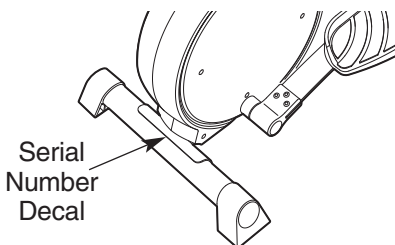


# PRO-FORM<sup>®</sup> 595 HR Heart Rate Control

Model No. PFEVEL48940

Serial No. \_\_\_\_\_



## 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:

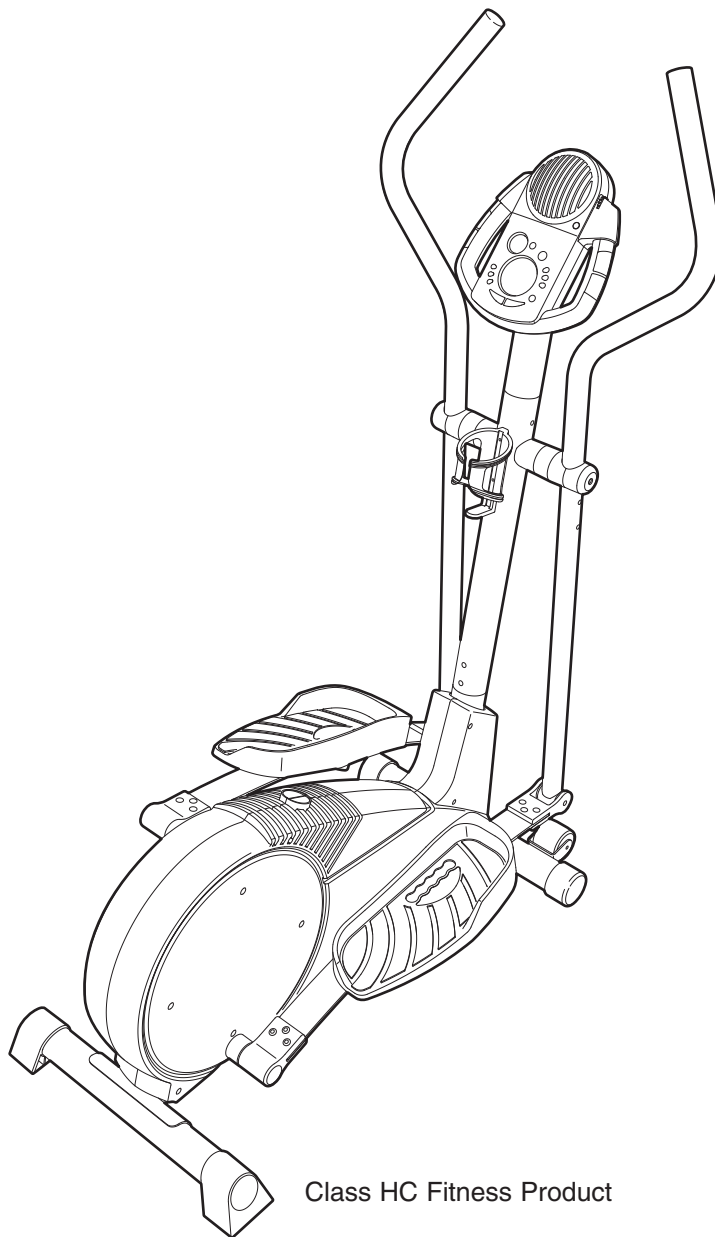
ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4  
Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

email: [csuk@iconeurope.com](mailto: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.iconeurope.com](http://www.iconeurope.com)

*PRO-FORM*<sup>®</sup>  
**595 HR**  
**Heart Rate Control**

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# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical exerciser indoors, away from moisture and dust.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under 12 and pets away from the elliptical exerciser at all times.
6. The elliptical exerciser should not be used by persons weighing more than 115 kg (250 lbs).
7. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection.
8. Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical exerciser.
9. 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.
10. Keep your back straight when using the elliptical exerciser; do not arch your back.
11. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.

**⚠ 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.

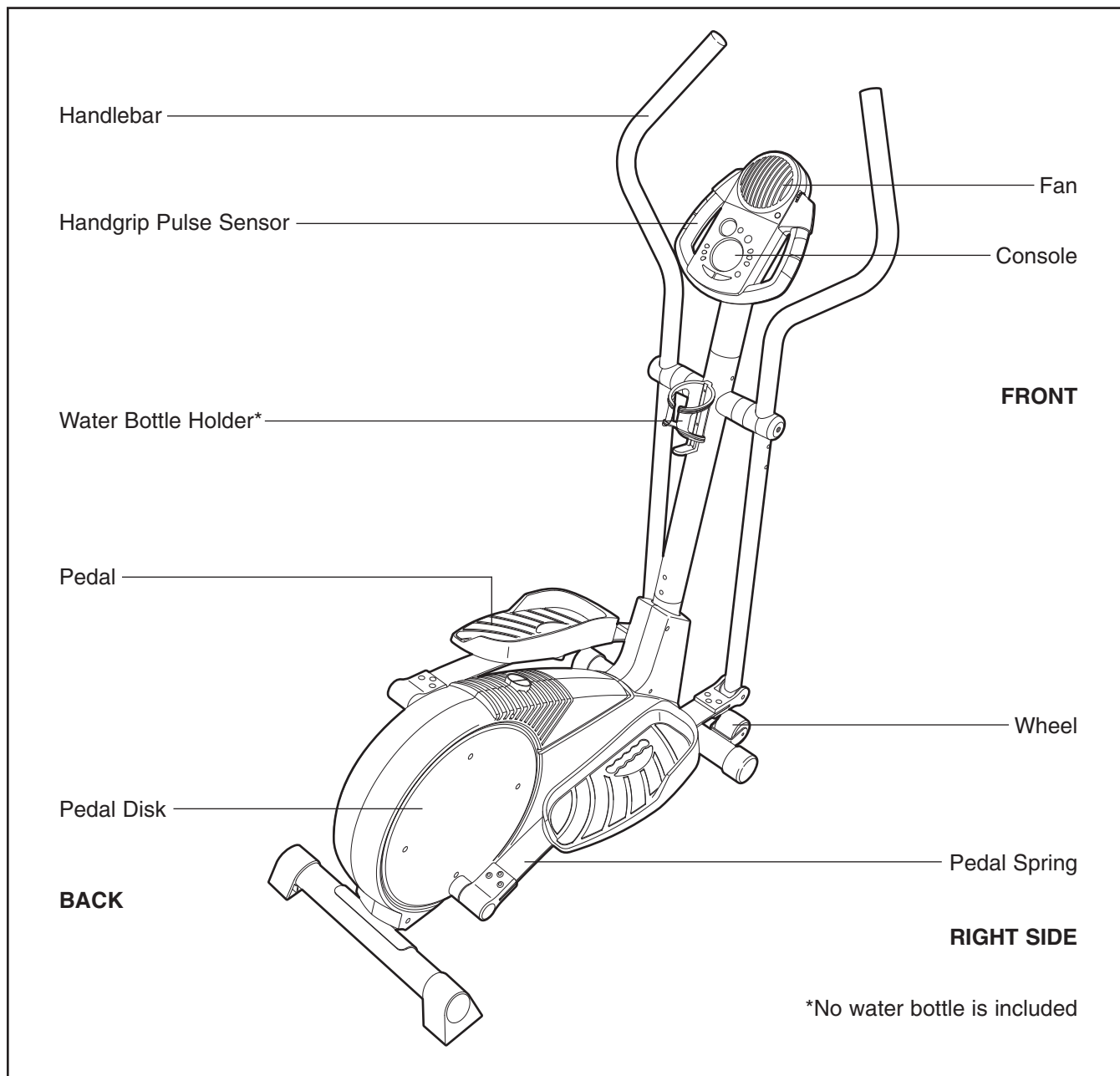
## BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 595 HR elliptical exerciser. The PROFORM 595 HR is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. And the unique PROFORM 595 HR features adjustable resistance and an easy-to-use console to help you get the most from your exercise.

**For your benefit, read this manual carefully before you use the elliptical exerciser.** If you have ques-

tions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is PFEVEL48940. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

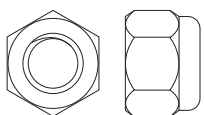
Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



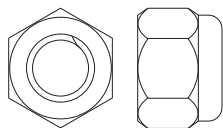
# ASSEMBLY

**Assembly requires two persons.** Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included hex keys and your own phillips screwdriver** , **adjustable spanner** , and **rubber mallet** .

