

# PRO-FORM<sup>®</sup>

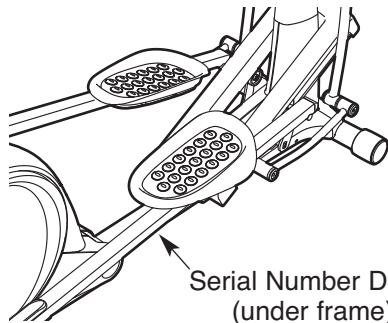
## 890 E

[www.proform.com](http://www.proform.com)

Model No. PFEL09009.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal  
(under frame)

## USER'S MANUAL

### QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

**IMPORTANT:** Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

**1-888-533-1333**

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

[www.proformservice.com](http://www.proformservice.com)



### CAUTION

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

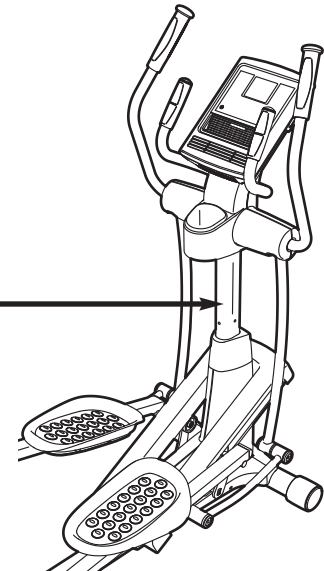
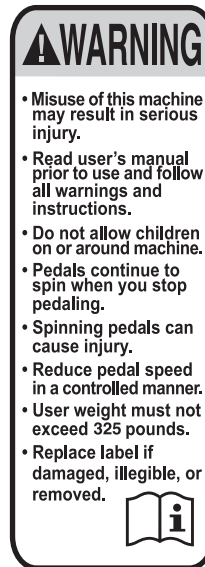


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## WARNING DECAL PLACEMENT

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



# IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical exerciser and 2 ft. (0.6 m) on each side.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 325 lbs. (147 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on the elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the upper body arms or the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. Keep your back straight while using the elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. 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.
13. Use the elliptical exerciser only as described in this manual.

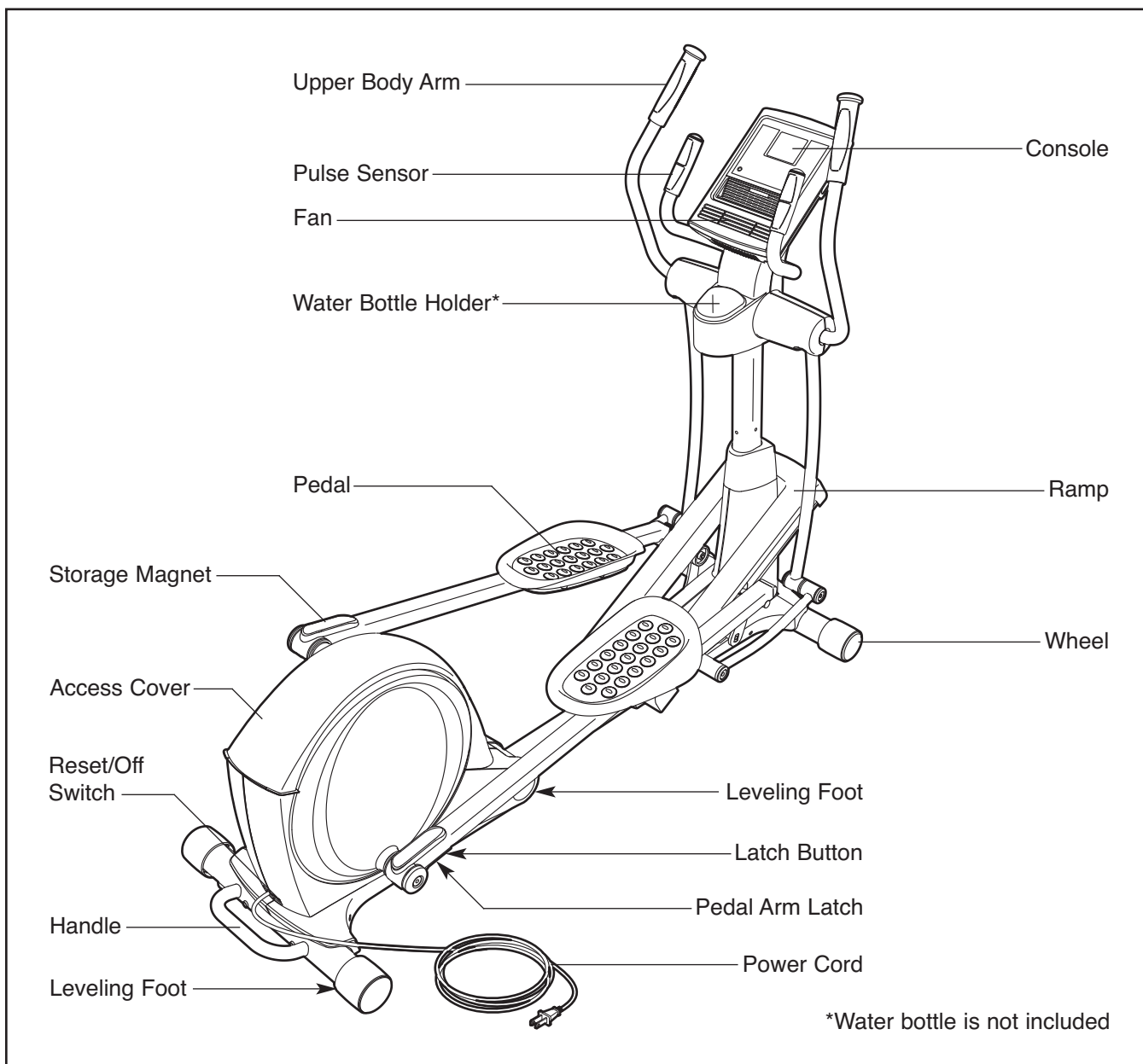
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 890 E elliptical exerciser. The 890 E elliptical exerciser 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 exerciser.** If you have questions after reading this manual, please see the front

cover of this manual. To help us assist you, note the product model number and serial number before 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.



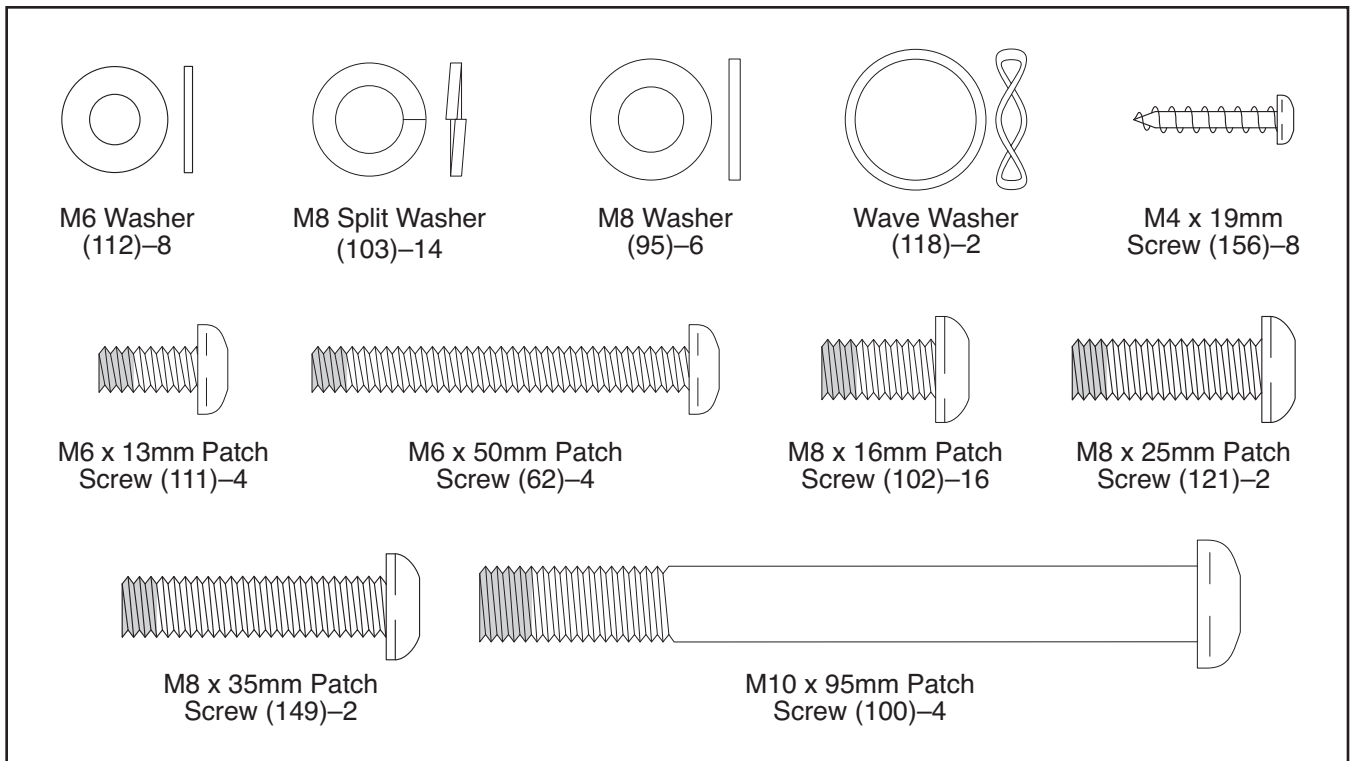
# ASSEMBLY

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

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

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

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



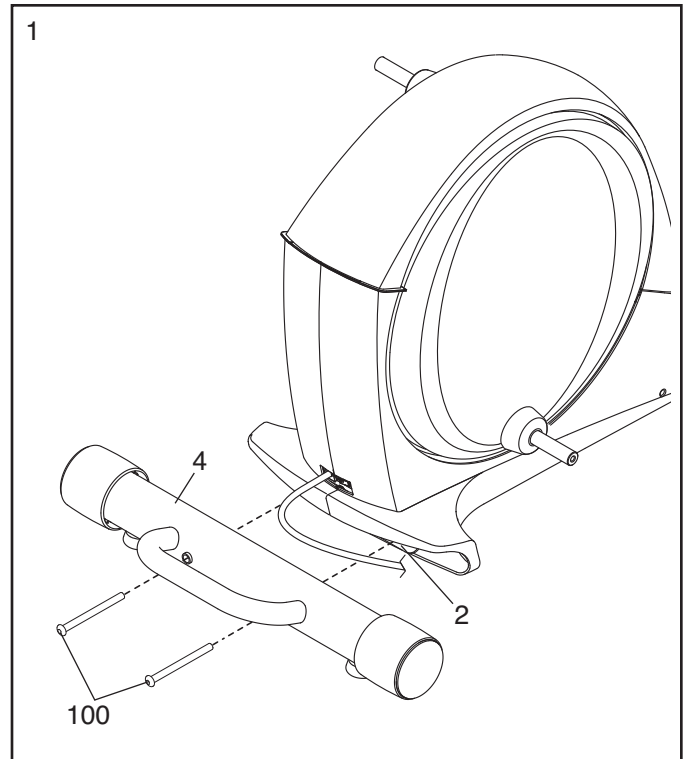
1.

