PRO-FORM® RAMP TRAINER 420

USER'S MANUAL

QUESTIONS?

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

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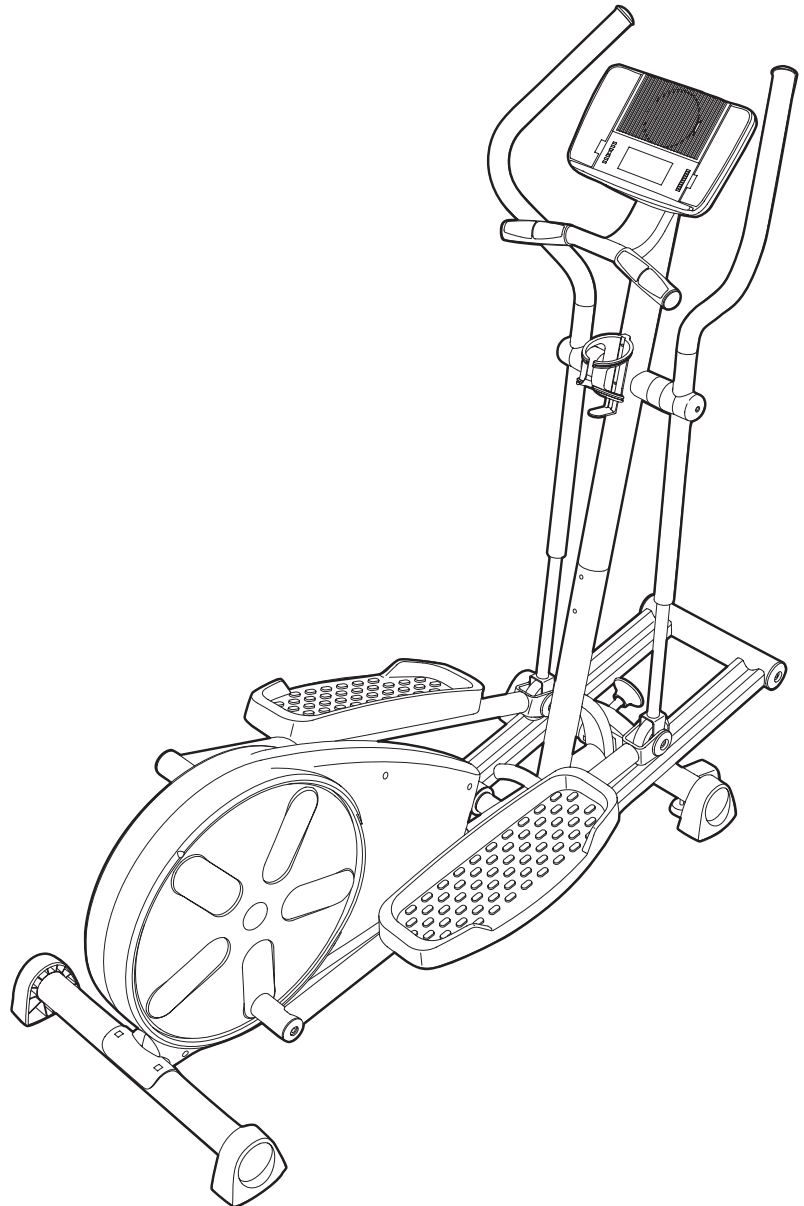
CALL TOLL-FREE:

1-888-533-1333

Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

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

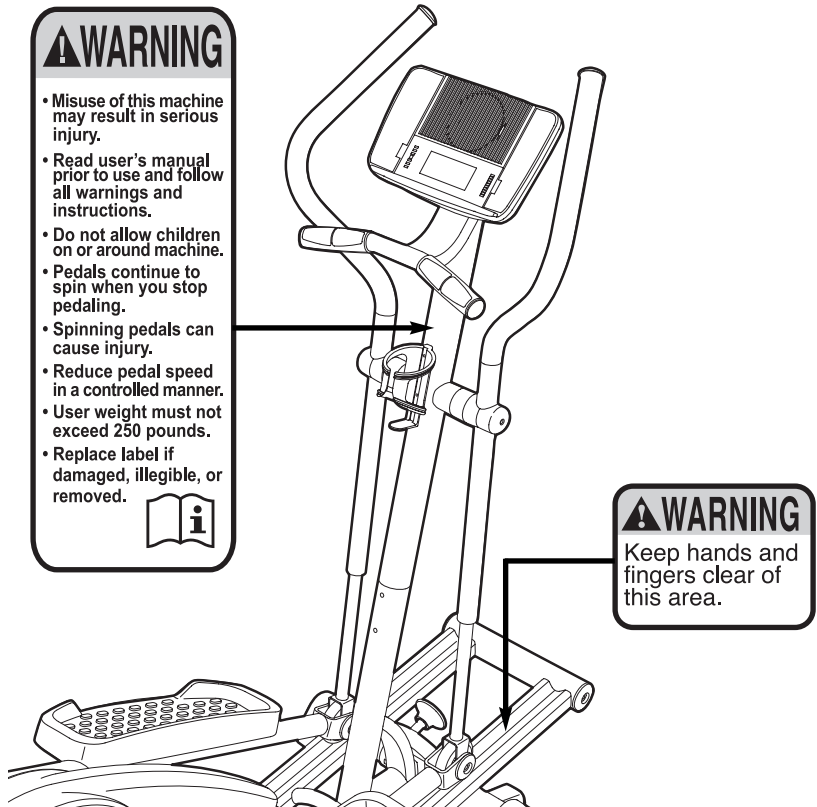**⌨ Visit our website at**

www.proform.com

new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The warning decals shown here
have been applied in the locations
shown. **If a decal is missing or
illegible, call the telephone
number on the front cover of
this manual and request a free
replacement decal. Apply the
decal in the location shown.**
Note: The decal 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 250 pounds.
• Replace label if
  damaged, illegible, or
  removed.

⚠WARNING
Keep hands and
fingers clear of
this area.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

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

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

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

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

4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under age 12 and pets away from your elliptical exerciser at all times.

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

8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.

9. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using your elliptical exerciser.

10. Keep your back straight while using your elliptical exerciser; do not arch your back.

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

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

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

14. Use your elliptical exerciser only as described in this manual.
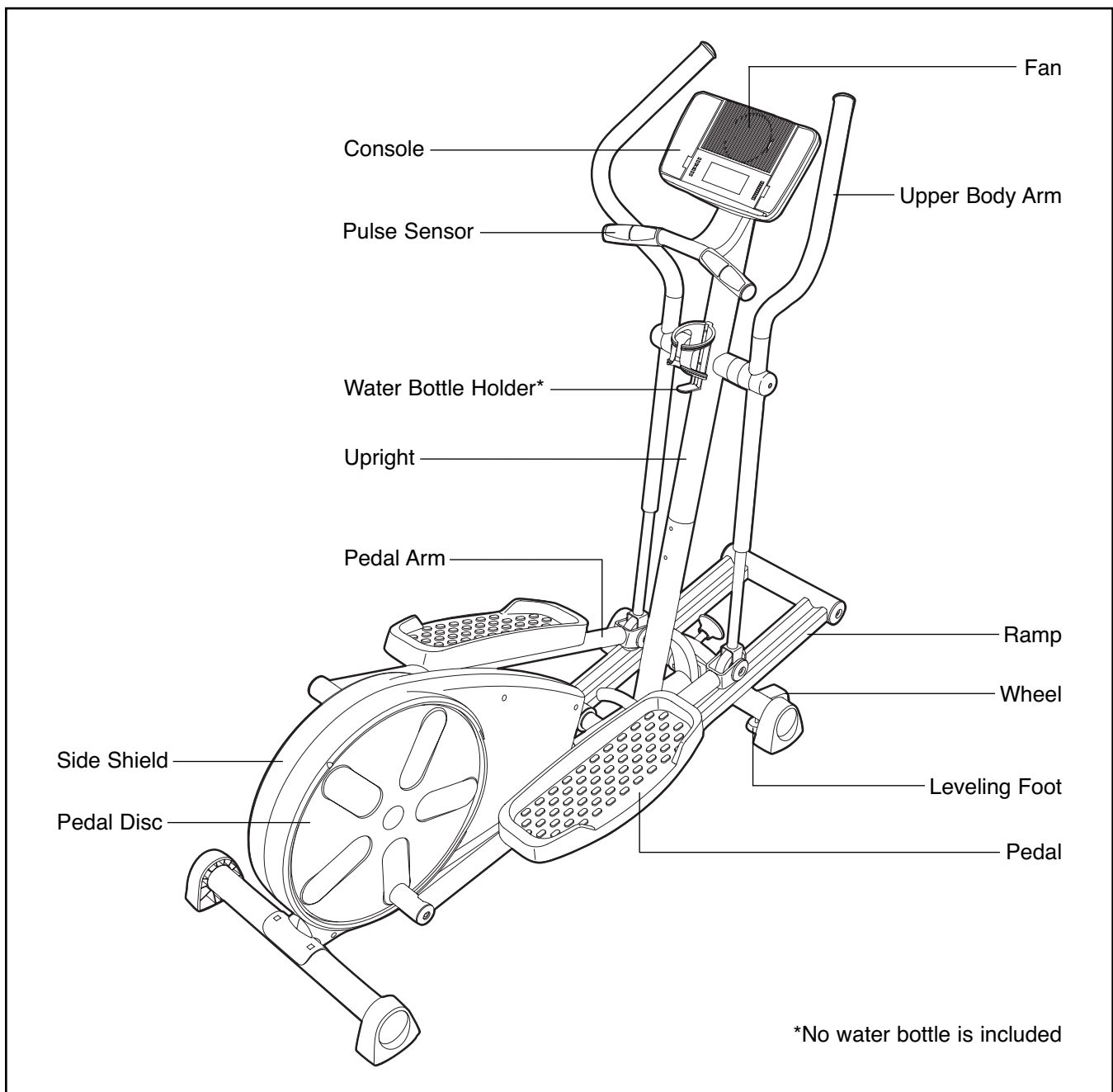
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® Ramp Trainer 420 elliptical exerciser. The Ramp Trainer 420 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 questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