Use the drawings below to identify the small parts used for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 22. The number following the key number 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 pre-assembled.**



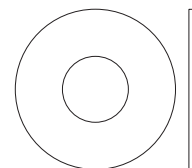
M8 Nylon  
Locknut (38)–4



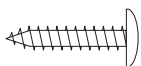
M10 Nylon  
Locknut (33)–6



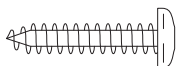
M10 Split  
Washer (59)–7



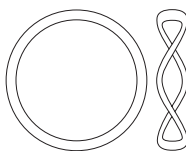
Handlebar  
Washer (55)–2



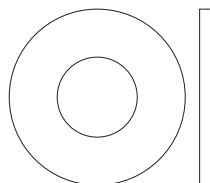
M4 x 16mm  
Screw (52)–4



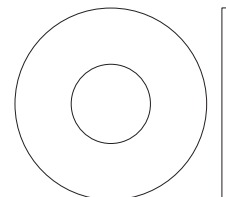
M4 x 19mm  
Screw (86)–2



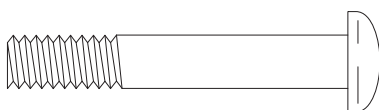
Wave Washer  
(43)–2



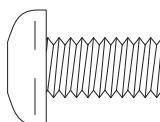
M10  
Washer (78)–2



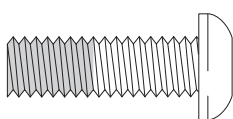
Spring Bracket  
Washer (35)–2



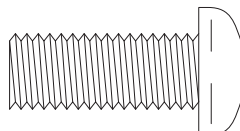
M8 x 45mm Button Bolt (50)–4



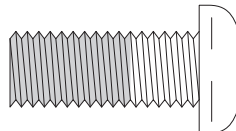
M10 Bolt Set (74)–2



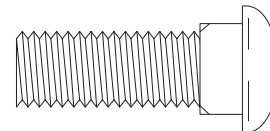
M8 x 25mm Patch  
Screw (56)–2



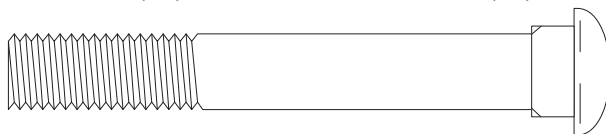
M10 x 25mm  
Button Screw (67)–3



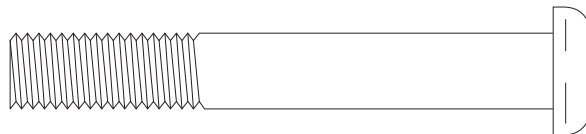
M10 x 27mm  
Patch Screw (40)–2



M10 x 30mm  
Carriage Bolt (80)–2

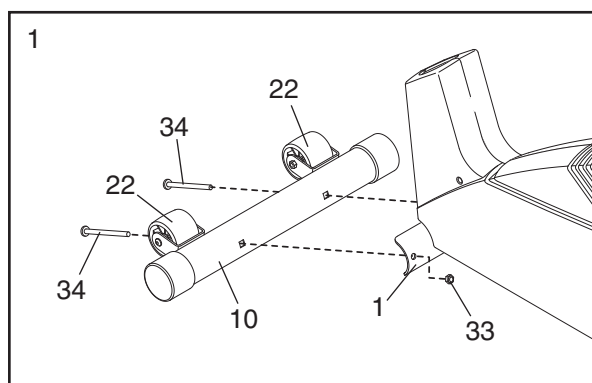


M10 x 75mm Carriage Bolt (34)–4

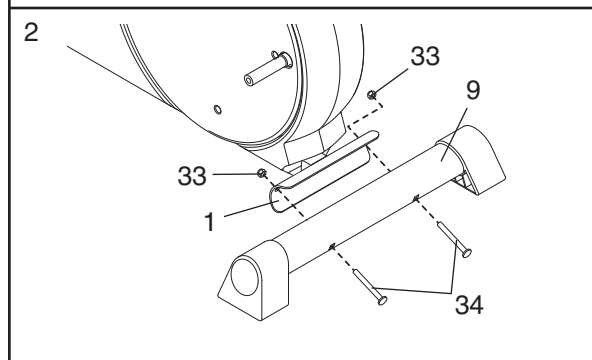


M10 x 72mm Button Bolt (84)–2

1. Identify the Front Stabiliser (10). Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33). **Make sure that the Front Stabiliser is turned so the Wheels (22) are not touching the floor.**

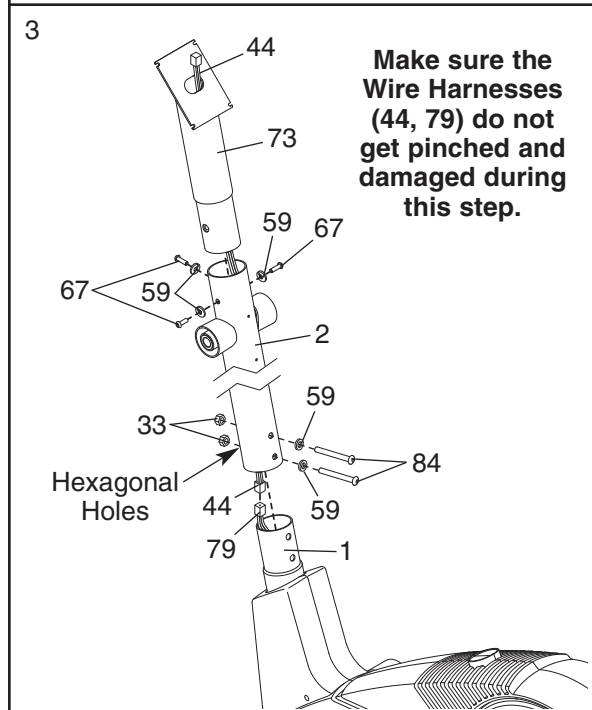


2. Whilst another person lifts the back of the Frame (1), attach the Rear Stabiliser (9) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).

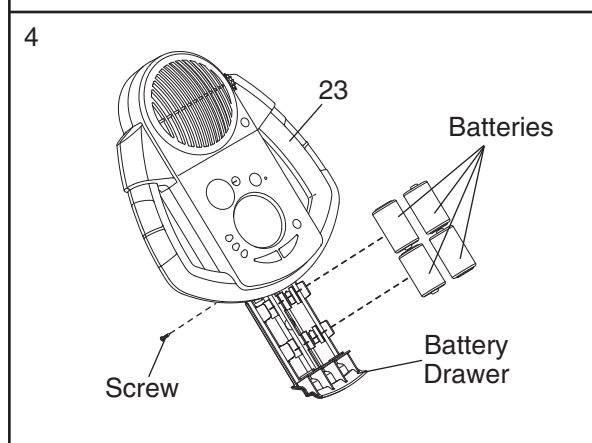


3. Whilst another person holds the Upright (2) in the position shown, connect the Extension Wire Harness (44) to the Wire Harness (79). **Carefully pull the upper end of the Extension Wire Harness to remove any slack**, and slide the Upright onto the Frame (1). **Be careful not to pinch the Wire Harnesses.** Attach the Upright with two M10 x 72mm Button Bolts (84), two M10 Split Washers (59), and two M10 Nylon Locknuts (33).

Feed the upper end of the Extension Wire Harness (44) through the Upright Extension (73). **Whilst holding the upper end of the Extension Wire Harness**, insert the Upright Extension into the Upright (2). **Be careful not to pinch the Extension Wire Harness.** Attach the Upright Extension with three M10 x 25mm Button Screws (67) and three M10 Split Washers (59). **Make sure that the Nylon Locknuts are inside of the hexagonal holes.**



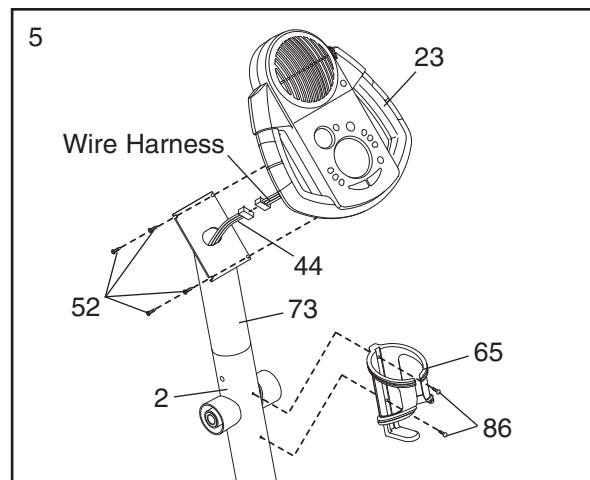
4. The Console (23) requires four 1.5V "D" batteries; alkaline batteries are recommended. Remove the indicated screw from the battery drawer, and pull the battery drawer open. Insert four batteries into the battery drawer; **make sure that the batteries are oriented as shown by the markings inside of the battery drawer**. Close the battery drawer and reattach the screw. Note: When the batteries are installed correctly, the fan will turn on for a moment.



