

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

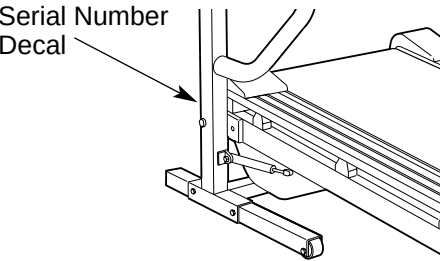
Tel: Country Code: 0345-089009
Fax: 0113-2411120

- The MODEL NUMBER OF THE PRODUCT (PETL39070).
- The NAME OF THE PRODUCT (PROFORM 385e treadmill).
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual).
- The KEY NUMBER OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached to the centre of this manual).
- The DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached to the centre of this manual).

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

PRO·FORM
P E R F O R M A N C E T R E A D M I L L
385€

Model No. PETL39070
Serial No. _____



Class H C
Fitness Product

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 our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

⚠ CAUTION

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



USER'S MANUAL

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Note: An EXPLODED DRAWING and a PART LIST are attached to the centre of this manual. Please save them for future reference.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

2. Use the treadmill only as described in this manual.

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

4. Place the treadmill on a level surface, with 8 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

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 250 lbs (115 kg) or less. Never allow more than one person on the treadmill at a time.

9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

10. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord into an earthed circuit. When replacing the fuse, on ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.

11. If you need an extension cord, use only a 14-gauge cord of 5 feet (1,5 m) or less in length.

12. Keep the power cord away from heated surfaces.

13. Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the

A Cool-down

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

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, 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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. 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

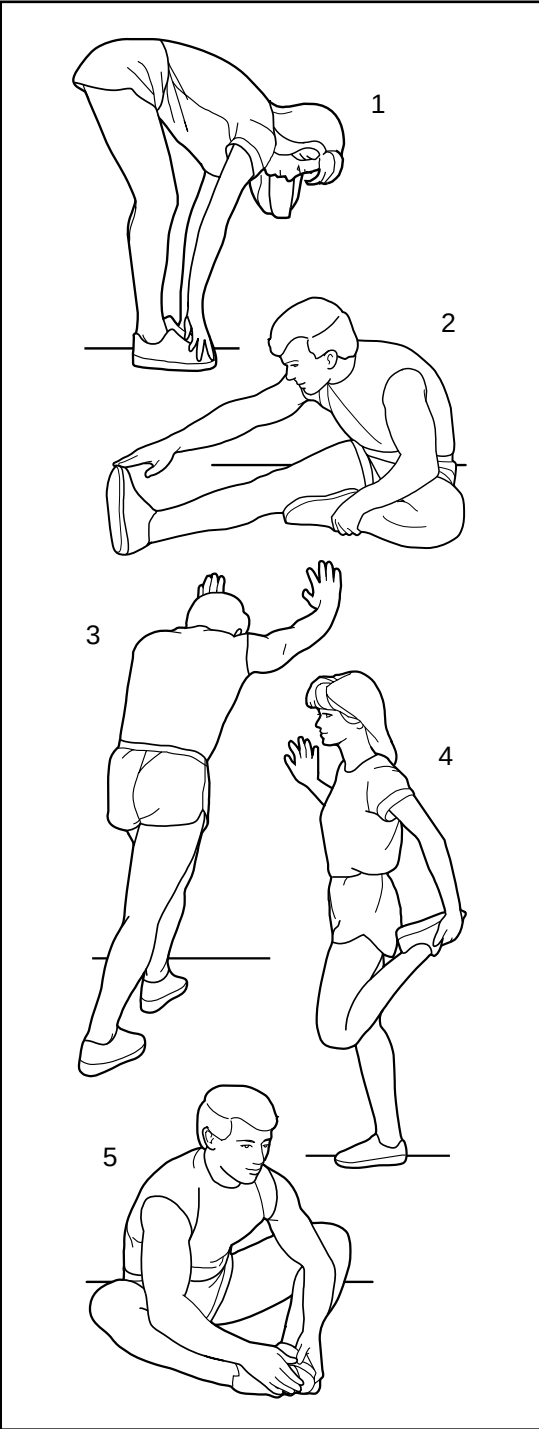
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



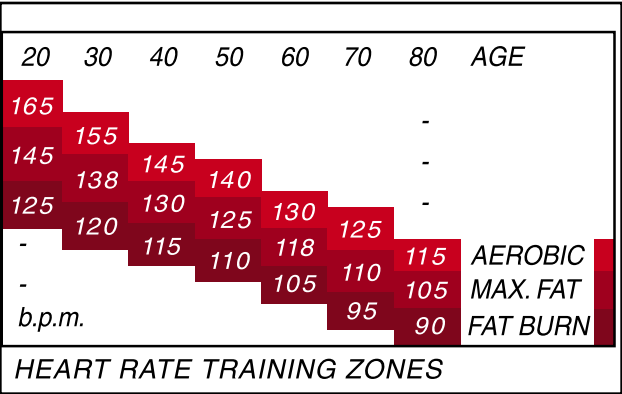
CONDITIONING GUIDELINES

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

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

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



To find the proper heart rate for you, first find your age at the top of chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

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

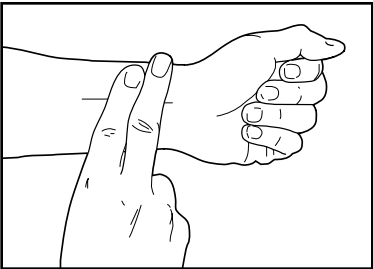
stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.



