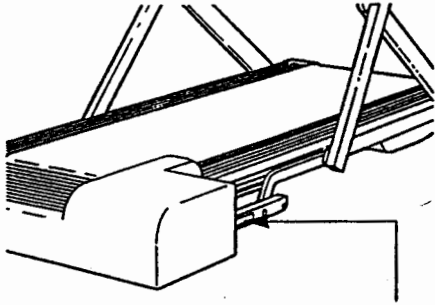


Model No. PFTL70070

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

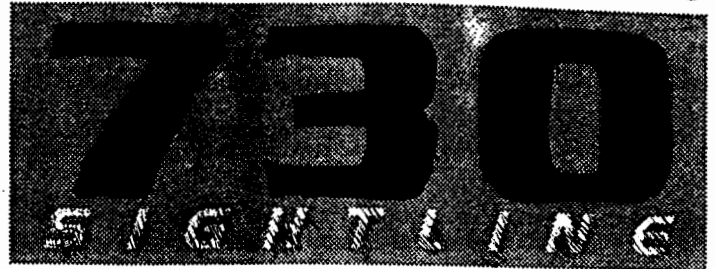
**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**  
**1-800-999-3756**  
Mon.-Fri., 6 a.m.-6 p.m. MST

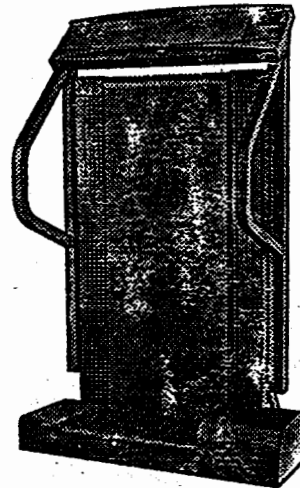
## ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

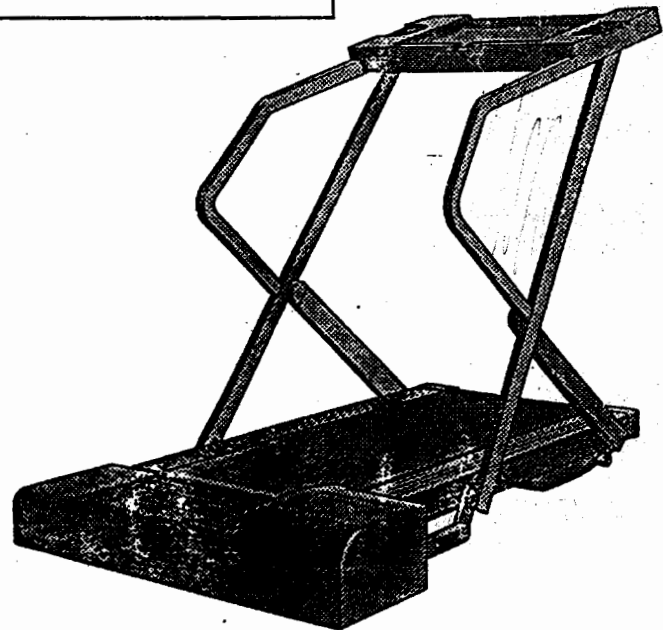
# PRO-FORM



PERFORMANCE TREADMILL



RELEASED TO  
DEC 18 1997  
MANUFACTURING



# USER'S MANUAL

# PRO-FORM



PERFORMANCE TREADMILL

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Note: An EXPLODED DRAWING is attached in the center of this manual. Please save the EXPLODED DRAWING for future reference.

# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface with at least one foot of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
11. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
12. Keep the power cord and the surge protector away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than one hour.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See SET-UP on page 6, and HOW TO MOVE THE TREADMILL on page 10.) You must be able to safely lift 65 pounds (30 kg) in order to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.
21. Inspect and tighten all parts of the treadmill every three months.
22. Never insert any object into any opening.

23. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in

this manual should be performed by an authorized service representative only.

24. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

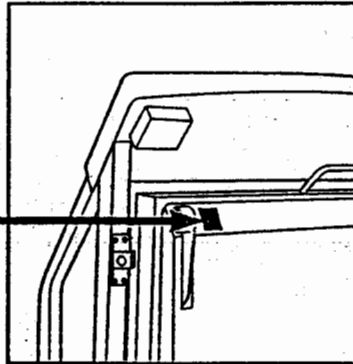
**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained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

## SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.

### ⚠ WARNING:

- Never allow children to play on or around treadmill.
- Keep hands clear of pinch points when folding treadmill.
- Storage latch must be fully engaged before treadmill is moved or stored.



