

PRO-FORM

# CROSS WALK



DUAL # MOTION # CROSS # TRAINER



## OWNER'S MANUAL

Model No. DR705220

**▲ WARNING:** For your safety, read and understand all safety precautions and instructions in this manual before using the CROSS WALK Dual Motion Cross Trainer. Save this manual for future reference.

# TABLE OF CONTENTS

LIMITED WARRANTY .....	2
IMPORTANT SAFETY PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
OPERATION AND ADJUSTMENT .....	5
TROUBLE-SHOOTING AND MAINTENANCE .....	8
PART LIST .....	10
EXPLODED DRAWING .....	11
ORDERING REPLACEMENT PARTS .....	Back Cover

## LIMITED WARRANTY

Proform Fitness Products, Inc. ("PROFORM"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. PROFORM extends a limited ten (10) year warranty on the frame and steel parts. This warranty extends only to the original purchaser. PROFORM's obligation under this warranty is limited to replacing or repairing, at PROFORM's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by PROFORM at one of its authorized service centers. All returns must be pre-authorized by PROFORM. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a PROFORM authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PROFORM.

PROFORM IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**PROFORM FITNESS PRODUCTS, INC., 1500 S. 1000 W., LOGAN UT 84321-9813**

---

## IMPORTANT SAFETY PRECAUTIONS

**▲ WARNING:** To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the CROSS WALK.

1. Place the CROSS WALK on a level surface, with at least 8 feet of clearance behind. Do not place the CROSS WALK near water, outdoors or on any surface that blocks air openings. Do not operate where aerosol products are used or where oxygen is being administered.
2. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliances should be on the same circuit. (See OPERATION AND ADJUSTMENT for proper grounding instructions.) Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of approximately five feet in length with a three-wire conductor.
3. 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 CROSS WALK is not working properly. (See BEFORE YOU BEGIN if the CROSS WALK is not working properly.)
4. The roller guards must be 1/8 inch from the rear roller. Turn the power off and adjust the roller guards, if necessary.
5. Wear appropriate clothing when exercising. Never wear loose clothing that could become caught in the CROSS WALK. *Always wear running shoes; never use the CROSS WALK with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
6. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
7. Never start the CROSS WALK while you are standing on the walking belt. Always hold the upper body arms when exercising on the CROSS WALK.
8. To reduce the possibility of overheating, never operate the CROSS WALK continuously for longer than 1 hour.
9. Never allow more than one person on the CROSS WALK at a time. The CROSS WALK should be used only by persons weighing 350 pounds or less.
10. Use the CROSS WALK only as described in this manual.
11. Keep small children away from the CROSS WALK at all times. Never leave the CROSS WALK unattended while the walking belt is moving. Always turn the power off when the CROSS WALK is not in use.
12. Never drop or insert any object into any opening.
13. The CROSS WALK is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.
14. Always unplug the power cord 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 described in this manual should be performed by an authorized service representative only.

