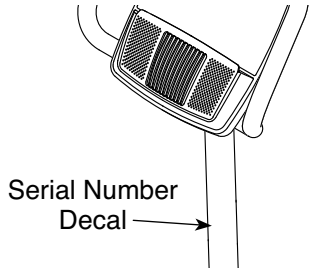
PRO-FORM®
225 CSX

Model No. PFEX32921-INT.0
Serial No. _____

Write the serial number in the space above for reference.



MEMBER CARE

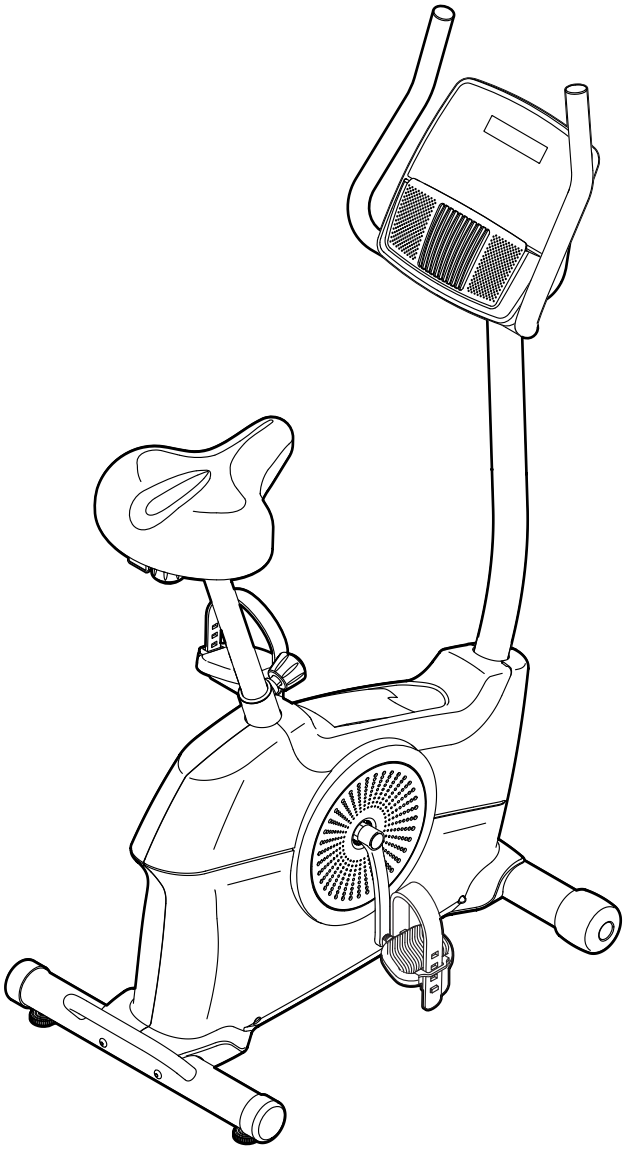
UNITED KINGDOM
Call: 0330 123 1045
From Ireland: 053 92 36102
Website: iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
Unit 4, Westgate Court
Silkwood Park
OSSETT
WF5 9TT
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
E-mail: australiacc@iconfitness.com
Write:
iFIT Inc.
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

⚠ CAUTION

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

USER'S MANUAL



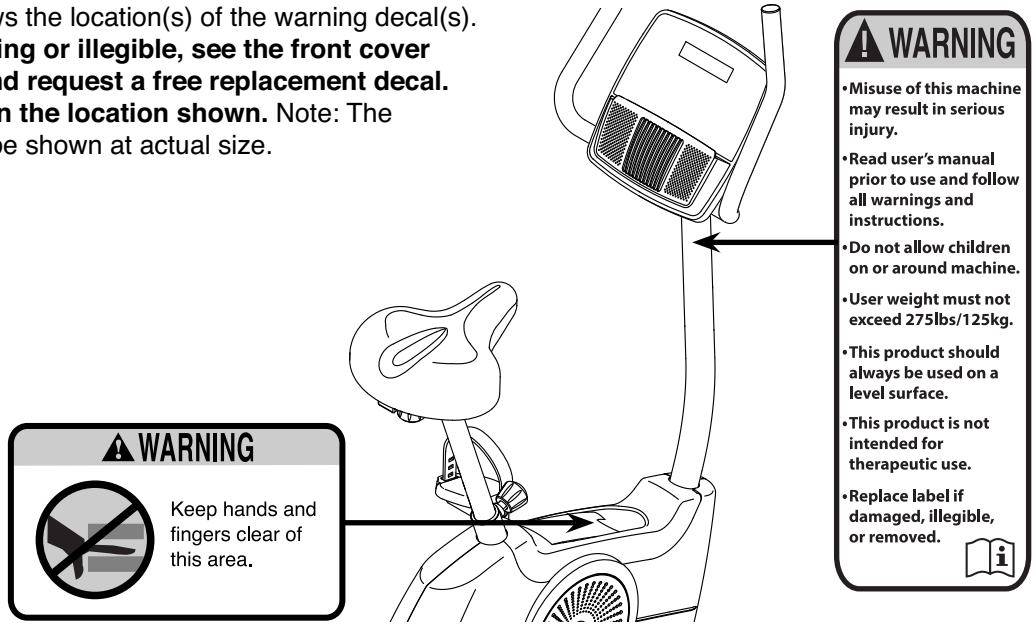
iconeurope.com

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



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IMPORTANT PRECAUTIONS

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

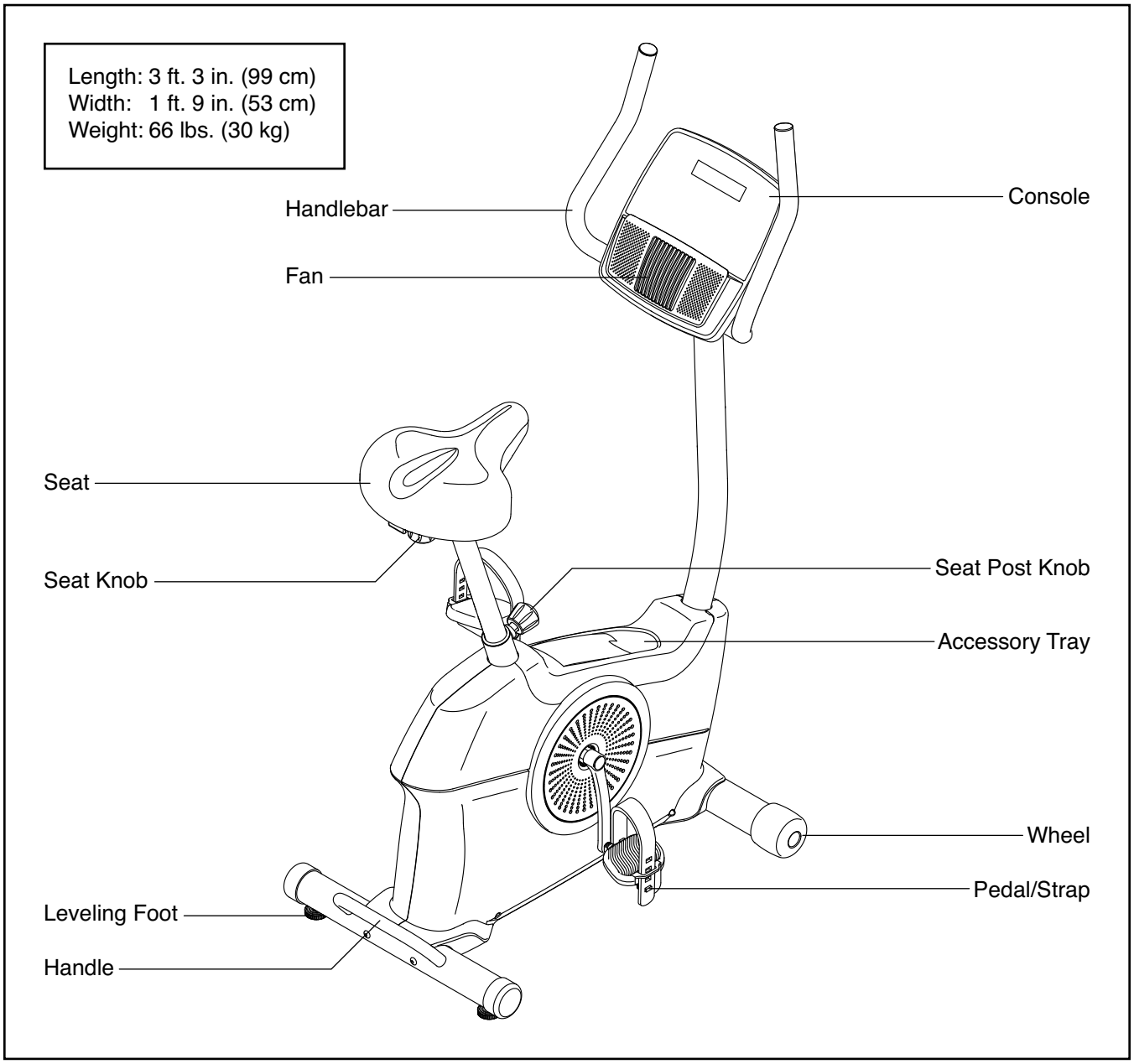
1. **It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.**
2. **Keep children under age 16 and pets away from the exercise bike at all times.**
3. **Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.**
4. **Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the exercise bike only as authorized by your health care provider.**
5. **The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.**
6. **Use the exercise bike only as described in this manual.**
7. **The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.**
8. **Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.**
9. **Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.**
10. **Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.**
11. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.**
12. **The exercise bike should not be used by persons weighing more than 275 lbs. (125 kg).**
13. **Be careful when mounting and dismounting the exercise bike.**
14. **Always keep your back straight while using the exercise bike; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 225 CSX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 225 CSX exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

