

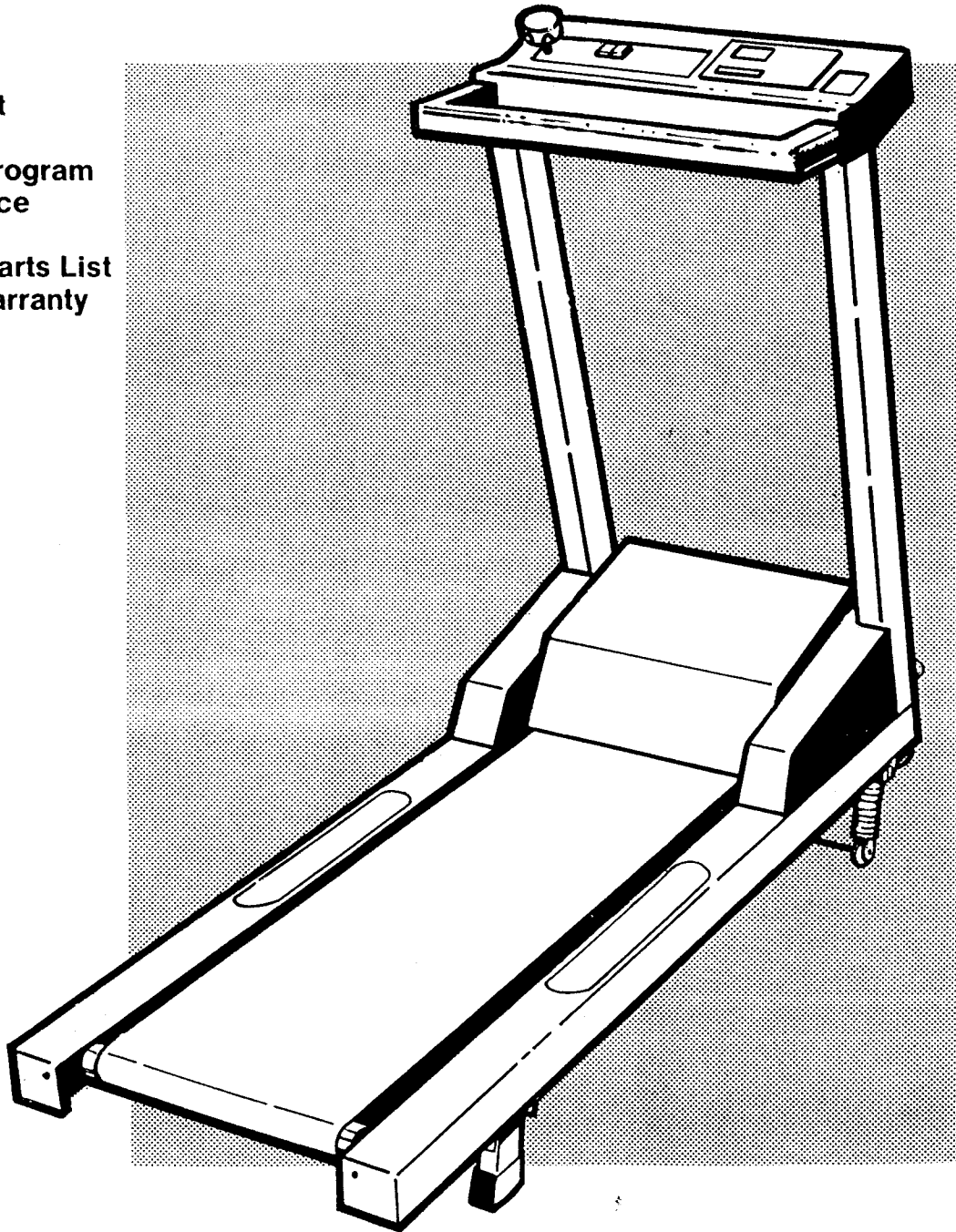
~~model~~ PFT50

PRO·FORM

PULSE MONITOR

T50

- Assembly
- Adjustment
- Operation
- Training Program
- Maintenance
- Storage
- Reorder/Parts List
- Limited Warranty



Owner's Manual and Fitness Program

PRO·FORM T50

PULSE MONITOR

INTRODUCTION

Congratulations on your purchase of the PRO FORM T50 treadmill. Now you can enjoy one of the best forms of aerobic exercise at your convenience in your own home.

