

# PRO-FORM<sup>®</sup>

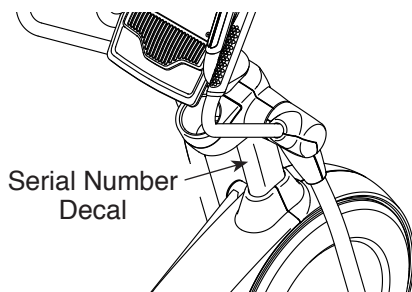
## ENDURANCE 720 E

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

Model No. PFEL57916.1

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

Write the serial number in the space above for reference.



### ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [www.proformservice.com/registration](http://www.proformservice.com/registration).

### CUSTOMER CARE

For service at any time, go to [www.proformservice.com](http://www.proformservice.com).

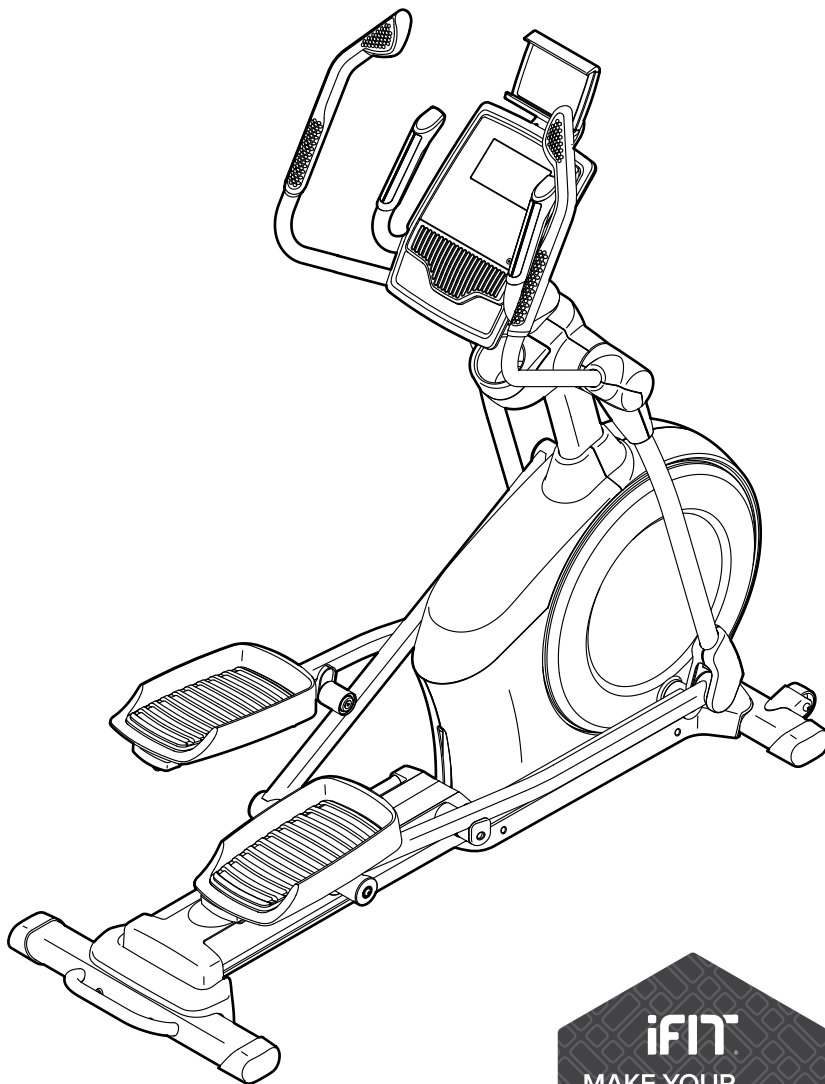
Or call 1-888-533-1333  
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

### ⚠ CAUTION

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

## USER'S MANUAL



# TABLE OF CONTENTS

WARNING DECAL PLACEMENT ..... 2

IMPORTANT PRECAUTIONS..... 3

BEFORE YOU BEGIN..... 6

PART IDENTIFICATION CHART..... 7

ASSEMBLY..... 8

HOW TO USE THE ELLIPTICAL..... 17

FCC INFORMATION..... 26

MAINTENANCE AND TROUBLESHOOTING..... 27

EXERCISE GUIDELINES..... 30

PART LIST..... 31

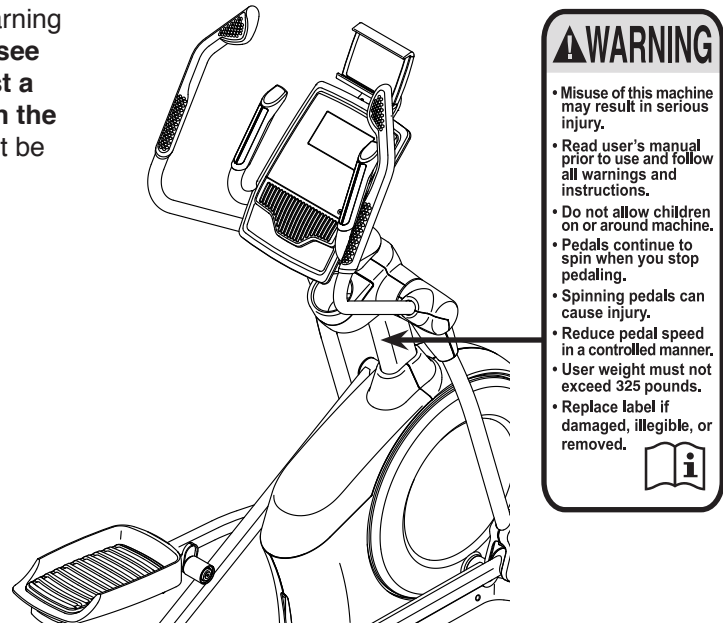
EXPLODED DRAWING..... 33

ORDERING REPLACEMENT PARTS ..... Back Cover

LIMITED WARRANTY..... Back Cover

## 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.



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# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
4. Use the elliptical only as described in this manual.
5. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
6. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
7. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
8. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.
9. When connecting the power cord, plug the power cord into a grounded circuit.
10. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
11. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
12. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
13. Keep children under age 13 and pets away from the elliptical at all times.
14. The elliptical should not be used by persons weighing more than 325 lbs. (147 kg).
15. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
16. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
17. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

**18. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.**

**20. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

**19. Keep your back straight while using the elliptical; do not arch your back.**

**SAVE THESE INSTRUCTIONS**

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



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

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

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

## PREVENTIVE MAINTENANCE SERVICE PLANS

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

Features:

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

## STANDARD SERVICE PLANS

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

Features:

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

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



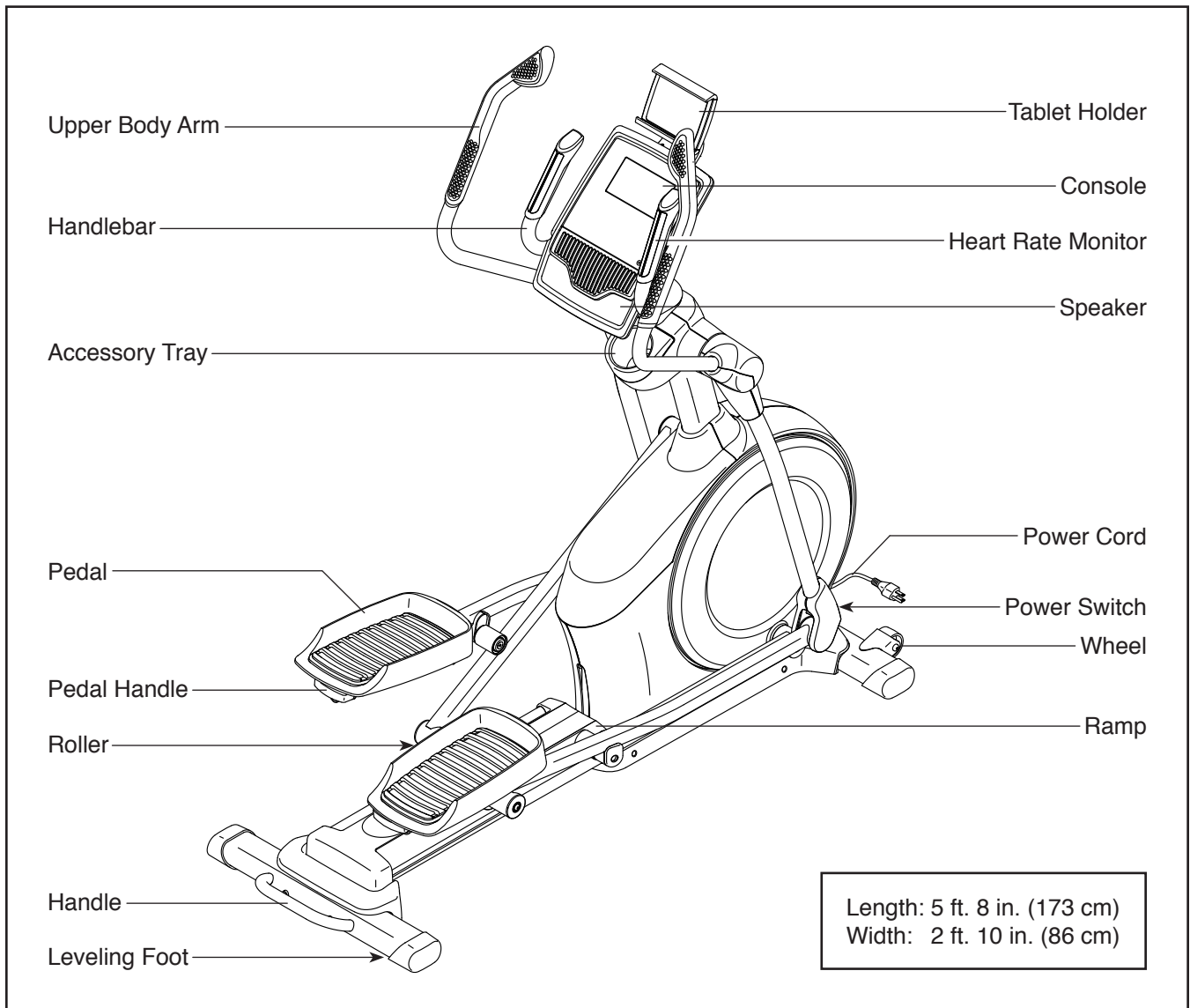
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® ENDURANCE 720 E elliptical. The ENDURANCE 720 E elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

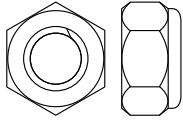
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

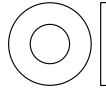


# PART IDENTIFICATION CHART

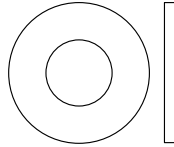
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