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

Identify and orient the Rear Stabilizer (4) as shown.

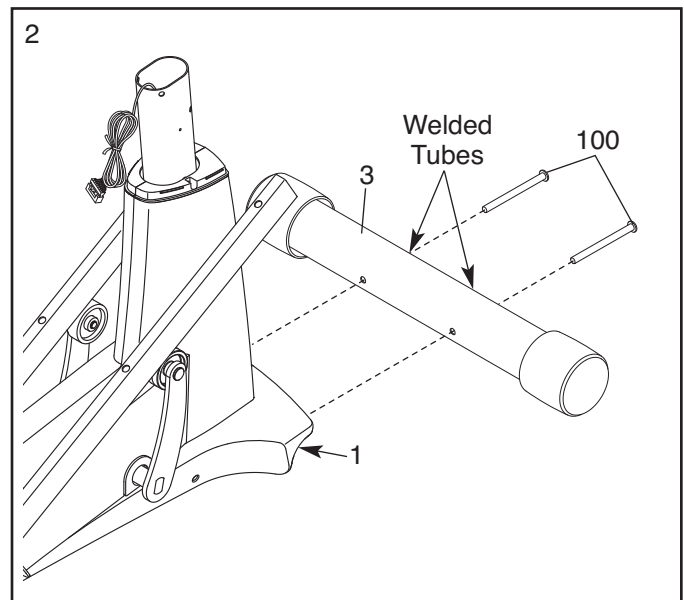
See **HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER** on page 14 and unfold the elliptical exerciser.

While a second person lifts the Folding Frame (2), attach the Rear Stabilizer (4) to the Folding Frame with two M10 x 95mm Patch Screws (100).



2. Orient the Front Stabilizer (3) so that the welded tubes are facing away from the Main Frame (1).

While a second person lifts the front of the Main Frame (1), attach the Front Stabilizer (3) to the Main Frame with two M10 x 95mm Patch Screws (100).



3. Identify and orient the Upright (5) and the Top Cover (27) as shown.

Slide the Top Cover (27) upward onto the Upright (5).

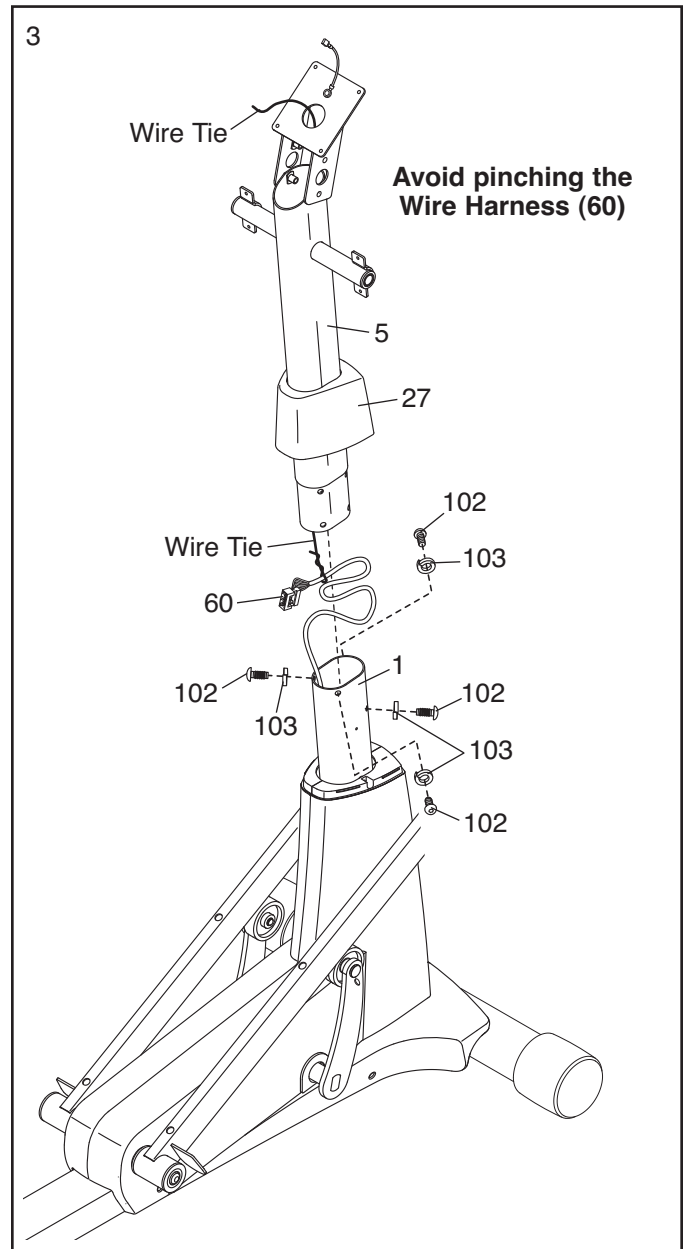
Then, have a second person hold the Upright (5) and the Top Cover (27) near the Main Frame (1).

Locate the wire tie in the Upright (5). Tie the lower end of the wire tie to the Wire Harness (60). Next, pull the upper end of the wire tie until the Wire Harness is routed completely through the Upright. Then, untie and discard the wire tie.

**Tip: To prevent the Wire Harness (60) from falling into the Upright (5), secure the Wire Harness with a rubber band or tape.**

**Tip: Avoid pinching the Wire Harness (60).** Insert the Upright (5) into the Main Frame (1).

Attach the Upright (5) with four M8 x 16mm Patch Screws (102) and four M8 Split Washers (103); **do not tighten the Patch Screws yet.**



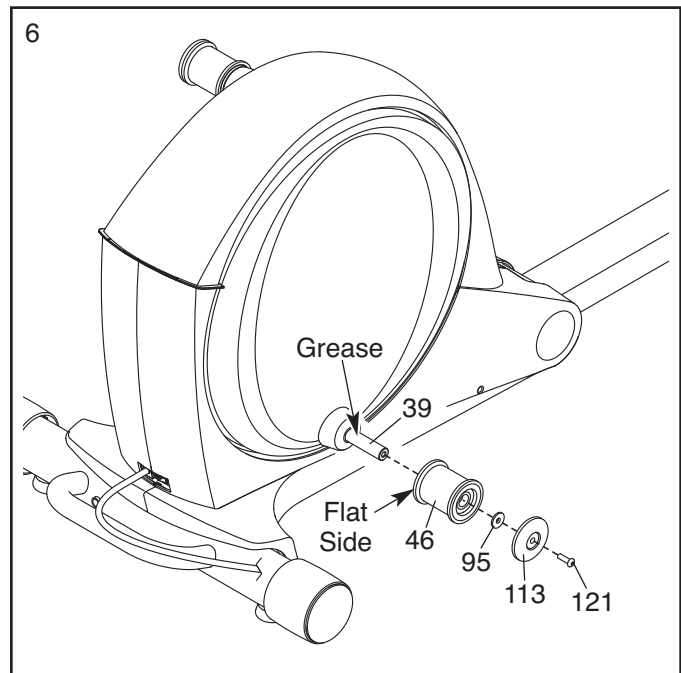


6. Apply grease to the axle on the right Crank Arm (39).

Orient a Pedal Arm Sleeve (46) so that the flat side is facing the elliptical exerciser. Slide the Pedal Arm Sleeve onto the axle on the right Crank Arm (39).

Attach the Pedal Arm Sleeve (46) with an M8 x 25mm Patch Screw (121), a Large Axle Cover (113), and an M8 Washer (95). **Tip: Avoid damaging the Large Axle Cover when tightening the Patch Screw.**

