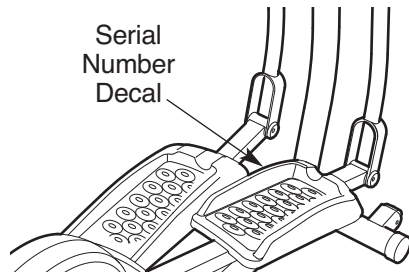


# PRO-FORM<sup>®</sup> 850

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

Model No. PFEL5105.0

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



## 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:

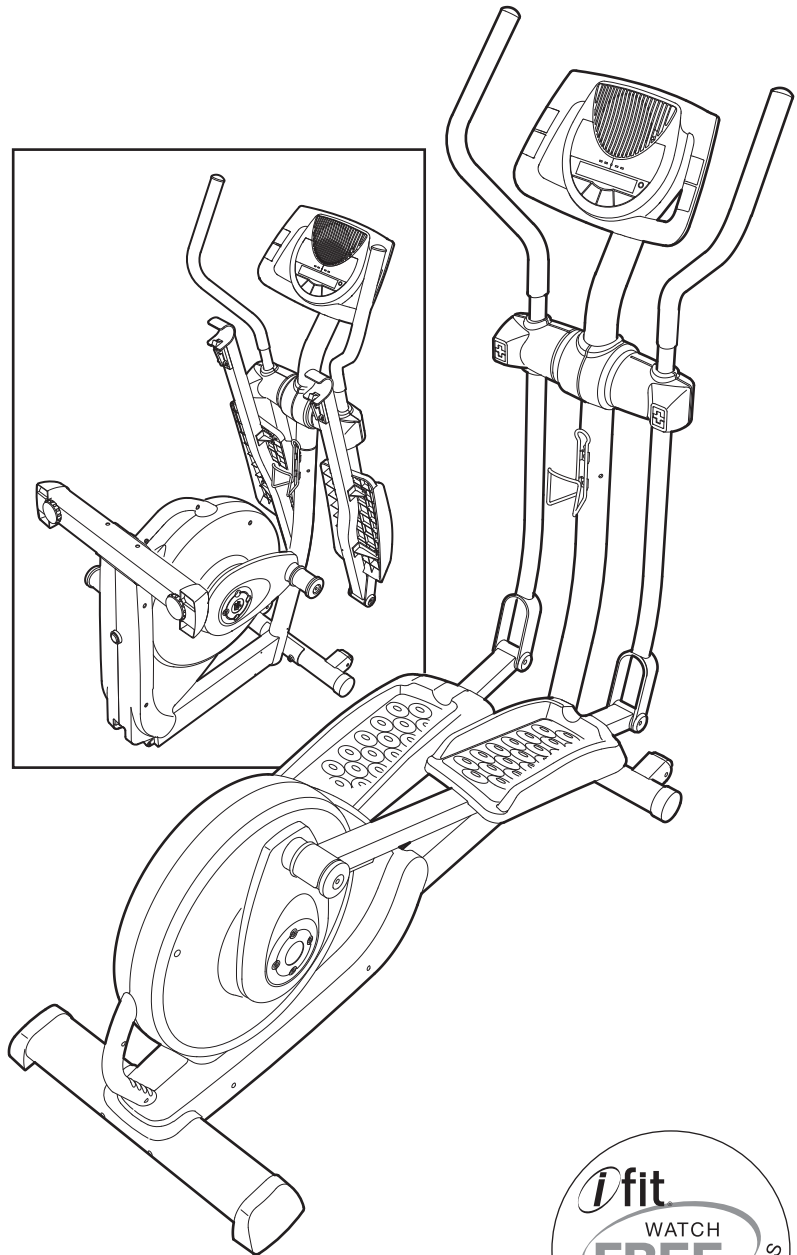
**1-888-533-1333**

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.

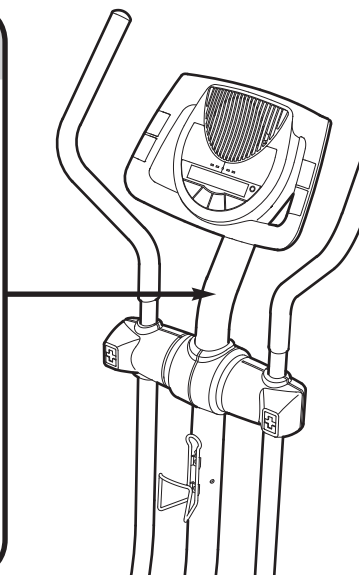
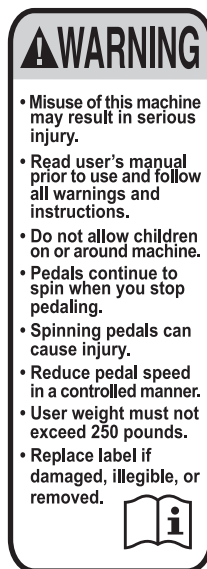


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## WARNING DECAL PLACEMENT

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 before using your elliptical. 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 are adequately informed of all precautions.
3. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
4. Keep the elliptical indoors, away from moisture and dust. Place the elliptical 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 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 at all times.
7. The elliptical should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensors or the handlebars when mounting, dismounting, or using the elliptical.
10. Keep your back straight while using the elliptical; 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 only as described in this manual.

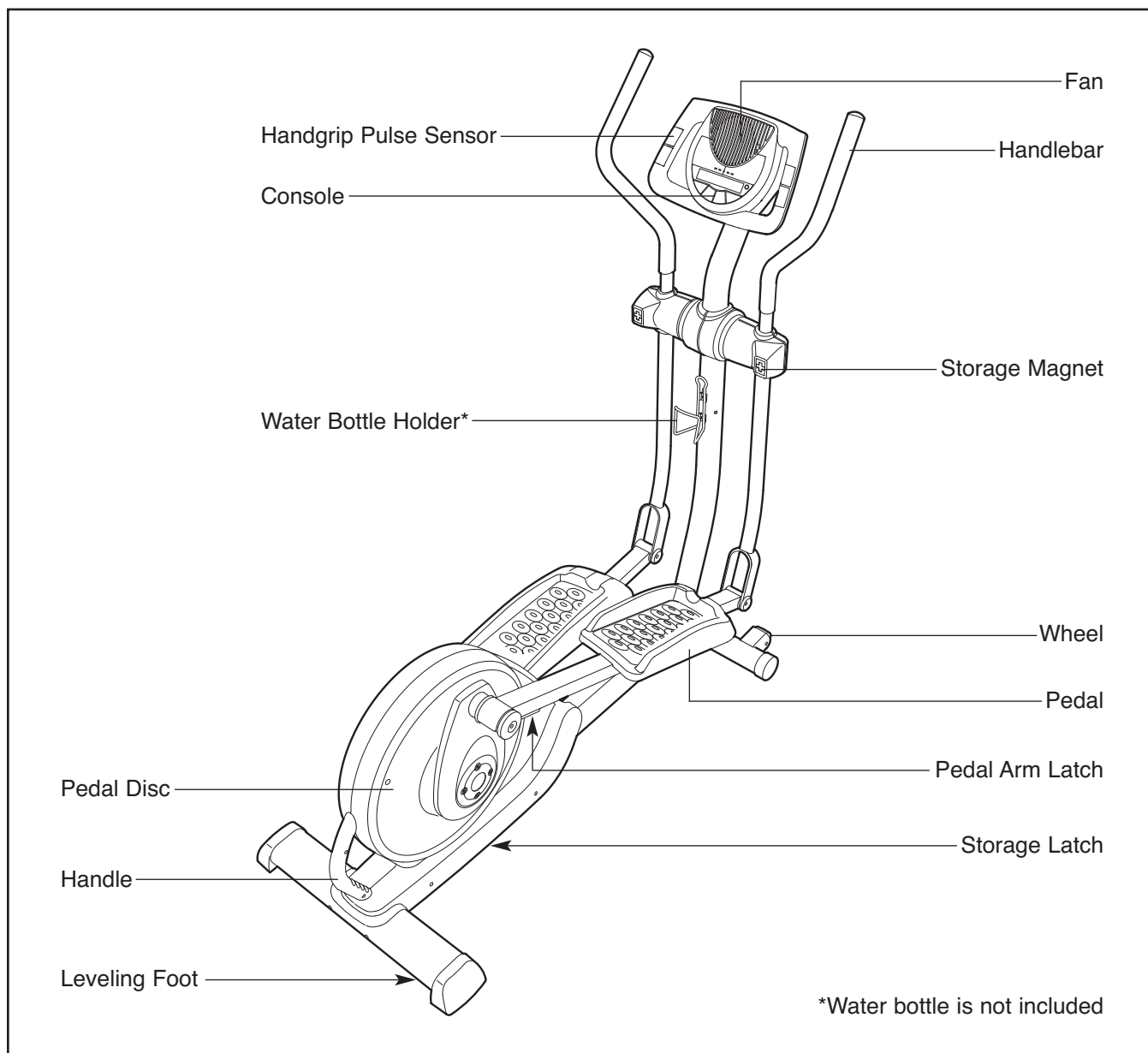
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 850 elliptical. The 850 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.** 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.



