

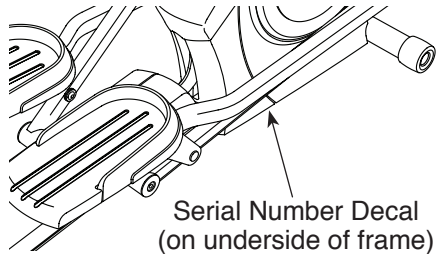
PRO-FORM® 790 E

www.proform.com

Model No. PFEL07909.4

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 www.proformservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.proformservice.com.

Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 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

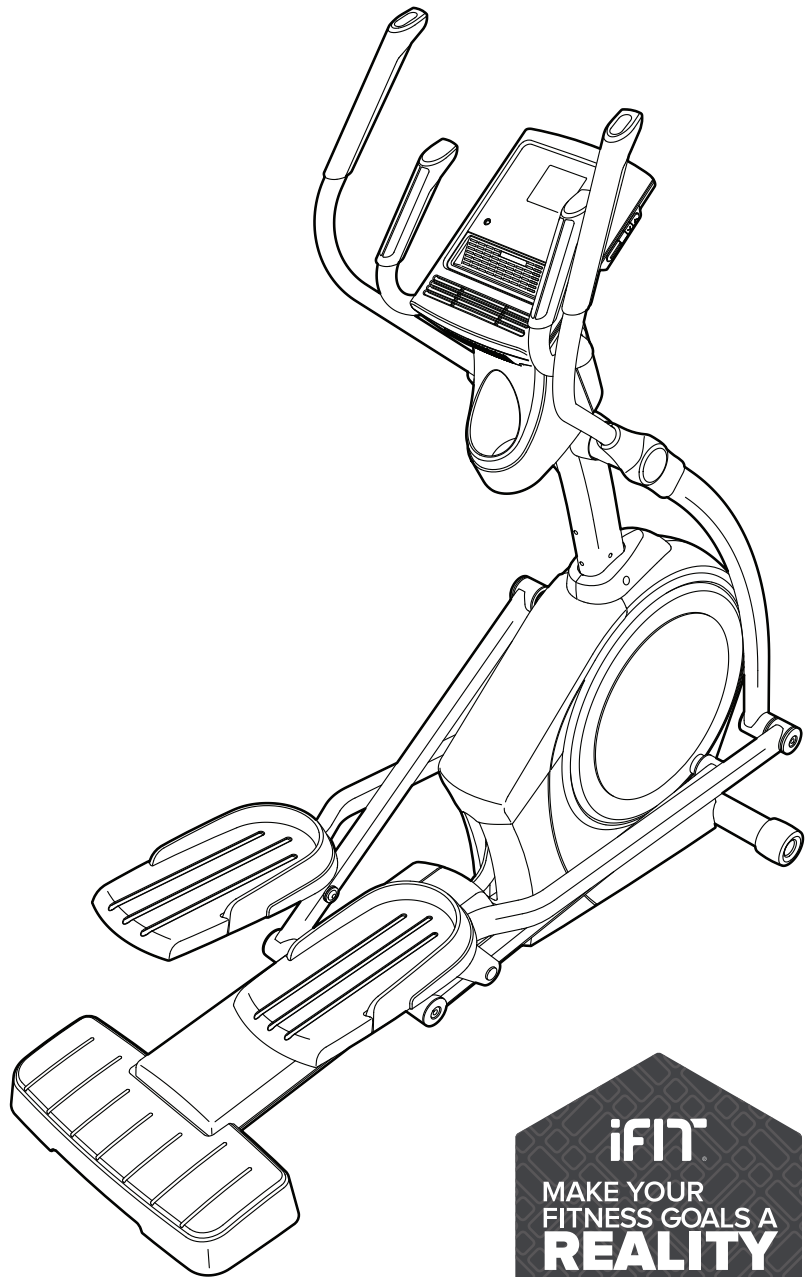
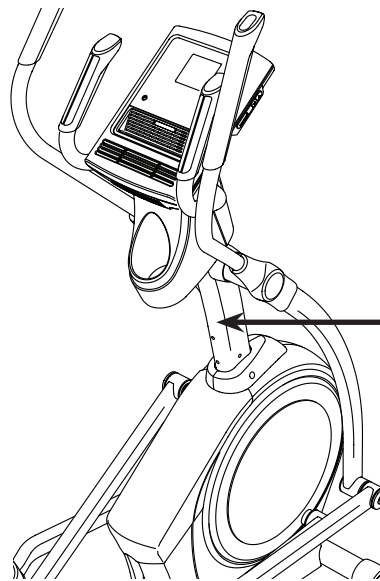


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WARNING DECAL PLACEMENT

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 325 pounds.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. 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 elliptical 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. Use the elliptical only as described in this manual.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. When connecting the power cord, plug the power cord into a grounded circuit. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into an outlet on the same circuit.
10. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
11. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
12. Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use.
13. **DANGER:** Always unplug the power cord when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
14. The elliptical should not be used by persons weighing more than 325 lbs. (147 kg).
15. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
16. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
17. 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.
18. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
19. Keep your back straight while using the elliptical; do not arch your back.
20. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

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	3-Year Plan	5-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 parts
- Up to 5 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.**



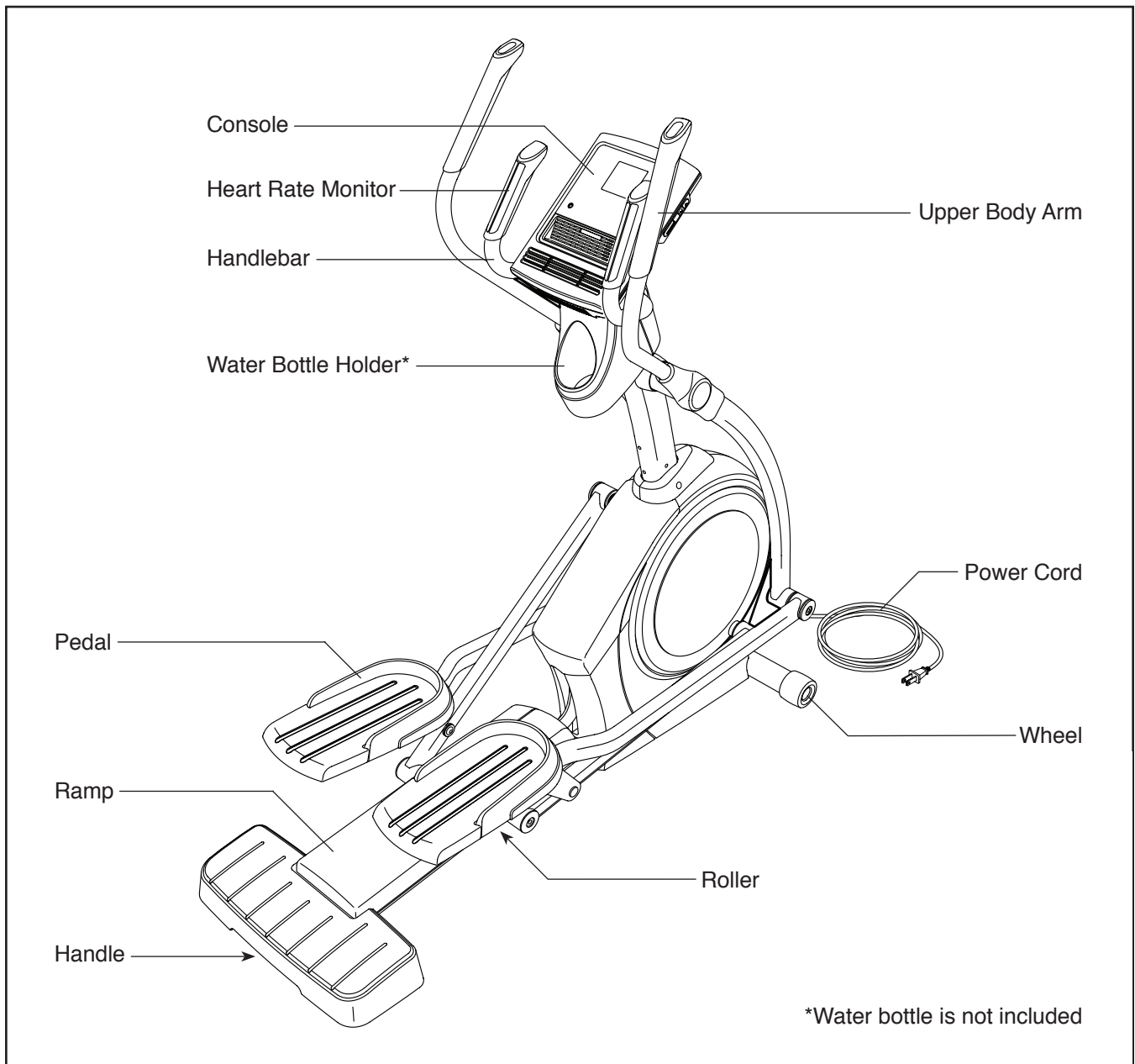
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 790 E elliptical. The 790 E elliptical 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 elliptical. If you have questions after reading this manual, please see the front cover of this