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

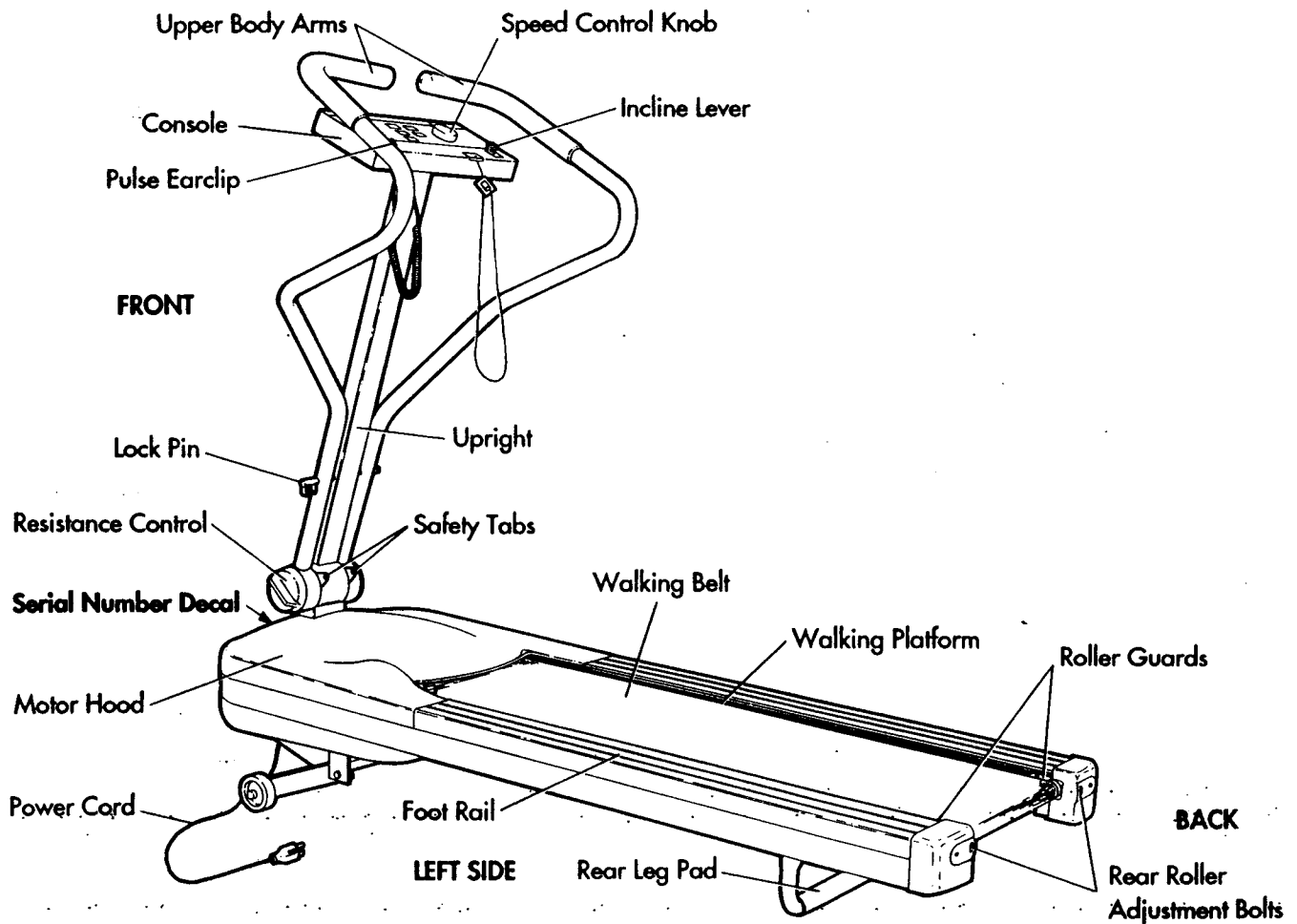
**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® CROSS WALK Dual Motion Cross Trainer. The CROSS WALK combines the best features of today's most popular home exercise equipment in one compact unit. The natural motion and versatility of treadmills have made them the most popular way to get an effective lower body and cardiovascular workout. Now with the dual motion design of the CROSS WALK, you can get a complete upper body workout as well. And the adjustability of the CROSS WALK allows every user to work at their own level. Whether you are a beginner or a seasoned athlete, you'll enjoy the performance and uncompromising quality that only the CROSS WALK offers.

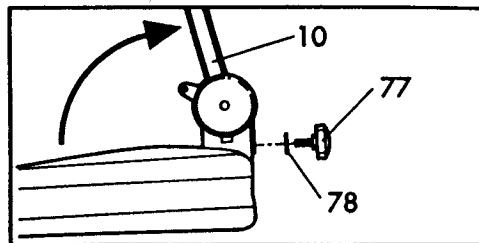
For your safety and benefit, read this manual carefully before using the CROSS WALK. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is DR705220. The serial number can be found on a decal attached to the CROSS WALK (see the drawing below for the location of the decal).

