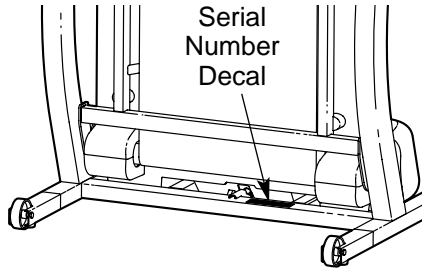




# CrossWalk Advanced 525x

Model No. DRTL59420

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



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

CUSTOMER HOT LINE:

**1-800-999-3756**

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



Patent Pending

### CAUTION

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



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# **PRO-FORM** *CrossWalk Advanced 525x*

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

# IMPORTANT PRECAUTIONS

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

1. 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.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet 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.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 8), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. To purchase a surge suppressor, see your local PROFORM dealer or call 1-800-806-3651 and order part number 146148.
12. 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 change speed or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or the upper body arms while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See **ASSEMBLY** on page 6, and **HOW TO FOLD AND MOVE THE TREADMILL** on page 22.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.
20. Do not change the incline of the treadmill by placing objects under the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

22. When using iFIT.com CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

23. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.

24. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

25. Inspect and properly tighten all parts of the treadmill regularly.

26. Never insert or drop any object into any opening.

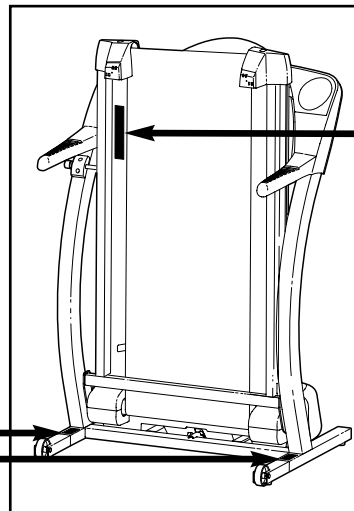
27. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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

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

## SAVE THESE INSTRUCTIONS


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




Note: The decal at the right is shown at 50% of actual size.

**⚠ WARNING:**


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

-  •Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.

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-  •Never allow children on or around treadmill.
- Remove key when not in use.

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-  •Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

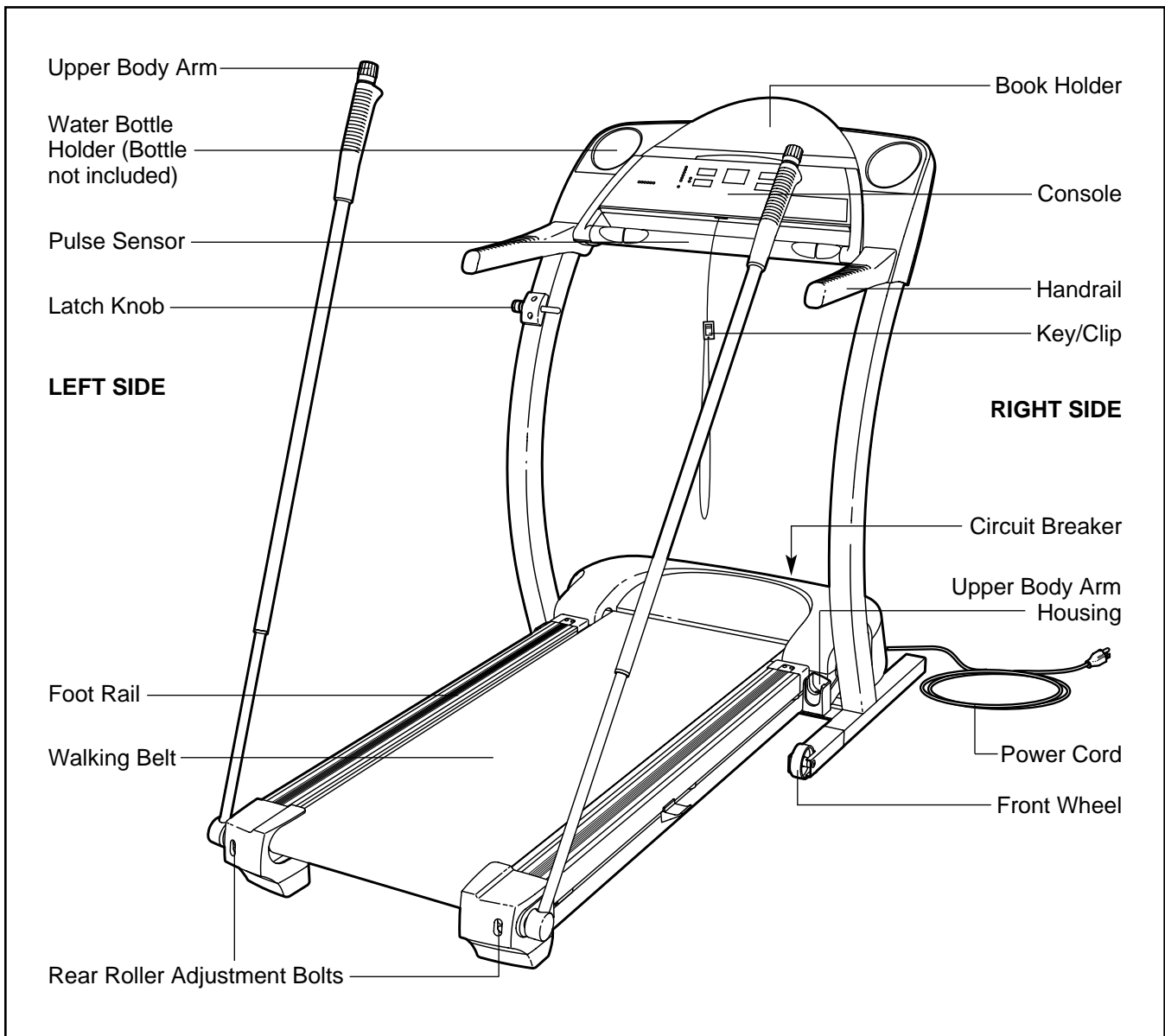
# BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® CROSSWALK ADVANCED 525x treadmill. The CROSSWALK ADVANCED 525x treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience of your home. And when you're not exercising, the unique CROSSWALK ADVANCED 525x can be folded up, requiring less than half the floor space of other treadmills.