**Repeat this step on the other side of the elliptical exerciser.**



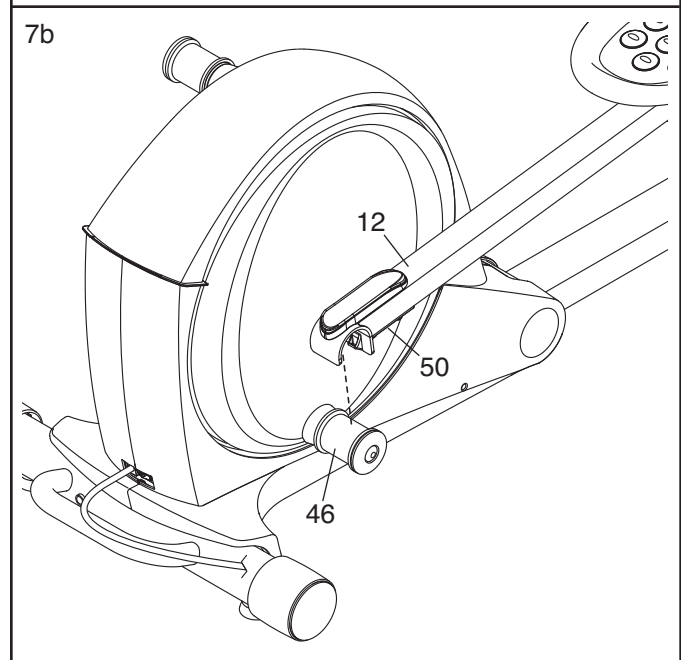
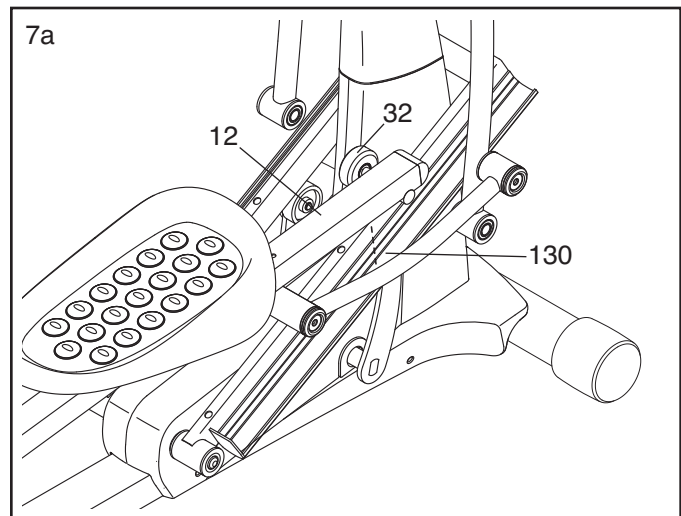
7. **See drawing 7a.** Locate the Pedal Arm Roller (32) on the Right Pedal Arm (12).

Set the Pedal Arm Roller (32) on the right side of the Ramp (130).

**See drawing 7b.** Pull upward on the Latch (50) on the Right Pedal Arm (12).

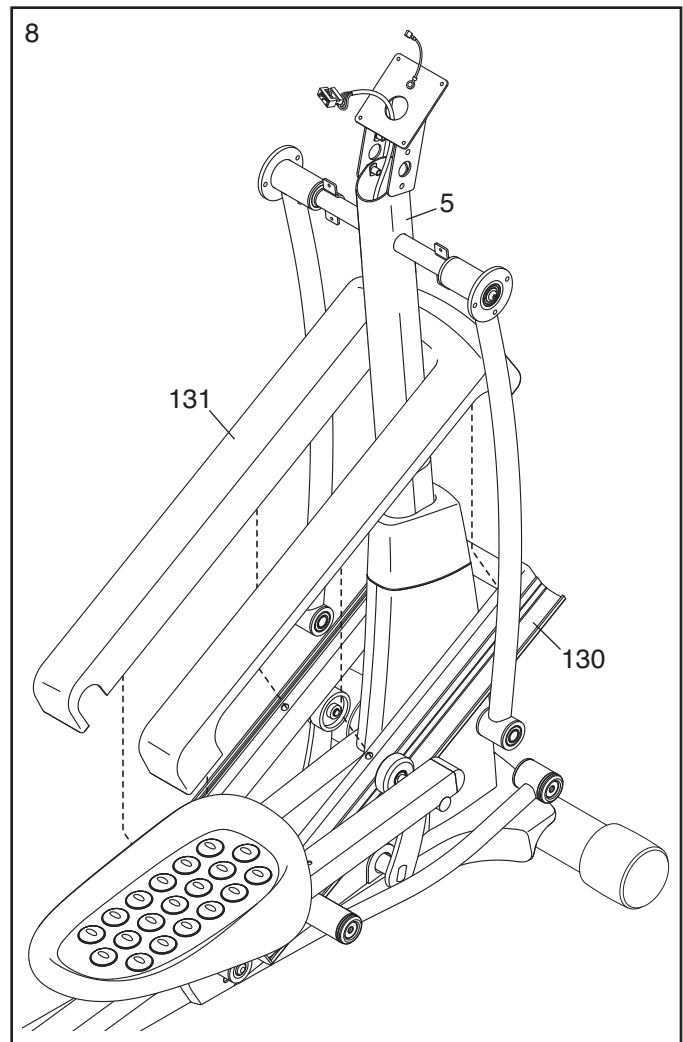
Press the Right Pedal Arm (12) onto the right Pedal Arm Sleeve (46). **Make sure that the Right Pedal Arm latches into place.**

**Repeat this step on the other side of the elliptical exerciser.**



8. Orient the Ramp Cover (131) around the Upright (5) as shown.

Press the tabs on the Ramp Cover (131) into the Ramp (130).



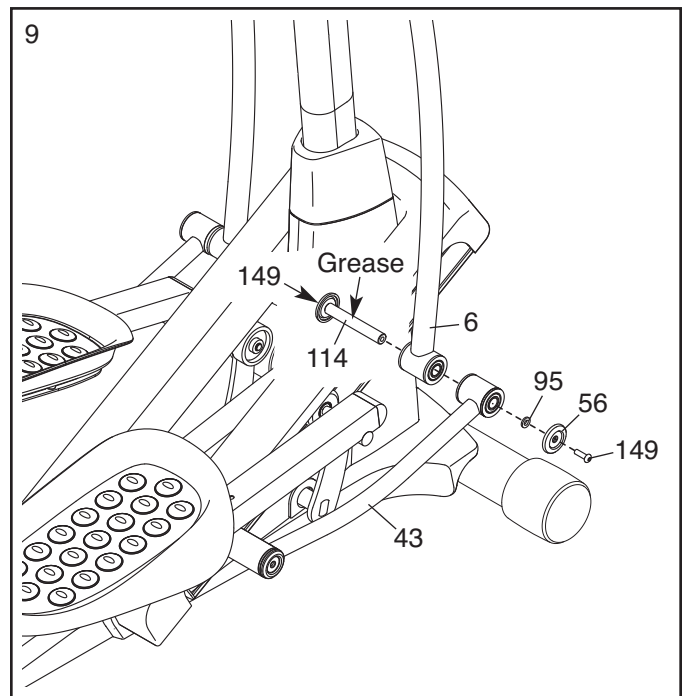
9. Apply grease to a Link Arm Axle (114).

Insert the Link Arm Axle (114) into the Right Upper Body Leg (6) and the Right Link Arm (43) from the side shown.

Insert a hex key into the M8 x 35mm Patch Screw (149) in the Link Arm Axle (114).

Using a second hex key, tighten another M8 x 35mm Patch Screw (149), a Small Axle Cover (56), and an M8 Washer (95) into the other end of the Link Arm Axle (114). **Tip: Avoid damaging the Small Axle Cover when tightening the Patch Screw.**

**Repeat this step on the other side of the elliptical exerciser.**



10. Identify the Right Upper Body Arm (8), which is marked with a “Right” sticker, and orient it as shown.

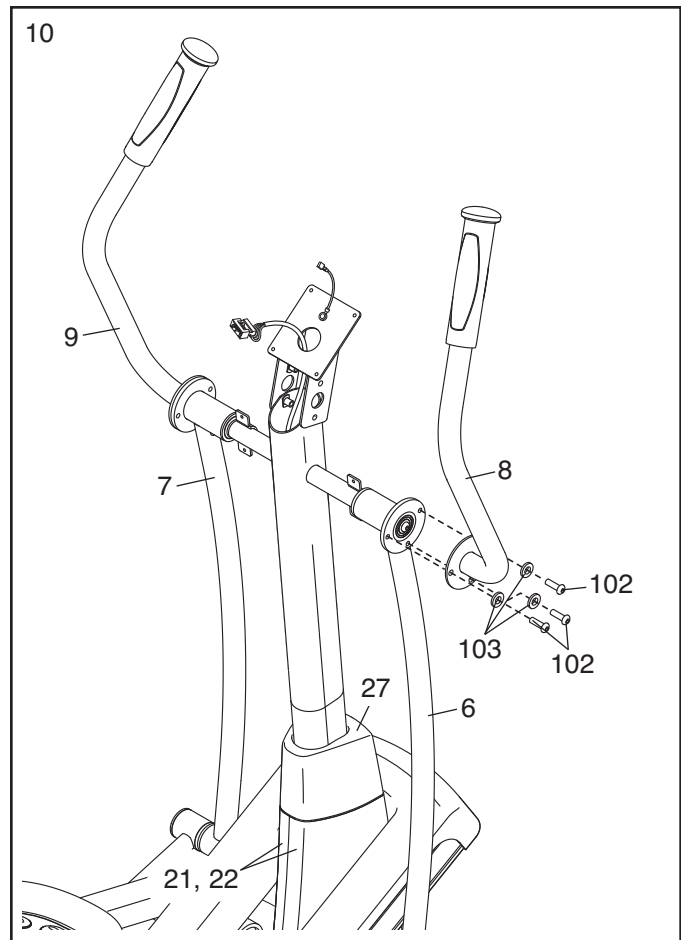
Have a second person hold the Right Upper Body Arm (8) near the Right Upper Body Leg (6).

Attach the Right Upper Body Arm (8) to the Right Upper Body Leg (6) with three M8 x 16mm Patch Screws (102) and three M8 Split Washers (103).

**Attach the Left Upper Body Arm (9) to the Left Upper Body Leg (7) in the same way.**

**See step 3 on page 7.** Tighten the M8 x 16mm Patch Screws (102).

Slide the Top Cover (27) downward and press it into the Right and Left Frame Covers (21, 22).



