PRO-FORM®
ZE⁹

Model No. PFEL70909.1
Serial No. _____

Write the serial number in the space above for reference.

Serial Number
Decal
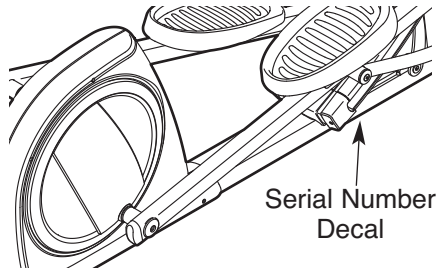
USER'S MANUAL

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.
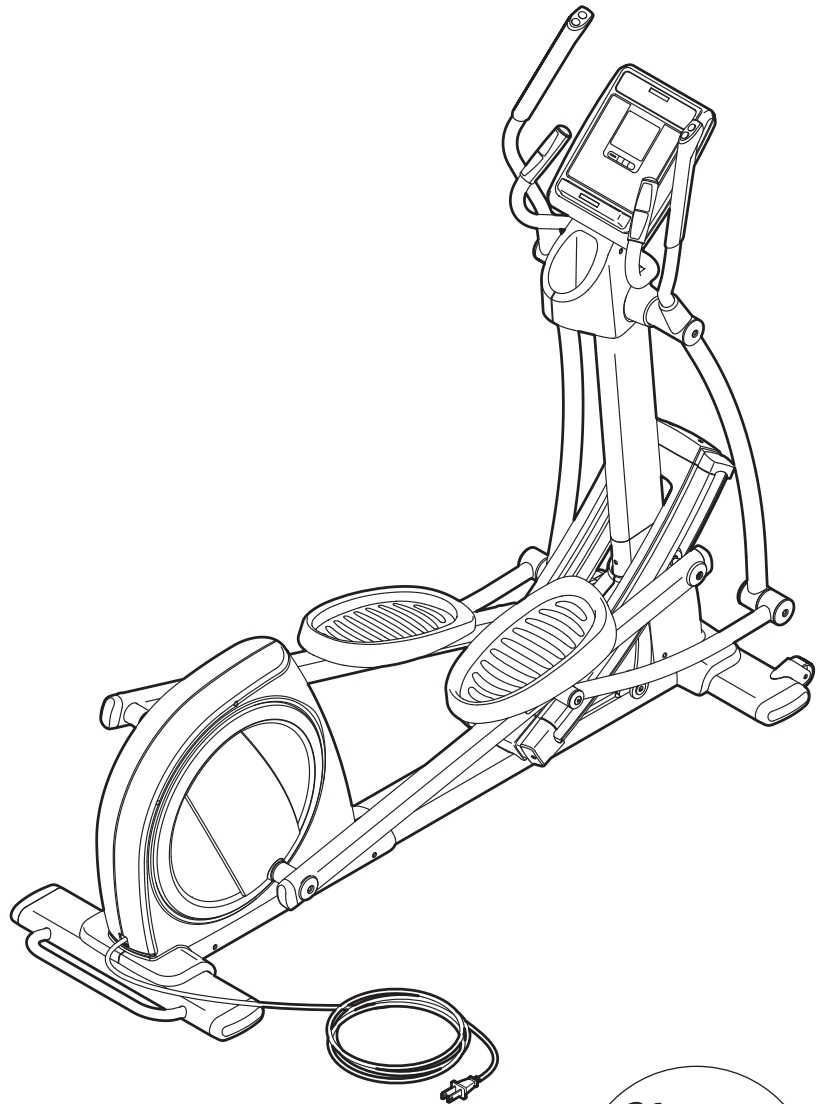
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

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.
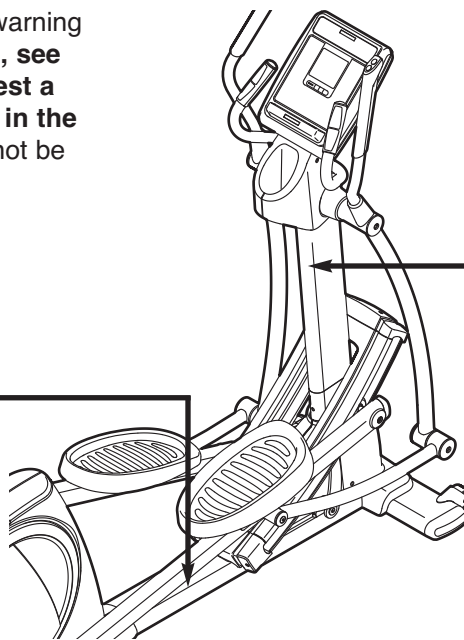
*i*fit
WATCH
FREE
WORKOUT VIDEOS
ifit.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

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

⚠ WARNING

Keep hands and fingers clear of this area.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 325 pounds.
- Replace label if damaged, illegible, or removed.

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 before using your elliptical. 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. Use the elliptical only as described in this manual.

3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.

4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.

5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.

6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.

7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

8. Keep children under age 12 and pets away from the elliptical at all times.

9. The elliptical should not be used by persons weighing more than 325 lbs. (147 kg).

10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.

11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.

12. 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.

13. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.

14. Keep your back straight while using the elliptical; do not arch your back.

15. 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.
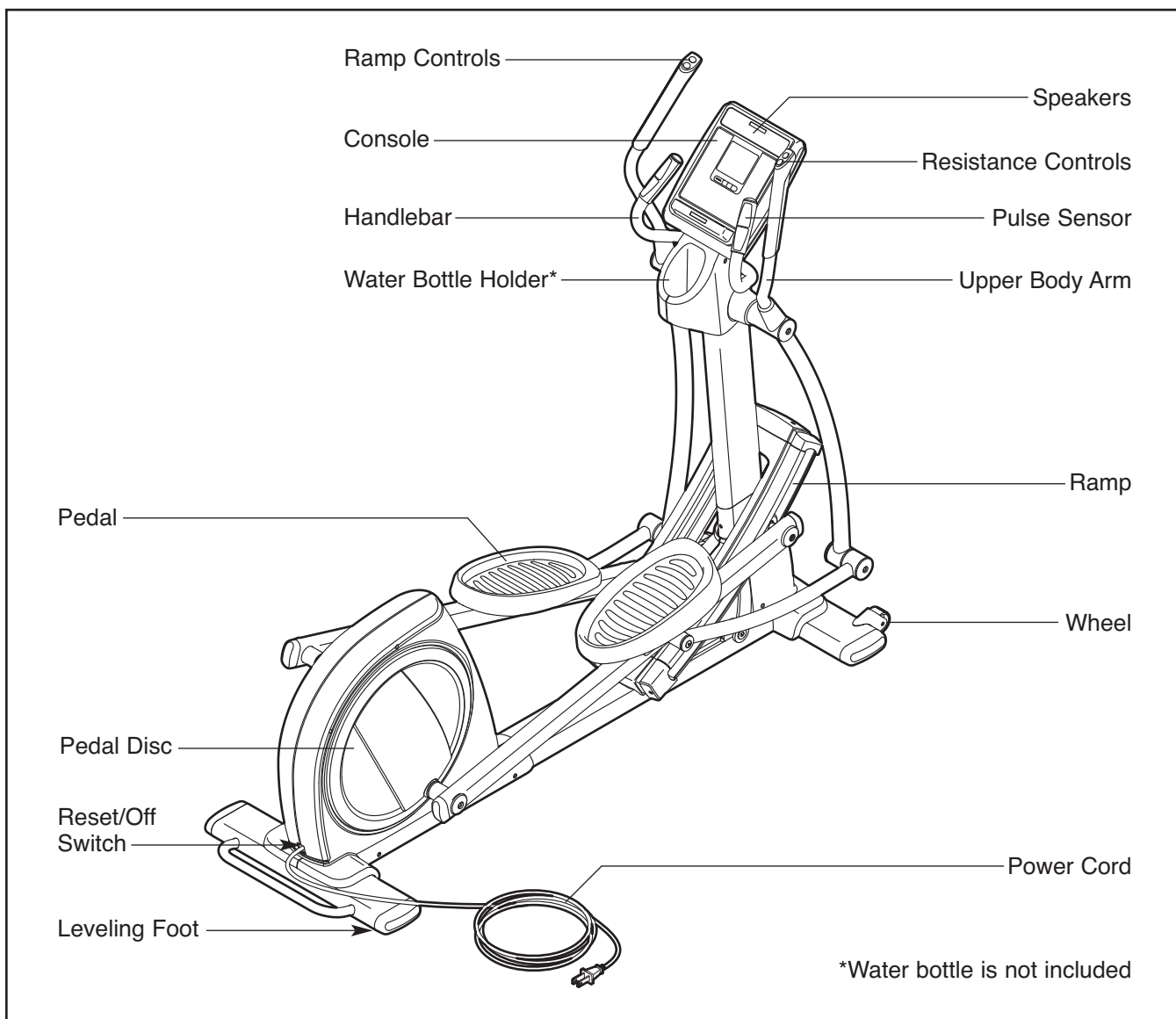
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM®
ZE 9 elliptical. The ZE 9 elliptical provides an impres-
sive selection of features designed to make your
workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before
you use the elliptical.** 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.

