ProForm PFTL59724

ProForm Carbon TL Treadmill User Manual

Model: Carbon TL (PFTL59724)

Brand: ProForm

1. Introduction

Welcome to the ProForm Carbon TL Treadmill user manual. This guide provides essential information for the setup, operation, maintenance, and troubleshooting of your new fitness equipment. Designed for both walking and running, the ProForm Carbon TL offers a robust and versatile workout experience in the comfort of your home.



Figure 1: ProForm Carbon TL Treadmill.
This image displays the complete ProForm Carbon TL Treadmill in its operational state, showcasing its sleek black design and sturdy frame.

2. Setup

Your ProForm Carbon TL Treadmill requires assembly. It is recommended to have two people for the assembly process due to the weight and size of the components. Once assembled, the treadmill features a SpaceSaver Design, allowing the running deck to fold vertically for compact storage.

2.1. Assembly

Refer to the detailed assembly instructions provided in the packaging. Ensure all parts are present and follow the step-by-step guide for proper and safe construction. A safety key is included as a component.

2.2. Folding and Storage

To fold the treadmill, ensure the incline is set to zero. Remove the pull pin latch and gently lift the running deck until it locks into the vertical position. The integrated transport wheels allow for easy relocation and storage against a wall or in a corner, maximizing your room's space.



Figure 2: ProForm Carbon TL Treadmill in folded position.
This image shows the treadmill folded vertically, highlighting its SpaceSaver Design for compact storage.

