PRO-FORM®
470 HR

USER'S MANUAL

Model No. PFEVEL2786.0
Serial No. _____
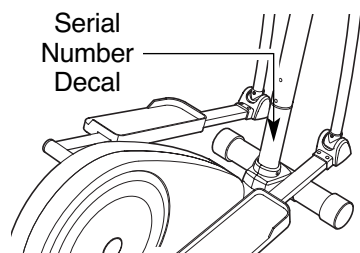
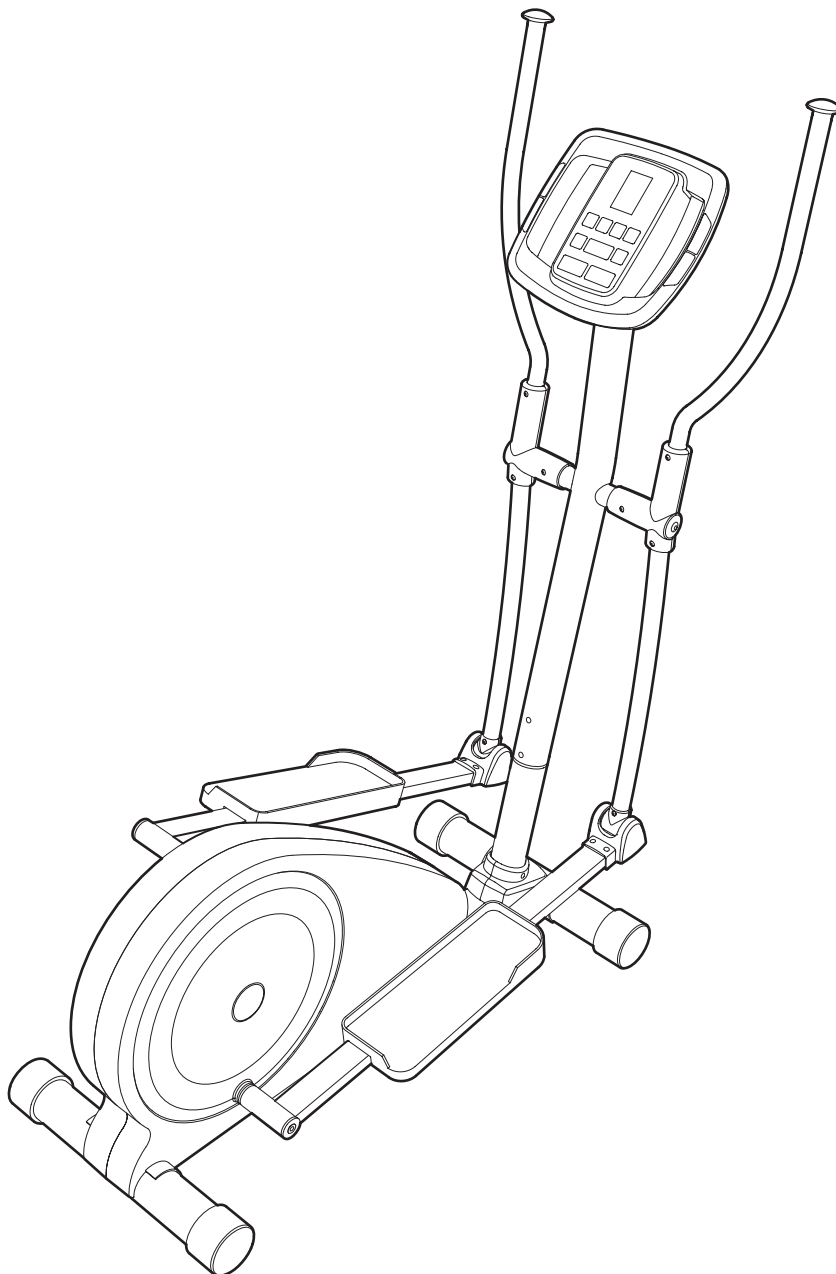Serial
Number ————
Decal

QUESTIONS?

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

08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

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

💻	**Visit our website at**
	www.iconeurope.com

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IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.

2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.

4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the 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 the 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 12 and pets away from the elliptical exerciser at all times.

7. The elliptical exerciser should not be used by persons weighing more than 250 pounds (113 kg).

8. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.

9. When mounting and dismounting the elliptical exerciser, always hold the handlebars and step onto and off the pedal that is in the lowest position.

10. 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.

11. Keep your back straight when using the elliptical exerciser; do not arch your back.

12. If you feel pain or dizziness while exercising, stop immediately and cool down.

13. When you stop exercising, allow the pedals to slowly come to a stop.

⚠ **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. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
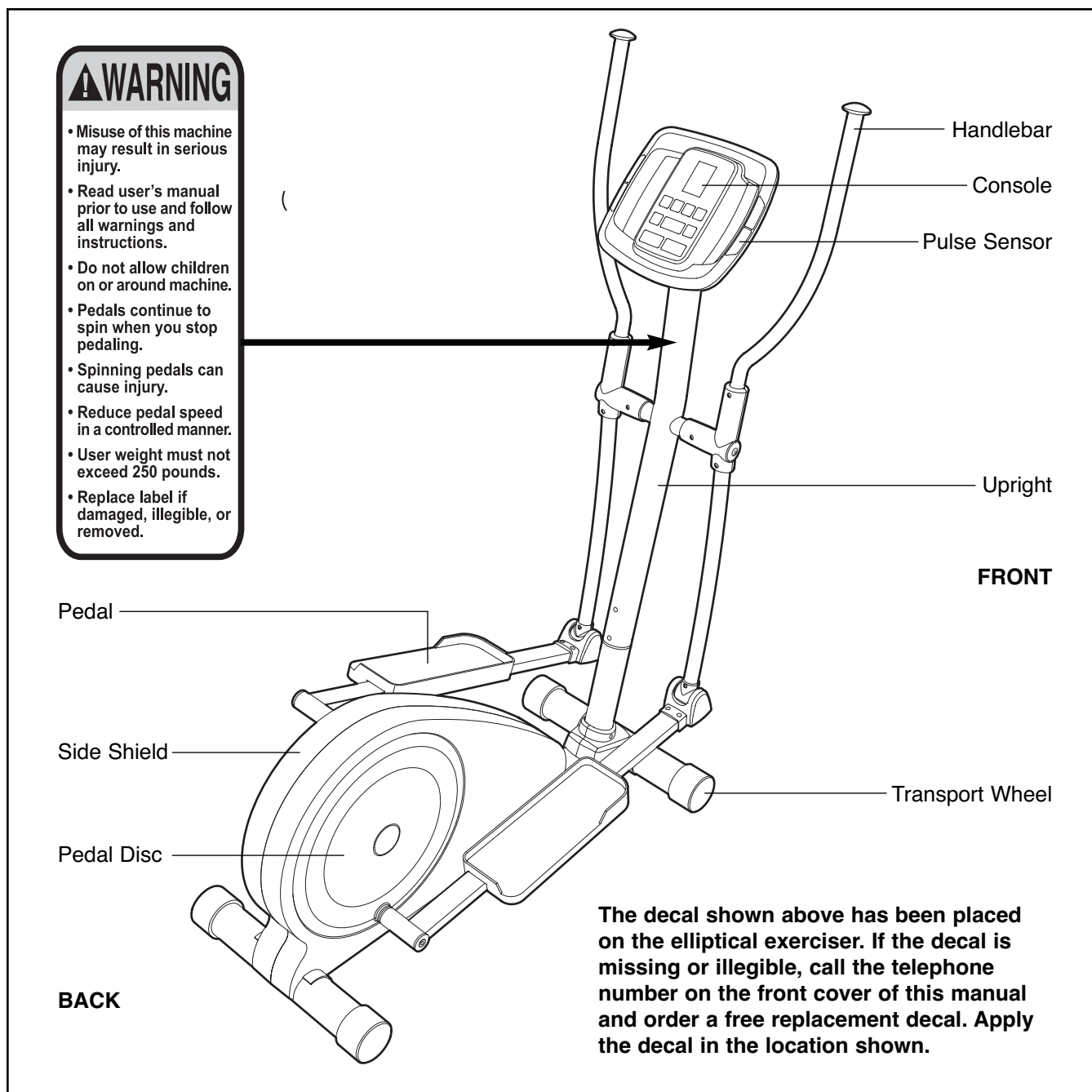
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 470 HR low-impact elliptical exerciser. The 470 HR is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. Welcome to a whole new world of natural, elliptical-motion exercise.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have ques-
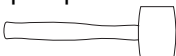
tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is PFEVEL2786.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual).