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



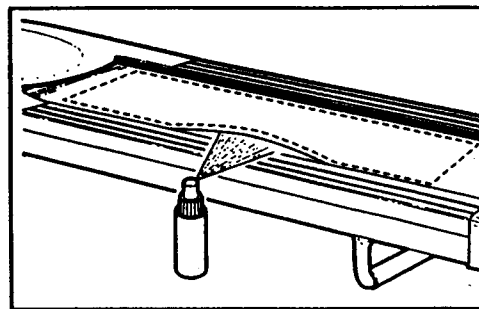
# OPERATION AND ADJUSTMENT

For your convenience, the CROSS WALK is delivered completely assembled in the compact stowaway position. Set the CROSS WALK in a cleared area and remove all packing materials. Make sure that all parts are included before disposing of the packing materials. To convert the CROSS WALK to the operating position, first slide the Lock Knob Washer (78) onto the Lock Knob (77). Raise the Upright (10) to the vertical position and tighten the Lock Knob into the Upright.



## APPLYING SILICONE LUBRICANT

To reduce the friction of the walking belt and minimize wear, a non-oil, non-petroleum-base silicone lubricant must be applied to the walking platform before the CROSS WALK is used. WITH THE POWER CORD UNPLUGGED, lift each side of the walking belt and spray lubricant generously onto the indicated area. Reapply lubricant after every ten hours of use, or whenever performance decreases. Lubricant is available at hardware and automotive stores. Uni•Sport™ spray is recommended.

