

# PRO-FORM® 7.0

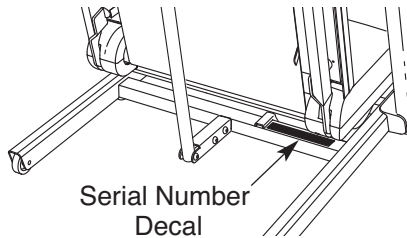
## CROSSTRAINER

[www.proform.com](http://www.proform.com)

Model No. PFTL79007.2

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **DO NOT CONTACT THE STORE;** please contact Customer Care.

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

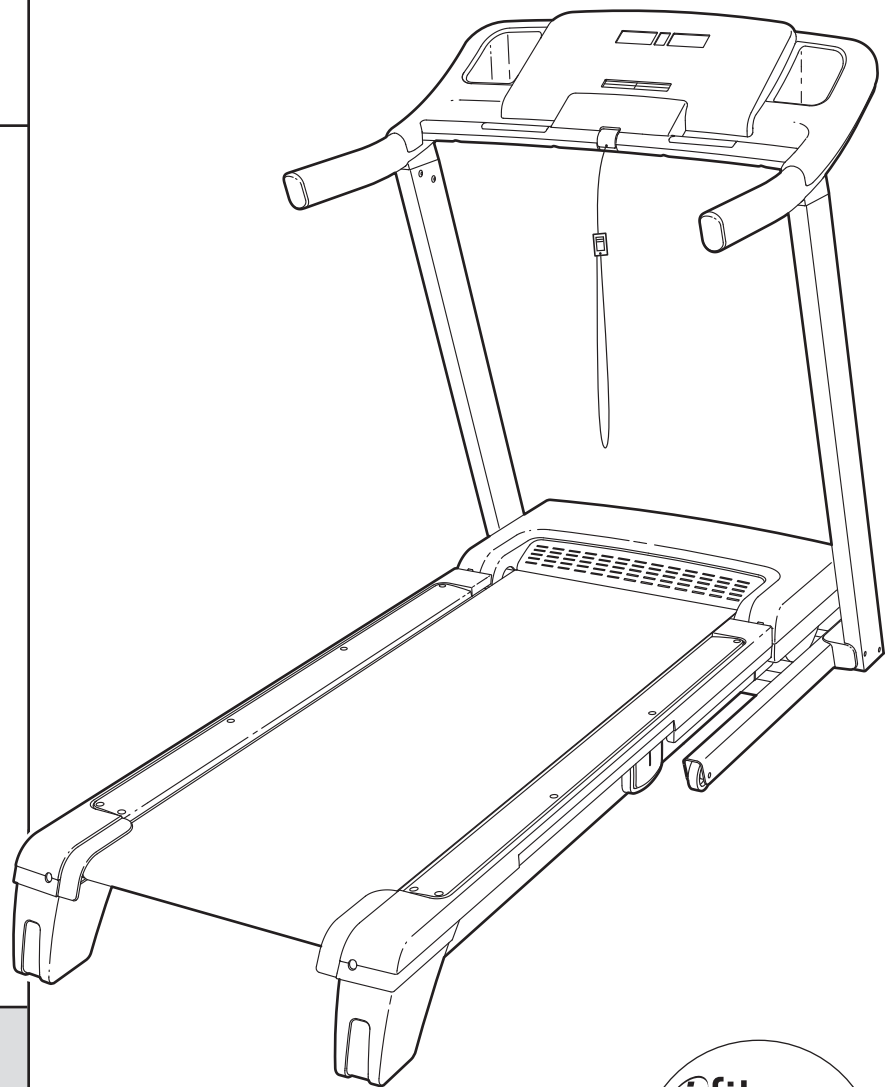
**1-888-533-1333**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

[www.proformservice.com](http://www.proformservice.com)



### CAUTION

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



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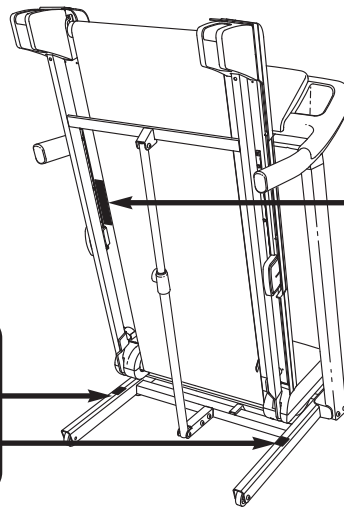
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## WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



**▲WARNING:**  
Protect yourself and others from risk of serious injury. Read the user's manual and :

-  -Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
-  -Never allow children on or around treadmill.
- Remove key when not in use.
-  -Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. 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.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes 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.*
11. When connecting the power cord (see page 12), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 12. To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. 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 TROUBLESHOOTING on page 25 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 14).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. 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.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 23.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
23. Never insert any object into any opening on the treadmill.
24. Inspect and properly tighten all parts of the treadmill regularly.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and 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.
26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

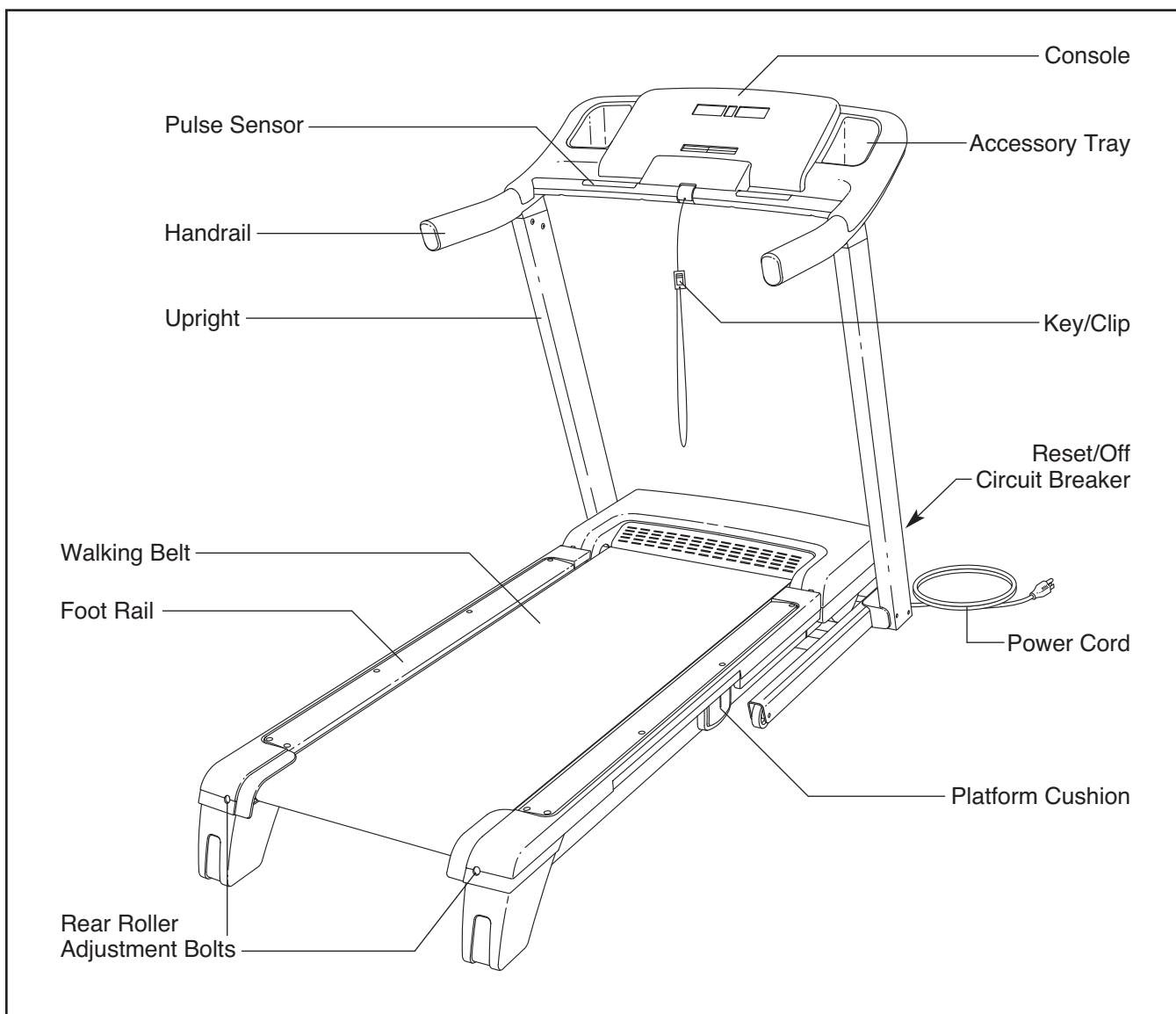
Thank you for selecting the revolutionary PROFORM® 7.0 CROSSTRAINER treadmill. The 7.0 CROSS-TRAINER treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, please see the front cover of this man-

ual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

**To avoid a registration fee for any service needed under warranty, you must register the treadmill at [www.proformservice.com/registration](http://www.proformservice.com/registration).**

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



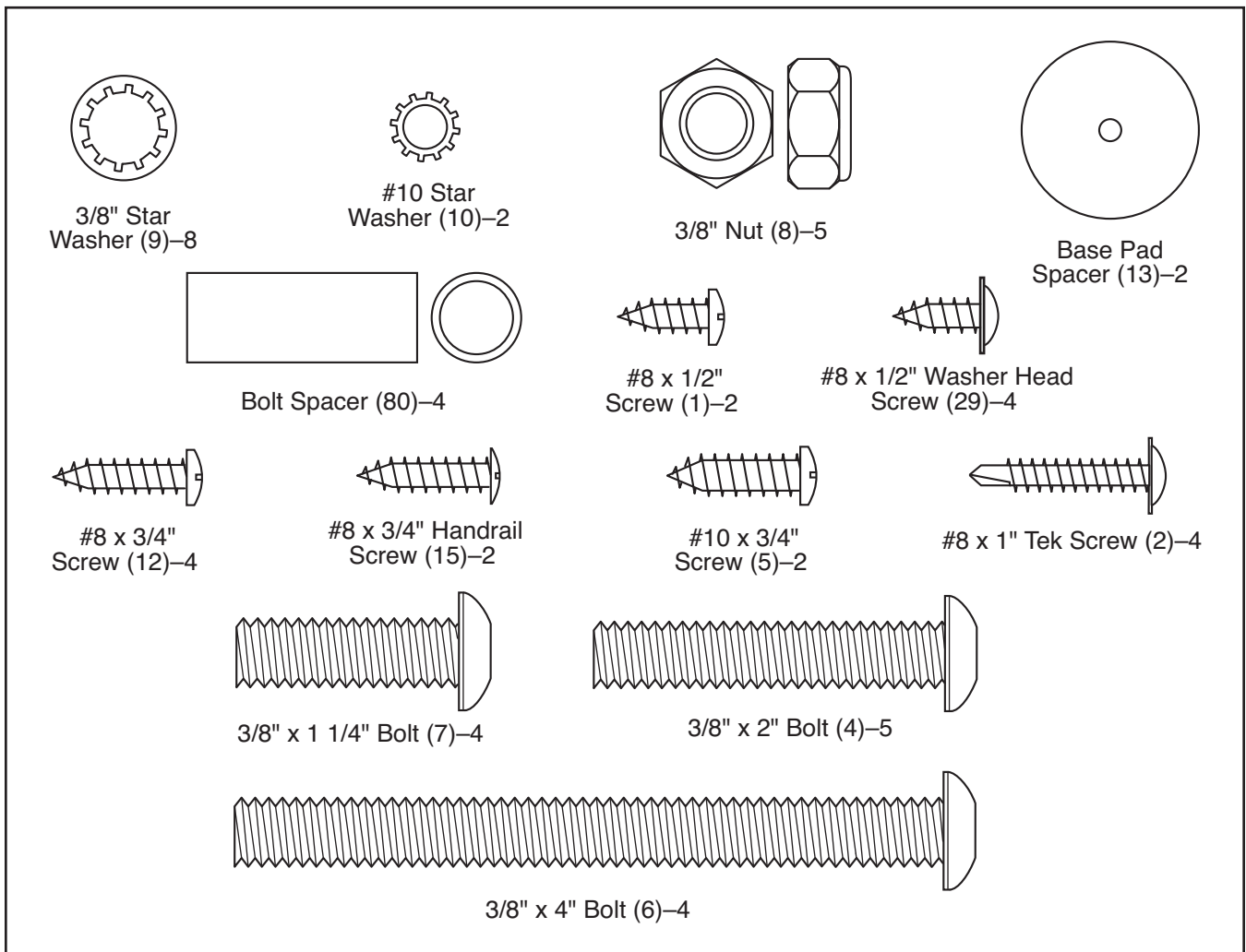
# ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480.

