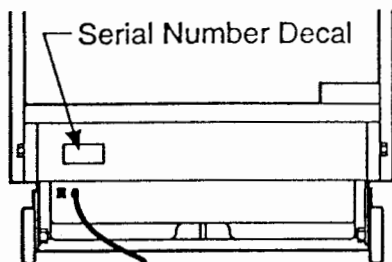


PRO-FORM®

930

Model No. PF930032

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.

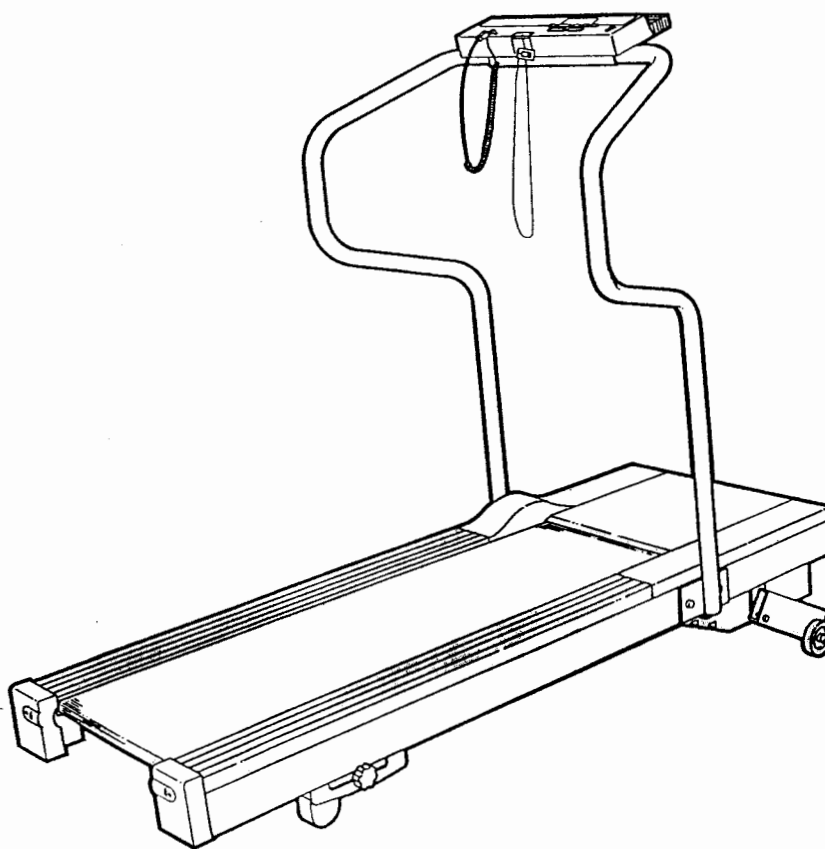
CUSTOMER HOT LINE:

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

PRO·FORM®

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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.

