

6 MPH MOTIVATIONAL FITNESS TRAKTM **622 EXP**

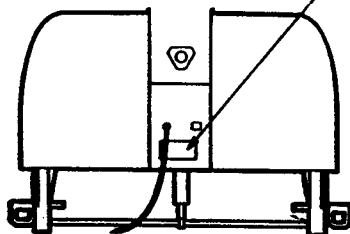
INCLINE LIFT ASSIST • ONE HORSEPOWER DC MOTOR • CALORIE/PULSE MONITOR

PRO-FORM[®]

Model No. PF622010

Serial No. _____

Serial Number Decal



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.

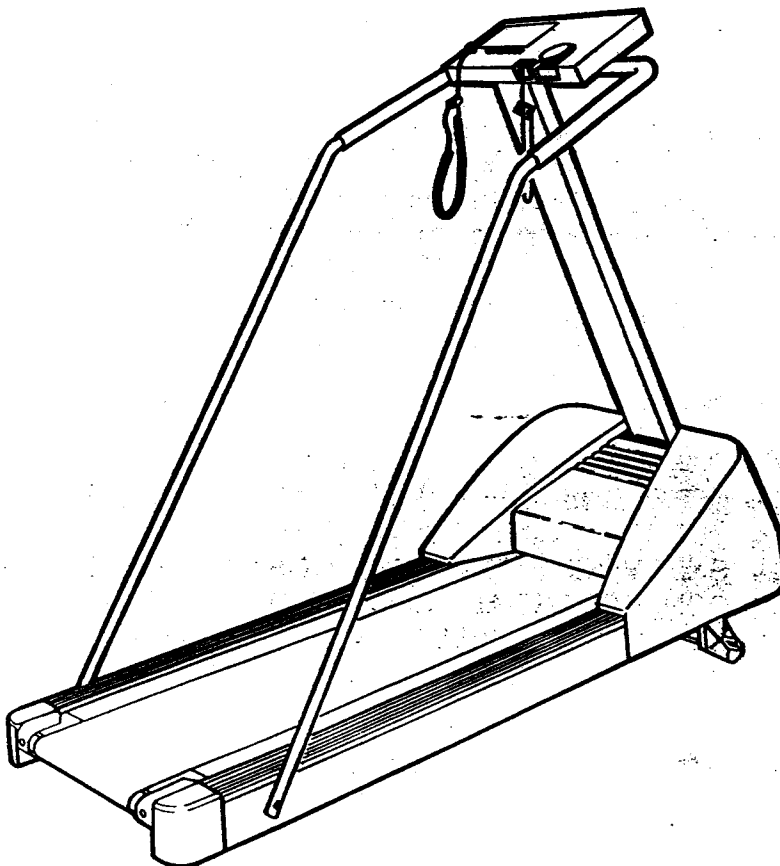
CUSTOMER HOT LINE:

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

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 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., 1500 S. 1000 W., Logan, UT 84321-9813

622 EXPTM

INCLINE LIFT ASSIST • ONE HORSEPOWER DC MOTOR • CALORIE/PULSE MONITOR

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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 approximately five 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 is 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. The roller guards must be 1/8 inch from the rear roller. Turn the power off and adjust the roller guards, if necessary.
5. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear running shoes. Never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
6. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
7. Never start the treadmill while you are standing on the walking belt. Always hold the side rail when exercising on the treadmill.
8. Never allow more than one person on the treadmill at a time. Use the treadmill only as described in this manual.
9. 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.
10. Never drop or insert any object into any opening.
11. 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.