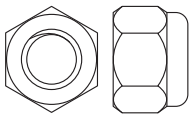
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

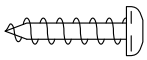


PART IDENTIFICATION CHART

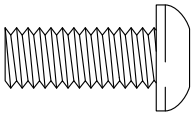
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



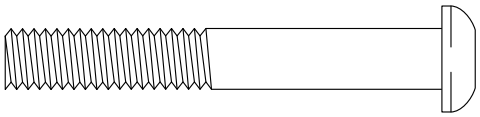
M8 Locknut
(17)–2



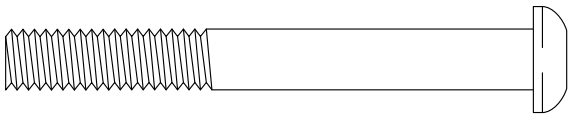
M4 x 16mm
Screw (2)–6



M8 x 20mm
Screw (29)–4



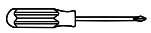
M8 x 58mm Bolt
(24)–2

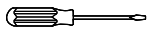


M8 x 70mm Screw
(46)–4

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

  one Phillips screwdriver 

  one standard screwdriver 

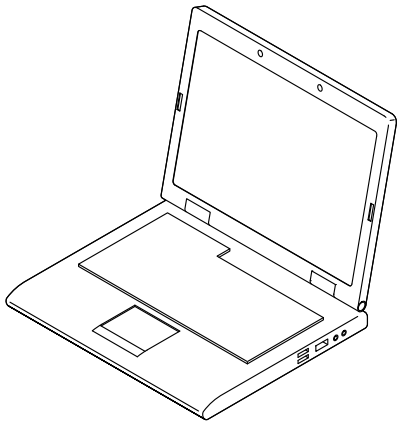
  one adjustable wrench 

  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **To register your product and activate your warranty in the UK,** go to iconsupport.eu. If you do not have internet access, call Member Care (see the front cover of this manual).

   To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.
   - your receipt (make sure to keep a copy)
   - your name, address, and telephone number
   - the model number, serial number, and name of your product (see the front cover of this manual)

1



2. Using a standard screwdriver, carefully pry the Shield Cover (26) off the Left and Right Shields (37, 58).

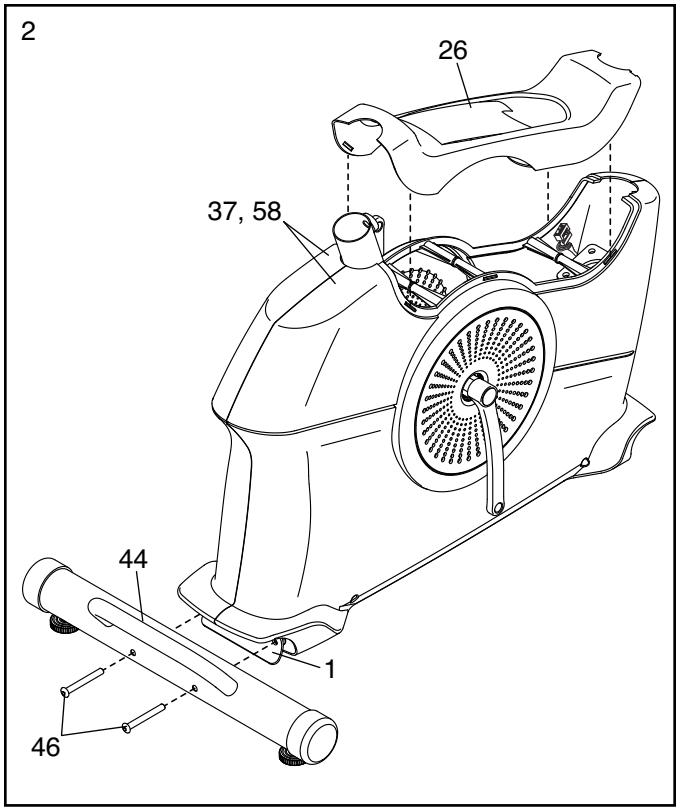
   If there is a shipping tube (not shown) on the rear of the Frame (1), remove the screws from the shipping tube, and discard the screws and the shipping tube.

   Set a sturdy piece of packing material under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

   Identify the Rear Stabilizer (44), which has a handle.

   Attach the Rear Stabilizer (44) to the Frame (1) with two M8 x 70mm Screws (46).

   Then, remove the packing material from under the rear of the Frame (1).

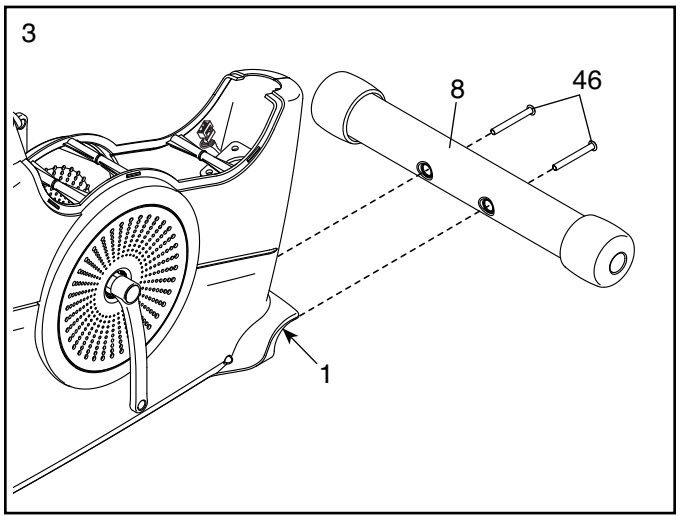


3. If there is a shipping tube (not shown) on the front of the Frame (1), remove the screws from the shipping tube and discard the screws and the shipping tube.

   Set a sturdy piece of packing material under the front of the Frame (1).

