

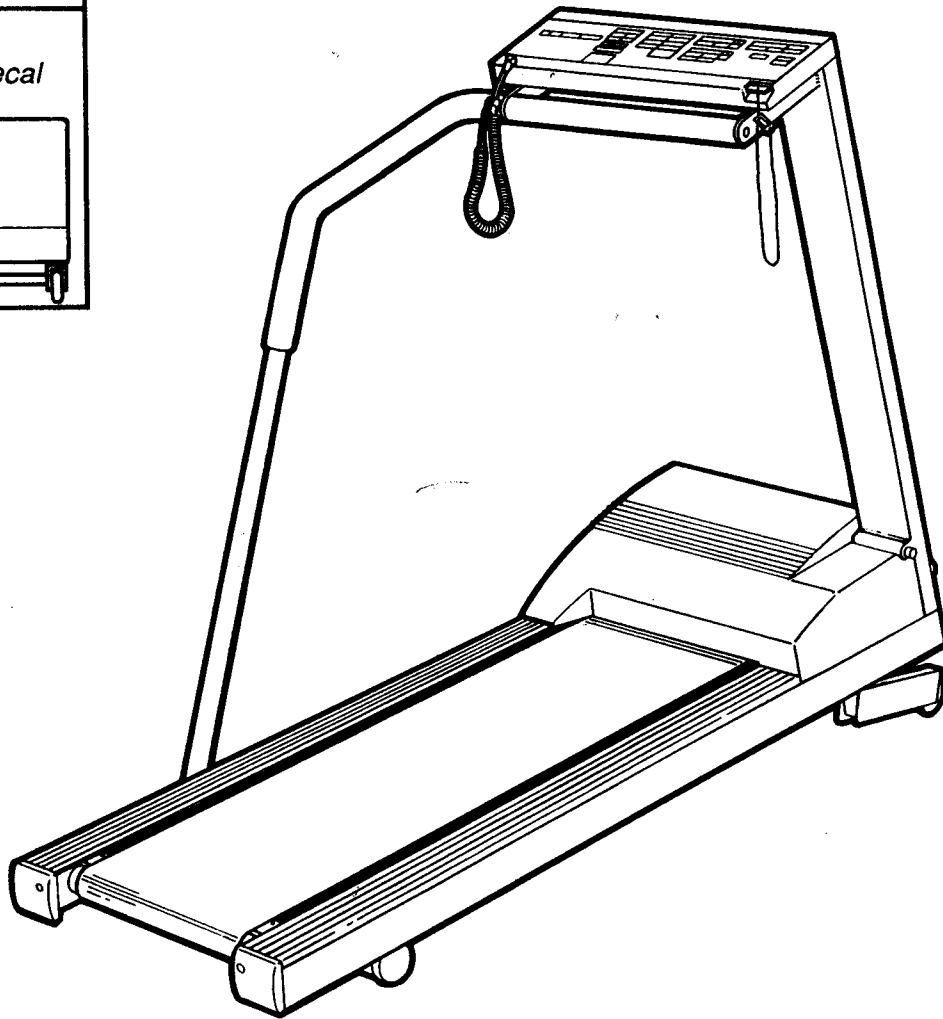
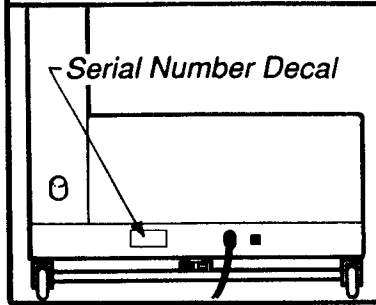
**PRO-FORM<sup>®</sup>**  
A Subsidiary of Weider Health and Fitness, Inc.

# 2005<sup>EXL™</sup>

**PROGRAMMABLE SPEED/INCLINE  
INSTANT RECALL MEMORY**

Model No. PF351900  
Serial No. \_\_\_\_\_  
Write the serial number in the  
space above for reference.

Serial Number Decal



## OWNER'S MANUAL

**QUESTIONS?:** As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. Let the trained technicians on our Customer Hot Line provide immediate assistance, free of charge to you. CUSTOMER HOT LINE: 1-800-999-3756, Mon. - Fri., 6 am - 6 pm MST.

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

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## 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**

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# IMPORTANT SAFETY PRECAUTIONS

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

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors. Do not operate where aerosol products are used or where oxygen is being administered.
2. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliance should be on the same circuit. (See the OPERATION AND ADJUSTMENT 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 move the treadmill belt while the power is turned off. Do not operate the treadmill if the power cord or plug are damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual if the treadmill is not working properly.)
4. Wear appropriate exercise attire when using the treadmill. Do not wear loose 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 recommended for both men and women.
5. Never start the treadmill while you are standing on the treadmill belt. Always hold the handrail when exercising on the treadmill.
6. Never allow more than one person on the treadmill at a time. Use the treadmill only as described in this manual.
7. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
8. Never drop or insert any object into any opening.
9. 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 in this manual should be performed by an authorized service representative only.
10. This treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

