

ADVANTAGE™

CALORIE/PULSE MONITOR
INCLINE LIFT ASSIST

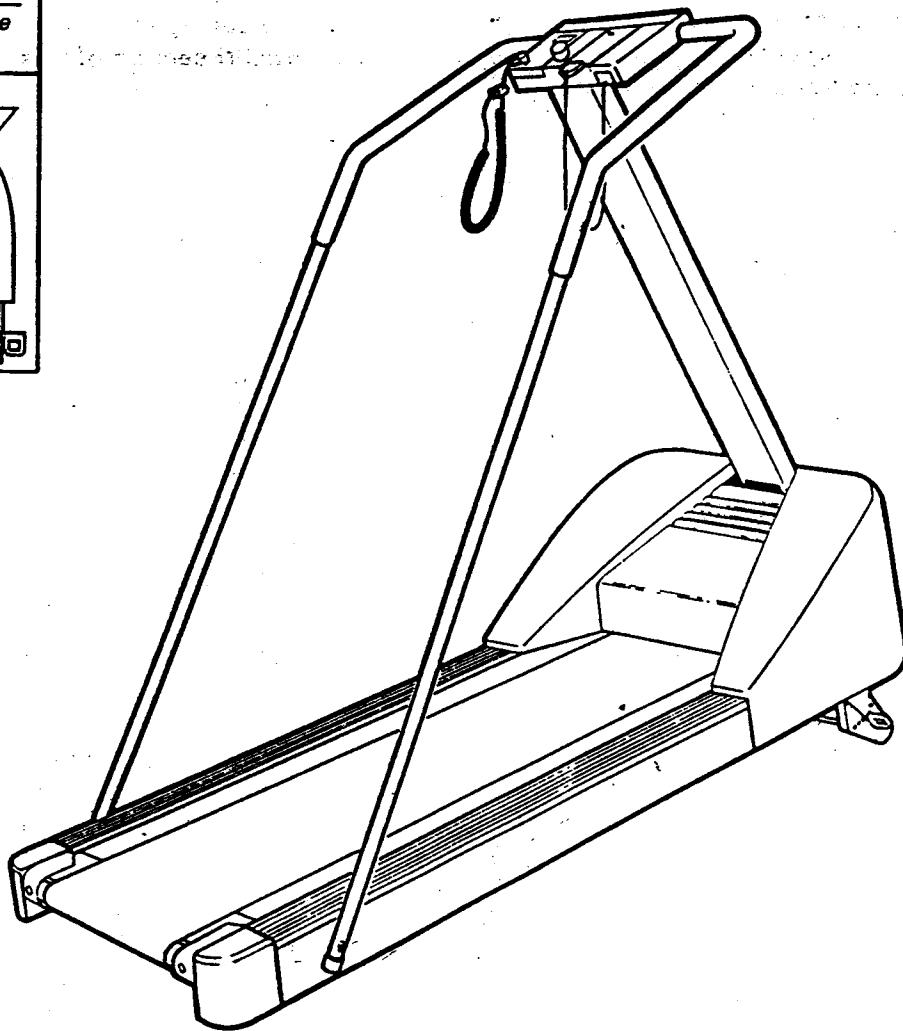
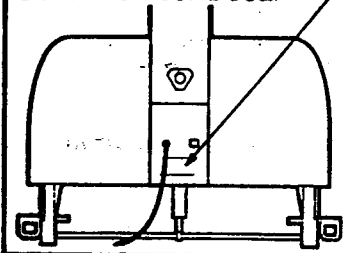
5.0

Model No. PF350500

Serial No. _____

Write the serial number in the
space above for reference.

Serial Number Decal



PRO-FORM®

A Subsidiary of Weider Health and Fitness, Inc.

OWNER'S MANUAL

CAUTION: Read all safety precautions and instructions in this owner's manual carefully before using this equipment. Save this manual for your future reference.

