

# 6 MPH MOTIVATIONAL FITNESS TRAK 624•EXP™

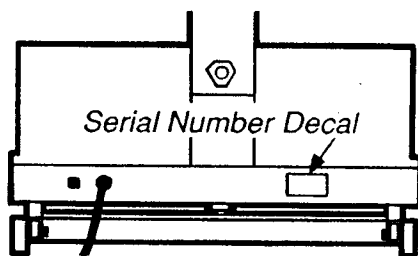
ONE HORSEPOWER DC MOTOR  
CUSHION DECK  
AUTO INCLINE

## PRO•FORM®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF624010

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.

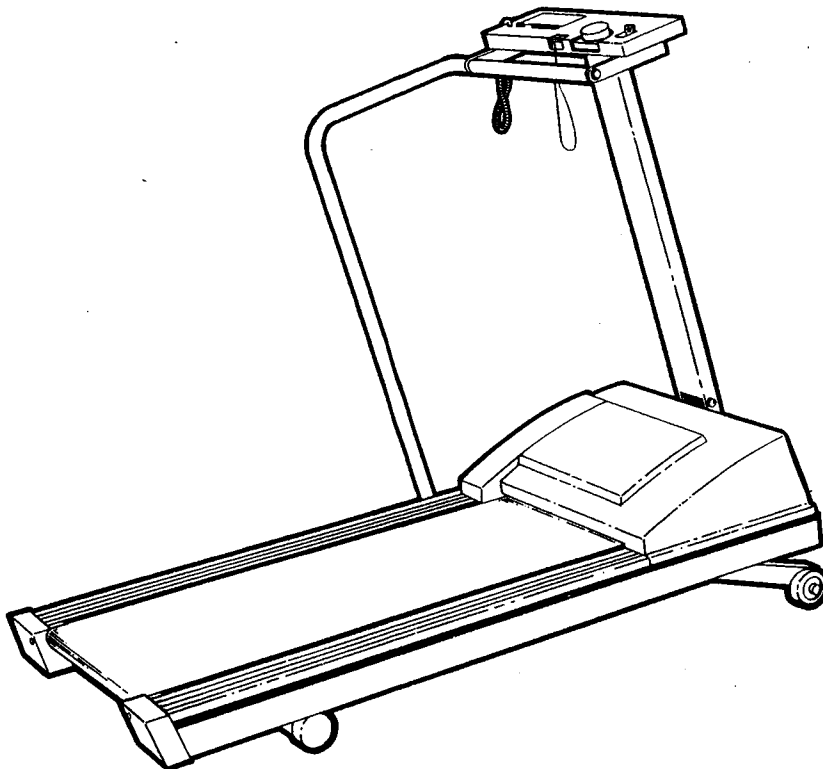
**CUSTOMER HOT LINE:**

**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

## 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.

**PRO FORM FITNESS PRODUCTS, INC., 1500 S. 1000 W., Logan, UT 84321-9813**

6 MPH MOTIVATIONAL FITNESS TRAK

# 624•EXP™

ONE HORSEPOWER DC MOTOR  
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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.

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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 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.

