

PRO-FORM[®]

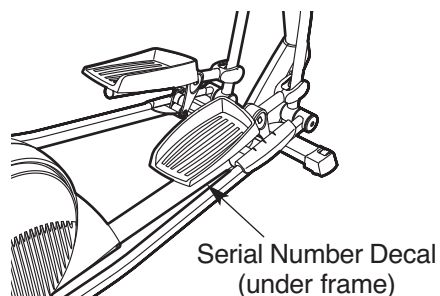
ZE⁵

www.proform.com

Model No. PFEL70609.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

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

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

CALL TOLL-FREE:

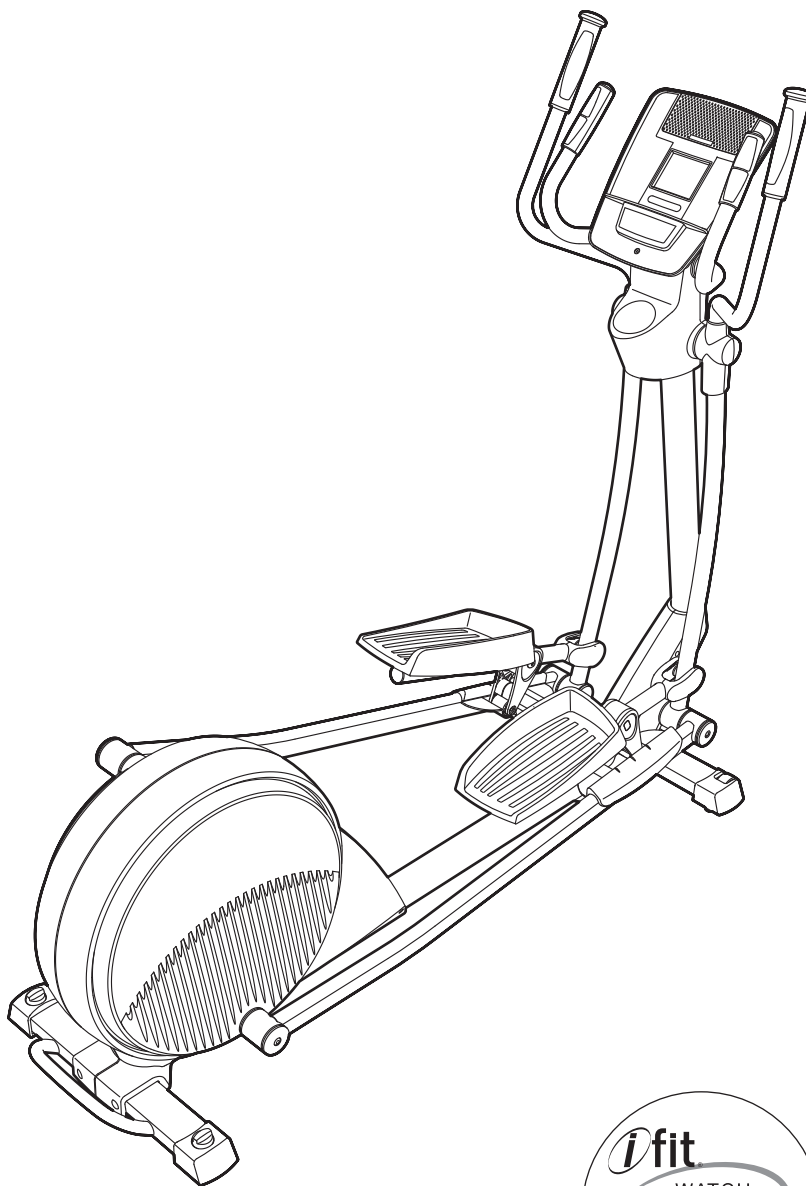
1-888-533-1333

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.proformservice.com



⚠ CAUTION

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

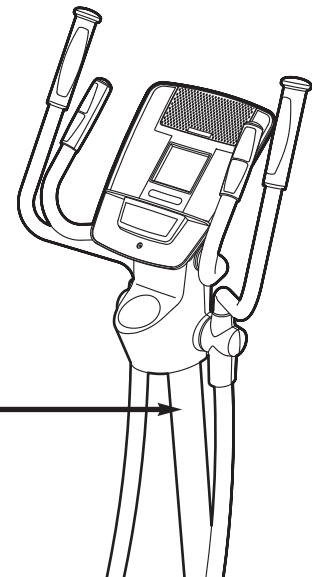
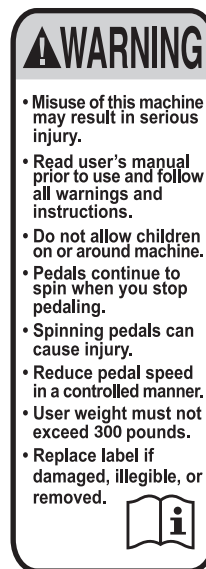


TABLE OF CONTENTS

WARNING DECAL PLACEMENT2
IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
HOW TO USE THE ELLIPTICAL EXERCISER14
MAINTENANCE AND TROUBLESHOOTING23
EXERCISE GUIDELINES25
PART LIST27
EXPLODED DRAWING29
ORDERING REPLACEMENT PARTSBack Cover
LIMITED WARRANTYBack Cover

WARNING DECAL PLACEMENT

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



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. 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.
12. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

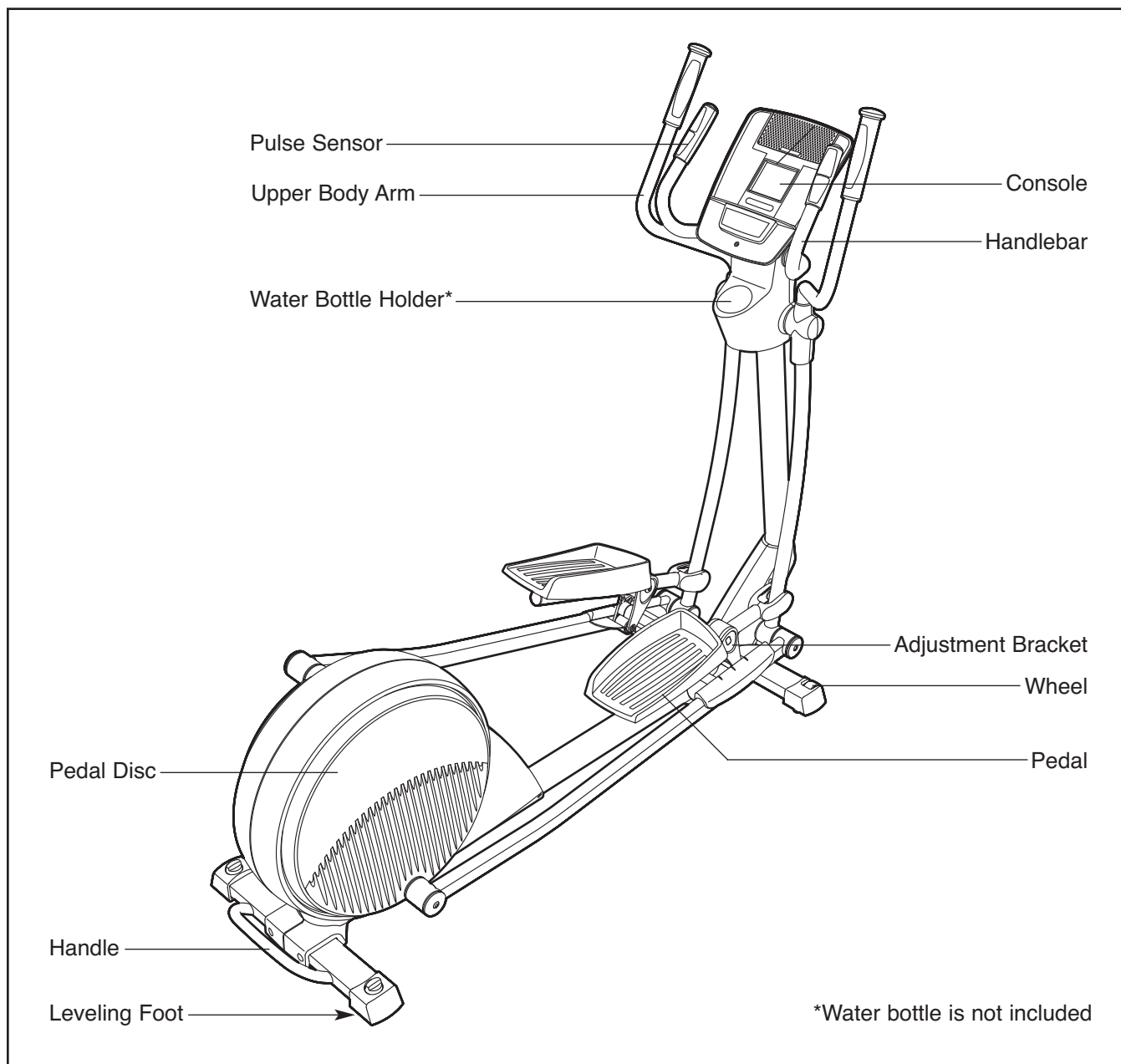
BEFORE YOU BEGIN

Thank you for purchasing the PROFORM® ZE 5 elliptical exerciser. The ZE 5 elliptical exerciser provides an array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front

