

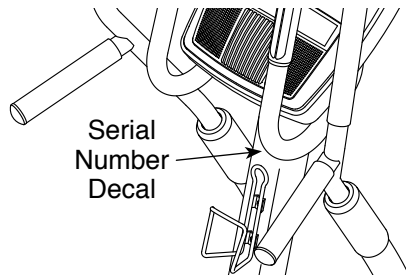
PRO-FORM®

HIIT 7.9 TRAINER

Model No. PFEVEL81019.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

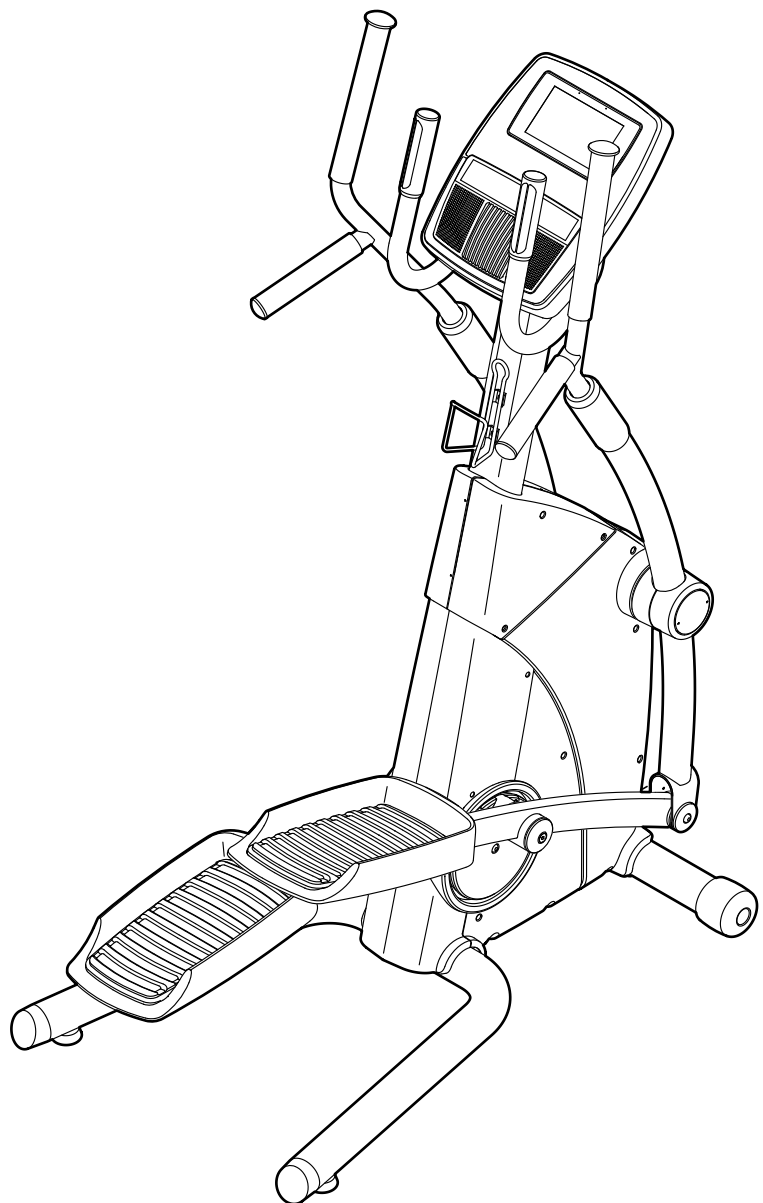
Write:

ICON Health & Fitness, Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



⚠ CAUTION

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

iconeurope.com

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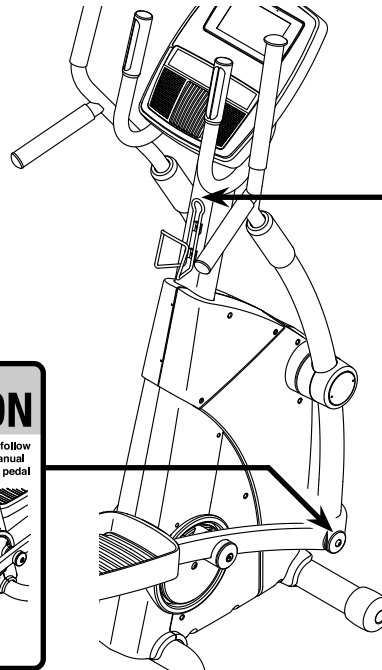
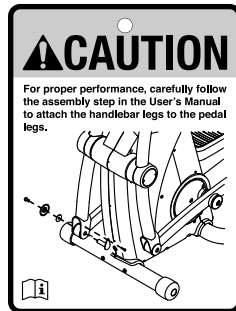
EXPLODED DRAWING 34

ORDERING REPLACEMENT PARTS Back Cover

RECYCLING INFORMATION Back Cover

WARNING DECAL PLACEMENT

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



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 lbs / 136 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

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IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the trainer are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The trainer is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the trainer by someone responsible for their safety.
4. Use the trainer only as described in this manual.
5. The trainer is intended for home use only. Do not use the trainer in a commercial, rental, or institutional setting.
6. Keep the trainer indoors, away from moisture and dust. Do not put the trainer in a garage or covered patio, or near water.
7. Place the trainer on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the trainer and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the trainer.
8. Inspect and properly tighten all parts each time the trainer is used. Replace any worn parts immediately.
9. Keep children under age 16 and pets away from the trainer at all times.
10. The trainer should not be used by persons weighing more than 300 lbs. (136 kg).
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the trainer. Always wear athletic shoes for foot protection while exercising.
12. Hold the handlebars or the upper body arms when mounting, dismounting, or using the trainer. Before mounting or dismounting, bring the pedals to a stop with the pedal on the mounting or dismounting side in its lowest position.
13. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
14. The trainer does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. Keep your back straight while using the trainer; do not arch your back.
16. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

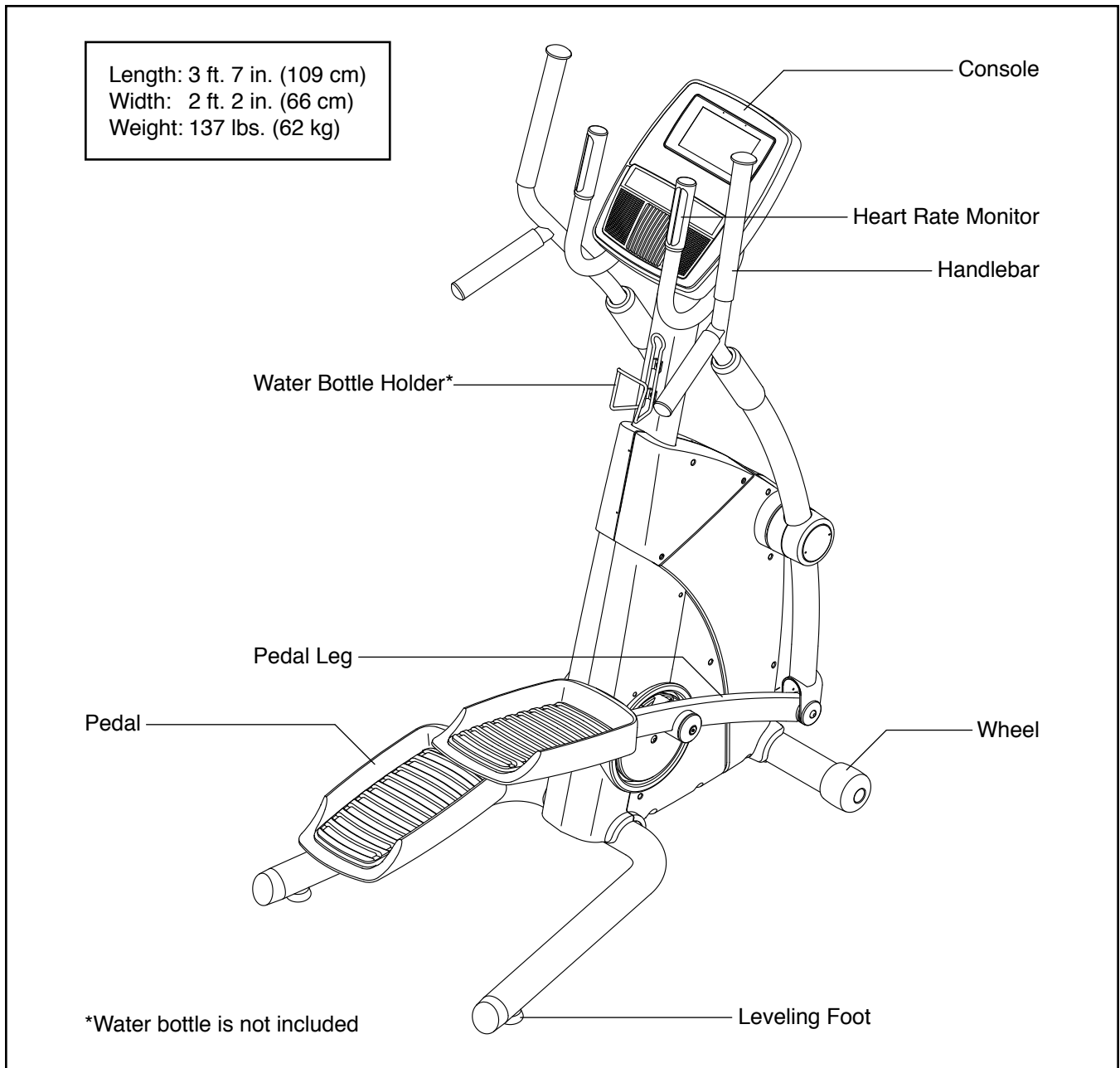
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® HIIT 7.9 trainer. The HIIT 7.9 trainer 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 trainer. If you have questions after reading this manual, please see the front cover of this

