

# PRO-FORM<sup>®</sup>

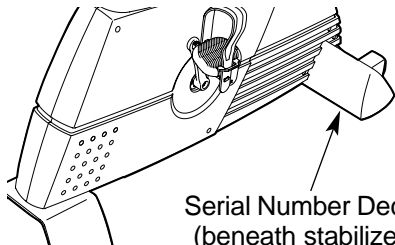
## GL 105

### INTERACTIVE TRAINER

Model No. PFX49030

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

Write the serial number in the space above for reference.



Serial Number Decal  
(beneath stabilizer)

## QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

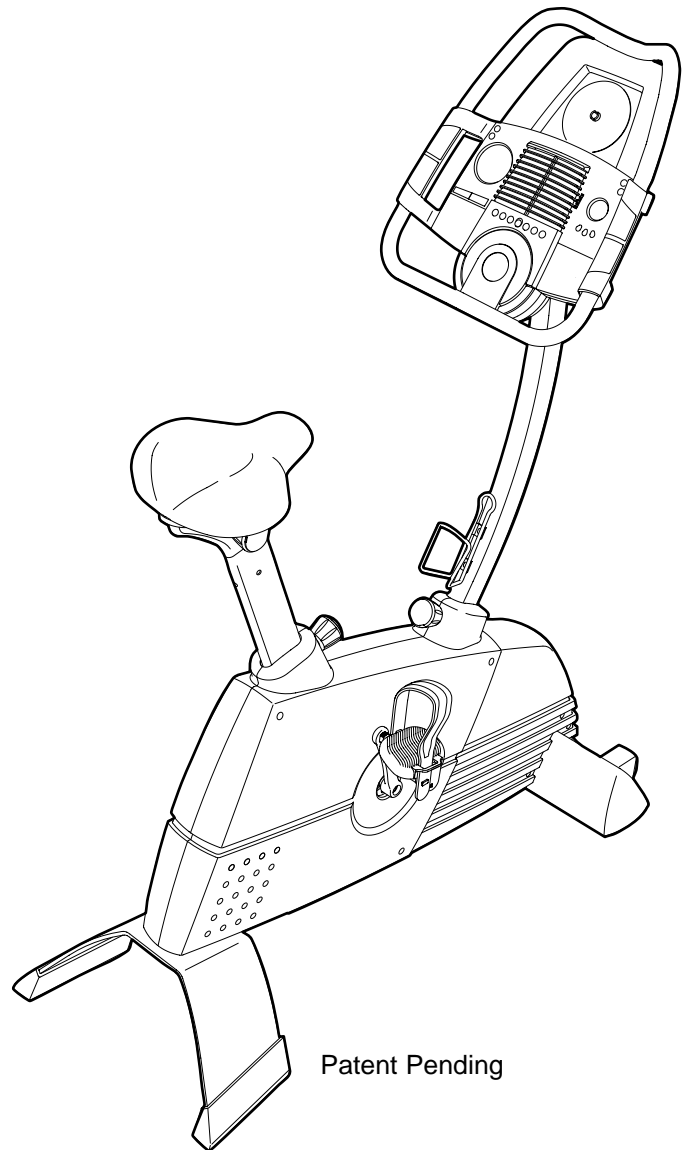
**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

## CAUTION

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

## USER'S MANUAL



Patent Pending



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*new products, prizes,  
fitness tips, and much more!*

# **PRO-FORM<sup>®</sup>**

## **GL 105**

### **INTERACTIVE TRAINER**

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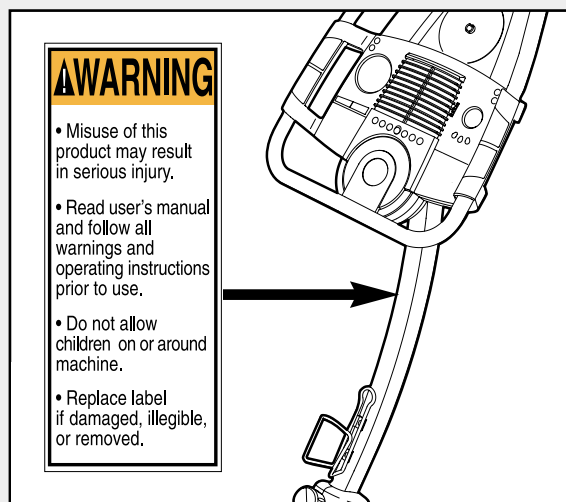
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# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Place the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. The exercise cycle should not be used by persons weighing more than 250 pounds.
10. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Always keep your back straight when using the exercise cycle; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The exercise cycle does not have a free-wheel; the pedals will continue to move until the flywheel stops.
14. The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call toll-free 1-800-999-3756 and order a free replacement decal. Apply the decal in the location shown.



**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

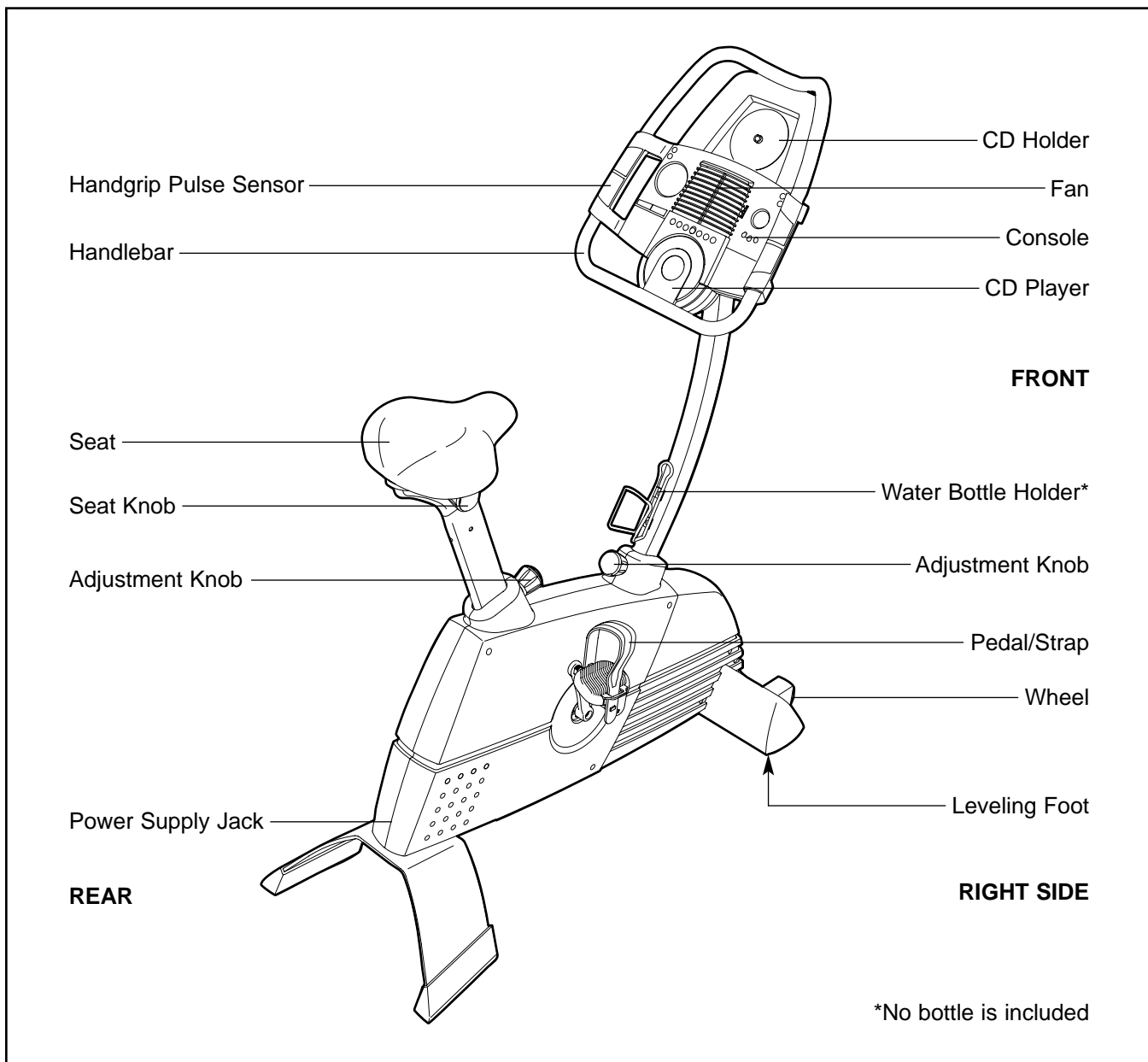
# BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® GL105 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PROFORM® GL105 exercise cycle offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** If you have questions after reading this manual, please call our Customer

Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFEX49030. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

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

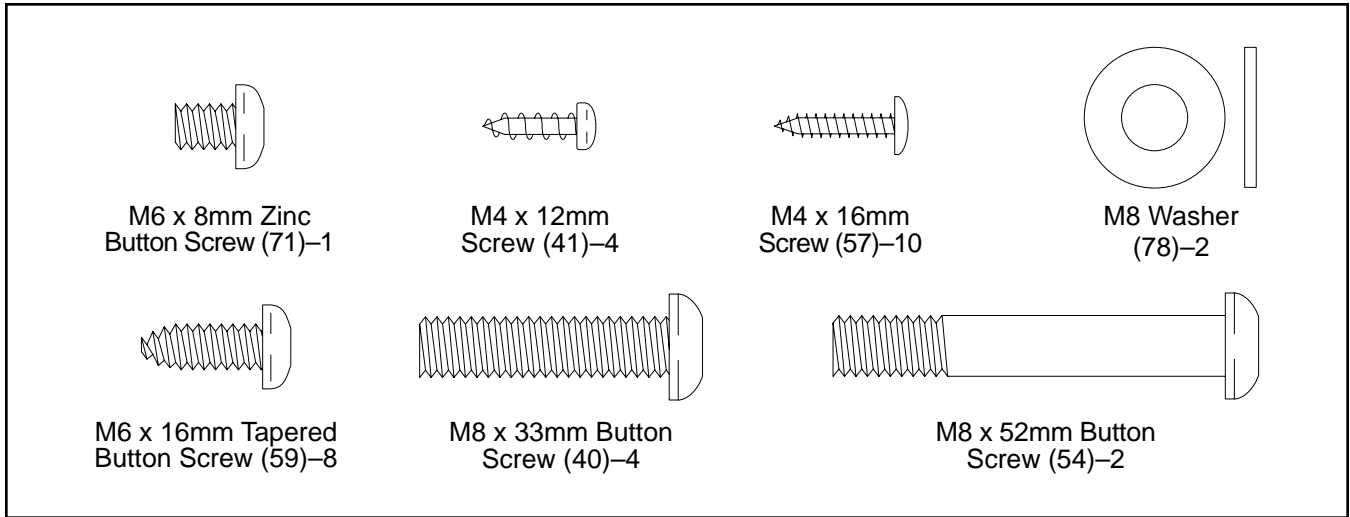


# ASSEMBLY

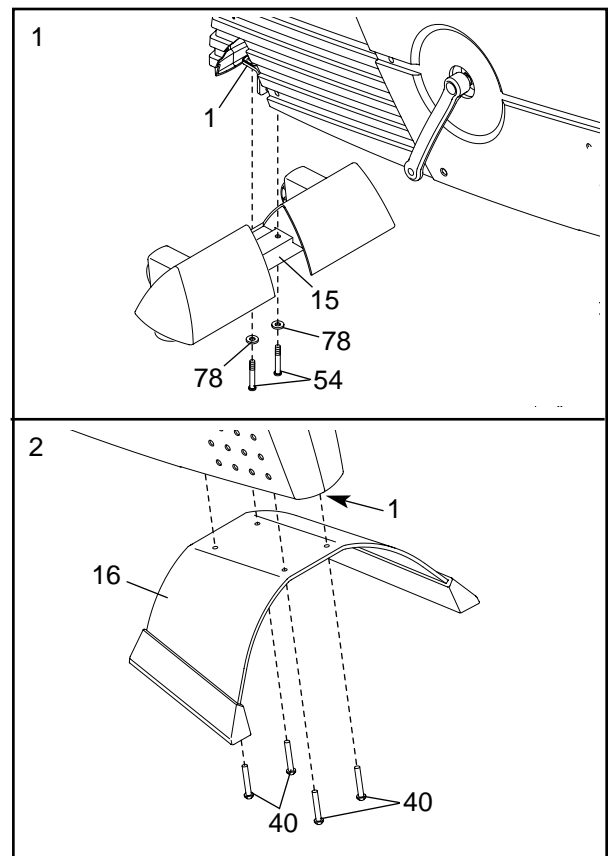
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included tools and your own adjustable wrench**  **and Phillips screwdriver** .

Use the drawings below to identify the small parts used for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 22. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**



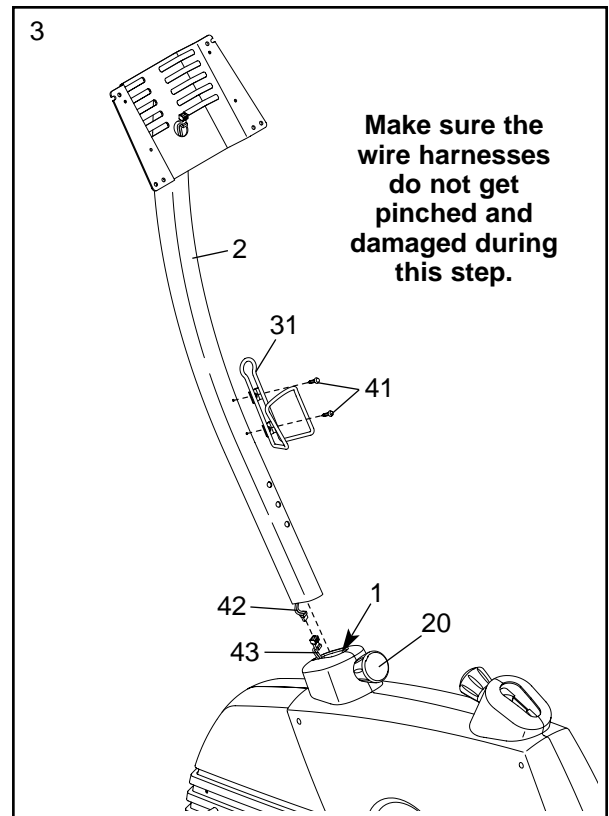
1. Orient the Front Stabilizer (15) as shown. While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M8 x 52mm Button Screws (54) and two M8 Washers (78).
2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (16) to the Frame with four M8 x 33mm Button Screws (40).