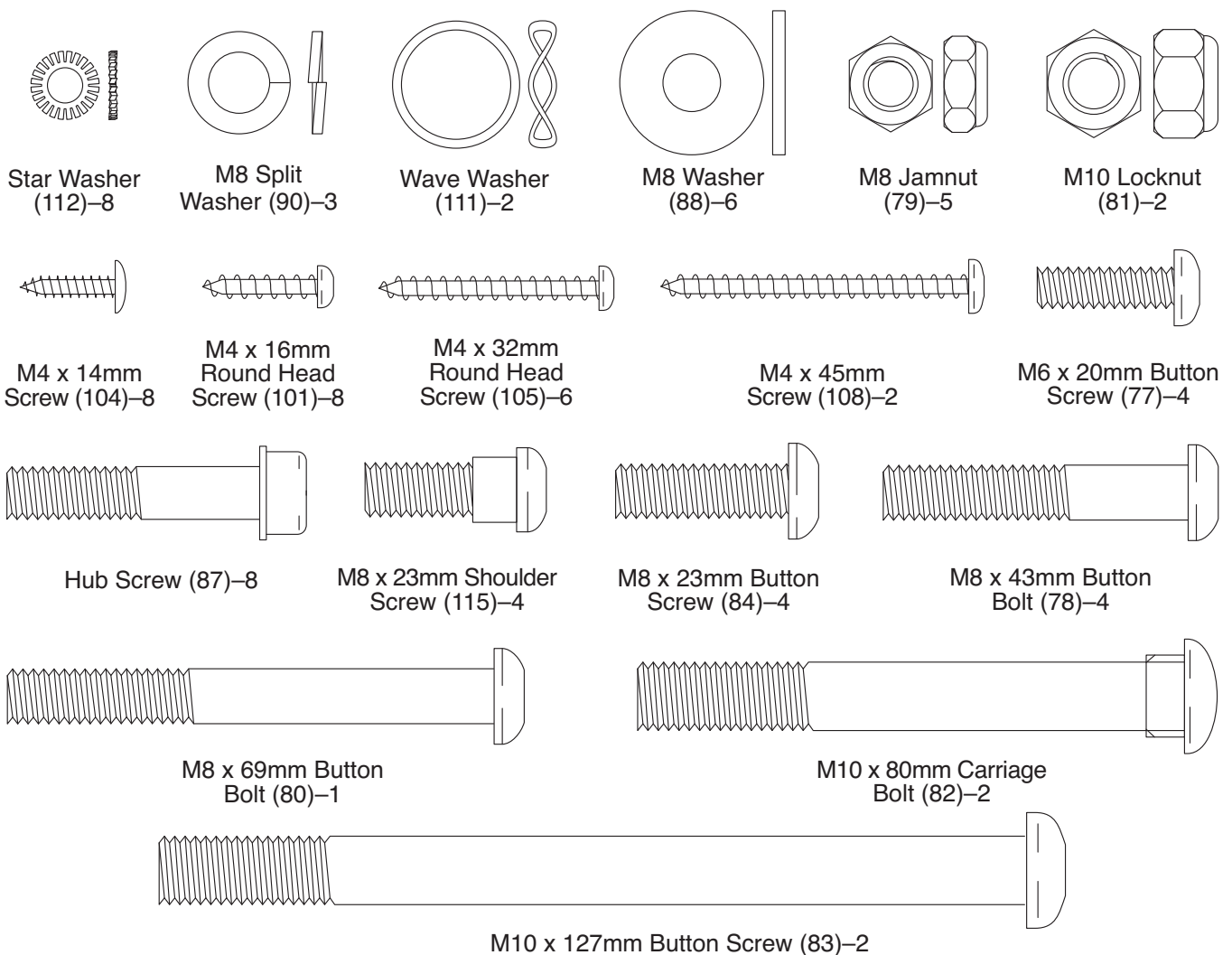
# ASSEMBLY

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

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

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

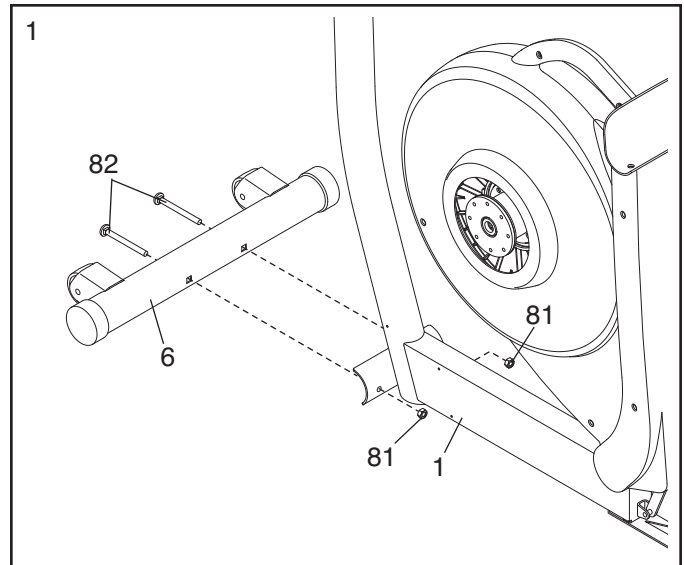
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a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



1.

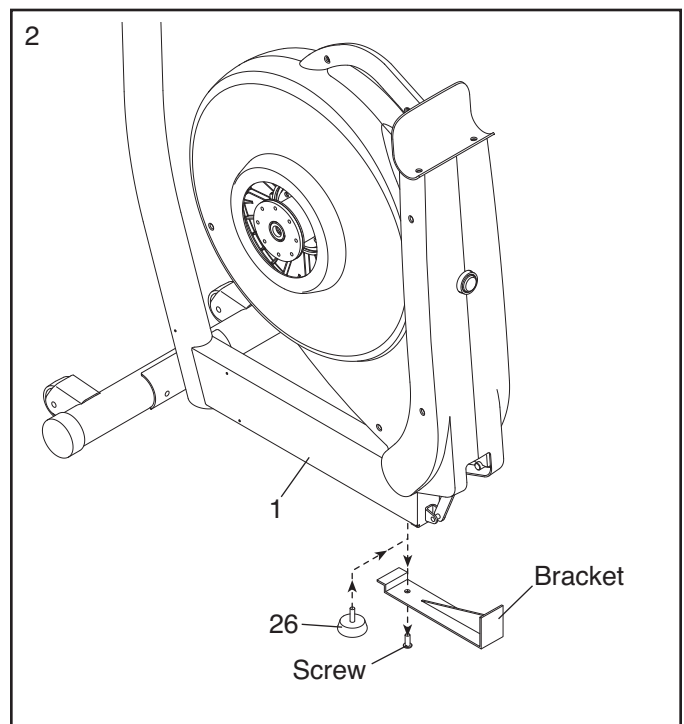
To make assembly easier, read the information on page 5 before you begin.

While another person lifts the Base (1), attach the Front Stabilizer (6) to the Base with two M10 x 80mm Carriage Bolts (82) and two M10 Locknuts (81).



