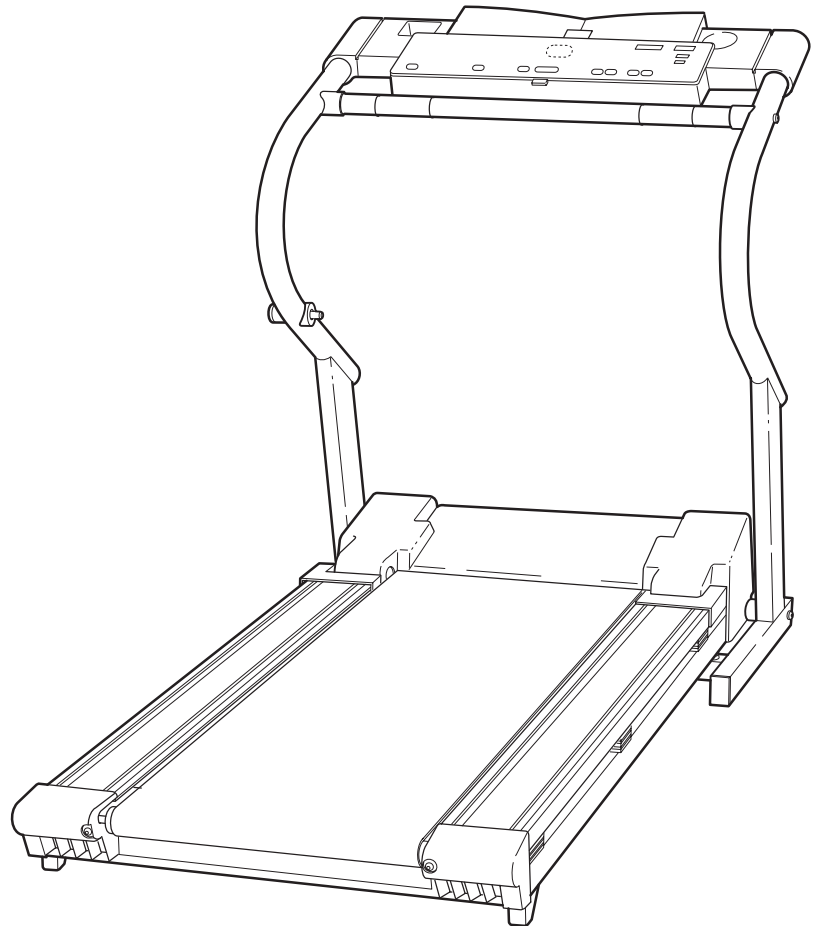# PRO·FORM®
RT2.0
ekg grip pulse

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee 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.

Visit our website at

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

PRO·FORM®
RT2.0
ekg grip pulse

TABLE OF CONTENTS

Note: An EXPLODED DRAWING is attached in the center of this manual.

IMPORTANT PRECAUTIONS

⚠ DANGER: 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 in this manual.

3. Place the treadmill on a level surface, with at least eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

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

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

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

7. The treadmill should not be used by persons weighing more than 300 pounds.

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

9. Wear appropriate exercise clothing 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.

10. When connecting the power cord (see page 7), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

11. Use only a single-outlet surge suppressor that 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. To purchase a surge suppressor, see your local PROFORM dealer or call 1-800-999-3756 and order part number 146148.

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 BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)

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

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

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. Using hand weights and not holding the handrails may compromise your ability to maintain your balance. Hand weights should be used only by experienced users.

18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord 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.)

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

20. Do not change the incline of the treadmill by placing objects under the treadmill.

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

22. **When using iFIT.com CD's and videos, 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 CD's and videos, 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 CD or video program.**

24. **Always remove iFIT.com CD's and videos from your CD player or VCR when you are not using them.**

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

26. **Never insert or drop 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. **This treadmill is intended for in-home use only. Do not use this 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 below have been placed on your treadmill. If a decal is missing or illegible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.

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

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

- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.

- Never allow children on or around treadmill.
- Remove key when not in use.

- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

IMPORTANT: Incline must be at lowest level before folding treadmill into storage position.
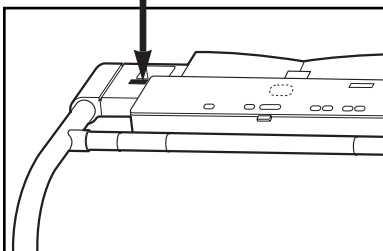
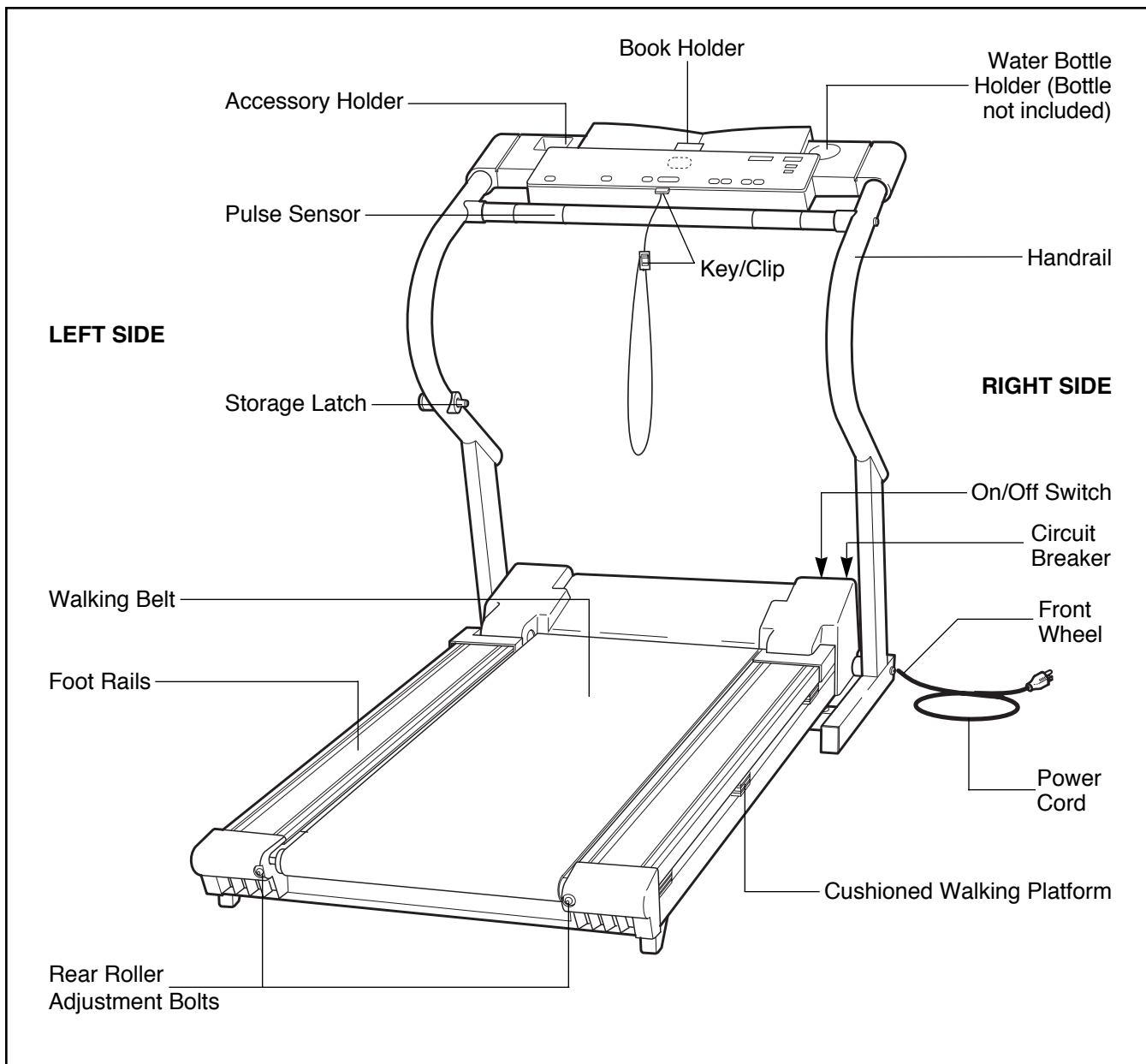Note: This decal above is shown at 38% of actual size.