**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.

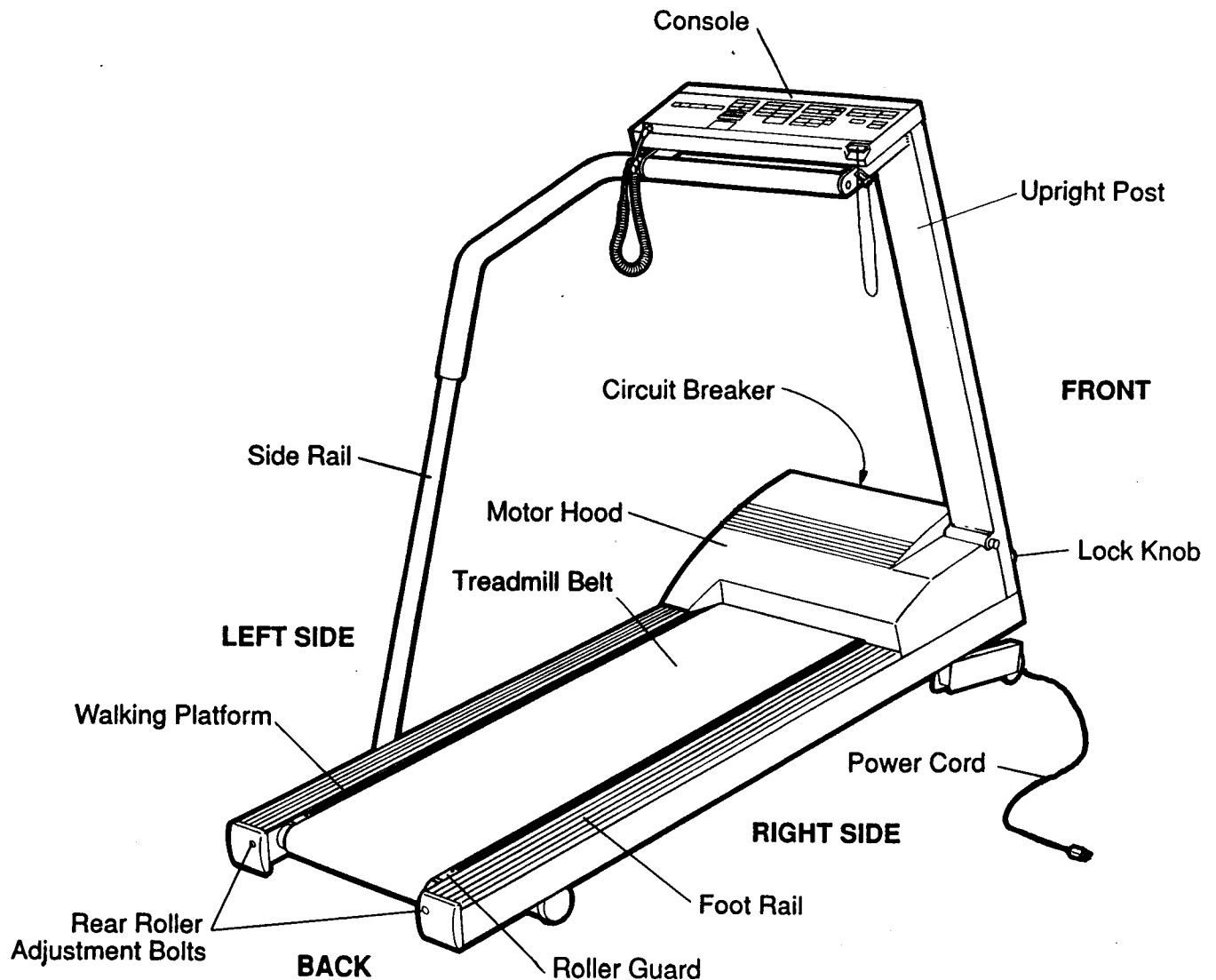
**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

Thank you for selecting a Pro Form 2005 EXL treadmill. The 2005 EXL combines state-of-the-art technology with innovative design to let you enjoy an excellent cardiovascular workout at your convenience, in the privacy of your home. Your exercise on the 2005 EXL will be enhanced by such features as a key-activated power switch, electronic speed and incline control, and a programmable exercise computer.

For your safety and benefit, **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 through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). In all communications regarding this product, please refer to your 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).

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

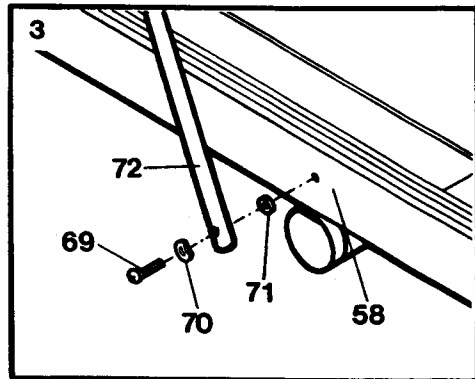
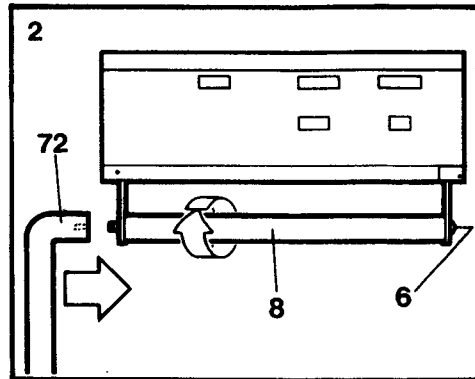
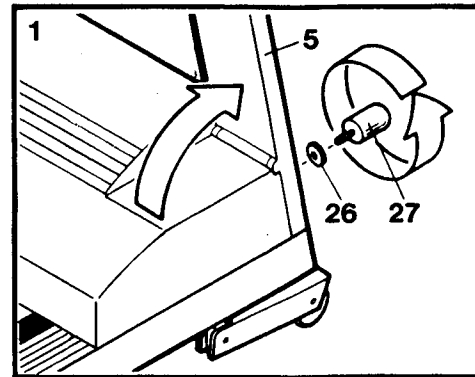


# ASSEMBLY

Set the treadmill in a cleared area and remove the packing materials. **Be sure that all parts are included before disposing of the packing materials.** Assembly can be completed using the allen wrench included, and your own standard screwdriver. If you need help with part identification, refer to the part list and exploded drawing on pages 14 and 15.

