

# ADVANTAGE™

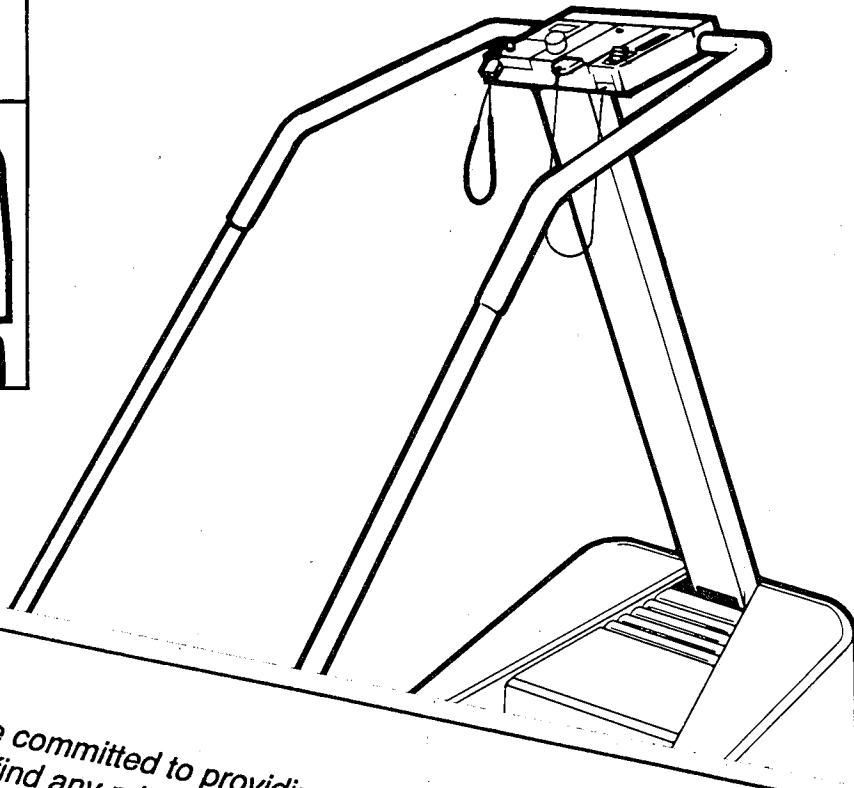
## AUTO INCLINE CALORIE/PULSE MONITOR

Model No. PF350700

Serial No.

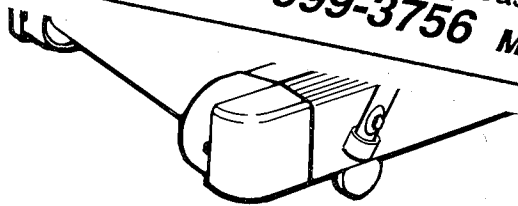
Record the serial number  
in the space above.

Serial Number Decal



### QUESTIONS?

As a manufacturer we are committed to providing you complete customer satisfaction. If you have any operational questions, or find any missing or damaged parts, we will guarantee you complete satisfaction and direct assistance from the factory. "AVOID THE HASSLE OF TRYING TO CONTACT OR RETURN TO THE STORE WHERE YOU PURCHASED YOUR PRODUCT." Let our trained technicians help you. For immediate assistance please call our "Consumer Hot Line" at no charge to you.  
**Customer Service 1-800-999-3756** Monday - Friday 6:00 a.m. - 6:00 p.m. MST



# 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. 101092 7/90

PATENTED

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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 clear, 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. **Use this treadmill only as described in this manual. Never allow more than one (1) person on the treadmill at a time.**
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 Pro Form product.

