

**PRO-FORM**

# EQUALIZER 10.0si™

PROGRAMMABLE SPEED/INCLINE

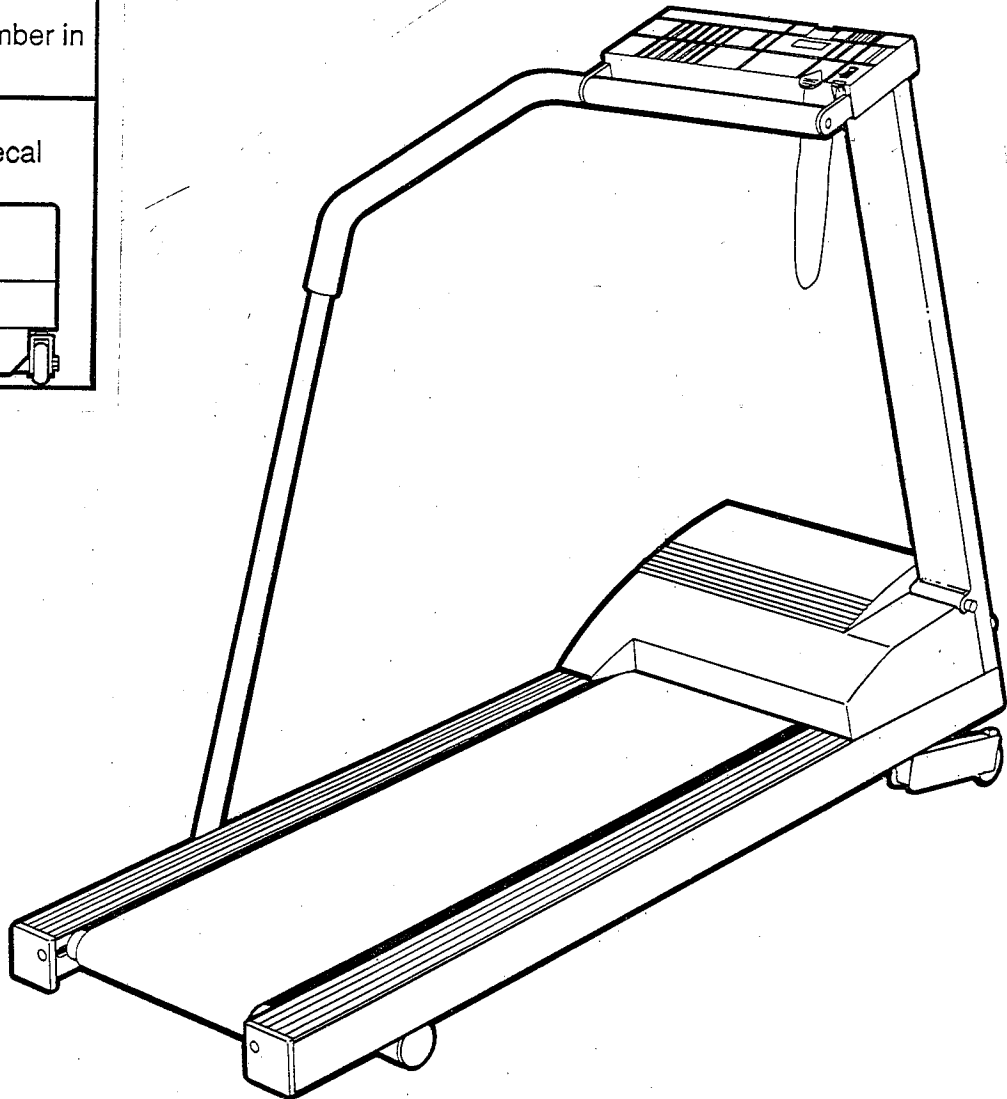
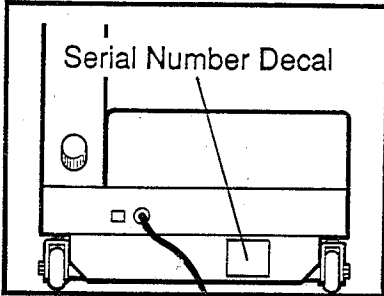
A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF352100

Serial No.

