

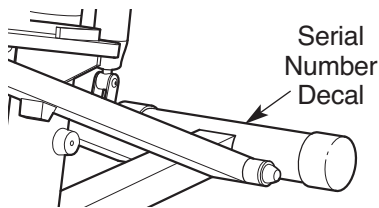
PRO·FORM[®] 225c

P E R F O R M A N C E F I T N E S S

Model No. PFEOST51080

Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

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

08457 089 009

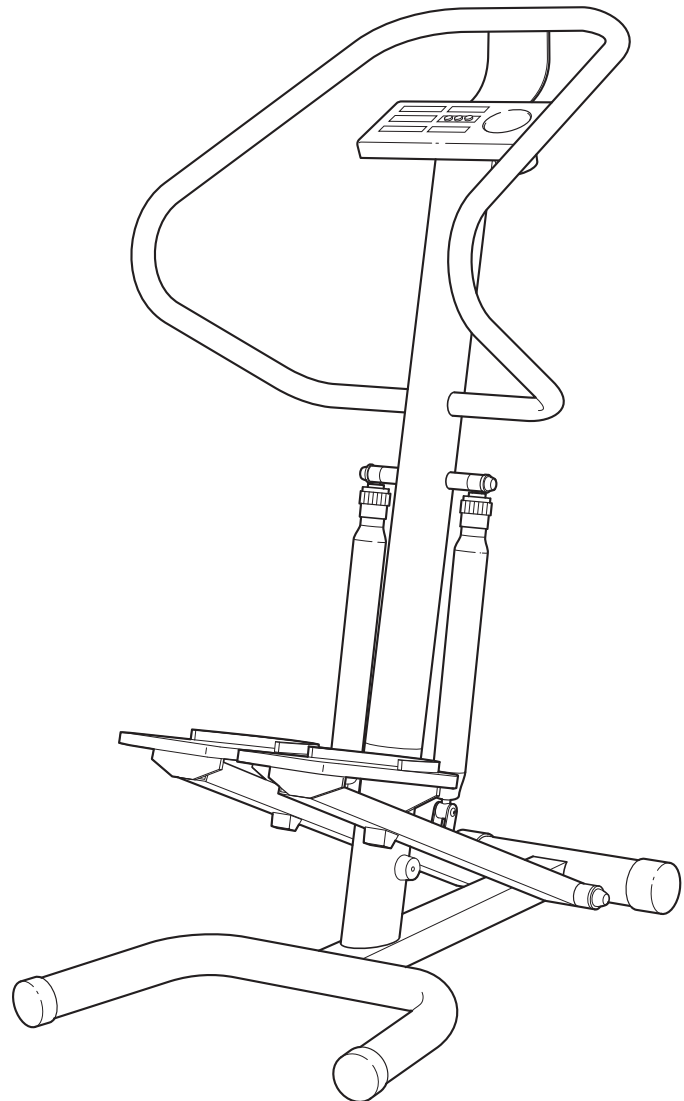
Or write:

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

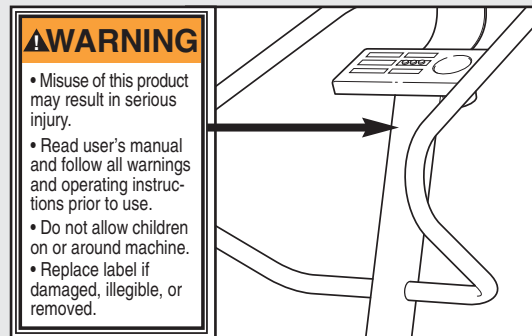
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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the stepper. Use the stepper only as described.
2. It is the responsibility of the owner to ensure that all users of the stepper are adequately informed of all precautions.
3. Use the stepper indoors, away from moisture and dust. Place the stepper on a level surface, with a mat beneath it to protect the floor or carpet from damage.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the stepper at all times.
6. The stepper should not be used by persons weighing more than 114 kilograms.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the stepper. Always wear athletic shoes for foot protection.
8. Always keep your back straight when using the stepper. Do not arch your back.
9. The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.
10. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
11. The stepper is intended for in-home use only. Do not use the stepper in a commercial, rental, or institutional setting.
12. The decal shown below has been placed on the stepper. If the decal is missing, or if it is not legible, call our Customer Service Department toll-free to order a free replacement decal.



⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

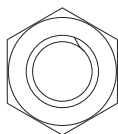
Thank you for selecting the new PROFORM® 225C stepper. The 225C stepper blends advanced engineering with contemporary styling to provide you with a low-impact workout in the convenience and privacy of your own home.

For your benefit, read this manual carefully before you use the PROFORM® 225C stepper. If you have

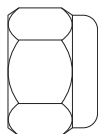
questions after reading the manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please mention the product model number and serial number when calling. The model number is PFEOST51080. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location of the decal).

PART IDENTIFICATION CHART

Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 10. The second number refers to the quantity used in assembly. **Note: If a part is not found in the parts bag, check to see if it has been preassembled.**



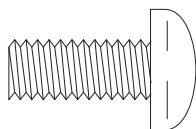
M10 Locknut (15)–8



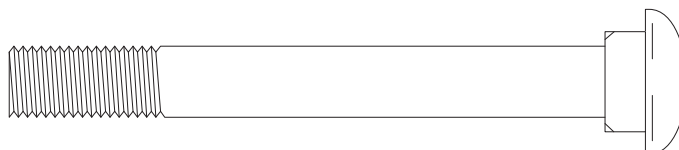
M8 Lock Washer (23)–2



M10 x 40mm Bolt (25)–2



M8 x 19mm Button Head Bolt (21)–2



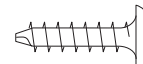
M10 x 82mm Carriage Bolt (24)–2



M4 x 12mm Console Screw (22)–4







M4 x 10mm Screw (28)–8



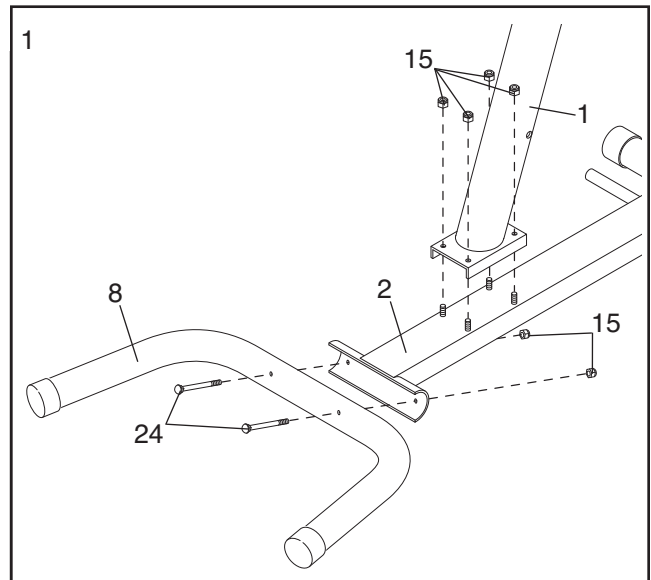
M4 x 16mm Screw (27)–4

ASSEMBLY

Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench** , **a phillips spanner** , **two adjustable spanners**  and **a rubber mallet** .

