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Proform 415 crosswalk treadmill troubleshooting manual download online pdf

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the back cover of this manual. SYMPTOM: The power does not turn on. a. Make sure that the power cord is plugged into a surge suppressor and that the surge suppressor is plugged into a properly grounded outlet (see page 14). Use only a surge suppressor that meets all of the specifications described on page 14. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets. b. After the power cord has been plugged in, make sure that the key is inserted into the console. c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in. c. Tripped SYMPTOM: The power turns off during use. a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in. b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in. c. Remove the key from the console, and then reinsert it. d. If the treadmill still will not run, please see the back cover of this manual. SYMPTOM: The console displays remain lit when you remove the key from the console. a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove Reset 21 the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 19 to turn off the demo mode. SYMPTOM: The incline of the treadmill does not change correctly. a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Next, press the Stop button and then press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline system does not begin calibrating, press the Stop button again, and then press the Incline increase or decrease button again. When the incline system is calibrated, remove the key from the console. SYMPTOM: The upper body arms squeak during use. a. (Note: Correcting this problem requires a small amount of marine grease, available at hardware stores.) Turn the resistance knob (A) counterclockwise and remove it. Next, remove the resistance cone (B) and the upper body arm (C), along with the resistance plate (D), plastic spacer (E), spring washer (F), washers (G), and thrust bearing (H). (Note: If the resistance plate comes out of the resistance cone, press it back in.) Apply a thin layer of white marine grease to the outer surface of the resistance cone. Then reattach all parts in the order shown below. a C B E G D A F H The 415 Crosswalk Treadmill is a very basic and inexpensive machine manufactured by ProForm and typically sold by retailers like Sears. This particular model can be found for just under \$400. Quite a deal, but you'll get what you pay for. The 415 Crosswalk uses a patented SpaceSaver design that allows users to fold the machine vertically in a single step. In addition to the folding frame, this model is also quite compact with a running area that is 18" wide and 50" long (the average is typically 20" wide and 60" long). The total weight is just 170 pounds. Since this is a lightweight model, the rollers are predictably small at just 1.9". Unlike traditional treadmills, this model features the CrossWalk arms design that allows users to work the upper body while walking. A treadmill offering a total body workout is certainly rare in this price range. The motor is a 2.0 CHP Mach Z that can withstand user weights of up to 300 pounds. There is also a protective cushioning deck designed with ProShox Cushioning support. If you want to workout on an incline, this model provides one of up to 10%. The speed capabilities of this model top out at 10mph. To make speed or incline changes, there are quick keys on the console in addition to the usual up/down arrows. To display workout data like time, distance, and calories burned, there is a 5" x 7" LCD screen. The console area is pretty bare, featuring only the basics like cup holders and an MP3 compatible sound system (sadly no cooling fan though). There are 16 built-in workout programs to choose from and a built-in dual-grip EKG heart rate monitor to track your ticker. The warranty package includes 5 years coverage on the frame and motor as well as 90 days on parts and labor. What We Like: CrossWalk Arms Design: Having the ability to work the upper and lower body at the same time will expand your calorie burning potential. The CrossWalk arms also bring more variety to workouts. Folding Design: This model uses the patented Space Saver Design for easy vertical folding in one easy step. This is important for users with limited space. Price: Few other treadmills can be found at this price point. This model is available at retailers like Sears for as low as \$391. However, you will sacrifice features and quality parts for this price. Program Variety: 16 built-in workout programs isn't bad for a model well under \$500. Users can choose from a number of options to meet personal fitness goals. Display Screen: This incredibly small display screen is quite narrow and the readouts are fairly small. It's undeniably difficult to read in the middle of a workout. Warranty: This is one of the worst warranty packages that we have ever seen and that's a huge red flag. Assembly: Many people have reported problems when trying to assemble the machine, mainly due to being stuck with an off-center running belt or how time-consuming the process is in general. The ProForm 415 Crosswalk Treadmill is a cheap and low-grade treadmill that isn't even worth the \$371 asking price. Admittedly, that price is quite attractive (especially considering the CrossWalk arms design), but take a moment before purchasing this treadmill to remember that if a deal sounds too good to be true, it usually is. Fortunately, ProForm offers many excellent treadmills. You may need to spend a few hundred dollars more, but it's worth it. Consider the ProForm Pro 2000, an award-winning treadmill that is one of our "Best Buys". Activate and hold the button to confirm that you're human. Thank You! Try a different method Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call the telephone number listed on the front cover of this manual. PROBLEM: The power does not turn on SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. Important: The treadmill is not compatible with GFCI-equipped outlets. b. After the power cord has been plugged in, make sure that the key is inserted into the console. c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in. PROBLEM: The power turns off during use SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in. b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in. c. Remove the key from the console. Reinsert the key into the console. d. If the treadmill still will not run, please see the front cover of this manual. PROBLEM: The incline of the treadmill does not change correctly SOLUTION: a. With the key in the console, press one of the Incline buttons. While the incline is changing, remove the key. After a few seconds, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. PROBLEM: The displays of the console do not function properly SOLUTION: a. Remove the key from the console and UNPLUG THE POWER CORD. Remove the three M4 x 19mm Washer Head Screws (13) and carefully pivot the Hood (53) off. c. Tripped 18 Reset 13 53 Follow the manufacturer's maintenance and troubleshooting steps can help you get back on track. Image Credit: kovaciclea/Stock/GettyImages When you're having problems with home exercise equipment, following the manufacturer's maintenance and troubleshooting steps can help you get back on track. This is often the first step before calling a technician to help you solve an issue such as a ProForm treadmill reset. To reset a ProForm treadmill console, follow the steps laid out in the user's manual that came with your machine. ProForm Treadmill Reset The ProForm treadmill comes with a console that features a tablet with a full-color touch screen. While technology is one of the perks of this machine, you may still encounter ProForm treadmill display problems. Before you try to troubleshoot anything, it's important to note that the console functions similarly to other tablets. One key maintenance tip when having ProForm treadmill display problems is to update the console firmware. The user manual recommends performing this step in order to keep the machine running at its best. If you are connected to a wireless network mode, you should receive notifications that you need to update your firmware. Also, many programs will perform updates automatically as long as you are connected to the internet. The following guidelines are specific to the ProForm 900, if you have a different model, make sure to check the user's manual before proceeding. One of the first steps when troubleshooting ProForm treadmill display problems, according to the manual, is to remove the key and unplug the power supply cord. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. If the problem with the console persists, refer to the manual that came with your treadmill or see the detailed instruction sheet online. Importance of Maintenance After a certain amount of wear and tear, you will need to perform routine maintenance on home exercise equipment. Many manufacturers will recommend a maintenance schedule to follow that includes monthly tasks to keep your equipment running at top speed. The ProForm website suggests routine checks on cords, motors, the treadmill belt and console. Making sure your safety clip is properly attached and in working condition is one of the recommendations that you should stay on top of all the time. Another frequent task is cleaning the machine after each use. This includes cleaning the console with the recommended products. It's also a good idea to vacuum around the treadmill deck every couple of weeks. And once a year, take the time to clean and carefully dust the motor area of the treadmill. The user manual will have detailed instructions on how to clean the treadmill. Lubricating moving parts on a treadmill that is not self-lubricating is also a necessity, but check the manual for more information on this step. When the walking belt is out of alignment, you need to stop using the machine and make the proper adjustments. Finally, make a point to check the screws before each use, and tighten any loose ones. Using a Treadmill At Home Once you fix any ProForm treadmill display problems, it's time to get moving. If you have a newer treadmill, the console will come with pre-programmed workouts or with an option to stream live classes and workouts. These programs will recommend pace and incline based on the level you choose. If you go with a manual setting, you get to decide those features. For optimal health benefits, the U.S. Department of Health and Human Services recommends that adults get a minimum of 150 minutes a week of moderate-intensity or 75 minutes a week of vigorous-intensity aerobic activity. To make this fit into a busy schedule, consider spreading the minutes over the course of a week. For example, use your treadmill for 30 minutes, five days a week or 45 minutes, three to four days a week. Harvard Health Publications reports that performing aerobic exercise such as walking lowers blood pressure, raises the good HDL cholesterol and lowers the bad LDL cholesterol and triglycerides. Plus, including this form of exercise in your daily routine may also help reduce stress levels, according to the Mayo Clinic. And finally, if you are using the treadmill as part of a weight loss program, you might be wondering how many calories you can burn in a 30-minute session. According to the Center for Disease Control and Prevention (CDC), a 154-pound person can burn about 140 calories walking at a 3.5mph pace or 295 calories running at a 5mph pace in 30 minutes.

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