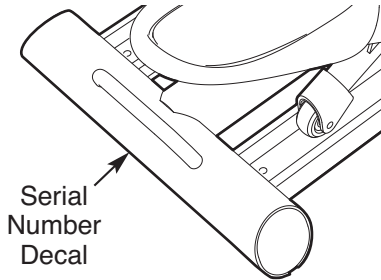


Model No. EPEL4255.0

Serial No. _____

Write the serial number in the space above for future reference.



EX 1000
COMMERCIAL PRO

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

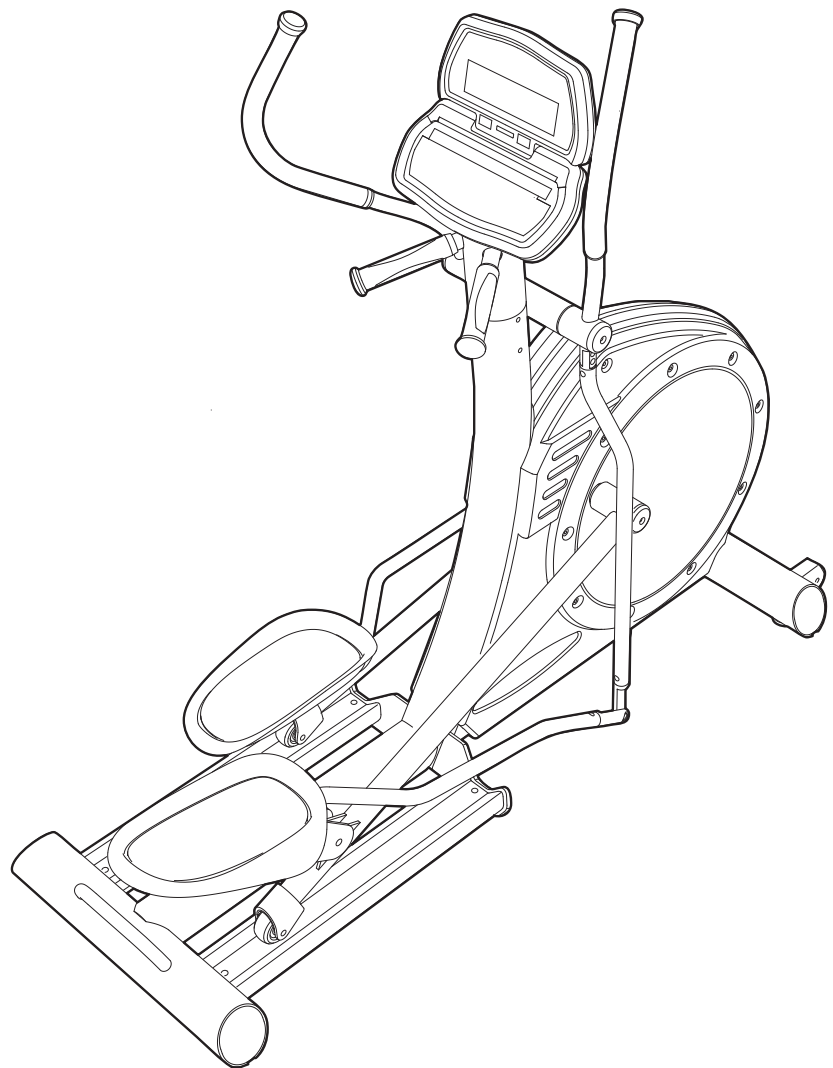
CALL TOLL-FREE:

1-866-997-6999

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.iconservice.com



! CAUTION

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

USER'S MANUAL

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions and information before operating the elliptical exerciser.

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Use the elliptical exerciser only as described in this manual.
4. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
5. Keep the elliptical exerciser indoors, away from moisture and dust. Place the 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 the elliptical exerciser to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical exerciser at all times.
8. The elliptical exerciser should not be used by persons weighing more than 350 pounds.
9. Always hold the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. Keep your back straight when using the elliptical exerciser; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection.
13. 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.
14. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical exerciser does not have a free wheel; the pedals will continue to move until the fly-wheel stops.
15. The battery pack contains materials that are considered hazardous to the environment. Proper disposal of the battery is required by federal law. See HOW TO REPLACE THE BATTERY PACK on page 21.
16. The decals shown on page 4 have been placed on the elliptical exerciser. If either decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

⚠ 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. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

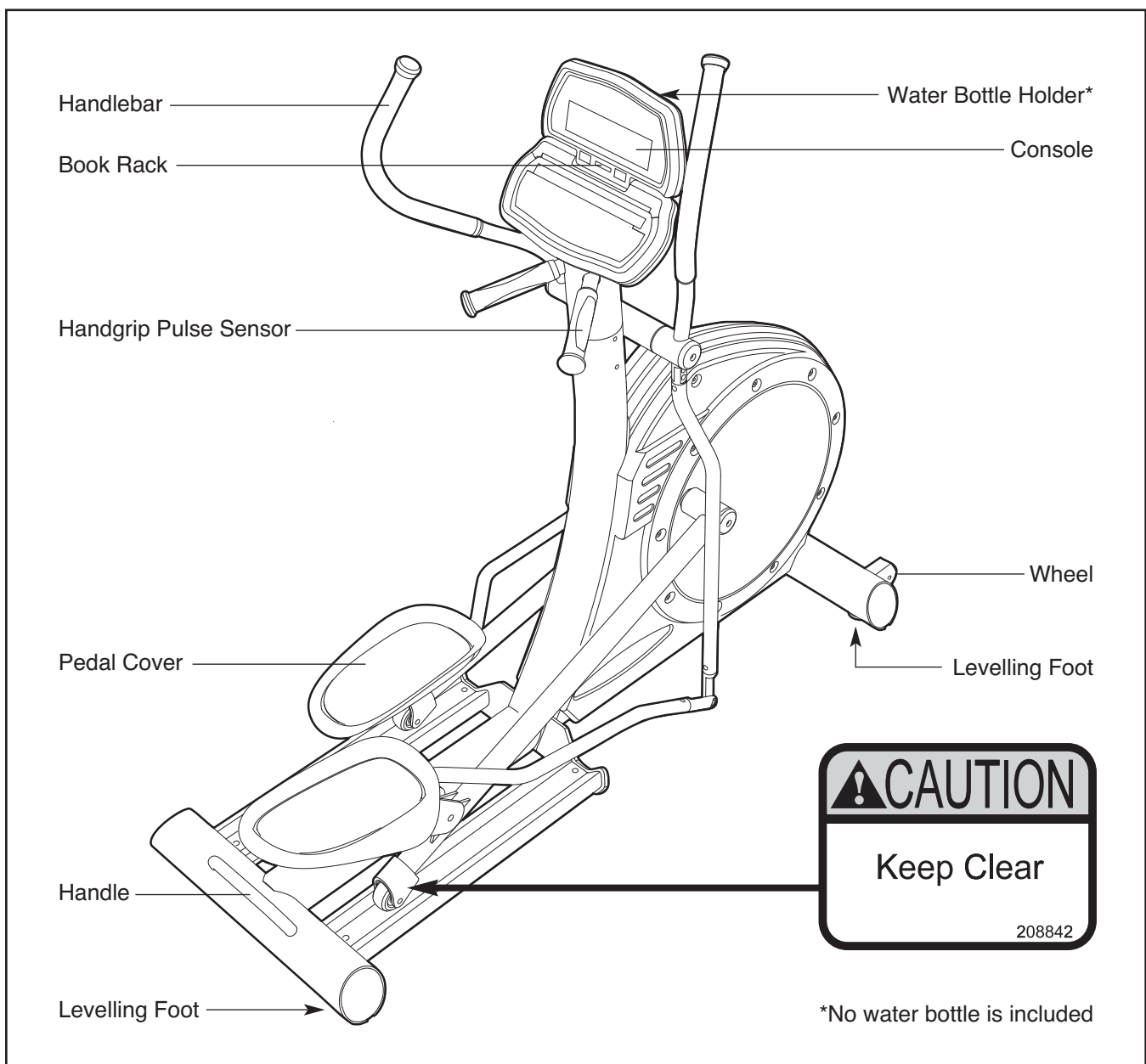
Congratulations for selecting the new EPIC® EX 1000 COMMERCIAL PRO elliptical exerciser. The EX 1000 elliptical exerciser is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the EX 1000 elliptical exerciser offers an array of features designed to help you achieve your fitness goals in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please call the toll-free telephone number on the front cover of this manual. To

help us assist you, please note the product model number and serial number before calling. The model number is EPEL4255.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