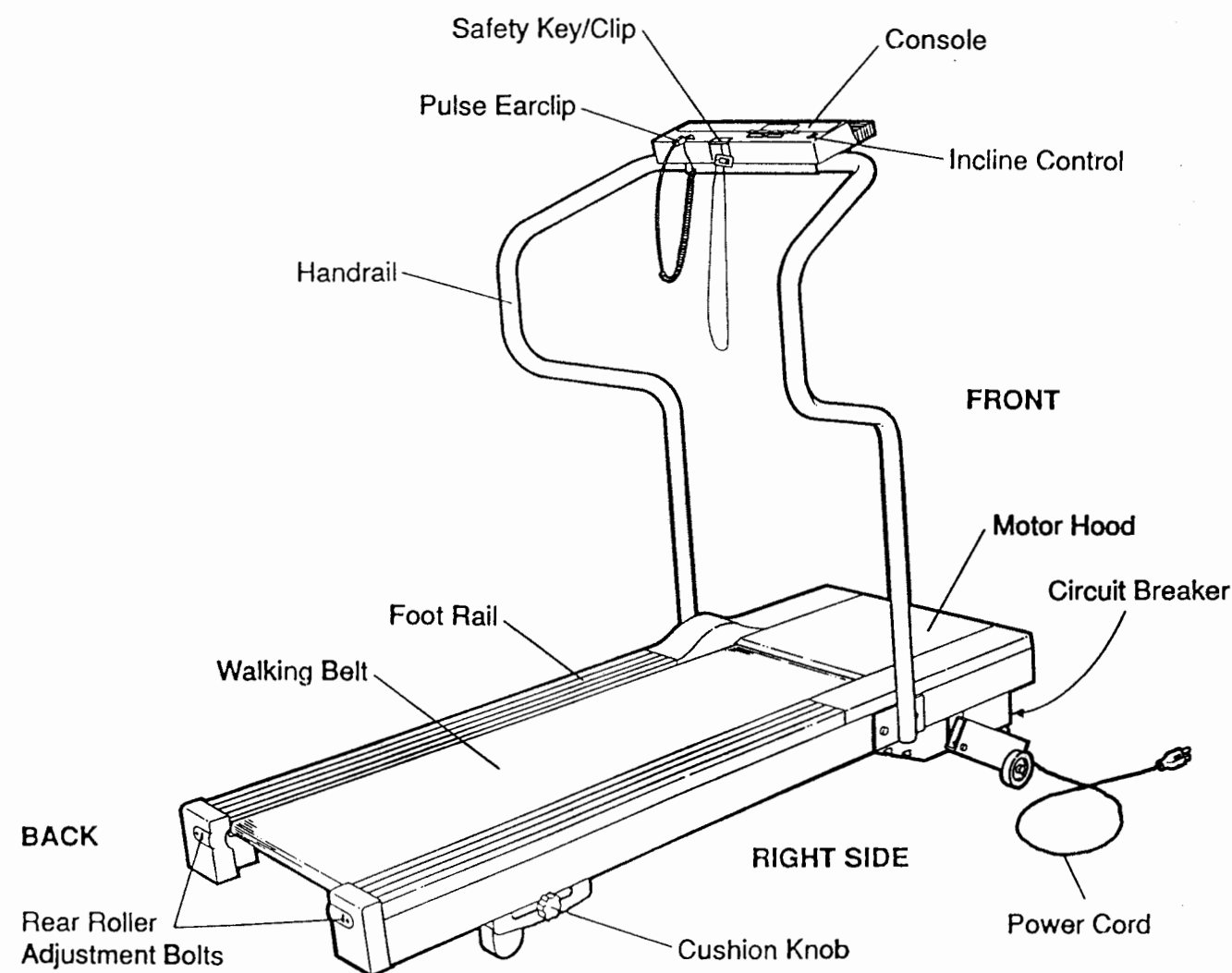
1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on any surface that blocks an air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see OPERATION AND ADJUSTMENT in this manual), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less 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 BEFORE YOU BEGIN in this manual if the treadmill is not working properly.)
4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic 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. 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.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. Never allow more than one person on the treadmill at a time. The treadmill should not be used by persons weighing more than 250 pounds.
8. 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.
9. Never drop or insert any object into any opening.
10. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
11. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.
12. Use the treadmill only as described in this manual.
13. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover 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.

BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 930 treadmill. The PROFORM 930 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and 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 note the product model number and serial number before calling. The model number of the treadmill is PF930032. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

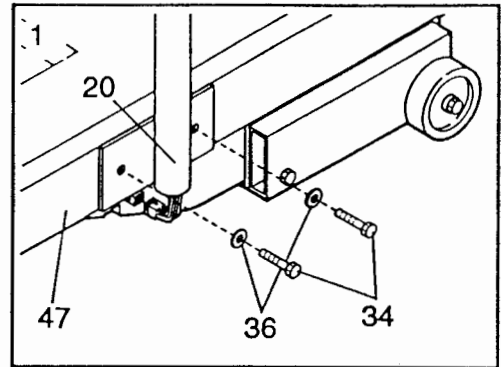


ASSEMBLY

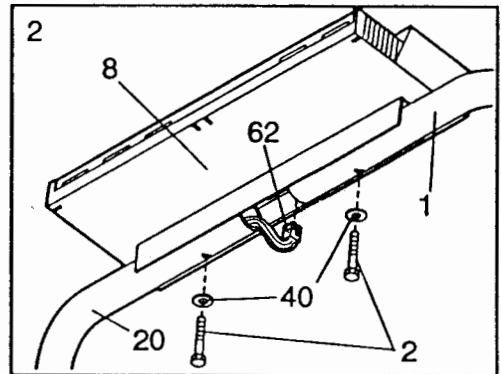
Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires an 8" adjustable wrench** .

