

5 MPH MOTIVATIONAL FITNESS TRAK 522·EXP™

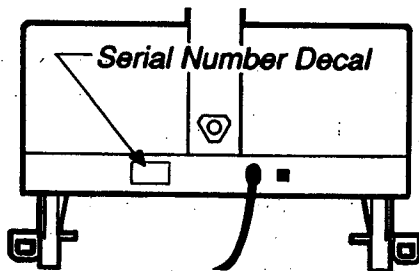
CALORIE/PULSE MONITOR
5 POSITION INCLINE
3/4 HP DC MOTOR

PRO·FORM®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF522010

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

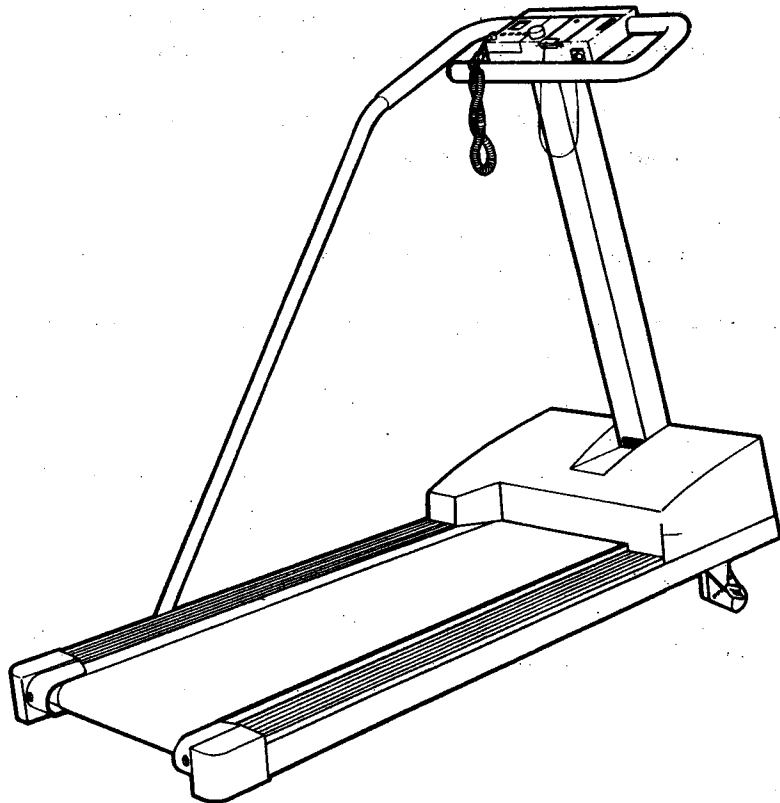
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST.

CAUTION:

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



OWNER'S MANUAL

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 walking 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 walking 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.

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.

