

momentum L4.8

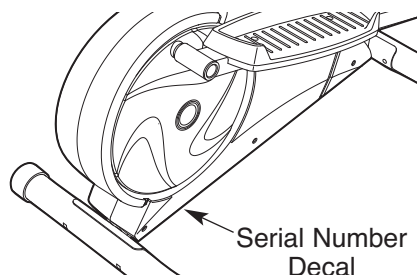
by **PRO-FORM**®

www.proform.com

Model No. WLEL02508.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

1-888-533-1333

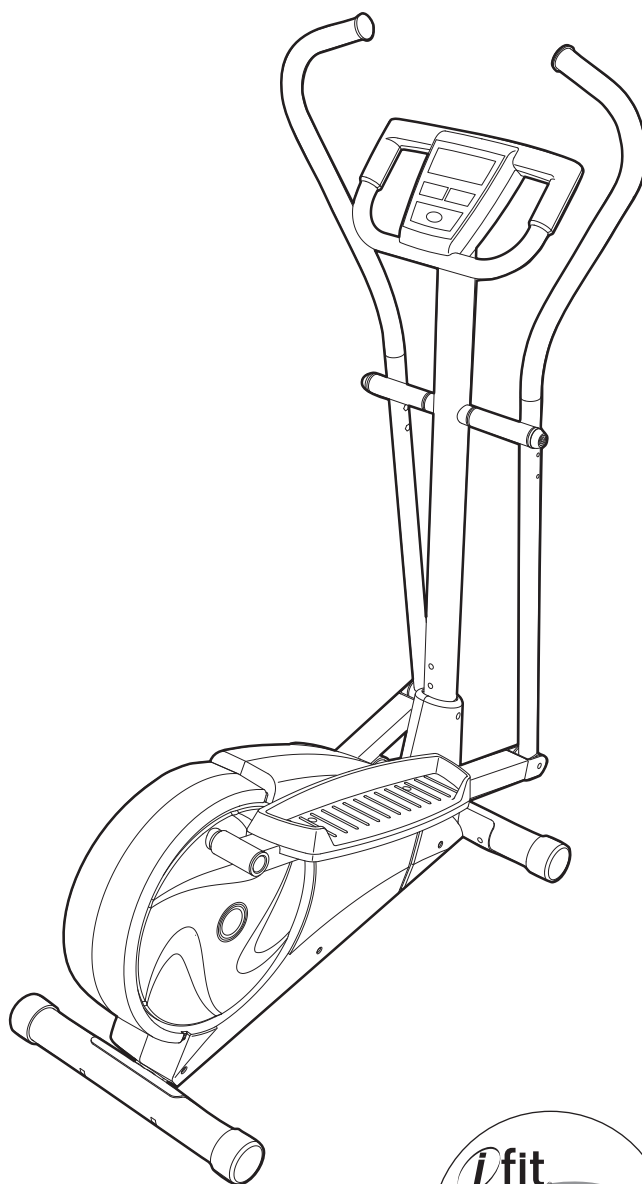
Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.proformservice.com

USER'S MANUAL



⚠ CAUTION

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

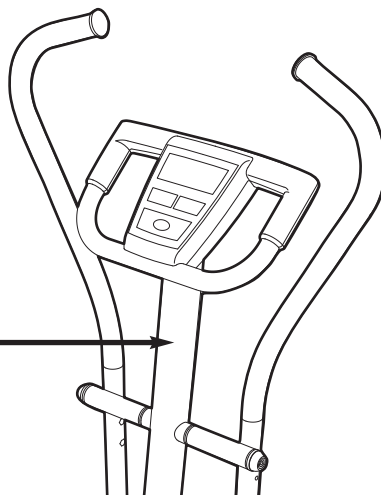
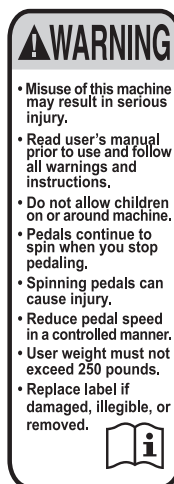


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WARNING DECAL PLACEMENT

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.



