PRO-FORM®
980 CSE

With Universal Dock for iPod ®

Model No. PFEL99808.0
Serial No. _____

Write the serial number in the space above for reference.

Serial Number
Decal
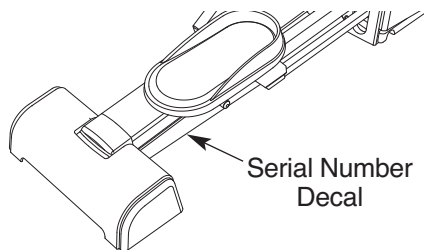
USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **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:

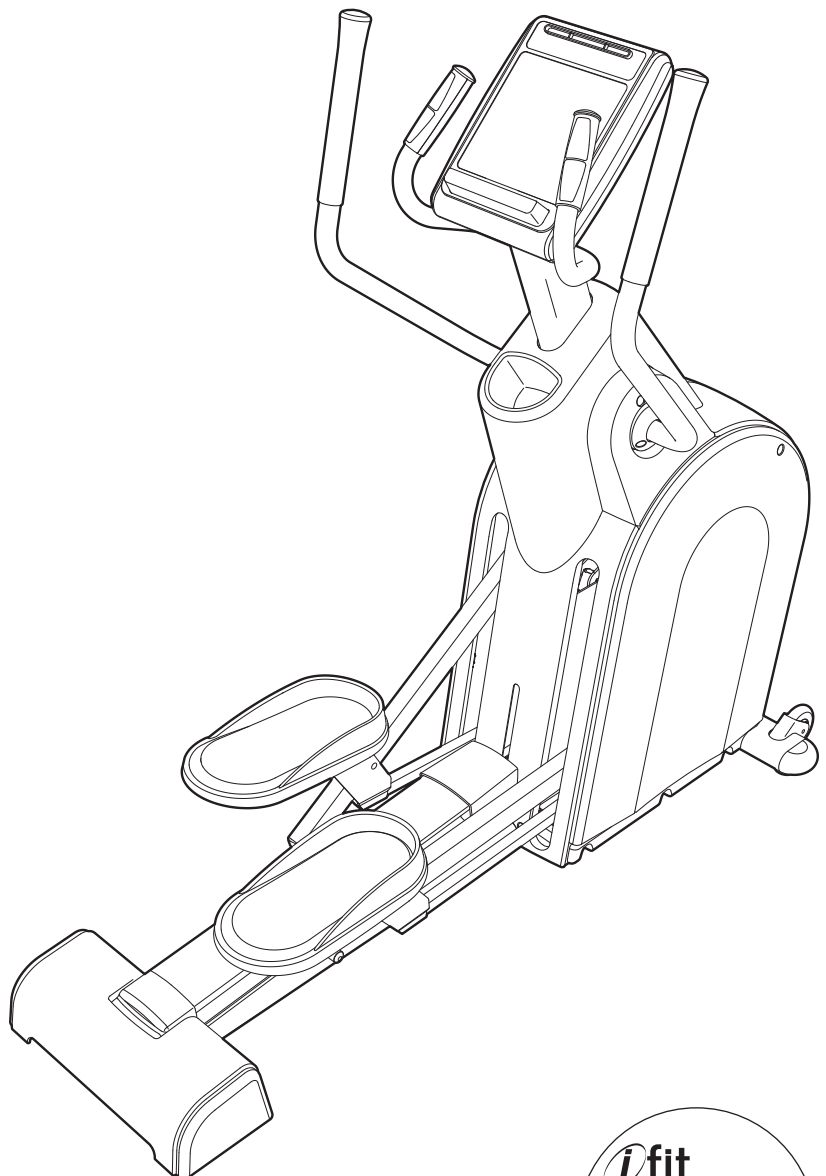**CALL TOLL-FREE:**
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

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.
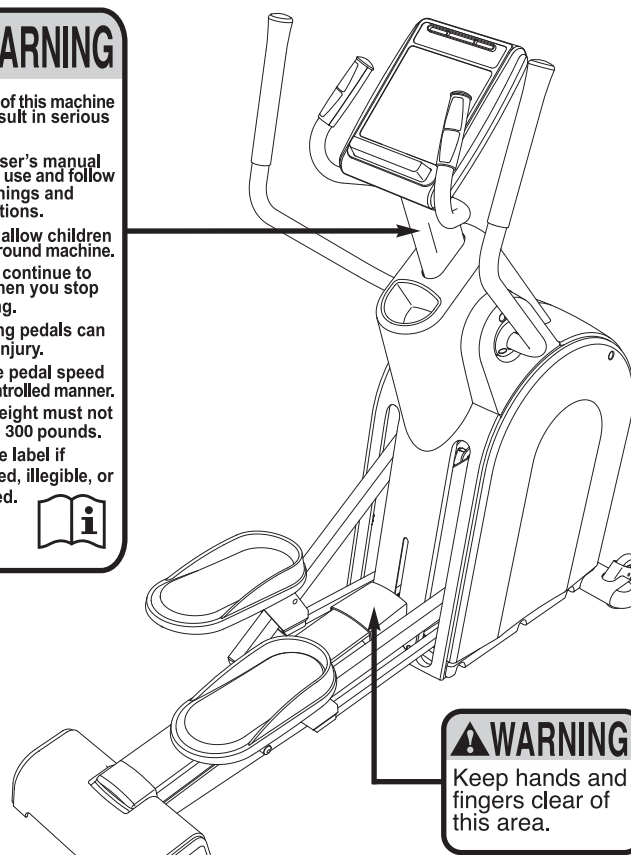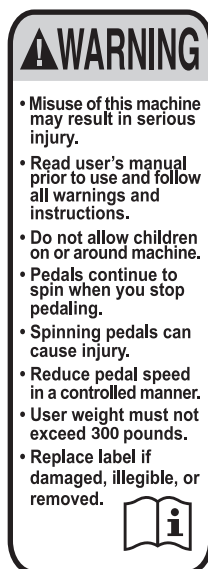
Made for
iPod

i fit
WATCH
FREE
WORKOUT VIDEOS
ifit.com

TABLE OF CONTENTS

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.

⚠ 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 300 pounds.
• Replace label if damaged, illegible, or removed.

⚠ WARNING
Keep hands and fingers clear of this area.

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 300 lbs. (136 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.
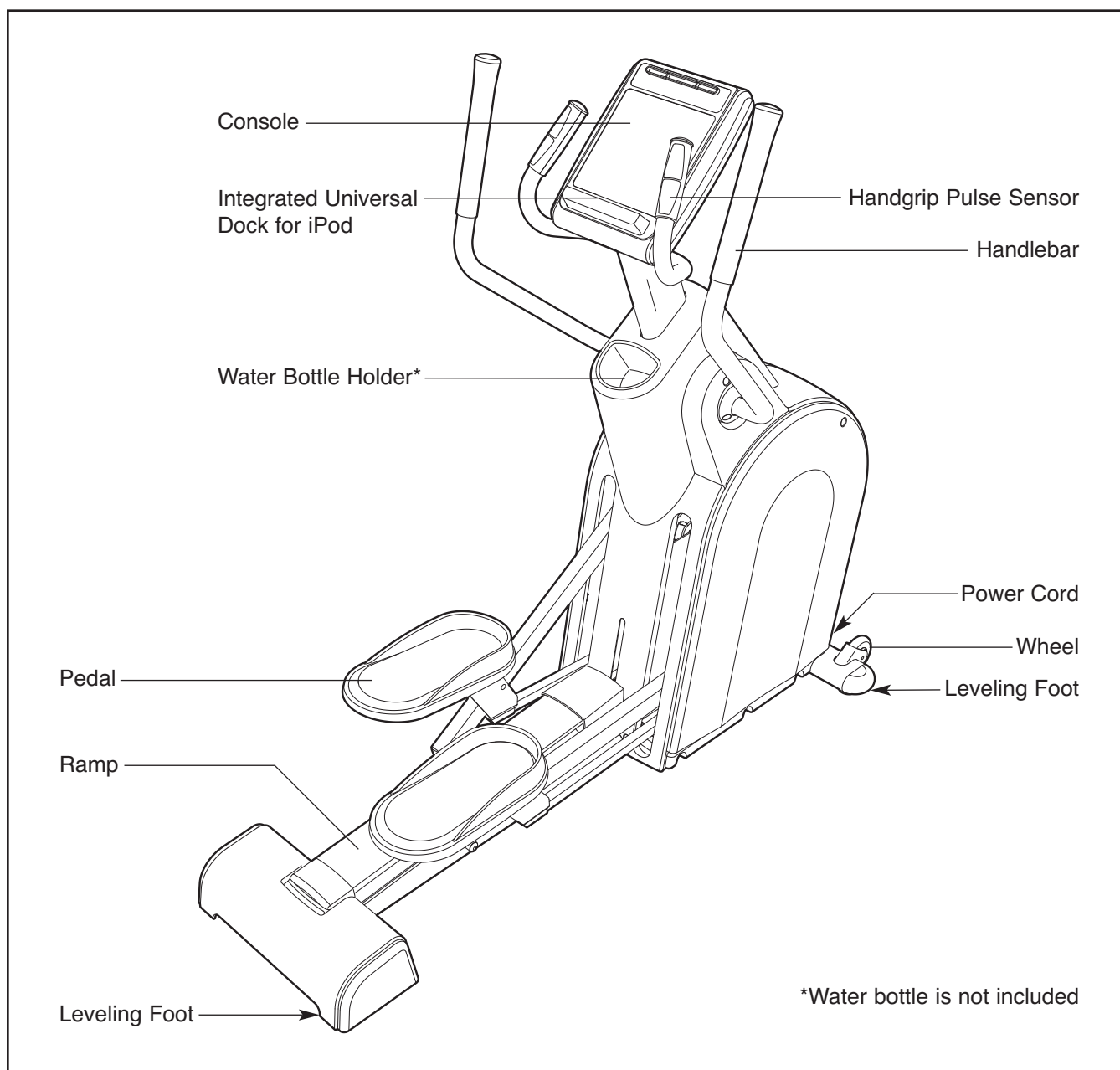
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 980 CSE with Universal Dock for iPod® elliptical exerciser. The 980 CSE with Universal Dock for iPod elliptical exerciser provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

product model number and serial number before contacting us. The model number 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.