Ramp Controls

Console

Handlebar

Water Bottle Holder*

Pedal

Pedal Disc

Reset/Off
Switch

Leveling Foot

Speakers

Resistance Controls

Pulse Sensor

Upper Body Arm

Ramp

Wheel

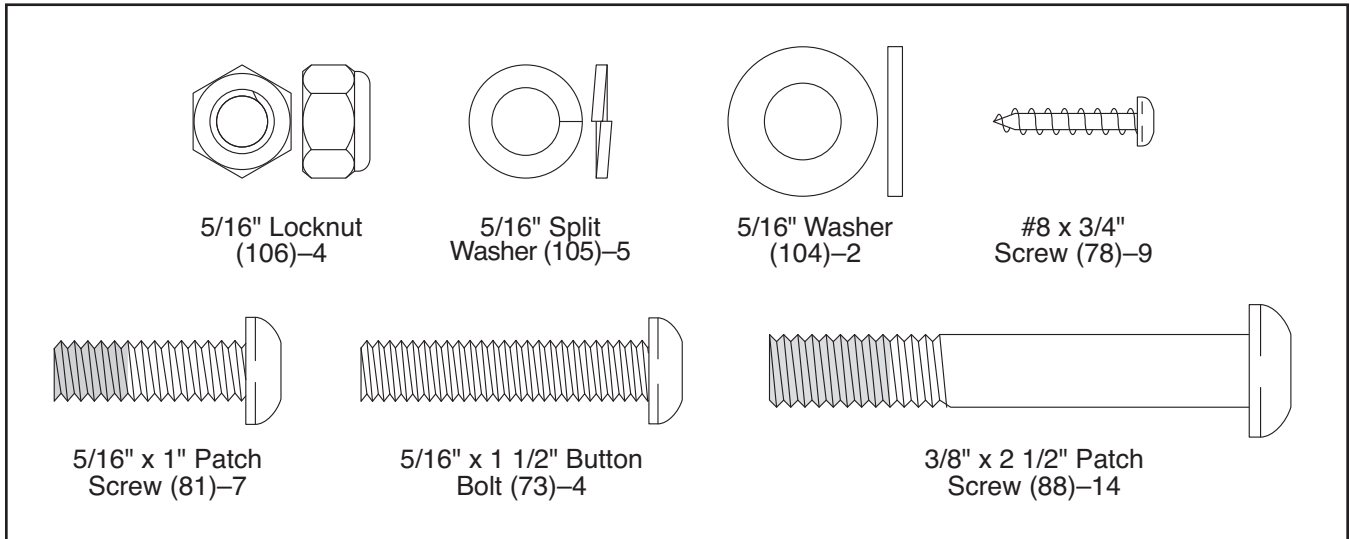Power Cord

*Water bottle is not included

ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical 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 ▭▭▭▭▭ **and an adjustable wrench** ◯▭▭ **.**

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

5/16" Locknut (106)–4	5/16" Split Washer (105)–5	5/16" Washer (104)–2	#8 x 3/4" Screw (78)–9
5/16" x 1" Patch Screw (81)–7	5/16" x 1 1/2" Button Bolt (73)–4		3/8" x 2 1/2" Patch Screw (88)–14

1.

Remove the two packing inserts from the packing materials. With the help of another person, place the packing inserts under the front of the Frame (1) as shown. **Have the other person hold the elliptical to prevent it from tipping until this step is completed.**

Hold the Front Stabilizer (2) under the Frame (1). Attach the Front Stabilizer with four 3/8" x 2 1/2" Patch Screws (88).

With the help of the other person, remove the packing inserts and lower the Front Stabilizer (2) and the Frame (1).

1

1

2

Packing Inserts

88

88
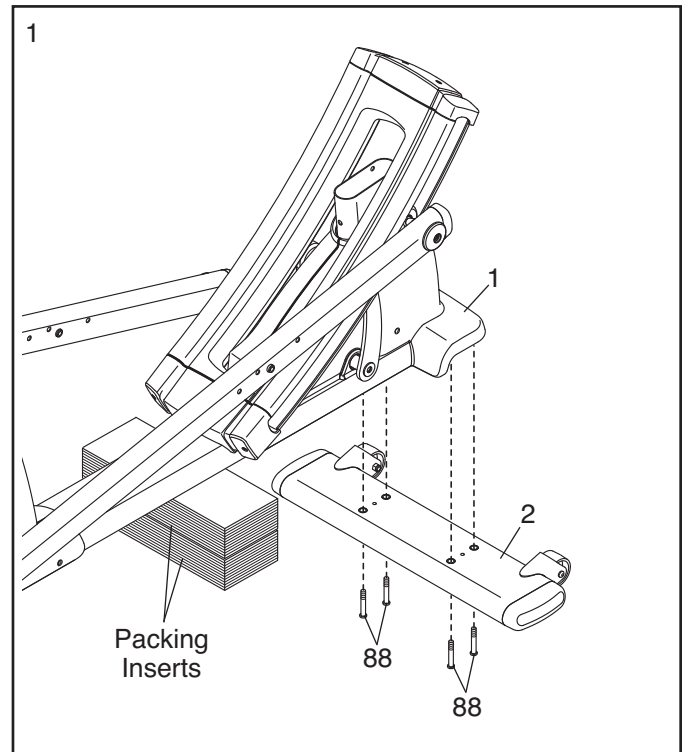
2. With the help of another person, place the packing inserts under the rear of the Frame (1) as shown. **Have the other person hold the elliptical to prevent it from tipping until this step is completed.**

Next, hold the Rear Stabilizer (3) under the Frame (1). Attach the Rear Stabilizer with four 3/8" x 2 1/2" Patch Screws (88).

With the help of the other person, remove the packing inserts and lower the Rear Stabilizer (3) and the Frame (1).

2

1

3

Packing Inserts

88

88
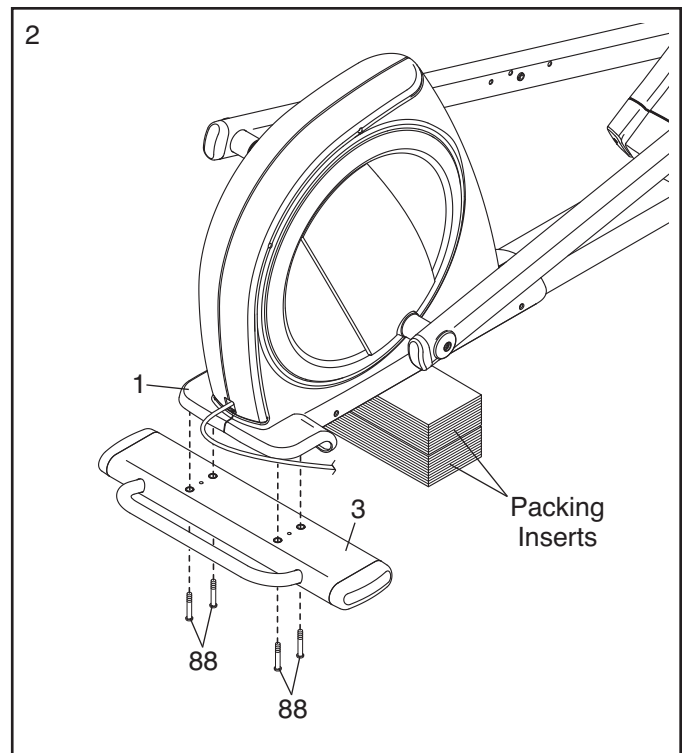
3. Have another person hold the Upright (6) near the Frame (1).

   See the inset drawing. Locate the wire tie in the Upright (6). Tie the lower end of the wire tie to the Wire Harness (54). Next, pull the upper end of the wire tie until the Wire Harness is routed completely through the Upright. Then, untie and discard the wire tie.

   Tip: To prevent the Wire Harness (54) from falling into the Upright (6), secure the Wire Harness with a rubber band or tape.

   Tip: Avoid pinching the Wire Harness (54). Insert the Upright (6) into the Frame (1). Attach the Upright with a 5/16" x 1" Patch Screw (81) and a 5/16" Split Washer (105) in the indicated location.
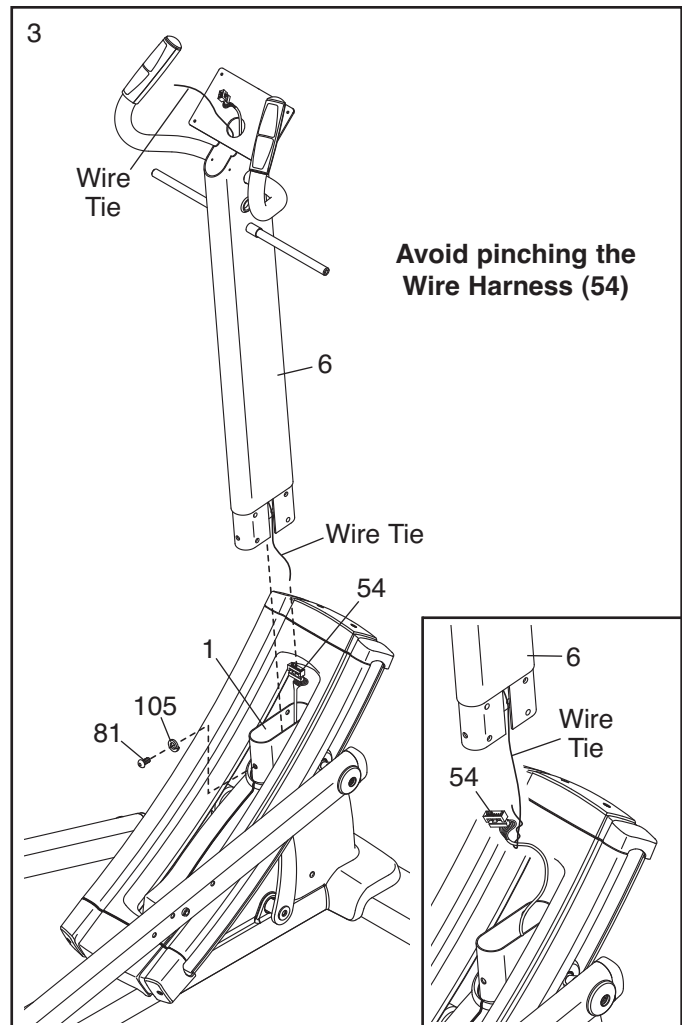
4. Apply a generous amount of the included grease to the axle on the right side of the Upright (6).

   Identify the Right Pivot Cover (53) and the Right Upper Body Leg (12), which are marked with "Right" stickers, and orient them as shown. **Do not remove the wire tie from the Right Upper Body Leg.**

   Slide the Right Pivot Cover (53) and the Right Upper Body Leg (12) onto the right side of the Upright (6).

   Attach the Right Upper Body Leg (12) with a 5/16" x 1" Patch Screw (81), an Upper Body Axle Cover (94), and a 5/16" Washer (104).

