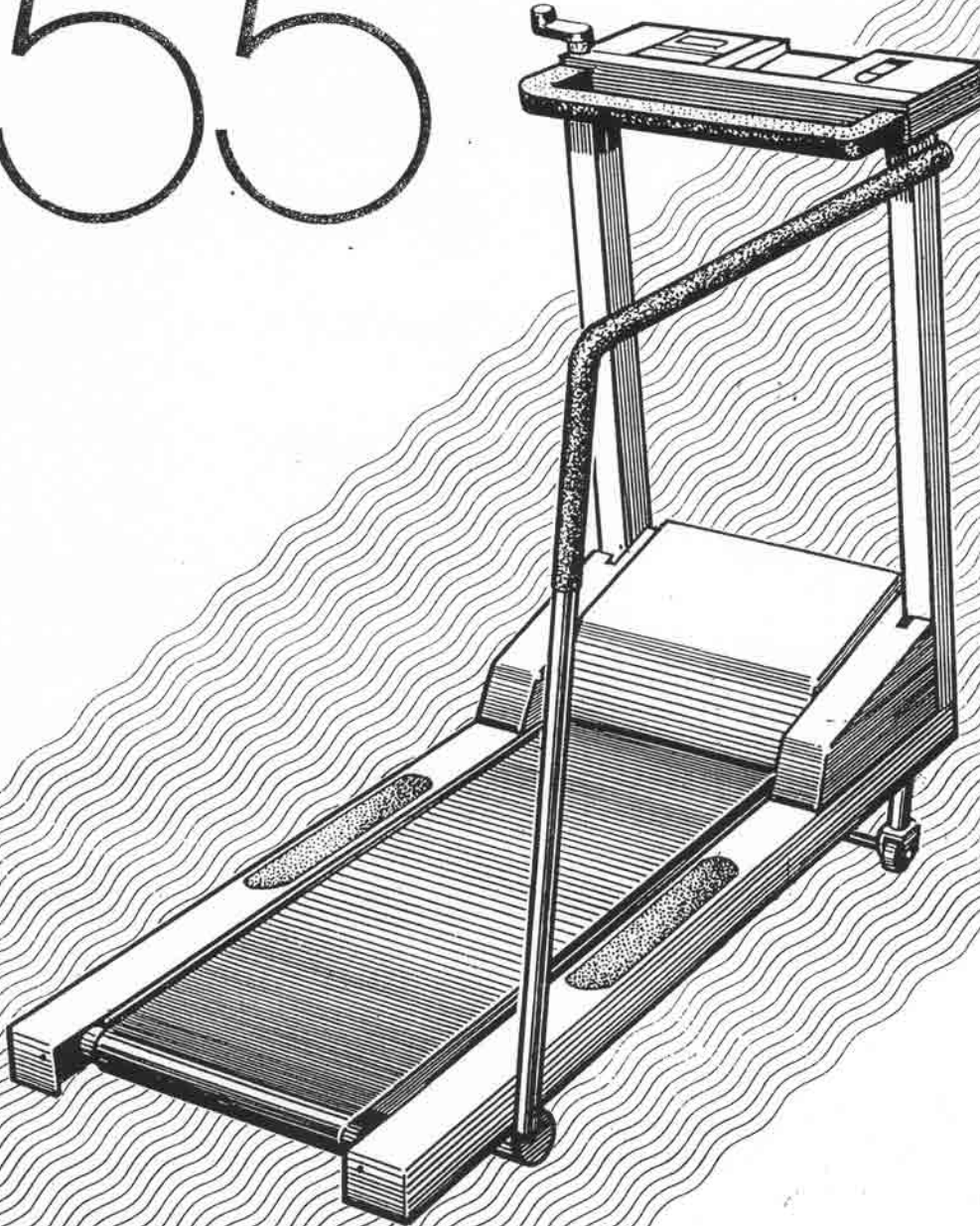


PRO-FORM

T55



OWNER'S MANUAL

Model No. PFT 55

PULSE ERGOMETER

INTRODUCTION

Thank you for purchasing a PRO FORM T55 Pulse Ergometer treadmill. Walking is one of the best cardiovascular, muscle-toning exercises known. With the T55 treadmill you can enjoy this healthful exercise at your convenience, in the privacy of your home.

