



**PRO-FORM®**

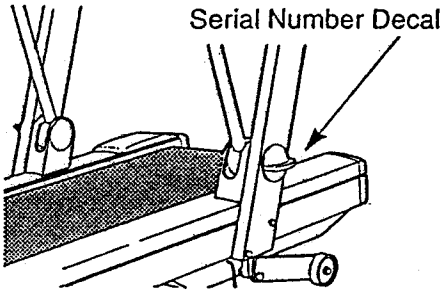
# CROSS WALK®



*advantage*

Model No. DRTL01040

Serial No. \_\_\_\_\_



## QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

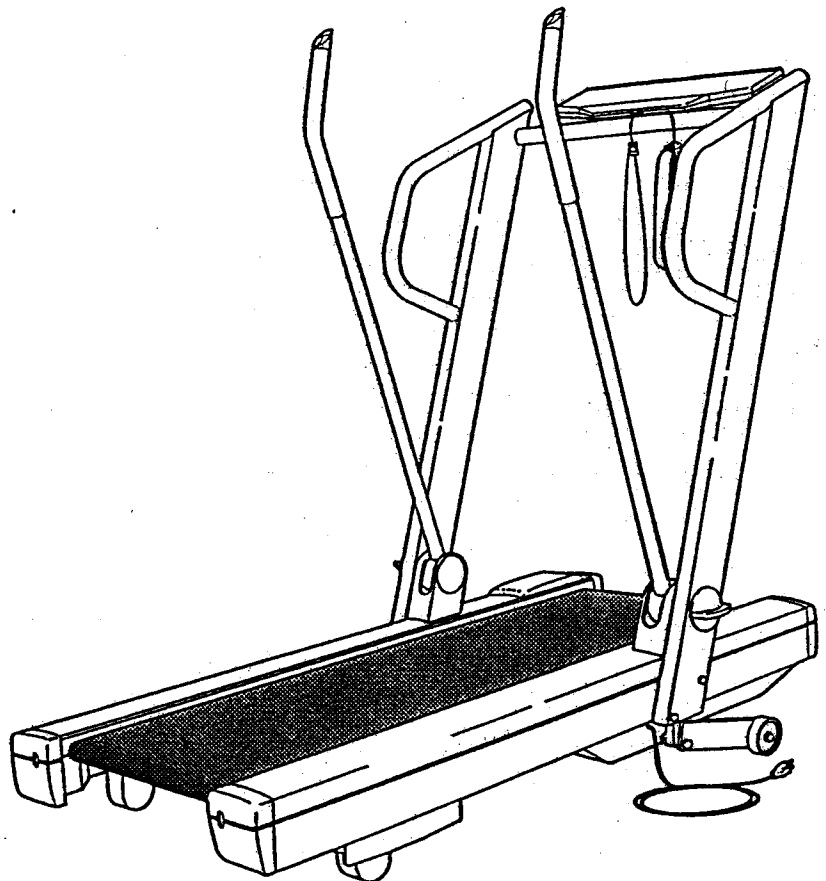
**CUSTOMER HOT LINE:**

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

## **▲ CAUTION:**

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



# OWNER'S MANUAL

## LIMITED WARRANTY

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

ICON IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR 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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN UT 84321-9813

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

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# 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 treadmill.

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on any surface that blocks an air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 8), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less 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 treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
5. 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.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. Never allow more than one person on the treadmill at a time. The treadmill should not be used by persons weighing more than 250 pounds.
8. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always turn off the power when the treadmill is not in use.
9. Never drop or insert any object into any opening.
10. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
11. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
12. Use the treadmill only as described in this manual.
13. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover 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.

