

PRO-FORM[®]

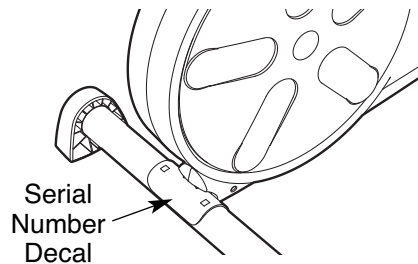
480 CSE

www.proform.com

Model No. PFEL74908.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

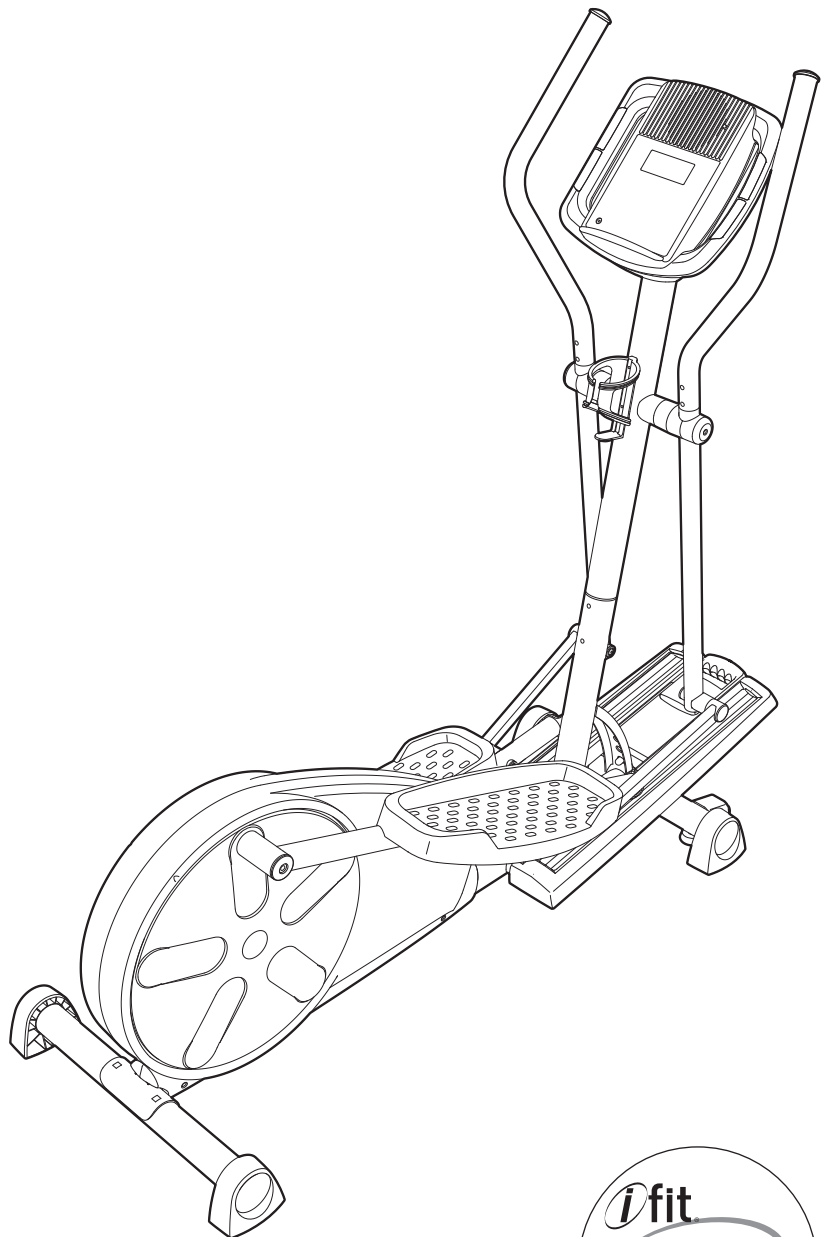
1-888-533-1333

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.proformservice.com



CAUTION

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

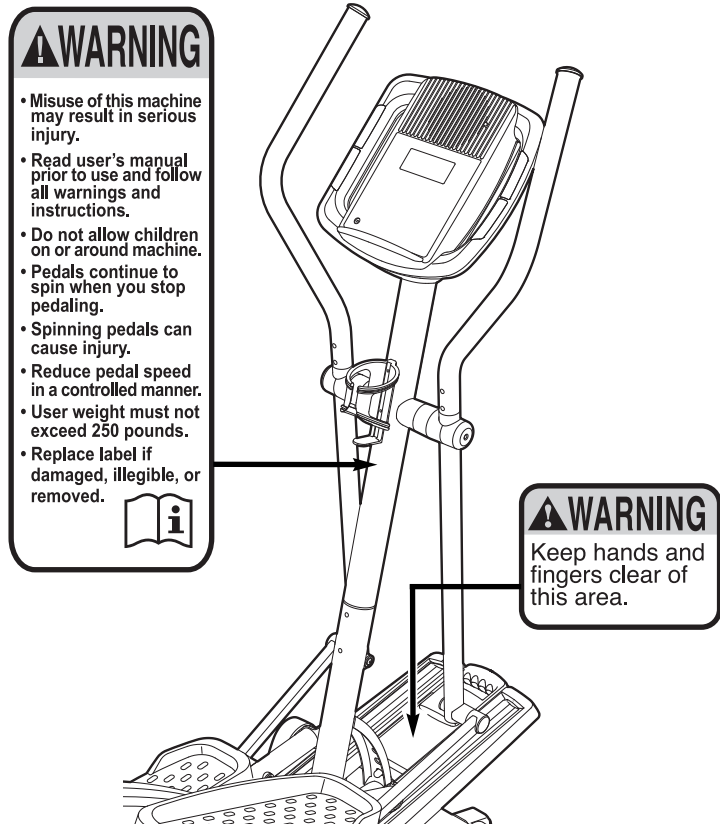


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WARNING DECAL PLACEMENT

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



IMPORTANT PRECAUTIONS

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

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

BEFORE YOU BEGIN

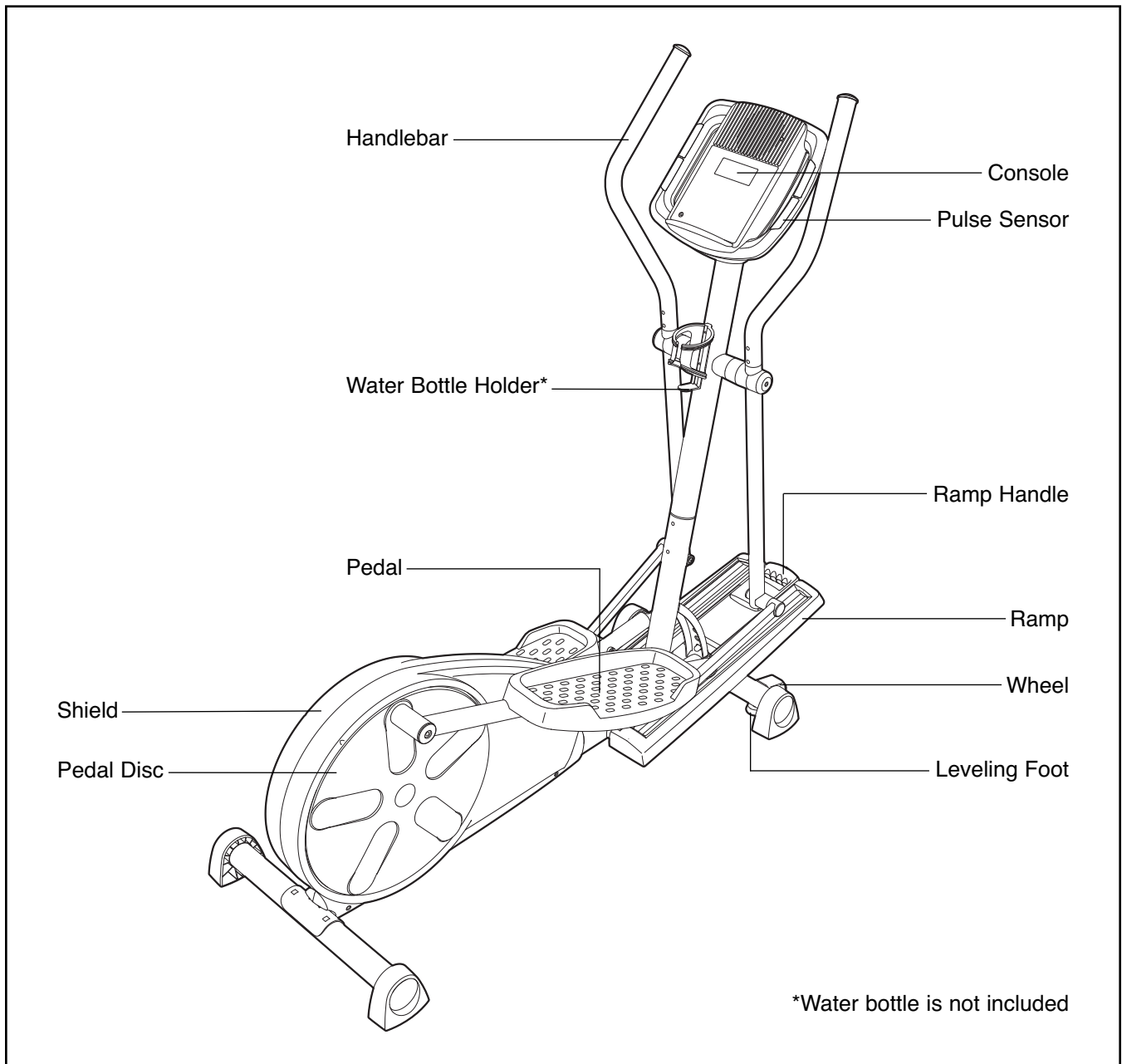
Thank you for selecting the new PROFORM® 480 CSE elliptical exerciser. The 480 CSE is a smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before con-

tacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

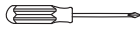


Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



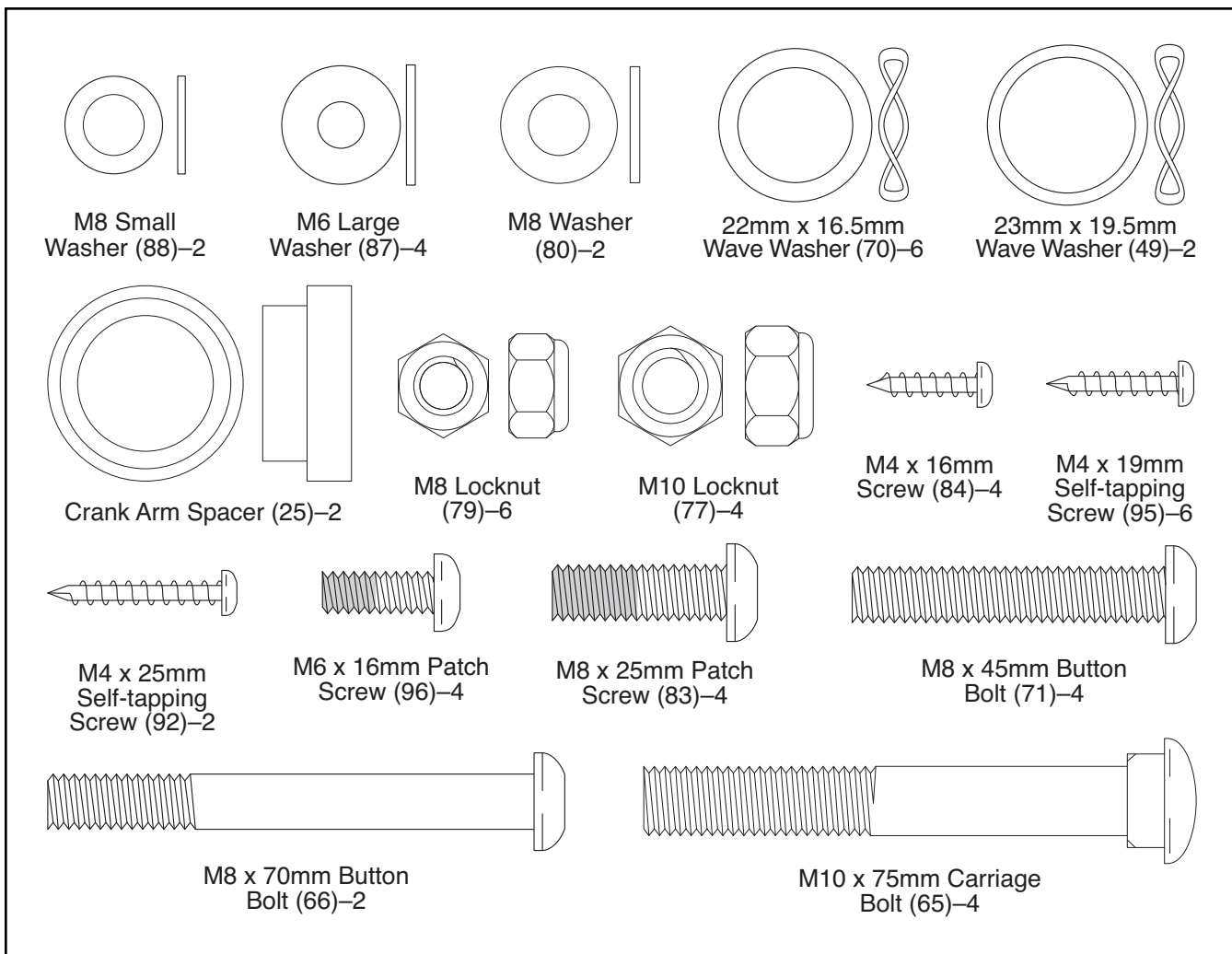
ASSEMBLY

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

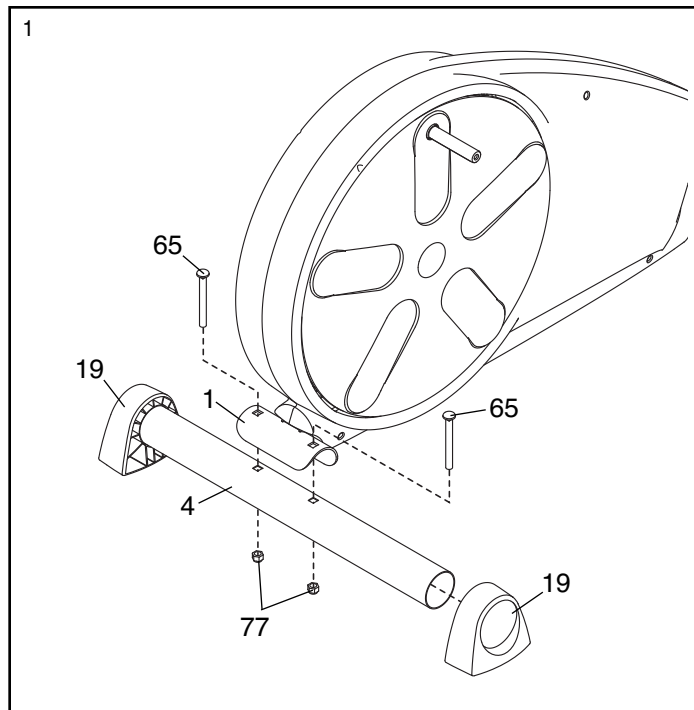
See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not 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 assembling the elliptical exerciser.**

Press a Stabilizer Cap (19) onto each end of the Rear Stabilizer (4).

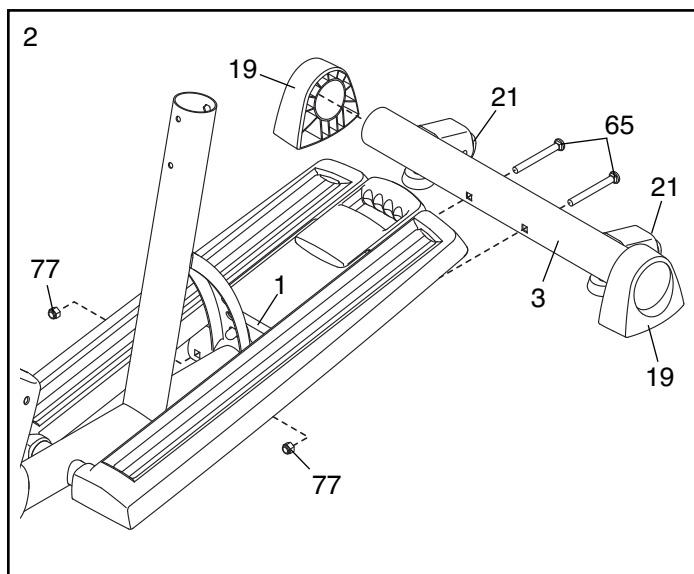
Attach the Rear Stabilizer (4) to the Frame (1) with two M10 x 75mm Carriage Bolts (65) and two M10 Locknuts (77).



