

60085200 Owner's Manual Prime Fit™ Treadmill

60085200
5-91

Fit for Life



I. D. No.: 628850
21-4000

PART# 60085200

MADE IN U.S.A.

TOOLS REQUIRED:

Phillips Screwdriver
Adjustable Wrench
Pliers

BEFORE STARTING ANY EXERCISE PROGRAM, IT IS RECOMMENDED THAT YOU CONSULT YOUR PHYSICIAN.

REPLACEMENT PARTS

Thank you for purchasing our product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find that a part is either defective or missing, please contact us for a replacement at the following address or telephone number.

You **MUST** have the serial number of this fitness equipment ready for the Customer Service Representative in all communications.

In the United States, call 1-800-633-5730, or write to:

Diversified Products Corporation
P.O. Box 100
Opelika, AL 36801
Attn.: Customer Service - Parts

If you live in the United Kingdom, Western Europe, or the Middle East, contact:

Diversified Products Limited
Garnloch Industrial Estate
Phoenix Way
Gorseinon, Swansea
United Kingdom
Attn.: Customer Service - Parts
Tel.: (0792) 893854
Telex: 48687 DIVPRO

This unit is intended for household use only.

WARNING:

Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this Treadmill.

DANGER -- To reduce the risk of electric shock: Always unplug the Treadmill from the electrical outlet immediately after using and before cleaning.

WARNING -- To reduce the risk of burns, fire, and electric shock, or injury to persons:

1. The Treadmill should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
2. Do not allow children on or around Treadmill.
3. Medical approval and close supervision is necessary when this appliance is used by, or near handicapped individuals.
4. Do not place hands or feet under the Treadmill.
5. Always keep hands and legs off the Treadmill while others are using it.
6. Use the Treadmill only for its intended use as described in this manual. Do not use attachments not recommended in this manual.
7. Never operate the Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or exposed to water. Contact our customer service department for service recommendations.
8. Do not pull the Treadmill by power supply cord or use cord as a handle.
9. Keep cord away from heated surfaces and open flame.
10. Never operate the Treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.
11. Never drop or insert anything into any opening.
12. Do not use outdoors.
13. Do not operate where aerosol (Spray) products are being used or where oxygen is being administered.
14. Always return the Treadmill to slow speed to provide for safe dismount and low speed restart.
15. To disconnect, turn all controls to the off position, then remove plug from outlet.
16. Start your program slowly and very gradually increase your speed and distance.
17. Do not walk or jog barefoot or in stocking feet.
18. Do not walk or jog in loose fitting shoes or slippers.
19. Never walk or jog while wearing loose fitting, long garments such as slacks, pajamas, dresses or floppy bell bottoms.
20. When walking or jogging always stay on the forward part of the treadbelt. Never walk or jog near the rear of the machine.
21. Never walk or jog faster than is comfortable for you.

Why Exercise?

Why is heart disease so common today? A prime reason is our way of life. Look around you. We have become a sitting society. Most of us sit all day at the office and then drive home at night to sit some more in front of the T.V.

Walking and jogging are recognized as two of the better forms of aerobic exercise. Unfortunately there are few places in our cities where one may walk or jog safely. Furthermore, a program of outdoor walking or jogging must rely on favorable weather, making systematic exercise difficult.

The PRIME FIT™ TREADMILL makes it possible for you to embark on a program of physical self improvement which could prolong your health.

Included in this booklet is a program designed to put you on the road to an improved physical condition.

Good exercise habits will help you feel better, look better, and enjoy life more fully.

ITEM NUMBERS IN INSTRUCTIONS ARE SAME AS ITEM NUMBERS IN PARTS LIST.

PARTS LIST

ITEM	PART NO.	QTY.	PART NAME
1	20016000	2	#10 x 1/2" Long Sheet Metal Screw
2	37028800	1	Monitor
3	37023700	1	Pulse Pickup w/Strain Relief Clip
4	39261400	1	Switch Block <i>move to preassy</i>
5	60085200	1	Owners Manual

NOTE: The hardware may vary (type of head or length) from that specified, but the variation will in no way affect the product's quality.