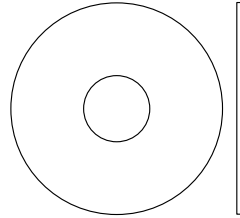
M8 Locknut  
(102)-4



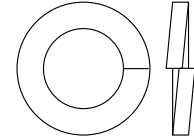
M5 Washer  
(94)-2



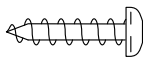
M8 Washer  
(97)-4



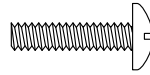
M8 x 28mm  
Washer (140)-2



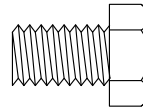
M10 Split  
Washer (105)-8



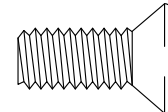
M4 x 16mm  
Screw (101)-16



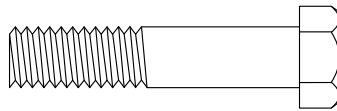
M4 x 16mm  
Machine  
Screw (111)-4



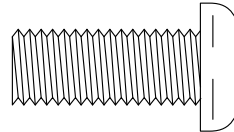
M8 x 13mm  
Screw (82)-6



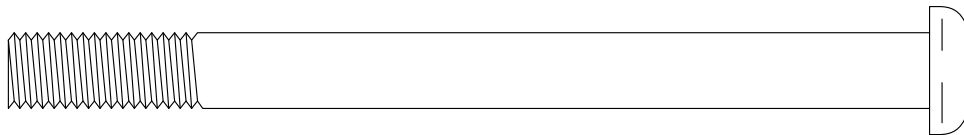
M8 x 20mm  
Screw (126)-2



M8 x 38mm Bolt  
(96)-4



M10 x 25mm  
Screw (99)-4



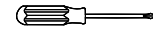
M10 x 122mm  
Screw (104)-4

# ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 7.

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

one Phillips screwdriver



two adjustable wrenches



one rubber mallet

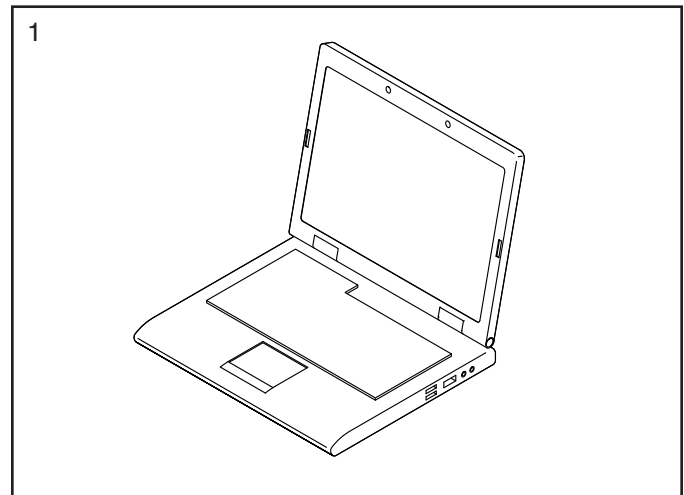


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

## 1. Go to [www.proformservice.com/registration](http://www.proformservice.com/registration) on your computer and register your product.

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

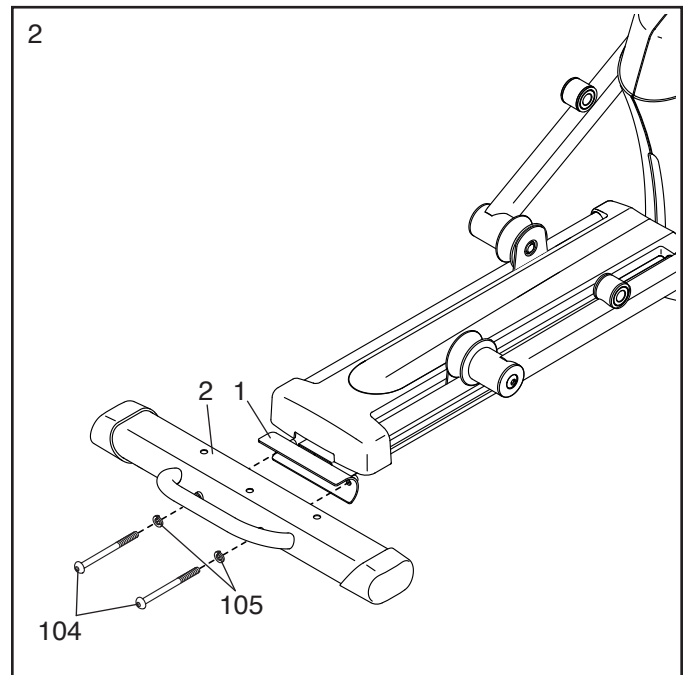
Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



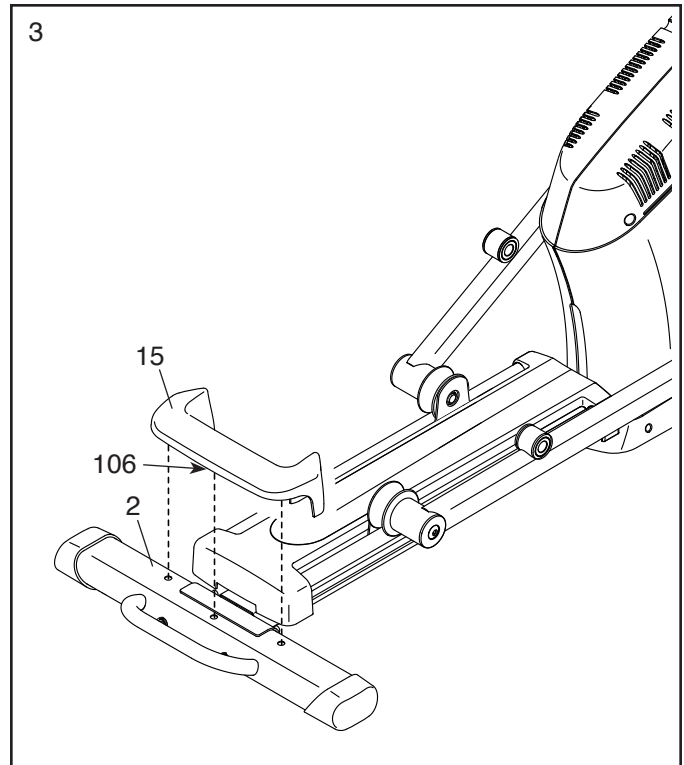
## 2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

Then, remove the packing materials from under the rear of the Frame (1).



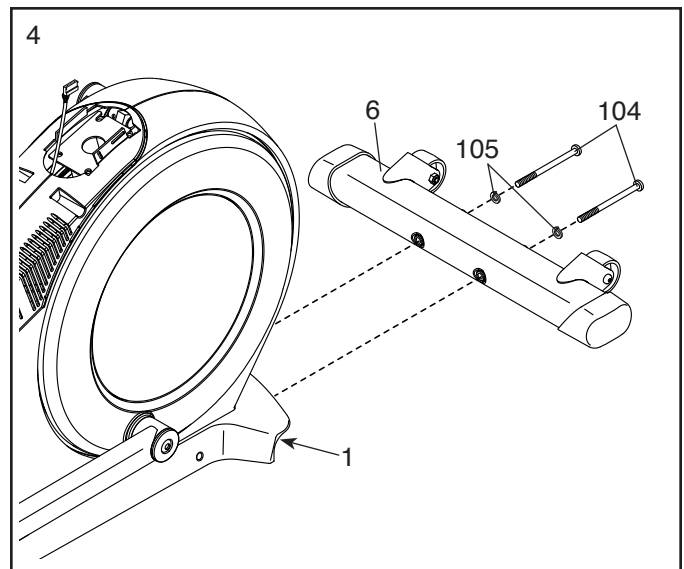
3. Press the Cover Mounts (106) on the underside of the Rear Stabilizer Cover (15) into the Rear Stabilizer (2).



4. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

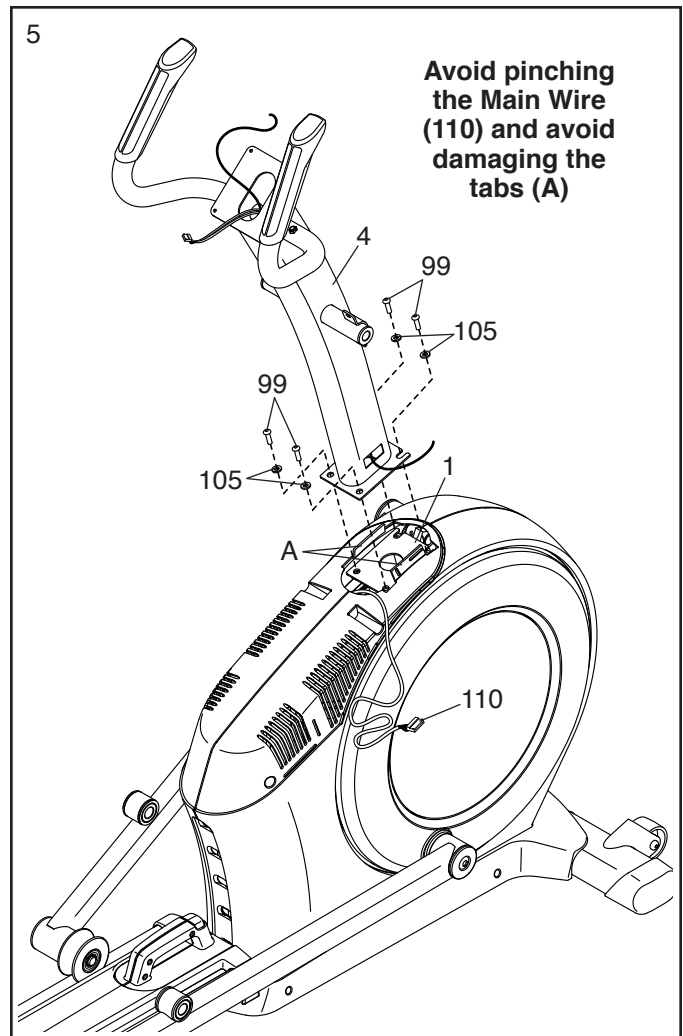
Attach the Front Stabilizer (6) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

Then, remove the packing materials from under the front of the Frame (1).



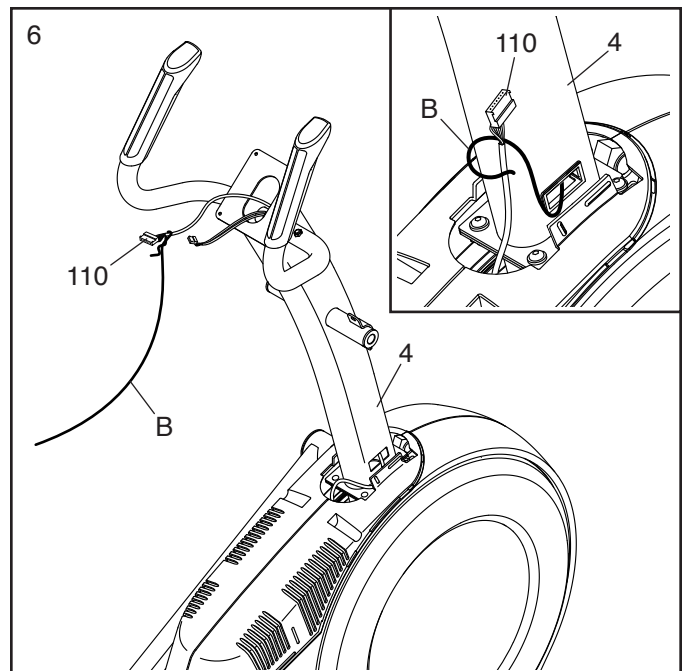
5. **Tip: Avoid pinching the Main Wire (110). Avoid damaging the indicated plastic tabs (A).** Have a second person hold the Upright (4) on the Frame (1).