With variable speed and incline you can adjust the treadmill for your individual fitness level. And you can monitor your workout on the multi-function electronic console.

This manual is designed to help you understand the easy assembly and operating procedures. A basic fitness guide is included to get you started with your exercise program. For your safety and benefit please read the manual before operating the treadmill.

BEFORE YOU BEGIN

For maximum enjoyment and benefit, become familiar with the operation of your PRO FORM Treadmill before initial use. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our

Customer Service line toll-free at

1-800-824-3109

(In Canada, 1-800-824-8949)

During regular business hours, Mon.-Fri., 8 a.m. – 5 p.m. Mountain Standard Time.

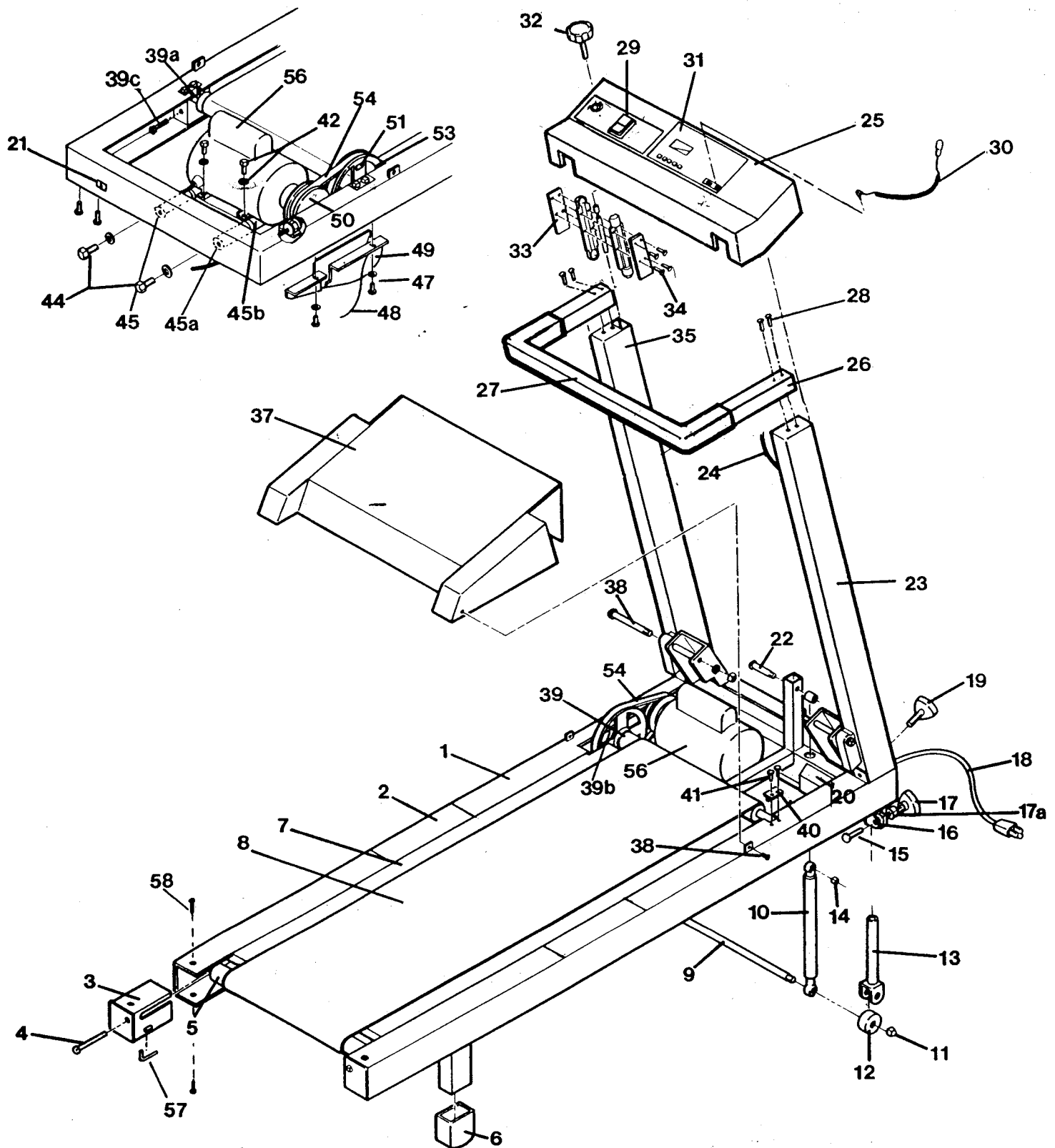
ASSEMBLY INSTRUCTIONS

1. Remove your treadmill from the box. Remove all styrofoam and packing material, and set the treadmill in a flat, clear area on the floor.
2. Lift the handrails into the vertical use position, and tighten into place with the handrail locking knobs. You are now ready to use your treadmill. Please read the operation guide before starting your treadmill.
3. Your treadmill is easily converted back into the storage position by loosening the handrail knobs and rotating the handlebars down into the horizontal position.

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 the PRO FORM T50 Treadmill.

MODEL PFT50



Replacement Parts may be ordered from PRO FORM
by calling customer service toll-free at
800-824-3109 (in Canada, **800-824-8949**)
during regular business hours: 8 a.m. – 5 p.m.
Mountain Standard time. Open Monday – Friday.

PART LIST MODEL PFT50

No.	Description	Qty.	Reorder No.	No.	Description	Qty.	Reorder No.
1	Treadmill Frame	1	004044	32	Speed Adj. Cbl. & Knob	1	072007
2	Grip Tape	2	041018	33	Speed Adj. Mounting Bracket	2	008051
3	Left Belt Adjustment Bracket	1	008050	34	Mounting Bracket Bolts	4	013209
