

PRO-FORM[®]

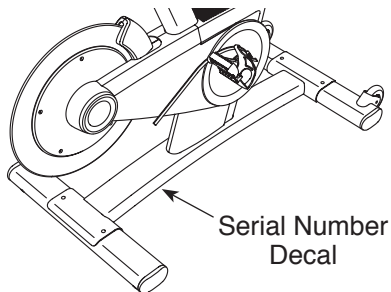
1050

www.proform.com

Model No. PFEX05910.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.proformservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.proformservice.com.

Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

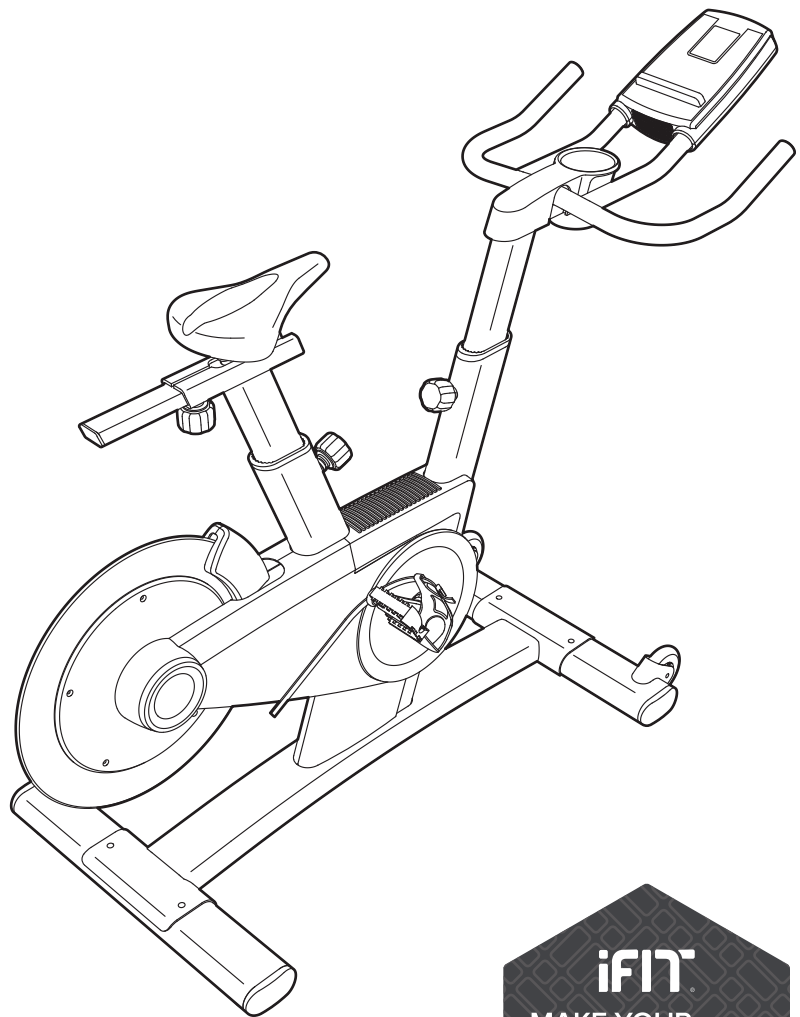
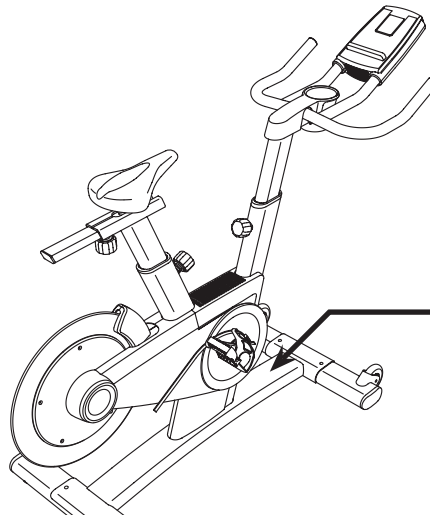


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WARNING DECAL PLACEMENT

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.



WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 350 pounds.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, 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. It is the responsibility of the owner to ensure that all users of the exercise bike 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 exercise bike only as described in this manual.
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. When connecting the power cord, plug the power cord into a grounded circuit.
10. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
11. Do not operate the exercise bike if the power cord or plug is damaged, or if the exercise bike is not working properly.
12. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the exercise bike is not in use and before cleaning the exercise bike. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
13. 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.
14. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
15. Always keep your back straight while using the exercise bike; do not arch your back.
16. Be careful when mounting and dismounting the exercise bike.
17. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
18. 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.

SAVE THESE INSTRUCTIONS

MAKE YOUR FITNESS GOALS A **REALITY**

iFIT[®]

Congratulations on the purchase of your new iFit[®] compatible fitness equipment. You're just one click away from making your fitness goals a reality.

GO TO IFIT.COM TO GET STARTED

DO MORE THAN JUST WORK OUT

iFit[®] is the most powerful training tool available to help you accomplish all of your fitness goals. From weight loss and performance to personalized training programs, iFit[®] is the key to getting more out of everything you do. Some features require paid subscription.



LOSE WEIGHT

Stay on track and motivated with progressive weight loss programs with our trainers, including Jillian Michaels.



COMPETE WITH OTHERS

Push yourself to new limits with real-time virtual races.



PERSONALIZED EVENT TRAINING

5k, 10k, half or full marathon training will help you prepare for your event.



GO MOBILE

Track your workout anywhere you go with iFit[®] mobile apps.



MAP YOUR ROUTE

With Google Maps[™], your fitness equipment will simulate the earth's terrain while displaying Street View during your workout.



SHARE YOUR PROGRESS

Inspire others, motivate yourself and share routes, workouts and more.

