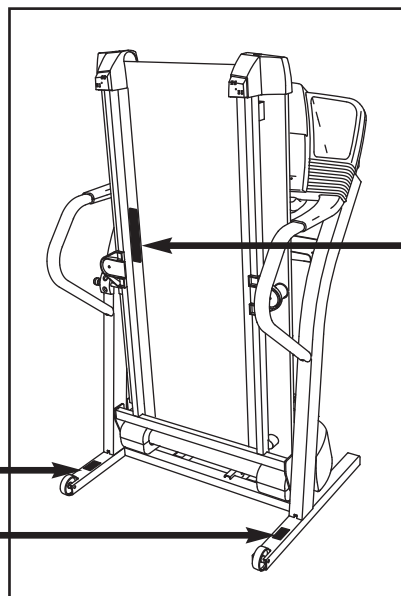
27. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

28. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

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

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on your treadmill. If a decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. 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:



- 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.

- Fully engage storage latch before treadmill is moved or stored.

- Reduce incline to its lowest level before folding treadmill into storage position.



- 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

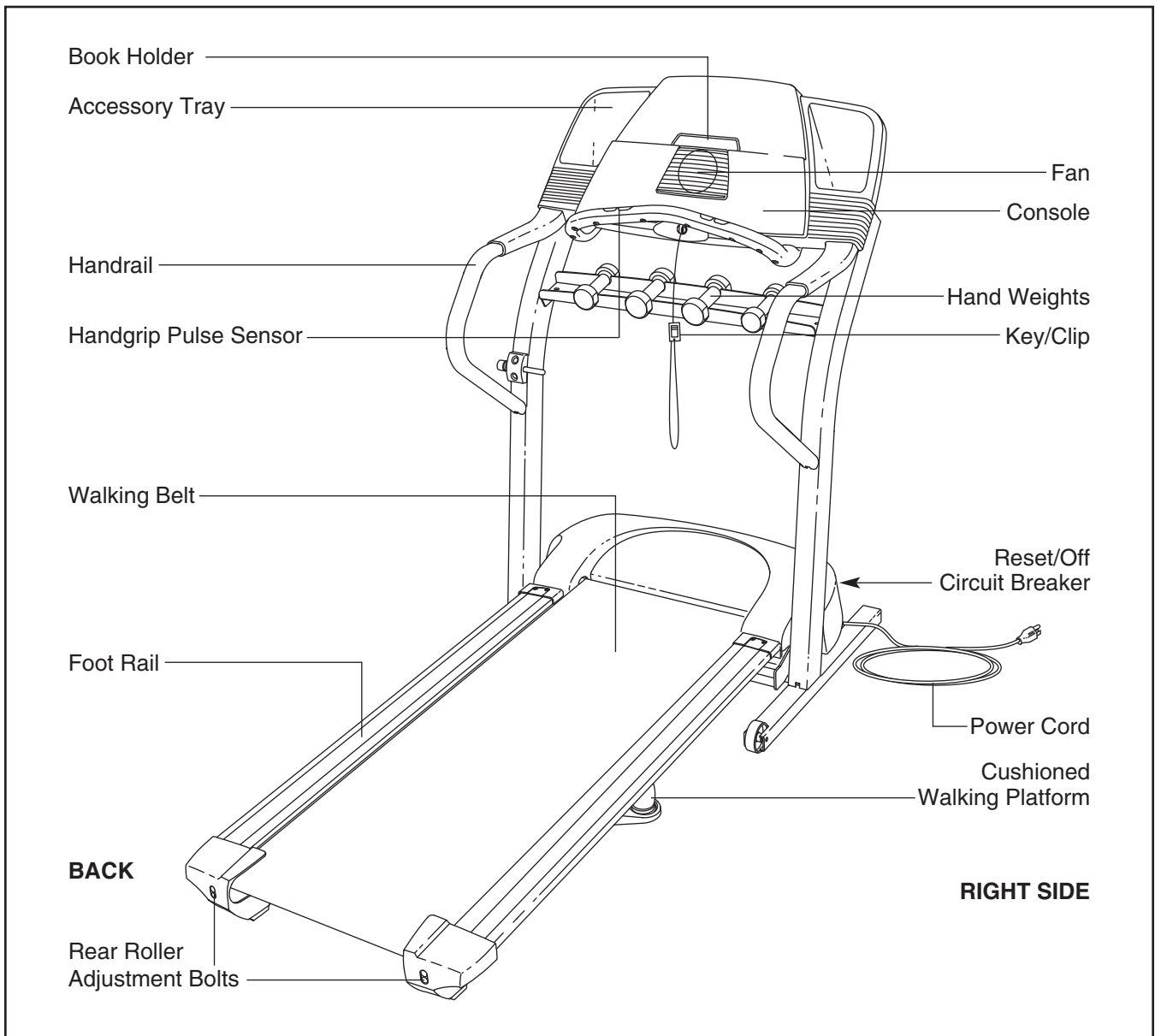
Congratulations for purchasing the PROFORM® 700 GX treadmill. The 700 GX treadmill offers an impressive array of features to help you achieve your fitness goals in the convenience of your home. From the advanced console to the cushioned walking platform, the 700 GX treadmill is designed to make each workout more effective and enjoyable. And when you're not exercising, the treadmill can be folded away, taking less than half the floor space of conventional treadmills.

For your benefit, read this manual carefully before you use 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 calling. The model number of the treadmill is PFTL72505.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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.

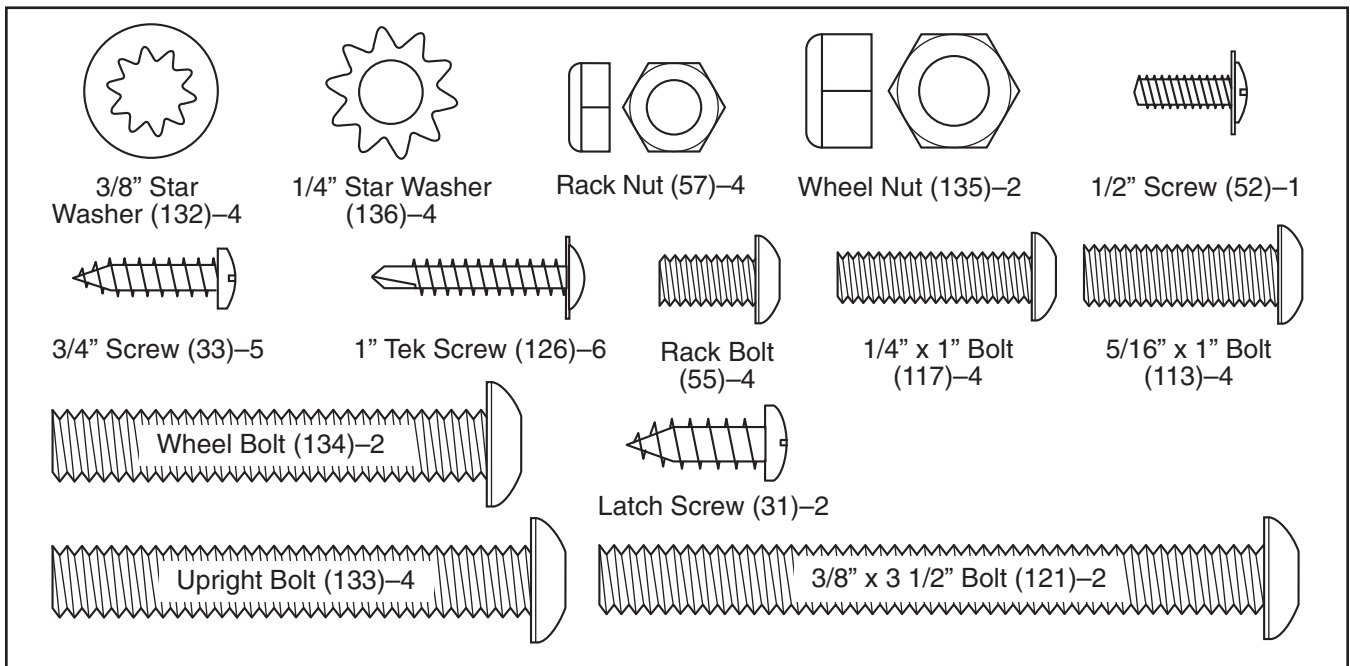


ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 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, 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 , wire cutters , and adjustable wrench .