**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included hex key**  **and your own Phillips screwdriver**  **, adjustable wrench**  **, rubber mallet**  **, and scissors**  .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. **To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**

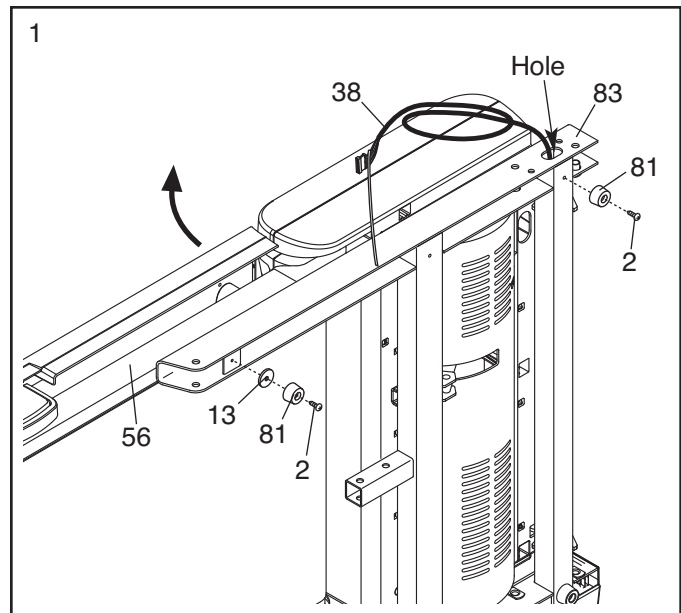


1. **Make sure that the power cord is unplugged.**

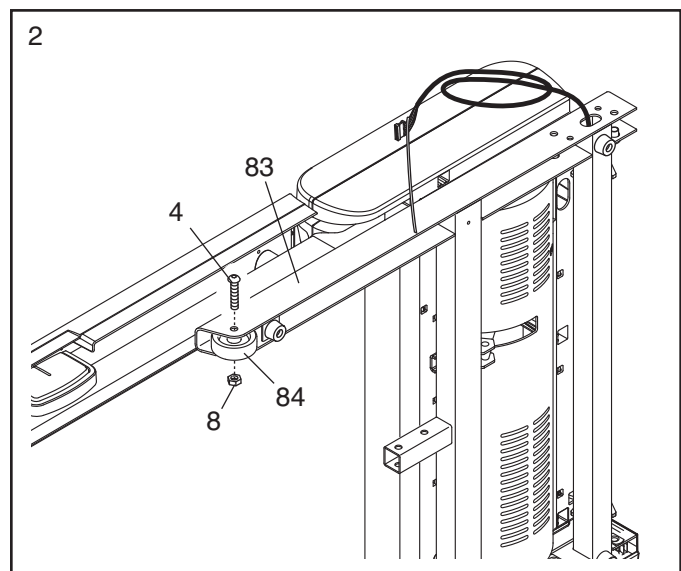
With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (56) so that the treadmill is more stable; **do not fully fold the Frame yet.**

Cut the shipping tie securing the Upright Wire (38) to the Base (83). Locate a tie in the indicated hole in the Base, and use the tie to pull the Upright Wire out of the hole.

Attach a Base Pad (81) to the Base (83) in the location shown with a Base Pad Spacer (13) and a #8 x 1" Tek Screw (2). Then, attach another Base Pad (81) with only a #8 x 1" Tek Screw (2).

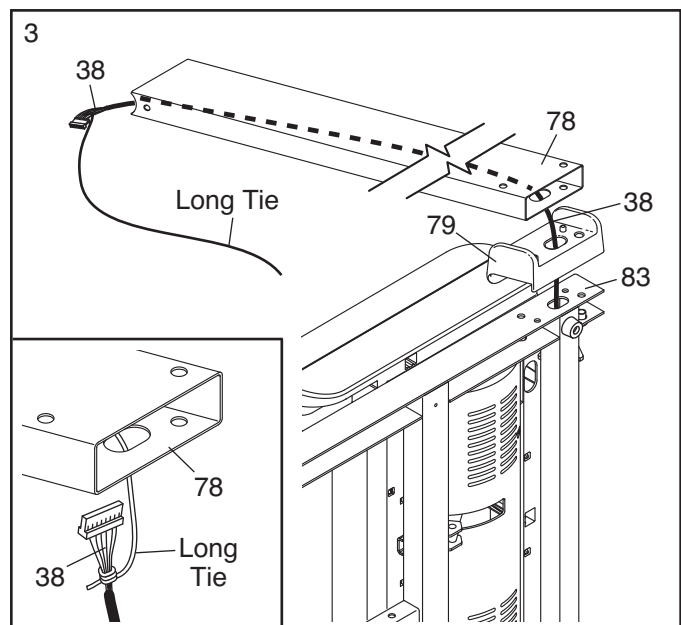


2. Attach a Wheel (84) with a 3/8" x 2" Bolt (4) and a 3/8" Nut (8). **Do not overtighten the Nut; the Wheel must turn freely.**



3. Identify the Right Upright (78) and the Right Upright Spacer (79), which are marked with stickers. Insert the Upright Wire (38) through the Right Upright Spacer as shown. Set the Right Upright Spacer on the Base (83). **Be careful not to pinch the Upright Wire.**

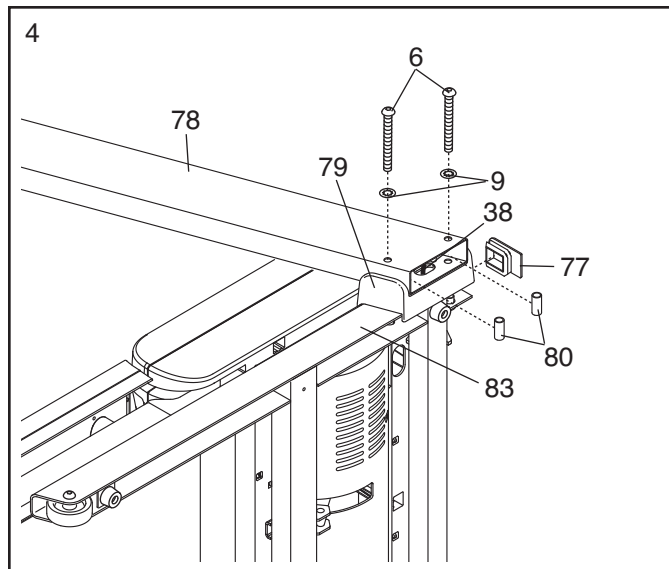
Have a second person hold the Right Upright (78) near the Base (83). **See the inset drawing.** Tie the long tie in the Right Upright securely around the end of the Upright Wire (38). Then, pull the other end of the long tie until the Upright Wire is routed completely through the Right Upright.



4. Hold a Bolt Spacer (80) inside the lower end of the Right Upright (78). Insert a 3/8" x 4" Bolt (6) with a 3/8" Star Washer (9) into the Right Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (80), 3/8" x 4" Bolt (6), and 3/8" Star Washer (9).** Set the Right Upright in the Right Upright Spacer (79). **Be careful not to pinch the Upright Wire (38).**

Partially tighten the 3/8" x 4" Bolts (6) until the heads of the Bolts touch the Right Upright (78); **do not fully tighten the Bolts yet.**

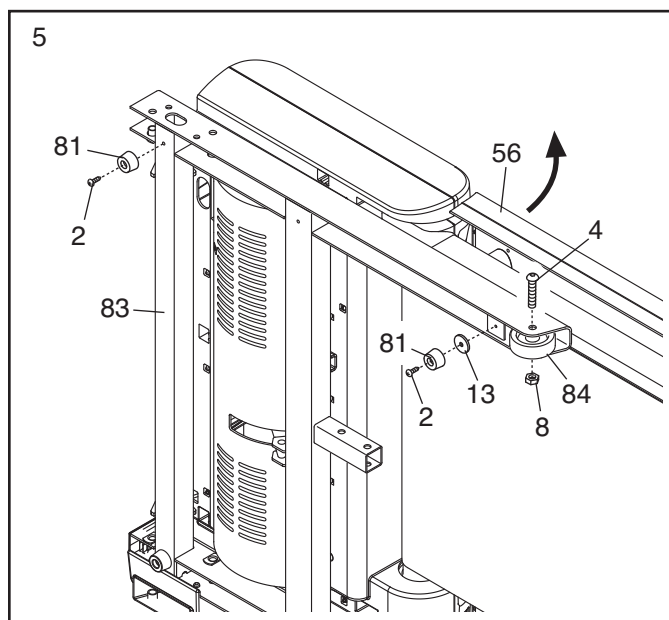
Press a Base Endcap (77) into the Base (83).



5. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (56) so that the treadmill is more stable; **do not fully fold the Frame yet.**

Attach a Base Pad (81) to the Base (83) in the location shown with a #8 x 1" Tek Screw (2) and a Base Pad Spacer (13). Then, attach another Base Pad (81) with only a #8 x 1" Tek Screw (2).

Attach a Wheel (84) with a 3/8" x 2" Bolt (4) and a 3/8" Nut (8). **Do not overtighten the Nut; the Wheel must turn freely.**

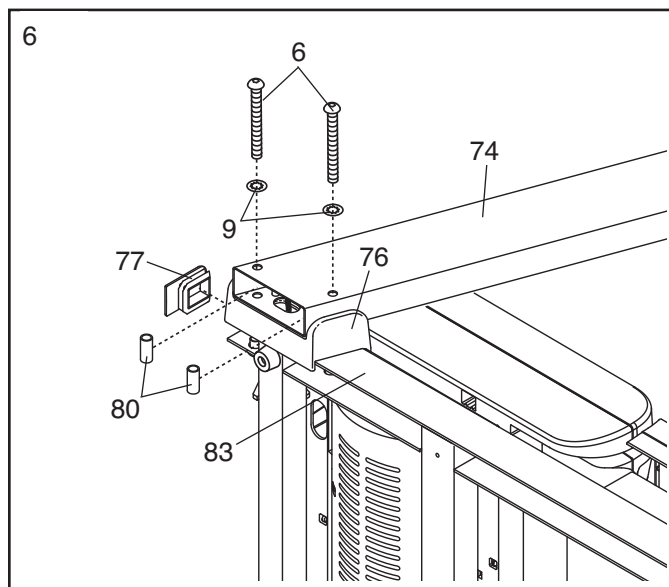


6. Set the Left Upright Spacer (76) on the Base (83). Hold a Bolt Spacer (80) inside the lower end of the Left Upright (74). Insert a 3/8" x 4" Bolt (6) with a 3/8" Star Washer (9) into the Left Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (80), 3/8" x 4" Bolt (6), and 3/8" Star Washer (9).** Set the Left Upright in the Left Upright Spacer.