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 at least 3 ft. (1 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.
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 handgrip pulse sensor or the handlebars when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, 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.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

BEFORE YOU BEGIN

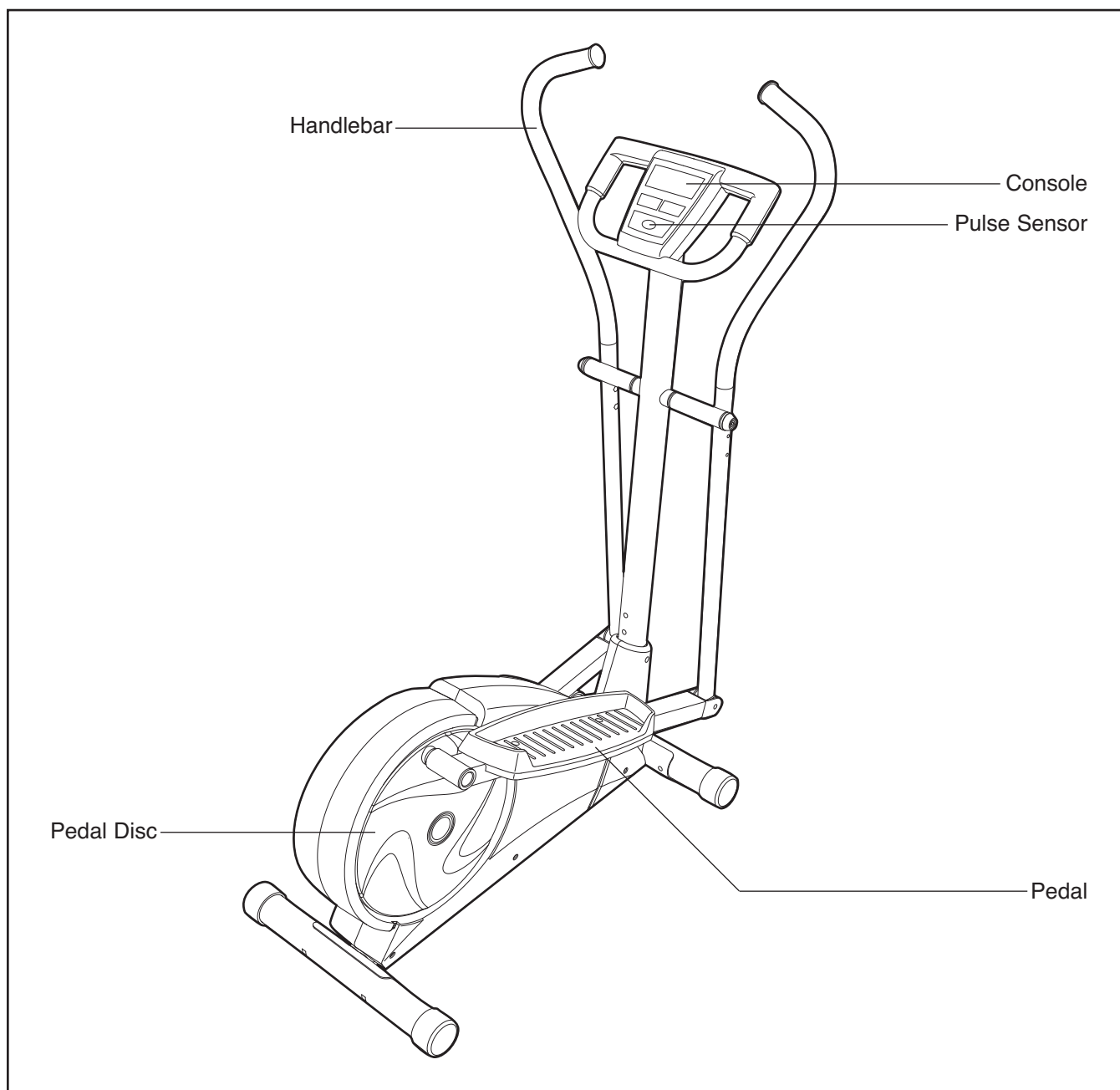
Thank you for selecting the new MOMENTUM L 4.8 elliptical exerciser. The MOMENTUM L 4.8 is a smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles.

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

tacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.proformservice.com/registration.

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



ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

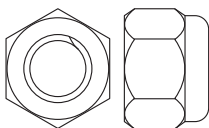
Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver , an adjustable wrench , and a rubber mallet .

