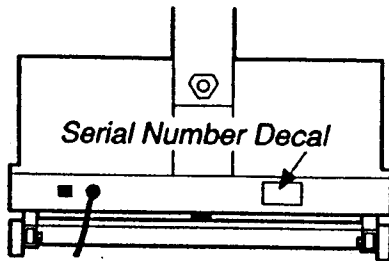


0-8.0 MPH PROGRAMMABLE SPEED
PRO-FORM® 824·EXP™

AUTO INCLINE • 1.25 HORSEPOWER DC MOTOR • CUSHION DECK

Model No. PF824020

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.

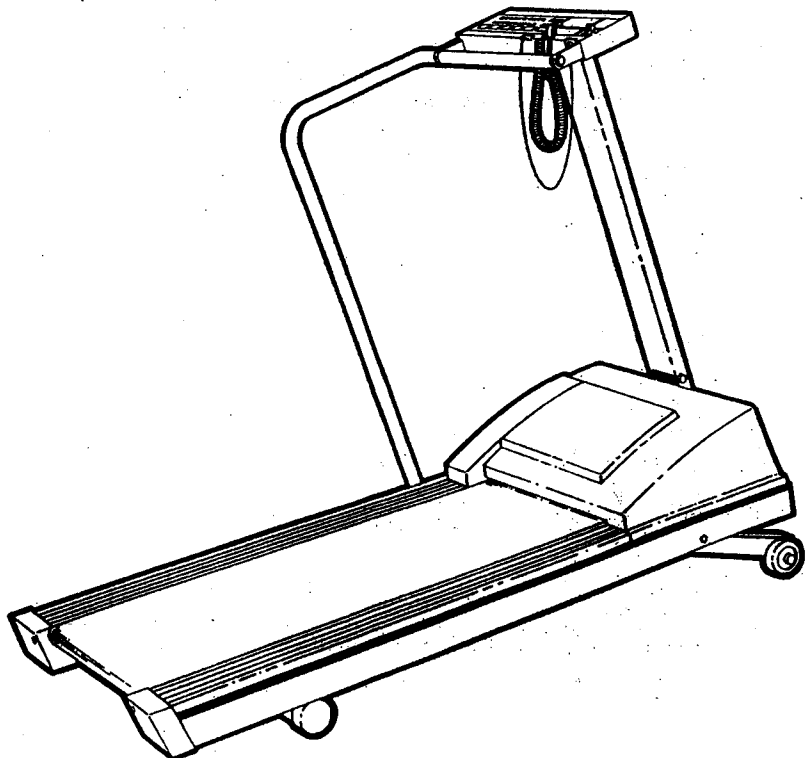
TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

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

Proform Fitness Products, Inc. ("PROFORM"), 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. PROFORM's obligation under this warranty is limited to replacing or repairing, at PROFORM's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by PROFORM 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 PROFORM. 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 PROFORM authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PROFORM.

PROFORM 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.

PROFORM FITNESS PRODUCTS, INC., 1500 S. 1000 W., LOGAN UT 84321-9813

0-8.0 MPH PROGRAMMABLE SPEED

PRO-FORM® 824•EXP™

AUTO INCLINE • 1.25 HORSEPOWER DC MOTOR • CUSHION DECK

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WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM 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 appliances 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. (See 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 at all times. 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.