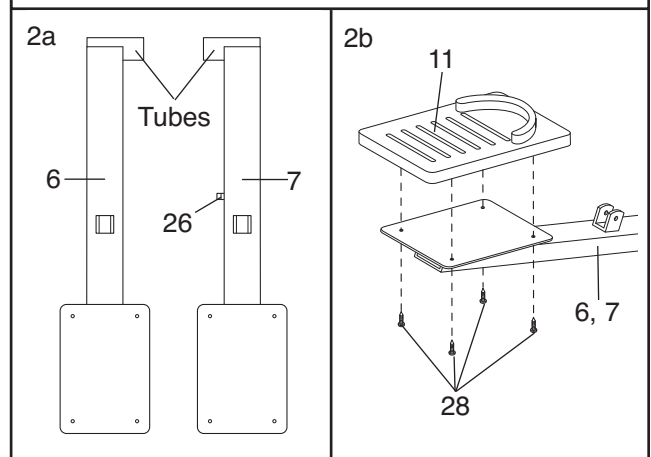
1. Attach the Stabiliser (8) to the Base (2) with two M10 x 82mm Carriage Bolts (24) and two M10 Locknuts (15).

Slide the Upright (1) onto the threaded bolts in the Base (2). **Make sure that the Upright is angled in the direction shown.** Attach the Upright with four M10 Locknuts (15).



2. Refer to drawing 2a. Identify the Right Pedal Leg (7) and the Left Pedal Leg (6). Note the positions of the welded tubes and the Magnet (26).

Refer to drawing 2b. Attach a Pedal (11) to each Pedal Leg (6, 7) with four M4 x 10mm Screws (28).



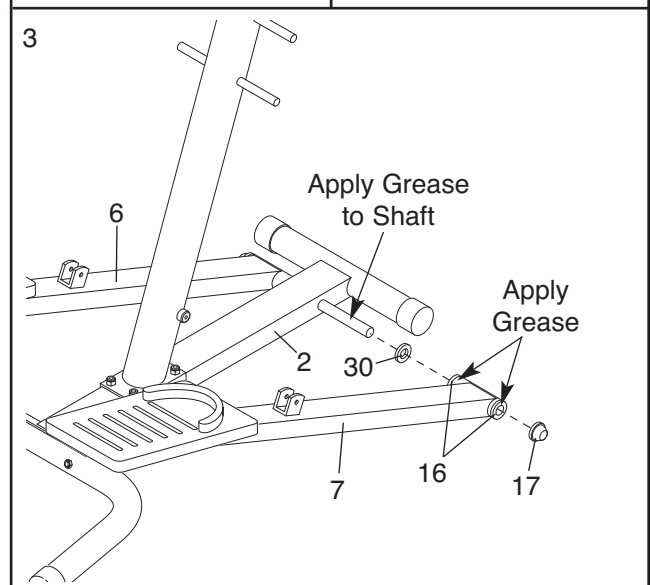
3. Slide a Metal Cap (30) onto the indicated shaft on the Base (2). **Make sure that the open side of the Metal Cap is facing the Base.**

Next, apply grease to the shaft on the Base (2).

Apply grease to the Pedal Leg Bushings (16) that are in the Right Pedal Leg (7).

Slide the Right Pedal Leg (7) onto the shaft on the Base (2). Tap a 3/4" Axle Cap (17) onto the shaft.

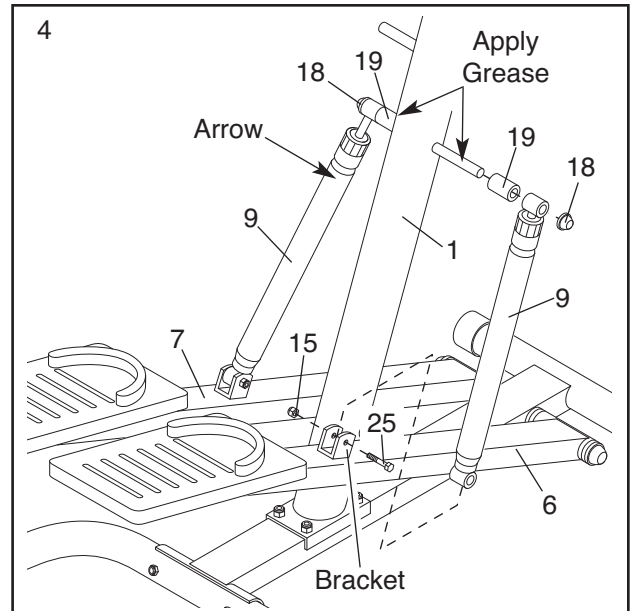
Repeat this step to attach the Left Pedal Leg (6).



