

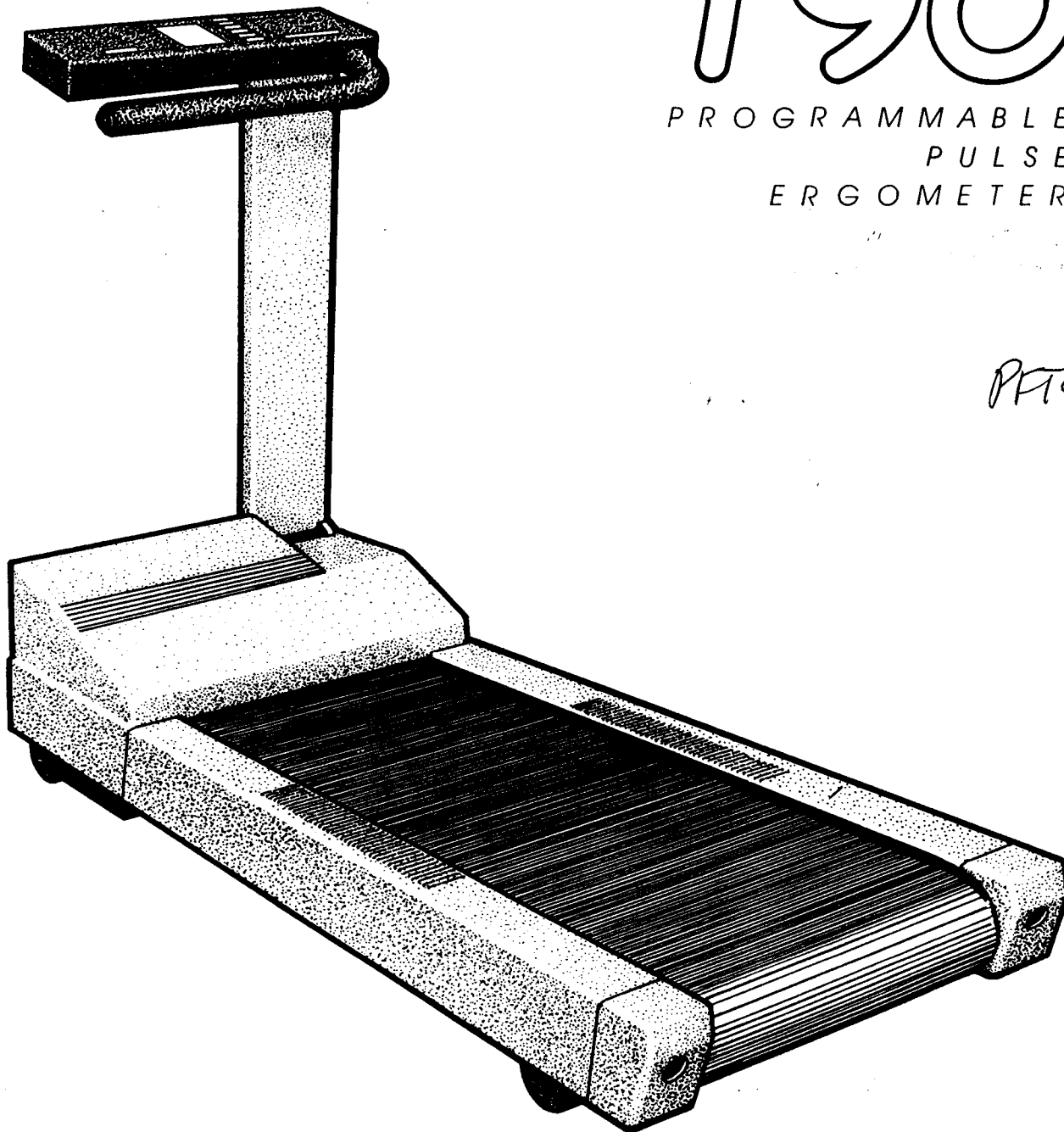
Model No. PFT90

A Subsidiary of Weider Health and Fitness, Inc.

PRO-FORM[®]

T90

PROGRAMMABLE
PULSE
ERGOMETER



PFT90

OWNER'S MANUAL

CAUTION: Read all safety precautions and instructions in this owner's manual carefully before using this equipment. Save this manual for your future reference.

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 10, 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[®] T90

PROGRAMMABLE PULSE ERGOMETER

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IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the T90 directly into a grounded circuit carrying 12 amps or more. Due to the power requirements of the T90 treadmill, no other appliances should be on the same circuit as the treadmill. **DO NOT USE AN ADAPTOR OR AN EXTENSION CORD.**
2. Position the T90 on a clear, level surface, with a minimum of 8 feet of clearance behind the treadmill. Do not place the T90 on thick carpet, near water or outdoors.
3. 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.
4. Keep small children away from the treadmill during operation.
5. Always unplug the power cord before removing the treadmill motor hood or performing maintenance.
6. Never start the treadmill while you are standing on the walking belt.
7. Always hold the handrail when walking or running on the treadmill.
8. The T90 has a pulse driven mode which adjusts the incline of the treadmill automatically in response to the heart rate of the user. When in this mode, the user is responsible for entering the pulse setting. A table of suggested pulse settings is included in this manual. We recommend that you consult your physician for specific guidance before beginning this or any exercise program.

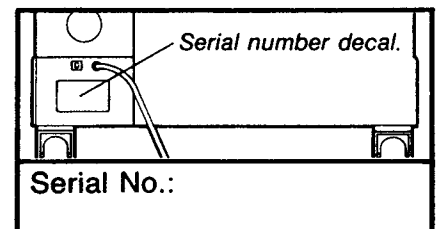
BEFORE YOU BEGIN

Thank you for purchasing a Pro Form T90 Programmable Pulse Ergometer treadmill. There are many benefits to be gained from regular, conscientious exercise. Exercising conditions the heart and lungs, strengthens and tones the muscles, aids in weight control and in many other ways helps you to feel and look better.