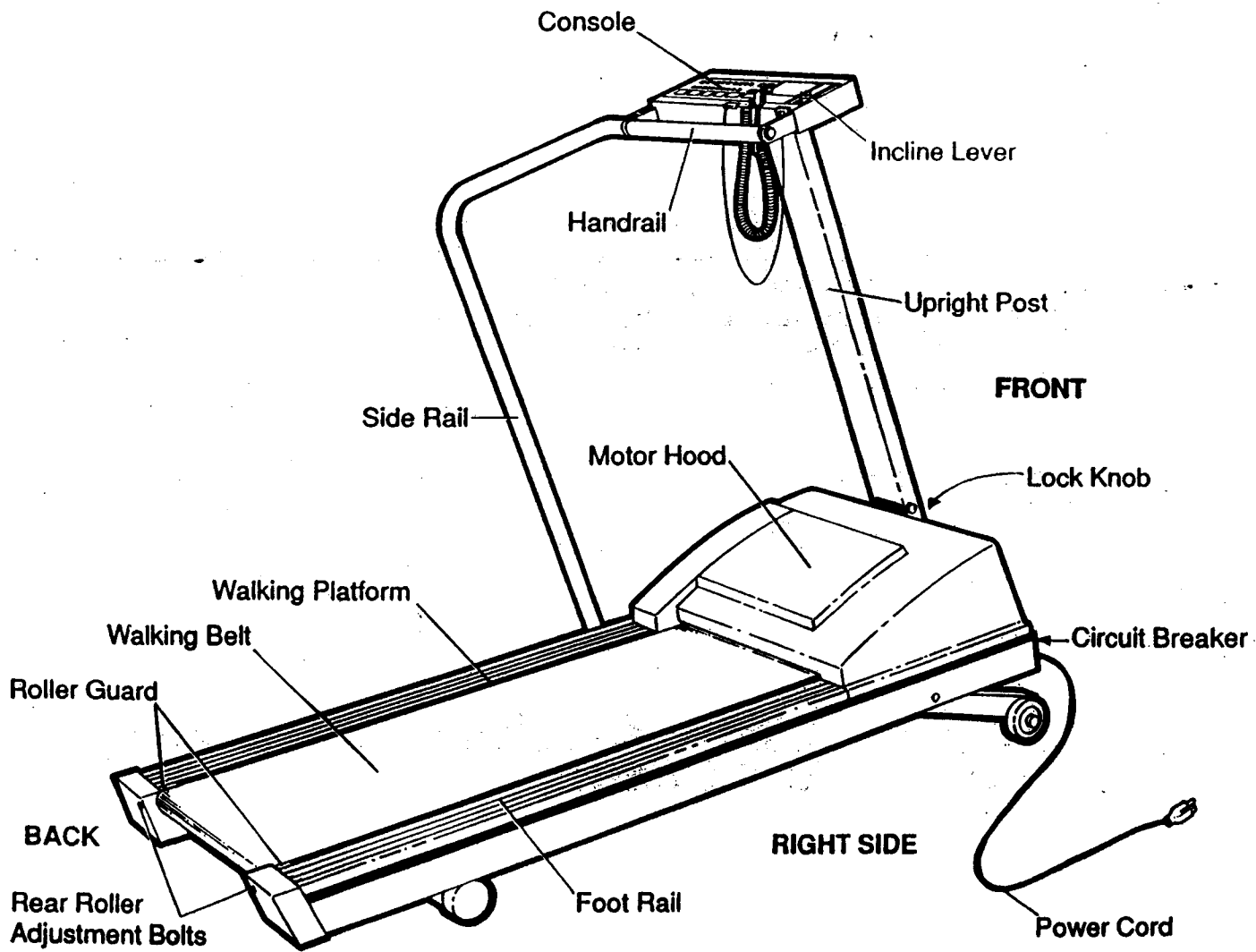
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 824 EXP treadmill. The 824 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 824 EXP will be enhanced by such features as an oversized running surface, a key-activated power switch, electronic speed control and a programmable exercise computer.

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).

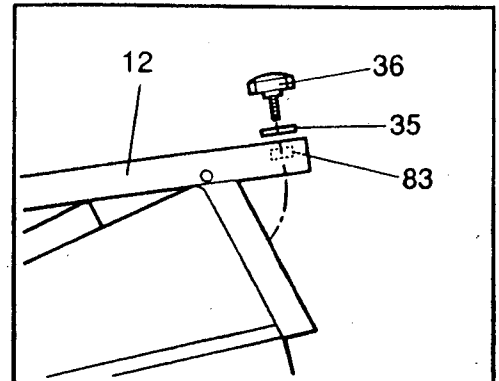
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



