

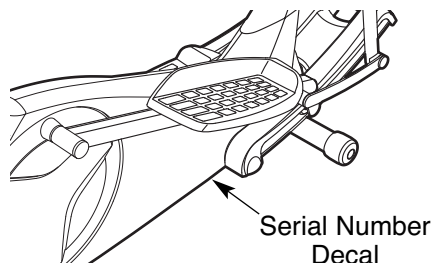
PRO-FORM[®]

400 ZLE

Model No. PFEVEL74910.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

UK

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

WF10 5QJ

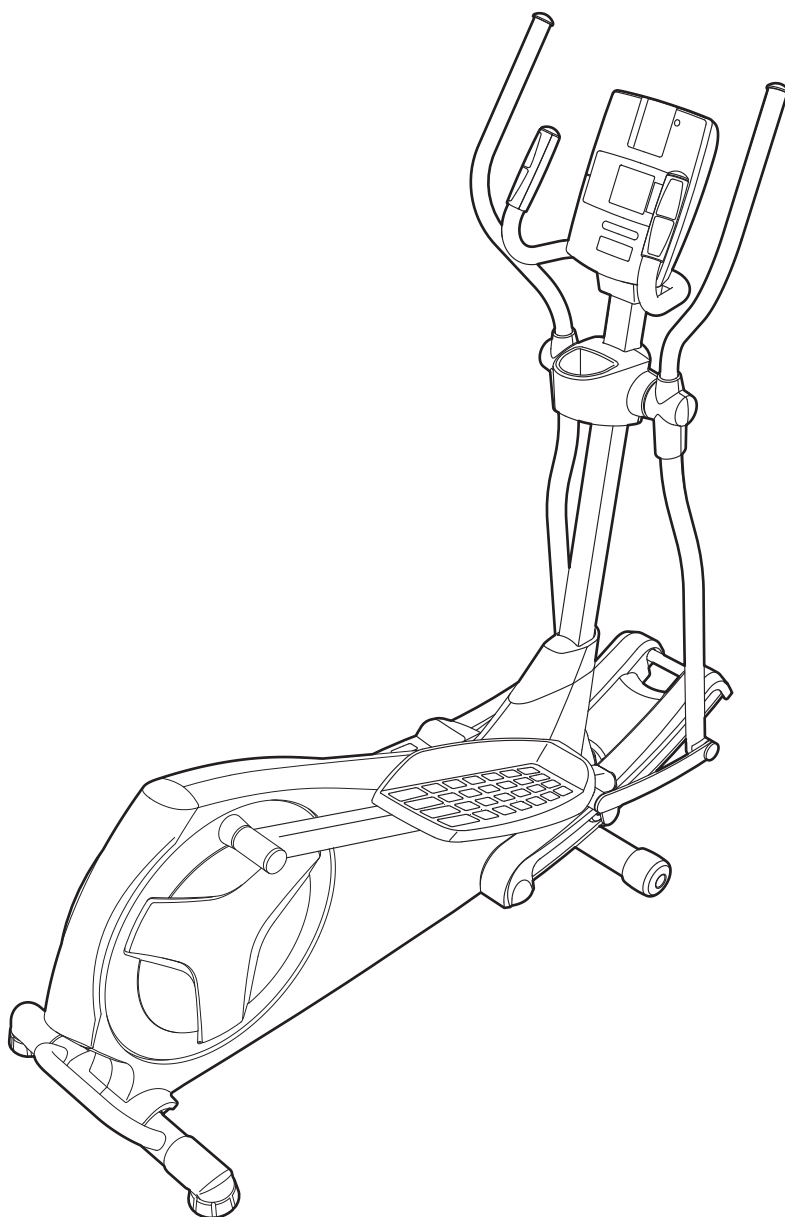
UK

AUSTRALIA

Call: 1-800-237-173

E-mail:

australiacc@iconfitness.com



⚠ CAUTION

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

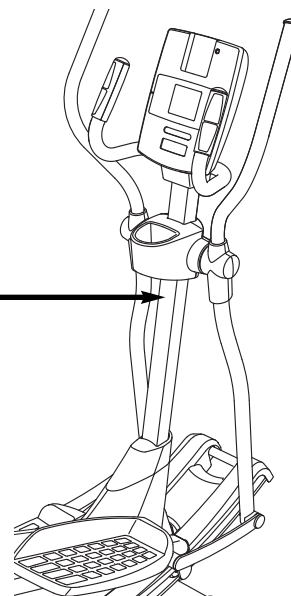
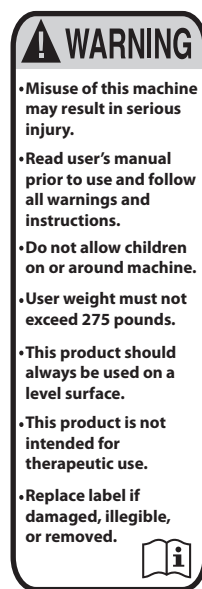
www.iconeurope.com

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WARNING DECAL PLACEMENT

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



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. 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 age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 275 lbs. (125 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Do not adjust the ramp while a user is standing on the elliptical.
12. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
13. 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.
14. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. Keep your back straight while using the elliptical; do not arch your back.
16. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

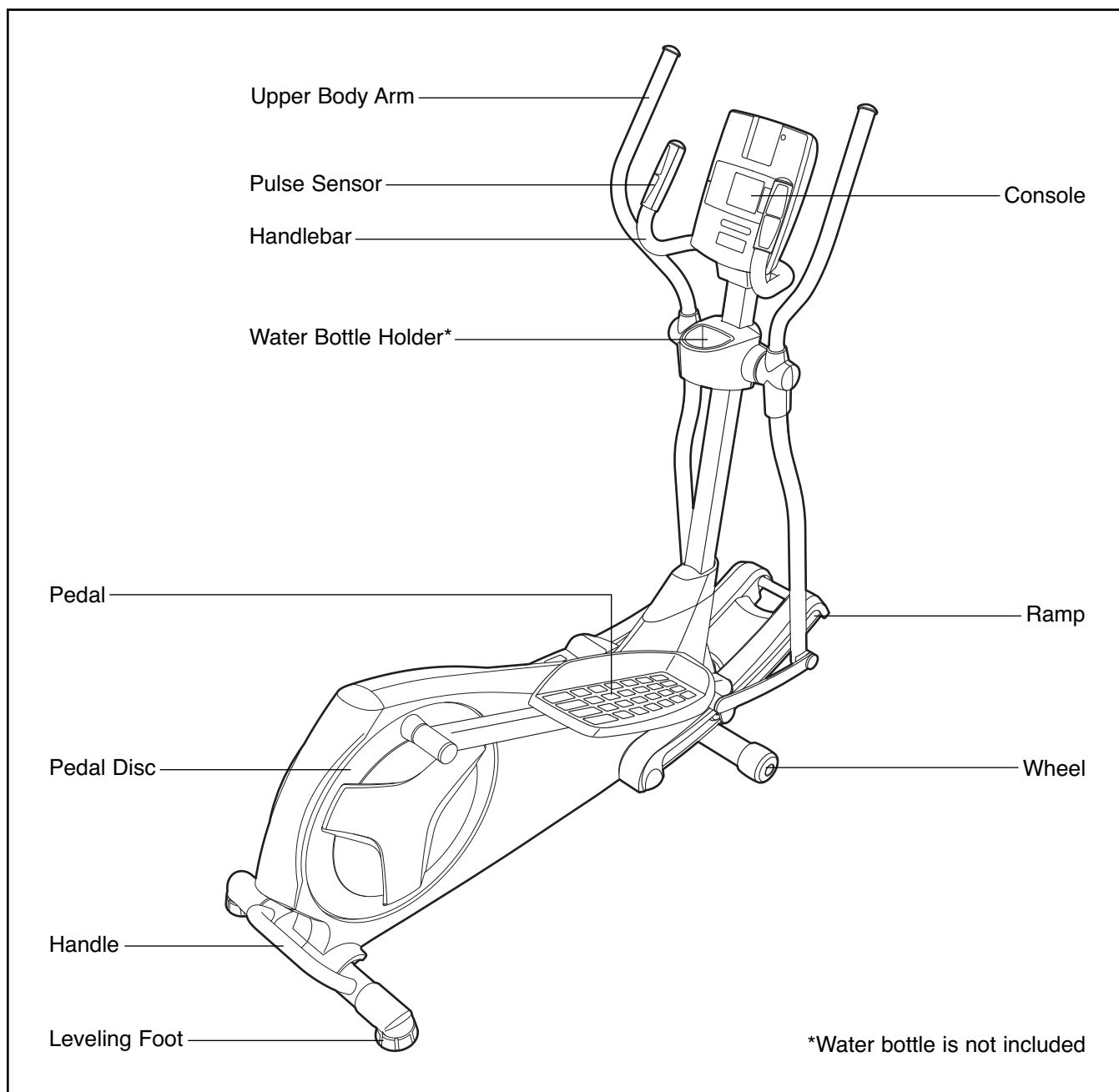
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 400 ZLE elliptical. The 400 ZLE elliptical provides a selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this

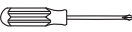
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

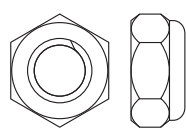


ASSEMBLY

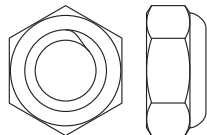
Assembly requires two persons. Place all parts of the elliptical in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

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

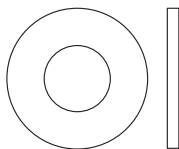
See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.**



