

ProForm PFTL80916

ProForm 705 CST Folding Treadmill User Manual

MODEL: PFTL80916

Important Safety Information

Before operating the ProForm 705 CST Treadmill, please read all instructions and warnings carefully. Keep this manual for future reference. Always consult with a healthcare professional before beginning any new exercise program.

- Ensure the treadmill is placed on a level surface with adequate clear space around it (at least 6 feet behind and 2 feet on each side).
- Keep children and pets away from the treadmill during operation.
- Always wear appropriate athletic footwear.
- Use the safety key clip at all times. In case of emergency, the safety key will stop the treadmill.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.

Setup and Assembly

The ProForm 705 CST Treadmill requires assembly. Due to its weight (approximately 98 kg or 216 lbs), it is highly recommended that two or more people assist with the assembly process to prevent injury and ensure proper setup.

1. **Unpacking:** Carefully remove all components from the packaging. Inspect for any damage.
2. **Base Assembly:** Follow the detailed instructions provided in the separate assembly guide to attach the uprights and console mast to the treadmill base.
3. **Console Attachment:** Secure the console to the console mast, ensuring all electrical connections are properly seated.
4. **Power Connection:** Plug the power cord into a dedicated 120V grounded outlet. It is recommended to use a surge protector.
5. **Initial iFit Activation (if applicable):** If prompted to activate iFit, you may bypass the subscription requirement by pressing and holding the iFit button on the console for approximately 30 seconds until the console screen activates.



Figure 1: The ProForm 705 CST Folding Treadmill in its fully assembled, ready-to-use state. This image provides an overall view of the treadmill's design, including the running deck, console, and support frame.

Operating the Treadmill

The ProForm 705 CST features a user-friendly console for controlling your workout.

Console Overview



Figure 2: A close-up view of the ProForm 705 CST treadmill's console. It features a 5-inch backlit display, quick speed and incline controls, and an array of buttons for program selection and iFit integration.

- **5-inch Backlit Display:** Shows key workout metrics such as distance, speed, estimated calorie burn, and time.
- **Digital QuickSpeed Controls (0-12 MPH):** Allows for instant adjustment of running speed.
- **Quick Incline Controls (0-12%):** Enables rapid changes to the incline level, simulating varied terrain.
- **On-board Sound System & Audio Auxiliary Port:** Connect your device to listen to music through the treadmill's speakers.
- **Heart Rate Monitor:** Grip the pulse sensors on the handlebars to display your heart rate. Note that readings may vary.

Starting a Workout

1. Step onto the treadmill belt.
2. Attach the safety key clip to your clothing and insert the safety key into its slot on the console.
3. Press the **START** button to begin a manual workout, or select a pre-programmed workout.

Using iFit

The treadmill is iFit-enabled, offering access to interactive training sessions, on-demand studio and global workouts. With iFit, your trainer can automatically adjust your treadmill's speed and incline for an optimized cardio workout. A

30-day iFit trial membership is typically included.



Figure 3: A user's hand is shown interacting with the digital controls on the ProForm 705 CST treadmill console, demonstrating the ease of adjusting speed and incline during a workout. The console display is visible, showing workout metrics.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your ProForm 705 CST Treadmill.

- **Cleaning:** Regularly wipe down the console and other surfaces with a damp cloth. Avoid harsh chemicals.
- **Belt Alignment and Tension:** The walking belt tension may require occasional adjustment to keep it centered. Use an Allen key (typically provided) through the small holes at the back of the treadmill to make small turns on the left and/or right sides. Refer to the detailed instructions in the full assembly guide for precise steps.
- **Deck Lubrication:** Periodically check the running deck for proper lubrication. Consult your full manual for recommended lubrication intervals and procedures.
- **Motor Area:** Keep the area around the motor clean and free of dust and debris to ensure proper cooling by the self-cooling drive system.

Storage

The ProForm 705 CST features a SpaceSaver design for convenient folding and storage.

- 1. Ensure the treadmill is turned off and unplugged.
- 2. Lift the running deck until it locks securely into the upright position. The deck will click into place.
- 3. To unfold, gently push the release lever and slowly lower the deck to the floor.



Figure 4: A woman demonstrates the SpaceSaver folding mechanism of the ProForm 705 CST treadmill, showing how the running deck can be lifted and secured vertically for compact storage when not in use.

Troubleshooting

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
---------	----------------	----------

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not fully plugged in; circuit breaker tripped; safety key not inserted.	Ensure power cord is secure. Check household circuit breaker. Insert safety key fully.
Running belt slips or is off-center.	Belt tension or alignment needs adjustment.	Refer to the maintenance section for instructions on adjusting belt tension and alignment.
iFit activation issues.	Initial setup requires specific steps.	If prompted for subscription, try holding the iFit button for 30 seconds to activate the console without a subscription.
Unusual noises during operation.	Loose components; motor issues; belt friction.	Check all bolts and screws for tightness. Ensure the belt is properly lubricated. If noise persists, contact customer support.

Specifications

Key technical specifications for the ProForm 705 CST Treadmill:

Feature	Specification
Model Number	PFTL80916
Product Dimensions (L x W x H)	200.03 x 92.71 x 154.94 cm (78.75 x 36.5 x 61 inches)
Item Weight	98 kg (216 lbs)
Maximum User Capacity	325 Pounds
Speed Range	0-12 MPH
Incline Range	0-12% Digital Incline
Display Type	5-inch Backlit LCD
Number of Programs	22 Pre-set Workouts
Running Belt Size	20" x 60"
Cushioning	ProShox Cushioning
Rollers	1.9" Balanced Non-Flex Rollers
Frame Material	Alloy Steel









Figure 5: A diagram illustrating the key dimensions of the ProForm 705 CST Treadmill, including its height, length, and width, which are important for planning placement and storage space.

Warranty and Support

Your ProForm 705 CST Treadmill is protected by a comprehensive warranty:

- **Frame:** 10-year warranty
- **Parts:** 2-year warranty
- **Labor:** 1-year warranty

For warranty claims, technical assistance, or to order replacement parts, please contact ProForm customer support. Refer to the contact information provided in your product registration materials or on the official ProForm website.

	<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 505 CST Treadmill User Manual</p> <p>This user manual provides comprehensive instructions for the ProForm 505 CST treadmill (Model PFTL60916.0), covering assembly, operation, safety precautions, maintenance, troubleshooting, and exercise guidelines.</p>
	<p>ProForm 505 CST Treadmill User Manual - Assembly & Operation Guide</p> <p>Comprehensive user manual for the ProForm 505 CST treadmill (Model PFTL60910.0). Includes assembly instructions, operation guide, troubleshooting tips, and exercise guidelines for home fitness.</p>
	<p>ProForm 505 CST Treadmill User Manual</p> <p>Comprehensive user manual for the ProForm 505 CST treadmill, covering assembly, operation, maintenance, troubleshooting, and exercise guidelines. Includes safety precautions, console features, and workout advice.</p>
	<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 Trainer Treadmill User's Manual</p> <p>Comprehensive user's manual for the ProForm 705 Trainer treadmill (Model No. PFTL70009.0), covering assembly, operation, safety precautions, troubleshooting, and exercise guidelines. Includes parts list, exploded diagrams, and warranty information.</p>