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

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

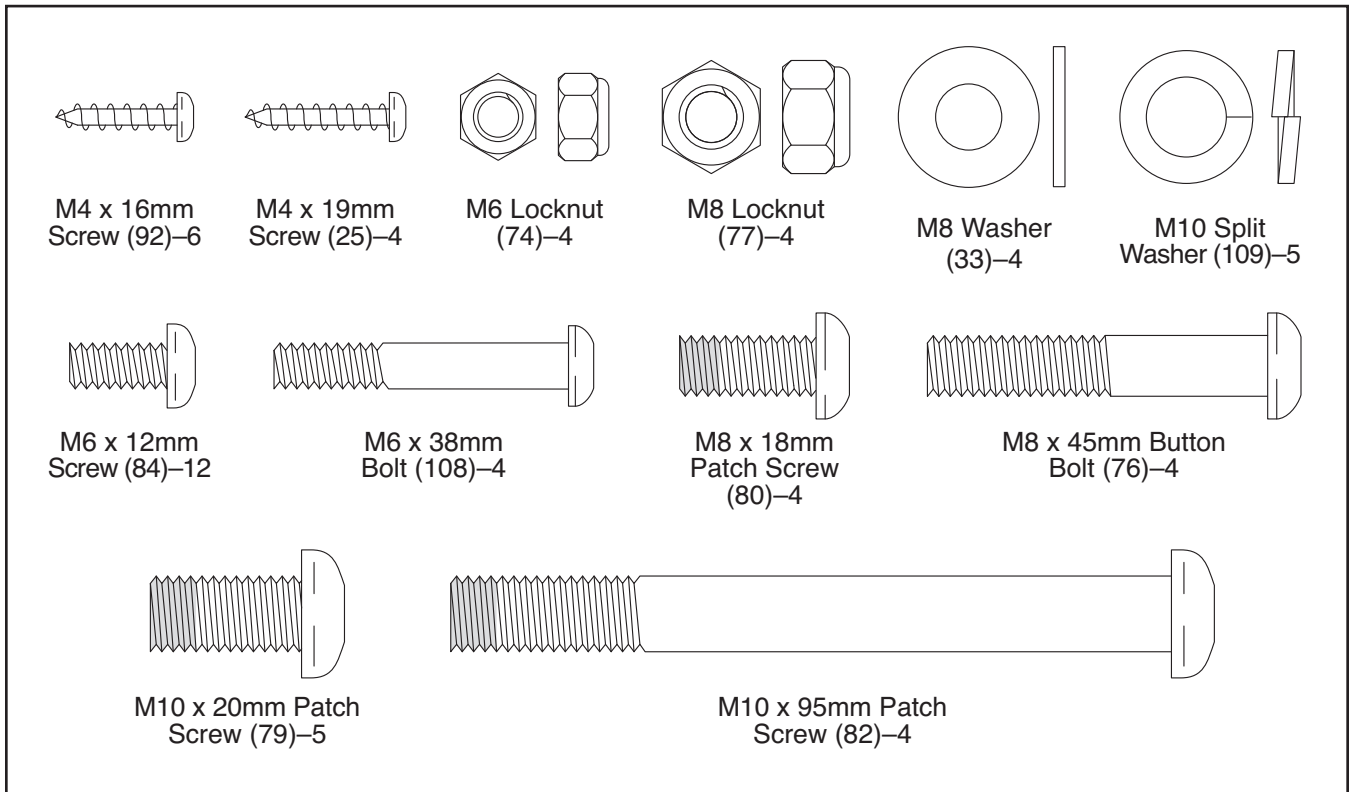


ASSEMBLY

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

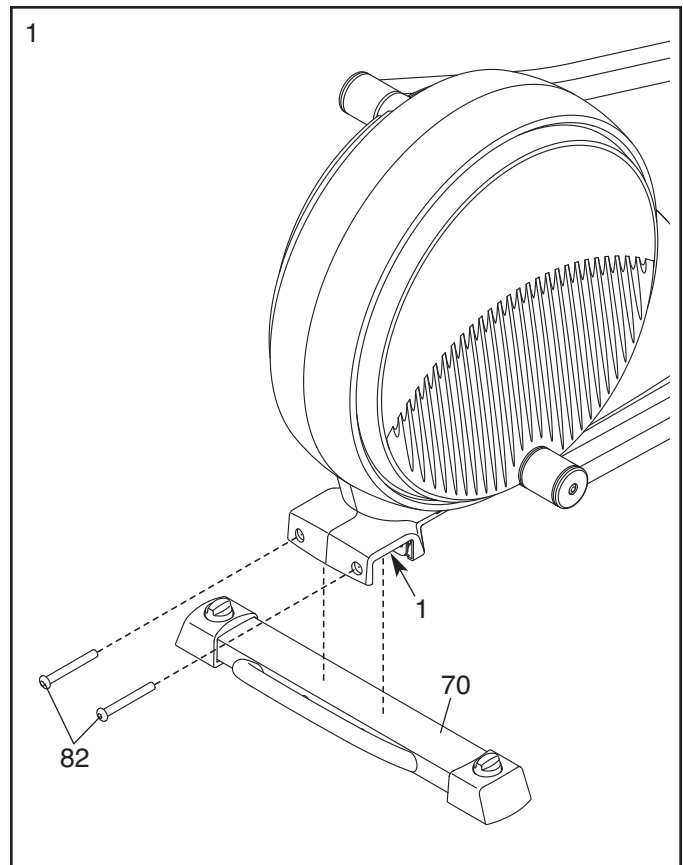
In addition to the included tool(s), assembly requires a Phillips screwdriver  .

As you assemble the elliptical exerciser, use the drawings below to identify small parts. 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 parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



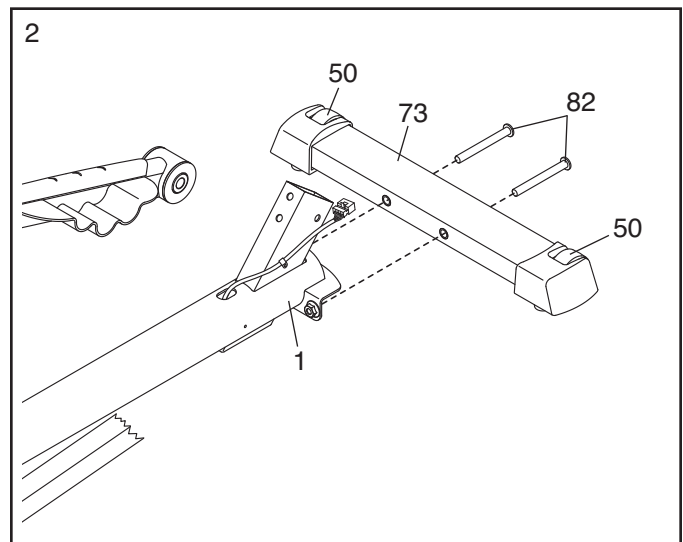
1. **To make assembly easier, read the information on page 5 before you begin.**

While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (70) to the Frame with two M10 x 95mm Patch Screws (82).



2. Orient the Front Stabilizer (73) so that the Wheels (50) are oriented as shown.

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (73) to the Frame with two M10 x 95mm Patch Screws (82).

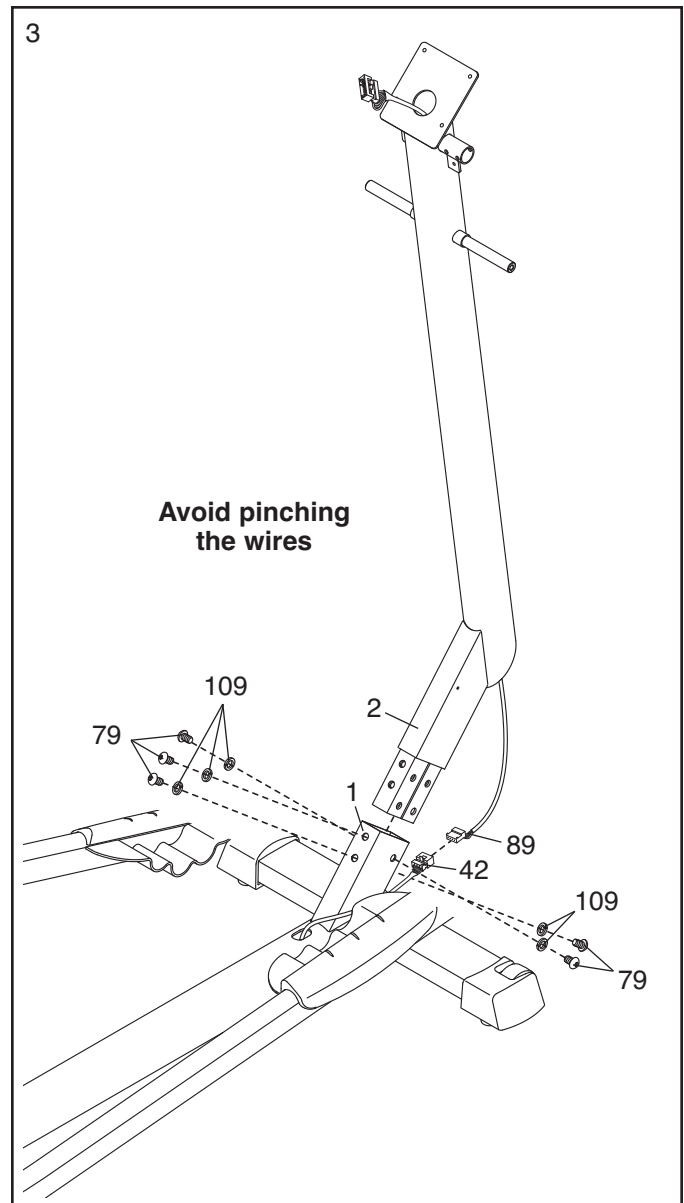


3. Orient the Upright (2) as shown.

While a second person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (89) to the Wire Harness (42).

Insert the Upright (2) into the Frame (1).

Tip: Avoid pinching the wires. Attach the Upright (2) to the Frame (1) with five M10 x 20mm Patch Screws (79) and five M10 Split Washers (109). **Do not tighten the Patch Screws yet.**



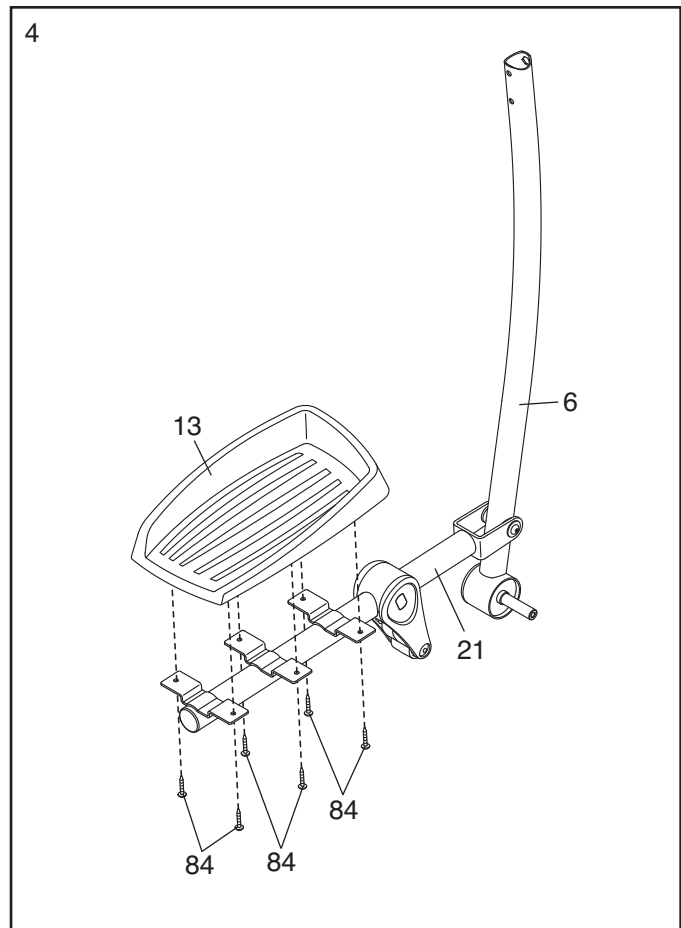
4. Identify the Right Pedal Bracket (21) and the Right Upper Body Leg (6) assembly, which is marked with a "Right" sticker.