See 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: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



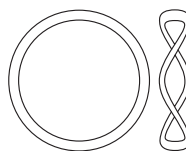
M6 Locknut
(27)–4



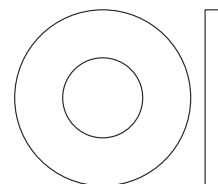
M10 Locknut
(33)–6



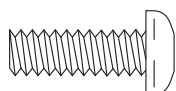
M10 Split
Washer (59)–2



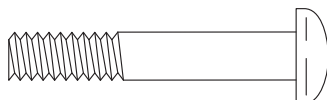
Wave Washer
(64)–2



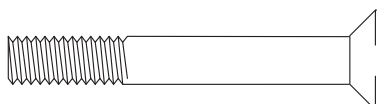
M10
Washer (35)–2



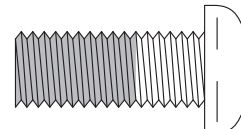
M6 x 18mm
Screw (43)–4



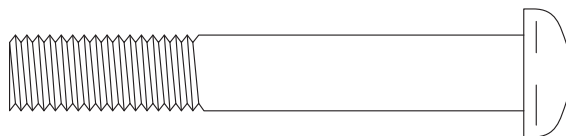
M6 x 38mm
Button Bolt (50)–4



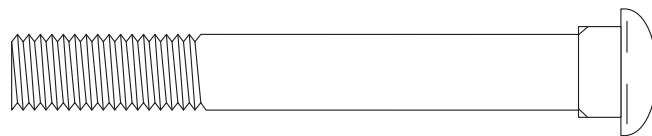
M6 x 45mm Flat Head
Screw (36)–4



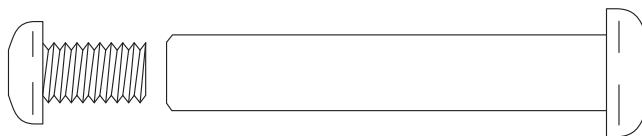
M10 x 25mm
Patch Screw (22)–2



M10 x 68mm Button Bolt (48)–2



M10 x 75mm Carriage Bolt (34)–4



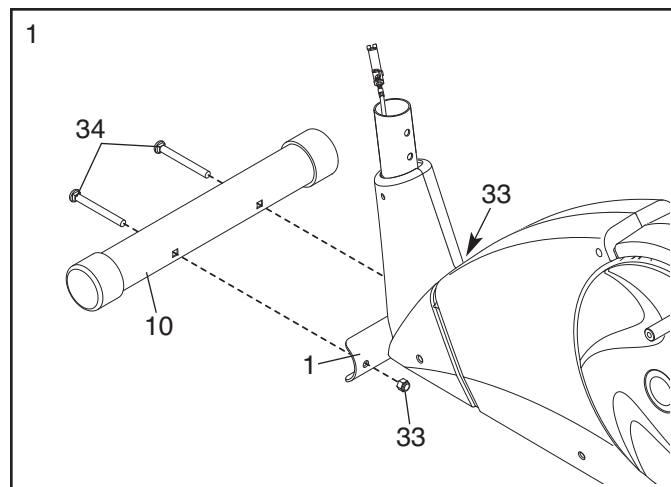
Pedal Arm Bolt Set (40)–2

1.

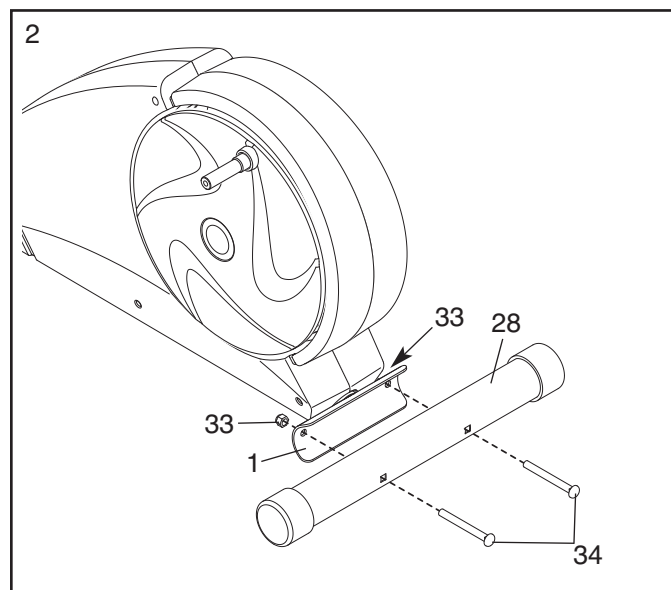
To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

Identify the Front Stabilizer (10), which is narrower than the Rear Stabilizer (not shown).