Part No. 101857 8/90

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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 a minimum of 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors.
2. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliance should be on the same circuit. (See the OPERATION section of this manual for proper grounding instructions.) Keep the power cord away from heated surfaces. If an extension cord is required, use only a 14-gauge, general-purpose cord of six to ten feet in length with a three-wire conductor.
3. Never operate the treadmill if the cord or plug are damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual for instructions if the treadmill is not working properly.)
4. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when walking or running on the treadmill.
5. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running.
6. Always wear appropriate clothing when using the treadmill. Do not wear flowing clothing that could become caught in the treadmill. *Always wear running or aerobic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are also recommended for both men and women.
7. Never drop or insert any object into any opening.
8. Do not operate where aerosol products are used or where oxygen is being administered.
9. Never allow more than one (1) person on the treadmill at a time. Use the treadmill only as described in this manual.
10. 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 individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Pro Form assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

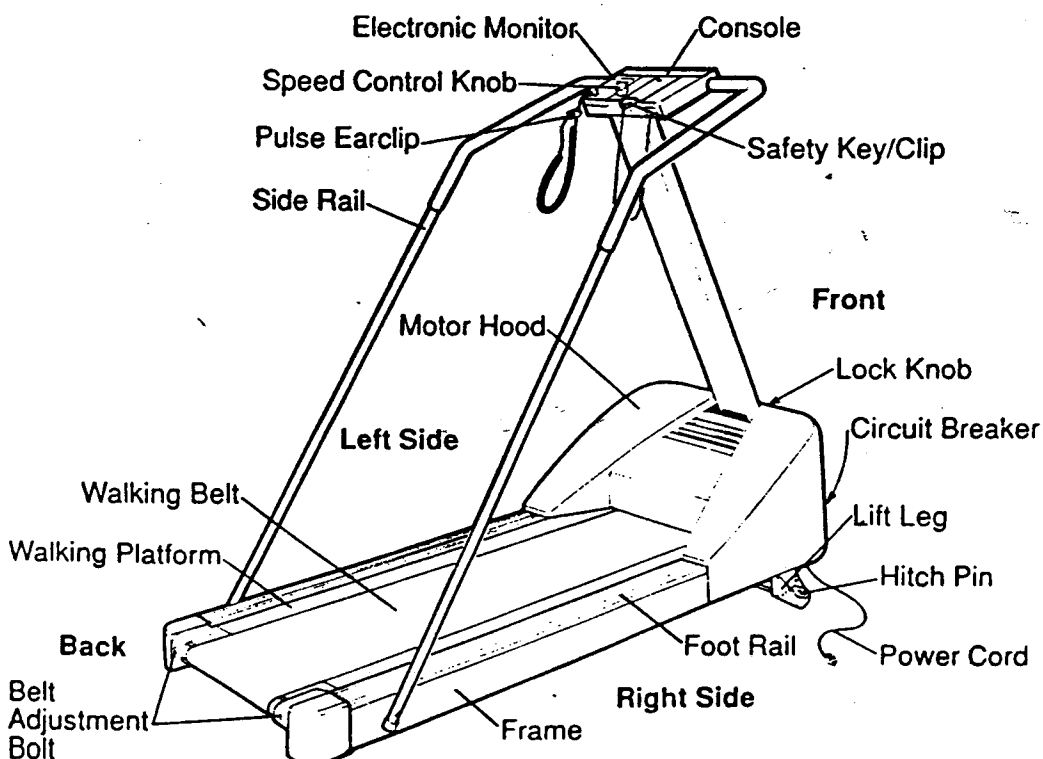
SAVE THESE INSTRUCTIONS

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BEFORE YOU BEGIN

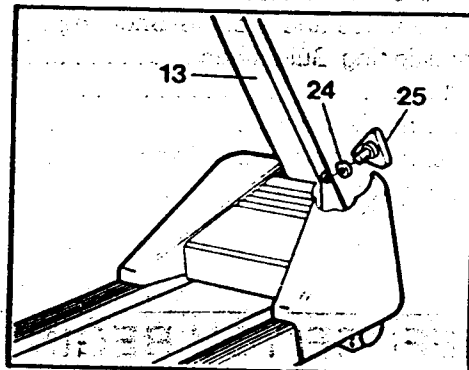
Thank you for selecting the Pro Form Advantage 5.0 treadmill. The Advantage 5.0 is a true state-of-the-art treadmill, combining advanced technology with innovative design to offer you an excellent cardiovascular workout in the convenience and privacy of your home. **Read this manual carefully before using this equipment.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday - Friday, 6 a.m.- 6 p.m. Mountain Time. Please refer to the product model number and serial number when calling. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover). Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