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

Fan

Console

Upper Body Arm

Pulse Sensor

Water Bottle Holder*

Upright

Pedal Arm

Ramp

Wheel

Side Shield

Leveling Foot

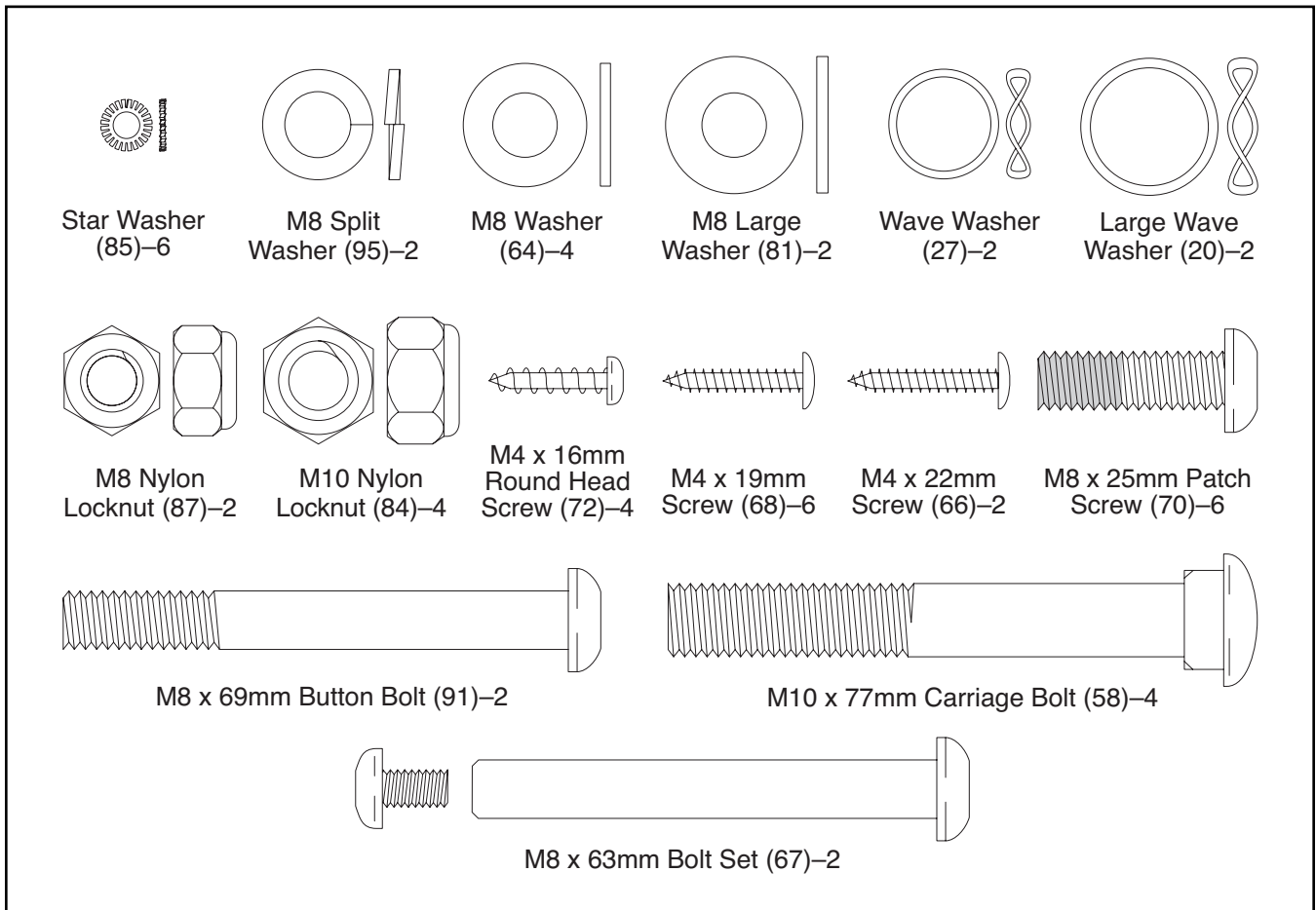Pedal Disc

Pedal

*No water bottle is included

ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included hex keys and your own Phillips screwdriver ▭▭▭▭ , adjustable wrench ◯▭◁ , and rubber mallet ▭▭◻ .

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

Star Washer (85)–6	M8 Split Washer (95)–2	M8 Washer (64)–4	M8 Large Washer (81)–2	Wave Washer (27)–2	Large Wave Washer (20)–2
M8 Nylon Locknut (87)–2	M10 Nylon Locknut (84)–4	M4 x 16mm Round Head Screw (72)–4	M4 x 19mm Screw (68)–6	M4 x 22mm Screw (66)–2	M8 x 25mm Patch Screw (70)–6

M8 x 69mm Button Bolt (91)–2   M10 x 77mm Carriage Bolt (58)–4

M8 x 63mm Bolt Set (67)–2

1. **To make assembly easier, read the infor-
mation on page 5 before you begin
assembling the elliptical exerciser.**

   Attach the Rear Stabilizer (35) to the
Frame (1) with two M10 x 77mm Carriage
Bolts (58) and two M10 Nylon Locknuts (84).
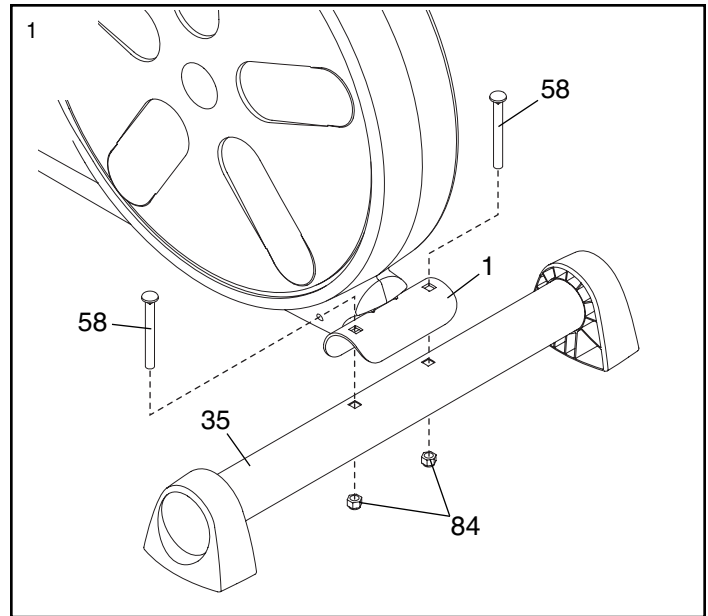
2. Attach the Front Stabilizer (3) to the
Frame (1) with two M10 x 77mm Carriage
Bolts (58) and two M10 Nylon Locknuts (84).
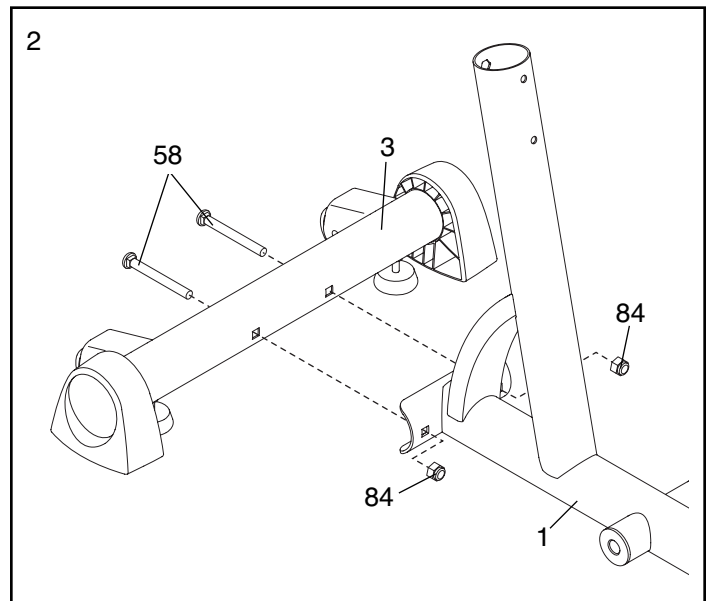
3. Apply a generous amount of the included grease to the Ramp Axle (74).

Have a second person hold the Ramp (78) near the Frame (1) in the position shown. Insert the Ramp Axle (74) through the Ramp and the Frame. Tighten an M8 x 25mm Patch Screw (70), with an M8 Washer (64) and a Ramp Cover (59), into each end of the Ramp Axle.

Next, pull the Ramp Pin (90) and align the Ramp (78) with one of the three holes in the Frame (1). Then, release the Ramp Pin into the Frame. **Make sure the Ramp Pin is firmly engaged in the Frame.**
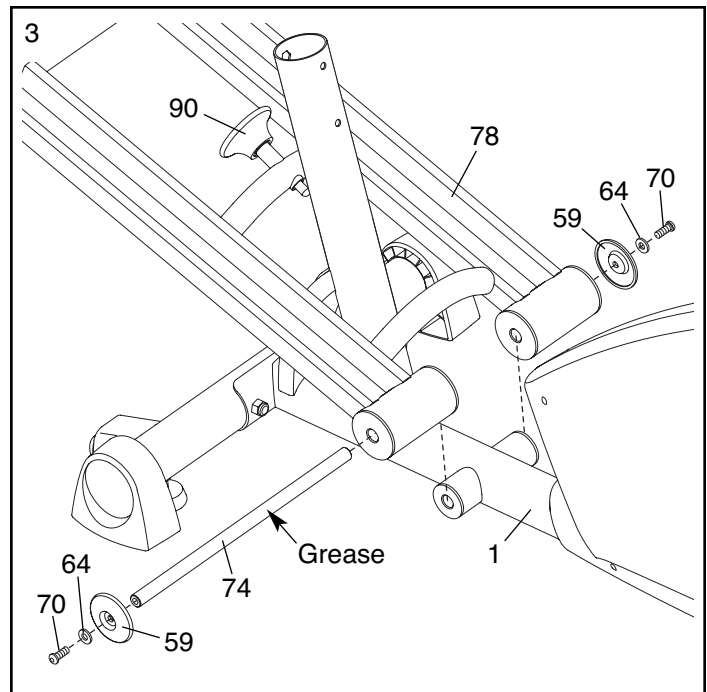
4. Identify the Left Pedal Arm (21), which is marked with a "Left" sticker.

