

PRO-FORM®

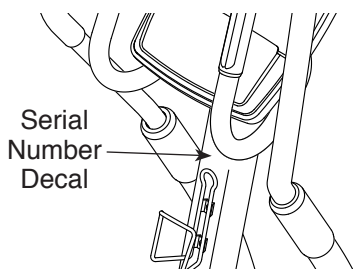
HIT 5.9 T R A I N E R

proform.com

Model No. PFEL05918.3

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.proform.com.

CUSTOMER CARE

For service at any time, go to support.proform.com.

Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

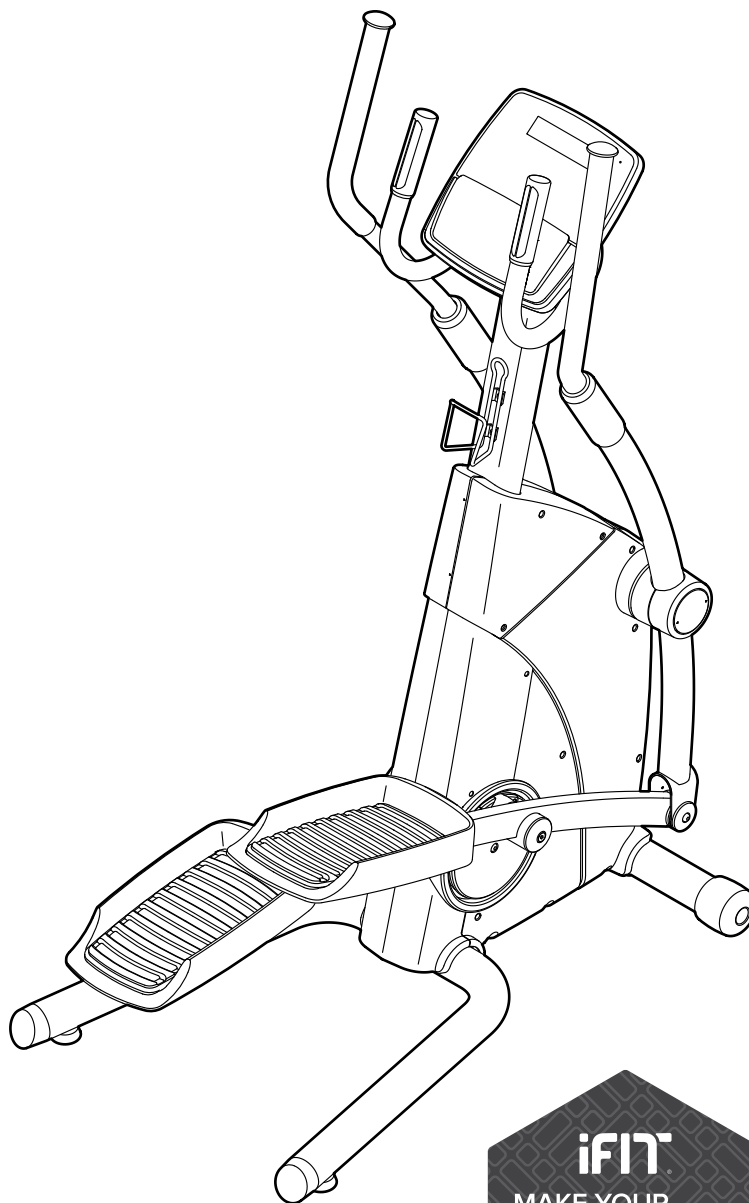


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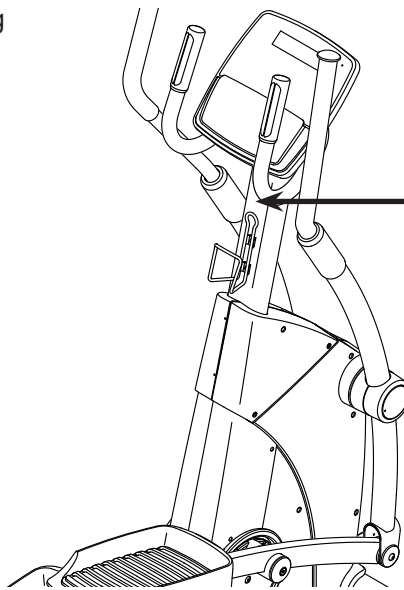
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WARNING DECAL PLACEMENT

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



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 300 pounds.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the trainer are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The trainer is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the trainer by someone responsible for their safety.
4. Use the trainer only as described in this manual.
5. The trainer is intended for home use only. Do not use the trainer in a commercial, rental, or institutional setting.
6. Keep the trainer indoors, away from moisture and dust. Do not put the trainer in a garage or covered patio, or near water.
7. Place the trainer on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the trainer and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the trainer.
8. Inspect and properly tighten all parts each time the trainer is used. Replace any worn parts immediately.
9. Keep children under age 16 and pets away from the trainer at all times.
10. The trainer should not be used by persons weighing more than 300 lbs. (136 kg).
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the trainer. Always wear athletic shoes for foot protection while exercising.
12. Hold the handlebars or the upper body arms when mounting, dismounting, or using the trainer.
13. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
14. The trainer does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. Keep your back straight while using the trainer; do not arch your back.
16. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



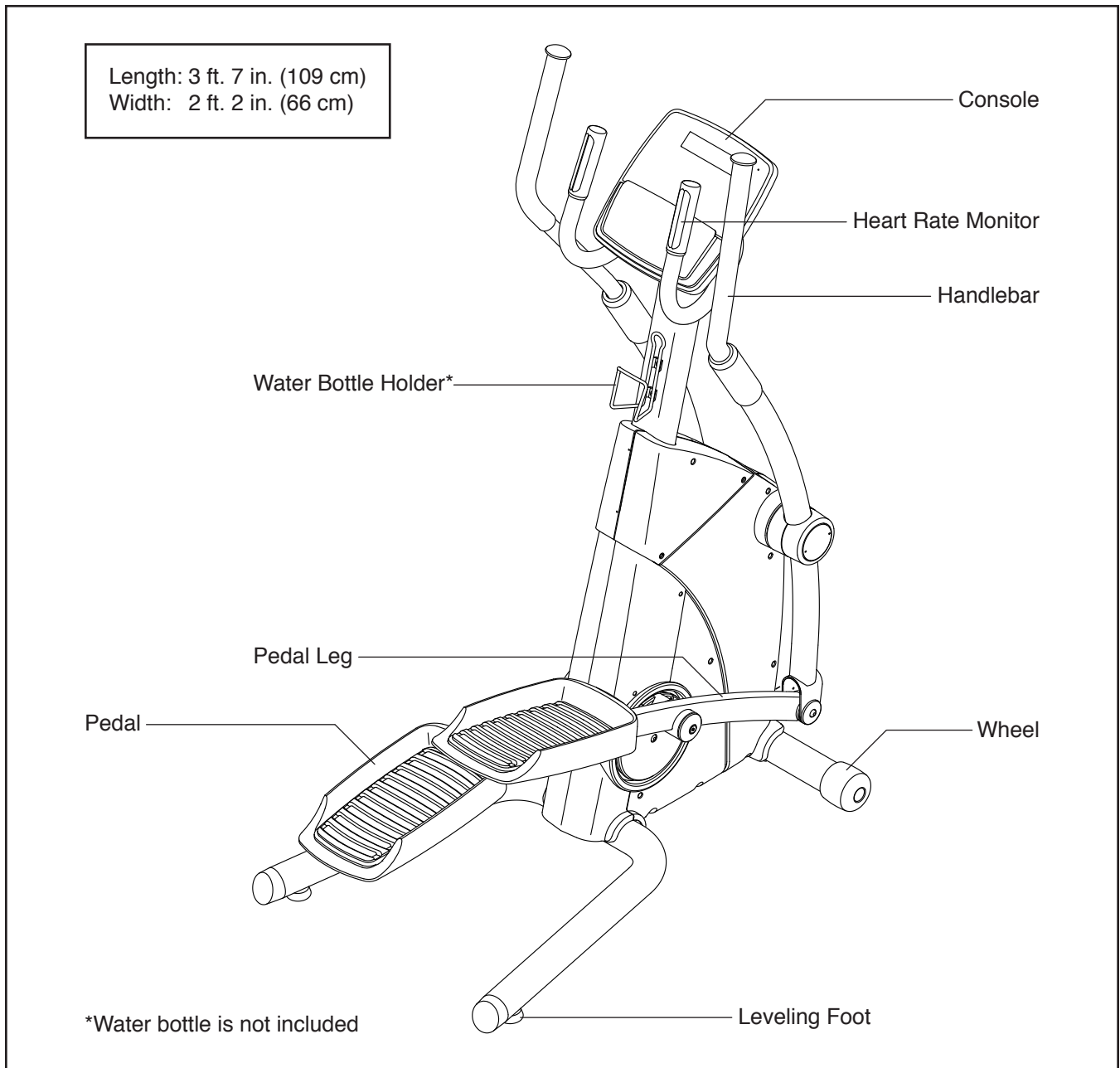
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® HIIT TRAINER 5.9 trainer. The HIIT TRAINER 5.9 trainer provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the trainer. If you have questions after