Console

Integrated Universal Dock for iPod

Handgrip Pulse Sensor

Handlebar

Water Bottle Holder*

Power Cord

Wheel

Pedal

Leveling Foot

Ramp

Leveling Foot

*Water bottle is not included

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** ▭━━ **.**

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 preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**
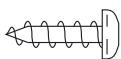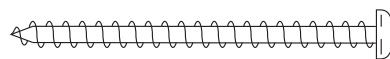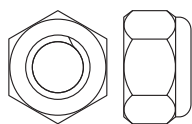
#8 x 1/2"
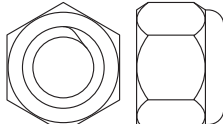Screw (92)–6
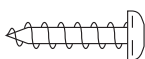
M4 x 16mm
Screw (90)–4
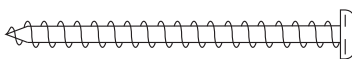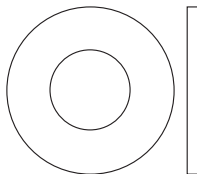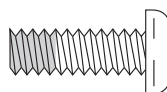
#8 x 1 3/4"
Screw (95)–1
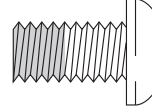
#8 x 2"
Screw (74)–4

M8 Locknut
(80)–5

M10 Locknut
(103)–4

M10 x 22mm x
1.5mm Washer
(100)–2

M6 x 18mm Patch
Screw (108)–2

M8 x 15mm Patch
Screw (75)–6
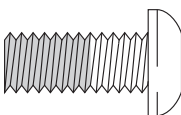
M8 x 19mm Patch
Screw (85)–4
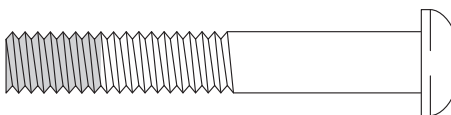
M8 x 55mm Patch
Screw (89)–4
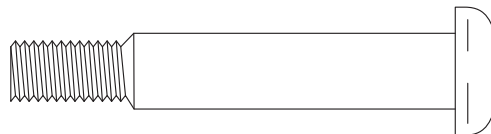
M8 x 59mm Shoulder
Bolt (76)–1
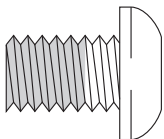
M10 x 15mm Patch
Screw (77)–2
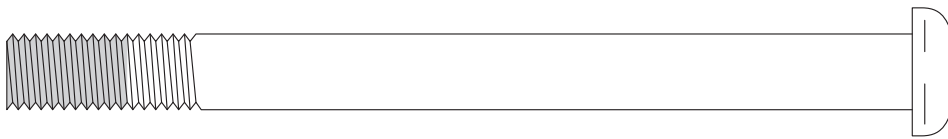
M10 x 120mm Patch Screw (78)–2
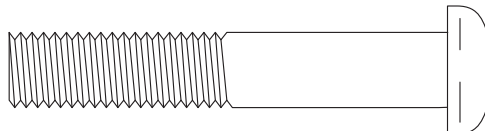
M10 x 58mm Bolt (84)–4

1.

Remove the two M10 x 120mm Patch Screws (78) and the shipping bracket (not shown) attached to the front of the Frame (1). Discard the shipping bracket. **Do not discard the two M10 x 120mm Patch Screws.**

Orient the Front Stabilizer (49) with the Wheels (8) in the position shown. While a second person tips the Frame (1) backward, attach the Front Stabilizer to the Frame with the two M10 x 120mm Patch Screws (78).
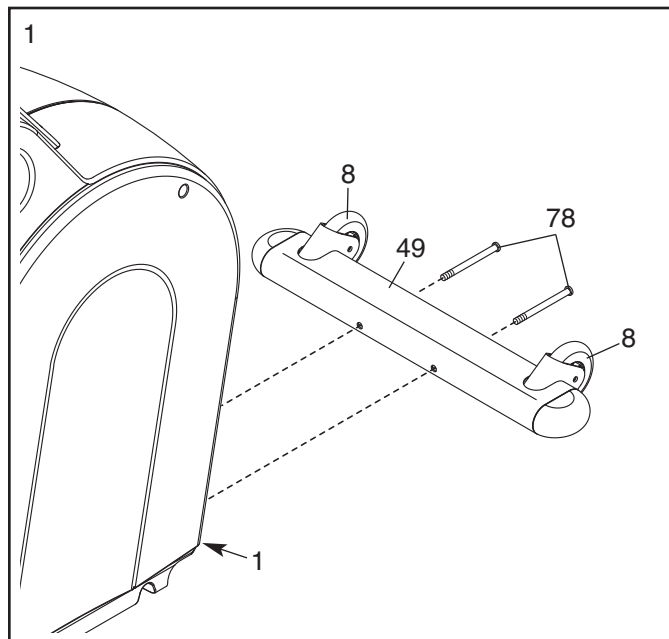
2. Identify the Right Handlebar (36), which is marked with an "R" sticker.

Attach the Right Handlebar (36) to the Frame (1) with three M8 x 15mm Patch Screws (75).

Attach the Upper Body Cap (34) to the Right Handlebar (36) with an M6 x 18mm Patch Screw (108).

Repeat this step for the other side of the elliptical exerciser.
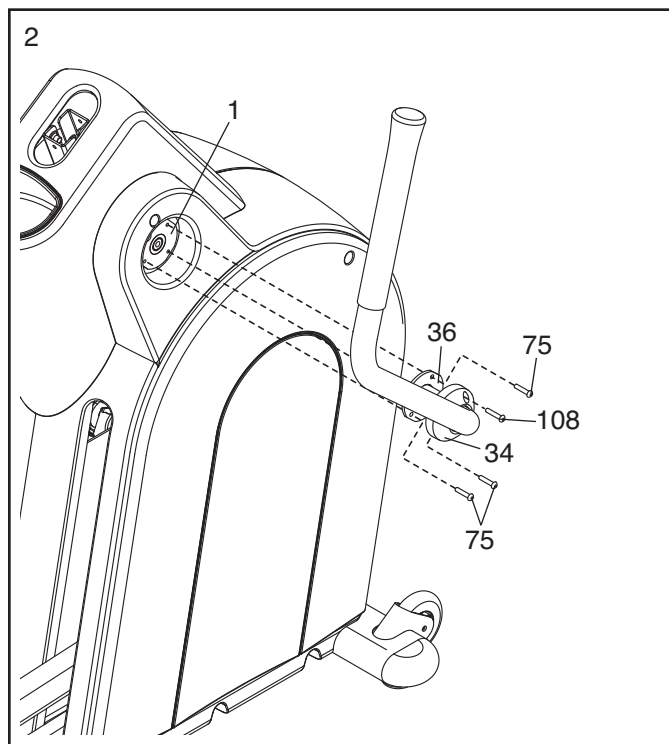
3. Identify the Upright (3) and orient it as shown. Pull the Pulse Wire (112) out of the top of the Upright.

While a second person holds the Upright (3) near the top of the Frame (1), slide the Upright Cover (6) upward onto the Upright. **Have the second person hold the Upright Cover around the Upright until step 5.**
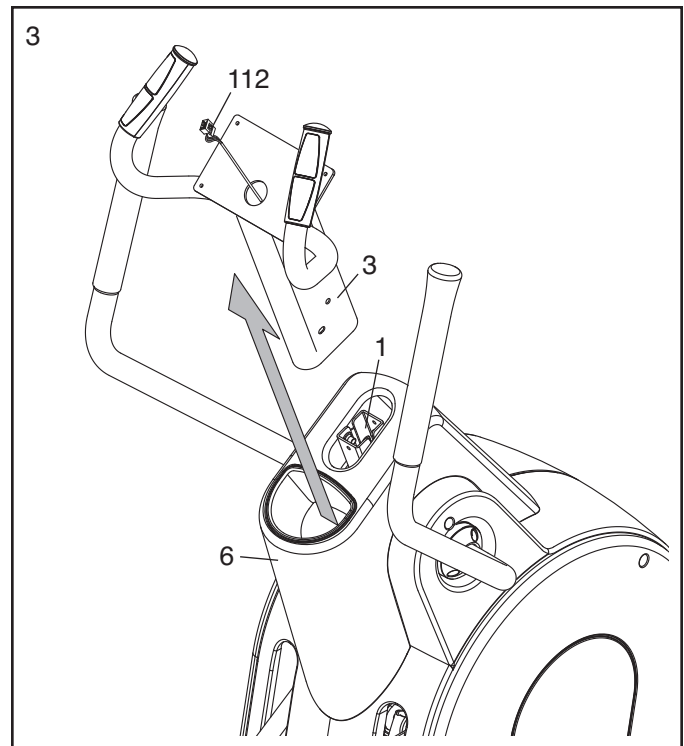
4. **Note: For clarity, the Upright Cover (6) is not shown in this step.**

Have the second person hold the Upright (3) and the Upright Cover (not shown) near the top of the Frame (1).

