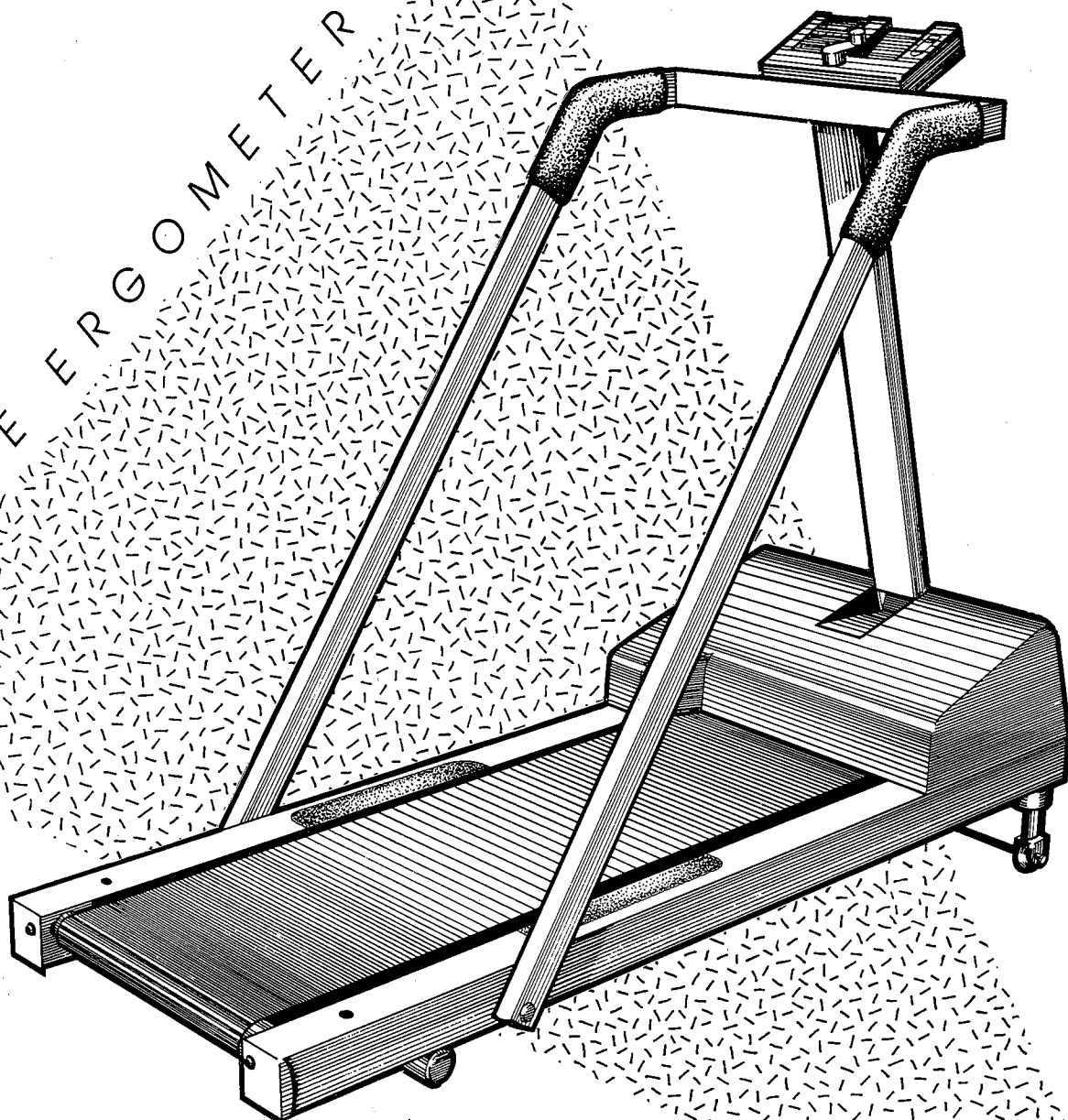


# PRO-FORM<sup>®</sup> T50 SR

Model No. PFT50SR A Division of Weider<sup>®</sup> Health and Fitness

PULSE ERGOMETER



## OWNER'S MANUAL

**CAUTION:** Read all instructions carefully before using this product. Retain this Owner's Manual for future reference.  
Part No. 046155 5/89

## **LIMITED WARRANTY**

Pro Form Fitness Products, Inc. ("Pro Form") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. Pro Form's obligation under this Warranty is limited to replacing or repairing, at Pro Form's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by Pro Form at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by Pro Form. Pre-authorization may be obtained by calling Pro Form's Customer Service Department at 1-800-999-3756. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a Pro Form authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Pro Form.