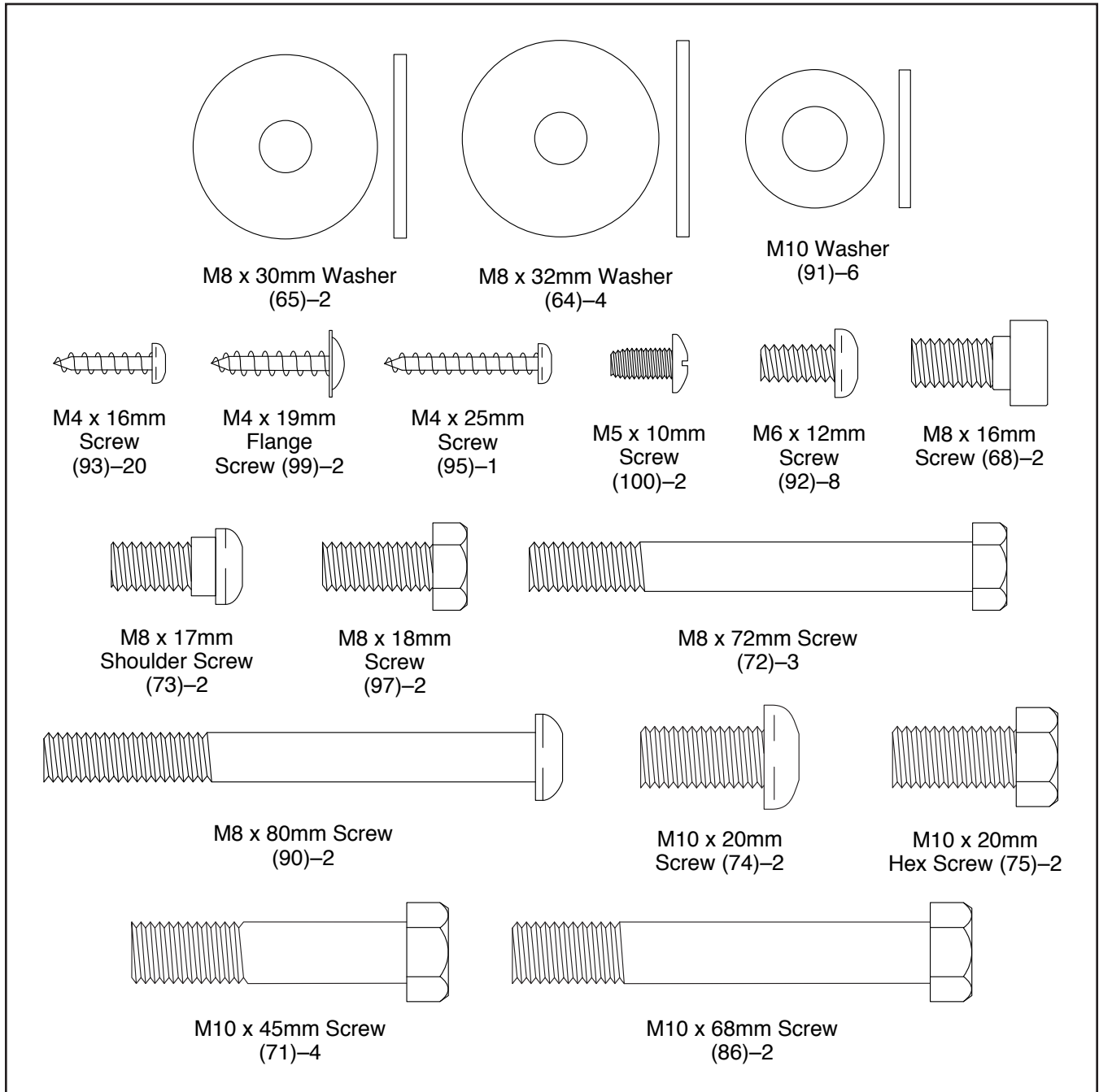
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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



ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver 

two adjustable wrenches 

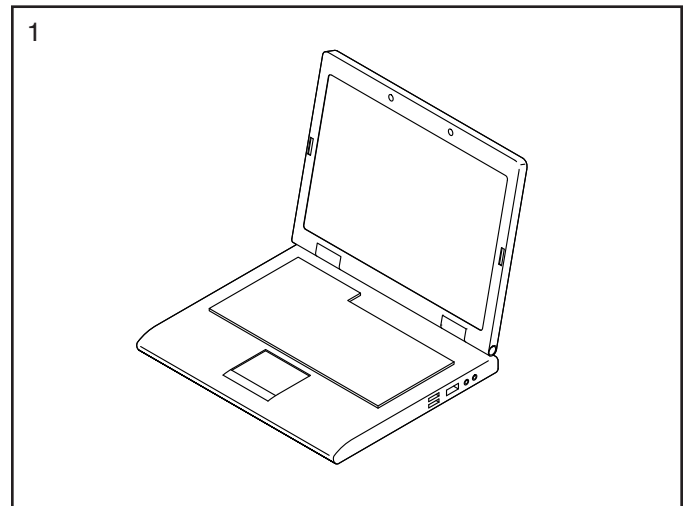
one rubber mallet 

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

1. Go to my.proform.com on your computer and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

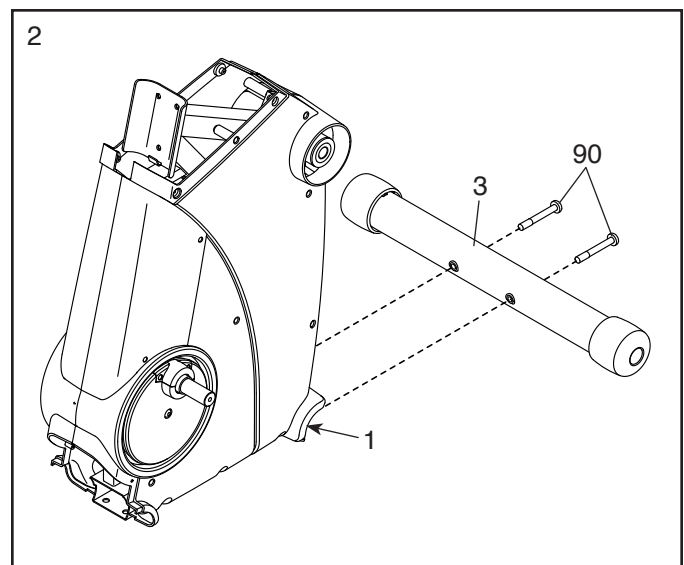
Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



2. Place some of the packaging materials under the front of the Frame (1). **Have a second person hold the Frame to prevent it from tipping.**

Orient the Stabilizer (3) so that the sticker is facing the Frame (1). Attach the Stabilizer to the Frame with two M8 x 80mm Screws (90).

Then, remove the packaging materials from beneath the Frame (1).



3. Place some of the packaging materials under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping.**

Tip: Do not confuse the M10 x 20mm Screws (74) with the M10 x 20mm Hex Screws (75).

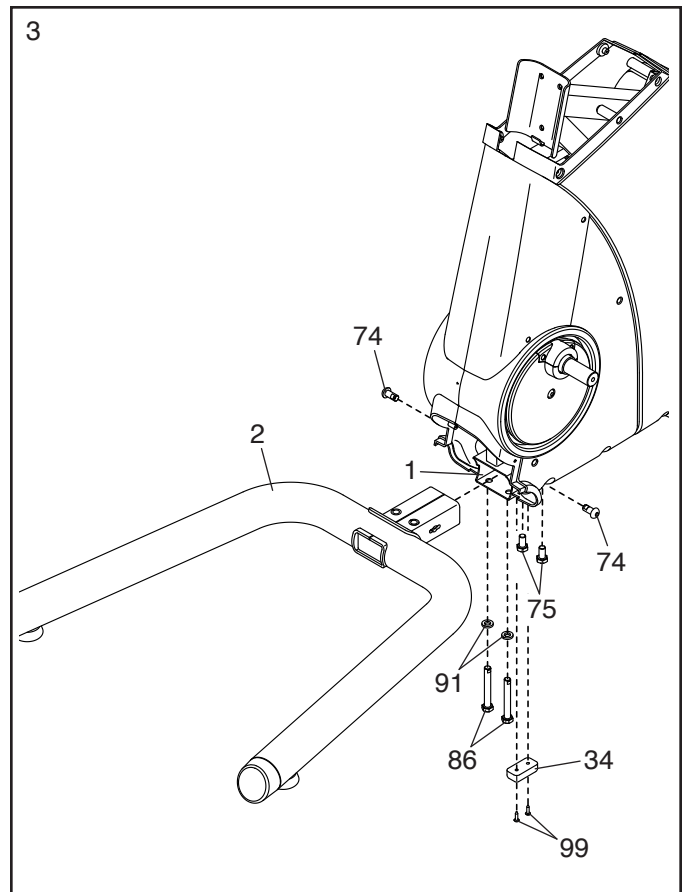
Attach the Base (2) to the Frame (1) with two M10 x 68mm Screws (86), two M10 Washers (91), and two M10 x 20mm Hex Screws (75); **do not fully tighten the Screws yet.**

Finish attaching the Base (2) to the Frame (1) with two M10 x 20mm Screws (74).

Then, fully tighten all the Screws (74, 75, 86).

Attach the Foot (34) to the underside of the Frame (1) with two M4 x 19mm Flange Screws (99).

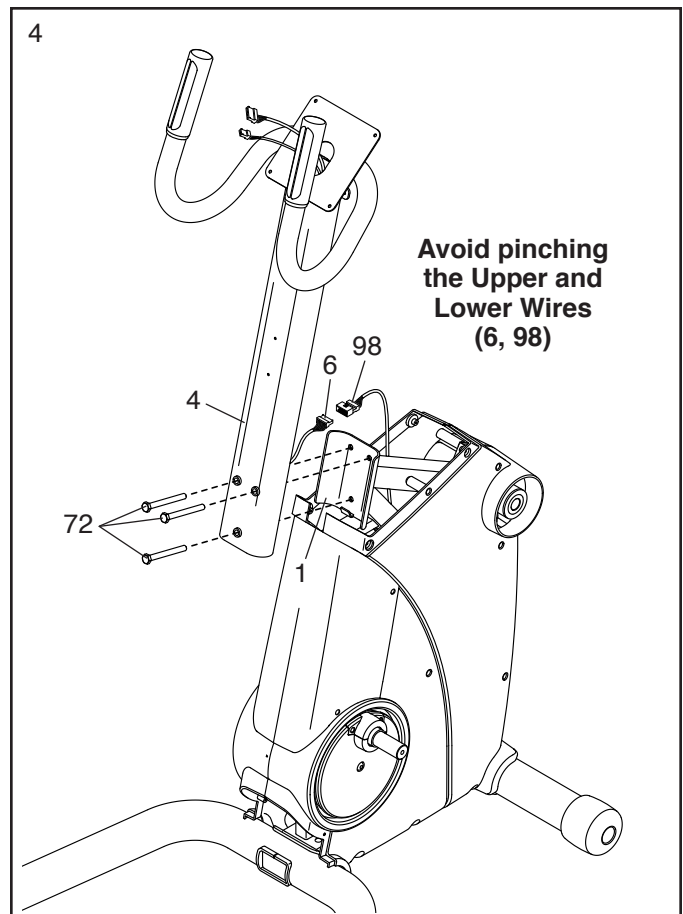
Then, remove the packaging materials from beneath the Frame (1).



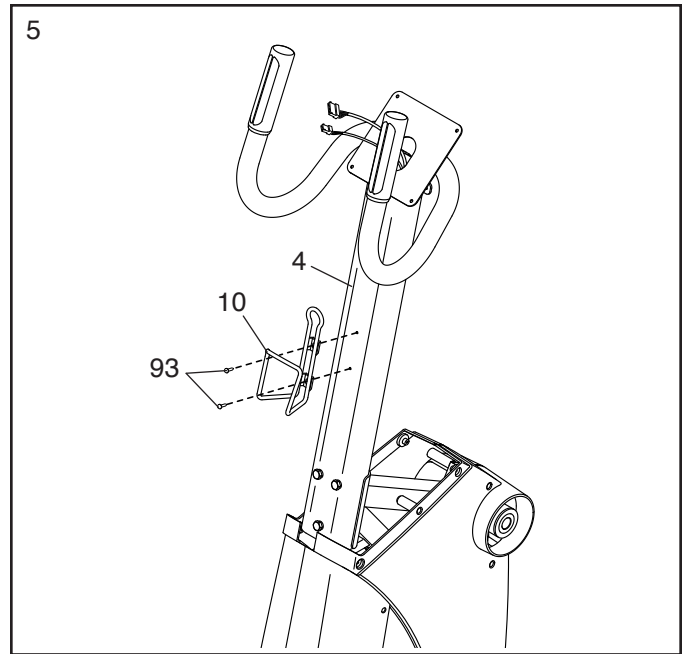
4. **Tip: Avoid pinching the Upper and Lower Wires (6, 98).**

With the help of a second person, attach the Upright (4) to the Frame (1) with three M8 x 72mm Screws (72); **start all the Screws, and then tighten them.**

Then, connect the Upper Wire (6) in the Upright (4) to the Lower Wire (98) in the Frame (1). Insert the excess wire into the Frame.