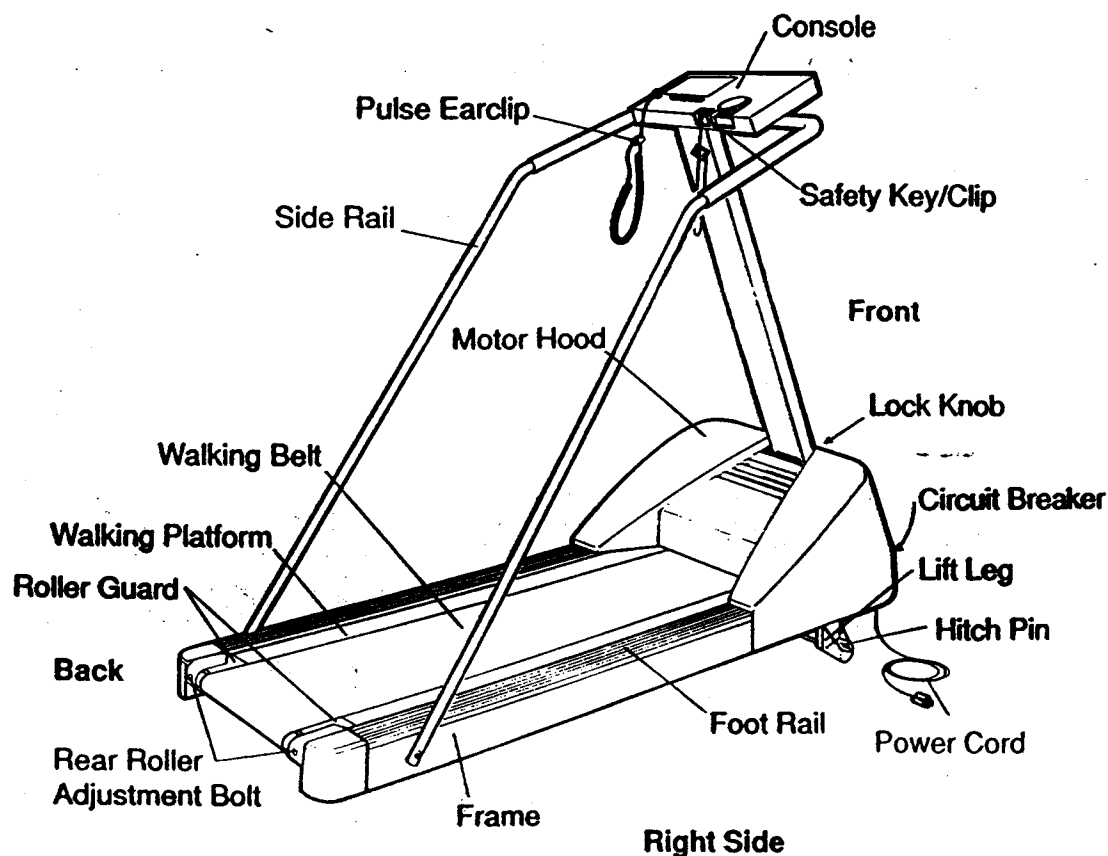
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the Pro Form 622 EXP treadmill. The 622 EXP combines state-of-the-art technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. Your exercise on the 622 EXP will be enhanced by such features as a key-activated power switch, electronic speed control, and a multi-function exercise monitor.

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). To help us assist you, please mention your product model number and serial number when calling. The model number is printed on the front cover of this manual. The serial number can be found on a decal attached to the product (see the drawing on the front cover).

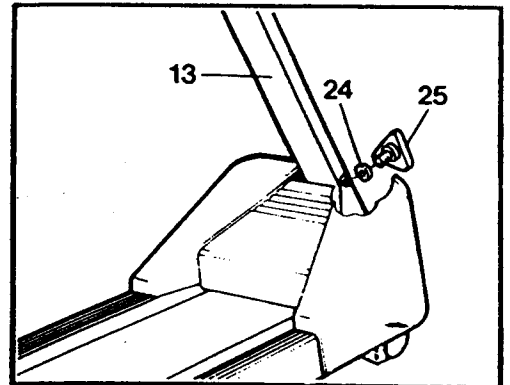
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



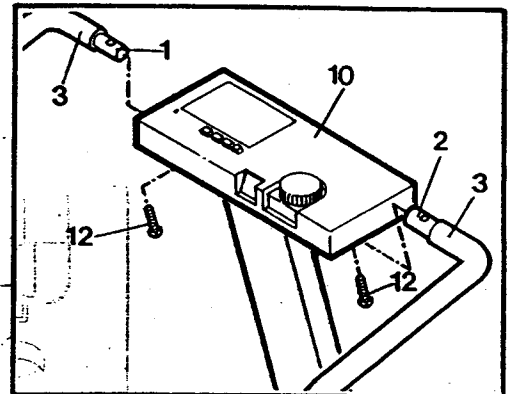
ASSEMBLY

Set the treadmill in a cleared area and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Please read each step carefully before beginning. Assembly can be completed using a standard screwdriver (not included).