GO TO
IFIT.COM

OR CALL
877-236-1009

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

| Equipment Price | 3-Year Plan | 5-Year Plan |
|---|-------------|-------------|
| \$0.00 to \$1000.00 | \$199.99 | \$289.99 |
| \$1001.00 to \$1500.00 | \$259.99 | \$379.99 |
| \$1501.00 to \$2500.00 | \$339.99 | \$489.99 |
| (Bikes/Systems Only) \$0.00 to \$2500.00 | \$139.99 | NA |

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

| Equipment Price | 1-Year Plan | 2-Year Plan | 3-Year Plan |
|------------------------|-------------|-------------|-------------|
| \$0.00 to \$300.00 | \$29.99 | \$39.99 | \$59.99 |
| \$301.00 to \$1000.00 | \$89.99 | \$119.99 | \$149.99 |
| \$1001.00 to \$2000.00 | \$109.99 | \$139.99 | \$179.99 |
| \$2001.00 to \$3000.00 | \$179.99 | \$209.99 | \$239.99 |

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



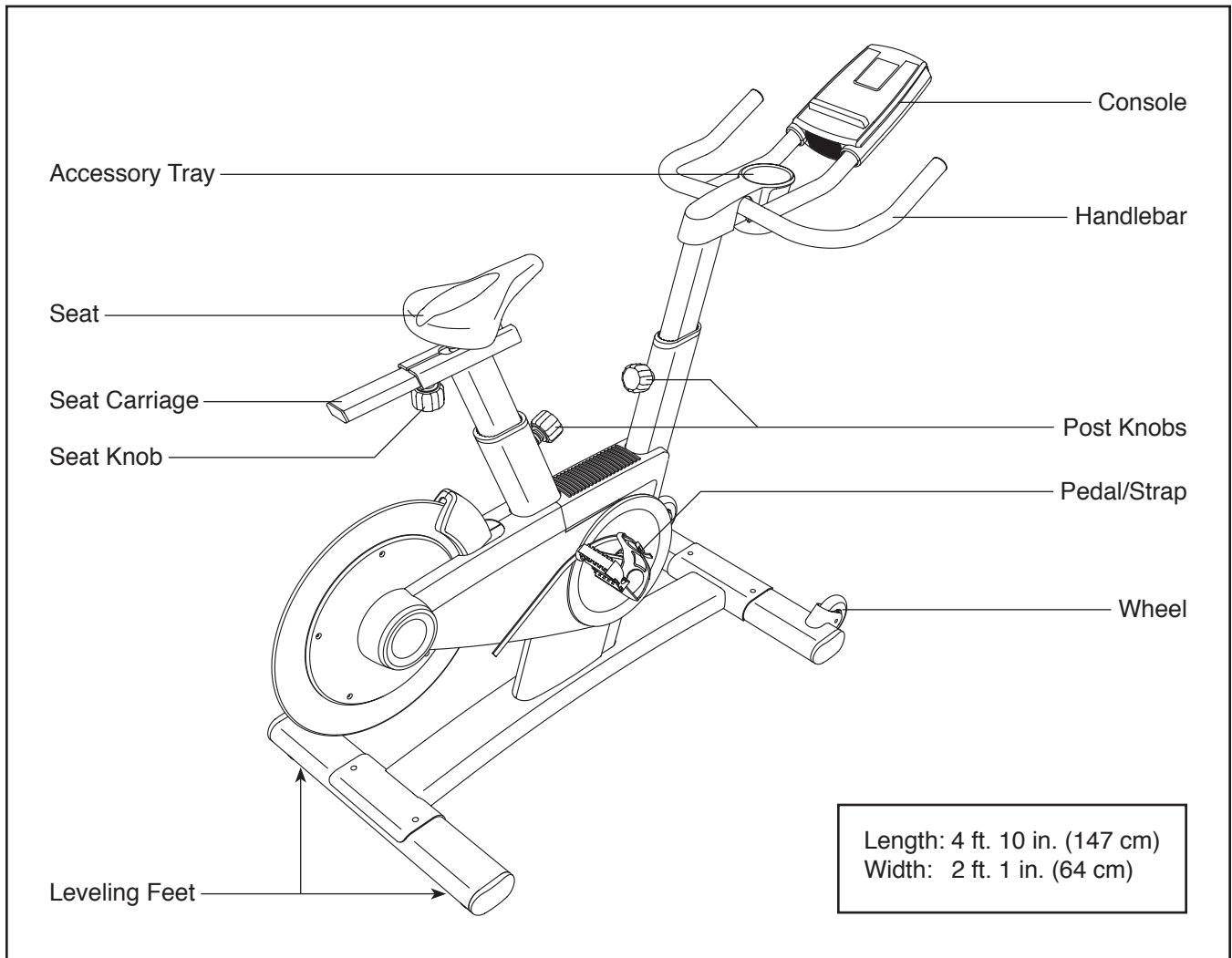
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 1050 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 1050 exercise bike 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 exercise bike. If you have questions after

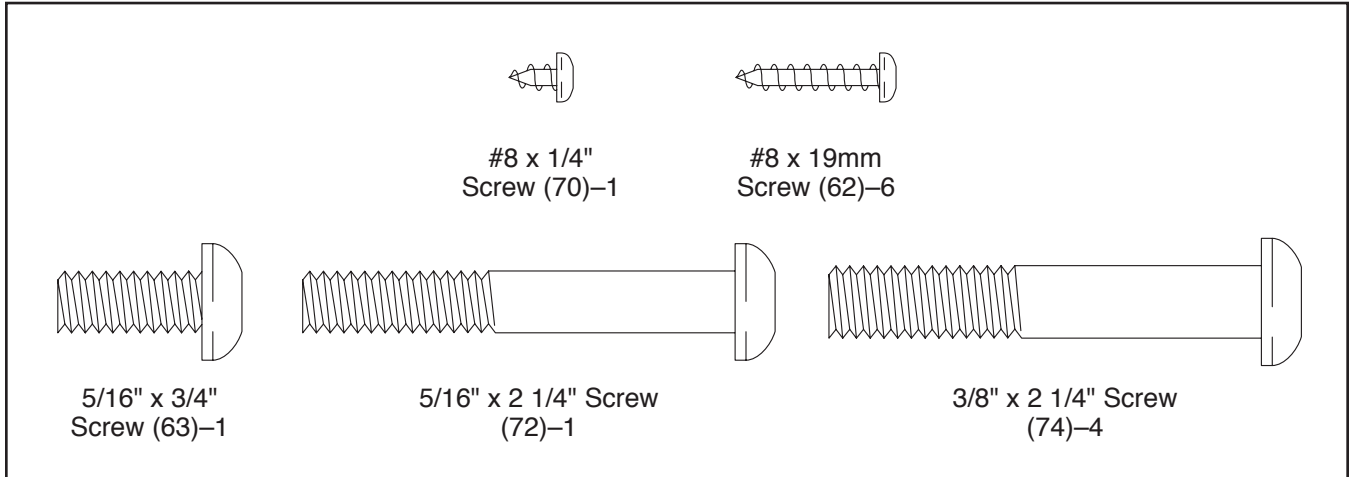
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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



ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- 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.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 7.
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver 