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

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



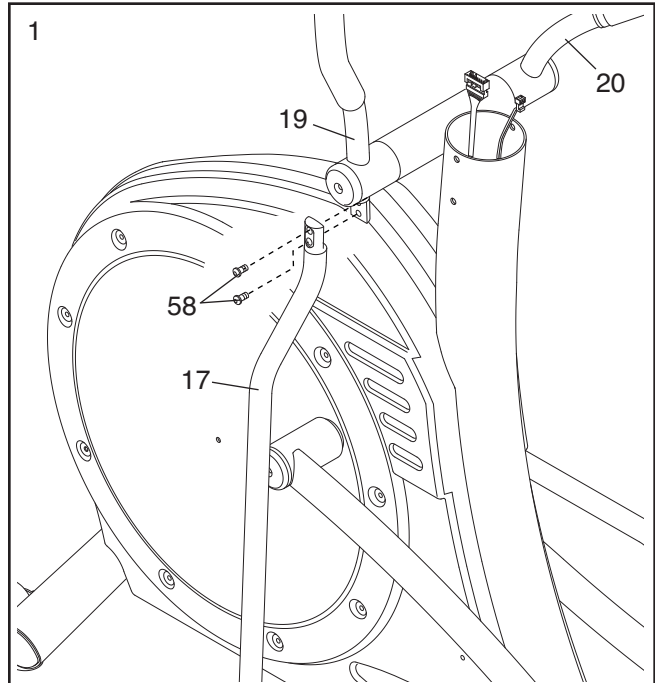
HOW TO ASSEMBLE THE ELLIPTICAL EXERCISER

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

Assembly requires two persons. Set the elliptical exerciser in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly can be completed using the included hex keys.**

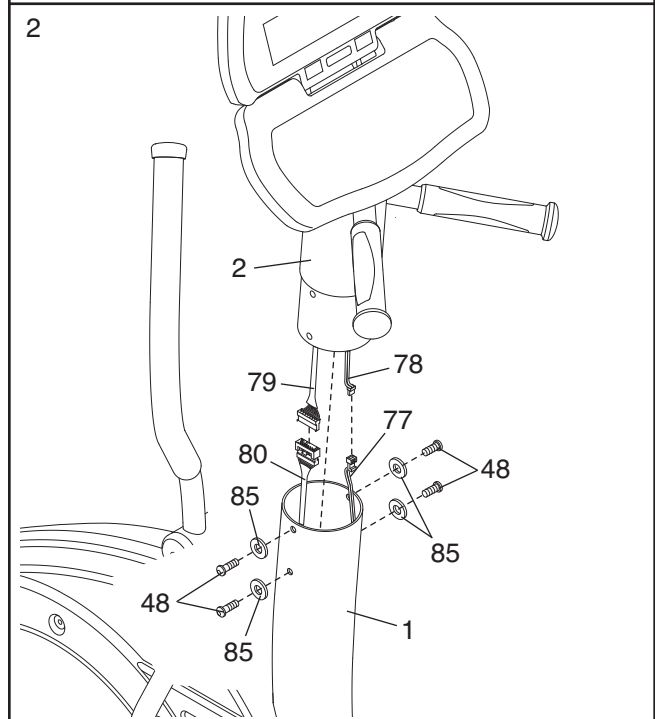
1. Lift the Left Handlebar Arm (17) to the position shown. Attach the Left Handlebar Arm to the Left Handlebar (19) with two 3/8" x 5/8" Shoulder Screws (58).

Attach the Right Handlebar Arm (not shown) to the Right Handlebar (20) in the same way.



2. Have another person hold the Upright (2) in the position shown. Connect the Lower Battery Wire (77) to the Upper Battery Wire (78). Next, connect the Lower Controller Wire (80) to the Upper Controller Wire (79).

Attach the Upright (2) to the Frame (1) with four 3/8" x 1 1/4" Button Head Screws (48) and four 3/8" Split Washers (85). **Make sure that no wires are pinched between the Upright and the Frame.**



HOW TO MOVE THE ELLIPTICAL EXERCISER

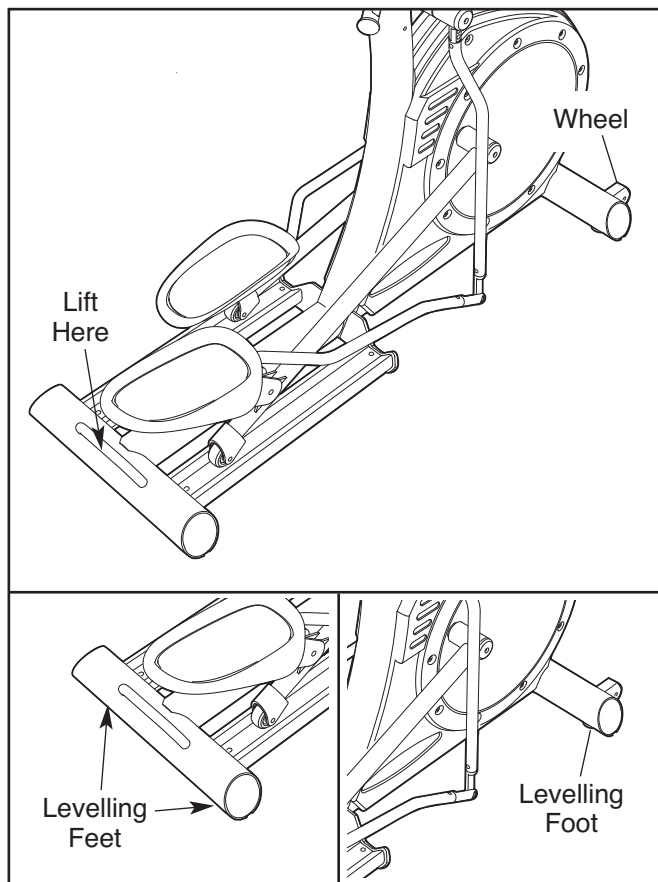
HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

See the left inset drawing and locate the two levelling feet under the rear of the elliptical exerciser. Turn the levelling feet so that they are not touching the floor.