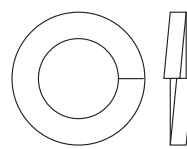
M8 Jam Nut
(77)–4



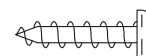
M10 Jam Nut
(89)–2



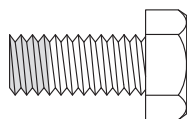
M8 Washer
(33)–6



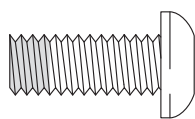
M10 Split
Washer (78)–10



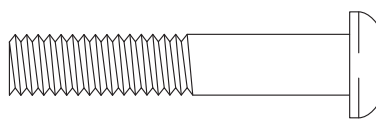
M4 x 16mm
Screw (92)–9



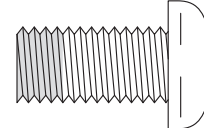
M8 x 18mm Patch
Hex Screw (85)–2



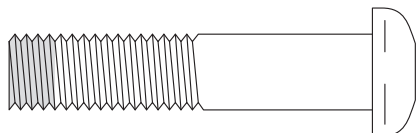
M8 x 20mm
Patch Screw
(80)–4



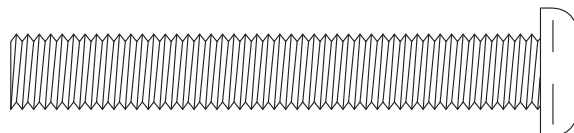
M8 x 45mm Button
Bolt (76)–4



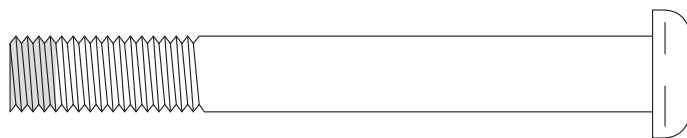
M10 x 20mm Patch
Screw (79)–4



M10 x 48mm Patch
Screw (75)–6



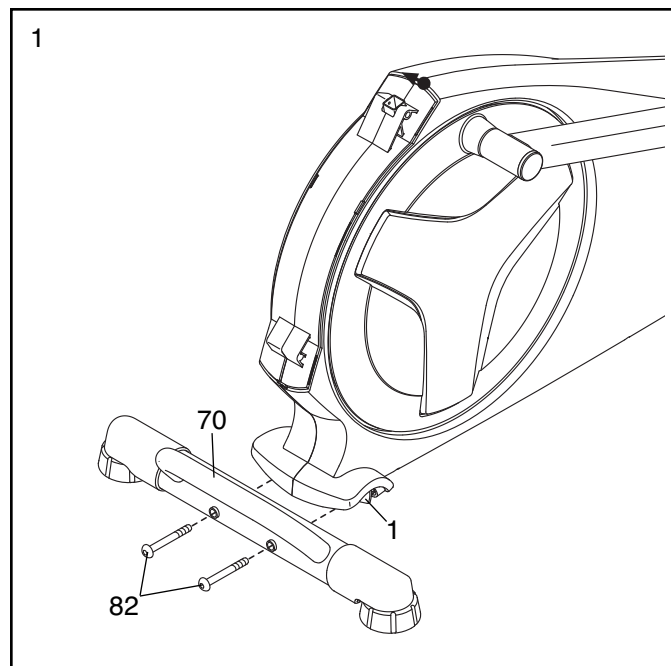
M10 x 70mm Button Bolt
(116)–2



M10 x 85mm Patch Screw (82)–4

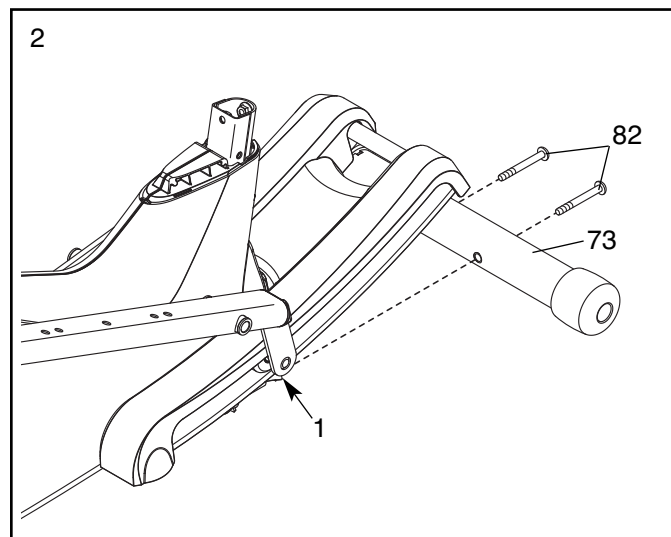
1. **To make assembly easier, read the information on page 5 before you begin.**

While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (70) to the Frame with two M10 x 85mm Patch Screws (82).



2. Orient the Front Stabilizer (73) so that the “Front” sticker is facing away from the Frame (1).

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (73) to the Frame with two M10 x 85mm Patch Screws (82).

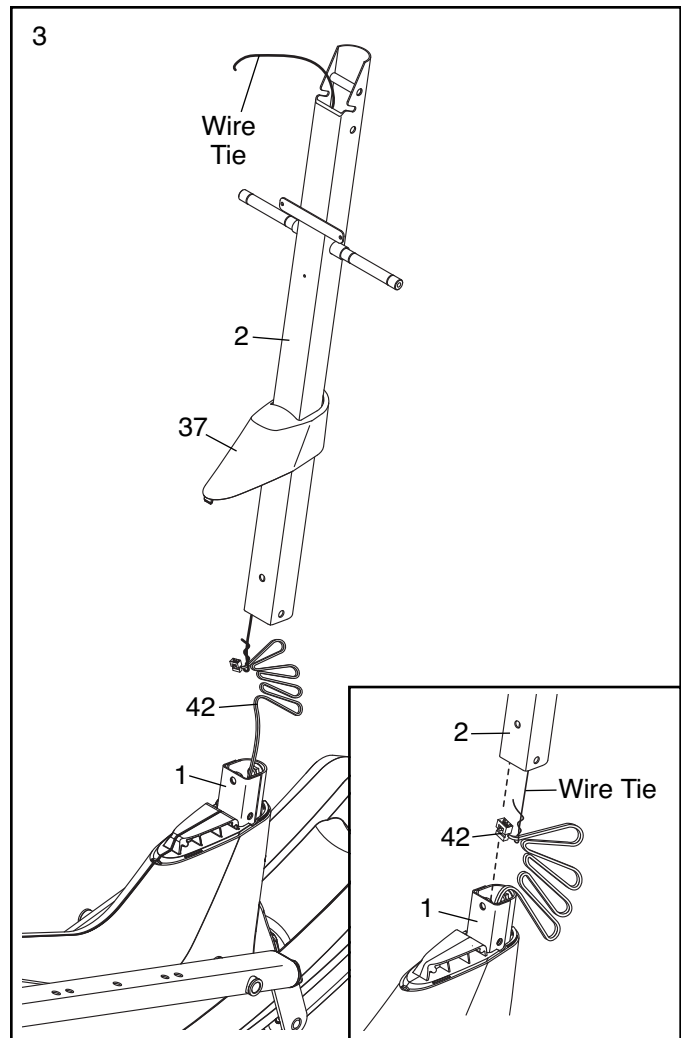


3. Orient the Upright (2) and the Top Shield Cover (37) as shown. Slide the Top Shield Cover upward onto the Upright.

Have a second person hold the Upright (2) near the Frame (1).

See the inset drawing. Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Main Wire (42). Then, pull the upper end of the wire tie out of the top of the Upright.

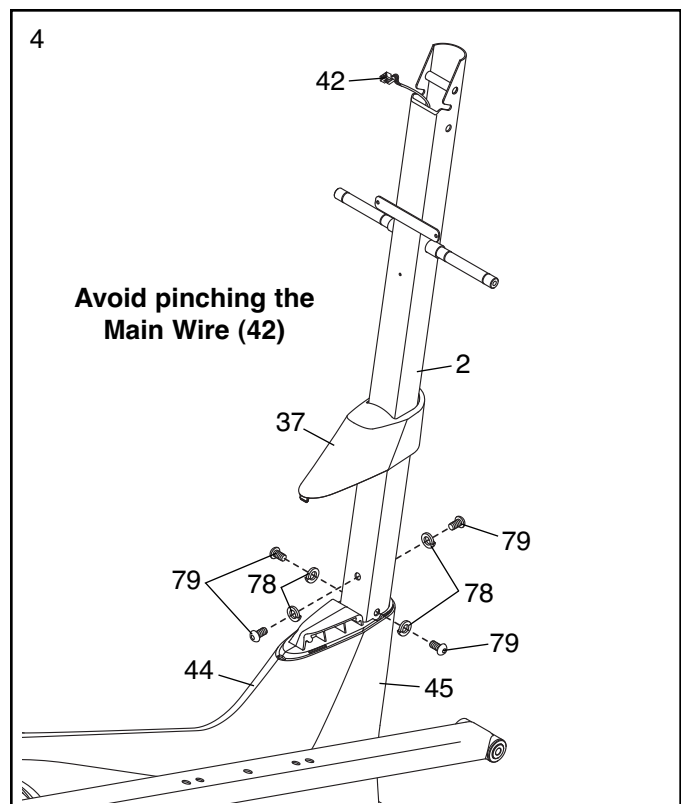
Tip: To prevent the Main Wire (42) from falling into the Upright (2), secure the Main Wire with a rubber band or a piece of tape.



4. **Tip: Avoid pinching the Main Wire (42).** Slide the Upright (2) onto the Frame (not shown).