Record the serial number in  
the space above.

Serial Number Decal



U.S. Patent 4,913,396

U.S. Patent 4,918,266

## 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.

Part No. 101705 3/91

## **LIMITED WARRANTY**

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This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**Proform Fitness Products, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**

# **EQUALIZER 10.0<sup>si</sup>**™

## **PROGRAMMABLE SPEED/INCLINE**

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**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.

# **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.

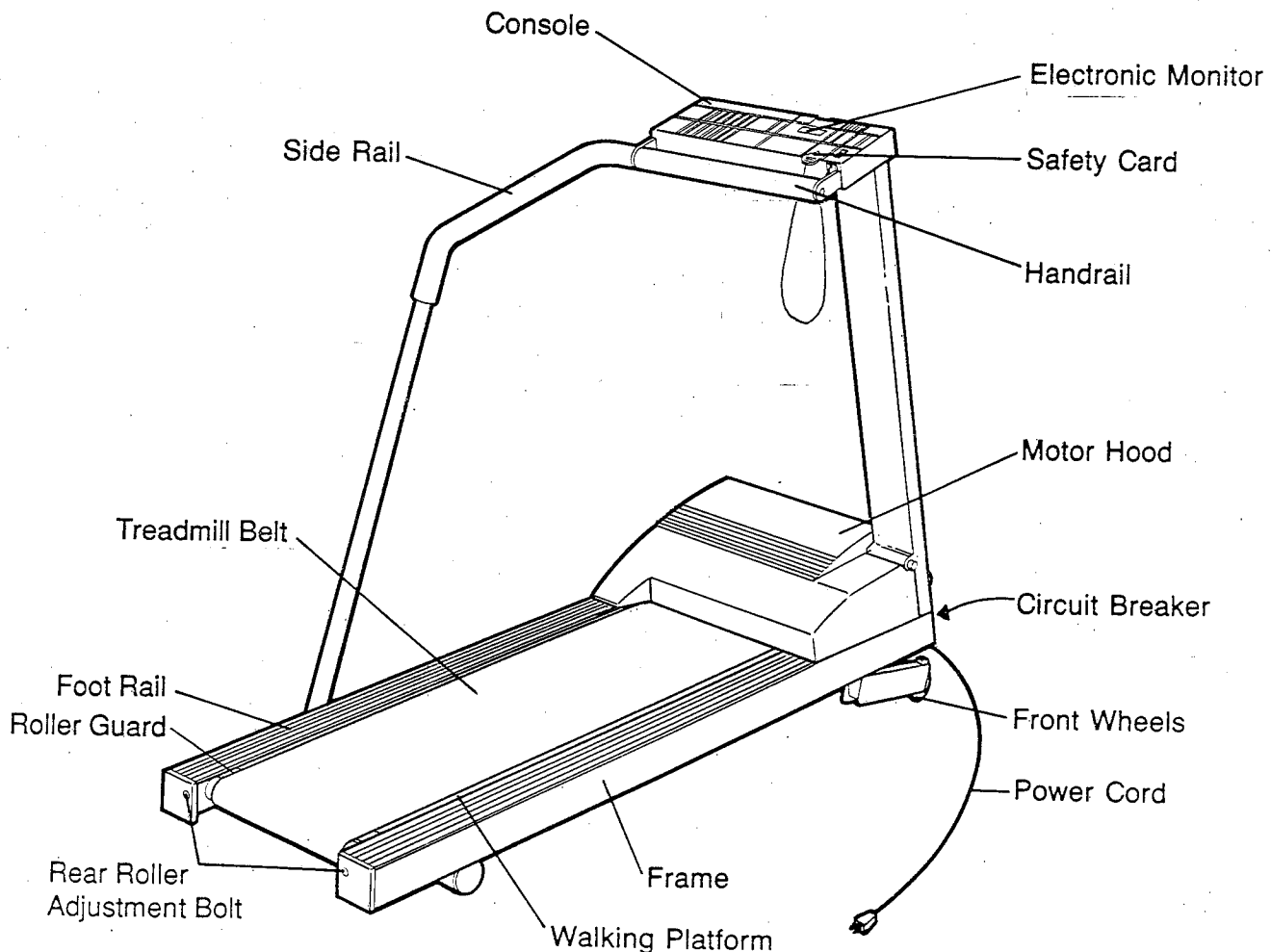
**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

