

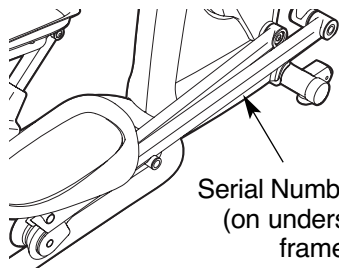
PRO-FORM[®]

500 F

Model No. PFEL54907.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal
(on underside of
frame)

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

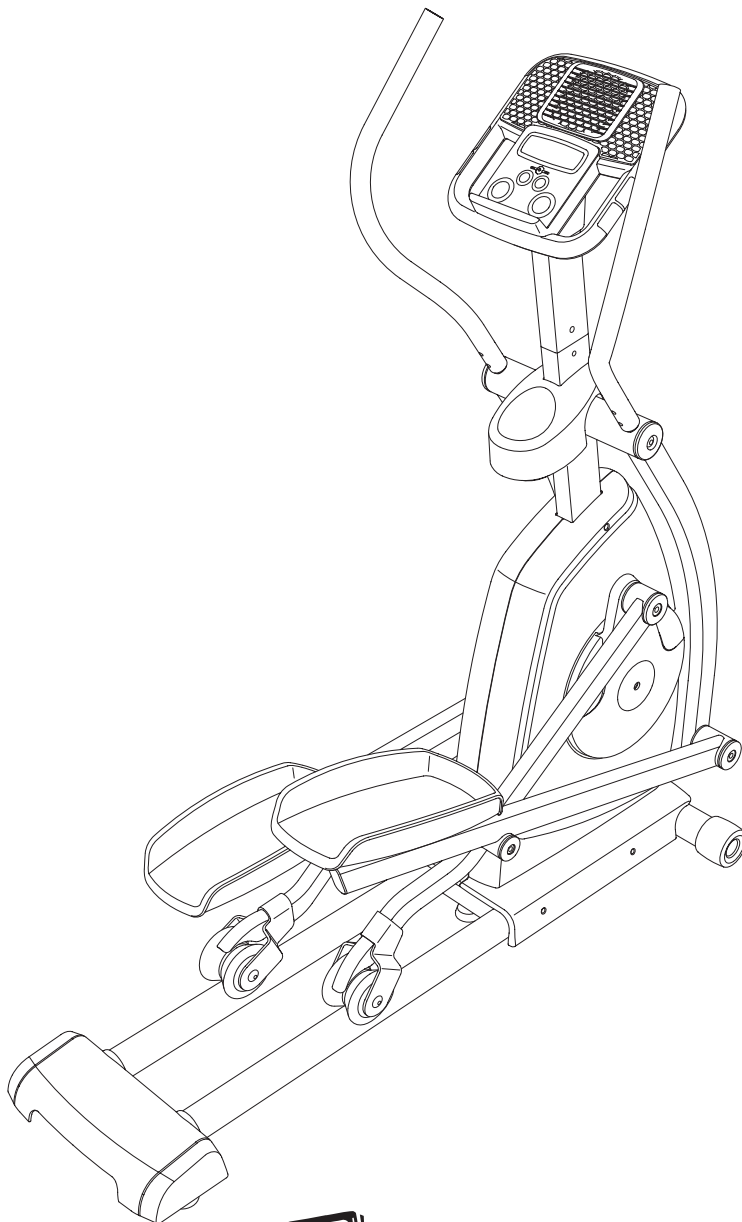
ON THE WEB:

www.proformservice.com

CAUTION

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

USER'S MANUAL



Visit our website at

www.proform.com

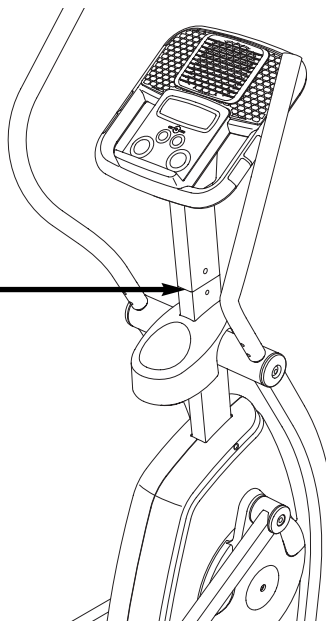
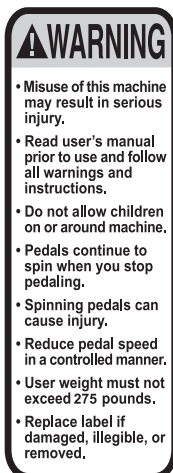
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The warning decal shown at the right has been applied in the location shown. **If the 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.



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 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 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

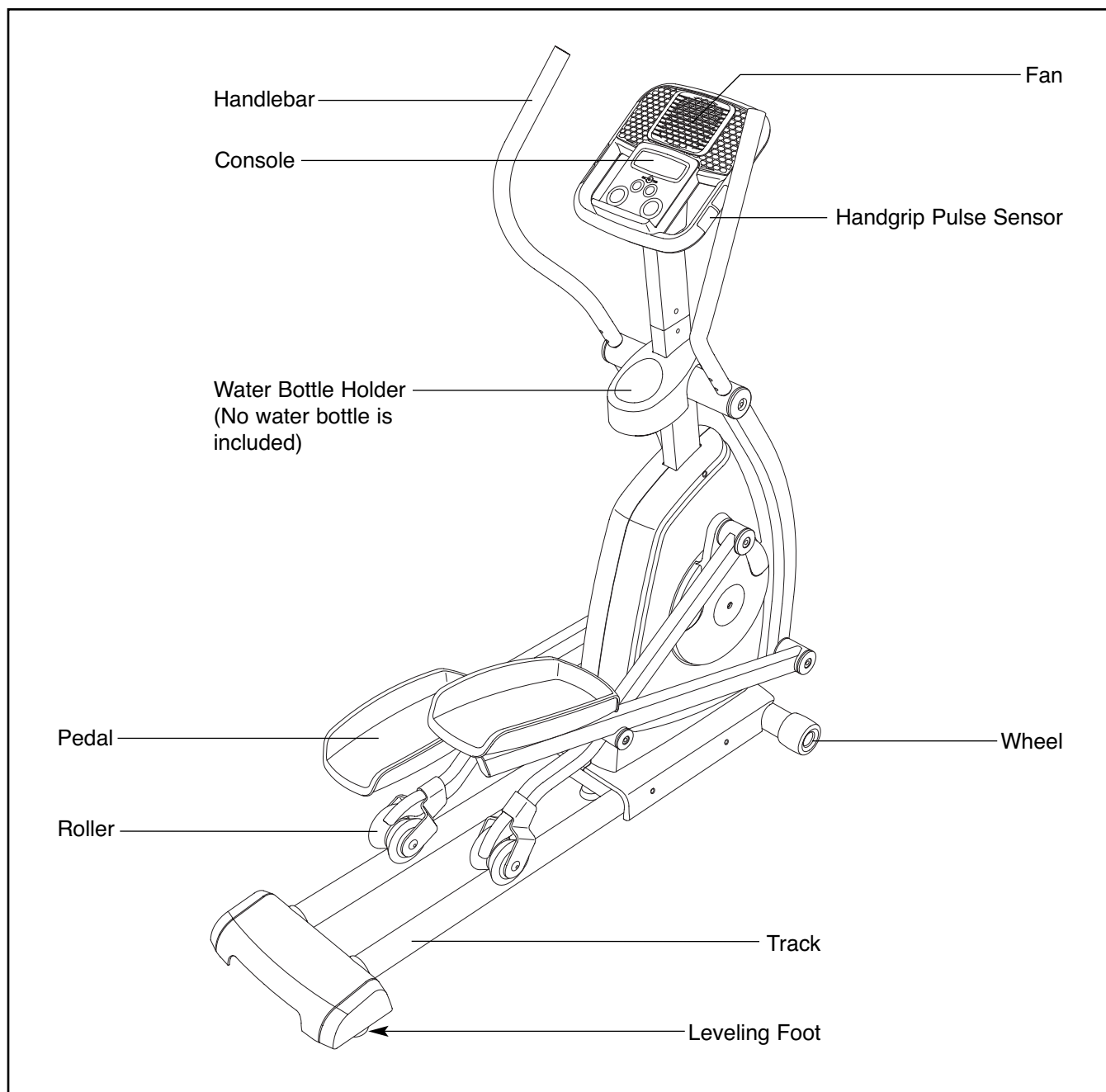
Thank you for selecting the new PROFORM® 500 F elliptical exerciser. The 500 F elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

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.