Attach a Pedal (19) to the Left Pedal Arm (21) with three M4 x 19mm Screws (68) and three Star Washers (85).

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

7
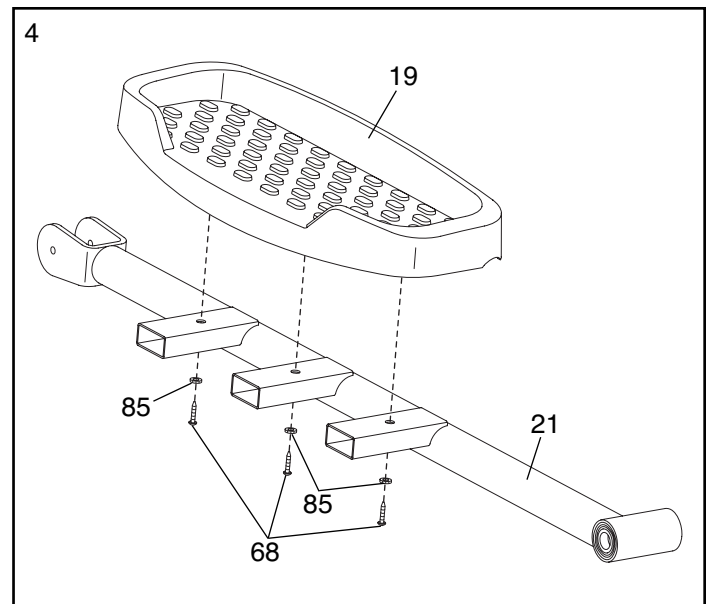
5. Orient an Upper Body Leg (6) and a Ramp Wheel (24) as shown. Attach the Upper Body Leg and the Ramp Wheel to the Left Pedal Arm (21) with an M8 x 63mm Bolt Set (67) and two Wheel Covers (97).

   Repeat this step for the Right Pedal Arm (not shown).
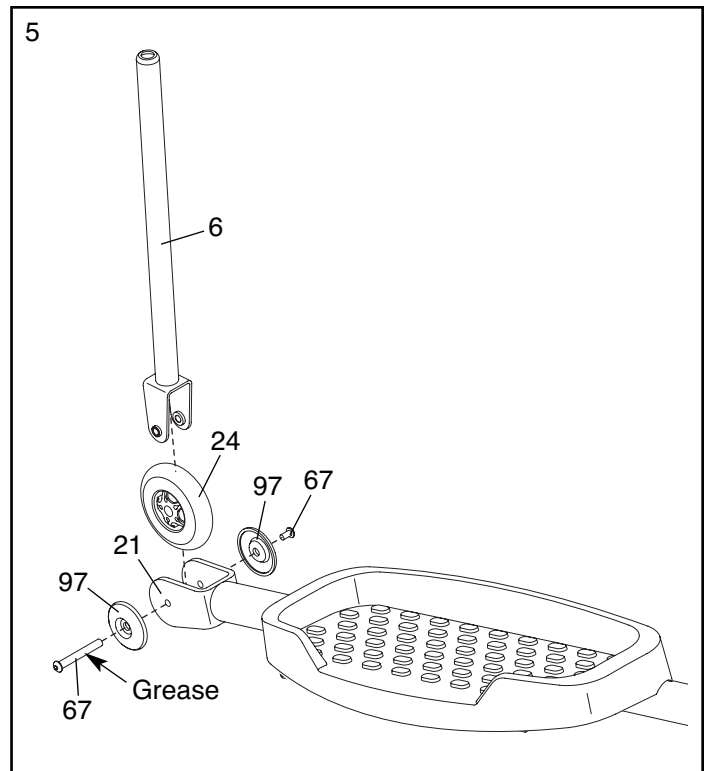
6. Apply a small amount of grease to a Crank Arm Spacer (45). Orient the Crank Arm Spacer so that the flange is on the side shown, and slide it onto the Left Crank Arm (42). Then, slide the Left Pedal Arm (21) onto the Left Crank Arm.

   Apply a small amount of grease to a Large Wave Washer (20) and press it against the Left Pedal Arm (21). Then, tighten an M8 x 25mm Patch Screw (70) with an M8 Washer (64) and a Pedal Leg Cover (23) into the end of the Left Crank Arm (42).

   Repeat this step for the Right Pedal Arm and the Right Crank Arm (not shown).
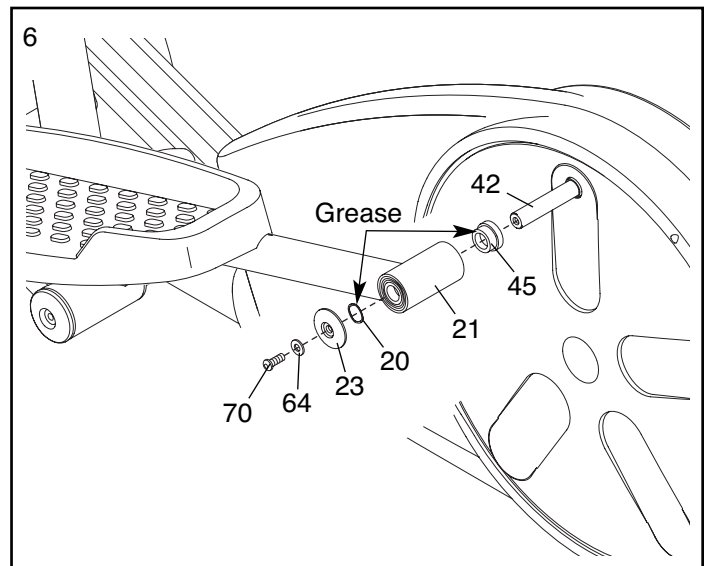
7. Have a second person hold the Upright (2) near the Frame (1) as shown. Next, connect the Upper Wire Harness (18) to the Lower Wire Harness (38).

   Attach the Upright (2) to the Frame (1) with two M8 x 69mm Button Bolts (91), two M8 Split Washers (95), and two M8 Nylon Locknuts (87). **Be careful to avoid pinching the wires.**
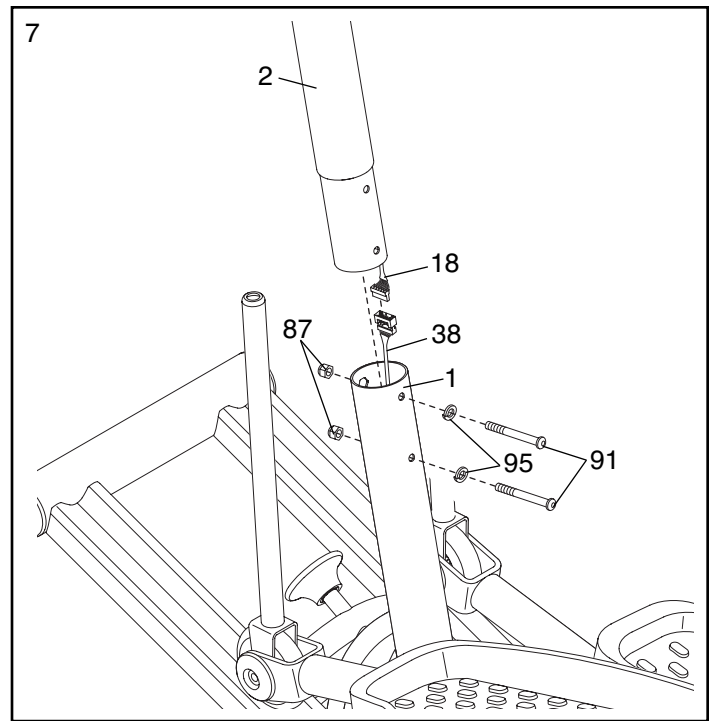
8. Attach the Water Bottle Holder (17) to the Upright (2) with two M4 x 22mm Screws (66).
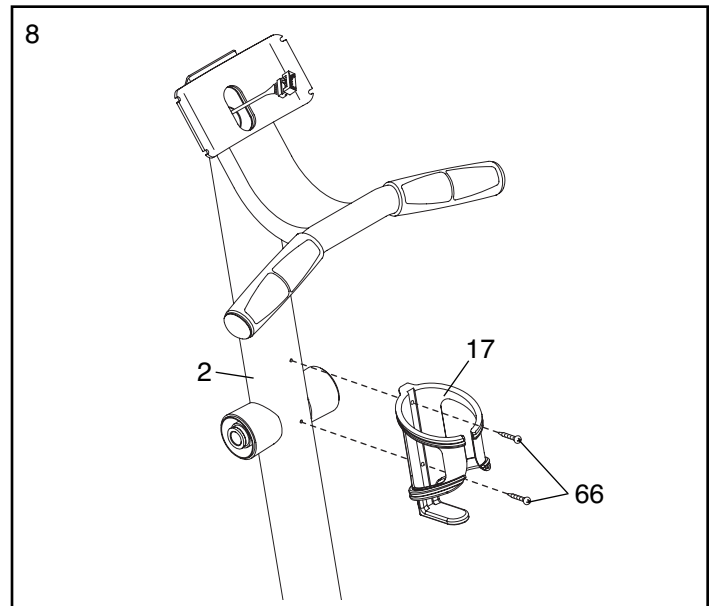
9. The Console (10) can be operated with four "D" batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the battery cover from the bottom of the Console and insert four batteries into the battery compartment. **Make sure the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

   The Console (10) can also be operated with an optional power supply (not included). **To purchase a power supply, see the front cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power supply.** Plug one end of the power supply into the jack on the Console; plug the other end into an outlet installed in accordance with all local codes and ordinances.

   Have a second person hold the Console (10) near the Upright (2) as shown. Connect the console wires to the Upper Wire Harness (18) and the Pulse Wire (11). Attach the Console (10) to the Upright (2) with four M4 x 16mm Round Head Screws (72). **Be careful to avoid pinching the wires.**

10. Identify the Left Upper Body Arm (4), which is marked with a "Left" sticker. Orient the Left Upper Body Arm so that the indicated tube is facing inward.