4. Apply grease to the lower shafts on the Upright (1).

Slide a Cylinder Spacer (19) and a Resistance Cylinder (9) onto each of the lower shafts on the Upright (1). **Make sure that the Resistance Cylinders are turned so the arrows are on the side shown.** Tap a 5/8" Axle Cap (18) onto each shaft.

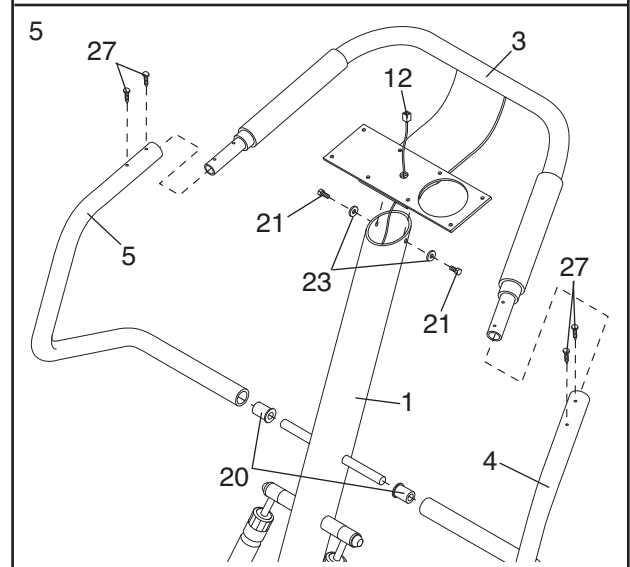
Attach the lower ends of the Resistance Cylinders (9) to the brackets on the Right and Left Pedals (6, 7) with the M10 x 40mm Bolts (25) and two M10 Locknuts (15).



5. Insert the Handlebar Bushings (20) into the Right and Left Handlebars (4, 5). Slide the Handlebar Bushings and the Handlebars onto the upper shafts on the Upright (1). Whilst another person holds the Handlebars, slide the Top Handlebar (3) into the Right and Left Handlebars. Loosely thread four M4 x 16mm Screws (27) into the Handlebars and the Top Handlebar. **Do not tighten the Screws yet.**

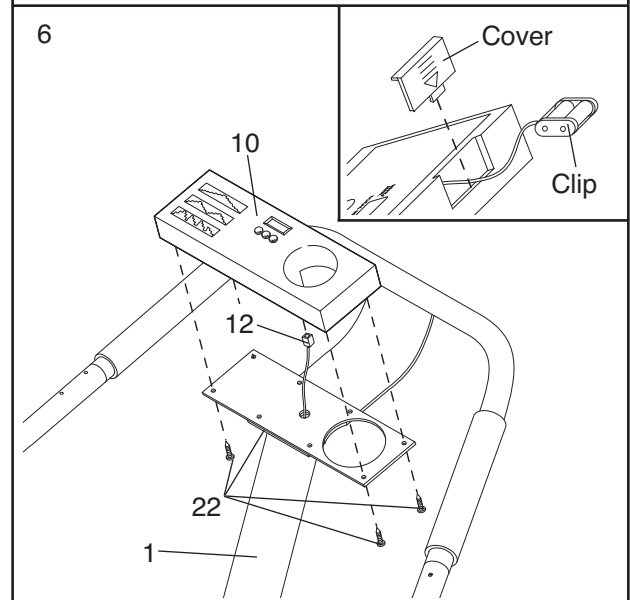
Insert the Reed Switch Wire (12) through the Top Handlebar (3). Attach the Top Handlebar to the Upright (1) with two M8 x 19mm Button Head Bolts (21) and two M8 Lock Washers (23).

Tighten the four M4 x 16mm Screws (27).



