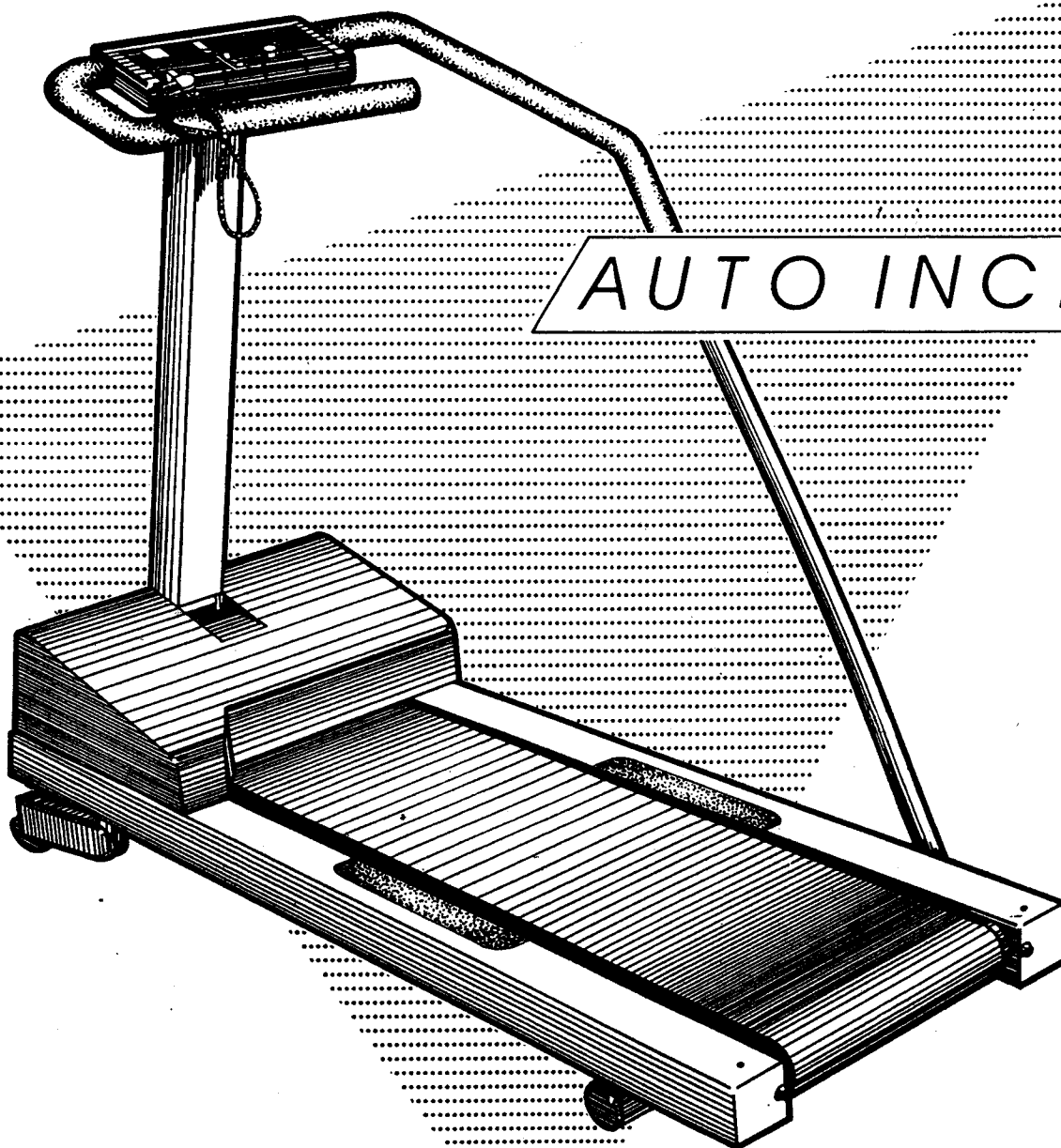


Model No. PFT60

PRO·FORM[®]

T60



AUTO INCLINE

OWNER'S MANUAL

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for future reference.
Part No. 046198 3/89

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.