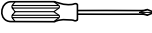

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is DRTL59420. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



# ASSEMBLY

**Assembly requires two persons.** Set the treadmill in a cleared area, and remove all packing materials except for the plastic ties around the upper body arms. Do not dispose of the packing materials until assembly is completed. **Assembly requires your own Phillips screwdriver**  **and rubber mallet** .

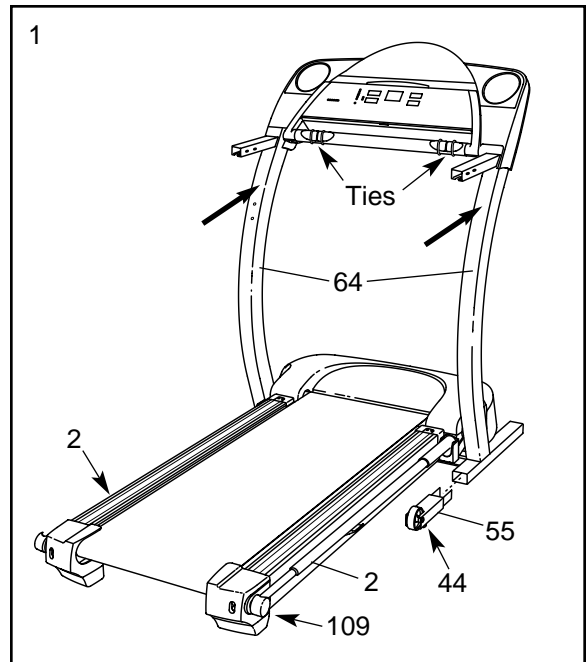
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. With the help of a second person, carefully raise the treadmill to the upright position as shown. If there are plastic ties on the pulse sensors, remove them.

Insert one of the Extension Legs (55) into the treadmill as shown. Make sure that the Extension Leg is turned so the Base Pad (44) is on the bottom. If necessary, tip the Uprights (64) forward as you insert the Extension Leg.

Insert the other Extension Leg (not shown) in the same way.

