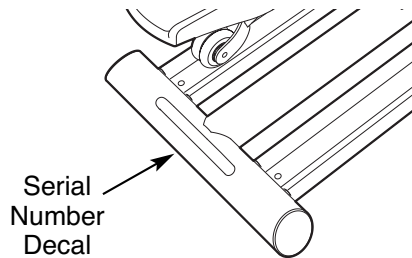


EPIC™ EL 2980

With Universal Dock for iPod®

Model No. EPEL69908.0
Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

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

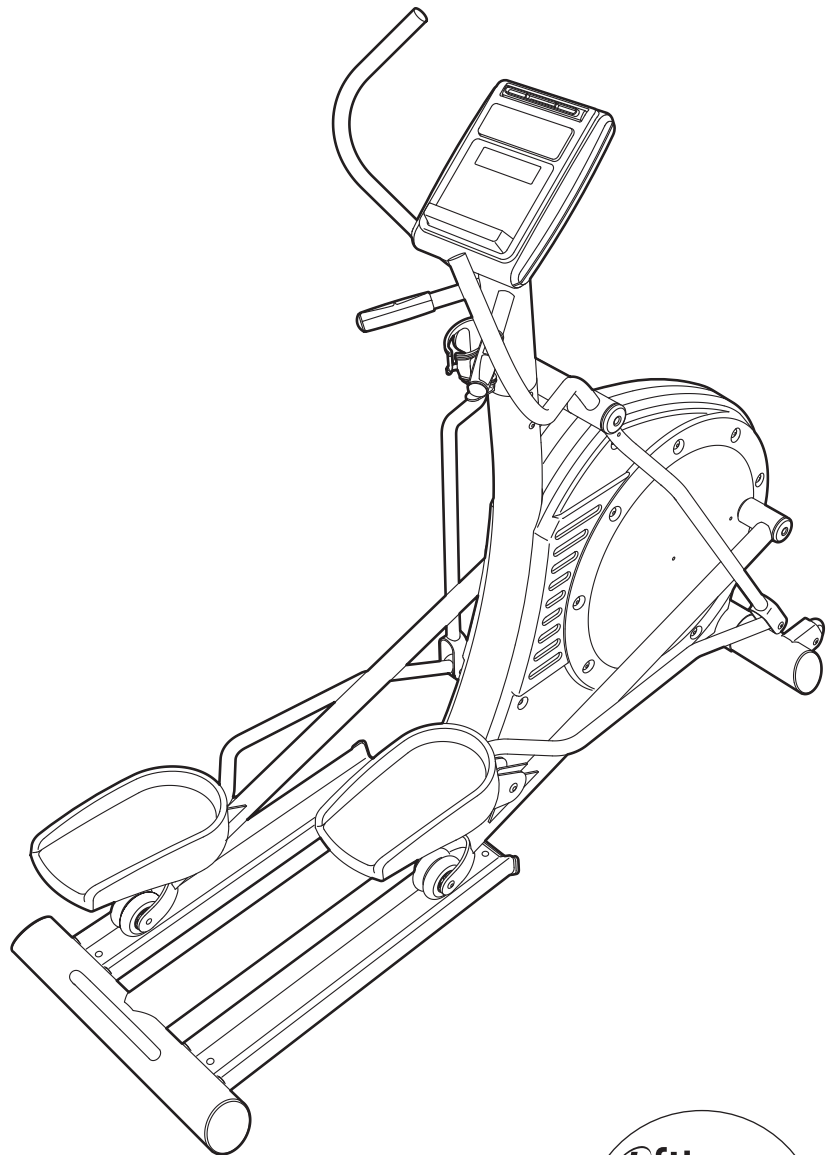
1-866-997-6999

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.iconservice.com



CAUTION

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

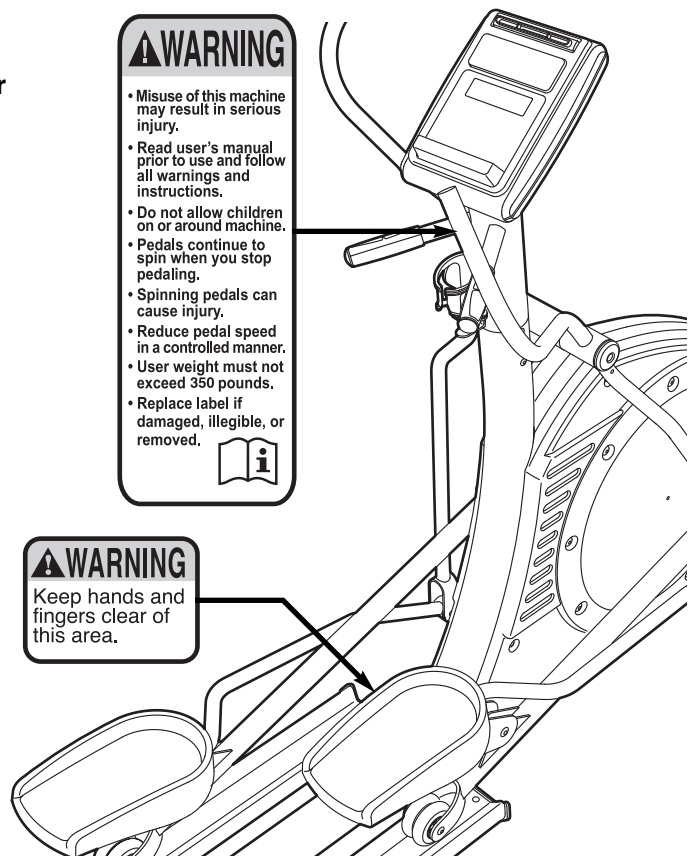


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(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. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. 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.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 350 lbs. (159 kg).
8. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. Hold the handgrip pulse sensors or the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. 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.
11. Keep your back straight while using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. Use the elliptical exercise only as described in this manual.

BEFORE YOU BEGIN

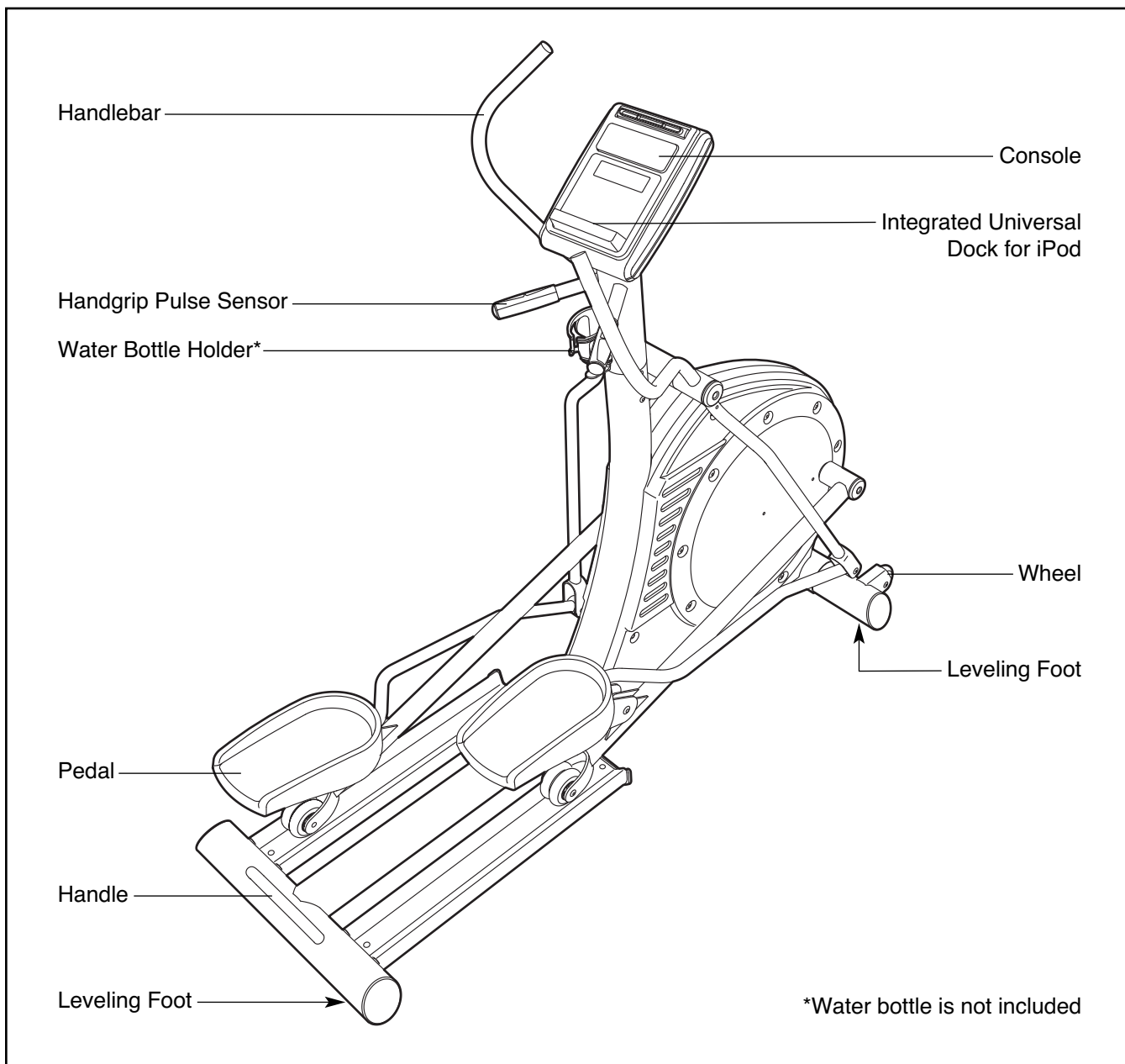
Congratulations for selecting the new EPIC™ EL 2980 elliptical exerciser. The EL 2980 provides a wide array of features designed to make your workouts at home more effective and enjoyable.

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.iconservice.com/registration.

