

PRO·FORM

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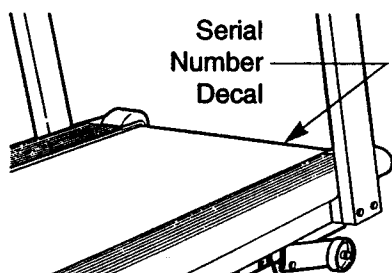
EXPANDED
RUNNING
SURFACE

10.0 PT

2.5 HP • 0-10 MPH • POWER INCLINE

Model No. PFTL99050

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you 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.

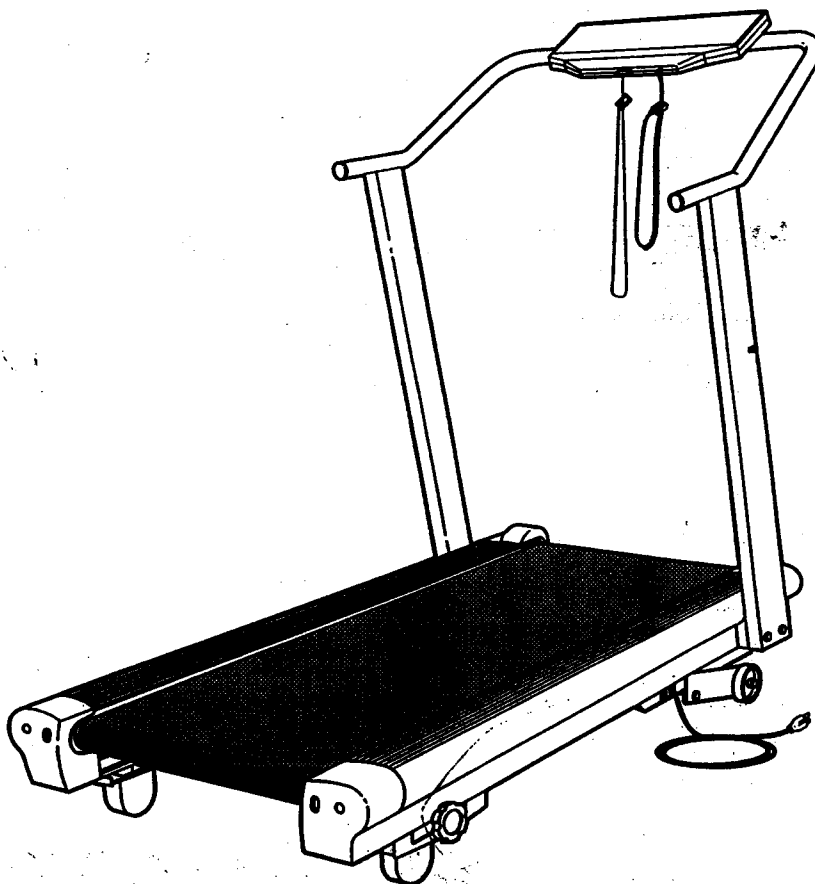
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

▲ CAUTION:

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



OWNER'S MANUAL

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. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on any surface that blocks an air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see PLUGGING IN THE POWER CORD on page 5), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
3. 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 3 if the treadmill is not working properly.)
4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
5. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. The treadmill should not be used by persons weighing more than 250 pounds. Never allow more than one person on the treadmill at a time.
8. Keep small children away from the treadmill at all times.
9. Never leave the treadmill unattended while it is running. Always remove the safety key when the treadmill is not in use.
10. Never drop or insert any object into any opening.
11. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
12. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
13. Use the treadmill only as described in this manual.
14. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover 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.