Partially tighten the 3/8" x 4" Bolts (6) until the heads of the Bolts touch the Left Upright (74); **do not fully tighten the Bolts yet.**

Press a Base Endcap (77) into the Base (83).

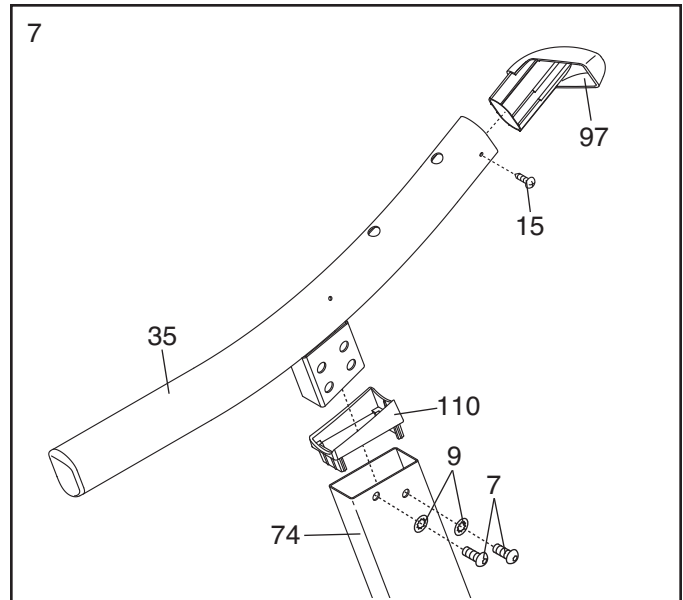
With the help of a second person, tip the treadmill so that the Base (83) is flat on the floor.



- Press a Front Handrail Endcap (97) into the Left Handrail (35). Attach the Front Handrail Endcap with a #8 x 3/4" Handrail Screw (15).

Press an Upright Insert (110) into the Left Upright (74). Set the Left Handrail (35) on the Upright Insert.

Attach the Left Handrail (35) with two 3/8" x 1 1/4" Bolts (7) and two 3/8" Star Washers (9). **Firmly tighten the Bolts.**

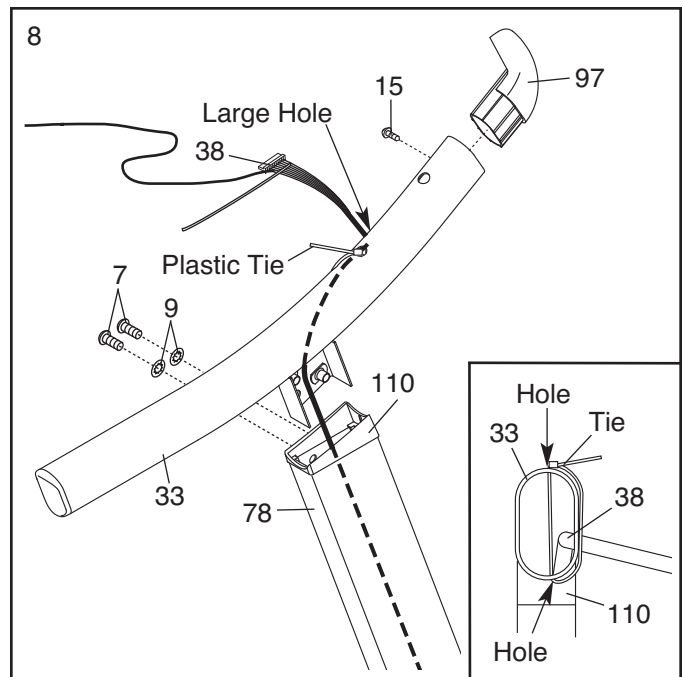


- Hold the Right Handrail (33) near the Right Upright (78). Insert the Upright Wire (38) through an Upright Insert (110), into the hole in the bottom of the Right Handrail (33), and out of the large hole in the side of the Right Handrail.

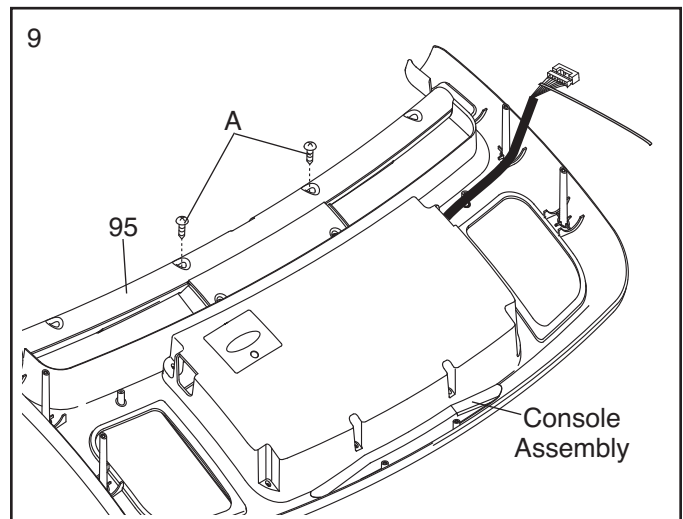
Insert the included plastic tie through the holes in the Right Handrail (33) as shown. Look inside the Right Handrail. **Make sure that the plastic tie holds the Upright Wire (38) to the side as shown in the inset drawing.** Tighten the plastic tie.

Press a Front Handrail Endcap (97) into the Right Handrail (33). Attach the Front Handrail Endcap with a #8 x 3/4" Handrail Screw (15).

Press the Upright Insert (110) into the Right Upright (78). Attach the Right Handrail (33) with two 3/8" x 1 1/4" Bolts (7) and two 3/8" Star Washers (9). **Firmly tighten the Bolts.**

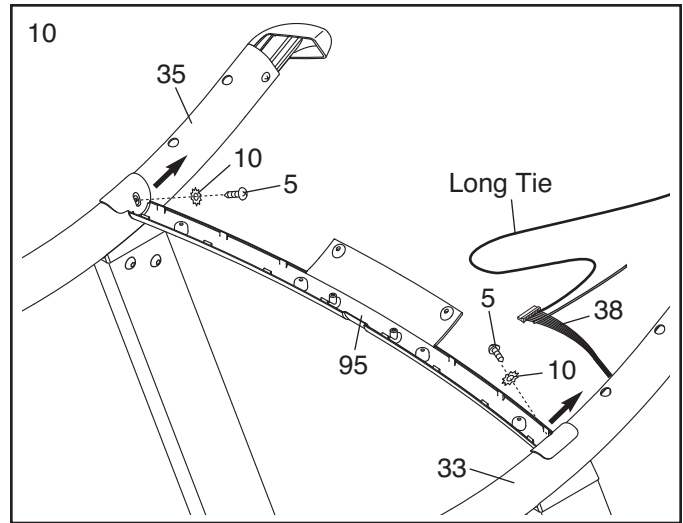


- Set the console assembly face down on a soft surface to avoid scratching the console assembly. Remove the two indicated screws (A) from the Pulse Bar Bottom (95). Discard the screws.



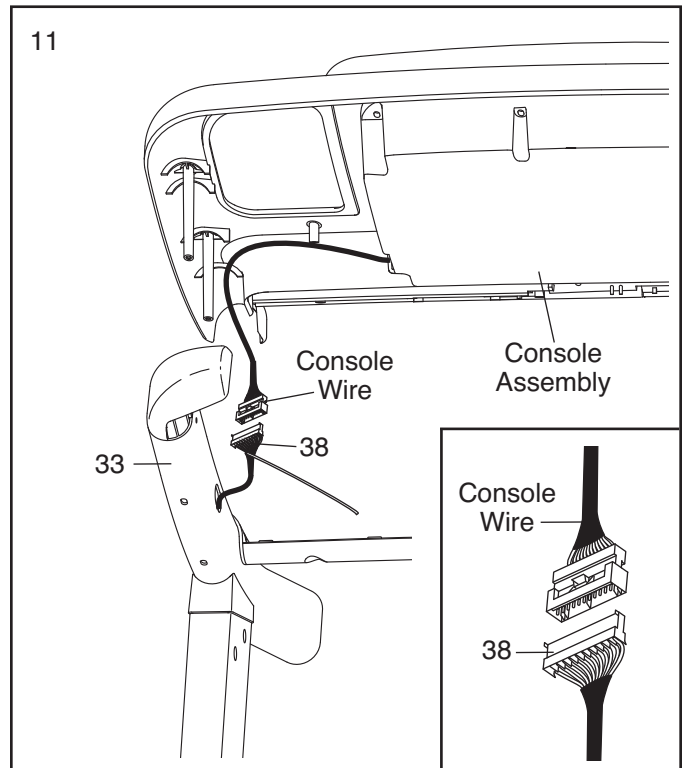
10. Set the Pulse Bar Bottom (95) on the Handrails (33, 35). Press the Pulse Bar Bottom forward as you tighten two #10 x 3/4" Screws (5) with two #10 Star Washers (10) into the Handrails.

Remove the long tie from the Upright Wire (38).



11. With the help of a second person, hold the console assembly near the Right Handrail (33) and the Left Handrail (not shown).

Connect the Upright Wire (38) to the Console Wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN YOU TURN ON THE POWER.** Insert the connectors and the excess wire into the Right Handrail (33).

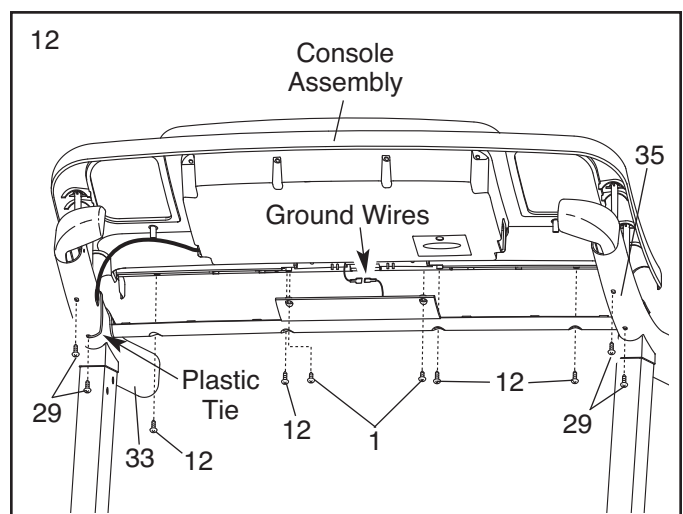


12. Connect the console ground wire to the handrail ground wire.

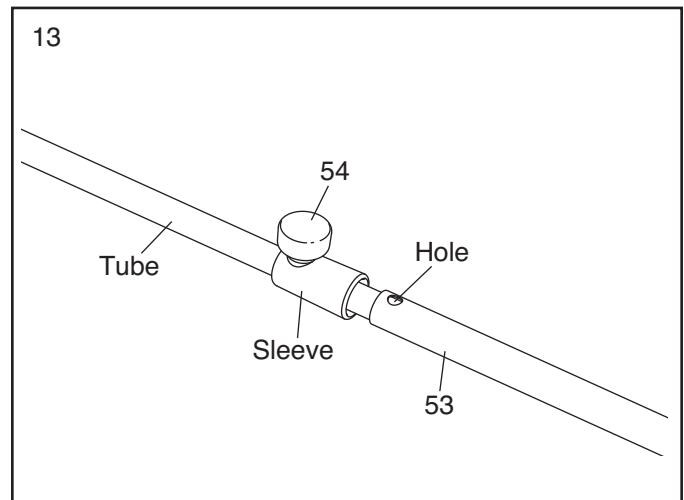
Set the console assembly on the Handrails (33, 35). **Make sure that the wire harnesses are not pinched.** Attach the console assembly with two #8 x 1/2" Screws (1), four #8 x 3/4" Screws (12), and four #8 x 1/2" Washer Head Screws (29). **Start all of the Screws before tightening any of them.**

Cut the plastic tie off the Right Handrail (33).