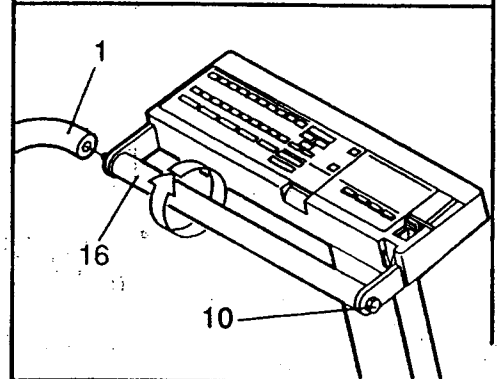
ASSEMBLY

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.**

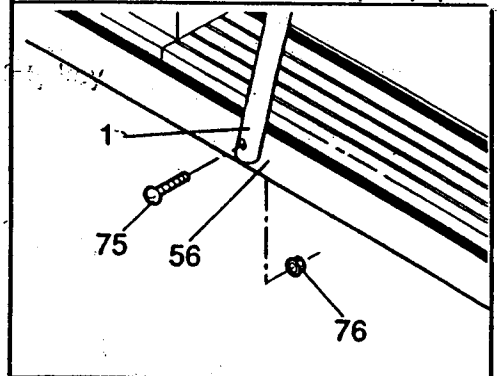
1. Insert the Lock Knob (36), with the Lock Knob Washer (35), into the Upright Post (12). Place the Upright Spacer (83) on the end of the Lock Knob. Hold the Spacer in place and raise the Upright Post to a vertical position. **Be careful not to pinch your fingers.** Turn the Lock Knob clockwise until 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 (16). 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 [10] 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 (56). Insert the Side Rail Bolt (75) through the Side Rail and Frame. Reach under the Frame and tighten the Side Rail Nut (76) onto the end of the Bolt. Tighten the Lock Knob (see step).



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

OPERATION AND ADJUSTMENT

MAINTENANCE-FREE WALKING PLATFORM

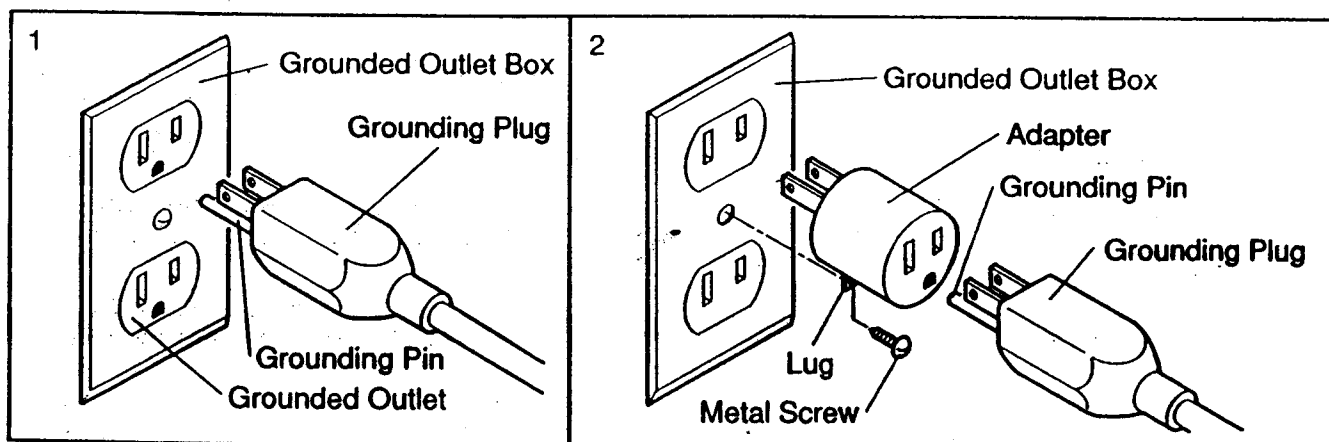
This treadmill features a walking platform coated with a specially-designed hydrocarbon slip agent. **Do not apply silicone spray or any other substances to the walking platform or the walking belt. Such substances will deteriorate the surface of the walking platform and cause excessive wear.** Walk on the treadmill for 10 minutes to break in the walking platform. During this break-in period, it is normal for the walking belt to slow.

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.**

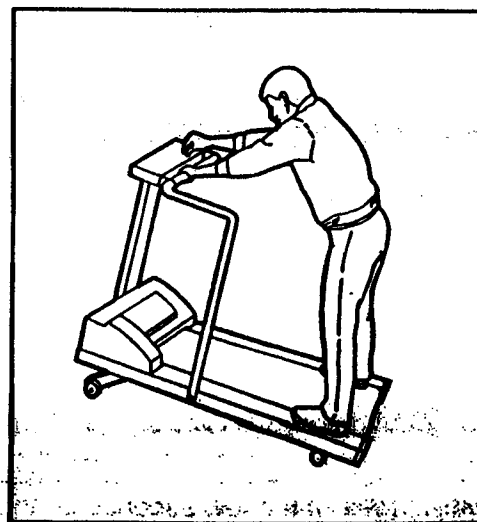
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, 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 (Drawing 1) 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.