   Repeat this step on the other side of the elliptical.
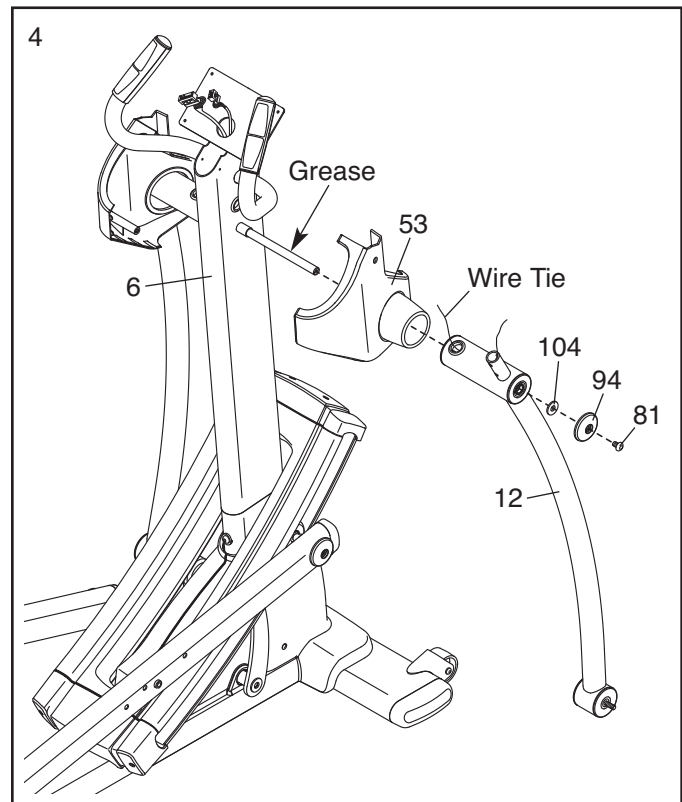
5. Identify the Right Pedal Plate (107), which is attached to the Right Pedal (62). The Right Pedal is marked with a "Right" sticker.
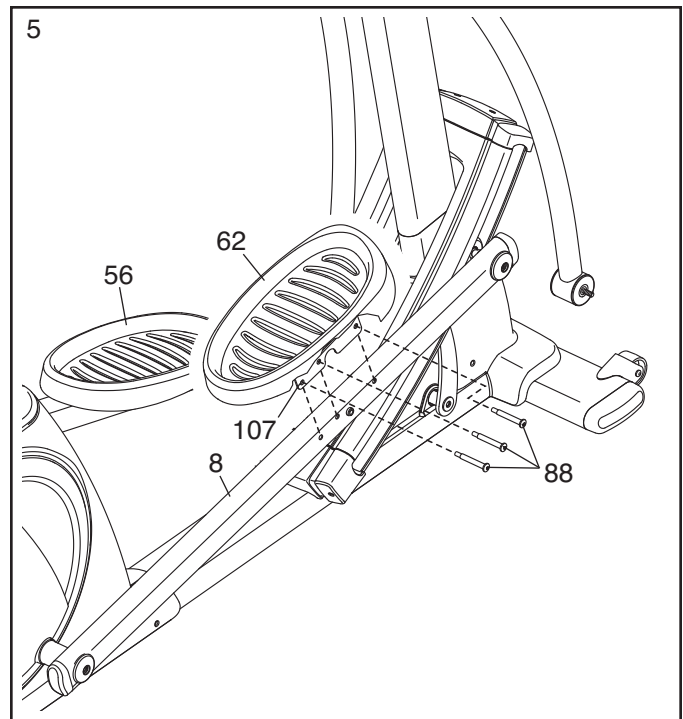
Attach the Right Pedal Plate (107) to the Right Pedal Arm (8) with three 3/8" x 2 1/2" Patch Screws (88).

Repeat this step to attach the Left Pedal Plate (not shown) and the Left Pedal (56).

6. Identify the Right Link Arm (10), which is marked with a "Right" sticker.

Locate the M12 x 97mm Shoulder Patch Screw (71) in one end of the Right Link Arm. Turn the Shoulder Patch Screw into the indicated post on the Right Pedal Arm (8) **halfway**.

Next, locate the M12 x 97mm Shoulder Patch Screw (71) in the Right Upper Body Leg (12). Tighten the Shoulder Patch Screw into the post on the Right Link Arm (10).

Finish tightening the M12 x 97mm Shoulder Patch Screw (71) into the Right Pedal Arm (8).

Repeat this step to attach the Left Link Arm (not shown).
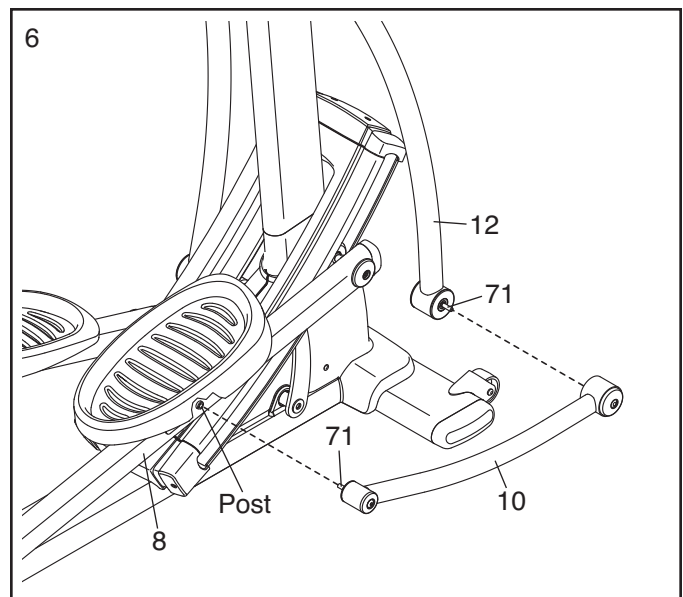
7. **See the upper drawing.** Identify the Right Upper Body Arm (31), which is marked with a "Right" sticker, and orient it as shown.

Have another person hold the Right Upper Body Arm (31) near the Right Upper Body Leg (12) while you perform the following actions:

Slide an Arm Cover (30) upward onto the Right Upper Body Arm (31).

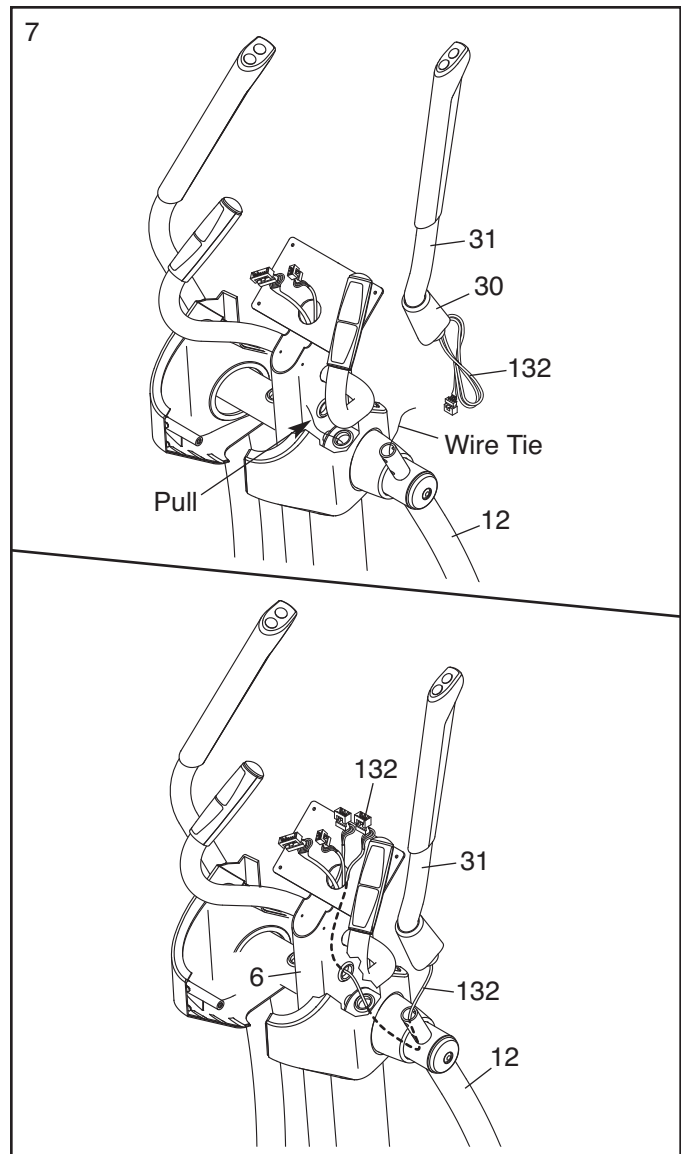Locate the wire tie in the Right Upper Body Leg (12). Tie the end of the wire tie to the right Grip Wire (132). Carefully pull the other end of the wire tie upward out of the Right Upper Body Leg. Then, untie and discard the wire tie. **Tip: It may be helpful to push the Grip Wire (132) while pulling the wire tie.**

See the lower drawing. Insert the right Grip Wire (132) into the right side of the Upright (6) and pull it upward out of the top of the Upright.

Repeat this step on the other side of the elliptical.

8. **Tip: Avoid pinching the wire.** Attach the Right Upper Body Arm (31) to the Right Upper Body Leg (12) with two 5/16" x 1 1/2" Button Bolts (73) and two 5/16" Locknuts (106). **Make sure that the Locknuts are in the hexagonal holes.**

Slide the Arm Cover (30) downward over the Right Upper Body Leg (12).

Repeat this step to attach the Left Upper Body Arm (7) to the Left Upper Body Leg (97).

9
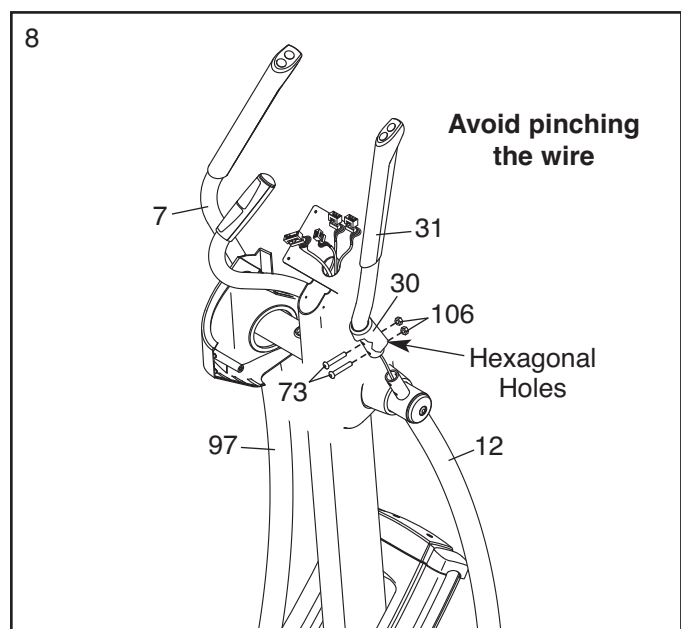
9. Press the Left and Right Pivot Covers (52, 53) together around the Upright (6).