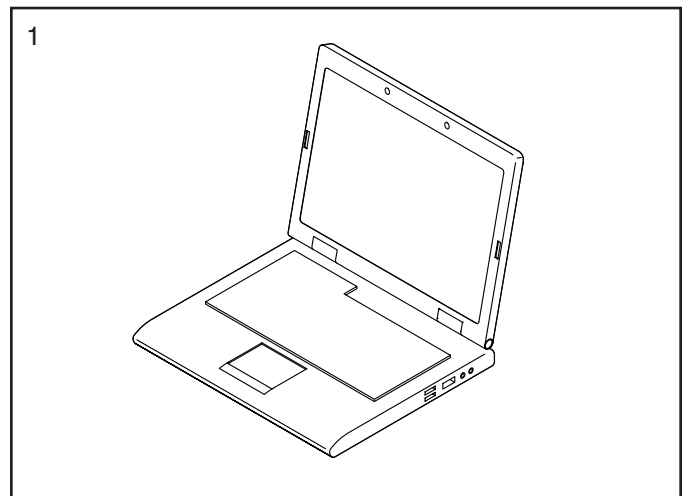
one adjustable wrench 

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

1. **Go to www.proformservice.com/registration on your computer and register your product.**

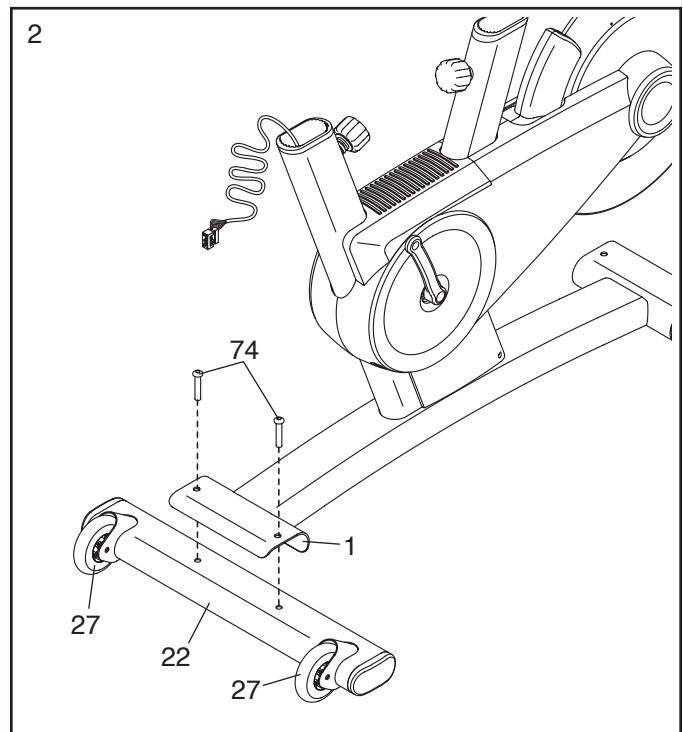
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

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

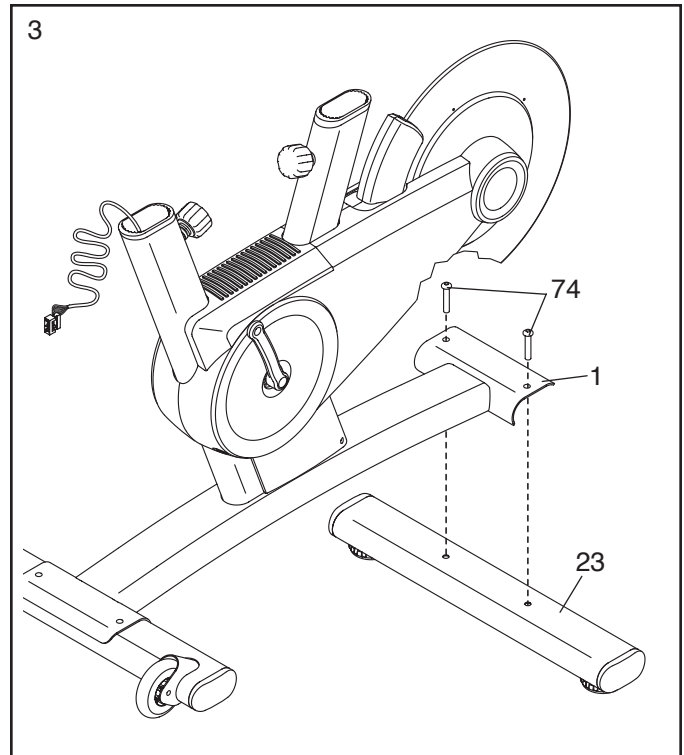


2. Identify the Front Stabilizer (22), which has Wheels (27).

Attach the Front Stabilizer (22) to the Frame (1) with two 3/8" x 2 1/4" Screws (74).



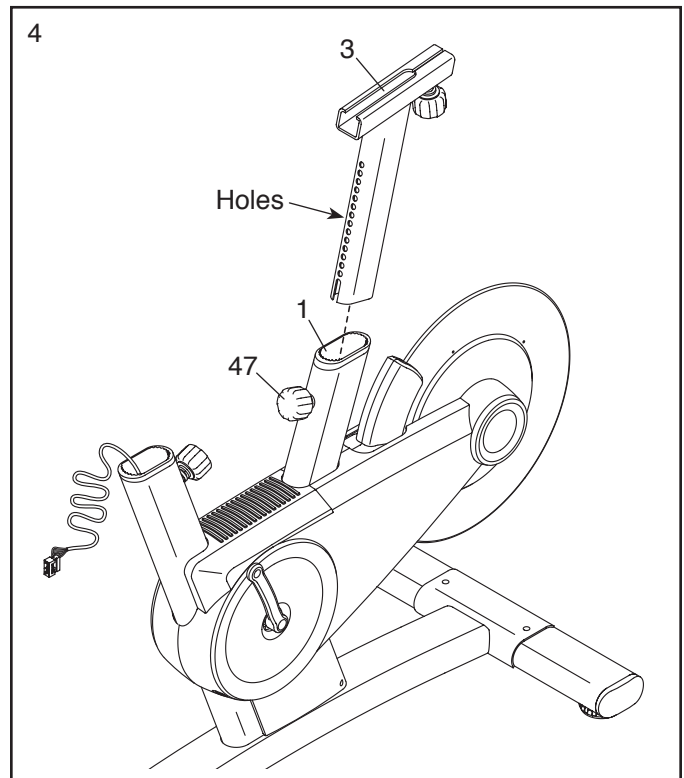
3. Attach the Rear Stabilizer (23) to the Frame (1) with two 3/8" x 2 1/4" Screws (74).



4. 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 (1).