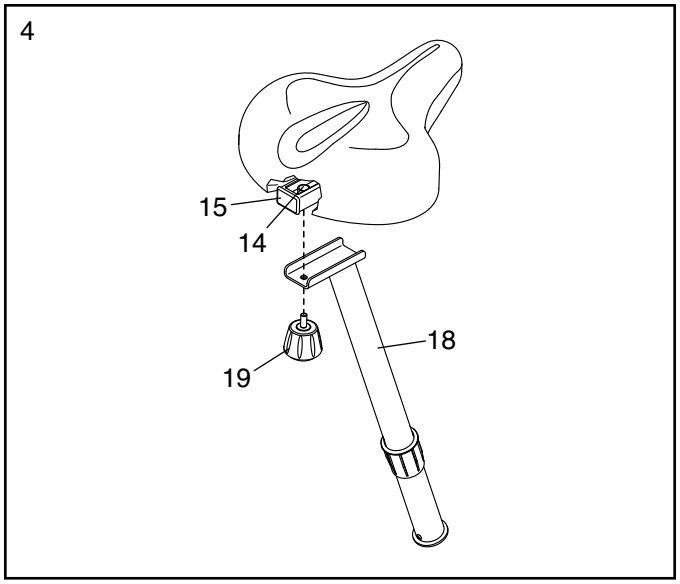
   Attach the Front Stabilizer (8) to the Frame (1) with two M8 x 70mm Screws (46).

   Then, remove the packing material from under the front of the Frame (1).



4. Set the Seat Carriage (15) on the Seat Post (18) and hold it in place.

   Insert the Seat Knob (19) upward into the Seat Post (18), and tighten the Seat Knob into the Seat Bracket (14) inside the Seat Carriage (15).



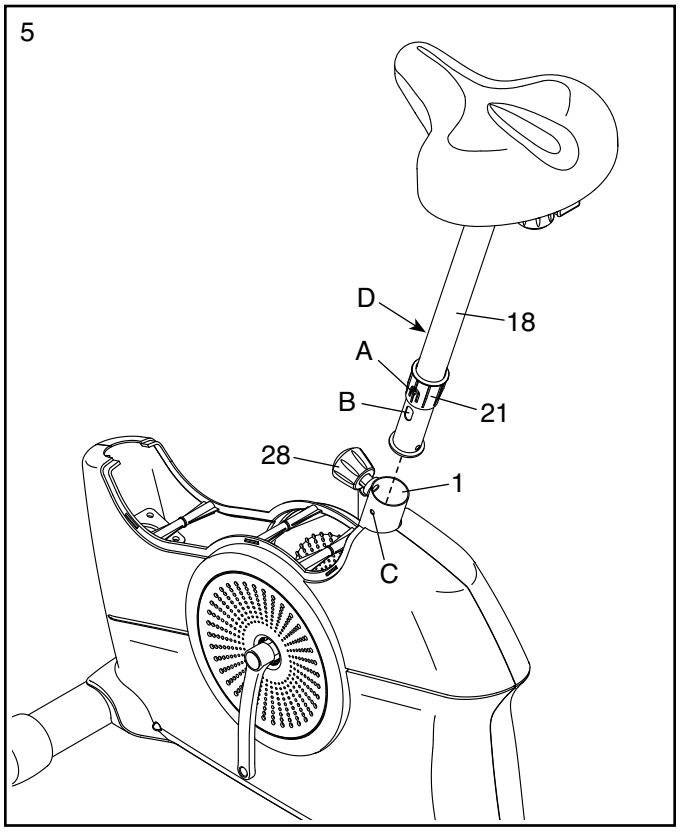
5. Hold the Seat Post (18) near the Frame (1), and position the Seat Post Bushing (21) so that the lock tab (A) is covering the oval hole (B) in the Seat Post.

   Have a second person loosen the Seat Post Knob (28) a few turns and pull it outward.

   Insert the Seat Post (18) and the Seat Post Bushing (21) into the Frame (1) until the lock tab (A) snaps into the indicated hole (C) in the Frame.

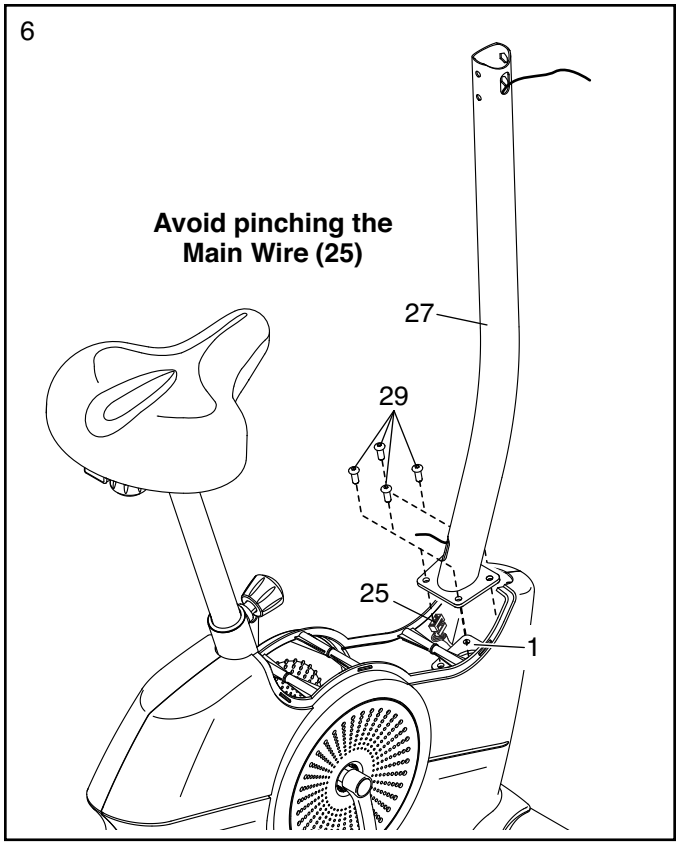
   Next, slide the Seat Post (18) upward or downward to the desired position, and release the Seat Post Knob (28) into an adjustment hole (D) in the Seat Post. Then, tighten the Seat Post Knob.

   Move the Seat Post (18) upward or downward slightly to make sure that the Seat Post Knob (28) is engaged in an adjustment hole (D).



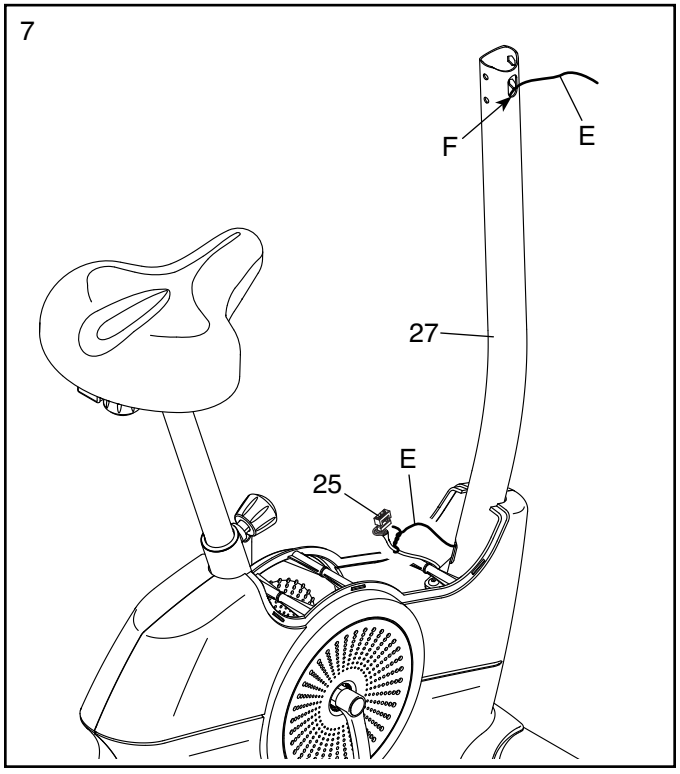
6. **Tip: Avoid pinching the Main Wire (25).** Orient the Upright (27) as shown, and hold it on the Frame (1).