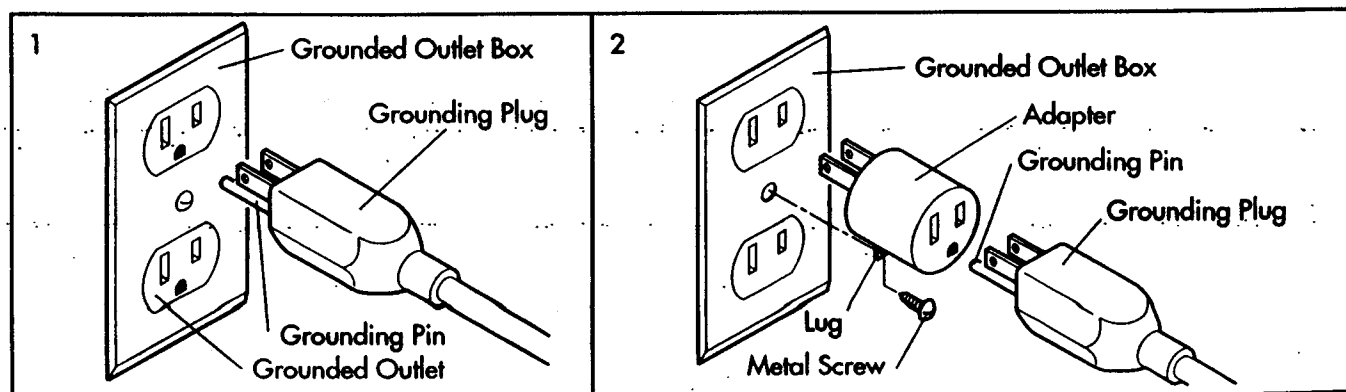


## PLUGGING THE POWER CORD IN

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

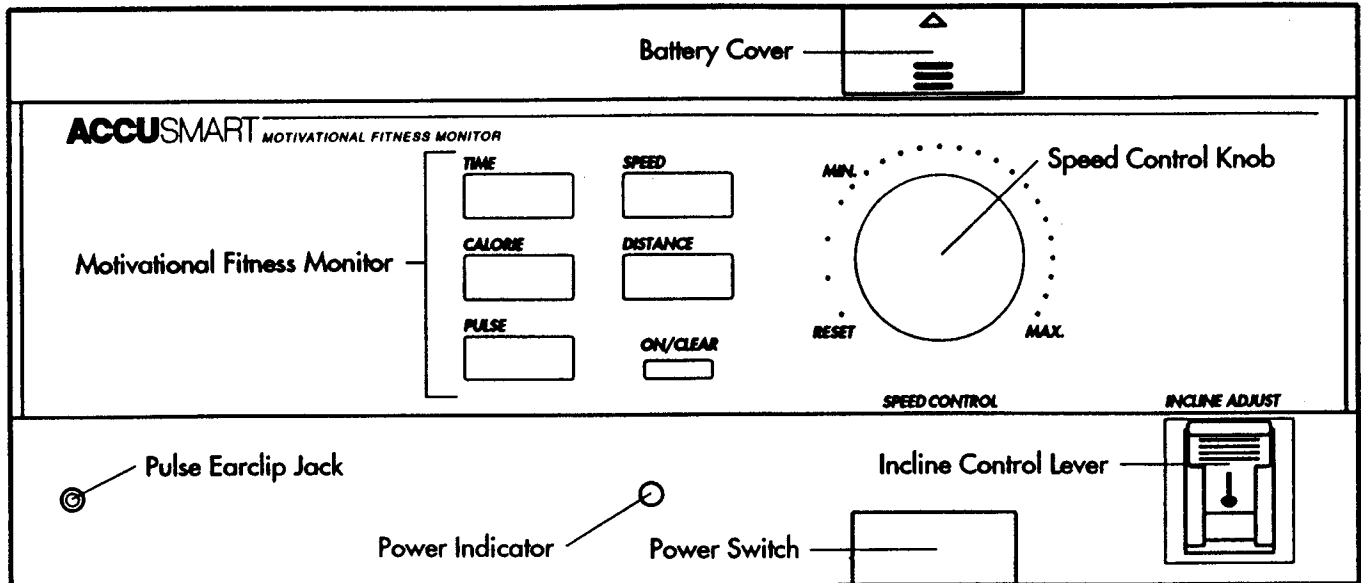
**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet,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

This product is for use on a nominal 120-volt circuit, and has a grounding plug as shown in Drawing 1. A temporary adapter like the adapter shown in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green-colored ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.



## DIAGRAM OF THE CONSOLE

The CROSS WALK features the innovative ACCUSMART console, designed to help you get the most from your workouts. The ACCUSMART console offers electronic speed control, finger-touch incline control and a motivational fitness monitor with five independent displays. Please read the instructions below before operating the console.



## INSTALLING BATTERIES

The motivational fitness monitor requires two "AA" batteries (not included); alkaline batteries are recommended. Slide the battery cover open and remove the battery clip from the console. Find the markings inside the battery clip showing the correct orientation of the batteries. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

## TURNING THE POWER ON

Step onto the foot rails of the CROSS WALK and hold the upper body arms. (See OPERATING THE UPPER BODY ARMS on the following page.) Locate the clip attached by a cord to the safety key. Slide the clip onto the waistband of your clothing. **CAUTION: Do not stand on the walking belt while turning the power on. Always wear the clip while operating the CROSS WALK; if you fall, the safety key will be pulled from the power switch, instantly turning the power off.**

Insert the safety key into the power switch. The power indicator will light. The five displays of the motivational fitness monitor will not light until the ON/CLEAR button is pressed or the walking belt begins to move. (See CONTROLLING THE SPEED OF THE WALKING BELT below.) Note: If batteries were just installed, the five displays will be lighted already.

## CONTROLLING THE SPEED OF THE WALKING BELT

For your safety, the walking belt will be motionless each time the power is turned on. To start the walking belt, first turn the speed control knob to the "reset" position. Next, turn the knob slowly clockwise until the walking belt begins to move at slow speed. **CAUTION: After the knob is turned, there will be a brief pause before the walking belt begins to move. Adjust the speed slowly until you are familiar with the operation of the CROSS WALK.**

Step carefully onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control knob. Keep the speed below 2 miles per hour for walking, or increase it up to 8 miles per hour for a challenging run. To stop the walking belt, turn the knob to the "reset" position.

