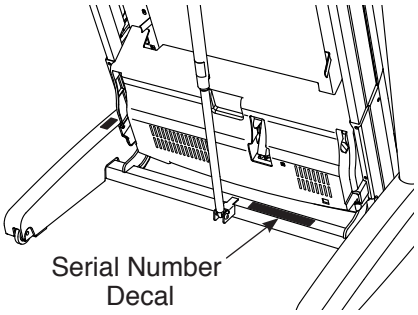
PRO-FORM®

PRO 1500

Model No. PETL14618.0
Serial No. _____

Write the serial number in the space above for reference.



CUSTOMER SERVICE

UNITED KINGDOM
Call: 0330 123 1045
From Ireland: 053 92 36102
Website: 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.

USER'S MANUAL



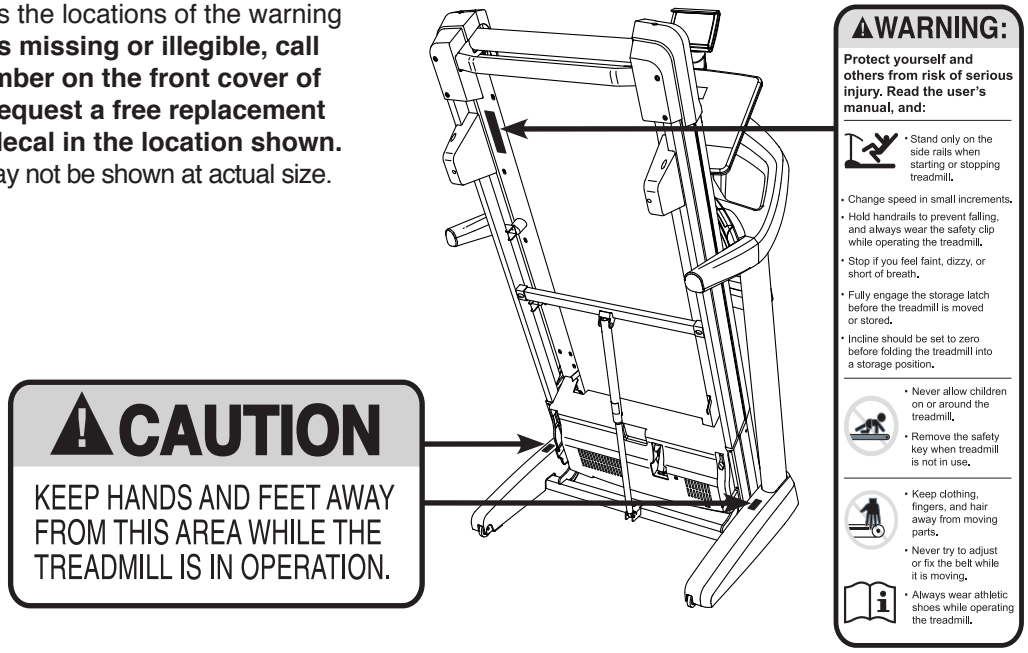
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WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **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 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 in this manual.**

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 297 lbs. (135 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 18), 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 mm^2) 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 28 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 20). 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 27.) 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.**

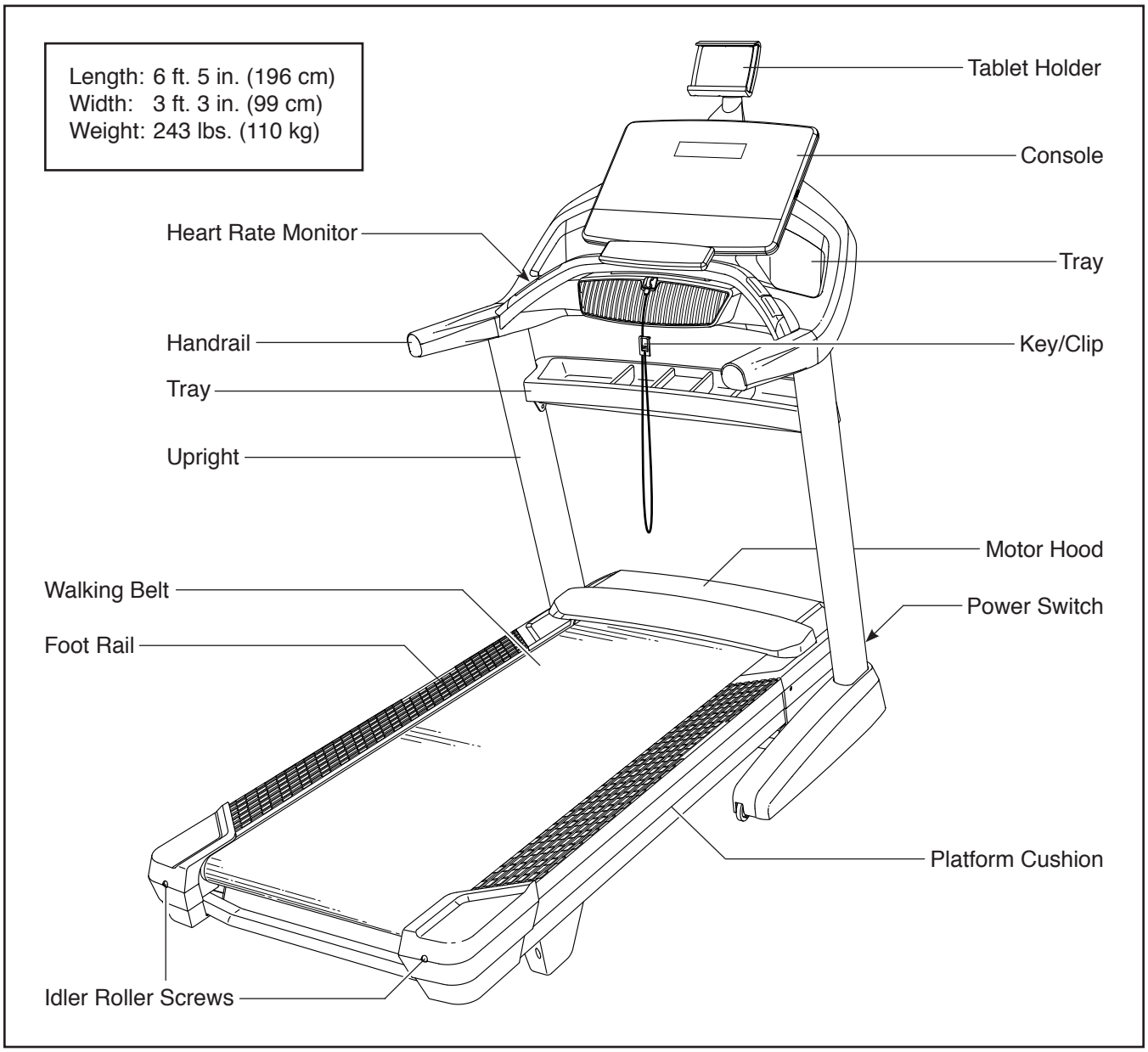
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® PRO 1500 treadmill. The PRO 1500 treadmill offers an impressive selection of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

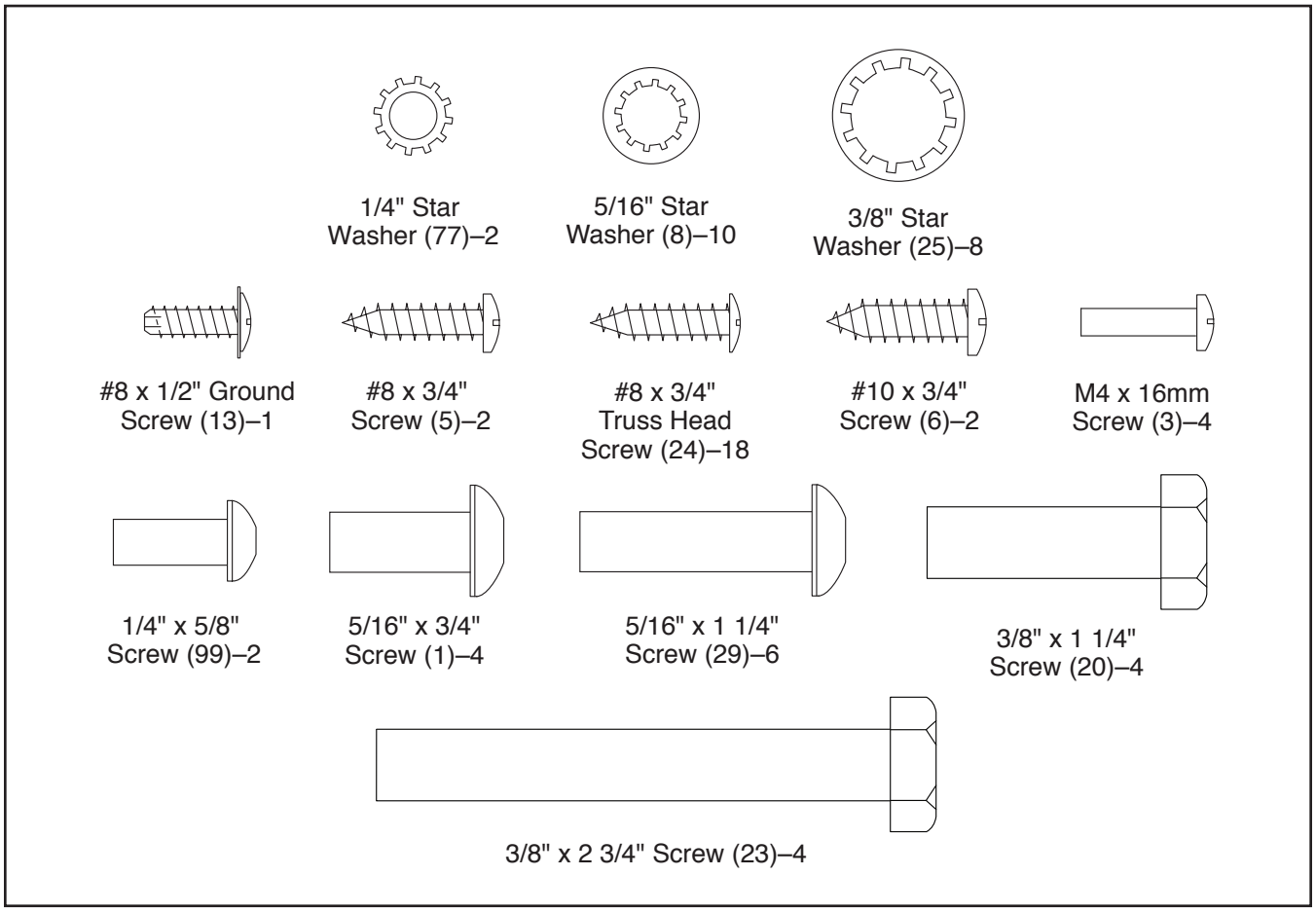
For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of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



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 key 

one adjustable wrench 

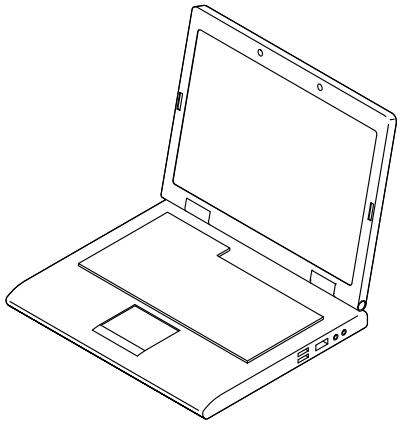
one Phillips screwdriver 

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)

1

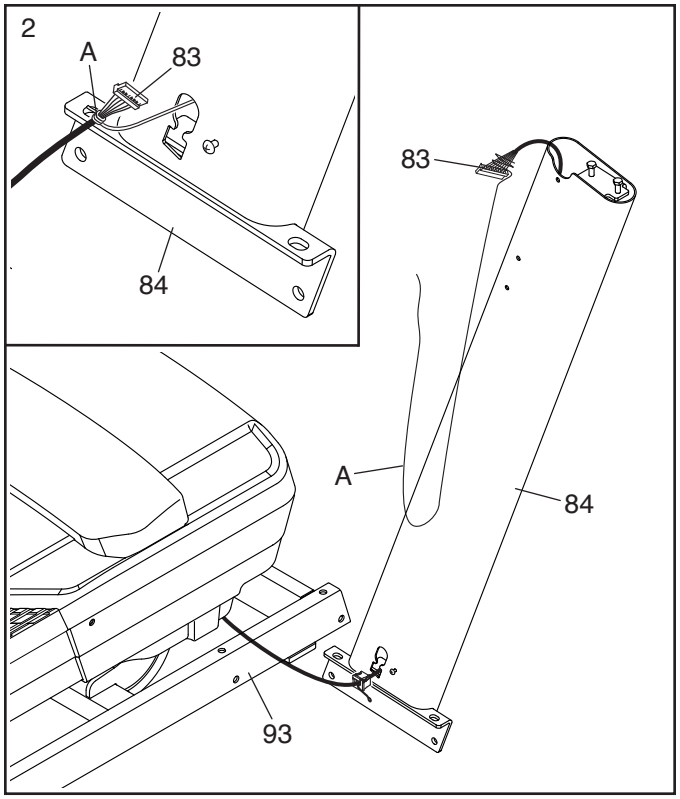


2. **Make sure that the power cord is unplugged.**

   Remove the tie securing the Upright Wire (83) to the front of the Base (93).