6. Plug the Reed Switch Wire (12) into the socket in the back of the Console (10). Next, insert the excess Reed Switch Wire down into the Upright (1). Attach the Console to the Upright with four M4 x 12mm Console Screws (22). **Be careful to avoid pinching the Reed Switch Wire.**

The Console (10) requires two 1,5V batteries (not included). Alkaline batteries are recommended. Refer to the inset drawing. To install batteries, first slide off the battery cover and carefully remove the battery clip from the Console. Insert two batteries into the battery clip. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the battery clip.** Insert the battery clip into the Console and reattach the battery cover.



7. **Make sure that all parts are properly tightened before you use the stepper.**

HOW TO USE THE STEPPER

The diagram illustrates the stepper console's layout. On the left, three pacer programs are shown as bar graphs:

- 1 Interval:** A 10x10 grid with target bars at 20, 18, 16, 14, 12, 10, 8, 6, 4, and 2 repetitions per minute. The right side of the grid is labeled 'REPS MIN.' with values 90 and 40.
- 2 Aerobic:** A 10x10 grid with target bars at 20, 18, 16, 14, 12, 10, 8, 6, 4, and 2 repetitions per minute. The right side is labeled 'REPS MIN.' with values 90 and 40.
- 3 Fat Burn:** A 10x10 grid with target bars at 20, 18, 16, 14, 12, 10, 8, 6, 4, and 2 repetitions per minute. The right side is labeled 'REPS MIN.' with values 90 and 40.

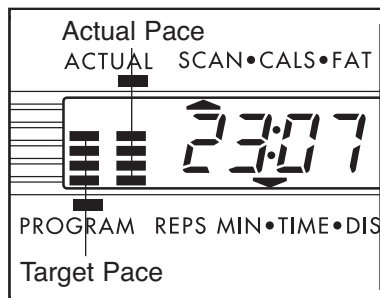
On the right, the digital display shows '23:07' and '90'. Above the display are labels: 'ACTUAL', 'SCAN•CALC•FAT CALS', and 'PROGRAM REPS MIN•TIME•DISTANCE'. Below the display are three buttons: 'ON/RESET', 'MODE', and 'PROGRAM'. Below the buttons is the label 'AUTO OFF'. At the bottom right is a box labeled 'DIGITAL PACER ELECTRONICS'.

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

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you achieve your exercise goals by pacing your exercise. The console also features six monitor modes that provide continuous exercise feedback.

HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column will show a target pace, which is determined by the program you have selected; the right



column will show your actual pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**

The three graphs on the console show how the target pace will change during the pacer programs (see the drawing above). Each graph is divided into ten columns, and each column represents a two-minute time period. The bars in each column show what the target pace will be during that two-minute period. For example, in the first column of graph 2, there is one bar. This shows that during the first two minutes of program 2, the target pace will be 40 repetitions (steps) per minute (see the scale at the right end of the graph). In the second column, there are three bars. This shows that during the second two-minute period, the target pace will be 60 repetitions per minute. Each pacer program is twenty minutes long.

DESCRIPTION OF THE MONITOR MODES

The six monitor modes provide continuous exercise feedback. The modes are described below.

- **Reps/Min**—This mode shows your pace, in repetitions (steps) per minute.
- **Time**—If you select one of the three pacer programs, this mode will count down the time remaining in the program. If you select the manual mode, this mode will count up the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause.

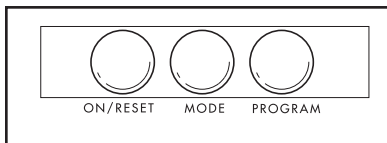
- Distance—This mode shows the total number of repetitions (steps) you have completed, up to 999. The display will then reset to zero and continue counting.
- Fat calories (FAT CALS)—This mode shows the approximate number of fat calories you have burned. (See BURNING FAT on page 9 for an explanation of fat calories.)
- Calories (CALC)—This mode shows the approximate number of calories you have burned. (This number includes both *fat* calories and *carbohydrate* calories.)
- Scan—This mode displays the calories, fat calories, reps/min, time, and distance modes, for five seconds each, in a repeating cycle.

STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, two 1.5V batteries must be installed. (See assembly step 6 on page 5 for installation instructions.) Follow the steps below to operate the console.

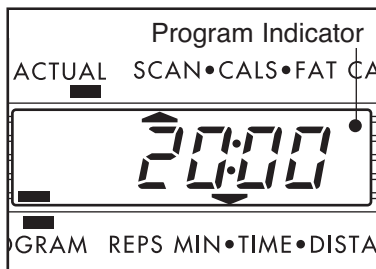
1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising on the stepper. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for use. Note: If batteries were just installed, the power will already be on.



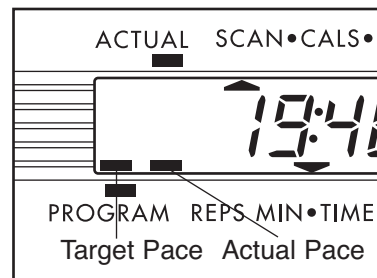
2 Select one of the three pacer programs or the manual mode

To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected. To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1, program 2, program 3, manual mode.



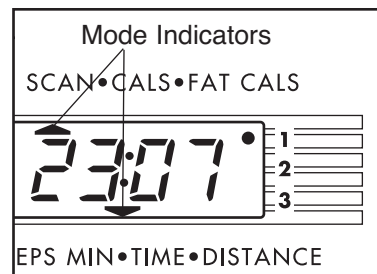
3 Begin your workout

If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, showing that the target pace is 40 repetitions per minute. The right column will show your actual pace. Adjust your pace until only one bar appears in the right column. As the program progresses, the target pace will change periodically; as the target pace changes, adjust your pace to keep both columns at the same height. **Remember, the target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



4 Follow your progress with the monitor modes

When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If you select a different mode, you can select the scan mode again by repeatedly pressing the mode button.



If desired, you can select the reps/min, time, distance, fat calories or calories mode for continuous display. To select one of these modes, repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

If desired, the display can be reset by pressing the on/reset button.

5 Turn off the power

To turn off the power, simply wait for about six minutes. If the pedals are not moved and the console buttons are not pressed for six minutes, the power will turn off automatically.

HOW TO EXERCISE ON THE STEPPER

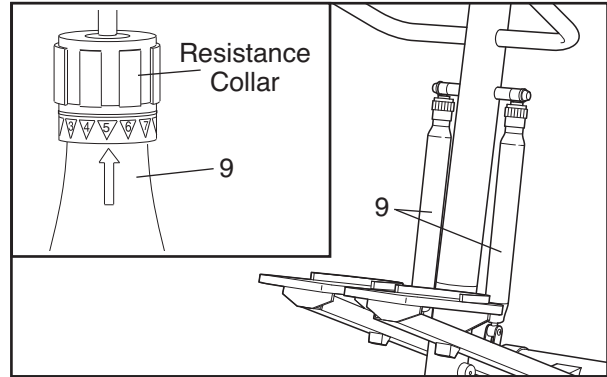
Place the stepper on a level surface and place a mat under the stepper. (The stepper features precision hydraulic cylinders. However, there is a possibility of slight oil leakage due to the nature of hydraulic cylinders.)

Hold the handlebars and step onto the pedals. Begin stepping, alternately depressing the right and left pedals with a smooth, continuous motion. Because the pedals move independently of each other, you must maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or the stepping pace until you can comfortably maintain a continuous motion.

As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise. Always keeping your back straight in order to avoid injury.

HOW TO ADJUST THE RESISTANCE

To change the stepping resistance, simply turn the resistance collars on the upper ends of the Resistance Cylinders (9) (see the inset drawing). The arrows on the Resistance Cylinders and the markings on the resistance collars show which resistance level has been selected. Make sure that both Resistance Cylinders are at the same resistance setting.



