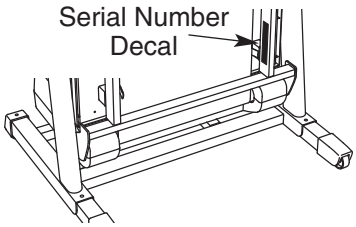
PRO-FORM®
5.0 CROSSTRAINER

Model No. PFTL59007.0
Serial No. _____

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



QUESTIONS?

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

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

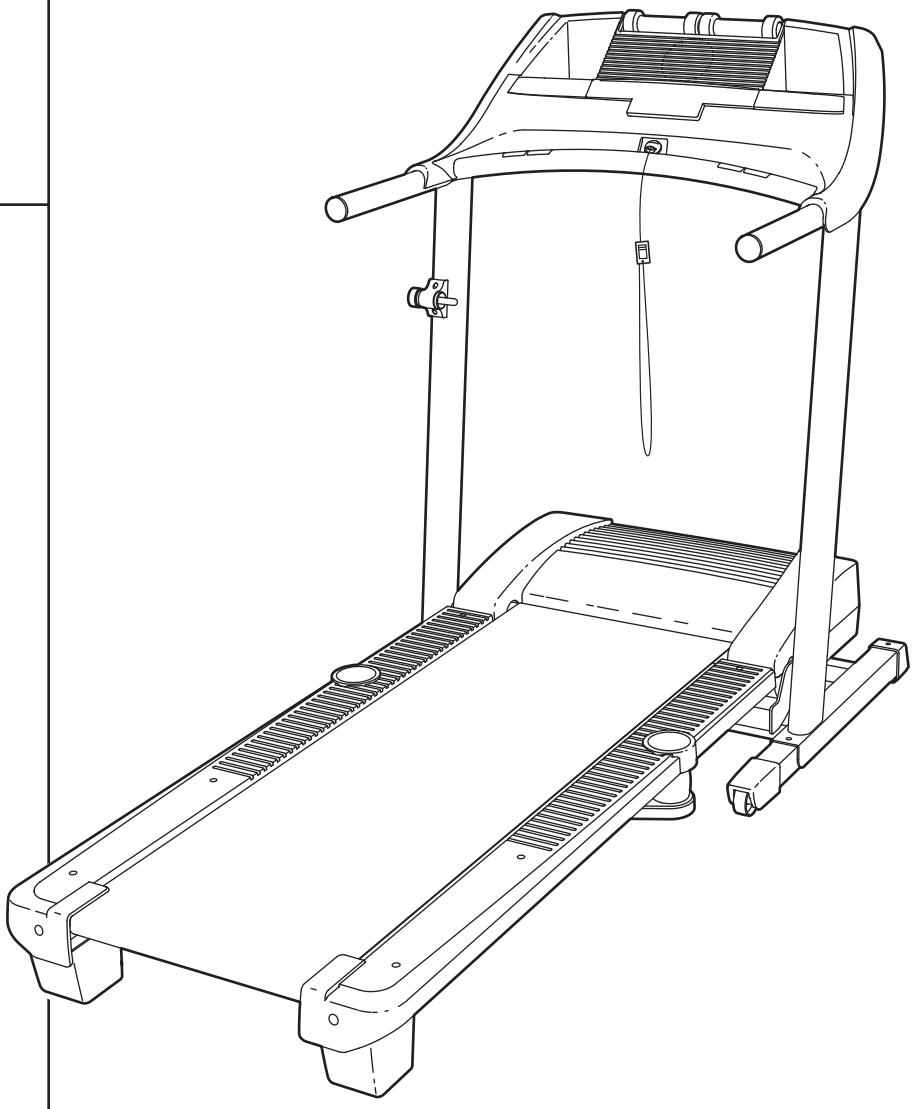
CUSTOMER HOT LINE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

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

USER'S MANUAL





Visit our website at

www.proform.com

new products, prizes,
fitness tips, and much more!

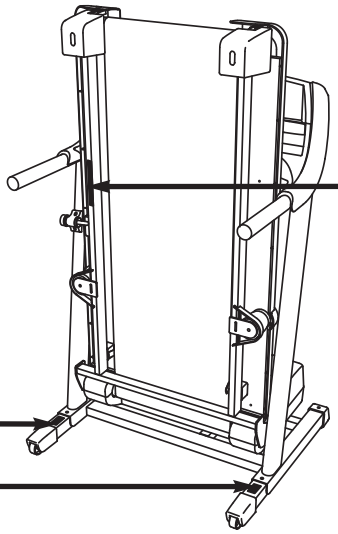
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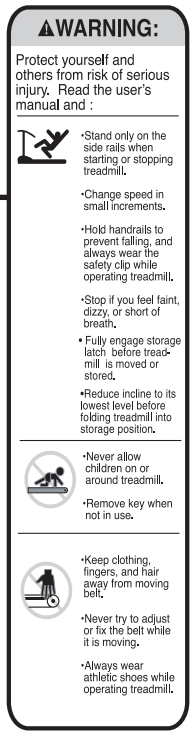
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WARNING DECAL PLACEMENT

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







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IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 19 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 11).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

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

22. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 17.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

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

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

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

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

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

SAVE THESE INSTRUCTIONS

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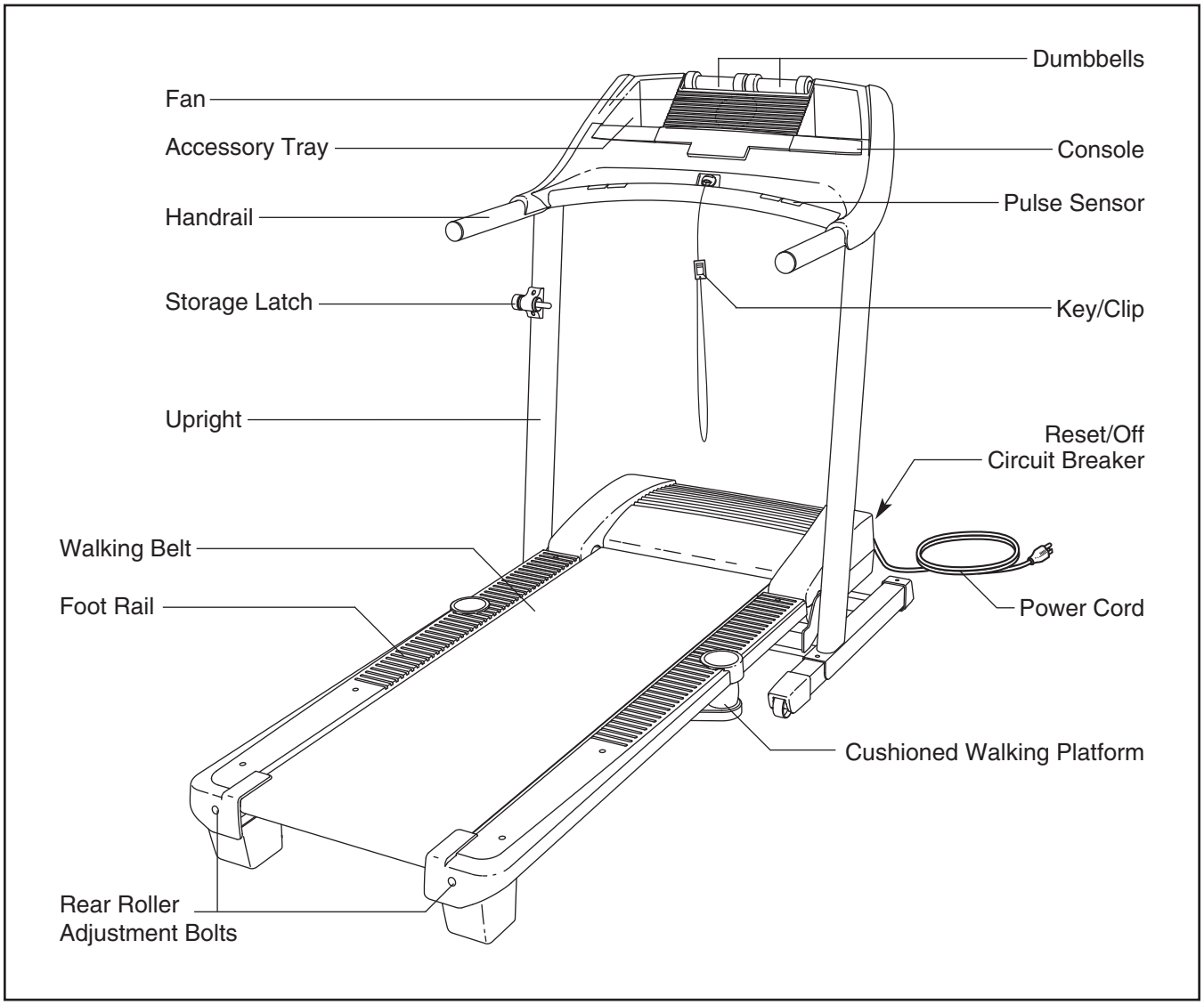
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 5.0 CROSSTRAINER treadmill. The 5.0 CROSSTRAINER treadmill combines advanced technology 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 5.0 CROSSTRAINER treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