**SAVE THESE INSTRUCTIONS.**

## **BEFORE YOU BEGIN**

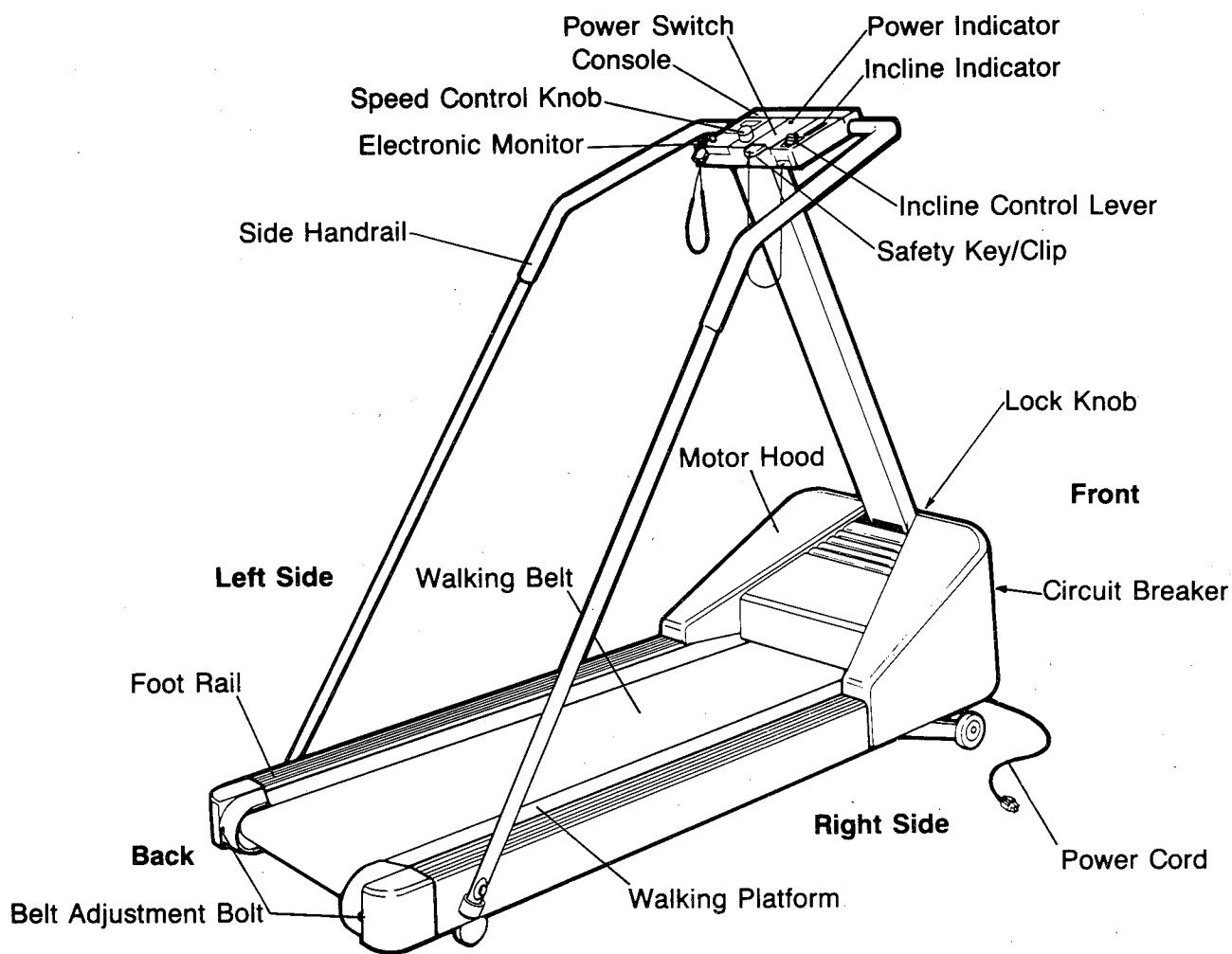
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Thank you for purchasing a Pro Form ADVANTAGE treadmill. The ADVANTAGE treadmill combines advanced technology with innovative design to let you enjoy one of the best forms of cardiovascular exercise at your convenience, in the privacy of your own home. Your workouts can be more enjoyable and effective with such features as a key-activated safety power switch, electronic speed control, auto incline and a microprocessor-based exercise monitor.

This manual is designed to help you understand the easy operation of this treadmill. Basic fitness guidelines are included to help you get started with your exercise program. **Please read this manual carefully before initial use of the treadmill.** If you have additional questions, please call 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.

In all communications regarding this product, please refer to the product model number and serial number. 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 for the location of the decal).

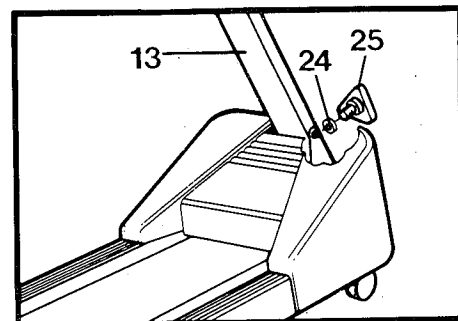
To help you understand clearly the instructions in this manual, please review the drawing below and familiarize yourself with the parts labeled.