1. Align the lower end of the Right Handrail (20) with the indicated holes in the side of the treadmill Frame (47). Attach the Handrail with two of the four Handrail Bolts (34) and Handrail Washers (36). **Be careful not to pinch the wires in the Handrail.** Do not fully tighten the Bolts yet.

Attach the Left Handrail (not shown) in the same manner.

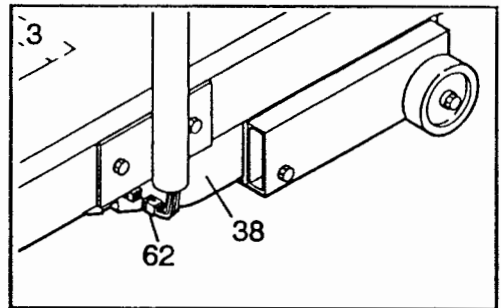


2. Place the Console (8) on the upper ends of the Left and Right Handrails (1, 20) as shown. Pull the end of the Handrail Wire Harness (62) out of the Right Handrail and plug the Handrail Wire Harness into the connector on the underside of the Console (8). The small latch on the Harness should snap onto the connector. If the Harness does not fit easily, turn it; do not force the Harness into the connector. Attach the Console (8) with the two Console Bolts (2) and Flat Washers (40). **Be careful not to damage the wires in the Handrail.** Do not fully tighten the Bolts yet.

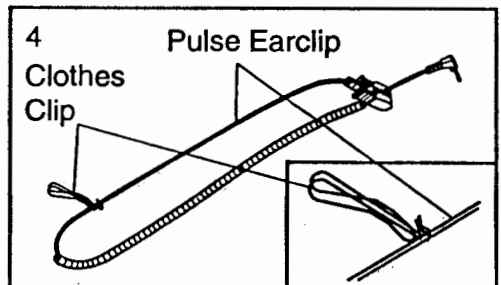


3. Plug the lower end of the Handrail Wire Harness (62) into the connector on the right side of the Belly Pan (38). The small latch on the Harness should snap onto the connector. If the Harness does not fit easily, turn it; do not force the Harness into the connector.

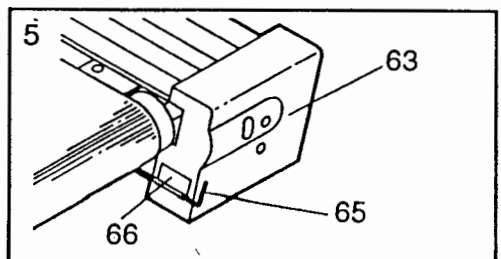
Firmly tighten the Bolts on the lower and upper ends of both Handrails (not shown).



4. Slide the metal Clothes Clip onto the Pulse Earclip in the indicated location. The use of the Pulse Earclip is explained in the SELECTING MONITOR MODES section on pages 9 and 10.



5. Remove the backing from the Wrench Clip (66), and press it onto the Right Endcap (63) in the indicated location. Press the Allen Wrench (65) into the Wrench Clip.