- While another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (42) to the Lower Wire Harness (43). Gently pull the upper end of the Upper Wire Harness to remove any slack from the Wire Harnesses.

Turn the indicated Adjustment Knob (20) counterclockwise two or three turns to loosen it. Next, pull the Knob, insert the Upright (2) into the Frame (1), and then release the Knob. **Be careful to avoid pinching the Wire Harnesses (42, 43). Move the Upright up and down slightly until the pin on the Knob snaps into one of the holes in the Upright.** Then, turn the Knob clockwise until it is tight.

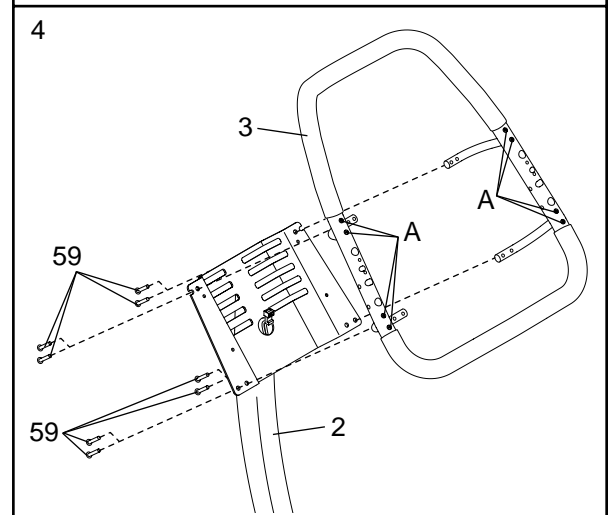
Attach the Water Bottle Holder (31) to the Upright (2) with two M4 x 12mm Screws (41).



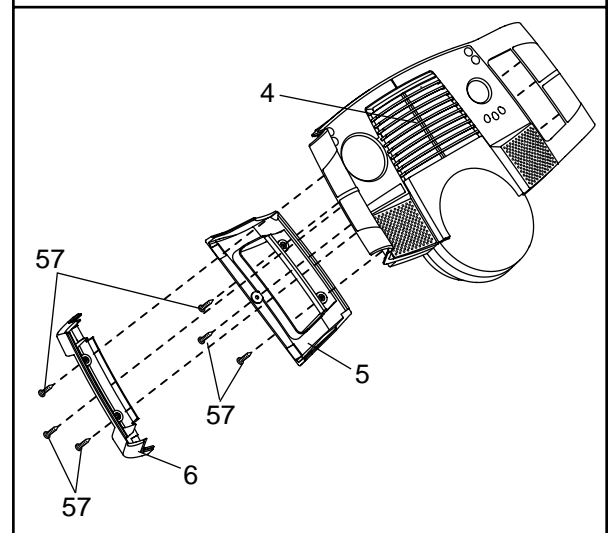
- Loosen the eight indicated screws (A) in the Handlebar (3).

Attach the Handlebar (3) to the Upright (2) with eight M6 x 16mm Tapered Button Screws (59). **Do not tighten the Tapered Button Screws yet.**

Retighten the eight screws (A) in the Handlebar (3).

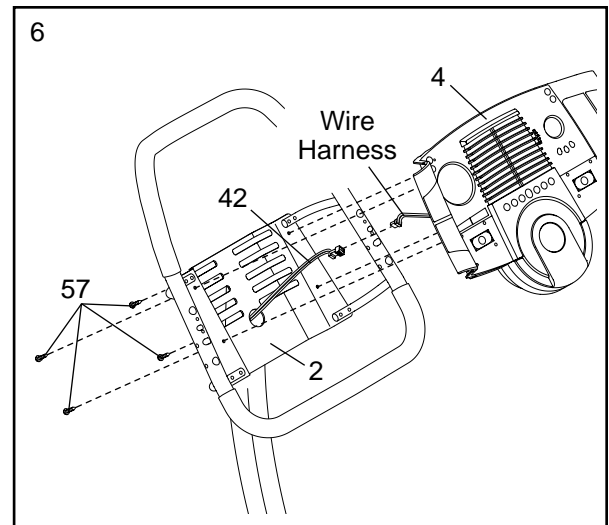


- Remove the six M4 x 16mm Screws (57) and the Left and Right Handlebar Covers (5, 6) from the Console (4).



- While another person holds the Console (4) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (42). Insert the excess wire harness down into the Upright (2).

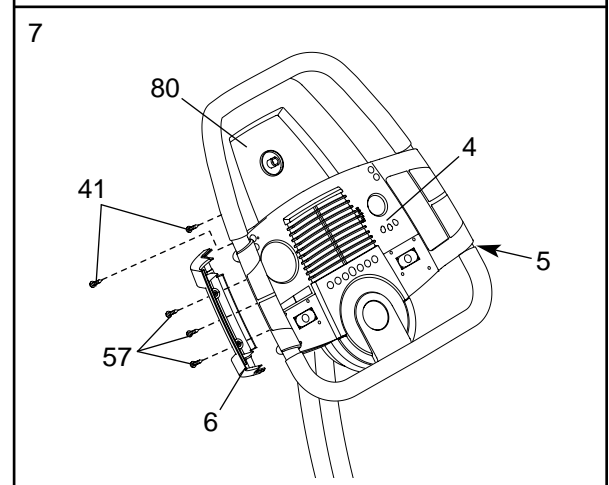
Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (57). **Be careful to avoid pinching the wire harnesses.**



- Attach the Left Handlebar Cover (6) to the Console (4) with three M4 x 16mm Screws (57). Attach the Right Handlebar Cover (5) in the same way.

Attach the CD Holder (80) to the Console (4) with two M4 x 12mm Screws (41) as shown.

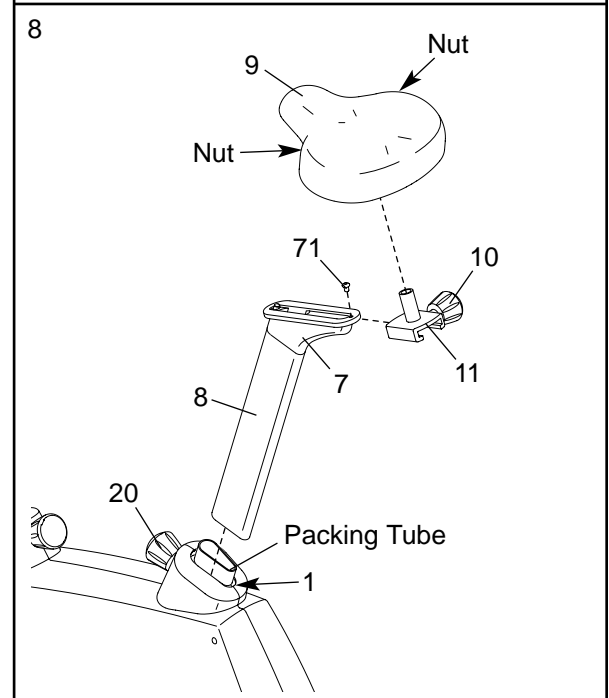
See assembly step 4. Tighten the eight M6 x 16mm Tapered Button Screws (59).



- Turn the indicated Adjustment Knob (20) counterclockwise two or three turns to loosen it. Next, pull the Knob, remove the packing tube from the Frame (1), and insert the Seat Post (8) into the Frame. Release the Knob, and **move the Seat Post up and down slightly until the pin on the Knob snaps into one of the holes in the Seat Post.** Then, turn the Knob clockwise until it is tight.

