

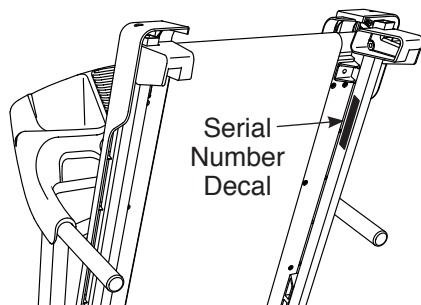
PRO-FORM[®]

105 CST

Model No. PETL38817.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

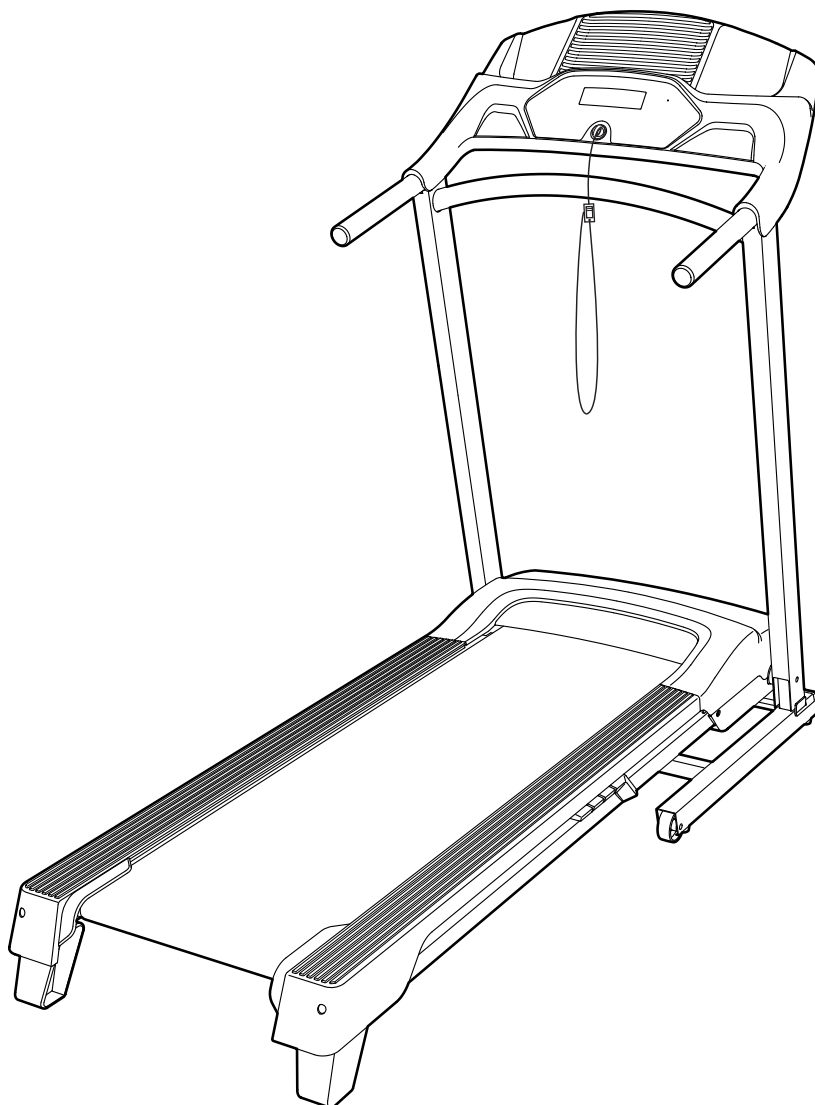
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



⚠ CAUTION

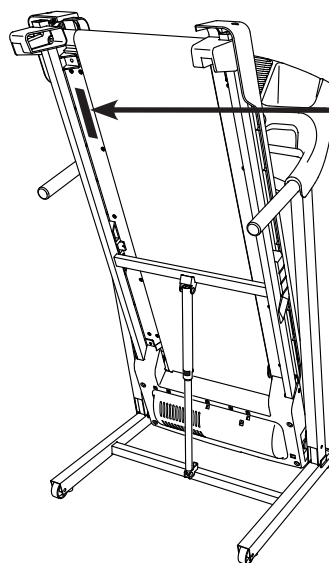
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

TABLE OF CONTENTS


WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
PART IDENTIFICATION CHART	6
ASSEMBLY	7
HOW TO USE THE TREADMILL	10
HOW TO FOLD AND MOVE THE TREADMILL	19
MAINTENANCE AND TROUBLESHOOTING	20
EXERCISE GUIDELINES	23
PART LIST	24
EXPLODED DRAWING	25
ORDERING REPLACEMENT PARTS	Back Cover
RECYCLING INFORMATION	Back Cover

WARNING DECAL PLACEMENT


This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.




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




- Stand only on the side rails when starting or stopping treadmill.




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




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




- Incline should be set to zero before folding the treadmill into a storage position.




- Never allow children on or around the treadmill.



- Remove the safety key when treadmill is not in use.



- Keep clothing, fingers, and hair away from moving parts.
- Never try to adjust or fix the belt while it is moving.



- Always wear athletic shoes while operating the treadmill.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, 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. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.
4. Use the treadmill only as described.
5. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
6. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
7. 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.
8. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
9. Keep children under age 13 and pets away from the treadmill at all times.
10. The treadmill should be used only by persons weighing 253 lbs. (115 kg) or less.
11. Never allow more than one person on the treadmill at a time.
12. Wear appropriate exercise clothes while 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.*
13. When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.
14. If an extension cord is needed, use only a 3-conductor, 14-gauge (2 mm²) cord that is no longer than 5 ft. (1.5 m).
15. Keep the power cord away from heated surfaces.
16. 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 MAINTENANCE AND TROUBLESHOOTING on page 20 if the treadmill is not working properly.)
17. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12). Always wear the clip while using the treadmill.
18. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.
19. When a person is walking on the treadmill, the noise level of the treadmill will increase.
20. Keep fingers, hair, and clothing away from the moving walking belt.

21. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
22. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
23. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 5 for the location of the power switch), and unplug the power cord when the treadmill is not in use.
24. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 7 and HOW TO FOLD AND MOVE THE TREADMILL on page 19.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.
25. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position. Do not operate the treadmill while it is folded.
26. Do not change the incline of the treadmill by placing objects under the treadmill.
27. Never insert any object into any opening on the treadmill.
28. Inspect and properly tighten all parts each time the treadmill is used.
29. **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.
30. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

