

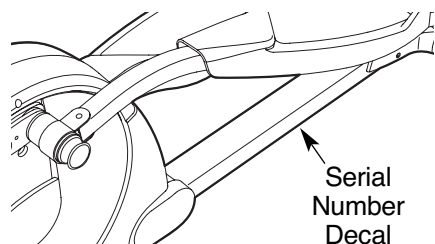
PRO-FORM®

SpaceSaver 600

Model No. PFEL55907.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

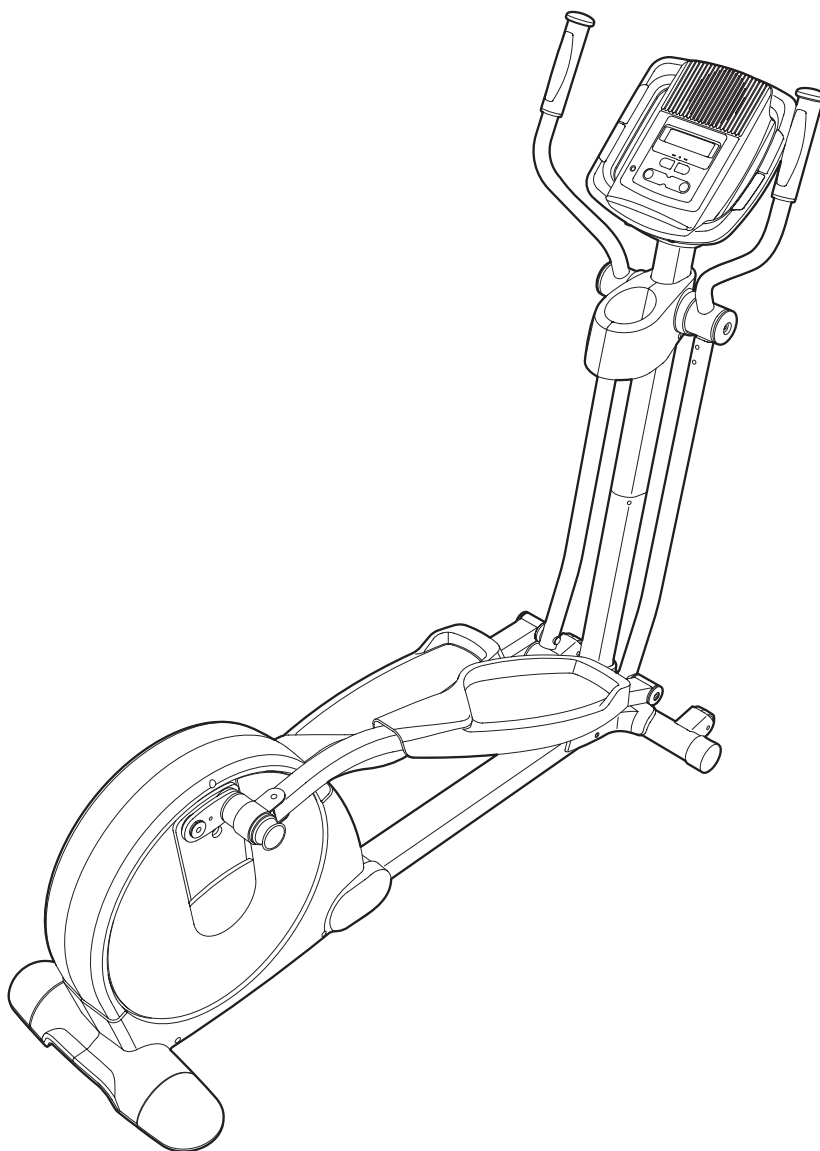
1-888-533-1333

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

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.



Visit our website at

www.proform.com

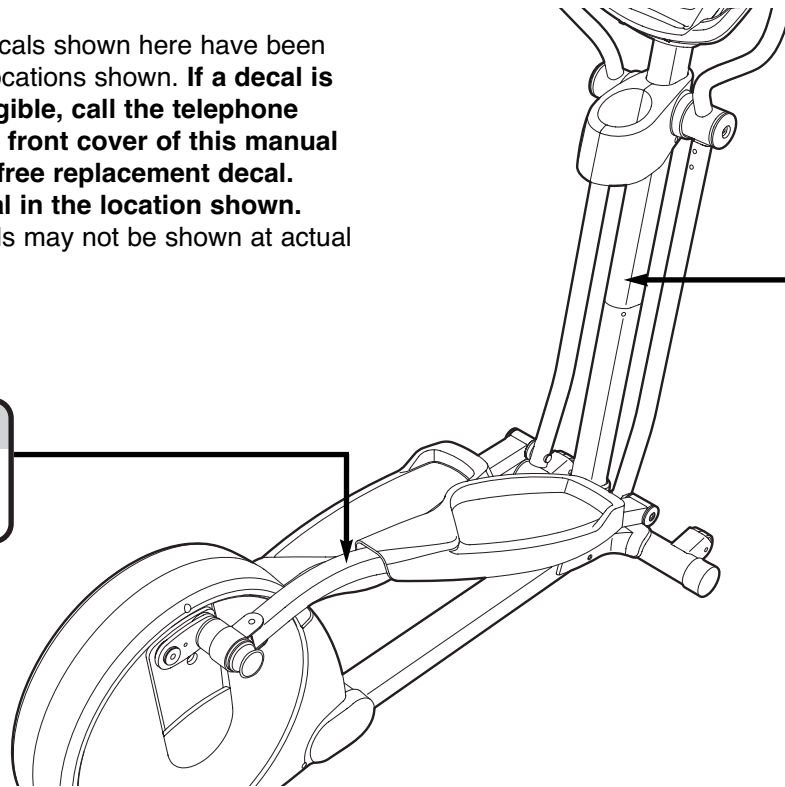
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The warning decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**
 Note: The decals may not be shown at actual size.



WARNING

Use of this machine may result in serious injury if user's manual is not used and follow instructions and cautions. Do not allow children around machine. Do not continue to use when you stop pedaling. Moving pedals can cause injury. Use pedal speed in a controlled manner. Maximum weight must not exceed 275 pounds. Replace label if faded, illegible, or missing.



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 the age of 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 enough clearance around your elliptical exerciser to mount, dismount, and use it.
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 275 lbs. (124 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. When you stop exercising, allow the pedals to slowly come to a stop.
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

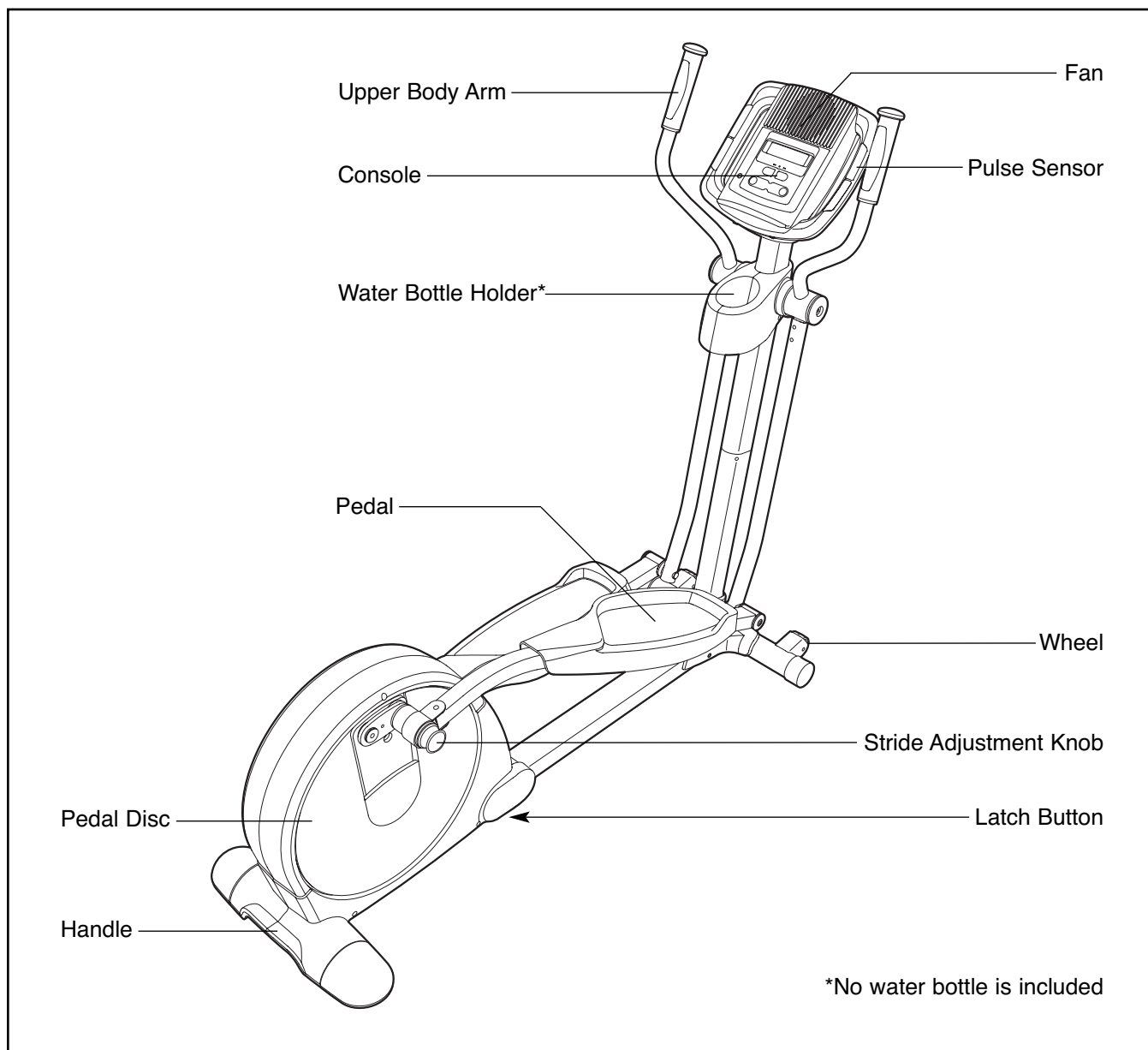
Thank you for purchasing the revolutionary PROFORM® SPACESAVER 600 elliptical exerciser. The SPACESAVER 600 elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable—and when you're not exercising, the unique elliptical exerciser can be folded out of the way.