   Next, identify the Right Upright (84). Have a second person hold the Right Upright near the Base (93).

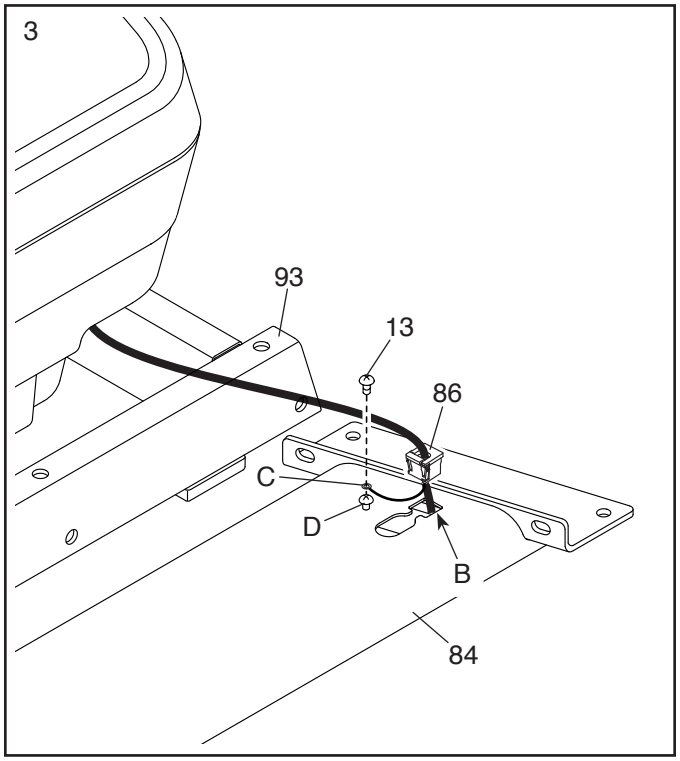
   See the inset drawing. Tie the wire tie (A) in the Right Upright (84) securely around the end of the Upright Wire (83). Then, insert the Upright Wire into the lower end of the Right Upright as you pull the other end of the wire tie through the Right Upright.



3. Lay the Right Upright (84) near the Base (93). Press the Grommet (86) into the square hole (B) in the Right Upright. **Make sure not to pinch the ground wire (C).**

   If there is a screw (D) preattached to the Right Upright (84), remove and discard it.

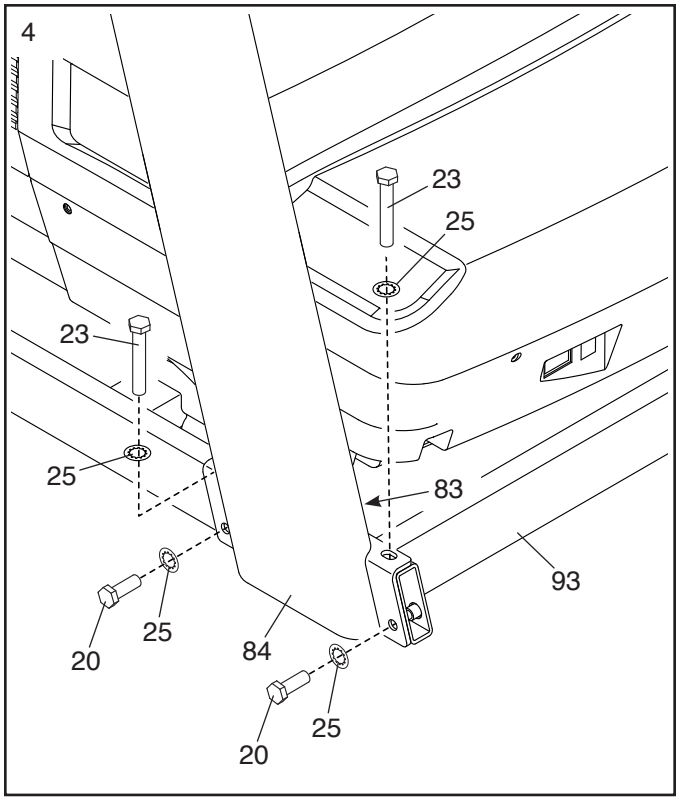
   Then, attach the ground wire (C) to the Right Upright (84) with a #8 x 1/2" Ground Screw (13).



4. Hold the Right Upright (84) against the Base (93). **Make sure not to pinch the Upright Wire (83).**

   Attach the Right Upright (84) with two 3/8" x 2 3/4" Screws (23), two 3/8" x 1 1/4" Screws (20), and four 3/8" Star Washers (25) as shown; **do not fully tighten the Screws yet.**

   Attach the Left Upright (not shown) in the same way. Note: There are no wires on the left side.

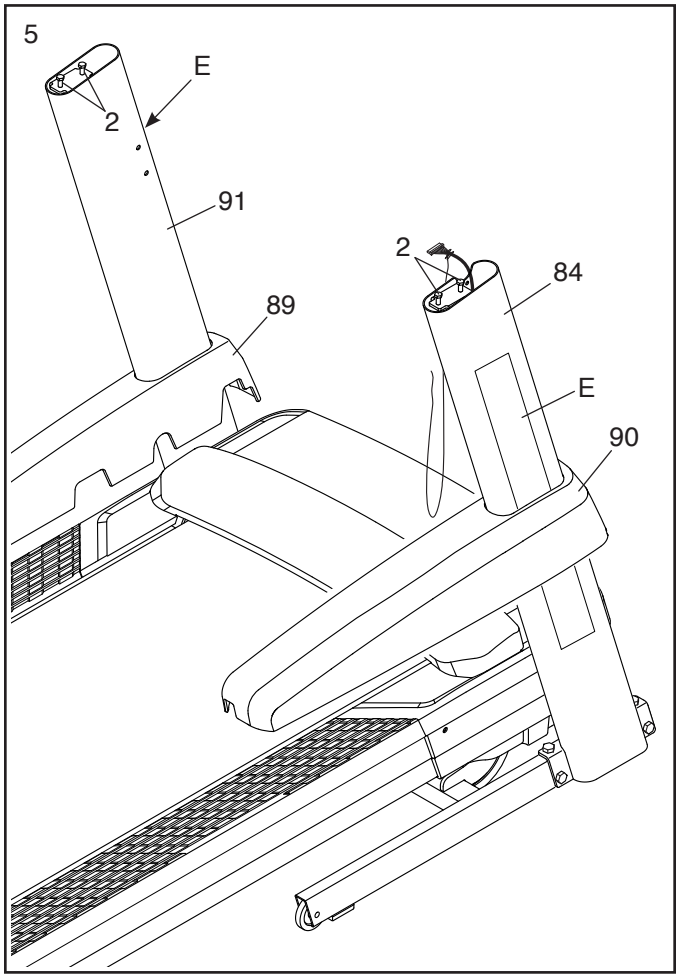


5. Identify the Left and Right Upright Covers (89, 90).

   Slide the Left Upright Cover (89) onto the Left Upright (91), and slide the Right Upright Cover (90) onto the Right Upright (84). Press the Upright Covers downward; **do not snap the Upright Covers into place yet.**

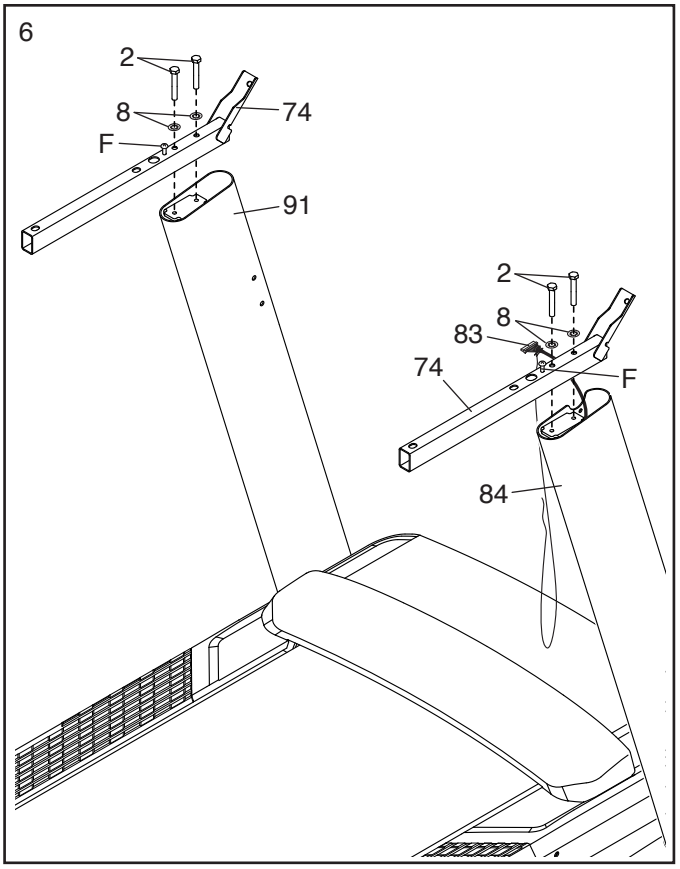
   Then, remove and save the four indicated 5/16" x 2" Screws (2).

   If there is a film (E) covering the decal on each Upright (84, 91), carefully remove the film.



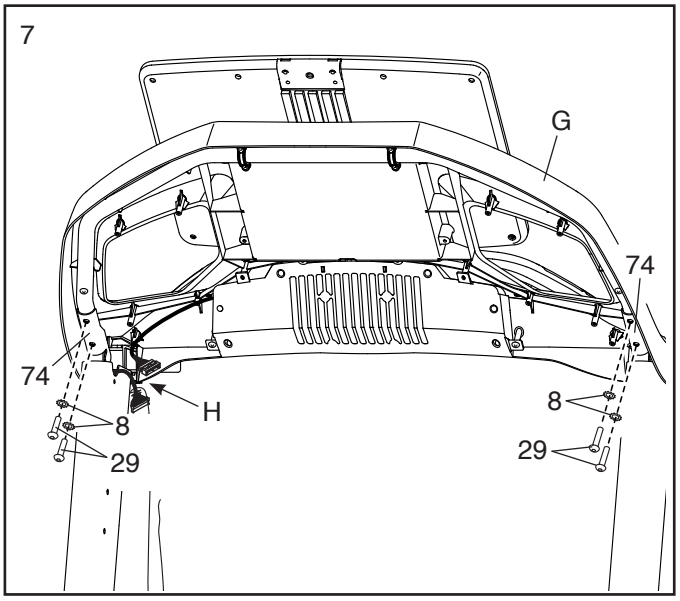
6. Attach the two Handrails (74) to the Right and Left Uprights (84, 91) with the four 5/16" x 2" Screws (2) that you removed in step 5 and four 5/16" Star Washers (8); **start all four Screws, and then tighten them. Be careful not to pinch the Upright Wire (83) on the right side.**

   Then, remove and discard the two indicated screws (F).