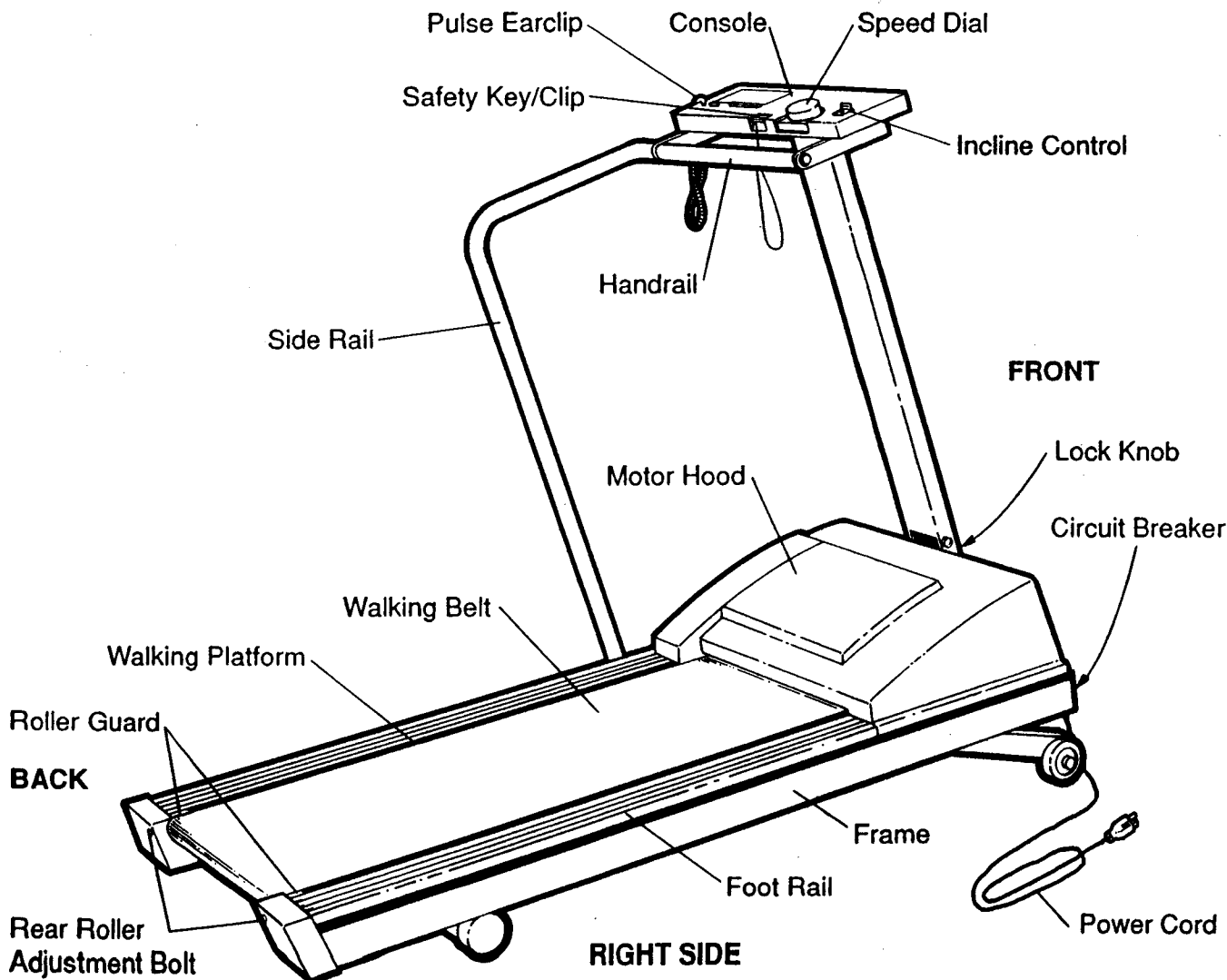
## **SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

Thank you for selecting the Pro Form 624 EXP treadmill. The 624 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 624 EXP will be enhanced by such features as a key-activated power switch, auto incline control, 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).

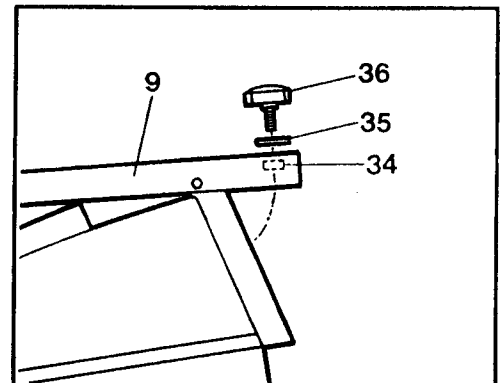
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