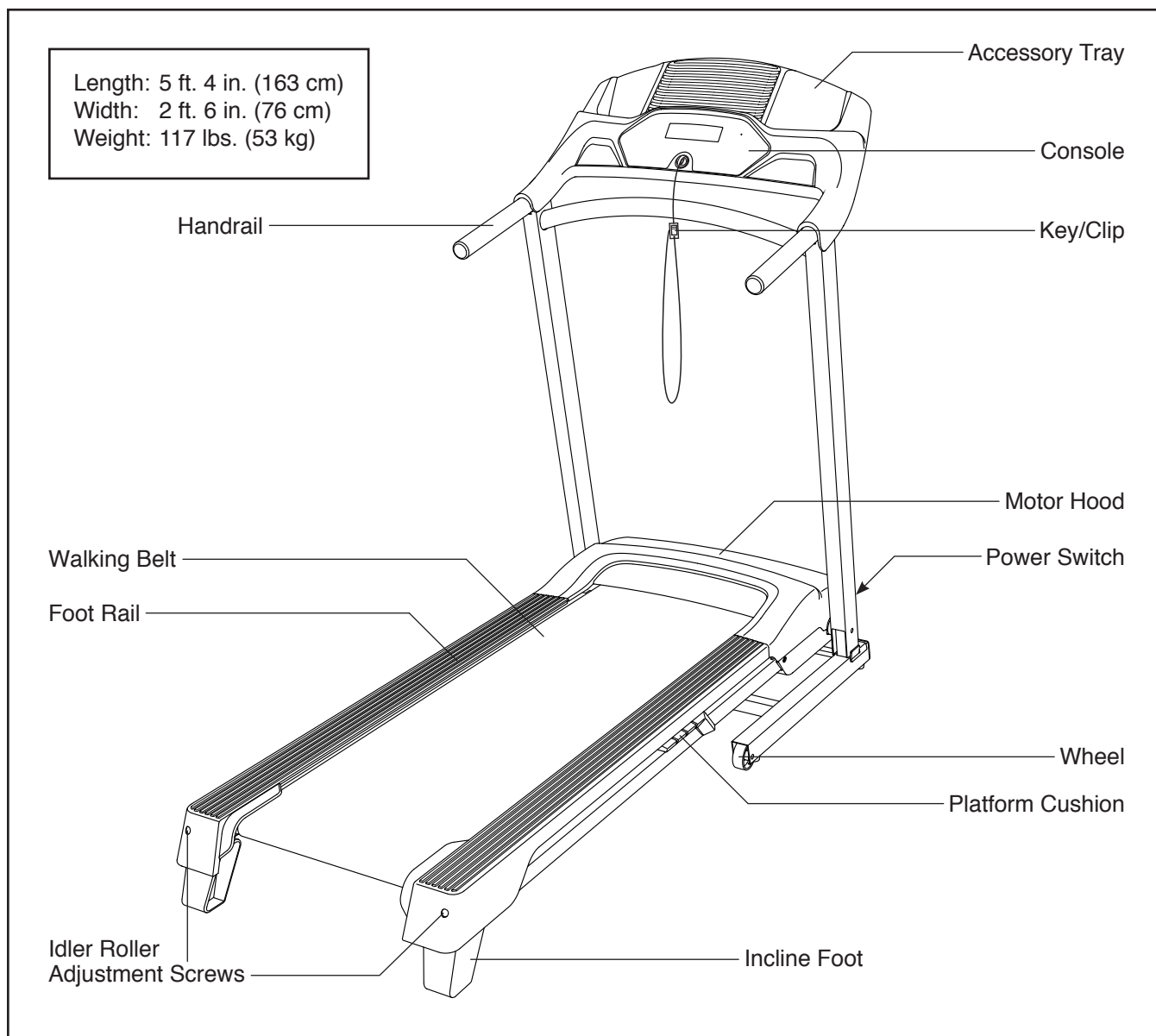
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 105 CST treadmill. The 105 CST treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique 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

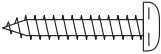
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

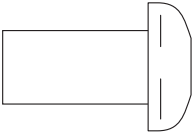


PART IDENTIFICATION CHART

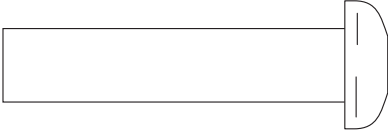
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it is preattached. Extra parts may be included.**



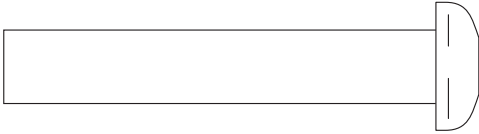
M4.2 x 19mm
Screw (3)–4



3/8" x 3/4"
Screw (24)–2






M10 x 45mm Screw (2)–4



3/8" x 2 1/4" Screw (1)–2

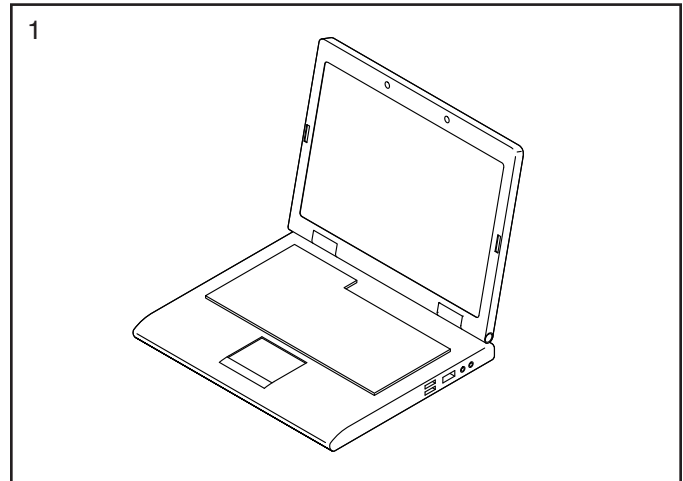
ASSEMBLY

- Assembly requires two persons.
 - Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
 - After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
 - To identify small parts, see page 6.
 - Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
 - Assembly requires the following tools:
 - the included hex keys 
 - one adjustable wrench 
 - one Phillips screwdriver 
- To avoid damaging parts, do not use power tools.

1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, call Customer Service (see the front cover of this manual).

To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)



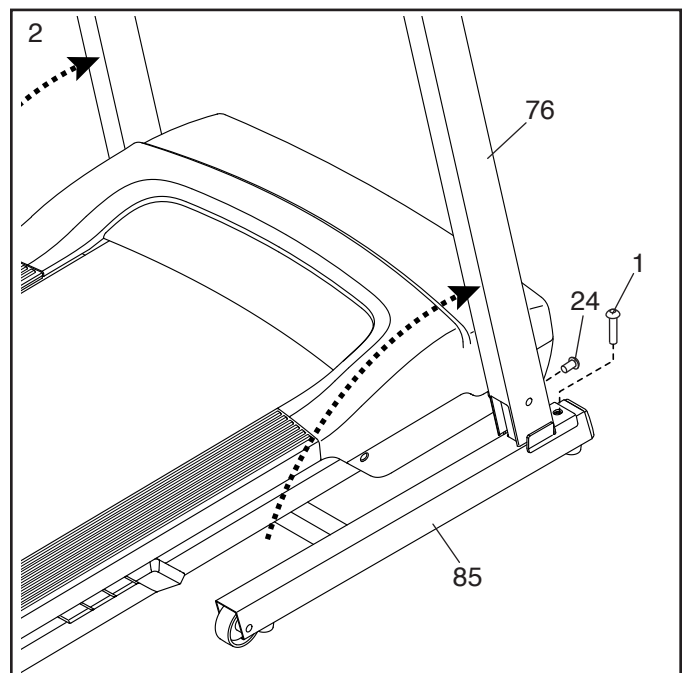
2. **Make sure that the power cord is unplugged.**

With the help of a second person, carefully raise the Uprights (76) to the vertical position.

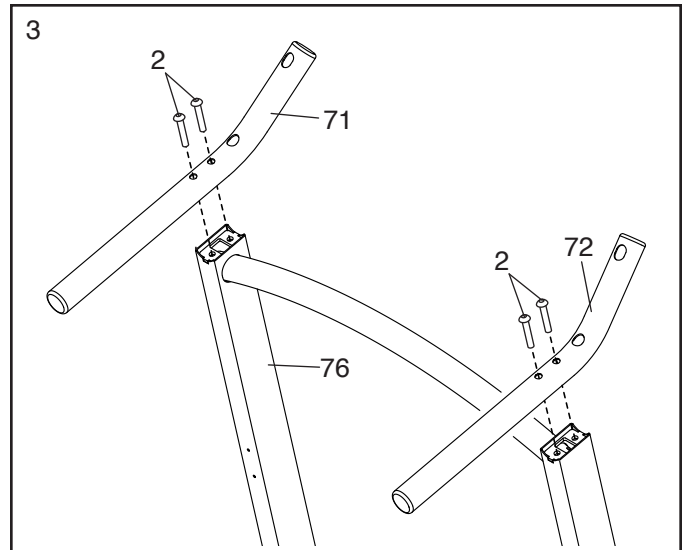
Next, tighten a 3/8" x 2 1/4" Screw (1) and a 3/8" x 3/4" Screw (24) into the Base (85) and the right Upright (76) as shown; **do not fully tighten the Screws yet.**

Repeat this step on the left side of the treadmill (not shown).

