ProForm PFTL28820

ProForm City L6 Folding Treadmill User Manual

Model: PFTL28820

INTRODUCTION

This manual provides essential information for the safe and effective use of your ProForm City L6 Folding Treadmill. Please read all instructions carefully before operating the equipment. Retain this manual for future reference.

Image: The ProForm City L6 Folding Treadmill, showcasing its compact design and console.

IMPORTANT SAFETY INFORMATION

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill. ProForm assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the treadmill.
- Place the treadmill on a level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.5 meters (1.6 feet) on each side.
- Wear appropriate exercise clothing and athletic shoes.
- Do not operate the treadmill if the power cord or plug is damaged.
- Always hold the handrails when starting or stopping the treadmill.
- Do not exceed the maximum user weight capacity of 250 pounds (113 kg).

SETUP

Unpacking and Placement

Carefully remove all components from the packaging. Place the treadmill on a flat, stable surface. Ensure

adequate clearance around the unit for safe operation and maintenance.

Assembly (Folding Mechanism)

The ProForm City L6 features a SpaceSaver Design for compact storage. To prepare for use, carefully unfold the treadmill deck until it locks into place. To fold for storage, lift the deck until it secures in the upright position.

Image: A user demonstrating the folding mechanism of the ProForm City L6 Treadmill for compact storage.

Power Connection

Connect the power cord to a grounded outlet. Ensure the safety key is properly inserted into the console before attempting to power on the treadmill.

iFIT Activation

Your treadmill includes a 30-day iFIT membership. To activate, download the iFIT app on your tablet or smartphone. Connect your device to the treadmill via Bluetooth. Follow the on-screen instructions in the iFIT app to set up your account and access workouts.

Image: The treadmill console with a tablet mounted, showing the iFIT application interface.

OPERATING INSTRUCTIONS

Starting the Treadmill

1. Ensure the safety key is in place.

2. Step onto the treadmill belt, placing your feet on the side rails.

3. Press the **START** button. The belt will begin to move at a low speed.

4. Gradually increase speed using the **SPEED +** buttons or Digital QuickSpeed controls.

Image: A user engaged in a running workout on the ProForm City L6 Treadmill.

Adjusting Speed

Use the **SPEED +** and **SPEED -** buttons on the console to adjust the treadmill's speed. The treadmill offers speeds from 0 to 8 MPH. For iFIT workouts, the trainer may automatically adjust your speed.

Stopping the Treadmill

Press the **STOP** button to gradually slow down and stop the treadmill belt. For an emergency stop, pull the safety key from the console.

Using the Display

The 5-inch high-contrast display shows your workout metrics, including distance, speed, estimated calorie burn, and time. When connected to iFIT, enhanced metrics are available through the app.

MAINTENANCE

Cleaning

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

Belt Care

Inspect the walking belt periodically for wear and tear. Ensure the belt is properly centered and tensioned. Refer to the full product manual (if available from manufacturer) for detailed instructions on belt adjustment and lubrication, if required.

General Inspection

Check all bolts and nuts for tightness regularly. Replace any worn components immediately. Unplug the treadmill before performing any maintenance or cleaning.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; safety key not inserted; circuit breaker tripped.	Ensure power cord is securely plugged in. Insert safety key fully. Check household circuit breaker.
Walking belt slips or hesitates.	Belt tension too loose; belt requires lubrication.	Adjust belt tension (refer to manufacturer's detailed guide). Lubricate belt if necessary (use approved silicone lubricant).
Console display is blank or erratic.	Loose cable connection; power issue.	Check all cable connections to the console. Unplug and re-plug the treadmill.

If you encounter issues not listed here, or if solutions do not resolve the problem, contact customer support.

SPECIFICATIONS

Model: PFTL28820

Brand: ProForm

Product Dimensions: 30.48 x 81.28 x 187.96 cm (12 x 32 x 74 inches)

Item Weight: 65.77 kg (145 lbs)

Maximum User Weight: 250 lbs (113 kg)

Speed Range: 0-8 MPH Digital QuickSpeed Controls

Tread Belt: 18" x 47"

Display: 5-inch High-Contrast LCD

Motor Horsepower: 2 HP

Special Features: SpaceSaver Design (Foldable), iFIT Bluetooth Connectivity

Power Source: Corded Electric

Image: The ProForm City L6 Treadmill with its physical dimensions indicated.

WARRANTY

The ProForm City L6 Folding Treadmill is protected by the following warranties:

- **Frame:** 10-year limited warranty
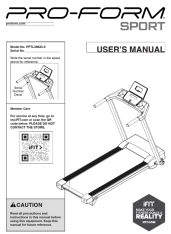- **Parts and Labor:** 1-year limited warranty

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 warranty card included with your product or visit the official ProForm website.

SUPPORT

For technical assistance, parts inquiries, or warranty claims, please contact ProForm Customer Service. Have your model number (PFTL28820) and serial number ready when contacting support.
Visit the official ProForm website for additional resources, FAQs, and contact information:
www.proform.com

Related Documents - PFTL28820

[ProForm 830QT Treadmill User Manual: Assembly, Operation, and Maintenance Guide](#)
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.

[ProForm Trainer 8.0 Treadmill Product Guide (PFTL89017)](#)
Comprehensive product guide for the ProForm Trainer 8.0 treadmill (model PFTL89017), detailing mechanical and electronic features, specifications, pricing, and developer information.

[PROFORM 1200 Interactive Trainer User Manual | DTL15141](#)
Comprehensive user manual for the PROFORM 1200 Interactive Trainer (Model DTL15141), covering assembly, operation, maintenance, troubleshooting, and safety precautions. Includes detailed instructions for using preset programs, heart rate programs, iFIT.com features, and connecting to external devices.

[ProForm PFTL38825.0 SPORT Treadmill User Manual](#)
Comprehensive user manual for the ProForm PFTL38825.0 SPORT treadmill, covering assembly, operation, maintenance, troubleshooting, and safety guidelines. Learn how to set up, use, and care for your treadmill for effective home workouts.

[PROFORM TRAINER 8.0 User's Manual](#)
Comprehensive user's manual for the PROFORM TRAINER 8.0 treadmill, covering assembly, operation, maintenance, troubleshooting, and exercise guidelines.

[ProForm TRAINER 8.7 Treadmill User's Manual and Assembly Guide](#)
Comprehensive user's manual for the ProForm TRAINER 8.7 treadmill, including assembly instructions, operating procedures, safety precautions, maintenance, troubleshooting, and exercise guidelines. Learn how to set up, use, and maintain your ProForm treadmill for effective home workouts.