

PRO-FORM[®]

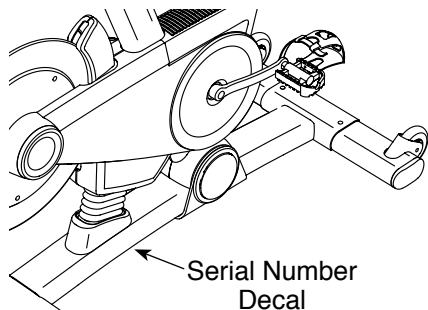
Le de TOUR FRANCE

www.proform.com

Model No. PFEX01312.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

1-877-660-1168

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

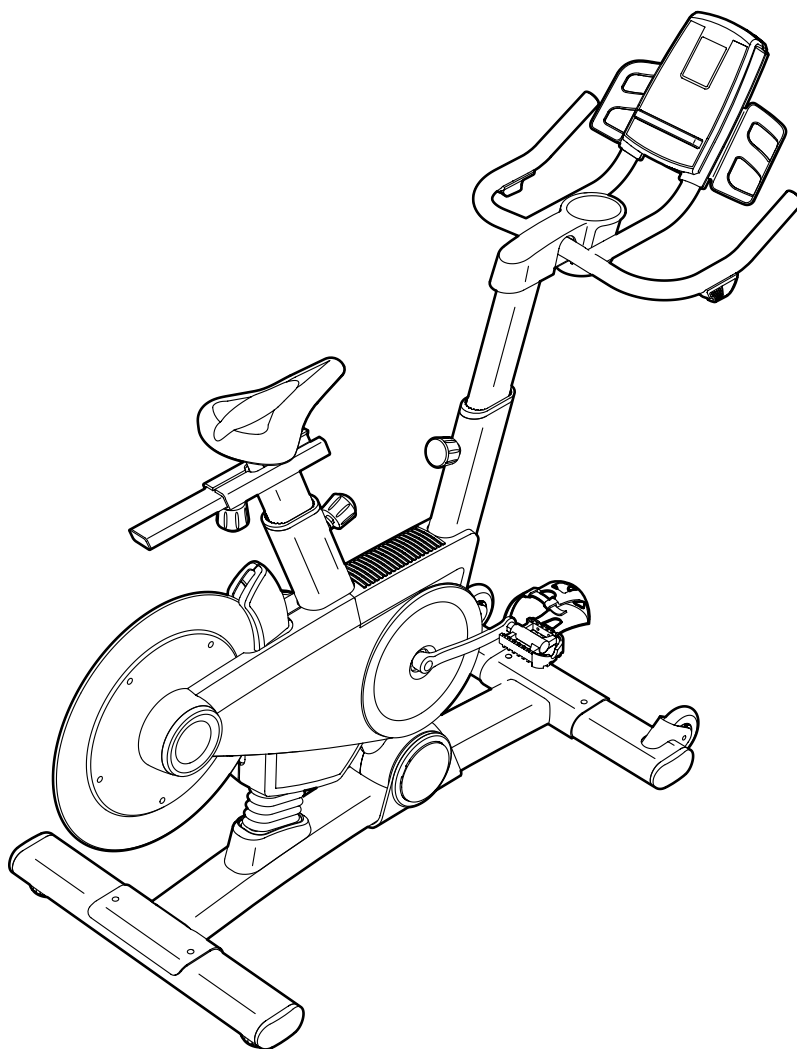
ON THE WEB:

www.proformservice.com

⚠ CAUTION

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

USER'S MANUAL



FREE

iFit



HOW-TO
VIDEOS

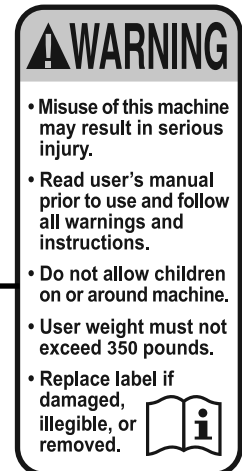
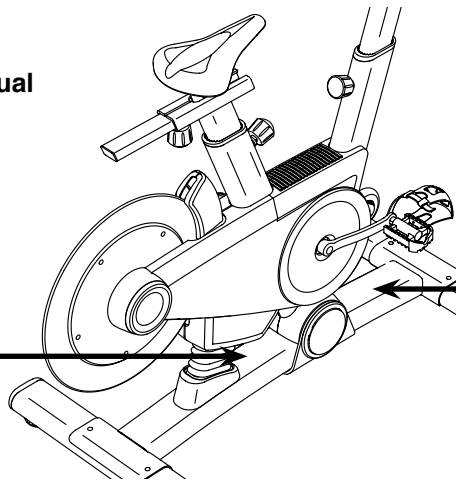
www.iFit.com

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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 exercise bike before using your exercise bike. 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 exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
11. Always keep your back straight while using the exercise bike; do not arch your back.
12. 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.

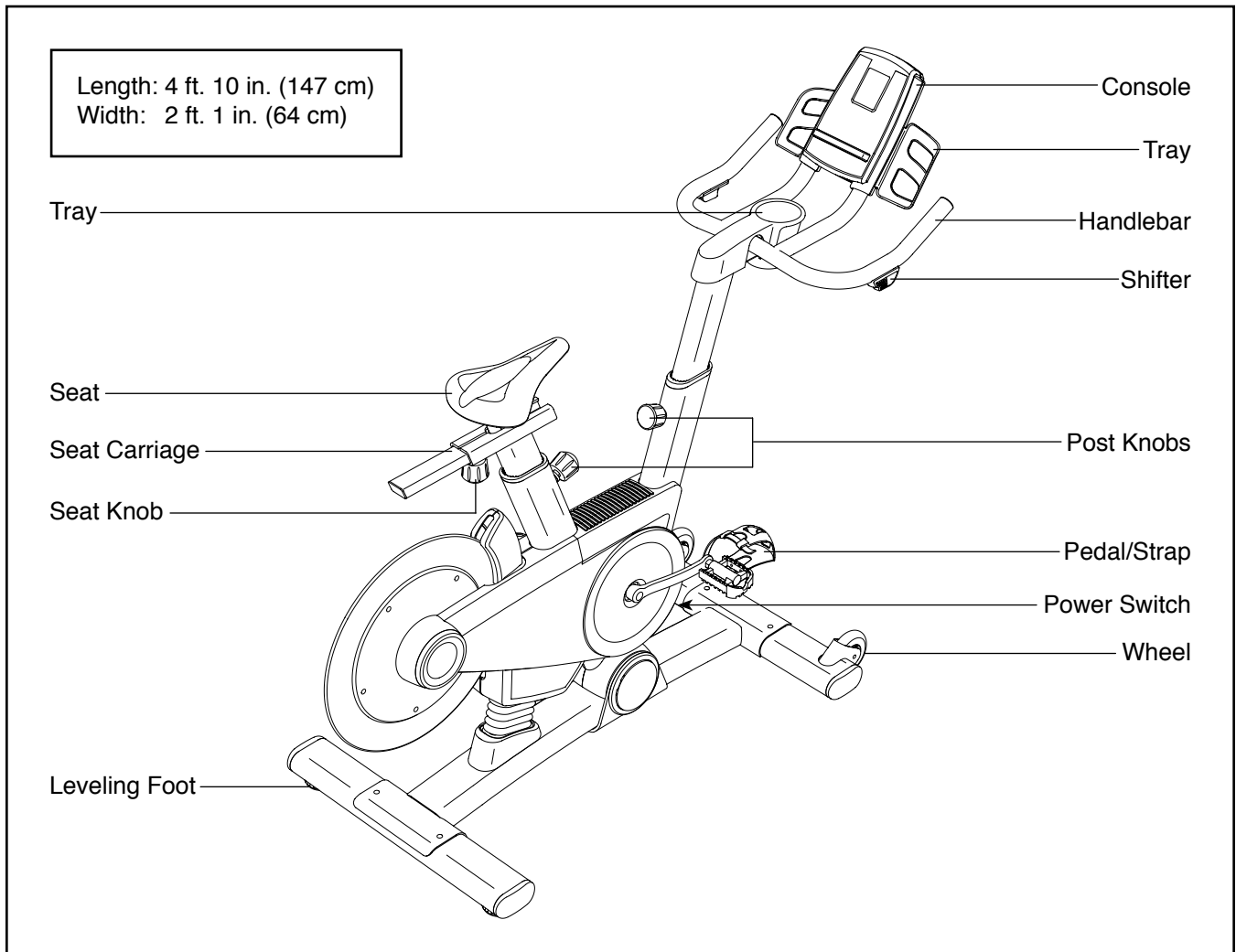
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PROFORM® LE TOUR DE FRANCE® exercise bike. The LE TOUR DE FRANCE exercise bike is unlike any other exercise bike. With an incline system that automatically simulates actual road terrain, intelligent wind resistance, and an array of other features, the LE TOUR DE FRANCE exercise bike is designed to let you enjoy the outdoor cycling experience indoors.