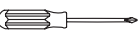
To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.proformservice.com/registration.

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

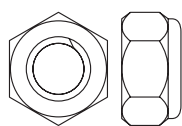


ASSEMBLY

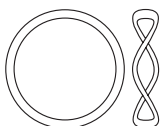
To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

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 hex keys, assembly requires a Phillips screwdriver** , **an adjustable wrench** , and **a rubber mallet** .

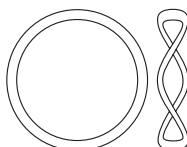
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some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



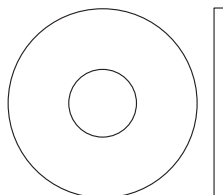
M8 Nylon
Locknut (68)–4



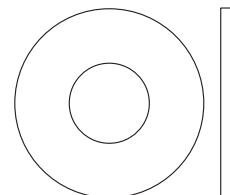
16mm Wave
Washer (66)–4



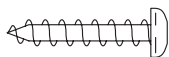
19mm Wave
Washer (71)–4



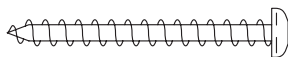
M8 x 25mm
Washer (54)–8



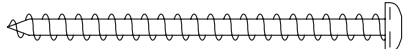
M10 x 25mm
Washer (52)–4



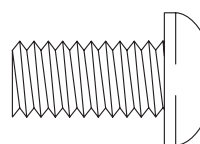
M4 x 19mm
Screw (75)–4



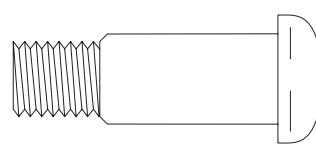
M4 x 35mm
Screw (74)–2



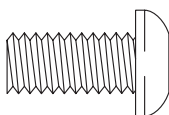
M4 x 50mm
Screw (76)–4



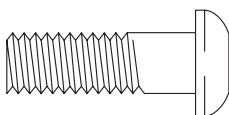
M10 x 20mm Button
Screw (58)–4



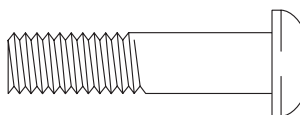
M10 x 35mm Shoulder
Screw (57)–2



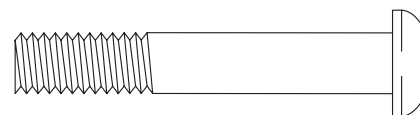
M8 x 16mm Button
Screw (53)–5



M8 x 25mm Button
Screw (77)–6



M8 x 35mm Button
Screw (67)–4

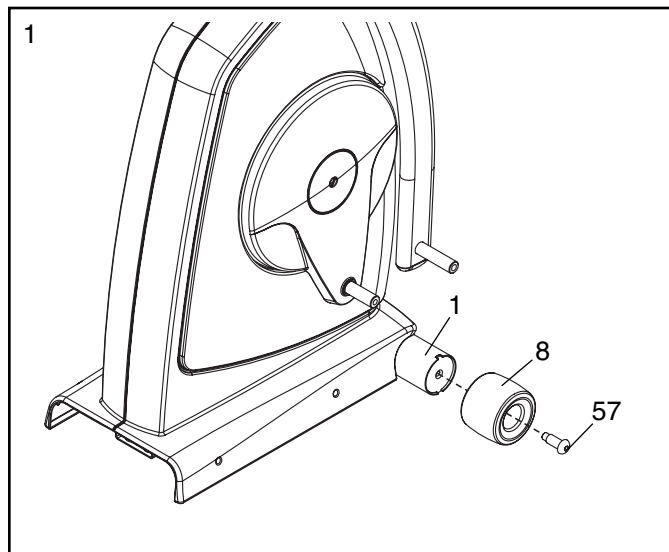


M8 x 50mm Button
Screw (65)–2

1.

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

Attach a Wheel (8) to one side of the Frame (1) with an M10 x 35mm Shoulder Screw (57). **Attach the other Wheel in the same way.**

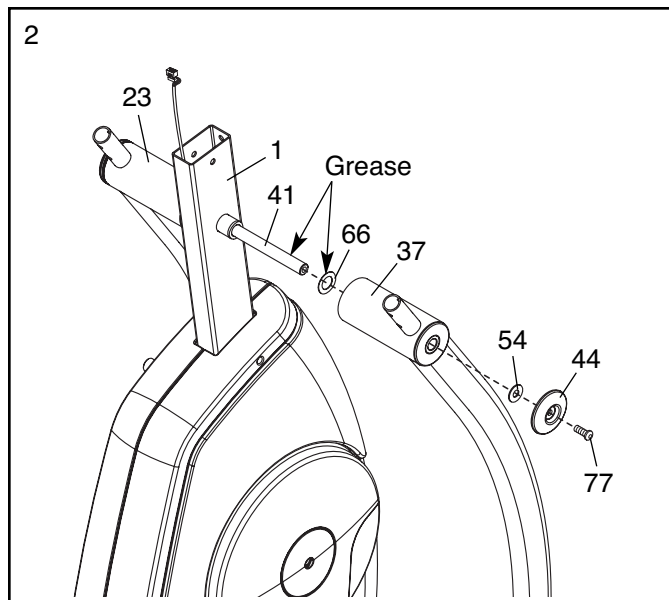


2. Apply a generous amount of the included grease to the Pivot Axle (41). Then, insert the Pivot Axle through the Frame (1).

Apply a small amount of grease to a 16mm Wave Washer (66). Slide the Wave Washer onto the right side of the Pivot Axle (41).

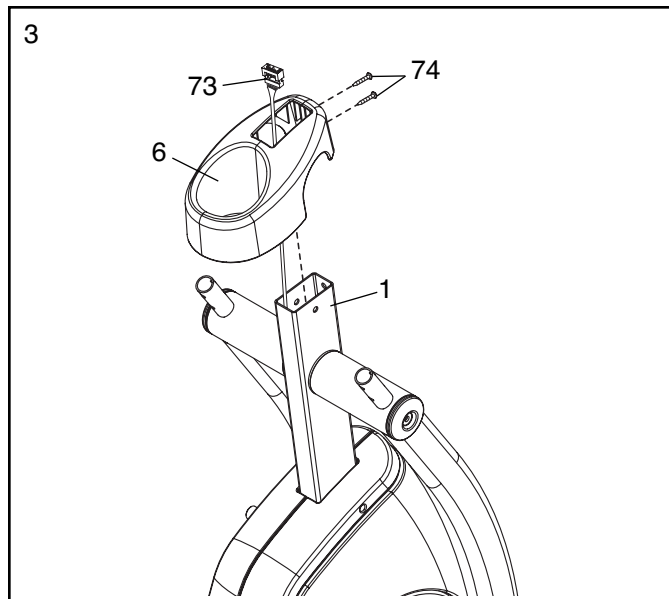
Identify the Right Upper Body Arm (37), which is marked with an "R" sticker. Slide the Right Upper Body Arm onto the Pivot Axle (41). Attach the Right Upper Body Arm with an M8 x 25mm Button Screw (77), a Pivot Axle Cover (44), and an M8 x 25mm Washer (54).

Attach the Left Upper Body Arm (23) in the same way.



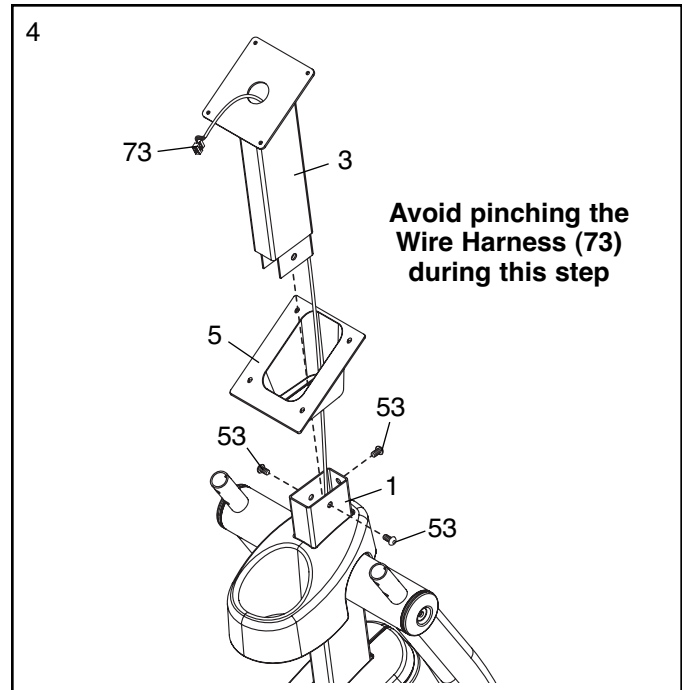
3. Orient the Water Bottle Holder (6) as shown. Hold the Water Bottle Holder near the Frame (1) and insert the Wire Harness (73) upward through the Water Bottle Holder.