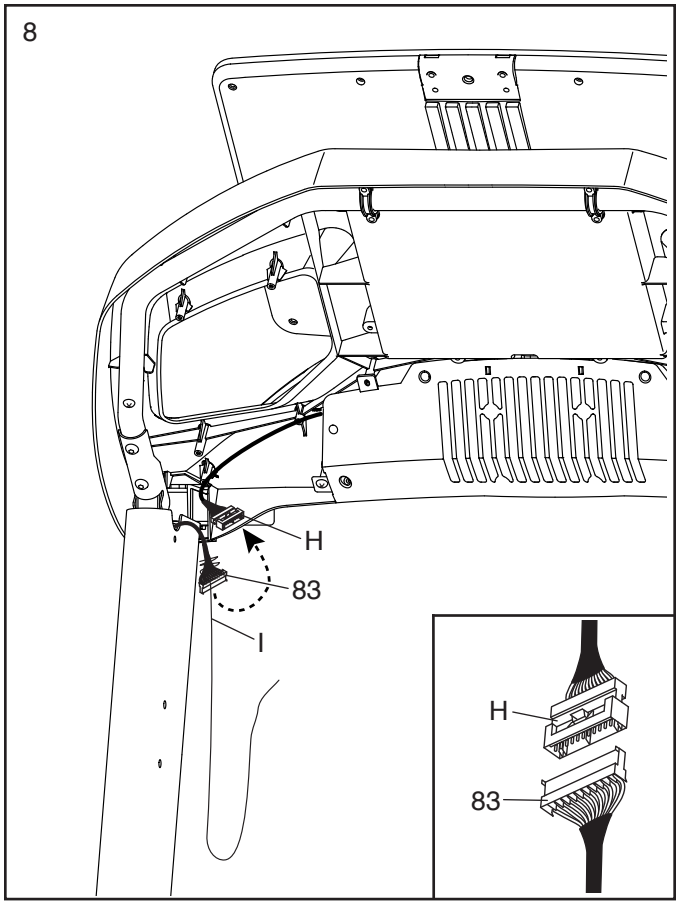


7. With the help of a second person, set the console assembly (G) on the Handrails (74). **Be careful not to pinch the wires (H).**

   Attach the console assembly (G) with four 5/16" x 1 1/4" Screws (29) and four 5/16" Star Washers (8); **do not fully tighten the Screws yet.**

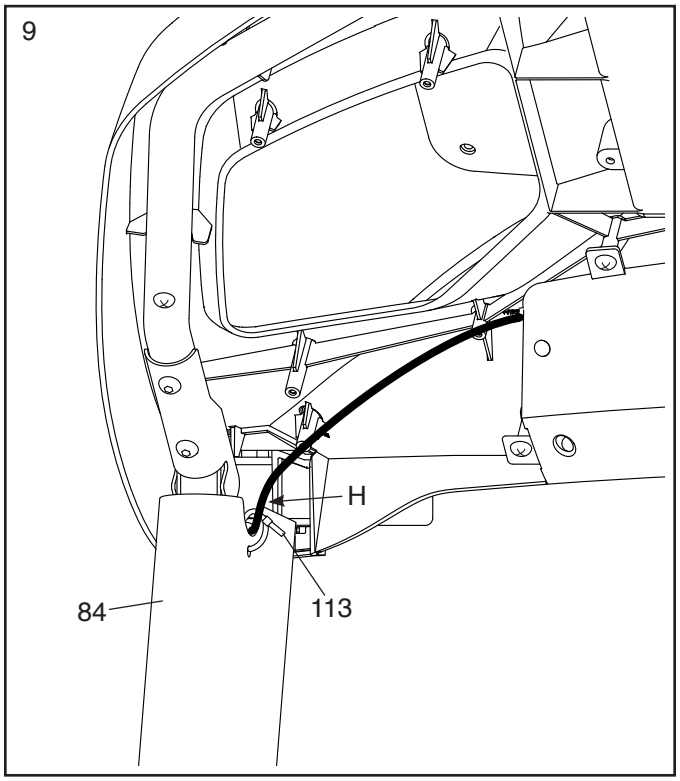


8. **See the inset drawing.** Connect the Upright Wire (83) to the console wire (H). **The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Then, remove any wire ties (I) from the Upright Wire.



9. Insert the wires (H) into the top of the Right Upright (84).

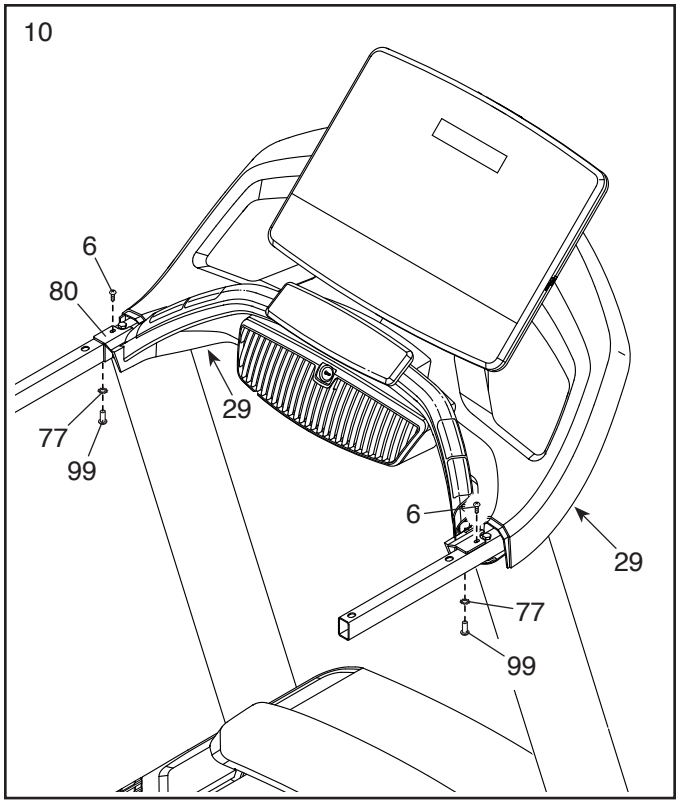
   Next, locate the Wire Tie (113) included with the hardware. Insert the Wire Tie through the small hole in the side of the Right Upright (84). Then, tighten the Wire Tie around the wires (H), and cut off the end of the Wire Tie.



10. **IMPORTANT: To avoid damaging the Pulse Crossbar (80), do not use power tools, and do not overtighten the #10 x 3/4" Screws (6) or the 1/4" x 5/8" Screws (99).**

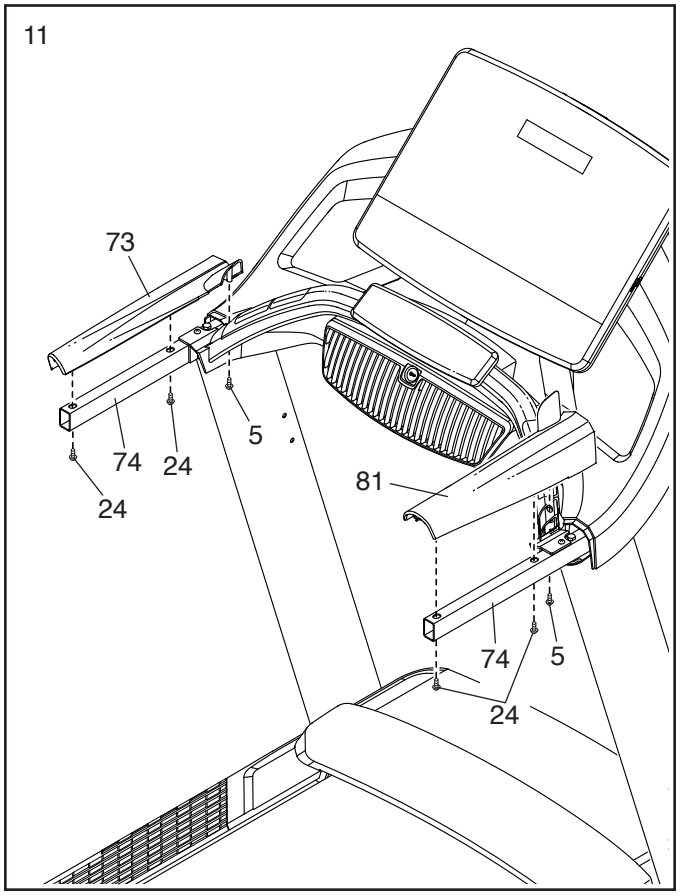
    Tighten two 1/4" x 5/8" Screws (99) with two 1/4" Star Washers (77), and two #10 x 3/4" Screws (6), into the Pulse Crossbar (80); **start all four Screws, and then tighten them.**

    Then, tighten the four 5/16" x 1 1/4" Screws (29).



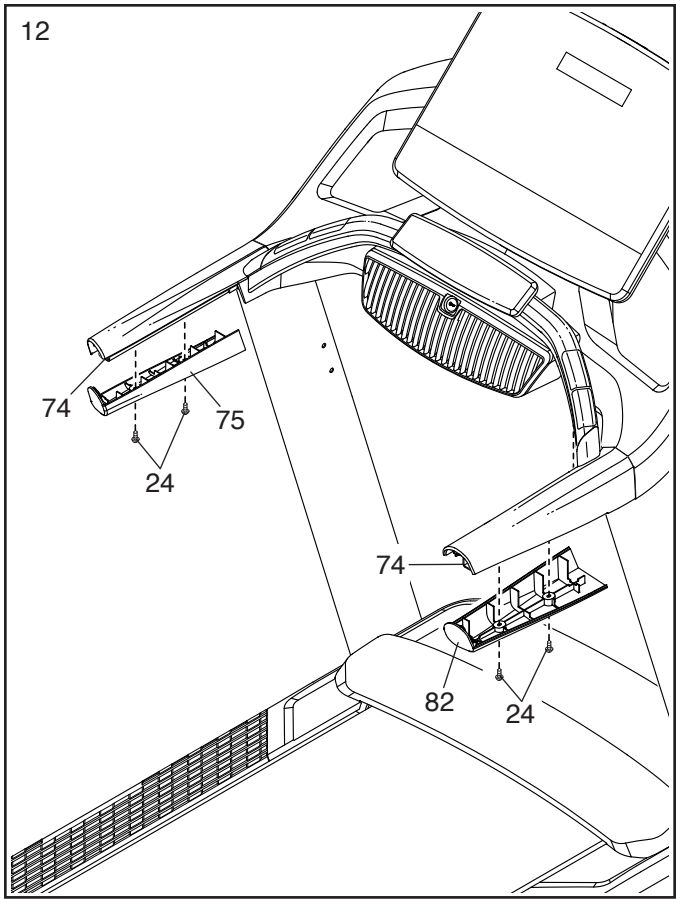
11. Set the Left Handrail Top Cover (73) on the left Handrail (74). Start two #8 x 3/4" Truss Head Screws (24) and one #8 x 3/4" Screw (5) into the bottom of the Left Handrail Top Cover. (Note: The #8 x 3/4" Truss Head Screws have flatter heads than the #8 x 3/4" Screws.) Then, tighten all three Screws. **Be careful not to overtighten the Screws.**

    Attach the Right Handrail Top Cover (81) to the right Handrail (74) as described above.