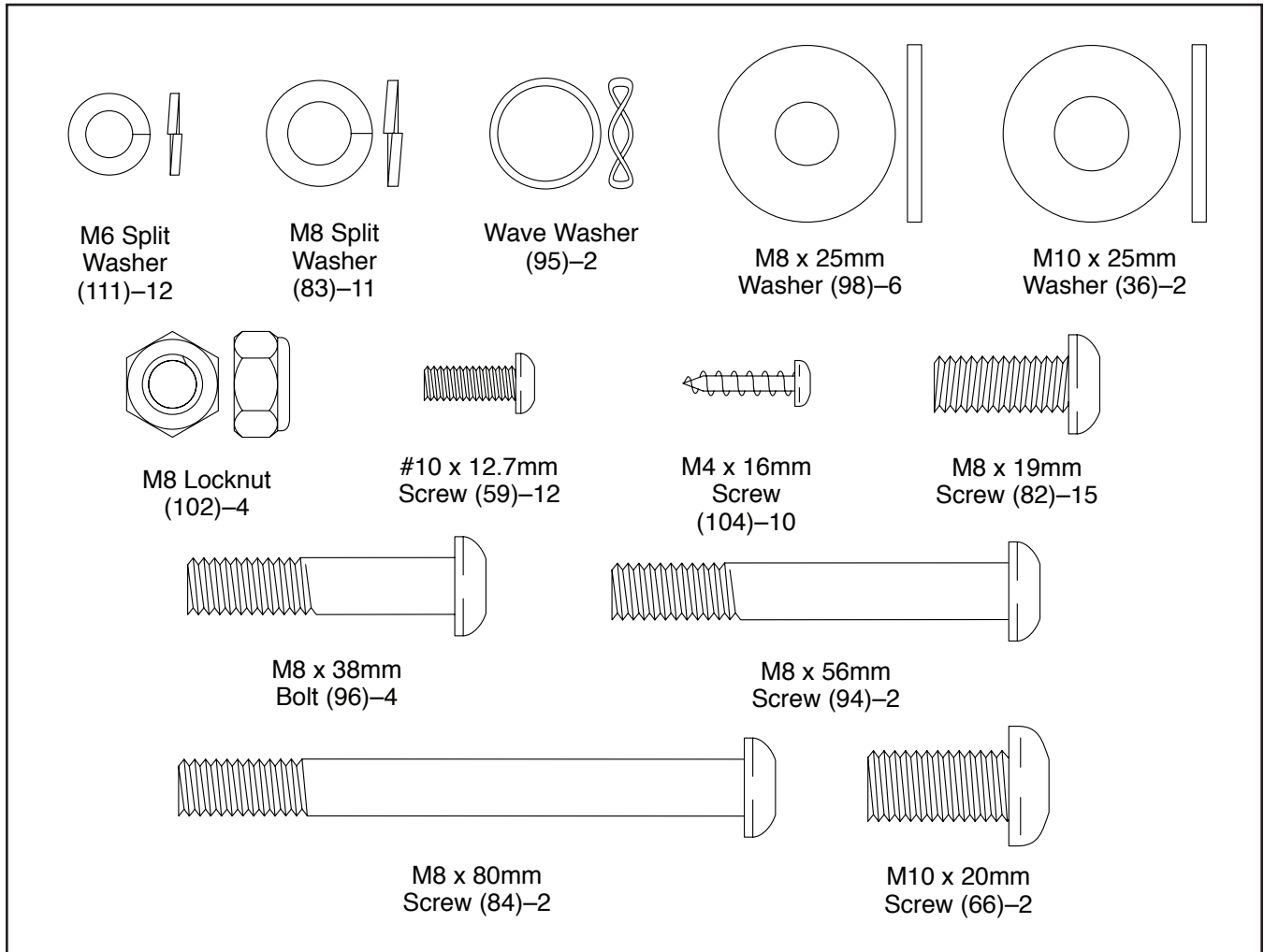
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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 tool(s):

one Phillips screwdriver 

two adjustable wrenches 

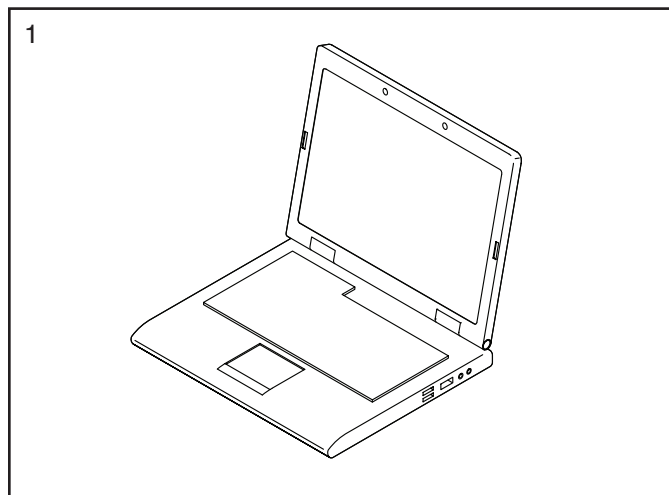
one rubber mallet 

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

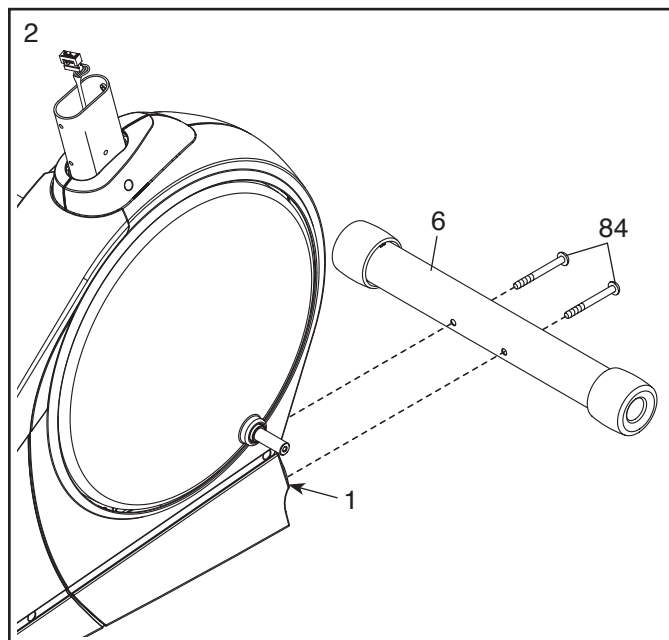
1. **Go to www.proformservice.com/registration on your computer and register your product.**

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

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



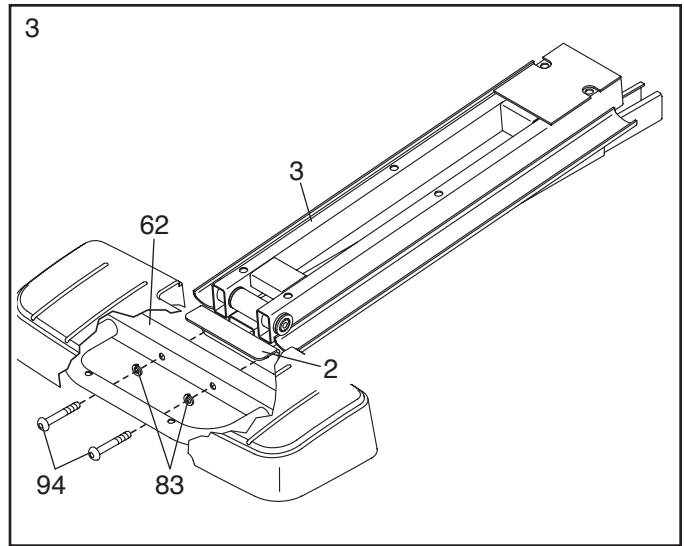
2. Attach the Front Stabilizer (6) to the Front Frame (1) with two M8 x 80mm Screws (84).



3. Orient the Rear Stabilizer (62) and the Rear Frame (2) as shown.

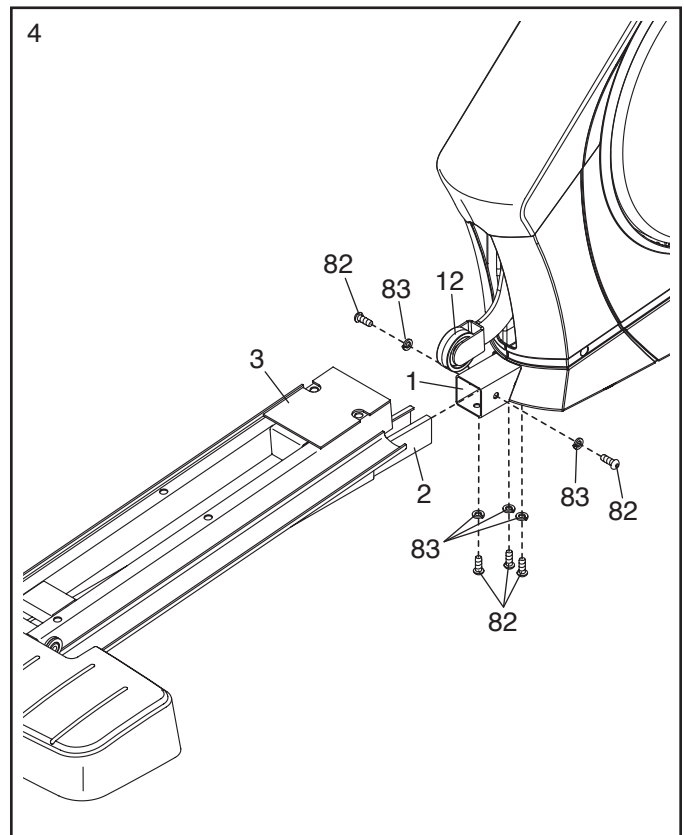
Tip: If the Ramp Cover (see step 16) is attached to the Ramp (3), remove the Ramp Cover.

Attach the Rear Stabilizer (62) to the Rear Frame (2) with two M8 x 56mm Screws (94) and two M8 Split Washers (83).



4. Insert the Rear Frame (2) into the Front Frame (1); **make sure that the Ramp (3) is on the Lift Roller (12).**

Attach the Rear Frame (2) with five M8 x 19mm Screws (82) and five M8 Split Washers (83).