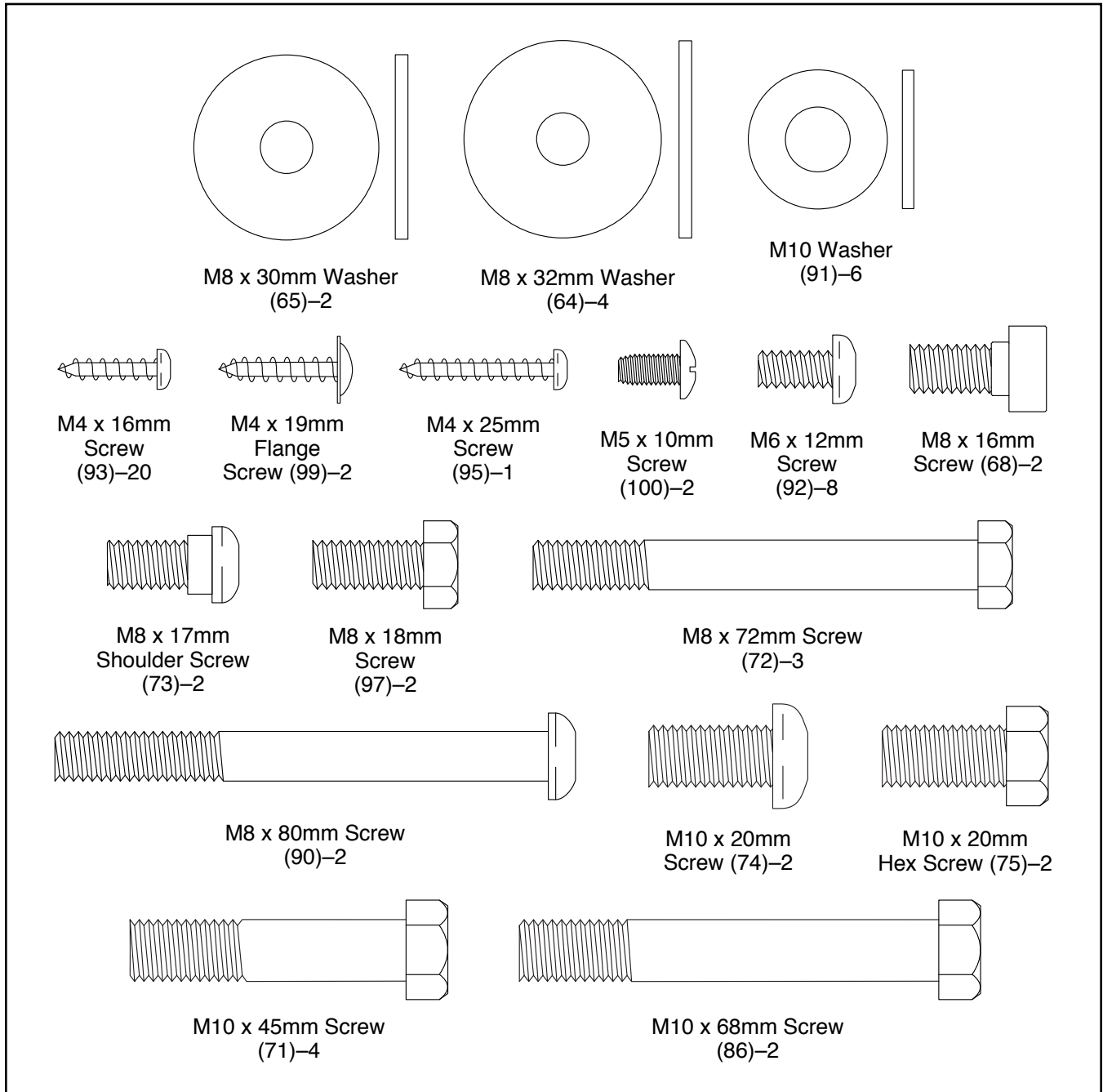
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

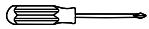


Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

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

- one Phillips screwdriver 
- two adjustable wrenches 
- one rubber mallet 

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

1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, call Customer Service (see the front cover of this manual).

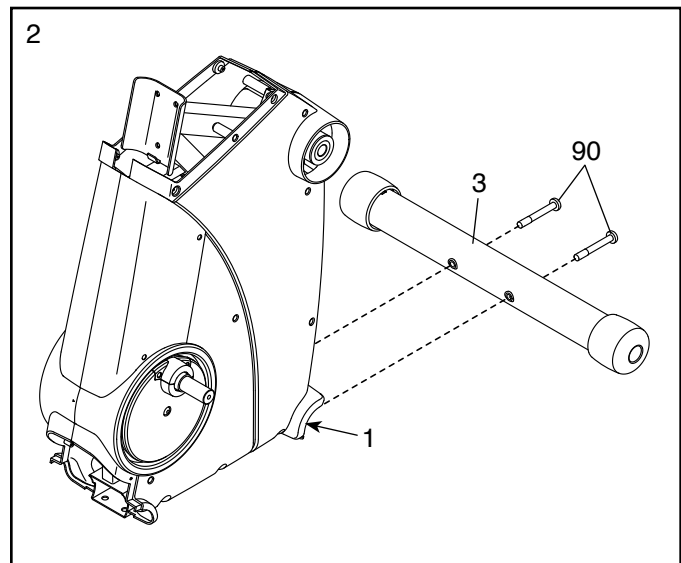
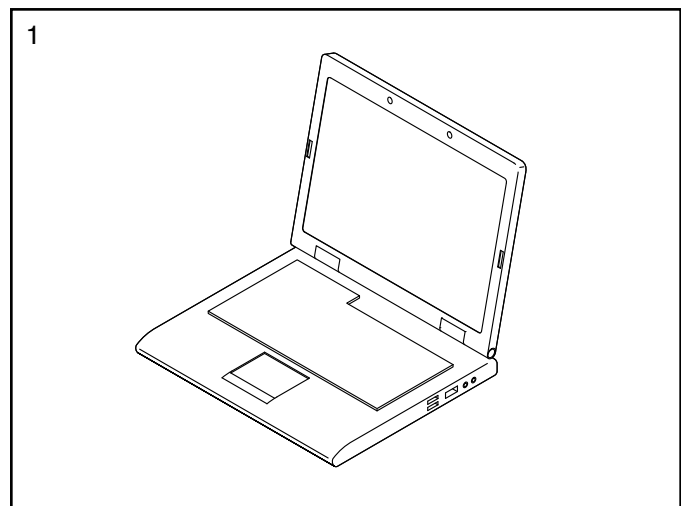
To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. Place some of the packaging materials under the front of the Frame (1). **Have a second person hold the Frame to prevent it from tipping.**

Orient the Stabilizer (3) so that the sticker is facing the Frame (1). Attach the Stabilizer to the Frame with two M8 x 80mm Screws (90).

Then, remove the packaging materials from beneath the Frame (1).



3. Place some of the packaging materials under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping.**

Tip: Do not confuse the M10 x 20mm Screws (74) with the M10 x 20mm Hex Screws (75).

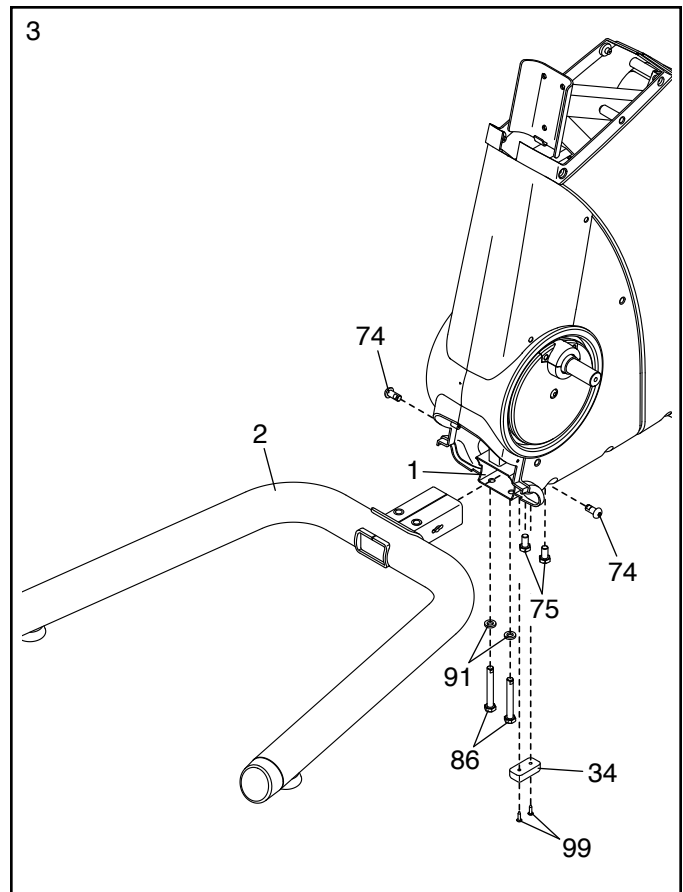
Attach the Base (2) to the Frame (1) with two M10 x 68mm Screws (86), two M10 Washers (91), and two M10 x 20mm Hex Screws (75); **do not fully tighten the Screws yet.**

Finish attaching the Base (2) to the Frame (1) with two M10 x 20mm Screws (74).

Then, fully tighten all the Screws (74, 75, 86).

Next, attach the Foot (34) to the underside of the Frame (1) with two M4 x 19mm Flange Screws (99).

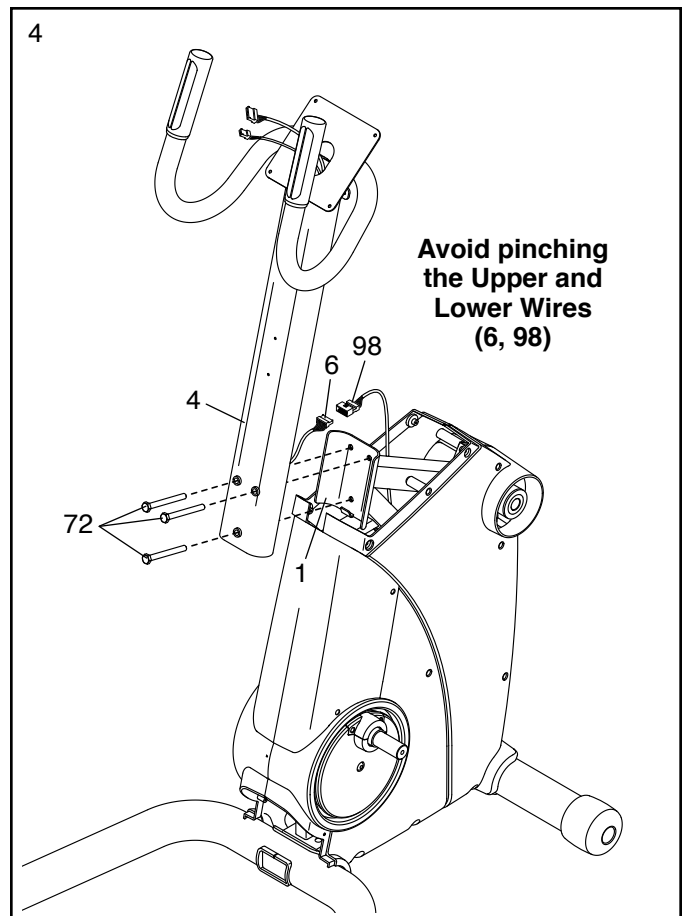
Then, remove the packaging materials from beneath the Frame (1).