The Pro Form T90 treadmill incorporates state-of-the-art technology and innovative design to enable you to enjoy one of the best forms of exercise effectively and conveniently in your own home. The heart of the T90 is the programmable microprocessor-based exercise computer, designed to help you achieve optimum efficiency and performance.

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**, during business hours: (Monday - Friday, 6 a.m. until 6 p.m. Mountain Time.)

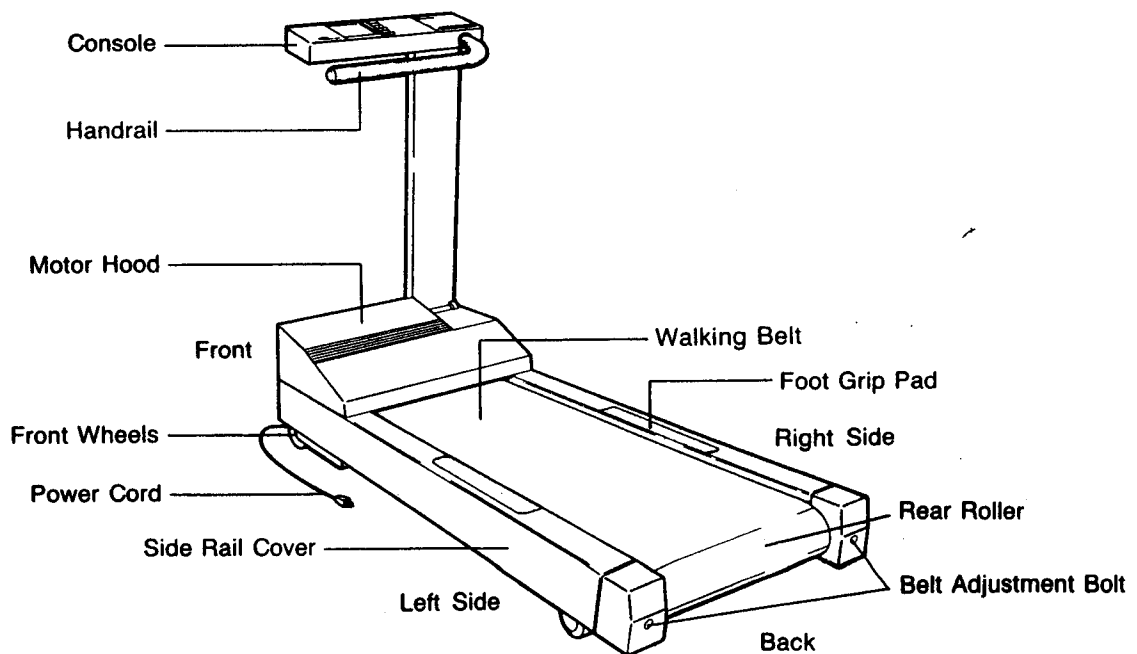
Please state the model number and the serial number of your treadmill when calling. The model number is PFT90. The serial number can be found on the front of the treadmill frame below the power cord. Write the serial number in the box to the right for easy reference.



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

TREADMILL DIAGRAM

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

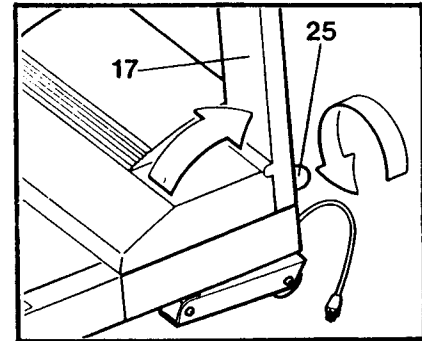


ASSEMBLY

For your convenience the T90 treadmill is delivered to you completely assembled. Place the treadmill in a clear area on the floor and remove all packing materials. Be sure that all parts are included before disposing of the packing materials.

