

PRO-FORM[®]

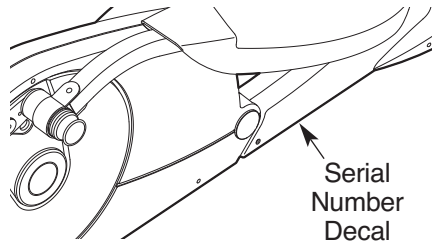
Stride Select

www.proform.com

Model No. PFEL09807.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

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

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

CALL TOLL-FREE:

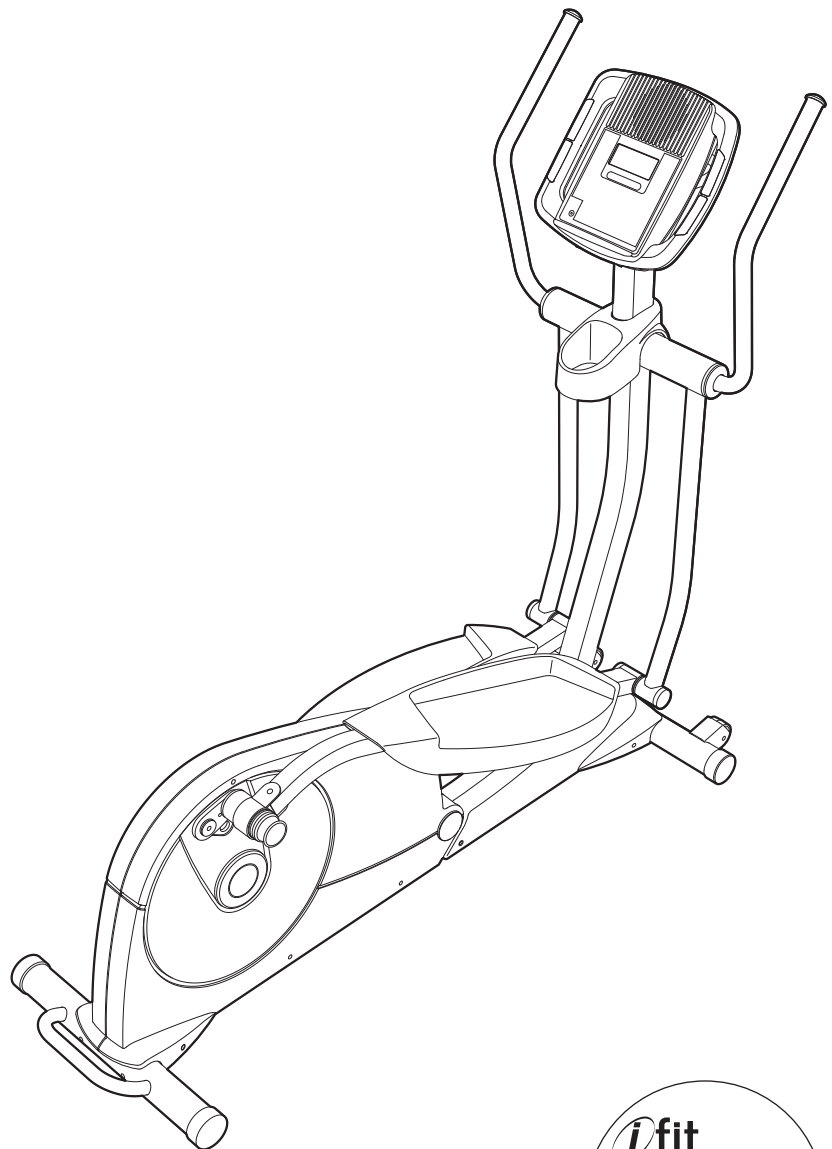
1-888-533-1333

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.proformservice.com



CAUTION

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

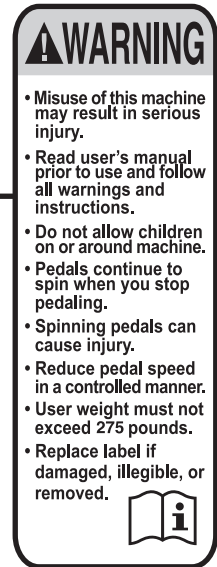
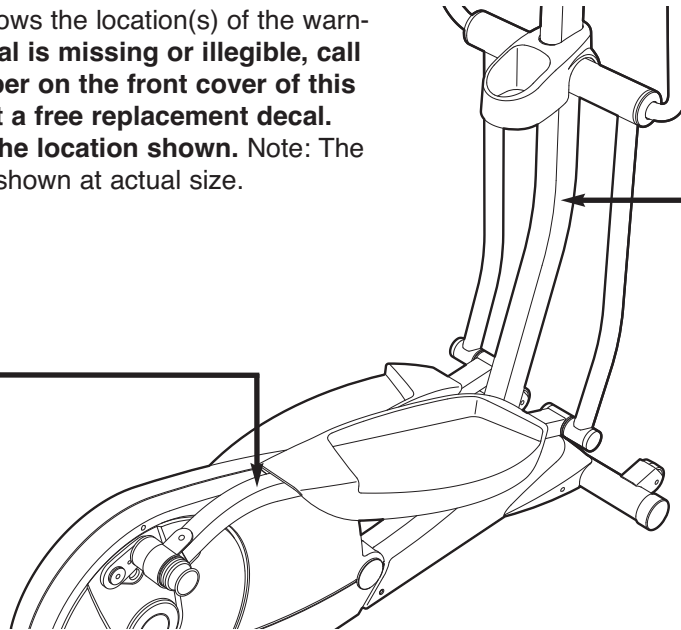


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WARNING DECAL PLACEMENT

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



IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (1 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 275 lbs. (124 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

BEFORE YOU BEGIN

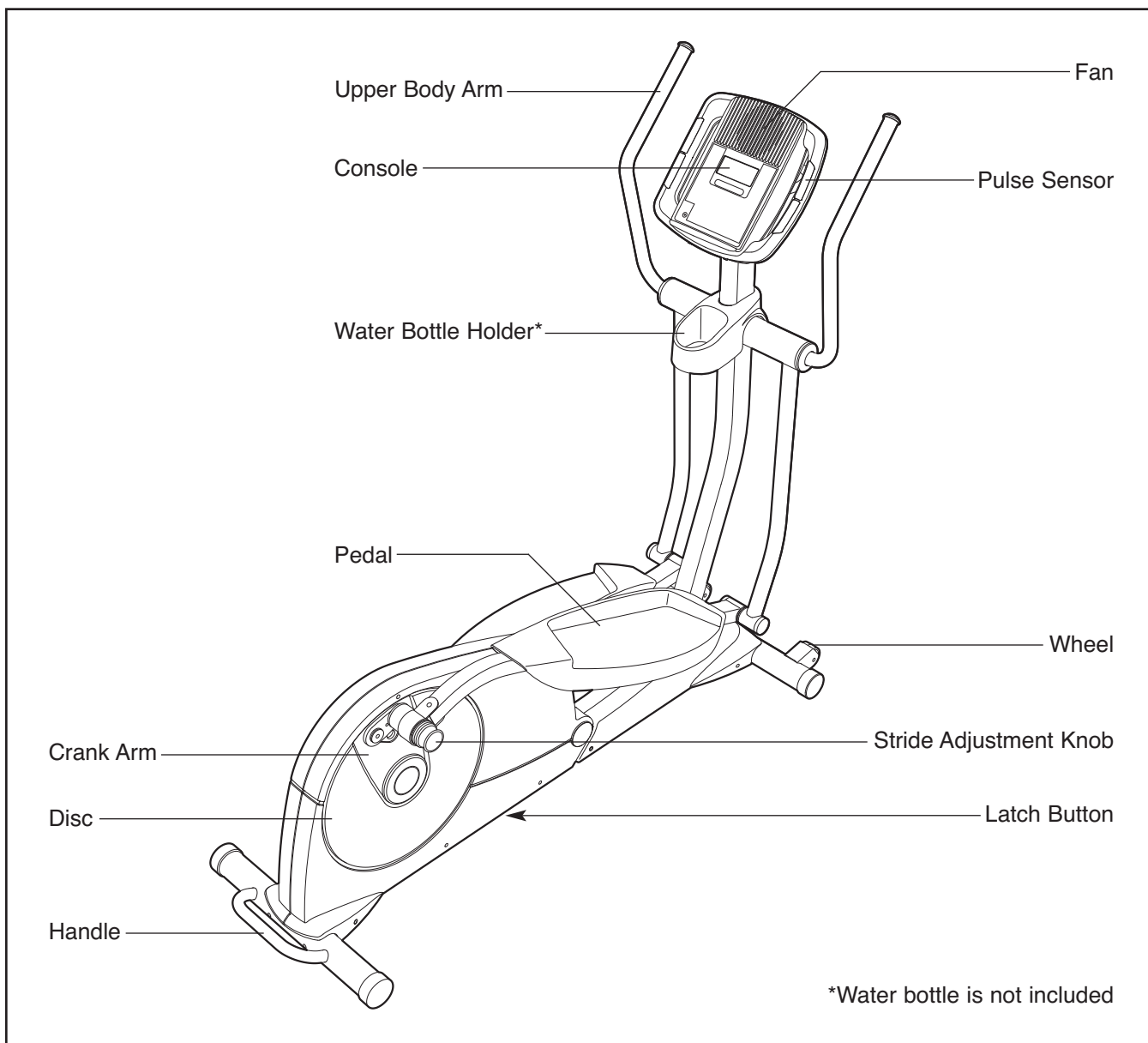
Thank you for selecting the revolutionary PROFORM® STRIDE SELECT elliptical exerciser. The STRIDE SELECT elliptical exerciser provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

tacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

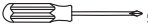


Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



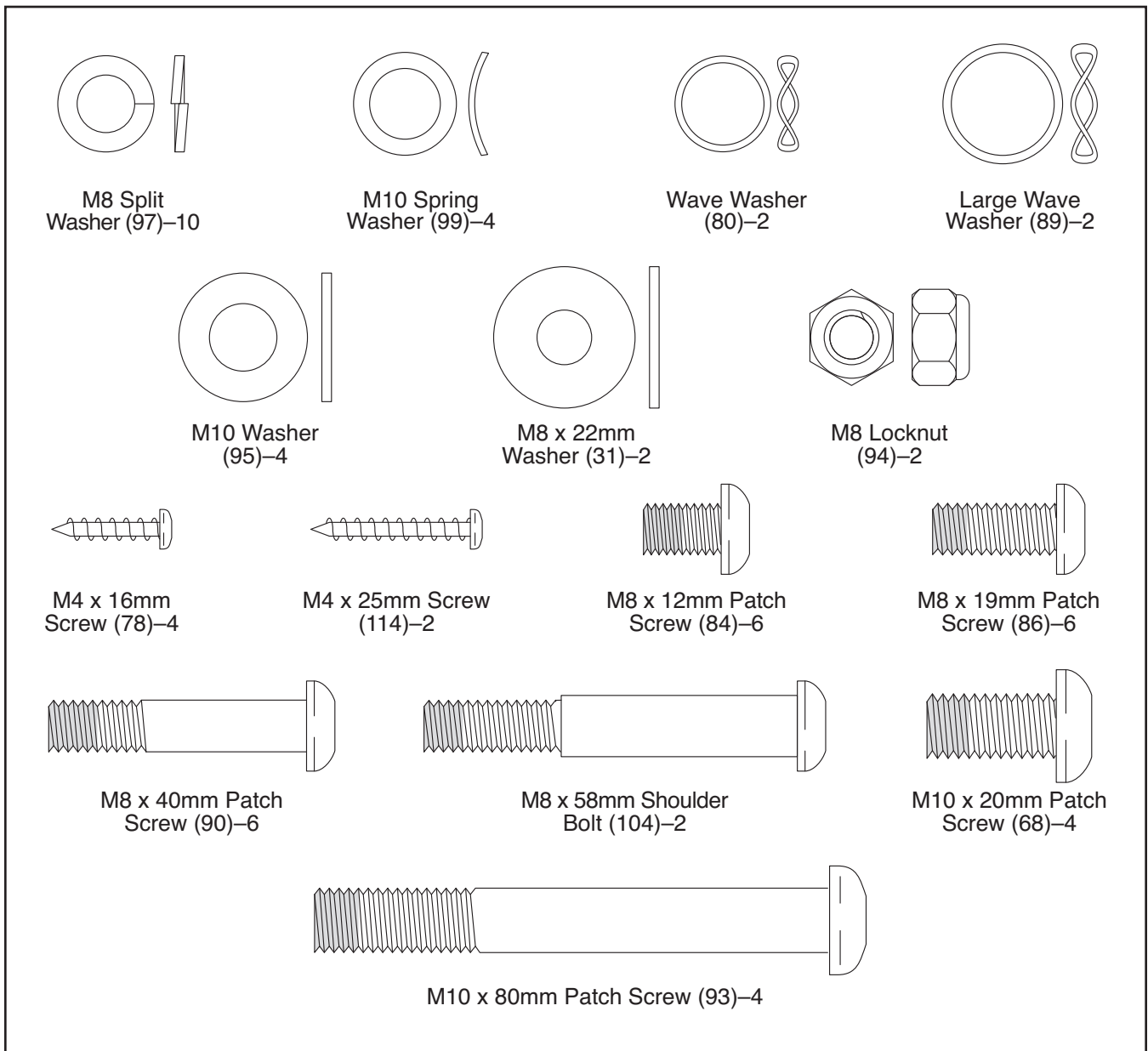
ASSEMBLY

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

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

In addition to the included tool(s), assembly requires a Phillips screwdriver , an adjustable wrench , and a rubber mallet .

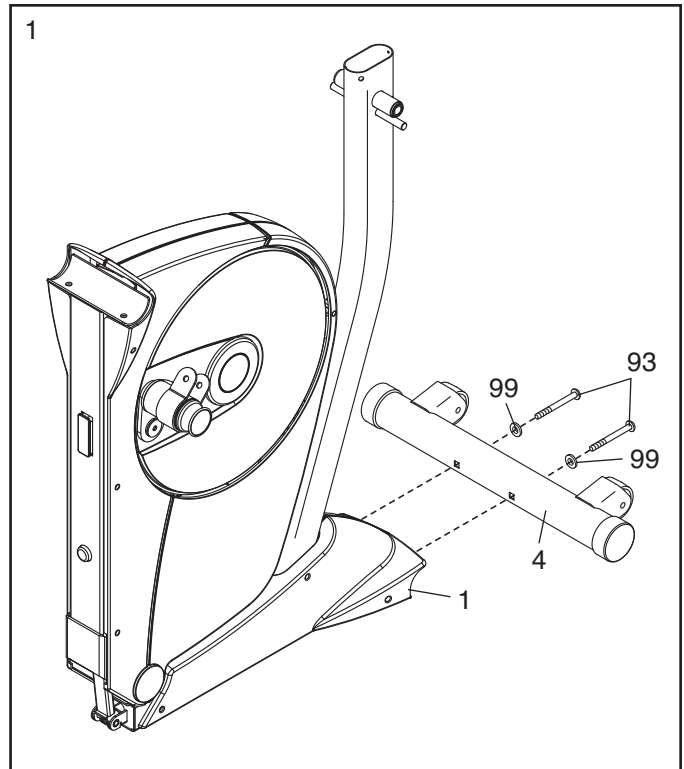
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some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



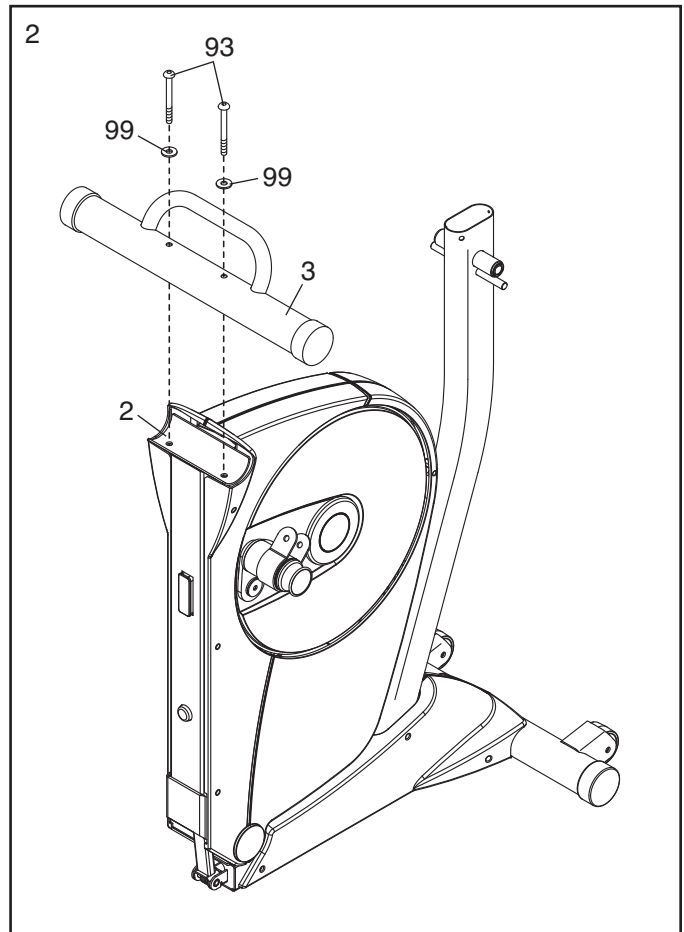
1.

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

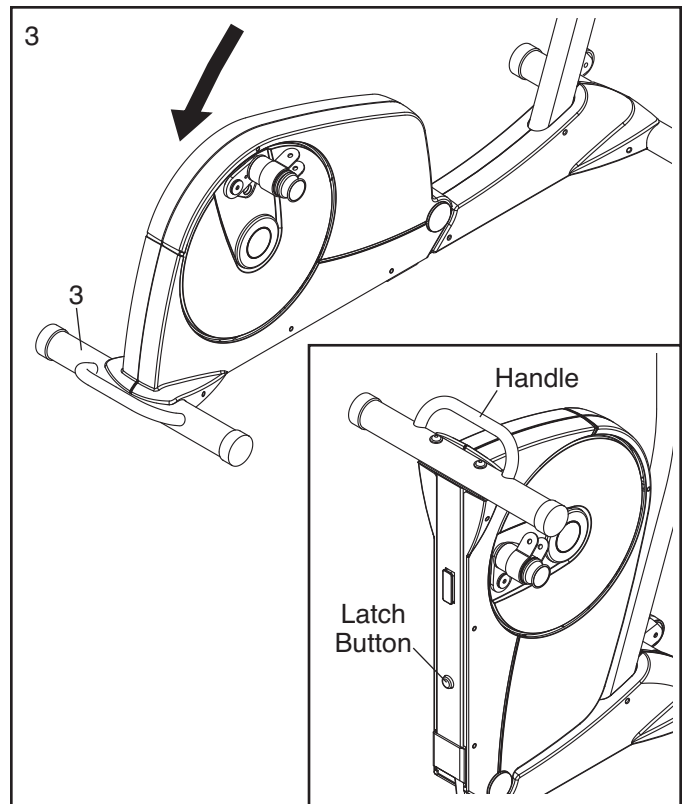
While another person lifts the front of the Frame (1), attach the Front Stabilizer (4) to the Frame with two M10 x 80mm Patch Screws (93) and two M10 Spring Washers (99).