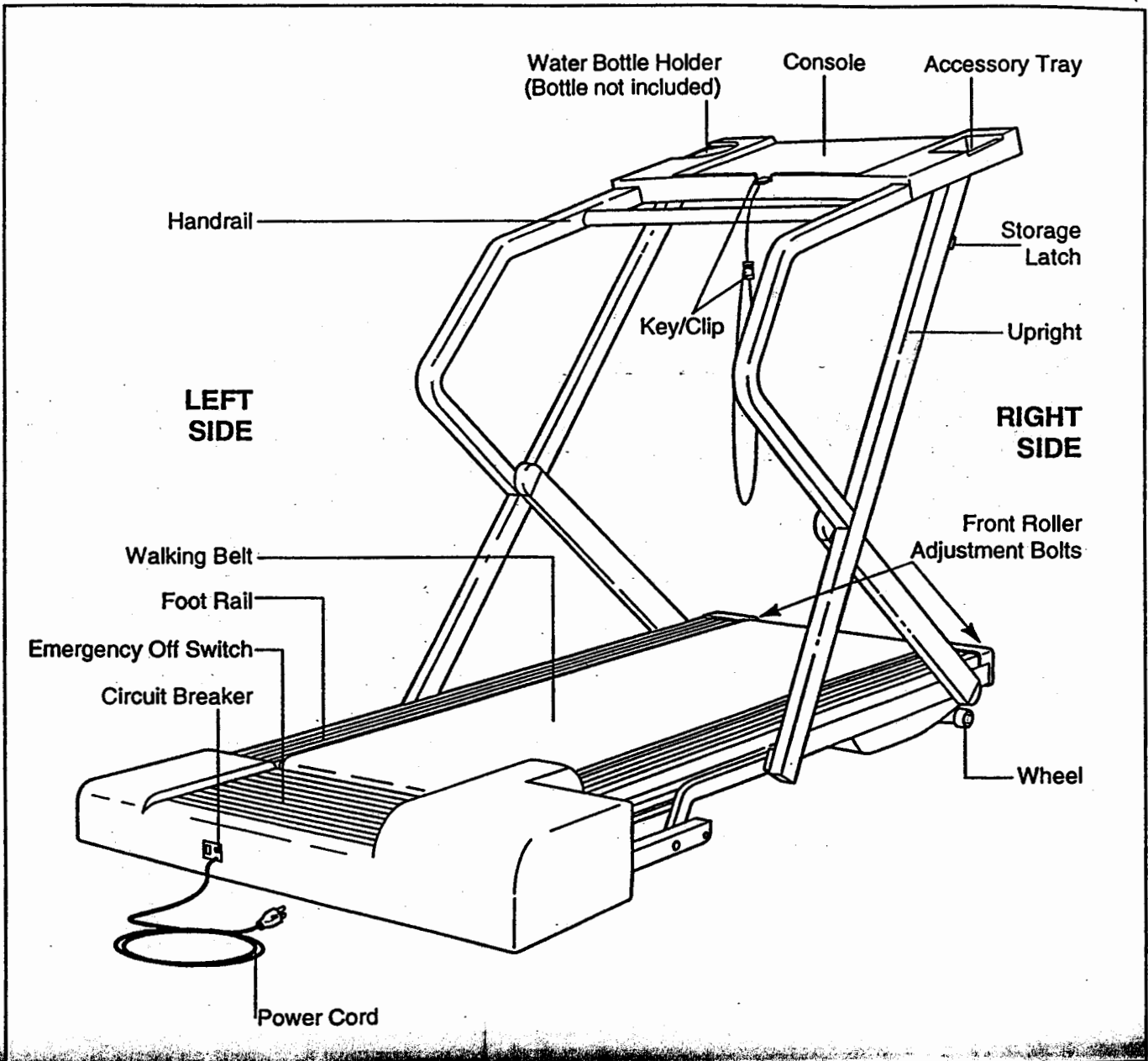
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 730 SIGHTLINE treadmill. The 730 SIGHTLINE blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

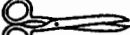
For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m.

until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PFTL70070. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