Then, identify the Right Pedal (13), which is marked with a "Right" sticker.

Orient the Right Pedal (13), the Right Pedal Bracket (21), and the Right Upper Body Leg (6) as shown.

Attach the Right Pedal (13) to the Right Pedal Bracket (21) with six M6 x 12mm Screws (84).

Repeat this step for the Left Pedal (not shown), the Left Pedal Bracket (not shown), and the Left Upper Body Leg (not shown).

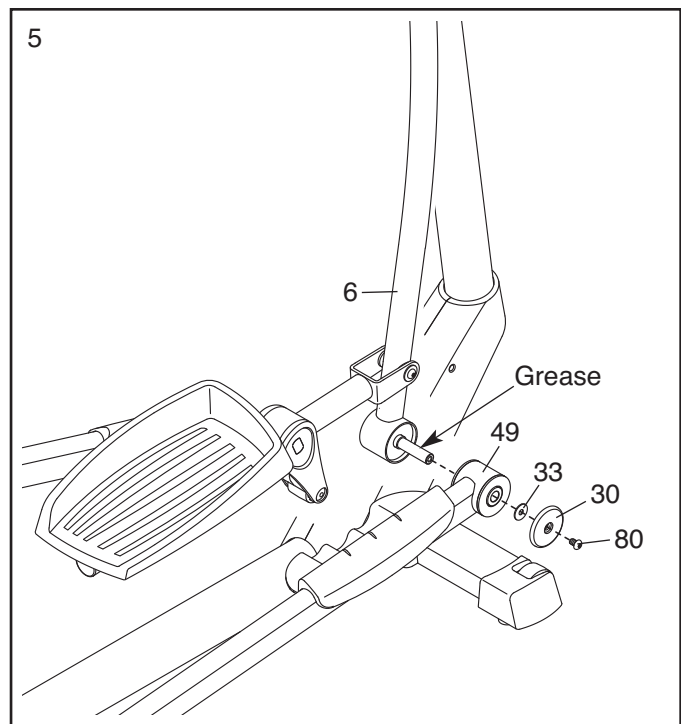


5. Apply some of the included grease to the axle on the Right Upper Body Leg (6).

Slide the front end of the Right Pedal Arm (49) onto the axle on the Right Upper Body Leg (6).

Attach the Right Pedal Arm (49) with an M8 x 18mm Patch Screw (80), a Pedal Arm Cap (30), and an M8 Washer (33). **Do not overtighten the Patch Screw.**

Repeat this step to attach the Left Pedal Arm (not shown) to the Left Upper Body Leg (not shown).



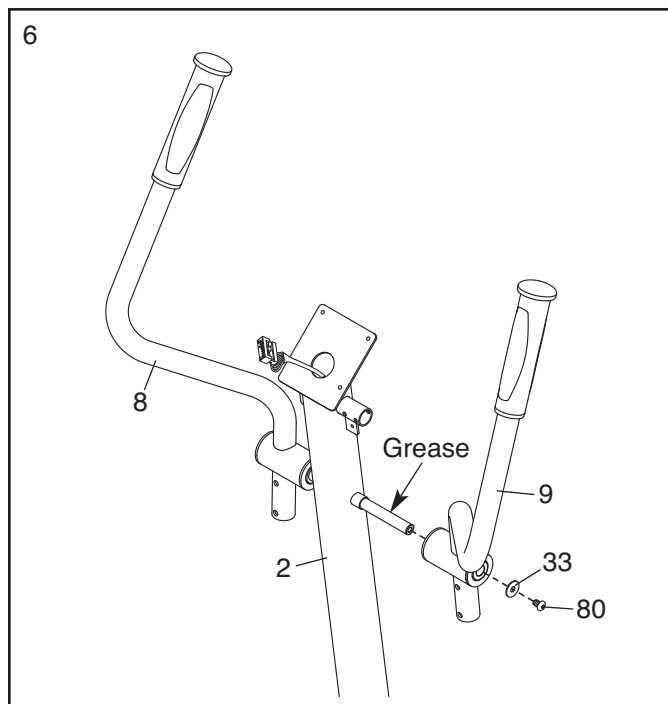
6. Apply grease to the axle on the right side of the Upright (2).

Identify the Right Upper Body Arm (9), which is marked with a "Right" sticker, and orient it as shown.

Slide the Right Upper Body Arm (9) onto the right side of the Upright (2).

Attach the Right Upper Body Arm (9) with an M8 x 18mm Patch Screw (80) and an M8 Washer (33). **Do not tighten the Patch Screw yet.**

Repeat this step to attach the Left Upper Body Arm (8).

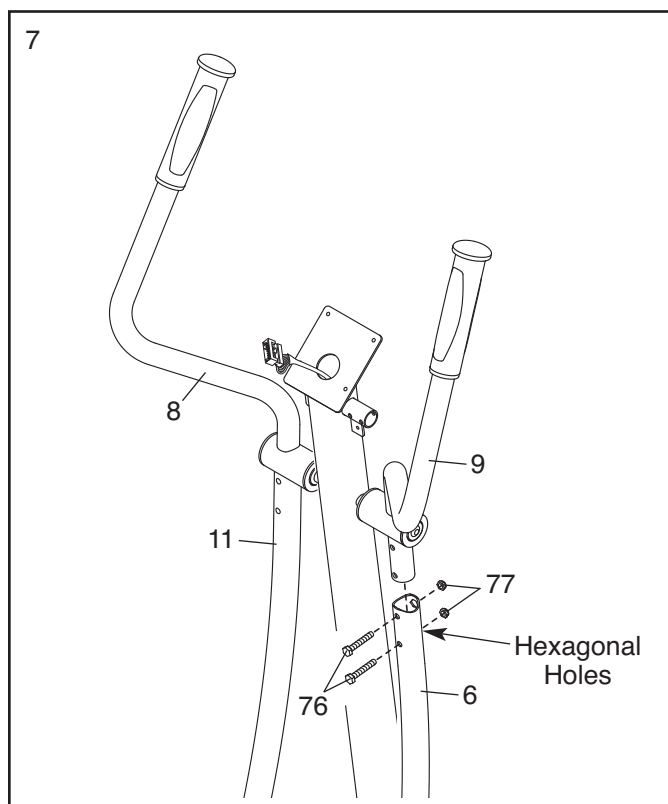


7. With the help of a second person, slide the Right Upper Body Leg (6) onto the Right Upper Body Arm (9).

Attach the Right Upper Body Leg (6) with two M8 x 45mm Button Bolts (76) and two M8 Locknuts (77). **Make sure that the Locknuts are in the hexagonal holes.**

Attach the Left Upper Body Leg (11) to the Left Upper Body Arm (8) in the same way.

See step 6. Tighten the M8 x 18mm Patch Screws (80).

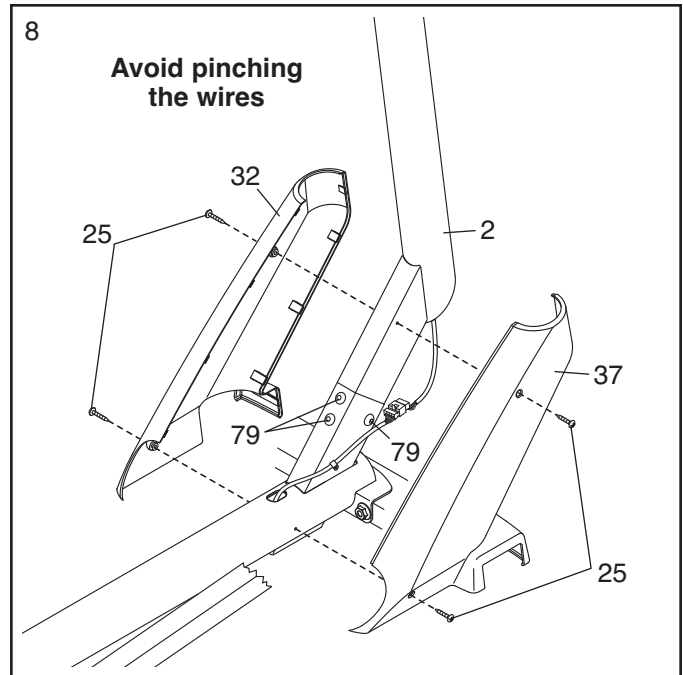


8. Identify the Left and Right Front Shields (32, 37), which are marked with “Left” and “Right” stickers.

See step 3. Tighten the five M10 x 20mm Patch Screws (79). **Tip: Tighten the two rear Patch Screws first and then tighten the other three Patch Screws.**

Tip: Avoid pinching the wires. Press the Left and Right Front Shields (32, 37) together around the Upright (2). **Make sure that Left and Right Front Shields fit securely.**

Attach the Left and Right Front Shields (32, 37) with four M4 x 19mm Screws (25).

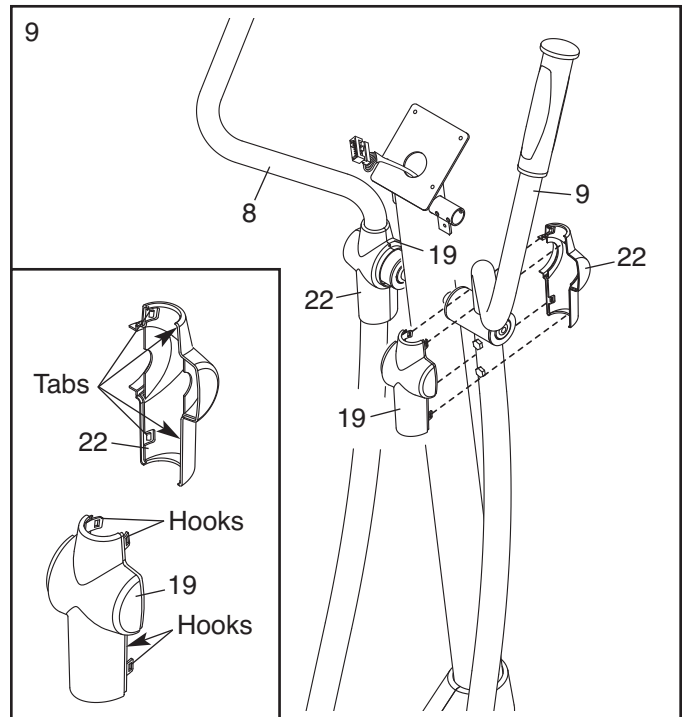


9. **See the inset drawing.** Identify a Pivot Cover A (19), which has hooks, and a Pivot Cover B (22), which has tabs.

