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How to move proform 505 cst treadmill

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Other trademarks and trade names are those of their respective owners. World-Class Personal Trainers GlobeTrek™ Workouts and LiveCast™ Studio Classes Strengthening Personalized Nutrition Extensive Connected Tracking Serial NumberDecalModel No. PFTL60910.1Serial No.Write the serial number in the spaceabove for reference.CAUTIONRead all precautions and instructions in this manual before usingthis equipment. Save this manualfor future reference.QUESTIONS? If you have questions, or if parts aredamaged or missing, DO NOT CON-TACT THE STORE; please contactCustomer Care.IMPORTANT: Please register thisproduct (see the limited warrantyon the back cover of this manual)before contacting Customer Care.CALL TOLL-FREE:1-888-533-1333Mon.–Fri. 6 a.m.–6 p.m. MTSat. 8 a.m.–4 p.m. MTON THE WEB:www.proformservice.comUSER'S MANUALwww.proform.com Most ProForm treadmills are designed to fold, which both reduces their footprint and makes moving the treadmill easier. But even non-folding treadmills, like ProForm's "XT" incline trainers, come with transport wheels so you can shift them around with relative ease. You might be able to move a folding ProForm treadmill by yourself, but you'll definitely need a helper to move non-folding treadmills. Recruit a helper for moving the folding treadmills, too, if you're not sure you can safely maneuver the weight and mass. Moving a Folding Treadmill Adjust the treadmill to the lowest incline. Remove the safety key from the treadmill, and unplug the treadmill cord from the outlet. Squat down and grasp the side of the treadmill frame, just in front of the rear supports. Lift using the weight in your legs, not your back, to swing the rear end of the treadmill frame up off the ground. Lift the treadmill frame up, swinging it toward the main console. Don't release it until the latch on the underside of the treadmill frame is securely fastened in the storage position. On some treadmill models, you must pull the latch knob out of the way as you swing the treadmill deck up, then release it once the deck is fully folded. With others, simply push the deck against the console supports until the latch snaps into place. Grasp one of the handrails that protrude toward you on either side of the treadmill deck. Hold the treadmill frame with your other hand. Place one foot against one of the wheels. Pull carefully on the handrail to tip the treadmill toward you, until it's balanced on the wheels. Wheel the treadmill carefully to its new position. Once it's in place, position one foot against one of the wheels again. Lower the treadmill gently forward until it rests securely on its base again. Moving a Non-folding Treadmill Remove the safety key from the treadmill and unplug the power cord. Grasp one side of the console upright, close to the console. Have your helper stand on the other side of the console and grasp that upright as well. Place the sole of one foot against the treadmill transport wheel nearest you to keep it from rolling unexpectedly. Have your friend do the same thing on the other side. Carefully pull on the uprights to tip the treadmill toward you, balancing it on the transport wheels. Remove your feet from the wheels once the treadmill is balanced and under control. Wheel the treadmill carefully to the new location. Place your feet against the wheels once again as you gently tip the treadmill down until it rests squarely on its base. According to ProForm, you must be able to lift 45 lbs. to safely raise a folding treadmill deck into the storage position. If you can't lift this much weight, ask a friend to help you fold and move the treadmill. Discuss how you're going to tilt and move the treadmill with your friend ahead of time, to make sure you're not working at cross-purposes or creating an unintentional hazard. advertisement ▼ Scroll to page 2 of 32 advertisement Thank you for your participation! * Your assessment is very important for improving the work of artificial intelligence, which forms the content of this project HOW TO FOLD THE TREADMILL To avoid damaging the treadmill, adjust the incline to the lowest position before you fold the treadmill. Then, remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill. 1. Hold the metal frame firmly in the location shown by the arrow below. CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight. 1 Frame 2. Raise the frame until the latch knob locks in the storage position. CAUTION: Make sure that the latch knob locks. 2 Latch Knob To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C). Frame HOW TO MOVE THE TREADMILL Before moving the treadmill, fold it as described at the left. CAUTION: Make sure that the latch knob is locked in the storage position. Moving the tread- mill may require two people. 1. Hold the frame and one of the handrails, and place one foot against a wheel. 1 Frame Handrail Wheel 2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface. 3. Place one foot against a wheel, and carefully lower the treadmill. HOW TO LOWER THE TREADMILL FOR USE 1. See drawing 2. Hold the upper end of the treadmill frame with your right hand. Pull the latch knob to the left; if necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob. 2. See drawing 1, at the left. Hold the metal frame firmly with both hands, and lower it to the floor. CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight. 21 © 1996-2014, Amazon.com, Inc. or its affiliates First, you need to take off the carpeting on the inside of your treadmill. Then you need to remove the pedals, the belt and the wheels. You then need to find a place where the water pump and the batteries can be located. Once you have found these things, you will then have to figure out what it is you are going to do with your treadmill Here are some videos that help to answer how to take apart proform treadmill to move:1. How To Disassemble A Treadmill Before You Move It2. 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