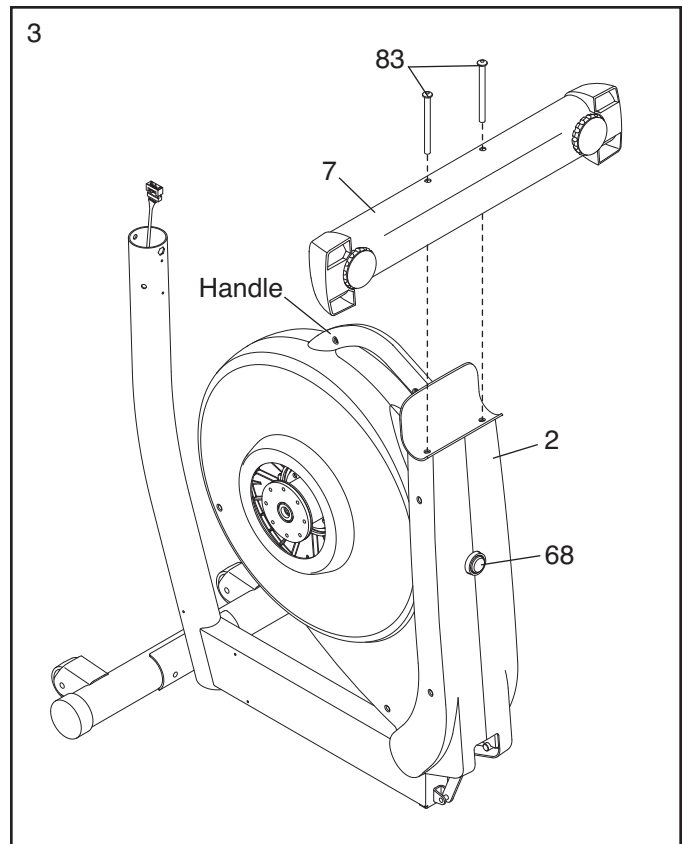
2. Remove the indicated screw and bracket from the Base (1). Discard the screw and the bracket.

Next, tighten the Base Foot (26) into the Base (1) as far as possible.



3. Attach the Rear Stabilizer (7) to the Frame (2) with two M10 x 127mm Button Screws (83).

Next, hold the handle on the Frame (2), press the Latch Button (68), and lower the Frame until the Rear Stabilizer (7) is resting on the floor.



4. Hold a Hub Cover (75) and a Crank Arm (36) against the left Crank Hub (38).

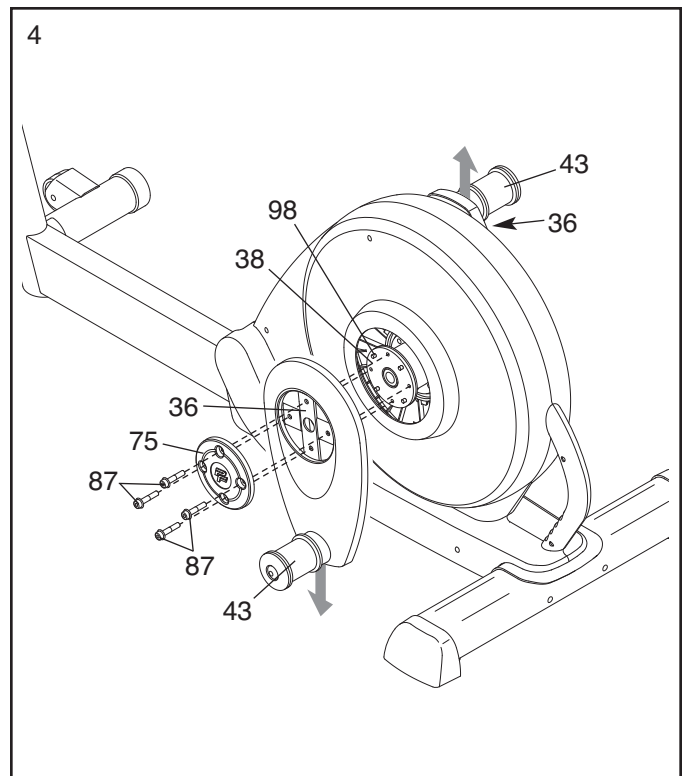
Align the holes in the Hub Cover (75) and the Crank Arm (36) with the unused holes in the left Crank Hub (38).

Insert four Hub Screws (87) into the Hub Cover (75) and the Crank Arm (36), and finger tighten the Hub Screws into the left Crank Hub (38).

Tighten one of the Hub Screws (87), and then tighten the Hub Screw across from the first Hub Screw. Then, tighten the remaining two Hub Screws.

Repeat this step on the right side of the elliptical; **make sure that the Crank Arms (36) are oriented so that the Crank Bushing Sleeves (43) are oriented as shown.**

**Note: There are no Pulley Screws (98) on the right side.**



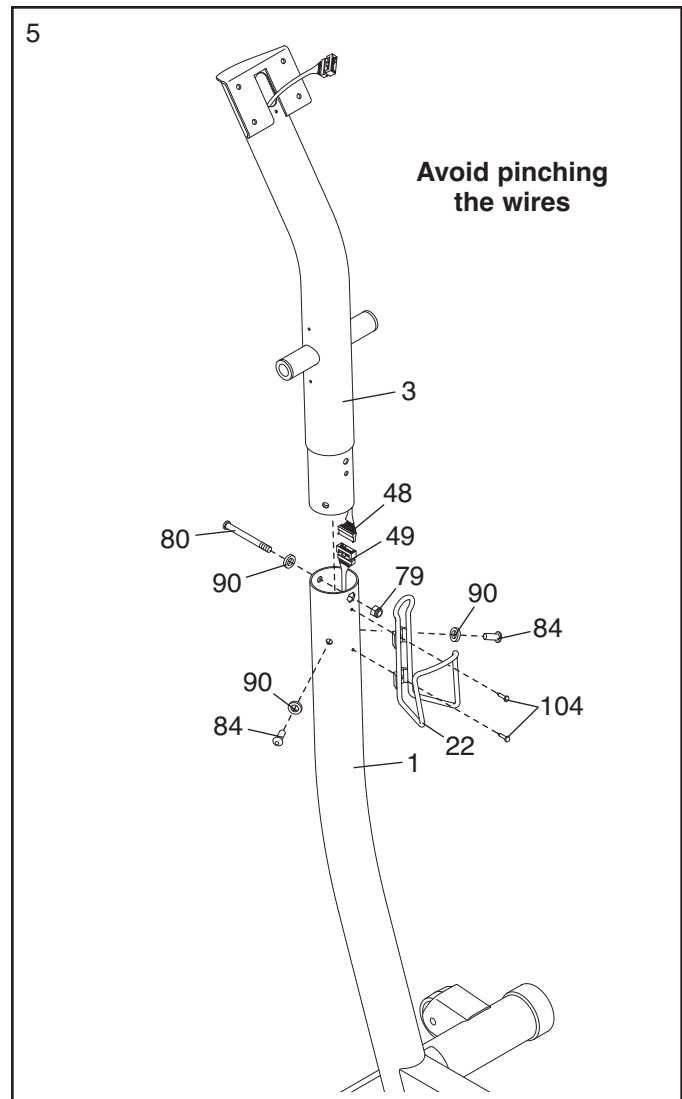
5. While another person holds the Upright (3), connect the Upper Wire Harness (48) to the Lower Wire Harness (49).

**Gently pull the upper end of the Upper Wire Harness (48) to remove any slack, and insert the Upright (3) into the Base (1).**

**Tip: Avoid pinching the wires.** Attach the Upright (3) with an M8 x 69mm Button Bolt (80), an M8 Split Washer (90), and an M8 Jam Nut (79). **Do not tighten the Button Bolt yet; make sure that the Jam Nut is in the hexagonal hole in the Base.**

Next, finger tighten two M8 x 23mm Button Screws (84) with M8 Split Washers (90) into the Base (1). **Do not tighten the Button Screws yet.**

Attach the Water Bottle Holder (22) to the Base (1) with two M4 x 14mm Screws (104).

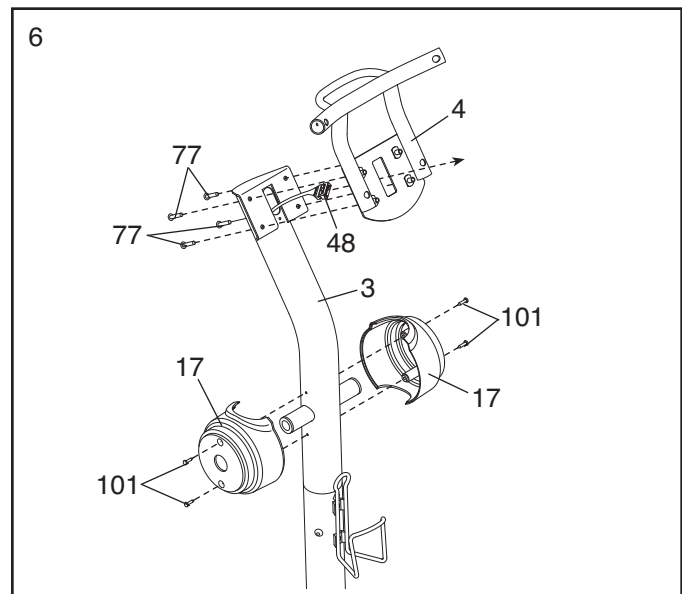


6. Insert the end of the Upper Wire Harness (48) through the rectangular hole in the Console Bracket (4).

Attach the Console Bracket (4) to the Upright (3) with four M6 x 20mm Button Screws (77).