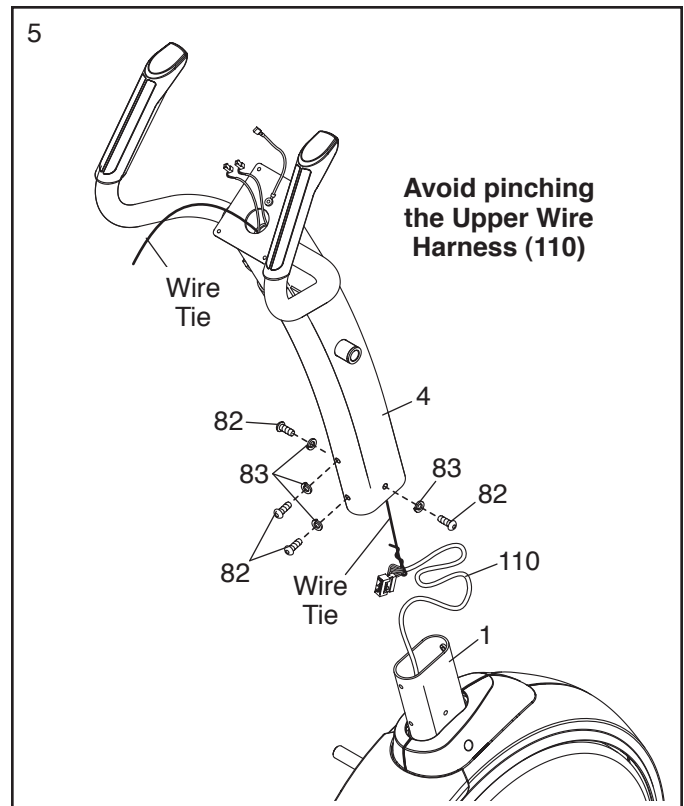


5. Have a second person orient the Upright (4) as shown and hold it near the Front Frame (1).

Locate the wire tie in the Upright (4). Tie the lower end of the wire tie to the Upper Wire Harness (110). Next, pull the upper end of the wire tie until the Upper Wire Harness is routed through the Upright. Then, untie and discard the wire tie.

Tip: To prevent the Upper Wire Harness (110) from falling into the Upright (4), secure the Upper Wire Harness with a rubber band or tape.

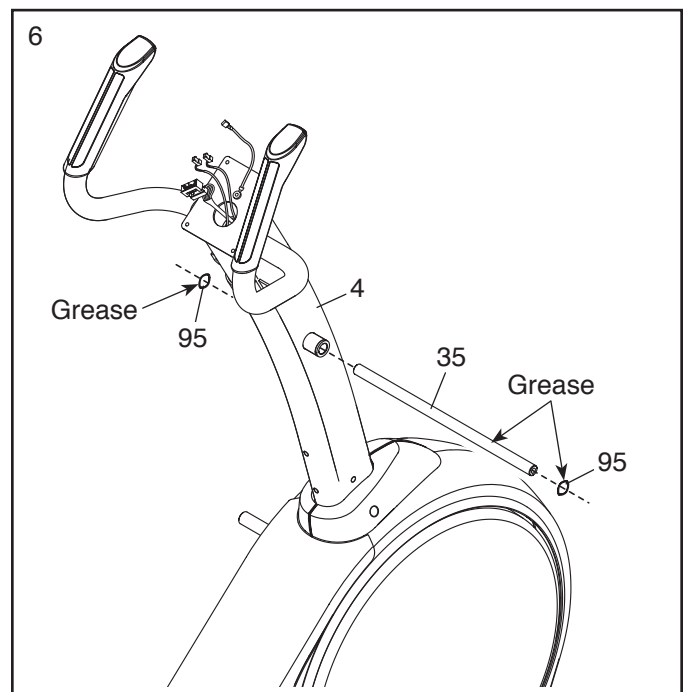
Tip: Avoid pinching the Upper Wire Harness (110). Slide the Upright (4) onto the Front Frame (1). Attach the Upright with four M8 x 19mm Screws (82) and four M8 Split Washers (83); **do not tighten the Screws yet.**



6. Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the Pivot Axle (35) and to two Wave Washers (95).

Insert the Pivot Axle (35) through the Upright (4) and then center it.

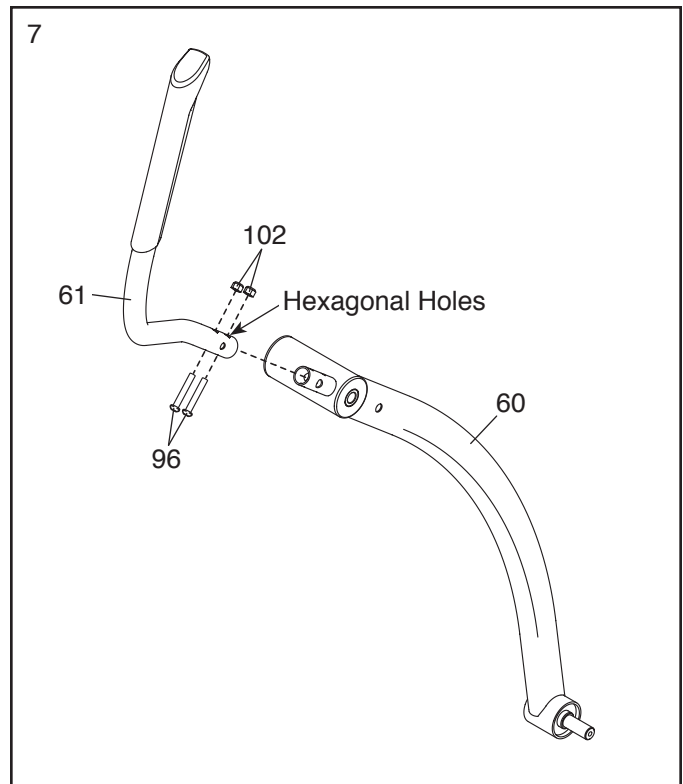
Slide a Wave Washer (95) onto each end of the Pivot Axle (35).



7. Identify the Right Upper Body Arm (61) and the Right Upper Body Leg (60) and orient them as shown. **Make sure that the hexagonal holes are in the position shown.**

Slide the Right Upper Body Arm (61) onto the Right Upper Body Leg (60). Attach the Right Upper Body Arm with two M8 x 38mm Bolts (96) and two M8 Locknuts (102). **Make sure that the Locknuts are in the hexagonal holes.**

Repeat this step for the Left Upper Body Arm (not shown) and the Left Upper Body Leg (not shown).

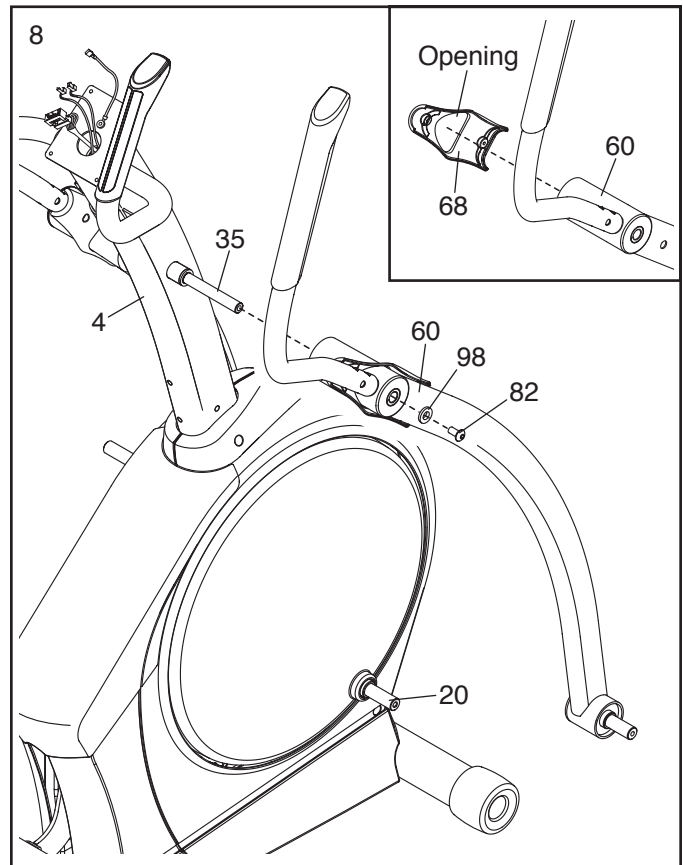


8. **See the inset drawing.** Slide an Inner Cover (68) onto the Right Upper Body Leg (60).

Next, slide the Right Upper Body Leg (60) onto the right end of the Pivot Axle (35); **make sure that the Right Upper Body Leg is in front of the right Crank Arm (20).**

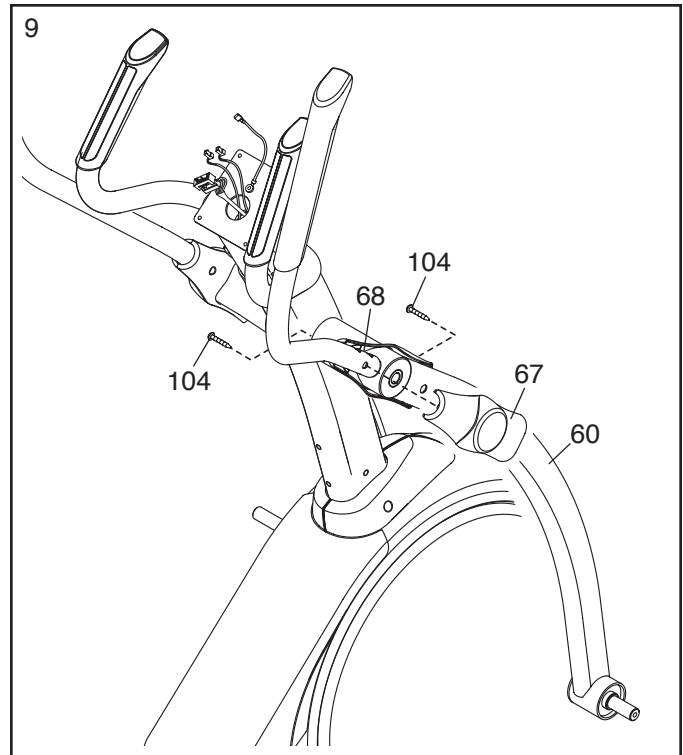
Attach the Right Upper Body Leg (60) with an M8 x 19mm Screw (82) and an M8 x 25mm Washer (98).

Repeat this step on the other side of the elliptical.



9. Attach an Outer Cover (67) to the Inner Cover (68) on the Right Upper Body Leg (60) with two M4 x 16mm Screws (104).

Repeat this step on the other side of the elliptical.

