

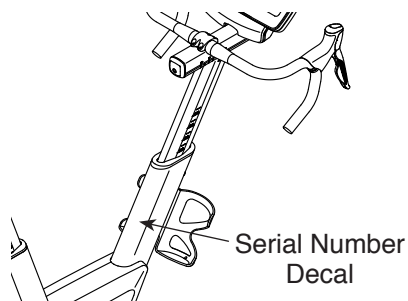
# PRO-FORM®



**Model No. PFEVEX71516.0**

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### CUSTOMER SERVICE

#### UNITED KINGDOM

**Call:** 0330 123 1045

**From Ireland:** 053 92 36102

**Website:** [www.iconsupport.eu](http://www.iconsupport.eu)

**E-mail:** [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

**Write:**

ICON Health & Fitness, Ltd.

Unit 1D, The Gateway

Fryers Way, Silkwood Park

OSSETT

WF5 9TJ

UNITED KINGDOM

#### AUSTRALIA

**Call:** 1800 993 770

**E-mail:** [australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)

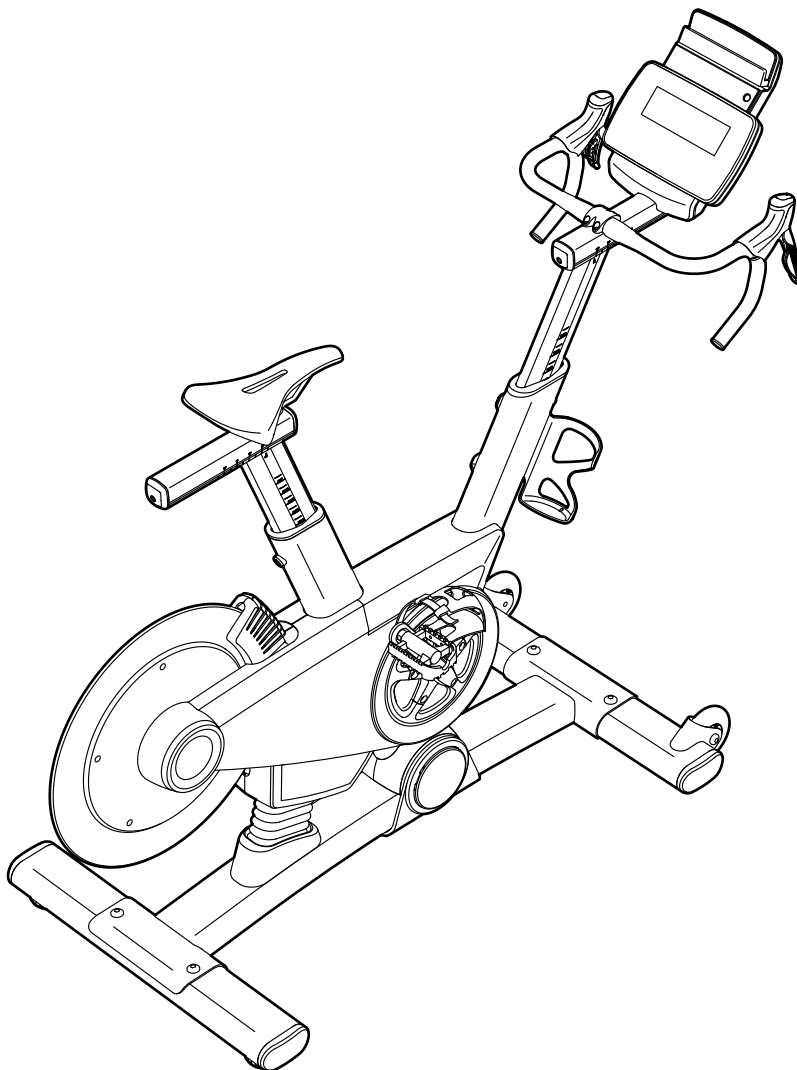
**Write:**

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



### ⚠ CAUTION

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

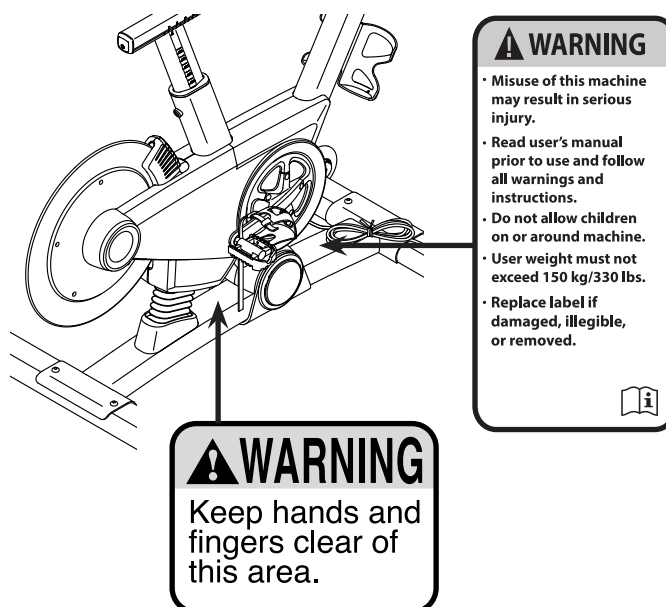
[www.iconeurope.com](http://www.iconeurope.com)

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## WARNING DECAL PLACEMENT

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



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# 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 training bike before using your training 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 training 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. The training bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the training bike by someone responsible for their safety.
4. Use the training bike only as described in this manual.
5. The training bike is intended for home use only. Do not use the training bike in a commercial, rental, or institutional setting.
6. Keep the training bike indoors, away from moisture and dust. Do not put the training bike in a garage or covered patio, or near water.
7. Place the training bike on a level surface with at least 2 ft. (0.6 m) of clearance around the training bike. To protect the floor or carpet from damage, place a mat under the training bike.
8. Inspect and properly tighten all parts each time the training bike is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the training bike at all times.
10. When connecting the power cord, plug the power cord into a grounded circuit.
11. 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.
12. Do not operate the training bike if the power cord or plug is damaged, or if the training bike is not working properly.
13. **DANGER:** Always unplug the power cord and press the power switch to the off position when the training bike is not in use and before cleaning the training bike. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
14. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the training bike. Always wear athletic shoes for foot protection.

**15. The training bike should not be used by persons weighing more than 330 lbs. (150 kg).**

**16. Be careful when mounting and dismounting the training bike.**

**17. Always keep your back straight while using the training bike; do not arch your back.**

**18. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

**SAVE THESE INSTRUCTIONS**

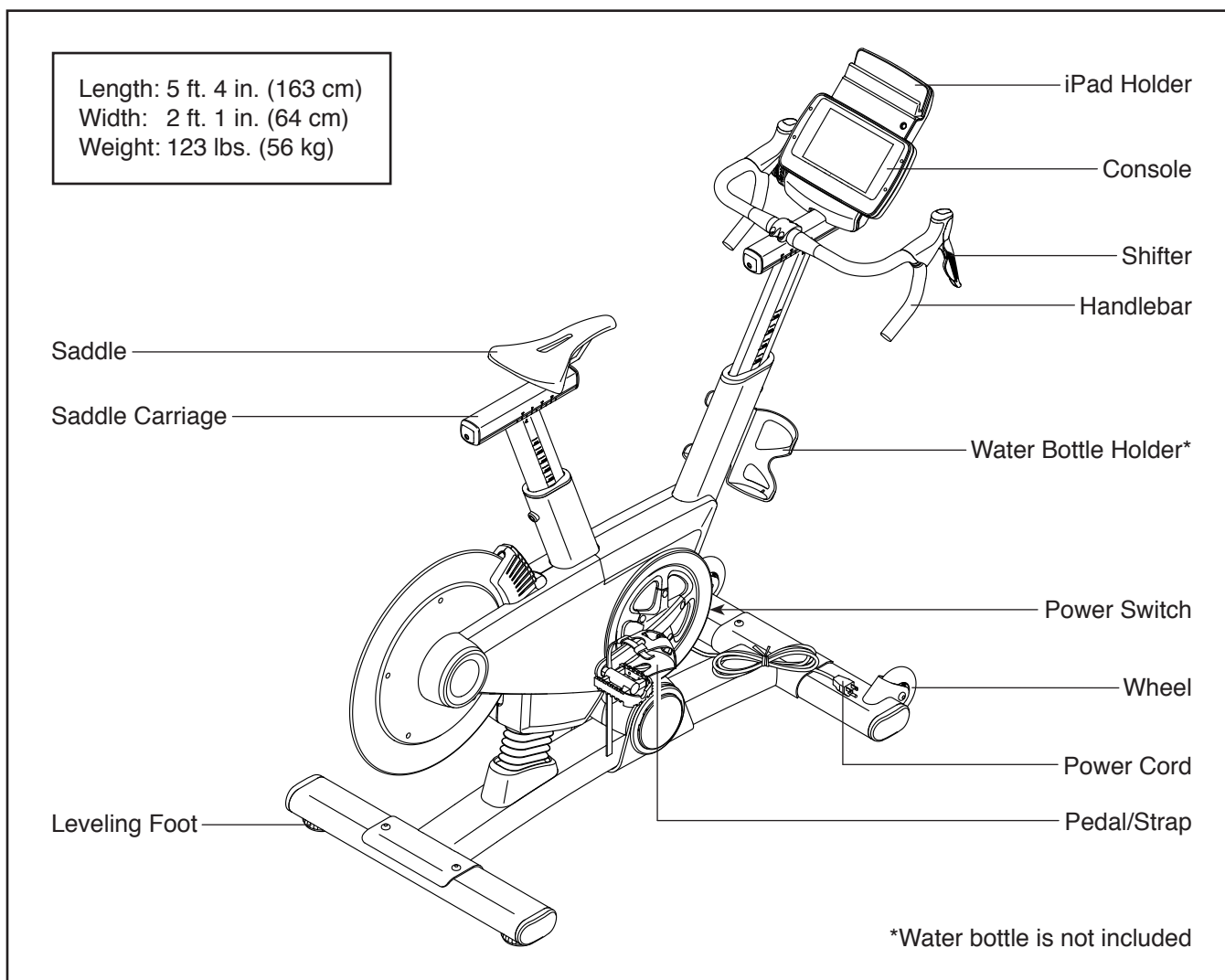
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PROFORM® LE TOUR DE FRANCE® training bike. The LE TOUR DE FRANCE training bike is unlike any ordinary exercise bike. With full adjustability, a Wi-Fi® cycling console, an incline system that simulates actual road terrain, and an array of other innovative features, the LE TOUR DE FRANCE training bike is designed to let you enjoy the outdoor cycling experience indoors.