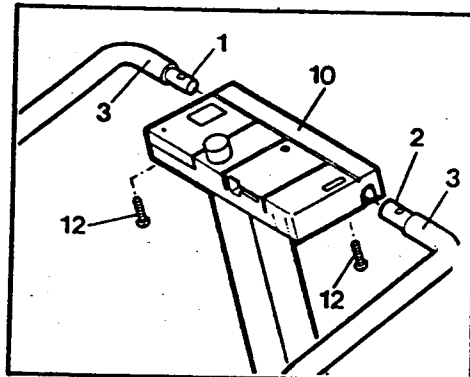
ASSEMBLY

Set the treadmill in a clear area on the floor and remove all packing materials. Be sure that all parts are included before disposing of the packing materials. Please read all instructions before beginning assembly. Refer to the Part List and the Exploded Drawing on pages 10 and 11 for help in part identification. Assembly can be completed using a standard screwdriver (not included).

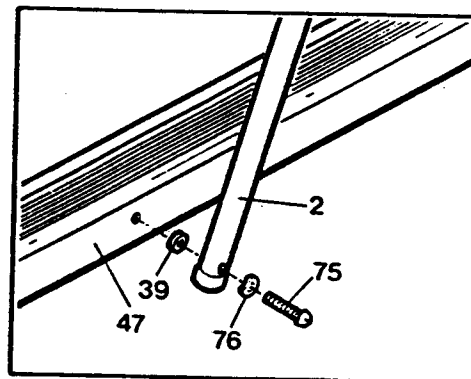
1. Raise the Upright Post (13) to a vertical position. Insert the Lock Knob (25), with the Lock Knob Washer (24) into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Left Side Rail (1) into the opening in the left side of the Console (10). Insert the Short Side Rail Bolt (12) through the metal plate under the Console, and tighten the Bolt into the Side Rail. Repeat the step with the Right Side Rail (2). Note: If a Side Rail cannot be inserted into the Console far enough to attach the Bolt, roll back the Side Rail Foam (10) slightly.



3. Align the hole in the lower end of the Right Side Rail (1) with the hole in the Frame (47). Attach the Right Side Rail with the Long Side Rail Bolt (75), Formed Washer (76) and the Side Rail Washer (39). Repeat the step with the Left Side Rail (not shown). Tighten the Lock Knob (See step 1).