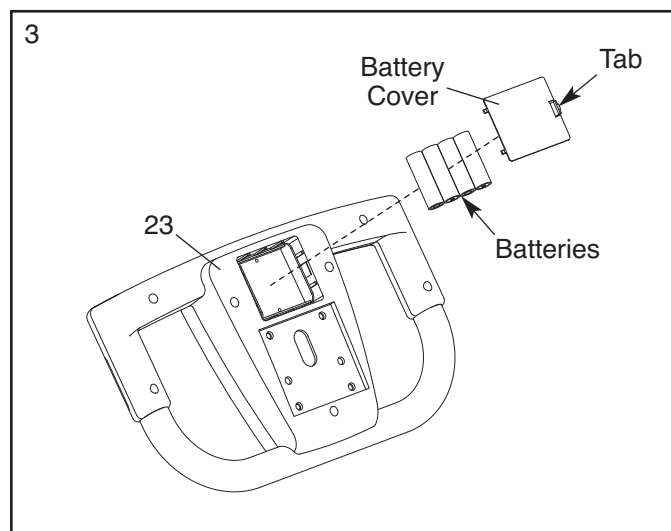
While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Locknuts (33).



2. While another person lifts the back of the Frame (1), attach the Rear Stabilizer (28) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Locknuts (33).



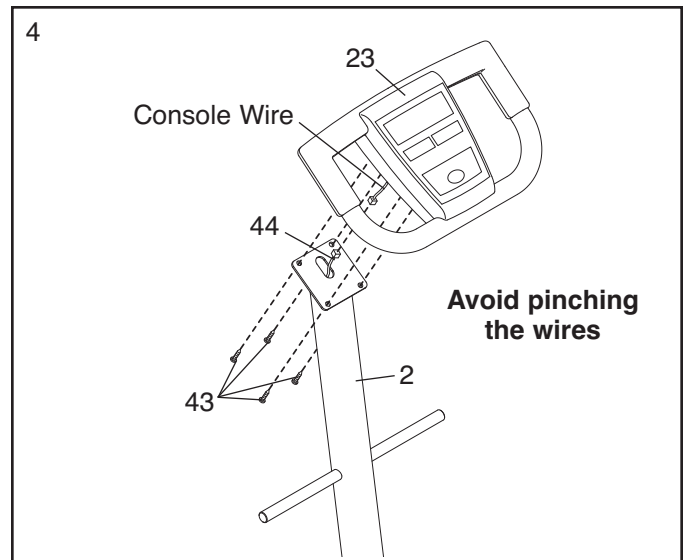
3. The Console (23) can use four AA batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover, insert the batteries into the battery compartment, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**



4. While another person holds the Console (23) near the Upright (2), connect the console wire to the Upper Wire Harness (44).

Insert the excess wire into the Upright (2).

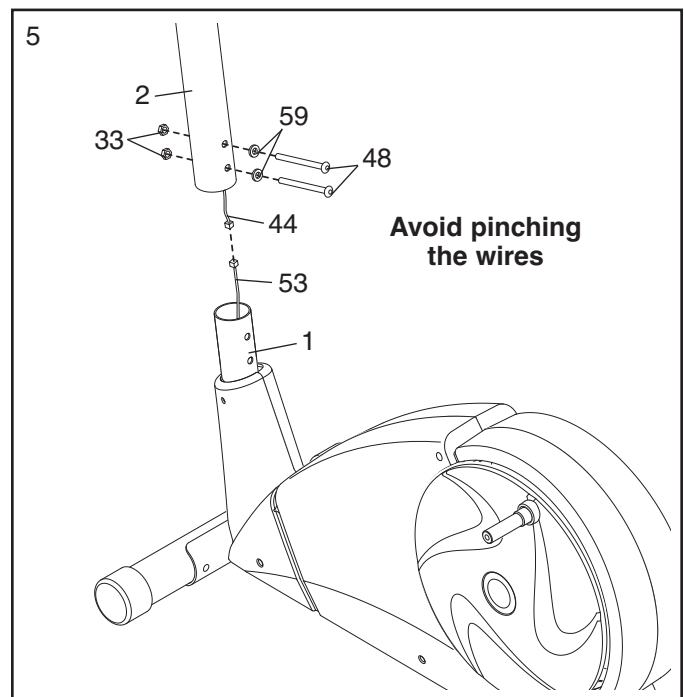
Tip: Avoid pinching the wires. Attach the Console (23) to the Upright (2) with four M6 x 18mm Screws (43).



5. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (44) to the Lower Wire Harness (53).

Insert the excess wire downward into the Frame (1). Next, slide the Upright (2) onto the Frame.