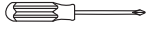


Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



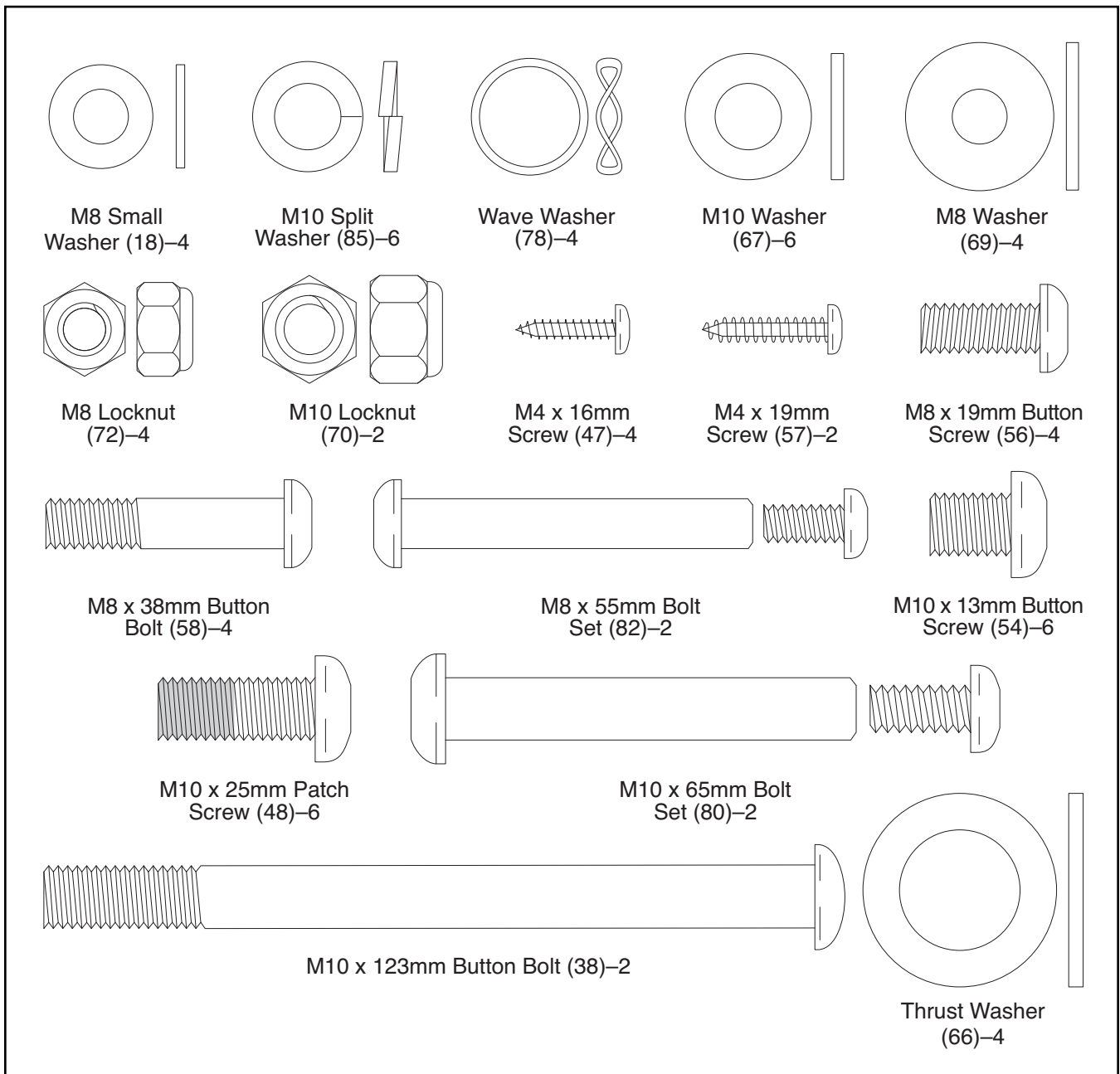
ASSEMBLY

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 .

As you assemble the elliptical exerciser, use the drawings below to identify small parts. 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 parentheses 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.**

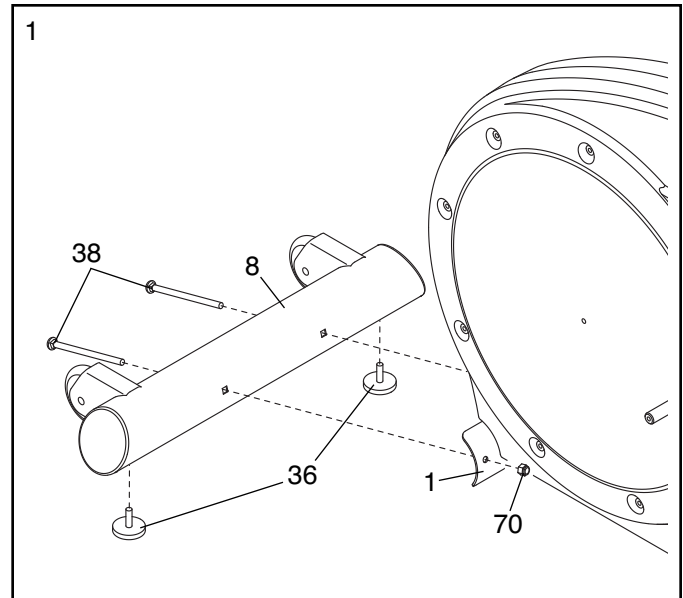


1.

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

Attach the Stabilizer (8) to the Frame (1) with two M10 x 123mm Button Bolts (38) and two M10 Locknuts (70) (only one is shown).

Tighten two Leveling Feet (36) into the underside of the Stabilizer (8).

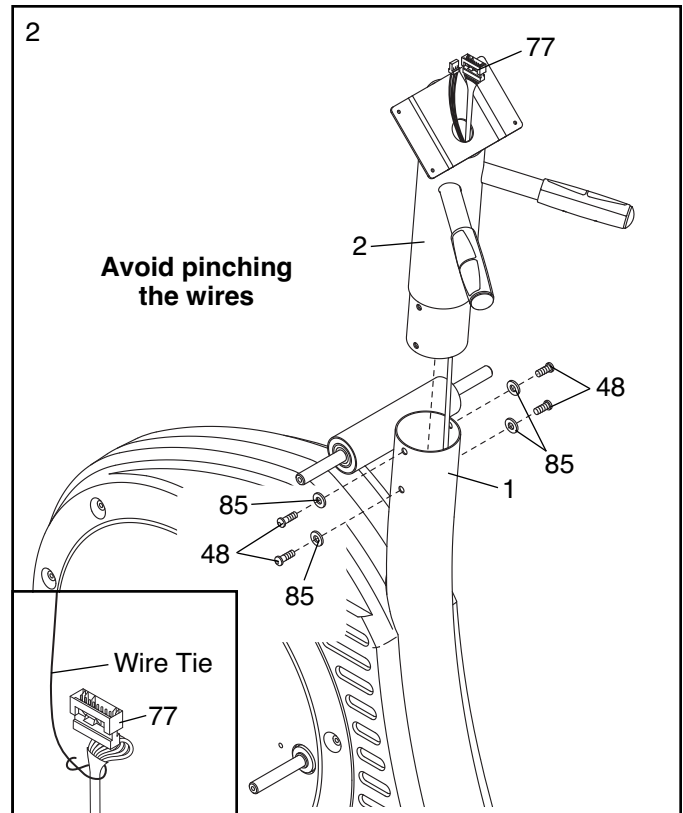


2. Have another person hold the Upright (2) near the Frame (1) as shown.

See the inset drawing. Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Wire Harness (77). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

Tip: Use an elastic band or a piece of tape to prevent the end of the Wire Harness from falling into the Upright.

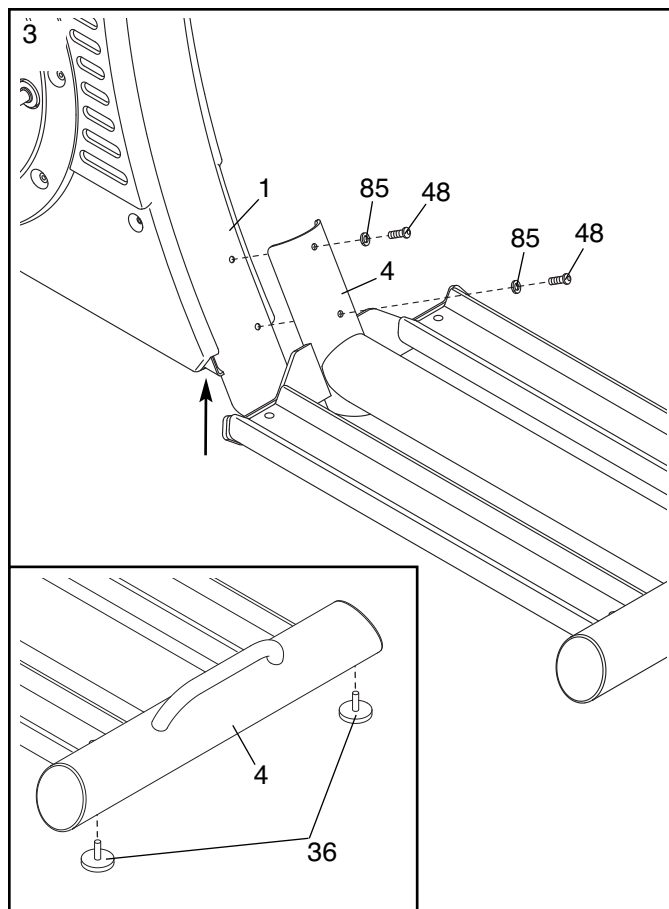
Tip: Avoid pinching the wires. Attach the Upright (2) to the Frame (1) with four M10 x 25mm Patch Screws (48) and four M10 Split Washers (85).