Attach the Upright (4) with four M10 x 25mm Screws (99) and four M10 Split Washers (105); **start all the Screws, and then tighten them.**



6. **See the inset drawing.** Locate the wire tie (B) in the lower end of the Upright (4). Tie the wire tie to the Main Wire (110). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright.

**Tip: To prevent the Main Wire (110) from falling into the Upright (4), secure the Main Wire with the wire tie (B).**



7. Using a plastic bag to keep your fingers clean, apply some of the included grease to the Pivot Axle (35).

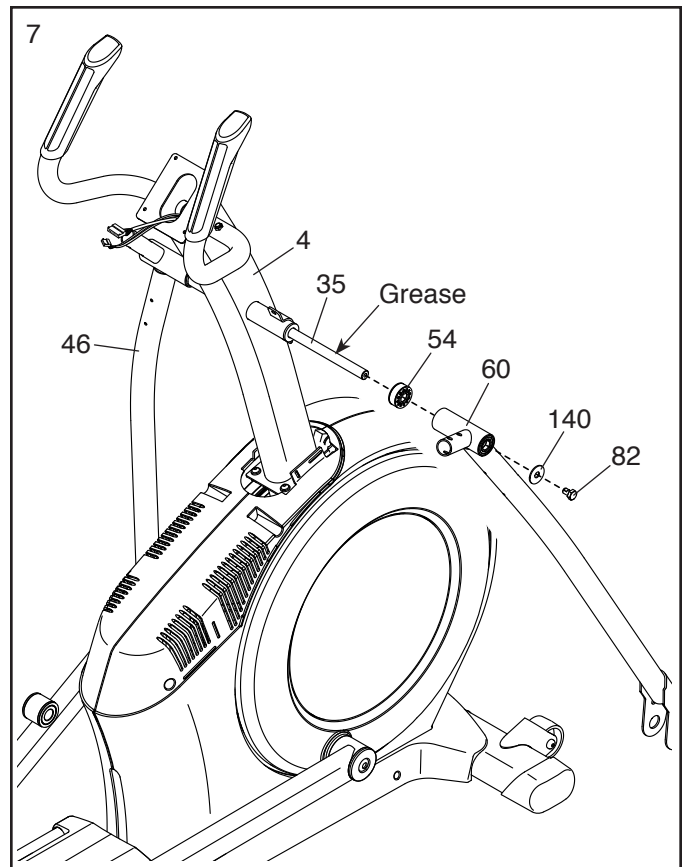
Insert the Pivot Axle (35) through the Upright (4) and center it. **Tip: It may be helpful to use a rubber mallet.**

Next, slide a Pivot Spacer (54) onto the right side of the Pivot Axle (35).

Then, identify the Right Upper Body Leg (60), orient it as shown, and slide it onto the right side of the Pivot Axle (35).

**Repeat these actions for the Left Upper Body Leg (46).**

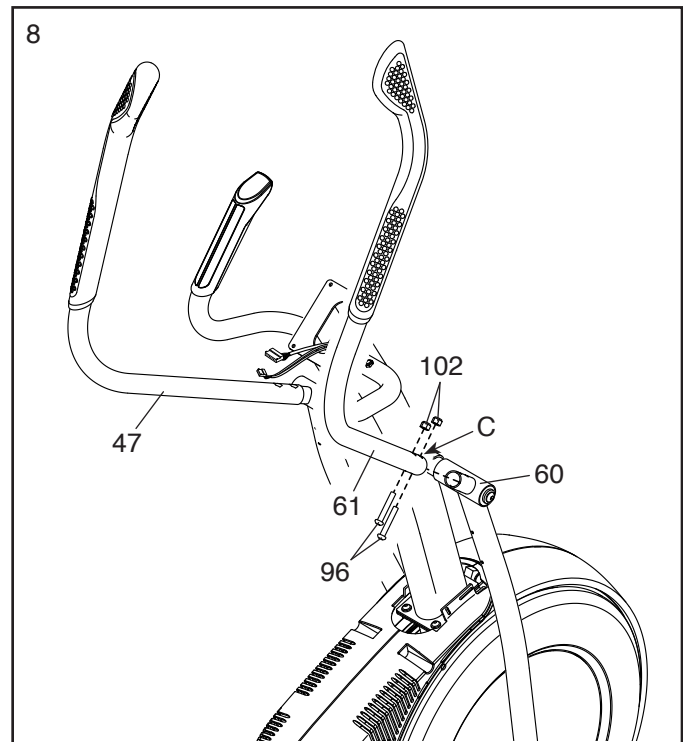
Then, tighten an M8 x 13mm Screw (82) and an M8 x 28mm Washer (140) into each end of the Pivot Axle (35) **at the same time.**



8. Identify the Right Upper Body Arm (61), orient it as shown, and slide it onto the Right Upper Body Leg (60).

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

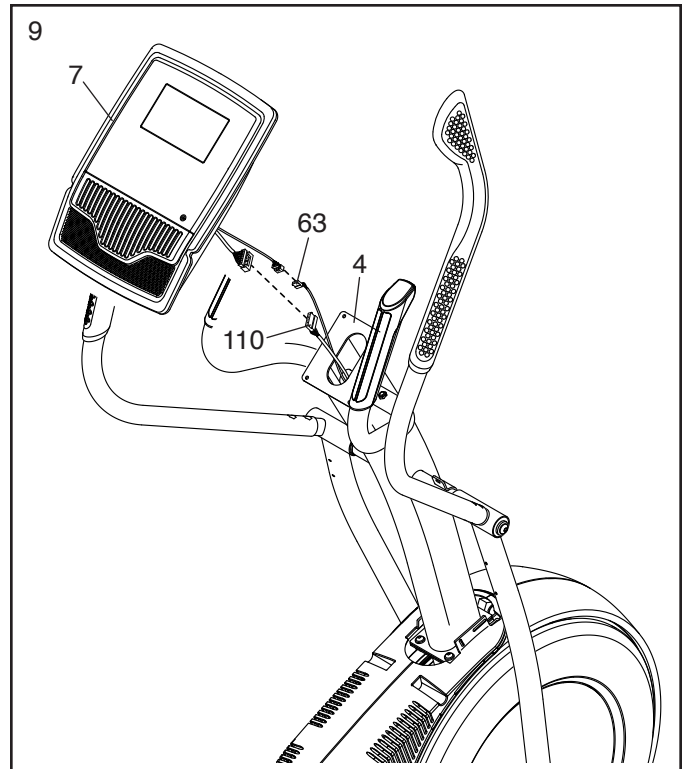
**Repeat this step for the Left Upper Body Arm (47).**



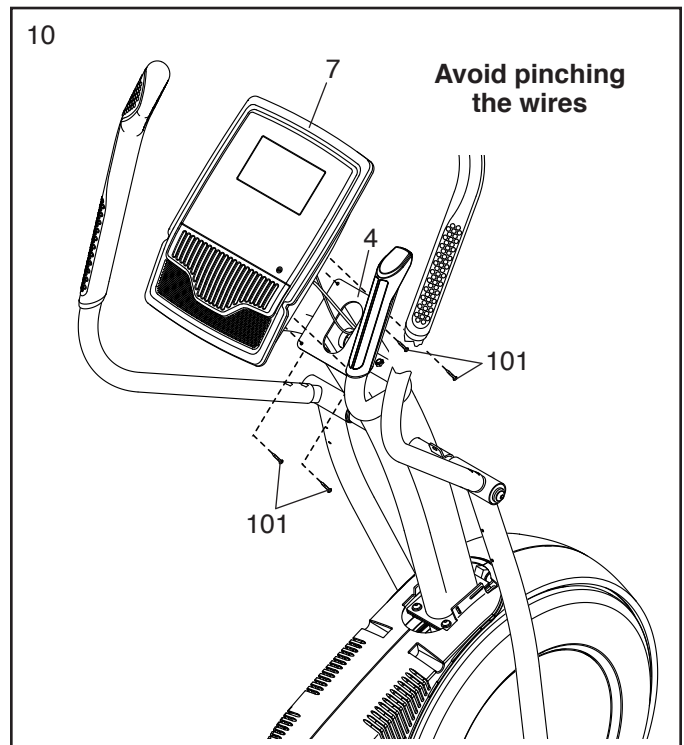
9. Untie and discard the wire tie on the Main Wire (110).

While a second person holds the Console (7) near the Upright (4), connect the wires on the Console to the Main Wire (110) and to the Sensor Wires (63).

Insert the excess wire into the Upright (4).



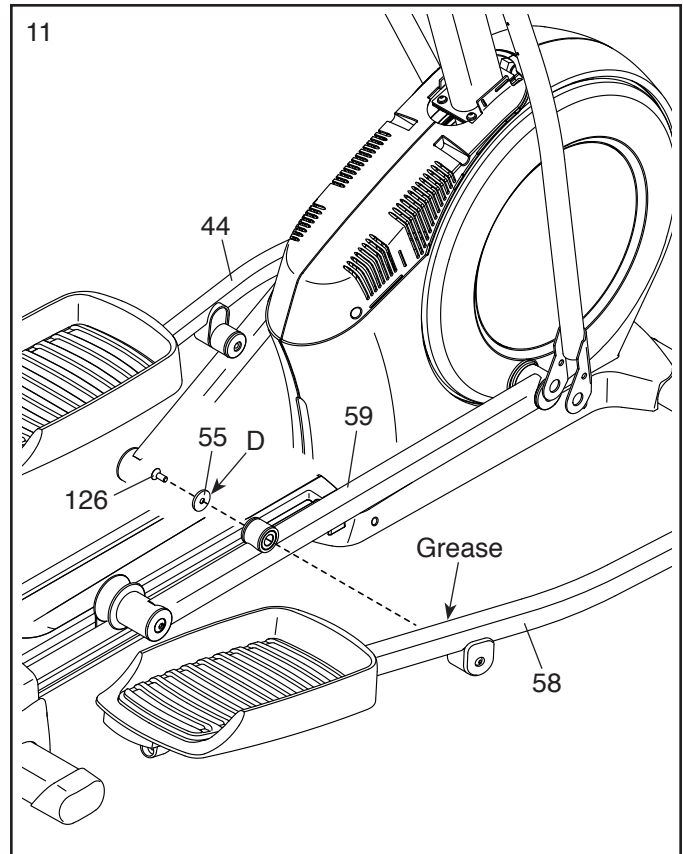
10. **Tip: Avoid pinching the wires.** Attach the Console (7) to the Upright (4) with four M4 x 16mm Screws (101); **start all the Screws, and then tighten them.**