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

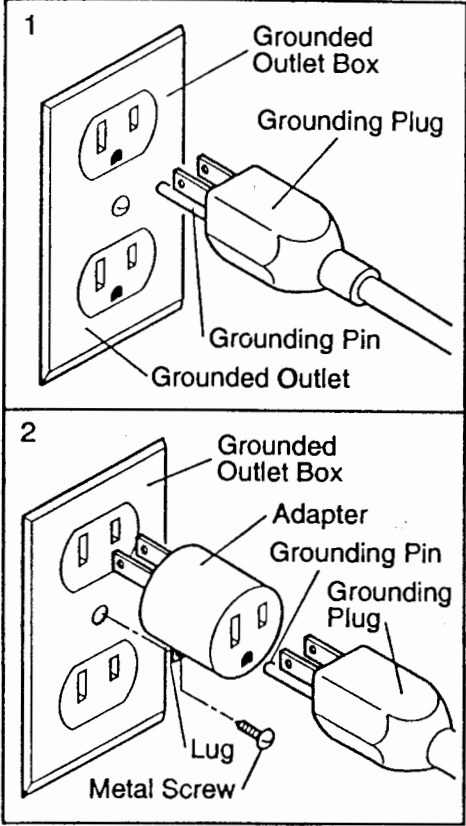
OPERATION AND ADJUSTMENT

PLUGGING IN THE POWER CORD

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. **Plug the power cord 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.**

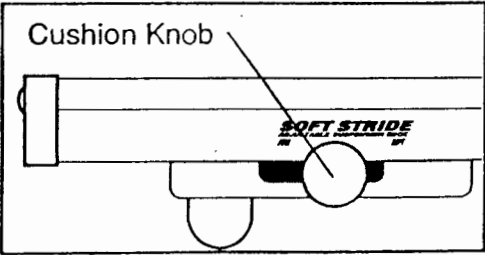


BREAKING IN THE WALKING PLATFORM

Your treadmill features a maintenance-free walking platform with a special hydrocarbon coating. **The walking platform must be broken in completely so the coating impregnates the walking belt.** Follow the instructions below to break in the walking platform. (See page 9 for instructions about adjusting the incline and speed of the treadmill.) Adjust the incline of the treadmill to the highest setting. Next, adjust the speed of the walking belt to about 3 or 4 miles per hour. Hold the handrail and begin walking on the treadmill. Be sure to step on all areas of the walking belt—not only on the center. The walking belt may slow or stop as you walk. Continue for 5 to 10 minutes, or until the walking belt no longer slows as you walk. Note: If the walking belt stops and an "EEEE" appears on the console, remove the safety key, wait for 10 seconds, and then re-insert the safety key. **IMPORTANT: Never apply silicone spray or other substances to the walking platform or the walking belt. They will deteriorate the walking platform and cause excessive wear.**

CUSHION LEVEL ADJUSTMENT

For a softer cushion level as you exercise, turn the cushion knob counterclockwise. For a firmer cushion level, turn the knob clockwise. Note: The faster you run on the treadmill, the firmer the cushion level should be. If the cushion level is too soft, the treadmill will bounce excessively.



CONSOLE OPERATION

The heart of the treadmill is the innovative OPTIONS base console. The OPTIONS base console features a safety key-operated power switch, a large, easy-to-read LED display, convenient push-button speed controls and a multiple-mode exercise monitor. And the OPTIONS base console is modular—up to three different modules (not included) can be added to give you even more options!

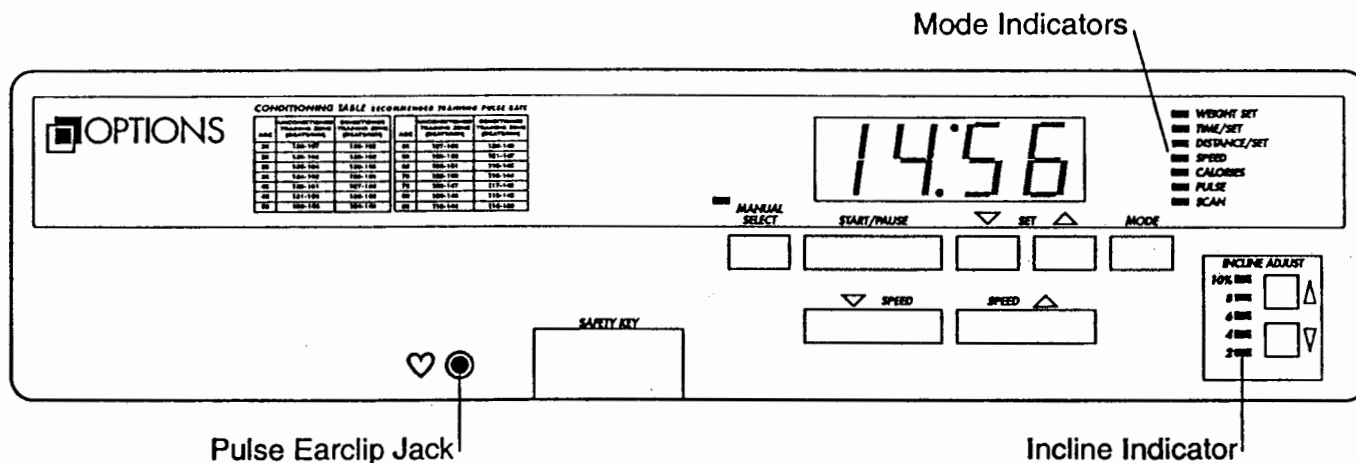
By adding the state-of-the-art VIDEO TRACK™ module, the base console can be connected to your TV and VCR for exciting and motivating workouts. A videocassette will take you on a tour of some of the most breathtaking scenery in America, while the module controls the treadmill automatically to simulate the terrain you are viewing.