⚠ **CAUTION**

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
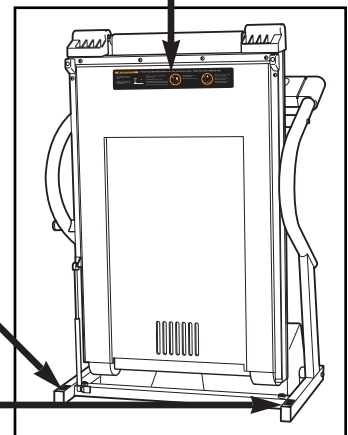
BEFORE YOU BEGIN

Thank you for selecting the PROFORM® RT2.0 tread-mill. The RT2.0 treadmill combines advanced technol-ogy with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique RT2.0 can be folded up, requiring less than half the floor space of other treadmills.
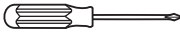
For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free

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 PFTL59200. The serial num-ber 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.

Book Holder

Water Bottle Holder (Bottle not included)

Accessory Holder

Pulse Sensor

Key/Clip

Handrail

LEFT SIDE

RIGHT SIDE

Storage Latch

On/Off Switch

Circuit Breaker

Walking Belt

Front Wheel

Foot Rails

Power Cord

Cushioned Walking Platform

Rear Roller Adjustment Bolts

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. **Assembly requires a rubber mallet** ⊏━━⊐ **and a phillips screwdriver** ⊏══╪═➤ **(not included).**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. With the help of a second person, carefully raise the Uprights (114) until the treadmill is in the position shown.

   Remove the EKG decal from the right grip pulse and discard.

   Note: One replacement Bumper (116) is included. If a Bumper becomes worn and needs to be replaced, use the replacement Bumper.
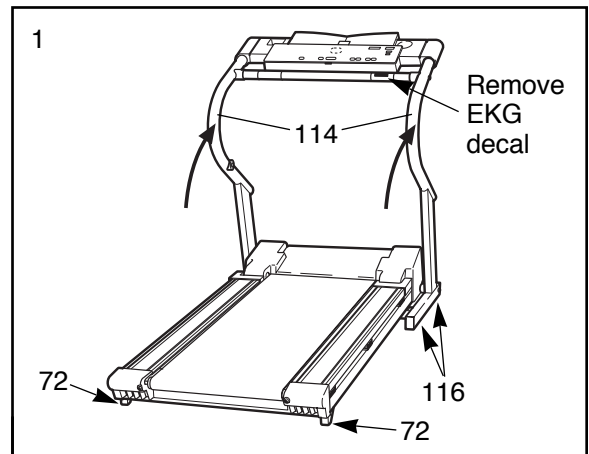
2. Using a rubber mallet, tap the Lock Knob Sleeve (91) into the large hole in the left Upright (114). Align the two small pins on the Lock Knob Spacer (75) with the small holes in the left side of the Upright. Insert the Lock Knob Spacer into the Upright. Make sure that the Lock Knob Sleeve and the Lock Knob Spacer are fully inserted into the Upright.

   Remove the Lock Knob (90) from the Lock Pin (94). Make sure that the Lock Pin Collar (93) and the Spring (92) are on the Lock Pin. Insert the Lock Pin into the left Upright (114) and tighten the Lock Knob onto it.
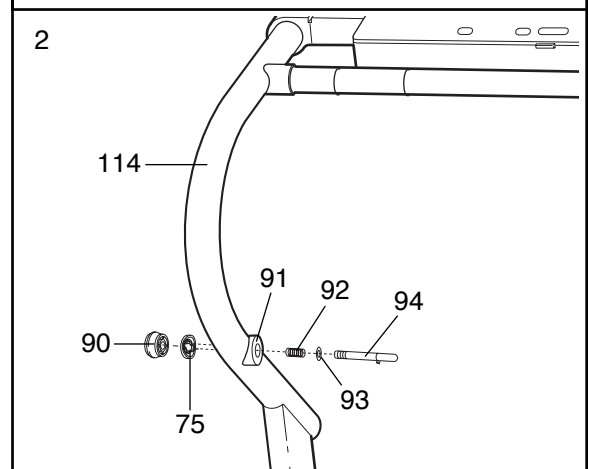

3. Observe the two Rear Feet (72) at the rear of the treadmill (see figure 1 above). If there is a space between the right Rear Foot and the floor, the Foot Spacer (71) will need to be moved from the left Foot to the right Foot.

   Hold the treadmill firmly with both hands, and raise the treadmill to the storage position as described on page 18.

   Using a phillips screwdriver, remove the Screw (6), Rear Foot (72) and the Rear Foot Spacer (71) from the left side. Remove the Rear Foot from the right side. Snap the Rear Foot Spacer (71) onto the right Rear Foot. Reattach the Rear Feet to the treadmill Frame (79).

   Hold the treadmill firmly with both hands, and lower the treadmill as described on page 18.
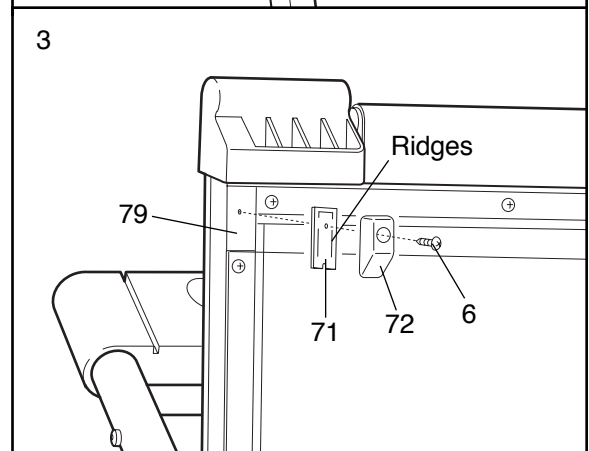
4. **Make sure that all parts of the treadmill are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 20). To protect the floor or carpet from damage, place a mat under the treadmill.

Operation and Adjustment

THE PERFORMANT LUBE™ WALKING BELT

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

**HOW TO PLUG IN THE POWER CORD**

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

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).**

To purchase a surge suppressor, see your local PROFORM dealer or call 1-800-999-3756 and order part number 146148. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

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

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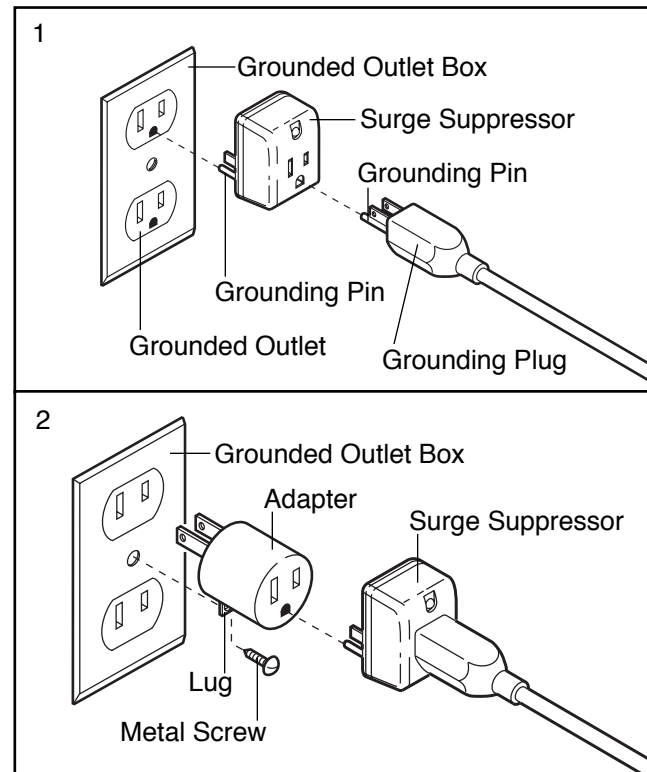
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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

