

PRO-FORM[®]

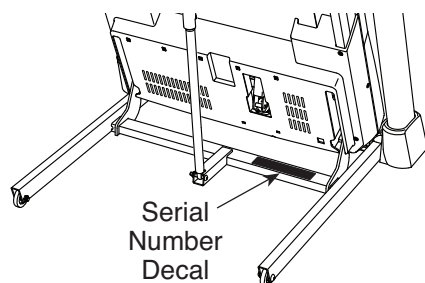
CARBON TL

proform.com

Model No. PFTL59722.0

Serial No. _____

Write the serial number in the space above for reference.



REGISTER YOUR PRODUCT

To register your product and activate your warranty today, go to my.proform.com.

MEMBER CARE

For service at any time, go to support.proform.com.

Or call 1-833-680-IFIT
(1-833-680-4348)

Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

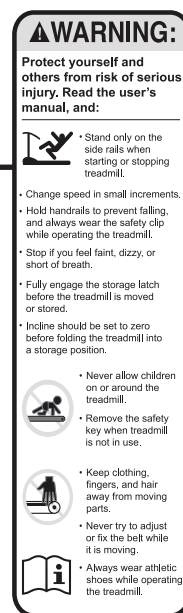
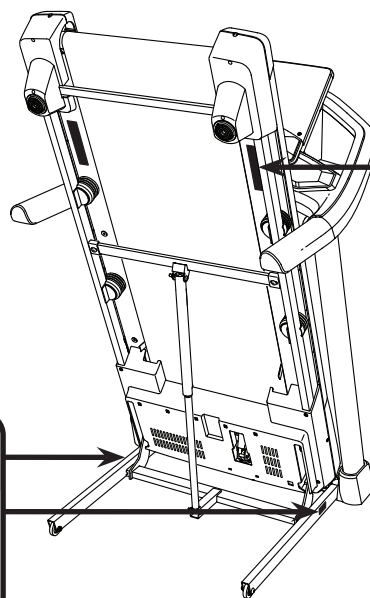


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WARNING DECAL PLACEMENT

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.



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, 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. It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and precautions.
2. Keep children under age 16 and pets away from the treadmill at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the treadmill only as authorized by your health care provider.
5. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.
6. Use the treadmill only as described in this manual.
7. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
9. 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.
10. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
11. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.
12. Never allow more than one person on the treadmill at a time.
13. Wear appropriate exercise clothes while 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.
14. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 17). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.
15. Use only a surge suppressor that meets all of the specifications described on page 17. To purchase a surge suppressor, see your local PROFORM dealer, call the telephone number on the front cover of this manual, or see your local electronics store.
16. 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.
17. Keep the power cord and the surge suppressor away from heated surfaces.
18. 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 MAINTENANCE AND TROUBLESHOOTING on page 27 if the treadmill is not working properly.)

19. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 19). Always wear the clip while using the treadmill.
20. Be careful when mounting and dismounting the treadmill. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.
21. When a person is walking on the treadmill, the noise level of the treadmill will increase.
22. Keep fingers, hair, and clothing away from the moving walking belt.
23. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
24. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 6 for the location of the power switch), and unplug the power cord when the treadmill is not in use.
25. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 8 and HOW TO FOLD AND MOVE THE TREADMILL on page 26.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.
26. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position. Do not operate the treadmill while it is folded.
27. Do not change the incline of the treadmill by placing objects under the treadmill.
28. Never insert any object into any opening on the treadmill.
29. Inspect and properly tighten all parts each time the treadmill is used.
30. **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.
31. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



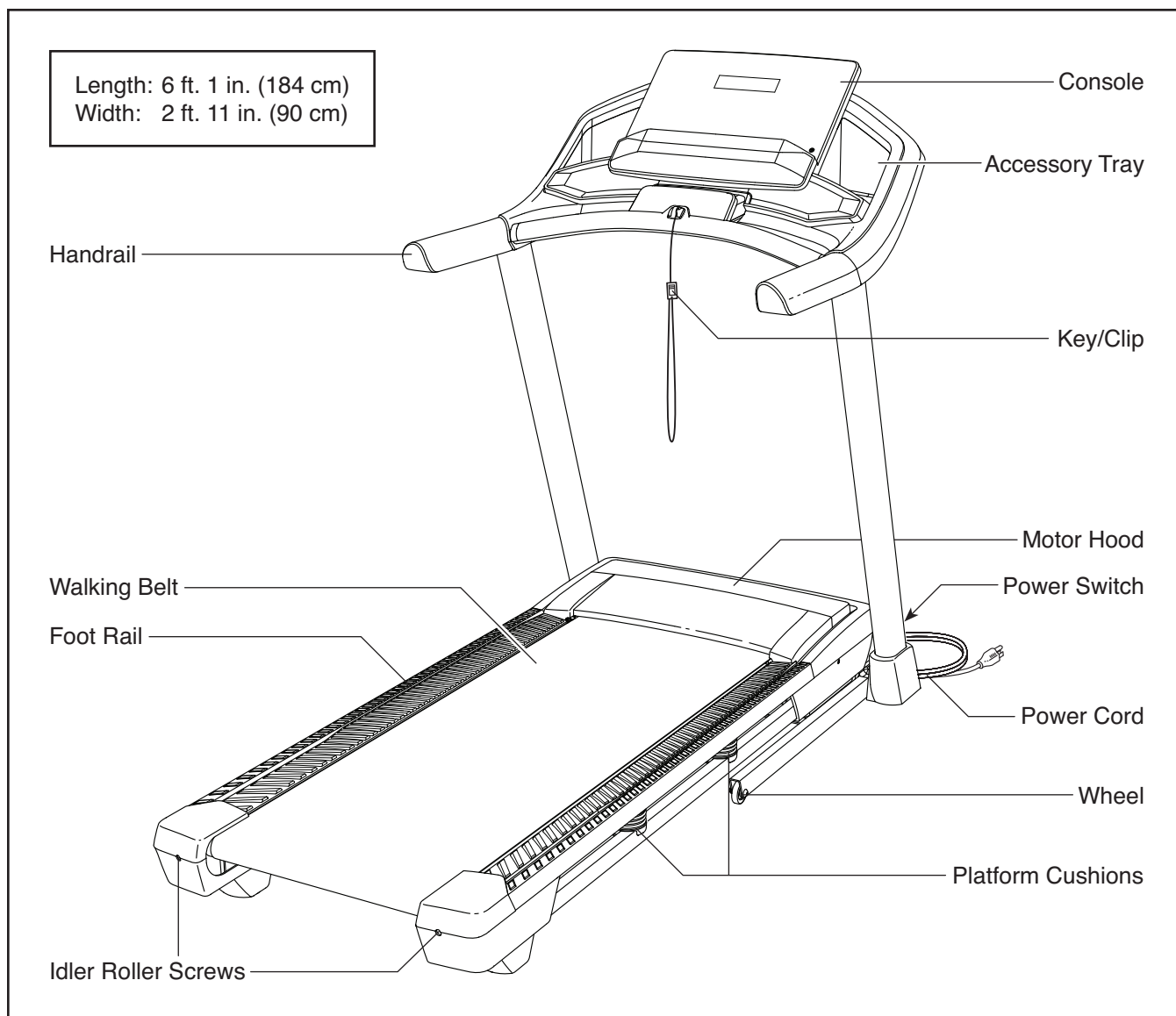
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® CARBON TL treadmill. The CARBON TL treadmill provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

reading this manual, please see the front cover of this manual. 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.

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

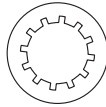


PART IDENTIFICATION CHART

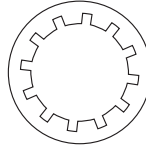
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it is preattached. Extra parts may be included.**



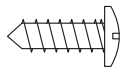
1/4" Star
Washer (10)–8



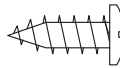
5/16" Star
Washer (12)–6



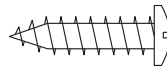
3/8" Star
Washer (11)–8



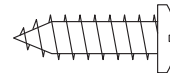
#8 x 1/2" Ground
Screw (9)–1



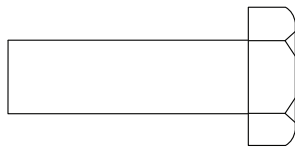
#8 x 1/2"
Screw (5)–8



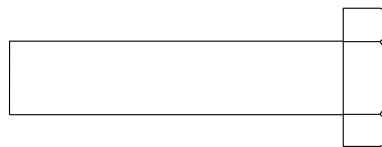
#8 x 3/4"
Screw (4)–8



#10 x 3/4"
Screw (6)–4



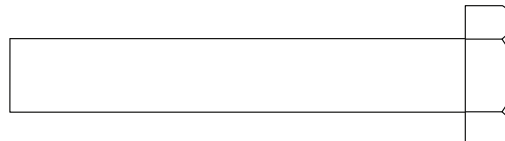
3/8" x 1 1/4"
Screw (1)–2



3/8" x 1 3/4" Screw (2)–2



5/16" x 2 1/4" Screw (7)–4



3/8" x 2 3/8" Screw (3)–4

ASSEMBLY

Easy step-by-step interactive
3D assembly instructions for
this product can be found on

BILT.[®]

Download the **FREE** App



Scan here
and search
by your
model number



1. To use the assembly steps in this manual, first see the helpful tips below.

- To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.

- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 7.

- Assembly requires the following tools:

the included hex keys



one Phillips screwdriver



one adjustable wrench



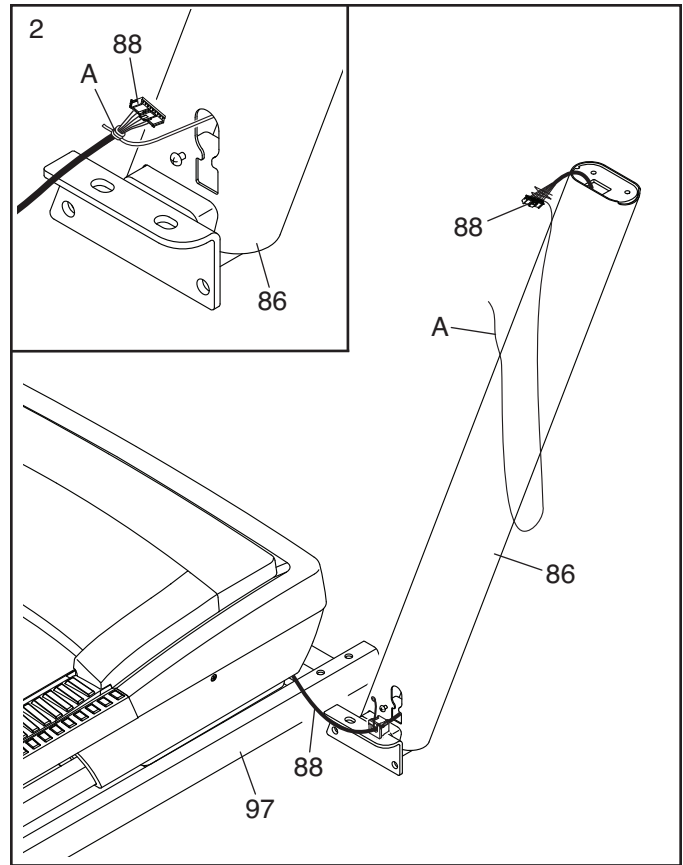
To avoid damaging parts, do not use power tools.