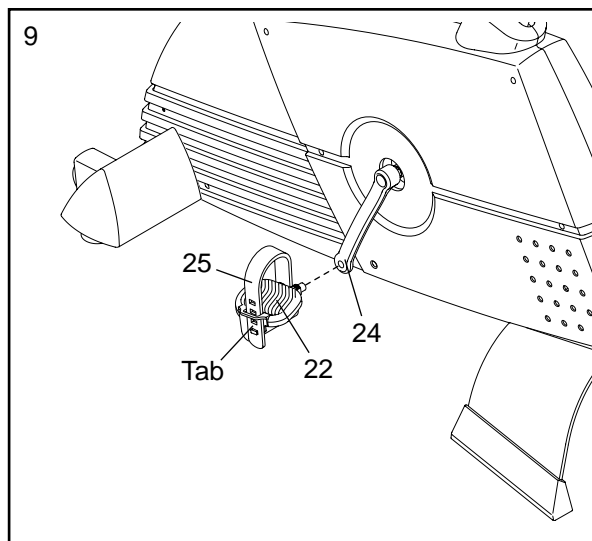
Slide the Seat Carriage (11) onto the Seat Bracket (7), and then tighten the Seat Knob (10) into the right side of the Seat Carriage. Tighten the M6 x 8mm Zinc Button Screw (71) into the Seat Bracket behind the Seat Carriage.

Loosen the two nuts (not shown) on the clamp beneath the Seat (9). Slide the clamp fully onto the Seat Carriage (11). Tilt the Seat to the desired angle, and then retighten the nuts on the clamp.



9. Identify the Left Pedal (22), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (24). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

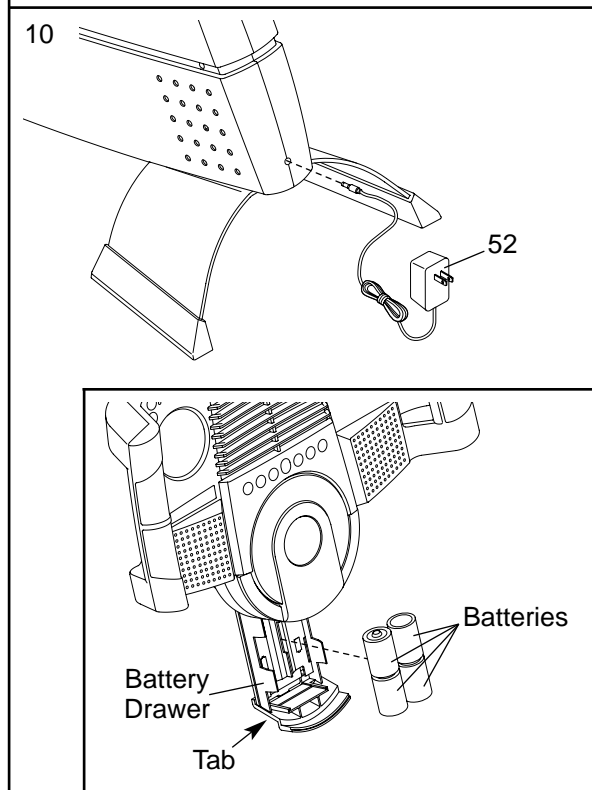
Adjust the Left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (22). Adjust the Right Pedal Strap (not shown) in the same way.



10. Plug one end of the Power Supply (52) into the jack at the rear of the exercise cycle. Plug the other end of the Power Supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

Note: The console can be operated with batteries (not included) instead of the Power Supply (52) if desired. To install batteries, follow the instructions below.

See the inset drawing. Press the indicated tab on the battery drawer and pull the battery drawer down. Press four "D" batteries into the battery clips; **make sure that the batteries are oriented as shown by the markings inside of the battery clips.** Then, close the battery drawer. Note: Alkaline batteries are recommended.



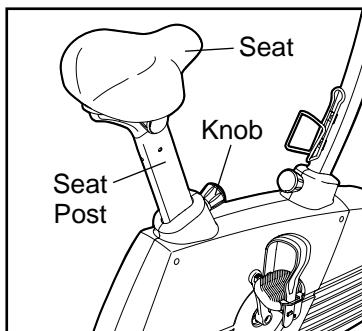
11. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.



# HOW TO OPERATE THE EXERCISE CYCLE

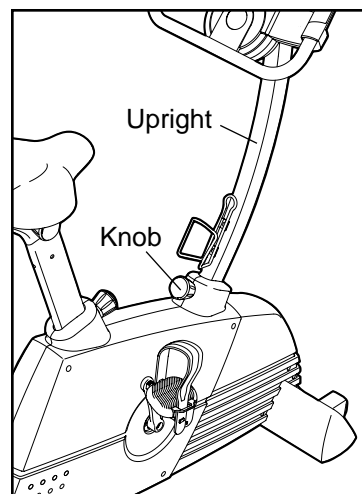
## HOW TO ADJUST THE SEAT POST

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, first turn the indicated knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the seat post). Next, pull the knob, slide the seat post to the desired height, and then release the knob. **Move the seat post up and down slightly until the pin on the knob snaps into one of the holes in the seat post.** Then, turn the knob clockwise until it is tight.



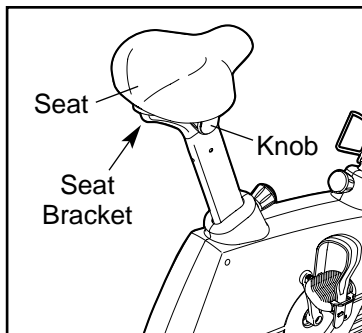
## HOW TO ADJUST THE UPRIGHT

The upright can be adjusted to the height that is the most comfortable for you. To adjust the upright, first turn the indicated knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the upright). Next, pull the knob, slide the upright to the desired height, and then release the knob. **Move the upright up and down slightly until the pin on the knob snaps into one of the holes in the upright.** Then, turn the knob clockwise until it is tight.