5. Whilst another person holds the Console (23) in the position shown, connect the wire harness on the Console to the Extension Wire Harness (44). Insert the excess wire harness into the Upright Extension (73).

Attach the Console (23) to the Upright Extension (73) with four M4 x 16mm Screws (52). **Be careful to avoid pinching the wire harnesses.**

Attach the Water Bottle Holder (65) to the Upright (2) with two M4 x 19mm Screws (86).



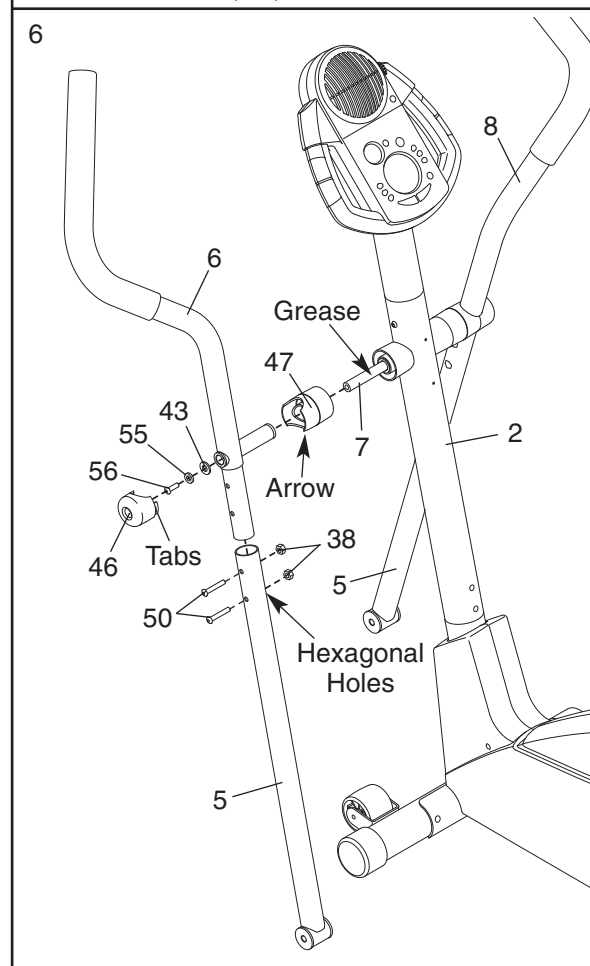
6. Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Legs (5); **make sure that the Handlebar Leg is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar to the Handlebar Leg with two M8 x 45mm Button Bolts (50) and two M8 Nylon Locknuts (38). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

Insert the Pivot Axle (7) into the Upright (2), and center the Pivot Axle. Apply a generous amount of the included grease to both ends of the Pivot Axle.

Turn a Handlebar Spacer (47) so that the small arrow on the Handlebar Spacer is pointing toward the floor, and slide the Handlebar Spacer onto the post on the Left Handlebar (6). Next, slide the Left Handlebar onto the Pivot Axle (7).

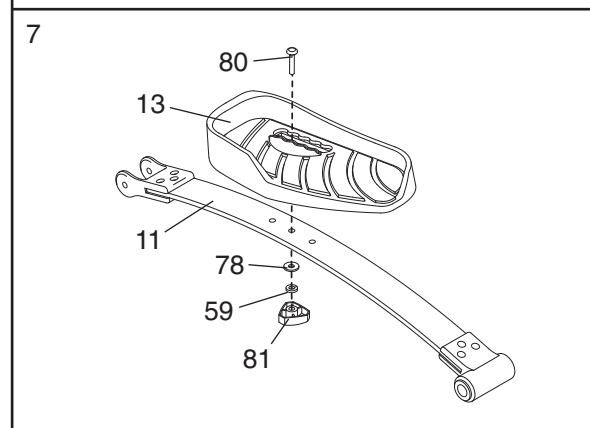
Slide a Handlebar Washer (55) and a Wave Washer (43) onto an M8 x 25mm Patch Screw (56), and tighten the Patch Screw into the Pivot Axle (7). Then, press the tabs on a Handlebar Cap (46) into the Handlebar Spacer (47).

Assemble the Right Handlebar (8) and the other Handlebar Leg (5) in the same way.



7. Identify the left Pedal Spring (11), which is marked with a sticker. Attach the Left Pedal (13) to the left Pedal Spring with an M10 x 30mm Carriage Bolt (80), an M10 Washer (78), an M10 Split Washer (59), and a Pedal Knob (81) as shown. Note: The Left Pedal can be attached in several positions using the five positions in the Left Pedal and the three holes in the Pedal Spring.

Attach the Right Pedal (not shown) in the same way. Make sure that both Pedals are in the same hole and in the same pedal position.

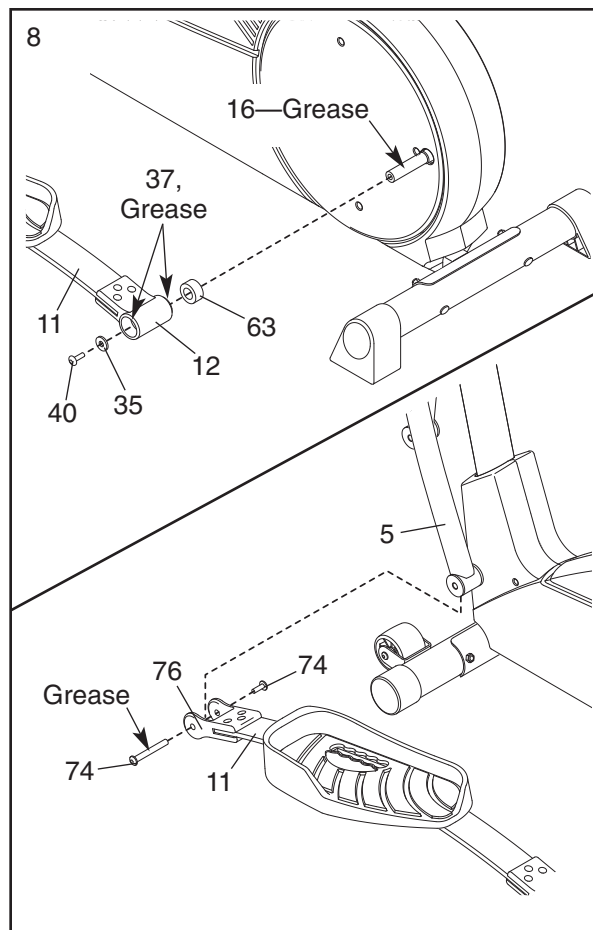


8. Identify the Left Rear Spring Bracket (12) on the left Pedal Spring (11). Apply a light coat of grease inside of the Pedal Arm Bushings (37) in the Left Rear Spring Bracket and to the axle on the left Disc Crossbar (16). Slide a Spring Spacer (63) onto the axle; **make sure that the Spring Spacer is turned so the flat side is facing the elliptical exerciser**. Next, slide the Left Rear Spring Bracket onto the axle. Slide a Spring Bracket Washer (35) onto an M10 x 27mm Patch Screw (40), and tighten the Patch Screw into the axle.

Next, hold the lower end of the left Handlebar Leg (5) inside of the Front Spring Bracket (76) on the left Pedal Spring (11). Apply grease to an M10 Bolt Set (74). Attach the Handlebar Leg to the Front Spring Bracket with the Bolt Set. **Do not overtighten the Bolt Set; the Handlebar Leg must pivot freely.**

Attach the right Pedal Spring (not shown) to the right side of the elliptical exerciser in the same way.

