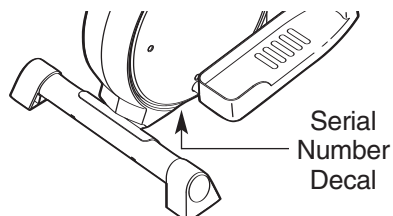


PRO-FORM[®]

PacerPrograms **485P**

Model No. PFEVEL2483.2

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

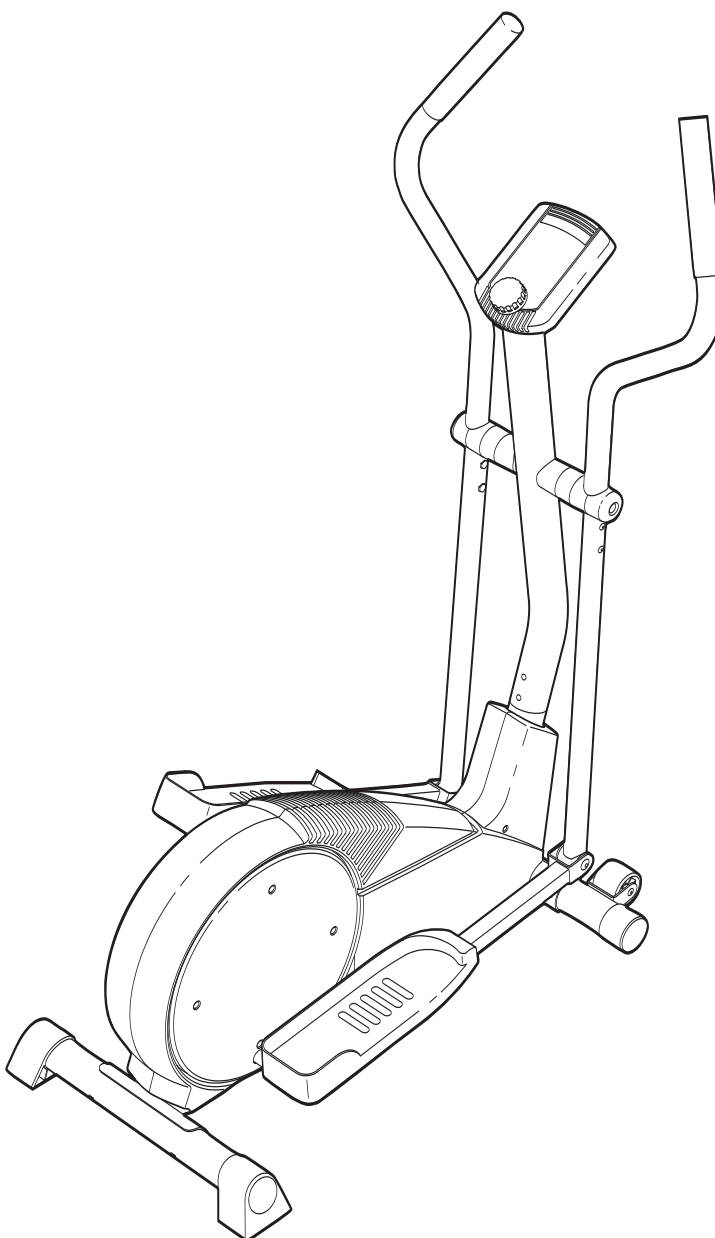
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Visit our website at

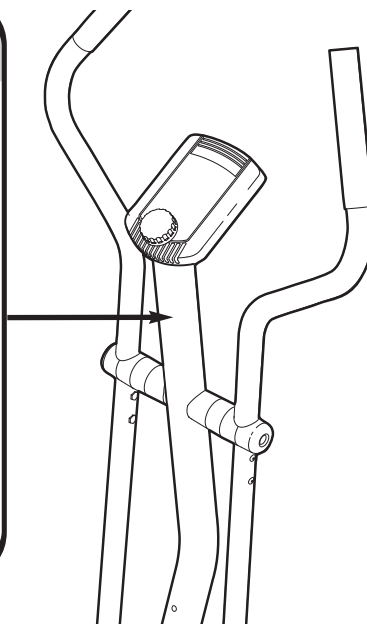
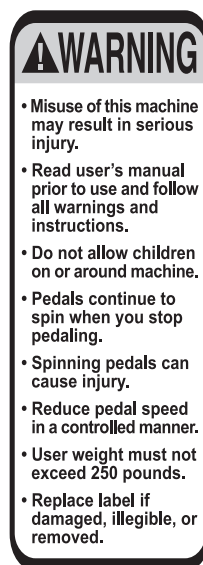
www.iconeurope.com

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WARNING DECAL PLACEMENT

The warning decal shown at the right has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use your elliptical exerciser only as described in this manual.