**See steps 4 and 6.** Firmly tighten the four 3/8" x 4" Bolts (6).



13. Identify the Storage Latch (53). Remove the tie from the end of the tube. Make sure that the sleeve has been slid over the indicated hole and that the Latch Knob (54) is locked into the hole. **Pull on the sleeve to make sure that it is locked into place.**

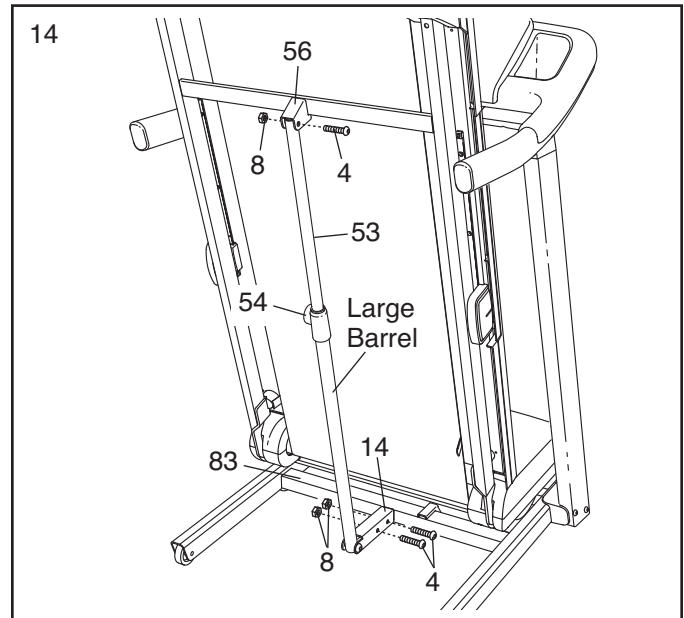


14. Raise the Frame (56) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Storage Latch (53) so that the large barrel and the Latch Knob (54) are in the positions shown. Attach the Latch Bracket (14) to the Base (83) with two 3/8" x 2" Bolts (4) and two 3/8" Nuts (8).

Attach the upper end of the Storage Latch (53) to the bracket on the Frame (56) with a 3/8" x 2" Bolt (4) and a 3/8" Nut (8). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

Lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 24).



15. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 26 and 27).

# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances 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.

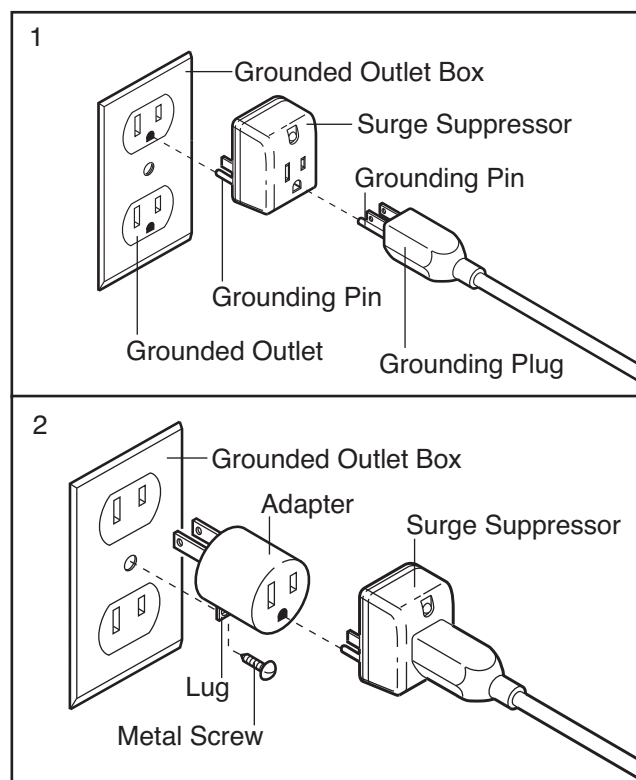
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate or stop unexpectedly, which may result in a fall and serious injury.

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

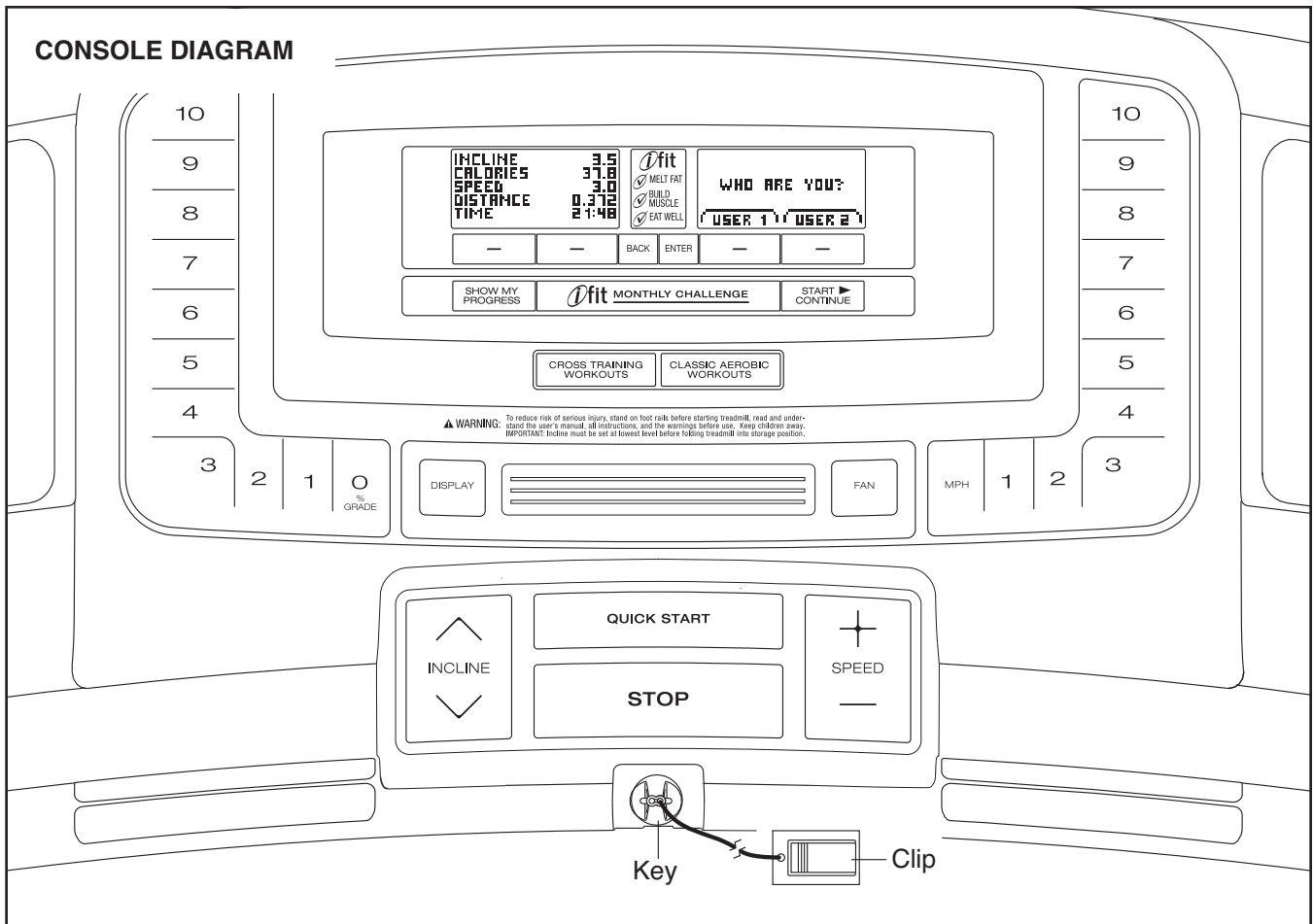
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

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 suppressor 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.**



## FEATURES OF THE CONSOLE

The revolutionary treadmill console offers a selection of features designed to make your workouts more effective and enjoyable.

When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 22 for information about the optional chest pulse sensor).

The console also features twenty-four interactive cross training workouts designed to help you to burn calories and enhance your cardiovascular system while toning and strengthening your muscles. The cross training workouts automatically control the speed and incline of the treadmill and prompt you to perform a variety of strength exercises during your workout. Note: The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, see the front cover of this manual.**

In addition to the cross training workouts, the console features nine classic aerobic workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

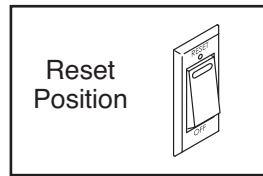
The iFit monthly challenge helps you set monthly fitness goals and track your progress using the iFit monthly challenge log. The iFit monthly challenge even provides a workout based on your fitness level and a personalized calorie plan to help you create healthy eating habits.

**To turn on the power, see page 14. To use the manual mode, see page 14. To use a cross training workout, see page 17. To use a classic aerobic workout, see page 19. To use an iFit monthly challenge workout, see page 20. To review your monthly challenge log, see page 21. To use the information mode, see page 21.**

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 12). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



**IMPORTANT:** The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 21 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 13) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. When the key is inserted, the displays will light. **IMPORTANT:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

**IMPORTANT:** If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 27).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE INFORMATION MODE on page 21. For simplicity, all instructions in this manual refer to miles.

## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER above.

### 2. Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing either of the Workouts buttons repeatedly until only zeros appears in the displays.



### 3. Start the walking belt.

To start the walking belt, press the Quick Start button, the Speed increase button, or one of the speed buttons numbered 1 to 10.

If you press the Quick Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

After the walking belt starts moving, the left display will ask whether you want to include the workout towards your monthly challenge goal.



To include the workout, press the button below the word YES in the display. Then select either user 1 or user 2 in the same way and the workout will continue. If you select NO, the workout will continue. Note: The console can track workout history information for two different users. Once you determine which user you will be, continue to select that user each time you use the treadmill. After you have selected user 1 or user 2, your user number will be saved in memory for the remainder of the workout session.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Quick Start button, the Speed increase button, or one of the numbered speed buttons.

#### 4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the incline buttons numbered 0 to 10. Each time you press the Incline increase or decrease button, the incline will change by 0.5%. If you press one of the numbered incline buttons, the treadmill will adjust to the selected incline setting. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.

#### 5. Select a display mode and monitor your progress with the displays.

As you walk or run on the treadmill, the display can show the following workout information:

- The elapsed time.
- The distance that you have walked or run.
- The speed of the walking belt.
- The incline setting of the treadmill.
- The approximate number of calories you have burned.
- The date.
- Your heart rate. Note: Your heart rate can be displayed only while you use the handgrip pulse sensor or the optional chest pulse sensor.