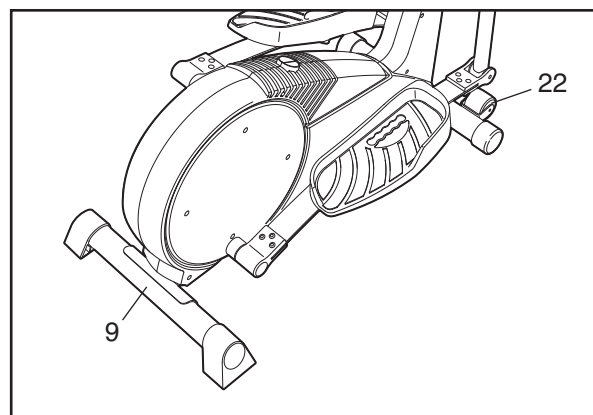
See step 6. Tighten the M8 x 45mm Button Bolts (50) in the Handlebar Legs (5).



9. **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 MOVE THE ELLIPTICAL EXERCISER

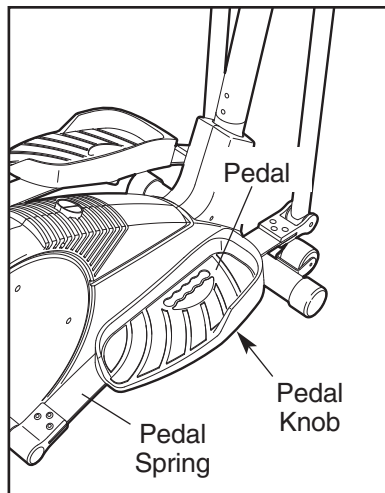
Stand behind the elliptical exerciser, hold the Rear Stabiliser (9) firmly, and lift the elliptical exerciser until it can be moved on the Wheels (22). Carefully move the elliptical exerciser to the desired location, and then lower it. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight as you lift the Rear Stabiliser; make sure to lift with your legs rather than your back.**



# HOW TO USE THE ELLIPTICAL EXERCISER

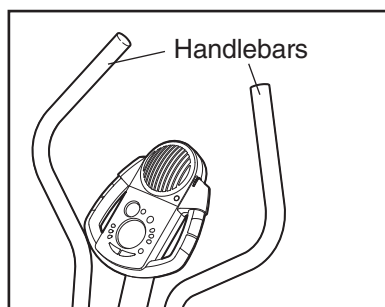
## HOW TO ADJUST THE PEDALS

The motion of the elliptical exerciser is determined by the positions of the pedals. To adjust each pedal, first remove the pedal knob beneath the pedal. Slide the pedal forward or backward, and then reattach the pedal using one of the five holes in the pedal and one of the three holes in the pedal spring. Make sure that both pedals are in the same position.



## HOW TO USE THE HANDLEBARS

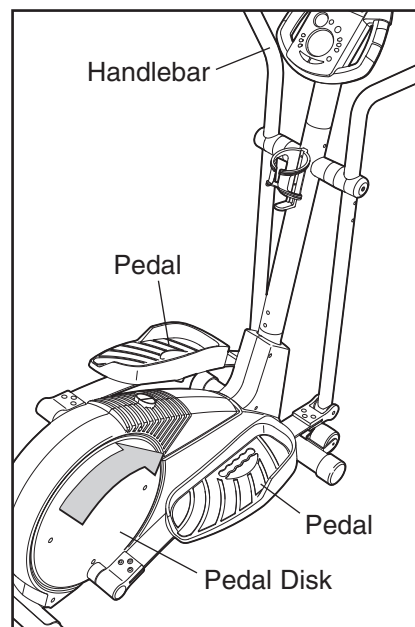
The handlebars are designed to add upper-body exercise to your workouts. As you exercise, push and pull the handlebars to work your arms, shoulders, and back.



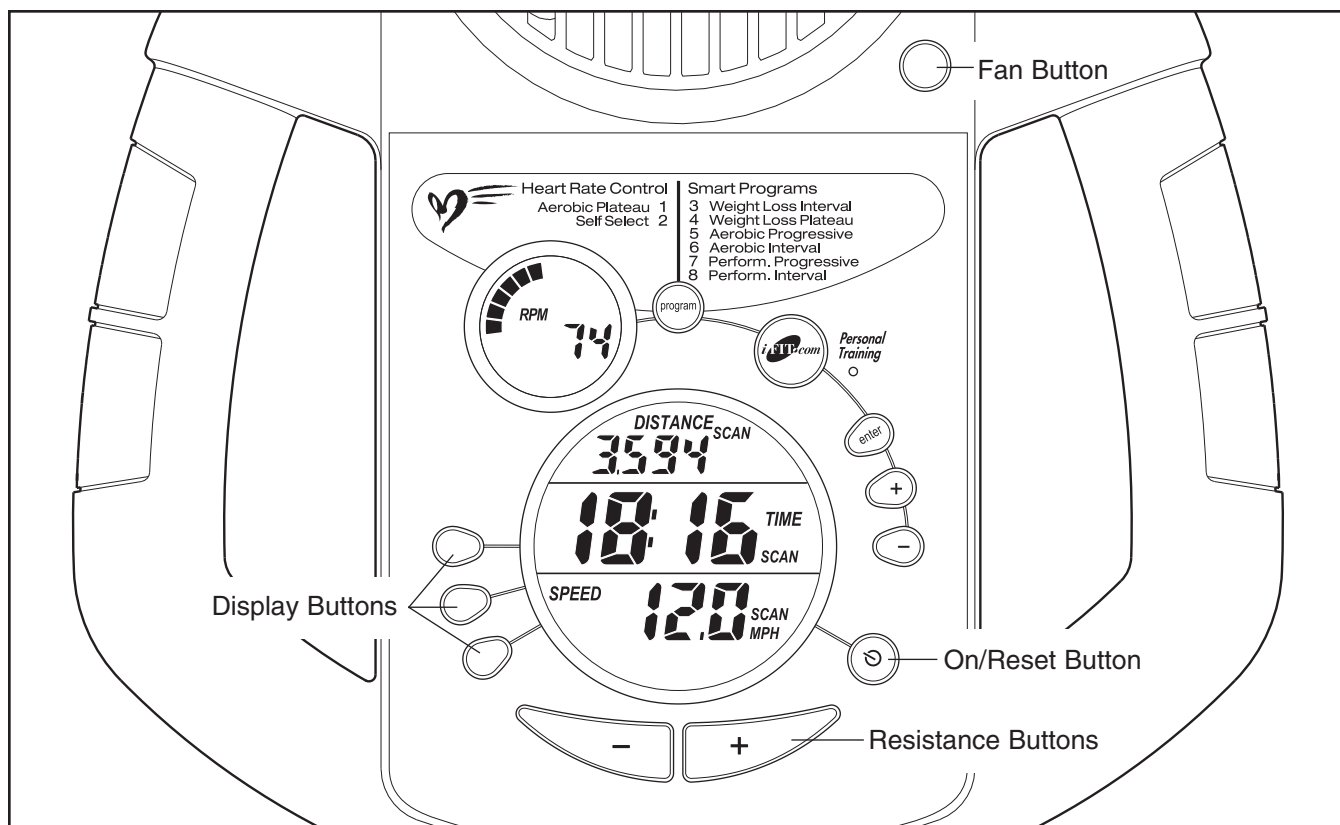
## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move**

**the pedal disks in the direction shown by the arrow; however, for variety, you may turn the pedal disks 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 highest pedal first. Then, step off the lowest pedal.



## FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in hand-grip pulse sensor.

The console also offers six Smart programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

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

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a per-

sonal trainer in your home. Using a stereo audio cable (available at electronics stores), you can connect the elliptical exerciser to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, visit our Web site at [www.iconeurope.com](http://www.iconeurope.com).**

With the elliptical exerciser connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access programs directly from the internet. **Explore [www.iFIT.com](http://www.iFIT.com) for more information.**

**To use the manual mode of the console**, see page 11. **To use a Smart program**, see page 13. **To use a Heart Rate program**, see page 14. **To use an iFIT.com CD or video program**, see page 18. **To use a program directly from our Web site**, see page 19.

## HOW TO USE THE MANUAL MODE

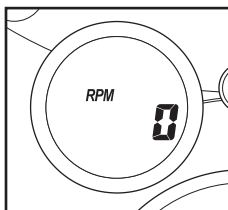
### 1 Turn on the console.

Note: The console requires four 1.5V "D" batteries (see assembly step 4 on page 6).

To turn on the console, press the On/Reset button or begin pedaling. (See the drawing on page 10 to identify the On/Reset button.)

### 2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a program has been selected, select the manual mode by pressing the Program button repeatedly until the letters RPM appear in the small display.