1. Raise the Upright Post (5) to a vertical position. Insert the Lock Knob (27), with the Lock Knob Washer (26) 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. Align the upper end of the Side Rail (72) with the left end of the Handrail (8). Turn the Handrail as shown to thread the Handrail into the Side Rail. (Note: If the Handrail will not turn easily, loosen the Handrail Bolt [6] slightly.) Tighten the Handrail and the Handrail Bolt.
3. Align the lower end of the Side Rail (72) with the hole in the side of the treadmill Frame (58). Attach the Side Rail with a Side Rail Bolt (69), Formed Washer (70) and Side Rail Washer (71) as shown. Tighten the Lock Knob (see step 1).

Make sure that all parts are tightened securely before using the treadmill.



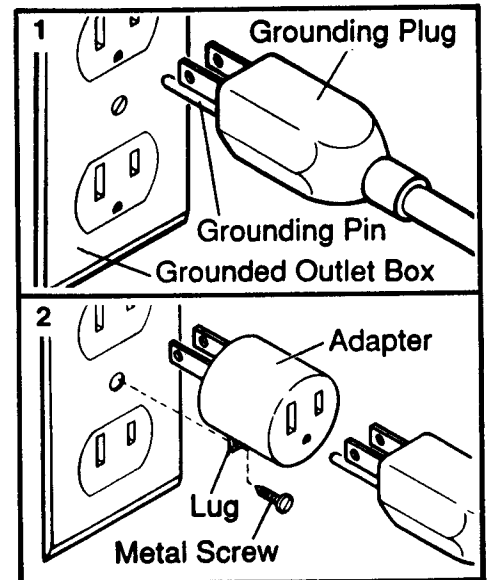
# OPERATION AND ADJUSTMENT

## 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.**

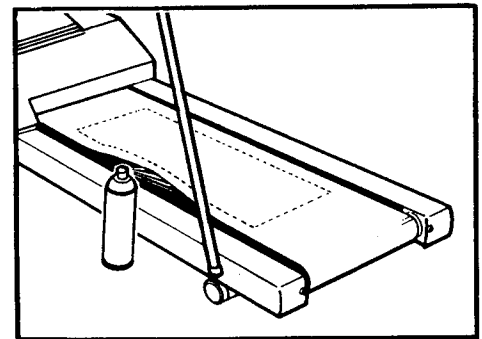
**DANGER:** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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