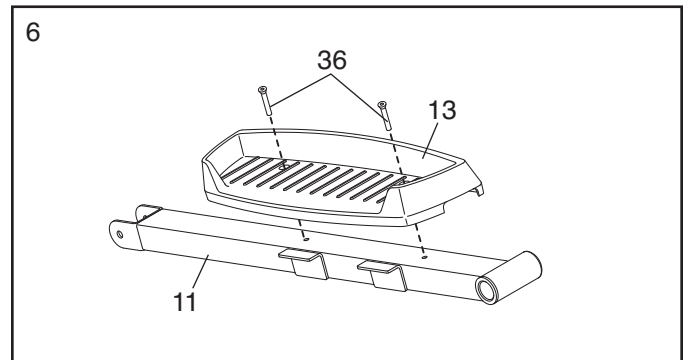
Tip: Avoid pinching the wires. Attach the Upright with two M10 x 68mm Button Bolts (48), two M10 Split Washers (59), and two M10 Locknuts (33). **Do not tighten the Button Bolts yet.**



6. Identify the Left Pedal Arm (11), which is marked with a "Left" sticker.

Attach a Pedal (13) to the Left Pedal Arm (11) with two M6 x 45mm Flat Head Screws (36).

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



7. Identify the Left Handlebar (6), which is marked with a “Left” sticker.

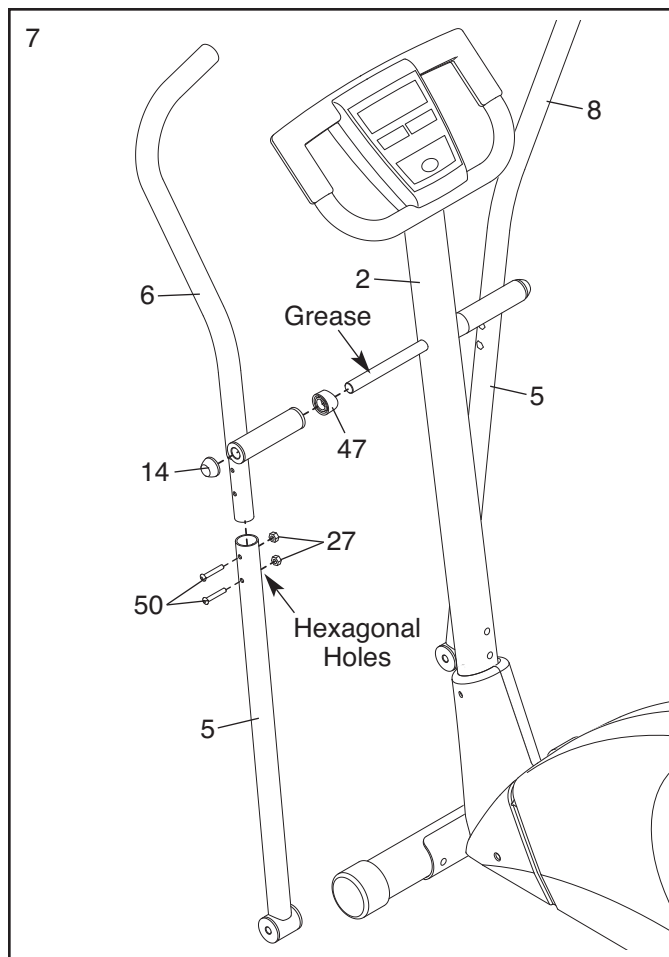
Insert the Left Handlebar (6) into a Handlebar Arm (5). **Make sure that the hexagonal holes are on the indicated side.**

Attach the Left Handlebar (6) with two M6 x 38mm Button Bolts (50) and two M6 Locknuts (27). **Make sure that the Locknuts are inside the hexagonal holes. Do not tighten the Button Bolts yet.**

Apply a small amount of the included grease to the left axle on the Upright (2).

Slide a Handlebar Spacer (47) and the Left Handlebar (6) onto the left axle on the Upright (2). **Make sure that the curved side of the Handlebar Spacer is facing the Upright.** Then, tap an Axle Cap (14) onto the axle.

Repeat this step for the Right Handlebar (8) and the other Handlebar Arm (5).