Assembly

FIGURE 1

- Step 1. Remove TREADMILL BASE and components from carton (be sure that HARDWARE PACKET is also removed)
- Step 2. Remove two HEX HEAD SCREWS (No. 111) from top of FRONT SUPPORT BRACKET (No. 109). Lift FRONT SUPPORT (No. 100) and fasten in upright position with HEX HEAD SCREWS. Tighten HEX HEAD SCREWS.
NOTE: It may be necessary to slightly move FRONT SUPPORT from side to side to align holes.
- Step 3. Push BELLOWS (No. 112) down until HINGE of FRONT SUPPORT (No. 100) is covered.
- Step 4. Lift HANDRAILS (No. 157) and insert upper end of HANDRAILS into ends of HANDLEBAR on FRONT SUPPORT (No. 100) then fasten from bottom through SMALL HOLES with SCREWS (No. 4).
- Step 5. Tighten all SCREWS, BOLTS and LOCKNUTS. Check at least twice to be sure that none were missed.
- Step 6. Open BATTERY DOOR of MONITOR (No. 2), insert 4 "AA" Alkaline BATTERIES (Not Included), and close BATTERY DOOR.
- Step 7. Plug WIRE from CONSOLE (No. 102) into bottom of MONITOR (No. 2) and insert MONITOR in CONSOLE.
- Step 8. Plug PULSE PICKUP (No. 3) into MONITOR (No. 2), and slide SWITCH BLOCK (No. 4) into SLOT in CONSOLE (No. 102).

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER -- Improper connection of the equipment-grounding conductor can result in a risk of electric shock.

Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product -- if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120 volt circuit and has a grounding plug that looks similar to the plug illustrated in FIGURE 2. No adapter should be used with this product. Be sure that it is connected to an outlet having the same configuration as the plug.

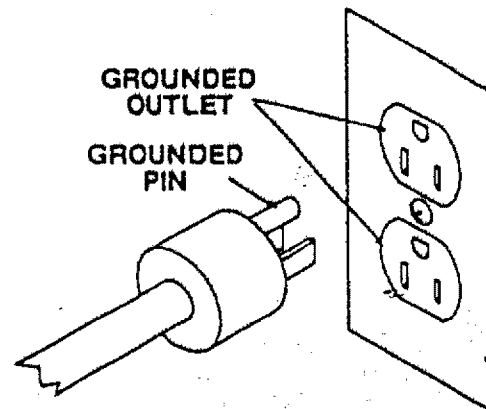


FIGURE 2

beats per minute) using the UP and DOWN buttons. The CADENCE may be set from 15 to 120 beats per minute in increments of 5 beats per minute.

CALORIES: CALORIES are based on AGE, SEX, and PULSE RATE. CALORIE MODE MUST BE USED IN CONJUNCTION WITH PULSE INPUT FROM THE PULSE PICKUP.

Press the Mode button until the small triangle is visible above "AGE/SEX/CALORIE" and the word "AGE" appears on the left side of the display. Use the UP or DOWN buttons to select your correct age. Press the MODE button to set and a small figure will appear on the left side of the display. Use the UP button to choose the figure descriptive of your sex (male or female). Press MODE once more to set. If necessary, set the display to 0.0 by pressing both UP and DOWN buttons at the same time.

To begin, press START/STOP. To stop, press START/STOP. Press it once more to resume. To use the CALORIE countdown feature, use the UP and DOWN buttons to set the number of calories you desire to use and start by pressing START/STOP. An alarm will sound for 10 seconds when you have used the set number of calories.

PULSE: PULSE displays your pulse rate in beats per minute. Place the PULSE PICKUP on your earlobe and plug the CORD into the RECEPTACLE provided at the bottom of the MONITOR.

The PULSE circuit is designed to identify consistent pulse patterns. If a consistent pattern cannot be detected, or if it senses that a consistent pattern has become irregular, the monitor displays the letter "P", denoting that it cannot find a reliable pulse. To avoid this, the strain relief clip on the wire should be fastened to your collar or another piece of clothing while you exercise.