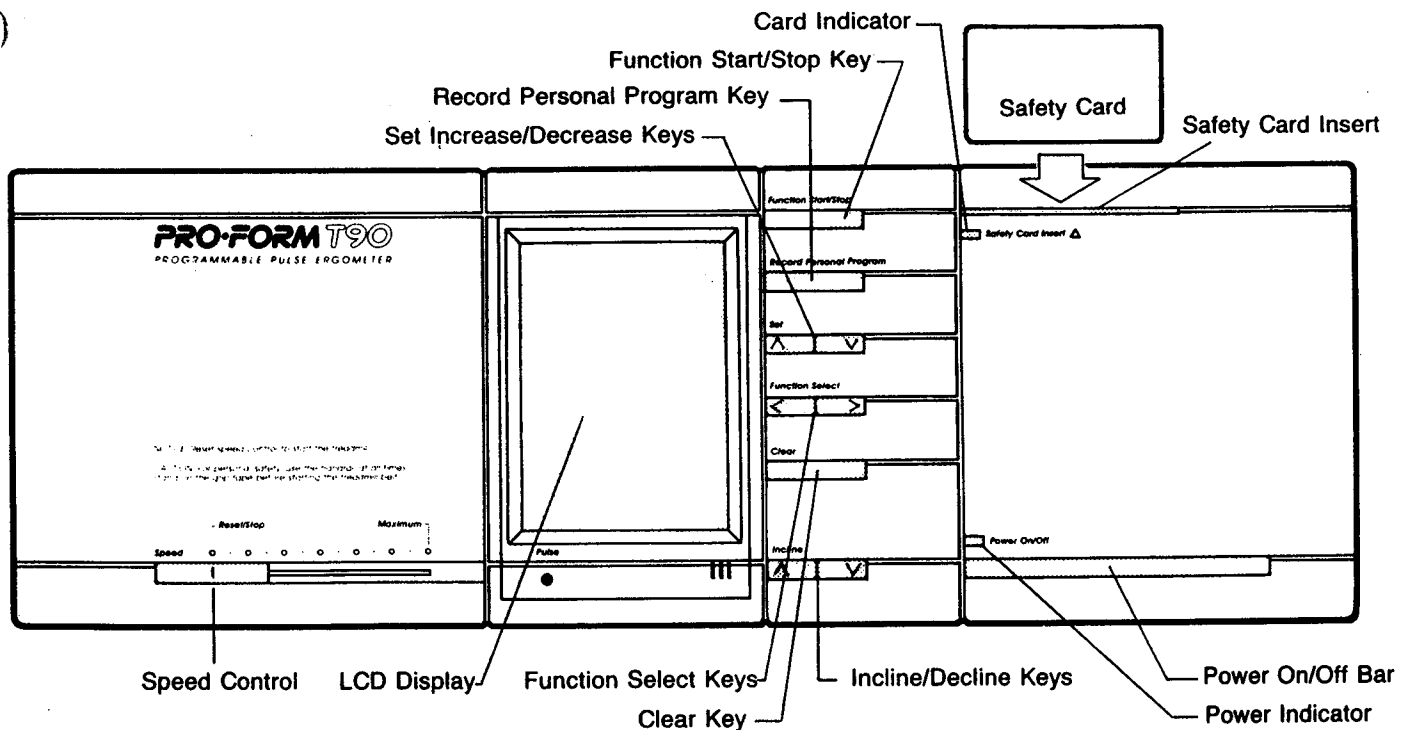
The treadmill is in the compact storage position. To convert the treadmill to the operating position, simply raise the Handrail Upright (#17) as shown and tighten the Locking Knob (#25).

Be sure that all parts are securely tightened before using the treadmill. Loose parts can cause vibration in the treadmill.



TREADMILL OPERATION AND ADJUSTMENT

Refer to the drawing below and the diagram on page 4 to identify parts described. See the COMPUTER OPERATION section of this manual for complete instructions on the operation of the exercise computer.



1. Plug the power cord directly into a grounded circuit carrying 12 amps or more. DO NOT USE AN ADAPTOR OR AN EXTENSION CORD. Note: due to the power requirements of the T90 treadmill, no other appliances should be on the same circuit as the treadmill.

2. Step onto the foot pads on the side rails of the treadmill and hold onto the handrail.

3. Insert the safety card into the slot in the console. The card indicator will light when the card has been inserted properly. Note: if the safety card becomes lost, a credit card can be used instead. The power cannot be turned on unless a card is first inserted.
4. Press the "Power On/Off" bar to turn the power on. The power indicator will light and the LCD display will appear when the power is on.
5. The computer must be in the started mode to control the speed of the treadmill. The computer can be started and stopped by pressing the Function Start/Stop key. The small stop sign-shaped indicator on the display will disappear when the computer is in the started mode. (When the power is first turned on, the computer will be in the started mode already.) After the computer is started, slide the speed control to the Reset/Stop position. Next, slide the control to the right until the belt begins to move at slow speed. Step onto the walking belt and begin walking. Slide the control farther to the right until the belt is moving at the desired speed.

Note: each time the computer is stopped, the walking belt will stop. To restart the belt, the computer must be started and then the speed control must be moved to the Reset/Stop position. Then slide the speed control to the right to select the desired speed as described above.

6. To increase or decrease the level of exercise difficulty, the incline of the treadmill can be changed. The computer must be in the started mode to adjust the incline. The incline can be adjusted by pressing the incline or decline keys. Bars will light on the LCD display to indicate the incline level selected, from 1 to 10. After you start the walking belt, it will take a moment for the treadmill to rise to the level selected.

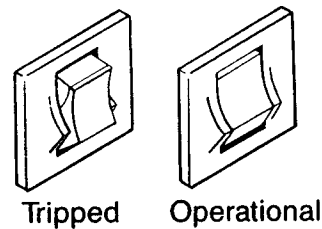
Note: each time the computer is stopped, the treadmill will return to level 1.

7. To turn the treadmill off, press the "Power On/Off" bar and remove the safety card.

MAINTENANCE AND STORAGE

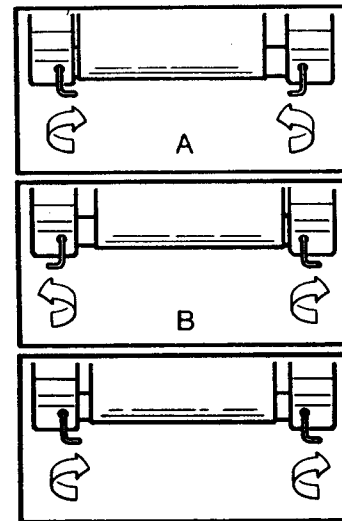
The T90 treadmill is designed to be virtually maintenance-free. Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill should be cleaned using a damp cloth and non-abrasive detergent. Do not allow liquids to come in contact with the console.

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.



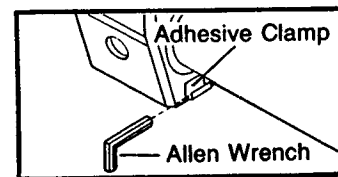
To prevent damage to the walking belt, the belt must be kept centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Walk to the back of the treadmill and observe the ends of the rear roller. If the walking belt is closer to one end of the roller than the other, the belt should be centered in the following manner:

1. Locate the belt adjustment bolts at the rear of the treadmill frame. The bolts can be adjusted using the allen wrench provided. **Caution: keep your hands away from the moving walking belt or serious injury could result.**
2. A. IF THE BELT HAS SHIFTED TO THE LEFT END: 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 END: 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 a moment 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.