   Lubricate the upper end of the left Upper Body Leg (6) using a small amount of the included high-temperature lubricant. Then, slide the Left Upper Body Arm (4) onto the Upper Body Leg.

   Apply a generous amount of grease to the Pivot Axle (16). Then, insert the Pivot Axle through the Left Upper Body Arm (4), an Upper Body Arm Spacer (29), and the Upright (2). **Make sure the Upper Body Arm Spacer is oriented as shown, with the arrow pointed down.**
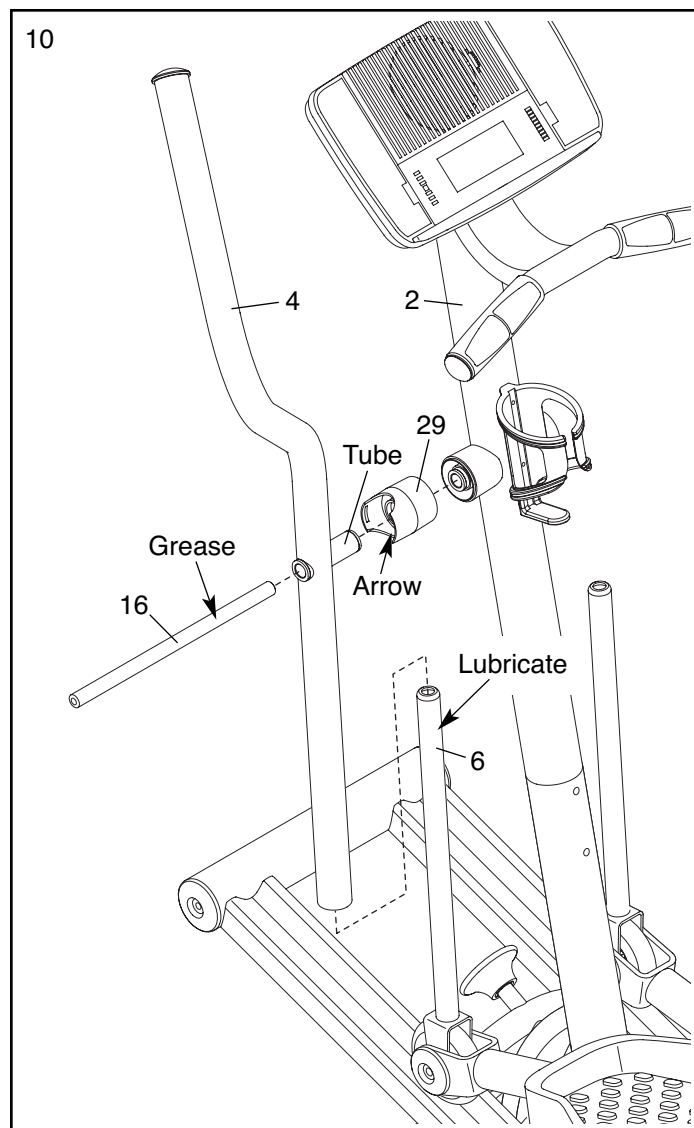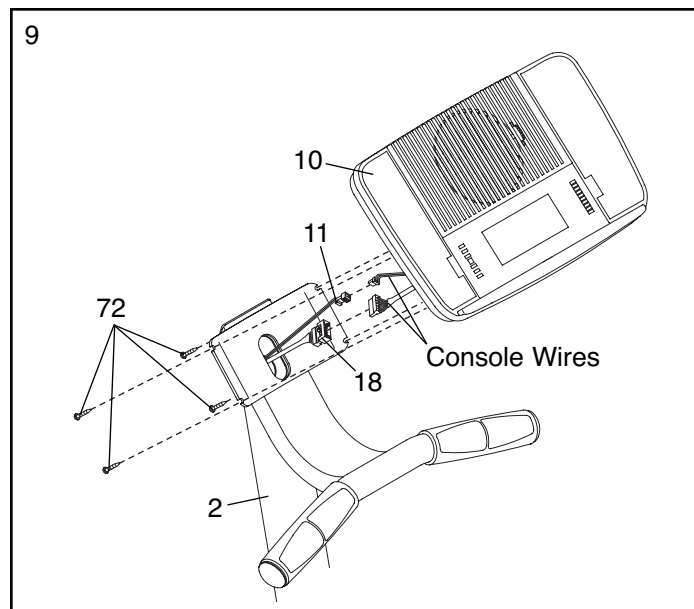
11. Orient the Right Upper Body Arm (5) so that the indicated tube is facing inward. Lubricate the upper end of the right Upper Body Leg (6) with high-temperature lubricant. Then, slide the Right Upper Body Arm onto the Upper Body Leg.

Then, slide the Pivot Axle (16) through the remaining Upper Body Spacer (29) and the Right Upper Body Arm (5).
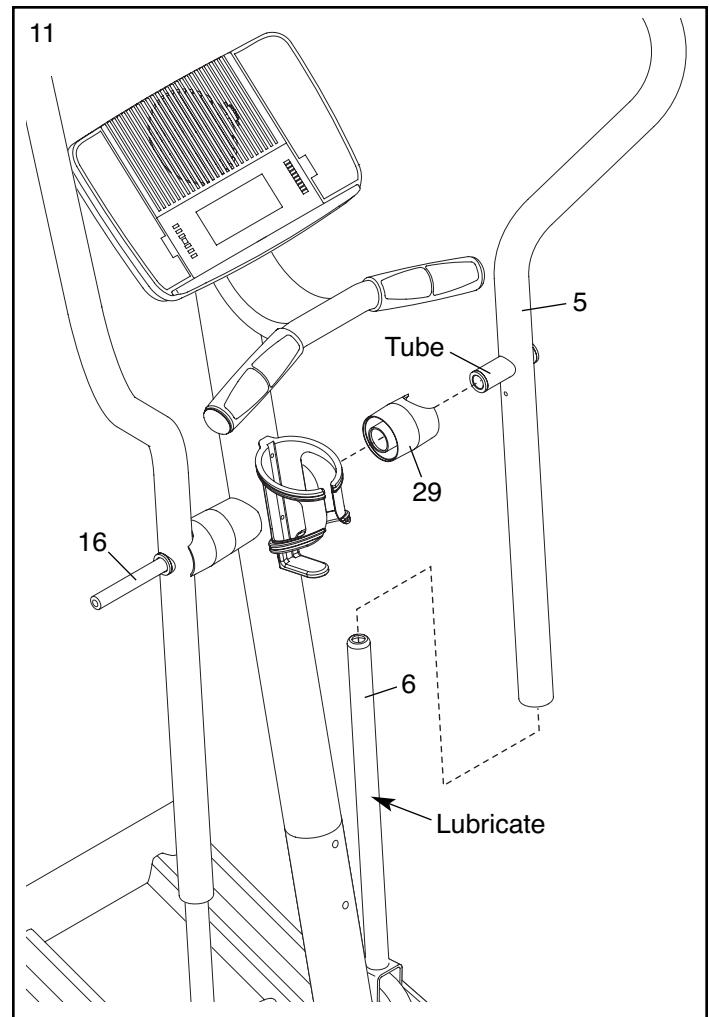
12. Apply a small amount of grease to a Wave Washer (27). Slide an M8 Large Washer (81) and the Wave Washer onto an M8 x 25mm Patch Screw (70), and tighten the Patch Screw into the left end of the Pivot Axle (16). Then, press a Pivot Cover (14) against the Left Upper Body Arm (4).

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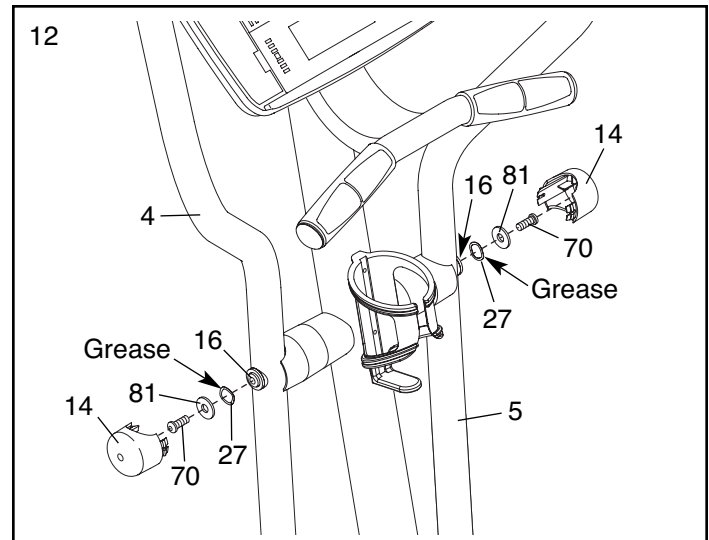
13. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

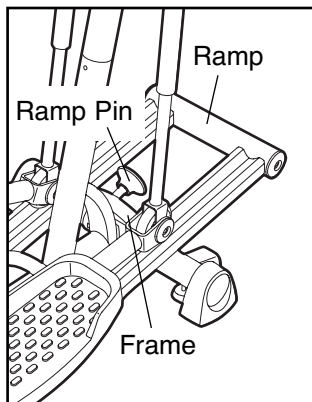### HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, stand in front of it, place one foot against one of the wheels, and firmly hold the upper end of the upright. Pull the upright forward until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then lower it. **To decrease the risk of injury, do not attempt to move the elliptical exerciser over an uneven surface.**
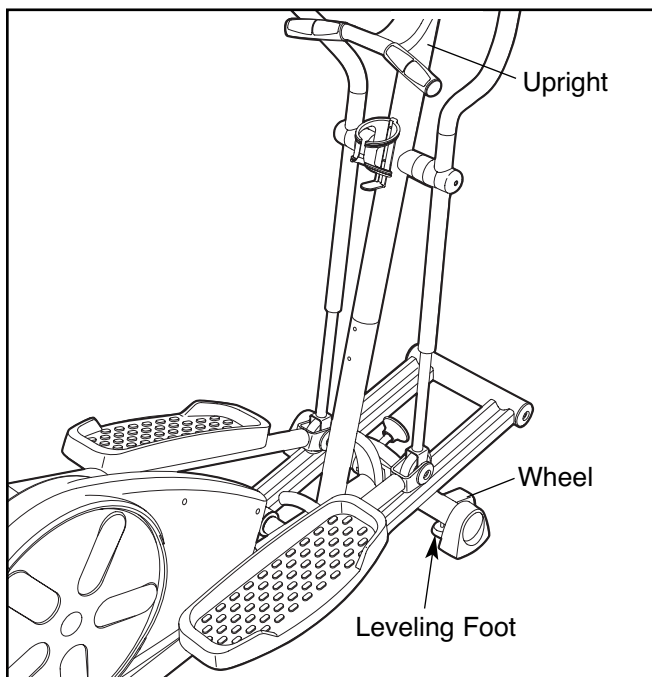
If the elliptical exerciser rocks slightly on your floor, turn one or both of the leveling feet under the front stabilizer until the rocking motion is eliminated.