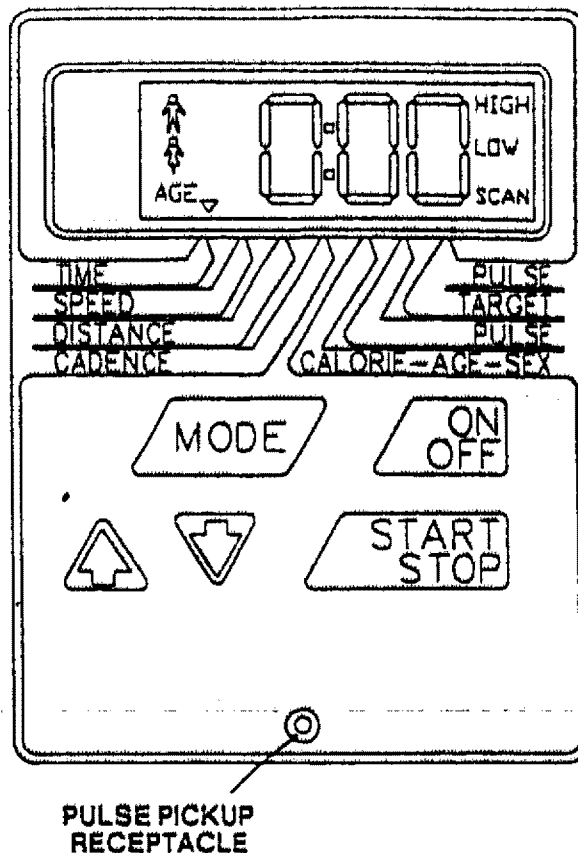
PULSE TARGET: PULSE TARGET allows you to set a target range for your pulse rate during a workout. For further information refer to the exercise program and training chart.

To set the HIGH TARGET value, be sure that PULSE TARGET mode is off (small triangle not flashing) and the word "HIGH" appears along the right side of the display. Then use the UP or DOWN buttons to select the desired UPPER PULSE RATE. Press MODE to set.

To set the LOW TARGET value, press MODE until "LOW" appears along the right side of display and use the UP and DOWN buttons to select the desired LOWER PULSE RATE.

To begin, press the START/STOP button. To stop, press START/STOP. Press it again to resume. A series of three quick beeps followed by a pause will be repeated if your pulse rate exceeds the HIGH TARGET value you have set. If your pulse rate descends below the LOW TARGET value that you have set, a series of two beeps followed by a pause will be sounded until the pulse rate is again within the desired range.

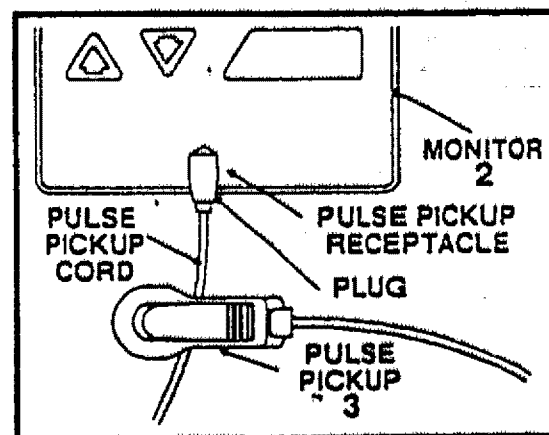
SCAN: SCAN will automatically cycle through all the displays except AGE, SEX, and PULSE TARGET, changing every eight seconds. Press MODE until the word "SCAN" appears on the right side of the display.



Using The Pulse Pickup

The PULSE PICKUP (No. 3) is used to detect your pulse for the MONITOR (No. 2). Follow these steps for correct use:

- Step 1. Insert PULSE PICKUP PLUG into PULSE PICKUP RECEPTACLE of your MONITOR (No. 2) - see DETAIL "A".
- Step 2. Attach STRAIN RELIEF CLIP to your COLLAR or other piece of clothing as shown in DETAIL "B".
NOTE: PULSE PICKUP CORD must not be allowed to be in a strain.
- Step 3. Massage EARLOBE to increase circulation.
- Step 4. Attach PULSE PICKUP to EARLOBE in a vertical position as shown in DETAIL "C".
- Step 5. When exercise has been completed remove PULSE PICKUP from EARLOBE and clip it to PULSE PICKUP CORD as shown in DETAIL "A".



DETAIL "A"

The Exercise Program*

CONSULT YOUR PHYSICIAN BEFORE PARTICIPATING IN THIS OR ANY OTHER PHYSICAL TRAINING PROGRAM

The information contained herein is designed to guide you in a program of exercise. Since each person is different in age, weight, and overall fitness, each must tailor their program to their own needs. The PRIME FIT™ TREADMILL with its MONITOR (No. 2), wide speed range, and easily adjustable incline will simplify attainment of this goal.