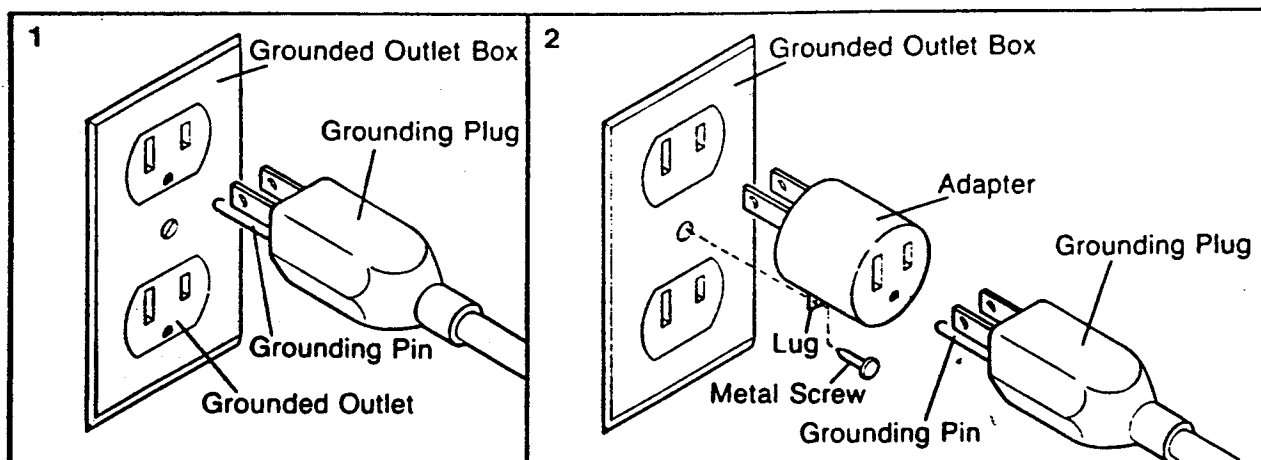
OPERATION AND ADJUSTMENT

GROUNDING INSTRUCTIONS

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. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

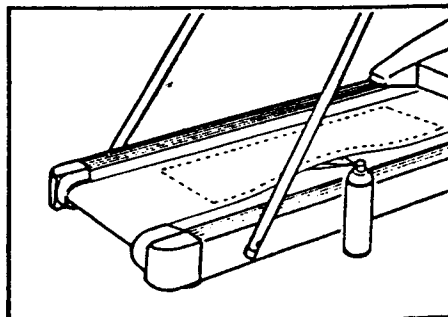
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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



SILICONE APPLICATION

To maintain the low-friction quality of the walking belt and reduce treadmill wear, a non-oil, non-petroleum base silicone lubricant should be applied generously to the walking platform. (Silicone lubricant is available at most hardware and automotive stores.) It is very important to apply silicone lubricant before initial use of the treadmill. Lubricant should also be applied after every 10 hours of use or whenever a decrease in performance is noticed. **Unplug the power cord, lift each side of the walking belt and apply the lubricant generously to the area indicated in the drawing.**



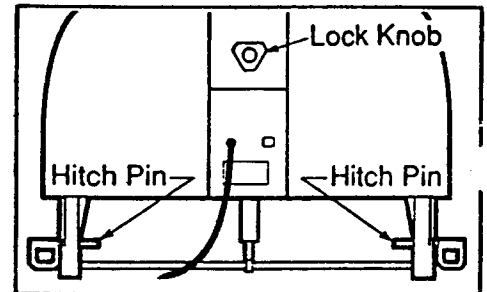
OPERATING INSTRUCTIONS

1. Step onto the foot rails and hold the side rails with a firm grip.
2. Attach the clip on the safety key to the waistband of your clothing. Insert the key into the power switch. To turn the power on, move the key to the right. **IMPORTANT: For your safety, always wear the clip when using the treadmill.** If you slip or fall while exercising, the key will be disengaged from the switch, instantly turning the power off.
3. Turn the speed control knob counterclockwise until it stops at the "Reset" position, and then clockwise until the walking belt begins to move. **Note: The speed control knob must first be turned to the "Reset" position each time the power is turned on.**
4. Carefully step onto the moving walking belt and begin walking.
5. Slowly turn the speed control knob until the desired speed is reached. Turn the knob clockwise to increase the speed, or counterclockwise to decrease the speed.
6. To turn the treadmill power off, move the safety key to the left. Remove the key from the switch.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise intensity, the treadmill incline can be changed in the following manner:

1. **TURN THE TREADMILL OFF.** Remove the hitch pins from the left and right front legs.
2. Grasp the lock knob, and raise or lower the treadmill to the desired height. Insert the hitch pins into the legs, being sure the pins are in the same hole in each leg.



ELECTRONIC MONITOR OPERATION

See the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual. A 9-volt battery (not included) must be installed in the electronic monitor before the monitor can be operated.

MAINTENANCE AND TROUBLE-SHOOTING

Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic monitor.

WALKING BELT ADJUSTMENT

To prevent damage to the walking belt, the belt must be kept centered on the walking platform. If the belt shifts toward the right or left sides of the treadmill, the belt may be damaged by the roller guard screws. The belt can be adjusted with the rear roller adjustment bolts (see following page) and the allen wrench included. The treadmill must be turned on at medium speed when adjusting the belt.

