

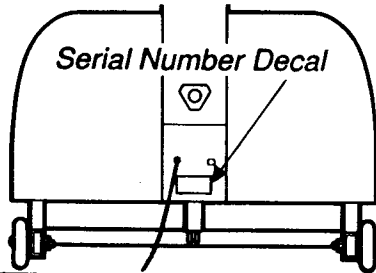
8 MPH MOTIVATIONAL FITNESS TRAK **822-EXP**™

1.25 HORSEPOWER DC MOTOR • CALORIE/PULSE MONITOR • AUTO INCLINE

PRO-FORM®

Model No. PF822020

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.

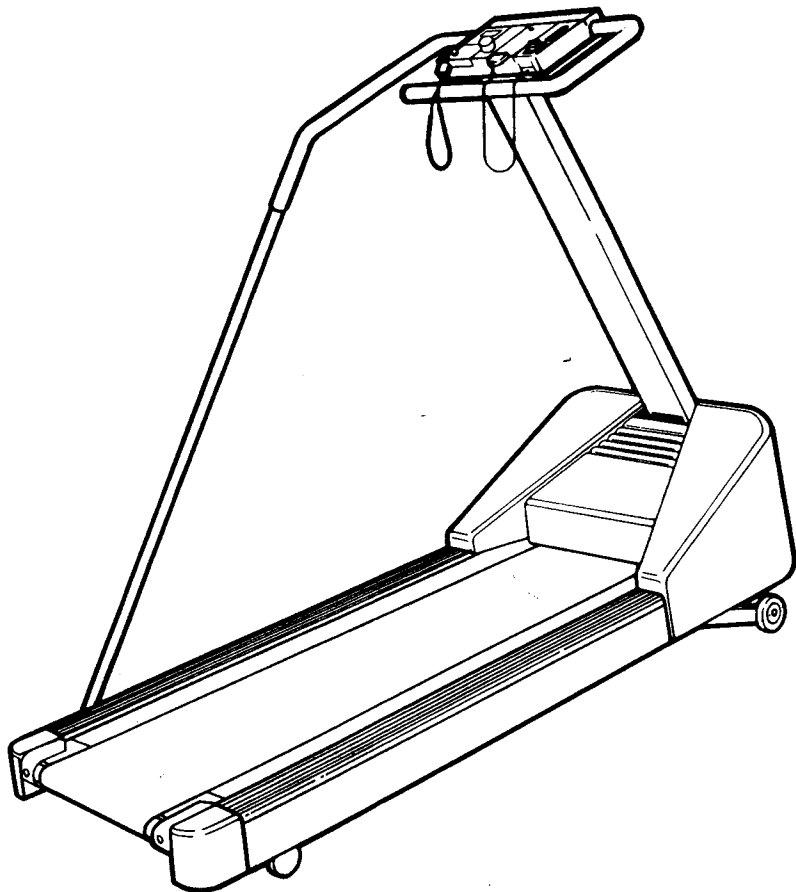
The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

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 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 handrail 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.
12. This treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