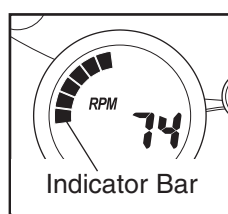


### 3 Begin pedaling and change the resistance of the pedals as desired.

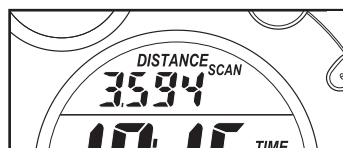
As you pedal, change the resistance of the pedals by pressing the + and – buttons below the large display. There are ten resistance levels—level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the resistance to reach the selected setting.

### 4 Follow your progress with small display and the large display.

The small display will show your pedaling pace, in revolutions per minute (RPM). The indicator bar in the small display will increase or decrease in length as you increase or decrease your pedaling pace.

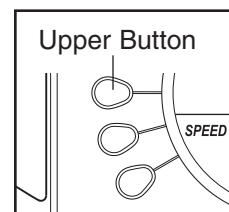


The upper section of the large display will show the distance you have pedaled and the numbers of calories and fat calories you have burned (see FAT BURNING on page 21 for an explanation of fat calories). The display will change from one



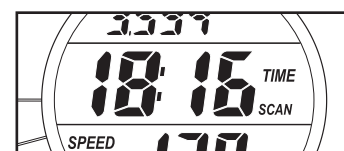
number to the next every few seconds. If you use the handgrip pulse sensor, the display will also show your heart rate (see step 5 on page 12).

To view only the distance you have pedaled or the number of calories or fat calories you have burned, press the upper button on the left side of the large display until only the word DISTANCE, CALORIES, or FAT CALORIES appears in the upper section of the large display. Make sure that the word SCAN does not appear. To again view the distance you have pedaled and the numbers of calories and fat calories you have burned, press the upper button until the word SCAN reappears.



The center of the large display will show the elapsed time and your current pace (pace is shown in minutes per mile). The display will change from one number to the other every few seconds.

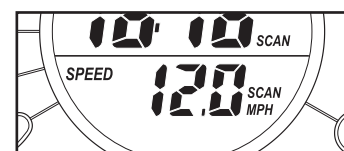
Note: When a program is selected (except for the SelfSelect program), the display will show the time remaining in the program instead of the elapsed time.



To view only the elapsed time or your pace, press the center button on the left side of the large display until only the word TIME or PACE appears. Make sure that the word SCAN does not appear. To view both the elapsed time and your pace, press the center button until the word SCAN reappears.

The lower section of the large display will show your pedaling speed and the resistance level.

The display will change from one number to the other every few seconds.

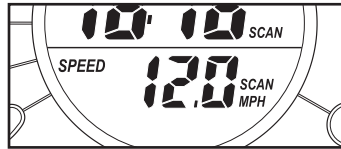


To view only your pedaling speed or the resistance level, press the lower button on the left side of the large display until only the word SPEED or RESISTANCE appears. Make sure that the word SCAN does not appear. To view both your pedaling speed and the resistance level, press the lower button until the word SCAN reappears.

To reset the displays, press the On/Reset button.

**Note: The console can show speed and distance in either miles or kilometers.** The letters

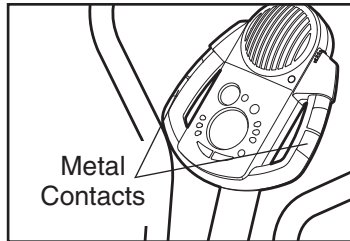
MPH or KM/H will appear in the lower section of the large display to show which system of measurement is selected. To change the system of measurement, hold down the On/Reset button for about six seconds. Note: When the button is held down, the fan will turn on for a moment. When the batteries are replaced, it may be necessary to reselect the desired system of measurement.



## 5 Measure your heart rate if desired.

**If there are thin sheets of plastic on the metal contacts on the handgrips, peel off the plastic.** To

use the handgrip pulse sensor, hold the handgrips with your palms resting against the metal contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the large display will flash each time your heart beats. After a moment, two dashes (— —) will appear and then your heart rate will be shown.

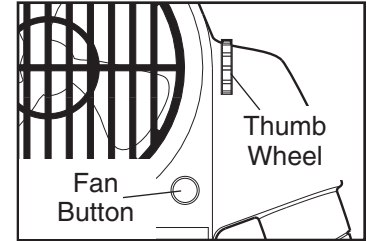


For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds. Note: When you first hold the handgrips, the large display will show your heart rate continuously for 30 seconds. The display will then show your heart rate along with other feedback modes.

## 6 Turn on the fan if desired.

To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the fan button a second time. To turn off

the fan, press the fan button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off to conserve the batteries.



Rotate the thumb wheel on the right side of the console to pivot the fan to the desired angle.

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

If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the large display.

If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off to conserve the batteries.

## HOW TO USE A SMART PROGRAM

Each Smart program will automatically change the resistance of the pedals and prompt you to increase or decrease your pace as it guides you through an effective workout. Programs 3 and 4 are weight loss programs, programs 5 and 6 are aerobic programs, and programs 7 and 8 are high-performance programs.

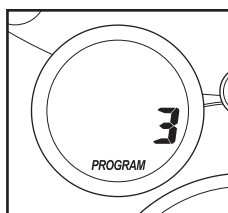
Follow the steps below to use a Smart program.

### 1 Turn on the console.

See step 1 on page 11.

### 2 Select one of the Smart programs.

Each time the console is turned on, the manual mode will be selected. To select a Smart program, press the Program button repeatedly until the number 3, 4, 5, 6, 7, or 8 appears in the small display.

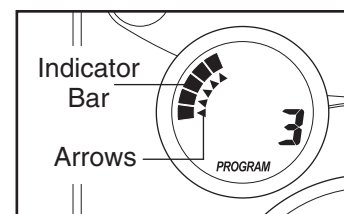


### 3 Begin pedaling to start the program.

To start the program, simply begin pedaling. Each Smart program consists of 20 or 30 one-minute periods. One resistance level and one target pace are programmed for each period. (The same resistance level and/or target pace may be programmed for two or more consecutive periods.)

At the end of each period of the program, the resistance of the pedals will automatically change if a different resistance level is programmed for the next period. Note: If the resistance level is too high or too low, you can change it by pressing the + and – buttons below the large display. However, when the current period is completed, the resistance of the pedals will automatically change if a different resistance level is programmed for the next period.

The target pace for the current period will be shown by the arrows in the small display. To pedal at the target pace, simply



increase or decrease your pace until there is one arrow pointing to each segment of the indicator bar (see the drawing above). At the end of each period, the number of arrows will change if a different target pace is programmed for the next period. When the number of arrows changes, change your pace until there is one arrow pointing to each segment of the indicator bar. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**

During the program, the center of the large display will show the time remaining in the program. If you stop pedaling for a few seconds, the displays will pause and the time will flash. If you continue pedaling after the program is completed, the displays will continue to show exercise feedback.

### 4 Follow your progress with the large display.

See step 4 on page 11.

### 5 Measure your heart rate if desired.

See step 5 on page 12.

### 6 Turn on the fan if desired.

See step 6 on page 12.

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

See step 7 on page 12.

## HOW TO USE A HEART RATE PROGRAM

Heart Rate program 1 is designed to keep your heart rate between 65% and 85% of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195 beats per minute.) Heart Rate program 2 is designed to keep your heart rate near a target heart rate that you select.

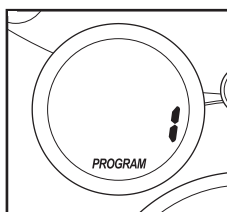
Follow the steps below to use a Heart Rate program.

### 1 Turn on the console.

See step 1 on page 11.

### 2 Select one of the Heart Rate programs.

Each time the console is turned on, the manual mode will be selected. To select a Heart Rate program, press the Program button repeatedly until the number 1 or 2 appears in the small display.



### 3 Enter your age or a target heart rate.

If **program 1 is selected**, the word AGE will appear in the large display and the current age setting will flash. If you have already entered your age, press the Enter button. If you have not entered your age, press the small + and – buttons to enter your age, and then press the Enter button. Once you have entered your age, it will be saved in memory until the batteries are replaced.

If **program 2 is selected**, the letters PLS (pulse) will appear in the large display and the current target heart rate will flash. If you do not wish to change the target heart rate, press the Enter button. If you wish to change the target heart rate, press the small + and – buttons. Then, press the Enter button. The target heart rate can be from 70 to 170 beats per minute.