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

Remove the tie securing the Upright Wire (88) to the front of the Base (97).

Next, identify the Right Upright (86). Have a second person hold the Right Upright near the Base (97).

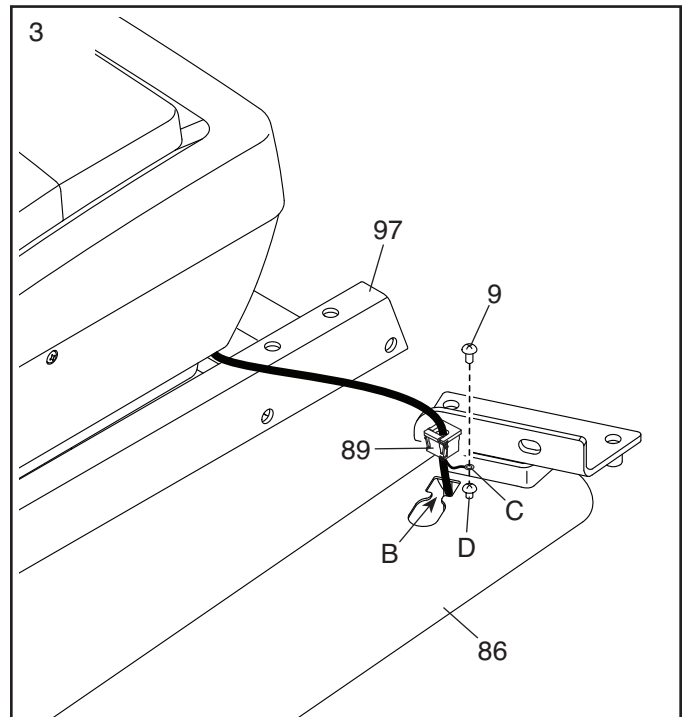
See the inset drawing. Tie the wire tie (A) in the Right Upright (86) securely around the end of the Upright Wire (88). Then, insert the Upright Wire into the lower end of the Right Upright and pull the upper end of the wire tie until the Upright Wire is routed through the Right Upright.



3. Lay the Right Upright (86) near the Base (97). Press the Grommet (89) into the square hole (B) in the Right Upright. **Do not pinch the ground wire (C).**

Next, remove and discard the indicated screw (D).

Then, attach the ground wire to the Right Upright (86) with a #8 x 1/2" Ground Screw (9).

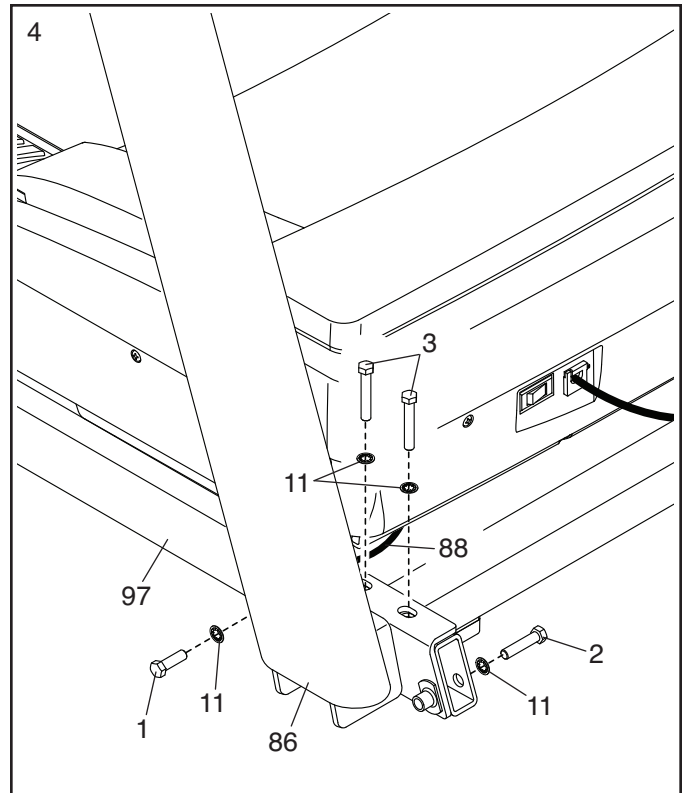


4. Hold the Right Upright (86) against the Base (97). **Make sure not to pinch the Upright Wire (88).**

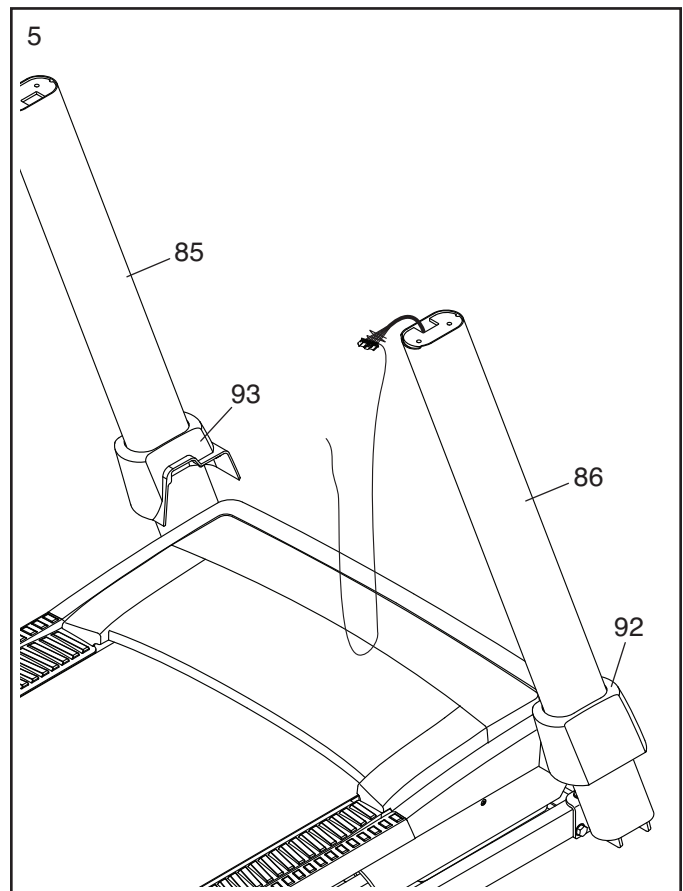
Insert two 3/8" x 2 3/8" Screws (3) with two 3/8" Star Washers (11) into the top of the bracket on the Right Upright (86), and partially tighten the two Screws into the Base (97); **do not fully tighten the Screws yet.**

Next, partially tighten a 3/8" x 1 1/4" Screw (1) and a 3/8" x 1 3/4" Screw (2) with 3/8" Star Washers (11) into the bottom of the Right Upright (86); **do not fully tighten the Screws yet.**

Attach the Left Upright (not shown) in the same way. Note: There are no wires on the left side.



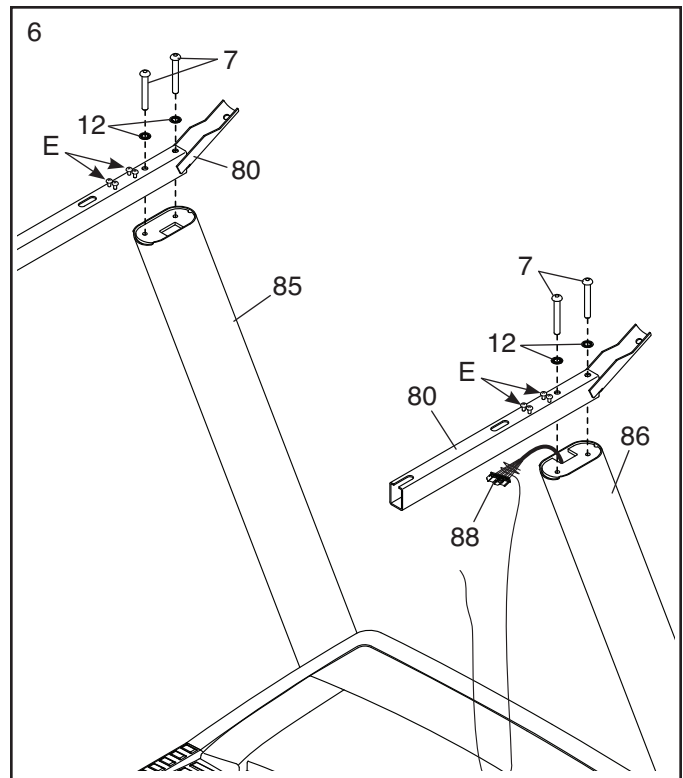
5. Identify the Left and Right Base Covers (93, 92). Slide the Left and Right Base Covers onto the Left and Right Uprights (85, 86) as shown.