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.

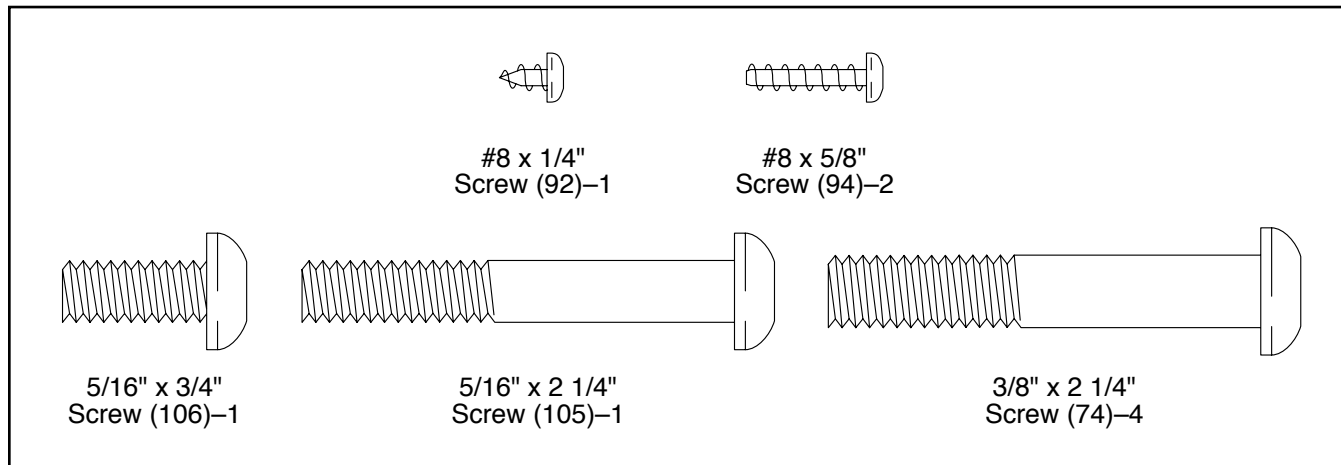
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after

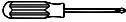



PART IDENTIFICATION CHART

Use 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. Extra parts may be included.**



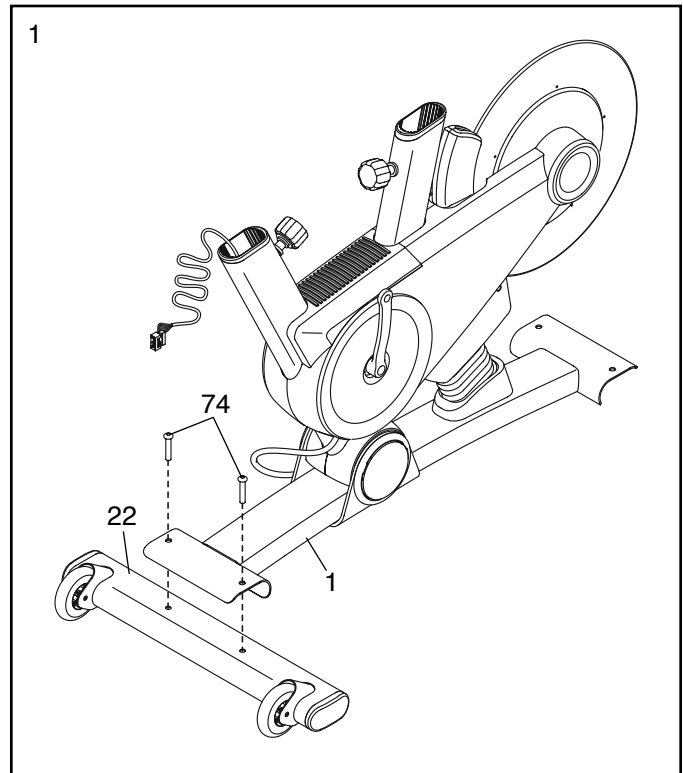
ASSEMBLY

- To hire an authorized service technician to assemble the exercise bike, call 1-800-445-2480.
 - Assembly requires two persons.
 - Place all parts in a cleared area and remove the packing materials until you complete all assembly steps.
- In addition to the included tool(s), assembly requires the following tools:
 - one Phillips screwdriver 
 - two adjustable wrenches 

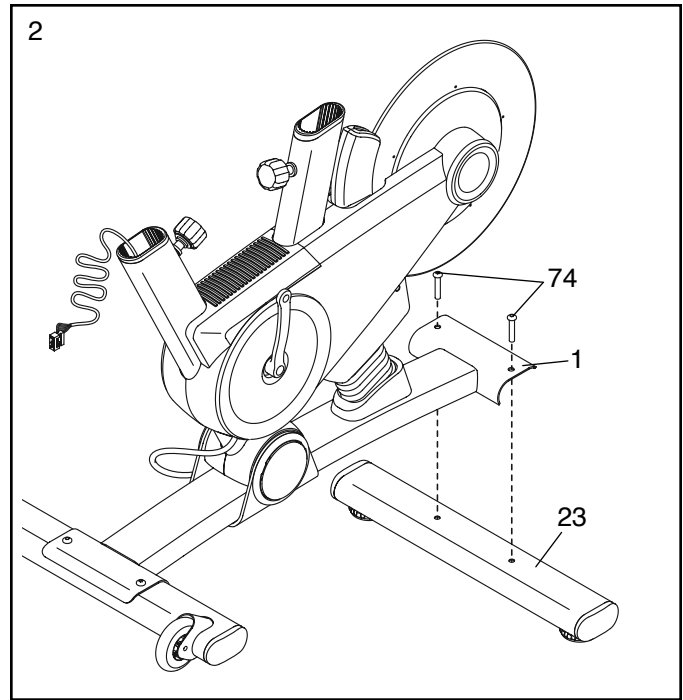
Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. Orient the Front Stabilizer (22) as shown.

While a second person lifts the front of the Base (1), attach the Front Stabilizer (22) to the Base with two 3/8" x 2 1/4" Screws (74).



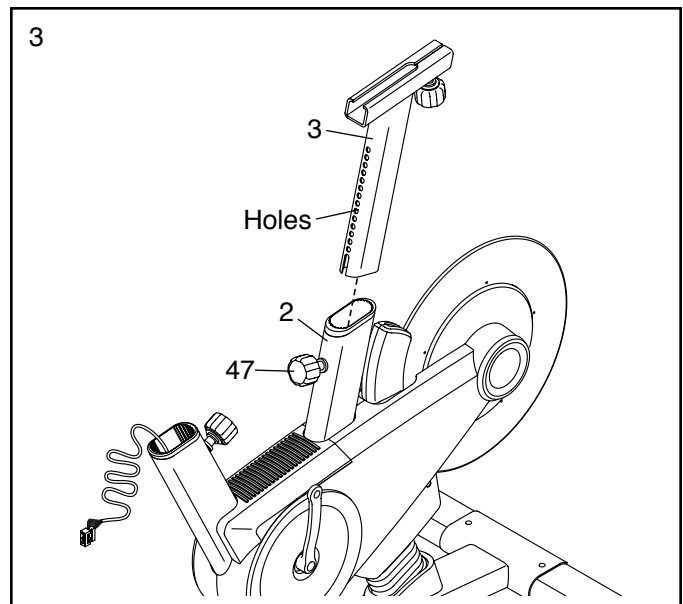
2. While a second person lifts the rear of the Base (1), attach the Rear Stabilizer (23) to the Base with two 3/8" x 2 1/4" Screws (74).