Then, tighten all four Screws (1, 24).



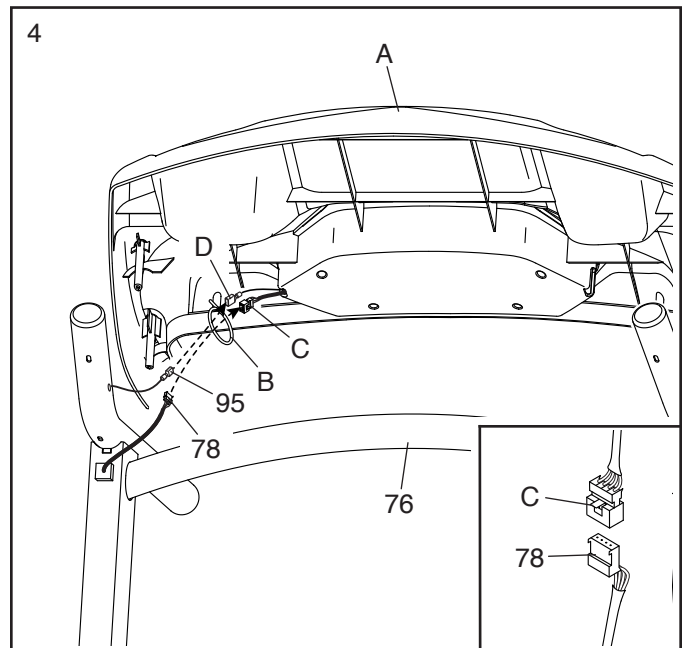
3. Attach the Left and Right Handrails (71, 72) to the Uprights (76) with four M10 x 45mm Screws (2); **start all four Screws, and then tighten them.**



4. With the help of a second person, hold the console assembly (A) near the Uprights (76).

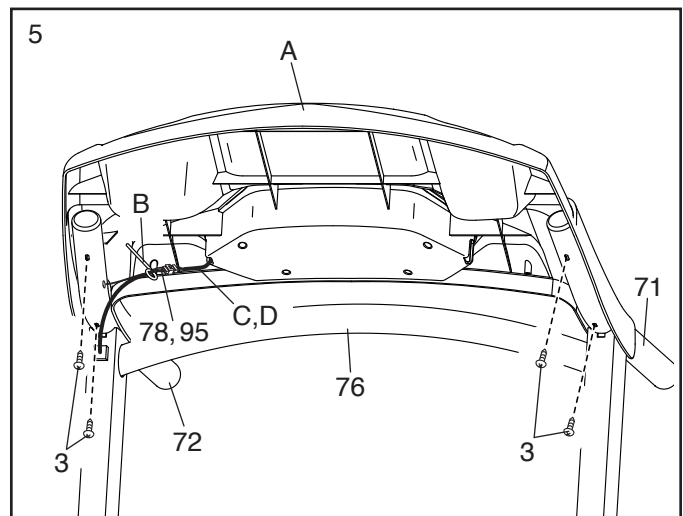
Insert the Upright Wire (78) and the Ground Wire (95) through the looped tie (B) on the back of the console assembly (A).

See the inset drawing. Connect the Upright Wire (78) to the console wire (C), and connect the Ground Wire (95) to the console ground wire (D). **The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**



5. Attach the console assembly (A) to the Uprights (76) and to the Left and Right Handrails (71, 72) with four M4.2 x 19mm Screws (3); **start all four Screws, and then tighten them. Be careful not to pinch the wires.**

Next, insert the connectors on the wires (C, D, 78, 95) into the console assembly (A). Then, pull the tie (B) tight around the Upright Wire (78), and cut off the end of the tie.



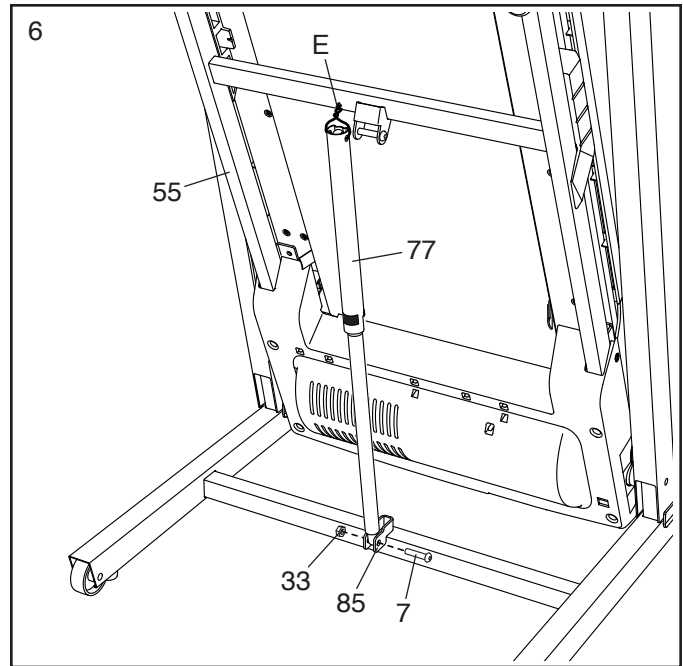
6. Raise the Frame (55) to the upright position. **Have a second person hold the Frame until step 7 is completed.**

Remove the M8 Nut (33) and the M8 x 35mm Bolt (7) from the bracket on the Base (85).

Next, orient the Storage Latch (77) as shown.

Attach the lower end of the Storage Latch (77) to the bracket on the Base (85) with the M8 x 35mm Bolt (7) and the M8 Nut (33).

Then, raise the Storage Latch (77) to a vertical position, and remove the tie (E).

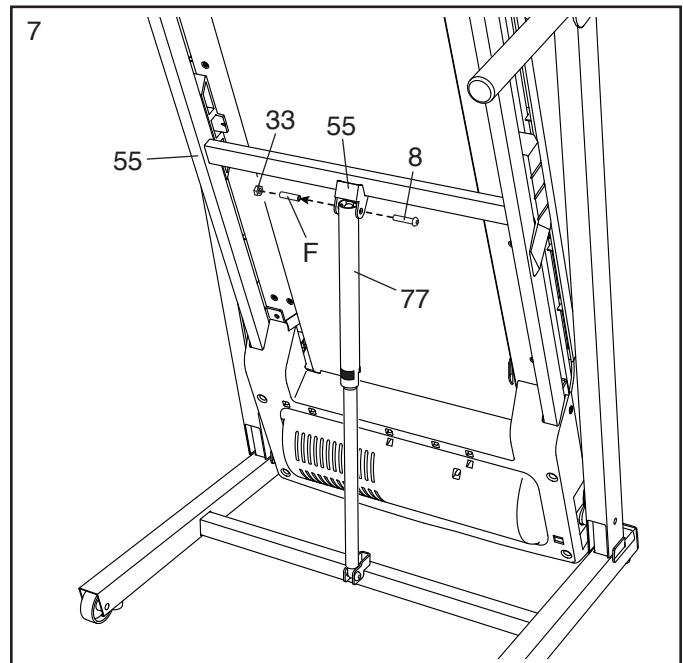


7. Remove the M8 Nut (33) and the M8 x 52mm Bolt (8) from the bracket on the Frame (55).

Align the upper end of the Storage Latch (77) with the bracket on the Frame (55), and insert the M8 x 52mm Bolt (8) through the bracket and the Storage Latch. **This will push a spacer (F) out of the Storage Latch; discard the spacer.**

Next, tighten the M8 Nut (33) onto the M8 x 52mm Bolt (8). **Do not overtighten the Nut; the Storage Latch (77) must be able to pivot.**

Then, lower the Frame (55) (see HOW TO LOWER THE TREADMILL FOR USE on page 19).