Thank you for purchasing a PRO FORM EQUALIZER 10.0si treadmill. The EQUALIZER 10.0si 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. Your exercise on the EQUALIZER 10.0si will be more effective and enjoyable with such features as an oversize running surface, a card-activated power switch, electronic speed and incline controls, and a programmable exercise computer.

For your safety and benefit, **read this manual carefully before using this equipment.** If you have additional questions regarding operation or maintenance, please call our Customer Service Department toll-free at **1-800-999-3756**, during 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).

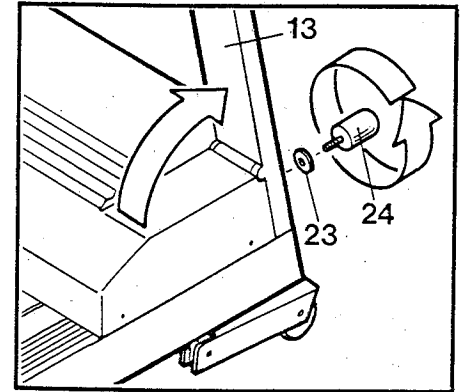
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



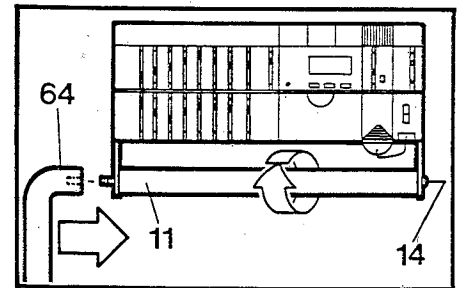
# ASSEMBLY

Place all parts in a clear area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Read through all steps before beginning assembly.

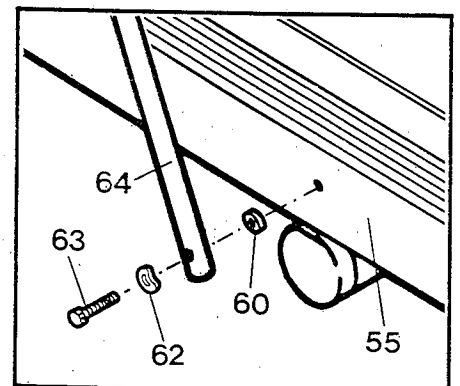
1. Place the Knob Washer (23) on the end of the Lock Knob (24). Raise the Handrail Upright (13) to the vertical position and insert the Knob into the Handrail Upright. Tighten the Knob firmly.



2. Align the upper end of the Side Rail (64) with the left end of the Handrail (11). 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 [14] slightly.) Tighten the Handrail and the Handrail Bolt.



3. Align the lower end of the Side Rail (64) with the hole in the side of the treadmill Frame (55). Attach the Side Rail with a Side Rail Washer (60), Formed Washer (62) and Side Rail Bolt (63) as shown.