11. Orient the Right Pedal Arm (58) as shown, and then apply grease to the axle.

Attach the Right Pedal Arm (58) to the Right Roller Arm (59) with an M8 x 20mm Screw (126) and a Retainer (55); **make sure that the flat side (D) of the Retainer is facing the Right Roller Arm.**

**Repeat this step for the Left Pedal Arm (44).**



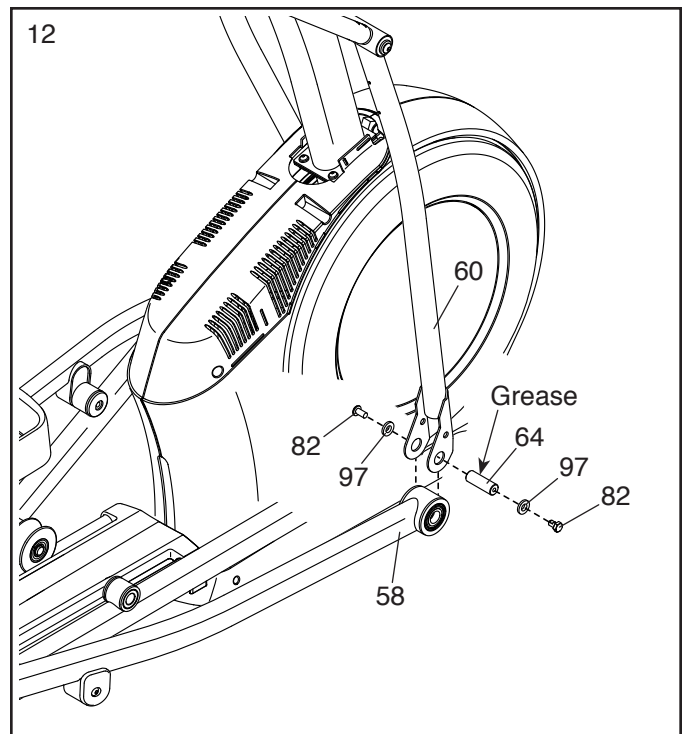
12. Apply grease to one of the Pedal Arm Axles (64).

Next, slide an M8 Washer (97) onto an M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64).

While a second person holds the front end of the Right Pedal Arm (58) inside the bracket on the Right Upper Body Leg (60), insert the Pedal Arm Axle (64) into both parts.

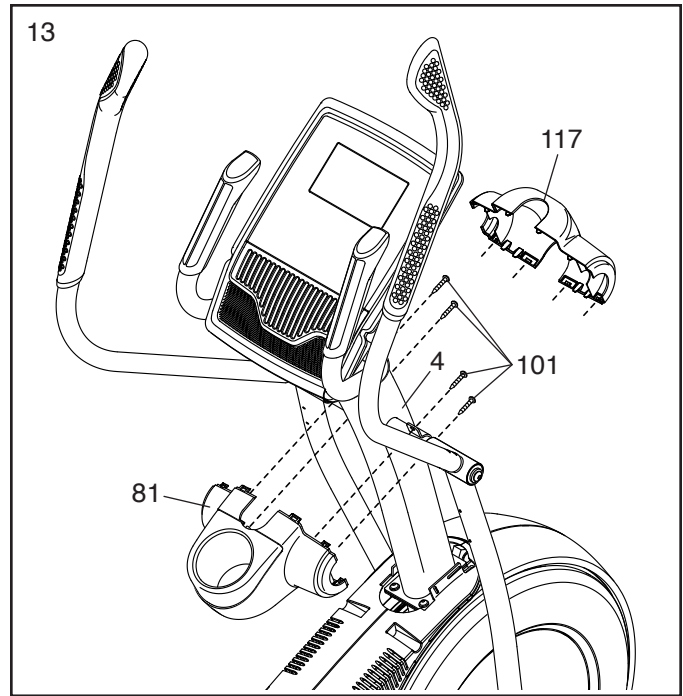
Next, slide an M8 Washer (97) onto another M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64). **Then, tighten both Screws at the same time.**

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



13. Orient the Rear Upright Cover (81) as shown and attach it to the Upright (4) with four M4 x 16mm Screws (101); **start all the Screws, and then tighten them.**

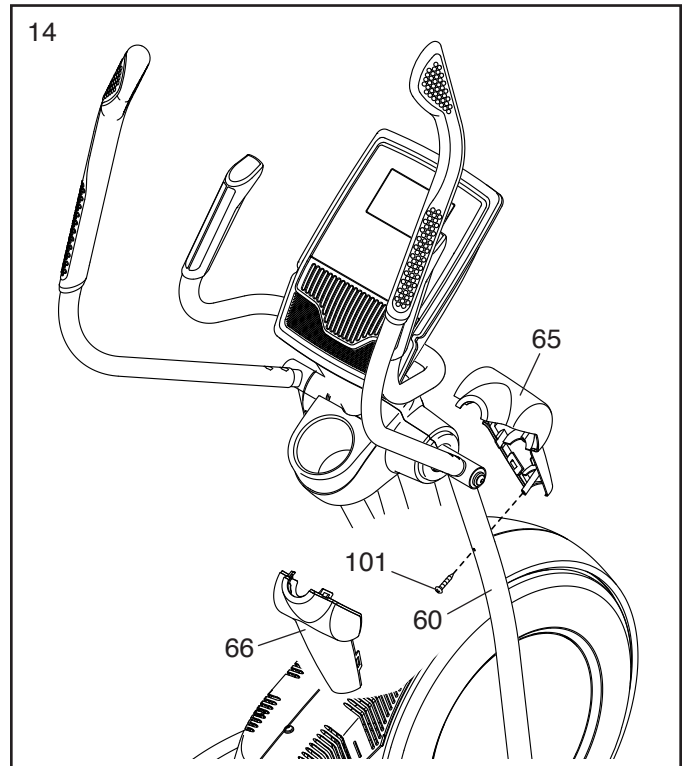
Next, orient the Front Upright Cover (117) as shown and press it onto the Rear Upright Cover (81).



14. Identify the Right Arm Front Cover (65), orient it as shown, and attach it to the Right Upper Body Leg (60) with an M4 x 16mm Screw (101).

Next, identify the Right Arm Rear Cover (66), orient it as shown, and press it onto the Right Arm Front Cover (65).

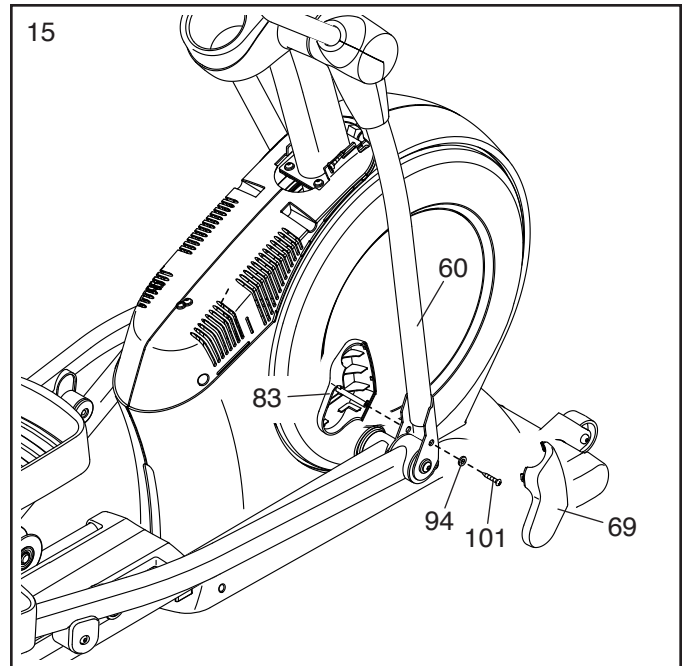
**Repeat this step on the other side of the elliptical.**



15. Identify the Right Leg Inner Cover (83), orient it as shown, and attach it to the Right Upper Body Leg (60) with an M4 x 16mm Screw (101) and an M5 Washer (94).

Next, identify the Right Leg Outer Cover (69), orient it as shown, and press it onto the Right Leg Inner Cover (83).

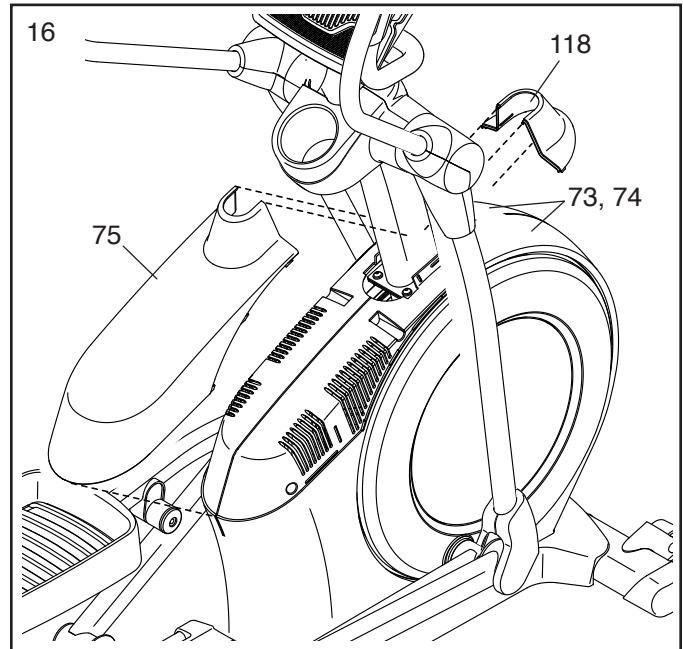
**Repeat this step on the other side of the elliptical.**



16. Orient the Shield Cover Cap (118) and the Shield Cover (75) as shown.

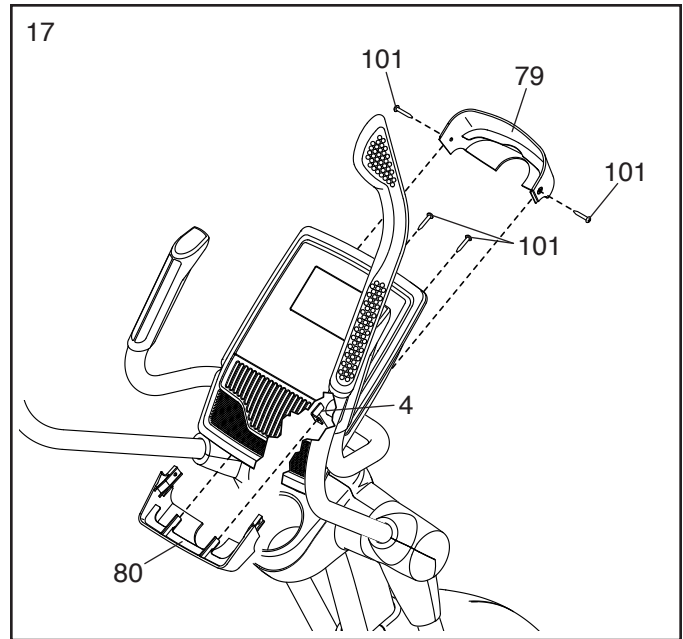
First, press the Shield Cover Cap (118) into the Left and Right Shields (73, 74).