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

⚠**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 250 pounds.
- Replace label if damaged, illegible, or removed.

Handlebar

Console

Pulse Sensor

Upright

FRONT

Pedal

Side Shield

Transport Wheel

Pedal Disc

BACK

The decal shown above has been placed on the elliptical exerciser. If the decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

ASSEMBLY

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.

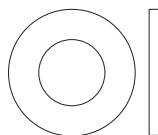Assembly requires a phillips screwdriver ⌁⟜⟝ , an adjustable wrench ⌀⟋ , and a rubber mallet ⟝⟞ .

See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 22. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**
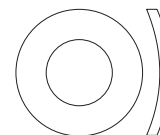
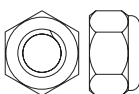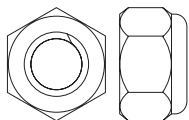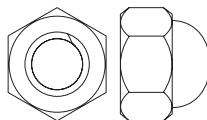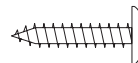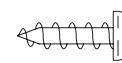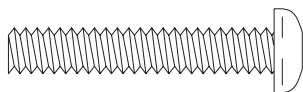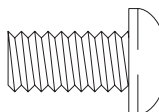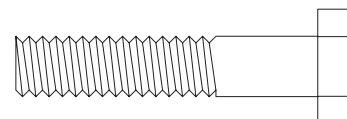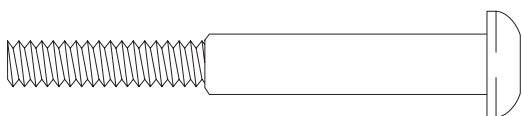|			
M6 Washer (55)–2	M6 Arc Washer (39)–4	M8 Washer (52)–4	M8 Arc Washer (54)–8
M6 Nylon Locknut (56)–6	M8 Nylon Locknut (57)–4	M8 Cap Nut (24)–2	Console Screw (68)–4 / M4 x 1/2" Screw (49)–16

M6 x 1 3/8" Button Bolt (46)–4

M8 x 5/8" Button Screw (45)–6

M8 x 1 9/16" Hex Bolt (41)–4

M6 x 2 1/2" Button Shoulder Bolt (40)–2

M8 x 3 3/8" Button Screw (42)–2
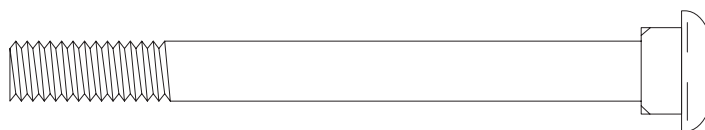
M8 x 3 1/2" Carriage Bolt (51)–2

1. Identify the Front Stabilizer (2), which has Transport Wheels (29) attached to it. Attach the Front Stabilizer to the Frame (1) with two M8 x 3 1/2" Carriage Bolts (51), two M8 Arc Washers (54), and two M8 Cap Nuts (24).
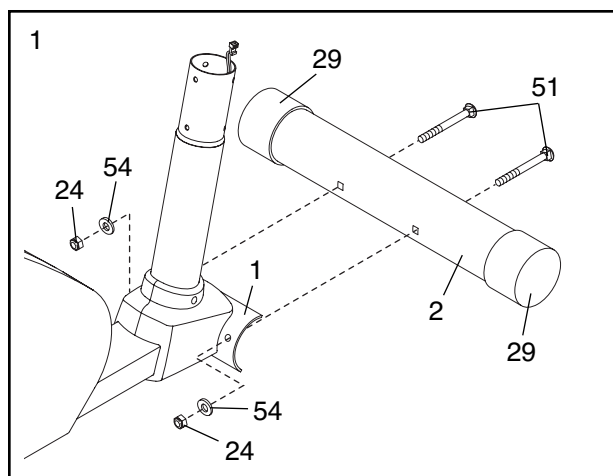
2. With the help of another person, raise the Frame (1) up onto its front end. While the other person holds the Frame, attach the Rear Stabilizer (20) to the Frame with two M8 x 3 3/8" Button Screws (42).
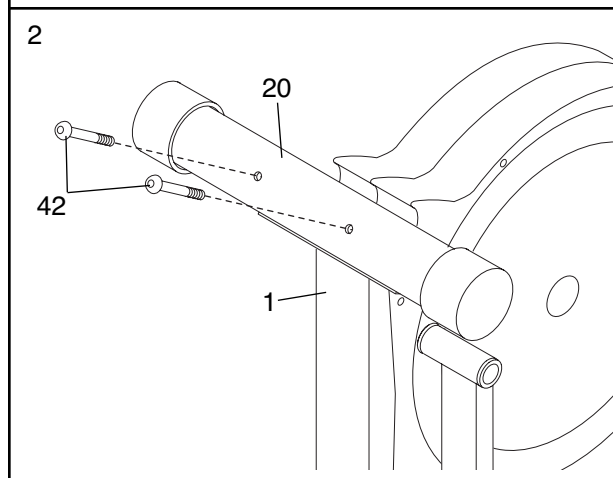
   With the help of another person, lower the Frame (1) so that it rests on the Rear Stabilizer (20) and the Front Stabilizer (not shown).

3. While another person holds the Upright (3) near the Frame (1), connect the Upper Wire Harness (75) to the Reed Switch Wire (67).

   Slide the Upright (3) onto the Frame (1). **Be careful to avoid pinching the wires.** Align the holes in the Upright with the holes in the Frame. Attach the Upright with six M8 x 5/8" Button Screws (45) and six M8 Arc Washers (54).
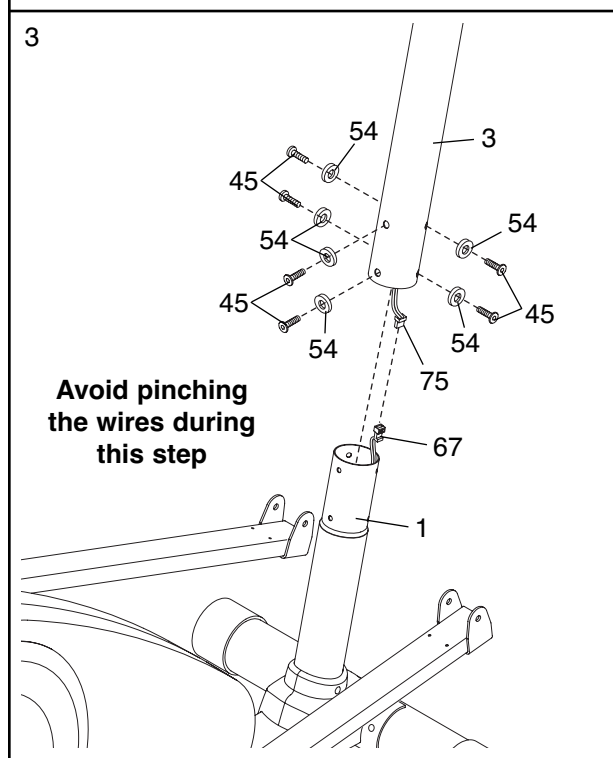
4. The Console (22) requires four "AA" batteries; alkaline batteries are recommended. Remove the battery cover from the back of the Console and insert four batteries into the Console; **make sure that the batteries are oriented as shown by the diagram inside the Console.** Then, reattach the battery cover.