2. Attach the Rear Stabilizer (3) to the Folding Frame (2) with two M10 x 80mm Patch Screws (93) and two M10 Spring Washers (99).

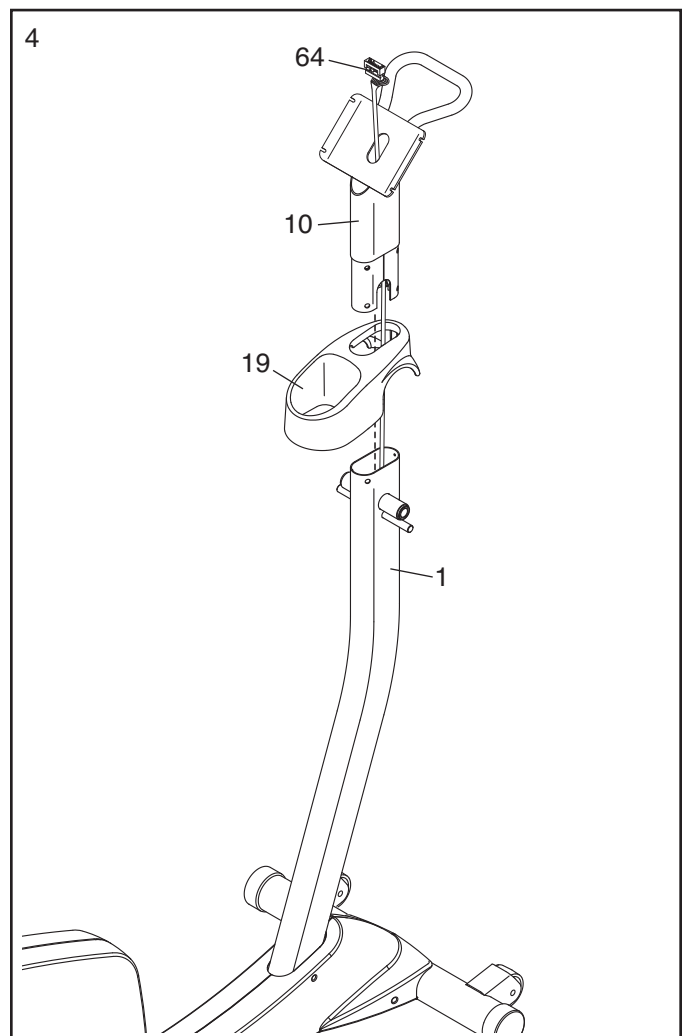


3. **See the inset drawing.** Hold the handle, press the latch button, and unfold the elliptical exerciser so that the Rear Stabilizer (3) rests on the floor.



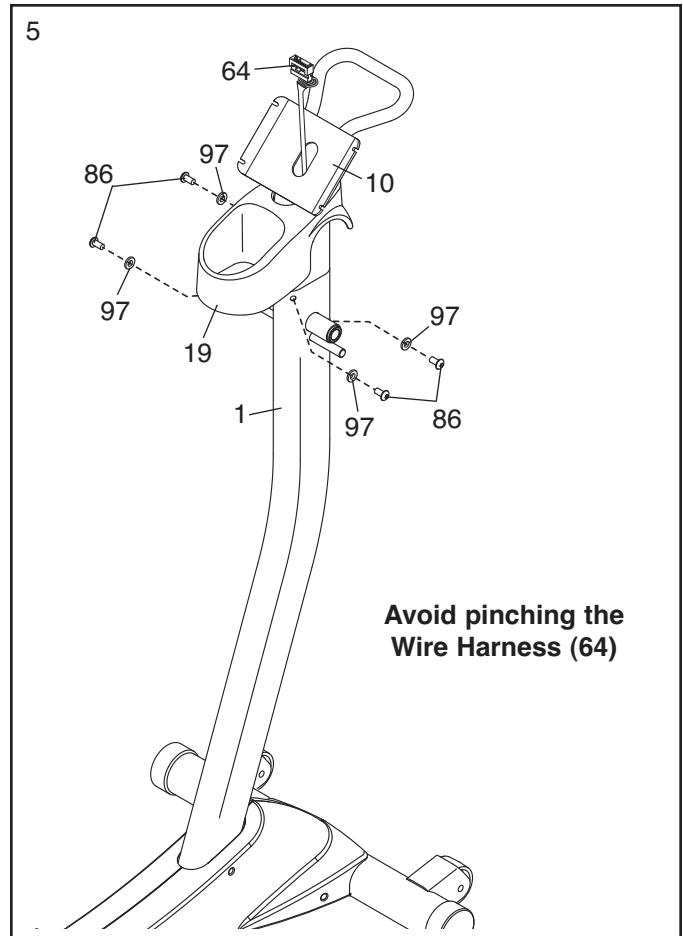
4. Have another person hold the Water Bottle Holder (19) and the Upright (10) near the Frame (1) as shown. Insert the Wire Harness (64) upward through the Water Bottle Holder and the Upright.

Tip: To prevent the Wire Harness (64) from falling inside the Upright (10), secure the Wire Harness with a rubber band.

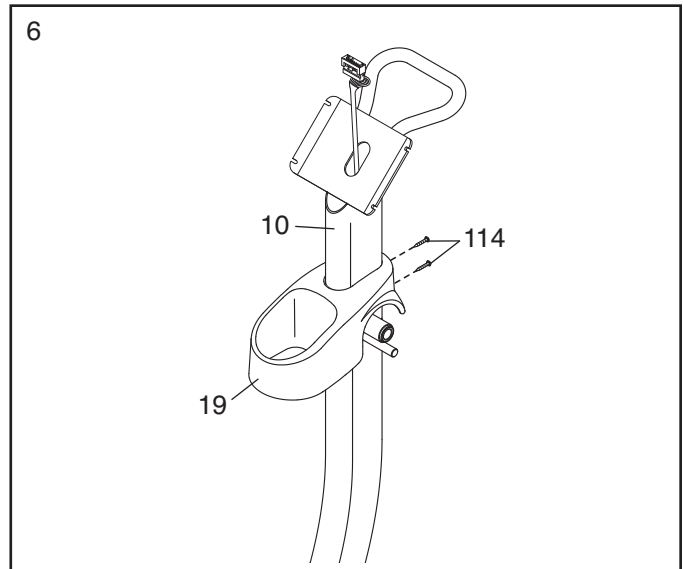


5. **Tip: Avoid pinching the Wire Harness (64).**

While another person slides the Water Bottle Holder (19) upward, attach the Upright (10) to the Frame (1) with four M8 x 19mm Patch Screws (86) and four M8 Split Washers (97).

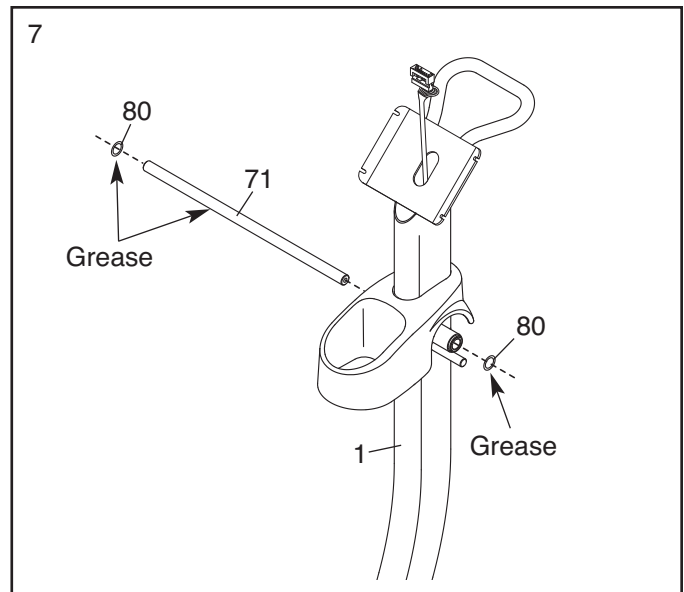


6. Attach the Water Bottle Holder (19) to the Upright (10) with two M4 x 25mm Screws (114).



7. Apply a generous amount of the included grease to the Upper Body Axle (71) and to two Wave Washers (80).

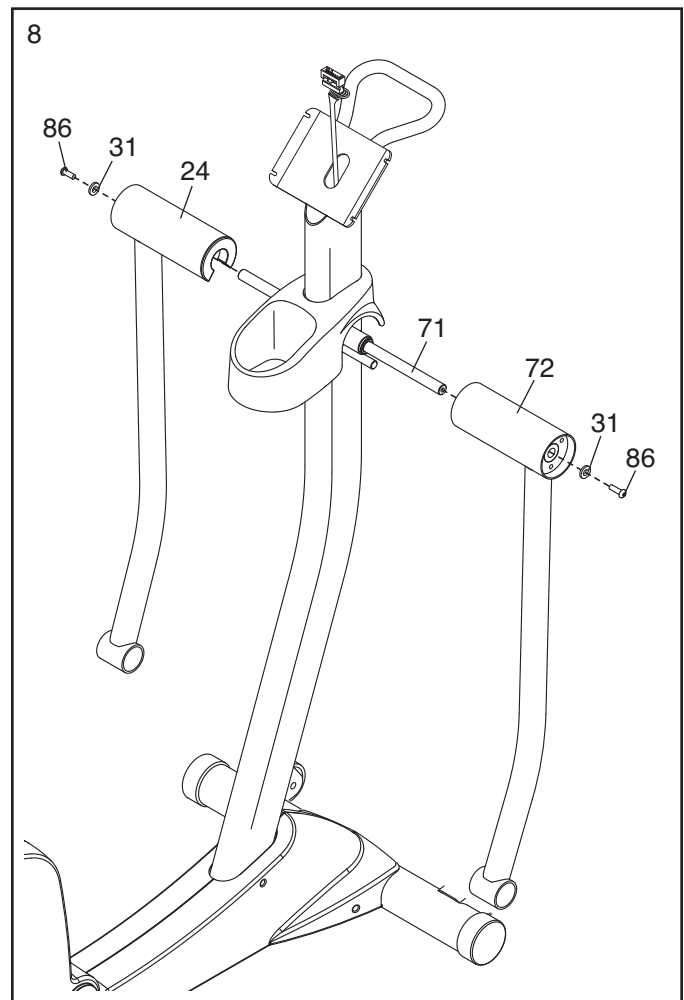
Insert the Upper Body Axle (71) through the Frame (1). Place a Wave Washer (80) on each end of the Upper Body Axle.