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 firmly engaged in an adjustment hole.**

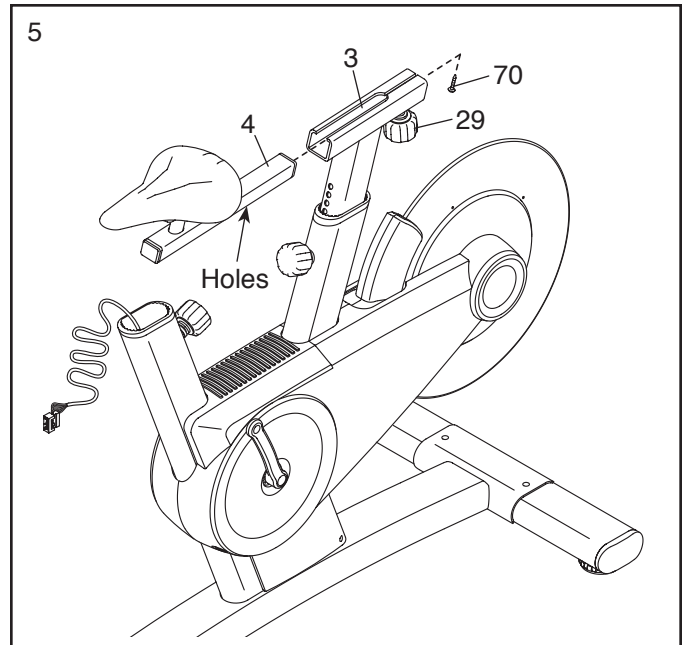


5. Orient the Seat Carriage as shown (4).

Locate the Seat Knob (29) on the Seat Post (3). Loosen the Seat Knob and pull it outward. Then, insert the Seat Carriage (4) into the Seat Post.

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

Tighten a #8 x 1/4" Screw (70) into the underside of the Seat Carriage (4).

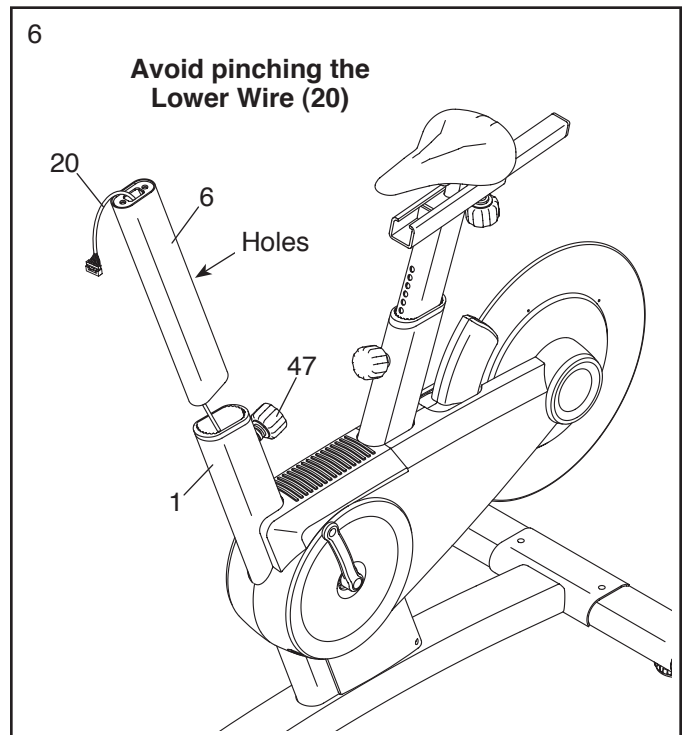


6. Orient the Handlebar Post (6) as shown.

While a second person holds the Handlebar Post (6) near the Frame (1), insert the Lower Wire (20) upward through the Handlebar Post.

Tip: Avoid pinching the Lower Wire (20). Loosen the indicated Post Knob (47) and pull it outward. Then, insert the Handlebar Post (6) into the Frame (1).

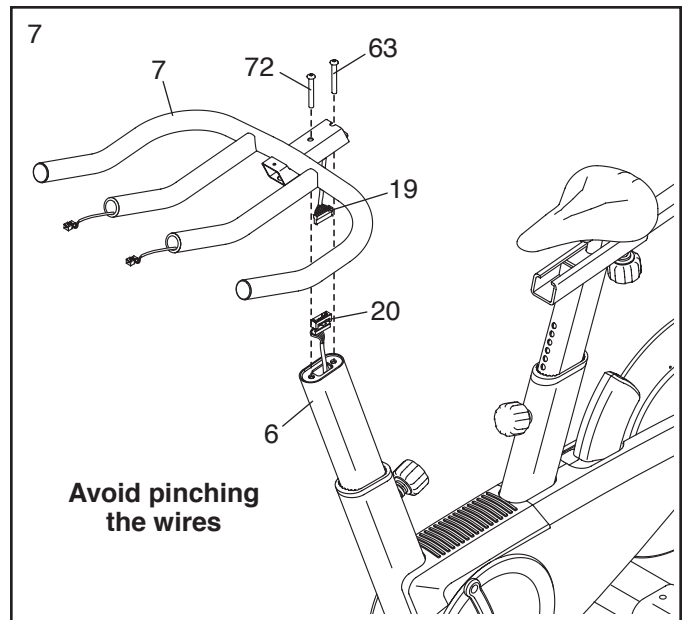
Move the Handlebar Post (6) upward or downward to the desired position, release the Post Knob (47) into an adjustment hole in the Handlebar Post, and then tighten the Post Knob. **Make sure that the Post Knob is firmly engaged in an adjustment hole.**



7. Orient the Handlebar (7) as shown.

While a second person holds the Handlebar (7) near the Handlebar Post (6), connect the Upper Wire (19) to the Lower Wire (20).

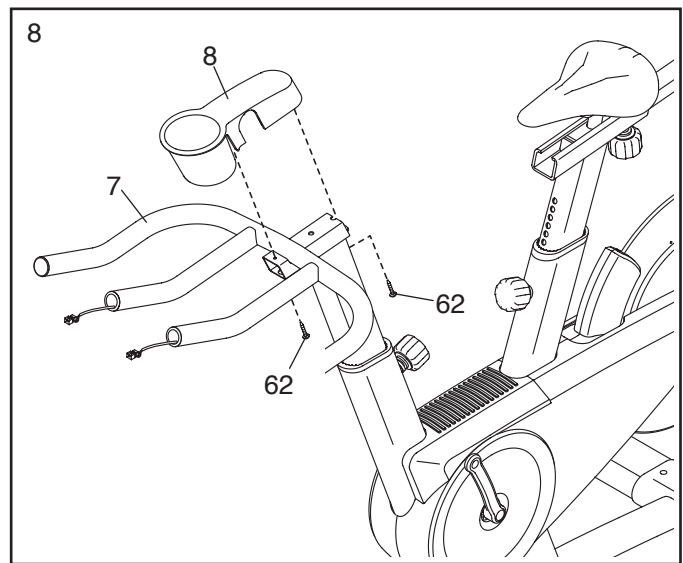
Tip: Avoid pinching the wires. Attach the Handlebar (7) to the Handlebar Post (6) with a 5/16" x 3/4" Screw (63) and a 5/16" x 2 1/4" Screw (72).