   Attach the Upright (27) with four M8 x 20mm Screws (29); **start all the Screws, and then tighten them.**

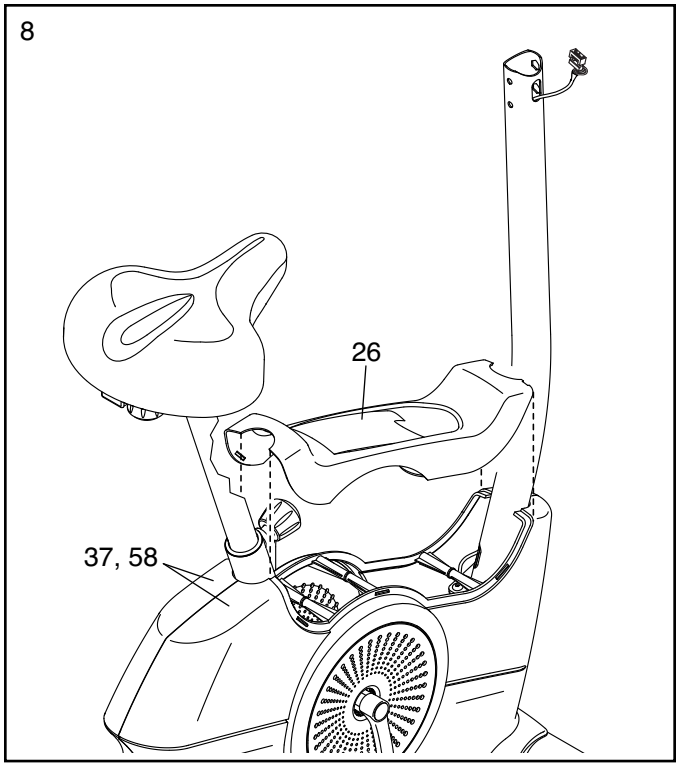


7. Locate the lower end of the wire tie (E) in the Upright (27). Tie the wire tie to the Main Wire (25). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright and out of the indicated hole (F).

   Tip: To prevent the Main Wire (25) from falling into the Upright (27), secure the Main Wire with the wire tie (E).



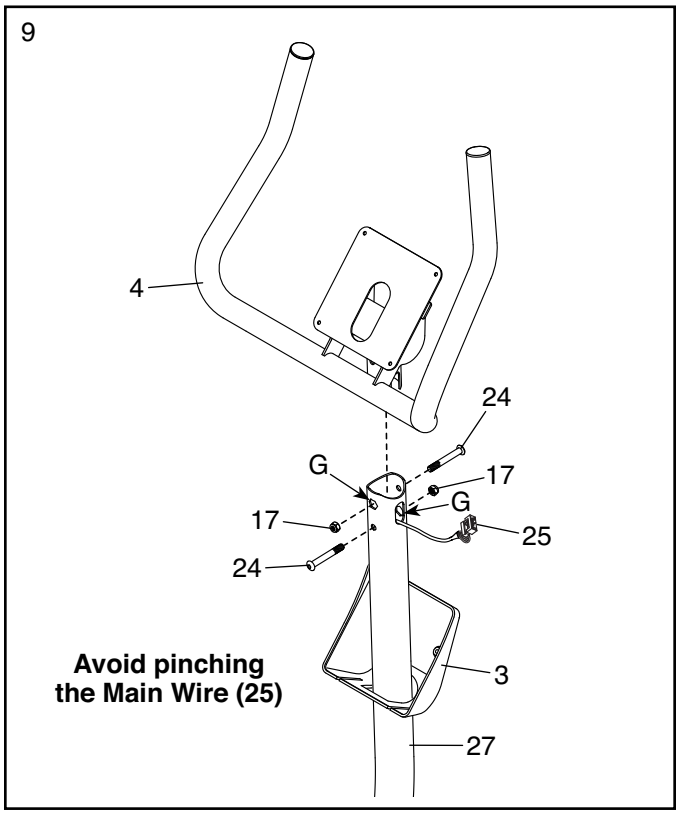
8. Orient the Shield Cover (26) as shown, and press it onto the Left and Right Shields (37, 58).



9. Orient the Console Cover (3) as shown, and slide it onto the Upright (27).

   Tip: Avoid pinching the Main Wire (25). Insert the Handlebar (4) into the Upright (27).

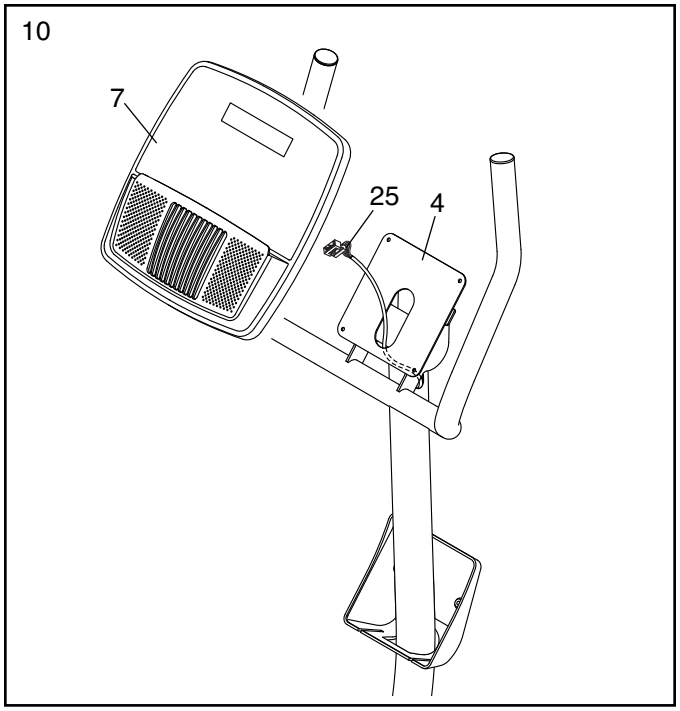
   Attach the Handlebar (4) with two M8 x 58mm Bolts (24) and two M8 Locknuts (17). **Make sure that the Locknuts are in the hexagonal holes (G).**



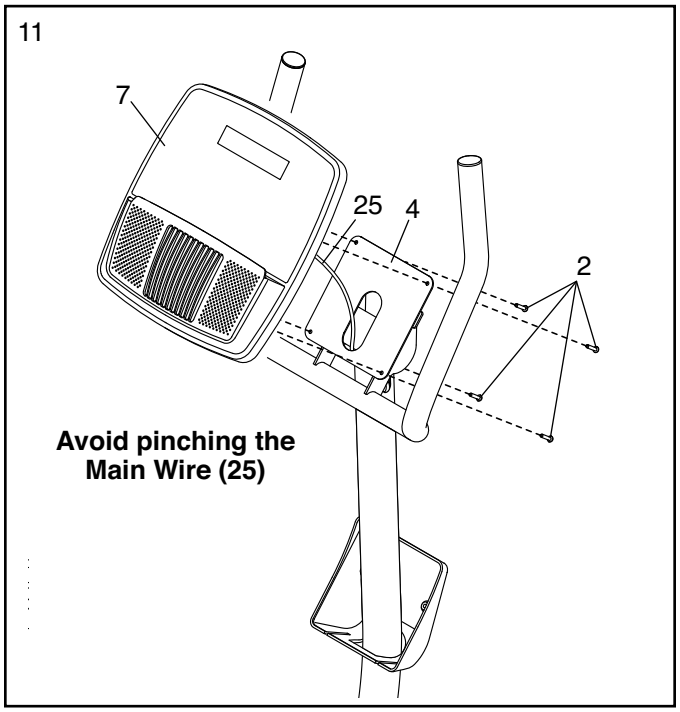
10. Untie and discard the wire tie on the Main Wire (25). Then, route the Main Wire upward through the Handlebar (4) as shown.