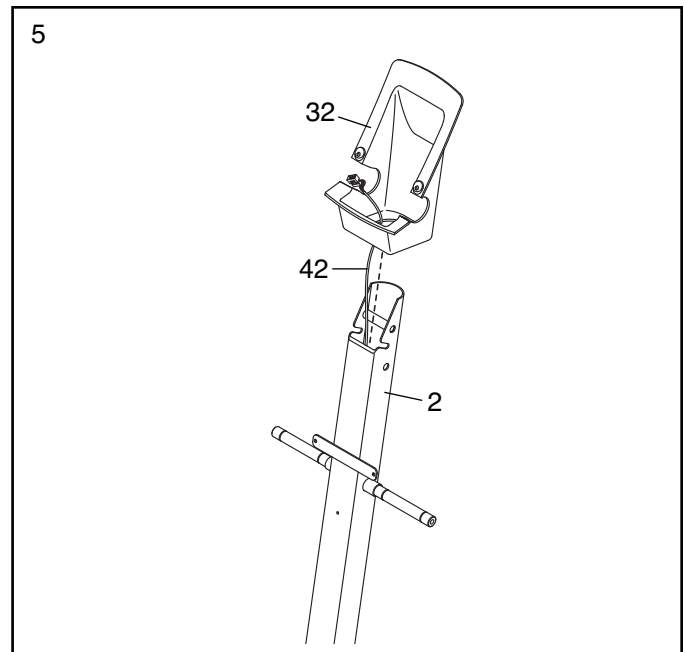
Have a second person hold the Top Shield Cover (37) out of the way. Attach the Upright (2) with four M10 x 20mm Patch Screws (79) and four M10 Split Washers (78).

Then, slide the Top Shield Cover (37) downward and press it onto the Left and Right Shields (44, 45).



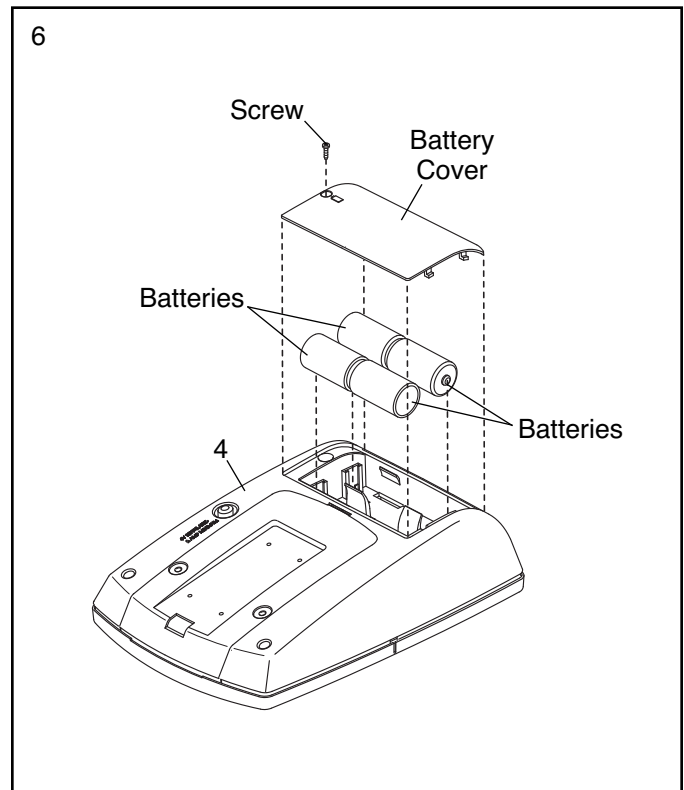
5. Orient the Console Cover (32) as shown.

Insert the Main Wire (42) upward through the Console Cover (32). Then, slide the Console Cover onto the Upright (2).



6. The Console (4) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screw, remove the battery cover, and insert the batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagrams inside the battery compartment.** Then, reattach the battery cover.

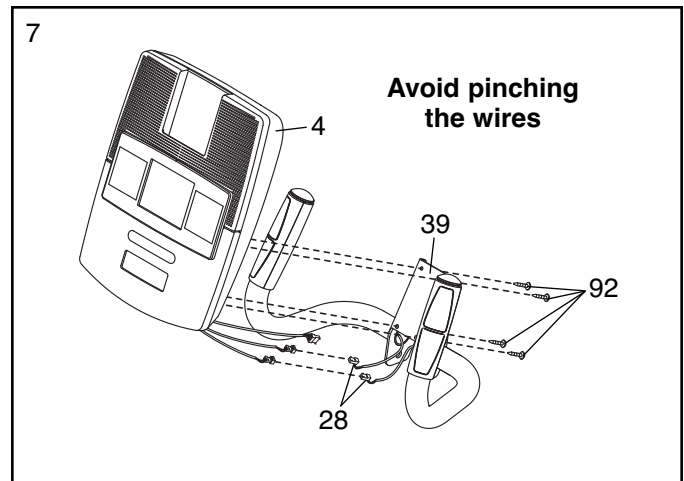
To purchase an optional power adapter, call the telephone number on the front cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power adapter. Plug one end of the power adapter into the jack on the console; plug the other end into an outlet installed in accordance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



7. Orient the Console (4) and the Handlebar (39) as shown.

Connect the wires on the Console (4) to the Pulse Wires (28).

Tip: Avoid pinching the wires. Attach the Console (4) to the Handlebar (39) with four M4 x 16mm Screws (92).

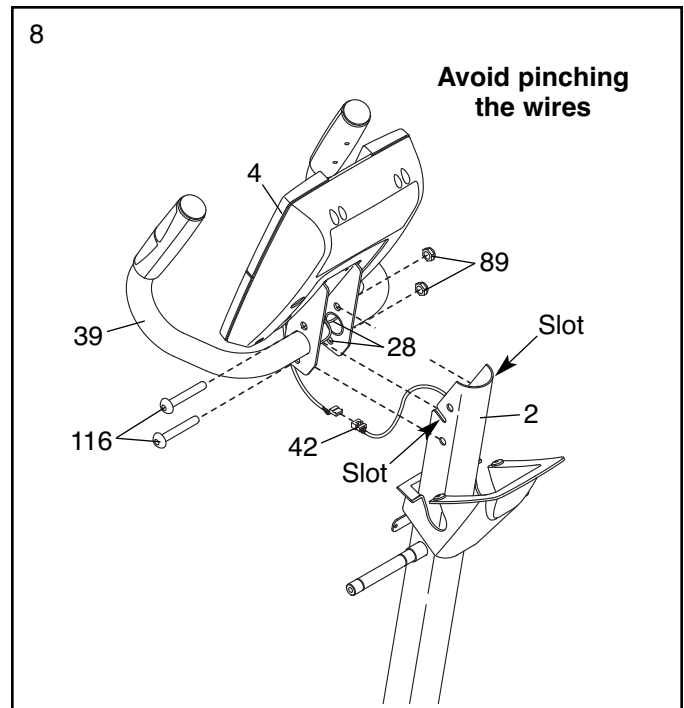


8. Orient the Handlebar (39) as shown.

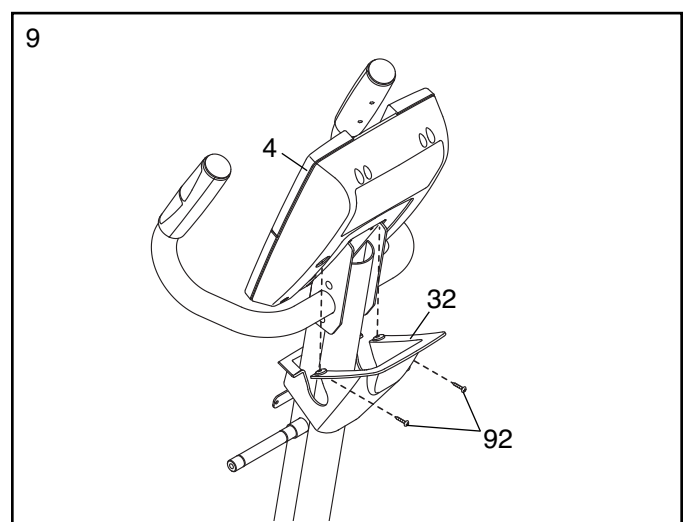
While a second person holds the Handlebar (39) near the Upright (2), connect the wire on the Console (4) to the Main Wire (42). Insert the excess wire into the Upright.

Tip: Avoid pinching the Pulse Wires (28) in the left and right sides of the Handlebar (39). Slide the Handlebar onto the Upright (2), while inserting the Pulse Wires into the indicated slots in the Upright.

Tip: Avoid pinching the wires. Attach the Handlebar (39) with two M10 x 70mm Button Bolts (116) and two M10 Jam Nuts (89).



9. Attach the Console Cover (32) to the back of the Console (4) with two M4 x 16mm Screws (92).

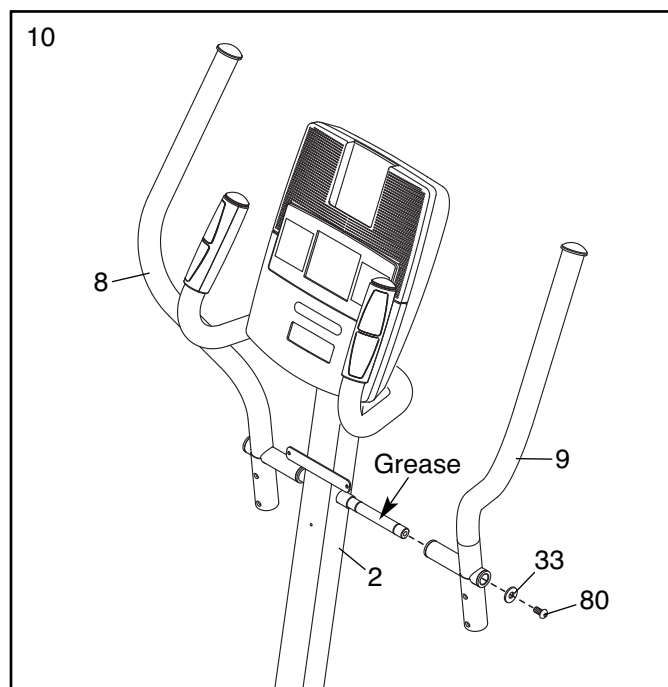


10. Using a small plastic bag to keep your hand clean, apply some of the included grease to the axle on the right side of the Upright (2).