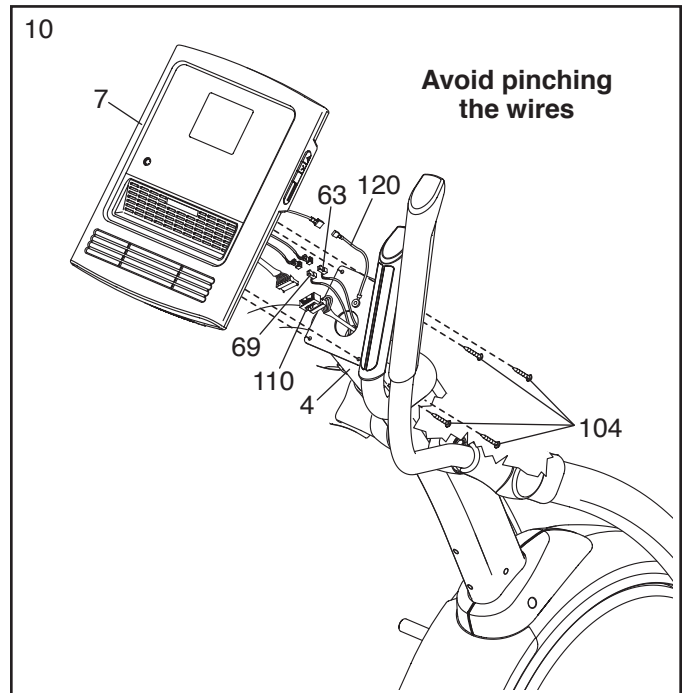


10. Have a second person hold the Console (7) near the Upright (4).

Connect the wires on the Console (7) to the Ground Wire (120), to the Pulse Wires (63, 69), and to the Upper Wire Harness (110).

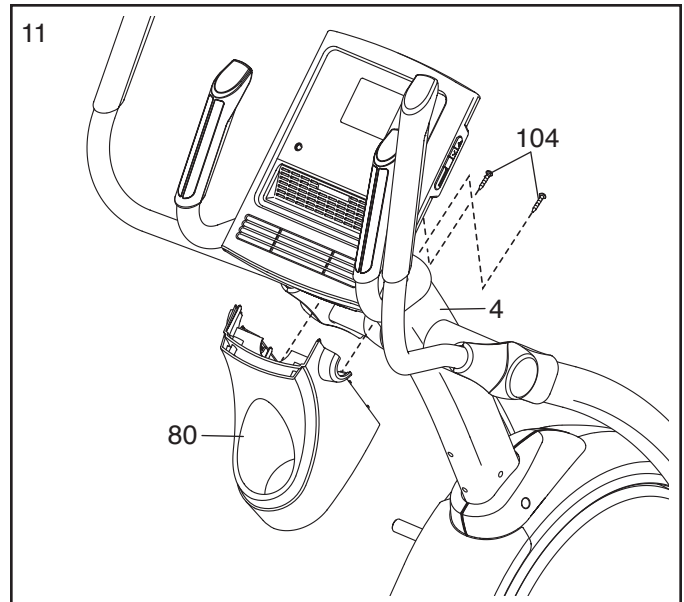
Insert the excess wires into the Upright (4).

Tip: Avoid pinching the wires. Attach the Console (7) to the Upright (4) with four M4 x 16mm Screws (104).



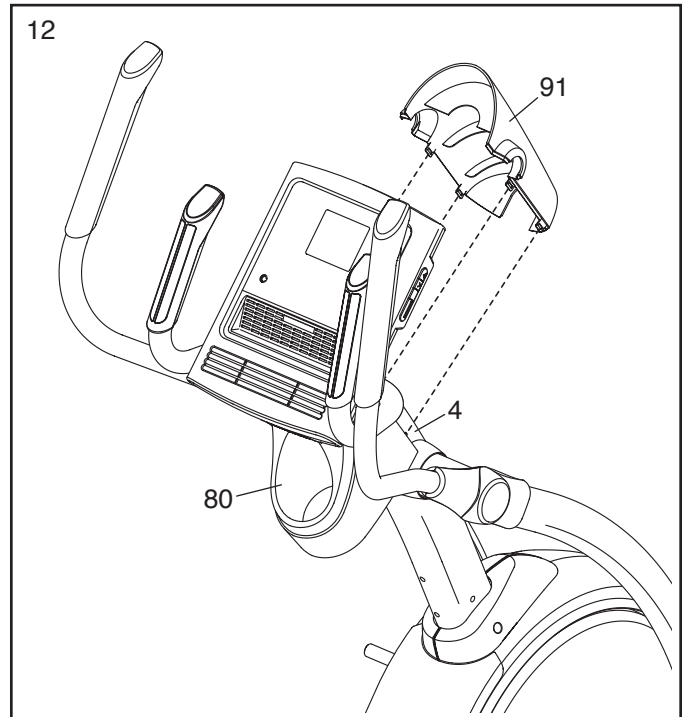
11. Orient the Rear Upright Cover (80) as shown.

Attach the Rear Upright Cover (80) to the Upright (4) with two M4 x 16mm Screws (104).



12. Orient the Front Upright Cover (91) as shown.

Attach the Front Upright Cover (91) around the Upright (4) by pressing the tabs on the Front Upright Cover into the Rear Upright Cover (80).



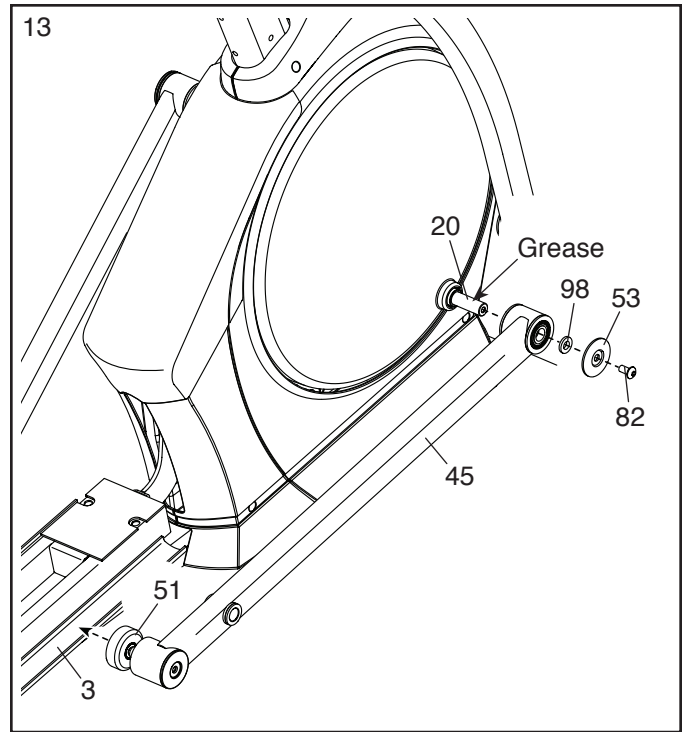
13. Apply a small amount of grease to the right Crank Arm (20).

Orient a Roller Arm (45) so that the Roller (51) is in the position shown.

Slide the Roller Arm (45) onto the right Crank Arm (20) while setting the Roller (51) on the Ramp (3).

Attach the Roller Arm (45) with an M8 x 19mm Screw (82), an Axle Cover (53), and an M8 x 25mm Washer (98); **to avoid breaking the Axle Cover, do not overtighten the Screw.**

Repeat this step on the other side of the elliptical.

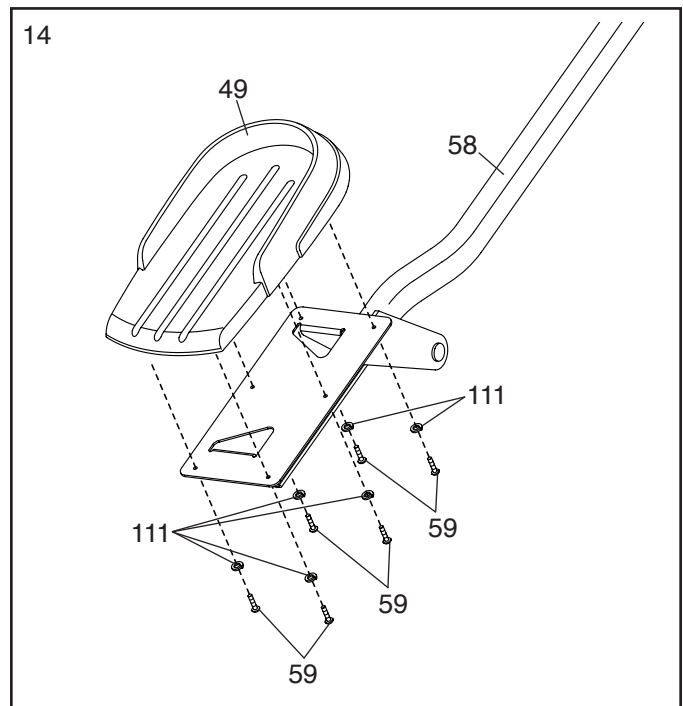


14. Identify the Right Pedal Arm (58) and orient it as shown.

Then, orient a Pedal (49) as shown.

Attach the Pedal (49) to the Right Pedal Arm (58) with six #10 x 12.7mm Screws (59) and six M6 Split Washers (111).

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



15. **See the upper drawing.** Apply a small amount of grease to the axle on the Right Upper Body Leg (60) and to the axle on the Right Pedal Arm (58).