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

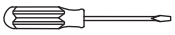


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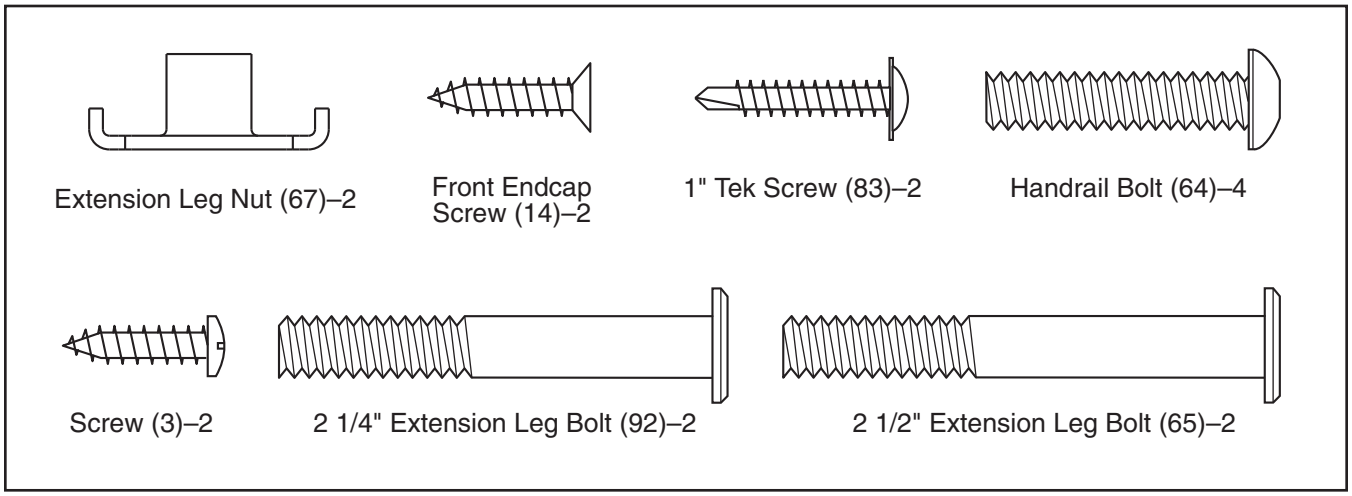
ASSEMBLY

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

Assembly requires the included hex keys  **and your own Phillips screwdriver**  **and rubber mallet**  **.**

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

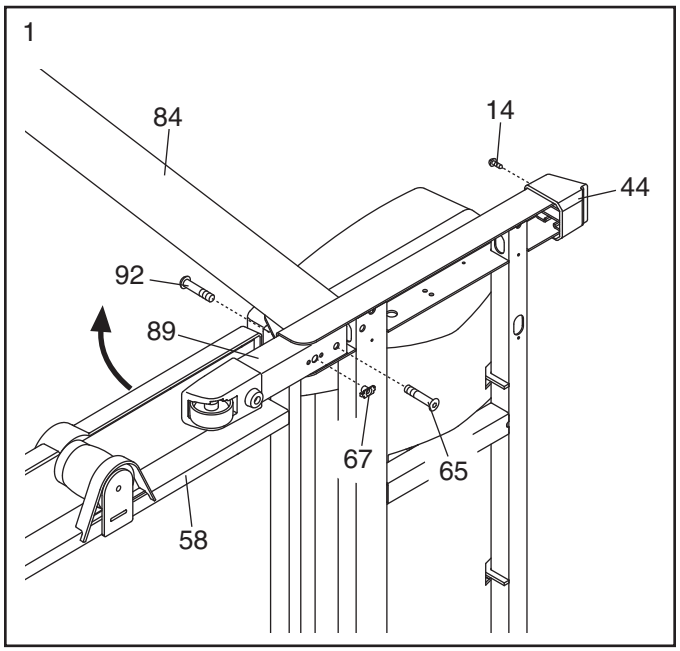


1. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (58) so that the treadmill is more stable. **Do not fully fold the Frame yet.**

   Insert an Extension Leg (89) into the base of the right Upright (84). Hold an Extension Leg Nut (67) in the bottom of the Extension Leg, and finger tighten a 2 1/4" Extension Leg Bolt (92) into the top of the Extension Leg. Next, finger tighten a 2 1/2" Extension Leg Bolt (65) into the bottom of the Extension Leg. **Firmly tighten the Extension Leg Bolts.**

   Slide a Front Endcap (44) onto the base of the right Upright (84). Finger tighten a Front Endcap Screw (14) into the Front Endcap and the base.

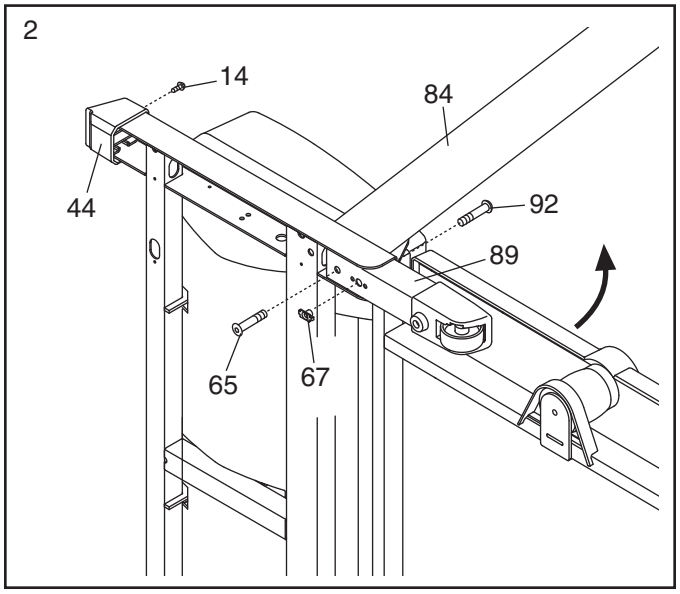


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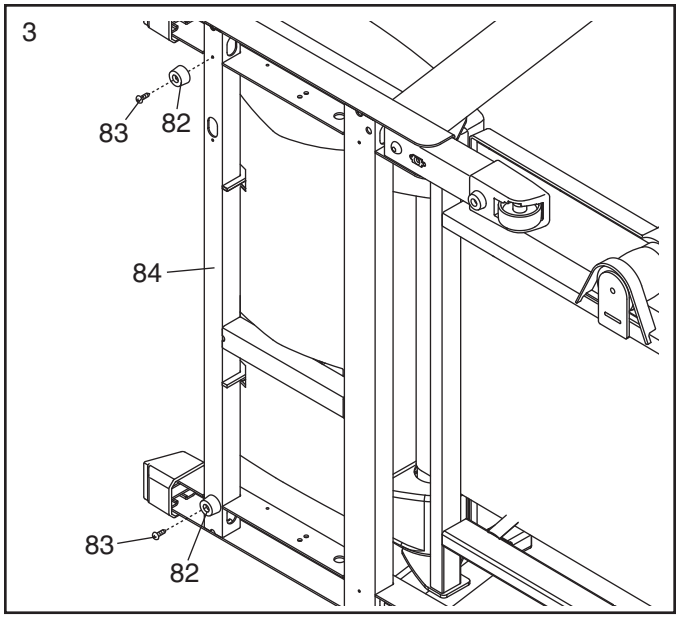
2. With the help of a second person, carefully tip the treadmill onto its right side.