Identify the Right Upper Body Arm (9), which is marked with a “Right” sticker, and orient it as shown. Slide the Right Upper Body Arm onto the axle on the right side of the Upright (2).

Attach the Right Upper Body Arm (9) with an M8 x 20mm Patch Screw (80) and an M8 Washer (33).

Repeat this step to attach the Left Upper Body Arm (8).



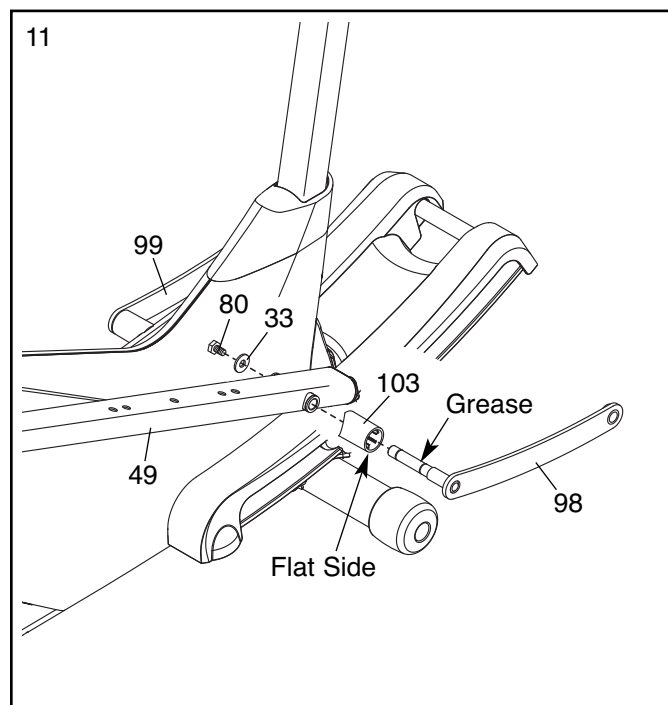
11. Identify the Right Link Arm (98), which is marked with a “Right” sticker, and orient it as shown.

Apply grease to the axle on the Right Link Arm (98).

Slide a Link Arm Cover (103) onto the axle on the Right Link Arm (98). **Make sure that the flat side of the Link Arm Cover is facing the Right Link Arm.**

Insert the Right Link Arm (98) through the Right Pedal Arm (49). Attach the Right Link Arm with an M8 x 20mm Patch Screw (80) and an M8 Washer (33).

Repeat this step to attach the Left Link Arm (99).

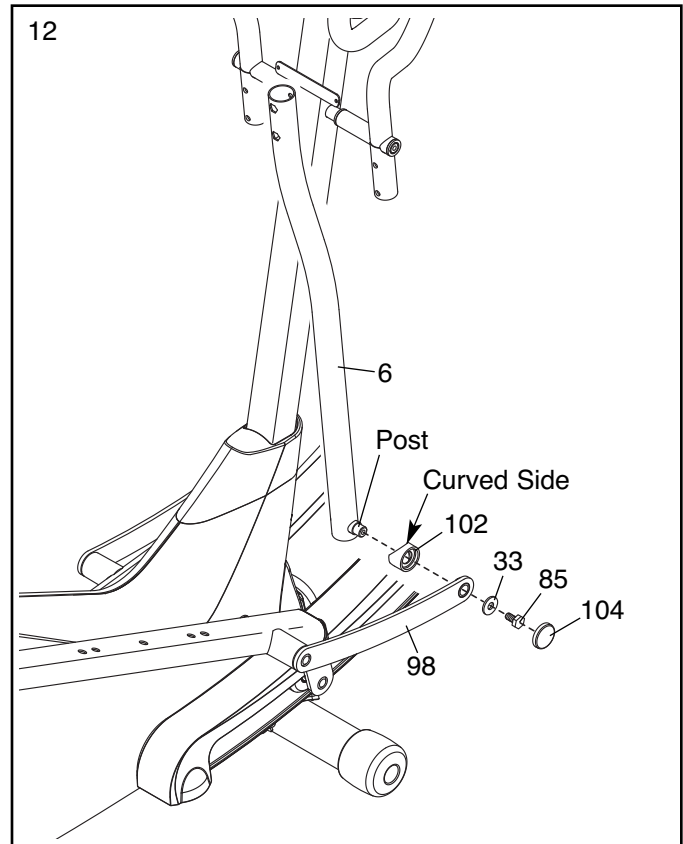


12. Have a second person hold a Bushing Cover (102) over the post on the right Upper Body Leg (6). **Make sure that the curved side of the Bushing Cover is facing the Upper Body Leg.**

Attach the Right Link Arm (98) and the Bushing Cover (102) to the right Upper Body Leg (6) with an M8 x 18mm Patch Hex Screw (85) and an M8 Washer (33).

Then, press a Link Arm Screw Cover (104) onto the M8 x 18mm Patch Hex Screw (85).

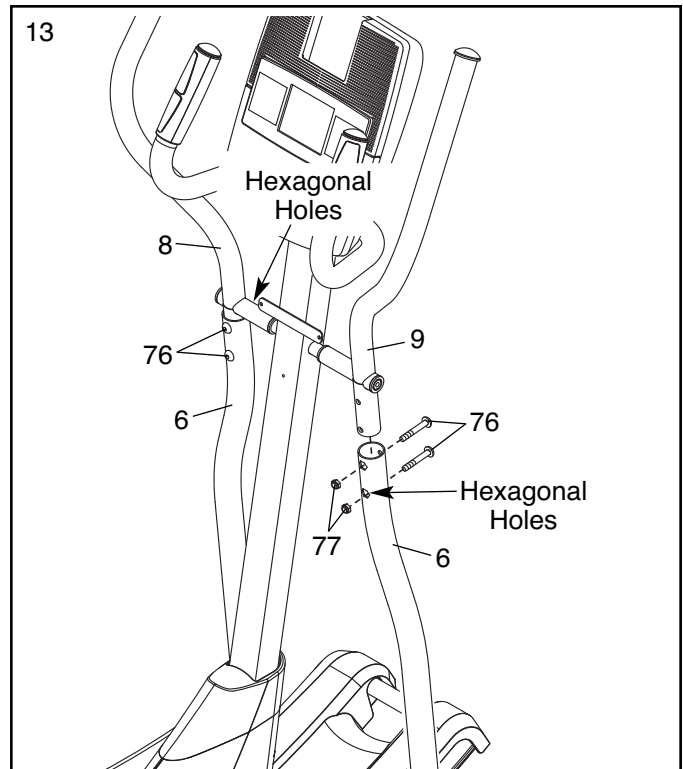
Repeat this step on the other side of the elliptical.



13. With the help of a second person, insert the Right Upper Body Arm (9) into the right Upper Body Leg (6).

Attach the Right Upper Body Arm (9) with two M8 x 45mm Button Bolts (76) and two M8 Jam Nuts (77). **Make sure that the Jam Nuts are in the hexagonal holes.**

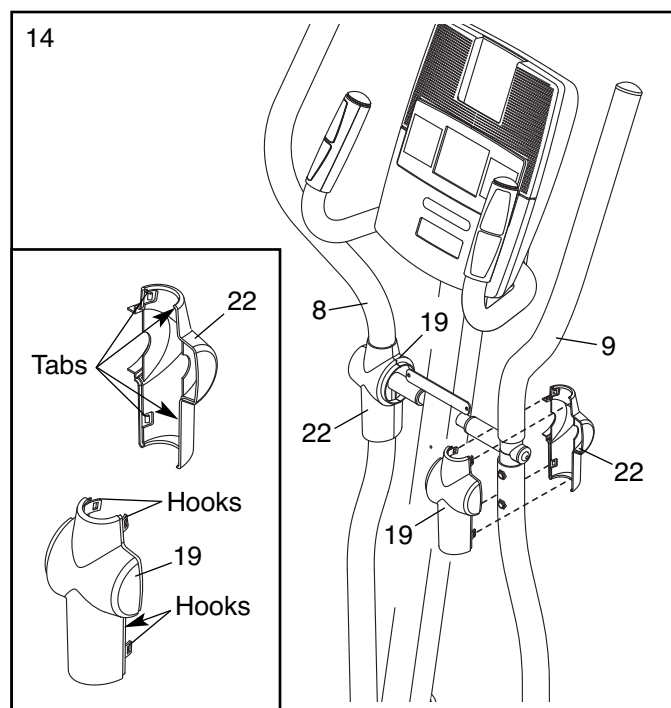
Attach the Left Upper Body Arm (8) to the other Upper Body Leg (6) in the same way. Make sure that the M8 x 45mm Button Bolts (76) are in the positions shown.



14. **See the inset drawing.** Identify a Pivot Cover A (19), which has hooks, and a Pivot Cover B (22), which has tabs.

Press a Pivot Cover A (19) and a Pivot Cover B (22) together around the Right Upper Body Arm (9).

Repeat this step on the other side of the elliptical. Make sure that the Pivot Covers (19, 22) are positioned as shown.