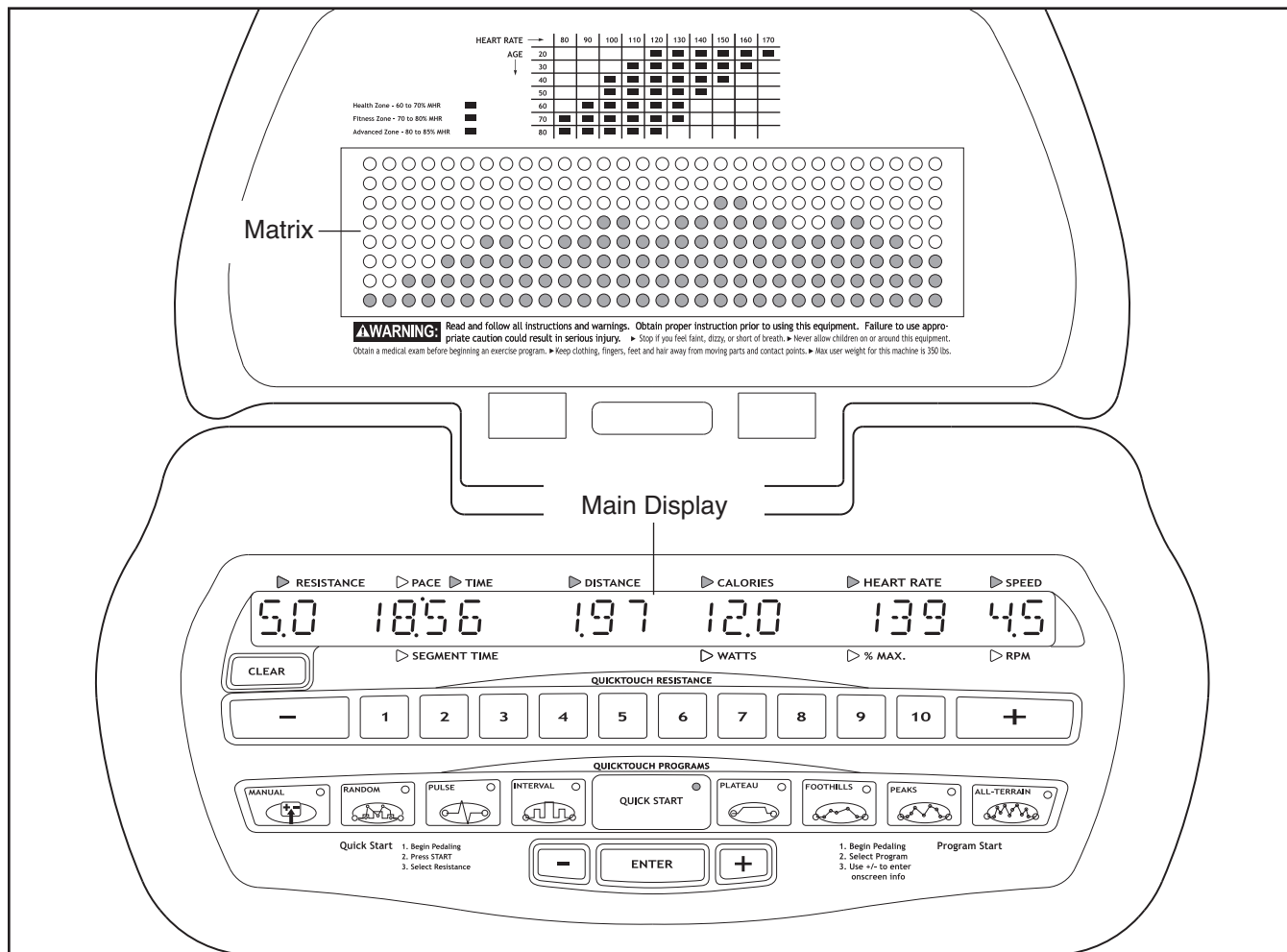
Due to the size and weight of the elliptical exerciser, moving it requires two persons. With the help of another person, lift the handle on the rear of the elliptical exerciser until the elliptical exerciser will roll on the front wheels, carefully move the elliptical exerciser to the desired location, and then lower the elliptical exerciser. **CAUTION: To decrease the risk of injury, bend your legs and keep your back straight. Make sure to use your legs rather than your back to lift the elliptical exerciser. Do not attempt to move the elliptical exerciser over an uneven surface.**

Next, turn the two levelling feet under the rear of the elliptical exerciser until they are just touching the floor.

If the elliptical exerciser rocks slightly on your floor, see the right inset drawing and turn the levelling feet under the front of the elliptical exerciser until the rocking motion is eliminated.



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The console offers an impressive array of features designed to help you get the greatest benefits from your exercise on the elliptical exerciser. When the QUICK START mode is selected, the resistance of the pedals can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

In addition, the console offers a wide selection of workout programs. Each program automatically controls the resistance of the pedals as it guides you through an effective workout. The console also offers two PULSE

programs that automatically adjust the resistance of the pedals to keep your heart rate near a target level during your workouts.

Before using the elliptical exerciser, please read OVERVIEW OF THE CONSOLE on pages 9 to 11. To use the QUICK START mode of the console, follow the steps beginning on page 12. To use the MANUAL program, see page 12. To use the RANDOM program, see page 14. To use a PULSE program, see page 15. To use the INTERVAL program, see page 16. To use the PLATEAU program, see page 17. To use the FOOTHILLS, PEAKS, or ALL-TERRAIN program, see page 18. To use the maintenance mode, see page 19.

OVERVIEW OF THE CONSOLE

For your benefit, please read all of the instructions on pages 9 to 11 before you use the elliptical exerciser.

HOW TO ACTIVATE THE CONSOLE

To activate the console, simply begin pedaling at a cadence of about 25 revolutions per minute (RPM) or faster. The main display will light, the indicators on the QUICKTOUCH PROGRAMS buttons will begin to flash, a tone will sound, and the words “PLEASE SELECT A PROGRAM TO BEGIN” will scroll across the main display. Whilst you pedal, power will be supplied by a generator; remember to continue pedaling whilst using the elliptical exerciser.

HOW TO TURN OFF THE CONSOLE

To turn off the console, simply stop pedaling. If the pedals are not moved for a short period of time, the console will automatically turn off.

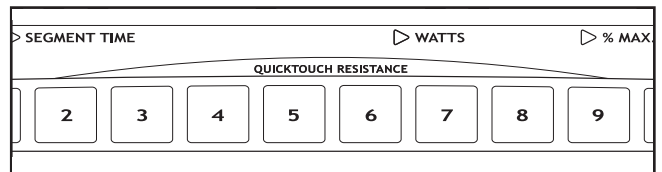
THE BUTTONS

The CLEAR button—This button is used to reset the console. When this button is pressed, the main display will be reset and the words

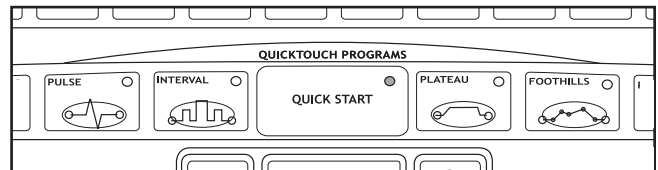


“PLEASE SELECT A PROGRAM TO BEGIN” will scroll across the main display. Note: If one program is started and then a different program is selected, the main display will not be reset unless the CLEAR button is pressed before the second program is selected.

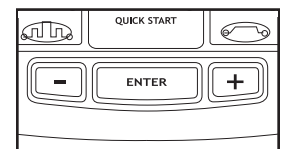
The QUICKTOUCH RESISTANCE buttons—These buttons control the resistance of the pedals. There are twenty resistance settings, from 0.5 to 10. Each time the + or – button is pressed, the resistance setting will change by 0.5. When one of the buttons numbered 1 to 10 is pressed, the corresponding resistance setting will be selected. Note: It may take a moment for the pedals to reach the selected resistance setting.



The QUICKTOUCH PROGRAMS buttons—These buttons are used to select the QUICK START mode and the programs.



The ENTER button and + and – buttons—These buttons are used to enter information into the console.



THE MAIN DISPLAY

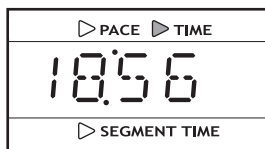
The main display will display a variety of text messages to guide you through your workouts. In addition, the main display will display the following information whilst you exercise:

Resistance—The left end of the main display will show the resistance setting of the pedals.

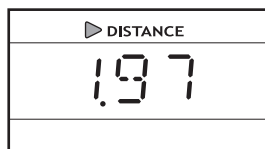


Pace/Time/Segment

Time—When the QUICK START mode is selected, this section of the main display will show your pedaling pace, in minutes per mile or minutes per kilometer, and the elapsed time. The display will change from one number to the other every few seconds. When a program is selected, the main display will show your pedaling pace, the time remaining in the program, and the time remaining in the current segment of the program.



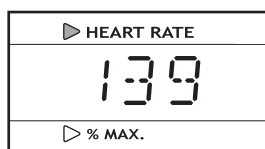
Distance—This section of the main display will show the distance that you have pedaled, in miles or kilometers.



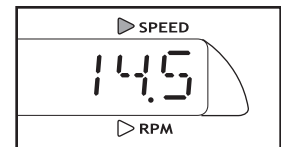
Calories/Watts—This section of the main display will show the approximate number of calories you have burned and your power output in watts. The display will change from one number to the other every few seconds.



Heart Rate/% Max—When you use the handgrip pulse sensor, this section of the main display will show your heart rate. When a PULSE program is selected, the display will show your heart rate and the corresponding *percentage of your estimated maximum heart rate* (see step 5 on page 15 for an explanation of your estimated maximum heart rate). The display will change from one number to the other every few seconds.



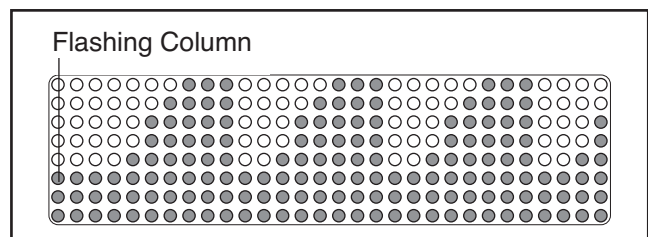
Speed/RPM—The right end of the main display will show your pedaling speed, in miles per hour or kilometers per hour, and your pedaling cadence, in revolutions per minute (RPM). The display will change from one number to the other every few seconds.