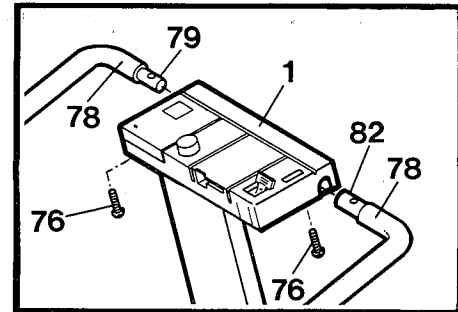
## **ASSEMBLY AND OPERATION**

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).

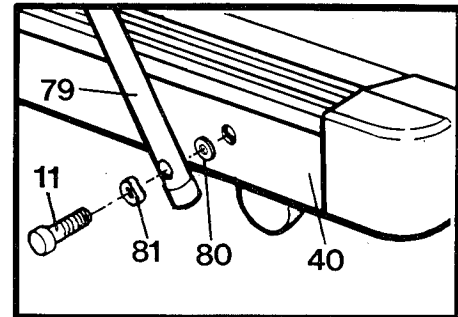
1. Raise the Handrail Upright (13) to the vertical position. Insert the Lock Knob (25) with the Lock Knob Washer (24) into the Upright and turn the knob clockwise until it is almost tight. Leave a little play in the Upright Post for the following step.



- Slide the upper end of the Left Side Handrail (79) into the opening in the left side of the Console (1). Insert a Short Handrail Bolt (76) through the metal plate under the Console, and tighten the Bolt into the Side Handrail. Note: If the Side Handrail cannot be inserted far enough to attach the Bolt, roll back the Foam Grip (78) slightly.



- Align the hole in the lower end of the Left Side Handrail (79) with the hole in the Frame (40). Attach the Side Handrail with a Long Handrail Bolt (11), Formed Washer (81) and Flat Washer (80). Tighten the Lock Knob (see step 1).



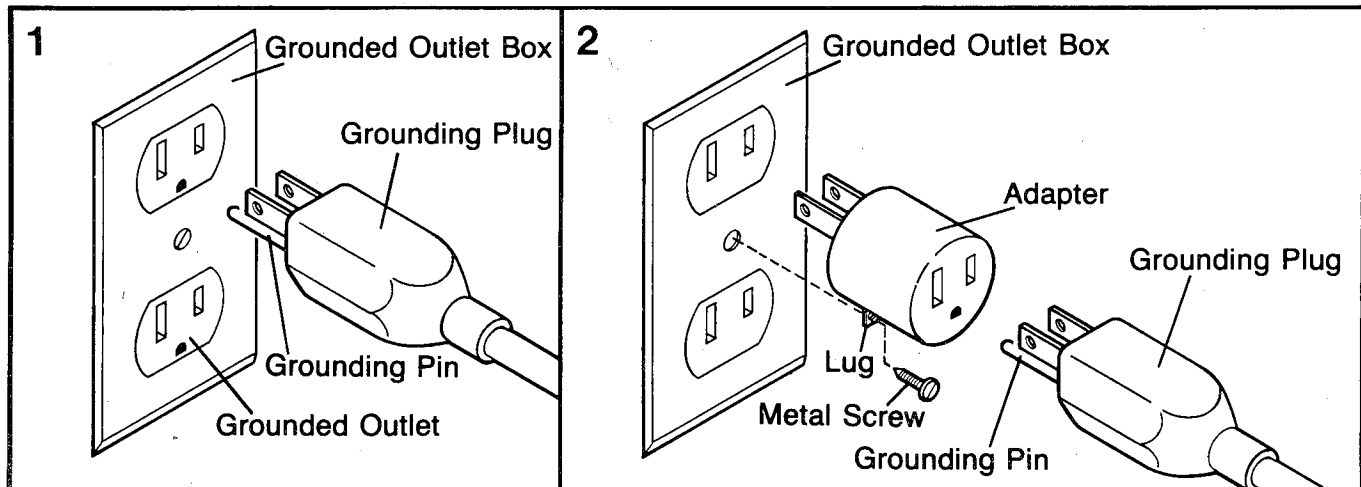
Attach the Right Side Handrail in the same manner (not shown).