⚠ 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

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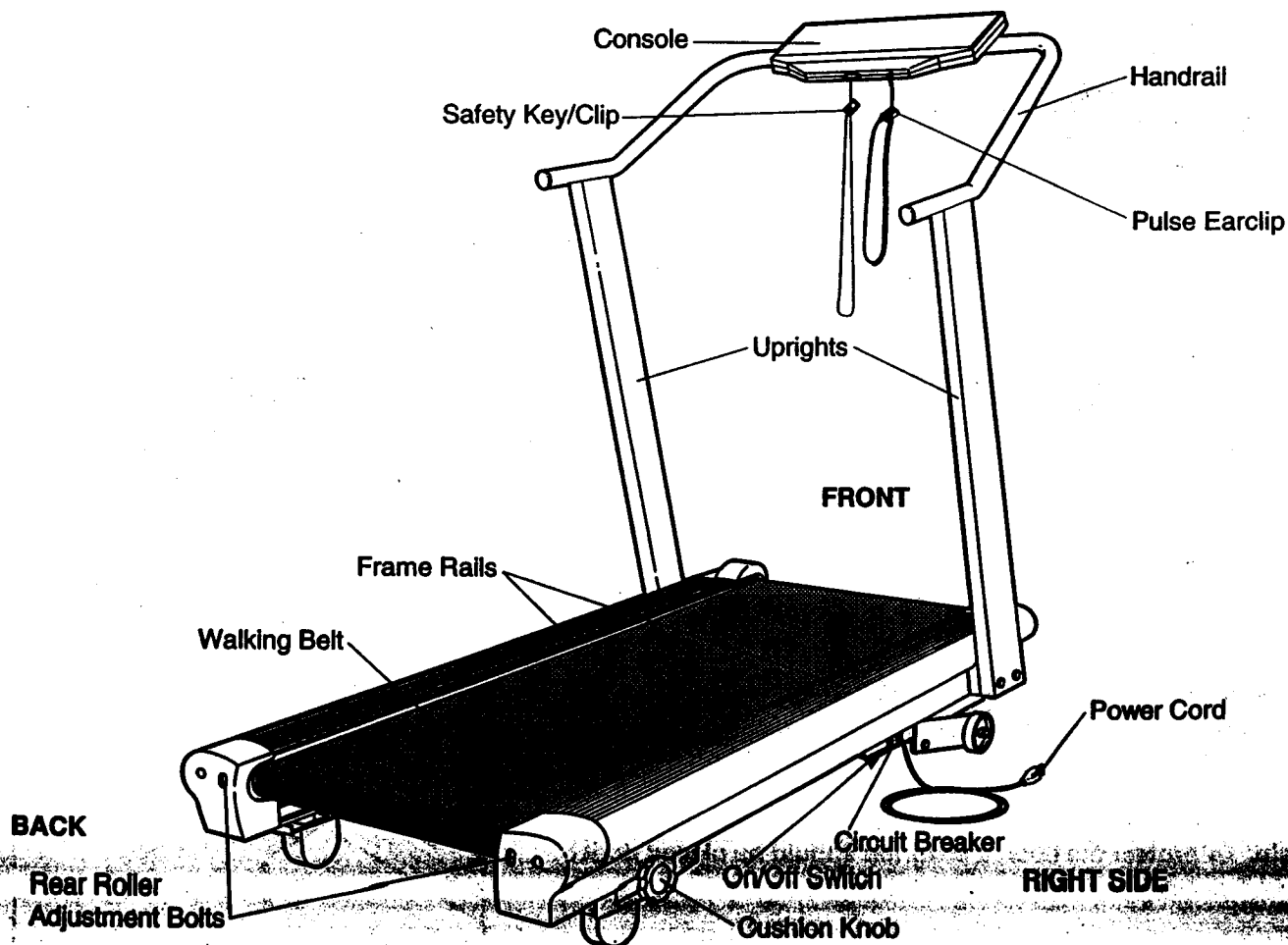
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BEFORE YOU BEGIN

Thank you for selecting the PROFORM® ERS 10.0 PT treadmill. The ERS 10.0 PT treadmill 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 is PFTL99050. 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.

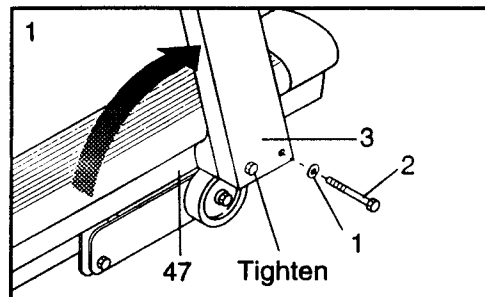


ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **ASSEMBLY REQUIRES AN ADJUSTABLE WRENCH**  (NOT INCLUDED).

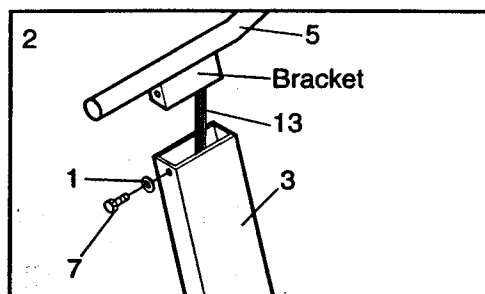
1. With the help of a second person, raise the right Upright (3) to the position shown. Insert a $\frac{3}{8}$ " x $4\frac{1}{2}$ " Bolt (2), with a Washer (1), into the hole in the lower end of the right Upright. **Finger tighten** the Bolt into the side of the Right Frame Rail (47). **Finger tighten** the bolt that is already in the lower end of the right Upright.

Repeat this step with the Left Upright (not shown).

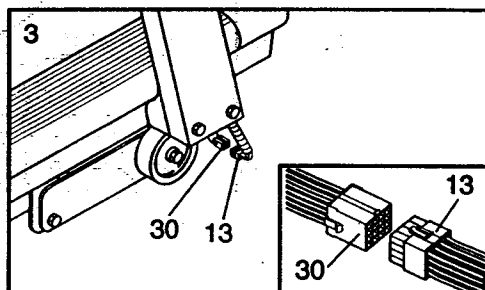


2. Insert the Handrail Wire Harness (13) down into the right Upright (3). If necessary, insert your fingers into the lower end of the right Upright and pull out the end of the Handrail Wire Harness.

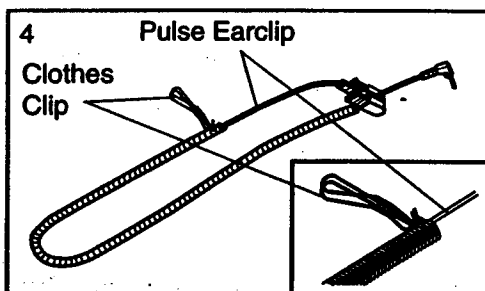
Slide the brackets on the Handrail (5) into the right Upright (3) and the left Upright (not shown). **Be careful not to pinch the wires.** Insert a $\frac{3}{8}$ " x $1\frac{1}{4}$ " Bolt (7), with a Washer (1), into each Upright. (Note: It may be necessary to raise the front of the Handrail to insert the Bolts.) Tighten the Bolts. See step 1. Tighten the four $\frac{3}{8}$ " x $4\frac{1}{2}$ " Bolts (2) in the lower ends of the Uprights.