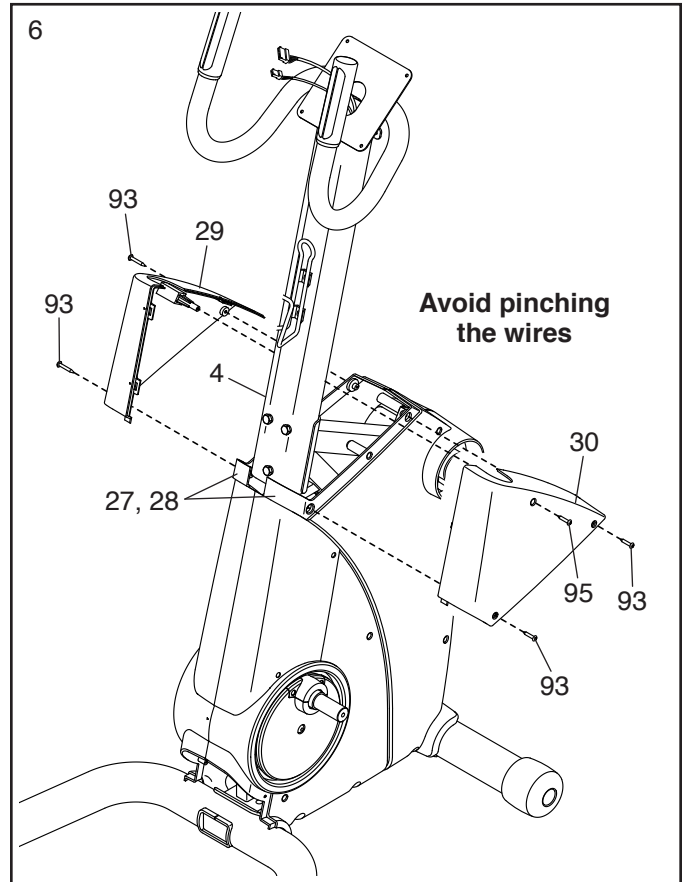
5. Attach the Water Bottle Holder (10) to the Upright (4) with two M4 x 16mm Screws (93).



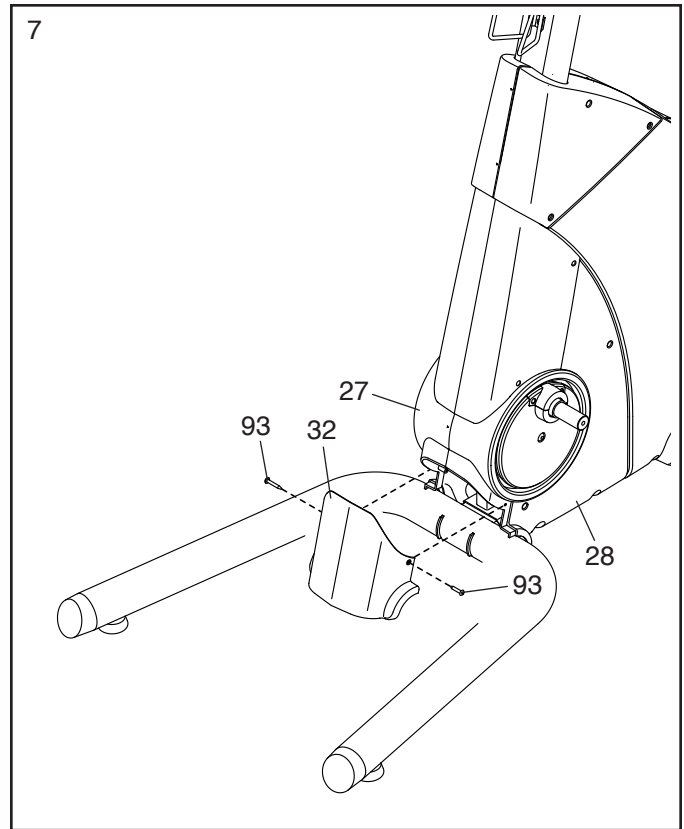
6. Identify the Left and Right Shield Covers (29, 30).

Tip: Avoid pinching the wires. Press the Left and Right Shield Covers (29, 30) together around the Upright (4), and attach them with an M4 x 25mm Screw (95).

Then, attach the Left and Right Shield Covers (29, 30) to the Left and Right Shields (27, 28) with four M4 x 16mm Screws (93); **start all the Screws, and then tighten them.**



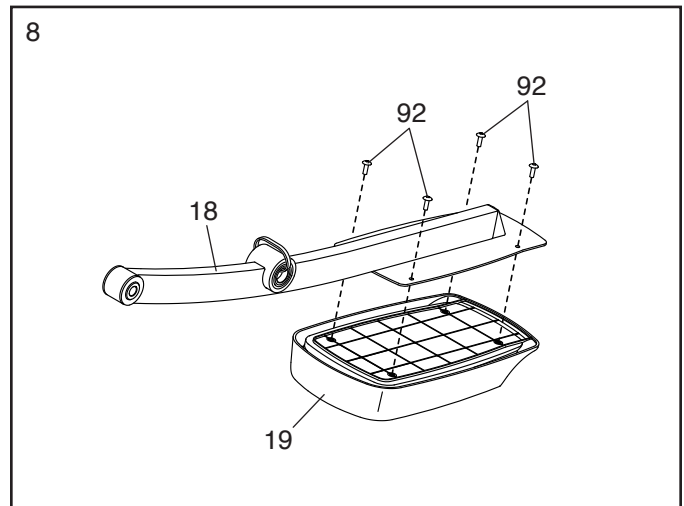
7. Attach the Lower Shield Cover (32) to the Left and Right Shields (27, 28) with two M4 x 16mm Screws (93).



8. Identify the Right Pedal Leg (18).

Attach a Pedal (19) to the Right Pedal Leg (18) with four M6 x 12mm Screws (92); **start all the Screws, and then tighten them.**

Repeat this step to attach the other Pedal (not shown) to the Left Pedal Leg (not shown).



9. Locate the pedal leg assembly tool (A).

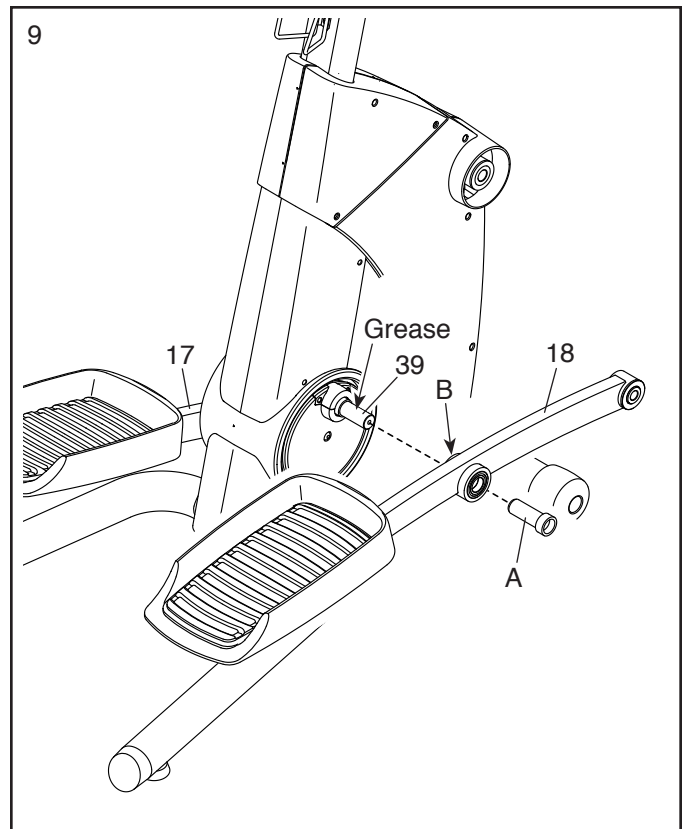
Using a plastic bag to keep your fingers clean, apply some of the included grease to the right Crank Arm (39).

IMPORTANT: Make sure that the parts inside the Right Pedal Leg (18) do not fall out. Insert your finger into the Right Pedal Leg in the indicated location (B) and hold the parts in place.

Then, insert the pedal leg assembly tool (A) into the Right Pedal Leg (18) from the direction shown. **Tip: It may be helpful to turn the pedal leg assembly tool side to side as you insert it.**

Then, slide the Right Pedal Leg (18) onto the right Crank Arm (39); **the pedal leg assembly tool (A) will be pushed out as you do this.**

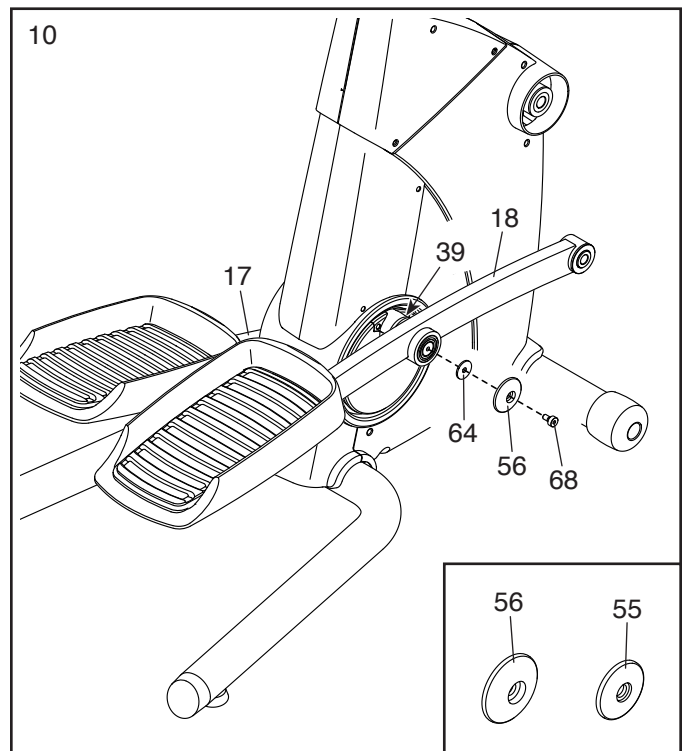
Repeat this step for the Left Pedal Leg (17).



10. See the inset drawing. Identify the Crank Caps (56), which are larger than the Leg Caps (55).

Attach the Right Pedal Leg (18) to the right Crank Arm (39) with an M8 x 16mm Screw (68), a Crank Cap (56), and an M8 x 32mm Washer (64).

Repeat this step to attach the Left Pedal Leg (17).