CAUTION: Keep your hands away from the moving walking belt or serious injury could result.

IF THE WALKING BELT HAS SHIFTED TO THE LEFT:

Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/8 of a turn at a time, until the walking belt is centered.

IF THE WALKING BELT HAS SHIFTED TO THE RIGHT:

Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/8 of a turn at a time, until the walking belt is centered.

IF THE WALKING BELT SLIPS DURING USE: Turn both adjustment bolts clockwise until the belt no longer slips. Be careful to keep the belt centered. Do not overtighten the bolts. This may cause stretching of the belt, excessive roller noise, and reduced motor performance.

To check the walking belt for proper tension, **UNPLUG THE POWER CORD**, and lift the edges of the walking belt. You should be able to raise each edge 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

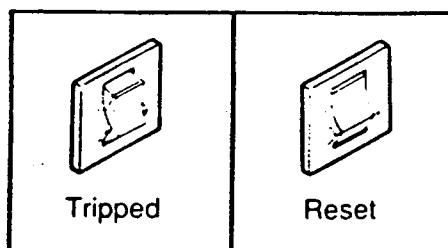
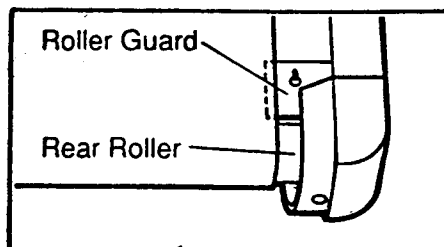
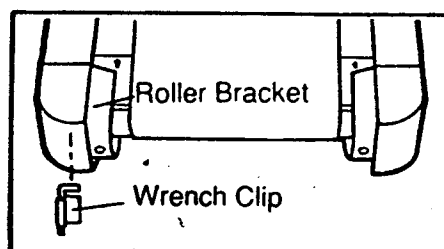
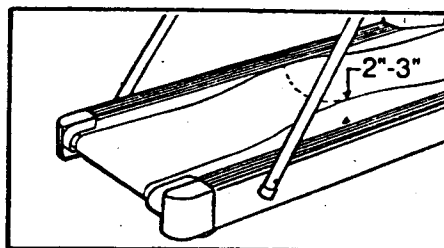
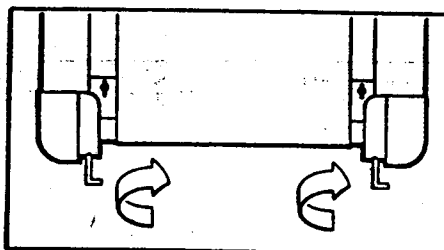
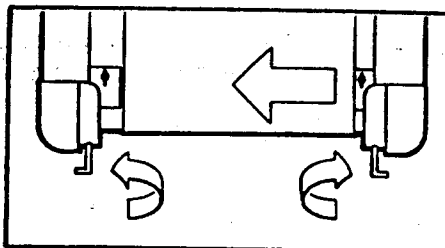
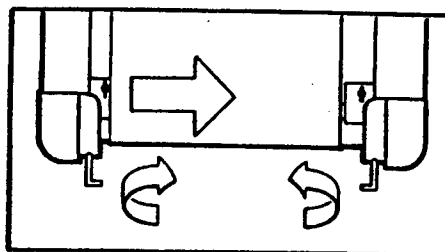
The allen wrench can be stored conveniently on the self-adhesive wrench clip included.

ROLLER GUARD ADJUSTMENT

The roller guards should be positioned so that the rear edges are 1/8 inch away from touching the rear roller. To adjust the roller guards, loosen the screws in the roller guards, slide the roller guards forward or backward, and retighten the screws.

CIRCUIT BREAKER

If the treadmill stops, or will not start, 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 treadmill to cool for a few minutes, **MOVE THE SAFETY KEY TO THE OFF POSITION** and push the switch back in.