6. Attach a Handrail (80) to the Right Upright (86) with two 5/16" x 2 1/4" Screws (7) and two 5/16" Star Washers (12) in the location shown; **start both Screws, and then tighten them. Do not pinch the Upright Wire (88), and make sure that the wire is on the indicated side of the Right Upright.**

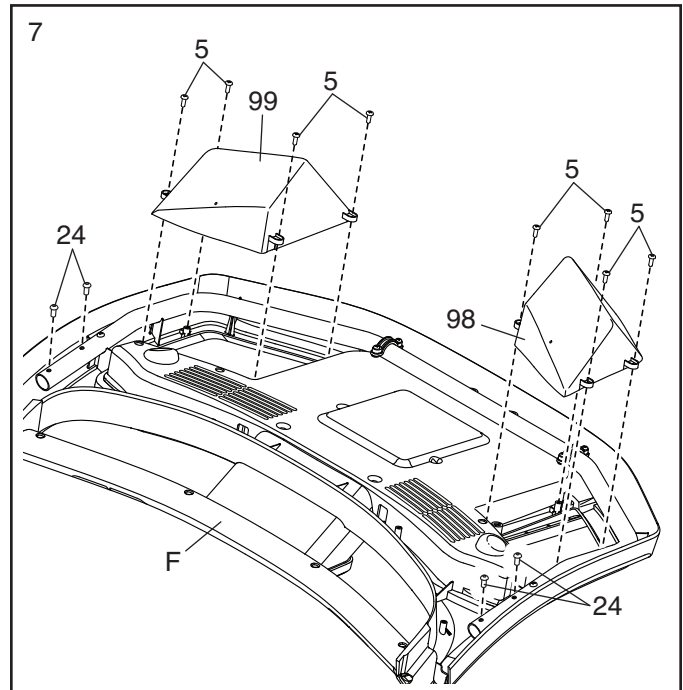
Attach the other Handrail (80) to the Left Upright (85) in the same way. Note: There are no wires on the left side.

Then, remove and discard the indicated screws (E).



7. Set the console assembly (F) face down on a soft surface to avoid scratching the console assembly. Attach the Right and Left Trays (99, 98) with eight #8 x 1/2" Screws (5); **start all eight Screws, and then tighten them. Do not overtighten the Screws.**

Then, remove and save the four 1/4" x 1/2" Screws (24).

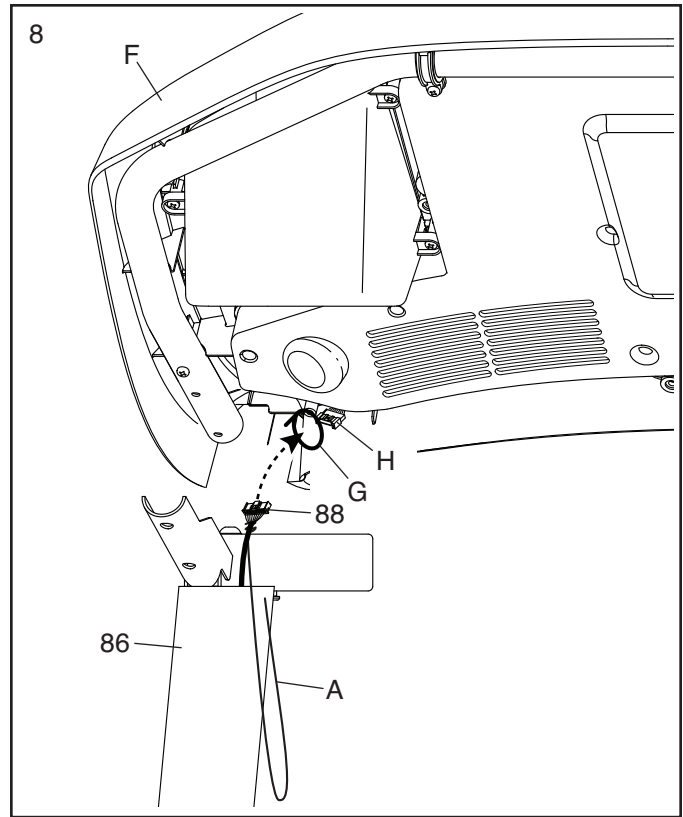


8. With the help of a second person, hold the console assembly (F) near the Right Upright (86).

Next, insert the Upright Wire (88) through the indicated looped tie (G).

Connect the Upright Wire (88) to the wire (H) from the console assembly (F). **The connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again.**

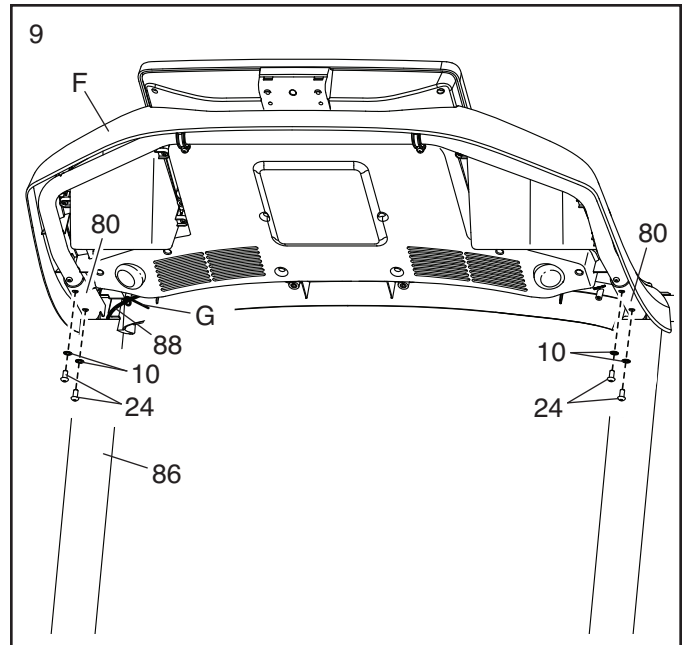
Then, remove any wire ties (A) from the Upright Wire (88).



9. Set the console assembly (F) on the Handrails (80); **do not pinch any wires.**

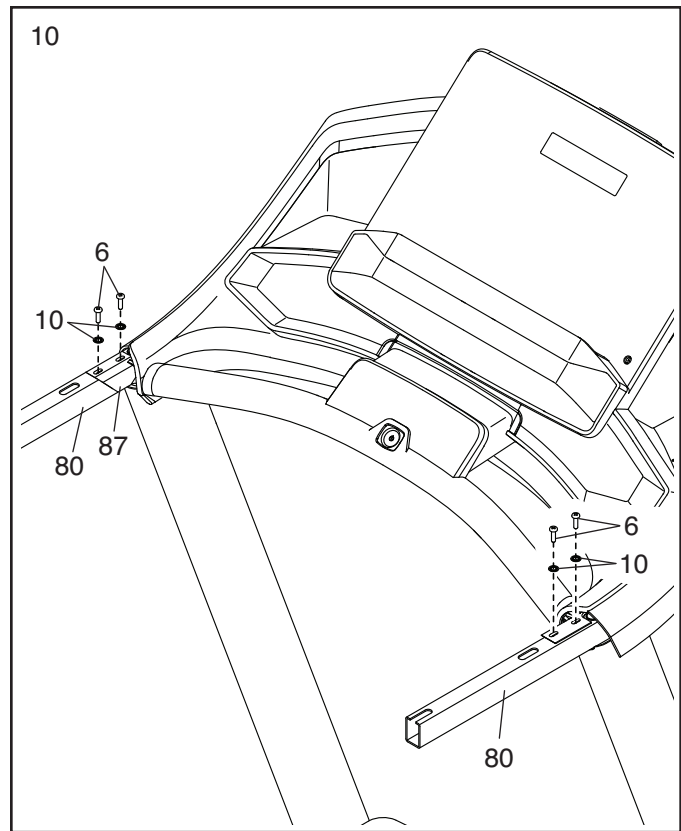
Attach the console assembly (F) with the four 1/4" x 1/2" Screws (24) that you removed in step 7 and four 1/4" Star Washers (10); **start all four Screws, and then tighten them.**

Insert the excess Upright Wire (88) into the Right Upright (86). Then, tighten the tie (G) around the Upright Wire and cut off the end of the tie.



10. **IMPORTANT:** To avoid damaging the Handrail Crossbar (87), do not use power tools and do not overtighten the #10 x 3/4" Screws (6).

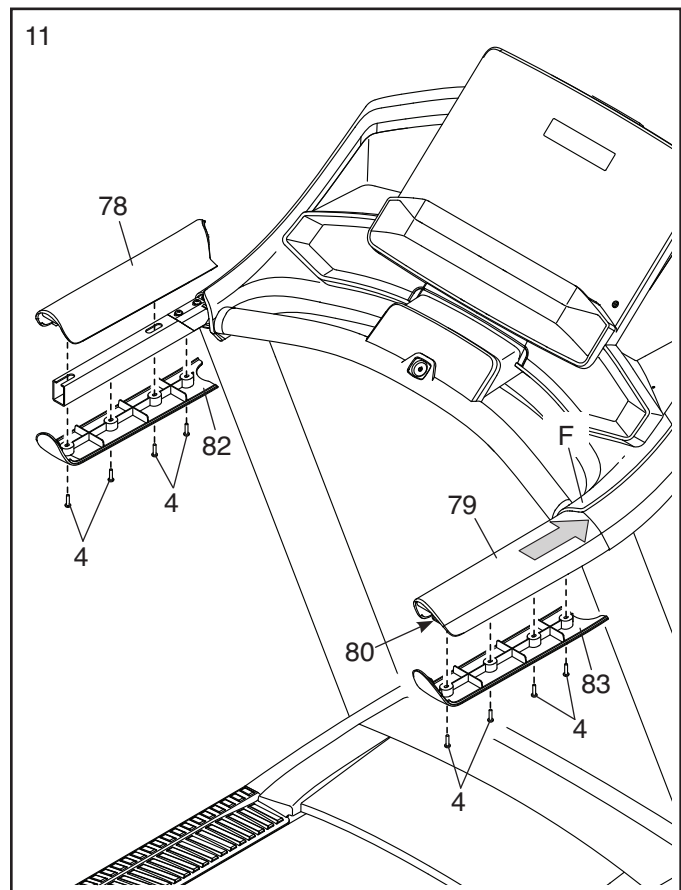
Attach the Handrail Crossbar (87) to the Handrails (80) with four #10 x 3/4" Screws (6) and four 1/4" Star Washers (10); **start all four Screws, and then tighten them.**



11. Identify the Right Handrail Cover (79). Set the Right Handrail Cover on the right Handrail (80), and slide the Right Handrail Cover forward until it rests against the console assembly (F).

Next, hold the Right Bottom Handrail Cover (83) on the bottom of the right Handrail (80), and start four #8 x 3/4" Screws (4) into the bottom of the Right Bottom Handrail Cover; **then, tighten the Screws.**

Attach the Left Handrail Cover (78) and the Left Bottom Handrail Cover (82) in the same way.



