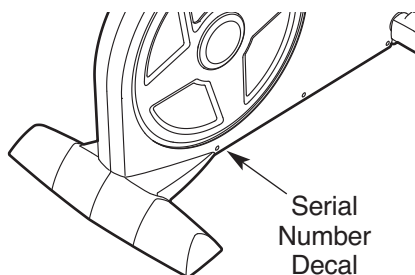


PRO-FORM®

StrideSelect 600

Model No. PFEL85907.0
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 missing, **PLEASE 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:

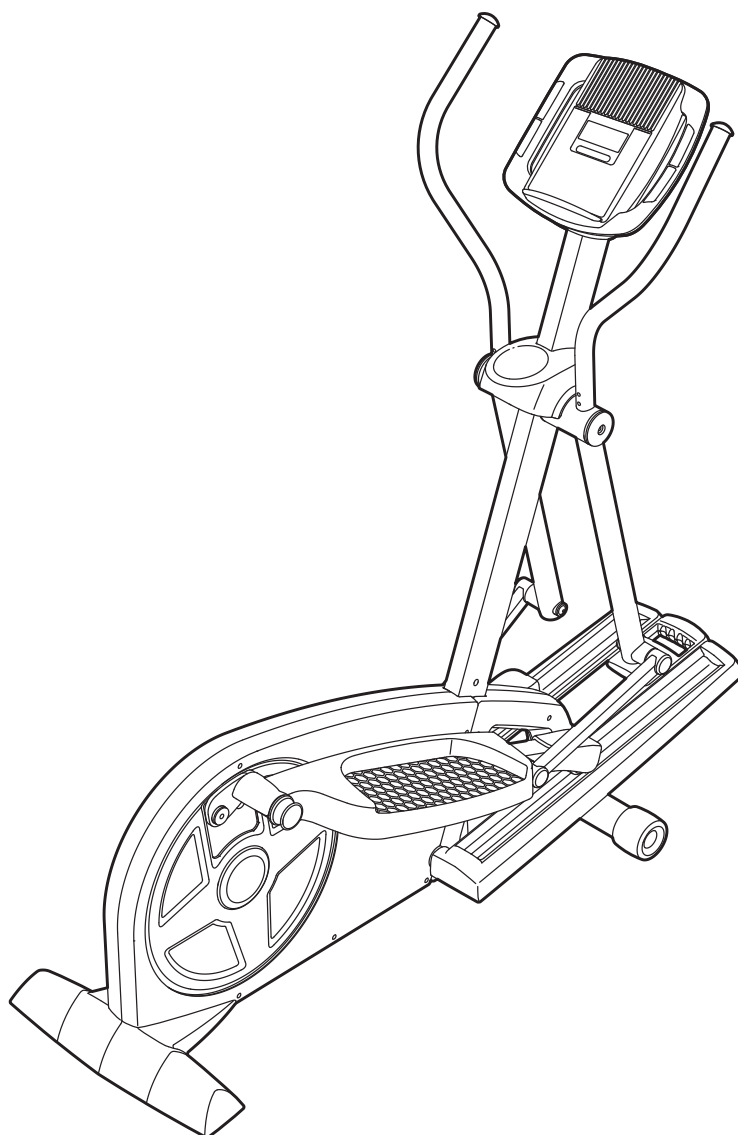
CALL TOLL-FREE:

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.

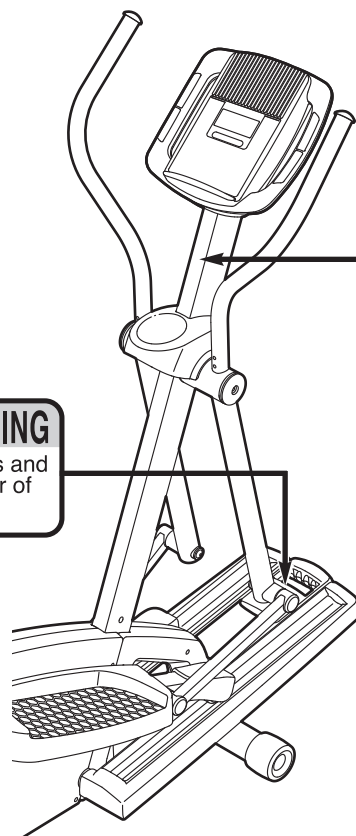
www.proform.com

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WARNING DECAL PLACEMENT


This drawing shows the location(s) of the warning decal(s) shown. **If a decal is missing or illegible, call the telephone number on 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.



WARNING
Keep hands and fingers clear of this area.

WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 275 pounds.
- Replace label if damaged, illegible, or removed.



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 enough clearance around your elliptical exerciser to mount, dismount, and use it.
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 275 lbs. (124 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 upper body arms 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

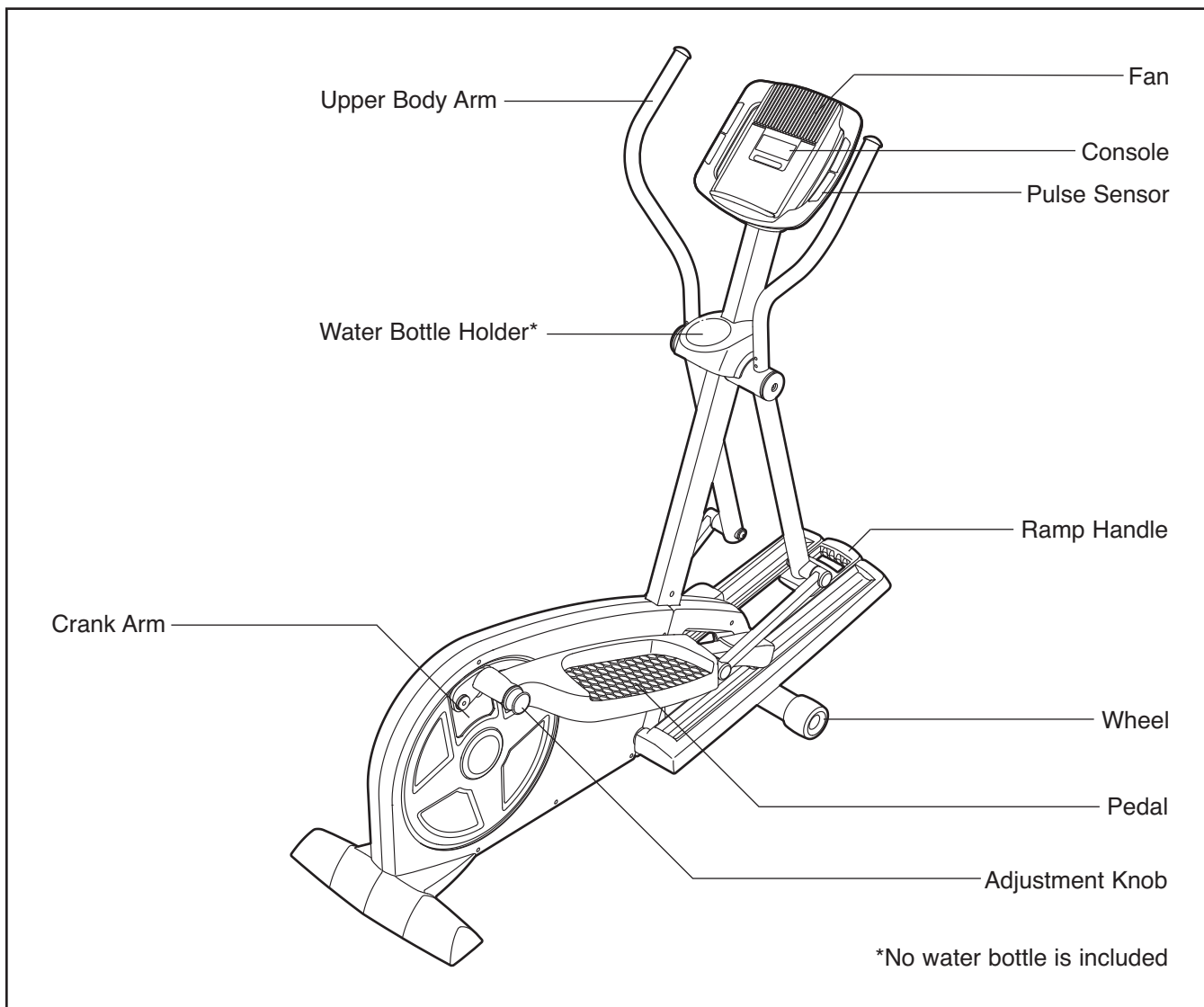
Thank you for purchasing the revolutionary PROFORM® StrideSelect 600 elliptical exerciser. The StrideSelect 600 elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