- Attach the Track Frame (4) to the Frame (1) with two M10 x 25mm Patch Screws (48) and two M10 Split Washers (85). **Tip: Finger tighten a Patch Screw into the lower hole first, and then finger tighten a Patch Screw into the upper hole. Then, tighten both Patch Screws.**

Tip: This step may be easier if you raise the Frame (1) a few inches in the location shown by the arrow at the right while you attach the Track Frame (4).

See the inset drawing. Tighten two Leveling Feet (36) into the underside of the Track Frame (4).



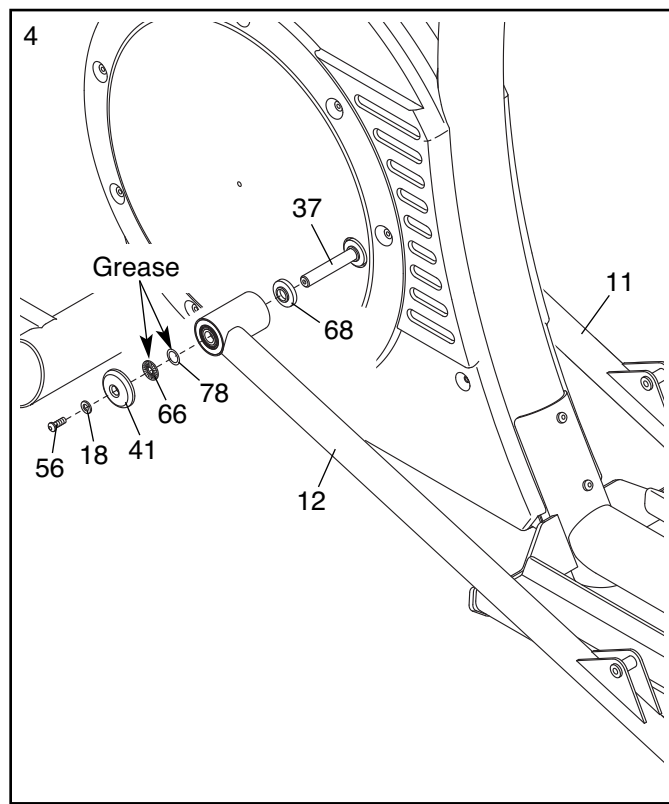
- Apply a small amount of the included grease to the sides of two Wave Washers (78) and to two Thrust Washers (66).

Slide a Weld Spacer (68) onto the left Crank Arm (37). Next, identify the Left Track Arm (12), which is marked with a "Left" sticker.

Orient the Left Track Arm (12) as shown, and slide it onto the left Crank Arm (37). Then, slide a Wave Washer (78) on the end of the left Crank Arm.

Slide an M8 Small Washer (18) and an Axle Cap (41) onto an M8 x 19mm Button Screw (56). Next, slide a Thrust Washer (66) onto the shoulder of the Axle Cap. Then, tighten the Button Screw into the end of the left Crank Arm (37). **Make sure that the Thrust Washer remains on the shoulder of the Axle Cap, and that the Wave Washer (78) remains on the end of the left Crank Arm.**

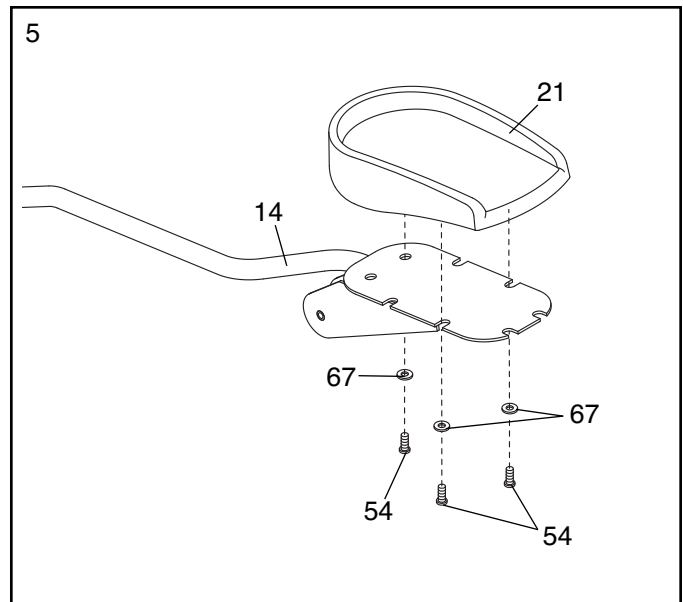
Repeat this step to attach the Right Track Arm (11).



5. Identify the Left Pedal Leg (14), which is marked with a "Left" sticker.

Attach a Pedal (21) to the Left Pedal Leg (14) with three M10 x 13mm Button Screws (54) and three M10 Washers (67). **Make sure that the Button Screws are in the indicated holes. The other holes in the Left Pedal Leg are not used.**

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

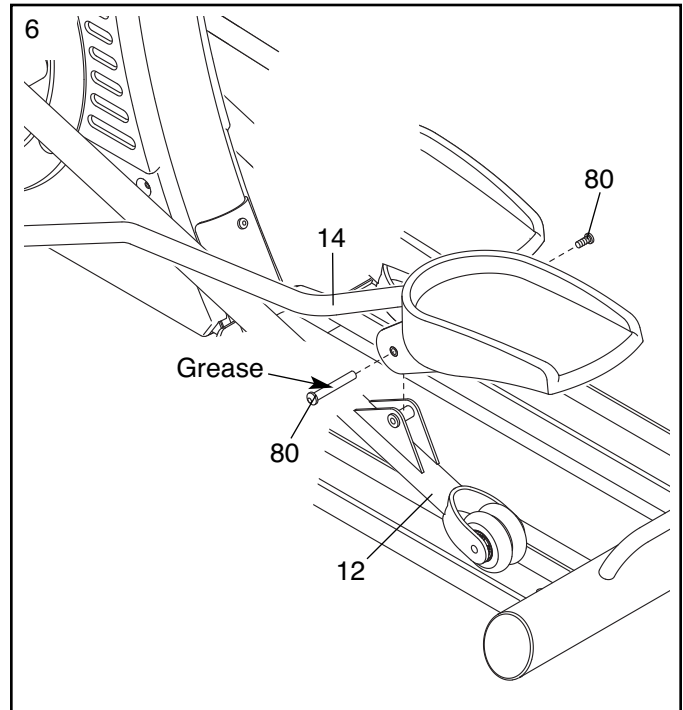


6. Apply a thin film of grease to the barrel of an M10 x 65mm Bolt Set (80).

Fit the bracket on the Left Pedal Leg (14) onto the bracket on the Left Track Arm (12).

Attach the Left Pedal Leg (14) to the Left Track Arm (12) with the M10 x 65mm Bolt Set (80).

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

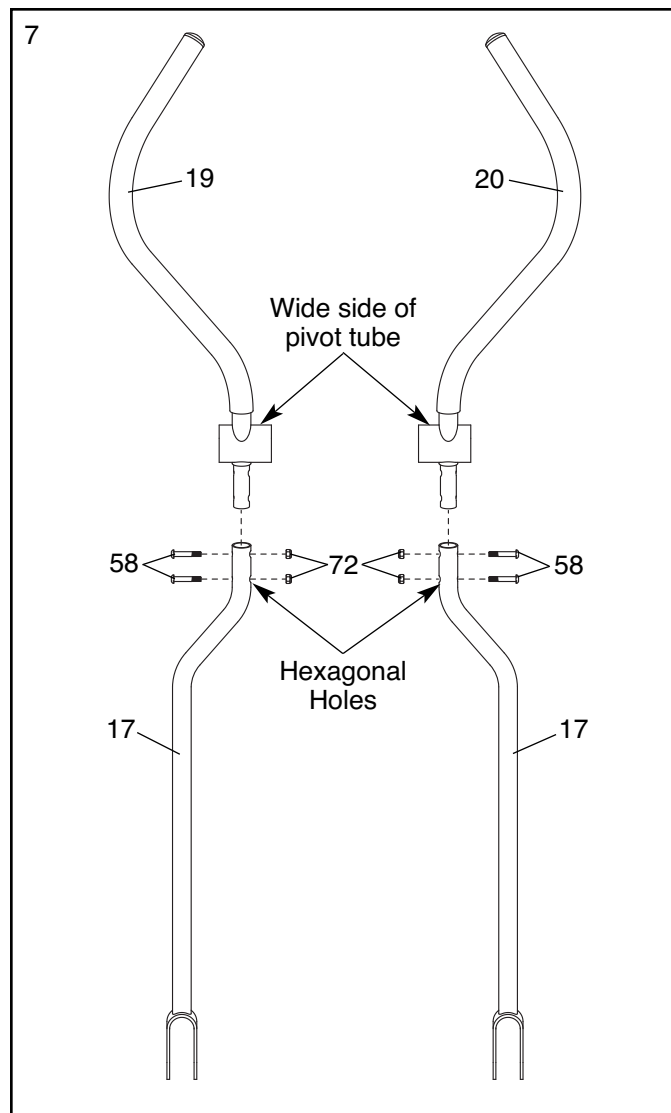


7. Identify the Left Handlebar (19), which is marked with a "Left" sticker.

Insert the Left Handlebar (19) into one of the Handlebar Legs (17). **Next, turn the Left Handlebar and the Handlebar Leg so that the wide side of the pivot tube on the Left Handlebar is above the hexagonal holes in the Handlebar Leg.**

Attach the Left Handlebar (19) with two M8 x 38mm Button Bolts (58) and two M8 Locknuts (72). **Make sure that the Locknuts are inside the hexagonal holes. Do not tighten the Button Bolts yet.**

Assemble the Right Handlebar (20) and the other Handlebar Leg (17) in the same way.