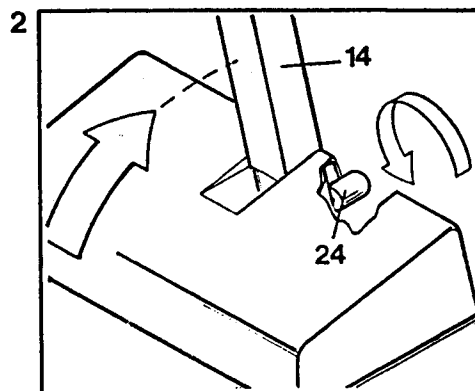
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ASSEMBLY

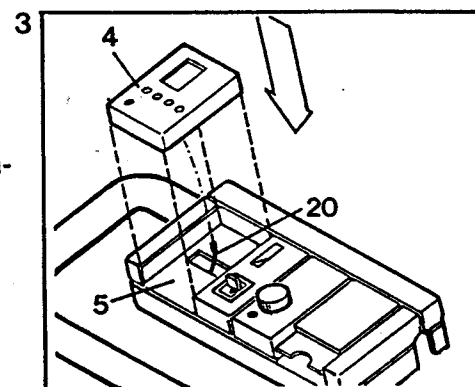
Please read all instructions before beginning assembly. Refer to the exploded drawing and the part list for help in part identification. The treadmill can be assembled with the included Side Rail for greater security, or without the Side Rail to allow more freedom of movement during exercise. Assembly 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 Handrail Upright (14) to the vertical position and tighten the Upright Locking Knob (24).



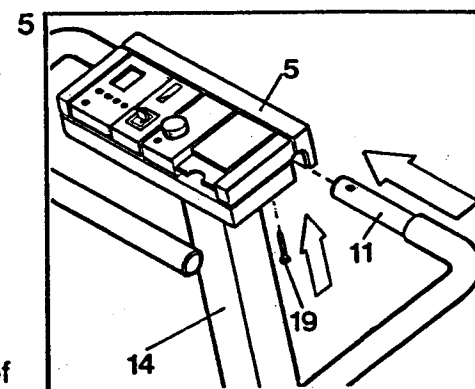
3. Plug the Sensor Wire (20) into the back of the Electronic Console (4) and press the Console firmly into the Console Housing (5).



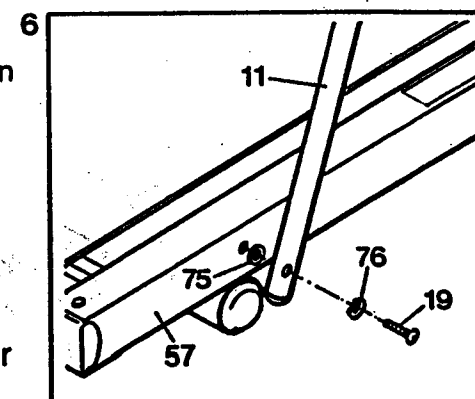
4. Make sure that all parts are tightened securely before operating the treadmill.