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.

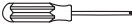


To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.proformservice.com/registration.

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

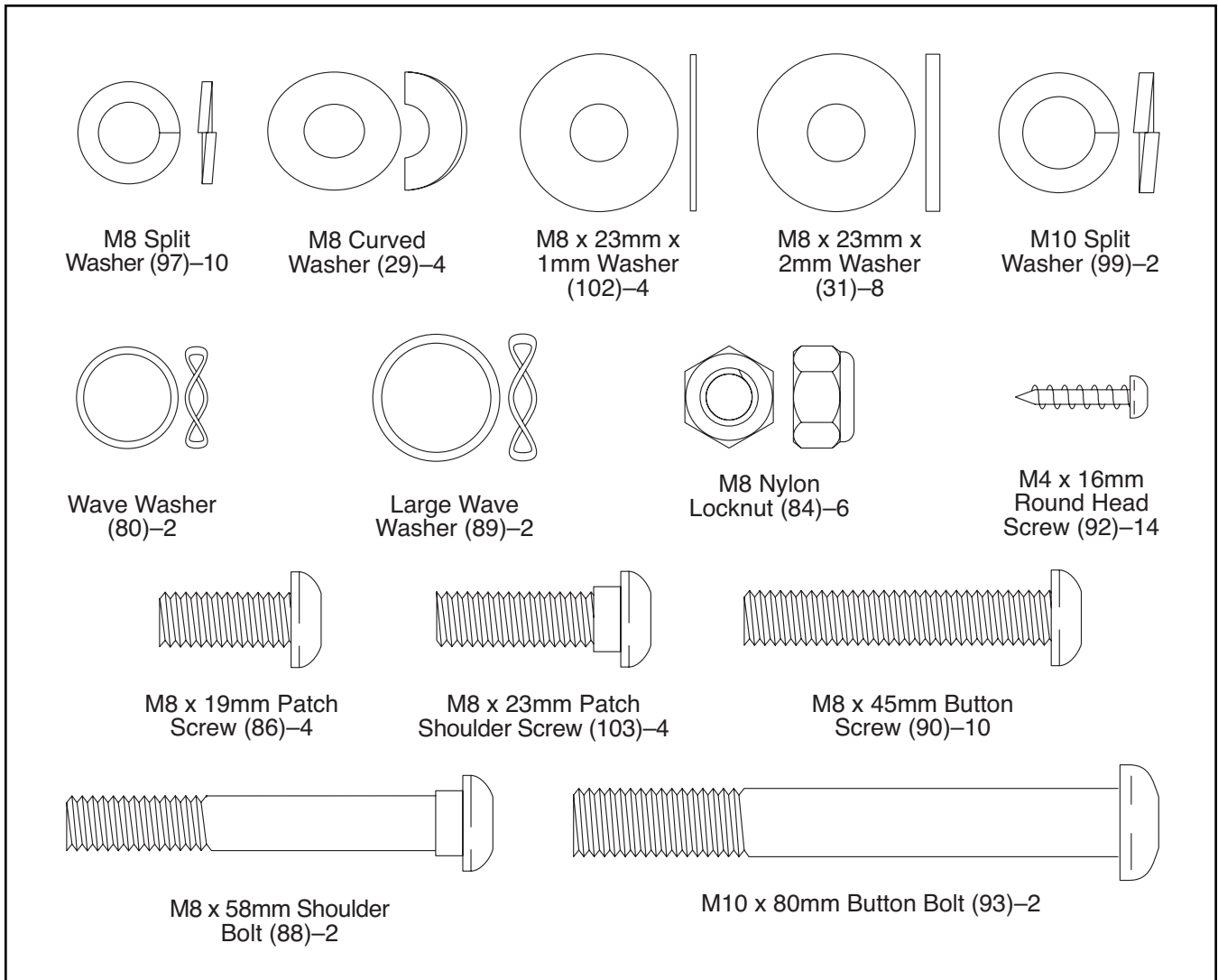


ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

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 hex keys, assembly requires a Phillips screwdriver** , **an adjustable wrench** , **and a rubber mallet** .

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: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**

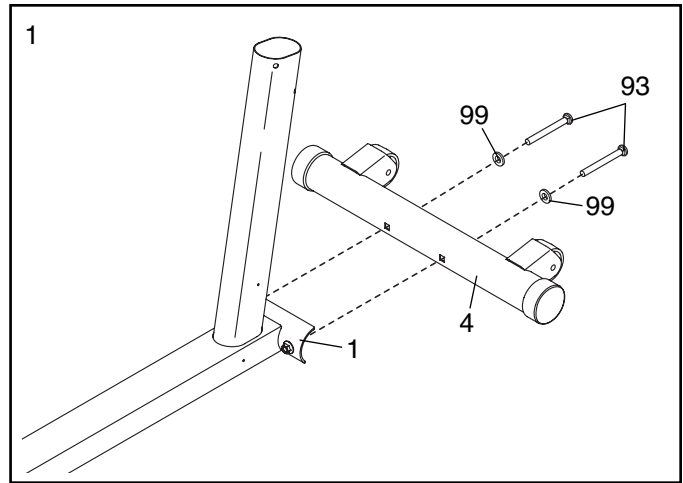


1.

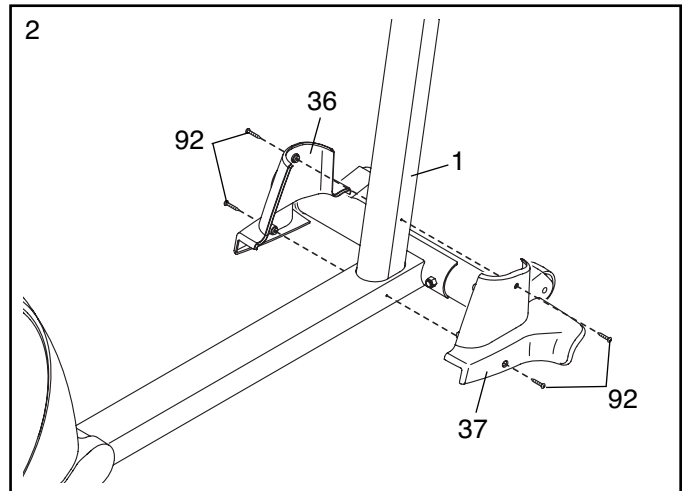
To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

See HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER on page 12 and unfold the elliptical exerciser.

While another person lifts the front of the Frame (1), attach the Front Stabilizer (4) to the Frame with two M10 x 80mm Button Bolts (93) and two M10 Split Washers (99).

