



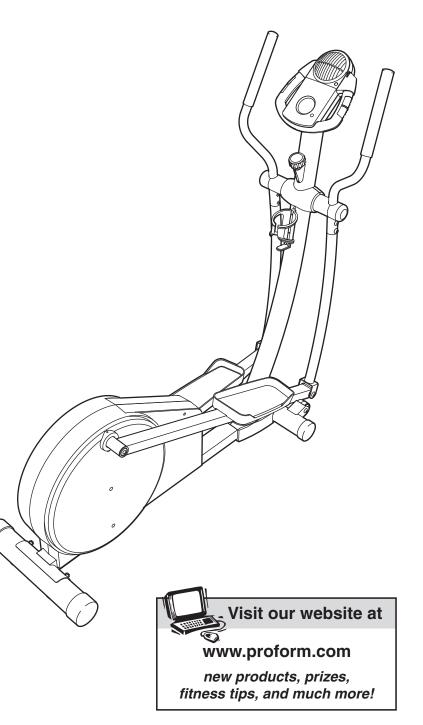
QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE: **1-888-533-1333** Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB: www.proformservice.com

USER'S MANUAL



A CAUTION

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

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

- 1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.
- 2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
- 3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
- 4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the 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 the 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 12 and pets away from the elliptical exerciser at all times.

- 7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
- 8. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
- 9. When mounting and dismounting the elliptical exerciser, always hold the handlebars and step onto and off the pedal that is in the lowest position.
- 10. 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.
- 11. Keep your back straight when using the elliptical exerciser; do not arch your back.
- 12. If you feel pain or dizziness while exercising, stop immediately and cool down.
- 13. When you stop exercising, allow the pedals to slowly come to a stop.

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

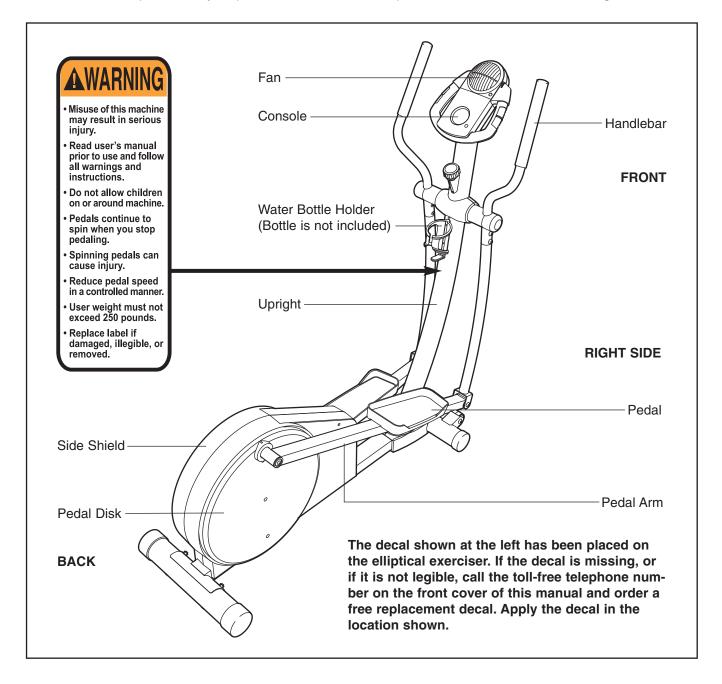
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM[®] C 700 Cardio Cross Trainer low-impact elliptical exerciser. The C 700 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. Welcome to a whole new world of natural, elliptical-motion exercise.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is PFEL2595.0. The serial number can be found on a decal attached to the elliptical exerciser (see 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.

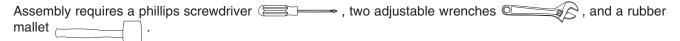
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