WORKOUT GUIDELINES

A well-rounded workout includes the following three important parts:

A Warm-up

Start each workout by warming up for 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase your body temperature, heart rate, and circulation in preparation for strenuous exercise.

Training Zone Exercise

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

treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

- 14. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.
- 15. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.
- 16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
- 17. To reduce the possibility of the treadmill over-

heating, do not operate the treadmill continuously for longer than 1 hour.

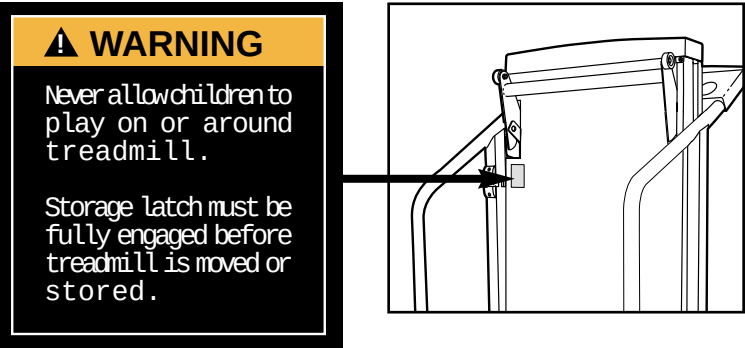
- 18. Never leave the treadmill unattended whilst it is running. Always remove the key when the treadmill is not in use.
- 19. Inspect and tighten all parts of the treadmill every three months.
- 20. Never insert any object into any opening.
- 21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on pages 5 and 6, and HOW TO MOVE THE TREADMILL on page 10.) 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 fully closed.

⚠ 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

Refer to the drawing at the right. Locate the indicated warning decal on the treadmill. The text on the warning decal is in English. If English is not your native language, find the sheet of square decals included with the treadmill. Peel off the decal that is in your native language, and press it onto the warning decal so that it covers the English text.

IMPORTANT: If the warning decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal. Apply the decal in the location shown.



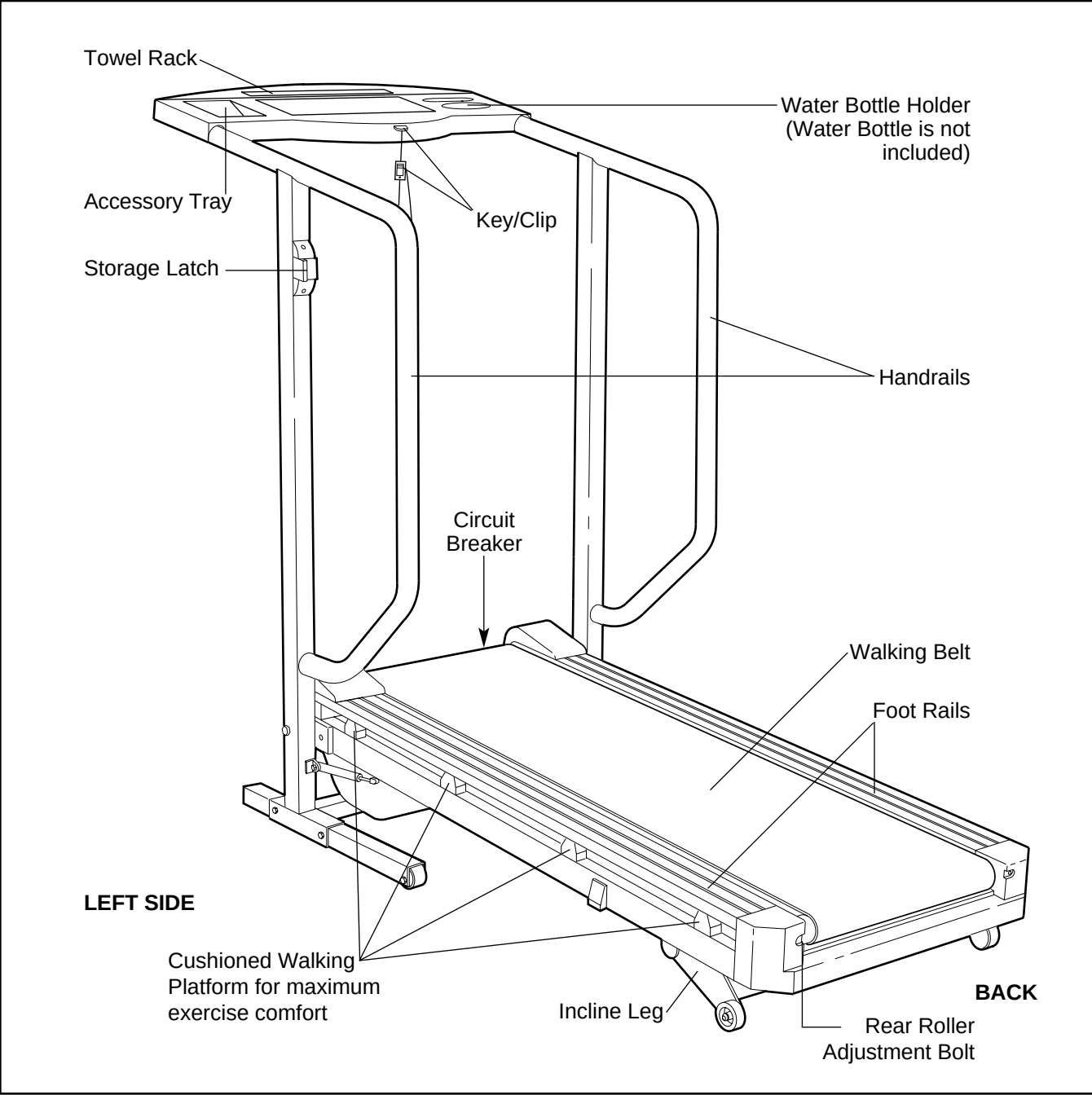
BEFORE YOU BEGIN

Thank you for selecting the PROFORM 385e treadmill. The PROFORM 385e treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique PROFORM 385e can be folded up, requiring less than half the floor space of other treadmills.