Orient one of the Upright Covers (17) as shown, and hold it against the Upright (3).

Attach the Upright Cover (17) with two M4 x 16mm Round Head Screws (101). **Attach the other Upright Cover in the same way.**



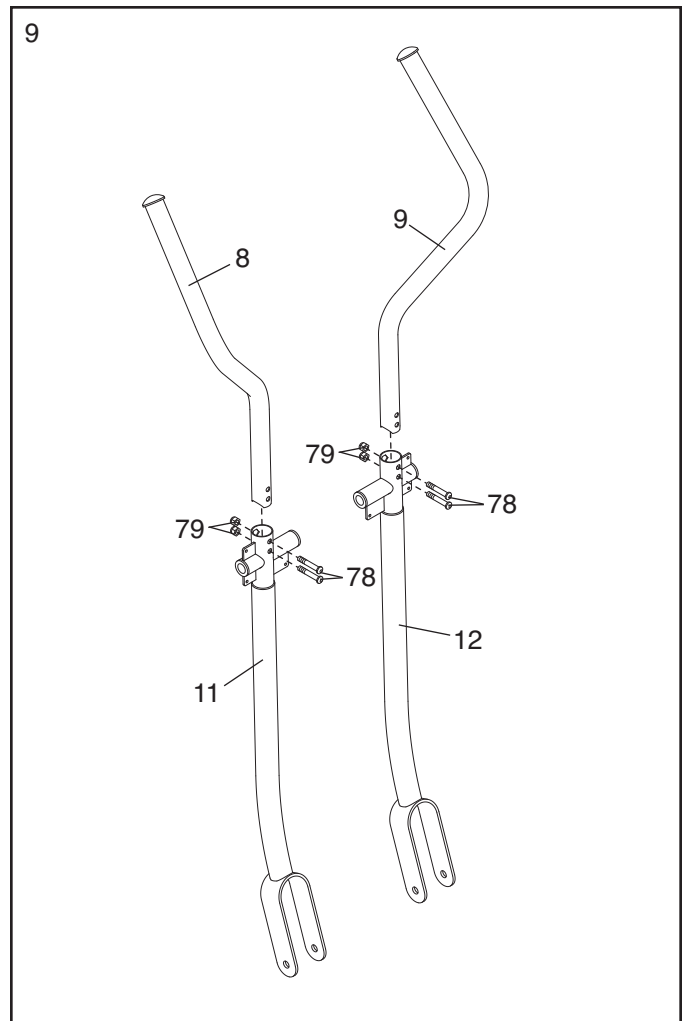


9. Identify the Left Handlebar (8) and the Left Upper Body Leg (11), which are marked with "Left" stickers, and orient them as shown.

Insert the Left Handlebar (8) into the Left Upper Body Leg (11).

Attach the Left Handlebar (8) with two M8 x 43mm Button Bolts (78) and two M8 Jam Nuts (79). **Make sure that the Jam Nuts are in the hexagonal holes in the Left Upper Body Leg.**

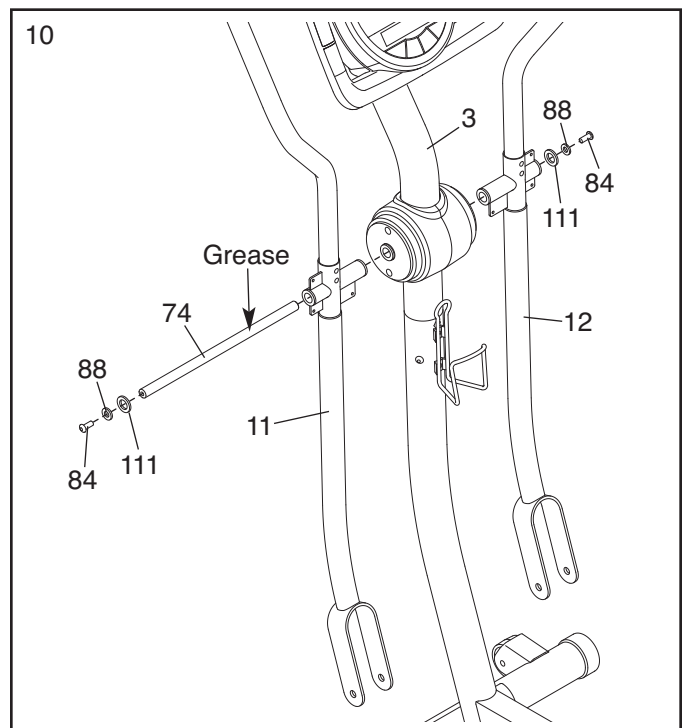
**Attach the Right Handlebar (9) to the Right Upper Body Leg (12) in the same way.**



10. Insert the Pivot Axle (74) into the Upright (3) and center it. Apply a generous amount of the included grease to the Pivot Axle.

Orient the Left Upper Body Leg (11) as shown, and slide it onto the left end of the Pivot Axle (74). Slide the Right Upper Body Leg (12) onto the right end of the Pivot Axle.

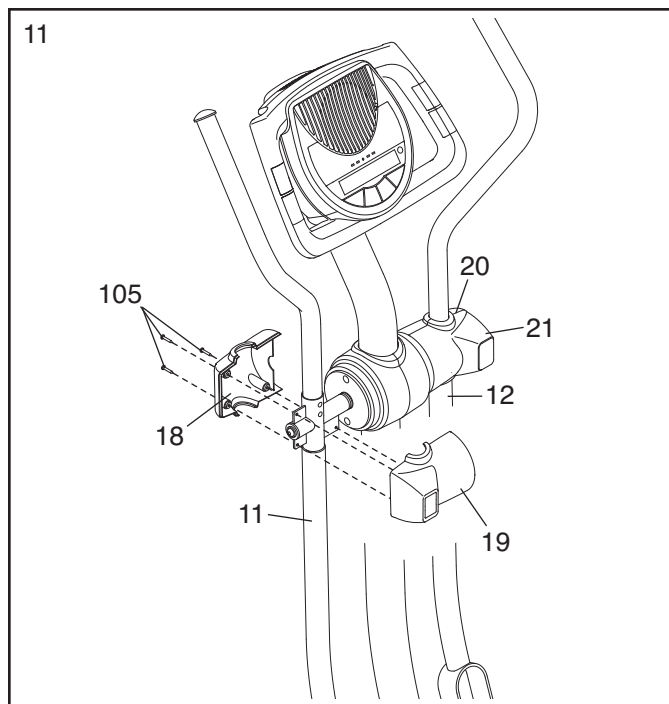
Tighten an M8 x 23mm Button Screw (84) with an M8 Washer (88) and a Wave Washer (111) into each end of the Pivot Axle (74) at the same time. **Make sure that the Wave Washers are on the ends of the Pivot Axle.**



11. Hold the Left Front and Left Rear Handlebar Covers (18, 19) around the Left Upper Body Leg (11).

Attach the Left Front and Left Rear Handlebar Covers (18, 19) with three M4 x 32mm Round Head Screws (105).

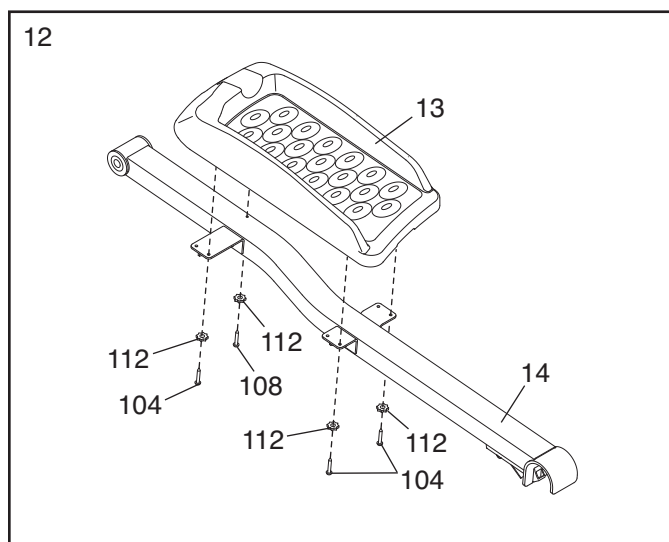
**Attach the Right Front and Right Rear Handlebar Covers (20, 21) in the same way.**



12. Identify the Left Pedal (13) and the Left Pedal Arm (14), which are marked with "Left" stickers.

Attach the Left Pedal (13) to the Left Pedal Arm (14) with an M4 x 45mm Screw (108), three M4 x 14mm Screws (104), and four Star Washers (112).