For convenience, the allen wrench can be stored on one of the rear adjustment brackets using the adhesive clamp included. Attach the adhesive clamp to the bracket as shown in the drawing.



The T90 can be moved by lifting the back end of the frame and pushing or pulling the treadmill on the wheels at the front of the frame. **DO NOT LIFT ON THE SIDE RAIL COVERS.** The treadmill can be folded for compact storage by loosening the upright locking knob and folding the handrail upright down onto the treadmill frame.

Store the T90 in a cool, dry location, out of direct sunlight. Unplug the power cord and cover the treadmill during extended periods of storage. Do not place heavy objects on the treadmill.

PRO FORM T90 COMPUTER OPERATION

The heart of the T90 Programmable Pulse Ergometer is the microprocessor-based exercise computer. The T90 computer is designed to help you achieve optimum efficiency and performance, displaying extensive vital feedback on the oversized LCD display. In the auto pulse mode, the computer adjusts the incline of the treadmill automatically to help you maintain a constant heart rate as you exercise. Or you can select any one of four predefined exercise programs, set the length of time that you wish to exercise, and the computer will automatically guide you through your workout. You can even create two custom programs of your own!

Please read this guide carefully and perform all steps outlined, familiarizing yourself with the operation of each function. Save this guide for future reference.

The power cord of the T90 should be plugged into a grounded circuit carrying 12 amps or more. DO NOT use an adaptor or an extension cord. Do not attempt to remove the transformer, or rewire the power cord. Due to the power requirements of the T90, no other appliances should be on the same circuit as the treadmill.

Remove the protective film from the LCD display before operating.

CAUTION: in the auto pulse mode, the computer adjusts the incline of the treadmill automatically in response to the heart rate of the user. The user is responsible for entering the pulse setting. A table of suggested settings is included in this manual. We recommend that you consult your physician before beginning this or any exercise program.

COMPUTER CARE

The T90 computer is a precision instrument. Do not jar the computer or allow liquids to come in contact with the keys or the LCD display. Do not expose the display to direct sunlight or the display may be damaged. When storing the treadmill, unplug the power cord. The power cord may be left plugged in during periods of normal use.

COMPUTER FUNCTIONS

SPEED - Displays your current speed in miles or kilometers per hour.

TIMER - Allows you to enter the length of time that you plan to exercise, up to 99 minutes, and counts the time down to zero.

TRIP TIME - Displays the total elapsed time of your workout, up to 99 minutes and 59 seconds.

DISTANCE - Displays the distance that you have traveled in miles or kilometers, up to 999 miles.

DISTANCE SET - Allows you to enter the distance that you plan to travel, up to 999 miles, and counts the distance down to zero.

PULSE - Displays your current pulse, from 40 to 250 beats per minute.

TARGET PULSE - Allows you to enter a target pulse, from 50 to 250 beats per minute, displays your actual pulse relative to the target pulse, and emits a warning tone if you reach the target pulse.

AUTO PULSE - Allows you to enter a target pulse, from 50 to 250 beats per minute, and adjusts the incline of the treadmill automatically as you exercise to keep your pulse at or near the target level.

TEMPO - Helps you to maintain a steady pace by emitting an intermittent tone at a preselected time interval, up to 250 times per minute.

PROGRAMS 1-4 - Allow you to enter the length of time that you plan to exercise, and guide you through your workout, automatically adjusting the speed and incline of the treadmill to vary the intensity level of your exercise. Four different workouts are offered: Beginner, Novice, Intermediate and Advanced.

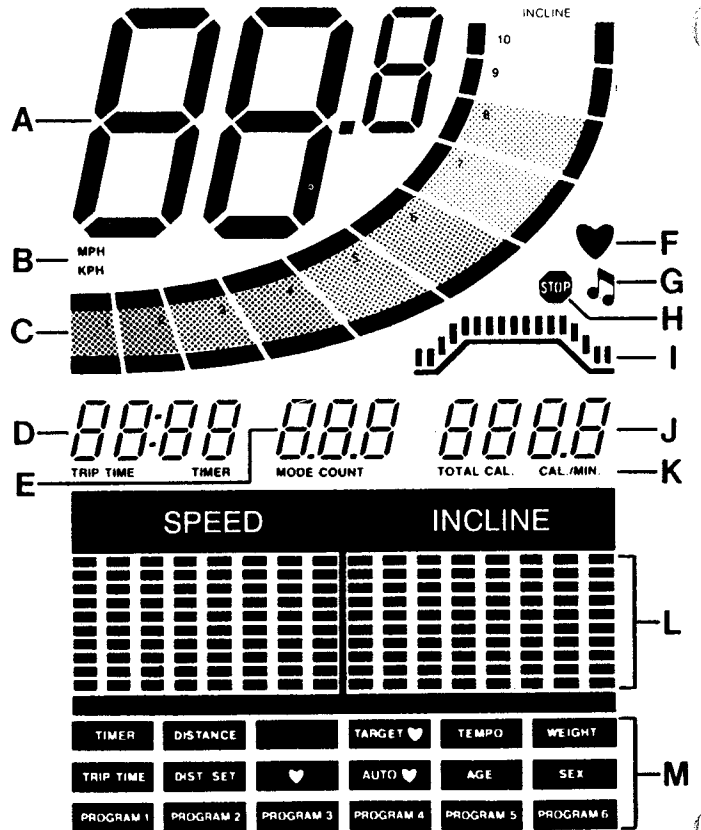
PROGRAMS 5-6 - Allow you to create your own custom workout programs.

TOTAL CALORIES - Displays the total number of nutritional Calories (kilocalories) you have expended, up to 9,999.

