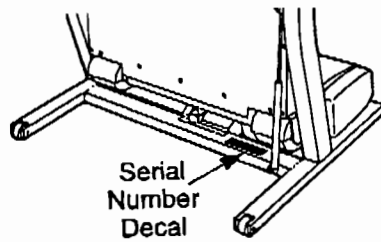


# **PRO-FORM<sup>®</sup> 835QT**

Model No. PCTL92100

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

Find the serial number in the location shown below. Write the serial number in the space above for reference.



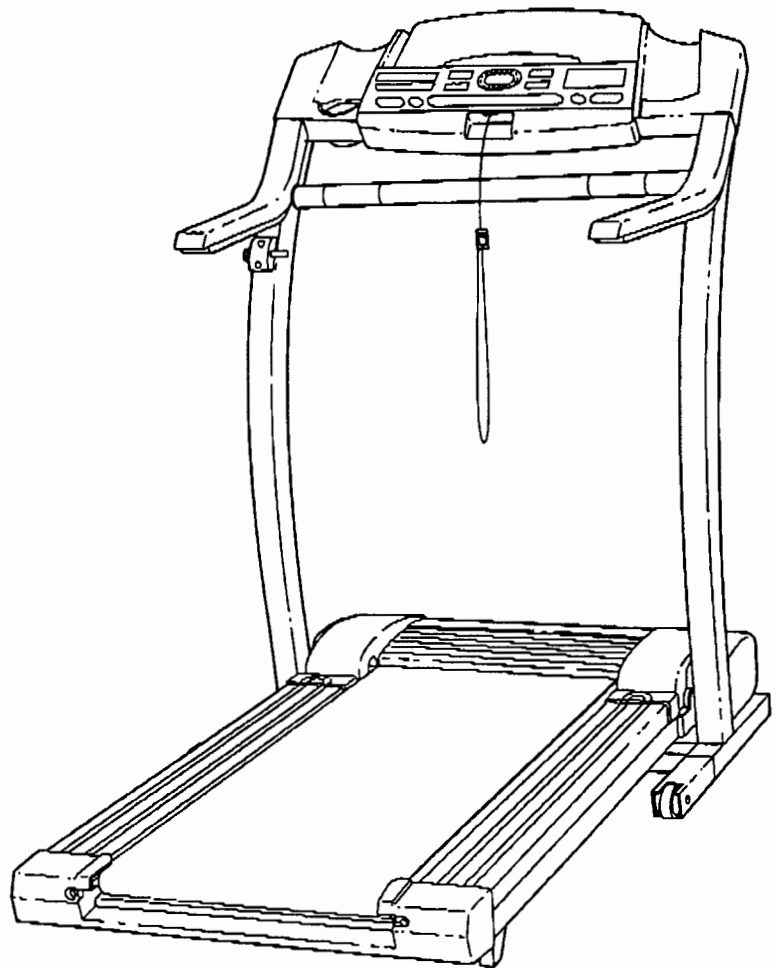
If you require SERVICE for this product, please call  
**SEARS:**  
**1-800-4 MY HOME**  
**(469-4663)**

If you are MISSING PARTS or require INFORMATION on how to operate this product, call  
**1-888-936-ICON**  
**(4266)**

## **▲ CAUTION**

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

## **USER'S MANUAL**



# **PRO·FORM<sup>®</sup>835QT**

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Note: An EXPLODED DRAWING is attached in the center of this manual.

## IMPORTANT PRECAUTIONS

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

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. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least 2 m (8 ft.) of clearance behind it. 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.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 114 kg (250 lbs).
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing 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.
10. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a CUL-listed surge suppressor of 450 joules minimum surge dissipation with voltage rating of 400 volts or less, rated at 15 amps, with a 14-gauge cord of 1,5 m (5 ft.) or less in length. Do not use an extension cord.
12. Keep the power cord and the surge suppressor away from heated surfaces.
13. 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.)
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
17. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See **ASSEMBLY** on page 6, and **HOW TO FOLD AND MOVE THE TREADMILL** on page 20.) You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.
19. Do not change the Incline of the treadmill by placing objects under the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.
21. When using iFIT.com CD's and videos, an electronic "chirping" sound will alert you when the speed and/or Incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or Incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

22. When using iFIT.com CD's and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

23. Always remove iFIT.com CD's and videos from your CD player or VCR when you are not using them.

24. Inspect and tighten all parts of the treadmill regularly.

25. Never insert or drop any object into any opening.

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

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

**⚠ 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. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

The decals shown below have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our toll-free customer service department to order a free replacement decal (see the front cover of this manual). Apply the decal in the location shown.

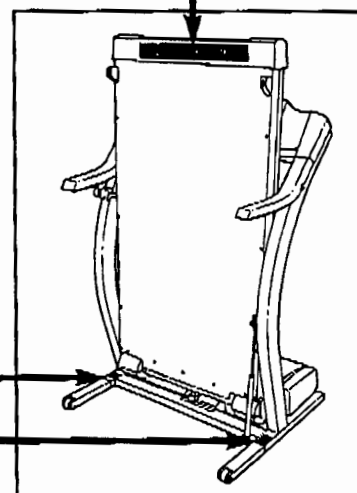
**⚠ WARNING** Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully unplug (remove both the power cord and the power switch) before cleaning or adjusting the treadmill.
- Fully unplug (remove both the power cord and the power switch) before adjusting the speed or incline.
- Fully unplug (remove both the power cord and the power switch) before adjusting the motor hood.
- Stand only on safe side when standing on slugging treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling and always wear the safety clip while exercising treadmill.
- Stop if you feel tired, dizzy, or short of breath.
- Never allow children on or around treadmill.
- Be cautious when not in use.
- Keep children, babies, and pets away from treadmill.
- Always be looking in front of the belt while it is moving.
- Always wear a fitting, close-fitting exercise footwear.

Note: This decal is shown at 38% of actual size.

**⚠ CAUTION**

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.