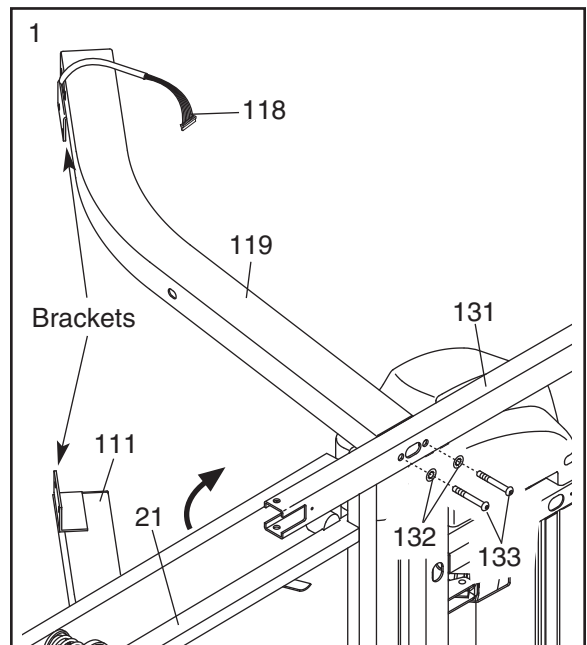
For help identifying assembly hardware, see the drawings below. **Note: If a part is not found in the part bags, check to see if the part has been preattached. To avoid damaging plastic parts, do not use power tools for assembly.**



1. With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (21) so that the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

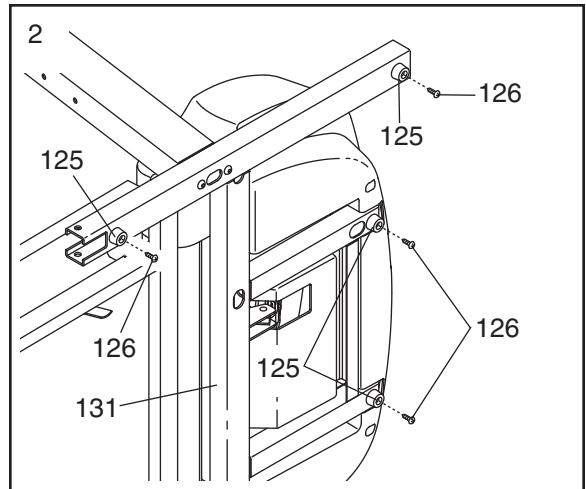
Identify the Left Upright (111) and the Right Upright (119); the indicated brackets on the Uprights will overhang toward the center of the treadmill. Feed the Wire Harness (118) into the lower end of the Right Upright, and pull the Wire Harness out of the hole in the bracket on the Right Upright. Note: There may be a tie on the Wire Harness to help you pull it out of the hole.

Attach the Right Upright (119) to the right side of the Base (131) with two Upright Bolts (133) and two 3/8" Star Washers (132). **Do not tighten the Upright Bolts yet. Be careful not to damage the Wire Harness (118).** Attach the Left Upright (111) to the Base in the same way. Note: There is not a wire harness on the left side.



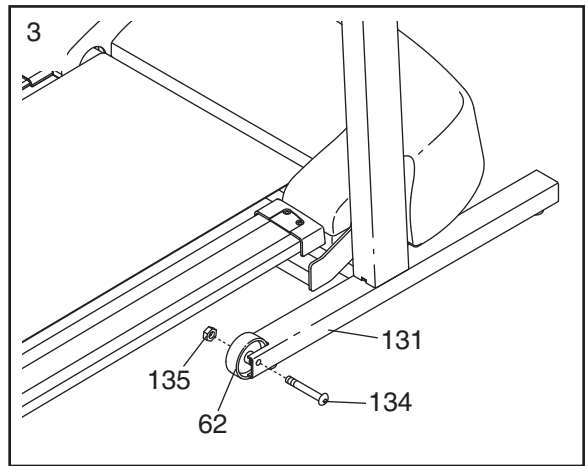
2. Attach six Base Pads (125) (only four are shown) to the bottom of the Base (131) with six 1" Tek Screws (126).

With the help of another person, carefully tip the treadmill down so the Base Pads (125) are resting on the floor.

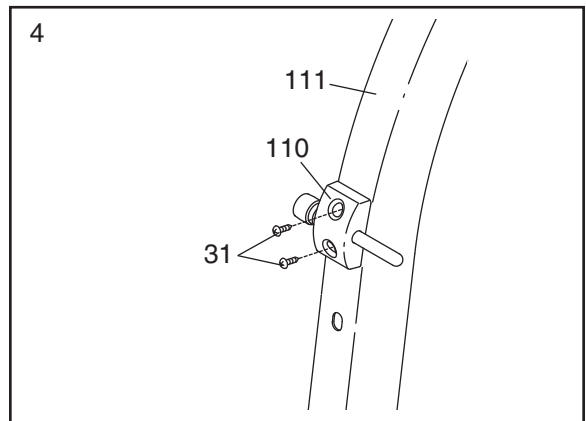


3. Attach a Wheel (62) to the right side of the Base (131) with a Wheel Bolt (134) and a Wheel Nut (135) as shown.

Attach the other Wheel (not shown) to the left side of the Base (131) in the same way.



4. Attach the Latch Assembly (110) to the Left Upright (111) with two Latch Screws (31). **Be careful not to overtighten the Screws.** Note: It may be necessary to remove the Screws from the Left Upright before beginning this step.

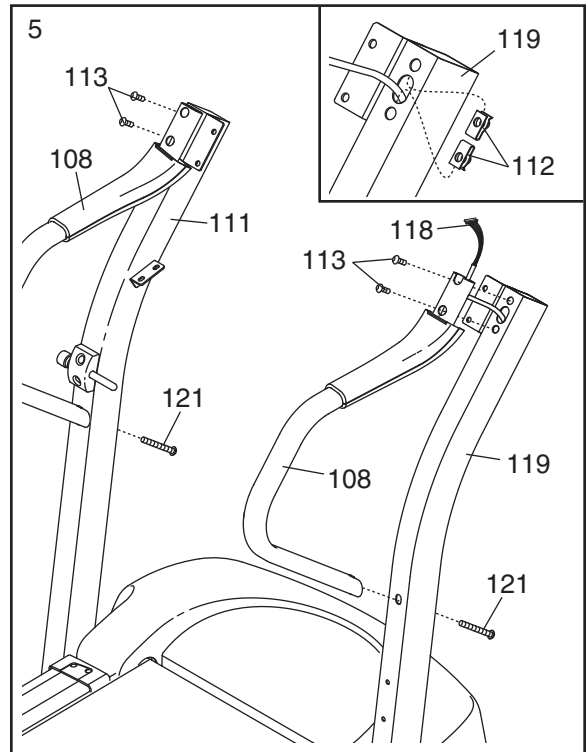


- See the inset drawing. Make sure that there are two U-nuts (112) in the upper end of each Upright (119, 111). Note: Extra U-nuts may be included.

Identify the right and left Handrails (108); there is an identification sticker on each Handrail. Hold the right Handrail near the Right Upright (119). Insert the Wire Harness (118) into the large hole in the right Handrail and out of the upper end as shown.

Next, hold the right Handrail (108) against the Right Upright (119). Tighten a 3/8" x 3 1/2" Bolt (121) three to four turns into the Right Upright and the lower end of the right Handrail. Then, tighten two 5/16" x 1" Bolts (113) into the upper end of the right Handrail and the Right Upright. **Be careful not to drop the Bolts into the right Handrail.** If necessary, raise or lower the right Handrail to thread the Bolts into the Right Upright. **Firmly tighten all three Bolts.**

Attach the left Handrail (108) to the Left Upright (111) as described above. Note: There is not a wire harness in the Left Upright.

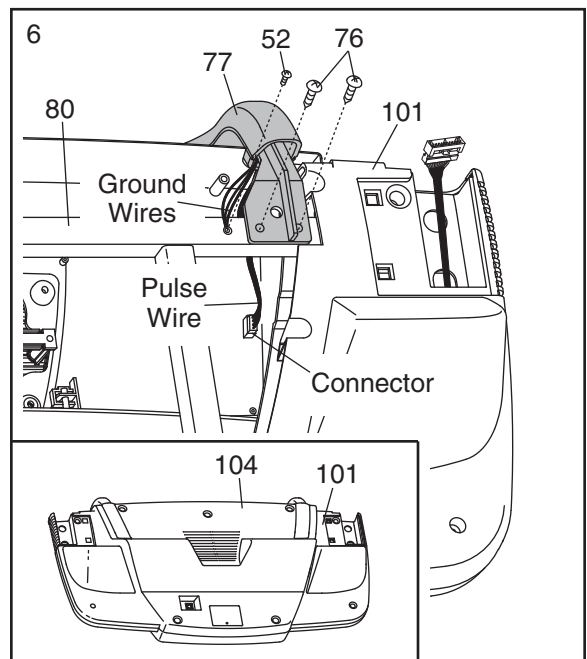


- See the inset drawing. Turn the Console (101) upside-down on a soft surface. Remove the packing bands and the Console Back.

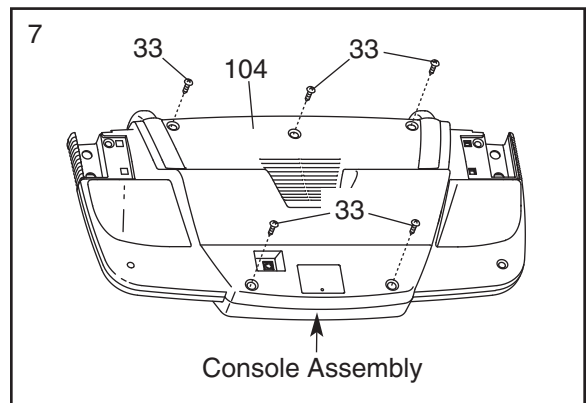
If there are two Pulse Bar Screws (76) in each end of the Console Frame (80), remove them. Hold the ends of the Pulse Bar (77) against the Console Frame, and attach the Pulse Bar with the four Pulse Bar Screws. **Firmly tighten the Pulse Bar Screws. Be careful not to damage any wires.**

Locate the pulse wire extending from the Pulse Bar (77). Insert the pulse wire **under** the Console Frame (80) and plug the pulse wire into the indicated connector. **The pulse wire should slide easily into the connector and snap into place; if it does not, turn the pulse wire and then plug it in.**

Attach the indicated ground wires to the Console Frame (80) with a 1/2" Screw (52).