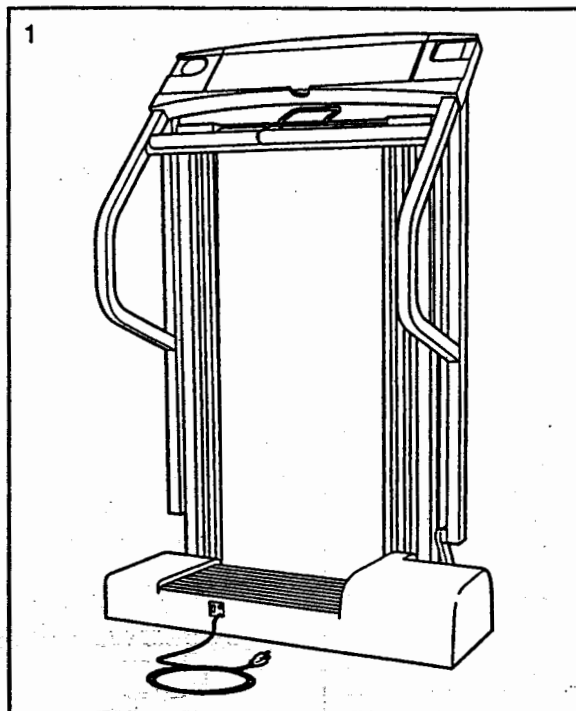
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# SET-UP

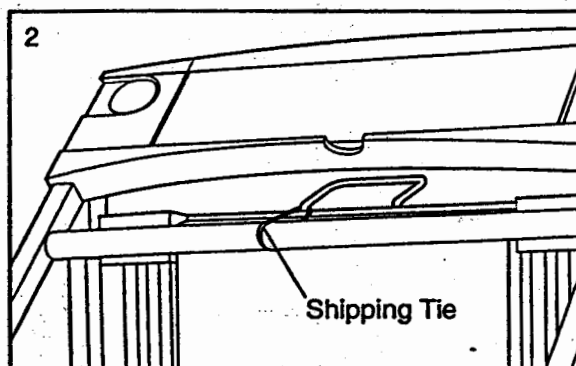
Setting up the treadmill requires two people. Place the treadmill in a cleared area and remove the packing materials, except for the shipping tie shown in drawing 2 below. Do not dispose of the packing materials until set-up is completed. A pair of scissors  (not included) is required.

1. With the help of a second person, carefully raise the treadmill to the position shown at the right.

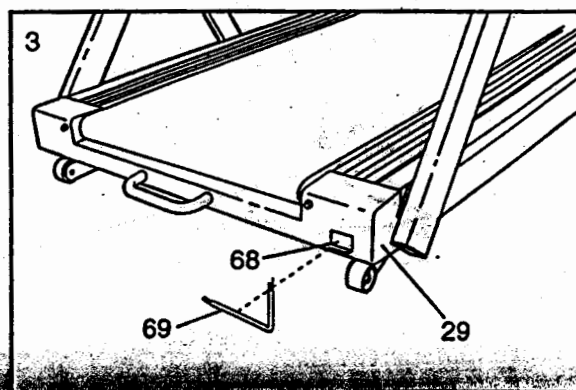


2. Cut the indicated shipping tie.

Refer to HOW TO LOWER THE TREADMILL FOR USE on page 11. Follow the instructions on page 11 to lower the treadmill.



3. Remove the backing from the Wrench Clip (68). Press the Wrench Clip onto the Front Endcap (29) in the indicated location. Press the Allen Wrench (69) into the Wrench Clip.



4. To protect the floor or carpet, place a mat under the treadmill. To order a mat, refer to the back cover of this manual.

# OPERATION AND ADJUSTMENT

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **Important:** Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased 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.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off.

To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.

Surge protectors are sold at most hardware stores and department stores. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