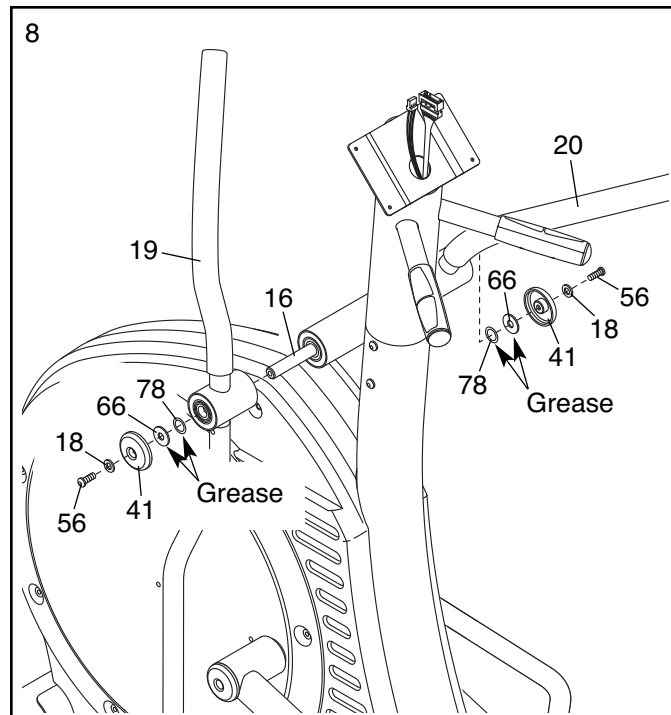


8. Apply a small amount of grease to the sides of two Wave Washers (78) and to two Thrust Washers (66).

Slide the Left Handlebar (19), which is marked with a "Left" sticker, onto the Handlebar Axle (16) as shown. Next, slide a Wave Washer (78) onto the end of the Handlebar Axle.

Slide an M8 Small Washer (18) and an Axle Cap (41) onto an M8 x 19mm Button Screw (56). Next, slide a Thrust Washer (66) onto the shoulder of the Axle Cap. Then, tighten the Button Screw a few turns into the end of the Handlebar Axle (16). **Make sure that the Thrust Washer remains on the shoulder of the Axle Cap, and that the Wave Washer (78) remains on the end of the Handlebar Axle.**

Assemble the Right Handlebar (20) in the same way. Then, tighten both M8 x 19mm Button Screws (56) at the same time.



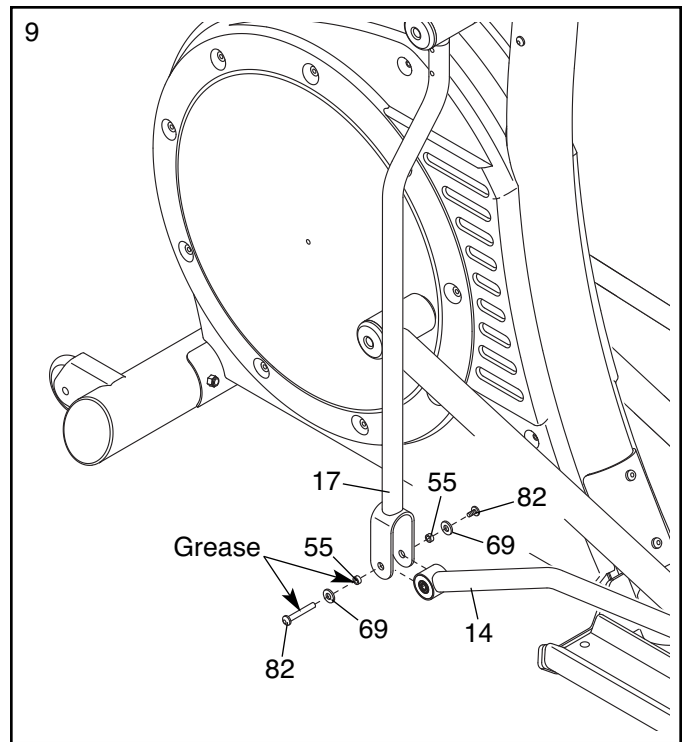
9. Apply a film of grease to the barrel of an M8 x 55mm Bolt Set (82) and to a 7mm Spacer (55). Slide an M8 Washer (69) and the Spacer onto the barrel of the Bolt Set.

While another person holds the front end of the Left Pedal Leg (14) inside the bracket on the left Handlebar Leg (17), insert the barrel of the M8 x 55mm Bolt Set (82) through both parts.

Next, slide a 7mm Spacer (55) and an M8 Washer (69) onto the end of the barrel of the M8 x 55mm Bolt Set (82). Then, turn the screw of the Bolt Set a few turns into the barrel. **Do not overtighten the Bolt Set; the left Handlebar Leg must pivot freely.**

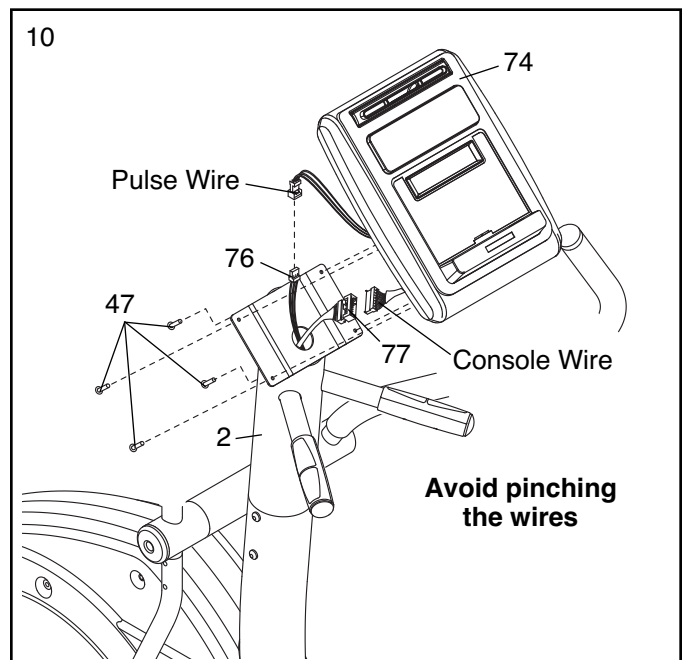
Attach the right Handlebar Leg (not shown) to the Right Pedal Leg (not shown) in the same way.

See step 7. Tighten the four M8 x 38mm Button Bolts (58).

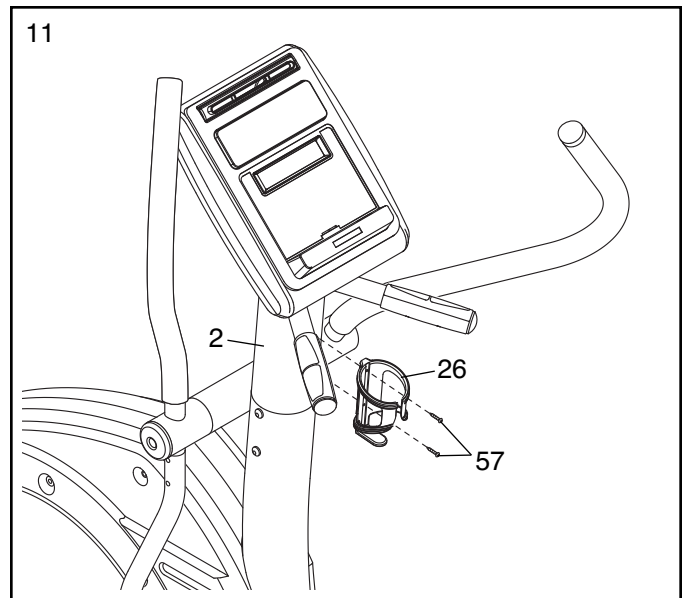


10. While another person holds the Console (74) near the Upright (2), connect the Pulse Jumper Wire (76) to the console pulse wire. Then, connect the Wire Harness (77) to the console wire harness. Insert the excess wire into the Upright.

Tip: Avoid pinching the wires. Set the Console (74) on the Upright (2). Attach the Console with four M4 x 16mm Screws (47).



11. Attach the Water Bottle Holder (26) to the Upright (2) with two M4 x 19mm Screws (57).



12. Plug the power adapter into the jack on the frame of the elliptical exerciser (see HOW TO PLUG IN THE POWER ADAPTER on page 12). **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, the console displays or other electronic components may become damaged.**

Make sure that all parts are properly tightened before you use the elliptical exerciser. Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the elliptical exerciser to protect the floor.

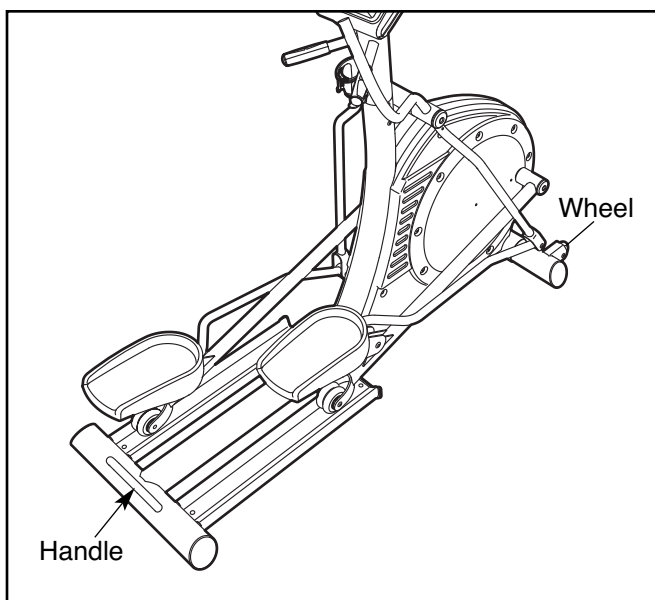
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO PLUG IN THE POWER ADAPTER

Plug one end of the included power adapter into the jack on the front of the elliptical exerciser. Plug the power cord on the other end of the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

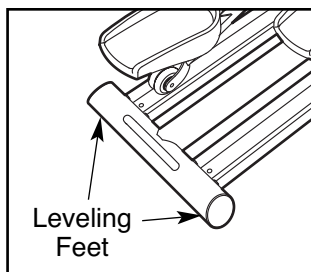
Due to the size and weight of the elliptical exerciser, moving it requires two persons. With the help of another person, lift the handle on the rear of the elliptical exerciser until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location and then lower it.