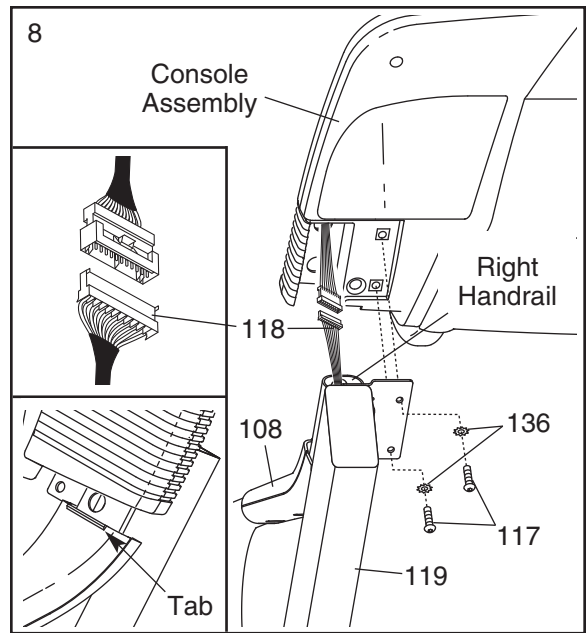
- Attach the Console Back (104) to the console assembly with five 3/4" Screws (33). **Be careful not to pinch any wires.**



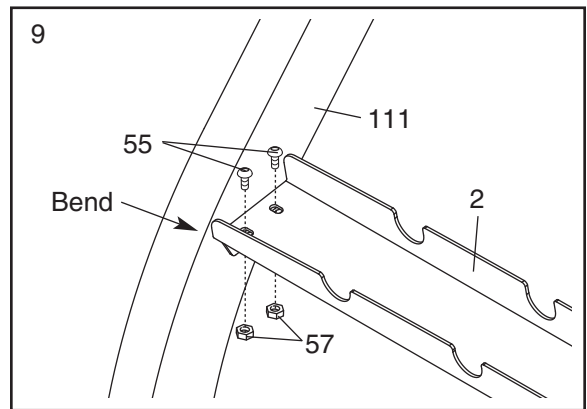
8. With the help of another person, hold the console assembly near the Right Upright (119) and the left Upright (not shown).

Connect the Wire Harness (118) to the wire harness in the console assembly. **Make sure to connect the connectors properly (see the inset drawing); the connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the excess wire harness back into the right Handrail (108).

Set the console assembly on the Right Upright (119) and the Left Upright (not shown) so it fits **over** the small tabs on the Handrails (108). Thread two 1/4" x 1" Bolts (117) with 1/4" Star Washers (136) into each side of the console assembly. **After you have started all four Bolts, tighten them.**



9. Attach the Weight Rack (2) to the Left Upright (111) and the Right Upright (not shown) with four Rack Bolts (55) and four Rack Nuts (57). Note: Be sure to orient the Weight Rack with the bolt holes toward the indicated bend in the Uprights.

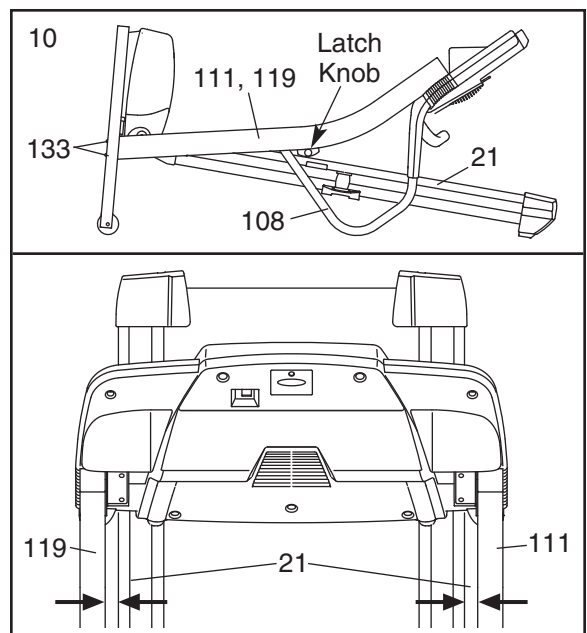


10. Lower the Uprights (111, 119) until the Handrails (108) are touching the floor. Note: If necessary, pull out on the latch knob so the pin does not hit the Frame (21).

See the lower drawing. Position the Uprights (111, 119) so that the treadmill Frame (21) is centered between the Uprights.

Firmly tighten the four Upright Bolts (133). Then, raise the Uprights (111, 119) back to the vertical position. Note: If necessary, pull out on the latch knob so the pin does not hit the Frame (21).

Place the Weights on the Weight Rack.



11. **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 26). To protect the floor or carpet, place a mat under the treadmill. If there is a sheet of clear plastic on a decal, remove the plastic.

TREADMILL OPERATION

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.

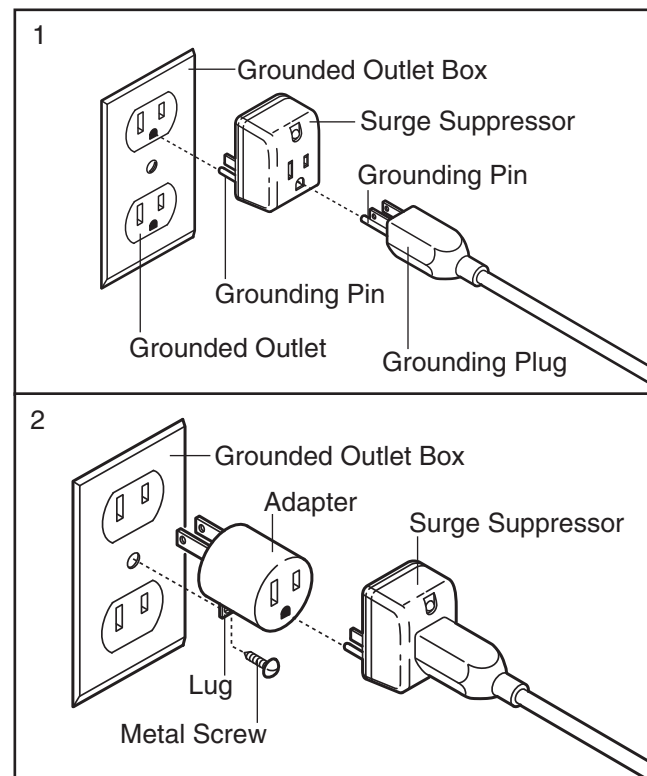
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

tric 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.**

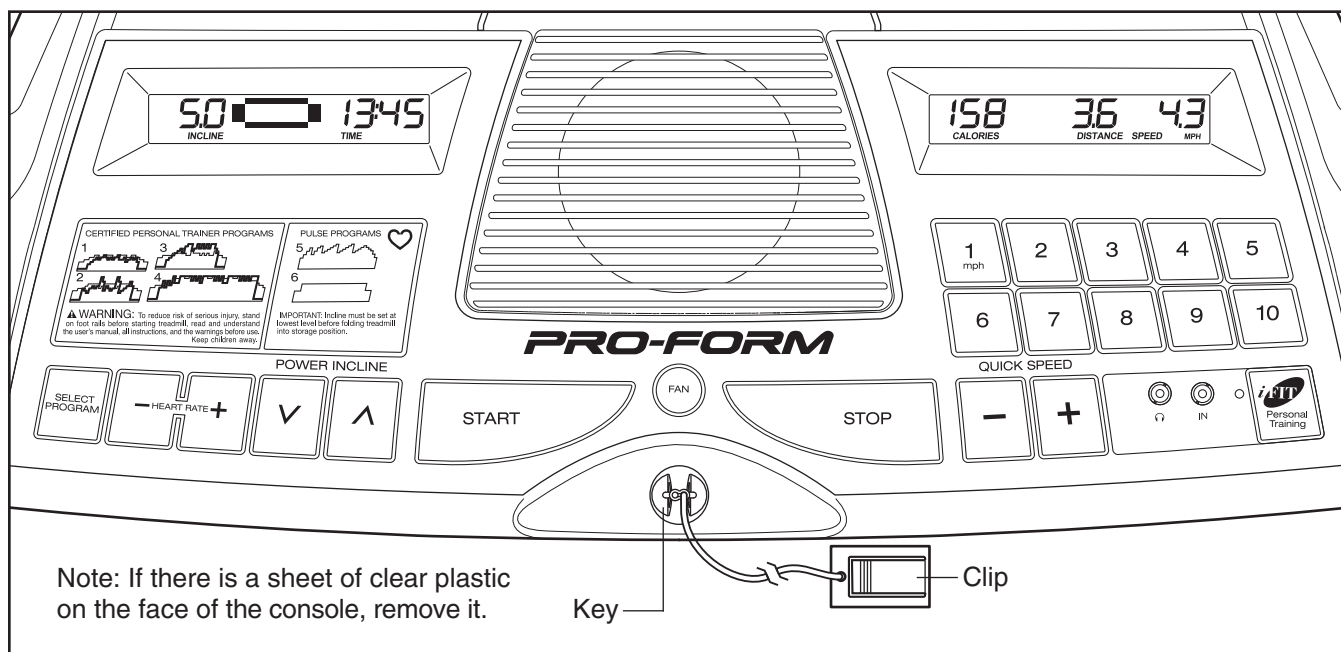
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if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



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed 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 built-in handgrip pulse sensor or the optional chest pulse sensor (see page 22).

