

## ProForm t8.5

# ProForm Treadmill t8.5 User Manual

Model: t8.5

## INTRODUCTION

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This manual provides essential information for the safe and effective use of your ProForm Treadmill t8.5. Please read all instructions carefully before assembly and operation. Keep this manual for future reference.

## IMPORTANT SAFETY INFORMATION

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Before using this equipment, ensure you understand all safety precautions. Consult a physician before beginning any exercise program. Always use the safety key during operation.

- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a level surface with adequate clearance around it.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate exercise clothing and athletic shoes.
- Always hold the handrails when starting or stopping the treadmill.

## SETUP AND ASSEMBLY

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### Unpacking

Carefully remove all components from the packaging. Place the packaging materials aside for potential future transport or disposal. Ensure all parts listed in the assembly guide (not included in this manual) are present.

### Placement

Position the treadmill on a flat, stable surface. Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.5 meters (1.6 feet) on each side for safe operation and access.

### Power Connection

Connect the power cord to a grounded electrical outlet. Do not use extension cords unless absolutely necessary and ensure they are rated for the treadmill's power requirements.



Image: The ProForm Treadmill t8.5 fully assembled, showcasing its design and console.

## Folding and Unfolding

The ProForm Treadmill t8.5 features a SpaceSaver design for convenient storage. To fold, lift the running deck until it locks into an upright position. To unfold, gently push the release mechanism and lower the deck to the floor.



Image: A user demonstrating the folding mechanism of the treadmill for storage.



Image: A user demonstrating the unfolding process of the treadmill, preparing it for use.

## OPERATING INSTRUCTIONS

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### Console Overview

The console features a display for workout metrics, digital quick speed and incline controls, and dual 2-inch speakers. Familiarize yourself with the button layout before starting your workout.



Image: Detailed view of the treadmill's console, highlighting the display and control panel.

## Starting a Workout

1. **Attach the Safety Key:** Clip the safety key to your clothing and insert the other end into the console's designated slot. The treadmill will not operate without the safety key.
2. **Manual Mode:** Press the 'Start' button to begin a manual workout. The belt will start moving at a low speed.
3. **Program Mode:** Select a pre-set workout program from the console. Follow the on-screen prompts to begin.

## Adjusting Speed and Incline

- **Speed:** Use the 'QuickSpeed' buttons or the '+' and '-' buttons to adjust the belt speed from 0 to 16 kph.
- **Incline:** Use the 'Quick Incline' buttons or the '+' and '-' buttons to adjust the incline from 0% to 10%.





Image: A user actively running on the treadmill, illustrating its operational use.



Image: Another perspective of a user running on the treadmill, highlighting the running surface.

## Stopping the Treadmill

To stop the treadmill, press the 'Stop' button on the console. For an emergency stop, pull the safety key from the console. The treadmill will immediately cease operation.

## MAINTENANCE

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

### Cleaning

- **Console:** Wipe the console with a damp cloth. Avoid abrasive cleaners or excessive moisture.
- **Running Deck and Belt:** Periodically clean the running deck and belt with a damp cloth to remove dust and debris.

## Belt Lubrication

The running belt may require lubrication after extended use. Refer to the specific lubrication instructions provided with your treadmill or contact customer service for guidance. Use only approved treadmill lubricant.

## Belt Tension and Alignment

If the running belt slips or drifts to one side, it may need adjustment. Consult the detailed assembly guide or contact customer service for instructions on how to properly tension and align the belt. Incorrect adjustment can damage the treadmill.

## TROUBLESHOOTING

This section addresses common issues you might encounter with your ProForm Treadmill t8.5.

Problem	Possible Cause	Solution
Treadmill does not start	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.
Running belt slips	Belt tension too loose.	Adjust belt tension (refer to maintenance section or assembly guide).
Console display is blank	Power issue; Console cable disconnected.	Check power connection; Ensure all console cables are securely connected (refer to assembly guide).
Unusual noise during operation	Loose parts; Belt friction; Motor issue.	Inspect for loose bolts and tighten; Lubricate belt if needed; If noise persists, contact customer service.

## SPECIFICATIONS

Key technical specifications and features of the ProForm Treadmill t8.5:

Feature	Detail
Model	t8.5
Brand	ProForm
Digital Quick Incline Control	0% – 10%
Digital QuickSpeed Control	0 – 16 kph (0 – 11.2 Miles per Hour)
Tread Belt Dimensions	51 x 140 cm
Maximum Weight Capacity	135 kg
Speakers	Dual 2" Speakers
Item Weight	81 Kilograms
Material	Aluminum



Feature	Detail
Special Features	Portable (SpaceSaver Design)
Target Audience	Adult, Youth
Maximum Horsepower	2.6 Horsepower

## WARRANTY AND SUPPORT

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For detailed warranty information, please refer to the warranty card included with your product or visit the official ProForm website. Warranty terms and conditions may vary by region.

### Customer Service

If you have questions, require technical assistance, or need to order replacement parts, please contact ProForm customer service. Contact details can typically be found on the ProForm website or in your product's packaging.