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

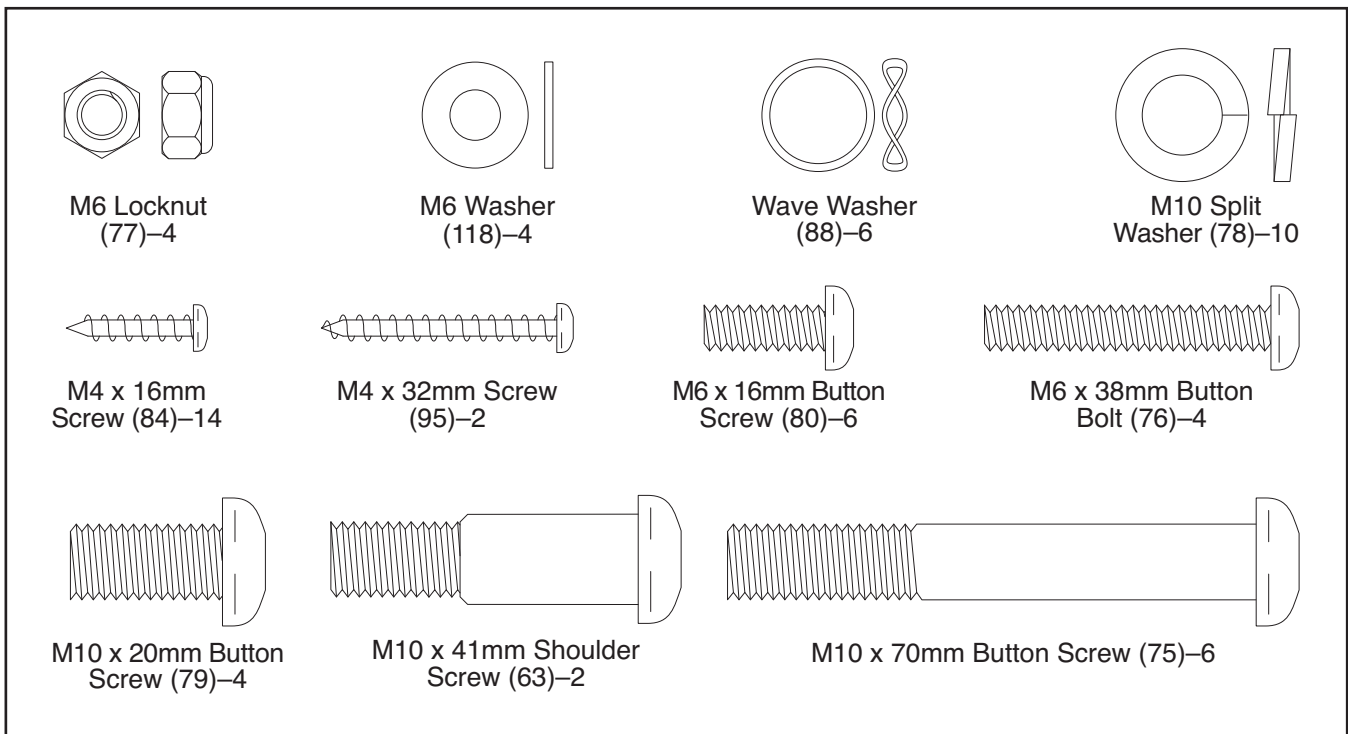


ASSEMBLY

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 hex keys, assembly requires a Phillips screwdriver**  , **an adjustable wrench**  , **and a rubber mallet**  .

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

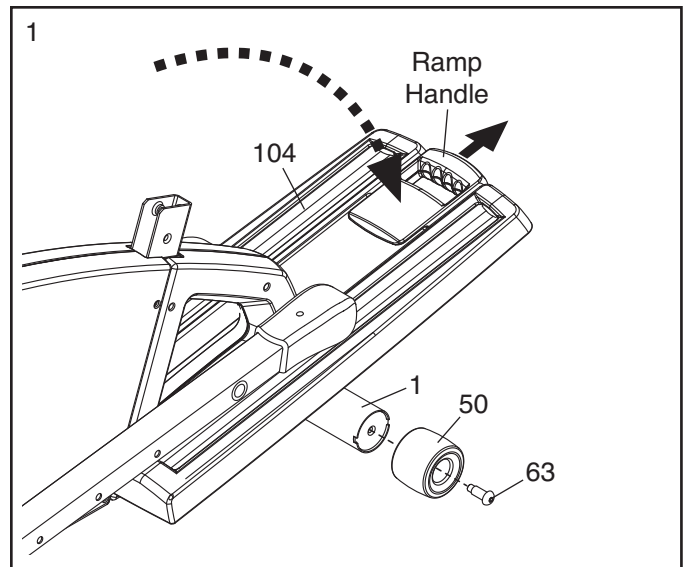


1.

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

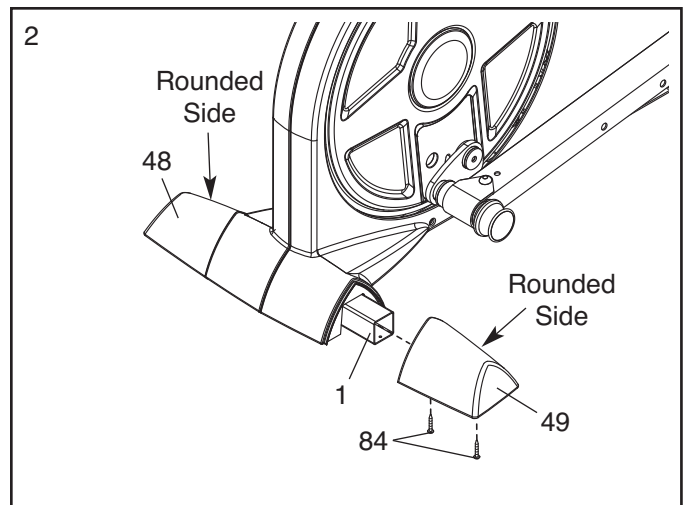
Pull the ramp handle outward and lower the Ramp (104) until it rests on the Frame (1).

Attach a Wheel (50) to the front of the Frame (1) with an M10 x 41mm Shoulder Screw (63).
Attach the other Wheel (50) in the same way.



2. Identify the Right Frame Cover (49), which is marked with an "R" sticker. Then, orient the Right Frame Cover with the rounded side in the indicated location. While another person lifts the rear of the Frame (1), attach the Right Frame Cover with two M4 x 16mm Screws (84).

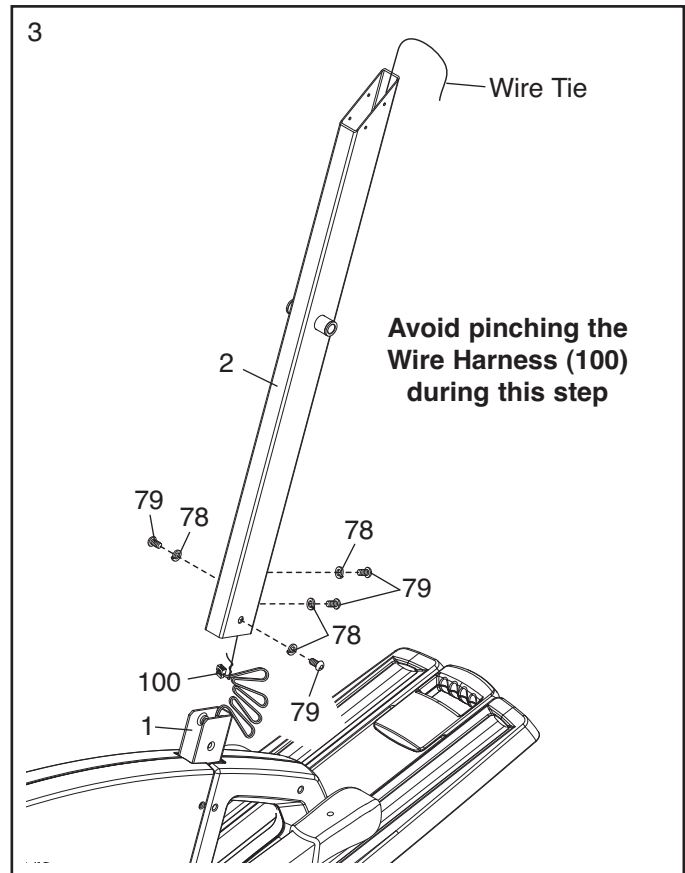
Repeat this step for the Left Frame Cover (48).



