

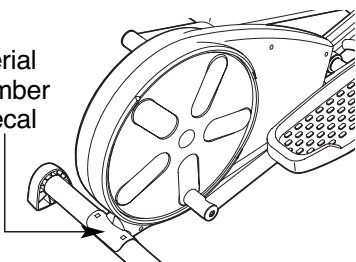
PRO-FORM[®]

400 H

Model No. PFEL3906.0

Serial No. _____

Serial
Number
Decal



USER'S MANUAL

QUESTIONS?

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

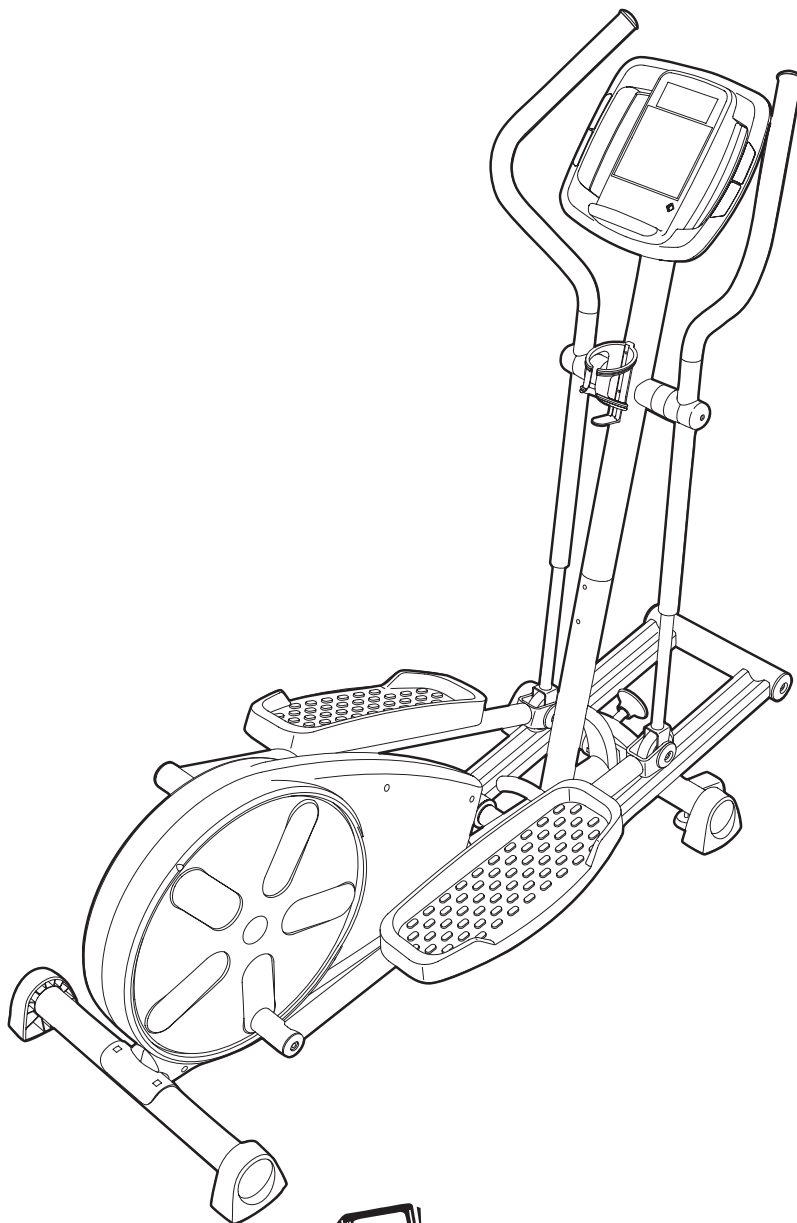
CALL TOLL-FREE:

1-888-533-1333

Mon.-Fri., 6 a.m.-6 p.m. MST

ON THE WEB:

www.proformservice.com



CAUTION

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



Visit our website at

www.proform.com

new products, prizes,
fitness tips, and much more!

PRO-FORM[®]

400 H

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
HOW TO USE THE ELLIPTICAL EXERCISER12
MAINTENANCE AND TROUBLESHOOTING17
CONDITIONING GUIDELINES18
PART LIST21
EXPLODED DRAWING22
HOW TO ORDER REPLACEMENT PARTSBack Cover
LIMITED WARRANTYBack Cover

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
7. Keep children under 12 and pets away from the elliptical exerciser at all times.
8. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
9. When mounting or dismounting the elliptical exerciser, always hold the upper body arms and step onto and off the pedal that is in the lowest position.
10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Keep your back straight while using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. The warning decals shown on page 4 have been placed on the elliptical exerciser. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

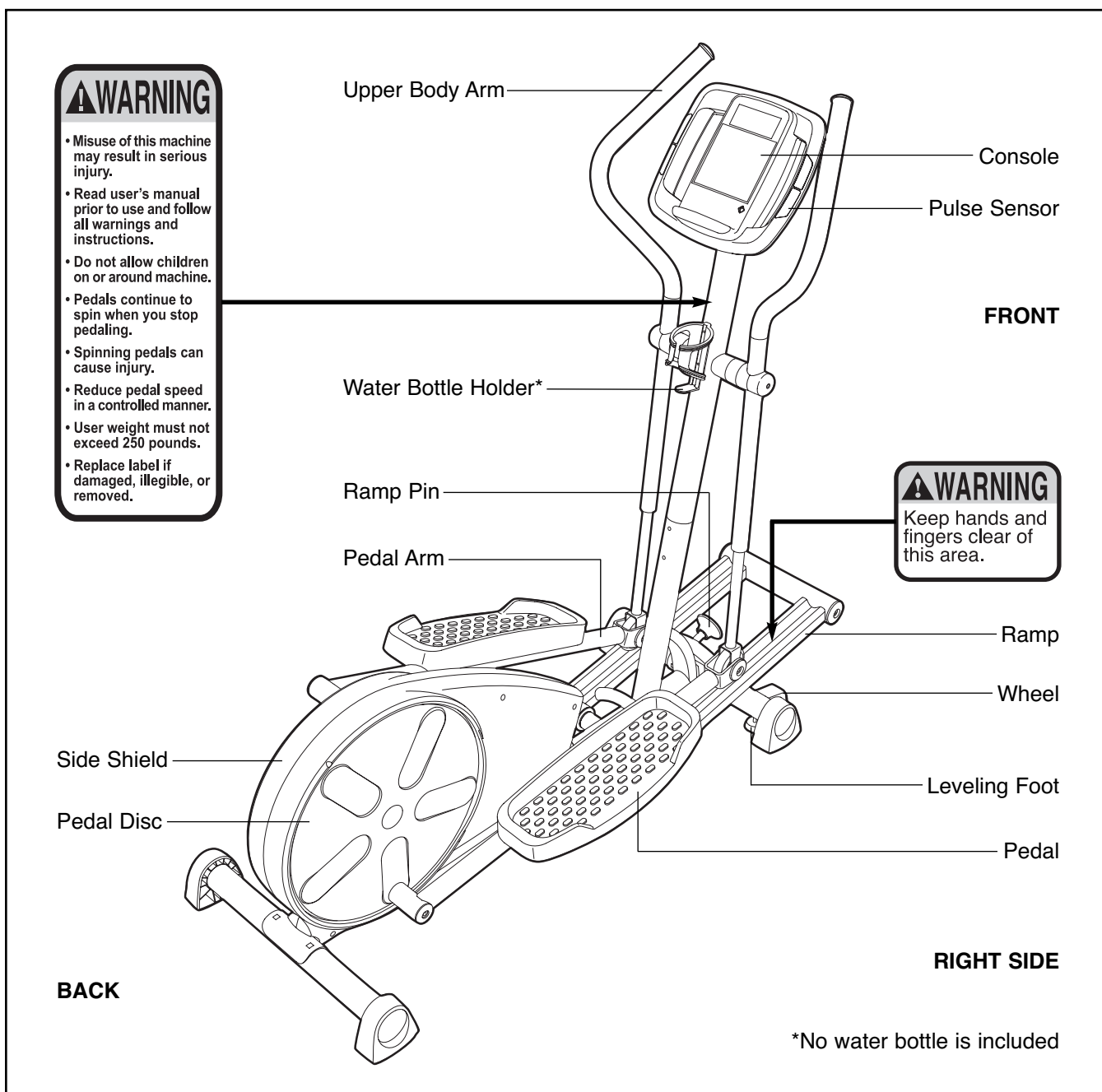
Thank you for selecting the new PROFORM® 400 H elliptical exerciser. The PROFORM 400 H is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. Welcome to a whole new world of natural, elliptical-motion exercise.