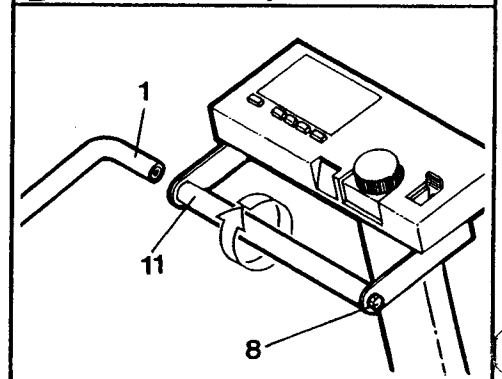
# ASSEMBLY

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

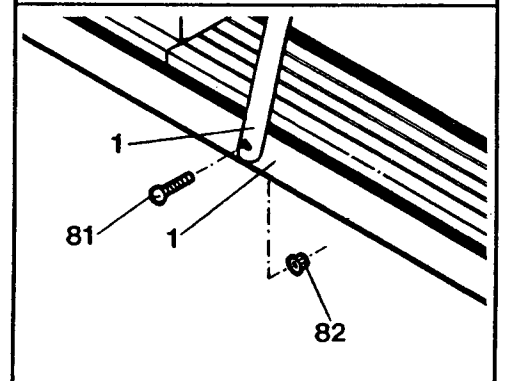
1. Insert the Lock Knob (36), with the Lock Knob Washer (35) into the Upright Post (9). Place the Upright Spacer (34) on the end of the Lock Knob. Hold the Spacer in place and raise the Upright Post to a vertical position. **Be careful not to pinch your fingers.** Turn the Lock Knob clockwise until it is almost tight. Leave a little play in the Upright Post for the following steps.



2. Align the upper end of the Side Rail (1) with the left end of the Handrail (11). Turn the Handrail in the direction shown to thread the Handrail into the Side Rail. (Note: If the Handrail will not turn easily, loosen the Handrail Bolt [8] slightly.) Tighten the Handrail and the Handrail Bolt.



3. Align the lower end of the Side Rail (1) with the hole in the side of the treadmill Frame (51). Insert the Side Rail Bolt (81) through the Side Rail and Frame. Reach under the Frame and tighten the Side Rail Nut (82) 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.