3. **Tip: Be careful not to pinch the Wire Harness (100) during this step. Start all screws before tightening any of them.**

Have another person hold the Upright (2) near the Frame (1). Locate the wire tie in the Upright. Tie the lower end of the wire tie to the Wire Harness (100). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie. **Tip: To prevent the Wire Harness from falling inside the Upright, secure the Wire Harness with a rubber band.**

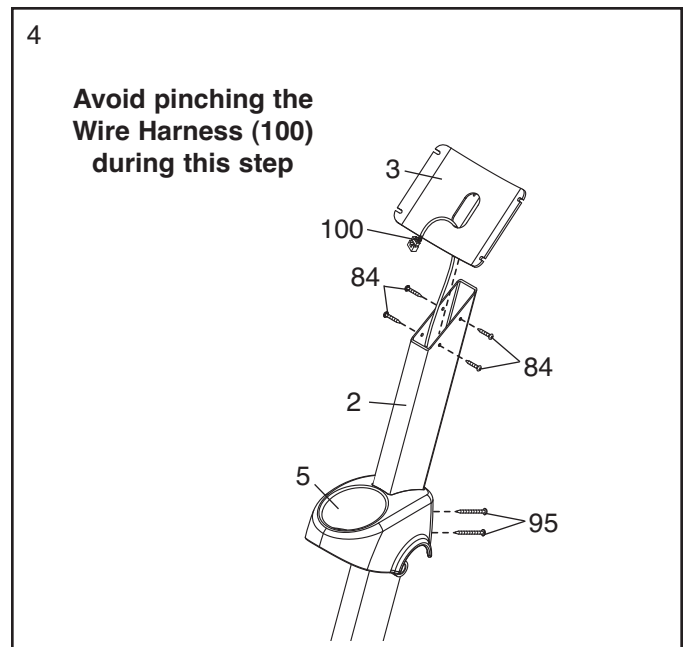
Attach the Upright (2) to the Frame (1) with four M10 x 20mm Button Screws (79), and four M10 Split Washers (78). **Do not tighten the Button Screws yet.**



4. **Tip: Be careful not to pinch the Wire Harness (100) during this step.**

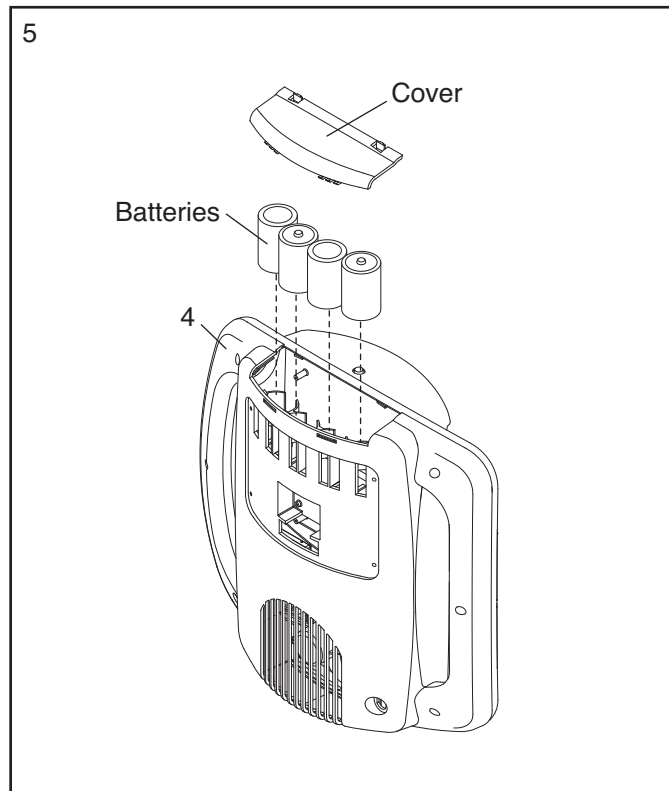
Orient the Bottle Holder (5) as shown and slide it onto the Upright (2). Attach the Bottle Holder with two M4 x 32mm Screws (95).

Thread the Wire Harness (100) through the Console Bracket (3). Insert the Console Bracket into the top of the Upright (2). Attach the Console Bracket with four M4 x 16mm Screws (84).



5. The Console (4) can be operated with four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the battery cover and insert four batteries into the Console. Orient the batteries as shown by the markings inside the battery compartment. Then, reattach the battery cover.

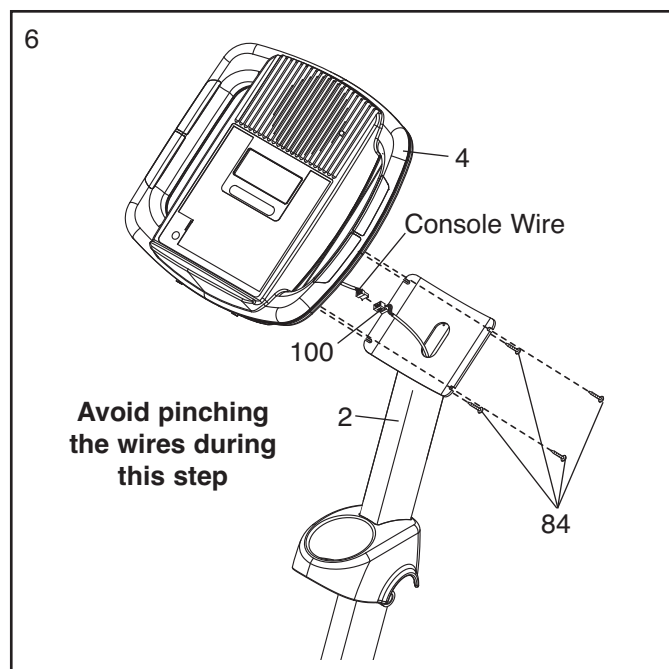
The Console (4) can also be operated with an optional power supply (not included). **To purchase a power supply, call the telephone number on the front cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power supply.** Plug one end of the power supply into the jack on the Console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



6. **Tip: Be careful not to pinch the wires during this step.**

While a second person holds the Console (4) near the Upright (2), connect the console wire to the Wire Harness (100).

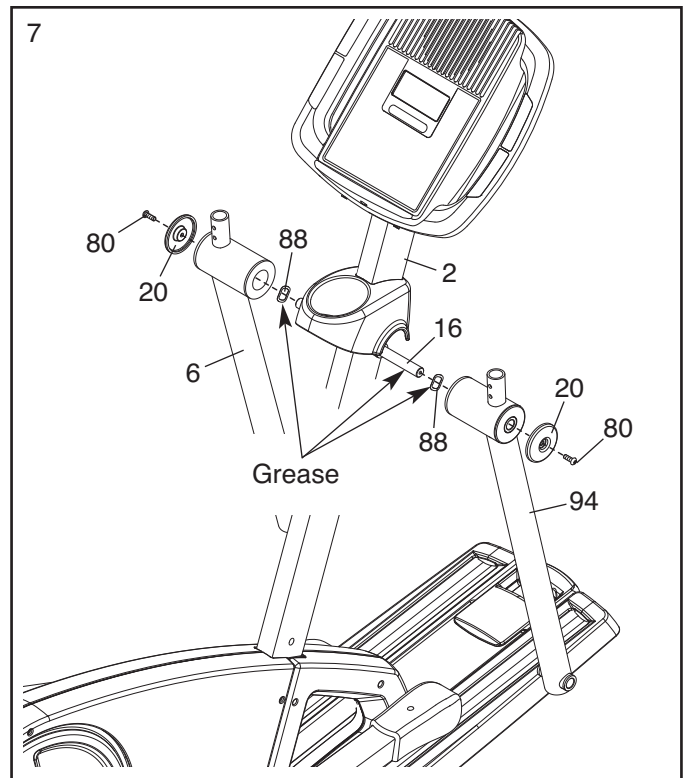
Attach the Console (4) with four M4 x 16mm Screws (84).



7. Apply a generous amount of the included grease to the Pivot Axle (16). Then, apply a small amount of grease to two Wave Washers (88).

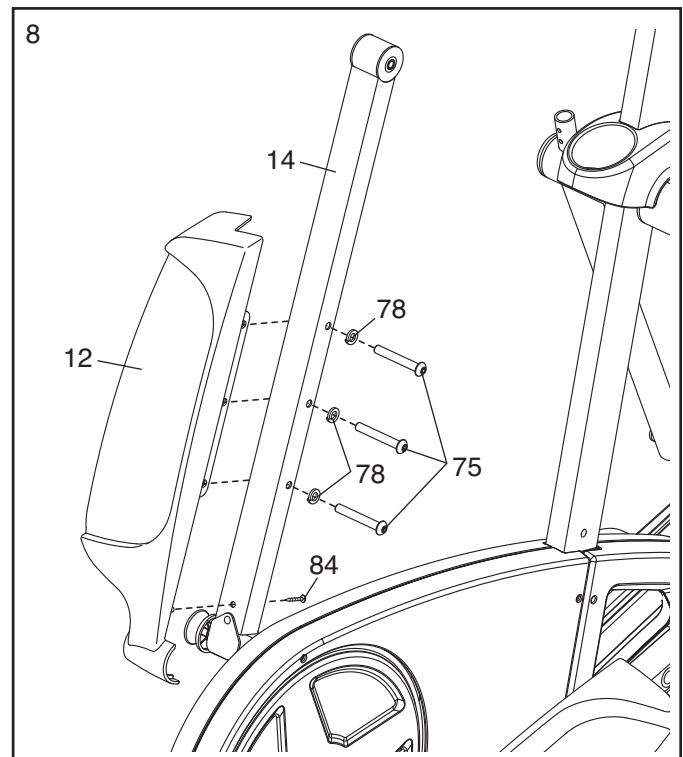
Insert the Pivot Axle (16) into the Upright (2). Slide a Wave Washer (88) onto each end of the Pivot Axle.