   Attach the Left and Right Pivot Covers (52, 53) with five #8 x 3/4" Screws (78).

   Insert the Water Bottle Holder (61) into the Left and Right Pivot Covers (52, 53).
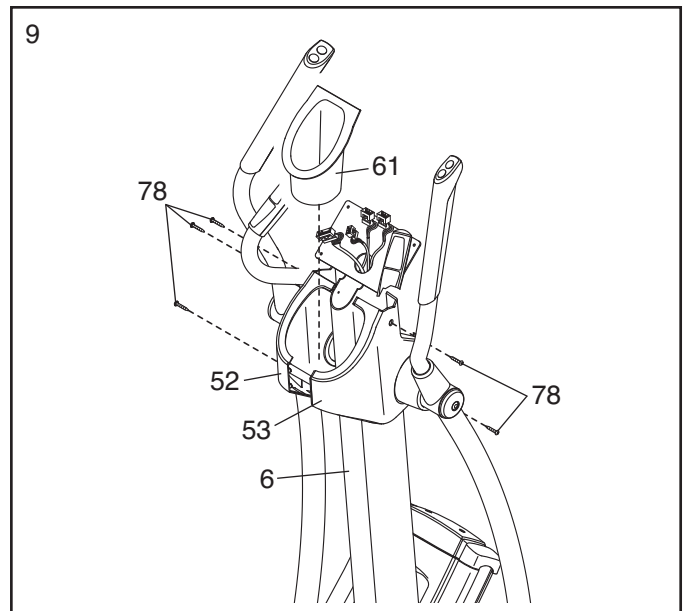
10. While another person holds the Console (60) near the Upright (6), connect the console wires to the Wire Harness (54), the Pulse Wire (131), and the Grip Wires (132).

    Insert the excess wire downward into the Upright (6).
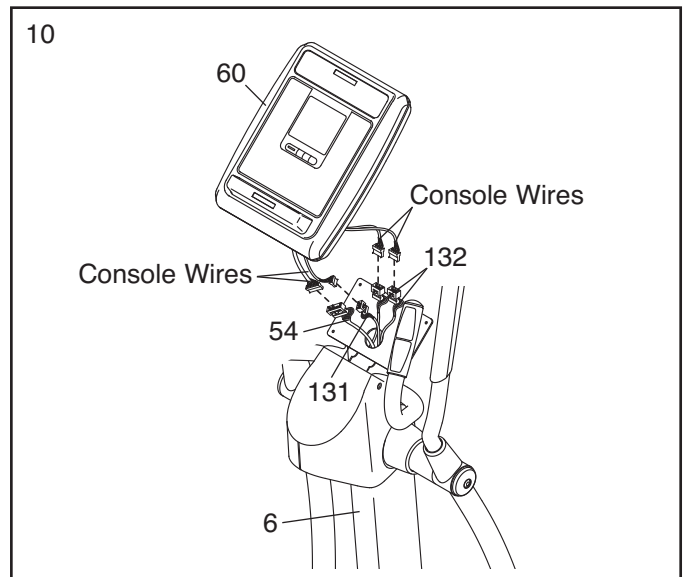
11. **Tip: Avoid pinching the wires.** Attach the Console (60) to the Upright (6) with four #8 x 3/4" Screws (78).
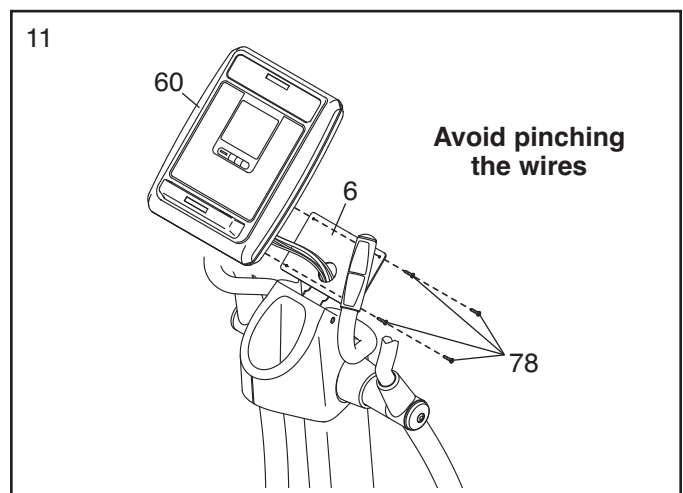
12. **See the upper drawing.** See HOW TO PLUG
    IN THE POWER CORD on page 12 and plug in
    the Power Cord (133). Next, make sure that the
    Reset/Off Switch (37) is in the "on" position.

    See the lower drawing. Press the Quick Power
    Ramp 10º button on the Console (not shown).
    The Ramp (4) will then move downward to the
    lowest incline level.

    Attach the Upright (6) to the Frame (1) with four
    5/16" x 1" Patch Screws (81) and four 5/16"
    Split Washers (105).
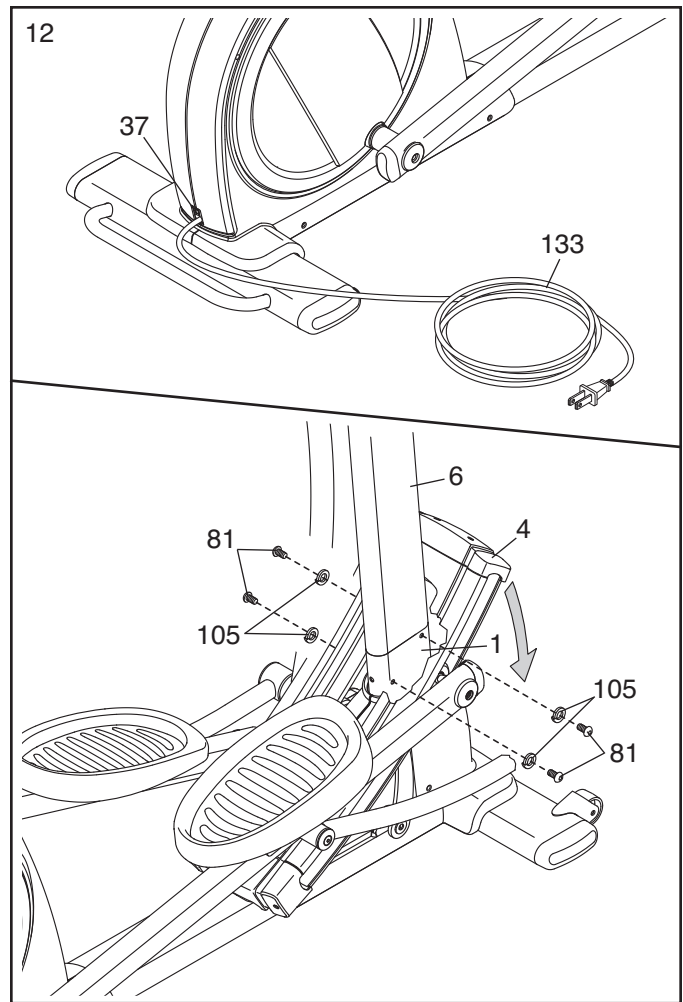
13. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over
    after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. IMPORTANT: The elliptical is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.

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

A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available. The

Grounded Outlet Box
Adapter
Power Cord
Lug
Metal Screw

temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.
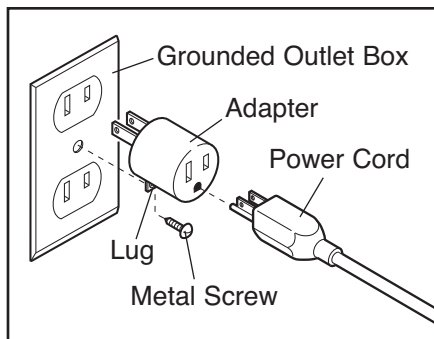
The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

HOW TO MOVE THE ELLIPTICAL

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

Pull on upright

Place your foot here
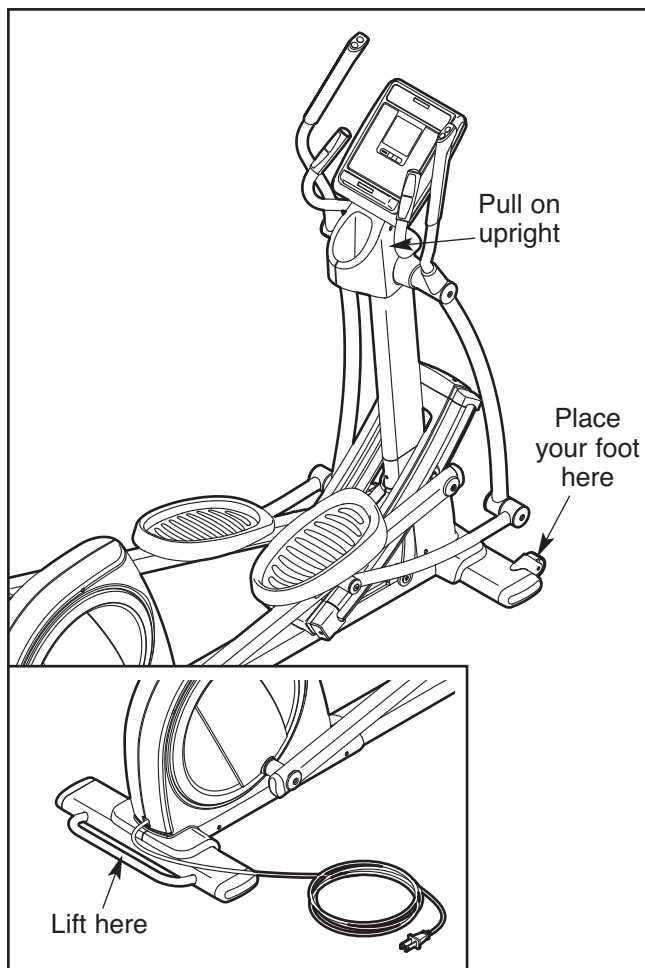
Lift here

HOW TO LEVEL THE ELLIPTICAL

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

HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the upper body arms or the handlebars 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 pedal discs can turn in either direction. It is recommended that you turn 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, wait until the pedals come to a complete stop. **Note: The elliptical 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.