    While a second person holds the Console (7) near the Handlebar (4), plug the Main Wire (25) into the receptacle on the Console. **Tip: The wire connector should slide in easily and snap into place with an audible click. If it does not, turn the connector and try again.**

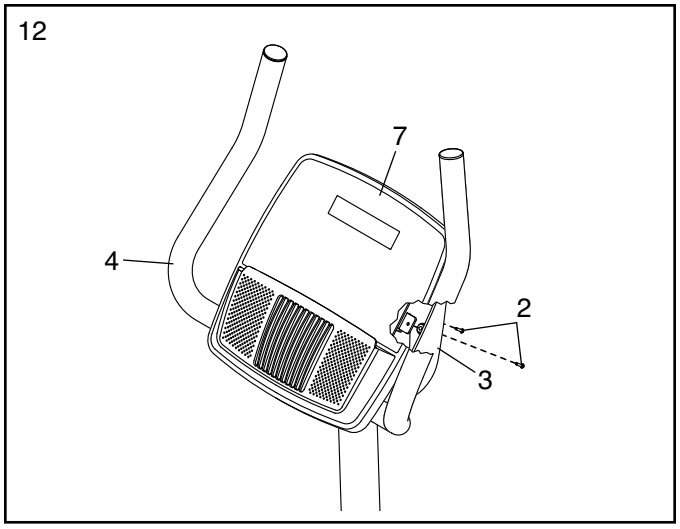
    Then, insert the excess wire into the Handlebar (4).



11. **Tip: Avoid pinching the Main Wire (25).** Attach the Console (7) to the Handlebar (4) with four M4 x 16mm Screws (2); **start all the Screws, and then tighten them.**



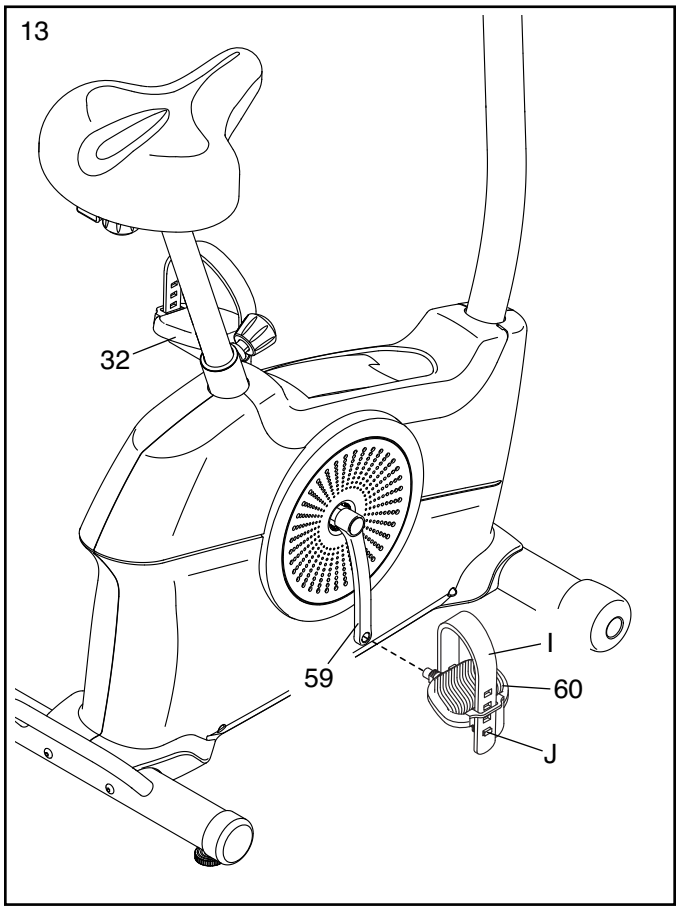
12. Slide the Console Cover (3) upward to the Handlebar (4). Attach the Console Cover to the Handlebar and to the Console (7) with two M4 x 16mm Screws (2).



13. Identify the Right Pedal (60). Using your fingers, turn the Right Pedal about halfway into the Right Crank Arm (59). Then, use an adjustable wrench to **firmly tighten** the Right Pedal.

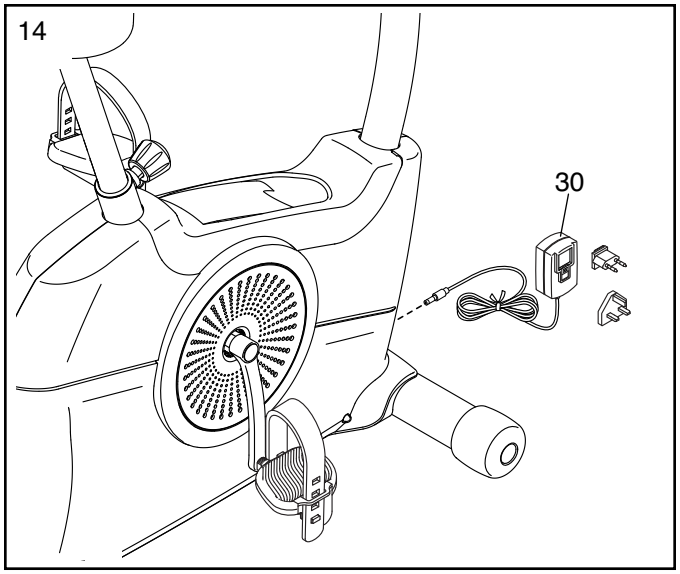
Repeat this step with the Left Pedal (32). IMPORTANT: You must turn the Left Pedal COUNTERCLOCKWISE to attach it.

Adjust the strap on the Right Pedal (60) to the desired position, and press the ends of the strap (I) onto the tabs (J) on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



14. Plug the Power Adapter (30) into the receptacle on the front of the exercise bike.

    Note: To plug the Power Adapter (30) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.

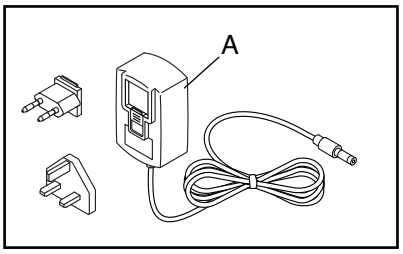


15. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly, that it functions properly, and that all parts are properly tightened.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

HOW TO USE THE EXERCISE BIKE

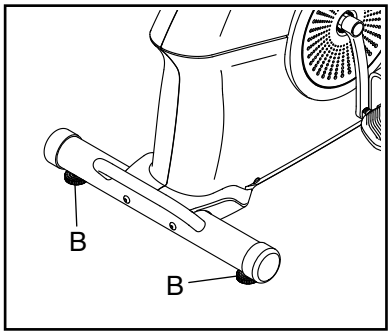
HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.



Plug the power adapter (A) into the receptacle on the front of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

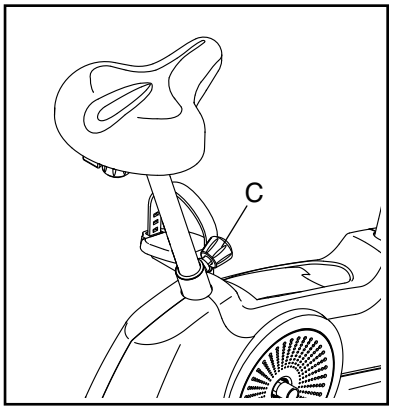
HOW TO LEVEL THE EXERCISE BIKE



If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet (B) beneath the rear stabilizer until the rocking motion is eliminated.

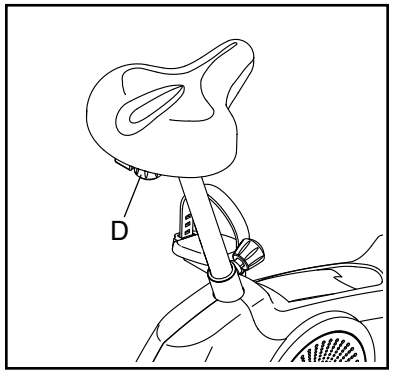
HOW TO ADJUST THE HEIGHT OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.