## 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.**

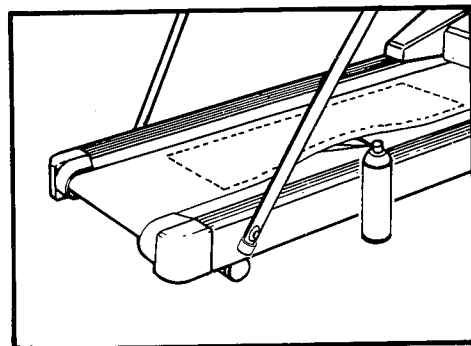
**DANGER:** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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

Read the instructions below carefully before starting the treadmill.

1. Step onto the Foot Rails and hold the Handrail with an overhand 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 until the Power Indicator lights. **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 is moving at slow speed. Note: The Knob must 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. (Turning the Knob clockwise increases the speed. Turning the Knob counterclockwise decreases the speed.)
6. To turn the treadmill off, move the Safety Key to the left. Remove the Key from the Power Switch.

## INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the incline of the treadmill can be adjusted with the Incline Control Lever on the treadmill Console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline of the treadmill, stand with your feet on the Foot Rails, **towards the rear of the treadmill**, and pull back the Incline Control Lever. When the desired angle is reached, release the Lever. To decrease the incline, **stand toward the front of the treadmill**, lean forward if necessary, and pull back the Incline Control Lever until the desired angle is reached.



There is an Incline Indicator mounted above the Incline Control Lever on the treadmill. When the bubble in the Indicator is at level 1, the treadmill is at the lowest incline. When the bubble is at level 5, the treadmill is at the highest incline.

## ELECTRONIC MONITOR OPERATION

Refer to the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual for operating instructions. A 9-volt battery (not included) is required. Alkaline batteries are recommended.

## MAINTENANCE AND TROUBLE-SHOOTING

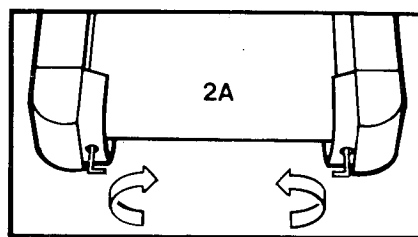
Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow water to come in contact with the electronic monitor.

### WALKING BELT ADJUSTMENT

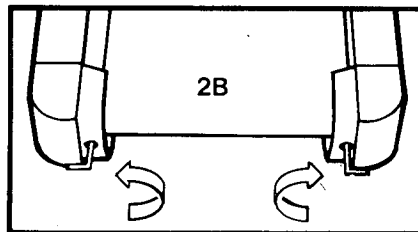
To prevent damage to the Walking Belt, always keep the Belt centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Observe the spaces between the edges of the Walking Belt and the Foot Rails. If the Belt is closer to one Foot Rail than the other, center the Belt in the following manner:

1. Locate the Belt Adjustment Bolts and the Adjustment Tool. **Caution: Keep your hands away from the moving Walking Belt or serious injury could result.**

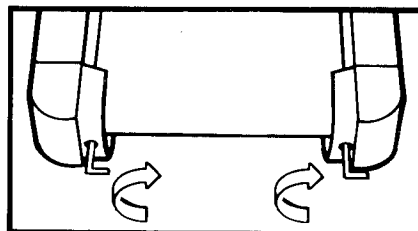
2. A. If the Walking Belt has shifted to the left side:  
Turn the left Adjustment Bolt clockwise and the right Adjustment Bolt counterclockwise, 1/8 of a turn at a time, until the Belt moves to the center.



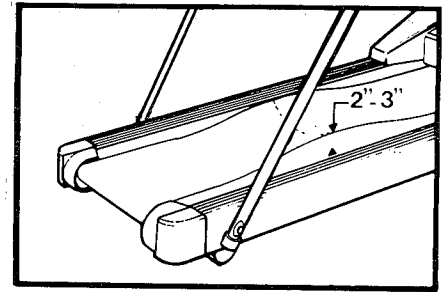
- B. If the Walking Belt has shifted to the right side:  
Turn the left Adjustment Bolt counterclockwise and the right Adjustment Bolt clockwise, 1/8 of a turn at a time, until the Belt moves to the center.