11. Identify the Right Handlebar (10), which is marked with a “Right” sticker, and orient it as shown.

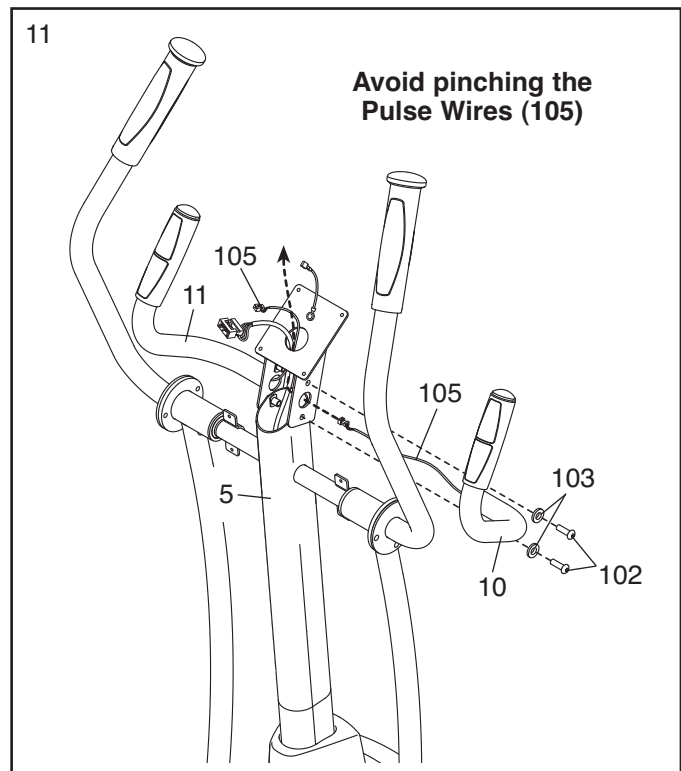
Have a second person hold the Right Handlebar (10) near the right side of the Upright (5).

Insert the Pulse Wire (105) from the Right Handlebar (10) into the right side of the Upright (5) and pull it upward out of the top of the Upright.

**Tip: To prevent the Pulse Wire (105) from falling into the Upright (5), secure the Pulse Wire with a rubber band or tape.**

**Tip: Avoid pinching the Pulse Wire (105).** Attach the Right Handlebar (10) to the Upright (5) with two M8 x 16mm Patch Screws (102) and two M8 Split Washers (103).

**Attach the Left Handlebar (11) in the same way.**

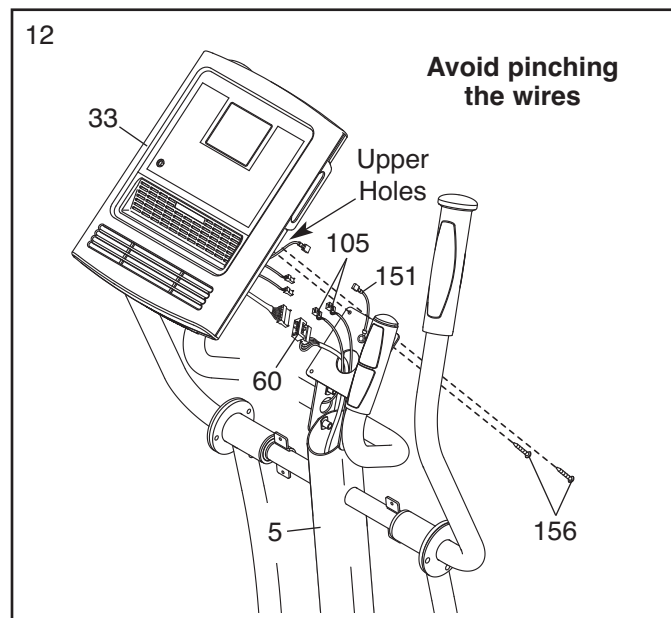


12. While a second person holds the Console (33) near the Upright (5), connect the wires on the Console to the Wire Harness (60), to the Pulse Wires (105), and to the Console Ground Wire (151).

Insert the excess wire downward into the Upright (5) or upward into the Console (33).

**Tip: Avoid pinching the wires.** Finger tighten two M4 x 19mm Screws (156) through the Upright (5) into the upper end of the Console (33). **Make sure to start the Screws into the indicated upper holes in the Console.**

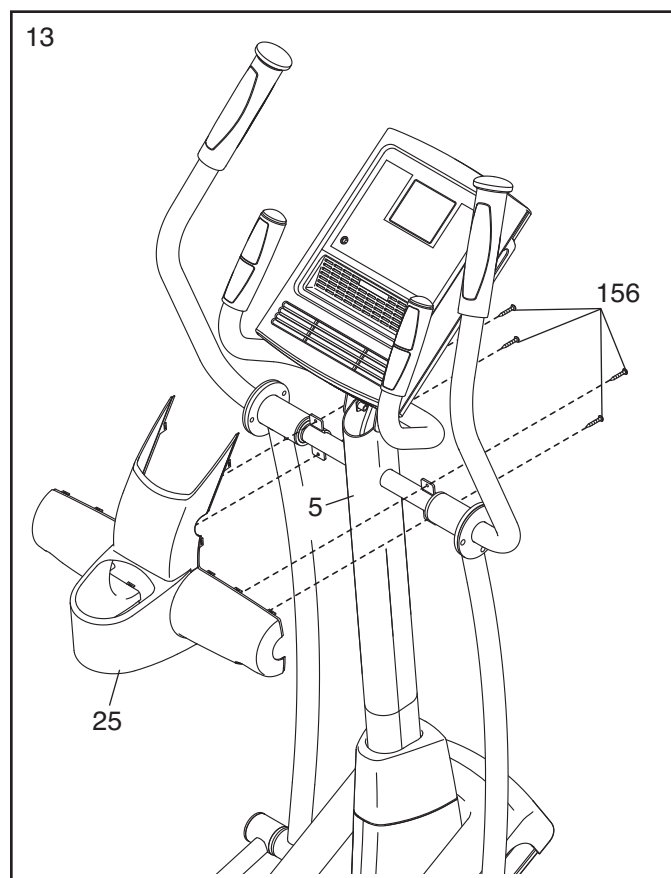
**Do not tighten the M4 x 19mm Screws (156) yet.**



13. Orient the Rear Upright Cover (25) as shown.

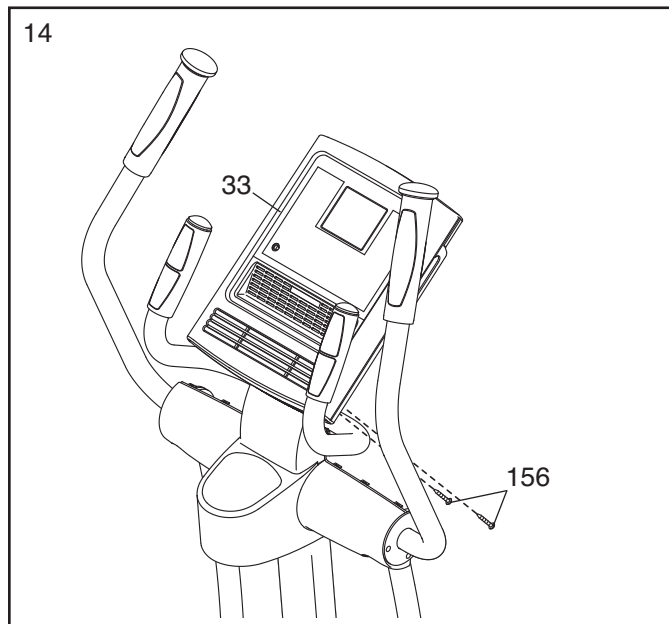
Attach the Rear Upright Cover (25) to the Upright (5) with four M4 x 19mm Screws (156).

**Tip: It may be necessary to bend the upper end of the Rear Upright Cover gently into place around the Upright.**



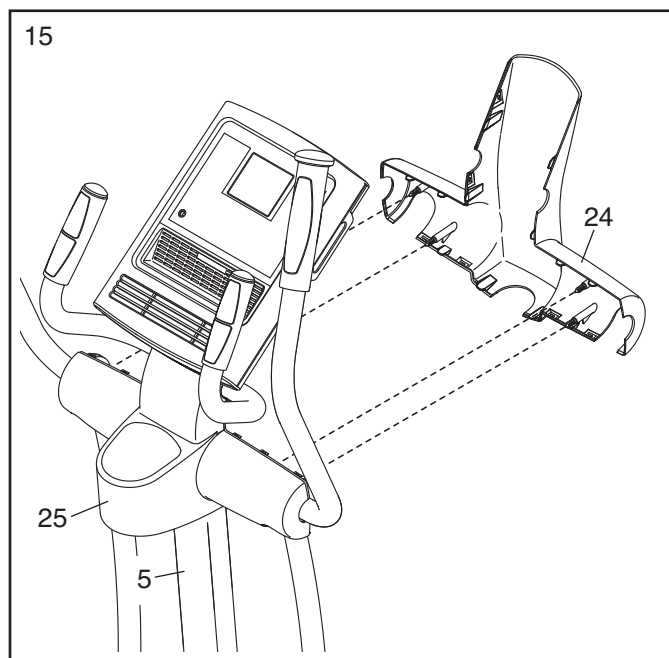
14..Attach the lower end of the Console (33) to the Upright (5) with two M4 x 19mm Screws (156).

**See step 12 on page 12.** Tighten the M4 x 19mm Screws (156) in the upper end of the Console (33)



15. Orient the Front Upright Cover (24) as shown.

Attach the Front Upright Cover (24) around the Upright (5) by pressing the tabs on the Front Upright Cover into the Rear Upright Cover (25).



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

# HOW TO USE THE ELLIPTICAL EXERCISER

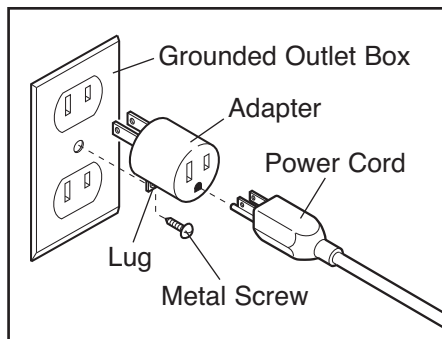
## HOW TO PLUG IN THE POWER CORD

**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. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. **IMPORTANT:** The elliptical exerciser is not compatible with GFCI-equipped outlets.

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

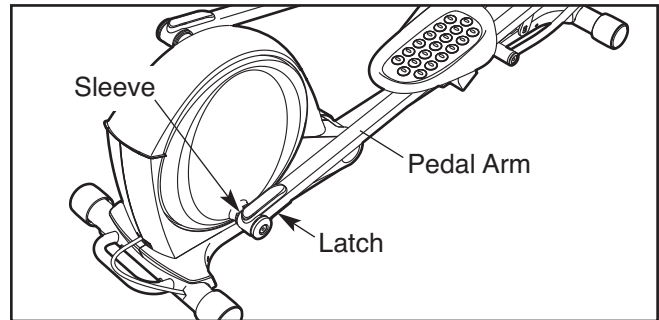
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.