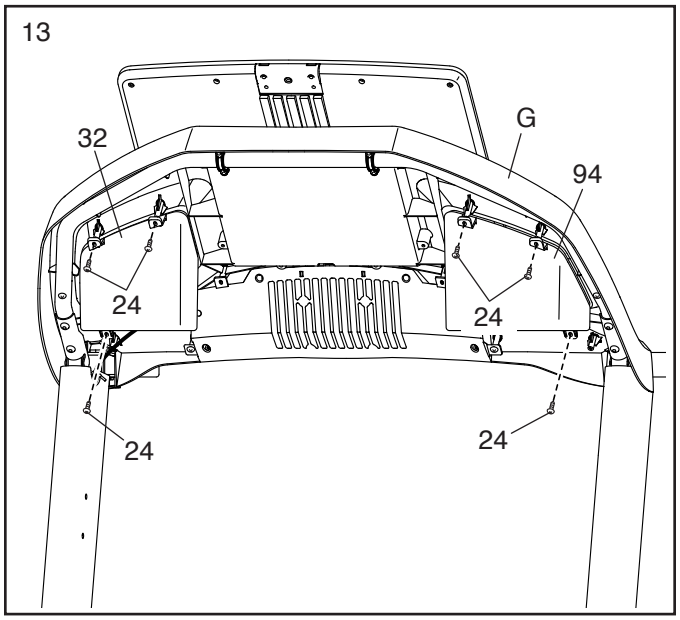


12. Attach the Left Handrail Bottom Cover (75) to the left Handrail (74) with two #8 x 3/4" Truss Head Screws (24); **start both Truss Head Screws, and then tighten them. Be careful not to overtighten the Truss Head Screws.**

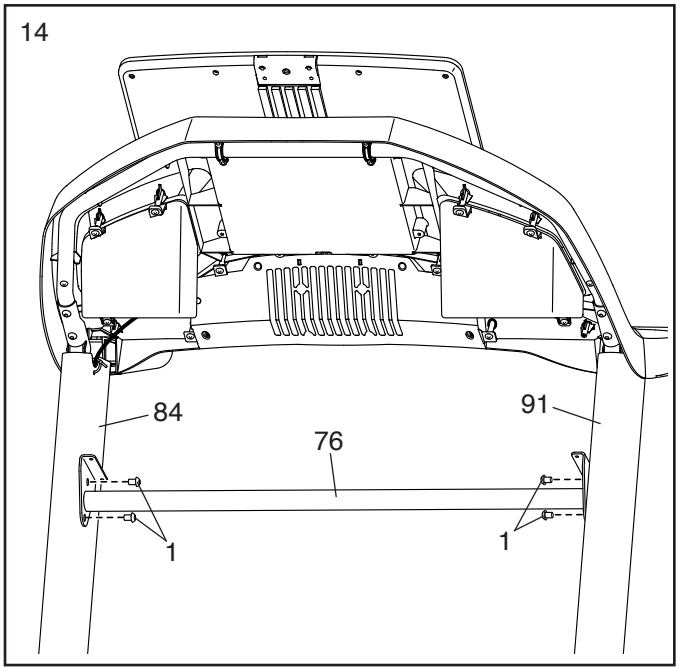
Attach the Right Handrail Bottom Cover (82) to the right Handrail (74) as described above.



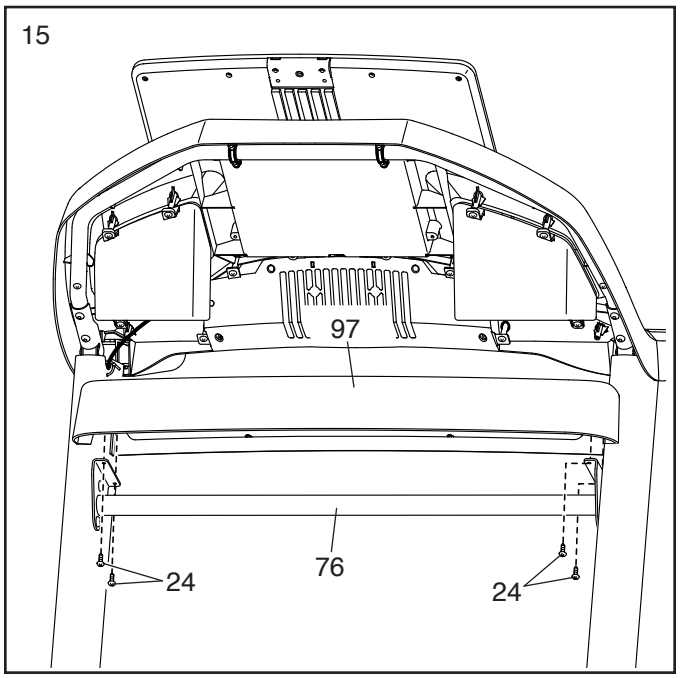
13. Identify the Left and Right Trays (94, 32). Attach the Trays to the console assembly (G) with six #8 x 3/4" Truss Head Screws (24); **start all six Truss Head Screws, and then tighten them. Do not overtighten the Truss Head Screws.**



14. Carefully slide the Upright Crossbar (76) between the Right and Left Uprights (84, 91). Attach the Upright Crossbar with four 5/16" x 3/4" Screws (1); **start all four Screws, and then tighten them.**



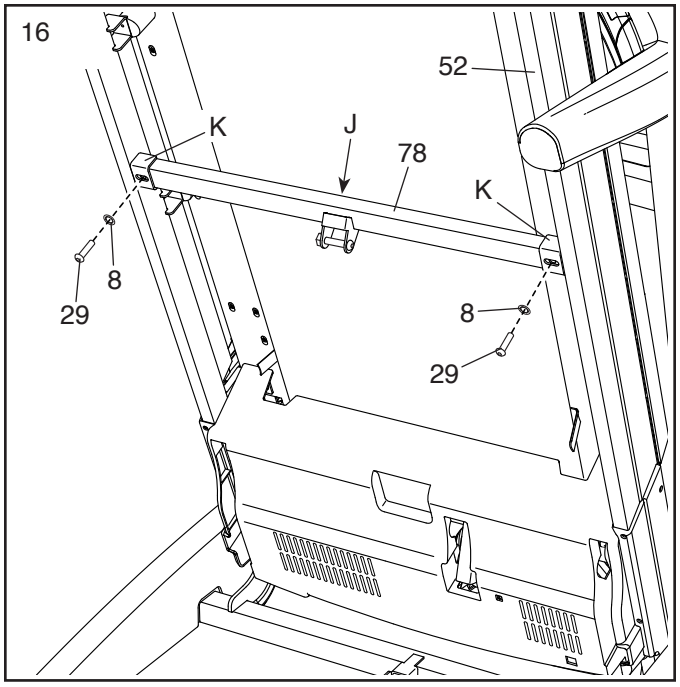
15. Attach the Tray (97) to the Upright Crossbar (76) with four #8 x 3/4" Truss Head Screws (24); **start all four Truss Head Screws, and then tighten them.**



16. Raise the Frame (52) to the upright position. **IMPORTANT: Have a second person hold the Frame until step 18 is completed.**

    Orient the Latch Crossbar (78) as shown. **Make sure that the "This side toward belt" sticker (J) is facing the treadmill.**

    Attach the Latch Crossbar (78) to the brackets (K) on the Frame (52) with the two 5/16" x 1 1/4" Screws (29) and two 5/16" Star Washers (8).

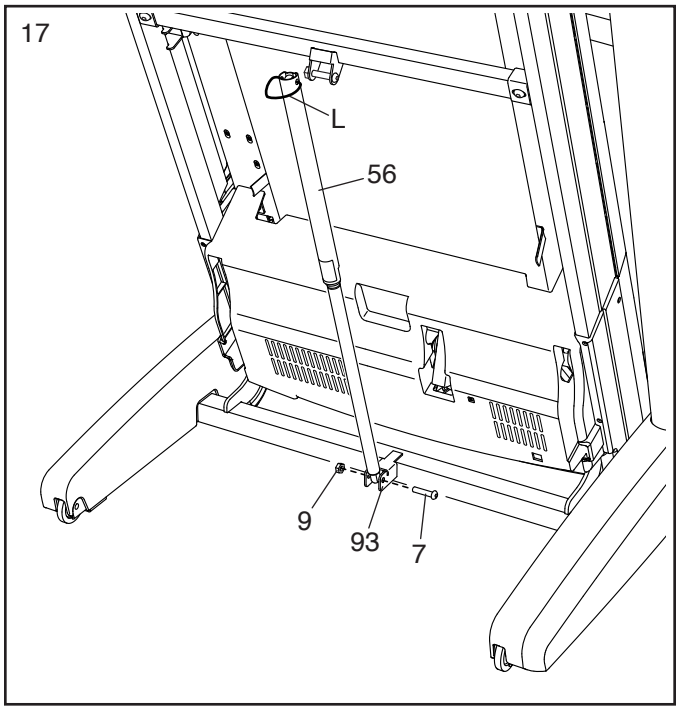


17. Remove the 5/16" Nut (9) and the 5/16" x 1 3/4" Bolt (7) from the bracket on the Base (93).

    Next, orient the Storage Latch (56) as shown.

    Attach the lower end of the Storage Latch (56) to the bracket on the Base (93) with the 5/16" x 1 3/4" Bolt (7) and the 5/16" Nut (9).

    Then, raise the Storage Latch (56) to a vertical position, and remove the tie (L).

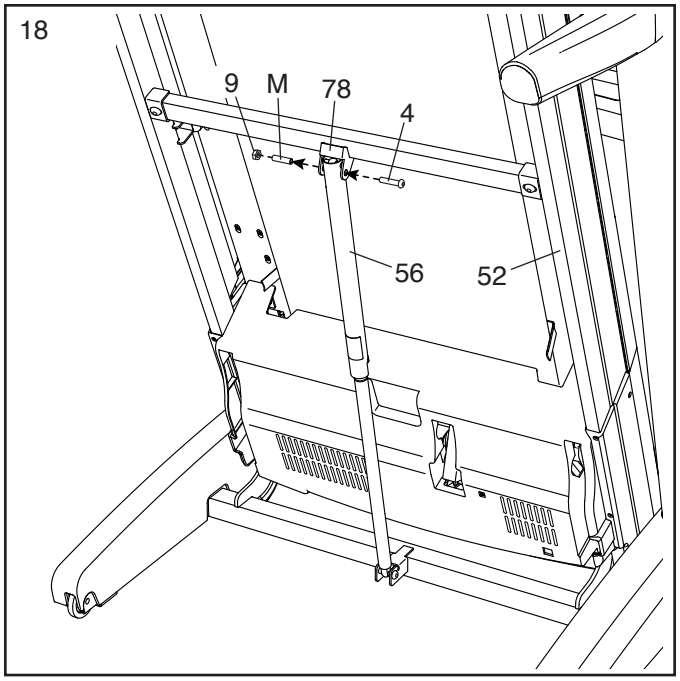


18. Remove the 5/16" Nut (9) and the 5/16" x 2 1/4" Bolt (4) from the bracket on the Latch Crossbar (78).

    Align the upper end of the Storage Latch (56) with the bracket on the Frame (52), and insert the 5/16" x 2 1/4" Bolt (4) through the bracket and the Storage Latch. **This will push a spacer (M) out of the Storage Latch; discard the spacer.**

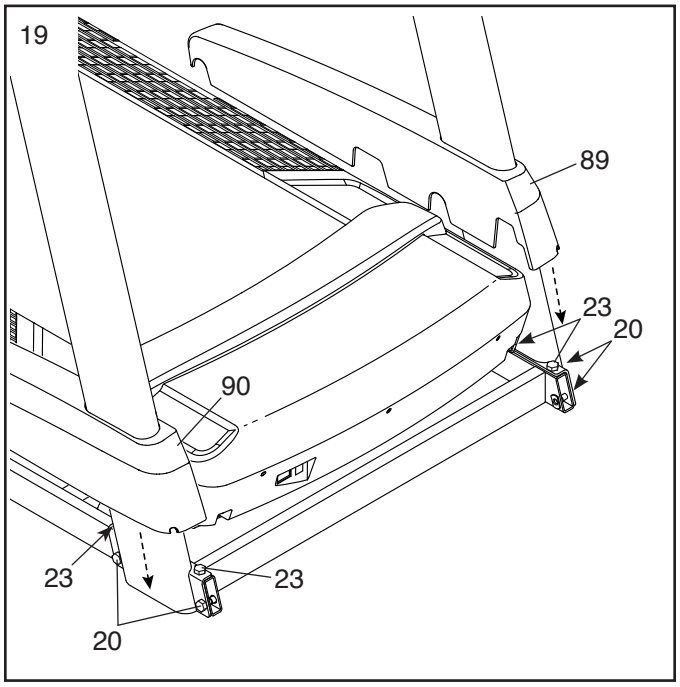
    Next, tighten the 5/16" Nut (9) onto the 5/16" x 2 1/4" Bolt (4). **Do not overtighten the Nut; the Storage Latch (56) must be able to pivot.**

    Then, lower the Frame (52) (see HOW TO LOWER THE TREADMILL FOR USE on page 27).