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

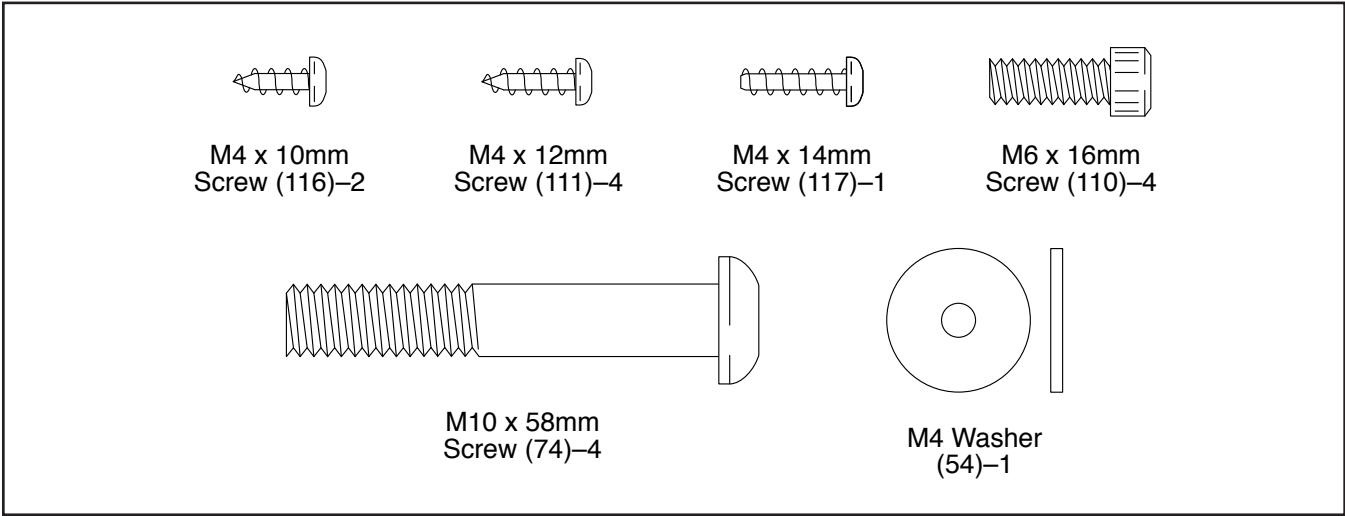
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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 the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



# ASSEMBLY

- 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 6.

- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver

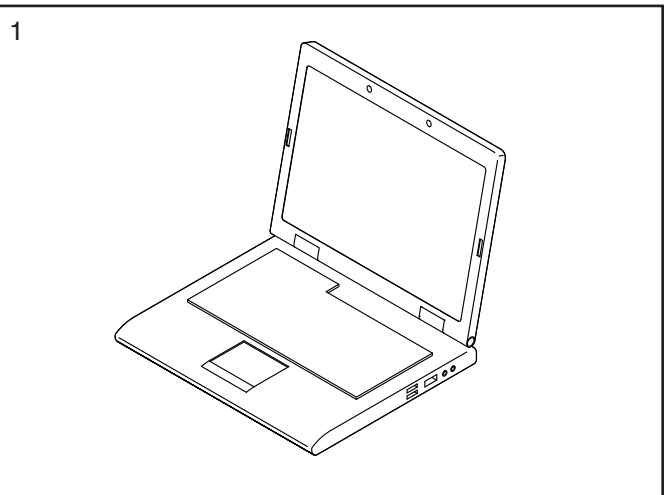


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

## 1. Go to [www.iconsupport.eu](http://www.iconsupport.eu) on your computer and register your product.

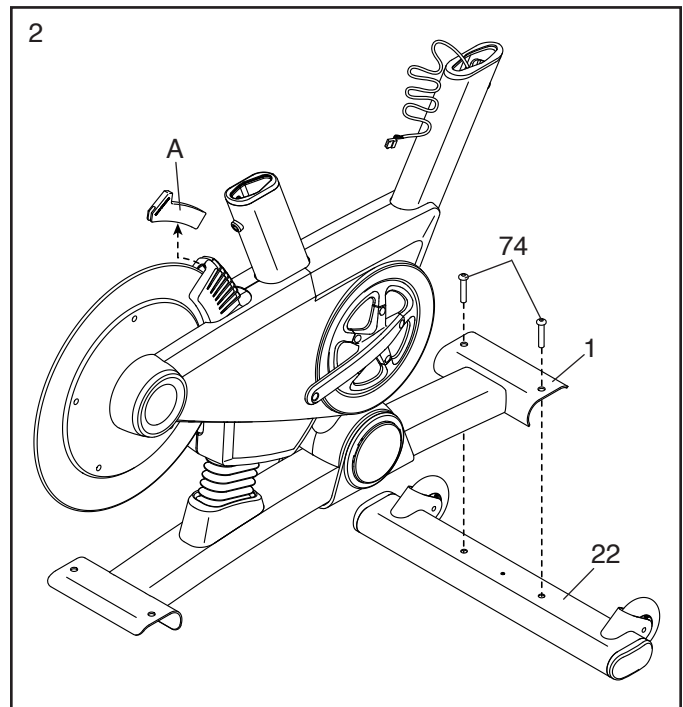
- activates your warranty
- saves you time if you ever need to contact Customer Service
- allows us to notify you of upgrades and offers

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



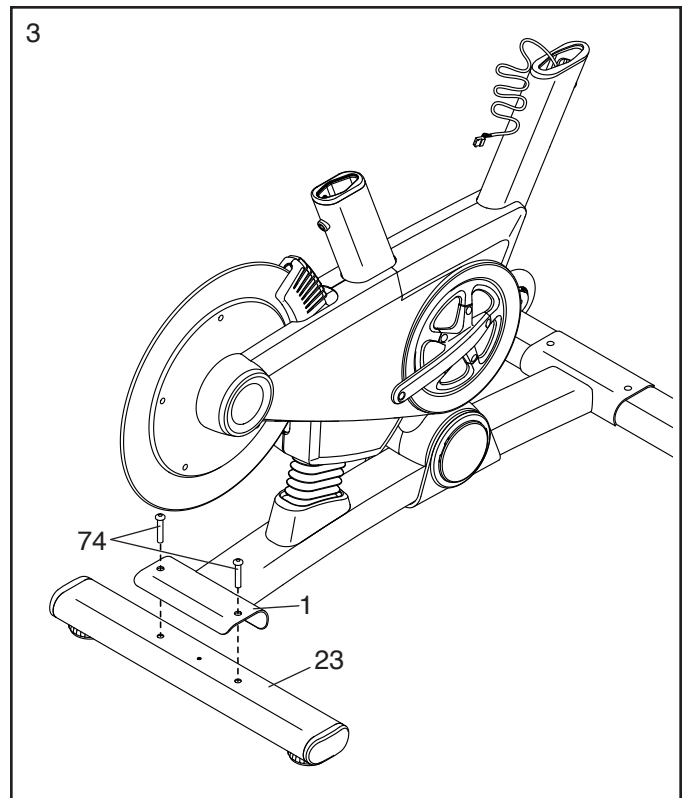
## 2. Remove and discard the indicated shipping insert (A). If there are shipping screws in the Front Stabilizer (22), remove and discard them.

Attach the Front Stabilizer (22) to the Base (1) with two M10 x 58mm Screws (74).