HOW TO ADJUST THE RAMP INCLINE

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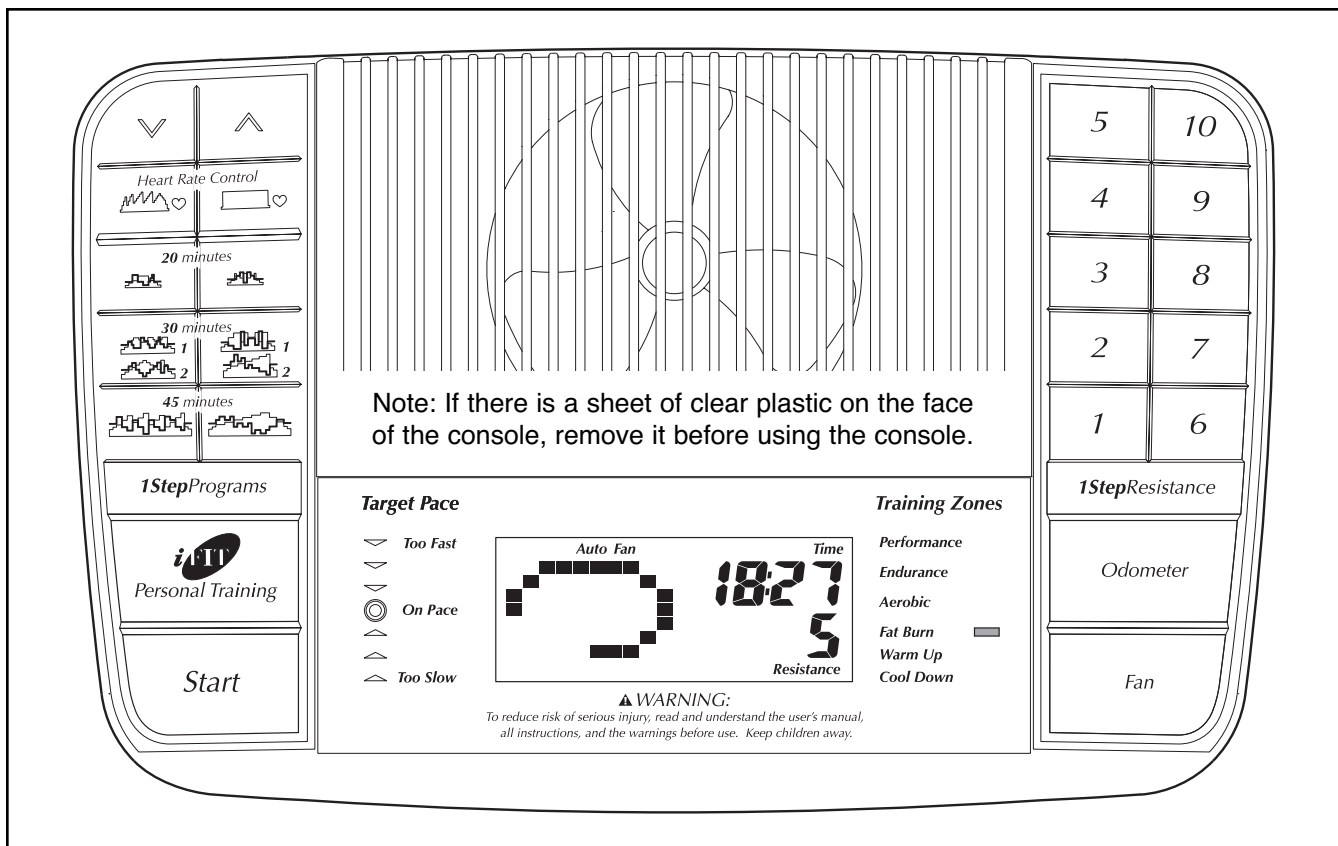

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, firmly hold the upper body arms and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown below; however, for variety, you can turn the pedal discs in the opposite direction.**
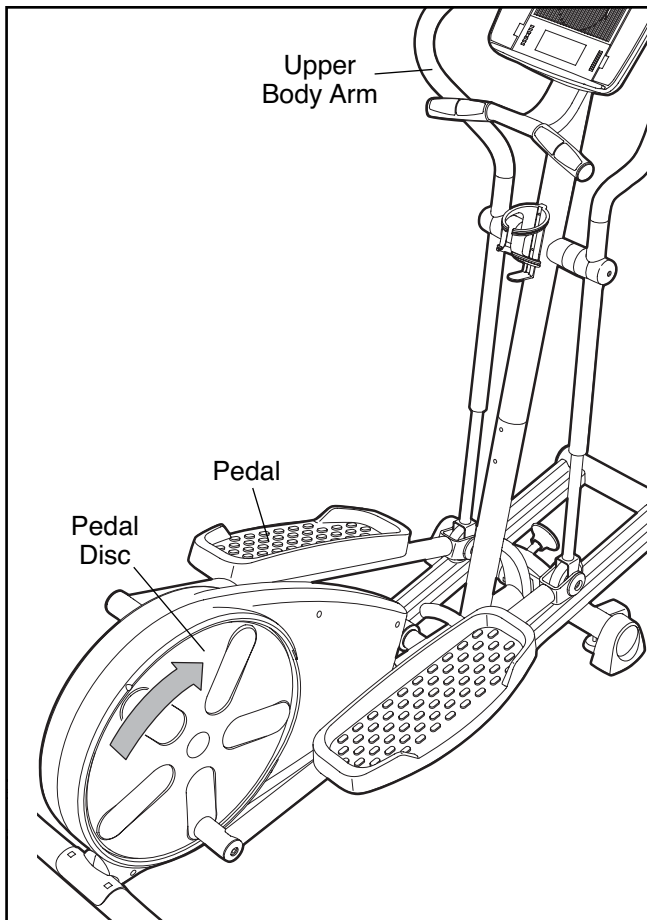
To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

Heart Rate Control

20 minutes

30 minutes
1
2
1
2

45 minutes

1StepPrograms

iFIT
Personal Training

Start

Target Pace

Too Fast

On Pace

Too Slow

Auto Fan

Time

18:27
5

Resistance

▲ WARNING:
To reduce risk of serious injury, read and understand the user's manual,
all instructions, and the warnings before use. Keep children away.

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

Training Zones

Performance
Endurance
Aerobic
Fat Burn
Warm Up
Cool Down

5   10
4   9
3   8
2   7
1   6

1StepResistance

Odometer

Fan

FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and 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 measure your heart rate using the handgrip pulse sensor.

The console also offers eight preset programs that automatically change the resistance of the pedals and prompt you to increase or decrease your pace while guiding you through an effective workout.

In addition, the console features two heart rate programs that automatically change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target heart rate while you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio

cable (available at electronics stores), you can connect the elliptical exerciser to your portable stereo, home stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com 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 video-cassettes, call the telephone number on the front cover of this manual.**

With the elliptical exerciser connected to your computer, you can also go to our website 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 14. **To use a preset program**, see page 16. **To use a heart rate program**, see page 17. **To use an iFIT.com CD or video program**, see page 22. **To use an iFIT.com program directly from our website**, see page 23.

HOW TO USE THE MANUAL MODE

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

   A few seconds after the console is turned on, the displays will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

   If you have selected a program or the iFIT.com mode, rese-lect the manual mode by pressing the iFIT button once or twice until a track appears in the matrix; the letters "iFIT" should **not** appear above the matrix.
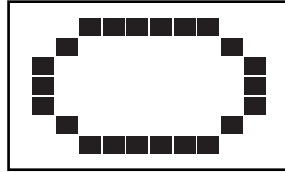
3. **Begin pedaling and change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the 1 Step Resistance but-tons. Note: After you press the 1 Step Resistance buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the matrix, the Training Zones bar, and the displays.**

   The matrix—When the manual mode or the iFIT.com mode is selected, the matrix will display a track that represents 1/4 mile (400 meters). As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then disappear and the indicators will again begin to light in succession.
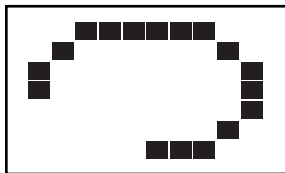
The Training Zones bar—The Training Zones bar will show the approximate inten-sity level of your exercise.
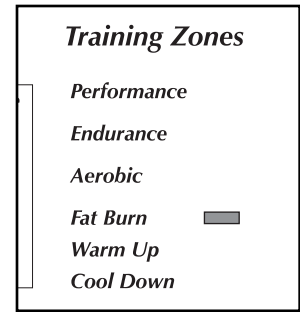
The upper display—The upper display will show the approximate number of grams of carbs you have burned, the approxi-mate number of calories you have burned, the distance you have pedaled, and the elapsed time. The display will change modes every few seconds. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.
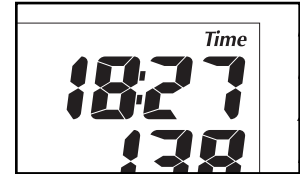
To see the total distance that has been pedaled on the elliptical exerciser, press the Odometer button twice; the words "Total Dist." and the total number of miles will appear in the display. To again see the distance that you have pedaled during your work-out, press the Odometer button again.

The lower display—The lower display will show your pedaling pace, in revolutions per minute (RPM), your pedaling speed, 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.