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



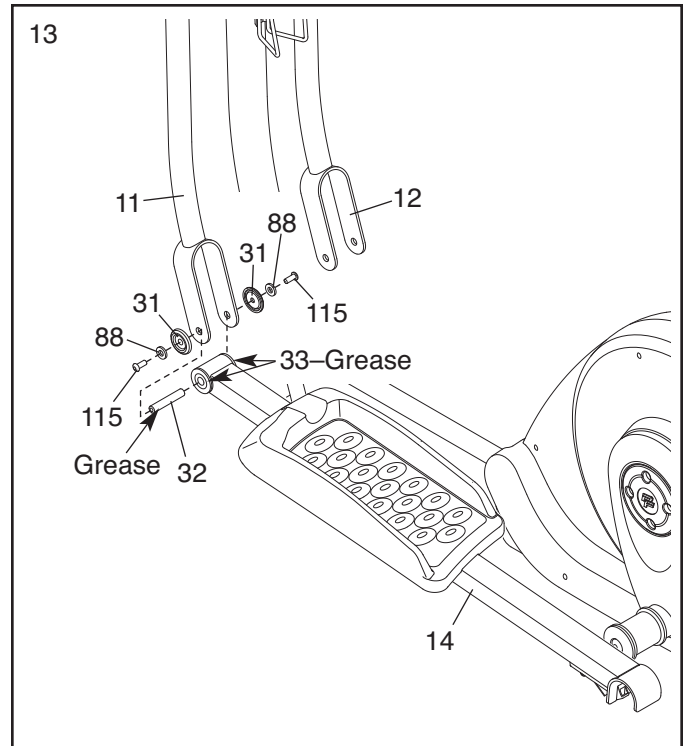
13. Apply a coat of grease to one of the Pedal Arm Axles (32) and to the two Pedal Arm Bushings (33) in the Left Pedal Arm (14).

Next, slide an M8 Washer (88) and a Pedal Arm Cover (31) onto an M8 x 23mm Shoulder Screw (115), and turn the Shoulder Screw a few turns into the Pedal Arm Axle (32).

While another person holds the front end of the Left Pedal Arm (14) inside the bracket on the Left Upper Body Leg (11), insert the Pedal Arm Axle (32) into both parts.

Next, slide an M8 Washer (88) and a Pedal Arm Cover (31) onto another M8 x 23mm Shoulder Screw (115), and turn the Shoulder Screw a few turns into the Pedal Arm Axle (32). Tighten both Shoulder Screws.

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

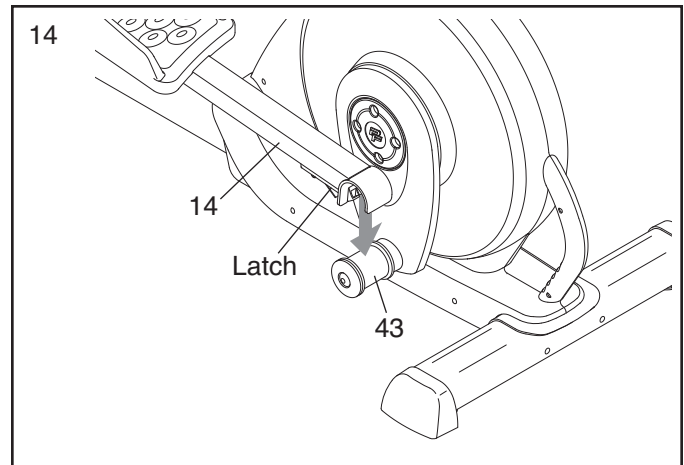


14. Lift the latch on the underside of the Left Pedal Arm (14), and set the Left Pedal Arm on the left Crank Bushing Sleeve (43).

Release the lever, and make sure that the Left Pedal Arm (14) is securely connected to the Crank Bushing Sleeve (43).

**Connect the Right Pedal Arm (not shown) in the same way.**

**See step 5.** Tighten the M8 x 69mm Button Bolt (80) and the two M8 x 23mm Button Screws (84).

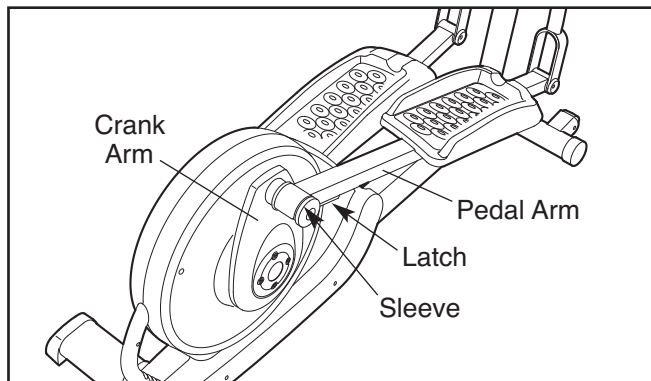


15. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

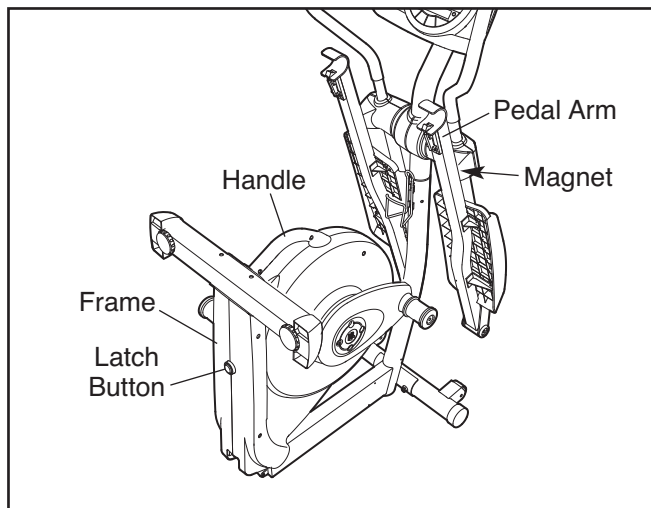
# HOW TO USE THE ELLIPTICAL

## HOW TO FOLD AND UNFOLD THE ELLIPTICAL

When the elliptical 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 they touch the magnets on the upper body legs; the magnets will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks in a vertical position.

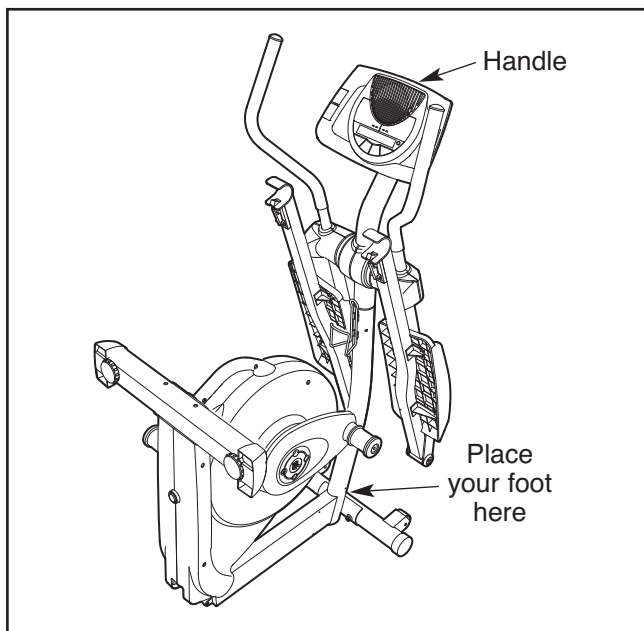


To use the elliptical, first hold the handle, press the latch button, and lower the frame.

Next, pull the pedal arms off the magnets on the upper body legs. 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.

