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service technician to assemble the treadmill, call 1-800-445-2480

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials.

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ProForm treadmills offer much more than just a manual mode. Use Your ProForm Treadmill Without iFit ProForm treadmills are pre-loaded with professional training programs that target Incline, Calorie Burn, High Intensity, Speed, and Mixed workouts. When you first turn on your ProForm treadmill, the display will prompt you to sign into iFit.

Engage in a whole new fitness experience as certified personal trainers take your exercise all around the world. With iFit® Coach, you'll be led through an expansive collection of GlobeTrek™ workouts and an ever-growing library of limit-pushing LiveCast™ studio workout classes, getting you moving and sweating on and off your machine.

Check your owner's manual to determine exactly what type of lubricant you should use and how often the machine needs lubricated based on use. Because a treadmill has so many moving parts, keeping it well lubricated is a must. Otherwise, parts could end up prematurely needing replaced or becoming damaged. At the same time, you must be careful not to over-lubricate your treadmill, as this ...

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• Assembly requires two persons. • Place all parts in a cleared  
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Treadmill Maintenance Guidelines For Your Home Gym - ProForm

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