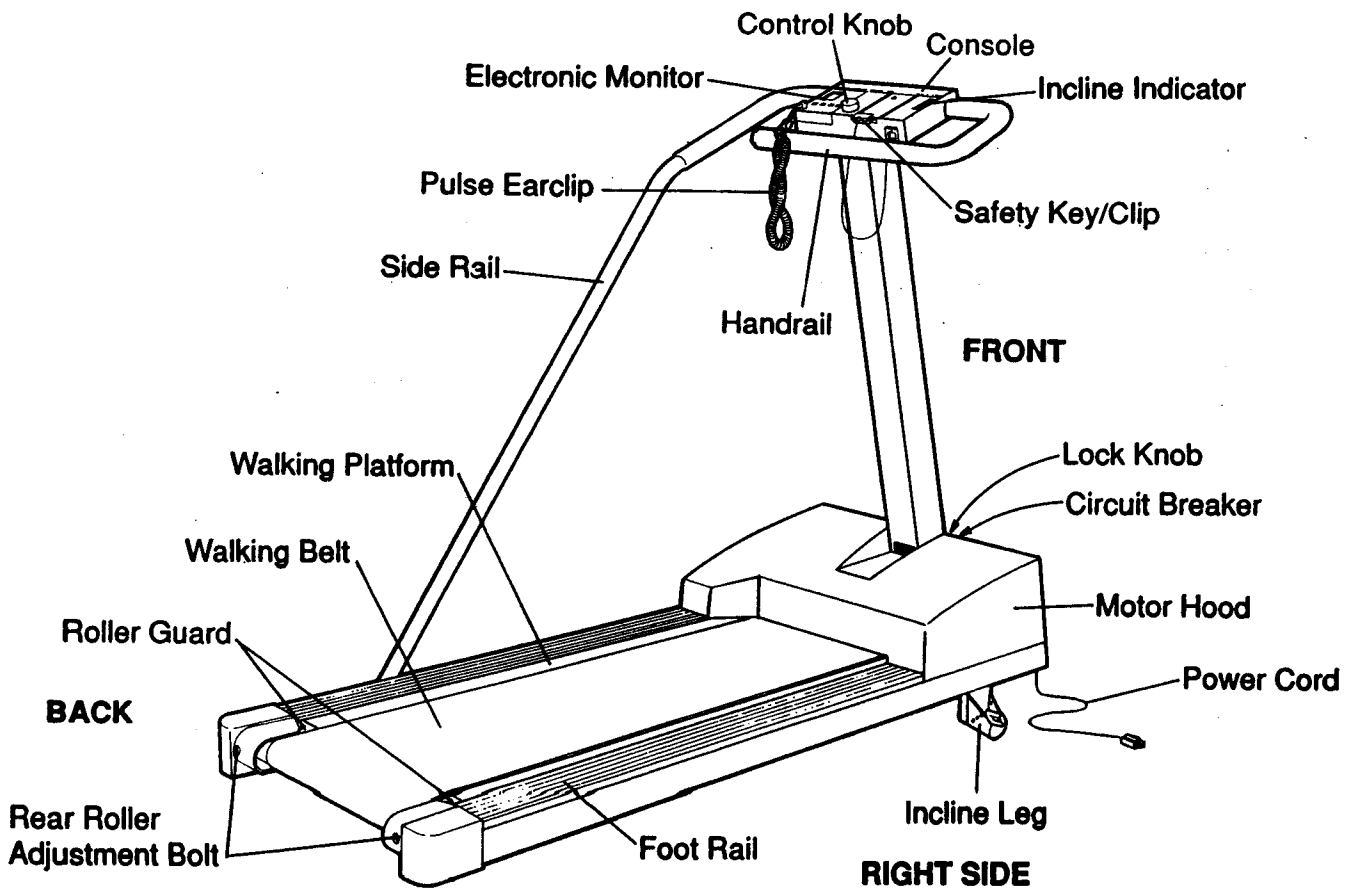
SAVE THESE INSTRUCTIONS

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BEFORE YOU BEGIN

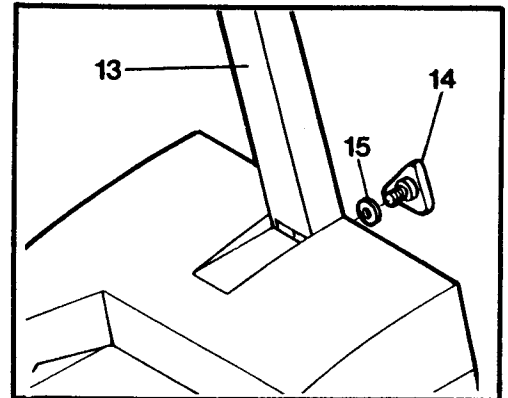
Thank you for purchasing a Pro Form 522 EXP treadmill. The 522 EXP combines advanced technology with innovative design to provide you with an enjoyable and effective form of cardiovascular exercise in the convenience of your home. This manual is provided to help you understand the simple assembly and operation of the treadmill. 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). Please mention the treadmill 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 on the frame (see the drawing on the front cover). Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



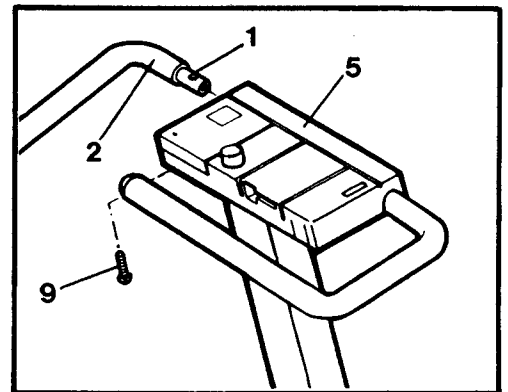
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.**

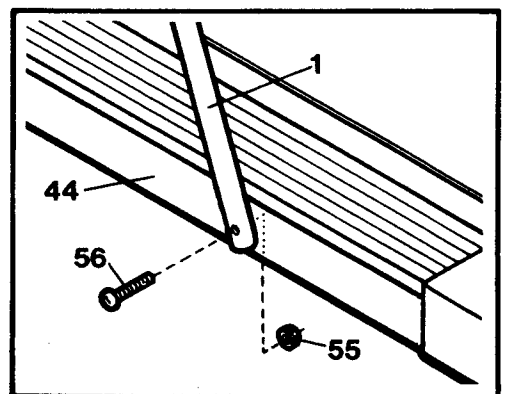
1. Raise the Upright Post (13) to a vertical position. Insert the Lock Knob (14) with the Lock Knob Washer (15) into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Side Rail (1) into the opening in the left side of the Console (5). Insert the Short Side Rail Bolt (9) through the metal plate under the Console, and tighten the Bolt into the Side Rail. Note: If the Side Rail cannot be inserted into the Console far enough to attach the Bolt, roll back the Side Rail Foam Grip (2) slightly.