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 is PFEL3906.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual).

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




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



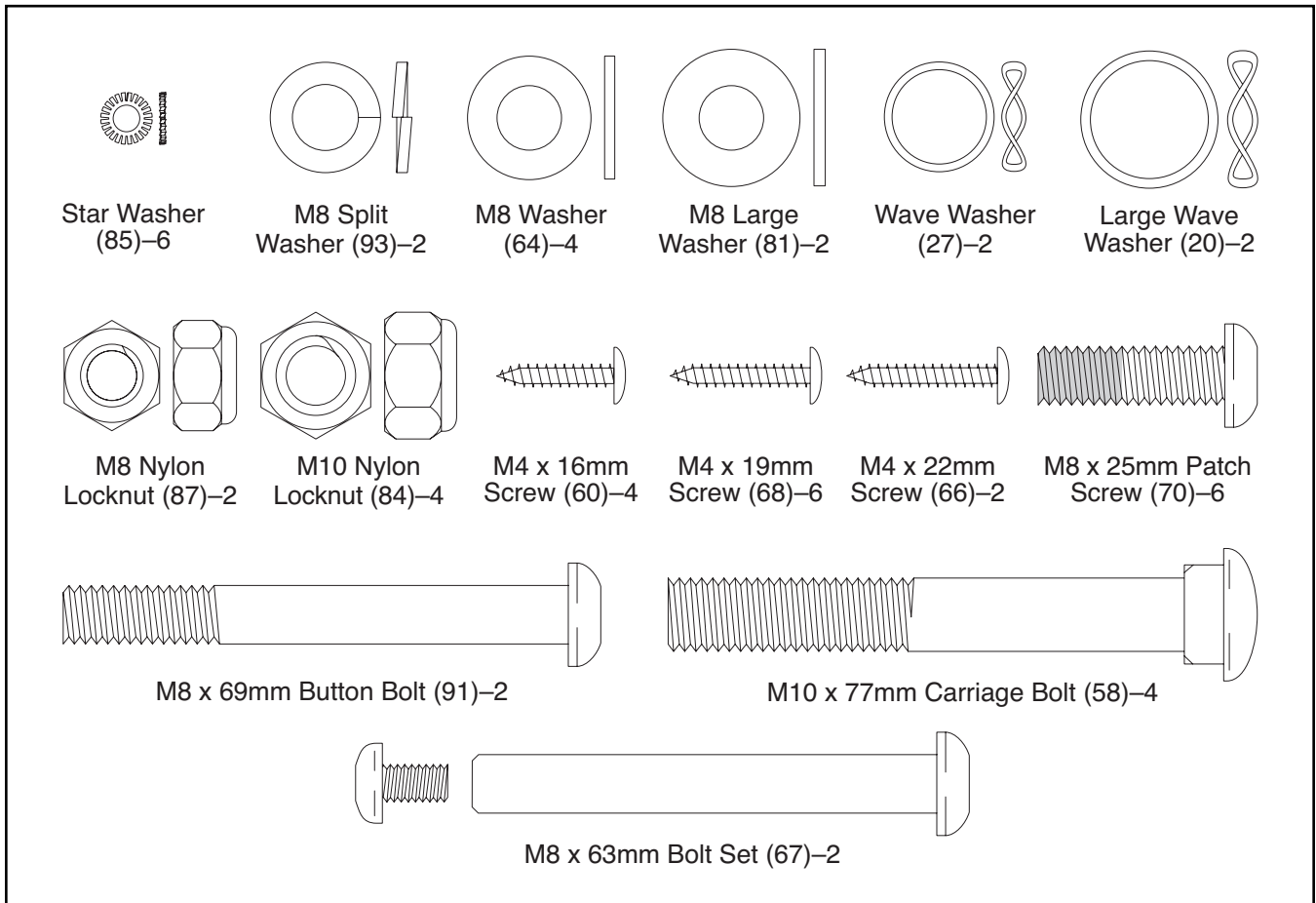
ASSEMBLY

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

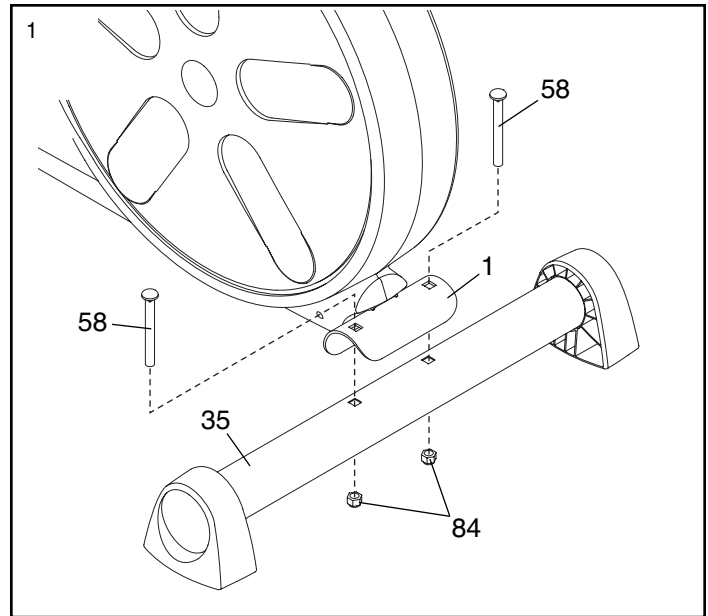
In addition to the included hex keys, assembly requires a phillips screwdriver , an adjustable wrench , and a rubber mallet .

See 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 on page 21. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not found in the parts bag, check to see if it has been preassembled.**

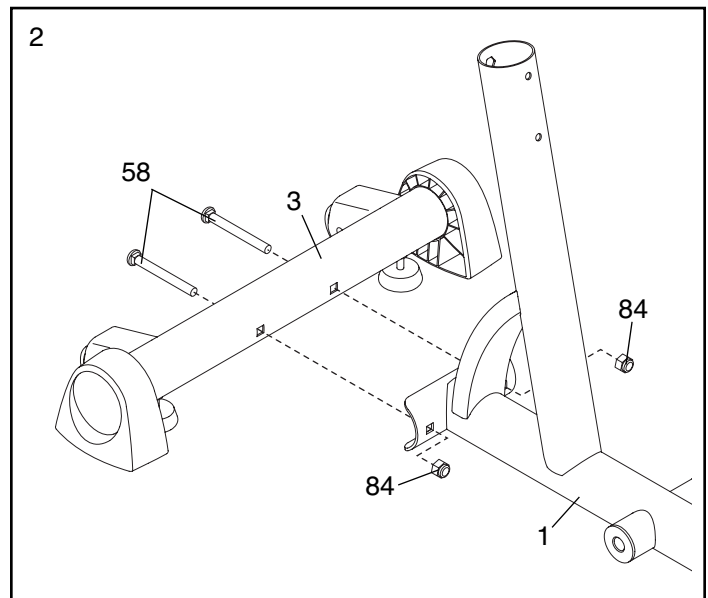


1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

Attach the Rear Stabilizer (35) to the Frame (1) with two M10 x 77mm Carriage Bolts (58) and two M10 Nylon Locknuts (84).