   Insert the other Extension Leg (89) into the base of the left Upright (84). Hold an Extension Leg Nut (67) in the bottom of the Extension Leg, and finger tighten a 2 1/4" Extension Leg Bolt (92) into the top of the Extension Leg. Next, finger tighten a 2 1/2" Extension Leg Bolt (65) into the bottom of the Extension Leg. **Firmly tighten the Extension Leg Bolts.**

   Slide the other Front Endcap (44) onto the base of the left Upright (84). Partially tighten a Front Endcap Screw (14) into the Front Endcap and the base.



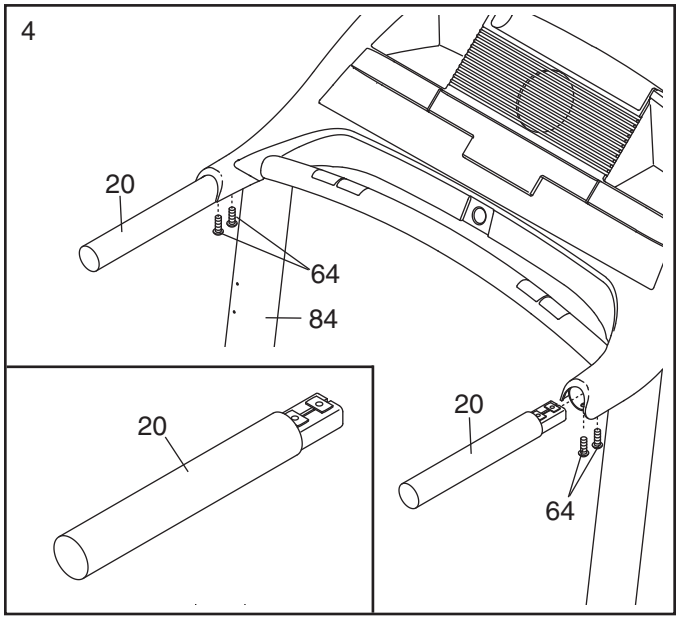
3. Attach two Base Pads (82) to the base of the Uprights (84) with two 1" Tek Screws (83).



4. With the help of a second person, carefully raise the treadmill to the vertical position.

   Insert the two Handrails (20) into the tubes at the tops of the Uprights (84). Turn the Handrails so that the Handrail Bolts (64) can be threaded into the Handrails **(see the inset drawing).** Start both Handrail Bolts before tightening either one.

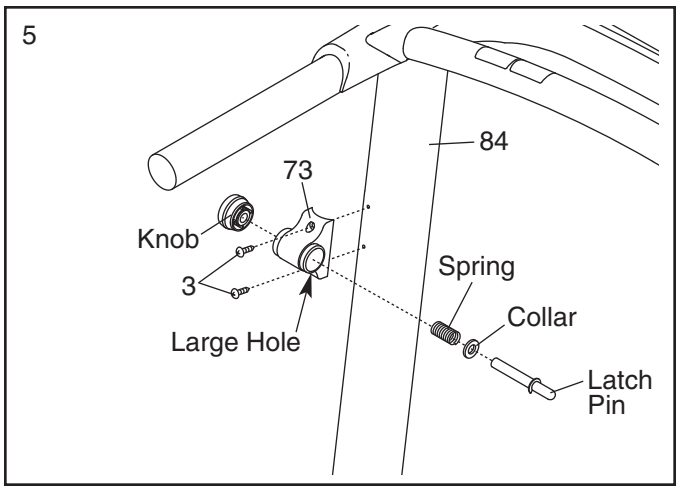
   See steps 1 and 2. Fully tighten the two Front Endcap Screws (14) (not shown).



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5. Attach the Latch Housing (73) to the left Upright (84) with two Screws (3); **start both Screws and then tighten them. Note: Make sure that the large hole in the Latch Housing is on the indicated side.**

   Remove the knob from the Latch Pin (21). Make sure that the collar and the spring are on the Latch Pin. (Note: If there are two collars, place one on each side of the spring.) Next, insert the Latch Pin into the Latch Housing (73). Then, tighten the knob onto the Latch Pin.



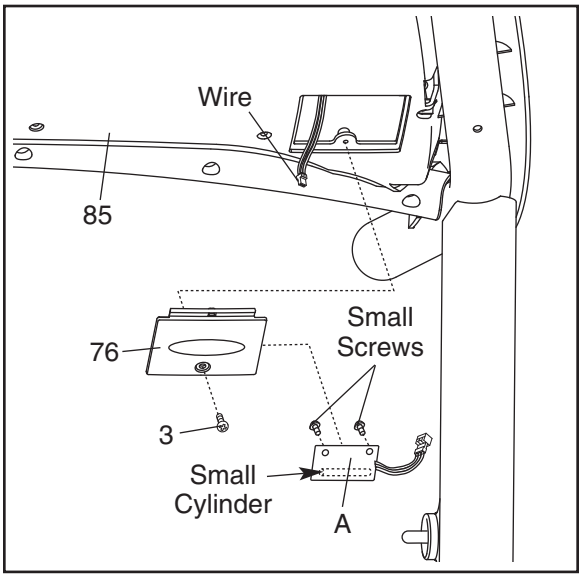
6. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 20).

If you purchase the optional chest pulse sensor (see page 16), 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 indicated Screw (3) and the Access Door (76) from the back side of the Console Base (85).

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

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



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OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

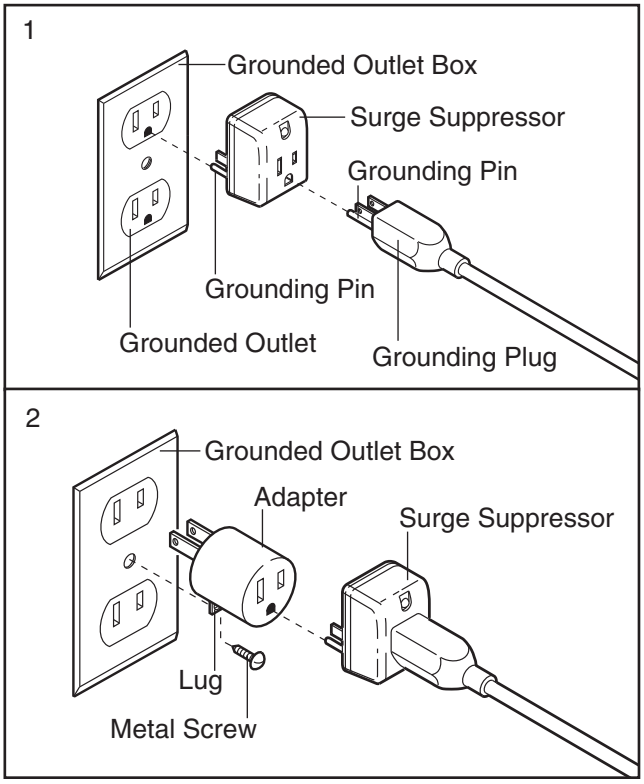
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit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

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

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

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current 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.