Battery Cover

Batteries

22
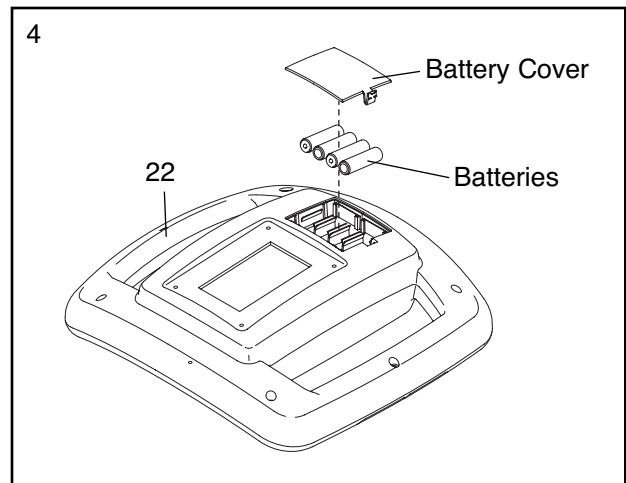
5. While another person holds the Console (22) near the top of the Upright (3), connect the console wire to the Upper Wire (75). Then, connect the lower wire on the back of the console to the upper wire on the back of the console.

Attach the Console (22) to the Upright (3) with four Console Screws (68). **Be careful to avoid pinching the wires.**

Note: If you have purchased the optional pulse sensor (see page 19 for more information), disregard the instructions for installing the receiver. The console on this elliptical exerciser already has a receiver installed.

22

75

Console Wire

Avoid pinching the wires during this step

68

3
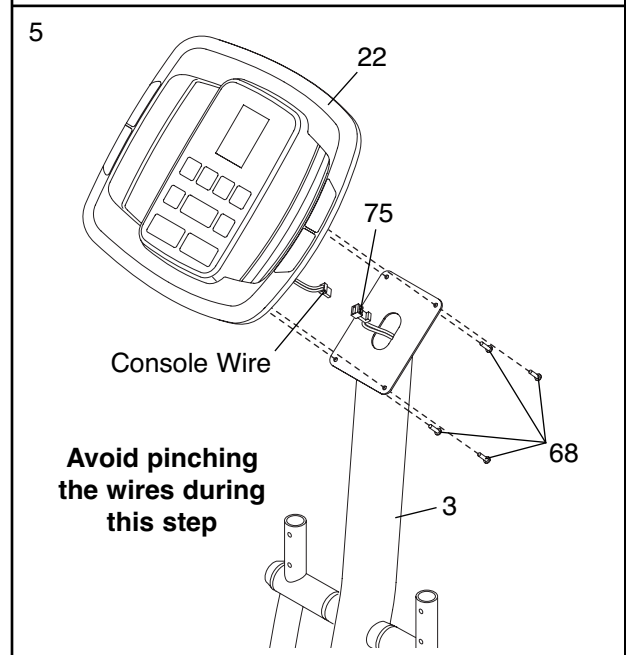
6. Identify the Right Pedal (63), which has an "R" molded into its bottom surface, and the Right Pedal Tube (64), which is marked with a sticker.

Attach the Right Pedal (63) to the Right Pedal Tube (64) with two M8 x 1 9/16" Hex Bolts (41), two M8 Washers (52), and two M8 Nylon Locknuts (57).

Attach the Left Pedal (8) to the Left Pedal Tube (4) in the same way.

41

8

4

63

64

52

52

57
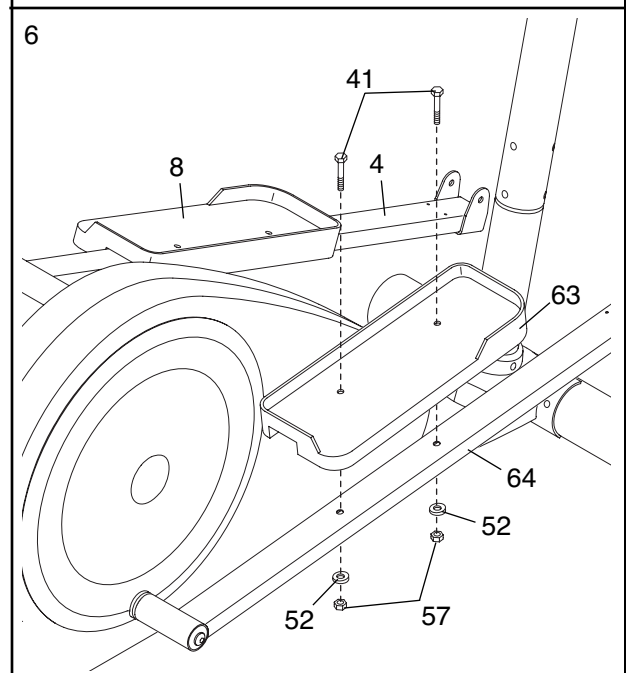
7. Slide a Pedal Tube Cover (78) onto the Right Handlebar Leg (71).

   Apply a thin film of the included grease to the parts shown at the right. Next, attach the Right Pedal Tube (64) to the Right Handlebar Leg (71) with an M6 x 2 1/2" Button Shoulder Bolt (40), an M6 Washer (55), and an M6 Nylon Locknut (56).

   Repeat this step to attach the Left Pedal Tube (4) to the Left Handlebar Leg (5).
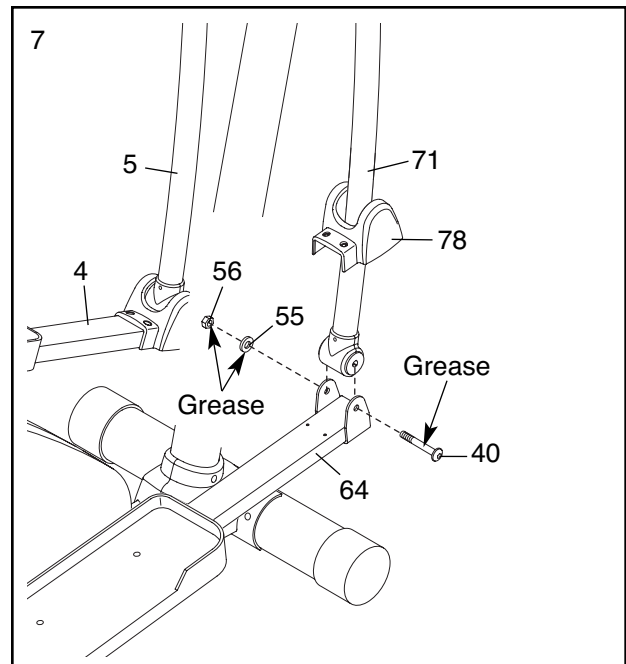
8. Attach the right Pedal Tube Cover (78) to the Right Pedal Tube (64) with two M4 x 1/2" Screws (49).