In addition, the console features four preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. The console also offers two pulse programs that control the speed and incline of the treadmill to keep your heart rate near a target heart rate during your workouts. Note: You must wear the optional chest pulse sensor to use the pulse programs.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a per-

sonal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). iFIT.com programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout; high-energy music provides added motivation. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

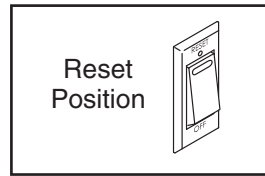
With the treadmill connected to your computer, you can also go to www.iFIT.com and access iFIT.com programs directly from our Web site. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a preset program**, see page 14. **To use a pulse program**, see page 15. **To use an iFIT.com MP3, CD, or video program**, see page 19. **To use an iFIT.com program directly from our Web site**, see page 21.

HOW TO TURN ON THE POWER

1 Plug in the power cord (see page 10).

2 Locate the reset/off circuit breaker near the power cord. Make sure that the circuit breaker is in the reset position.



3 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 displays 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.**

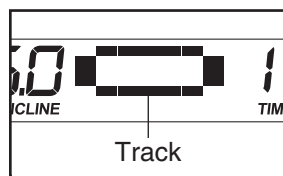
HOW TO USE THE MANUAL MODE

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 program has been selected, reselect the manual mode by pressing the Select Program button repeatedly until a track appears in the left display.

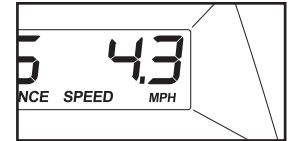


3 Start the walking belt.

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 in 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 left display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 26).

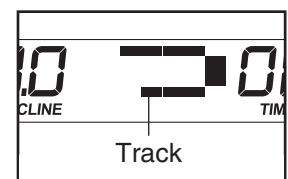
4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

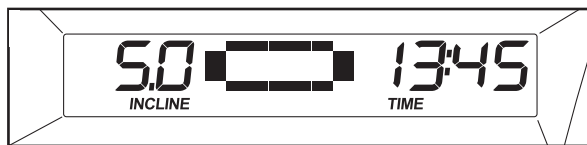


5 Follow your progress with the displays.

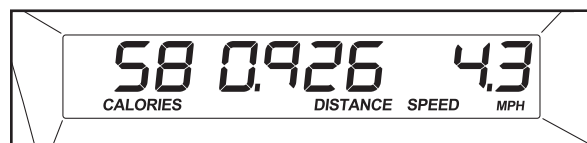
When the manual mode or the iFIT.com mode is selected, the left display will show a track that represents 1/4 mile. As you walk or run, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The left display will show the incline level of the treadmill and the elapsed time. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. Note: Each time the speed setting changes, the display will show your pace (in minutes per mile) for a few seconds. When a program is selected, the display will show the time remaining in the program instead of the elapsed time.



The right display will show the approximate number of calories you have burned, the approximate number of fat calories you have burned (see FAT BURNING on page 28), the distance you have walked or run, and the speed of the walking belt.



Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, first hold down the Stop button while inserting the key into the console. Next, release the Stop button. An “E” for English miles or an “M” for metric kilometers will appear in the right display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key. **Note: For simplicity, all instructions in this section refer to miles.**

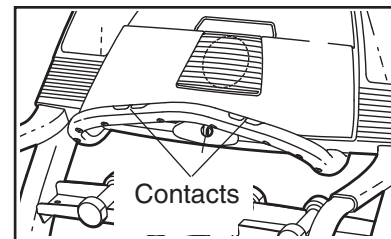


To reset the displays, press the Stop button, remove the key, and then reinsert the key.

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 addition, 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, the heart symbol in the left display will begin to flash each time your heart beats, one or two dashes will appear, 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.

To turn on the fan, press the fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

8 When you are finished exercising, remove the key.

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 when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays remains lit after the key is removed, the console is in the “demo” mode. See page 22 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord.

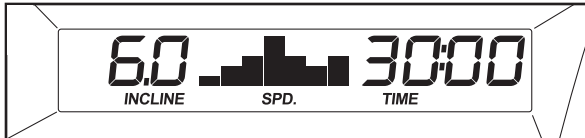
HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select one of the four preset programs.

To select one of the four preset programs, press the Select Program button repeatedly until "P1," "P2," "P3," or "P4" appears in the left display. A few seconds after a preset program is selected, the maximum incline setting of the program will flash in the left display for a few seconds, the display will show how long the program will last, and the speed settings of the program will scroll across the matrix in the display. In addition, the right display (not shown) will flash the maximum speed setting of the program for a few seconds.

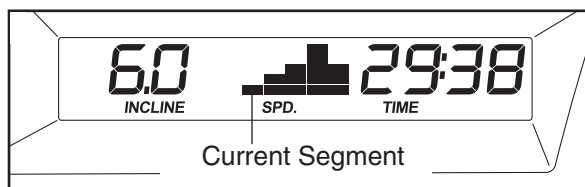


3 Press the Start button or the Speed increase button to start the program.

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 either 30 or 50 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix in the left display. (The incline settings are not shown in the matrix.) The speed settings for the next four segments will be shown in the four columns to the right.



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 and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the displays to alert you.

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. Note: If all five of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

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 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. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column; if any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well. **Important: 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 left 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 displays.

See step 5 on page 12.

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.

HOW TO USE A PULSE PROGRAM

Pulse program 5 will automatically adjust the speed and incline of the treadmill to keep your heart rate within a preset range during your workouts. Pulse program 6 will keep your heart rate near a target heart rate setting that you select.

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a pulse program.

1 Put on the optional chest pulse sensor.

You must wear the optional chest pulse sensor (see page 22) to use a pulse program.

2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

3 Select a pulse program.

To select a pulse program, press the Select Program button repeatedly until “P5” or “P6” appears in the left display.

If pulse program 5 is selected, a profile of the target heart rate settings of the program will scroll across the matrix in the left display.

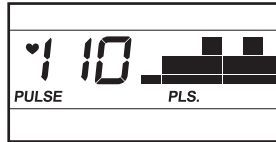


If pulse program 6 is selected, a graphic representing your heartbeat will appear in the matrix.

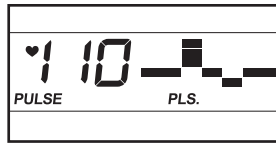


4 Enter a target heart rate setting.

If pulse program 5 is selected, the maximum target heart rate setting of the program will appear in the left display. If desired, press the Heart Rate increase and decrease buttons to change the maximum target heart rate setting (see **EXERCISE INTENSITY** on page 28). Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.



If pulse program 6 is selected, the target heart rate setting for the program will be displayed. If desired, press the Heart Rate increase and decrease buttons to change the target heart rate setting (see **EXERCISE INTENSITY** on page 28). Note: The same target heart rate setting will be programmed for the entire program.

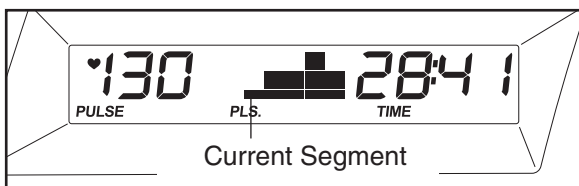


5 Press the Start button or the Speed increase button to start the program.

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.

Pulse program 5 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. (Note: The same target heart rate setting may be programmed for two or more consecutive segments.) Pulse program 6 is divided into 100 one-minute segments. The same target heart rate setting is programmed for all segments. Note: For a shorter workout, simply stop the program before it ends.

If pulse program 5 is selected, the target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix



in the left display. The target heart rate settings for the next four segments will be shown in the columns to the right. When only three seconds re-

main in the first segment, both the Current Segment column and the column to the right will flash and a series of tones will sound. When the first segment ends, *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

During both pulse programs, the console will regularly compare your heart rate to the current target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. If the speed of the walking belt reaches 7.5 mph and your heart rate is still too far below the target heart rate setting, the incline of the treadmill will also increase.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the letters "PLS" will flash in the left display and the speed and/or incline of the treadmill may automatically decrease. If this occurs, see the instructions included with the optional chest pulse sensor.

To stop the program at any time, press the Stop button. The time will begin to flash in the left 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 console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

6 Follow your progress with the displays.

See step 5 on page 12.

7 Turn on the fan if desired.

See step 7 on page 13.

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

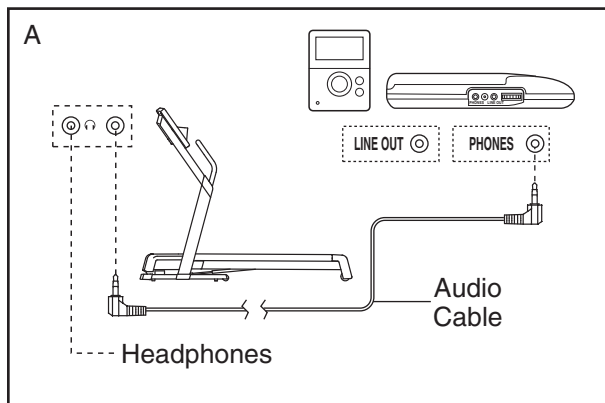
See step 8 on page 13.

HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 17 and 18 for connecting instructions. To use iFIT.com programs directly from our Web site, the treadmill must be connected to your computer. See page 18 for connecting instructions. To use iFIT.com video programs, the treadmill must be connected to your VCR. See page 19 for connecting instructions.

HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

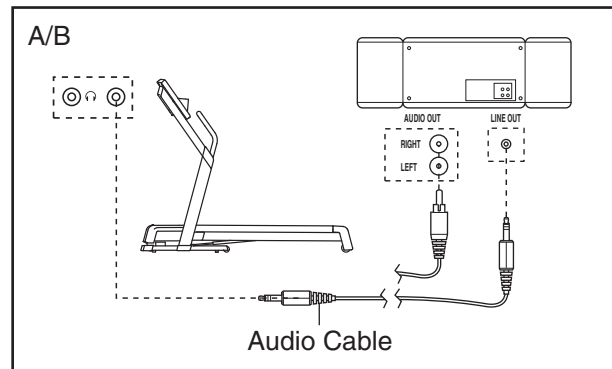
- A. Plug one end of the included 1/8" to 1/8" stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



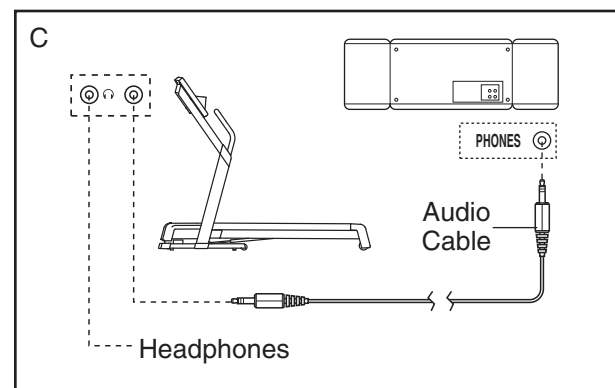
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

- A. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



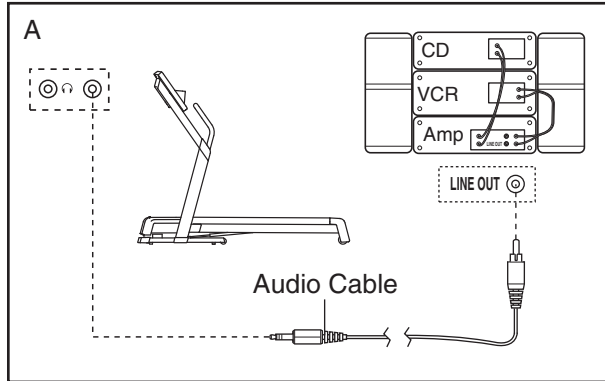
- B. See the drawing above. Plug one end of a long 1/8" to 1/8" stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.
- C. Plug one end of a long 1/8" to 1/8" stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.



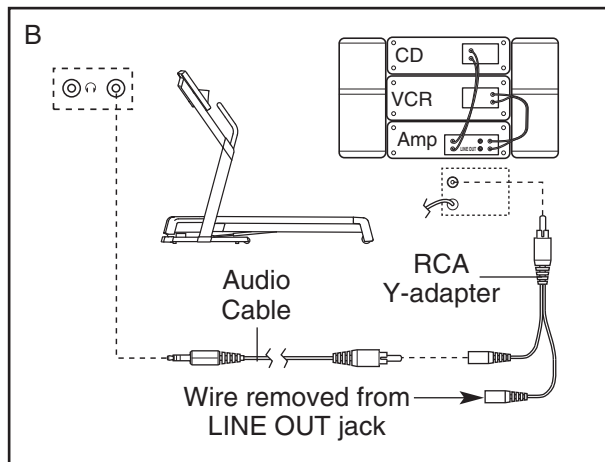
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

- A. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

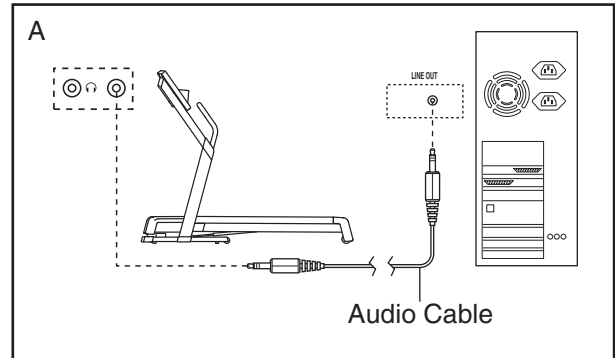


- B. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: While the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR COMPUTER

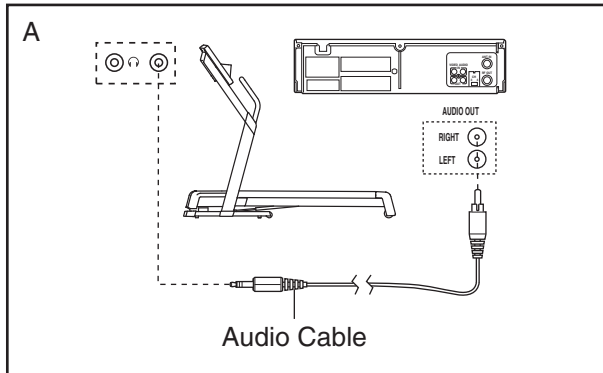
- A. Plug one end of a long 1/8" to 1/8" stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



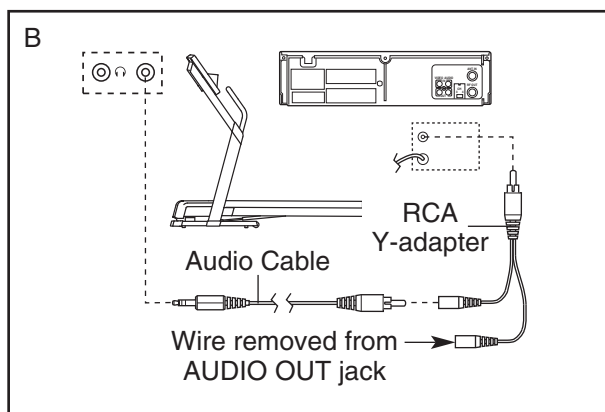
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 18.

- A. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



- B. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE AN iFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO USE iFIT.COM PROGRAMS** on pages 17 to 19. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

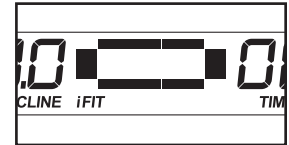
Follow the steps below to use an iFIT.com MP3, CD, or video program.

1 Insert the key into the console.

See **HOW TO TURN ON THE POWER** on page 12.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT button. The letters "iFIT" will appear in the left display.



3 Press the Play button on your MP3 player, CD player, or VCR.

Note: If you are using an iFIT.com CD, insert the CD into your CD player; if you are using an iFIT.com videocassette, insert the videocassette into your VCR.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the left display, press the Start button or the Speed increase button on the console. The treadmill will not respond to an MP3, CD, or video program while the time is flashing in the display.

During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before your personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the left display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 19.

Note: If the speed and/or incline of the treadmill does not change when a “chirp” is heard:

- **Make sure that the letters “iFIT” appear in the left display and that the time is not flashing in the display. If the time is flashing, press the Start button or the Speed increase button on the console.**
- **Adjust the volume of your MP3 player, CD player, or VCR. If the volume is too high or too low, the console may not detect the program signals.**

- **Make sure that the audio cable is properly connected.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**
- **See THE INCLINE OF THE TREADMILL DOES NOT CHANGE CORRECTLY on page 27.**

4 Follow your progress with the displays.

See step 5 on page 12.

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.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.

HOW TO USE AN iFIT.COM PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 18. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

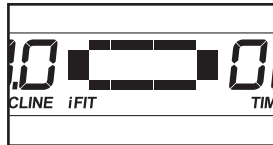
Follow the steps below to use a program from our Web site.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT button. The letters “iFIT” will appear in the left display.



3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next “chirp” is heard, the speed and/or incline will change to the next settings for the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the left display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed and/or incline of the treadmill does not change when a “chirp” is heard, make sure that the letters “iFIT” appear in the left display and that the time is not flashing in the display. In addition, make sure that the audio cable is properly connected.

8 Follow your progress with the displays.

See step 5 on page 12.

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

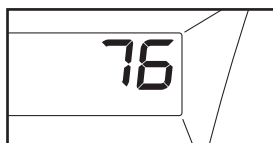
See step 8 on page 13.

THE INFORMATION MODE/DEMO MODE

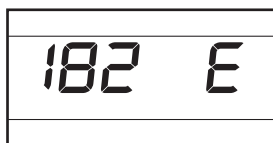
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console. Next, release the Stop button. When the information mode is selected, the following information will be shown in the displays:

The left display will show the total number of hours that the treadmill has been used.