Identify the Left Upper Body Leg (6), which is marked with an "L" sticker. Slide the Left Upper Body Leg onto the Pivot Axle (16). Attach the Left Upper Body Leg with an M6 x 16mm Button Screw (80) and a Large Axle Cover (20). **Attach the Right Upper Body Leg (94) in the same way.**



8. Attach the Left Pedal (12) to the left Pedal Arm (14) with three M10 x 70mm Button Screws (75), three M10 Split Washers (78), and an M4 x 16mm Screw (84).

Repeat this step for the other side of the elliptical exerciser.

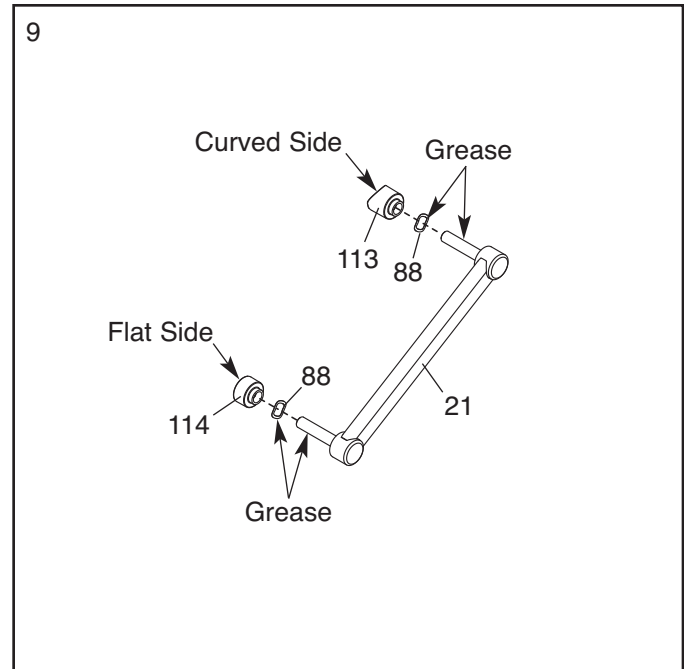


9. Apply a small amount of grease to two Wave Washers (88) and to the axles on a Pedal Arm Axle (21).

Identify an Upper Body Leg Spacer (113), which has a curved side. Slide a Wave Washer (88) and the Upper Body Leg Spacer onto the indicated axle of the Pedal Arm Axle (21); **make sure that the curved side of the Upper Body Leg Spacer is facing away from the Pedal Arm Axle.**

Identify a Pedal Leg Spacer (114), which has a flat side. Slide a Wave Washer (88) and the Pedal Leg Spacer onto the other axle of the Pedal Arm Axle (21); **make sure that the flat side of the Pedal Leg Spacer is facing away from the Pedal Arm Axle.**

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



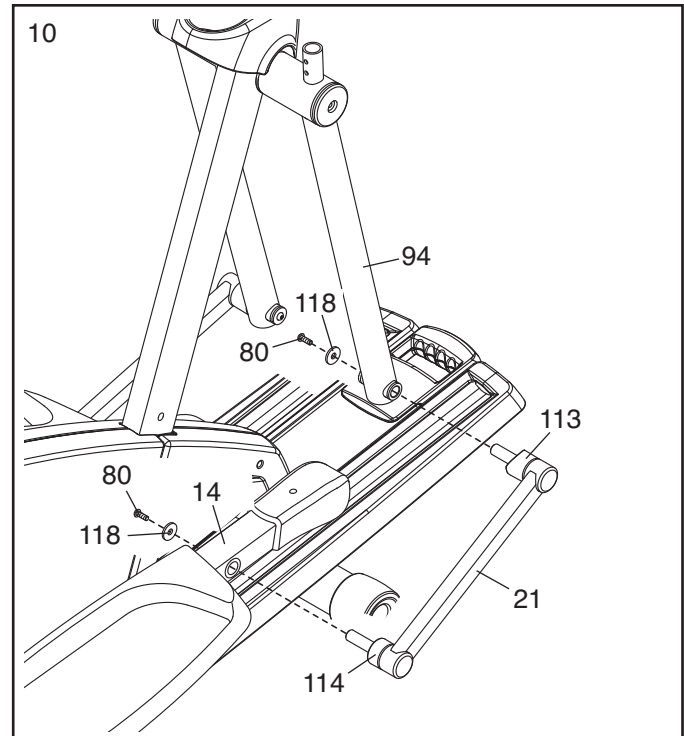
10. Insert a Pedal Arm Axle (21) into the Right Upper Body Leg (94) and into the right Pedal Arm (14) at the same time; **make sure that the Upper Body Leg Spacer (113) and the Pedal Leg Spacer (114) are in the indicated locations.**

Attach the Right Upper Body Leg (94) with an M6 x 16mm Button Screw (80) and an M6 Washer (118).

Then, attach the right Pedal Arm (14) with an M6 x 16mm Button Screw (80) and an M6 Washer (118).

Repeat this step for the other side of the elliptical exerciser.

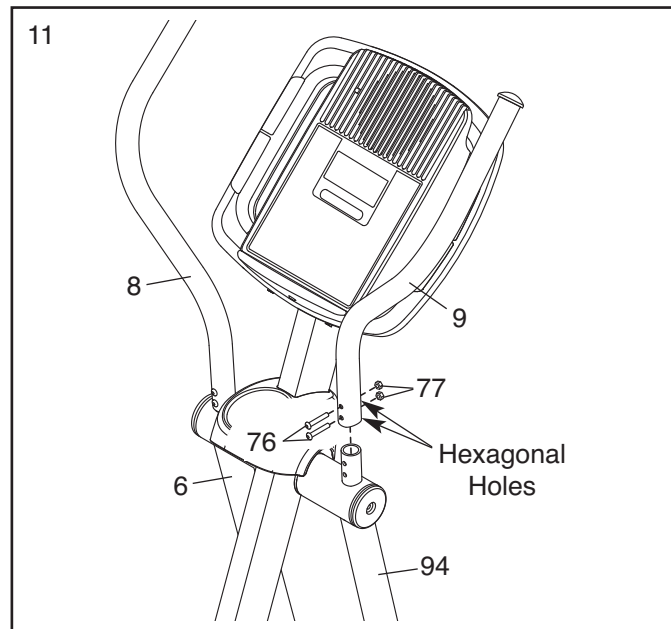
See step 3. Tighten the four M10 x 20mm Button Screws (79). **Tip: Tighten the two Button Screws on the front of the elliptical exerciser before tightening the other two Button Screws.**



11. Identify the Right Upper Body Arm (9), which is marked with an “R” sticker. Orient the Right Upper Body Arm as shown; **make sure that the hexagonal holes in the Right Upper Body Arm are in the indicated location.**

Slide the Right Upper Body Arm (9) onto the Right Upper Body Leg (94). Attach the Right Upper Body Arm with two M6 x 38mm Button Bolts (76) and two M6 Locknuts (77); **make sure that the Locknuts are inside the hexagonal holes.**

Repeat this step for the Left Upper Body Arm (8) and the Left Upper Body Leg (6).