Next, slide the Water Bottle Holder (6) onto the Frame (1). Attach the Water Bottle Holder with two M4 x 35mm Screws (74).



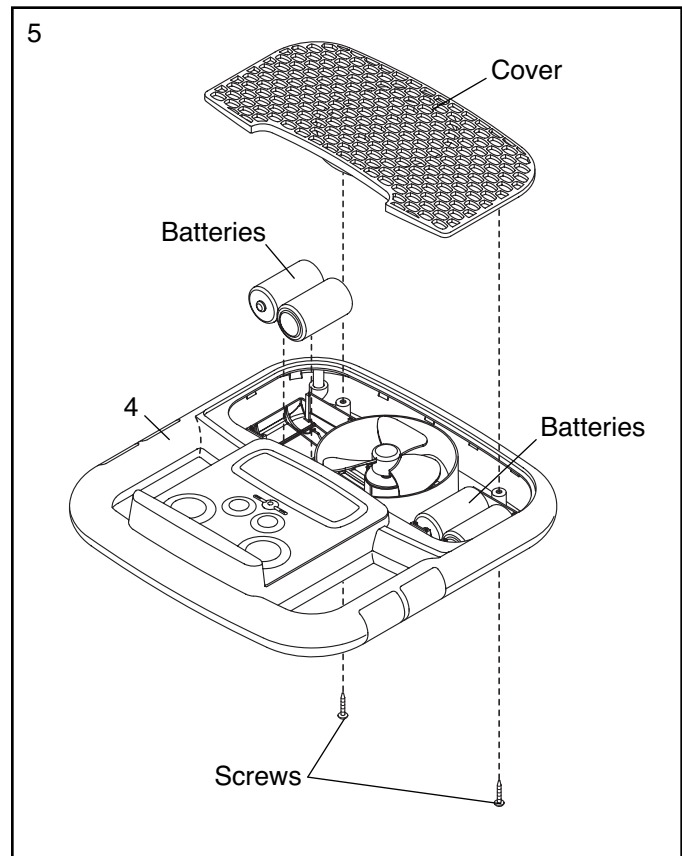
4. Orient the Upright Cover (5) and the Upright (3) as shown. While another person holds the Upright Cover and the Upright near the Frame (1), insert the Wire Harness (73) upward through the Upright Cover and the Upright. **Tip: Use an elastic band or a piece of tape to prevent the Wire Harness from falling into the Upright.**

Tip: Avoid pinching the Wire Harness (73) during this step. Insert the Upright (3) through the Upright Cover (5) into the Frame (1). Then, slide the Upright Cover upward and attach the Upright to the Frame with three M8 x 16mm Button Screws (53). **Tip: Start all the Button Screws before tightening them.**



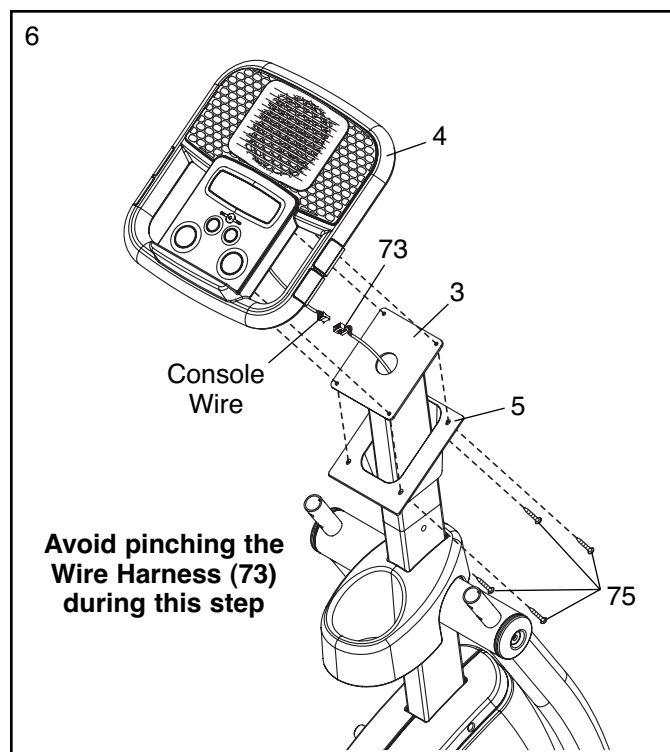
5. The Console (4) requires four 1.5V "D" batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the two screws from the back of the console, and remove the battery cover. Insert four batteries into the Console. Orient the batteries as shown by the markings inside the battery compartment. Then, reattach the battery cover.

Note: The Console (4) can be operated with an optional power supply instead of batteries. **To purchase a power supply, call the telephone number on the front cover of this manual.** Plug one end of the power supply into the jack on the Console. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



6. While another person holds the Console (4) near the Upright (3), connect the console wire to the Wire Harness (73). Insert the excess wire downward into the Upright.

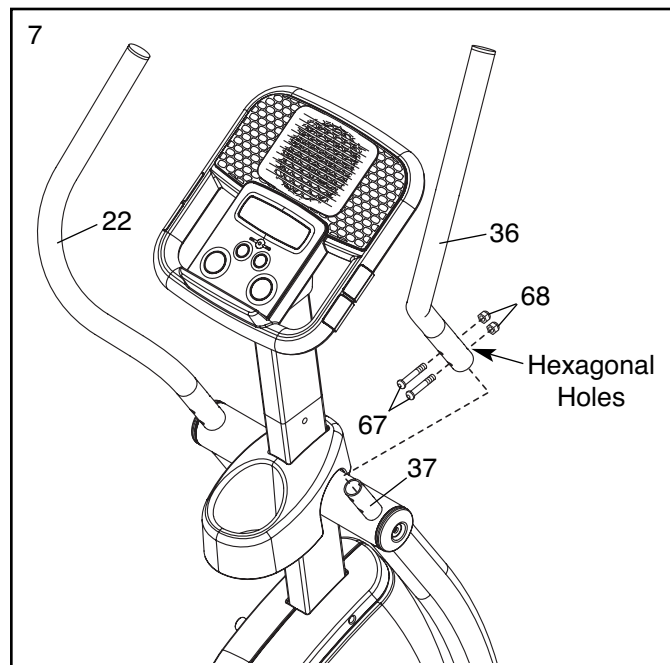
Tip: Avoid pinching the wires during this step. Slide the Upright Cover (5) upward to the top of the Upright (3). Attach the Console (4) and the Upright Cover to the Upright with four M4 x 19mm Screws (75).



7. Identify the Right Handlebar (36), which is marked with an "R" sticker. Orient the Right Handlebar as shown; **make sure that the hexagonal holes are in the indicated location.**

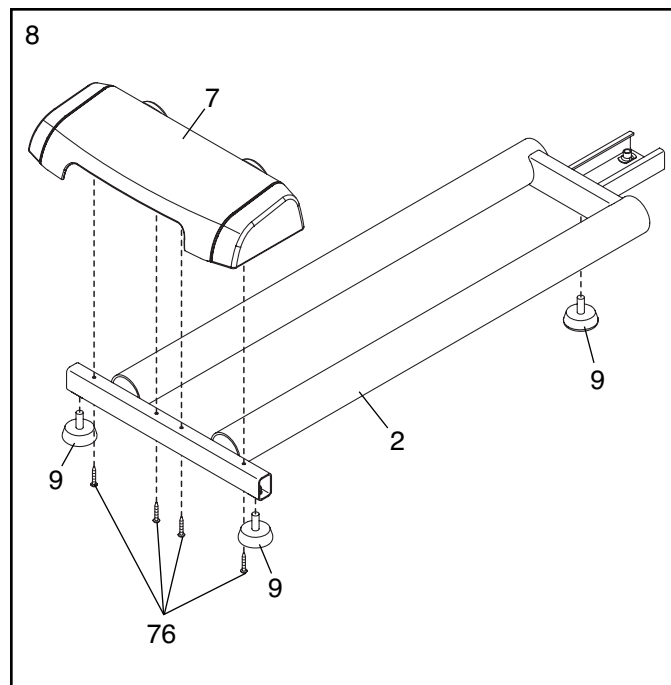
Insert the Right Handlebar (36) into the Right Upper Body Arm (37). Attach the Right Handlebar with two M8 x 35mm Button Screws (67) and two M8 Nylon Locknuts (68). **Make sure that the Nylon Locknuts are inside the hexagonal holes.**

Repeat this step for the Left Handlebar (22).