2. Orient the Front Stabilizer (3) so that the Wheels (21) are in the position shown.

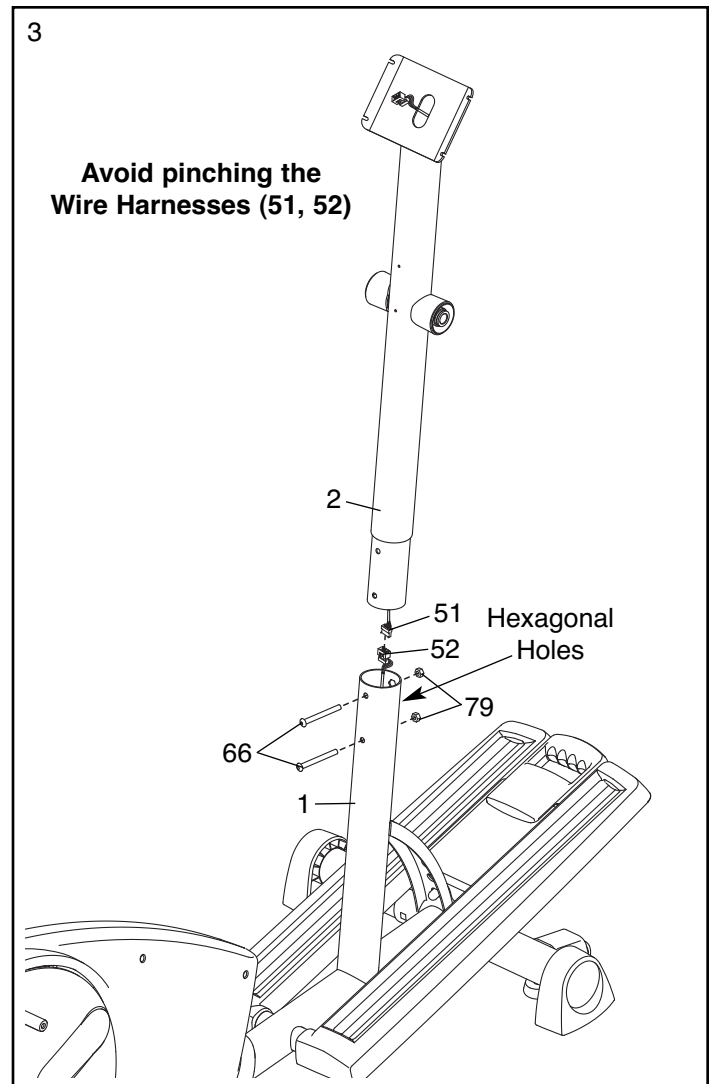
Press a Stabilizer Cap (19) onto each end of the Front Stabilizer (3).

Attach the Front Stabilizer (3) to the Frame (1) with two M10 x 75mm Carriage Bolts (65) and two M10 Locknuts (77).

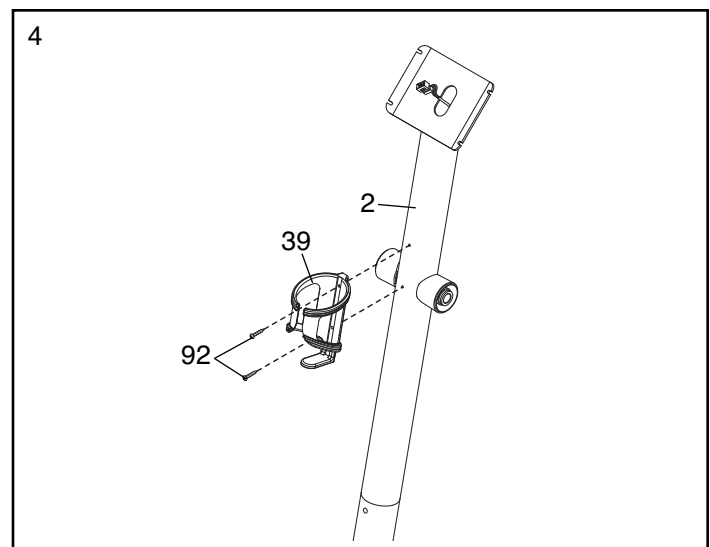


3. While another person holds the Upright (2) near the Frame (1) as shown, connect the Upper Wire Harness (51) to the Lower Wire Harness (52).

Tip: Avoid pinching the Wire Harnesses (51, 52). Insert the Upright (2) into the Frame (1). Attach the Upright with two M8 x 70mm Button Bolts (66) and two M8 Locknuts (79). **Do not tighten the Button Bolts yet. Make sure that the Locknuts are in the indicated hexagonal holes.**

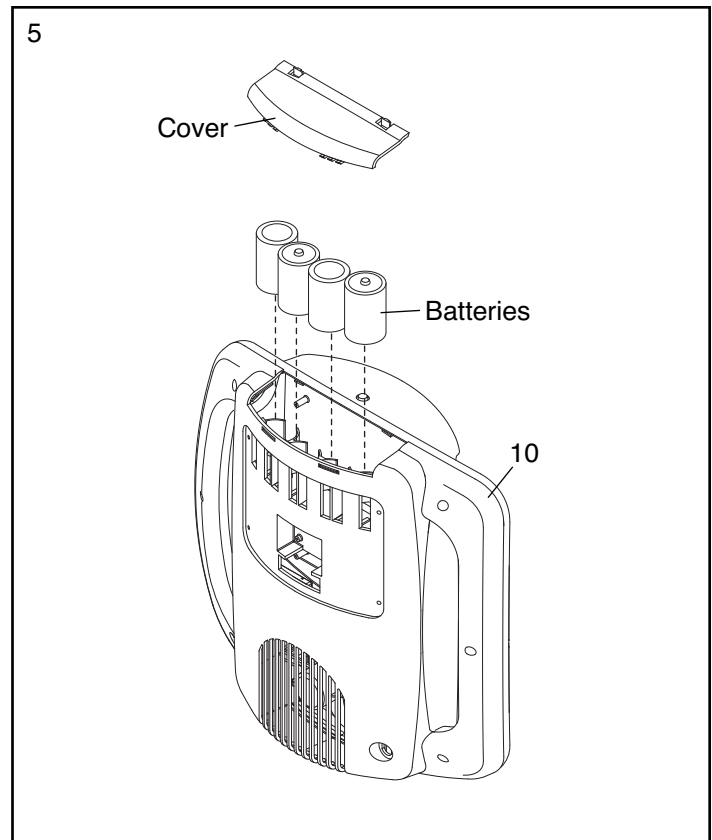


4. Attach the Water Bottle Holder (39) to the Upright (2) with two M4 x 25mm Self-tapping Screws (92).



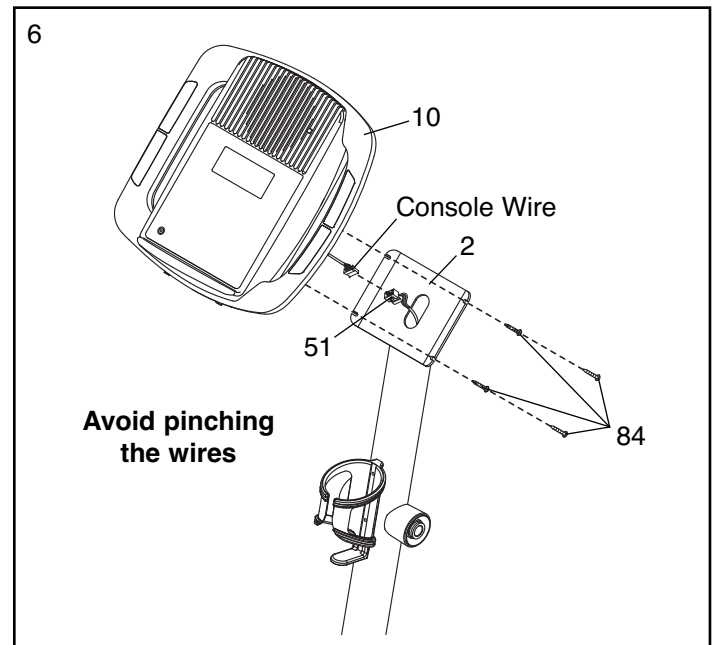
5. The Console (10) can use four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover, insert the batteries into the battery compartment, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**

To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



6. While another person holds the Console (10) near the Upright (2), connect the console wire to the Upper Wire Harness (51).