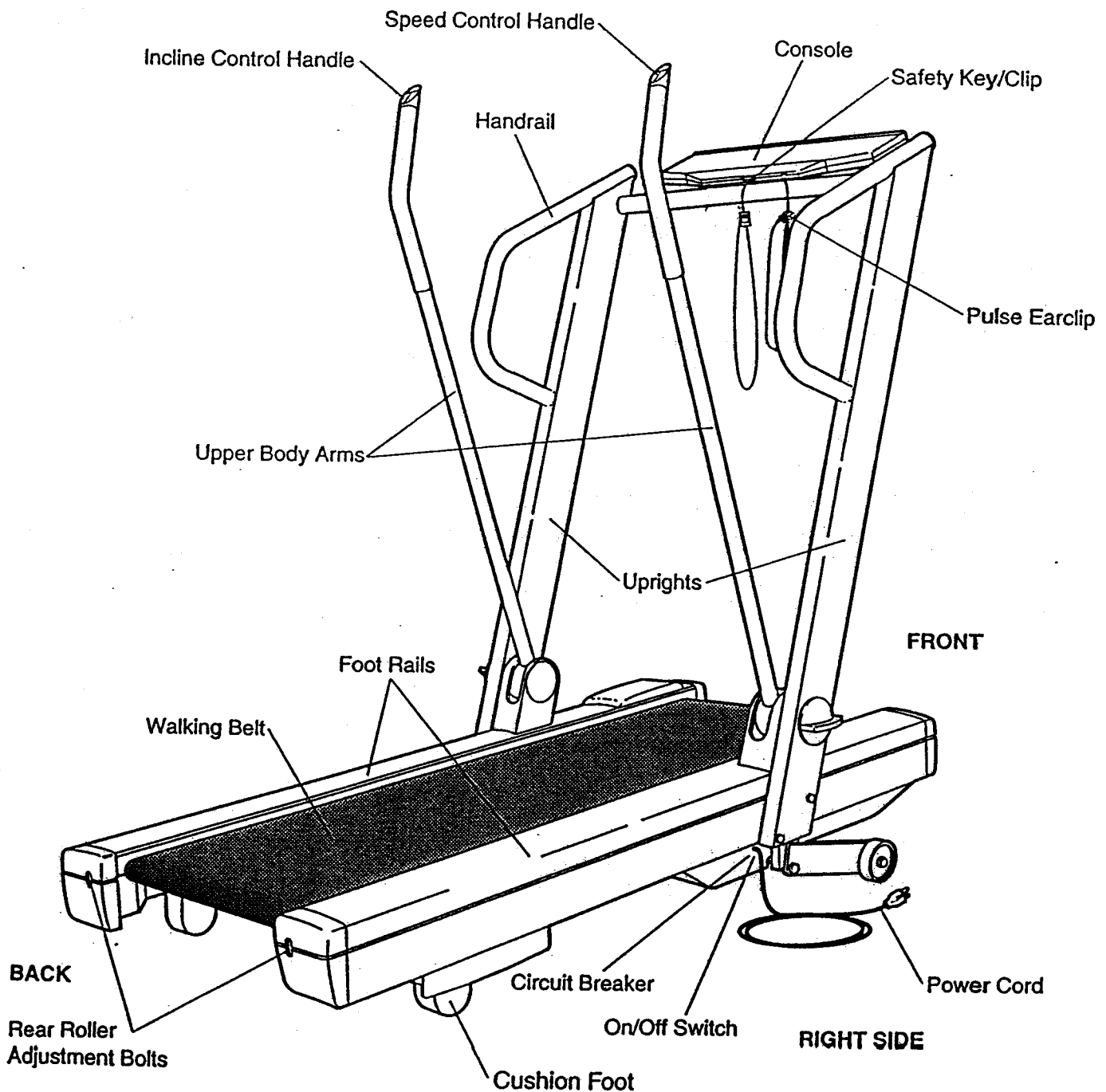
## SAVE THESE INSTRUCTIONS

# BEFORE YOU BEGIN



Thank you for selecting the PROFORM® CROSSWALK® ADVANTAGE treadmill. The CROSSWALK ADVANTAGE treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is DRTL01040. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

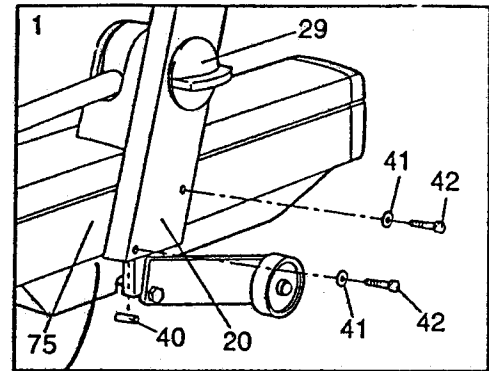


# ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY:** The Included 7/32" allen wrench  and your own adjustable wrench .

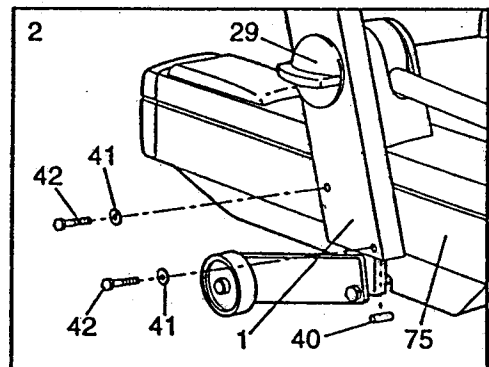
1. Loosen the Resistance Control (29) on the Right Upright (20).  
Raise the Right Upright to the position shown. Hold an Upright Spacer (40) inside the bottom of the Right Upright. Insert a 3/8" x 3 1/2" Bolt (42), with one of the four Upright Washers (41), into the lower hole in the bottom of the Right Upright and through the Upright Spacer. Tighten the Bolts into the side of the Frame (75).

Insert a 3/8" x 1/2" Bolt (42), with an Upright Washer (41), into the other hole in the bottom of the Right Upright (20). Tighten the Bolt into the side of the Frame (75).

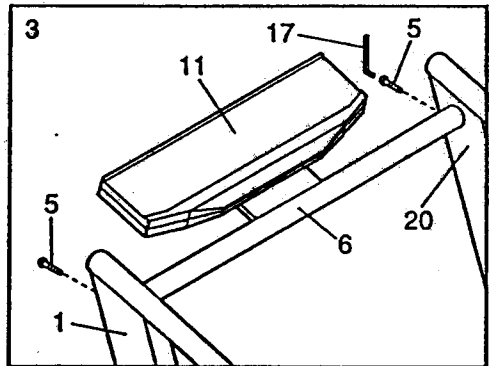


2. Loosen the Resistance Control (29) on the Left Upright (1).  
Raise the Left Upright to the position shown. Hold an Upright Spacer (40) inside the bottom of the Left Upright. Insert a 3/8" x 3 1/2" Bolt (42), with one of the four Upright Washers (41), into the lower hole in the bottom of the Left Upright and through the Upright Spacer. Tighten the Bolt into the side of the Frame (75).

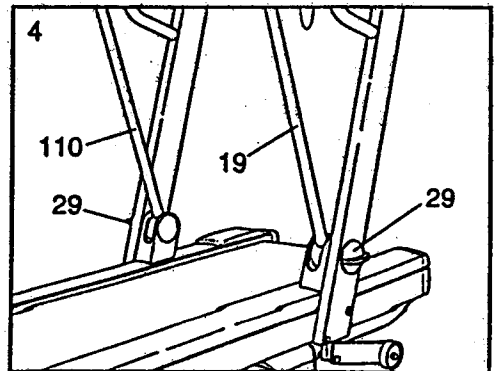
Insert a 3/8" x 1/2" Bolt (42), with an Upright Washer (41), into the other hole in the bottom of the Left Upright (1). Tighten the Bolt into the side of the Frame (75).



