

ProForm PFTL 39115.0

ProForm 6.0 RT Treadmill User Manual

Model: PFTL 39115.0

1. INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your ProForm 6.0 RT Treadmill. Please read this manual thoroughly before using the equipment.

The ProForm 6.0 RT Treadmill is designed for residential use, offering a personalized workout experience with features like built-in workout apps, a powerful motor, and comfortable cushioning.

2. SAFETY INFORMATION

Always follow basic precautions when using electrical appliances to reduce the risk of fire, electric shock, and injury. Before using the treadmill, read all instructions.

- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a level surface with at least 6 feet of clear space behind it.
- Wear appropriate exercise clothing and athletic shoes.
- Do not operate the treadmill if it has a damaged 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 for emergency stops.
- Consult a physician before beginning any exercise program.

3. SETUP

The ProForm 6.0 RT Treadmill requires assembly. It is recommended that two people assemble the unit due to its weight and size. Refer to the detailed assembly instructions provided in the official user manual PDF for step-by-step guidance.

For detailed assembly instructions, please refer to the [User Manual \(PDF\)](#).



Image: Side view of the ProForm 6.0 RT Treadmill, showcasing its compact design and red resistance bands.



Image: The ProForm 6.0 RT Treadmill positioned in a bright room, demonstrating its suitability for home environments.

4. OPERATING INSTRUCTIONS

4.1 Console Overview



Image: Close-up view of the ProForm 6.0 RT Treadmill's control console, showing the LCD display and various buttons.



Image: Detailed view of the treadmill's LCD display, showing workout metrics and program selection options.

The console features an LCD window with priority display, allowing you to monitor your workout progress. It includes controls for speed, incline, and program selection.

4.2 Starting a Workout

1. Ensure the safety key is properly inserted into the console.
2. Step onto the treadmill belt, placing your feet on the side rails.
3. Press the **START** button to begin. The belt will start moving at a low speed.
4. Adjust speed using the **SPEED +** or **SPEED -** buttons, or use the quick speed control buttons (0-10 MPH).
5. Adjust incline using the **INCLINE +** or **INCLINE -** buttons, or use the quick incline control buttons (0-10 percent).



Image: A woman walking on the ProForm 6.0 RT Treadmill, demonstrating proper usage during a low-intensity workout.



Image: A woman running on the ProForm 6.0 RT Treadmill, illustrating the treadmill's capability for higher intensity exercise.

4.3 Built-in Workouts

The treadmill features 8 built-in workout apps designed to help you achieve calorie-burn or time goals. Select a program from the console to automatically adjust speed and incline throughout your workout.



Image: A user adjusting the incline setting on the ProForm 6.0 RT Treadmill's console, highlighting the ease of control.

4.4 Heart Rate Monitoring

Utilize the dual-grip EKG heart rate monitor by grasping the metal sensors on the handlebars. Your heart rate will be displayed on the console, helping you stay within your target training zone.

4.5 Music Port

The treadmill includes a compatible music port for iPod or MP3 players. Connect your device to the Interplay Music Port to listen to your favorite music through the built-in Intermix Acoustics 2.0 sound system.

4.6 SpaceSaver Design

The SpaceSaver design allows the treadmill deck to fold vertically for convenient storage when not in use. This feature helps maximize your living space.



Image: A woman demonstrating the folding mechanism of the ProForm 6.0 RT Treadmill, showcasing its SpaceSaver design for compact storage.

5. MAINTENANCE

Regular maintenance is crucial for the longevity and optimal performance of your treadmill.

- **Cleaning:** Regularly wipe down the treadmill with a damp cloth. Avoid using abrasive cleaners.

- **Belt Lubrication:** The treadmill belt may require periodic lubrication. Refer to the user manual for specific instructions and recommended lubricants.
- **Belt Tension and Alignment:** Check the walking belt tension and alignment periodically. Adjust as needed according to the instructions in the full user manual.
- **Motor Area:** Keep the motor area clean and free of dust and debris. Unplug the treadmill before cleaning this area.