Press a Pivot Cover A (19) and a Pivot Cover B (22) together around the Right Upper Body Arm (9).

Repeat this step for the other side of the elliptical exerciser.

Tip: Make sure that the Pivot Covers (19, 22) are positioned as shown.



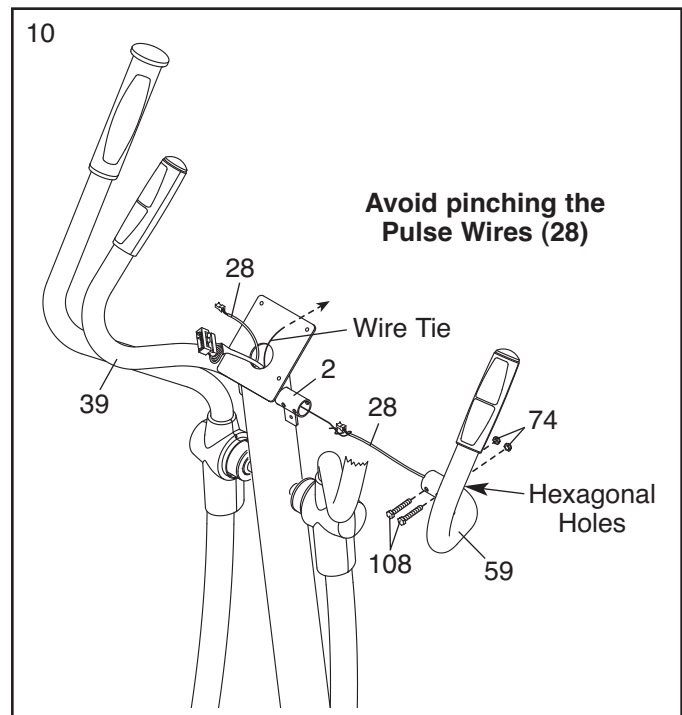
10. Identify the Right Handlebar (59), which is marked with a “Right” sticker, and orient it as shown.

Have a second person hold the Right Handlebar (59) near the right side of the Upright (2). Locate the wire tie in the Upright. Tie the lower end of the wire tie to the right Pulse Wire (28). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

Tip: Avoid pinching the Pulse Wire (28).

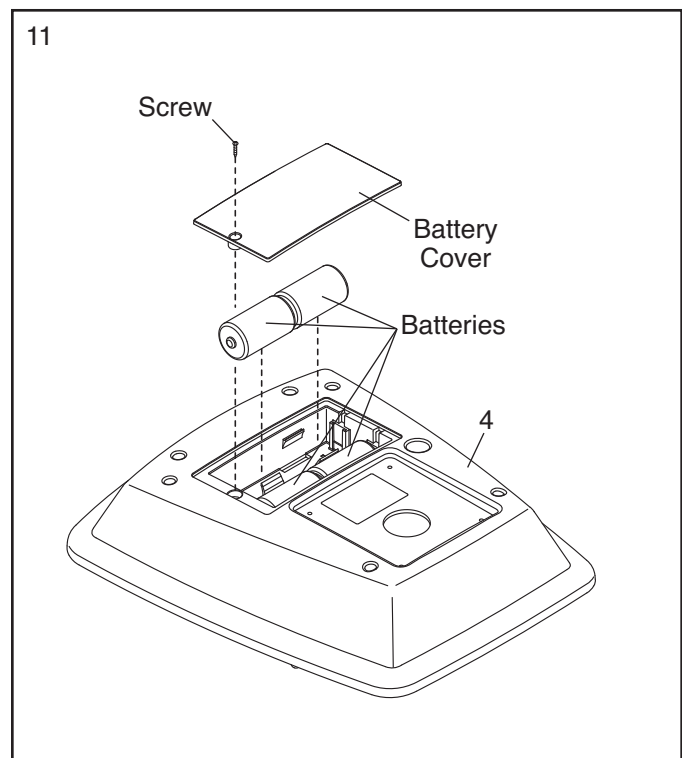
Attach the Right Handlebar (59) to the Upright (2) with two M6 x 38mm Bolts (108) and two M6 Locknuts (74). **Make sure that the Locknuts are in the hexagonal holes.**

Repeat this step to attach the Left Handlebar (39).



11. The Console (4) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screw, remove the battery cover, insert the batteries into the battery compartments, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

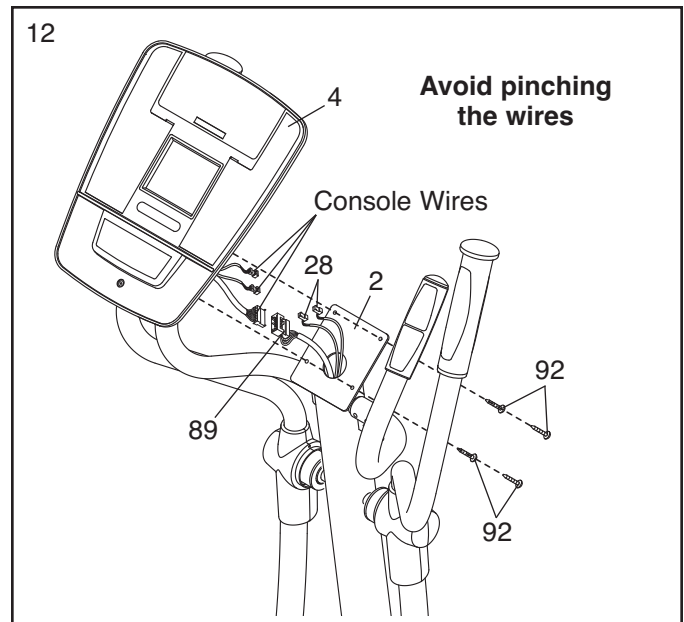
To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



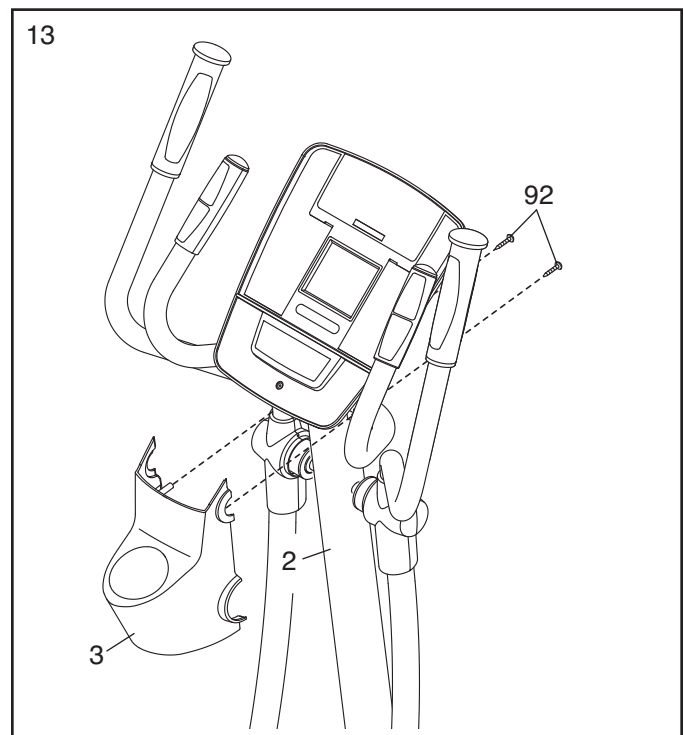
12. While a second person holds the Console (4) near the Upright (2), connect the console wires to the Upper Wire Harness (89) and to the Pulse Wires (28).

Insert the excess wires into the Upright (2) or into the Console (4).

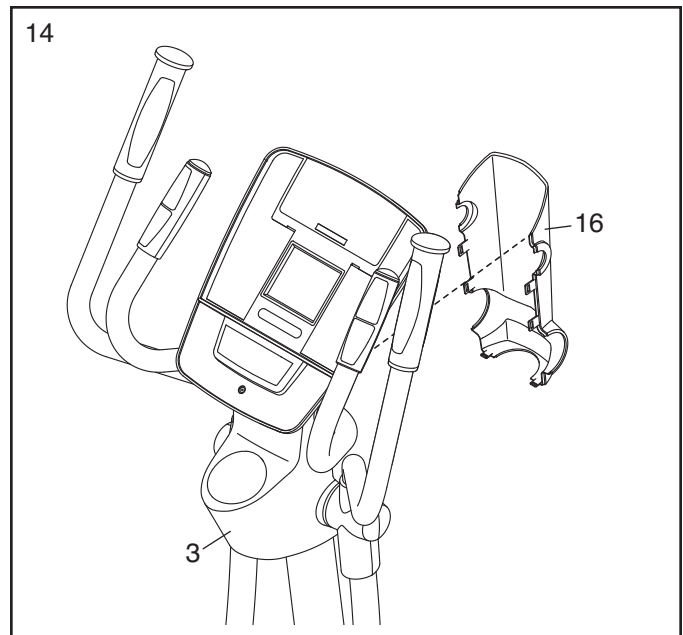
Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (92).



13. Attach the Rear Upright Cover (3) to the Upright (2) with two M4 x 16mm Screws (92).

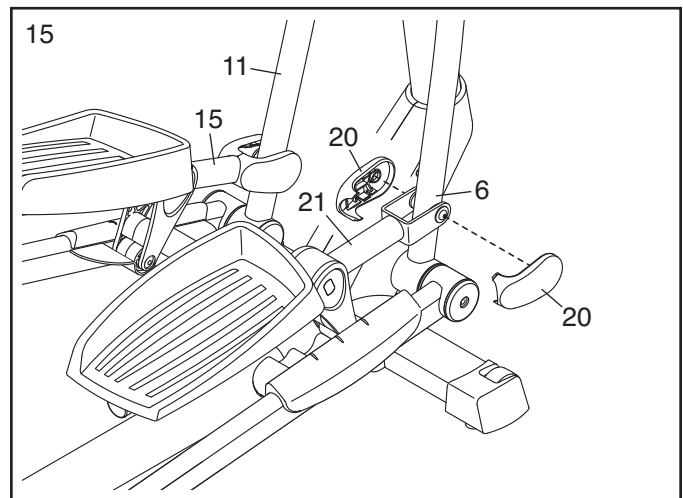


14. Press the Front Upright Cover (16) into the Rear Upright Cover (3).



15. Press two Outer Leg Covers (20) together around the Right Pedal Bracket (21) and the Right Upper Body Leg (6).

Repeat this step on the other side of the elliptical exerciser.