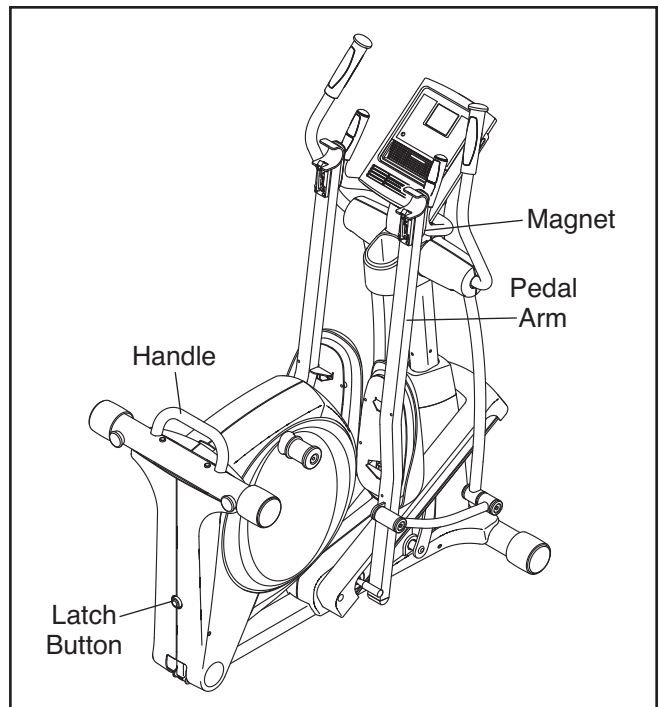
The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

## HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. First, lift the latch under each pedal arm, and lift the pedal arms off the sleeves on the crank arms.



Next, raise the pedal arms until the magnets on the pedal arms touch the handlebars; the magnets will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks in a vertical position.

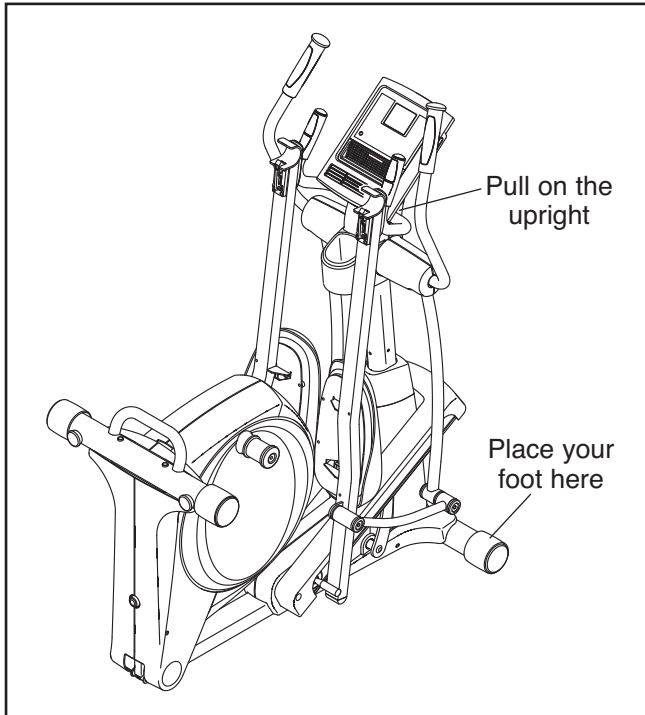


To use the elliptical exerciser, first hold the handle, press the latch button, and lower the frame.

Next, pull the magnets on the pedal arms off the handlebars. Then, **lift the latches under the pedal arms**, and set the pedal arms on the sleeves on the crank arms. Release the latches, and make sure that the pedal arms are securely connected to the crank arms.

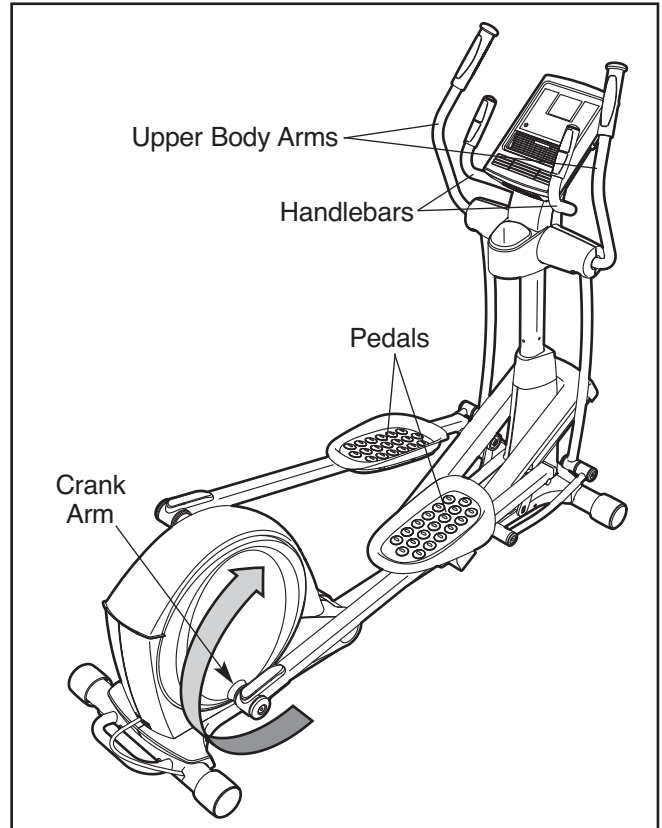
## HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described on page 14. Next, stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the wheels. Pull the upright until the elliptical exerciser rolls on the wheels. With the help of a second person, carefully move the elliptical exerciser to the desired location, and then lower it to the floor.



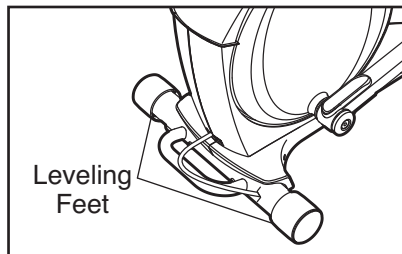
## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

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

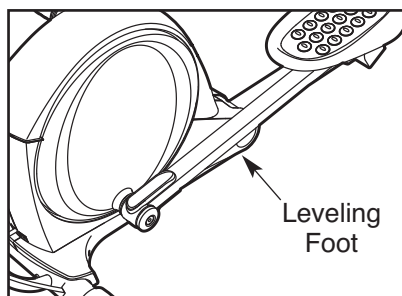


## HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.

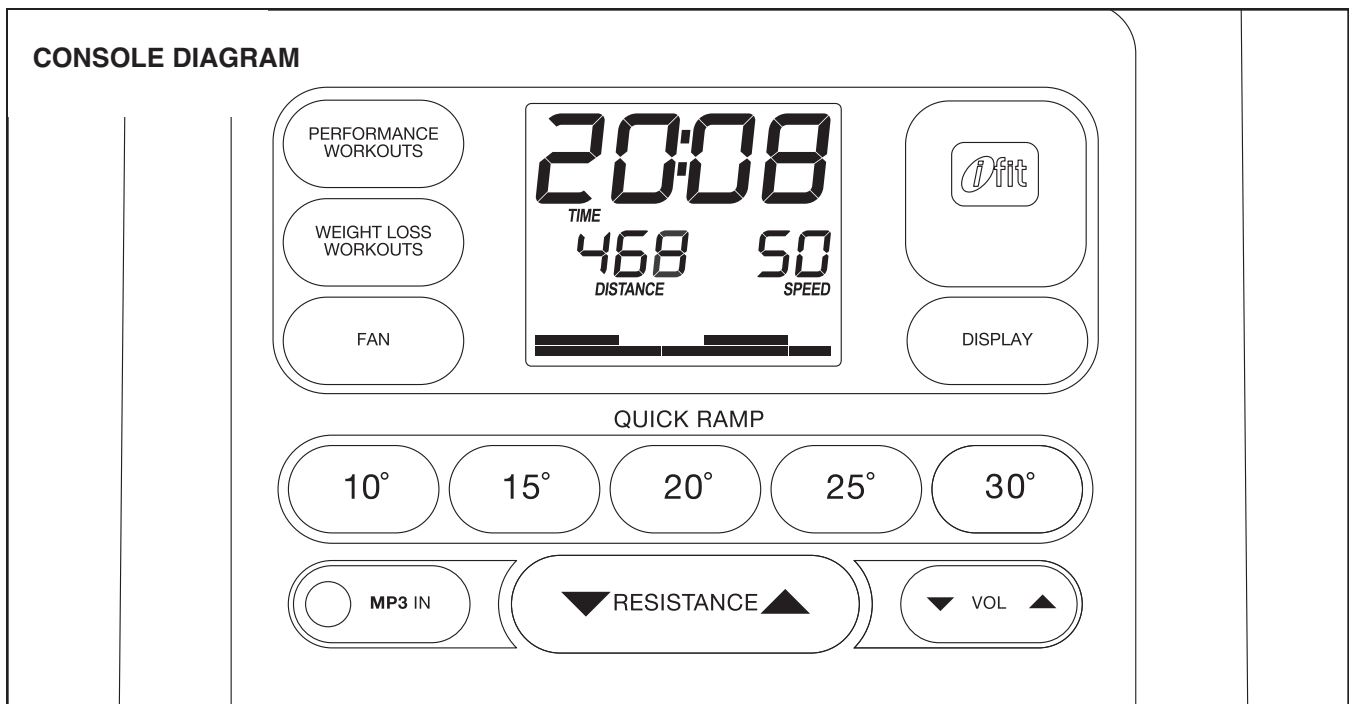


If the frame of the elliptical exerciser flexes during use, turn the center leveling foot until the flexing motion is eliminated.



**Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety you can turn the crank arms in the opposite direction.**

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



## FEATURES OF THE CONSOLE

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 pulse sensor.