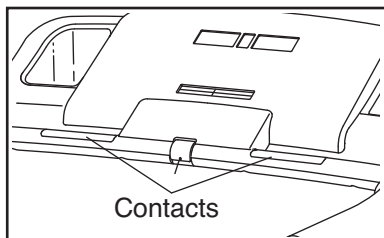
When the manual mode is selected, the console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

To reset the display, press the Stop button, remove the key, and then reinsert the key.

**6. Measure your heart rate if desired.**

**Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately.** See page 22 for information on the optional chest pulse sensor.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

**7. Turn on the fan if desired.**

Press the Fan button repeatedly to turn on or turn off the fan. Note: If the fan is on when the walking belt stops, the fan will automatically turn off after a few minutes.

**8. When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

## HOW TO USE A CROSS TRAINING WORKOUT

### 1. Insert the key into the console.

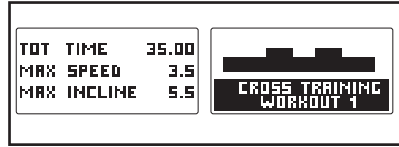
See HOW TO TURN ON THE POWER on page 14.

### 2. Select a cross training workout.

To select a cross training workout, press the Cross

Training

Workouts button repeatedly until the desired workout appears in the displays.



The left display will show the duration, the maximum speed setting, and the maximum incline setting of the workout. The right display will show the name of the workout and the profile of the speed settings of the workout.

### 3. Start the walking belt.

Press the Quick Start button or the Speed increase to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

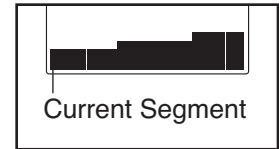
After the walking belt starts moving, the right display will ask whether you want to include the workout towards your monthly challenge goal.

To include the workout, press the button below the word YES in the display. Then select either user 1 or user 2 in the same way and the workout will continue. If you select NO, the workout will continue. Note: The console can track workout history information for two



different users. Once you determine which user you will be, continue to select that user each time you use the treadmill. After you have selected user 1 or user 2, your user number will be saved in memory for the remainder of the workout session. Each workout is divided into segments. One speed setting and one incline setting are programmed for most segments. During other segments, the console will prompt you to perform strength exercises. Note: The same speed and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout.



The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the new speed setting, new incline setting, and the next segment of the profile will flash in the display.

The workout will continue in this way until the last segment of the profile flashes in the right display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Quick Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

**4. Perform the first strength exercise when prompted.**

When the first strength exercise segment begins, the walking belt will slow to a stop and the name of the first strength exercise will appear in the left display.

The right display will show the recommended number of repetitions for the first strength exercise and show a person demonstrating the exercise. The left display will give you instructions to help you perform the exercise.

Remove the clip from the waistband of your clothes, step off the treadmill, and prepare to begin the first strength exercise. Exercise with a slow, steady motion.

Note: When performing lunges, alternate legs with each repetition. When performing dumbbell rows, perform half the repetitions with your right arm and half the repetitions with your left arm. The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the telephone number on the front cover of this manual.**

**5. Continue the cross trainer workout.**

When you have performed the recommended number of repetitions, step onto the treadmill, **slide the clip back onto the waistband of your clothes**, and press the Continue button. The treadmill will automatically adjust to the speed and incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop.

**6. Select a display mode and monitor your progress with the displays.**

As you walk or run on the treadmill, the display can show the following workout information:

- The profile of the speed settings of the workout.
- The elapsed time.
- The distance that you have walked or run.
- The speed of the walking belt.
- The incline setting of the treadmill.
- The approximate number of calories you have burned.
- The date.
- Your heart rate. Note: Your heart rate can be displayed only while you use the handgrip pulse sensor or the optional chest pulse sensor.

When the manual mode is selected, the console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

To reset the display, press the Stop button, remove the key, and then reinsert the key.

**7. Measure your heart rate if desired.**

See step 6 on page 16.

**8. Turn on the fan if desired.**

See step 7 on page 16.

**9. When you are finished exercising, remove the key from the console.**

See step 8 on page 16.

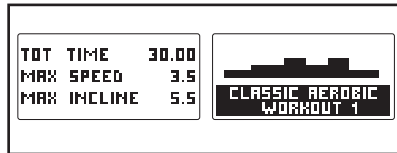
## HOW TO USE A CLASSIC AEROBIC WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

### 2. Select a classic aerobic workout.

To select a classic aerobic workout, press the Classic Aerobic Workouts button repeatedly until the desired workout appears in the display.



When a classic aerobic workout is selected, the left display will show the duration, the maximum speed setting, and the maximum incline setting of the workout. The right display will show the name of the workout and the profile of the speed settings of the workout.

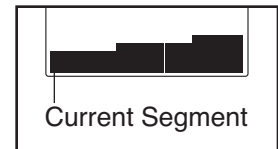
### 3. Start the walking belt.

Press the Quick Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

After the walking belt starts moving, the right display will ask whether you want to include the workout towards your monthly challenge goal. To include the workout, press the button below the word YES in the display. Then select either user 1 or user 2 in the same way and the workout will continue. If you select NO, the workout will continue. Note: The console can track workout history information for two different users. Once you determine which user you will be, continue to select that user each time you use the treadmill. After you have selected user 1 or user 2, your user number will be saved in memory for the remainder of the workout session.

Each workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout.



The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the new speed setting, new incline setting, and the next segment of the profile will flash in the display.

The workout will continue in this way until the last segment of the profile flashes in the right display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Quick Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

### 4. Select a display mode and monitor your progress with the displays.

See step 6 on page 18.

### 5. Measure your heart rate if desired.

See step 6 on page 16.

### 6. Turn on the fan if desired.

See step 7 on page 16.

### 7. When you are finished exercising, remove the key from the console.

See step 8 on page 16.

## HOW TO USE THE iFIT MONTHLY CHALLENGE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

### 2. Select the monthly challenge.

To select the monthly challenge, press the iFit Monthly Challenge button.

When the iFit monthly challenge is selected, you can begin warming up while you answer several questions. Press the buttons below the display to select the desired answer. Press the Enter button after each question. The console will display the calorie plan that is recommended for you. Refer to the accompanying eating guide for details on the correct calorie plan.



Then the console will display your intensity level. To accept the intensity level, press the button below ACCEPT in the right display. To change the intensity level, press the button below CHANGE in the display. Then press the buttons below the display to increase or decrease the intensity level. Press the Enter button when the desired intensity level is selected.

If you wish to change your user info or see your calorie goal plan again, highlight CHANGE USER INFO by pressing the buttons below the up and down arrows in the display. Then press the Enter button. Answer the questions as described above.

### 3. Get a monthly challenge goal.

After you have answered all the questions, highlight the words NEW CHALLENGE in the right display.

Then press Enter. Press the button below the word YES to begin a monthly challenge. To change the beginning time or date, press the button below YES in the left display. Press the buttons below the right display to move the cursor. Press the Enter button to select an item. Press the buttons below the right display to change the date or time. Press the Enter button to deselect an item. When you are finished setting the date and time, press the button below DONE in the left display. Note: For best results, make sure that the date and time are set correctly before you use the iFit monthly challenge.

### 4. Start the workout.

Highlight the words START WORKOUT in the right display by pressing the buttons below the up and down arrows. Then press the Enter button.

### 5. Select a display mode and monitor your progress with the displays.

The right display can show the approximate number of calories burned per hour, your exercise intensity in METs, your pace in minutes per mile or minutes per kilometer, the incline level of the treadmill, your pulse, questions, and instructions. To answer the questions, press the button below the desired answer. Press the Display button repeatedly until the right display shows the information you are most interested in viewing.

The left display will show the time remaining in the current segment, the approximate number of calories burned, the speed of the walking belt, the total distance traveled, and the total workout time.

### 6. Complete the workout.

See steps 4–9 on page 18.

To review your progress, see HOW TO REVIEW YOUR MONTHLY CHALLENGE LOG on page 21.

## HOW TO REVIEW YOUR MONTHLY CHALLENGE LOG

Note: The monthly challenge log will store information for up to five months.

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

### 2. Select your monthly challenge log.

Press the Show My Progress button. Note: When you press the button, your current workout will end.

### 3. Identify yourself as user 1 or user 2.

Press the button below the desired user number.



### 4. Review your progress.

The left display will show your goal and your total progress towards that goal. The right display will allow you to select the week or month that you wish to view. To view a specific week or month, press the button below the word WEEK or MONTH until the desired week or month is selected.

Note: You can only view months for which you have already recorded exercise information.

### 5. Exit the monthly challenge log.

To exit the monthly challenge log, press the Show My Progress button.

## THE INFORMATION MODE

The console features an information mode that allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the display demo mode. You can also set the date and time.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The left display will show an ENGLISH or METRIC unit of measurement. To change the unit of measurement, press the Speed increase button.

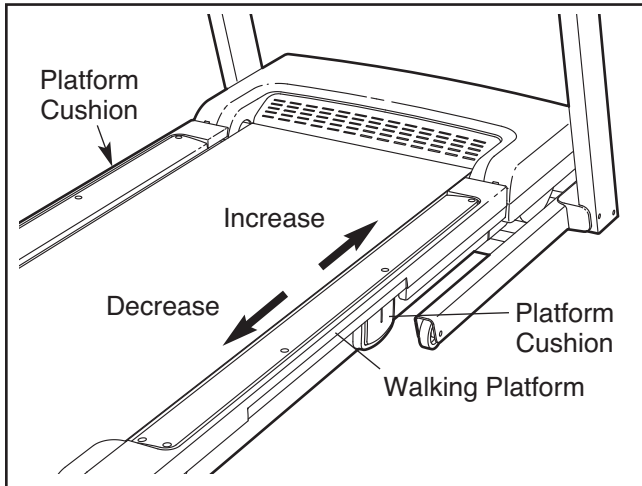
The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word ON will appear in the left display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

The right display will allow you to set the date and time. To change the time or date, press the buttons below the right display to move the cursor. Press the Enter button to select an item. Press the buttons below the right display to change the date or time. Press the Enter button to deselect an item.

To exit the information mode, remove the key from the console.