Note: The main display can display text messages in any of six languages (see step 6 on page 19). In addition, the main display can display data using either the English system or the metric system (see step 7 on page 19).

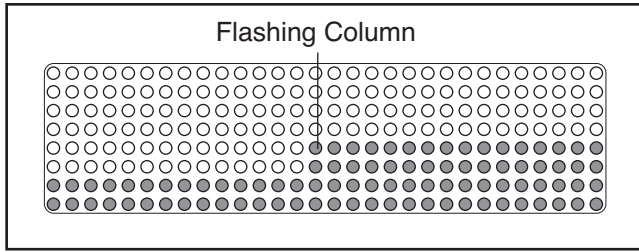
THE MATRIX

When the RANDOM, INTERVAL, PLATEAU, FOOT-HILLS, PEAKS, or ALL-TERRAIN program is selected, the matrix will display a profile of resistance settings. Each program is divided into 30-second segments, and each column of the matrix represents one 30-second segment. The flashing column represents the current segment. Note: If a program has more than 30 segments, the matrix will show up to 30 segments at a time.

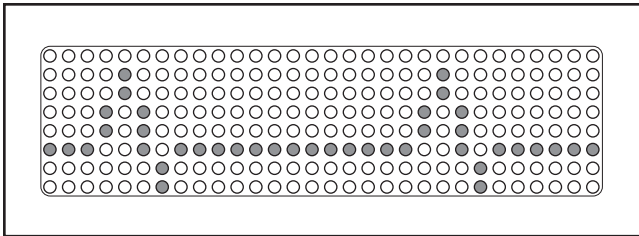


The lit indicators in each column represent the resistance setting for that segment of the program. One lit indicator represents a resistance setting of 0.5 or 1, two lit indicators represent a resistance setting of 1.5 or 2, three lit indicators represent a resistance setting of 2.5 or 3, and so forth. Note: Because there are eight indicators in each column, the matrix will normally show resistance settings up to 8. If resistance settings of 8.5, 9, 9.5, or 10 are programmed for one or more segments, *the lit indicators in all columns will occasionally shift downward* so that the higher settings are displayed in the matrix.

When the QUICK START mode or the MANUAL program is selected, the matrix will show the resistance settings that you select.

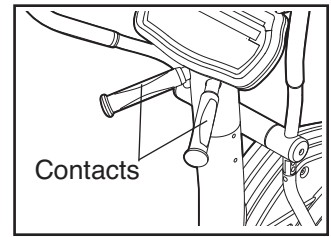


When a PULSE program is selected, the matrix will display a heartbeat graphic. Each time a heartbeat is detected, an additional peak will appear in the display.



THE PULSE SENSOR

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To measure your heart rate, hold the contacts; your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts. **Avoid moving your hands.** When your pulse is detected, the HEART RATE indicator above the main display will begin to flash, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds without moving your hands.



If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts too tightly. For optimal performance, clean the contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

HOW TO USE THE QUICK START MODE

If you do not plan to use a program, the QUICK START mode will allow you to simply start exercising and adjust the resistance of the pedals manually.

1 Begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

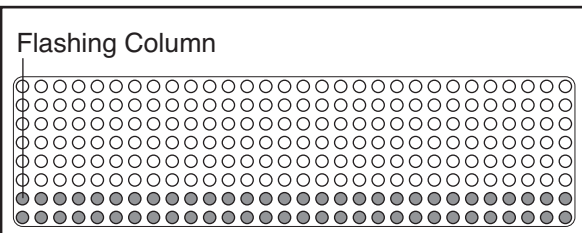
2 Select the QUICK START mode.

To select the QUICK START mode, press the QUICK START button. The indicator on the button will light.

3 Begin exercising and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the RESISTANCE + and – buttons or the QUICKTOUCH RESISTANCE buttons.

When the QUICK START mode is selected, the matrix will show your progress and the resistance settings that you select. When you begin exercising, the left column of the matrix will begin to flash. After 30 seconds, a tone will sound and the column to the right will begin to flash.



Each time you change the resistance of the pedals, additional indicators will light or darken in the flashing column, and in all columns to the right of the flashing column. Note: If you select a resistance setting higher than 8, *the indicators in all columns will shift downward*, until you select a lower resistance setting.

After every 30 seconds that you exercise, a tone will sound and the next column to the right will begin to flash. When you have exercised for 8 minutes, the same column will continue to flash, and *all columns of indicators will shift one position to the left*. The columns of indicators will continue to shift to the left after every 30 seconds, until you are finished exercising.

4 Follow your progress with the main display.

See THE MAIN DISPLAY on page 10.

5 Measure your heart rate if desired.

See THE PULSE SENSOR on page 11.

6 When you are finished using the elliptical exerciser, the console will automatically turn off.

See HOW TO TURN OFF THE CONSOLE on page 9.

HOW TO USE THE MANUAL PROGRAM

The MANUAL program will count down the time remaining in your workout as you control the resistance of the pedals.

1 Begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

2 Select the MANUAL program.

To select the MANUAL program, press the MANUAL button. The indicator on the button will light, and the word "MANUAL" will appear in the main display for a moment.

3 Enter your age.

A moment after the program is selected, the words “ENTER AGE” and an age setting of 35 will appear in the main display. To enter your age, press the + and – buttons beside the ENTER button; hold down the buttons to enter your age in increments of 5 years. When your age is shown, press the ENTER button.

4 Enter your weight.

Next, the words “ENTER WEIGHT” and a weight setting of 180 pounds will appear in the main display. To enter your weight, press the + and – buttons beside the ENTER button; hold down the buttons to enter your weight in increments of 5 pounds. When your weight is shown, press the ENTER button.

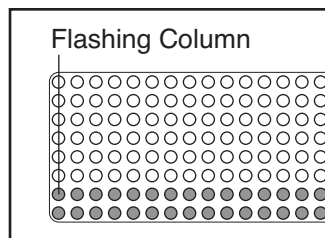
5 Enter a program time.

Next, the words “ENTER TIME” and a time setting of 10 minutes will appear in the main display. To change the length of time that the program will last, press the + and – buttons beside the ENTER button. Then, press the ENTER button.

6 Begin exercising and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the RESISTANCE + and – buttons or the QUICKTOUCH RESISTANCE buttons.

During the MANUAL program, the matrix will show your progress and the resistance settings that you select. During the first 30-second



segment of the program, the left column of the matrix will flash. During the last four seconds of the first segment, the column to the right will also flash. When the first segment ends, a tone will sound and the column to the right will continue to flash.

Each time you change the resistance of the pedals, additional indicators will light or darken in the flashing column, and in all columns to the right of the flashing column. Note: If you select a resistance setting higher than 8, *the indicators in all columns will shift downward*, until you select a lower resistance setting.

At the end of each segment, a tone will sound and the next column to the right will begin to flash. When you have completed the first 8 minutes of the program, the same column will continue to flash, and *all columns of indicators will shift one position to the left*. The columns of indicators will continue to shift to the left at the end of each segment, until the last segment of the program is shown in the far right column of the matrix. *The next column to the right will then begin to flash at the end of each segment*, until the program is completed.

7 Follow your progress with the main display.

See THE MAIN DISPLAY on page 10.

8 Measure your heart rate if desired.

See THE PULSE SENSOR on page 11.

9 When you are finished using the elliptical exerciser, the console will automatically turn off.

See HOW TO TURN OFF THE CONSOLE on page 9.

HOW TO USE THE RANDOM PROGRAM

The RANDOM program will automatically change the resistance of the pedals during your workout. Each time the program is selected, the resistance settings of the program will be different.

1 Begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

2 Select the RANDOM program.

To select the RANDOM program, press the RANDOM button. The indicator on the button will light, and the word "RANDOM" will appear in the main display for a moment. Note: To select a different RANDOM program, simply press the RANDOM button again.

3 Enter your age.

See step 3 on page 13.

4 Enter your weight.

See step 4 on page 13.

5 Enter a program time.

See step 5 on page 13.