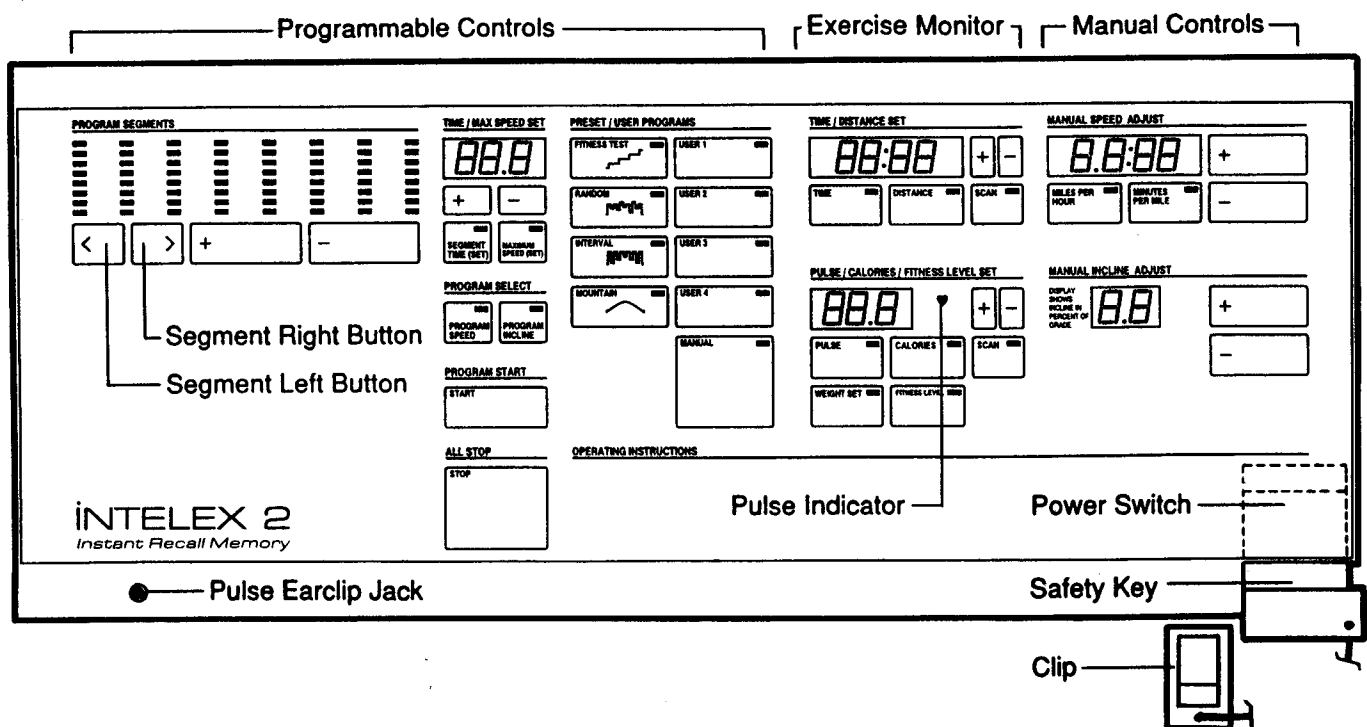
### SILICONE APPLICATION

To maintain the low-friction quality of the treadmill 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 treadmill belt and apply the lubricant generously to the area indicated.**



### DIAGRAM OF THE TREADMILL CONSOLE

Please read all instructions carefully before operating the console. Refer to the diagram below and the treadmill console for clarification.



## TURNING THE POWER ON

Step onto the foot rails of the treadmill. **Do not stand on the treadmill belt.** Slide the clip on the safety key onto the waistband of your clothing. Insert the safety key into the power switch on the right side of the console. When the safety key is first inserted after the power cord is plugged in, the treadmill will perform an automatic incline test, rising to maximum incline, and then returning to minimum incline. **Note: Always wear the clip when operating the treadmill.** If you slip or fall while exercising, the safety key will be pulled from the power switch, instantly shutting the power off.

## EXERCISE MONITOR OPERATION

The console features an electronic exercise monitor, designed to provide you with feedback on your performance and progress. You can choose from nine different modes, and change modes at any time during your workout. Indicators on the mode buttons will show which modes are currently displayed. Modes can be selected in the following manner:

**TIME:** Press the TIME button beneath the TIME/DISTANCE SET display. As you exercise, the elapsed time will be displayed.

**TIME GOAL:** Press the TIME button beneath the TIME/DISTANCE SET display. Next, press the "+" button beside the display to enter the length of time you plan to exercise. Each time the button is pressed, the time displayed will change by 10 seconds. The button can be held down to enter the length of time quickly. As you exercise, the time will be counted down. When the time reaches zero, a tone will sound. **Note:** The TIME and TIME GOAL modes cannot be selected at the same time. When the console is in the programmable mode, a time goal will be set automatically. (See PROGRAMMABLE TREADMILL OPERATION below.)

**DISTANCE:** Press the DISTANCE button beneath the TIME/DISTANCE SET display. As you exercise, the distance you have traveled will be displayed.

**DISTANCE GOAL:** Press the DISTANCE button beneath the TIME/DISTANCE SET display. Next, press the "+" button beside the display to enter the distance you plan to travel during your workout. Each time the button is pressed, the distance displayed will change by 0.1 mile. The button can be held down to enter the distance quickly. As you exercise, the distance will be counted down. When the distance reaches zero, a tone will sound. **Note:** The DISTANCE and DISTANCE GOAL modes cannot be selected at the same time.

**TIME/DISTANCE SCAN:** Press the SCAN button beneath the TIME/DISTANCE SET display. As you exercise, the TIME (or TIME GOAL) and DISTANCE (or DISTANCE GOAL) modes will both be displayed in a repeating cycle.

**PULSE:** Press the PULSE button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Plug the pulse earclip into the jack on the left side of the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to prevent excessive movement of the earclip wire. When your pulse is detected, the pulse indicator beside the display will flash on and off. After a few seconds, your heart rate will be displayed. **Note:** If your heart rate is not displayed, try rubbing your ear lobe and repositioning the earclip. It may be helpful to stop exercising briefly while you measure your pulse.

**PULSE GOAL:** Press the PULSE button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Press the "+" and "-" buttons beside the display to enter the highest level you want your heart rate to reach during your workout. (See CONDITIONING GUIDELINES in this manual.) Each time one of the buttons is pressed, the heart rate displayed will change by 1 beat per minute. The buttons can be held down to enter the heart rate quickly. The heart rate can be set for 60 to 220 beats per minute. Plug the pulse earclip into the jack on the left side of the console. Attach the earclip to your left ear

lobe and slide the clothes clip onto your collar. When your pulse is detected, the pulse indicator beside the display will flash on and off. After a few seconds, your heart rate will be displayed. If your heart rate rises above the heart rate you entered as you exercise, a warning tone will sound until your heart rate subsides. Note: If your heart rate is not displayed, try rubbing your ear lobe and repositioning the earclip. It may be helpful to stop exercising briefly while you measure your pulse.

**CALORIES:** For your Calorie expenditure to be measured accurately, your weight should be entered into the monitor. Press the WEIGHT SET button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Press the "+" or "-" buttons beside the display to enter your weight, in pounds. Each time one of the buttons is pressed, the weight displayed will change by 1.0 pound. The buttons can be held down to enter your weight quickly. Next, press the CALORIES button beneath the display. As you exercise, the number of Calories you have expended will be displayed.

**PULSE/CALORIES SCAN:** Press the SCAN button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. As you exercise, the PULSE (or PULSE GOAL) and CALORIES modes will both be displayed in a repeating cycle.