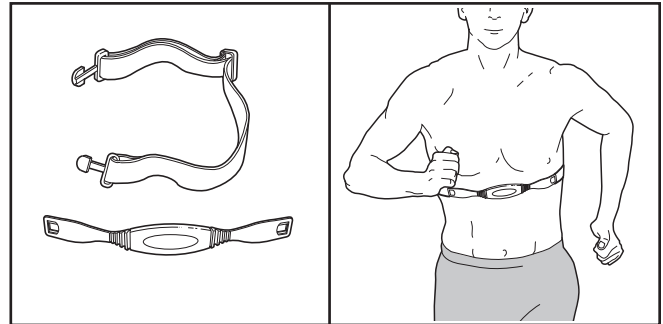
## HOW TO ADJUST THE CUSHIONING SYSTEM

Remove the key from the console and unplug the power cord. The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushion toward the front of the treadmill. To decrease the firmness, slide the platform cushion toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**



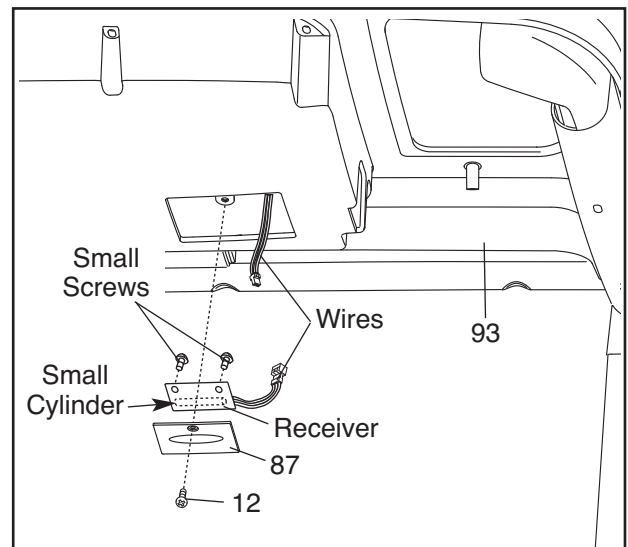
## THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**



**If you purchase the optional chest pulse sensor, follow the steps below to install the receiver included with the chest pulse sensor.**

- 1. Make sure that the power cord is unplugged.** Remove the indicated #8 x 3/4" Screw (12) and the Access Door (87) from the Console Base (93).
- Connect the wire on the receiver to the indicated wire extending from the Console Base (93). **Hold the receiver so that the small cylinder is oriented as shown and is facing the Console Base.** Attach the receiver to the plastic posts on the Access Door (87) with the two included small screws.
- 3. Make sure that no wires are pinched.** Reattach the Access Door (87) with the #8 x 3/4" Screw (12). Discard the other wires included with the receiver.



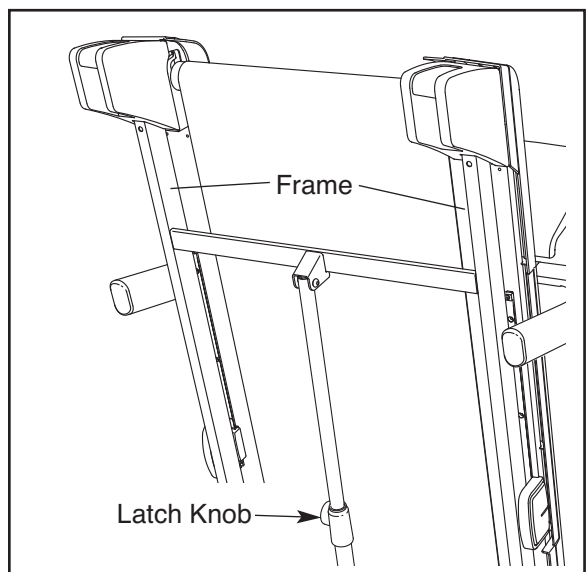
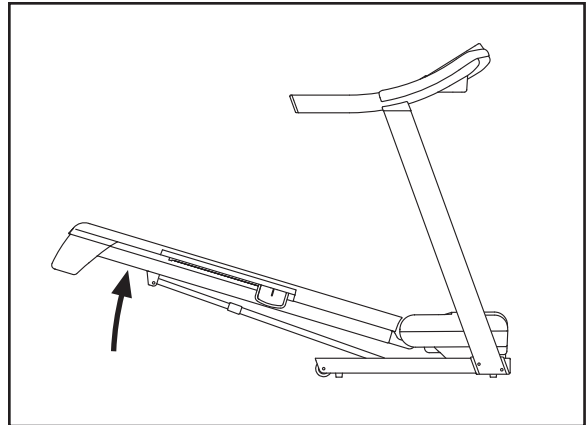
# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame. Raise the frame about halfway to the vertical position.
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

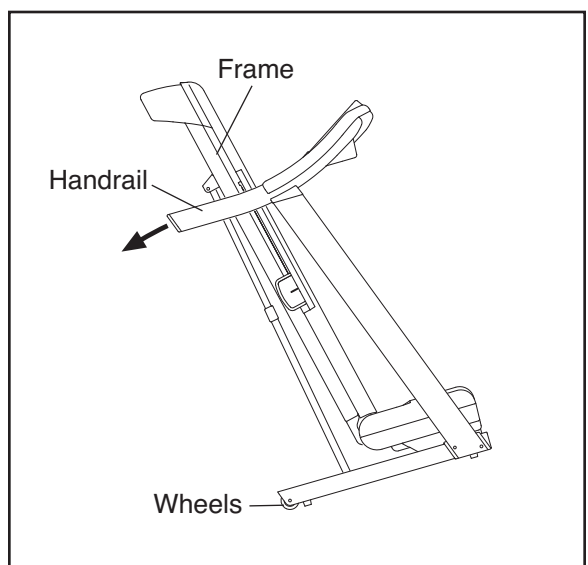
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



## HOW TO MOVE THE TREADMILL

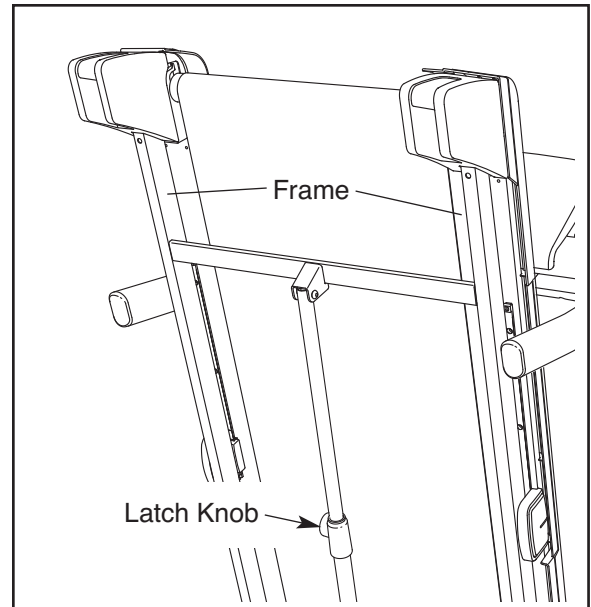
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold a handrail and the frame and place one foot against one of the wheels.
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. Do not pull on the frame.**
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

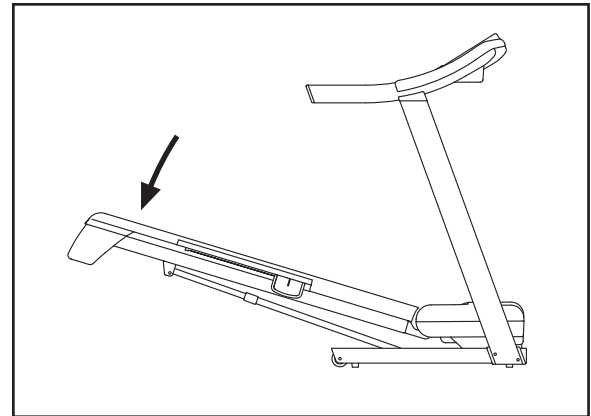


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.



2. Hold the metal frame firmly with both hands and lower it to the floor. **CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**



# TROUBLESHOOTING

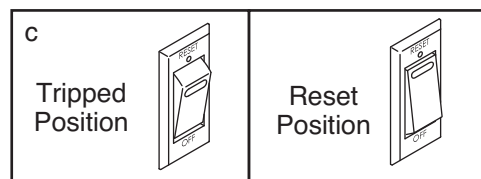
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

## PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 12). Use only a single-outlet surge suppressor that meets all of the specifications described on page 12. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame 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 reset/off circuit breaker (see the drawing 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. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

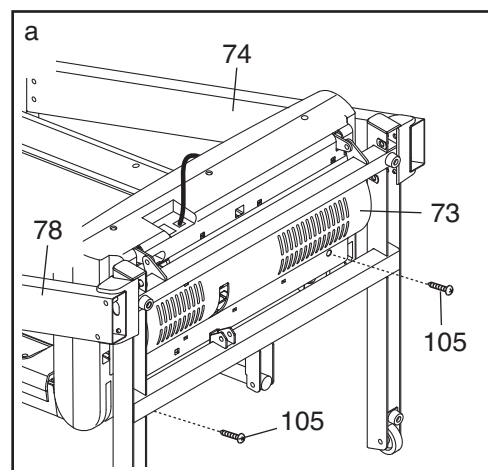
d. If the treadmill still will not run, please see the front cover of this manual.

## PROBLEM: The incline of the treadmill does not change correctly

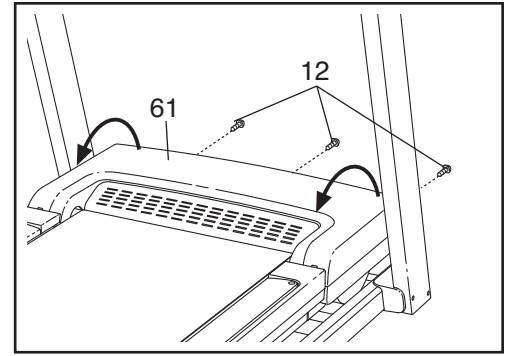
**SOLUTION:** a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not calibrate, press the Stop button, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

## PROBLEM: The displays of the console do not function properly

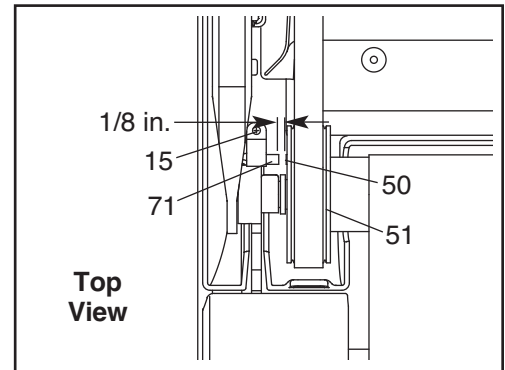
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. With the help of a second person, carefully tip the Uprights (74, 78) down. There may be two #8 x 2" Screws (105) in the bottom of the Belly Pan (73). If there are, remove them. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required. Then, raise the Uprights.



Remove the three #8 x 3/4" Screws (12) and carefully pivot the Hood (61) off.



Locate the Reed Switch (71) and the Magnet (50) on the left side of the Pulley (51). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Switch Screw (15), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown) with the three #8 x 3/4" Screws (not shown). Reattach the #8 x 2" Screws (not shown) if necessary. Run the treadmill for a few minutes to check for a correct speed reading.



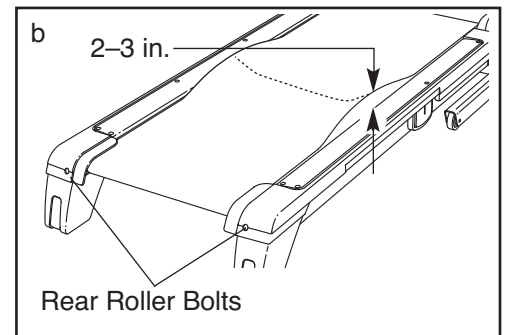
**PROBLEM: The console displays remain lit when you remove the key from the console**

**SOLUTION:** a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 21 to turn off the demo mode.

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

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 12.