8. **Make sure that all parts are properly tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see pages 21 and 22). Note: Extra parts may be included.

HOW TO USE THE TREADMILL

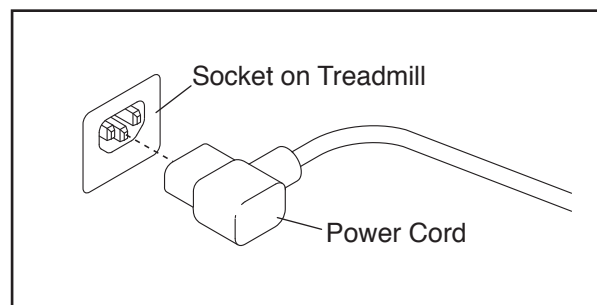
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

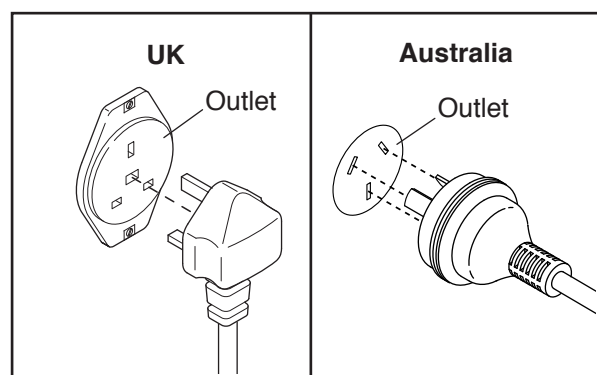
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit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

Follow the steps below to plug in the power cord.

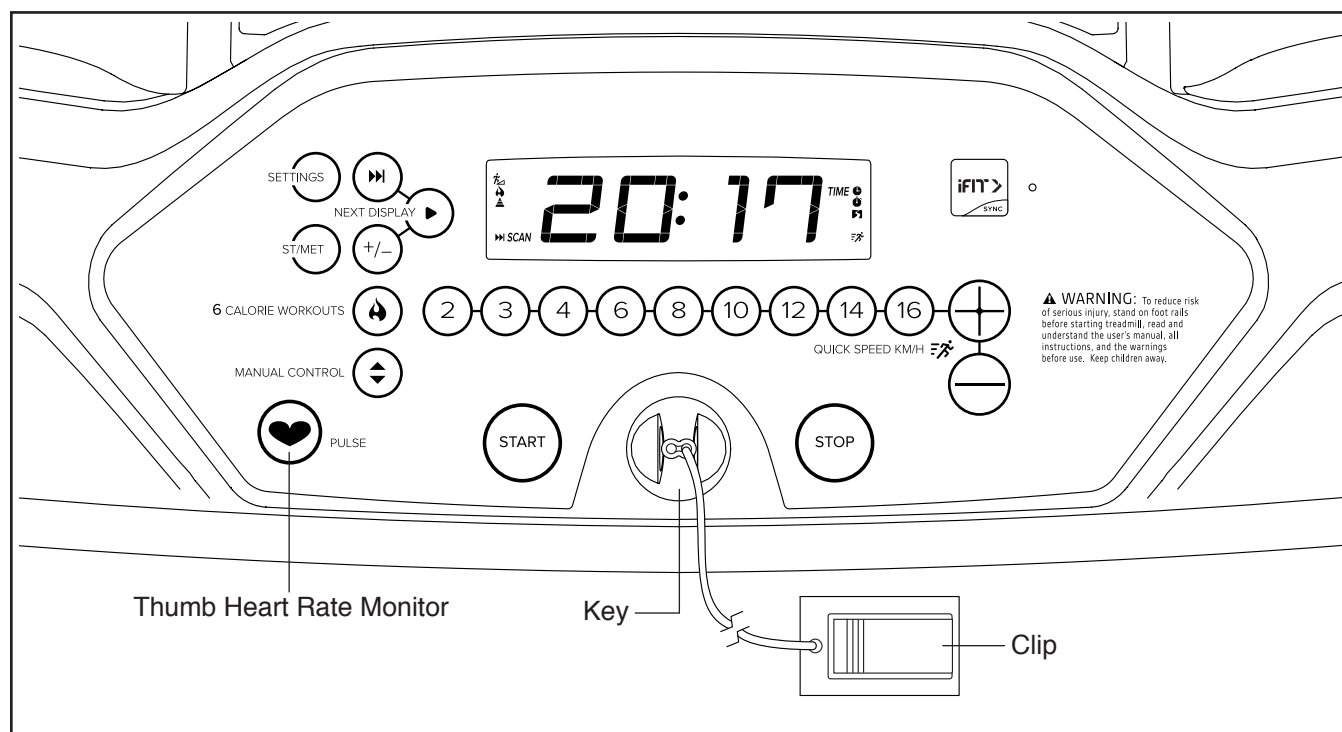
1. Plug the indicated end of the power cord into the socket on the treadmill.



2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the speed 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 built-in thumb heart rate monitor or a compatible heart rate monitor. **See page 18 for information about purchasing an optional chest heart rate monitor.**

The console also features a selection of onboard workouts designed to help you to burn calories and strengthen your cardiovascular system. Each workout controls the speed of the treadmill as it guides you through an effective exercise session.

You can also connect your tablet to the console and use the iFit® Bluetooth Tablet app to record and track your workout information.

To turn on the power, see page 12. To use the manual mode, see page 12. To use an onboard workout, see page 14. To connect your tablet to the console, see page 15. To connect your heart rate monitor to the console, see page 16. To use the settings mode, see page 16. To change the incline of the treadmill, see page 18.

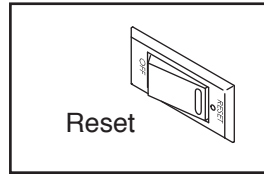
IMPORTANT: If there is a sheet of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 22).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE SETTINGS MODE on page 16. To change the unit of measurement, press the St/M button.

HOW TO TURN ON THE POWER

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

Plug in the power cord (see page 10). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



IMPORTANT: The console may feature 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 press the power switch into 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 SETTINGS MODE on page 16 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothes (see the drawing on page 11). Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency, 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 at the left.

2. Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a workout, press the Manual Control button. Only zeros should appear in the display.

3. Start the walking belt.

To start the walking belt, press the Start button or one of the Quick Speed buttons.

If you press the Start button, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change in small increments; if you hold down the button, the speed setting will change more quickly.

If you press one of the Quick Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

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

4. Follow your progress with the display.

The display can show the following workout information:

Calories (CALs)—When the manual mode and most onboard workouts are selected, the approximate number of calories you have burned. When calorie workouts are selected, the approximate number of calories that remain to be burned in the workout.

Calories per Hour (CALs/HR)—The approximate number of calories you are burning per hour.

Distance (MI or KM)—The distance that you have walked or run in miles or kilometers. To change the unit of measurement, press the St/M button.

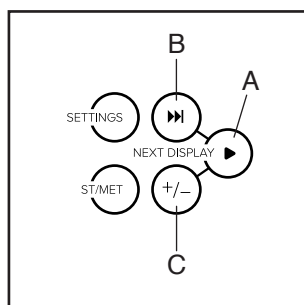
Pace—Your speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/M button.

Pulse (BPM and heart symbol)—Your heart rate when you use the handgrip heart rate monitor or a compatible heart rate monitor (see step 5 on page 14).

Speed (MPH or KPH)—Your speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/M button.

Time—When the manual mode is selected, the elapsed time.

Press the Next Display button (A) repeatedly to view the desired workout information in the display.



Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. **To turn on the scan mode**, press the Scan button (B); the scan indicator (D) will turn on in the display.



To manually advance the scan cycle, press the Scan button repeatedly.

To turn off the scan mode, press the Next Display button; the scan indicator will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

To customize the scan mode, first press the Next Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Remove button (C) to add or remove that workout information from the scan cycle. **When workout information is added**, its indicator will turn on in the display. **When workout information is removed**, its indicator will turn off.