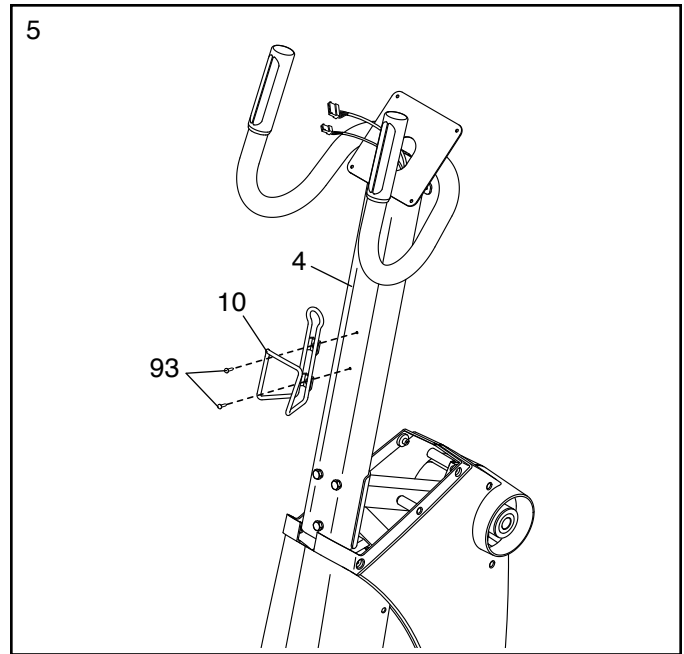
4. **Tip: Avoid pinching the Upper and Lower Wires (6, 98).**

With the help of a second person, attach the Upright (4) to the Frame (1) with three M8 x 72mm Screws (72); **start all the Screws, and then tighten them.**

Then, connect the Upper Wire (6) in the Upright (4) to the Lower Wire (98) in the Frame (1). Insert the excess wire into the Frame.



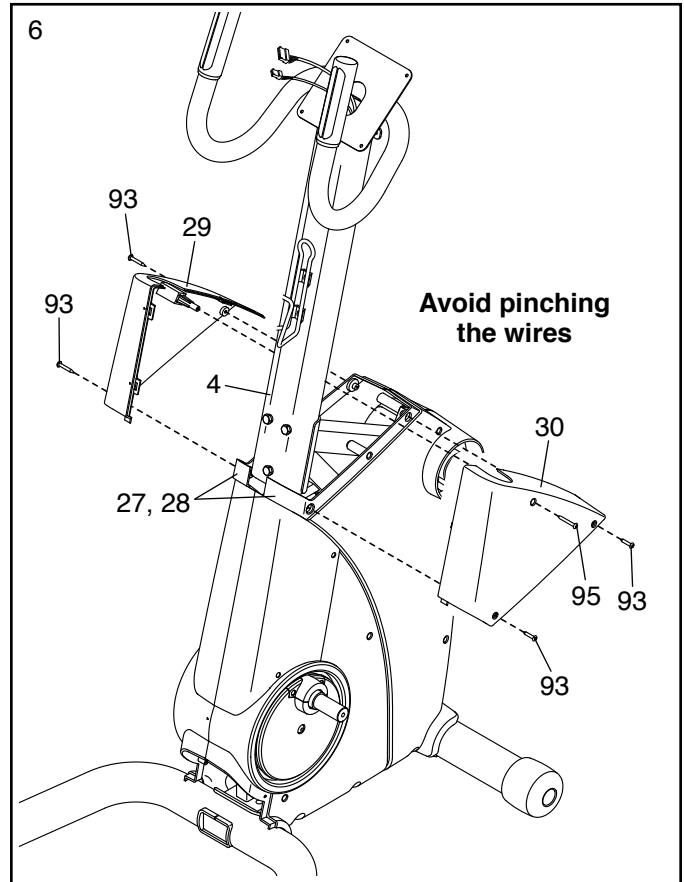
5. Attach the Water Bottle Holder (10) to the Upright (4) with two M4 x 16mm Screws (93).



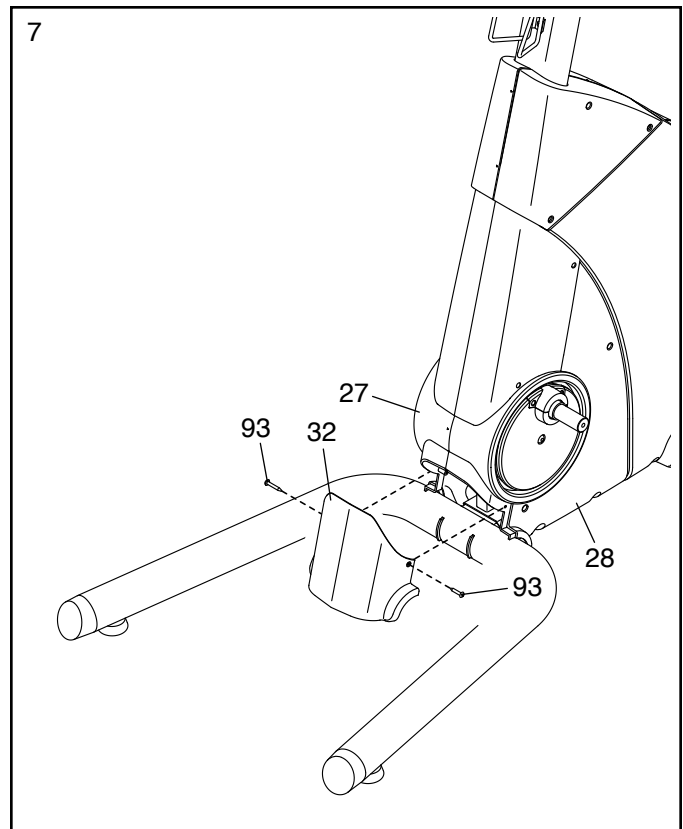
6. Identify the Left and Right Shield Covers (29, 30).

Tip: Avoid pinching the wires. Press the Left and Right Shield Covers (29, 30) together around the Upright (4), and attach them with an M4 x 25mm Screw (95).

Then, attach the Left and Right Shield Covers (29, 30) to the Left and Right Shields (27, 28) with four M4 x 16mm Screws (93); **start all the Screws, and then tighten them.**



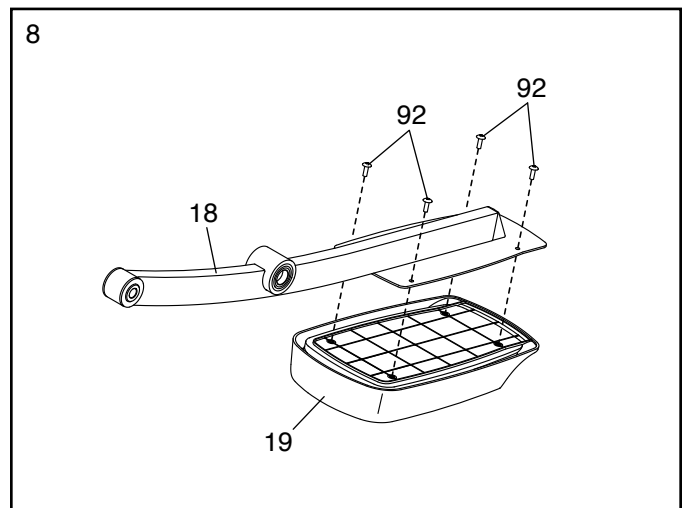
7. Attach the Lower Shield Cover (32) to the Left and Right Shields (27, 28) with two M4 x 16mm Screws (93).



8. Identify the Right Pedal Leg (18).

Attach a Pedal (19) to the Right Pedal Leg (18) with four M6 x 12mm Screws (92); **start all the Screws, and then tighten them.**

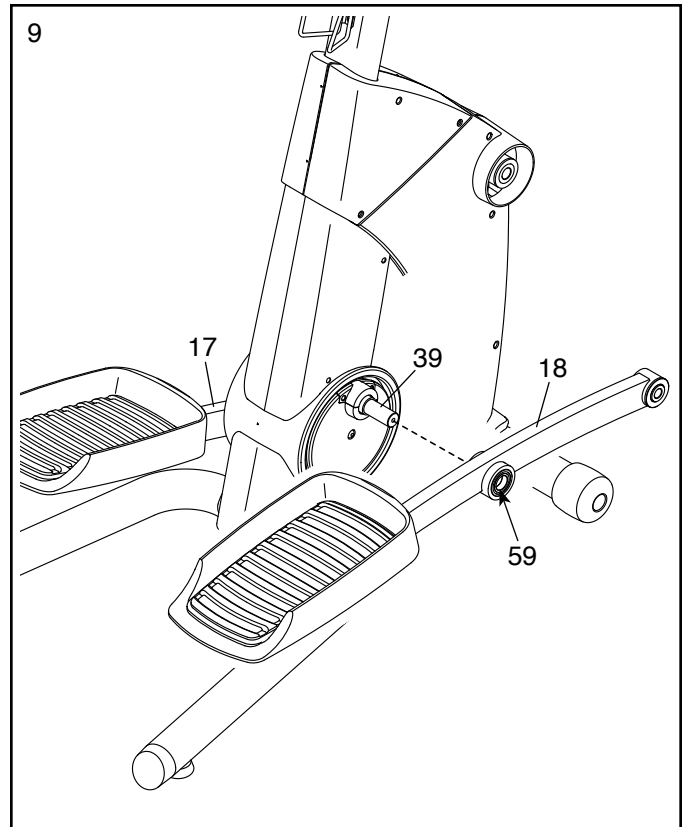
Repeat this step to attach the other Pedal (not shown) to the Left Pedal Leg (not shown).



9. If there is a wire tie (not shown) in the Right Pedal Leg (18), remove and discard it.

Slide the Right Pedal Leg (18) onto the right Crank Arm (39); **make sure that the Pedal Leg Sleeve Bushing (59) remains inside the Right Pedal Leg.**

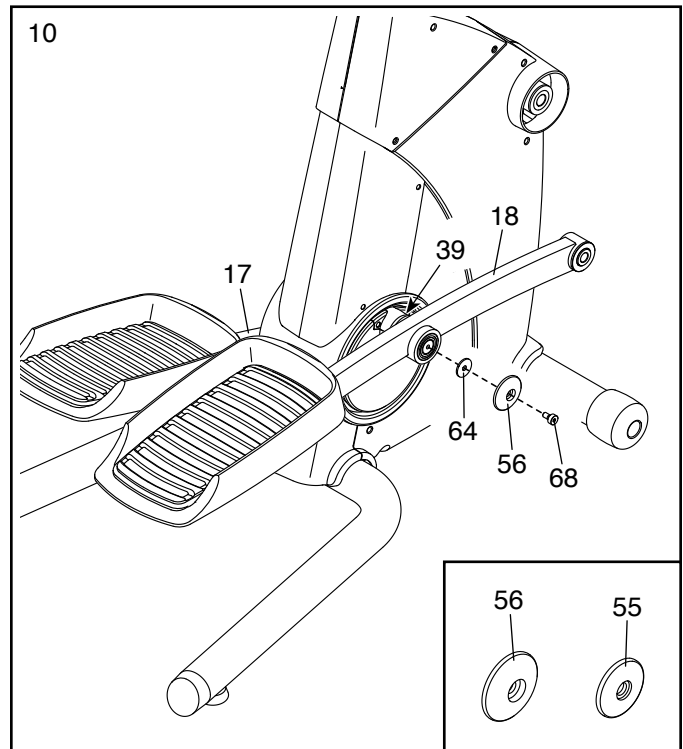
Repeat this step for the Left Pedal Leg (17).



