

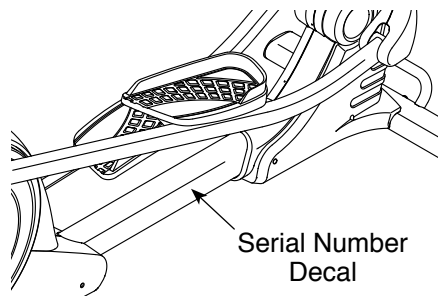
PRO-FORM[®]

900 ZLE

Model No. PFEVEL87914.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

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

CASTLEFORD

WF10 5QJ

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

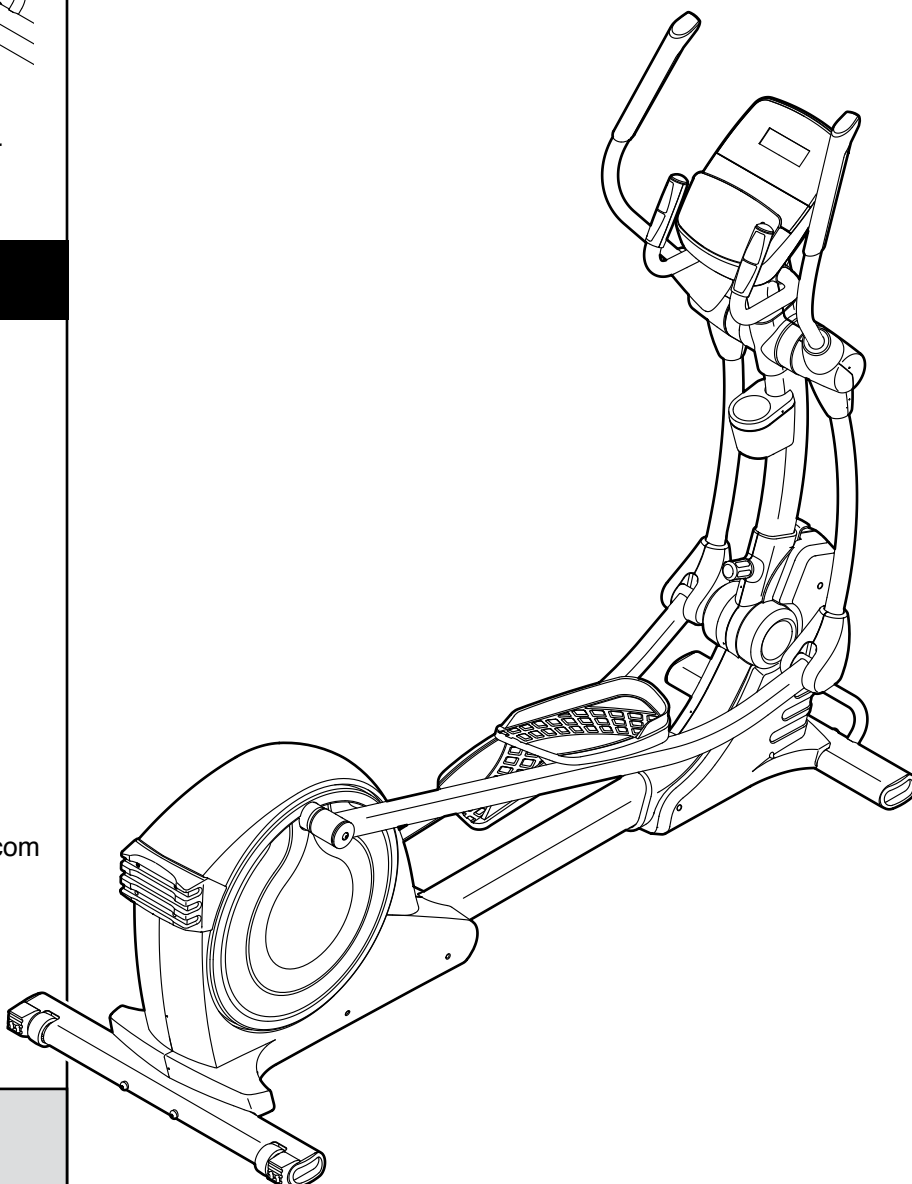
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



⚠ CAUTION

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

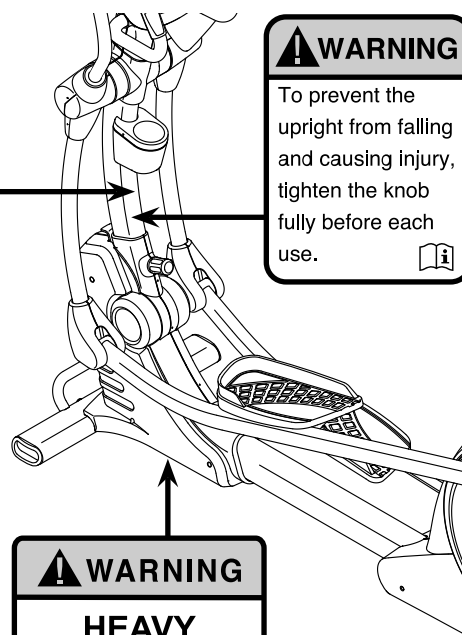
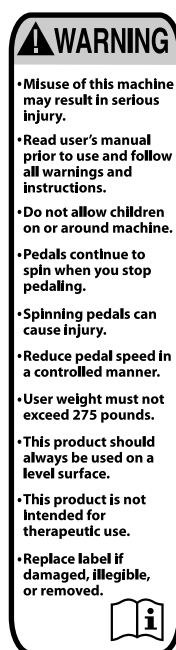
www.iconeurope.com

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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. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the elliptical only as described in this manual.
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. Do not attempt to place the elliptical in the storage position until it is properly assembled and the upright is folded. You must be able to safely support 85 lbs. (38.5 kg) to place the elliptical in the storage position.
10. The elliptical should not be used by persons weighing more than 275 lbs. (125 kg).
11. 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.
12. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
13. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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 fly-wheel 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.