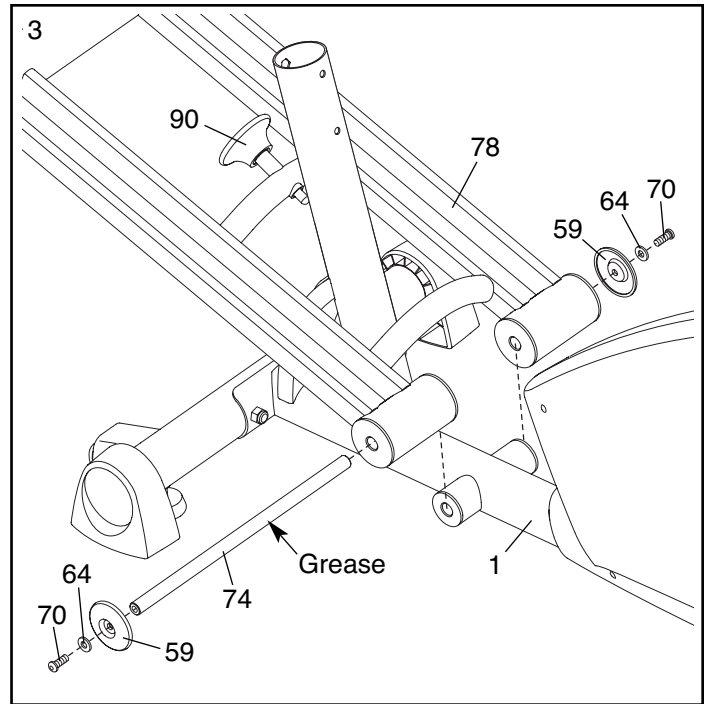
2. Attach the Front Stabilizer (3) to the Frame (1) with two M10 x 77mm Carriage Bolts (58) and two M10 Nylon Locknuts (84).



3. Identify the Ramp Axle (74), which is longer than the Pivot Axle (not shown). Apply a generous amount of the included grease to the Ramp Axle.

Have a second person hold the Ramp (78) near the Frame (1) in the position shown. Insert the Ramp Axle (74) through the Ramp and the Frame. Tighten an M8 x 25mm Patch Screw (70), with an M8 Washer (64) and a Ramp Cover (59), into each end of the Ramp Axle.

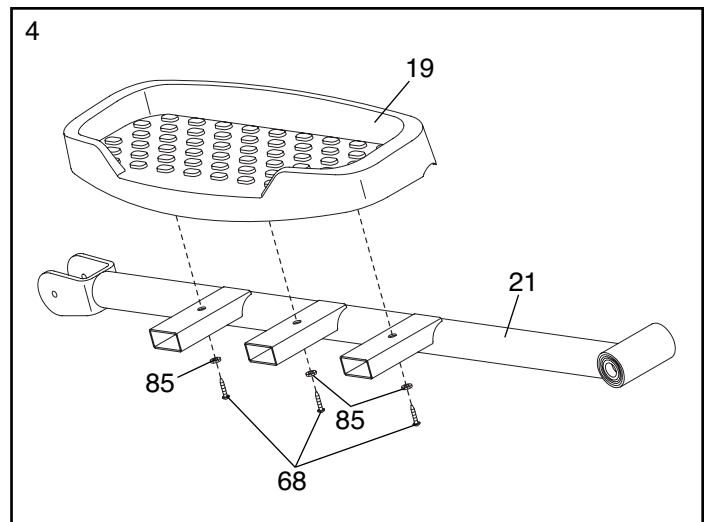
Next, pull the Ramp Pin (90) and align the Ramp (78) with one of the three holes in the Frame (1). Then, release the Ramp Pin into the Frame. **Make sure that the Ramp Pin is firmly engaged in the Frame.**



4. Identify the Left Pedal Arm (21), which is marked with a "Left" sticker.

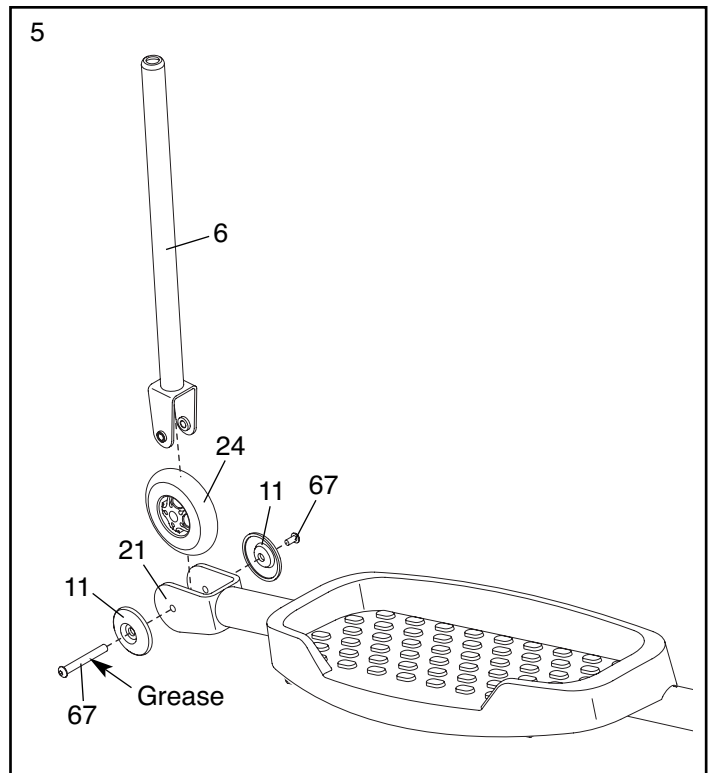
Attach a Pedal (19) to the Left Pedal Arm (21) with three M4 x 19mm Screws (68) and three Star Washers (85).

Repeat this step for the Right Pedal Arm (not shown).



5. Orient an Upper Body Leg (6) and a Ramp Wheel (24) as shown. Apply a small amount of grease to the barrel of an M8 x 63mm Bolt Set (67). Attach the Upper Body Leg and the Ramp Wheel to the Left Pedal Arm (21) with the Bolt Set and two Wheel Covers (11).

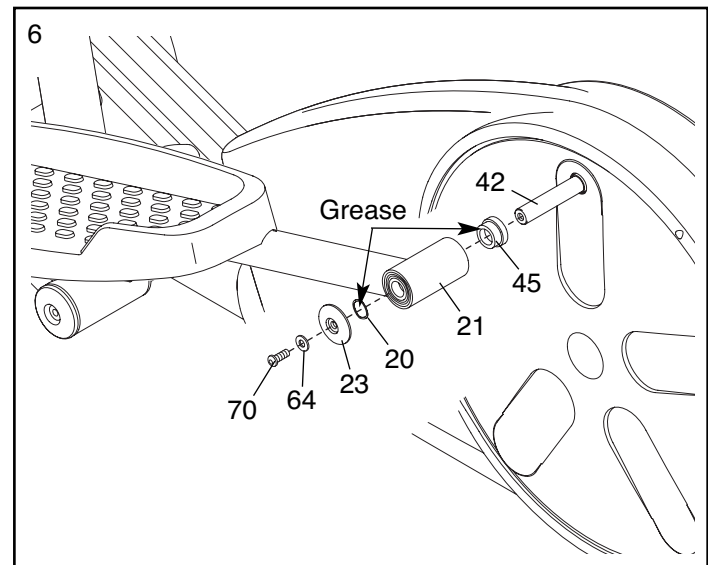
Repeat this step for the Right Pedal Arm (not shown).



6. Apply a small amount of grease to a Crank Arm Spacer (45). Orient the Crank Arm Spacer so that the flange is on the side shown, and slide it onto the Left Crank Arm (42). Then, slide the Left Pedal Arm (21) onto the Left Crank Arm.