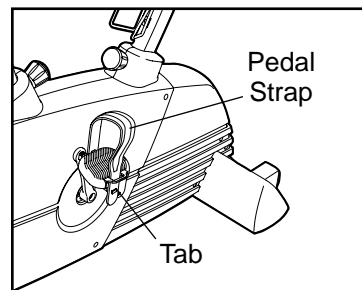
## HOW TO ADJUST THE SEAT

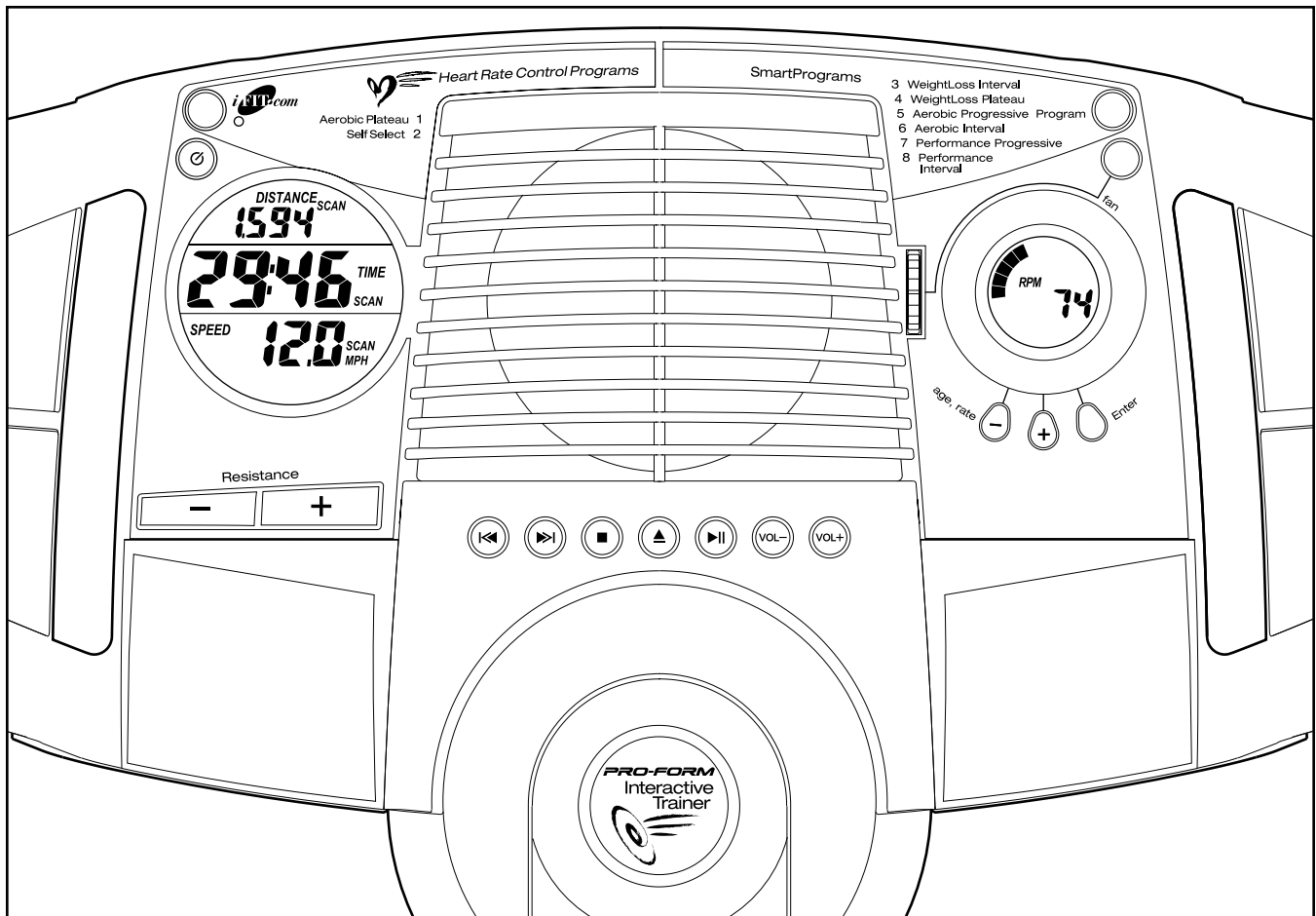
The seat can be adjusted to the position that is the most comfortable for you. **Before adjusting the seat, dismount the exercise cycle; do not adjust the seat while you are sitting on it.** To adjust the seat, turn the indicated knob counterclockwise to loosen it, slide the seat carriage forward or backward, and then retighten the knob.



## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps back onto the tabs.





## FEATURES OF THE CONSOLE

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

The console also offers six Smart programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout. In addition, the console features two Heart Rate programs that change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

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

sonal trainer in your home. Using the built-in CD player, you can play special iFIT.com CD programs. iFIT.com CD programs automatically control the resistance of the pedals and prompt you to vary your pace while a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **Two iFIT.com CDs are included; to purchase additional CDs, call toll-free 1-800-735-0768.**

Using a stereo audio cable (available at electronics stores), you can also connect the exercise cycle to your VCR and TV and play iFIT.com video programs. iFIT.com video programs offer the same benefits as iFIT.com CD programs, and allow you to enjoy breathtaking scenery while you exercise. **To purchase iFIT.com videocassettes, call toll-free 1-800-735-0768.**

You can even connect the exercise cycle to your home computer, go to our Web site at [www.iFIT.com](http://www.iFIT.com), and access programs directly from our Web site. **Explore [www.iFIT.com](http://www.iFIT.com) for more information.**

To use the manual mode of the console, see the instructions below. To use a Smart program, see page 13. To use a Heart Rate program, see page 14. To use an iFIT.com CD program, see page 15. To use an iFIT.com video program, see page 18. To use a program directly from our Web site, see page 19.

## HOW TO USE THE MANUAL MODE

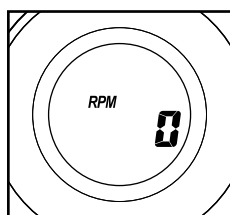
### 1 Turn on the console.

Make sure that the transformer is plugged in or that batteries are installed in the console (see assembly step 9 on page 8).

To turn on the console, press the On/Reset button or begin pedaling. (The On/Reset button is the button just above the large display.)

### 2 Select the manual mode.

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

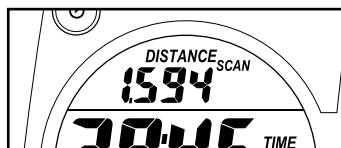


### 3 Begin pedaling and change the resistance of the pedals as desired.

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

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

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



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

The center of the large display will show the elapsed time and your pedaling pace (in minutes per mile).



The display will change from one number to the other every few seconds. Note: When a program is selected (except for Heart Rate program 2), the display will show the time remaining in the program instead of the elapsed time.

The lower section of the large display will show your pedaling speed, your pedaling pace (in revolutions per minute), and the resistance level.



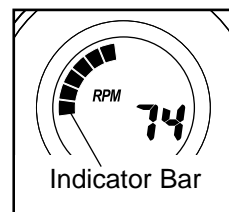
The display will change from one number to the next every few seconds.

**Note: The console can show speed and distance in either miles or kilometers.** The letters MPH or KM/H will appear in the lower section of the large display to show which unit of measurement is selected.



To change the unit of measurement, first hold down the Program button for a few seconds. An E (for English) or an M (for metric) will appear in the lower section of the large display. Press the Resistance + button to change the unit of measurement. Then, press the On/Reset button. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

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

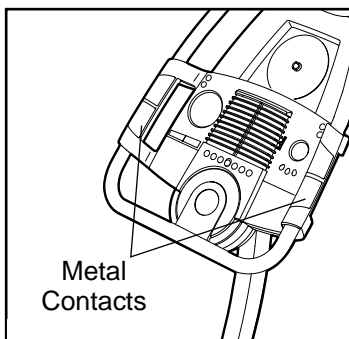


When you use a Heart Rate program, the small display will show your heart rate instead of your pedaling pace (see step 5 on page 12).

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

## 5 Measure your heart rate if desired.

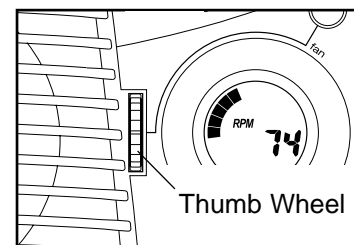
If there are thin sheets of plastic on the metal contacts on the handgrips, peel off the plastic. To use the handgrip pulse sensor, hold the handgrips with your palms resting against the metal contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the large display will flash each time your heart beats, and your heart rate will be shown.



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

## 6 Turn on the fan if desired.

To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the fan button a second time. To turn off the fan, press the fan button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off to preserve the console's batteries.