CALORIES/MINUTE - Displays the number of nutritional Calories (kilocalories) you are expending per minute, up to 2000 per minute.

COMPUTER DISPLAY

- A. Display for the SPEED function.
- B. Miles per hour and kilometers per hour indicators.
- C. Treadmill incline level indicator.
- D. Time display - displays the TIMER and TRIP TIME functions.
- E. Mode count display - displays the DISTANCE, DISTANCE SET and PULSE functions. Also used to enter values for the TARGET PULSE, AUTO PULSE and TEMPO functions, and to enter the user's age and weight into the computer.



- F. Pulse indicator - flashes in time with your pulse when the earclip is worn.
- G. Tone indicator - lights when a function utilizing a tone has been selected and the computer is in the stopped mode.
- H. Stop indicator - lights whenever the computer is in the stopped mode.
- I. Graphic display for the TARGET PULSE and AUTO PULSE functions.
- J. Calorie display - displays the TOTAL CALORIES and CALORIES/MINUTE functions.
- K. TOTAL CALORIES and CALORIES/MINUTE function indicators.
- L. Program display - displays exercise PROGRAMS 1-6. The display is divided into two sections: one to display the speed and one to display the incline of the treadmill. Each vertical column of bars in the speed section represents a speed level. Each vertical column of bars in the incline section represents an incline level. The farthest left column in both sections represents the current speed or incline of the treadmill. As the user exercises, the entire display moves to the left until the program has ended. This display also shows an M or an F when the sex of the user is entered into the computer.

CONSOLE KEYS

Refer to your treadmill console or the drawing on page 5 of this manual.

Speed control - used to control the speed of the treadmill.

Function Start/Stop key - used to start and stop computer functions.

Record Personal Program key - used to record PROGRAMS 5 and 6.

Set Increase (\wedge) and Decrease (\vee) keys - used to set values for changeable functions.

Function Select keys - used to select functions for display by moving forward or backward through the function indicators. The indicators light to show functions currently selected.

Clear key - used to reset displays to zero or preset values.

Incline Increase (\wedge) and Decrease (\vee) keys - used to control the incline of the treadmill.

Power On/Off bar - used to turn the treadmill and computer on and off.

SPEED ADJUSTMENT

See the TREADMILL ADJUSTMENT AND OPERATION section of this manual for speed adjustment instructions. Note: when using exercise PROGRAMS 1-6, the computer will adjust the speed of the treadmill automatically.

INCLINE ADJUSTMENT

See the TREADMILL ADJUSTMENT AND OPERATION section of this manual for incline adjustment instructions. Note: when using the AUTO PULSE function or one of the exercise PROGRAMS, the computer will adjust the incline of the treadmill automatically.

OPERATION OF THE EXERCISE COMPUTER

1. Insert the safety card and press the Power On/Off bar to turn the computer on. Note: once the computer is turned on, the computer can be started and stopped by pressing the Function Start/Stop key. The stop indicator (H) will appear on the display when the computer is in the stopped mode.
2. The computer can measure speed and distance in either miles or kilometers. The display is preset for miles. To change the unit of measurement, the computer must be in the stopped mode. Press one of the Function Select keys until the MPH or KPH indicators (B) flash. The indicator that flashes shows the unit that has been selected. To change the unit of measurement, press one of the Set keys. When the desired indicator is flashing, press one of the Function Select keys again.
3. Select the functions desired:

Note: the computer must be in the stopped mode before selecting all functions except DISTANCE, DISTANCE SET, and PULSE.

Note: when selecting or setting functions, displays can be reset to zero or preset values by pressing the CLEAR key when the computer is in the stopped mode. Pressing the CLEAR key twice will reset all functions.

SPEED - The speed is displayed whenever the walking belt is moving. No keys need be pressed to select this function.

TIMER - Press one of the Function Select keys until the TIMER indicator (M) appears on the display. Press the Set Increase key to enter the length of time that you plan to exercise. Each time the key is pressed the time displayed will increase by one minute. Holding the key down will increase the time more rapidly. (Press the Set Decrease key to decrease the amount if necessary.) After the desired amount of time is set, press the Function Start/Stop key to start or stop the countdown. When the countdown reaches zero a tone will sound for two seconds and the computer will be in the stopped mode.

TRIP TIME - Press one of the Function Select keys until the TRIP TIME indicator (M) appears on the display. Press the Function Start/Stop key to start or stop the timer. Note: the TRIP TIME function cannot be selected if the TIMER function has been set. If the TIMER function has been set, the computer will count the time down to zero and then display the TRIP TIME function.

DISTANCE - Press one of the Function Select keys until the DISTANCE indicator (M) appears on the display. Press the Function Start/Stop key to start or stop the function. As you exercise, the distance you have traveled will be displayed in the MODE COUNT display (E). Note: the DISTANCE function cannot be selected if the DISTANCE SET function has been set. If the DISTANCE SET function has been set, the computer will count the distance down to zero and then display the DISTANCE function.

DISTANCE SET - Press one of the Function Select keys until the DISTANCE SET indicator (M) appears on the display. This function will be displayed in the MODE COUNT display (E). Press the Set Increase key to enter the distance that you plan to travel. Each time the key is pressed the distance displayed will increase by 1 mile. Holding the key down will increase the distance more rapidly. (Press the Set Decrease key to decrease the amount if necessary.) After the desired distance is set, press the Function Start/Stop key to start or stop the function. As you exercise, the computer will count the distance down, sounding a tone for two seconds when zero is reached.

PULSE - Press one of the Function Select keys until the heart-shaped PULSE indicator (M) appears on the display. Plug the pulse earclip into the jack below the LCD display and attach the earclip to your left earlobe. When the earclip is properly attached, the heart symbol (F) on the display will flash in time with your pulse. After a few seconds your pulse will be displayed in the MODE COUNT display (E).