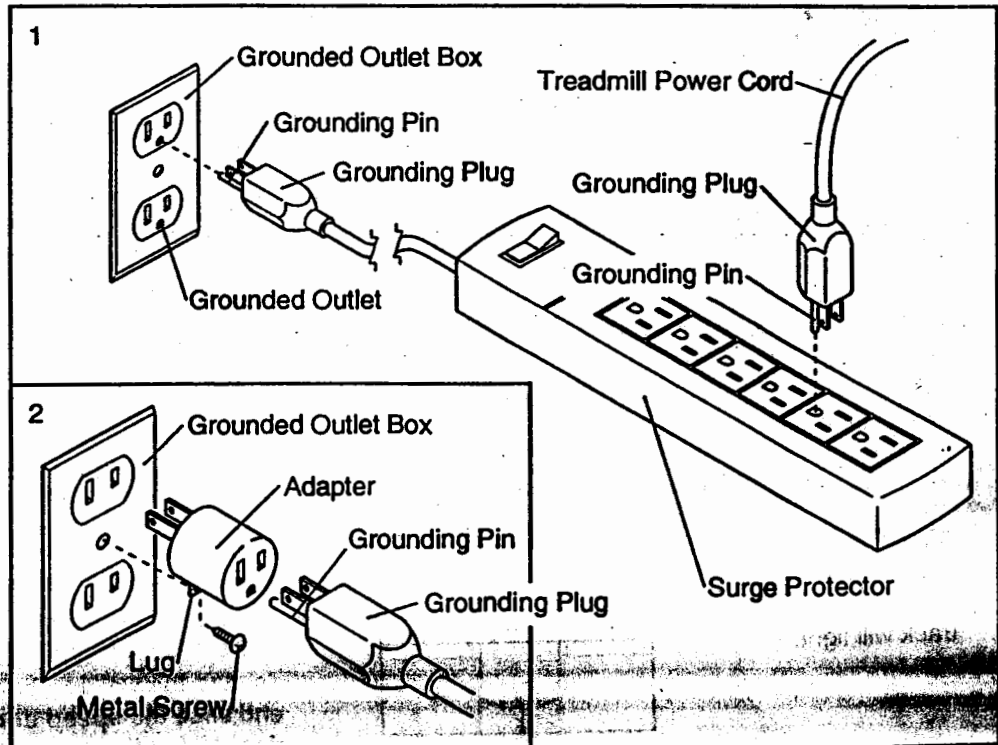
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of

electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

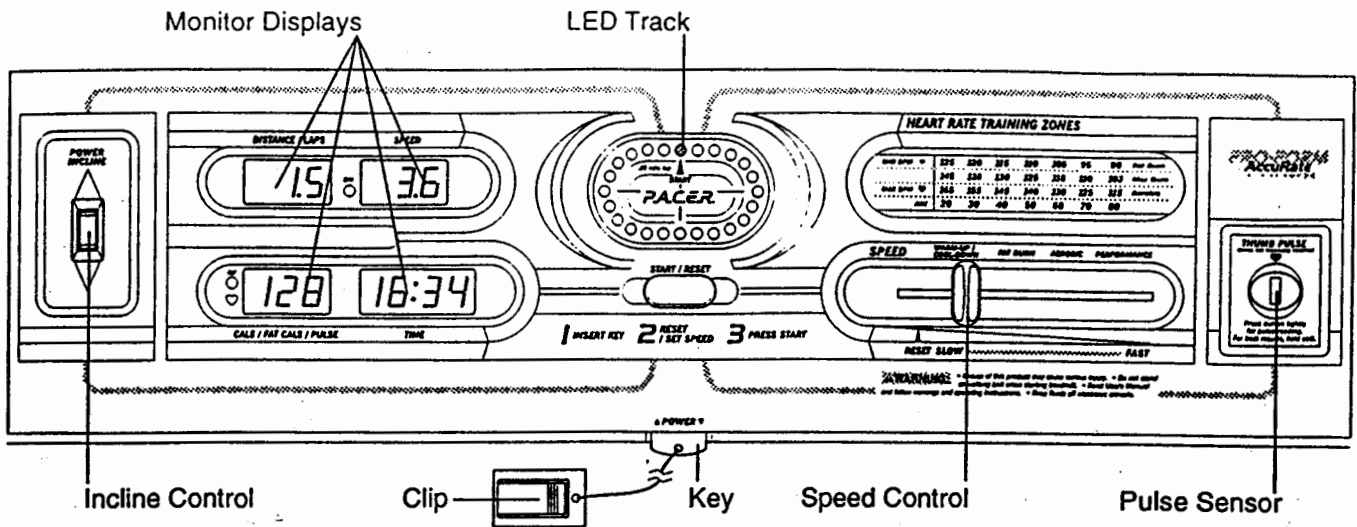
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if 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. 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.