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

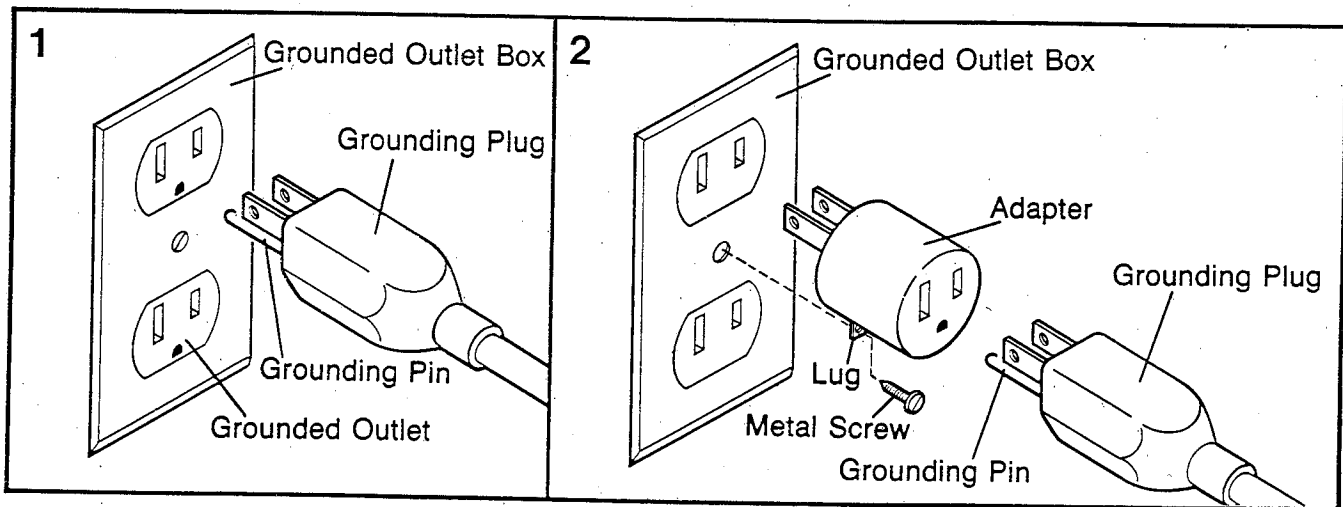
# OPERATION AND ADJUSTMENT

## GROUNDING INSTRUCTIONS

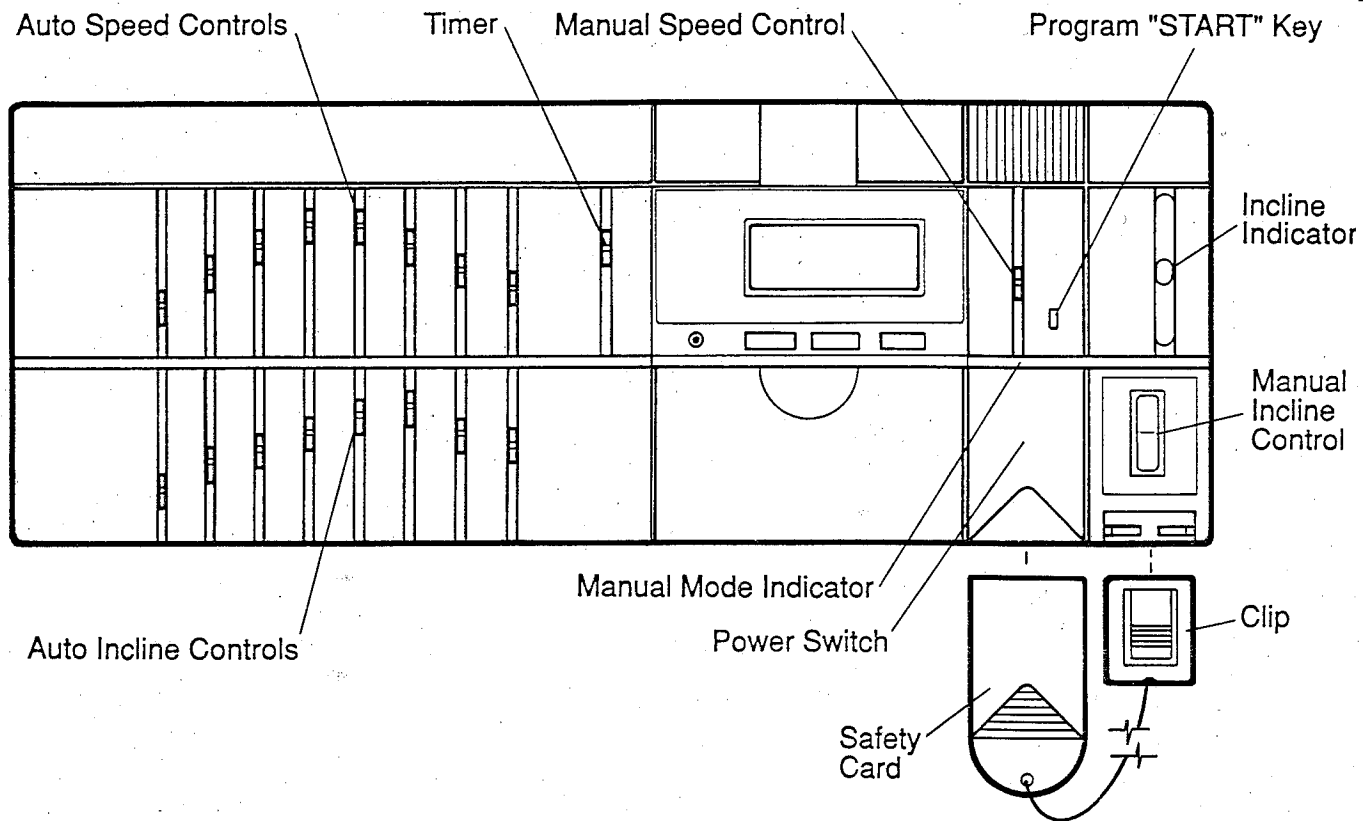
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged 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.**