See the inset drawing. Locate the wire tie in the Upright (3). Tie the lower end of the wire tie to the Wire Harness (46). 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: Do not allow the ends of the wires to fall into the Upright. Use a piece of tape or an elastic band to hold the wires in place until step 6.**

Slide the Upright (3) onto the Frame (1). Attach the Upright with four M8 x 19mm Patch Screws (85). **Tip: Avoid pinching the Wire Harness (46).**
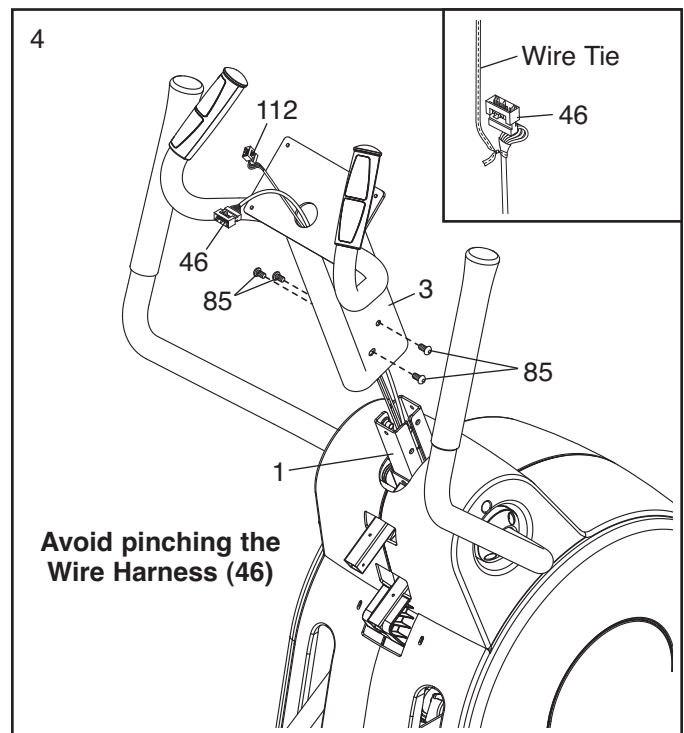
5. Slide the Upright Cover (6) downward to the bottom of the Upright (3). Attach the Upright Cover with a #8 x 1 3/4" Screw (95).
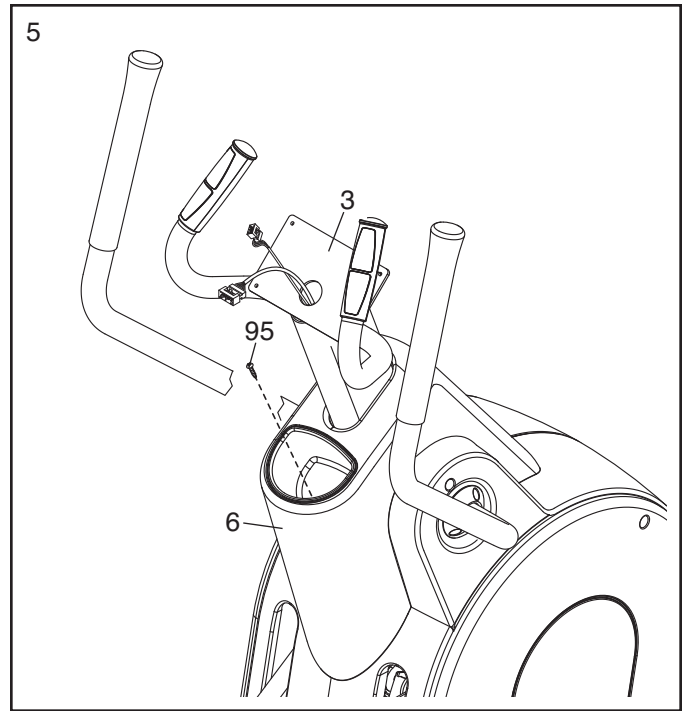
6. While a second person holds the Console (4) near the Upright (3), connect the console wire to the Wire Harness (46). Then, connect the console pulse wire to the Pulse Wire (112). Insert the excess wire downward into the Upright.

   Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (3) with four M4 x 16mm Screws (90).
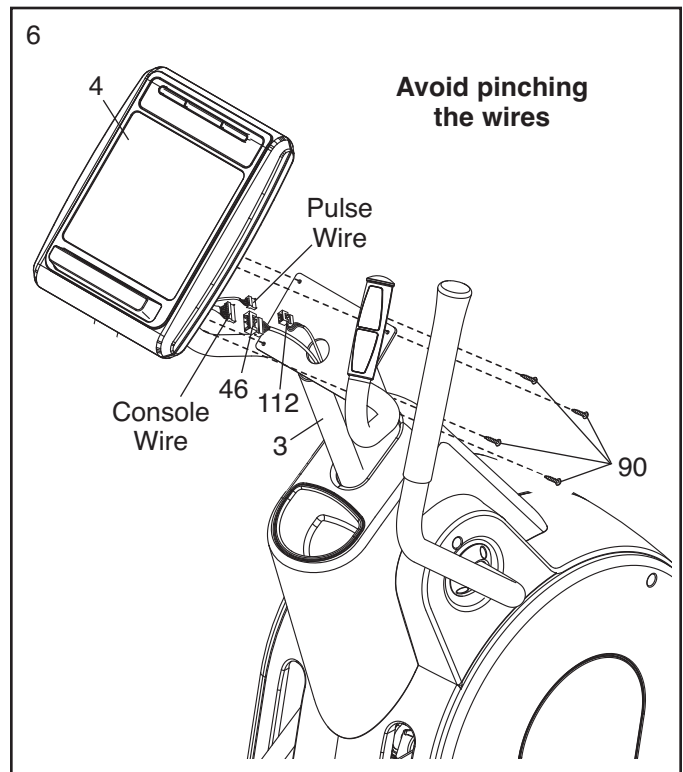
7. Identify and orient the Rear Stabilizer (2) as shown. **Tip: Remove the Ramp Cover (not shown) and set it aside until step 11.**

    Lift the Ramp (55) and insert the Rear Stabilizer (2) into the Frame (1). **Make sure to place the Ramp on the indicated Rollers (27).**

    While a second person tips the Frame (1) forward, attach the Rear Stabilizer (2) with four M10 x 58mm Bolts (84) and four M10 Locknuts (103). **Tip: To prevent squeaking, do not overtighten the Bolts.**
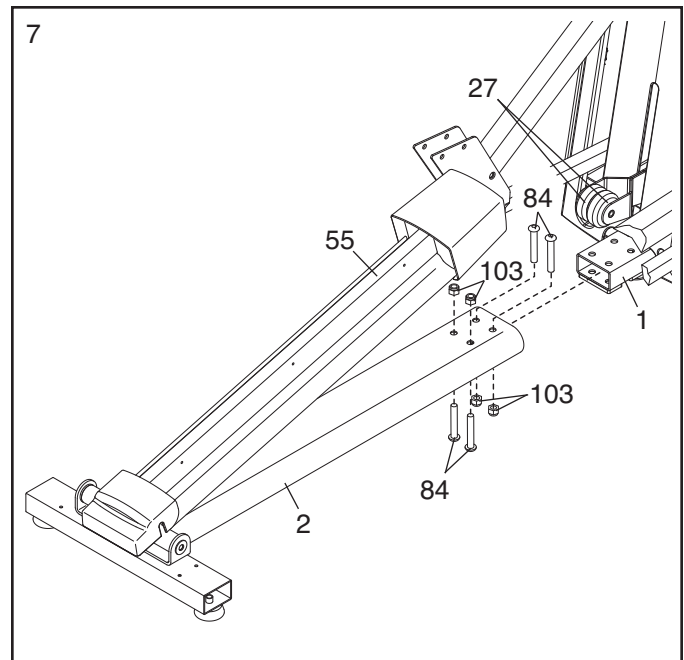
8. Cut and remove the wire tie that holds the Link Tube (30) inside the left Link Arm (25). Leave the Link Tube inside the left Link Arm and then position the Left Pedal Leg (24) and the left Link Arm as shown.

    Apply a small amount of the included grease to an M8 x 59mm Shoulder Bolt (76). Insert the Shoulder Bolt through the indicated holes in the Left Pedal Leg (24) and the left Link Arm (25). Then, insert the Shoulder Bolt through the Link Tube (30) inside the left Link Arm.