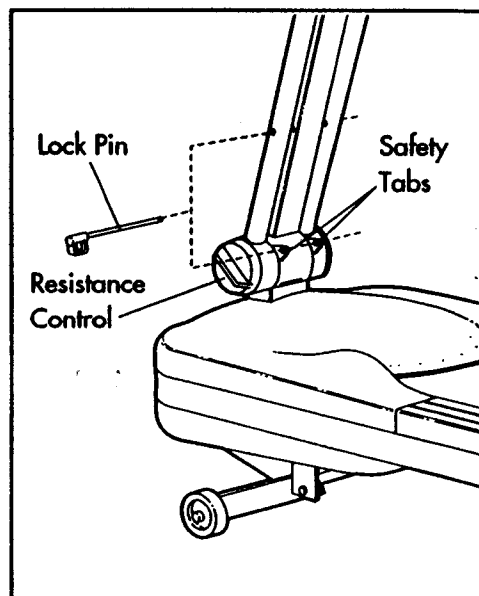
## CHANGING THE INCLINE

To vary the intensity of your exercise, the incline of the CROSS WALK can be changed using the lever on the right side of the console. The incline can be adjusted from a minimum of 1.5% up to a maximum of 12%. To increase the incline, stand toward the back of the foot rails and pull back the lever until the desired incline is reached. To decrease the incline, stand toward the front of the foot rails, lean forward, and pull back the lever until the desired incline is reached. **CAUTION:** Do not change the incline while you are walking or running on the CROSS WALK.

## OPERATING THE UPPER BODY ARMS

The unique upper body arms can be used in either the dual motion position or the stationary position. To use the arms in the dual motion position, remove the lock pin from the arms and the upright. Insert the lock pin through the safety tabs at the base of the upright. In the dual motion position, you can move the arms forward and back as you walk or run, exercising your arms, back and shoulders for a total body workout. To tailor the intensity of your upper-body exercise, the resistance of the arms can be changed. To increase the resistance, turn the resistance control clockwise; to decrease the resistance, turn the control counter-clockwise. **CAUTION:** Always insert the lock pin through the safety tabs when using the upper body arms in the dual-motion position. If you fall while exercising, the pin will limit the downward movement of the arms.

To use the upper body arms in the stationary position, insert the lock pin through the arms and the upright. In the stationary position, the arms provide a stable handle as you focus on a lower-body workout.



## OPERATING THE MOTIVATIONAL FITNESS MONITOR

The five displays of the motivational fitness monitor are designed to provide you with instant exercise feedback. To reset the displays, press the ON/CLEAR button. The five displays are described below:

**TIME**—This display shows the elapsed time. Note: When the walking belt is stopped, the TIME display will go into a pause mode after a few seconds.

**CALORIE**—This display shows the total number of nutritional Calories that you have burned.

**PULSE**—This display shows your heart rate. Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. (When exercising with the upper body arms in the dual motion position, attach the earclip to your right ear lobe.) Slide the metal clothes clip onto the earclip and attach the clothes clip to your collar. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed after a few seconds, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your heart rate.

**SPEED**—This display shows the current speed of the walking belt.

**DISTANCE**—This display shows the total distance that you have walked or run.

## TURNING THE POWER OFF

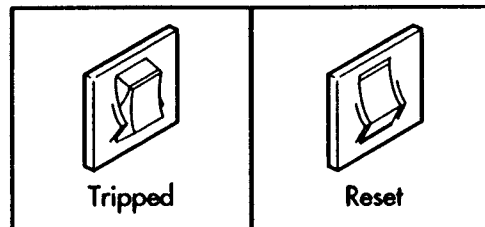
To turn the power off, remove the safety key from the power switch. Keep the safety key in a secure location. The five displays of the motivational fitness monitor will turn off automatically a few minutes after the walking belt is stopped.

# TROUBLE-SHOOTING AND MAINTENANCE

Most problems can be solved by following the simple steps below. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

## 1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure that the power cord is plugged in properly. (See OPERATION AND ADJUSTMENT.) If an extension cord is needed, use only a 14-gauge general-purpose cord of approximately five feet in length.
- b. Make sure that the safety key is inserted fully into the console. Turn the speed control knob to the "reset" position. (See OPERATION AND ADJUSTMENT.)
- c. Check the circuit breaker located on the front of the frame. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the CROSS WALK to cool for five minutes, and then push the switch back in.