3. Plug the lower end of the Handrail Wire Harness (13) into the Safety Cover Wire Harness (30). The small latch on the Handrail Wire Harness should snap onto the Safety Cover Wire Harness (see the inset drawing). If the Wire Harnesses do not fit together easily, turn them; do not force the Wire Harnesses together.



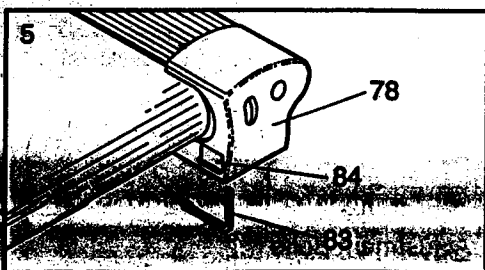
4. Slide the metal Clothes Clip onto the Pulse Earclip in the indicated location. The use of the Pulse Earclip is explained in OPERATING THE MONITOR MODES on page 7.



5. Remove the paper backing from the Wrench Clip (84). Press the Wrench Clip onto the Right Endcap (78) in the indicated location. Press the Allen Wrench (83) into the Wrench Clip.

Make sure that all parts are tightened before using the treadmill.

Note: To protect the floor, a covering should be placed under the treadmill.

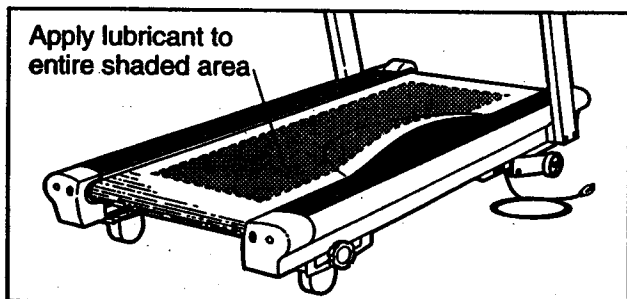


OPERATION AND ADJUSTMENT

BREAKING IN THE WALKING PLATFORM

IMPORTANT: This treadmill features a maintenance-free walking platform. After completion of the following break-in procedure, the walking platform requires no further maintenance. The walking platform must be broken in completely so that the coating on the walking platform impregnates the walking belt. If this is not done, the treadmill may function erratically. Follow the steps below to break in the walking platform completely.

1. Adjust the incline of the treadmill to the highest setting. (See Incline Adjustment on page 6.)
2. Adjust the speed of the walking belt to about 3 or 4 miles per hour. (See Controlling the Speed on page 6.) Hold the handrail and begin walking on the treadmill. **Be sure to walk on all areas of the walking belt**—not only on the center. Continue for 5 to 10 minutes, or until the walking belt no longer slows as you walk.
3. To complete the break-in procedure, first **stop the walking belt and unplug the power cord**. Lift each side of the walking belt and apply the included lubricant generously onto the area of the walking platform shown below. This one-time application completes the break-in of the maintenance-free walking platform. **IMPORTANT:** The included 100% silicone lubricant is specially formulated for this one-time application. Do not apply any other silicone lubricant or spray. Such substances may damage the walking platform and cause excessive wear or premature failure of the treadmill.



Note: The treadmill may function erratically during the break-in procedure. The walking belt may slow to a stop or surge in speed, and an error code ("EEE") may appear in the SPEED display. If this happens, remove the safety key, wait for ten seconds, and then reinsert it.

PLUGGING IN THE POWER CORD

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 elec-

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

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in a 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.

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 this plug 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.

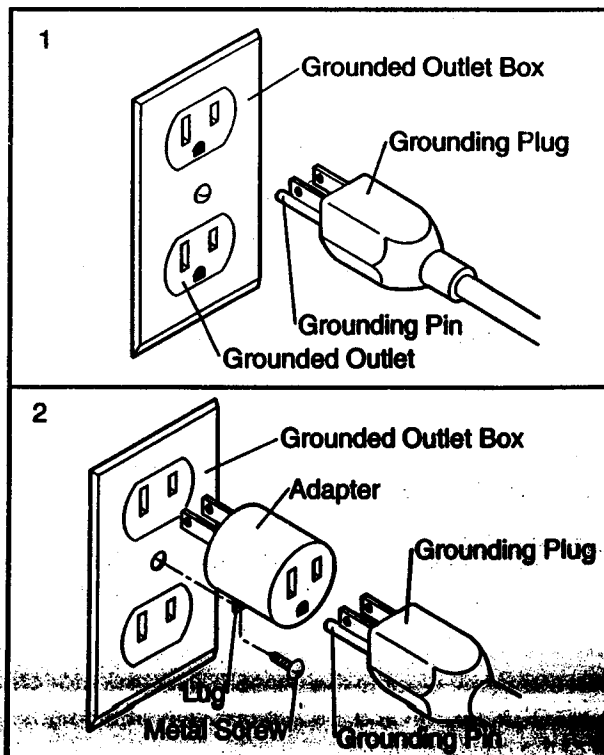
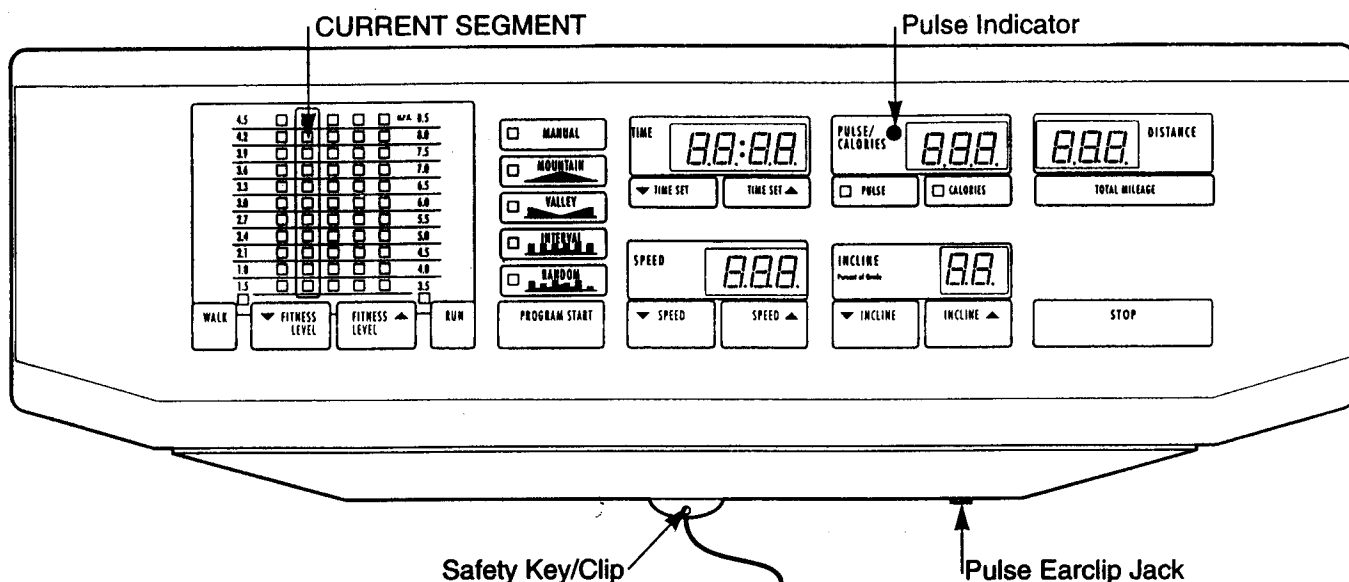


