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ProForm PFTL16925-INT

PROFORM Carbon Pro 9000 Treadmill User Manual

Model: PFTL16925-INT

1. Introduction

Thank you for choosing the PROFORM Carbon Pro 9000 Treadmill. This manual provides essential information for the safe and efficient use of your new fitness equipment. Please read it thoroughly before assembly and operation, and keep it for future reference.

2. Important Safety Information

Before using this equipment, please read all warnings and instructions. Improper use can result in serious injury or property damage.

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could get caught in the treadmill.
- Always attach the safety key clip to your clothing before starting the treadmill. If the safety key is removed, the treadmill will stop.
- Do not operate the treadmill if it has a damaged power cord or plug, or if it is not working properly.
- Never step on or off the treadmill while the belt is moving.
- Do not attempt to service the treadmill yourself. Contact qualified service personnel for repairs.

3. What's in the Box

Carefully unpack all components and ensure you have the following items:

- PROFORM Carbon Pro 9000 Treadmill (main unit)
- User Manual
- Power Cable
- Tool Kit (for assembly)
- Safety Key

If any parts are missing or damaged, please contact customer support immediately.

4. Assembly Instructions

Assembly is required for the PROFORM Carbon Pro 9000 Treadmill. It is recommended that two people perform the assembly due to the weight and size of the components. Refer to the included User Manual for detailed, step-by-step assembly instructions and diagrams.

1. **Preparation:** Clear a large, open area for assembly. Ensure all parts listed in the 'What's in the Box' section are present.
2. **Base Assembly:** Attach the uprights to the treadmill base using the provided hardware from the tool kit.
3. **Console Attachment:** Secure the console to the top of the uprights, ensuring all cables are properly connected.
4. **Final Checks:** Double-check all bolts and screws to ensure they are tightened securely. Plug in the power cable and test the basic functions.



Image: A man demonstrates folding the ProForm Carbon Pro 9000 Treadmill for compact storage. The treadmill features a foldable design for space-saving.

5. Operating Instructions

5.1 Powering On and Off

- **To Power On:** Connect the power cable to a grounded outlet. Insert the safety key into its designated slot on the console. The display will illuminate.
- **To Power Off:** Remove the safety key. Unplug the power cable from the wall outlet.

5.2 Using the 16-Inch HD Touchscreen

The PROFORM Carbon Pro 9000 features a 16-inch HD touchscreen for intuitive control and access to iFIT workouts.



Image: A detailed view of the ProForm Carbon Pro 9000 Treadmill's console, featuring a large touchscreen display showing a virtual outdoor workout scene and various control buttons.

Navigate through menus, select workouts, and view your fitness data directly on the screen. All settings and workout metrics are easily accessible.

5.3 iFIT Integration

Your treadmill is powered by iFIT, offering a personalized training experience with over 10,000 workouts.



Image: An informational graphic detailing iFIT software capabilities, including guided workouts, SmartAdjust technology for personalized intensity, and ActivePulse for heart rate-based adjustments.

- **SmartAdjust Technology:** iFIT coaches guide you through workouts tailored to your fitness level and goals. The treadmill automatically adjusts speed and incline to match the workout.
- **Workout Library:** Access a vast library of over 10,000 on-demand workouts, including studio classes, global workouts, and cross-training options.
- **App Integration:** iFIT synchronizes with Strava, Garmin, and Apple Health, allowing you to consolidate all your fitness data in one place. Track steps, calories, and workouts to monitor your progress.



Image: A graphic highlighting iFIT's extensive library of over 10,000 workouts and personalized training options, emphasizing real-time statistics and synchronization with other fitness apps.

5.4 Adjusting Speed and Incline

The treadmill offers a speed range of 0-20 KM/H and an incline range of 0-12%.



Image: An illustration demonstrating the treadmill's incline range from 0% to 12% and its compact, foldable design for easy storage.

- **Speed Control:** Use the speed buttons on the console or touchscreen to increase or decrease the belt speed.
- **Incline Control:** Use the incline buttons on the console or touchscreen to adjust the incline level.
- **Automatic Control:** During iFIT workouts, the treadmill may automatically adjust speed and incline to match the terrain or trainer's instructions.



Image: A man actively running on the ProForm Carbon Pro 9000 Treadmill, showcasing its use in a typical home environment. The treadmill's design supports dynamic workouts.



Image: A close-up shot focusing on a man's legs as he runs on the ProForm Carbon Pro 9000 Treadmill, emphasizing the running surface and foot placement during exercise.

5.5 Folding and Unfolding

The treadmill features a SpaceSaver® design, allowing it to be folded for storage.

- **To Fold:** Ensure the treadmill is off and unplugged. Lift the running deck until it locks into an upright position.
- **To Unfold:** Gently push the release mechanism and lower the running deck slowly to the floor.

6. Maintenance

Regular maintenance ensures optimal performance and longevity of your treadmill.

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** The running belt may require lubrication periodically. Refer to the detailed instructions in your included User Manual for the correct procedure and recommended lubricant.
- **Belt Alignment and Tension:** Check the running belt for proper alignment and tension regularly. Adjust as needed according to the User Manual.
- **Motor Cover:** Periodically remove the motor cover and vacuum any dust or debris from the motor area. Ensure the treadmill is unplugged before doing so.

7. Troubleshooting

If you encounter issues with your treadmill, refer to the following common solutions:

- **Treadmill does not power on:** Ensure the power cable is securely plugged into a working outlet and the safety key is fully inserted. Check the circuit breaker.
- **Running belt slips or hesitates:** The belt may need tensioning or lubrication. Refer to the maintenance section or your User Manual for specific instructions.
- **Unusual noises:** Check for loose parts. If the noise persists, stop using the treadmill and contact customer support.
- **Console display is blank or unresponsive:** Ensure all cable connections to the console are secure. Try powering off and on the treadmill.

For more complex issues, please contact customer support.

8. Specifications

Feature	Specification
Brand	ProForm
Model Number	PFTL16925-INT
Color	Black
Product Dimensions (D x W x H)	186 cm x 87.9 cm x 154.2 cm
Folded Dimensions (L x W x H)	97 cm x 88 cm x 173 cm
Material	Alloy Steel
Maximum Speed	12 Miles per Hour (approx. 20 KM/H)
Maximum Incline Percentage	12%

Maximum Horsepower	3.6 Horsepower
Screen Size	16 Inches
Connectivity Technology	Bluetooth, Wi-Fi
Control Program Name	iFIT
Recommended Maximum Weight	159 Kilograms
Assembly Required	Yes
Special Features	Bluetooth, Automatic Incline, Foldable, USB Charging Port, Touch Screen

9. Warranty Information

The PROFORM Carbon Pro 9000 Treadmill comes with the following warranty:

- **Frame:** Lifetime warranty
- **Motor:** 5 years*
- **Parts and Labor:** 2 years*

**Essential condition: Product registration within 28 days of purchase on ifitsupport.eu/it. In the absence of registration, the legal warranty of 2 years applies. The warranty is valid exclusively for domestic use.*

10. Customer Support

For technical assistance, warranty claims, or to order replacement parts, please refer to the contact information provided in your included User Manual or visit the official ProForm support website.
Online Support: ifitsupport.eu/it

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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