8. Identify the Left and Right Upper Body Legs (24, 72), which are marked with "L" and "R" stickers, and orient them as shown.

Slide the Left and Right Upper Body Legs (24, 72) onto the left and right sides of the Upper Body Axle (71).

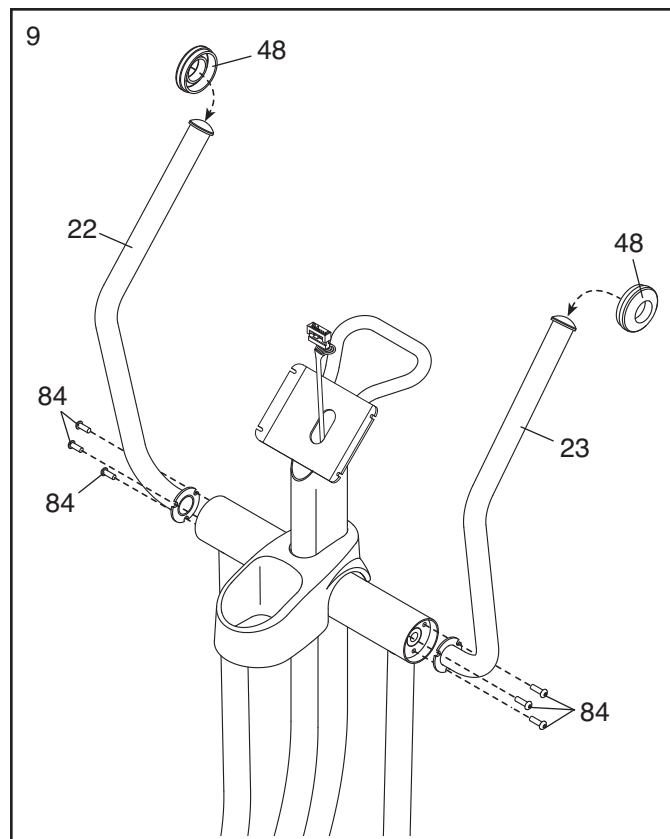
Attach the Upper Body Legs (24, 72) to the Upper Body Axle (71) with two M8 x 19mm Patch Screws (86) and two M8 x 22mm Washers (31).



9. Identify the Left and Right Upper Body Arms (22, 23), which are marked with “L” and “R” stickers, and orient them as shown.

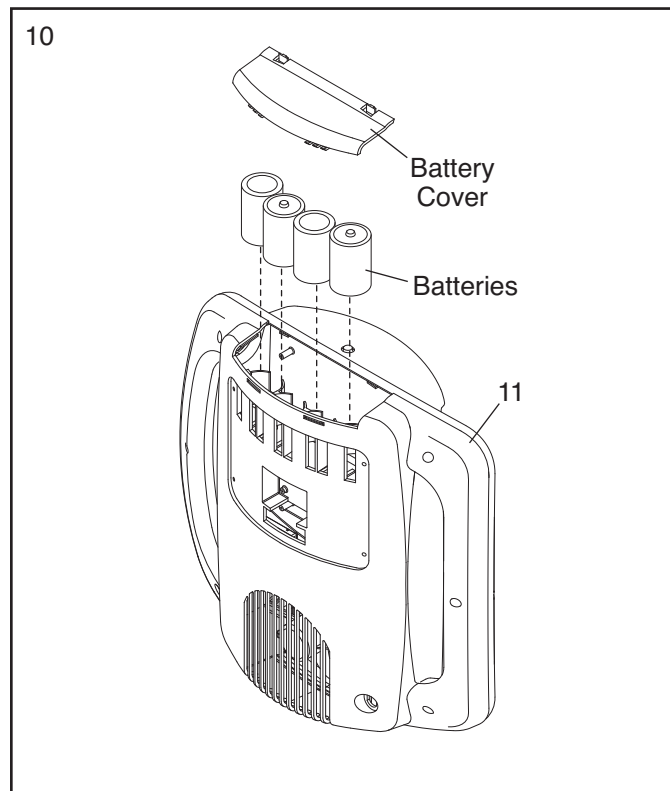
Attach each Upper Body Arm (22, 23) with three M8 x 12mm Patch Screws (84).

Orient the two Handle Covers (48) as shown. Slide the Handle Covers onto the Upper Body Arms (22, 23) so that they cover the Patch Screws (84). Note: The Handle Covers may already be placed on the Upper Body Arms.



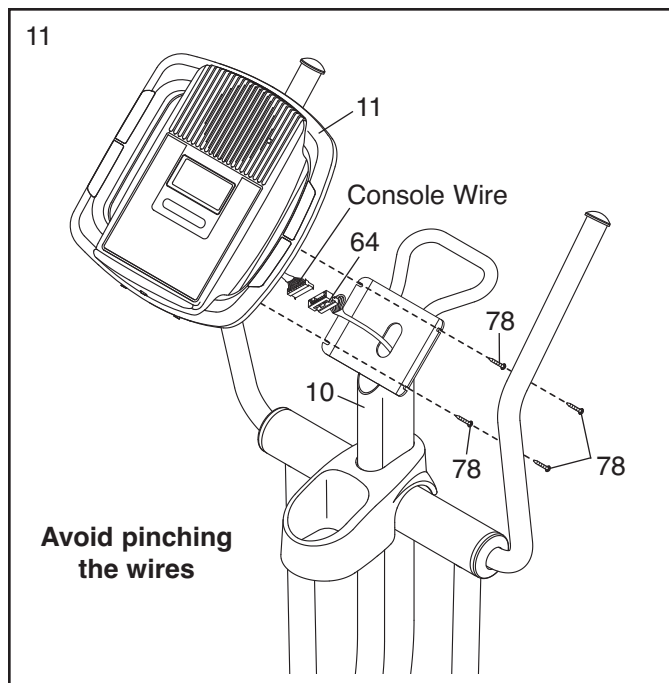
10. The Console (11) can be operated with four 1.5V D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the battery cover and insert four batteries into the Console. Make sure that the batteries are oriented as shown by the diagram inside the battery compartment. Then, reattach the battery cover.

To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



11. While another person holds the Console (11) near the Upright (10), connect the console wire to the Wire Harness (64). Insert the excess wire into the Upright.

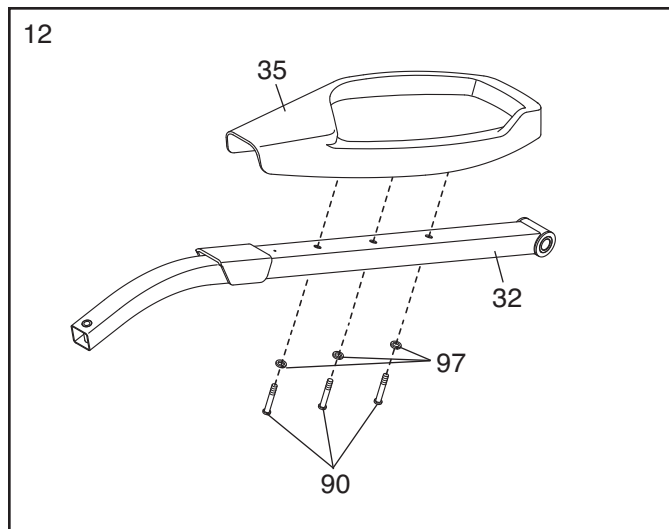
Tip: Avoid pinching the wires. Attach the Console (11) to the Upright (10) with four M4 x 16mm Screws (78).



12. Identify the Right Pedal (35), which is marked with an "R" sticker. Orient the Right Pedal and a Pedal Arm (32) as shown.

Attach the Right Pedal (35) to the Pedal Arm (32) with three M8 x 40mm Patch Screws (90) and three M8 Split Washers (97).