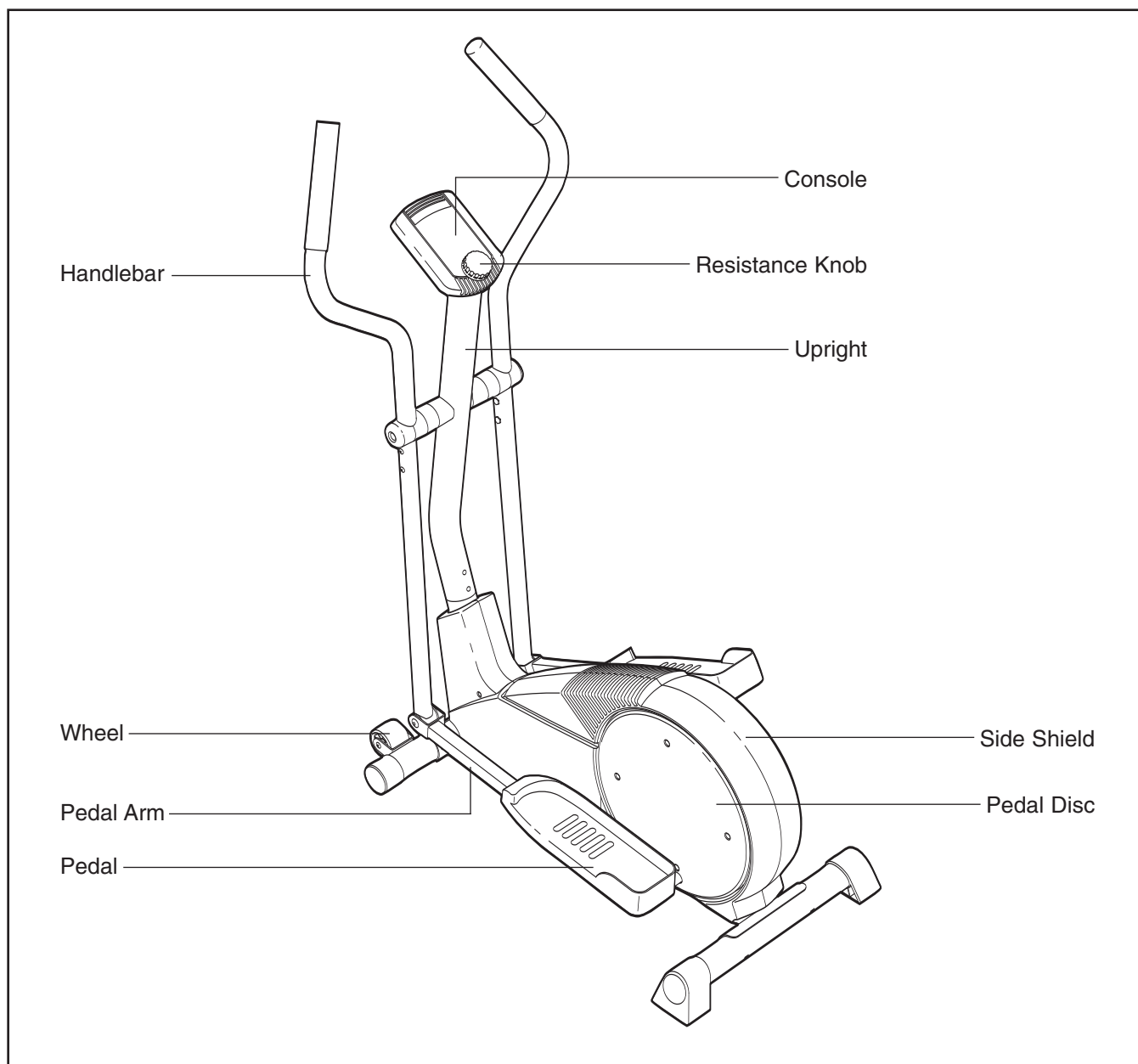
BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 485P elliptical exerciser. The 485P is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique 485P features adjustable resistance, upper-body handlebars, and a multi-mode console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have ques-

tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please look at the drawing below and familiarize yourself with the labeled parts.