10. **See the inset drawing. Identify the Crank Caps (56), which are larger than the Leg Caps (55).**

Attach the Right Pedal Leg (18) to the right Crank Arm (39) with an M8 x 16mm Screw (68), a Crank Cap (56), and an M8 x 32mm Washer (64).

Repeat this step to attach the Left Pedal Leg (17).



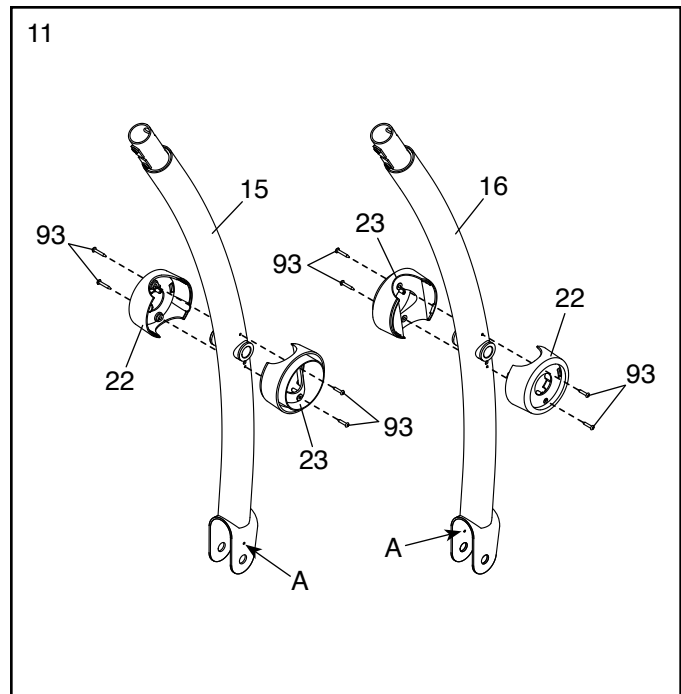
11. Identify the Left and Right Handlebar Legs (15, 16). Then, identify the Outer and Inner Pivot Covers (22, 23).

Orient the Right Handlebar Leg (16) so that the small hole (A) is in the location shown. Then orient an Outer Pivot Cover (22) and an Inner Pivot Cover (23) around the Right Handlebar Leg **exactly as shown**.

Attach the Inner Pivot Cover (23) to the Right Handlebar Leg (16) with two M4 x 16mm Screws (93).

Then, attach the Outer Pivot Cover (22) to the Right Handlebar Leg (16) with two M4 x 16mm Screws (93).

Repeat this step for the Left Handlebar Leg (15).



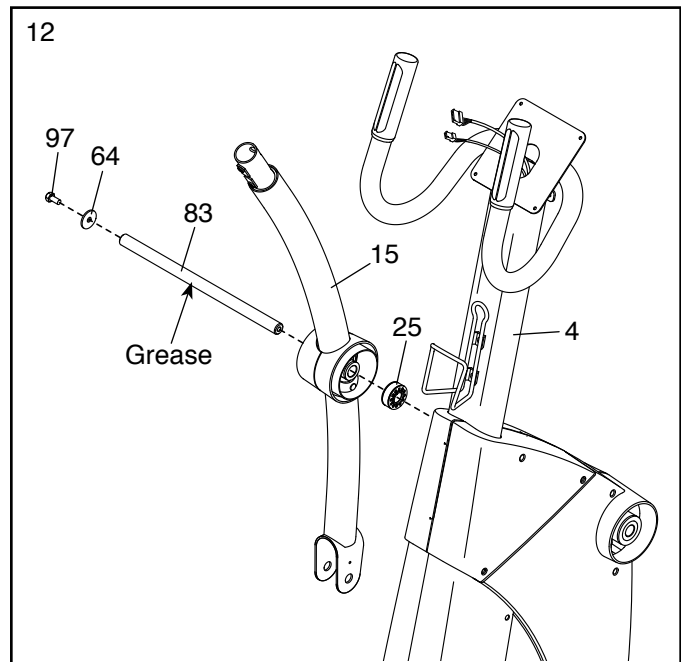
12. Using a plastic bag to keep your fingers clean, apply a generous amount of grease to the Pivot Axle (83).

Insert the Pivot Axle (83) through the Upright (4) and center it. **Tip: It may be helpful to use a rubber mallet.**

Next, slide a Flex Spacer (25) onto the left side of the Pivot Axle (83).

Next, orient the Left Handlebar Leg (15) as shown, and slide it onto the left side of the Pivot Axle (83).

Then, finger tighten an M8 x 18mm Screw (97) with an M8 x 32mm Washer (64) into the left end of the Pivot Axle (83).



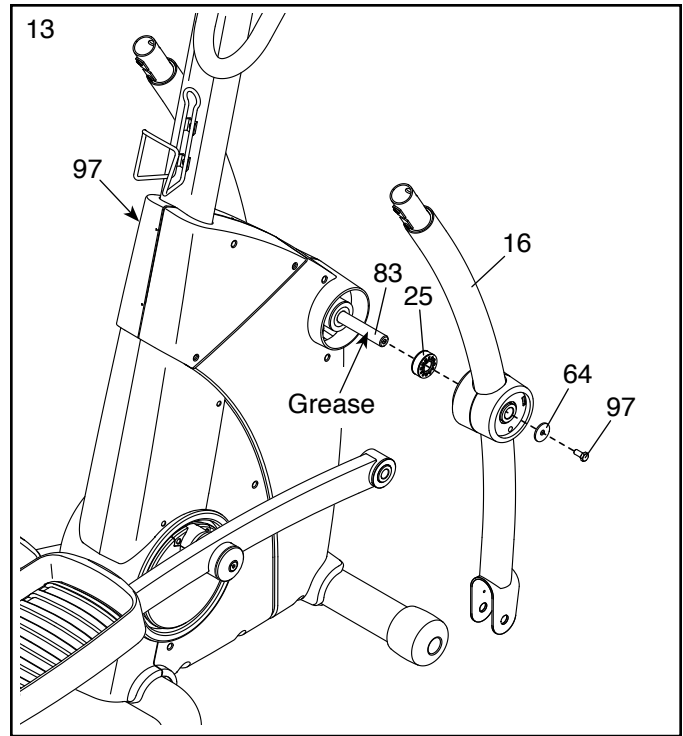
13. Apply a generous amount of grease to the Pivot Axle (83).

Slide a Flex Spacer (25) onto the right side of the Pivot Axle (83).

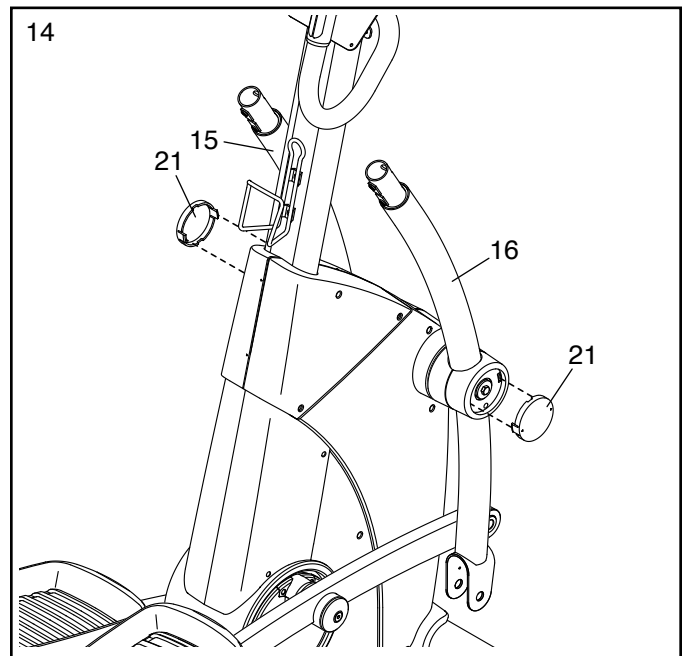
Next, orient the Right Handlebar Leg (16) as shown, and slide it onto the right side of the Pivot Axle (83).

Next, finger tighten an M8 x 18mm Screw (97) with an M8 x 32mm Washer (64) into the right end of the Pivot Axle (83).

Then, tighten the M8 x 18mm Screws (97) in each end of the Pivot Axle (83) at the same time.



14. Press a Pivot Shield (21) onto each Handlebar Leg (15, 16).



15. Apply a small amount of grease to a Leg Axle (54).

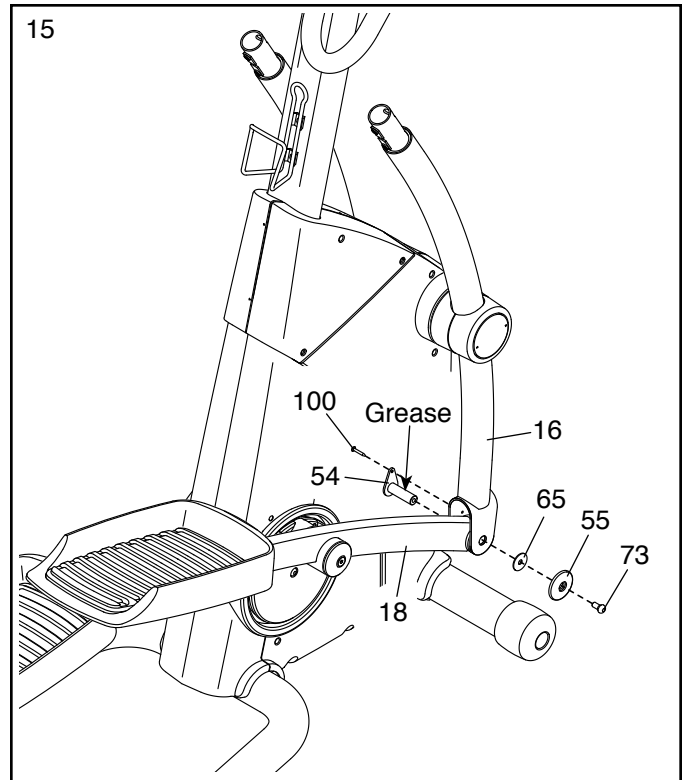
While a second person holds the front end of the Right Pedal Leg (18) inside the bracket on the Right Handlebar Leg (16), insert the Leg Axle (54) into both parts. **Make sure that the Leg Axle is fully inserted.**

Next, finger tighten an M5 x 10mm Screw (100) into the Leg Axle (54) and the Right Handlebar Leg (16).