3. If there are shipping screws in the Rear Stabilizer (23), remove and discard them.

Attach the Rear Stabilizer (23) to the Base (1) with two M10 x 58mm Screws (74).

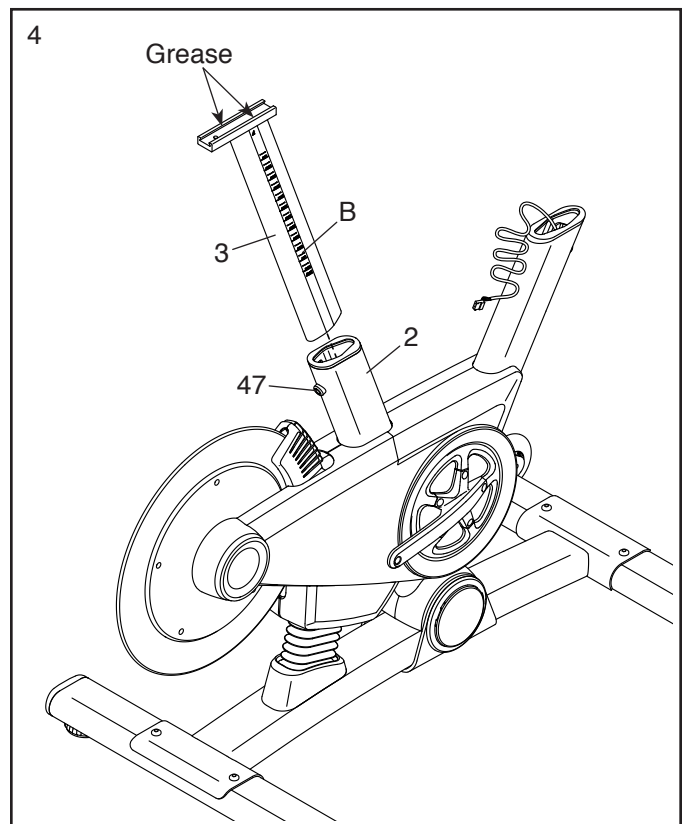


4. Using a plastic bag to keep your fingers clean, apply some of the included grease to the sides of the channel on the top of the Saddle Post (3).

Next, orient the Saddle Post (3) so that the height indicators (B) are on the side shown.

Loosen the indicated Adjustment Screw (47), and insert the Saddle Post (3) into the Frame (2).

Move the Saddle Post (3) upward or downward to the desired position, and then tighten the Adjustment Screw (47).





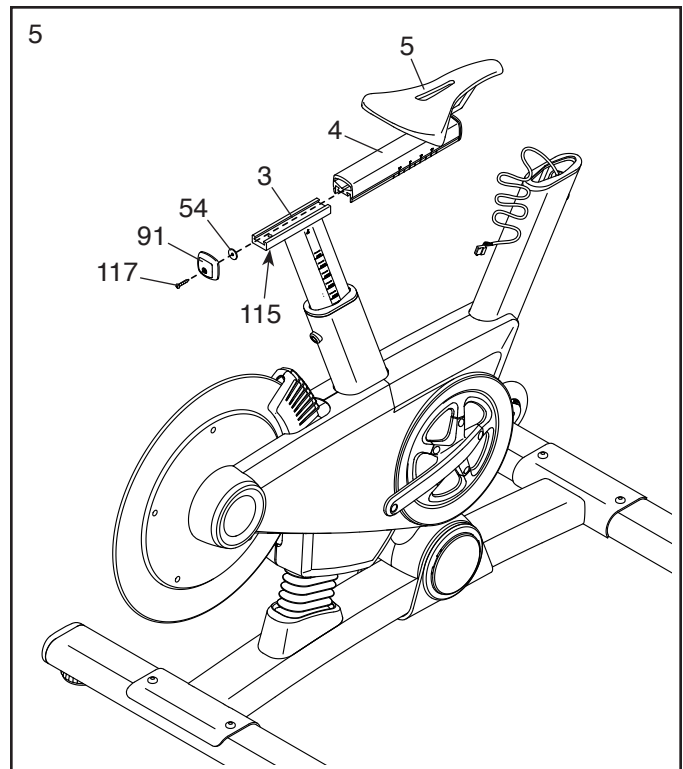
5. **Tip: You can attach your own saddle to the Saddle Carriage (4) if desired.** Loosen the attachment hardware (not shown) beneath the Saddle (5), and remove the Saddle. Then, attach your own saddle and retighten the attachment hardware.

Orient the Saddle Carriage (4) as shown.

Loosen the indicated M8 x 15mm Round Head Screw (115), and slide the Saddle Carriage (4) into the Saddle Post (3).

Slide the Saddle Carriage (4) to the desired position, and tighten the M8 x 15mm Round Head Screw (115).

Then, attach an M4 Washer (54) and the Carriage Cover (91) to the Saddle Carriage (4) with an M4 x 14mm Screw (117).



6. **See step 8. If the Handlebar Clamp (28) and the four M6 x 16mm Screws (110) are pre-attached to the Handlebar Carriage (105), remove them and set them aside until step 8.**

Have a second person hold the Handlebar Post (6) near the Frame (2).

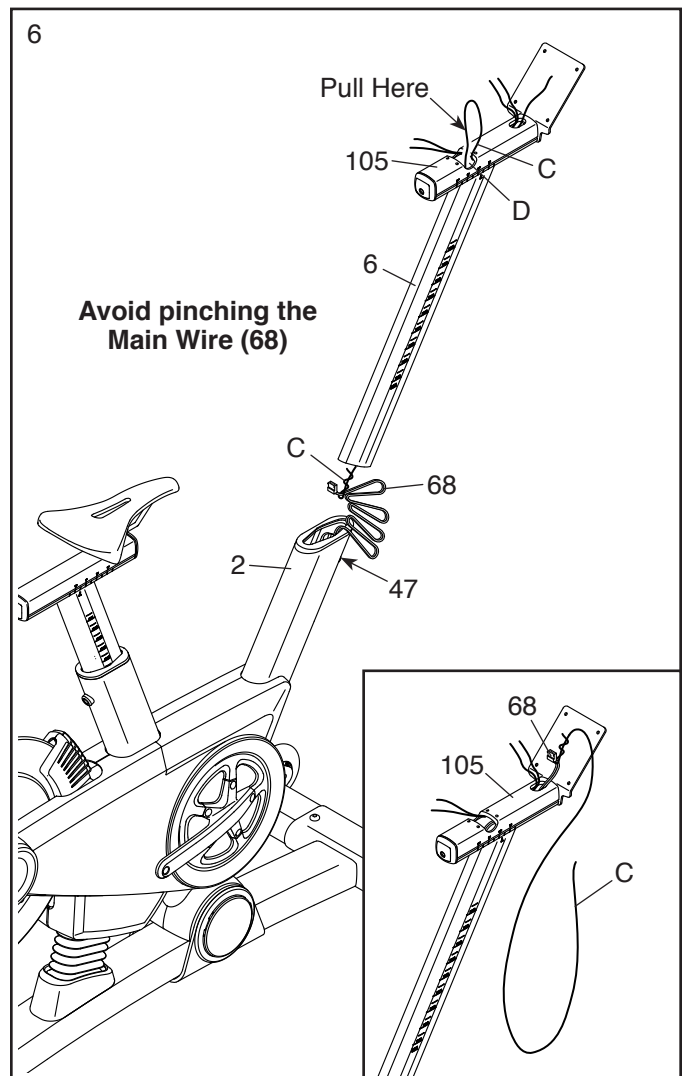
Locate the long wire (C) tie in the Handlebar Post (6). Tie the lower end of the long wire tie to the Main Wire (68). Next, locate the same wire tie in the access hole (D) in the Handlebar Carriage (105). Pull the wire tie upward until the end of the Main Wire is in the access hole.

**See the inset drawing.** Next, pull the upper end of the long wire tie (C) until the Main Wire (68) is routed through the Handlebar Carriage (105) as shown. Then, untie and discard the long wire tie.

**Tip: Avoid pinching the Main Wire (68).**

Loosen the indicated Adjustment Screw (47), and insert the Handlebar Post (6) into the Frame (2).

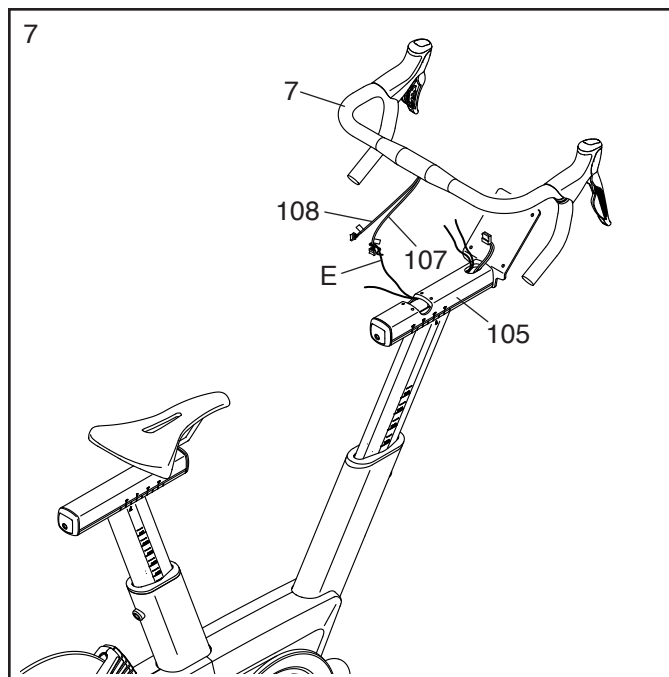
Move the Handlebar Post (6) upward or downward to the desired position, and tighten the Adjustment Screw (47).