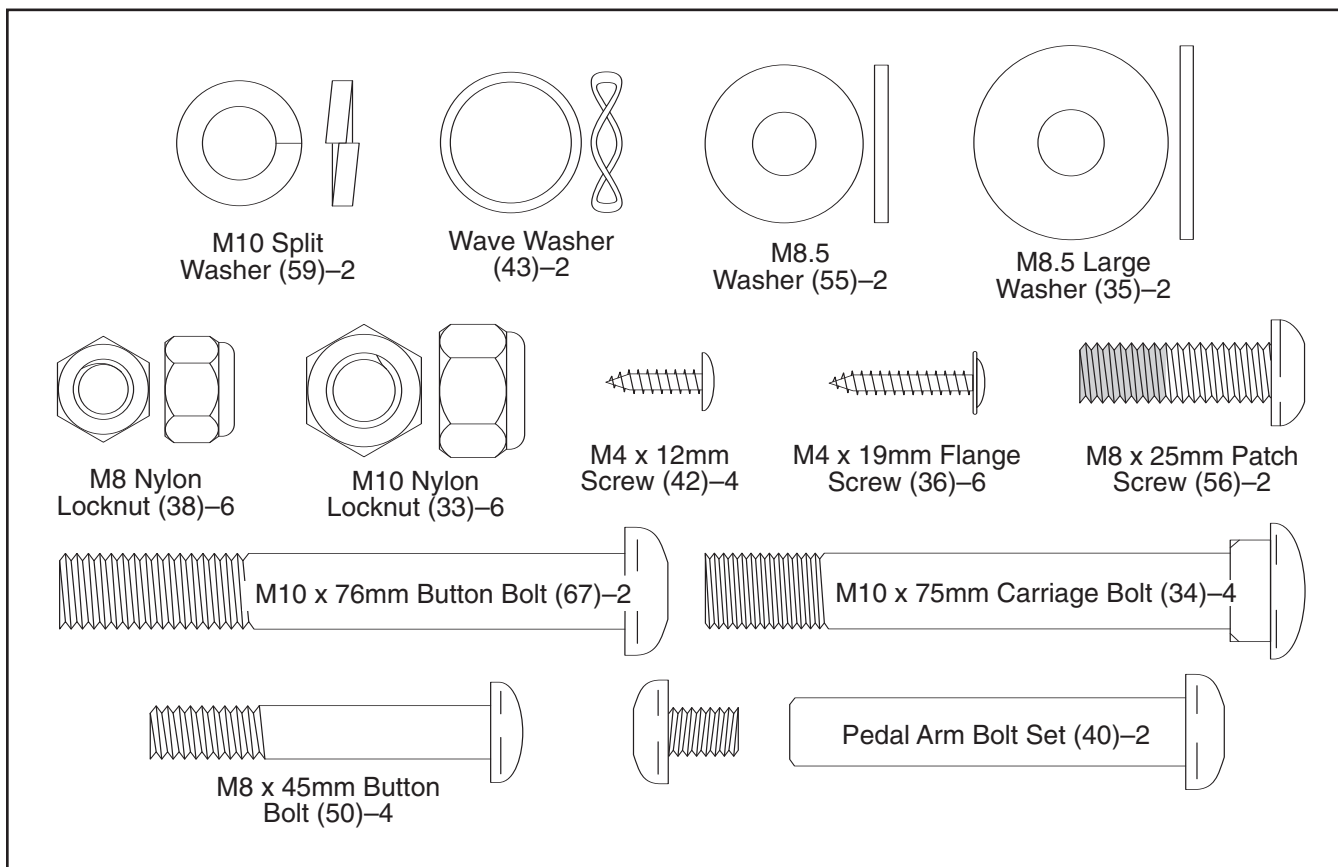


ASSEMBLY

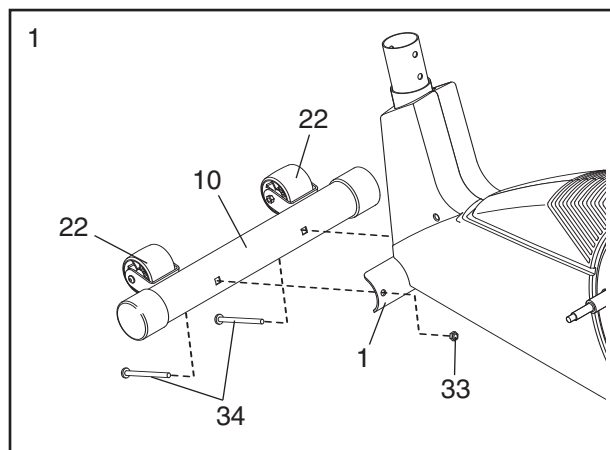
Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included hex keys, assembly requires a phillips screwdriver  , two adjustable wrenches  , a rubber mallet  , and a pair of pliers  .

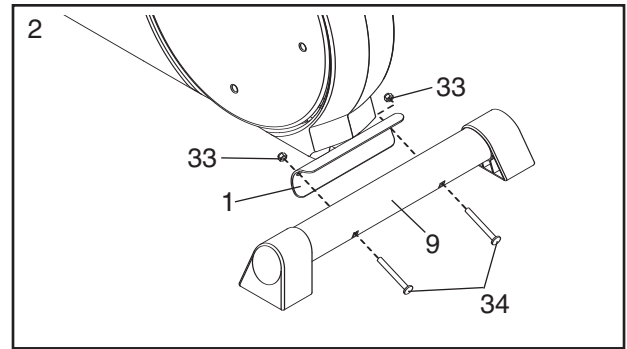
Use the chart below to identify the small parts used in assembly. The number in parentheses below each part is the key number of the part, from the PART LIST on page 18. The number after the key number is the quantity needed for assembly. **Note: Some parts may have been preattached for shipping. If a part is not in the parts bag, check to see if it has been preattached.**



1. Identify the Front Stabilizer (10). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33). **Make sure that the Front Stabilizer is turned so the Wheels (22) are not touching the floor.**



2. While another person lifts the back of the Frame (1) slightly, attach the Rear Stabilizer (9) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).

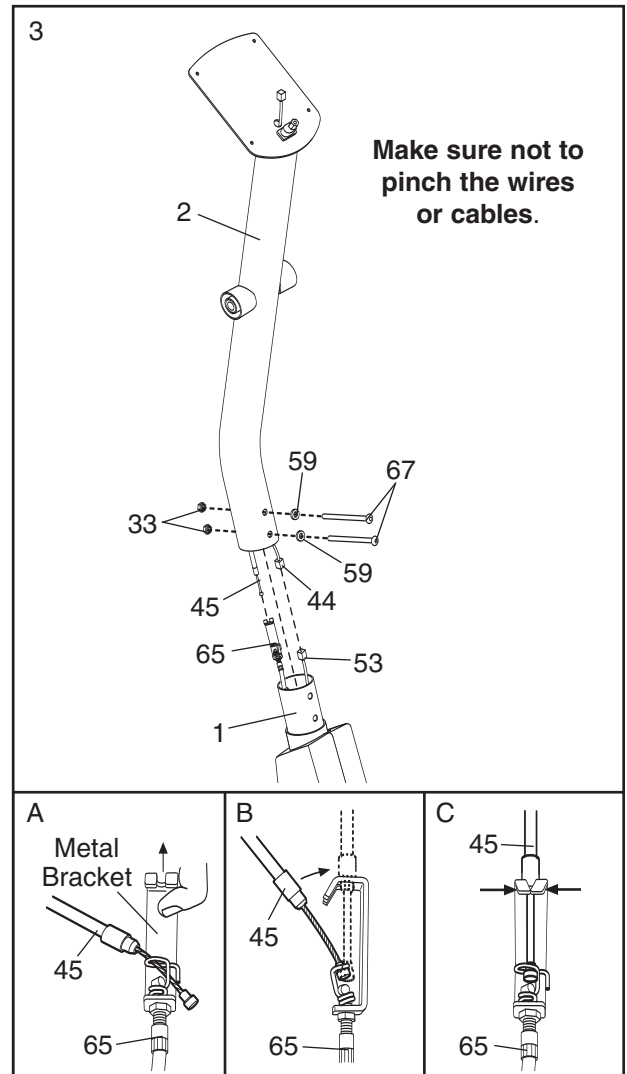


3. While another person holds the Upright (2) near the Frame (1) as shown, connect the Upper Wire (44) to the Reed Switch Wire (53).