4	Belt Adjustment Bolt	2	013026	35	Left Handrail Post	1	007020
5	Rear Roller	1	022012	37	Motor Hood	1	009036
6	Rubber Cap	2	040020	38	Bolt, Washer, Locknut	5	070077
7	Low Friction Platform	1	053007	39	Front Roller	1	022013
8	Walking Belt	1	025014	39A	Right Roller Bushing	1	019110
9	Axle (Front Leg)	1	049035	39B	Left Roller Bushing	1	019120
10	Shock	1	043012	39C	Front Roller Adjmnt Bolt	1	013275
11	Acorn Nut	2	012063	40	Roller Lock	2	016027
12	Wheel	2	052005	41	Short Roller Lockbolt	4	013213
13	Front Chrome Leg	2	005011	42	Motor Mount Bolt	4	013211
14	Locknut	1	012062	42A	Motor Mount Washer	4	014041
15	Carriage Bolt	2	013207	43	Lock Washer	2	014001
16	Aluminum Clamp	2	016011	43A	Nut	2	012065
17	Triangular Leg Knob	2	017027	44	Motor Mount Frame Bolt	2	013060
17A	Spacer	2	019045	44A	Washer	2	014001
18	Electric Plug & Cord	1	031033	45	Motor Mnt. Slide Rail (L)	1	049011
19	Triangular Post Knob	2	017028	45A	Motor Mnt. Slide Rail (R)	1	049012
19A	Spacer	1	019045	45B	Motor Mount Plate	1	013013
20	Electric Cnctn. Cover	1	031005	47	Pulley Guard Bolt	2	013020
21	Circuit Breaker	1	031036	47A	Washer	2	014001
22	Bolt (Shock)	1	013208	48	Snsr Wre & Reed Swtch	1	033019
23	Right Handrail Post	1	007019	49	Pulley Guard	1	010019
24	Switch Cord	1	031034	50	Variable Speed Pulley	1	020009
25	Console Cover	1	009035	51	Sensor Magnet	1	033001
26	Handrail	1	003029	53	Pulley	1	020020
27	Handrail Foam	1	041022	54	V-Belt	1	025015
28	Side Handrail Bolts	4	013210	55	Sensor Magnet Screws	2	013069
29	On/Off Switch	1	031035	56	Motor	1	030004
30	Pulse Monitor	1	033009	57	Allen Wrench	1	045010
31	Electronic Console	1	032017	58	Screws	2	013248

FULL 90 DAY WARRANTY ON PARTS

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, PRO FORM will, free of charge, repair or replace any defective part, when this product is used in a normal manner.

This warranty does not apply when this product is used for commercial or rental purposes.