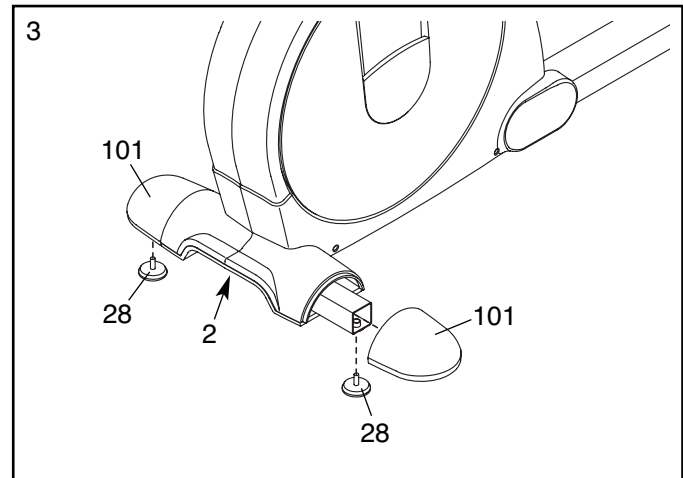


2. Attach the Left and Right Frame Covers (36, 37) around the Frame (1) with four M4 x 16mm Round Head Screws (92).



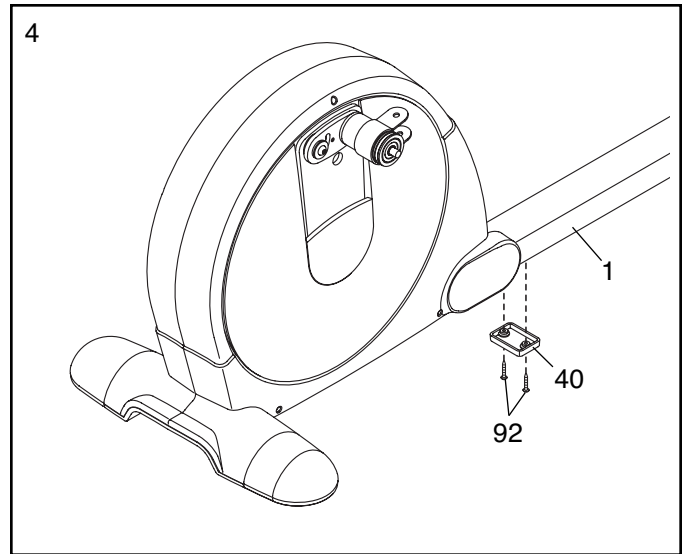
3. While another person lifts the rear of the Folding Frame (2), slide a Rear Stabilizer Endcap (101) onto each side of the Folding Frame.

Turn the two Leveling Feet (28) into the underside of the Folding Frame (2) to attach the Rear Stabilizer Endcaps (101).



4. Attach the Center Foot (40) to the Frame (1) with two M4 x 16mm Round Head Screws (92).

Then, return the elliptical exerciser to the upright position.

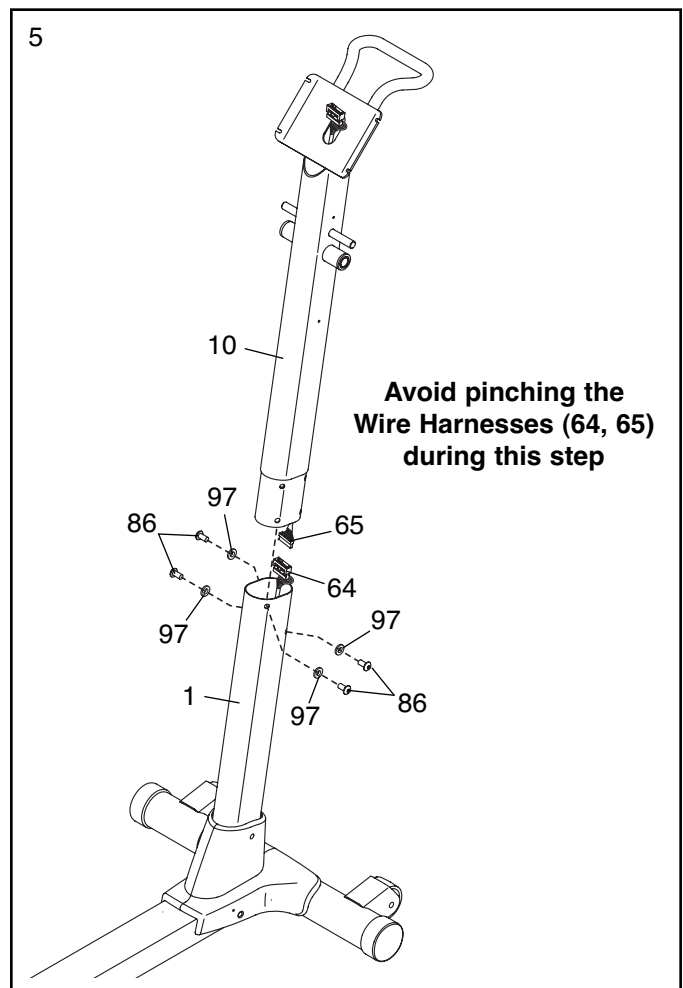


5. **Tip: Avoid pinching the Wire Harnesses (64, 65) during this step.**

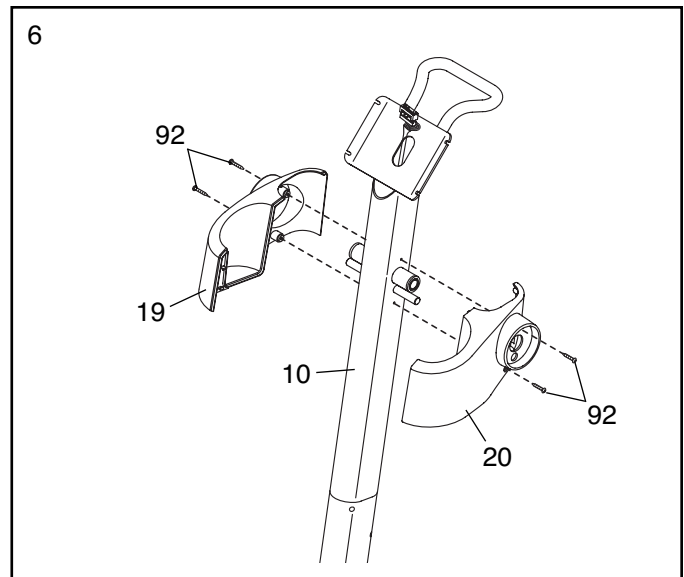
While another person holds the Upright (10) near the Frame (1), connect the Upper Wire Harness (65) to the Lower Wire Harness (64).

Then, insert the Upright (10) into the Frame (1). Attach the Upright with four M8 x 19mm Patch Screws (86) and four M8 Split Washers (97).

Tip: Start all the Patch Screws before tightening any of them.



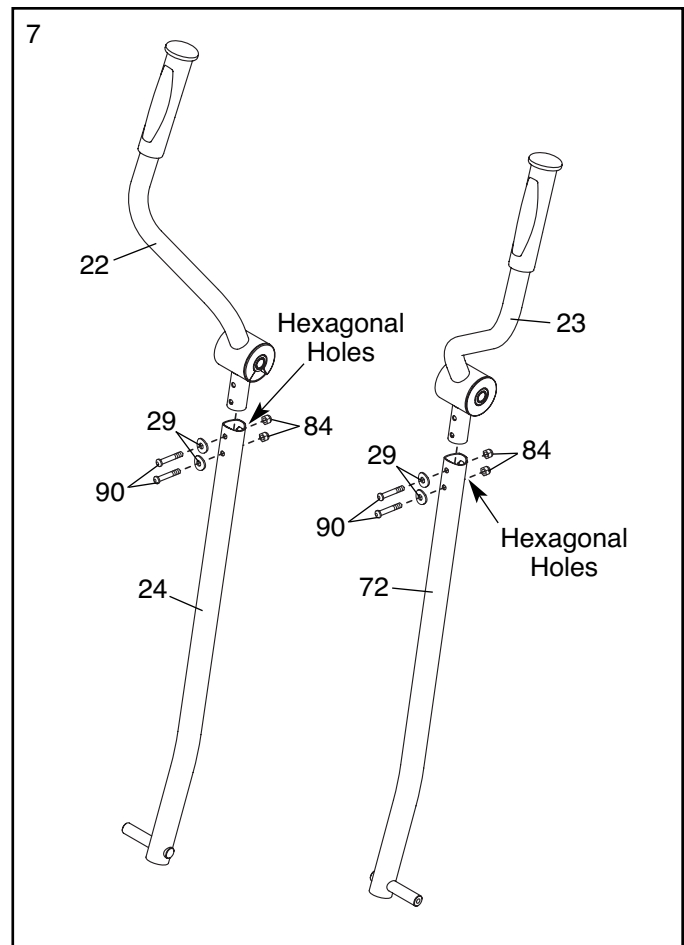
6. Orient the Left and Right Upright Covers (19, 20) as shown. Then, attach the Upright Covers around the Upright (10) with four M4 x 16mm Round Head Screws (92).



7. Identify the Left Upper Body Arm (22) and the Left Upper Body Leg (24), which are marked with "L" stickers, and orient them as shown. Make sure that the hexagonal holes are in the indicated location.

Attach the Left Upper Body Arm (22) to the Left Upper Body Leg (24) with two M8 x 45mm Button Bolts (90), two M8 Curved Washers (29), and two M8 Nylon Locknuts (84); **make sure that the Nylon Locknuts are inside the hexagonal holes.**

Repeat this step to attach the Right Upper Body Arm (23) to the Right Upper Body Leg (72).