Then, press the Scan button to turn on the scan mode.

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

5. Measure your heart rate if desired.

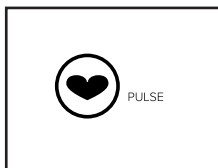
You can measure your heart rate using either the thumb heart rate monitor or a compatible heart rate monitor. **For information about purchasing an optional chest heart rate monitor, see page 18.**

The console is compatible with all BLUETOOTH® Smart heart rate monitors. To connect your heart rate monitor to the console, see page 16.

Note: If you use both heart rate monitors at the same time, the BLUETOOTH Smart heart rate monitor will have priority.

To measure your heart rate, **stand on the foot rails** and place your thumb on the heart rate monitor. **Do not press too hard, or the circulation in your thumb will be restricted and your heart rate may not be detected.**

When your heart rate is detected, the small heart symbol in the display will flash and your heart rate will be shown. **For the most accurate heart rate reading, hold your thumb on the heart rate monitor for at least 15 seconds.**



If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb for a few seconds, and then reposition your thumb on the heart rate monitor. Remember to stand still while measuring your heart rate.

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

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

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2. Select an onboard workout.

To select an onboard workout, press the Calorie Workouts button repeatedly until the desired workout appears in the display.

A few seconds after you select a workout, the approximate number of calories and the maximum speed settings of the workout will appear in the display for a few seconds.

3. Start the walking belt.

Press the Start button. A moment after you press the button, the treadmill will automatically adjust to the first speed setting for the workout. Hold the handrails and begin walking.

Each workout is divided into several calorie goal segments. One speed setting is programmed for each segment. Note: The same speed setting may be programmed for consecutive segments.

If a different speed setting is programmed for the next segment, the speed setting will flash in the display to alert you. The treadmill will automatically adjust to the speed setting for the next segment.

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

If the speed setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed buttons; however, **when the current segment of the workout ends, the treadmill will automatically adjust to the speed setting for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed setting for that segment.

4. Follow your progress with the display.

See step 4 on page 13.

5. Measure your heart rate if desired.

See step 5 on page 14.

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

See step 6 on page 14.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports BLUETOOTH connections to tablets via the iFit Bluetooth Tablet app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

1. Download and install the iFit Bluetooth Tablet app on your tablet.

On your iOS® or Android™ tablet, open the App StoreSM or the Google Play™ store, search for the free iFit Bluetooth Tablet app, and then install the app on your tablet. **Make sure that the BLUETOOTH option is enabled on your tablet.**

Then, open the iFit Bluetooth Tablet app and follow the instructions to set up an iFit account and customize settings.

2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 16.

3. Connect your tablet to the console.

Press the iFit Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit Bluetooth Tablet app to connect your tablet to the console.

When a connection is established, the LED on the console will turn solid blue.

4. Record and track your workout information.

Follow the instructions in the iFit Bluetooth Tablet app to record and track your workout information.

5. Disconnect your tablet from the console if desired.

To disconnect your tablet from the console, first select the disconnect option in the iFit Bluetooth Tablet app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All BLUETOOTH connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all BLUETOOTH Smart heart rate monitors.

To connect your BLUETOOTH Smart heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All BLUETOOTH connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

THE SETTINGS MODE

1. Select the settings mode.

To select the settings mode, press the Settings button. The first settings screen will appear in the display. **Note:** If you have selected a workout, you may need to press the Stop button repeatedly to return to the main menu before selecting the settings mode.

2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Stop button repeatedly to select the desired settings screen.

3. Change settings as desired.

Software Version Number—The software version number will appear in the display.

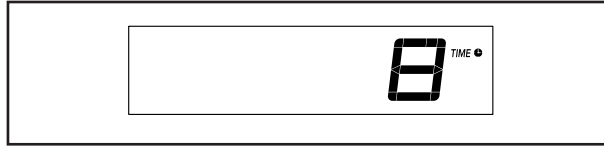
Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the Speed increase button repeatedly. To view workout information in standard units, select Std. To view workout information in metric units, select Met.



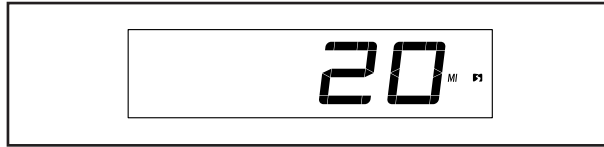
Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

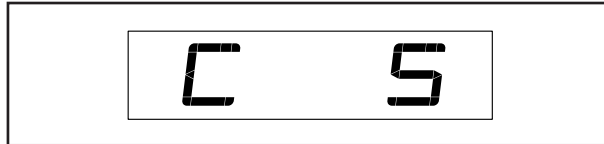
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the treadmill has been used.



Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the walking belt has moved.



Contrast Level—The currently selected contrast level will appear in the display. Press the Speed increase and decrease buttons to adjust the contrast level.



Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the treadmill is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Speed increase button repeatedly to select a demo mode option. To turn on the demo mode, select Don. To turn off the demo mode, select Doff.



4. Exit the settings mode.

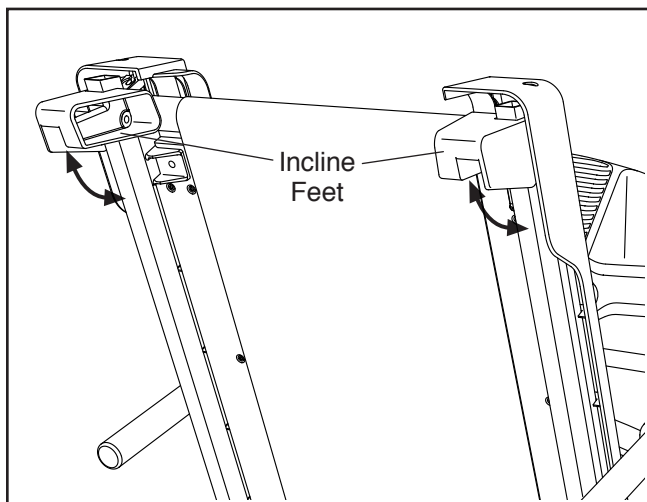
Press the Settings button to exit the settings mode.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, you can change the incline of the treadmill. There are two incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see page 19).

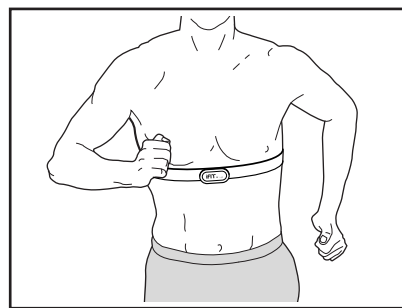
To change the incline, rotate both incline feet to the desired position. **CAUTION: Before using the treadmill, make sure that both incline feet are in the same position and are held firmly in place.**

After you have adjusted the incline feet, lower the treadmill (see page 19).



THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during



your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**

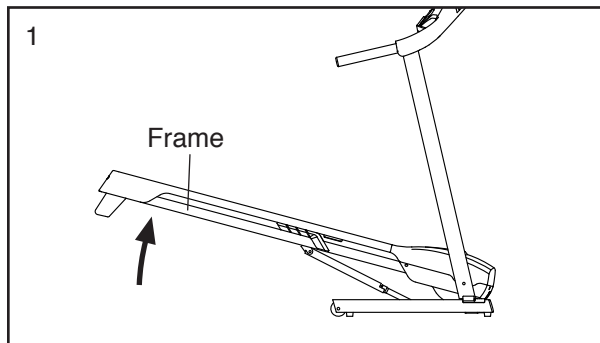
Note: The console is compatible with all BLUETOOTH Smart heart rate monitors.