In any program of exercise, maximum physical benefit will be realized only when exertion occurs. However, the old adage "No pain, No gain" is NOT true in terms of simple cardiovascular training. Your pulse rate is a good indicator of exertion. The PRIME FIT™ TREADMILL allows you to continuously monitor your pulse rate and thus tailor your training program to suit your level of fitness.

To begin, first determine at what level of fitness you are. We strongly urge that you involve your physician in this basic decision. Then find your age group in the age column of the training chart (below) and read across the chart to the right to find the appropriate pulse rate range for you. Use these numbers to set the pulse targets of your MONITOR.

As you begin to use your PRIME FIT™ TREADMILL, work at the lower end of your target pulse range. As you progress you will find that you will need to walk or jog faster or increase the angle of the TREADMILL in order to stay in the pulse range you have chosen. This is your body's way of telling you that your fitness is increasing. As this occurs you may begin to work in the higher end of your pulse range. If you started in the "Low Fitness" training program, you may increase your pulse rate a little each week after the first month until you are working in the desired target pulse rate range for your age bracket.

Whatever your perceived fitness level, unless you are already running several miles daily, plan to start your program slowly. Set the PRIME FIT™ TREADMILL at the level position and train for only a short period a few minutes every other day for the first two weeks. Every week add a few minutes to the total minutes trained per day until you are training for at least twenty minutes per session.

Since the MONITOR will calculate the number of calories used, you may decide to work out until at least two hundred calories have been used rather than relying on time. As your fitness improves, you may wish to train five days a week; work out three days, rest one day, work out two days, rest one day, repeat.

Each training session should consist of:

1. A warm up period of from five to ten minutes of stretching and calisthenics and a minute of relaxed walking at a slow pace.
2. Target pulse rate exercise.
3. A cool down period of from one to two minutes of slow, relaxed walking and some gentle stretching.

Training Chart*

AGE	LOW FITNESS TRAINING	HIGH FITNESS TRAINING	HIGH FITNESS CARDIOVASCULAR TRAINING
12 - 15	125 - 135	135 - 155	155 - 175
16 - 20	120 - 130	130 - 150	150 - 170
21 - 25	115 - 125	125 - 145	145 - 165
26 - 30	115 - 120	120 - 145	145 - 160
31 - 35	110 - 120	120 - 135	135 - 155
36 - 40	110 - 115	115 - 135	135 - 155
41 - 45	105 - 115	115 - 130	130 - 150
46 - 50	100 - 110	110 - 125	125 - 145
51 - 55	95 - 105	105 - 125	125 - 140
56 - 60	90 - 105	105 - 120	120 - 135
61 - 65	85 - 100	100 - 115	115 - 130

*Exercise program and training chart based on Sharkey, Brian J., 1984, Physiology of Fitness, 2nd ed., Human Kinetics Publishers, Inc., Champaign, IL.

Storage and Maintenance

The PRIME FIT™ TREADMILL can be moved and stored quite easily. Simply keep it in a clean, dry, and convenient place. If TREADMILL is to be stored for more than 30 days, it is best to remove BATTERIES (Not Included) from MONITOR (No. 2). The TREADMILL should require little actual maintenance other than periodically spraying a silicon lubricant under TREADBELT (No. 8). Keep TREADMILL clean to avoid deterioration of TREADBELT and finish.

The TREADBELT (No. 128) has been factory pre-adjusted. However, if it shifts to one side or the other, follow these steps to readjust it.

1. If TREADBELT has moved to right, tighten right ADJUSTMENT BOLT (No. 133) 1/2 turn while TREADMILL is running and no one is on it. The TREADBELT should move towards left.
2. Let TREADMILL run several turns of TREADBELT and note any sideways movement.
3. If only a small amount of change occurred, loosen left ADJUSTMENT BOLT (No. 133) 1/2 turn.
4. Repeat step 2.

Repeat steps 1 through 4 until TREADBELT is centered and remains there during use. If TREADBELT has moved to LEFT, follow steps 1-4 but start with LEFT side.

NOTE: If TREADBELT is slipping it will be necessary to tighten both ADJUSTMENT BOLTS until slipping has stopped. It may then be necessary to repeat steps 1 through 4 for alignment.

CAUTION: DO NOT OVERTIGHTEN TREADBELT. Overtightening is denoted by curling of the edges of the TREADBELT.