Upper Body Arms

Handlebars

Pedals

Pedal Disc

13

CONSOLE DIAGRAM
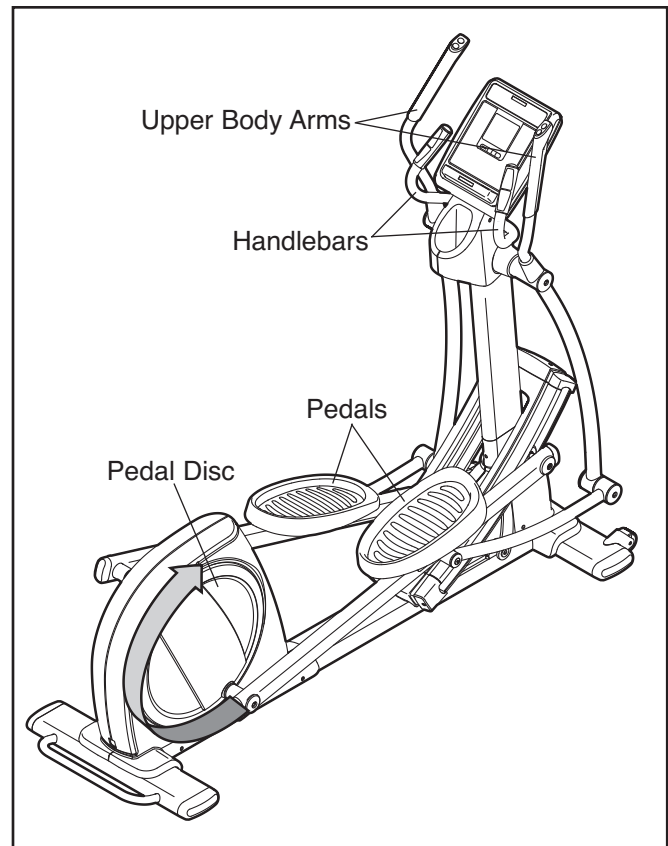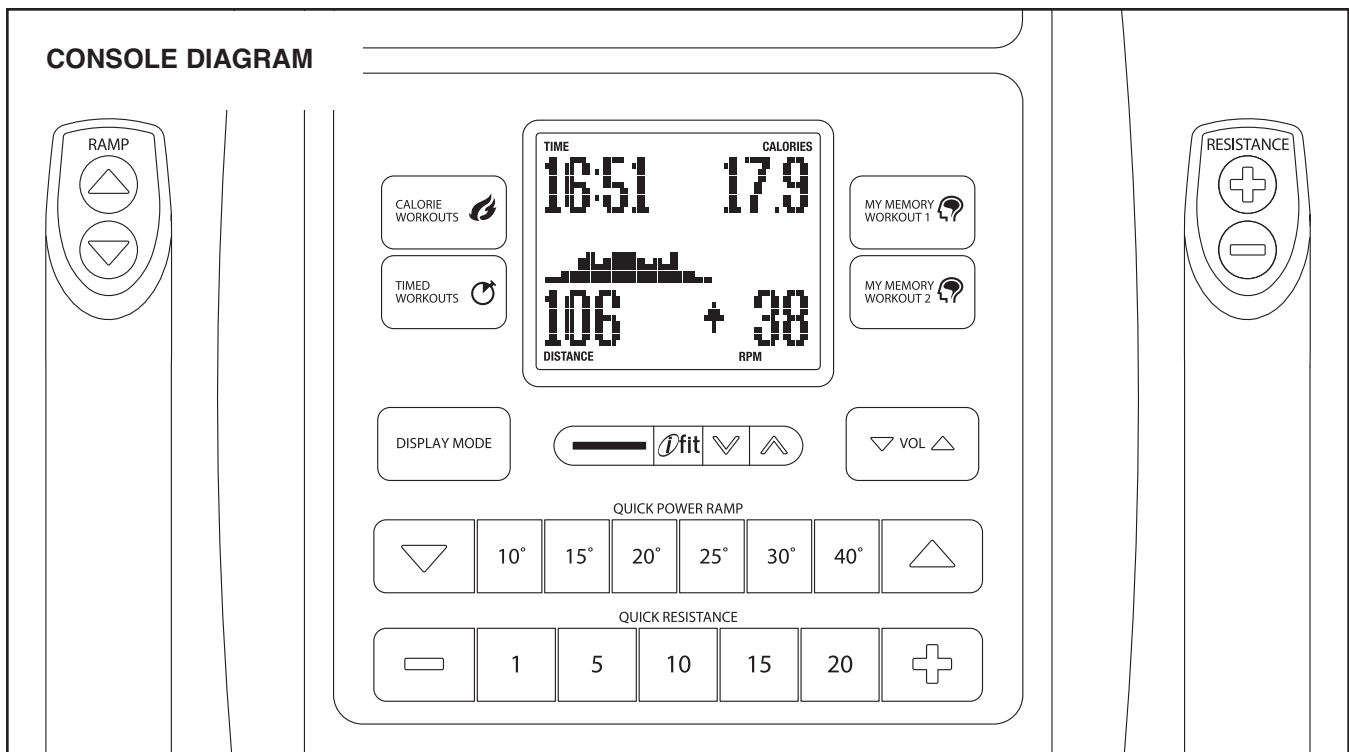
FEATURES OF THE CONSOLE

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 and the incline of the ramp 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.

The console offers twenty timed workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also offers two calorie workouts designed to help you burn 275 or 550 calories. The calorie workouts automatically control the resistance of the pedals and prompt you to vary your pace while counting the calories you burn.

In addition, there are two my memory workouts that allow you to create your own workouts and store them in memory for future use.

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 iPod®, MP3 player, personal audio player, or CD player to the console sound system and listen to your favorite workout music or audio books while you exercise.
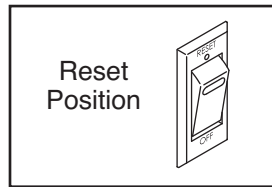
To turn on the power, see page 15. **To use the manual mode,** see page 15. **To use a timed workout,** see page 17. **To use a calorie workout,** see page 18. **To create and use a my memory workout,** see pages 19 and 20. **To use an iFit workout,** see page 21. **To use the sound system,** see page 22.

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

HOW TO TURN ON THE POWER

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

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 12). Next, locate the reset/off switch on the frame near the power cord. Make sure that the reset/off switch is in the reset position.

Reset Position

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

HOW TO USE THE MANUAL MODE

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

   See HOW TO TURN ON THE POWER above.

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

   MANUAL

   until the word MANUAL appears in the lower left corner of the display.

3. **Change the resistance of the pedals and the incline of the ramp as desired.**

   As you pedal, change the resistance of the pedals by pressing one of the numbered Quick Resistance buttons

   3:32   20
   RESISTANCE: 5

   tons or by pressing the Quick Resistance increase and decrease buttons located on the console or on the right upper body arm.

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

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press one of the numbered Quick Power Ramp buttons or press the Quick Power Ramp increase and decrease buttons located on the console or on the left upper body arm.

Note: After you press the buttons, it will take a moment for the ramp to reach the selected incline level.

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

   The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display Mode button repeatedly to select the desired display mode.

   The displays can show the following workout information:

   Time—When the manual mode is selected, this display will show the elapsed time. When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

   TIME   CALORIES
   3:32   62.2

   281   30
   DISTANCE   RPM
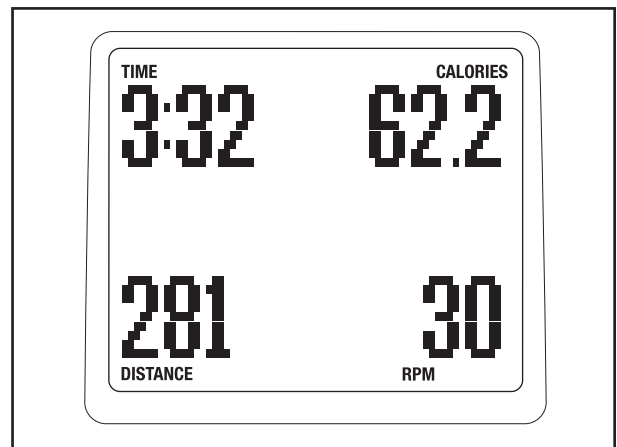
   Pace—This display will show your pedaling pace in revolutions per minute (RPM).

   Distance—This display will show the distance (total number of revolutions) you have pedaled.

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

   Pulse—This display will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 16).

HOW TO USE A TIMED WORKOUT

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

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a timed workout.**

   To select a timed workout, press the Timed Workouts button repeatedly until the name of the desired workout appears in the display.

   ```
   TIME              CALORIES
   20:00              0.0
          ▄▟█▄▖▗█▄▖
        ▄▟██████████▄──── Profile
   TIMED:        4
   ```

   The workout time and a profile of the resistance levels for the workout will also appear in the display.

3. **Begin pedaling to start the workout.**

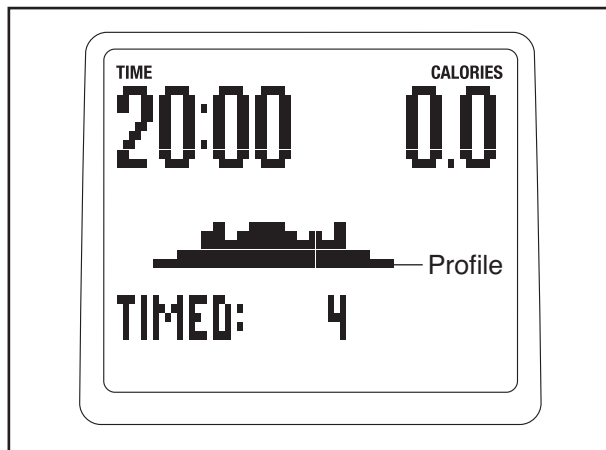   Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance level and/or target rpm setting may be programmed for consecutive segments.
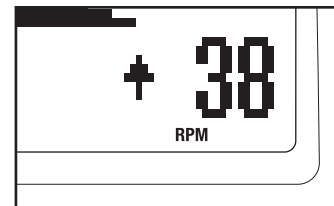
   The resistance level and the target rpm for the first segment will appear in the center of the display for a few seconds.

   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 and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will flash 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 an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.

```
    ▐▌
  ↕ 38
      RPM
```

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 Quick Resistance buttons. **IMPORTANT: When the current segment of the program ends, 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.