To adjust the seat, first loosen the seat post knob (C) a few turns and pull it outward. Next, slide the seat post upward or downward to the desired position, and release the seat post knob into an adjustment hole in the seat post. Then, tighten the seat post knob. **Move the seat post upward or downward slightly to make sure that the seat post knob is engaged in one of the adjustment holes.**

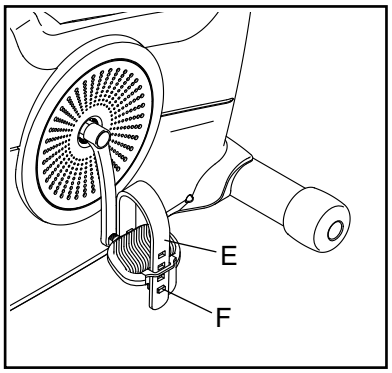
HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT



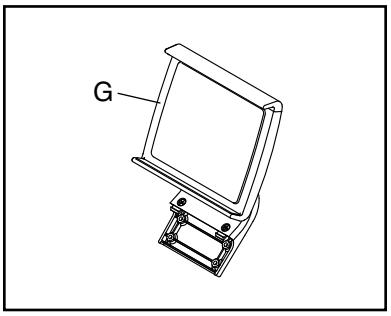
To adjust the horizontal position of the seat, loosen the seat knob (D) a few turns, move the seat forward or backward to the desired position, and then firmly tighten the seat knob.

HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps (E) off the tabs (F) on the pedals. Then, adjust the straps to the desired position, and press the ends of the straps onto the tabs.



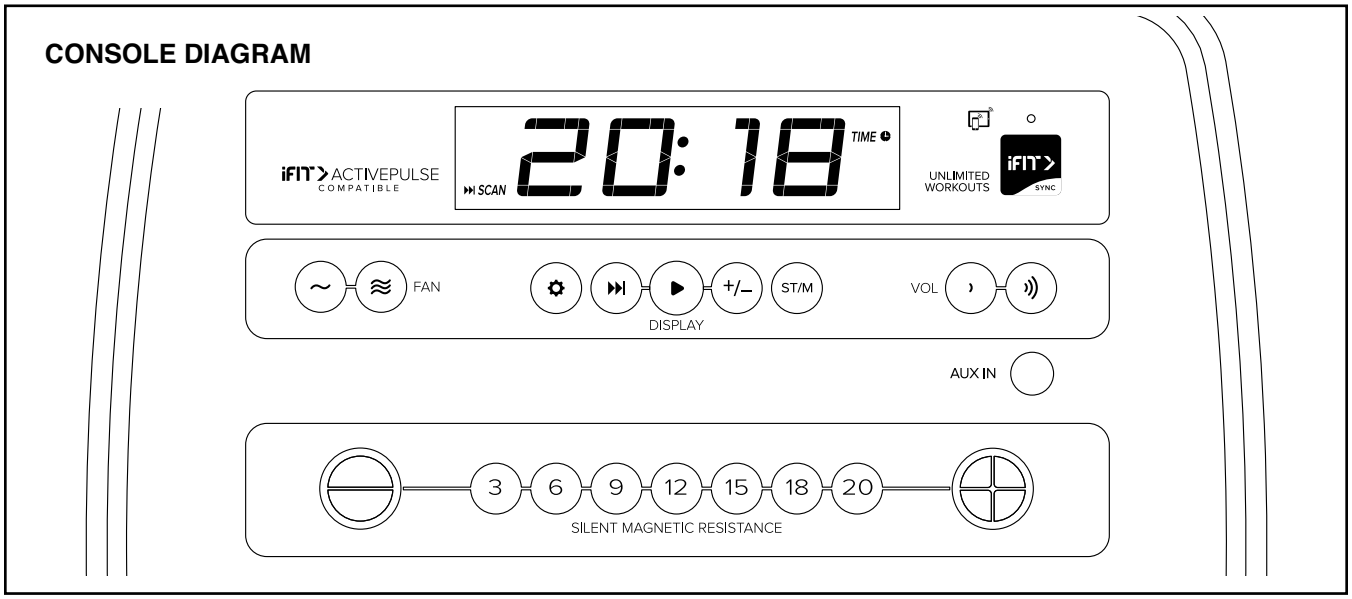
THE OPTIONAL TABLET HOLDER



The optional tablet holder (G) will hold your tablet securely in place and enable you to use your tablet while you exercise. The optional tablet holder is designed for use with most full-size tablets. **To purchase a tablet holder, please see the front cover of this manual.**

HOW TO USE THE CONSOLE

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor.

You can also use the console sound system while you exercise.

The console also offers unlimited iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

With the iFIT app, you can access a large and varied library of iFIT video workouts, create your own workouts, track your workout results, and access many other features.

Each iFIT workout automatically changes the resistance of the pedals as an iFIT coach guides you through an immersive and effective video workout.

To use the manual mode, see page 17. **To use an iFIT workout,** see page 19.

To connect your heart rate monitor to the console, see page 20. **To use the sound system,** see page 21. **To change console settings,** see page 22.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

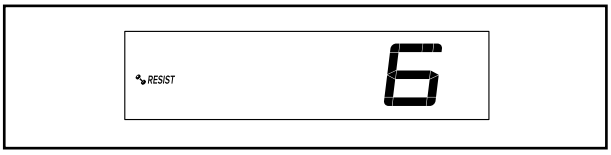
2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected automatically.

3. **Change the resistance of the pedals as desired.**

   Begin pedaling to start the manual mode.

   As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered Silent Magnetic Resistance buttons or press the Silent Magnetic Resistance increase and decrease buttons.



   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The display can show the following workout information:

   Calories (CALS)—The approximate number of calories you have burned.

   Calories per Hour (CALS/HR)—The approximate number of calories you are burning per hour.

Distance (MI or KM)—The distance that you have pedaled in miles or kilometers. To change the unit of measurement, press the St/M button.

Pace—Your pedaling speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/M button.

Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see step 5).

Resistance (RESIST)—The resistance level of the pedals.

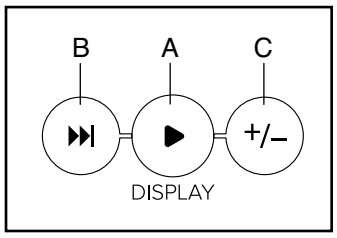
RPM—Your pedaling speed in revolutions per minute (RPM).

Speed (MPH or KPH)—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/M button.

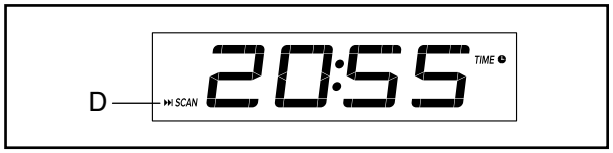
Time—The elapsed time.

Vertical Distance—Your vertical distance in feet or meters.

Press the Display button (A) repeatedly to view the desired workout information in the display.



Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. To turn on the scan mode, press the Scan button (B); the scan indicator (D) and the word SCAN will turn on in the display.



To manually advance the scan cycle, press the Scan button repeatedly.

To turn off the scan mode, press the Display button; the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

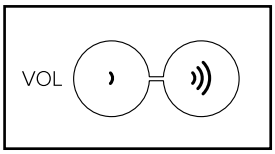
To customize the scan mode, first press the Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Remove button (C) to add or remove that workout information from the scan cycle. **When workout information is added,** its indicator will turn on in the display. **When workout information is removed,** its indicator will turn off.

Then, press the Scan button to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a compatible heart rate monitor.

To change the volume level of the console, press the Vol increase and decrease buttons.



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

5. **Wear a compatible heart rate monitor and measure your heart rate if desired.**

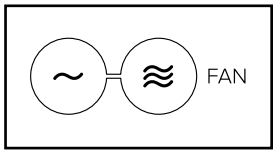
You can wear a compatible heart rate monitor to measure your heart rate. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

A compatible heart rate monitor is included with some models. If a heart rate monitor is included, see THE HEART RATE MONITOR in this manual to learn how to use it.

If this model does not include a compatible heart rate monitor, see page 21 for information about ordering one.

To connect a compatible heart rate monitor to the console, press the iFIT Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice. When your heartbeat is detected, your heart rate will be shown. See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 20 for more information.