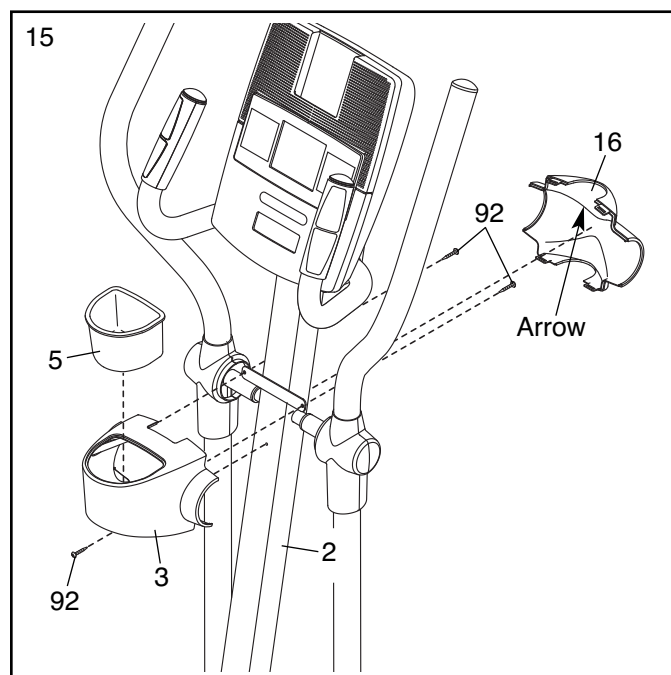


15. Attach the Rear Upright Cover (3) to the Upright (2) with three M4 x 16mm Screws (92).

Orient the Front Upright Cover (16) so that the indicated arrow is pointing upward.

Press the Front Upright Cover (16) into the Rear Upright Cover (3).

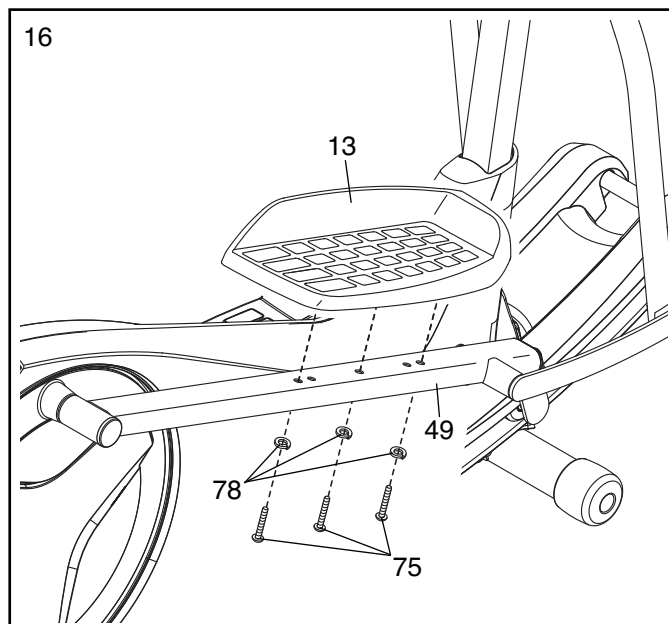
Then, press the Water Bottle Holder (5) into the Rear Upright Cover (3).



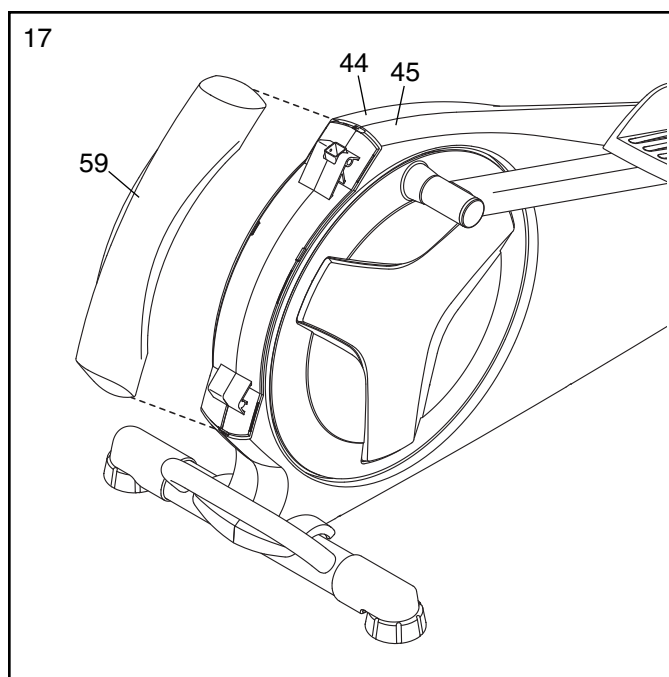
16. Identify the Right Pedal (13), which is marked with a "Right" sticker.

Attach the Right Pedal (13) to the Right Pedal Arm (49) with three M10 x 48mm Patch Screws (75) and three M10 Split Washers (78). **Make sure to use the center hole and the two outer holes to attach the Right Pedal.**

Attach the Left Pedal (not shown) to the Left Pedal Arm (not shown) in the same way.



17. Press the Rear Shield Cover (59) onto the Left and Right Shields (44, 45).

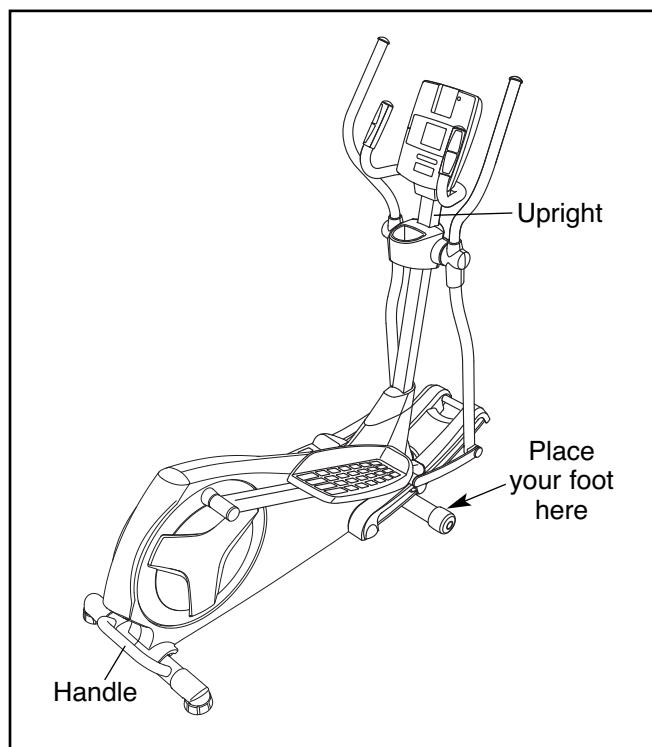


18. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

HOW TO MOVE THE ELLIPTICAL

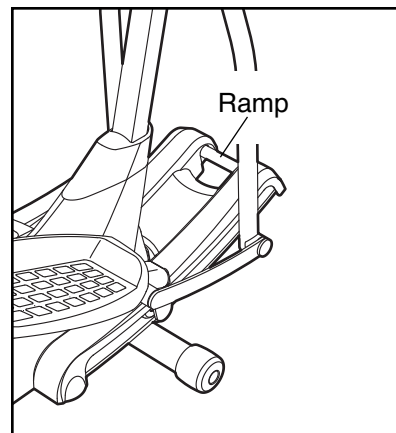
Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the handle until the elliptical will roll on the wheels. Carefully move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



HOW TO CHANGE THE INCLINE OF THE RAMP

To vary the motion of the pedals, you can change the incline of the ramp. **Do not adjust the ramp while a user is standing on the elliptical.**

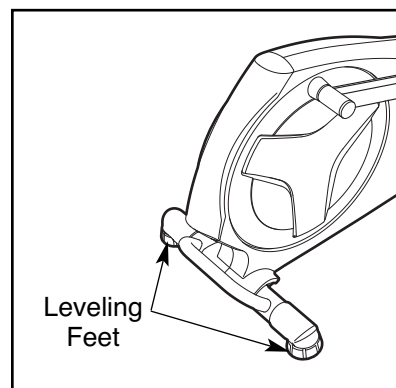
To raise the ramp, pull the front of the ramp upward until the ramp engages at one of the three incline levels.



To lower the ramp, first pull the front of the ramp all the way upward. Next, press the ramp all the way downward. Then, pull the front of the ramp upward until the ramp engages at one of the three incline levels.