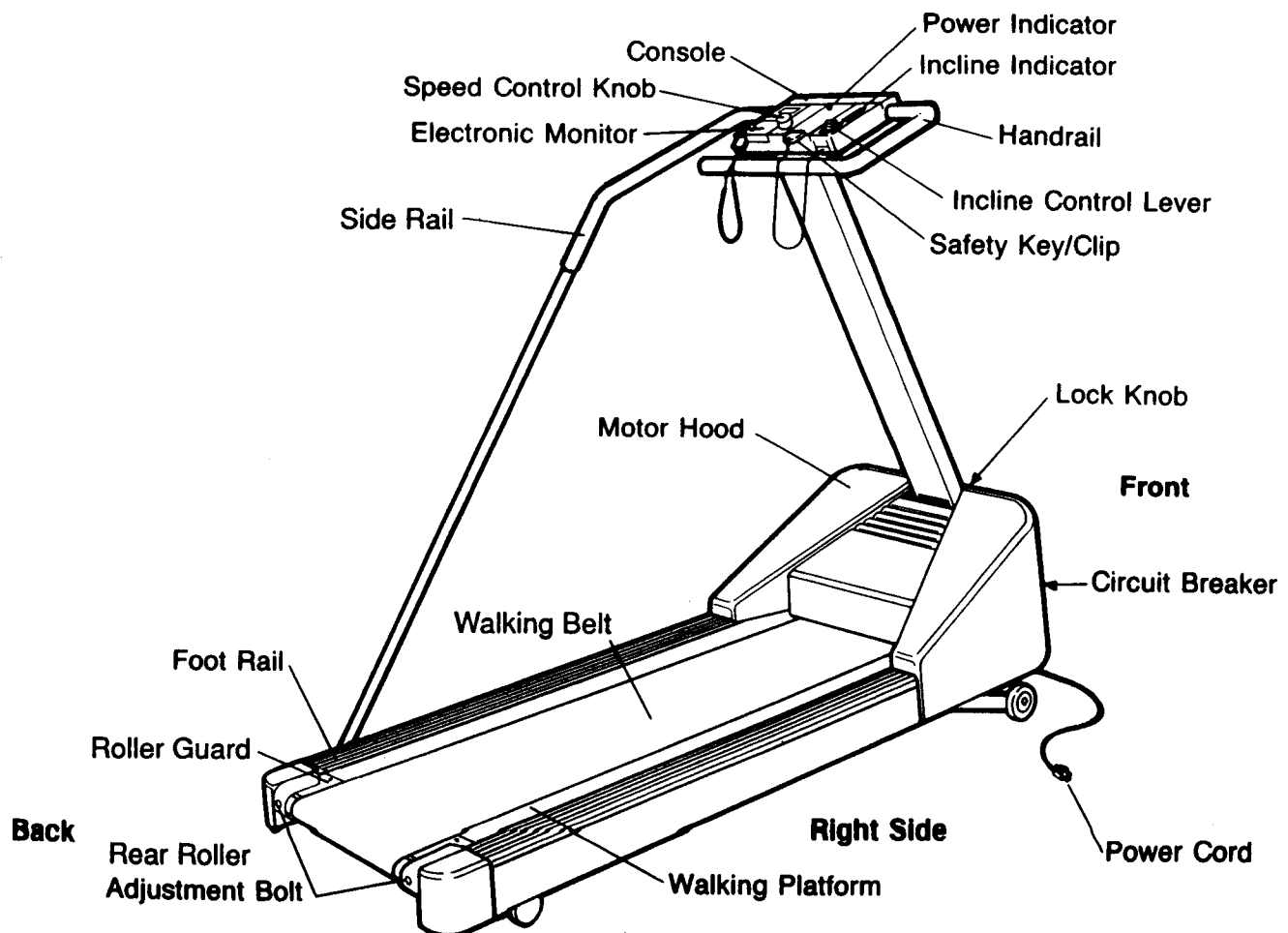
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Pro Form assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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BEFORE YOU BEGIN

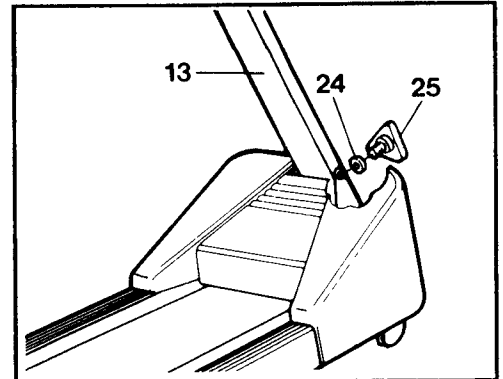
Thank you for selecting the Pro Form 822 EXP treadmill. The 822 EXP combines state-of-the-art technology with innovative design, to let you enjoy an excellent form of cardiovascular exercise at your convenience, in the privacy of your home. **For your safety and benefit, read this manual carefully before using 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). 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 is recorded on a decal attached to the product (see the drawing on the front cover for the location). Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



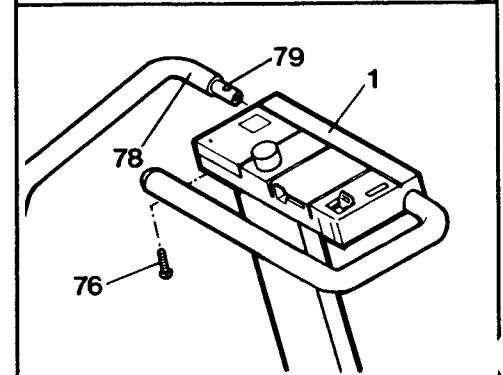
ASSEMBLY

Set the treadmill in a cleared area and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Please read each step carefully before beginning.