    Tighten an M8 Locknut (80) onto the M8 x 59mm Shoulder Bolt (76).
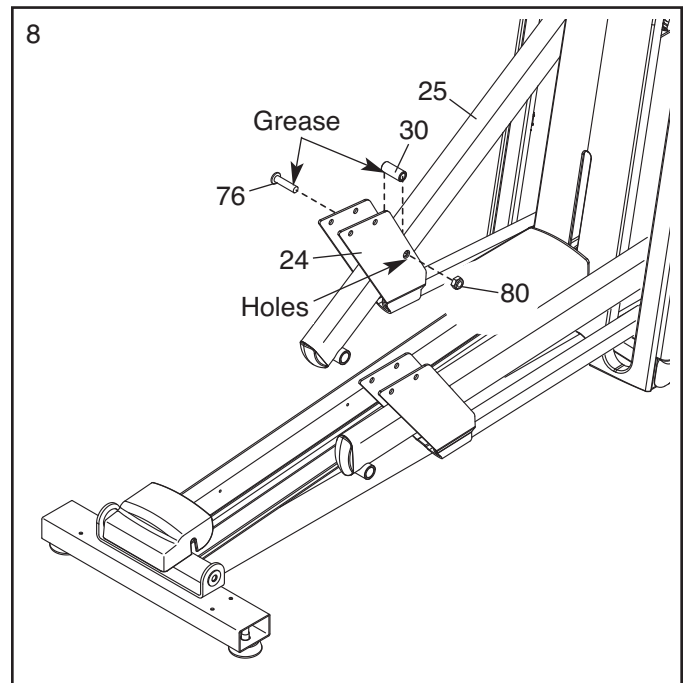
9. Insert the axle of the Roller (27) through the right Link Arm (25); **make sure that the Roller is on the inner side of the Link Arm.**

   Attach the Roller (27) with an M10 x 15mm Patch Screw (77) and an M10 x 22mm x 1.5mm Washer (100). **Tip: Use a wrench to hold the axle of the Roller firmly in place while you tighten the Patch Screw into the axle.**

   Repeat this step to attach the other Roller (not shown) to the left Link Arm (25).
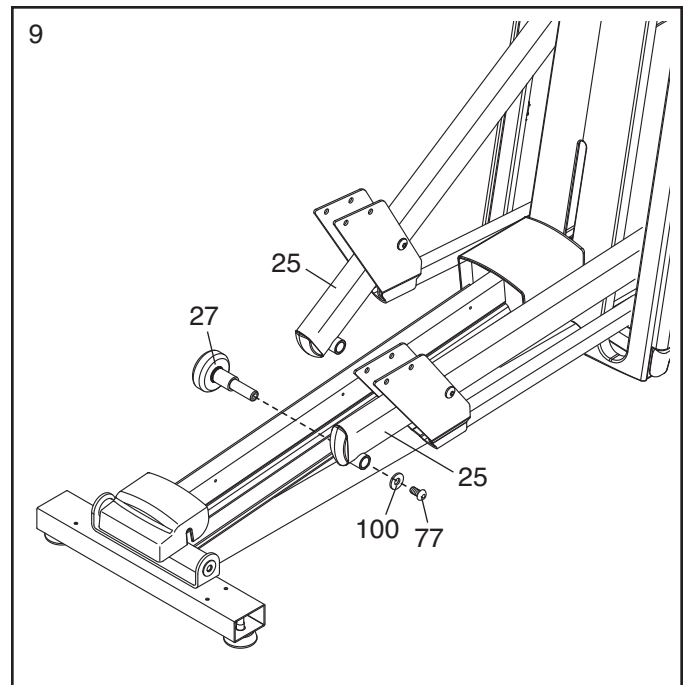
10. Identify the Left Pedal Bracket (48), which is marked with a "Left" sticker, and orient it as shown.

    Attach the Left Pedal Bracket (48) to the bracket on the Left Pedal Leg (24) with two M8 x 55mm Patch Screws (89) and two M8 Locknuts (80).

    Repeat this step to attach the Right Pedal Bracket (39).
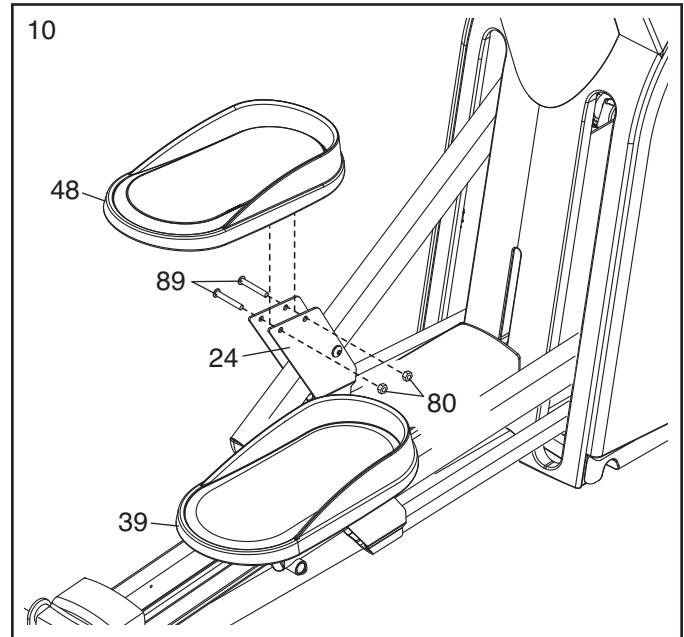
11. Orient the Ramp Cover (7) as shown. Insert the front edge of the Ramp Cover under the edge of the Front Ramp Cover (66) and then press the Ramp Cover onto the Ramp (55). Attach the Ramp Cover with six #8 x 1/2" Screws (92).
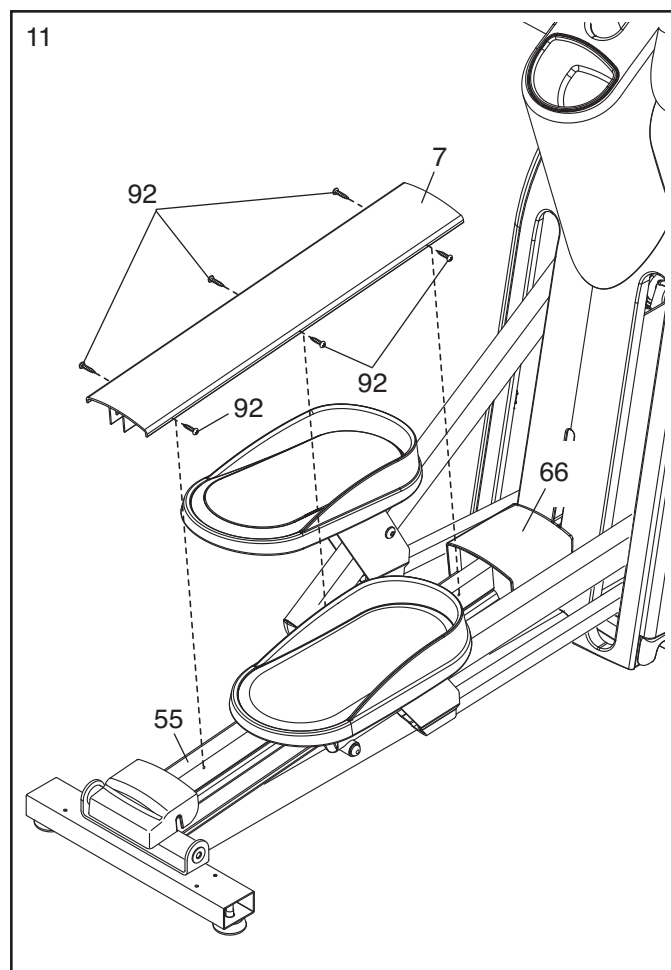
12. If there is a shipping bracket (not shown) inserted into the underside of the Frame (1), remove and discard the shipping bracket.

While a second person tips the Frame (1) forward, tighten a Foot (9) into the underside of the Frame.
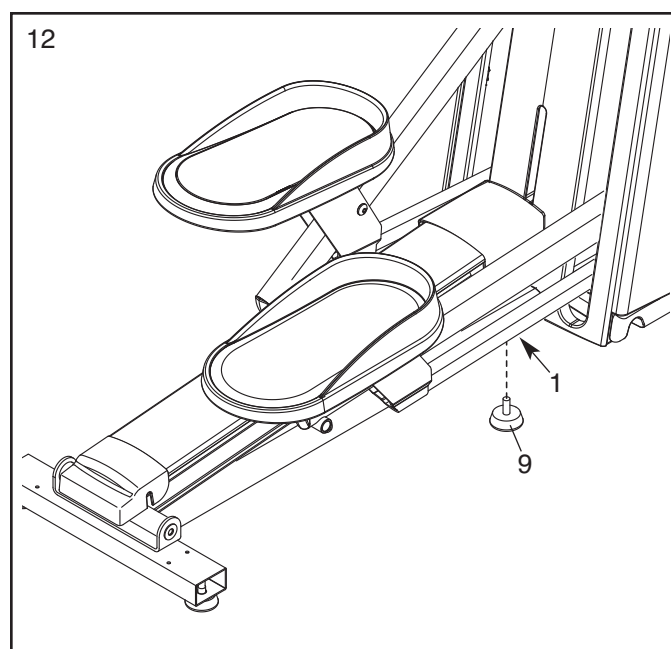
13. While a second person tips the elliptical exercis-
    er forward, attach the Rear Stabilizer Cover (17)
    to the Rear Stabilizer (2) with four #8 x 2"
    Screws (74).
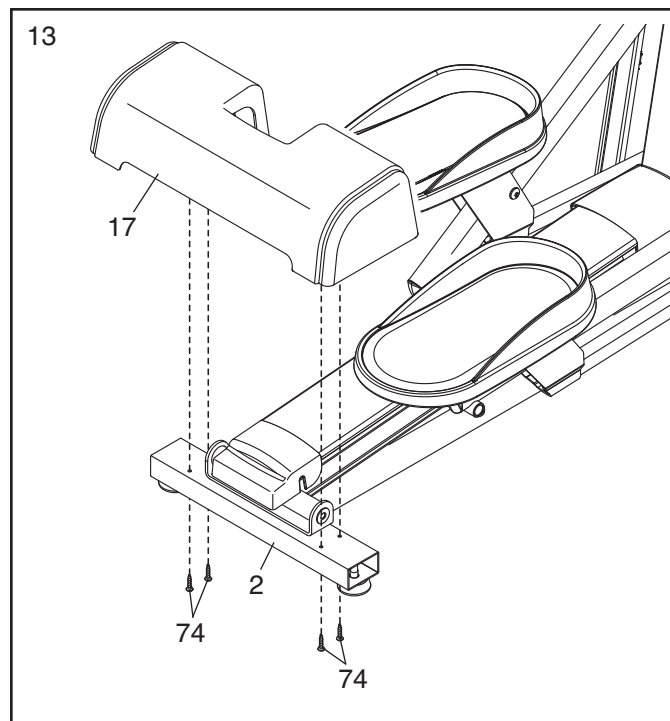
14. Plug the power cord into the power socket at the front of the elliptical exerciser (see HOW TO PLUG IN THE
    POWER CORD on page 13). **IMPORTANT: If the elliptical exerciser has been exposed to cold tempera-
    tures, allow it to warm to room temperature before plugging in the power cord. If you do not do this,
    the console displays or other electronic components may become damaged.**

    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 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. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. IMPORTANT: The elliptical exerciser is not compatible with GFCI-equipped outlets.**

⚠ **DANGER:** **Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

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 temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly

Grounded Outlet Box

Adapter

Lug

Metal Screw

grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**
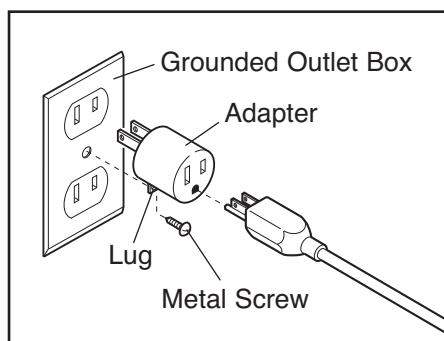
HOW TO MOVE THE ELLIPTICAL EXERCISER

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. Pull on the upright and have a second person lift the rear stabilizer 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.