Important note: because of differences in individuals, a little experimentation may be necessary to get the best pulse reading. Try rubbing your earlobe and repositioning the earclip. It may also be helpful to attach the wire clip on the earclip to your collar. Although pulse readings can be taken while exercising, certain individuals may find that they get a better reading while standing still.

TARGET PULSE - Press one of the Function Select keys until the TARGET PULSE indicator (M) appears on the display. Press the Set Increase key to enter the pulse that you want to maintain during exercise. Each time the key is pressed, the pulse displayed will increase by 1,

beginning at 50. Holding the key down will increase the amount more rapidly. (Press the Set Decrease key to decrease the amount if necessary.) After the target pulse is set, attach the pulse earclip as described above and press the Function Start/Stop key to start or stop the function. After you begin exercising, an indicator will appear on the graphic pulse display (I) to indicate your current pulse relative to the target pulse you have set. If the indicator is to the left of the plateau, your pulse is below the target level. If the indicator reaches the right of the plateau, your pulse is above the target level. If your pulse remains above the target level for 10 seconds, a warning tone will sound until your pulse drops to or below the target level. Vary the speed and incline of the treadmill to keep the indicator on the center of the plateau.

Warning: *the user is responsible for entering the pulse setting. A table of suggested pulse settings is included in this manual. We recommend that you consult your physician for specific guidance.*

AUTO PULSE - Press one of the Function Select keys until the AUTO PULSE indicator (M) appears on the display. Press the Set Increase key to enter the pulse that you want to maintain during exercise. Each time the key is pressed the pulse displayed will increase by 1, beginning at 50. Holding the key down will increase the amount more rapidly. (Press the Set Decrease key to decrease the amount if necessary.) After the pulse is set, attach the pulse earclip and press the Function Start/Stop key to start or stop the function. The AUTO PULSE indicator (M) will flash when the function is started. As you exercise, the computer will monitor your pulse and automatically adjust the incline of the treadmill to keep your pulse at or near the level you have set. An indicator will appear on the graphic pulse display (I) to indicate your current pulse relative to the pulse you have set. Vary the speed of the treadmill to keep the indicator on the center of the plateau.

Warning: *the user is responsible for entering the pulse setting. A table of suggested pulse settings is included in this manual. We recommend that you consult your physician for specific guidance.*

TEMPO - Press one of the Function Select keys until the TEMPO indicator (M) appears on the display. This function will be displayed in the MODE COUNT display (E). Press the Set Increase key to enter the pace that you want to maintain during exercise. For example, if you want to walk at a constant pace of 70 strides per minute, enter the number 70. Each time the key is pressed the number displayed will increase by 1. Holding the key down will increase the number more rapidly. (Press the Set Decrease key to decrease the number if necessary.) After the desired pace is set, press the Function Start/Stop key to start or stop the function. To maintain the desired pace, adjust the speed of the treadmill until you are striding in time with the tone. To cancel the tone, stop the computer and press the CLEAR key. (The TEMPO indicator [M] must appear on the display.)

PROGRAM 1 - Program 1 is a beginning level exercise program. Press one of the Function Select keys until the PROGRAM 1 indicator (M) appears on the display. This program is preset to run for 20 minutes. Press the Set Increase or Decrease keys if you want to run the program for a different length of time. Press the Function Start/Stop key to start or stop the program. As you exercise, the computer will automatically change the speed and incline of the treadmill in order to vary the intensity level of your workout. The vertical columns of bars in the program display (L) represent speed and incline levels from 1-10. The farthest left column in the speed section shows the current speed of the treadmill. The farthest left column in the incline section shows the current incline level of the treadmill. As you progress through the program, the columns will move to the left, and the speed and incline will change accordingly, until the program has ended. A tone will sound at the end of the program.

PROGRAM 2 - This is a novice level program. Press one of the Function Select keys until the PROGRAM 2 indicator (M) appears on the display and run the program as described above.

PROGRAM 3 - This is an intermediate level program. Press one of the Function Select keys until the PROGRAM 3 indicator (M) appears on the display and run the program as described above.

PROGRAM 4 - This is an advanced level program. Press one of the Function Select keys until the PROGRAM 4 indicator (M) appears on the display and run the program as described above.

PROGRAM 5 - This function enables the user to create a custom program. Press one of the Function Select keys until the PROGRAM 5 indicator (M) appears on the display. This program is preset to run for 20 minutes. Press the Set Increase or Decrease keys to change the length of time if desired. Press the Record Personal Program key and then the Function Start/Stop key to start the program. Begin exercising, adjusting the speed and incline of the treadmill as desired. The computer will store in memory all of the adjustments that you make. After 20 minutes, or the time that you have set, has elapsed, a tone will sound and the computer will be in the stopped mode. The entire workout will be retained in memory, and can be run automatically in the same manner as PROGRAMS 1-4.

Note: each exercise program consists of 240 separate steps. All 240 steps will be run regardless of the length of time selected. For example, if a program is set to run for 10 minutes, all 240 steps of that program will be run during a 10-minute period. If a program is set to run for 30 minutes, all 240 steps will be run during a 30-minute period. Because of this, a program can be created in just a few minutes and later run for a longer period of time.

PROGRAM 6 - This program is operated in the same manner as PROGRAM 5. Press one of the Function Select keys until the PROGRAM 6 indicator (M) appears on the display and run the program as described above.

Note: all programs will be retained in memory when the computer is turned off. However, when the power cord is unplugged, only programs 1-4 will be retained in memory.