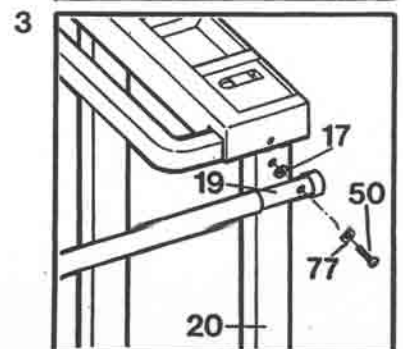
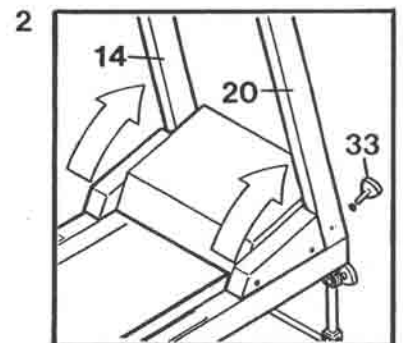
For maximum enjoyment and safety, please read this manual carefully before initial use of your treadmill. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our **Customer Service Line toll-free at 1-800-824-3109 (In Canada, 1-800-824-8949)** during regular business hours: Monday - Friday, 8 a.m. - 5 p.m. Mountain Standard Time. In all correspondence regarding this product, use the model number (found on the front cover), and the serial number (located on the front of the treadmill frame). Write the serial number in the box below for easy reference.

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.** Proform assumes no responsibility for personal injury or property damage sustained by or through the use of the Proform treadmill.

ASSEMBLY INSTRUCTIONS

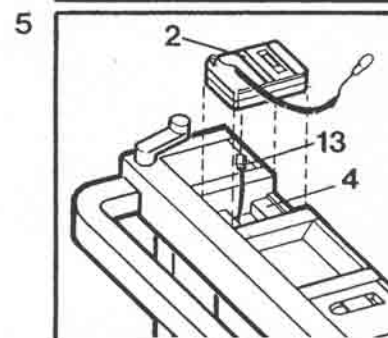
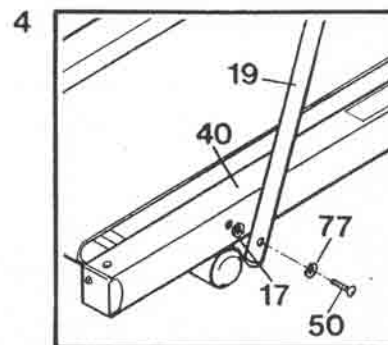
Please read all instructions carefully before beginning assembly. Refer to the Exploded Drawing and the Part List for help in part identification. Assembly can be completed using the tool provided.

1. Set the treadmill in a clear area on the floor and remove all packing materials. Make sure that all parts are included before disposing of the packing materials.
2. Raise the Left and Right Handrail Posts (14,20) to the vertical position and tighten the Handrail Locking Knobs (33).
3. Align the hole in the upper end of the Side Rail (19) with the hole in the Right Handrail Post (20). Attach the Side Rail with a Side Rail Bolt (50), Molded Washer (77) and Washer (17) as shown.



PFA55

4. Align the hole in the lower end of the Side Rail (19) with the hole in the side of the treadmill Frame (40). Attach the Side Rail with a Side Rail Bolt (50), Molded Washer (77) and Washer (17).
5. Plug the Sensor Wire (13) into the back of the Electronic Console (2) and press the Console firmly into the Console Housing (4).
6. Make sure that all parts are tightened securely before operating the treadmill.



TREADMILL ADJUSTMENTS

INCLINE ADJUSTMENT

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

- A. Grasp the handle on the front of the treadmill to support it, and loosen the triangular clamp knobs, one on each side near the front of the treadmill. **CAUTION:** The treadmill is supported by a hydraulic shock, and may spring up suddenly when you loosen the knobs.
- B. Raise or lower the front of the treadmill to the desired height, being sure to keep both sides even.
- C. Retighten the triangular clamp knobs firmly.

SPEED ADJUSTMENT

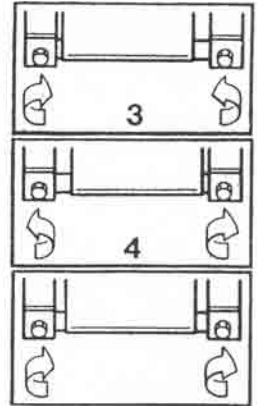
The speed of the walking belt can be controlled with the speed control crank mounted on the console housing. To increase the speed, turn the crank counterclockwise. To decrease the speed, turn the crank clockwise. Adjust the speed only when the walking belt is moving.

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. The bolts can be adjusted with the allen wrench provided. For your convenience, the wrench can be attached to one of the adjustment brackets using the adhesive tab included.
2. Turn the treadmill on at slow speed.

3. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: Using the adjustment wrench, turn the left-hand bolt clockwise and the right-hand bolt counterclockwise. 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: Using the adjustment wrench, turn the left-hand bolt counterclockwise and the right-hand bolt clockwise. Turn the bolts 1/3 of a turn at a time until the belt moves to the center.