Then, press the Shield Cover (75) into the Left and Right Shields (73, 74).

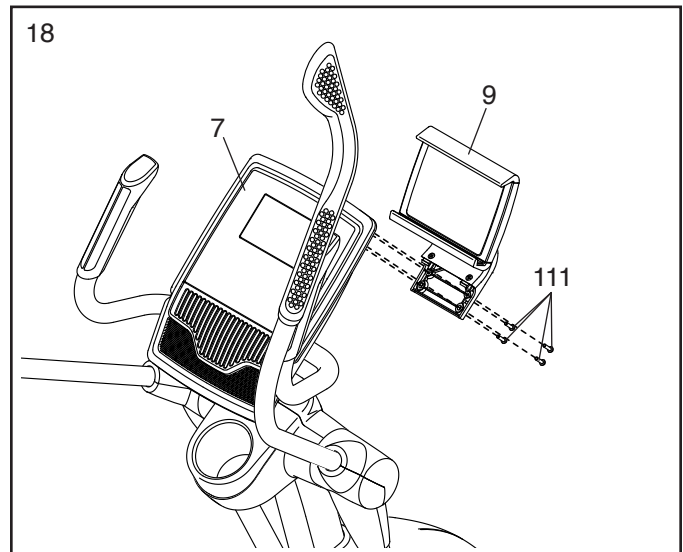


17. Orient the Rear Console Cover (80) as shown, and attach it to the Upright (4) with two M4 x 16mm Screws (101).

Next, orient the Front Console Cover (79) as shown, and attach it to the Rear Console Cover (80) with two M4 x 16mm Screws (101).



18. Attach the Tablet Holder (9) to the Console (7) with four M4 x 16mm Machine Screws (111); **start all the Machine Screws, and then tighten them.**



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

# HOW TO USE THE ELLIPTICAL

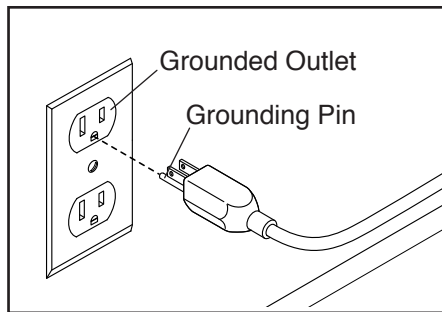
## HOW TO PLUG IN THE POWER CORD

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

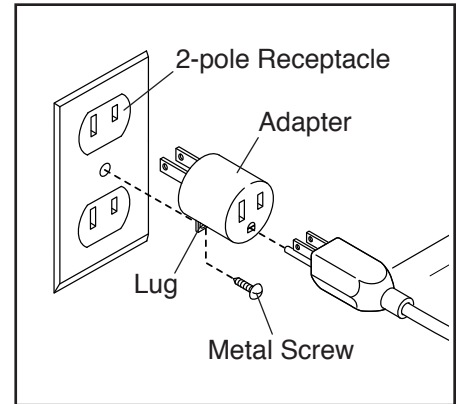
**⚠ DANGER:** Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**The outlet must be on a nominal 120-volt circuit.**



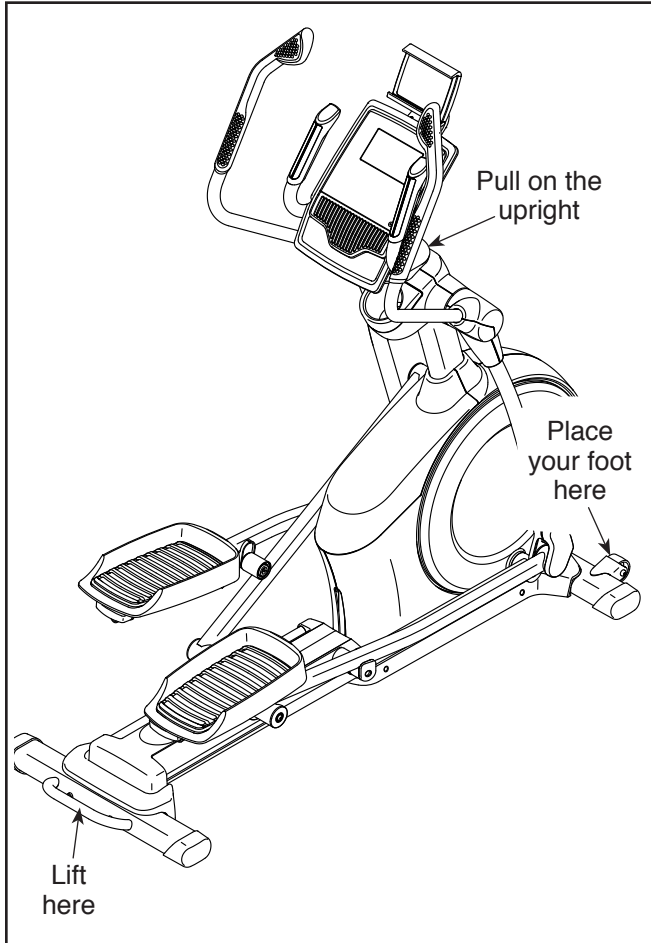
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.



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

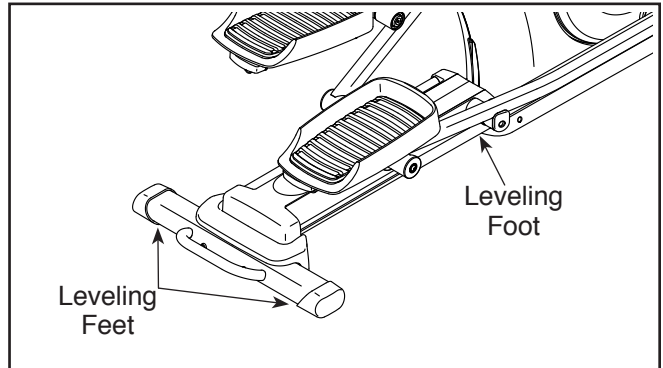
## HOW TO MOVE THE ELLIPTICAL

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



## HOW TO LEVEL THE ELLIPTICAL

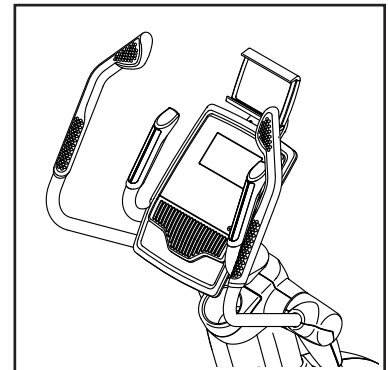
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear of the frame or turn the leveling foot under the center of the frame until the rocking motion is eliminated.



## HOW TO USE THE TABLET HOLDER

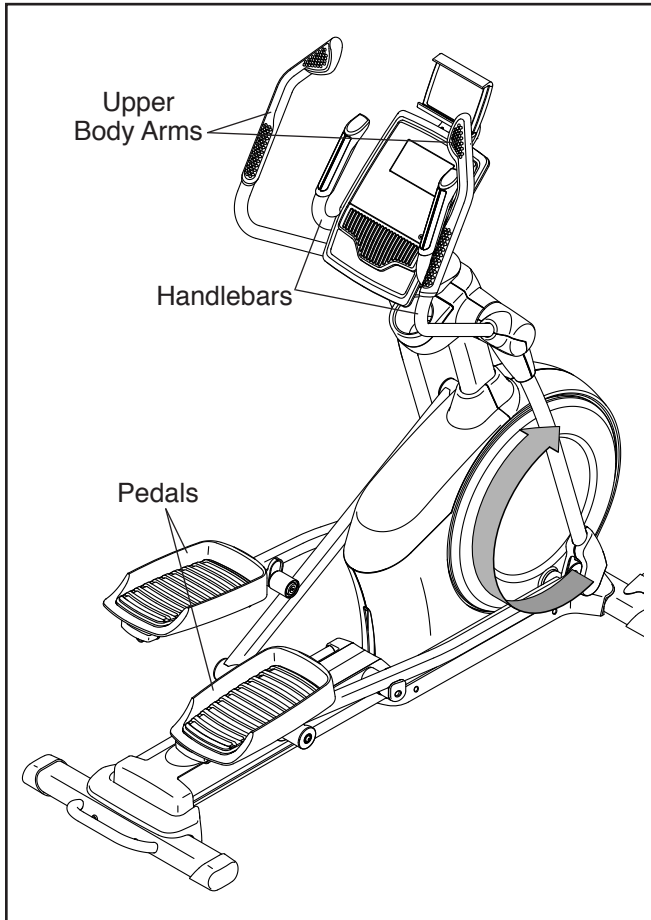
**IMPORTANT:** The tablet holder is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.** Rotate the tablet holder to the desired angle. Reverse these actions to remove the tablet from the tablet holder.



## HOW TO EXERCISE ON THE ELLIPTICAL

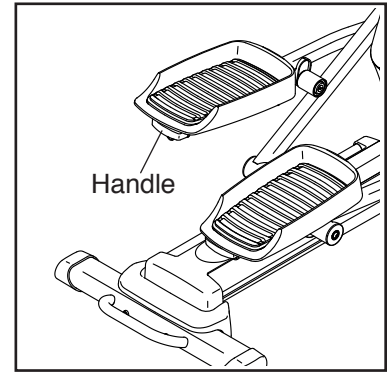
To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn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

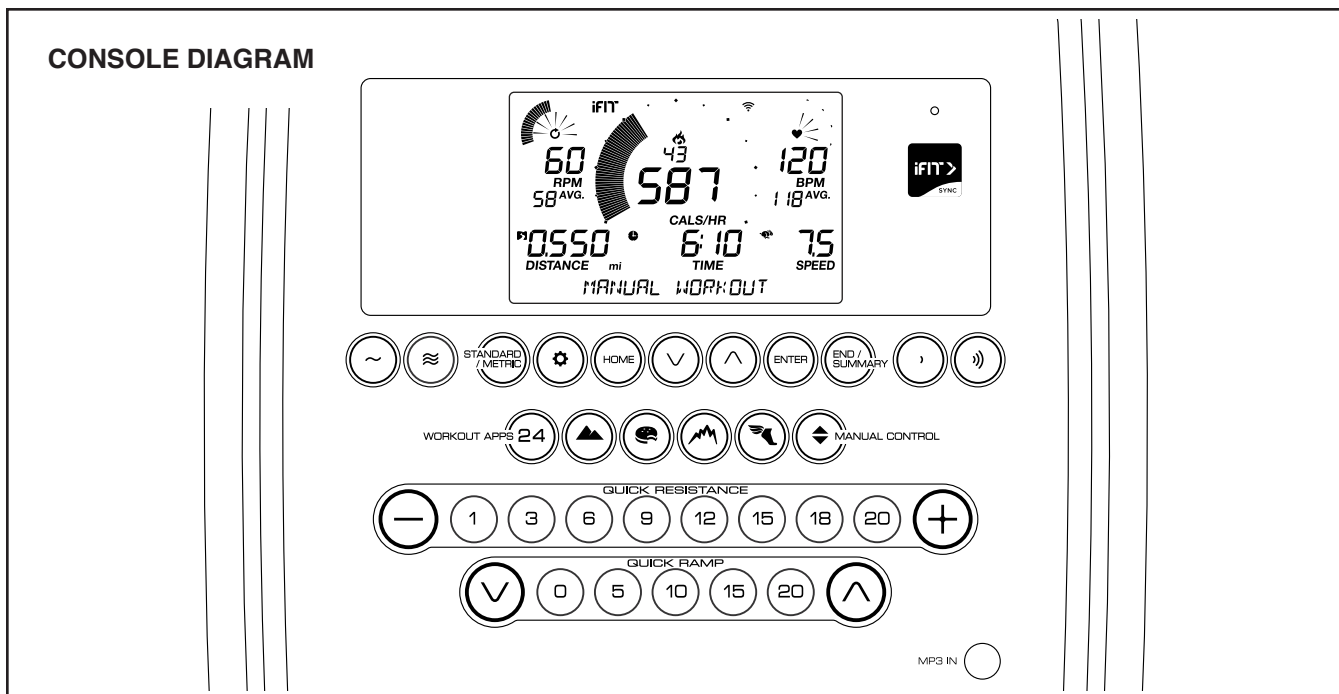


To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

## HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. **Make sure to adjust both pedals to the same position.**





## FEATURES OF THE CONSOLE

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

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

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 26 for information about purchasing an optional chest heart rate monitor.**

You can also connect your tablet to the console and use an iFit® app to record and track your workout information.