3. Orient the Seat Post (3) as shown.

Loosen the indicated Post Knob (47) and pull it outward. Then, insert the Seat Post (3) into the Frame (2).

Move the Seat Post (3) upward or downward to the desired position, release the Post Knob (47) into an adjustment hole in the Seat Post, and then tighten the Post Knob. **Make sure that the Post Knob is engaged in an adjustment hole.**

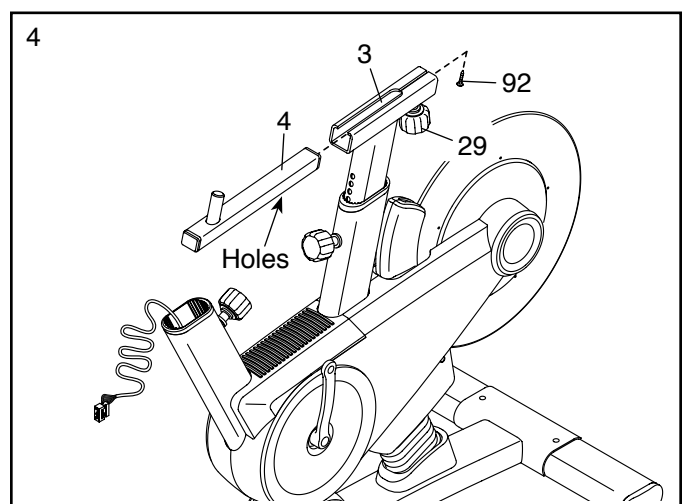


4. Orient the Seat Carriage (4) as shown.

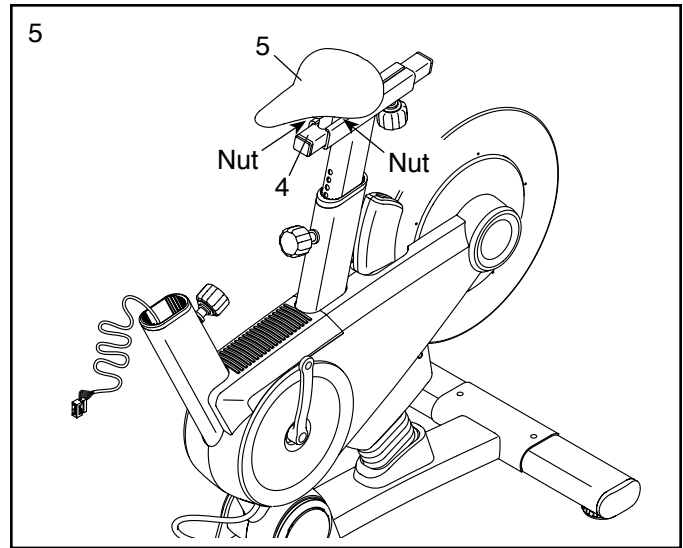
Loosen the Seat Knob (29) and pull it downward. Then, slide the Seat Carriage (4) into the Seat Post (3).

Slide the Seat Carriage (4) to the desired position, release the Seat Knob (29) into one of the adjustment holes in the Seat Carriage, and then tighten the Seat Knob. **Make sure that the Seat Knob is firmly engaged in an adjustment hole.**

Then, tighten a #8 x 1/4" Screw (92) into the underside of the Seat Carriage (4).



5. Slide the Seat (5) onto the post on the Seat Carriage (4). **Make sure that the Seat is level and that it is pointing straight forward.** Then, tighten the two nuts (not shown) beneath the Seat.

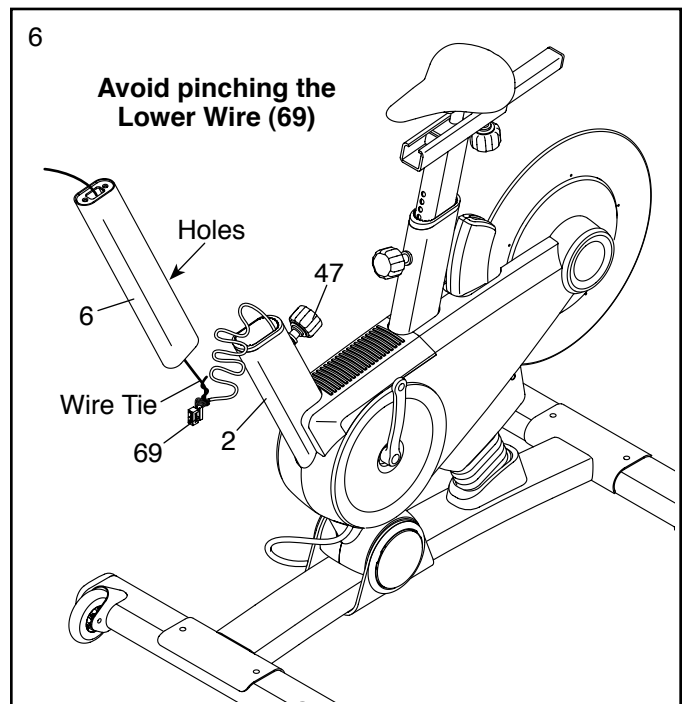


6. Orient the Handlebar Post (6) as shown.

Have a second person hold the Handlebar Post (6) near the Frame (2). Locate the wire tie in the Handlebar Post, and tie the lower end of the wire tie to the Lower Wire (69). Then, pull the upper end of the wire tie until the Lower Wire is routed through the Handlebar Post.

Tip: Avoid pinching the Lower Wire (69). Loosen the indicated Post Knob (47) and pull it outward. Then, insert the Handlebar Post (6) into the Frame (2).

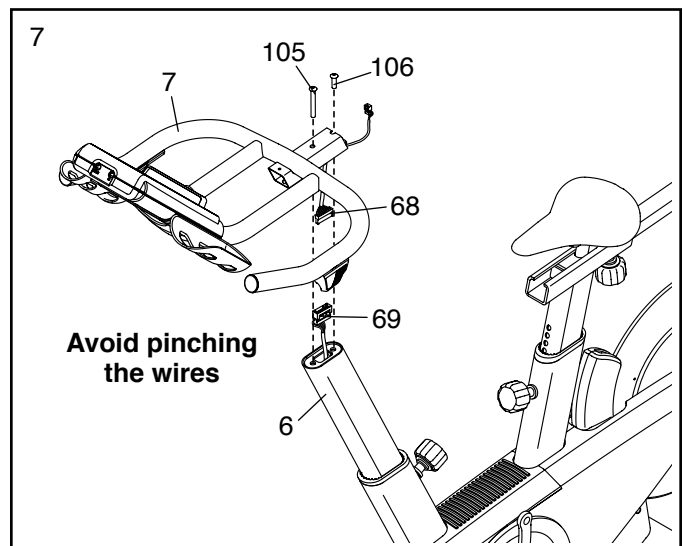
Move the Handlebar Post (6) upward or downward to the desired position, release the Post Knob (47) into an adjustment hole in the Handlebar Post, and then tighten the Post Knob. **Make sure that the Post Knob is firmly engaged in an adjustment hole.**



7. Orient the Handlebar (7) as shown.

While a second person holds the Handlebar (7) near the Handlebar Post (6), connect the Upper Wire (68) to the Lower Wire (69). Then, insert the wires into the Handlebar Post.