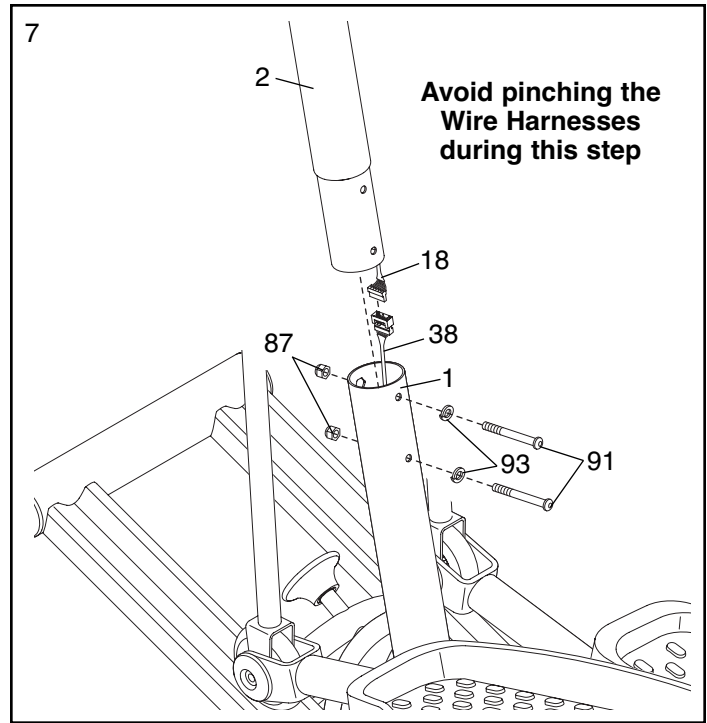
Apply a small amount of grease to a Large Wave Washer (20) and press it against the Left Pedal Arm (21). Then, tighten an M8 x 25mm Patch Screw (70), with an M8 Washer (64) and a Pedal Leg Cover (23), into the end of the Left Crank Arm (42).

Repeat this step for the Right Pedal Arm and the Right Crank Arm (not shown).

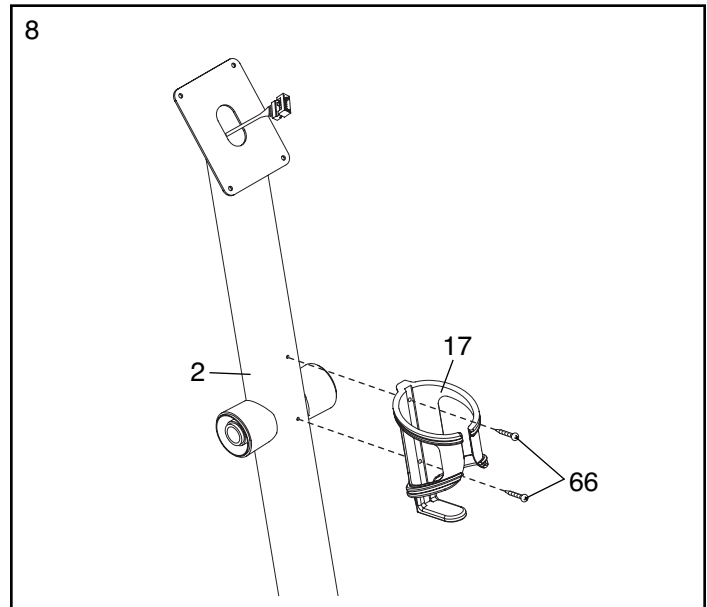


7. Have a second person hold the Upright (2) near the Frame (1) as shown. Next, connect the Upper Wire Harness (18) to the Lower Wire Harness (38).

Attach the Upright (2) to the Frame (1) with two M8 x 69mm Button Bolts (91), two M8 Split Washers (93), and two M8 Nylon Locknuts (87). **Be careful to avoid pinching the wires.**



8. Attach the Water Bottle Holder (17) to the Upright (2) with two M4 x 22mm Screws (66).

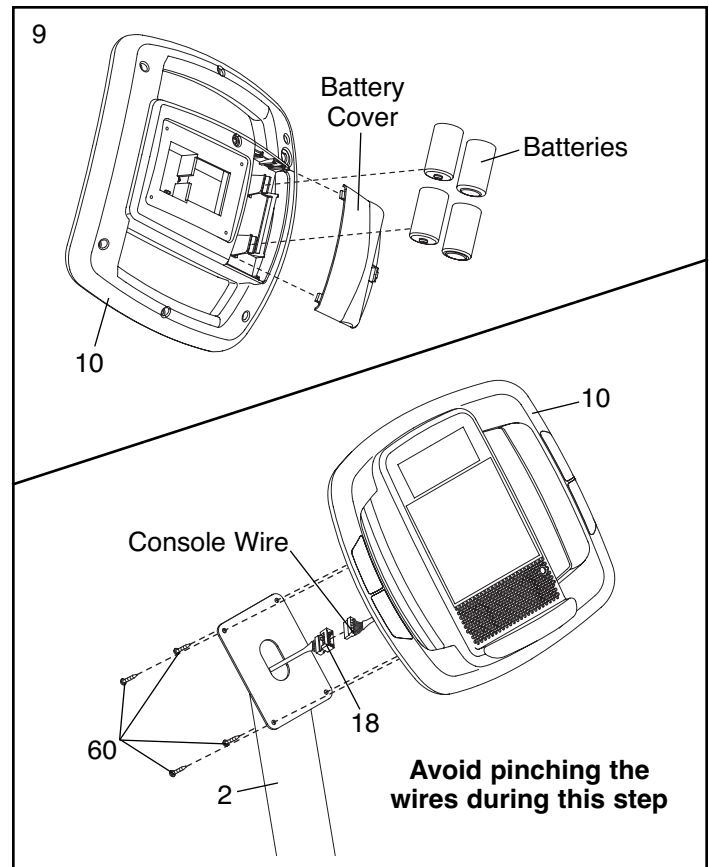


9. The Console (10) requires four “D” batteries (not included); alkaline batteries are recommended. Remove the battery cover from the back of the Console and insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

Have a second person hold the Console (10) near the Upright (2) as shown. Connect the console wire to the Upper Wire Harness (18).

Attach the Console (10) to the Upright (2) with four M4 x 16mm Screws (60). **Be careful to avoid pinching the wires.**

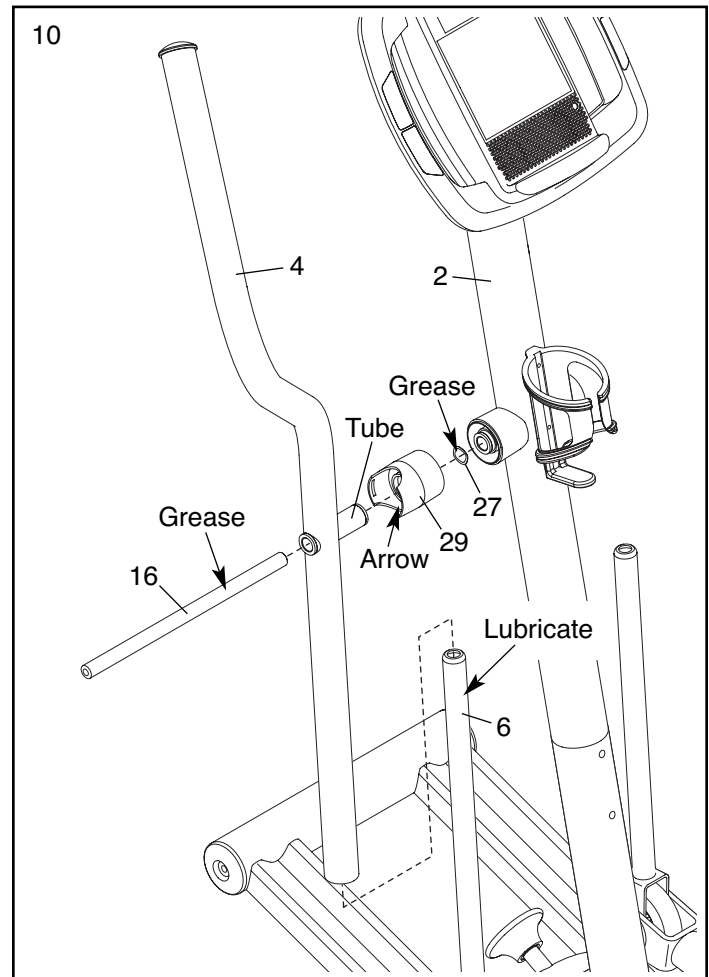
Note: The Console (10) can be operated with an optional power supply instead of batteries. **To purchase a power supply, call the toll-free telephone number on the front cover of this manual.** Plug one end of the power supply into the jack on the elliptical exerciser. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



10. Identify the Left Upper Body Arm (4), which is marked with a “Left” sticker. Orient the Left Upper Body Arm so that the indicated tube is facing inward.