Next, connect the Resistance Cable (45) to the Lower Resistance Cable (65) in the following way:

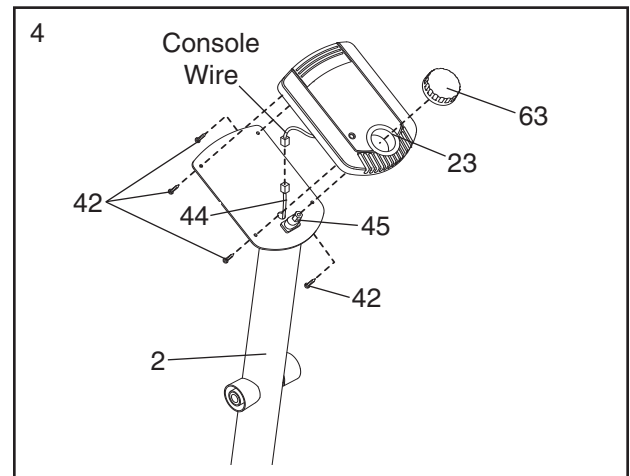
- See drawing A. Pull up on the metal bracket, and insert the tip of the Resistance Cable (45) into the wire clip on the Lower Resistance Cable (65) as shown.
- See drawing B. **Firmly** pull the Resistance Cable (45) and slide it into the metal bracket on the Lower Resistance Cable (65) as shown.
- See drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

Slide the Upright (2) onto the Frame (1); **make sure not to pinch the wires or cables**. Attach the Upright with two M10 x 76mm Button Bolts (67), two M10 Nylon Locknuts (33), and two M10 Split Washers (59). **Do not tighten the Button Bolts yet.**



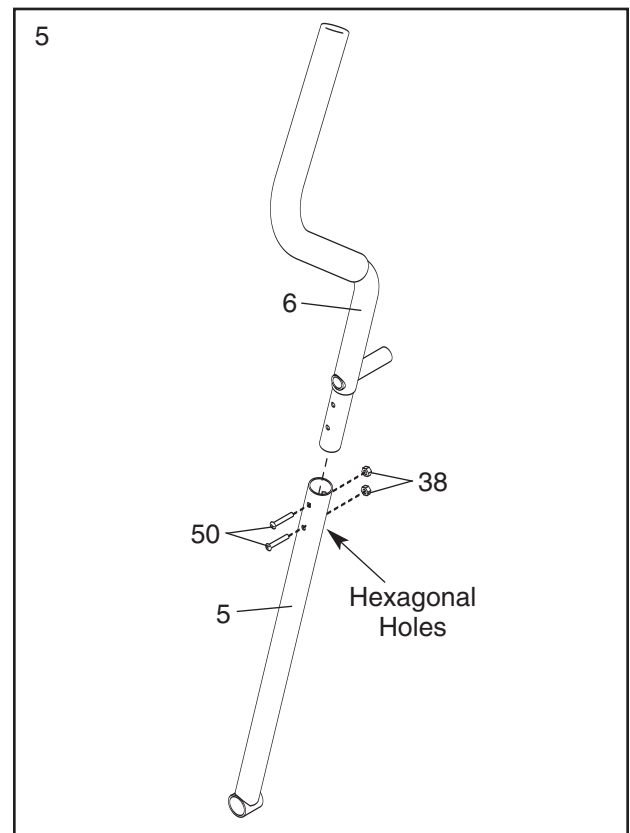
4. Connect the Upper Wire (44) to the wire on the Console (23). Next, attach the Console to the Upright (2) with four M4 x 12mm Screws (42).

Press the Resistance Knob (63) onto the Resistance Control (45).



5. Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Arms (5); **make sure that the Handlebar Arm is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar to one of the Handlebar Arms with two M8 x 45mm Button Bolts (50) and two M8 Nylon Locknuts (38). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

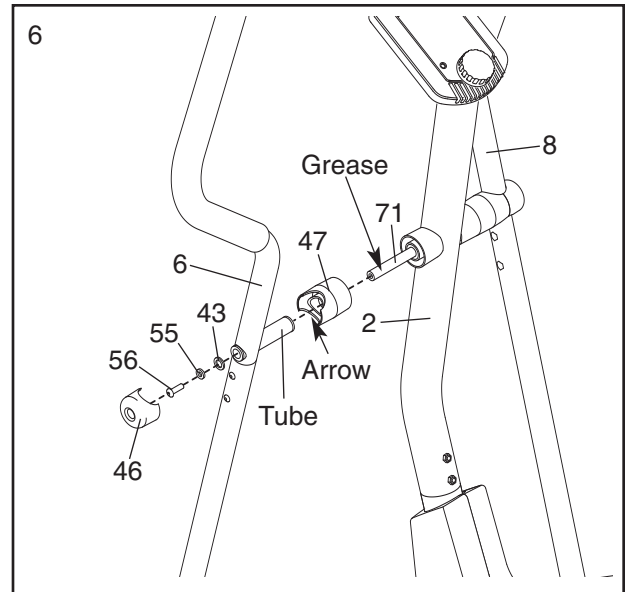
Attach the Right Handlebar to the other Handlebar Arm (not shown) in the same way.



6. Apply a generous amount of the included grease to the Pivot Axle (71) and to the two M8.5 Washers (55). Insert the Pivot Axle into the Upright (2) and center it. Reapply grease to both ends of the Pivot Axle.

Slide a Handlebar Spacer (47) onto the short tube on each Handlebar (6, 8), and rotate the Handlebar Spacers so the small arrows are pointing toward the floor. Then, slide the Handlebars onto the Pivot Axle (71). **Make sure that the Handlebars are on the correct sides.**

Tighten an M8 x 25mm Patch Screw (56) with an M8.5 Washer (55) and a Wave Washer (43) into each end of the Pivot Axle (71). Orient the two Handlebar Caps (46) as shown, and press the small tabs on the Handlebar Caps into the two Handlebar Spacers (47).



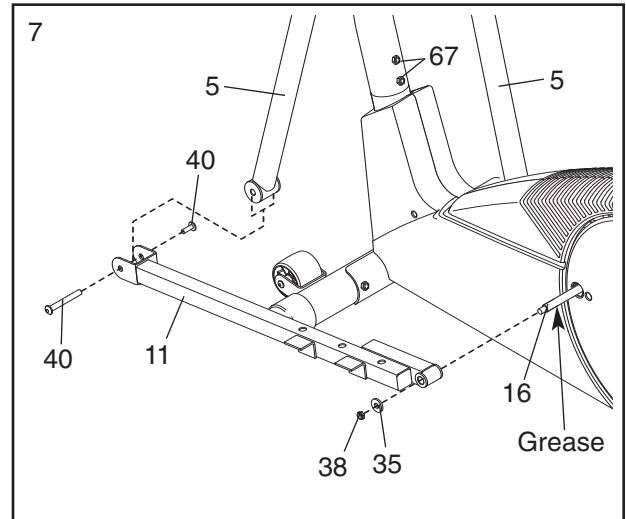
7. Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) onto the axle, and attach it with an M8.5 Large Washer (35) and an M8 Nylon Locknut (38).