PRO FORM IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

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

**PRO FORM Fitness Products, Inc., P.O. Box 4087, Logan, UT 84321**

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

# PRO-FORM<sup>®</sup>

## T50<sub>SR</sub>

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the treadmill.

1. Position the treadmill on a clear, level surface with a minimum of 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors.
2. Plug the treadmill power cord directly into a grounded circuit carrying 12 amps or more. (See the TREADMILL OPERATION section of this manual for proper grounding instructions.) Due to the power requirements of this treadmill, 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 the type specified on the power cord decal.
3. Never operate the treadmill if the cord or plug are damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual for instructions if the treadmill is not working properly.)
4. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when walking or running on the treadmill.
5. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running.
6. Wear appropriate clothing when exercising on the treadmill. Do not wear flowing clothing that could become caught in the treadmill. Always wear running or aerobic shoes. Support clothes are also recommended for both men and women.
7. Never drop or insert any object into any opening.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. Use this treadmill only as described in this manual.
10. Always unplug the power cord before removing the treadmill motor hood. Servicing other than the maintenance and adjustment procedures described in this manual should be performed by an authorized service representative only.

**SAVE THESE INSTRUCTIONS.**

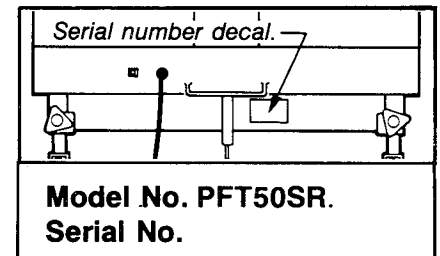
# BEFORE YOU BEGIN

Thank you for purchasing a PRO FORM T50SR Pulse Ergometer treadmill. The PRO FORM T50SR brings one of the best forms of aerobic exercise into the convenience and privacy of your home. With adjustable speed and incline, you can tailor your workout to your individual fitness level. The T50SR features a console-mounted speed control, safety power switch, a compartment for your personal stereo or other items, and a microprocessor-based electronic exercise monitor.

This manual is designed to help you understand the easy assembly and operation of this treadmill. Basic fitness guidelines are included to help you get started with your exercise program.

Please read this manual carefully before initial use of the treadmill. If you have additional questions regarding operation, maintenance, parts or the warranty, please call our Customer Service Department toll-free at **1-800-999-3756**, (in Canada **1-800-824-8949**) during business hours: Monday - Friday, 6 a.m. until 6 p.m. Mountain Time.

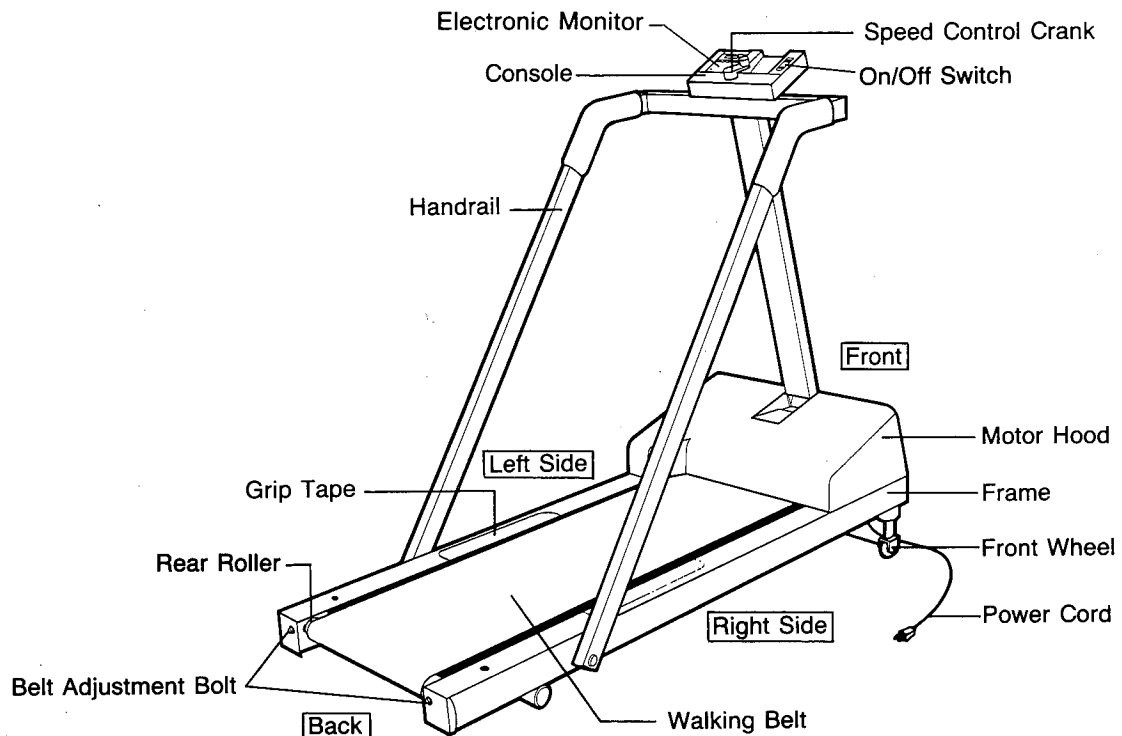
In all communications regarding this product, please state the model number and the serial number of your treadmill. The model number is **PFT50SR**. The serial number can be found on the front of the treadmill frame. Write the serial number in the box to the right for easy reference.