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.

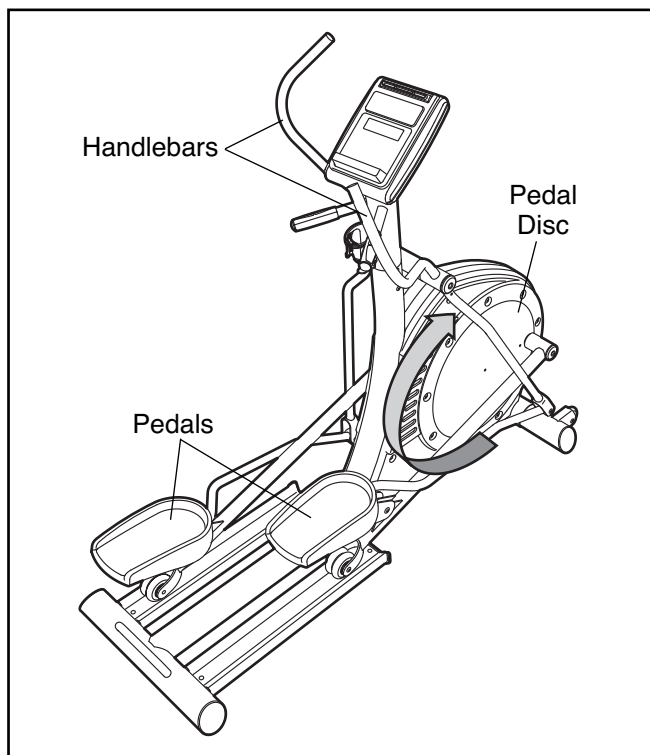
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn the leveling feet under the front and rear of the elliptical exerciser until the rocking motion is eliminated.



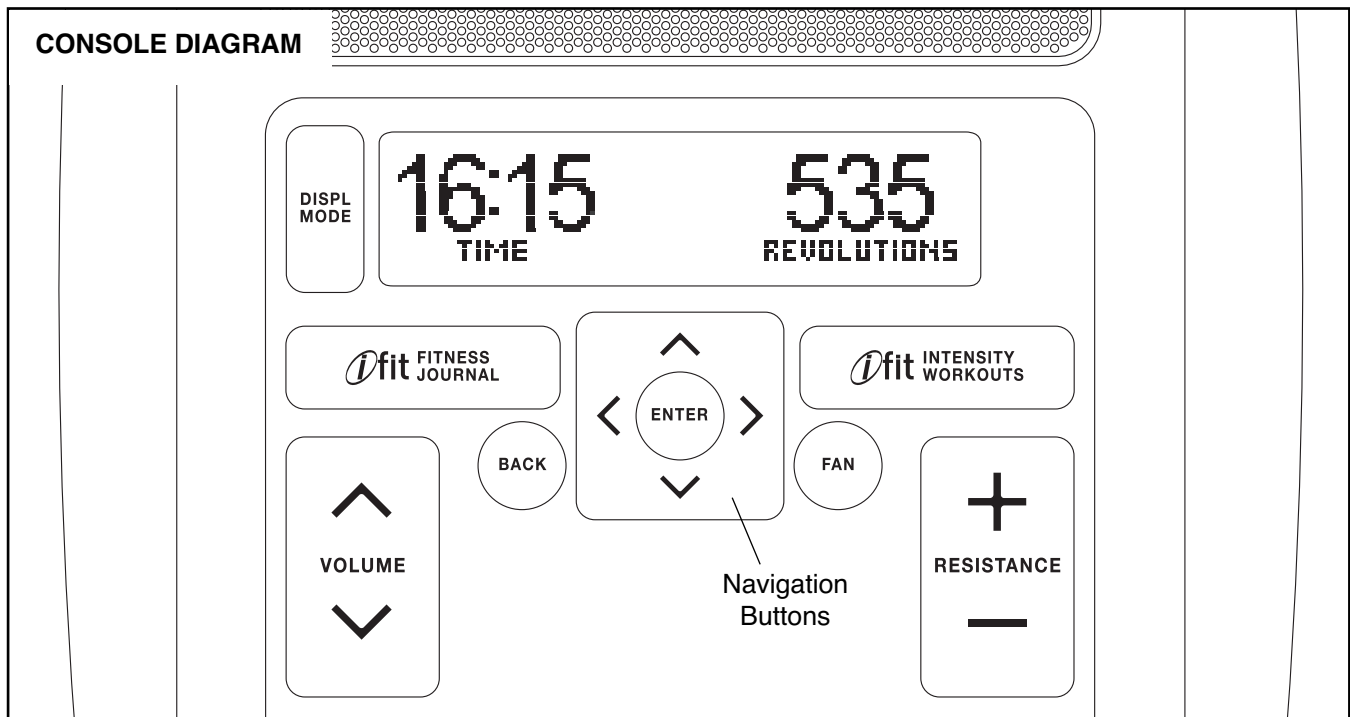
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.



Note: The pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown by the arrow above; however, for variety you can 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.



FEATURES OF THE CONSOLE

This 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. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

In addition, the console offers twenty preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also offers four heart rate workouts that change the resistance of the pedals to keep your heart rate near a target heart rate while you exercise.

The console features a fitness journal, which automatically records and stores your exercise information so that you can view your workout history and track your progress.

You can even listen to your favorite music or audio books with the console's sound system while you exercise. This product has been designed specifically to work with iPod® and has been certified by the developer to meet Apple performance standards.

To personalize console settings, see page 14. **To identify yourself as User 1 or User 2**, see page 15. **To use the manual mode**, see page 16. **To use a preset workout**, see page 17. **To use a heart rate workout**, see page 18. **To view the fitness journal**, see page 20. **To reset the fitness journal**, see page 21. **To use the sound system**, see page 21.

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

HOW TO PERSONALIZE CONSOLE SETTINGS

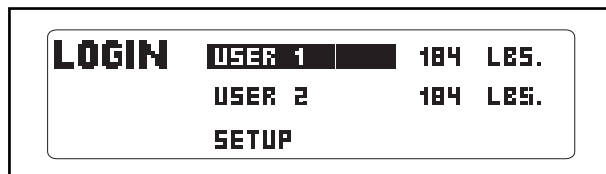
The console has a user mode that allows you to designate yourself as User 1 or User 2, enter user information before you begin exercising, and select console settings. The user information you enter will also be recorded and stored in the fitness journal, which allows you to view your workout history (see HOW TO VIEW THE FITNESS JOURNAL on page 20).

Follow the steps below to personalize console settings.

1. Select the user mode.

To select the user mode, press the Enter button. The console can store information and keep track of workout history for two different users.

When you select the user mode, the word LOGIN will appear in the display for a few seconds and then the user mode menu will appear.



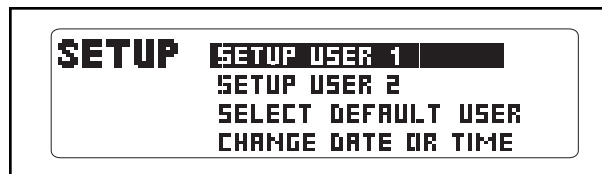
IMPORTANT: To highlight options within a menu, press the up, down, left, or right Navigation buttons. To select options within a menu, press the Enter button (see the drawing on page 13).

Note: To exit the user mode at any time, press the Back button repeatedly until the manual mode is selected (see page 16). To re-enter the user mode from the manual mode, press the Enter button.

2. Enter user information.

To enter your user information, first highlight the SETUP option and press the Enter button. The setup menu will then appear in the display.

Next, highlight the SETUP USER 1 or SETUP USER 2 option and press the Enter button. The user information menu will then appear in the display.



You can now enter your name and your weight. Highlight the desired option in the menu and press the Enter button. A flashing cursor will appear in a field in the display. To enter a number or letter above the cursor, press the up and down Navigation buttons. To move the cursor, press the left and right Navigation buttons. When you have finished entering the desired numbers or letters in the field, press the Enter button. Repeat this action to enter all the desired user information. Note: For more information about the RESET JOURNAL option, see page 21.



To exit the user information menu, press the Back button. The setup menu will then appear in the display.

3. Select a default user setting.

The console can record, store, and load information for two different users. The default user setting allows you to choose the user information that will be loaded and recorded when you turn on the console at the beginning of a workout session.

To select a default user setting, first highlight the SELECT DEFAULT USER option in the setup menu and press the Enter button. A list of default user options will then appear in the display.

To select a default user option, press the up and down Navigation buttons until an arrow appears next to the desired option. Then, press the Enter button. When you select an option, an “x” will appear in the box next to the selected option.

Note: You can also turn on or turn off the welcome screen from this menu. If the SHOW WELCOME SCREEN option is selected, then a welcome message with the name of the selected user will appear in the display each time you turn on the console.

To exit the default user menu, press the Back button. The setup menu will then appear in the display.

4. Set the date and time.

Setting the date and time will allow the console to record your workout history accurately in the fitness journal.

To set the date and time, first highlight the CHANGE DATE OR TIME option in the setup menu and press the Enter button. The date setting will then appear in the display.

To set the date, first press the left and right Navigation buttons to highlight the month, day, or

year field. Then, press the up and down Navigation buttons to select the desired month, day, or year.

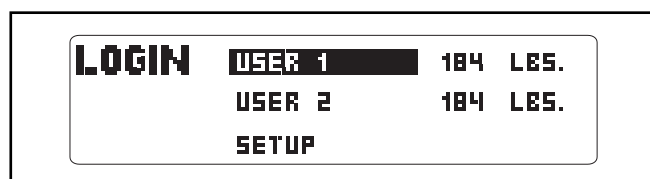
When you have finished setting the date, press the Enter button. The time setting will then appear in the display.