Then, tighten an M8 x 17mm Shoulder Screw (73) with a Leg Cap (55) and an M8 x 30mm Washer (65) into the Leg Axle (54).

Fully tighten the M5 x 10mm Screw (100).

Repeat this step on the other side of the trainer.



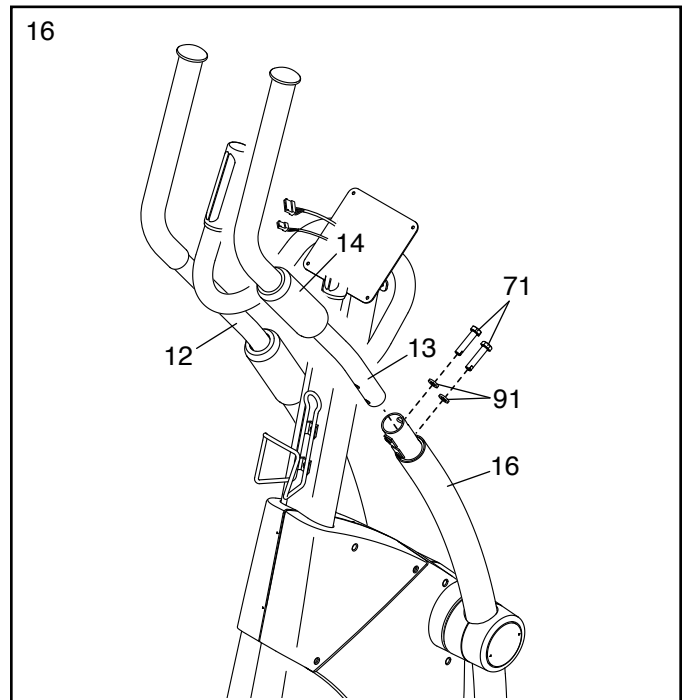
16. Identify the Left and Right Handlebars (12, 13).

Slide a Handlebar Sleeve (14) onto the Right Handlebar (13). Then, insert the Right Handlebar into the Right Handlebar Leg (16).

Attach the Right Handlebar (13) with two M10 x 45mm Screws (71) and two M10 Washers (91).

Then, slide the Handlebar Sleeve (14) downward onto the Right Handlebar Leg (16).

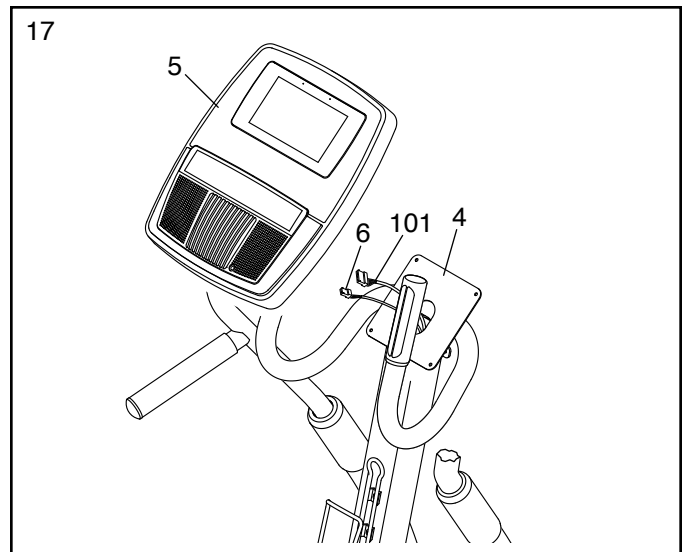
Repeat this step to attach the Left Handlebar (12).



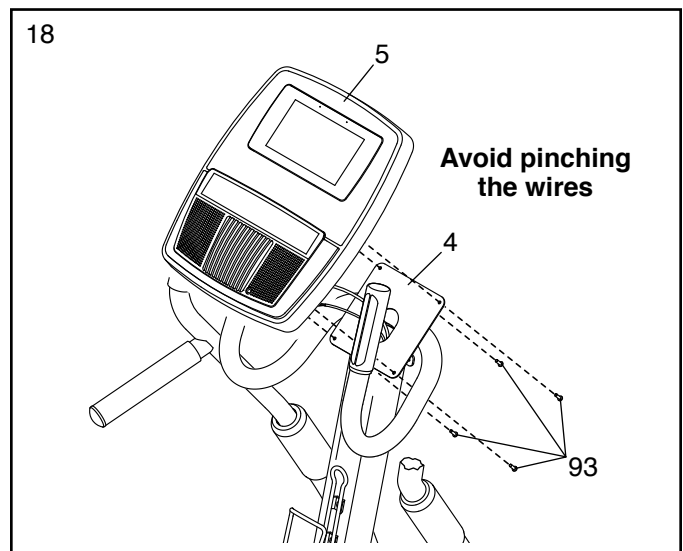
17. Have a second person hold the Console (5) near the Upright (4). Connect the Upper Wire (6) and the Pulse Wire (101) in the Upright to the matching wires or receptacles on the back of the Console.

If you do not connect the Wires (6, 101) properly, the Console (5) may become damaged when you use the trainer. If a connector on a Wire does not slide easily and snap into place, turn the connector and try again.

Insert the excess wire into the Upright (4).

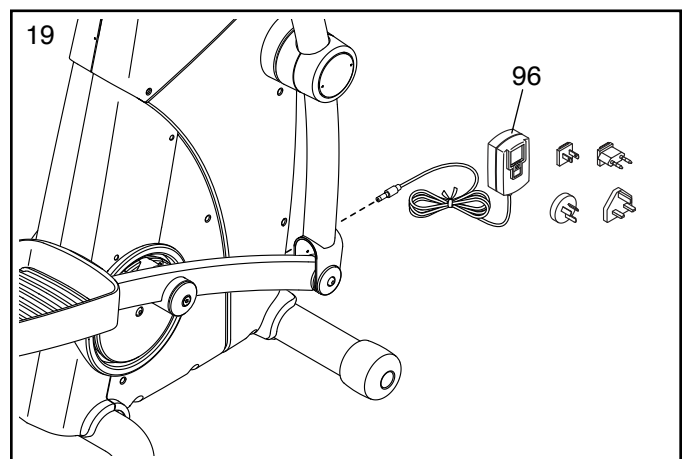


18. **Tip: Avoid pinching the wires.** Attach the Console (5) to the Upright (4) with four M4 x 16mm Screws (93); **start all the Screws, and then tighten them.**



19. Plug the Power Adapter (96) into the receptacle on the frame of the trainer.

Note: To plug the Power Adapter (96) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 16.



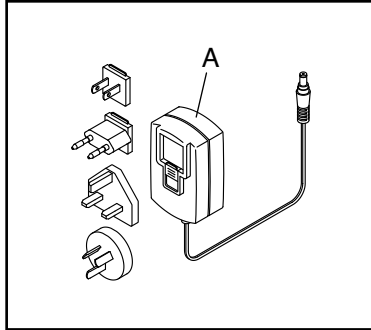
20. **Make sure that all parts are properly tightened.** Extra parts may be included. Place a mat beneath the trainer to protect the floor.

HOW TO USE THE TRAINER

HOW TO PLUG IN THE POWER ADAPTER

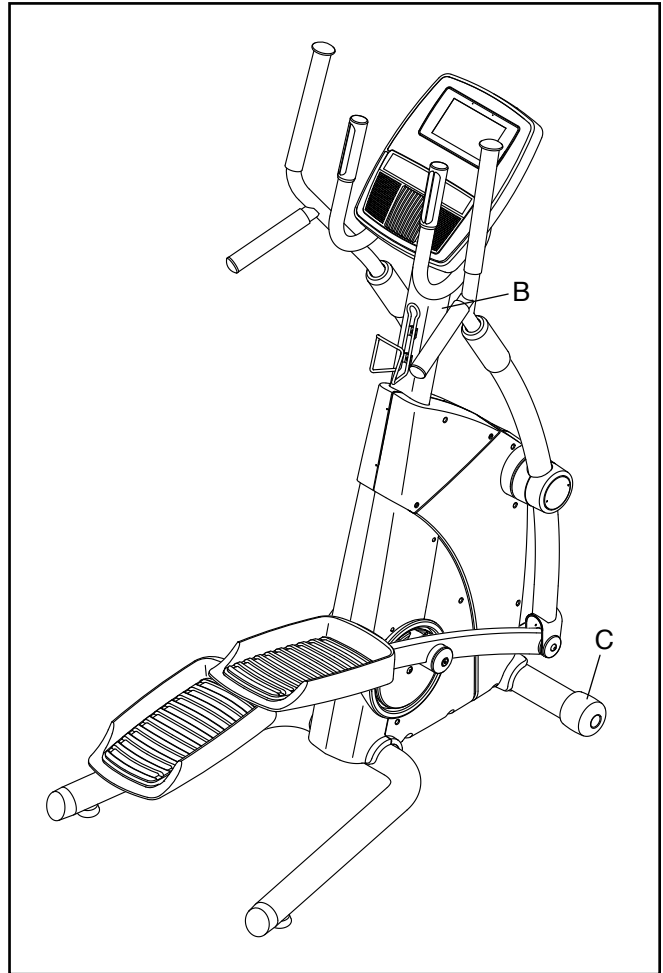
IMPORTANT: If the trainer has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter (A) into the receptacle on the frame of the trainer. Insert the appropriate plug adapter into the power adapter if necessary. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



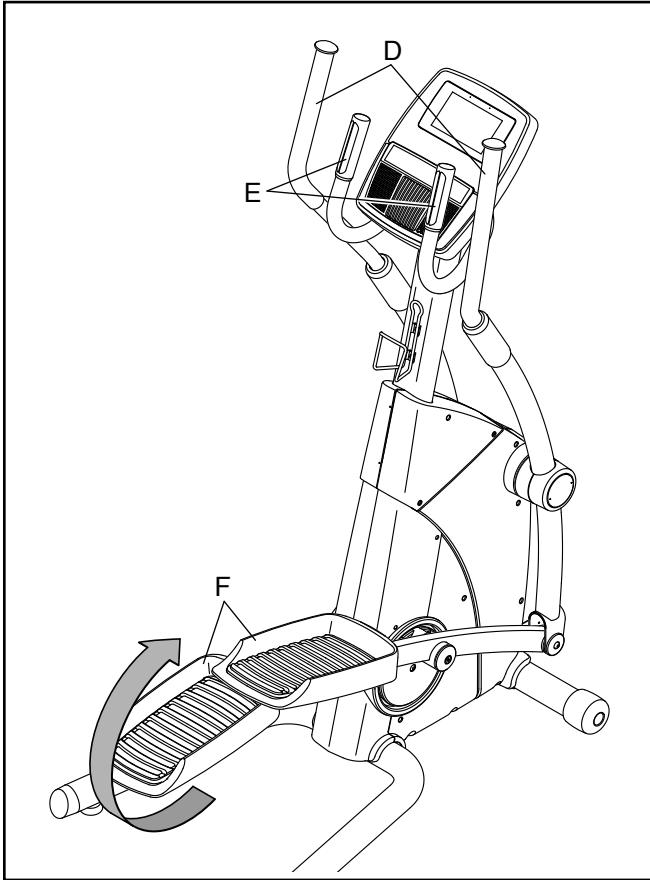
HOW TO MOVE THE TRAINER

Due to the size and weight of the trainer, moving it requires two persons. Stand in front of the trainer, hold the upright (B), and place one foot against one of the wheels (C). Have a second person help you pull on the upright until the trainer will roll on the wheels. Carefully move the trainer to the desired location, and then lower it to the floor.