HOW TO LEVEL THE ELLIPTICAL

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

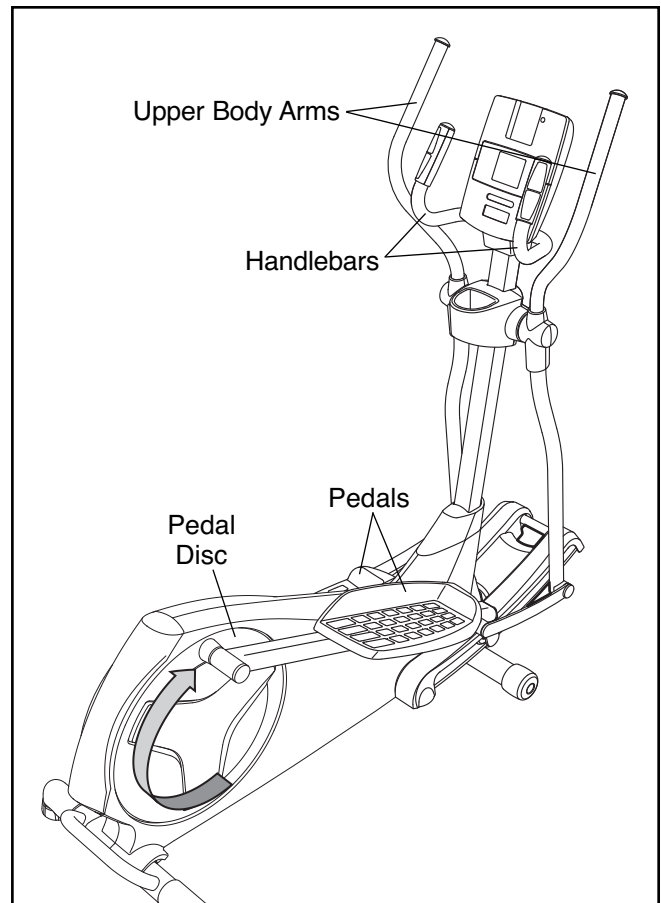


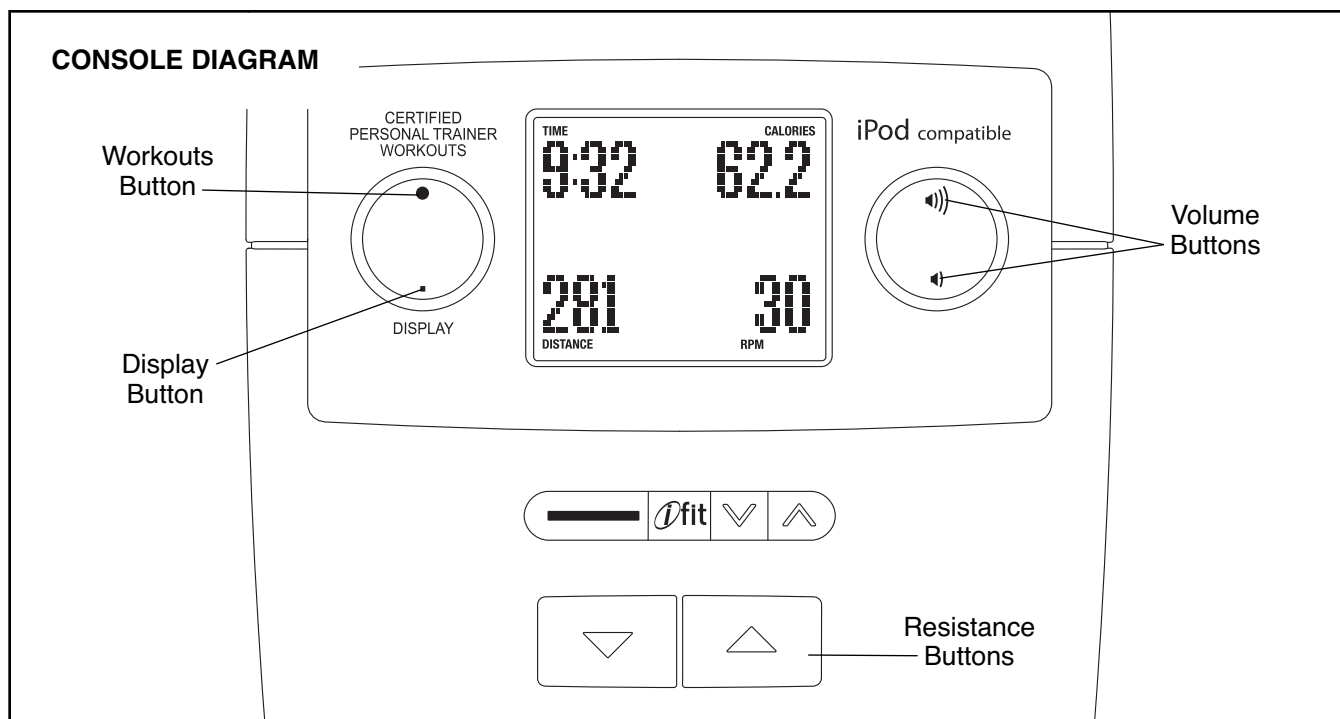
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars or the upper body arms 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 discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical 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 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. While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console offers sixteen preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling speed as it guides you through an effective workout.

The console also features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals.

For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

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

To use the manual mode, see page 17. **To use a preset workout**, see page 18. **To use an iFit workout**, see page 19. **To use the sound system**, see page 20. **To change the console settings**, see page 20.

Note: Before using the console, make sure that batteries are installed (see step 6 on page 8). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

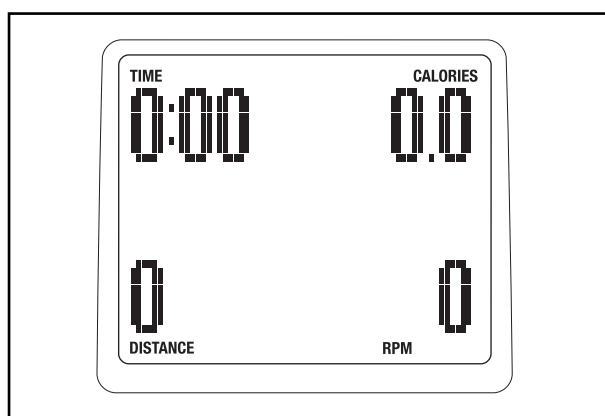
1. **Begin pedaling or press any button on the console to turn on the console.**

When you turn on the console, the display will light. The console will then be ready for use.

2. **Select the manual mode.**

Each time you turn on the console, the manual mode will be selected.

If you have selected a workout, press the Certified Personal Trainer Workouts button (see the drawing on page 16) repeatedly until zeros appear in the display.



3. **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

(see the drawing on page 16) repeatedly. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

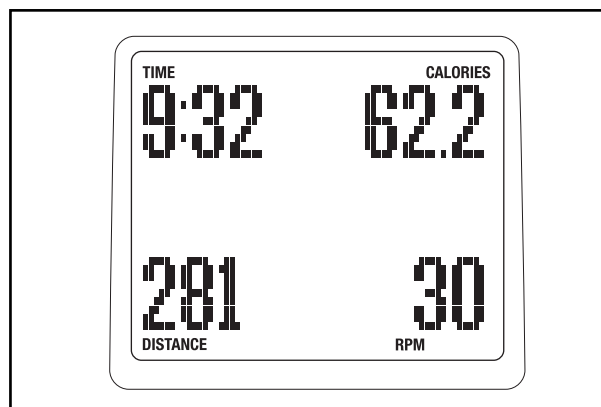


4. **Follow your progress with the display.**

The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button (see the drawing on page 16) repeatedly to select the desired display mode.

The display can show the following workout information:

Time—When the manual mode is selected, this display will show the elapsed time. When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



Speed—This display will show your pedaling speed in revolutions per minute (rpm).

Distance—This display will show the distance (total number of revolutions) you have pedaled.

Calories—This display will show the approximate number of calories you have burned.

Pulse—This display will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 18).

Resistance—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

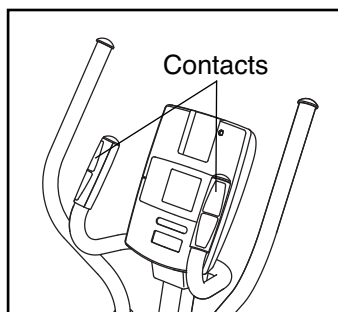
Profile—When a workout is selected, this display will show a profile of the resistance settings for the workout.

Display Settings—The console offers a display settings mode that can be entered when the words HOLD DISPLAY FOR SETTINGS appear in the display. To change the display settings, see HOW TO CHANGE THE CONSOLE SETTINGS on page 20.

Change the volume level of the console by pressing the Volume increase and decrease buttons (see the drawing on page 16).

5. Measure your heart rate if desired.

If there are sheets of 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, dashes will appear in the display, 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 the display does not show your heart rate, 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. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

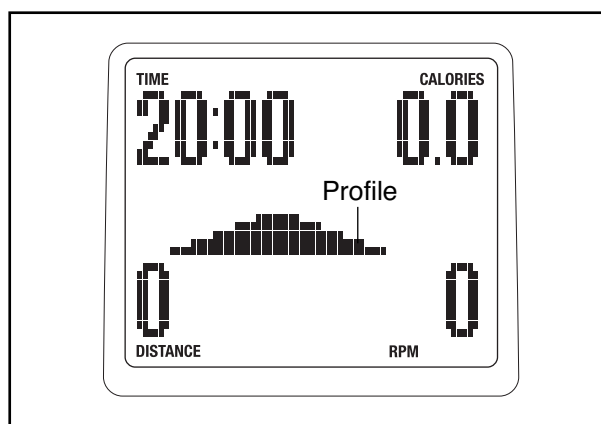
1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will light. The console will then be ready for use.

2. Select a preset workout.

To select a preset workout, press the Certified Personal Trainer Workouts button repeatedly until the profile of the desired workout appears in the display.

The workout time and a profile of the resistance levels for the workout will appear in the display.



3. Begin pedaling to start the workout.

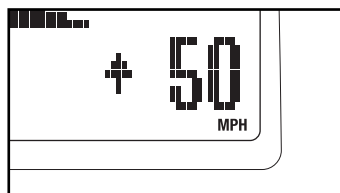
Each workout is divided into one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the 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. The resistance level and the target speed will also appear in the display.

If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or the target speed 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 speed near the target speed for the current segment. When an upward-pointing arrow appears in the display, increase your speed. When a downward-pointing arrow appears in the display, decrease your speed. When no arrow appears, maintain your current speed.



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

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons.

However, when the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound, the console will pause, and the time will begin to flash in the display. To resume the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 17.

5. Measure your heart rate if desired.

See step 5 on page 18.

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

See step 6 on page 18.

HOW TO USE AN IFIT WORKOUT

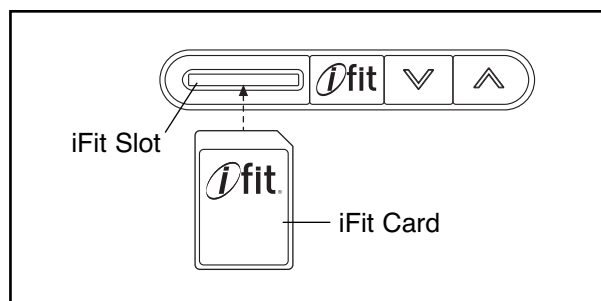
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will light. The console will then be ready for use.

2. Insert an iFit card and select a workout.

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



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

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout.

iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 6 starting on page 18.

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

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

HOW TO USE THE SOUND SYSTEM

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

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Volume increase and decrease buttons on the console. When not in use, unplug the audio cable from the jack on the console.