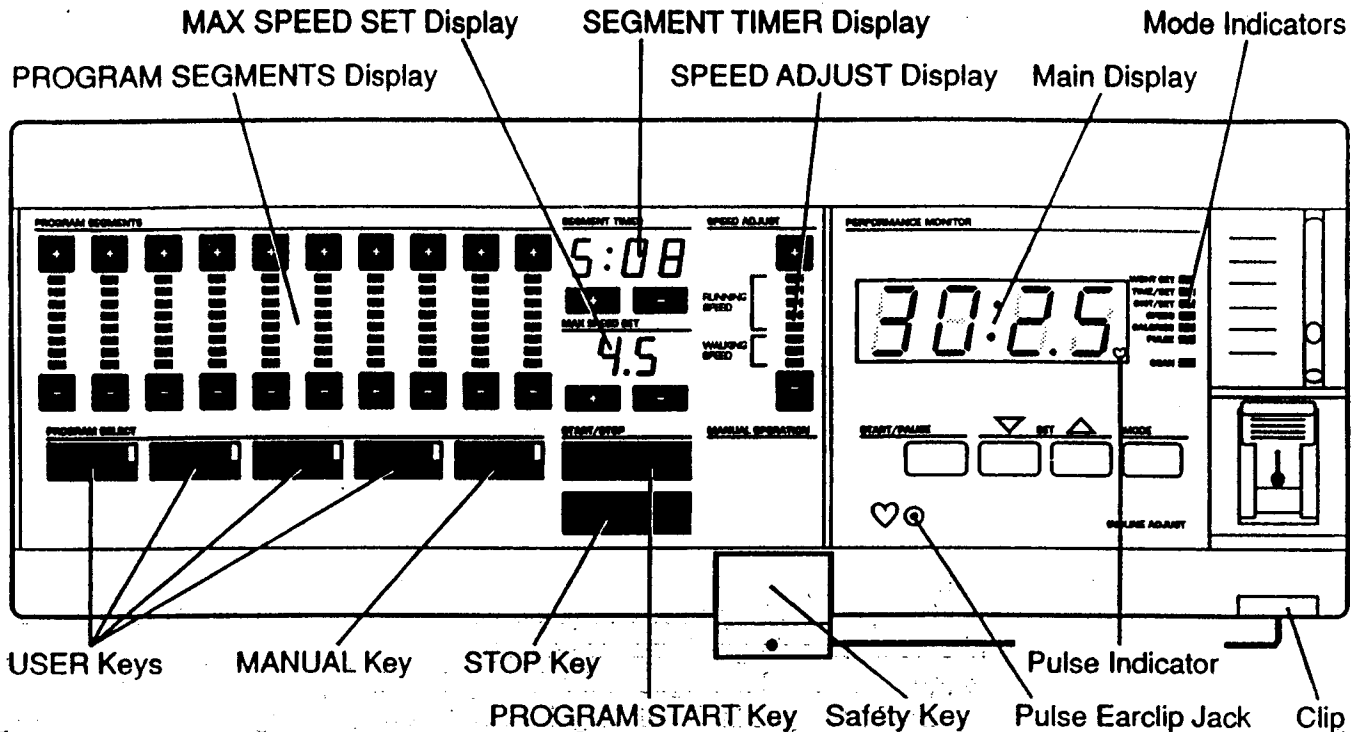
INCLINE ADJUSTMENT

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.



CONSOLE DIAGRAM

Please read all instructions carefully before operating the console.