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

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

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **When you are finished exercising, unplug the power cord.**
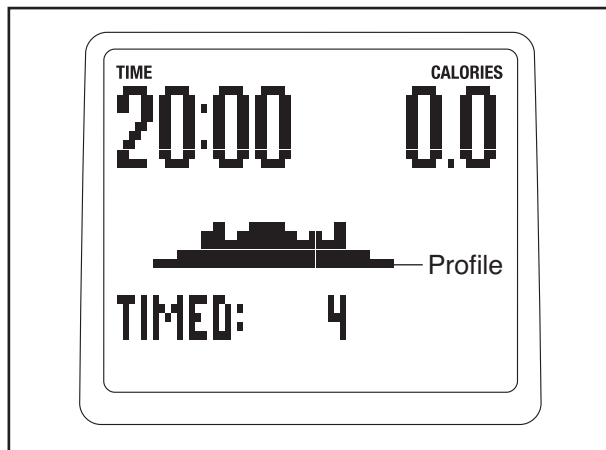
   See step 6 on page 16.

HOW TO USE A TIMED WORKOUT

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

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a timed workout.**

   To select a timed workout, press the Timed Workouts button repeatedly until the name of the desired workout appears in the display.

   The workout time and a profile of the resistance levels for the workout will also appear in the display.

3. **Begin pedaling to start the workout.**

   Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance level and/or target rpm setting may be programmed for consecutive segments.
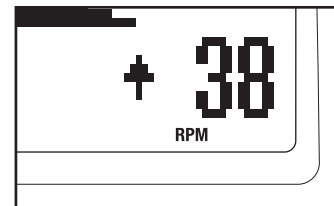
   The resistance level and the target rpm for the first segment will appear in the center of the display for a few seconds.

   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 and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will flash 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 an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears in the display, decrease your pace. When no arrows appear, 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 Quick Resistance buttons. **IMPORTANT: When the current segment of the program ends, 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.

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

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

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **When you are finished exercising, unplug the power cord.**
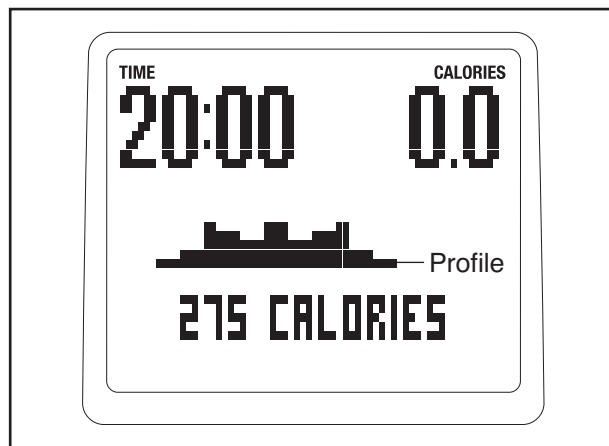
   See step 6 on page 16.

HOW TO USE A CALORIE WORKOUT

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

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a calorie workout.**

   To select a calorie workout, press the Calorie Workouts button repeatedly until the desired workout time appears in the display.

   The number of calories to be burned and a profile of the resistance levels for the workout will also appear in the display.

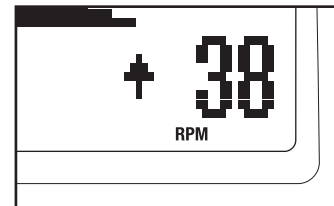3. **Begin pedaling to start the workout.**

   Each workout is divided into 20 or 30 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance level and/or target rpm setting may be programmed for consecutive segments.

   The resistance level and the target rpm for the first segment will appear in the center of 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 and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will flash 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 an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears in the display, decrease your pace. When no arrows appear, 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 Quick Resistance buttons. **IMPORTANT: When the current segment of the program ends, 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.

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

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

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

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

   See step 6 on page 16.

HOW TO CREATE A MY MEMORY WORKOUT

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

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a my memory workout.**

   To select a my memory workout, press the desired My Memory Workout button. The name of the workout, the workout time, and a profile of the resistance levels for the workout will appear in the display.

   ```
   ┌──────────────────────────────────┐
   │  ┌────────────────────────────┐  │
   │  │ TIME              CALORIES │  │
   │  │ 40:00              0.0     │  │
   │  │                            │  │
   │  │   Profile                  │  │
   │  │     │                      │  │
   │  │  ───┴──────────────────    │  │
   │  │                            │  │
   │  │ MY MEMORY:      1          │  │
   │  └────────────────────────────┘  │
   └──────────────────────────────────┘
   ```

   If the My Memory workout has not yet been defined, the display will show a level profile. If the profile is not level, see HOW TO USE A MY MEMORY WORKOUT on page 20.

3. **Begin pedaling to start the workout.**

   Each my memory workout is divided into 40 one minute segments. You can program one resistance level and one target rpm (pace) setting for each segment.

   To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the Quick Resistance buttons.

   To program a target rpm for the first segment, simply pedal at the desired pace.

   At the end of the first segment, the workout will store the current resistance level and your current pace in memory. Program a resistance level and a target rpm for the second segment as described above.

   Continue exercising for up to forty minutes. Stop pedaling when you are finished with your workout. The workout you created will then be stored in memory.

   Note: If your workout is less than forty minutes long, any remaining segments in the workout will be stored with the last resistance level and target rpm setting you programmed.

4. **When you are finished exercising, unplug the power cord.**
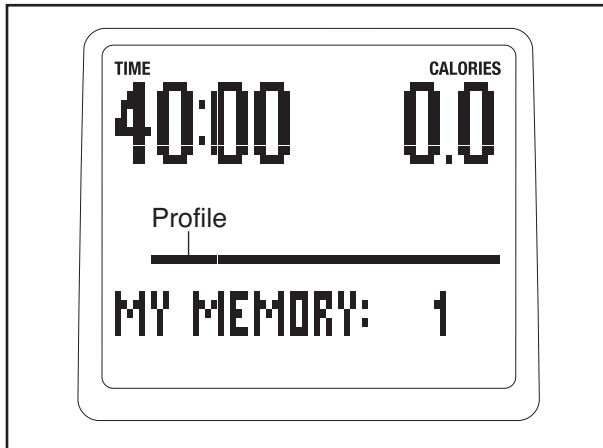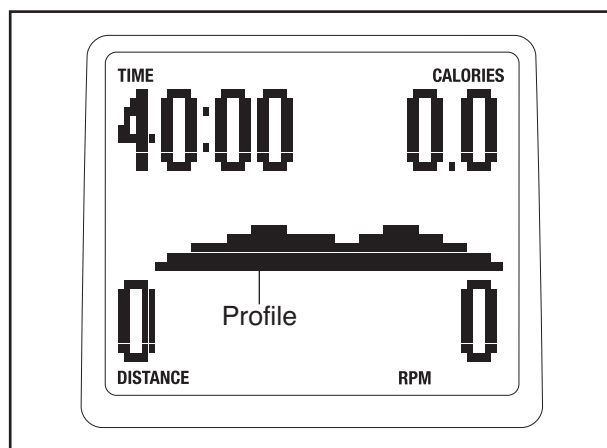
   See step 6 on page 16.

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HOW TO USE A MY MEMORY WORKOUT

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

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a my memory workout.**

   To select a my memory workout, press the desired My Memory Workout button. The name of the workout, the workout time, and a profile of the resistance levels for the workout will appear in the display.

   ```
   TIME                         CALORIES
   40:00                        0.0

              Profile
   DISTANCE                     RPM
   ```

   If the My Memory workout has not yet been defined, the display will show a level profile. If the profile is level, see HOW TO CREATE A MY MEMORY WORKOUT on page 19.

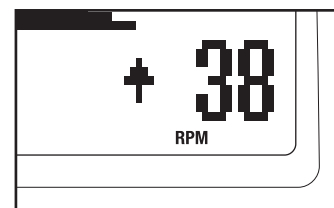3. **Begin pedaling to start the workout.**

   Each workout is divided into 40 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance level and/or target rpm setting may be programmed for consecutive segments.

The resistance level and the target rpm for the first segment will appear in the center of the display for a few seconds.

During the workout, the workout profile will show your progress (see the drawing at the left). 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 and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will flash 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 an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.

```
            ↑ 38
               RPM
```

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.

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 flash in the display. To restart the workout, simply resume pedaling.

4. Change the workout if desired.

If desired, you can change the workout while using it. **To change the resistance level for the current segment,** simply press the Quick Resistance buttons. At the end of the current segment, the new resistance level will be stored in memory.

To change the target rpm for the current segment, simply change your pedaling pace. At the end of the current segment, your pace will be stored in memory.

You can continue exercising and changing the workout for up to forty minutes.

5. Follow your progress with the display.

See step 4 on page 15.

6. Measure your heart rate if desired.

See step 5 on page 16.

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

See step 6 on page 16.

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.

See HOW TO TURN ON THE POWER on page 15.

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 light and text will appear in the display.
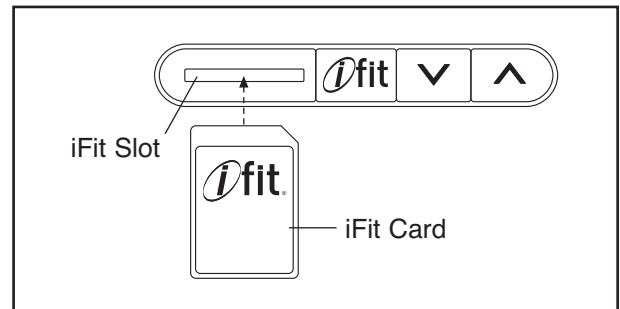
Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

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 timed workouts. To use the workout, see steps 3 to 6 on page 17.

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.

4. Unplug the power cord.

See step 6 on page 16.

HOW TO USE THE SOUND SYSTEM

This product has been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards.

To play music or audio books through the console sound system while you exercise, you must connect your iPod, MP3 player, CD player, or other personal audio player through the audio jack or through the music port for iPod. The music port will charge your iPod while you use it.

To use the audio jack, plug the audio cable into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio cable is fully plugged in.**

To use the music port for iPod, plug one end of the iFit universal iPod connector into the music port on the console and plug the other end into your iPod. **Make sure that the iFit universal iPod connector is fully plugged in.**

Next, press the play button on your iPod, MP3 player, CD player, or other personal audio player. Adjust the volume on your iPod, MP3 player, CD player, or other personal audio player or press the Vol increase and decrease buttons on the console.

MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical, 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 does not turn on, make sure that the power cord is fully plugged in.