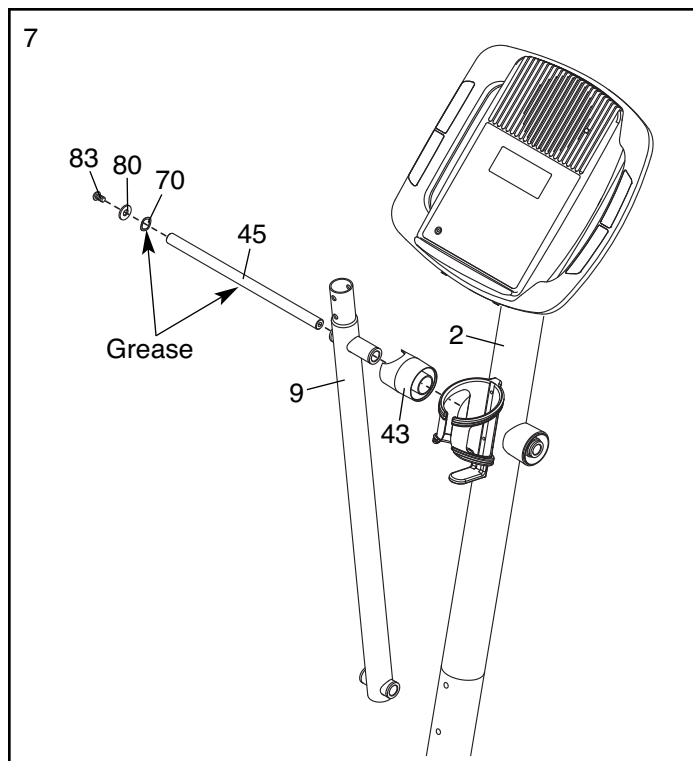
Tip: Avoid pinching the wires. Attach the Console (10) to the Upright (2) with four M4 x 16mm Screws (84).



7. Apply a generous amount of the included grease to the Pivot Axle (45). Then, apply a small amount of grease to two 22mm x 16.5mm Wave Washers (70).

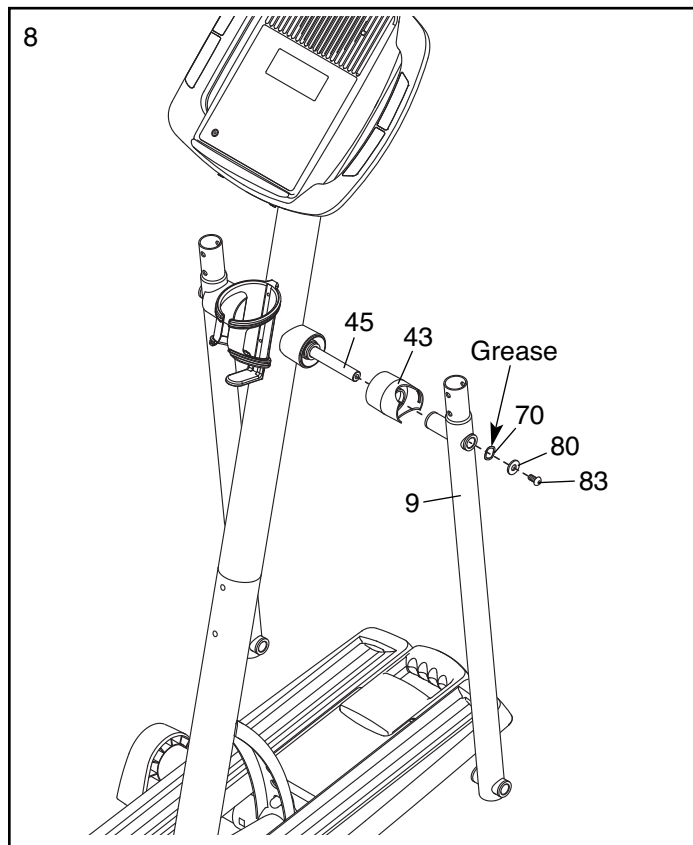
Slide the Pivot Axle (45) through the Upright (2). Then, orient an Upper Body Leg Spacer (43) and an Upper Body Leg (9) as shown and slide them onto the left side of the Pivot Axle.

Attach the left Upper Body Leg (9) with an M8 x 25mm Patch Screw (83), an M8 Washer (80), and one of the 22mm x 16.5mm Wave Washers (70). **Do not tighten the Patch Screw yet.**



8. Orient an Upper Body Leg Spacer (43) and an Upper Body Leg (9) as shown and slide them onto the right side of the Pivot Axle (45).

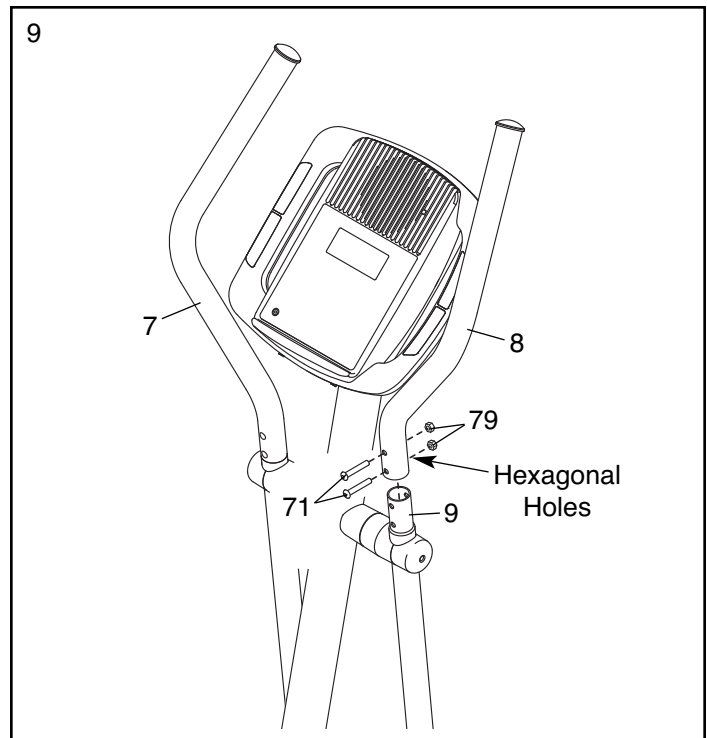
Attach the right Upper Body Leg (9) with an M8 x 25mm Patch Screw (83), an M8 Washer (80), and the other 22mm x 16.5mm Wave Washer (70). **Do not tighten the Patch Screw yet.**



9. Identify the Right Handlebar (8), which is marked with an “R” sticker. Orient the Right Handlebar so that the hexagonal holes are in the location shown.