8. Orient the Handlebar Cover (8) as shown.

Attach the Handlebar Cover (8) to the Handlebar (7) with two #8 x 19mm Screws (62).

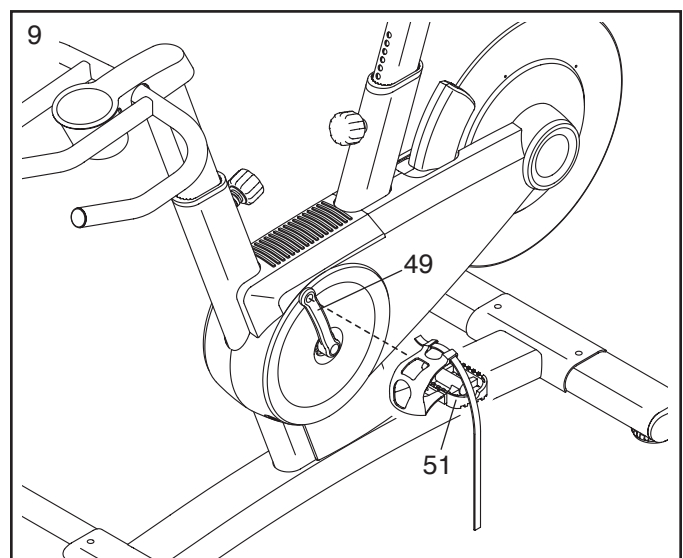
Tip: First, insert the front #8 x 19mm Screw (62) through the Handlebar (7). Next, set the Handlebar Cover (8) on the Handlebar and tighten the front Screw. Then, tighten the rear #8 x 19mm Screw (62) into the Handlebar Cover.



9. Identify the Left Pedal (51).

Using an adjustable wrench, **firmly tighten** the Left Pedal (51) **counterclockwise** into the Left Crank Arm (49).

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

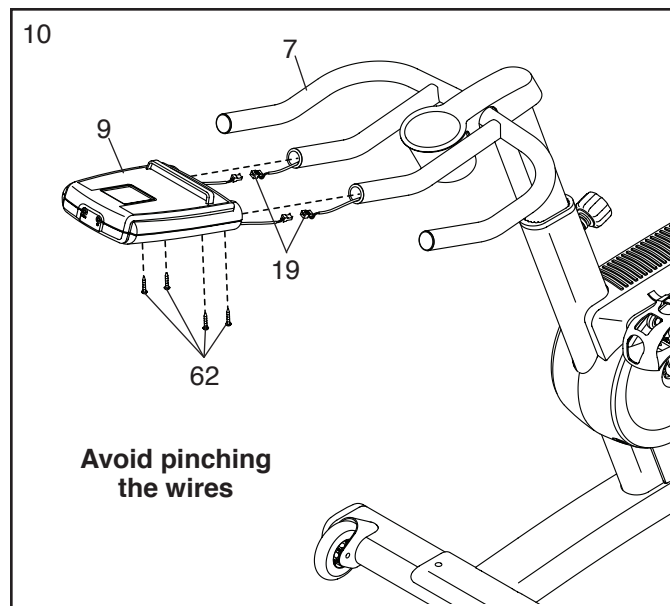


10. Locate the Upper Wires (19) inside the Handlebar (7).

While a second person holds the Console (9) near the Handlebar (7), connect the wires on the Console to the Upper Wires (19). Then, insert the wires into the Handlebar.

Tip: Avoid pinching the wires. Slide the Console (9) onto the Handlebar (7).

Attach the Console (9) with four #8 x 19mm Screws (62).



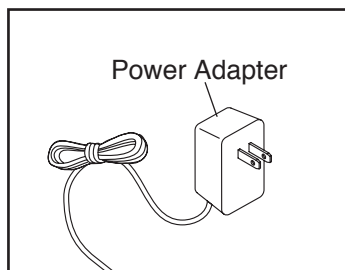
11. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

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

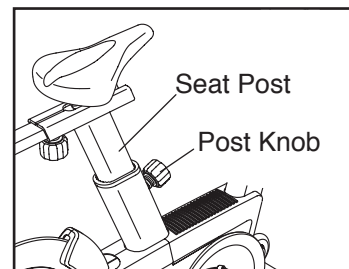
Plug the power adapter into the receptacle on the frame of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



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.**



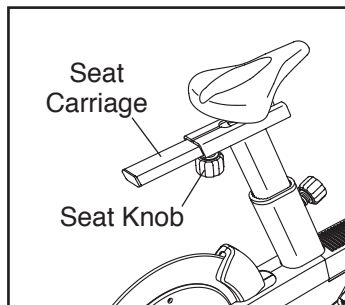
HOW TO ADJUST THE ANGLE OF THE SEAT

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

To adjust the seat, loosen the nuts on the seat clamp 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.

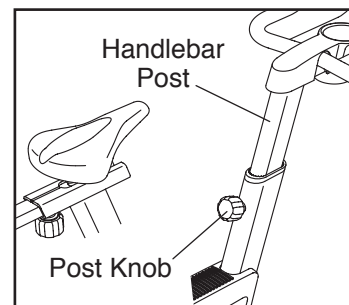
HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT CARRIAGE

To adjust the position of the seat carriage, first loosen the seat knob and pull it downward. Then, move the seat carriage forward or backward, release the seat knob into an adjustment hole in the seat carriage, and firmly tighten the seat knob. **Make sure that the seat 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.**