DIAGRAM OF THE CONSOLE

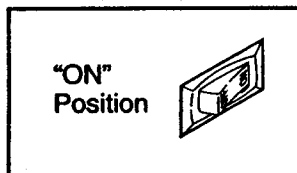


The heart of the treadmill is the state-of-the-art programmable console. The console offers both manual and program operation, and features an array of independent displays to give you continuous exercise feedback. **Please read these instructions carefully before operating the console.**

Note: If there is a thin sheet of clear plastic on the face of the console, peel it off before operating the console.

TURNING ON THE POWER

Make sure that the safety key is removed from the console, and that the on/off switch near the power cord is in the "ON" position.



Plug in the power cord (see PLUGGING IN THE POWER CORD on page 5). All displays and indicators on the console will flash three times. **Note:** If the safety key was in the console when the power cord was plugged in, the letters "PO" will appear in the SPEED display. If this occurs, remove the safety key.

Stand on the frame rails of the treadmill. Find the clip attached by a cord to the safety key, and slide the clip onto the waistband of your clothing.

WARNING: Do not stand on the walking belt when turning on the power. Always wear the clip while operating the treadmill.

Insert the safety key into the console. The indicator on the MANUAL button and the five displays on the right half of the console will light.

MANUAL OPERATION

Controlling the Speed

When the power is turned on, the console will be in the manual mode. For your safety, the walking belt will be stationary. The speed of the walking belt is controlled with the SPEED buttons. Each time the SPEED increase button is pressed, the speed will increase by 0.1 mile per hour, beginning at 0.5 miles per hour. Each time the decrease button is pressed, the speed will decrease by 0.1 mile per hour. The SPEED buttons can be held down to change the speed rapidly. The speed range is 0.5 to 10 miles per hour.

WARNING: After the SPEED buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed in small increments until you are familiar with the operation of the treadmill.

Press the SPEED increase button until the walking belt begins to move at slow speed. Hold the handrails and step carefully onto the walking belt. Change the speed of the walking belt as desired by pressing the SPEED buttons. To stop the walking belt, hold down the SPEED decrease button. The walking belt can be stopped quickly, if desired, by pressing the STOP button.

Incline Adjustment

To vary the intensity of your exercise, the incline of the treadmill can be changed with the INCLINE buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline rapidly. The incline range is 1% to 15%.

Note: After the buttons are pressed, it will take a few seconds for the treadmill to reach the selected incline setting. Because the INCLINE display has only two digits, the display will show 10% when the incline is set at either 10% or 10.5%, and will show 11% when the incline is set at either 11% or 11.5%.

PROGRAM OPERATION

In the program mode, the console will control the speed of the treadmill automatically according to preset programs you select. The console offers a selection of four preset programs, each designed to guide you through a different type of workout. Follow the steps below to use a preset program.

1. Select one of the four preset programs

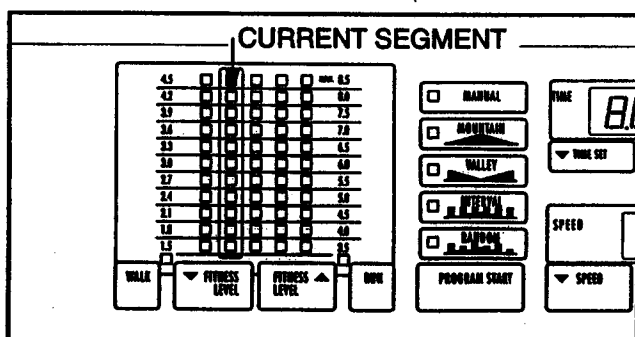
Press the MOUNTAIN, VALLEY, INTERVAL or RANDOM button. The indicator on the button you press will light.