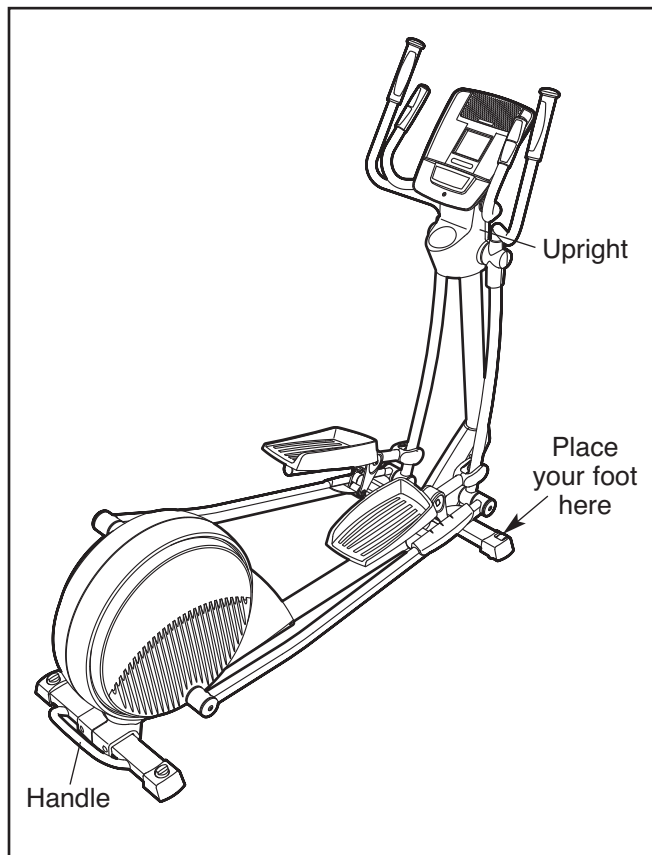


16. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

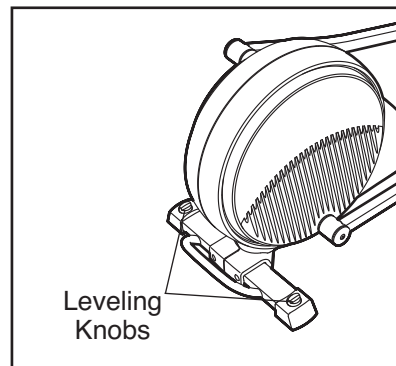
HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the handle until the elliptical exerciser will roll on the wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.



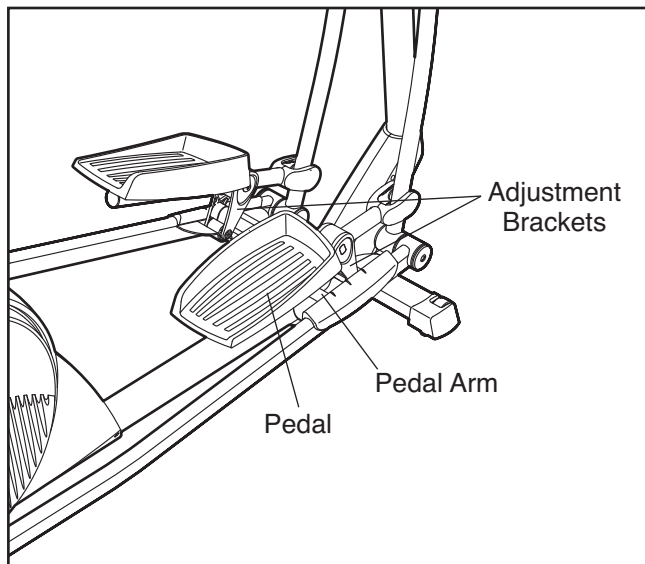
HOW TO LEVEL THE ELLIPTICAL EXERCISER

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



HOW TO ADJUST THE PEDAL PATH

To adjust the pedal path, lift each pedal and rotate the adjustment bracket to the desired setting in the pedal arm. **Make sure to set both adjustment brackets in the same position.**

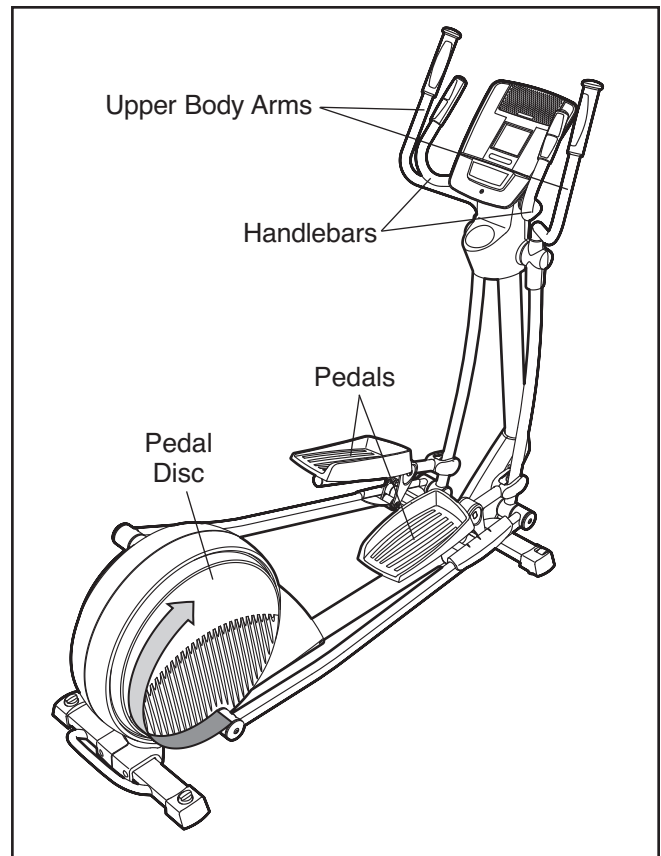


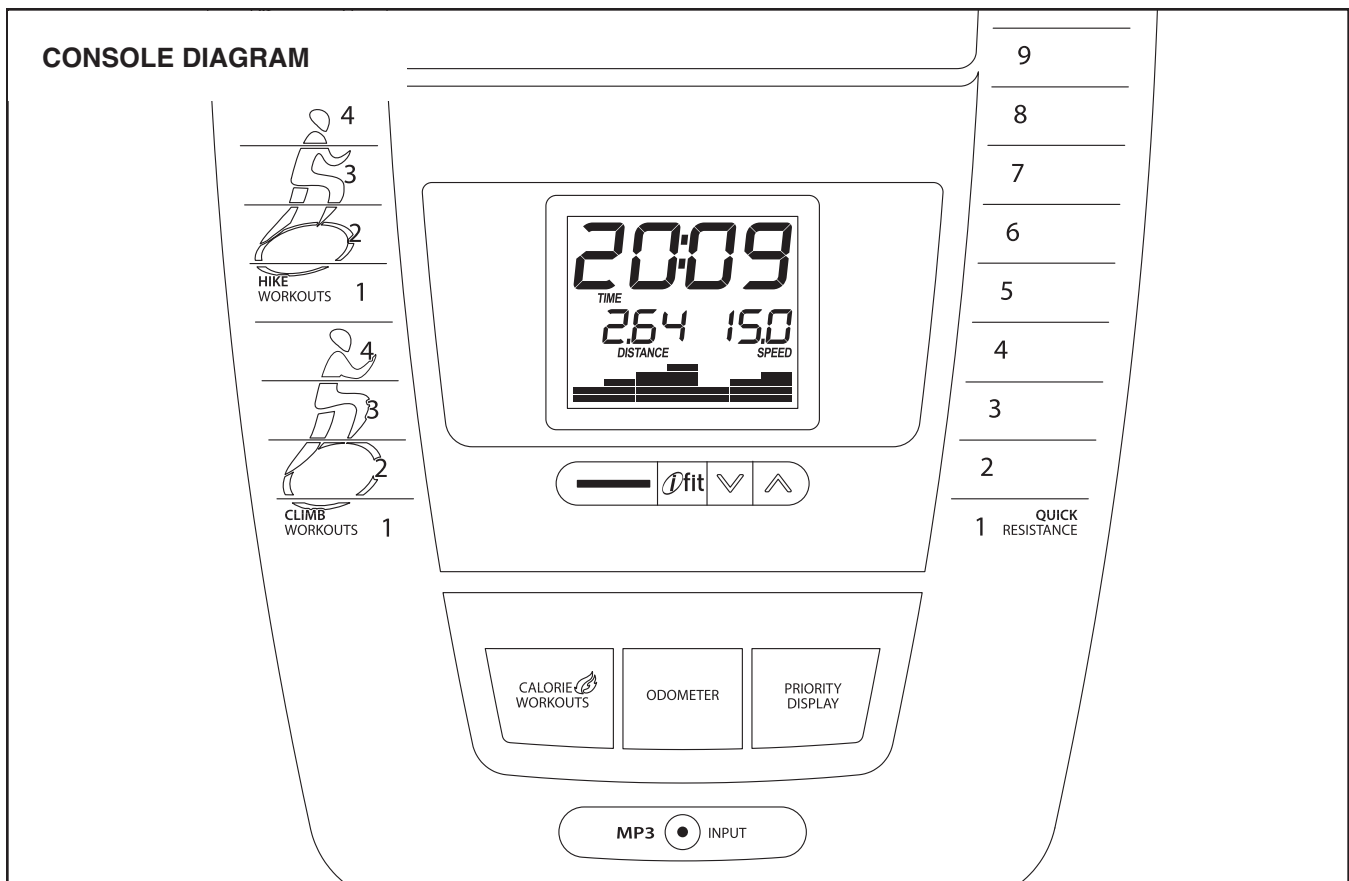
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars or the upper body arms and step onto the pedal that is in the lowest position. Then, step onto the other pedal.

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

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





FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

In addition, the console offers twelve trainer workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout.

You can also use four calorie workouts designed to help you burn a set number of calories. The calorie workouts automatically control the resistance of the pedals while counting down the number of calories to be burned.