Note: The console can show speed and distance in either miles or kilometers. The letters "MPH" or "Km/H" will appear in the lower display to show which unit of measurement is selected. To change the unit of measurement, first hold down the Start button for a few seconds. An "E" (for English) or an "M" (for metric) will appear in the lower display. Press the 1 Step Resistance 10 button to change the unit of measurement. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.
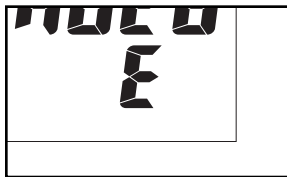
While you are selecting a unit of measurement, you can also select a backlight mode. The "On" mode keeps the backlight on while the console is on. The "Off" mode turns the backlight off. To conserve the batteries, the "Auto" mode keeps the backlight on only while you are exercising. Press the 1 Step Resistance 1 button to change the backlight mode if desired. Then, press the Start button.
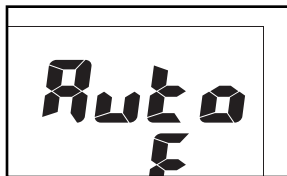
5. **Measure your heart rate if desired.**

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor, with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**
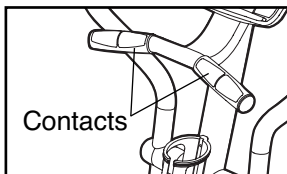
Contacts

When your pulse is detected, your heart rate will be shown in the lower display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the lower display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly.

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

To turn on the fan at low speed, press the Fan button; the number 1 will appear next to the word "Fan" in the display. To turn on the fan at medium speed, press the button a second time; the number 2 will appear. To turn on the fan at high speed, press the button a third time; the number 3 will appear. To select the Auto mode, press the button again; the words "Auto Fan" will appear. While the Auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.
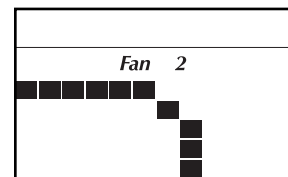
To turn off the fan, press the Fan button again. Note: If the pedals do not turn for a few minutes, the fan will turn off automatically.

Slide the thumb tab on the right side of the fan to pivot the fan to the desired angle.

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

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will begin to flash in the upper display.

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

HOW TO USE A PRESET PROGRAM

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

   See step 1 on page 14.

2. **Select one of the eight preset programs.**

   To select a preset program, press one of the buttons labeled "20 minutes," "30 minutes," or "45 minutes." Note: Each "30 minutes" button can be used to select two programs.

   When a preset program is selected, a profile of the resistance settings of the program will scroll across the matrix. In addition, the program time will appear in the upper display, and the maximum resistance setting of the program will flash in the lower display for a moment.
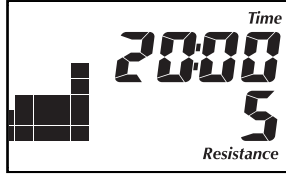
3. **Press the Start button or begin pedaling to start the program.**

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

   The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The pace settings are not shown in the matrix.) The resistance settings for the next several segments will be shown in the columns to the right.
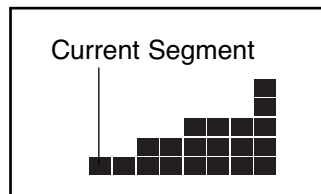
   As you exercise, the Target Pace guide will help you to keep your pedaling pace near the pace setting for the current segment. When one of the "Too Slow" indicators lights, increase your pace; when

one of the "Too Fast" indicators lights, decrease your pace; when the "On Pace" indicator lights, 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.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all resistance settings will move one column to the left.* The resistance setting for the second segment will then be shown in the flashing Current Segment column, and the resistance of the pedals will change to the resistance setting for the second segment. Note: If all of the indicators in the Current Segment column are lit after the resistance settings have moved to the left, *the resistance settings may move downward* so only the highest indicators appear in the matrix.

The program will continue until the resistance setting for the last segment is shown in the Current Segment column and the last segment ends.

Note: During the program, you can override the resistance setting for the current segment, if desired, by pressing the 1 Step Resistance buttons. However, when the next segment begins, the resistance will change if a different resistance setting is programmed for the next segment.

If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

4. **Follow your progress with the matrix, the Training Zones bar, and the displays.**

See step 4 on page 14.

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

See step 5 on page 15.

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

See step 6 on page 15.

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

See step 7 on page 15.

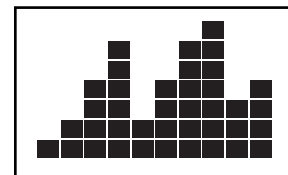**HOW TO USE A HEART RATE PROGRAM**

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

See step 1 on page 14.

2. **Select one of the two heart rate programs.**

To select a heart rate program, press either of the Heart Rate Control buttons.

If you select the first heart rate program (if you press the left Heart Rate Control button), a profile of the target heart rate settings of the program will scroll across the matrix and the program time will appear in the upper display.
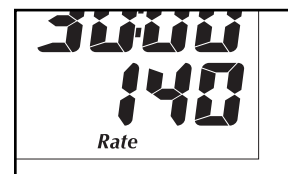
If you select the second heart rate program (if you press the right Heart Rate Control button), a pulse symbol will appear in the matrix.
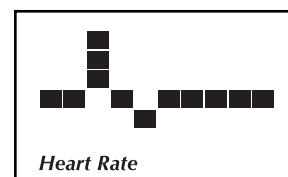
3. **Enter a target heart rate setting.**

If you select the first heart rate program, the maximum target heart rate setting of the program will flash in the lower display. If desired, press the increase and decrease buttons in the upper left corner of the console to change the maximum target heart rate setting **(see EXERCISE INTENSITY on page 25).** 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 flash in the lower display. If desired, press the increase and decrease buttons in the upper left corner of the display to change the target heart rate setting **(see EXERCISE INTENSITY on page 25).** Note: The same target heart rate setting will be programmed for all segments.

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

It is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to function properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. **Press the Start button to start the program.**

The first heart rate 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 target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several segments will be shown in the columns to the right.
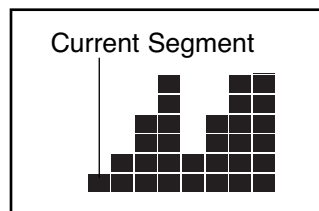
Current Segment

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all target heart rate settings will move one column to the left.* The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

The second heart rate program—This program is divided into 40 one-minute segments. The same target heart rate is programmed for all segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

Both heart rate programs—As you pedal, the console will regularly compare your heart rate to the target heart rate setting for the current seg-

ment. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

The Target Pace guide will prompt you to increase or decrease your pedaling pace during the program. When one of the "Too Slow" indicators lights, increase your pace; when one of the "Too Fast" indicators lights, decrease your pace; when the "On Pace" indicator lights, maintain your current pace.

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

Note: During the program, you can manually override the resistance setting for the current segment, if desired, with the 1 Step Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

6. **Follow your progress with the matrix, the Training Zones bar, and the displays.**

See step 4 on page 14.

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

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

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 19 and 20 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical exerciser must be connected to your VCR. See page 21 for connecting instructions. **To use iFIT.com programs directly from our website**, the elliptical exerciser must be connected to your computer. See page 20.
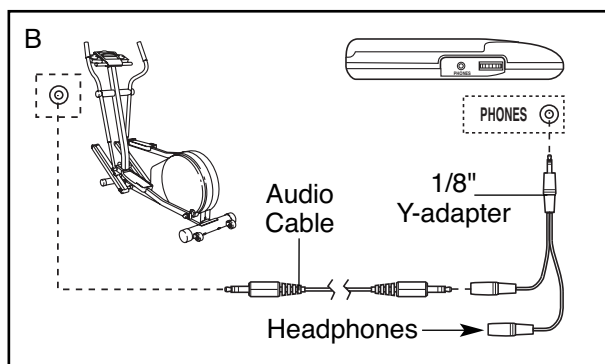
HOW TO CONNECT YOUR PORTABLE CD PLAYER

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 a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
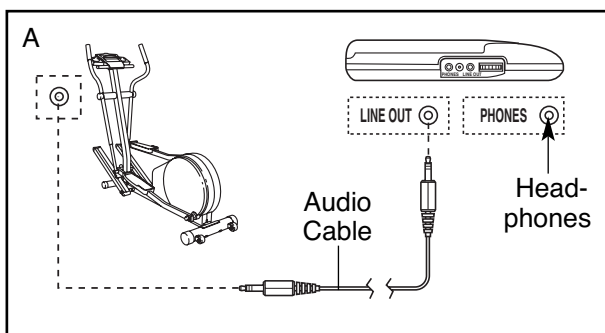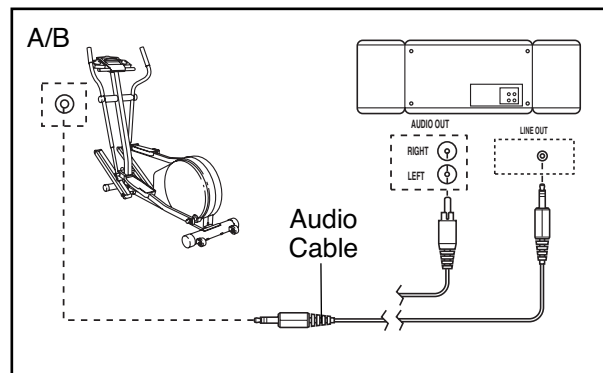
B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.
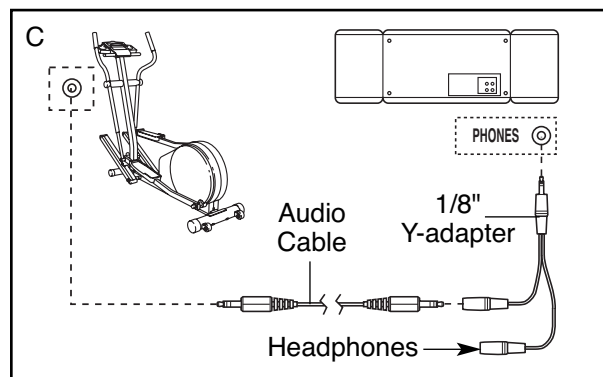
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.