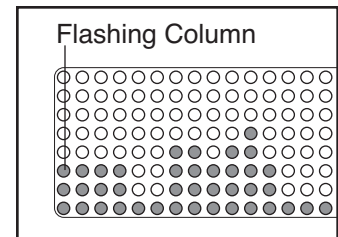
6 Enter a maximum resistance setting.

Next, the words "MAX RESIST" and the maximum resistance setting of the program will appear in the main display. If you wish to change the maximum resistance setting, press the + and – buttons beside the ENTER button. (Note: If the maximum resistance setting is increased, the intensity level of the program will be increased.) When the desired maximum resistance setting is shown, press the ENTER button.

7 Begin exercising.

The program is divided into 30-second segments. One resistance setting is programmed for each segment. Note: The same resistance setting may be programmed for two or more consecutive segments.

During the program, the matrix will show your progress and the resistance settings of the program. During the first 30-second segment of the program, the



left column of the matrix will flash. During the last four seconds of the first segment, the column to the right will also flash. If the resistance of the pedals is about to change, a series of tones will sound and the resistance setting will flash in the main display. When the first segment ends, the column to the right will continue to flash, and the resistance of the pedals will automatically change if a different resistance setting is programmed for the next segment. Note: If all of the indicators in the flashing column are lit, *the indicators in all columns may shift downward temporarily.*

At the end of each segment, a tone will sound, the next column to the right will begin to flash, and the resistance of the pedals will automatically change if a different resistance setting is programmed for the next segment. When you have completed the first 8 minutes of the program, the same column will continue to flash, and *all columns of indicators will shift one position to the left.* The columns of indicators will continue to shift to the left at the end of each segment, until the last segment of the program is shown in the far right column of the matrix. *The next column to the right will then begin to flash at the end of each segment,* until the program is completed.

During the program, you can change the resistance of the pedals, if desired, by pressing the RESISTANCE + and – buttons or the QUICK-TOUCH RESISTANCE buttons. However, when the current segment ends, the resistance will automatically change if a different resistance setting is programmed for the next segment. Note: The program ends with a two-minute cool-down period. During this period, the resistance level cannot be changed.

8 Follow your progress with the main display.

See THE MAIN DISPLAY on page 10.

9 Measure your heart rate if desired.

See THE PULSE SENSOR on page 11.

10 When you are finished using the elliptical exerciser, the console will automatically turn off.

See HOW TO TURN OFF THE CONSOLE on page 9.

HOW TO USE THE PULSE PROGRAMS

The CONSTANT PULSE program will automatically control the resistance of the pedals to keep your heart rate near a target level during your workout.

The VARIABLE PULSE program will automatically control the resistance of the pedals to keep your heart rate within a target range during your workout.

1 Begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

2 Select one of the PULSE programs.

To select a PULSE program, first press the PULSE button. The indicator on the button will light, and the word "PULSE" will appear in the main display for a moment.

Next, the words "CONSTANT MODE" will appear in the main display. If you plan to use the CONSTANT PULSE program, press the ENTER button. If you plan to use the VARIABLE PULSE program, press the + or – button beside the ENTER button so that the words "VARIABLE MODE" appear in the main display; then press the ENTER button.

3 Enter your age.

See step 3 on page 13.

4 Enter your weight.

See step 4 on page 13.

5 Enter a maximum heart rate setting.

Next, the words "PCT MAX RATE" and the maximum heart rate setting of the program will appear in the main display. The maximum heart rate setting represents a *percentage* of your *estimated maximum heart rate*. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ($220 - 30 = 190$). Therefore, if you are 30 years old, a target heart rate setting of 50% is equal to 95 beats per minute (50% of 190 is 95).

If you wish to change the maximum heart rate setting, press the + and – buttons beside the ENTER button. When the desired maximum heart rate setting is shown, press the ENTER button.

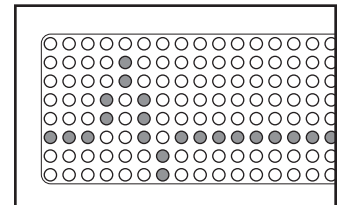
6 Enter a program time.

See step 5 on page 13.

7 Begin exercising and hold the handgrip pulse sensor.

It is not necessary to hold the handgrip pulse sensor continuously during PULSE programs. However, you must hold the handgrip pulse sensor frequently for the programs to operate properly. Each time you hold the handgrip pulse sensor, keep your hands on the contacts for at least 15 seconds.

During PULSE programs, the matrix will display a heartbeat graphic. Each time a heartbeat is detected, an additional peak will appear in the matrix.



The program is divided into 30-second segments. One target heart rate setting is programmed for each segment. Note: If the CONSTANT PULSE program is selected, the same target heart rate setting is programmed for all segments.

At the end of each segment, a tone will sound and the resistance of the pedals will automatically change, if necessary, to bring your heart rate closer to the target heart rate setting for the next segment. The program will continue in this way until the last segment ends.

During the program, you can change the resistance of the pedals, if desired, by pressing the RESISTANCE + and – buttons or the QUICK-TOUCH RESISTANCE buttons. However, when the current segment ends, the resistance will automatically change, if necessary, to bring your heart rate closer to the target heart rate setting for the next segment. Note: Each PULSE program ends with a two-minute cool-down period. During this period, the resistance level cannot be changed.

If your pulse is not detected during the program, the letters “PLS” will flash in the main display, and the resistance of the pedals may automatically decrease. If this occurs, see THE PULSE SENSOR on page 11.

8 Follow your progress with the main display.

See THE MAIN DISPLAY on page 10.

9 When you are finished using the elliptical exerciser, the console will automatically turn off.

See HOW TO TURN OFF THE CONSOLE on page 9.

HOW TO USE THE INTERVAL PROGRAM

The INTERVAL program will automatically change the resistance of the pedals to simulate a series of hills as it guides you through an effective interval training workout.

1 Begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

2 Select the INTERVAL program.

To select the INTERVAL program, press the INTERVAL button. The indicator on the button will light, and the word “INTERVAL” will appear in the main display for a moment.

3 Enter your age.

See step 3 on page 13.

4 Enter your weight.

See step 4 on page 13.

5 Enter a program time.

See step 5 on page 13.

6 Enter a maximum resistance setting.

See step 6 on page 14.

7 Enter the desired number of hills for the program.

Next, the words “NUMBER HILLS” and the number of hills that the program will simulate will appear in the main display. If you wish to change the number of hills, press the + and – buttons beside the ENTER button. When the desired number of hills is shown, press the ENTER button.

8 **Begin exercising.**

See step 7 on page 14.

9 **Follow your progress with the main display.**

See THE MAIN DISPLAY on page 10.

10 **Measure your heart rate if desired.**

See THE PULSE SENSOR on page 11.

11 **When you are finished using the elliptical exerciser, the console will automatically turn off.**

See HOW TO TURN OFF THE CONSOLE on page 9.

HOW TO USE THE PLATEAU PROGRAM

During the PLATEAU program, the resistance of the pedals will gradually increase, remain constant for several segments, and then gradually decrease.

1 **Begin pedaling to activate the console.**

See HOW TO ACTIVATE THE CONSOLE on page 9.

2 **Select the PLATEAU program.**

To select the PLATEAU program, press the PLATEAU button. The indicator on the button will light, and the word "PLATEAU" will appear in the main display for a moment.

3 **Enter your age.**

See step 3 on page 13.

4 **Enter your weight.**

See step 4 on page 13.

5 **Enter a maximum resistance setting.**

See step 6 on page 14.

6 **Enter a program time.**

See step 5 on page 13.

7 **Begin exercising.**

See step 7 on page 14.

8 **Follow your progress with the main display.**

See THE MAIN DISPLAY on page 10.

9 **Measure your heart rate if desired.**

See THE PULSE SENSOR on page 11.

10 **When you are finished using the elliptical exerciser, the console will automatically turn off.**

See HOW TO TURN OFF THE CONSOLE on page 9.

HOW TO USE THE FOOTHILLS, PEAKS, AND ALL-TERRAIN PROGRAMS

During the FOOTHILLS program, the resistance of the pedals will gradually increase and then gradually decrease. The number of times that the resistance will increase and decrease will depend on the maximum resistance setting and the intensity level that you select.

During the PEAKS program, the resistance of the pedals will increase and then decrease. The number of times that the resistance will increase and decrease will depend on the maximum resistance setting and the intensity level that you select.