6. TROUBLESHOOTING

If you encounter issues with your ProForm 6.0 RT Treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start	Safety key not inserted; Power cord not plugged in; Circuit breaker tripped.	Ensure safety key is fully inserted; Check power connection; Reset circuit breaker.
Belt slips or hesitates	Belt tension too loose; Belt needs lubrication.	Adjust belt tension (refer to manual); Lubricate belt as per instructions.
Unusual noise from motor area	Debris in motor housing; Loose components.	Unplug and inspect motor area for debris; Tighten any loose screws. If noise persists, contact support.
Incline not adjusting	Incline motor issue; Calibration needed.	Refer to the user manual for incline calibration steps. If problem persists, contact customer support.

For more complex issues or error codes, consult the comprehensive user manual or contact ProForm customer support.

7. SPECIFICATIONS

Key technical specifications for the ProForm 6.0 RT Treadmill:

- **Brand:** ProForm
- **Model Number:** PFTL 39115.0
- **Item Weight:** 120 Pounds
- **Maximum Speed:** 10 Miles per Hour
- **Maximum Incline Percentage:** 10%
- **Maximum Horsepower:** 2.0 CHP (Continuous Horsepower)
- **Tread Belt:** 16 x 50 inches
- **Maximum Weight Recommendation:** 300 lbs (140 Kilograms)
- **Display Type:** LCD
- **Special Feature:** Heart Rate Monitor
- **Assembly Required:** Yes
- **Item Dimensions (LxWxH):** 55 x 29 x 65 inches
- **Frame Material:** Plastic

8. WARRANTY INFORMATION

The ProForm 6.0 RT Treadmill is protected by the following warranty:

- **Frame and Motor:** 5-Year Warranty
- **Parts and Labor:** 90-Day Warranty

For detailed terms and conditions, please refer to your product registration information or the official ProForm website.




9. CUSTOMER SUPPORT



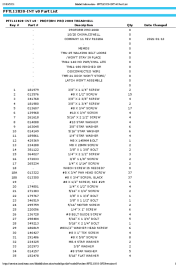
For assistance with assembly, operation, maintenance, or warranty claims, please contact ProForm customer support.

You can often find support contact information on the manufacturer's website or within the full user manual PDF. *For additional support, refer to the [User Manual \(PDF\)](#) or visit the official ProForm website.*

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Related Documents - PFTL 39115.0

	<p>ProForm 6.0 RT Treadmill User's Manual - Assembly, Operation, and Maintenance Guide</p> <p>Comprehensive user's manual for the ProForm 6.0 RT treadmill (Model PFTL39511.0). Includes detailed instructions on assembly, safe operation, console features, troubleshooting common issues, exercise guidelines, and warranty information.</p>
	<p>ProForm 705 CST Treadmill User Manual</p> <p>User manual for the ProForm 705 CST treadmill, providing assembly instructions, operating procedures, safety precautions, and maintenance guidelines.</p>
	<p>ProForm 530 HeartRateControl Treadmill User Manual</p> <p>Comprehensive user manual for the ProForm 530 HeartRateControl treadmill (Model PFTL51232), covering assembly, operation, maintenance, troubleshooting, and exercise guidelines. Visit www.proform.com for more information.</p>

	<p>PROFORM PRO 2000 Treadmill User's Manual - Assembly, Operation, and Maintenance</p> <p>Comprehensive user's manual for the PROFORM PRO 2000 treadmill (Model No. PFTL13011.0). Includes assembly instructions, operation guides, troubleshooting, exercise tips, and warranty information.</p>
	<p>ProForm 830QT Treadmill User Manual: Assembly, Operation, and Maintenance Guide</p> <p>This comprehensive user manual provides detailed instructions for the ProForm 830QT treadmill. It covers essential safety precautions, step-by-step assembly, operation and adjustment procedures, troubleshooting tips, conditioning guidelines, and a complete parts list. Learn how to set up, use, and maintain your ProForm treadmill for optimal home fitness.</p>
	<p>Proform Pro 2000 Treadmill Parts List - PFTL12820-INT v0</p> <p>Comprehensive parts list for the Proform Pro 2000 Treadmill (Model PFTL12820-INT v0), detailing all components, part numbers, and quantities. Includes information for maintenance and repair.</p>