TURNING THE POWER ON

Stand on the foot rails of the treadmill. **CAUTION: Do not stand on the walking belt while turning the power on.**

There is a clip attached by a cord to the safety key. Attach the clip to your waistband. **CAUTION: Always wear the clip when operating the treadmill. If you fall while exercising, the safety key will be pulled from the console, instantly turning the power off.**

Insert the safety key into the slot in the front of the console. The main display and various indicators on the console will light. **NOTE: If you remove the safety key from the console, wait for ten seconds for the microprocessor to power down before reinserting the key.**

MANUAL SPEED MODE

When the power is turned on, the console will be in the manual mode and the walking belt will be stopped. The speed of the walking belt can be controlled using the plus (+) and minus (-) keys in the SPEED ADJUST display. Each time the plus key is pressed, a tone will sound and the speed will increase. Every fourth time the key is pressed, an additional indicator will light. The key can be held down to increase the speed quickly. The minus key functions in the same manner to decrease the speed. **CAUTION: After a key is pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed gradually until you are familiar with the treadmill.**

Press the plus key until the walking belt begins to move at slow speed, and step carefully onto the walking belt. Adjust the speed as desired using the plus and minus keys. To stop the walking belt, hold down the minus key. The walking belt can be stopped quickly, if desired, by pressing the STOP key. It will take a few seconds for the walking belt to stop fully.

PROGRAM SPEED MODE

In the program mode, the speed of the walking belt will be controlled automatically by programs you create. Up to four different programs can be stored simultaneously in the console's memory, and recalled for future workouts. To create a program, first press one of the four USER keys.

Next, set the maximum speed you want the walking belt to move during the program by pressing the plus (+) or minus (-) keys beneath the MAX SPEED SET display. Each time one of the keys is pressed, the maximum speed setting will change by 0.5 miles per hour. The setting must be at least 4.0 miles per hour.

Each program is divided into ten equal time periods, called "segments." The speed of the walking belt will change automatically at the beginning of each segment. Ten speed settings should now be programmed on the PROGRAM SEGMENTS display. The display consists of ten vertical segments, each with a plus (+) and minus (-) key and eight indicators. One speed setting can be programmed on each segment. The indicators in each segment show the speed setting of that segment. If one indicator is lighted, the segment is programmed for the minimum speed setting. If all eight indicators are lighted, the segment is programmed for the maximum speed setting. If a program has not previously been created, four indicators will be lighted in each segment. To program a speed setting on the first segment (at far left), press the plus or minus keys in that segment. Each time the plus key is pressed, a tone will sound and the speed setting will increase. Every fourth time the plus key is pressed, an additional indicator will light. The plus key can be held down to program a speed setting quickly. The minus key functions in the same manner to decrease the speed setting. After a speed setting is programmed on the first segment, program speed settings on the remaining nine segments in the same manner. You may wish to program a low speed setting on the first segment for a warm-up, a combination of higher settings on the middle segments, and a low setting on the final segment for a cool-down. An endless variety of "profiles" can be created.

Next, set the length of time you want each segment to last by pressing the plus (+) or minus (-) keys beneath the SEGMENT TIMER display. (All ten segments will last for the same length of time.) Each time one of the keys is pressed, the length of time displayed will change by 10 seconds. The keys can be held down to set the desired length of time quickly. The segments can be set to last for a minimum of 30 seconds, up to a maximum of 9 minutes, 50 seconds.

When you are ready to start the program, press the PROGRAM START key. The lighted indicators in the first program segment will begin to flash. After a few seconds, the walking belt will begin to move at the speed setting of the first segment. Step carefully onto the walking belt and begin your workout. The SEGMENT TIMER display will show the time remaining in the first segment. When no time remains, the lighted indicators in the second segment will begin to flash. The speed of the walking belt will change to the setting of the second segment, and the SEGMENT TIMER display will show the time remaining in the second segment. When all ten segments have been completed, the walking belt will slow to a stop and the program will end. NOTE: The walking belt can be stopped before the program has ended, if desired, by pressing the STOP key. The console will then be in the same state as if the program had ended.

CAUTION: If you wish to change any program settings after the program has started, press the STOP key and then make the desired changes. Press the PROGRAM START key to restart the program. Do not change any settings while the program is running, or the speed of the walking belt may increase suddenly.

After the program has ended, the console can be switched to the manual mode by pressing the MANUAL key. The current settings of the program segments will be stored in the console's memory, and can be recalled or changed for future workouts. NOTE: The settings will be stored as long as the power cord remains plugged in; when the power cord is unplugged, the settings will be erased.