CONSOLE DIAGRAM

Program Indicators   LED Track   Displays
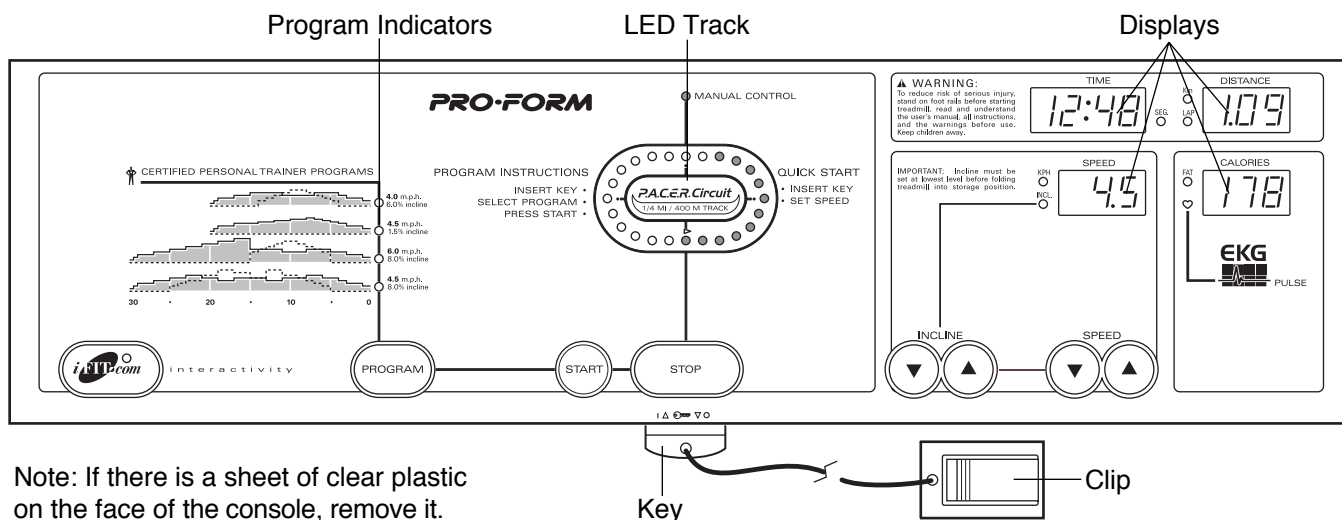
Note: If there is a sheet of clear plastic
on the face of the console, remove it.

Key   Clip

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

• **Do not stand on the walking belt when turn-
ing on the power.**

• **Always wear the clip (see the drawing above)
while operating the treadmill. If the key is
pulled from the console, the walking belt will
automatically stop.**

• **Adjust the speed in small increments to
avoid sudden jumps in speed.**

• **To reduce the possibility of electric shock,
keep the console dry. Avoid spilling liquids
on the console, and place only a sealed
water bottle in the water bottle holder.**

FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of
features to help you get the most from your exercise
program.

When the manual mode is selected, you can adjust the
speed and incline of the treadmill with a touch of a but-
ton. As you exercise, four displays and an LED "track"
will provide continuous exercise feedback. You can
even measure your heart rate at any time using the
built-in pulse sensor.

In addition, the console offers four preset workout pro-
grams. Each program automatically controls the speed

and incline of the treadmill as it guides you through an
effective workout.

The console also features new iFIT.com interactive
technology. iFIT.com technology is like having a per-
sonal trainer right in your home. Using the included
audio cable, you can connect the treadmill to your home
stereo, portable stereo, or computer and play special
iFIT.com CD programs (CD's are available separately).
iFIT.com CD programs automatically control the speed
and incline of the treadmill as a personal trainer walks
you through every step of your workout. High-energy
music provides added motivation. Each CD features
two programs designed by certified personal trainers.

In addition, you can connect the treadmill to your VCR
and TV and play iFIT.com video programs (videocas-
settes are available separately). Video programs offer
the same benefits as iFIT.com CD programs, but add
the excitement of exercising with a class and an instruc-
tor—the hottest new trend at health clubs.

With the treadmill connected to your computer, you
can also go to our new internet site at www.iFIT.com
and access audio programs and video programs di-
rectly from the internet.

And by adding an optional upgrade module to the
treadmill, you can use virtually endless features from
our internet site. See www.iFIT.com for complete de-
tails.

**To purchase iFIT.com CD's or videocassettes, call
toll-free 1-800-735-0768. To order the optional up-
grade module, see page 19.**

STEP-BY-STEP CONSOLE OPERATION

Note: The console can display speed and distance in either miles or kilometers (see SPEED/INCLINE DISPLAY on page 10). For simplicity, all instructions in this section refer to miles.

Before operating the console, make sure that the on/off switch near the power cord is in the on position. In addition, make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 7).

On Position
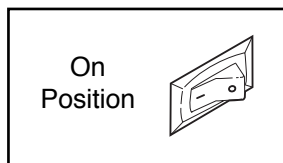
When you are ready to begin exercising, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 8), and slide the clip onto the waistband of your clothing. Next, insert the key fully into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

### HOW TO USE THE MANUAL MODE

1 Insert the key fully into the console.

A moment after the key is inserted, the four displays, the LED track, and various indicators on the console will light.
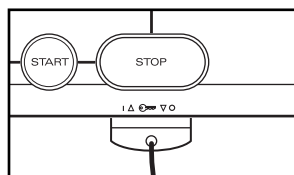
2 Select the manual mode.

When the key is inserted, the manual mode will be selected, as shown by the MANUAL CONTROL indicator. If you have selected a workout program, press the PROGRAM button repeatedly until the MANUAL CONTROL indicator lights.
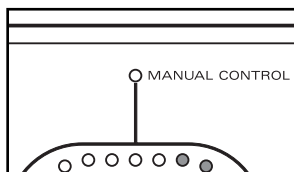
3 Press the START button and adjust the speed of the walking belt.

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

As you exercise, change the speed of the walking belt as desired by pressing the SPEED buttons. Each time a button is pressed, the speed will change by 0.1 mph. The buttons can be held down to change the speed quickly. Note: It may take a few seconds for the walking belt to reach the selected speed setting.

To stop the walking belt, press the STOP button. The TIME display will begin to flash. To restart the walking belt, press the START button or the SPEED △ button. To stop the walking belt and reset the displays, press the STOP button, remove the key, and then reinsert the key.

4 Adjust the incline of the treadmill as desired.

To change the incline of the treadmill, press the INCLINE buttons. Each time a button is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline quickly. Note: It may take a few seconds for the treadmill to reach the selected incline setting.

5 Follow your progress with the LED track and the four displays.

The LED Track—The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until the entire track is lit. When you have completed 1/4 mile, the indicators will darken in a counterclockwise direction and a new lap will begin.
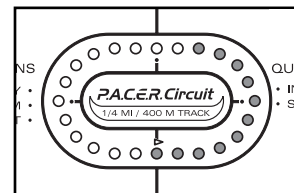
TIME display—When the manual mode is selected, this display will show the elapsed time. When a workout program is selected, this display will show the time remaining in the program as well as the time remaining in the current "segment" (segments will be explained in a later step). The display will change from one number to the other every seven seconds. The SEG indicator will light when the time remaining in the current segment is shown.