## **MANUAL TREADMILL OPERATION**

When the power is turned on, the console will be in the manual mode. The treadmill belt will be stationary, and the incline of the treadmill will be 1.5%. The console can display the speed of the treadmill belt in either miles per hour, or minutes per mile. Select the unit desired by pressing the MILES PER HOUR or MINUTES PER MILE buttons beneath the MANUAL SPEED ADJUST display. The indicator on the button you press will light. Note: If you select MINUTES PER MILE, the speed of the treadmill belt must be at least 2.0 miles per hour.

The speed of the treadmill belt can be controlled using the "+" and "-" buttons beside the MANUAL SPEED ADJUST display. Each time one of the buttons is pressed, the speed will increase or decrease by 0.1 mile per hour. The buttons can be held down to change the speed quickly. Press the "+" button until the treadmill belt begins to move at slow speed. Hold the handrail and step carefully onto the moving belt. As you exercise, the speed of the belt can be changed as desired. To stop the treadmill belt, hold down the "-" button. **The belt can be stopped quickly, if necessary, by pressing the STOP button. CAUTION:** After the "+" or "-" buttons are pressed, it will take a few seconds for the treadmill belt to reach the selected speed setting. **Adjust the speed gradually until you are familiar with the operation of the treadmill.** When the "+" or "-" buttons are pressed, the display will show the selected speed setting. The display will then change to show the actual speed of the treadmill belt, until the treadmill belt reaches the selected speed setting.

To vary the level of exercise intensity, the incline of the treadmill can be changed, from 1.5% to 10%. To change the incline, press the "+" or "-" buttons beside the MANUAL INCLINE ADJUST display. Each time one of the buttons is pressed, the incline will increase or decrease by 0.5%. The buttons can be held down to change the incline quickly.

## **PROGRAMMABLE TREADMILL OPERATION**

In the programmable mode, the console will automatically control either the speed or the incline of the treadmill, according to programs you select. Six preset programs are offered. In addition, you can easily create your own "user" programs, and store the programs in memory for future workouts.

### **CREATING A USER PROGRAM**

Press one of the four USER buttons. The indicator on the button you press will light. Be sure the treadmill belt is fully stopped before you continue.

Select whether you want the console to control the speed or the incline of the treadmill, by pressing the PROGRAM SPEED or PROGRAM INCLINE buttons. The indicator on the button you press will light.

If you selected speed, set the maximum speed you want the treadmill belt to move during the program. Press the MAXIMUM SPEED (SET) button beneath the TIME/MAX SPEED SET display. The maximum speed is preset at 2 miles per hour, as shown in the display. To change the maximum speed setting, press the "+" button beneath the display. Each time the button is pressed, the maximum speed setting will increase by 0.1 mile per hour. The button can be held down to increase the setting quickly. The maximum speed setting can be from 2 to 10 miles per hour. Note: The minimum speed the treadmill belt can move during a program is preset at 1.0 mile per hour, and cannot be changed.

If you selected incline, a maximum speed does not need to be set. The incline range is 1.5% to 10%.

All programs are divided into eight equal time periods, called "segments." The treadmill can be programmed to operate at a different speed or incline setting during each segment. The speed or incline settings can be programmed on the eight segments of the PROGRAM SEGMENTS display. The setting of each segment is shown by the number of bars lighted in the segment. If only one bar is lighted, the segment is set for 1.0 mile per hour, or 1.5% incline. If all eight bars are lighted, the segment is set for the maximum speed, or 10% incline. If you selected speed, four bars will be lighted in each segment. If you selected incline, three bars will be lighted in each segment.

The first segment of the PROGRAM SEGMENTS display will be flashing. To program the first segment, press the "+" or "-" buttons beneath the display. Each time the "+" button is pressed, a tone will sound, and the setting will increase. Every few times the button is pressed, an additional bar will light. Each time the "-" button is pressed, a tone will sound, and the setting will decrease. Every few times the button is pressed, a bar will darken. The buttons can be held down to program the segment quickly. After the first segment is programmed, press the segment right button beneath the display. The first segment will stop flashing, and the second segment will begin to flash. Program the second segment in the same manner as the first segment. (Segments can be programmed only when they are flashing.) Continue in this manner until all eight segments have been programmed. You may wish to program the first segment at a low setting for warming up, the middle segments at higher settings, and the final segment at a low setting for cooling down. An endless variety of "profiles" can be created.

The final step in creating a program is to set the length of time each segment will last. Press the SEGMENT TIME (SET) button beneath the TIME/MAX SPEED SET display. Each segment is preset to last for 150 seconds (2.5 minutes), as shown in the display. (Since there are eight segments, the program will last for a total of 20 minutes, as shown in the TIME/DISTANCE SET display.) To change the length of time each segment will last, press the "+" or "-" buttons beneath the TIME/MAX SPEED SET display. Each time one of the buttons is pressed, the length of time displayed will change by 1.0 second. The buttons can be held down to change the length of time quickly.