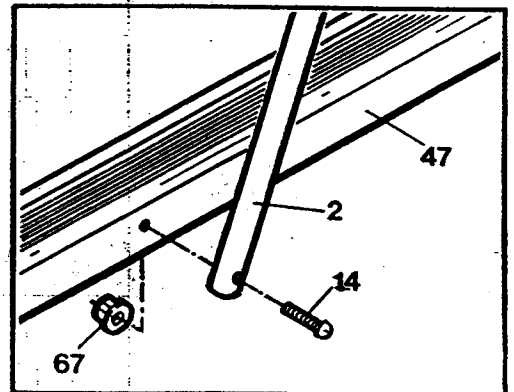
1. Raise the Upright Post (13) to a vertical position. Insert the Lock Knob (25), with the Lock Knob Washer (24), into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Left Side Rail (1) into the opening in the left side of the Console (10). Insert the Short Side Rail Bolt (12) through the metal plate under the Console, and tighten the Bolt into the Side Rail. Repeat the step with the Right Side Rail (2). Note: If a Side Rail cannot be inserted into the Console far enough to attach a Bolt, roll back the Side Rail Foam (3) slightly.



3. Align the hole in the lower end of the Right Side Rail (2) with the hole in the Frame (47). Insert the Long Side Rail Bolt (14) through the Right Side Rail and Frame. Reach under the Frame and thread the Flange Nut (67) onto the end of the Bolt. Repeat the step with the Left Side Rail (not shown). Tighten the Lock Knob (see step 1).