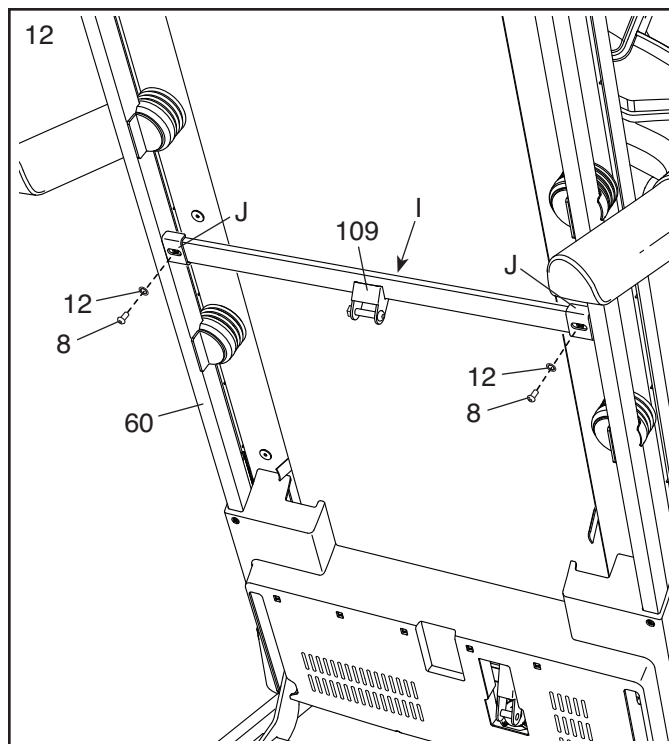
12. **Note: If the treadmill is assembled on a smooth surface, it may roll forward during this step.**

Raise the Frame (60) to the upright position.

IMPORTANT: Do not raise the Frame past the vertical position. Have a second person hold the Frame until step 14 is completed.

Remove the two 5/16" x 3/4" Screws (8) from the Latch Crossbar (109). Note: The Latch Crossbar is not preattached.

Orient the Latch Crossbar (109) as shown. **Make sure that the "This side toward belt" sticker (I) is facing the treadmill.** Attach the Latch Crossbar to the brackets (J) on the Frame (60) with the two 5/16" x 3/4" Screws (8) and two 5/16" Star Washers (12).

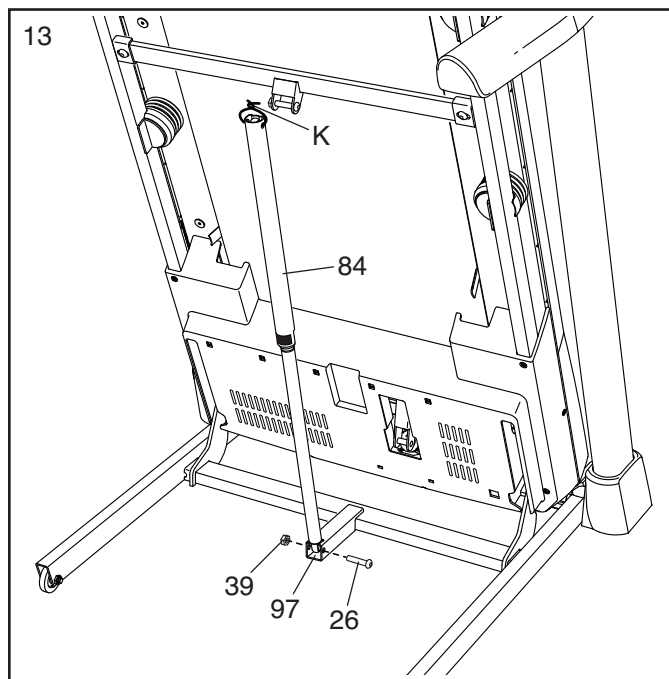


13. Remove the 5/16" Nut (39) and the 5/16" x 1 3/4" Bolt (26) from the bracket on the Base (97).

Next, orient the Storage Latch (84) as shown.

Attach the lower end of the Storage Latch (84) to the bracket on the Base (97) with the 5/16" x 1 3/4" Bolt (26) and the 5/16" Nut (39).

Then, raise the Storage Latch (84) to a vertical position, and remove the tie (K).

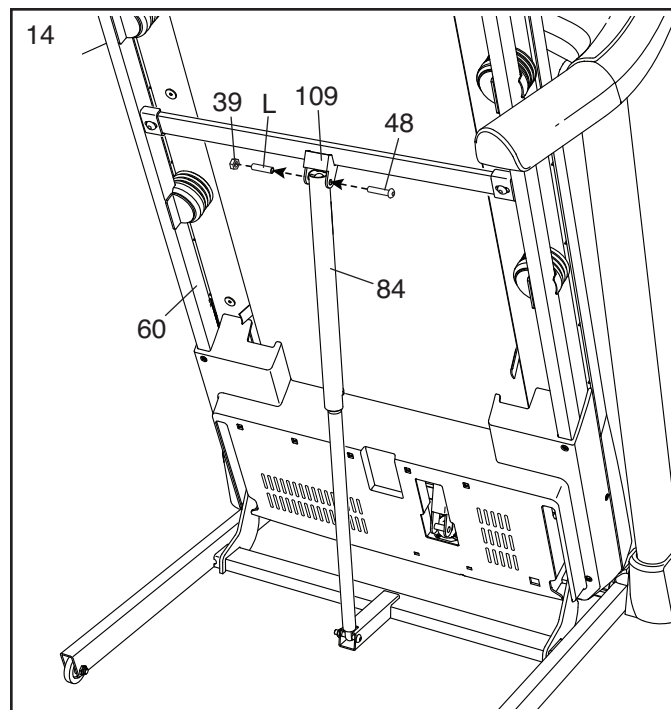


14. Remove the 5/16" Nut (39) and the 5/16" x 2 1/4" Bolt (48) from the bracket on the Latch Crossbar (109).

Align the upper end of the Storage Latch (84) with the bracket on the Latch Crossbar (109), and insert the 5/16" x 2 1/4" Bolt (48) through the bracket and the Storage Latch. **This will push a spacer (L) out of the Storage Latch; discard the spacer.**

Next, tighten the 5/16" Nut (39) onto the 5/16" x 2 1/4" Bolt (48). **Do not overtighten the Nut; the Storage Latch (84) must be able to pivot.**

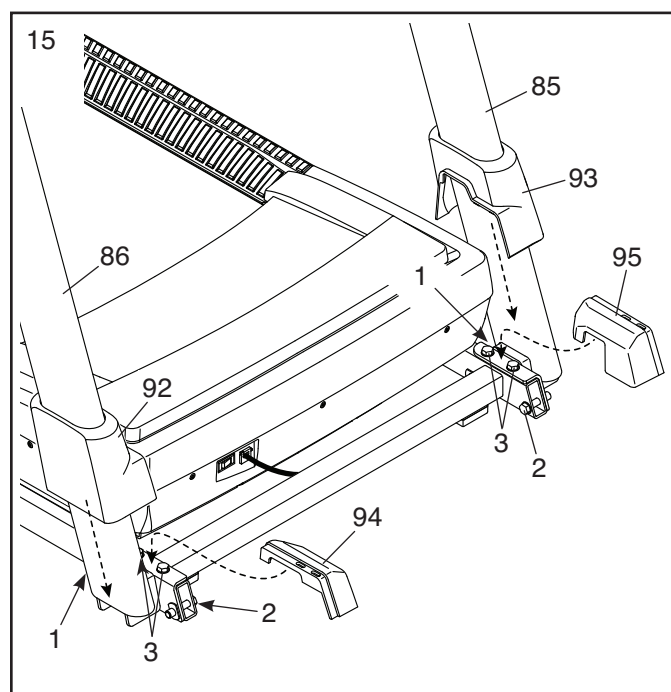
Then, lower the Frame (60) (see HOW TO LOWER THE TREADMILL FOR USE on page 26).



15. **Firmly tighten the four 3/8" x 2 3/8" Screws (3), the two 3/8" x 1 1/4" Screws (1), and the two 3/8" x 1 3/4" Screws (2).**

Next, set the Left Inner Base Cover (95) onto the lower end of the Left Upright (85). Then, slide the Left Base Cover (93) downward and press it onto the Left Inner Base Cover.

Next, set the Right Inner Base Cover (94) onto the lower end of the Right Upright (86). Then, slide the Right Base Cover (92) downward and press it onto the Right Inner Base Cover.

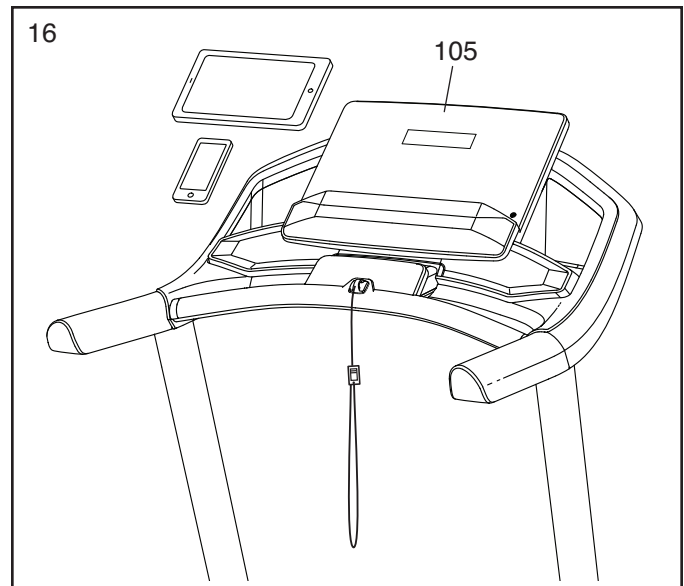


16. IMPORTANT: You must activate your Console (105) to begin using its exclusive features.

First, plug in the power cord (see page 17) and turn on the power (see page 19).

Then, using your smartphone or tablet, go to **iFIT.com/activate** and follow the instructions to activate the Console (105).

Note: If you do not have a smartphone or tablet, use your computer to go to **iFIT.com/activate** for an alternate way to activate the Console (105). If you do not have a computer, call Member Care (see the front cover of this manual).



17. Make sure that all parts are properly tightened before you use the treadmill. If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see page 28). Note: Extra hardware may be included.

To register your product and activate your warranty today, go to my.proform.com.