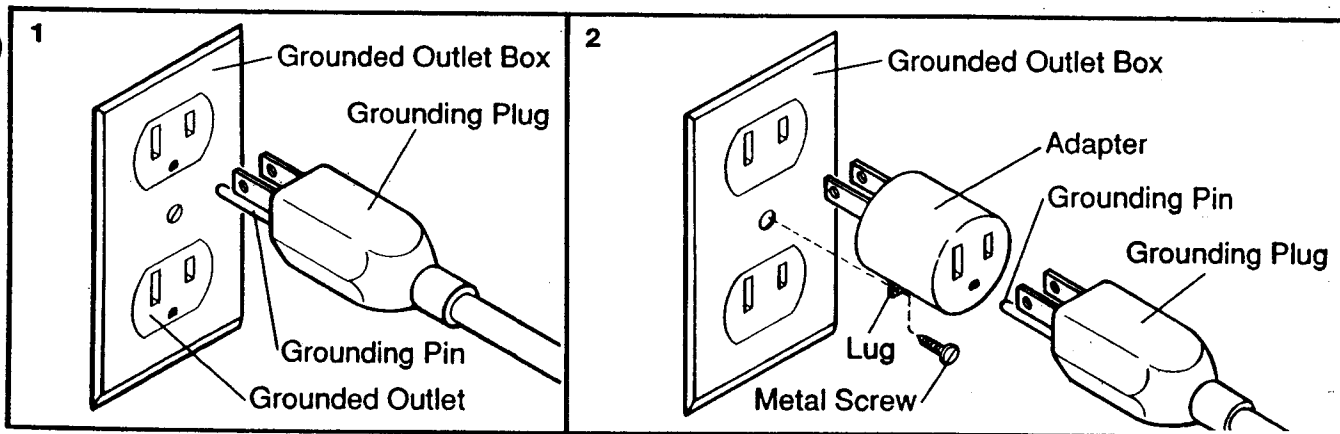
# OPERATION AND ADJUSTMENT

## 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.**

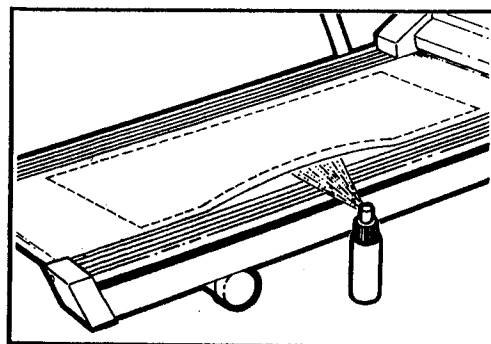
**DANGER:** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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



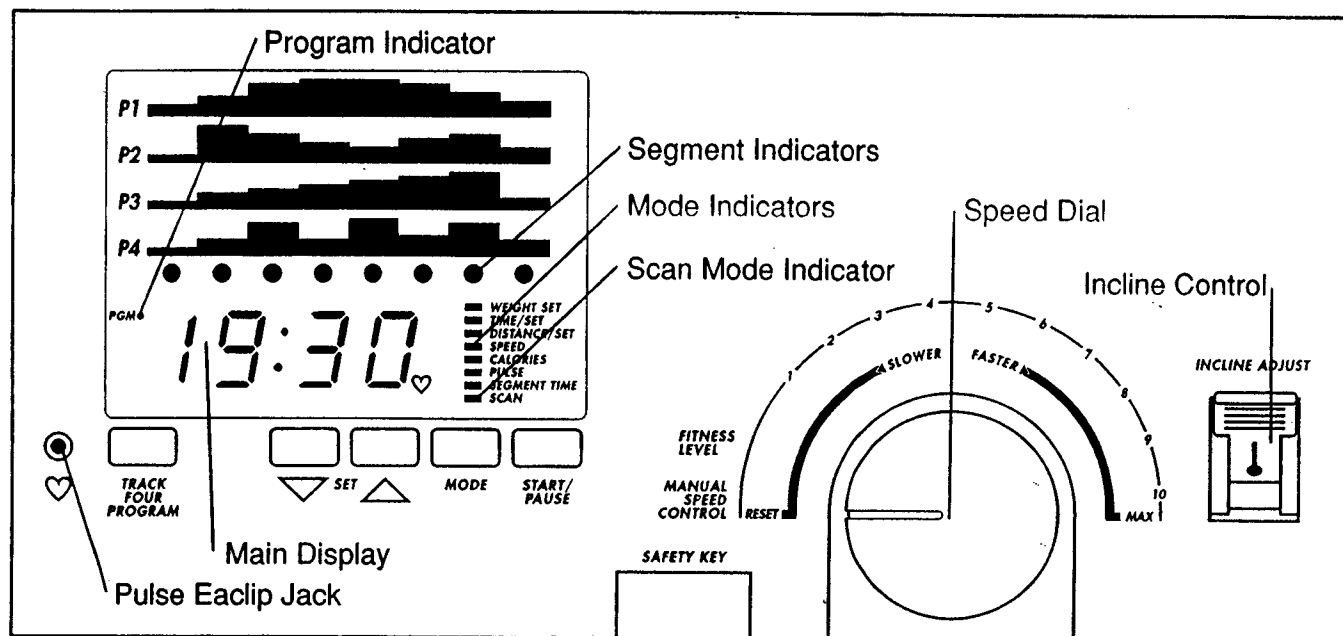
## SILICONE APPLICATION

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.**



## DIAGRAM OF THE CONSOLE

Please read all instructions carefully before operating the console.