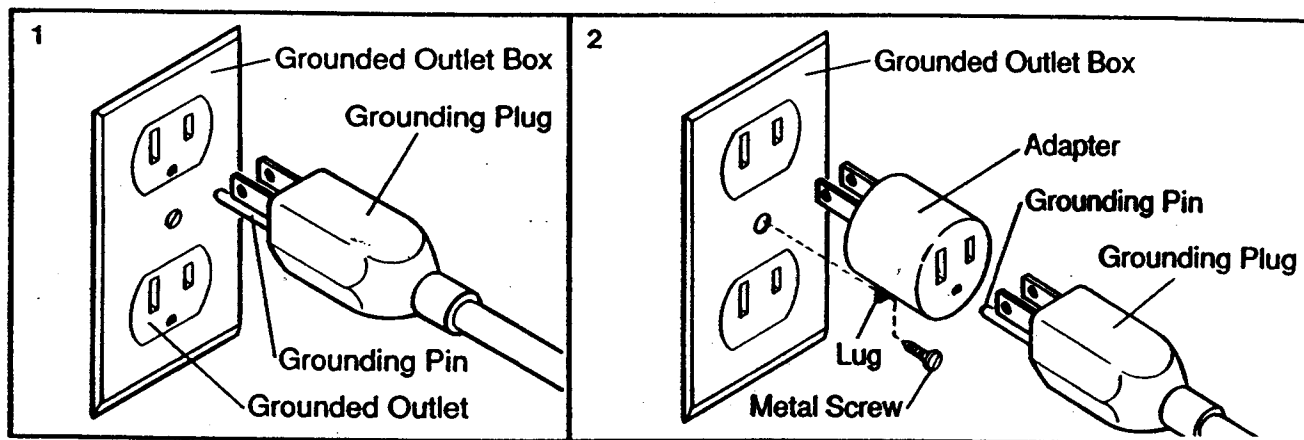
OPERATION AND ADJUSTMENT

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

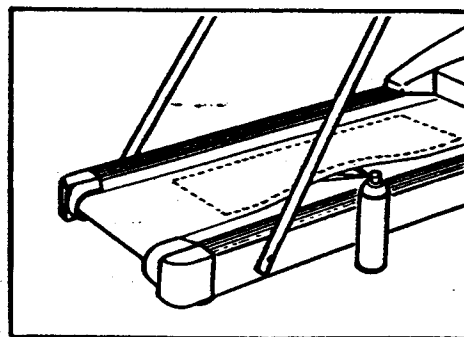
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be connected to a permanent ground** such as a properly grounded outlet box cover. Whenever the adapter is used it **must be held in place by a metal screw**. Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.



SILICONE APPLICATION

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



INCLINE ADJUSTMENT

1. **TURN THE POWER OFF.** Remove the hitch pins from the left and right incline 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 height desired.
3. Insert the hitch pins through the incline legs from the outside as shown. The pins must be in the same holes in both legs.

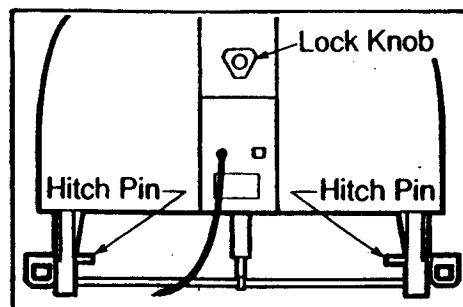
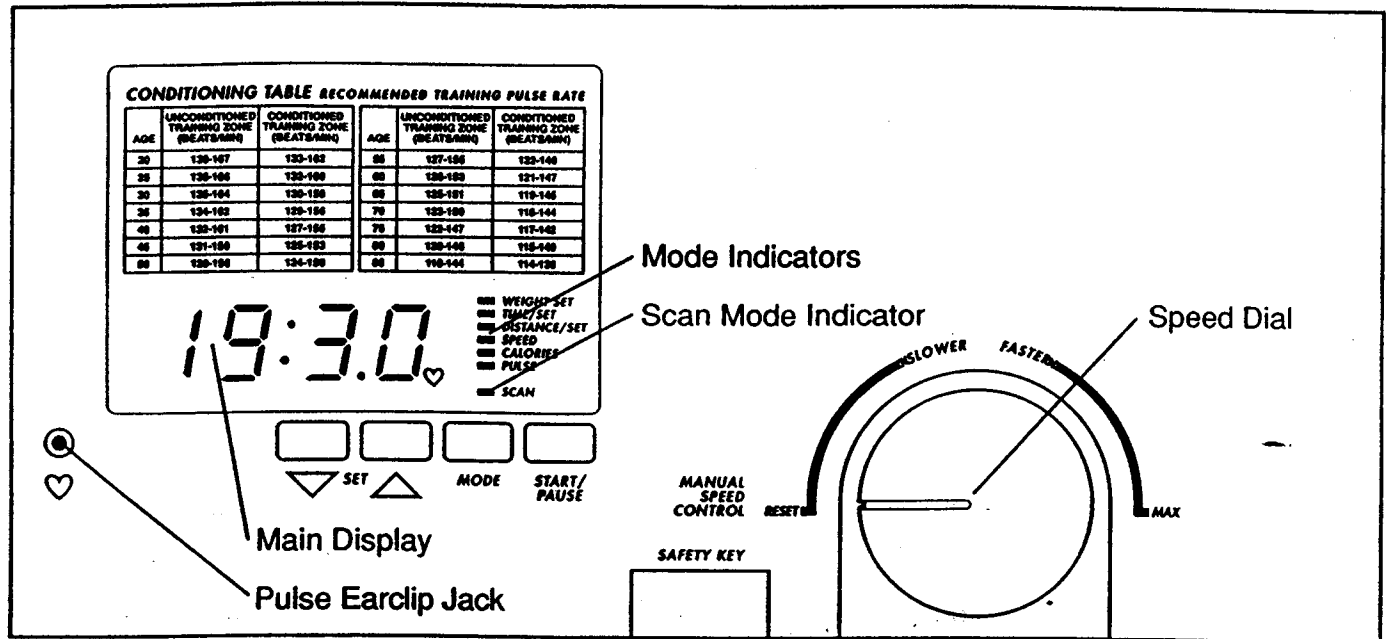


DIAGRAM OF THE CONSOLE

Please read all instructions carefully before operating the console.