Tip: Avoid pinching the wires. Attach the Handlebar (7) to the Handlebar Post (6) with a 5/16" x 3/4" Screw (106) and a 5/16" x 2 1/4" Screw (105).

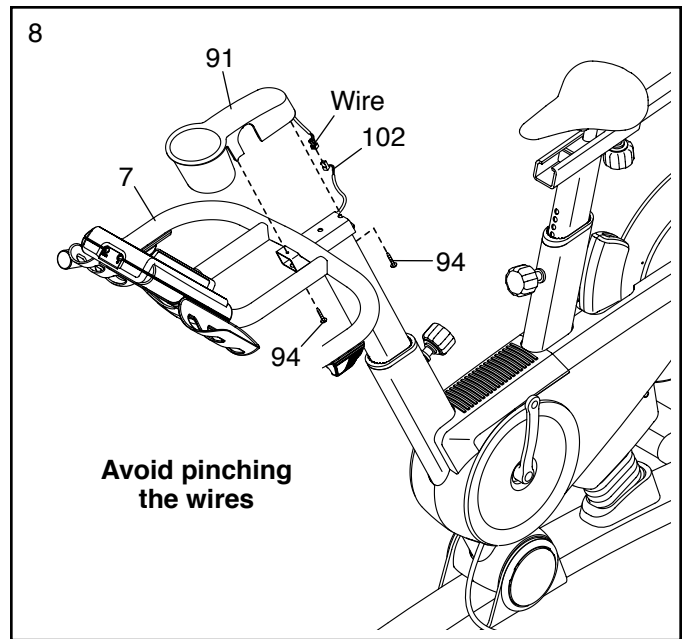


8. Orient the Handlebar Cover (91) as shown and hold it near the Handlebar (7).

Connect the wire on the receiver (not shown) to the Extension Wire (102). Insert the excess wire into the Handlebar (7).

Tip: Avoid pinching the wires. Insert a #8 x 5/8" Screw (94) upward into the front hole in the Handlebar (7). Set the Handlebar Cover (91) on the Handlebar, and tighten the Screw into the Handlebar Cover.

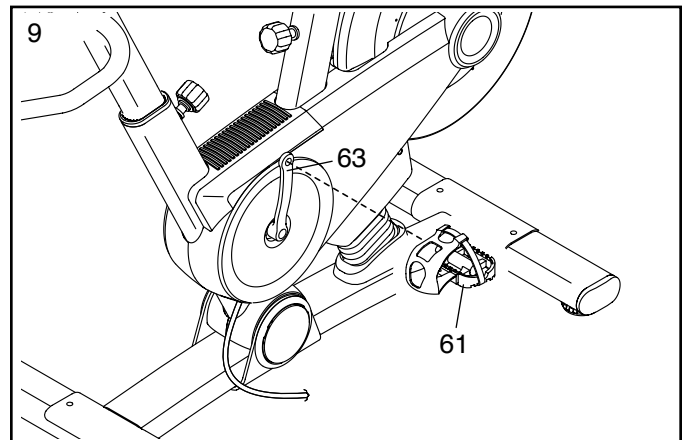
Next, insert a #8 x 5/8" Screw (94) into the rear hole in the Handlebar (7), and tighten the Screw into the Handlebar Cover (91).



9. Identify the Left Pedal (61), which is marked with an "L."

Using an adjustable wrench, **firmly tighten** the Left Pedal (61) **counterclockwise** into the Left Crank Arm (63).

Tighten the Right Pedal (not shown) **clockwise** into the Right Crank Arm (not shown).



10. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise bike to protect the floor.

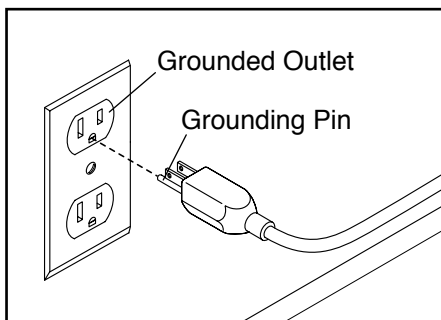
HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

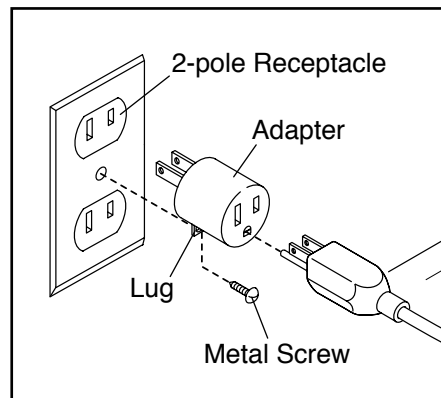
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



The outlet must be on a nominal 120-volt circuit.

A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

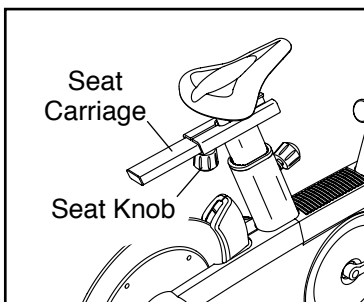
HOW TO ADJUST THE ANGLE OF THE SEAT

You can adjust the angle of the seat to the position that is most comfortable. You can also slide the seat forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the seat, loosen the two nuts beneath the seat a few turns, and then tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the nuts.

HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

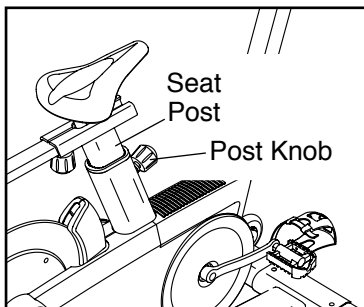
To adjust the horizontal position of the seat, first loosen the seat knob and pull it downward. Then, move the seat carriage forward or backward, release the seat knob, and firmly tighten the seat knob.



HOW TO ADJUST THE SEAT POST

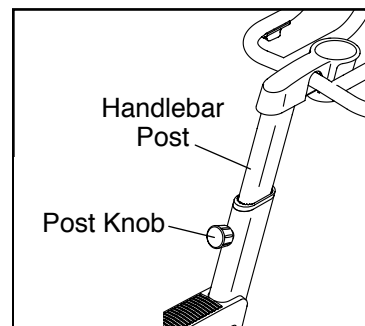
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the seat post, first loosen the post knob and pull it outward. Then, move the seat post upward or downward, release the post knob into an adjustment hole in the seat post, and firmly tighten the post knob. **Make sure that the post knob is engaged in an adjustment hole.**



HOW TO ADJUST THE HANDLEBAR POST

To adjust the height of the handlebar post, first loosen the post knob and pull it outward. Then, move the handlebar post upward or downward, release the post knob into an adjustment hole in the handlebar post, and firmly tighten the post knob. **Make sure that the post knob is engaged in an adjustment hole.**