Insert the left Handlebar Arm (5) into the bracket on the end of the Left Pedal Arm (11), and attach it with a Pedal Arm Bolt Set (40).

Repeat this step to attach the Right Pedal Arm (not shown).

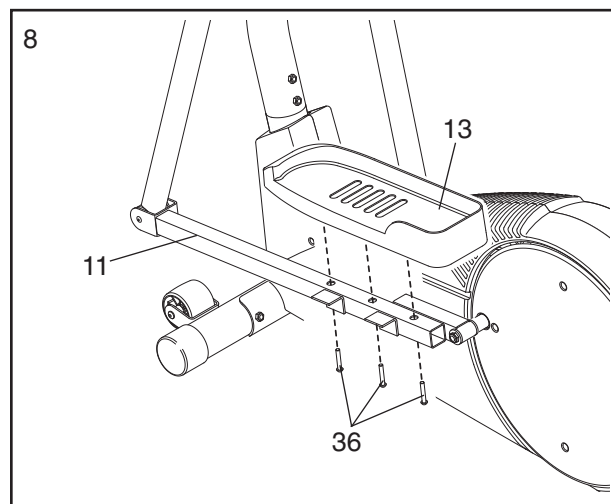
See step 5. Tighten the M8 x 45mm Button Bolts (50) in the Handlebar Arms (5).

Tighten the two M10 x 76mm Button Bolts (67).

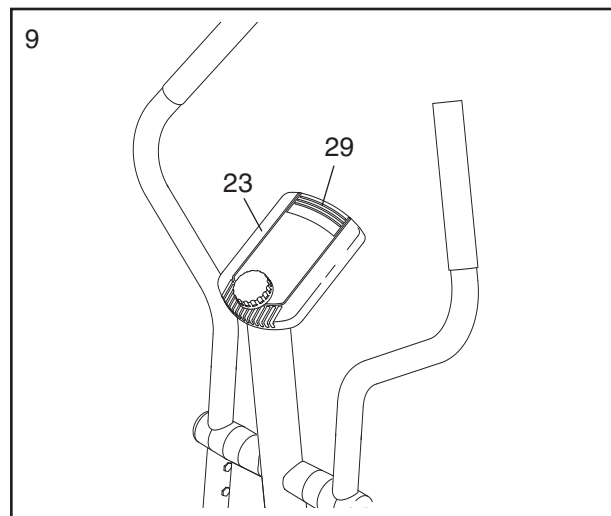


8. Find the Left Pedal (13), which has a ridge on the right side. Attach the Left Pedal to the Left Pedal Arm (11) with three M4 x 19mm Flange Screws (36) as shown.

Attach the Right Pedal to the Right Pedal Arm (not shown) in the same way.



9. The Console (23) requires three 1.5V “AAA” batteries; alkaline batteries are recommended. Slide off the Battery Cover (29) and press the batteries into the battery clip; **make sure that the negative (“-”) ends of the batteries are touching the springs in the battery clip.** Reattach the Battery Cover.

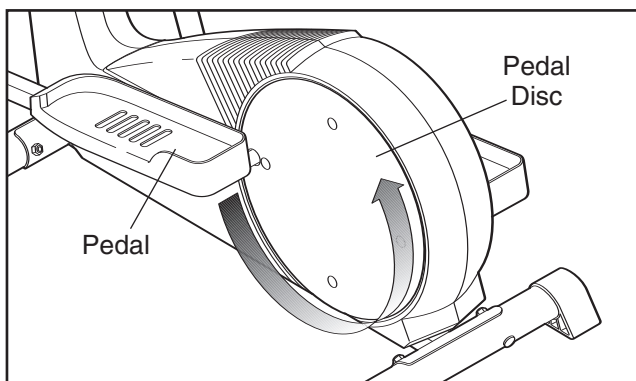


10. **Make sure that all parts of the elliptical exerciser are properly tightened.** Place a mat under the elliptical exerciser to protect the floor or carpet from damage.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, firmly hold the handlebars and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown below; however, to give variety to your exercise, you may choose to turn the pedal discs in the opposite direction.**

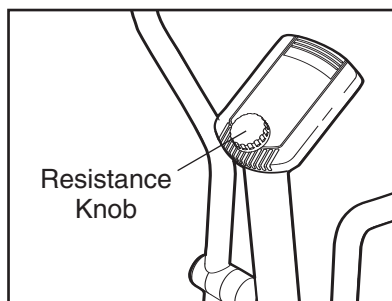


To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **CAUTION: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

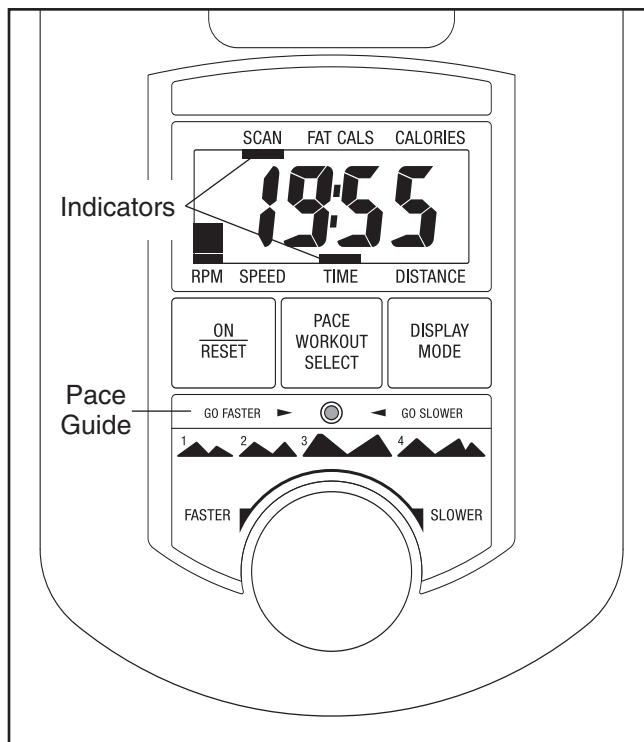
HOW TO ADJUST THE RESISTANCE OF THE PEDALS

As you exercise, you can adjust the resistance of the pedals with the resistance knob on the console. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.