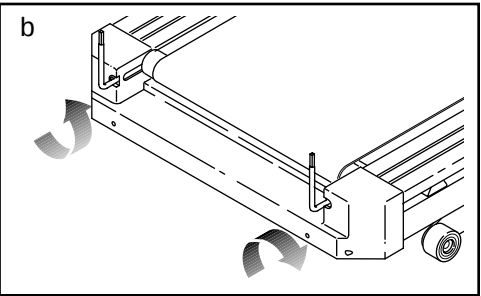
For your benefit, read this manual carefully before using the treadmill. If you have additional questions,

please call our Customer Service Department at 0345-089009. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL39070. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

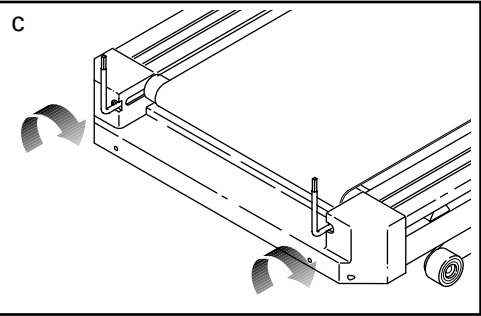
Before reading further, please review the drawing below and familiarise yourself with the labelled parts.



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



c. If the walking belt slips when walked on, first remove the 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 2 to 3 inches off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



6. SYMPTOM: THE TREADMILL SITS UNEVENLY ON THE FLOOR

a. Make sure that the four leg pads are attached to the treadmill. (See assembly step 1 on page 5.)

7. SYMPTOM: THE INCLINE SYSTEM STICKS

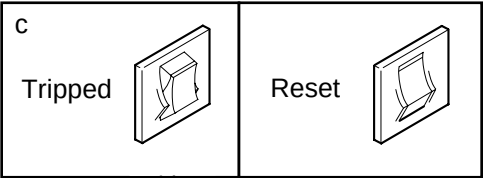
a. Raise the treadmill to the storage position. (See HOW TO FOLD THE TREADMILL FOR STORAGE on page 10.) Pivot the incline leg several times to break in the incline system.

TROUBLE-SHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure that the power cord is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) If an extension cord is needed, use only a 14-gauge cord of five feet (1,5 m) or less in length.
- b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 1 on page 9.)
- c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
- b. Make sure that the power cord is plugged in.
- c. Remove the key from the console. Reinsert the key fully into the console. (See step 1 on page 9.)
- d. If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

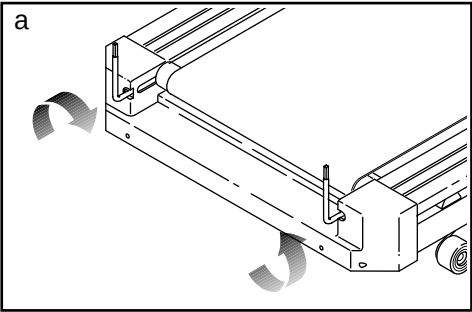
- a. Check the batteries in the console. (See BATTERY INSTALLATION on page 8.) Most problems are the result of drained batteries.

4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. If an extension cord is needed, use only a 14-gauge cord of five feet (1,5 m) or less in length.
- b. If the walking belt still slows when walked on, Customer Service Department.

5. SYMPTOM: THE WALKING BELT IS OFF-CENTRE WHEN WALKED ON

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



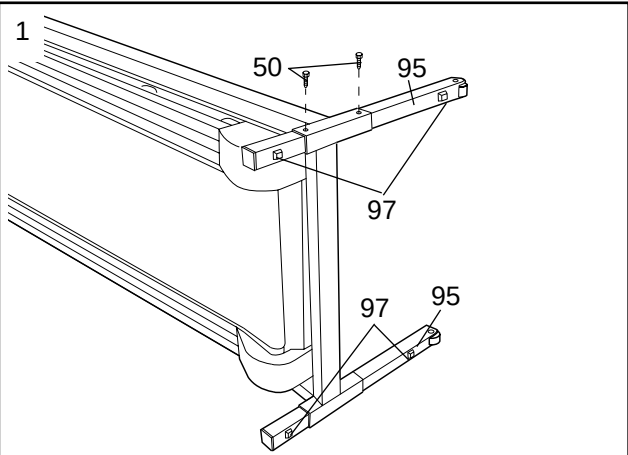
ASSEMBLY

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 the following tools: The included allen wrench, your own phillips screwdriver**  **and an adjustable spanner**  .

- 1. With the help of a second person, **carefully** lay the treadmill on its side. Insert a Leg (95) into the treadmill as shown. Using an adjustable spanner, attach the Leg with two of the eight Upright Screws (50). Be sure to start both Screws before tightening either one, and push on the heads of the Screws whilst tightening them.