# CONSOLE DIAGRAM

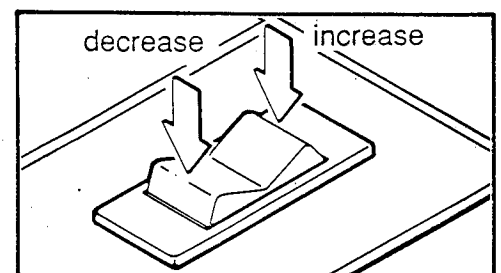


## TURNING THE POWER ON AND OFF

1. Stand on the treadmill with your feet on the foot rails.
2. Attach the clip on the safety card to the waistband of your clothing. Insert the card into the power switch. The manual mode indicator above the switch will light. **IMPORTANT: For your safety, always wear the clip when using the treadmill.** If you should slip or fall while exercising, the card will be disengaged from the switch, instantly turning the power off.
3. To turn the power off, remove the safety card.

## MANUAL INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be changed. The incline control is located on the right side of the console. To increase the incline of the treadmill, press the front of the control until the desired angle is reached. To decrease the incline of the treadmill, press the back of the control. There is an indicator located above the incline control on the console to measure the incline of the treadmill.



## MANUAL SPEED ADJUSTMENT

1. After the power is turned on, move the speed control to the "Reset" position. (Each time the power is turned on, the control must be moved to the "Reset" position before the treadmill belt can be started.)
2. Move the speed control slowly forward until the treadmill belt begins to move at slow speed.
3. Hold the handrail firmly and step onto the treadmill belt.
4. Move the speed control slowly forward or backward until the belt is moving at the desired speed.

**CAUTION:** This treadmill is capable of high speeds. Always adjust the speed control slowly to avoid sudden jumps in speed.

## PROGRAMMABLE MODE

The programmable mode allows you to set the length of time that you plan to exercise, and program eight speed and incline settings. With the touch of a key, the treadmill computer then takes over, controlling the speed and incline of the treadmill automatically.

1. Move the manual speed control to the "PROGRAM" position. (This is also the "Reset" position.)

**Note:** If the manual speed control is moved from the "PROGRAM" position at any time, the treadmill will revert to the manual mode. There may be a brief pause before the treadmill belt begins to move.

2. Set the timer control for the length of time that you plan to exercise, from 5 to 40 minutes.
3. Set the eight auto speed controls to the desired speeds.

**IMPORTANT NOTE:** Low speed settings are recommended until you are familiar with the operation of the treadmill. Do not set adjacent auto speed controls to greatly differing speeds. Sudden jumps in speed may cause loss of balance while running.

4. Set the eight auto incline controls to the desired levels.
5. Press the program "START" key. The indicator between the first auto speed control and the first auto incline control will light, and the treadmill will begin to operate at the first speed and incline settings. After one-eighth of the total time has elapsed, the indicator between the second auto speed and incline controls will light, and the treadmill will adjust to the second speed and incline settings. (All eight auto speed and incline controls will be activated for one-eighth of the length of time set.) When the total time has elapsed, the belt will slow to a stop and the treadmill will revert to the manual mode.