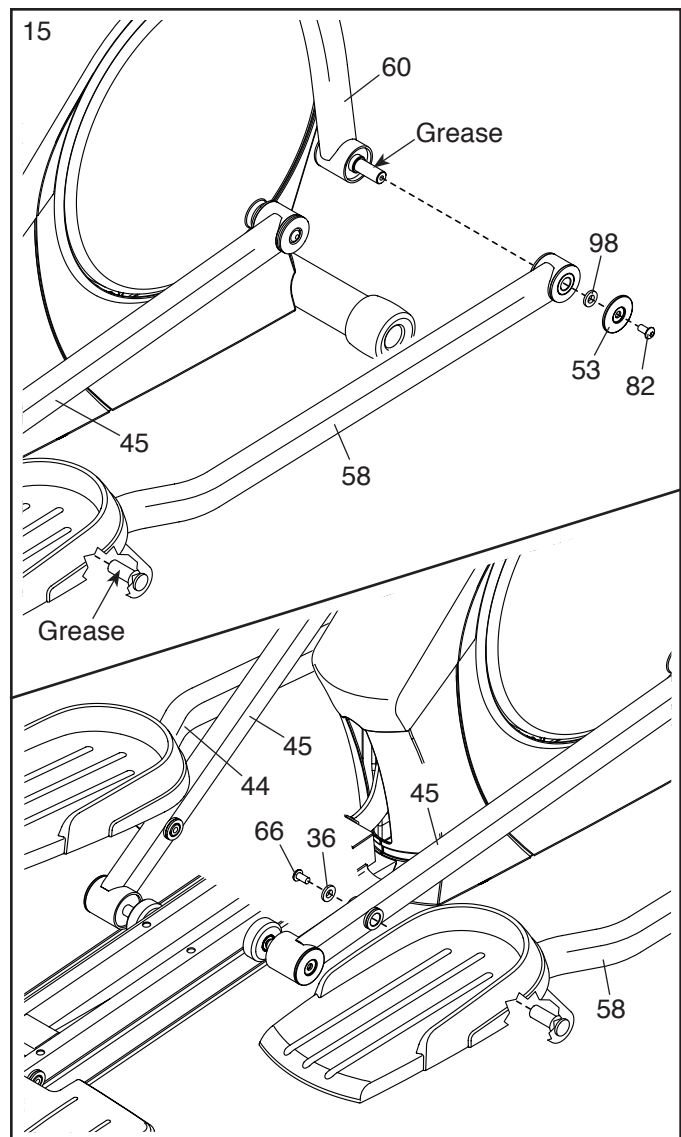
Orient the Right Pedal Arm (58) as shown. Slide the Right Pedal Arm onto the Right Upper Body Leg (60) and into the right Roller Arm (45) at the same time.

Attach the Right Pedal Arm (58) to the Right Upper Body Leg (60) with an M8 x 19mm Screw (82), an Axle Cover (53), and an M8 x 25mm Washer (98); **to avoid breaking the Axle Cover, do not overtighten the Screw.**

See the lower drawing. Attach the right Roller Arm (45) to the Right Pedal Arm (58) with an M10 x 20mm Screw (66) and an M10 x 25mm Washer (36).

Attach the Left Pedal Arm (44) to the Left Upper Body Leg (not shown) and the left Roller Arm (45) in the same way.

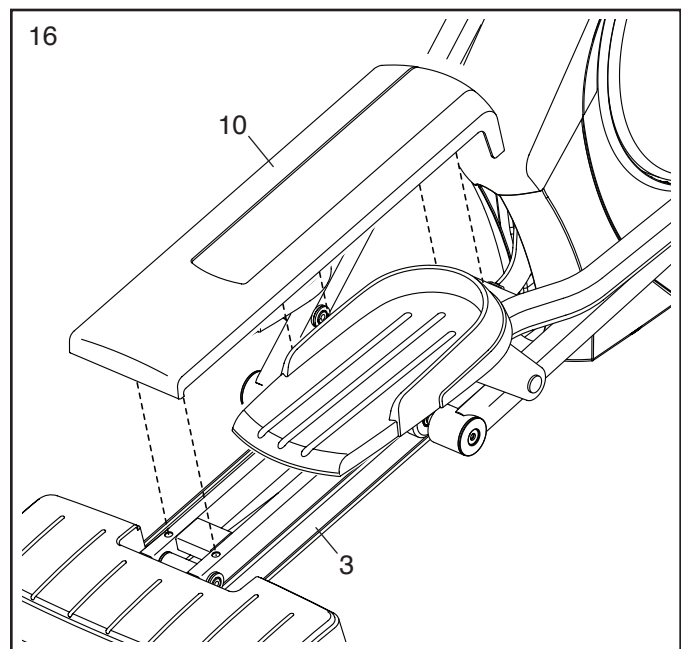
See step 5. Tighten the four M8 x 19mm Screws (82).



16. Orient the Ramp Cover (10) as shown.

Align the mounts on the Ramp Cover (10) with the holes in the Ramp (3). Then, press the Ramp Cover (10) into the Ramp.

17. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.



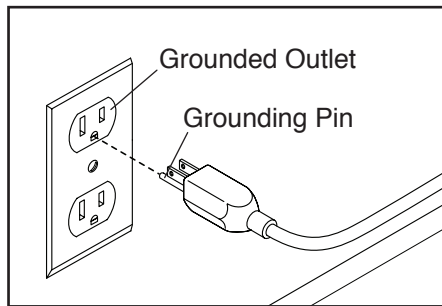
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

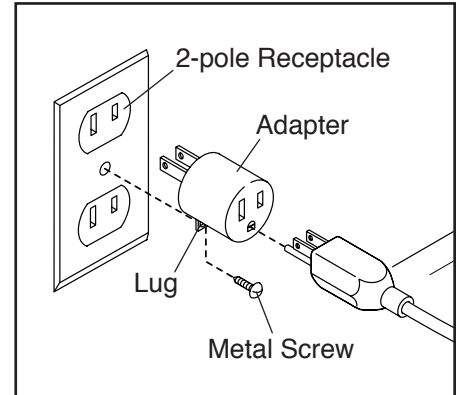
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug; if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.



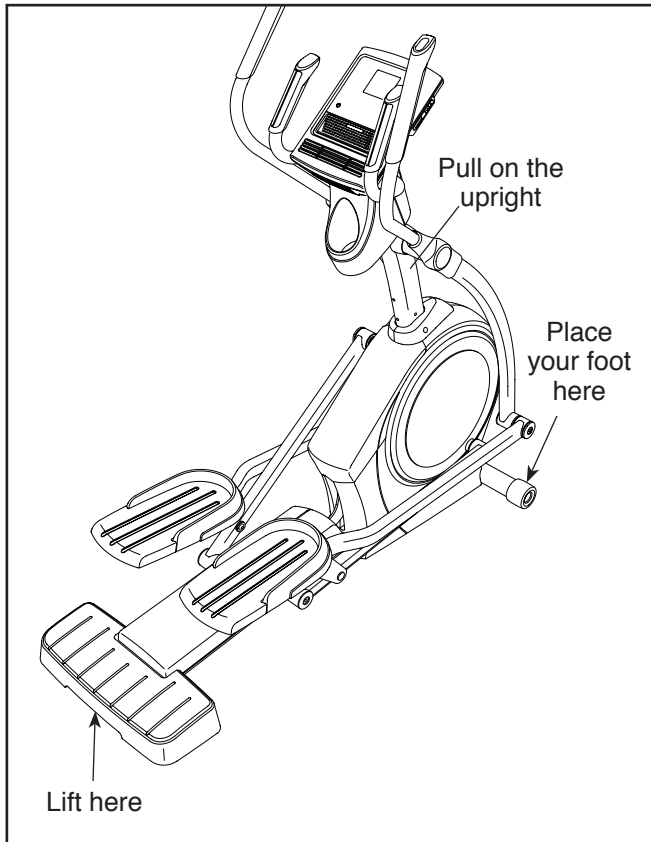
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

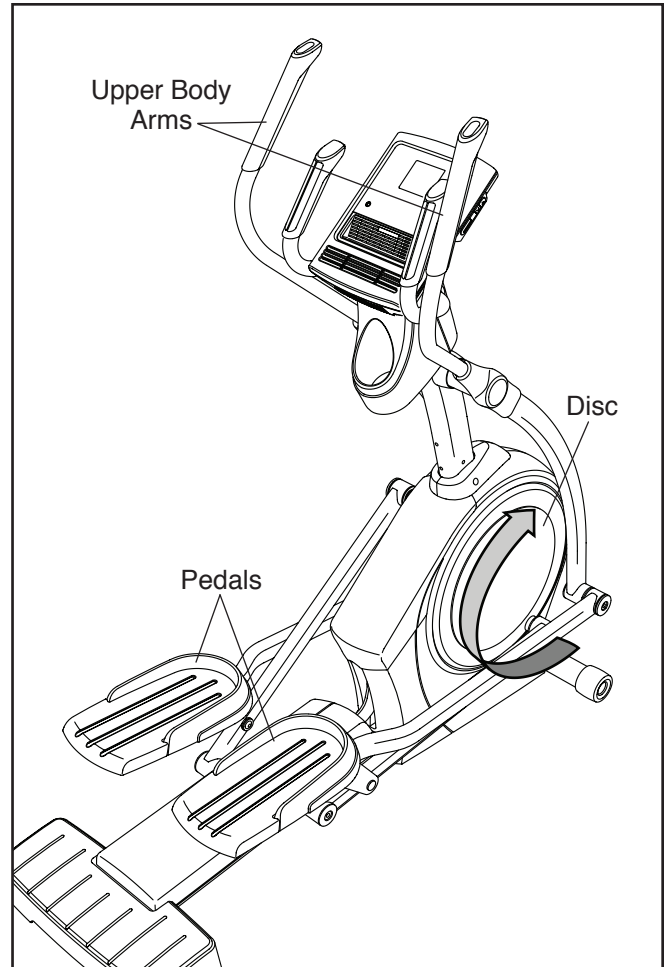
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the handle at the rear until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.