ATTACHMENT OF THE OPTIONAL SIDE RAIL

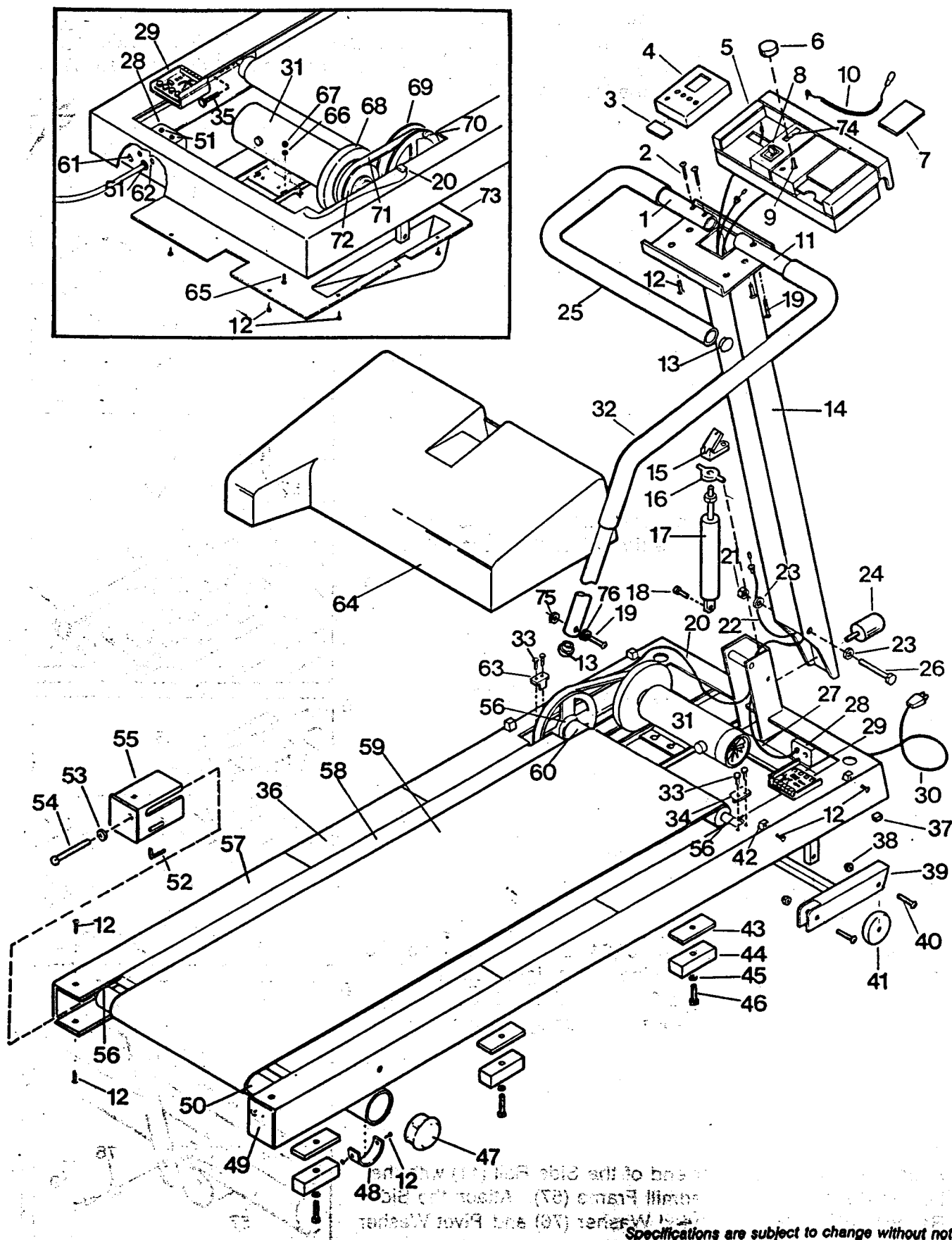
5. Loosen the Upright Locking Knob (24). Slide the upper end of the Side Rail (11) into the opening in the right side of the Console Housing (5). Insert a Side Rail Bolt (19) up through the bracket at the top of the Handrail Upright (14) and tighten it in to the Side Rail.



6. Align the hole in the lower end of the Side Rail (11) with the hole in the side of the treadmill Frame (57). Attach the Side Rail with a Bolt (19), Rounded Washer (76) and Pivot Washer (75) as shown. Retighten the Upright Locking Knob (24).



EXPLODED DRAWING - Model No. PFT60



Specifications are subject to change without notice.