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

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

If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the large display. If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off to conserve the batteries.

## HOW TO USE A SMART PROGRAM

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

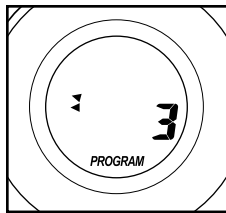
Follow the steps below to use a Smart program.

### 1 Turn on the console.

See step 1 on page 11.

### 2 Select one of the Smart programs.

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



### 3 Begin pedaling to start the program.

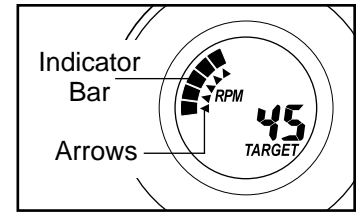
Each Smart program consists of either 20 or 30 one-minute periods. One resistance level and one target pace are programmed for each period. Note: The same resistance level and/or target pace may be programmed for two or more consecutive periods.

When you begin pedaling, the resistance of the pedals will automatically change to the resistance level programmed for the first period. Note: If the resistance level is too high or too low, you can change it by pressing the Resistance buttons.

The target pace for the first period will appear in the small display for a few seconds, and the arrows in the small display will help you to pedal at the target pace—simply increase or decrease your pace until one segment of the indicator bar

appears at the tip of each arrow (see the drawing at the right). Note: When the word TARGET does not appear in the small display, your

actual pedaling pace will be shown. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**



During the last three seconds of each period, a series of tones will sound and the time will flash in the large display. The resistance of the pedals will then change if a different resistance level is programmed for the next period. In addition, the number of arrows in the small display will change if a different target pace is programmed for the next period.

During the program, the center of the large display will show the time remaining in the program. If you stop pedaling for a few seconds, the displays will pause and the time will flash. To restart the program, resume pedaling.

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

See step 4 on page 11.

### 5 Measure your heart rate if desired.

See step 5 on page 12.

### 6 Turn on the fan if desired.

See step 6 on page 12.

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

See step 7 on page 12.

## HOW TO USE A HEART RATE PROGRAM

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

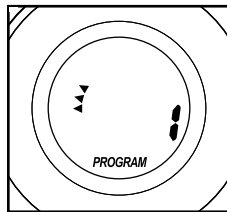
Follow the steps below to use a Heart Rate program.

### 1 Turn on the console.

See step 1 on page 11.

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

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



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

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

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

### 4 Hold the handgrip pulse sensor.

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

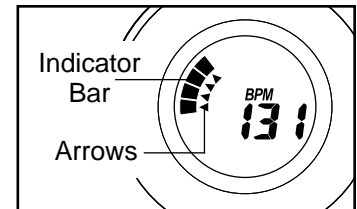
to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.**

### 5 Begin pedaling to start the program.

**Heart rate program 1** consists of 20 one-minute periods. One resistance level and one target heart rate are programmed for each period. (Note: The same resistance level and/or target heart rate may be programmed for two or more consecutive periods.) **Heart Rate program 2** is sixty minutes long (you may choose to use only part of the program). The same resistance level and target heart rate are programmed for the entire program.

When you begin pedaling, the resistance of the pedals will automatically change to the resistance level programmed for the first period.

As you pedal, the arrows in the small display will help you to keep your heart rate near the current target heart rate.



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

During the last three seconds of each period, a series of tones will sound and the time will flash in the large display. The resistance of the pedals will then change if a different resistance level is programmed for the next period. Note: If the resistance level is too high or too low, you can adjust it by pressing the Resistance buttons. However, when the next period begins, the resistance will automatically change if a different resistance level is programmed for the next period.

The program will continue in this way until the large display shows that no time remains in the program. Note: If you stop pedaling for a few seconds, the program will end. To use the program again, reselect it and start it at the beginning.

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

See step 4 on page 11.

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

See step 6 on page 12.

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

See step 7 on page 12.

## HOW TO USE iFIT.COM CD PROGRAMS

When you use an iFIT.com CD program, a certified personal trainer will guide you through your workout while the program interactively controls the resistance of the pedals and prompts you to increase or decrease your pace. **Note: To purchase iFIT.com CDs, call toll-free 1-800-735-0768.**

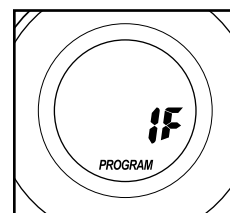
Follow the steps below to use an iFIT.com CD program.

**1 Turn on the console.**

See step 1 on page 11.

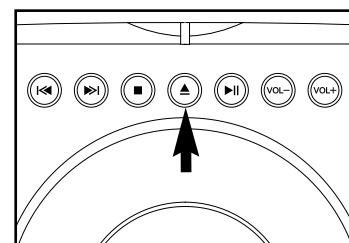
**2 Select the iFIT.com mode.**

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



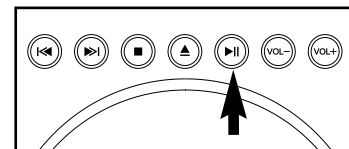
**3 Insert an iFIT.com CD into the CD player.**

To open the CD player, slide the center button on the CD player upward. Carefully insert an iFIT.com CD into the CD player and then close the lid.



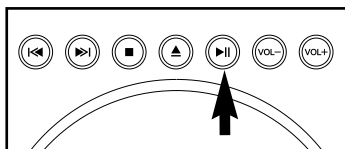
**4 Press the Play/Pause button to start the program.**

To start the CD program, press the play/pause button on the CD player. A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

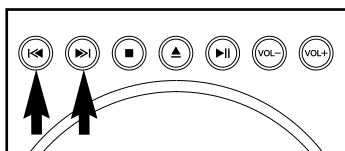


The CD program will function in almost the same way as a Smart program (see step 3 on page 13). However, an electronic “chirping” sound will alert you when the resistance level and/or the target pace is about to change. **Note: If the resistance level and/or the target pace does not change when a “chirp” is heard, make sure that the iFIT.com indicator is lit. In addition, adjust the volume (see step 5 below). If the volume is too high or too low, the console may not detect the program signals.**

To stop the program at any time, press the play/pause button and stop pedaling. To restart the program, press the play/pause button and begin pedaling.

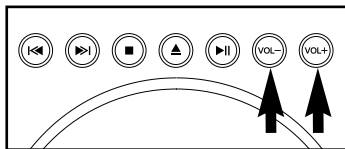


Note: To select a different program on the CD, press the skip/search buttons on the CD player.



## 5 Adjust the volume if desired.

To adjust the volume, press the Volume – and + buttons on the CD player.



## 6 Follow your progress with the large display.

See step 4 on page 11.

## 7 Measure your heart rate if desired.

See step 5 on page 12.

## 8 Turn on the fan if desired.

See step 6 on page 12.

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

See step 7 on page 12.

**Note: Always remove iFIT.com CDs from the CD player when you are finished using them.**

### HOW TO PLAY MUSIC CDS

If desired, you can play your own music CDs in the CD player. Before playing music CDs, select the manual mode of the console (see HOW TO USE THE MANUAL MODE on page 11).