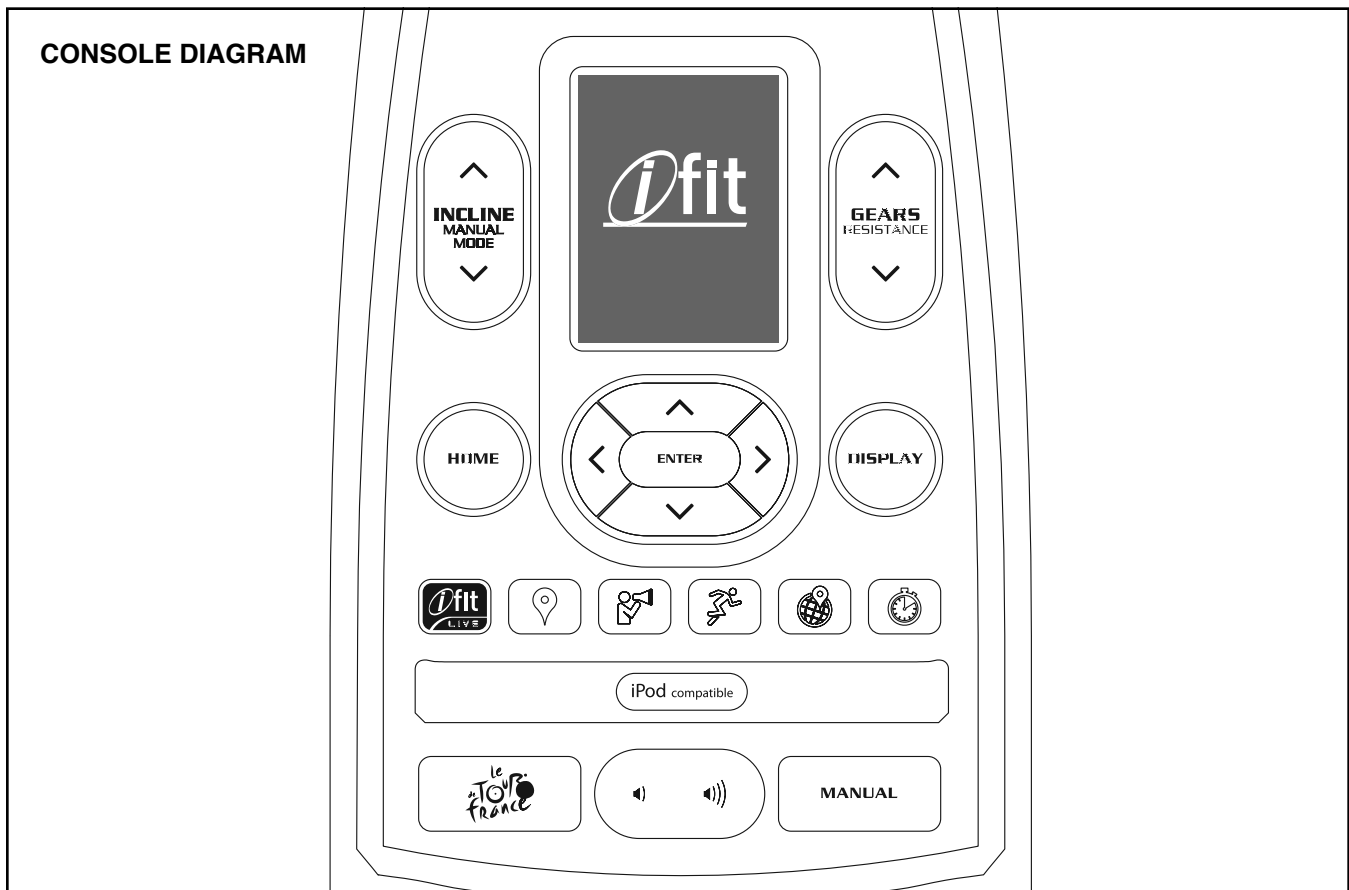


HOW TO USE THE PEDALS

To use pedals (see the drawing on page 4), insert your shoes into the toe cages, and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs on the buckles, adjust the toe straps to the desired position, and then release the tabs.

HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet on the rear stabilizer (see the drawing on page 4) until the rocking motion is eliminated.



FEATURES OF THE CONSOLE

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

The console features new iFit Live technology that enables the console to communicate with your wireless network. With iFit Live technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

In addition, the console offers twenty-four onboard workouts. Each workout automatically changes the incline (resistance) of the exercise bike to match a preset profile or a map of real terrain and allows you to change gears to maintain your pedaling cadence.

When you use the manual mode of the console, you can change the incline (resistance) of the exercise bike and change gears with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using an optional heart rate monitor.

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 turn on the power, see page 13. **To navigate the console menus**, see page 13. **To set up the console**, see page 13. **To use the manual mode**, see page 14. **To use an onboard workout**, see page 16. **To use an iFit Live workout**, see page 17. **To use the settings mode**, see page 18. **To use the maintenance mode**, see page 20. **To use the sound system**, see page 21.

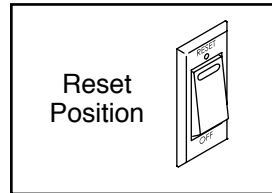
The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 5 on page 19.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO TURN ON THE POWER

IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 10). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then light and the console will be ready for use.

Note: When you turn on the power for the first time, the incline system will calibrate automatically. The exercise bike will move upward and downward as it calibrates. When the exercise bike stops moving, the incline system is calibrated.

IMPORTANT: If the incline system does not calibrate automatically, see step 7 on page 20 and manually calibrate the incline system.

IMPORTANT: The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see step 6 on page 19.

HOW TO NAVIGATE THE CONSOLE MENUS

You can use the Home, left, right, up, down, and Enter buttons on the console to navigate through menus in the display, change settings, and view console information.

Press the Home button to return to the main menu, to end a workout, or to return to a previous menu.

Press the up and down buttons to highlight a menu option. Press the left button to return to a previous menu. Press the right button to select a highlighted menu item.

Press the Enter button to select a menu option or to confirm a setting.

HOW TO SET UP THE CONSOLE

Before using the exercise bike for the first time, set up your console.

1. Connect to a wireless network.

See steps 1 and 2 on page 18 to connect to a wireless network. Then, press the Home button to return to the settings mode.

2. Calibrate the incline system.

First, select the maintenance mode (see steps 1 and 2 on page 20). Then, see step 7 on page 20 and calibrate the incline system of the exercise bike.

3. Check for firmware updates.

First, select the maintenance mode (see steps 1 and 2 on page 20). Then, see step 3 on page 20 and check for firmware updates.

4. Create an iFit Live account.

To create an iFit Live account, or for more information about the account, go to www.iFit.com.

5. Begin working out.

See HOW TO USE AN IFIT LIVE WORKOUT on page 17.

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER on page 13.

2. Select the main menu.

Each time you turn on the power, the main menu will be selected automatically.

If you have selected a workout or the iFit Live mode, press the Home button to return to the main menu.

3. Select the manual mode.

Press the Manual button on the console to select the manual mode.

From the main menu in the display, you can also select iFit Live, and then select Manual Workout.

4. Change the incline (resistance) of the exercise bike as desired.

As you pedal, change the incline (resistance) of the exercise bike by pressing the Incline increase and decrease buttons.

Note: After you press a button, it will take a moment for the exercise bike to reach the selected incline level.

CAUTION: The exercise bike can move to a broad range of incline levels. Hold the handlebars and be prepared for the exercise bike to move when you change the incline.

5. Change gears as desired.

To maintain a steady pedaling cadence, change gears by pressing the Gears increase and decrease buttons on the console or by pressing the buttons on the shifters.

Note: After you press a button, it will take a moment for the exercise bike to change to the selected gear.

6. Follow your progress with the display.

The display can show the following workout information. Press the Display button or the left, right, up, and down buttons to view the desired workout information.

Calories (Cals)—This display mode will show the approximate number of calories you have burned.

Distance—This display mode will show the distance that you have pedaled in miles or kilometers. To change the unit of measurement, see step 5 on page 19.

Gear—This display mode will show the numbers of the currently selected front and rear gears.

Incline—This display mode will show the incline level of the exercise bike.

Map—When an onboard workout is selected, this display mode will show a map of the trail and a marker indicating your progress.

Profile—When an onboard workout is selected, this display mode will show a profile of the incline (elevation) settings for the workout.

Pulse—This display mode will show your heart rate when you use an optional heart rate monitor (see page 21).

RPM—This display mode will show your pedaling cadence in revolutions per minute (rpm).

Speed (Spd)—This display mode will show your pedaling cadence in miles per hour or kilometers per hour. To change the unit of measurement, see step 5 on page 19.

Time—This display mode will show the elapsed time.

Watts—This display will show your approximate power output in watts.

The wireless symbol at the top of the display will show the connection status of the console. If the symbol is green, the console is connected to your wireless network and you have logged in to iFit.com. If the symbol is orange, the console is connected to your wireless network. If the symbol is grey, the console is not connected to your wireless network.



Change the volume level of the console by pressing the Volume increase and decrease buttons.