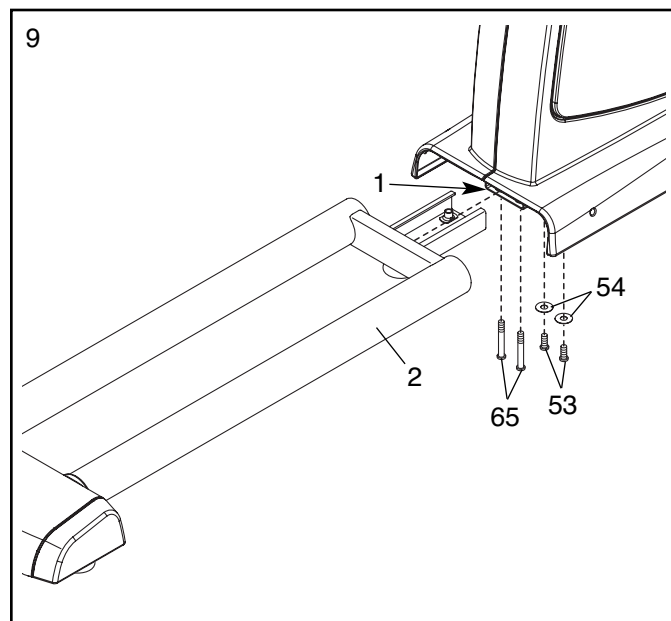


8. Tighten the three Feet (9) into the underside of the Track (2).

Orient the Track (2) and the Track Cover (7) as shown. Attach the Track Cover to the Track with four M4 x 50mm Screws (76).



9. Insert the Track (2) into the Frame (1). Attach the Track with two M8 x 50mm Button Screws (65), two M8 x 16mm Button Screws (53), and two M8 x 25mm Washers (54).

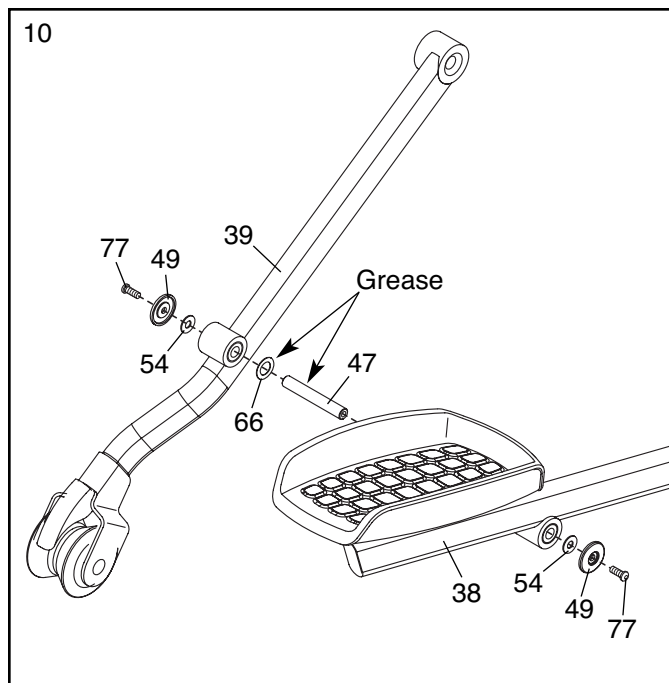


10. Identify the Right Link Arm (39) and the Right Pedal Leg (38), which are marked with “R” stickers, and orient them as shown.

Apply a generous amount of grease to a Link Axle (47). Also, apply a small amount of grease to a 16mm Wave Washer (66). Slide the Link Axle through the Right Link Arm (39) and then slide the Wave Washer onto the right side of the Link Axle.

With the help of another person, slide the Right Pedal Leg (38) onto the right side of the Link Axle (47). Attach the Right Link Arm (39) and the Right Pedal Leg with two M8 x 25mm Button Screws (77), two Link Axle Covers (49), and two M8 x 25mm Washers (54).

Repeat this step for the Left Link Arm and the Left Pedal Leg (not shown).



11. Apply a generous amount of grease to the axle on the Right Upper Body Arm (37) and to the right Crank Arm (31).

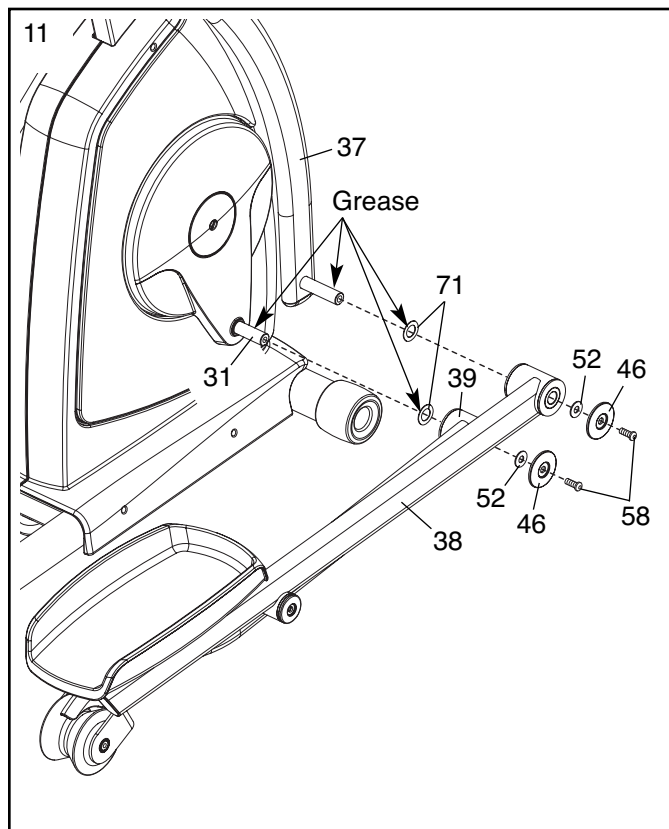
Apply a small amount of grease to two 19mm Wave Washers (71). Slide one Wave Washer onto the Right Upper Body Arm (37); slide the other Wave Washer onto the right Crank Arm (31).

Identify the Right Pedal Leg (38) and Right Link Arm (39) assembly, which is marked with an “R” sticker. Orient the assembly as shown.

At the same time and with the help of another person, slide the Right Pedal Leg (38) onto the Right Upper Body Arm (37) and slide the Right Link Arm (39) onto the right Crank Arm (31).

Attach the Right Pedal Leg (38) and the Right Link Arm (39) with two M10 x 20mm Button Screws (58), two Axle Covers (46), and two M10 x 25mm Washers (52).