During the ALL-TERRAIN program, the resistance of the pedals will sharply increase and then sharply decrease repeatedly. The number of times that the resistance will increase and decrease will depend on the maximum resistance setting and the intensity level that you select.

1 Begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

2 Select the desired program.

Press the FOOTHILLS, PEAKS, or ALL-TERRAIN button. The indicator on the button will light, and the word “FOOTHILLS,” “PEAKS,” or “ALL-TERRAIN” will appear in the main display for a moment.

3 Enter your age.

See step 3 on page 13.

4 Enter your weight.

See step 4 on page 13.

5 Enter a program time.

See step 5 on page 13.

6 Enter a maximum resistance setting.

See step 6 on page 14.

7 Enter an intensity level.

Next, the word “INTENSITY” and the intensity level of the program will appear in the main display. Press the + and – buttons beside the ENTER button to select level 1 (for a low-intensity workout), level 2 (for a moderate-intensity workout), or level 3 (for a high-intensity workout). Then, press the ENTER button.

8 Begin exercising.

See step 7 on page 14.

9 Follow your progress with the main display.

See THE MAIN DISPLAY on page 10.

10 Measure your heart rate if desired.

See THE PULSE SENSOR on page 11.

11 When you are finished using the elliptical exerciser, the console will automatically turn off.

See HOW TO TURN OFF THE CONSOLE on page 9.

HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to access information and to view and change default settings. Follow the steps below to use the maintenance mode.

1 Begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

2 Hold down the CLEAR button and the ENTER button simultaneously for a few seconds to select the maintenance mode.

When the maintenance mode is selected, the words "MAINTENANCE MODE" will appear in the main display for a moment.

3 View the total number of hours that the elliptical exerciser has been used.

When the words "MAINTENANCE MODE" disappear, the main display will show the total number of hours that the elliptical exerciser has been used.

4 Press the ENTER button and view the total distance pedaled on the elliptical exerciser.

When the button is pressed, the main display will show the total distance pedaled on the elliptical exerciser.

5 Press the ENTER button again and set a maximum program time for the programs.

The maximum program time for the programs can be from 10 minutes to 90 minutes. To change the maximum program time, press the + and – buttons beside the ENTER button.

6 Press the ENTER button again and select a language for the main display.

The main display can display text messages in English, International English, German, Spanish, Italian, or French. To change the language, press the + and – buttons beside the ENTER button.

7 Press the ENTER button again and select the desired system of measurement.

The console can display data using the English system (miles and pounds) or the metric system (kilometers and kilograms). To change the system of measurement, press the + and – buttons beside the ENTER button.

8 Hold down the ENTER button and the CLEAR button simultaneously for a few seconds to exit the maintenance mode.

To exit the maintenance mode at any time, hold down the ENTER button and the CLEAR button simultaneously for a few seconds.

MAINTENANCE AND TROUBLESHOOTING

Most problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

WEEKLY MAINTENANCE

Inspect and properly tighten all external parts of the elliptical exerciser. Clean the elliptical exerciser with a small amount of mild multi-purpose cleaner applied to a 100% cotton cloth. When cleaning the elliptical exerciser, pay special attention to the track and wheels. Remove all debris from the track. Clean the pedal covers with a soft nylon brush. **Do not use acidic cleaners—doing so will void your warranty. Never spray any cleaner directly onto the elliptical exerciser.**

TROUBLESHOOTING

1. SYMPTOM: THE ELLIPTICAL EXERCISER IS NOT LEVEL

If the elliptical exerciser rocks slightly during use, see HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER on page 6.

2. SYMPTOM: THE CONSOLE DOES NOT DISPLAY THE DESIRED SYSTEM OF MEASUREMENT

The console can display data using the English system (miles and pounds) or the metric system (kilometers and kilograms). To change the system of measurement, see step 7 on page 19.

3. SYMPTOM: THE PULSE SENSOR DOES NOT FUNCTION PROPERLY

If the handgrip pulse sensor does not function properly, see THE PULSE SENSOR on page 11.

4. SYMPTOM: THE PEDAL DISKS RUB AGAINST THE SIDE SHIELDS

If a pedal disk rubs against a side shield, loosen the side shield mounting screws and move the side shield slightly until the pedal disk stops rubbing. Retighten the side shield mounting screws.

5. SYMPTOM: THE PEDAL WHEELS SQUEAK

If the pedal wheels squeak, use a 100% cotton cloth to remove debris from the track and the wheels. If the pedal wheels continue to squeak, apply a light coat of silicone-based lubricant to the track.

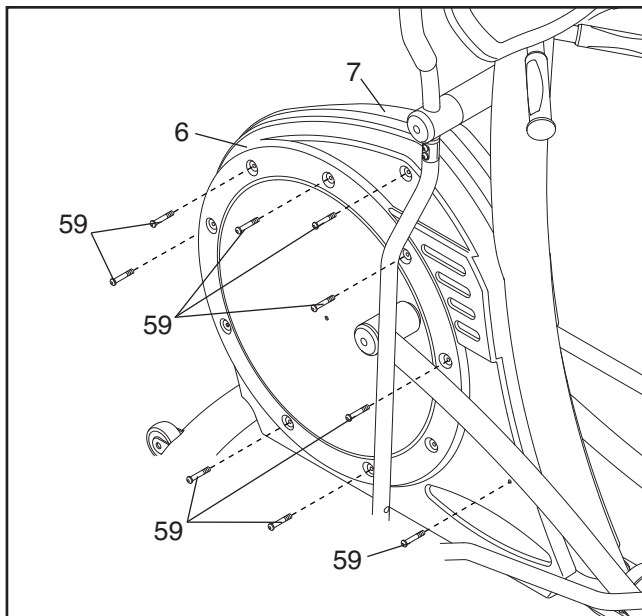
6. SYMPTOM: THE CONSOLE TURNS OFF AS SOON AS THE USER STOPS PEDALING

If the console turns off as soon as the user stops pedaling, the battery pack may not be fully charged. The longer your workouts are on the elliptical exerciser, the longer the battery pack will maintain a charge. If the symptom continues, call the toll-free telephone number on the front cover of this manual immediately.

7. SYMPTOM: THE PEDALS SLIP OR GIVE ON THE POWER STROKE OF EACH REVOLUTION

If the pedals slip on the power stroke, the drive belt is slipping. You will need to adjust the tension of the drive belt. Remove the nine 1/4" x 3/4" Button Head Screws (59) from the Left Side Shield (6), and pivot the Left Side Shield to the side.

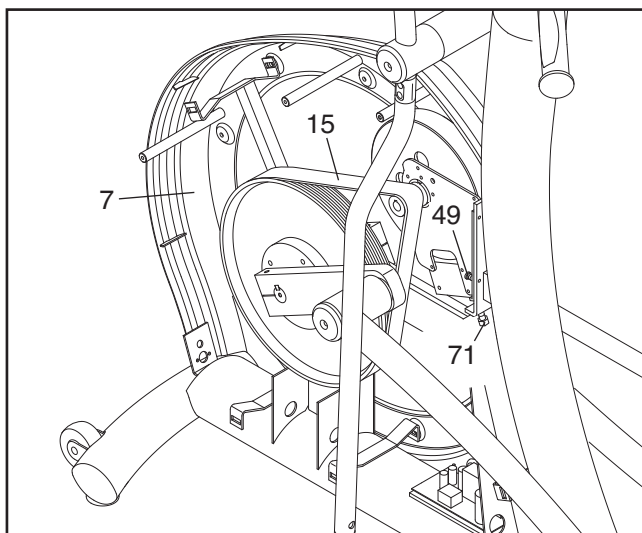
Remove the Right Side Shield (7) in the same way.



Note: For clarity, the left pedal disk is not shown. Rotate the pedal disk until the Drive Belt (15) is accessible.

Loosen the four 1/4" x 3/8" Cap Screws (49 [only one is shown]). Tighten the Tension Bolt (71) 1/4 turn until the Drive Belt (15) stops slipping. Retighten the four 1/4" x 3/8" Cap Screws, and secure the Left Side Shield with the nine 1/4" x 3/4" Button Head Screws (59).

Secure the Right Side Shield (7) in the same way.