In the event that this product needs to be returned for repair, the shipping costs will be assessed to the customer.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

TREADMILL ADJUSTMENT AND OPERATION

For optimal use of your treadmill it is important that you become familiar with the adjustment and operating procedures.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the angle of the walking belt can be adjusted in the following manner:

- A. Grasp the handle on the front of your treadmill to support it as you loosen the incline adjustment knobs, one on each side near the front of the treadmill.

CAUTION: Your treadmill is supported by a hydraulic shock which may cause the treadmill to spring up suddenly when you loosen the incline knobs.

- B. Raise or lower the front of your treadmill to the desired height and make sure the treadmill is level.
- C. Tighten the incline knobs.
- D. Firmly push down on the front of your treadmill to test the firmness of the setting. If it slips, repeat steps A through D, tightening the incline knobs to avoid further slippage.

SPEED ADJUSTMENT

The speed of the walking belt can be controlled with the adjustment knob located on the electronic console. To increase the speed turn the knob counter-clockwise. To decrease the speed turn the knob clockwise.

BELT ADJUSTMENT

For smooth operation and to prevent damage to the walking belt, always keep the belt centered during use. Turn the treadmill on for a few seconds and check the spaces between the walking belt and the sides of the frame. If the belt is closer to one side than the other, it should be centered in the following manner:

1. Locate the adjustment bolts at the rear of the frame.
2. Turn the treadmill on at slow speed.
3. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: Use the adjustment wrench to tighten the left-hand bolt, and loosen the right-hand bolt. Turn the bolts 1/3 of a turn at a time until the belt moves to the center.
4. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: Use the adjustment wrench to tighten the right-hand bolt, and loosen the left-hand bolt. Turn the bolts 1/3 of a turn at a time until the belt moves to the center.

If the belt slips during operation, the tension on the belt may need adjustment. Simply tighten both adjustment bolts until the belt no longer slips. Be careful to keep the belt centered.

TREADMILL OPERATION

SAFETY PRECAUTIONS:

Follow all instructions listed here and all directions given by your physician.

1. **Always position the treadmill on a flat, level surface.**
2. **Keep the treadmill away from water.**
Avoid getting water or other liquids on the electronics or power cord.
3. **Keep small children away from the treadmill while in operation.**
4. **Keep walking surface and shoes clean and dry.**
Keep mud and dirt off the of walking belt. Clean as needed with a damp cloth, but wait until dry before using the treadmill. Do **not** walk on a wet walking belt. The surface may be slippery!
5. **Wear proper clothing and shoes.**
Clothing that allows free movement (exercise suits or shorts and t-shirts) are recommended. Avoid wearing robes, gowns, or oversized clothing that may get tangled. Athletic shoes (tennis, running, or aerobic) are also suggested.
6. **Do not start the treadmill while you are standing on the walking belt.**

STARTING PROCEDURE

1. Stand on the treadmill with your feet on the grip tape on the siderails.
2. Firmly grasp the handrail.
3. Turn the On/Off switch to the "On" position.
4. Carefully step onto the moving belt and begin walking.
5. Adjust the speed control knob until the desired speed is reached.
6. To stop the treadmill step onto the grip tape on the side rails and turn the "On/Off" Switch to the "Off" position.

If the treadmill fails to start, check the circuit breaker on the front of the treadmill next to the power cord. If the small white button is protruding, simply push it back in and repeat the above procedure.

THE ELECTRONIC CONSOLE

The brain center of the PRO FORM T50 is the state-of-the-art Electronic Console which performs 10 separate functions including:

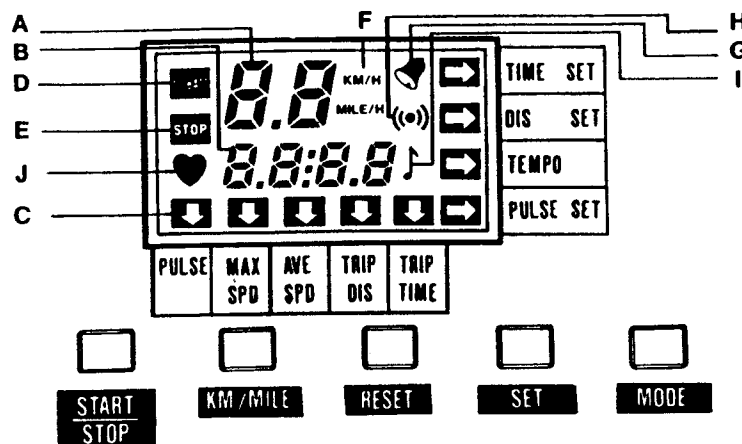
Current Walking Speed
Average Speed
Maximum Speed
Time Set
Tempo

Distance Set
Trip Distance
Trip Time
Pulse Set
Pulse

Take a little time to familiarize yourself with the Electronic Console before you begin your exercise program so that you can get the most out of it.