HOW TO EXERCISE ON THE TRAINER

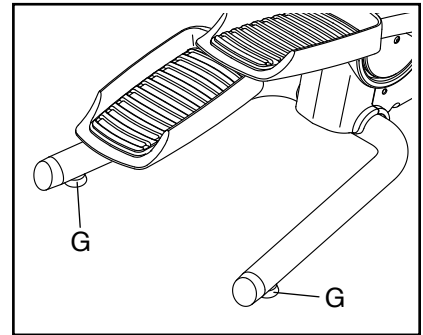
To mount the trainer, hold the handlebars (D) or the pulse grips (E) and step onto the pedal (F) that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you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



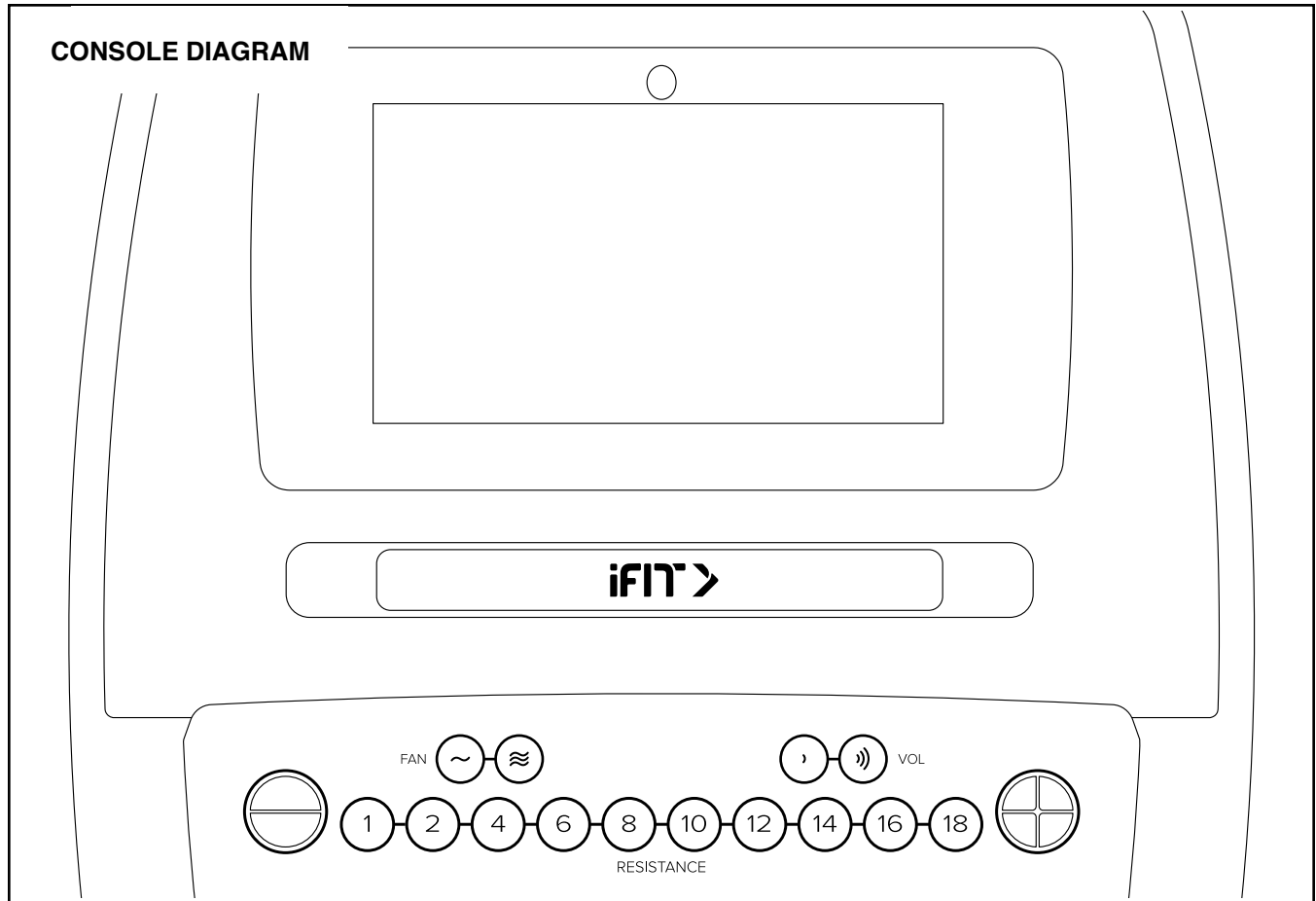
To dismount the trainer, wait until the pedals (F) come to a complete stop. **Note: The trainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO LEVEL THE TRAINER

If the trainer rocks slightly on your floor during use, turn one or both of the leveling feet (G) beneath the base until the rocking motion is eliminated.



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

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

The console features wireless technology that enables the console to connect to iFit. With iFit, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

In addition, the console features a selection of onboard workouts. Each workout automatically controls the resistance of the pedals as it guides you through an effective exercise session.

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

While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 27 for information about purchasing an optional chest heart rate monitor.**

You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

To turn on and turn off the console, see page 18. **To learn how to use the touch screen**, see page 18. **To set up the console**, see page 19.

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the trainer. See HOW TO PLUG IN THE POWER ADAPTER on page 15. When the power adapter is plugged in, touch the screen or press any button on the console to turn on the console.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, the console will pause.

If the pedals do not move for several minutes, the screen is not touched, and the buttons are not pressed, the console will turn off.

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the trainer may wear prematurely.**

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch *?123*. To view more characters, touch *~[<*. Touch *?123* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

HOW TO SET UP THE CONSOLE

Before you use the trainer for the first time, set up the console.

1. Connect to your wireless network.

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

2. Customize settings.

Follow the prompts on the screen to set the desired unit of measurement and your time zone.

Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

3. Log into or create an iFit account.

Follow the prompts on the screen to log into your iFit account or to create an iFit account.

4. Tour the console.

The first time you use the console, a tour presentation will guide you through the features of the console.

5. Check for firmware updates.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

The console is now ready for you to begin working out. The following pages explain the workouts and other features that the console offers.

To use the manual mode, see this page. To use a featured workout or an onboard workout, see page 21. To create a draw-your-own-map workout, see page 23. To use an iFit workout, see page 24.

To change console settings, see page 25. To connect to a wireless network, see page 26. To use the sound system, see page 27.

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

HOW TO USE THE MANUAL MODE

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 18. Note: It may take a few moments for the console to be ready for use.

2. Select the main menu.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. Change the resistance of the pedals as desired.

Touch *Manual Start* and begin pedaling.

You can change the resistance of the pedals by pressing one of the numbered Resistance buttons or by pressing the Resistance increase and decrease buttons.

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

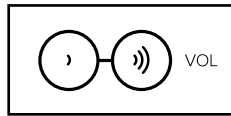
4. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

Drag upward on the screen to enter the fullscreen display mode. Drag downward on the screen to view the workout information displays.

Touch the various workout information displays to view more options. Touch the more button (+ symbol) to view statistics or charts. Touch the center of the screen to view even more display mode options.

If desired, adjust the volume level by pressing the Vol increase and decrease buttons.



To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

To end the workout session, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the main menu.

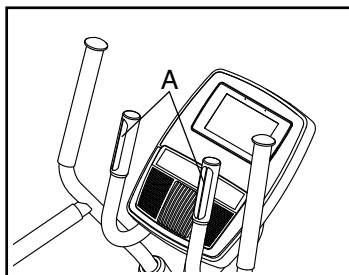
5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (see page 27 for information about the optional chest heart rate monitor).

Note: The console is compatible with Bluetooth® Smart heart rate monitors.

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

If there are sheets of plastic on the metal contacts (A) on the handgrip heart rate monitor, remove the plastic. To measure your heart



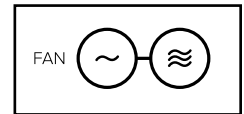
rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 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 contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

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



Note: If the pedals are not moved for a while when the main menu is selected, the fan will turn off automatically.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

HOW TO USE A FEATURED WORKOUT OR AN ONBOARD WORKOUT

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 18. Note: It may take a few moments for the console to be ready for use.

2. Select the main menu or the workout library.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

Touch the buttons at the bottom of the screen to select either the main menu (Home button) or the workout library (Browse button).

3. Select a workout.

To select a workout from the main menu or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

Note: To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFit account to save a featured workout (see step 3 on page 19).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 23.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

4. Start the workout.

Touch *Start Workout* to start the workout.

The workout will function in the same way as the manual mode (see page 19).

During some workouts, an iFit coach will guide you through a video workout. Touch the sound button (music notes symbol) to select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

During some workouts, the screen may show a target speed. As you exercise, keep your pedaling speed near the target speed shown on the screen. A message may appear prompting you to increase, decrease, or maintain your pedaling speed.

IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

If the resistance level is too high or too low, you can manually override the setting by pressing the Resistance buttons. **If you press a Resistance button**, you can then manually control the resistance level (see step 3 on page 19). **To return to the programmed resistance settings of the workout**, touch *Follow Workout*.

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the main menu.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 24) or adding the workout to your favorites list. Then, touch *Save Workout* to return to the main menu.

5. Follow your progress.

See step 4 on page 20.

6. Measure your heart rate if desired.

See step 5 on page 20.

7. Turn on the fan if desired.

See step 6 on page 20.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 18. Note: It may take a few moments for the console to be ready for use.

2. Select a draw-your-own-map workout.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

To select a draw-your-own-map workout, touch the Create button at the bottom of the screen.

3. Draw your map.

Navigate to the area on the map where you want to draw your workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

If you want to start and end your workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for your workout.

4. Save your workout.

Touch *Save New Workout* to save your workout. If desired, enter a title and description for your workout. Then, touch the continue button (> symbol).

5. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout or an onboard workout (see page 21).

6. Follow your progress.

See step 4 on page 20.

7. Measure your heart rate if desired.

See step 5 on page 20.