In addition, the console offers twenty preset workouts—six weight loss workouts and fourteen 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](http://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.

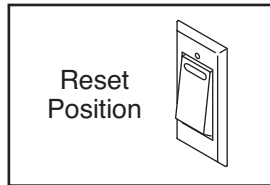
**To turn on the power, see page 17. To use the manual mode, see page 17. To use a preset workout, see page 19. To use an iFit workout, see page 20. To use the sound system, see page 20. To change console settings, see page 20.**

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 exerciser 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 14). Next, locate the reset/off switch on the frame near the power cord. Make sure that the reset/off 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 21 and manually calibrate the ramp.

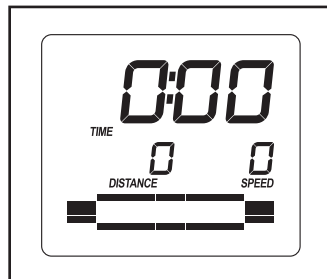
## HOW TO USE THE MANUAL MODE

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.



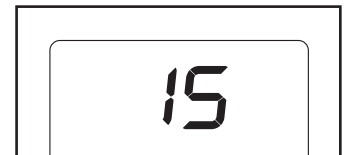
3. **Change the resistance of the pedals and the incline of the ramp as desired.**

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 pulse sensor (see step 5 on page 18).

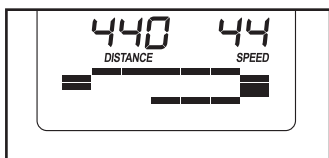


**The upper display**—This display can show the elapsed time, the distance that you have pedaled, your pedaling speed, and the approximate number of calories you have burned.



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 meters).

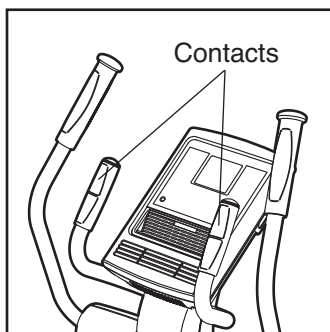


As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

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 clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic.** To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts 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 pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal 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 reset/off switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the elliptical exerciser may wear prematurely.**

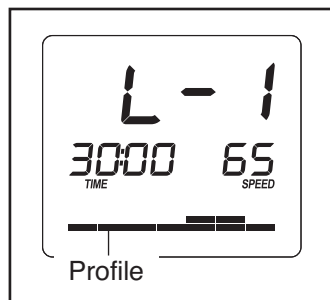
## HOW TO USE A PRESET WORKOUT

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

See HOW TO TURN ON THE POWER on page 17.

### 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.

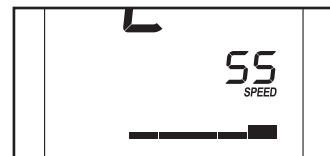
Each workout is divided into 20, 30 or 45 one-minute segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

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 pages 17 and 18.

### 5. Measure your heart rate if desired.

See step 5 on page 18.

### 6. Turn on the fan if desired.

See step 6 on page 18.

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

See step 7 on page 18.

## HOW TO USE AN iFIT WORKOUT

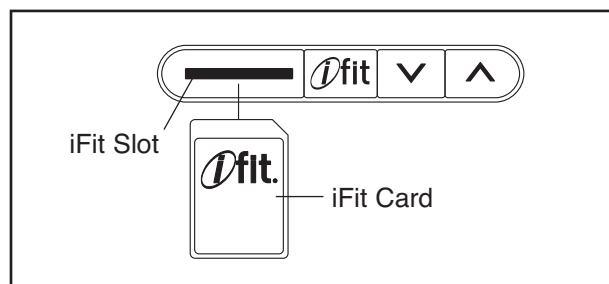
iFit cards are available separately. To purchase iFit cards, go to [www.iFit.com](http://www.iFit.com) or see the front cover of this manual. iFit cards are also available at select stores.

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

See HOW TO TURN ON THE POWER on page 17.

### 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 on page 19.

### 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 the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

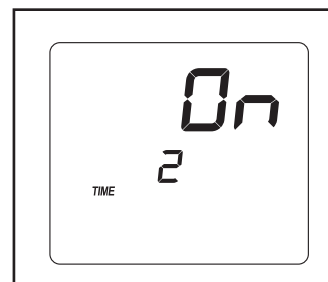
Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

## 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 exerciser 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 exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 18.

## 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.

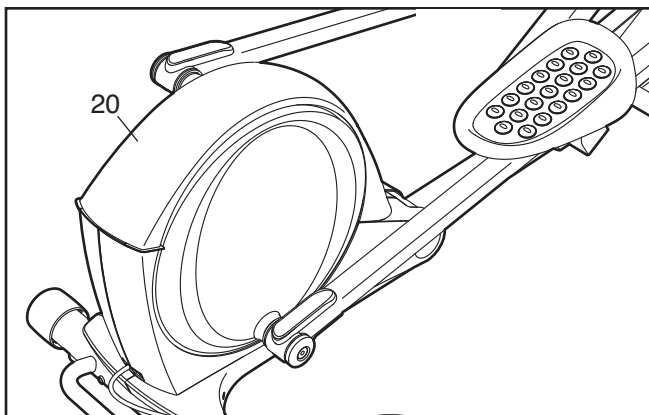
At the same time, press the Resistance increase and decrease buttons twice. Press the Vol increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

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.

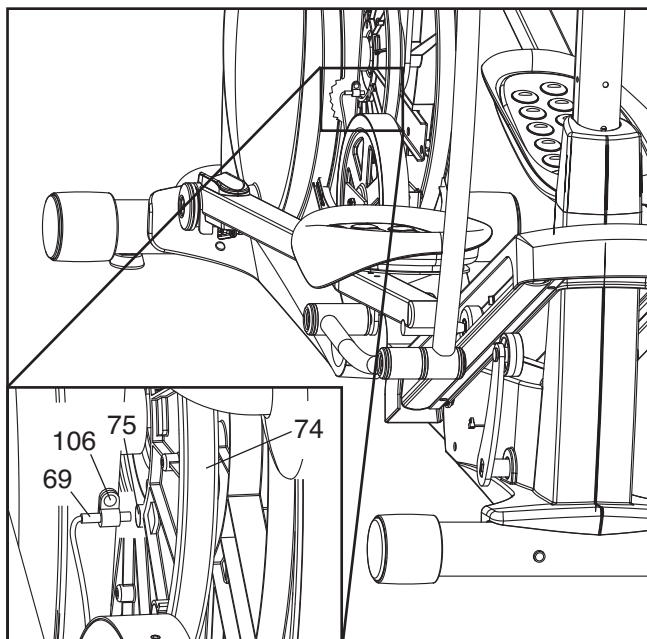
## HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, first unplug the power cord. Using a flat screwdriver, release the tabs on the Access Cover (20) and pry the Access Cover upward off the elliptical exerciser.



Next, look into the access opening and locate the Reed Switch (69). Rotate the Large Pulley (74) until a Pulley Magnet (75) is aligned with the Reed Switch.



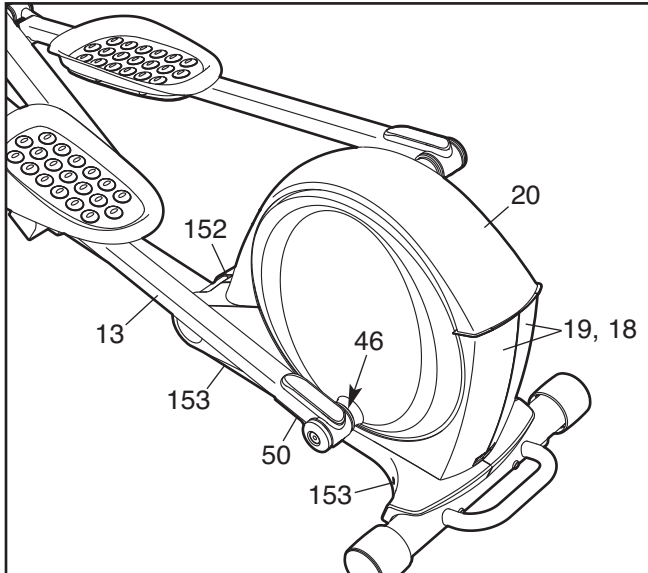
Next, loosen, but do not remove, the indicated M4 x 16mm Screw (106). Slide the Reed Switch (69) slightly toward or away from the Pulley Magnet (75). Then, retighten the M4 x 16mm Screw.

Plug in the power cord and rotate the large pulley for a moment. Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the access cover.

## HOW TO ADJUST THE DRIVE BELT

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

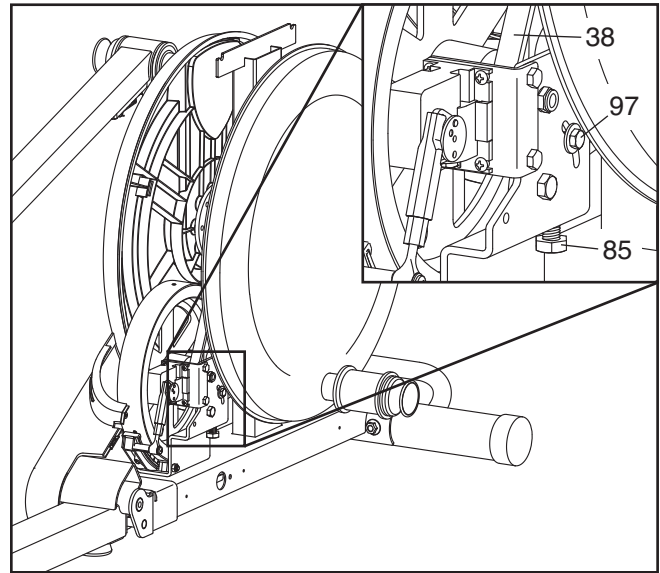
To adjust the drive belt, first unplug the power cord. Using a flat screwdriver, release the tabs on the Access Cover (20) and pry the Access Cover upward off the elliptical exerciser.