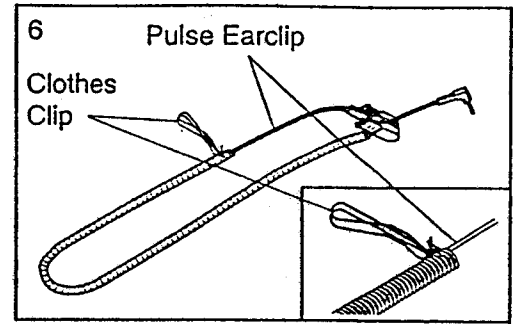
3. Pivot the Console (11) until the holes in the Console Crossbar (6) are aligned with the holes in the Left and Right Uprights (1, 20). Using the 7/32" Allen Wrench (17), tighten a 3/8" x 2" Bolt (5) into each Upright.



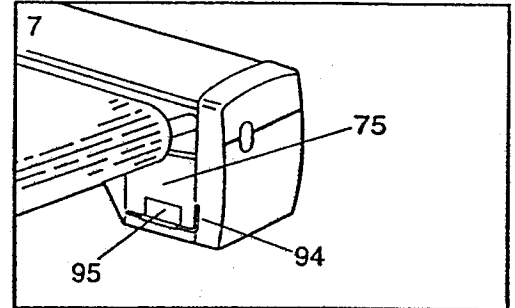
4. Raise the Left and Right Upper Body Arms (110, 19). Tighten the Resistance Control (29) on the lower end of each Upper Body Arm. The use of the Upper Body Arms is explained in the HOW TO USE THE UPPER BODY ARMS section on page 8.



5. Slide the metal Clothes Clip onto the Pulse Earclip in the indicated location. The use of the Pulse Earclip is explained in the HOW TO OPERATE THE MONITOR MODES section on page 11.



6. Remove the paper backing from the Wrench Clip (95). Press the Wrench Clip onto the Frame (75) in the indicated location. Press the Allen Wrench (94) into the Wrench Clip.



Make sure that all parts are tightened before using the treadmill.  
**Note: To protect the floor, a covering should be placed under the treadmill.**

# OPERATION AND ADJUSTMENT

## THE MAINTENANCE-FREE WALKING BELT

Your treadmill features a maintenance-free walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. During the first few hours of use, it is normal for a small amount of white powder to appear on the foot rails and the walking platform. The white powder is high-performance lubricant from the walking belt.

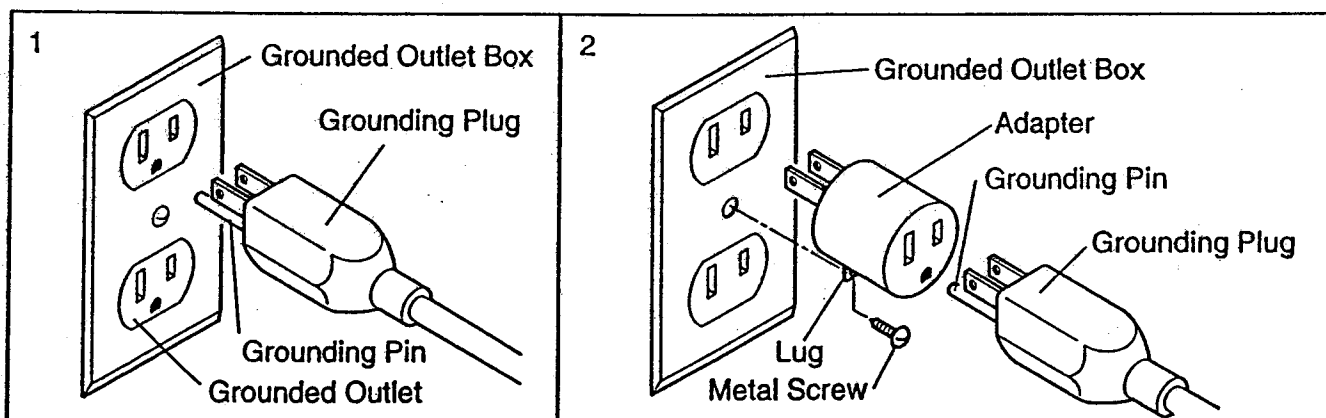
**IMPORTANT:** Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

## HOW TO PLUG IN THE POWER CORD

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.

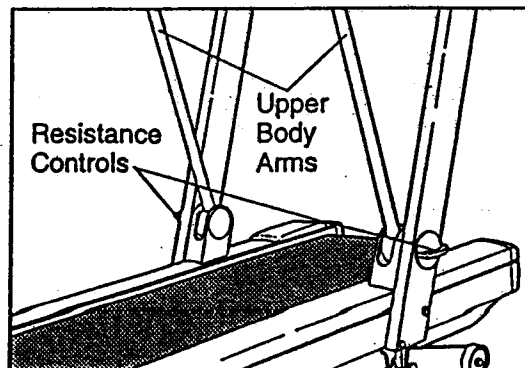
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded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