TOTAL CALORIES or CALORIES /MINUTE - Calories are calculated based on the speed and incline of the treadmill, and personal data entered into the computer. Press one of the Function Select keys until the AGE indicator (M) appears on the display. The age is preset at 35 years, displayed in the MODE COUNT display (E). Press the Set Increase or Decrease keys to set the number higher or lower. Each time the key is pressed the number displayed will change by 1.

Press one of the Function Select keys until the WEIGHT indicator (M) appears on the display. The weight is preset at 160 pounds, displayed in the MODE COUNT display (E). Press the Set Increase or Decrease keys to set the number higher or lower. Each time the key is pressed the number displayed will change by 1.

Press one of the Function Select keys until the SEX indicator (M) appears on the display. The sex is preset to male, indicated by a large letter "M" in the speed section of the program display (L). The sex can be changed to female by pressing the Set Increase or Decrease keys. A large letter "F" will appear in the incline section of the program display (L). The CLEAR key can be pressed to reset the display to male.

Press one of the Function Select keys until the TOTAL CALORIE or CALORIES/MINUTE indicators (K) flash. The indicator that flashes shows the function that has been selected. Press the Set Increase or Decrease keys to change from one function to the other. When the desired indicator is flashing, press one of the Function Select keys again. Press the Function

Start/Stop key to start or stop the function. If the TOTAL CALORIES function was selected, the total number of Calories you have expended will be displayed as you exercise. If the CALORIES/MINUTE function was selected, the number of Calories you are expending per minute will be displayed as you exercise.

NOTE: the calorie display (J) will always show either the TOTAL CALORIES or the CALORIES/MINUTE functions, regardless of other functions selected.

4. Some combinations of functions can be selected and displayed at the same time. The SPEED function is always displayed when the treadmill belt is moving. At the same time, either the TIMER or TRIP TIME functions can be displayed in the timer display (D). The DISTANCE, DISTANCE SET or PULSE functions can be displayed in the MODE COUNT display (E). The Calorie display (J) will show either the CALORIES or CALORIES/MINUTE functions. In addition, either the TARGET PULSE, AUTO PULSE or TEMPO functions can be selected.
5. When you are finished exercising, press the Power On/Off bar to turn the computer and treadmill off. The power cord does not need to be unplugged except during extended periods of nonuse.

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 causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, your heart rate must be maintained at a level within 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.

MALE

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-160	133-162
25	136-158	132-160
30	133-156	130-158
35	130-154	129-156
40	127-151	127-155
45	124-148	125-153
50	121-145	124-150
55	118-143	122-149
60	115-141	121-147
65	112-138	119-145
70	109-135	118-144
75	107-133	117-142
80	105-130	115-135
85	100-127	110-130

FEMALE

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	134-158	138-168
25	132-156	136-165
30	130-154	134-161
35	128-152	130-158
40	126-148	127-155
45	123-146	124-152
50	120-143	122-149
55	117-140	120-146
60	114-137	118-142
65	113-134	115-139
70	110-130	112-137
75	105-127	110-135
80	100-122	107-132
85	95-106	100-128

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 using the PULSE function of the T90 computer. (See the COMPUTER OPERATION section of this manual.) Vary the speed of the treadmill belt and the incline of the treadmill to keep your heart rate in your Training Zone.

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.

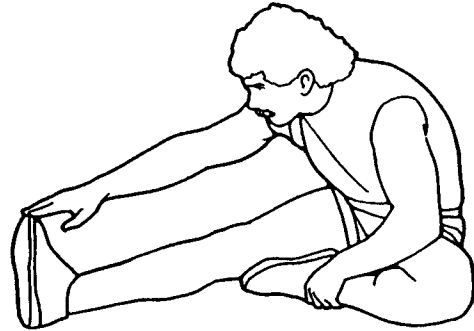
STRETCHING

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.

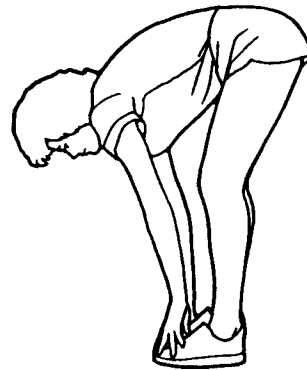
Stretches: Inner thigh muscles.



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.

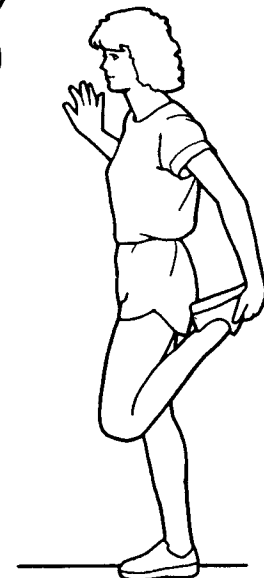
Stretches: Hamstrings, back of knees, back.