ELECTRONIC MONITOR

A 9-volt battery (not included) must be installed in the electronic monitor before the monitor can be operated (see the ELECTRONIC MONITOR OPERATION GUIDE). If the monitor does not function properly, test the monitor using a new battery. Most problems are the result of a weak battery.

STORAGE

Always unplug the power cord when the treadmill is not in use. To convert the treadmill to the storage position, first remove the screws and washers from the lower and upper ends of the side rail. Store the screws and washers in a secure location. Loosen the lock knob and lay the upright post on the treadmill. Lay the side rail on the treadmill. Always remove the battery from the electronic monitor when storing the treadmill for extended periods of time.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. Before beginning this or any exercise program, consult your physician.

EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone." You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

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 weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). Set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes are elapsed. Measure your heart rate immediately using the Pulse function. If your heart rate is below your Training Zone, increase your level of exertion. If your heart rate is too high, reduce your level of exertion.

WORKOUT PATTERN

Each workout should consist of 5 basic phases: 1. At rest, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. At rest.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising with low intensity for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increase to 4-5 per week. The key to a successful program is **REGULAR** exercise.

PART LIST - Model No. PF350500

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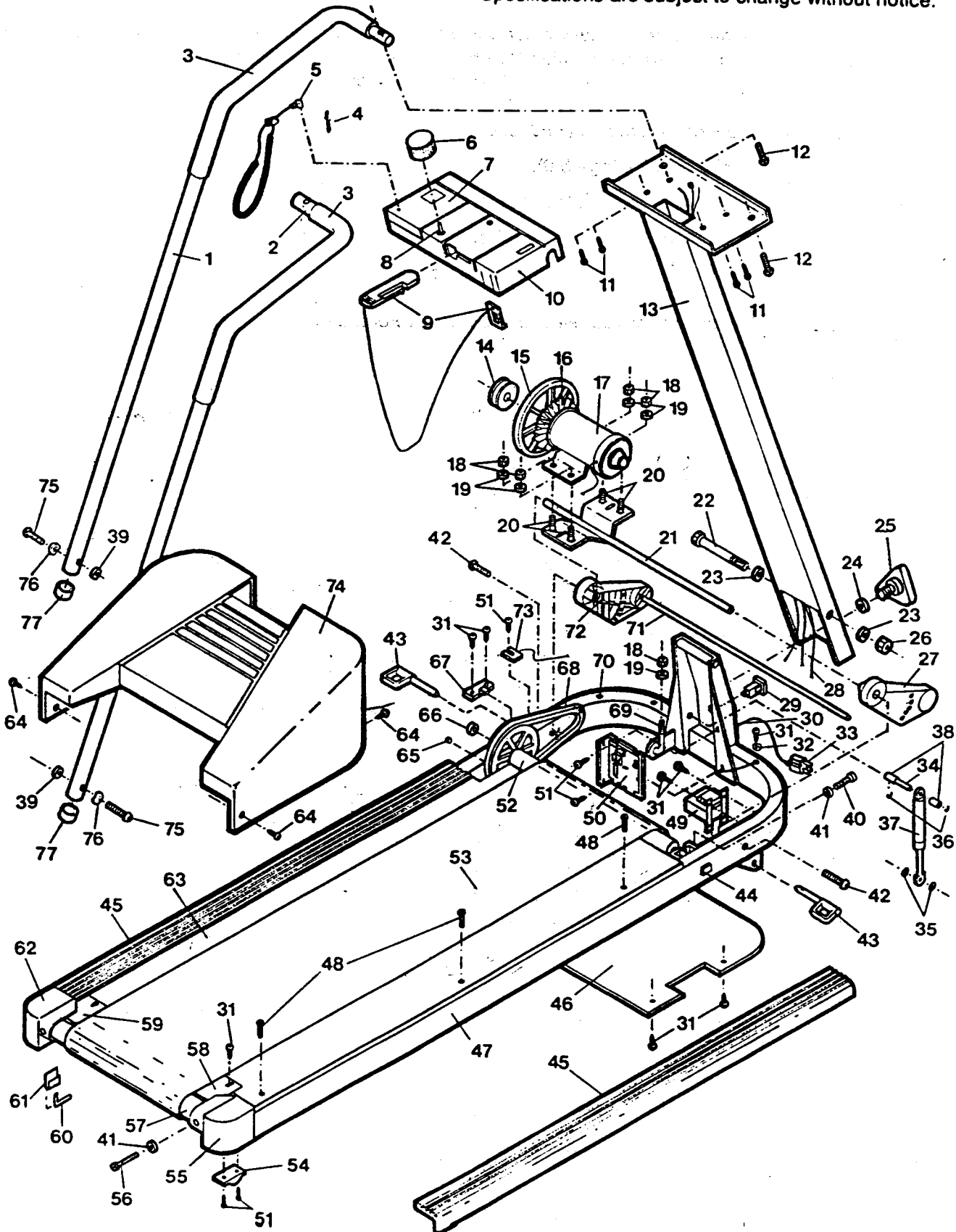
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Side Rail	41	3	Adjustment Washer
2	1	Right Side Rail	42	2	Swivel Shaft Bolt
3	2	Foam Grip	43	2	Hitch Pin
4	1	Clothes Clip	44	2	Hood Cushion
5	1	Pulse Earclip	45	2	Foot Rail
6	1	Speed Control Knob	46	1	Safety Cover
7	1	Electronic Monitor	47	1	Frame
8	1	Speed Pot Assembly	48	6	Large Screw
9	1	Safety Key/Clip	49	1	Choke
10	1	Console	50	1	Controller
11	4	Console Mounting Screw	51	5	Small Screw