The console features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted

pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

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

To use the manual mode, see page 17. To use a trainer workout, see page 19. To use a calorie workout, see page 20. To use an iFit workout, see page 21. To use the sound system, see page 21. To change console settings, see page 22.

Note: Before using the console, make sure that batteries are installed (see assembly step 11 on page 11). If there is a sheet of clear plastic on the display, remove the plastic.

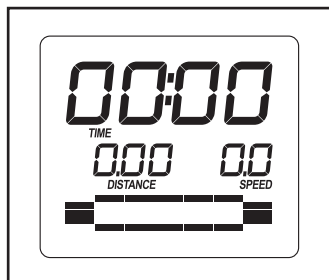
HOW TO USE THE MANUAL MODE

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

A moment after you begin pedaling or press a button, a tone will sound, and the display will turn on.

2. **Select the manual mode.**

Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Workouts buttons repeatedly until zeros appear in the display.



3. **Change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing the desired Quick Resistance button.



Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

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

The lower left display—As you exercise, the lower left display can show the elapsed time and the distance (in miles or kilometers) that you have pedaled. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



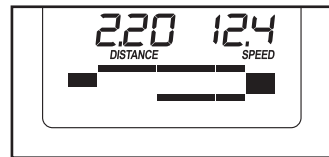
The lower right display—The lower right display can show your pedaling speed (in miles or kilometers per hour) and the approximate number of calories that you have burned. The display also shows your heart rate when you use the handgrip pulse sensor (see step 5 on page 18).



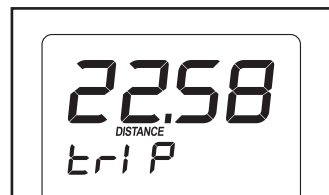
The upper display—The upper display can show the elapsed time, the distance that you have pedaled, your pedaling speed, and the approximate number of calories you have burned. Press the Priority Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.



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



To view the trip distance, press the Odometer button once. To reset the trip distance to zero, press and hold the Odometer button until zeros appear in the display.

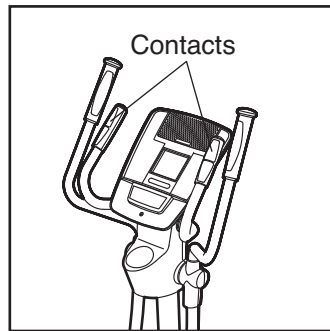


To view the total distance pedaled since the elliptical exerciser was purchased, press the Odometer button a second time. To exit the odometer information, press the Odometer button a third time.

Note: The console can show pedaling speed and distance in either miles or kilometers. To view or change the unit of measurement, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, a flashing heart symbol will appear in the display, and then your heart rate will



appear. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

If the pedals do not move for several seconds, a tone will sound and the console will pause.

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

HOW TO USE A TRAINER WORKOUT

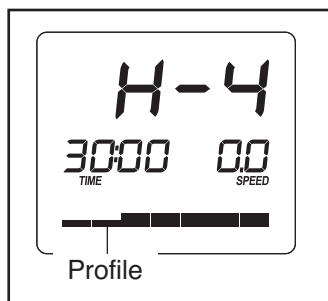
1. Begin pedaling or press any button on the console to turn on the console.

A moment after you begin pedaling or press a button, a tone will sound, and the display will turn on.

2. Select a trainer workout.

To select a trainer workout, press the desired Ski Workouts, Hike Workouts, or Climb Workouts button.

The name of the workout, the workout duration, and a profile of the resistance levels for the workout will appear in the display.



3. Set the pedal path.

See HOW TO ADJUST THE PEDAL PATH on page 14 and move the pedals to the appropriate setting for the workout.

If you selected a Ski workout, move the pedals to the Ski setting. If you selected a Hike workout, move the pedals to the Hike setting. If you selected a Climb workout, move the pedals to the Climb setting.

4. Begin pedaling to start the workout.

Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

The resistance level for the first segment will appear in the display for a few seconds. During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

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

To stop the workout at any time, stop pedaling. A tone will sound and the time will pause. To restart the workout, simply resume pedaling.

5. Follow your progress with the display.

See step 4 on page 17.

6. Measure your heart rate if desired.

See step 5 on page 18.

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

See step 6 on page 18.

HOW TO USE A CALORIE WORKOUT

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

A moment after you begin pedaling or press a button, a tone will sound, and the display will turn on.

2. Select a calorie workout.

To select a calorie workout, press the Calorie Workouts button repeatedly until the name of the desired workout appears in the display. The workout duration, the number of calories to be burned, and a profile of the resistance levels for the workout will also appear in the display.



3. Begin pedaling to start the workout.

Each calorie workout will help you burn 150 calories. During each workout, the console will count down the number of calories to be burned.

Each workout is divided into 30 one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

The resistance level for the first segment will appear in the display for a few seconds. During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

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

To stop the workout at any time, stop pedaling. A tone will sound and the time will pause. To restart the workout, simply resume pedaling.

4. Follow your progress with the display.

During a calorie workout, the lower right display will show the number of calories to be burned during the remaining segments of the workout.

The other displays will show the information described in step 4 on page 17.

5. Measure your heart rate if desired.

See step 5 on page 18.

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

See step 6 on page 18.

HOW TO USE AN IFIT WORKOUT

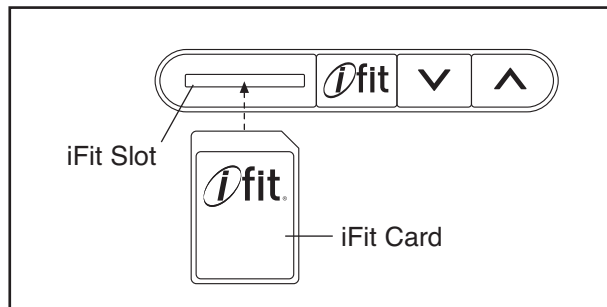
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

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

A moment after you begin pedaling or press a button, a tone will sound, and the display will turn on.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so that the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will turn on and text will appear in the display.



Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout.

iFit workouts function in the same way as trainer workouts. To use the workout, see steps 3 to 7 on page 19.

3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

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

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

When not in use, unplug the audio cable from the jack on the console.

HOW TO CHANGE CONSOLE SETTINGS

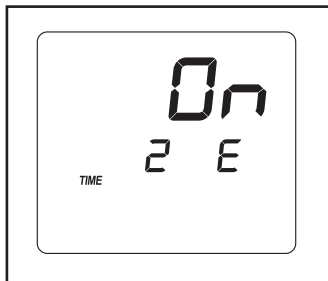
The console features a user mode that allows you to select a unit of measurement and a backlight option for the console and to view console usage information.

1. Select the user mode.

To select the user mode, press and hold down the Priority Display button for a few seconds until the user mode information appears in the display.

2. Select a backlight option if desired.

The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.



The upper display will show the currently selected backlight option. Press the Quick Resistance 12 button repeatedly to select the desired backlight option.

3. Select a unit of measurement if desired.

The console can show pedaling speed and distance in either miles or kilometers.

The lower right display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the lower right display. To change the unit of measurement, press the Quick Resistance 1 button repeatedly.

Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.

4. View console usage information if desired.

The lower left display will show the total number of hours that the console has been used since the elliptical exerciser was purchased.

5. Exit the user mode.

Press the Priority Display button to save the console settings and exit the user mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

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

CONSOLE TROUBLESHOOTING

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 11 on page 11 for replacement instructions.

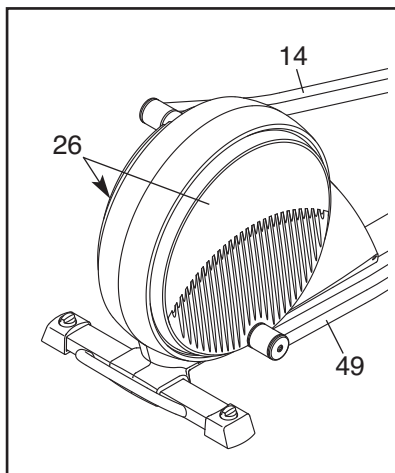
If the handgrip pulse sensor does not function properly, see step 5 on page 18.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

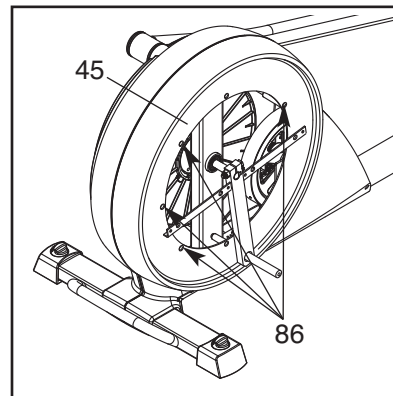
To adjust the drive belt, you must remove the pedal arms, the pedal discs, and the left shield (see the instructions below).

See EXPLODED DRAWING B on page 30. Remove the M8 x 18mm Patch Screws (80), the Pedal Arm Caps (30), and the M8 Washers (33), and then remove the Left and Right Pedal Arms (14, 49).

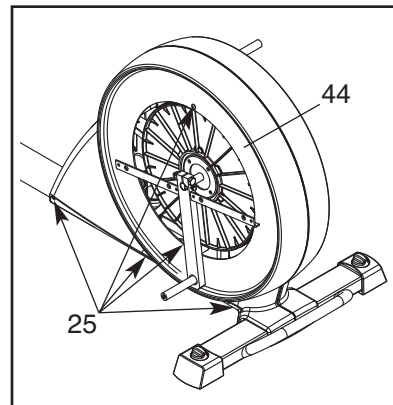


Using a flat screwdriver, release the tabs on the right and left Pedal Discs (26) and remove the Pedal Discs.

Remove the four indicated M4 x 38mm Screws (86) from the Right Shield (45).

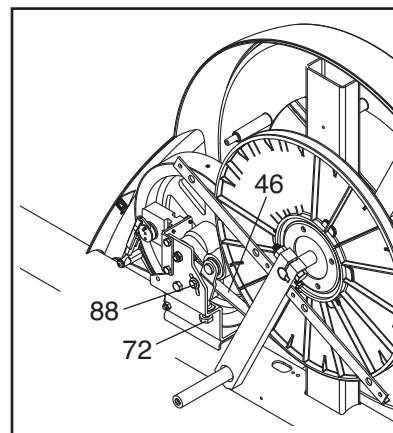


Remove the M4 x 19mm Screws (25) from the Left Shield (44) and then remove the Left Shield.



Next, loosen the Pivot Screw (88). Then, tighten the Drive Belt Adjustment Screw (72) until the Drive Belt (46) is tight.

When the Drive Belt (46) is tight, tighten the Pivot Screw (88).