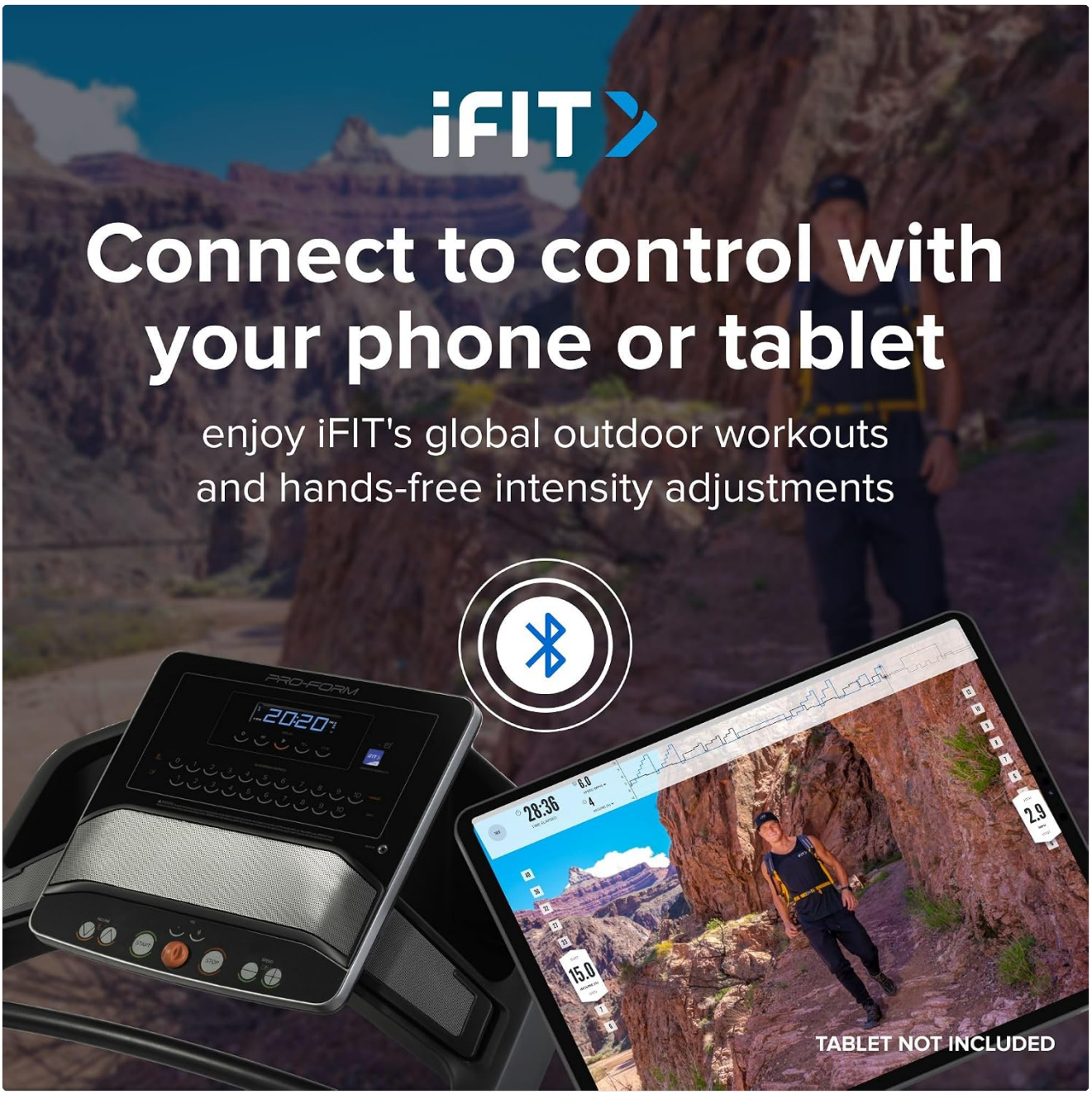


Figure 3: Demonstrating the folding mechanism.
A person is shown in the process of folding the treadmill, illustrating the ease of its SpaceSaver feature.

3. Operating Instructions

The ProForm Carbon TL Treadmill is designed for intuitive operation, allowing you to easily control your workout settings.

3.1. Console Overview

The console features a 5-inch High Contrast Display that shows live stat readouts including incline, speed, distance, and estimated calories. It includes QuickSpeed™ Controls for instant speed adjustments (0-10 MPH) and QuickIncline™ Controls for immediate incline changes (0-10%).



Figure 4: ProForm Carbon TL Treadmill console.
This close-up view of the console highlights the 5-inch LCD display, QuickSpeed and QuickIncline controls, 2-inch speakers, and cup holders.

3.2. Basic Operation

1. **Power On:** Ensure the safety key is inserted into the console.
2. **Start Workout:** Press the **Start** button to begin. The belt will start moving at a low speed.
3. **Adjust Speed:** Use the **+** and **-** buttons for gradual speed adjustments, or use the QuickSpeed™ buttons (1-10 MPH) for instant changes.
4. **Adjust Incline:** Use the ▲ and ▼ buttons for gradual incline adjustments, or use the QuickIncline™ buttons (0-10%) for instant changes.
5. **Stop Workout:** Press the **Stop** button to end your workout. For emergency stops, pull the safety key.

3.3. iFIT Connectivity

The treadmill is iFIT enabled. Connect your own smartphone or tablet via Bluetooth or Wi-Fi to enjoy iFIT's worldwide outdoor workouts and hands-free intensity adjustments. The device shelf with a USB-C outlet keeps your

device charged during workouts.