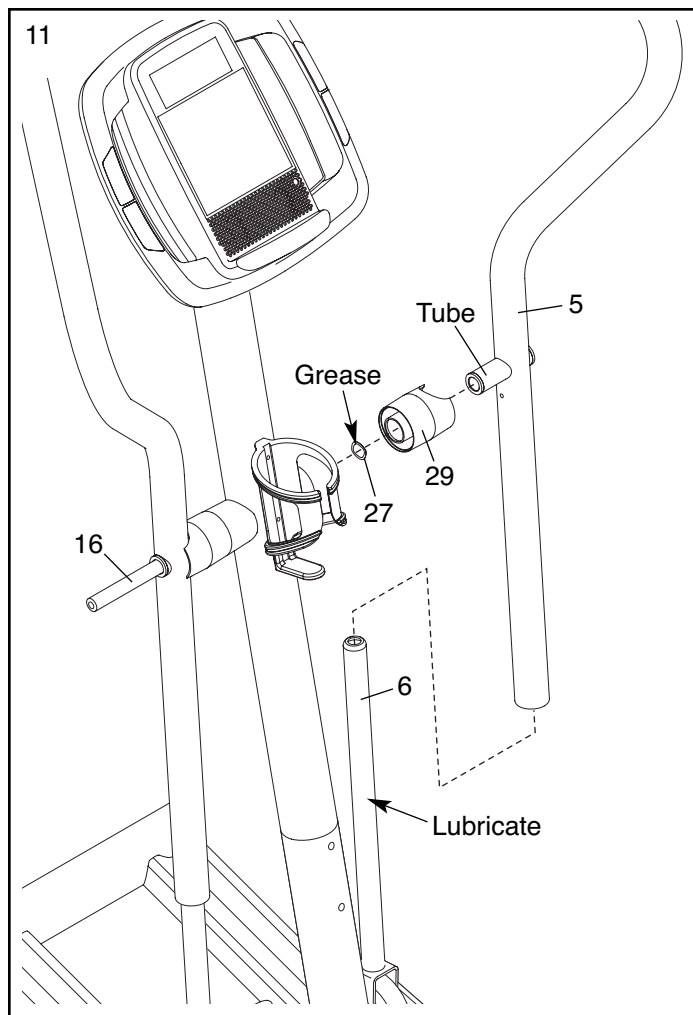
Lubricate the upper end of the left Upper Body Leg (6) using a small amount of the included high-temperature lubricant. Then, slide the Left Upper Body Arm (4) onto the Upper Body Leg.

Apply a generous amount of grease to the Pivot Axle (16). Also, apply a small amount of grease to a Wave Washer (27). Then, insert the Pivot Axle through the Left Upper Body Arm (4), an Upper Body Arm Spacer (29), the Wave Washer, and the Upright (2). **Make sure that the Upper Body Arm Spacer is oriented as shown, with the arrow pointed downward.**



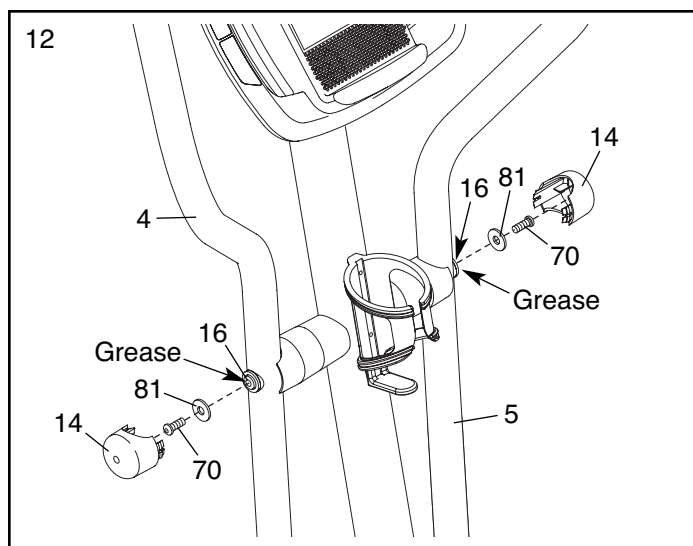
11. Orient the Right Upper Body Arm (5) so that the indicated tube is facing inward. Lubricate the upper end of the right Upper Body Leg (6) with high-temperature lubricant. Then, slide the Right Upper Body Arm onto the Upper Body Leg.

Apply a small amount of grease to a Wave Washer (27). Then, insert the Pivot Axle (16) through the Wave Washer, the remaining Upper Body Spacer (29), and the Right Upper Body Arm (5).



12. Apply a small amount of grease to each end of the Pivot Axle (16). Slide an M8 Large Washer (81) onto an M8 x 25mm Patch Screw (70), and tighten the Patch Screw into the left end of the Pivot Axle. Then, press a Pivot Cover (14) against the Left Upper Body Arm (4).

Repeat this step on the right side of the elliptical exerciser.

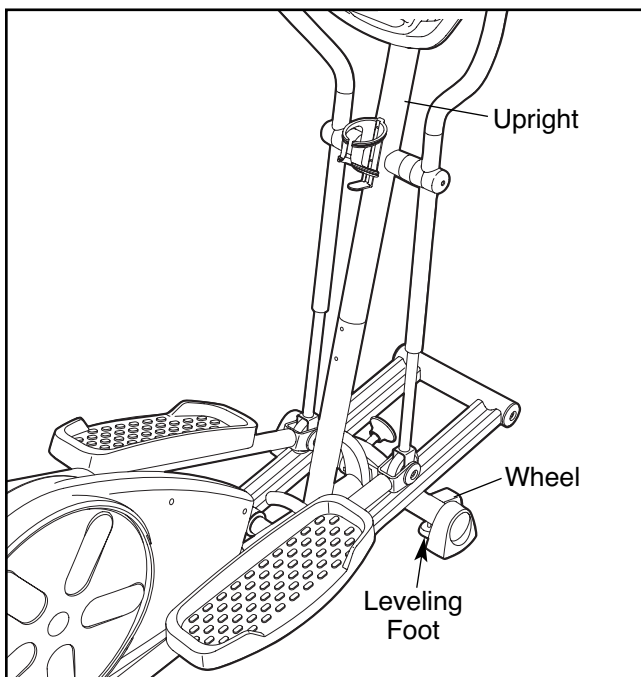


13. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

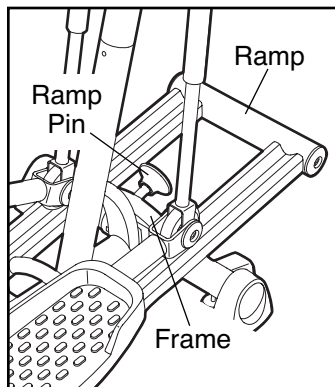
To move the elliptical exerciser, stand in front of it, place one foot against one of the wheels, and firmly hold the upper end of the upright. Pull the upright forward until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then lower it. **To decrease the risk of injury, do not attempt to move the elliptical exerciser over an uneven surface.**