6. **Turn on the fan if desired.**



The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the Fan increase and decrease buttons on the console repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals are not moved for a while when the home screen is selected, the fan will turn off automatically.

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

If the pedals do not move for several seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

Note: The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

HOW TO USE AN IFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

Note: The console supports Bluetooth connections to smart devices via the iFIT app and to compatible heart rate monitors. Other Bluetooth connections are not supported.

1. **Download and install the iFIT app on your smart device.**

   On your iOS® or Android™ smart device, open the App Store℠ or the Google Play™ store, search for the free iFIT app, and then install the app on your smart device. **Make sure that the Bluetooth option is enabled on your smart device.**

   Then, open the iFIT app and follow the instructions to set up an iFIT account and customize settings.

   Take time to explore the iFIT app and learn about its features and settings.

2. **Connect your heart rate monitor to the console if desired.**

   If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 20.

3. **Connect your smart device to the console.**

   Press the iFIT Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFIT app to connect your smart device to the console.

   When a connection is established, the LED on the console will turn solid blue.

4. **Select an iFIT workout.**

   In the iFIT app, touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

   To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

   When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. **Start the workout.**

   Touch *Start Workout* to start the workout.

   During some workouts, an iFIT coach will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

   During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

   If the resistance setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the Resistance buttons on the console.

   To return to the programmed resistance settings of the workout, touch *Follow Trainer*.

   Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the home screen.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

6. **Disconnect your smart device from the console.**

   To disconnect your smart device from the console, first select the disconnect option in the iFIT app. Then, press and hold the iFIT Sync button on the console until the LED on the console turns solid green.

   Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

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

   If the pedals do not move for a few seconds, the console will pause.

   The console has an auto-off feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the console will turn off automatically.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all Bluetooth Smart heart rate monitors.

To connect your Bluetooth Smart heart rate monitor to the console, press the iFIT Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

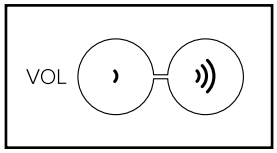
Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFIT Sync button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

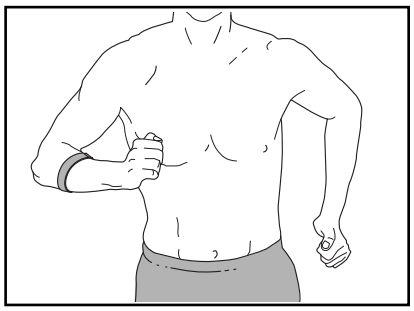
HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**



Next, press the play button on your personal audio player. Adjust the volume level using the Vol increase and decrease buttons on the console or the volume control on your personal audio player.

THE OPTIONAL HEART RATE MONITOR



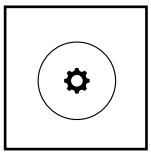
Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase an optional heart rate monitor, please see the front cover of this manual.**

Note: The console is compatible with all Bluetooth Smart heart rate monitors.

HOW TO CHANGE CONSOLE SETTINGS

1. **Select the settings mode.**

   To select the settings mode, press the settings button (gear icon). The first settings screen will appear in the display.



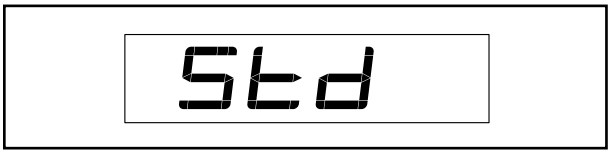
2. **Navigate the settings mode.**

   While the settings mode is selected, you can navigate through several settings screens. Press the Display button repeatedly to select the desired settings screen.

3. **Change settings as desired.**

   Software Version Number—The software version number will appear in the display.

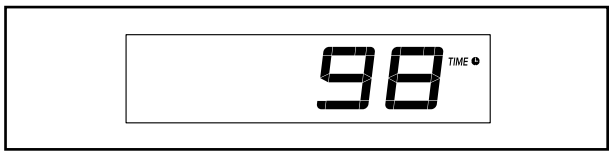
   Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.



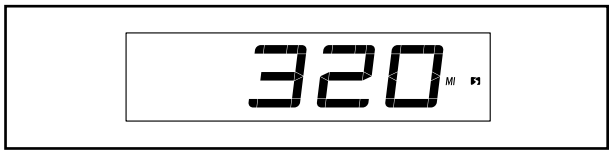
   Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

   Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

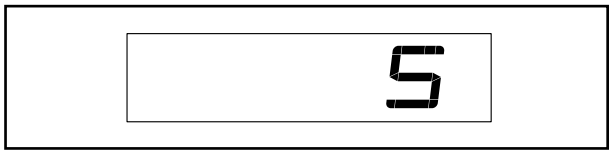
   Total Time—The word TIME will appear in the display. The display will show the total number of hours that the exercise bike has been used.



   Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the exercise bike has been pedaled.



   Contrast Level—The currently selected contrast level will appear in the display. Press the Silent Magnetic Resistance increase and decrease buttons to adjust the contrast level.



   Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Silent Magnetic Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



4. **Exit the settings mode.**

   Press the settings button to exit the settings mode.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

PEDAL MAINTENANCE

Tighten the pedals weekly. Tighten the **right** pedal **clockwise**, and tighten the **left** pedal **counterclockwise**.

CONSOLE TROUBLESHOOTING

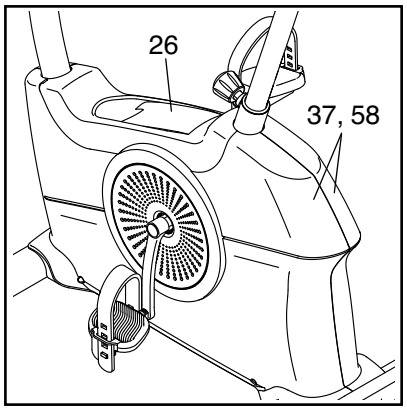
If the console does not turn on, make sure that the power adapter is fully plugged in.

If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

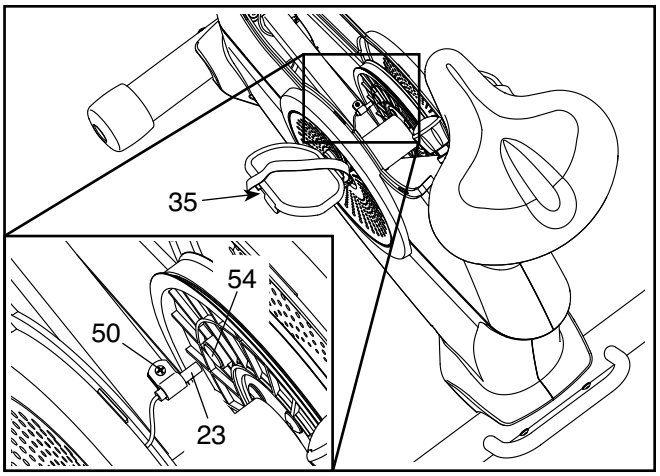
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, **first unplug the power adapter.** Using a standard screwdriver, carefully pry the Shield Cover (26) off the Left and Right Shields (37, 58).



Next, locate the Reed Switch (23). Slightly loosen the M4 x 19mm Screw (50).



Next, rotate the Left Crank Arm (35) until a Magnet (54) is aligned with the Reed Switch (23). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 19mm Screw (50).