Pull on upright

Place your foot here

Lift here
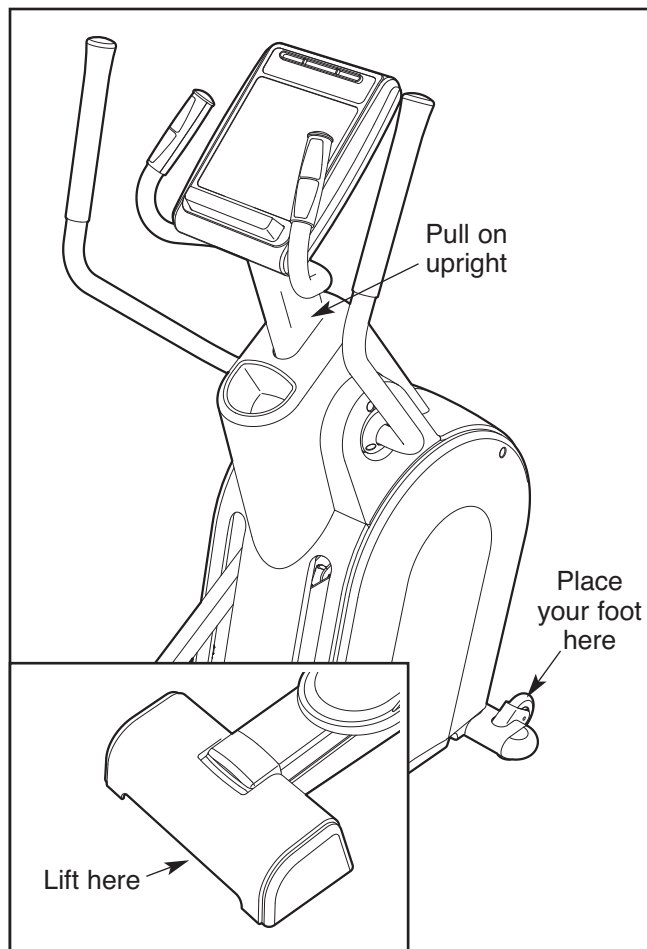
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars 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.

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 LEVEL THE ELLIPTICAL EXERCISER

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

Leveling Feet

CONSOLE DIAGRAM

16:15
TIME

535
REVOLUTIONS

DISPLAY

VOL

*i*fit
FITNESS JOURNAL

ENTER

BACK

INTENSITY CONTROL
WORKOUTS

FAN

RAMP

Navigation
Buttons
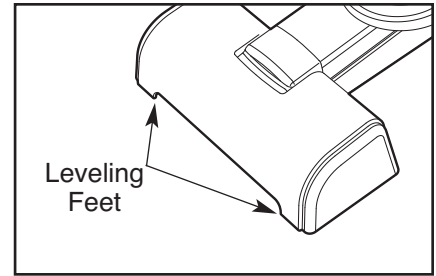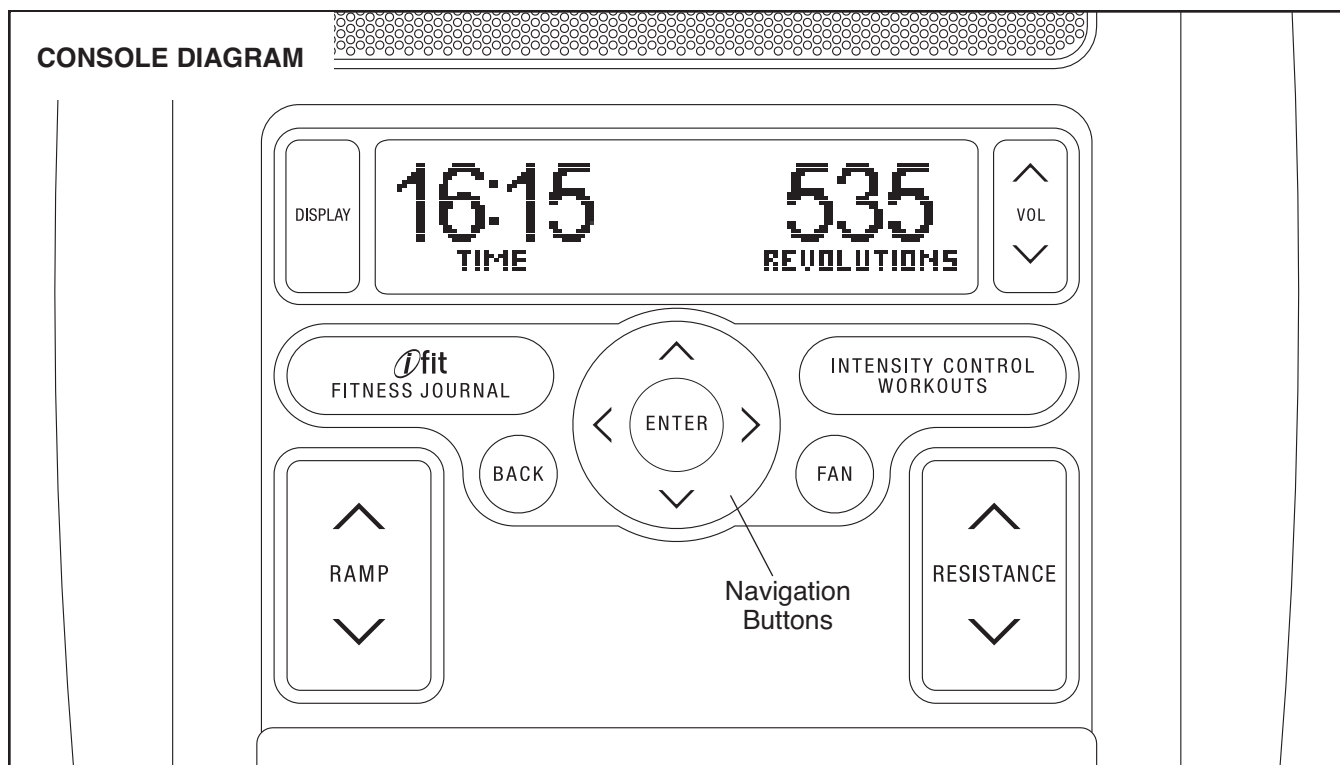
RESISTANCE

FEATURES OF THE CONSOLE

The revolutionary 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 pulse sensor.

In addition, the console offers twenty preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also offers four 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 features a fitness journal, which automatically records and stores your exercise information so that you can view your workout history and track your progress.

You can even listen to your favorite music or audio books with the console's sound system while you exercise. This product has been designed specifically to work with iPod® and has been certified by the developer to meet Apple performance standards.

To personalize console settings, see page 16. **To identify yourself as User 1 or User 2,** see page 17. **To use the manual mode,** see page 18. **To use a preset workout,** see page 20. **To use a heart rate workout,** see page 21. **To view the fitness journal**, see page 23. **To reset the fitness journal,** see page 24. **To use the sound system,** see page 24.

HOW TO PERSONALIZE CONSOLE SETTINGS

The console has a user mode that allows you to designate yourself as User 1 or User 2, enter user information before you begin exercising, and select console settings. The user information you enter will also be recorded and stored in the fitness journal, which allows you to view your workout history (see HOW TO VIEW THE FITNESS JOURNAL on page 23).

Follow the steps below to personalize console settings.

1. **Select the user mode.**

   To select the user mode, press the Enter button. The console can store information and keep track of workout history for two different users.

   When you select the user mode, the word LOGIN will appear in the display for a few seconds and then the user mode menu will appear.

   IMPORTANT: To highlight options within a menu, press the up, down, left, or right Navigation buttons. To select options within a menu, press the Enter button (see the drawing on page 15).

   ```
   LOGIN    USER 1      184 LBS.
            USER 2      184 LBS.
            SETUP
   ```
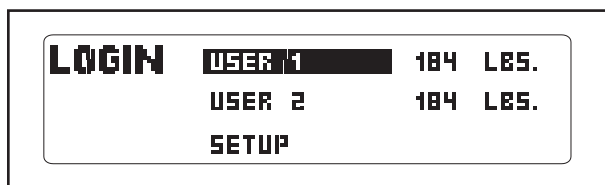
   Note: To exit the user mode at any time, press the Back button repeatedly until the manual mode is selected (see page 18). To re-enter the user mode from the manual mode, press the Enter button.