   Repeat this step for the Left Pedal Tube (4).
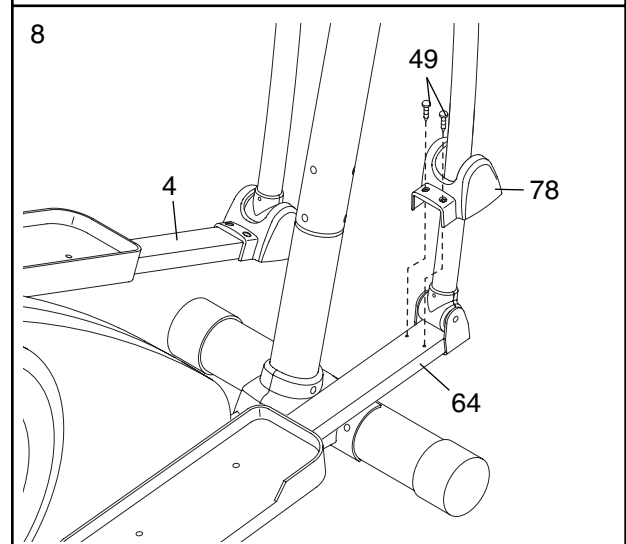
9. Insert a Plastic Sleeve (16) and a Handlebar (6) into the top of the Right Handlebar Leg (71). Align the holes in the Plastic Sleeve and the Handlebar with the holes in the Right Handlebar Leg. Then, attach the Handlebar with two M6 x 1 3/8" Button Bolts (46), two M6 Arc Washers (39), and two M6 Nylon Locknuts (56).

   Repeat this step to attach the other Handlebar (6) to the Left Handlebar Leg (5).
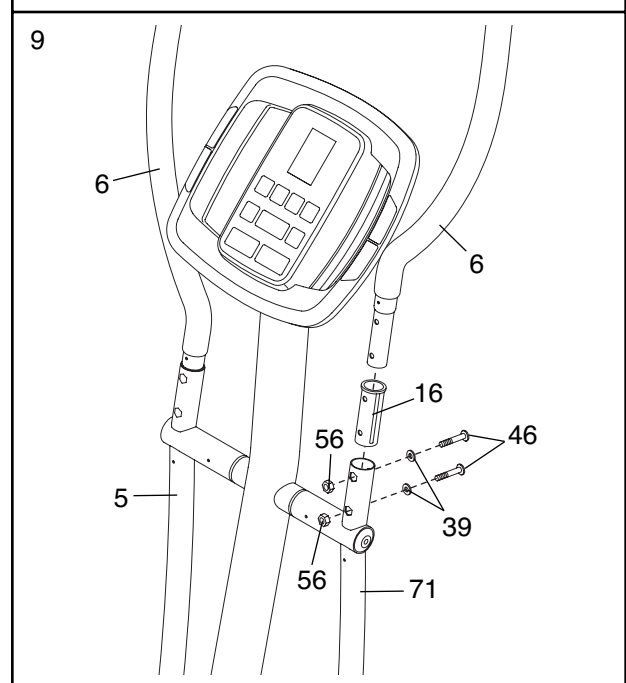
10. Attach a Right Rear Pivot Cover (72) and a Right Front Pivot Cover (73) around the right Handlebar (6) and the Right Handlebar Leg (71) with six M4 x 1/2" Screws (49).

Repeat this step for the left Handlebar (6) and the Left Handlebar Leg (5).
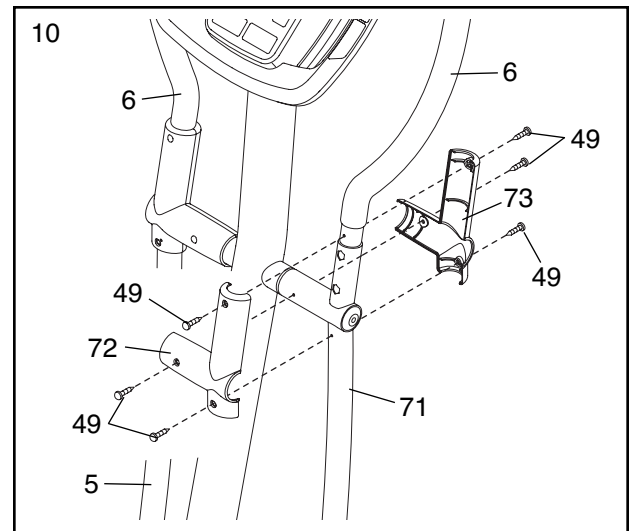
11. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

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 transport wheels. Pull on the upright and have a second person lift the base until the elliptical exerciser will roll on the transport 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
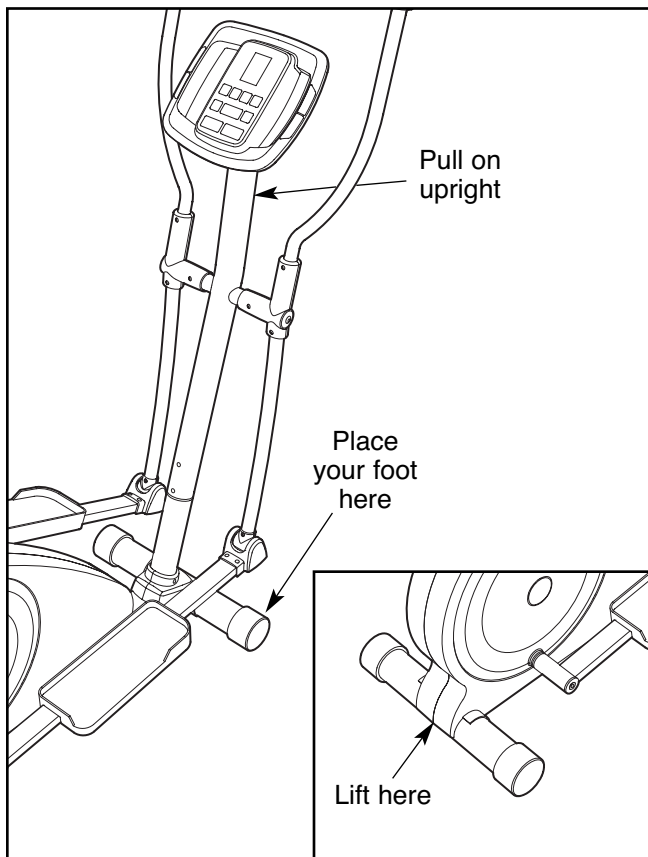
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

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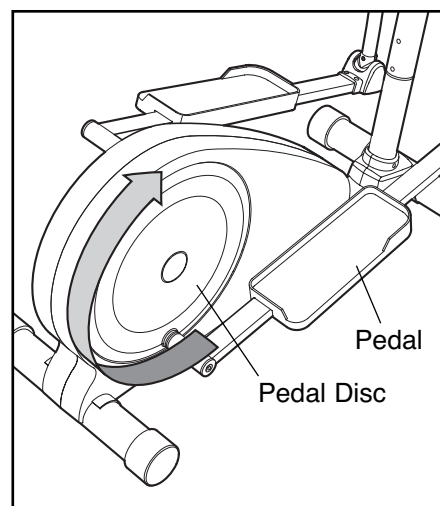
Pedal

Pedal Disc

Note: The pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown above; however, for variety, you can turn the pedal discs in the opposite direction.

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

To add upper-body exercise to your workouts on the elliptical exerciser, push and pull the handlebars to work your arms, shoulders, and back.