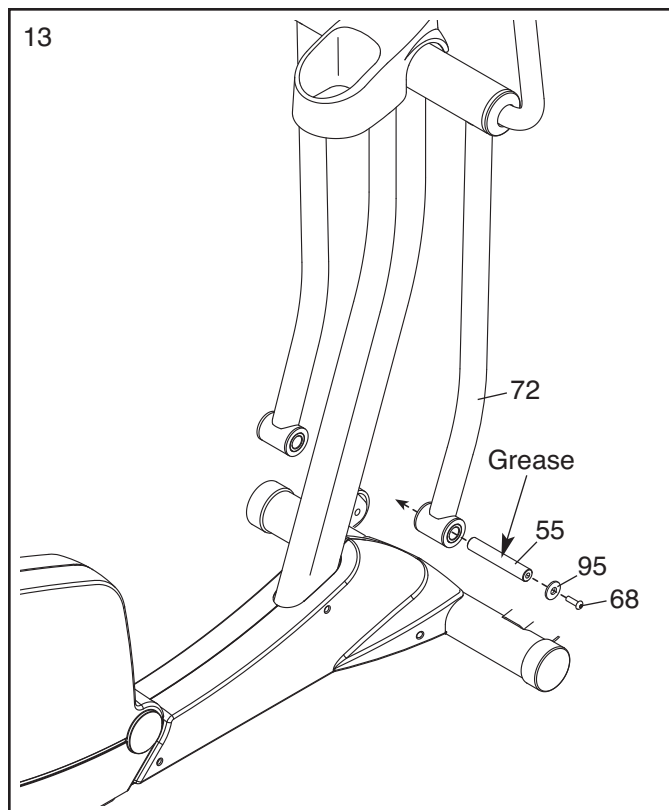
Repeat this step to attach the Left Pedal (not shown) to the other Pedal Leg (not shown).



13. Apply a generous amount of grease to a Pedal Arm Axle (55). Next, tighten an M10 x 20mm Patch Screw (68) with an M10 Washer (95) into one end of the Pedal Arm Axle.

Insert the Pedal Arm Axle (55) into the Right Upper Body Leg (72) as shown.

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

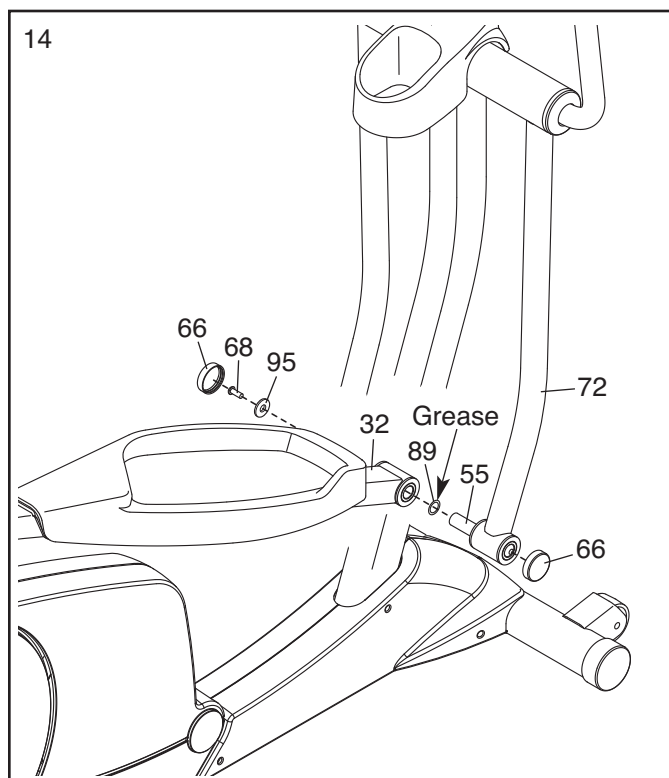


14. Apply a small amount of grease to a Large Wave Washer (89). Slide the Large Wave Washer onto the left end of the Pedal Arm Axle (55) in the Right Upper Body Leg (72).

Next, slide the right Pedal Arm (32) onto the left end of the Pedal Arm Axle (55). Attach the right Pedal Arm with an M10 x 20mm Patch Screw (68) and an M10 Washer (95).

Then, press an Axle Cover (66) onto each end of the Pedal Arm Axle (55).

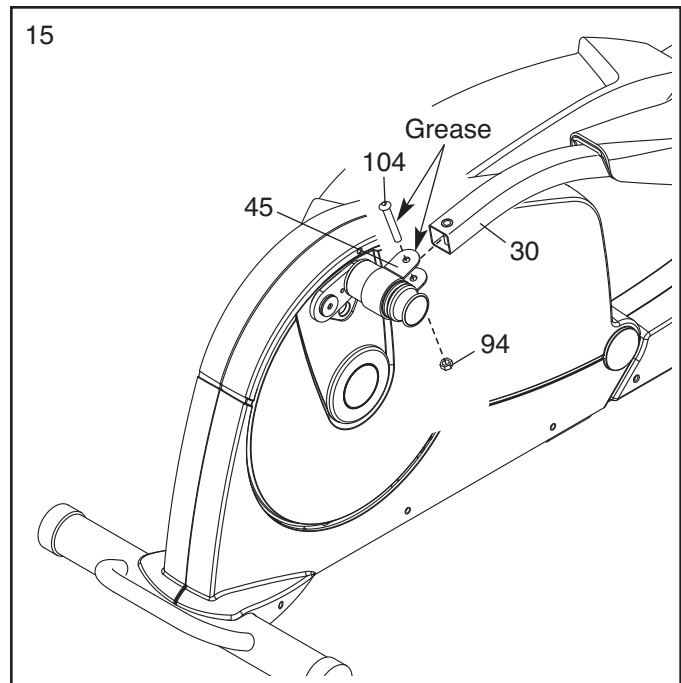
Repeat this step on the other side of the elliptical exerciser.



15. Apply a generous amount of grease to an M8 x 58mm Shoulder Bolt (104) and to the inside of the right Link Arm Bracket (45).

Insert the end of the right Link Arm (30) into the right Link Arm Bracket (45). Attach the right Link Arm Bracket with the M8 x 58mm Shoulder Bolt (104) and an M8 Locknut (94).

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

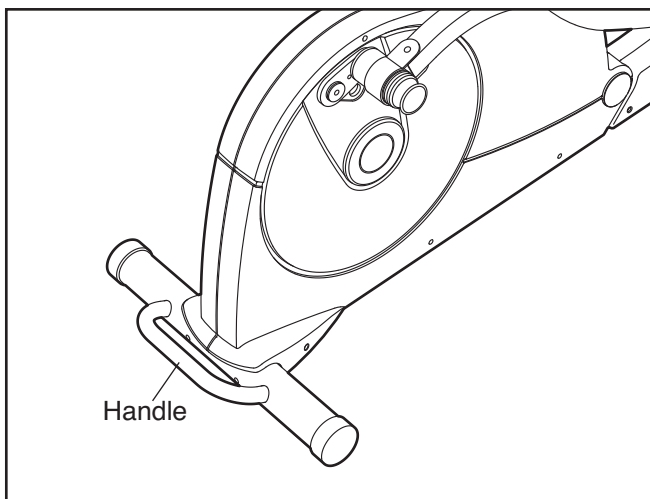


16. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

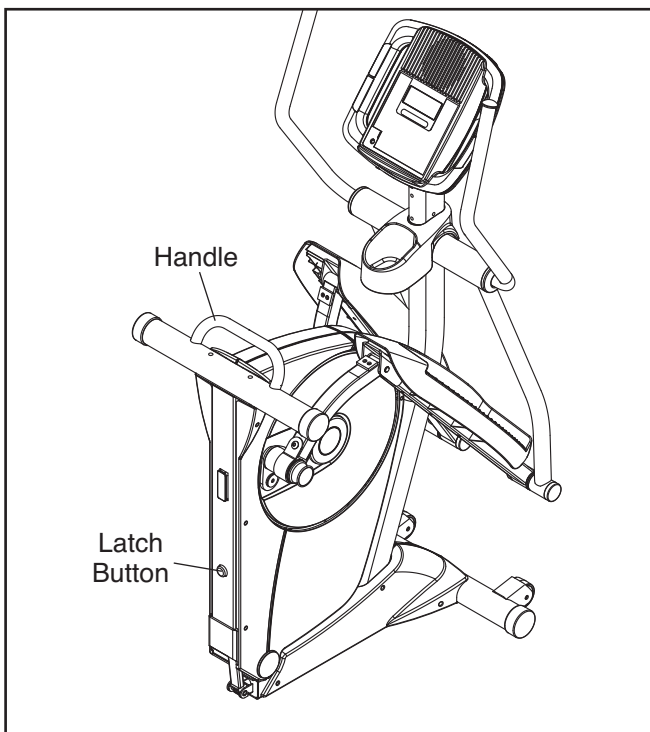
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. To fold the elliptical exerciser, lift the handle on the rear of the elliptical exerciser until the elliptical exerciser locks into the vertical position.

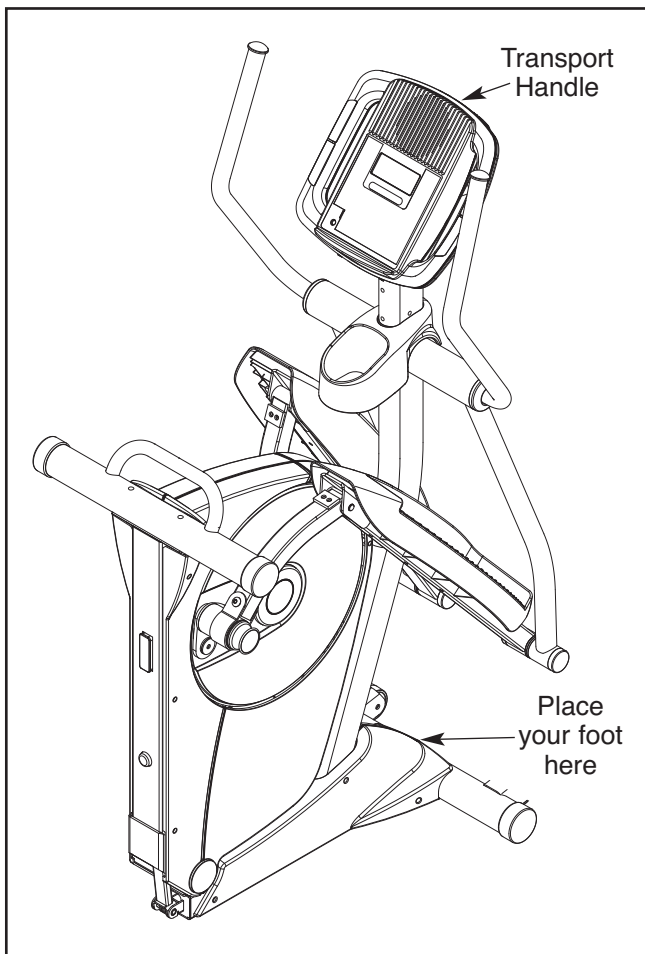


To unfold the elliptical exerciser, hold the handle, press the latch button, and then lower the frame to the floor.



HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described at the left. Next, stand in front of the elliptical exerciser and place one foot against the center of the front stabilizer. Pull the transport handle backward until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired position, and then lower it.

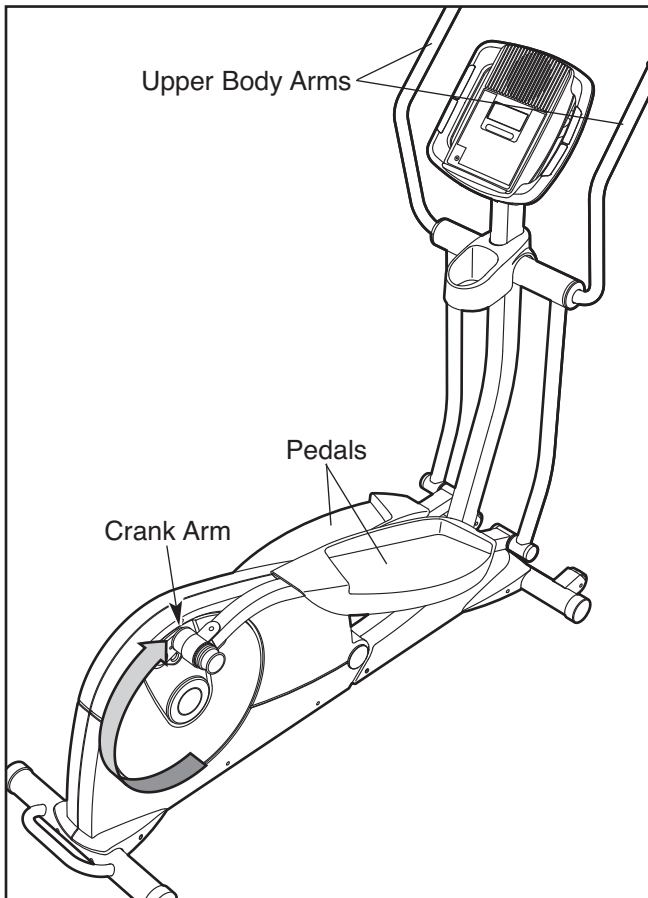


HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

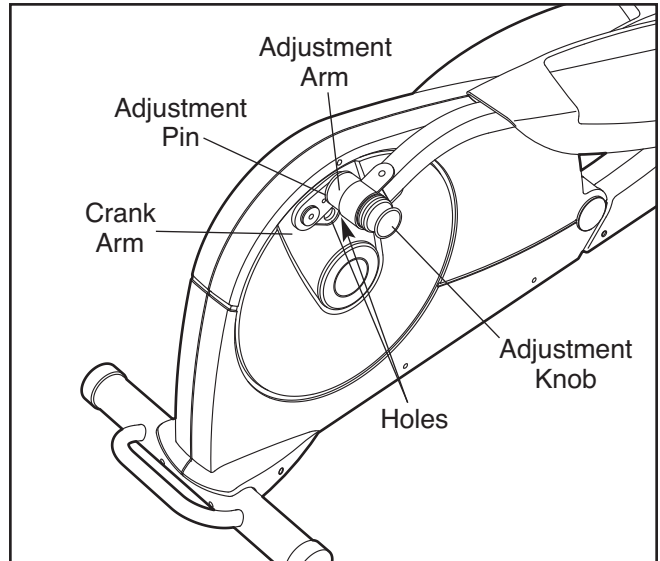
Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow at the right; however, for variety you can turn the crank arms in the opposite direction.

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

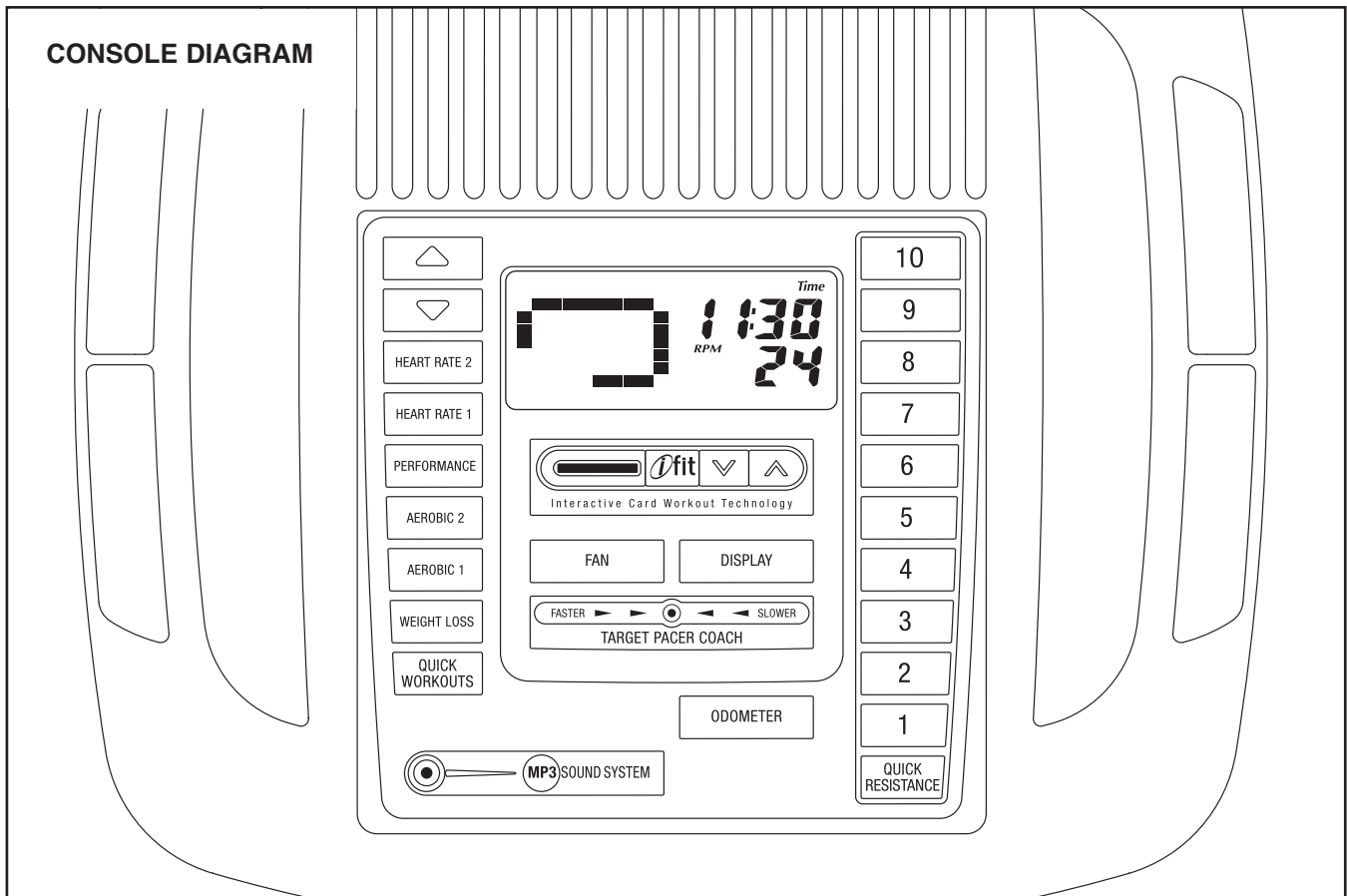


HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL EXERCISER

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



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



FEATURES OF THE CONSOLE

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

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

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

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

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

To use the manual mode, see page 17. To use a preset workout, see page 19. To use a heart rate workout, see page 20. To use an iFit workout, see page 21. To use the sound system, see page 21.

HOW TO USE THE MANUAL MODE

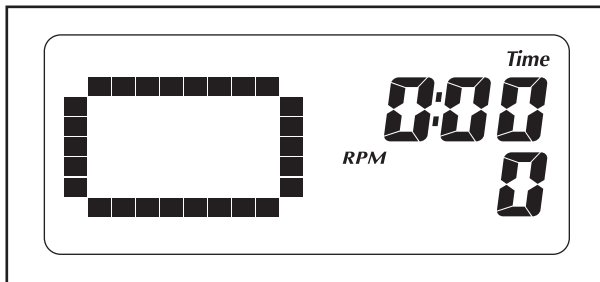
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

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

When you turn on the console, the displays and the target pacer coach will light. A tone will then sound and the console will be ready for use.

2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Quick Workouts buttons repeatedly until a track appears in the left display.



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

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



4. Follow your progress with the displays.

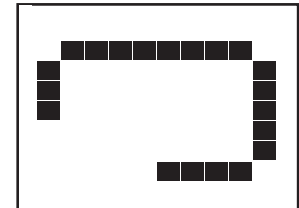
The upper right display can show the elapsed time, the distance (total revolutions) you have pedaled, the approximate number of calories you have burned, and the approximate number of grams of carbs you have burned. The display will change modes every few seconds.