## HOW TO USE THE UPPER BODY ARMS

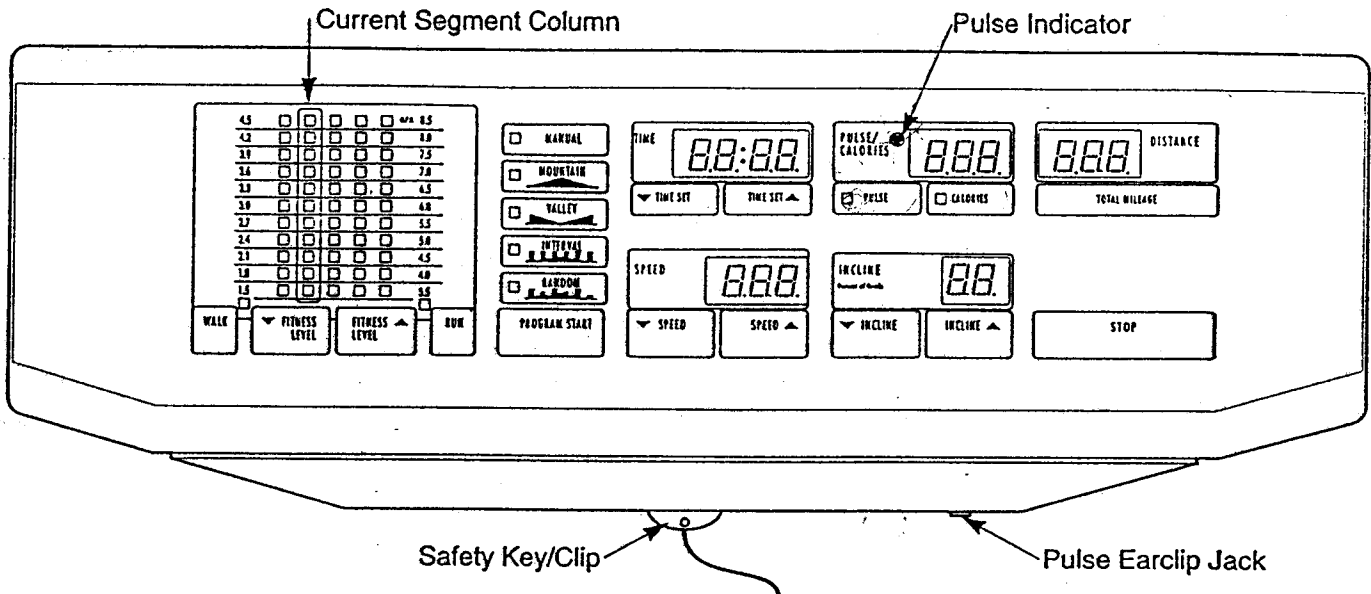
As you exercise on the treadmill, you can either hold the handrails or use the upper body arms. The upper body arms are designed to work your arms, shoulders and back for a total body workout. Hold one upper body arm with each hand, and move the arms forward and backward and you walk on the treadmill.

The resistance of the upper body arms can be adjusted with the resistance controls near the lower end. To increase the resistance, turn the controls clockwise; to decrease the resistance, turn the controls counterclockwise.



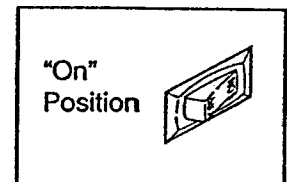
## DIAGRAM OF THE CONSOLE

The heart of the treadmill is the state-of-the-art console. The console offers both manual and program operation, and features an array of independent displays to give you continuous exercise feedback. Please read these instructions carefully before operating the console. Note: If there is a thin sheet of clear plastic on the face of the console, peel it off before operating the console.



### HOW TO TURN ON THE POWER

If the safety key is in the console, remove it. Make sure that the on/off switch located near the power cord is in the "on" position. Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 8). All displays and indicators on the console will flash three times.



Stand on the frame rails of the treadmill. Find the clip attached by a cord to the safety key, and slide the clip onto the waistband of your clothing.

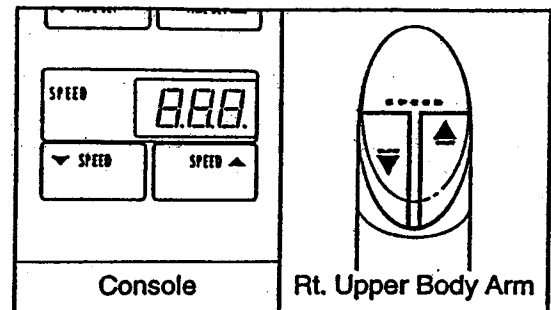
**WARNING:** Do not stand on the walking belt when turning on the power. Always wear the clip while operating the treadmill.

Insert the safety key into the console. The indicator on the MANUAL button and the five displays on the right half of the console will light. Note: If the safety key was in the console when the power cord was plugged in, a "PO" will appear in the speed display. If this occurs, remove the safety key, wait for five seconds and then reinsert it.

### MANUAL OPERATION

#### How to Control the Speed

When the power is turned on, the console will be in the manual mode. For your safety, the walking belt will be stationary. The speed of the walking belt can be controlled with either the SPEED buttons on the console, or the SPEED buttons on the right upper body arm. The speed range of the walking belt is 0.5 to 10 miles per hour (mph). Each time one of the SPEED buttons is pressed, the speed will change by 0.1 mph. The buttons can be held down to change the speed rapidly.



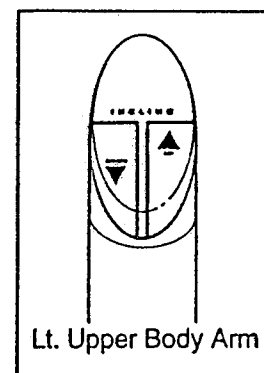
**WARNING:** After the SPEED buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed in small increments until you are familiar with the operation of the treadmill.

Press the SPEED increase button on the console or on the right upper body arm until the walking belt begins to move at slow speed. Step carefully onto the walking belt and begin exercising. Change the speed of the walking belt as desired by pressing the SPEED buttons. To stop the walking belt, press the STOP button on the console.

### How to Control the Incline

To vary the intensity of your exercise, the incline of the treadmill can be changed. The incline can be controlled with either the INCLINE buttons on the console, or the INCLINE buttons on the left upper body arm. The incline range of the treadmill is 1% to 12%. Each time one of the INCLINE buttons is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline rapidly.

Note: After the INCLINE buttons are pressed, it will take a few seconds for the treadmill to reach the selected incline setting. Because the INCLINE display has only two digits, the display will show 10% when the incline is set at either 10% or 10.5%, and 11% when the incline is set at either 11% or 11.5%.