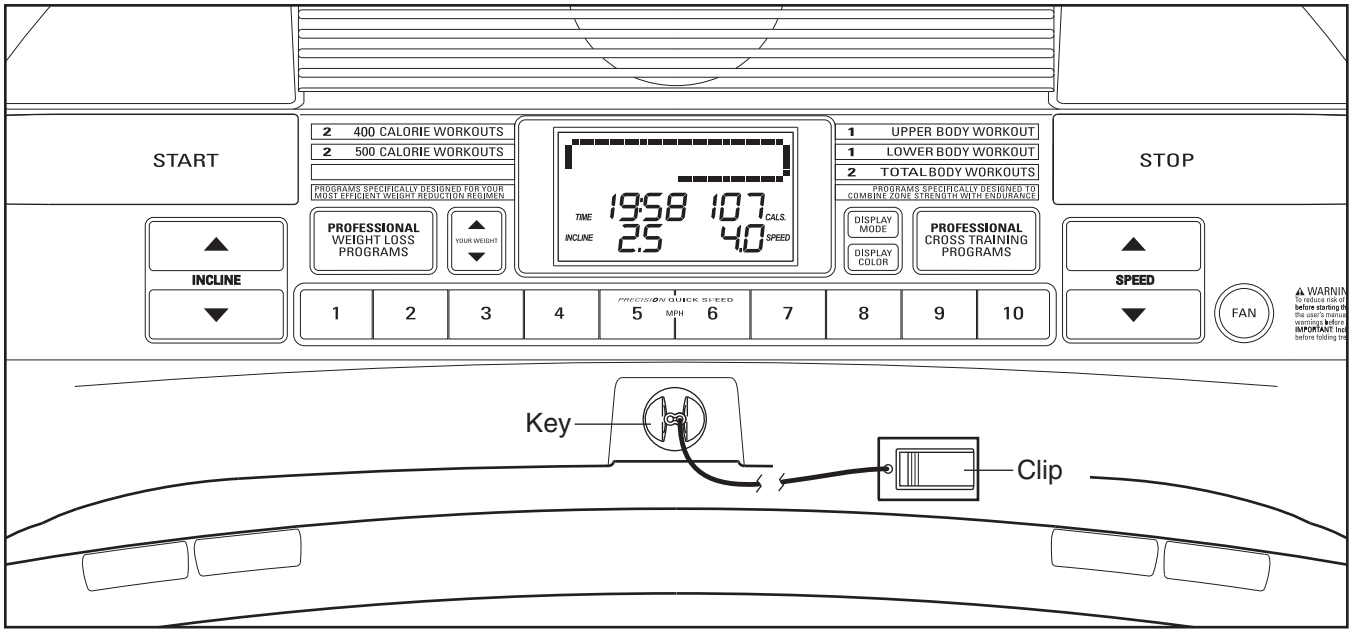


The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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.**

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CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor **(see page 16 for information about the optional chest pulse sensor).**

The console also features four weight loss programs that automatically control the speed and incline of the treadmill to help you burn unwanted pounds during your workouts.

In addition, the console offers four cross training programs designed to help you to burn calories and enhance your cardiovascular system while toning and strengthening your muscles. The cross training programs control the speed and incline of the treadmill and prompt you to perform a variety of strength exercises during your workouts. One upper body program, one lower body program, and two total body programs are offered. Note: The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase additional dumbbells or an exercise ball, call the telephone number on the front cover of this manual.**

To use the manual mode of the console, follow the steps beginning on page 11. **To use a weight loss program**, see page 13. **To use a cross training program**, see page 14.

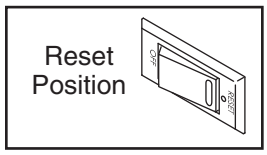
IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 20).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 16. For simplicity, all instructions in this section refer to miles.

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HOW TO TURN ON THE POWER

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



Plug in the power cord (see page 9). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.

IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 16 to turn off the demo mode.

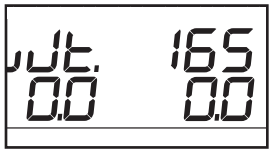
Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 10), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the 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.**

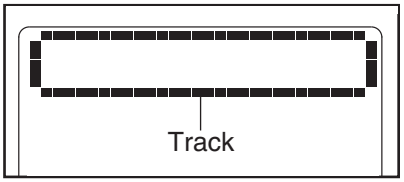
   See HOW TO TURN ON THE POWER above.

2. **Enter your weight if desired.**

   If you enter your weight into the console, the console will display a more accurate estimate of the number of calories that you burn. To enter your weight, press the Your Weight increase and decrease buttons repeatedly. Note: Once you have entered your weight, it will be saved in memory.

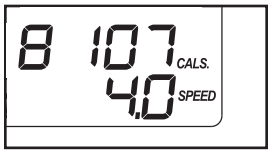
3. **Select the manual mode.**

   When you insert the key, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing either of the Programs buttons repeatedly until a track appears in the upper half of the display.

4. **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 you press the Start button or the Speed increase button, 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 you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

   If you press one of the numbered buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button.

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

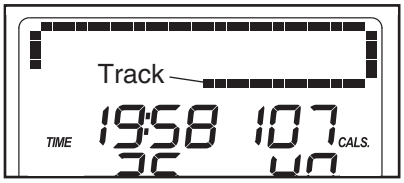
5. **Change the incline of the treadmill as desired.**

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

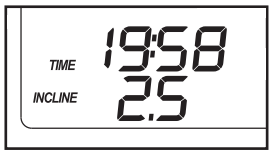
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6. **Follow your progress with the display.**

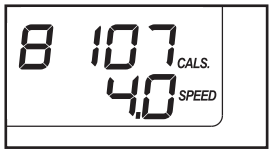
Note: The display features six background colors and a color zone mode. When the color zone mode is selected, the background color will automatically change as the speed and incline of the treadmill change. To select a background color or the color zone mode, press the Display Color button repeatedly. To adjust the contrast of the display, see THE INFORMATION MODE on page 16.



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



The lower left corner of the display can show the distance that you have walked or run, the elapsed time, the incline level of the treadmill, and the approximate number of grams of carbs you have burned. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.



The lower right corner of the display can show the approximate number of calories you have burned while walking or running, the speed of the walking belt, and your pace in minutes per mile. The lower right corner of the display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.

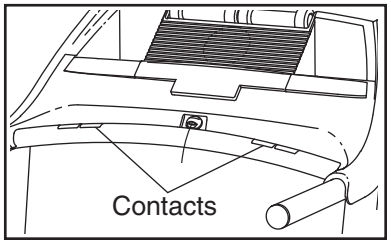
The upper half of the display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, the approximate number of calories you have burned, your pace, the incline level, or a track. Press the Display Mode button repeatedly until the upper half of the display shows the information that you are interested in viewing.

Note: While information is shown in the upper half of the display, the same information will not be shown in the lower left or lower right corner of the display.

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

7. **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, a heart-shaped indicator will flash in the right side of the display 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.**

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

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

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

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

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

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HOW TO USE A WEIGHT LOSS PROGRAM

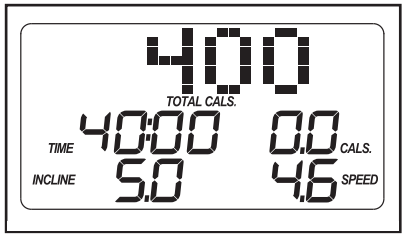
1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 11.

2. **Enter your weight.**

   See step 2 on page 11. **Note: Always enter your weight before using a weight loss program; the speed and incline settings of the program will depend on the weight setting that you enter.**

3. **Select a weight loss program.**



   To select one of the four weight loss programs, press the Professional Weight Loss Programs button repeatedly. When a weight loss program is selected, the display will show the calorie goal (the approximate number of calories to be burned during the program) and the number of minutes that the program will last. In addition, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display. A few seconds after a weight loss program is selected, a profile of the speed settings of the program will scroll across the display.

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

   A moment after you press the button, 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 30, 35, 40, or 45 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 consecutive segments.



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

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

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons. **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. 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 that segment.

The program will continue in this way until the last segment of the program ends. The walking belt will then slow to a stop. **Important: The calorie goal is an estimate of the number of calories that you will burn during the program. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of treadmill during the program, the number of calories you burn will be affected.**

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

   See step 6 on page 12.