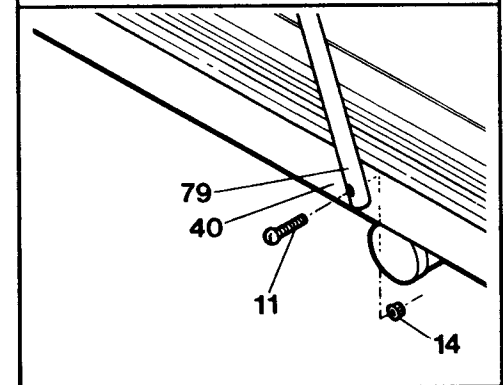
1. Raise the Upright Post (13) to a vertical position. Insert the Lock Knob (25), with the Lock Knob Washer (24), into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Side Rail (79) into the opening in the left side of the Console (1). Insert the Short Side Rail Bolt (76) 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 (78) slightly.



3. Align the hole in the lower end of the Side Rail (79) with the hole in the Frame (40). Insert the Long Side Rail Bolt (11) through the Side Rail and Frame. Reach under the Frame and thread the Side Rail Nut (14) 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.

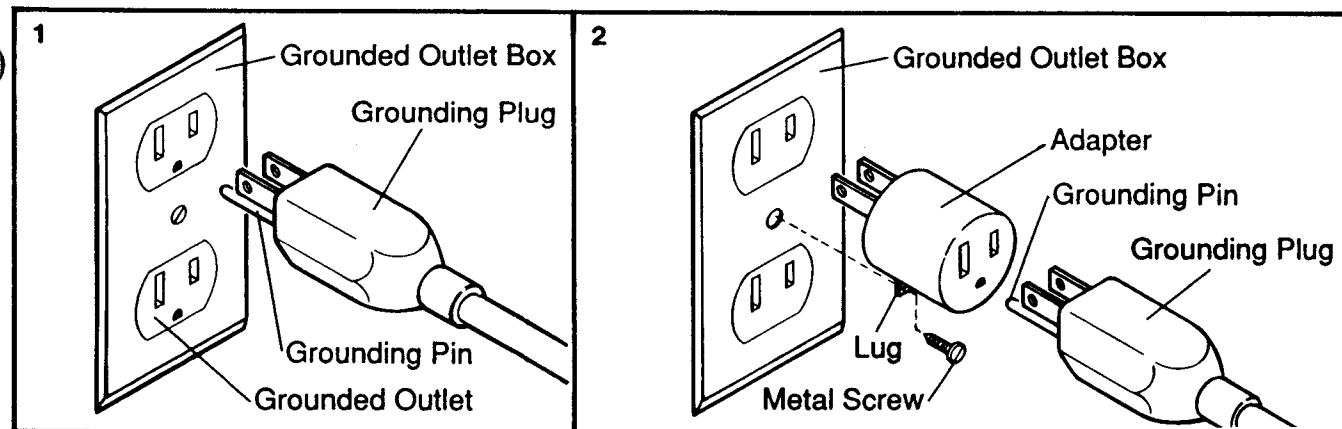
OPERATION AND ADJUSTMENT

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.**

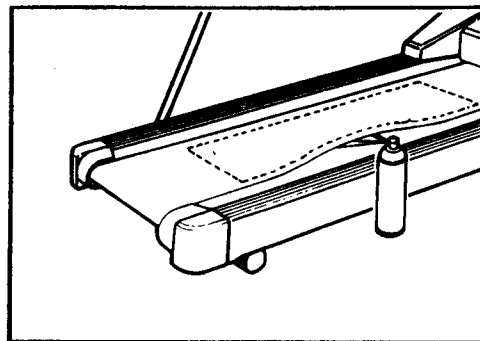
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, 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 reduce the friction of the walking belt and prevent excessive wear on the treadmill, a non-oil, non-petroleum-base silicone lubricant should be applied to the walking platform. **Lubricant should be applied before initial use of the treadmill. UNPLUG THE POWER CORD,** lift each side of the walking belt and spray lubricant generously onto the area indicated. Lubricant should also be applied after every 10 hours of use or whenever treadmill performance decreases. (Uni-Sport silicone spray is recommended. Lubricant is sold at most hardware and automotive stores.)



