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ProForm PFTL39715

ProForm Performance 300i Treadmill User Manual

Model: PFTL39715

Introduction

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your ProForm Performance 300i Treadmill. Please read this manual thoroughly before assembly or use to ensure proper function and to maximize your workout experience.

The ProForm Performance 300i Treadmill is designed for home use, offering features such as a 2.0 continuous horsepower motor, 10 MPH Digital QuickSpeed Controls, 10% Digital Quick Incline Controls, and ProShox cushioning. It also includes a large LCD display for tracking workout metrics and compatibility with iFit for interactive training sessions.



Image: The ProForm Performance 300i Treadmill, showcasing its overall design and console.

Safety Information

- Read all instructions in this manual before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a level surface with at least 6 feet of clearance behind it and 2 feet on each side.
- Wear appropriate exercise clothing and athletic shoes.

- Consult a physician before beginning any exercise program.
- Do not operate the treadmill if it has a damaged power cord or plug, or if it is not working properly.
- Always hold the handrails when starting or stopping the treadmill.
- Use the safety key clip at all times.

Setup

Unpacking and Placement

Carefully remove all components from the packaging. It is recommended to have two people for assembly due to the weight and size of the treadmill. Place the treadmill in the desired location, ensuring adequate space around it for safe operation and maintenance.

Assembly Instructions

Assembly of the ProForm Performance 300i Treadmill is required. Please refer to the included user manual (PDF) for detailed, step-by-step assembly instructions and diagrams. Ensure all bolts, nuts, and washers are securely fastened before use. Do not overtighten components.

1. Attach the uprights to the base frame.
2. Secure the console to the uprights.
3. Connect all necessary cables as indicated in the assembly guide.
4. Install the handrails and any other accessory components.
5. Perform a final check to ensure all parts are correctly assembled and tightened.



Image: Diagram showing the dimensions of the ProForm Performance 300i Treadmill: 59" H x 29" W x 55" L.

Operating the Treadmill

Console Overview

The console features a large LCD display that shows workout metrics such as distance, cadence, and estimated calorie burn. It also includes QuickSpeed and Quick Incline controls, program buttons, and a safety key receptacle.



Image: Close-up view of the ProForm Performance 300i Treadmill console, showing the LCD display, control buttons, and safety key slot.

Starting a Workout

1. Ensure the treadmill is plugged into a grounded outlet.
2. Attach the safety key clip to your clothing and insert the safety key into the console.
3. Step onto the treadmill belt, placing your feet on the side rails.
4. Press the **START** button. The belt will begin to move at a low speed.
5. Adjust the speed using the **QuickSpeed** buttons or the **SPEED +/-** controls.
6. Adjust the incline using the **Quick Incline** buttons or the **INCLINE +/-** controls.

Using iFit Workouts

The treadmill is iFit compatible. A 30-day iFit trial membership provides access to interactive training sessions. Stream iFit workouts to your own tablet or smartphone (not included) and place it on the console's device holder. iFit trainers can auto-adjust your treadmill's speed and incline during workouts.

Stopping a Workout

To stop the workout, press the **STOP** button. The belt will gradually slow down and stop. To stop the treadmill immediately in an emergency, pull the safety key from the console.



Image: A user running on the ProForm Performance 300i Treadmill, demonstrating its use during a workout.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** The treadmill belt is pre-lubricated. Refer to the detailed user manual for instructions on when and how to re-lubricate the belt, if necessary.
- **Belt Tracking:** Periodically check the walking belt for proper alignment. If the belt drifts to one side, adjust it according to the instructions in the full user manual.
- **Motor Cover:** Do not remove the motor cover unless instructed by an authorized service representative.



Image: Close-up view of the ProShox cushioning system on the treadmill deck, highlighting the shock absorption feature.

Troubleshooting

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not inserted.	Ensure power cord is securely plugged in. Insert the safety key fully into the console.
Belt slips or hesitates.	Belt tension too loose; Belt requires lubrication.	Adjust belt tension as per the user manual. Lubricate the belt if necessary (refer to maintenance section).
Unusual noise during operation.	Loose components; Motor issues.	Check for and tighten any loose bolts or screws. If noise persists, contact customer support.
Console display not working.	Loose cable connection; Power issue.	Check all console cable connections. Ensure power is supplied to the treadmill.

Specifications

Feature	Detail
Model Number	PFTL39715
Motor	2.0 CHP (Continuous Horsepower)
Maximum Speed	10 MPH
Maximum Incline	10% Digital Quick Incline
Running Belt Dimensions	16" W x 50" L
Cushioning	ProShox cushioning
Display Type	Large LCD Display
Maximum User Weight	300 lbs
Assembled Dimensions (L x W x H)	55" x 29" x 59"
Folded Dimensions (L x W x H)	55" x 29" x 12" (approximate, based on "Folded Size" spec)
Special Features	SpaceSaver Design (folding), iFit compatibility, Auxiliary port with dual 2" speakers
Power Source	Corded Electric
Assembly Required	Yes



Image: A user demonstrating the SpaceSaver folding design of the ProForm Performance 300i Treadmill for compact storage.

Warranty

The ProForm Performance 300i Treadmill is protected with the following warranty:

- **Frame:** 5-year warranty
- **Parts & Labor:** 90-day warranty

This warranty applies to the original owner and is valid only in the country where the product was purchased. For full warranty terms and conditions, please refer to the official product documentation or contact customer support.

Customer Support

For assistance with assembly, operation, maintenance, or warranty claims, please contact ProForm customer support. Have your model number (PFTL39715) and serial number ready when contacting support.
You can often find support contact information on the manufacturer's official website or within the original product packaging. An official user manual (PDF) is also available for download from the product page or manufacturer's website for more detailed information.
Link to official user manual: ProForm Performance 300i User Manual (PDF)

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