**Note:** The auto speed and incline controls can be changed while the program is running if desired. To return the treadmill to the manual mode before the program has ended, simply move the manual speed control away from the "PROGRAM" position. If one speed control is set at a very fast speed, and the next control is set at a very slow speed, the programmable mode and the belt may stop. If this happens, the manual speed control must be moved away from the "PROGRAM" position and then back again to the reset the console. The programmable mode can then be restarted or the treadmill can be operated in the manual mode.

**IMPORTANT:** This treadmill has been designed to remain operational if the electronic monitor or the programmable mode malfunction. Even with the monitor removed, the incline, power and manual speed mode can be controlled as described above.

## ELECTRONIC MONITOR OPERATION

See the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual.

## 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.

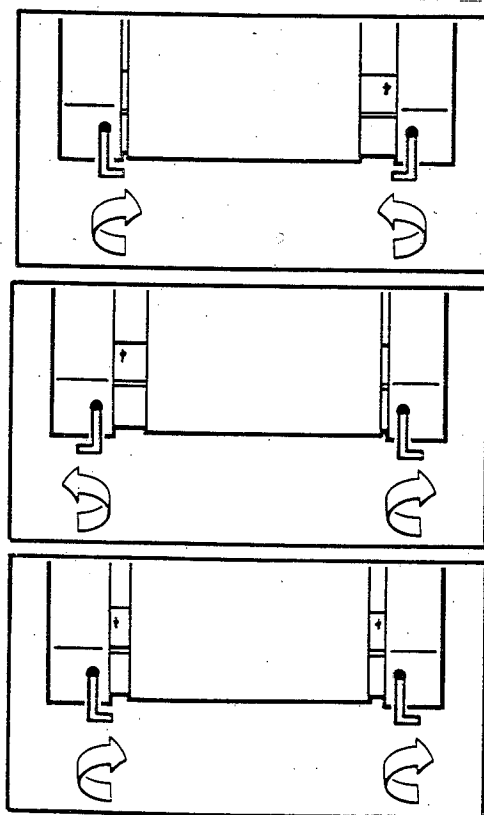
### WALKING BELT ADJUSTMENT

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. **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.

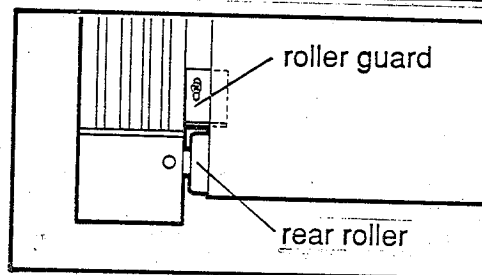
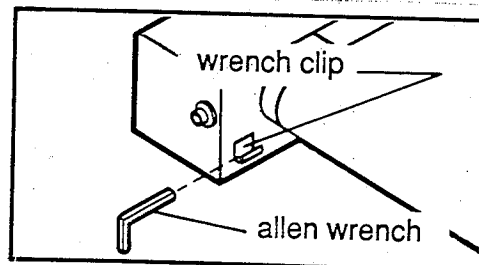
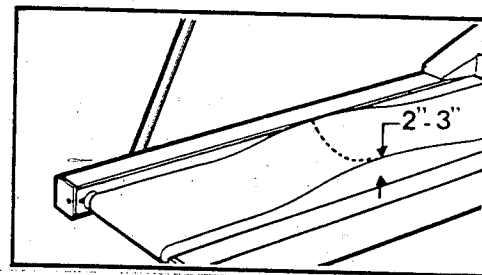


To check the treadmill belt for proper tension, **UNPLUG THE POWER CORD**, and lift the edges of the walking belt. You should be able to raise each edge 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

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

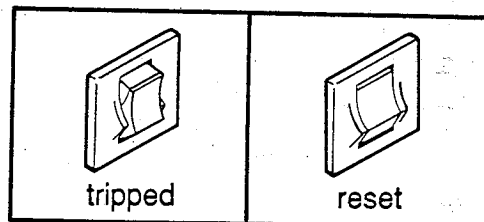
## **ROLLER GUARD ADJUSTMENT**

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 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.