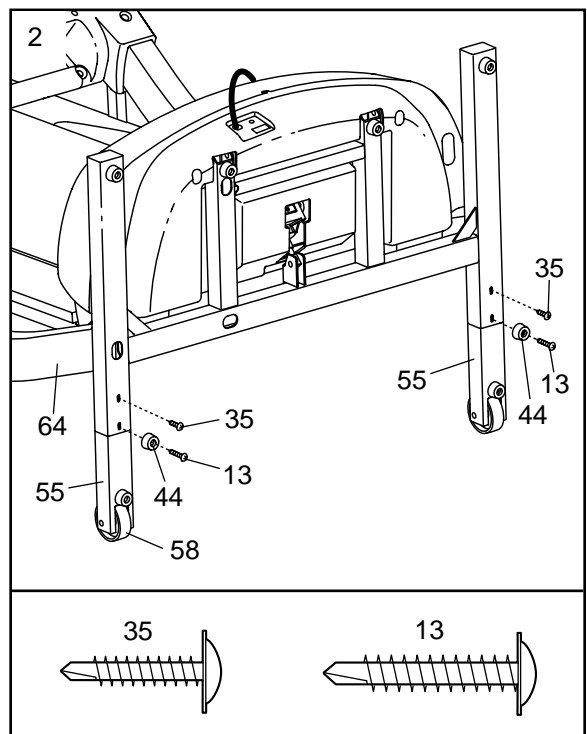
Note: To prevent damage to the Upper Body Arms (2) if they are moved too far sideways, the lower end of each Upper Body Arm features a breakaway connector. If one of the Upper Body Arms breaks away, simply press the lower end back onto the Ball Joint (109, not shown).



2. With the help of a second person, carefully lower the Uprights (64) as shown. Note: It may be helpful to place your foot on one of the Wheels (58) as you tip the Uprights. **Make sure that the Extension Legs (55) remain in the Uprights.**

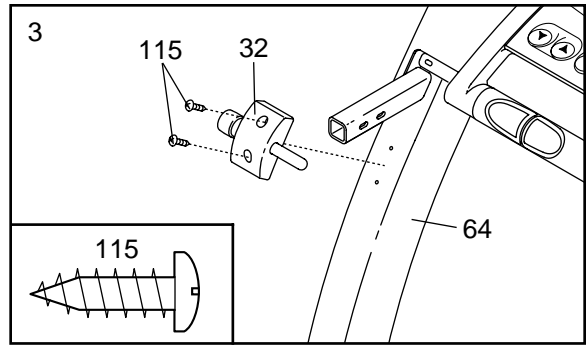
Attach each Extension Leg (55) with an Extension Screw (35), a 1" Screw (13), and a Base Pad (44) as shown.

Note: One replacement Base Pad (44) may be included. If a Base Pad becomes worn and needs to be replaced, use the replacement Base Pad.



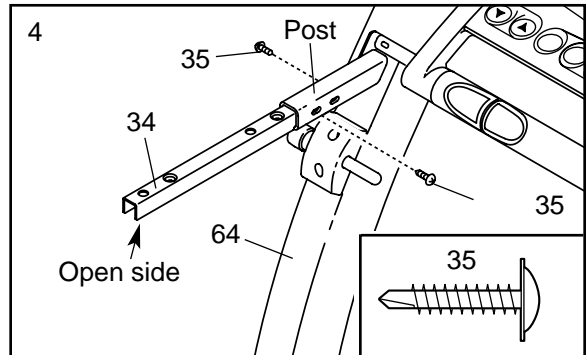
3. With the help of a second person, carefully tip the Uprights (64) back to the vertical position.

Attach the Latch Assembly (32) to the left Upright (64) with two Latch Screws (115). Note: The two Latch Screws may be in the Left Upright (64).



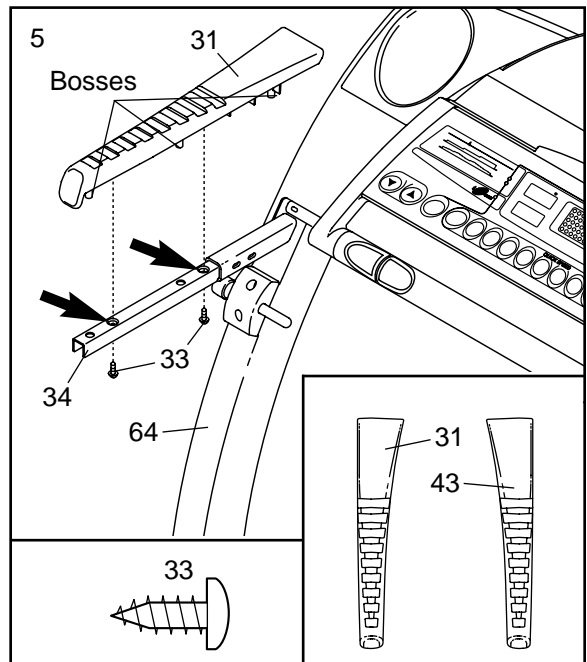
4. Orient one of the Handgrip Extensions (34) so the bottom is open as shown, and insert it as far as possible into the post on the left Upright (64). If necessary, tap the Handgrip Extension with a rubber mallet to fully insert it. Attach the Handgrip Extension with **two** Extension Screws (35), one towards the front of the post, and the other towards the back.