2. Select the WALK mode or RUN mode

Press the WALK button or RUN button to select the WALK mode or RUN mode. An indicator will light to show which mode you have selected. If you select the WALK mode, the speed range of the treadmill will be 1.5 to 4.5 miles per hour during the program. If you select the RUN mode, the speed range will be 3.5 to 8.5 miles per hour.

3. If desired, adjust the difficulty level of the program.

Each program is divided into twenty equal time periods, called segments. One speed setting is programmed for each of the segments. The speed settings of the program you have selected are displayed in the vertical columns of indicators on the left side of the console (see the drawing below). The speed setting of the first segment is displayed in the CURRENT SEGMENT column, and the speed settings of the next three segments are displayed in the three columns to the right (the settings of four segments are displayed at a time).



The two indicators in the column to the left of the CURRENT SEGMENT column show the minimum and maximum speed settings of the program you have

selected. If desired, the difficulty level of the program can be increased or decreased with the FITNESS LEVEL buttons. If the WALK mode was selected, the speed setting of each segment will increase or decrease by 0.3 miles per hour each time one of the FITNESS LEVEL buttons is pressed. If the RUN mode was selected, the speed setting of each segment will increase or decrease by 0.5 miles per hour each time one of the buttons is pressed. *Note: The difficulty level of the program can be increased only until the upper indicator in the left column is lit, and decreased only until the lower indicator in the left column is lit.*

4. Set the program time

The program is preset to last for 20 minutes, as shown in the TIME display. The program can be set to last for a different length of time, if desired, with the TIME SET buttons. Each time one of the buttons is pressed, the length of time will increase or decrease by twenty seconds. Hold the buttons down to change the length of time rapidly. The program can be set to last for a minimum of 5 minutes up to a maximum of 80 minutes.

5. Start the program

To start the program, press the PROGRAM START button. The treadmill will automatically adjust to the speed setting of the first segment, displayed in the CURRENT SEGMENT column. Hold the handrails, step carefully onto the walking belt and begin exercising.

When only three seconds remain in the first segment, a tone will sound and the TIME display will flash three times. When the first segment is completed, the speed settings of all segments will move one column to the left. The treadmill will then adjust to the speed setting of the second segment, displayed in the CURRENT SEGMENT column. The program will continue in this manner until the speed setting of the twentieth segment is displayed in the CURRENT SEGMENT column, and no time remains. A tone will then sound, indicating that the program is completed. *Note: The incline of the treadmill can be changed during the program with the INCLINE buttons. The program can be stopped at any time by pressing the STOP button.*

When the program is completed, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL button.

OPERATING THE MONITOR MODES

TIME Mode: When the console is in the manual mode, the TIME display will show the total time that the walking belt has been moving, up to 99 minutes and 59 seconds. (If the treadmill is run for longer than 99 minutes and 59 seconds, the walking belt will automatically stop. This safety feature prevents the treadmill from being left running for long periods of time.)

If desired, a time goal can be set. To set a time goal, first stop the walking belt. Press the **TIME SET** buttons to set the length of time that you plan to exercise. Each time one of the buttons is pressed, the length of time displayed will change by ten seconds. The buttons can be held down to set a time goal quickly. A time goal can be set for a minimum of 10 seconds up to a maximum of 99 minutes and 50 seconds. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound and the walking belt will slow to a stop. Note: When a program is selected, the **TIME** display will show the time remaining in the program.

PULSE Mode: To use the pulse mode, press the **PULSE** button. The indicator on the **PULSE** button will light. Plug the pulse earclip into the jack on the front of the console, attach the earclip to your left ear lobe and slide the metal clothes clip onto your collar. When your pulse is detected, the heart-shaped **PULSE** indicator will flash with each heartbeat. After a few seconds, your pulse will be shown in the **PULSE** display. *If your pulse is not shown, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your pulse.*

CALORIES Mode: To use the calories mode, press the **CALORIES** button. The indicator on the **CALORIES** button will light. The display will show the approximate number of nutritional Calories that you have burned.

DISTANCE Mode: The **DISTANCE** display will show the total distance that you have walked or run, in miles.

TURNING OFF THE POWER

To turn off the power, remove the safety key from the console. *Store the safety key in a secure location.*

INFORMATION MODE

The console features an information mode that keeps

track of trip time and distance, as well as the total time and distance that the treadmill has been operated. To select the information mode, hold down the **STOP** button while inserting the safety key into the console.

When the information mode is selected, the **TIME** display will show the trip time, up to 9,999 hours. The **DISTANCE** and **PULSE** displays together will show the trip distance, up to 99,999 miles. While the trip time and distance are displayed, they can be reset to zero by pressing the **TIME SET** decrease button.

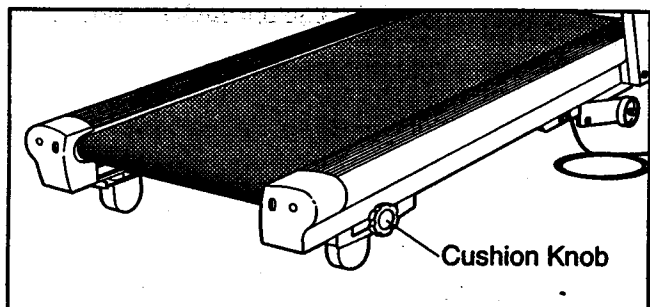
To view the total time and distance, press the **TIME SET** increase button. The **TIME** display will show the total time, up to 9,999 hours. The **DISTANCE** and **PULSE** displays together will show the total distance, up to 99,999 miles.