To set the time, first press the left and right Navigation buttons to select the hour or minute field. Then, press the up and down Navigation buttons to select the desired hour or minute; **make sure to select the correct AM or PM time in the hour field.** When you have finished setting the time, press the Enter button. The console will then exit the user mode.

HOW TO IDENTIFY YOURSELF AS USER 1 OR USER 2

The console can load information and keep track of the workout history for two different users. To identify yourself as User 1 or User 2 for a workout session, first press the Enter button to enter the user mode.

The word LOGIN will appear in the display for a few seconds and then the user mode menu will appear. Press the up and down Navigation buttons to highlight USER 1 or USER 2. Note: If you have personalized the console settings (see page 14), then the name you entered will appear instead of USER 1 or USER 2.



Then, press the Enter button to confirm your choice. The console will then exit the user mode.

HOW TO USE THE MANUAL MODE

1. Begin pedaling to turn on the console.

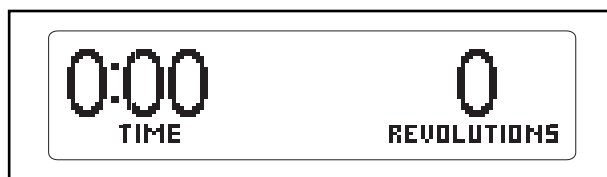
A moment after you begin pedaling, the display will light.

2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 14.

3. Select the manual mode.

Each time you turn on the console, the manual mode will be selected. If you have selected a workout, press the Intensity Workouts button to return to the manual mode. When the manual mode is selected, zeros will appear in the display.



4. Begin pedaling and change the resistance of the pedals as desired.

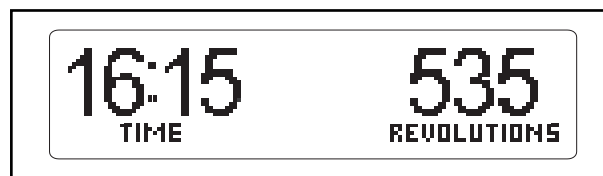
As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

5. Follow your progress with the display.

As you exercise, the display can show the following workout information:

- The elapsed time. Note: When you select a workout, the display will show the time remaining in the workout instead of the elapsed time.
- The distance, in total revolutions, that you have pedaled.
- Your pedaling pace in revolutions per minute (rpm).
- The approximate number of calories you have burned.
- The resistance level of the pedals.
- The date.
- Your heart rate. Note: Your heart rate will be displayed only while you use the handgrip pulse sensor (see step 6 on page 17).

The console offers two display options. The display option you select will determine which workout information is shown. Press the Displ Mode button repeatedly to select the desired display option.

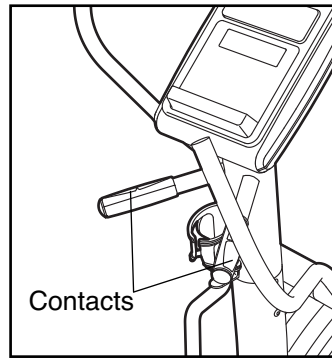


Note: Regardless of which display mode you select, the resistance level will appear in the display for a few seconds each time you change the resistance level. In addition, your heart rate will appear in the display each time you use the handgrip pulse sensor (see step 6 on page 17).

To adjust the volume level of the console, press the Volume increase and decrease buttons.

6. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**



When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

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

7. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

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

If the pedals do not move for several seconds, a tone will sound and the console will pause.

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.

HOW TO USE A PRESET WORKOUT

1. Begin pedaling to turn on the console.

A moment after you begin pedaling, the display will light.

2. Select the workout menu.

To select the workout menu, press the Intensity Workouts button. The workout menu will then appear in the display.

3. Select a preset workout.

To select one of the twenty preset workouts, first press the left and right Navigation buttons to highlight the PRESET WORKOUTS option, and then press the Enter button.

Then, press the left and right or the up and down Navigation buttons until the name of the desired preset workout appears in the display. Then, press the Enter button. Note: To return to a previous menu, press the Back button. To return to the manual mode, press the Intensity Workouts button.

When you select a preset workout, the display will show the name of the workout and the workout time. A profile of the resistance levels for the workout will also appear in the display.



4. Begin pedaling to start the workout.

Each preset workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target rpm (pace) are programmed for each segment. Note: The same resistance and/or target rpm may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The small arrow below the workout profile indicates the current segment of the workout. The height of the segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the small arrow will move to the next segment of the profile. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target rpm for the current segment. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When no words appear, maintain your current pace.

IMPORTANT: The target rpm is intended only to provide motivation. Your actual pace may be slower than the target rpm. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the small arrow reaches the right end of the profile. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

5. Follow your progress with the display.

When you use a preset workout, the display will show the time remaining in the workout, the distance you have pedaled, the resistance level, the approximate number of calories you have burned, and your pedaling pace in revolutions per minute (rpm).

6. Measure your heart rate if desired.

See step 6 on page 17.

7. Turn on the fan if desired.

See step 7 on page 17.

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

See step 8 on page 17.

HOW TO USE A HEART RATE WORKOUT

1. Begin pedaling to turn on the console.

A moment after you begin pedaling, the display will light.

2. Select the workout menu.

To select the workout menu, press the Intensity Workouts button. The workout menu will then appear in the display.

3. Select a heart rate workout.

To select one of the four heart rate workouts, first press the left and right Navigation buttons to highlight the HEART RATE WORKOUTS option, and then press the Enter button.

Then, press the left and right or the up and down Navigation buttons until the name of the desired heart rate workout appears in the display. Then, press the Enter button. Note: To return to a previous menu, press the Back button. To return to the manual mode, press the Intensity Control Workouts button.



4. Enter a target heart rate setting.

A few seconds after you select a heart rate workout, the words SELECT TARGET HEART RATE and the number 110 will appear in the display. Press the up and down Navigation buttons to enter the desired target heart rate setting (see EXERCISE INTENSITY on page 23), and then press the Enter button.



The workout time and a profile of the resistance levels for the workout will then appear in the display.

5. Begin pedaling to start the workout.

Each heart rate workout is divided into 20 or 30 one-minute segments. One target heart rate is programmed for each segment. Note: The same target heart rate may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The small arrow below the workout profile indicates the current segment of the workout. The height of the segment indicates the target heart rate for the current segment. At the end of each segment of the workout, a series of tones will sound and the small arrow will move to the next segment of the profile.

During a heart rate workout, the console will regularly compare your heart rate to the target heart rate for the current segment of the workout. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

You will also be prompted to pedal at a steady pace so you can maintain your target heart rate. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When no words appear, maintain your current pace.

IMPORTANT: Make sure to pedal at a pace that is comfortable for you. If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. Note: If you manually override the resistance settings, you may not maintain your target heart rate.

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.

The workout will continue in this way until the small arrow reaches the right end of the profile. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

6. Hold the handgrip pulse sensor.

It is not necessary to hold the handgrip pulse sensor continuously during heart rate workouts; however, you should hold the handgrip pulse sensor frequently for the workouts to operate properly.

Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 15 seconds.

7. Follow your progress with the display.

When you use a heart rate workout, the display will show the time remaining in the workout, the distance you have pedaled, the resistance level, the approximate number of calories you have burned, and your pedaling pace in revolutions per minute (rpm).

8. Turn on the fan if desired.

See step 7 on page 17.

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

See step 8 on page 17.

HOW TO VIEW THE FITNESS JOURNAL

1. Begin pedaling to turn on the console.

A moment after you begin pedaling, the display will light.

2. Identify yourself as User 1 or User 2.

See page 15.

3. Select the fitness journal.

To select the fitness journal, press the Fitness Journal button. The console will then load the stored journal information for the selected user.

Note: As you view the fitness journal, press the Back button at any time to return to the previous menu or display.

The fitness journal can display the following exercise information for the current year:

Time—The total number of hours you have pedaled on the elliptical exerciser.

Revolutions—The total distance, in revolutions, you have pedaled on the elliptical exerciser.

Calories—The total approximate number of calories you have burned.

Average Speed—Your average pedaling speed, in revolutions per minute (rpm).

Weight—Your weight, as entered in your user information.

4. View exercise information by year.

When you select the fitness journal, the year totals will appear in the display.

2007 TOTALS			
TIME	2 HRS.	AVG. SPEED	36 RPM
CALORIES	1080	REVOLUTIONS	4320

To view exercise information for a different year, press the up and down Navigation buttons to change the year. **Note:** The fitness journal can store information for 11 different years.

5. View exercise information by month.

After a few seconds, the view month menu will appear in the display.

To view exercise information by month, press the up and down Navigation buttons to highlight the desired month in the right side of the display. Then, press the Enter button. The exercise information for the selected month will appear in the display.

6. View exercise information by week.

After a few seconds, the view week menu will appear in the display.

To view exercise information by week, press the up and down Navigation buttons to highlight the desired week in the right side of the display. Then, press the Enter button. The exercise information for the selected week will appear in the display.

7. View exercise information by day.

After a few seconds, the view day menu will appear in the display.

To view exercise information by day, press the left and right Navigation buttons until an arrow appears above the desired day in the right side of the display. Then, press the Enter button. The exercise information for the selected day will appear in the display.

8. Continue to view the fitness journal as desired.

Repeat steps 3 through 6 to view exercise information for the desired year, month, week, or day.

9. Exit the fitness journal.

Press the Fitness Journal button to exit the fitness journal at any time.

Note: To delete the exercise information stored in the fitness journal, see HOW TO RESET THE FITNESS JOURNAL on page 21.

HOW TO RESET THE FITNESS JOURNAL

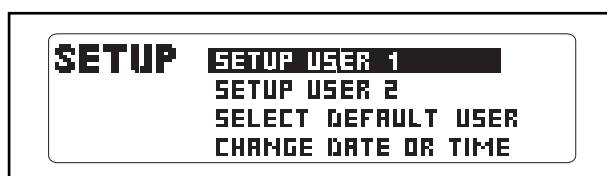
1. Select the user mode.