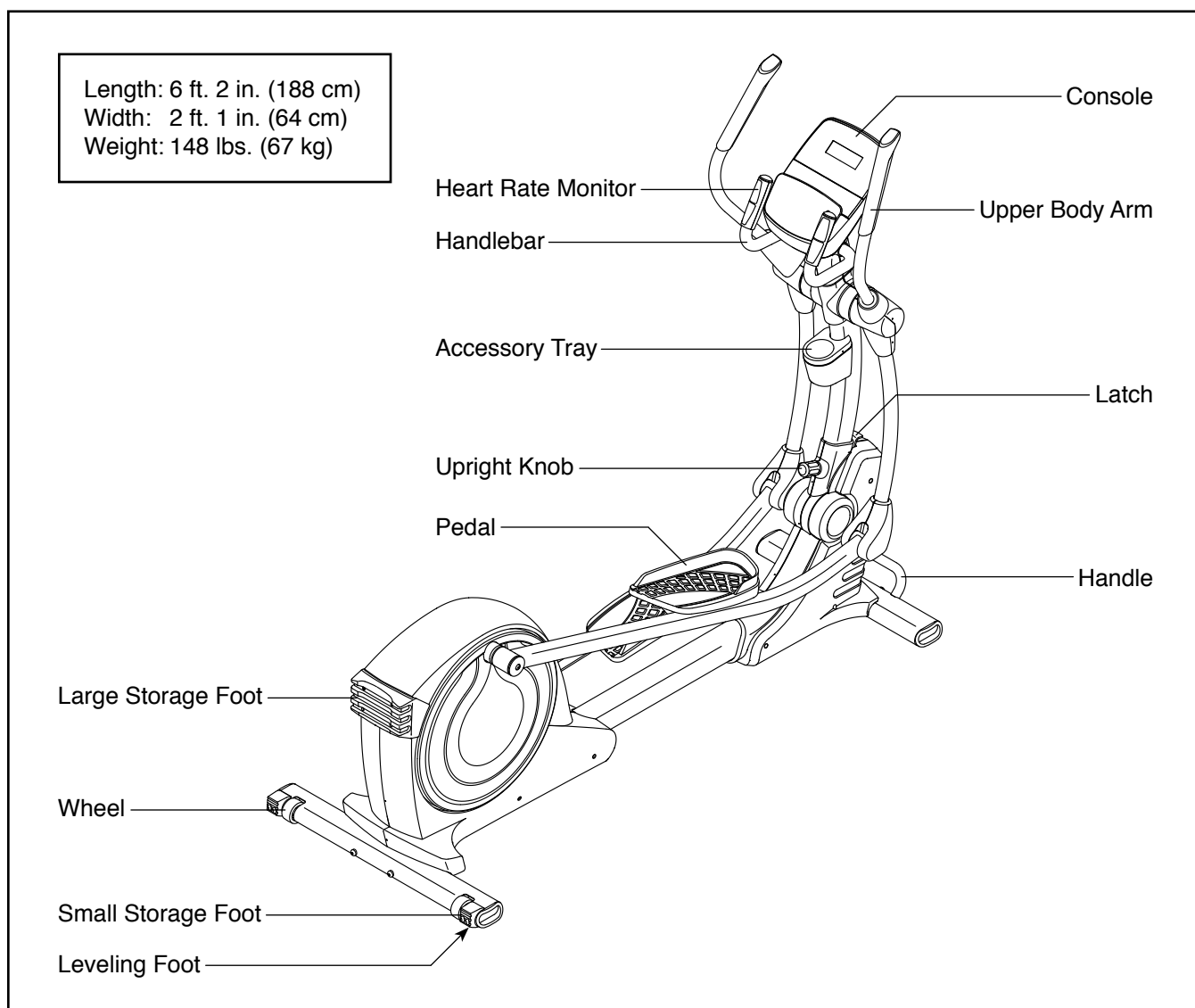
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 900 ZLE elliptical. The 900 ZLE elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. 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.

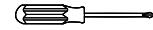
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- In addition to the included tool(s), assembly requires the following tool(s):

one Phillips screwdriver



one rubber mallet



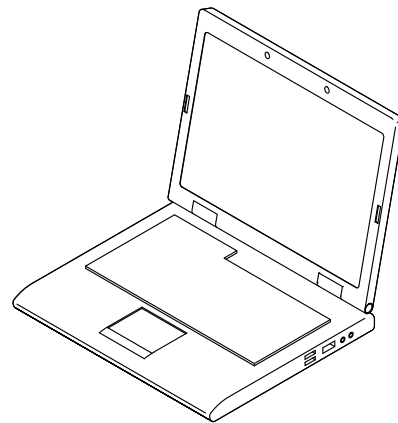
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to www.iconsupport.eu on your computer and register your product.

- activates your warranty
- saves you time if you ever need to contact Customer Service
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.

1



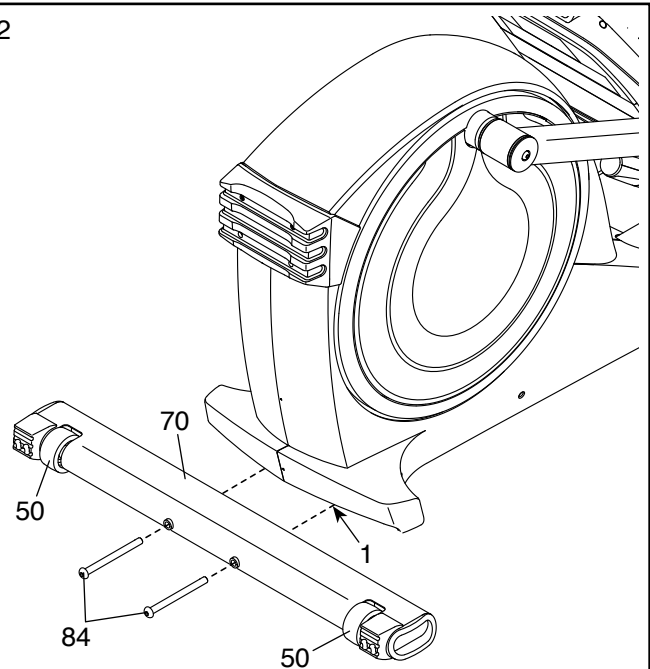
2. If necessary, remove and discard the shipping supports and the shipping screws attached to the rear of the Frame (1).

With the help of another person, place some packing inserts from the packing material under the rear of the Frame (1) so that the Frame is lifted off the floor. **Have another person hold the elliptical to prevent it from moving from side to side until this step is completed.**

Identify the Rear Stabilizer (70), which has Wheels (50), and orient it as shown.

Attach the Rear Stabilizer (70) to the Frame (1) with two M10 x 120mm Screws (84). Then, remove the packing inserts and lower the Rear Stabilizer.

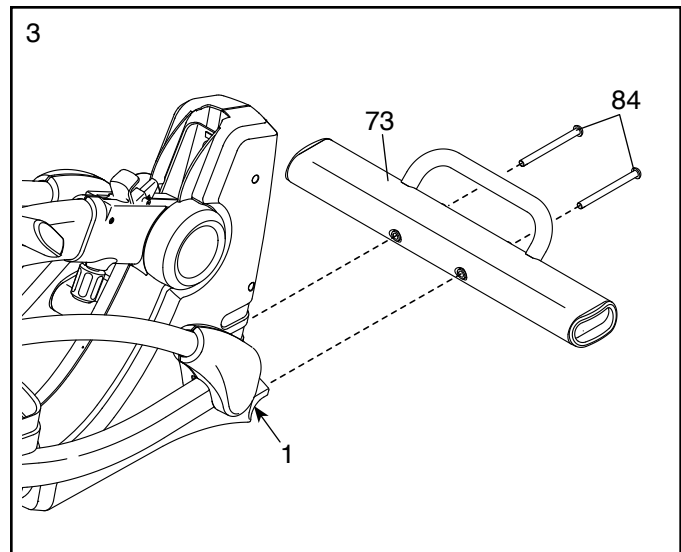
2



3. If necessary, remove and discard the shipping supports and the shipping screws attached to the front of the Frame (1).

