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## How to disassemble proform 505 cst treadmill

Free shipping with no order minimum required. Restrictions apply. ProFormMaximum Incline10% Quick InclineAbout This ItemThis toy is not suitable for ages under 3 years. It contains one or more of the following items marbles; small ball; or small parts.We aim to show you accurate product information. Manufacturers, suppliers and others provide what you see here, and we have not verified it. Ready to feel that cardio burn? Righteous. This ProForm 505 CST Incline Treadmill is ready to get you off that couch and on your feet.This treadmill has ProShox cushioning for the most comfortable walk, jog, run, or sprint of your life every time. The large, tread belt lets you stretch out that killer stride of yours and have plenty of room to exercise.It has an EKG heart rate monitor on the handlebars, 0 to 10 MPH QuickSpeed control, an LCD window to see your mileage, speed, calories, heart rate, and time, as well as 18 kick butt workout apps to choose from. You can adjust the incline from 0 to 10% and listen to your favorite jams with the iPod compatibility.Fold it up when you're done with your run and unfold it when you're hungry for some more burnin'. With the ProForm 505 CST Treadmill, you'll be craving for that extra mile. ProShox cushioning provides a comfortable run, walk, jog, or sprint 20 x 55 inch tread belt for a roomy exercise experience and plenty of room to stretch out your stride SpaceSaver design folds up and out of the way when you're done with your workout EKG heart rate monitor with 2 hand grip sensors on the handlebars 0 to 10 MPH QuickSpeed control Large, LCD window so you can watch your mileage, speed, calories burned, heart rate, and time Compatible music port for iPod with 2, 2 inch speakers 18 workout apps 0 to 10% Quick Incline range 1.9 inch precision machines, balanced, non flex rollers 2.5 CHP Mach 2 commercial motor stays cool through tough workouts, creates high levels of inertia for a smooth, powerful feel User weight capacity, 325 pounds California Prop 65 warning Manufacturer warranty: 1 year parts and labor Dimensions: 68 x 73 x 36 inches Weight: 195 pounds Warning: Cancer/Reproductive Harm www.P65Warnings.ca.govColor/Safety FeaturesAssembled Product Dimensions (L x W x H)Treadmill Cushioning SystemClothing SizeManufacturerConsole Display TypeLifestageMaximum InclineModelBelt WidthBrands FoldableNewMaximum WeightHorsepowerRecommended UseAssembled Product WeightManufacturer Part NumberExercise Treadmill TypeNumber of ProgramsFitness GoalBlackMagnetic Safety Key73.5 x 36 x 58 InchesProShox51" - 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I took my time, after all it's a large purchase and heavy so didn't want to make any mistakes. One thing I made sure to do was run the machine (standing beside it), watching and listening, good thing too as I missed a piece of packing between the tread-turned it off-pulled it out and I was in business. I've only had the treadmill for a week, has the feel of a gym treadmill. I walk, no running for this gal. I'll update post as time goes by if anything changes. About me: 57, overweight, desk job, couch potato (thus this is in my living room and loving it), I've lost 27#s and working to lose a lot more now that I have no excuse to walk.Helpful? was a person who rarely worked out. Since receiving my treadmill, I now minimum walk or jog 5 days a week. I'm feeling healthier.Written by a iconfitness.com customer.Helpful?Great treadmill, gives a great workout every time. Best treadmill out there.Written by a iconfitness.com customer.Helpful?I was very skeptical after reading reviews but decided to purchase the 505 CST treadmill. After two weeks of awaiting its arrival it never arrived at my local store. I was given my money back and had to reorder it. The second go around it arrived in 3 days. It was fairly easy to set up, I just supervised as my husband put it together in 1 hour. I have been using it about 3 days a week for the past month and my 15 year old daughter uses it about 2 days a week. The belt runs smoothly. The concern I had with the reviews was how loud it would be but with my headphones in listening to music or watching a show on my iPad, it's just fine. I do my workouts at 5:30am and no one in the house has complained of it waking them up. The presets for incline and speed are great for my interval runs. We haven't used the iFit as I have a Garmin so I have no opinions on it. For the price I think this was a great buy.Helpful?February 29, 2012I bought this treadmill because it was iFit Live compatible and was still within my budget. Assembly for me on this item was just over 2 hours. I stopped here and there and piddled a bit, so if you are only focusing on the assembly, it shouldn't take that long. The directions were easy to follow and the set-up process went smoothly. I love the Quick Speed and Quick Incline options. And the fact that incline goes to 10 is great, compared to other models that are either manual (what?) or only have 2 or 3 incline options. I do wish the speed would go up to 12 or so, but to stay within my price point, I knew I wasn't going to get one that went faster (and frankly, I doubt I'd spend much time at the speed anyways). I love the larger size of the tread belt. On more slender treadmills, I've actually got off the side of the belt just a tad before. Nothing like you foot sticking