2. **Enter user information.**

   To enter your user information, first highlight the SETUP option and press the Enter button. The setup menu will then appear in the display.

   Next, highlight the SETUP USER 1 or SETUP USER 2 option and press the Enter button. The user information menu will then appear in the display.

   ```
   SETUP    SETUP USER 1
            SETUP USER 2
            SELECT DEFAULT USER
            CHANGE DATE OR TIME
   ```
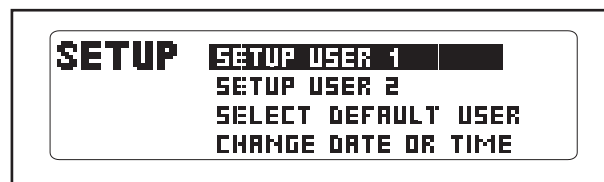
   You can now enter your name and your weight. Highlight the desired option in the menu and press the Enter button. A flashing cursor will appear in a field in the display. To enter a number or letter above the cursor, press the up and down Navigation buttons. To move the cursor, press the left and right Navigation buttons. When you have finished entering the desired numbers or letters in the field, press the Enter button. Repeat this action to enter all the desired user information. Note: For more information about the RESET JOURNAL option, see page 24.

   ```
   ENTER NAME        USER 1
   ENTER WEIGHT      184 LBS.
   RESET JOURNAL
   ```

   To exit the user information menu, press the Back button. The setup menu will then appear in the display.

3. **Select a default user setting.**

The console can record, store, and load information for two different users. The default user setting allows you to choose the user information that will be loaded and recorded when you turn on the console at the beginning of a workout session.

To select a default user setting, first highlight the SELECT DEFAULT USER option in the setup menu and press the Enter button. A list of default user options will then appear in the display.

To select a default user option, press the up and down Navigation buttons until an arrow appears next to the desired option. Then, press the Enter button. When you select an option, an "x" will appear in the box next to the selected option.

Note: You can also turn on or turn off the welcome screen from this menu. If the SHOW WELCOME SCREEN option is selected, then a welcome message with the name of the selected user will appear in the display each time you turn on the console.

To exit the default user menu, press the Back button. The setup menu will then appear in the display.

4. **Set the date and time.**

Setting the date and time will allow the console to record your workout history accurately in the fitness journal.

To set the date and time, first highlight the CHANGE DATE OR TIME option in the setup menu and press the Enter button. The date setting will then appear in the display.

To set the date, first press the left and right Navigation buttons to highlight the month, day, or year field. Then, press the up and down Navigation buttons to select the desired month, day, or year.

When you have finished setting the date, press the Enter button. The time setting will then appear in the display.

To set the time, first press the left and right Navigation buttons to select the hour or minute field. Then, press the up and down Navigation buttons to select the desired hour or minute; **make sure to select the correct AM or PM time in the hour field.** When you have finished setting the time, press the Enter button. The console will then exit the user mode.

HOW TO IDENTIFY YOURSELF AS USER 1 OR USER 2

The console can load information and keep track of the workout history for two different users. To identify yourself as User 1 or User 2 for a workout session, first press the Enter button to enter the user mode.

The word LOGIN will appear in the display for a few seconds and then the user mode menu will appear. Press the up and down Navigation buttons to highlight USER 1 or USER 2. Note: If you have personalized the console settings (see page 16), then the name you entered will appear instead of USER 1 or USER 2.

```
┌─────────────────────────────────────┐
│  LOGIN   ▐USER 1▌    184  LBS.       │
│          USER 2     184  LBS.        │
│          SETUP                       │
└─────────────────────────────────────┘
```
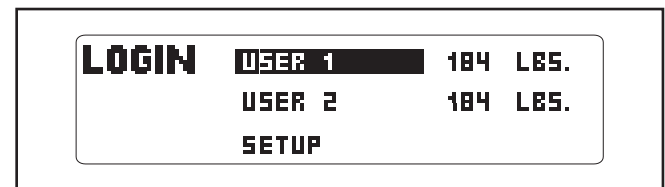
Then, press the Enter button to confirm your choice. The console will then exit the user mode.

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. Begin pedaling to turn on the console.

A moment after you begin pedaling, the display will light.

2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SET-TINGS on page 16.

3. Select the manual mode.

Each time you turn on the console, the manual mode will be selected. If you have selected a workout, press the Intensity Control Workouts button to return to the manual mode. When the manual mode is selected, zeroes will appear in the display.

4. Begin pedaling and change the resistance of the pedals and the incline of the ramp as desired.

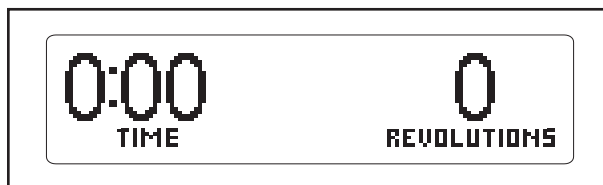As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press the Ramp increase and decrease buttons. Note: After you press the buttons, it will take a moment for the ramp to reach the selected incline level.

5. Follow your progress with the display.

As you exercise, the display can show the following workout information:

· The elapsed time. Note: When you select a workout, the display will show the time remaining in the workout instead of the elapsed time.

· The distance, in total revolutions, that you have pedaled.

· Your pedaling pace in revolutions per minute (rpm).

· The approximate number of calories you have burned.

· The resistance level of the pedals.

· The ramp incline level, each time the ramp incline level changes.

· The date.

· Your heart rate. Note: Your heart rate will be displayed only while you use the handgrip pulse sensor (see step 6 on page 19).

The console offers two display options. The display option you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display option.
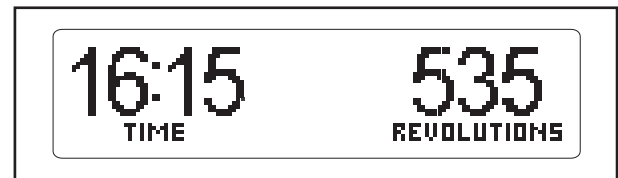
Note: Regardless of which display mode you select, the resistance level or the ramp incline level will appear in the display for a few seconds each time you change the setting. In addition, your heart rate will appear in the display each time you use the handgrip pulse sensor (see step 6 on page 19).

To adjust the volume level of the console, press the Volume increase and decrease buttons.

6. **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. 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 too tightly.**

Contacts

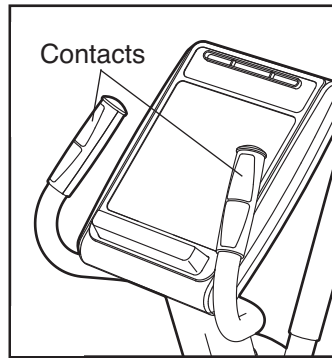When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described.

Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

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

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

HOW TO USE A PRESET WORKOUT

1. **Begin pedaling to turn on the console.**

   A moment after you begin pedaling, the display will light.

2. **Select the workout menu.**

   To select the workout menu, press the Intensity Control Workouts button. The workout menu will then appear in the display.

3. **Select a preset workout.**

   To select one of the twenty preset workouts, first press the left and right Navigation buttons to highlight the PRESET WORKOUTS option, and then press the Enter button.

   Then, press the left and right or the up and down Navigation buttons until the name of the desired preset workout appears in the display. Note: To return to a previous menu, press the Back button. To return to the manual mode, press the Intensity Control Workouts button.

   When you select a preset workout, the display will show the name of the workout and the workout time. A profile of the resistance levels for the workout will also appear in the display.

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

   Each preset workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance and/or target rpm setting may be programmed for consecutive segments.

   During the workout, the workout profile will show your progress (see the drawing above). The small arrow below the workout profile indicates the current segment of the workout. The height of the 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 small arrow will move to the next segment of the profile.

If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When no words appear, maintain your current pace.

IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. 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 setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the small arrow reaches the right end of the profile. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

5. **Follow your progress with the display.**

   When you use a preset workout, the display will show the time remaining in the workout, the distance you have pedaled, the resistance level, the approximate number of calories you have burned, and your pedaling pace in revolutions per minute (rpm).

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

   See step 6 on page 19.

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

   See step 7 on page 19.

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

   See step 8 on page 19.

HOW TO USE A HEART RATE WORKOUT

1. Begin pedaling to turn on the console.

A moment after you begin pedaling, the display will light.

2. Select the workout menu.

To select the workout menu, press the Intensity Control Workouts button. The workout menu will then appear in the display.

3. Select a heart rate workout.

To select one of the four hear rate workouts, first press the left and right Navigation buttons to highlight the HEART RATE WORKOUTS option, and then press the Enter button.

Then, press the left and right or the up and down Navigation buttons until the name of the desired heart rate workout appears in the display. Note: To return to a previous menu, press the Back button. To return to the manual mode, press the Intensity Control Workouts button.

4. Enter a target heart rate setting.

A few seconds after you select a heart rate workout, the words SELECT TARGET HEART RATE and the number 110 will appear in the display. Press the up and down Navigation buttons to enter the desired target heart rate setting, and then press the Enter button (see EXERCISE INTENSITY on page 26).

The workout time and a profile of the resistance levels for the workout will then appear in the display.

5. Begin pedaling to start the workout.

Each heart rate workout 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 will show your progress (see the drawing at the left). The small arrow below the workout profile indicates the current segment of the workout. The height of the 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 small arrow will move to the next segment of the profile.

During a heart rate workout, 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.

You will also be prompted to pedal at a steady pace so you can maintain your target heart rate. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When no words appear, maintain your current pace.