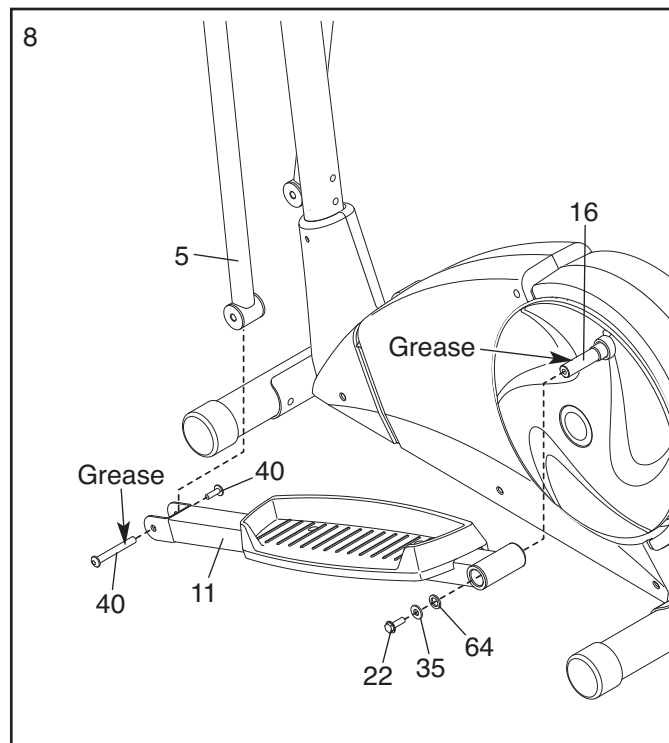
8. Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) onto the axle, and then place a Wave Washer (64) on the axle. Next, tighten an M10 x 25mm Patch Screw (22) and an M10 Washer (35) into the axle.

Apply a small amount of grease to a Pedal Arm Bolt Set (40). Next, hold the left Handlebar Arm (5) inside the bracket on the Left Pedal Arm (11). Attach the Left Pedal Arm to the left Handlebar Arm with the Bolt Set. **Do not over-tighten the Bolt Set; the Handlebar Arm must pivot freely.**

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

See step 5. Tighten the M10 x 68mm Button Bolts (48).

See step 7. Tighten the M6 x 38mm Button Bolts (50) in the Handlebar Arms (5).