When you are ready to start the program, press the START button. The first segment of the PROGRAM SEGMENTS display will begin to flash, and the speed or incline of the treadmill will automatically adjust to the setting of the first segment. (If you selected speed, the incline of the treadmill must be controlled using the "+" and "-" buttons beside the MANUAL INCLINE ADJUST display. If you selected incline, the speed of the treadmill belt must be controlled using the "+" and "-" buttons beside the MANUAL SPEED ADJUST display. See MANUAL TREADMILL OPERATION above.) Step carefully onto the treadmill belt and begin your workout. The time remaining for the first segment will be shown in the TIME/MAX SPEED SET display. When the time reaches zero, the second segment will begin to flash, and the speed or incline of the treadmill will adjust to the setting of the second segment. The program will continue in this manner until all eight segments have been completed. Note: The program settings can be changed while the program is running. **If you wish to stop the program before the program has ended, press the STOP button.** The console will then be in the same state as if the program had ended.

After the program has ended, a different program can be selected, or the console can be switched to the manual mode by pressing the MANUAL button. The current program settings will be saved in memory. (Speed or incline settings made using the manual buttons will not be saved.) The program settings will be saved as long as the power cord remains plugged in, regardless of whether the power is on or off. If the power cord is unplugged, only the original program settings will be saved.

## SELECTING A PRESET PROGRAM

Press the RANDOM, INTERVAL or MOUNTAIN buttons. (Operation of the FITNESS TEST program will be explained later.) The indicator on the button you press will light. Be sure the treadmill belt is fully stopped before you continue.

Select whether you want the console to control the speed or the incline of the treadmill, by pressing the PROGRAM SPEED or PROGRAM INCLINE buttons. The indicator on the button you press will light.

If you selected speed, set the maximum speed you want the treadmill belt to move during the program. Press the MAXIMUM SPEED (SET) button beneath the TIME/MAX SPEED SET display. The maximum speed is preset at 2 miles per hour, as shown in the display. To change the maximum speed setting, press the "+" button beneath the display. Each time the button is pressed, the maximum speed setting will increase by 0.1 mile per hour. The button can be held down to increase the setting quickly. The maximum speed setting can be from 2 to 10 miles per hour. Note: The minimum speed the treadmill belt can move during a program is preset at 1.0 mile per hour, and cannot be changed.

If you selected incline, a maximum speed does not need to be set. The incline range is 1.5% to 10%.

The eight speed or incline settings of the selected program will be shown on the PROGRAM SEGMENTS display. If desired, the setting of any segment can be changed. Press the segment right or left buttons beneath the display until the segment you want to change begins to flash. Press the "+" or "-" buttons beneath the display to change the setting of the segment.

Next, set the length of time each segment will last. Press the SEGMENT TIME (SET) button beneath the TIME/MAX SPEED SET display. Each segment is preset to last for 150 seconds (2.5 minutes), as shown in the display. (Since there are eight segments, the program will last for a total of 20 minutes, as shown in the TIME/DISTANCE SET display.) To change the length of time each segment will last, press the "+" or "-" buttons beneath the TIME/MAX SPEED SET display. Each time one of the buttons is pressed, the length of time displayed will change by 1.0 second. The buttons can be held down to change the length of time quickly.

When you are ready to start the program, press the START button. The program will run in exactly the same manner as a user program. (See CREATING A USER PROGRAM above.) After the program has ended, a different program can be selected, or the console can be switched to the manual mode by pressing the MANUAL button. Although the settings of a preset program can be changed, any changes made to the settings of the segments will not be saved in memory.

## SELECTING THE FITNESS TEST PROGRAM

Press the FITNESS TEST button. The indicator on the FITNESS TEST button will light.

When the FITNESS TEST program is selected, the console will control both the speed and the incline of the treadmill. All of the program settings are preset, and cannot be changed. Select whether you want the speed or incline settings of the program to be displayed on the PROGRAM SEGMENTS display, by pressing the PROGRAM SPEED or PROGRAM INCLINE buttons. The indicator on the button you press will light.

Press the WEIGHT SET button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Press the "+" or "-" buttons in the display to enter your weight, in pounds. Each time one of the buttons is pressed, the weight displayed will change by 1.0 pound. The buttons can be held down to enter your weight quickly. Next, press the FITNESS LEVEL button. The display will show a zero until the program has started.

Press the START button to start the program. Step carefully onto the treadmill belt and begin your workout. As you exercise, the speed and incline of the treadmill will gradually increase. When you are exercising as hard as you can **without discomfort**, press the STOP button. Your fitness level will be displayed in the PULSE/CALORIES/FITNESS LEVEL SET display.

## **SHUTTING THE POWER OFF**

Stand on the foot rails. Remove the safety key from the console. **Note: Always remove the safety key when you finish your workout.** The key can be stored in a secure location to prevent unauthorized persons from turning the power on.

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## **MAINTENANCE AND TROUBLE-SHOOTING**

This treadmill is designed to be virtually maintenance-free. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not use allow any liquids to come in contact with the console.

### **PULSE EARCLIP**

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the two clear bubbles inside the earclip using a cotton swab saturated with denatured alcohol.

## TREADMILL BELT ADJUSTMENT

The treadmill belt should always be kept centered on the walking platform. If the belt shifts to the right or left sides of the platform, the belt may be damaged by the roller guard screws. The belt can be adjusted using the rear roller adjustment bolts and the allen wrench included. (The allen wrench can be stored on the frame using the self-adhesive wrench clip.) **CAUTION: ALWAYS TURN THE POWER OFF BEFORE ADJUSTING THE TREADMILL BELT.**

**IF THE TREADMILL BELT HAS SHIFTED TO THE LEFT: TURN THE POWER OFF.** Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.

**IF THE TREADMILL BELT HAS SHIFTED TO THE RIGHT: TURN THE POWER OFF.** Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.