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

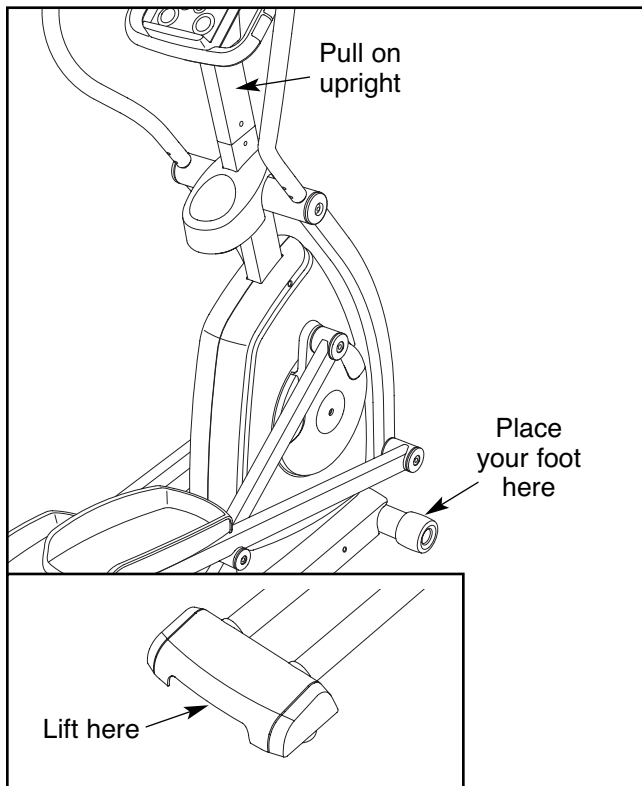


12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

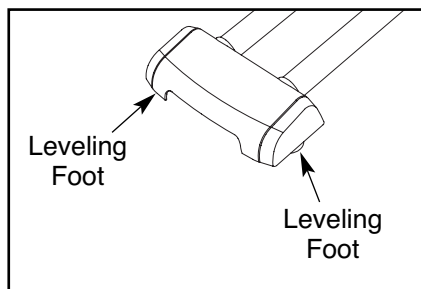
HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the track until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.



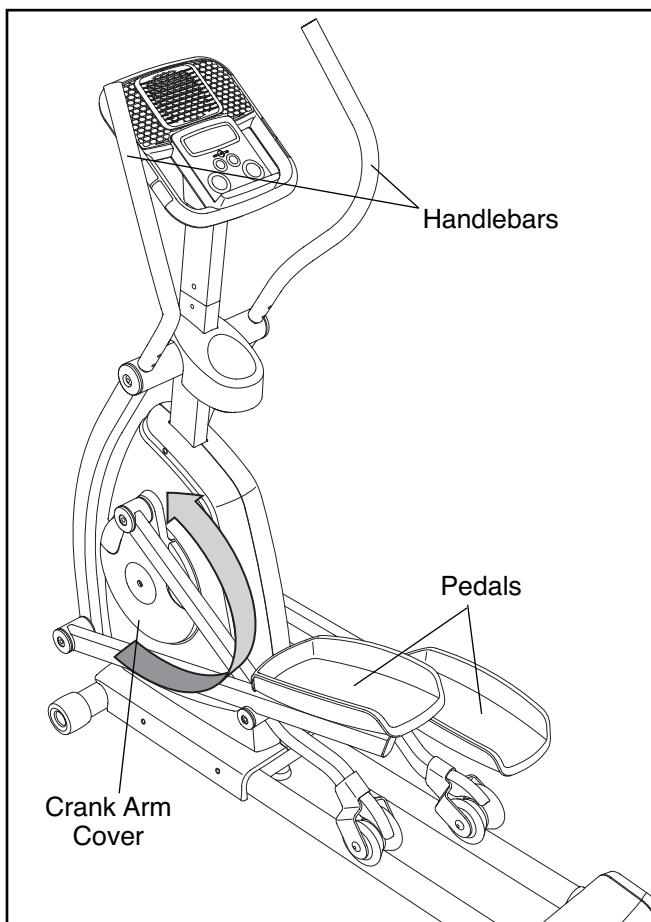
HOW TO LEVEL THE ELLIPTICAL EXERCISER

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



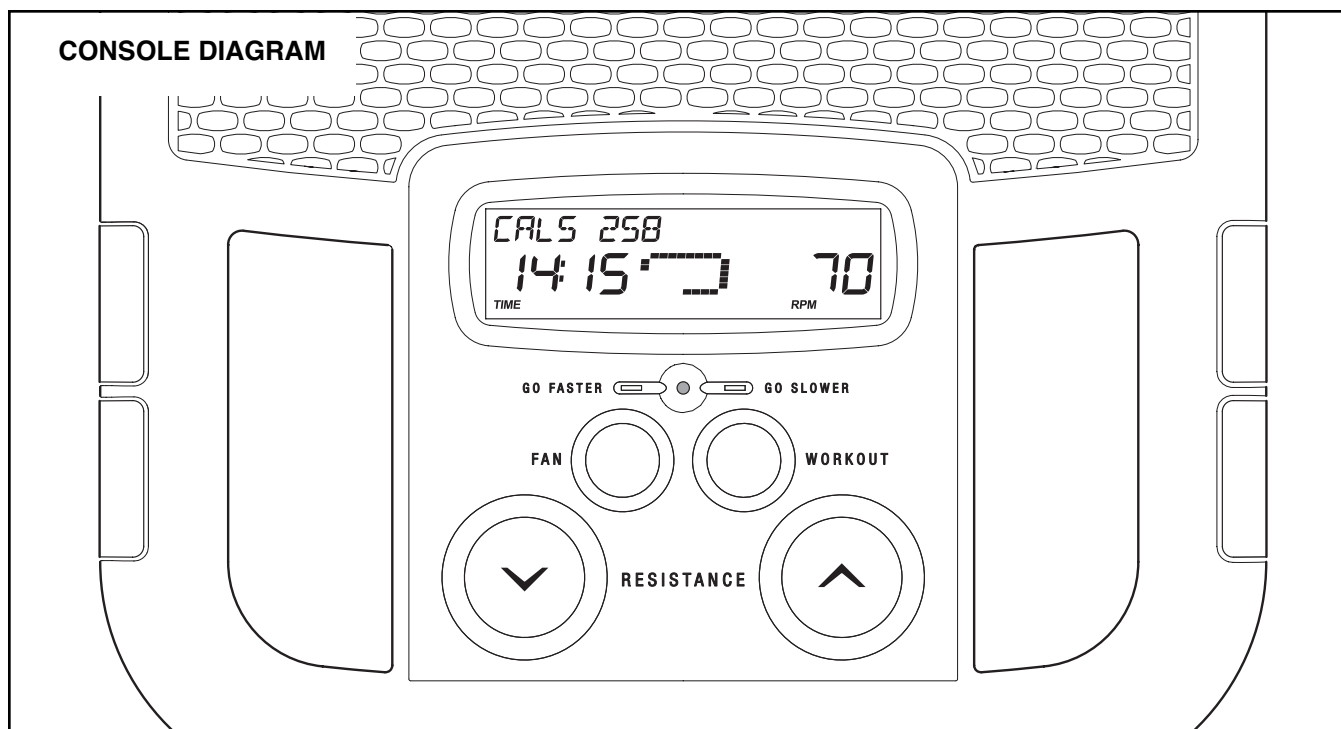
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arm covers can turn in either direction. It is recommended that you turn the crank arm covers in the direction shown by the arrow below; however, for variety, you can turn the crank arm covers 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.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console has five calorie goal workouts designed to help you burn 300, 400, or 500 calories in 25-, 30- or 45-minute workouts. The calorie goal workouts auto-

matically control the resistance of the pedals and prompt you to vary your pace while counting the calories you burn.

The console also has five preset workouts that automatically change the resistance of the pedals and prompt you to vary your pace while guiding you through an effective workout.

To use the manual mode of the console, follow the steps beginning on page 13. **To use a calorie goal workout**, see page 15. **To use a preset workout**, see page 16.

HOW TO USE THE MANUAL MODE

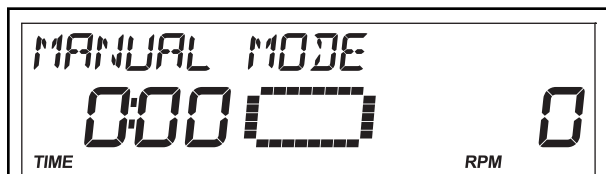
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

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

A moment after you turn on the console, the displays will light.

2. Select the manual mode.

Each time you turn on the console, the manual mode will be selected automatically. If you have selected a workout, reselect the manual mode by pressing the Workout button repeatedly until the words MANUAL MODE appear in the upper 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 Resistance increase and decrease buttons repeatedly. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the displays.

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

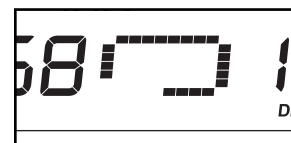


The left display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 14).

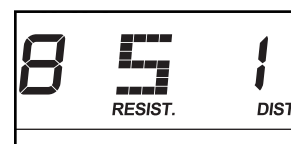
When you select a workout, the left display will also show the approximate number of calories you have burned.