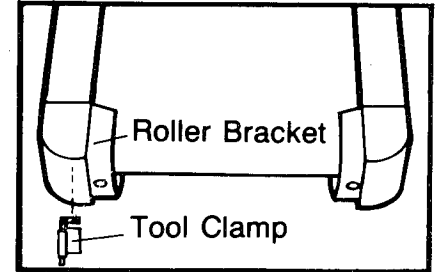
If the Walking Belt slips during operation, the tension should be adjusted. Turn both Adjustment Bolts clockwise an equal amount until the Belt no longer slips. Be careful to keep the Belt centered. **Do not over-tighten the Bolts.** Overtightening may stretch the Belt, cause excessive Roller noise and reduce Motor performance.



To check for proper Walking Belt tightness, unplug the Power Cord and lift the sides of the Belt. You should be able to lift both sides approximately 2-3 inches off of the Walking Platform. The center of the Belt should remain just at the surface of the platform, causing the Belt to bow.

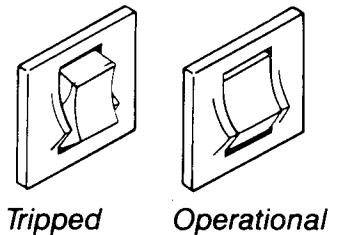


The Adjustment Tool can be stored on one of the Roller Brackets using the adhesive Tool Clamp included.



## CIRCUIT BREAKER

If the treadmill stops or will not start, check the Circuit Breaker located on the front of the Frame near the Power Cord. 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 and then 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 drained battery.

## STORAGE

Always unplug the Power Cord when the treadmill is not in use. To convert the treadmill to the storage position, remove the Bolts and Washers from the Side Handrails. Store the Bolts and Washers in a secure location. Remove the battery from the Electronic Monitor during storage.

## CONDITIONING GUIDELINES

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

### EXERCISE INTENSITY

To maximize health 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 given for both conditioned and unconditioned persons. 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 you reach 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). First, set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes elapse. Immediately measure your heart rate 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.

## EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace 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 light exercise or stretching 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 increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