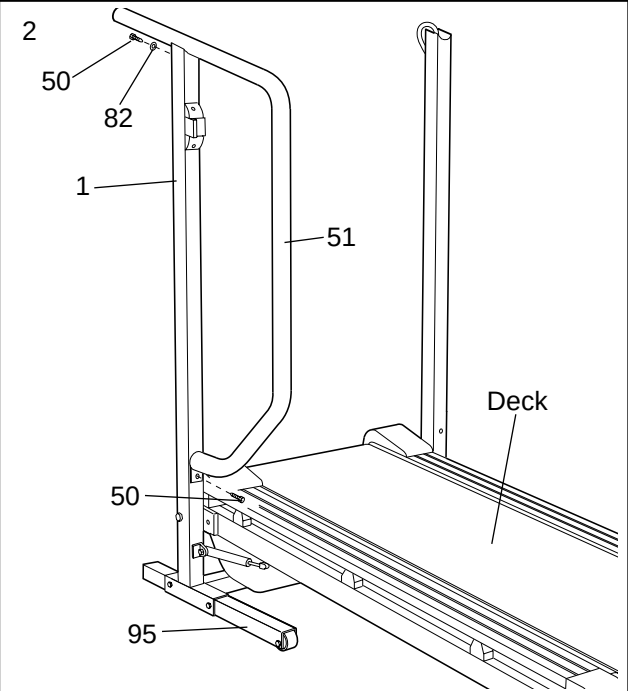
Lay the treadmill on its other side. Attach the other Leg (95) as described above.

Press two Leg Pads (97) onto each Leg (95) as shown. Note: One extra Leg Pad may be included. **During assembly, be careful to avoid dislodging the Leg Pads.**



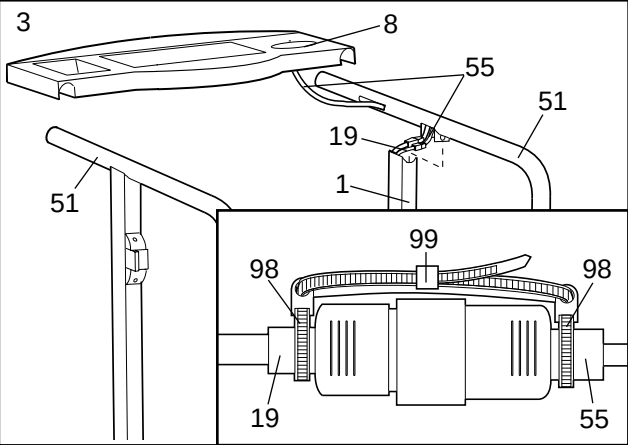
- 2. With the help of a second person, **carefully** raise the treadmill to the upright position so the Legs (95) are resting flat on the floor. Next, lower the deck to the position shown.

Attach one of the Handrails (51) to the left Upright (1) with two Upright Screws (50) and a Washer (82). Be sure to start both Screws before tightening either one, and push on the heads of the Screws whilst tightening them. **Note: Refer to drawing 3 below. Note the opening near the upper end of the right Handrail (51). If only one Handrail has an opening, attach that Handrail to the Right Upright (1). If both Handrails have openings, attach either Handrail to either Upright.**



- 3. With the help of a second person, hold the Console Base (8) and the other Handrail (51) near the right Upright (1). It may be helpful to rest the left side of the Console Base on the left Handrail (51).

Insert the Console Wire Harness (55) through the two indicated openings in the right Handrail (51). Next, connect the Console Wire Harness to the two plugs on the Wire Harness (19). Refer to the inset drawing. Locate the two Wire Ties (98) on the Console Wire Harness (55) and the Wire Harness (19). Slide the Wire Ties against the plugs as shown. Insert the 12" Wire Tie (99) through the holes in the Wire Ties. Close and tighten the 12" Wire Tie.



4. Insert all excess wire through the right Handrail (51) and down into the right Upright (1).

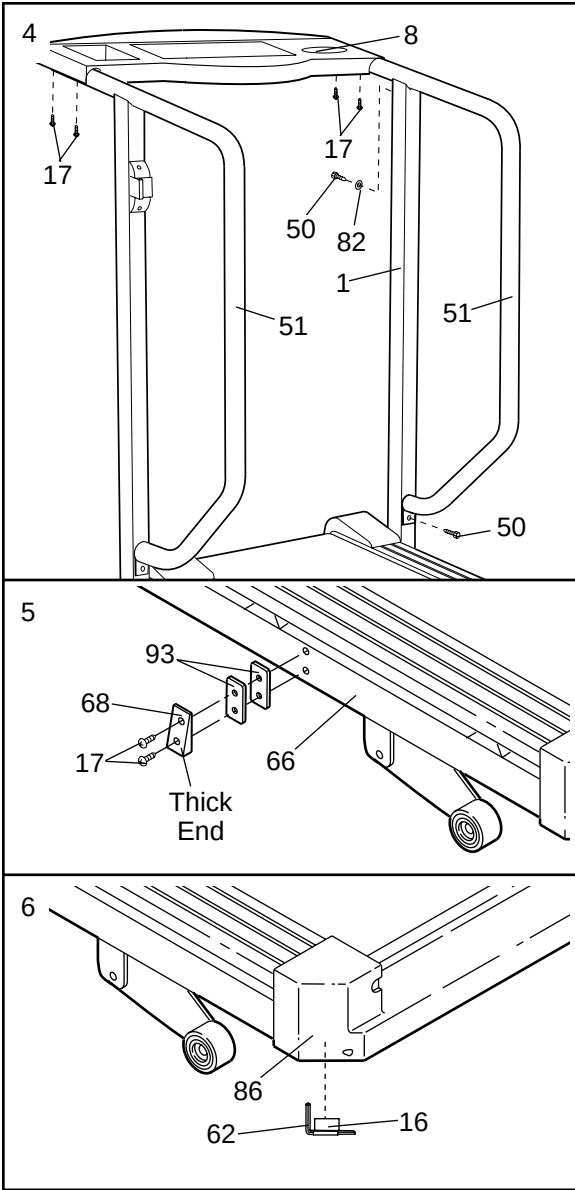
Attach the right Handrail (51) to the right Upright (1) with two Upright Screws (50) and an Upright Washer (82). Be sure to start both Screws before tightening either one, and push on the heads of the Screws whilst tightening them.