Important: The knob may not stop turning when maximum or minimum resistance is reached. When the knob becomes more difficult to turn, stop turning it or damage will result.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective. As you pedal, the console will provide continuous exercise feedback.

The console also offers four pace workouts that prompt you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode of the console, see the instructions on page 11. **To use a pace workout,** see page 12.

Before using the console, make sure that batteries are installed (see assembly step 9 on page 9). If there is a sheet of clear plastic on the display, remove the plastic.

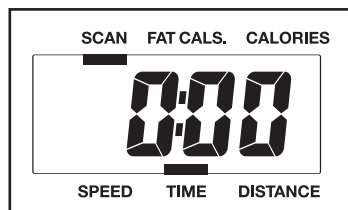
HOW TO USE THE MANUAL MODE

1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display and the pace guide will light for a moment; the console will then be ready for use.

2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Pace Workout Select button repeatedly until the scan and time indicators appear in the display.



3. Follow your progress with the display.

The console has six displays that show the following workout information:

Speed—This display shows your pedaling speed, in kilometers or miles per hour.

Time—This display shows the elapsed time. Note: When a pace workout is selected, the display shows the time remaining in the workout instead of the elapsed time.

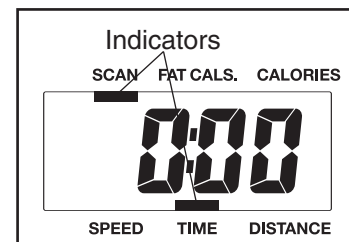
Distance—This display shows the distance you have pedaled, in kilometers or miles per hour.

Calories—This display shows the approximate number of calories you have burned.

Fat Calories—This display shows the approximate number of fat calories you have burned (see Burning Fat on page 14).

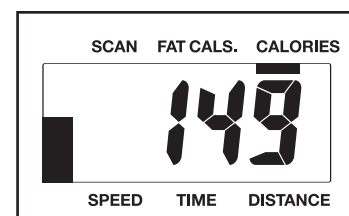
Scan—This display shows the speed, time, distance, calories, and fat calories displays for a few seconds each, in a repeating cycle.

When you turn the power on, the scan display will be selected automatically. One indicator will appear below the word Scan to show



that the scan display is selected, and a second indicator will show which information is currently displayed. Note: If you have selected a different display option, press the Display Mode button repeatedly to reselect the Scan display.

To select speed, time, distance, calories, or fat calories information for continuous display, press the Display Mode



button repeatedly. The indicators will show which display is selected. Make sure there is not an indicator below the word Scan.

As you pedal, the RPM meter on the left side of the display will indicate your approximate pedaling pace in revolutions per minute (RPM). The lowest bar on the RPM meter indicates a pedaling pace of 30 rpm. Additional bars will appear in increments of 10 rpm.

Note: The console can show speed and distance in either kilometers or miles. The letters “km/h” or “mph” will appear in the display to show which unit of measurement is selected. To change the unit of measurement, hold down the On/Reset button for several seconds until the desired unit of measurement appears in the display.

To reset the display, press the On/Reset button.

To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

4. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

HOW TO USE A PACE WORKOUT

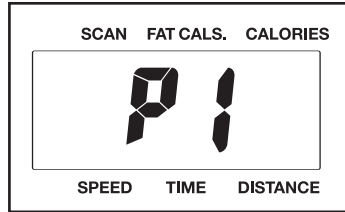
1. Turn on the console.

See step 1 on page 11.

2. Select a pace workout.

To select a pace workout, press the Pace Workout Select button repeatedly until P1, P2, P3, or P4

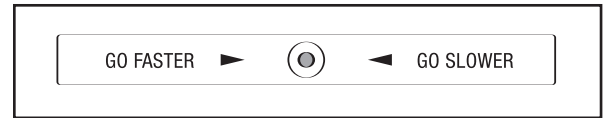
appears in the display. A few seconds after you select a pace workout, the display will show the length of the workout.



3. Begin pedaling to start the workout.

The pace workouts consist of 20 or 30 one-minute segments. A target pace is programmed for each segment. Note: You can set the resistance level as desired during a pace workout.

During the workout, the pace guide will prompt you to keep your pedaling pace near the target pace setting for the current segment. When the left indicator lights, increase your pace; when the right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



The display will show the time remaining in the workout. If you stop pedaling, the workout will pause and the time will flash in the display. To restart the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 3 on page 11.

5. When you are finished exercising, the console will turn off automatically.

See step 4 on page 11.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

The elliptical exerciser can be cleaned with a soft cloth and a small amount of mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

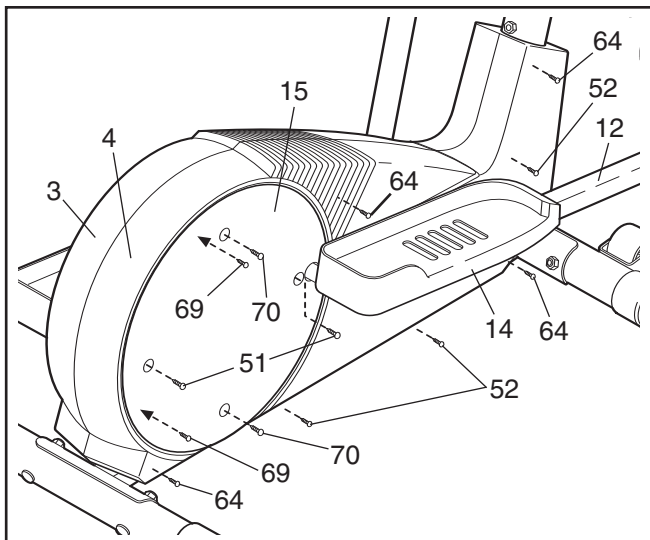
When storing the elliptical exerciser, remove the batteries from the console. Keep the elliptical exerciser in a clean, dry location, away from moisture and dust.