## DESCRIPTION OF THE CONTROLS

**TRACK FOUR PROGRAM BUTTON-** This button switches the console to the program mode. The program indicator will light when the console is in the program mode.

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

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

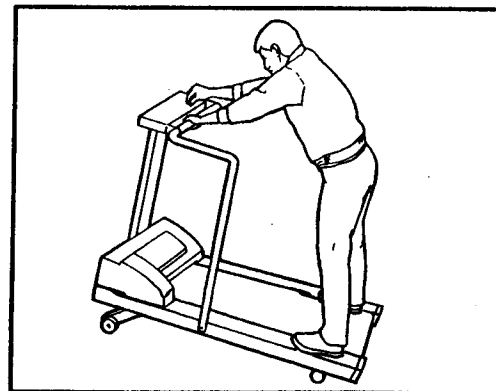
**START/PAUSE BUTTON-** This button starts and stops the console. The mode indicators will flash when the console is stopped.

**SPEED DIAL-** This dial controls the speed of the walking belt, and selects a fitness level for programs.

**INCLINE CONTROL-** This switch controls the incline of the treadmill.

## INCLINE ADJUSTMENT

To vary the intensity of your exercise, the incline of the treadmill can be adjusted, using the lever on the right side of the console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline, stand toward the back of the foot rails and pull back the lever. When the desired incline is reached, release the lever. To decrease the incline, stand toward the front of the foot rails, lean forward if necessary, and pull back the lever until the desired incline is reached.



## TURNING ON THE POWER

Stand on the foot rails of the treadmill. **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 safety key, wait for at least 3 seconds before operating the console.**

## MANUAL SPEED MODE

When the power is turned on, the console will be in the manual mode 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 started.**

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.

## PROGRAM SPEED MODE

In the program mode, the speed of the walking belt will be controlled automatically by preset programs you select, leaving you free to concentrate on your exercise. Four different preset programs are offered. You can choose how long the programs will last, and adjust the programs for your individual fitness level.

Each program consists of eight equal time periods, or "segments." The speed of the walking belt will change automatically at the beginning of each segment. The four graphs (numbered 1-4) on the console show how the speed will change during the programs. During program 1, for example, the speed will gradually increase and then gradually decrease. During program 4, the speed will alternately increase and decrease.

To switch the console to the program mode, press the TRACK FOUR PROGRAM button. The program indicator and the eight segment indicators will light. To select one of the four programs, press either of the SET buttons. A "P-1," "P-2," "P-3" or "P-4" will appear on the main display to show which program you have selected.

All programs are preset to last for 16 minutes (each segment will last for 2 minutes). If you wish to change the length of time the program will last, first press the MODE button until the TIME/SET indicator lights. (Be sure the SCAN indicator is not lighted also.) Press the SET buttons to set the length of time you want the program to last. Each time one of the buttons is pressed, the length of time will change by 10 seconds. The program must be set for at least 4 minutes.

To start the program, first turn the speed dial to the reset position. Next, press the START/PAUSE button, and then turn the speed dial clockwise to select a "fitness level" for the program. The farther the dial is turned, the more challenging the program will be. After a few seconds, the first segment indicator will flash to show that the first segment of the program has started, and the walking belt will begin to move. Step carefully onto the walking belt and begin your workout. When only 10 seconds remain in the first segment, the time will be counted down on the main display. When the first segment is completed, the second segment indicator will flash and the speed of the walking belt will change. The program will continue in this manner until all eight segments are completed. The walking belt will then slow to a stop, and the program will end.

If you need to stop the program before the program has ended, press the START/PAUSE button. To restart the program, turn the speed dial to the reset position, press the START/PAUSE button, and then turn the dial to the desired fitness level.

After the program has ended, the console can be switched to the manual mode by pressing the TRACK FOUR PROGRAM button.