Attach the Right Handlebar (8) to the right Upper Body Leg (9) with two M8 x 45mm Button Bolts (71) and two M8 Locknuts (79). **Make sure that the Locknuts are in the hexagonal holes.**

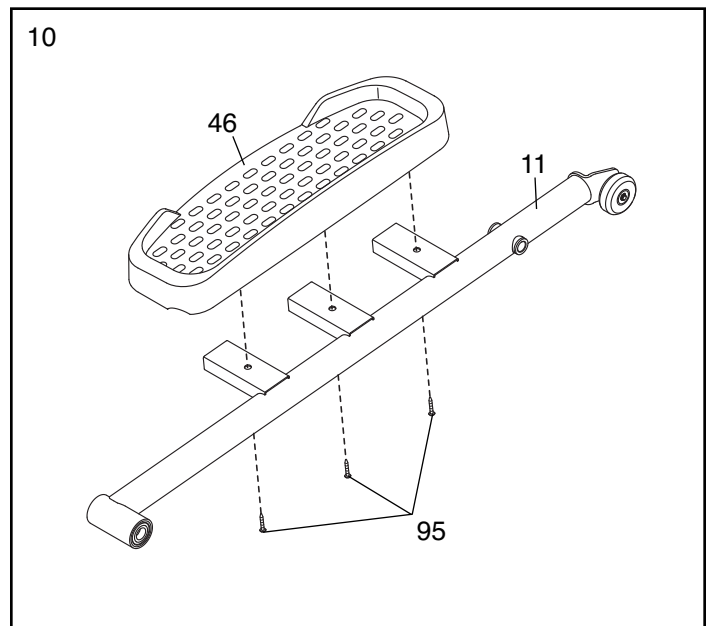
Attach the Left Handlebar (7) in the same way.



10. Identify the Left Pedal Leg (11), which is marked with an “L” sticker. Orient the Left Pedal Leg and a Pedal (46) as shown.

Attach the Pedal (46) to the Left Pedal Leg (11) with three M4 x 19mm Self-tapping Screws (95).

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

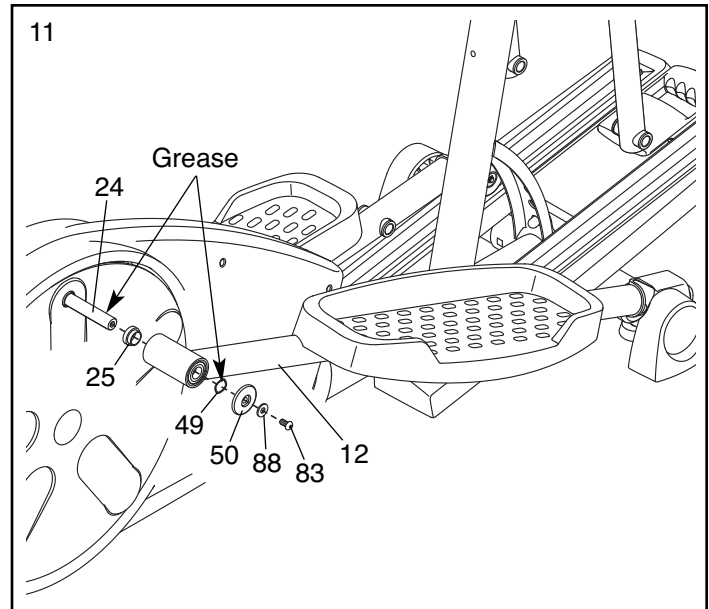


11. Apply a generous amount of grease to the axle of the Right Crank Arm (24). Then, apply a small amount of grease to two 23mm x 19.5mm Wave Washers (49).

Slide a Crank Arm Spacer (25) and the Right Pedal Leg (12) onto the axle of the Right Crank Arm (24). **Make sure that the flat side of the Crank Arm Spacer is facing away from the Right Crank Arm.**

Attach the Right Pedal Leg (12) with an M8 x 25mm Patch Screw (83), an M8 Small Washer (88), a Pedal Leg Cover (50), and one of the 23mm x 19.5mm Wave Washers (49). **Do not tighten the Patch Screw yet.**

Attach the Left Pedal Leg (not shown) in the same way.



12. Orient a Link Arm (13) as shown. Apply a small amount of grease to the axles on the Link Arm and to two 22mm x 16.5mm Wave Washers (70). Then, slide a Wave Washer onto each axle.

Identify a Link Arm Spacer (48) and a Rear Link Arm Spacer (38); the Link Arm Spacer is longer than the Rear Link Arm Spacer. Orient the Link Arm Spacer and the Rear Link Arm Spacer as shown.

Slide the Link Arm Spacer (48) onto the front axle of the Link Arm (13); slide the Rear Link Arm Spacer (38) onto the rear axle.

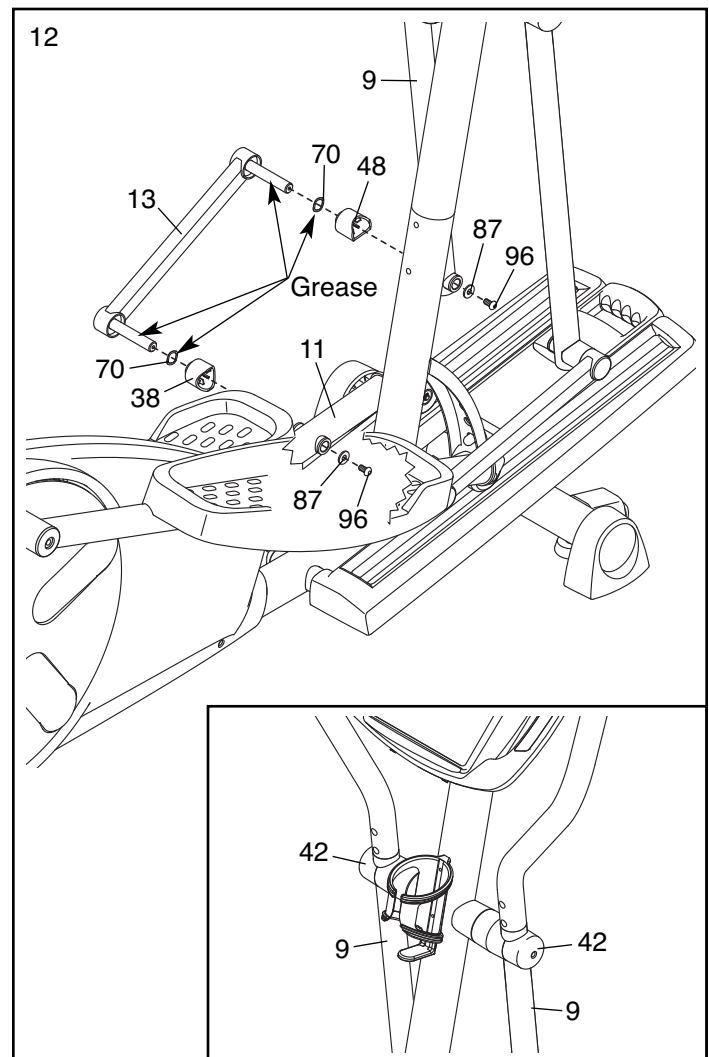
At the same time, slide the Link Arm (13) into the left Upper Body Leg (9) and into the Left Pedal Leg (11). Attach the Link Arm with two M6 x 16mm Patch Screws (96) and two M6 Large Washers (87).

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

See step 3. Tighten the M8 x 70mm Button Bolts (66).

See steps 7, 8, and 11. Tighten the M8 x 25mm Patch Screws (83).

See the inset drawing. Press an Upper Body Leg Cover (42) onto each Upper Body Leg (9).

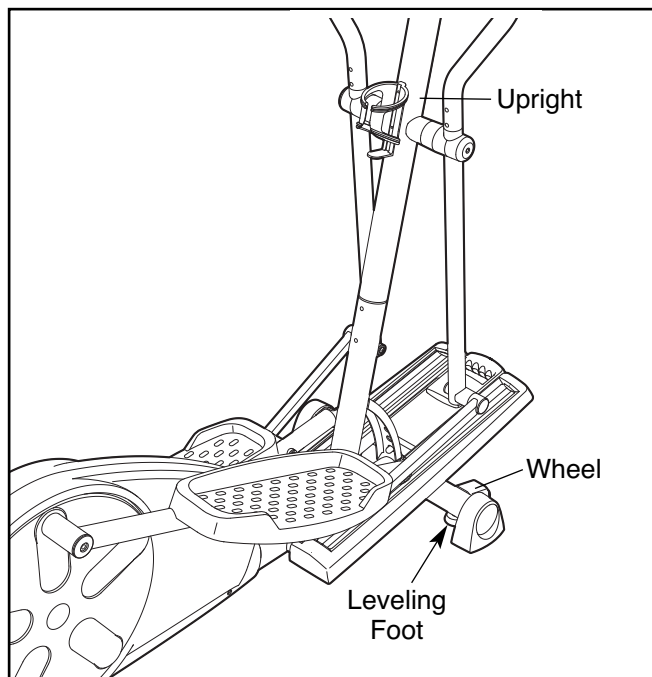


13. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

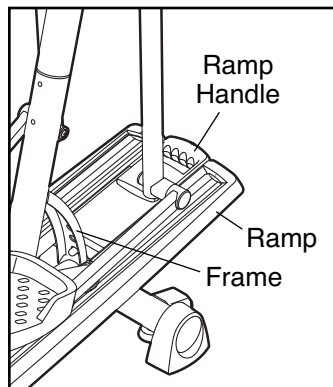
To move the elliptical exerciser, stand in front of it, place one foot against one of the wheels, and firmly hold the upper end of the upright. Pull the upright forward until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then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