HOW TO CHANGE THE CONSOLE SETTINGS

The console features a display settings mode that allows you to select a backlight option for the console. Follow the steps below to change the console settings.

1. Enter the display settings mode.

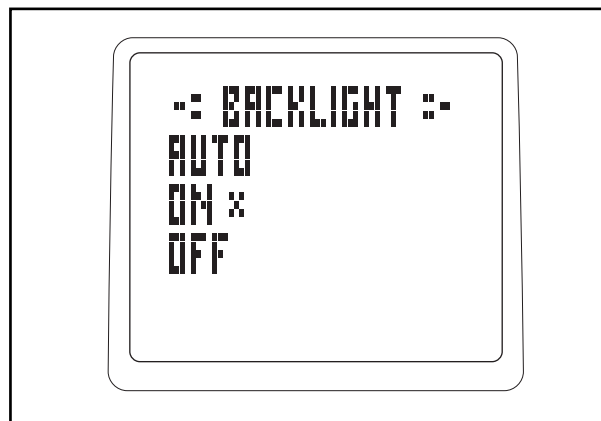
To enter the display settings mode, first press the Display button repeatedly until the words HOLD DISPLAY FOR SETTINGS appear in the display.

Then, press and hold the Display button until the display settings information appears in the display.

2. Select a backlight option if desired.

The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.

An X will appear next to the currently selected backlight option. To change the backlight option, press the resistance increase and decrease buttons.



3. Exit the display settings mode.

Press the Display button to save your settings and exit the display settings mode.

MAINTENANCE AND TROUBLESHOOTING

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

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

CONSOLE TROUBLESHOOTING

If the console displays become dim, replace all the batteries at the same time; most console problems are the result of low batteries. See assembly step 6 on page 8 for replacement instructions.

If the handgrip pulse sensor does not function properly, see step 5 on page 18.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

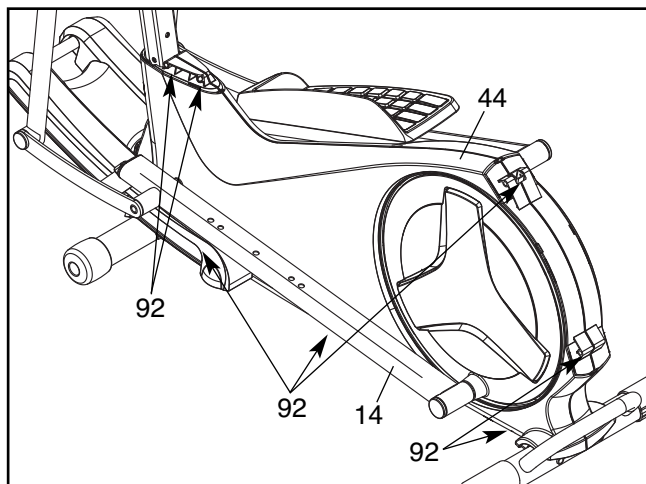
To adjust the drive belt, you must remove the left pedal, the rear shield cover, the top shield cover, and the left shield (see the instructions below).

First, see step 16 on page 13 and remove the left pedal.

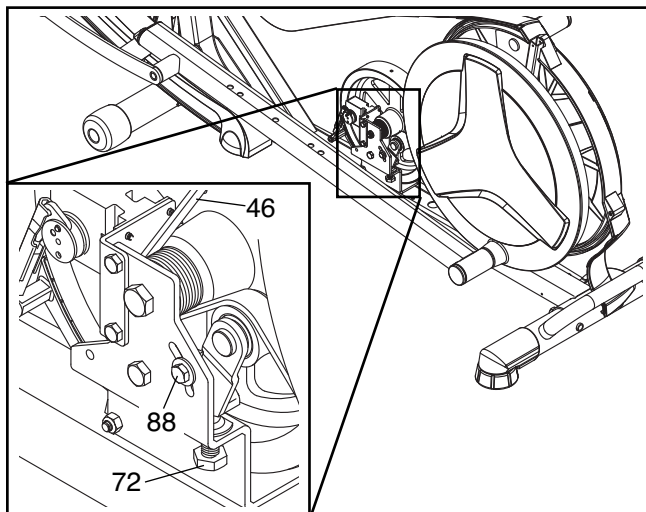
Next, see step 17 on page 13 and remove the rear shield cover.

Then, see step 4 on page 7 and release the top shield cover. Slide the top shield cover upward.

Remove the M4 x 16mm Screws (92) from the Left Shield (44). Then, gently raise the front of the Left Shield and slide the rear of the Left Shield outward over the Left Pedal Arm (14).



Next, locate and loosen the Pivot Screw (88). Then, tighten the Drive Belt Adjustment Screw (72) until the Drive Belt (46) is tight.



When the Drive Belt (46) is tight, tighten the Pivot Screw (88).

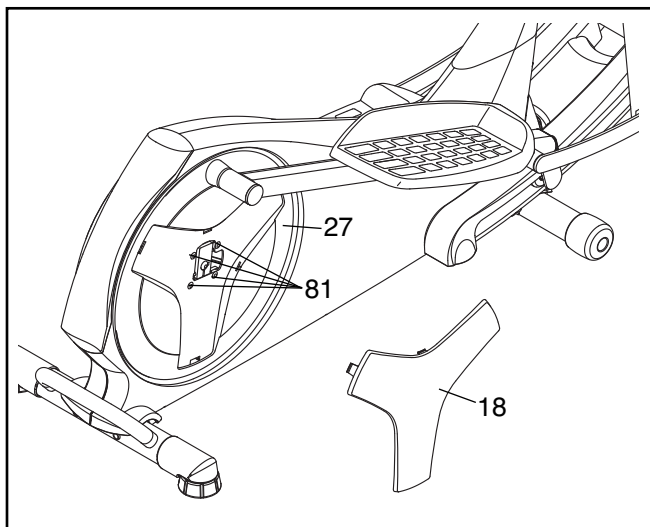
Then, reattach the left shield, the top shield cover, the rear shield cover, and the left pedal.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

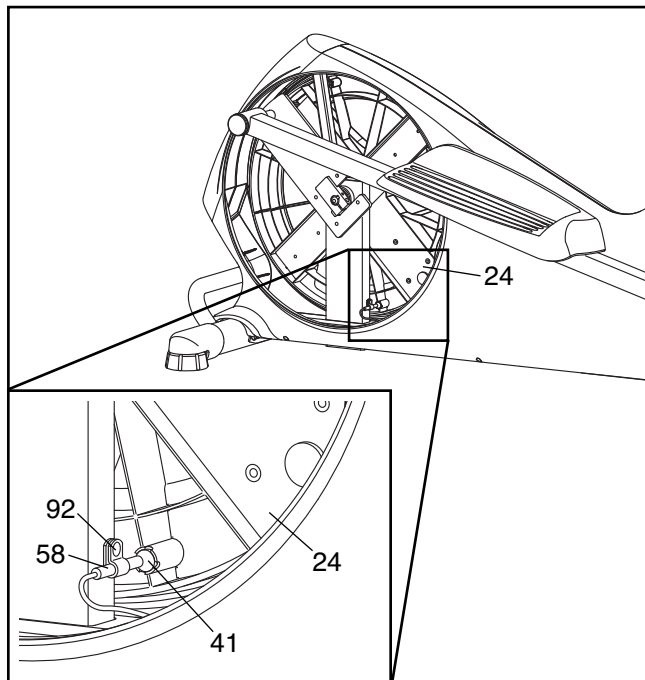
To adjust the reed switch, you must remove the right disc cover and the right pedal disc.

Using a flat screwdriver, remove the right Disc Cover (18).



Then, remove the M8 x 14mm Button Screws (81) from the Right Pedal Disc (27), and gently rotate the Right Pedal Disc out of the way.

Locate the Reed Switch (58). Loosen, but do not remove, the M4 x 16mm Screw (92).



Next, rotate the Crank Assembly (24) until a Magnet (41) is aligned with the Reed Switch (58). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screw (92).

Rotate the Crank Assembly (24) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the right pedal disc and the right disc cover.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 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.