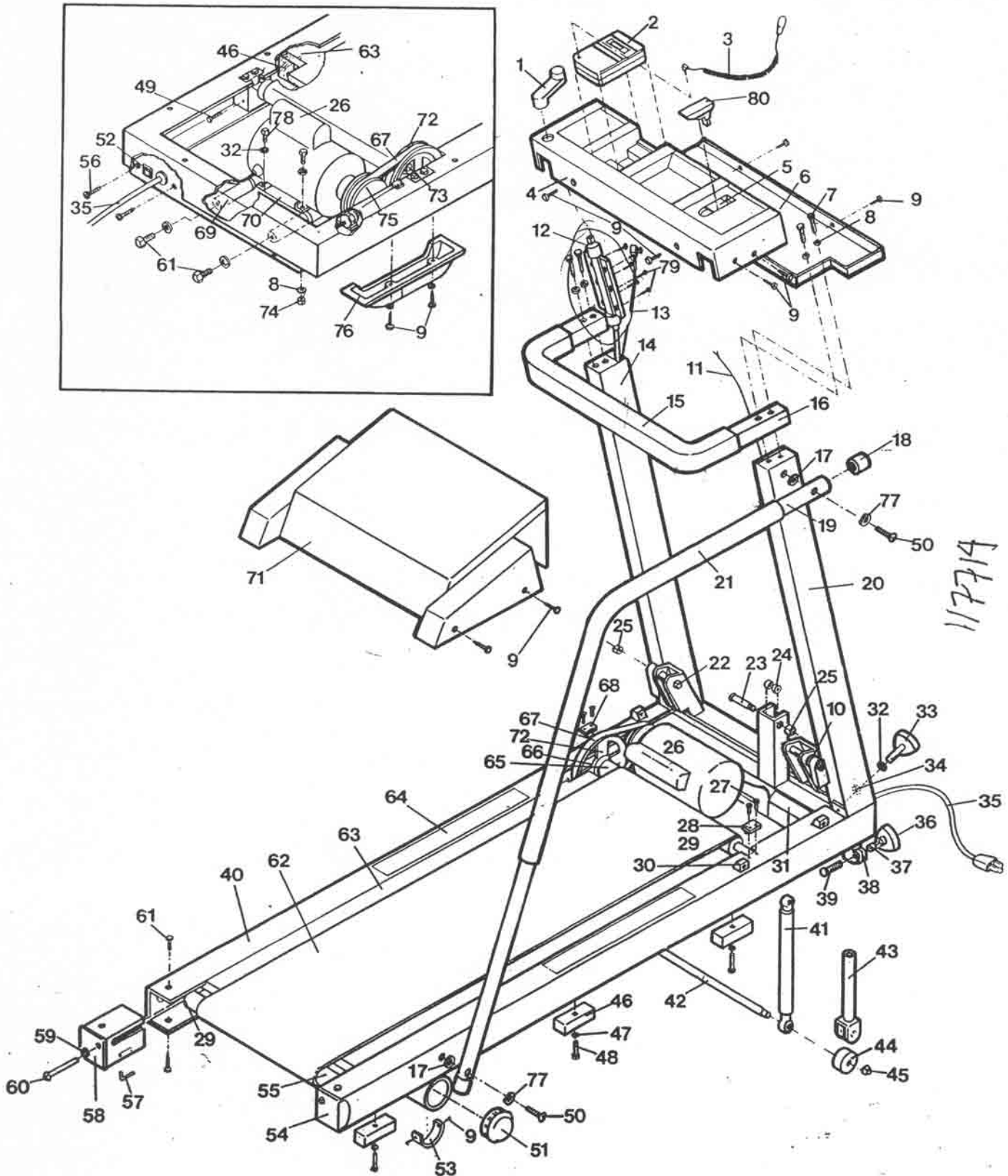


If the belt slips during operation, the tension on the belt may need adjustment. Simply turn both adjustment bolts clockwise until the belt no longer slips. Be careful to keep the belt centered.