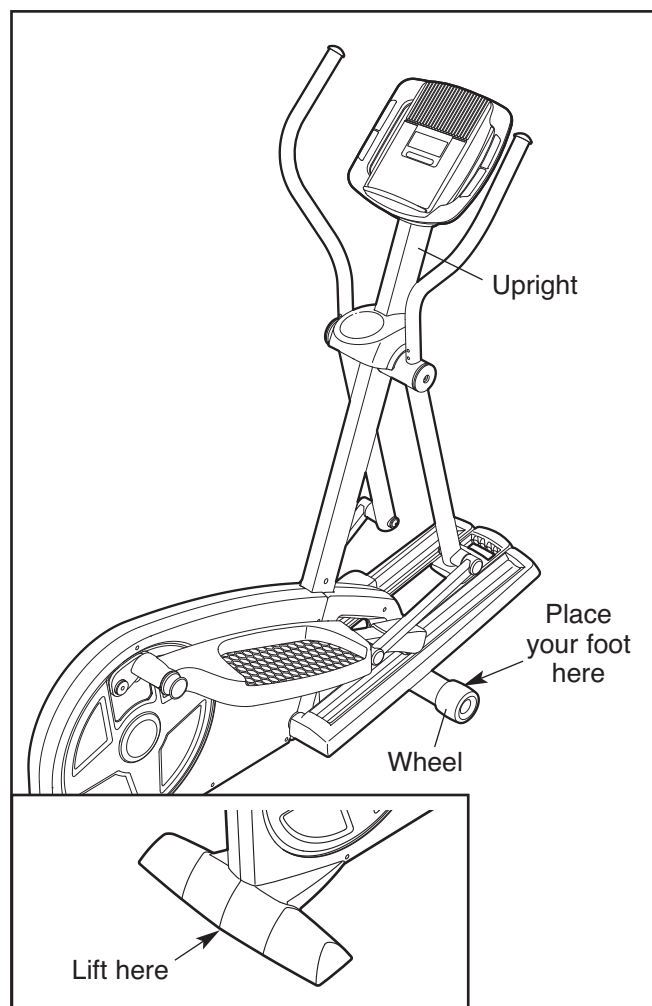


12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

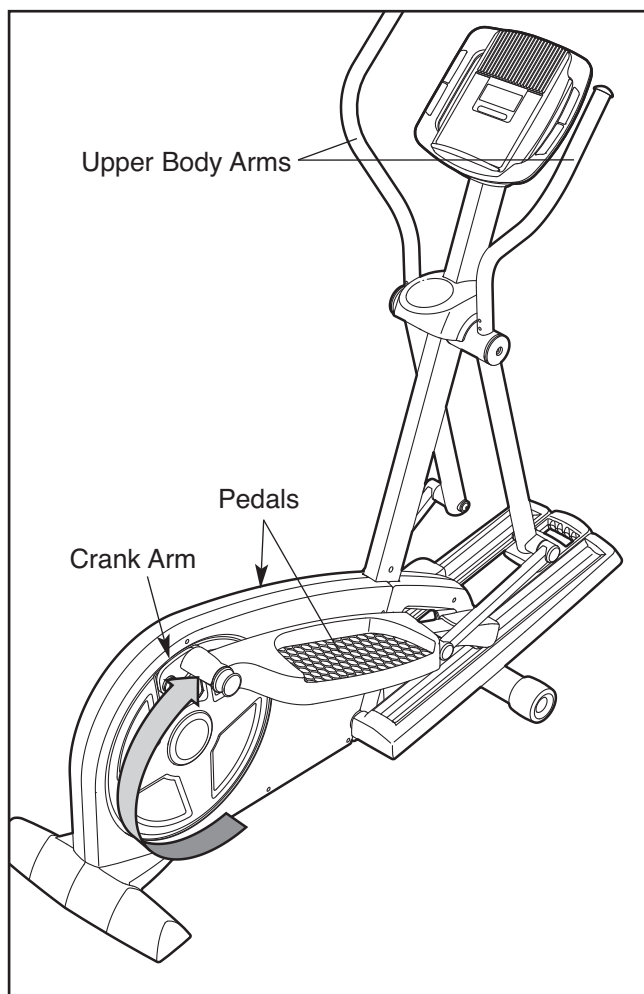
HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. **IMPORTANT: Do not place your foot on the ramp cover.** Pull on the upright and have a second person lift the base until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.



HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

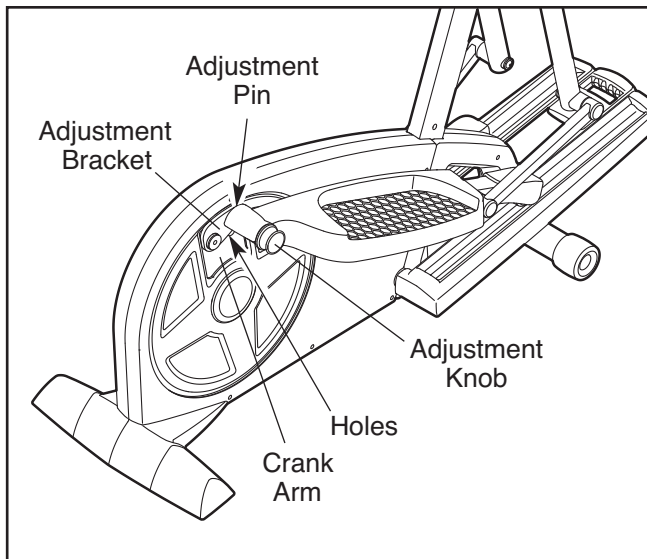
To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms can turn in either direction. It is recommended that you turn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



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

HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL EXERCISER

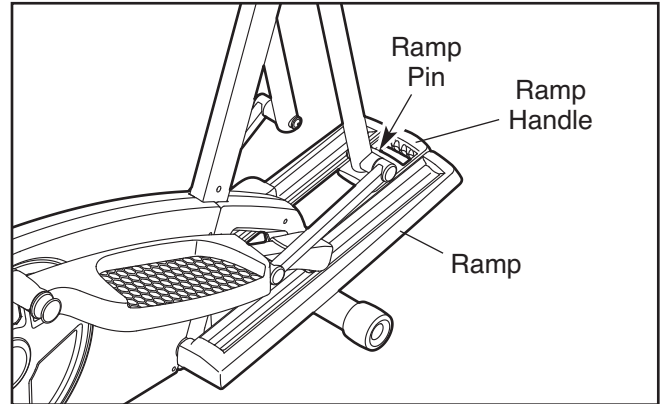
To adjust the stride of the elliptical exerciser, first pull one of the adjustment knobs until the adjustment bracket pivots freely. Pivot the adjustment bracket until the adjustment knob is aligned with one of the holes in the crank arm, and gently release the knob. Then, pivot the adjustment bracket back and forth slightly to make sure that the adjustment pin is engaged in one of the holes in the crank arm.

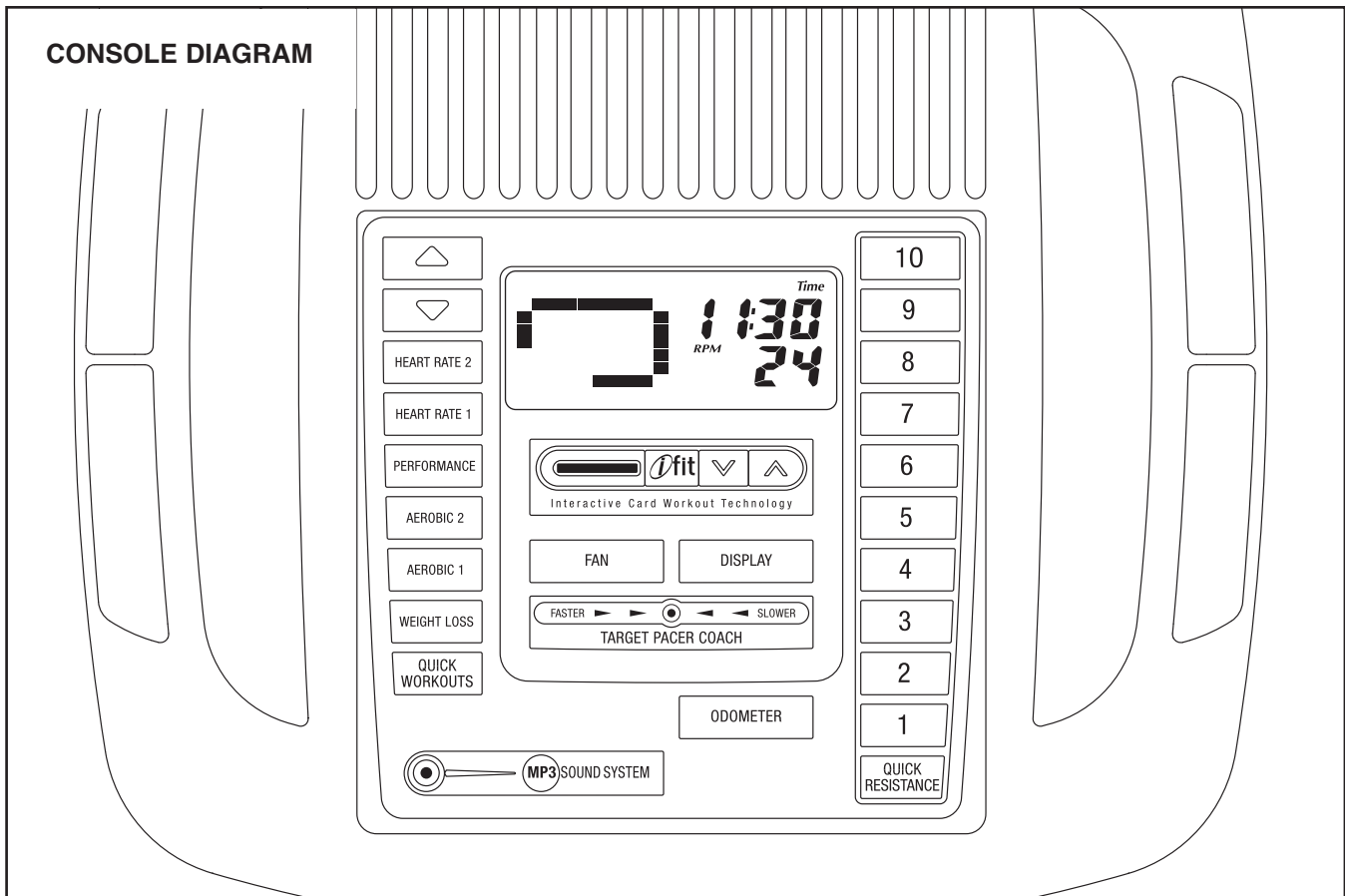


Adjust the other side of the elliptical exerciser in the same way.