CONSOLE TROUBLESHOOTING

If the console does not function properly, replace the batteries (see assembly step 9 on page 9).

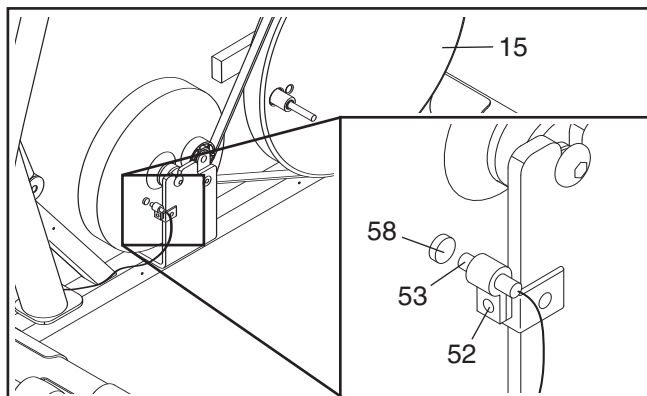
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first see assembly step 8 on page 9 and remove the Pedals (13, 14). Next, see step 7 on page 7 and remove the Pedal Arms (11, 12).



Next, remove all of the Screws (51, 70) from the right Pedal Disc (15), and slide the Pedal Disc off. Remove all Screws (52, 64, 69) from the Right Side Shield (4), and remove the Right Side Shield. Remove all Screws (52) from the Left Side Shield (3), and remove the Left Side Shield.

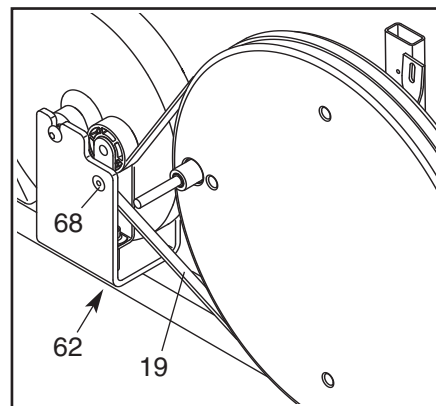
Next, see the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated Screw (52). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel. Retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays correct feedback.



When the Reed Switch (53) is correctly adjusted, reattach the Side Shields (3, 4), the right Pedal Disc (15), the Pedal Arms (11, 12), and the Pedals (13, 14).

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance knob is turned to the maximum setting, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must remove both side shields. See the instructions at the left and remove the side shields.



Next, loosen the M8 x 22mm Flat Head Bolt (68) and turn the M10 x 60mm Button Screw (62) until the Drive Belt (19) is tight. Once the Drive Belt is tight, tighten the Flat Head Bolt. Reattach the side shields.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning, maximum fat burning, and aerobic exercise.

165	155	145	140	130	125	115	❤
145	138	130	125	118	110	103	❤
125	120	115	110	105	95	90	❤
20	30	40	50	60	70	80	

To find the proper intensity level, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

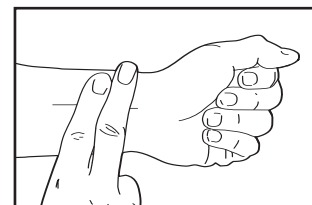
Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training

zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. Note: If your exercise equipment includes a pulse sensor, you can use the pulse sensor to measure your heart rate.



WORKOUT GUIDELINES

Warm-up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cool-down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

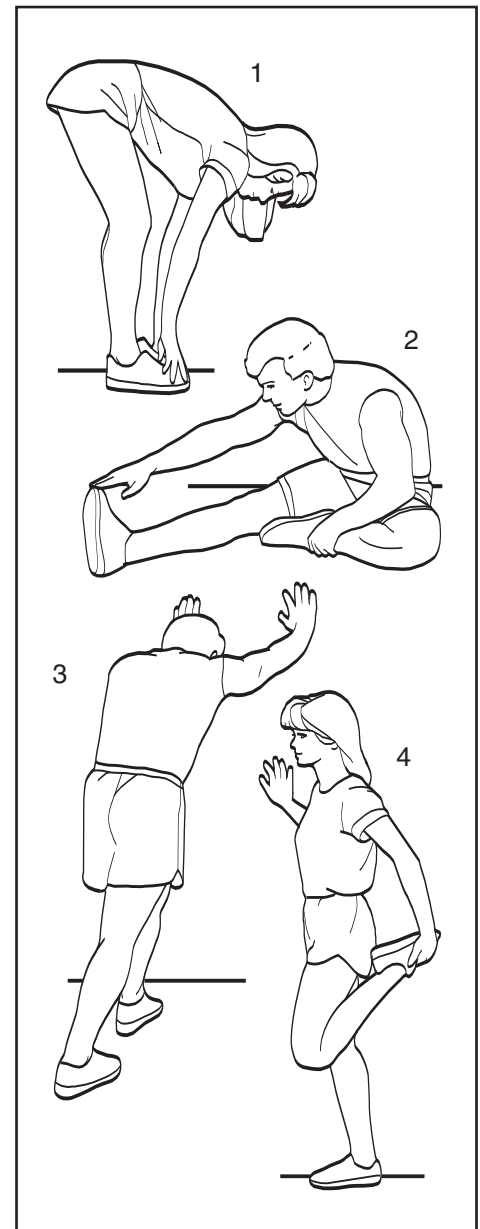
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