SET BUTTONS- These buttons are used to set time and distance goals, and to enter your weight into the console.

MODE BUTTON- This button is used to select monitor modes.

START/PAUSE BUTTON- This button starts and stops the console. The mode indicators will flash when the console is stopped.

SPEED DIAL- This dial is used to control the speed of the walking belt.

TURNING ON THE POWER

Stand on the foot rails of the treadmill. **WARNING: Do not stand on the walking belt.** Attach the clip on the safety key to the waistband of your clothing. Always wear the clip when operating the treadmill. If you fall while exercising, the safety key will be pulled from the console, instantly turning off the power. Insert the safety key into the slot in the front of the console. **IMPORTANT: After inserting the key, wait for 3 seconds before operating the console.**

ADJUSTING THE SPEED

When the power is turned on, the console will be stopped and the walking belt will be stationary. To start the walking belt, first turn the speed dial to the reset position. Next, turn the dial clockwise until the walking belt begins to move at slow speed. Step carefully onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the dial. To stop the walking belt, turn the dial to the reset position. **IMPORTANT: Each time the walking belt is stopped, the speed dial must be turned to the reset position before the walking belt can be restarted.**

The walking belt can also be stopped by pressing the **START/PAUSE** button. This will stop the console. To start the walking belt after the console has been stopped, turn the speed dial to the reset position, press the **START/PAUSE** button, and then turn the dial clockwise until the walking belt begins to move.

SELECTING MONITOR MODES

The console features seven monitor modes to give you instant feedback as you exercise. When the power is turned on, the SCAN mode will be selected automatically. In the SCAN mode, the TIME/SET, DISTANCE/SET, SPEED, CALORIES and PULSE modes will all be displayed in a repeating cycle.

(Note: The PULSE mode will be displayed only if the pulse earclip is worn [see PULSE below].)

Individual modes can be selected by pressing the MODE button. Indicators will light to show which mode you have selected. The display can be reset to zero, if desired, by removing the safety key and then re-inserting it. The seven modes are described below:

SCAN: This mode automatically displays all other modes, except WEIGHT SET, in a repeating cycle.

Note: The PULSE mode will be displayed only if the pulse earclip is worn (see PULSE below).

WEIGHT SET: Before selecting the CALORIES mode, select the WEIGHT SET mode and press the SET buttons to enter your weight into the console. Each time one of the buttons is pressed, the weight displayed will change by 5 pounds. The buttons can be held down to enter your weight quickly.

TIME/SET: This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the TIME/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to set the length of time you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be held down to set a time goal quickly. When the console is started, the time will be counted down. When no time remains, the console and the walking belt will stop.

DISTANCE/SET: This mode displays the distance you have traveled. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to set the distance you plan to travel. Each time one of the buttons is pressed, the distance displayed will change by 0.1 mile. The buttons can be held down to set a distance goal quickly. The distance will be counted down as you exercise. When the goal is completed, the console and the walking belt will stop.

SPEED: This mode displays the speed of the walking belt.

CALORIES: This mode displays the number of Calories you have burned. For accuracy, first select the WEIGHT SET mode, and enter your weight into the console.