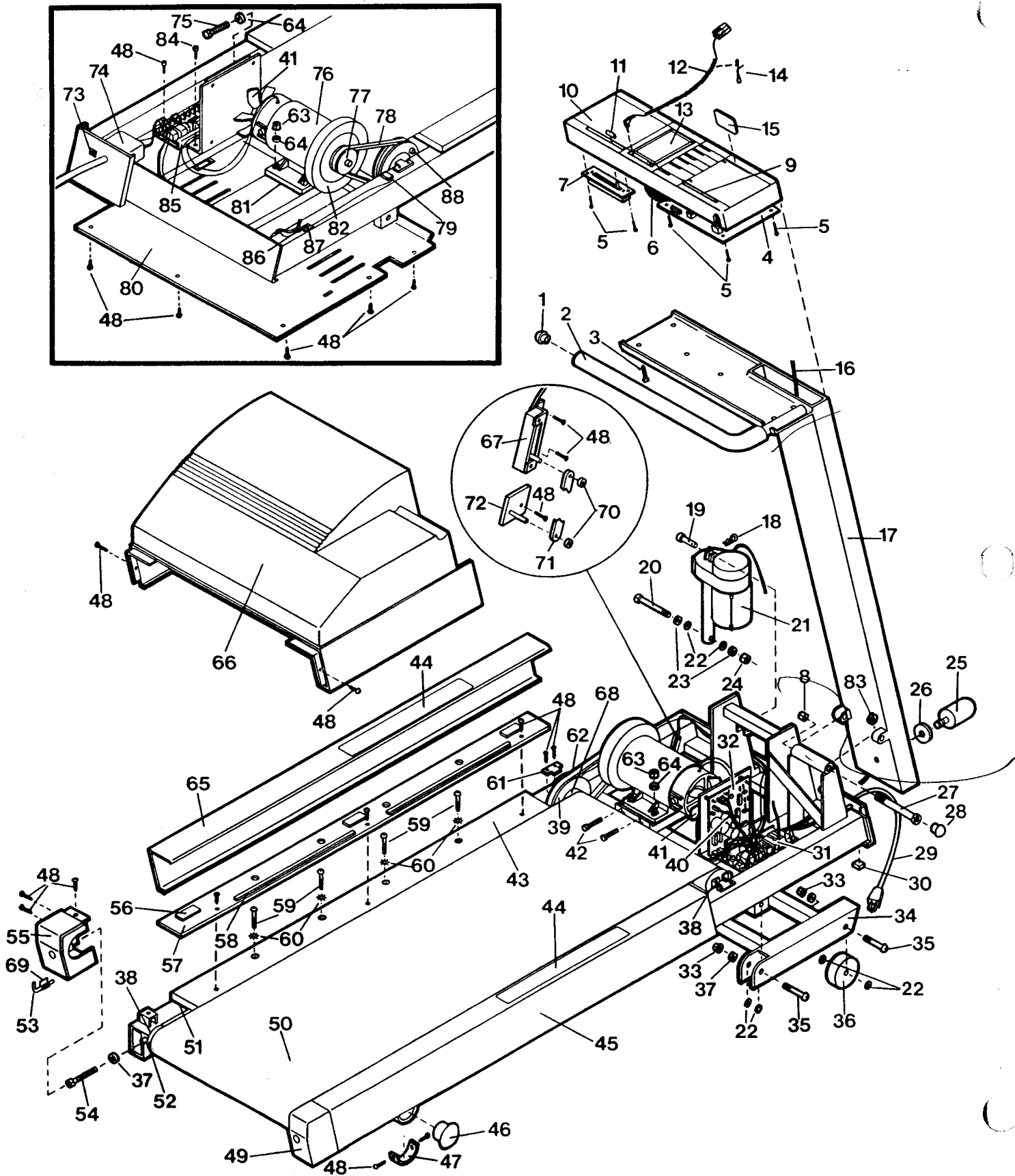
QUADRICEPS STRETCH

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.



EXPLODED DRAWING - Model No. PFT90



PART LIST - Model No. PFT90

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Handrail Cap	46	2	Rear Leg Endcap
2	1	Handrail Foam Grip	47	2	Rubber Pad
3	6	Console Screw	48	33	Screw
4	1	Panel Board	49	1	Right Endguard
5	8	Small Screw	50	1	Walking Belt
6	1	Ribbon Cable	51	2	Frame Pad
7	1	Speed Potentiometer Assembly	52	1	Rear Roller
8	1	Upright Nut	53	1	Allen Wrench
9	1	On/Off Bar	54	2	Belt Adjustment Bolt
10	1	Console	55	1	Left Endguard
11	1	Speed Control	56	6	Velcro Pad
12	1	Ear Clip	57	2	Side Rail Support
13	1	Electronics Display	58	4	Rubber Stripping
14	1	Wire Clip	59	8	Platform Bolt
15	1	Safety Card	60	8	Platform Washer
16	1	Main Wire Harness	61	2	Roller Lock
17	1	Handrail Upright	62	1	Front Left Roller Bushing
18	1	Cotter Pin	63	4	Motor Mount Nut
19	1	Incline Motor Pin	64	5	Zinc Washer
20	1	Incline Motor Bolt	65	1	Left Side Rail Cover
21	1	Incline Motor	66	1	Motor Hood
22	10	Nylon Washer	67	1	Incline Potentiometer Assembly
23	2	Incline Motor Lock Washer	68	1	Front Roller
24	1	Incline Motor Nut	69	1	Self-Adhesive Tool Clamp
25	1	Upright Locking Knob	70	2	Push Nut
26	1	Locking Knob Washer	71	1	Incline Rod
27	1	Pivot Bolt	72	1	Lower Incline Bracket
28	1	Plastic Cap	73	1	Circuit Breaker
29	1	Power Cord	74	1	Junction Box
30	2	Rubber Bumper	75	1	Front Roller Bolt
31	1	Controller	76	1	Motor
32	1	Power Board	77	1	Motor Pulley
33	4	Lock Nut	78	1	V-Belt
34	1	Incline Leg	79	1	Sensor Wire
35	4	Leg Bolt	80	1	Safety Cover
36	2	Wheel	81	1	Rubber Motor Pad
37	6	Washer	82	1	Fly Wheel
38	3	Roller Bushing	83	1	Upright Washer
39	1	Roller Pulley	84	2	Controller Screw
40	1	Short Wire Harness	85	1	Power Board Bracket
41	1	Motor Fan	86	4	Cable Tie
42	2	Motor Adjustment Bolt	87	4	Adhesive Tab
43	1	Wood Platform	88	1	Magnet
44	2	Foot Grip Pad	#	1	Owner's Manual
45	1	Right Side Rail Cover			

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-3756**, 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 T90).
2. The MODEL NUMBER OF THE PRODUCT (PFT90).
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.