## **SELECTING MONITOR MODES**

The console offers eight 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, PULSE and SEGMENT TIME 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]. The SEGMENT TIME mode will be displayed only if the console is in the program mode.) 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 eight modes are described below:

**SCAN:** This mode automatically displays all other modes, except WEIGHT, in a repeating cycle. Note: The PULSE mode will be displayed only if the pulse earclip is worn (see PULSE below). The SEGMENT TIME mode will be displayed only if the console is in the program mode.

**WEIGHT:** Before selecting the CALORIES mode, your weight should be entered into the console. Select the WEIGHT mode, and then press the SET buttons to enter your weight, in pounds. 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 a time goal 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 length of time will change by 10 seconds. The buttons can be held down to set the length of time quickly. When the console is started, the time will be counted down. When no time remains, the console and the walking belt will stop. Note: Time goals should be set only when the console is in the manual mode. When the console is in the program mode, a time goal will be set already.

**DISTANCE/SET:** This mode displays the distance you have traveled. This mode also allows a distance goal 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 will change by 0.1 mile. The buttons can be held down to set the distance quickly. When the console is started, the distance will be counted down. When the goal is completed, the console and the walking belt will stop. Note: Distance goals should be set only when the console is in the manual mode.

**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 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. Note: If your heart rate is not displayed after a few seconds, try rubbing your ear lobe and repositioning the earclip.

**SEGMENT TIME:** When the console is in the program mode, this mode displays the time remaining in the current program segment. Note: Even if this mode is not selected, the time remaining will be displayed during the last ten seconds of each segment.

## 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. The key can be stored in a secure location to prevent unauthorized persons from turning on the power.

## MAINTENANCE AND TROUBLE-SHOOTING

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

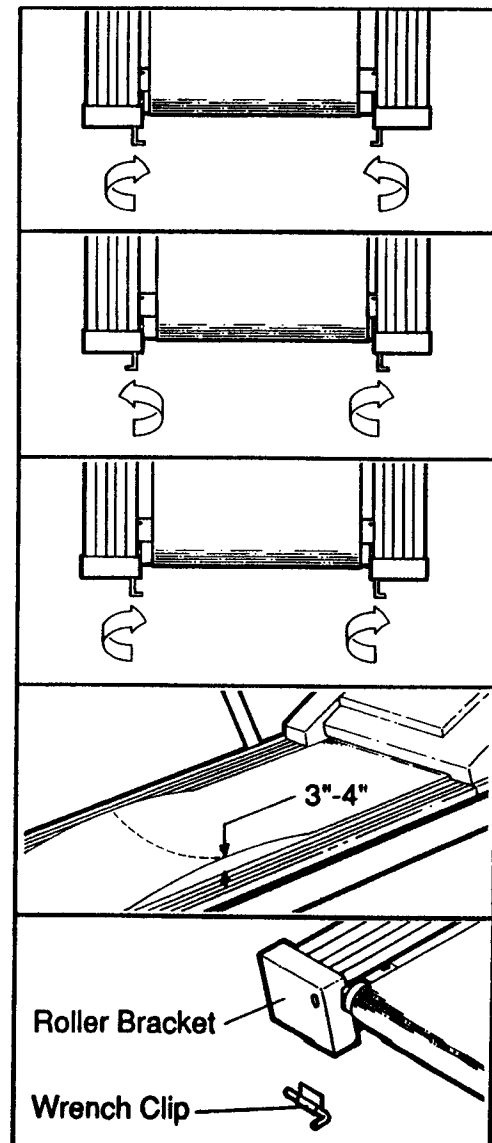
**IF THE WALKING BELT HAS SHIFTED TO THE LEFT: TURN THE POWER OFF.** Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.