# PART LIST - Model No. PF350700

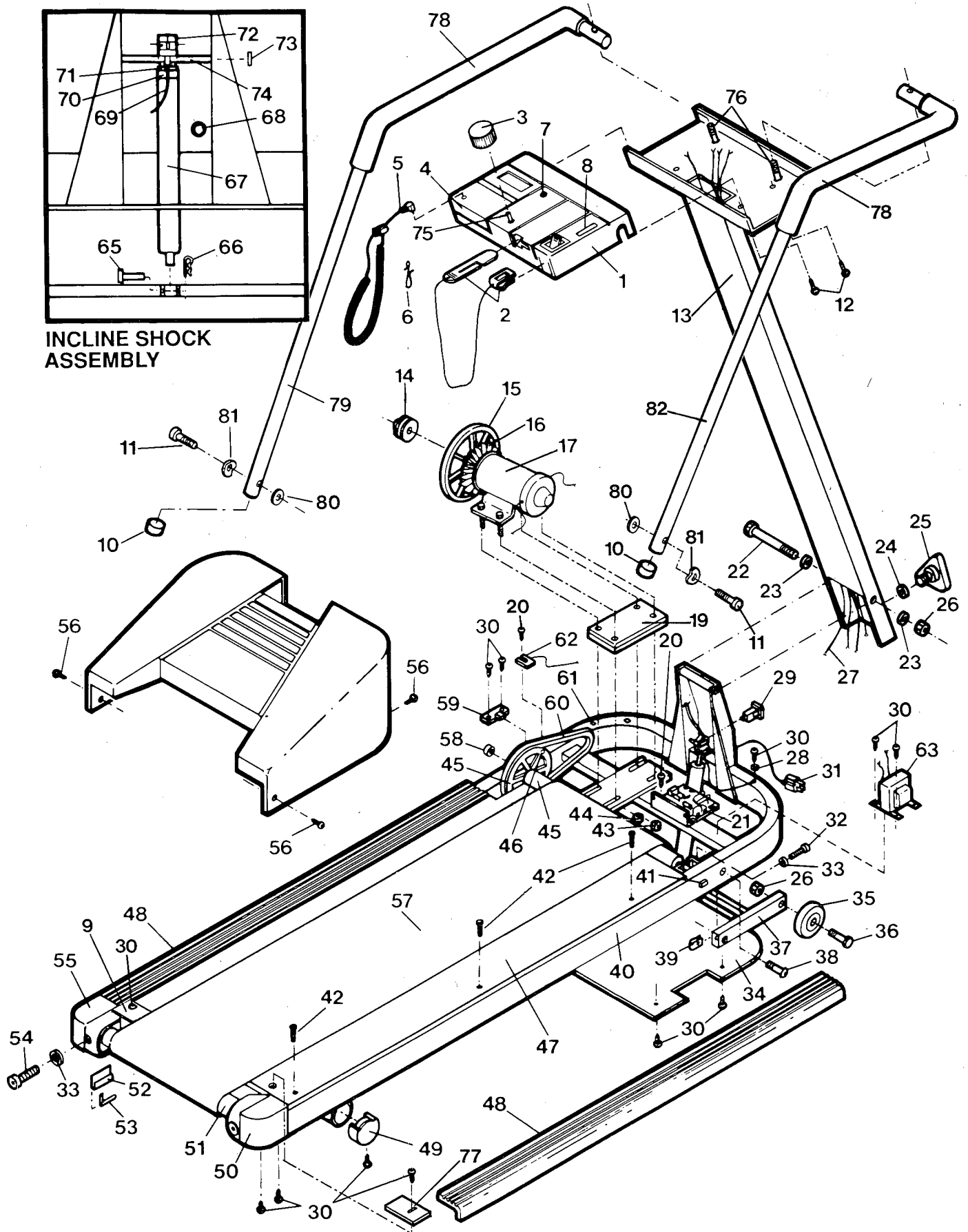
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console Assembly	45	1	Front Roller/Pulley
2	1	Safety Key/Clip	46	1	Sensor Magnet
3	1	Speed Control Knob	47	1	Walking Platform
4	1	Electronic Monitor	48	2	Foot Rail
5	1	Pulse Ear Clip	49	2	Rear Leg Endcap
6	1	Clothes Clip	50	1	Right Roller Bracket
7	1	Power Indicator	51	1	Rear Roller
8	1	Incline Indicator	52	1	Tool Clamp
9	1	Left Roller Guard	53	1	Adjustment Tool
10	1	Side Handrail Endcap	54	2	Rear Adjustment Bolt
11	1	Long Handrail Bolt	55	1	Left Roller Bracket
12	4	Console Mounting Screw	56	4	Motor Hood Screw
13	1	Handrail Upright	57	1	Walking Belt
14	1	Motor Pulley	58	1	Roller Bushing
15	1	Flywheel	59	1	Roller Lock
16	1	Fan	60	1	V-Belt
17	1	Motor	61	4	Sensor Wire Clip
18	4	Motor Bolt	62	1	Sensor Wire/Reed Switch
19	2	Motor Mount Spacer	63	1	Choke
20	4	Small Screw	64	1	Motor Hood
21	1	Controller	65	1	Shock Pin
22	1	Hinge Bolt	66	1	Cotter Pin
23	2	Hinge Washer	67	1	Shock
24	1	Lock Knob Washer	68	1	Grommet
25	1	Lock Knob	69	1	Shock Release Cable
26	3	Lock Nut	70	1	Shock Cushion
27	1	On/Off Wire	71	1	Flat Washer
28	1	Star Washer	72	1	Shock Release
29	1	Circuit Breaker	73	1	Push Nut
30	19	Screw	74	1	Shock Mtg. Bracket
31	1	Power Cord	75	1	Speed Pot. Assembly
32	1	Front Roller Adj. Bolt	76	2	Short Handrail Bolt
33	3	Adjustment Washer	77	1	Right Roller Guard
34	1	Safety Cover	78	2	Side Foam Grip
35	2	Front Wheel	79	1	Side Handrail
36	2	Wheel Bolt	80	2	Handrail Washer
37	1	Lift Frame	81	2	Formed Washer
38	2	Lift Frame Bolt	82	1	Right Side Handrail
39	2	U-Nut	#	1	Owner's Manual
40	1	Frame	#	1	Electronic Monitor Guide
41	4	Hood Cushion			
42	6	Large Screw			
43	4	Motor Nut			
44	4	Motor Washer			

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. PF350700

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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, Monday through Friday, 6 a.m. until 6 p.m. Mountain time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (PF350700).
2. The NAME of the product (Pro Form ADVANTAGE treadmill).
3. The SERIAL NUMBER of the product, found on the decal affixed to the product (see the drawing on the front cover for the location of the decal).
4. The KEY NUMBER of the part from page 10 of this manual.
5. The DESCRIPTION of the part from page 10 of this manual.

## 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.

PRO FORM 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.

**PRO FORM Fitness Products, Inc., P.O. Box 4087, Logan, UT 84321**