9

DISTANCE/LAP display—This display shows the distance that you have walked and the number of 1/4-mile laps you have completed. The display will change from one number to the other every seven seconds. The LAP indicator will light when the number of laps is shown.
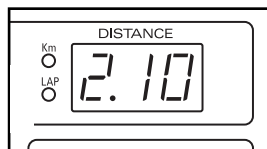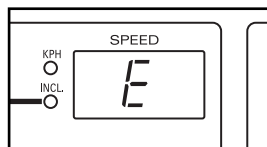
SPEED/INCLINE display—This display shows the speed of the walking belt and the incline level of the treadmill. The display will change from one number to the other every seven seconds. The INCLINE indicator will light when the incline is shown.
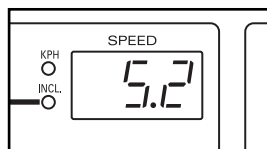
Note: The console can display distance and speed in either miles or kilometers. When the console is displaying distance and speed in kilometers, the KM and KPH indicators will light; when the console is displaying miles, the indicators will be dark. To change the unit of measurement, hold down the STOP button while inserting the key into the console. An "E" for English miles, or an "M" for metric kilometers, will appear in the SPEED/INCLINE display. To change the unit of measurement, press the SPEED △ button. Then, remove and reinsert the key.
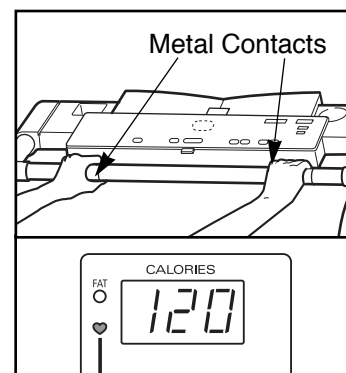
CALORIES/PULSE display—This display shows the approximate numbers of calories and fat calories you have burned during your workout (see FAT BURNING on page 21). The display will change from one number to the other every seven seconds. The FAT indicator will light when the number of fat calories is shown. When you use the pulse sensor, this display will show your heart rate (see step 6).

6 Measure your heart rate, if desired.

To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts on the pulse sensor. Your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts—**avoid moving your hands**. When your pulse is detected, the heart-shaped indicator will flash **steadily** and three dashes (– – –) will appear in the CALORIES/PULSE display. After a few seconds, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 When you are finished exercising, press the STOP button and remove the key.

Step onto the foot rails and press the STOP button. Next, **change 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.** Remove the key from the console and put it in a secure place. Note: If the displays and various indicators on the console remain lit when the key is removed, the console is in the "demo" mode. Refer to page 17 and turn off the demo mode.

When you are finished using the treadmill, unplug the power cord and move the on/off switch to the off position.

HOW TO USE THE WORKOUT PROGRAMS

1 Insert the key fully into the console.

A moment after the key is inserted, the four displays, the LED track, and various indicators on the console will light.

2 Press the PROGRAM button to select a workout program.

When the key is inserted, the manual mode will be selected, as shown by the MANUAL CONTROL indicator. To select one of the workout programs, press the PROGRAM button repeatedly until one of the four program indicators lights.
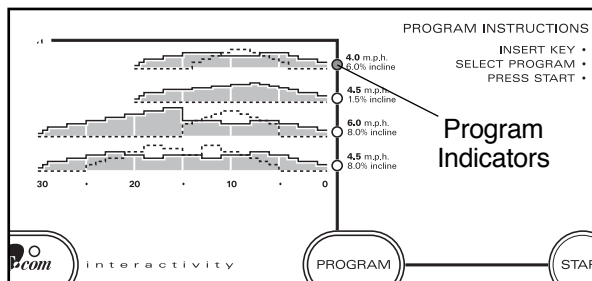

Each workout program will automatically control the speed and incline of the treadmill to give you an effective workout. The graphs on the left side of the console show how the speed and incline will change during each program—the green and red lines show how the speed will change and the white lines show how the incline will change. The numbers at the right end of each graph show the maximum speed and incline that the treadmill will reach during the program. The scale below the graphs shows how long each program will last. Refer to the upper graph. This graph shows that when the first program is selected, the speed will reach a maximum of 4 mph and the incline will reach a maximum of 6% during the program. The scale shows that the program will last for twenty minutes.

3 Press the START button to start the program

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

Each program is divided into several individual "segments." The speed and/or incline of the treadmill will automatically change at the beginning of each segment. Throughout the program, the TIME

display will show the time remaining in the program as well as the time remaining in the current "segment" (see TIME display on page
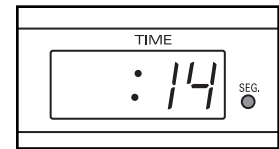
9.) When only three seconds remain in the current segment, a series of tones will be heard and the speed and/or incline of the treadmill will automatically change. Make sure to listen for the tones and be ready for speed and/or incline changes.

The program will continue in this way until no time remains in the program. The walking belt will then slow to a stop.

If the program is too difficult or too easy, the speed and incline of the treadmill can be adjusted at any time with the SPEED and INCLINE buttons. **However, when the next segment of the program begins, the speed and incline will automatically change to the next settings of the program.**

To stop the program for a moment, press the STOP button. The TIME display will begin to flash. To restart the program, press the START button or the SPEED △ button. To stop the program and reset the displays, press the STOP button, remove the key, and then reinsert the key.

4 Follow your progress with the LED track and the four displays.

See step 5 on page 9.

5 Measure your heart rate, if desired.

See step 6 on page 10.

6 When the program is completed, remove the key.

Make sure that the incline is at 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 and various indicators on the console remain lit when the key is removed, the console is in the "demo" mode. Refer to page 17 and turn off the demo mode.

When you are finished using the treadmill, unplug the power cord and move the on/off switch to the off position.

HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CD's, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See this page and page 13 for connecting instructions. **To use iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 14 for connecting instructions. **To use iFIT.com programs directly from our internet site**, the treadmill must be connected to your home computer. See page 13 for connecting instructions.
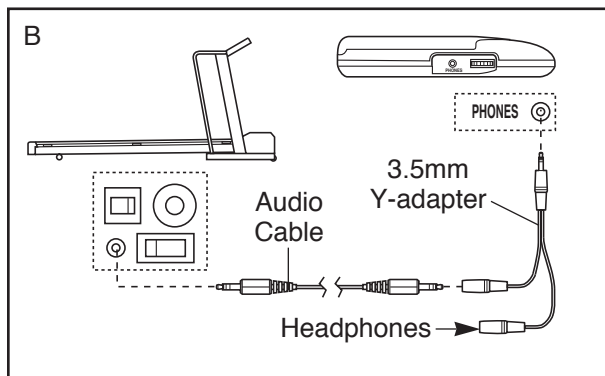
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
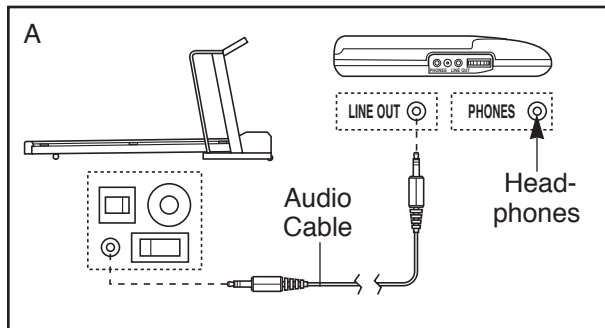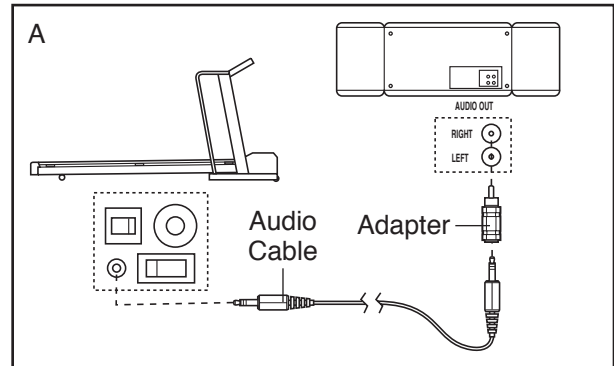