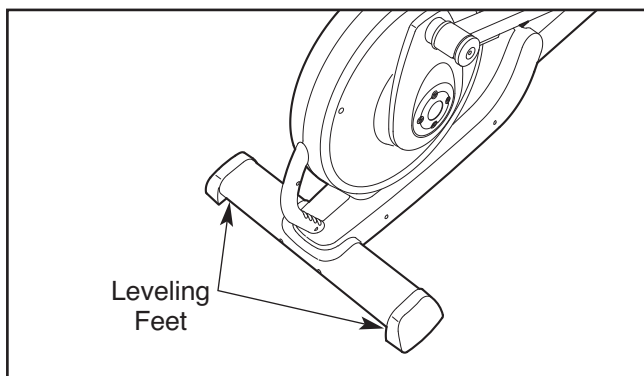
## HOW TO MOVE THE ELLIPTICAL

To move the elliptical, first fold it as described at the left. Next, stand in front of the elliptical, hold the handle in the center of the console, and place one foot against the center of the front stabilizer. Pull the handle until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired position, and then lower it.



## HOW TO LEVEL THE ELLIPTICAL

If the elliptical 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.

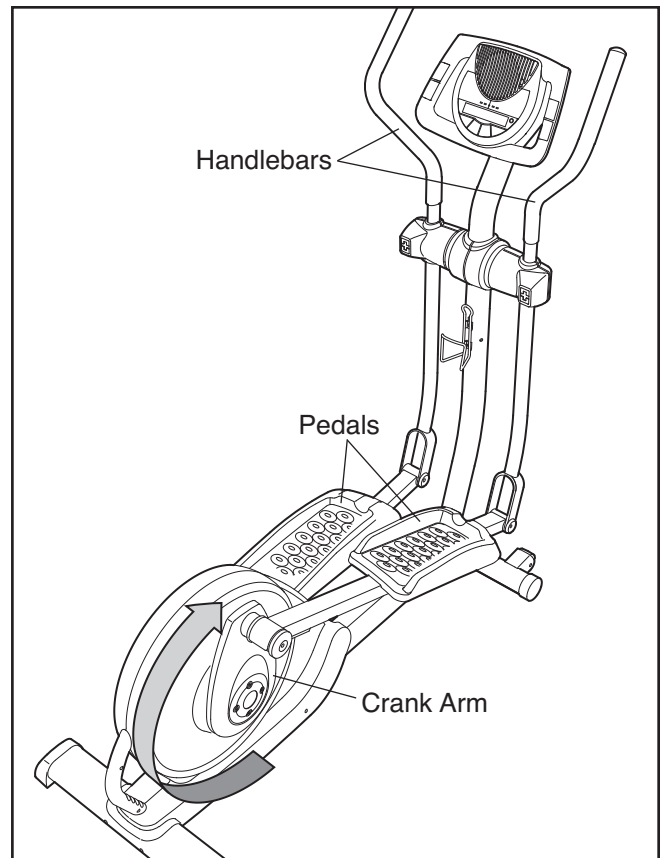


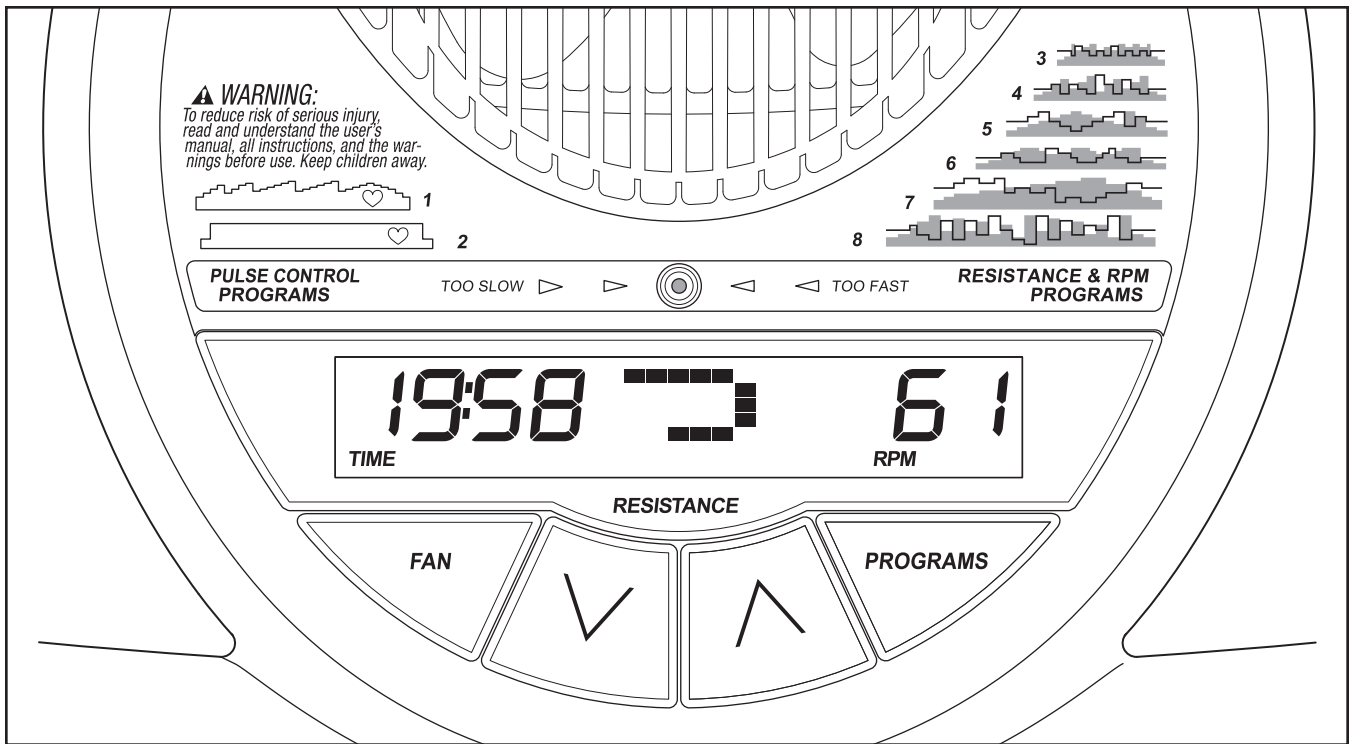
## HOW TO EXERCISE ON THE ELLIPTICAL

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

**Note: The 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, 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 highest pedal first. Then, step off the lowest 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, 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 monitor your heart rate using the handgrip pulse sensor.

The console also offers two pulse control programs and six resistance & rpm programs.

Each pulse control program automatically controls the resistance of the pedals and prompts you to increase or decrease your pedaling pace to keep your heart rate near a target heart rate setting during your workout.

Each resistance & rpm program automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

**To use the manual mode**, see page 16. **To use a pulse control program**, see page 18. **To use a resistance & rpm program**, see page 20.

Note: Before using the console, make sure that batteries are installed (see assembly step 7 on page 9). If there is a sheet of clear plastic on the display, remove the plastic.

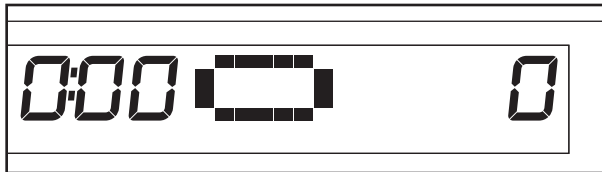
## HOW TO USE THE MANUAL MODE

1. **Press the Resistance decrease button or begin pedaling to turn on the console.**

A moment after the console is turned on, the display will light.

2. **Select the manual mode.**

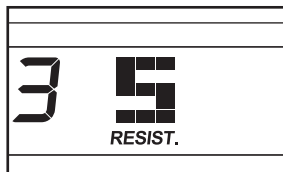
Each time the console is turned on, the manual mode will be selected automatically. If you have selected a program, select the manual mode by pressing the Programs button repeatedly until the display appears as shown below.



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

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons repeatedly. There are ten resistance levels.

Note: After the buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.



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

**The left side of the display**—The left side of the display will show the elapsed time and the approximate number of calories you have burned. Note:

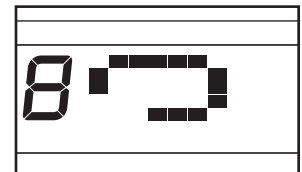
When a preset program is selected (except for pulse program 2), the display will show the time remaining in the program instead of the elapsed time.

The left side of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 17).

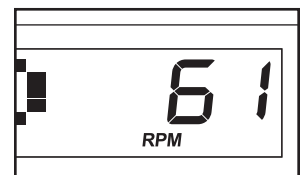


**The center of the display**—When the manual mode is selected, the center of the display will show a track that represents 640 revolutions (1/4 mile or 400 meters). As you exercise, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The center of the display will also show the resistance setting of the pedals for a few seconds each time the resistance setting changes.