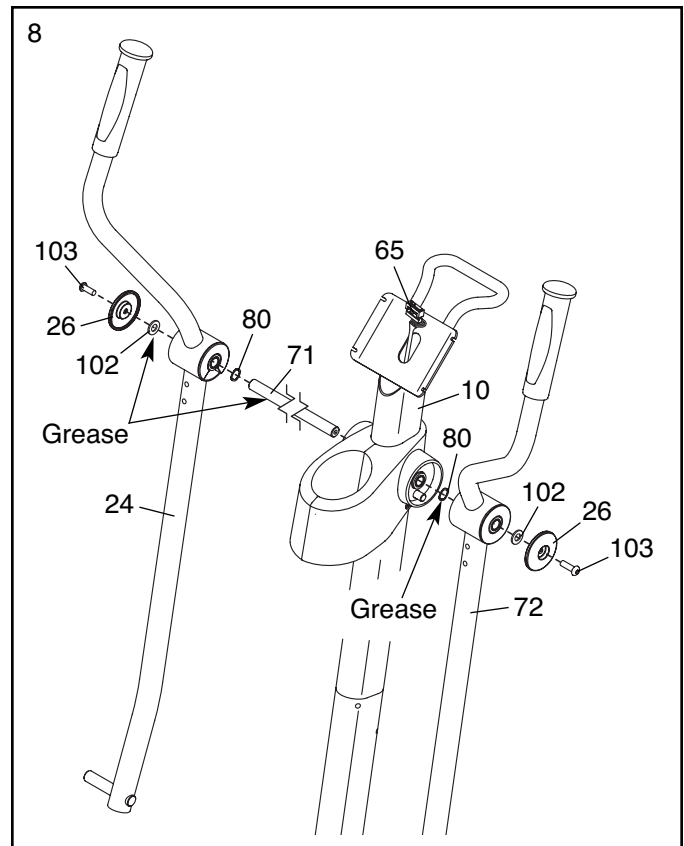
8. Apply a generous amount of the included grease to the Upper Body Axle (71). Insert the Upper Body Axle into the Upright (10). **Be careful not to damage the Upper Wire Harness (65).**

Apply a small amount of grease to a Wave Washer (80) and to an M8 x 23mm x 1mm Washer (102). Slide the Wave Washer onto the left end of the Upper Body Axle (71).

Identify the Left Upper Body Leg (24), which is marked with an "L" sticker, and orient it as shown. Slide the Left Upper Body Leg onto the left side of the Upper Body Axle (71).

Attach the Left Upper Body Leg (24) to the Upper Body Axle (71) with an M8 x 23mm Patch Shoulder Screw (103), an Outer Upper Body Cover (26), and an M8 x 23mm x 1mm Washer (102).

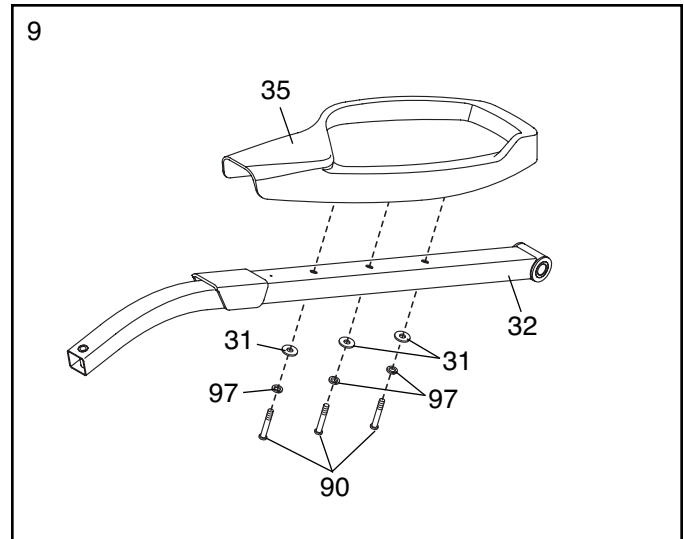
Repeat this step for the Right Upper Body Leg (72).



9. Identify the Right Pedal (35), which is marked with an "R" sticker. Orient the Right Pedal and a Pedal Arm (32) as shown.

Attach the Right Pedal (35) to the Pedal Arm (32) with three M8 x 45mm Button Screws (90), three M8 Split Washers (97), and three M8 x 23mm x 2mm Washers (31).

Repeat this step to attach the Left Pedal (not shown) to the other Pedal Leg (not shown).

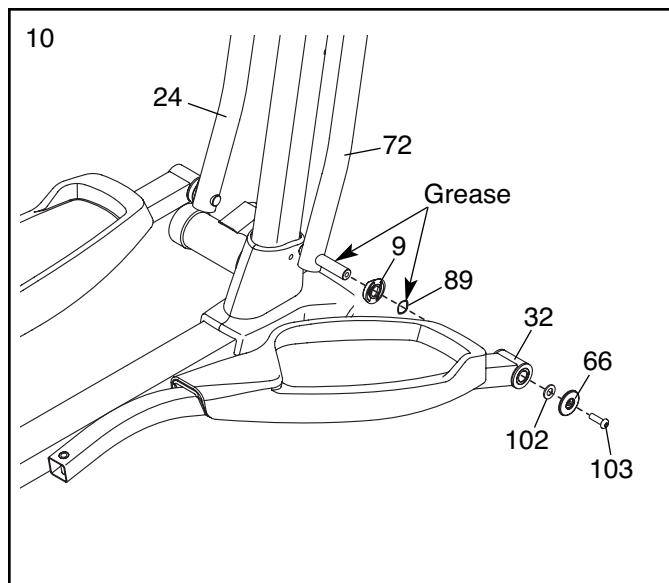


10. Apply a small amount of grease to the axle on the Right Upper Body Leg (72) and to a Large Wave Washer (89).

Slide an Upper Body Leg Spacer (9) onto the Right Upper Body Leg (72); **make sure that the flat side of the Upper Body Leg Spacer is facing outward**. Then, slide the Large Wave Washer (89) and the right Pedal Arm (32) onto Right Upper Body Leg.

Attach the right Pedal Arm (32) with an M8 x 23mm Patch Shoulder Screw (103), an Axle Cover (66), and an M8 x 23mm x 1mm Washer (102).

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

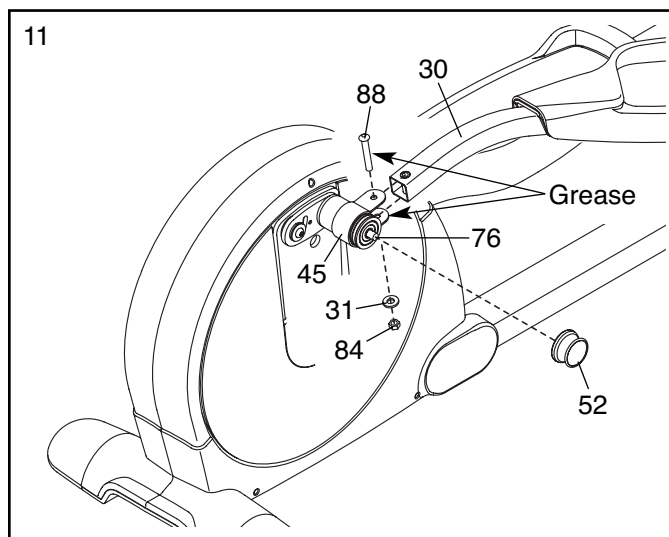


11. Apply a small amount of grease to an M8 x 58mm Shoulder Bolt (88) and to the right Link Arm Bracket (45).

Insert the right Link Arm (30) into the right Link Arm Bracket (45). Attach the Link Arm with the M8 x 58mm Shoulder Bolt (88), an M8 x 23mm x 2mm Washer (31), and an M8 Nylon Locknut (84).

Tighten an Adjustment Knob (52) onto the right Adjustment Pin (76).

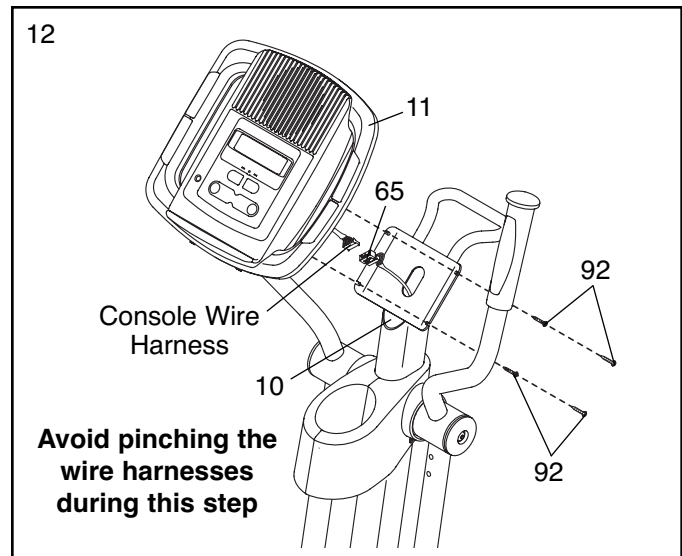
Repeat this step for the other side of the elliptical exerciser.