7. Have a second person hold the Handlebar (7) near the Handlebar Carriage (105).

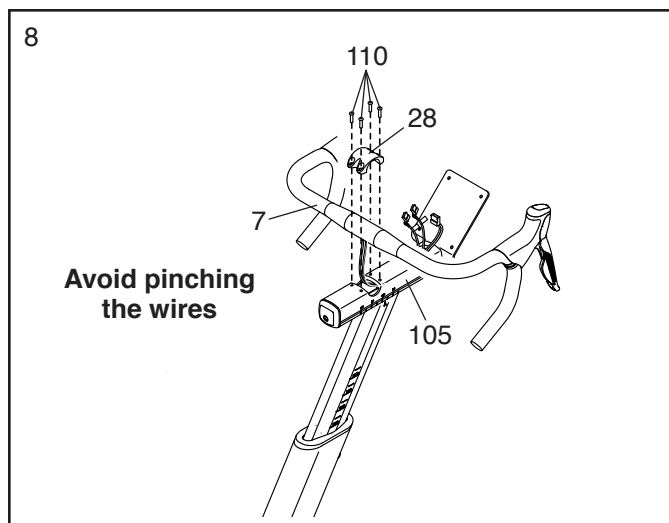
Locate one of the remaining wire ties (E) in the Handlebar Carriage (105). Tie the indicated end of the wire tie to the Right Extension Wire (107). Then, pull the other end of the wire tie until the Right Extension Wire is routed through the Handlebar Carriage. Then, untie and discard the wire tie.

**Route the Left Extension Wire (108) through the Handlebar Carriage (105) in the same way.**



8. **Tip: Avoid pinching the wires.** Hold the Handlebar (7) on the Handlebar Carriage (105), and rotate the Handlebar to the desired angle; **make sure that the Handlebar is centered on the Handlebar Carriage.**

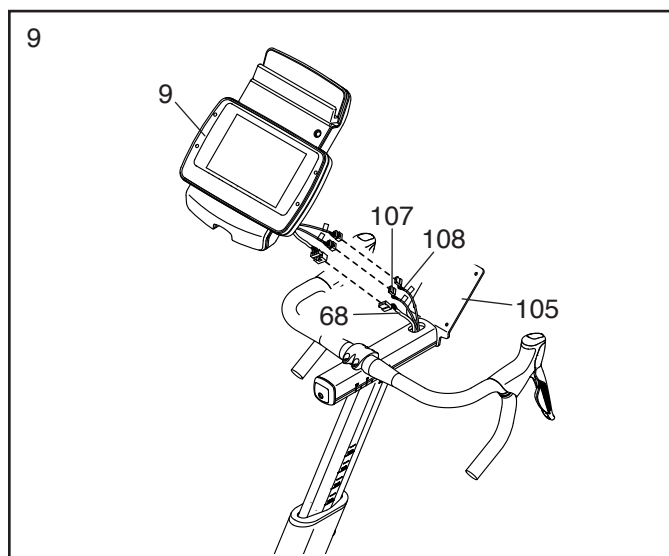
Attach the Handlebar (7) with the Handlebar Clamp (28) and four M6 x 16mm Screws (110); **start all four Screws, and then tighten them.**



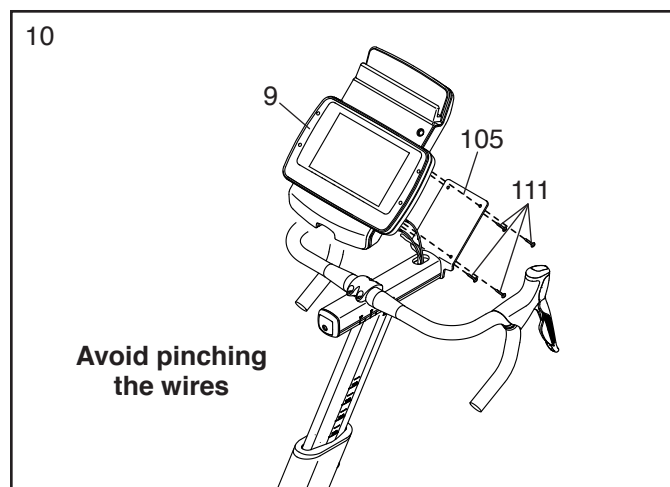
9. Have a second person hold the Console (9) near the Handlebar Carriage (105).

Connect the console wires to the Main Wire (68) and to the Extension Wires (107, 108); **make sure to connect the console wire that has an "L" tag to the Extension Wire that has an "L" tag, and connect the console wire that has an "R" tag to the Extension Wire that has an "R" tag.**

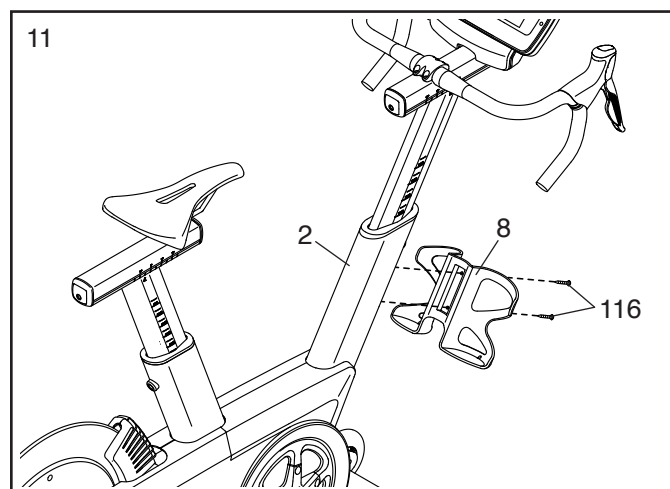
Insert the excess wire into the Console (9).



10. **Tip: Avoid pinching the wires.** Attach the Console (9) to the Handlebar Carriage (105) with four M4 x 12mm Screws (111).



11. Attach the Tray (8) to the Frame (2) with two M4 x 10mm Screws (116).

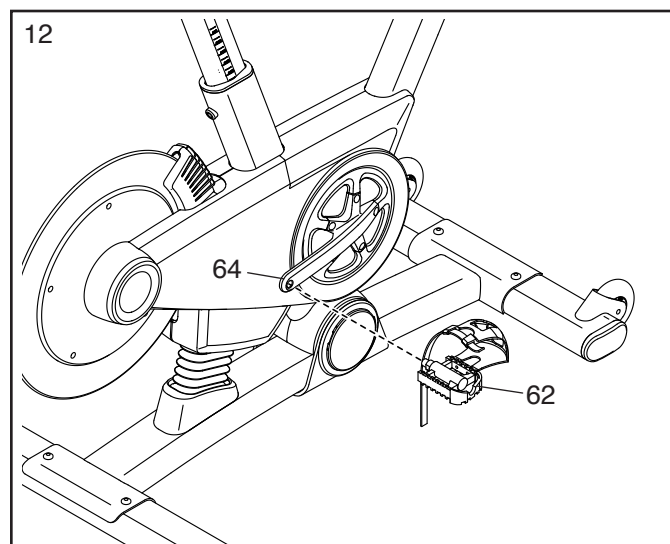


12. **Tip: You can attach your own pedals if desired.**

Identify the Right Pedal (62).

Using the included flat wrench tool, **firmly tighten** the Right Pedal (62) **clockwise** into the Right Crank Arm (64).

**Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.**



13. **After the training 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 training bike.**  
Note: Extra parts may be included. Place a mat beneath the training bike to protect the floor.

# HOW TO USE THE TRAINING BIKE

## HOW TO PLUG IN THE POWER CORD

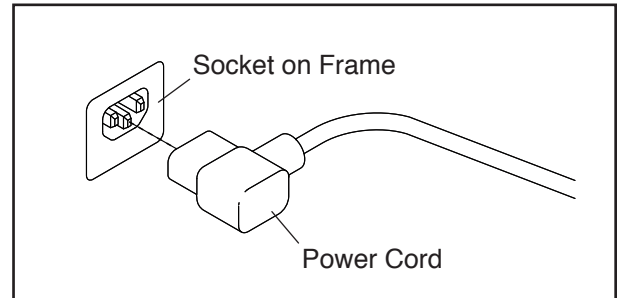
**This product must be earthed.** If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug.

**IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

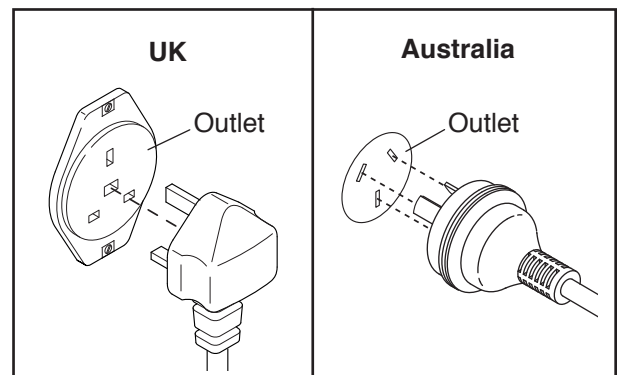
**⚠ DANGER:** Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the frame.



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



## FEATURES OF THE TRAINING BIKE

### Measuring Watts

Each training bike is individually calibrated to measure your power output and allow you to monitor your watts and pedaling cadence directly on the console.

By monitoring your watts and pedaling cadence, you can see how hard you are training and make sure that you are challenging yourself and improving.

### The Incline System

The training bike can incline and decline up to 20 percent to realistically simulate outdoor terrain. When you create maps of your actual training routes on iFit.com (see the console instructions beginning on page 16 for more information), the training bike will automatically incline and decline to match the terrain of your training routes.

### The Handlebar Shifters

The training bike allows you to shift gears just like you do on your road bike. The right and left handlebar shifters simulate front and rear derailleurs that you can configure to match the gearing setup of your road bike (see the console instructions beginning on page 16 for more information).

### Pedaling Form Features

The training bike has multiple features to help you develop correct pedaling form:

**Freewheel**—The training bike has a freewheel that simulates a road bike rather than a fixed-drive spin bike. This discourages you from letting your feet coast through the top and bottom of your pedal stroke.

**Flywheel**—The flywheel on the training bike has the correct inertia to allow you to pedal smoothly while encouraging you to use good pedaling form.

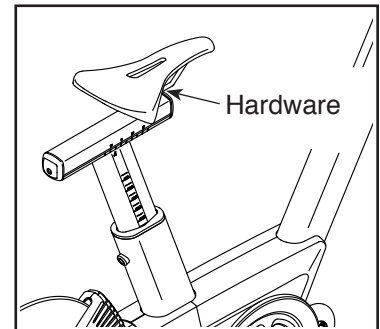
## HOW TO ADJUST THE GEOMETRY OF THE TRAINING BIKE

The training bike can be adjusted to match the geometry of your road bike to promote correct form and to ensure proper training of the muscles. **Make adjustments in small increments, and then pedal the training bike to test the adjustments.**

### How to Adjust the Angle of the Saddle

You can adjust the angle of the saddle to the position that is most comfortable. You can also adjust the saddle forward or backward for increased comfort or to adjust the distance to the handlebar.

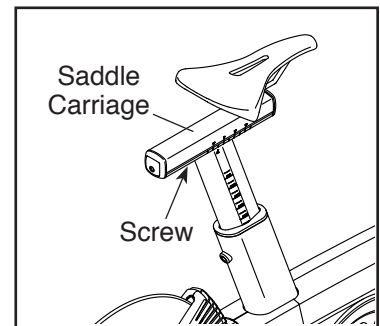
To adjust the saddle, first loosen the attachment hardware beneath the saddle a few turns. Next, tilt the saddle upward or downward or slide the saddle forward or backward. Then, retighten the attachment hardware.



**Note:** You can remove the saddle and attach your own saddle if desired.

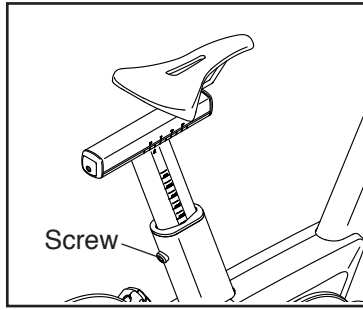
### How to Adjust the Saddle Carriage

To adjust the position of the saddle carriage, loosen the adjustment screw, move the saddle carriage forward or backward, and then retighten the adjustment screw.



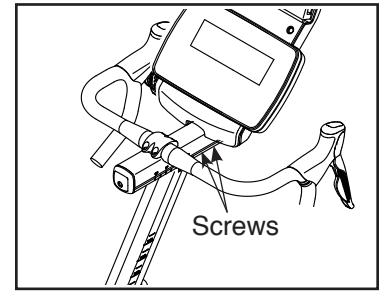
### How to Adjust the Saddle Post

For effective training, the saddle 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 saddle post, loosen the adjustment screw, move the saddle post upward or downward, and then retighten the adjustment screw.



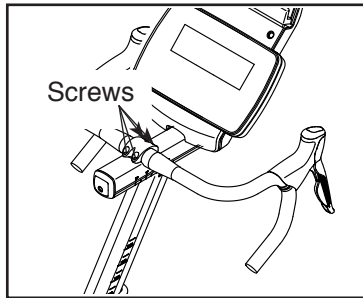
### How to Adjust the Handlebar Carriage

To adjust the position of the handlebar carriage to match your road bike, loosen the indicated screws, move the handlebar carriage forward or backward, and then retighten the screws.



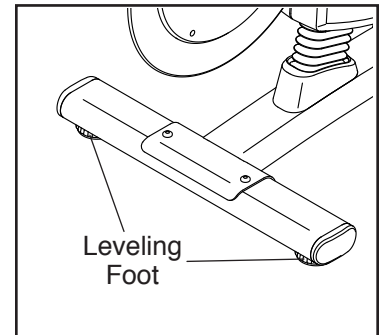
### How to Adjust the Rotation of the Handlebar

To rotate the handlebar to match the position of the handlebar on your road bike, loosen the indicated screws, rotate the handlebar, and then retighten the screws.



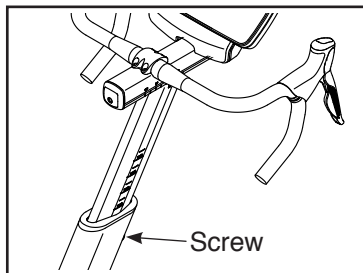
### HOW TO LEVEL THE TRAINING BIKE

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



### How to Adjust the Handlebar Post

To adjust the height of the handlebar post, loosen the adjustment screw, move the handlebar post upward or downward, and then retighten the adjustment screw.



## HOW TO USE THE PEDALS

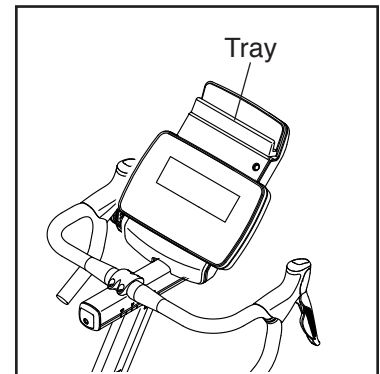
To use the pedals, insert your shoes into the toe cages, and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs on the buckles, adjust the toe straps to the desired position, and then release the tabs.

**Note:** You can attach your own pedals to the training bike if desired.

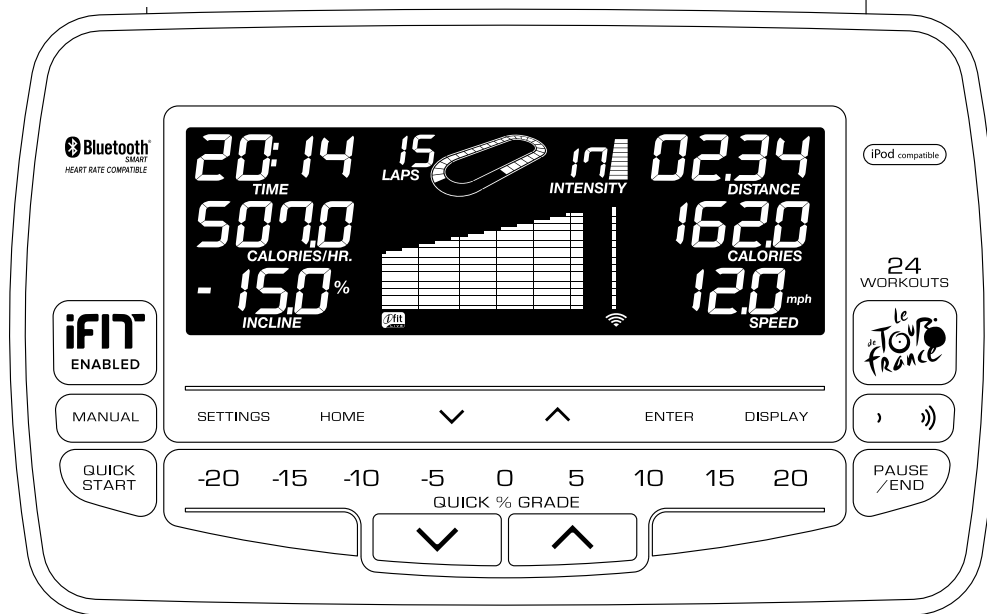
## HOW TO USE THE IPAD HOLDER

**IMPORTANT:** The iPad® holder is designed for use with most full-size iPads. Do not place an iPad mini or any other electronic device or object in the iPad holder.