SELECTING MONITOR MODES

The console features seven different modes to monitor your exercise. The modes can be selected by pressing the MODE key. Indicators will light to show which mode you have selected. Press the START/PAUSE key to start and stop the modes. The mode indicators will flash when the modes are stopped. The seven modes are described below:

WEIGHT SET: When the power is turned on, the WEIGHT SET mode will be selected automatically. For the CALORIE mode to be accurate, your weight must be entered into the console. Press the SET keys to enter your weight. Each time one of the keys is pressed, the weight displayed will change by 5 pounds. The keys can be held down to enter your weight quickly. **NOTE: Your weight must be entered immediately after the safety key is inserted. If necessary, remove the safety key and then reinsert it to enter your weight.**

TIME/SET: This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, the TIME/SET mode must be selected. (Be sure the SCAN mode is not selected.) Be sure the mode is stopped, and press the SET keys to enter the length of time you plan to exercise. Each time one of the keys is pressed, the length of time displayed will change by 1 second. The keys can be held down to set a time goal quickly. When the mode is started, the time will be counted down. When the time goal is completed, a tone will sound until the START/PAUSE key is pressed. **NOTE: Set time goals only when the console is in the manual mode. When the console is in the program mode, the treadmill will be controlled by the SEGMENT TIMER.**

DISTANCE/SET: This mode displays the distance you have traveled, in miles. This mode also allows distance goals to be set. To set a distance goal, the DISTANCE/SET mode must be selected. (Be sure the SCAN mode is not selected.) Be sure the mode is stopped, and press the SET keys to enter the distance you plan to travel. Each time one of the keys is pressed, the distance displayed will change by 0.01 mile. The keys can be held down to set a distance goal quickly. When the mode is started, the distance will be counted down as you exercise. When the distance goal is completed, a tone will sound until the START/PAUSE key is pressed. **NOTE: Set distance goals only when the console is in the manual mode.**

SPEED: This mode displays the speed of the walking belt, in miles per hour.

CALORIES: This mode displays the number of Calories you have burned. For an accurate count, your weight must be entered into the console.

PULSE: This mode displays your heart rate. 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. When your pulse is detected, the heart-shaped pulse indicator on the console will flash. After a few seconds, your heart rate will be displayed. **Note: If your heart rate is not displayed, try rubbing your ear lobe and repositioning the earclip.**

SCAN: This mode displays the TIME/SET, DISTANCE/SET, SPEED, CALORIES and PULSE modes, for approximately five seconds each, in a repeating cycle.

TURNING THE POWER OFF

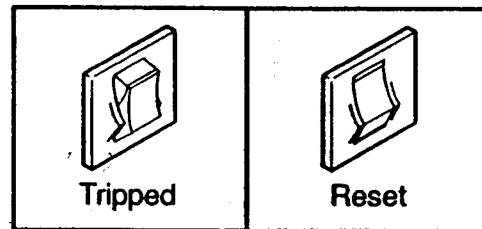
To turn the power off, remove the safety key from the console. The key can be kept in a secure location to prevent unauthorized persons from operating the treadmill. **NOTE: Each time the safety key is removed from the console, wait for ten seconds for the microprocessor to power down before reinserting the key. If the key is reinserted without waiting, the console may lock up. If this happens, unplug the power cord, wait for ten seconds and then plug the power cord back in.**

TROUBLE-SHOOTING AND MAINTENANCE

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

- 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, wait for five minutes and then press 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. Various indicators on the console should light.

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- a. 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.
- 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.

4. SYMPTOM: THE CONSOLE LOCKS UP

- a. Unplug the power cord, wait for 10 seconds, and plug the power cord back in. Each time the safety key is removed from the console, wait for 10 seconds before reinserting the key.

5. SYMPTOM: THE TREADMILL DOES NOT INCLINE

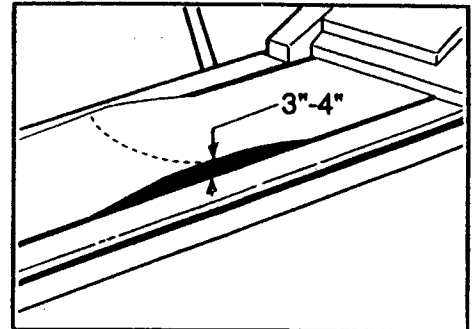
- a. Stand at the back of the foot rails while increasing the incline. Stand at the front of the foot rails while decreasing the incline. (See OPERATION AND ADJUSTMENT in this manual.)