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

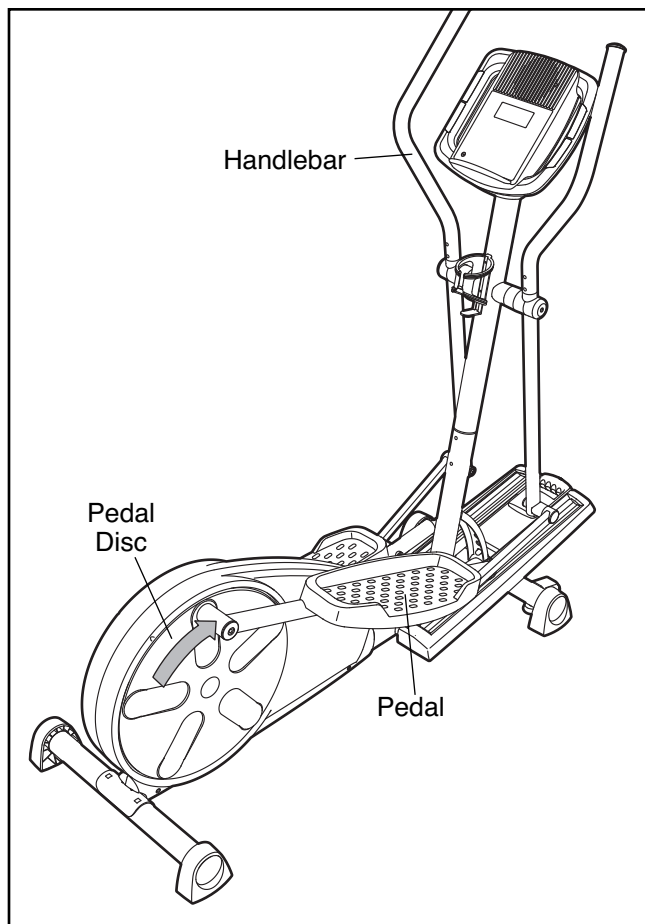
HOW TO ADJUST THE RAMP INCLINE

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

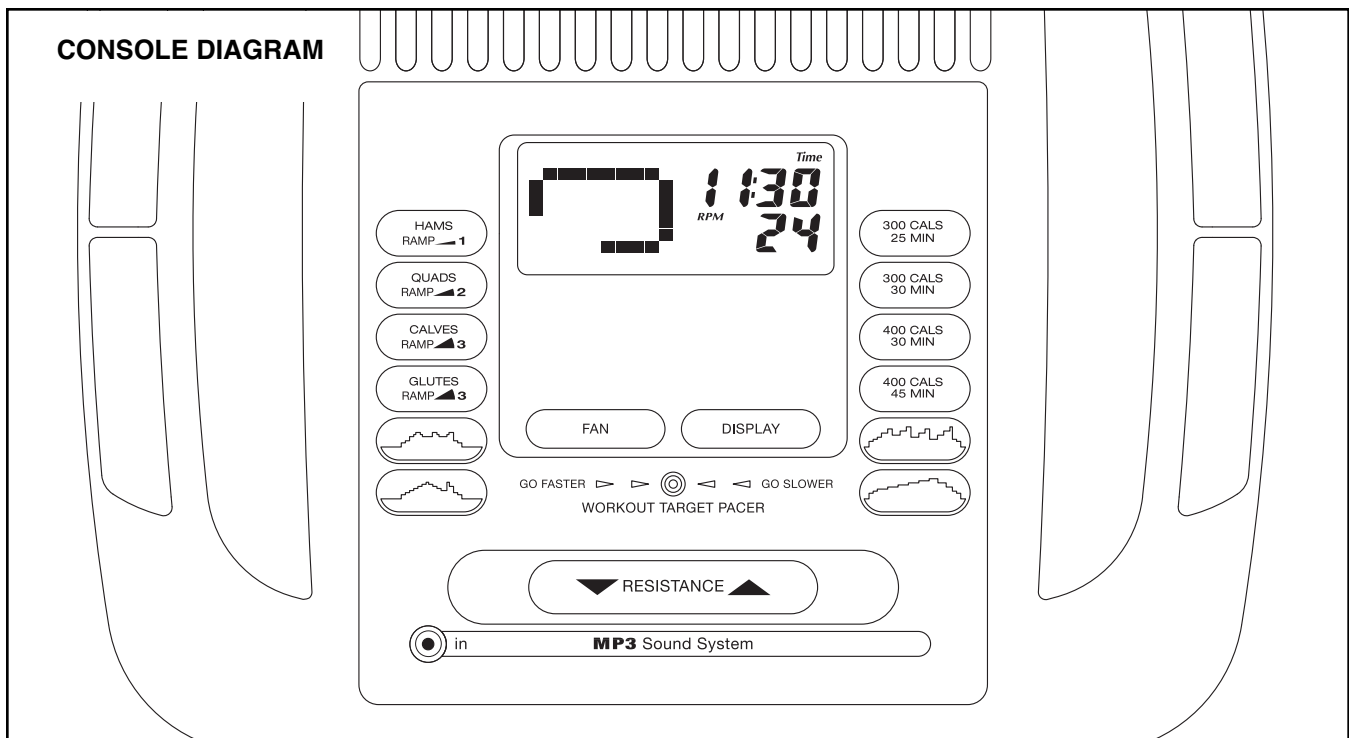


HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

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



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



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 with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers four target toning workouts designed to work specific areas of the body. The console guides you through each workout with a variety of exercise instructions while automatically changing the resistance of the pedals.

In addition, there are four calorie goal workouts designed to help you burn 300 or 400 calories in 25-

30-, or 45-minute workouts. The calorie goal workouts automatically control the resistance of the pedals and prompt you to vary your pace while counting the calories you burn.

There are also four preset workouts that automatically change the resistance of the pedals and prompt you to vary your pace while guiding you through an effective workout.

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

To use the manual mode, see page 14. **To use a target toning workout**, see page 16. **To use a calorie goal workout**, see page 17. **To use a preset workout**, see page 18. **To use the sound system**, see page 18.

HOW TO USE THE MANUAL MODE

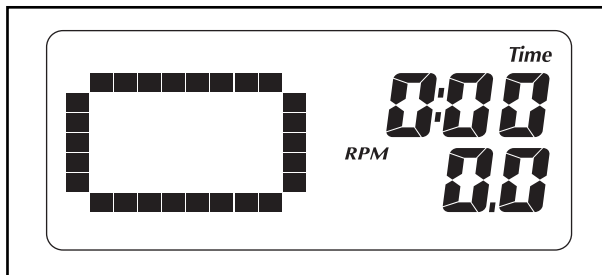
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

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

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

2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing one of the six buttons on the right or left side of the console repeatedly until a track appears in the left display.



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

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons repeatedly. Note: After you press the buttons, it may take a moment for the pedals to reach the selected resistance level.



4. Follow your progress with the displays.

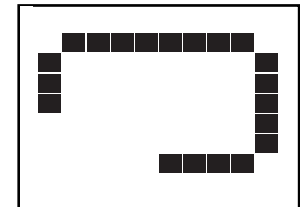
The upper right display can show the elapsed time, the approximate number of calories you have burned, and the distance (total revolutions) you have pedaled. The display will change modes every few seconds.



The lower right display can show your pedaling pace in revolutions per minute (rpm) and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15).