Keep videocassettes at least two feet away from the treadmill motor hood. Treadmill motors contain magnets which can damage videocassettes.

The powerful TRACK FIVE™ module offers five preset workout programs, each designed to give you a different type of workout. Simply select one of the programs, set the length of time that you plan to exercise and choose a workout intensity level. The TRACK FIVE module will control the treadmill automatically as it guides you through an invigorating cardiovascular workout.

The versatile PERSONAL TRAINER PLUS™ module lets you create an endless variety of custom workout programs. Up to four programs can be stored in memory at the same time, and recalled for future workouts. The module is also compatible with PERSONAL TRAINER programs. Just connect the module to your telephone, and give PERSONAL TRAINER a call. Your PERSONAL TRAINER will provide you with a workout program designed to help you achieve the specific results you want, and load the program into the module using the special telephone hook-up provided.

For more information, see **ORDERING REPLACEMENT PARTS** on the back cover of this manual.



MANUAL SELECT BUTTON—This button switches the base console to the manual mode. Note: This button is needed only when modules are used with the base console.

START/PAUSE BUTTON—This button stops the walking belt. Note: This button both starts and stops the walking belt when modules are used with the base console.

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

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

SPEED BUTTONS—These buttons are used to control the speed of the walking belt.

TURNING THE POWER ON

Plug the power cord in. (See PLUGGING THE POWER CORD IN on page 7 for proper grounding instructions.)

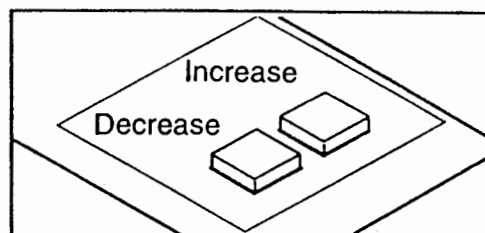
Step onto the foot rails of the treadmill. Find the clip attached by a cord to the safety key. Slide the clip onto your waistband.

▲WARNING: Do not stand on the walking belt when turning the power on. Always wear the clip when operating the treadmill; if you fall, the safety key will be pulled from the base console, instantly turning off the power.

Insert the safety key into the base console. NOTE: If the safety key is in the console when the power cord is plugged in, a "PO" may appear on the display. If a "PO" appears, remove the safety key, wait for ten seconds and then reinsert the safety key.

INCLINE ADJUSTMENT

To vary the intensity of your exercise, the incline of the treadmill can be adjusted using the buttons on the right side of the console. Each time one of the buttons is pressed, the incline will change by 1%. Indicators will light to show the current incline setting.



MANUAL SPEED MODE

When the power is turned on, the walking belt will be stationary. The speed of the walking belt can be controlled with the SPEED buttons. The minimum speed setting is 0.5 miles per hour. Each time one of the buttons is pressed, the speed will change by 0.1 mile per hour. The buttons can be held down to change the speed quickly.

As the buttons are pressed, the base console will display the speed setting you have selected. The base console will then display the actual speed of the walking belt, until the walking belt reaches the selected speed setting.

▲WARNING: After the SPEED buttons are 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 operation of the treadmill.

To stop the walking belt, hold down the SPEED decrease button. The walking belt can be stopped quickly, if desired, by pressing the START/PAUSE button.