3. Align the hole in the lower end of the Side Rail (1) with the hole in the Frame (44). Insert the Side Rail Bolt (56) through the Side Rail and Frame. Reach under the Frame and thread the Side Rail Nut (55) onto the end of the Bolt. Tighten the Lock Knob (see step 1).



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

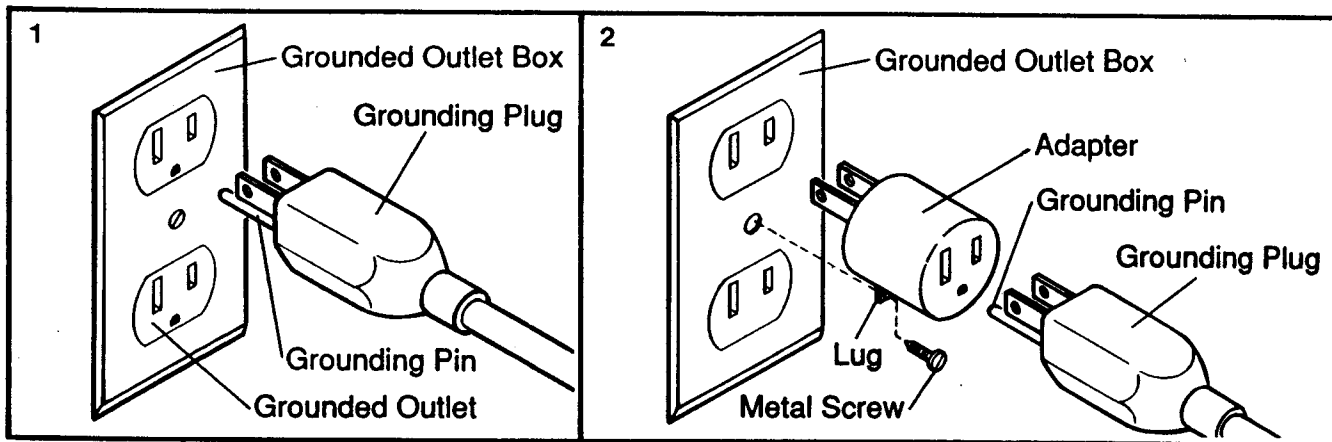
OPERATION AND ADJUSTMENT

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.**

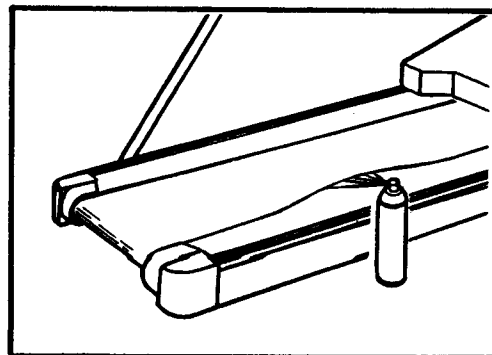
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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



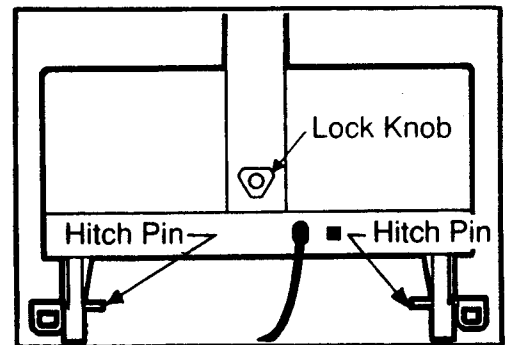
OPERATING INSTRUCTIONS

Read the instructions below before starting the treadmill.

1. Step onto the foot rails and grasp the side rail 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 should slip or fall while exercising, the key will be disengaged from the switch, instantly turning the power off.
3. Turn the speed knob counterclockwise until it stops at the "Reset" position, and then clockwise until the walking belt begins to move. **Note: The 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. (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

1. **TURN THE POWER OFF.** Remove the hitch pins from the left and right front legs. **Note: The hitch pins have been inserted from the inside for shipping purposes.**
2. Grasp the lock knob, and raise or lower the treadmill to the desired height.
3. Insert the hitch pins through the front legs from the outside as shown. The pins must be in the same holes in both legs.



