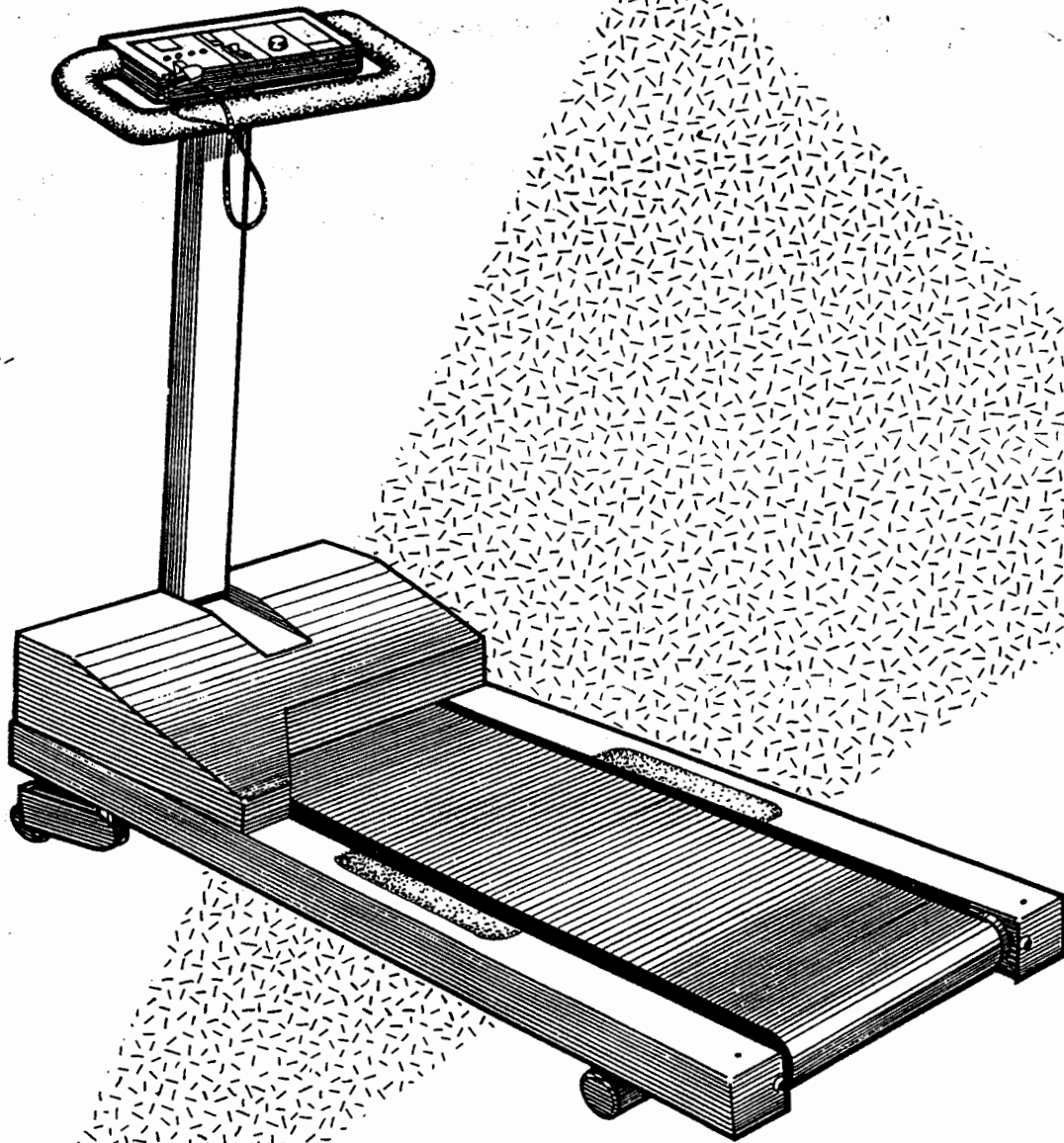


PRO-FORM

POWER INCLINE

T80

PFT 80 i



OWNER'S MANUAL

Thank you for purchasing a PRO FORM T80 Power Incline treadmill. The T80 combines advanced technology with innovative design to let you enjoy one of the best forms of cardiovascular exercise at your convenience, in the privacy of your home.

The T80 is truly a state-of-the-art treadmill, offering many exclusive features for an effective and enjoyable workout. The T80 incorporates a card-operated safety power switch, console-mounted power incline control, electronic speed control and microprocessor-based electronic exercise monitor.

For your safety and benefit, please read this manual carefully before initial use of the treadmill. If you have additional questions regarding assembly, parts, operation or your 90-day warranty, please call our **Customer Service department toll-free at 1-800-999-3756, (in Canada 1-800-824-8949)**, during regular business hours: Monday through Friday, 8 a.m. until 5 p.m. Mountain Standard Time.