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

   See step 7 on page 12.

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

   See step 8 on page 12.

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

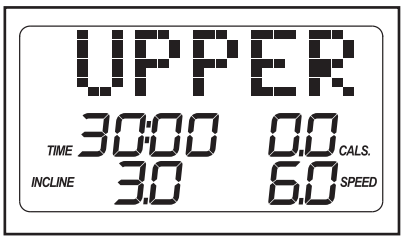
   See step 9 on page 12.

HOW TO USE A CROSS TRAINING PROGRAM

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

   See HOW TO TURN ON THE POWER on page 11.

2. **Select a cross training program.**



   To select one of the four cross training programs, press the Professional Cross Training Programs button repeatedly. When a cross training program is selected, the display will show the word UPPER, LOWER, or TOTAL and the number of minutes that the program will last. In addition, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display. A few seconds after a cross training program is selected, a profile of the speed settings of the program will scroll across the display.

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

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

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



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

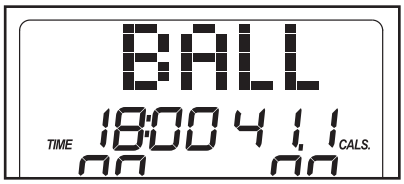
   The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

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

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

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



When the first strength exercise segment begins (only one indicator will flash in the Current Segment column), the walking belt will slow to a stop and the name of the first strength exercise will appear in the display for a few seconds.



Next, the display will show the recommended number of repetitions for the first strength exercise.

Remove the clip from the waistband of your clothes, step off the treadmill, and prepare to begin the first strength exercise. Every few seconds, the console will sound a tone; when a tone sounds, perform one repetition of the exercise. Exercise with a slow, steady motion; do not perform more than one repetition each time a tone sounds. The display will count down the repetitions as you perform them.

Note: Refer to the accompanying exercise chart to see the correct form for each exercise. When performing lunges, alternate legs with each repetition. When performing dumbbell rows, perform half the repetitions with your right arm and half the repetitions with your left arm. The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase additional dumbbells or an exercise ball, call the telephone number on the front cover of this manual.**

5. **Continue the cross training program.**

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

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

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

See step 6 on page 12.

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

See step 7 on page 12.

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

See step 8 on page 12.

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

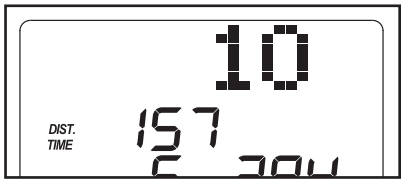
See step 9 on page 12.

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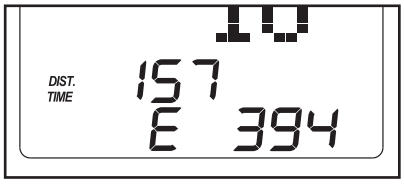
THE INFORMATION MODE

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

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



A number from 1 to 20 will appear in the upper part of the display. This number is the contrast setting of the display; 1 is the lowest setting and 20 is the highest setting. To change the contrast of the display, press the weight increase and decrease buttons.



The center of the display will show the number of hours that the treadmill has been operated. The lower right corner of the display will show the total number of miles or kilometers that the walking belt has moved.

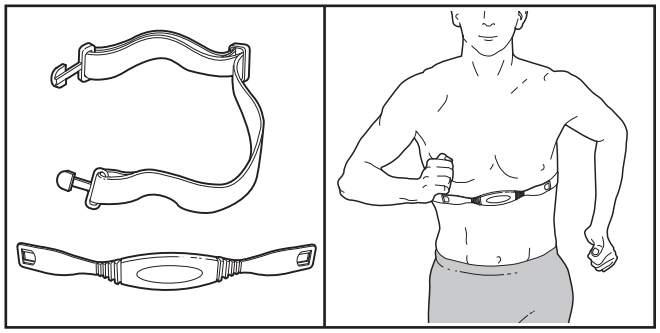
In addition, an “E” for English miles or an “M” for metric kilometers will appear in the lower left part of the display. To change the unit of measurement, press the Speed increase button.

Note: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

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

THE OPTIONAL CHEST PULSE SENSOR

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

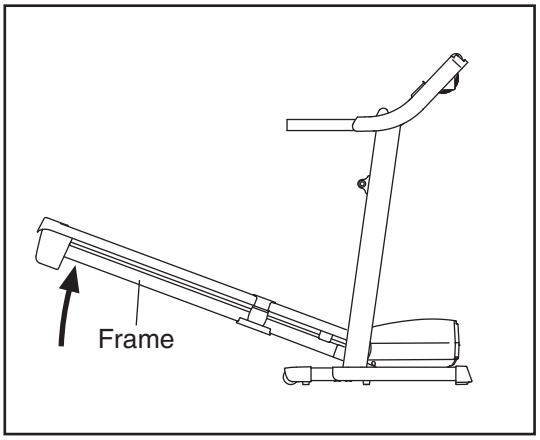


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HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

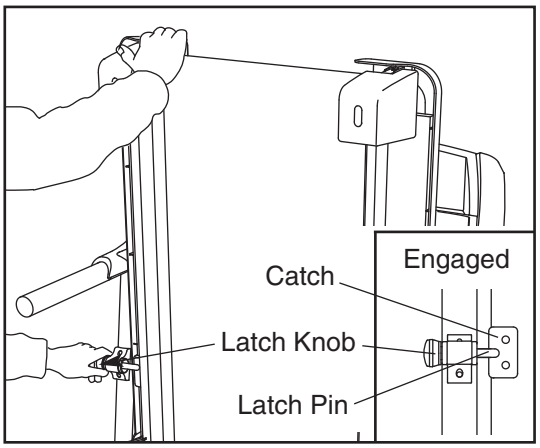
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.

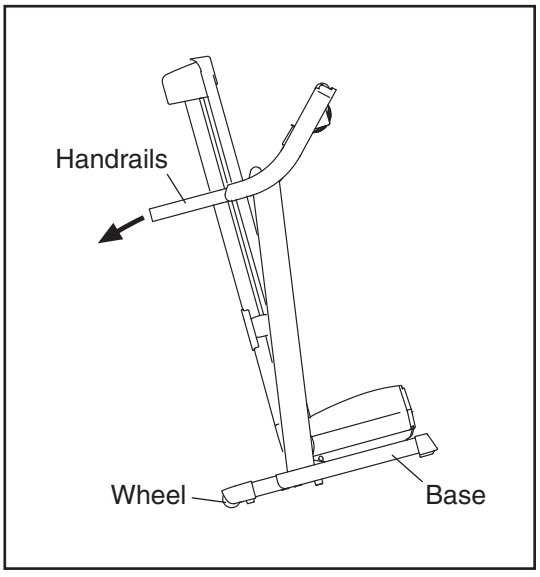
2. Move your right hand to the position shown, and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Then, slowly release the latch knob. **Make sure that the frame is held securely by the latch pin.**

   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° F (30° C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert it to the storage position as described above. **Make sure that the frame is held securely by the latch pin.**



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

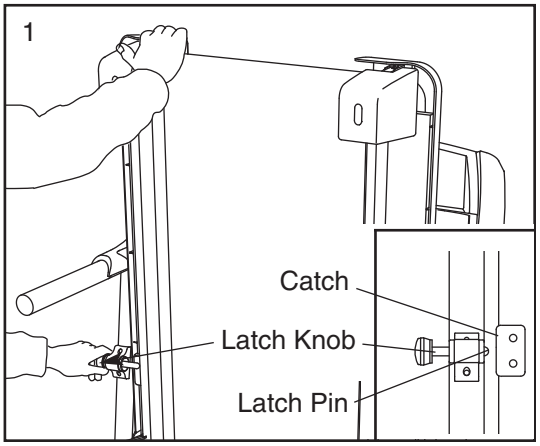
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

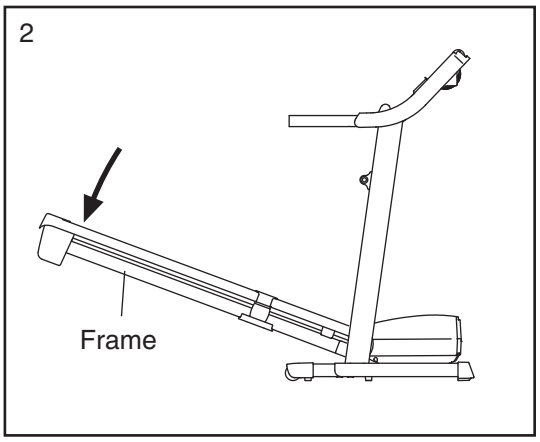
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HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin. Then, release the latch knob.