To insert an iPad into the iPad holder, set the bottom edge of the iPad in the tray. **Make sure that the iPad is firmly secured in the iPad Holder.** Reverse these actions to remove the iPad from the iPad Holder.



## CONSOLE DIAGRAM



## MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:



Exercise anywhere in the world with customizable Google Maps.



Download training workouts designed to help you reach your personal goals.



Measure your progress by competing against other users in the iFit community.



Upload your workout results to the iFit cloud and track your accomplishments.



Set calorie, time, or distance goals for your workouts.



Choose and download sets of weight-loss workouts.

**Go to [iFit.com](https://www.ifit.com) to learn more.**



## FEATURES OF THE CONSOLE

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

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

While you exercise, the console will display continuous exercise feedback, including watts and pedaling cadence feedback.

You can also measure your heart rate using an optional heart rate monitor.

In addition, the console offers a selection of Le Tour de France workouts. Each workout automatically changes the incline (resistance) of the training bike to match the real terrain of the Le Tour de France bicycle race and allows you to change gears to maintain your desired pedaling cadence.

The console also features 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](http://www.iFit.com) for complete information.**

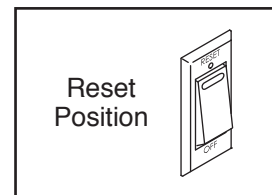
You can even connect your personal audio player to the console sound system and listen to your favorite music or audio books while you exercise.

**To turn on the power**, see this page. **To set up the console**, see page 18.

## HOW TO TURN ON THE POWER

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

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 12). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



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

**Note:** When you turn on the power for the first time, the incline system may calibrate automatically.

The training bike will move upward and downward as it calibrates. When the training bike stops moving, the incline system is calibrated.

**IMPORTANT:** If the incline system does not calibrate automatically, see HOW TO CALIBRATE THE INCLINE SYSTEM on page 27 and manually calibrate the incline system.

**IMPORTANT:** The console features a display demo mode, designed to be used if the training bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see page 24.

## HOW TO SET UP THE CONSOLE

Before using the training bike for the first time, follow the steps below to set up the console.

### 1. Create an iFit account.

**To create an iFit account, or for more information about the account, go to [www.iFit.com](http://www.iFit.com).**

On your computer, smartphone, tablet, or other internet-capable device, open an internet browser and go to [www.iFit.com](http://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.

### 2. Connect to your wireless network.

Note: In order to download iFit workouts and use other features of the console, you must be connected to a wireless network. See HOW TO CHANGE CONSOLE SETTINGS on page 24 to connect the console to your wireless network.

### 3. Check for firmware updates.

See HOW TO CHANGE CONSOLE SETTINGS on page 24 and check for firmware updates.

### 4. Calibrate the incline system.

See HOW TO CALIBRATE THE INCLINE SYSTEM on page 27 and calibrate the incline system of the training bike.

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

**To use the manual mode**, see page 19. **To use a Le Tour de France workout**, see page 21. **To use an iFit workout**, see page 22.

**To change console settings**, see page 24. **To use the sound system**, see page 26.

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

Note: The console can display distance in either miles or kilometers. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 24. For simplicity, all instructions in this section refer to miles.

## HOW TO USE THE MANUAL MODE

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

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

### 2. Select the manual mode.

The manual mode will be selected automatically each time you turn on the console.

Note: If the console is connected to iFit through your wireless network, the display will cycle between the manual mode and the iFit welcome message. Press the Home button repeatedly to select the manual mode.

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

You can also press the Le Tour de France button repeatedly to select the manual mode.

### 3. Change the incline (resistance) of the training bike as desired.

As you pedal, change the incline (resistance) of the training bike by pressing the Quick % Grade increase and decrease buttons or by pressing one of the numbered Quick % Grade buttons.

Note: After you press a button, it will take a moment for the training bike to reach the selected incline level. **You will hear the incline motor while the incline is changing. This is normal.**

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

### 4. Change gears as desired.

**You can set up the training bike to simulate your road bike. To select the gearing option(s) for the training bike, see HOW TO CHANGE CONSOLE SETTINGS on page 24.**

Note: The training bike simulates gears; there are no actual gears.

Change gears by pressing the buttons on the shifters. Note: After you press a button, it will take a moment for the training bike to change to the selected gear. **To avoid damaging the shifters, do not pull on the shifters or squeeze the shifters.**

Press the buttons on the left shifter to change the front gear; press the buttons on the right shifter to change the rear gear.

On the left shifter, press the front button to increase the resistance; press the rear button to decrease the resistance.

On the right shifter, press the front button to decrease the resistance; press the rear button to increase the resistance.

The numbers of the currently selected front and rear gears will appear in the display.

### 5. Follow your progress.

The display can show the following workout information:

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

**Calories per Hour (Calories/Hr)**—This display mode will show the approximate number of calories you are burning per hour.

**Distance**—This display mode will show the distance that you have pedaled in miles or kilometers.

**Elevation**—When a workout is selected, this display will show the total elevation gain in vertical feet.

**Front Gear**—This display will show the number of the currently selected front gear.

**Incline**—This display mode will show the incline (resistance) level of the training bike.

**Intensity**—This display mode will show the approximate intensity level of your exercise.

**Laps**—This display mode will show a track that represents 1/4 mile (400 m). As you train, indicators will appear in succession around the track to show your progress. This display mode will also show the number of laps you complete.

**Pulse**—This display mode will show your heart rate when you wear an optional chest heart rate monitor (see step 6).

**Rear Gear**—This display will show the number of the currently selected rear gear.

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

**Speed**—This display mode will show your pedaling speed in miles or kilometers per hour.

**Time**—This display mode will show the elapsed time.

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

The matrix offers several display modes. Press the Display button or press the increase and decrease buttons near the Enter button until the desired display mode is shown.

**Speed**—This display mode will show a history of the speed settings of your workout. A new segment will appear at the end of each minute.

**Calorie**—This display mode will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment. A new segment will appear at the end of each minute.

**Resistance**—When a workout is selected, this display mode will show a history of the resistance (incline) settings of your workout. A new segment will appear at the end of each minute.

**Route**—When a workout is selected, this display mode will show a map of the workout route. A flashing marker will indicate your progress along the route.

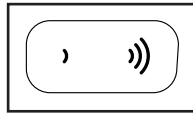
To pause the manual mode or a workout at any time, press the Pause/End button or stop pedaling. The time will flash in the display. To resume training when the console is paused, simply resume pedaling.

To end the manual mode or a workout when the console is paused, press the Pause/End button again. Then, press the Home button to exit the manual mode or the workout.

When the console is connected to a wireless network, the wireless symbol in the display will show the strength of your wireless signal. Four arcs indicate full signal strength. If the wireless symbol is flashing, the console is not connected to a wireless network.



If desired, adjust the volume level by pressing the volume increase and decrease buttons.



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

You can wear an optional heart rate monitor to measure your heart rate. For more information about the optional heart rate monitor, see page 26. Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

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

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

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

## HOW TO USE A LE TOUR DE FRANCE WORKOUT

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

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

**2. Select a Le Tour de France workout.**

To select a Le Tour de France workout, press the Le Tour de France button repeatedly until the name of the desired workout appears in the display.

The display will show the estimated duration and the distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a map of the workout route.

**3. Start the workout.**

Begin pedaling to start the workout.

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

During the workout, the matrix will show a map of the route and a marker indicating your progress.

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

When the incline changes, the resistance of the pedals will also change. To maintain a steady pedaling cadence, change gears by pressing the buttons on the shifters.

Note: You can manually override the incline settings by pressing the Quick % Grade buttons.

**IMPORTANT:** When the current segment of the workout ends, the training bike will automatically adjust to the incline level programmed for the next segment.

**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 various factors such as your weight. In addition, your pedaling cadence will affect the number of calories you burn.

The workout will continue in this way until the last segment ends.

To pause the workout at any time, press the Pause/End button or stop pedaling. The time will flash in the display. To resume training when the console is paused, simply resume pedaling.

To end the workout when the console is paused, press the Pause/End button again. Then, press the Home button to exit the workout.

#### **4. Follow your progress.**

See step 5 on page 19.

Several display modes in the matrix will show your progress for the workout. Press the Display button or press the increase and decrease buttons near the Enter button until the desired display mode is shown.

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

See step 6 on page 21.

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

See step 7 on page 21.

## **HOW TO USE AN IFIT WORKOUT**

To use an iFit workout, you must have the following:

- Access to a wireless network. To set up a wireless network connection to the console, see page 24 and select the settings mode and choose either the WiFi–Normal or the WiFi–Advanced option.
- An iFit account. To create an iFit account, see step 1 on page 18.

To use an iFit workout, follow the instructions below.

### **1. Add workouts to your schedule on iFit.com.**

Open an internet browser, go to [www.iFit.com](http://www.iFit.com), and sign in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

Take time to explore the iFit.com website before you log out.