CONSOLE DIAGRAM

- A. The two-digit Current Speed Display
- B. The Function Display
- C. The Indicator arrows (light to point to the function being used)
- D. The "Low Battery" Warning Signal
- E. The Stopped Function Indicator
- F. The Kilometer/Miles Per Hour Indicator
- G. The Time Set Indicator
- H. The Distance Set Indicator
- I. The Tempo Set Indicator
- J. The Pulse Indicator (flashes with the heartbeat)



KEY FUNCTIONS

A. The "START/STOP" Key:

Starts and stops the functions. When stopped, the Current Speed, Total Distance and Pulse functions continue to record while all the other functions hold. The Console is also placed in a stopped mode when the Time Set and Distance Set functions are completed. Reset will also stop the functions.

B. The "KM/MILE" Key:

Selects the unit of measuring Distances and Speeds, either in Miles Per Hour or Kilometers Per Hour. Once selected all the Distances and Speeds are displayed in the selected mode.

C. The "RESET" Key:

Clears all the information already set, including: Time Set, Distance Set, Tempo Set, Trip Time, Average Speed and Maximum Speed.

D. The "SET" Key:

Enters the values for: Time Set, Distance Set and Tempo Set. It may be used only in the stopped mode. To make corrections use the "RESET" Key.

E. The "MODE" Key:

Selects the Console Function. When stopped or as you power on, this key lights the arrow pointing to the functions in order clockwise.

USING THE ELECTRONIC CONSOLE

Step 1: Powering Up:

Turn on the Console and various LCD figures will "light." The Console will "warm up" for two seconds and then sound a buzzer. After the buzzer it is ready for you to set the functions. (If the "LO BATT" flashes, you need to replace the batteries for correct Console functioning.)

Step 2: Setting the Data:

Push the "MODE" button to make the arrow light at the function desired. Push the "SET" and hold it down until it reaches the number desired. Repeat this step for each function you desire to use.

Step 3: Starting:

Push the "START/STOP" button and begin your exercise session. (If you do not set the functions, only the Current Speed, Time, Distance and Pulse will display.)

Step 4: Checking Information:

Push the "MODE" button to check on any information (Set Distance, Set Time and Pulse).

Step 5: Interrupting your Exercise:

If you need to stop exercising for any reason, push the "STOP/START" button to stop the Console. All functions will pause until you push "STOP/START" again.

Step 6: Reaching Set Time and/or Distance:

The buzzer will sound for 4 seconds after you reach the Set Time or Distance. The Time and Distance and Tempo figures will disappear. All the information is stopped, but can be shown by pressing the "MODE" button as in Checking Information.

Step 7: Continuing to Exercise:

If the time runs out before you reach your Set Distance, you may press the "START/STOP" button to continue clocking your distance until you reach your goal.

Step 8: Changing Persons:

When you are finished, press the "RESET" button to clear the Console for use by another person or another exercise session.

Step 9: Powering Down:

When not in use, turn off the Console to conserve the battery.

SETTING UP YOUR CONSOLE

When you first turn on the Electronic Console all the characters on the face will light and the electronic buzzer will sound for about half a second. After this initial self-test the STOP indicator, the mode indication arrow near TIME SET, zeroes and the MILE/H indicators will be lit.

TIME SET

To set the timer for your exercise press the "SET" key. The smaller zeroes will increment in minutes to the left of the colon and light the bell indicator. Press the "STOP/START" key and the time will count down the seconds from the time you set to zero and sound the buzzer for about a second. Set your desired time and then use the mode key to move to the DIS SET function. The maximum time you can set is 99 minutes. The "RESET" key will clear the time and allow you to start from zero again.