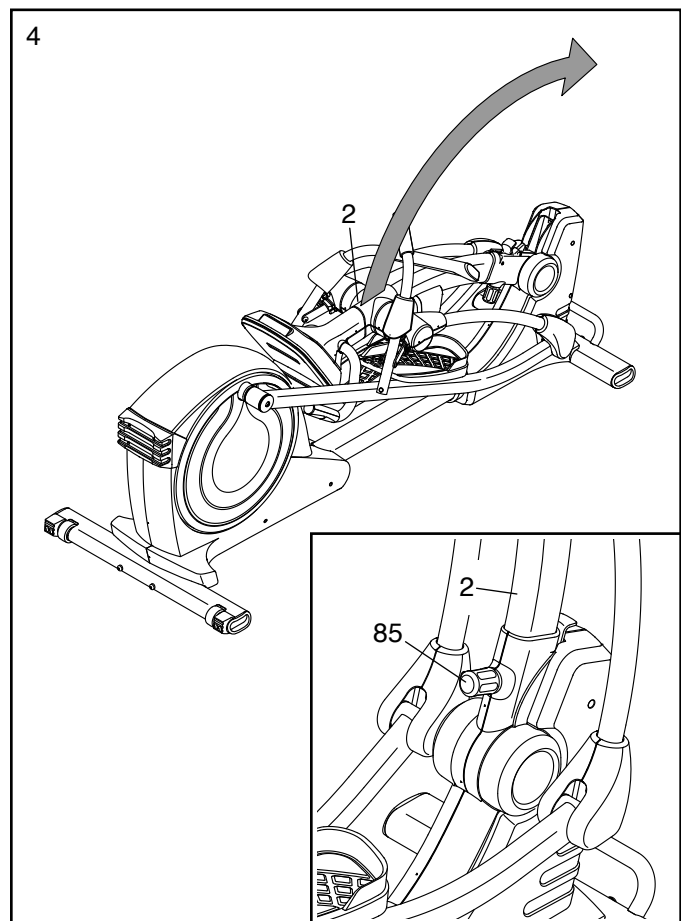
With the help of another person, place some packing inserts from the packing material under the Frame (1) so that the Frame is lifted off the floor. **Have another person hold the elliptical to prevent it from moving from side to side until this step is completed.**

Attach the Front Stabilizer (73) to the Frame (1) with two M10 x 120mm Screws (84). Then, remove the packing inserts and lower the Front Stabilizer.



4. With the help of a second person, lift the Upright (2) upward into the upright position.

See the inset drawing. Tighten the Upright Knob (85) into the Upright (2).



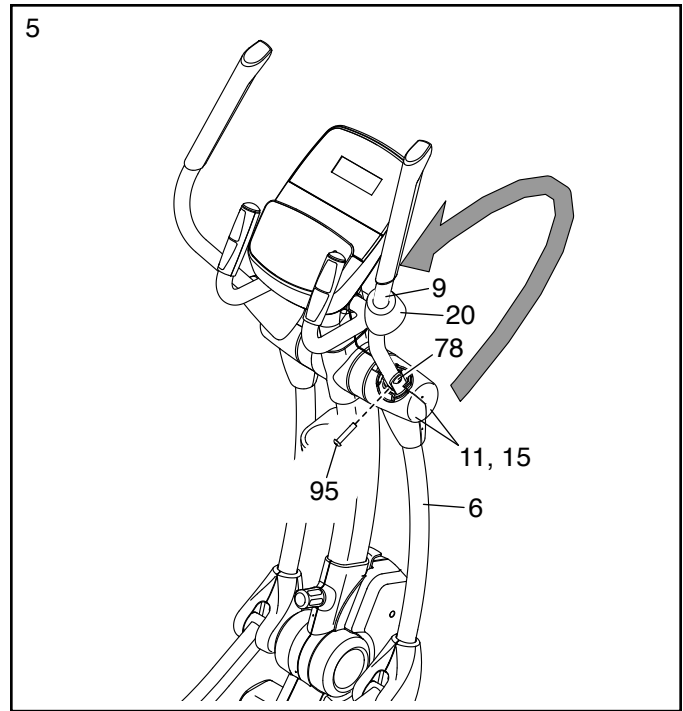
5. Rotate the Right Upper Body Arm (9) to the upright position.

Attach the Right Upper Body Arm (9) to the Right Upper Body Leg (6) with an M10 x 50mm Screw (95).

Then, tighten the indicated M10 x 45mm Screw (78).

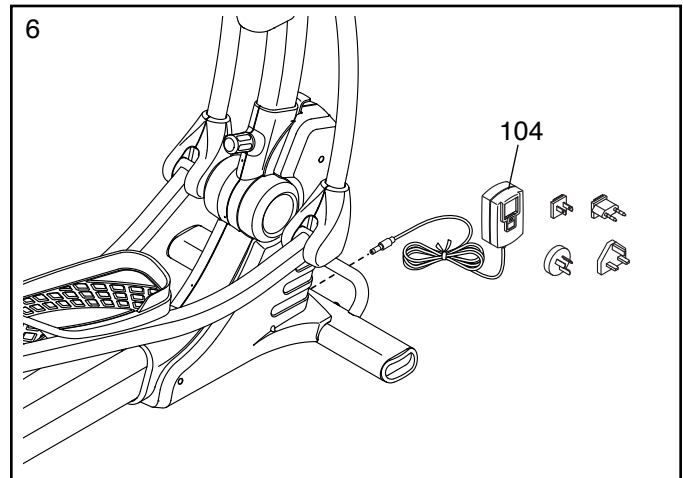
Press the Upper Body Arm Cover (20) downward and turn it so that it is flush with the Right Leg Front and Rear Covers (11, 15).

Repeat this step on the other side of the elliptical.



6. Plug the Power Adapter (104) into the receptacle on the frame of the elliptical.

Note: To plug the Power Adapter (104) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 8.



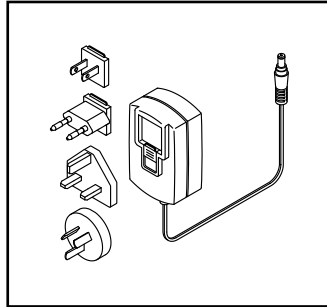
7. **Make sure that all parts of the elliptical are properly tightened.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

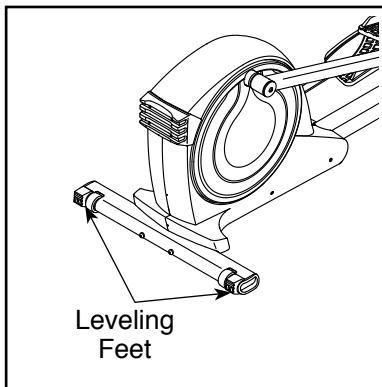
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the elliptical. Insert the appropriate plug adapter into the power adapter if necessary. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO LEVEL THE ELLIPTICAL

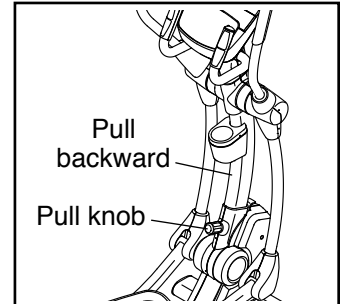
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



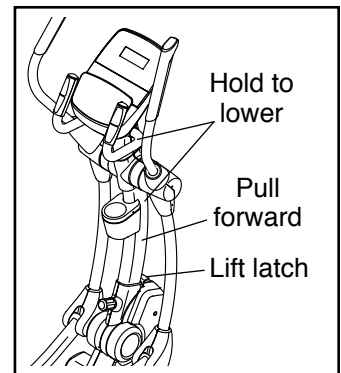
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons.