## **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.

## **STORAGE**

Always unplug the power cord when the treadmill is not in use. To convert the treadmill to the storage position, first remove the bolt and washers from the lower end of the side rail. Store the bolt and washers in a secure location. Remove the side rail from the handrail. Loosen the lock knob and lay the handrail upright on the treadmill.

# **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.

<b>AGE</b>	<b>UNCONDITIONED TRAINING ZONE (BEATS/MIN)</b>	<b>CONDITIONED TRAINING ZONE (BEATS/MIN)</b>	<b>AGE</b>	<b>UNCONDITIONED TRAINING ZONE (BEATS/MIN)</b>	<b>CONDITIONED TRAINING ZONE (BEATS/MIN)</b>
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. PF352100

Rev. 3/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Safety Card/Clip	50	3	Adjustment Washer
2	1	Clothes Clip	51	2	Rear Adjustment Bolt
3	1	Pulse Earclip	52	1	Belt Adj. Bracket (L)
4	1	Incline Pot. Wire	53	1	Left Foot Rail
5	1	Auto Speed/Incline Assembly	54	1	Right Foot Rail
6	1	Speed Pot. Wire	55	1	Frame
7	1	Console Assembly	56	1	Walking Platform
8	1	Electronic Monitor	57	2	Roller Lock
9	1	On/Off Switch Wire	58	4	Roller Lock Screw
10	6	Console Screw	59	6	Hood Screw
11	1	Handrail	60	1	Side Rail Washer
12	1	Foam Handgrip	61	1	Side Rail Cap
13	1	Handrail Upright	62	1	Formed Washer
14	1	Handrail Bolt	63	1	Side Rail Bolt
15	3	Nut	64	1	Side Rail
16	2	Incline Washer	65	1	Side Rail Foam
17	1	Incline Motor	66	1	Motor Hood
18	1	Lower Motor Pin	67	19	Small Screw
19	1	Cotter Pin	68	1	Front Adjustment Bolt
20	1	Motor Mtg. Bolt	69	6	Platform Bumper
21	1	Pivot Nut	70	2	Cable Tie
22	2	Pivot Washer	71	2	Cable Mount
23	1	Knob Washer	72	4	Lock Nut
24	1	Lock Knob	73	4	Motor Mount Washer
25	1	Pivot Bolt	74	1	Magnet
26	1	Power Cord	75	1	Safety Cover
27	2	Rubber Bumper	76	1	Sensor Wire
28	2	Wheel Nut	77	1	Motor Pulley
29	4	Leg Bolt	78	1	V-Belt
30	2	Wheel	79	1	Flywheel
31	1	Incline Leg	80	4	Sensor Wire Clip
32	1	Controller	81	4	Motor Mount Bolt
33	4	Hood Mount Anchor	82	1	Grommet
34	4	Roller Bushing	83	1	Circuit Breaker
35	1	Fan	84	3	Lift Wire
36	2	Motor Spacer	85	2	Push Nut
37	1	Motor	86	1	Lift Board Arm
38	1	Front Roller/Pulley	87	1	Lift Board
39	1	Treadmill Belt	88	3	Clip Pin
40	2	Roller Guard	89	1	L-Bracket
41	4	Support Spacer	90	1	Linkage Bracket
42	6	Support Washer	91	2	Plastic Pin
43	6	Support Bolt	92	1	Linkage Arm
44	2	Wood Support	93	2	Monitor Screw
45	2	Rear Leg Endcap	94	1	Incline Bubble
46	1	Belt Adjustment Bracket (R)	95	17	Small Knob
47	1	Rear Roller	96	1	Motor Connector Wire
48	1	Wrench Clip	#	1	Owner's Manual
49	1	Allen Wrench	#	1	Monitor Guide

Note: "#" indicates a non-illustrated part



## **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 (PF352100).
2. The NAME of the product (Equalizer 10.0si).
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.