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

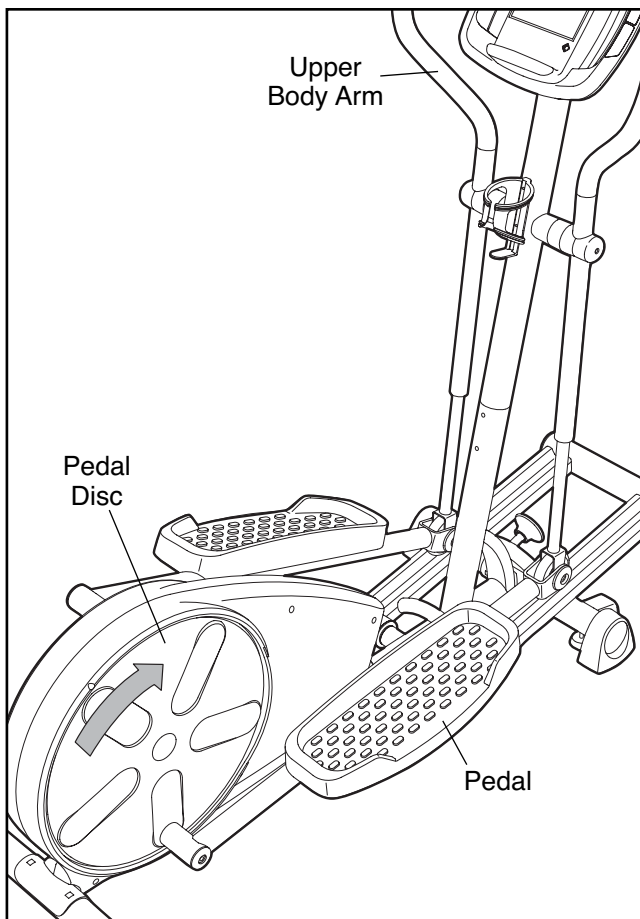
HOW TO ADJUST THE RAMP INCLINE

The ramp has three incline levels. To adjust the incline level of the ramp, pull the ramp pin, move the ramp to the desired incline level, and engage the ramp pin into one of the three holes in the frame.



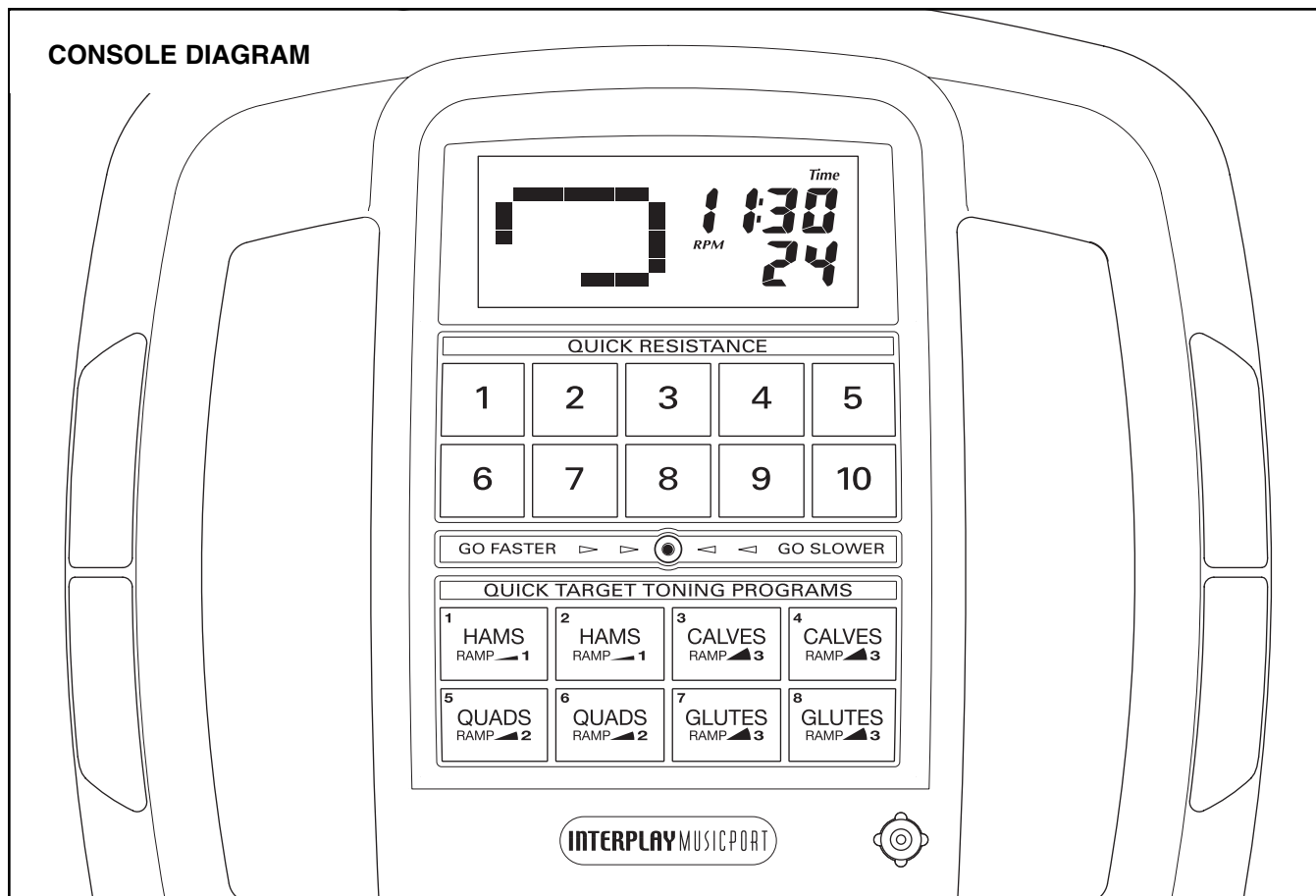
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, firmly hold the upper body arms and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown below; however, for variety, you can turn the pedal discs in the opposite direction.**



To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **The elliptical exerciser does not have a freewheel; 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.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also features eight target toning programs designed to work specific muscle groups. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

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

To use the manual mode of the console, follow the steps beginning on page 14. **To use a target toning program**, see page 16. **To use the stereo sound system**, see page 16.

HOW TO USE THE MANUAL MODE

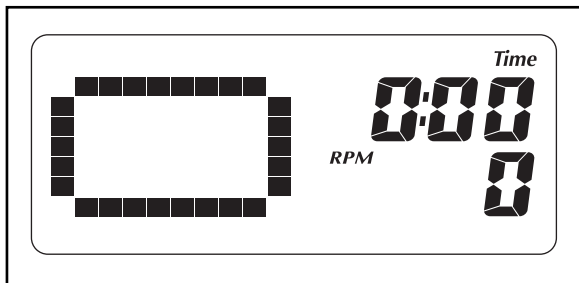
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1 Press any button on the console or begin pedaling to turn on the console.

When you turn on the console, the displays and the program target pacer will light. A tone will then sound and the console will be ready for use.

2 Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing any of the Quick Target Toning Programs buttons repeatedly until a track appears in the left display.



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

As you pedal, change the resistance of the pedals by pressing the Quick Resistance buttons. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

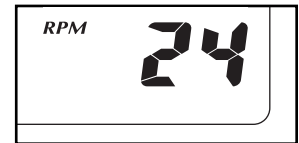


4 Follow your progress with the displays.

The upper right display will show the elapsed time, the distance (total revolutions) you have pedaled, and the approximate number of calories you have burned. The display will change modes every few seconds.

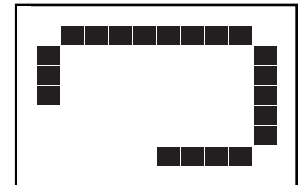


The lower right display will show your pedaling pace (in revolutions per minute) and the resistance level of the pedals.



The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15).

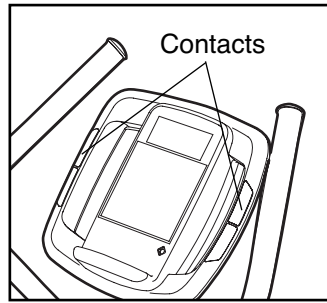
The left display will show a track representing 1/4 mile. As you exercise, indicators will appear in succession around the track until the



entire track appears. The track will then disappear and the indicators will again begin to appear in succession

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. In addition, make sure that your hands are clean. To mea-



sure 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 heart-shaped symbol will flash in the lower right display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the 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 When you are finished exercising, the console will turn off automatically.

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

If the pedals do not move for about five minutes, the console will turn off and the displays will be reset.