12. **Tip: Avoid pinching the wire harnesses during this step.**

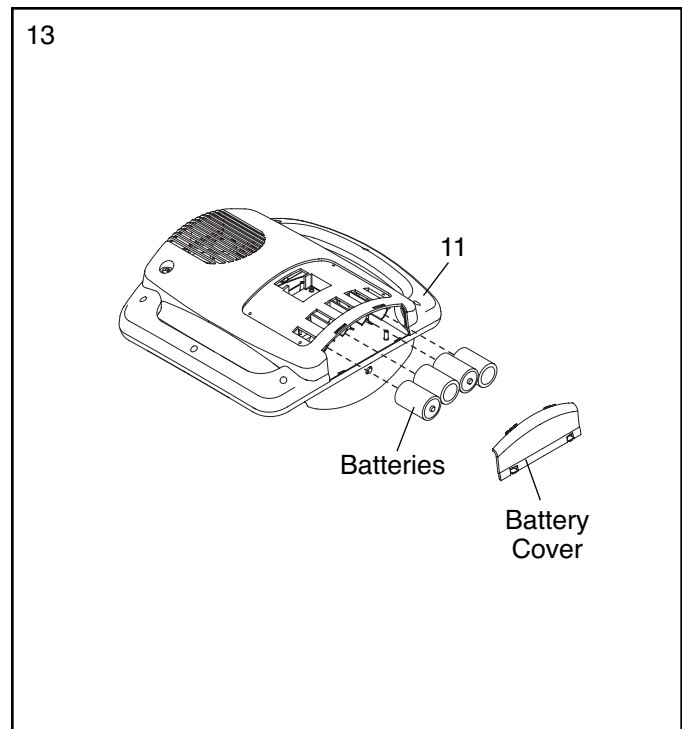
While another person holds the Console (11) near the Upright (10), connect the console wire harness to the Upper Wire Harness (65).

Attach the Console (11) to the Upright (10) with four M4 x 16mm Round Head Screws (92).



13. The Console (11) can be operated with four 1.5V "D" batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the battery cover and insert four batteries into the Console. Make sure that the batteries are oriented as shown at the right. Then, reattach the battery cover.

The Console (11) can also be operated with an optional power supply (not included). **To purchase a power supply, call the telephone number on the front cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power supply.** Plug one end of the power supply into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.

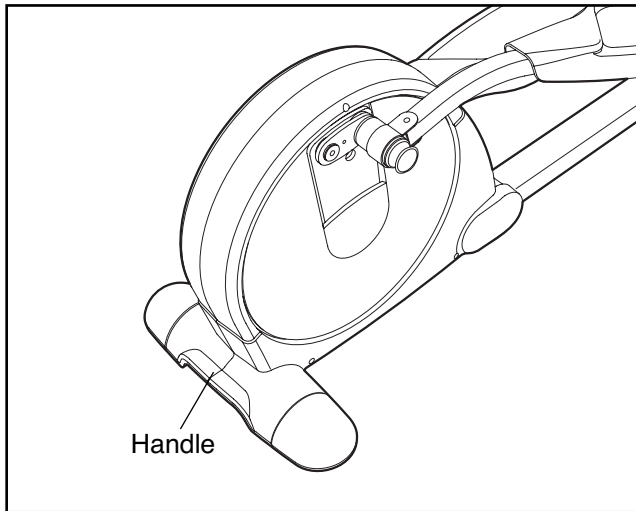


14. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

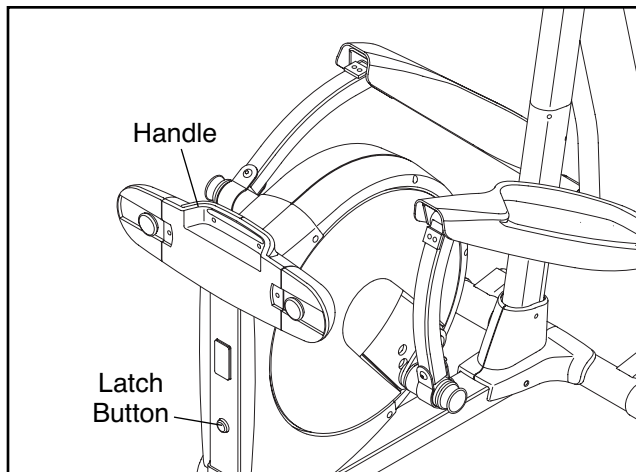
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. To fold the elliptical exerciser, lift the handle on the rear of the elliptical exerciser until the elliptical exerciser locks into the vertical position.

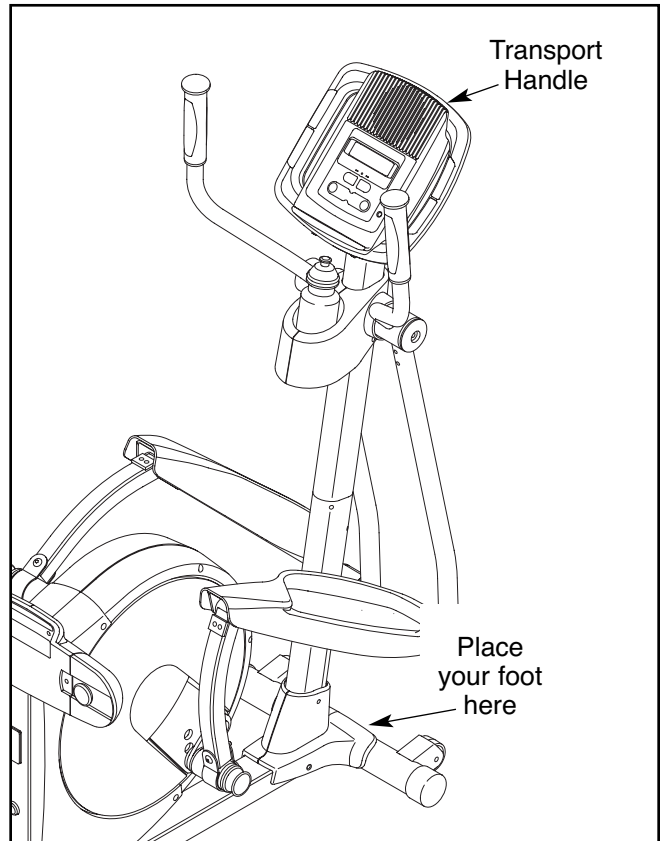


To unfold the elliptical exerciser, hold the handle, press the latch button, and then lower the frame to the floor.



HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described at the left. Next, stand in front of the elliptical exerciser and place one foot against the center of the front stabilizer. Pull the transport handle backward until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired position, and then lower it.

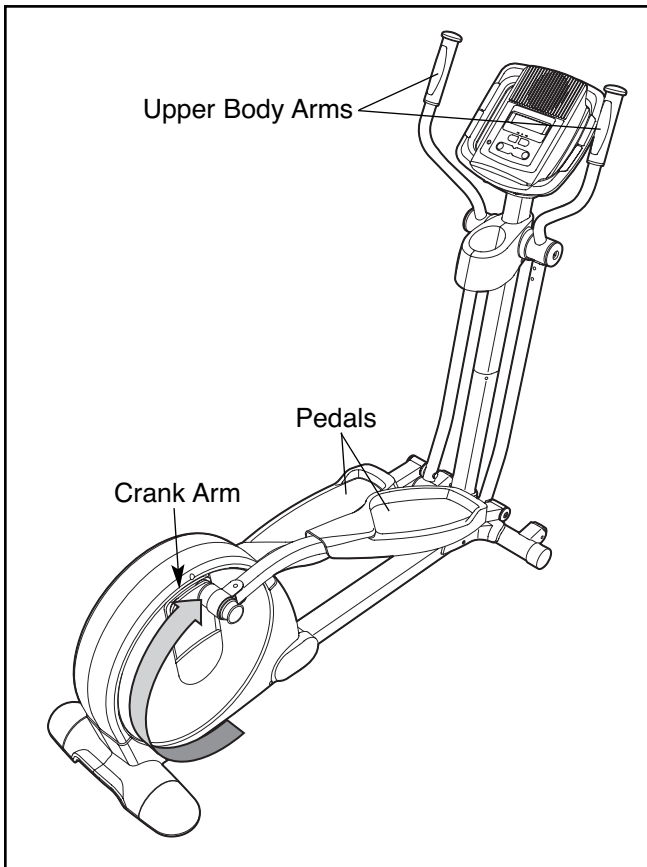


HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

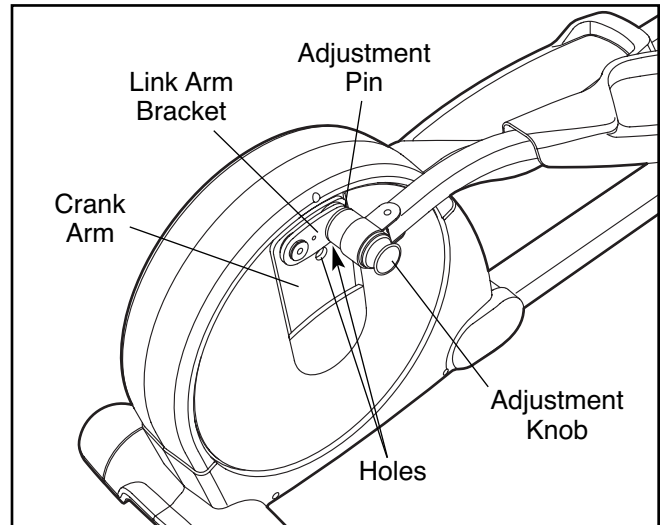
Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow at the right; however, for variety you can turn the crank arms in the opposite direction.