The left display will show a track representing 640 revolutions. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



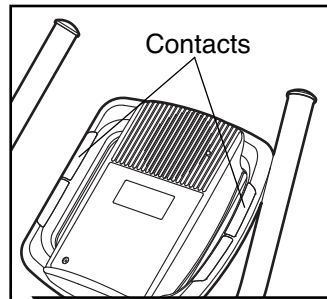
To change the display mode, press the Display button repeatedly until the desired exercise information appears in the upper or lower right display. After several seconds, the displays will change modes automatically as before.

Note: You can adjust the volume of the console tones and the voice of the personal trainer. First, press and hold the Display button for a few seconds until the display is blank; then, release the Display button. Next, press the Resistance increase and decrease buttons to select a volume level between 1 and 5. When you have selected the desired volume level, press the Display button again.



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

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To 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 lower right 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.

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

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

The fan has high, low, and auto speed settings; while the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling pace. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

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



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

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

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

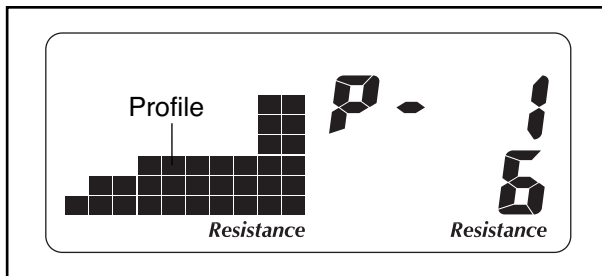
HOW TO USE A TARGET TONING WORKOUT

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

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

2. Select a target toning workout.

To select a target toning workout, press the Hams, Quads, Calves, or Glutes button. When you select a target toning workout, the name of the workout and the maximum resistance level will appear in the display for a few seconds. A profile of the resistance levels of the workout will also scroll across the left side of the display.



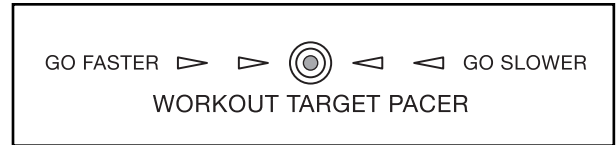
Note: A recommended ramp incline level for each target toning workout is listed on the button for each target toning workout. To set the ramp incline level for the workout, see HOW TO ADJUST THE RAMP INCLINE on page 12.

3. Begin pedaling to start the workout.

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

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

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



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

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

4. Follow your progress with the displays.

See step 4 on page 14.

5. Measure your heart rate if desired.

See step 5 on page 15.

6. Turn on the fan if desired.

See step 6 on page 15.

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

See step 7 on page 15.

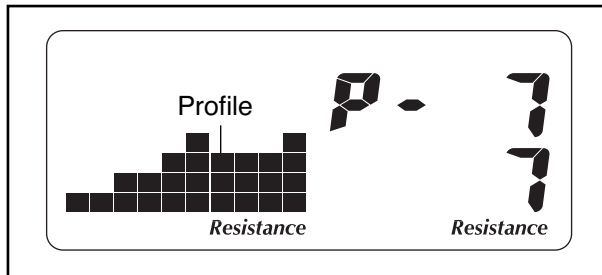
HOW TO USE A CALORIE GOAL WORKOUT

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

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

2. Select a calorie goal workout.

To select a calorie goal workout, press the 300 Cals 25 Min, 300 Cals 30 Min, 400 Cals 30 Min, or 400 Cals 45 Min button. When you select a target toning workout, the name of the workout and the maximum resistance level will appear in the display for a few seconds. A profile of the resistance levels of the workout will also scroll across the left side of the display.



3. Begin pedaling to start the workout.

Each workout is divided into 25, 30, or 45 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

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

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



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

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

4. Follow your progress with the displays.

See step 4 on page 14.

5. Measure your heart rate if desired.

See step 5 on page 15.

6. Turn on the fan if desired.

See step 6 on page 15.

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

See step 7 on page 15.

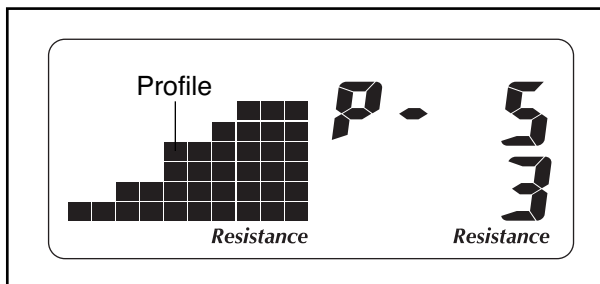
HOW TO USE A PRESET WORKOUT

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

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

2. **Select a preset workout.**

To select one of the four preset workouts, press one of the four buttons that show workout profiles. When you select a preset workout, the name of the workout and the maximum resistance level will appear in the display for a few seconds. A profile of the resistance levels of the workout will also scroll across the left side of the display.



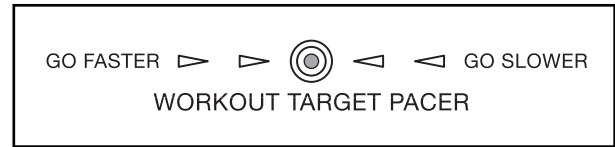
3. **Begin pedaling to start the workout.**

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

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

During the workout, the workout target pacer will prompt you to keep your pedaling pace near the target pace setting for the current segment. When a left indicator lights, increase your pace; when a

right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The workout target pacer is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



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

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

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

See step 4 on page 14.

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

See step 5 on page 15.

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

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug an audio cable (not included) into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

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

MAINTENANCE AND TROUBLESHOOTING

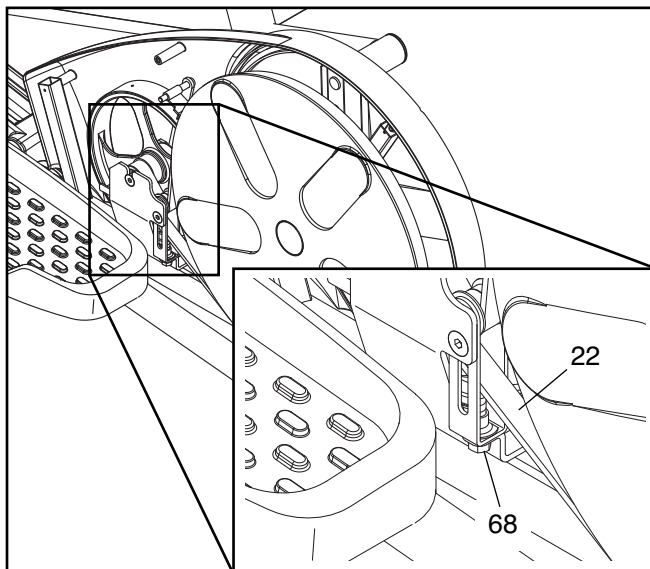
Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately. The elliptical exerciser can be cleaned with a soft cloth and mild detergent. **Do not use abrasives or solvents to clean the exerciser.** To prevent damage to the console, keep liquids away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

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

HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance of the pedals is at the highest setting, the belt may need to be adjusted. First, remove all of the screws from both shields; **there are two sizes of screws in the shields—note which size of screw you remove from each hole.**

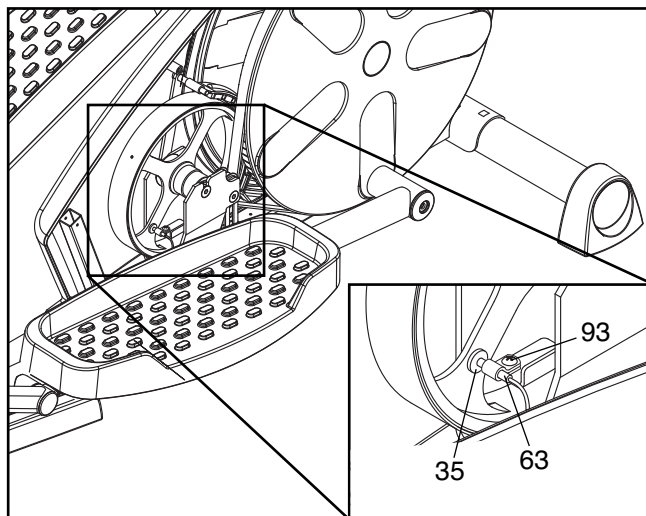
Next, tighten the M10 x 45mm Button Bolt (68) until the Belt (22) is tight. Once the Belt is tight, tighten the Hex Bolt. Then, reattach the shields. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING B on page 23 and the PART LIST on page 21.



HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from both shields; **there are two sizes of screws in the shields—note which size of screw you remove from each hole.**

Next, locate the Reed Switch (63). Turn the Flywheel (28) until the Magnet (35) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 12mm Self-tapping Screw (93). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Flywheel forward and back just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the shields. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING B on page 23 and the PART LIST on page 21.



CONSOLE TROUBLESHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 5 on page 8.

Note: If you use the sound system regularly, it is recommended that you purchase an optional manufacturer-supplied AC adapter (see assembly step 5 on page 8).

If the handgrip pulse sensor does not function properly, see step 5 on page 15.

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. PFEL74908.0

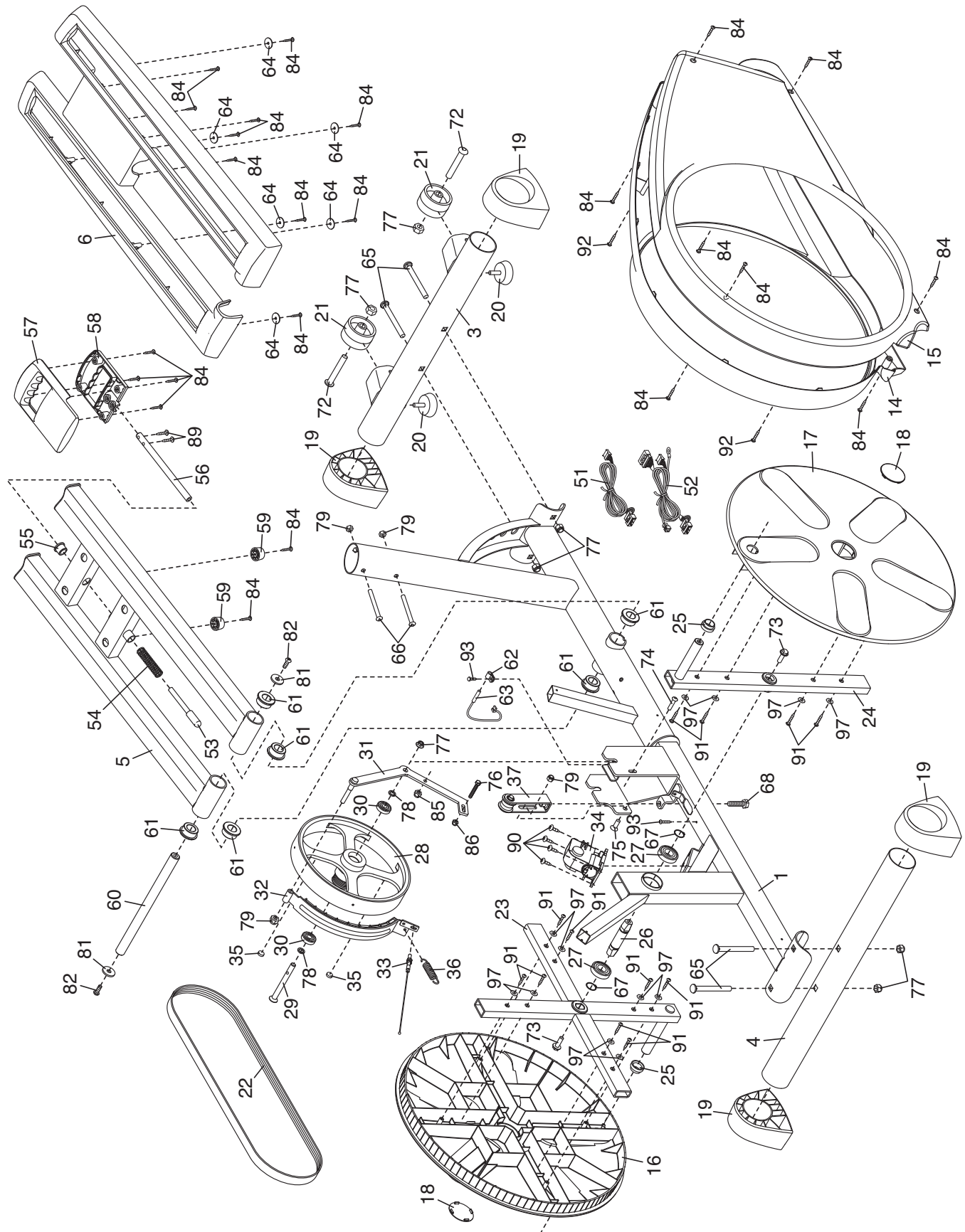
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Upper Wire Harness
2	1	Upright	52	1	Lower Wire Harness
3	1	Front Stabilizer	53	1	Ramp Pin
4	1	Rear Stabilizer	54	1	Ramp Spring
5	1	Ramp	55	1	Ramp Bushing
6	1	Ramp Cover	56	1	Ramp Shaft
7	1	Left Handlebar	57	1	Top Ramp Handle
8	1	Right Handlebar	58	1	Bottom Ramp Handle
9	2	Upper Body Leg	59	2	Ramp Foot
10	1	Console	60	1	Ramp Axle
11	1	Left Pedal Leg	61	6	Ramp Axle Bushing
12	1	Right Pedal Leg	62	1	Clamp
13	2	Link Arm	63	1	Reed Switch/Wire
14	1	Left Shield	64	6	Fender Washer
15	1	Right Shield	65	4	M10 x 75mm Carriage Bolt
16	1	Left Disc	66	2	M8 x 70mm Button Bolt
17	1	Right Disc	67	2	Crank Snap Ring
18	2	Disc Cover	68	1	M10 x 45mm Button Bolt
19	4	Stabilizer Cap	69	2	C-clip
20	2	Foot	70	6	22mm x 16.5mm Wave Washer
21	2	Wheel	71	4	M8 x 45mm Button Bolt
22	1	Belt	72	2	M10 x 64mm Button Bolt
23	1	Left Crank Arm	73	2	M10 x 16mm Flange Screw
24	1	Right Crank Arm	74	1	M6 x 18mm Bolt
25	2	Crank Arm Spacer	75	1	M8 x 19mm Flat Head Bolt
26	1	Crank	76	1	M6 x 38mm Button Bolt
27	6	Crank Bearing	77	7	M10 Locknut
28	1	Flywheel	78	2	Flywheel Spacer
29	1	Flywheel Axle	79	8	M8 Locknut
30	2	Flywheel Bearing	80	2	M8 Washer
31	1	Flywheel Bracket	81	2	M10 Large Washer
32	1	C-magnet	82	2	M10 x 20mm Patch Screw
33	1	Resistance Cable	83	4	M8 x 25mm Patch Screw
34	1	Resistance Motor	84	28	M4 x 16mm Screw
35	2	Magnet	85	1	M6 Locknut
36	1	Spring	86	1	M6 Nut
37	1	Idler	87	4	M6 Large Washer
38	2	Rear Link Arm Spacer	88	2	M8 Small Washer
39	1	Water Bottle Holder	89	2	M6 x 30mm Screw
40	6	Cap	90	4	M4 x 12mm Flange Screw
41	14	Pivot Bushing	91	12	M5 x 25mm Self-tapping Screw
42	2	Upper Body Leg Cover	92	4	M4 x 25mm Self-tapping Screw
43	2	Upper Body Leg Spacer	93	2	M4 x 12mm Self-tapping Screw
44	2	Upright Spacer	94	2	M3 x 16mm Self-tapping Screw
45	1	Pivot Axle	95	6	M4 x 19mm Self-tapping Screw
46	2	Pedal	96	4	M6 x 16mm Patch Screw
47	2	Roller	97	12	M5 Star Washer
48	2	Link Arm Spacer	*	—	Assembly Tool
49	2	23mm x 19.5mm Wave Washer	*	—	Grease Packet
50	2	Pedal Leg Cover	*	—	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING B—Model No. PFEL74908.0

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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

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; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; 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.

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