HOW TO FOLD AND MOVE THE TREADMILL

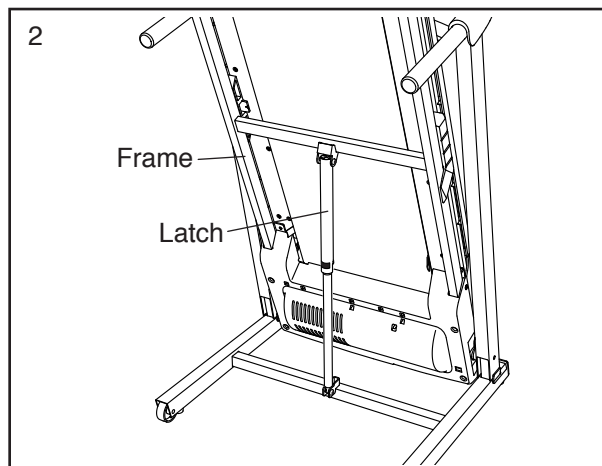
HOW TO FOLD THE TREADMILL

Before folding the treadmill, 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 below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.** Raise the frame about halfway to the vertical position.



2. Raise the frame until the storage latch locks in the storage position. **CAUTION: Make sure that the storage latch locks.**

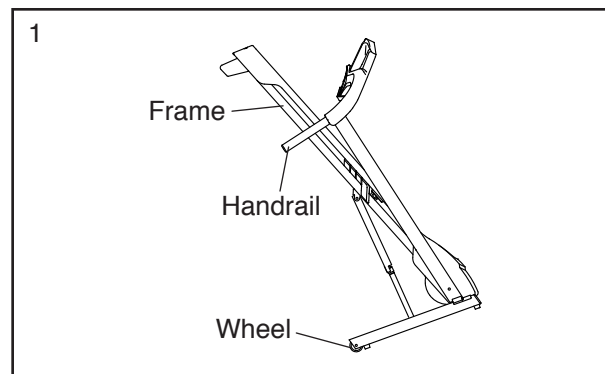


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85°F (30°C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the storage latch is in the locked position.** Moving the treadmill may require two people.

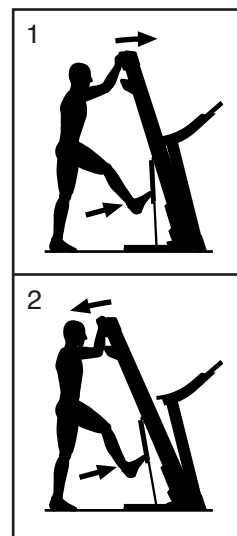
1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. Push the upper end of the frame forward, and gently press the upper part of the storage latch with your foot at the same time.
2. While pressing the storage latch with your foot, pull the upper end of the frame toward yourself.
3. Step back and let the frame lower to the floor.



MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the treadmill is used. Replace any worn parts immediately.

Regularly clean the treadmill and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord**. Wipe exterior parts of the treadmill with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the treadmill with a soft towel.

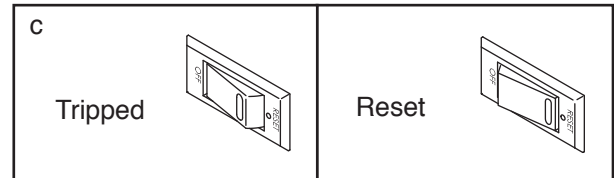
TROUBLESHOOTING

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

SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a properly earthed outlet (see page 10). If an extension cord is needed, use only a 3-conductor, 14-gauge (2 mm²) cord that is no longer than 5 ft. (1.5 m).
- After the power cord has been plugged in, make sure that the key is inserted into the console.

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



SYMPTOM: The power turns off during use

- Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.
- 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.
- Remove the key from the console, and then reinsert it.
- If the treadmill still will not run, please see the front cover of this manual.

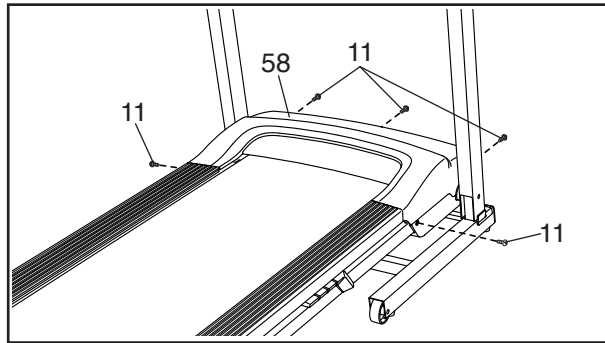
SYMPTOM: The console displays remain lit when you remove the key from the console

- The console may feature 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 SETTINGS MODE on page 16 to turn off the demo mode.

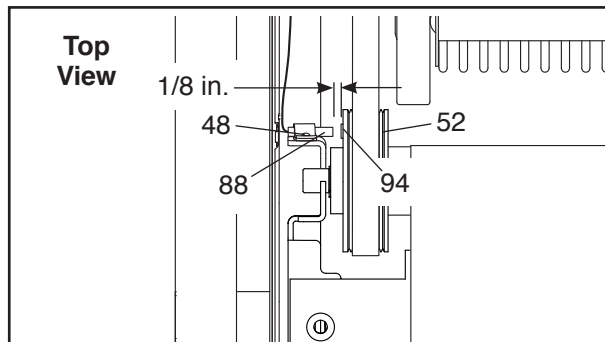
SYMPTOM: The displays of the console do not function properly

- a. Remove the key from the console and **UNPLUG THE POWER CORD**. Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 19).

Remove the five indicated M4.2 x 19mm Screws (11). Then, carefully remove the Motor Hood (58).

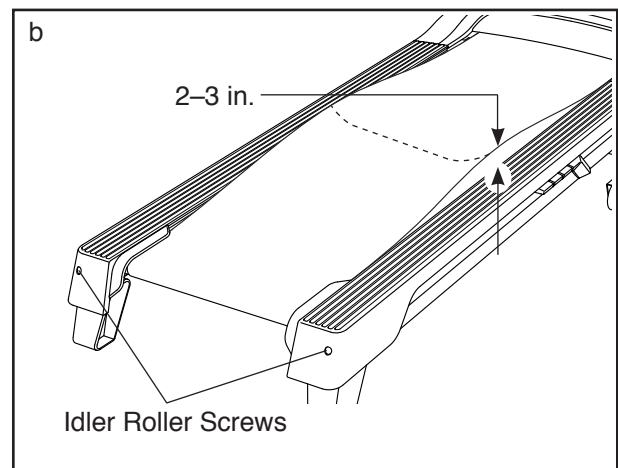


Locate the Reed Switch (88) and the Magnet (94) on the left side of the Pulley (52). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Truss Head Screw (48), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown), and walk on the treadmill for a few minutes to check for a correct speed reading.



SYMPTOM: The walking belt slows when walked on

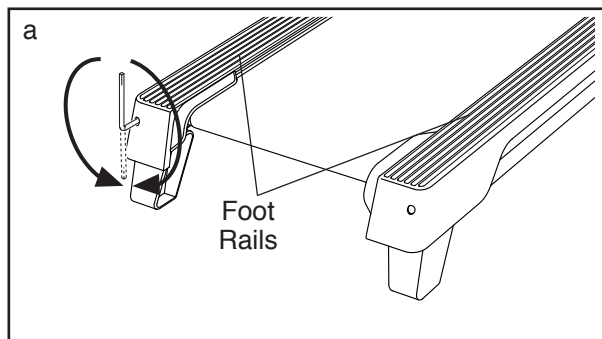
- a. If an extension cord is needed, use only a 3-conductor, 14-gauge (2 mm²) cord that is no longer than 5 ft. (1.5 m).
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws 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 walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



- c. 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 unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.
- d. If the walking belt still slows when walked on, see the front cover of this manual.