Position the Console Base (8) on the left and right Handrails (51). Attach the Console with four Console Screws (17).

5. Attach the Frame Guide (68) and two Frame Guide Spacers (93) to the Frame (66) with two Latch Screws (17). Be careful not to overtighten the Screws. Note: If the Frame Guides hit the upright when you fold the treadmill to the storage position, use only one Spacer. Make sure that the latch closes over the Frame Guide when in the storage position.

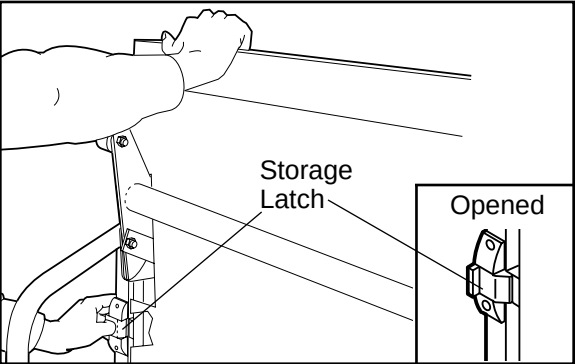
6. Remove the backing from the Adhesive Clip (16). Press the Adhesive Clip onto the Rear Roller Endcap (86) in the indicated location. Press the Allen Wrench (62) into the Adhesive Clip.

7. Make sure that all parts are tightened before you use the treadmill. **Note: To protect the floor or carpet, place a mat under the treadmill.**

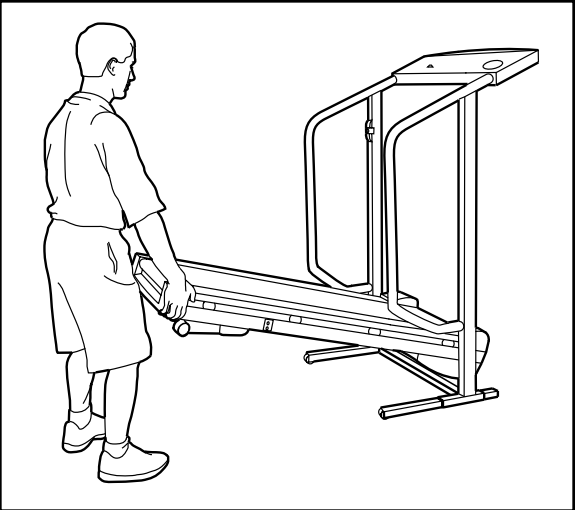


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, slide open the storage latch and hold it open. Pivot the treadmill until the frame and foot rail are past the storage latch.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**

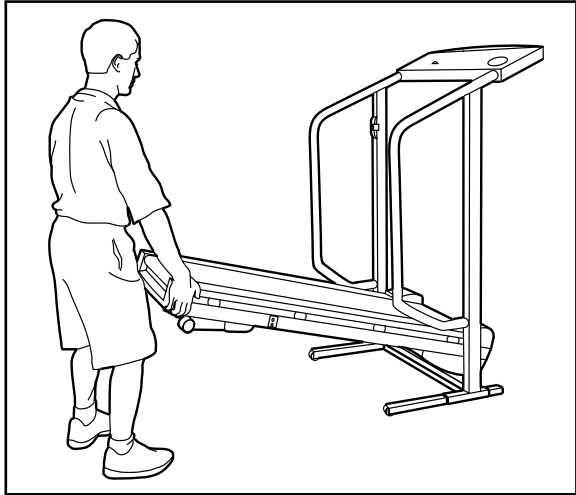


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

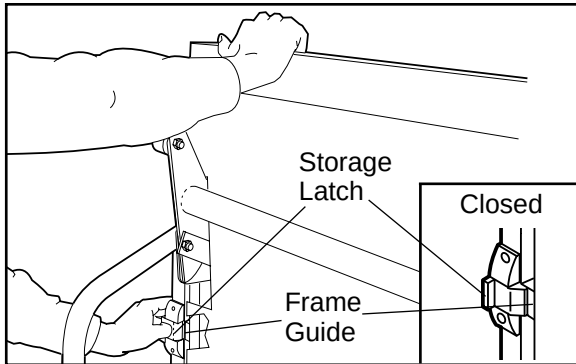
Before folding the treadmill, unplug the power cord. **Caution:** You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the frame guide. **Make sure that the storage latch closes fully over the frame guide.**