IMPORTANT: 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 setting by pressing the Resistance buttons. Note: If you manually override the resistance settings, you may not maintain your target heart rate.

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.

The workout will continue in this way until the small arrow reaches the right end of the profile. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

6. **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 15 seconds.**

7. **Follow your progress with the display.**

   When you use a heart rate workout, the display will show the time remaining in the workout, the distance you have pedaled, the resistance level, the approximate number of calories you have burned, and your pedaling pace in revolutions per minute (rpm).

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

   See step 6 on page 19.

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

   See step 7 on page 19.

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

    See step 8 on page 19.

HOW TO VIEW THE FITNESS JOURNAL

1. Begin pedaling to turn on the console.

A moment after you begin pedaling, the display will light.

2. Identify yourself as User 1 or User 2.

See page 17.

3. Select the fitness journal.

To select the fitness journal, press the Fitness Journal button. The console will then load the stored journal information for the selected user.

Note: As you view the fitness journal, press the Back button at any time to return to the previous menu or display.

The fitness journal can display the following exercise information for the current year:

Time—The total number of hours you have pedaled on the elliptical exerciser.

Revolutions—The total distance, in revolutions, you have pedaled on the elliptical exerciser.

Calories—The total approximate number of calories you have burned.

Average Speed—Your average pedaling speed, in revolutions per minute (rpm).

Weight—Your weight, as entered in your user information.

4. View exercise information by year.

When you select the fitness journal, the year totals will appear in the display.

```
┌─────────────────────────────────────┐
│          2008 TOTALS                 │
├─────────────────────────────────────┤
│ TIME       2 HRS. AVG. SPEED  36 RPM │
│ CALORIES   1080 REVOLUTIONS    4320  │
└─────────────────────────────────────┘
```

To view exercise information for a different year, press the up and down Navigation buttons to change the year. Note: The fitness journal can store information for 11 different years.

5. View exercise information by month.

After a few seconds, the view month menu will appear in the display.

To view exercise information by month, press the up and down Navigation buttons to highlight the desired month in the right side of the display. Then, press the Enter button. The exercise information for the selected month will appear in the display.

6. View exercise information by week.

After a few seconds, the view week menu will appear in the display.

To view exercise information by week, press the up and down Navigation buttons to highlight the desired week in the right side of the display. Then, press the Enter button. The exercise information for the selected week will appear in the display.

7. View exercise information by day.

After a few seconds, the view day menu will appear in the display.

To view exercise information by day, press the left and right Navigation buttons until an arrow appears above the desired day in the right side of the display. Then, press the Enter button. The exercise information for the selected day will appear in the display.

8. Continue to view the fitness journal as desired.

Repeat steps 3 through 6 to view exercise information for the desired year, month, week, or day.

9. Exit the fitness journal.

Press the Fitness Journal button to exit the fitness journal at any time.

Note: To delete the exercise information stored in the fitness journal, see HOW TO RESET THE FITNESS JOURNAL on page 24.
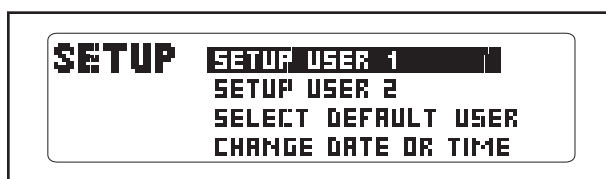
HOW TO RESET THE FITNESS JOURNAL

1. **Select the user mode.**

    See step 1 on page 16.

2. **Reset the fitness journal.**

    To delete exercise information stored in the fitness journal, first highlight the SETUP option and then press the Enter button. The setup menu will then appear in the display.

    Next, highlight the SETUP USER 1 or SETUP USER 2 option and press the Enter button. The user information menu will then appear in the display.

    ```
    SETUP    SETUP USER 1
             SETUP USER 2
             SELECT DEFAULT USER
             CHANGE DATE OR TIME
    ```

    Then, highlight the RESET JOURNAL option and press the Enter button. A confirmation request will appear in the display. To delete the information stored in the fitness journal, use the left and right Navigation buttons to highlight the RESET JOURNAL option and press the Enter button. To retain the information stored in the fitness journal, highlight the CANCEL option and press the Enter button.

    ```
    ENTER NAME          USER 1
    ENTER WEIGHT        184 LBS.
    RESET JOURNAL
    ```

    After you press the Enter button, the user information menu will again appear in the display.

3. **Exit the user mode.**

    Press the Back button repeatedly until you have exited the user information menus.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, you must connect your iPod®, CD player, or personal audio player through the audio jack or through the Integrated Universal Dock for iPod®.

To use the audio jack, plug an audio cable (not included) into the jack on the console and into a jack on your iPod, MP3 player, or CD player. **Make sure that the audio cable is fully plugged in.**

This product has been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards. To use the Integrated Universal Dock for iPod, you need an iFit® Universal iPod® Connector. Plug one end of the included iFit Universal iPod Connector into the Integrated Universal Dock for iPod and plug the other end into your iPod. **Make sure that the iFit Universal iPod Connector is fully plugged in.**

Next, press the play button on your iPod, CD player, or personal audio player. Adjust the volume on your iPod, CD player, or personal audio player or press the Volume increase and decrease buttons on the console.

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 does not turn on, make sure that the power supply is fully plugged in. If the console does not display your heart rate when you hold the hand-grip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 6 on page 19.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 14.