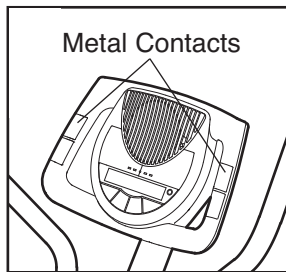


**The right side of the display**—The right side of the display will show the distance (total revolutions) you have pedaled and your pedaling pace (revolutions per minute [rpm]).



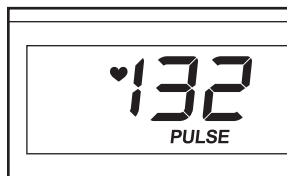
5. Measure your heart rate if desired.

**If there are sheets of 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 heart-shaped symbol will flash in the left side of the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. 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. The display will then show your heart rate along with the other modes.

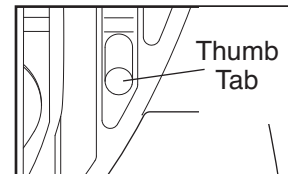
If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

6. Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time.

Note: If the pedals are not moved for a few minutes, the fan will automatically turn off to conserve the batteries.

Pivot the thumb tab on the right side of the fan to adjust the angle of the fan.



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

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

If the pedals are not moved for about five minutes, the console will turn off and the display will be reset.

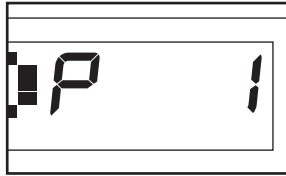
## HOW TO USE A PULSE CONTROL PROGRAM

1. **Press the Resistance decrease button or begin pedaling to turn on the console.**

A moment after the console is turned on, the display will light.

2. **Select one of the pulse control programs.**

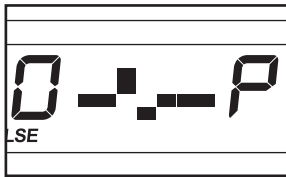
Press the Programs button repeatedly until "P 1" or "P 2" appears in the right side of the display.



**If pulse control program 1 is selected,** a profile of the target heart rate settings of the program will scroll across the center of the display.

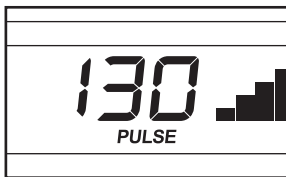


**If pulse control program 2 is selected,** a pulse symbol will appear in the center of the display. Each time a heartbeat is detected while you are using the handgrip pulse sensor, the pulse symbol will reappear.



3. **Enter a target heart rate setting.**

**If pulse control program 1 is selected,** the maximum target heart rate setting of the program will flash in the display. If desired, press the Resistance increase and decrease buttons to change the maximum target heart rate setting (**see EXERCISE INTENSITY on page 23**). If you change the maximum target heart rate setting, the intensity level of the entire program will change.



**If pulse control program 2 is selected,** the target heart rate setting for the program will flash in the display. If desired, press the Resistance increase and decrease buttons to change the target heart rate setting (**see EXERCISE INTENSITY on page 23**).

4. **Hold the handgrip pulse sensor.**

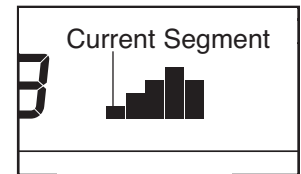
It is not necessary to hold the handgrip pulse sensor continuously during a pulse control program; however, you should hold the handgrip pulse sensor frequently for the program to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. **Begin pedaling to start the program.**

**Pulse control program 1** is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

The target heart rate setting for the first segment will be shown in the flashing Current Segment column in the center of the display.

The target heart rate settings for the next four segments will be shown in the columns to the right.

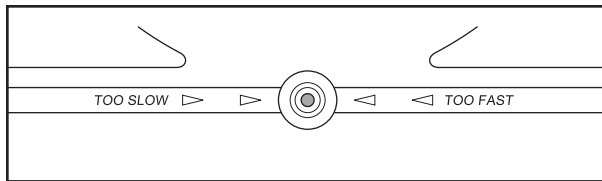


When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

**Pulse control program 2** is divided into 40 one-minute segments. The same target heart rate setting is programmed for all segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

**During both pulse control programs,** the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

After the first minute of the program, the Pace Coach will prompt you to maintain a consistent pedaling pace. When one of the “Too Slow” arrows lights, increase your pace. When the one of the “Too Fast” arrows lights, decrease your pace. When the center indicator lights, maintain your current pace.



**IMPORTANT: The Pace Coach is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**

Note: During the program, you can manually override the resistance setting, if desired, by pressing the increase and decrease buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

**6. Monitor your progress with the display.**

See step 4 on page 16.

**7. Turn on the fan if desired.**

See step 6 on page 17.

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

See step 7 on page 17.

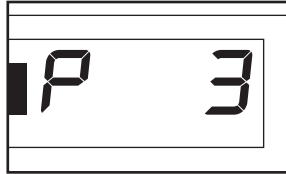
## HOW TO USE A RESISTANCE & RPM PROGRAM

1. **Press the Resistance decrease button or begin pedaling to turn on the console.**

A moment after the console is turned on, the display will light.

2. **Select one of the resistance & rpm programs.**

Press the Programs button repeatedly until "P 3," "P 4," "P 5," "P 6," "P 7," or "P 8" appears in the right side of the display.



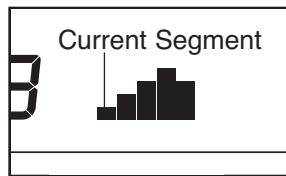
When a resistance & rpm program is selected, a profile of the resistance settings of the program will scroll across the center of the display. The left side of the display will show how long the program will last.

3. **Begin pedaling to start the program.**

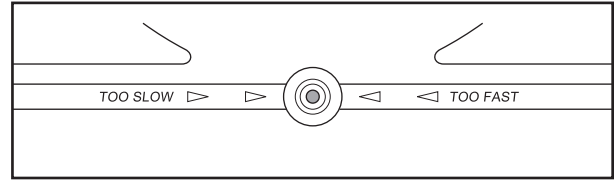
Each program is divided into several one-minute segments. One resistance setting and one pace setting are programmed for each segment. Note: The same resistance setting and/or pace setting may be programmed for consecutive segments.

The resistance setting for the first segment will be shown in the flashing Current Segment column in the center of the display.

(Note: The pace settings are not shown in the display.) The resistance settings for the next four segments will be shown in the columns to the right.



As you exercise, the Pace Coach will help you to keep your pedaling pace near the pace setting for the current segment. When one of the "Too Slow" arrows lights, increase your pace. When the one of the "Too Fast" arrows lights, decrease your pace. When the center indicator lights, maintain your current pace.



**IMPORTANT: The pace settings are intended only to provide motivation. Your actual pace may be slower than the pace settings. Make sure to exercise at a pace that is comfortable for you.**

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all resistance settings will move one column to the left*. The resistance setting for the second segment will then be shown in the flashing Current Segment column, and the resistance of the pedals will change to the resistance setting for the second segment. Note: If all of the indicators in the Current Segment column are lit after the resistance settings have moved to the left, *the resistance settings may move downward* so only the highest indicators appear in the matrix.

The program will continue until the resistance setting for the last segment is shown in the Current Segment column and the last segment ends.

Note: During the program, you can override the resistance setting for the current segment, if desired, by pressing the increase or decrease button. However, when the next segment begins, the resistance will change if a different resistance setting is programmed for the next segment.

If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

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

See step 4 on page 16.

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

See step 5 on page 17.

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

See step 6 on page 17.

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

See step 7 on page 17.

# MAINTENANCE AND TROUBLESHOOTING

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

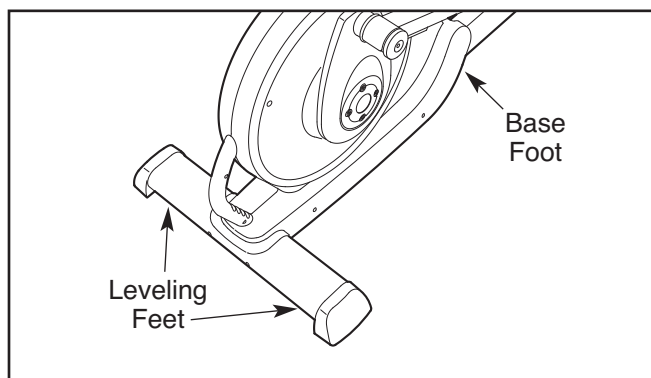
To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## BATTERY REPLACEMENT

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 7 on page 9 for replacement instructions.