The right display will show the 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 right display. Press the Speed increase button to change the unit of measurement if desired.

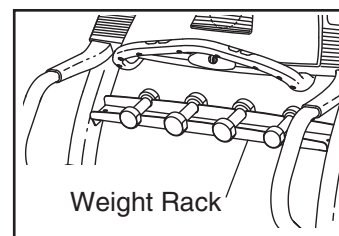


IMPORTANT: If a "d" appears in the right display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the displays will automatically appear in a preset sequence, although the buttons on the console will not operate. **If a "d" appears when the information mode is selected, press the Speed decrease button so "d" disappears.**

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

HOW TO USE THE HAND WEIGHTS

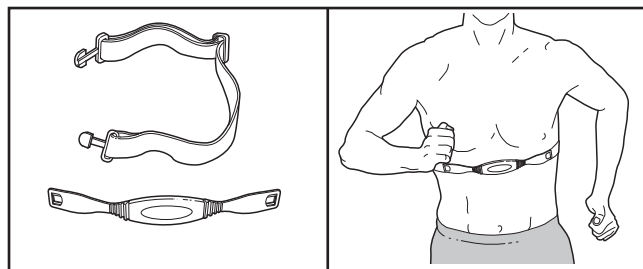
To exercise your upper body as you walk on the treadmill, hold the 2-pound weights at your sides or press the weights above your head. To increase the intensity of your exercise, use the 3-pound weights. The weights can be stored in the weight rack.



WARNING: Do not use the hand weights at speeds faster than walking speeds. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using weights should be attempted only by experienced users.

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation and enables you to use the console's two pulse programs. **To purchase the optional chest pulse sensor, call the toll-free telephone number on the front cover of this manual.**

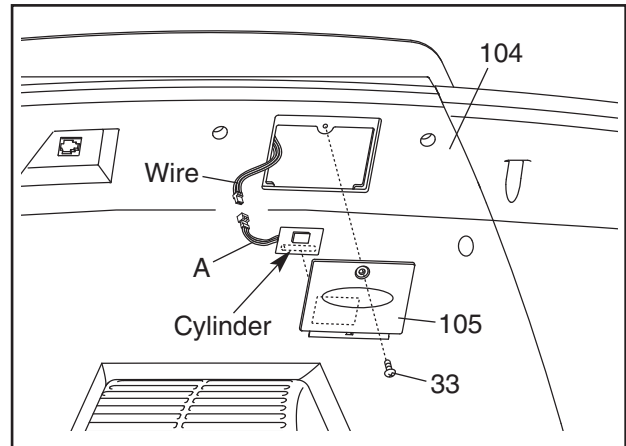


If you purchase the optional chest pulse sensor, follow the steps below to install the receiver included with the chest pulse sensor.

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

Remove the 3/4" Screw (33) and the Access Door (105) from the Console Back (104).

2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Back (104). Remove the paper from the adhesive pad on the back of the receiver. **Hold the receiver so the small cylinder is near the lower edge of the receiver and is facing the Console Back as shown.** Firmly press the receiver onto the indicated corner of the Access Door (105). Note: If there are two screws included with the chest pulse sensor and two plastic posts on the inside of the Access Door, attach the receiver to the plastic posts on the Access Door with the two screws.



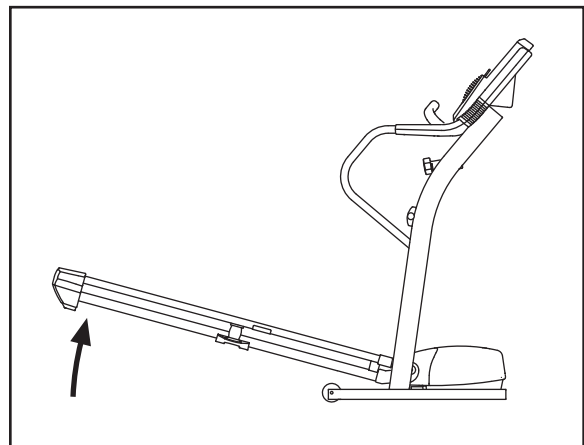
3. **Make sure that no wires are pinched.** Reattach the Access Door (105) with the 3/4" Screw (33). The other wires included with the receiver may be discarded.

HOW TO FOLD AND MOVE THE TREADMILL

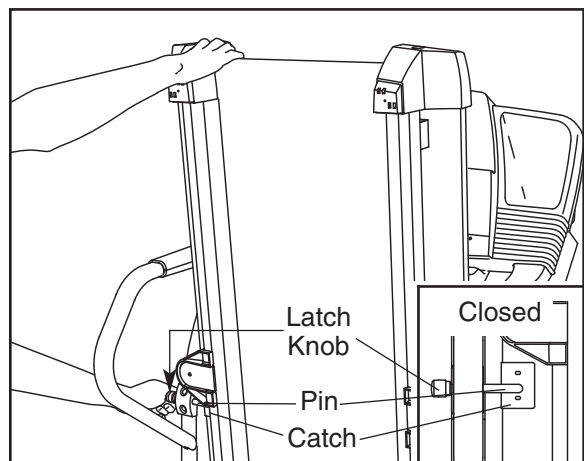
HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may become permanently damaged. Next, unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

1. Hold the treadmill in the locations shown by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Slowly release the latch knob. **Make sure that the catch is securely held by the latch pin.**



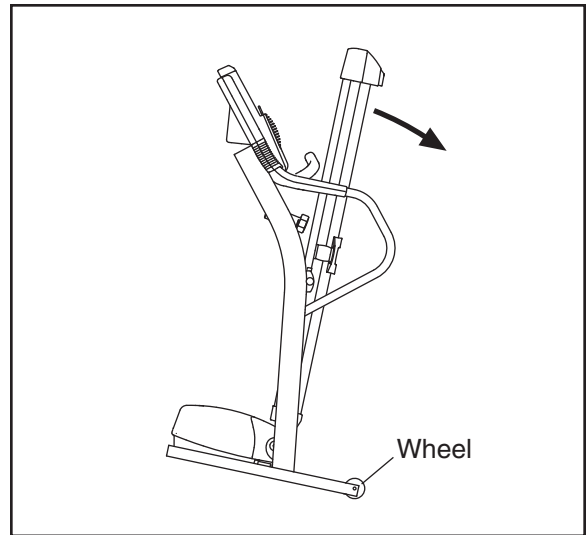
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

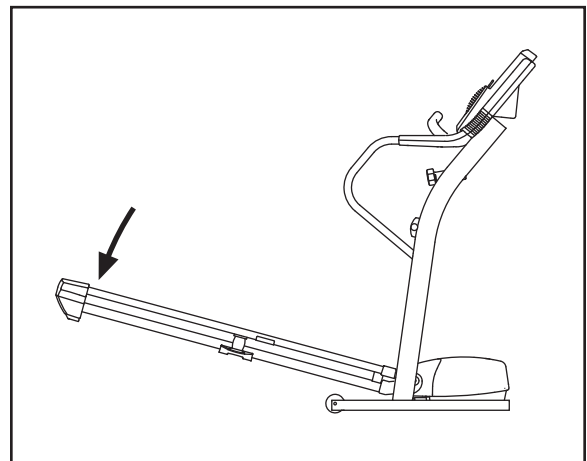
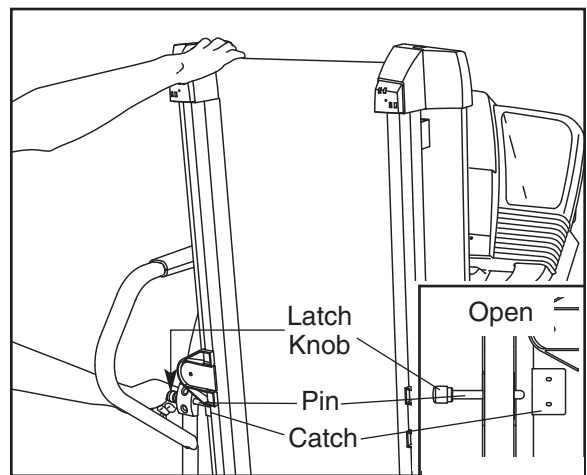
Before moving the treadmill, convert the treadmill to the storage position as described on page 23. **Make sure that the catch is securely held by the latch pin.**

1. Hold the treadmill and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill until the base 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 hand, pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin. Then, slowly release the latch knob.
2. Hold the frame firmly with both hands, and lower it to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLESHOOTING

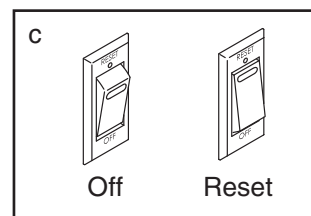
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call the toll-free telephone number on the front cover of this manual.

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. Make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the 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 located on the treadmill frame near the power cord (see c. above). If the reset/off circuit breaker has tripped, wait for five minutes and then press the switch back in.