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

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

### **3. Select the iFit mode.**

Press the Home button repeatedly to select the iFit mode. The iFit welcome message will appear in the display.

#### 4. Select a user.

If more than one user is registered on your iFit account, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

#### 5. Select an iFit workout.

**IMPORTANT: Before iFit workouts will download, you must add them to your schedule on iFit.com (see step 1).**

**To download an iFit workout from iFit.com to the console, press the iFit Enabled button.**

The next workout in your schedule will then download. Note: You may be able to access demo workouts through this button, even if you do not log in to your iFit account.

**For more information about iFit workouts, please see [www.iFit.com](http://www.iFit.com).**

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

If the iFit workout is a race or challenge, the display will count down to the beginning of the race.

#### 6. Start the workout.

Begin pedaling to start the workout. See step 3 on page 21.

During some workouts, an audio coach will guide you through your workout (see HOW TO USE THE SOUND SYSTEM on page 26).

Note: You can manually override the incline settings by pressing the Quick % Grade buttons.

**IMPORTANT: When the current segment of the workout ends, the training bike will automatically adjust to the incline level programmed for the next segment.**

To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

#### 7. Follow your progress.

See step 5 on page 19.

During a race or challenge, the matrix will show your position in the race relative to other competitors.

#### 8. Wear a heart rate monitor and measure your heart rate if desired.

See step 6 on page 21.

#### 9. When you are finished exercising, unplug the power cord.

See step 7 on page 21.

**For more information about iFit features, go to [www.iFit.com](http://www.iFit.com).**

## HOW TO CHANGE CONSOLE SETTINGS

The console features a settings mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

### 1. Select the settings mode.

To select the settings mode, press the Settings button. The settings mode will appear in the display.

The time display will show the total number of hours that the training bike has been used.

The distance display will show the total number of miles (or kilometers) that have been pedaled on the training bike.

### 2. Navigate the settings mode menu.

The matrix will display a menu of the settings mode options.

Press the increase and decrease buttons near the Enter button to highlight the desired option.

The lower part of the matrix will display instructions for the highlighted option. **Make sure to follow the instructions displayed in the lower part of the matrix.**

### 3. Change settings as desired.

**IP Address**—An IP address will appear in the matrix. Note: This IP address is for reference.

**Demo**—The console features a display demo mode, designed to be used if the training bike is displayed in a store. While the demo mode is turned on, the display will not enter sleep mode when the training bike is not in use. If the demo mode is turned on, the word ON will appear in the matrix. To turn on or turn off the demo mode, press the Enter button.

**Units**—The selected unit of measurement will appear in the matrix. To change the unit of measurement, press the Enter button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

**Contrast**—The contrast level of the display will appear in the matrix. Press the volume increase and decrease buttons to adjust the contrast level.

**Firmware Update**—For the best results, regularly check for firmware updates.

Note: The matrix will display NOT CONNECTED if the console is not connected to a wireless network.

Press the Enter button to check for firmware updates using your wireless network. If an update is available, the update will begin automatically.

**IMPORTANT: To avoid damaging the training bike, do not unplug the power cord while the firmware is being updated. The update may take several minutes.**

Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

**Default Settings**—To restore the console to its factory default settings, press the Enter button.

Note: The console will erase any information that you have saved in its memory.

The **WiFi-Normal** option will allow you to set up a wireless network connection using the console. See step 4 for instructions.

The **WiFi-Advanced** option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device. See step 5 for instructions.

**iFit User Setup**—To set up a different iFit account, but maintain the existing wireless connection, follow the instructions in the matrix. **Note: This option will be used rarely.**

**Clear WiFi**—To erase the console's wireless network settings and have it forget the currently selected wireless network, follow the instructions in the matrix.



The **Front Gear** and **Rear Gear** options will allow you to set up the gearing on the training bike to simulate a variety of gearing options used on road bikes.

**IMPORTANT:** For detailed information about gearing options, consult a road cycling book or other road cycling resource.

**Front Gear**—Press the Enter button repeatedly to select the desired front gearing option for the training bike.

**Rear Gear**—Press the Enter button repeatedly to select the desired rear gearing option for the training bike.

**Incline Lock**—The console features an incline lock that will prevent the training bike from inclining or declining. To turn on or turn off the incline lock, press the Enter button.

Note: If you use a Le Tour de France workout when the incline lock is turned on, the resistance of the pedals will change to match the programmed incline levels for the workout.

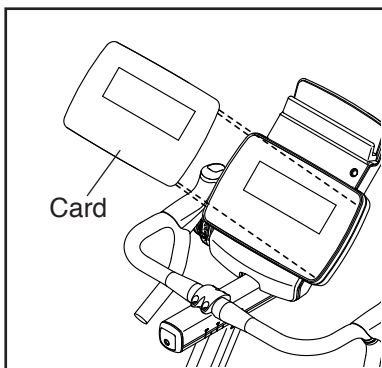
#### 4. Use WiFi—Normal to set up a wireless connection.

This option will allow you to set up a wireless network connection using the console.

Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

To set up a wireless network connection using the console, first press the Enter button.

**IMPORTANT:** Set the included WiFi setup card on the console. The buttons on the WiFi setup card are referenced in the following instructions.



A list of networks will appear in the matrix. Press the up and down buttons to highlight the desired network. Then, press the Enter button. Note: Do not select IFIT\_SETUP.

Note: The time display will show the number of the currently-selected access point. The distance display will show the total number of access points detected.

If the network has a password, enter the password.

A keyboard will appear in the matrix. As necessary, press the buttons on the WiFi setup card to select the caps option, the number option, or the symbol option.

Press the up, down, left, and right buttons to highlight the desired letter or number. Then, press the Enter button to select the letter, number, or symbol. When you have finished entering the password, press the Done button.

Next, a numerical code and a web address will appear in the matrix.

Open a web browser on your computer, smart phone, tablet, or other internet-compatible device and go to the web address.

Log in to your iFit account on the web page. Then, enter the numerical code into the indicated field on the web page. Follow any other instructions on the web page.

Then, unplug the power cord, wait for several seconds, and then plug in the power cord again. Note: It may take a few minutes for the console to be ready for use.

**When the console is connected to a wireless network**, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

**If you cannot complete any part of this process, or if you have any questions, go to <http://support.ifit.com> for assistance.**

## 5. Use Wi-Fi—Advanced to set up a wireless connection.

This option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device.

On your computer, smart phone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options will be IFIT\_SETUP; select this network. If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks. Also, see CLEAR WIFI on page 24 and clear any previous wireless network settings on the console.

**Note: The network IFIT\_SETUP will not appear if the console has already been configured to connect to a wireless network. Also, Android™ devices may not be able to detect IFIT\_SETUP.**

The console will display an IP address, such as 192.168.0.1:8080. Open a web browser on your computer, smart phone, tablet, or other Wi-Fi device. Next, type in the IP address on the console into the URL bar in your browser. Example: <http://192.168.0.1:8080>.

Your browser will load a web page. If the web page does not appear, double-check the IP address and the previous instructions of this step. Follow the instructions on the web page to connect the training bike to your wireless network.

Note: A warning may appear stating that the server cannot be identified. If this happens, make sure that you have entered the IP address correctly.

**If you cannot complete any part of this process, or if you have any questions, go to <http://support.ifit.com> for assistance.**

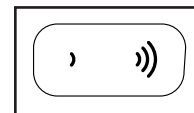
## 6. Exit the settings mode.

To exit the settings mode, press the Settings 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 personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

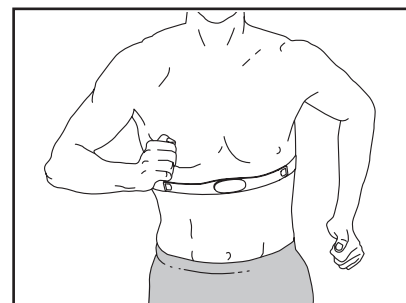
Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



## THE OPTIONAL HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.

The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all BLUETOOTH® Smart heart rate monitors.

# MAINTENANCE AND TROUBLESHOOTING

## HOW TO MAINTAIN THE TRAINING BIKE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the training bike is used. Replace any worn parts immediately.

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

## HOW TO CALIBRATE THE INCLINE SYSTEM

If the incline system on the training bike is not functioning properly, it may need to be calibrated. To calibrate the incline system, press and hold the Display button for several seconds until the test mode appears in the display.

Next, press the Display button again. Then, press the Quick % Grade increase or decrease button to calibrate the incline system. The training bike will move forward and backward as it calibrates.