DIS SET

Pressing the "MODE" once lights the arrow pointing to the DIS SET and one more zero in the smaller numbers. Pressing the "SET" key will increment the distance by tenths of miles or Kilometers (depending on the display mode you've chosen). This is the distance that you plan to walk; it will count down as you walk and sound the buzzer when you've finished your distance. Pressing the "MODE" key again moves you to the TEMPO function. Pressing the "KM/MILE" key automatically converts the distance set from Kilometers to Miles or from Miles to Kilometers.

TEMPO

Pressing the "SET" key will increment the tempo indicator by .125 or 1/8 of a second. You probably won't be able to hear the count on the electronic buzzer until you have at least .375 which is about 3 counts per second. .5 is about 2 counts per second and 1 is 1 count per second. The TEMPO function beeps to help you keep a certain pace by your taking a step to each count of the buzzer. The beeping will continue until you press the "STOP/START" key and RESET the TEMPO mode or choose the TEMPO mode and press RESET to reset the TEMPO.

PULSE SET

Pressing the "SET" key starts at 50 and then increments by 5 beats per minute. This function beeps when you achieve or exceed the heart rate you've set. This is an aid to keeping within your exercise zone. If you exceed the heartrate, then you need to slow your walking speed to give your body time to catch up on the oxygen debt that exercise creates. REMEMBER, aerobic exercise is the best type of conditioning exercise. See the Health and Exercise tips for a more full description of exercise. "RESET" clears this function to zero.

TRIP TIME

Begins at zero and counts the time since you pressed the "START/STOP" key, which should be the time that you've been walking.

TRIP DIS

Records the distance you've walked since pressing the "START/STOP" key. If you don't RESET it will add the distances of all the trips you walk if you don't turn it off. Switching between MILE/H and KM/H automatically converts the displayed distances (in all modes) to the new distance.

AVE SPD

Figures your average speed for the time after you've pressed the "START/STOP" key.

MAX SPD

Records the maximum speed that you achieved during your exercise.

Note: Actual walking speed may vary by up to .3 KM/Hr. from what is displayed on the Console.

PULSE

Monitors your pulse or heart rate. The heart symbol lights at each beat and the smaller numbers show your average heart rate in beats per minute. This function uses more power from the battery than the whole console, so it is best not to use it for long periods of time.

After clipping the Pulse Monitor to your ear, a little squeeze to the portion of the clip that covers your earlobe helps seal out any other light and helps the Pulse Monitor in reading your pulse accurately. See the section on Operating the Pulse Monitor.

Turning off your Electronic Console clears all the information and resets it for your next walking session with your Treadmill.

The speed range of your Treadmill is about 0.8 mph to 7.0 mph.

The "SET" key will automatically repeat after holding it down for about a second.

OPERATION OF THE PULSE MONITOR

1. Push the plug on the end of the Sensor Wire into the jack on the front of your Electronic Console.
2. Clip the Pulse Monitor ear clip to your left earlobe.
3. Push the "MODE" button until the arrow pointing to the word "Pulse" lights.
4. Wait about 4 seconds. Your pulse rate (in beats per minute) should appear in the Function Display.

The Pulse Monitor is more accurate when used on the left ear and when you are standing still. We recommend that you stand on the siderails while using the Pulse function for better results.

IMPORTANT:

The Pulse Sensor reads the heartbeat with a light beam. If the Pulse Monitor is not attached properly it will not read your heartbeat correctly.

If no signal shows after 4 seconds, check the connection to the Console. If it is good then reposition the Pulse Monitor and repeat steps 3 and 4. It is tricky to correctly position the Pulse Monitor, so don't be discouraged if at first you have to reposition the ear clip several times. (You might use a mirror or a friend to help in positioning the Pulse Monitor until you get "the feel of it.")

While using the "PULSE" function, change modes quickly because it uses 5 times as much power as any other function.

TREADMILL CONDITIONING

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 the PRO FORM T50.

TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize health benefits from using the PRO FORM T50, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise will be achieved if you reach what is referred to as a "Target Heart Rate" during your workout.

Your target heart rate falls between 70% and 85% of the highest heart rate that you can achieve during exercise. You can estimate your target heart range by following this simple formula.

$$\begin{array}{l} 220 \text{ (average maximal heart rate for a child)} \\ - \text{YOUR AGE} \end{array}$$

$$= \text{YOUR MAXIMUM HEART RATE}$$

Maximum Heart Rate multiplied by .70 = Low end of Target Heart Range.

Maximum Heart Rate multiplied by .85 = High end of Target Heart Range.