The console also offers a selection of onboard workouts. Each workout automatically changes the

resistance of the pedals as it guides you through an effective workout.

You can even connect your personal audio 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 21. **To use the manual mode**, see page 21. **To use an onboard workout**, see page 24. **To connect your tablet to the console**, see page 25. **To connect your heart rate monitor to the console**, see page 25. **To use the sound system**, see page 25. **To change console settings**, see page 26.

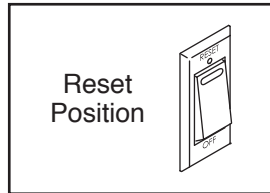
Note: If there is a sheet of plastic on the display, remove the plastic.

Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, press the Standard/Metric button repeatedly. For simplicity, all instructions in this section refer to miles.

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you turn 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 17). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



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

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

**IMPORTANT:** If the incline system does not calibrate automatically, see step 3 on page 26 and manually calibrate the incline system.

## 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 on page 21.

2. **Select the manual mode.**

Press the Manual Control button to select the manual mode.

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 Quick Resistance increase and decrease buttons or by pressing one of the numbered Quick Resistance buttons.

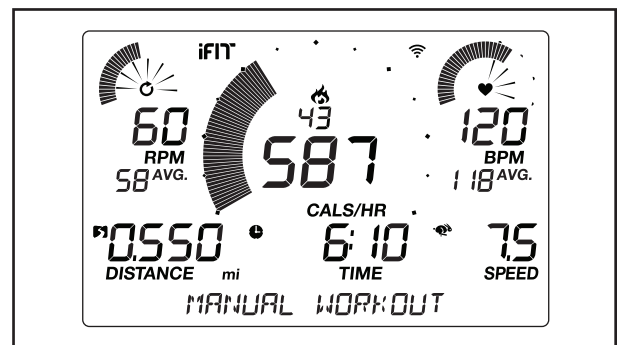
**Note:** After you press a button, it will take a moment for the pedals to reach the selected resistance level.

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline level, press the Quick Ramp increase and decrease buttons or one of the numbered Quick Ramp buttons.

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

## 4. Follow your progress with the displays.

The display can show the following workout information:



**Calories (flame icon)**—When the manual mode is selected, this display will show the approximate number of calories you have burned. When an onboard workout is selected, this display will show either the approximate number of calories remaining to be burned or the approximate number of calories you have burned.

**Calories per Hour (Cals/Hr)**—This display will show the approximate number of calories you are burning per hour.

**Distance**—This display will show the distance that you have pedaled in miles (mi) or kilometers (km).

**Incline**—This display will show the incline level of the ramp.

**Pulse (BPM)**—This display will show your heart rate in beats per minute (bpm) when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).

**Pulse Average (BPM AVG)**—This display will show your average heart rate in beats per minute (bpm) when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).

**Resistance**—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

**RPM**—This display will show your pedaling speed in revolutions per minute (rpm).

**RPM Average (RPM AVG)**—This display will show your average pedaling speed in revolutions per minute (rpm).

**Speed**—This display will show your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the Standard/Metric button repeatedly.

**Time**—When the manual mode is selected, this display will show the elapsed time. When an onboard workout is selected, this display will show either the time remaining in the workout or the elapsed time.

**Watts**—This display will show your approximate power output in watts.

**Average Watts (AVG)**—This display will show your approximate average power output in watts for the workout.

#### Scan Mode and Priority

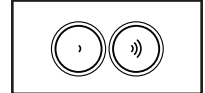
**Mode**—The calories and watts displays will appear in an alternating cycle (scan mode). To select either the calories or the watts display for continuous display (priority mode), press the increase or decrease button next to the Enter button repeatedly until the desired display appears. To return to the scan mode, press the increase button repeatedly until the word SCAN appears.



Press the Home button to exit the workout and return to the main menu. If necessary, press the Home button again.

Press the End/Summary button to end the workout and view a workout summary. The workout summary will appear in the displays for several seconds.

Change the volume level of the console by pressing the volume increase and decrease buttons.

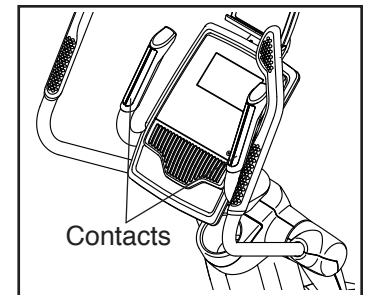


#### 5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (see page 26 for information about the optional chest heart rate monitor). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

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

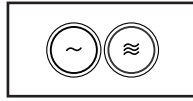
If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, your heart rate will appear in the display. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

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

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your exercise intensity increases or decreases. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about 30 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, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

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

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

## HOW TO USE AN ONBOARD WORKOUT

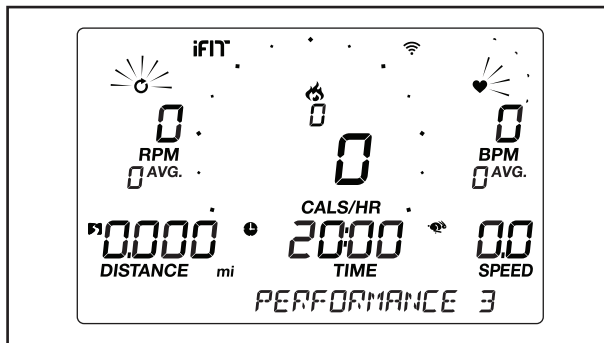
### 1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 21.

### 2. Select an onboard workout.

To select an onboard workout, press the desired Workout Apps button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the name of the workout and the duration of the workout or the number of calories to be burned.



The maximum speed and the maximum resistance level for the workout will also appear in the display.

### 3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level, one ramp level, and one target speed is programmed for each segment. Note: The same resistance level, ramp level, and/or target speed may be programmed for consecutive segments. Some onboard workouts may not have ramp levels programmed.

At the end of each segment of the workout, a series of tones will sound. If a different resistance level, ramp level, and/or target speed is programmed for the next segment, the resistance level, ramp level, and/or target speed will appear

in the display for a few seconds to alert you. The resistance of the pedals and/or the incline level of the ramp will then change.

As you exercise, keep your pedaling speed near the target speed for the current segment.

**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 or the ramp level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons or the Quick Ramp buttons. **IMPORTANT: When the current segment of the workout ends, the pedals and the ramp will automatically adjust to the resistance level and the ramp level programmed for the next segment.**

The workout will continue in this way until the last segment ends. To pause the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

To end the workout, press the End/Summary button. A summary of the workout will appear in the displays for several seconds.

### 4. Follow your progress with the displays.

See step 4 on page 21.

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

See step 5 on page 22.

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

See step 6 on page 23.

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

See step 7 on page 23.

## HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports BLUETOOTH connections to tablets via the iFit app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

### 1. Download and install the iFit app on your tablet.

On your iOS® or Android™ tablet, open the App Store<sup>SM</sup> or the Google Play™ store, search for the free iFit app, and then install the app on your tablet. **Make sure that the BLUETOOTH option is enabled on your tablet.**

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

### 2. Connect your tablet to the console.

Follow the instructions in the iFit app to connect your tablet to the console.

When a connection is established, the LED on the console will flash blue. Press the iFit Sync button on the console to confirm the connection; the LED on the console will then turn solid blue.

### 3. Record and track your workout information.

Follow the instructions in the iFit app to record and track your workout information.

### 4. Disconnect your tablet from the console if desired.

To disconnect your tablet from the console, press and hold the iFit Sync button on the console for 5 seconds.

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

## HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

To connect your BLUETOOTH Smart heart rate monitor to the console, press the iFit Sync button on the console. When a connection is established, the LED on the console will flash red twice.

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

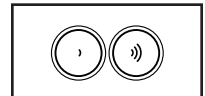
To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console for 5 seconds.

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

## HOW TO USE THE SOUND SYSTEM

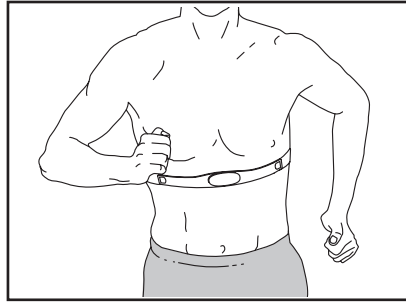
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

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



## THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



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

## HOW TO CHANGE CONSOLE SETTINGS

### 1. Select the settings mode.

To select the settings mode, press the gear button. The settings information will appear in the display.

### 2. Navigate the settings mode.

While the settings mode is selected, the display will show several optional screens. Press the increase and decrease buttons near the Enter button repeatedly to select the desired optional screen.

The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

### 3. Change settings as desired.

**Units**—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

**Incline System Calibration**— If the incline system is not functioning properly, it may need to be calibrated. To calibrate the incline system, press the Quick Ramp increase or decrease button. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the incline system is calibrated.

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

**Usage Information**—The display will show the total number of hours that the elliptical has been used and the total distance (in miles or kilometers) that has been pedaled on the elliptical.

### 4. Exit the settings mode.

Press the gear button to exit the settings mode.

---

## FCC INFORMATION

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

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

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

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

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

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

## CONSOLE TROUBLESHOOTING

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

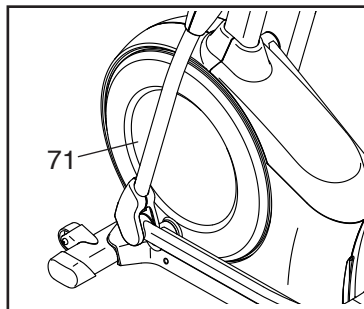
If lines appear in the console display, see 3 on page 26 and adjust the contrast level of the display.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 26.