6. SYMPTOM: THE INCLINE INDICATOR NEEDS TO BE ADJUSTED

- a. Lower the treadmill fully. (See OPERATION AND ADJUSTMENT in this manual.) Using the eraser of a pencil, press the ends of the indicator very gently until the bubble is at level 1.
CAUTION: The indicator is made of glass, and can break if pressed too hard. Wear safety goggles for eye protection.

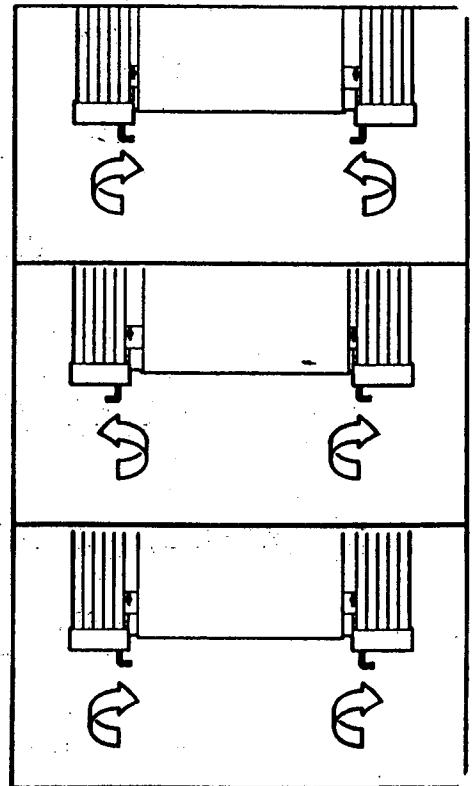
7. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. The walking platform has a break-in period of 5 to 10 minutes. During this period a drop in speed is normal.
- 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 and the walking belt permanently damaged. **TURN THE POWER OFF.** Turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. Repeat 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 3-4 inches 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 3-4 inches 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.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity can be found by using your 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 known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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 months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure 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 too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 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. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other post-exercise problems.