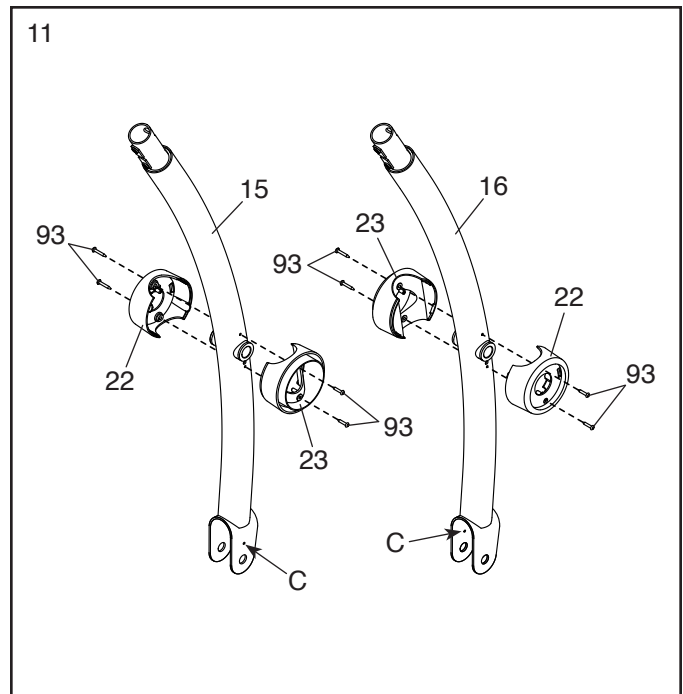
11. Identify the Left and Right Handlebar Legs (15, 16). Then, identify the Outer and Inner Pivot Covers (22, 23).

Orient the Right Handlebar Leg (16) so that the small hole (C) is in the location shown. Then orient an Outer Pivot Cover (22) and an Inner Pivot Cover (23) around the Right Handlebar Leg **exactly as shown**.

Attach the Inner Pivot Cover (23) to the Right Handlebar Leg (16) with two M4 x 16mm Screws (93).

Then, attach the Outer Pivot Cover (22) to the Right Handlebar Leg (16) with two M4 x 16mm Screws (93).

Repeat this step for the Left Handlebar Leg (15).



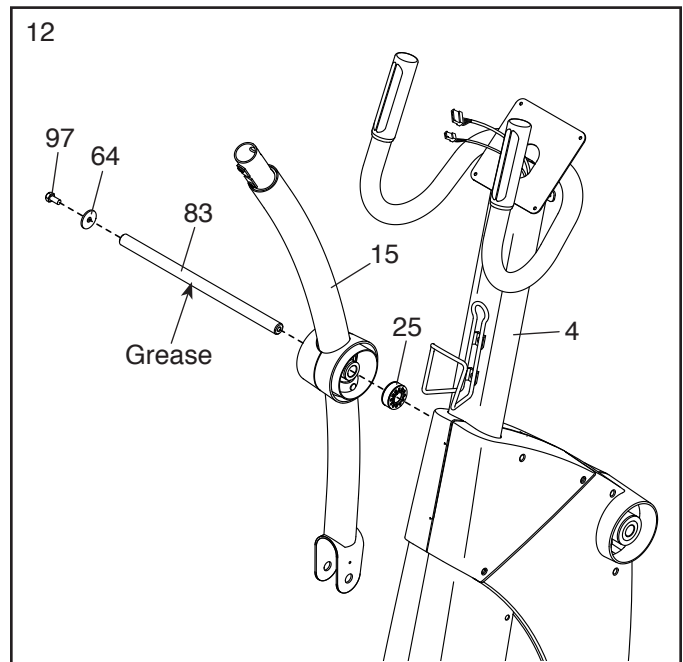
12. Apply a generous amount of grease to the Pivot Axle (83).

Insert the Pivot Axle (83) through the Upright (4) and center it. **Tip: It may be helpful to use a rubber mallet.**

Next, slide a Flex Spacer (25) onto the left side of the Pivot Axle (83).

Next, orient the Left Handlebar Leg (15) as shown, and slide it onto the left side of the Pivot Axle (83).

Then, finger tighten an M8 x 18mm Screw (97) with an M8 x 32mm Washer (64) into the left end of the Pivot Axle (83).



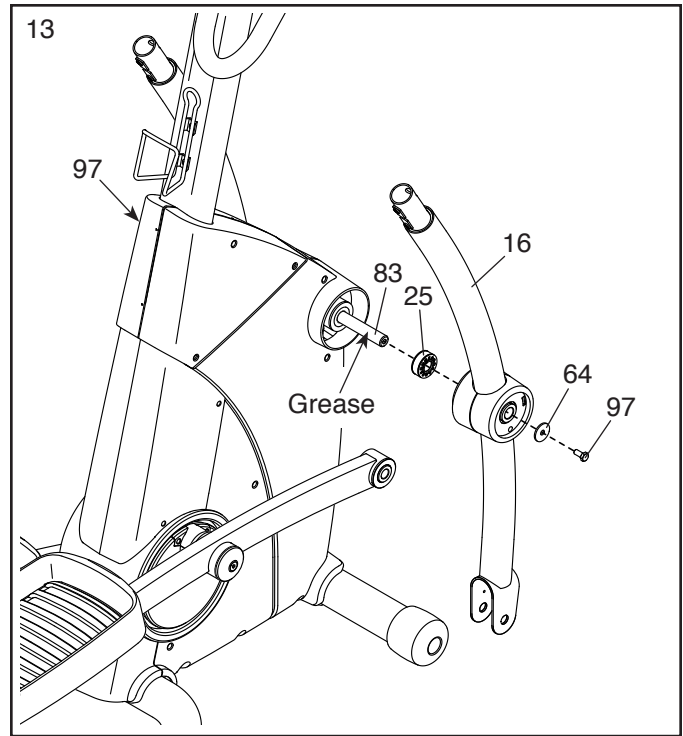
13. Apply a generous amount of grease to the Pivot Axle (83).

Slide a Flex Spacer (25) onto the right side of the Pivot Axle (83).

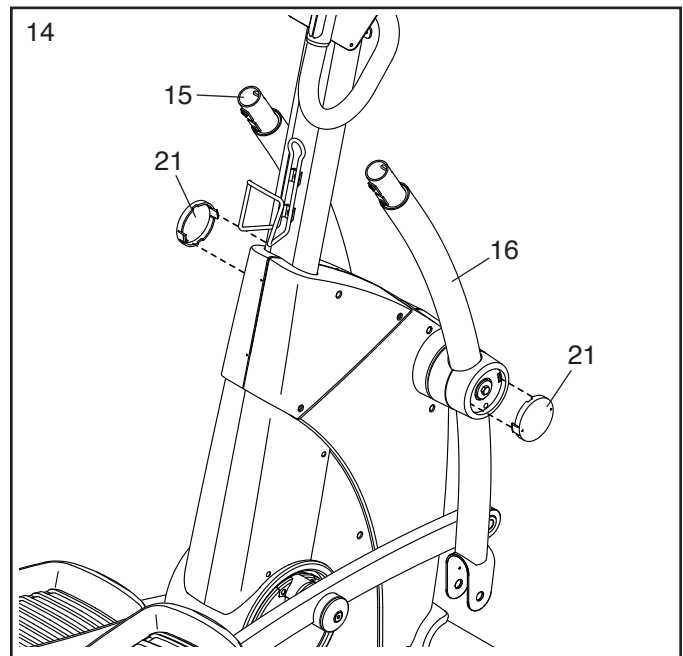
Next, orient the Right Handlebar Leg (16) as shown, and slide it onto the right side of the Pivot Axle (83).

Finger tighten an M8 x 18mm Screw (97) with an M8 x 32mm Washer (64) into the right end of the Pivot Axle (83).

Tighten the M8 x 18mm Screws (97) in each end of the Pivot Axle (83) at the same time.



14. Press a Pivot Shield (21) onto each Handlebar Leg (15, 16).



15. Apply a small amount of grease to a Leg Axle (54).

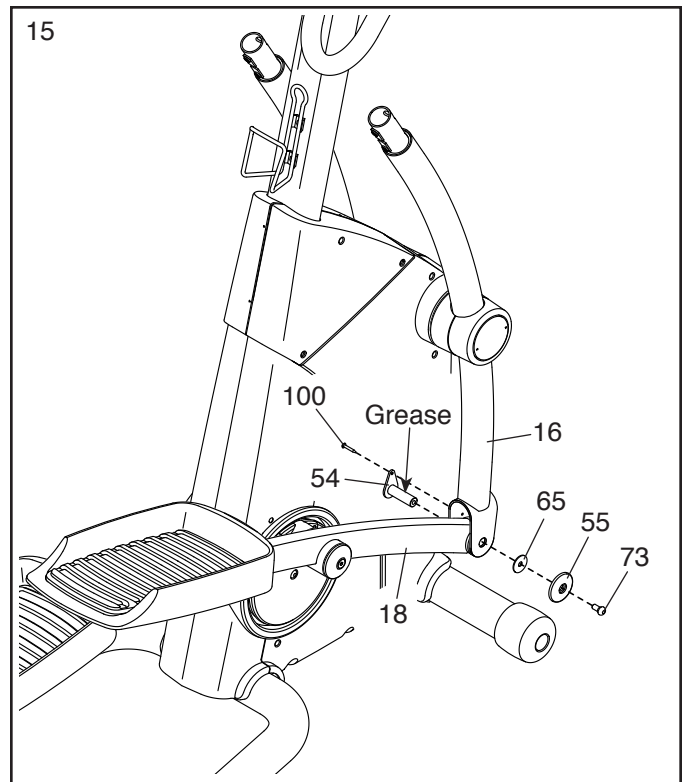
While a second person holds the front end of the Right Pedal Leg (18) inside the bracket on the Right Handlebar Leg (16), insert the Leg Axle (54) into both parts. **Make sure that the Leg Axle is fully inserted.**

Next, finger tighten an M5 x 10mm Screw (100) into the Leg Axle (54) and the Right Handlebar Leg (16).

Then, tighten an M8 x 17mm Shoulder Screw (73), a Leg Cap (55), and an M8 x 30mm Washer (65) into the Leg Axle (54).

Fully tighten the M5 x 10mm Screw (100).

Repeat this step on the other side of the trainer.