HOW TO CHANGE THE INCLINE OF THE RAMP

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, pull the ramp handle outward, raise or lower the ramp, and engage the ramp pin into one of the adjustment holes in the front of the frame.





FEATURES OF THE CONSOLE

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

The console also offers four preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

In addition, the console features two heart rate workouts that change the resistance of the pedals to keep your heart rate near target heart rate settings while you exercise.

The console also features the new iFit Interactive Workout System. The iFit Interactive Workout System is compatible with iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you and motivates you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.**

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

To use the manual mode of the console, follow the steps beginning on page 15. **To use a preset workout**, see page 17. **To use a heart rate workout**, see page 18. **To use an iFit workout**, see page 19. **To use the sound system**, see page 19.

HOW TO USE THE MANUAL MODE

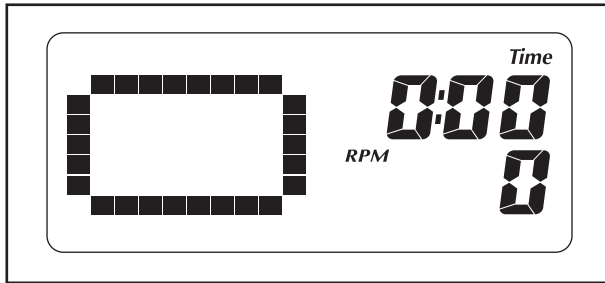
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

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

When you turn on the console, the display and the target pacer coach 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 any of the Quick Workouts buttons repeatedly until a track appears in the left display.



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

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

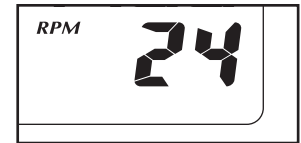


4. Follow your progress with the displays.

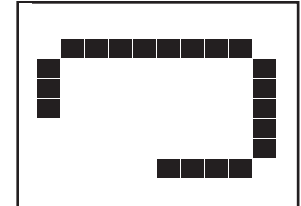
The upper right display can show the elapsed time, the distance (total revolutions) you have pedaled, the approximate number of calories you have burned, and the approximate number of grams of carbs you have burned. The display will change modes every few seconds.



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 16).



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.



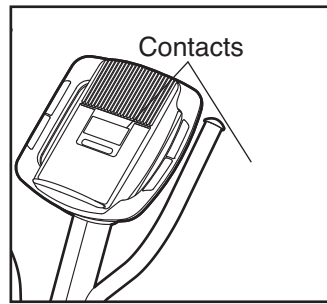
To change the display mode, press the Display button repeatedly until the desired exercise information appears in the upper or lower right display. After several seconds, the display will change modes automatically as before.

To view the trip distance, press the Odometer button. The information will appear in the display for a few seconds. To reset the trip distance, hold down the Odometer button for a few seconds. To view the total distance pedaled since the elliptical exerciser was purchased, press the Odometer button a second time. (Note: The number on the right side of the display multiplied by the number on the left side equals the trip distance or the total distance.)

To adjust the volume level of the console, first press and hold down the Display button until the display becomes blank. When you release the Display button, the volume level will then appear in the display. Press the increase and decrease buttons located above the Heart Rate buttons to select a volume level. Then, press the Display button.

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.



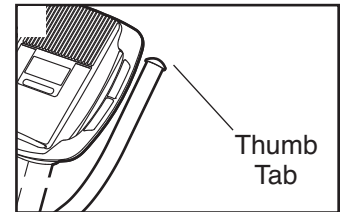
When your pulse is detected, a heart-shaped symbol will flash in the display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

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

To turn on the fan at high speed, press the Fan button. To turn on the fan at low speed, press the Fan button a second time. To select the auto mode, press the Fan button a third time; while the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.

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



To turn off the fan, press the Fan button again. Note: If the pedals do not move for about thirty seconds, the fan will automatically turn off to conserve the batteries.

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 PRESET WORKOUT

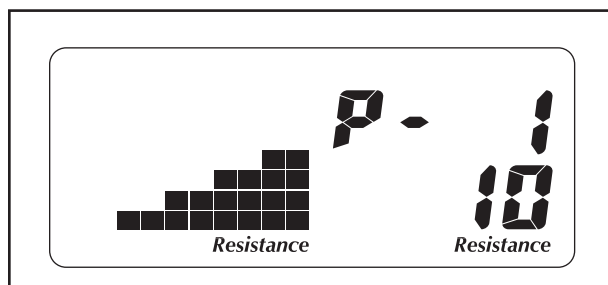
1. **Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 15.

2. **Select a preset workout.**

To select one of the four preset workouts, press the Weight Loss, the Aerobic 1, the Aerobic 2, or the Performance button on the left side of the console.

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.

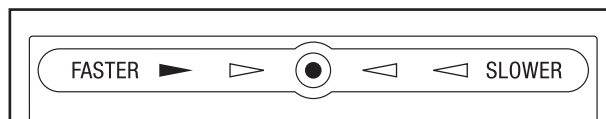


3. **Begin pedaling to start the workout.**

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

During the 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 target pacer coach 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 target pacer coach is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the resistance level by pressing the Quick Resistance buttons. However, when the current segment ends, the resistance of the pedals will automatically adjust to the resistance level 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 15.

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

See step 5 on page 16.

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

See step 6 on page 16.

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

See step 7 on page 16.

HOW TO USE A HEART RATE WORKOUT

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

See step 1 on page 15.

2. **Select a heart rate workout.**

To select one of the heart rate workouts, press the Heart Rate 1 or the Heart Rate 2 button on the left side of the console.

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

A few seconds after you select a heart rate workout, the target heart rate setting for the workout will flash in the lower right display.



During heart rate workout 1, the same target heart rate setting will be programmed for all segments of the workout. If you have selected heart rate workout 1, press the increase and decrease buttons above the Heart Rate buttons to enter the desired target heart rate setting (see EXERCISE INTENSITY on page 21).

During heart rate workout 2, different target heart rate settings will be programmed for different segments of the workout. If you have selected heart rate workout 2, press the increase and decrease buttons above the Heart Rate buttons to enter the desired maximum target heart rate setting for the workout (see EXERCISE INTENSITY on page 21).

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

It is not necessary to hold the handgrip pulse sensor continuously during heart rate workouts; however, you should hold the handgrip pulse sensor frequently for the workouts to operate properly.

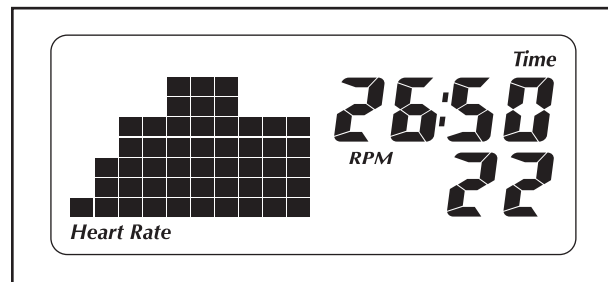
Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.

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

Heart rate workout 1 is divided into 40 one-minute segments. Note: For a shorter workout, stop exercising or select a different workout before the workout ends.

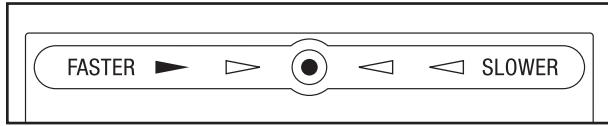
Heart rate workout 2 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During the workout, the workout profile in the display will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target heart rate setting 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.



During both workouts, the console will regularly compare your heart rate to the target heart rate setting for the current segment of the workout. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

While you exercise, the target pacer coach will prompt you to maintain a constant pedaling speed. 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 target pacer coach is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the resistance level by pressing the Quick Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a 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.