Attach the other Handgrip Extension to the post on the right Upright (not shown) in the same way.



5. See the inset drawing. Identify the Left Top Handgrip (31); there are identifying marks inside of the Handgrips. Set the Left Top Handgrip on the left Handgrip Extension (34). Insert two 1/2" Screws (33) into **the two holes in the Handgrip Extension indicated by the arrows**. **Tighten the Screws into the Left Top Handgrip.**

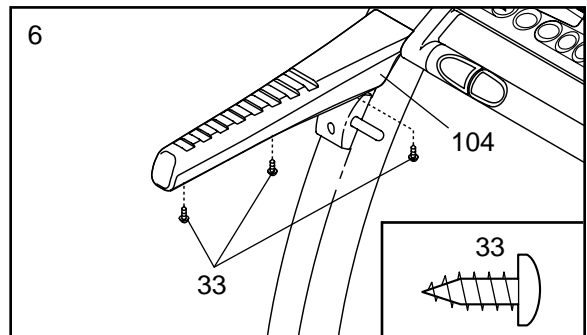
**Important: Do not insert the two 1/2" Screws (33) into the wrong holes in the Handgrip Extension (34), or tighten the Screws into the plastic bosses on the bottom of the Left Top Handgrip (31).**



6. Attach the matching Left Bottom Handgrip (104) with three 1/2" Screws (33).

Attach the Right Top Handgrip and the Right Bottom Handgrip (not shown) as described above.

Remove the plastic ties from the Upper Body Arms (not shown).



7. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place; the allen wrench is used to adjust the walking belt (see page 25). To protect the floor or carpet from damage, place a mat under the treadmill.

# 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. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

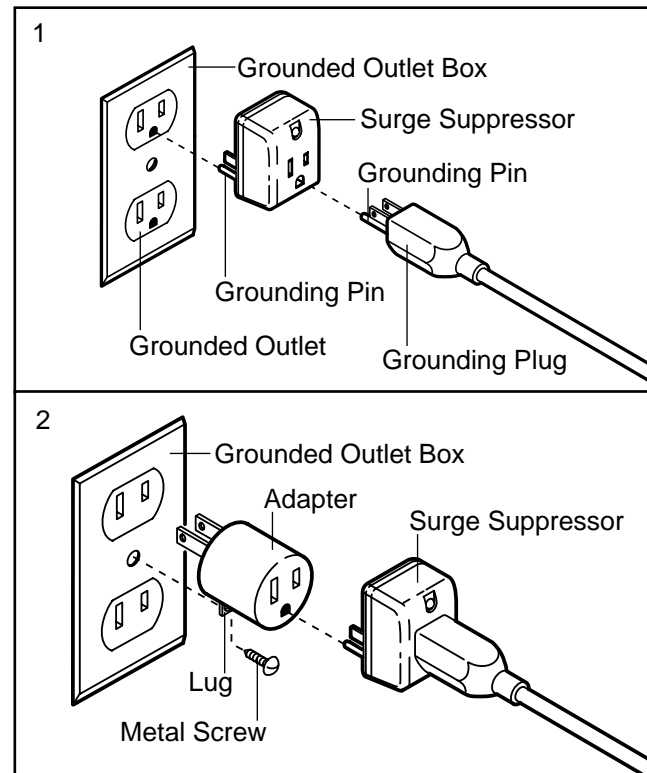
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local PROFORM dealer or call 1-800-806-3651 and order part number 146148.