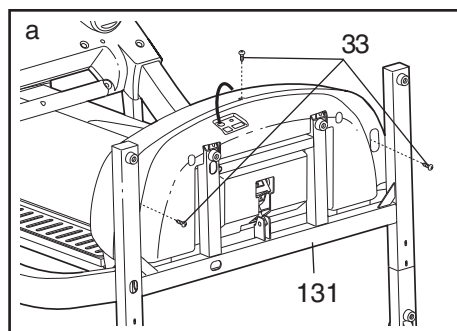
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

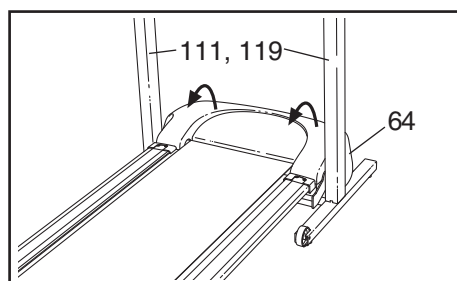
d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

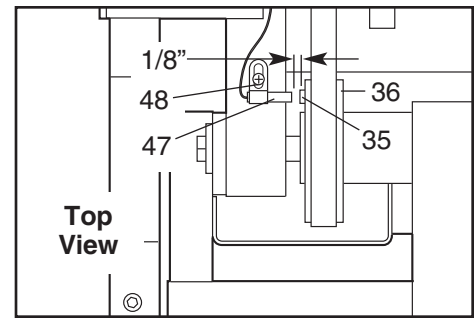
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the hand weights from the weight rack. With the help of another person, carefully tip the Base (131) down as shown. Remove the three 3/4" Screws (33) Note: A phillips screwdriver with at least a 5" shaft is required.



With the help of another person, carefully raise the Uprights (111, 119) as shown. Carefully pivot the Hood (64) off.



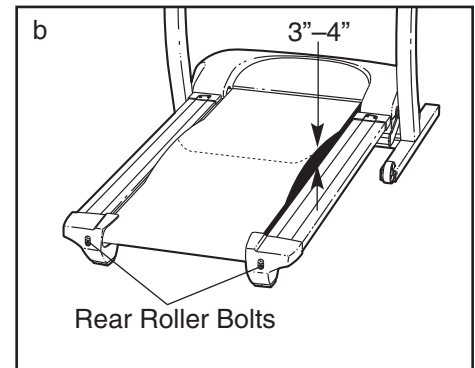
Locate the Reed Switch (47) and the Magnet (35) on the left side of the Pulley (36). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (48), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood. Make sure the Screws are returned to the correct holes (see step A). Run on 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 10.

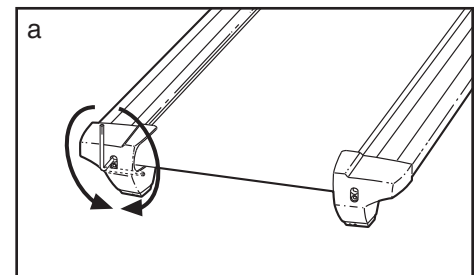
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the included allen wrench, turn both rear roller bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 inches off 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.



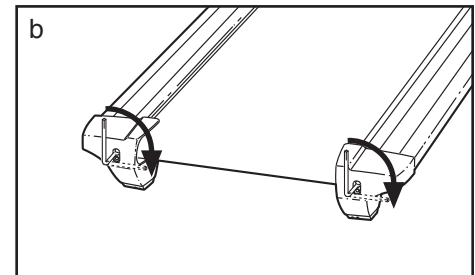
c. If the walking belt still slows when walked on, see the front cover of this manual.

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 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. Then, 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 edge of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The incline of the treadmill does not change correctly or does not change when iFIT.com CDs and videos are played

SOLUTION: a. With the key inserted in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert 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 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 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.

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 highest 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 or incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed or incline of the treadmill until your heart rate is near the middle number in 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 or incline of the treadmill until your heart rate is near the highest number in your training zone.

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

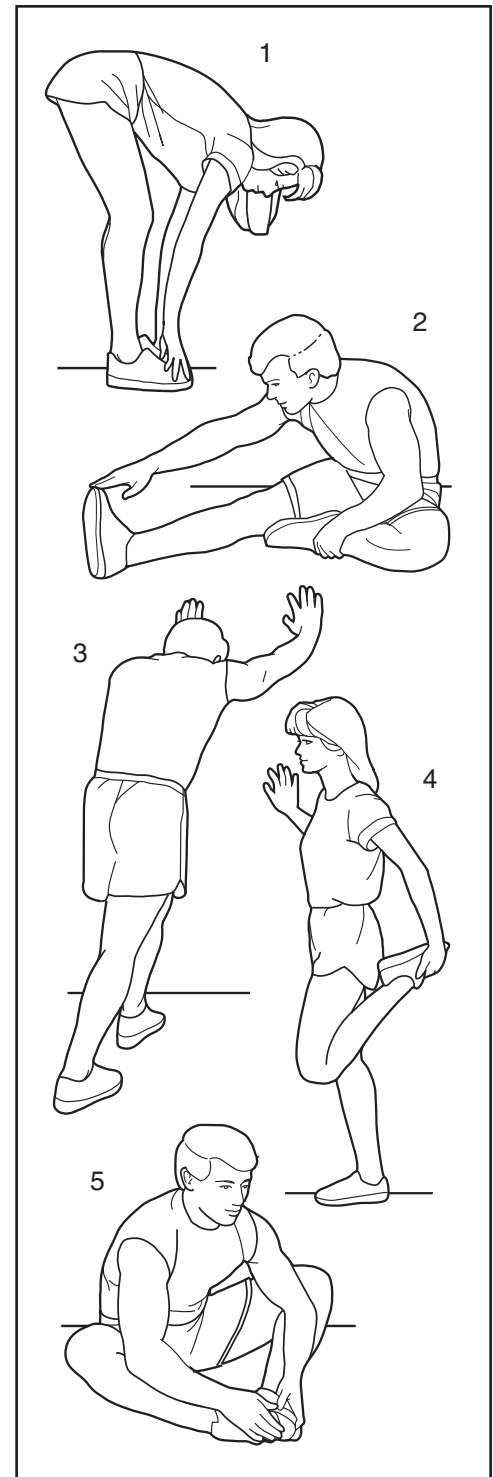
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

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



PART LIST—Model No. PFTL72505.0

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To locate the parts listed below, see the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Caution Decal	51	1	Motor Star Washer
2	1	Weight Rack	52	15	1/2" Screw
3	2	Isolator Assembly	53	1	Front Roller Ground Wire
4	1	Roller Bushing	54	1	Controller
5	2	Isolator Bracket Cover	55	4	Rack Bolt
6	2	Isolator Bolt	56	1	Electronics Bracket
7	1	Latch Plate	57	4	Rack Nut
8	2	Latch Plate Screw	58	2	Lift Frame Bolt
9	1	Warning Decal	59	1	Motor Pivot Bolt
10	2	Rear Platform Nut	60	1	Incline Wire
11	1	Left Rear Endcap	61	1	Filter Wire
12	2	Roller Star Washer	62	2	Wheel
13	2	Rear Roller Bolt	63	1	iFIT.com Cable
14	4	Roller Washer/Isolator Washer	64	1	Hood
15	10	Screw	65	1	Belly Pan
16	8	Belly Pan Screw/Endcap Screw	66	1	Audio Wire
17	1	Rear Foot, Left	67	1	Belly Pan Clip
18	1	Allen Wrench	68	1	Reset/Off Circuit Breaker
19	1	Right Rear Endcap	69	1	Audio Wire Nut
20	1	Rear Foot, Right	70	1	Power Cord
21	1	Frame	71	1	Power Cord Grommet
22	1	Rear Roller	72	1	Static Decal
23	2	Platform Screw, Rear	73	11	Plastic Tie
24	1	Walking Platform	74	3	Tie Clip
25	2	Foot Rail	75	1	Pulse Bar Plate, Left
26	2	Foot Rail Cover	76	4	Pulse Bar Screw
27	4	Platform Screw	77	1	Pulse Bar
28	4	Belt Guide Screw	78	1	Pulse Bar Plate, Right
29	2	Belt Guide	79	4	Cage Nut
30	2	Front Isolator	80	1	Console Frame
31	2	Latch Screw	81	1	Console Fan
32	1	Front Endcap, Left	82	1	Fan Cover
33	37	3/4" Screw	83	2	2-pound Weight
34	2	Frame Pivot Bolt	84	1	Key/Clip
35	1	Magnet	85	2	3-pound Weight
36	1	Front Roller/Pulley	86	1	Incline Sensor Wire
37	1	Walking Belt	87	1	Motor Bracket
38	1	Front Endcap, Right	88	2	Motor Mount Bolt
39	1	Drive Motor	89	1	Releasable Tie
40	1	Motor Belt	90	1	Front Roller Bolt
41	1	Motor Nut	91	1	Optic Switch
42	2	Motor Tension Bolt	92	1	Optic Switch Bolt
43	2	Washer	93	1	Optic Disk
44	2	Motor Tension Nut	94	1	Incline Motor Bolt, Bottom
45	6	Nut	95	1	Incline Stop Bracket
46	2	Frame Spacer	96	1	Incline Motor
47	1	Reed Switch	97	1	Left Cup Holder, Bottom
48	1	Reed Switch Screw	98	1	Left Cup Holder, Top
49	1	Reed Switch Clip	99	4	Housing Screw
50	1	Lift Frame	100	1	Book Holder