PART LIST - MODEL NO. 831.296441

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Handrail	37	2	Rubber Bumper
2	2	Handrail Screw	38	4	Locknut
3	1	Battery Cover	39	1	Incline Leg
4	1	Electronic Console	40	4	Leg Bolt
5	1	Console Housing	41	2	Wheel
6	1	Speed Knob	42	4	Hood Mount Anchor
7	1	Safety Card	43	6	Rubber Fitting
8	1	Incline Control	44	6	Wood Support
9	1	Potentiometer Assembly	45	6	Support Washer
10	1	Pulse Monitor Clip	46	6	Support Bolt
11	1	Side Rail	47	2	Rear Leg Endcap
12	20	Screw	48	2	Rubber Pad
13	2	Handrail Cap	49	1	Right Belt Adjustment Bracket
14	1	Handrail Upright	50	1	Rear Roller
15	1	Lift Cylinder Release	51	3	Rubber Grommet
16	1	Threaded Pin	52	1	Allen Wrench
17	1	Lift Cylinder	53	2	Adjustment Bracket Washer
18	1	Cylinder Pin	54	2	Belt Adjustment Bolt
19	2	Side Rail Bolt	55	1	Left Belt Adjustment Bracket
20	1	Sensor Wire	56	4	Roller Bushing
21	1	Pivot Nut	57	1	Frame
22	1	Incline Cable	58	1	Wood Platform
23	2	Pivot Washer	59	1	Walking Belt
24	1	Upright Locking Knob	60	1	Front Roller
25	1	Handrail Foam Grip	61	1	Circuit Breaker
26	1	Pivot Bolt	62	2	Connection Box Screw
27	1	On/Off Switch Wire	63	2	Left Roller Lock
28	1	Connection Box	64	1	Motor Hood
29	1	Controller	65	4	Motor Mount Bolt
30	1	Power Cord	66	4	Motor Mount Washer
31	1	Motor	67	4	Motor Mount Nut
32	1	Side Rail Foam Grip	68	1	Flywheel
33	4	Roller Lock Bolt	69	1	Roller Pulley
34	1	Right Roller Lock	70	1	Magnet
35	1	Front Roller Bolt	71	1	V-Belt
36	2	Grip Tape	72	1	Motor Pulley
			73	1	Safety Cover
			74	1	Incline Indicator
				1	Owner's Manual

Replacement parts may be ordered by calling our Customer Service Department toll-free at **1-800-99WESLO (999-3756)** during regular business hours: Monday - Friday, 8 a.m. - 6 p.m. Mountain Standard Time. When ordering parts please use the product name, model number, serial number, part description and key number.

OPERATION AND ADJUSTMENT

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.

TREADMILL OPERATION

1. Step onto the treadmill and place your feet on the Grip Tape on the sides of the Frame.
2. Insert the Safety Card into the On/Off Switch and press the Switch down to start the treadmill. (If the Safety Card becomes lost, a credit card can be used. The treadmill cannot be started unless a card is inserted.)
3. Turn the Speed Control counterclockwise until it stops, and then clockwise until the Walking Belt is moving at slow speed.
4. Holding the Handrail firmly, step onto the Walking Belt and begin walking.
5. Turn the Speed Control until the desired speed is reached. (Turning the Control clockwise increases the speed. Turning the Control counterclockwise decreases the speed.)
6. To turn the treadmill off, step onto the Grip Tape and press the On/Off Switch.

Instructions for the Electronic Console can be found in the Operation Guide accompanying this Owner's Manual.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the angle of the treadmill can be adjusted with the Incline Control on the treadmill Console. *Do not adjust the incline while you are walking or running on the treadmill.* To raise the angle of the treadmill, stand with your feet on the sides of the Frame, towards the rear of the treadmill, and pull back the Incline Control. When the desired angle is reached, release the Incline Control. To lower the angle of the treadmill, stand towards the front of the treadmill and pull back the Incline Control until the desired angle is reached.

There is an Incline Indicator mounted above the Incline Control on the treadmill. When the bubble in the Indicator is at level 1 the treadmill is at the lowest incline. When the bubble is at level 5 the treadmill is at the highest incline.

WALKING ADJUSTMENT

For smooth operation, and to prevent damage to the Walking Belt, always keep the Walking Belt centered. While the treadmill is running, check the spaces between the edges of the Walking Belt and the sides of the Frame. If the Belt is closer to one side than to the other, it should be adjusted as described below.

1. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: Turn the treadmill on at slow speed. Use the Allen Wrench included to turn the right-hand Adjustment Bolt clockwise and the left-hand Adjustment Bolt counterclockwise. (The Adjustment Bolts are located at the back end of the treadmill Frame.) Turn the Bolts 1/3 of a turn at a time until the Belt moves to the center.
2. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: Use the Allen Wrench to turn the right-hand Adjustment Bolt counterclockwise and the left-hand Adjustment Bolt clockwise.

If the Walking 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.

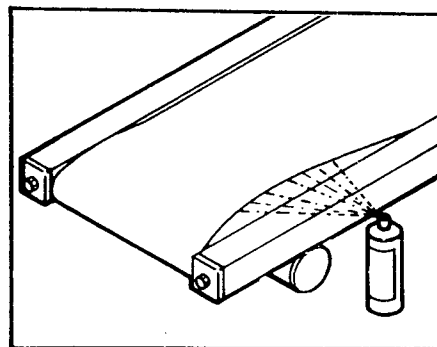
For convenience, the Allen Wrench can be attached to one of the Adjustment Brackets with the self-adhesive tab included.

MAINTENANCE AND STORAGE

(PFT6.6)

The Lifestyler 3000 is designed to be virtually maintenance-free. To insure continued smooth operation the following steps should be taken after you **UNPLUG THE POWER CORD**.

1. Use silicone lubricant spray under the Walking Belt before initial use, and whenever a decrease in performance is noticed.
2. Periodically apply one or two drops of light multi-purpose oil to the ends of each Roller.
3. Tighten all screws and bolts.
4. Clean exposed surfaces with a soft cloth and non-abrasive detergent.



This treadmill has a Circuit Breaker, located on the lower front end of the Frame, designed to prevent burnout of the Motor. If the Motor overheats, the small black button in the Circuit Breaker will protrude, and the treadmill will stop or will not start. To reset the Circuit Breaker, allow the Motor to cool and then push the button back in.

STORAGE

Always unplug the Power Cord when the treadmill is not in use. 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 to the Side Rail or store them in a secure place. Next, loosen the Upright Locking Knob and carefully fold the Handrail Upright down onto the treadmill Frame. Lay the Side Rail on the Frame.

The treadmill can be moved by lifting the back end of the Frame and either pushing or pulling the treadmill on the front Wheels. Always remove the batteries from the 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.

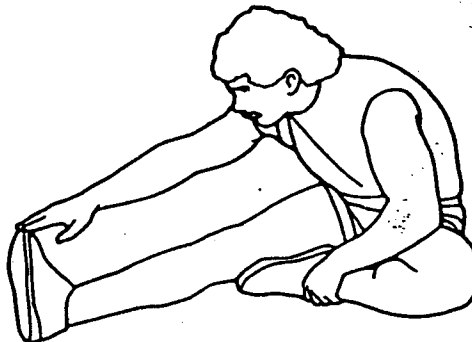
STRETCHING

The following stretches provide a good warm-up. 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

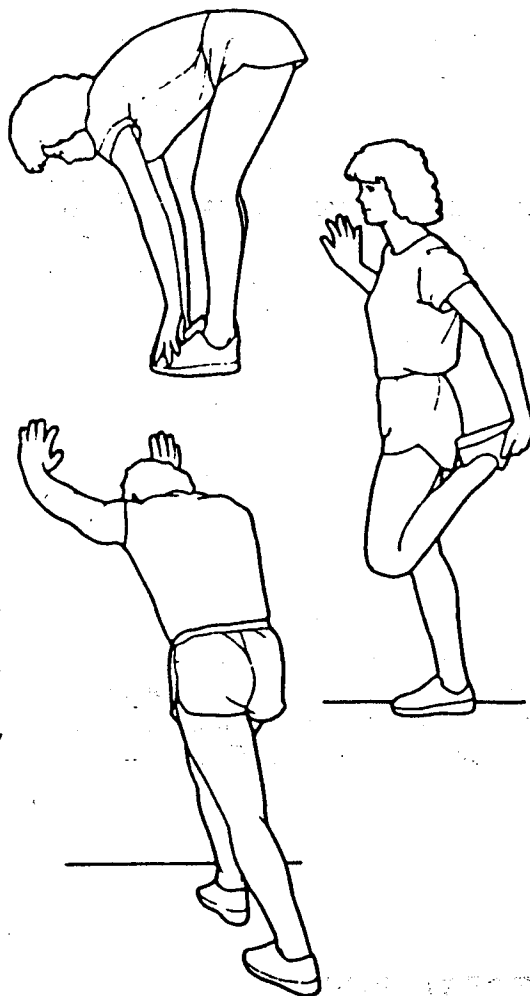
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

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.