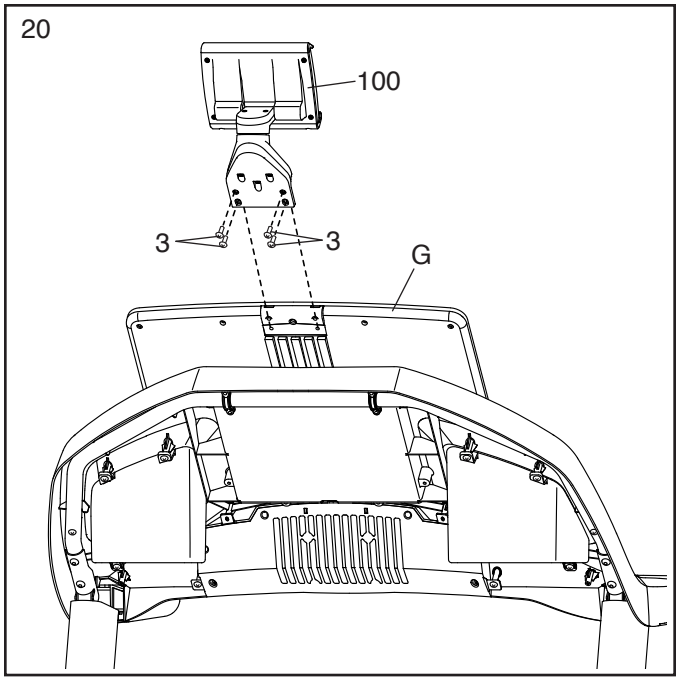


19. **Firmly tighten the four 3/8" x 2 3/4" Screws (23) and the four 3/8" x 1 1/4" Screws (20).**

    Next, slide and the Left and Right Upright Covers (89, 90) down until they snap into place.



20. Attach the Tablet Holder (100) to the console assembly (G) with four M4 x 16mm Screws (3); **start all four Screws, and then tighten them. Do not overtighten the Screws.**



21. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. 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 29 and 30). Note: Extra parts may be included.

HOW TO USE THE TREADMILL

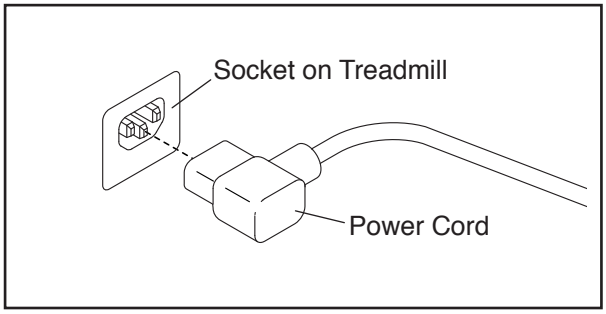
HOW TO PLUG IN THE POWER CORD

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.**

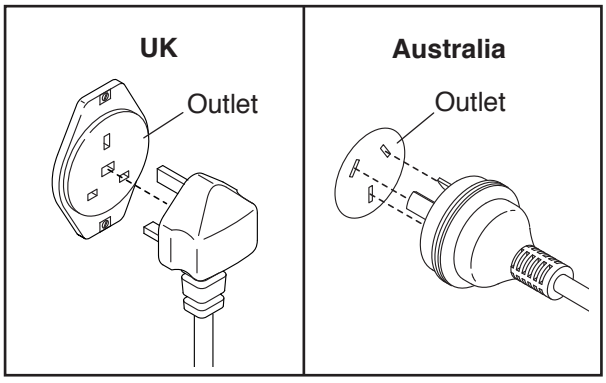
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit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

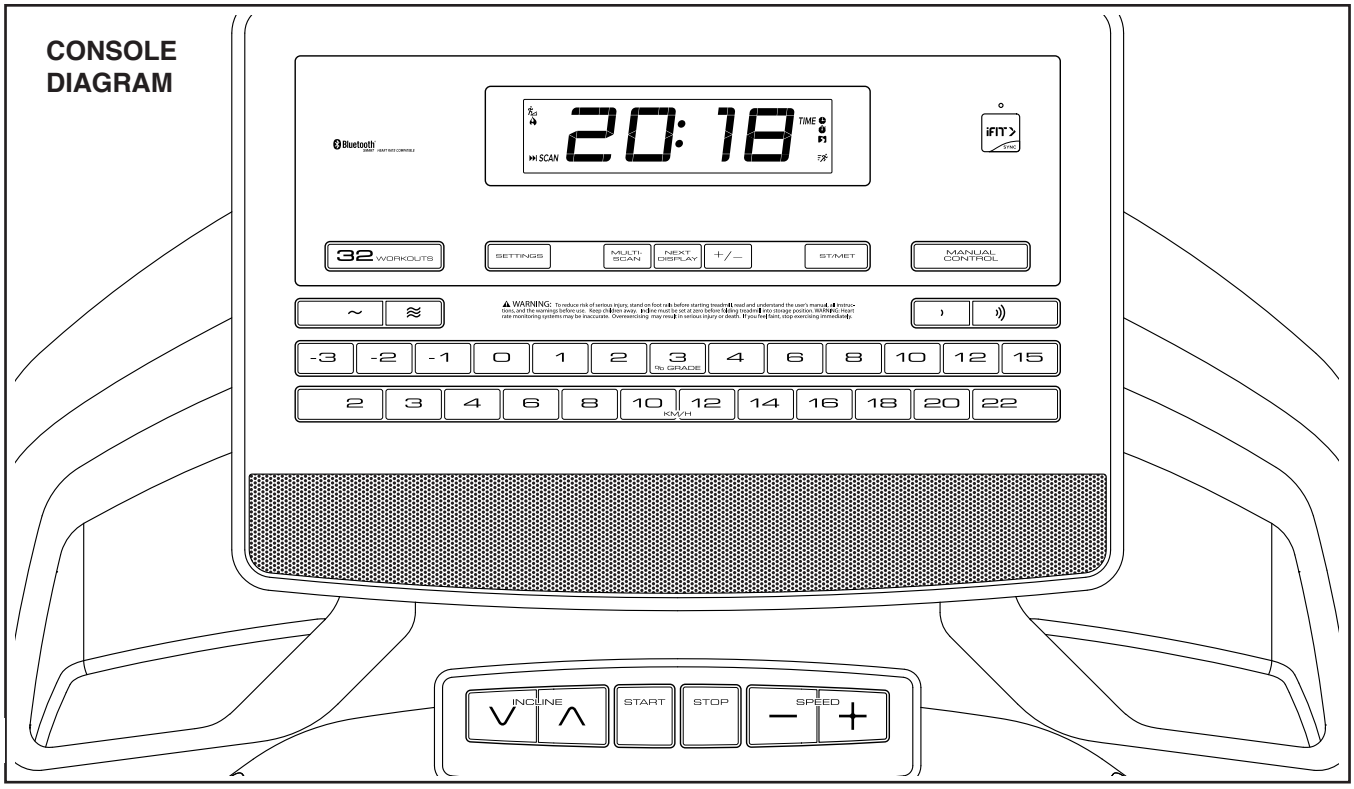
Follow the steps below to plug in the power cord.

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.





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 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 built-in handgrip heart rate monitor or a compatible heart rate monitor. **See page 26 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 and incline 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®–Smart Cardio Equipment app app to record and track your workout information.

You can even listen to your favorite workout music or audio books with the console's sound system while you exercise.

To turn on the power, see page 20. **To use the manual mode,** see page 20. **To use an onboard workout,** see page 22. **To connect your tablet to the console,** see page 23. **To connect your heart rate monitor to the console,** see page 24. **To use the settings mode,** see page 24. **To use the sound system,** see page 27. **To use the tablet holder,** see page 26.

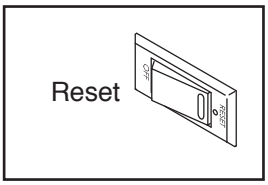
IMPORTANT: If there is a sheet of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 30).

Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, press the St/Met button. For simplicity, all instructions in this section refer to kilometers.

HOW TO TURN ON THE POWER

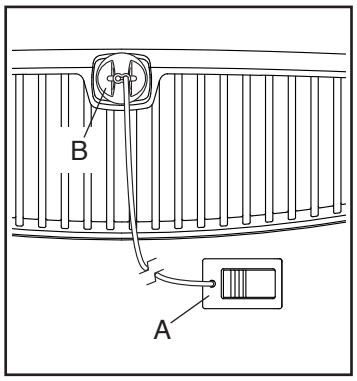
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 18). 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 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 pages 24 and 26 to turn off the demo mode.

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



IMPORTANT: Before you use the treadmill, take the following steps to ensure that the console shows the correct incline level of the treadmill. First, press the Incline increase button once. Next, press either the Incline decrease button or the lowest numbered incline button to set the treadmill to its lowest setting. When the frame stops moving, the treadmill is ready for use.

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 numbered speed buttons.

   If you press the Start button, the walking belt will begin to move at a low speed. 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 by in small increments; if you hold down the button, the speed setting will change more quickly.

   If you press one of the numbered 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 or one of the numbered speed buttons.

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

   To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered incline buttons. Each time you press the Incline increase or decrease button, the incline setting will change by 0.5 percent. If you press one of the numbered incline buttons, the incline will gradually change until it reaches the selected incline setting.

5. **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/Met button.

   Incline (%Grade)—The incline level of the treadmill.

   Pace—Your speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/Met 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 6).

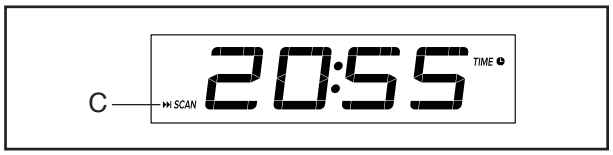
   Speed (MPH or KPH)—Your speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/Met button.

   Time—When the manual mode is selected, the elapsed time. When an onboard workout is selected, the time remaining in the workout.

   Vertical Distance (VRT FT or VRT M)—The distance you have walked or run in vertical feet or vertical meters.

   Press the Next Display button 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 Multi-Scan button; the scan indicator (C) will turn on in the display.



   To manually advance the scan cycle, press the Multi-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 +/- button 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 Multi-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.

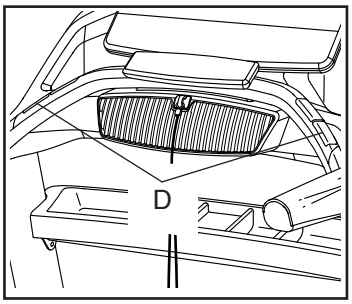
6. **Measure your heart rate if desired.**

   You can measure your heart rate using either the handgrip heart rate monitor or a compatible heart rate monitor. **For information about purchasing an optional chest heart rate monitor, see page 26.**

   The console is compatible with all Bluetooth® Smart heart rate monitors. To connect your heart rate monitor to the console, see page 24.

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

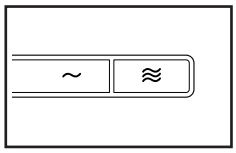
   Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts (D). In addition, make sure that your hands are clean.



   To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

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

   The fan features several speed settings. Press the fan buttons repeatedly to select a fan speed or to turn on or turn off the fan.



8. **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 zero. The incline must be at zero 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, 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 20.

2. **Select an onboard workout.**

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

   A few seconds after you select a workout, the duration, distance, and 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 and incline settings for the workout. Hold the handrails and begin walking.

   Each workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline settings may be programmed for consecutive segments.

At the end of each segment, the speed and/or incline setting for the next segment will flash in the display to alert you if the setting is about to change. The treadmill will then automatically adjust to the speed and incline settings 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 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; however, **when the current segment of the workout ends, the treadmill will automatically adjust to the speed and incline settings 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 a low speed. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

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

   See step 5 on page 21.

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

   See step 6 on page 22.

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

   See step 7 on page 22.

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

   See step 8 on page 22.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports Bluetooth connections to tablets via the iFit–Smart Cardio Equipment app and to compatible heart rate monitors. Note: Other Bluetooth connections are not supported.