See step 1 on page 14.

2. Reset the fitness journal.

To delete exercise information stored in the fitness journal, first highlight the SETUP option and then press the Enter button. The setup menu will then appear in the display.

Next, highlight the SETUP USER 1 or SETUP USER 2 option and press the Enter button. The user information menu will then appear in the display.



Then, highlight the RESET JOURNAL option and press the Enter button. A confirmation request will appear in the display. To delete the information stored in the fitness journal, use the left and right Navigation buttons to highlight the RESET JOURNAL option and press the Enter button. To retain the information stored in the fitness journal, highlight the CANCEL option and press the Enter button.



After you press the Enter button, the user information menu will again appear in the display.

3. Exit the user mode.

Press the Back button repeatedly until you have exited the user information menus.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, you must connect your iPod®, MP3 player, CD player, or personal audio player through the audio jack or through the Integrated Universal Dock for iPod®.

To use the audio jack, plug the included audio cable into the jack on the console and into a jack on your iPod, MP3 player, or CD player. **Make sure that the audio cable is fully plugged in.**

This product has also been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards. To use the Integrated Universal Dock for iPod, you need an iFit® Universal iPod® Connector (not included). **To purchase an iFit Universal iPod Connector, see the front cover of this manual.**

Plug one end of the iFit Universal Connector into the Integrated Universal Dock for iPod and plug the other end into your iPod. **Make sure that the iFit Universal iPod Connector is fully plugged in.**

Next, press the play button on your iPod, CD player, or personal audio player. Adjust the volume on your iPod, MP3 player, CD player, or personal audio player or press the Volume increase and decrease buttons on the console.

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: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 6 on page 17.

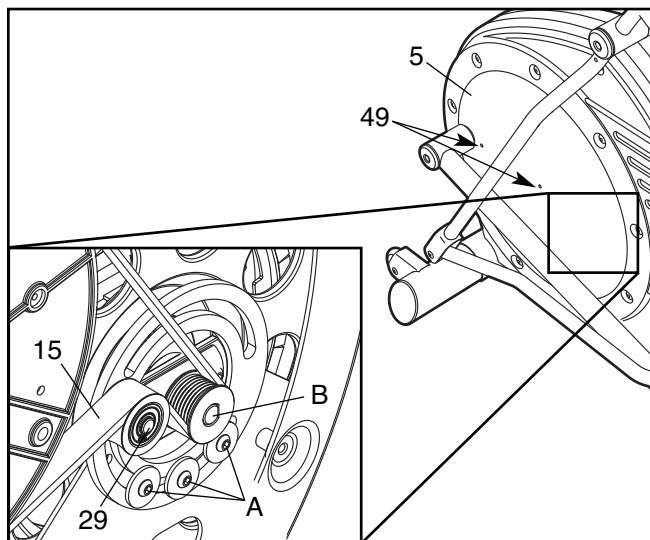
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 12.

HOW TO ADJUST THE BELT

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

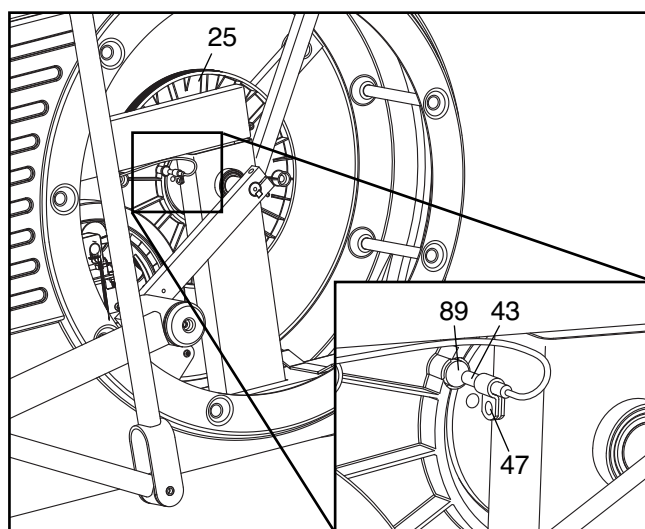
To adjust the belt, remove the M6 x 16mm Button Screws (49) from the left Pedal Disc (5). Without removing the Pedal Disc, pivot it out of the way.



Loosen, but do not remove, the three indicated screws (A). Insert the shaft of a screwdriver downward between the Pulley (B) and the Idler (29). Pull the top of the screwdriver toward the rear of the elliptical exerciser until the Belt (15) is tight. Tighten the three screws, and then reattach the Pedal Disc (5).

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, see HOW TO ADJUST THE BELT at the left and remove the M6 x 16mm Button Screws (49) from the right Pedal Disc (5). Without removing the Pedal Disc, pivot it out of the way.



Next, locate the Reed Switch (43). Turn the Pulley (25) until a Magnet (89) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (47). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Pulley forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the pedal disc.

HOW TO PREVENT RUBBING OF THE PEDAL DISCS

If a pedal disc rubs against a shield, loosen the shield mounting screws and move the shield slightly until the pedal disc stops rubbing. Then, retighten the shield mounting screws.

HOW TO PREVENT SQUEAKING ROLLERS

If the rollers squeak, use a one hundred percent cotton cloth to remove debris from the track and the rollers. If the rollers continue to squeak, apply a light coat of silicone-based lubricant to the track.

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	♥
<hr/>							
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. EPEL69908.0

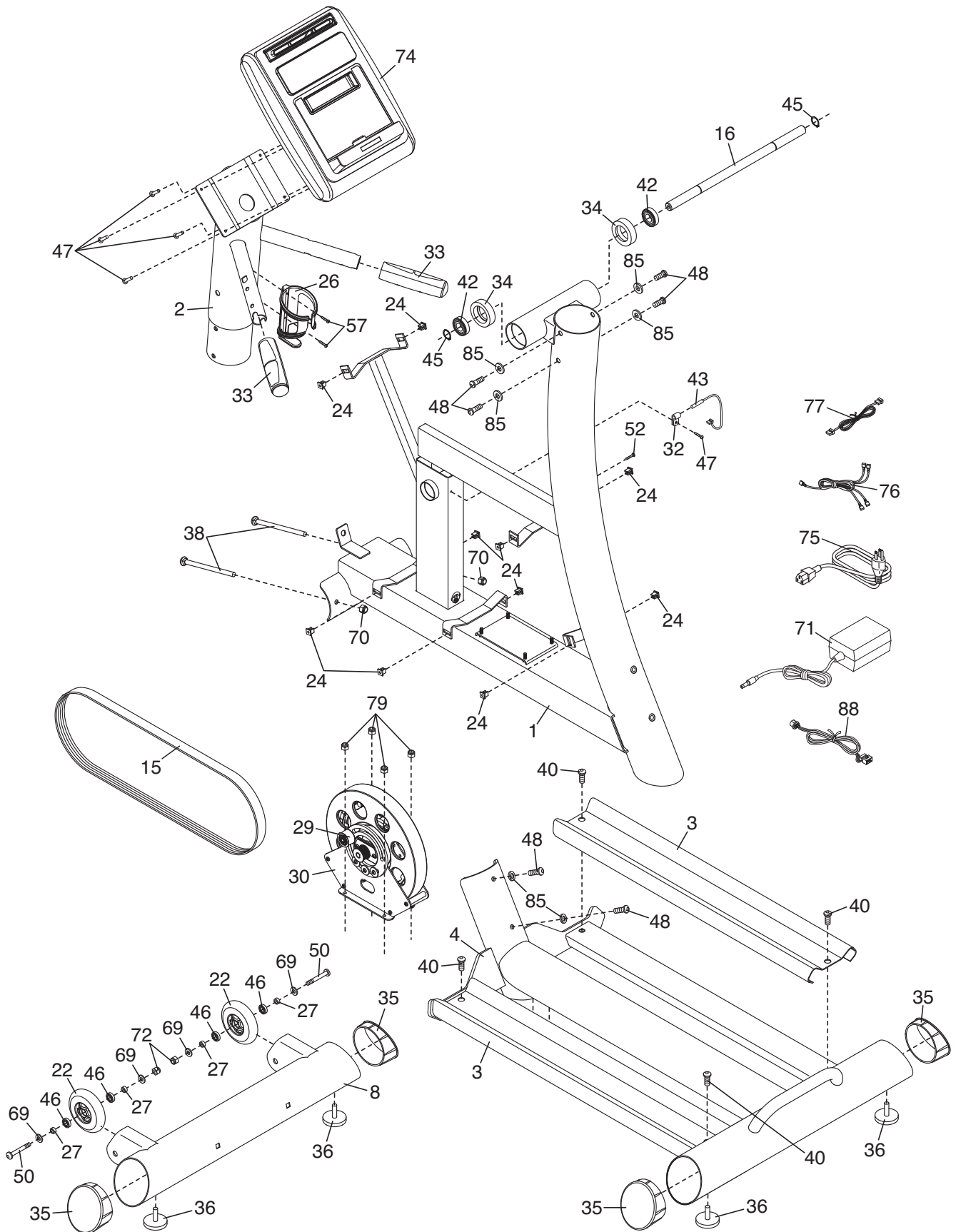
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	6	M10 x 25mm Patch Screw
2	1	Upright	49	4	M6 x 16mm Button Screw
3	2	Track	50	2	M8 x 56mm Button Screw
4	1	Track Frame	51	4	Crank Screw
5	2	Pedal Disc	52	1	Ground Screw
6	1	Left Shield	53	2	M6 x 12mm Button Screw
7	1	Right Shield	54	6	M10 x 13mm Button Screw
8	1	Stabilizer	55	4	7mm Spacer
9	1	Crank	56	4	M8 x 19mm Button Screw
10	1	Crank Spacer	57	2	M4 x 19mm Screw
11	1	Right Track Arm	58	4	M8 x 38mm Button Bolt
12	1	Left Track Arm	59	20	M5 x 16mm Screw
13	1	Right Pedal Leg	60	4	16mm Spacer
14	1	Left Pedal Leg	61	2	M8 x 48mm Bolt
15	1	Belt	62	2	3mm Spacer
16	1	Handlebar Axle	63	8	Pedal Bushing
17	2	Handlebar Leg	64	4	Long Shield Spacer
18	4	M8 Small Washer	65	2	Key
19	1	Left Handlebar	66	4	Thrust Washer
20	1	Right Handlebar	67	6	M10 Washer
21	2	Pedal	68	2	Weld Spacer
22	2	Wheel	69	12	M8 Washer
23	2	Handlebar Foam Grip	70	2	M10 Locknut
24	10	Plastic Insert	71	1	Power Adapter
25	1	Pulley	72	14	M8 Locknut
26	1	Water Bottle Holder	73	1	Short Shield Spacer
27	4	6mm Spacer	74	1	Console
28	2	Set Screw	75	1	Power Cord
29	1	Idler	76	1	Pulse Jumper Wire
30	1	Eddy Mechanism	77	1	Wire Harness
31	4	Roller	78	4	Wave Washer
32	1	Clamp	79	4	M6 Locknut
33	2	Pulse Grip	80	2	M10 x 65mm Bolt Set
34	10	Bearing Cradle	81	2	Roller Bolt
35	4	Cap	82	2	M8 x 55mm Bolt Set
36	4	Leveling Foot	83	12	Small Bearing
37	2	Crank Arm	84	1	Long Weld Spacer
38	2	M10 x 123mm Button Bolt	85	6	M10 Split Washer
39	2	Handlebar Cap	86	4	M8 Split Washer
40	4	Ramp Screw	87	4	Small Bearing Cradle
41	4	Axle Cap	88	1	Power Cable
42	12	Bearing	89	2	Magnet
43	1	Reed Switch/Wire	*	—	User's Manual
44	1	Short Crank Spacer	*	—	Assembly Tool
45	2	Snap Ring	*	—	Grease Packet
46	4	Wheel Bushing	*	—	Audio Cable
47	5	M4 x 16mm Screw			