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

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

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

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

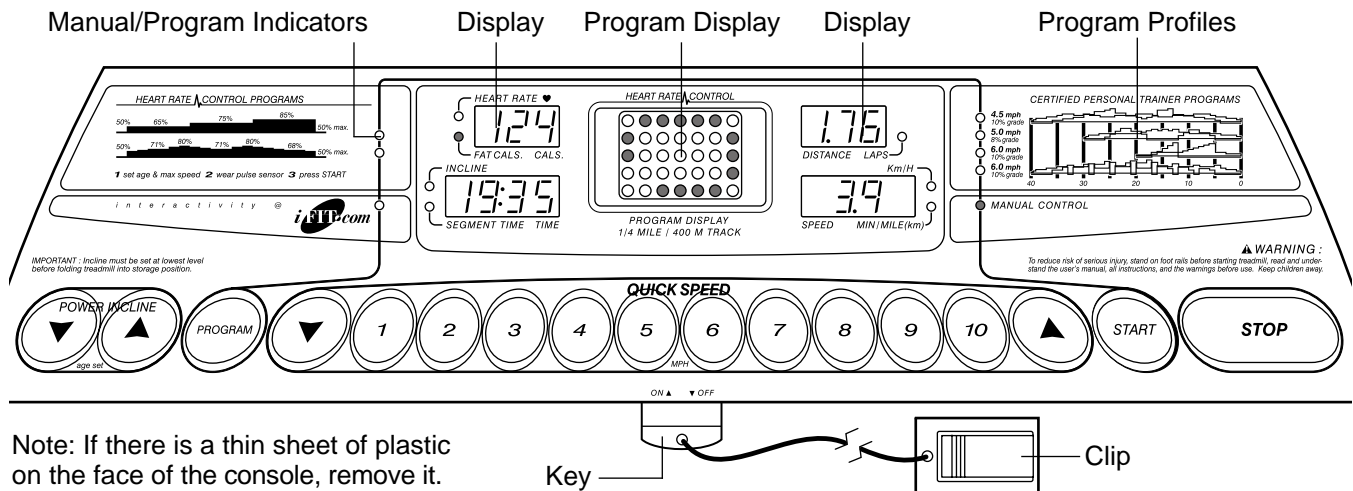


The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



## CONSOLE DIAGRAM



Note: If there is a thin sheet of plastic on the face of the console, remove it.

### **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) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

## FEATURES OF THE CONSOLE

The advanced console offers an impressive array of features to help you get the most from your exercise. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the optional chest pulse sensor (see page 20).

Four certified personal trainer programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout. Two heart rate programs are also featured. Each program controls the speed and incline of the treadmill to keep your heart rate near a target level during your workouts.

The console also features new iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (iFIT.com CDs are available separately). iFIT.com CD programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the treadmill to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

With the treadmill connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access programs directly from the internet. Additional options are soon to be available. See [www.iFIT.com](http://www.iFIT.com) for details.

**To purchase iFIT.com CD's or videocassettes, call toll-free 1-800-735-0768.**

**To use the manual mode of the console, follow the steps beginning on page 10. To use a personal trainer program, see page 12. To use a heart rate program, see page 13. To use an iFIT.com CD or video program, see page 17. To use an iFIT.com program directly from our Web site, see page 19.**

## HOW TO TURN ON THE POWER

- 1 Plug in the power cord (see page 8). Make sure that the circuit breaker is in the reset position (see page 24).
- 2 Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 9) and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays and various indicators will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

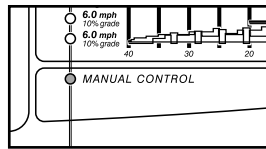
## HOW TO USE THE MANUAL MODE

- 1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER above.

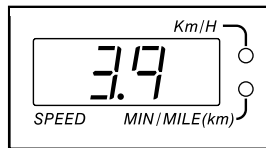
- 2 Select the manual mode.

When the key is inserted, the manual mode will be selected and the Manual Control indicator will light. If a program has been selected, press the Program button repeatedly to reselect the manual mode.



- 3 Press the Start button or the Speed  $\Delta$  button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed  $\nabla$  and  $\Delta$  buttons.



Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press

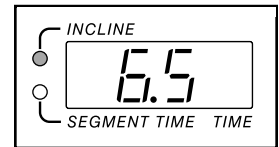
the Quick Speed buttons. **Note: The console can display speed and distance in either miles or kilometers. For simplicity, all instructions in this section refer to miles.**

To stop the walking belt, press the Stop button. The Time/Incline/Segment Time display will begin to flash. To restart the walking belt, press the Start button or the Speed  $\Delta$  button.

Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align it if necessary (see page 25).

- 4 Change the incline of the treadmill as desired.

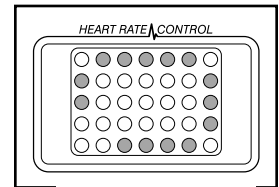
To change the incline of the treadmill, press the Incline buttons. Each time a button is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



- 5 Follow your progress with the displays.

**The program display—**

When the manual mode or the iFIT.com mode is selected, the program display will show a track representing 1/4 mile. As you exercise, the indicators around the track will light in sequence until you have completed 1/4 mile. A new lap will then begin.



**Calories/Fat Calories/Heart Rate display—**

This display shows the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 26). The display will change from one number to the other every few seconds, as shown by the indicators beside the display. The display will also show your heart rate when you use the handgrip pulse sensor (see step 6 on page 11) or the optional chest pulse sensor (see page 20).