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.
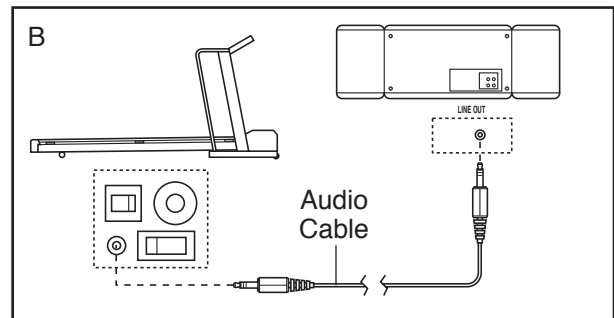

HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.
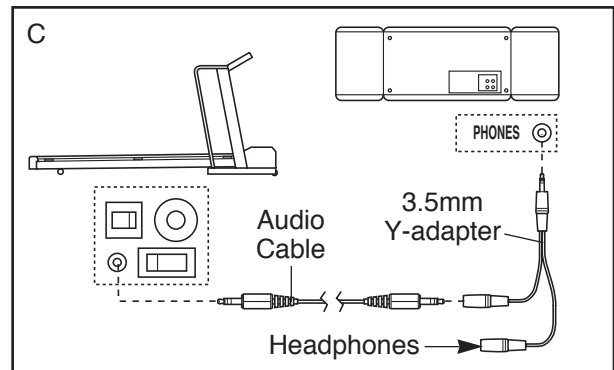

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your stereo.
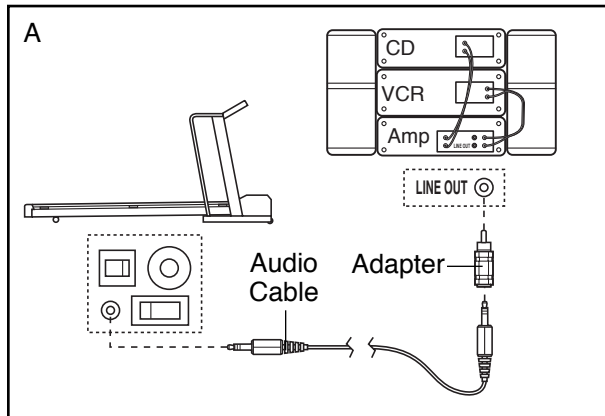

C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.

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 the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the LINE OUT jack on your stereo.
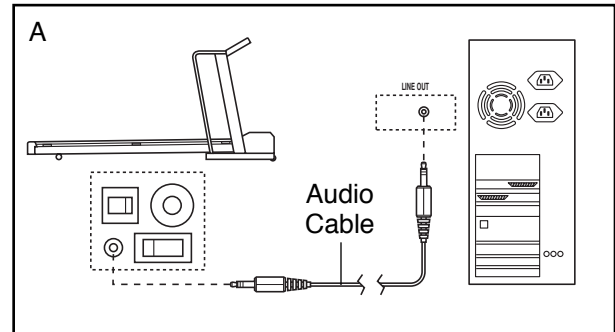
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the RCA Y-adapter. Plug the RCA Y-adapter into the LINE OUT jack on your stereo.
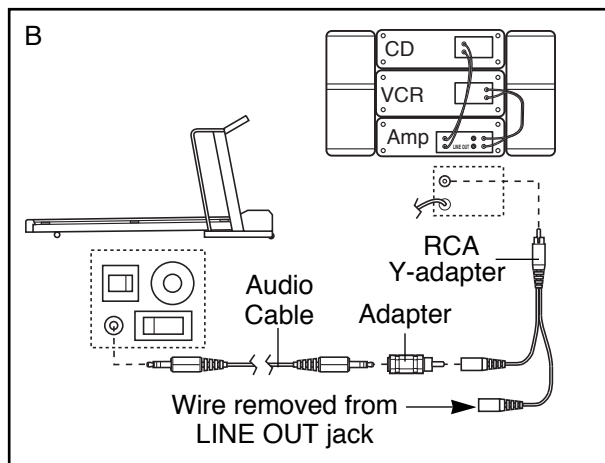
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your computer.

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.
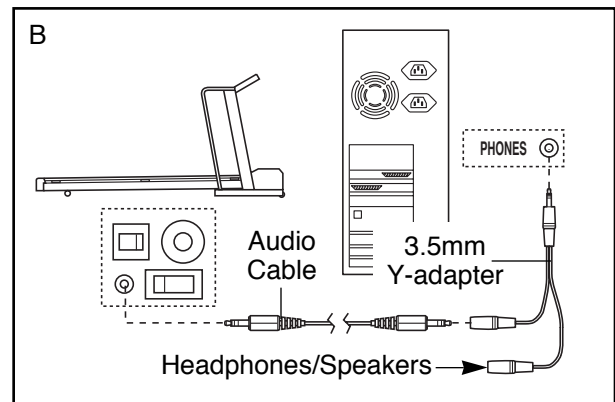
HOW TO CONNECT YOUR VCR

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 13.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.

B**.** Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA 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 RCA adapter. Plug the RCA adapter into the AUDIO OUT jack on your VCR.

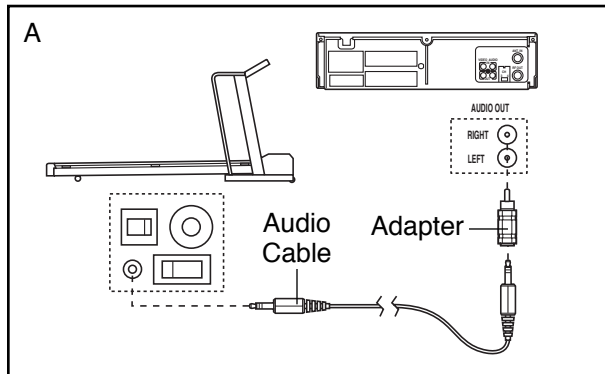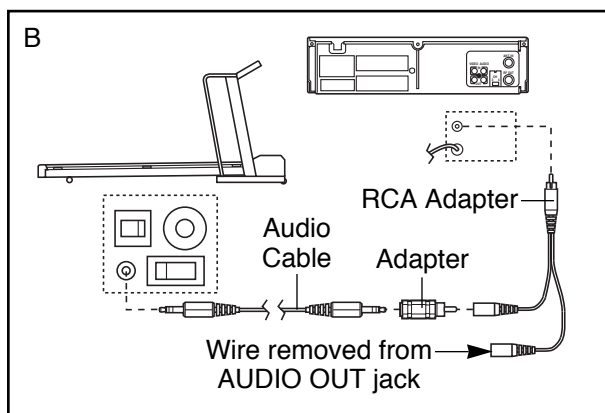**HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS**

To use iFIT.com CD's or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 12. **Note: To purchase iFIT.com CD's or videocassettes, call toll-free 1-800-735-0768.**

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

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

See step 1 on page 8.

2 **Select the iFIT.com mode.**

When the key is in-serted, the manual mode will automatically be selected. To use an iFIT.com CD or video program, press the iFIT.com button. The indicator on the button will light.

3 **Insert the iFIT.com CD or videocassette.**

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.

4 **Press the PLAY button on your CD player or VCR.**

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the TIME display is flashing, press the START button or the SPEED △ button on the console. The treadmill will not respond to a CD or video program when the time is flashing.

During the CD or video 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 the 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 CD or video program.**

To stop the walking belt at any time, press the STOP button on the console. The TIME display will begin to flash. To restart the program, press the START button or the SPEED △ 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 CD or video program**. The program can also be stopped by pressing the stop button on your CD player or VCR.