HOW TO USE THE TREADMILL

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your treadmill, like other electronic equipment, can be 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 risk of damaging the treadmill, always use a surge suppressor (A) with the treadmill. To purchase a surge suppressor, see precaution 15 on page 3.**

Use only a surge suppressor (A) 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 also 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 and serious injury to users.**

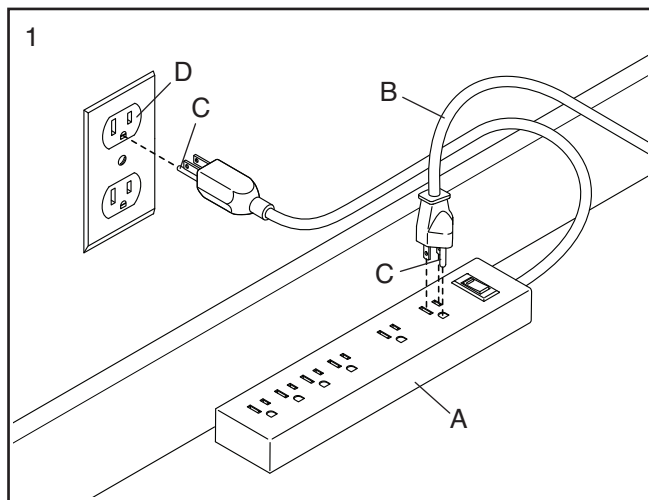
Plug in the Power Cord

The treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill power cord (B) has a plug with a grounding pin (C) (see drawing 1 on this page).

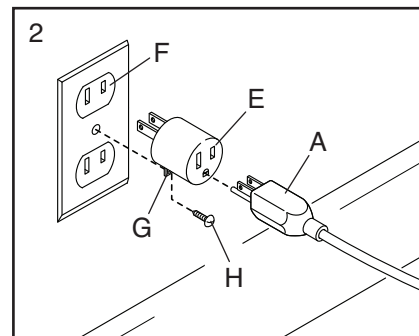
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.

Plug the power cord (B) into a surge suppressor (A), and plug the surge suppressor into an appropriate outlet (D) that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit**

capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. **IMPORTANT:** If the treadmill is connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, see the front cover of this manual to purchase an arc filter.

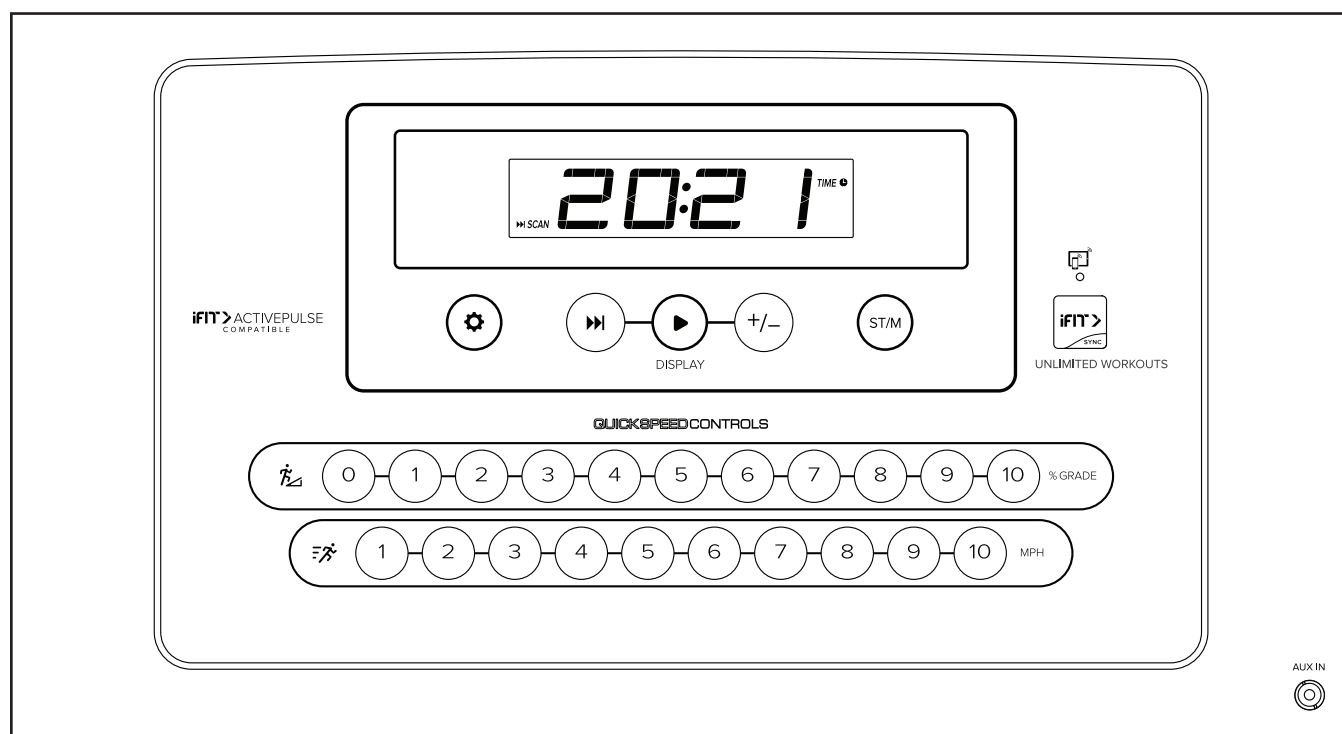


A temporary adapter (E) may be used to connect the surge suppressor (A) to a 2-pole receptacle (F) if a properly grounded outlet is not available.



The lug (G) or wire extending from the adapter must be connected with a metal screw (H) to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

IMPORTANT: To activate your console and begin using its exclusive features, see assembly step 16 on page 16.

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using a compatible heart rate monitor. **See page 24 for information about purchasing an optional heart rate monitor.**

With an iFIT subscription, you can connect your tablet to the console and use the iFIT app to access iFIT's unrivaled selection of studio and destination workouts. Each workout automatically controls the speed and incline of the treadmill as a trainer guides you through an effective exercise session. With iFIT, you can even set fitness goals, record your workouts, and track your progress.

You can also listen to your favorite workout music or audio books with the console's sound system while you exercise.

To turn on the power, see page 19. **To use the manual mode,** see page 19. **To use an iFIT workout,** see page 21. **To connect a heart rate monitor to the console,** see page 22. **To use the sound system,** see page 22. **To use the settings mode,** see page 23.

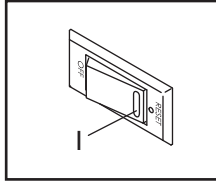
Note: The console can display speed and distance in either miles or kilometers. To change which unit of measurement is selected, press the ST/M button. For simplicity, all instructions in this section refer to miles.

IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 28).

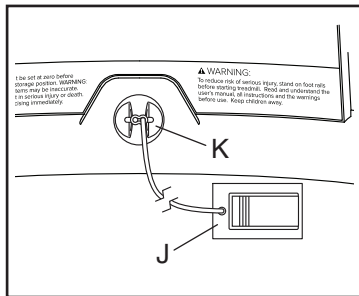
HOW TO TURN ON THE POWER

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

Plug in the power cord (see page 17). Next, locate the power switch on the treadmill frame near the power cord. Press the power switch into the reset position (I).



Next, stand on the foot rails of the treadmill. Find the clip (J) attached to the key (K) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency, 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: The first time you use the treadmill, you must calibrate the incline system (see step 3 on page 23).

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

2. Select the manual mode.

If the manual mode is not selected, press the Stop button twice.

3. Start the walking belt.

To start the walking belt, press the Start button or one of the numbered speed buttons.

If you press the Start 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 one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph. Note: After you press the button, 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. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button. Note: This feature will not function if the console is set to metric units.

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button.

4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase or decrease button or one of the numbered incline buttons. Each time you press one of the buttons, the treadmill will gradually adjust to the selected incline setting.

5. Follow your progress with the display.

The display can show the following workout information:

Calories (CALs)—The approximate number of calories you have burned.

Calories per Hour (CALs/HR)—The approximate number of calories you are burning per hour.

Distance (MI or KM)—The distance that you have walked or run in miles or kilometers. To change the unit of measurement, press the ST/M button.

Pace—Your speed in minutes per mile or minutes per kilometer.

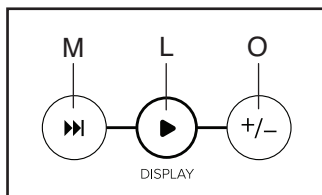
Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see page 24).

Speed (MPH or KPH)—Your speed in miles per hour or kilometers per hour.

Time—The elapsed time.

Vertical Distance (VRT FT or VRT M)—The distance you have walked or run in vertical feet or vertical meters.

Press the Display button (L) repeatedly to view the desired workout information in the display.



Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. **To turn on the scan mode**, press the Scan button (M); the scan indicator (N) will turn on in the display.



To manually advance the scan cycle, press the Scan button repeatedly.

To turn off the scan mode, press the Display button; the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

To customize the scan mode, first press the Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the +/- button (O) to add or remove that workout information from the scan cycle. **When workout information is added**, its indicator will turn on in the display. **When workout information is removed**, its indicator will turn off.

Then, press the Scan button to turn on the scan mode.

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

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

When you are finished using the treadmill, step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to zero. The incline must be at zero 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.

Then, press the power switch into 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 AN iFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

Note: The console supports Bluetooth connections to smart devices via the iFIT app and to compatible heart rate monitors. Other Bluetooth connections are not supported.

1. Download and install the iFIT app on your smart device.

On your iOS® or Android™ smart device, open the App StoreSM or the Google Play™ store, search for the free iFIT app, and then install the app on your smart device. **Make sure that the Bluetooth option is enabled on your smart device.**

Then, open the iFIT app and follow the instructions to set up an iFIT account and customize settings.

Take time to explore the iFIT app and learn about its features and settings.

2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.** See HOW TO CONNECT A HEART RATE MONITOR TO THE CONSOLE on page 22.

3. Connect your smart device to the console.

Press the iFIT Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFIT app to connect your smart device to the console.

When a connection is established, the LED on the console will turn solid blue.

4. Select an iFIT workout.

In the iFIT app, touch the buttons at the bottom of the screen to select either the main menu (Home button) or the workout library (Browse button).

To select a workout from the main menu or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT coach will guide you through a video workout. Touch the sound button (music notes symbol) to select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

If the speed or incline settings for the current segment of the workout are too high or too low, you can manually override the setting by pressing the Speed or Incline buttons on the console. **IMPORTANT: When the current segment ends, the speed and incline will automatically adjust to the settings programmed for the next segment.**

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the speed or incline during the workout, the number of calories you burn will be affected.

To pause the workout, simply touch the screen or press the Stop button. To continue the workout, press the play icon on the screen, or press the Start button.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the main menu.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch *Save Workout* to return to the main menu.

6. Disconnect your smart device from the console.

To disconnect your smart device from the console, first select the disconnect option in the iFIT app. Then, press and hold the iFIT Sync button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

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

See step 6 on page 20.