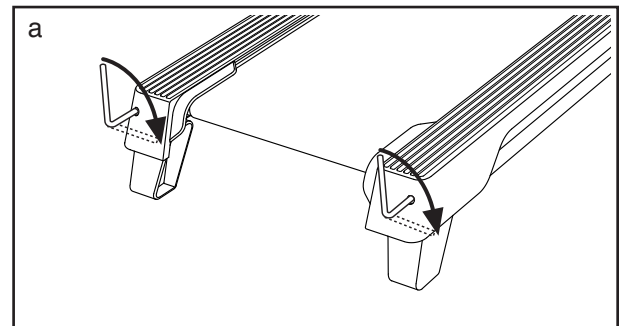
SYMPTOM: The walking belt is off-center

- a. **IMPORTANT: The walking belt should be centered between the foot rails. If the walking belt rubs against the foot rails, the walking belt may become damaged.** 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 idler roller screw clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is centered.



SYMPTOM: The walking belt slips when walked on

- a. First, remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 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 walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

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

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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, 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.

PART LIST

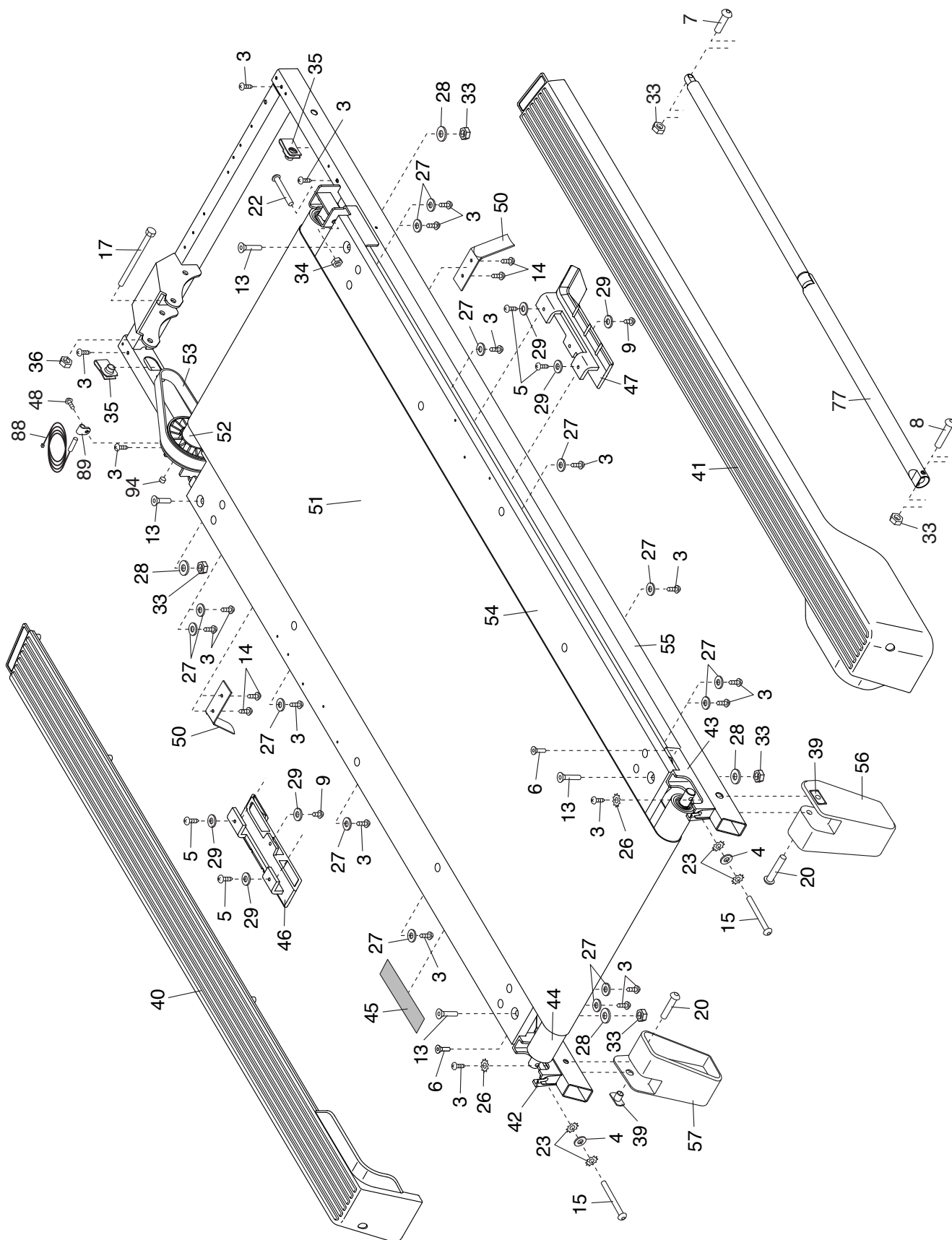
Model No. PETL38817.0 R1217A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	3/8" x 2 1/4" Screw	49	1	#8 Nut
2	4	M10 x 45mm Screw	50	2	Belt Guide
3	24	M4.2 x 19mm Screw	51	1	Walking Belt
4	2	1/4" Washer	52	1	Drive Roller/Pulley
5	4	M4 x 13mm Washer Head Screw	53	1	Motor Belt
6	2	M8 x 35mm Flat Head Screw	54	1	Walking Platform
7	1	M8 x 35mm Bolt	55	1	Frame
8	1	M8 x 52mm Bolt	56	1	Right Rear Foot
9	7	M4 x 13mm Pan Head Screw	57	1	Left Rear Foot
10	4	M4 x 19mm Tek Screw	58	1	Motor Hood
11	5	M4.2 x 19mm Screw	59	1	Motor Bracket
12	9	M4 x 10mm Screw	60	1	Drive Motor
13	4	M8 x 30mm Screw	61	1	Controller Bracket
14	4	M4 x 13mm Screw	62	1	Electronics Bracket
15	2	M6 x 70mm Screw	63	1	Controller
16	2	1/4" x 3/4" Screw	64	1	Power Cord
17	1	M8 x 102mm Bolt	65	1	Belly Pan Grommet
18	2	M8 x 20mm Screw	66	1	Power Switch
19	2	M8 x 40mm Bolt	67	1	Belly Pan
20	2	M8 x 40mm Screw	68	4	Cable Tie
21	2	M10 x 110mm Screw	69	1	Releasable Tie
22	1	M6 x 60mm Screw	70	4	Handrail Cap
23	4	M6 Star Washer	71	1	Left Handrail
24	2	3/8" x 3/4" Screw	72	1	Right Handrail
25	2	M8 Star Washer	73	1	Wire Tie
26	4	M4 Star Washer	74	1	Console Base
27	14	Foot Rail Flat Washer	75	1	Console
28	4	Walking Platform Washer	76	1	Upright
29	6	#8 Washer	77	1	Storage Latch
30	2	M10 Star Washer	78	1	Upright Wire
31	2	M10 Washer	79	1	Key/Clip
32	2	M8 Flange Nut	80	1	Upper Upright Grommet
33	6	M8 Nut	81	1	Lower Upright Grommet
34	1	M6 Nut	82	2	Frame Spacer
35	2	M10 Nut Insert	83	2	Base Cap
36	1	M8 Motor Nut	84	4	Base Pad
37	2	3/8" Jam Nut	85	1	Base
38	3	Hood Clip	86	2	Wheel
39	2	M8 Rear Foot Nut	87	1	#8 x 3/4" Machine Screw
40	1	Left Foot Rail	88	1	Reed Switch
41	1	Right Foot Rail	89	1	Reed Switch Clamp
42	1	Left Idler Roller Bracket	90	1	Receptacle
43	1	Right Idler Roller Bracket	91	1	Filter
44	1	Idler Roller	92	1	Motor Isolator
45	1	Warning Decal	93	2	Motor Bushing
46	1	Left Platform Cushion	94	1	Magnet
47	1	Right Platform Cushion	95	1	Ground Wire
48	1	#8 x 3/4" Truss Head Screw	*	—	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