# DIAGRAM OF THE CONSOLE



## CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip while using the treadmill. When the key is removed from the console, the walking belt will stop.
- An emergency shut-off switch is built into the motor hood behind the walking belt. Any time that you step on the motor hood, the walking belt will stop.
- Adjust the speed in small increments.
- The settings marked above the speed control (warm-up/cool-down, fat burn, aerobic, and performance) are general guidelines only. See page 14 for more information.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.

## STEP BY STEP CONSOLE OPERATION

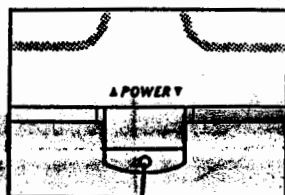
If there is a thin sheet of clear plastic on the face of the console, remove it. Next, make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 7).

Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

Follow the steps below to operate the console.

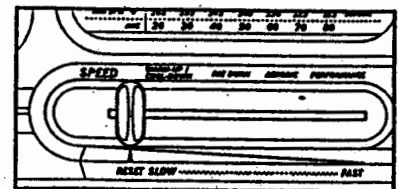
### 1 Insert the key fully into the power switch.

After a moment, the four displays and one indicator in the LED track will light.



### 2 Reset the speed control.

Slide the speed control to the RESET position. Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.



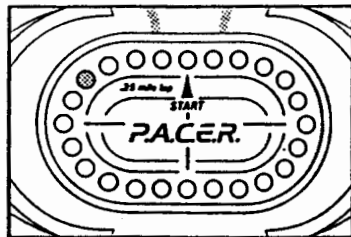
### 3 Start the walking belt.

Slowly slide the speed control to the right until the walking belt begins to move at slow speed. Step onto the walking belt. Change the speed of the walking belt as desired by sliding the speed control.

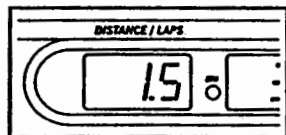
To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position. After a few seconds, the displays will pause.

**4** Follow your progress with the LED track and the four displays.

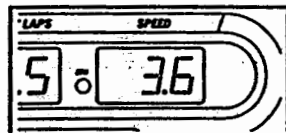
**The LED Track**—The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. A new lap will then begin.



**DISTANCE/LAPS display**—This display shows the distance that you have walked and the number of laps you have completed. The display will change from one number to the other every seven seconds. An "L" will appear in the display when the number of laps is shown. Note: If the KPH indicator beside the SPEED display is lit, the distance will be shown in kilometers; if the indicator is not lit, the distance will be shown in miles.



**SPEED display**—This display shows the speed of the walking belt. If the KPH indicator beside the display is lit, the speed will be shown in kilometers; if the indicator is dark, the speed will be shown in miles. To change the unit of measurement, press the START/RESET button for seven seconds.



**CALS/FAT CALS/PULSE display**—This display shows the approximate numbers of calories and fat calories you have burned. (See BURNING FAT on page 14 for an explanation of fat calories.) Every seven seconds, the display will change from one number to the other. The FAT indicator will light when the number of fat calories is shown. Note: This display also shows your pulse when the pulse sensor is used.

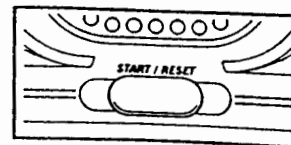


**TIME display**—This display shows the elapsed time.



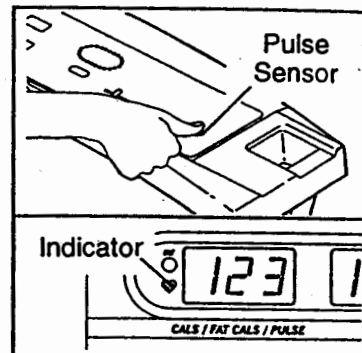
**Note:** If the walking belt is stopped and no console buttons are pressed for five minutes, the displays will automatically turn off. To light the displays, press the START/RESET button.

To reset the displays, press the START/RESET button. The displays will darken for a moment and then light.



**5** Measure your pulse, if desired.

Stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated—fully press it down. (Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.) Next, raise your thumb slightly until the heart-shaped indicator by the CALS/FAT CALS/PULSE display flashes steadily.

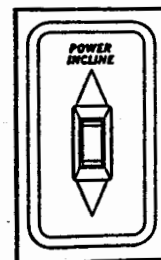


Hold your thumb at this level. After a few seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above.

Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

**6** Change the incline of the treadmill, if desired.

To change the incline, hold down the top or bottom of the incline control until the desired incline level is reached. **Important:** Before folding the treadmill, adjust the incline to the lowest position.