Please review the Exploded Drawing and the Part List in this manual before calling. If possible, place your telephone near the treadmill for easy reference.

## ORIENTATION DIAGRAM

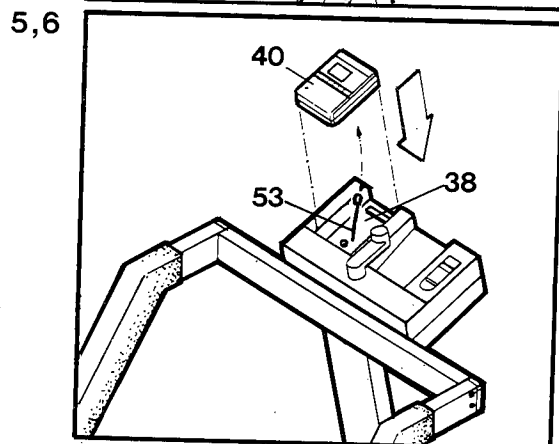
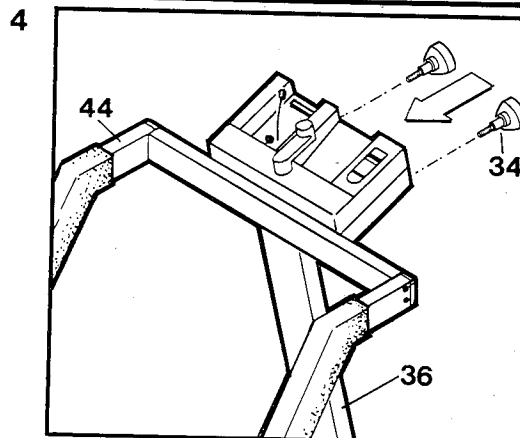
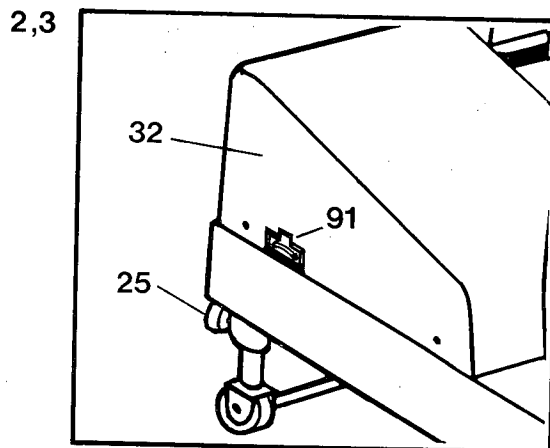
To help you understand clearly the descriptions in this manual, please examine the drawing below and familiarize yourself with the parts identified.



# ASSEMBLY

Please read all instructions carefully before beginning assembly. For help in part identification refer to the Exploded Drawing and the Part List. Assembly can be completed using the tool provided.