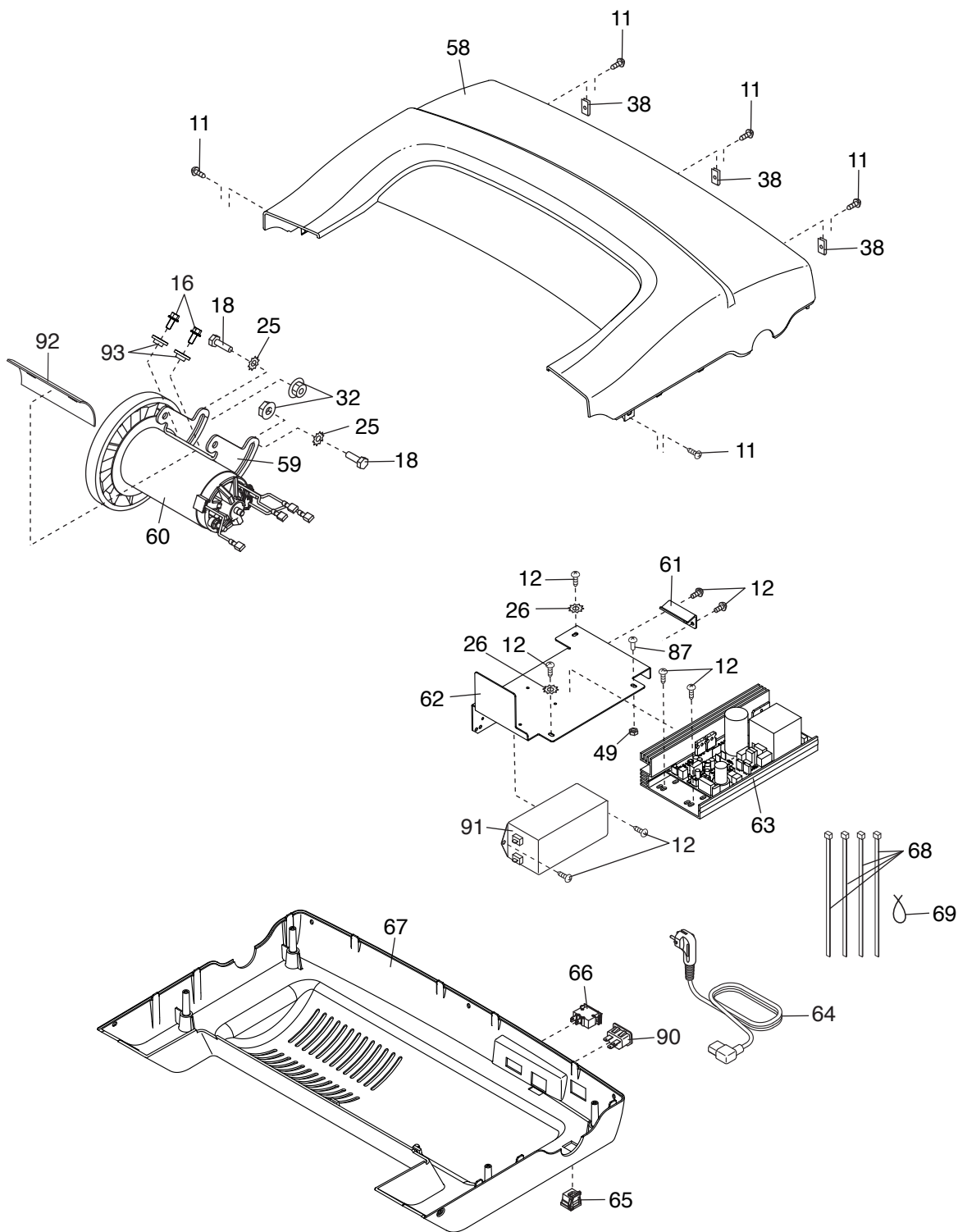
EXPLODED DRAWING A

Model No. PETL38817.0 R1217A



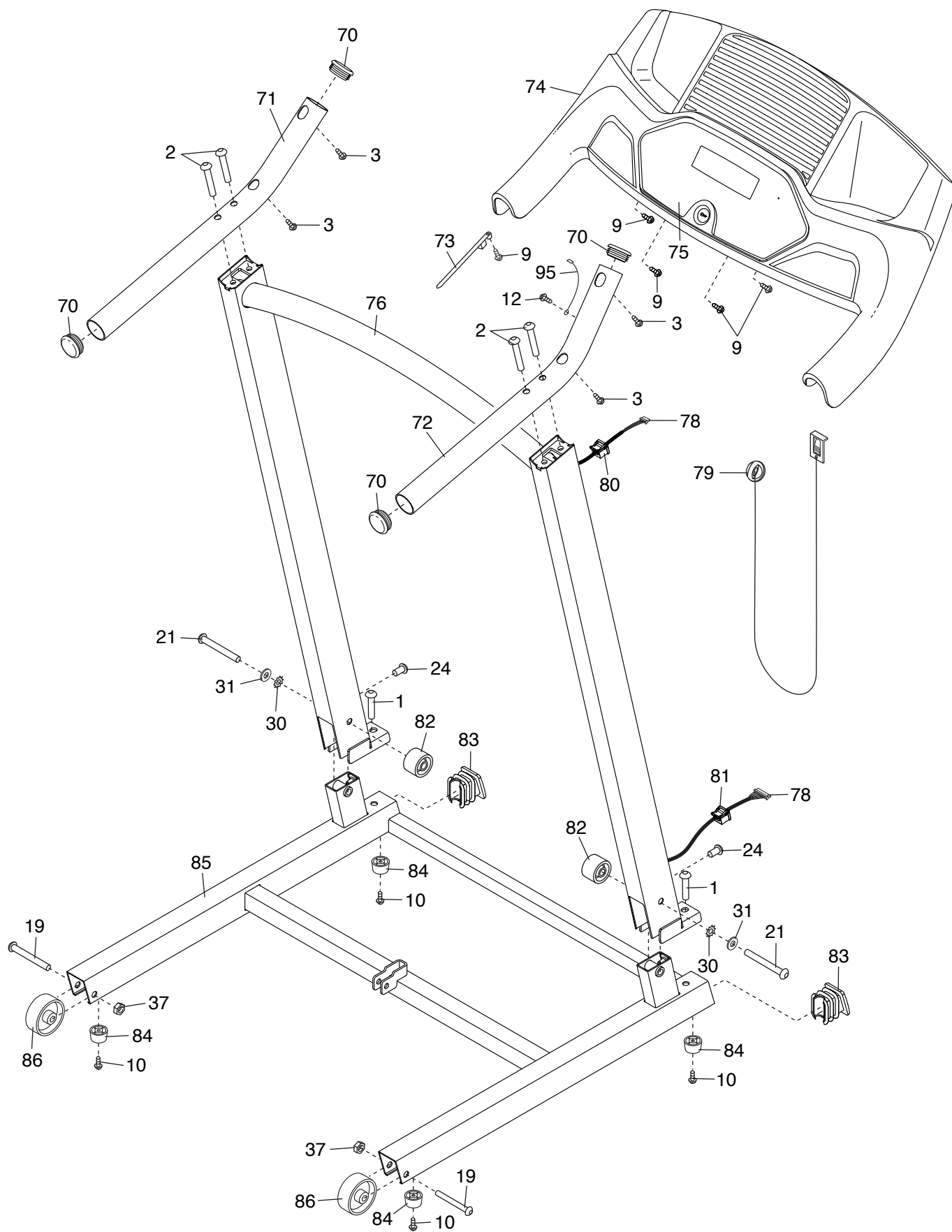
EXPLODED DRAWING B

Model No. PETL38817.0 R1217A



EXPLODED DRAWING C

Model No. PETL38817.0 R1217A



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 part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