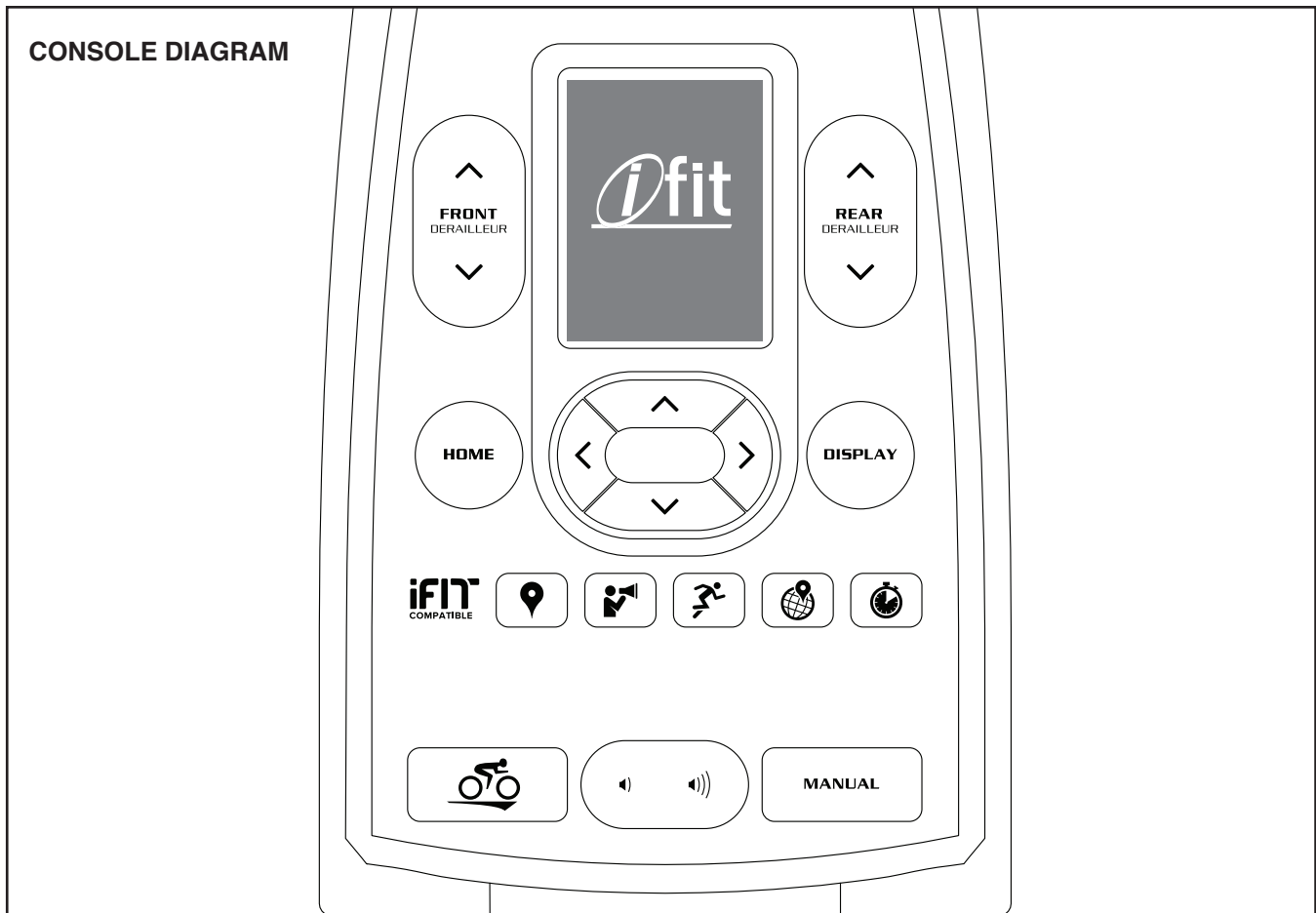


HOW TO ADJUST THE PEDAL STRAPS

To tighten the pedal straps (see the drawing on page 6), simply pull the ends of the pedal straps. To loosen the pedal straps, press and hold the tabs on the buckles, adjust the pedal 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 6) 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 technology that enables the console to communicate with your wireless network. With iFit 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 a selection of onboard workouts. Each workout automatically changes the resistance of the exercise bike to match the incline on a map of real terrain. You can even change gears to maintain your pedaling cadence.

When you use the manual mode of the console, you can change gears with the touch of a button. While you exercise, the console will display continuous exercise feedback.

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 console, see page 15. To turn off the console, see page 15. To navigate the console menus, see page 15. To set up the console, see page 15.

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the exercise bike. See HOW TO PLUG IN THE POWER ADAPTER on page 13. When the power adapter is plugged in, the display will light and the console will be ready for use.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, a tone will sound and 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, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the exercise bike may wear prematurely.**

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 or to end a workout.

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 menu option.

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 20 to connect to a wireless network.

2. Check for firmware updates.

From the main menu, select Settings. From the settings menu, select Maintenance. Then, see step 3 on page 22 and check for firmware updates.

3. Create an iFit account.

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

Follow the prompts on the website to sign up for your iFit membership. If you have an activation code, select the code activation option.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

To use the manual mode, see page 16. **To use an onboard workout**, see page 17. **To use an iFit workout**, see page 18. **To use a watts workout**, see page 19. **To use the settings mode**, see page 20. **To use the maintenance mode**, see page 22. **To use the sound system**, see page 23.

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 21.

Note: 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.

See HOW TO TURN ON THE CONSOLE on page 15.

2. Select the main menu.

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

If you have selected a workout, 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, you can also select iFit Live, and then select Manual Workout.

4. Change gears as desired.

To select gearing option(s) for the exercise bike, see step 6 on page 21.

Note: The exercise bike has simulated gears; there are no actual gears.

Change gears by pressing the Front Derailleur and Rear Derailleur increase and decrease buttons.

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

5. Follow your progress with the display.

The display can show the following 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 21.

Gear—This display mode will show the number of the currently selected gear.

Incline—This display mode will show the virtual incline level (resistance) 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 virtual incline (resistance) settings for the workout.

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 21.

Target watts meter—When the watts workout is selected, this display mode will compare your watts output to the target watts and prompt you to increase or decrease your pedaling cadence.

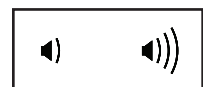
Time—This display mode will show the elapsed time.

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

The wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength. 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 gray, 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 console will pause and the time will flash 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 and select End Workout.

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

See HOW TO TURN OFF THE CONSOLE on page 15.

HOW TO USE AN ONBOARD WORKOUT

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

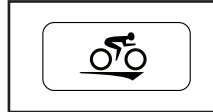
See HOW TO TURN ON THE CONSOLE on page 15.

2. Select the main menu.

See step 2 on page 16.

3. Select an onboard workout.

Press the onboard workouts button on the console and 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.

From the main menu, you can also select Onboard Workouts, and then select the desired workout.

4. Start the workout.

Press the Enter button to start the workout.

Each workout is divided into several segments. One virtual incline level (resistance) is programmed for each segment. Note: The same virtual 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 virtual 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 resistance of the pedals will automatically adjust to the virtual incline level for the next segment.

When the virtual incline changes, the resistance of the pedals will also change. To maintain a steady pedaling cadence, change gears by pressing the Front and Rear Derailleur 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 weight, the resistance of the exercise bike, and your pedaling cadence.

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 5 on page 16.

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

See HOW TO TURN OFF THE CONSOLE on page 15.

HOW TO USE AN IFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network including an 802.11b/g/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 CONSOLE on page 15.

2. Log in to your iFit account.

If you have not already done so, log in to your iFit account (see step 3 on page 21).

3. Select the main menu.

See step 2 on page 16.

4. Select an iFit workout.

From the main menu, select iFit Live, and then select Today's Workout, My Trainer, My Maps, 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 buttons on the console. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit account.

If more than one user is registered on your iFit account, you can switch users within the iFit account. From the iFit Live menu, select Select User and select the desired user.