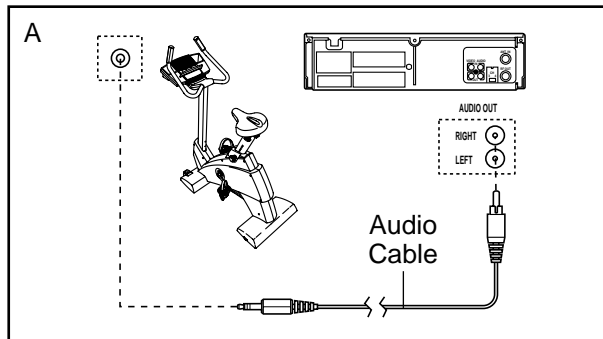


## HOW TO CONNECT THE EXERCISE CYCLE TO YOUR VCR OR COMPUTER

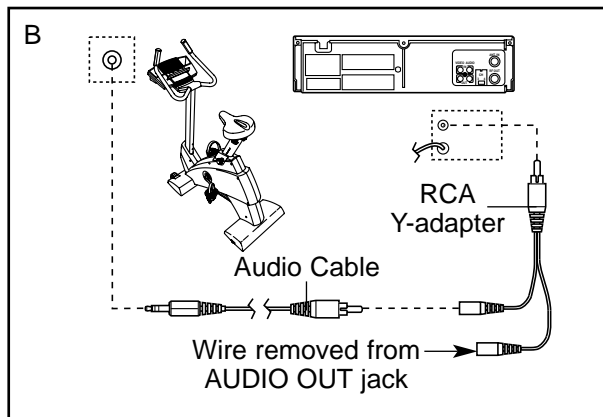
### HOW TO CONNECT TO YOUR VCR

**Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B.**

- A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



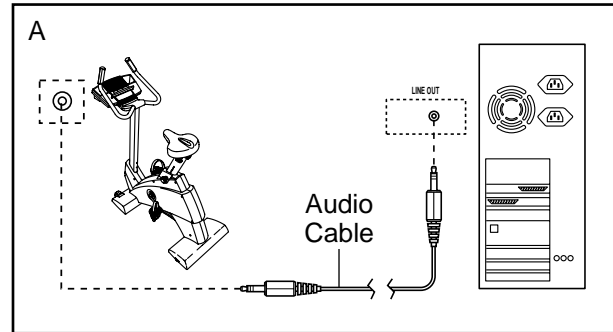
- B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



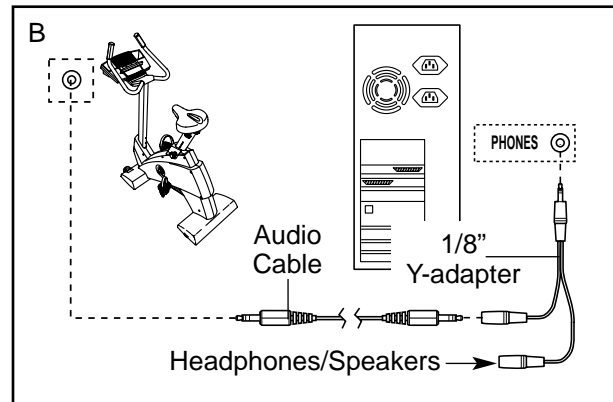
### HOW TO CONNECT TO YOUR COMPUTER

**Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.**

- A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



- B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



## HOW TO USE iFIT.COM VIDEO PROGRAMS

To use iFIT.com videocassettes, the exercise cycle must be connected to your VCR. See HOW TO CONNECT TO YOUR VCR on page 17. **To purchase iFIT.com videocassettes, call toll-free 1-800-735-0768.**

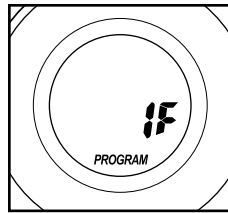
Follow the steps below to use an iFIT.com video program.

### 1 Turn on the console.

See step 1 on page 11.

### 2 Select the iFIT.com mode.

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



### 3 Insert the iFIT.com videocassette.

Insert the videocassette into your VCR.

### 4 Press the play button on your VCR.

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

The video program will function in almost the same way as a Smart program (see step 3 on

page 13). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change.

**Note: If the resistance level and/or the target pace does not change when a "chirp" is heard:**

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

To stop the program at any time, stop pedaling and press the pause button on your VCR. To restart the program, press the play button on your VCR and begin pedaling.

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

See step 4 on page 11.

### 6 Measure your heart rate if desired.

See step 5 on page 12.

### 7 Turn on the fan if desired.

See step 6 on page 12.

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

See step 7 on page 12.

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

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

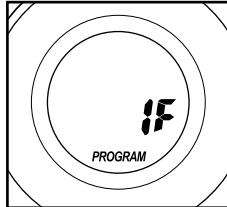
Follow the steps below to use a program from our Web site.

### 1 Turn on the console.

See step 1 on page 11.

### 2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button. The iFIT.com indicator will light and the letters IF will appear in the small display.



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

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

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

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

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

### 7 Return to the exercise cycle and begin pedaling.

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

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

See step 4 on page 11.

### 9 Measure your heart rate if desired.

See step 5 on page 12.

### 10 Turn on the fan if desired.

See step 6 on page 12.

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

See step 7 on page 12.

# MAINTENANCE AND TROUBLESHOOTING

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

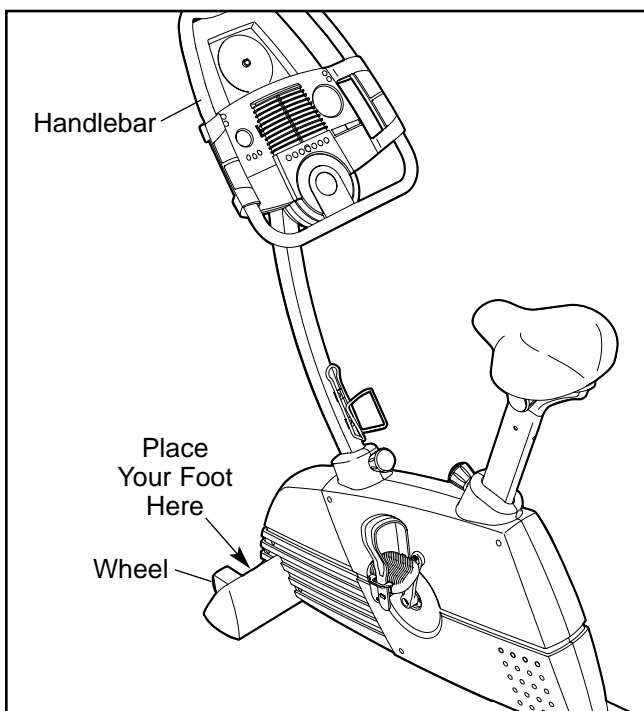
To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## CD PLAYER TROUBLESHOOTING

If the CD player stops working or fails to respond, remove the batteries and then reinstall them or unplug the power supply and then plug it back in.

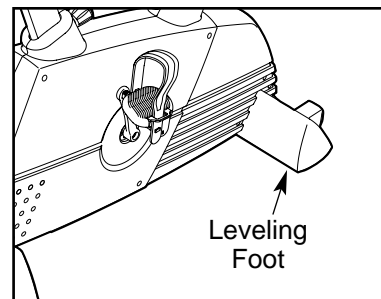
## HOW TO MOVE THE EXERCISE CYCLE

To move the exercise cycle, stand in front of the exercise cycle, hold the handlebars, and place one foot on the front stabilizer. Pull the handlebars until the exercise cycle can be moved on the front wheels. Carefully move the exercise cycle to the desired location, place one foot on the front stabilizer, and then carefully lower the exercise cycle.