8. Turn on the fan if desired.

See step 6 on page 20.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

HOW TO USE AN iFIT WORKOUT

To use an iFit workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26). An iFit account is also required.

1. Add workouts to your schedule on iFit.com.

On your computer, smartphone, tablet, or other device, open an internet browser, go to iFit.com, and log in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

Take time to explore the iFit.com website before you log out.

2. Select the main menu.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. Log in to your iFit account.

If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFit account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFit account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

4. Select an iFit workout that you have previously added to your schedule on iFit.com.

IMPORTANT: Before iFit workouts will load, you must add them to your schedule on iFit.com (see step 1).

To load an iFit workout from iFit.com to the console, touch the Calendar button at the bottom of the screen.

When you load a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout or an onboard workout (see page 21).

6. Follow your progress.

See step 4 on page 20.

7. Measure your heart rate if desired.

See step 5 on page 20.

8. Turn on the fan if desired.

See step 6 on page 20.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

For more information about iFit, go to iFit.com.

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: Some of the settings and features described may not be enabled. Occasionally, a firmware update may cause your console to function slightly differently.

1. Select the settings main menu.

First, turn on the power (see HOW TO TURN ON THE CONSOLE on page 18). Note: It may take a few moments for the console to be ready for use.

Next, select the main menu (Home button). When you turn on the console, the main menu will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Account

- My Profile
- In Workout
- Manage Accounts

Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

About

- Legal

3. Customize the unit of measurement and other settings.

To customize the unit of measurement, the time zone, or other settings, touch *Equipment Info* or *Equipment Settings*, and then touch the desired settings.

The console can display speed and distance in either standard or metric units of measurement.

4. View machine information or console app information.

Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your trainer or about the console app.

5. Update the console firmware.

For the best results, regularly check for firmware updates. Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the trainer, do not unplug the power adapter while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the trainer will turn off and then turn back on. If it does not, unplug the power adapter. Wait for several seconds, and then plug in the power adapter. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

6. Exit the settings main menu.

If you are in a settings menu, touch the back button. Then, touch the close button (x symbol) to exit the settings main menu.

HOW TO CONNECT TO A WIRELESS NETWORK

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network.

1. Select the main menu.

First, turn on the power (see HOW TO TURN ON THE CONSOLE on page 18). Note: It may take a few moments for the console to be ready for use.

Next, select the main menu (Home button). When you turn on the console, the main menu will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

2. Select the wireless network menu.

Touch the menu button (three horizontal lines symbol), and then touch *Wi-Fi* to select the wireless network menu.

3. Enable Wi-Fi.

Make sure that Wi-Fi® is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 18.)

When the console is connected to your wireless network, a checkmark will appear next to the wireless network name.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

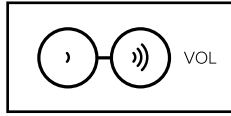
5. Exit the wireless network menu.

To exit the wireless network menu, touch the back button (arrow symbol).

HOW TO USE THE SOUND SYSTEM

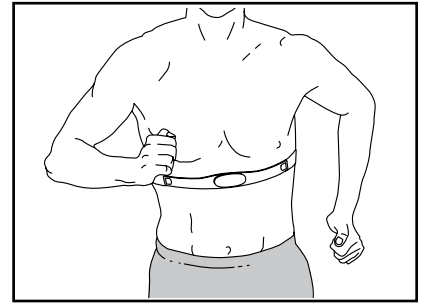
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable,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

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



THE OPTIONAL CHEST HEART RATE MONITOR

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



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

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

To clean the trainer, 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.**

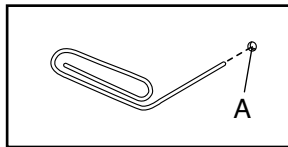
CONSOLE TROUBLESHOOTING

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

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 20.

If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

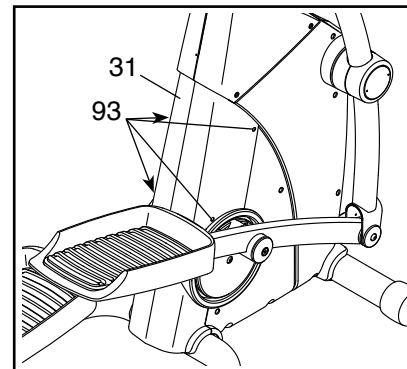
If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the back or the side of the console. Using a bent paper clip, press and hold the reset button inside the opening, and have a second person plug in the power adapter. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug and then plug in the power adapter. Once the console turns on, check for firmware updates (see step 5 on page 25). Note: It may take a few minutes for the console to be ready for use.



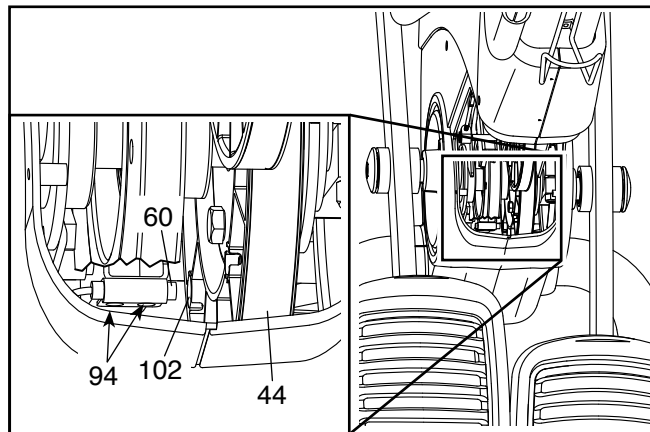
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **unplug the power adapter.**

Next, remove the four indicated M4 x 16mm Screws (93) and the Center Shield Cover (31).



Next, turn the Crank Pulley (44) until a Pulley Magnet (102) is aligned with the Reed Switch (60). Then, slightly loosen the two M4 x 12mm Flange Screws (94), slide the Reed Switch slightly closer to or away from the Pulley Magnet, and retighten the Flange Screws.

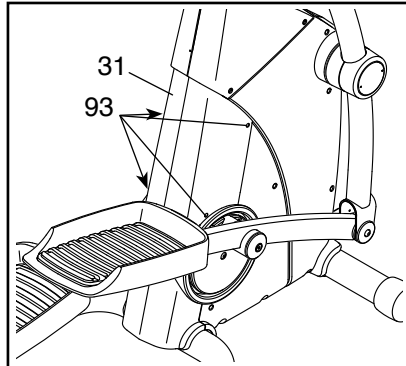


Then, plug in the power adapter and turn the Crank Pulley (44) for a moment. Repeat these actions, if necessary, until the console displays correct feedback. Then, reattach the center shield cover.

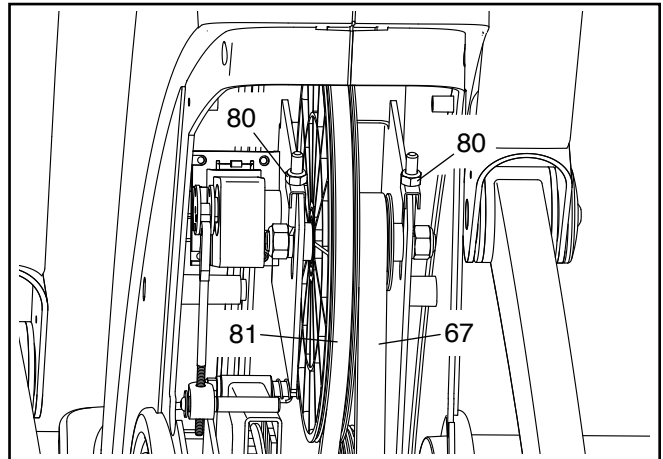
HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belts may need to be adjusted. To adjust the drive belts, first **unplug the power adapter**.

Next, remove the four indicated M4 x 16mm Screws (93) and the Center Shield Cover (31).



Then, locate the two M6 Locknuts (80). Tighten the Locknuts **the same number of turns**; this will tighten the Right and Left Belts (67, 81).



Stand on the trainer and pedal for a few moments. If the pedals still slip, repeat the actions described above.

When you have properly adjusted the drive belts, reattach the center shield cover.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

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

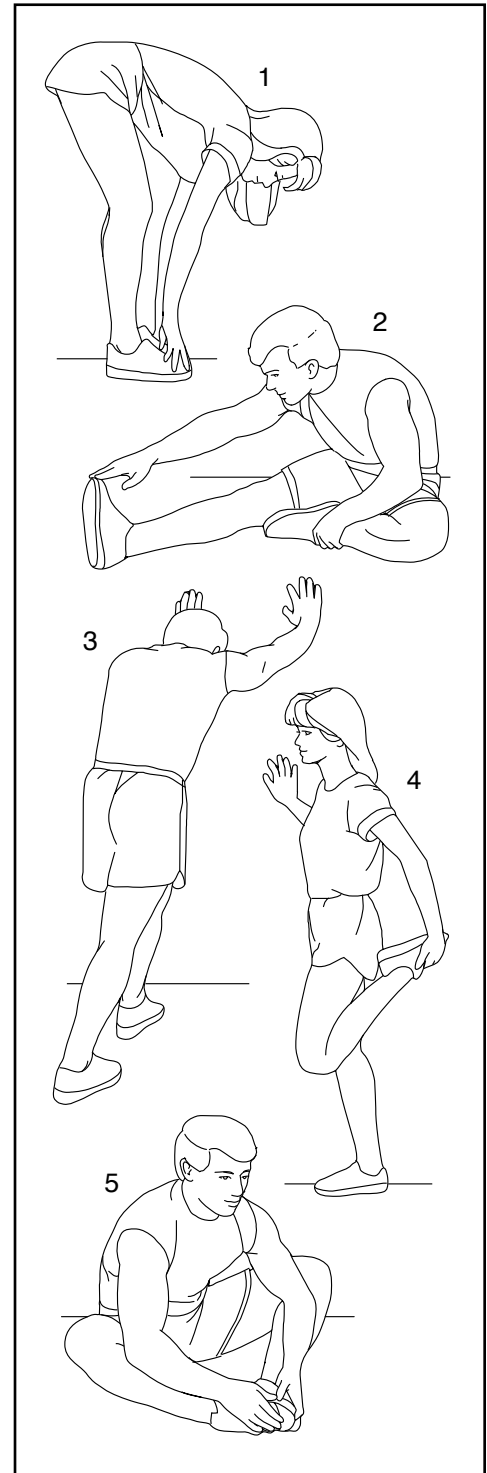
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFEVEL81019.1 R0220A