## HOW TO ADJUST THE REED SWITCH

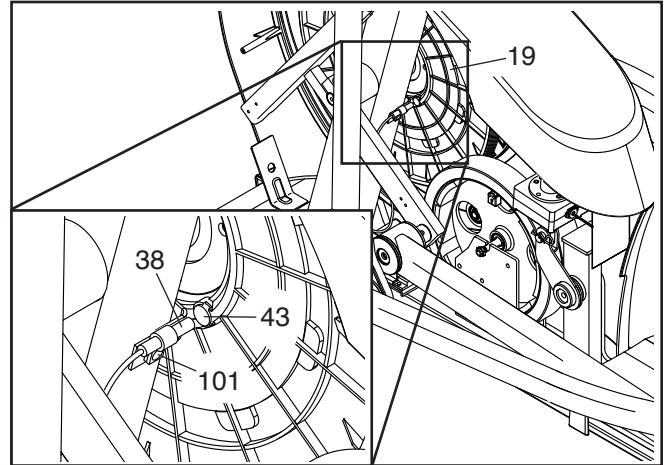
If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **press the power switch to the off position and unplug the power cord.**

Next, use a standard screwdriver to pry off the left Disc (71).



Note: For clarity, the left shield and the left disc ring are not shown in the drawing below.

Locate the Reed Switch (38). Turn the Pulley (19) until a Magnet (43) is aligned with the Reed Switch.



Slightly loosen the indicated M4 x 16mm Screw (101). Slide the Reed Switch (38) slightly closer to or away from the Magnet (43), and then retighten the Screw. Then, plug in the power cord, press the power switch to the reset position, and rock the Pulley (19) forward and backward just enough that the Magnet passes the Reed Switch repeatedly.

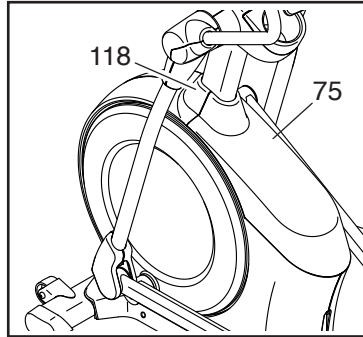
Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, press the power switch to the off position, unplug the power cord, and reattach the left disc. Then, plug in the power cord.

## HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first **press the power switch to the off position and unplug the power cord.**

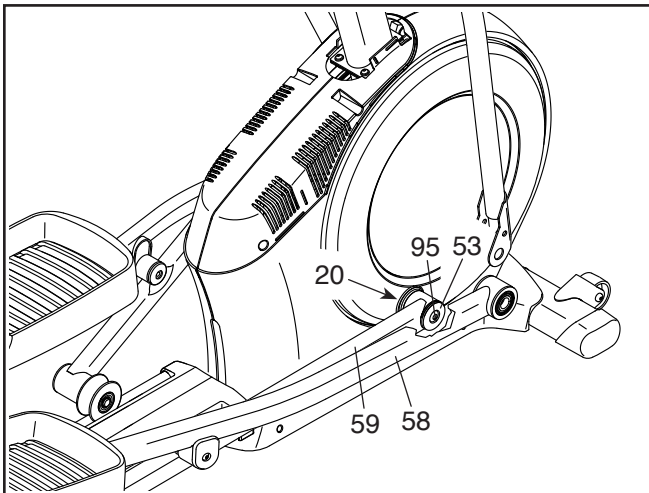
Next, use a standard screwdriver to remove the Shield Cover (75) and the Shield Cover Cap (118).



**See assembly step 15 on page 15.** Remove the Right Leg Outer and Inner Covers (69, 83).

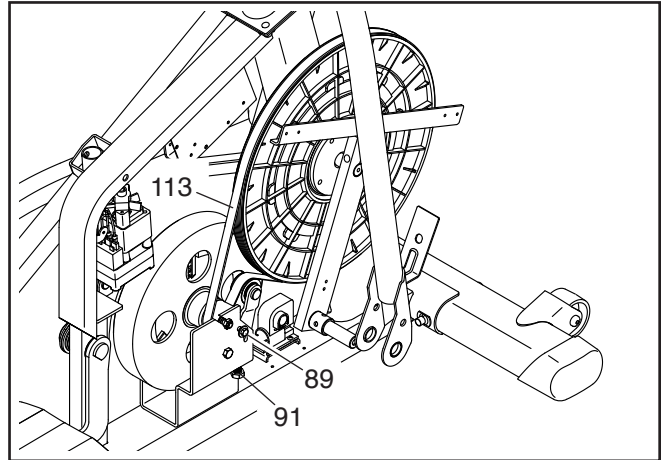
**See assembly step 12 on page 13.** Remove the Right Pedal Arm (58) from the Right Upper Body Leg (60).

Next, remove the M8 x 16mm Screw (95) and the Axle Cover (53) from the right Crank Arm (20). Then, carefully remove the Right Roller Arm (59) and the Right Pedal Arm (58) from the elliptical.



**See EXPLODED DRAWING C on page 35.** Identify the Left and Right Shields (73, 74). Remove the M4 x 19mm Tek Screws (5), the M4 x 19mm Screws (127), and the M4 x 48mm Screw (107) from the Left and Right Shields; **make sure to note the location of each size of Screw.** Then, remove the Right Shield.

Then, locate and loosen the Idler Screw (89). Tighten the Belt Adjustment Screw (91) until the Drive Belt (113) is tight. Then, retighten the Idler Screw.



Reattach the parts that you removed. 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 age 35 or persons with pre-existing health problems.

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

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

## EXERCISE INTENSITY

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

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

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

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

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

## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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

# PART LIST

Model No. PFEL57916.1 R1216A

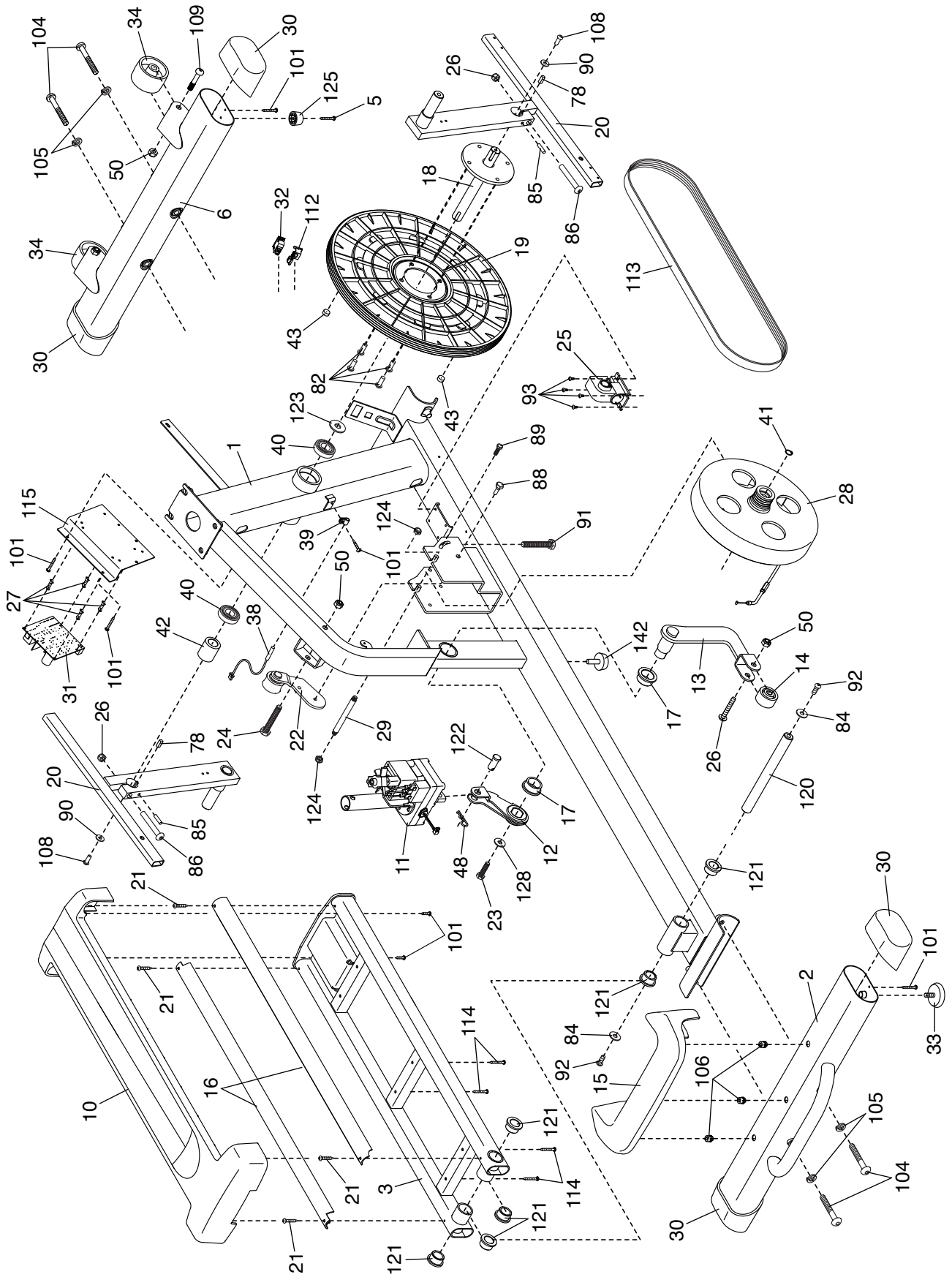
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Roller
2	1	Rear Stabilizer	52	2	Pedal Handle
3	1	Ramp	53	2	Axle Cover
4	1	Upright	54	2	Pivot Spacer
5	8	M4 x 19mm Tek Screw	55	2	Retainer
6	1	Front Stabilizer	56	4	Roller Arm Bushing
7	1	Console	57	6	Large Arm Bearing
8	2	Roller Guide	58	1	Right Pedal Arm
9	1	Tablet Holder	59	1	Right Roller Arm
10	1	Ramp Cover	60	1	Right Upper Body Leg
11	1	Incline Motor	61	1	Right Upper Body Arm
12	1	Incline Motor Arm	62	1	Left Grip
13	1	Ramp Arm	63	2	Sensor Assembly/Wire
14	1	Ramp Roller	64	2	Pedal Arm Axle
15	1	Rear Stabilizer Cover	65	1	Right Arm Front Cover
16	2	Track	66	1	Right Arm Rear Cover
17	2	Large Frame Bushing	67	1	Left Arm Front Cover
18	1	Crank	68	1	Left Arm Rear Cover
19	1	Pulley	69	1	Right Leg Outer Cover
20	2	Crank Arm	70	1	Left Leg Outer Cover
21	4	M4 x 10mm Screw	71	2	Disc
22	1	Idler	72	1	Left Leg Inner Cover
23	1	M10 x 15mm Screw	73	1	Left Shield
24	1	M10 x 95mm Bolt	74	1	Right Shield
25	1	Resistance Motor	75	1	Shield Cover
26	1	M10 x 42mm Bolt	76	1	Left Pedal Arm Side Cap
27	4	Standoff	77	2	Clip
28	1	Eddy Mechanism	78	2	Key
29	1	Eddy Mechanism Axle	79	1	Front Console Cover
30	4	Stabilizer Cap	80	1	Rear Console Cover
31	1	Controller	81	1	Rear Upright Cover
32	1	Power Switch	82	10	M8 x 13mm Screw
33	2	Leveling Foot	83	1	Right Leg Inner Cover
34	2	Wheel	84	2	M10 Washer
35	1	Pivot Axle	85	2	M4 x 14mm Screw
36	2	Upright Bushing	86	2	M10 x 58mm Bolt
37	1	Accessory Tray	87	1	Right Pedal Arm Side Cap
38	1	Reed Switch/Wire	88	1	Pivot Screw
39	1	Clamp	89	1	Idler Screw
40	2	Bearing	90	2	M6 Washer
41	1	Small Snap Ring	91	1	Belt Adjustment Screw
42	1	Sleeve	92	2	M10 x 19mm Screw
43	2	Magnet	93	4	M4 x 12mm Screw
44	1	Left Pedal Arm	94	2	M5 Washer
45	1	Left Roller Arm	95	8	M8 x 16mm Screw
46	1	Left Upper Body Leg	96	4	M8 x 38mm Bolt
47	1	Left Upper Body Arm	97	4	M8 Washer
48	1	Hairpin Cotter Pin	98	2	M8 x 18mm Washer
49	2	Pedal	99	4	M10 x 25mm Screw
50	6	M10 Locknut	100	4	Leg Bearing