From the iFit menu, you can also select Manual Workout for the manual mode (see page 16) or Onboard Workouts for an onboard workout (see page 17).

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

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

When you select an iFit 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 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 17.

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

6. Follow your progress with the display.

See step 5 on page 16.

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

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

See HOW TO TURN OFF THE CONSOLE on page 15.

For more information about iFit, go to www.iFit.com.

HOW TO USE THE WATTS WORKOUT

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

See HOW TO TURN ON THE CONSOLE on page 15.

2. **Select the main menu.**

See step 2 on page 16.

3. **Select the watts workout.**

From the main menu, select Watts Workout. The watts target meter will appear in the display.

4. **Enter a target watts setting.**

To enter a target watts setting, press the up and down buttons.

5. **Start the workout.**

Press the Enter button to start the workout.

The target watts setting will appear in the upper part of the display. Your actual watts output will appear in the lower part of the display. The console will regularly compare your watts output to the target watts setting.

As you pedal, keep your watts output near the target watts setting by adjusting your pedaling cadence.

Note: During the watts workout, the resistance of the pedals will adjust automatically. **Do not press the Front and Rear Derailleur buttons during the watts workout. Pressing these buttons will have no effect on your watts output.**

The target watts meter will show your watts output relative to the target watts setting. **When the arrow is in the green zone**, your watts output is close to the target watts setting. **When the arrow is in the red zone**, your watts output is not close to the target watts setting.

If your watts output is too far below or above the target watts setting, the resistance of the pedals will automatically increase or decrease to bring your watts output closer to the target watts setting.

To change the target watts setting at any time during the workout, press the up and down buttons on the console.

The workout will continue in this way indefinitely. To pause the watts workout, stop pedaling. The time will pause in the display. To resume the watts workout, simply resume pedaling.

To exit the watts workout, press the Home button and select End Workout.

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

See step 5 on page 16.

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

See HOW TO TURN OFF THE CONSOLE on page 15.

HOW TO USE THE SETTINGS MODE

1. Select the settings mode.

Turn on the console (see HOW TO TURN ON THE CONSOLE on page 15). From the main menu, 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, Advanced Wifi Setup, or WPS Setup.

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

The iFit 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. Use the navigation buttons to highlight the desired character, symbol, or operator and press the Enter button to select the character, symbol, or operator. Continue entering your password (passphrase) in this manner. After you enter your password, 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. Use the navigation buttons to highlight the desired character, symbol, or operator and press the Enter button to select the character, symbol, or operator. Continue entering your password (passphrase) in this manner. After you enter your password, 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.

If you select WPS Setup, follow the instructions that appear in the display.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

3. Log in to your iFit account.

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

The keyboard will then appear in the display. Use the navigation buttons to highlight the desired character, symbol, or operator and press the Enter button to select the character, symbol, or operator. Continue entering your iFit password (passphrase) in this manner. After you enter your password, select Done.

After you log in to your iFit account, the display will show the iFit menu.

Note: To switch users within an iFit account, see step 4 on page 18.

To create an iFit 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.

After you select a language, the display will return to the settings menu.

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 US to display speed and distance in miles or select Metric to display speed and distance in kilometers.

After you select a unit of measurement, the display will return to the settings menu.

6. Select a gearing option.

The gearing on the exercise bike can be set up to simulate a variety of gearing options used on road bikes.

From the settings menu, select Gearing. Then, navigate the menus to select the desired gearing option(s) for the exercise bike.

7. Exit the settings mode.

To exit the settings mode, press the Home button.

HOW TO USE THE MAINTENANCE MODE

1. Select the settings mode.

See step 1 on page 20.

2. Select the maintenance mode.

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

When you select a menu option from the maintenance menu, the top of the display will show information about the model and version of the exercise bike.

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

If the exercise bike is connected to your wireless network, the network dot will be green; if it is not connected, 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 unplug the power adapter while the firmware is being updated.

The display will show the progress of the update. When the update is complete, unplug the power adapter, wait for several seconds, and then plug in the power adapter. 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.

After you restore the default settings, unplug the power adapter, wait for several seconds, and then plug in the power adapter.

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. The display will return to the settings menu.

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. The display will return to the settings menu.

7. 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 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.



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

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.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console may contain FCC ID: X2NBL-LW02-2M or FCC ID: GGOBL-LW05-2M.

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.**

CONSOLE TROUBLESHOOTING

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 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 (30), first **unplug the power adapter.**

Use a flat screwdriver and remove the Upper Shield (10) and the right Shield Cover (13).

Next, remove the #8 x 32 x 13mm Screw (81) from the Right Shield (11).

Then, use a socket set to remove the two 1/4" Flange Nuts (21) from the Right Shield (11).

Remove the two #8 x 1/2" Screws (61) on the right side of the Electronics Shield (82).

Then, gently move the Right Shield (11) away from the exercise bike.

Locate the Idler Pulley (37). Loosen the 3/8" Jam Nut (71). Then, tighten the Idler Adjustment Screw (39) until the Drive Belt (30) is tight.

When the Drive Belt (30) is tight, tighten the 3/8" Jam Nut (71).

Reattach the Right Shield (11) with the #8 x 1/2" Screws (61), the 1/4" Flange Nuts (21), and the #8 x 32 x 13mm Screw (81). Then, reattach the Upper Shield (10) and the right Shield Cover (13).

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 | |

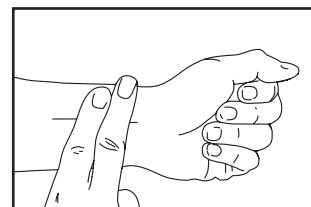
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