### 4 Hold the handgrip pulse sensor.

It is not necessary to hold the handgrips continuously during a Heart Rate program; however, you must hold the handgrips frequently for the pro-

gram to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters PLS will appear in the large display instead of your heart rate.

### 5 Begin pedaling to start the program.

To start the program, simply begin pedaling.

**Program 1** consists of 20 one-minute periods. One resistance level and one target heart rate are programmed for each period. (The same resistance level and/or target heart rate may be programmed for two or more consecutive periods.)

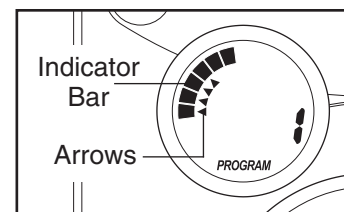
**Program 2** is sixty minutes long (you may choose to use only part of the program). The same resistance level and target heart rate are programmed for the entire program.

If **program 1 is selected**, the resistance of the pedals will periodically change. (Note: If the resistance level is too high or too low, you can change it by pressing the + and – buttons below the large display. However, when the current period is completed, the resistance of the pedals may automatically change.) If **program 2 is selected**, the resistance of the pedals will not change. Note: You can change the resistance level for the entire program by pressing the + and – buttons below the large display if desired.

#### During programs

**1 and 2**, the arrows in the small display will help you to keep your heart rate near the current target heart rate.

When you hold the handgrip pulse sensor, the console will compare your heart rate to the current target heart rate. If your heart rate is too far above or below the target heart rate, the number of arrows in the small display will change to prompt you to increase or decrease your pace. When the number of arrows changes, change your pace until there is one arrow pointing to each segment of the indicator bar. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**



Note: If you stop pedaling for a few seconds, the program will end. To use the program again, reselect it and start it at the beginning.

**6 Follow your progress with the large display.**

See step 4 on page 11.

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

See step 6 on page 12.

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

See step 7 on page 12.

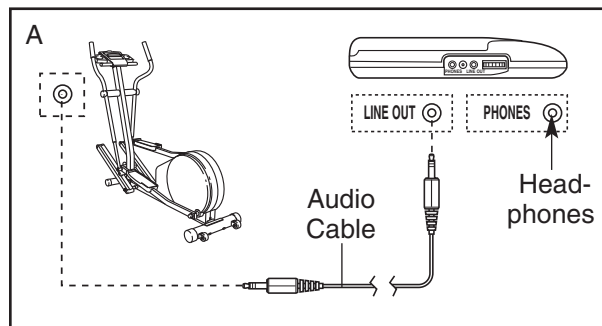
## HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

**To use iFIT.com CDs**, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 16 to 18 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical exerciser must be connected to your VCR. See page 18 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical exerciser must be connected to your home computer. See page 18 for connecting instructions.

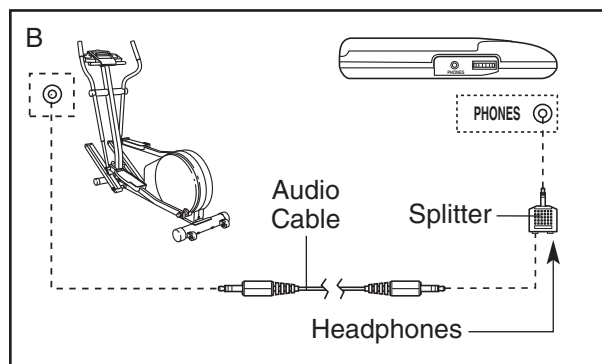
### HOW TO CONNECT YOUR PORTABLE CD PLAYER

**Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.**

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



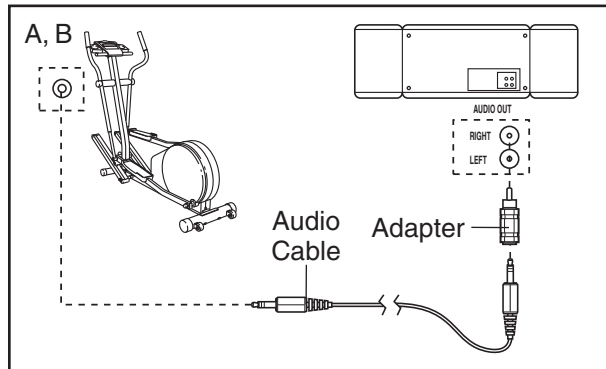
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your CD player. Plug your headphones into the other side of the splitter.



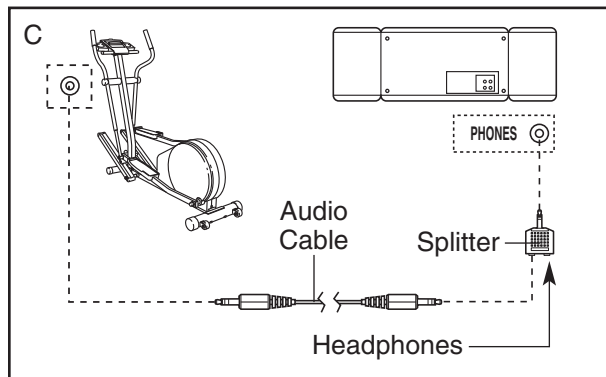
## HOW TO CONNECT YOUR PORTABLE STEREO

**Note:** If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an AUDIO OUT jack on your stereo.



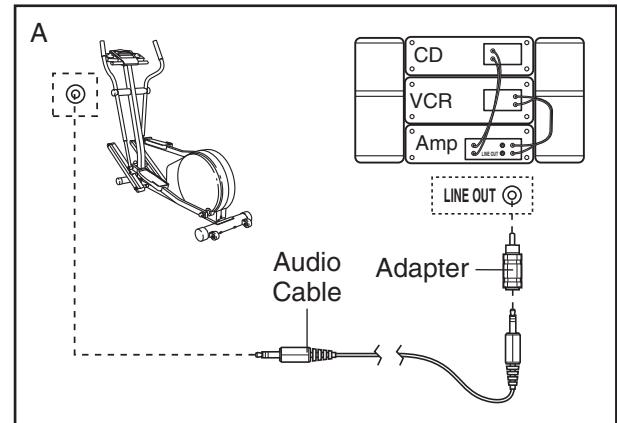
- B. See the drawing above. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your stereo. Do not use the adaptor.
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your stereo. Plug your headphones into the other side of the splitter.



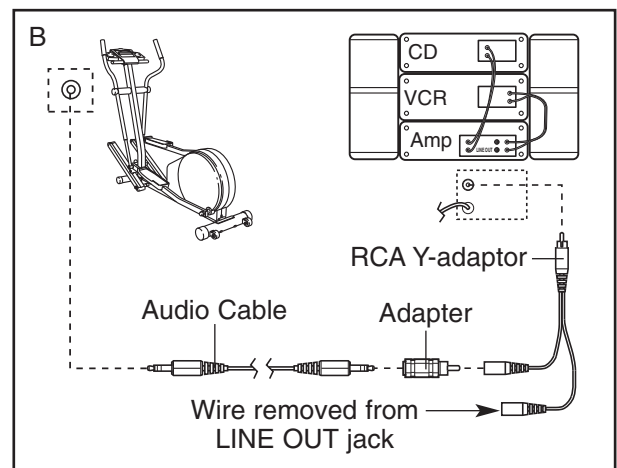
## HOW TO CONNECT YOUR HOME STEREO

**Note:** If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into the LINE OUT jack on your stereo.



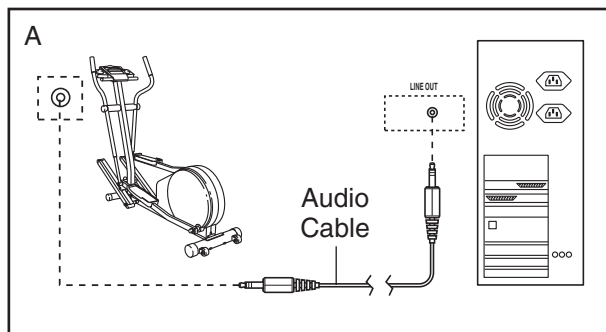
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the LINE OUT jack on your stereo.