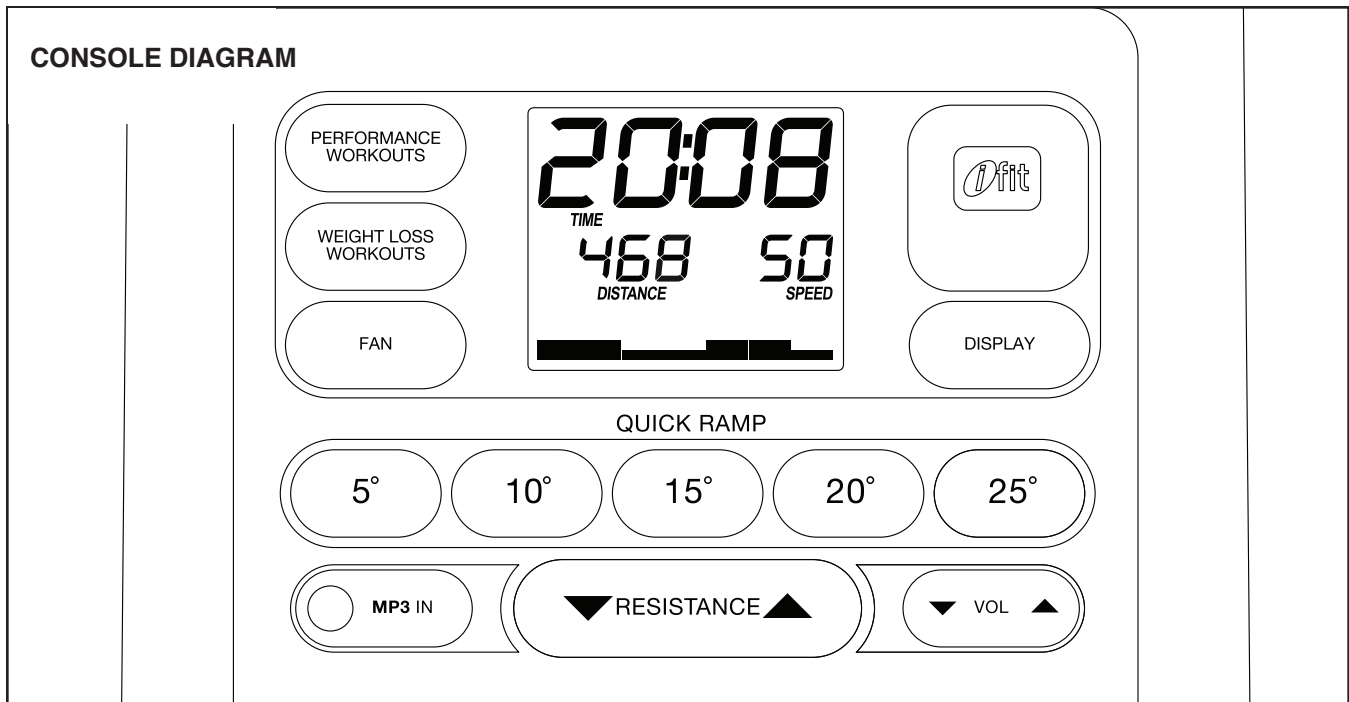


HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the upper body arms and step onto the pedal 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 discs can turn in either direction. It is recommended that you turn the discs in the direction shown by the arrow; however, for variety, you can turn the discs in the opposite direction.**



To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical 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

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 and the incline of the ramp 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 heart rate monitor.

In addition, the console offers twenty-four preset workouts—six weight loss workouts and eighteen performance 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 features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals.

For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

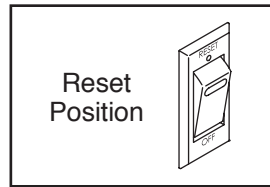
To turn on the power, see page 18. **To use the manual mode**, see page 18. **To use a preset workout**, see page 20. **To use an iFit workout**, see page 21. **To use the sound system**, see page 21. **To change console settings**, see page 21.

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

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 15). Next, locate the power switch on the frame near the power cord. Make sure that the power switch is in the reset position.



The display will then light and the console will be ready for use.

Note: When you turn on the power for the first time, the ramp will calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the ramp is calibrated.

IMPORTANT: If the ramp does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 22 and manually calibrate the ramp.

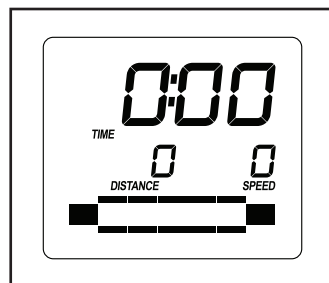
HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Workouts buttons repeatedly until zeros appear in the display.



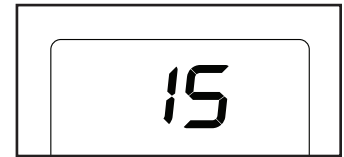
3. **Change the resistance of the pedals and the incline of the ramp as desired.**

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.

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press one of the numbered Quick Ramp buttons.



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

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

The lower left display—This display can show the elapsed time and the distance (total number of revolutions) that you have pedaled. **Note:** When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



The lower right display—This display can show your pedaling speed (in revolutions per minute) and the approximate number of calories that you have burned.



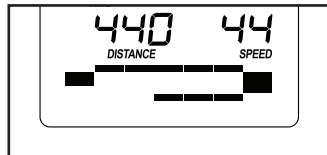
This display also shows your heart rate when you use the handgrip heart rate monitor (see step 5).

The upper display—This display can show the elapsed time, the distance that you have pedaled, your pedaling speed, and the approximate number of calories you have burned.



Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.

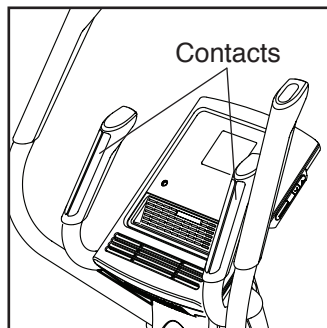
The lower display—This display will show a track representing 640 revolutions (1/4 mile or 400 m). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



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

5. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts 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, a flashing heart symbol 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 heart rate monitor, 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 contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. 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.

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

7. When you are finished exercising, unplug the power cord.

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.

When you are finished exercising, switch the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

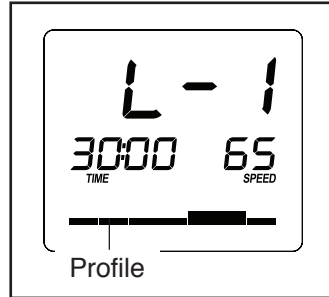
HOW TO USE A PRESET WORKOUT

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

See HOW TO TURN ON THE POWER on page 18.

2. Select a preset workout.

To select a preset workout, press the Performance Workouts button or the Weight Loss Workouts button repeatedly until the name of the desired workout appears in the display.



The workout duration, the maximum speed, and a profile of the resistance levels will also appear in the display.

3. Begin pedaling to start the workout.

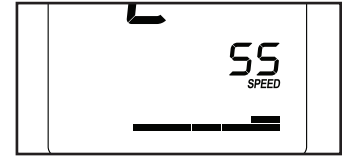
Each workout is divided into 20, 30 or 45 one-minute segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

The resistance level for the first segment will appear in the display and the target speed for the first segment will flash in the display for a few seconds.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing 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 next segment of the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, keep your pedaling speed near the target speed for the current segment. At the beginning of each segment, the target speed for the segment will flash in the display.



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 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 stop the workout at any time, stop pedaling. A tone will sound and the time will stop counting. To restart the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 18.

5. Measure your heart rate if desired.

See step 5 on page 19.

6. Turn on the fan if desired.

See step 6 on page 19.

7. When you are finished exercising, unplug the power cord.

See step 7 on page 19.

HOW TO USE AN IFIT WORKOUT

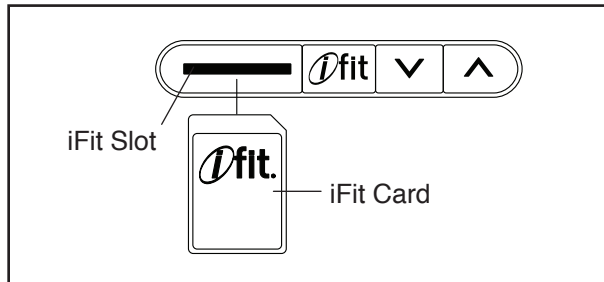
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

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

See HOW TO TURN ON THE POWER on page 18.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot located on the side of the console; make sure that the iFit card is oriented so that the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will turn on and text will appear in the display.



Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout.

iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 7 starting on page 20.

3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**

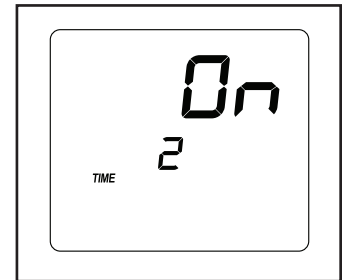
Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to select a backlight option for the console and to view console usage information.

To select the user mode, press and hold down the Display button for a few seconds until the user mode information appears in the display.

The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.



The upper display will show the currently selected backlight option. Press the Resistance increase button repeatedly to select the desired backlight option.

The lower left display will show the total number of hours that the console has been used since the elliptical was purchased.

Press the Display button to save the console settings and exit the user mode.

MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical, 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

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 19.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, press and hold the Resistance increase and decrease buttons for several seconds until the test mode appears in the display.

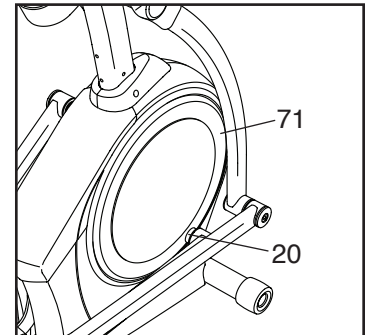
At the same time, press the Resistance increase and decrease buttons twice. Next, press the Vol increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, at the same time, press the Resistance increase and decrease buttons repeatedly to exit the calibration mode.

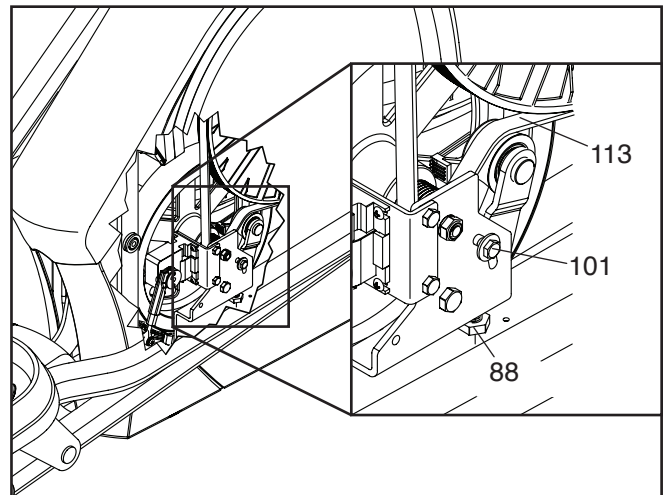
HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first use a flat screwdriver to pry the right Disc (71) carefully away from the right Crank Arm (20). Then, carefully rotate the right Disc out of the way.



Locate and loosen the Idler Screw (101). Next, tighten the Belt Adjustment Screw (88) until the Drive Belt (113) is tight. Then, retighten the Idler Screw. Note: If necessary, see EXPLODED DRAWING A on page 31 and remove the M4 x 16mm Screws (104) and the Bottom Shield (77) from the underside of the elliptical.