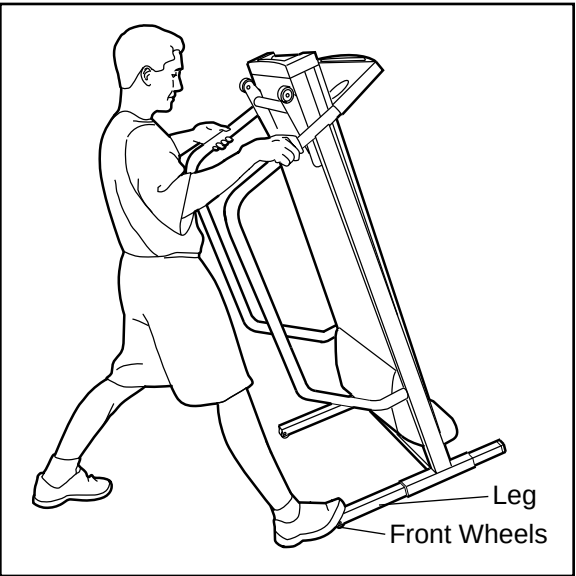
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

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

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



OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and a earthing plug. Plug one end of the cord into the treadmill. **Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.**

⚠ DANGER: Improper connection of the equipment-earthing 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 earthed. 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.

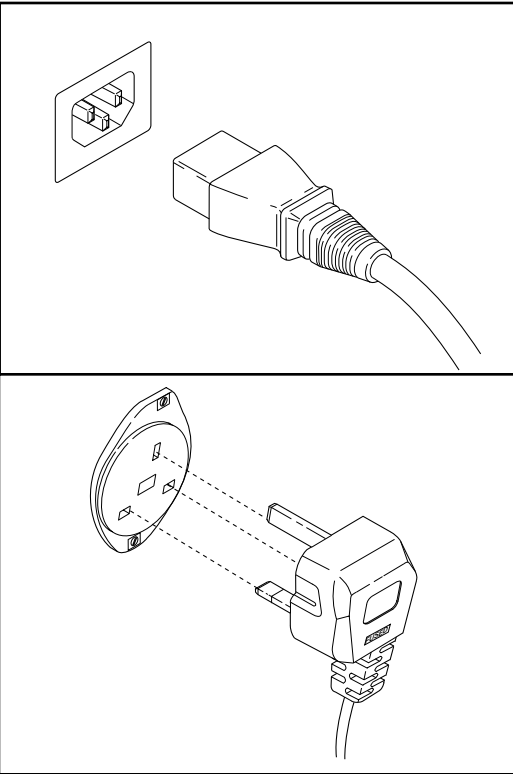
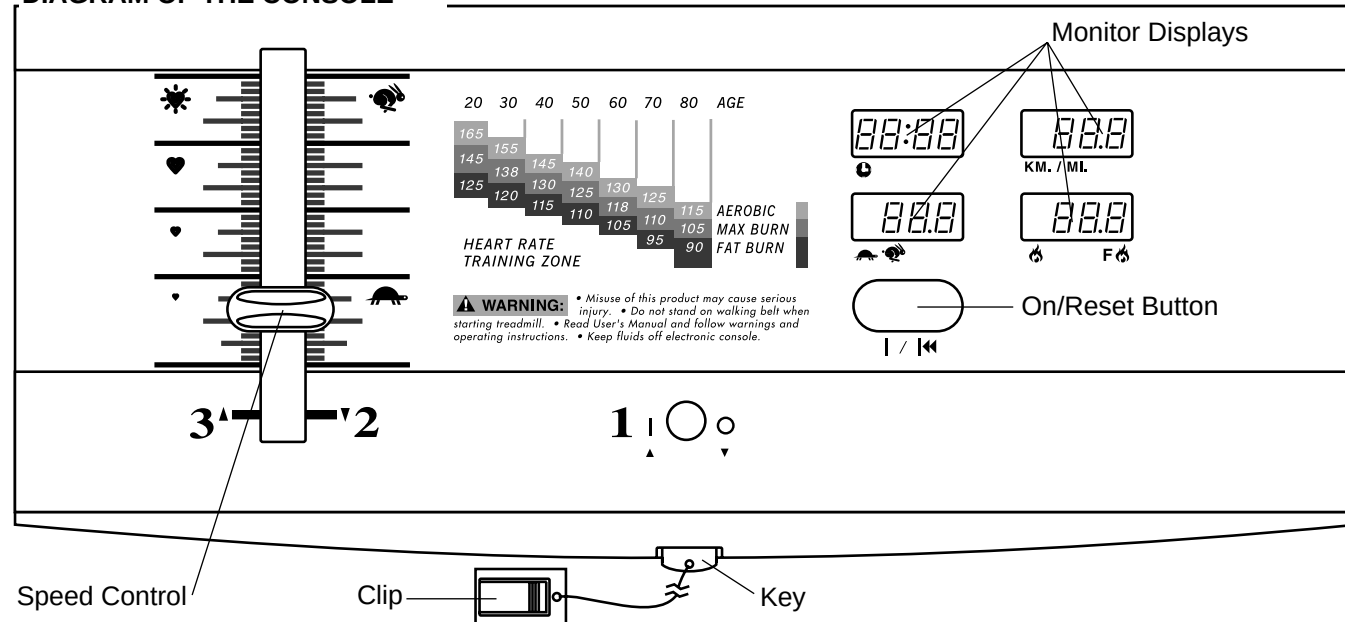


DIAGRAM OF THE CONSOLE



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

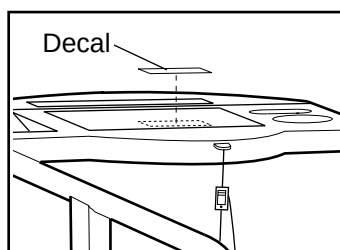
- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) whilst using the treadmill. When the key is

removed from the console, the walking belt will stop.

- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Use only a sealable water bottle.