6. Follow your progress with the displays.

See step 4 on page 15.

7. Turn on the fan if desired.

See step 6 on page 16.

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

See step 7 on page 16.

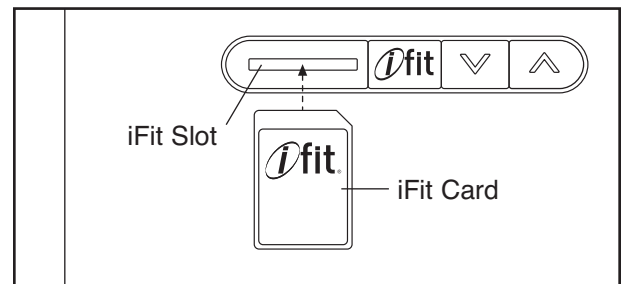
HOW TO USE AN IFIT WORKOUT

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

See step 1 on page 15.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will light and the word IFIT will appear in the display.



Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFit workouts work in the same way as preset workouts. To use the workout, see steps 3 to 7 on page 17.

3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

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

Note: You can also adjust the volume of the console as described in step 4 on page 15.

MAINTENANCE AND TROUBLESHOOTING

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

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

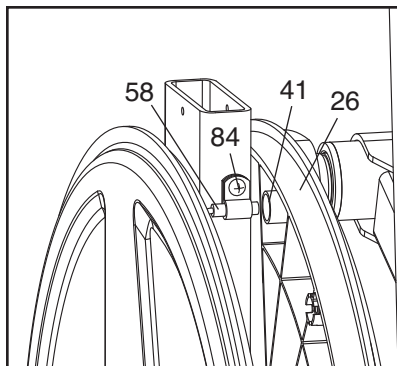
CONSOLE TROUBLESHOOTING

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 5 on page 8 for replacement instructions. If the handgrip pulse sensor does not function properly, see step 5 on page 16.

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 three sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently pry the shields away from the frame.

Next, locate the Reed Switch (58). Turn the Left Pedal Disc (26) until the Magnet (41) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (84). Slide the Reed Switch



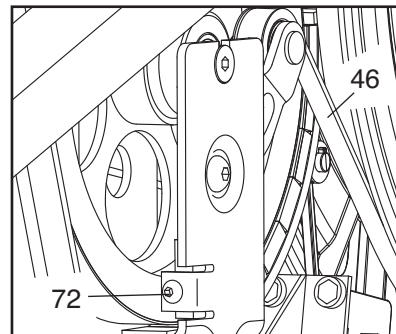
slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Left Pedal Disc forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B and the PART LIST near the end of this manual.

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 (46) may need to be adjusted. First, remove all the screws from both shields; **there are three sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently pry the shields away from the frame.

Next, turn the Belt Adjustment Screw (72) until the Belt (46) is tight.

Then, reattach the shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED



DRAWING B and

the PART LIST near the end of the manual.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

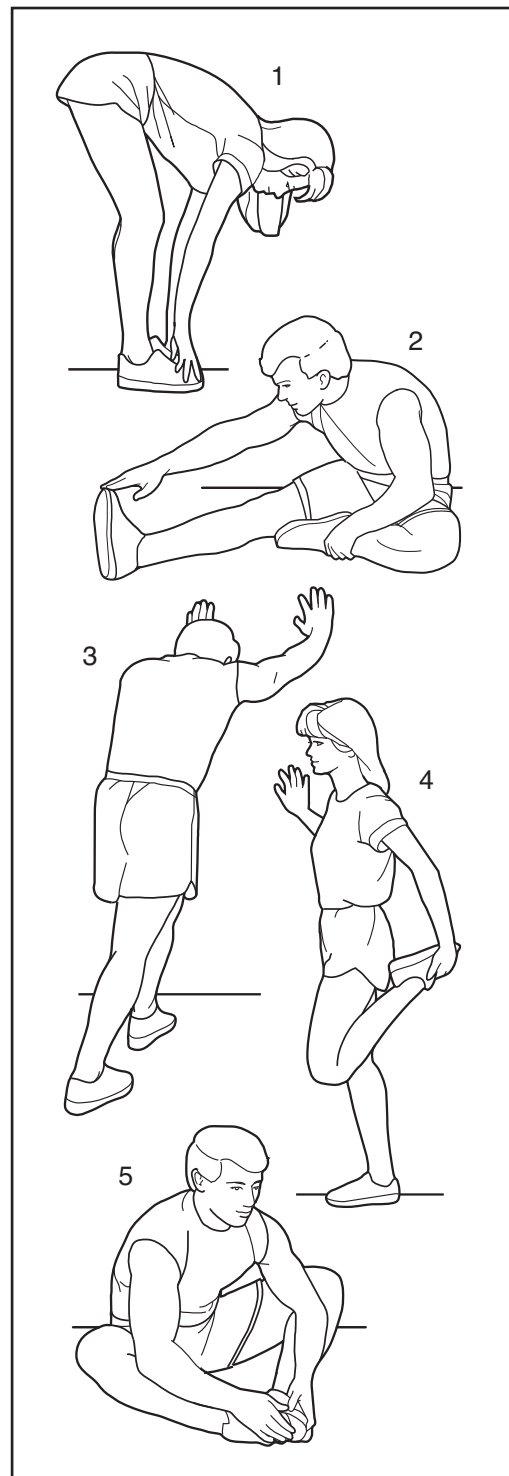
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST—Model No. PFEL85907.0