HOW TO USE A TARGET TONING PROGRAM

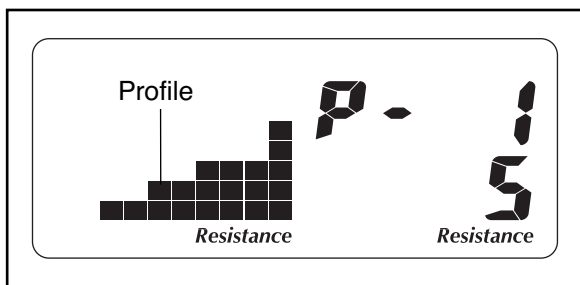
1 Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 14.

2 Select a target toning program.

To select a target toning program, press one of the eight Quick Target Toning Programs buttons. The target muscle group and the recommended ramp level for the program is listed on each program button. Note: Adjust the ramp to the recommended level before beginning the target toning program.

When you select a target toning program, the name of the program and the maximum resistance level will appear in the right displays for a few seconds. A profile of the resistance levels of the program will also scroll across the left display.

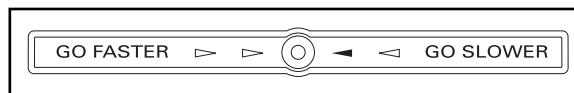


3 Begin pedaling to start the program.

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

During the program, the program profile will show your progress (see the drawing above). The flashing column of the profile represents the current segment of the program. The height of the flashing column indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the lower right display for a few seconds to alert you. The resistance of the pedals will then change.

During the program, the program target pacer will prompt you to keep your pedaling pace near the target pace setting for the current segment. When a left indicator lights, increase your pace; when a right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The program target pacer is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the resistance level by pressing the Quick Resistance buttons. However, when the current segment ends, the resistance of the pedals will automatically adjust to the resistance level programmed for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the program will pause. To restart the program, simply resume pedaling. The program will continue until the last segment of the program ends.

4 Follow your progress with the displays.

See step 4 on page 14.

5 Measure your heart rate if desired.

See step 5 on page 15.

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

See step 6 on page 15.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo sound system while you exercise, plug your MP3 player or CD player into the jack on the console.

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

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately. The elliptical exerciser can be cleaned with a soft cloth and mild detergent. **Do not use abrasives or solvents to clean the exerciser.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

When storing the elliptical exerciser, remove the batteries from the console. Keep the elliptical exerciser in a clean, dry location, away from moisture and dust.

CONSOLE TROUBLESHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 9 on page 9.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, make sure that your hands are positioned as described in step 5 on page 15. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

CONDITIONING GUIDELINES

WARNING:




Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals 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.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

Fat Burning

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

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

EXERCISE FREQUENCY

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

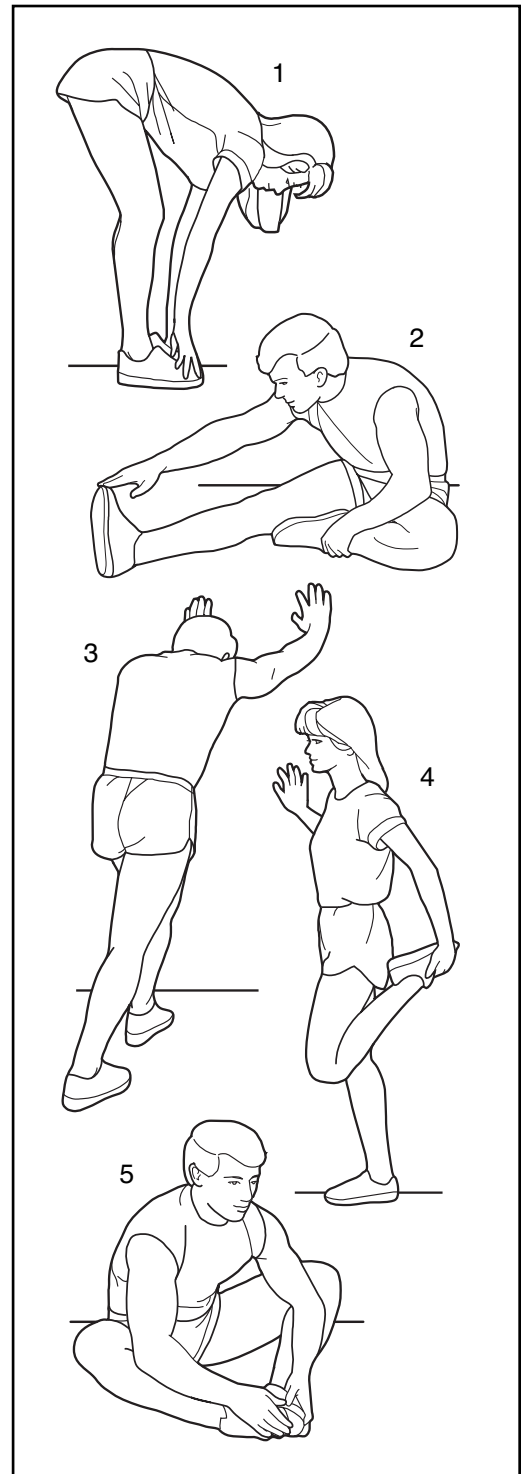
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFEL3906.0