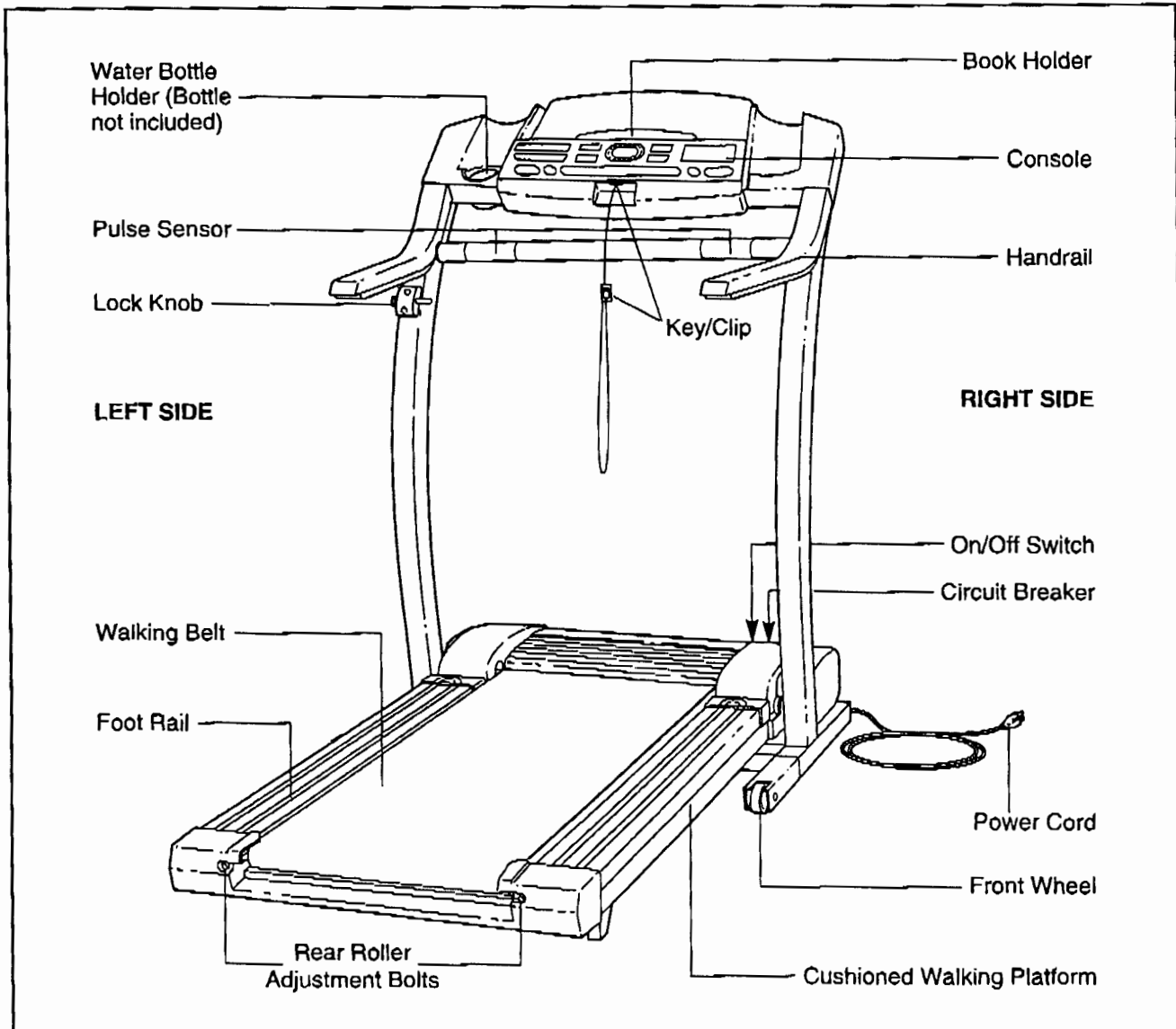
## BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 835QT treadmill. The 835QT treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience and privacy of your home. And when you're not exercising, the unique 835QT can be folded up, requiring less than half the floor space of other treadmills.

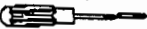
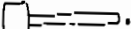
1-888-936-4266, Monday through Friday 8h00 until 18h30 eastern time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PCTL92100. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

**For your benefit, read this manual carefully before using the treadmill.** If you have additional questions, please call our toll-free customer service department at

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



## ASSEMBLY

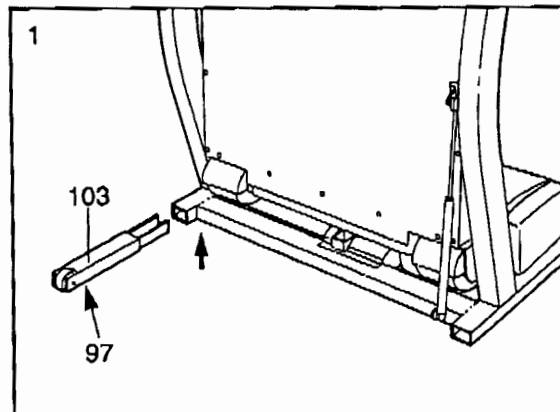
**Assembly requires two people.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires your own Phillips screwdriver**  **and rubber mallet** .

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

1. With the help of a second person, carefully raise the treadmill to the upright position.

While a second person tips the treadmill to one side slightly and holds it, insert one of the Extension Legs (103) into the treadmill as shown. Make sure that the Extension Leg is turned so the Thick Base Pad (97) is on the bottom.

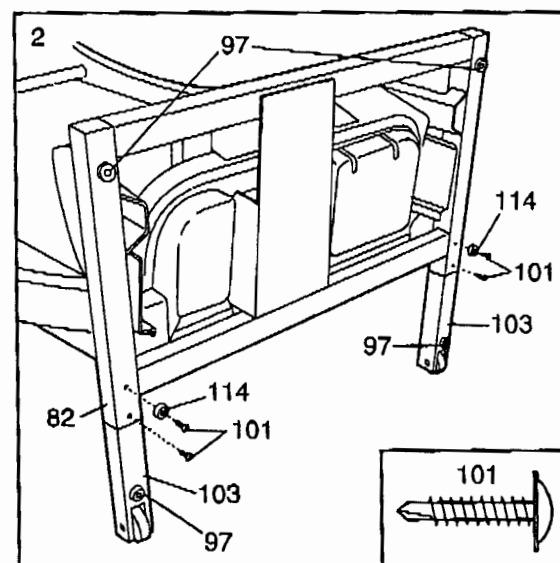
Next, tip the treadmill to the other side and insert the other Extension Leg (not shown) in the same way. Lower the side of the treadmill so that both Extension Legs (103) are resting flat on the floor.



2. With the help of a second person, carefully lower the treadmill frame and then tip the Uprights (82) down as shown. **Make sure that the Extension Legs (103) remain in the Uprights.**

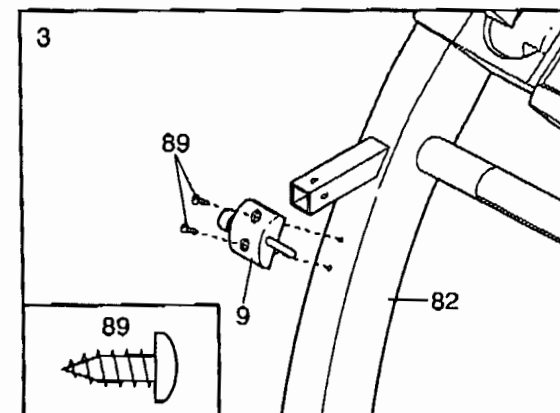
Attach each Extension Leg (103) with two of the four Screws (101) and a Base Pad (114) as shown.

**Note:** One replacement Base Pad (114) and Spacer (not shown) are included. If a Base Pad becomes worn and needs to be replaced, use the replacement Base Pad. If a Thick Base Pad (97) needs to be replaced, use the replacement Base Pad with the Spacer.