WARNING: The resistance cylinders become very hot during use. Touch only the resistance collars when changing the stepping resistance.

MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts each time you use the stepper. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent.

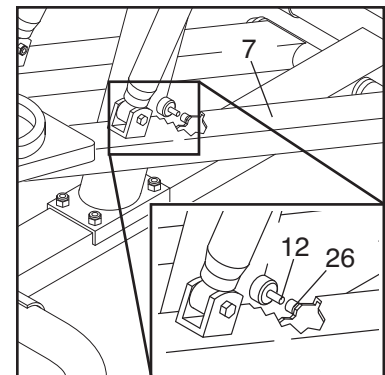
To prevent damage to the console, use only a sealed water bottle in the water bottle holder. In addition, keep liquid away from the console, keep the console out of direct sunlight, and remove the batteries when storing the stepper.



REED SWITCH ADJUSTMENT

If the console does not function properly, or if the display becomes faint, the batteries should be replaced. See assembly step 6 on page 5.

If the console still does not function properly, the Reed Switch (12) should be adjusted. Hold down the Right Pedal Leg (7) so that the Magnet (26) is level with the Reed Switch (12). Slide the Reed Switch (12) in or out slightly. The gap between the Reed



Switch and the Magnet should be about 1/8". Make sure that the Magnet will not hit the Reed Switch when the Right Pedal Leg is moved. Repeat until the console displays correct feedback.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ 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.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

HEART RATE TRAINING ZONES			
AGE	MIN BPM		MAX BPM
	Fat Burn	Max Burn	Aerobic
20	125	145	165
30	120	138	155
40	115	130	145
50	110	125	140
60	105	118	130
70	95	110	125
80	90	103	115

To find the proper heart rate for you, first find your age on the left side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the right of your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the heart rate for maximum fat burning; the highest number is the heart rate for aerobic exercise.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for ener-

gy. 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 as you exercise.

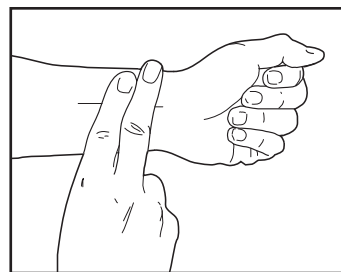
For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by 10



to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

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

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you

may complete up to five workouts each week, if desired. **CAUTION: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFEOST51080