**7** When you are finished exercising, stop the walking belt and remove the key.

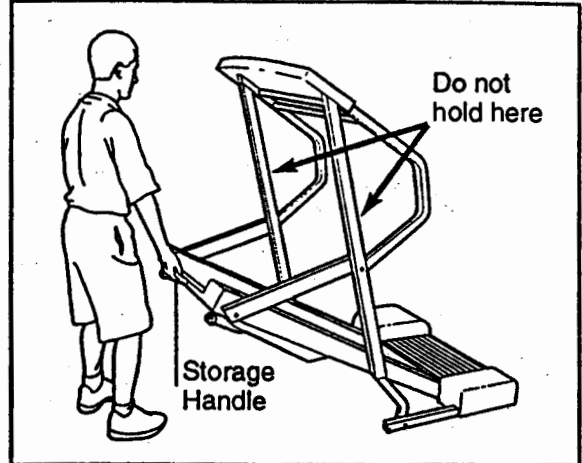
Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a secure place.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

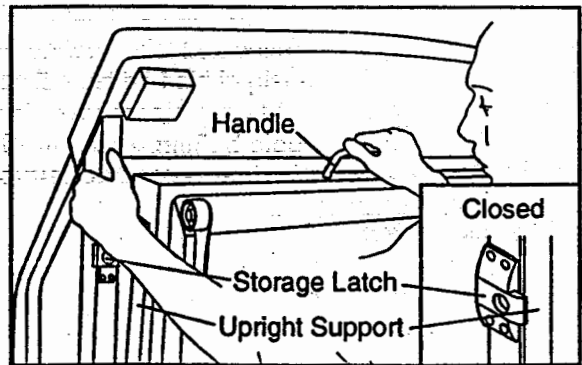
Before folding the treadmill, unplug the power cord. **Caution: You must be able to safely lift 65 pounds (30 kg) in order to raise, lower, or move the treadmill.**

1. Grip the storage handle with your right hand as shown. **Caution: To avoid pinching your hands, do not hold the treadmill in any other location. To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back. Raise the treadmill about halfway to the vertical position.**



2. Continue to raise the treadmill. Hold the left upright with your left hand until the storage latch closes over the upright support. **Make sure that the storage latch closes fully over the upright support.**

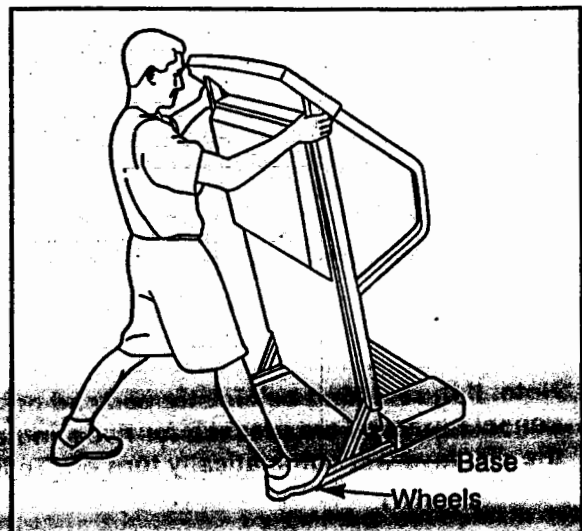
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

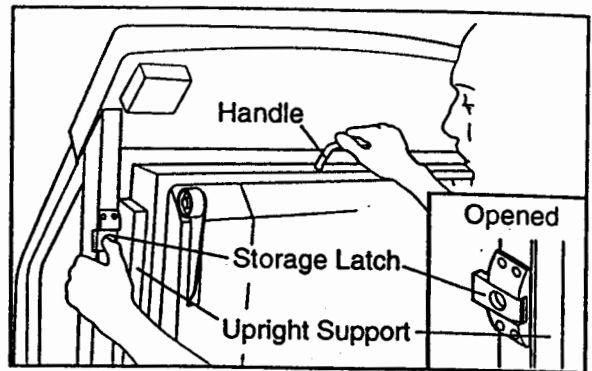
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the upright support.**

1. Hold the upper ends of the treadmill. Place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the wheels. **Carefully move the treadmill to the desired location. Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the storage handle with your right hand as shown. Using your left thumb, slide open the storage latch and hold it open. Hold the left upright with your left hand and pivot the treadmill until the upright support is past the storage latch.