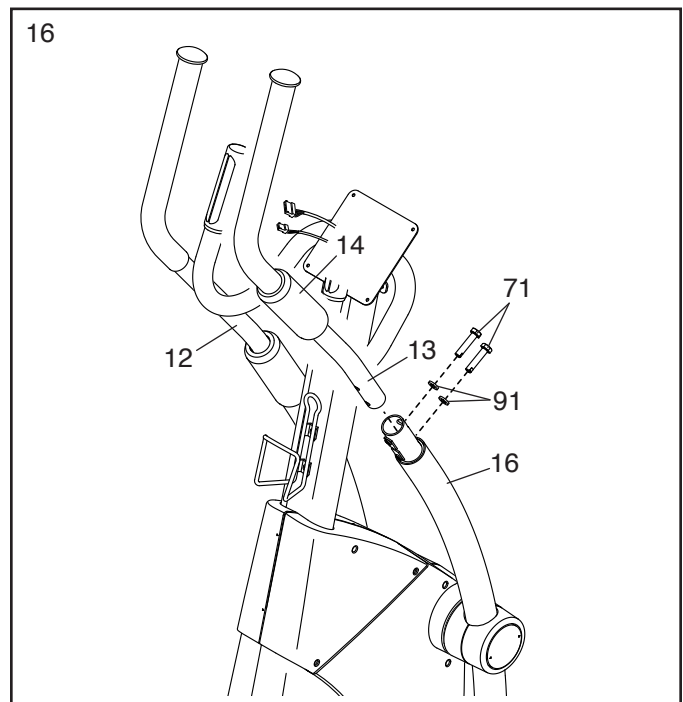
16. Identify the Left and Right Handlebars (12, 13).

Slide a Handlebar Sleeve (14) onto the Right Handlebar (13). Then, insert the Right Handlebar into the Right Handlebar Leg (16).

Attach the Right Handlebar (13) with two M10 x 45mm Screws (71) and two M10 Washers (91).

Then, slide the Handlebar Sleeve (14) downward onto the Right Handlebar Leg (16).

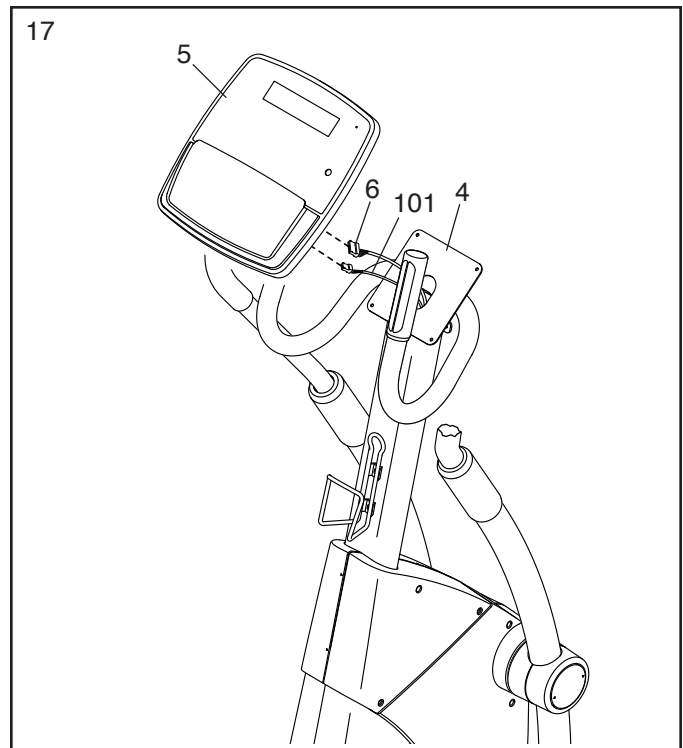
Repeat this step to attach the Left Handlebar (12).



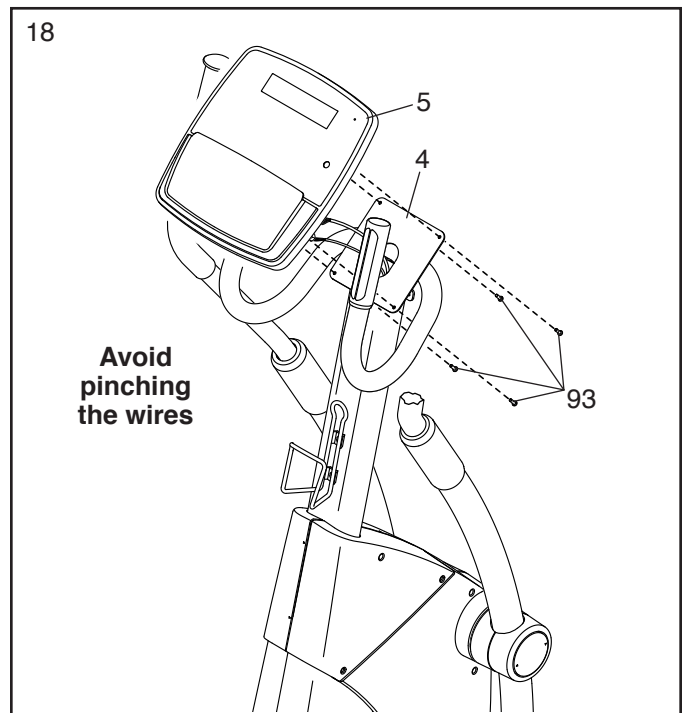
17. Have a second person hold the Console (5) near the Upright (4). Connect the Upper Wire (6) and the Pulse Wire (101) in the Upright to the matching wires or receptacles on the back of the Console.

If you do not connect the Wires (6, 101) properly, the Console (5) may become damaged when you use the trainer. If a connector on a Wire does not slide easily and snap into place, turn the connector and try again.

Insert the excess wire into the Console (5) or the Upright (4).



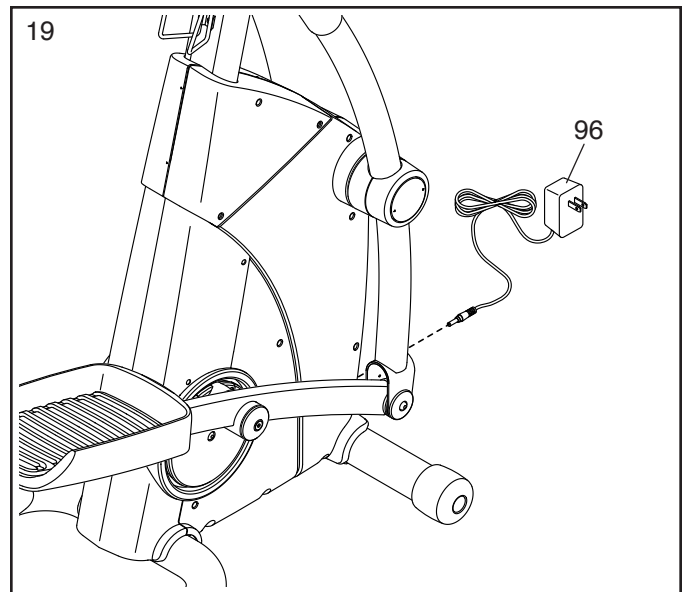
18. **Tip: Avoid pinching the wires.** Attach the Console (5) to the Upright (4) with four M4 x 16mm Screws (93); **start all the Screws, and then tighten them.**



19. **Make sure that all parts are properly tightened.** Extra parts may be included. Place a mat beneath the trainer to protect the floor.

Next, plug the Power Adapter (96) into the receptacle on the front of the trainer.

Then, plug the Power Adapter (96) into an outlet (see HOW TO PLUG IN THE POWER ADAPTER on page 17).

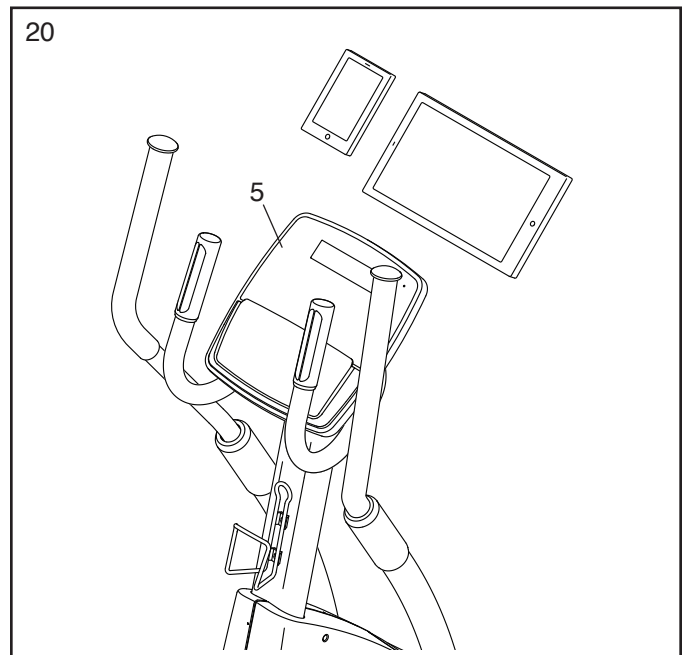


20. **IMPORTANT: You must activate your Console (5) to begin using its exclusive features.**

First, press any button on the Console (5) to turn on the power.

Then, using your smartphone or tablet, go to **iFit.com/activate** and follow the instructions to activate the Console (5).

Note: If you do not have a smartphone or tablet, use your computer to go to **iFit.com/activate** for an alternate way to activate the Console (5). If you do not have a computer, call Customer Care (see the front cover of this manual).

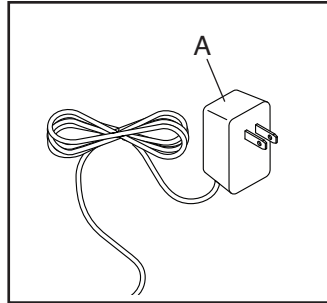


HOW TO USE THE TRAINER

HOW TO PLUG IN THE POWER ADAPTER

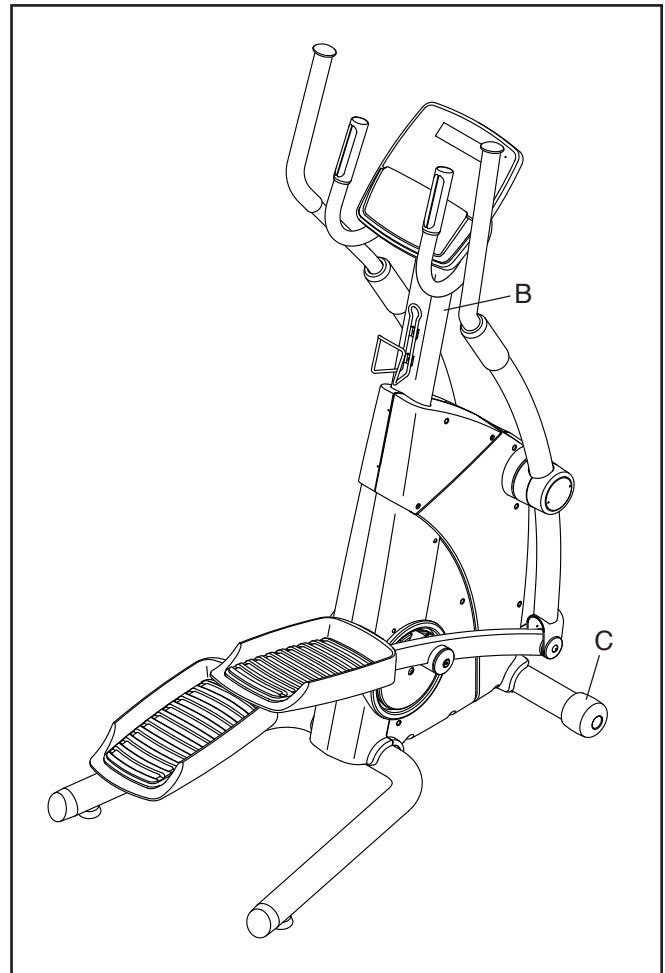
IMPORTANT: If the trainer has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