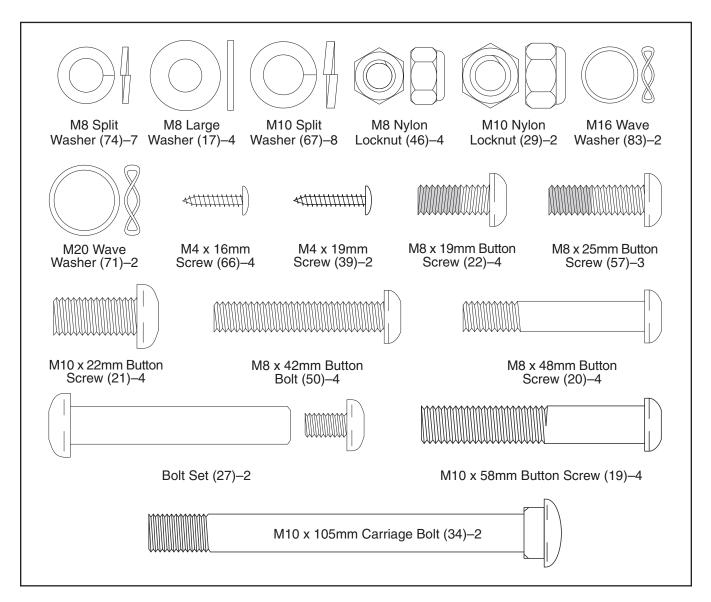
ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call toll-free 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.



See the drawings below to identify the small parts needed for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 14. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not found in the parts bag, check to see if it has been pre-assembled.**

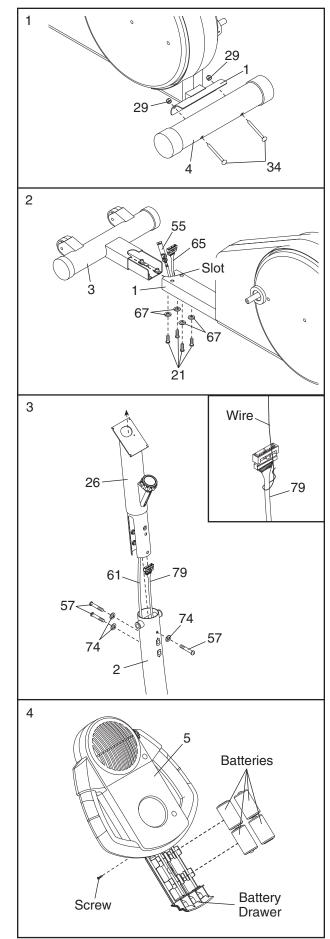


1. Attach the Rear Stabilizer (4) to the Frame (1) with two M10 x 105mm Carriage Bolts (34) and two M10 Nylon Locknuts (29).

- Hold the Lower Cable (55) and the Lower Wire Harness (65) in the indicated slot in the Frame (1), and insert the Front Stabilizer (3) into the Frame. Make sure that the Front Stabilizer is oriented as shown. Be careful to avoid pinching the Lower Cable and the Lower Wire Harness. Carefully tip the elliptical exerciser onto one side, and attach the Front Stabilizer with four M10 x 22mm Button Screws (21) and four M10 Split Washers (67).
- 3. Hold the Console Bracket (26) near the Upright (2), and locate the wire extending from the bottom of the Console Bracket. Carefully pull the upper end of the Upper Wire Harness (79) to remove any slack, and tie the wire around the Upper Wire Harness, as shown in the inset drawing. Carefully pull the wire up through the Console Bracket until the Upper Wire Harness is extending from the top of the Console Bracket. Then, untie the wire and discard it.

Insert the Console Bracket (26) into the Upright (2). **Be careful to avoid pinching the Upper Wire Harness (79).** Attach the Console Bracket with three M8 x 25mm Button Screws (57) and three M8 Split Washers (74).

4. The Console (5) requires four "D" batteries (not included); alkaline batteries are recommended. Remove the indicated screw from the battery drawer, and pull the battery drawer open. Insert four batteries into the battery drawer; make sure that the batteries are oriented as shown by the markings inside the battery drawer. Close the battery drawer and reattach the screw. Note: When the batteries are installed correctly, the fan will turn on for a moment.



 While another person holds the Console (5) near the Console Bracket (26), connect the wire harness on the Console to the Upper Wire Harness (79). Insert the Upper Wire Harness down into the Console Bracket.