Key No.	Qty.	Description	Key No.	Qty.	Description
101	37	M4 x 16mm Screw	124	2	M10 Flange Nut
102	4	M8 Locknut	125	2	Bumper
103	8	M6 x 8mm Screw	126	2	M8 x 20mm Screw
104	4	M10 x 122mm Screw	127	2	M4 x 19mm Screw
105	8	M10 Split Washer	128	1	M10 x 3mm Washer
106	3	Cover Mount	129	2	Small Arm Bearing
107	1	M4 x 48mm Screw	130	1	Right Grip
108	2	M6 x 13mm Screw	131	2	Pedal Plate
109	2	M10 x 60mm Bolt	132	2	Latch Pin
110	1	Main Wire	133	2	Latch Spring
111	4	M4 x 16mm Machine Screw	134	2	Plate Axle
112	1	Receptacle	135	4	Plate Axle Screw
113	1	Drive Belt	136	4	Latch Washer
114	4	M4 x 40mm Screw	137	2	Acorn Nut
115	1	Controller Bracket	138	2	Bearing Spacer
116	2	Disc Ring	139	2	Roller Arm Cover
117	1	Front Upright Cover	140	2	M8 x 28mm Washer
118	1	Shield Cover Cap	141	1	Upright Grommet
119	1	Power Cord	142	1	Small Leveling Foot
120	1	Ramp Axle	*	–	Assembly Tool
121	6	Small Frame Bushing	*	–	Grease Packet
122	1	Clevis Pin	*	–	User's Manual
123	1	Plastic Spacer			

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.

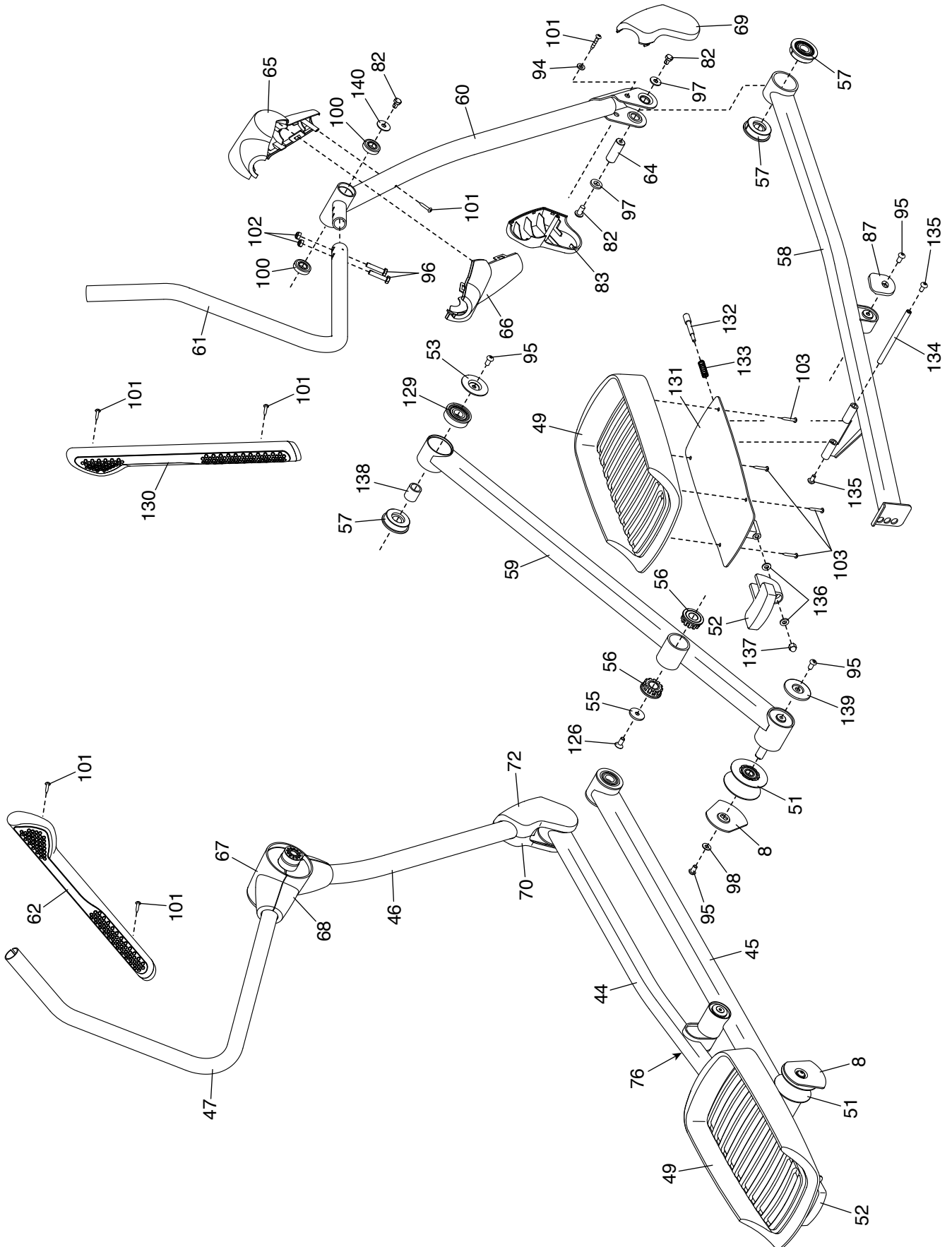
# EXPLODED DRAWING A

Model No. PFEL57916.1 R1216A



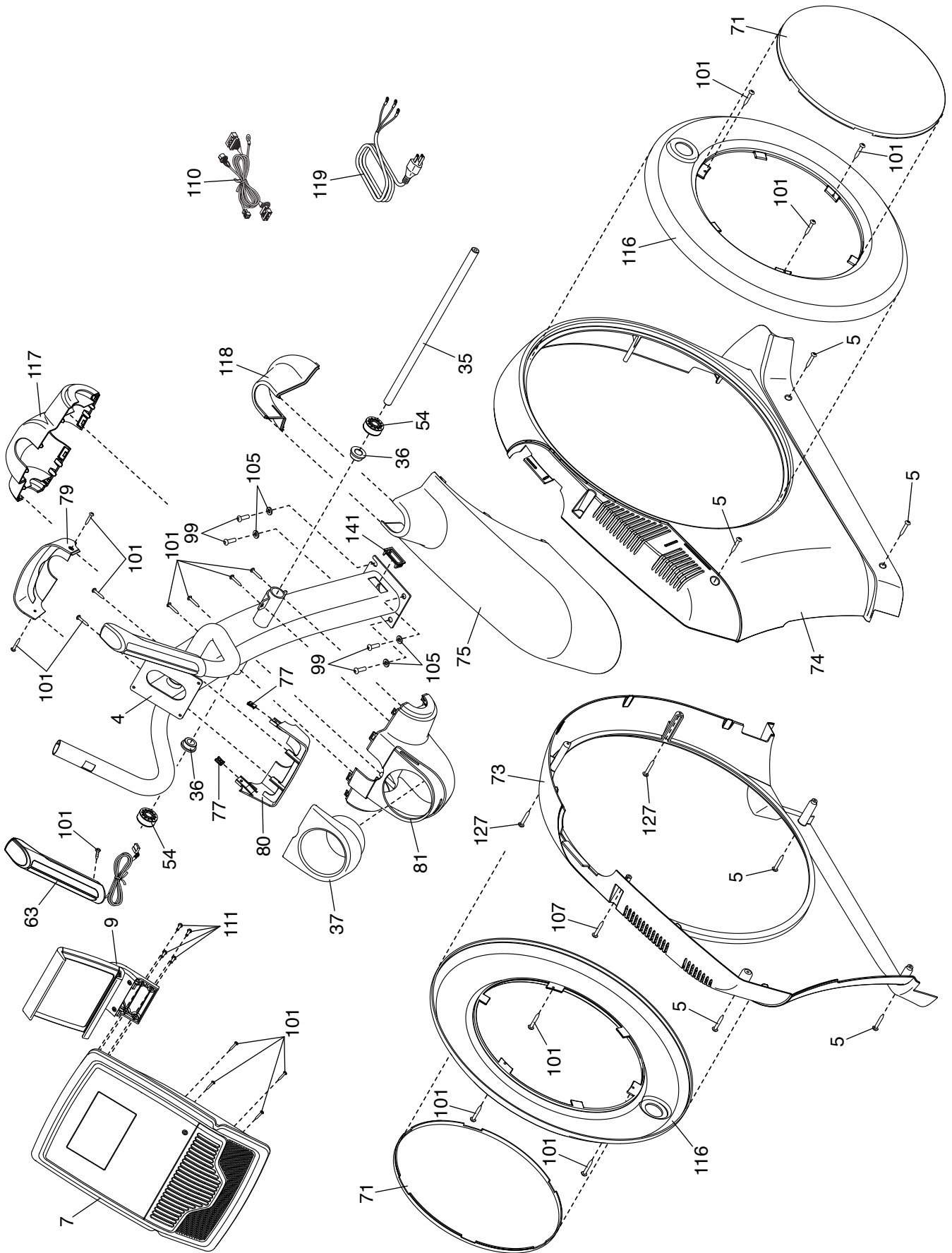
# EXPLODED DRAWING B

Model No. PFEL57916.1 R1216A



# EXPLODED DRAWING C

Model No. PFEL57916.1 R1216A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 5.**

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 the lifetime of the original purchaser (customer). Parts are warranted for two (2) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

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

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

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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

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