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



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TROUBLESHOOTING

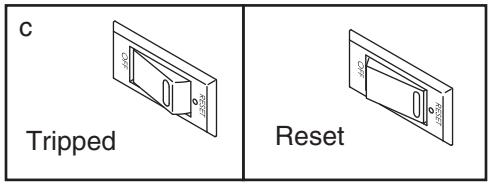
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

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



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

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

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

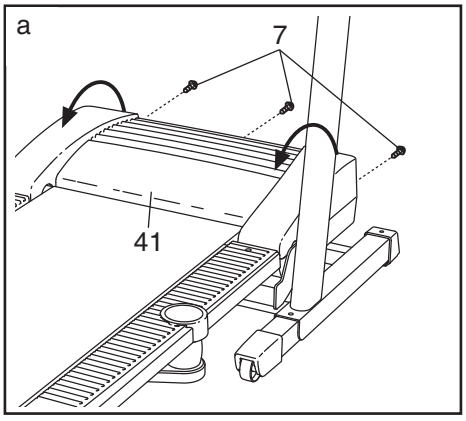
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The incline of the treadmill does not change correctly

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

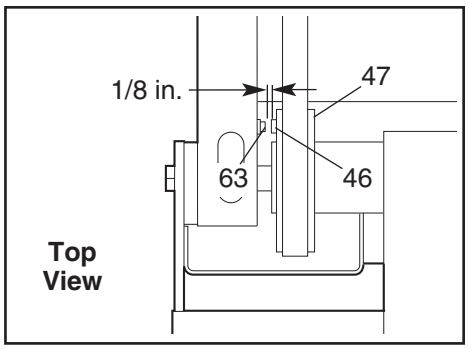
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the three Hood Screws (7). Carefully pivot the Hood (41) off.



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Locate the Reed Switch (63) and the Magnet (46) on the left side of the Pulley (47). 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 in. (3 mm).** If necessary, move the Reed Switch slightly using a slotted screwdriver. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



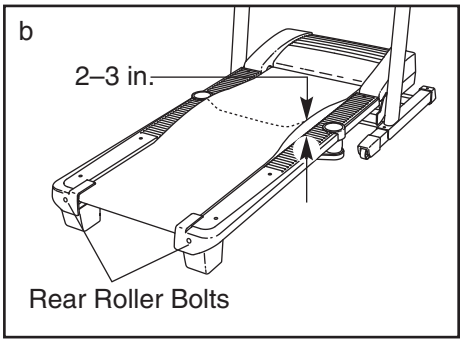
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 16 to turn off the demo mode.

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 9.

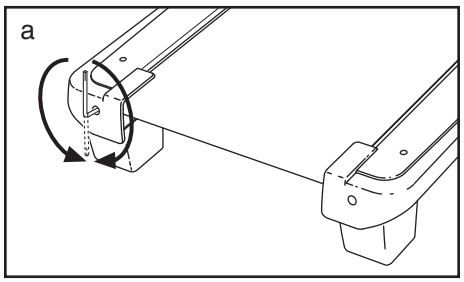
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) 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.



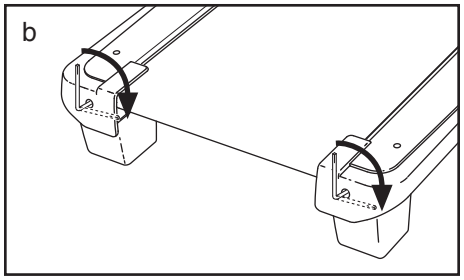
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the 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 hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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EXERCISE GUIDELINES

⚠ 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.

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

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

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PART LIST—Model No. PFTL59007.0

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

Key No.	Qty.	Description
1	2	Foot Rail Decal
2	6	1/2" Screw
3	31	Screw
4	1	Reset/Off Circuit Breaker
5	8	Foot Rail Screw
6	4	Isolator
7	6	Hood Screw/Tie Screw
8	2	Upright Round Endcap
9	2	Platform Bolt, Back
10	2	Platform Bolt, Front
11	4	Belt Guide Screw
12	2	Belt Guide
13	1	Power Cord Grommet
14	2	Front Endcap Screw
15	2	Frame Pivot Bolt
16	1	Left Foot Rail
17	1	Right Foot Rail
18	1	3/8" x 1 3/4" Bolt
19	1	3/8" Flat Washer
20	2	Handrail
21	1	Latch Pin
22	1	1 1/4" Plastic Washer
23	1	Idler Arm
24	2	Motor Bolt
25	1	5/16" x 1 1/2" Bolt
26	1	Motor Belt
27	1	Drive Motor
28	2	Frame Spacer
29	1	Incline Motor Bolt, Upper
30	1	Idler Arm Spring
31	2	Lift Frame Bolt
32	7	Lock Nut
33	9	Ground Screw
34	1	Console
35	2	Extension Leg Base Pad
36	1	Power Cord
37	1	Transformer
38	1	Controller
39	1	Electronic Bracket
40	1	Filter Wire
41	1	Hood
42	1	Front Roller Bushing
43	1	Lift Frame
44	2	Front Endcap
45	1	Front Roller Bolt
46	1	Magnet
47	1	Front Roller/Pulley
48	1	Walking Belt
49	1	Walking Platform
50	1	Incline Motor/Controller Wire
51	1	Rear Roller
52	1	Left Rear Endcap
53	2	Rear Roller Bolt
54	1	Right Rear Endcap
55	1	Hex Key
56	1	Incline Stop Bracket
57	1	Base Ground Wire
58	1	Frame
59	1	Belly Pan
60	2	Center Isolator
61	1	Reed Switch Clip
62	2	Handrail Endcap
63	1	Reed Switch
64	4	Handrail Bolt
65	2	2 1/2" Extension Leg Bolt
66	2	Rear Roller Washer
67	2	Extension Leg Nut
68	2	Caution Decal
69	1	Warning Decal
70	2	Platform Nut
71	10	Cable Tie
72	3	Belly Pan Screw
73	1	Latch Housing
74	1	5/16" Flat Washer
75	2	Releasable Tie
76	1	Access Door
77	1	Wire Harness
78	2	Extension Leg Endcap
79	1	Key/Clip
80	2	Front Wheel
81	2	Wheel Pin
82	2	Base Pad
83	4	1" Tek Screw
84	1	Upright
85	1	Console Base
86	1	Incline Motor Bolt, Lower
87	1	Idler Pulley
88	1	Incline Motor
89	2	Extension Leg
90	2	Rear Roller Bracket
91	1	Front Roller Nut
92	2	2 1/4" Extension Leg Bolt
93	1	Optic Disk
94	1	Photo Switch Nut
95	2	Small Star Washer
96	1	Photo Switch
97	1	Photo Switch Bolt
98	2	Dumbbell
99	1	Latch Plate
100	5	Wire Tie