PULSE: This mode displays your heart rate during your workout (your heart rate must be at least 70 beats per minute to be displayed). Plug the pulse earclip into the jack on 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. **WARNING:** The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

TURNING OFF THE POWER

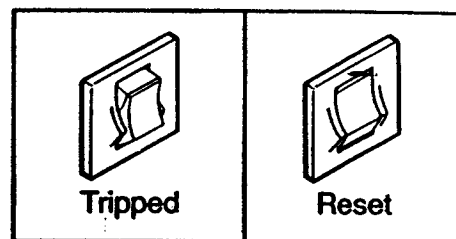
Stand on the foot rails. Remove the safety key from the console. **WARNING:** Always remove the safety key when you finish exercising.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. If further assistance is necessary, 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).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure the power cord is plugged into a properly grounded outlet. (See OPERATION AND ADJUSTMENT in this manual.) If an extension cord is necessary, use only a 14-gauge, general purpose cord of approximately five feet in length.
- Make sure the safety key is fully inserted into the console. Various indicators on the console should light. (See OPERATION AND ADJUSTMENT in this manual.)
- Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

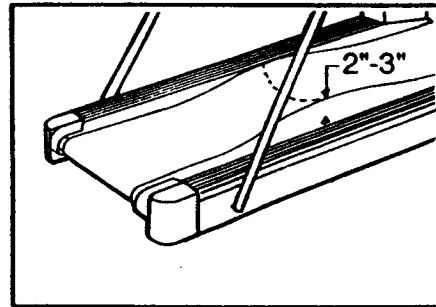
- Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in. (See the drawing above.)
- Make sure the power cord is plugged in.
- Remove the safety key from the console. Wait for ten seconds and then reinsert the safety key fully into the console. Various indicators on the console should light. Wait for 3 seconds before operating the console.

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- Make sure the pulse earclip is plugged fully into the jack on the console. Attach the clothes clip to your collar. Rub your left ear lobe and reposition the earclip.
- Rub your left ear lobe and reposition the earclip.
- Try standing still while measuring your pulse. **WARNING:** The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
- The pulse earclip may need to be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

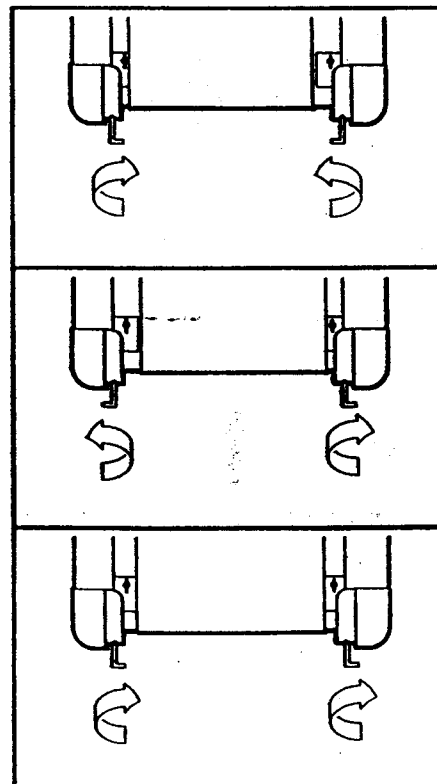
4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. Silicone lubricant should be applied to the walking platform before use. Lubricant should be reapplied after every 10 hours of use, and whenever a decrease in performance is noticed. UNI SPORT Silicone Spray is recommended. CAUTION: ALWAYS TURN THE POWER OFF WHEN APPLYING LUBRICANT. (See OPERATION AND ADJUSTMENT in this manual for application instructions.)
- b. If an extension cord is necessary, use only a 14-gauge general-purpose cord of approximately five feet in length.
- c. If the walking belt is overtightened, treadmill performance may be reduced. TURN THE POWER OFF. Turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. Repeat as necessary until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 2-3 in. off of the walking platform. The center of the walking belt should remain just at the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



5. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- a. If the walking belt has shifted to the left, first TURN THE POWER OFF. Turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Repeat as necessary until the walking belt is centered.
- b. If the walking belt has shifted to the right, first TURN THE POWER OFF. Turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Repeat as necessary until the walking belt is centered.
- c. If the walking belt slips when walked on, first TURN THE POWER OFF. Turn both rear roller adjustment bolts clockwise, 1/4 of a turn. Repeat as necessary until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 2-3 in. off of the walking platform. The center of the walking belt should remain just at the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



STORAGE

Unplug the power cord when the treadmill is not in use. Remove the bolts and nuts from the lower and upper ends of the side rails. Keep the bolts and nuts in a secure location. Loosen the lock knob and lower the upright post onto the walking belt. Lay the side rails on the treadmill.