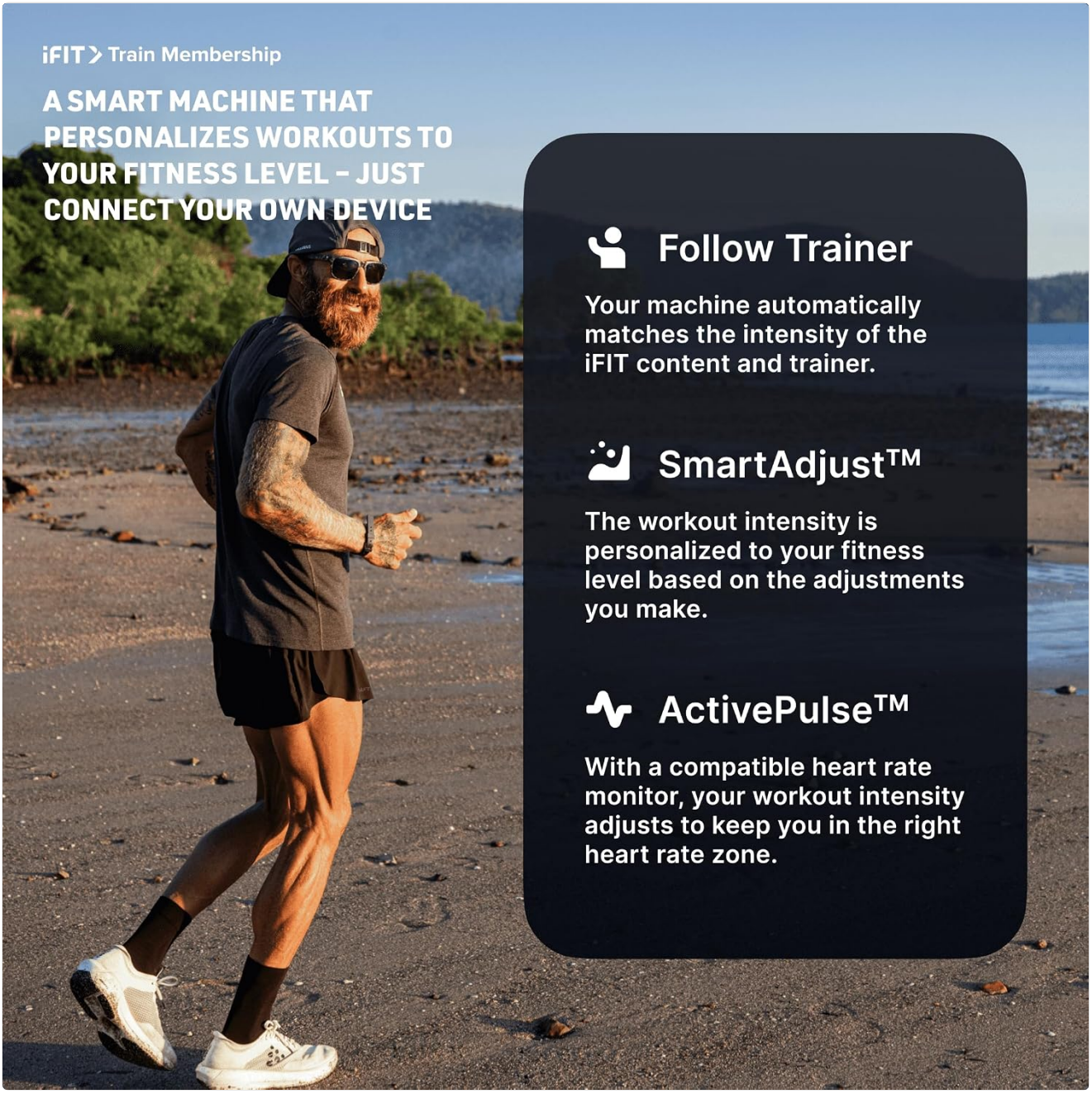


Figure 5: iFIT connectivity with a smart device.

This image illustrates how to connect a phone or tablet to the treadmill for iFIT workouts, showing the device shelf and Bluetooth compatibility.



Figure 6: Key features of iFIT Train Membership.
This graphic explains iFIT features such as Follow Trainer, SmartAdjust, and ActivePulse, which personalize workouts to your fitness level.

4. Maintenance

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

- **Cleaning:** Regularly wipe down the console and other surfaces with a damp cloth. Avoid abrasive cleaners.
- **Belt Lubrication:** Check the running belt for proper lubrication every few months, or as indicated in the full user manual.
- **Belt Tension and Alignment:** Periodically check the running belt tension and alignment. Adjust as needed to prevent slipping or uneven wear.
- **Motor Area:** Keep the motor area clean and free of dust and debris.

5. Troubleshooting

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

- **Treadmill Not Starting:** Ensure the power cord is securely plugged in and the safety key is fully inserted into the console. Check the circuit breaker.
- **Belt Slipping:** The running belt may need tensioning or alignment. Refer to the full user manual for detailed instructions on adjusting the belt.
- **Unusual Noises:** Check for loose parts or debris under the belt. If the noise persists, consult the full user

manual or contact customer support.

- **Display Not Working:** Ensure the power connection is secure. If the display remains blank, contact customer support.

6. Specifications

Feature	Specification
Brand	ProForm
Model Name	Carbon TL
Product Dimensions	68.6"D x 32.1"W x 57"H
Item Weight	166.2 Pounds
Maximum Speed	10 Miles per Hour
Maximum Incline Percentage	10
Maximum Horsepower	2.6 Horsepower
Maximum Weight Recommendation	300 Pounds
Deck Length	55 Inches
Deck Width	18 Inches
Display Type	LCD (5 Inches)
Connectivity Technology	Bluetooth, Wi-Fi
Assembly Required	Yes

7. Warranty and Support

Warranty: The frame is guaranteed for a period of ten (10) years following the initial date of purchase. The motor and all other machine parts are guaranteed for one (1) year after purchase. In addition, labor will be provided free-of-charge for one (1) year after purchase.
Customer Support: For assistance with any issues or questions regarding your ProForm Carbon TL Treadmill, please contact iFIT Customer Service. Information can be found in your product packaging or on the official ProForm website.

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.

Submit question