**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.

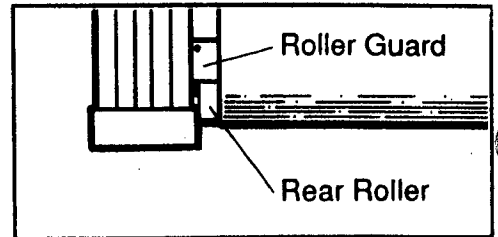
To check the walking belt for proper tension, **TURN THE POWER OFF**, and lift the edges of the walking belt. You should be able to lift each edge 3-4 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

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



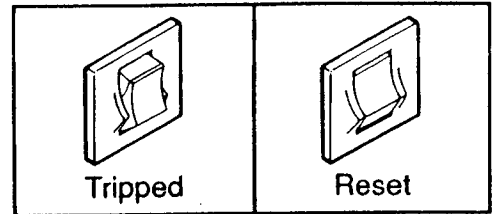
## ROLLER GUARD ADJUSTMENT

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.



## 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.

## STORAGE

Unplug the power cord. Remove the bolt and nut from the lower end of the side rail, and disconnect the side rail. Loosen the lock knob, and lower the upright post onto the walking belt.

# 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**.

# PART LIST- Model No. PF624010

Rev. 10/91

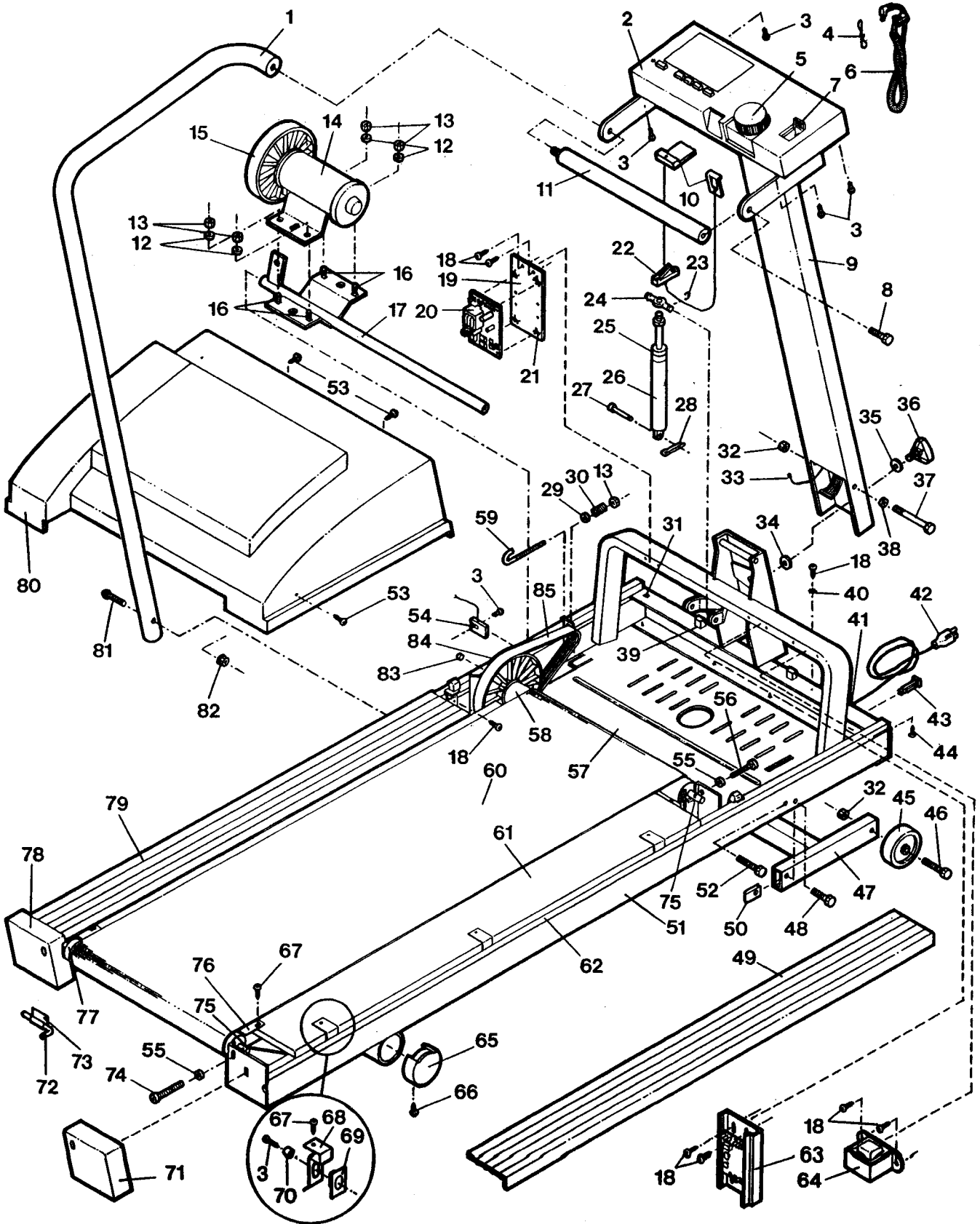
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Side Rail	44	12	Plastic Pin
2	1	Console	45	2	Front Wheel
3	11	Screw	46	2	Wheel Bolt
4	1	Clothes Clip	47	1	Incline Leg
5	1	Speed Dial	48	2	Leg Bolt
6	1	Pulse Earclip	49	1	Right Foot Rail
7	1	Incline Control	50	2	U-Nut
8	1	Handrail Bolt	51	1	Frame
9	1	Upright Post	52	2	Swivel Shaft Bolt
10	1	Safety Key/Clip	53	4	Hood Screw
11	1	Handrail	54	1	Sensor Wire/Reed Switch
12	4	Motor Mount Washer	55	3	Adjustment Washer
13	5	Motor Mount Nut	56	1	Front Roller Adjustment Bolt
14	1	Motor	57	1	Safety Cover