IF NO SPEED OR DISTANCE is displayed on MONITOR (No. 2) check the following:

1. The WIRE of REED SWITCH (No. 136) from CONSOLE (No. 102) is plugged into the MONITOR (No. 2).
2. The BATTERIES are not weak or dead.
3. The REED SWITCH (No. 136) and MAGNET on the FRONT ROLLER (No. 126) are in the correct position. It may be necessary to realign the REED SWITCH with the MAGNET. Follow these steps to realign it:
 - a. **IMPORTANT:** Unplug the TREADMILL.
 - b. Remove MOTOR COVER (No. 123) - see Figure 5.
 - c. Check spacing and alignment between MAGNET on left side of FRONT ROLLER (No. 126) and REED SWITCH (No. 136) on the TREADMILL FRAME (No. 110) - see FIGURE 3. The spacing must be 1/8" and the edge of the REED SWITCH must be aligned with the center of the MAGNET. Move REED SWITCH on TREADMILL FRAME.
NOTE: 1/8" is equal to the thickness of two pennies.
 - d. Reattach MOTOR COVER (No. 123).

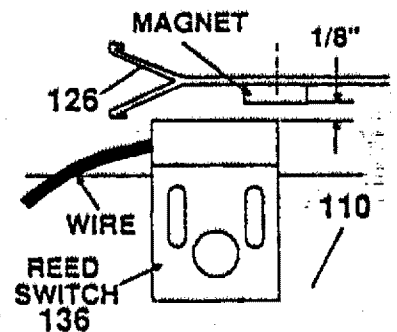


FIGURE 3

BATTERIES: Use four "AA" batteries to power MONITOR (No. 2). It is recommended that alkaline batteries be used for longer battery life. Rechargeable batteries are not recommended. To extend battery life, turn MONITOR off after use.

FOR ANSWERS TO ANY OTHER MAINTENENCE QUESTIONS CONTACT OUR CUSTOMER SERVICE DEPARTMENT FOR SERVICING RECOMMENDATIONS. SEE PHONE NUMBERS ON FRONT PAGE.

Preassembled Parts List

ITEM	PART NO.	QTY.	PART NAME
100	38302616	1	Front Support
101	09134900	1	Console Bottom
102	39312141	1	Console
103	37027800	1	Potentiometer
104	39215000	1	Speed Control Knob
105	09099700	1	Incline Adjustment
106	29326018	1	Incline Adjustment Cable
107	20016000	15	#10 x 1/2" Long Sheet Metal Screw
108	37030800	1	On/Off Switch
109	31242316	1	Front Support Bracket
110	30414616	1	Frame
111	23018300	2	5/16" x 1" Long Hex Washer Head Thread Rolling Screw
112	09104600	1	Bellows
113	22008900	2	1/4" x 2" Long Hex Head Bolt
114	26000700	6	1/4" Flat Washer
115	25011100	9	1/4" Locknut
116	20018800	18	#10 x 5/8" Long Washer Head Sheet Metal Screw
117	37024500	1	Reset Switch
118	22012600	2	5/16" x 3 3/4" Long Hex Head Bolt
119	26000400	6	5/16" Flat Washer
120	25009800	4	5/16" Locknut
121	39311100	1	Power Cord
122	37016900	1	Strain Relief Bushing
123	09137744	1	Motor Cover <i>09137744 X1</i>
124	39311200	1	Tread Board
125	39311600	1	Rear Roller
126	39311400	1	Front Roller
127	09137600	2	Siderail
128	09137300	1	Tread Belt
129	23016300	6	1/4" x 2 3/4" Long Carriage Bolt
130	21022200	2	#5 x 1 1/4" Long Machine Screw
131	26014100	4	#5 Flat Washer
132	25021200	2	#5 Locknut
133	22015500	4	5/16" x 2 1/2" Long Hex Head Bolt
134	26000100	2	5/16" Split Lockwasher
135	31242410	1	Beltguide Rod
136	37011100	1	Reed Switch
137	09118500	1	Right End Cover
138	09118600	1	Left End Cover
139	09137200	1	Motor Pan
140	37035300	1	Motor
141	39262900	1	Flywheel Pulley
142	29353400	1	1/8" x 1" Long Key
143	38302310	1	Motor Mount
144	29098500	4	Nylon Bushing
145	39195600	2	Mounting Strap
146	37035600	1	Motor Controller
147	25001500	1	5/16" Locknut
148	23018400	1	"J" Bolt
149	09091000	1	Drive Belt
150	31184500	1	Pivot Rod
151	26009700	1	#10 Internal/External Tooth Lock Washer (not shown)
152	39261900	1	Gas Spring & Bracket
153	38302416	1	Incline Carriage
154	09076600	2	Wheel
155	31242600	1	Axle
156	22011500	1	5/16" x 1 1/4" Long Hex Head Bolt
157	30415316	2	Handrail
158	04035800	2	Handrail Grip
159	22011200	2	5/16" x 3 1/4" Long Hex Head Bolt
160	26000667	2	Radius Washer
161	26002200	2	3/8" Flat Washer
162	02007700	2	Foot Cap
163	25008900	4	5/16" Pushnut