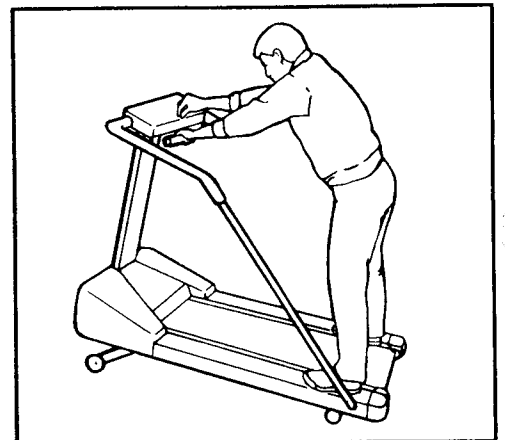
TREADMILL OPERATION

Read the instructions below before starting the treadmill.

1. Step onto the foot rails and hold the side rail with a firm grip.
2. Attach the clip on the safety key to the waistband of your clothing. Insert the safety key into the console. To turn the power on, move the key to the right. The power indicator will light.
IMPORTANT: Always wear the clip when operating the treadmill. If you fall while wearing the clip, the key will be pulled from the console, instantly turning the power off.
3. Turn the speed control 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, and remove the key from the console.

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. There is an indicator above the lever to measure the incline of the treadmill.



ELECTRONIC MONITOR OPERATION

Refer to the Electronic Monitor Operation Guide accompanying this manual.

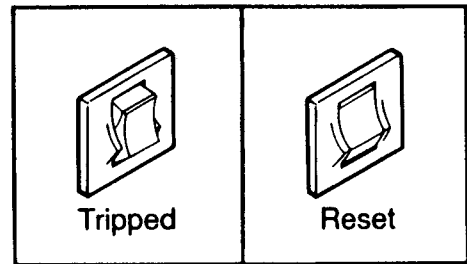
TROUBLE-SHOOTING AND STORAGE

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

- a. 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.)

- b. Insert the safety key into the console and move the key to the right. The power indicator should light.
- c. 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 five minutes, **MOVE THE SAFETY KEY TO THE OFF POSITION** and push the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. 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, allow the treadmill to cool for five minutes, **MOVE THE SAFETY KEY TO THE OFF POSITION** and push the switch back in. (See the drawing above.)
- b. Make sure the power cord is plugged in.
- c. Remove the safety key from the console. Wait for ten seconds and then reinsert the safety key fully into the console and move the key to the right. The power indicator should light.

3. SYMPTOM: THE ELECTRONIC MONITOR DOES NOT FUNCTION PROPERLY

- a. Check the battery in the electronic monitor (see the Electronic Monitor Operation Guide). Most problems are the result of a weak battery.

4. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- a. Make sure the pulse earclip is plugged fully into the jack on the monitor. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- b. 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.
- c. 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.

5. SYMPTOM: THE INCLINE INDICATOR NEEDS TO BE ADJUSTED

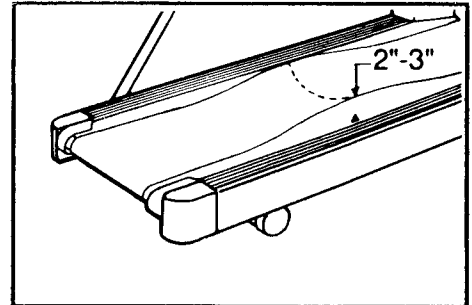
- a. Lower the treadmill fully. (See OPERATION AND ADJUSTMENT in this manual for incline adjustment instructions.) Gently press the ends of the indicator, using a pen or similar object, until the bubble in the indicator shows level 1.