To pause the manual mode or a workout, stop pedaling. The time will pause in the display. To resume the manual mode or the workout, simply resume pedaling.

To exit the manual mode or a workout, press the Home button, select End Workout, and press the Enter button.

7. Wear a heart rate monitor and measure your heart rate if desired.

You can wear an optional heart rate monitor to measure your heart rate. For more information about the optional heart rate monitor, see page 21.

When your heart beat is detected, your heart rate will be shown in the pulse display.

8. When you are finished exercising, unplug the power cord.

If the pedals do not move for several seconds, the console will pause.

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.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the exercise bike may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

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

See HOW TO TURN ON THE POWER on page 13.

2. Select the main menu.

See step 2 on page 14.

3. Select an onboard workout.

From the main menu in the display, select Tour De France. You can also press the Le Tour De France button on the console.

Then, select the desired workout. The display will show the name, the estimated duration, and the estimated distance of the workout. The display will also show the approximate number of calories you will burn during the workout.

4. Start the workout.

Begin pedaling or press the Enter button to start the workout.

Each workout is divided into several segments. One incline level (resistance) is programmed for each segment. Note: The same incline level may be programmed for consecutive segments.

During the workout, the profile will show your progress. Press the Display button repeatedly to view the profile. The colored line at the top of the profile will indicate the current segment of the workout. The colored profile represents the incline level of the current segment.

The display will also show a map of the trail and a marker indicating your progress. Press the Display button repeatedly to view the map.

At the end of the first segment of the workout, the incline will automatically adjust to the incline level for the next segment.

When the incline changes, the resistance of the pedals will also change. To maintain a steady pedaling cadence, change gears by pressing the Gears increase and decrease buttons.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your metabolic rate. In addition, your pedaling cadence will affect the number of calories you burn.

The workout will continue in this way until the last segment ends. A workout summary will then appear in the display. After you view the workout summary, press the Enter button.

5. Follow your progress with the display.

See step 6 on page 14.

6. Wear a heart rate monitor and measure your heart rate if desired.

See step 7 on page 15.

7. When you are finished exercising, unplug the power cord.

See step 8 on page 15.

HOW TO USE AN iFIT LIVE WORKOUT

Note: To use an iFit Live workout, you must have access to a wireless network including an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported). An iFit.com membership is also required.

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

See HOW TO TURN ON THE POWER on page 13.

2. **Log in to iFit.com.**

If you have not already done so, log in to your iFit Live account (see step 3 on page 18).

3. **Select the main menu.**

See step 2 on page 14.

4. **Select an iFit Live workout.**

From the main menu in the display, select iFit Live, and then select Today's Workout, Map, Train, World Tour, or Event Training to download the next workout of that type in your schedule. Select Compete to compete in a race that you have previously scheduled.

You can also press the iFit Live buttons on the console. Press the Map button, the Train button, the World Tour button, or the Event Training button to download the next workout of that type in your schedule. Press the Compete button to compete in a race that you have previously scheduled.

To switch users within the iFit Live account, select Select User and select the desired user.

From the iFit Live menu, you can also select Manual Workout for the manual mode (see page 14) or Tour De France for an onboard workout (see page 16).

Before some workouts will download, you must add them to your schedule on iFit.com.

For more information about the iFit Live workouts, please see www.iFit.com.

When you select an iFit Live workout, the display will show the name, duration, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout. The display may also show a profile or a map of the workout. If you select a competition workout, the display may count down to the beginning of the race.

5. **Start the workout.**

See step 4 on page 16.

During some workouts, the voice of a personal trainer will guide you through your workout.

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

See step 6 on page 14.

During a competition workout, the display will show your progress in the race.

7. **Wear a heart rate monitor and measure your heart rate if desired.**

See step 7 on page 15.

8. **When you are finished exercising, unplug the power cord.**

See step 8 on page 15.

For more information about the iFit Live mode, go to www.iFit.com.

HOW TO USE THE SETTINGS MODE

The console features a settings mode that allows you to connect the console to your own wireless network and to log in to your iFit Live account. The settings mode also allows you to select the unit of measurement, to turn on and turn off the display demo mode, to turn on and turn off the incline lockout, and to select a gearing option. You may also be able to select a language.

1. Select the settings mode.

Turn on the console (see step 1 on page 14). Next, select the main menu (see step 2 on page 14). Then, select Settings. The settings menu will appear in the display.

2. Connect to a wireless network.

From the settings menu, select WiFi. Then, select Standard Wifi Setup or Advanced Wifi Setup.

Note: You must have your own wireless network and an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

The iFit Live mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

If you select Standard Wifi Setup, a list of wireless networks will appear in the display. Select the desired network.

Note: It may take a few moments for the list of networks to appear. You will need to know your network name (SSID) for the standard setup. If your network has a password, you will also need to know the password.

The keyboard will then appear in the display. Using the left, right, up, down and Enter buttons, enter your password (passphrase) and select Done.

Note: If your network does not have a password, simply select Done.

If you are having problems connecting to the selected network, make sure that your password is correct. **Note:** Passwords are case-sensitive.

The display will inform you when the console has connected to your wireless network. Press the Enter button to close the standard setup mode.

If you select Advanced Wifi Setup, a list of wireless networks will appear in the display. Select the desired network. **Note:** It may take a few moments for the list of networks to appear.

Note: You will need to know your network name (SSID), your network password, your IP address, your netmask, your gateway address, and your global DNS server for the advanced setup.

The keyboard will then appear in the display. Using the left, right, up, down and Enter buttons, enter your password (passphrase) and select Done.

Repeat these actions to enter your IP address, your netmask, your gateway address, and your global DNS.

If you are having problems connecting to the selected network, make sure that you have entered case-sensitive information correctly.

The display will inform you when the console has connected to your wireless network. Press the Enter button to close the advanced setup mode.

Note: If you have questions after following these instructions, go to <http://support.ifit.com> for assistance.

3. Log in to your iFit Live account.

From the settings menu, select WiFi. Then, select iFit Live Login.

The keyboard will then appear in the display. Using the left, right, up, down and Enter buttons, enter your iFit Live password (passphrase) and select Done.

Note: You can switch users within the iFit Live account. From the iFit Live menu, select Select User and select the desired user.

To create an iFit Live account, or for more information about the account, go to www.iFit.com.

4. Select a language.

From the settings menu, select International. Then, select Language. The currently selected language will be highlighted.

Select the desired language. Note: This feature may not be enabled.

5. Select the unit of measurement.

From the settings menu, select International. Then, select Display Units. The currently selected unit of measurement will be highlighted.

Select U.S. (miles) to display speed and distance in miles or select Metric (kilometers) to display speed and distance in kilometers.

6. Turn on or turn off the display demo mode.

The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising.

You can turn on or turn off the display demo mode. From the settings menu, select Demo Mode. The currently selected demo mode option will be highlighted.

To turn on the demo mode, select On. To turn off the demo mode, select Off.

7. Turn on or turn off the incline lockout.

The console features an incline lockout that will prevent the exercise bike from inclining or declining.

You can turn on or turn off the incline lockout. From the settings menu, select Incline Lockout. The currently selected incline lockout option will be highlighted.

To turn on the incline lockout, select On. To turn off the incline lockout, select Off.

Note: If you use an onboard workout when the incline lockout is turned on, the resistance of the pedals will change to match the programmed incline levels for the workout.

8. Select a gearing option.

From the settings menu, select Gearing. Then, select the desired gearing option for the exercise bike.

9. Exit the settings mode.

To exit the settings mode, press the Home button.

HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to update the console firmware, restore the default settings, view technical information, perform a network test, and calibrate the incline.

1. Select the settings mode.

See step 1 on page 18.

2. Select the maintenance mode.

From the settings menu, select Maintenance. The maintenance menu will appear in the display.

If the console is connected to the controller of the exercise bike, the controller dot will be green; if it is not, the dot will flash.

If the exercise bike is connected to your wireless network, the network dot will be green; if it is not, the dot will be red.