## 2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Make sure that the power cord is plugged in.
- b. Check the circuit breaker located on the front of the frame. If the circuit breaker has tripped, the switch will protrude. (See the drawing above.) To reset the circuit breaker, allow the CROSS WALK to cool for five minutes, and then push the switch back in.
- c. Remove the safety key from the console. Reinsert the safety key fully into the console. Turn the speed control knob to the "reset" position.

## 3. SYMPTOM: THE MOTIVATIONAL FITNESS MONITOR DOES NOT FUNCTION PROPERLY

- a. Check the batteries in the console. (See OPERATION AND ADJUSTMENT.) Most problems are the result of drained batteries.

## 4. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- a. Make sure that the pulse earclip is plugged fully into the console. Attach the clothes clip to your collar.
- b. Rub your left ear lobe and reposition the earclip.
- c. Try standing still while measuring your pulse.
- d. The pulse earclip may need to be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

**▲ WARNING:** The pulse earclip is not a medical device. Various factors, including your movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

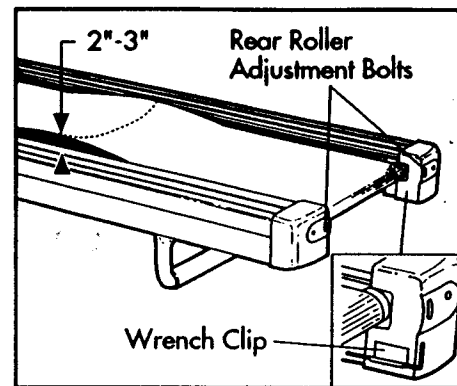
## 5. SYMPTOM: THE CROSS WALK DOES NOT INCLINE

- Stand at the back of the foot rails while increasing the incline. Stand at the front of the foot rails and lean forward while decreasing the incline. (See OPERATION AND ADJUSTMENT.)

## 6. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

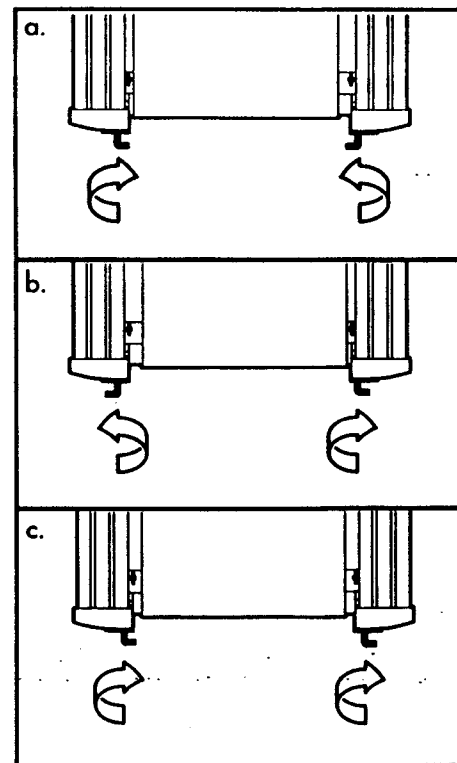
- Silicone lubricant must be applied to the walking platform before the CROSS WALK is used. Lubricant should be reapplied after every 10 hours of use, and whenever a decrease in performance is noticed. (See OPERATION AND ADJUSTMENT for application instructions.) Uni•Sport silicone spray is recommended. CAUTION: ALWAYS UNPLUG THE POWER CORD WHEN APPLYING LUBRICANT.
- If an extension cord is needed, use only a 14-gauge general-purpose cord of approximately five feet in length.

- If the walking belt is overtightened, performance may be reduced and the walking belt permanently damaged. UNPLUG THE POWER CORD. Using the allen wrench included, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. Run the treadmill for a few minutes. Repeat until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 2-3 inches off the walking platform; the center of the walking belt should just touch the surface of the walking platform. Be sure to keep the walking belt centered. Note: The allen wrench can be stored conveniently by removing the backing from the wrench clip and pressing it onto one of the endcaps.