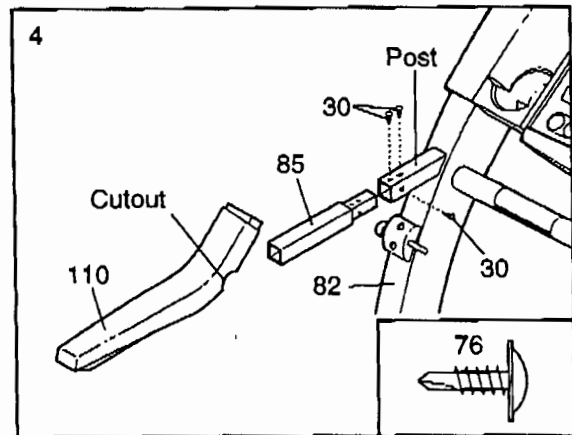
3. With the help of a second person, carefully tip the Uprights (82) back to the vertical position.

Attach the Latch Assembly (9) to the left Upright (82) with the two 1/2" Screws (89).



4. Insert a Handrail Extension (85) into the post on the left Upright (82). Align the holes in the Handrail Extension with the holes in the post. If necessary, tap the Handrail Extension with a rubber mallet to fully insert it. Next, attach the Handrail Extension by tightening **three** Small Screws (30) into the indicated holes. Note that the hole in the left side of the post is not used. **Note: If there is only one hole in the top of the post, tighten the third Small Screw into the hole in the left side of the post.**

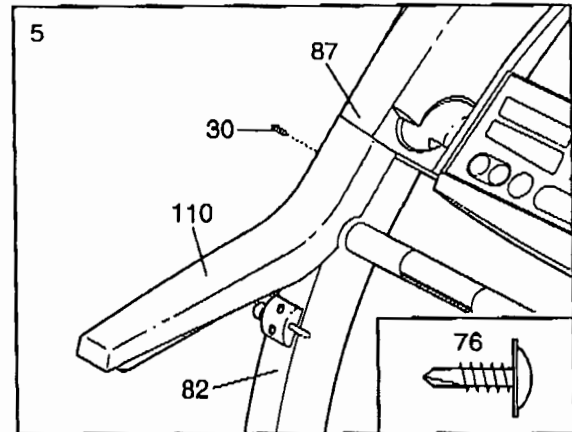
Identify the Left Foam Grip (110), which has a large cutout in the right side. Slide the Left Foam Grip as far as possible onto the post on the left Upright (82). It may be helpful to apply soapy water to the Handrail Extension (85).



5. Make sure that the front edge of the Left Foam Grip (110) is under the Console Base (87) as shown. Tighten a Small Screw (30) into the side of the Left Foam Grip as shown. **Note: You may need to pull out on the side of the Foam Grip slightly to align the Small Screw with the hole in the Upright (82).**

Attach the Right Foam Grip (not shown) and the other Handrail Extension (not shown) as described in step 4 and this step.

**Note: There may be extra screws left over after assembly is completed.**

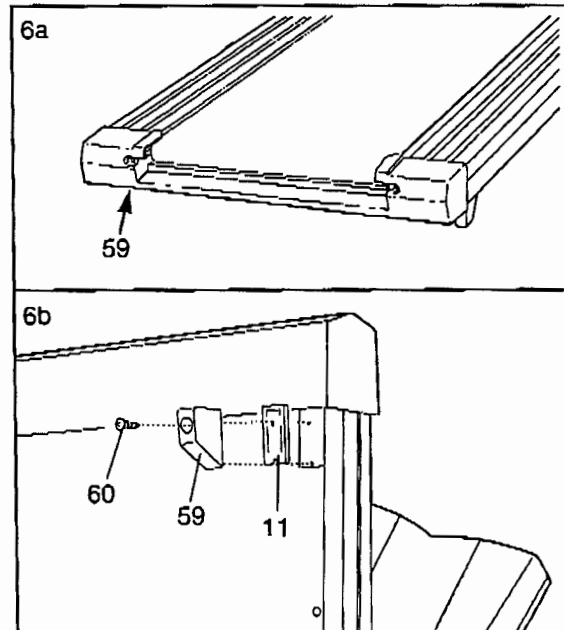


6. Refer to drawing 6a. Locate the **left** Rear Foot (59) on the treadmill. If the left Rear Foot touches the floor, go to step 7. If there is a space between the left Rear Foot and the floor, follow the instructions below.

Hold the treadmill firmly with both hands, and raise the treadmill to the storage position as described on page 20.

Refer to drawing 6b. Using a phillips screwdriver, remove the Rear Foot Screw (60), the **right** Rear Foot (59), and the Rear Foot Spacer (11) from the treadmill. Reattach the right Rear Foot without the Rear Foot Spacer. Hold the treadmill with both hands, and lower the treadmill as described on page 21.

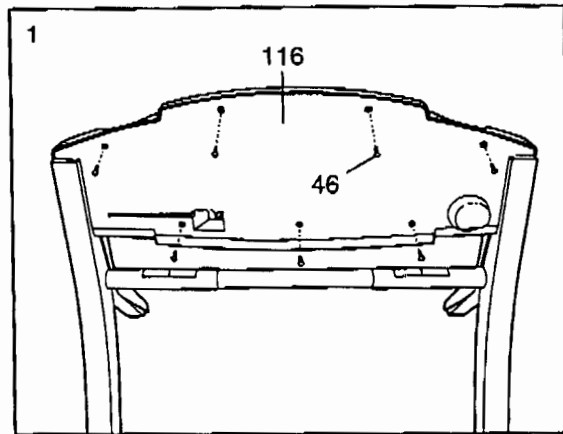
Check the **left** Rear Foot (59 [see drawing 6a]). If the left Rear Foot is still off the floor, raise the treadmill and remove the left Rear Foot. Snap the Rear Foot Spacer (11) onto the left Rear Foot and reattach the left Rear Foot and the Rear Foot Spacer. Carefully lower the treadmill.



7. **Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 23). To protect the floor or carpet from damage, place a mat under the treadmill.

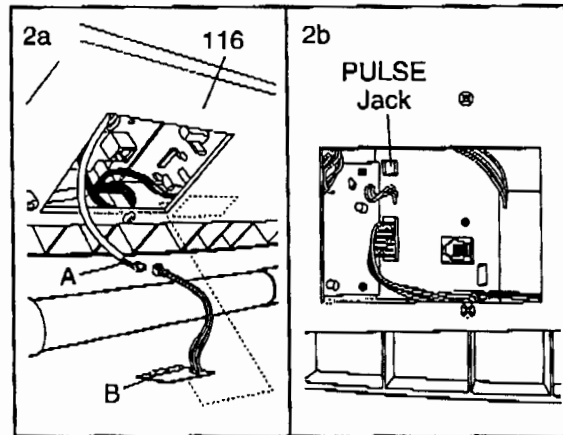
If you purchase the optional chest pulse sensor (see page 19), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power plug is unplugged.** Remove the six or seven indicated Screws (46) from the back of the Console Base Back (116).