Handlebars
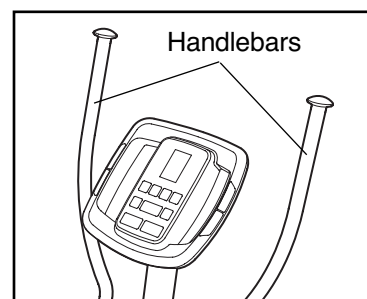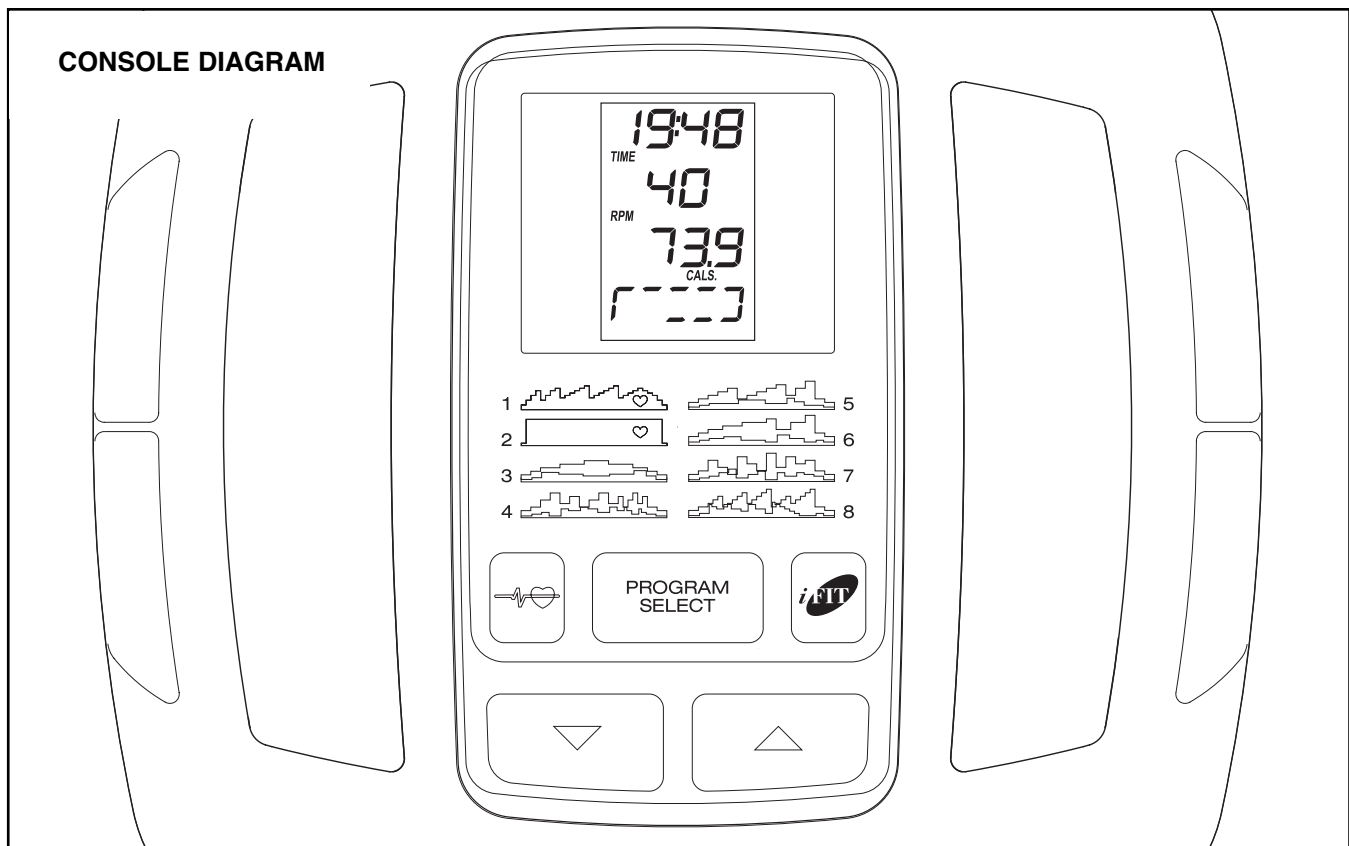
FEATURES OF THE CONSOLE

The console offers a selection features designed to make your workouts more effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even monitor your heart rate using the handgrip pulse sensor or the optional chest pulse sensor. (For information about the optional chest pulse sensor, see page 19.)

The console also features six smart programs that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

The console also offers two heart rate programs that automatically control the resistance of the pedals and prompt you to maintain a constant pedaling pace to keep your heart rate near target heart rate settings during your workouts.

In addition, the console features iFIT.com interactive technology. Having iFIT.com interactive technology is like having a personal trainer in your home. Using the included audio cable, you can connect the elliptical exerciser to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, visit our Web site at www.iconeurope.com.**

With the elliptical exerciser connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the Internet. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 11. **To use a smart program,** see page 12. **To use a heart rate program,** see page 13. **To use an iFIT.com CD or video program,** see page 17. **To use a program directly from our Web site,** see page 18.

Before using the console, make sure that batteries are installed (see assembly step 4 on page 6). If there is a sheet of clear plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1 **Turn on the console.**

To turn on the console, press any button or begin pedaling. The display will light and the console will be ready for use.

2 **Select the manual mode.**

Each time you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing any of the Programs buttons repeatedly until zeroes appear in the 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 Increase and Decrease buttons.

There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.
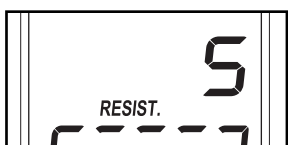
4 **Follow your progress with the display.**

The upper section of the display will show the elapsed time and the distance (total number of revolutions) that you have pedaled. The display will change modes every few seconds. Note: When you select a program, with the exception of the second heart rate program, the display will show the time remaining in the program instead of the elapsed time.

The second section of the display will show your pedaling pace, in revolutions per minute (rpm).

The third section of the display will show the approximate number of calories you have burned 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.

The lower section of the 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
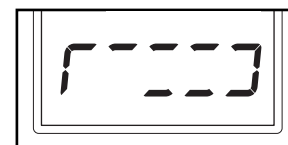
5 **Measure your heart rate if desired.**

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. Next, hold the handgrip pulse sensor with your palms resting on the metal contacts. **Avoid moving your hands or gripping the contacts too 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.
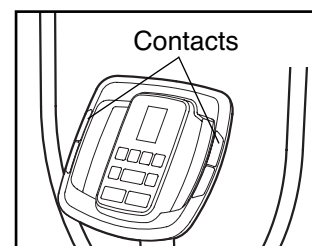
6 **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for a few seconds, the time will begin to flash in the display and the console will pause. If the pedals do not move for a few minutes and no buttons are pressed, the console will turn off and the display will be reset.

HOW TO USE A SMART PROGRAM

1 Turn on the console.

To turn on the console, press any button or begin pedaling. The display will light and the console will be ready for use.

2 Select a smart program.

To select a smart program, press the Program Select button repeatedly until P3, P4, P5, P6, P7, or P8 appears in the display. The upper section of the display will show how long the program will last.

TIME

P 3

3 Begin pedaling to start the program.

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

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds to alert you. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment. Note: If the resistance level is too low or too high, you can override it by pressing the Increase and Decrease buttons. However, when the current segment ends, the resistance will automatically change to the resistance level programmed for the next segment.