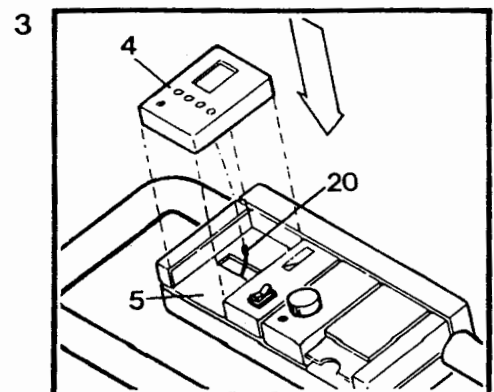
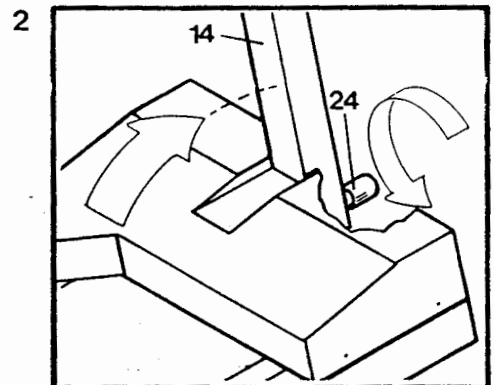
In all communications regarding this product, please refer to the model number, found in the box below, and the serial number, found on the front of the treadmill frame. Write the serial number in the box below for easy reference.

<p>Model No. PFT80i Serial No.</p>

ASSEMBLY

Please read all instructions carefully before beginning assembly. To identify parts refer to the Exploded Drawing and the Part List. Assembly can be completed with 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.



OPERATION

IMPORTANT SAFETY PRECAUTIONS

1. Do not operate the treadmill if the treadmill or power cord are damaged.
2. Never start the treadmill while you are standing on the walking belt.
3. Do not adjust the incline of the treadmill while you are walking or running on the treadmill.
4. 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.
5. Keep small children away from the treadmill during operation.
6. Do not use the treadmill near water or outdoors.