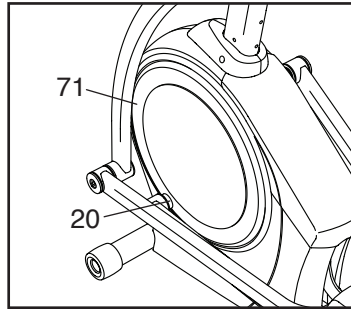


To reattach the right disc, first align the mounts on the disc with the holes in the right crank arm. Then, press the disc firmly into place.

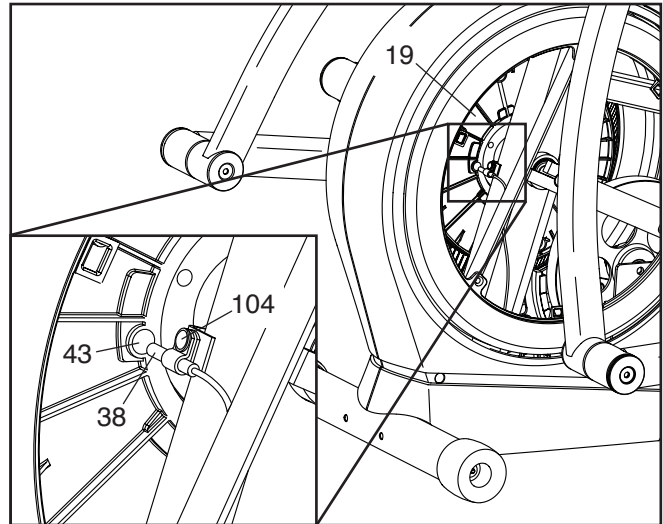
HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, first use a flat screwdriver to pry the left Disc (71) carefully away from the left Crank Arm (20). Then, carefully rotate the left Disc out of the way.



Locate the Reed Switch (38). Rotate the Pulley (19) until a Magnet (43) is aligned with the Reed Switch. Next, loosen but do not remove the indicated M4 x 16mm Screw (104). Slide the Reed Switch slightly closer to or away from the Magnet. Then, retighten the Screw. Turn the Pulley for a moment. Repeat until the console displays correct feedback.



To reattach the left disc, first align the mounts on the disc with the holes in the right crank arm. Then, press the disc firmly into place.

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

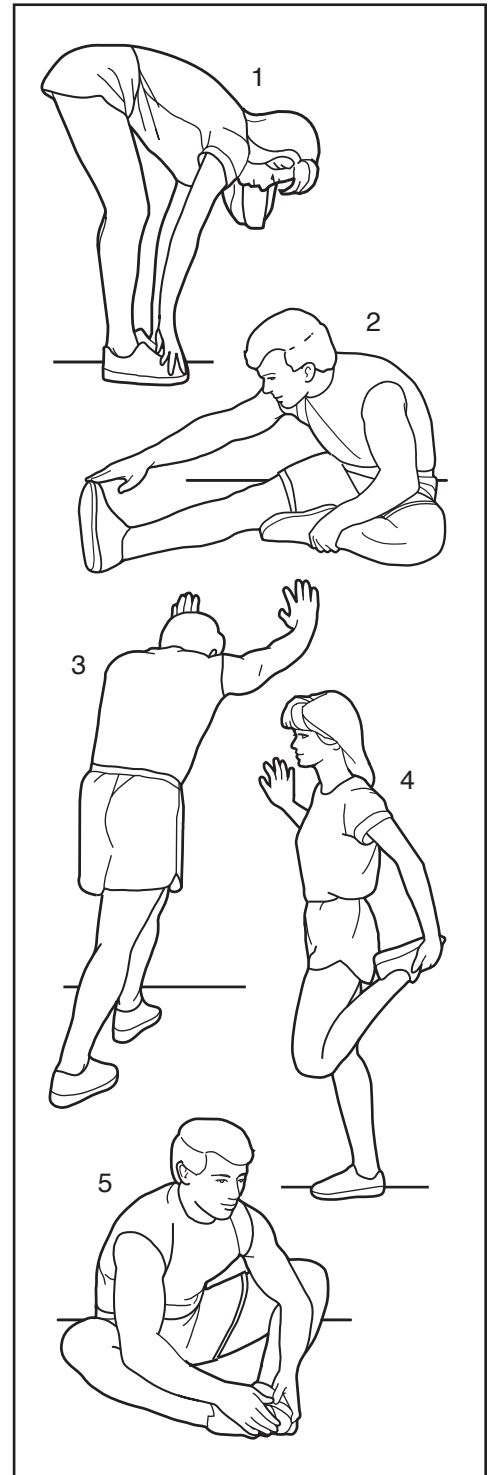
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

Model No. PFEL07909.4 R1212A

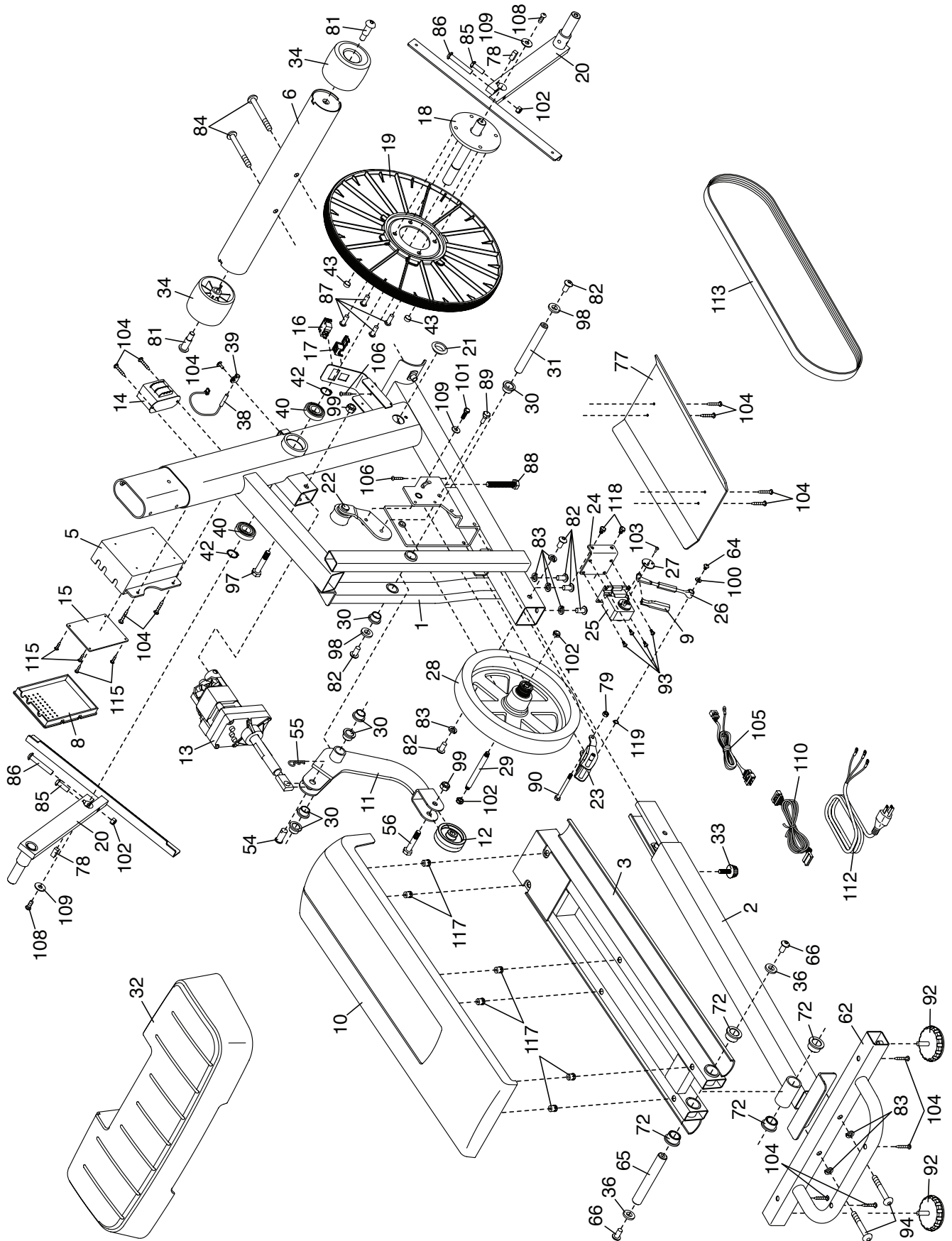
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Front Frame	52	2	Pedal Arm Cap
2	1	Rear Frame	53	8	Axle Cover
3	1	Ramp	54	1	Clevis Pin
4	1	Upright	55	1	Hairpin Cotter Pin
5	1	Control Box	56	1	M10 x 40mm Bolt
6	1	Front Stabilizer	57	4	Pedal Arm Bushing
7	1	Console	58	1	Right Pedal Arm
8	1	Control Box Lid	59	12	#10 x 12.7mm Screw
9	1	Rod Lock	60	1	Right Upper Body Leg
10	1	Ramp Cover	61	1	Right Upper Body Arm
11	1	Lift Bracket	62	1	Rear Stabilizer
12	1	Lift Roller	63	1	Right Pulse Sensor/Wire
13	1	Lift Motor	64	1	M5 x 7mm Screw
14	1	Transformer	65	1	Ramp Axle
15	1	Control Board	66	4	M10 x 20mm Screw
16	1	Power Switch	67	2	Outer Cover
17	1	Power Cord Grommet	68	2	Inner Cover
18	1	Crank	69	1	Left Pulse Sensor/Wire
19	1	Pulley	70	2	Inner Pivot Bushing
20	2	Crank Arm	71	2	Disc
21	1	Wiring Grommet	72	8	Ramp Bushing
22	1	Idler	73	1	Left Shield
23	1	C-magnet	74	1	Right Shield
24	1	Motor Bracket	75	1	Shield Cover
25	1	Resistance Motor	76	10	V-clip
26	1	Resistance Rod Assembly	77	1	Bottom Shield
27	1	Resistance Disc	78	2	Key
28	1	Flywheel	79	1	M6 Locknut
29	1	Flywheel Axle	80	1	Rear Upright Cover
30	8	Lift Bushing	81	2	M10 Shoulder Screw
31	1	Lift Axle	82	21	M8 x 19mm Screw
32	1	Stabilizer Cover	83	11	M8 Split Washer
33	1	Foot	84	2	M8 x 80mm Screw
34	2	Wheel	85	2	M4 x 14mm Hex Screw
35	1	Pivot Axle	86	2	M8 x 55mm Hex Bolt
36	4	M10 x 25mm Washer	87	4	M8 x 13mm Screw
37	1	Water Bottle Holder	88	1	Belt Adjustment Screw
38	1	Reed Switch	89	1	Pivot Screw
39	1	Clamp	90	1	M6 x 65mm Bolt
40	2	R12 Bearing	91	1	Front Upright Cover
41	1	Right Grip	92	2	Leveling Foot
42	2	Large Snap Ring	93	4	M4 x 12mm Screw
43	2	Magnet	94	2	M8 x 56mm Screw
44	1	Left Pedal Arm	95	2	Wave Washer
45	2	Roller Arm	96	4	M8 x 38mm Bolt
46	1	Left Upper Body Leg	97	1	M10 x 51mm Bolt
47	1	Left Upper Body Arm	98	8	M8 x 25mm Washer
48	1	Left Grip	99	2	M10 Locknut
49	2	Pedal	100	1	M5 Washer
50	2	Disc Mount	101	1	Idler Screw
51	2	Roller	102	8	M8 Locknut