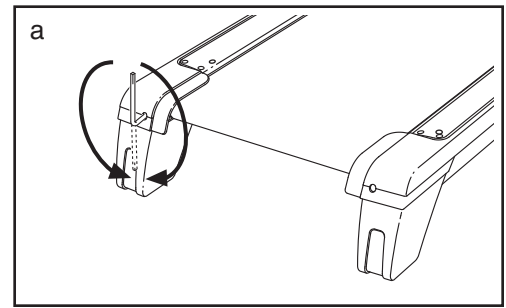
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



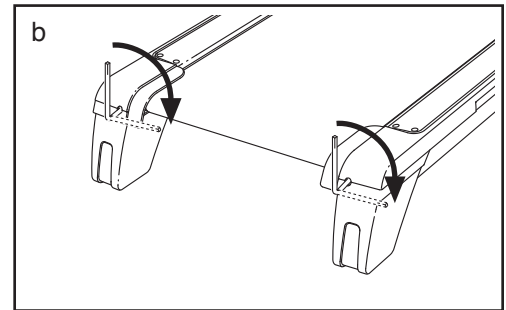
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

**SOLUTION:** a. **If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, 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 slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller 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 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# EXERCISE GUIDELINES

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors 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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

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

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

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. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

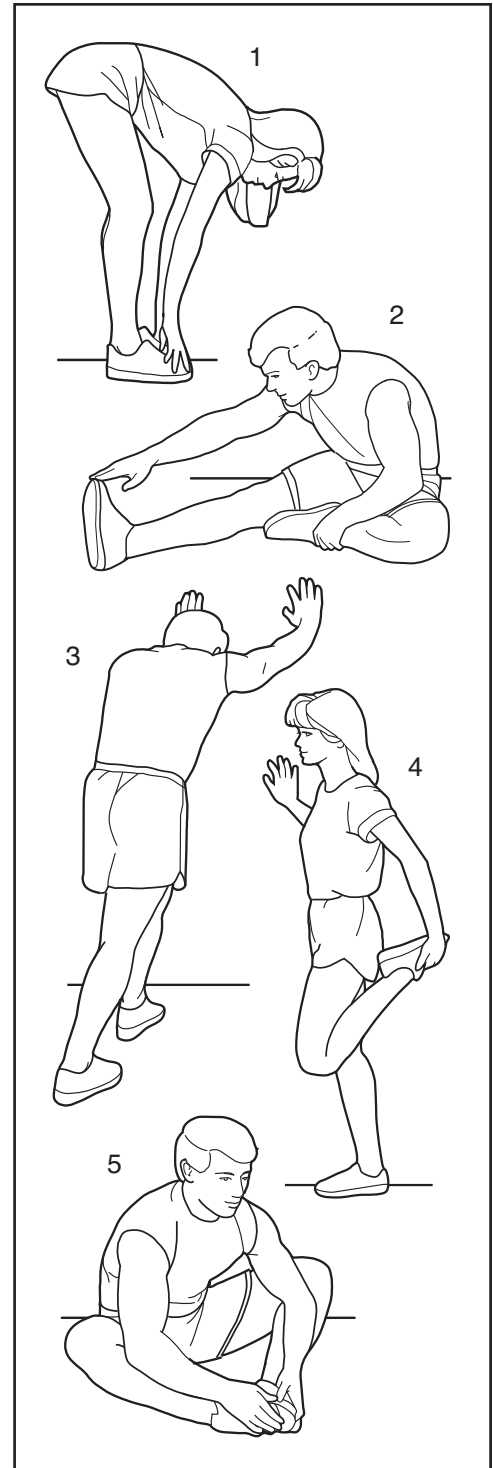
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. PFTL79007.2

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To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

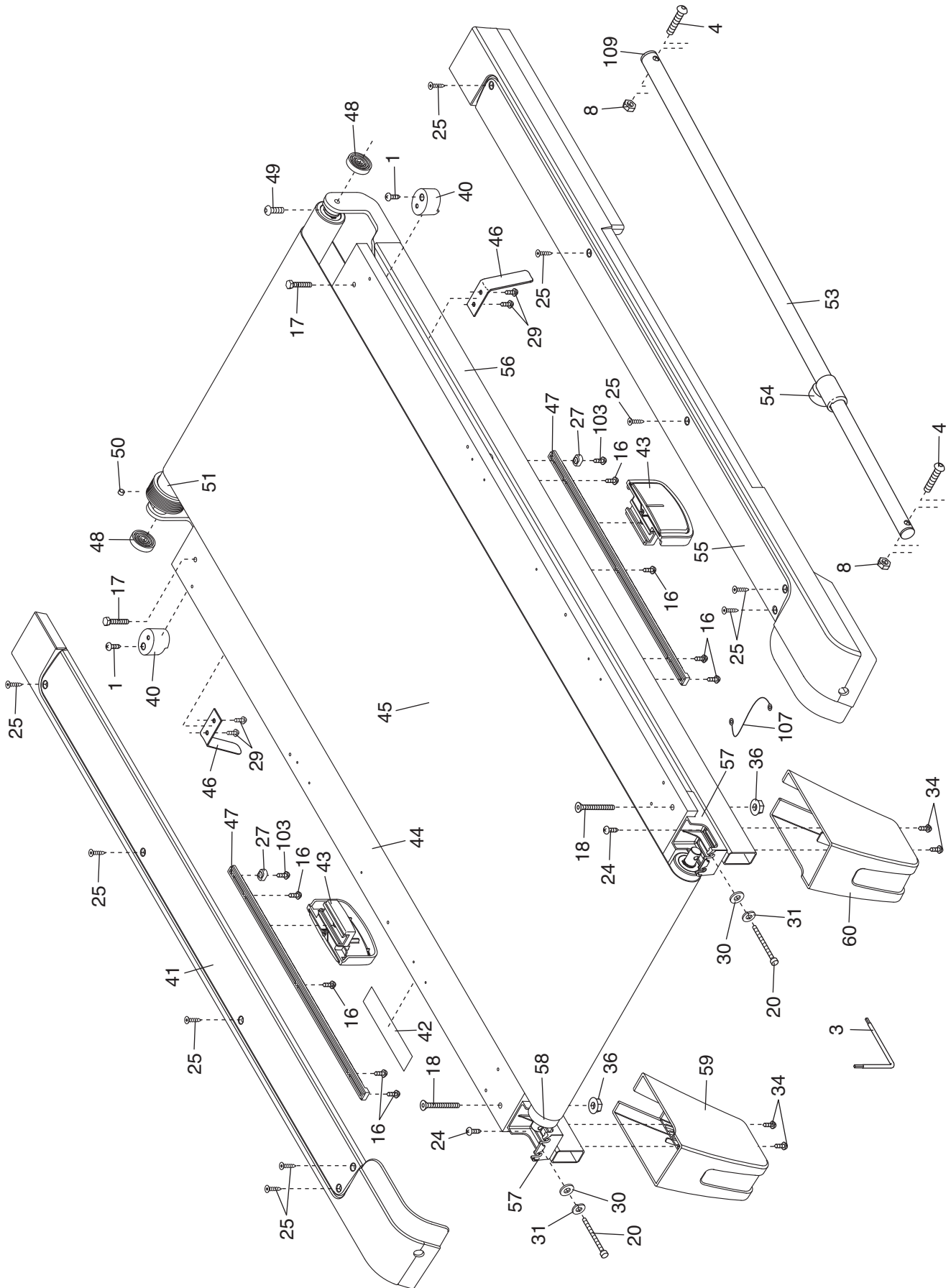
Key No.	Qty.	Description	Key No.	Qty.	Description
1	8	#8 x 1/2" Screw	51	1	Front Roller/Pulley
2	4	#8 x 1" Tek Screw	52	2	15 1/2" Wire Tie
3	1	Hex Key	53	1	Storage Latch
4	6	3/8" x 2" Bolt	54	1	Latch Knob
5	2	#10 x 3/4" Screw	55	1	Right Foot Rail
6	4	3/8" x 4" Bolt	56	1	Frame
7	4	3/8" x 1 1/4" Bolt	57	2	Rear Roller Bracket
8	8	3/8" Nut	58	1	Rear Roller
9	8	3/8" Star Washer	59	1	Left Rear Foot
10	2	#10 Star Washer	60	1	Right Rear Foot
11	5	#8 x 3/4" Tek Screw	61	1	Hood
12	15	#8 x 3/4" Screw	62	1	Drive Belt
13	2	Base Pad Spacer	63	1	Motor Isolator
14	1	Latch Bracket	64	1	Motor
15	3	#8 x 3/4" Handrail/Switch Screw	65	1	Lift Frame
16	8	#8 x 3/4" Track Screw	66	3	Wire Tie
17	2	1/4" x 1 1/4" Bolt	67	1	Controller Ground Wire
18	2	5/16" x 4 1/4" Bolt	68	1	Power Cord
19	2	3/8" x 1" Bolt	69	1	Power Cord Grommet
20	2	Rear Roller Bolt	70	1	Controller
21	1	3/8" x 1 3/4" Bolt	71	1	Reed Switch
22	1	3/8" x 1 1/2" Bolt	72	1	Reed Switch Clip
23	2	3/8" x 1" Bolt	73	1	Belly Pan
24	10	1/2" Ground Screw	74	1	Left Upright
25	10	#12 x 1" Screw	75	1	Incline Motor
26	2	Motor Bolt	76	1	Left Upright Spacer
27	2	Cushion Stop	77	2	Base Endcap
28	1	Reset/Off Circuit Breaker	78	1	Right Upright
29	14	#8 x 1/2" Washer Head Screw	79	1	Right Upright Spacer
30	2	1/4" Flat Washer	80	4	Bolt Spacer
31	2	1/4" Lock Washer	81	4	Base Pad
32	2	3/8" Jam Nut	82	2	Caution Decal
33	1	Right Handrail	83	1	Base
34	4	#8 x 1 3/4" Screw	84	2	Wheel
35	1	Left Handrail	85	3	Releasable Tie
36	2	5/16" Flange Nut	86	12	8" Tie
37	3	Hood Clip	87	1	Access Door
38	1	Upright Wire	88	10	#3 x 3/4" Screw
39	1	Lift Frame Ground Wire	89	1	Console
40	2	Front Isolator	90	1	Left Tray
41	1	Left Foot Rail	91	1	Right Tray
42	1	Warning Decal	92	1	Plastic Tie
43	2	Platform Cushion	93	1	Console Base
44	1	Walking Platform	94	4	Console Clamp
45	1	Walking Belt	95	1	Pulse Bar Bottom
46	2	Belt Guide	96	1	Left Top Pulse Plate
47	2	Cushion Track	97	2	Front Handrail Endcap
48	2	Frame Spacer	98	2	Rear Handrail Endcap
49	1	Front Roller Bolt	99	1	Left Bottom Pulse Plate
50	1	Magnet	100	1	Key/Clip

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Pulse Bar Ground Wire	109	1	Latch Endcap
102	1	Right Top Pulse Plate	110	2	Upright Insert
103	2	#8 x 1" Screw	111	1	Hood Cowling
104	1	Lift Motor Spacer	112	1	Console Fan
105	2	#8 x 2" Screw	*	–	6" Blue Wire, 2F
106	1	Key Board	*	–	User's Manual
107	1	Frame/Roller Ground Wire	*	–	Eating Guide
108	1	Right Bottom Pulse Plate			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. \*These parts are not illustrated.