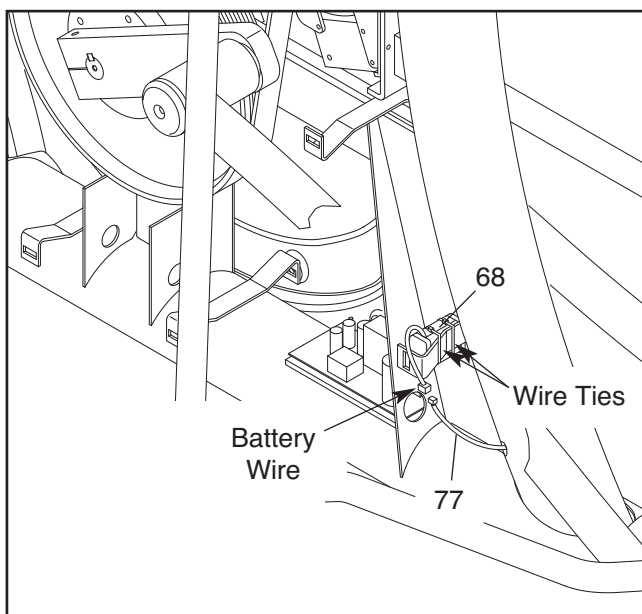
HOW TO REPLACE THE BATTERY PACK

If you are replacing the Battery Pack (68), see the paragraph at the top of this page and pivot the left side shield to the side.

Next, locate the Battery Pack (68). Disconnect the battery wire from the Lower Battery Wire (77). Cut the wire ties and discard the Battery Pack according to federal law.

Reverse this step to attach the new Battery Pack (68).

See the paragraph at the top of this page and reattach the left side shield.



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, 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.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *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 as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training zone exercise, consisting of 20 to 30 minutes of exercising 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.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

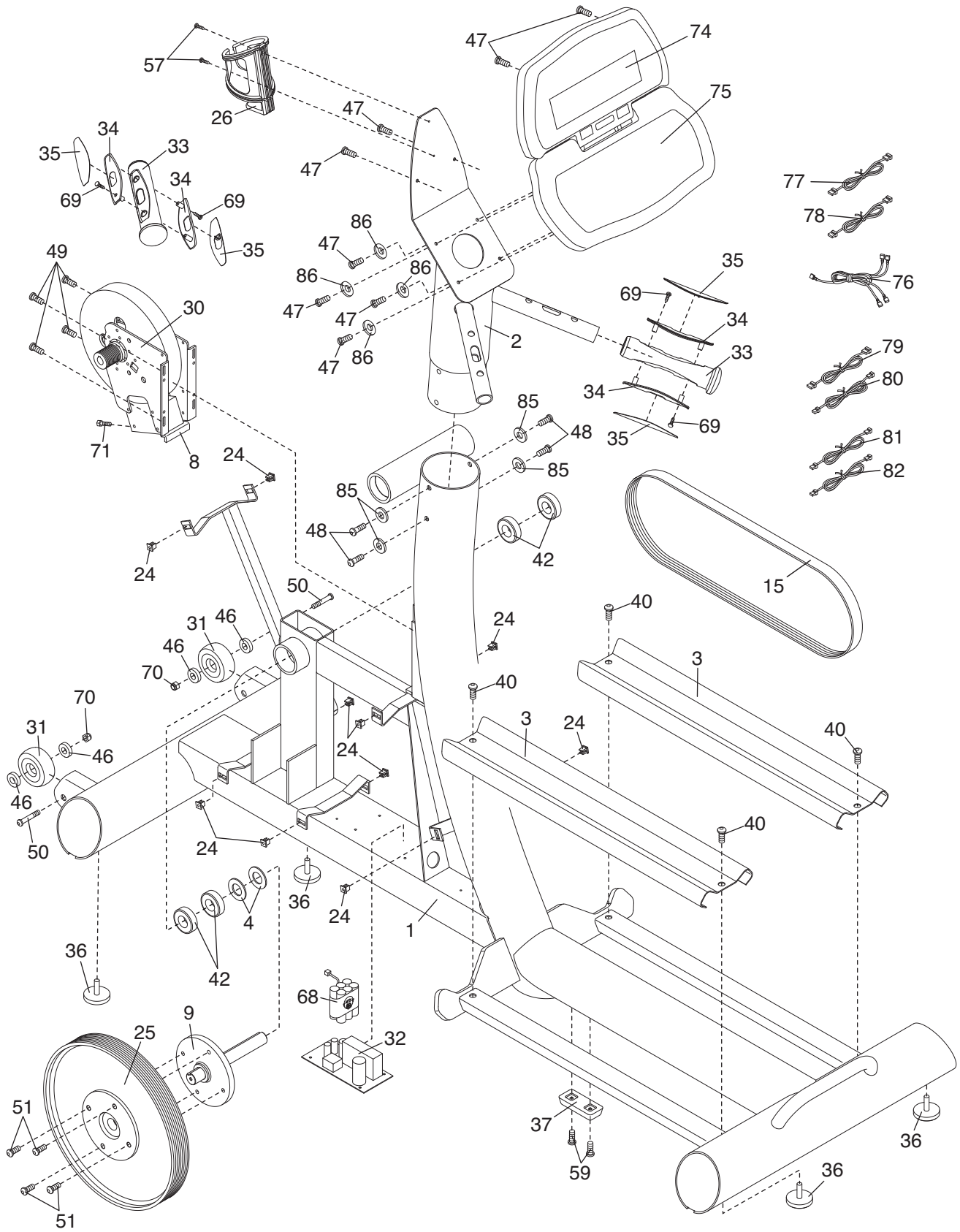
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday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