When the CD or video program is completed, the walking belt will stop and the TIME display will begin to flash. Note: To use another CD or video program, press the STOP button or remove the key and go to step 1 on page 14.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard:

• **make sure that the iFIT.com indicator is lit and that the TIME display is not flashing. If the TIME display is flashing, press the START button or the SPEED △ button on the console.**

• **adjust the volume of your 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, that it is fully plugged in, and that it is not wrapped around a power cord.**

• **if you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

5 **Follow your progress with the LED track and the displays.**

See step 5 on page 9.

6 **Measure your heart rate, if desired.**

Refer to step 6 on page 10.

7 **When the program is completed, remove the key.**

See step 6 on page 11.

HOW TO USE PROGRAMS DIRECTLY FROM OUR INTERNET SITE

Our new internet site at www.iFIT.com allows you to access a selection of programs that interactively control your treadmill to help you achieve your specific exercise goals. In addition, you can play iFIT.com audio and video programs directly from the internet. By adding an optional upgrade module to the console, you can use virtually endless features from our internet site. Explore www.iFIT.com for details. **To purchase an upgrade module, call toll-free 1-800-735-0768.**

To use programs from our internet site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 13. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our internet site.

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

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

See step 1 on page 9.

2 **Select the iFIT.com mode.**

When the key is inserted, the manual mode will automatically be selected. To use a program from our internet site, press the iFIT.com button. The indicator on the button will light.

3 **Go to your computer and start an internet connection.**

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

5 **Follow the desired links on our internet 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 clothing.**

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 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 main display. To restart the program, press the PROGRAM button or the SPEED △ button 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 and the TIME display will begin to flash. Note: To use another program, press the STOP button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit and that the TIME display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 **Follow your progress with the LED track and the displays.**

See step 5 on page 9.

**9** **When the program has ended, remove the key.**

See step 6 on page 11.

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 used and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour.

To select the information mode, hold down the STOP button while inserting the key into the console. When the information mode is selected, the following information will be shown:
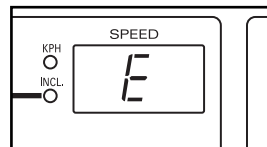
The TIME display will show the total number of hours the treadmill has been used.
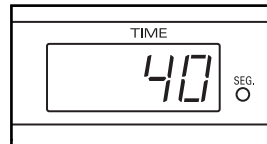
The DISTANCE/LAP display will show the total number of miles that the walking belt has moved.
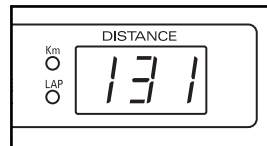
An "E" for English miles, or an "M" for metric kilometers, will appear in the SPEED/ INCLINE display. Press the SPEED △ button to change the unit of measurement.

**IMPORTANT: The CALORIES/PULSE display should be blank.** If a "d" appears in the 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 displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the CALORIES/PULSE display when the information mode is selected, press the SPEED ▽ button so the CALORIES/PULSE display is blank.**
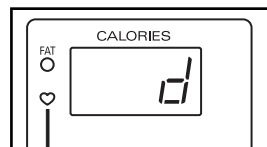
To exit the information mode, remove the key from the console.

THE OPTIONAL IFIT.COM MODULE

By adding an optional iFIT.com module to the treadmill, you can use virtually endless features from our internet site. Imagine on-line competitions, personal training sessions via the internet, and the ability to use your computer to track your workouts. **For information about purchasing the optional iFIT.com module, call toll-free 1-800-735-0768.**
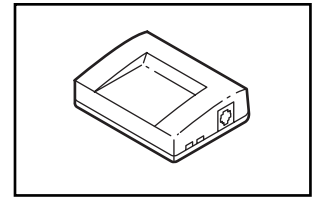
HOW TO FOLD AND MOVE THE TREADMILL

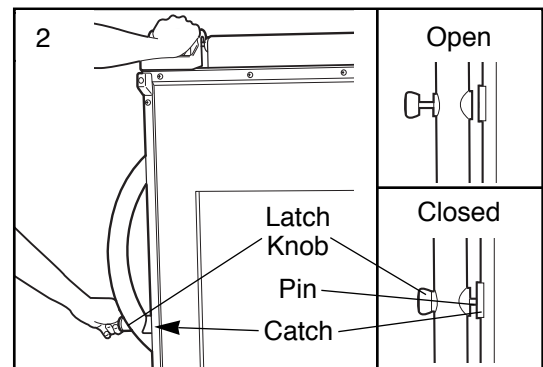## HOW TO FOLD THE TREADMILL FOR STORAGE

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

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.
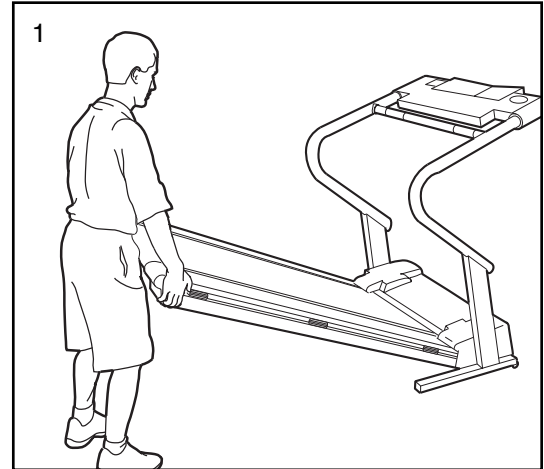
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the latch pin is aligned with the hole in the catch. Insert the latch pin into the catch. **Make sure that the latch pin is fully inserted into the catch.**

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

HOW TO MOVE THE TREADMILL

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

1. Hold the treadmill as shown and place one foot against a wheel.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. 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 on the base, and carefully lower the treadmill until it is resting in the storage position.
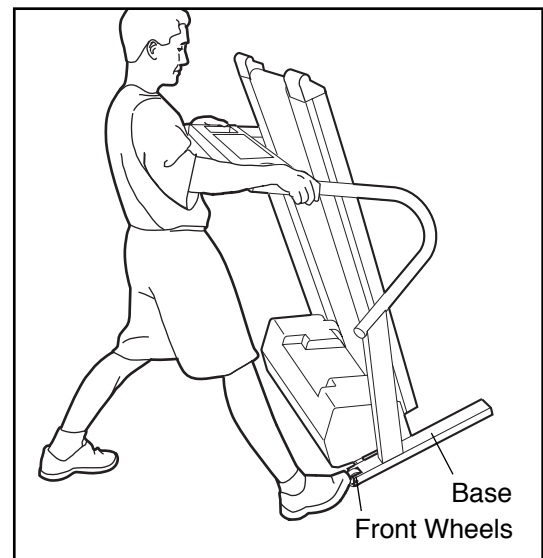
HOW TO LOWER THE TREADMILL FOR USE

1. Refer to drawing 2 above. 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 treadmill down until the frame is past the pin. Slowly release the latch knob.

2. Refer to drawing 1. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

MAINTENANCE AND 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

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 7). 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. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the 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.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.
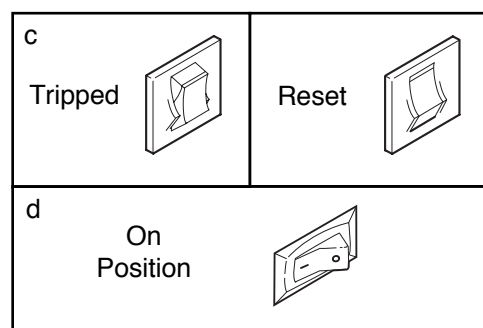
2. SYMPTOM: THE POWER TURNS OFF DURING USE

a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

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

d. Make sure that the on/off switch is in the on position.