Key No.	Qty.	Description	Key No.	Qty.	Description
103	1	M3.5 x 12mm Flat Head Screw	114	6	M6 x 25mm Flat Head Screw
104	35	M4 x 16mm Screw	115	4	#6 x 9.5mm Screw
105	1	Lower Wire Harness	116	2	Upper Bushing
106	3	M4 x 16mm Bright Screw	117	6	Mount
107	4	Roller Arm Bushing	118	2	Motor Bracket Screw
108	2	M6 x 13mm Screw	119	3	Small Snap Ring
109	3	M6 Washer	120	1	Ground Wire
110	1	Upper Wire Harness	*	–	Assembly Tool
111	12	M6 Split Washer	*	–	Grease Packet
112	1	Power Cord	*	–	User's Manual
113	1	Drive Belt			

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.

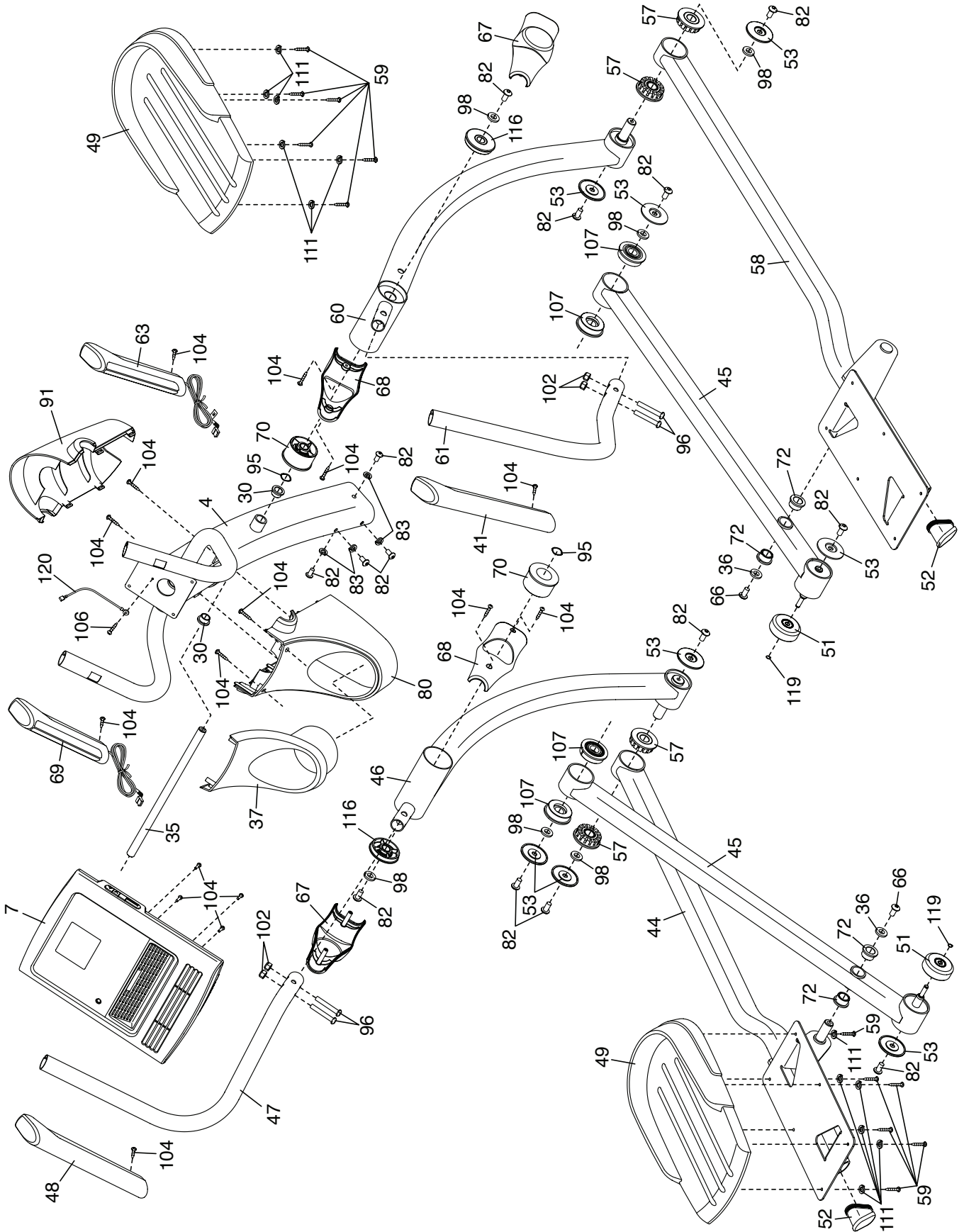
EXPLODED DRAWING A

Model No. PFEL07909.4 R1212A



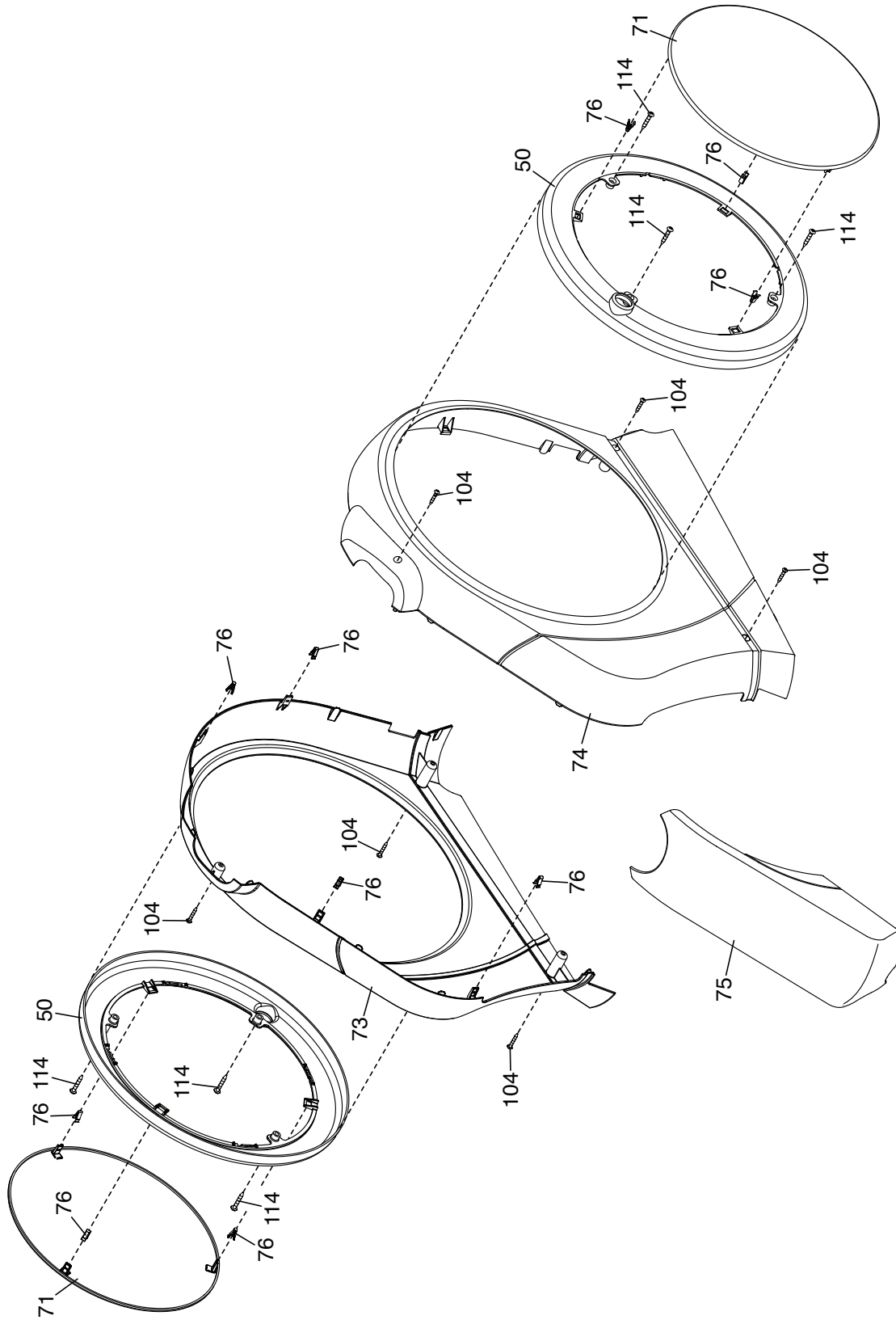
EXPLODED DRAWING B

Model No. PFEL07909.4 R1212A



EXPLODED DRAWING C

Model No. PFEL07909.4 R1212A



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 a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). 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. 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 will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or 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 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 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.

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