The center display—

When you select the manual mode, the center display will show a track that represents 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.



The center display will also show the resistance level of the pedals for a few seconds each time the resistance level changes.



The right display—

This display will show the distance (total revolutions) you have pedaled and your pedaling pace, in revolutions per minute (rpm).

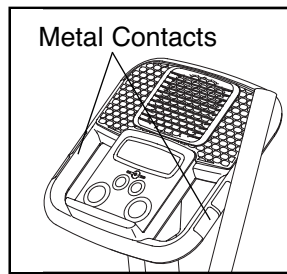


The upper display—When you select the manual mode, the upper display will show the approximate number of calories you have burned.



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.**



When your pulse is detected, a heart-shaped symbol will flash in the left display. Each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.



If 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 and low speed settings. 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.

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, the console will pause, and the time will flash in the display.

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

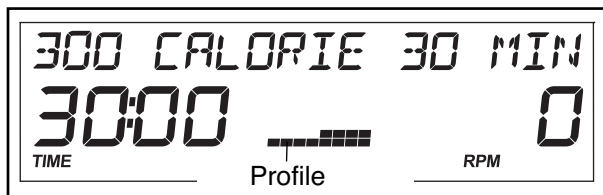
HOW TO USE A CALORIE GOAL WORKOUT

1. Turn on the console.

See step 1 on page 13.

2. Select a calorie goal workout.

Press the Workout button repeatedly until the name of the desired calorie goal workout appears in the upper display. When you select a calorie goal workout, the name of the workout and the workout time will appear in the displays and a profile of the resistance levels of the workout will scroll across the center display.

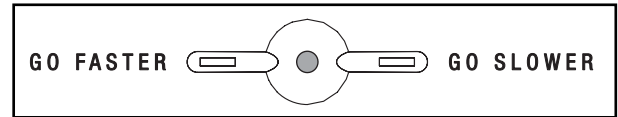


3. Begin pedaling to start the workout.

Each workout is divided into 25, 30, or 45 one-minute segments. One resistance level and one target rpm (revolutions per minute) setting are programmed for each segment. Note: The same resistance level and/or target rpm setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The 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 flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When the words PEDAL FASTER appear in the upper display or the GO FASTER indicator on the pace guide is lit, increase your pace. When the words PEDAL SLOWER appear or the GO SLOWER indicator is lit, decrease your pace. When the words PEDALING IN RANGE appear or when the center indicator is lit, maintain your current pace.



IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you. Note: If you manually override the resistance settings of a calorie goal workout, you may not reach your calorie goal.

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 profile flashes and the last segment of the workout ends.

When the last segment of the workout ends, the words PROGRAM DONE will appear in the upper display.

4. Follow your progress with the displays.

See step 4 on page 13.

5. Measure your heart rate if desired.

See step 5 on page 14.

6. Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

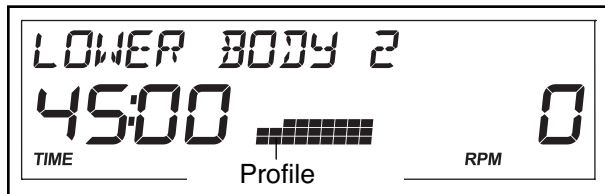
HOW TO USE A PRESET WORKOUT

1. Turn on the console.

See step 1 on page 13.

2. Select a preset workout.

To select a preset workout, press the Workout button repeatedly until the words UPPER BODY, WHOLE BODY, or LOWER BODY appear in the upper display.



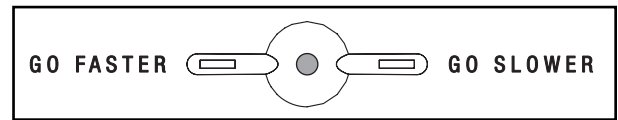
When you select a preset workout, the name of the workout and the workout time will appear in the displays and a profile of the resistance levels of the workout will scroll across the center display.

3. Begin pedaling to start the workout.

Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target rpm (revolutions per minute) setting are programmed for most segments. (Note: The same resistance level and/or target rpm setting may be programmed for consecutive segments.) The displays for a preset workout will work in the same way as the displays for a calorie goal workout (see step 3 on page 15).

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When the words PEDAL FASTER appear in the upper display or the GO FASTER indicator on the pace guide is lit, increase your pace. When the words PEDAL

SLOWER appear or the GO SLOWER indicator is lit, decrease your pace. When the words PEDALING IN RANGE appear or when the center indicator is lit, maintain your current pace.



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

If 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 profile flashes and the last segment of the workout ends.

When the last segment of the workout ends, the words PROGRAM DONE will appear in the upper display.

4. Follow your progress with the displays.

See step 4 on page 13.

5. Measure your heart rate if desired.

See step 5 on page 14.

6. Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

MAINTENANCE AND TROUBLESHOOTING

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

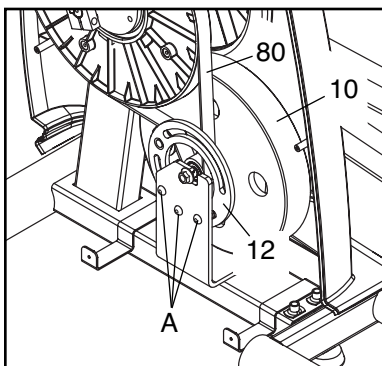
To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, see assembly step 11 on page 10 and remove the Left Pedal Leg (24) and the Left Link Arm (25). Then, see EXPLODED DRAWING A near the end of this manual and remove the M6 x 25mm Button Screw (61) from the center of the left Crank Arm Cover (32), and then carefully remove the left Crank Arm Cover.

Next, remove all the screws from the left side shield, and then carefully remove the left side shield.

Loosen, but do not remove, the three screws (A). Insert the shaft of a screwdriver downward between the Idler (12) and the pulley located on the Eddy Mechanism (10). Pull the top of the screwdriver toward the rear of the elliptical exerciser until the Belt (80) is tight, and then tighten the three screws.

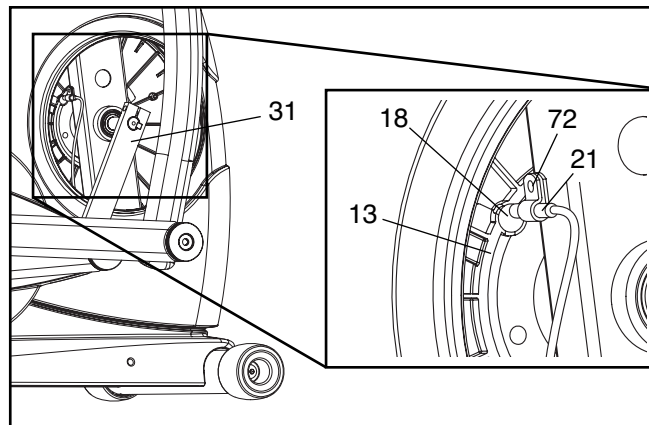


Reattach the left side shield and the left crank arm cover. Then, see step 11 on page 10 and reattach the left pedal leg and the left link arm.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first see EXPLODED DRAWING A near the end of this manual and loosen the M6 x 25mm Button Screw (61) in the center of the right Crank Arm Cover (32), and then carefully rotate the right Crank Arm Cover out of the way.

Next, see the drawing below and locate the Reed Switch (21). Loosen, but do not remove, the indicated M4 x 16mm Screw (72). Slide the Reed Switch slightly closer to or away from the Magnet (18) on the Pulley (13).



Then, retighten the M4 x 16mm Screw (72). Turn one of the Crank Arms (31) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, replace the crank arm cover.

CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 5 on page 7 for replacement instructions.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 14.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 11.

HOW TO GREASE THE ROLLERS

See the EXPLODED DRAWING near the end of this manual. If the Rollers (27) squeak when moving on the Track (2), apply the contents of the included packet of white marine grease equally to each Roller. Spread the grease evenly around the Rollers. Pedal the elliptical exerciser until a thin film of grease is distributed along the Track; wipe off any excess grease.

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, backs of knees, and back.