For example, if you were 30 years old you would use this formula:

$$\begin{array}{r} 220 \\ - 30 \\ \hline 190 \end{array}$$

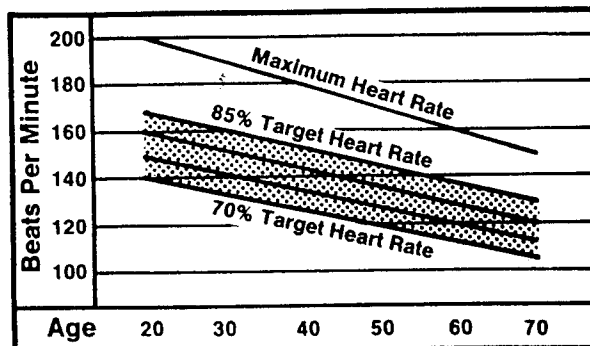
$$190 \times .70 = 133 \text{ (Low end of Target Heart Range)}$$

$$190 \times .85 = 161.5 \text{ (High end of Target Heart Range)}$$

Target Heart Range for a 30 year old is 133-162.

For your first time using the PRO FORM T50 you should work towards obtaining a 70% target heart rate. As time goes by you should work on increasing your heart rate, at a pace of about 5% every 4 weeks, until you reach 85%. As your body adapts to the workout, more and more workload will be required to reach your target heart rate. This can be easily accomplished by increasing your speed, or tension. A need for increased workload is a definite indicator of improved physical condition.

Below is a quick reference chart to help estimate your beats/minute target rate.



B. Duration/Frequency.

To maximize benefits gained from the use of the PRO FORM T50 you should exercise at your prescribed heart rate for at least 20 minutes 3 times a week. Alternating a day of rest between workouts is advised.

C. Exercise Pattern.

Your exercise pattern should consist of a basic 5 step pattern.

At rest

Warm up

Target Heart Range Exercise

Cool-Down

At Rest

1. Warm up and cool down are important steps in the prevention of injuries and should not be taken lightly. Warm up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. Warm up can be achieved through stretching exercises and light calisthenics for a period of 5-10 minutes prior to use of the Treadmill. Then start your training with several minutes of a lighter pace prior to heart rate training.

2. Target Heart Rate, as discussed earlier in this section, is a fundamental concept in exercise efficiency and benefit. You should work out on your Treadmill at a speed and tension that causes your heart rate to fall within your target heart range. You need to maintain this level for a period of 20-30 minutes to maximize the benefits.

3. Cool down is essential to preventing injuries. Stopping abruptly after vigorous exercise is likely to cause blood pooling in the extremities, a condition that causes the heart to work harder and increases the potential for muscle soreness. Again, cool down can be achieved through stretching or simply exercise at a slower pace.

SETTING THE PACE

To determine the pace required for you to reach your target heart rate simply follow these steps.

- A. Set the electronic timer for 4 minutes.
- B. Press the "start/stop" key on the console and begin exercising.
- C. Immediately reset the timer for 1 more minute and take your pulse.
- D. If you do not reach your target heart rate you need to increase your speed and/or tension.
- E. If you have surpassed your target heart rate you need to decrease speed and/or tension.
- F. Reset counter and set timer for an additional 2 minutes.
- G. Repeat steps B-F until target heart rate is achieved.

STRETCHING

WARM UP

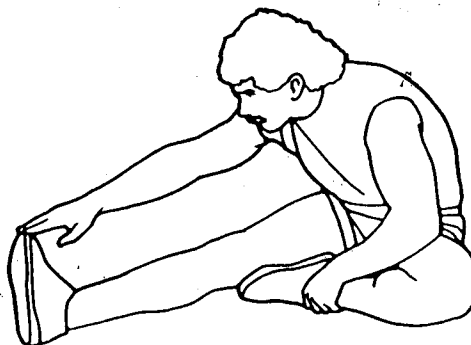
Before beginning use of the Treadmill, a stretching routine is recommended. The following stretching routine provides a good warm up.

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly — don't bounce.

Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, Lower back and Groin.



Inner Thigh Stretch

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

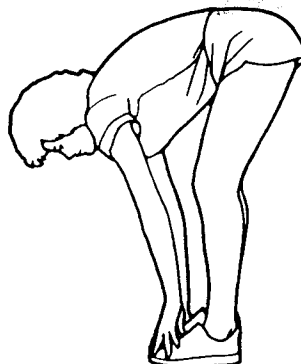
Stretches: Inner thigh muscles.