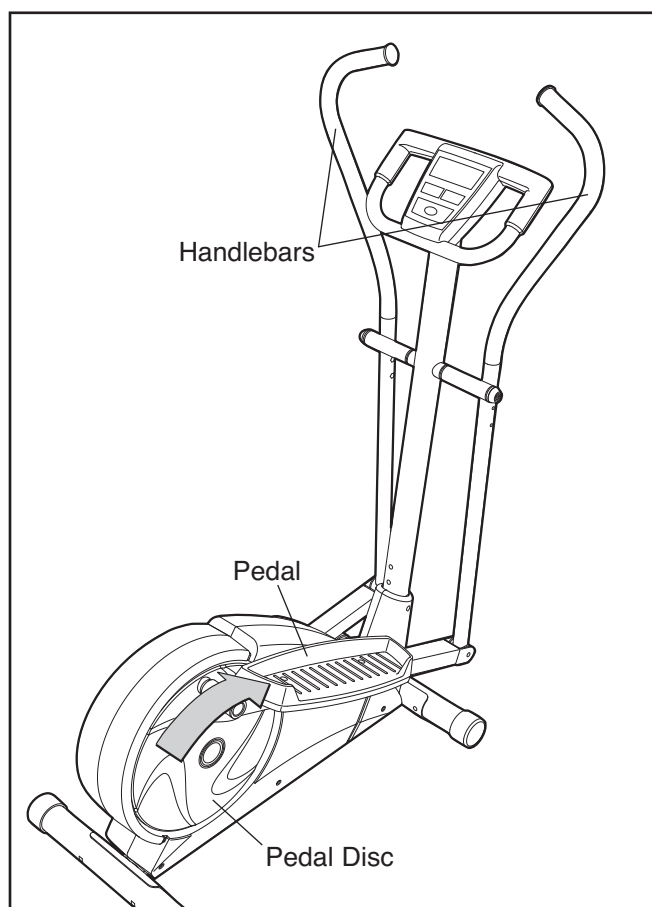


9. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

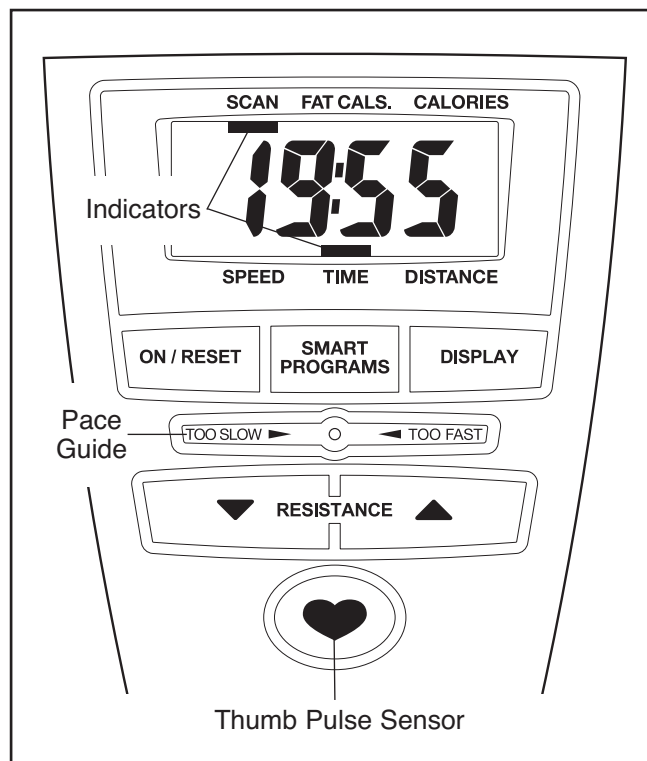
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal in the lower position. Then, 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 move the pedal discs in the direction shown by the arrow; for variety, you may turn the pedal discs in the opposite direction.**



To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: 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 higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective. 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 pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in thumb pulse sensor.

The console also offers two smart programs that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode, see page 10. **To use a smart program,** see page 11.

Before using the console, make sure that batteries are installed (see assembly step 3 on page 6). If there is a sheet of clear plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

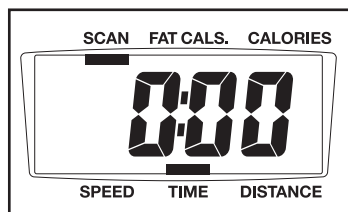
1. Turn on the console.

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 program, reselect the manual mode by pressing the Smart Programs button repeatedly until the scan and time indicators appear in the display.



3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance Increase and Decrease buttons. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. 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 revolutions per minute (rpm).

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

Distance—This display shows the distance you have pedaled, in total revolutions.

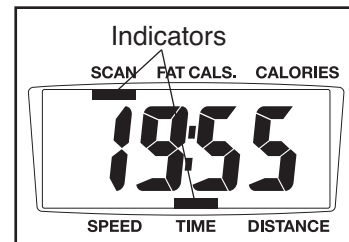
Calories—This display shows the approximate number of calories you have burned.

Fat Calories—This display shows the approximate number of fat calories you have burned (see Burning Fat on page 13).

Pulse—This display shows your heart rate when you use the thumb pulse sensor.

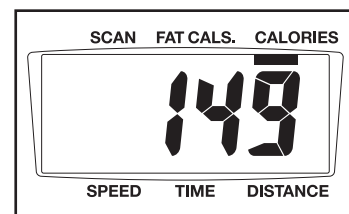
Scan—This display shows the speed, time, distance, calories, fat calories, and pulse displays, for a few seconds each, in a repeating cycle. Note: The pulse display will appear only when you are using the pulse sensor.

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 button repeatedly to reselect the Scan display.



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

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



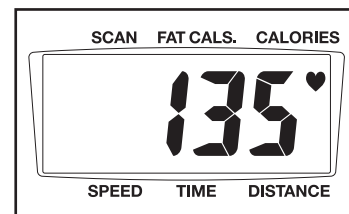
To reset the display, press the On/Reset button.

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.

5. Measure your heart rate if desired.

To measure your heart rate, **stop pedaling** and place your thumb on the pulse sensor. **Do not press too hard,**

or the circulation in your thumb will be restricted and your pulse will not be detected. After a few seconds, the heart-shaped indicator in the display will flash **steadily**, two dashes will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.



If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above.

Make sure you are applying the proper amount of pressure to the pulse sensor. Try the pulse sensor several times until you become familiar with it. Remember to stand still while measuring your heart rate.

6. 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 SMART PROGRAM

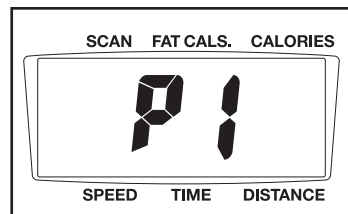
1. Turn on the console.

See step 1 on page 10.

2. Select a smart program.

To select a smart program, press the Smart Programs button repeatedly until P1 or P2 appears in the display. A few seconds after

you select a smart program, the display will show the length of the program.



3. Begin pedaling to start the program.

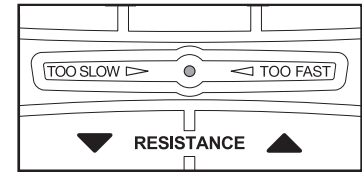
The smart programs consist of 20 or 30 one-minute segments. One resistance level and one target pace are programmed for each segment.