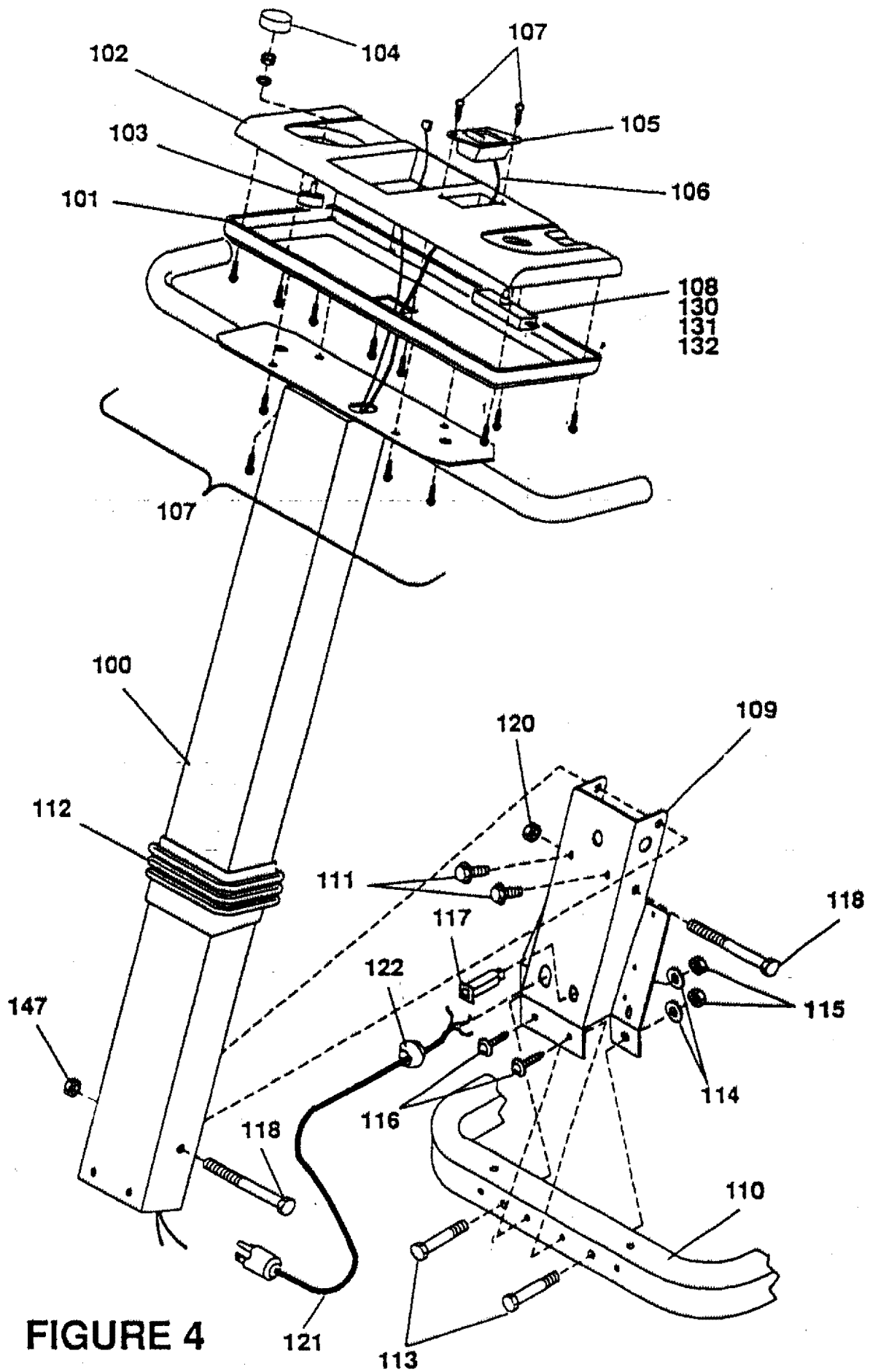


FIGURE 4

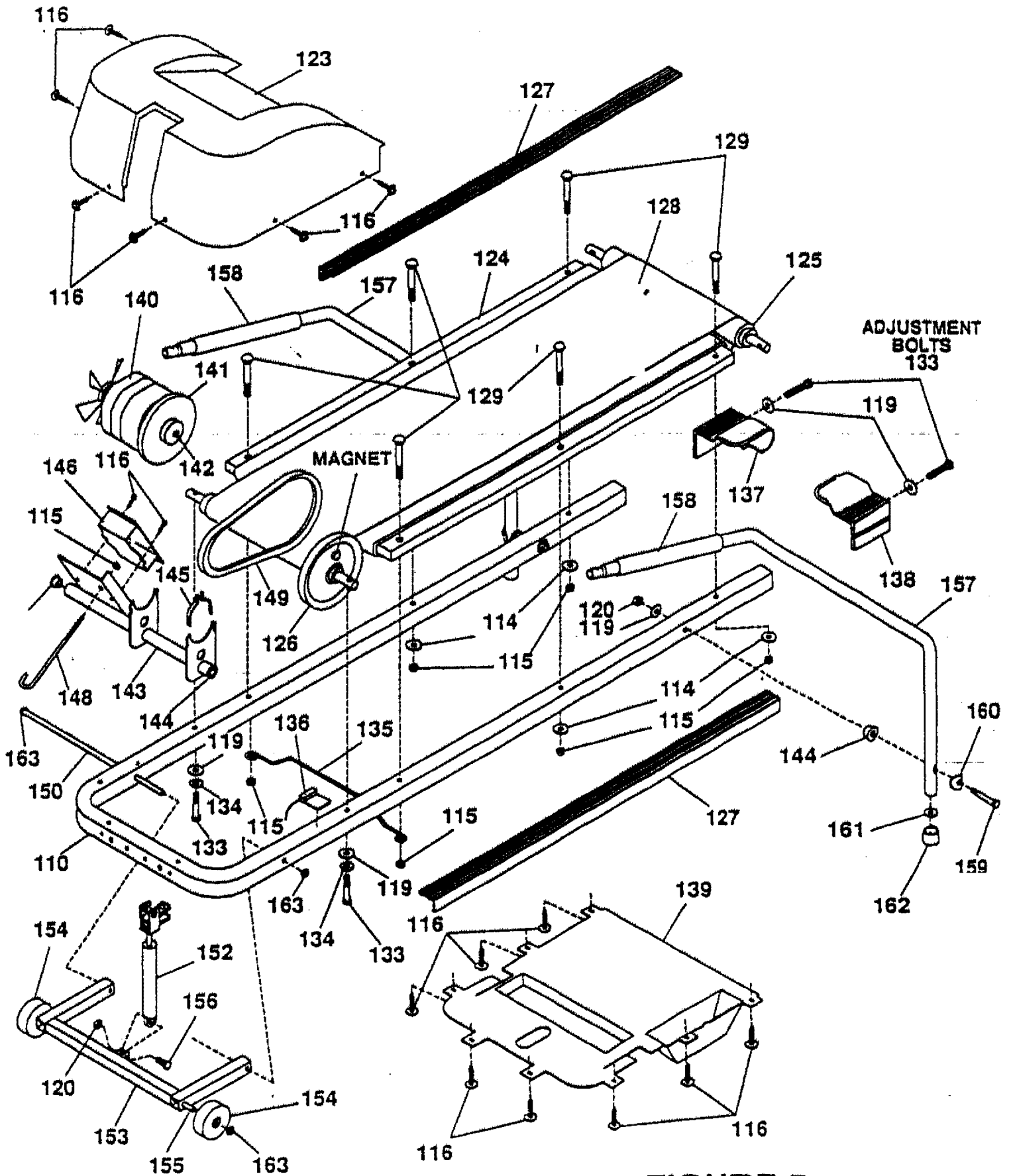


FIGURE 5

TROUBLE SHOOTING GUIDE

IT IS NOT NECESSARY TO RETURN THE ENTIRE TREADMILL FOR A MONITOR REPAIR.
THE MONITOR IS REMOVABLE FROM TREADMILL FOR REPAIR OR BATTERY REPLACEMENT -
SEE PAGES 2 and 3.