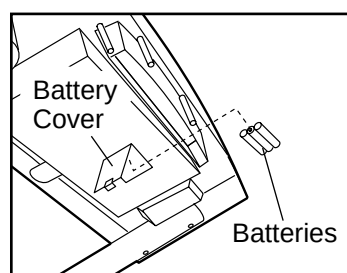
WARNING DECAL APPLICATION

If there is a thin sheet of clear plastic on the console, remove it. All of the warnings on the console are printed in English. The included decal sheet contains the same information in five other languages. If English is not your native language, find the decal that is in your native language. Peel off the decal and apply it to the console in the location shown.



BATTERY INSTALLATION

The console requires three "AA" batteries (not included). Alkaline batteries are recommended. To install batteries, open the battery cover under the console. Press three



batteries into the battery compartment. **Make sure that the negative ends of the batteries (marked "-") are touching the springs.** Close the battery cover.

STEP BY STEP CONSOLE OPERATION

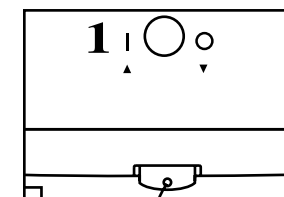
Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.)

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

Follow the steps on page 9 to operate the console.

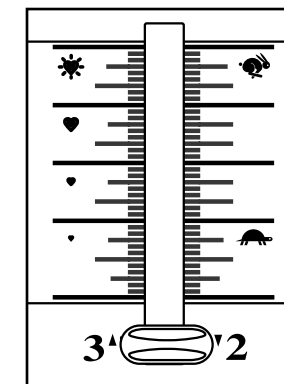
1 Insert the key fully into the power switch.

Inserting the key will not turn on the displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started. Note: If you just installed batteries, the displays will already be on.



2 Reset the speed control.

Slide the speed control down until it stops. **Note: Each time the walking belt is stopped, the speed control must be moved to the lowest position before the walking belt can be restarted.**



3 Start the walking belt.

After you have moved the speed control to the lowest position, slowly slide it upward until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.

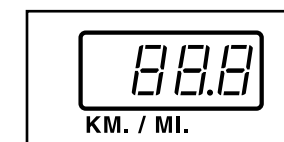
To stop the walking belt, step onto the foot rails and slide the speed control to the lowest position.

4 Follow your progress with the monitor displays.

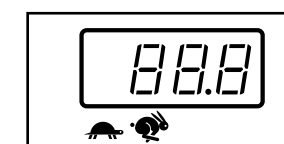
TIME display—This display shows the total time that you have walked or run on the treadmill.



DISTANCE display—This display shows the total distance that you have walked or run.



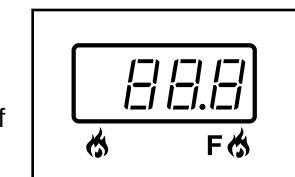
SPEED display—This display shows the speed of the walking belt.



CALORIES/FAT

CALORIES display—

This display shows the approximate numbers of calories and fat calories you have burned. (See FAT BURNING on page 14 for an explanation of fat calories.) Every seven seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown.



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

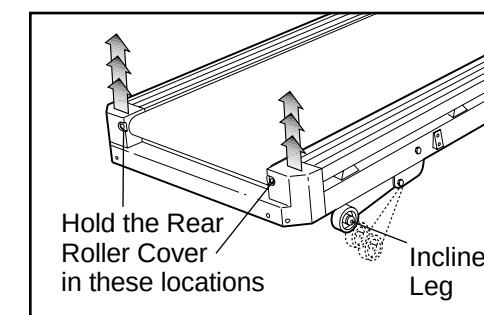
Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a secure place. **After the key is removed, the displays will remain on for about five minutes.**

Note: Any time that the walking belt is stopped and no console buttons are pressed for five minutes, the displays will automatically turn off in order to conserve the batteries.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

The incline of the treadmill can be changed by raising or lowering the back end. **Before changing the incline, remove the key and unplug the power cord.**

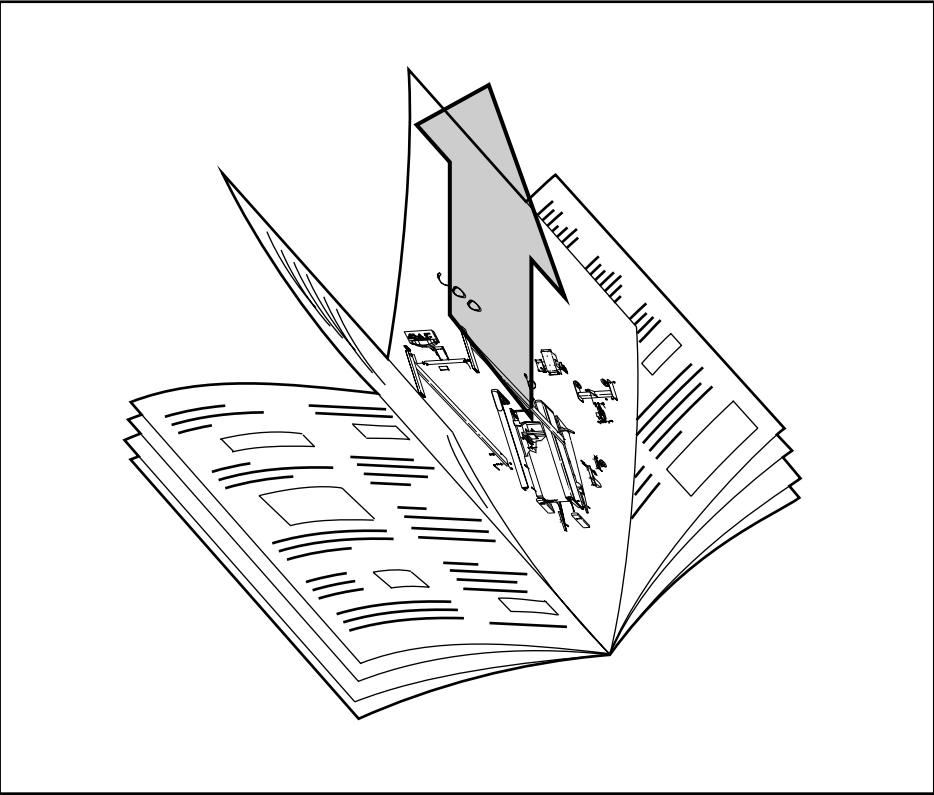
Hold the rear roller cover with both hands. When the back end of the treadmill is in the lowest position, the incline is about 10%. Raise the back end until it clicks into position. (Note: It may be necessary to shake the treadmill slightly so that it clicks into position.) The incline will then be about 5%. Raise the back end again until it clicks into position. The incline will then be about 3%. To lower the back end, first raise it past the highest position, and then lower it. **CAUTION: Before exercising, push on the back of the treadmill to make sure that the incline legs are locked in position. Do not place objects under the treadmill to change the incline; change the incline only as described above.**



Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Upright/Base	63	2	Belt Tension Nut
2	2	Motor Pivot Bushing	64	1	Belly Pan Plug
3	2	Storage Latch Spring	65	1	Motor Tension Washer
4	1	Storage Latch	66	1	Frame
5	1	Storage Latch Bracket	67	2	Ratchet Screw
6	1	Key/Clip	68	2	Frame Guide
7	2	3/8 Flatwasher	69	1	Incline Leg Bolt
8	1	Console Base	70	2	Cable Tie Clamp
9*	1	Console	71	1	Latch Spring
10	1	Speed Potentiometer	72	1	Incline Leg Spacer (short)
11	1	Speed Control	73	1	Incline Latch
12	1	Battery Cover	74	1	Incline Leg Plate
13	1	Latch Decal	75	1	Incline Leg
14	1	Right Foot Rail	76	2	Incline Leg Wheel Bolt
15	4	Wire Clip	77	2	Incline Leg Wheel
16	1	Adhesive Clip	78	2	Incline Wheel Nut
17	24	Console Base Screw/Latch Screw	79	1	4" Cable Tie
18	30	Small Screw	80	4	Cover Clip
19	1	Wire Harness	81	1	Ground Wire
20	8	Platform Screw	82	28	Washer
21*	1	Motor/Pulley/Flywheel/Fan	83	2	Incline Leg Spacer (long)
22	1	Motor Tension Star Washer	84	2	Rear Endcap Screw
23	3	Upright Washer/Nylon Washer	85	2	Adjustment Bolt
24	2	Incline Leg Bolt	86	1	Rear Roller Cover
25	1	Motor Belt	87	1	Motor Sleeve
26	7	Nut	88	2	7.5" Cable Tie
27	1	Pulley/Flywheel/Fan	89	1	Magnet
28	1	Motor	90	1	Releasable Wire Tie
29	1	Motor Pivot Bolt	91	1	Shock
30	8	Isolator	92	1	Ratchet Spring Screw
31	1	Left Front Roller Cover	93	4	Frame Guide Spacer
32	1	Front Roller/Pulley	94	1	Ground Wire Screw
33	1	Right Front Roller Cover	95	2	Leg
34	1	Electronics Bracket	96	2	Leg Cap
35	1	Controller	97	5	Leg Pad
36	1	Choke	98	3	8" Wire Tie
37	1	Rear Roller	99	1	12" Wire Tie
38	1	Motor Tension Bolt	100	1	Reed Switch Wire
39	1	Front Roller Adj. Bolt	101	1	Left Foot Rail
40	1	Adjustment Washer	102	1	Reed Switch Clamp
41	4	Hood Anchor	103	4	Receptacle Bracket Screw
42	1	Receptacle	104	1	Ground Wire Washer
43	1	Motor Pivot Nut	105	4	Plastic Stand-Off
44	1	Receptacle Bracket	106	1	Circuit Board Filter
45	2	Upright Spacer	107	1	Filter
46	1	Circuit Breaker	108	1	Filter Bracket
47	29	Small Screw	109	1	Ground Wire Nut
48	1	Belly Pan	110	1	Cable Clamp
49	2	Upright Pivot Bolt	#	1	12" Black Wire
50	8	Upright Screw	#	1	8" Black Wire, Male/Female
51	2	Handrail	#	1	8" Black Wire, Female/Female
52	2	Base Wheel	#	1	4" Black Wire, Male/Female
53	2	Base Wheel Bolt	#	1	4" Black Wire, Female/Female
54	1	Strain Relief	#	1	14" White Wire, Female/Female
55	1	Console Wire Harness	#	1	8" White Wire, Female/Female
56	2	Belt Guide	#	1	4" Green Wire, Ring/Female
57	1	Belly Pan Connector	#	1	User's Manual
58	1	Frame Belly Pan	* Includes all parts shown in the box		
59	1	Motor Tension Nut	# These parts are not illustrated		
60	1	Walking Platform			
61	1	Walking Belt			
62	1	Allen Wrench			

REMOVE THIS EXPLODED DRAWING
AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the user's manual.

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