1. Place the treadmill in a clear area on the floor. Take the treadmill from the box and remove the packing materials. **Be sure that all parts are included before disposing of the packing materials.**
2. Loosen the Triangular Clamp Knobs (25) at the front of the treadmill, and push the treadmill down to the lowest position. Retighten the Clamp Knobs.
3. Remove the backing from the self-adhesive strip on the Incline Indicator (91), and position the Indicator on the side of the Motor Hood (32) as shown in the drawing. Tilt the Indicator until the bubble in the Indicator is under the number 2 to the left of the 0. Press the Indicator firmly into place.
4. Raise the Handrail (44) and the Front Post (36) and rest the Handrail on the Post to form a tripod. Insert the two Handrail Locking Knobs (34) through the console bracket on the Front Post, and tighten the Knobs into the Handrail.
5. Install the batteries into the compartment in the back of the Electronic Monitor (40). Insert the Sensor Wire (53) into the jack on the back of the Monitor. Note: A pen may be used to press the Wire fully into the recessed jack.
6. Press the Electronic Monitor (40) into the Console (38).
7. Be sure that all parts are securely fastened before using the treadmill.



## OPERATION AND ADJUSTMENTS

### ELECTRONIC MONITOR OPERATION

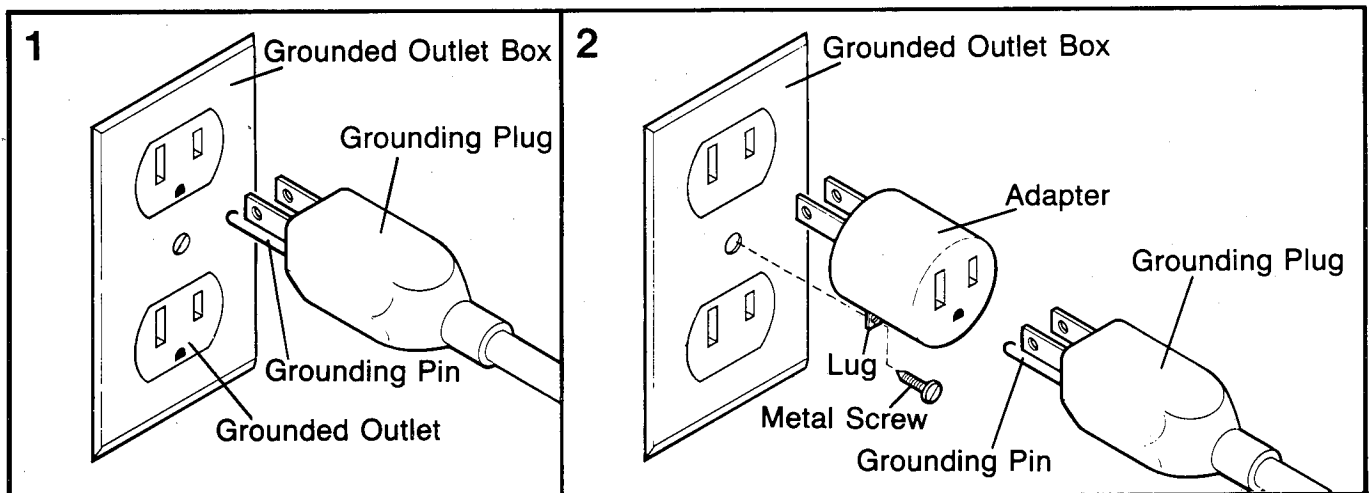
Refer to the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual for operating instructions.

## GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **CAUTION:** 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.



## STARTING PROCEDURE

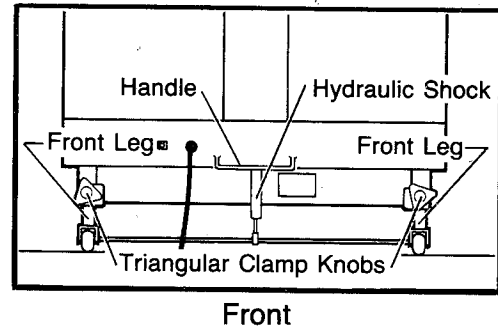
Follow the steps below each time you use the treadmill.

1. Stand on the treadmill with your feet on the grip tape on the siderails.
2. Firmly grasp the handrail.
3. Lift the On/Off switch, located on the top of the Console, to the "On" position.
4. Carefully step onto the moving belt and begin walking.
5. Slowly adjust the speed control crank until the desired speed is reached.
6. To turn the treadmill off, step onto the grip tape and press down the On/Off switch.

## INCLINE ADJUSTMENT

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

1. Grasp the handle on the front of the treadmill, and loosen the two triangular clamp knobs. **CAUTION:** The treadmill is supported by a hydraulic shock, and may spring up suddenly when the knobs are loosened.
2. Raise or lower the treadmill to the desired height, being sure to keep both sides even.
3. Tighten the knobs **firmly**.