B. See the drawing above. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.
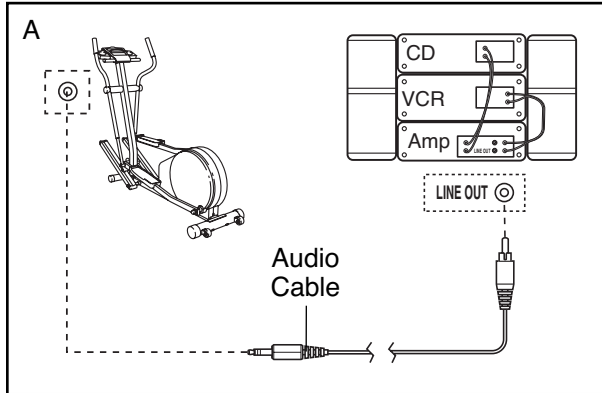
C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.
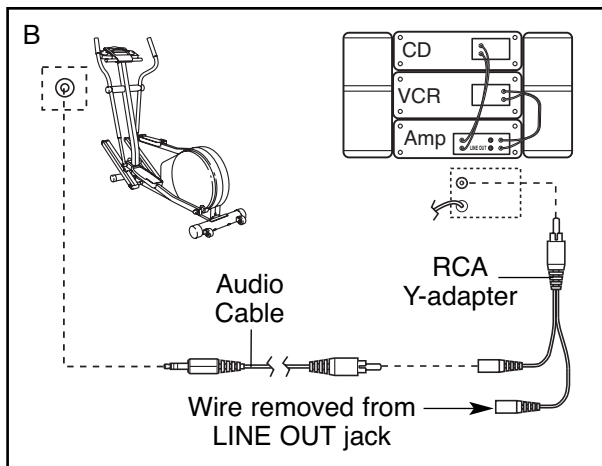
HOW TO CONNECT YOUR HOME STEREO

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 a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.

B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable 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 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.
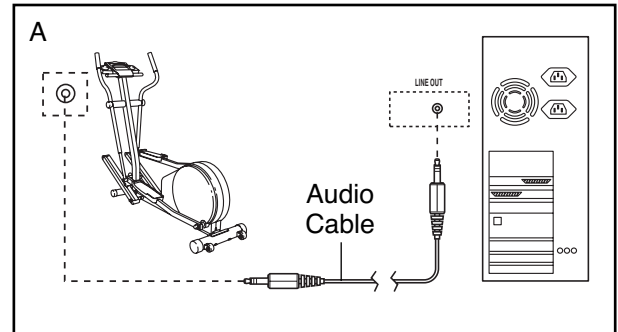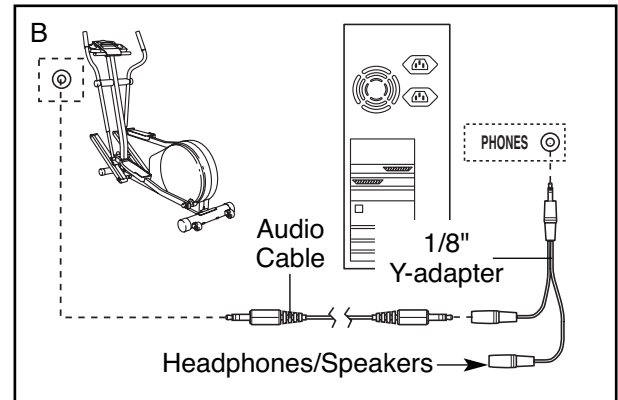

B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.

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 20.
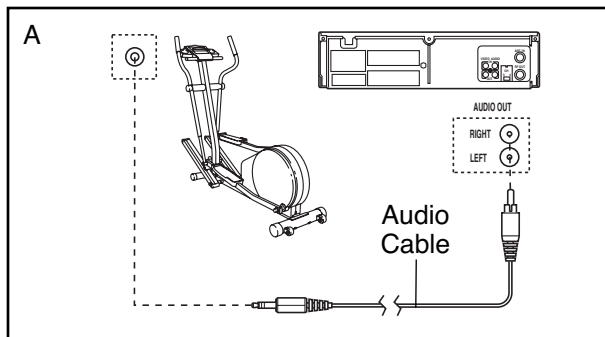
A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.

B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable 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.
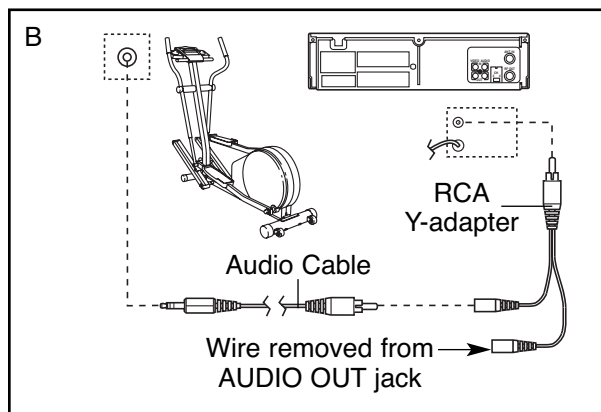
HOW TO USE AN IFIT.COM CD OR VIDEO PROGRAM

To use an iFIT.com CD or video program, the elliptical exerciser must be connected to your CD player or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on pages 19 to 21. **To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**
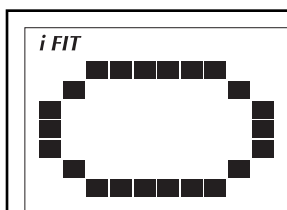
Follow the steps below to use an iFIT.com CD or video program.

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

   See step 1 on page 14.

2. **Select the iFIT.com mode.**

   To select the iFIT.com mode, press the iFIT button. A track will appear in the matrix and the letters "iFIT" will appear above the matrix.

3. **Press the Play button on your CD player or VCR.**

   Note: 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.

   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 preset program (see step 3 on page 16). However, an electronic "chirping" sound will alert you when the resistance setting and/or pace setting is about to change.

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

· **Make sure that the letters "iFIT" appear above the matrix.**

· **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.**

4. **Follow your progress with the matrix, the Training Zones bar, and the displays.**

   See step 4 on page 14.

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

   See step 5 on page 15.

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

   See step 6 on page 15.

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

   See step 7 on page 15.

HOW TO USE IFIT.COM PROGRAMS DIRECTLY FROM OUR WEBSITE

Our website at www.iFIT.com allows you to play iFIT.com programs directly from the Internet. To use programs from our website, the elliptical exerciser must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 20. In addition, you must have an Internet connection and an Internet service provider. A list of specific system requirements is found on our website.

Follow the steps below to use a program from our website.

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

   See step 1 on page 14.

2. **Select the iFIT.com mode.**

   See step 2 on page 22.

3. **Go to your computer and start an Internet connection.**

4. **Start your web browser, if necessary, and go to our website at www.iFIT.com.**

5. **Follow the desired links on our website to select a program.**

   Read and follow the online instructions for using 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 preset program (see step 3 on page 16). However, an electronic "chirping" sound will alert you when the resistance setting and/or pace setting is about to change.

8. **Follow your progress with the matrix, the Training Zones bar, and the displays.**

   See step 4 on page 14.

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

   See step 5 on page 15.

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

    See step 6 on page 15.

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

    See step 7 on page 15.

MAINTENANCE AND TROUBLESHOOTING

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

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

CONSOLE TROUBLESHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 9 on page 10.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, make sure that your hands are positioned as described in step 5 on page 15. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

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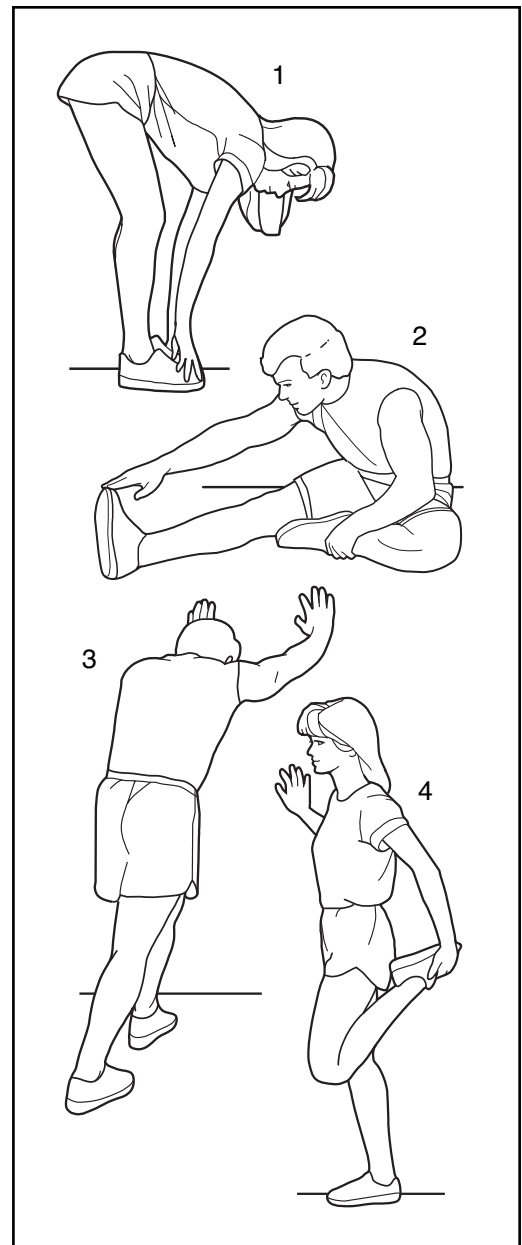
NOTES