As you exercise, the display will prompt you to keep your pedaling pace near the pace setting for the current segment.
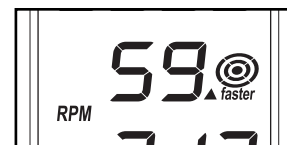
RPM

59 faster

When the word "faster" appears in the display, increase your pace. When the word "slower" appears, decrease your pace. When the center of the target flashes, maintain your current pace.

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

If you stop pedaling for several seconds, the time will begin to flash in the display. To restart the program, simply resume pedaling.

The program will continue until the display shows a time of 0:00. If you continue to pedal after the program is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new program.

4 Follow your progress with the display.

See step 4 on page 11.

5 Measure your heart rate if desired.

See step 5 on page 11.

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

See step 6 on page 11.

HOW TO USE A HEART RATE PROGRAM

1 Turn on the console.

To turn on the console, press any button or begin pedaling. The display will light and the console will be ready for use.

2 Select a heart rate program.

To select one of the two heart rate programs, press the button with the heart rate symbol once or twice until

```
TIME
 P  1
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P1 or P2 appears in the display. The upper section of the display will show how long the program will last.

3 Enter a target heart rate setting.

If you select the first heart rate program, the maximum target heart rate setting of the program will appear

```
 1 10
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in the display. Use the Increase and Decrease buttons to change the maximum heart rate setting, if desired (see EXERCISE INTENSITY on page 20). Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.

If you select the second heart rate program, the target heart rate setting for the program will appear in the display. Use the Increase and Decrease buttons to change the target heart rate setting, if desired (see EXERCISE INTENSITY on page 20). Note: The same target heart rate setting will be used for the entire program.

4 Hold the handgrip pulse sensor.

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

5 Begin pedaling to start the program.

The first heart rate control program—This program 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 two or more consecutive segments.

The second heart rate program—The same target heart rate setting is programmed for all segments of this program.

Both heart rate programs—As you pedal, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

You will also be prompted to pedal at a steady pace. When the word "faster" appears in the display, increase your pace. When the word "slower" appears, decrease your pace. When the center of the target flashes, maintain your current pace.
Important: Make sure to exercise at a pace that is comfortable for you.

Note: You can manually override the resistance settings; however, if you change the resistance setting, you might not maintain the target heart rate. Also, 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.
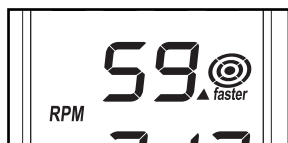
6 **Follow your progress with the display.**

See step 4 on page 11.

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

See step 5 on page 11.

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

See step 6 on page 11.

To use iFIT.com CDs, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14 to 16 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical exerciser must be connected to your VCR. See page 16 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical exerciser must be connected to your computer. See page 16.

HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
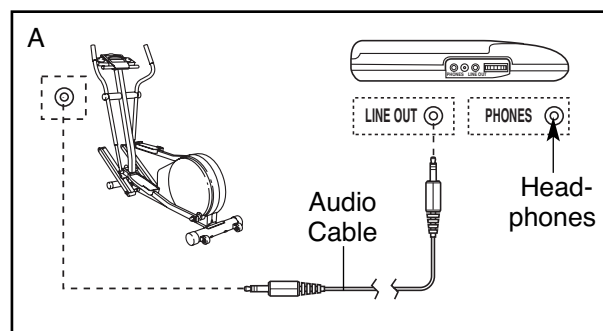
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your CD player. Plug your headphones into the other side of the splitter.
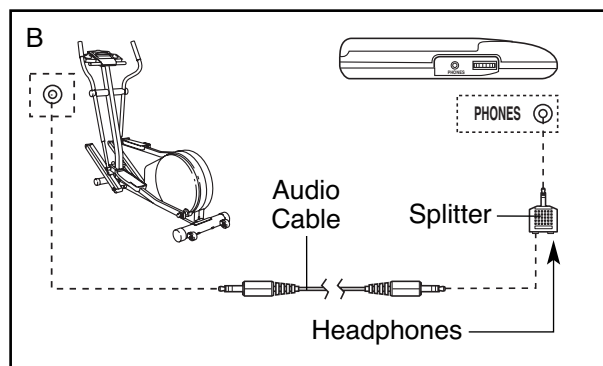
HOW TO CONNECT YOUR PORTABLE STEREO
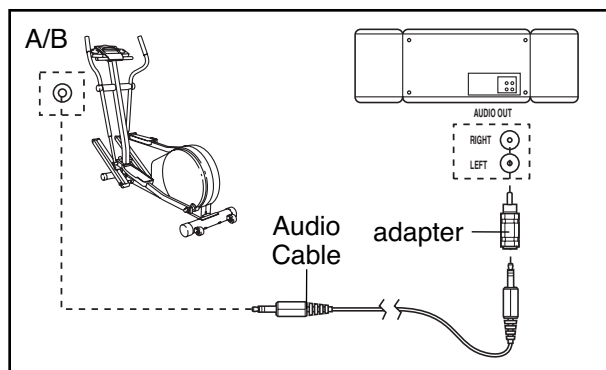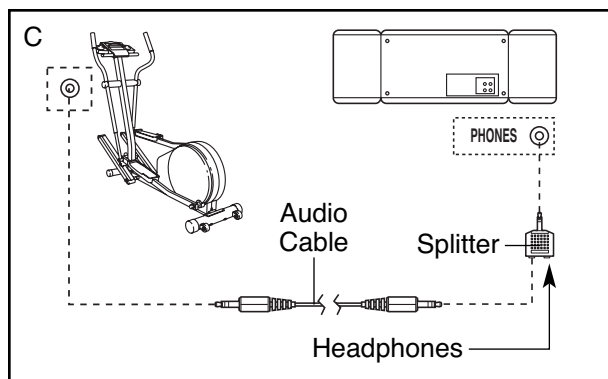
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an AUDIO OUT jack on your stereo.

B. See the drawing above. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your stereo. Do not use the adapter.

C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your stereo. Plug your headphones into the other side of the splitter.

HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into the LINE OUT jack on your stereo.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.

HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your computer.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.
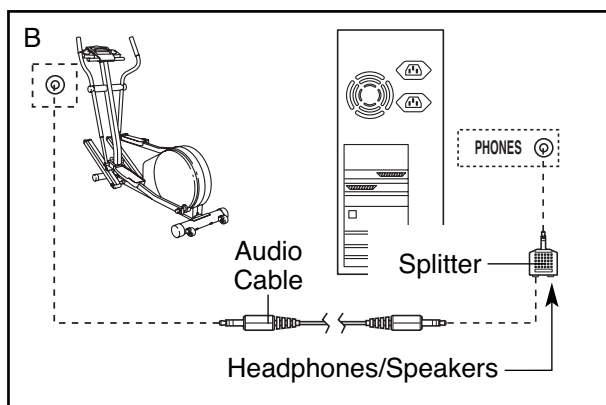
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 15.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.
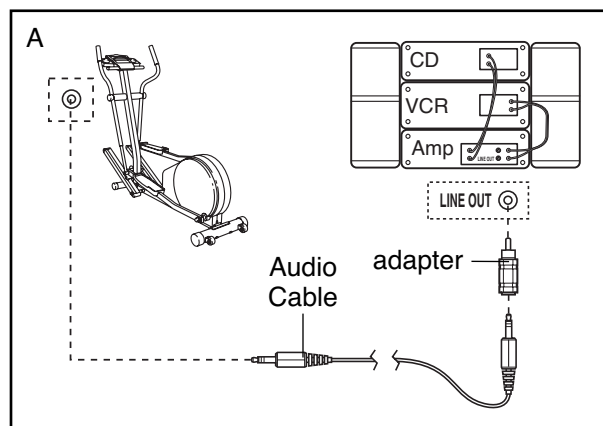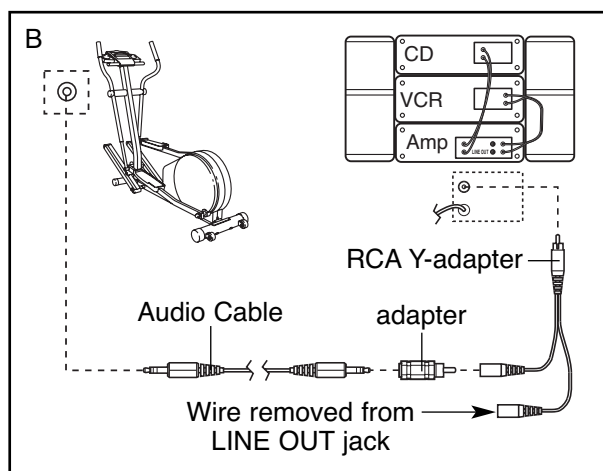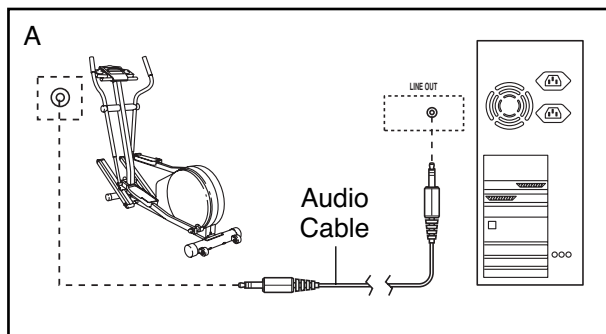

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.
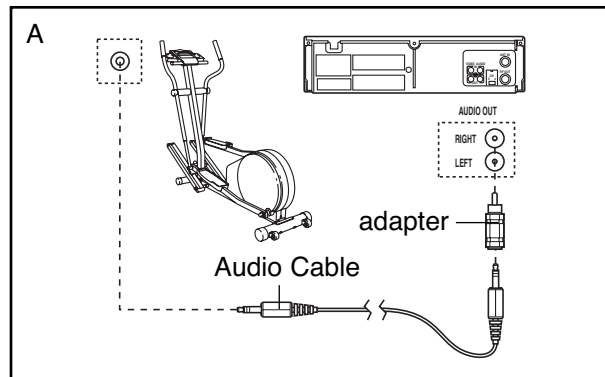

16
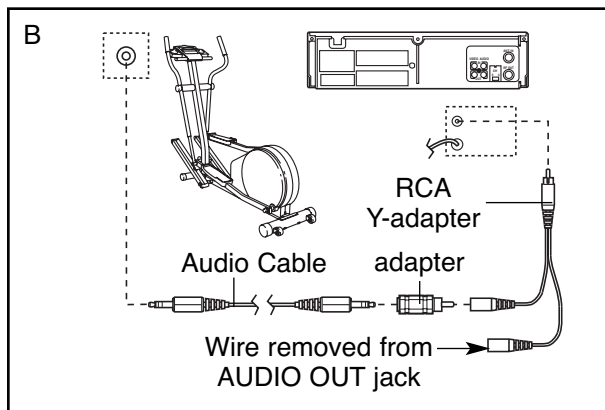
HOW TO USE AN IFIT.COM CD OR VIDEO PROGRAM

To use iFIT.com CDs or videocassettes, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 14. **To purchase iFIT.com CDs and videocassettes, visit our Web site at www.iFIT.com.**

Follow the steps below to use an iFIT.com CD or video program.

1 Turn on the console.

See step 1 on page 11.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT button.

3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the play button on your CD player or VCR.

A moment after you press the play button, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a smart program (see step 3 on page 12). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change.

Note: If the resistance of the pedals and/or the target pace does not change when a "chirp" sounds:

· **Make sure that the indicator near the iFIT button is lit.**

· **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

· **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 Follow your progress with the display.

See step 4 on page 11.

6 Measure your heart rate if desired.

See step 5 on page 11.

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

See step 6 on page 11.

HOW TO USE A PROGRAM DIRECTLY FROM OUR WEBSITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the Internet. To use programs from our Web site, the elliptical exerciser must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 16. In addition, you must have an Internet connection and an Internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 Turn on the console.

See step 1 on page 11.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT button.

3 Go to your computer and start an Internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

6 Follow the online instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the elliptical exerciser and begin pedaling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a smart program (see step 3 on page 12). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change.

8 Follow your progress with the display.

See step 4 on page 11.

9 Measure your heart rate if desired.

See step 5 on page 11.

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

See step 6 on page 11.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**
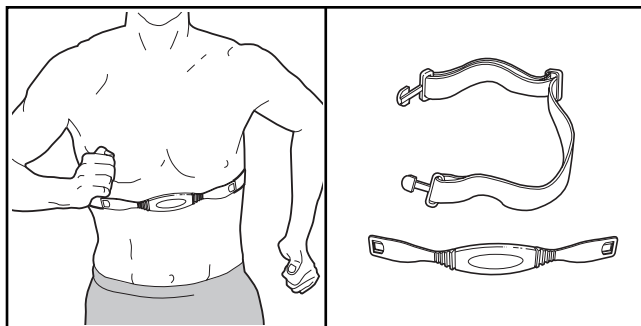
MAINTENANCE AND TROUBLESHOOTING

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

The elliptical exerciser can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

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

CONSOLE TROUBLESHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 4 on page 6.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 11.