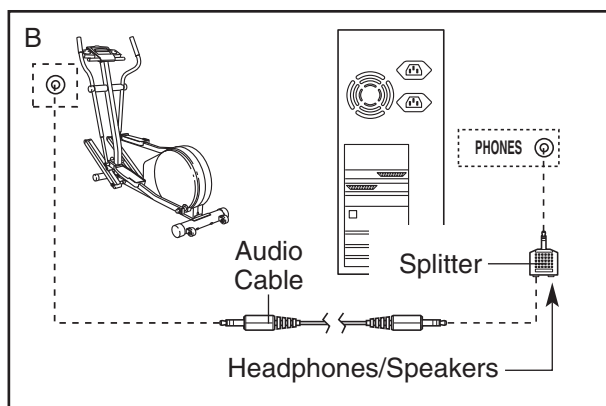
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your computer.



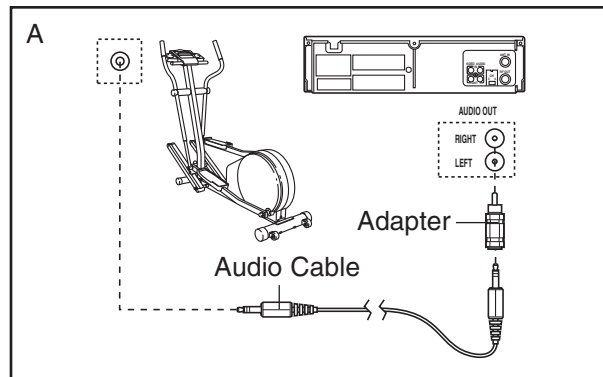
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.



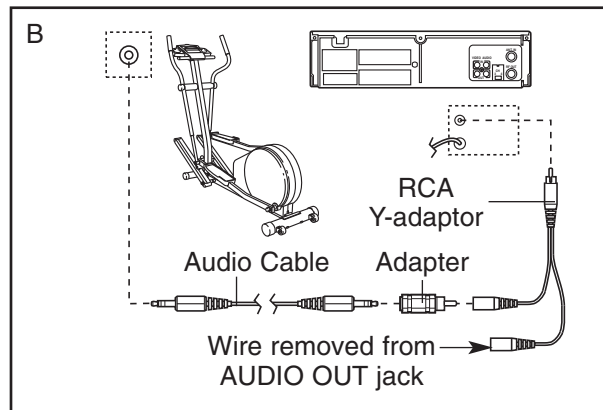
## HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 16.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 15. **To purchase iFIT.com CDs and videocassettes, visit our Web site at [www.iconeurope.com](http://www.iconeurope.com).**

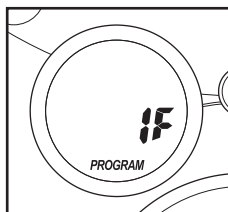
Follow the steps below to use an iFIT.com CD or video program.

### **1** Turn on the console.

See step 1 on page 11.

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

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator near the button will light and the letters IF will appear in the small display.



### **3** Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

### **4** Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a Smart program (see step 3 on page 13). However, an electronic “chirping” sound will alert you when the resistance level and/or the target pace is about to change.

**Note: If the resistance of the pedals and/or the target pace does not change when a “chirp” is heard:**

- **Make sure that the indicator near the iFIT.com button is lit.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

### **5** Follow your progress with the large display.

See step 4 on page 11.

### **6** Measure your heart rate if desired.

See step 5 on page 12.

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

See step 6 on page 12.

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

See step 7 on page 12.

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the elliptical exerciser must be connected to your computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

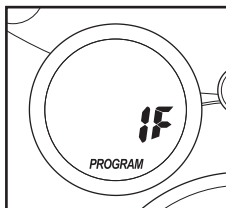
Follow the steps below to use a program from our Web site.

### **1 Turn on the console.**

See step 1 on page 11.

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

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator near the button will light and the letters IF will appear in the small display.



### **3 Go to your computer and start an internet connection.**

### **4 Start your Web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).**

### **5 Follow the desired links on our Web site to select a program.**

### **6 Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

### **7 Return to the elliptical exerciser and begin pedaling.**

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a Smart program (see step 3 on page 13). However, an electronic “chirping” sound will alert you when the resistance level and/or the target pace is about to change.

### **8 Follow your progress with the large display.**

See step 4 on page 11.

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

See step 5 on page 12.

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

See step 7 on page 12.

# 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 detergent. **Important: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

## BATTERY REPLACEMENT

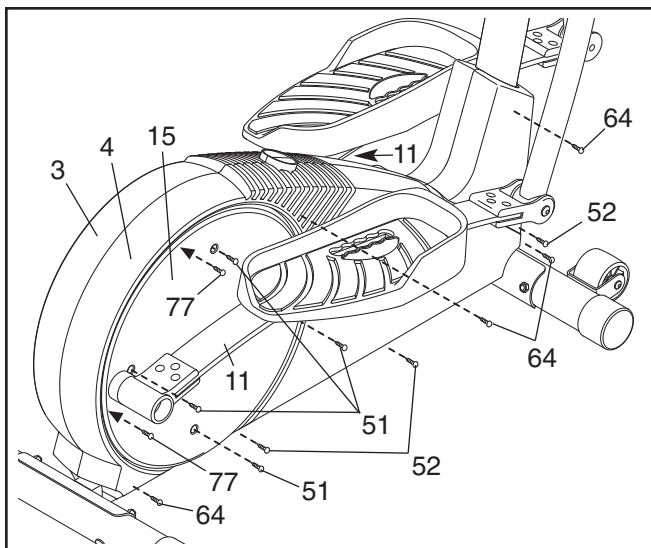
If the console display becomes dim, the batteries should be replaced. See assembly step 4 on page 6.

## HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands whilst using the handgrip pulse sensor; excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the handgrip pulse sensor, clean the metal contacts with a soft cloth—do not use alcohol, abrasives, or chemicals.

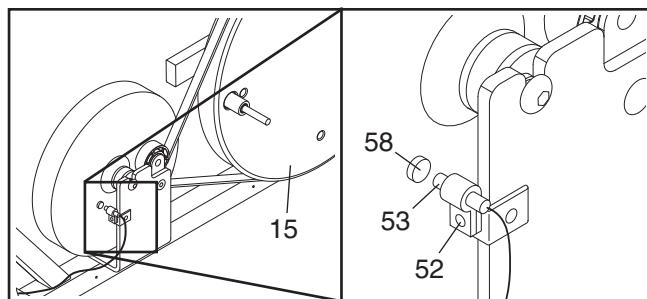
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To do this, you must remove the Pedal Springs (11), the right Pedal Disc (15), and the Side Shields (3, 4). See step 8 on page 8 and remove the Pedal Springs.



Next, remove the four Screws (51) from the right Pedal Disc (15), and slide the Pedal Disc off. Remove all Screws (52, 64) from the Right Side Shield (4) and the two Screws (77) from beneath the Pedal Disc, and then remove the Right Side Shield. Remove all Screws (52) from the Left Side Shield (3) and remove the Left Side Shield.

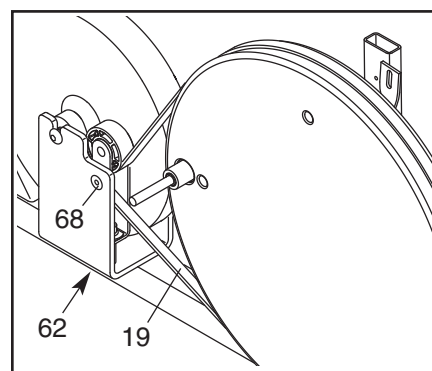
Next, see the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated M4 x 16mm Screw (52). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel, and then retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Side Shields (3, 4), the right Pedal Disc (15), and the Pedal Springs (11).



## HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip whilst you are pedalling, even when the resistance is adjusted to the highest level, the Drive Belt (19) may need to be adjusted.

To adjust the Drive Belt, you must first remove both side shields. See HOW TO ADJUST THE REED SWITCH at the left and remove the side shields.



Next, loosen the M8 x 22mm Flat Head Bolt (68) and turn the M10 x 60mm Screw (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, tighten the Flat Head Bolt. Reattach the side shields.

# CONDITIONING 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.

The following guidelines will help you to plan your exercise program. Remember that 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, 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.

|     |     |     |     |     |     |     |                                                                                     |
|-----|-----|-----|-----|-----|-----|-----|-------------------------------------------------------------------------------------|
| 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 heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

### Fat Burning

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 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 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 as you exercise.