1. **Download and install the iFit–Smart Cardio Equipment app on your tablet.**

   On your iOS® or Android™ tablet, open the App Store℠ or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the Bluetooth option is enabled on your tablet.**

   Then, open the iFit–Smart Cardio Equipment 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 24.

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–Smart Cardio Equipment 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–Smart Cardio Equipment 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–Smart Cardio Equipment 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.

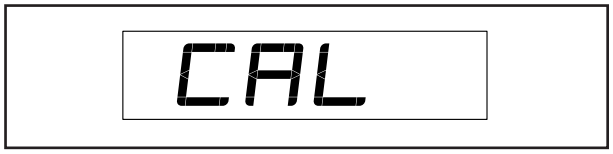
2. **Navigate the settings mode.**

   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.

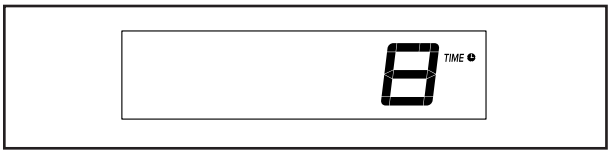
   Incline System Calibration—The letters CAL will appear in the display. If the incline system is not functioning properly, it may need to be calibrated. To calibrate the incline system, press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. When the treadmill stops moving, the incline system is calibrated.



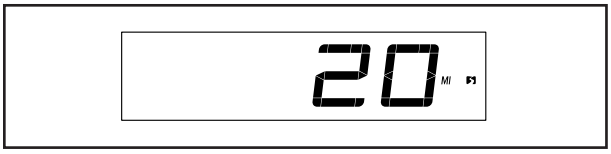
Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

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

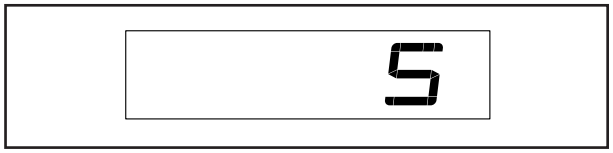
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the treadmill has been used.



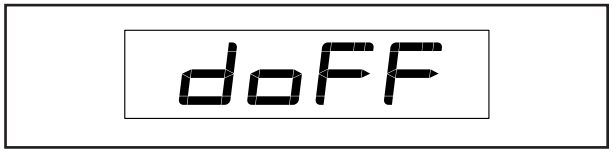
Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the walking belt has moved.



Contrast Level—The currently selected contrast level will appear in the display. Press the Incline 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.

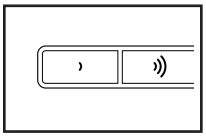


4. **Exit the settings mode.**

   Press the Settings button to exit the settings mode.

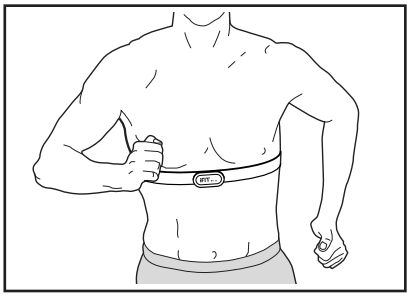
HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.



Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.

THE OPTIONAL CHEST HEART RATE MONITOR



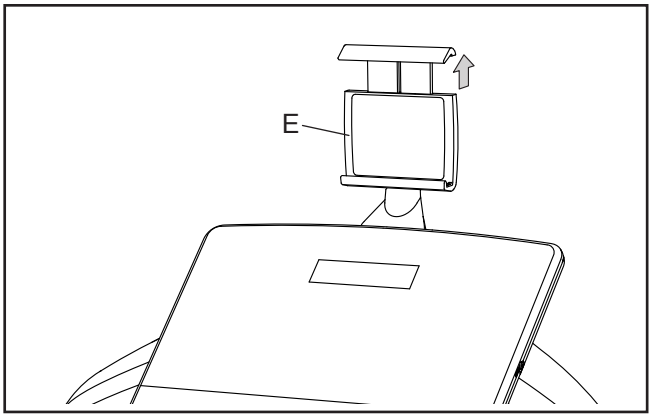
Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you 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 USE THE TABLET HOLDER

IMPORTANT: The tablet holder (E) is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder (E), set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.** Reverse these actions to remove the tablet from the tablet holder.

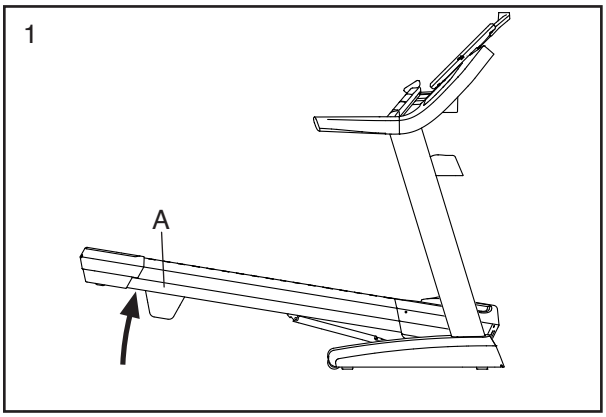


HOW TO FOLD AND MOVE THE TREADMILL

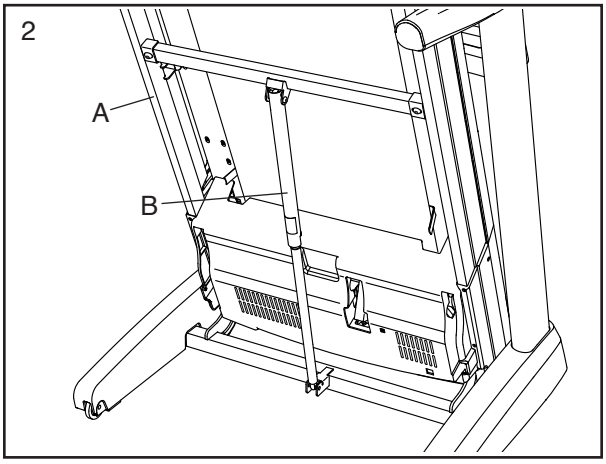
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to zero before you fold the treadmill. Then, 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 (A) 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.**



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

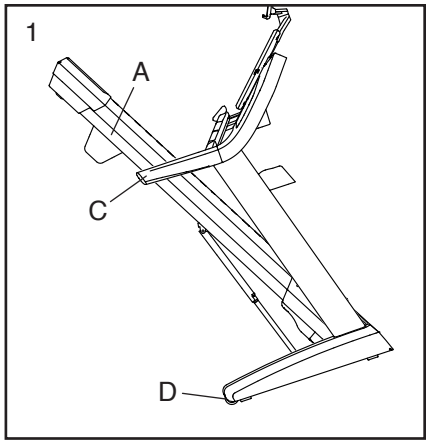


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85°F (30°C).

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 (A) and one of the handrails (C), and place one foot against a wheel (D).



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.**

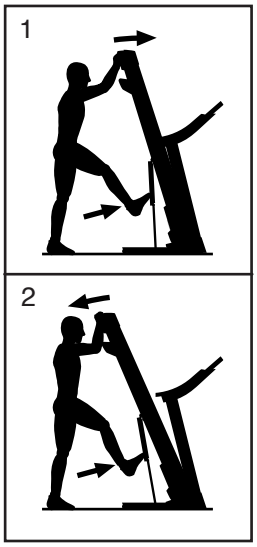
3. Place one foot against a wheel, and carefully lower the treadmill.

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

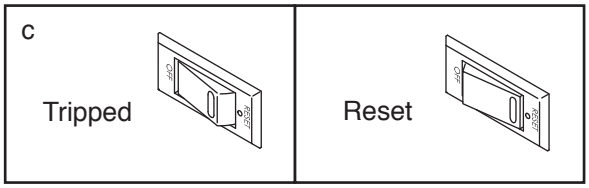
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

SYMPTOM: The power does not turn on

a. Make sure that the power cord is plugged into a properly earthed outlet (see page 18). If an extension cord is needed, use only a 3-conductor, 14-gauge (2 mm^2) cord that is no longer than 5 ft. (1.5 m).

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

c. 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

a. Check the power switch (see drawing c at the left). If the switch has tripped, wait for five minutes and then press the switch back in.

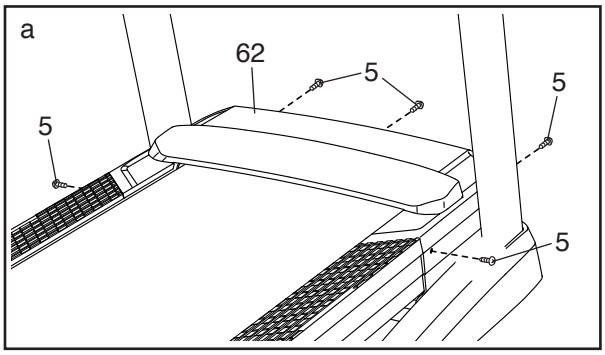
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console, and then reinsert it.

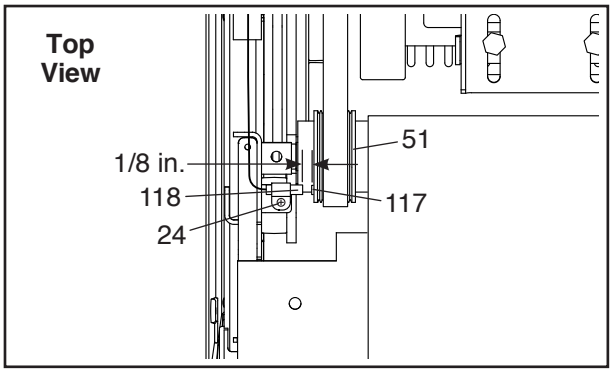
d. If the treadmill still will not run, please see the front cover of this manual.

SYMPTOM: The displays of the console do not function properly

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the five #8 x 3/4" Screws (5), and carefully pivot off the Motor Hood (62).



Locate the Reed Switch (118) and the Magnet (117) on the left side of the Pulley (51). 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 (24), move the Reed Switch slightly, and then retighten the Truss Head Screw. Reattach the Motor Hood (not shown) with the #8 x 3/4" Screws (not shown) and walk on the treadmill for a few minutes to check for a correct speed reading.



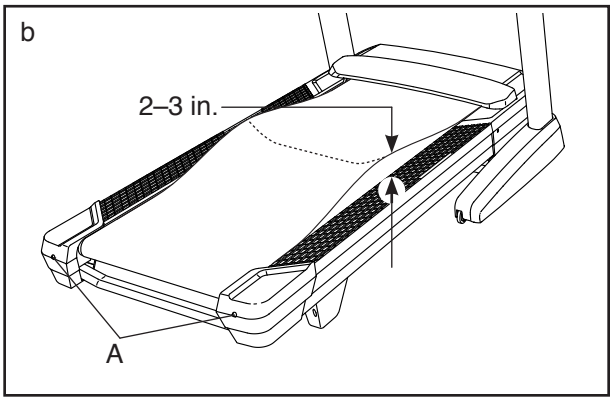
SYMPTOM: The incline of the treadmill does not change correctly

a. Calibrate the incline system of the treadmill (see THE SETTINGS MODE on page 24).

SYMPTOM: The walking belt slows when walked on

a. If an extension cord is needed, use only a 3-conductor, 14-gauge (2 mm^2) 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 (A) 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.

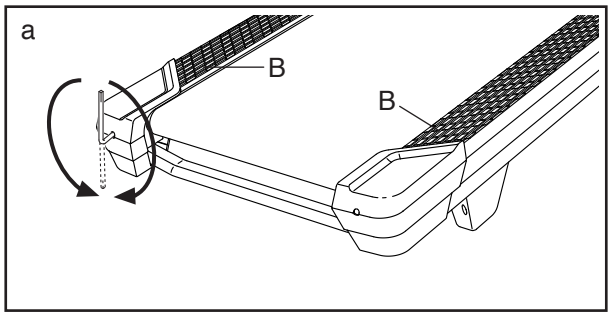


c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt 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.