6. SYMPTOM: THE TREADMILL DOES NOT INCLINE

- a. Stand at the back of the foot rails while increasing the incline. Stand at the front of the foot rails and lean forward while decreasing the incline. (See OPERATION AND ADJUSTMENT in this manual.)

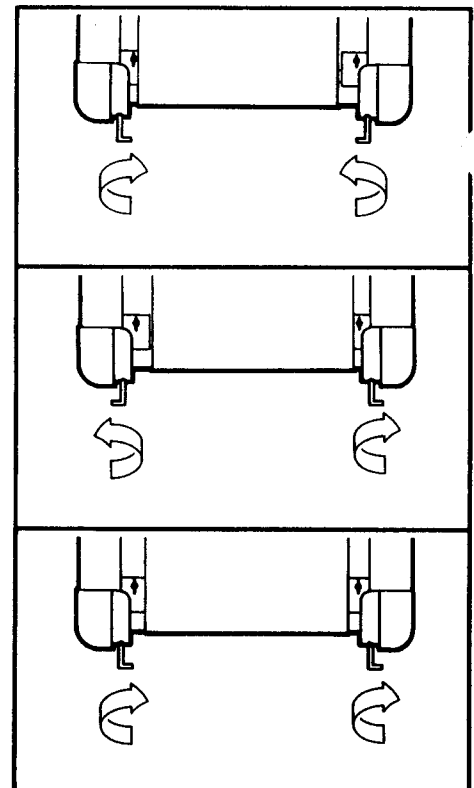
7. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- 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 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.



8. 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 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. Remove the bolts and nut from the side rail. Keep the bolts and nut in a secure location. Remove the lock knob and washer, and lower the upright post onto the walking belt. Lay the side rail on the treadmill. Remove the battery from the electronic monitor when storing.

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, your heart rate can be increased gradually 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 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. PF822020