CONDITIONING GUIDELINES

⚠ WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals 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.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *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 or the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising 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.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 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. The key to success is 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.
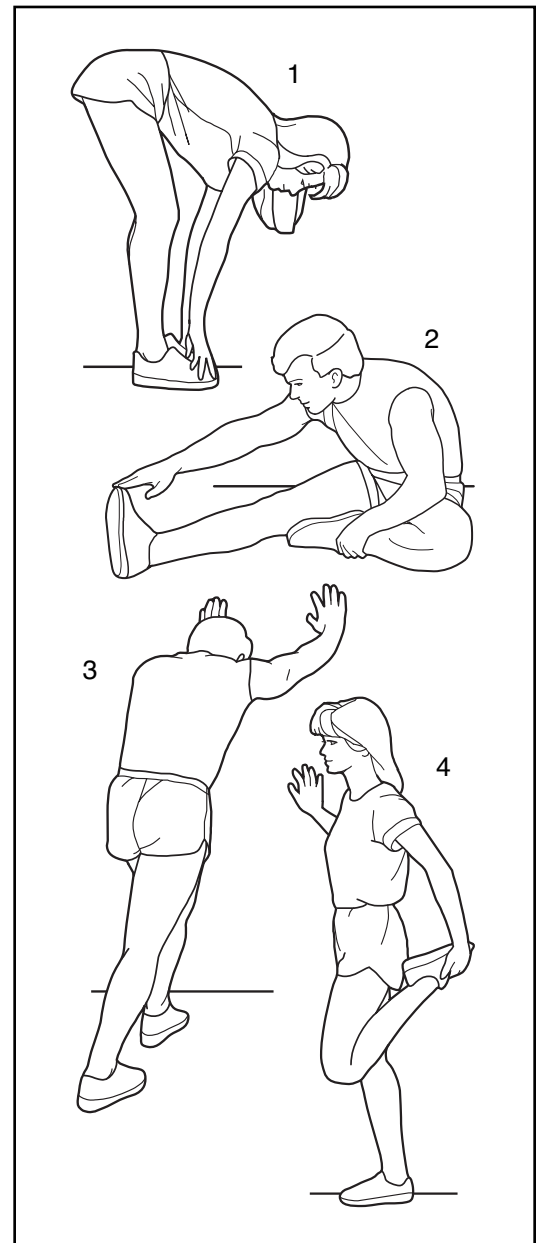
PART LIST—Model No. PFEVEL2786.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	44	1	M8 x 2 3/8" Tap Hex Bolt
2	1	Front Stabilizer	45	6	M8 x 5/8" Button Screw
3	1	Upright	46	4	M6 x 1 3/8" Button Bolt
4	1	Left Pedal Tube	47	10	M5 x 5/8" Button Screw
5	1	Left Handlebar Leg	48	5	M4 x 1 9/16" Button Screw
6	2	Handlebar	49	24	M4 x 1/2" Screw
7	1	Flywheel	50	4	Wave Washer
8	1	Left Pedal	51	2	M8 x 3 1/2" Carriage Bolt
9	1	Flywheel Axle	52	5	M8 Washer
10	1	"C" Magnet	53	4	M10 Washer
11	2	Upright Spacer	54	8	M8 Arc Washer
12	1	Left Rear Pivot Cover	55	2	M6 Washer
13	2	Handlebar Endcap	56	8	M6 Nylon Locknut
14	1	Driving Wheel Assembly	57	8	M8 Nylon Locknut
15	1	Right Crank Arm	58	1	M10 Nylon Locknut
16	2	Plastic Sleeve	59	1	M8 Hex Nut
17	8	Handlebar Bushing	60	1	Magnet
18	1	Spring	61	1	Clamp
19	2	Foam Handle Grip	62	2	M10 Spacer
20	1	Rear Stabilizer	63	1	Right Pedal
21	1	Left Side Shield	64	1	Right Pedal Tube
22	1	Console	65	1	Right Side Shield
23	4	Leg Bushing	66	6	M4 x 3/4" Screw
24	2	M8 Cap Nut	67	1	Reed Switch/Wire
25	2	Pedal Disc	68	5	Console Screw
26	4	M8 x 3/4" Hex Bolt	69	1	Left Front Pivot Cover
27	2	Disc Cover	70	1	Lower Cable
28	2	Rear Stabilizer Endcap	71	1	Right Handlebar Leg
29	2	Transport Wheel	72	1	Right Rear Pivot Cover
30	1	Drive Belt	73	1	Right Front Pivot Cover
31	2	Plastic Washer	74	1	Pulse Wire
32	4	Nylon Bushing	75	1	Upper Wire
33	2	Flywheel Bearing	76	2	Rear Leg Cover
34	2	Crank Bearing	77	2	Front Leg Cover
35	2	Pedal Tube Endcap	78	2	Pedal Tube Cover
36	1	"C" Clip	79	1	Left Frame Cover
37	2	Eyebolt	80	1	Right Frame Cover
38	2	Adjustment Bracket	81	1	Resistance Motor
39	4	M6 Arc Washer	82	1	Resistance Cable Assembly
40	2	M6 x 2 1/2" Button Shoulder Bolt	83	2	Pulley Washer
41	4	M8 x 1 9/16" Hex Bolt	84	1	Resistance Pulley
42	2	M8 x 3 3/8" Button Screw	#	1	Assembly Tool
43	1	M8 x 2 3/8" Hex Bolt	#	1	User's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.
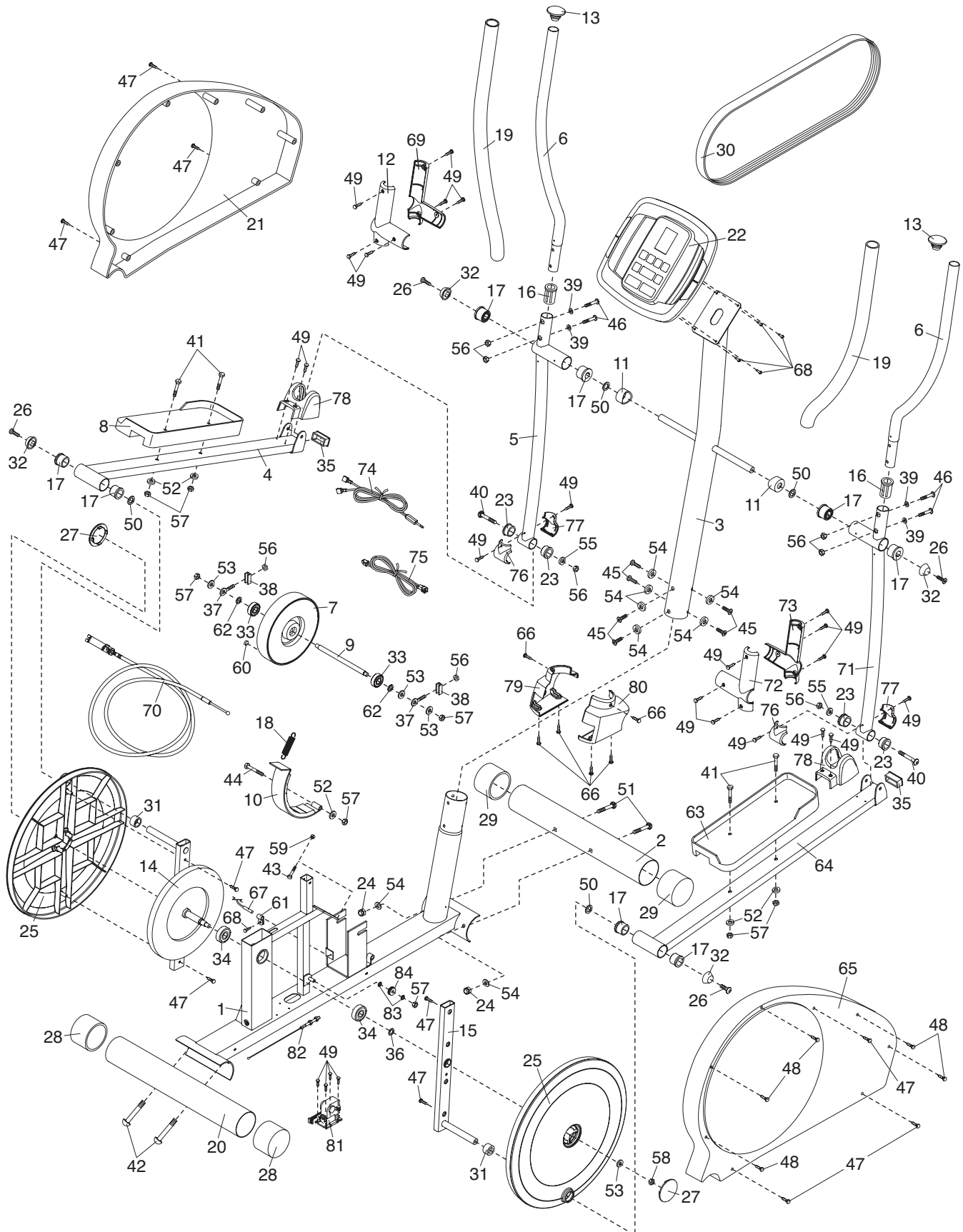
ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

• the MODEL NUMBER of the product (PFEVEL2786.0)

• the NAME of the product (PROFORM 470 HR elliptical exerciser)

• the SERIAL NUMBER of the product (see the front cover of this manual)

• the KEY NUMBER and DESCRIPTION of the part(s) (see pages 22 and 23)

PROFORM is a registered trademark of ICON IP, Inc.