PROBLEM	CAUSE	CORRECTION
1. Treadmill Will Not Start.	1. Not Plugged In.	1. Plug Into Three Prong (grounded) 115/120 Volt-60 Hz AC Outlet.
	2. House Circuit Breaker Tripped.	2. Reset Or Replace Fuse.
	3. Treadmill Reset Switch Tripped.	3. Reset Treadmill Reset Switch.
	4. Unit Plugged Into Insufficient Extension Cord.	4. Plug Directly Into Wall Outlet Or Use Short (less Than Ten Feet), Heavy Gauge (14 Gauge Or Better) Extension Cord.
	5. Inadequate Voltage At Outlet.	5. Have Qualified Electrician Check Voltage.
	6. Speed Knob Not Turned To "SLOW".	6. Turn Speed Knob to "SLOW" Then To Desired Speed.
2. Treadbelt Does Not Run In Center Of Roller.	1. Treadbelt Tension Not Even Across The Treadbelt.	1. See "Storage And Maintenance" Section Of Owners Manual.
3. Treadbelt Slips While In Use.	1. Treadbelt Tension Too Light.	1. See "Storage And Maintenance" Section Of Owners Manual.
4. Treadbelt Hesitates When Stepped On.	1. Insufficient Lubricant On Treadbelt.	1. Apply Silicon Spray To Underside Of Treadbelt.
5. Treadmill Makes "Rumbling" Noise.	1. Treadbelt Tensioned Too High.	1. Loosen Treadbelt Adjustment Bolts Till Noise Ceases But Treadbelt Does Not Slip While In Use.
6. Treadmill Makes "whining" Noise.	1. Walking Too Close To The Edge Of Treadbelt.	1. Bring Stride Back Towards Center Of Treadbelt.
7. Treadmill Is Difficult To Roll.	1. Treadmill On Thick Carpeting.	1. Move To Hard Surface Or Low Cut Carpeting.
8. Black Particles Collecting Under Treadmill.	1. Drive Belt Is Breaking In.	1. Vacuum Under Treadmill Periodically.
9. No Display On Monitor.	1. Batteries Are Weak Or Dead.	1. Replace Batteries In Monitor.
10. Monitor Does Not Display Speed Or Distance.	1. Reed Switch Wire Not Connected To Monitor.	1. Securely Plug Reed Switch Wire Into back Of Monitor.
	2. Reed Switch Not Aligned Properly.	2. See "Storage And Maintenance" Section Of Owners Manual.
11. Monitor Shuts Off.	1. Monitor Has Been Designed To Shut Off After Four Minutes If Treadmill Is Not Operating.	1. Operate Treadmill And Check For A Speed Reading. If No Speed Displays See Cause And Corrections Of Problem 10.
	2. Magnet Damaged Or Missing From Pulley on Front Roller.	2. Replace Magnet.
	3. Reed Switch Not Working Properly.	3. Replace Reed Switch.
	4. Monitor Not Working Properly.	4. Replace Monitor.
12. No Pulse Displayed On Monitor (See "Using The Pulse Pickup" On Page 5).	1. Pulse Pickup Not Plugged Into Monitor.	1. Plug Pulse Pickup into Monitor.
	2. Monitor Not In Pulse Mode.	2. Place Monitor In Pulse Mode By Pressing Mode Key Until Indicator Is Pointing To Pulse.
	3. Pulse Pickup Not Properly Attached To Earlobe.	3. a. Massage Earlobe To Increase Circulation And Reattach Pulse Pickup. b. Massage And Attach Pulse Pickup To Other Earlobe.
	4. Pulse Pickup Is Moving Around Too Much.	4. Use Strain Relief Clip And Try Not To Move Head Erratically. See DETAIL "C" On Page 5.

IF OTHER PROBLEMS ARE ENCOUNTERED OR ANY OF THE ABOVE PROBLEMS CAN NOT BE CORRECTED, CALL TOLL FREE: 1-800-633-5730 FOR SERVICE