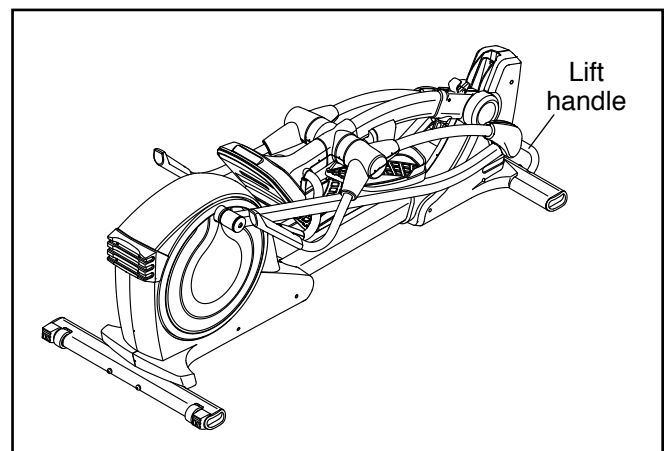
First, loosen the upright knob and pull it, pull the upright backward until the latch locks into place, and then release the upright knob.



Next, pull the upright forward slightly, lift the latch, and then lower the upright to the folded position. **Hold the upright in one of the indicated locations while you lower the upright; do not hold the upper body arms.**



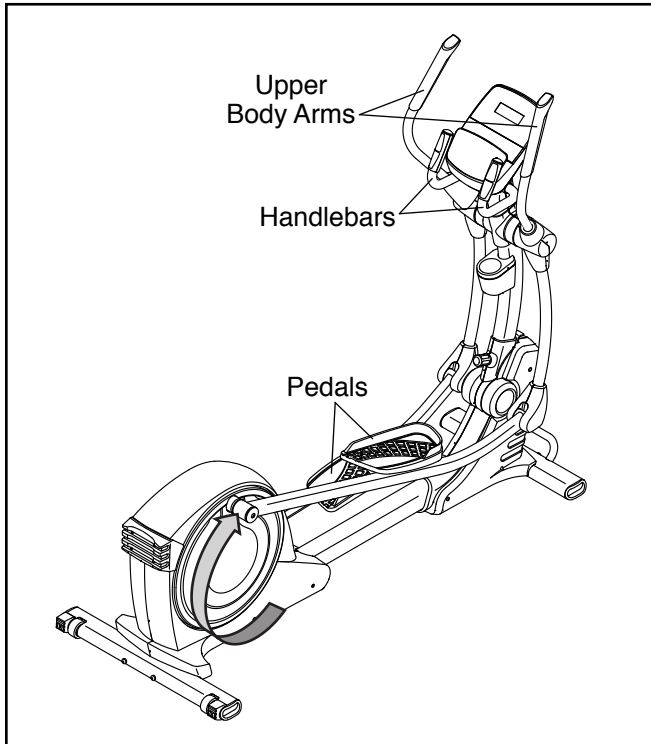
Then, lift the handle on the front stabilizer until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



When you are finished moving the elliptical, lift the upright to the upright position and tighten the upright knob.

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 lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**



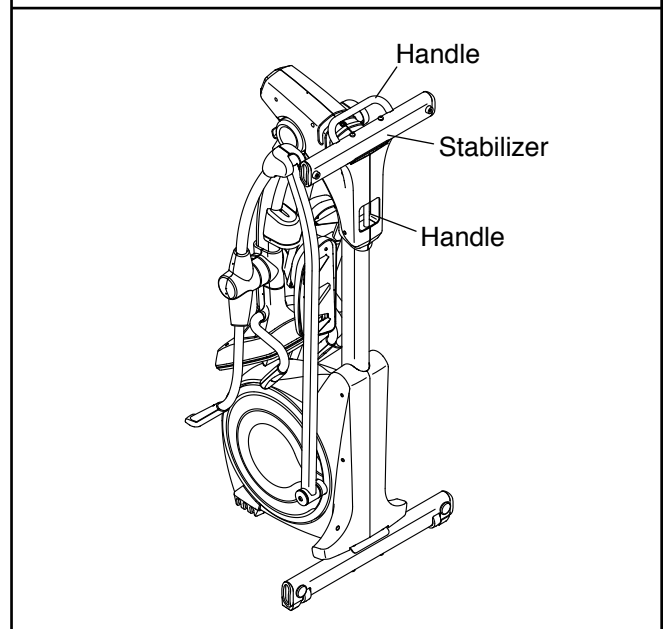
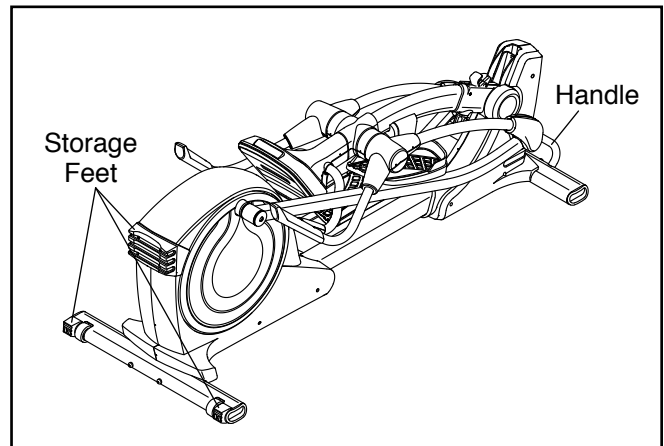
To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO STORE THE ELLIPTICAL

Due to the size and weight of the elliptical, storing it requires two persons. **CAUTION: You must be able to safely lift 85 lbs. (38.5 kg) to lift, store, and lower the elliptical.**