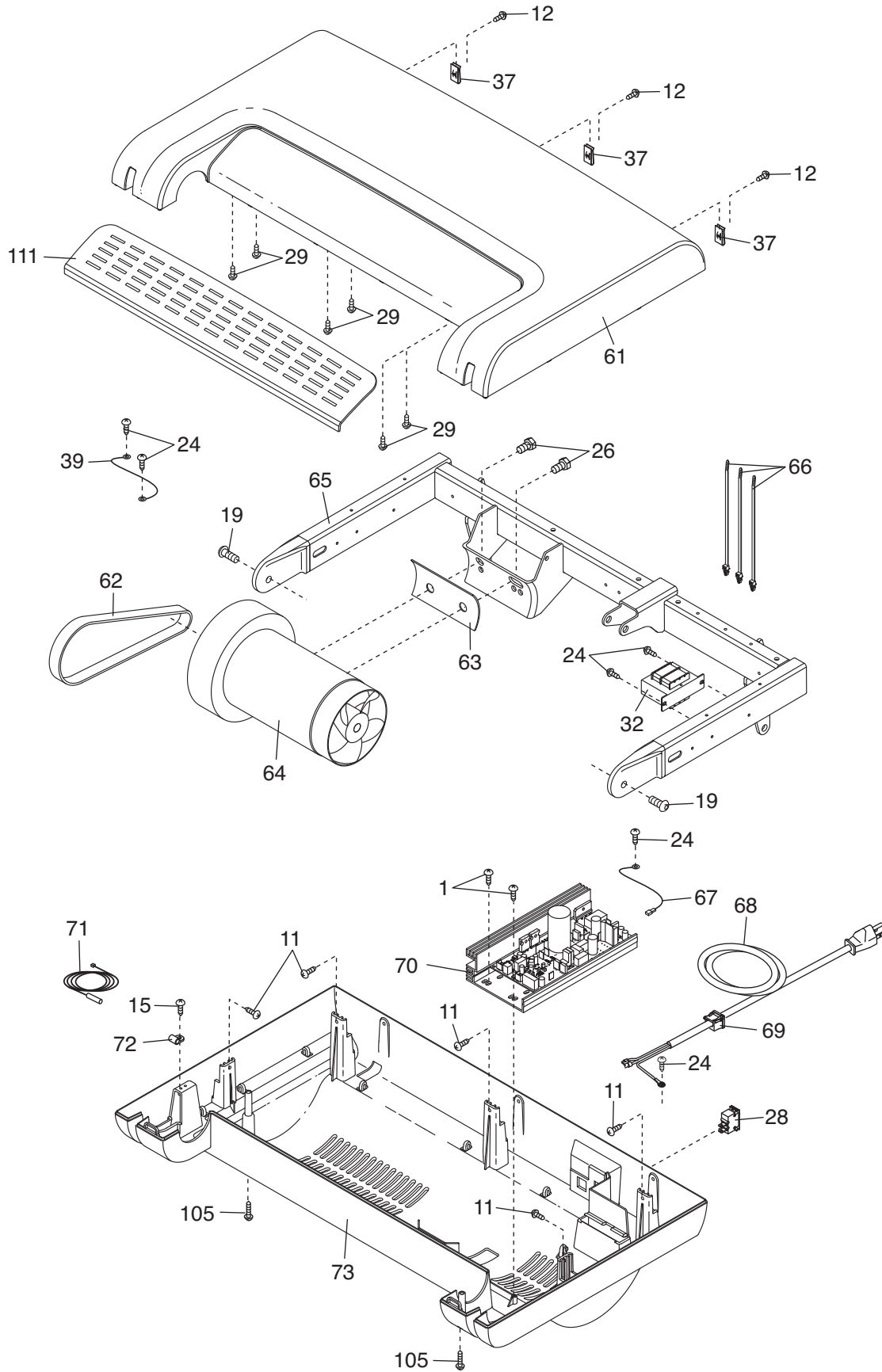
# EXPLODED DRAWING A—Model No. PFTL79007.2

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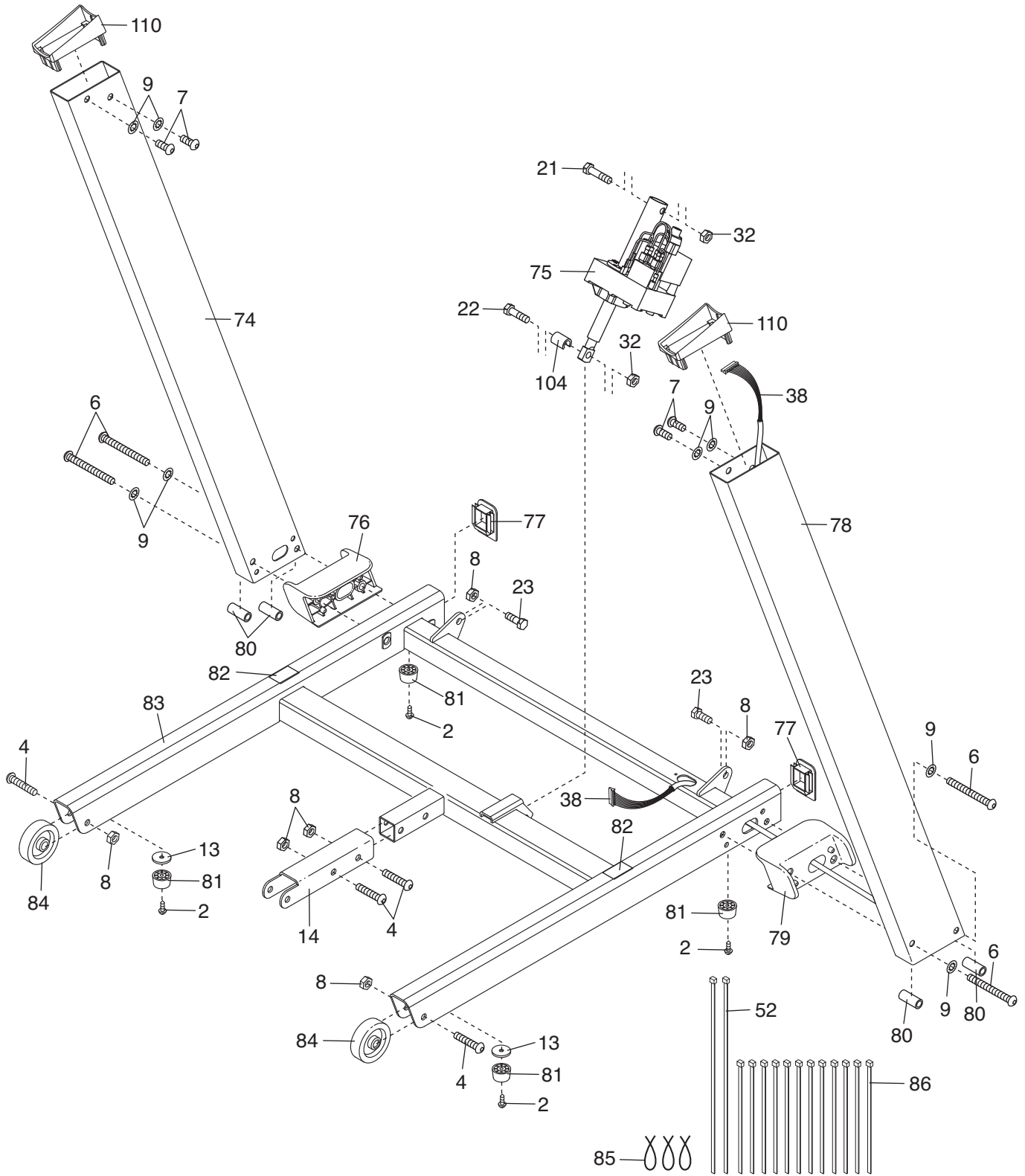
# EXPLODED DRAWING B—Model No. PFTL79007.2

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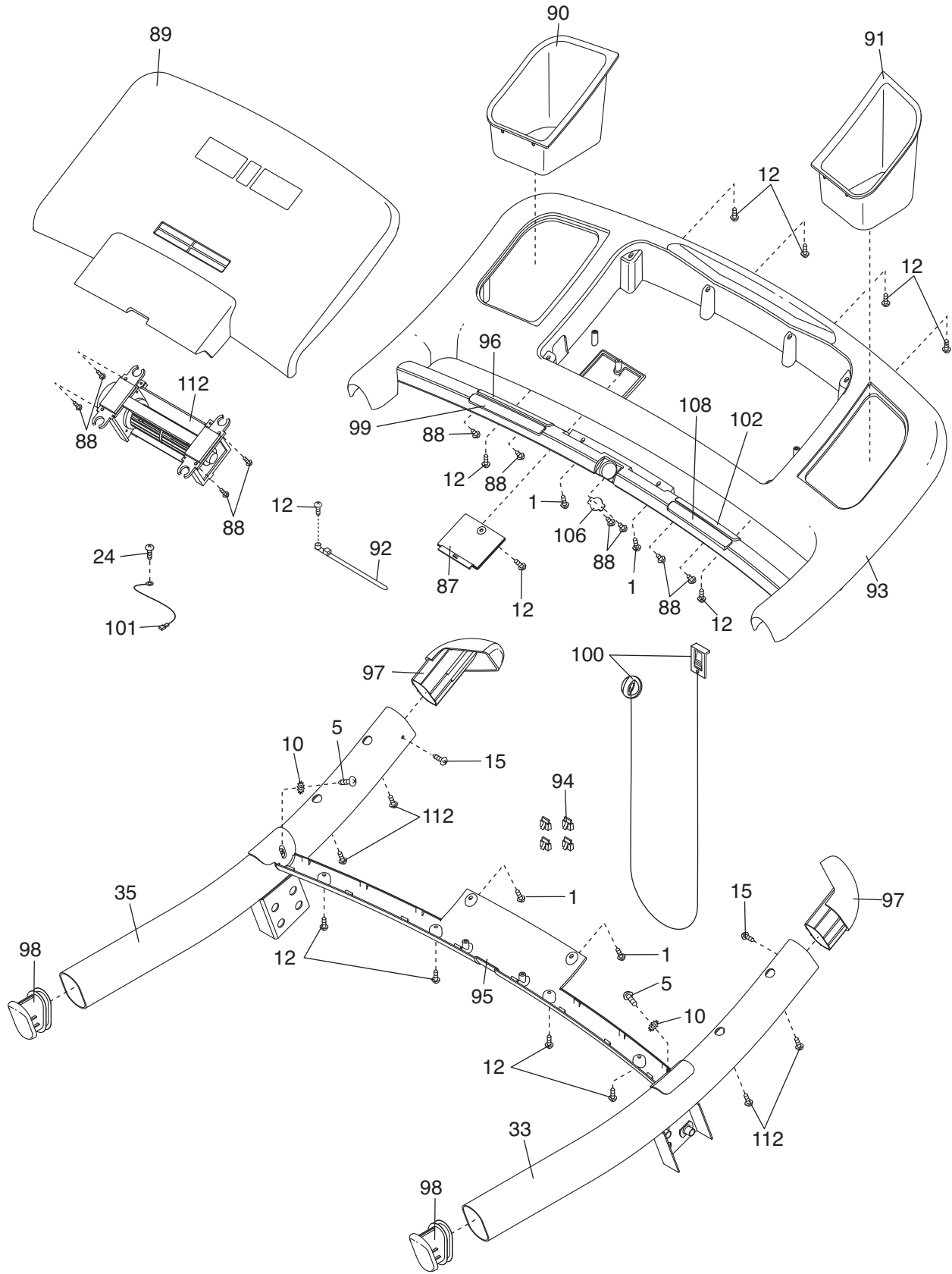
# EXPLODED DRAWING C—Model No. PFTL79007.2

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# EXPLODED DRAWING D—Model No. PFTL79007.2

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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## 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. The frame and drive motor are warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any 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; products used for commercial or rental purposes; or 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or 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 are limited in their 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 that vary from state to state.

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**