SELECTING MONITOR MODES

The base console offers a wide selection of monitor modes to give you instant feedback on your performance as you exercise. The modes can be selected by repeatedly pressing the MODE button. Indicators will light to show which mode is currently displayed. The display can be reset, if desired, by removing the safety key and then reinserting it. The monitor modes are described below.

WEIGHT SET: For the CALORIES mode to be accurate, your weight should be entered into the base console. Select the WEIGHT SET mode and then press the SET buttons to enter your weight. Each time one of the buttons is pressed, the weight displayed will change by 1 pound. 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. (Make sure the SCAN mode is not 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. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound. The base console will then display the time elapsed since the goal was completed. Note: Time goals can be set only when the base console is in the manual mode.

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. (Make sure the SCAN mode is not 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 0.2 miles. The buttons can be held down to set a distance goal quickly. As you exercise, the distance will be counted down. When the distance goal is completed, a tone will sound. The console will then display the distance you have traveled since the goal was completed. Note: Distance goals can be set only when the base console is in the manual mode.

SPEED: This mode displays the speed of the walking belt. Note: Each time one of the SPEED buttons is pressed, this mode will be displayed automatically for approximately 5 seconds.

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

PULSE: This mode displays your heart rate. Plug the pulse earclip into the jack on the base console, and attach the earclip to your left ear lobe. Slide the metal clothes clip that is attached to the pulse earclip onto your collar. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, rub your ear lobe lightly and reposition the earclip.

SCAN: This mode automatically displays all modes except WEIGHT SET, for approximately 3 seconds each, in a repeating cycle. Note: The PULSE mode will be displayed only if the pulse earclip is worn.

TURNING OFF THE POWER

Stand on the foot rails of the treadmill. Remove the safety key from the base console.

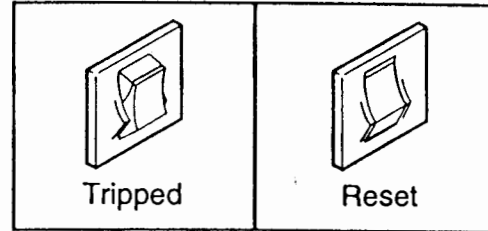
▲ WARNING: Always remove the safety key from the base console when you finish exercising.

TROUBLE-SHOOTING AND STORAGE

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

- 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.
- After the power cord has been plugged in, make sure the safety key is fully inserted into the base console. Various indicators on the base console should light. (See OPERATION AND ADJUSTMENT in this manual.)
- 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, 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 circuit breaker has tripped, the switch will protrude. (See the drawing above.) To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Make sure the power cord is plugged in.
- Remove the safety key from the base console. Reinsert the safety key fully into the base console. Various indicators on the base console should light.

3. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- If a console malfunction occurs, an error code ("PO" or "EEEE") may appear on the display. If an error code appears, remove the safety key, wait for ten seconds and then reinsert the safety key. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

4. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

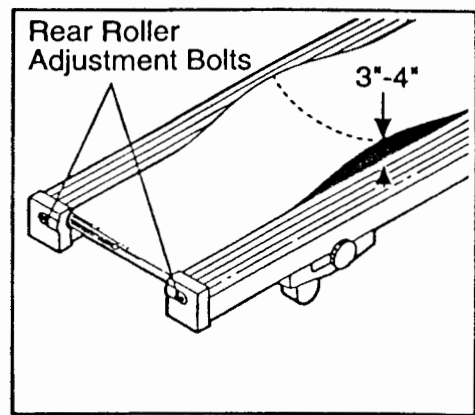
- Make sure the pulse earclip is plugged fully into the jack on the console. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- Try standing still while measuring your pulse.
- The pulse earclip may need to be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

⚠ 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.