Rev. 2/92

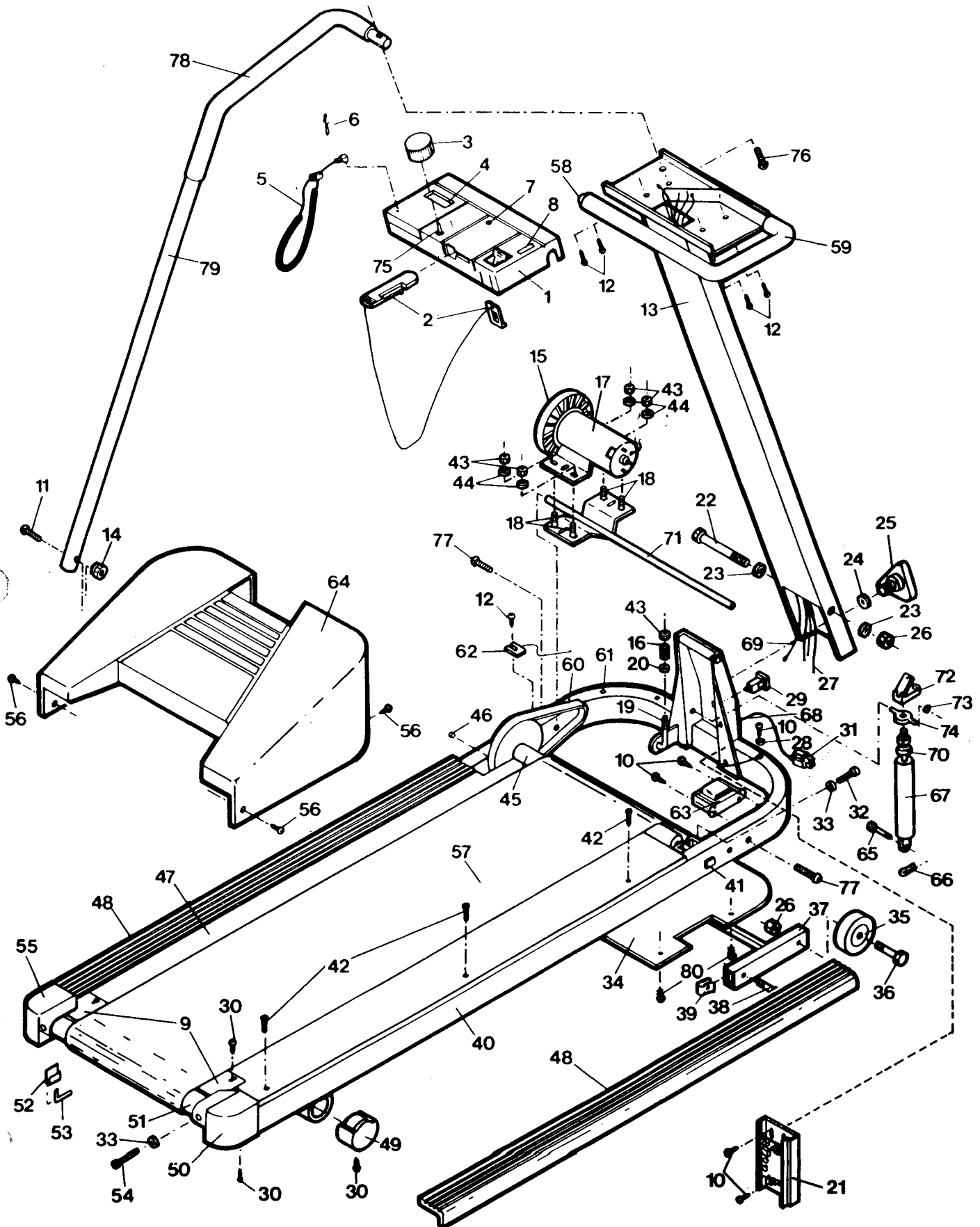
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console Assembly	42	6	Platform Screw
2	1	Safety Key/Clip	43	5	Motor Nut
3	1	Speed Control Knob	44	4	Motor Washer
4	1	Electronic Monitor	45	1	Front Roller/Pulley
5	1	Pulse Earclip	46	1	Sensor Magnet
6	1	Clothes Clip	47	1	Walking Platform
7	1	Power Indicator	48	2	Foot Rail
8	1	Incline Indicator	49	2	Rear Leg Endcap
9	2	Roller Guard	50	1	Right Roller Bracket
10	5	Small Screw	51	1	Rear Roller
11	1	Long Side Rail Bolt	52	1	Wrench Clip
12	5	Mounting Screw	53	1	Allen Wrench
13	1	Upright Post	54	2	Rear Roller Adj. Bolt
14	1	Side Rail Nut	55	1	Left Roller Bracket
15	1	Pulley/Flywheel/Fan	56	4	Motor Hood Screw
16	1	Motor Tension Spring	57	1	Walking Belt
17	1	Motor	58	1	Handrail Endcap
18	4	Motor Bolt	59	1	Handrail Foam Grip
19	1	J-Bolt	60	1	Belt
20	1	Tension Spring Washer	61	3	Sensor Wire Clip
21	1	Controller	62	1	Sensor Wire/Reed Switch
22	1	Upright Bolt	63	1	Choke
23	2	Upright Washer	64	1	Motor Hood/Decal
24	1	Lock Knob Washer	65	1	Shock Pin
25	1	Lock Knob	66	1	Cotter Pin
26	3	Locknut	67	1	Shock
27	1	On/Off Wire	68	1	Grommet
28	1	Star Washer	69	1	Shock Release Cable
29	1	Circuit Breaker	70	1	Shock Cushion
30	6	Screw	71	1	Swivel Shaft
31	1	Power Cord	72	1	Shock Release
32	1	Front Roller Adj. Bolt	73	1	Push Nut
33	3	Adjustment Washer	74	1	Shock Mounting Bracket
34	1	Safety Cover	75	1	Speed Pot. Assembly
35	2	Front Wheel	76	1	Short Side Rail Bolt
36	2	Wheel Bolt	77	2	Swivel Shaft Bolt
37	1	Lift Frame	78	1	Side Rail Foam Grip
38	2	Lift Frame Bolt	79	1	Side Rail/Foam Grip
39	2	U-Nut	80	12	Plastic Pin
40	1	Frame	#	1	Monitor Operation Guide
41	4	Hood Cushion	#	1	Owner's Manual

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. PF822020

Rev. 2/92

Specifications are subject to change without notice.



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling 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 (PF822020).
2. The NAME of the product (Pro Form 822 EXP).
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 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