### PROGRAM OPERATION

In the program mode, the console will control the speed of the treadmill automatically according to preset programs you select. The console offers a selection of four preset programs, each designed to guide you through a different type of workout. Follow the steps below to use a preset program.

#### 1. Select one of the four preset programs

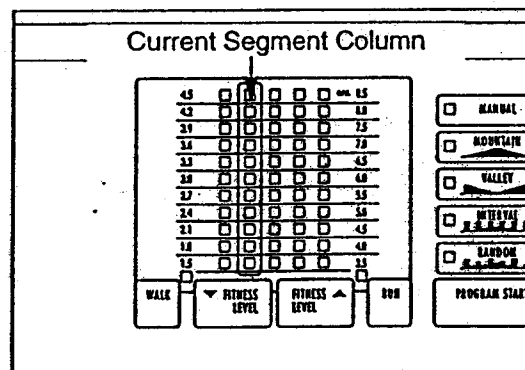
Press the MOUNTAIN, VALLEY, INTERVAL or RANDOM button. The indicator on the button you press will light.

#### 2. Select the WALK mode or RUN mode

Press the WALK button or RUN button to select the WALK mode or RUN mode. An indicator will light to show which mode you have selected. If you select the WALK mode, the speed range of the treadmill will be 1.5 to 4.5 mph during the program. If you select the RUN mode, the speed range will be 3.5 to 8.5 mph.

#### 3. If desired, adjust the difficulty level of the program.

Each program is divided into twenty equal time periods, called segments. One speed setting is programmed for each segment. The speed settings of the program you have selected are displayed in the vertical columns of indicators on the left side of the console. The speed setting of the first segment is displayed in the CURRENT SEGMENT column, and the speed settings of the next three segments are displayed in the three columns to the right (the settings of only four segments are displayed at a time).



The two indicators in the column to the left of the CURRENT SEGMENT column show the minimum and maximum speed settings of the program you have selected. If desired, the difficulty level of the program can be adjusted with the FITNESS LEVEL buttons. If the WALK mode was selected, the speed setting of each segment will change by 0.3 mph each time one of the FITNESS LEVEL buttons is pressed. If the RUN mode was selected, the speed setting of each segment will change by 0.5 mph each time one of the buttons is pressed. Note: The difficulty level of the program can be increased only until the upper indicator in the left column is lit, and decreased only until the lower indicator in the left column is lit.

#### 4. Set the program time

Each program is preset to last for 20 minutes, as shown in the TIME display. The program can be set to last for a different length of time, if desired, with the TIME SET buttons. Each time one of the buttons is pressed, the length of time will increase or decrease by twenty seconds. If one of the buttons is held down, the length of time will change rapidly. The program can be set to last for a minimum of 5 minutes up to a maximum of 80 minutes.

## 5. Start the program

To start the program, press the PROGRAM START button. The walking belt will automatically adjust to the speed setting of the first segment, displayed in the CURRENT SEGMENT column. Step carefully onto the walking belt and begin exercising.

When only three seconds remain in the first segment, a tone will sound and the TIME display will flash three times. When the first segment is completed, the speed settings of all segments will move one column to the left. The walking belt will then adjust to the speed setting of the second segment, now displayed in the CURRENT SEGMENT column. The program will continue in this manner until the speed setting of the twentieth segment is displayed in the CURRENT SEGMENT column, and no time remains. A tone will then sound, indicating that the program is completed.

Note: The program can be stopped at any time by pressing the STOP button. The incline of the treadmill can be changed during the program with either the INCLINE buttons on the console, or the INCLINE buttons on the left upper body arm.

When the program is completed, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL button.

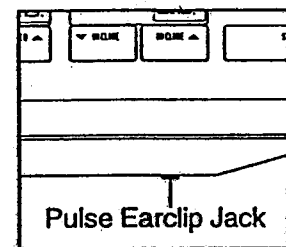
### HOW TO OPERATE THE MONITOR MODES

**TIME Mode:** When the console is in the manual mode, the TIME display will show the total time that the walking belt has been moving, up to 99 minutes and 59 seconds. (If the treadmill is run for longer than 99 minutes and 59 seconds, the walking belt will automatically stop. This is a safety feature that prevents the treadmill from being left running for long periods of time.)

If desired, a time goal can be set. To set a time goal, first stop the walking belt. Press the TIME SET buttons to set the length of time that you plan to exercise. Each time one of the buttons is pressed, the length of time displayed will change by ten seconds. The buttons can be held down to set a time goal quickly. A time goal can be set for a minimum of 10 seconds up to a maximum of 99 minutes and 50 seconds. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound and the walking belt will slow to a stop. Note: When a program is selected, the TIME display will show the time remaining in the program.

**PULSE Mode:** To use the pulse mode, press the PULSE button. The indicator on the PULSE button will light. Plug the pulse earclip into the jack on the front of the console. Attach the earclip to your left ear lobe and slide the metal clothes clip onto your collar.

When your pulse is detected, the heart-shaped PULSE indicator will flash with each heartbeat. After a few seconds, your pulse will be shown in the PULSE display. *If your pulse is not shown, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your pulse.*



**CALORIES Mode:** To use the calories mode, press the CALORIES button. The indicator on the CALORIES button will light. The display will show the approximate number of nutritional Calories that you have burned.

**DISTANCE Mode:** The DISTANCE display will show the total distance that you have walked or run, in miles.

### INFORMATION MODE

The console features an information mode that keeps track of trip time and distance, as well as the total time and distance that the treadmill has been operated. To select the information mode, hold down the STOP button while inserting the safety key into the console.

When the information mode is selected, the TIME display will show the trip time, up to 9,999 hours. The DISTANCE and PULSE displays together will show the trip distance, up to 99,999 miles. While the trip time and distance are displayed, they can be reset to zero by pressing the TIME SET decrease button.

To view the total time and distance, press the TIME SET increase button. The TIME display will show the total time,

up to 9,999 hours. The DISTANCE and PULSE displays together will show the total distance, up to 99,999 miles. The total time and distance cannot be reset.

