ProForm Pro 2000

ProForm 2000 Treadmill User Manual

Model: Pro 2000 (PFTL13116)

1. INTRODUCTION

Thank you for choosing the ProForm 2000 Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly or operation and keep it for future reference. The ProForm 2000 Treadmill is designed to support your fitness goals through walking, jogging, and running exercises, offering features like adjustable speed, incline, and decline.

2. IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read all instructions before using this appliance.

- Always consult your physician before beginning any exercise program.

- 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 and 2 feet on each side.

- Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could get caught in the treadmill.

- Use the safety key clip. If you feel faint or experience pain, stop exercising immediately.

- 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, or when adjusting speed or incline.

- The maximum user weight capacity for this treadmill is 300 lbs (136 kg).

3. SETUP AND ASSEMBLY

3.1 Unpacking

The ProForm 2000 Treadmill is heavy, weighing approximately 210 pounds (95 kg). It is recommended that two or more people assist with unpacking and moving the unit to its desired location. Carefully remove all packaging materials and inspect for any damage during transit.

3.2 Assembly

Assembly is required. While some tools may be provided, a socket set and Phillips screwdriver are recommended for easier and more secure assembly. Follow the detailed instructions provided in the separate assembly guide. Ensure all bolts and nuts are tightened securely before use.

3.3 Placement

Place the treadmill on a stable, level surface. Ensure adequate clearance around the unit for safe operation and maintenance. The footprint of the treadmill is 39.15 inches W x 79 inches D x 71.4 inches H.

Image: ProForm 2000 Treadmill showing overall dimensions (Width, Depth, Height).

3.4 Power Connection

Connect the power cord to a grounded electrical outlet. Ensure the power switch, usually located near the front base of the machine, is in the 'ON' position.

3.5 Initial Startup and iFit Activation

Upon first power-up, the console may require iFit activation. Follow the on-screen prompts to complete this process. An iFit membership may be required for full functionality, though a trial period is often available. The treadmill can be

used in manual mode without an active iFit subscription after initial setup.

4. OPERATING INSTRUCTIONS

4.1 Console Overview

The treadmill features a 7-inch backlit oversized LCD with a racetrack display. It includes an integrated device shelf for tablets or smartphones. The console provides controls for speed, incline, decline, and displays workout metrics.

Image: User interacting with the ProForm 2000 Treadmill console, showing speed and incline controls.

Image: ProForm 2000 Treadmill console with a tablet displaying a workout program, utilizing the integrated device shelf.

4.2 Starting a Workout

1. Attach the safety key clip to your clothing.
2. Step onto the treadmill belt.
3. Press the 'Start' or 'Quick Start' button to begin a manual workout, or select a pre-programmed workout from the console.

4.3 Adjusting Speed

Use the 'Speed +' and 'Speed -' buttons on the console or handrails to adjust the belt speed. Quick Speed buttons (0-12 MPH) allow for instant speed changes.

4.4 Adjusting Incline and Decline

Use the 'Incline +' and 'Incline -' buttons to adjust the incline of the treadmill deck. The ProForm 2000 offers a Digital Quick Decline & Incline Control range from -3% to 15%.

4.5 Heart Rate Monitoring

The treadmill is equipped with EKG Grip Pulse Heart Rate Sensors on the handlebars. Grasp these sensors firmly with both hands to display your heart rate on the console. For continuous monitoring, a compatible chest strap (not included) can be used.

Image: User's hand on the EKG Grip Pulse Heart Rate Sensor for heart rate measurement.

4.6 Stopping the Treadmill

Press the 'Stop' button to gradually slow down and stop the treadmill belt. Removing the safety key will also immediately stop the treadmill.

4.7 Folding and Storage

The ProForm 2000 Treadmill features a SpaceSaver design for convenient storage. To fold, ensure the treadmill is off and unplugged. Lift the running deck until it locks into an upright position. To unfold, gently release the locking

mechanism and lower the deck to the floor.

Image: A woman demonstrating the folding mechanism of the ProForm 2000 Treadmill for storage.

5. MAINTENANCE

5.1 Cleaning

Regularly clean the treadmill with a damp cloth and mild detergent. Avoid using abrasive cleaners or solvents. Wipe down the console and handrails after each use to remove sweat and grime.

5.2 Belt Lubrication and Tension

The running belt may require periodic lubrication and tension adjustment to ensure smooth operation and prolong its lifespan. Refer to the separate maintenance guide for specific instructions on how and when to perform these tasks. Improper lubrication or tension can lead to belt slippage or premature wear.

5.3 General Inspection

Periodically inspect all nuts and bolts for tightness. Check the power cord for any damage. If any issues are found, discontinue use and contact customer support.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your ProForm 2000 Treadmill.

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in; Safety key not inserted; Power switch off; Circuit breaker tripped.	Ensure power cord is securely plugged in; Insert safety key fully; Turn power switch ON; Reset circuit breaker.
Belt slips or hesitates	Belt tension too loose; Belt requires lubrication.	Adjust belt tension according to maintenance guide; Lubricate the belt as instructed.
Console display is blank or erratic	Loose cable connection; Power issue.	Check all console cable connections; Ensure stable power supply.
Unusual noises during operation	Loose components; Motor issue; Belt friction.	Inspect and tighten all visible bolts and screws; If noise persists, discontinue use and contact support.

If you encounter a problem not listed here, or if the suggested solutions do not resolve the issue, please contact ProForm Customer Support.

7. SPECIFICATIONS

Feature	Detail
Model Name	Pro 2000
Part Number	PFTL13116
Footprint (D x W x H)	79" x 39.15" x 71.4"
Folded Size (D x W x H)	39.15" x 79" x 50"
Item Weight	210 Pounds (95 kg)
Maximum User Weight	300 Pounds (136 kg)
Tread Belt Dimensions	22" W x 60" L

Feature	Detail
Motor	3.5 CHP Mach Z Commercial Pro
Speed Range	0 to 12 MPH Quick Speed
Incline/Decline Range	-3% to 15% Digital Quick Decline & Incline Control
Display Type	7-inch Backlit LCD with Racetrack Display
Cushioning	ProShox Cushioning
Heart Rate Monitoring	EKG Grip Pulse Heart Rate Sensor
Connectivity	iFit compatible
Power Source	Corded Electric (2000 Watts Input Power)
Material	Alloy Steel Frame

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The ProForm 2000 Treadmill typically includes a lifetime warranty on the motor and frame. Specific warranty details, including coverage for parts and labor, may vary. Please refer to the warranty card included with your product or visit the official ProForm website for the most current and complete warranty information.

8.2 Customer Support

For technical assistance, parts replacement, or any questions regarding your ProForm 2000 Treadmill, please contact ProForm Customer Support. Have your model number (PFTL13116) and serial number ready when contacting support.

- **Online Support:** Visit the official ProForm website (www.proform.com/support) for FAQs, troubleshooting guides, and contact options.
- **Phone Support:** Refer to your product registration materials or the ProForm website for current customer service phone numbers.