2. Connect the Short Jumper Wire (A) to the wire on the Receiver (B). Connect the other end of the Short Jumper Wire to the PULSE jack on the back of the Console (see drawing 2b). Next, peel the paper off the pad on the back of the Receiver. **Turn the Receiver so that the cylinder is on the side shown,** and press the Receiver into the bottom of the Console Base Back (116) in the indicated location. Note: A Long Jumper Wire is included but will not be used.

**Make sure that no wires are pinched.** Reattach the back of the Console Base Back (116) with the Screws (46) (see step 1 above).



## OPERATION AND ADJUSTMENT

### THE PERFORMANT LUBE™ WALKING BELT

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

### HOW TO PLUG IN THE POWER CORD

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

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off.

To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).

Surge suppressors are sold at most hardware stores and department stores. Use only a CUL-listed surge suppressor with 450 joules minimum surge dissipation rated at 15 amps, with a 14-gauge cord of five feet or less in length.

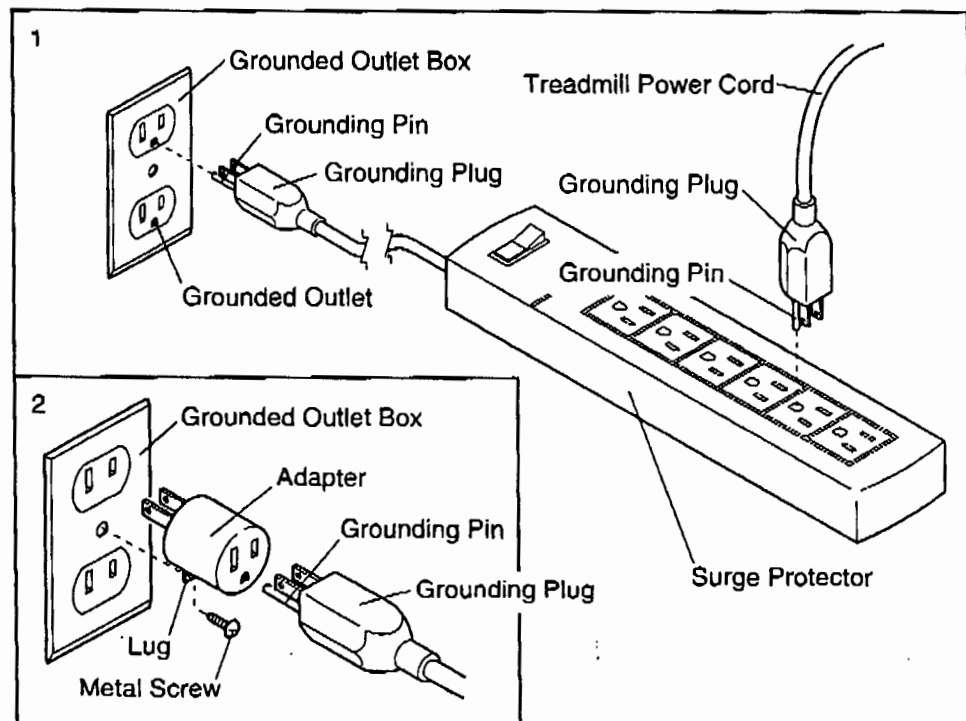
**This product must be grounded.** If it should malfunction or break down, grounding pro-

vides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

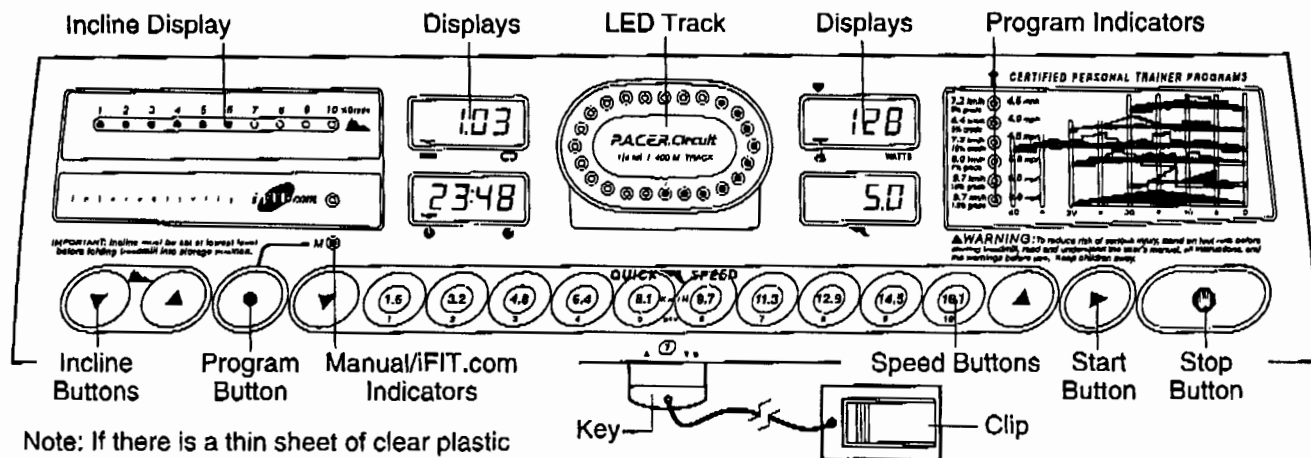
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

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

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



## CONSOLE DIAGRAM



Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

## CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features to help you get the most from your exercise. When the console is in the manual mode, the speed and incline of the treadmill can be controlled with a touch of a button. As you exercise, the LED track and the four displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

Six certified personal trainer programs are also offered. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

The console also features advanced iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right in your home. Using the included

audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (one CD is provided). iFIT.com CD programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two different programs designed by certified personal trainers.

In addition, you can connect the treadmill to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

With the treadmill connected to your computer, you can also go to our new internet site at [www.iFIT.com](http://www.iFIT.com) and access even more programs. Choose from a selection of basic programs that interactively control the speed and incline of your treadmill to help you achieve your personal exercise goals. Or, use iFIT.com audio and video programs directly from our internet site. Visit [www.iFIT.com](http://www.iFIT.com) for complete details.

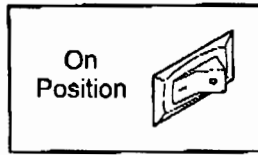
See [www.iFIT.com](http://www.iFIT.com) to learn about other iFIT.com features. To purchase iFIT.com CD's or iFIT.com videocassettes, see your local SEARS or call toll-free 1-888-936-4266. For information about other optional accessories, see page 19.

To use the manual mode of the console, follow the steps beginning on page 11. To use a personal trainer program, see page 13. To use iFIT.com CD or video programs, see page 16. To use iFIT.com programs from our internet site, see page 18.

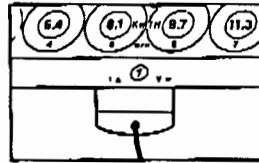
## HOW TO TURN ON THE POWER

- 1 Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 9).