To exit the information mode, remove the safety key.

#### **TURNING OFF THE POWER**

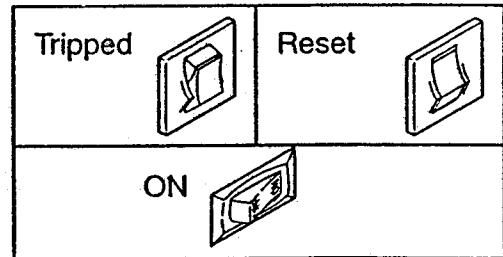
To turn off the power, remove the safety key from the console. All displays and indicators will darken. Store the safety key in a secure location.

# TROUBLE-SHOOTING AND STORAGE

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, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

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

- Make sure that the power cord is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 8.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. Various indicators on the console should light. (See HOW TO TURN ON THE POWER on page 9.)
- Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Check the ON/OFF switch located on the treadmill near the power cord. The switch must be in the ON position.



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

- Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped (see the drawing above), wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.
- Check to make sure the ON/OFF switch is in the ON position. (See 1. d. above.)
- If the treadmill still will not run, please call our Customer Service Department.

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

- Make sure that the pulse earclip is plugged fully into the jack on the console. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- Stand still while measuring your pulse.
- The pulse earclip may need to be cleaned. Press the earclip open, and find the two clear circles inside the earclip. Wipe the two clear circles using a cotton swab moistened with water. NOTE: Various factors, including the user's movement, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

## 4. SYMPTOM: AN ERROR CODE ("E1," "E2," "E3," OR "E4") APPEARS ON THE CONSOLE

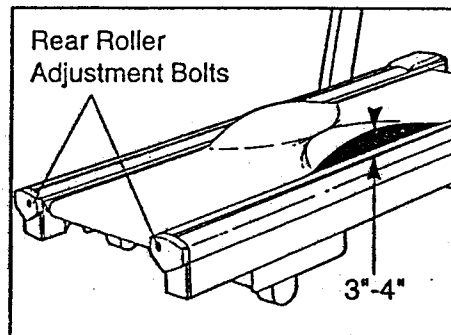
- If error code "E1" appears in the INCLINE display, a malfunction may have occurred in the incline system. Remove the safety key, wait for ten seconds, and then reinsert the safety key. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.
- Error code "E2" may appear in the SPEED display if the INCREASE SPEED or PROGRAM START button is pressed, and no movement of the walking belt is detected within five seconds. Remove the safety key, wait for ten seconds, and then reinsert the safety key. Make sure that you stand on the side rails of the treadmill when starting the walking belt. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

- c. Error code "E3" may appear in the SPEED display if the speed of the walking belt surges above the selected speed setting. Remove the safety key, wait for ten seconds, and then reinsert the safety key. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.
- d. Error code "E4" may appear in the SPEED display if the walking belt is moving at a slow speed, and there is excessive stress on the motor. Remove the safety key, wait for ten seconds, and then reinsert the safety key. If you weigh over 200 pounds, it may be helpful to increase the incline of the treadmill. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

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

a. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

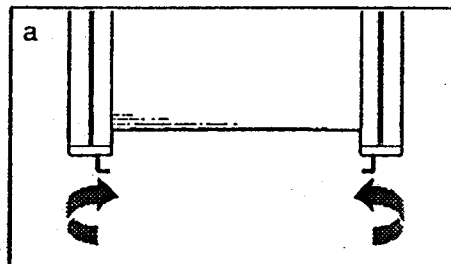
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



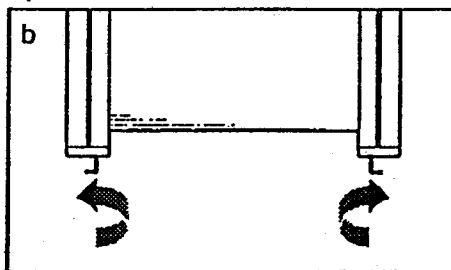
c. If the walking belt still slows when walked on, please call our Customer Service Department.

#### 6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

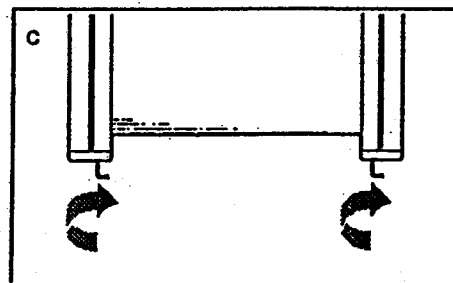
a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the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



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



c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

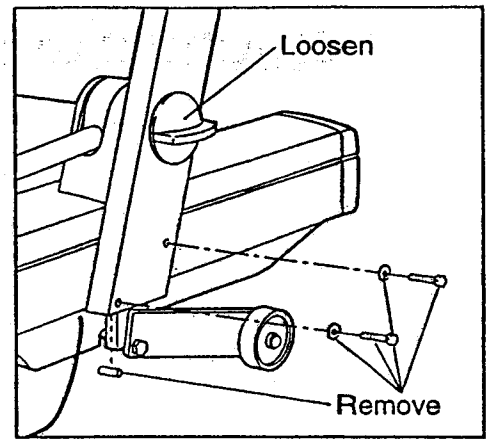


## STORAGE

Unplug the power cord when the treadmill is not in use.

Remove the bolts, washers and upright spacer from the lower end of each upright. Loosen the resistance control on each upright. Carefully lay the console and upper body arms on the treadmill. Keep the bolts, washers and spacers in a secure location.

It is recommended that the treadmill be covered during extended periods of storage.



# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

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

## WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other post-exercise problems.

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. The key to success is CONSISTENCY.

## SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

### 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.

### 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 both legs.

Stretches: Hamstrings, lower back and groin.