15	1	Pulley/Flywheel/Fan	58	1	Front Roller/Pulley
16	4	Motor Mount Bolt	59	1	J-Bolt
17	1	Motor Mount Swivel Shaft	60	1	Walking Belt
18	11	Mounting Screw	61	1	Walking Platform
19	1	Power Supply Plate	62	2	High Density Foam
20	1	Power Supply	63	1	Controller
21	4	Plastic Stand-off	64	1	Choke
22	1	Lift Cylinder Release	65	1	Rear Leg Endcap
23	1	E-Clip	66	2	Rear Leg Screw
24	1	Cylinder Mount Bracket	67	8	Platform Screw
25	1	Lift Cushion	68	6	Platform Clamp
26	1	Lift Cylinder	69	6	Platform Clamp Bushing
27	1	Cylinder Pin	70	6	Small Bushing
28	1	Cotter pin	71	1	Right Endcap
29	1	Tension Washer	72	1	Allen Wrench
30	1	Tension Spring	73	1	Wrench Clip
31	4	Wire Clip	74	2	Rear Roller Adjustment Bolt
32	3	Locknut	75	3	Roller Spacer
33	1	Incline Cable	76	2	Roller Guard
34	1	Upright Spacer	77	1	Rear Roller
35	1	Lock Knob Washer	78	1	Left Endcap
36	1	Lock Knob	79	1	Left Foot Rail
37	1	Pivot Bolt	80	1	Motor Hood/Decal
38	2	Pivot Washer	81	1	Side Rail Bolt
39	4	Hood Anchor	82	1	Side Rail Nut
40	1	Ground Washer	83	1	Magnet
41	1	Grommet	84	1	Front Roller Insert
42	1	Power Cord	85	1	Belt
43	1	Circuit Breaker	#	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. PF624010

Rev. 10/91

Specifications are subject to change without notice.



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## **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 (PF624010).
2. The **NAME** of the product (Pro Form 624 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.