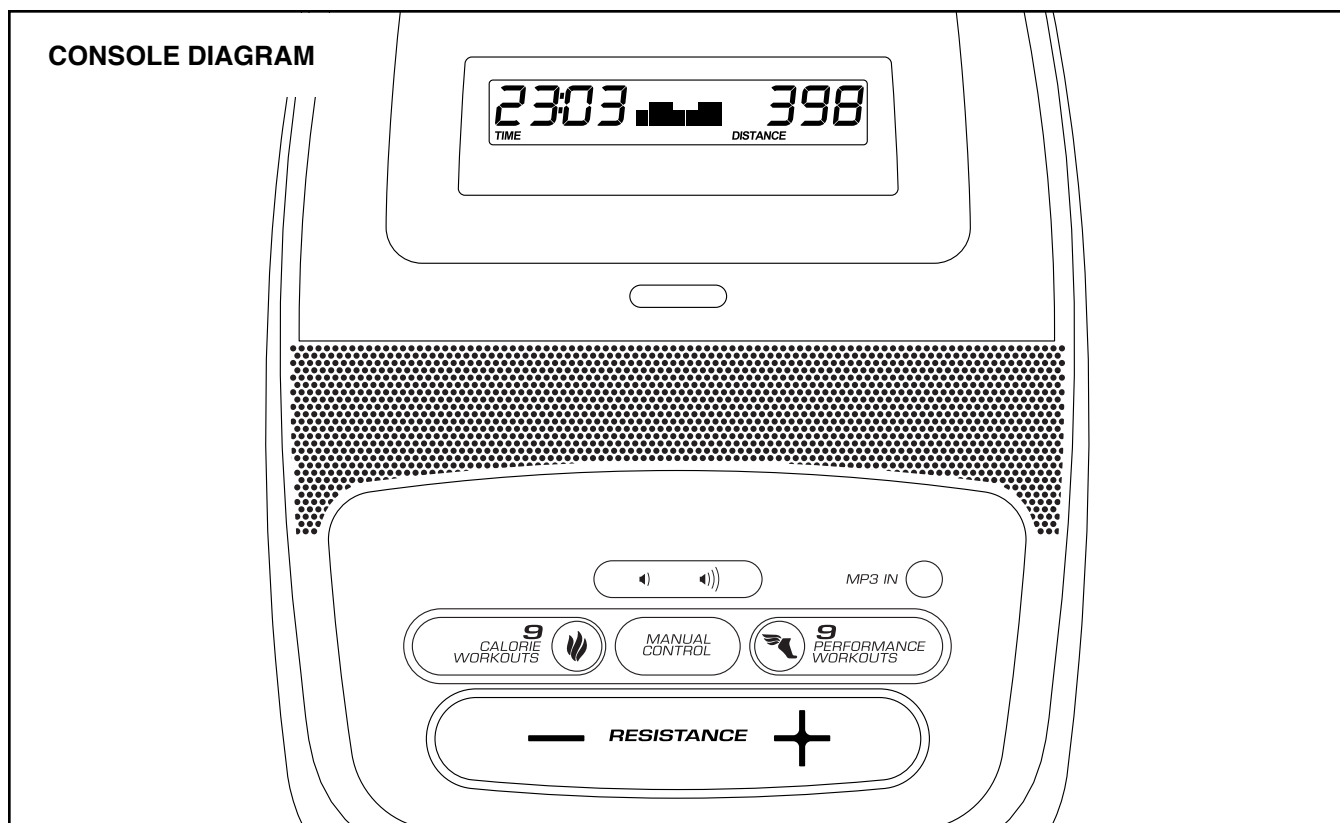
See HOW TO MOVE THE ELLIPTICAL on page 8 and lower the upright to the folded position.

Then, lift the handle on the front stabilizer and tip the frame upright until the elliptical rests on the small and large storage feet.



To lower the elliptical for use, first hold the handle on the frame with one hand and hold the front stabilizer with your other hand. Next, pull the frame towards you and lower the frame until you can reach the handle on the front stabilizer. Then, hold the handle on the front stabilizer with both hands and finish lowering the elliptical to the floor.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or the optional chest heart rate monitor.

The console also offers a selection of preset workouts. Each preset workout automatically changes the resistance of the pedals as it guides you through an effective workout.

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

To use the manual mode, see page 11. **To use a preset workout**, see page 13. **To use the sound system**, see page 14. **To use the settings mode**, see page 14.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

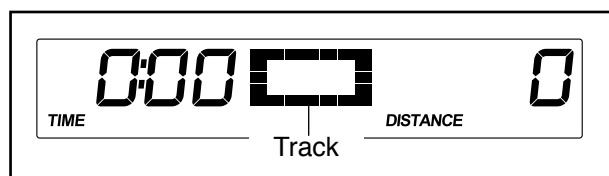
Press any button or begin pedaling to turn on the console.

When you turn on the console, the display will turn on. A tone will sound and the console will be ready for use.

2. Select the manual mode.

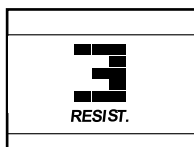
When you turn on the console, the manual mode will be selected.

If you have selected a workout, reselect the manual mode by pressing the Manual Control button.



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

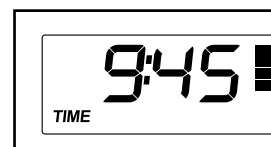
As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.



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.

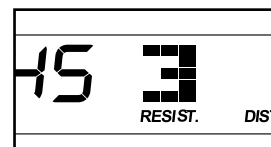
The left display—This display can show the elapsed time and the approximate number of calories you have burned. The display will change modes every few seconds.



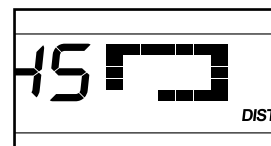
Note: During a preset workout, the display will show the time remaining in the workout.

The left display will also show your heart rate when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).

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

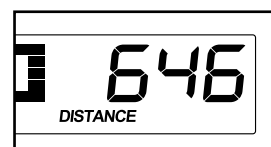


This display will also show a track representing 1/4 mile (400 m). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The right display—

This display can show the distance you have pedaled in total revolutions and your pedaling speed in revolutions per minute (rpm). The display will change modes every few seconds.



5. Measure your heart rate if desired.

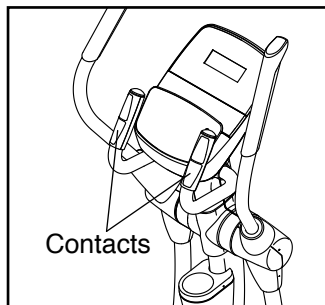
You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (see page 14 for information about the optional chest heart rate monitor).

Note: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. To

measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. Avoid moving your hands or gripping the contacts tightly.

When your pulse is detected, a heart-shaped symbol will flash 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.**

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the 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 series of tones will sound, the console will pause, and the time will flash in the display.

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

Note: The console features a display demo mode, designed to be used if the elliptical is displayed in a store. When the demo mode is turned on, the console will show a preset presentation. To turn off the demo mode, see THE SETTINGS MODE on page 14.

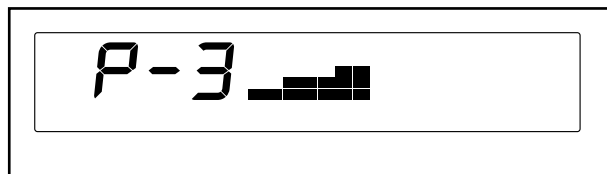
HOW TO USE A PRESET WORKOUT

1. Turn on the console.

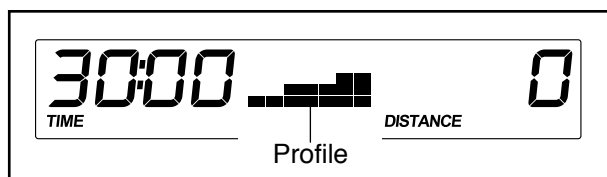
Press any button or begin pedaling to turn on the console.

2. Select a preset workout.

To select a preset workout, press the Calorie Workouts button or the Performance Workouts button repeatedly until the number of the desired workout appears in the left display.



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



3. Begin pedaling to start the workout.

Each workout is divided into 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 for the next segment will appear in the center display for a few seconds to alert you. The resistance of the pedals will then change.

The target speed for the next segment will appear in the right display for a few seconds to alert you.

As you exercise, keep your pedaling speed near the target speed for the current segment.

IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal 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.

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. Follow your progress with the display.

See step 4 on page 11.

5. Measure your heart rate if desired.

See step 5 on page 12.

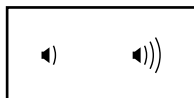
6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 12.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in.** **Note: To purchase an audio cable, see your local electronics store.**

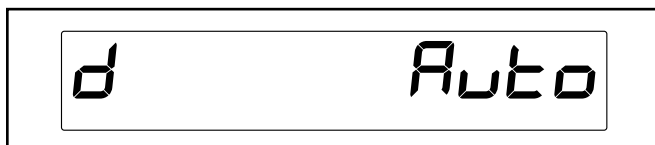
Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



THE SETTINGS MODE

The console features a settings mode that allows you to turn on or turn off the demo mode, to select a backlight option for the console, and to view console usage information.