### 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 both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

### QUADRICEPS STRETCH

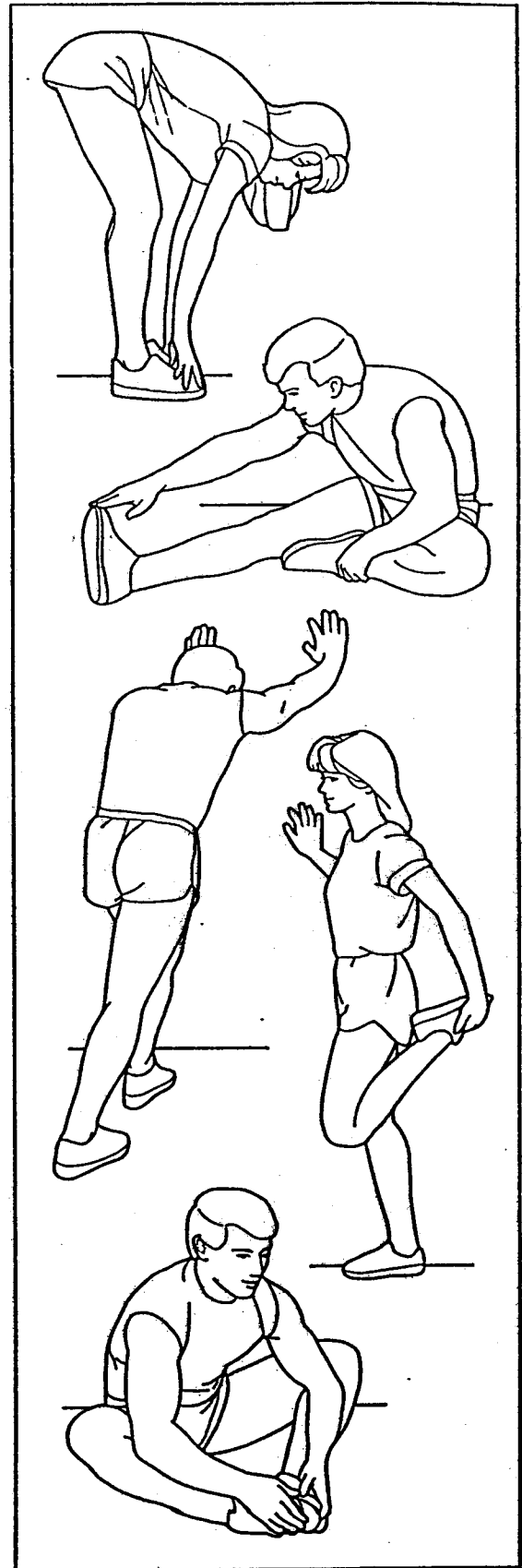
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