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

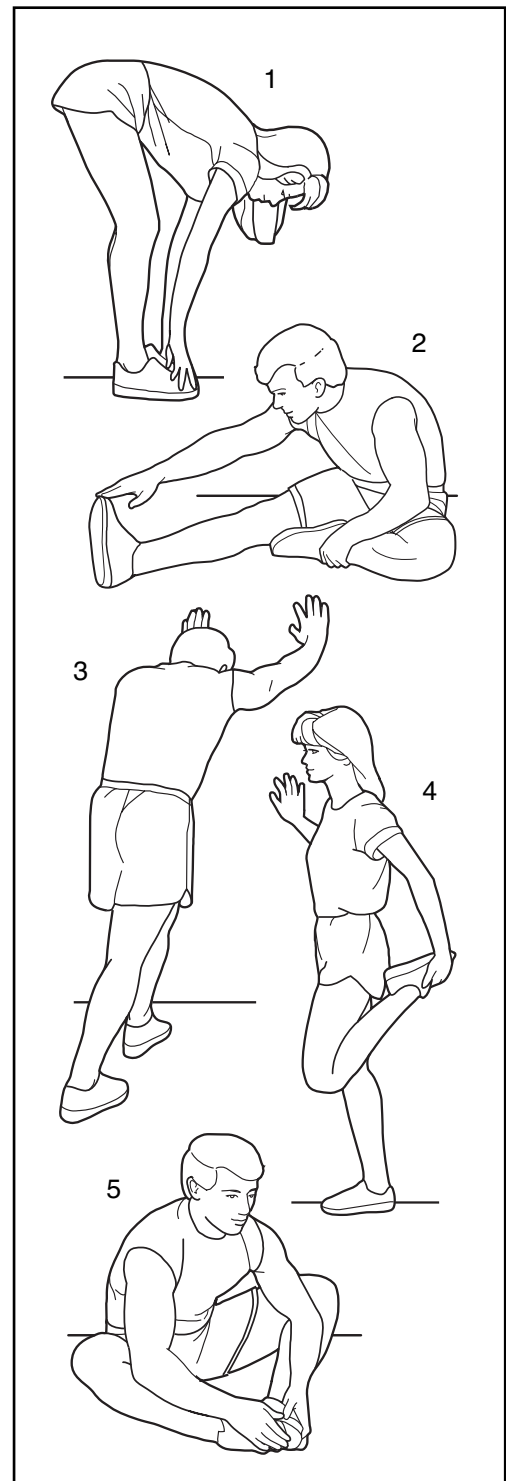
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