- 2 Locate the on/off switch on the front of the treadmill. Make sure the on/off switch is in the on position.



- 3 Stand on the foot rails of the treadmill. Find the clip attached to the key, and slide the clip securely onto the waist-band of your clothing.



**Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

Next, insert the key into the console. After a moment, the four displays, the LED track, and various indicators on the console will light.

Note: The console can display speed and distance in either miles or kilometers (see SPEED/MIN-MILE DISPLAY on page 12). For simplicity, all instructions in this manual refer to miles.

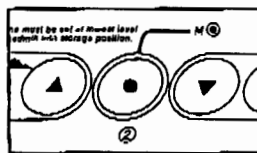
## HOW TO USE THE MANUAL MODE

- 1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER above.

- 2 Select the manual mode.

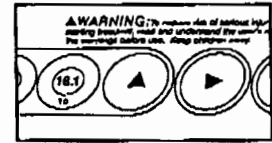
When the key is inserted, the manual mode will be selected and the M indicator will light. If a program has been selected, press the Program button repeatedly to select the manual mode.



- 3 Press the Start button or the Speed  $\Delta$  button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and carefully begin walking. As you exercise,

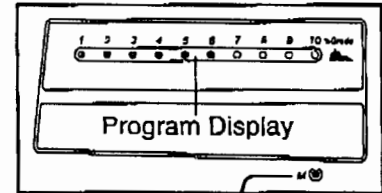
change the speed of the walking belt as desired by pressing the Speed  $\Delta$  and  $\nabla$  buttons. To change the speed setting quickly, press the Quick Speed buttons. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting.



To stop the walking belt, press the Stop button. The Time display will begin to flash. To restart the walking belt, press the Start button or the Speed  $\Delta$  button.

- 4 Change the incline of the treadmill as desired.

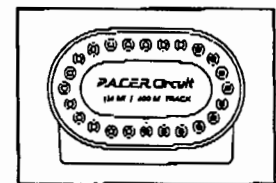
To change the incline of the treadmill, press the Incline buttons. Each time a button is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline quickly. Note: After the Incline buttons are pressed, it will take a moment for the treadmill to reach the selected incline setting.



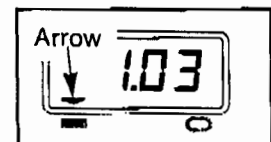
Note: In the incline display, the first indicator will light when the incline is set at 1.5%. The second indicator will light when the incline is set at 2% or 2.5%, the third indicator will light when the incline is set at 3% or 3.5%, and so forth.

- 5 Follow your progress with the LED track and the four displays.

**The LED Track**—The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. A new lap will then begin.



**Distance/Laps display**—This display shows the distance that you have walked or run and the number of laps you have completed (one lap equals 1/4 mile). The display will alternate between one number and the other every seven seconds, as shown by the arrows in the display.



**Time display**—When the manual mode or an iFIT.com program is selected, this display shows the elapsed time.



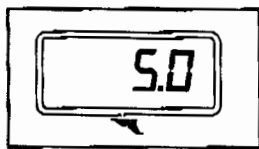
When a personal trainer program is selected, this display shows both the time remaining in the program and the time remaining in the current segment of the program. The display will alternate between one number and the other every seven seconds.

**Calories/Watts/Pulse display**—This display shows the approximate number of calories you have burned and your current power output in watts.

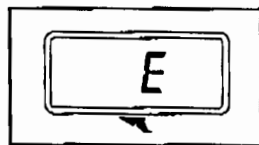


(The console estimates watts by multiplying the number of calories you are burning per minute by an efficiency factor of 25%.) Every seven seconds, the display will change from one number to the other as the others shown in the display. This display will also show your heart rate when the optional chest pulse sensor is worn or the hands pulse sensor is used.

**Speed display**—This display shows the speed of the walking belt.



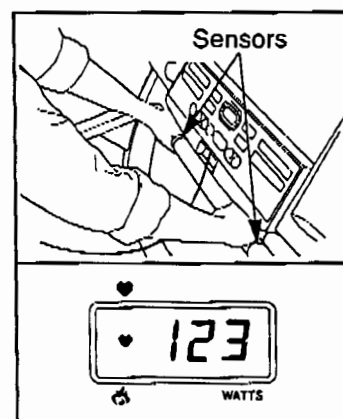
Note: The Speed/Min-Mile display can show speed in either miles per hour or kilometers per hour. To find which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An "E" for English miles or an "M" for metric kilometers will appear in the display. Press the Speed  $\Delta$  button to change the unit of measurement. When the desired unit of measurement is selected, remove and then reinsert the key.



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

## 6 Measure your heart rate, if desired.

Stand on the foot rails and place your hands on the metal contacts on the pulse bar. Your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts—**avoid moving your hands.**



When your pulse is detected, the heart-shaped indicator in the Cals/Watts/Pulse display will flash **steadily** and a series of dashes (--) will appear. After a few seconds, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

## 7 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put the key in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 19 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position.

## HOW TO USE PERSONAL TRAINER PROGRAMS

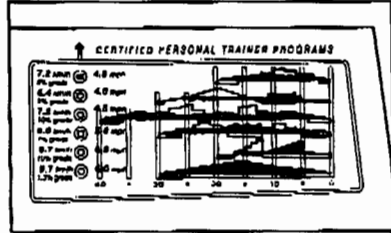
### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

### 2 Select one of the personal trainer programs.

When the key is inserted, the manual mode will be selected and the M indicator will light.

To select one of the personal trainer programs, press the Program button repeatedly until one of the six personal trainer program indicators lights.

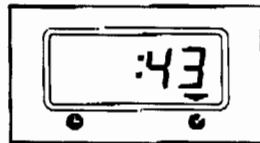


The console features two low intensity programs, two medium intensity programs, and two high intensity programs. The profiles on the console show how the speed and incline of the treadmill will change during the programs. The numbers beside the profiles show the maximum speed and incline settings for the programs. For example, the upper profile shows that the treadmill will reach a maximum speed of 4.5 mph and a maximum incline of 5% during the first program.

### 3 Press the Start button or the Speed $\Delta$ button to start the program.

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

Each program is divided into several time segments of different lengths. The Time display shows both the time remaining in the program and the time remaining in the current segment of the program.



One speed setting and one incline setting are programmed for each segment. When only three seconds remain in the first segment, a series of tones will sound and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the Time display counts down to zero. The walking belt will then slow to a stop.

Note: 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 or Incline buttons on the console. However, **when the next segment begins, the treadmill will adjust to the next speed and incline settings of the program.**

To stop the program, press the Stop button. The Time display will begin to flash. To restart the program, press the Start button or the Speed  $\Delta$  button. To end the program, press the Stop button, remove the key, and then reinsert the key.

### 4 Follow your progress with the LED track and the four displays.

Refer to step 5 on page 11.

### 5 Measure your heart rate, if desired.

See step 6 on page 12.