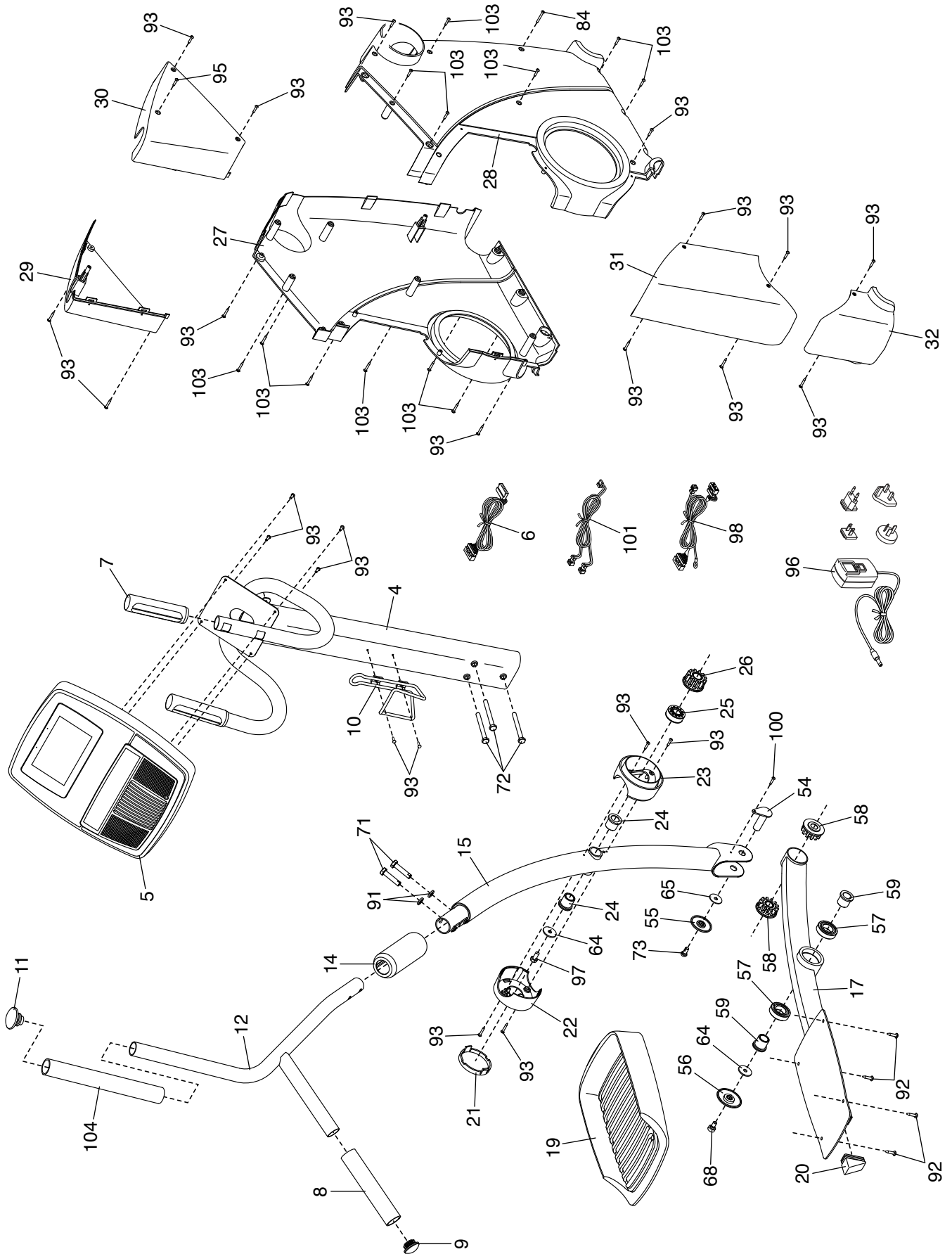
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Magnet Bracket
2	1	Base	47	1	Resistance Motor
3	1	Stabilizer	48	1	Resistance Arm
4	1	Upright	49	1	Resistance Disc
5	1	Console	50	1	Block
6	1	Upper Wire	51	1	Magnet Spring
7	2	Pulse Grip	52	1	Upper Pulley
8	2	Short Grip	53	1	Pulley Axle
9	2	Small Handlebar Cap	54	2	Leg Axle
10	1	Water Bottle Holder	55	2	Leg Cap
11	2	Large Handlebar Cap	56	2	Crank Cap
12	1	Left Handlebar	57	4	Pedal Leg Bearing
13	1	Right Handlebar	58	4	Pedal Leg Bushing
14	2	Handlebar Sleeve	59	4	Pedal Leg Sleeve Bushing
15	1	Left Handlebar Leg	60	1	Reed Switch/Wire
16	1	Right Handlebar Leg	61	1	Clamp
17	1	Left Pedal Leg	62	2	Base Cap Clip
18	1	Right Pedal Leg	63	2	Key
19	2	Pedal	64	6	M8 x 32mm Washer
20	2	Pedal Leg Cap	65	2	M8 x 30mm Washer
21	2	Pivot Shield	66	2	Pulley Axle Spacer
22	2	Outer Pivot Cover	67	1	Right Belt
23	2	Inner Pivot Cover	68	2	M8 x 16mm Screw
24	4	Pivot Bushing	69	2	Eyebolt
25	2	Flex Spacer	70	2	Adjustment Bracket
26	2	Upright Bushing	71	4	M10 x 45mm Screw
27	1	Left Shield	72	3	M8 x 72mm Screw
28	1	Right Shield	73	4	M8 x 17mm Shoulder Screw
29	1	Left Shield Cover	74	2	M10 x 20mm Screw
30	1	Right Shield Cover	75	2	M10 x 20mm Hex Screw
31	1	Center Shield Cover	76	2	M10 x 55mm Bolt
32	1	Lower Shield Cover	77	16	M6 x 13mm Screw
33	2	Wheel	78	4	M10 Locknut
34	1	Foot	79	2	M6 Washer
35	2	Leveling Foot	80	3	M6 Locknut
36	2	Base Cap	81	1	Left Belt
37	2	Disc Cover	82	1	M5 x 7mm Screw
38	2	Crank Disc	83	1	Pivot Axle
39	2	Crank Arm	84	1	M4 x 38mm Screw
40	2	Small Crank Spacer	85	2	M8 x 41mm Screw
41	2	Crank Bearing	86	2	M10 x 68mm Screw
42	1	Large Crank Spacer	87	3	M8 x 12mm Screw
43	1	Flywheel	88	1	M3.5 x 12mm Screw
44	1	Crank Pulley	89	1	Ground Screw
45	1	Crank	90	2	M8 x 80mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
91	6	M10 Washer	100	2	M5 x 10mm Screw
92	8	M6 x 12mm Screw	101	1	Pulse Wire
93	34	M4 x 16mm Screw	102	2	Pulley Magnet
94	6	M4 x 12mm Flange Screw	103	12	M4 x 19mm Screw
95	1	M4 x 25mm Screw	104	2	Long Grip
96	1	Power Adapter	*	–	User's Manual
97	2	M8 x 18mm Screw	*	–	Assembly Tool
98	1	Lower Wire	*	–	Grease Packet
99	2	M4 x 19mm Flange Screw			

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

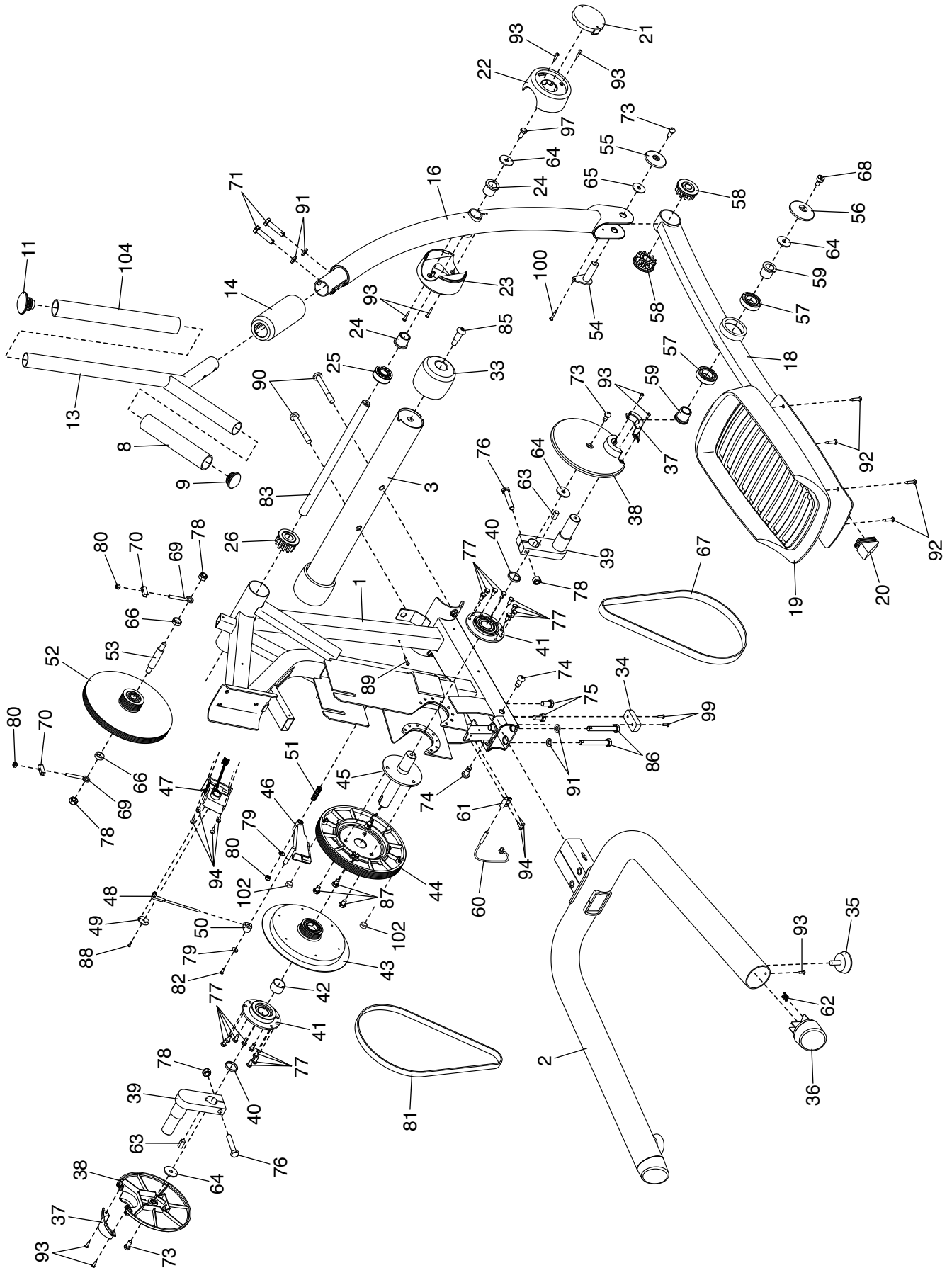
EXPLODED DRAWING A

Model No. PFEVEL81019.1 R0220A



EXPLODED DRAWING B

Model No. PFEVEL81019.1 R0220A



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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