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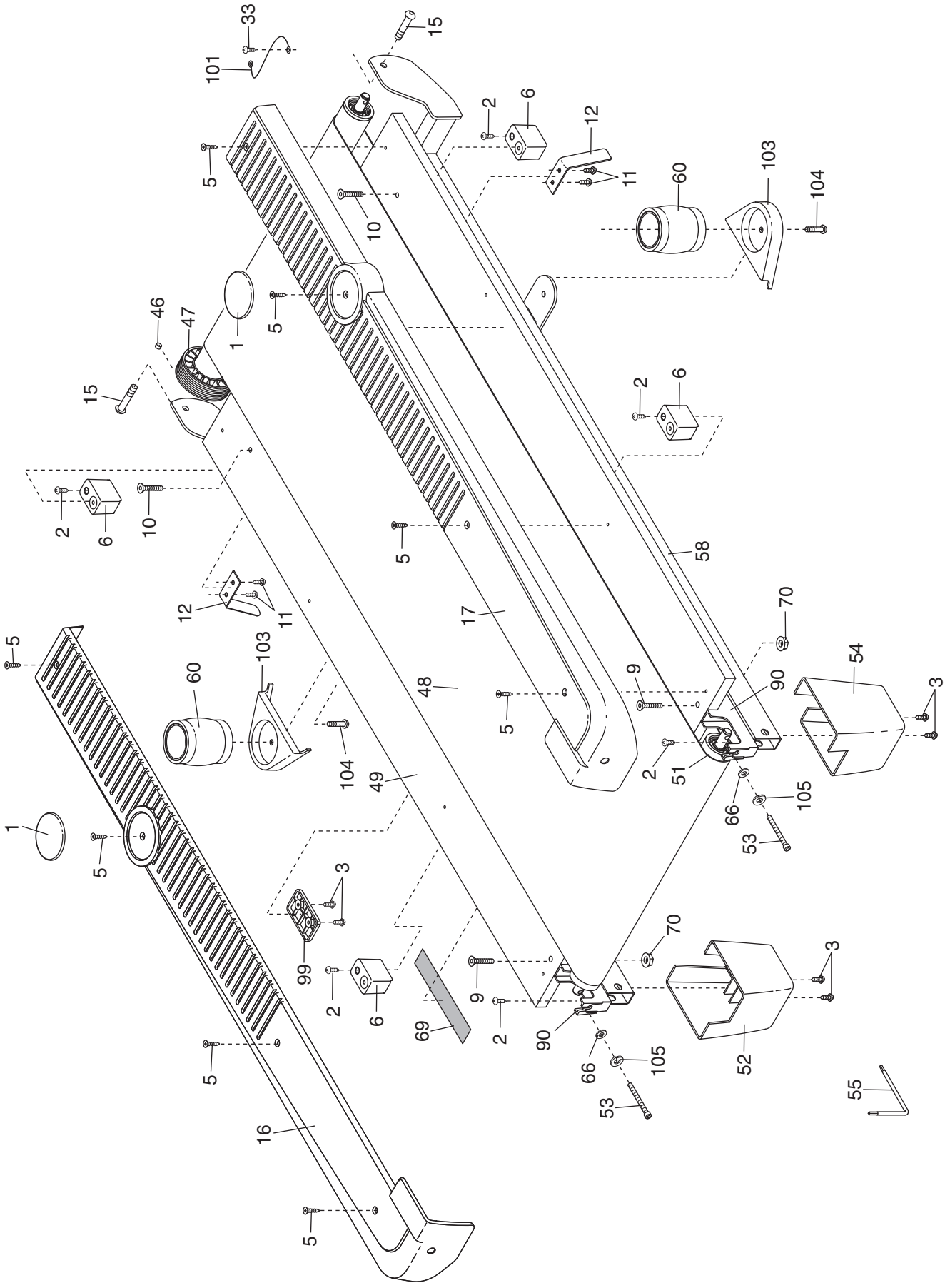
Key No.	Qty.	Description
101	1	Roller Ground Wire
102	1	Photo Switch Wire
103	2	Isolator Bracket Cover
104	2	Center Isolator Bolt
105	2	Rear Roller Lock Washer
106	4	Crossbar Screw
107	4	Crossbar Star Washer
108	3	Hood Clip
109	1	Crossbar
110	1	Fan with Cover
111	1	Console Ground Wire
112	1	Large Belly Pan Screw
113	1	Idler Pulley Nut
114	1	Pulse Ground Screw
*	–	4" Blue Wire, 2F
*	–	4" Black Wire, M/F
*	–	User's Manual

*These parts are not illustrated.
Specifications are subject to change without notice.

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EXPLODED DRAWING A—Model No. PFTL59007.0

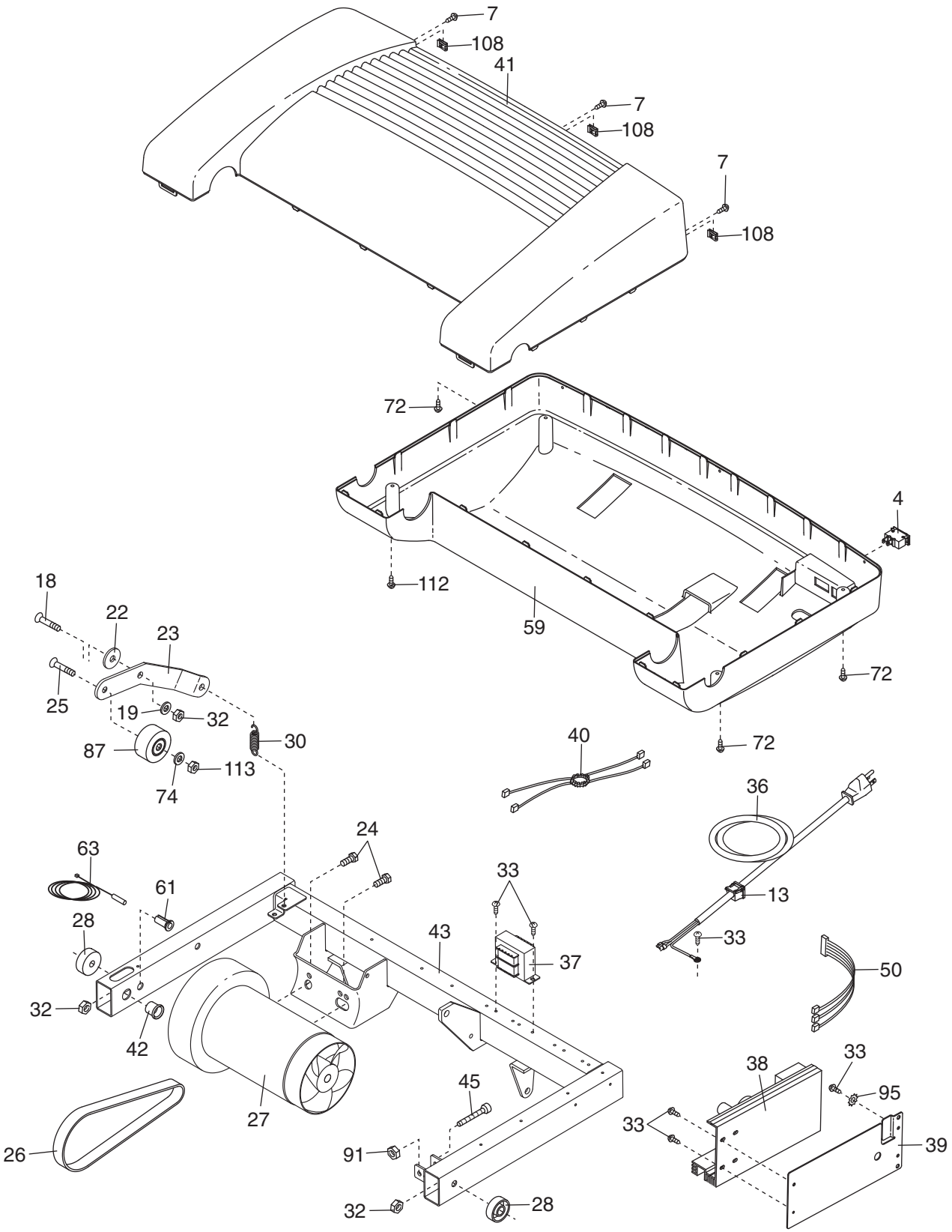
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EXPLODED DRAWING B—Model No. PFTL59007.0