3. Update the console firmware.

For the best results, regularly check for firmware updates.

From the maintenance menu, select Firmware Update. Press the Enter button to download the latest firmware for the console.

IMPORTANT: To avoid damaging the exercise bike, do not turn off the power while the firmware is being updated.

The display will show the progress of the update. When the update is complete, the console will turn off and then turn back on. If it does not, press the power switch on the exercise bike to the off position. Wait for several seconds, and then press the power switch to the reset position. It may take a few minutes for the console to be ready for use.

4. Restore the default settings.

From the maintenance menu, select Restore Defaults. Then, press Enter to restore the console to the original settings from the factory.

5. View technical information.

From the maintenance menu, select Technical Info.

View the total number of hours that the exercise bike has been used, the total distance that has been pedaled, and other information.

After you view the information, press the Enter button.

6. Perform a network test.

From the maintenance menu, select Network Test. The console will run a network test and check the connection status of the console and the exercise bike.

After you view the results of the network test, press the Enter button.

7. Calibrate the incline system of the exercise bike.

From the maintenance menu, select Calibrate Incline. Then, press the Enter button to calibrate the incline system.

The exercise bike will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system.

IMPORTANT: Keep pets, feet, and other objects away from the exercise bike while the incline system is calibrating. In an emergency, press the Enter button to stop the incline calibration.

When the incline system is calibrated, press the Enter button.

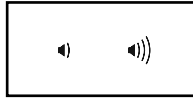
8. Exit the maintenance mode.

To exit the maintenance mode, press the Home button.

HOW TO USE THE SOUND SYSTEM

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

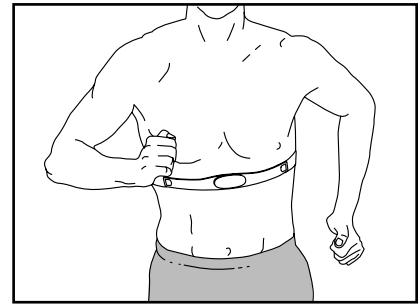
Next, press the Play button on your MP3 player or CD player. Adjust the volume level using the Volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.



To use headphones with the console, plug your headphones cable into the headphones jack on the console.

THE OPTIONAL 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.**



FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

HOW TO MAINTAIN THE EXERCISE BIKE

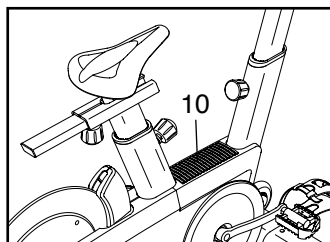
Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

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

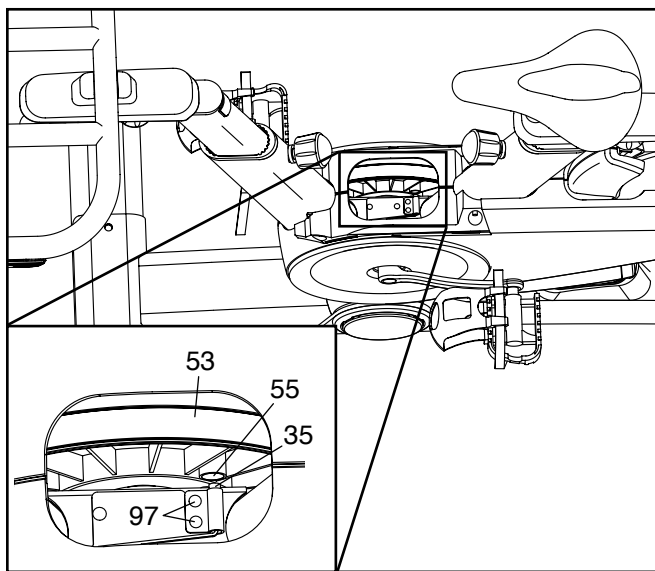
HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, first **press the power switch to the off position and unplug the power cord**. Then, use a flat screwdriver to remove the Upper Shield (10) from the exercise bike.



Locate the Reed Switch (35). Loosen, but do not remove, the two #8 x 19mm Tek Screws (97).



Next, rotate the Crank Pulley (53) until a Magnet (55) is aligned with the Reed Switch (35). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the #8 x 19mm Tek Screws (97).

Plug in the power cord and press the power switch to the reset position. Rotate the Crank Pulley (53) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the upper shield.

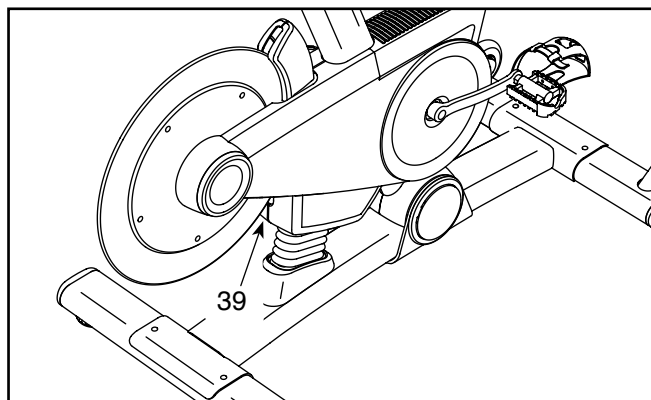
HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, the drive belt may need to be adjusted.

See the EXPLODED DRAWING on page 27 to identify the parts mentioned below.

To adjust the Drive Belt (66), first **press the power switch to the off position and unplug the power cord**.

Locate the access hole in the underside of the Right Shield (12). Using a hex key, tighten the Idler Adjustment Screw (39) until the Drive Belt (66) is tight.



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.

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	♥
<hr/>							
20	30	40	50	60	70	80	

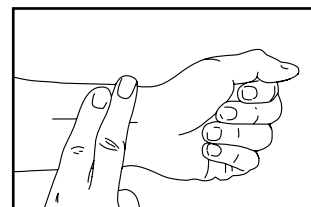
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



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

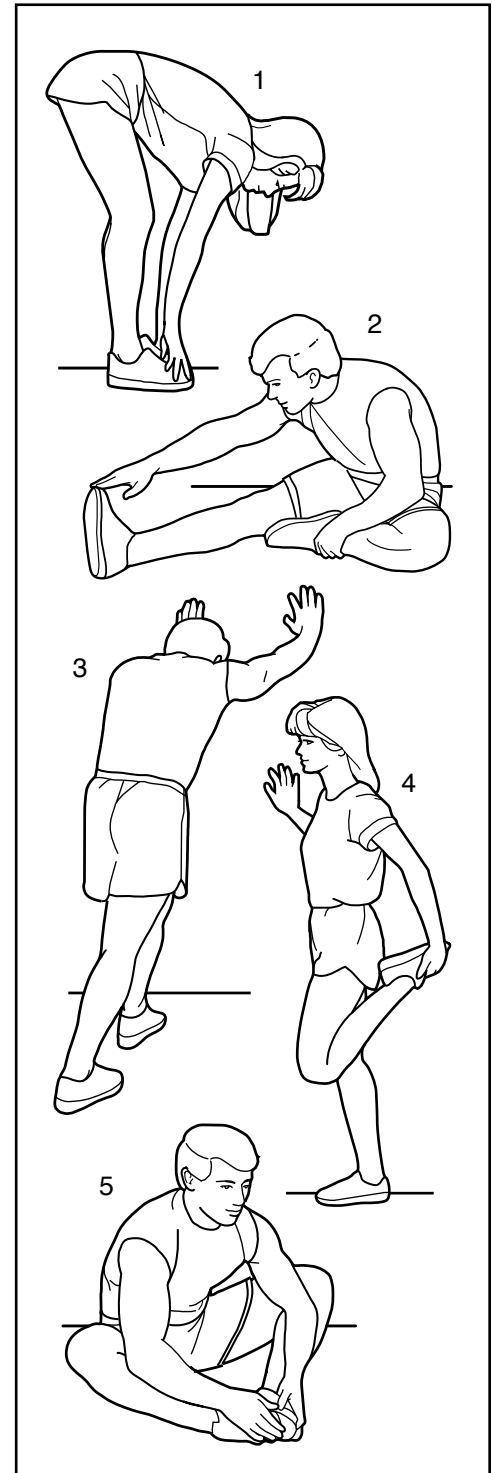
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFEX01312.0 R0312A