## SPEED ADJUSTMENT

**NOTE: DO NOT TURN THE SPEED CONTROL CRANK UNLESS THE TREADMILL IS RUNNING.**

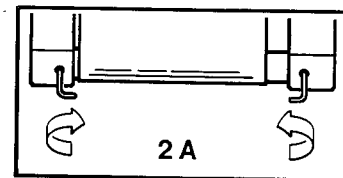
The speed of the walking belt can be controlled with the speed control crank mounted on the console. To increase the speed, turn the crank counterclockwise. To decrease the speed, turn the crank clockwise. Do not overtighten the crank or the control may be damaged.

## BELT ADJUSTMENT

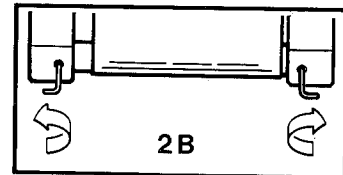
To prevent damage to the walking belt, the belt must be kept centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. If the walking belt is closer to one side of the treadmill than the other, the belt should be centered in the following manner (**Caution: Keep your hands away from the moving walking belt or serious injury could result:**)

1. Locate the belt adjustment bolts at the rear of the treadmill frame. The bolts can be adjusted using the allen wrench provided. (The allen wrench can be stored on one of the belt adjustment brackets using the self-adhesive tab included. See the Exploded Drawing.)

2. A. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: turn the adjustment bolt on the left side clockwise and the adjustment bolt on the right side counterclockwise 1/8 of a turn at a time until the belt moves to the center.

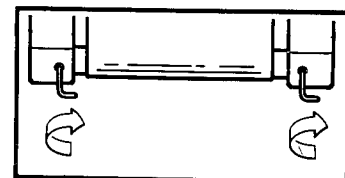


- B. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: turn the adjustment bolt on the left side counterclockwise and the adjustment bolt on the right side clockwise 1/8 of a turn at a time until the belt moves to the center.

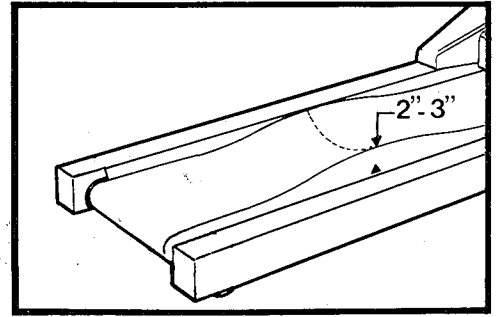


3. Walk on the treadmill for 3-4 minutes to ensure that the belt is running centered.

If the walking belt slips during operation, the tension on the belt may need to be adjusted. Turn both rear adjustment bolts clockwise an equal amount until the belt no longer slips. Be careful to keep the belt centered. **Do not overtighten the bolts** or the belt may be stretched.



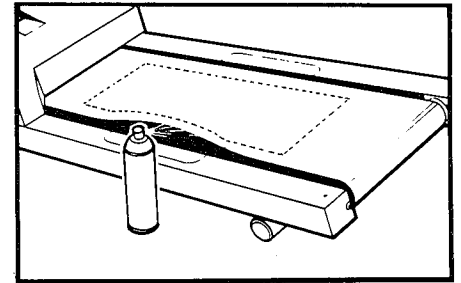
To check for proper Walking Belt tightness, unplug the power cord and lift the sides of the Belt. You should be able to lift both sides approximately 2-3 inches off of the Walking Platform. The center of the Belt should remain just at the surface of the platform, causing the Belt to bow.



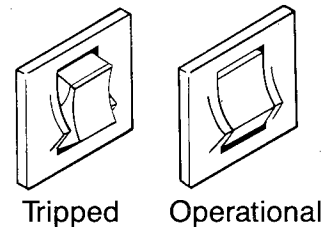
## **MAINTENANCE AND STORAGE**

The T50SR treadmill is designed to be virtually maintenance-free. Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill should be cleaned using a damp cloth and non-abrasive detergent. Do not allow liquids to come in contact with the console.

To maintain the low-friction quality of the walking belt and reduce treadmill wear, a non-oil base silicone lubricant should be applied to the walking platform. The lubricant should be applied before initial use of the treadmill, and whenever a decrease in performance is noticed. It is **very important** to apply the lubricant during the first few hours of treadmill use. **Unplug the power cord**, lift the sides of the walking belt and apply the lubricant to the area indicated in the drawing.



If the treadmill stops or will not start, check the circuit breaker located on the front of the treadmill frame near the power cord. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the treadmill to cool for a few minutes and then push the switch back in.