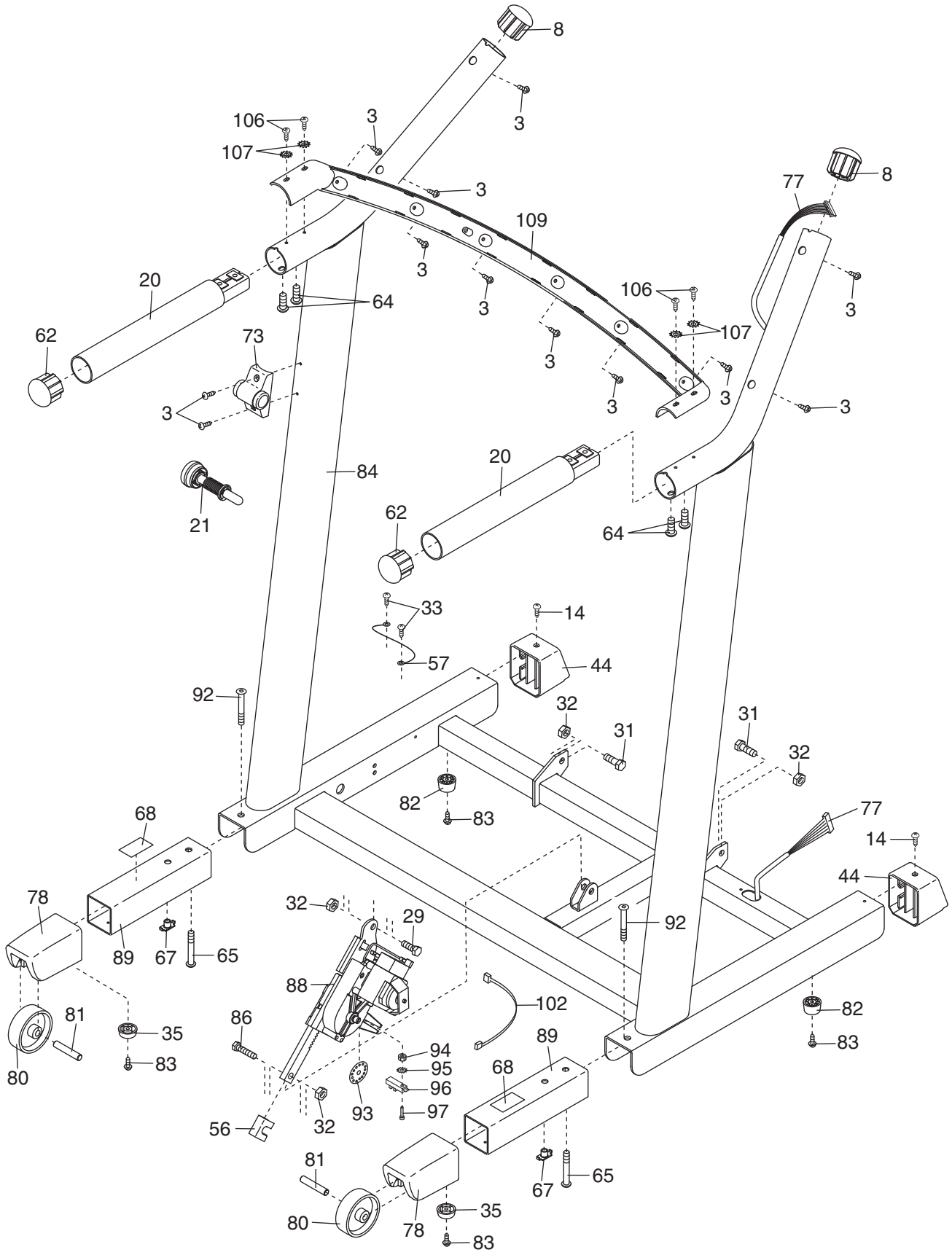
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EXPLODED DRAWING C—Model No. PFTL59007.0

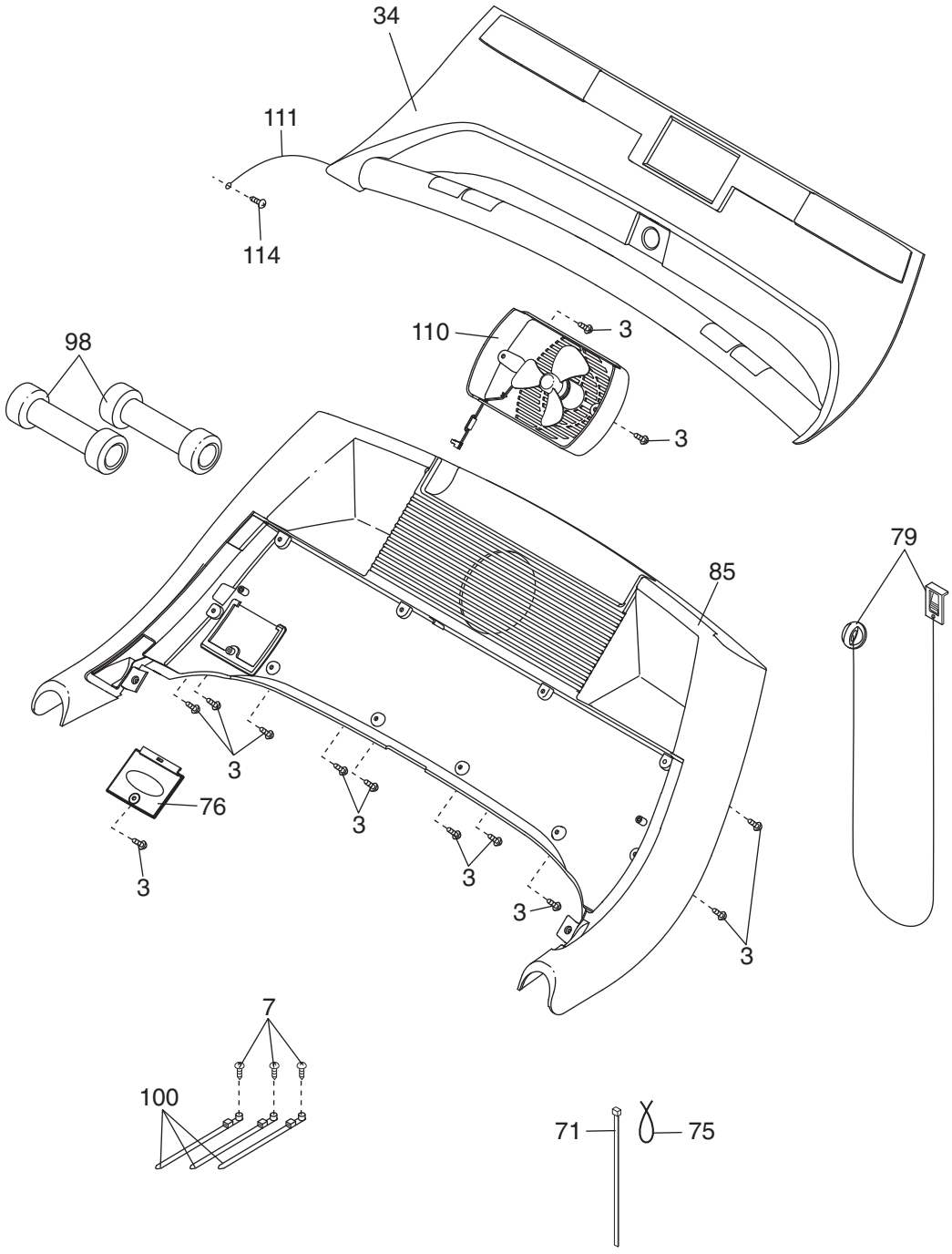
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EXPLODED DRAWING D—Model No. PFTL59007.0

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ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement parts(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material under normal use and service conditions. The drive motor is warranted for twelve (12) years after the date of purchase. Parts and labor are warranted for one (1) year 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; to products used for commercial or rental purposes; or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or 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.

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Part No. 258612 R0707A

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