## 7. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS

- If the walking belt has shifted to the left, first UNPLUG THE POWER CORD. Using the allen wrench included, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise 1/4 of a turn each. Run the treadmill for a few minutes. Repeat as necessary until the walking belt is centered.
- If the walking belt has shifted to the right, first UNPLUG THE POWER CORD. Using the allen wrench included, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise 1/4 of a turn each. Run the treadmill for a few minutes. Repeat as necessary until the walking belt is centered.
- If the walking belt slips when walked on, first UNPLUG THE POWER CORD. Using the allen wrench included, turn both rear roller adjustment bolts clockwise 1/4 of a turn. Run the treadmill for a few minutes. Repeat as necessary until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 2-3 inches off the walking platform; the center of the walking belt should just touch the walking platform. Be sure to keep the walking belt centered.



Before converting the CROSS WALK to the stowaway position, turn the resistance control (see the drawing on page 7) counterclockwise until the control turns freely. If the control is not loosened in this manner, the upright will be permanently damaged. Next, unplug the power cord. Remove the lock knob and washer from the upright and lay the upright and the upper body arms on the walking belt. Keep the lock knob and washer in a secure location.

# PART LIST—Model No. DR705220

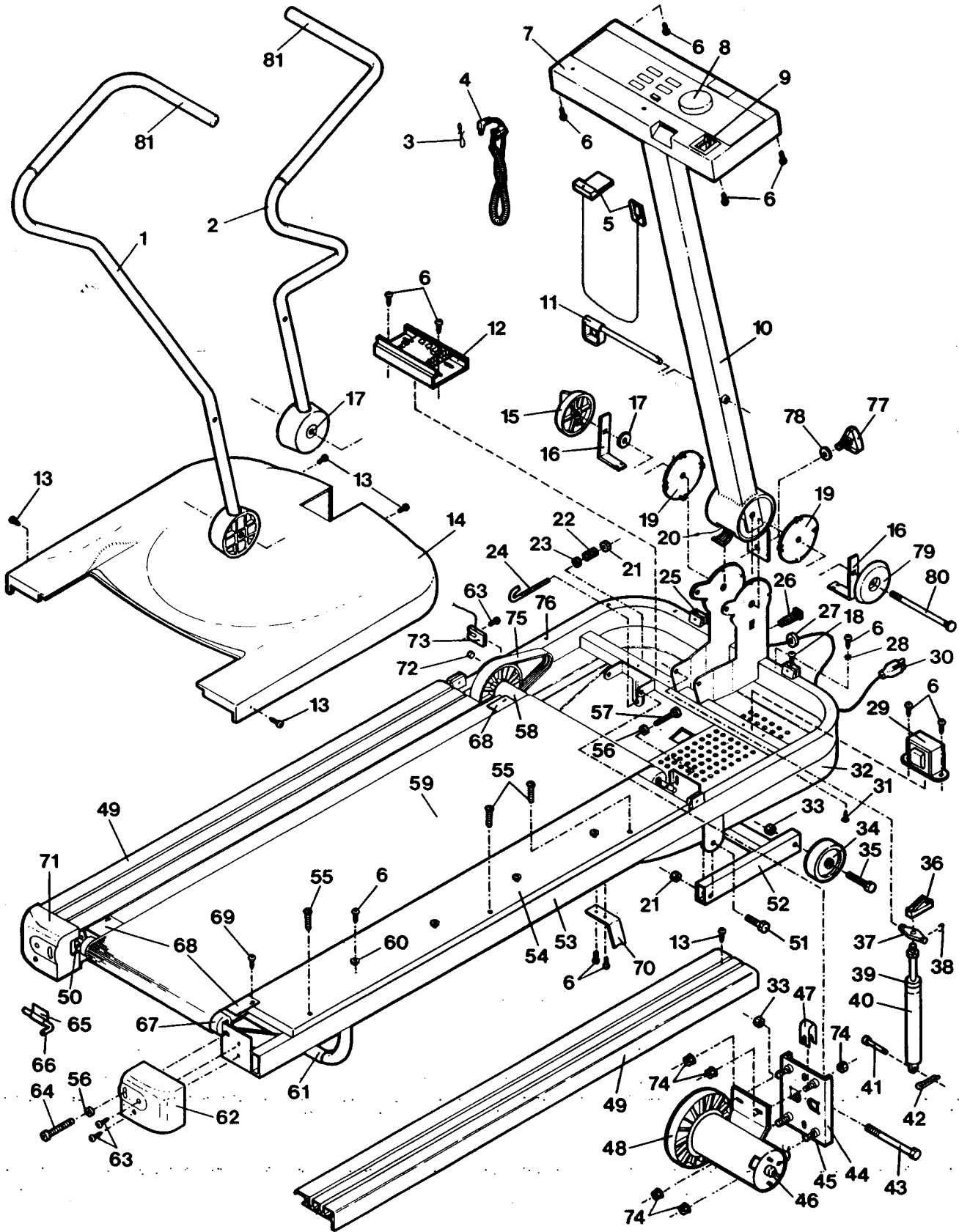
Rev. 1/93

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upper Body Arm w/Foam	43	1	Motor Pivot Bolt
2	1	Right Upper Body Arm w/Foam	44	1	Motor Mount Plate
3	1	Clothes Clip	45	4	Motor Mount Isolator
4	1	Pulse Earclip	46	1	Motor
5	1	Safety Key/Clip	47	1	Motor Ground Strap
6	21	Screw	48	1	Pulley/Flywheel/Fan