### 6 When the program is completed, remove the key from the console.

When the program has ended, **make sure that the treadmill is at the lowest Incline level.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 19 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position.

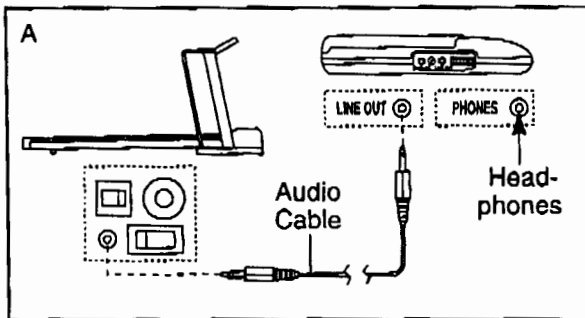
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CD's, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14 and 15 for connecting instructions. To use iFIT.com videocassettes, the treadmill must be connected to your VCR. See page 16 for connecting instructions. To use iFIT.com programs directly from our internet site, the treadmill must be connected to your home computer. See page 15 for connecting instructions.

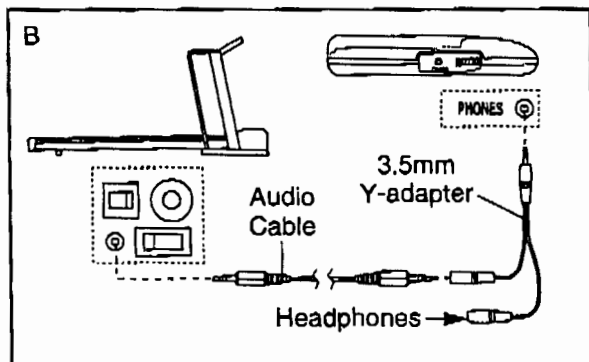
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**Note:** If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



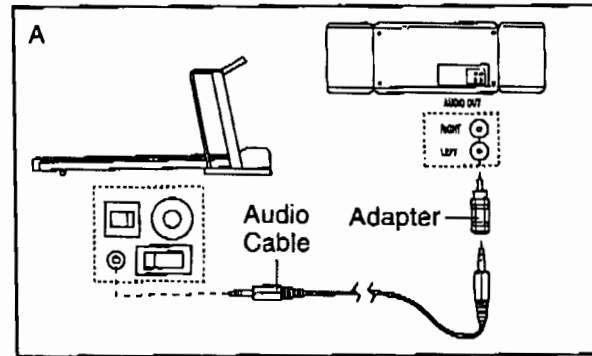
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



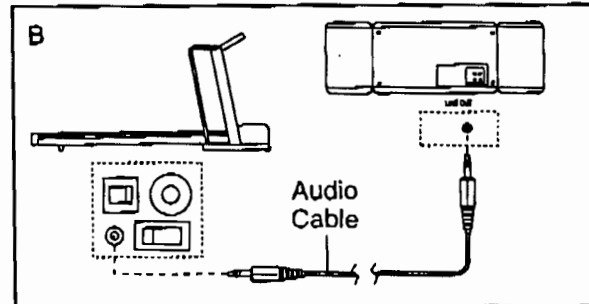
## HOW TO CONNECT YOUR PORTABLE STEREO

**Note:** If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

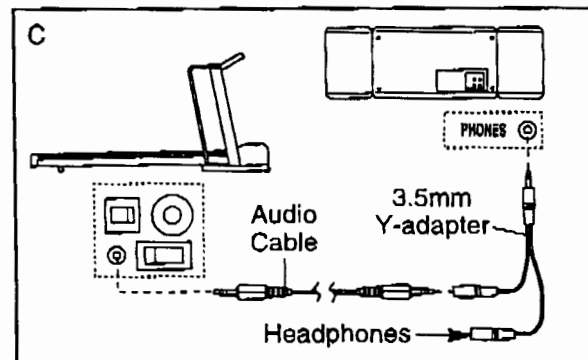
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your stereo.



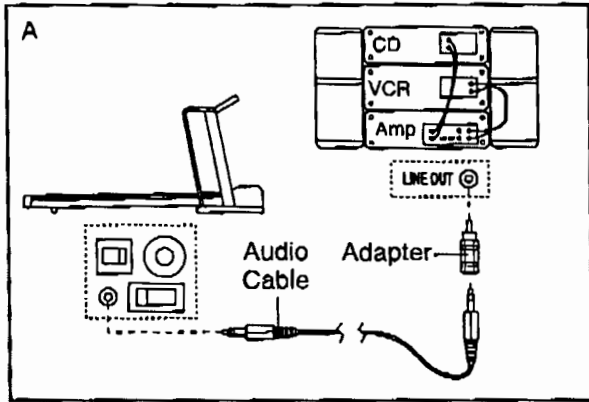
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



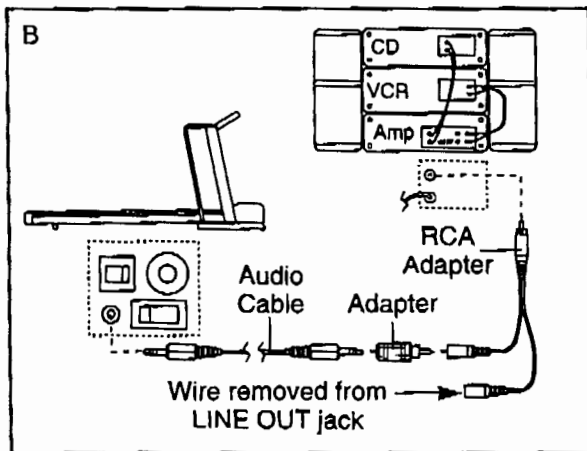
## HOW TO CONNECT YOUR HOME STEREO

**Note:** If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

- A.** Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



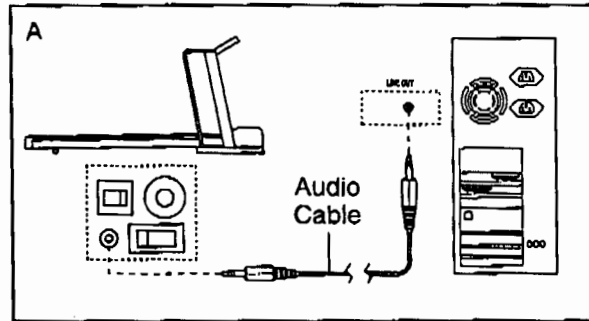
- B.** Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the **RCA adapter**. Plug the **RCA adapter** into the **LINE OUT** jack on your stereo.