PART LIST - Model No. PFT 55

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Speed Control Crank	41	1	Hydraulic Shock
2	1	Electronic Console	42	1	Front Leg Axle
3	1	Pulse Monitor Clip	43	2	Chrome Leg
4	1	Console Housing	44	2	Wheel
5	1	On/Off Switch	45	2	Axle Nut
6	1	Wire Cover	46	6	Wood Support Block
7	4	Handrail Bolt	47	6	Washer
8	10	Handrail Washer	48	6	Platform Bolt
9	22	Screw	49	1	Front Roller Adjustment Bolt
10	2	Pivot Washer	50	2	Side Rail Bolt
11	1	Switch Wire	51	2	Rear Leg End Cap
626021, 017066	12	Speed Control Assembly	52	1	Circuit Breaker
13	1	Sensor Wire	53	2	Rubber Pad
14	1	Left Handrail Post	54	1	Right Adjustment Bracket
15	1	Handrail Foam Grip	55	1	Rear Roller
16	1	Handrail	56	2	Connection Cover Screws
17	2	Side Rail Washer	57	1	Allen Wrench
18	2	End Cap	58	1	Left Adjustment Bracket
19	1	Side Rail	59	2	Washer
20	1	Right Handrail Post	60	2	Belt Adjustment Bolt
21	1	Side Rail Foam Grip	61	2	Slide Rail Bolt
22	2	Pivot Bolt	62	1	Walking Belt
23	1	Shock Bolt	63	1	Low-friction Platform
24	2	Spacer	64	2	Grip Tape
25	3	Locknut	65	1	Front Roller
26	1	Motor	66	1	Left Roller Bushing
27	4	Roller Lock Bolt	67	1	V-Belt
28	1	Right Roller Lock	68	1	Left Roller Lock
29	3	Roller Bushing	69	2	Motor Mount Slide Rail
30	4	Hood Mount	70	1	Motor Mount Plate
31	1	Connection Cover	71	1	Motor Hood
32	6	Washer	72	1	Roller Pulley
33	2	Handrail Locking Knob	73	1	Magnet
34	2	Push Nut	74	4	Motor Mount Nut
35	1	Power Cord	75	1	Motor Pulley
36	2	Triangular Clamp Knob	76	1	Motor Guard
37	2	Spacer	77	2	Molded Washer
38	2	Aluminum Clamp	78	2	Motor Mount Bolt
39	2	Carriage Bolt	79	4	Speed Control Screw
40	1	Frame	80	1	On/Off Switch Paddle
				1	Owner's Manual

EXPLODED DRAWING - Model No. PFT55



Replacement parts may be ordered by calling our Customer Service Department toll-free at **1-800-824-3109** (in Canada, **1-800-824-8949**) during regular business hours: Monday - Friday, 8 a.m. - 5 p.m. Mountain Standard Time. When ordering parts please use the product name, model number, serial number, part description and key number.

OPERATION

IMPORTANT SAFETY PRECAUTIONS

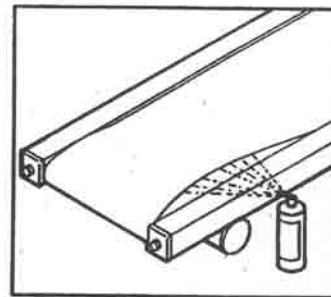
1. Position the treadmill on a level surface, away from water.
2. Do not operate the treadmill if the Cord or plug are damaged.
3. Never start the treadmill while you are standing on the Walking Belt
4. Refrain from wearing flowing clothing, such as gowns or robes, that could become caught or tangled in the treadmill.
5. Keep small children away from the treadmill during operation.
6. Keep hands away from moving parts.
7. Always be alert and use common sense when operating the treadmill.

STARTING PROCEDURE

1. Step onto the treadmill and place your feet on the grip tape on the sides of the treadmill.
2. Hold the handrail firmly.
3. Lift the safety On/Off switch, located on top of the console housing, to the "on" position. (The safety switch is designed so that the treadmill cannot be turned on if the "paddle" is removed from the switch. If the paddle becomes lost, see page 5 for part reordering instructions.)
4. Carefully step onto the moving belt and begin walking.
5. Adjust the speed control crank until the desired speed is reached.
6. To stop the treadmill, step onto the grip tape and press the On/Off switch to the off position.

MAINTENANCE AND STORAGE

1. Use silicone lubricant spray under the walking belt before initial use and whenever a decrease in performance is noticed.
2. Clean all exposed surfaces with a damp cloth.
3. Tighten nuts, bolts, and screws as needed.



This treadmill has a circuit breaker located on the lower front end of the frame, designed to prevent burn-out of the motor. If the motor begins to overheat, it will stop and the small black button on the circuit breaker will protrude. To reset the circuit breaker, allow the motor to cool and push the button back in.

The treadmill can be moved by lifting the rear end of the frame and either pushing or pulling the unit on the front wheels.

To convert the treadmill to a compact storage position, first remove the bolts from the lower and upper ends of the side rail and remove the side rail. Tape the bolts and washers to the side rail, or store them in a secure place. Next, loosen the handrail locking knobs and carefully fold the handrail posts down onto the treadmill frame. Lay the side rail on the frame. Remove the batteries from the electronic console when storing the treadmill for extended periods of time.

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. For more complete and detailed information consult your physician or obtain a book at your library.

EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of 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 console (see ELECTRONIC CONSOLE OPERATION). First, set the TIME SET function 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**.

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 treadmill is used in a normal manner.

This warranty does not apply when the treadmill is used for commercial or rental purposes.

In the event that the treadmill 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.