HOW TO CONNECT A HEART RATE MONITOR TO THE CONSOLE

The console is compatible with Bluetooth Smart heart rate monitors. **For information about purchasing an optional heart rate monitor, see page 24.**

To connect your Bluetooth Smart heart rate monitor to the console, press the iFIT Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

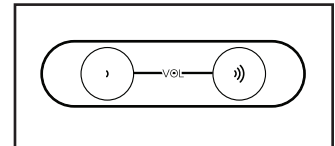
To disconnect your heart rate monitor from the console, press and hold the iFIT Sync button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in.** Note: To purchase an audio cable, see your local electronics store.

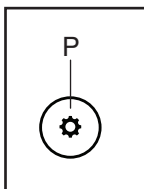
Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



THE SETTINGS MODE

1. Select the settings mode.

To select the settings mode, press the gear button (P). The first settings screen will appear in the display. Note: If you have selected a workout, you may need to press the Stop button repeatedly to return to the main menu before selecting the settings mode.



2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Stop button repeatedly to select the desired settings screen.

3. Change settings as desired.

Software Version Number—The software version number will appear in the display.

Incline System Calibration—The letters CAL will appear in the display. If the incline system is not functioning properly, it may need to be calibrated. To calibrate the incline system, press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. When the treadmill stops moving, the incline system is calibrated.

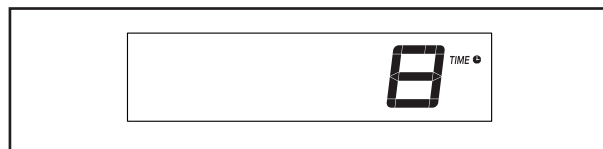
Note: Occasionally, the incline calibration may run automatically when you turn on the treadmill. Wait for the calibration to be completed before attempting to use the treadmill.



Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

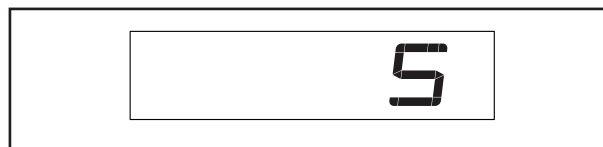
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the treadmill has been used.



Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the walking belt has moved.



Contrast Level—The currently selected contrast level will appear in the display. Press the Incline increase and decrease buttons to adjust the contrast level.



Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the treadmill is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Speed increase button repeatedly to select a demo mode option. To turn on the demo mode, select Don. To turn off the demo mode, select Doff.



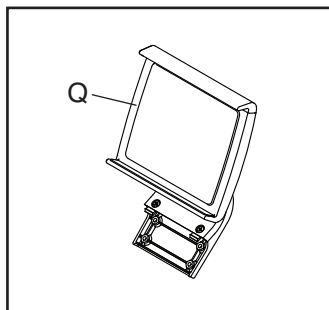
4. Exit the settings mode.

Press the gear button (see step 1) to exit the settings mode.

THE OPTIONAL TABLET HOLDER

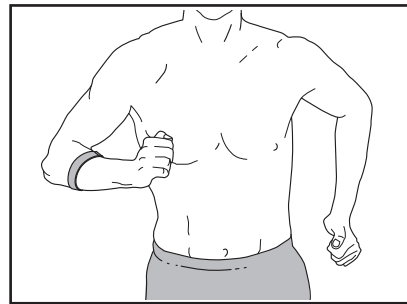
The optional tablet holder (Q) will hold your tablet securely in place and enable you to use your tablet while you exercise. The optional tablet holder is designed for use with most full-size tablets.

To purchase a tablet holder, please see the front cover of this manual.



THE OPTIONAL HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional wearable heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with Bluetooth Smart heart rate monitors.

FCC INFORMATION

This console has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

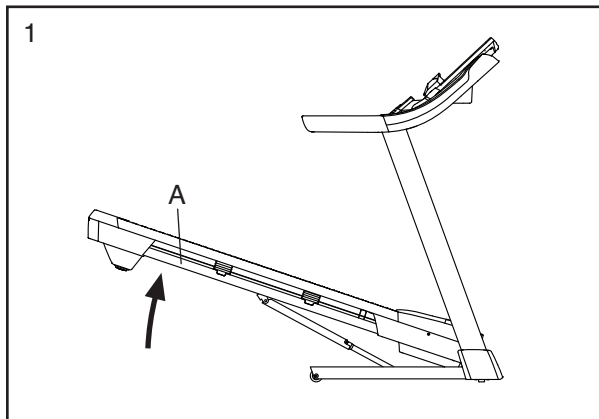
Note: The console contains FCC ID: OMCBMD1.

HOW TO FOLD AND MOVE THE TREADMILL

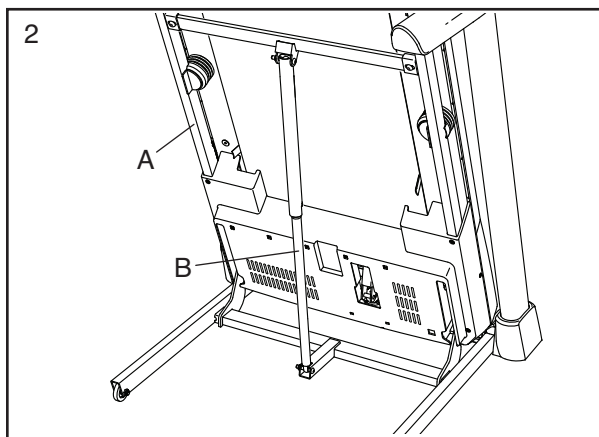
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to zero before you fold the treadmill. Then, 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 (A) firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**



2. Raise the frame (A) until the storage latch (B) locks in the storage position. **CAUTION: Make sure that the storage latch locks.**

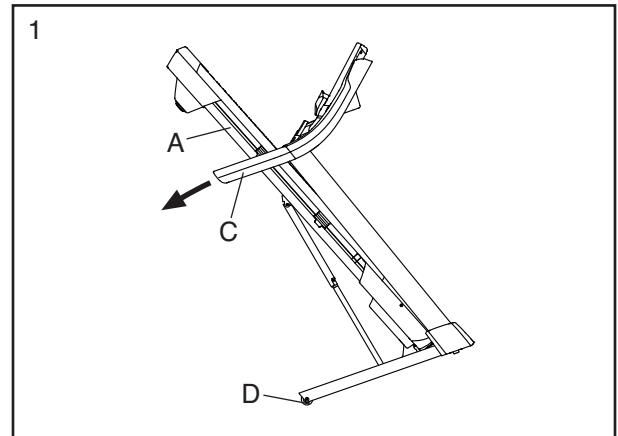


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85°F (30°C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the storage latch is in the locked position. Moving the treadmill may require two people.**

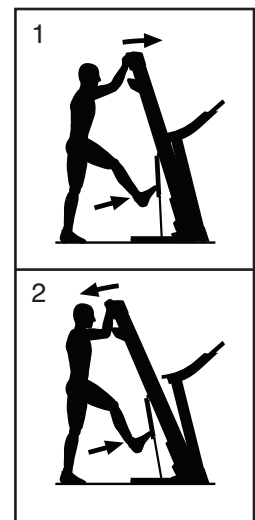
1. Hold the frame (A) and one of the handrails (C), and place one foot against a wheel (D).



2. Pull back on the handrail (C) until the treadmill will roll on the wheels (D), and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**
3. Place one foot against a wheel (D), and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. Push the upper end of the frame forward, and gently press the upper part of the storage latch with your foot at the same time.
2. While pressing the storage latch with your foot, pull the upper end of the frame toward yourself.
3. Step back and let the frame lower to the floor.



MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the treadmill is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

Regularly clean the treadmill and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord**. Wipe exterior parts of the treadmill with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the treadmill with a soft towel.

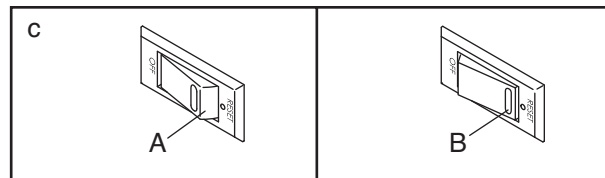
TROUBLESHOOTING

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

SYMPTOM: The power does not turn on

- 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 17). Use only a surge suppressor that meets all of the specifications described on page 17
IMPORTANT: If the treadmill is connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, see the front cover of this manual to purchase an arc filter.
- After the power cord has been plugged in, make sure that the key is inserted into the console.

- Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown (A), the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in (B).



SYMPTOM: The power turns off during use

- Check the power switch (see drawing c above). If the switch has tripped, wait for five minutes and then press the switch back in.
- 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.
- Remove the key from the console, and then reinsert it.
- If the treadmill still will not run, please see the front cover of this manual.

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

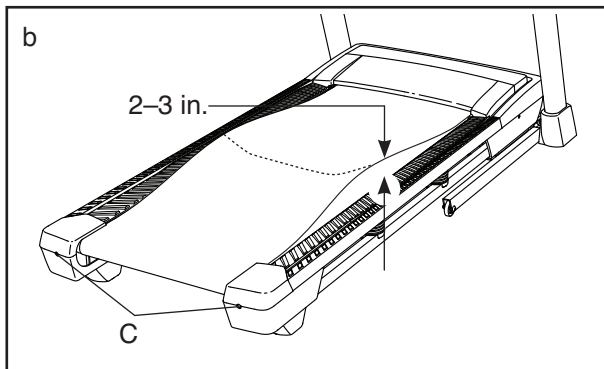
- The console features a display demo mode, designed to be used if the treadmill is displayed in a store. See step 3 on page 23 to check your console settings and turn off the demo mode if needed.

SYMPTOM: The incline of the treadmill does not change correctly

- See step 3 on page 23 to calibrate the incline system.