PART LIST

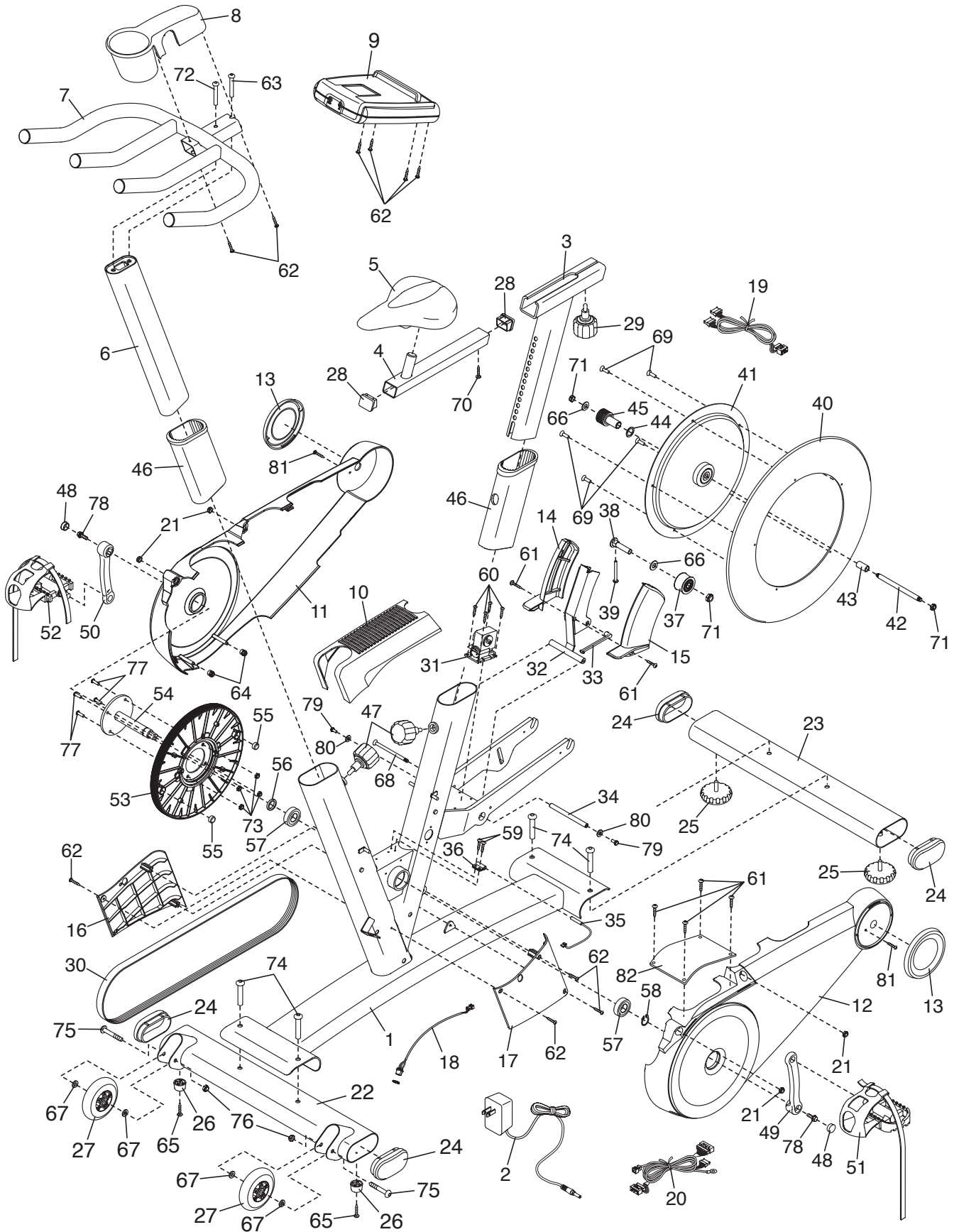
Model No. PFEX05910.0 R0713A

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|------------------------|---------|------|------------------------------|
| 1 | 1 | Frame | 43 | 1 | Flywheel Spacer |
| 2 | 1 | Power Adapter | 44 | 1 | Thrust Washer |
| 3 | 1 | Seat Post | 45 | 1 | Flywheel Pulley |
| 4 | 1 | Seat Carriage | 46 | 2 | Post Bushing |
| 5 | 1 | Seat | 47 | 2 | Post Knob |
| 6 | 1 | Handlebar Post | 48 | 2 | Crank Arm Cap |
| 7 | 1 | Handlebar | 49 | 1 | Left Crank Arm |
| 8 | 1 | Handlebar Cover | 50 | 1 | Right Crank Arm |
| 9 | 1 | Console | 51 | 1 | Left Pedal |
| 10 | 1 | Upper Shield | 52 | 1 | Right Pedal |
| 11 | 1 | Right Shield | 53 | 1 | Crank Pulley |
| 12 | 1 | Left Shield | 54 | 1 | Crank |
| 13 | 2 | Shield Cover | 55 | 2 | Magnet |
| 14 | 1 | Right Magnet Cover | 56 | 1 | Crank Spacer |
| 15 | 1 | Left Magnet Cover | 57 | 2 | Bearing |
| 16 | 1 | Right Frame Cover | 58 | 1 | Snap Ring |
| 17 | 1 | Left Frame Cover | 59 | 2 | #8 x 19mm Tek Screw |
| 18 | 1 | Power Receptacle/Wire | 60 | 4 | M4 x 12mm Flange Screw |
| 19 | 1 | Upper Wire | 61 | 6 | #8 x 1/2" Screw |
| 20 | 1 | Lower Wire | 62 | 10 | #8 x 19mm Screw |
| 21 | 4 | 1/4" Flange Nut | 63 | 1 | 5/16" x 3/4" Screw |
| 22 | 1 | Front Stabilizer | 64 | 2 | Mount/Screw |
| 23 | 1 | Rear Stabilizer | 65 | 2 | #8 x 16mm Screw |
| 24 | 4 | Stabilizer Cap | 66 | 2 | M10 Washer |
| 25 | 2 | Leveling Foot | 67 | 4 | Wheel Spacer |
| 26 | 2 | Foot | 68 | 1 | 1/4" x 125mm Flat Head Screw |
| 27 | 2 | Wheel | 69 | 5 | #10 x 1/2" Flat Head Screw |
| 28 | 2 | Seat Carriage Cap | 70 | 1 | #8 x 1/4" Screw |
| 29 | 1 | Seat Knob | 71 | 3 | 3/8" Jam Nut |
| 30 | 1 | Drive Belt | 72 | 1 | 5/16" x 2 1/4" Screw |
| 31 | 1 | Resistance Motor | 73 | 4 | M6 Nut |
| 32 | 1 | Resistance Magnet | 74 | 4 | 3/8" x 2 1/4" Screw |
| 33 | 1 | Arm | 75 | 2 | 5/16" x 1 3/4" Bolt |
| 34 | 1 | Magnet Axle | 76 | 2 | 5/16" Locknut |
| 35 | 1 | Reed Switch/Wire | 77 | 4 | M6 x 20mm Screw |
| 36 | 1 | Clamp | 78 | 2 | 5/16" x 17mm Flange Screw |
| 37 | 1 | Idler Pulley | 79 | 2 | 1/4" x 1/2" Button Screw |
| 38 | 1 | Idler Bolt | 80 | 2 | 1/4" Washer |
| 39 | 1 | Idler Adjustment Screw | 81 | 2 | #8 x 32 x 13mm Screw |
| 40 | 1 | Flywheel Ring | 82 | 1 | Electronics Shield |
| 41 | 1 | Flywheel Hub | * | - | Assembly Tool |
| 42 | 1 | Flywheel Axle | * | - | User's Manual |

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. PFEX05910.0 R0713A



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: To protect your fitness equipment with an extended service plan, see page 5.

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 seven (7) 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