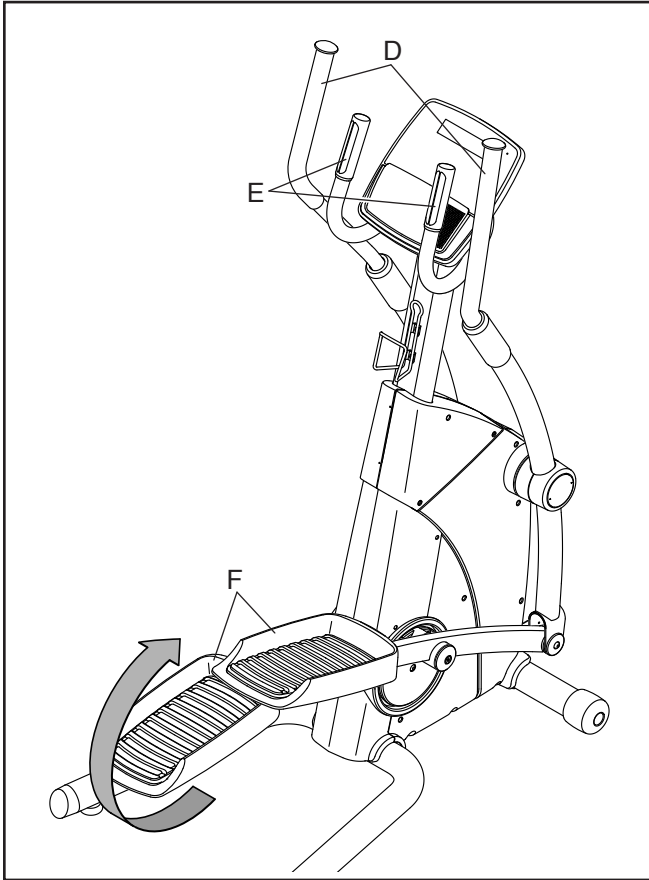
HOW TO MOVE THE TRAINER

Due to the size and weight of the trainer, moving it requires two persons. Stand in front of the trainer, hold the upright (B), and place one foot against one of the wheels (C). Have a second person help you pull on the upright until the trainer will roll on the wheels. Carefully move the trainer to the desired location, and then lower it to the floor.



HOW TO EXERCISE ON THE TRAINER

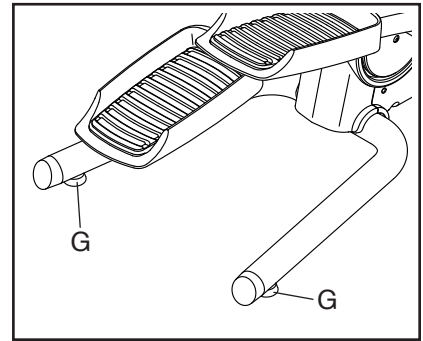
To mount the trainer, hold the handlebars (D) or the pulse grips (E) and step onto the pedal (F) that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**



To dismount the trainer, wait until the pedals (F) come to a complete stop. **Note: The trainer 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.

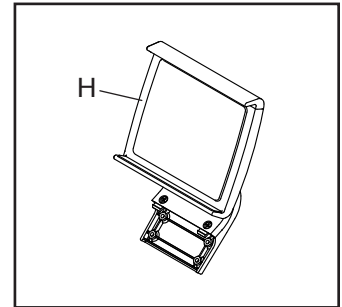
HOW TO LEVEL THE TRAINER

If the trainer rocks slightly on your floor during use, turn one or both of the leveling feet (G) beneath the base until the rocking motion is eliminated.

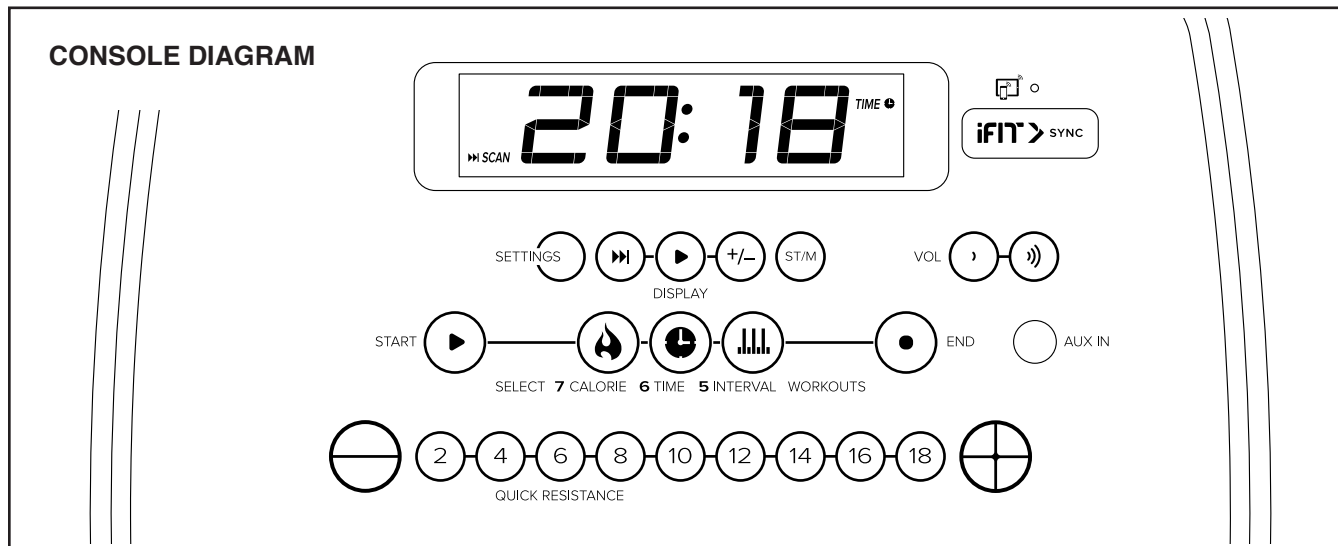


THE OPTIONAL TABLET HOLDER

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



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

IMPORTANT: To activate your console and begin using its exclusive features, see assembly step 20 on page 16.

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

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

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 24 for information about purchasing an optional chest heart rate monitor.**

You can also connect your tablet to the console and use the iFit®-Smart Cardio Equipment app to record and track your workout information.

The console also offers a selection of onboard workouts. Each onboard workout automatically changes the resistance of the pedals and prompts you to maintain a target pedaling speed as it guides you through an effective workout.

You can even listen to your favorite workout music or audio books with the console sound system while you exercise.

To use the manual mode, see page 20. To use an onboard workout, see page 23. To use the sound system, see page 24. To connect your tablet to the console, see page 25. To connect your heart rate monitor to the console, see page 25. To change console settings, see page 26.

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

Note: The console can display speed and distance in either standard or metric units. To change the unit of measurement, press the St/M button repeatedly. For simplicity, all instructions in this section refer to standard units.

HOW TO USE THE MANUAL MODE

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

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

2. Select the manual mode.

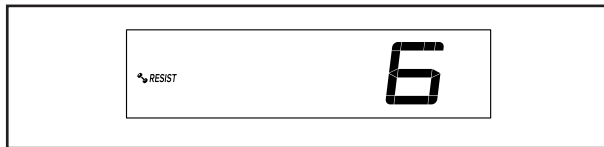
When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, reselect the manual mode by pressing the End button and then by pressing any of the Workouts buttons repeatedly until zeros appear in the display.

3. Change the resistance of the pedals as desired.

Press the Start button or begin pedaling to start the manual mode.

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



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

4. Follow your progress with the display.

The display can show the following workout information:

Calories (CALs)—When the manual mode and most onboard workouts are selected, the approximate number of calories you have burned. When calorie workouts are selected, the approximate number of calories that remain to be burned in the workout.

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

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

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

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

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

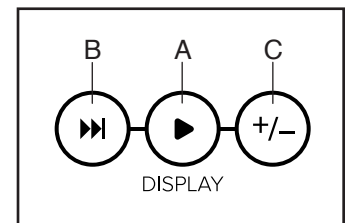
RPM—Your pedaling speed in revolutions per minute (RPM).

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

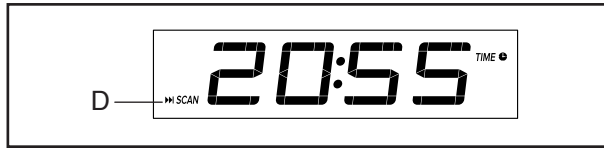
Time—When the manual mode or a calorie workout is selected, the elapsed time. When an onboard workout is selected, the time remaining in the workout.

Vertical Distance—Your vertical distance in feet or meters.

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



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



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

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

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

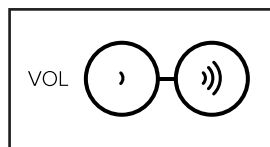
To customize the scan mode, first press the Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

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

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

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

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



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

To end the workout, press the End button repeatedly.

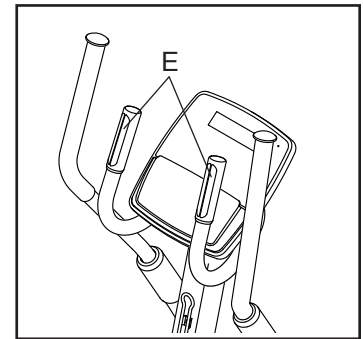
Note: The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button.

5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (**see page 24 for information about the optional chest heart rate monitor**). Note: The console is compatible with Bluetooth® Smart heart rate monitors.

Note: If you use both heart rate monitors at the same time, the Bluetooth Smart heart rate monitor will have priority.

If there are sheets of plastic on the metal contacts (E) on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. Avoid moving your hands or gripping the contacts tightly.



When your pulse is detected, your heart rate will be shown in the display. **For the most accurate heart rate reading, hold the contacts for at least 15 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 contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

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

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

Note: The console features a demo mode, designed to be used if the trainer is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 26.

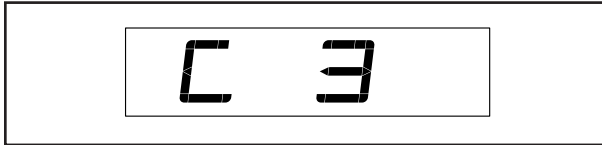
HOW TO USE AN ONBOARD WORKOUT

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

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

2. Select an onboard workout.

To select an onboard workout, press the Calorie, Time, or Interval Workouts button repeatedly until the name of the desired workout appears in the display.



A few seconds after you press a button, the duration of the workout or the number of calories to be burned will appear in the display. The maximum resistance level and the maximum target speed may also appear.