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

3. SYMPTOM: THE PULSE SENSOR DOES NOT FUNCTION PROPERLY

a. **Make sure to stand on the foot rails and avoid moving your hands while measuring your heart rate.** Excessive movement may interfere with heart rate readings. If the pulse sensor is not used correctly, your heart rate will not be shown.

b. Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.

c. For the most accurate heart rate reading, hold the contacts for about 15 seconds.

d. For optimal performance of the pulse sensor, keep the contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

4. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the screws from the hood and remove the hood. Locate the Reed Switch (16) and the Magnet (10) on the left side of the Pulley (11). 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 Reed Switch Screw (15) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

1/8"
15
16
11
10

Top View
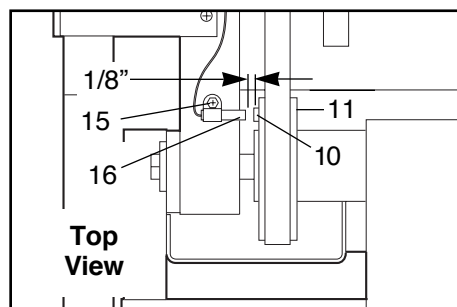
5. SYMPTOM: The walking belt slows when walked on

a. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

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 allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.


b
3–4"

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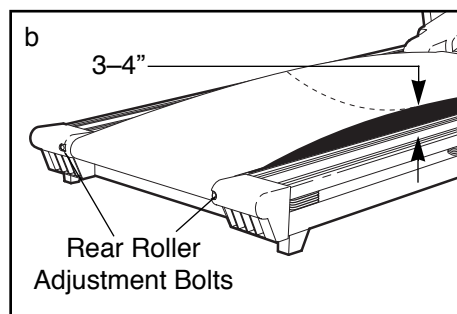
c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

6. SYMPTOM: The walking belt is off-center

a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

a
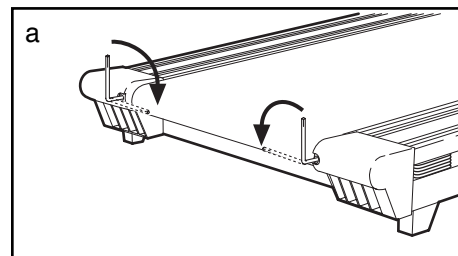
b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

b
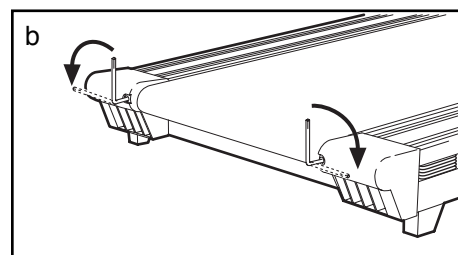
7. SYMPTOM: The walking belt slips when walked on

a. 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 adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

a
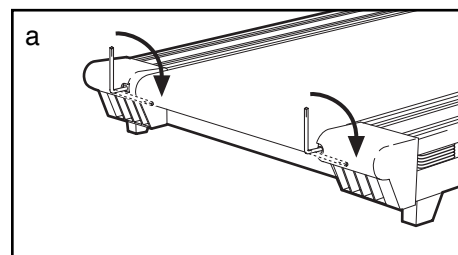
CONDITIONING GUIDELINES

⚠ 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 only. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

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

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

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

To measure your heart rate during exercise, use the pulse sensor on the console. If your heart rate is too high or too low, adjust the speed and incline of the treadmill.

Fat Burning

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

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle 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 and 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.

PART LIST—Model No. PFTL59200

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Center Track	51	1	Motor Belt
2	2	Foot Rail Cap	52	1	Motor
3	2	Static Warning Decal	53	3	Motor Tension Bolt
4	2	Foot Rail	54	1	Motor Tension Washer
5	4	Isolator	55	1	Motor Star Washer
6	26	Screw	56	1	Motor Tension Nut
7	6	Deck Screw	57	1	Shock
8	2	Frame Pivot Bolt	58	1	Incline Motor Shield
9	2	Frame Spacer	59	5	Flat Tie Holder
10	1	Magnet	60	20	Belly Pan Fastener
11	1	Front Roller/Pulley	61	1	Walking Belt
12	7	Frame Pivot Nut/Wheel Nut	62	2	Frame Guide
13	1	Incline Frame	63	4	Belt Guide Screw
14	1	Reed Switch Clip	64	2	Rear Isolator
15	1	Latch Assembly	65	2	Optic Sensor Washer
16	1	Reed Switch	66	4	Small Isolator Screw
17	1	Incline Sensor Wire	67	2	Roller Guard
18	2	Incline Bolt	68	1	Belly Pan
19	2	Incline Motor Spacer	69	1	Ground Screw
20	2	Roller Guard Screw	70	1	Roller Ground Wire
21	2	Hood Bracket	71	1	Foot Spacer
22	1	1 3/4" x 4 1/2 " Spacer	72	2	Rear Foot
23	1	Long Hood Bracket	73	1	Caution Decal
24	1	Walking Platform	74	2	Frame Endcap
25	1	Incline Motor	75	1	Lock Knob Spacer
26	1	Incline Optic Disk	76	2	Rear Roller Bolt
27	1	Stop Bracket	77	2	Endcap Spacer
28	1	Small Nut	78	2	Rear Roller
29	1	Small Bolt	79	1	Frame
30	1	Optic Switch	80	1	Hand Pulse Wire Harness
31	14	Misc. Screw	81	2	Latch Catch Screw
32	1	Choke	82	1	Latch Catch
33	1	Electronics Bracket	83*	1	Pulse Bar Assembly
34	1	Controller	84	2	Pulse Bar Bolt
35	1	Circuit Breaker	85	2	Pulse Bar Washer
36	1	Power Cord	86	5	Base Mount Screw
37	1	Grommet	87	1	Left Base Mount
38	1	On/Off Switch	88	1	Console Ground Wire
39	1	Outlet Bracket	89	4	Handrail Cap
40	1	8" Wire Harness	90	1	Lock Knob
41	4	Plastic Stand-Off	91	1	Lock Knob Sleeve
42	1	Power Supply w/Stand-Off	92	1	Lock Knob Spring
43	1	Power Supply Ground Wire	93	1	Lock Pin Collar
44	1	Front Roller Adj. Bolt	94	1	Lock Pin
45	3	Roller Adjustment Washer	95	1	Snap Ring
46*	1	Motor Assembly	96	1	Main Wire Harness
47	1	Motor Pivot Bolt	97	1	Right Base Mount
48	1	Front Roller Nut	98	1	12" Audio Wire
49	1	Motor Pivot Nut	99	2	Frame Endcap
50	1	Pulley/Flywheel/Fan	100	1	Console

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Key/Clip	122	1	Jack
102	8	8" Wire Tie	123**	1	iFIT.com Module
103	1	Book Holder	124**	1	iFIT.com Videocassette
104	1	Console Base	125**	1	iFIT.com CD
105	1	Battery Cover	126	2	Pulse Bar Collar
106	4	Hood Screw	#	1	4" Black Wire, 2 F
107	1	Motor Hood	#	1	4" Blue Wire, 2 F
108	9	Belly Pan Screw/Shield Screw	#	1	10" White Wire, 2 F
109	1	Belly Pan	#	1	8" Red Wire, M/F
110	1	Incline Belly Pan	#	1	10" Green Wire, M/Ring
111	2	Front Wheel	#	1	8" Green Wire, M/Ring
112	2	Wheel Bolt	#	1	8" Green Wire, 2 Ring
113	2	Releasable Tie	#	1	User's Manual
114	1	Upright			
115	2	Frame Pivot Bolt	*		Includes all parts shown in the box
116	6	Bumper			
117	13	Bumper Screw	**		These parts are optional. For information about the
118	1	Allen Wrench			iFit.com module, iFit.com CD's, or iFit.com video-
119	2	Warning Decal			cassettes, call toll-free 1-800-735-0768.
120	2	Upright Base Endcap			
121	1	10' iFIT Wire	#		These parts are not illustrated

Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual.
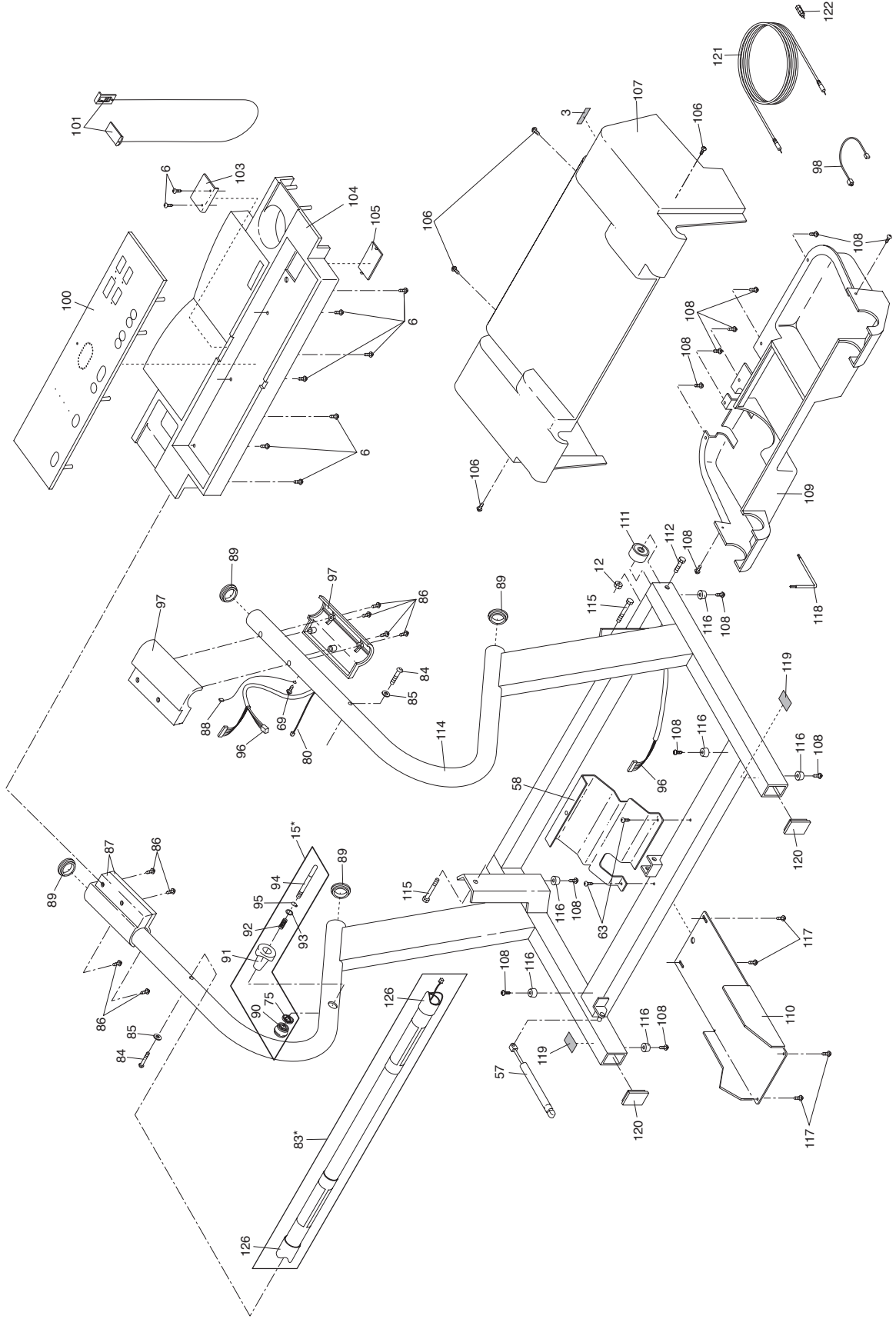
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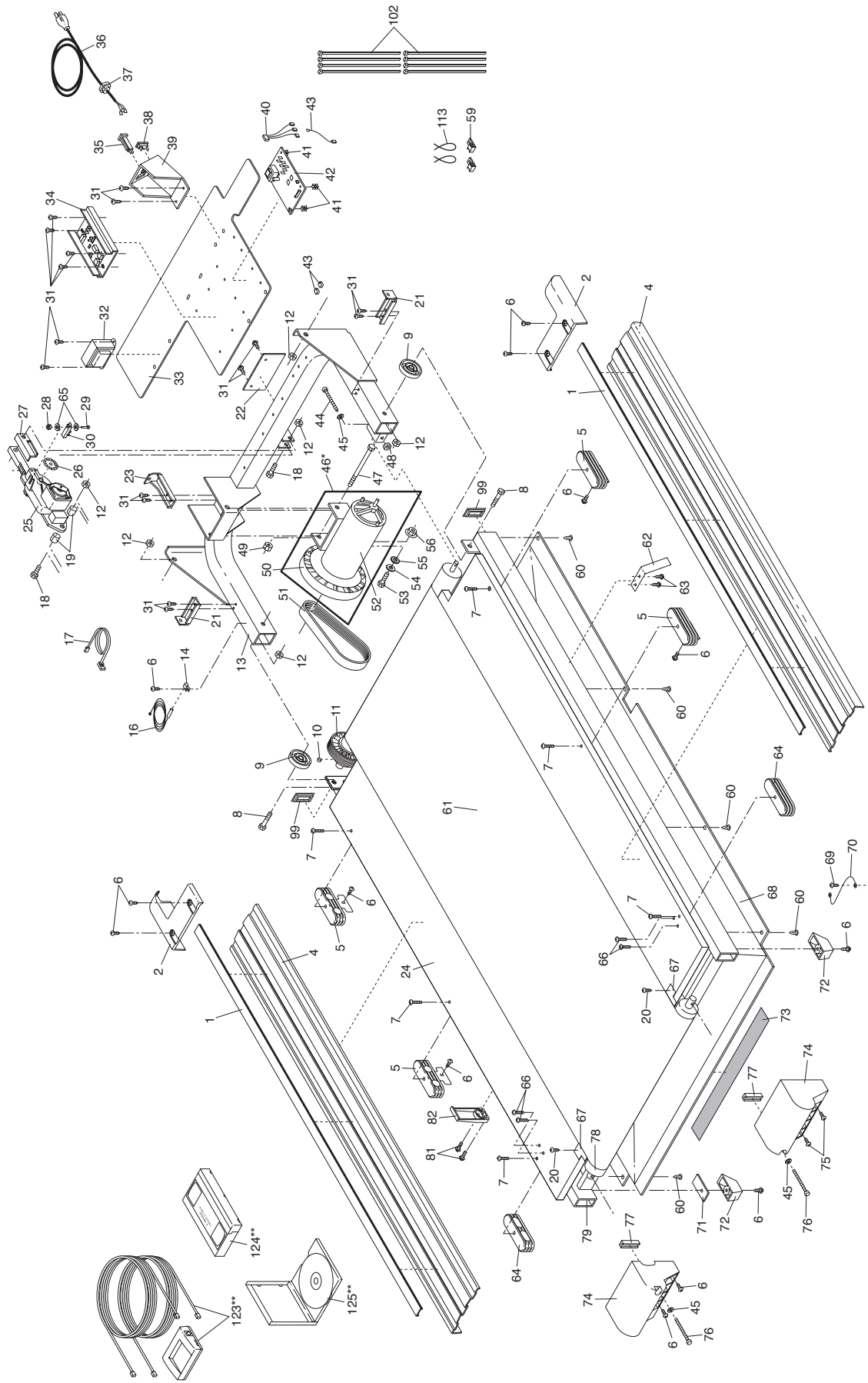
EXPLODED DRAWING—Model No. PFTL59200

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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 (PFTL59200)

• The NAME OF THE PRODUCT (PROFORM® RT2.0 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 page 22 and the EX-PLODED DRAWING attached in the center of this manual).

minor corrections made 7-17-00. Reprint