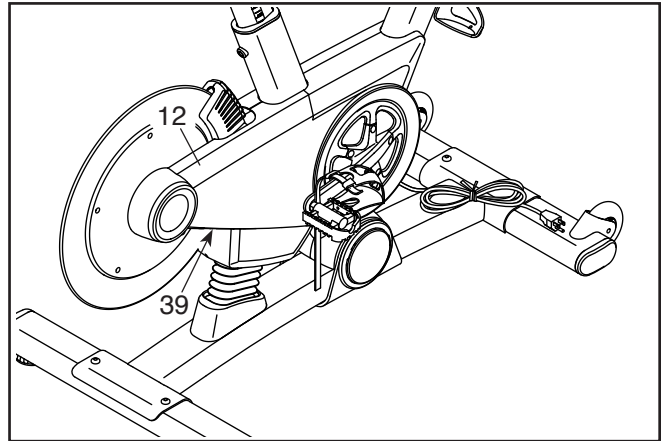
When the training bike stops moving, the incline system is calibrated. Then, press the Display button repeatedly to exit the calibration mode.

## HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first **press the power switch to the off position and unplug the power cord.**

Next, locate the access hole in the underside of the Right Shield (12). Using a hex key, tighten the Idler Adjustment Screw (39) until the drive belt (not shown) is tight.



# EXERCISE GUIDELINES

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

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

## EXERCISE INTENSITY

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

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

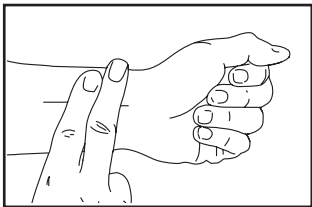
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, 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. PFEVEX71516.0 R0716A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Board Bracket
2	1	Frame	52	4	Standoff
3	1	Saddle Post	53	1	Crank/Torque Pulley
4	1	Saddle Carriage	54	3	M4 Washer
5	1	Saddle	55	8	Magnet
6	1	Handlebar Post	56	1	Crank Screw
7	1	Handlebar	57	2	Bearing
8	1	Tray	58	1	Push Nut
9	1	Console	59	2	Frame Bushing
10	1	Upper Shield	60	1	Pivot Axle
11	1	Left Shield	61	1	Left Pedal
12	1	Right Shield	62	1	Right Pedal
13	2	Shield Cover	63	1	Left Crank Arm
14	1	Right Magnet Cover	64	1	Right Crank Arm
15	1	Left Magnet Cover	65	2	Handlebar Cap
16	1	Left Frame Cover	66	1	Drive Belt
17	1	Right Frame Cover	67	1	Power Cord
18	1	Base Shield	68	1	Main Wire
19	1	Flex Cover	69	1	Left Handlebar Post Sleeve
20	2	Cover Mount	70	1	Left Shifter/Wire
21	2	Base Cover	71	3	3/8" Jam Nut
22	1	Front Stabilizer	72	2	1/2" Washer
23	1	Rear Stabilizer	73	2	1/2" x 1" Screw
24	4	Stabilizer Cap	74	4	M10 x 58mm Screw
25	2	Leveling Foot	75	2	5/16" x 1 3/4" Bolt
26	2	Foot	76	2	5/16" Locknut
27	2	Wheel	77	1	M10 x 35mm Hex Screw
28	1	Handlebar Clamp	78	2	Post Brake
29	2	Crank Cover	79	5	M8 x 17mm Screw
30	1	Lift Motor	80	1	Clamp
31	1	Resistance Motor	81	1	Right Shifter/Wire
32	1	Resistance Magnet	82	5	#10 x 12mm Flat Head Screw
33	1	Arm	83	1	1/4" x 125mm Flat Head Screw
34	1	Magnet Axle	84	4	Wheel Spacer
35	1	Right Saddle Post Sleeve	85	2	M10 Washer
36	1	Left Saddle Post Sleeve	86	2	M8 x 15mm Screw
37	1	Idler Pulley	87	2	Lift Motor Bushing
38	1	Idler Bolt	88	1	Magnet Spring
39	1	Idler Adjustment Screw	89	5	M4 x 16mm Bright Screw
40	1	Flywheel Ring	90	2	Friction Fastener
41	1	Flywheel Hub	91	3	Carriage Cover
42	1	Flywheel Axle	92	1	Saddle Mount Assembly
43	1	Flywheel Spacer	93	2	#8 Star Washer
44	1	Thrust Washer	94	2	M4 x 16mm Screw
45	1	Flywheel Pulley	95	10	#8 x 1/2" Self-tapping Screw
46	1	Right Handlebar Post Sleeve	96	4	M4 x 12mm Flange Screw
47	2	Adjustment Screw	97	7	M4 x 19mm Screw
48	1	Power Switch	98	1	Electronics Shield
49	1	Receptacle	99	2	1/4" Nut
50	1	Control Board	100	1	M10 Locknut

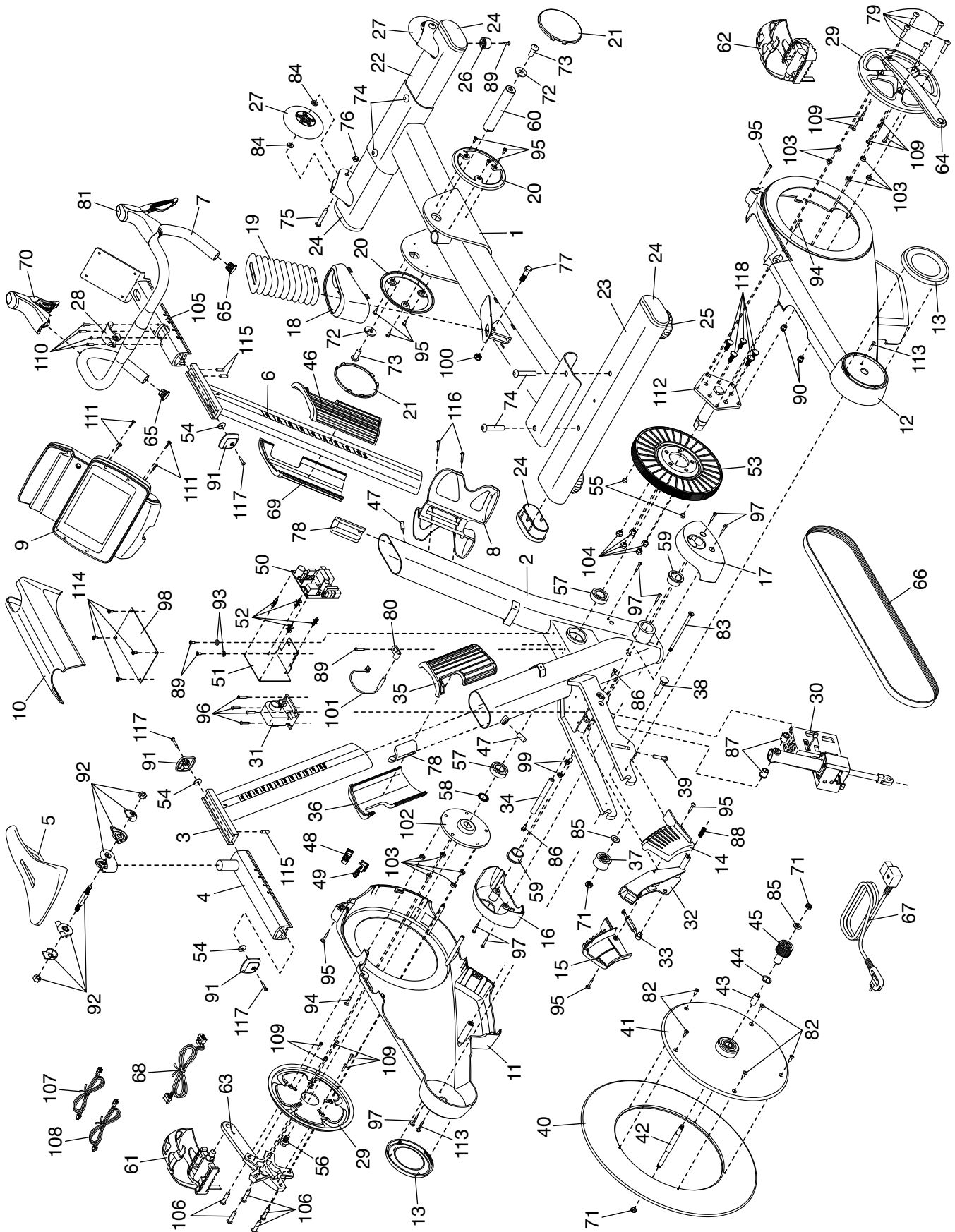
Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Reed Switch/Wire	112	1	Crank
102	1	Crank Hub	113	2	#8 x 1/2" Screw
103	10	Crank Spacer	114	4	#8 x 1/2" Bright Screw
104	4	M8 Locknut	115	3	M8 x 15mm Round Head Screw
105	1	Handlebar Carriage	116	2	M4 x 10mm Screw
106	5	M8 x 20mm Screw	117	3	M4 x 14mm Screw
107	1	Right Extension Wire	118	5	M8 x 30mm Screw
108	1	Left Extension Wire	*	—	Grease Packet
109	10	M4 x 9mm Screw	*	—	Assembly Tool
110	4	M6 x 16mm Screw	*	—	User's Manual
111	4	M4 x 12mm Screw			

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. PFEVEX71516.0 R0716A



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## 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)

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## RECYCLING INFORMATION

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

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