## HOW TO LEVEL THE EXERCISE CYCLE

After the exercise cycle has been moved to the location where it will be used, make sure that both ends of front stabilizer are touching the floor. If the exercise cycle rocks slightly during use, turn one or both of the leveling feet under the front stabilizer until the rocking motion is eliminated.



## HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands while using the handgrip pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 30 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth; **never use alcohol, abrasives, or chemicals.**

## BATTERY REPLACEMENT

If the console is using battery power, and if the displays becomes dim, the batteries should be replaced. Most console problems are the result of low batteries. See assembly step 10 on page 8 for replacement instructions.

# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

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

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

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

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan 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 make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. PFEX49030

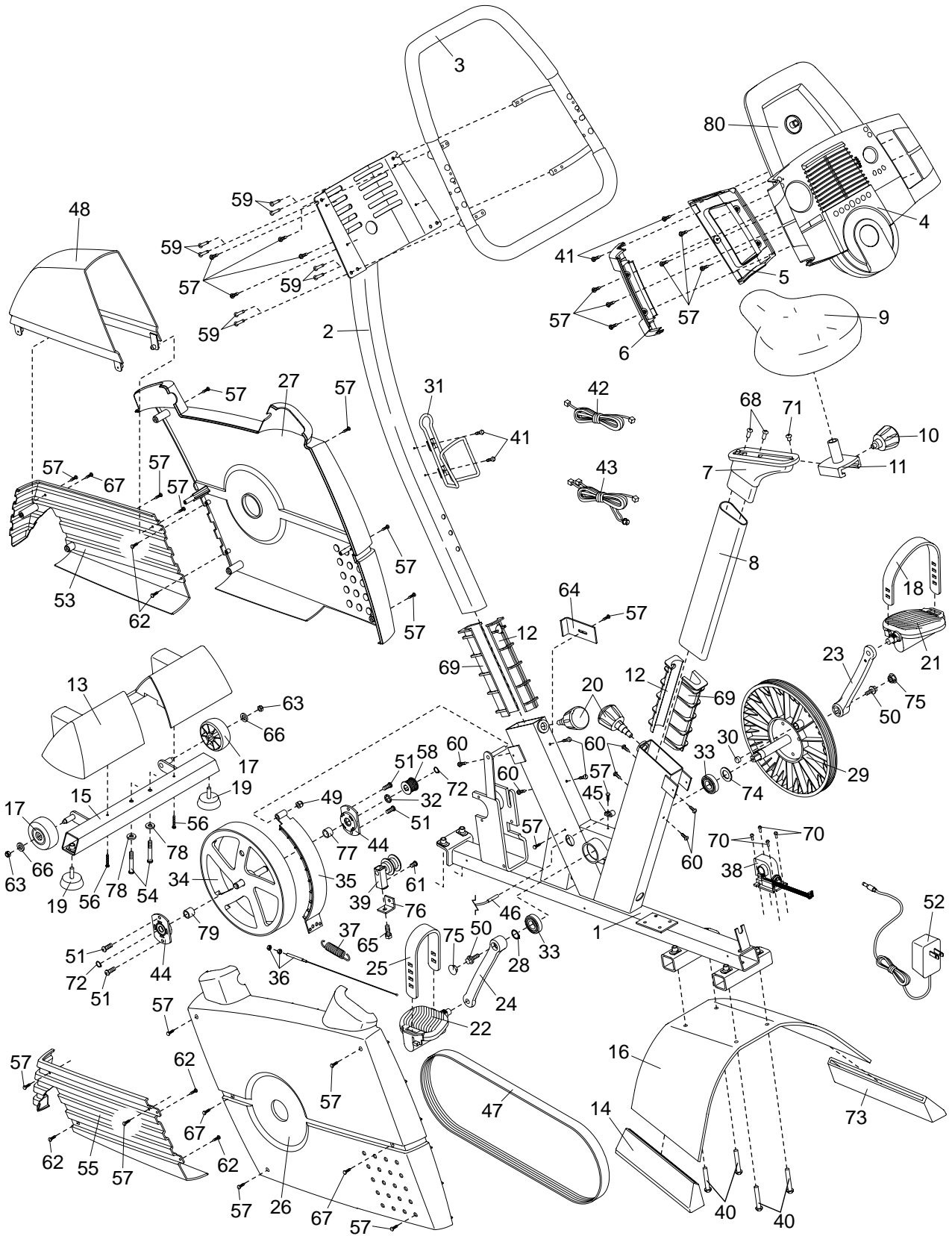
R1203A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	42	1	Upper Wire Harness
2	1	Upright	43	1	Lower Wire Harness
3	1	Handlebar	44	2	Bushing Bracket
4	1	Console	45	1	Clamp
5	1	Right Handlebar Cover	46	1	Reed Switch/Wire
6	1	Left Handlebar Cover	47	1	Drive Belt
7	1	Seat Bracket	48	1	Flywheel Cover
8	1	Seat Post	49	1	M8 Nylon Locknut
9	1	Seat	50	2	Flange Screw
10	1	Seat Knob	51	4	M6 x 13mm Button Screw
11	1	Seat Carriage	52	1	Power Supply
12	2	Small Frame Bushing	53	1	Right Belt Cover
13	1	Front Stabilizer Cover	54	2	M8 x 52mm Button Screw
14	2	Rear Stabilizer Endcap	55	1	Left Belt Cover
15	1	Front Stabilizer	56	2	M4 x 50mm Screw
16	1	Rear Stabilizer	57	22	M4 x 16mm Screw
17	2	Wheel	58	1	Small Pulley
18	1	Right Pedal Strap	59	8	M6 x 16mm Tapered Button Screw
19	2	Leveling Foot	60	8	M4 x 8mm Screw
20	2	Adjustment Knob	61	1	M6 x 8mm Button Screw
21	1	Right Pedal	62	4	M4 x 10mm Screw
22	1	Left Pedal	63	2	M6 Nylon Locknut
23	1	Right Crank Arm	64	1	Stop Bracket
24	1	Left Crank Arm	65	1	M8 x 35mm Screw
25	1	Left Pedal Strap	66	2	M6 Washer
26	1	Left Side Shield	67	3	M4 x 38mm Screw
27	1	Right Side Shield	68	2	M8 x 70mm Button Screw
28	1	Snap Ring	69	2	Large Frame Bushing
29	1	Pulley	70	4	M4 x 12mm Flange Screw
30	1	Magnet	71	1	M6 x 8mm Zinc Button Screw
31	1	Bottle Holder	72	2	Small Snap Ring
32	1	Flywheel Washer	73	1	Right Stabilizer Endcap
33	2	Crank Bearing	74	1	Steel Washer
34	1	Flywheel	75	2	Crank Cover
35	1	"C" Magnet	76	1	Idler Bracket
36	1	Resistance Cable Assembly	77	1	7.5mm Spacer
37	1	Spring	78	2	M8 Washer
38	1	Resistance Motor	79	1	8.5mm Spacer
39	1	Idler Assembly	80	1	CD Holder
40	4	M8 x 33mm Button Screw	#	2	Allen Wrench
41	4	M4 x 12mm Screw	#	1	User's Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. PFEX49030

R1203A



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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (PFEX49030)
- The NAME of the product (PROFORM® GL105 exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 22)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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 is limited in its 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 you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**