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	♥
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.
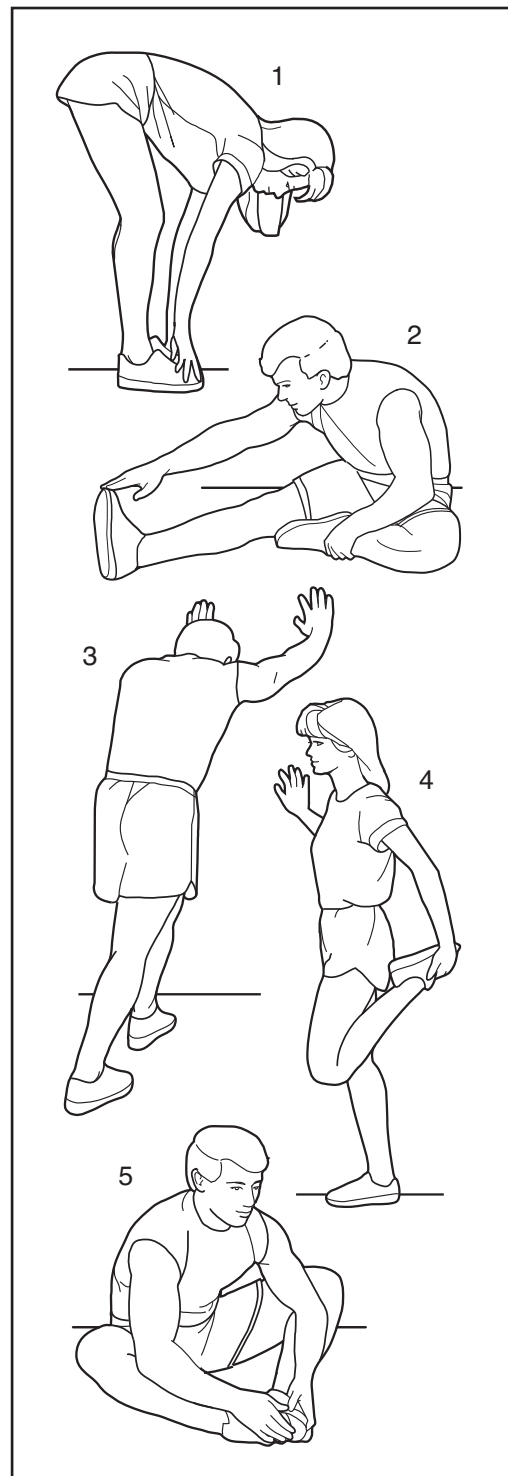
PART LIST—Model No. PFEL99808.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Wire Harness
2	1	Rear Stabilizer	47	1	Power Harness
3	1	Upright	48	1	Left Pedal Bracket
4	1	Console	49	1	Front Stabilizer
5	1	Shield Cover	50	2	Stabilizer Cap
6	1	Upright Cover	51	1	Transformer
7	1	Ramp Cover	52	1	Control Board
8	2	Wheel	53	1	Control Box
9	5	Foot	54	1	Control Box Cover
10	1	Eddy Mechanism	55	1	Ramp
11	2	Pedal Leg Tube	56	1	Lift Bracket
12	1	Idler	57	1	Lift Motor
13	1	Pulley	58	1	Tube Brace
14	1	Crank	59	1	Lift Axle
15	6	Crank Bearing	60	1	Pivot Pin
16	1	Resistance Motor	61	1	Hairpin
17	1	Rear Stabilizer Cover	62	2	Roller Spacer
18	2	Magnet	63	1	Ramp Axle
19	4	Pivot Bushing	64	1	Pulse Grip Set
20	1	Clamp	65	2	Cover Plate
21	1	Reed Switch/Wire	66	1	Front Ramp Cover
22	1	Left Handlebar	67	1	Rear Ramp Cover
23	1	Left Upper Body Arm	68	1	Power Receptacle
24	1	Left Pedal Leg	69	5	Custom Clip
25	2	Link Arm	70	4	Hood Clip
26	2	Pedal	71	2	M6 x 9mm Patch Screw
27	4	Roller	72	2	M10 x 59mm Hex Screw
28	4	Weld Spacer	73	2	Large Snap Ring
29	2	Roller Axle	74	4	#8 x 2" Screw
30	2	Link Tube	75	6	M8 x 15mm Patch Screw
31	2	Crank Arm	76	2	M8 x 59mm Shoulder Bolt
32	2	Key	77	2	M10 x 15mm Patch Screw
33	1	Left Shield	78	2	M10 x 120mm Patch Screw
34	2	Upper Body Cap	79	1	M10 x 50mm Button Screw
35	1	Rear Handle Cover	80	7	M8 Locknut
36	1	Right Handlebar	81	20	M6 x 12mm Patch Screw
37	1	Right Upper Body Arm	82	2	M8 x 50mm Patch Screw
38	1	Right Pedal Leg	83	2	M8 x 16mm x 2mm Washer
39	1	Right Pedal Bracket	84	4	M10 x 58mm Bolt
40	1	Right Shield	85	4	M8 x 19mm Patch Screw
41	1	Pivot Axle	86	16	#8 x 3/4" Screw
42	1	Crank Arm Spacer	87	1	Lift Motor Wire
43	1	Drive Belt	88	1	Power Cord
44	2	Control Grip	89	4	M8 x 55mm Patch Screw
45	2	Link Arm Cap	90	4	M4 x 16mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
91	4	M4 x 10mm Screw	104	2	#8 x 5/16" Screw
92	12	#8 x 1/2" Screw	105	2	M10 Hex Locknut
93	2	Small Snap Ring	106	1	M8 x 78mm Patch Screw
94	3	M4 x 16mm T Screw	107	2	Pedal Insert
95	1	#8 x 1 3/4" Screw	108	2	M6 x 18mm Patch Screw
96	2	M8 Locknut	109	4	M6 Locknut
97	5	#8 x 1/2" Cupped Screw	110	2	Ground Wire
98	6	M10 x 29mm x 2mm Washer	111	6	Upper Body Bushing
99	4	Pedal Leg Bushing	112	1	Pulse Wire
100	2	M10 x 22mm x 1.5mm Washer	*	–	iFit Universal iPod Connector
101	6	M10 x 20mm Patch Screw	*	–	Assembly Tool
102	2	M10 x 89mm Hex Screw	*	–	Grease Packet
103	7	M10 Locknut	*	–	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.
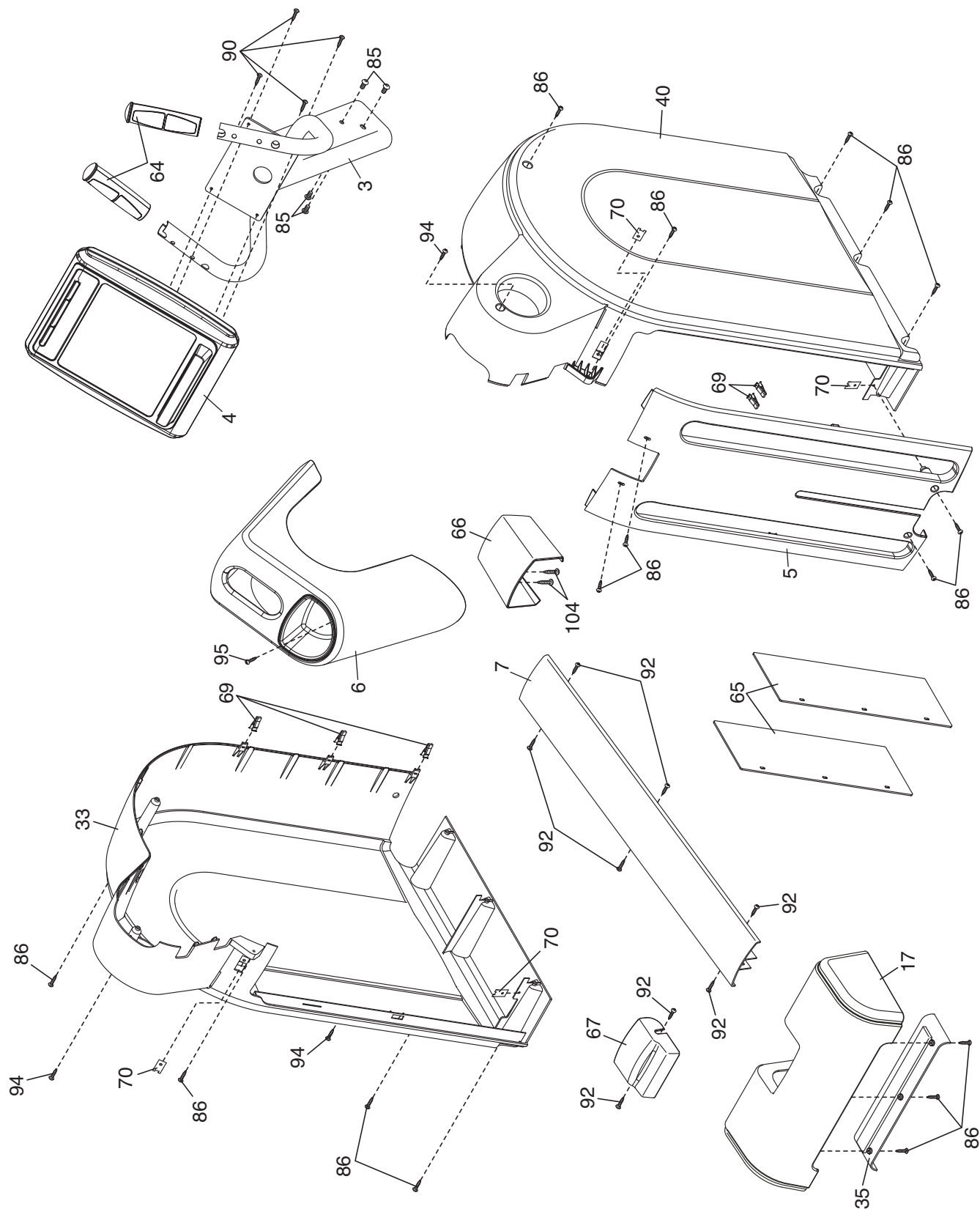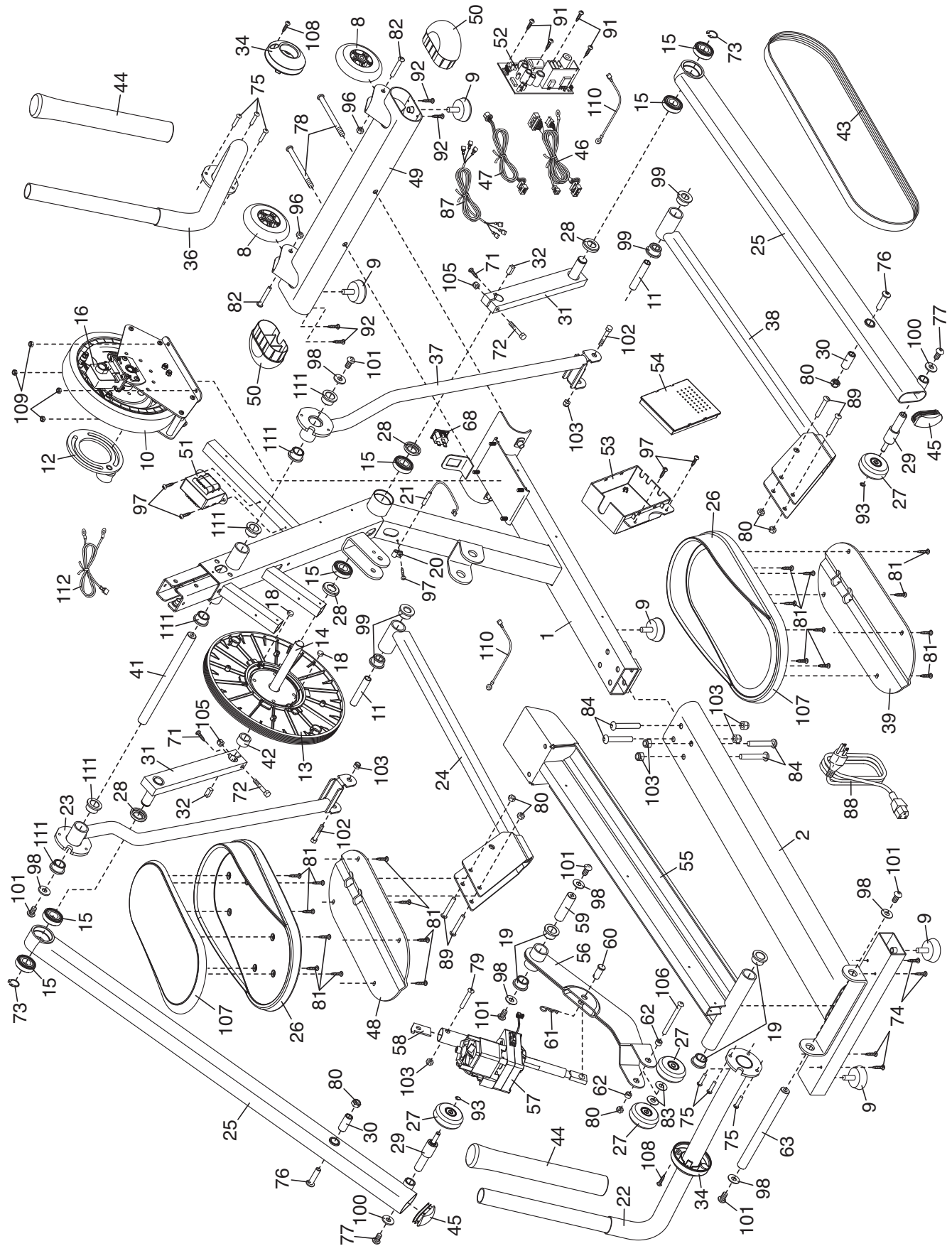
ORDERING REPLACEMENT PARTS

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)