To exit the information mode, remove the safety key.

ADJUSTING THE CUSHION LEVEL OF THE LEGS

The legs at the back of the treadmill are designed to cushion the impact as you walk or run on the treadmill. The cushion level of the legs can be adjusted to the level that is the most comfortable for you.

For a softer cushion level, turn the cushion knob counterclockwise (see the drawing below). For a firmer cushion level, turn the knob clockwise. Note: The faster you run on the treadmill, the firmer the cushion level should be. If the cushion level is too soft, the treadmill will bounce excessively.

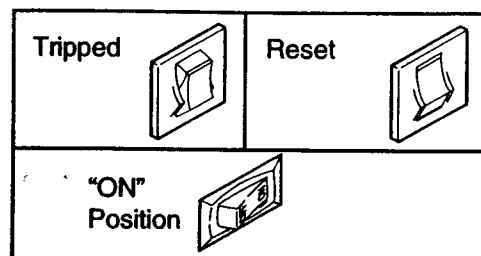


TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies to your treadmill 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).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a properly grounded outlet. (See PLUGGING IN THE POWER CORD on page 5.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. Various indicators on the console should light. (See TURNING ON THE POWER on page 6.)
- 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.
- Check the on/off switch located on the treadmill near the power cord. The switch must be in the "ON" position.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped, the switch will protrude. (See the drawing above.) To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.
- Check to make sure the on/off switch is in the "ON" position. (See 1. d. above.)
- If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- Make sure that the pulse earclip is plugged fully into the jack on the console. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- Stand still while measuring your pulse.
- The pulse earclip may need to be cleaned. Press the earclip open, and find the two clear circles inside the earclip. Wipe the two clear circles using a small amount of water on a cotton swab.

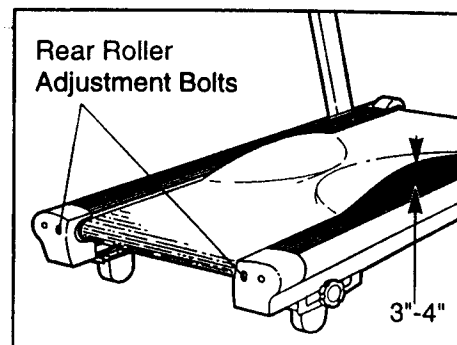
⚠ WARNING: The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- The first time you use the treadmill, walk on the entire surface of the walking belt for 10 minutes to break in the walking platform. (See BREAKING IN THE WALKING PLATFORM on page 5.) During this initial break-in period, it is normal for the walking belt to slow. (See also 7. a. on page 11.)

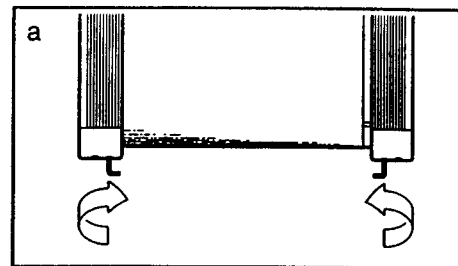
b. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

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

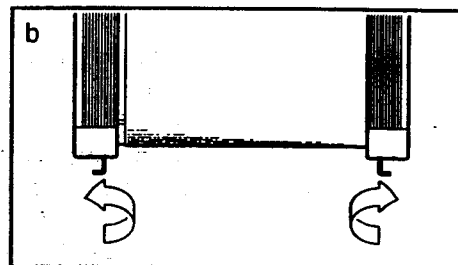


5. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

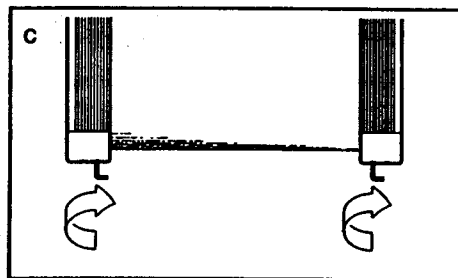
- a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to over-tighten the walking belt. Plug in the power cord, insert the safety 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 safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to over-tighten the walking belt. Plug in the power cord, insert the safety 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 safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear 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 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



6. SYMPTOM: THE SERVICE INDICATOR ON THE CONSOLE LIGHTS

- a. The service indicator on the console is designed to alert you when routine maintenance is needed. After the treadmill has been operated for 10 miles, the service indicator will light. When the service indicator lights, the bolts attaching the console and the handrails should be tightened. In addition, the tension of the walking belt should be checked (see 4. c. above). To extinguish the service indicator, first hold down the STOP bar while inserting the safety key into the console. A service code ("S1") will appear in the INCLINE display. To reset the service code and extinguish the service indicator, hold down the STOP bar while removing the safety key.
- b. After the treadmill has been operated for 600 miles, the service indicator will again light. When the service indicator lights, the tension of the walking belt should be checked (see 4. c. above). In addition, a service technician should check the amp draw and the motor brushes. For service, call our Customer Service Department toll-free at 1-800-999-3756. To extinguish the service indicator, first hold down the STOP bar while inserting the safety key into the console. A service code ("S3") will appear in the INCLINE display. To reset the service code and extinguish the service indicator, hold down the STOP bar while removing the safety key.

7. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

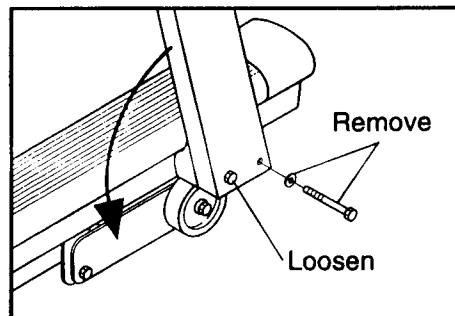
- a. If a console malfunction occurs, an error code ("PO" or "EEE") may appear on the display. If an error code appears, remove the safety key, wait for ten seconds and then reinsert the safety key. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

STORAGE

Unplug the power cord when the treadmill is not in use.

Remove the indicated bolt and washer from the lower end of each upright. Loosen the other bolts in each upright. Carefully rotate the uprights down.

It is recommended that the treadmill be covered during extended periods of storage.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ 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.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below.

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

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

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down.

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other 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.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

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.

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 both legs.

Stretches: Hamstrings, lower back and groin.

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 both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

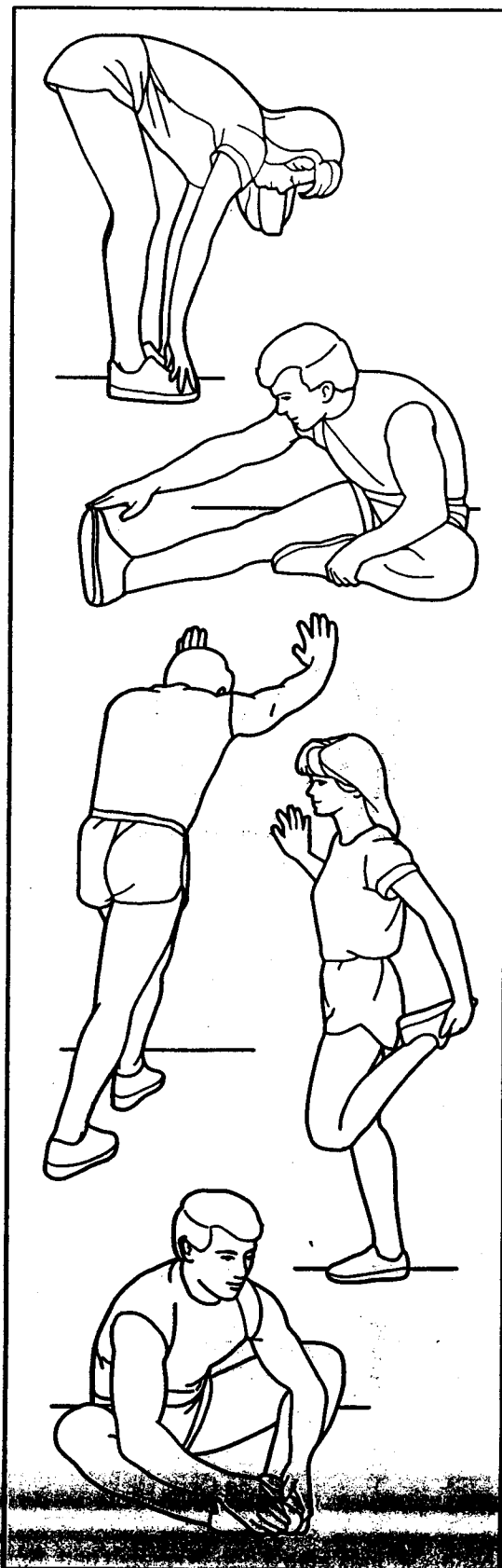
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