SYMPTOM: The walking belt slows when walked on

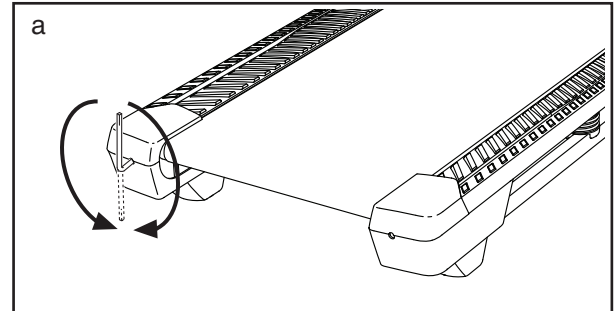
- a. Use only a surge suppressor that meets all of the specifications described on page 17.
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws (C) 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 walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



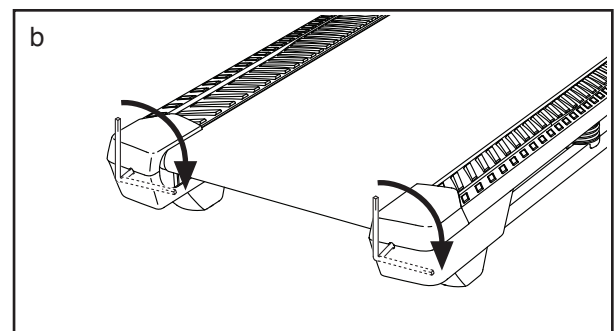
- c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.
- d. If the walking belt still slows when walked on, see the front cover of this manual.

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

- 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 idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and walk on 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 idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly 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 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.

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	♥
20	30	40	50	60	70	80	

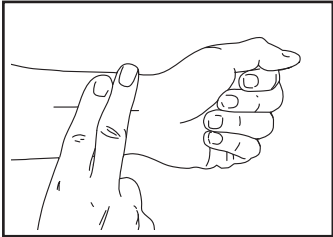
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



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.

PART LIST

Model No. PFTL59722.0 R1021A

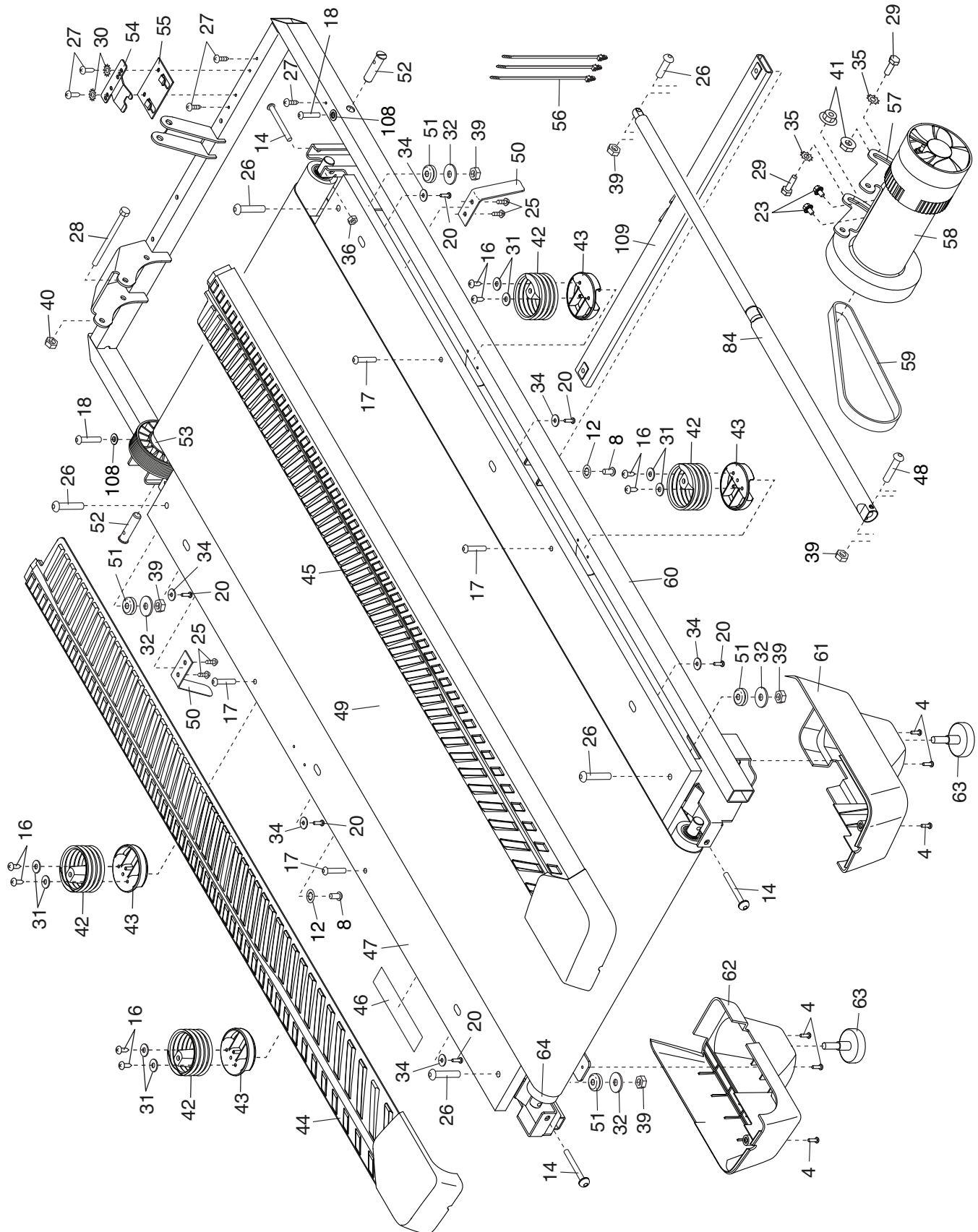
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	3/8" x 1 1/4" Screw	51	4	Rubber Cushion
2	2	3/8" x 1 3/4" Screw	52	2	3/8" Pin
3	4	3/8" x 2 3/8" Screw	53	1	Drive Roller/Pulley
4	59	#8 x 3/4" Screw	54	1	Controller Clamp
5	11	#8 x 1/2" Screw	55	1	Electronics Plate
6	4	#10 x 3/4" Screw	56	3	Cable Tie
7	4	5/16" x 2 1/4" Screw	57	1	Motor Bracket
8	2	5/16" x 3/4" Screw	58	1	Drive Motor
9	1	#8 x 1/2" Ground Screw	59	1	Motor Belt
10	8	1/4" Star Washer	60	1	Frame
11	8	3/8" Star Washer	61	1	Right Rear Foot
12	6	5/16" Star Washer	62	1	Left Rear Foot
13	2	3/8" x 1 3/8" Bolt	63	2	Rear Foot
14	3	1/4" x 2 1/2" Screw	64	1	Idler Roller
15	2	3/8" x 1 1/8" Bolt	65	1	Motor Hood
16	8	#8 x 3/4" Truss Head Screw	66	1	Motor Hood Cover
17	4	1/4" x 1 1/4" Screw	67	2	Incline Frame Spacer
18	2	1/4" x 1 1/4" Patch Screw	68	2	Frame Spacer
19	4	#8 x 1" Screw	69	4	3/8" Plastic Bushing
20	6	#8 x 3/4" Screw Foot Rail Screw	70	1	Incline Motor
21	1	3/8" x 1 3/4" Bolt	71	1	Incline Frame
22	1	3/8" x 1 1/2" Bolt	72	2	Incline Motor Spacer
23	2	1/4" x 3/8" Screw	73	1	Controller
24	4	1/4" x 1/2" Screw	74	1	Power Cord
25	4	#8 Belt Guide Screws	75	1	Power Cord Grommet
26	5	5/16" x 1 3/4" Bolt	76	1	Power Switch
27	7	M4 x 15mm Washer Head Screw	77	1	Belly Pan
28	1	M8 x 102mm Screw	78	1	Left Handrail Cover
29	2	M8 x 20mm Screw	79	1	Right Handrail Cover
30	2	#8 Star Washer	80	2	Handrail
31	8	M4 Flat Washer	81	4	#8 x 1" Screw
32	4	5/16" Flat Washer	82	1	Left Bottom Handrail Cover
33	2	3/8" Thrust Washer	83	1	Right Bottom Handrail Cover
34	6	Small Flat Washer	84	1	Storage Latch
35	2	M8.4 Star Washer	85	1	Left Upright
36	1	1/4" Nut	86	1	Right Upright
37	5	Hood Clip	87	1	Handrail Crossbar
38	6	3/8" Nut	88	1	Upright Wire
39	6	5/16" Nut	89	2	Grommet
40	1	M8 Nut	90	2	Base Pad Spacer
41	2	M8 Flange Nut	91	2	Base Pad
42	4	Platform Cushion	92	1	Right Base Cover
43	4	Cushion Bottom	93	1	Left Base Cover
44	1	Left Foot Rail	94	1	Right Inner Base Cover
45	1	Right Foot Rail	95	1	Left Inner Base Cover
46	1	Warning Decal	96	2	Caution Decal
47	1	Walking Platform	97	1	Base
48	1	5/16" x 2 1/4" Bolt	98	1	Left Tray
49	1	Walking Belt	99	1	Right Tray
50	2	Belt Guide	100	1	Console Base

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Console Frame	106	2	Console Cable Tie
102	1	Console Ground Wire	107	2	Wheel
103	2	Console Clamp	108	2	9/32" Plastic Bushing
104	1	Key/Clip	109	1	Latch Crossbar
105	1	Console	*	—	User's Manual