**IF THE TREADMILL BELT SLIPS DURING USE: TURN THE POWER OFF.** Turn both adjustment bolts clockwise 1/4 of a turn. Turn the power on. Repeat as necessary until the belt does not slip. Be careful not to overtighten the bolts. Overtightening can stretch the belt, cause excessive roller noise, and reduce motor performance.

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

## ROLLER GUARD ADJUSTMENT

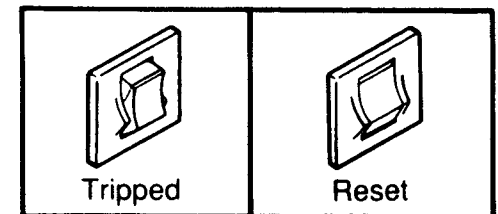
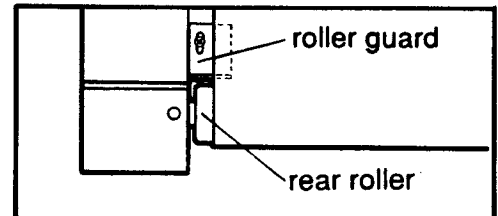
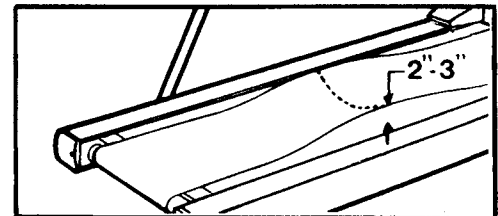
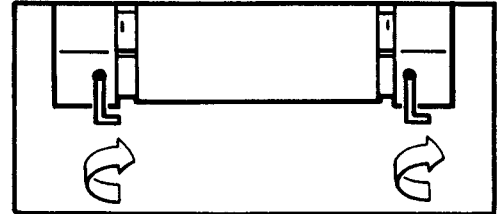
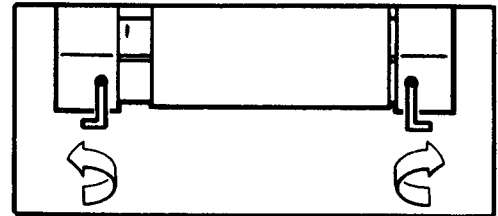
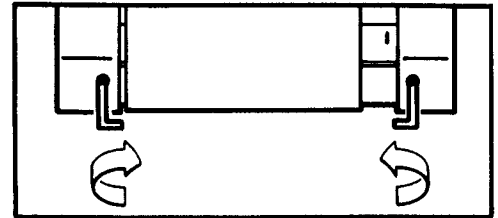
The rear edge of the roller guards should be 1/8 inch from touching the rear roller. To adjust the roller guards, loosen the screws in the roller guards, slide the roller guards forward or backward, and retighten the screws.

## CIRCUIT BREAKER

If the treadmill stops, or will not start, check the circuit breaker located on the front of the frame 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. Allow the treadmill to cool for a few minutes, and then push the switch back in.

## STORAGE

Unplug the power cord. Remove the bolt and washers from the lower end of the side rail, and disconnect the side rail. Loosen the lock knob, and lay the upright post on the treadmill belt.



# CONDITIONING GUIDELINES

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

## EXERCISE INTENSITY

To maximize the benefits of 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, your 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, 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. You can measure your heart rate and find the proper level of exercise intensity using the treadmill console. Exercise for at least four minutes, and then measure your heart rate using the pulse mode. If your heart rate is above your training zone, decrease your level of exertion. If your heart rate is too low, increase your level of exertion.

## PLANNING YOUR WORKOUTS

Every workout should include the following 5 important parts: 1. At Rest, 2. Warm-up, 3. Training Zone Exercise, 4. Cool-down, 5. At Rest. Warming up should be a part of every workout, preparing the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. 5-10 minutes of stretching will provide a good warm-up. After warming up, begin exercising with low intensity. After a few minutes, increase the intensity of your exercise to raise your heart rate to your Training Zone for 20-30 minutes. To aid circulation, and help prevent soreness, finish your workout with 5-10 minutes of stretching or light exercise.

To maintain or improve your physical condition, you must work out at least 2-3 times per week. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to successful results is **CONSISTENCY**.