3. Start the workout.

Press the Start button or begin pedaling to start the workout.

Calorie and Interval Workouts—Each Calorie and Interval workout is divided into one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

If a different resistance level is programmed for the next segment, the resistance level will appear 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 speed near the target speed for the current segment. **When the words TOO SLO appear in the display**, increase your pedaling speed. **When the words TOO FAST appear**, decrease your pedaling speed. **When no words appear**, maintain your current pedaling speed.



IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed 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 Quick Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

The workout will continue in this way until the last segment ends. To pause the console, simply stop pedaling or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

To end the workout, press the End button repeatedly.

Time Workouts—Each Time workout is divided into one-minute segments. Adjust the resistance level and your pedaling speed as desired during each segment of a Time workout.

The workout will continue in this way until the last segment ends. To pause the console, simply stop pedaling or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

To end the workout, press the End button repeatedly.

4. Follow your progress with the display.

See step 4 on page 20.

5. Measure your heart rate if desired.

See step 5 on page 21.

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

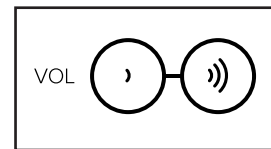
See step 6 on page 22.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal

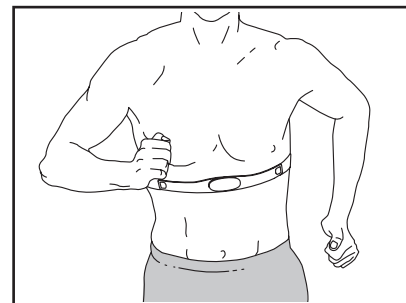
audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

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



THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your



workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**

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

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports Bluetooth connections to tablets via the iFit–Smart Cardio Equipment app and to compatible heart rate monitors. Note: Other Bluetooth connections are not supported.

1. Download and install the iFit–Smart Cardio Equipment app on your tablet.

On your iOS® or Android™ tablet, open the App StoreSM or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the Bluetooth option is enabled on your tablet.**

Then, open the iFit–Smart Cardio Equipment app and follow the instructions to set up an iFit account and customize settings.

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

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE at the right.

3. Connect your tablet to the console.

Press the iFit Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console.

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

4. Record and track your workout information.

Follow the instructions in the iFit–Smart Cardio Equipment app to record and track your workout information.

5. Disconnect your tablet from the console if desired.

To disconnect your tablet from the console, first select the disconnect option in the iFit–Smart Cardio Equipment app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

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

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

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

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

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

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

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the Settings button. The first settings screen will appear in the display.

Note: If you are using the manual mode or an onboard workout, press the End button repeatedly to end your workout before you press the Settings button.

2. Navigate the settings mode.

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

3. Change settings as desired.

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

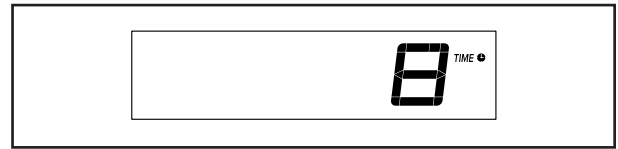
Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button repeatedly. To view workout information in standard units, select STD.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



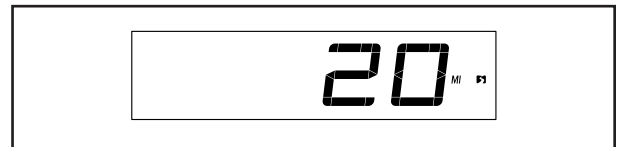
Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

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

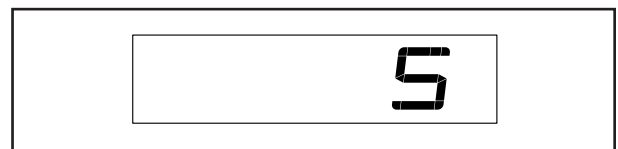
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the trainer has been used.



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



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



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



4. Exit the settings mode.

Press the Settings button to exit the settings mode.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: SMFOMC360526A.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the trainer is used. Replace any worn parts immediately.

To clean the trainer, 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.**

CONSOLE TROUBLESHOOTING

The console requires activation. If you have not activated the console, see assembly step 20 on page 16.

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

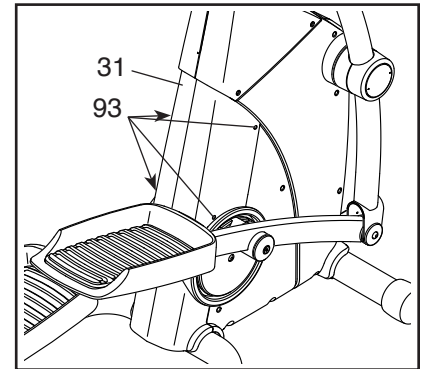
If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 21.

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

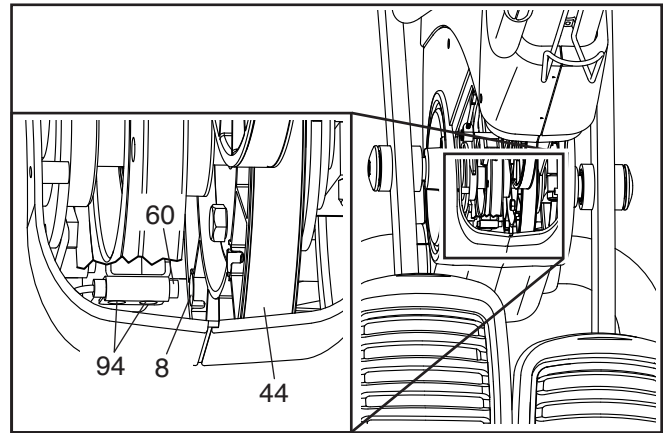
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **unplug the power adapter**.

Next, remove the four indicated M4 x 16mm Screws (93) and the Center Shield Cover (31).



Next, turn the Crank Pulley (44) until a Pulley Magnet (8) is aligned with the Reed Switch (60). Then, slightly loosen the two M4 x 12mm Flange Screws (94), slide the Reed Switch slightly closer to or away from the Pulley Magnet, and retighten the Flange Screws.

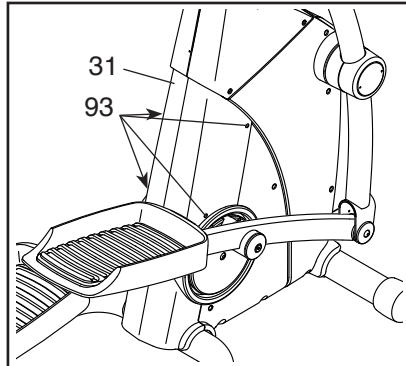


Then, plug in the power adapter and turn the Crank Pulley (44) for a moment. Repeat these actions, if necessary, until the console displays correct feedback. Then, reattach the center shield cover.

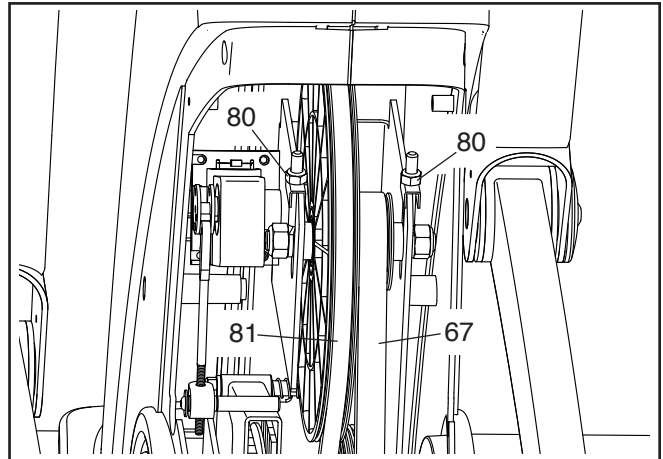
HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belts may need to be adjusted. To adjust the drive belts, first **unplug the power adapter**.

Next, remove the four indicated M4 x 16mm Screws (93) and the Center Shield Cover (31).



Then, locate the two M6 Locknuts (80). Tighten the Locknuts **the same number of turns**; this will tighten the Right and Left Belts (67, 81).



Stand on the trainer and pedal for a few moments. If the pedals still slip, repeat the actions described above.

When you have properly adjusted the drive belts, reattach the center shield cover.

EXERCISE GUIDELINES

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

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

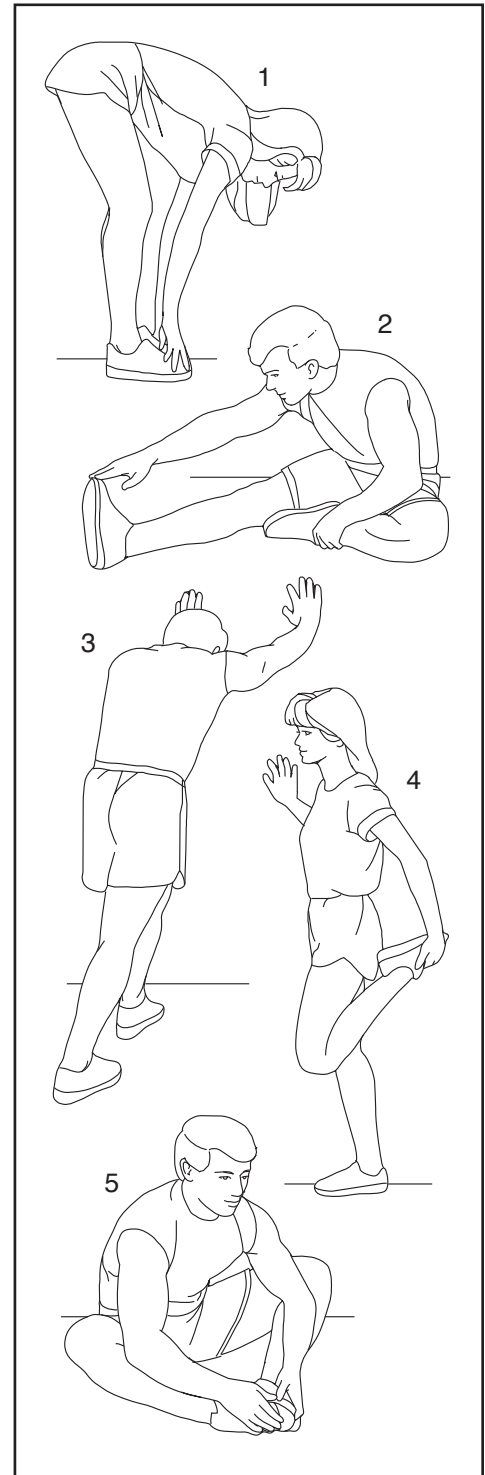
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. PFEL05918.3 R1119A