The lower right display can show your pedaling pace in revolutions per minute (rpm) and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 18).



The left display will show a track representing 640 revolutions. As you exercise, indicators will appear in succession around the track until the entire track appears.



The track will then disappear and the indicators will again begin to appear in succession.

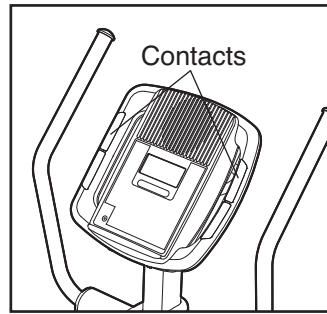
To change the display mode, press the Display button repeatedly until the desired exercise information appears in the upper or lower right display. After several seconds, the display will change modes automatically as before.

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

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

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

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



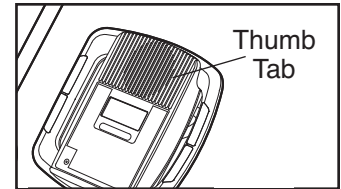
When your pulse is detected, a heart-shaped symbol will flash in the display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

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

The fan has high, low, and auto speed settings; when you select the auto mode, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

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



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

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

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

HOW TO USE A PRESET WORKOUT

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

When you turn on the console, the displays and the target pacer coach will light. A tone will then sound and the console will be ready for use.

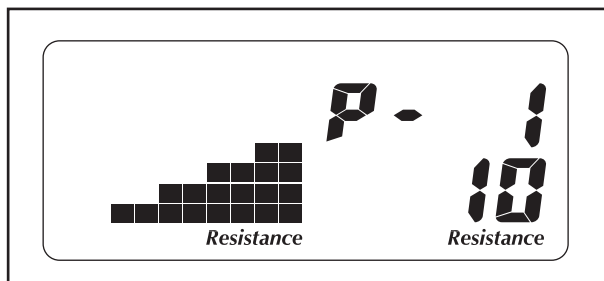
2. Select a preset workout.

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

When you select a preset workout, the number of the workout and the maximum resistance level will appear in the displays for a few seconds. A profile of the resistance levels of the workout will also scroll across the left display.

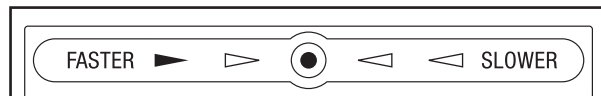
3. Begin pedaling to start the workout.

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



During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

During the workout, the target pacer coach will prompt you to keep your pedaling pace near the target pace setting for the current segment. When a left indicator lights, increase your pace; when a right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The target pacer coach is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



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

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

4. Follow your progress with the displays.

See step 4 on page 17.

5. Measure your heart rate if desired.

See step 5 on page 18.

6. Turn on the fan if desired.

See step 6 on page 18.

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

See step 7 on page 18.

HOW TO USE A HEART RATE WORKOUT

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

When you turn on the console, the displays and the target pacer coach will light. A tone will then sound and the console will be ready for use.

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

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

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

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



During heart rate workout 1, the same target heart rate setting will be programmed for all segments of the workout. If you have selected heart rate workout 1, press the increase and decrease buttons above the Heart Rate buttons to enter the desired target heart rate setting (see EXERCISE INTENSITY on page 23).

During heart rate workout 2, different target heart rate settings will be programmed for different segments of the workout. If you have selected heart rate workout 2, press the increase and decrease buttons above the Heart Rate buttons to enter the desired maximum target heart rate setting for the workout (see EXERCISE INTENSITY on page 23).

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

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

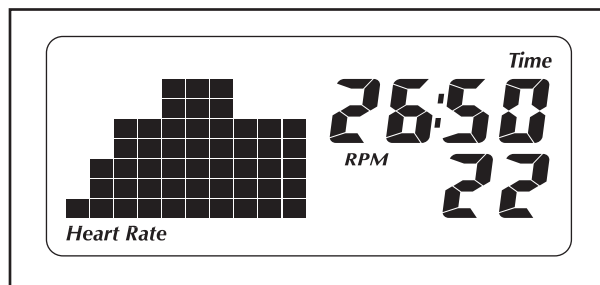
Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.

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

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

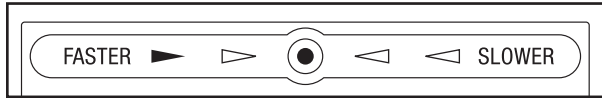
Heart rate workout 2 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During the workout, the workout profile in the left display will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target heart rate setting for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash.



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

While you exercise, the target pacer coach will prompt you to maintain a constant pedaling speed. When a left indicator lights, increase your pace; when a right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The target pacer coach is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



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

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

6. Follow your progress with the displays.

See step 4 on page 17.

7. Turn on the fan if desired.

See step 6 on page 18.

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

See step 7 on page 18.

HOW TO USE AN IFIT WORKOUT

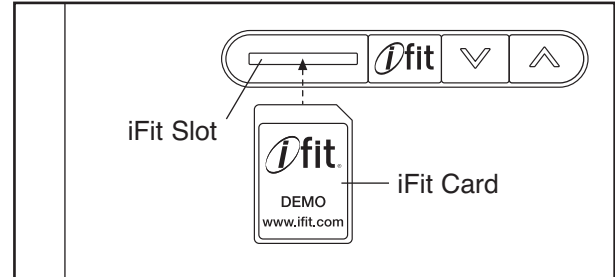
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

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

When you turn on the console, the displays and the target pacer coach will light. A tone will then sound and the console will be ready for use.

2. Insert an iFit card and select a workout.

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



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

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFit workouts work in the same way as preset workouts. To use the workout, see steps 3 to 7 on page 19.

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

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

HOW TO USE THE SOUND SYSTEM

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

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

MAINTENANCE AND TROUBLESHOOTING

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

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

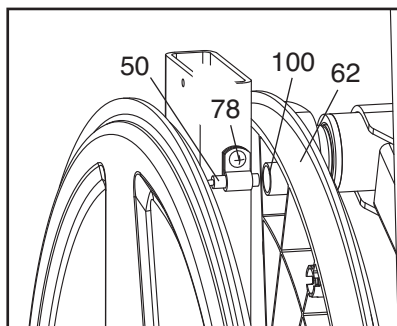
CONSOLE TROUBLESHOOTING

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 10 on page 10 for replacement instructions. If the handgrip pulse sensor does not function properly, see step 5 on page 18.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from both shields; **there are three sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently pry the shields away from the frame.

Next, locate the Reed Switch (50). Turn the Pulley Disc (62) until the Magnet (100) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (78). Slide the

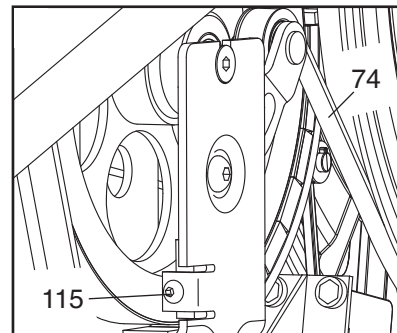


Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Pulley Disc forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Adjust the Screw until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 27 and the PART LIST on page 24.

HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance of the pedals is at the highest setting, the Belt (74) may need to be adjusted. First, remove all the screws from both shields; **there are three sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently pry the shields away from the frame.

Next, turn the Belt Adjustment Screw (115) until the Belt (74) is tight. Then, reattach the shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 27 and the PART LIST on page 24.



EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST—Model No. PFEL09807.0

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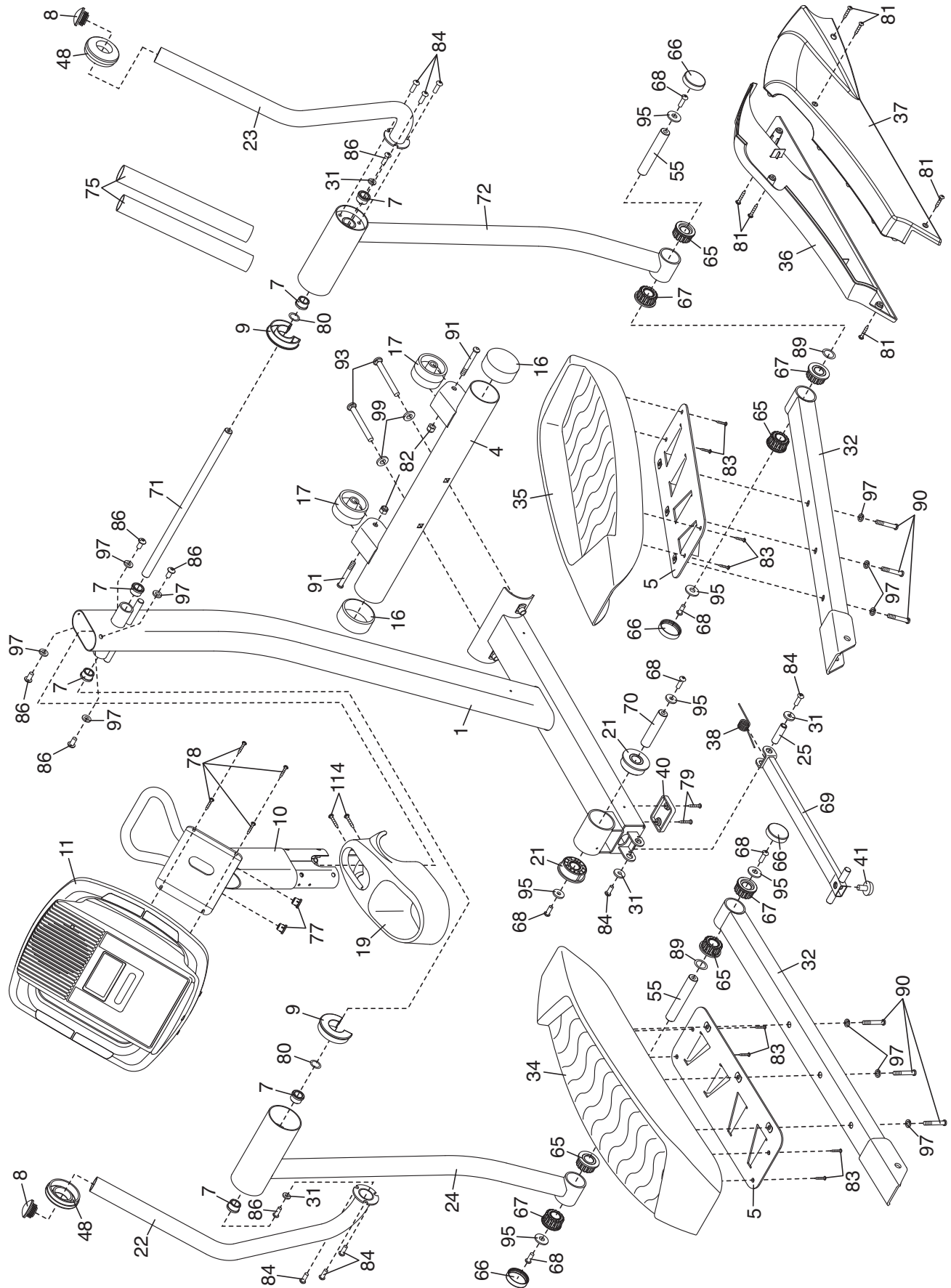
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Clamp
2	1	Folding Frame	52	2	Adjustment Knob
3	1	Rear Stabilizer	53	2	Outer Pivot Arm Bushing
4	1	Front Stabilizer	54	4	Link Snap Ring
5	2	Pedal Bracket	55	2	Pedal Arm Axle
6	1	Motor Bracket	56	2	Spring
7	6	Upper Bushing	57	1	Spindle Spacer
8	2	Upper Body Arm Cap	58	6	M5 Washer
9	2	Upper Body Leg Spacer	59	2	Spindle Bearing
10	1	Upright	60	1	Crank Spacer
11	1	Console	61	1	Spindle
12	1	Disc	62	1	Pulley Disc
13	2	Disc Cover	63	2	Inner Bushing Assembly
14	1	Left Shield	64	1	Wire Harness
15	1	Right Shield	65	4	Inner Pivot Arm Bushing
16	4	Stabilizer Cap	66	4	Axle Cover
17	2	Wheel	67	4	Outer Bushing Assembly
18	2	Link Axle	68	7	M10 x 20mm Patch Screw
19	1	Water Bottle Holder	69	1	Latch Bracket
20	1	Flywheel	70	1	Pivot Axle
21	2	Pivot Bushing	71	1	Upper Body Axle
22	1	Left Upper Body Arm	72	1	Right Upper Body Leg
23	1	Right Upper Body Arm	73	1	M8 x 74mm Shoulder Bolt
24	1	Left Upper Body Leg	74	1	Belt
25	1	Latch Axle	75	2	Foam
26	1	Motor Disc	76	1	Frame Cap
27	1	Resistance Arm	77	2	Upright Cap
28	2	Flywheel Spacer	78	10	M4 x 16mm Screw
29	1	C-magnet Spacer	79	6	M4 x 16mm Flat Head Screw
30	2	Link Arm	80	2	Wave Washer
31	4	M8 x 22mm Washer	81	17	M4 x 20mm Screw
32	2	Pedal Arm	82	3	M10 Locknut
33	4	M5 x 12mm Blunt Screw	83	8	M6 x 12mm Round Head Screw
34	1	Left Pedal	84	12	M8 x 12mm Patch Screw
35	1	Right Pedal	85	2	M5 x 15mm Button Screw
36	1	Left Frame Cover	86	8	M8 x 19mm Patch Screw
37	1	Right Frame Cover	87	1	M8 x 70mm Shoulder Bolt
38	1	Latch Spring	88	4	M5 Nut
39	2	Wave Washer	89	2	Large Wave Washer
40	1	Center Foot	90	6	M8 x 40mm Patch Screw
41	1	Latch Button	91	2	M10 x 58mm Button Bolt
42	4	Link Bearing	92	1	M4 x 10mm Screw
43	2	Link Arm Pad	93	4	M10 x 80mm Patch Screw
44	1	C-magnet	94	4	M8 Locknut
45	2	Link Arm Bracket	95	6	M10 Washer
46	2	Adjustment Arm	96	4	M5 x 10mm Screw
47	1	Idler	97	10	M8 Split Washer
48	2	Handle Cover	98	1	Right Crank Arm
49	1	Resistance Motor	99	4	M10 Spring Washer
50	1	Reed Switch/Wire	100	2	Magnet

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Adjustment Pin	111	1	M6 Square Nut
102	2	Adjustment Spacer	112	1	M4 x 45mm Screw
103	4	Large Snap Ring	113	1	M4 x 40mm Screw
104	2	M8 x 58mm Shoulder Bolt	114	2	M4 x 25mm Screw
105	8	Star Washer	115	1	Belt Adjustment Screw
106	4	M5 x 20mm Screw	*	–	User's Manual
107	2	M8 x 35mm Washer	*	–	Assembly Tool
108	1	M6 x 9mm Button Screw	*	–	Grease Packet
109	1	M6 x 44mm Hex Bolt	*	–	Jumper Wire
110	1	Key			

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

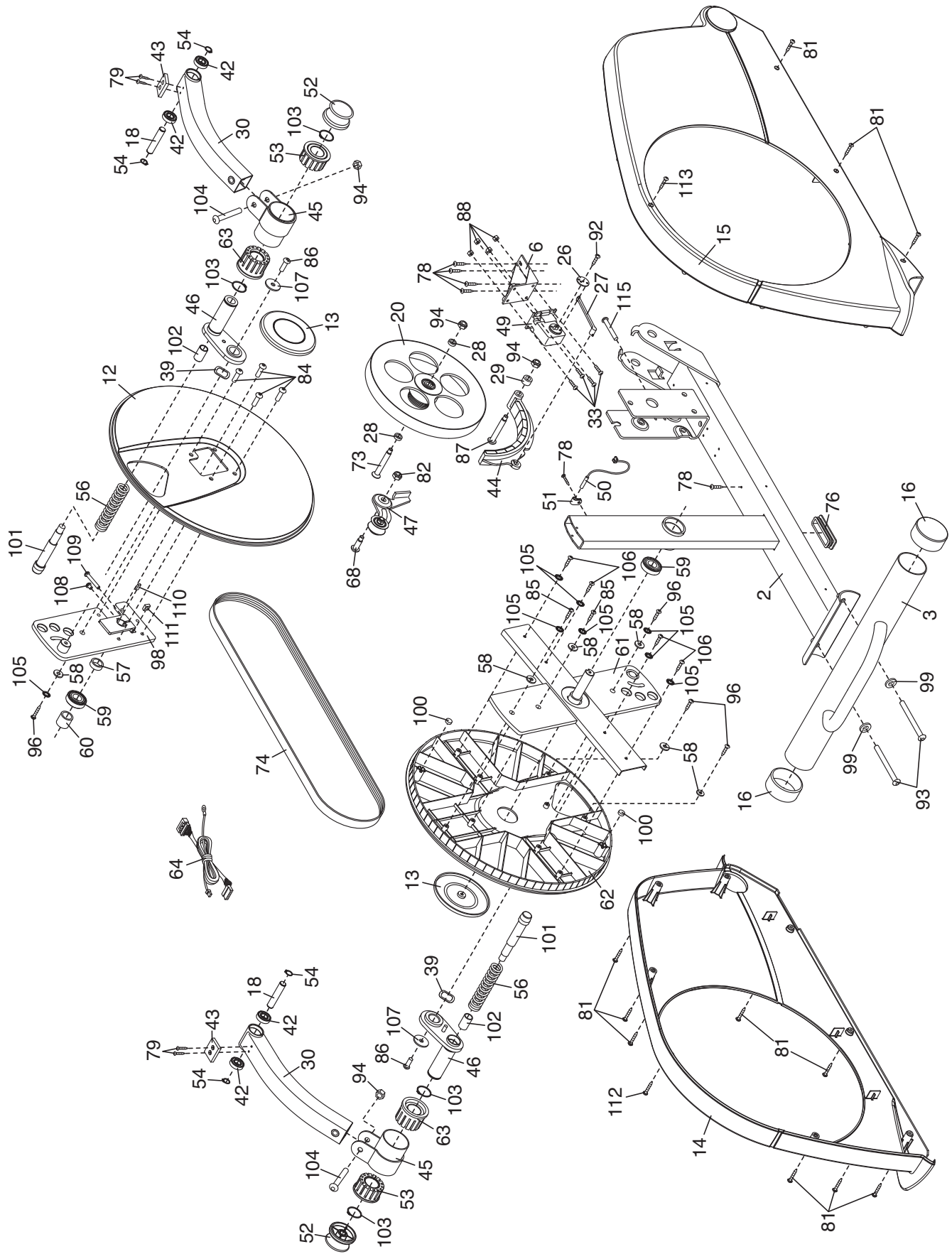
EXPLODED DRAWING A—Model No. PFEL09807.0

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EXPLODED DRAWING B—Model No. PFEL09807.0

R0209A



ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

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

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

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

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

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