5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

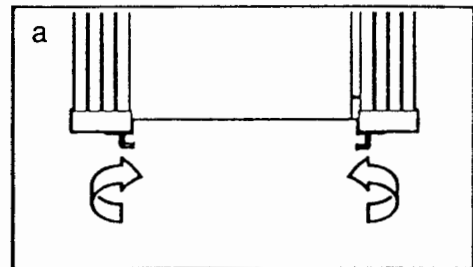
- The first time you use the treadmill, walk on the entire surface of the walking belt for 10 minutes to break in the walking platform. During this initial break-in period, it is normal for the walking belt to slow.
- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

- c. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, 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 just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

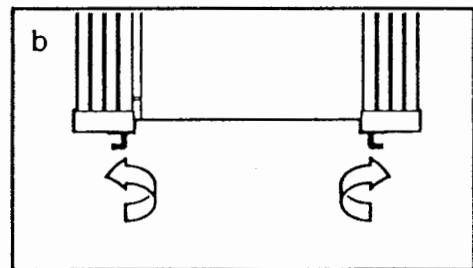


6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

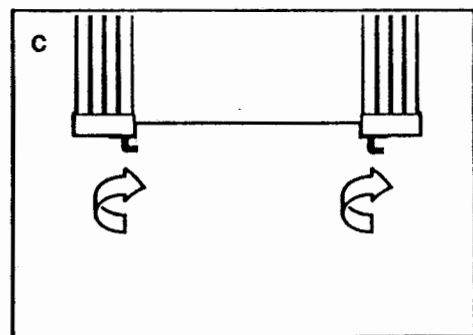
- a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, 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 just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



STORAGE

Unplug the power cord when the treadmill is not in use. Remove the bolts and washers from the lower ends of the handrails. Keep the bolts and washers in a secure location. Carefully lay the handrails and console on the treadmill. **Be careful not to pinch the wires in the handrail.**

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 level 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.

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.

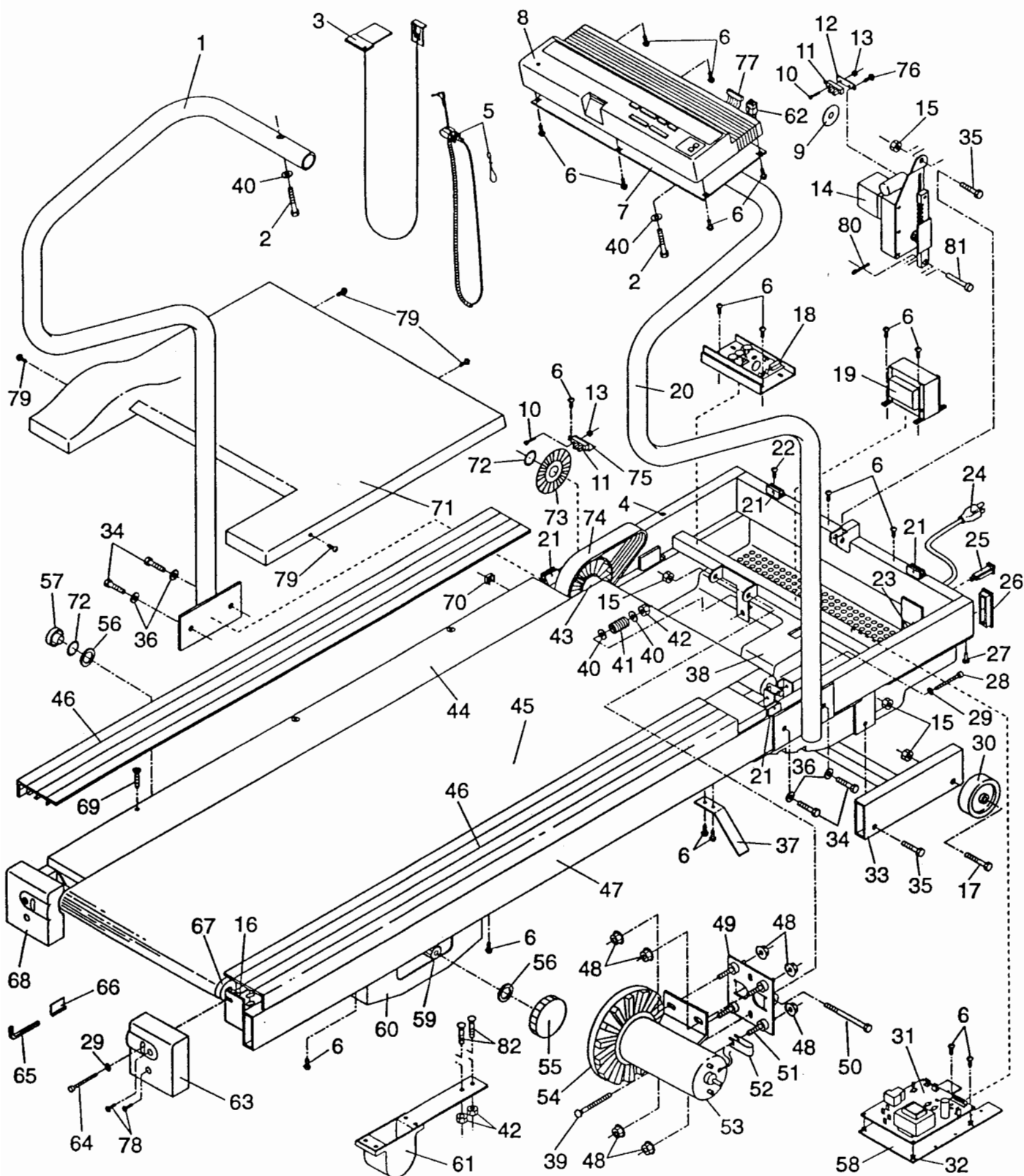
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is CONSISTENCY.