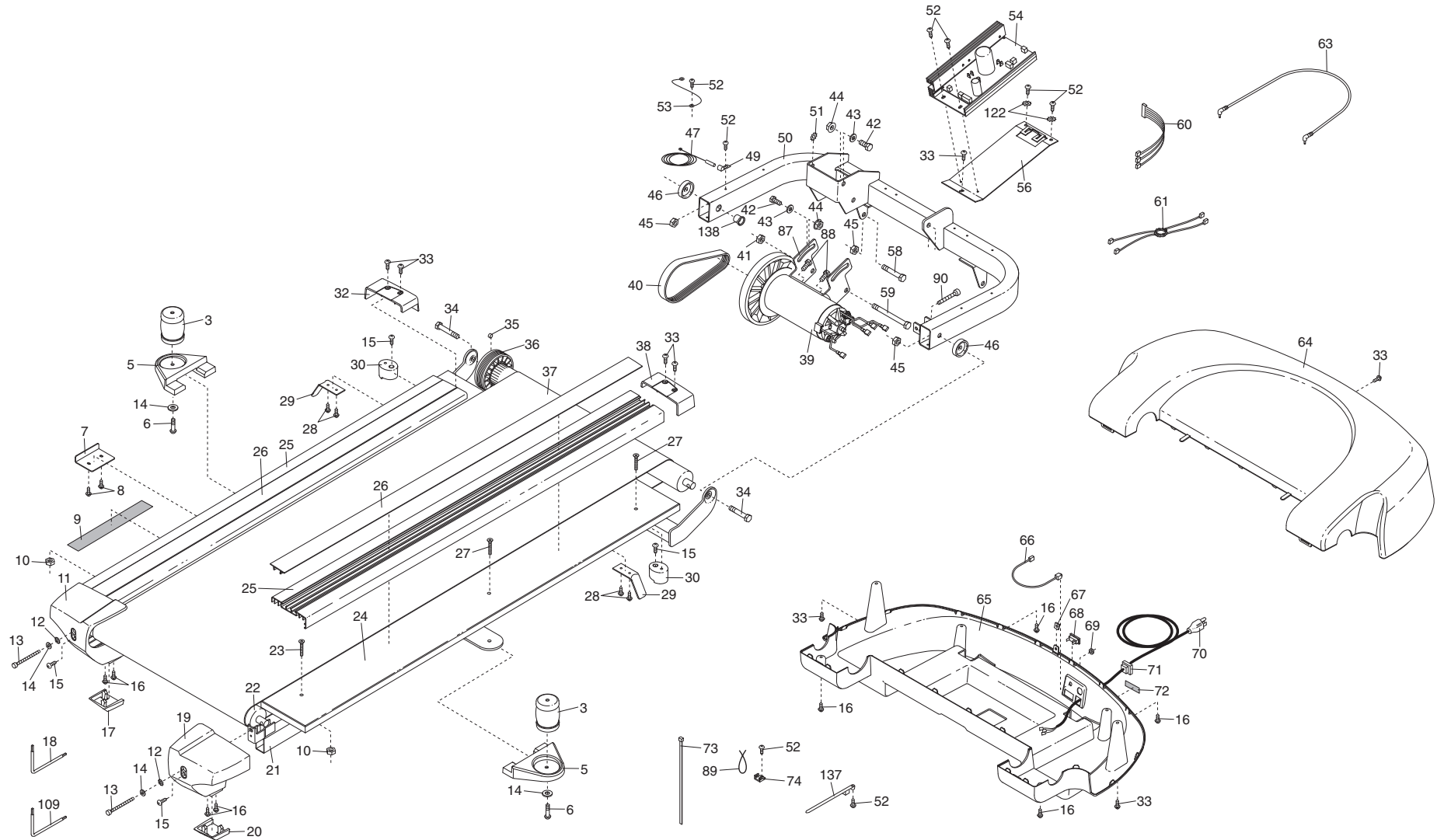
Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Console	124	2	Base Endcap
102	1	Right Cup Holder, Top	125	6	Base Pad
103	1	Right Cup Holder, Bottom	126	6	1" Tek Screw
104	1	Console Back	127	1	Ground Nut
105	1	Access Door	128	1	Ground Bolt
106	1	Left Handgrip, Top	129	1	Ground Washer
107	1	Left Handgrip, Bottom	130	1	Incline Motor Bolt, Top
108	2	Handrail	131	1	Base
109	1	5/32" Allen Wrench	132	4	3/8" Star Washer
110	1	Latch Assembly	133	4	Upright Bolt
111	1	Left Upright	134	2	Wheel Bolt
112	4	U-nut	135	2	Wheel Nut
113	4	5/16" x 1" Bolt	136	4	1/4" Star Washer
114	2	Upright Endcap	137	1	Wire Tie
115	1	Right Handgrip, Top	#	1	10" Blue Wire, 2 F
116	1	Right Handgrip, Bottom	#	1	4" Blue Wire, 2 F
117	4	1/4" x 1" Bolt	#	1	4" Black Wire, M/F
118	1	Wire Harness	#	1	6" Red Wire, M/F
119	1	Right Upright	#	1	User's Manual
120	1	Base Ground Wire			
121	2	3/8" x 3 1/2" Bolt			
122	3	Small Star Washer			
123	1	Optic Switch Nut			

#These parts are not illustrated.

Specifications are subject to change without notice.

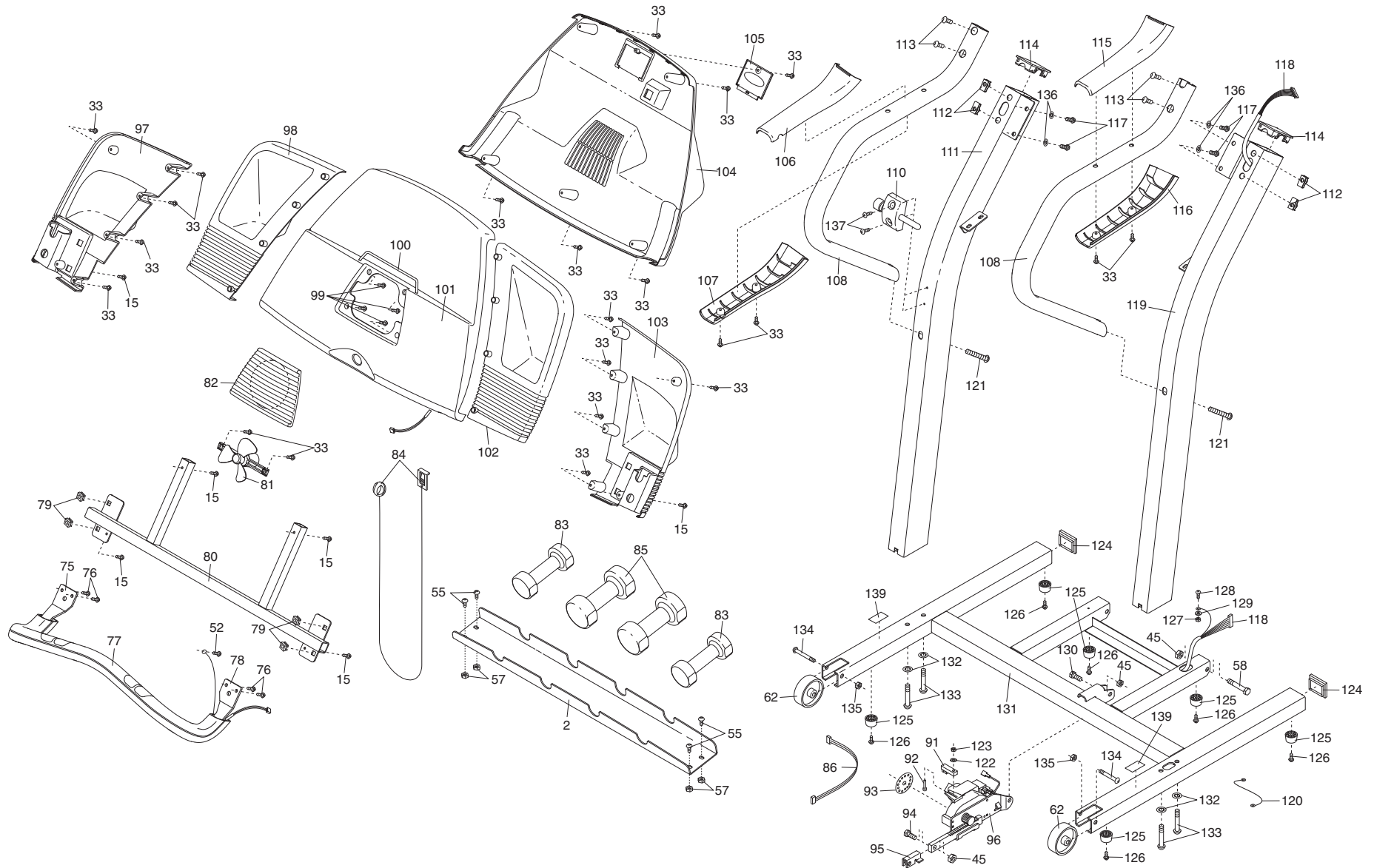
EXPLODED DRAWING—Model No. PFTL72505.0

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EXPLODED DRAWING—Model No. PFTL72505.0

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HOW TO ORDER REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (PFTL72505.0)
- the NAME of the product (PROFORM 700 GX treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on pages 30 and 31)

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 ten (10) 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