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

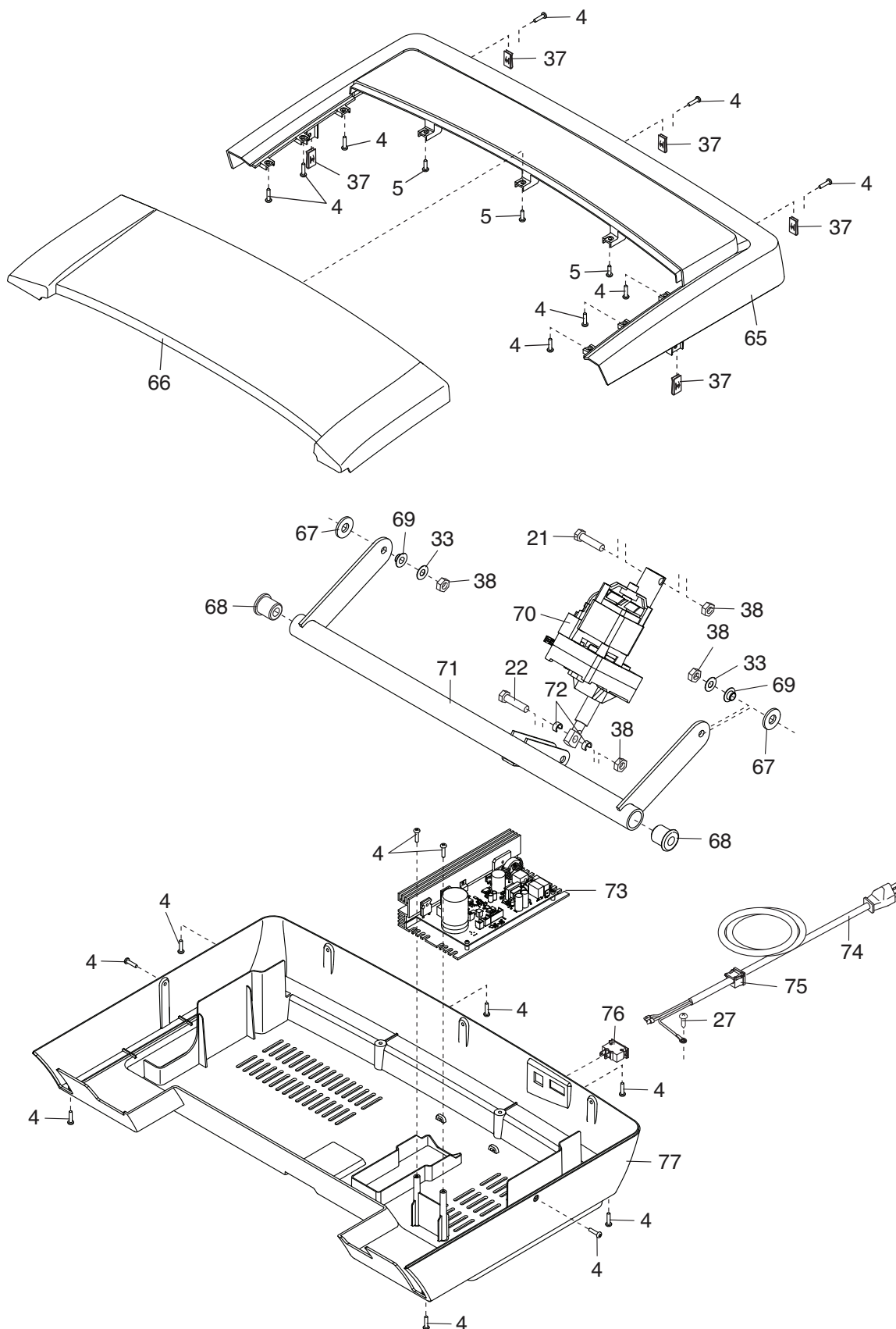
EXPLODED DRAWING A

Model No. PFTL59722.0 R1021A



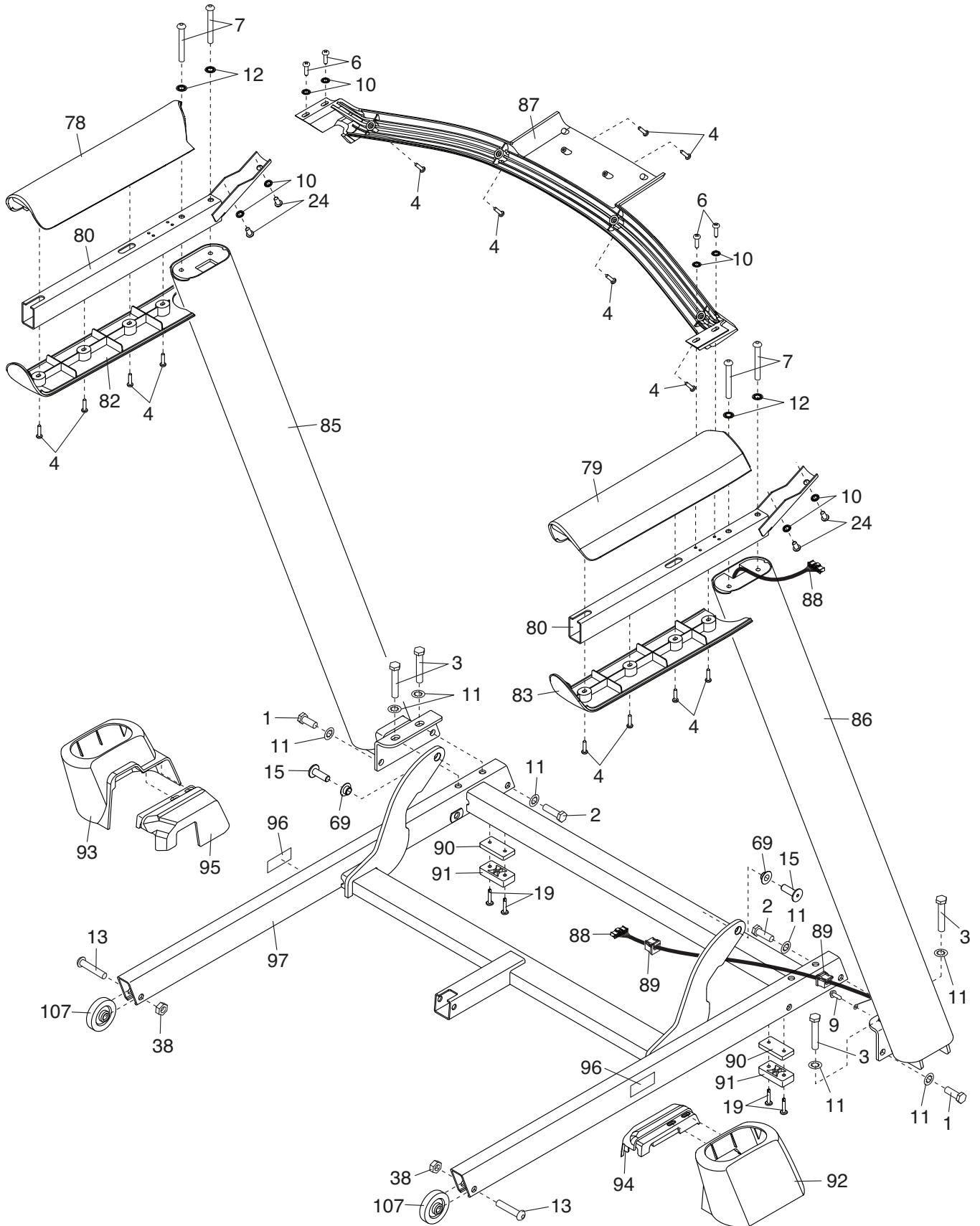
EXPLODED DRAWING B

Model No. PFTL59722.0 R1021A



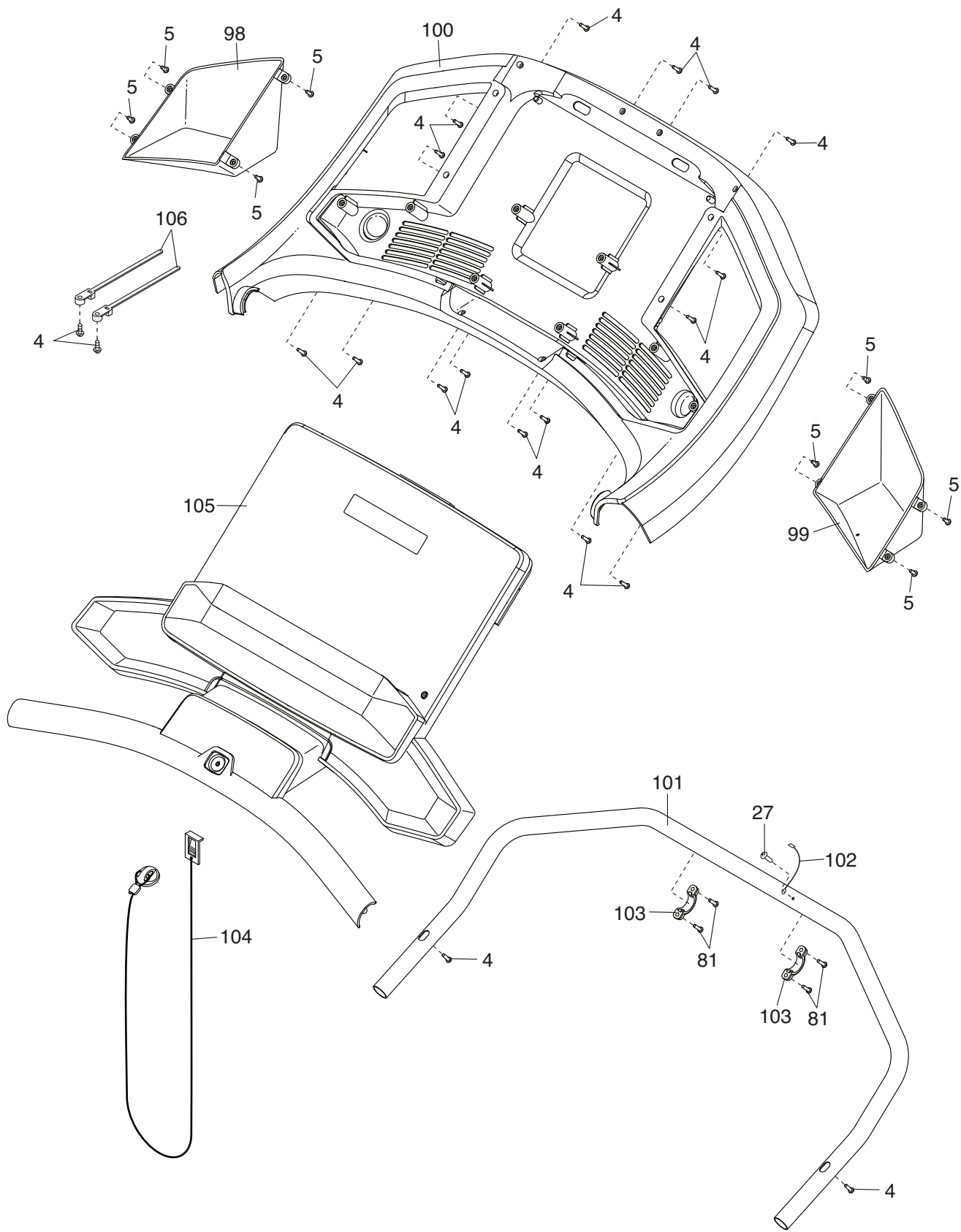
EXPLODED DRAWING C

Model No. PFTL59722.0 R1021A



EXPLODED DRAWING D

Model No. PFTL59722.0 R1021A



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

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 5.

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 is warranted for ten (10) years from the date of purchase. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's discretion, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if any instruction or warning in this manual is not followed, (4) if the product is abused or improperly or abnormally used, (5) if the product is modified to alter functionality or capability without the written permission of ICON, or (6) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) 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 (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

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