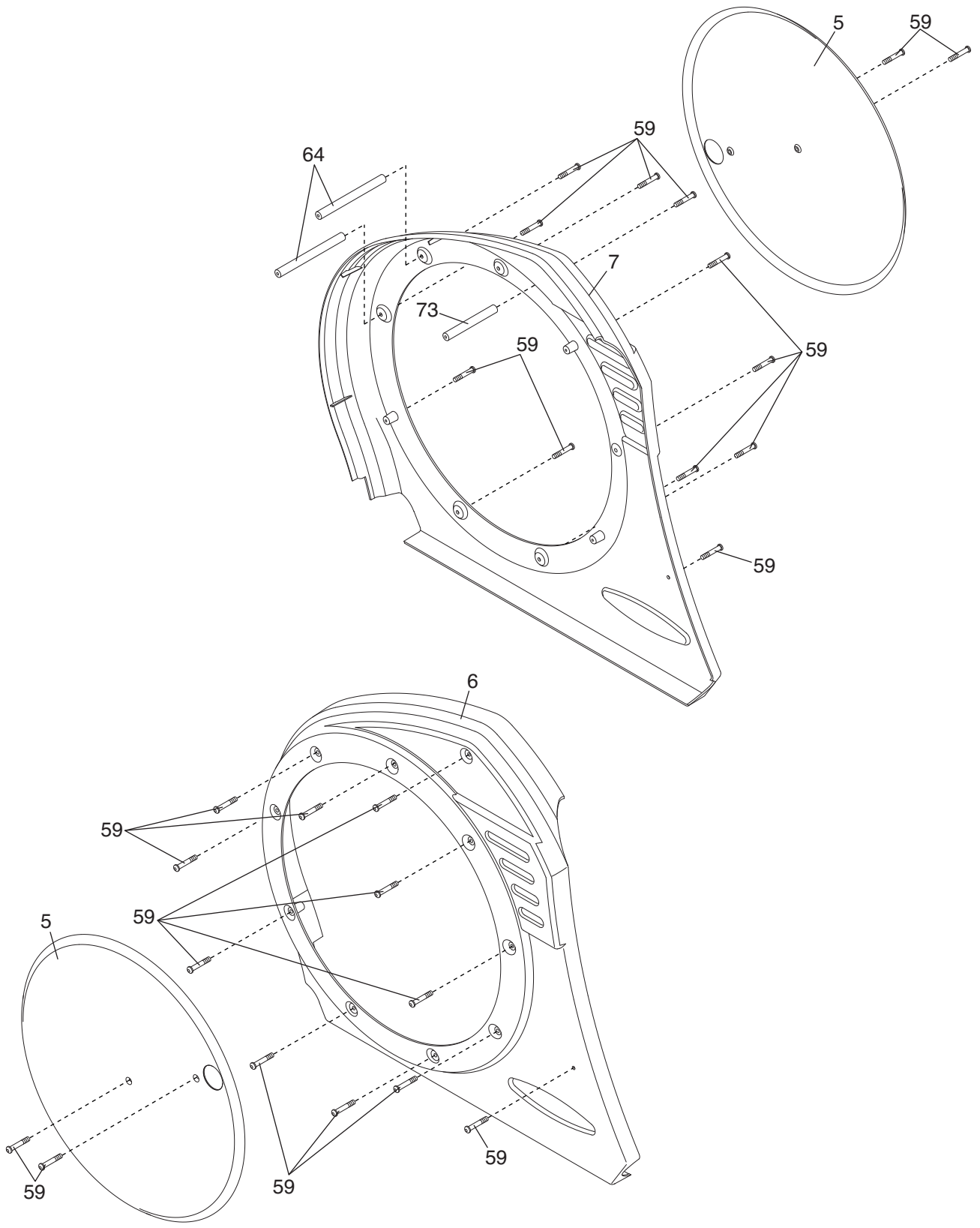
To locate the parts listed below, see the EXPLODED DRAWING on pages 25, 26, and 27.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	45	4	Snap Ring
2	1	Upright	46	4	Wheel Bearing
3	2	Track	47	8	#10 x 3/4" Console Screw
4	12	Nylon Washer	48	4	3/8" x 1 1/4" Button Head Screw
5	2	Pedal Disk	49	4	1/4 x 3/8" Cap Screw
6	1	Left Side Shield	50	2	1/2" x 2" Button Head Screw
7	1	Right Side Shield	51	4	Crank Screw
8	1	Generator Bracket	52	4	#8 x 3/4" Screw
9	1	Crank	53	4	Wave Washer
10	1	Crank Spacer	54	14	#10 x 3/8" Pedal Screw
11	1	Right Pedal Arm	55	2	3/8" x 1" Shoulder Screw
12	1	Left Pedal Arm	56	4	1/4" x 3/4" Axle Screw
13	1	Right Pedal	57	2	Bottle Holder Screw
14	1	Left Pedal	58	4	3/8" x 5/8" Shoulder Screw
15	1	Drive Belt	59	28	1/4" x 3/4" Button Head Screw
16	1	Handlebar Axle	60	2	5/16" Nylon Locknut
17	1	Left Handlebar Arm	61	2	5/16" x 3 1/2" Cap Screw
18	1	Right Handlebar Arm	62	4	3/8" x 3/4" Cover Screw
19	1	Left Handlebar	63	4	Pedal Bushing
20	1	Right Handlebar	64	2	Long Side Shield Spacer
21	1	Right Pedal Cover	65	2	Key
22	1	Left Pedal Cover	66	4	Axle Washer
23	2	Handlebar Foam	67	14	#10 Washer
24	10	Plastic Insert	68	1	Battery Pack
25	1	Pulley	69	4	#6 x 1" Screw
26	1	Water Bottle Holder	70	2	1/2" Nylon Locknut
27	2	Wheel Spacer	71	1	Tension Bolt
28	2	Set Screw	72	4	3/8" Nylon Locknut
29	4	Small Snap Ring	73	1	Short Side Shield Spacer
30	1	Generator	74	1	Display Console
31	2	Wheel	75	1	Control Console
32	1	Control Board	76	1	Pulse Jumper Wire
33	2	Pulse Grip	77	1	Lower Battery Wire
34	4	Grip Insert	78	1	Upper Battery Wire
35	4	Contact	79	1	Upper Controller Wire
36	4	Levelling Foot	80	1	Lower Controller Wire
37	1	Foot	81	1	Generator Coil Wire
38	2	Pedal Wheel	82	1	Electromagnet Wire
39	2	Handlebar Cap	83	1	Left Crank Arm
40	4	Ramp Screw	84	1	Right Crank Arm
41	4	Axle Cap	85	4	3/8" Split Washer
42	14	Bearing	86	4	#10 Star Washer
43	8	Handlebar Bushing	87	2	3/8" x 2 3/4" Shoulder Bolt
44	2	Spacer	#	1	User's Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

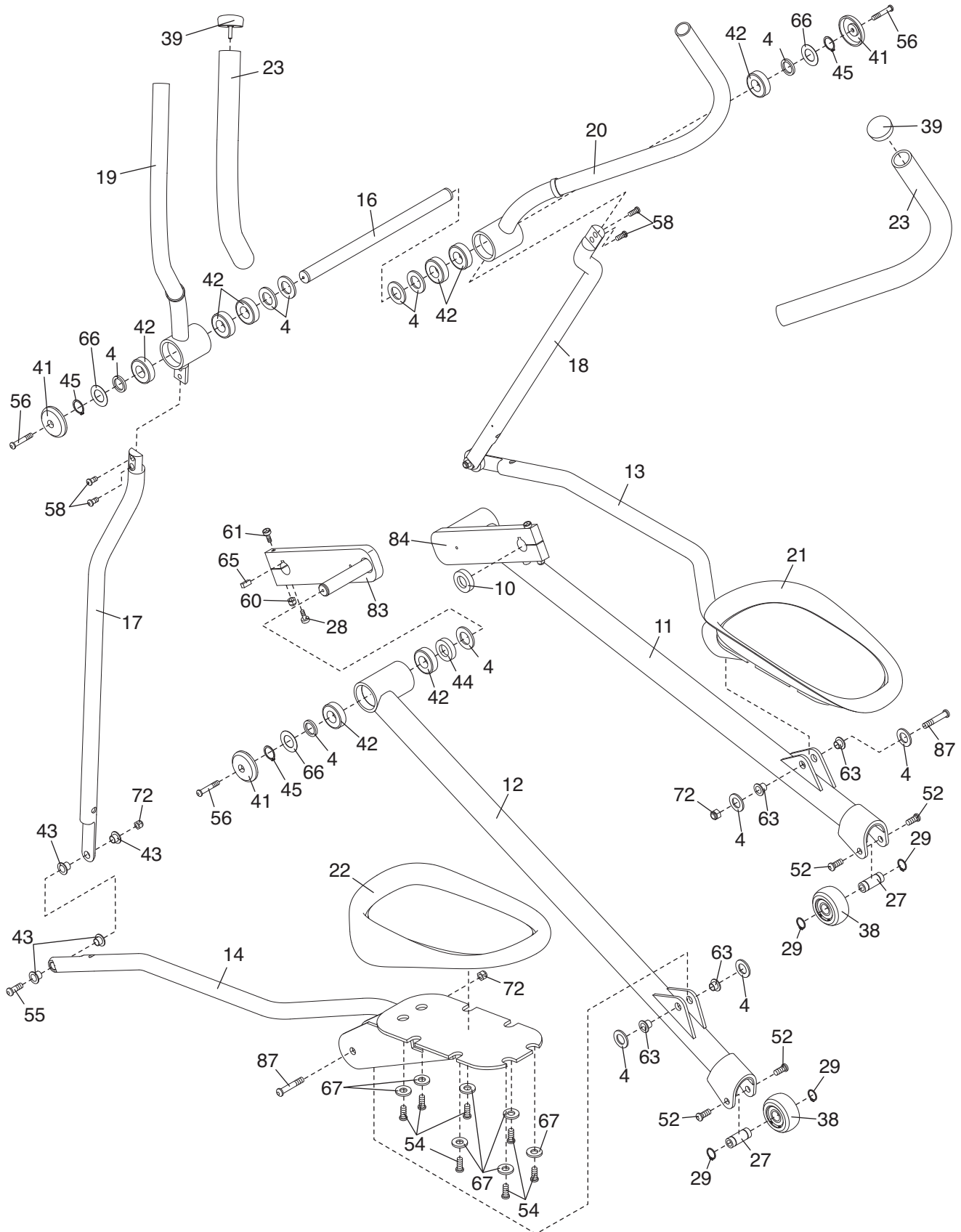
If replacement parts are needed, or if parts are missing or damaged, see HOW TO ORDER REPLACEMENT PARTS on the back cover of this manual.





EXPLODED DRAWING C—MODEL NO. EPEL4255.0

R0705A



HOW TO ORDER REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (EPEL4255.0)
- the NAME of the product (EPIC EX 1000 COMMERCIAL PRO elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 24 to 27)

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 after the date of purchase. There is a lifetime warranty on the frame.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized 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 in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, 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 is limited in its 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 which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813