ELECTRONIC MONITOR OPERATION

Refer to 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 allow liquids to come in contact with the console.

WALKING BELT ADJUSTMENT

The walking 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 WALKING BELT.**

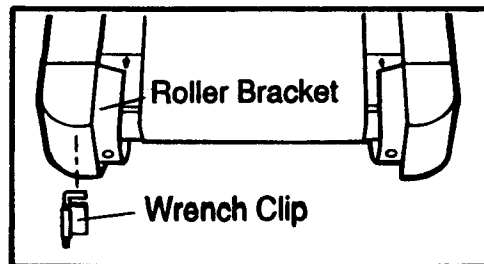
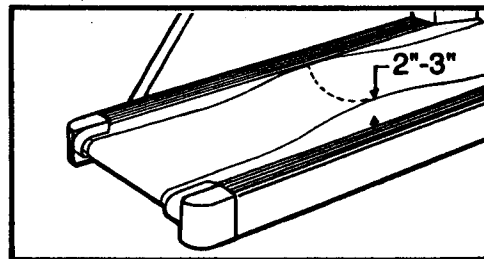
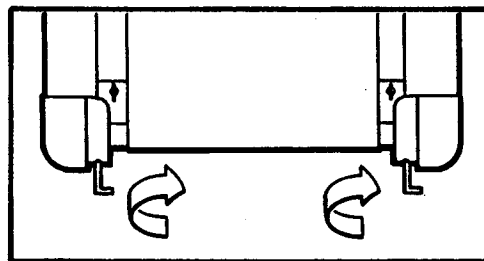
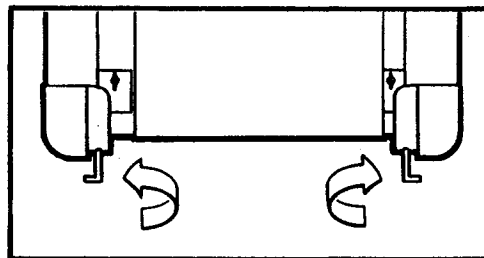
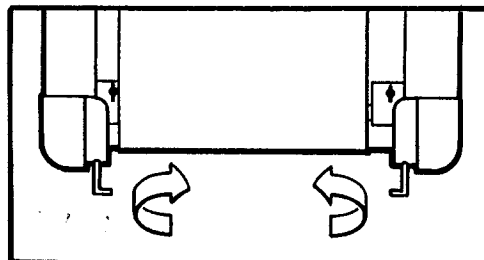
IF THE WALKING BELT HAS SHIFTED TO THE LEFT: TURN THE POWER OFF. Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.

IF THE WALKING 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 WALKING 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.

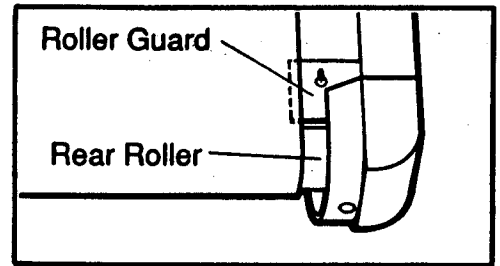
To check the walking belt for proper tension, **TURN THE POWER OFF**, and lift the edges of the walking belt. You should be able to lift each edge 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

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



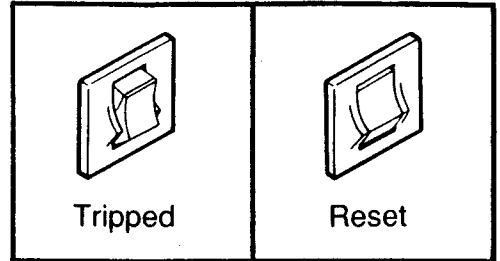
ROLLER GUARD ADJUSTMENT

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. 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 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.

PULSE EARCLIP

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

INCLINE INDICATOR

If the incline indicator on the console needs to be adjusted, first lower the treadmill to minimum incline. Gently press the ends of the indicator, using a pen or similar object, until the bubble shows level 1.

STORAGE

Always unplug the power cord when the treadmill is not in use. To convert the treadmill to the storage position, first remove the nut and bolts from the upper and lower ends of the side rail. Store the nut and bolts in a secure location. Loosen the lock knob and lay the upright post on the treadmill. Lay the side rail on the treadmill. The treadmill can be moved by lifting the back end and pushing or pulling the treadmill on the front wheels.