Your treadmill can easily be converted to a compact storage position. Loosen the two handrail locking knobs until the handrail lifts out of the front post bracket (see ASSEMBLY page 5.) Lay the front post down across the hood and fold the handrail over it. The treadmill can be moved by lifting the rear end of the frame and either pushing or pulling the unit on the front wheels.

## **CONDITIONING GUIDELINES**

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

### **EXERCISE INTENSITY**

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until you reach the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). First, set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes elapse. Immediately measure your heart rate using the PULSE function. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is too high, reduce your level of exertion.

## EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

## EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.



# PART LIST - Model No. PFT50SR

Rev. 5/89

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	52	1	On/Off Switch Wire
2	1	Walking Belt	53	1	Sensor Wire
3	1	Walking Platform	54	1	Hydraulic Shock Bolt
4	2	Rubber Foot Pad	55	1	V-Belt
5	1	Rear Roller	56	4	Sensor Wire Clip
6	1	Belt Adj. Bracket (L)	57	1	Connection Box
7	2	Belt Adj. Bolt	58	1	Motor
8	3	Roller Bushing	59	6	Washer Head Screw
9	6	Handrail Pivot Washer	60	1	Roller Lock (R)
10	1	Allen Wrench	61	1	Sensor Magnet
11	5	Belt Adj. Washer	62	1	On/Off Switch w/Paddle
12	13	Small Screw	63	1	Loop Sleeve
13	1	Belt Adj. Bracket (R)	64	1	Pulley Guard
14	2	Rear Leg Endcap	65	1	Ground Screw
15	6	Platform Bolt	66	2	Washer
16	2	Grip Tape	67	2	Swivel Shaft Bolt
17	1	Front Leg Axle	68	2	Swivel Shaft Washer
18	2	Acorn Nut	69	1	Motor Swivel Shaft
19	2	Front Leg Wheel	70	1	Console Nut
20	2	Front Leg	71	3	Hose Clamp
21	1	Hydraulic Shock	72	1	Front Roller Adj. Bolt
22	2	Clamp Bolt	73	6	Support Spacer
23	2	Aluminum Clamp	74	1	Front Roller w/Pulley
24	2	Clamp Spacer	75	5	Small Nut
25	2	Triangular Clamp Knob	76	1	Pivot Bolt Bushing
26	1	Power Cord	77	1	Console Pad
27	2	Star Washer	78	1	Flat Washer
28	2	Shock Spacer	79	6	Platform Washer
29	1	Cotter Pin	80	1	Front Roller Bushing
30	2	Front Post Washer	81	2	Motor Mount Bushing
31	1	Front Post Bolt	82	2	Ground Nut
32	1	Motor Hood	83	3	Grommet
33	2	Console Bolt	84	6	Bumper
34	2	Handrail Locking Knob	85	2	Plastic Spacer
35	6	Screw	86	1	Wire Clip
36	1	Front Post	87	1	Self-adhesive Tool Clamp
37	1	Front Post Pivot Nut	88	2	Tension Swivel Bolt
38	1	Console	89	1	Motor Mount Assembly
39	1	Roller Lock (L)	90	1	Tension Swivel Nut
40	1	Electronic Monitor	91	1	Incline Indicator
41	1	Speed Control Crank	92	1	L-Bracket
42	1	Speed Control Assembly	93	1	L-Bracket Nut
43	4	Handrail Bolt	94	1	L-Bracket Bolt
44	1	Handrail Crossbar	95	6	Hood Mount Anchor
45	2	Foam Handgrip	#	1	Adhesive Tab
46	1	Pulse Monitor Clip	#	1	Cable Tie
47	2	Handrail	#	1	Owner's Manual
48	1	Variable-speed Pulley	#	1	Electronics Guide
49	2	Handrail Pivot Bolt			
50	4	Handrail Endcap			
51	1	Circuit Breaker			

## **ORDERING REPLACEMENT PARTS**

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Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-3756**, (in Canada at **1-800-824-8949**) during our regular business hours: Monday-Friday, 6 a.m.-6 p.m., Mountain Time.

When ordering parts, please be prepared to give the following information.

1. The NAME OF THE PRODUCT (PRO FORM T50SR).
2. The MODEL NUMBER OF THE PRODUCT (PFT50SR).
3. The SERIAL NUMBER OF THE PRODUCT (see page 4 of this manual).
4. The KEY NUMBER OF THE PART from the Part List found in this manual.
5. The DESCRIPTION OF THE PART from the Part List found in this manual.

If possible, place your telephone near the treadmill for easy reference.