# PART LIST - Model No. PF351900

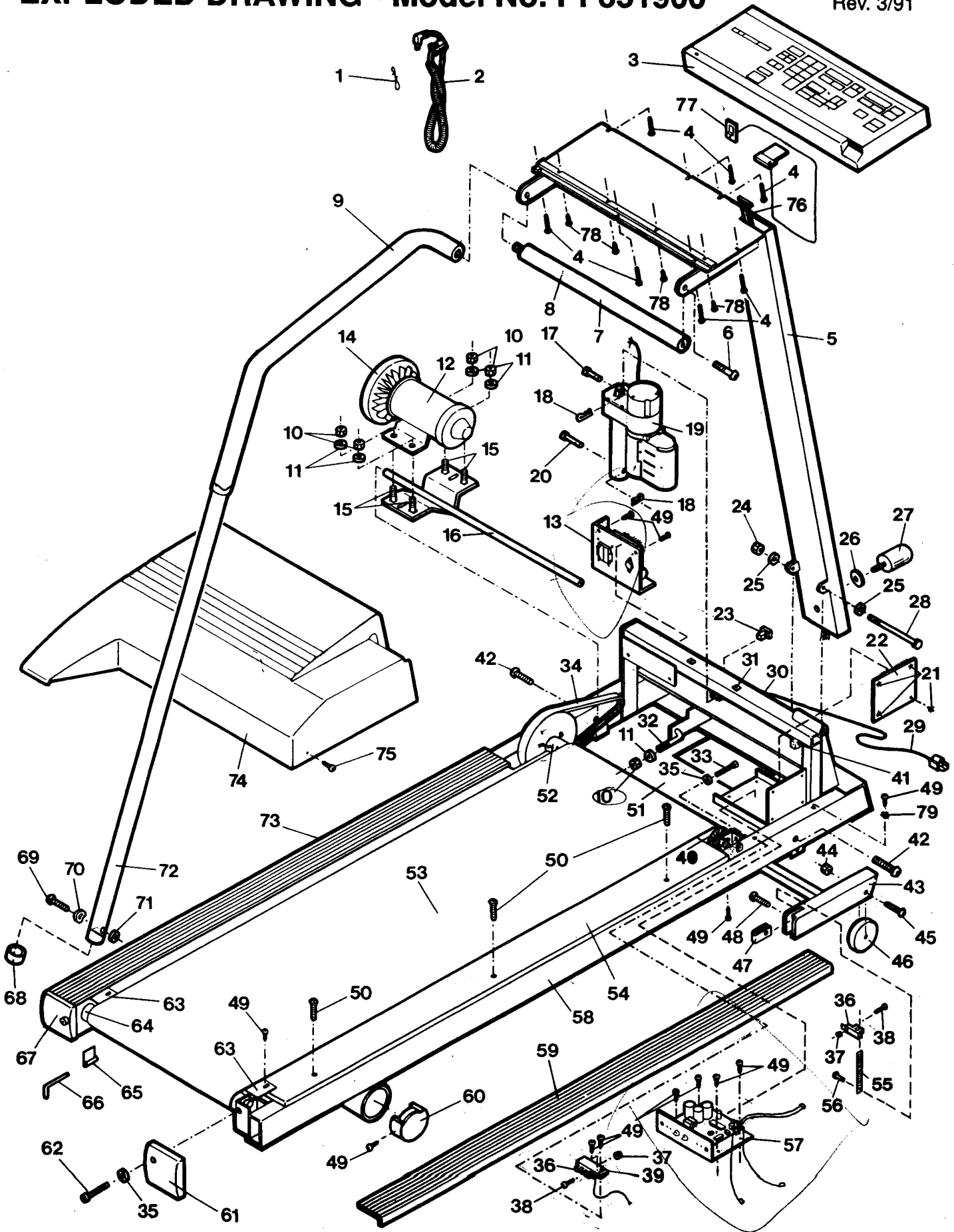
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Clothes Clip	41	2	Hood Mount Anchor
2	1	Pulse Earclip	42	2	Pivot Shaft Bolt
3	1	Console	43	1	Incline Leg
4	7	Console Screw	44	2	Wheel Nut
5	1	Upright Post	45	2	Wheel Bolt
6	1	Handrail Bolt	46	2	Front Wheel
7	1	Handrail Foam Grip	47	2	U-Nut
8	1	Handrail	48	2	Incline Leg Bolt
9	1	Side Handrail Foam Grip	49	23	Screw
10	5	Motor Mount Nut	50	6	Platform Screw
11	5	Motor Mount Washer	51	1	Safety Cover
12	1	Motor	52	1	Front Roller/Pulley
13	1	Power Board	53	1	Treadmill Belt
14	1	Pulley/Flywheel/Fan	54	1	Walking Platform
15	4	Motor Mount Bolt	55	1	Incline Ladder
16	1	Motor Mount Bracket/Shaft	56	1	Push Pin
17	1	Upper Lift Motor Pin	57	1	Controller
18	2	Hairpin Cotter Pin	58	1	Frame
19	1	Incline Motor	59	1	Right Foot Rail
20	1	Lower Lift Motor Pin	60	2	Rear Leg Endcap
21	4	Plastic Stand-Off	61	1	Right Endcap
22	1	Interface Board	62	2	Rear Roller Adjustment Bolt
23	1	Circuit Breaker	63	2	Roller Guard
24	1	Pivot Nut	64	1	Rear Roller
25	2	Pivot Washer	65	1	Wrench Clip
26	1	Lock Knob Washer	66	1	Allen Wrench
27	1	Lock Knob	67	1	Left Endcap
28	1	Pivot Bolt	68	1	Side Rail Endcap
29	1	Power Cord	69	1	Side Rail Bolt
30	1	Grommet	70	1	Formed Washer
31	3	Wire Clip	71	1	Side Rail Washer
32	1	J-Bolt	72	1	Side Rail
33	1	Front Adjustment Bolt	73	1	Left Foot Rail
34	1	Belt	74	1	Motor Hood
35	3	Adjustment Washer	75	4	Hood Screw
36	2	Photo Interrupter Switch	76	1	Wire Harness
37	2	Small Nut	77	1	Safety Key/Clip
38	2	Small Bolt	78	4	Small Screw
39	1	Bracket	79	1	Star Washer
40	1	Speed Encoder	#	1	Owner's Manual

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. PF351900

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# 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 (PF351900).
2. The NAME of the product (Pro Form 2005 EXL treadmill).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 14 of this manual.
5. The DESCRIPTION of the part(s) from page 14 of this manual.

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