7	1	Console	49	2	Foot Rail
8	1	Speed Control Knob	50	2	Roller Spacer
9	1	Incline Lever	51	2	Incline Leg Bolt
10	1	Upright	52	1	Incline Leg
11	1	Lock Pin	53	1	Frame
12	1	Controller	54	1	Walking Platform
13	6	Hood Screw/Foot Rail Screw	55	6	Platform Screw
14	1	Motor Hood w/Decal	56	3	Roller Adjustment Washer
15	1	Resistance Control	57	1	Front Roller Adjustment Bolt
16	2	Friction Bracket	58	1	Front Roller/Pulley
17	2	Nylon Washer	59	1	Walking Belt
18	4	Hood Bracket Screw	60	8	Foot Rail Fastener
19	2	Friction Plate	61	1	Rear Leg Pad
20	1	Incline Cable	62	1	Right Endcap
21	3	Nut	63	5	Endcap Screw/Switch Screw
22	1	Tension Spring	64	2	Rear Roller Adjustment Bolt
23	2	Tension Washer	65	1	Wrench Clip
24	1	J-Bolt	66	1	Allen Wrench
25	4	Hood Bracket	67	1	Rear Roller
26	1	Circuit Breaker	68	3	Roller Guard
27	1	Grommet	69	2	Guard Screw
28	1	Ground Washer	70	2	Belt Guide
29	1	Choke	71	1	Left Endcap
30	1	Power Cord	72	1	Magnet
31	8	Motor Pan Screw	73	1	Reed Switch/Sensor Wire
32	1	Motor Pan	74	8	Motor Nut
33	3	Lock Nut	75	1	Belt
34	2	Front Wheel	76	6	Wire Clip
35	2	Wheel Bolt	77	1	Lock Knob
36	1	Shock Release	78	1	Lock Knob Washer
37	1	Shock Bracket	79	1	Friction Cover
38	1	E-Clip	80	1	Pivot Bolt
39	2	Shock Cushion	81	2	Upper Body Arm Foam Grip
40	1	Incline Shock	#	1	Owner's Manual
41	1	Shock Pin	#	1	Fitness Journal
42	1	Cotter Pin			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. DR705220

Rev. 1/93



---

## ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product. (DR705220)
2. The NAME of the product. (PROFORM® CROSS WALK Dual Motion Cross Trainer)
3. The SERIAL NUMBER of the product. (See BEFORE YOU BEGIN.)
4. The KEY NUMBER of the part(s) needed. (See page 12 of this manual.)
5. The DESCRIPTION of the part(s) needed. (See page 12 of this manual.)

If possible, place the CROSS WALK near your telephone for easy reference when calling.