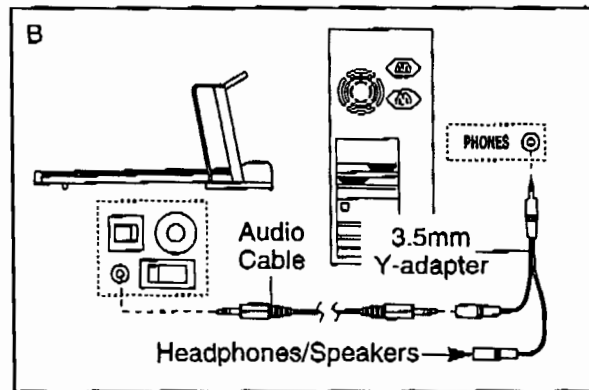
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a **3.5mm LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A.** Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



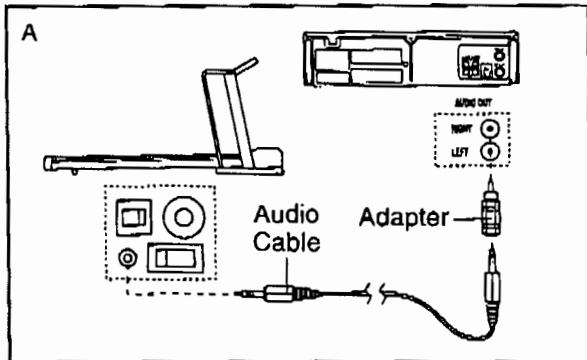
- B.** Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the **Y-adapter**.



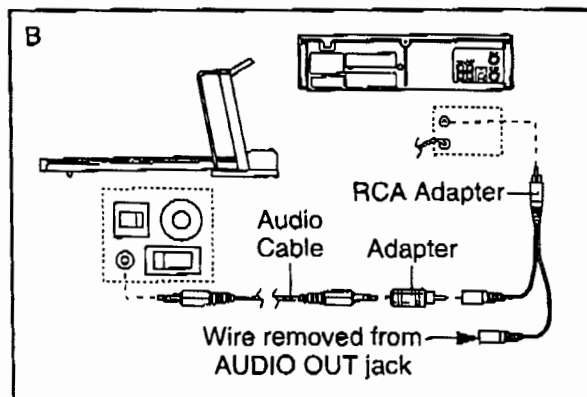
## HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 15.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA adapter. Plug the RCA adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CD's or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 14. **Note:** To purchase iFIT.com CD's or to purchase iFIT.com videocassettes, see your local SEARS or call toll-free 1-888-936-4266.

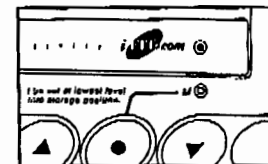
Follow the steps below to use an iFIT.com CD or video. **Note:** The instructions included in the CD case describe how to use the CD with a variety of PROFORM treadmills. Some instructions may not apply to this treadmill.

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

See HOW TO TURN ON THE POWER on page 11.

- 2** Press the PROGRAM button.

When the key is inserted, the manual mode will be selected. To use an iFIT.com CD or video program, press the Program button repeatedly until the iFIT.com indicator lights.



- 3** Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

- 4** Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. **Note:** If the Time display is flashing, press the Start button or the Speed  $\Delta$  button on the console. The treadmill will not respond to a CD or video program when the Time display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the program at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Speed  $\Delta$  button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the CD or video program.** The program can also be stopped by pressing the Stop button on your CD player or VCR.

When the CD or video program is completed, the walking belt will stop and the Time display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 16.

**Note: If the speed or incline of the treadmill does not change when a "chirp" is heard:**

- **Make sure that the iFIT.com indicator is lit and that the Time display is not flashing. If the**

**Time display is flashing, press the Start button or the Speed  $\Delta$  button on the console.**

- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

## **5** Follow your progress with the LED track and the four displays.

See step 5 on page 11.

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

See step 6 on page 12.

## **7** When the iFIT.com CD or video program is finished, remove the key.

See step 6 on page 13.

**CAUTION: Always remove iFIT.com CD's and videocassettes from your CD player or VCR when you are finished using them.**

## HOW TO USE PROGRAMS DIRECTLY FROM OUR INTERNET SITE

Our new internet site at [www.iFIT.com](http://www.iFIT.com) allows you to access a large selection of programs that interactively control your treadmill to help you achieve your specific exercise goals. In addition, you can play iFIT.com audio and video programs directly from the internet. By adding an optional upgrade module to the console, you can use virtually endless features on our internet site. Explore [www.iFIT.com](http://www.iFIT.com) for details. **To purchase an upgrade module, see your local SEARS or call toll-free 1-888-936-4266.**

To use programs from our internet site, the treadmill must be connected to your home computer. See **HOW TO CONNECT YOUR COMPUTER** on page 15. In addition, you must have at least a 56K modem and an account with an internet service provider. A list of additional system and software requirements will be found on our internet site.

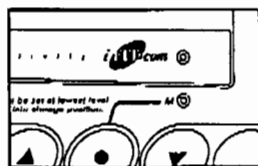
Follow the steps below to use a program from our internet site.

### 1 Insert the key fully into the console.

See **HOW TO TURN ON THE POWER** on page 11.

### 2 Press the PROGRAM button.

When the key is inserted, the manual mode will be selected. To use an iFIT.com CD or video program, press the Program button repeatedly until the iFIT.com indicator lights.



### 3 Go to your computer and start an internet connection.

### 4 Start your web browser, if necessary, and go to our internet site at [www.iFIT.com](http://www.iFIT.com).

### 5 Follow the desired links on our internet site to select a program.

Read and follow the on-line instructions for using a program.

### 6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

### 7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothing.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking.

During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the program at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Speed  $\Delta$  button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the Time display will begin to flash. Note: To use another program, press the Stop button and go to step 5 on this page.

**Note: If the speed or Incline of the treadmill does not change when a "chirp" is heard, make sure that the iFIT.com Indicator is lit and that the Time display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

### 8 Follow your progress with the LED track and the four displays.

See step 5 on page 11.