To select the settings mode, press and hold down the Performance Workouts button for a few seconds until the settings information appears in the display.

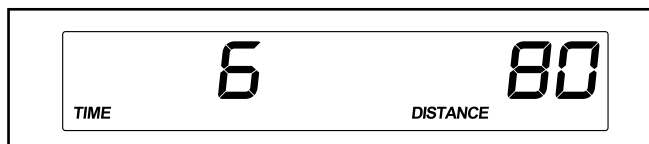


The console features a display demo mode, designed to be used if the elliptical is displayed in a store. While the demo mode is turned on, the console will show a preset presentation when it is not in use. If the demo mode is turned on, a "d" will appear in the left display. To turn on or turn off the demo mode, press the volume decrease button.

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.

To select a backlight option, press the volume increase button repeatedly until the desired backlight option appears in the display.

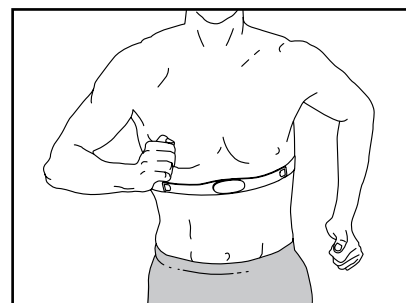
To view console usage information, press the Resistance increase button. The left display will show the total number of hours that the console has been used since the elliptical was purchased. The right display will show the total distance that the elliptical has been pedaled. To exit the console usage information, press the Resistance increase button again.



To exit the settings mode, press the Performance Workouts button.

THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

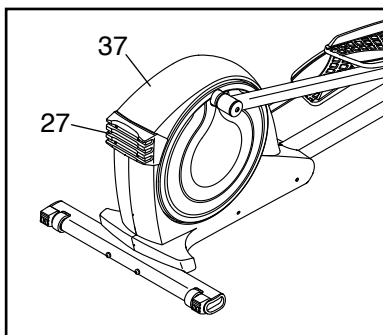
If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 12.

If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

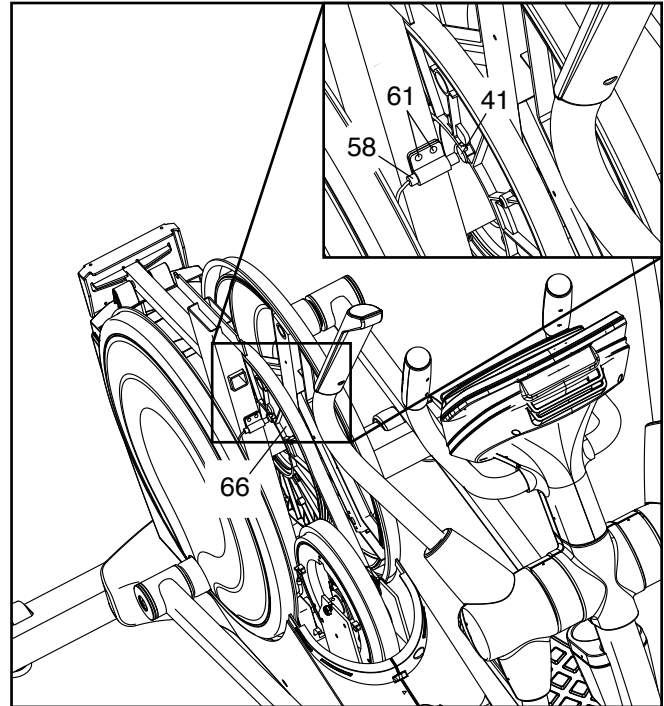
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **unplug the power adapter**.

Next, remove the four M4 x 16mm Screws (not shown) from the Large Storage Foot (27), and then remove the Large Storage Foot. Remove the two M4 x 16mm Screws (not shown) from the Top Shield (37), and then use a flat screwdriver to pry the Top Shield upward off the elliptical.



Next, look into the access opening and locate the Reed Switch (58). Rotate the Pulley (66) until a Magnet (41) is aligned with the Reed Switch. Note: For clarity, the shields are shown removed in the drawing below.



Next, loosen, but do not remove, the two indicated M4 x 16mm Screws (61). Slide the Reed Switch (58) slightly toward or away from the Magnet (41). Then, retighten the M4 x 16mm Screws.

Plug in the power adapter and rotate the pulley for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, unplug the power adapter and reattach the top shield and the large storage foot. Then, plug in the power adapter.

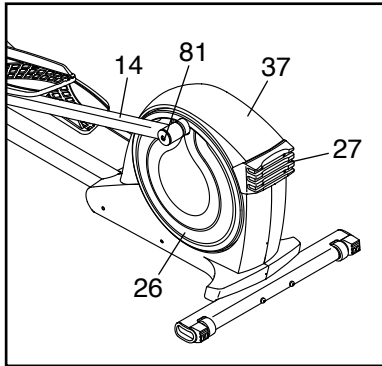
HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first **unplug the power adapter**.

See EXPLODED DRAWING B on page 22. First, remove the M4 x 16mm Screw (61) from the Left Leg Inner Cover (39). Then, remove the Left Leg Inner Cover and the Left Leg Outer Cover (92).

Next, remove the two M8 x 16mm Screws (76) and the two M8 Washers (33) from the Left Upper Body Leg (101) and the Left Pedal Arm (14).

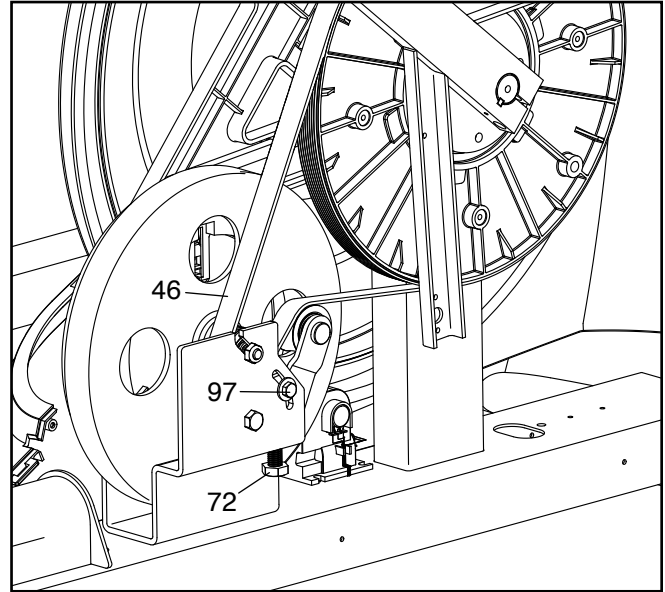
Then, remove the M8 x 14mm Shoulder Screw (81) from the Left Pedal Arm (14). Remove the Left Pedal Arm from the elliptical.



Remove the four M4 x 16mm Screws (not shown) from the Large Storage Foot (27), and then remove the Large Storage Foot. Remove the two M4 x 16mm Screws (not shown) from the Top Shield (37), and then use a flat screwdriver to pry the Top Shield upward off the elliptical. Then, pry the left Pedal Disc (26) off the elliptical.