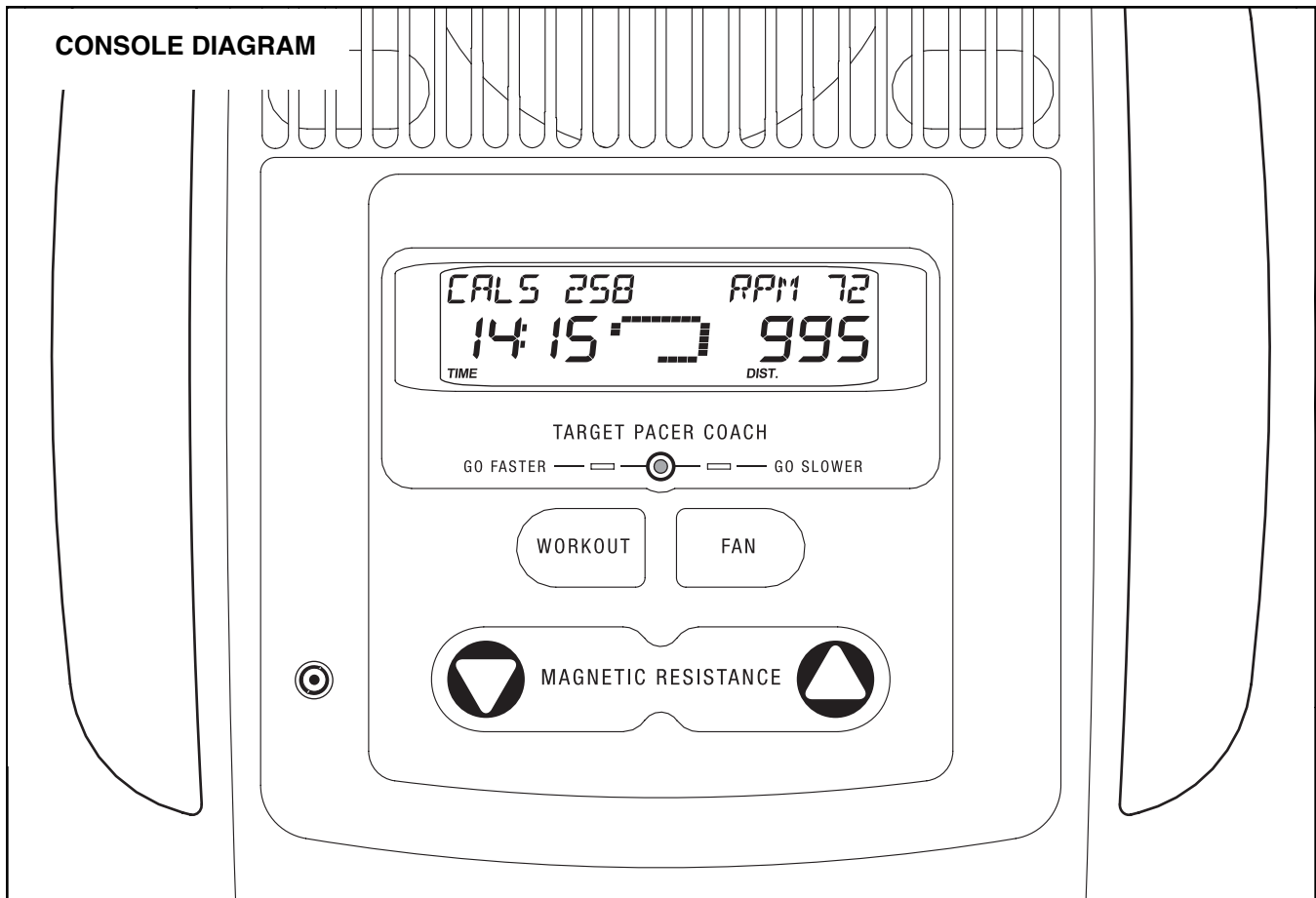
To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL EXERCISER

To adjust the stride of the elliptical exerciser, first pull one of the adjustment knobs until the link arm bracket pivots freely. Pivot the link arm bracket until the adjustment knob is aligned with one of the holes in the crank arm, and gently release the knob. Then, pivot the link arm bracket back and forth slightly to make sure that the adjustment pin is engaged in one of the holes in the crank arm. **Adjust the other side of the elliptical exerciser in the same way.**





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 resistance of the pedals with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console offers six interactive cross training workouts designed to help you to burn calories and enhance your cardiovascular system while toning and strengthening your muscles. The cross training workouts automatically control the resistance of the pedals and prompt you to perform a variety of strength exercises during your workout. Note: The strength exercises

require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the telephone number on the front cover of this manual.**

The console also offers four preset workouts that automatically change the resistance of the pedals and prompt you to vary your pace while guiding you through an effective workout.

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

To use the manual mode of the console, follow the steps beginning on page 15. **To use a cross training workout**, see page 16. **To use a preset workout**, see page 18. **To use the sound system**, see page 18.

HOW TO USE THE MANUAL MODE

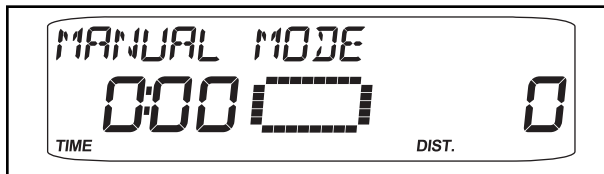
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. Press the Magnetic Resistance decrease button or begin pedaling to turn on the console.

A moment after you turn on the console, the displays will light.

2. Select the manual mode.

Each time you turn on the console, the manual mode will be selected automatically. If you have selected a workout, reselect the manual mode by pressing the Workout button repeatedly until the words MANUAL MODE appear in the upper display.

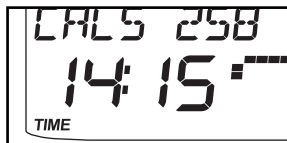


3. Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Magnetic Resistance increase and decrease buttons repeatedly. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the displays.

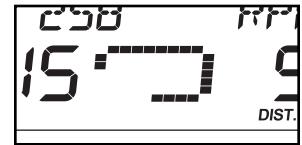
The left display—This display will show the elapsed time. Note: When you select a workout, the display will show the time remaining in the workout instead of the elapsed time.



The left display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on this page).

When you select a workout, the left display will also show the approximate number of calories you have burned.

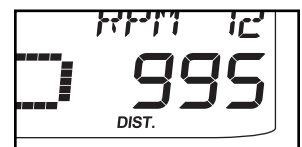
The center display—When you select the manual mode, the center display will show a track that represents 640 revolutions. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The center display will also show the resistance level of the pedals for a few seconds each time the resistance level changes.



The right display—This display will show the distance (total revolutions) you have pedaled.



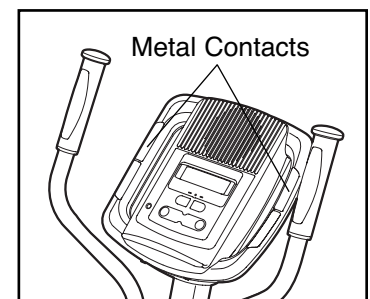
When you select a workout, the right display will also show your pedaling pace, in revolutions per minute (rpm).

The upper display—When you select the manual mode, the upper display will show the approximate number of calories you have burned and your pedaling pace, in revolutions per minute (rpm).



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 heart-shaped symbol will flash in the left display. Each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. 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 your heart rate is not shown, 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. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

Pivot the thumb tab on the right side of the fan to adjust the fan angle.



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

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for about five minutes, the console will turn off and the display will be reset.

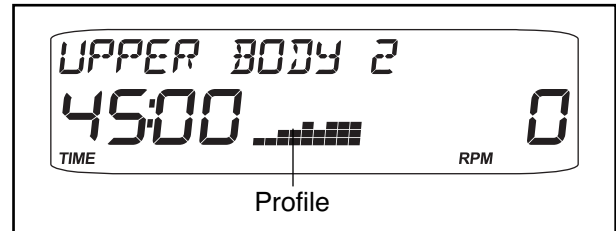
HOW TO USE A CROSS TRAINING WORKOUT

1. Turn on the console.

See step 1 on page 15.