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then

automatically change to the resistance level programmed for the next segment. Note: You can manually override the programmed resistance level by pressing the Resistance Increase and Decrease buttons. However, when the current segment ends, the resistance will automatically change to the resistance level programmed for the next segment.

During the program, 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 program. If you stop pedaling for a few seconds, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 10.

5. Measure your heart rate if desired.

See step 5 on page 10.

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

See step 6 on this page.

MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 3 on page 6.

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 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.

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. WLEL02508.0

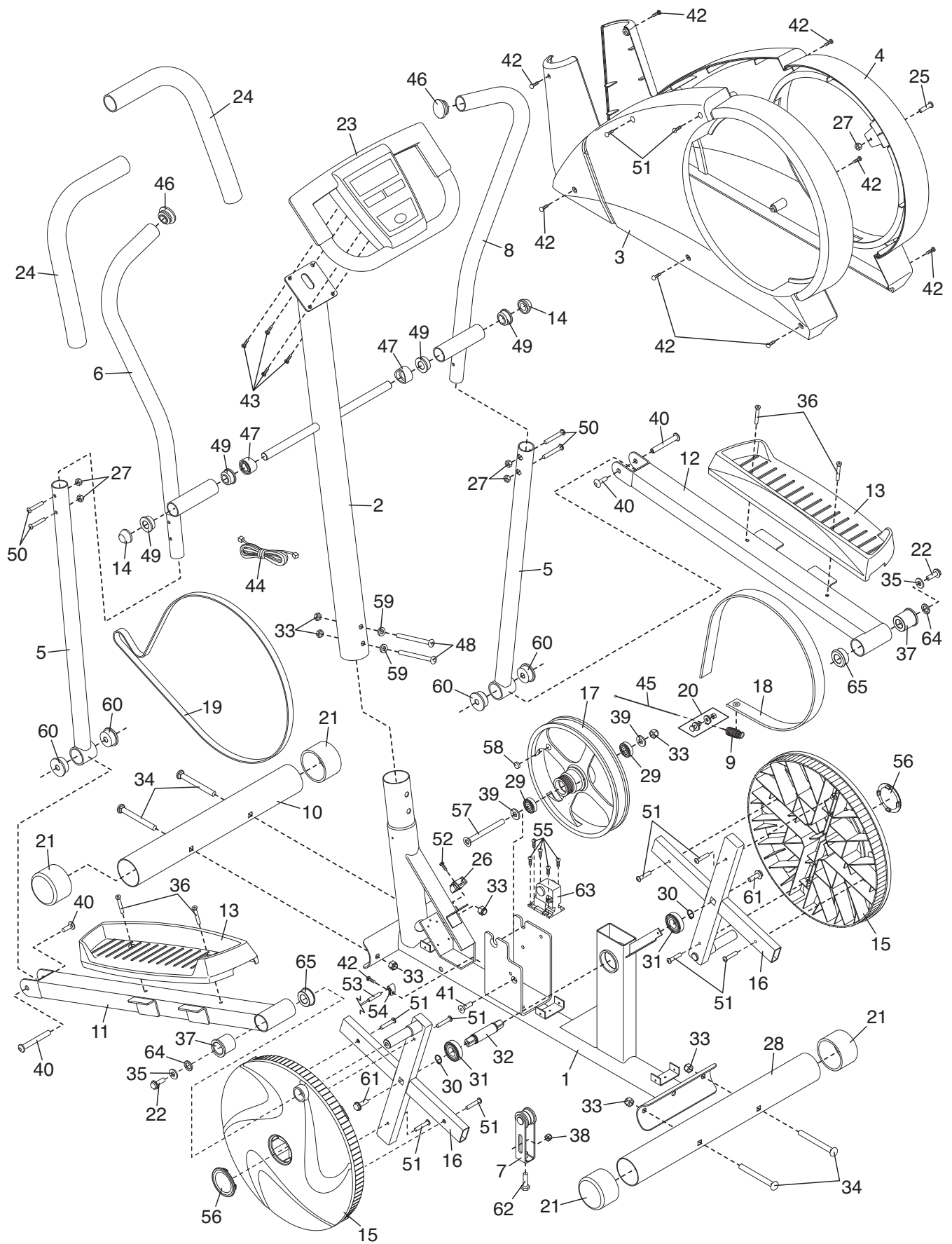
R1208A

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

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. WLEL02508.0

R1208A



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)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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