Next, lift the Latch (50) on the underside of the Left Pedal Arm (13), and then lift the Left Pedal Arm off the left Pedal Arm Sleeve (46).

Then, remove the M4 x 16mm Round Head Screws (152) and the M4 x 42mm Screws (153) from the Right and Left Shields (18, 19). (Note: Not all Screws are shown. Be sure to note which size Screws come from which holes.) Then, carefully remove the Left Shield.

Loosen the Pivot Screw (97). Tighten the Belt Adjustment Screw (85) until the Drive Belt (38) is tight. When the Drive Belt is tight, tighten the Pivot Screw.



When you are finished, reattach the left shield, replace the left pedal arm, and reattach the access cover. Then, plug in the power cord.

# EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

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

## 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

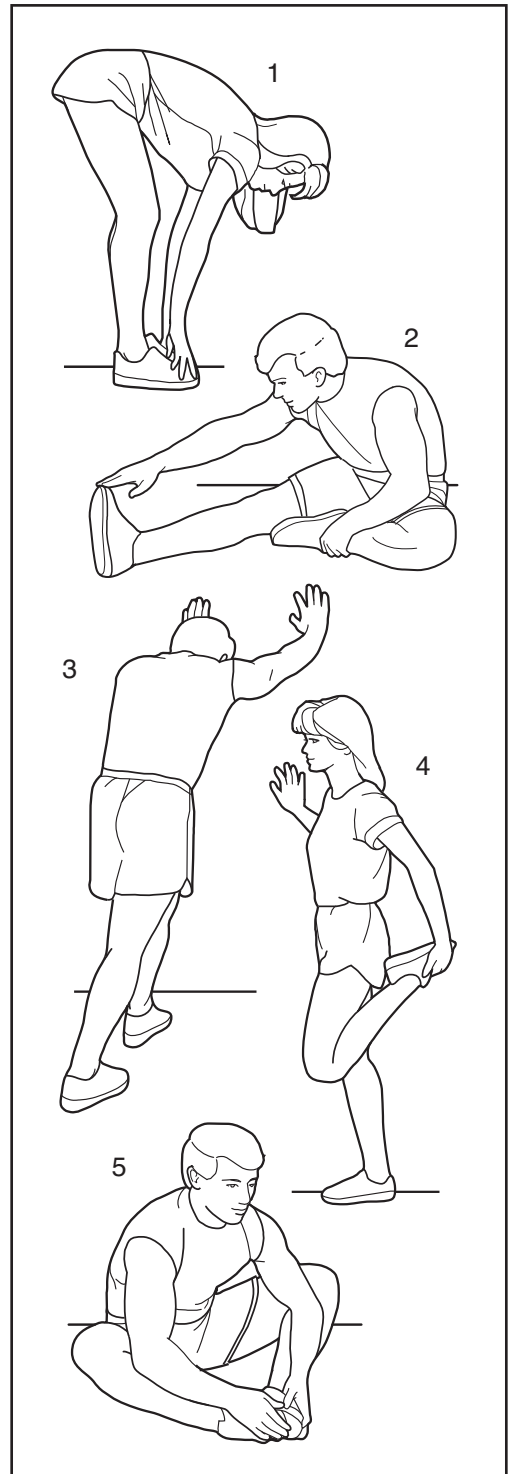
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



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# NOTES

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# NOTES

# PART LIST—Model No. PFEL09009.0

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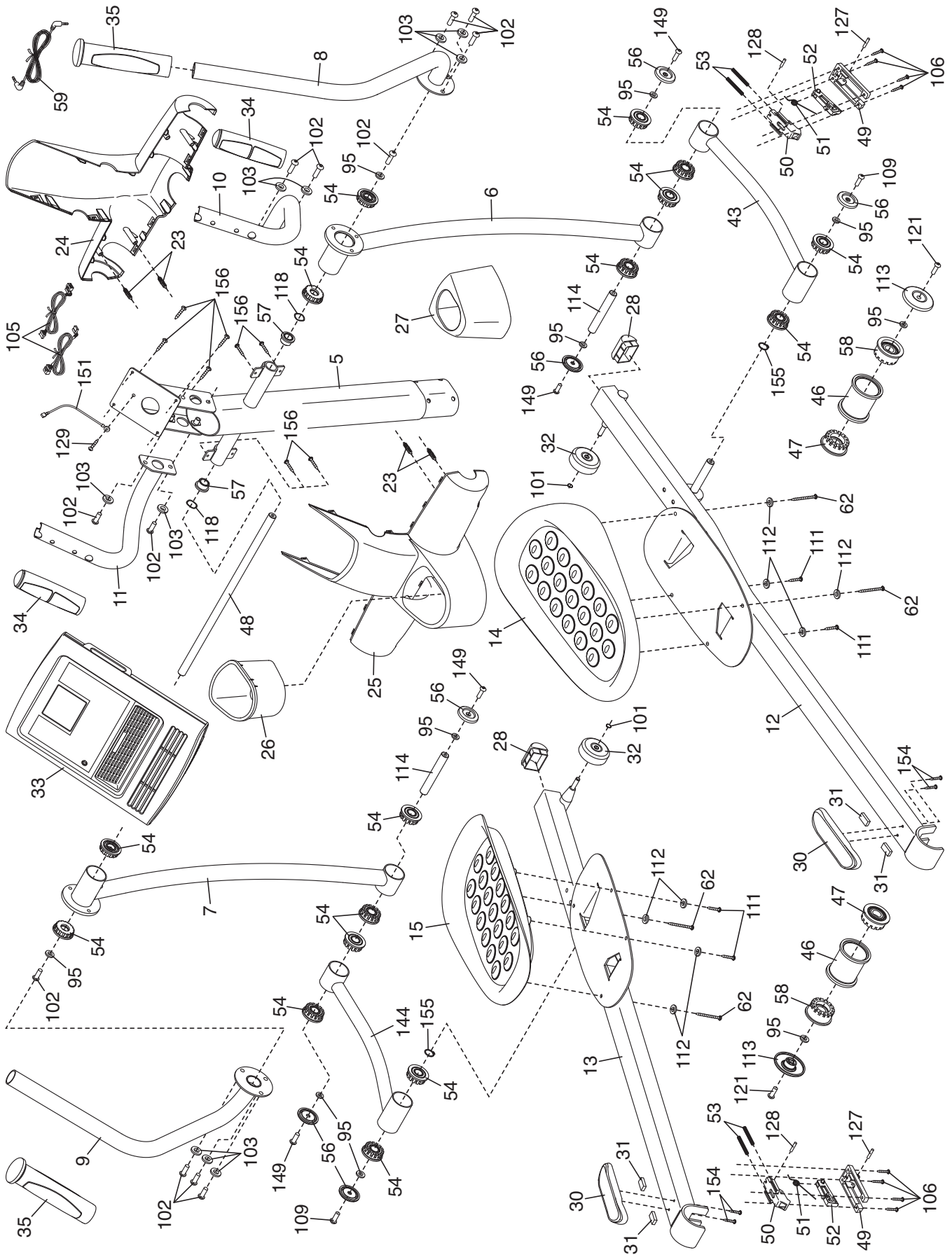
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Main Frame	51	2	Large Latch Spring
2	1	Folding Frame	52	2	Latch Insert
3	1	Front Stabilizer	53	4	Long Latch Spring
4	1	Rear Stabilizer	54	16	Arm/Leg Bushing
5	1	Upright	55	4	M4 x 16mm Flat Head Screw
6	1	Right Upper Body Leg	56	6	Small Axle Cover
7	1	Left Upper Body Leg	57	2	Upright Bushing
8	1	Right Upper Body Arm	58	2	Outer Sleeve Bushing
9	1	Left Upper Body Arm	59	1	Audio Cable
10	1	Right Handlebar	60	1	Wire Harness
11	1	Left Handlebar	61	1	Flywheel
12	1	Right Pedal Arm	62	4	M6 x 50mm Patch Screw
13	1	Left Pedal Arm	63	1	Frame Axle
14	1	Right Pedal	64	4	Main Frame Bushing
15	1	Left Pedal	65	1	Latch Bracket Axle
16	2	Wheel Cap	66	1	Latch Bracket Spring
17	2	Disc	67	1	Latch Button
18	1	Right Shield	68	1	Button Housing
19	1	Left Shield	69	1	Reed Switch/Wire
20	1	Access Cover	70	1	Clamp
21	1	Right Frame Cover	71	1	Crank Hub
22	1	Left Frame Cover	72	1	Crank
23	6	Double Tree Fastener	73	1	Crank Spacer
24	1	Front Upright Cover	74	1	Large Pulley
25	1	Rear Upright Cover	75	2	Pulley Magnet
26	1	Water Bottle Holder	76	2	Folding Frame Bearing
27	1	Top Cover	77	1	Idler
28	2	Pedal Arm Cap	78	1	Resistance Motor
29	18	Mount w/Screw	79	1	Adjustment Assembly
30	2	Magnet Cover	80	1	Resistance Wheel
31	4	Pedal Arm Magnet	81	1	Adjustment Lock
32	2	Pedal Arm Roller	82	1	Motor Bracket
33	1	Console	83	1	C-magnet Bracket
34	2	Pulse Sensor/Wire	84	1	Flywheel Axle
35	2	Handgrip	85	1	Belt Adjustment Screw
36	2	Wheel	86	8	M8 x 28mm Patch Screw
37	2	Stabilizer Cap	87	2	Crank Snap Ring
38	1	Drive Belt	88	1	C-magnet Bracket Bolt
39	2	Crank Arm	89	4	Motor Screw
40	2	Hairpin Cotter Pin	90	1	M5 x 7mm Screw
41	3	Leveling Foot	91	1	M3.5 x 12mm Screw
42	1	Latch Bracket	92	1	M6 Locknut
43	1	Right Link Arm	93	1	Lift Arm Axle
44	2	Lift Bracket	94	2	M8 Jam Nut
45	2	Lift Axle Bushing	95	10	M8 Washer
46	2	Pedal Arm Sleeve	96	1	M6 Washer
47	2	Inner Sleeve Bushing	97	1	Pivot Screw
48	1	Upright Axle	98	2	Motor Bracket Screw
49	2	Latch Housing	99	1	Idler Bolt
50	2	Latch	100	4	M10 x 95mm Patch Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Small Pedal Arm Snap Ring	131	1	Ramp Cover
102	16	M8 x 16mm Patch Screw	132	4	Ramp Bushing
103	14	M8 Split Washer	133	1	Ramp Axle
104	2	Lift Arm Snap Ring	134	1	Lift Motor
105	2	Pulse Wire	135	1	Motor Wire Harness
106	11	M4 x 16mm Screw	136	2	Ramp Roller
107	4	M10 x 20mm Button Screw	137	1	Long Motor Axle
108	6	M10 Washer	138	1	Short Motor Axle
109	8	M8 x 16mm Button Screw	139	2	Lift Axle Washer
110	2	M8 x 23.5mm x 1mm Washer	140	2	Motor Spacer
111	4	M6 x 13mm Patch Screw	141	2	Lift Axle Screw
112	8	M6 Washer	142	1	Left Lift Arm
113	2	Large Axle Cover	143	1	Right Lift Arm
114	2	Link Arm Axle	144	1	Left Link Arm
115	1	Reset/Off Switch	145	1	Motor Power Wire Harness
116	1	Power Cord Grommet	146	4	#6 x 3/8" Screw
117	1	Flywheel Bearing	147	1	Frame Wire Harness
118	2	Wave Washer	148	1	Ground Wire
119	1	Power Cord	149	4	M8 x 35mm Patch Screw
120	1	Control Board	150	4	M8 x 38mm Screw
121	2	M8 x 25mm Patch Screw	151	1	Console Ground Wire
122	1	3/8" x 1" Flange Screw	152	12	M4 x 16mm Round Head Screw
123	1	Control Box Cover	153	4	M4 x 42mm Screw
124	1	Control Box	154	4	M4 x 8mm Screw
125	1	Transformer	155	2	Large Pedal Arm Snap Ring
126	2	M10 Locknut	156	8	M4 x 19mm Screw
127	2	Long C-pin	*	–	Blue Wire
128	2	Short C-pin	*	–	White Wire
129	3	M4 x 12mm Screw	*	–	User's Manual
130	1	Ramp	*	–	Assembly Tool