2. Hold the storage handle firmly with your right hand, and lower the treadmill to the floor. **Caution: To avoid pinching your hands, do not hold the treadmill in any location other than the storage handle. To decrease the possibility of injury, bend your legs and keep your back straight. As you lower the treadmill, the console will move to a position above your head; be careful to avoid hitting the console.**

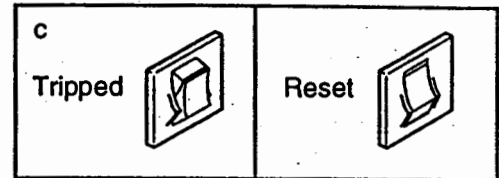


# MAINTENANCE AND TROUBLE-SHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

**PROBLEM:** The power does not turn on

- SOLUTION:**
- a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
  - b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.
  - c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

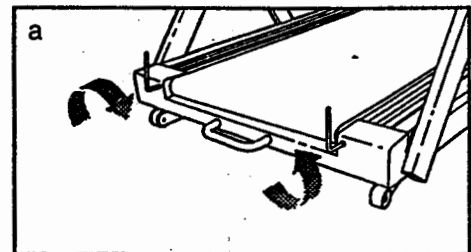


**PROBLEM:** The power turns off during use

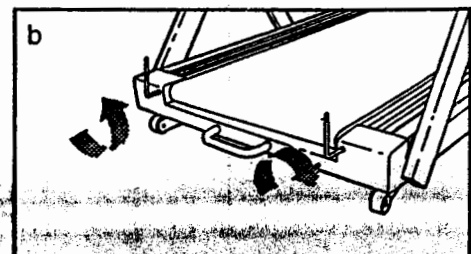
- SOLUTION:**
- a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
  - b. Make sure that the power cord is plugged in.
  - c. Remove the key from the console. Reinsert the key fully into the console.
  - d. Make sure that there is nothing pressing on the emergency shut-off switch built into the motor hood.
  - e. If the treadmill still will not run, please call our Customer Service Department, toll-free.

**PROBLEM:** The walking belt is off-center or slips when walked on

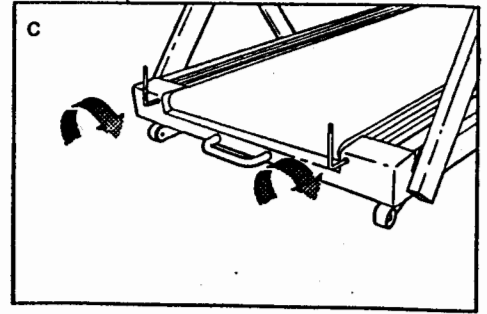
- SOLUTION:**
- a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left front roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left front roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



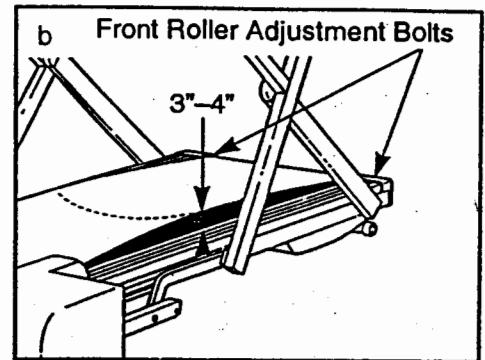
- c. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both front roller adjustment bolts clockwise 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both front roller adjustment bolts counter-clockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



- c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

# 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 individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a book or consult your physician.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise. (The chart is also found on the treadmill console.)

<b>MIN BPM</b>	125	120	115	110	105	95	90	<i>Fat Burn</i>
	145	138	130	125	118	110	103	<i>Max Burn</i>
<b>MAX BPM</b>	165	155	145	140	130	125	115	<i>Aerobic</i>
<b>AGE</b>	20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. These numbers are your "training zone." The smaller two numbers are recommended heart rates for fat burning; the larger number is the recommended heart rate for aerobic exercise. To measure your heart rate during exercise, use the pulse sensor on the console. (See page 9.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill.

## Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat,

adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone. It may also be helpful to set the speed control on the console to FAT BURN to help you maintain the proper intensity level (see page 8).

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the higher number in your training zone. It may also be helpful to set the speed control on the console to AEROBIC to help you maintain the proper intensity level (see page 8).