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

# PART LIST—Model No. PFEVEL48940

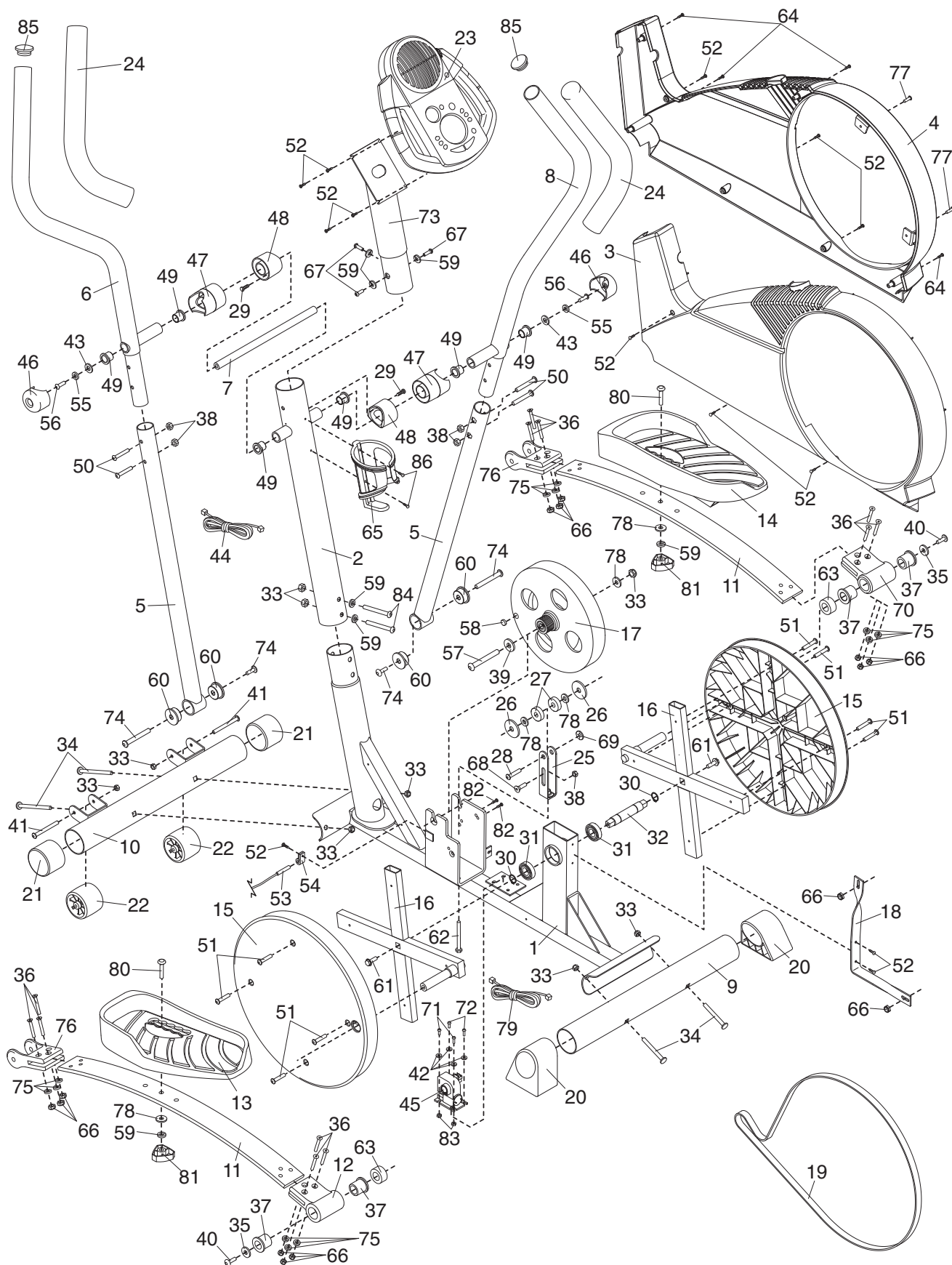
R0704A

| Key No. | Qty. | Description                | Key No. | Qty. | Description                  |
|---------|------|----------------------------|---------|------|------------------------------|
| 1       | 1    | Frame                      | 46      | 2    | Handlebar Cap                |
| 2       | 1    | Upright                    | 47      | 2    | Handlebar Spacer             |
| 3       | 1    | Left Side Shield           | 48      | 2    | Upright Spacer               |
| 4       | 1    | Right Side Shield          | 49      | 6    | Small Handlebar Bushing      |
| 5       | 2    | Handlebar Leg              | 50      | 4    | M8 x 45mm Button Bolt        |
| 6       | 1    | Left Handlebar             | 51      | 8    | M6 x 28mm Screw              |
| 7       | 1    | Pivot Axle                 | 52      | 13   | M4 x 16mm Screw              |
| 8       | 1    | Right Handlebar            | 53      | 1    | Reed Switch/Wire             |
| 9       | 1    | Rear Stabiliser            | 54      | 1    | Wire Clamp                   |
| 10      | 1    | Front Stabiliser           | 55      | 2    | Handlebar Washer             |
| 11      | 2    | Pedal Spring               | 56      | 2    | M8 x 25mm Patch Screw        |
| 12      | 1    | Left Rear Spring Bracket   | 57      | 1    | M10 Flat Head Bolt           |
| 13      | 1    | Left Pedal                 | 58      | 1    | Magnet                       |
| 14      | 1    | Right Pedal                | 59      | 7    | M10 Split Washer             |
| 15      | 2    | Pedal Disc                 | 60      | 4    | Large Handlebar Arm Bushing  |
| 16      | 2    | Disc Crossbar              | 61      | 2    | 5/16" x 25.4mm Hex Bolt      |
| 17      | 1    | Flywheel                   | 62      | 1    | M10 x 60mm Screw             |
| 18      | 1    | Side Shield Bracket        | 63      | 2    | Spring Spacer                |
| 19      | 1    | Drive Belt                 | 64      | 4    | M4 x 25mm Screw              |
| 20      | 2    | Rear Endcap                | 65      | 1    | Water Bottle Holder          |
| 21      | 2    | Front Endcap               | 66      | 14   | M6 Nylon Locknut             |
| 22      | 2    | Wheel                      | 67      | 3    | M10 x 25mm Button Screw      |
| 23      | 1    | Console                    | 68      | 1    | M8 x 22mm Flat Head Bolt     |
| 24      | 2    | Handgrip                   | 69      | 1    | Push Nut                     |
| 25      | 1    | Idler Bracket              | 70      | 1    | Right Rear Spring Bracket    |
| 26      | 2    | Idler Washer               | 71      | 2    | M5 x 16mm Self-tapping Screw |
| 27      | 2    | Idler Bearing              | 72      | 2    | M5 x 16mm Screw              |
| 28      | 1    | Idler Axle                 | 73      | 1    | Upright Extension            |
| 29      | 2    | M3 x 12mm Screw            | 74      | 2    | M10 Bolt Set                 |
| 30      | 2    | Large Snap Ring            | 75      | 12   | M6 Washer                    |
| 31      | 2    | Large Bearing              | 76      | 2    | Front Spring Bracket         |
| 32      | 1    | Pedal Axle                 | 77      | 2    | M6 x 18mm Screw              |
| 33      | 9    | M10 Nylon Locknut          | 78      | 5    | M10 Washer                   |
| 34      | 4    | M10 x 75mm Carriage Bolt   | 79      | 1    | Wire Harness                 |
| 35      | 2    | Spring Bracket Washer      | 80      | 2    | M10 x 30mm Carriage Bolt     |
| 36      | 12   | M6 x 33.5mm Flat Head Bolt | 81      | 2    | Pedal Knob                   |
| 37      | 4    | Pedal Arm Bushing          | 82      | 2    | M5 x 14mm Self-tapping Screw |
| 38      | 5    | M8 Nylon Locknut           | 83      | 2    | M5 Nylon Locknut             |
| 39      | 1    | Flywheel Washer            | 84      | 2    | M10 x 72mm Button Bolt       |
| 40      | 2    | M10 x 27mm Patch Screw     | 85      | 2    | Handlebar Endcap             |
| 41      | 2    | M10 x 45mm Bolt            | 86      | 2    | M4 x 19mm Screw              |
| 42      | 4    | M5 Washer                  | #       | 2    | Hex Key                      |
| 43      | 2    | Wave Washer                | #       | 1    | Grease                       |
| 44      | 1    | Extension Wire Harness     | #       | 1    | User's Manual                |
| 45      | 1    | Resistance Control Motor   |         |      |                              |

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. PFEVEL48940

R0704A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, contact 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: (44) 113 387 7133  
Fax: (44) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVEL48940)
- the NAME of the product (PROFORM 595 HR elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 22)