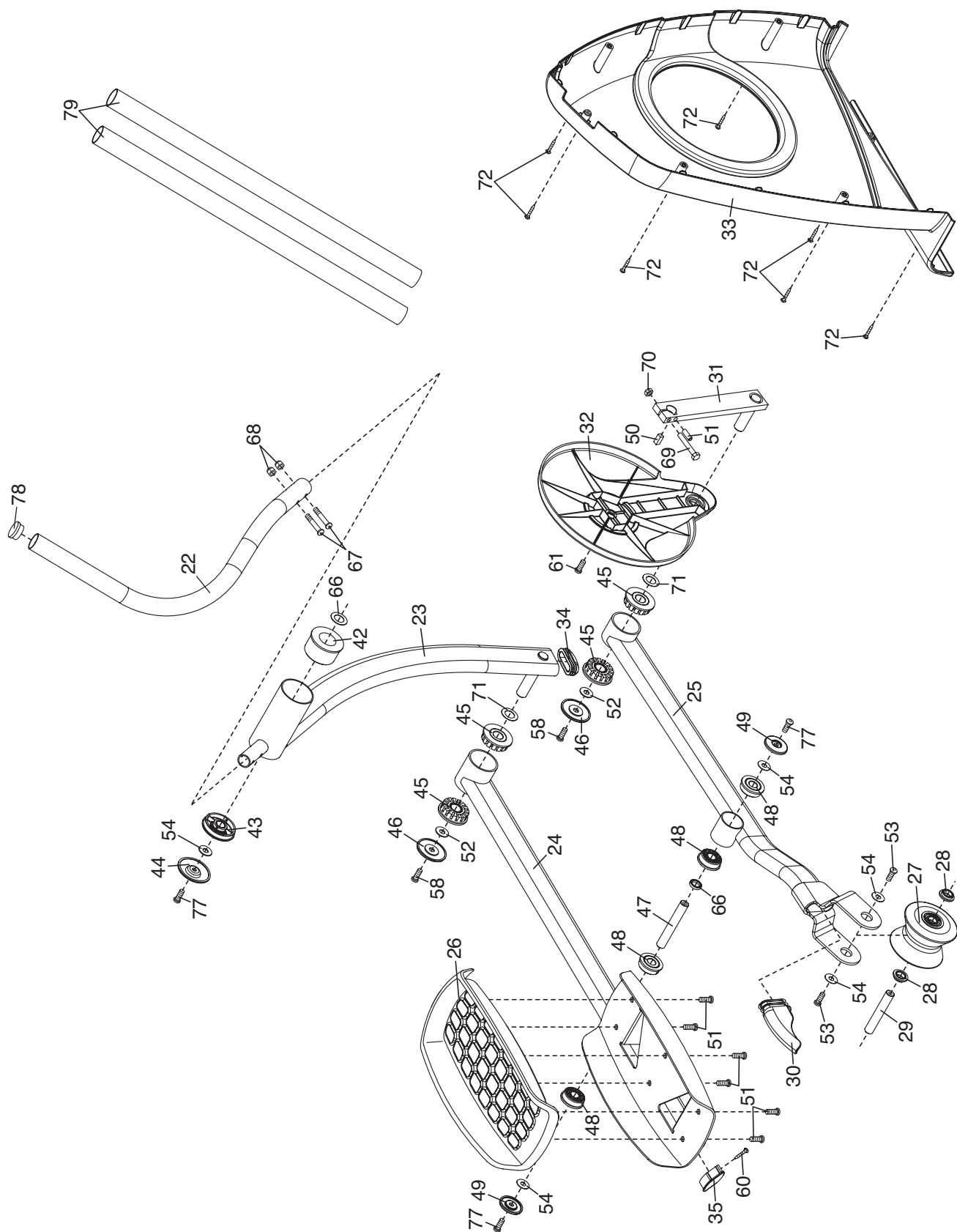


PART LIST—Model No. PFEL54907.0

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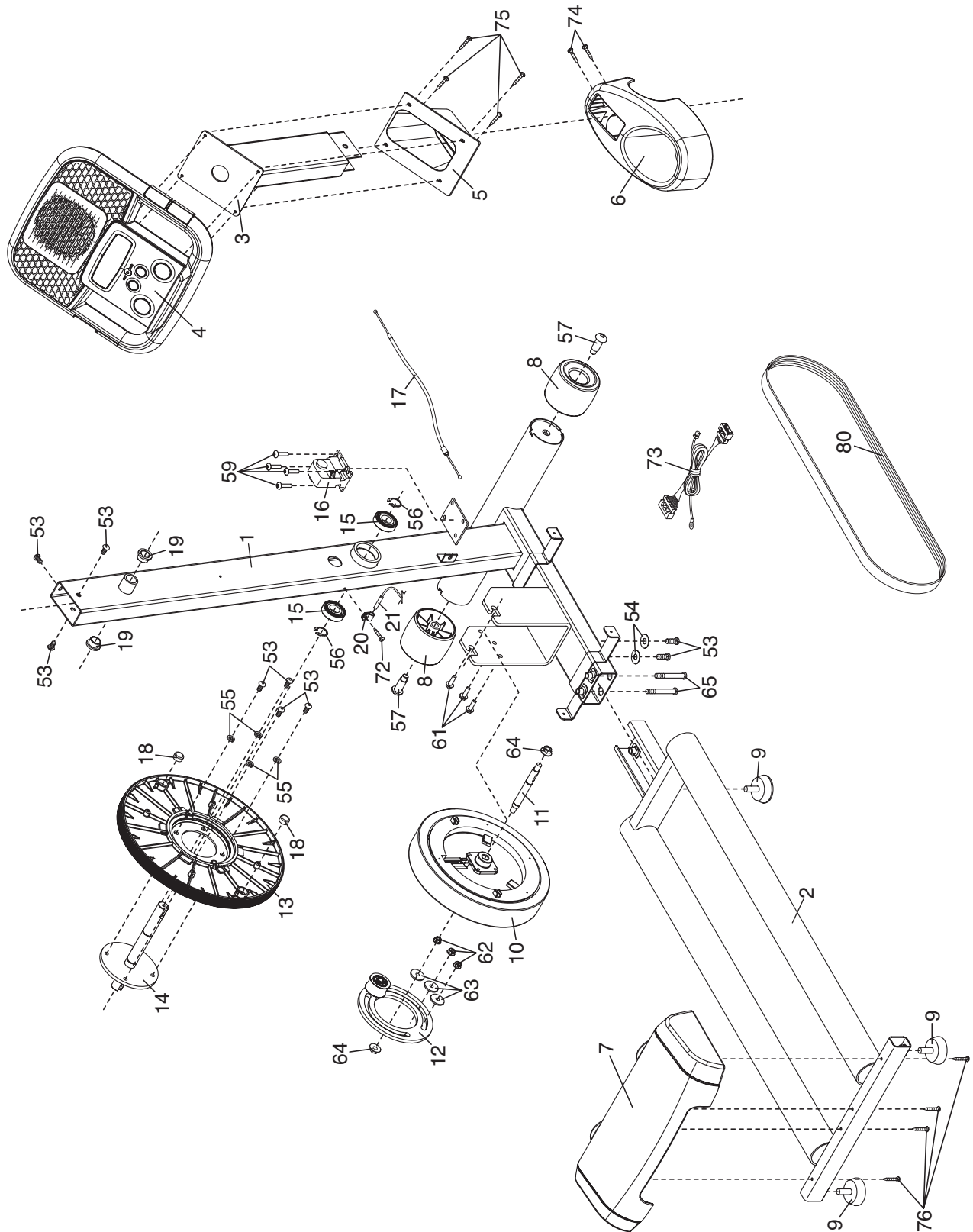
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	43	2	Outer Pivot Bushing
2	1	Track	44	2	Pivot Axle Cover
3	1	Upright	45	8	Crank Arm Bushing
4	1	Console	46	4	Axle Cover
5	1	Upright Cover	47	2	Link Axle
6	1	Water Bottle Holder	48	8	Link Axle Bushing
7	1	Track Cover	49	4	Link Axle Cover
8	2	Wheel	50	2	Key
9	3	Foot	51	14	M6 x 12mm Button Screw
10	1	Eddy Mechanism	52	4	M10 x 25mm Washer
11	1	Axle	53	13	M8 x 16mm Button Screw
12	1	Idler	54	12	M8 x 25mm Washer
13	1	Pulley	55	4	M8 Split Washer
14	1	Crank	56	2	Snap Ring
15	2	Crank Bearing	57	2	M10 x 35mm Shoulder Screw
16	1	Resistance Motor	58	4	M10 x 20mm Button Screw
17	1	Resistance Cable	59	4	M4 x 12mm Flange Screw
18	2	Magnet	60	2	M4 x 12mm Screw
19	2	Upper Body Bushing	61	5	M6 x 25mm Button Screw
20	1	Clamp	62	3	M6 Flange Nut
21	1	Reed Switch/Wire	63	3	M6 Fender Washer
22	1	Left Handlebar	64	2	M10 Flange Nut
23	1	Left Upper Body Arm	65	2	M8 x 50mm Button Screw
24	1	Left Pedal Leg	66	4	16mm Wave Washer
25	1	Left Link Arm	67	4	M8 x 35mm Button Screw
26	2	Pedal	68	4	M8 Nylon Locknut
27	2	Roller	69	2	M8 x 50mm Hex Bolt
28	4	Roller Bushing	70	2	M8 Nylon Locknut
29	2	Roller Axle	71	4	19mm Wave Washer
30	2	Roller Cover	72	11	M4 x 16mm Screw
31	2	Crank Arm	73	1	Wire Harness
32	2	Crank Arm Cover	74	2	M4 x 35mm Screw
33	1	Left Side Shield	75	4	M4 x 19mm Screw
34	2	Upper Body Endcap	76	4	M4 x 50mm Screw
35	2	Pedal Leg Endcap	77	6	M8 x 25mm Button Screw
36	1	Right Handlebar	78	2	Handlebar Endcap
37	1	Right Upper Body Arm	79	2	Foam Grip
38	1	Right Pedal Leg	80	1	Belt
39	1	Right Link Arm	*	—	Hex Key
40	1	Right Side Shield	*	—	Grease Packet
41	1	Pivot Axle	*	—	User's Manual
42	2	Inner Pivot Bushing			

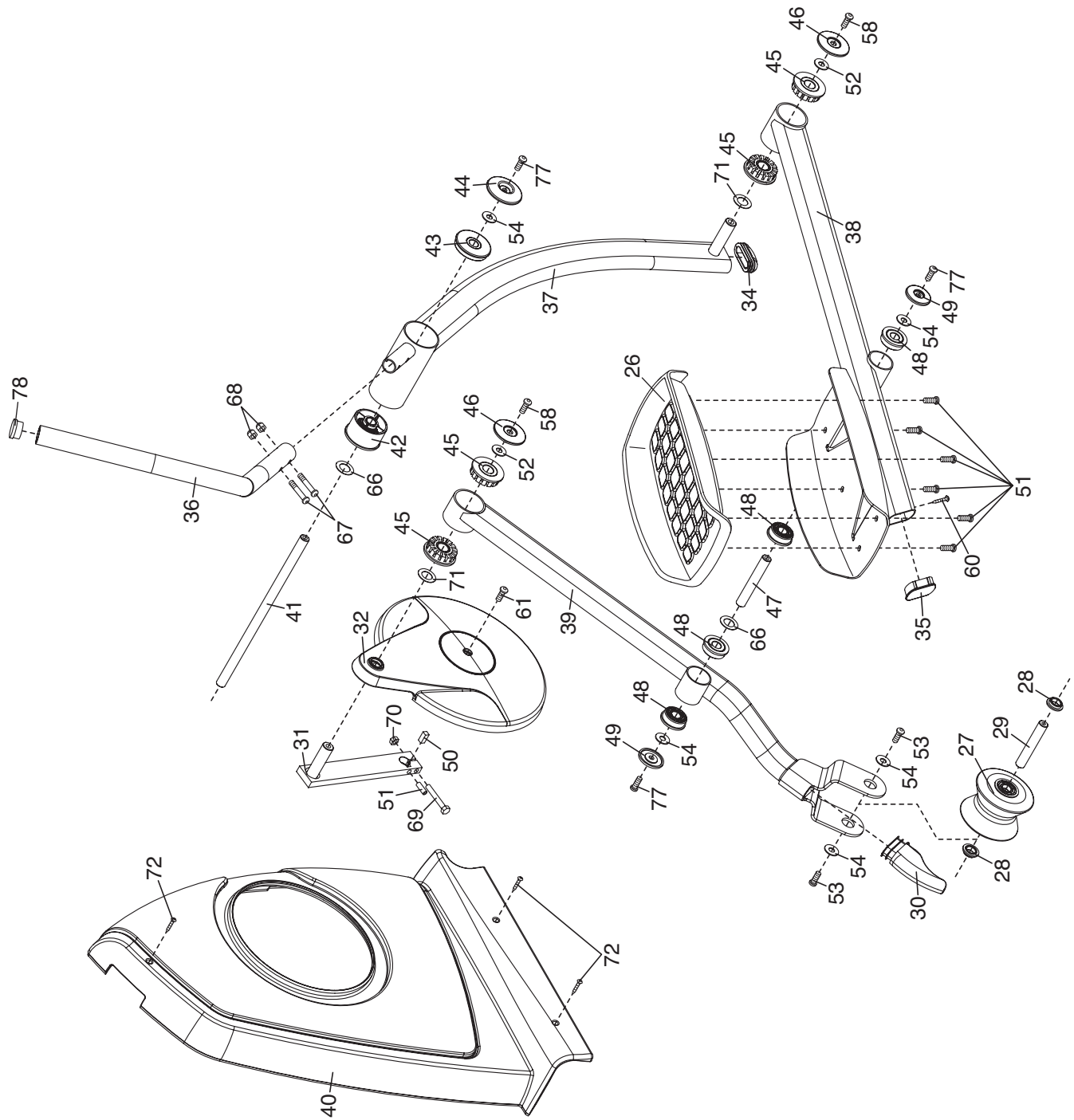
Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.



EXPLODED DRAWING B—Model No. PFEL54907.0

R0807B





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, for a period of ninety (90) days from the date of purchase. There is a seven (7) year warranty on the resistance mechanism. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized 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 in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, 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 is limited in its 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 which vary from state to state.

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