### 9 Measure your heart rate, if desired.

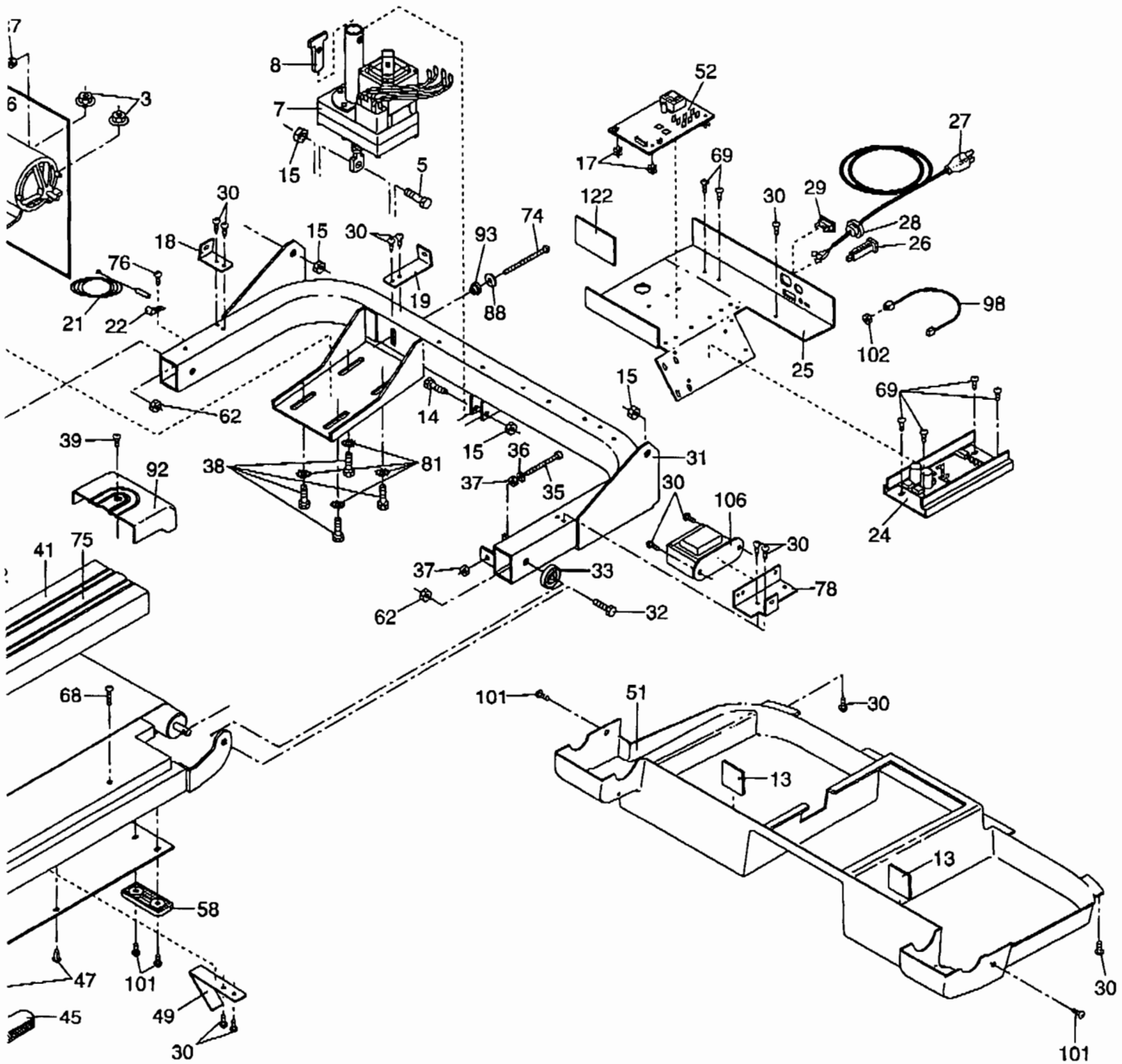
See step 6 on page 12.

### 10 When the program is finished, remove the key.

See step 6 on page 13.

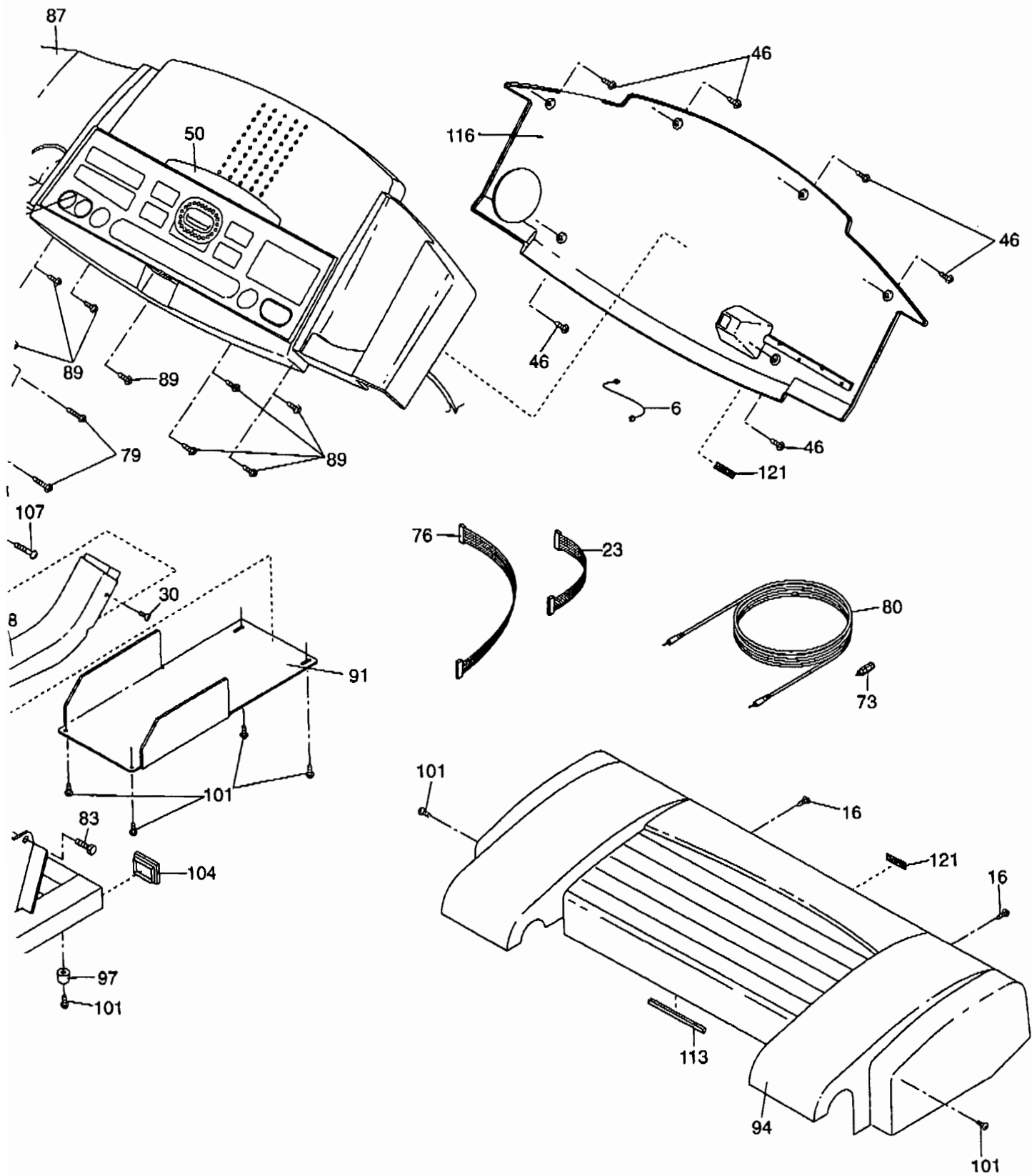
# EXPLODED DRAWING—Model No. PCTL92100

R0801A



**SAVE THIS EXPLODED DRAWING FOR FUTURE REFERENCE.**

To identify the parts shown on this exploded drawing, refer to the PART LIST on page 26 of the USER'S MANUAL.



# EXPLODED DRAWING—Model No. PCTL92100

R0801A