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 console. 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 exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching 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.

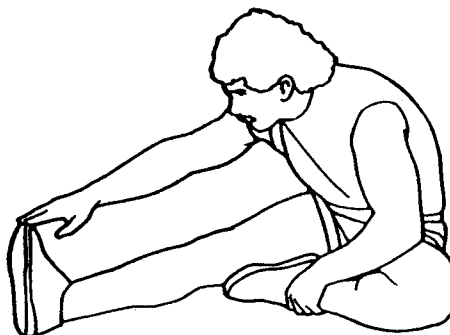
SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch-never bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, lower back and groin.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

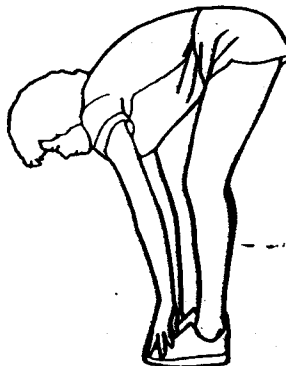
Stretches: Quadriceps, hip muscles.



TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

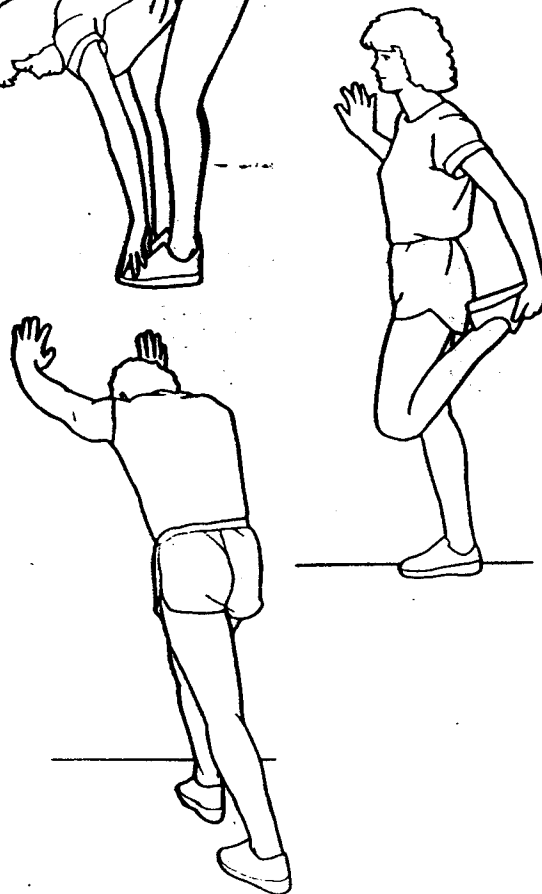
Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and grasp your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Quadriceps, hip muscles.



CALF/ACHILLES STRETCH

With one leg in front of the other, and arms forward, lean against a wall. Keep your back leg straight and back foot flat on the floor. Bend your front leg and lean forward, moving your hips toward the wall. Hold for 15 counts, then repeat on the other side. To cause further stretching of the achilles tendons, bend back leg as well.

Stretches: Calves, achilles tendons, and ankles.