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.

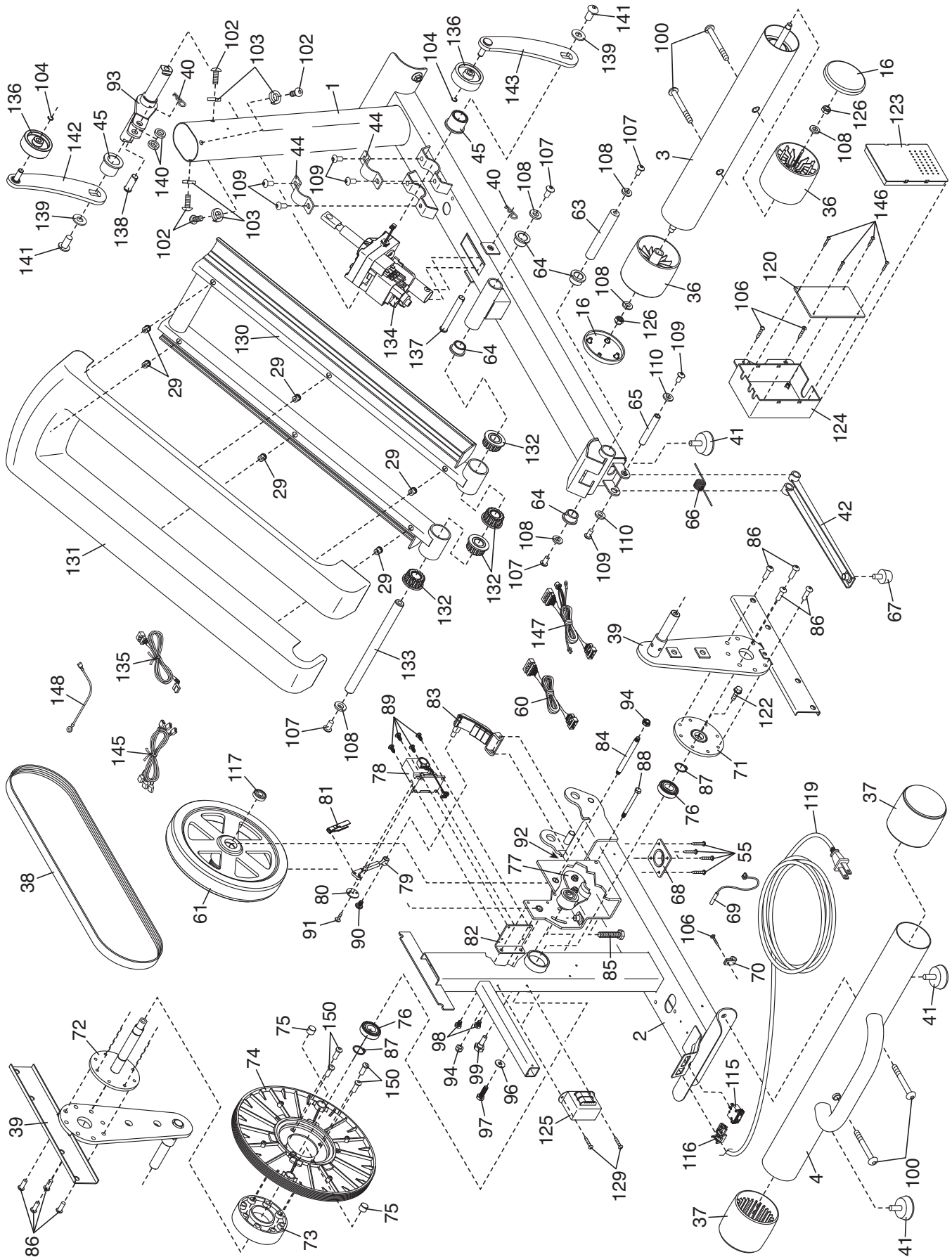
# EXPLODED DRAWING A—Model No. PFEL09009.0

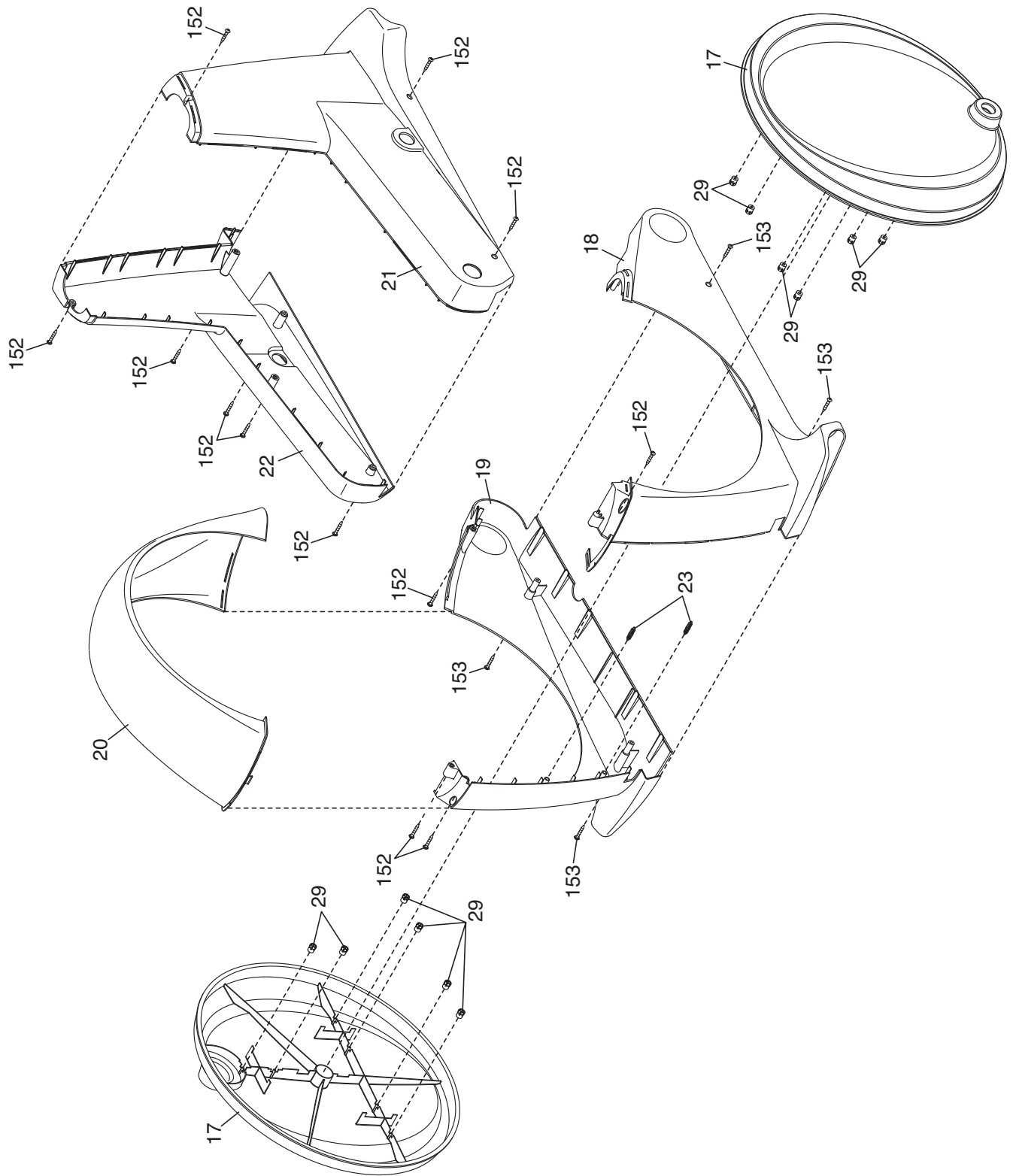
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# EXPLODED DRAWING B – Model No. PFEL09009.0

R0310A





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# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please 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: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to [www.proformservice.com/registration](http://www.proformservice.com/registration).**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

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

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

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

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

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