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 16.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, hold down the Calorie Workouts button for about 5 seconds until the display on the console changes.

Press the Calorie Workouts button once. The ramp calibration instructions will appear in the display. Press the Quick Ramp increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, press the Calorie Workouts button three times to return to the manual mode.

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 first remove the screws attaching the right shield (see the instructions below).

Remove the indicated #8 x 3/4" Screws (78) from the Right and Left Shields (38, 39). Then, gently pull the Right Shield away from the frame.
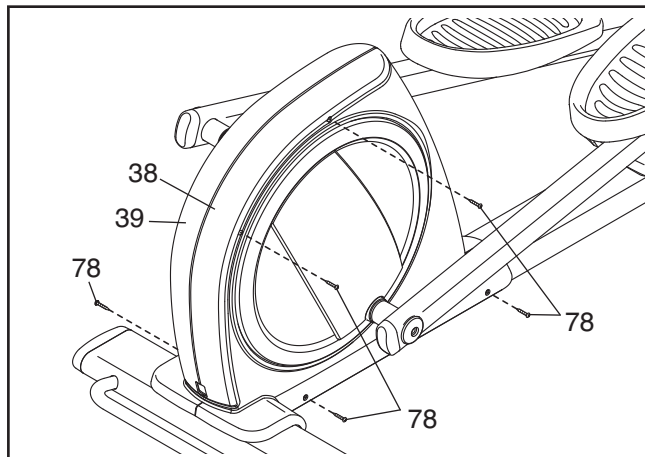
Locate the Reed Switch (47). Loosen, but do not remove, the #8 x 1/2" Screw (91).
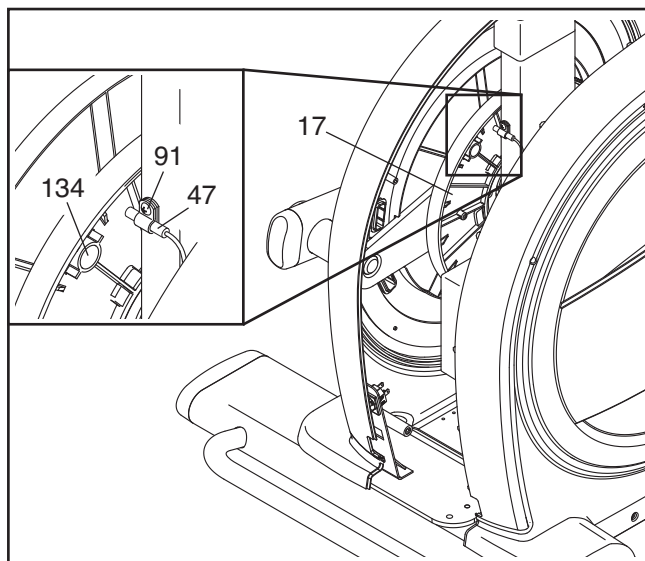
Next, rotate the Large Pulley (17) until a Magnet (134) is aligned with the Reed Switch (47). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the #8 x 1/2" Screw (91).

Rotate the Large Pulley (17) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the right shield.

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 first remove the screws attaching the left shield (see the instructions below).

Remove the indicated #8 x 3/4" Screws (78) from the Right and Left Shields (38, 39). Then, gently pull the Left Shield away from the frame.
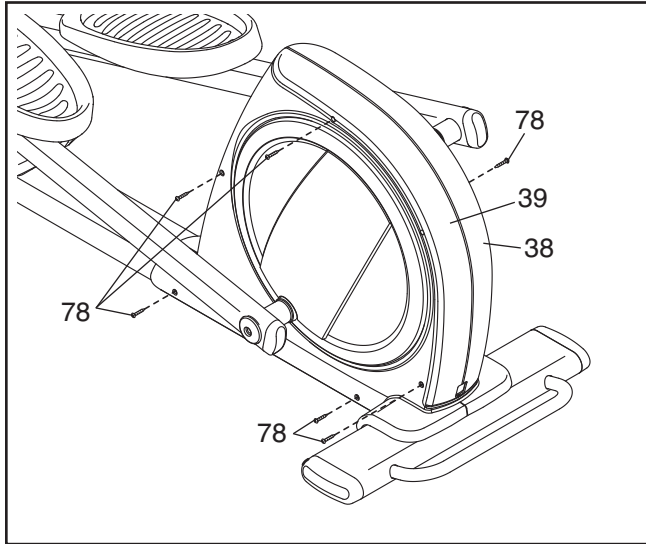
Next, loosen the Pivot Screw (128). Then, tighten the Drive Belt Adjustment Screw (118) until the Drive Belt (57) is tight. Note: For clarity, the left shield and the left pedal disc are not shown in the drawing below; however, it is not necessary to remove these parts.
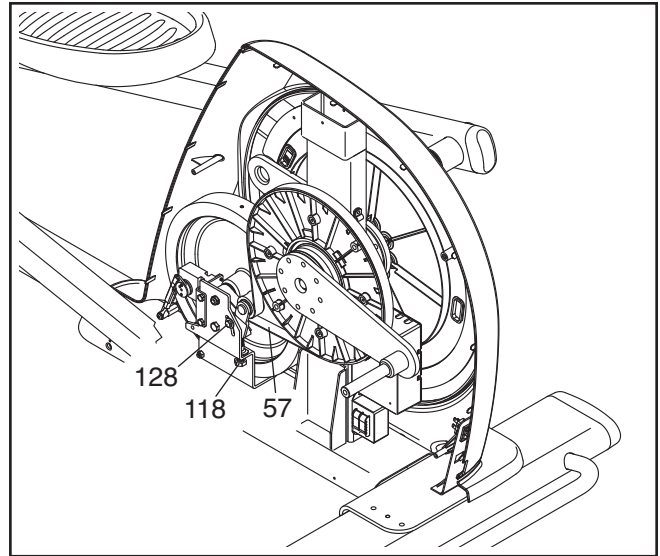
When the Drive Belt (57) is tight, tighten the Pivot Screw (128).

Then, reattach the left shield.

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	♥
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.
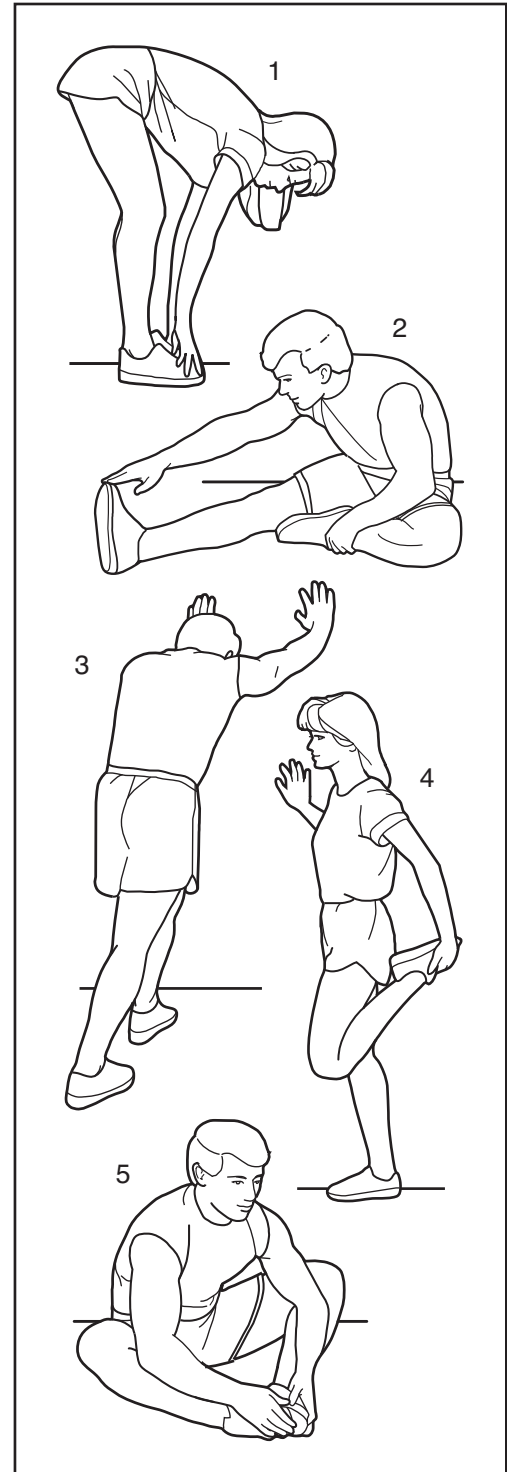
NOTES

PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Stabilizer Wheel
2	1	Front Stabilizer	52	1	Left Pivot Cover
3	1	Rear Stabilizer	53	1	Right Pivot Cover
4	1	Ramp	54	1	Wire Harness
5	1	Ramp Cover	55	2	Lift Motor Bushing
6	1	Upright	56	1	Left Pedal
7	1	Left Upper Body Arm	57	1	Drive Belt
8	1	Right Pedal Arm	58	1	Clamp
9	1	Left Pedal Arm	59	4	E-clip
10	1	Right Link Arm	60	1	Console
11	1	Left Link Arm	61	1	Water Bottle Holder
12	1	Right Upper Body Leg	62	1	Right Pedal
13	1	Left Lift Arm	63	4	Upper Body Arm Bushing
14	2	Crank Arm	64	2	Lift Bracket
15	1	Crank Hub	65	2	Pulse Grip/Wire
16	6	Grommet	66	4	Pedal Arm Cap
17	1	Large Pulley	67	2	Small Link Arm Axle Cover
18	2	Inner Axle Cover	68	4	Pedal Arm Axle Cover
19	1	Crank Spacer	69	1	Lift Motor Stop
20	1	Crank	70	6	Bearing
21	1	Flywheel	71	4	M12 x 97mm Shoulder Patch Screw
22	1	Right Lift Arm	72	1	Left Grip w/Buttons
23	1	Lift Motor	73	4	5/16" x 1 1/2" Button Bolt
24	1	Lift Axle	74	4	#6 x 3/8" Screw
25	1	Small Pin	75	2	1/2" Hairpin Cotter Pin
26	1	Transformer	76	8	M8 x 18mm Button Screw
27	1	Control Board	77	2	Large Link Arm Axle Cover
28	1	Control Box	78	43	#8 x 3/4" Screw
29	1	Control Box Cover	79	10	#10 x 1/2" Patch Screw
30	2	Arm Cover	80	10	#10 Fender Washer
31	1	Right Upper Body Arm	81	7	5/16" x 1" Patch Screw
32	2	Pedal Arm Roller	82	1	3/8" x 1" Flange Screw
33	1	Idler	83	8	M10 x 25mm Patch Screw
34	1	Ramp Axle	84	2	M10 x 20mm Button Screw
35	2	Ramp Axle Bushing	85	2	3/8" Locknut
36	2	Lift Axle Bushing	86	1	Large Pin
37	1	Reset/Off Switch	87	2	M12 x 25mm Button Screw
38	1	Right Shield	88	14	3/8" x 2 1/2" Patch Screw
39	1	Left Shield	89	4	Pedal Arm Bushing
40	2	Pedal Disc	90	2	Snap Ring
41	2	Disc Cover	91	5	#8 x 1/2" Screw
42	1	Left Lift Motor Shield	92	4	3/8" Washer
43	1	Right Lift Motor Shield	93	2	M12 x 12mm Button Screw
44	1	Upper Ramp Cover	94	2	Upper Body Axle Cover
45	1	Lower Ramp Cover	95	2	3/8" x 3/4" Button Screw
46	4	Pivot Bushing	96	2	3/8" x 2 1/2" Button Screw
47	1	Reed Switch/Wire	97	1	Left Upper Body Leg
48	4	Stabilizer Cap	98	4	M8 x 48mm Button Screw
49	2	Leveling Foot	99	4	M8 Locknut
50	2	Foot	100	2	3/8" x 1" Patch Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M12 Fender Washer	120	1	M3.5 x 12mm Screw
102	2	Lift Arm Roller	121	1	Flywheel Axle
103	2	3/4" Wave Washer	122	2	M8 Jam Nut
104	2	5/16" Washer	123	1	Idler Bolt
105	5	5/16" Split Washer	124	2	Motor Bracket Screw
106	4	5/16" Locknut	125	1	C-magnet Bracket Bolt
107	1	Right Pedal Plate	126	4	Resistance Motor Screw
108	4	M10 x 1mm Snap Ring	127	1	M6 Washer
109	1	Left Pedal Plate	128	1	Pivot Screw
110	10	M6 Split Washer	129	1	iFit Universal iPod Connector
111	1	Resistance Motor	130	1	Audio Cable
112	1	C-magnet Bracket	131	1	Pulse Wire
113	1	Motor Bracket	132	2	Grip Wire
114	1	Adjustment Assembly	133	1	Power Cord
115	1	Adjustment Lock	134	2	Magnet
116	1	Resistance Wheel	135	1	Right Grip w/Buttons
117	1	M6 Locknut	*	–	User's Manual
118	1	Drive Belt Adjustment Screw	*	–	Assembly Tool
119	1	M5 x 7mm Screw			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.
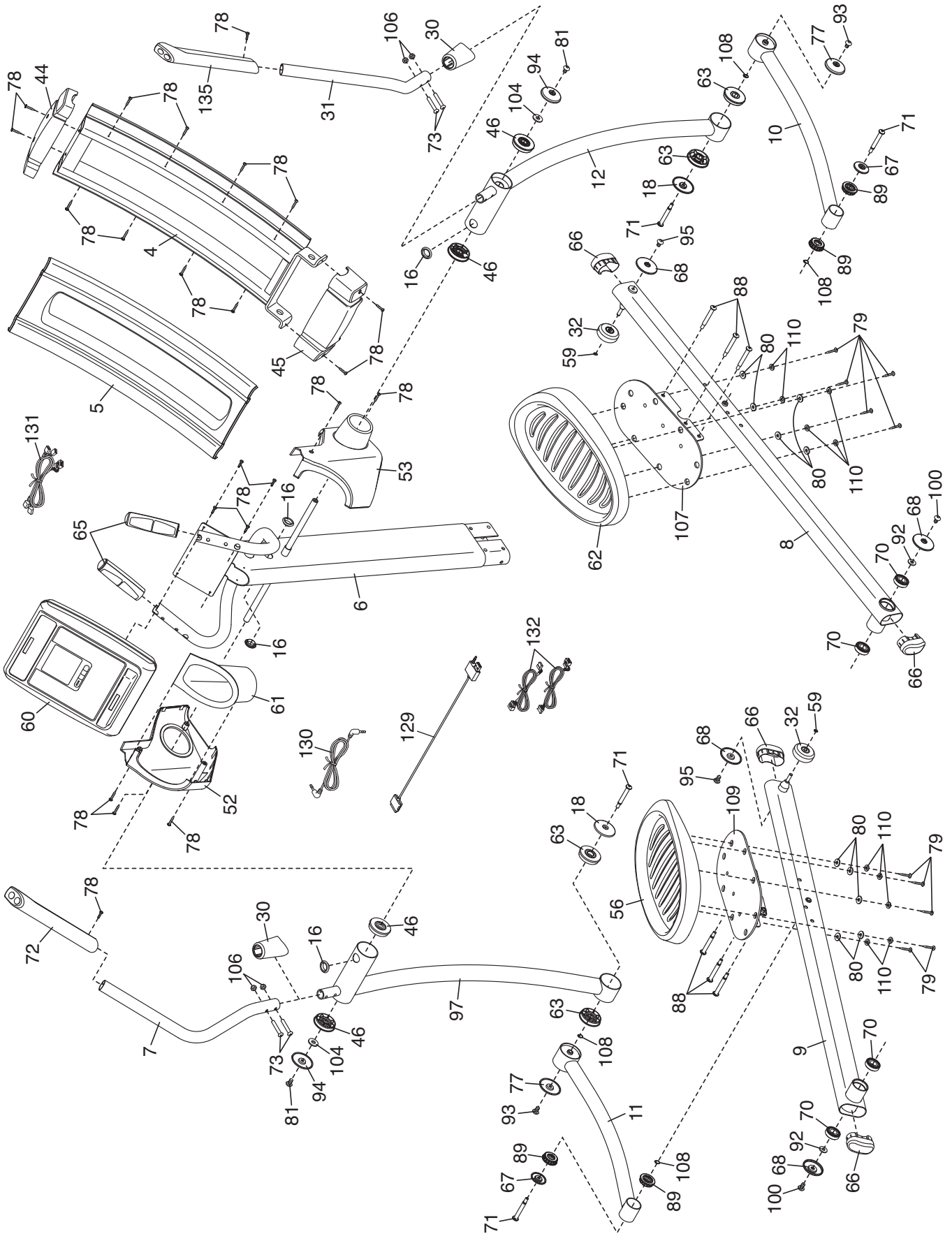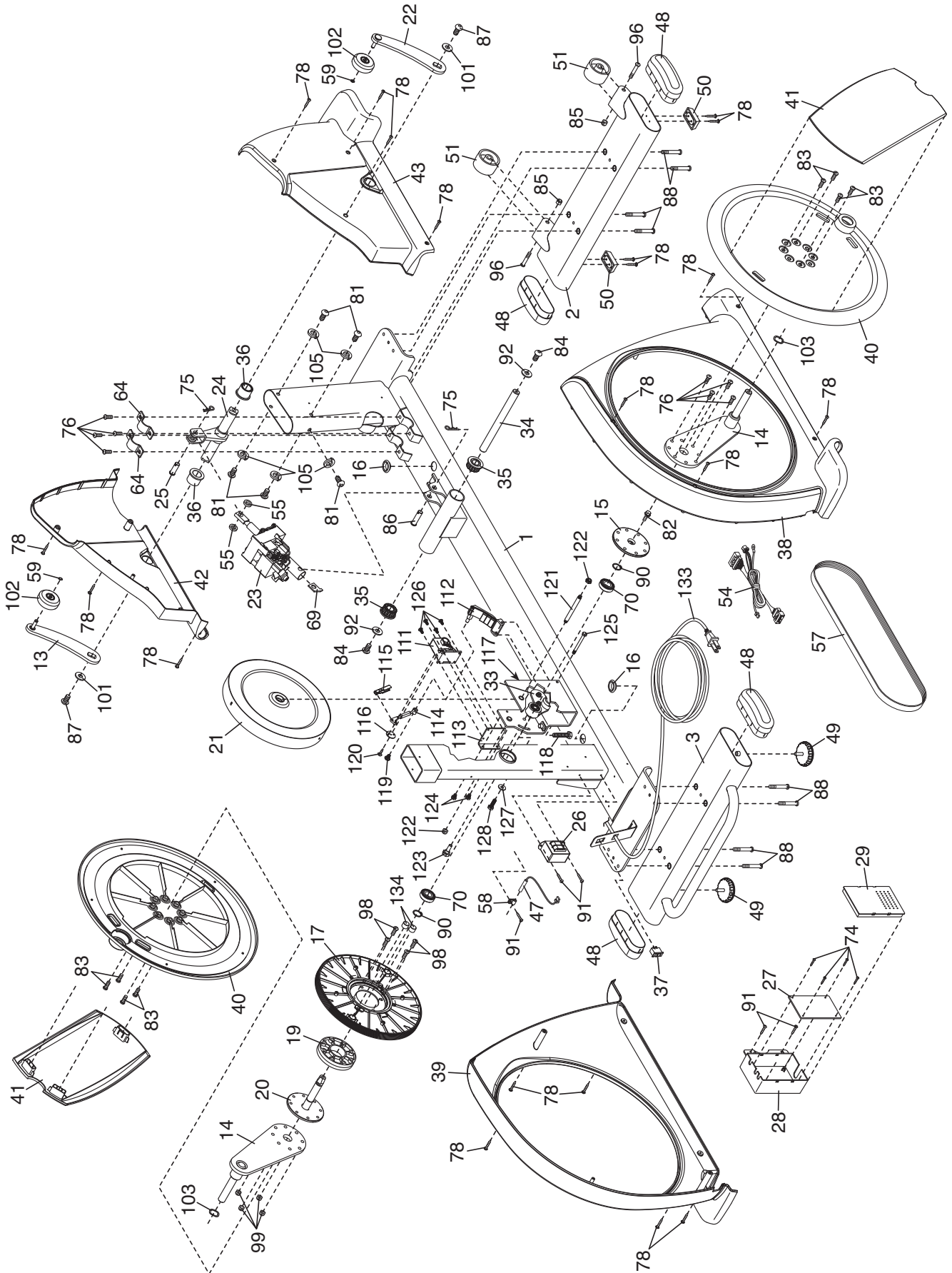
ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please 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.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813