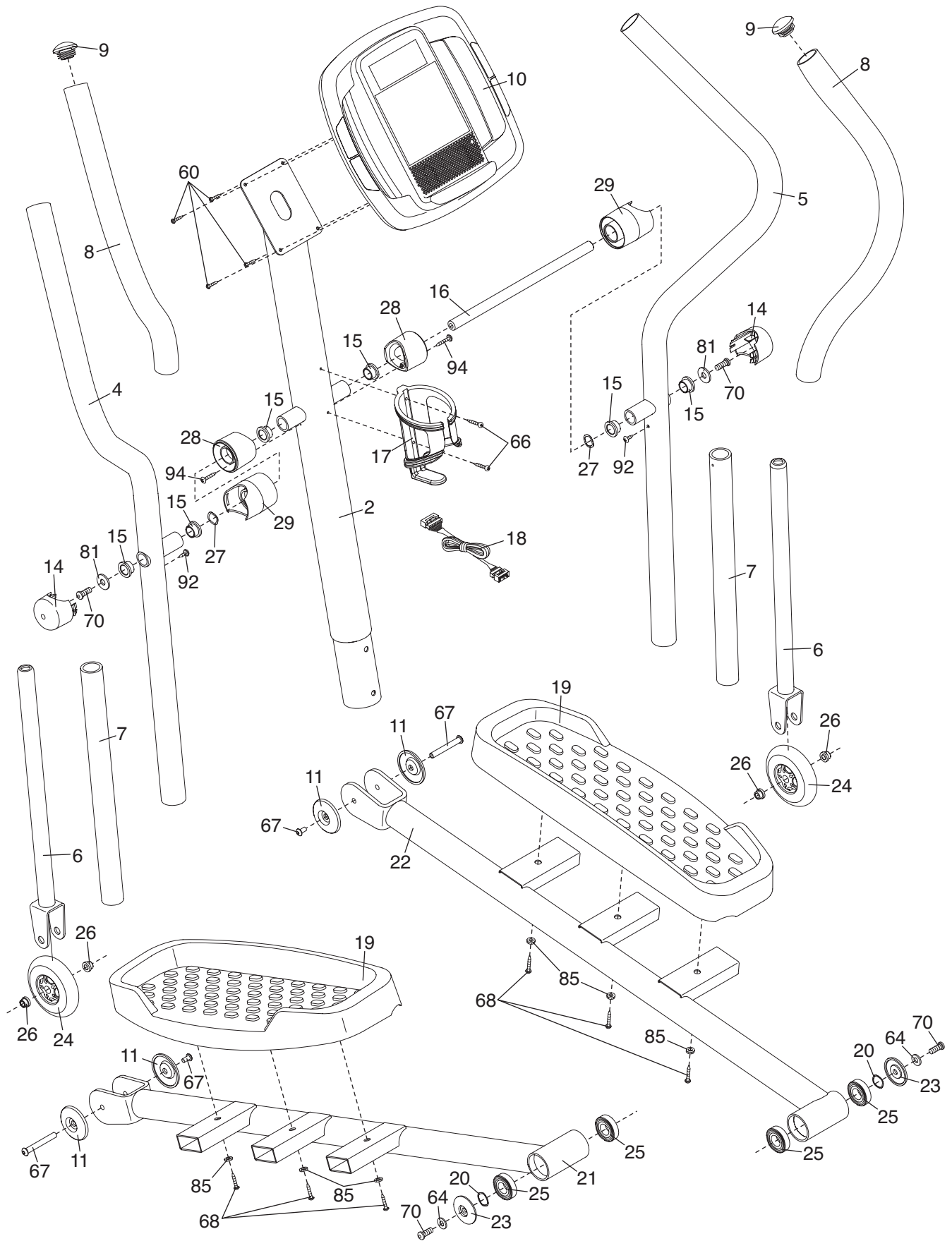
R0807B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	2	Flywheel Bearing
2	1	Upright	51	1	“C” Magnet
3	1	Front Stabilizer	52	1	“C” Magnet Bracket
4	1	Left Upper Body Arm	53	1	Magnet
5	1	Right Upper Body Arm	54	1	Spring
6	2	Upper Body Leg	55	1	Idler
7	2	Sleeve	56	1	Resistance Motor
8	2	Foam Grip	57	2	Flange Screw
9	2	Upper Body Endcap	58	4	M10 x 77mm Carriage Bolt
10	1	Console	59	4	Ramp Cover
11	4	Wheel Cover	60	13	M4 x 16mm Screw
12	2	Leveling Foot	61	1	M8 x 19mm Flat Head Bolt
13	2	M4 Washer	62	1	Adjustment Screw
14	2	Pivot Cover	63	1	M6 x 18mm Bolt
15	6	Upper Body Bushing	64	6	M8 Washer
16	1	Pivot Axle	65	4	M5 x 16mm Button Screw
17	1	Water Bottle Holder	66	2	M4 x 22mm Screw
18	1	Upper Wire Harness	67	2	M8 x 63mm Bolt Set
19	2	Pedal	68	6	M4 x 19mm Screw
20	2	Large Wave Washer	69	4	M4 x 12mm Screw
21	1	Left Pedal Arm	70	6	M8 x 25mm Patch Screw
22	1	Right Pedal Arm	71	8	M5 x 25mm Screw
23	2	Pedal Leg Cover	72	1	M4 x 12mm Round Head Screw
24	2	Ramp Wheel	73	4	Ramp Bushing
25	4	Pedal Leg Bearing	74	1	Ramp Axle
26	4	Ramp Wheel Bushing	75	12	M6 Star Washer
27	2	Wave Washer	76	1	M6 x 38mm Bolt
28	2	Upright Spacer	77	1	M6 Nut
29	2	Upper Body Arm Spacer	78	1	Ramp
30	1	Left Side Shield	79	2	Frame Bushing
31	1	Right Side Shield	80	1	M4 x 25mm Screw
32	1	Left Disc	81	2	M8 Large Washer
33	1	Right Disc	82	4	M4 Washer
34	2	Disc Cover	83	1	M6 Nylon Locknut
35	1	Rear Stabilizer	84	7	M10 Nylon Locknut
36	4	Stabilizer Endcap	85	6	Star Washer
37	1	Belt	86	2	M4 x 20mm Screw
38	1	Lower Wire Harness	87	4	M8 Nylon Locknut
39	1	Crank	88	2	M10 x 60mm Button Bolt
40	2	Crank Bearing	89	2	Transport Wheel
41	2	Crank Snap Ring	90	1	Ramp Pin
42	1	Left Crank Arm	91	2	M8 x 69mm Button Bolt
43	1	Right Crank Arm	92	2	M5 x 6mm Screw
44	1	Resistance Cable	93	2	M8 Split Washer
45	2	Crank Arm Spacer	94	2	M3 x 16mm Screw
46	1	Clamp	#	3	Hex Key
47	1	Reed Switch/Wire	#	1	Grease
48	1	Flywheel	#	1	User’s Manual
49	1	Flywheel Axle			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

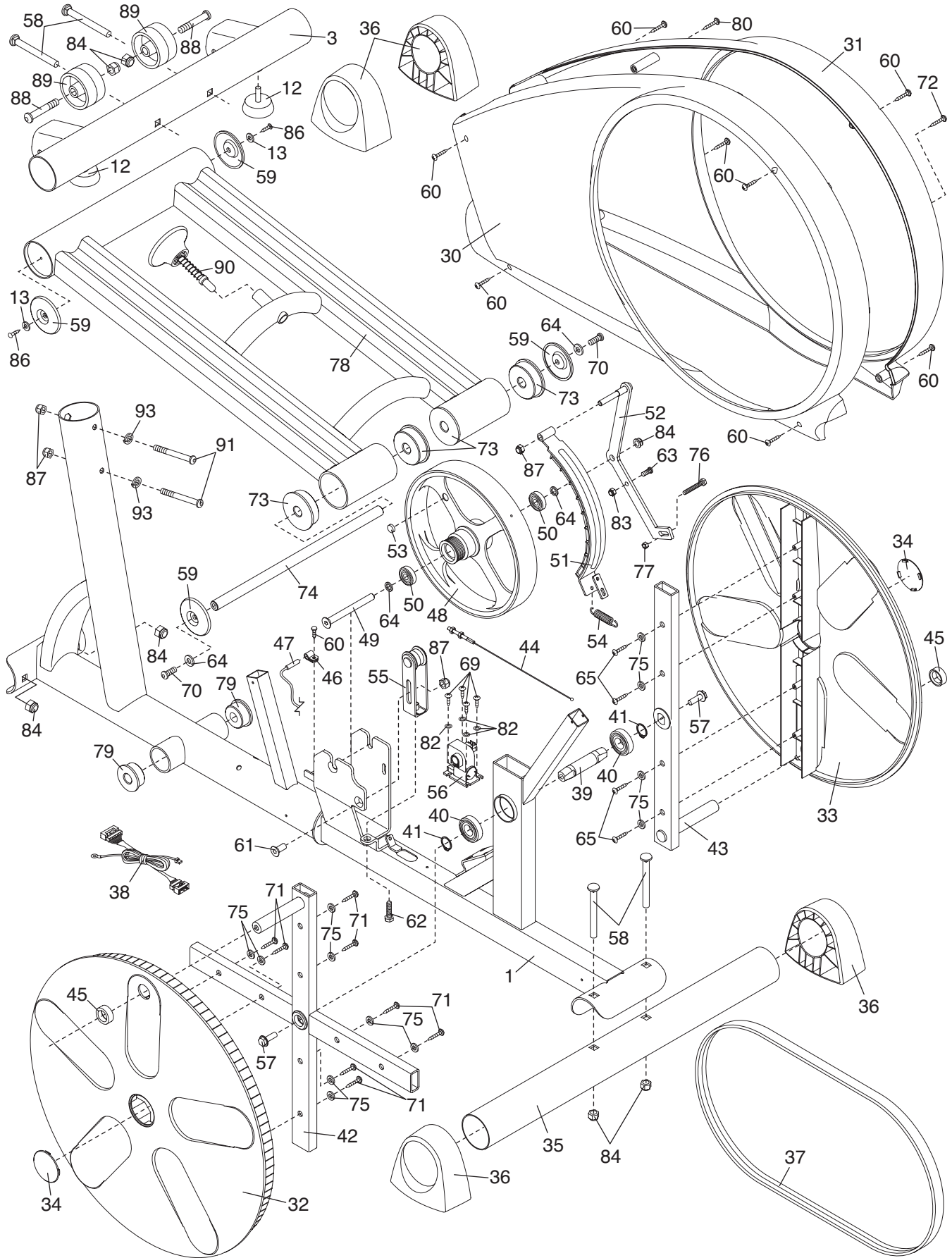
EXPLODED DRAWING A—Model No. PFEL3906.0

R0807B



EXPLODED DRAWING B—Model No. PFEL3906.0

R0807B



HOW TO ORDER 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 of the product (PFEL3906.0)
- the NAME of the product (PROFORM 400 H elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 21 to 23)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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