and being pulled by a belt at the same time to mess up a smooth jog. If you do not use iFit Live, the 15 workouts that are already on board this treadmill are great. The 15 on board workouts are divided into 3 categories: Time, Distance, and Calorie. So no matter what your fitness goal is, you've got preplanned workouts. The treadmill folds up and down easily to save space when not in use. I haven't tried to actually move it, so I'm not sure if it rolls around easily. To me, the wheels that you do install are a bit small and in odd locations, so I think that may have been a miss. But I don't plan on moving it from room to room, so it's no bother to me. I love that this has built in speakers for an iPod. The volume controls buttons are clearly labeled and easy to adjust. The dual-grip EKG monitor is nice to have to get an overall view of your intensity level, but I definitely recommend a separate heart rate monitor to use during workouts. (I use a Polar F6 w/ chest strap that I've had for a couple of years. Works great, and I would recommend the brand.) While I didn't buy this model for the weight limit, it's nice that it does go up to a higher weight. It makes me feel like it's built more sturdy. This treadmill is iFit Live COMPATIBLE. You would be spending much, much more on a treadmill that had it built in and ready to go. To use iFit Live, you will have to purchase a module separately, which will run you right around \$100. The module that I purchased came with a free iFit Live membership, good for one year. After the one year is up, it's about \$10 a month. One feature I would have liked to have seen is the option to customize the treadmill with user stats (weight, height, etc). It does show calories burned on the screen, but again, this is where I recommend a separate HRM because it can be a bit off since it's not based on your individual stats. Overall, awesome treadmill for the price. I will definitely be recommending this brand and model to others.Helpful?Customer Q&AGet specific details about this product from customers who own it Is this treadmill really durable for 200+ pounds? and is it heavy? by KELL227February 6, 20126 Answers1. I am nearly 200 pounds and the treadmill is steady for me. I have it sitting on a tile floor in my dining room for extra stability but it is very sturdy on its own. It is a little heavy, it took two people to get it into the house, but my husband was able to move it into the dining room on his own. he's 5'9" and 165 pounds. Hope this helps!Helpful?2. very durable and I am 225. Yes it is very heavy. I would suggest setting it up close to where you plan to use it.Helpful?3. I have only been using it for a short time and it seems to hold up alright for me and I am over 200 pounds. it weighs 197 pounds but to fold it up for storage the platform is only 40 lbs!Helpful?4. I weigh 210 pounds and it's much better than the previous ProForm I owned, it's whisper-quiet and seems very powerful. Seems very solid.Helpful?5. I run on mine and im 275lb. fits just like the ones at the gym. Easy to stand up and has wheels to roll it around.Helpful?6. Yes it is durable and yes it is heavy! My husband weighs almost 300 lbs and uses it several times a week.Helpful?6 AnswersCan this treadmill handle a person weighing 350 pounds? by purplepelo03March 4, 20126 Answers1. Limit is 300. but im 275 and have no problems with it. maybe if you will be speed walking and not jogging at first.Helpful?2. No, it cannot. The weight limit is 300 lbs.Helpful?3. I THINK 250 IS THE MAX!Helpful?4. no 250 lbs is the limit!Helpful?5. I weigh 200 pounds and it makes some wicked creaking sounds when the incline is lifting. I think it is only rated to handle up to 300 pounds, so I doubt it could handle much more (and certainly not while the incline is adjusting).Helpful?6. The manual says the machine can hold up to 300 pounds.Helpful?6 AnswersDoes this treadmill have speakers? by missyDecember 29, 20126 Answers1. Yes it does and has an input for an MP3 player.Helpful?2. Yes. It has two speakers.Helpful?3. Yes it does have speakers but it did not come with an audio wire and even if it did you can't hear the mp3 player anyway, even with the audio turned all the way up. You'll need to use a headset.Helpful?4. Yes, and they are adequate but not SUPER loud so if you like to have serious bass etc while you run you you'll want to use another source. I have not found their volume level to be an issue and use them with every run.Helpful?5. Yes!Helpful?6. Yes it does have two speakers.Helpful?6 AnswersWalmart Protection PlansMost items come with a limited manufacturer's warranty. The addition of a Walmart Protection Plan adds extra protection from the date of purchase. Walmart Protection Plans cover the total cost of repair, or replacement, for products, as well as covering delivery charges for the exchange.Walmart Protection Plan options and pricing can be found on the product page, as well as in your cart. Go towww.walmart.com/protectionto see all the coverage offered for each product. You can view your Walmart Protection Plan after your purchase in the Walmart Protection Plan Hub.Product warranty-See manufacturer warranty for warranty length.Warranty Information:2 years parts, Lifetime frame and motorAlready purchased your product? A Walmart Protection Plan can be added within 30 days of purchase.Click here to add a Plan.webapp branch

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