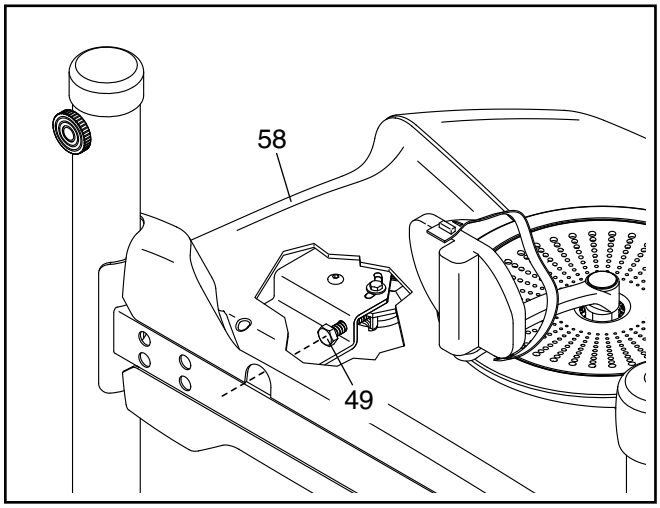
Plug in the power adapter and rotate the Left Crank Arm (35) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the shield cover.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, **first unplug the power adapter.** Next, carefully tip the exercise bike onto its left side as shown.



Using an M10 socket wrench with an extension (not included), reach into the opening in the bottom of the Right Shield (58) and tighten the M10 x 50mm Screw (49) a few turns until the Drive Belt (not shown) is tight; **do not overtighten the Drive Belt.**

Then, tip the exercise bike upright, plug in the power adapter, and pedal the exercise bike to test the drive belt. Repeat this process, if necessary, until the pedals no longer slip.

EXERCISE GUIDELINES

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

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 and aerobic exercise.

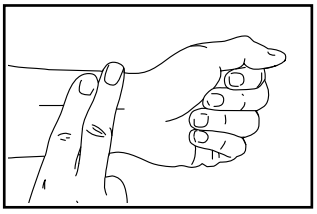
165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, 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.

WORKOUT GUIDELINES

Warming 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.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps 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.

PART LIST

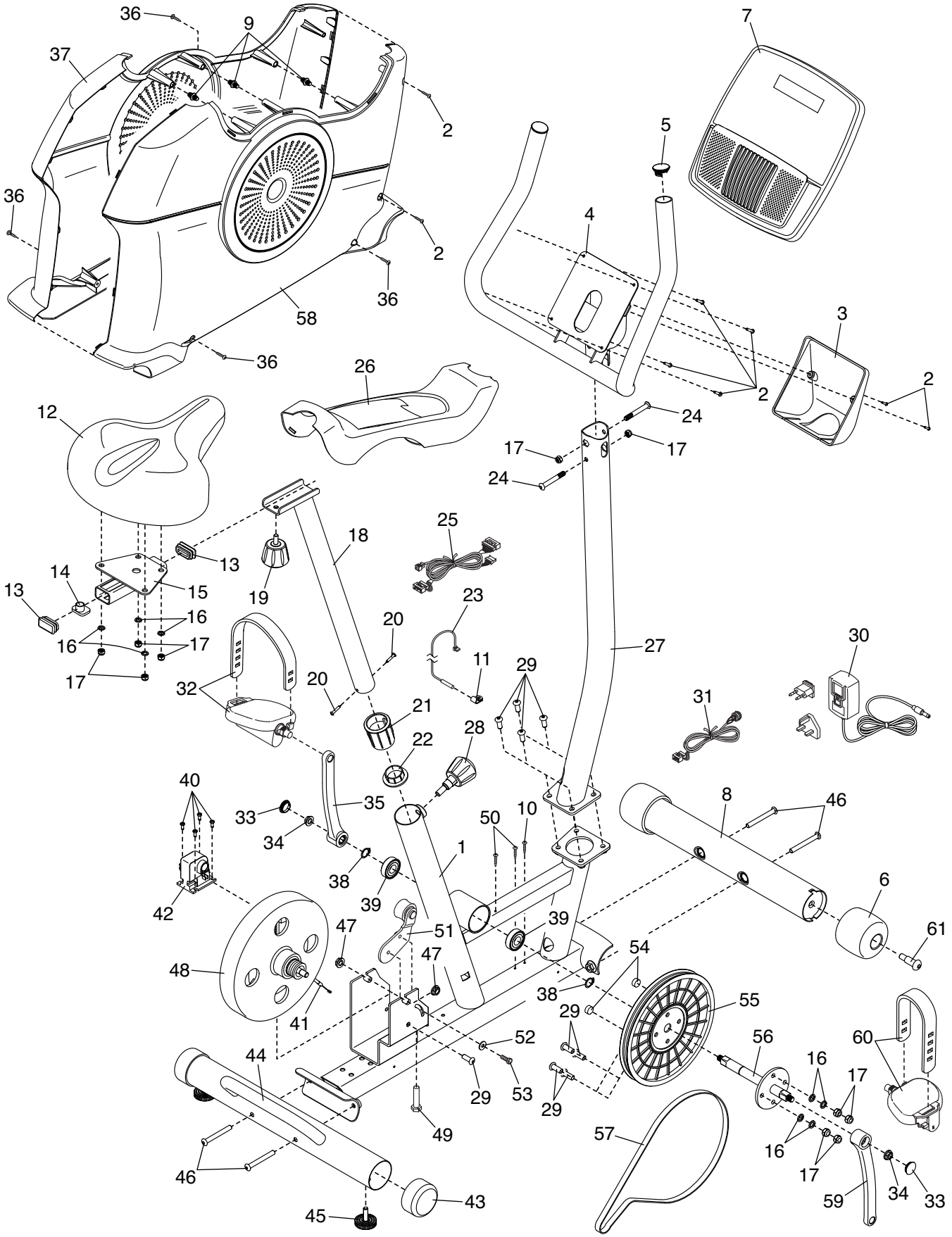
Model No. PFEX32921-INT.0 R0821A

Key No.	Qty.	Description
1	1	Frame
2	8	M4 x 16mm Screw
3	1	Console Cover
4	1	Handlebar
5	2	Handlebar Cap
6	2	Wheel
7	1	Console
8	1	Front Stabilizer
9	3	Fastener
10	1	M4 x 19mm Bright Screw
11	1	Clamp
12	1	Seat
13	2	Carriage Cap
14	1	Seat Bracket
15	1	Seat Carriage
16	8	M8 Split Washer
17	10	M8 Locknut
18	1	Seat Post
19	1	Seat Knob
20	2	#8 x 3/4" Screw
21	1	Seat Post Bushing
22	1	Seat Post Cap
23	1	Reed Switch/Wire
24	2	M8 x 58mm Bolt
25	1	Main Wire
26	1	Shield Cover
27	1	Upright
28	1	Seat Post Knob
29	9	M8 x 20mm Screw
30	1	Power Adapter
31	1	Power Receptacle/Wire
32	1	Left Pedal/Strap
33	2	Crank Cap
34	2	Crank Nut
35	1	Left Crank Arm
36	4	M4 x 19mm Self-tapping Screw
37	1	Left Shield
38	2	Snap Ring
39	2	Bearing
40	4	M4 x 12mm Screw
41	1	Resistance Cable
42	1	Resistance Motor
43	2	Stabilizer Cap
44	1	Rear Stabilizer
45	2	Leveling Foot
46	4	M8 x 70mm Screw
47	2	M10 Flange Nut
48	1	Eddy Mechanism
49	1	M10 x 50mm Screw
50	2	M4 x 19mm Screw
51	1	Idler
52	1	M6 Washer
53	1	M6 x 20mm Screw
54	2	Magnet
55	1	Pulley
56	1	Crank
57	1	Drive Belt
58	1	Right Shield
59	1	Right Crank Arm
60	1	Right Pedal/Strap
61	2	M10 x 41mm Screw
*	–	Assembly Tool
*	–	User’s Manual

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

EXPLODED DRAWING

Model No. PFEX32921-INT.0 R0821A



ORDERING REPLACEMENT PARTS

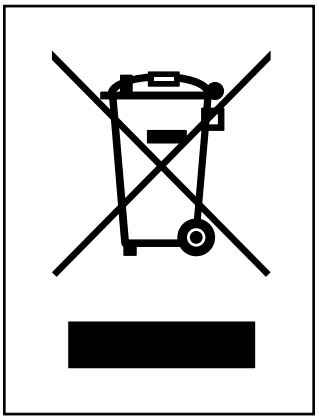
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- 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 the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



Part No. 436221 R0821A

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