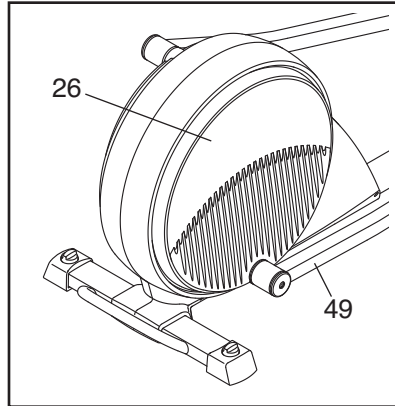
Then, reattach the left shield, the pedal discs, and the pedal arms.

HOW TO ADJUST THE REED SWITCH

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

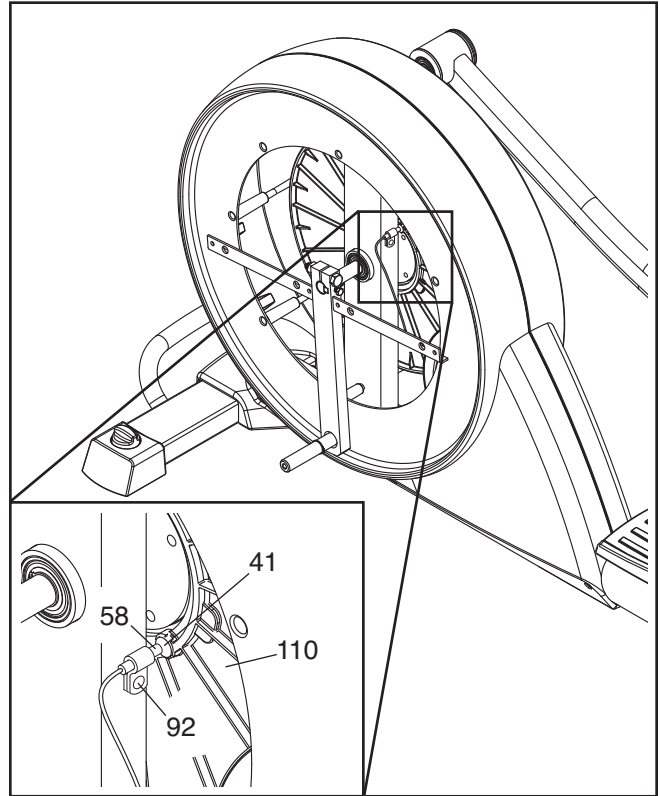
To adjust the reed switch, you must remove the right pedal arm and the right pedal disc (see the instructions below).

See EXPLODED DRAWING B on page 30. Remove the M8 x 18mm Patch Screws (80), the Pedal Arm Caps (30), and the M8 Washers (33), and then remove the Right Pedal Arm (49).



Using a flat screwdriver, release the tabs on the right Pedal Disc (26) and remove the Pedal Disc.

Locate the Reed Switch (58). Loosen, but do not remove, the M4 x 16mm Screw (92).



Next, rotate the Pulley (110) until a Magnet (41) is aligned with the Reed Switch (58). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screw (92).

Rotate the Pulley (110) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the right pedal disc and the right pedal arm.

EXERCISE GUIDELINES

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

The 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.

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

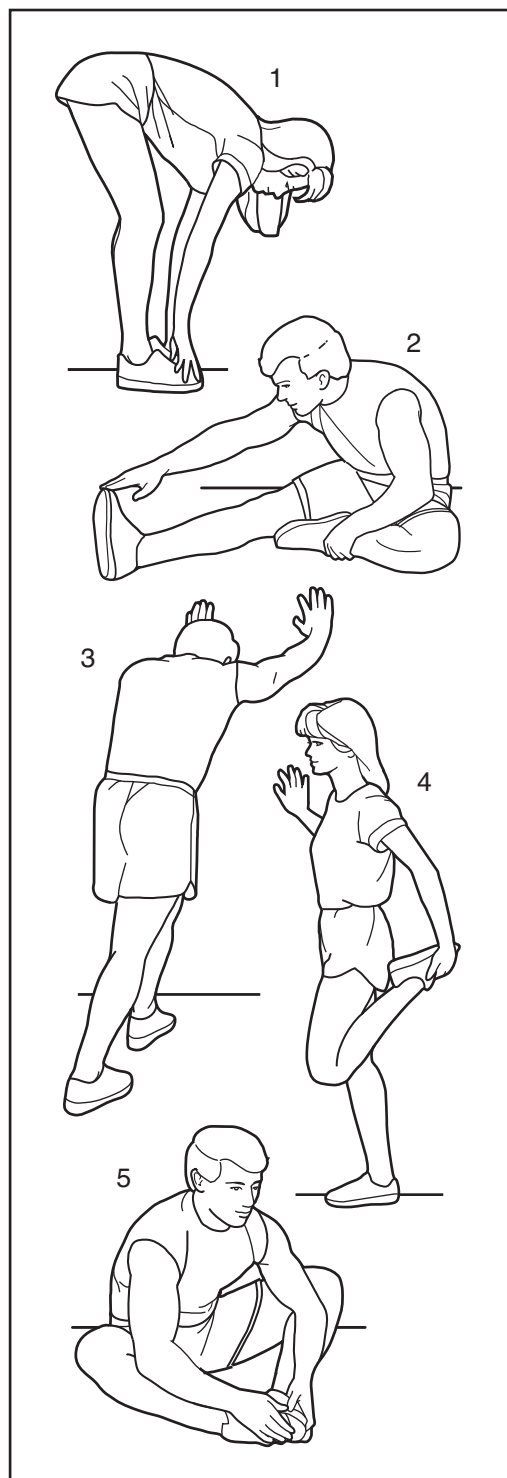
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST—Model No. PFEL70609.0

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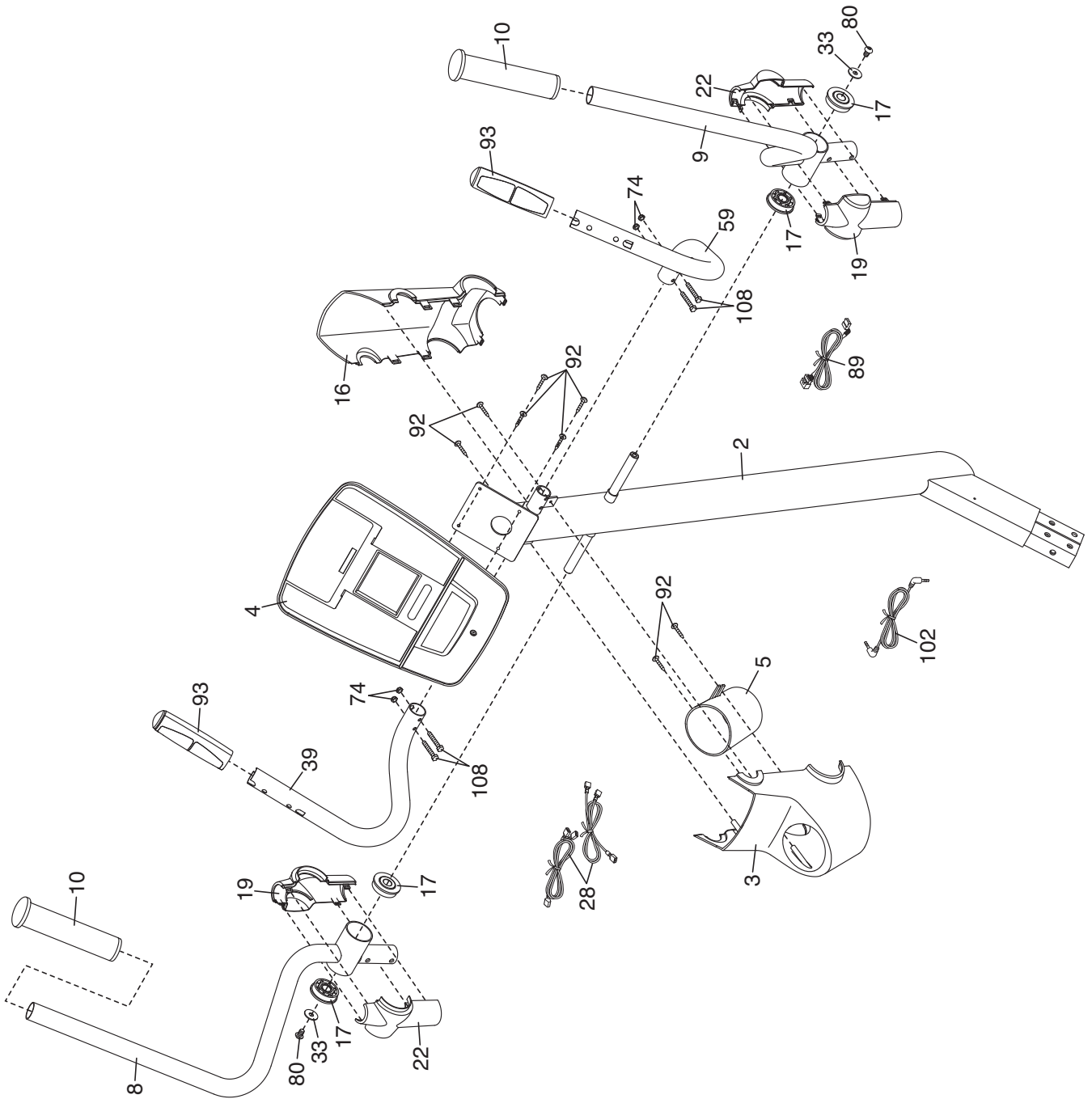
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Flywheel
2	1	Upright	52	1	Idler
3	1	Rear Upright Cover	53	1	C-magnet
4	1	Console	54	1	Resistance Motor
5	1	Water Bottle Holder	55	1	Motor Bracket
6	1	Right Upper Body Leg	56	1	Upper Arm
7	1	Resistance Wheel	57	1	Clamp
8	1	Left Upper Body Arm	58	1	Reed Switch/Wire
9	1	Right Upper Body Arm	59	1	Right Handlebar
10	2	Foam Grip	60	2	Key
11	1	Left Upper Body Leg	61	2	M10 Locknut
12	1	Left Pedal	62	1	Crank
13	1	Right Pedal	63	2	Foot
14	1	Left Pedal Arm	64	1	Flywheel Axle
15	1	Left Pedal Bracket	65	1	C-magnet Bolt
16	1	Front Upright Cover	66	1	Idler Bolt
17	4	Small Bushing Set	67	2	Key Screw
18	1	Left Link Arm Cover	68	2	Crank Arm Screw
19	2	Pivot Cover A	69	4	Resistance Motor Bolt
20	4	Outer Leg Cover	70	1	Rear Stabilizer
21	1	Right Pedal Bracket	71	2	Motor Bracket Screw
22	2	Pivot Cover B	72	1	Drive Belt Adjustment Screw
23	2	Pedal Leg Axle	73	1	Front Stabilizer
24	2	Crank Assembly	74	5	M6 Locknut
25	14	M4 x 19mm Screw	75	2	Outer Adjustment Bracket
26	2	Pedal Disc	76	4	M8 x 45mm Button Bolt
27	4	M8 Split Washer	77	4	M8 Locknut
28	2	Pulse Wire	78	2	Inner Adjustment Bracket
29	4	Large Bearing Set	79	5	M10 x 20mm Patch Screw
30	6	Pedal Arm Cap	80	8	M8 x 18mm Patch Screw
31	2	1/2" Barrel Nut	81	8	M8 x 15mm Button Screw
32	1	Left Front Shield	82	4	M10 x 95mm Patch Screw
33	10	M8 Washer	83	1	M5 x 7mm Screw
34	1	Adjustment Lock	84	12	M6 x 12mm Screw
35	1	Adjustment Nut	85	4	M6 x 16mm Screw
36	1	Lower Arm	86	4	M4 x 38mm Screw
37	1	Right Front Shield	87	1	M3.5 x 12mm Screw
38	2	Crank Bearing	88	1	Pivot Screw
39	1	Left Handlebar	89	1	Upper Wire Harness
40	4	Snap Ring	90	1	M4 x 12mm Screw
41	2	Magnet	91	4	Bushing Set
42	1	Wire Harness	92	17	M4 x 16mm Screw
43	1	M6 Washer	93	2	Pulse Sensor/Wire
44	1	Left Shield	94	1	Flywheel Bearing
45	1	Right Shield	95	2	Leveling Knob
46	1	Drive Belt	96	2	M8 Jam Nut
47	2	Leveling Foot	97	1	Right Stabilizer Cap
48	2	Rear Stabilizer Cap	98	1	Left Stabilizer Cap
49	1	Right Pedal Arm	99	2	1/2" x 19mm Screw
50	2	Wheel	100	4	M6 Small Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Pedal Leg Cap	108	4	M6 x 38mm Bolt
102	1	Audio Cable	109	5	M10 Split Washer
103	4	Adjustment Cover	110	1	Pulley
104	4	Pedal Leg Bushing	111	1	Right Link Arm Cover
105	4	Adjustment Bushing	*	–	User's Manual
106	2	Adjustment Roller	*	–	Assembly Tool
107	2	Roller Axle	*	–	Grease Packet