2. Select a cross training workout.

To select one of the six cross training workouts, press the Workout button repeatedly until the name of an UPPER BODY, LOWER BODY, or TOTAL BODY workout appears in the upper display.



When you select a cross training workout, the name of the workout and the workout time will appear in the displays and a profile of the resistance levels of the workout will scroll across the center display.

3. Begin pedaling to start the workout.

Each workout is divided into 25, 30, or 45 one-minute segments. One resistance level and one target rpm (revolutions per minute) setting are programmed for most segments. (Note: The same resistance level and/or target rpm setting may be programmed for consecutive segments.) During other segments, the console will prompt you to perform strength exercises.

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.

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When the words PEDAL FASTER appear in the upper display or the GO FASTER indicator on the target pacer coach is lit, increase your pace. When the words PEDAL SLOWER appear or the GO SLOWER indicator is lit, decrease your pace. When the words PEDALING IN RANGE appear or when the center indicator is lit, maintain your current pace.



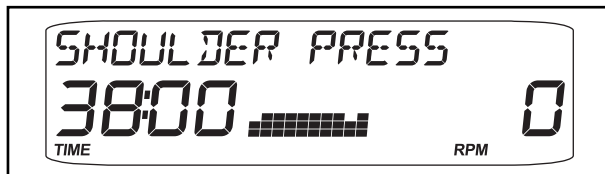
Important: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Magnetic Resistance decrease and increase buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

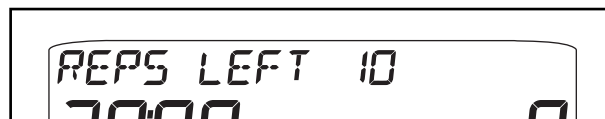
If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. Perform the first strength exercise when prompted.

When the first strength exercise segment begins, the name of the first strength exercise will appear in the upper display for a few seconds. The time will pause and flash in the left display.



Next, the upper display will show the recommended number of repetitions for the first strength exercise.

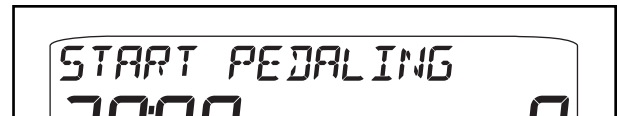


Step off the elliptical exerciser and prepare to begin the first strength exercise. Every few seconds, the console will sound a tone; when a tone sounds, perform one repetition of the exercise. Exercise with a slow, steady motion; do not perform more than one repetition each time a tone sounds. The display will count down the repetitions as you perform them.

Note: Refer to a weight training manual or exercise guide if you are unfamiliar with the correct form for each strength exercise. When performing lunges, alternate legs with each repetition. When performing dumbbell rows, perform half the repetitions with your right arm and half the repetitions with your left arm. The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the telephone number on the front cover of this manual.**

5. Continue the cross training workout.

When you have performed the recommended number of repetitions, the words START PEDALING will appear in the upper display. To continue the cross training workout, step onto the elliptical exerciser and start pedaling. The pedals will automatically adjust to the resistance level for the next segment.



The workout will continue in this way until the last segment ends. Then, the words PROGRAM DONE will appear in the upper display.

6. Follow your progress with the displays.

See step 4 on page 15.

7. Measure your heart rate if desired.

See step 5 on page 15.

8. Turn on the fan if desired.

See step 6 on page 16.

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

See step 7 on page 16.

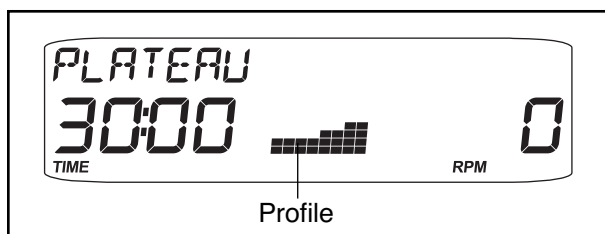
HOW TO USE A PRESET WORKOUT

1. Turn on the console.

See step 1 on page 15.

2. Select a preset workout.

To select one of the four preset workouts, press the Workout button repeatedly until the words QUICK CARDIO, PLATEAU, INTERVAL, or HILL appear in the upper display.



When you select a preset workout, the name of the workout and the workout time will appear in the displays and a profile of the resistance levels of the workout will scroll across the center display.

3. Begin pedaling to start the workout.

The workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target rpm setting are programmed for each segment. Note: The same resistance level and/or target rpm (revolutions per minute) setting may be programmed for consecutive segments. The displays for a preset workout will work in the same way as the displays for a cross training workout (see step 3 on pages 16 and 17).

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When the words PEDAL FASTER appear in the upper display or the GO FASTER indicator on the target pacer coach is lit, increase your pace. When the words PEDAL SLOWER appear or the GO SLOWER indicator is lit, decrease your pace. When the words PEDALING IN RANGE appear or when the center indicator is lit, maintain your current pace.



Important: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Magnetic Resistance decrease and increase buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

When the last segment of the workout ends, the words PROGRAM DONE will appear in the upper display.

4. Follow your progress with the displays.

See step 4 on page 15.

5. Measure your heart rate if desired.

See step 5 on page 15.

6. Turn on the fan if desired.

See step 6 on page 16.

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

See step 7 on page 16.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug an audio cable (not included) 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 of the speaker 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.

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.**

BATTERY REPLACEMENT

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 13 on page 11 for replacement instructions.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

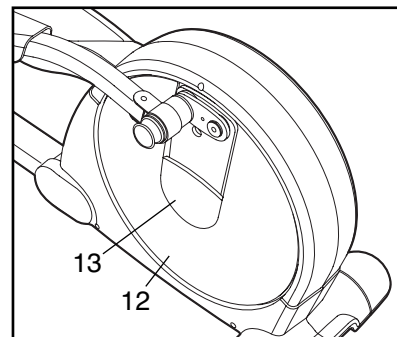
If the handgrip pulse sensor does not function properly, see step 5 on page 15.

HOW TO ADJUST THE BELT

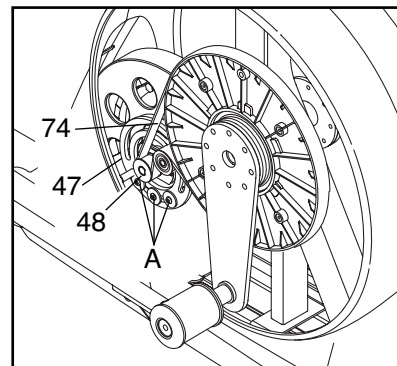
If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the belt may need to be adjusted. To adjust the belt, first see assembly steps 10 and 11 on page 10 and remove the left pedal arm and the left link arm.

Next, carefully pry the left Disc Cover (13) loose using a flat screwdriver.

Then, remove the four screws (not shown) from the center of the left Disc (12). Gently rotate the Disc Cover and the Disc away from the elliptical exerciser.



Loosen, but do not remove, the three indicated screws (A). Insert the shaft of a screwdriver downward between the Idler (47) and the Idler Pulley (48). Pull the top of the screwdriver toward the front of the elliptical exerciser until the Belt (74) is tight. Then, tighten the three screws.



Reattach the left disc with the four screws and then reattach the left disc cover. Next, see assembly steps 10 and 11 on page 10 and reattach the left pedal arm and the left link arm.

EXERCISE GUIDELINES

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

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

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

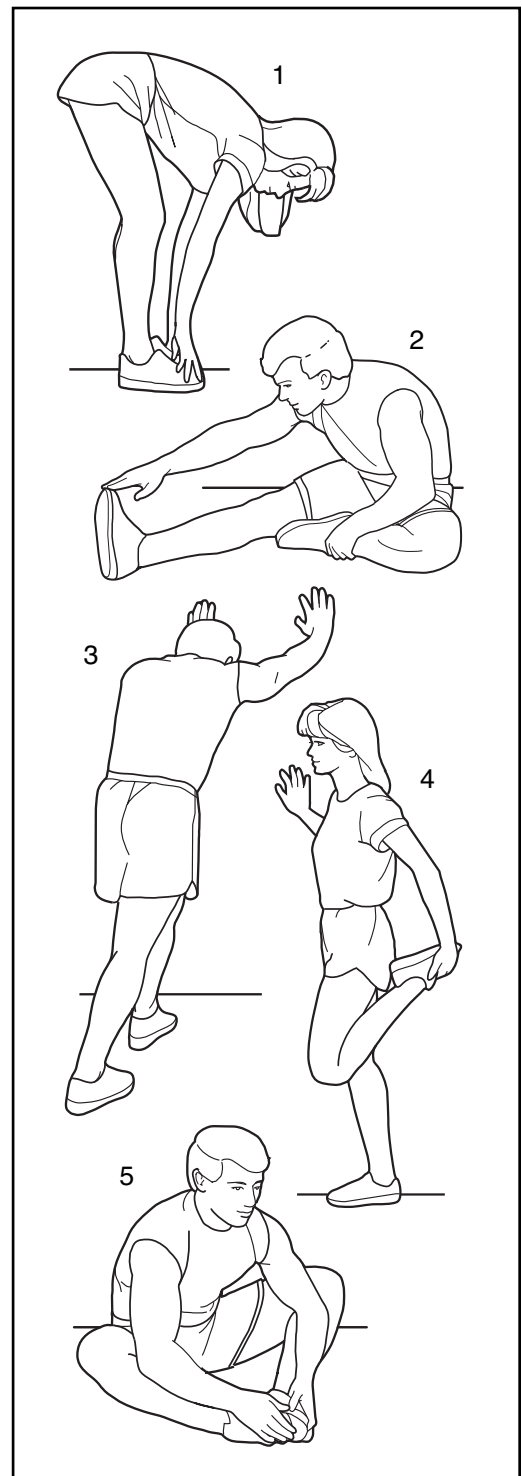
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