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

PART LIST—Model No. PF824020

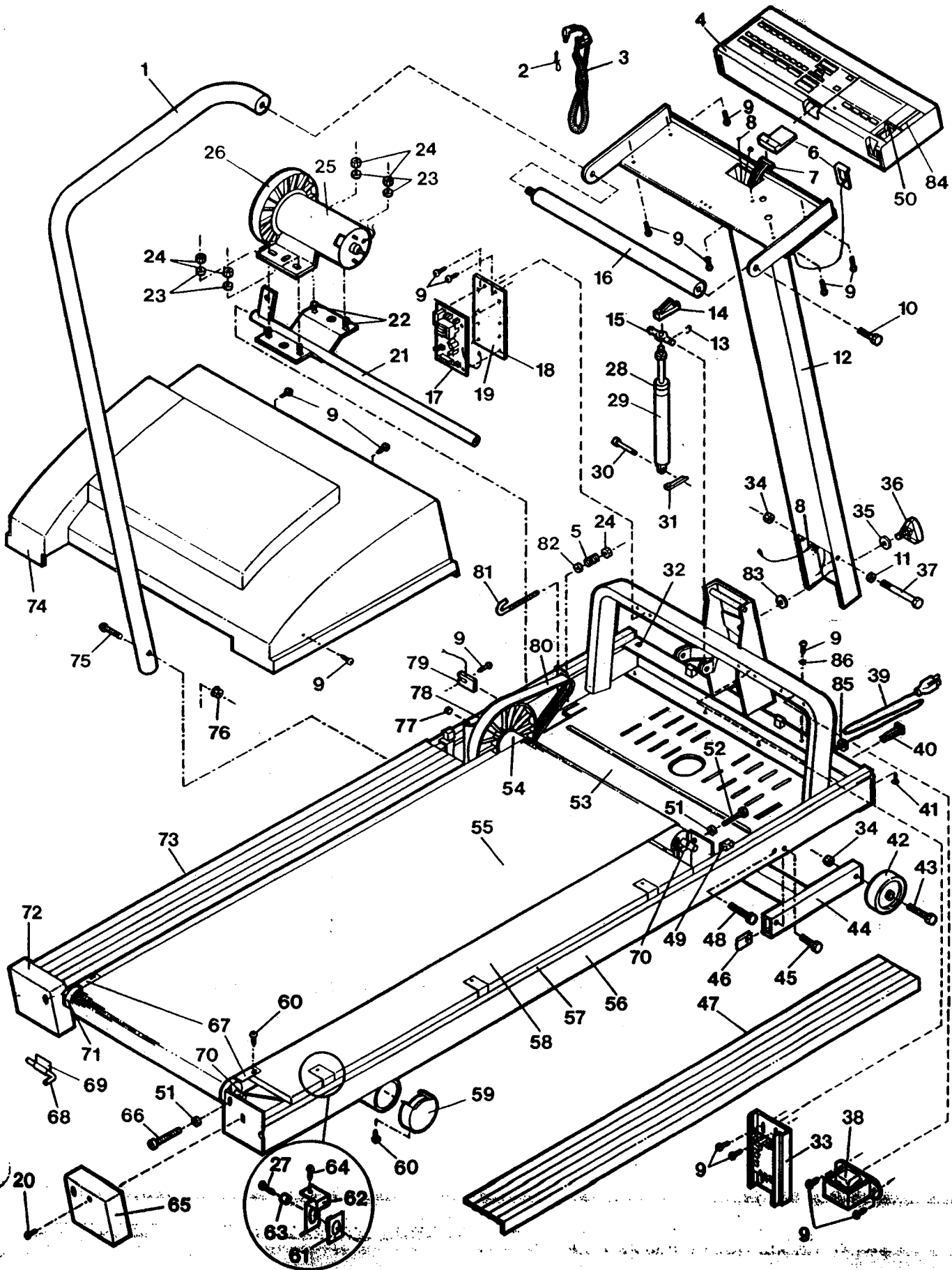
Rev. 7/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Side Rail	45	2	Incline Leg Bolt
2	1	Clothes Clip	46	2	U-Nut
3	1	Pulse Earclip	47	1	Right Foot Rail
4	1	Console	48	2	Swivel Shaft Bolt
5	1	Tension Spring	49	4	Hood Anchor
6	1	Safety Key/Clip	50	1	Incline Lever
7	1	Wire Harness	51	3	Adjustment Washer
8	1	Incline Cable	52	1	Front Roller Adjustment Bolt
9	17	Screw	53	1	Safety Cover
10	1	Handrail Bolt	54	1	Front Roller/Pulley
11	2	Flat Washer	55	1	Walking Belt
12	1	Upright Post	56	1	Frame
13	1	E-Clip	57	2	High Density Foam
14	1	Lift Cylinder Release	58	1	Walking Platform
15	1	Cylinder Mount Bracket	59	2	Rear Leg Endcap
16	1	Handrail	60	4	Guard Screw/Rear Leg Screw
17	1	Link/Isolation Board	61	6	Platform Clamp Bushing
18	4	Plastic Standoff	62	6	Platform Clamp
19	1	Plate	63	6	Small Bushing
20	2	Endcap Screw	64	6	Platform Screw
21	1	Motor Mount Swivel Shaft	65	1	Right Endcap
22	4	Motor Mount Bolt	66	2	Rear Roller Adjustment Bolt
23	4	Motor Mount Washer	67	2	Roller Guard
24	5	Motor Mount Nut	68	1	Allen Wrench
25	1	Motor	69	1	Wrench Clip
26	1	Pulley/Flywheel/Fan	70	3	Roller Spacer
27	6	Platform Clamp Screw	71	1	Rear Roller
28	1	Lift Cushion	72	1	Left Endcap
29	1	Lift Cylinder	73	1	Left Foot Rail
30	1	Cylinder Pin	74	1	Motor Hood w/Decal
31	1	Cotter Pin	75	1	Side Rail Bolt
32	4	Wire Clip	76	1	Side Rail Nut
33	1	Controller	77	1	Magnet
34	3	Locknut	78	1	Front Roller Insert
35	1	Lock Knob Washer	79	1	Reed Switch/Wire
36	1	Lock Knob	80	1	Belt
37	1	Pivot Bolt	81	1	J-Bolt
38	1	Choke	82	1	Tension Washer
39	1	Power Cord	83	1	Upright Spacer
40	1	Circuit Breaker	84	1	Incline Indicator
41	12	Plastic Pin	85	1	Grommet
42	2	Wheel	86	2	Ground Washer
43	2	Wheel Bolt	#	1	Owner's Manual
44	1	Incline Leg			

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. PF824020

Rev. 7/92



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 (PF824020).
2. The NAME of the product (PROFORM® 824 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.