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.

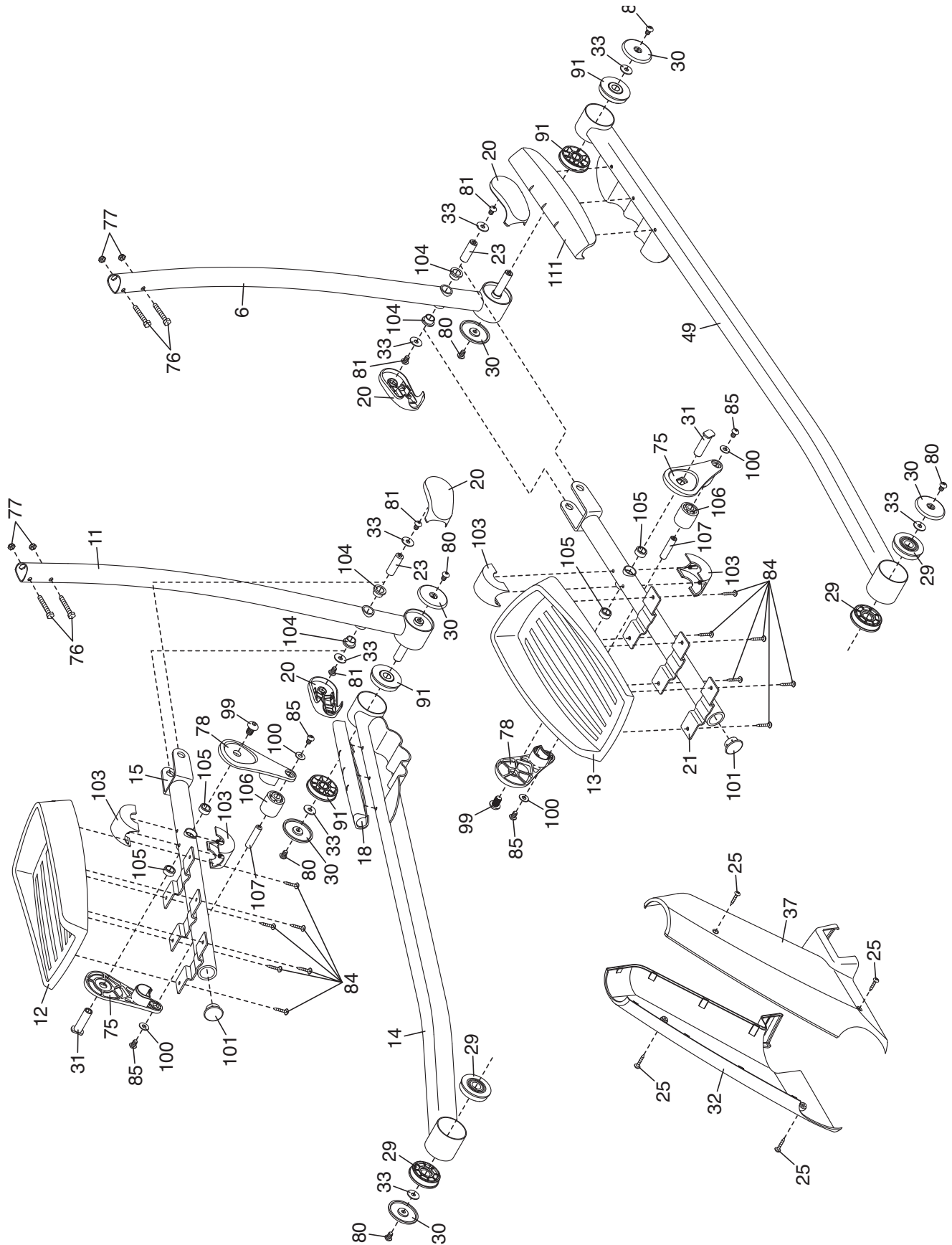
EXPLODED DRAWING A—Model No. PFEL70609.0

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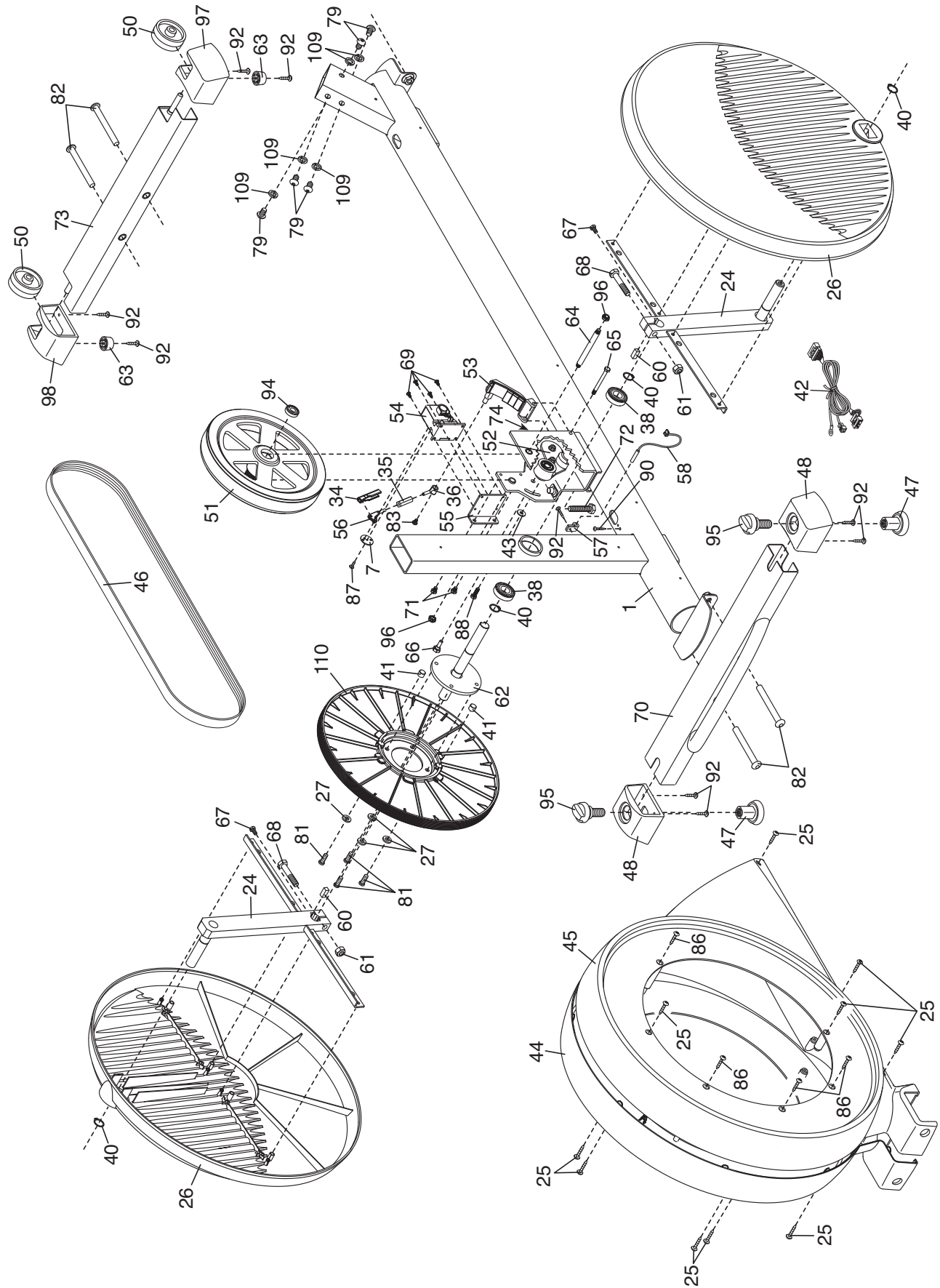
EXPLODED DRAWING B—Model No. PFEL70609.0

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EXPLODED DRAWING C—Model No. PFEL70609.0

R0809A



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

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

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

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

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of 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 are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

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