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. PFTL99050

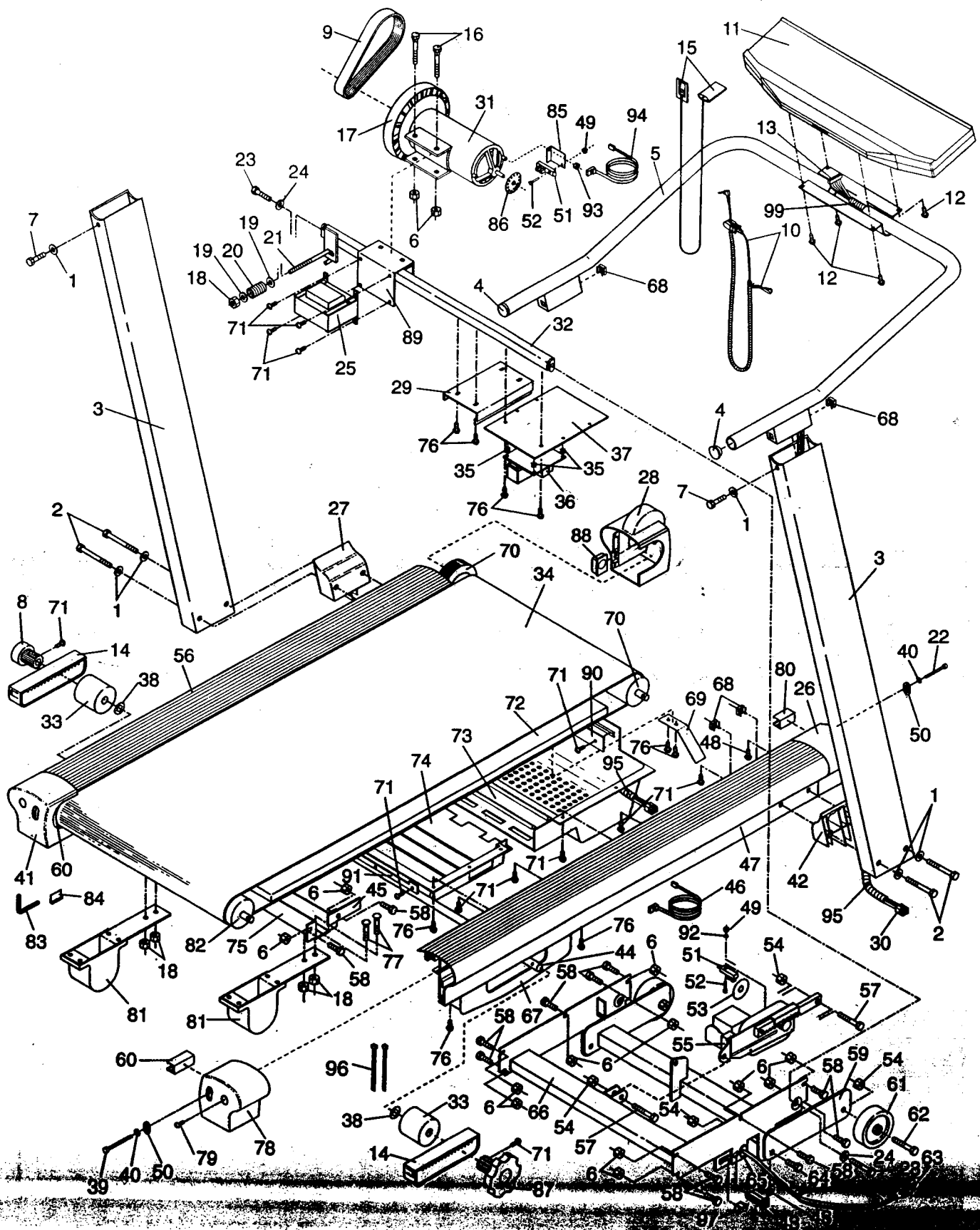
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Key No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	6	Washer	55	1		Incline Motor
2	4	3/8" x 4 1/2" Bolt	56	1		Left Frame Rail
3	2	Upright	57	2		Incline Bolt
4	2	Handrail Endcap	58	14		Motor Frame Bolt
5	1	Handrail	59	1		Incline Leg
6	16	Flange Nut	60	2		Rear Roller Insert
7	2	3/8" x 1 1/4" Bolt	61	2		Wheel
8	1	Rod Endcap	62	2		Wheel Bolt
9	1	Motor Belt	63	1		Power Cord
10	1	Pulse Earclip/Clothes Clip	64	2		Incline Leg Bolt
11	1	Console	65	1		Grommet
12	4	Console Screw	66	1		Motor Frame
13	1	Handrail Wire Harness	67	2		Cushion Cover
14	2	Cushion Spring Insert	68	6		Cage Nut
15	1	Safety Key/Clip	69	2		Belt Guide
16	2	Motor Bolt	70	1		Front Roller/Pulley
17	1	Pulley/Flywheel/Fan	71	25		Small Screw
18	5	Tension Nut/Spring Foot Nut	72	1		Walking Platform
19	2	Tension Washer	73	1		Front Safety Cover
20	1	Tension Spring	74	1		Rear Safety Cover
21	1	J-Bolt	75	1		Cushion Spring Crossbar
22	1	Front Roller Adj. Bolt	76	10		Screw
23	2	Motor Swivel Bolt	77	4		Cushion Spring Bolt
24	2	Lock Washer	78	1		Right Rear Endcap
25	1	Choke	79	3		Endcap Screw
26	1	Right Front Endcap	80	1		Right Front Roller Insert
27	1	Left Upright Spacer	81	2		Cushion Spring Foot
28	1	Front Left Endcap	82	1		Rear Roller
29	1	Controller	83	1		Allen Wrench
30	1	Safety Cover Wire Harness	84	1		Wrench Clip
31	1	Motor	85	1		Speed Optic Switch Bracket
32	1	Motor Swivel Shaft	86	1		Speed Optic Disk
33	2	Cushion Spring Spacer	87	1		Cushion Knob
34	1	Walking Belt	88	1		Left Front Roller Insert
35	4	Plastic Stand-Off	89	1		Choke Plate
36	1	Power Board	90	1		Front Cover Plate
37	1	Mounting Plate	91	1		Rear Cover Plate
38	2	Push Nut	92	1		Star Washer
39	2	Rear Roller Adjustment Bolt	93	1		Optic Switch Bracket Nut
40	3	Adjustment Washer	94	1		32" Optic Switch Wire Harness
41	1	Left Rear Endcap	95	2		12" Cable Loom
42	1	Right Handrail Spacer	96	2		4" Cable Tie
43	1	Circuit Breaker	97	1		On/Off Switch
44	1	Adjustment Rod	98	2		Nylon Pivot Washer
45	2	Reinforcement Plate	99	1		6" Cable Loom
46	1	20" Optic Switch Wire Harness	#	1		8" Green Ground Wire, F/R
47	1	Right Frame Rail	#	1		8" Black Wire, 2 Female
48	12	Deck Screw	#	1		4" Black Wire, 2 Female
49	2	Switch Nut	#	1		14" Black Wire, 2 Female
50	3	Oblong Washer	#	1		8" White Wire, Male/Female
51	2	Optic Switch	#	1		14" White Wire, 2 Female
52	2	Switch Bolt	#	1		Controller-Power Board Wire
53	1	Incline Optic Disk	#	1		8" Green Ground Wire, 2 Ring
54	1	Nut	#	1		Owner's Manual

14 Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. PFTL99050

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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 (PFTL99050).
- The NAME of the product (PROFORM® ERS 10.0 PT treadmill).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER of the part(s) from page 14 of this manual.
- The DESCRIPTION of the part(s) from page 14 of this manual.

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

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 or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

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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.

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