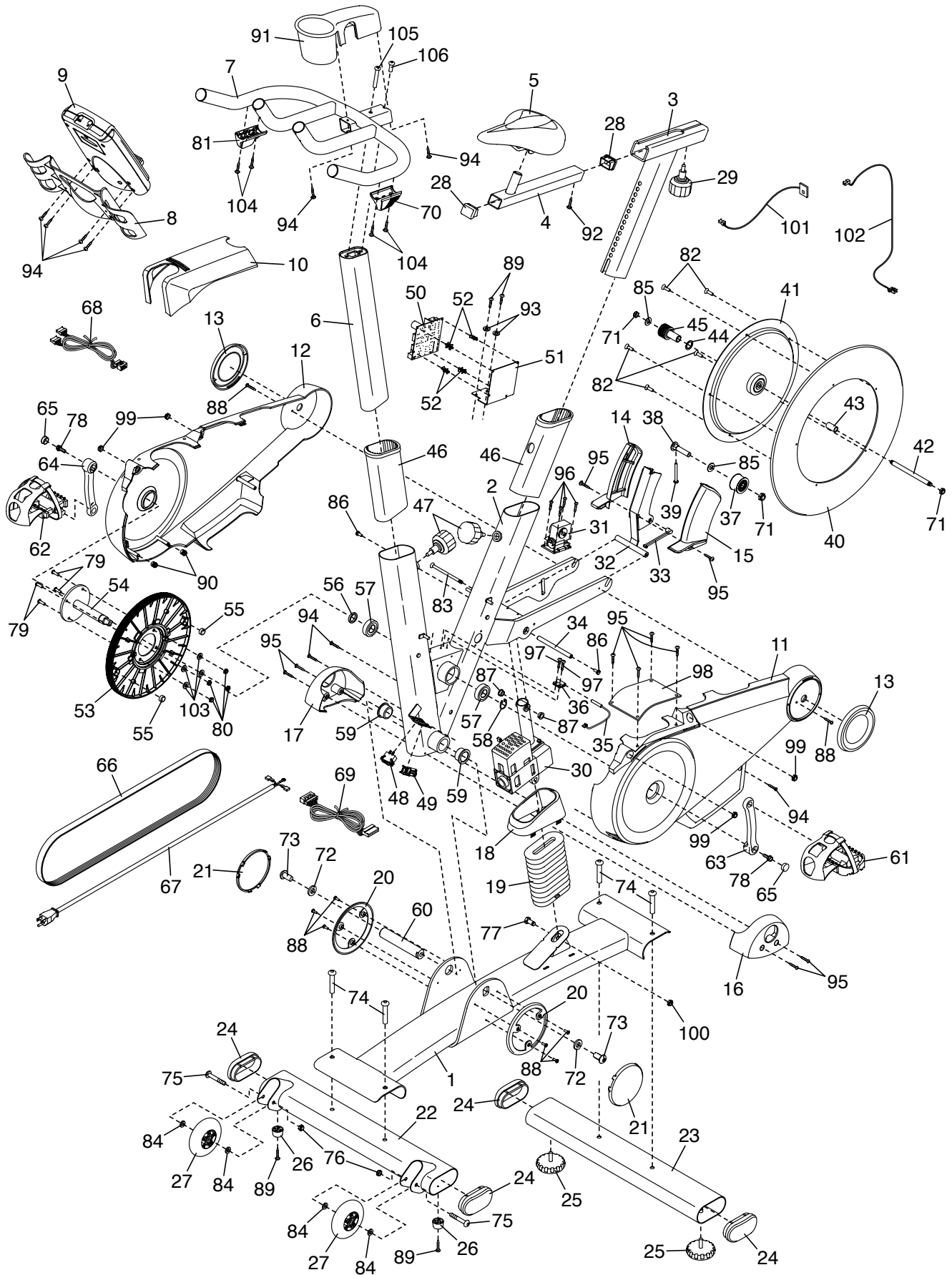
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	46	2	Post Bushing
2	1	Frame	47	2	Post Knob
3	1	Seat Post	48	1	Power Switch
4	1	Seat Carriage	49	1	Grommet
5	1	Seat	50	1	Control Board
6	1	Handlebar Post	51	1	Board Bracket
7	1	Handlebar	52	4	Standoff
8	1	Tray	53	1	Crank Pulley
9	1	Console	54	1	Crank
10	1	Upper Shield	55	2	Magnet
11	1	Left Shield	56	1	Crank Spacer
12	1	Right Shield	57	2	Bearing
13	2	Shield Cover	58	1	Snap Ring
14	1	Right Magnet Cover	59	2	Frame Bushing
15	1	Left Magnet Cover	60	1	Pivot Axle
16	1	Left Frame Cover	61	1	Left Pedal
17	1	Right Frame Cover	62	1	Right Pedal
18	1	Base Shield	63	1	Left Crank Arm
19	1	Flex Cover	64	1	Right Crank Arm
20	2	Cover Mount	65	2	Crank Arm Cap
21	2	Base Cover	66	1	Drive Belt
22	1	Front Stabilizer	67	1	Power Cord
23	1	Rear Stabilizer	68	1	Upper Wire
24	4	Stabilizer Cap	69	1	Lower Wire
25	2	Leveling Foot	70	1	Left Shifter/Wire
26	2	Foot	71	3	3/8" Jam Nut
27	2	Wheel	72	2	1/2" Washer
28	2	Seat Carriage Cap	73	2	1/2" x 1" Screw
29	1	Seat Knob	74	4	3/8" x 2 1/4" Screw
30	1	Lift Motor	75	2	5/16" x 1 3/4" Bolt
31	1	Resistance Motor	76	2	5/16" Locknut
32	1	Resistance Magnet	77	1	M10 x 35mm Hex Screw
33	1	Arm	78	2	5/16" x 17mm Flange Screw
34	1	Magnet Axle	79	4	M6 x 20mm Screw
35	1	Reed Switch/Wire	80	4	M6 Nut
36	1	Clamp	81	1	Right Shifter/Wire
37	1	Idler Pulley	82	5	#10 x 1/2" Flat Head Screw
38	1	Idler Bolt	83	1	1/4" x 125mm Flat Head Screw
39	1	Idler Adjustment Screw	84	4	Wheel Spacer
40	1	Flywheel Ring	85	2	M10 Washer
41	1	Flywheel Hub	86	2	M8 x 15mm Screw
42	1	Flywheel Axle	87	2	Lift Motor Bushing
43	1	Flywheel Spacer	88	8	#8 x 13mm Screw
44	1	Thrust Washer	89	4	#8 x 16mm Screw
45	1	Flywheel Pulley	90	2	Mount/Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
91	1	Handlebar Cover	103	4	1/4" Split Washer
92	1	#8 x 1/4" Screw	104	4	M3.5 x 13mm Screw
93	2	#8 Star Washer	105	1	5/16" x 2 1/4" Screw
94	9	#8 x 5/8" Screw	106	1	5/16" x 3/4" Screw
95	10	#8 x 1/2" Screw	*	–	Assembly Tool
96	4	M4 x 12mm Flange Screw	*	–	User's Manual
97	2	#8 x 19mm Tek Screw	*	–	Lift Motor Wire
98	1	Electronics Shield	*	–	Resistance Motor Wire
99	4	1/4" Flange Nut	*	–	Blue Wire
100	1	M10 Locknut	*	–	Green Wire
101	1	Receiver/Wire	*	–	White Wire
102	1	Extension Wire			

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

Model No. PFEX01312.0 R0312A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for ten (10) years from the date of purchase. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813