## HOW TO LEVEL THE ELLIPTICAL

If the elliptical 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.



## HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands while using the handgrip pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 30 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—**never use alcohol, abrasives, or chemicals.**

## HOW TO ELIMINATE FLEXING IN THE CENTER OF THE ELLIPTICAL

If the elliptical flexes in the center during use, turn the base foot (see the drawing at the left) until the flexing is eliminated.

# EXERCISE GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

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

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

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

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

## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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

# PART LIST—Model No. PFEL5105.0

R0410A

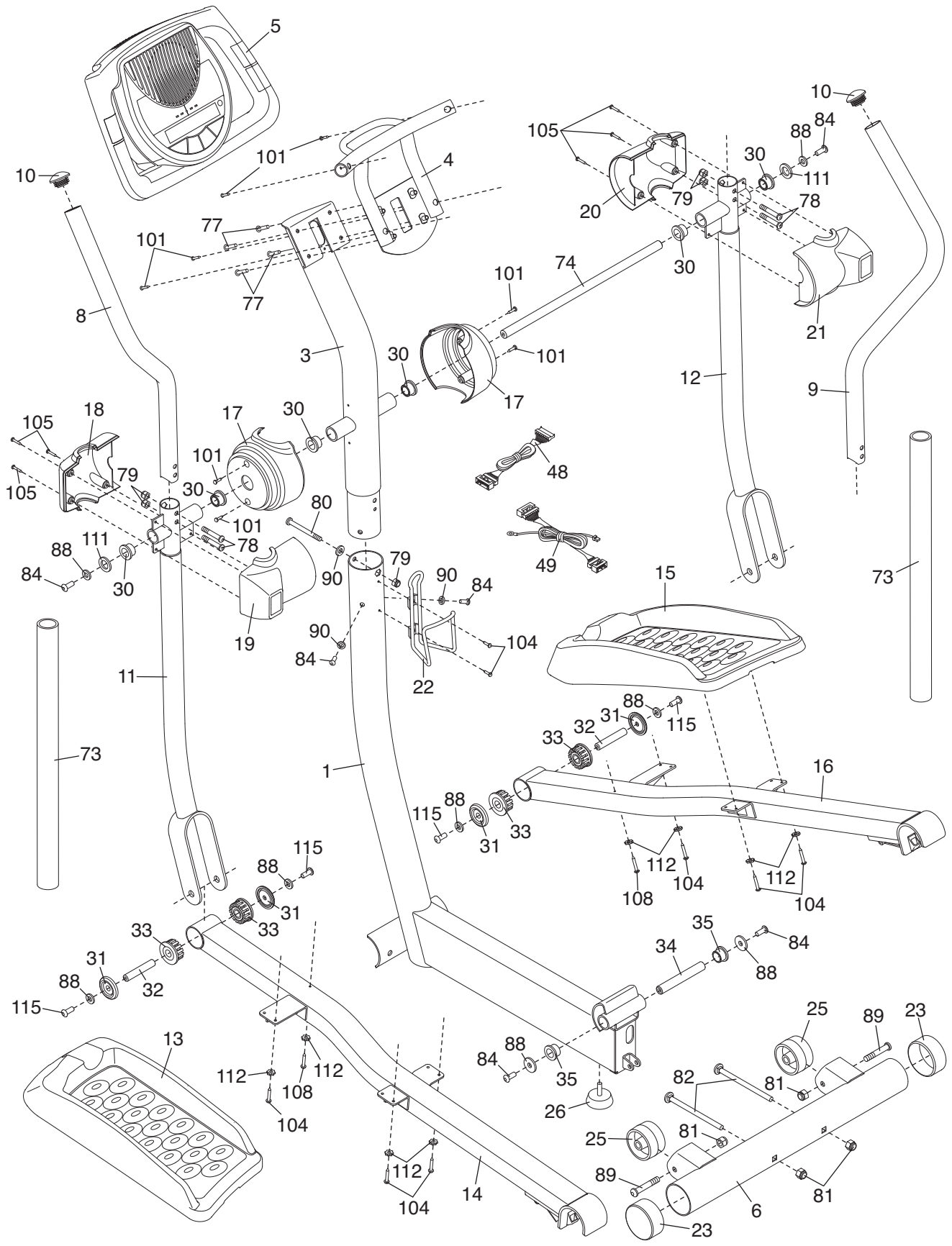
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Drive Belt
2	1	Frame	52	1	Flywheel
3	1	Upright	53	1	C-magnet
4	1	Console Bracket	54	1	Pillow Block
5	1	Console	55	1	Magnet
6	1	Front Stabilizer	56	1	Spring
7	1	Rear Stabilizer	57	1	Idler
8	1	Left Handlebar	58	1	Idler Bracket
9	1	Right Handlebar	59	1	Clamp
10	2	Handlebar Cap	60	1	Reed Switch Bracket
11	1	Left Upper Body Leg	61	1	Base Pin
12	1	Right Upper Body Leg	62	2	Latch Bracket Spacer
13	1	Left Pedal	63	2	Hairpin Cotter Pin
14	1	Left Pedal Arm	64	1	Latch Bracket
15	1	Right Pedal	65	1	Pivot Bracket
16	1	Right Pedal Arm	66	2	Pivot Bracket Spacer
17	2	Upright Cover	67	1	Frame Pin
18	1	Left Front Handlebar Cover	68	1	Latch Button
19	1	Left Rear Handlebar Cover	69	1	Roll Pin
20	1	Right Front Handlebar Cover	70	1	Motor
21	1	Right Rear Handlebar Cover	71	1	Resistance Cable Pulley
22	1	Water Bottle Holder	72	1	Resistance Cable Set
23	2	Front Stabilizer Cap	73	2	Foam Grip
24	2	Rear Stabilizer Cap	74	1	Pivot Axle
25	2	Wheel	75	2	Hub Cover
26	1	Base Foot	76	2	Outer Crank Cover
27	2	Leveling Foot	77	4	M6 x 20mm Button Screw
28	1	Left Shield	78	4	M8 x 43mm Button Bolt
29	1	Right Shield	79	7	M8 Jam Nut
30	6	Upper Body Bushing	80	1	M8 x 69mm Button Bolt
31	4	Pedal Arm Cover	81	4	M10 Locknut
32	2	Pedal Arm Axle	82	2	M10 x 80mm Carriage Bolt
33	4	Pedal Arm Bushing	83	2	M10 x 127mm Button Screw
34	1	Base Axle	84	6	M8 x 23mm Button Screw
35	2	Base Bushing	85	1	M6 x 10mm Button Screw
36	2	Crank Arm	86	2	Crank Screw
37	2	Inner Crank Cover	87	8	Hub Screw
38	2	Crank Hub	88	10	M8 Washer
39	1	Pulley Spacer	89	2	M10 x 60mm Button Screw
40	1	Pulley	90	3	M8 Split Washer
41	2	Crank Bushing Cover	91	1	Flywheel Spacer
42	4	Crank Bushing	92	1	Flywheel Washer
43	2	Crank Bushing Sleeve	93	1	Flywheel Snap Ring
44	2	Crank Bearing Set	94	4	Pillow Block Screw
45	1	Crank	95	1	Stop Screw
46	1	Crank Spacer	96	1	M8 x 35mm Screw
47	2	Crank Snap Ring	97	1	E-clip
48	1	Upper Wire Harness	98	4	Pulley Screw
49	1	Lower Wire Harness	99	2	Crank Washer
50	1	Reed Switch/Wire	100	2	M4 x 25mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	8	M4 x 16mm Round Head Screw	111	2	Wave Washer
102	4	Motor Washer	112	8	Star Washer
103	27	M4 x 16mm Screw	113	1	M10 Washer
104	8	M4 x 14mm Screw	114	1	M6 Nut
105	6	M4 x 32mm Round Head Screw	115	4	M8 x 23mm Shoulder Screw
106	2	M8 x 31mm Shoulder Screw	116	2	Flywheel Bracket
107	4	M4 x 12mm Screw	*	–	Assembly Tool
108	2	M4 x 45mm Screw	*	–	Grease Packet
109	2	Large Wave Washer	*	–	User's Manual
110	2	M8 Small Washer			

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. PFEL5105.0

R0410A





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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. Parts and labor are warranted for 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 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**