PART LIST—Model No. PFEL03807.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Clamp
2	1	Upright	47	1	Reed Switch/Wire
3	1	Front Stabilizer	48	1	Flywheel
4	1	Left Upper Body Arm	49	1	Flywheel Axle
5	1	Right Upper Body Arm	50	2	Flywheel Bearing
6	2	Upper Body Leg	51	1	"C" Magnet
7	2	Sleeve	52	1	"C" Magnet Bracket
8	2	Foam Grip	53	1	Magnet
9	2	Upper Body Endcap	54	1	Spring
10	1	Console	55	1	Idler
11	2	Pulse Sensor/Wire	56	1	Resistance Motor
12	2	Leveling Foot	57	2	Flange Screw
13	1	Upright Endcap	58	4	M10 x 77mm Carriage Bolt
14	2	Pivot Cover	59	4	Ramp Cover
15	6	Upper Body Bushing	60	9	M4 x 16mm Screw
16	1	Pivot Axle	61	1	M8 x 19mm Flat Head Bolt
17	1	Water Bottle Holder	62	1	Adjustment Screw
18	1	Upper Wire Harness	63	1	M6 x 18mm Bolt
19	2	Pedal	64	6	M8 Washer
20	2	Large Wave Washer	65	4	M5 x 16mm Button Screw
21	1	Left Pedal Arm	66	2	M4 x 22mm Screw
22	1	Right Pedal Arm	67	2	M8 x 63mm Bolt Set
23	2	Pedal Leg Cover	68	6	M4 x 19mm Screw
24	2	Ramp Wheel	69	4	M4 x 12mm Screw
25	4	Pedal Leg Bearing	70	6	M8 x 25mm Patch Screw
26	4	Ramp Wheel Bushing	71	8	M5 x 25mm Screw
27	2	Wave Washer	72	5	M4 x 16mm Round Head Screw
28	2	Upright Spacer	73	4	Ramp Bushing
29	2	Upper Body Arm Spacer	74	1	Ramp Axle
30	1	Left Side Shield	75	12	M6 Star Washer
31	1	Right Side Shield	76	1	M6 x 38mm Bolt
32	1	Left Disc	77	1	M6 Nut
33	1	Right Disc	78	1	Ramp
34	2	Disc Cover	79	2	Frame Bushing
35	1	Rear Stabilizer	80	1	M4 x 25mm Screw
36	4	Stabilizer Endcap	81	2	M8 Large Washer
37	1	Belt	82	4	M4 Washer
38	1	Lower Wire Harness	83	1	M6 Nylon Locknut
39	1	Crank	84	7	M10 Nylon Locknut
40	2	Crank Bearing	85	6	Star Washer
41	2	Crank Snap Ring	86	2	M4 x 20mm Screw
42	1	Left Crank Arm	87	4	M8 Nylon Locknut
43	1	Right Crank Arm	88	2	M10 x 60mm Button Bolt
44	1	Resistance Cable	89	2	Transport Wheel
45	2	Crank Arm Spacer	90	1	Ramp Pin

Key No.	Qty.	Description	Key No.	Qty.	Description
91	2	M8 x 69mm Button Bolt	96	2	M4 Washer
92	2	M5 x 6mm Screw	97	4	Wheel Cover
93	2	Pad	*	–	Hex Key
94	2	M3 x 16mm Screw	*	–	Grease Packet
95	2	M8 Split Washer	*	–	User's Manual

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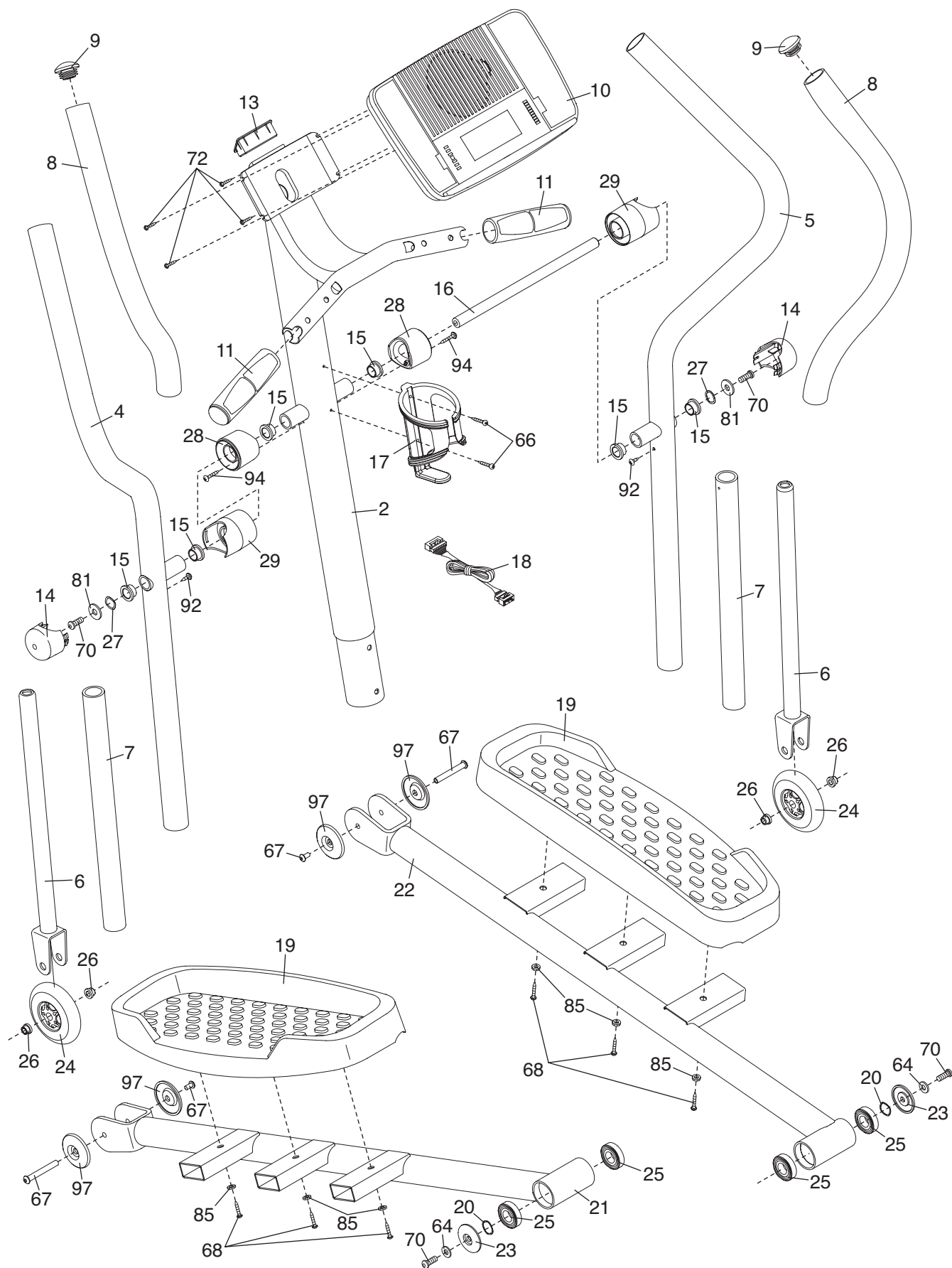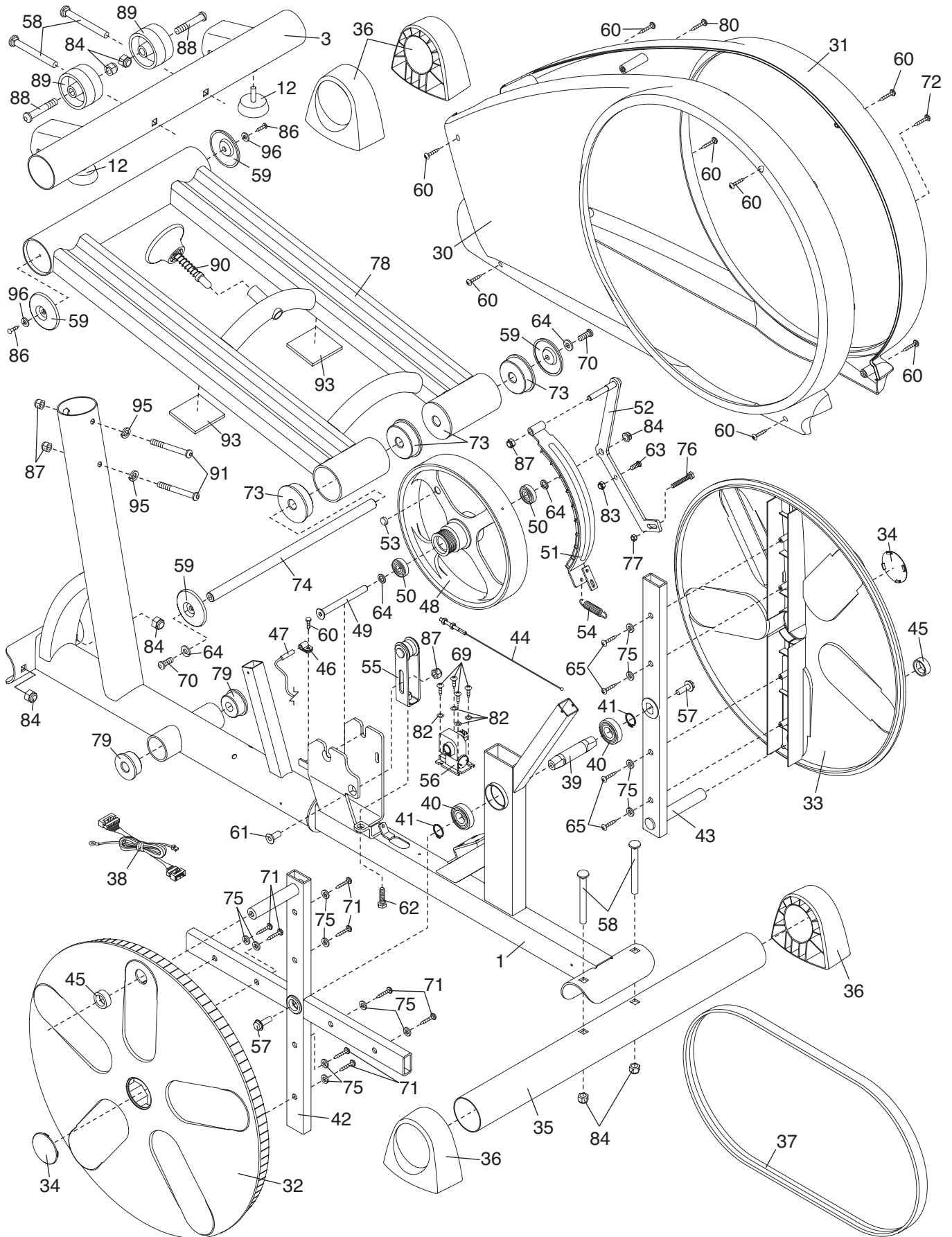
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)