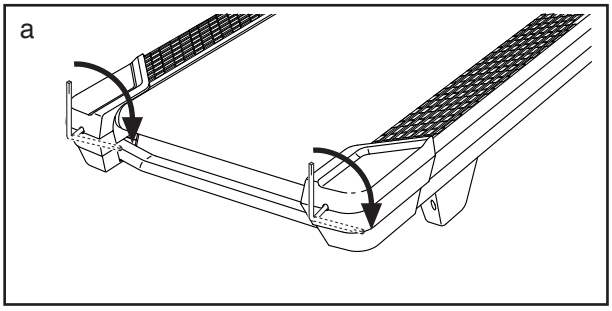
SYMPTOM: The walking belt is not centered between the foot rails

a. **IMPORTANT: If the walking belt rubs against the foot rails (B), 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.



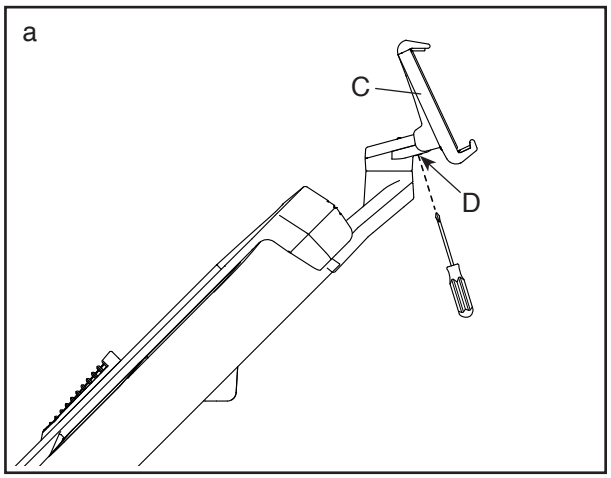
SYMPTOM: The walking belt slips when walked on

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.



SYMPTOM: The tablet holder does not stay in place

a. Rotate the tablet holder (C) until it faces backward. Then, tighten the indicated screw (D) slightly until the tablet holder stays in place when it is rotated to the desired position.



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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

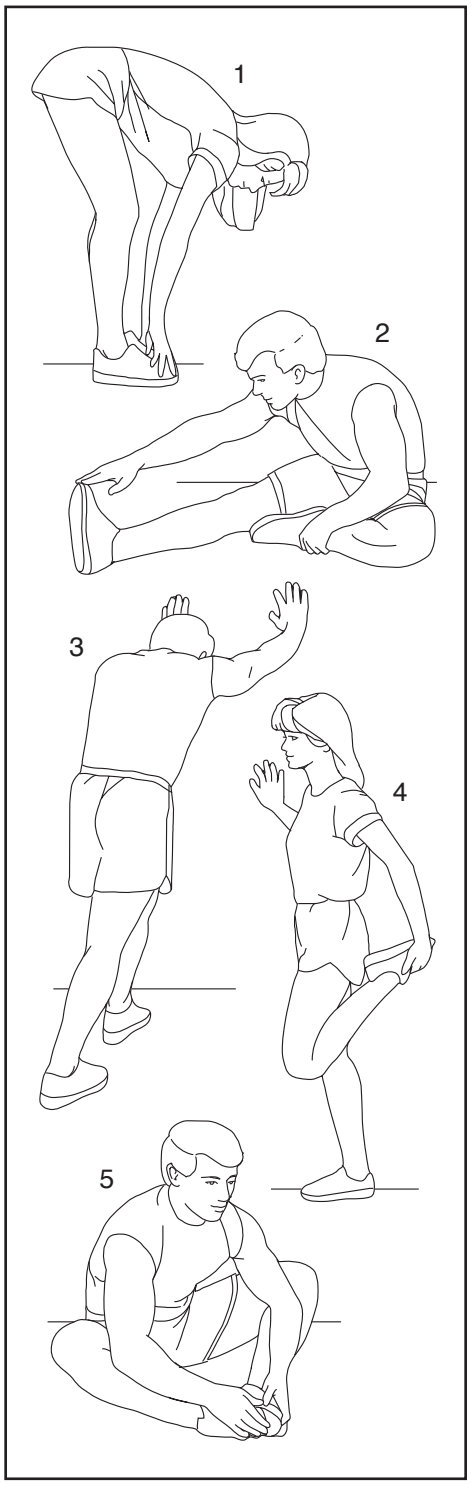
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



NOTES

PART LIST

Model No. PETL14618.0 R1218A

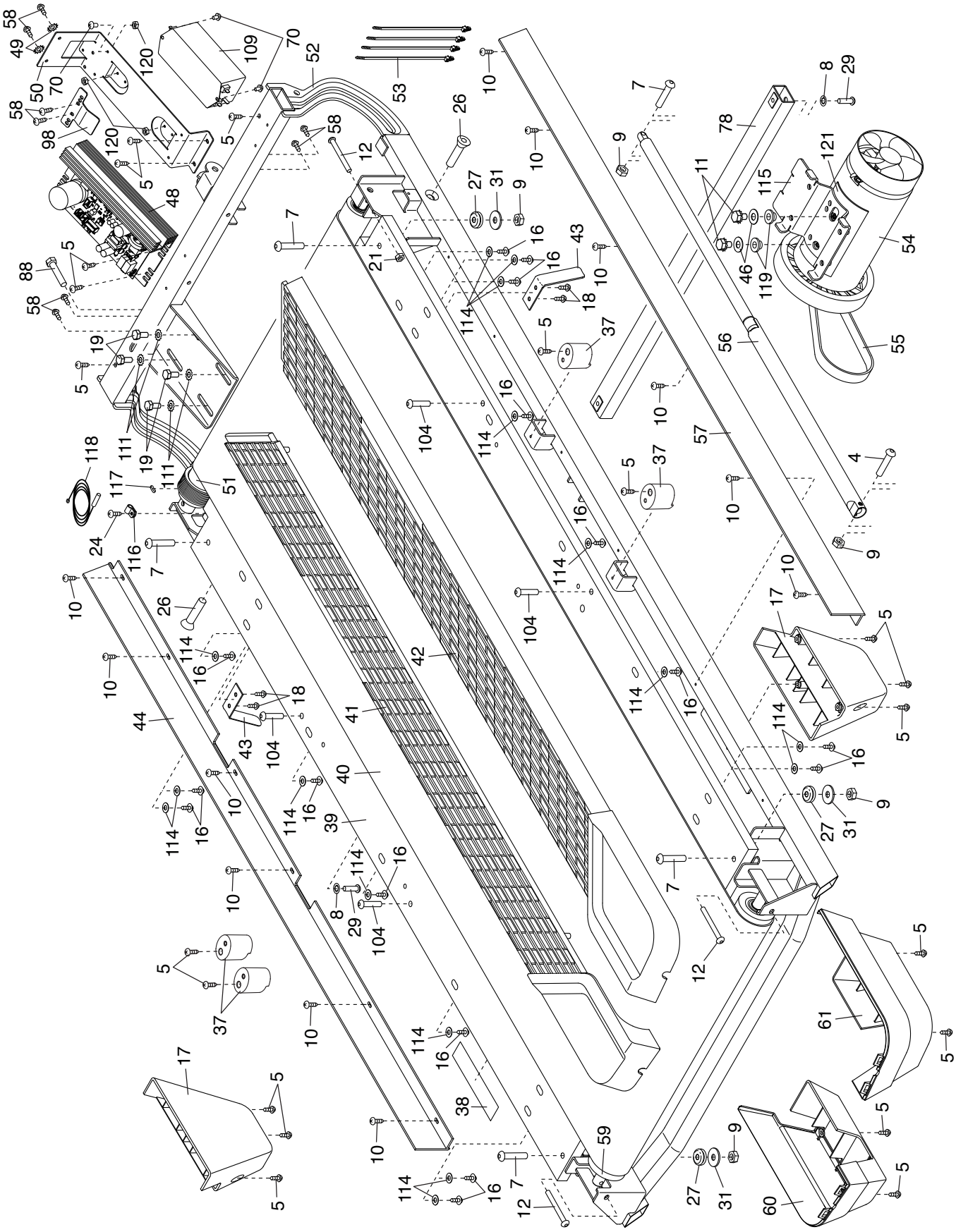
Key No.	Qty.	Description
1	4	5/16" x 3/4" Screw
2	4	5/16" x 2" Screw
3	4	M4 x 16mm Screw
4	1	5/16" x 2 1/4" Bolt
5	86	#8 x 3/4" Screw
6	2	#10 x 3/4" Screw
7	5	5/16" x 1 3/4" Bolt
8	10	5/16" Star Washer
9	6	5/16" Nut
10	20	#8 x 3/4" Tek Screw
11	2	5/16" Motor Screw
12	3	1/4" x 2 1/2" Screw
13	1	#8 x 1/2" Ground Screw
14	1	3/8" x 1 1/2" Bolt
15	1	3/8" x 1 3/4" Bolt
16	16	#8 x 3/4" Washer Head Screw
17	2	Rear Foot
18	4	#8 Belt Guide Screw
19	4	M8 x 20mm Screw
20	4	3/8" x 1 1/4" Screw
21	1	1/4" Nut
22	2	3/8" x 1 3/8" Bolt
23	4	3/8" x 2 3/4" Screw
24	19	#8 x 3/4" Truss Head Screw
25	8	3/8" Star Washer
26	2	1/2" x 2 5/8" Bolt
27	4	Rubber Cushion
28	2	3/8" x 1" Screw
29	6	5/16" x 1 1/4" Screw
30	1	Console Base
31	4	5/16" Flat Washer
32	1	Right Tray
33	1	Console Frame
34	2	1/2" Nut
35	6	3/8" Nut
36	5	Hood Clip
37	4	Cushion
38	1	Warning Decal
39	1	Walking Platform
40	1	Walking Belt
41	1	Left Foot Rail
42	1	Right Foot Rail
43	2	Belt Guide
44	1	Left Frame Cover
45	4	3/8" Bushing
46	4	3/8" Thrust Washer
47	2	1/2" Thrust Washer
48	1	Controller
49	2	#8 Star Washer
50	1	Controller Bracket
51	1	Drive Roller/Pulley
52	1	Frame
53	4	Tie
54	1	Drive Motor
55	1	Motor Belt
56	1	Storage Latch
57	1	Right Frame Cover
58	10	#8 x 1/2" Screw
59	1	Idler Roller
60	1	Left Rear Cap
61	1	Right Rear Cap
62	1	Motor Hood
63	2	Incline Frame Spacer
64	2	Frame Spacer
65	1	Incline Frame
66	1	Incline Motor
67	2	Incline Motor Spacer
68	2	Hood Mount
69	1	Power Cord
70	3	#8 x 1/2" Bolt
71	1	Receptacle
72	1	Belly Pan
73	1	Left Handrail Top Cover
74	2	Handrail
75	1	Left Handrail Bottom Cover
76	1	Upright Crossbar
77	2	1/4" Star Washer
78	1	Latch Crossbar
79	1	Key/Clip
80	1	Pulse Crossbar
81	1	Right Handrail Top Cover
82	1	Right Handrail Bottom Cover
83	1	Upright Wire
84	1	Right Upright
85	2	Caution Decal
86	2	Grommet
87	2	1/2" Bushing
88	1	M8 x 75mm Screw
89	1	Left Upright Cover
90	1	Right Upright Cover
91	1	Left Upright
92	2	Rear Wheel
93	1	Base
94	1	Left Tray
95	2	Fan
96	1	Console
97	1	Tray
98	1	Controller Clamp
99	2	1/4" x 5/8" Screw
100	1	Tablet Holder

Key No.	Qty.	Description	Key No.	Qty.	Description
101	4	Base Pad	112	1	Incline Stop Bracket
102	3	Console Wire Tie	113	1	Wire Tie
103	1	Console Ground Wire	114	16	7/32" Washer
104	4	1/4" x 1" Screw	115	1	Motor Bracket
105	1	Pulse Bar	116	1	Clamp
106	1	Fan Cover	117	1	Magnet
107	1	Fan Housing	118	1	Reed Switch
108	2	Console Clamp	119	2	Motor Bushing
109	1	Filter	120	3	#8 Nut
110	1	Motor Hood Cover	121	1	Motor Isolator
111	4	M8.4 Star Washer	*	–	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.