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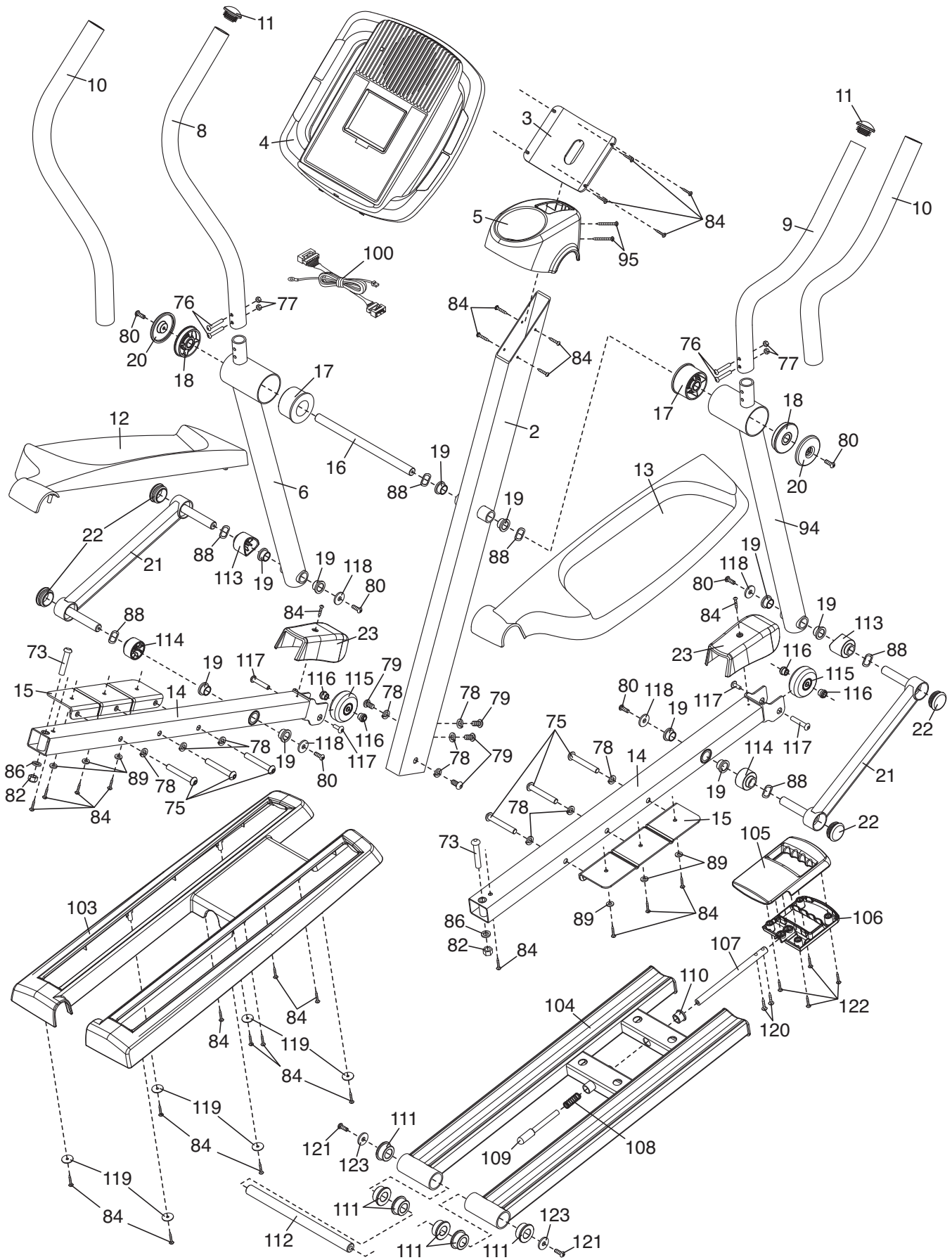
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Belt
2	1	Upright	47	2	Foot
3	1	Console Bracket	48	1	Left Frame Cover
4	1	Console	49	1	Right Frame Cover
5	1	Bottle Holder	50	2	Wheel
6	1	Left Upper Body Leg	51	1	Flywheel
7	1	Idler Wheel	52	1	Idler
8	1	Left Upper Body Arm	53	1	C-magnet
9	1	Right Upper Body Arm	54	1	Resistance Motor
10	2	Foam Grip	55	1	Motor Bracket
11	2	Upper Cap	56	1	Resistance Arm
12	1	Left Pedal	57	1	Clamp
13	1	Right Pedal	58	1	Reed Switch/Wire
14	2	Pedal Arm	59	1	Magnet Spacer
15	2	Pedal Bracket	60	1	Key
16	1	Pivot Axle	61	1	Square Nut
17	2	Inner Bushing Set	62	1	Flange Screw
18	2	Outer Bushing Set	63	2	M10 x 41mm Shoulder Screw
19	10	Upright Bushing	64	1	Flywheel Bolt
20	2	Large Axle Cover	65	1	C-magnet Bolt
21	2	Pedal Arm Axle	66	1	Idler Bolt
22	4	Axle Cover	67	1	Key Screw
23	2	Wheel Cover	68	1	Crank Arm Screw
24	1	Crank Assembly	69	4	Resistance Motor Bolt
25	1	Crank Arm	70	4	Resistance Motor Nut
26	1	Left Pedal Disc	71	4	Motor Bracket Screw
27	1	Right Pedal Disc	72	1	Belt Adjustment Screw
28	2	Pedal Disc Cover	73	2	M10 x 58mm Shoulder Bolt
29	2	Adjustment Pin	74	2	M10 Locknut
30	2	Spring	75	6	M10 x 70mm Button Screw
31	1	Left Adjustment Bracket	76	4	M6 x 38mm Button Bolt
32	4	Large Snap Ring	77	4	M6 Locknut
33	2	39mm x 31mm Wave Washer	78	10	M10 Split Washer
34	4	Adjustment Bushing	79	4	M10 x 20mm Button Screw
35	2	Pedal Arm Bracket	80	6	M6 x 16mm Button Screw
36	2	Adjustment Knob	81	4	M8 x 12mm Button Screw
37	2	Fender Washer	82	3	M8 Locknut
38	2	Crank Bearing	83	7	M6 Star Washer
39	1	Crank Spacer	84	35	M4 x 16mm Screw
40	1	Crank Arm Spacer	85	2	Flywheel Spacer
41	2	Magnet	86	2	M8 Washer
42	1	Left Front Shield	87	2	31mm x 24mm Wave Washer
43	1	Right Front Shield	88	6	Wave Washer
44	1	Left Shield	89	6	M4 Washer
45	1	Right Shield	90	4	M6 Large Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
91	3	M4 x 48mm Screw	110	1	Ramp Lock Bushing
92	10	M4 x 25mm Screw	111	6	Ramp Bushing
93	2	M4 x 35mm Screw	112	1	Ramp Axle
94	1	Right Upper Body Leg	113	2	Upper Body Leg Spacer
95	2	M4 x 32mm Screw	114	2	Pedal Leg Spacer
96	1	Tree Fastener	115	2	Wheel
97	2	M8 x 18mm Button Screw	116	4	Wheel Bushing
98	7	M5 x 12mm Screw	117	2	M6 x 51mm Bolt Set
99	1	M3 x 12mm Screw	118	4	M6 Washer
100	1	Wire Harness	119	6	M4 Large Washer
101	1	Extended Reed Switch Wire	120	2	M5 x 30mm Screw
102	1	Right Adjustment Bracket	121	2	M10 x 16mm Button Screw
103	1	Ramp Cover	122	10	M4 x 16mm Round Head Screw
104	1	Ramp	123	2	M10 Washer
105	1	Top Ramp Handle	*	–	User's Manual
106	1	Bottom Ramp Handle	*	–	Hex Key
107	1	Ramp Lock Shaft	*	–	Grease Packet
108	1	Ramp Lock Spring	*	–	Audio Cable
109	1	Ramp Lock Pin			

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.

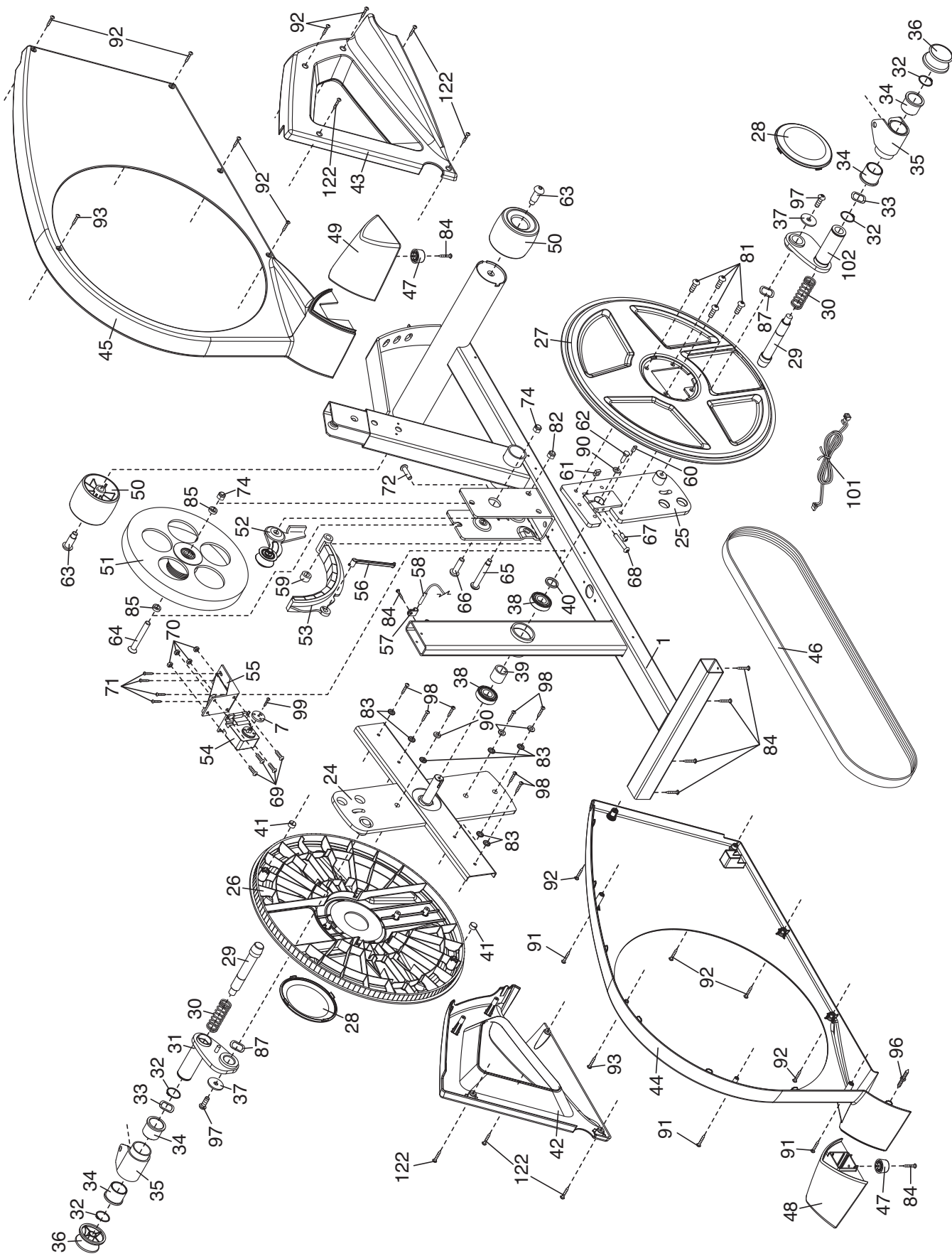
EXPLODED DRAWING A—Model No. PFEL85907.0

R0709A



EXPLODED DRAWING B—Model No. PFEL85907.0

R0709A



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, for a period of ninety (90) days from the date of purchase. There is a seven (7) year warranty on the frame. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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