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.

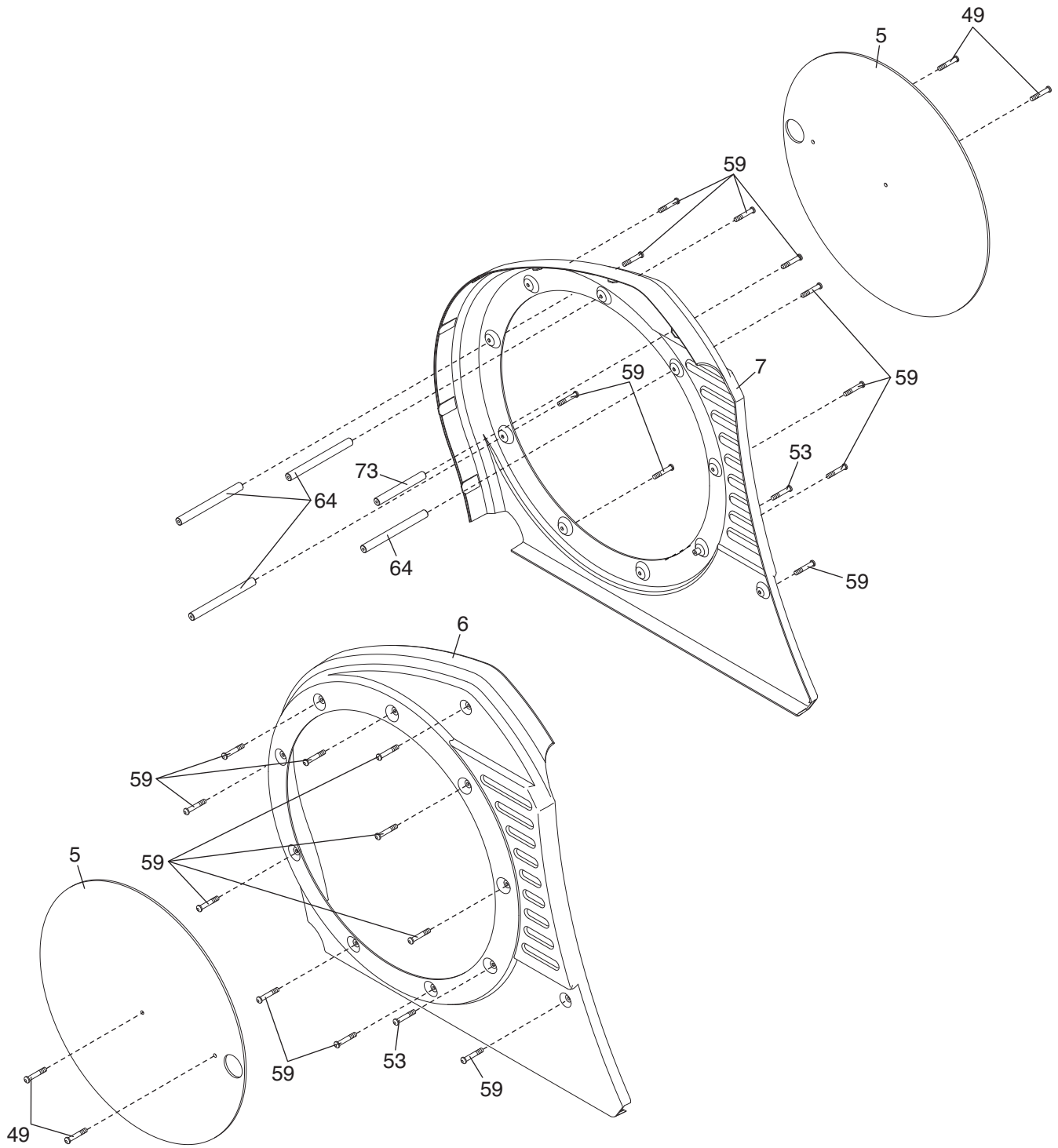
EXPLODED DRAWING A—Model No. EPEL69908.0

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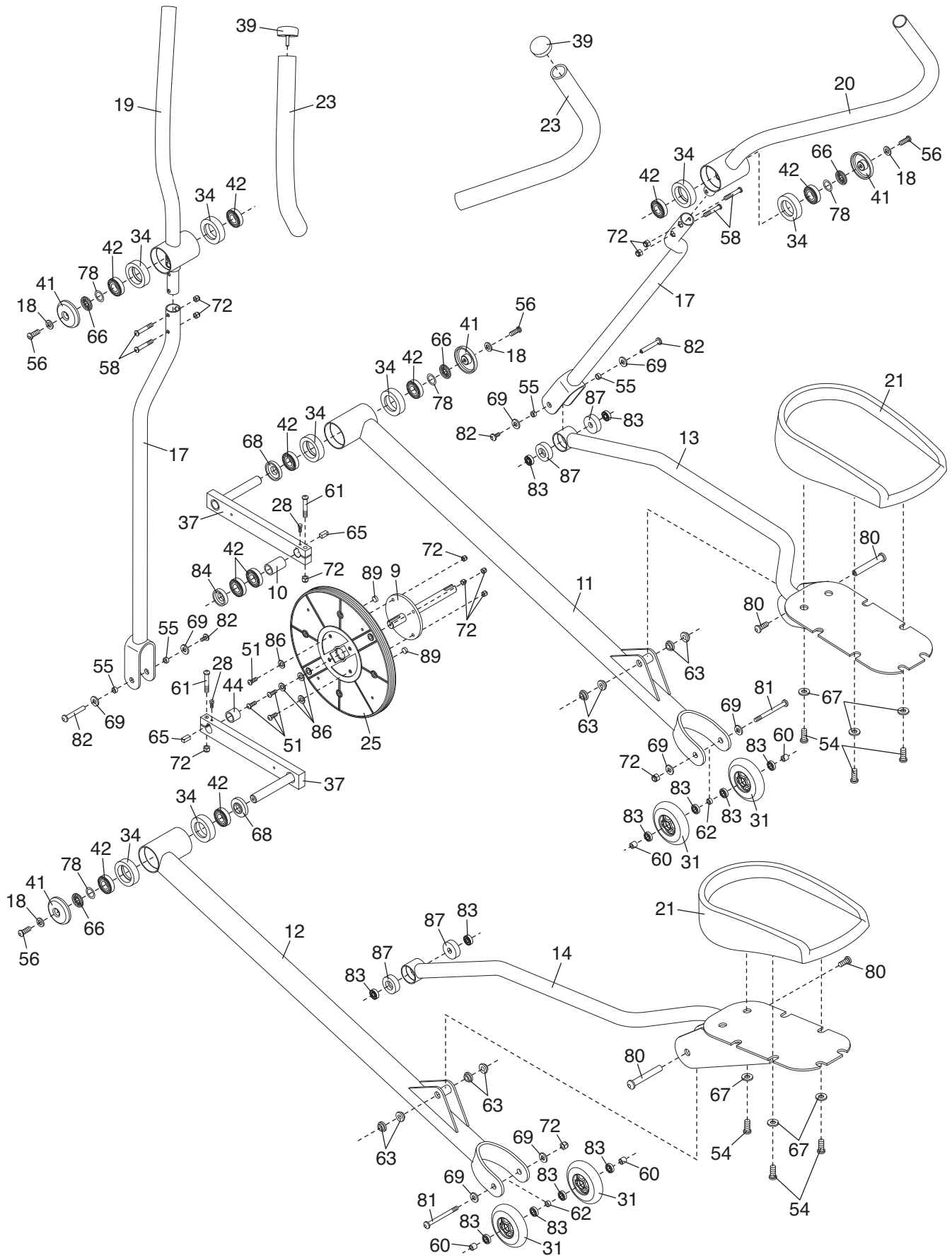
EXPLODED DRAWING B—Model No. EPEL69908.0

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EXPLODED DRAWING C—Model No. EPEL69908.0

R0808A



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. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year 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.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813