PART LIST - Model No. PFT60

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Handrail	52	1	Allen Wrench
2	2	Handrail Bolt	53	2	Adj. Bracket Washer
3	1	Battery Cover	54	2	Belt Adjustment Bolt
4	1	Electronic Monitor	55	1	Belt Adj. Bracket (L)
5	1	Console	56	4	Roller Bushing
6	1	Speed Control Knob	57	1	Frame
7	1	Safety Card	58	1	Wood Platform
8	1	Incline Control Lever	59	1	Walking Belt
9	1	Potentiometer Assy.	60	1	Front Roller
10	1	Ear Clip	61	1	Circuit Breaker
11	1	Side Rail	62	6	Screw
12	24	Small Screw	63	1	Motor Mount Spacer
13	1	Handrail Cap	64	1	Motor Hood
14	1	Handrail Upright	65	4	Motor Mount Bolt
15	1	Lift Cylinder Release	66	4	Motor Mount Washer
16	1	Threaded Pin	67	4	Motor Mount Nut
17	1	Lift Cylinder	68	1	Flywheel
18	1	Cylinder Pin	69	1	Roller Pulley
19	2	Side Rail Bolt	70	1	Magnet
20	1	Sensor Wire	71	1	V-Belt
21	1	Pivot Nut	72	1	Motor Pulley
22	1	Incline Cable	73	1	Safety Cover
23	2	Pivot Washer	74	1	Incline Indicator Bubble
24	1	Upright Locking Knob	75	1	Side Rail Washer
25	1	Handrail Foam Grip	76	1	Molded Washer
26	1	Pivot Bolt	77	1	Aluminum Heat Sink
27	1	On/Off Switch Wire	78	1	Safety Switch Assy.
28	1	<u>Junction Box</u>	79	4	Adhesive Tie Block
29	1	Controller	80	4	Cable Tie
30	1	Power Cord	81	4	Handrail Washer
31	1	Motor	82	2	Handrail Nut
32	1	Side Rail Foam Grip	83	1	Cotter Pin
33	4	Roller Lock Screw	84	1	Fastener Strip
34	2	Front Roller Lock	85	1	Side Rail Endcap
35	1	Front Adj. Bolt	86	1	E-Clip
36	2	Grip Tape	87	1	Upright Knob Washer
37	2	Rubber Bumper	88	1	Front Roller Washer
38	4	Locknut	89	1	Ind. Mount Assembly
39	1	Incline Leg	90	1	Lever Housing
40	4	Leg Bolt	91	3	Sink Screw
41	2	Wheel	92	1	Fan
42	4	Hood Mount Anchor	93	1	Extension Wire
43	6	Rubber Platform Pad	94	2	Black Pivot Washer
44	6	Support Block	95	1	Clothes Clip
45	6	Support Washer	96	1	Round Indicator Light
46	6	Support Bolt	97	1	Bubble Screw
47	2	Rear Leg Endcap	98	6	Platform Bumper
48	2	Rubber Foot Pad	99	1	Adhesive Tool Clamp
49	1	Belt Adj. Bracket (R)	100	2	Incline Leg Washer
50	1	Rear Roller	101	1	Fan Bushing
51	4	Large Grommet	#	1	Elec. Oper. Guide
			#	1	Owner's Manual

ORDERING REPLACEMENT PARTS

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 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 PRODUCT (Pro Form T60).
2. The MODEL NUMBER OF THE PRODUCT (PFT60).
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.