Toe Touches

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

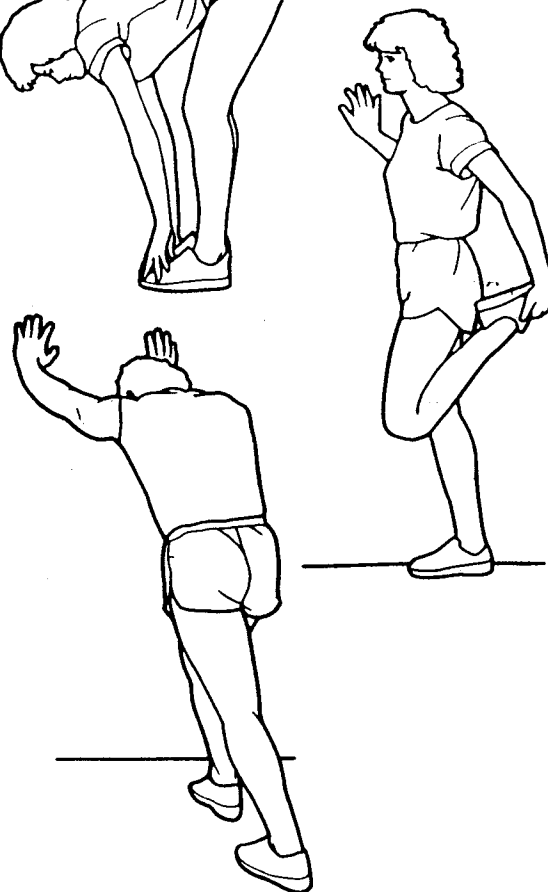
Stretches: Hamstrings, Back of Knees, Back.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip muscles.



Calf/Achilles Stretch

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles tendons, and Ankles.

COOL DOWN

These stretching exercises may also be used to "cool down" after your workout program. This will help prevent muscle stiffness the next day.

STORAGE

This treadmill is easily stored. To move the treadmill, unplug the unit and lift up the back end of the frame. The wheels on the front legs turn smoothly and allow you to move the treadmill with either a push or a pull.

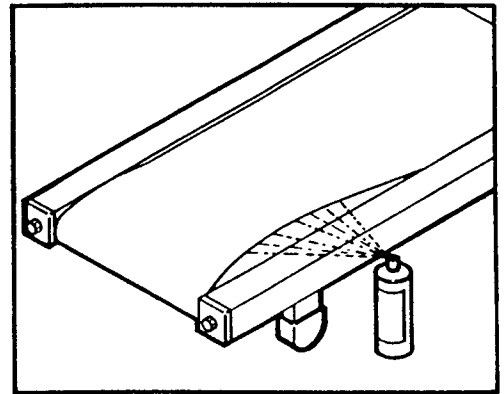
Your treadmill is quickly converted to the compact storage position. Simply unscrew the T-Wingnuts from the handrail posts and fold the handrail down onto the frame.

When not in use, keep the treadmill in a cool, dry place. Do not stack heavy objects on the treadmill. It is best to remove the batteries when storing for long periods of time.

CARE AND MAINTENANCE INSTRUCTIONS:

The T50 has been designed for long, trouble-free operation, but to extend the life of your treadmill, periodic maintenance is required.

1. Use silicone lubricant spray under the walking belt before initial use and periodically as you use the treadmill.
2. Use one or two drops of light oil in the ends of each roller bearing as needed.
3. Clean all exposed surfaces with a damp cloth.
4. Tighten nuts, bolts, and screws as needed.



This treadmill has a circuit breaker located on the lower front end of the frame. This is designed to prevent burn-out of the motor.

The circuit breaker will "pop out" when the motor has overheated. The motor will stop or will not start when the circuit breaker is off. Allow the motor to cool down before resetting the breaker. Reset by pushing the circuit breaker back in.

Call Customer Service toll-free, 1-800-824-3109 (or in Canada 1-800-824-8949) if you have any questions. The Customer Service Department is open 8 a.m. – 5 p.m. (Mountain Standard Time), Monday through Friday, and closed weekends and holidays.

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