### 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.



# PART LIST—Model No. DRTL01040

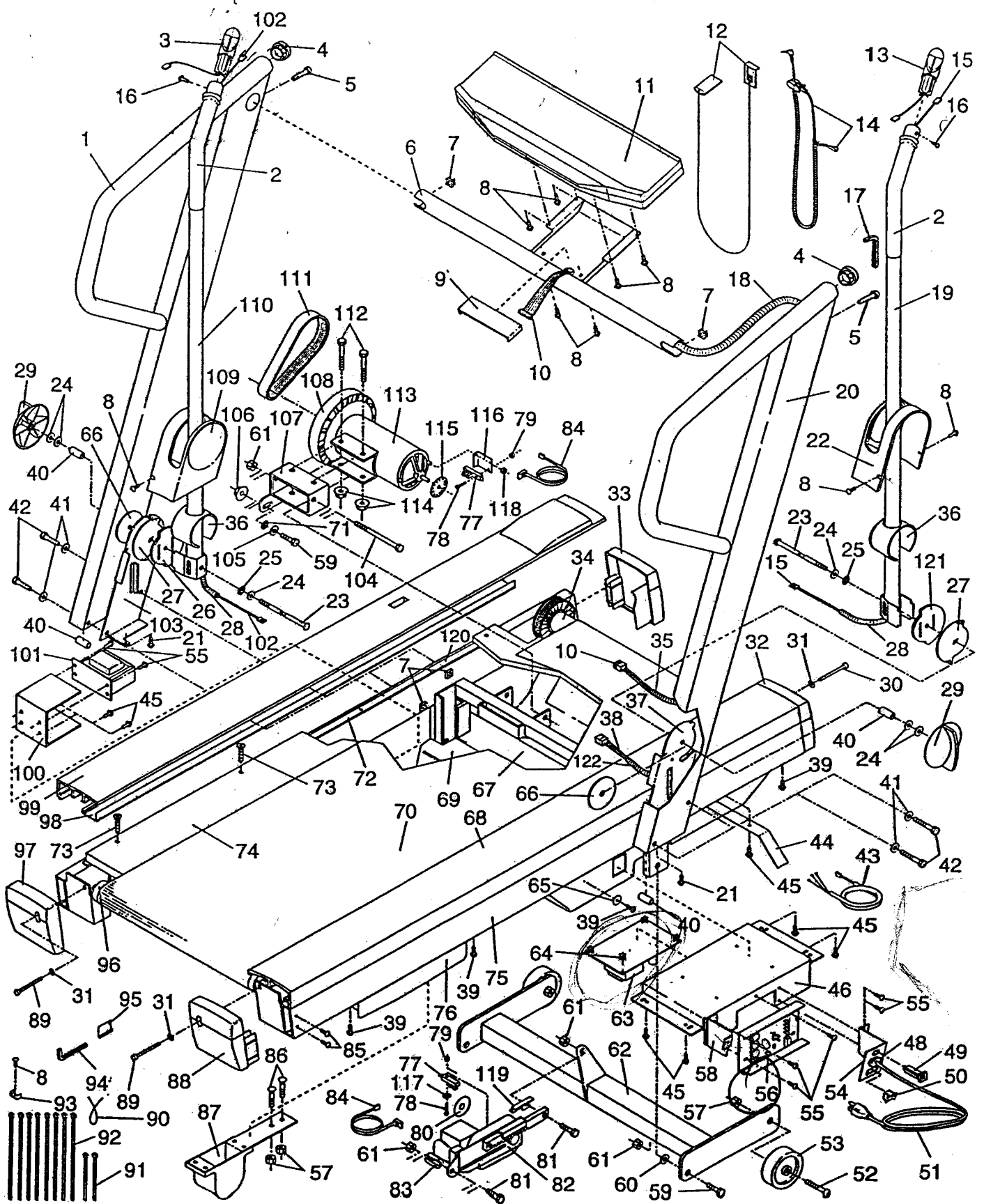
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright/Handrail	68	1	Right Foot Rail
2	2	Upper Body Arm Foam	69	1	Rear Safety Cover
3	1	Incline Control Handle	70	1	Walking Belt
4	2	Handrail Endcap	71	1	Star Washer
5	2	3/8" x 2" Bolt	72	2	Long Platform Shim
6	1	Console Crossbar	73	8	Platform Screw
7	6	Cage Nut	74	1	Walking Platform
8	8	Console Screw	75	1	Frame
9	1	Wire Cover	76	2	Cushion Foot Cover
10	1	Upright Wire Harness	77	2	Optic Switch
11	1	Console	78	2	Small Bolt
12	1	Safety Key/Clip	79	2	Small Nut
13	1	Speed Control Handle	80	1	Incline Optic Disk
14	1	Pulse Earclip/Clothes Clip	81	2	Incline Motor Bolt
15	1	Speed Wire Harness	82	1	Incline Motor
16	2	Handle Screw	83	1	Incline Motor Spacer
17	1	7/32" Allen Wrench	84	2	Optic Switch Wire Harness
18	1	Crossbar Cable Loom	85	4	Endcap Screw
19	1	Right Upper Body Arm	86	4	Cushion Foot Bolt
20	1	Right Upright/Handrail	87	2	Cushion Foot
21	6	Resistance Cover Screw	88	1	Right Rear Endcap
22	1	Right Resistance Cover	89	2	Rear Roller Adjust Bolt
23	1	Resistance Bolt	90	1	Cable Tie Wrap
24	6	Hardened Washer	91	2	4" Cable Tie
25	2	Thrust Bearing	92	8	8" Cable Tie
26	1	Left Leather/Metal Resistance Plate	93	2	Tie Block
27	2	Resistance Plate	94	1	3/16" Allen Wrench
28	2	Arm Cable Loom	95	1	Wrench Clip
29	2	Resistance Control	96	1	Rear Roller
30	1	Front Roller Adjustment Bolt	97	1	Left Rear Endcap
31	3	Roller Adjustment Washer	98	2	Foot Rail Bracket
32	1	Front Right Endcap	99	1	Left Foot Rail
33	1	Front Left Endcap	100	1	Choke Bracket
34	1	Front Roller/Pulley	101	1	Choke
35	1	Upright Cable Loom	102	1	Incline Wire Harness
36	2	Upper Body Arm Cover	103	1	Left Resistance Bracket*
37	1	Right Resistance Bracket*	104	1	Motor Swivel Bolt
38	1	20" Wire Harness	105	1	Motor Tension Washer
39	19	Safety Cover Screw	106	1	Motor Tension Nut
40	4	Metal Spacer	107	1	Motor Mount Bracket
41	4	Upright Washer	108	1	Pulley/Flywheel/Fan
42	4	3/8" x 3 1/2" Bolt	109	1	Left Resistance Cover
43	1	14" Power Board/Controller Wire	110	1	Left Upper Body Arm
44	1	Belt Guide	111	1	Motor Belt
45	8	Small Screw	112	2	Motor Bolt
46	1	Electronics Bracket	113	1	Motor
47	5	Electronics Screw	114	2	Motor Nut
48	1	Grommet	115	1	Speed Disk
49	1	Circuit Breaker	116	1	Optic Switch Bracket
50	1	On/Off Switch	117	2	Switch Star Washer
51	1	Power Cord	118	1	Optic Switch Bracket Nut
52	2	Wheel Bolt	119	1	Incline Stop Bracket
53	2	Front Wheel	120	2	Short Platform Shim
54	1	Power Cord Bracket	121	1	Right Leather/Metal Resistance Plate
55	8	Small Screw	122	1	6" Cable Loom
56	1	Controller	#	1	8" White Wire, Male/Female
57	6	Wheel Nut/Cushion Foot Nut	#	1	8" White Wire, 2 Female
58	1	Safety Cover Bracket	#	1	9" Black Wire, Male/Female
59	3	Incline Leg Bolt/Motor Tension Bolt	#	1	8" Black Wire, 2 Female
60	2	Incline Leg Washer	#	1	4" Black Wire, 2 Female
61	3	Incline Leg Nut/Motor Tension Nut	#	1	8" Green Ground Wire
62	1	Incline Leg	#	1	8" Red Wire, Male/Female
63	1	Power Board	#	1	14" Blue Wire, Male/Female
64	4	Plastic Stand-Off	#	1	8" Blue Wire, Male/Female
65	2	Cover Washer	#	1	8" Blue Wire, 2 Female
66	2	Large Tension Spacer	#	1	Owner's Manual
67	1	Front Safety Cover			

18 Note: "\*" indicates a non-illustrated part. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. DRTL01040

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## ORDERING REPLACEMENT PARTS

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

- The MODEL NUMBER of the product (DRTL01040).
- The NAME of the product (PROFORM® CROSSWALK® ADVANTAGE treadmill).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER of the part(s) (see page 18 of this manual).
- The DESCRIPTION of the part(s) (see page 18 of this manual).

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