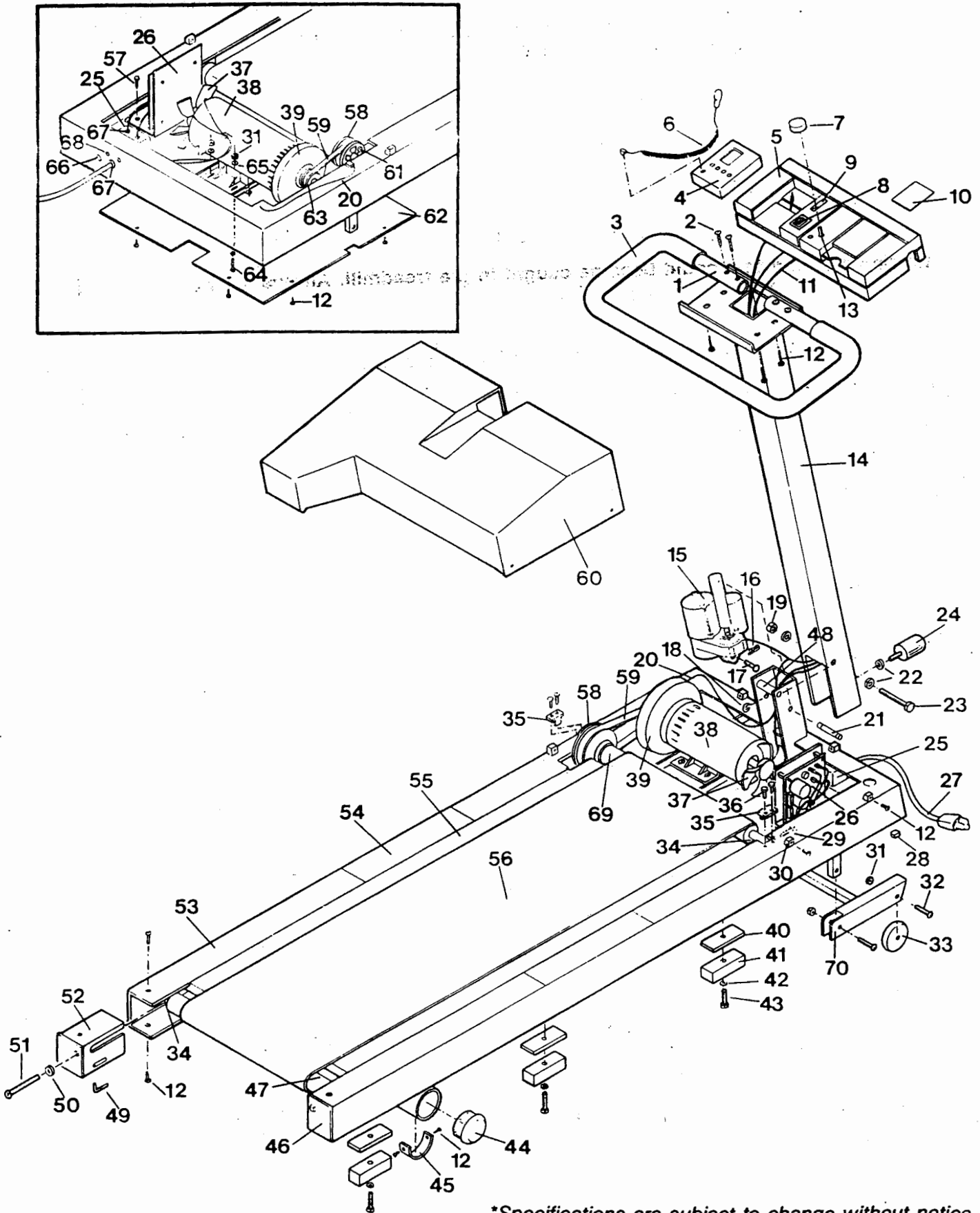
TREADMILL OPERATION

IMPORTANT: Your treadmill is designed to reach a speed of 10 miles per hour. Depending on the weight of the runner, however, the speed will vary. To insure optimal performance, the silicon spray included should be applied under the running belt before initial use. As a maintenance measure, silicon spray should be reapplied whenever a decrease in performance is noticed. In addition, the treadmill must be broken-in with approximately 10 hours of use at running speeds.

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.

EXPLODED DRAWING - MODEL NO. PFT80i



*Specifications are subject to change without notice.

PART LIST - Model No. PFT80i

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

Replacement parts may be ordered by calling customer service toll-free at 1-800-999-3756 (in Canada 1-800-824-8949) during regular business hours: 8 a.m. - 5 p.m., Mon.-Fri., Mountain Standard Time. When ordering parts please use the product name, model number, serial number, part description and key number.

TREADMILL ADJUSTMENT

INCLINE ADJUSTMENT

To increase or decrease the level of exercise intensity, the angle of the treadmill can be adjusted using the Power Incline Control on the Console Housing of the treadmill. *Do not adjust the incline while you are walking or running on the treadmill.* Always stand on the Grip Tape on the sides of the Frame when adjusting the incline of the treadmill. To raise the angle of the treadmill, rock the Incline Control forward until the desired angle is reached. To lower the treadmill, rock the Incline Control backward.

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.

SPEED ADJUSTMENT

The speed of the walking belt can be controlled with the Adjustment Knob located on the Console Housing. To increase the speed, turn the Knob clockwise. To decrease the speed, turn the Knob counterclockwise.

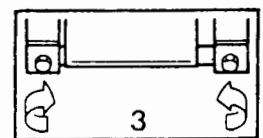
WALKING BELT ADJUSTMENT

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:

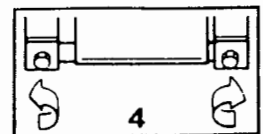
1. Locate the adjustment bolts at the rear of the frame. The bolts can be adjusted with the allen wrench provided. For your convenience, the wrench can be attached to one of the adjustment brackets using the adhesive tab included.

2. Turn the treadmill on at slow speed.

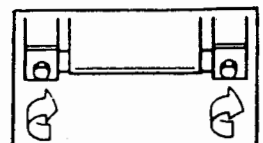
3. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: Using the adjustment wrench, turn the left-hand bolt clockwise and the right-hand bolt counterclockwise. Turn the bolts 1/3 of a turn at a time until the belt moves to the center.



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.



CONDITIONING GUIDELINES

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.

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.

To maintain or improve your condition you must work out 2-3 times per week following the pattern described below. 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.

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

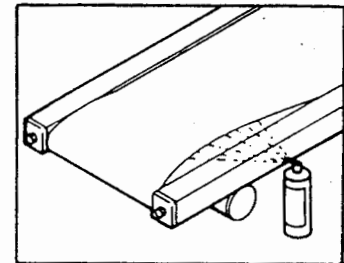
Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10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

MAINTENANCE AND STORAGE

1. Use silicone lubricant spray under the Walking Belt before initial use, and whenever a decrease in performance is noticed.
2. Tighten all screws and bolts
3. Clean exposed surfaces with a soft cloth and non-abrasive detergent.



If the treadmill Motor stops or will not start, check the Circuit Breaker located on the lower front end of the Frame. If the Motor has overheated, the small black button in the Circuit Breaker will protrude, and the treadmill will not start. To reset the Circuit Breaker, allow the Motor to cool and then push the button back in.

The treadmill can be converted to a compact storage position by loosening the Upright Locking Knob and folding the Handrail Upright down onto the treadmill Frame. The treadmill can be moved by lifting the rear end of the Frame and pushing or pulling the unit on the front Wheels. Always remove the batteries from the Electronic Console when storing the treadmill for extended periods of time.

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.