CONDITIONING GUIDELINES

The following guidelines will help you to outline a 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, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is called your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons, according to age. Find 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 is near the high end of your training zone. You can find your heart rate using the pulse mode of the electronic monitor (see the Electronic Monitor Operation Guide). Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is above your training zone, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20-30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching or light calisthenics will provide a good warm-up. After warming up, begin exercising at a light pace. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. Always end your workouts with 5-10 minutes of stretching to cool down. This will help to offset muscle contractions and other problems caused when you stop exercising suddenly.

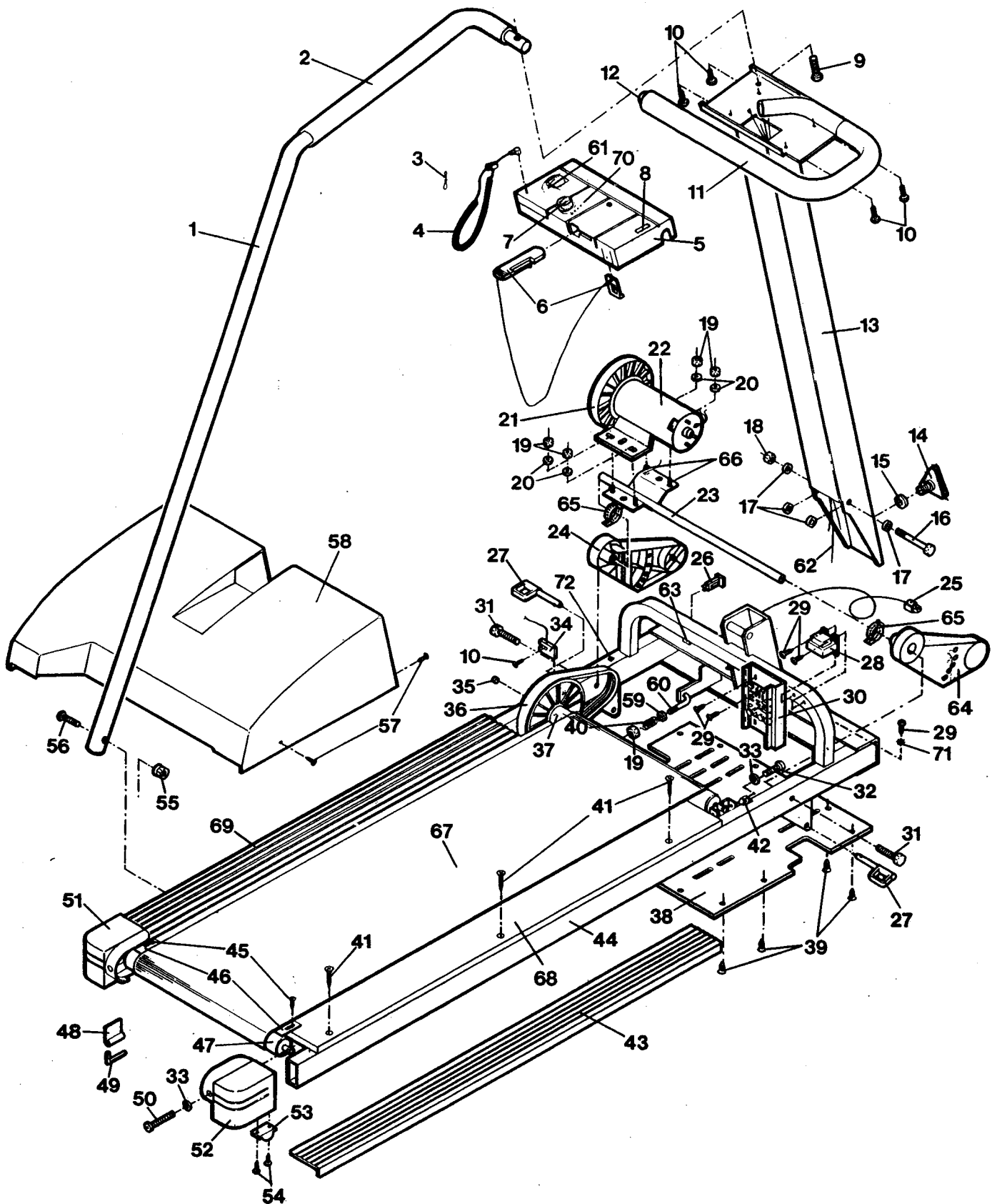
To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is **CONSISTENCY**.

PART LIST- MODEL NO. PF522010

Rev. 9/91

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



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, during our 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 (PF522010).
2. The NAME of the product (Pro Form 522 EXP 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 10 of this manual.
5. The DESCRIPTION of the part(s) 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. 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 an 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.

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