PART LIST - Model No. PF622010

Rev. 1/92

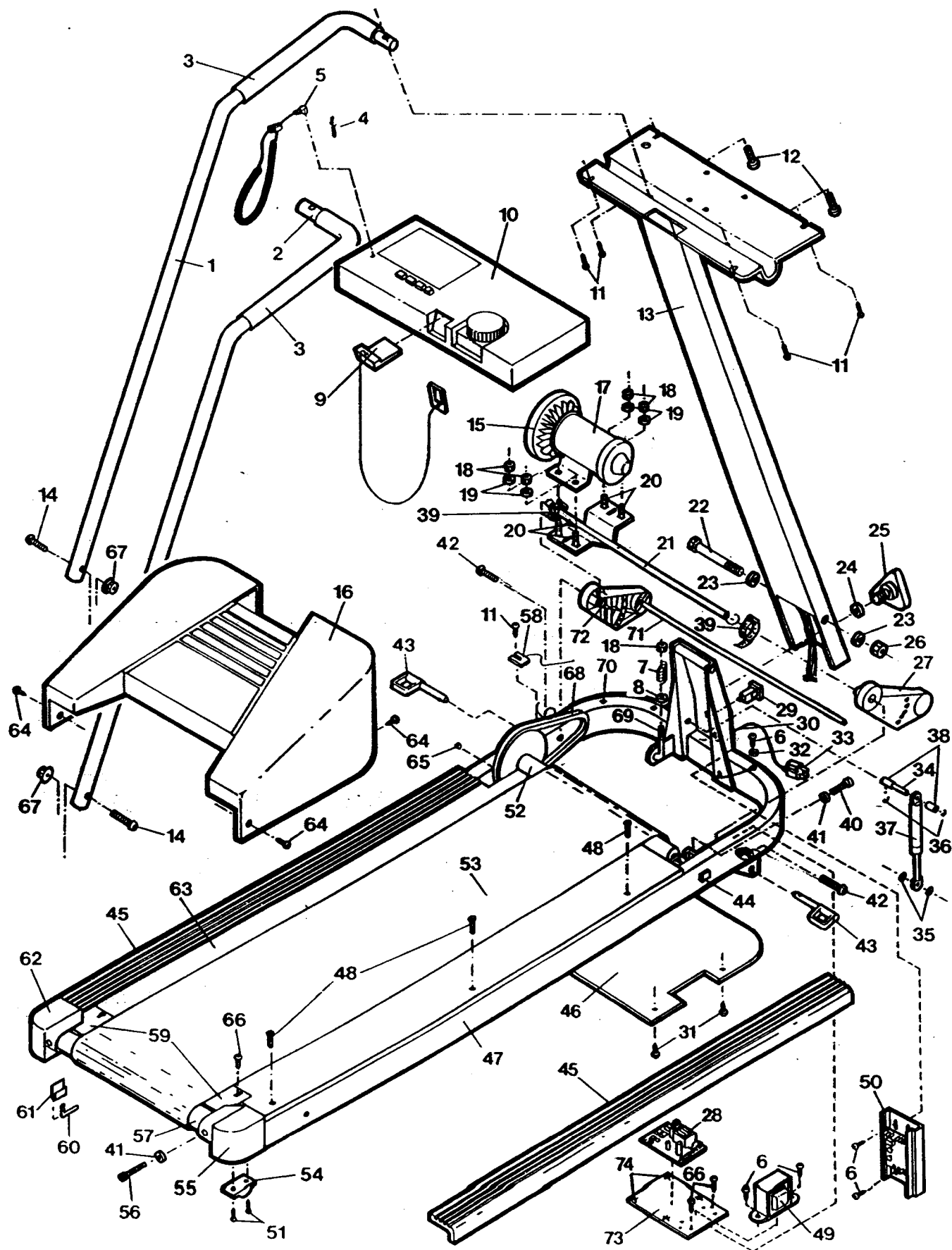
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Side Rail/Foam Grip	39	2	Clamp
2	1	Right Side Rail/Foam Grip	40	1	Front Roller Adj. Bolt
3	2	Foam Grip	41	3	Adjustment Washer
4	1	Clothes Clip	42	2	Swivel Shaft Bolt
5	1	Pulse Earclip	43	2	Hitch Pin
6	5	Small Screw	44	2	Hood Cushion
7	1	Motor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

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

EXPLODED DRAWING-Model No. PF622010

Rev. 1/92

Specifications are subject to change without notice.



ORDERING REPLACEMENT PARTS

To order replacement parts, simply 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). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (PF622010).
2. The NAME of the product (Pro Form 622 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 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.