See EXPLODED DRAWING C on page 23. Remove all of the M4 x 16mm Screws (61) and M4 x 38mm Screws (64) from the Left and Right Shields (44, 45). **Make sure to note which size Screws come from which holes.** Then, carefully remove the Left Shield.

Loosen the Idler Screw (97). Tighten the Idler Adjustment Screw (72) until the Drive Belt (46) is tight. When the Drive Belt is tight, retighten the Idler Screw.



When you are finished, reattach the left shield, the left pedal disc, the top shield, the large storage foot, and the left pedal arm. Then, plug in the power adapter.

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

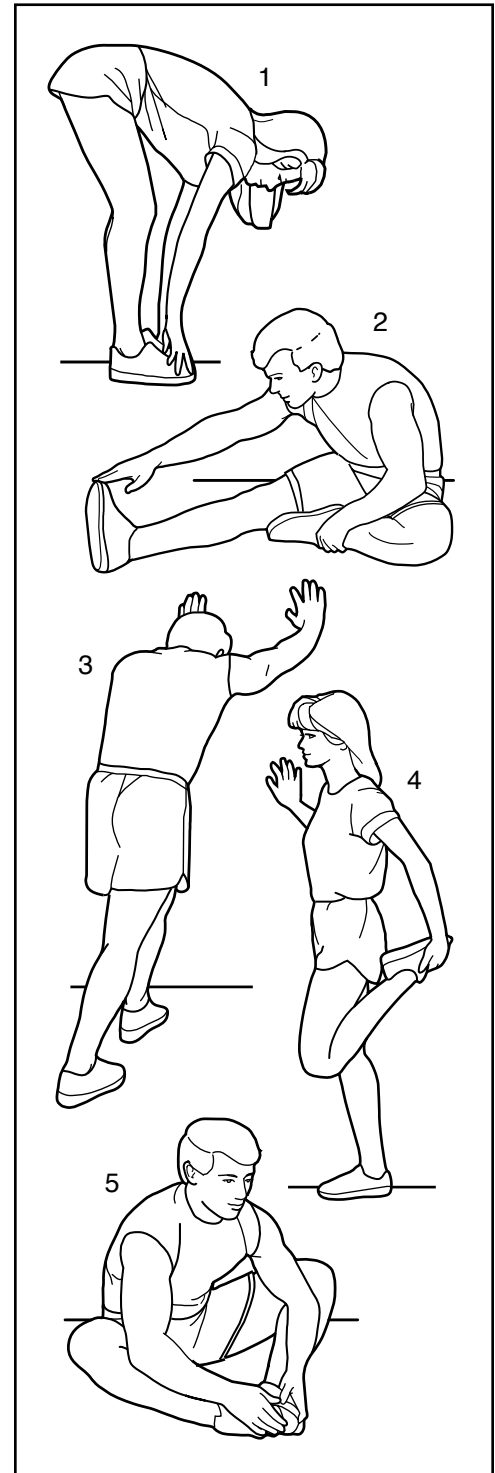
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST

Model No. PFEVEL87914.0 R0114A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	4	Stabilizer Cap
2	1	Upright	49	1	Right Pedal Arm
3	1	Rear Upright Cover	50	2	Wheel
4	1	Console	51	2	Small Storage Foot
5	1	Accessory Tray	52	1	Idler
6	1	Right Upper Body Leg	53	1	Small Spacer
7	1	Eddy Mechanism	54	1	Resistance Motor
8	1	Left Upper Body Arm	55	2	Handle Cover
9	1	Right Upper Body Arm	56	4	M4 x 12mm Washer Head Screw
10	2	Grip	57	1	Clamp
11	1	Right Leg Front Cover	58	1	Reed Switch/Wire
12	1	Left Pedal	59	2	M10 x 20mm Screw
13	1	Right Pedal	60	2	Key
14	1	Left Pedal Arm	61	52	M4 x 16mm Screw
15	1	Right Leg Rear Cover	62	2	M4 x 30mm Screw
16	1	Front Upright Cover	63	2	Pulse Grip
17	4	Pivot Bushing	64	6	M4 x 38mm Screw
18	1	Left Leg Front Cover	65	11	M4 x 19mm Screw
19	1	Left Leg Rear Cover	66	1	Pulley
20	2	Upper Body Arm Cover	67	2	M4 x 15mm Screw
21	1	Tray Housing	68	1	M4 x 16mm Ground Screw
22	1	Right Leg Outer Cover	69	1	Pulse Wire
23	4	Pedal Arm Bushing	70	1	Rear Stabilizer
24	1	Crank	71	2	M4 x 12mm Screw
25	2	Crank Arm	72	1	Idler Adjustment Screw
26	2	Pedal Disc	73	1	Front Stabilizer
27	1	Large Storage Foot	74	2	M6 x 12mm Flat Head Screw
28	1	Upright Wire	75	8	M6 x 12mm Screw
29	4	Pedal Arm Bearing	76	6	M8 x 16mm Screw
30	2	Pedal Arm Cap	77	2	M10 x 60mm Screw
31	2	Pedal Arm Axle	78	2	M10 x 45mm Screw
32	1	Right Leg Inner Cover	79	2	Crank Arm Bolt
33	8	M8 Washer	80	1	M6 x 25mm Shoulder Screw
34	1	Left Front Shield	81	2	M8 x 14mm Shoulder Screw
35	1	Right Front Shield	82	2	Crank Arm Nut
36	2	Crank Arm Cover	83	2	M10 Washer
37	1	Top Shield	84	4	M10 x 120mm Screw
38	2	Frame Bearing	85	1	Upright Knob
39	1	Left Leg Inner Cover	86	1	Right Upright Cover
40	1	Large Spacer	87	1	Left Upright Cover
41	2	Magnet	88	1	M5 x 5mm Screw
42	1	Main Wire	89	1	Latch Release
43	2	Crank Arm Washer	90	1	Latch
44	1	Left Shield	91	2	Front Stabilizer Foot
45	1	Right Shield	92	1	Left Leg Outer Cover
46	1	Drive Belt	93	1	Front Console Cover
47	2	Leveling Foot	94	1	Rear Console Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
95	2	M10 x 50mm Screw	102	1	Upright Axle
96	1	Pivot Screw	103	4	M8 x 20mm Bolt
97	1	Idler Screw	104	1	Power Adapter
98	1	M6 Washer	105	1	Receiver
99	6	M8 Locknut	106	1	Extension Wire
100	1	Power Wire	*	—	User's Manual
101	1	Left Upper Body Leg	*	—	Assembly Tool