NOTES

NOTES

PART LIST—Model No. PFEVEL2483.2

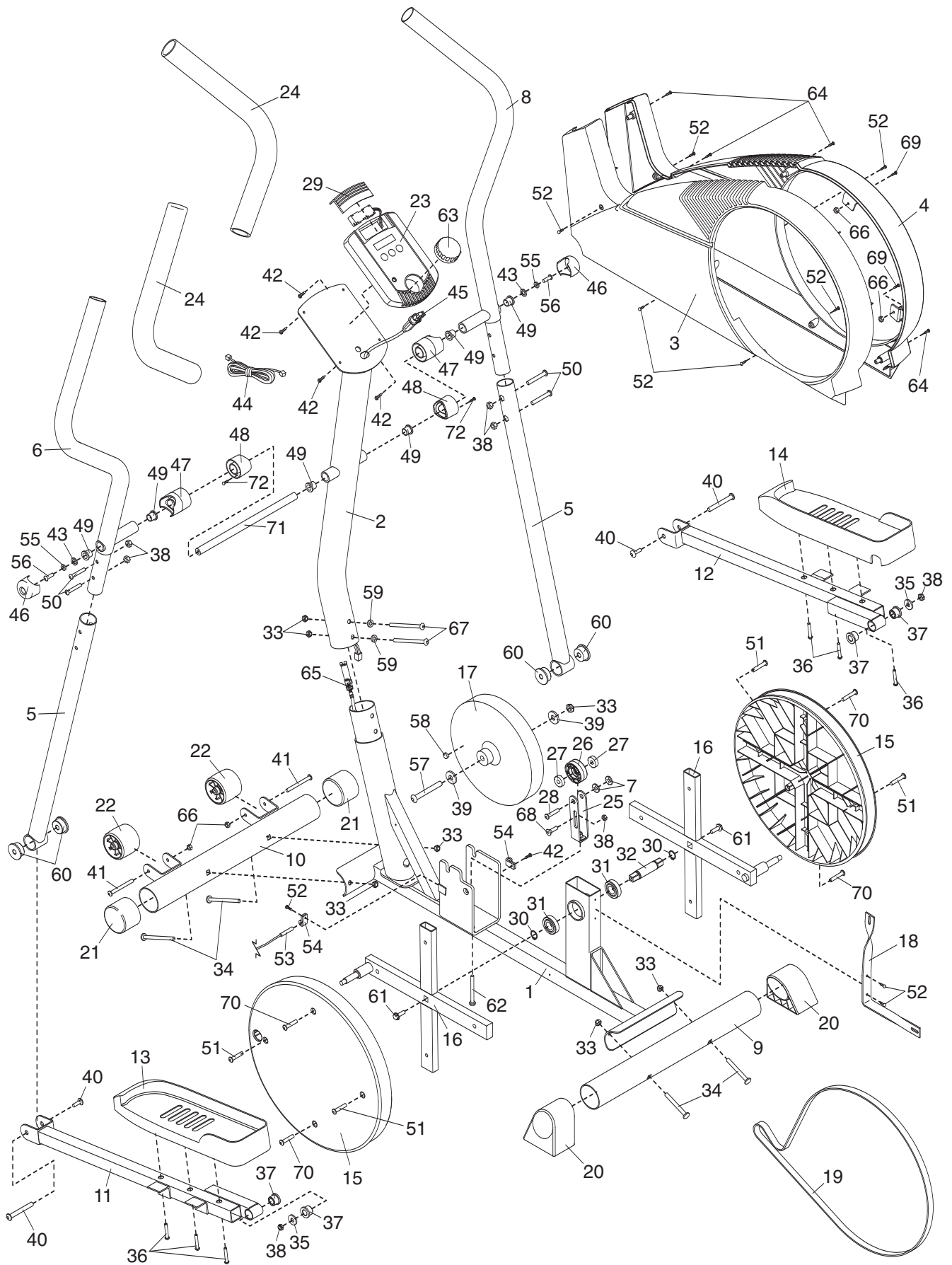
R0507A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	39	2	M10 Washer
2	1	Upright	40	2	Pedal Arm Bolt Set
3	1	Left Side Shield	41	2	M6 x 72mm Button Bolt
4	1	Right Side Shield	42	5	M4 x 12mm Screw
5	2	Handlebar Arm	43	2	Wave Washer
6	1	Left Handlebar	44	1	Upper Wire
7	2	Push Nut	45	1	Resistance Control/Cable
8	1	Right Handlebar	46	2	Handlebar Cap
9	1	Rear Stabilizer	47	2	Handlebar Spacer
10	1	Front Stabilizer	48	2	Frame Spacer
11	1	Left Pedal Arm	49	6	Small Handlebar Arm Bushing
12	1	Right Pedal Arm	50	4	M8 x 45mm Button Bolt
13	1	Left Pedal	51	4	M6 x 25mm Screw
14	1	Right Pedal	52	9	M4 x 16mm Self-tapping Screw
15	2	Pedal Disc	53	1	Reed Switch/Wire
16	2	Disc Crossbar	54	2	Cable Clamp
17	1	Flywheel	55	2	M8.5 Washer
18	1	Side Shield Bracket	56	2	M8 x 25mm Patch Screw
19	1	Drive Belt	57	1	M10 Flat Head Bolt
20	2	Rear Endcap	58	1	Magnet
21	2	Front Endcap	59	2	M10 Split Washer
22	2	Wheel	60	4	Large Handlebar Arm Bushing
23	1	Console	61	2	5/16" x 25.4mm Hex Bolt
24	2	Handgrip	62	1	M10 x 60mm Button Screw
25	1	Idler Bracket	63	1	Resistance Knob
26	1	Idler Wheel	64	4	M4 x 25mm Screw
27	2	Idler Wheel Bearing	65	1	Lower Resistance Cable
28	1	Idler Wheel Axle	66	4	M6 Nylon Locknut
29	1	Battery Cover	67	2	M10 x 76mm Button Bolt
30	2	Large Snap Ring	68	1	M8 x 22mm Flat Head Bolt
31	2	Large Bearing	69	2	M6 x 18mm Bolt
32	1	Pedal Axle	70	4	M6 x 28mm Screw
33	7	M10 Nylon Locknut	71	1	Pivot Axle
34	4	M10 x 75mm Carriage Bolt	72	2	M3 x 12mm Screw
35	2	M8.5 Large Washer	*	—	Hex Key
36	6	M4 x 19mm Flange Screw	*	—	Grease
37	4	Pedal Arm Bushing	*	—	User's Manual
38	7	M8 Nylon Locknut			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. PFEVEL2483.2

R0507A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and EXPLODED DRAWING near the end of this manual)