12	2	Short Side Rail Bolt	52	1	Front Roller Pulley
13	1	Upright Post	53	1	Walking Belt
14	1	Motor Pulley	54	2	Rubber Pad
15	1	Flywheel	55	1	Right Roller Bracket
16	1	Fan	56	2	Rear Adjustment Bolt
17	1	Motor	57	1	Rear Roller
18	5	Motor Nut	58	1	Right Roller Guard
19	5	Motor Washer	59	1	Left Roller Guard
20	4	Motor Bolt	60	1	Allen Wrench
21	1	Swivel Shaft	61	1	Wrench Clamp
22	1	Hinge Bolt	62	1	Left Roller Bracket
23	2	Hinge Washer	63	1	Walking Platform
24	1	Lock Knob Washer	64	4	Motor Hood Screw
25	1	Lock Knob	65	1	Sensor Magnet
26	1	Lock Nut	66	1	Roller Bushing
27	1	Right Incline Leg	67	1	Roller Lock
28	1	On/Off Wire	68	1	V-Belt
29	1	Circuit Breaker	69	1	J-Bolt
30	1	Grommet	70	4	Sensor Wire Clip
31	21	Screw	71	1	Leg Shaft
32	1	Star Washer	72	1	Left Front Leg
33	1	Power Cord	73	1	Sensor Wire/Reed Switch
34	1	Shock Pin	74	1	Motor Hood
35	2	Push Nut	75	2	Long Side Rail Bolt
36	2	E-Clip	76	2	Formed Washer
37	1	Incline Shock	77	2	Side Rail Cap
38	2	Shaft Spacer	#	1	Monitor Operation Guide
39	2	Side Rail Washer	#	1	Owner's Manual
40	1	Front Roller Adjustment Bolt			

Note: "*" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING - Model No. PF350500

Rev. 8/90

Specifications are subject to change without notice.



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time. When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (PF350500).
2. The NAME of the product (Advantage 5.0).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 10 of this manual.
5. The DESCRIPTION of the part(s) from page 10 of this manual.

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

LIMITED WARRANTY

Pro Form Fitness Products, Inc. ("Pro Form") 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. Pro Form's obligation under this Warranty is limited to replacing or repairing, at Pro Form's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by Pro Form 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 Pro Form. Pre-authorization may be obtained by calling Pro Form's Customer Service Department at 1-800-999-3756. 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 Pro Form authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Pro Form.

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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.

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