## High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level (see page 8). Note: During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A Warm-up**—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

**A Cool-down**—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. PFTL70070

R1297A

To identify the parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	50	1	Roller Shield	99	1	Reed Switch Clip
2	16	Hood/Spacer Screw	51	1	Shield Screw	100	5	Releasable Cable Tie
3	26	Hood Support Screw	52	1	Walking Belt	101	3	8" Cable Tie
4	1	Hood Support	53	1	Walking Platform	102	1	Console
5	1	Storage Latch	54	1	Left Foot Rail	103	4	Support Endcap
6	1	Emergency Off Switch	55	2	Front Roller Adj. Bolt	104	6	Small Washer
7	1	Base	56	1	Console Base	105	1	Base Plug
8	29	Screw	57	1	Folding Handle	106	1	8" Ground Wire
9	1	Circuit Board	58	1	Front Roller	107	1	Roller Guard
10	1	Controller	59	2	Handle Bolt	108	1	Incline Leg Washer
11	1	Electronics Plate	60	1	Frame	#	1	8" White Wire, Pigtail
12	1	Choke	61	1	Belly Pan	#	1	8" Blue Wire, Pigtail
13	1	Grommet	62	1	Right Foot Rail	#	1	6" Blue Wire, 2 F/M
14	1	Power Cord	63	1	Latch Warning Decal	#	1	8" White Wire, M/F
15	1	Outlet Bracket	64	2	Incline Leg Pivot Bolt	#	1	8" Black Wire, M/Flag
16	1	Circuit Breaker	65	1	Console Cover	#	1	8" Black Wire, F/Flag
17	1	Plug	66	2	Belt Guide	#	1	26" Red Wire, M/F
18	1	Right Upright Support	67	1	Reed Switch	#	1	22" Blue Wire, M/F
19	4	Base Pad	68	1	Wrench Clip	#	1	22" Black Wire, M/F
20	1	Wire Harness	69	1	Allen Wrench	#	1	User's Manual
21	25	Console Screw	70	2	Incline Wheel Bolt			
22	1	Ground Screw	71	2	Incline Wheel			
23	2	Frame Pivot Bolt	72	4	Incline Nut			
24	2	Front Wheel	73	1	Incline Leg			
25	12	Nut	74	4	Roller Guard Screw			
26	2	Wheel Bolt	75	1	Latch Bracket			
27	2	Frame Pivot Spacer	76	1	Console Plate			
28	1	Right Link Arm	77	2	Latch Spring			
29	1	Front Endcap	78	1	Incline Motor			
30	1	Switch Bracket	79	1	Incline Motor Spacer			
31	1	Pulley Cover	80	2	Link Arm Bolt			
32	1	Key Clip	81	1	Hood Bracket			
33	1	Motor Pivot Bolt	82	1	Left Link Arm			
34	1	Motor	83	2	Link Arm Spacer			
35	1	Shock	84	1	Speed Potentiometer			
36	1	Motor Pivot Nut	85	10	Washer			
37	1	Motor Tension Washer	86	4	Link Arm Washer			
38	3	Motor Tension Bolt	87	1	Motor Tension Nut			
39	1	Motor Belt	88	1	Speed Control Knob			
40	1	Motor Star Washer	89	4	Rod Housing			
41*	1	Motor/Pulley/Fly/Fan	90	4	Rod Housing Screw			
42	1	Pulley/Flywheel/Fan	91	4	Slider Rod			
43	1	Incline Control	92	2	Slider			
44	1	Rear Roller Adj. Bolt	93	2	Lower Upright Spacer			
45	3	Adjustment Washer	94	1	Warning Decal			
46	8	Belly Pan Fastener	95	1	Left Upright Support			
47	1	Magnet	96	2	Small Upright Spacer			
48	1	Rear Roller/Pulley	97	1	Upright			
49	4	Walking Platform Screw	98	5	Tie Holder			

\* Includes all parts shown in the box  
# These parts are not illustrated

# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PFTL70070).
- The NAME OF THE PRODUCT (PROFORM® 730 SIGHTLINE treadmill).
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual).
- The KEY NUMBER OF THE PART(S) (see the PART LIST on page 15 and the EXPLODED DRAWING attached in the center of this manual).
- The DESCRIPTION OF THE PART(S) (see the PART LIST on page 15 and the EXPLODED DRAWING attached in the center of this manual).

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

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## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), 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. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 ICON. 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 an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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 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.

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