PART LIST—Model No. PF930032

Rev. 12/93

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Handrail	43	1	Front Roller/Pulley
2	2	Console Bolt	44	1	Walking Platform
3	1	Safety Key/Clip	45	1	Walking Belt
4	3	Reed Wire Clip	46	2	Foot Rail
5	1	Pulse Earclip w/Clothes Clip	47	1	Frame
6	23	Small Screw	48	8	Motor Mount Nut
7	1	Console Plate	49	1	Motor Mount Plate
8	1	Console	50	1	Motor Pivot Bolt
9	1	Incline Optic Disk	51	4	Motor Isolator
10	2	Switch Bolt	52	1	Ground Strap
11	2	Optic Switch	53	1	Motor
12	1	Incline Switch Bracket	54	1	Pulley/Flywheel/Fan
13	2	Switch Nut	55	1	Cushion Knob
14	1	Incline Motor	56	2	Rod Washer
15	6	Locknut	57	1	Rod Endcap
16	2	Rear Roller Spacer	58	1	Power Supply Plate
17	2	Wheel Bolt	59	1	Adjustment Rod
18	1	Controller	60	2	Cushion Cover
19	1	Choke	61	2	Cushion Spring/Foot
20	1	Right Handrail	62	1	Handrail Wire Harness
21	4	Hood Bracket	63	1	Right Endcap
22	4	Hood Bracket Screw	64	2	Rear Roller Adj. Bolt
23	1	Grommet	65	1	Allen Wrench
24	1	Power Cord	66	1	Wrench Clip
25	1	Circuit Breaker	67	1	Rear Roller
26	2	Frame Endcap	68	1	Left Endcap
27	10	Belly Pan Pin	69	6	Platform Screw
28	1	Front Roller Adj. Bolt	70	4	Cage Nut
29	3	Roller Adjustment Washer	71	1	Motor Hood w/Decal
30	2	Front Wheel	72	2	Speed Disk Retainer
31	1	Power Supply Board	73	1	Speed Optic Disk
32	4	Plastic Stand-Off	74	1	Belt
33	1	Incline Leg	75	1	Speed Switch Bracket
34	4	Handrail Bolt	76	1	Incline Bracket Screw
35	3	Leg Bolt/Motor Bolt	77	2	Short Wire Harness
36	4	Handrail Washer	78	4	Endcap Screw
37	2	Belt Guide	79	4	Hood Screw/Foot Rail Screw
38	1	Belly Pan	80	1	Cotter Pin
39	1	Carriage Bolt	81	1	Incline Motor Pin
40	4	Flat Washer	82	4	Cushion Spring Bolt
41	1	Tension Spring	#	1	Owner's Manual
42	5	Nut			

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



ORDERING REPLACEMENT PARTS

To order replacement parts, 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 (PF930032).
2. The **NAME** of the product (PROFORM® 930 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.