PART LIST—Model No. PFEVEL74910.0

R0910A

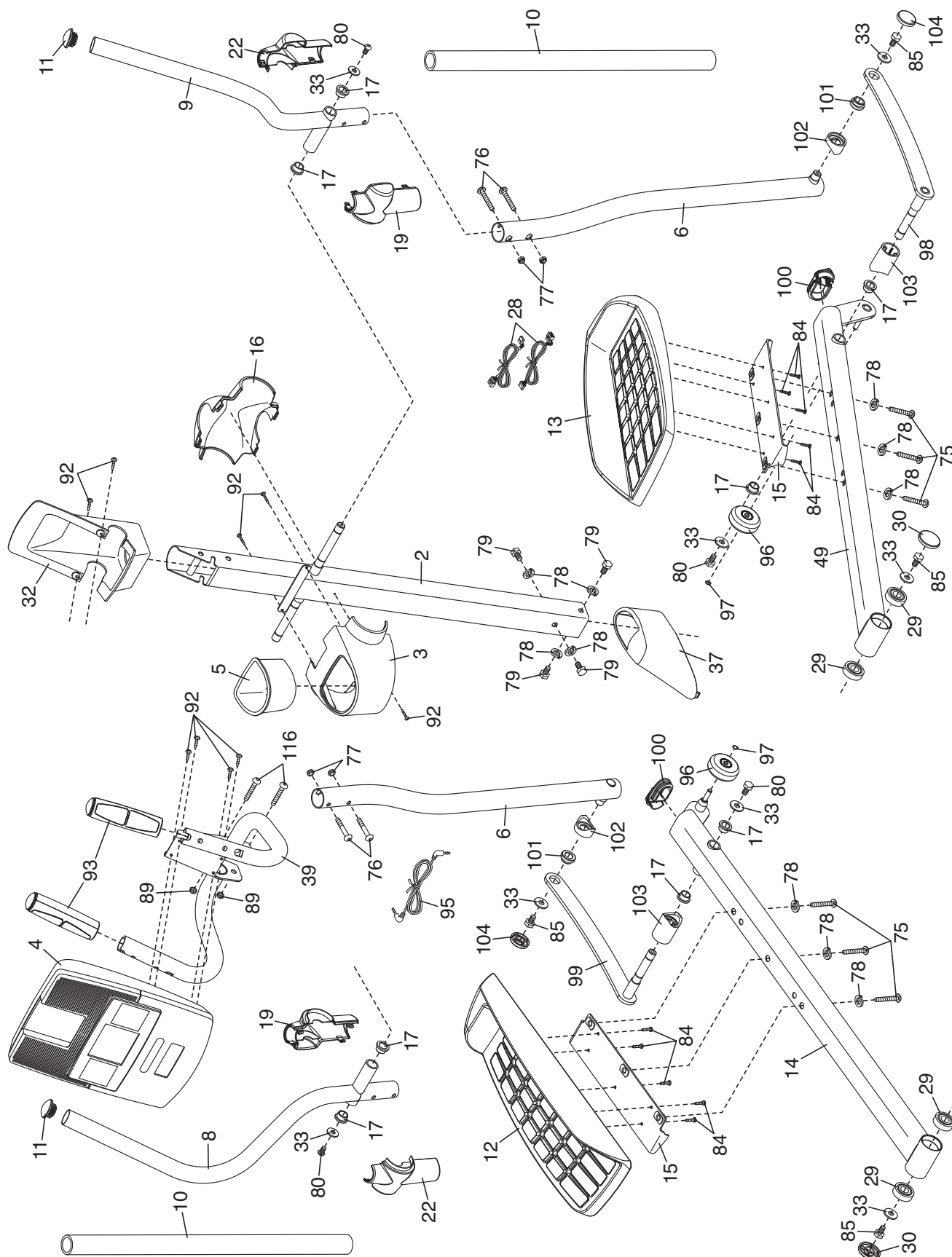
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Flywheel
2	1	Upright	52	1	Idler
3	1	Rear Upright Cover	53	1	C-magnet
4	1	Console	54	1	Resistance Motor
5	1	Water Bottle Holder	55	1	Motor Bracket
6	2	Upper Body Leg	56	1	Upper Arm
7	1	Resistance Wheel	57	1	Clamp
8	1	Left Upper Body Arm	58	1	Reed Switch/Wire
9	1	Right Upper Body Arm	59	1	Rear Shield Cover
10	2	Foam Grip	60	1	Key
11	2	Upper Cap	61	1	M8 Locknut
12	1	Left Pedal	62	1	M6 x 16mm Button Screw
13	1	Right Pedal	63	2	Shoulder Screw
14	1	Left Pedal Arm	64	1	Flywheel Axle
15	2	Pedal Bracket	65	1	C-magnet Bolt
16	1	Front Upright Cover	66	1	Idler Bolt
17	8	Pivot Bushing	67	1	Key Screw
18	2	Disc Cover	68	1	Crank Arm Screw
19	2	Pivot Cover A	69	4	Resistance Motor Bolt
20	1	Ramp	70	1	Rear Stabilizer
21	1	Ramp Cover	71	2	Motor Bracket Screw
22	2	Pivot Cover B	72	1	Drive Belt Adjustment Screw
23	1	Latch Cover	73	1	Front Stabilizer
24	1	Crank Assembly	74	2	M6 Locknut
25	1	Crank Arm	75	6	M10 x 48mm Patch Screw
26	1	Left Pedal Disc	76	4	M8 x 45mm Button Bolt
27	1	Right Pedal Disc	77	6	M8 Jam Nut
28	2	Pulse Wire	78	10	M10 Split Washer
29	4	Bearing	79	6	M10 x 20mm Patch Screw
30	2	Pedal Arm Cap	80	4	M8 x 20mm Patch Screw
31	1	Ramp Axle	81	4	M8 x 14mm Button Screw
32	1	Console Cover	82	4	M10 x 85mm Patch Screw
33	8	M8 Washer	83	1	M5 x 7mm Screw
34	1	Adjustment Lock	84	10	#10 x 16mm Screw
35	1	Adjustment Nut	85	4	M8 x 18mm Patch Hex Screw
36	1	Lower Arm	86	2	M5 x 12mm Screw
37	1	Top Shield Cover	87	1	M3.5 x 12mm Screw
38	2	Crank Bearing	88	1	Pivot Screw
39	1	Handlebar	89	2	M10 Jam Nut
40	1	Snap Ring	90	1	M4 x 16mm Ground Screw
41	2	Magnet	91	9	M5 Star Washer
42	1	Main Wire	92	30	M4 x 16mm Screw
43	7	M6 Washer	93	2	Pulse Sensor/Wire
44	1	Left Shield	94	1	Flywheel Bearing
45	1	Right Shield	95	1	Audio Cable
46	1	Drive Belt	96	2	Roller
47	2	Leveling Foot	97	2	Roller Snap Ring
48	2	Stabilizer Cap	98	1	Right Link Arm
49	1	Right Pedal Arm	99	1	Left Link Arm
50	2	Wheel	100	2	Link Arm Cap

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Link Arm Bushing	111	1	Spring Bracket
102	2	Bushing Cover	112	1	Latch Screw
103	2	Link Arm Cover	113	2	M10 Washer
104	2	Link Arm Screw Cover	114	1	Latch Snap Ring
105	4	Bushing Set	115	7	M5 x 16mm Screw
106	2	Ramp Axle Bushing	116	2	M10 x 70mm Button Bolt
107	2	Latch Spring	*	—	User's Manual
108	1	Latch	*	—	Assembly Tool
109	1	Latch Spacer	*	—	Grease Packet
110	1	Latch Pin			

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

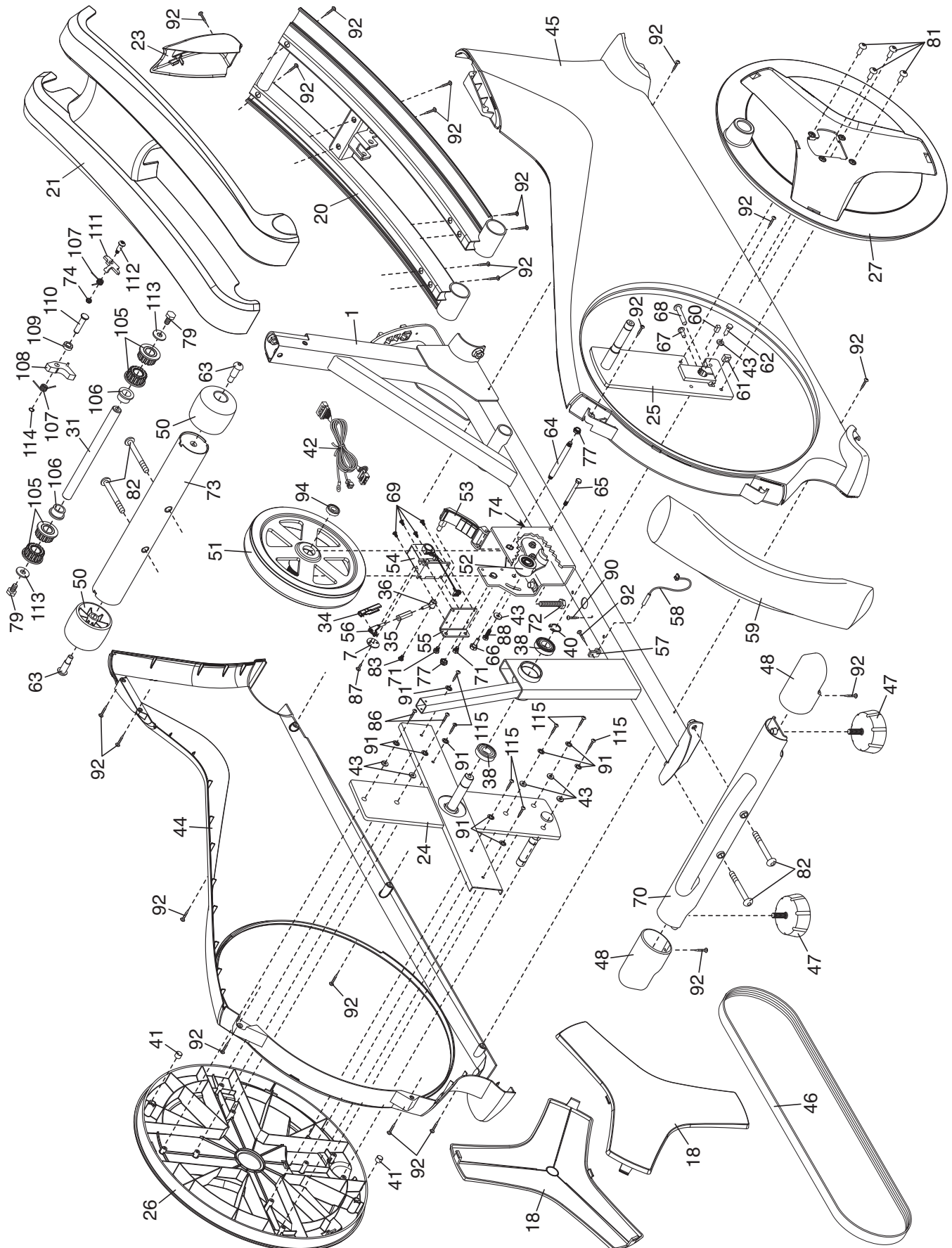
EXPLODED DRAWING A—Model No. PFEVEL74910.0 R0910A

R0910A



EXPLODED DRAWING B—Model No. PFEVEL74910.0 R0910A

R0910A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please 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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