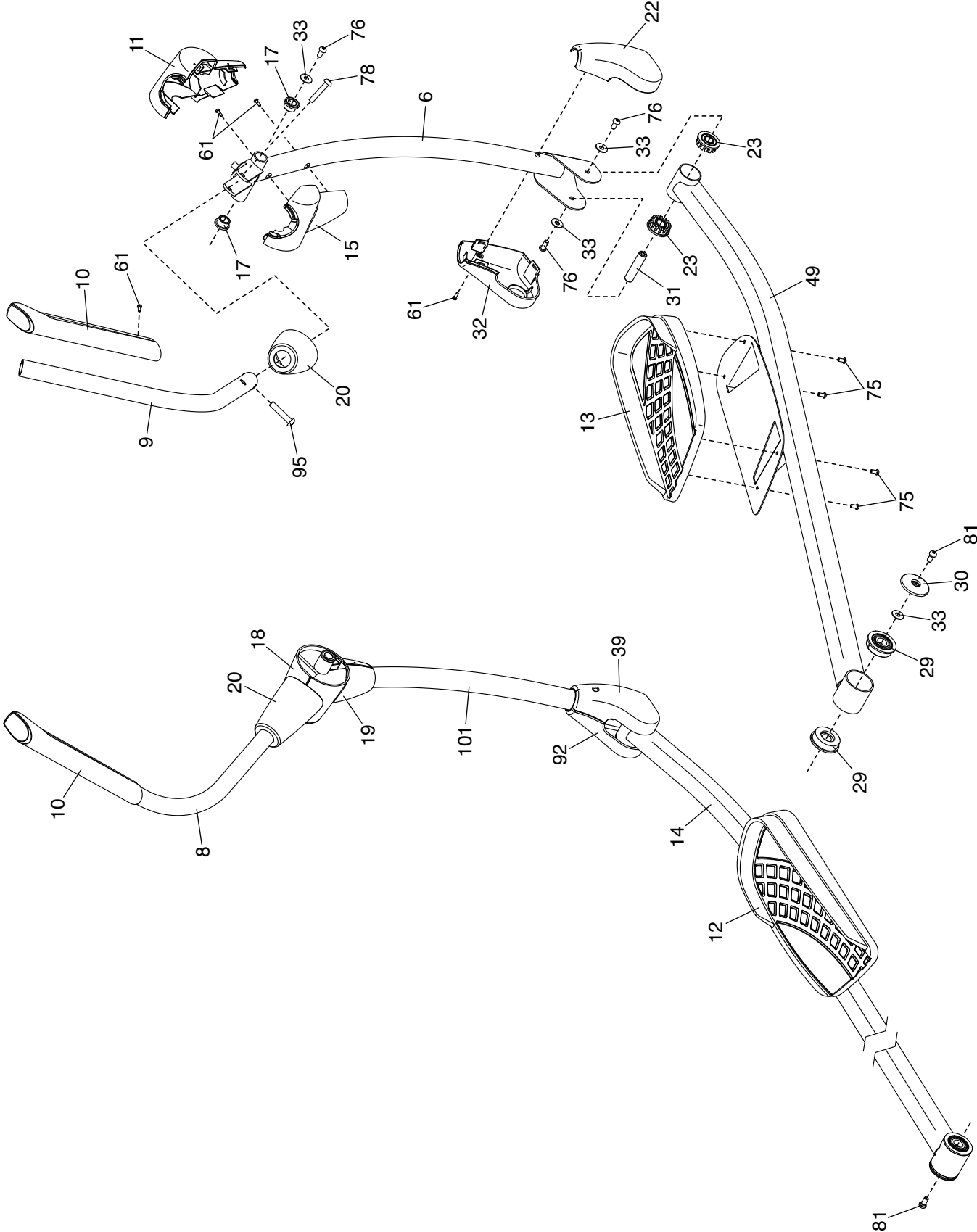
Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

Model No. PFEVEL87914.0 R0114A



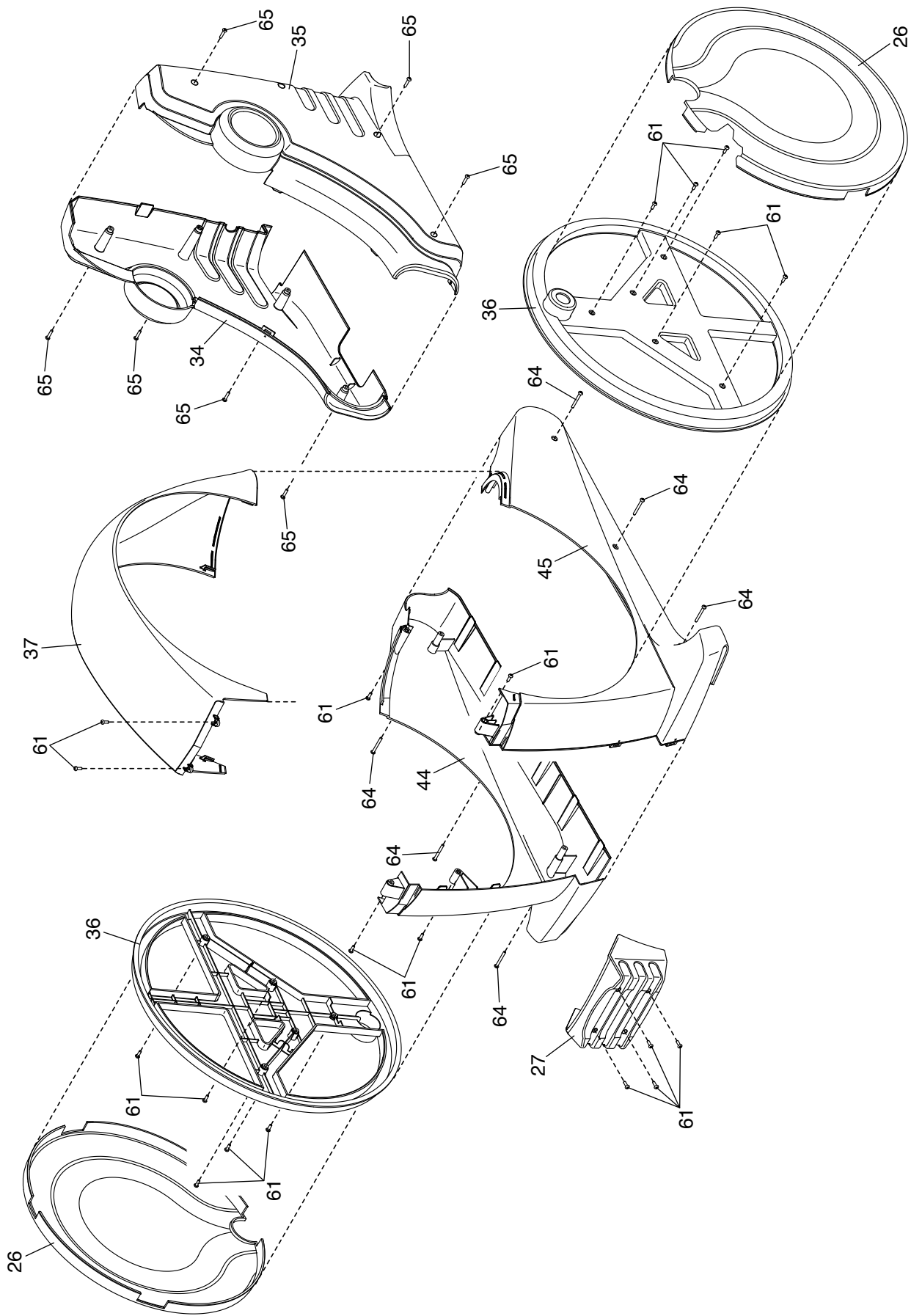
EXPLODED DRAWING B

Model No. PFEVEL87914.0 R0114A



EXPLODED DRAWING C

Model No. PFEVEL87914.0 R0114A



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.