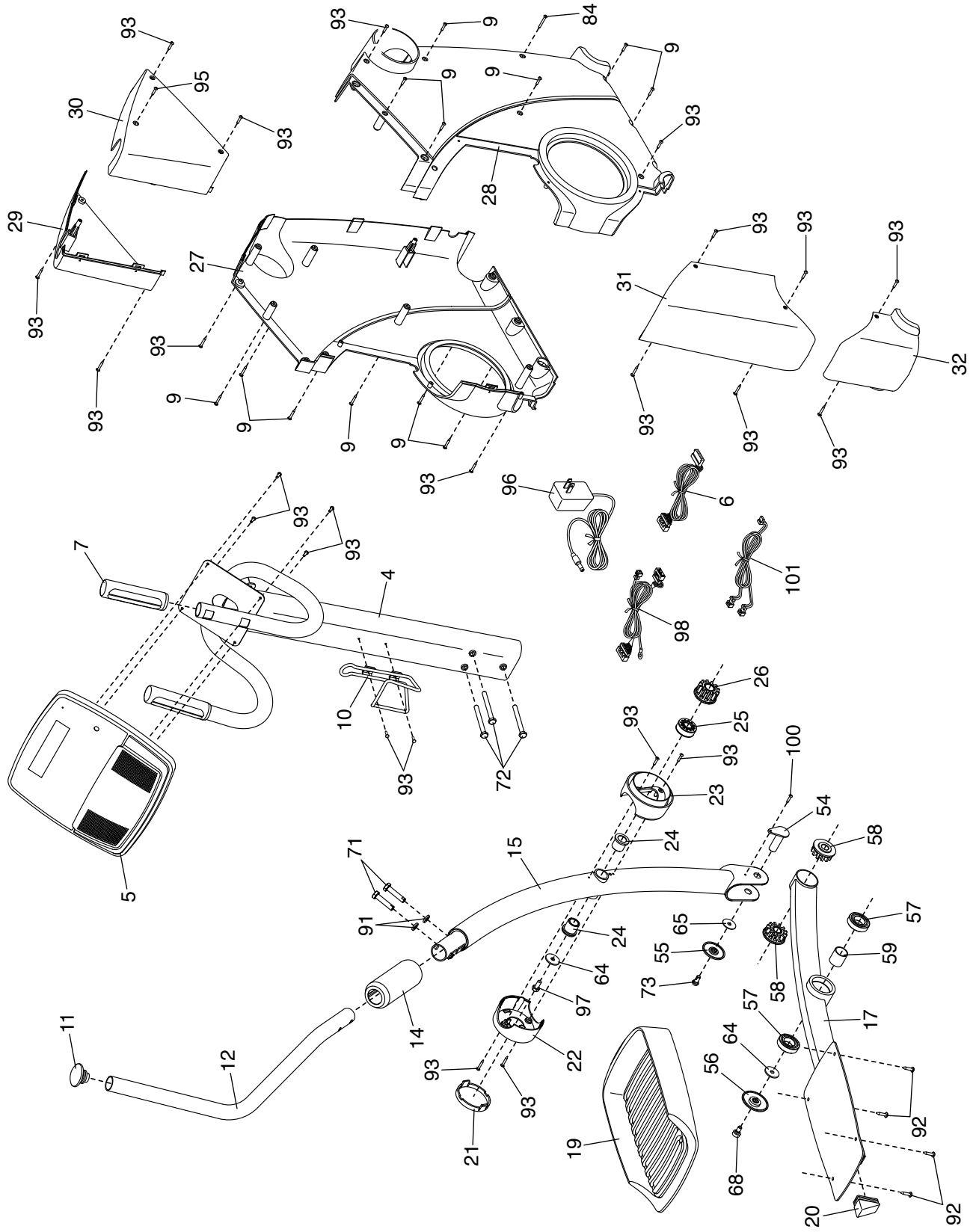
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Magnet Bracket
2	1	Base	47	1	Resistance Motor
3	1	Stabilizer	48	1	Resistance Arm
4	1	Upright	49	1	Resistance Disc
5	1	Console	50	1	Block
6	1	Upper Wire	51	1	Magnet Spring
7	2	Pulse Grip	52	1	Upper Pulley
8	2	Pulley Magnet	53	1	Pulley Axle
9	12	M4 x 19mm Screw	54	2	Leg Axle
10	1	Water Bottle Holder	55	2	Leg Cap
11	2	Handlebar Cap	56	2	Crank Cap
12	1	Left Handlebar	57	4	Pedal Leg Bearing
13	1	Right Handlebar	58	4	Pedal Leg Bushing
14	2	Handlebar Sleeve	59	2	Pedal Leg Spacer
15	1	Left Handlebar Leg	60	1	Reed Switch/Wire
16	1	Right Handlebar Leg	61	1	Clamp
17	1	Left Pedal Leg	62	2	Base Cap Clip
18	1	Right Pedal Leg	63	2	Key
19	2	Pedal	64	6	M8 x 32mm Washer
20	2	Pedal Leg Cap	65	2	M8 x 30mm Washer
21	2	Pivot Shield	66	2	Pulley Axle Spacer
22	2	Outer Pivot Cover	67	1	Right Belt
23	2	Inner Pivot Cover	68	2	M8 x 16mm Screw
24	4	Pivot Bushing	69	2	Eyebolt
25	2	Flex Spacer	70	2	Adjustment Bracket
26	2	Upright Bushing	71	4	M10 x 45mm Screw
27	1	Left Shield	72	3	M8 x 72mm Screw
28	1	Right Shield	73	4	M8 x 17mm Shoulder Screw
29	1	Left Shield Cover	74	2	M10 x 20mm Screw
30	1	Right Shield Cover	75	2	M10 x 20mm Hex Screw
31	1	Center Shield Cover	76	2	M10 x 55mm Bolt
32	1	Lower Shield Cover	77	16	M6 x 13mm Screw
33	2	Wheel	78	4	M10 Locknut
34	1	Foot	79	2	M6 Washer
35	2	Leveling Foot	80	3	M6 Locknut
36	2	Base Cap	81	1	Left Belt
37	2	Disc Cover	82	1	M5 x 7mm Screw
38	2	Crank Disc	83	1	Pivot Axle
39	2	Crank Arm	84	1	M4 x 38mm Screw
40	2	Small Crank Spacer	85	2	M8 x 41mm Screw
41	2	Crank Bearing	86	2	M10 x 68mm Screw
42	1	Large Crank Spacer	87	3	M8 x 12mm Screw
43	1	Flywheel	88	1	M3.5 x 12mm Screw
44	1	Crank Pulley	89	1	Ground Screw
45	1	Crank	90	2	M8 x 80mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
91	6	M10 Washer	98	1	Lower Wire
92	8	M6 x 12mm Screw	99	2	M4 x 19mm Flange Screw
93	34	M4 x 16mm Screw	100	2	M5 x 10mm Screw
94	6	M4 x 12mm Flange Screw	101	1	Pulse Wire
95	1	M4 x 25mm Screw	*	–	User's Manual
96	1	Power Adapter	*	–	Assembly Tool
97	2	M8 x 18mm Screw	*	–	Grease Packet

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

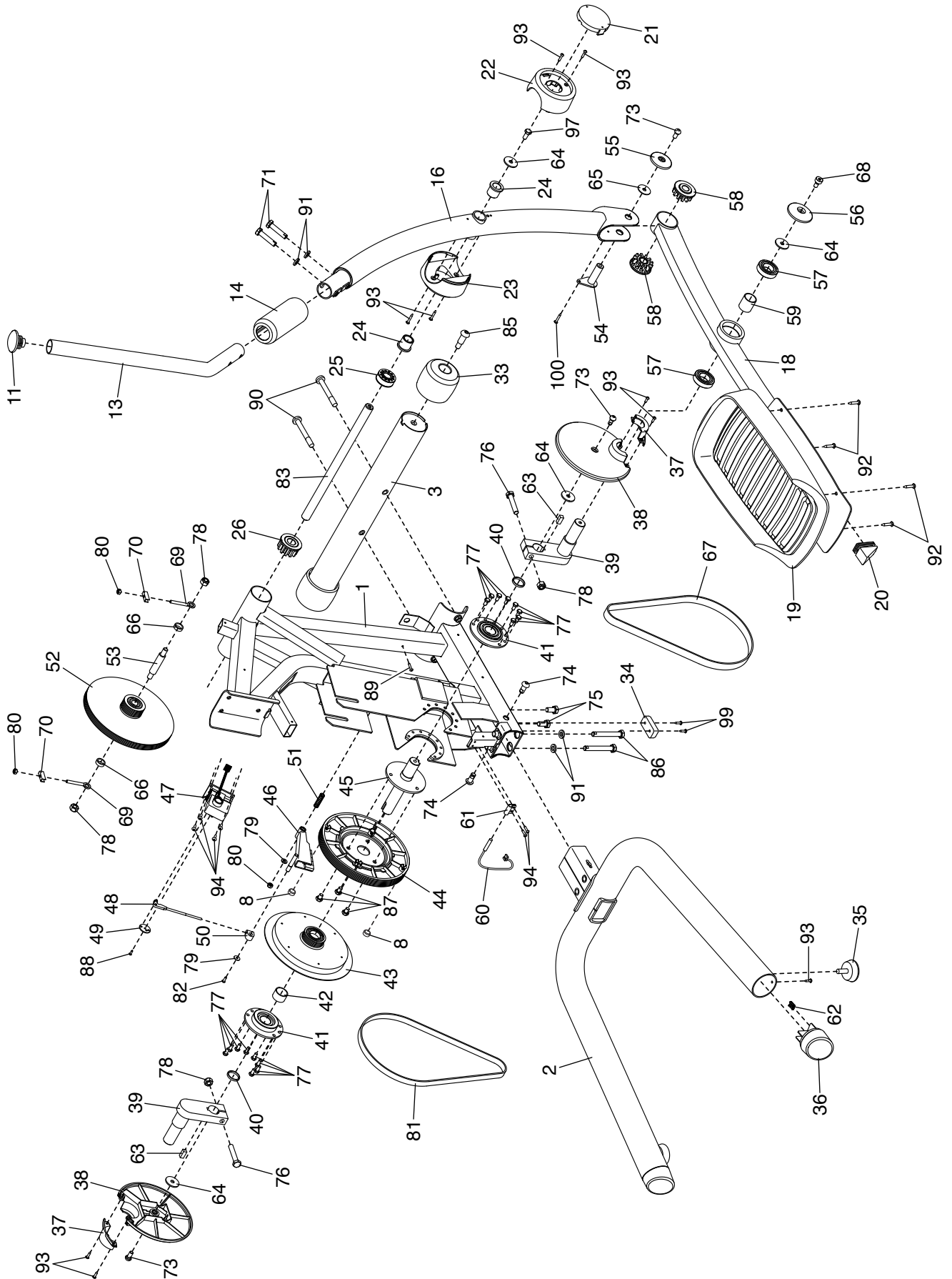
EXPLODED DRAWING A

Model No. PFEL05918.3 R1119A



EXPLODED DRAWING B

Model No. PFEL05918.3 R1119A



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

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

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 ten (10) years from the date of purchase. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) 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 (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

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