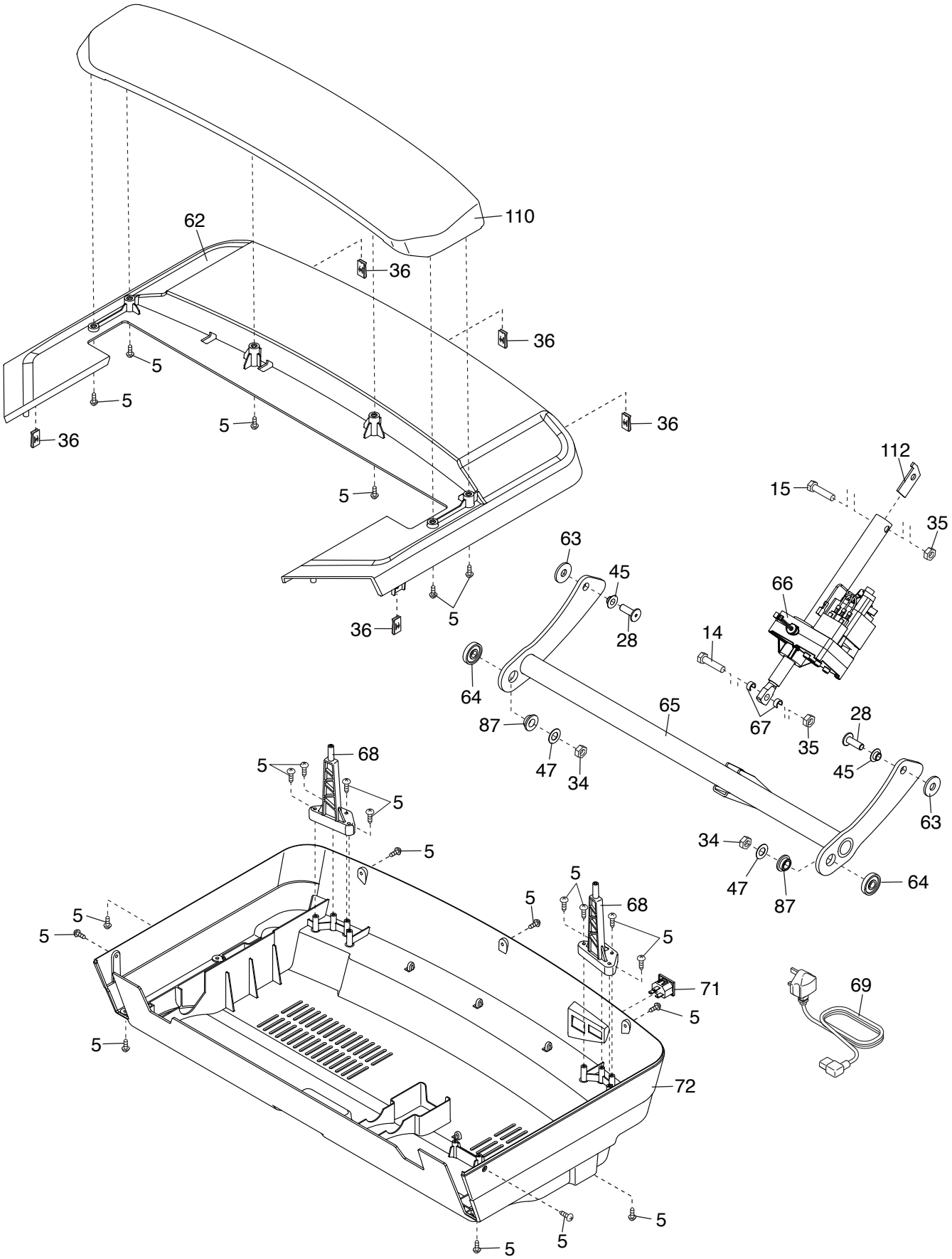
EXPLODED DRAWING A

Model No. PETL14618.0 R1218A



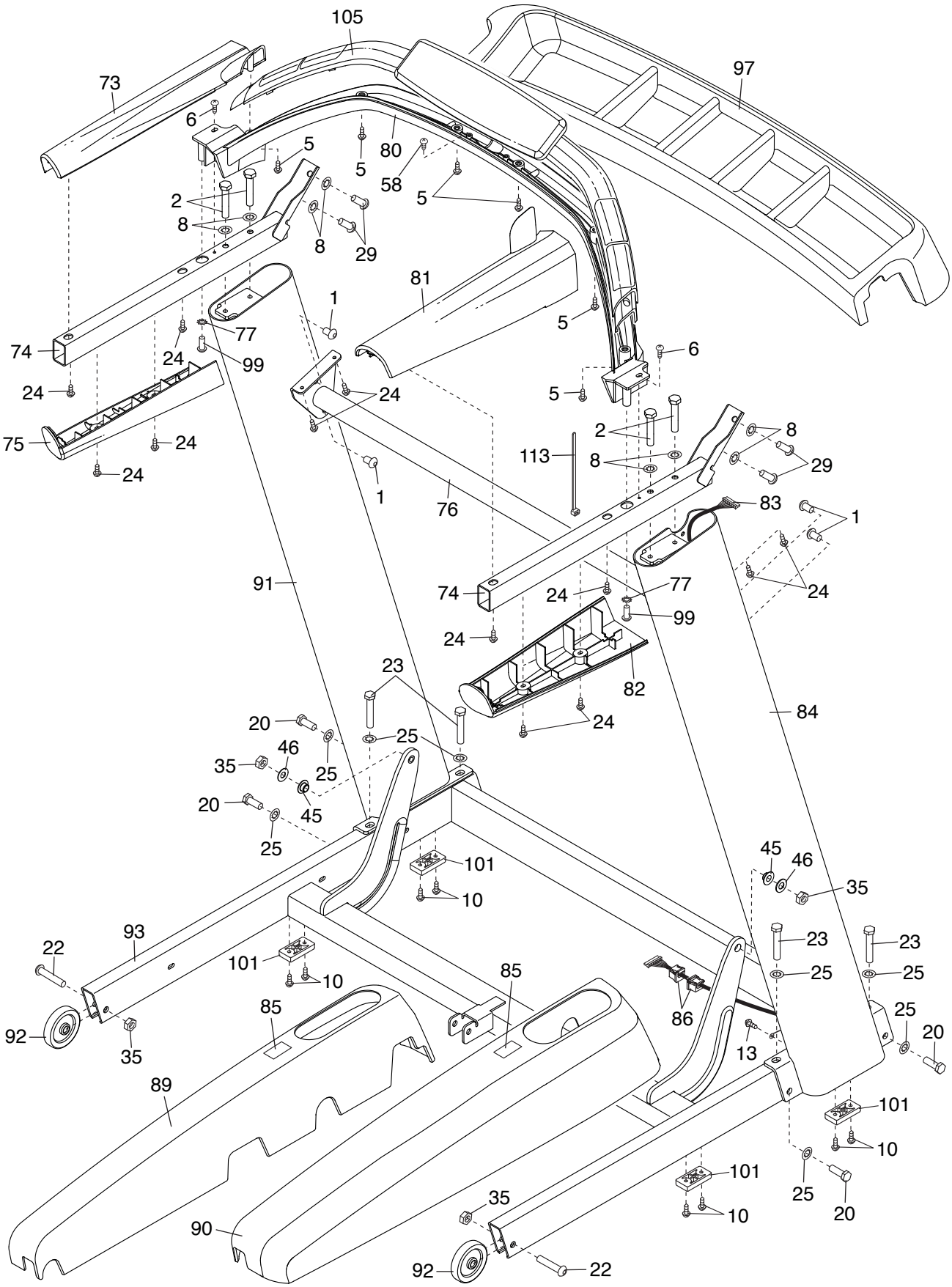
EXPLODED DRAWING B

Model No. PETL14618.0 R1218A



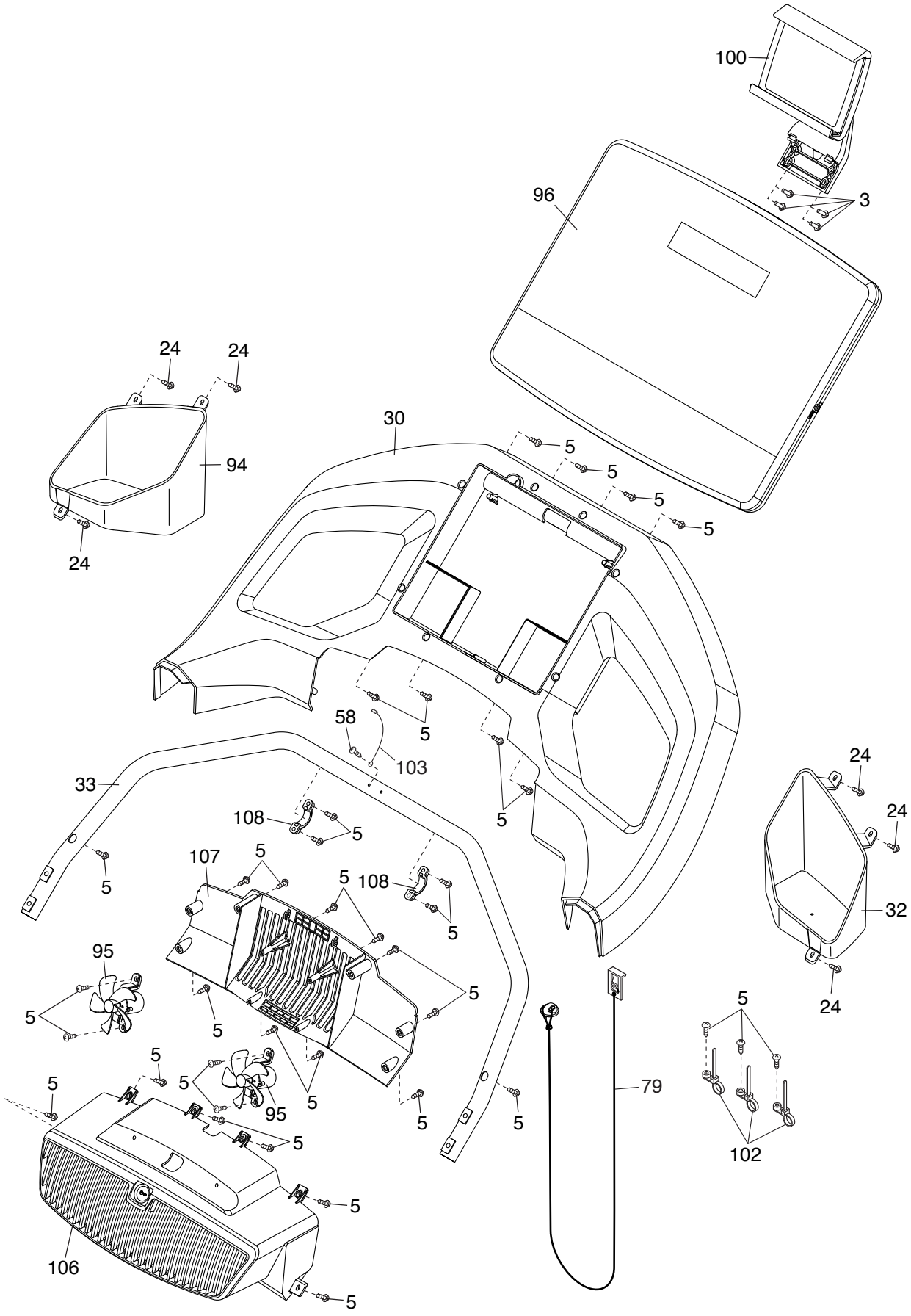
EXPLODED DRAWING C

Model No. PETL14618.0 R1218A



EXPLODED DRAWING D

Model No. PETL14618.0 R1218A



ORDERING REPLACEMENT PARTS

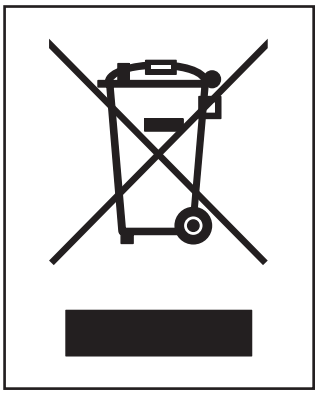
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- 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.



Part No. 407240 R1218A

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