NOTES

PART LIST—Model No. PFEL55907.0

R0108A

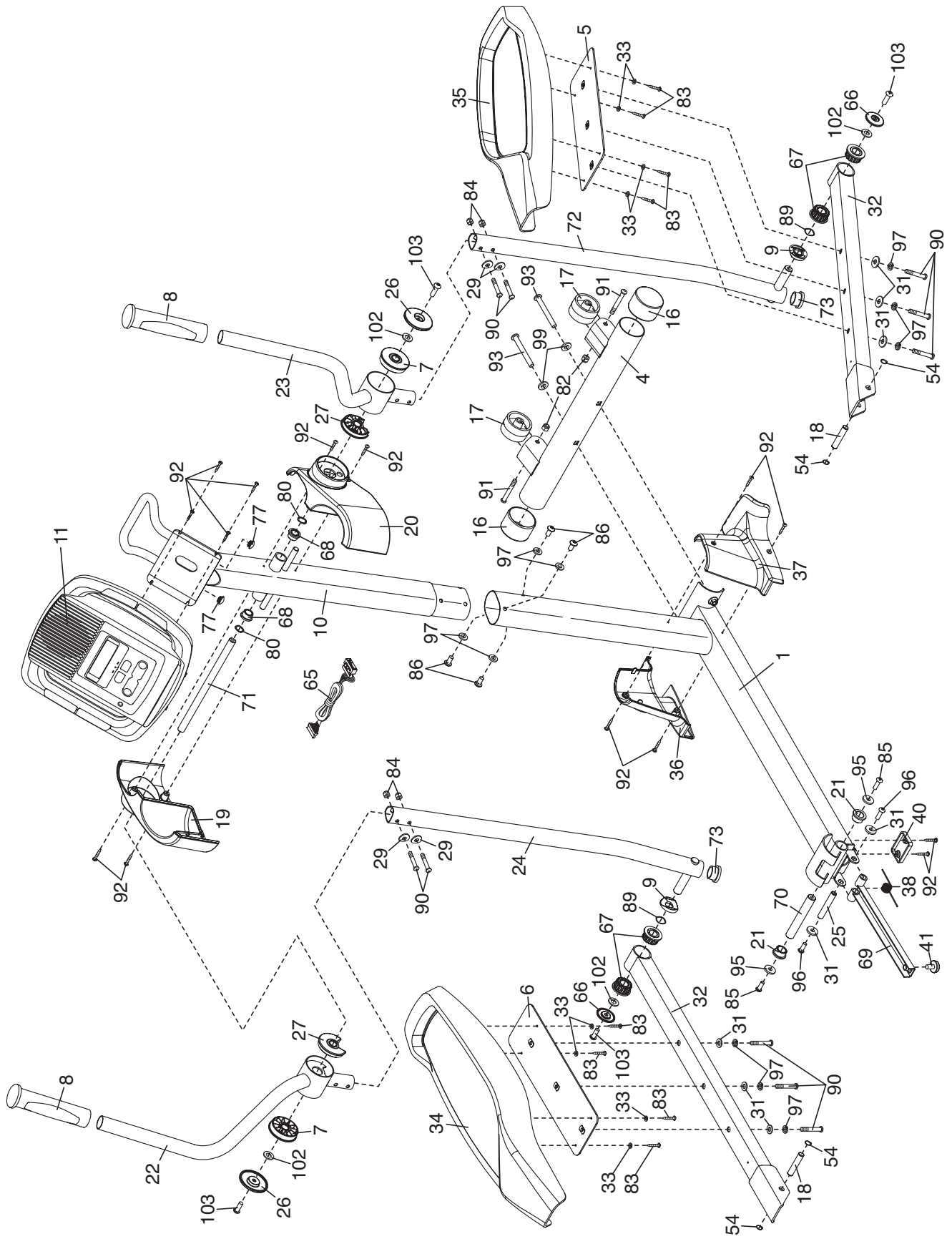
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	2	Adjustment Arm
2	1	Folding Frame	47	1	Idler
3	1	Rear Stabilizer	48	1	Idler Pulley
4	1	Front Stabilizer	49	1	Resistance Motor
5	1	Right Pedal Bracket	50	1	Reed Switch/Wire
6	1	Left Pedal Bracket	51	1	Clamp
7	2	Upper Bushing Assembly	52	2	Adjustment Knob
8	2	Upper Body Arm Endcap	53	4	Pivot Arm Bushing
9	2	Upper Body Leg Spacer	54	4	Link Snap Ring
10	1	Upright	55	1	Left Crank Arm
11	1	Console	56	1	Crank Arm Spacer
12	2	Disc	57	1	Large Pulley
13	2	Disc Cover	58	2	Crank Flange
14	1	Left Side Shield	59	2	Crank Bearing Assembly
15	1	Right Side Shield	60	1	Crank Spacer
16	2	Front Stabilizer Endcap	61	1	Crank
17	2	Wheel	62	2	Crank Snap Ring
18	2	Link Axle	63	2	Flange Screw
19	1	Left Upright Cover	64	1	Lower Wire Harness
20	1	Right Upright Cover	65	1	Upper Wire Harness
21	2	Pivot Bushing	66	2	Axle Cover
22	1	Left Upper Body Arm	67	4	Bushing Assembly
23	1	Right Upper Body Arm	68	2	Brass Bushing
24	1	Left Upper Body Leg	69	1	Latch Bracket
25	1	Latch Axle	70	1	Pivot Axle
26	2	Outer Upper Body Cover	71	1	Upper Body Axle
27	2	Inner Upper Body Cover	72	1	Right Upper Body Leg
28	2	Leveling Foot	73	2	Upper Body Leg Endcap
29	4	M8 Curved Washer	74	1	Belt
30	2	Link Arm	75	2	Adjustment Spacer
31	12	M8 x 23mm x 2mm Washer	76	2	Adjustment Pin
32	2	Pedal Arm	77	2	Transfer Handle Endcap
33	8	M6 Washer	78	4	M4 x 16mm Screw
34	1	Left Pedal	79	4	M4 x16mm Flat Head Screw
35	1	Right Pedal	80	2	Wave Washer
36	1	Left Frame Cover	81	9	M4 x 19mm Screw
37	1	Right Frame Cover	82	2	M10 Nylon Locknut
38	1	Latch Spring	83	8	M6 x 15mm Button Screw
39	1	Frame Endcap	84	6	M8 Nylon Locknut
40	1	Center Foot	85	2	M10 x 25mm Button Screw
41	1	Latch Button	86	6	M8 x 19mm Patch Screw
42	4	Link Bearing	87	12	M8 x 28mm Button Screw
43	2	Link Arm Pad	88	2	M8 x 58mm Shoulder Bolt
44	1	Eddy Mechanism	89	4	Large Wave Washer
45	2	Link Arm Bracket	90	10	M8 x 45mm Button Bolt

Key No.	Qty.	Description	Key No.	Qty.	Description
91	2	M10 x 60mm Button Bolt	100	4	Large Snap Ring
92	14	M4 x 16mm Round Head Screw	101	2	Rear Stabilizer Endcap
93	2	M10 x 80mm Button Bolt	102	4	M8 x 23mm x 1mm Washer
94	4	M6 Nylon Locknut	103	4	M8 x 23mm Patch Shoulder Screw
95	2	M10 Washer	*	–	Audio Wire
96	2	M8 x 16mm Patch Screw	*	–	User's Manual
97	10	M8 Split Washer	*	–	Hex Key
98	1	Right Crank Arm	*	–	Grease Packet
99	2	M10 Split Washer			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. These parts are not illustrated.

EXPLODED DRAWING A—Model No. PFEL55907.0

R0108A



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

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. There is a seven (7) year warranty on the resistance mechanism and a lifetime warranty on the frame. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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