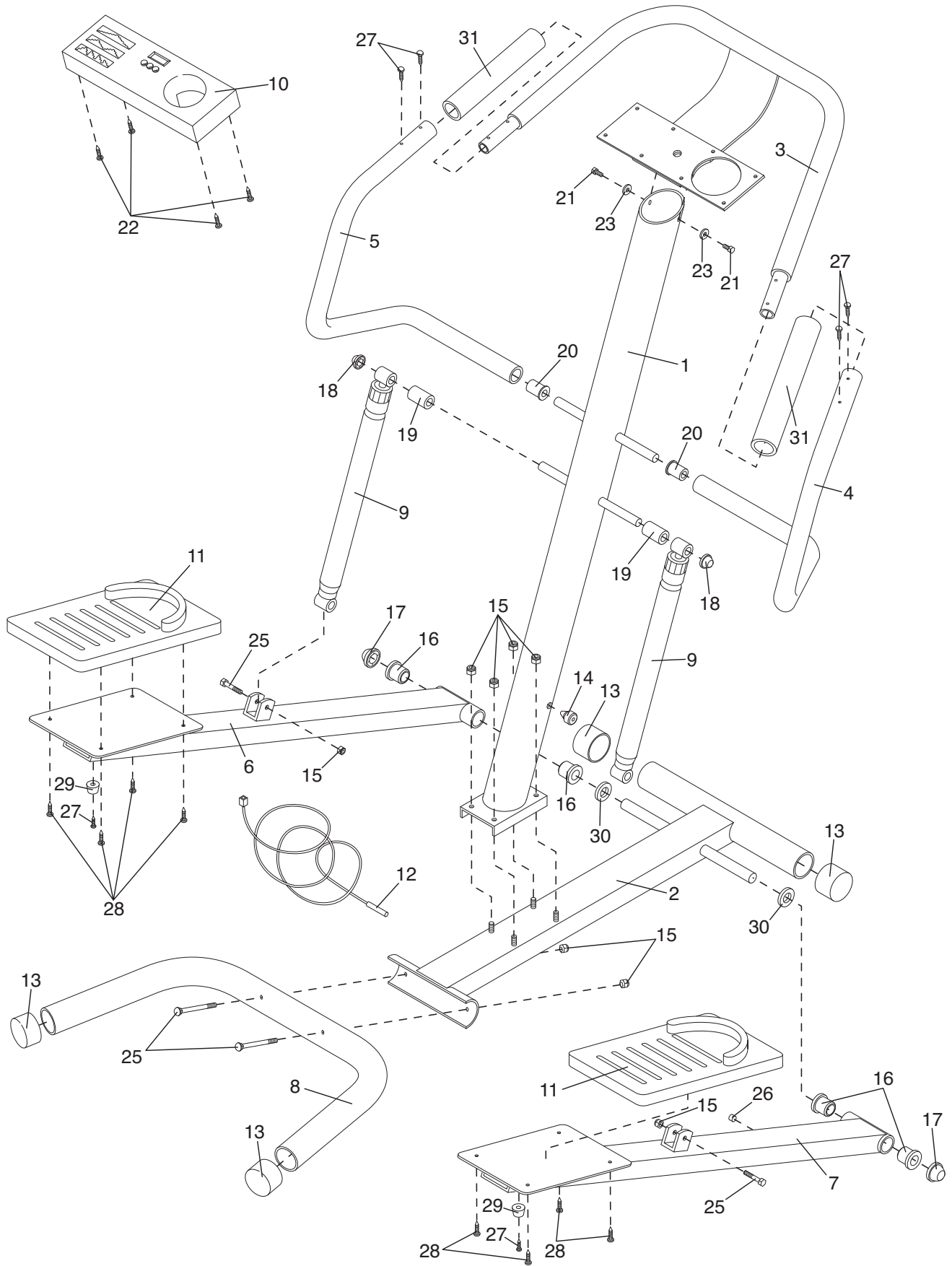
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Upright	18	2	5/8" Axle Cap
2	1	Base	19	2	Cylinder Spacer
3	1	Top Handlebar	20	2	Handlebar Bushing
4	1	Right Handlebar	21	2	M8 x 19mm Button Head Bolt
5	1	Left Handlebar	22	4	M4 x 12mm Console Screw
6	1	Left Pedal Leg	23	2	M8 Lock Washer
7	1	Right Pedal Leg	24	2	M10 x 82mm Carriage Bolt
8	1	Stabiliser	25	2	M10 x 40mm Bolt
9	2	Resistance Cylinder w/Bushing	26	1	Magnet w/Holder
10	1	Console	27	6	M4 x 16mm Screw
11	2	Pedal	28	8	M4 x 10mm Screw
12	1	Reed Switch w/Wire	29	2	Plastic Bumper
13	4	Endcap	30	2	Metal Cap
14	1	Grommet	31	2	Foam Grip
15	8	M10 Locknut	#	1	User's Manual
16	4	Pedal Leg Bushing	#	1	Grease Packet
17	2	3/4" Axle Cap	#	1	Allen Wrench

Note: “#” refers to a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PFEOST51080

R0701A



HOW TO ORDER REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness, Ltd. office, or write:

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

Tel:

08457 089 009

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

When calling or writing, please provide the following information:

- The MODEL NUMBER of the product (PFEOST51080)
- The NAME of the product (PROFORM® 225C stepper)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 10 of this manual).

PROFORM® is a registered trademark of ICON Health & Fitness, Inc.