Attach the Console (5) to the Console Bracket (26) with four M4 x 16mm Screws (66). **Be careful to avoid pinching the wire harness.**

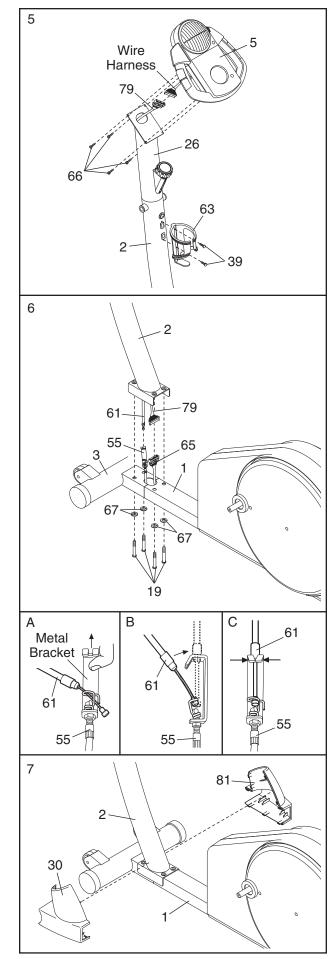
Attach the Water Bottle Holder (63) to the Upright (2) with two M4 x 19mm Screws (39).

- While another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (79) to the Lower Wire Harness (65). Next, connect the Resistance Cable (61) to the Lower Cable (55) in the following way:
 - See drawing A. Pull up on the metal bracket on the Lower Cable (55), and insert the tip of the Resistance Cable (61) into the wire clip inside of the metal bracket.
 - See drawing B. While another person pulls up on the Upright (2), slide the Resistance Cable (61) into the metal bracket on the Lower Cable (55) as shown.
 - See drawing C. Using pliers, squeeze together the prongs on the upper end of the metal bracket.

Set the Upright (2) on the Front Stabilizer (3) and the Frame (1). **Be careful to avoid pinching the Cables (55, 61) and the Wire Harnesses (65, 79).** Align the holes in the Upright with the holes in the Front Stabilizer and the Frame.

Carefully tip the elliptical exerciser onto one side, and attach the Upright (2) to the Front Stabilizer (3) and the Frame (1) with four M10 x 58mm Button Screws (19) and four M10 Split Washers (67).

 Gently separate the Left and Right Frame Covers (30, 81). Hold the Frame Covers around the Upright (2) and the Frame (1). Firmly press the Frame Covers together.



8. Identify the Left Handlebar (9) and the Left Handlebar Leg (73), which are marked with stickers.

Insert the Left Handlebar (9) into the Left Handlebar Leg (73). **Make sure that the indicated tube on the Left Handlebar and the hexagonal holes in the Left Handlebar Leg are on the same side.** Attach the Left Handlebar with two M8 x 42mm Button Bolts (50) and two M8 Nylon Locknuts (46). **Do not tighten the Button Bolts yet.**

Attach the Right Handlebar (not shown) to the Right Handlebar Leg (not shown) in the same way.

9. Insert the Pivot Axle (38) into the Upright (2). Apply a generous amount of the included grease to the Pivot Axle.

Identify the Left and Right Handlebars (9, 10), which are marked with stickers.

Orient a Handlebar Spacer (25) as shown, with the small cutout on top, and slide the Handlebar Spacer onto the indicated tube on the Left Handlebar (9). Next, slide the Left Handlebar onto the Pivot Axle (38).

Assemble the Right Handlebar (10) in the same way.

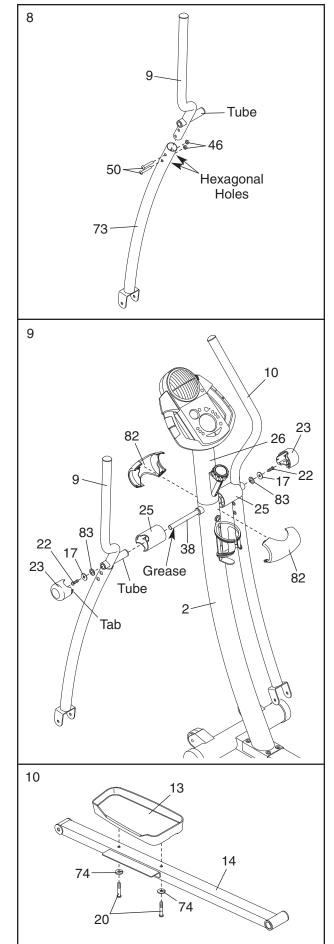
Tighten an M8 x 19mm Button Screw (22) with an M8 Large Washer (17) and an M16 Wave Washer (83) into each end of the Pivot Axle (38). **Make sure that the Wave Washers are on the ends of the Pivot Axle.** Orient the two Handlebar Caps (23) as shown, and press the small tabs on the Handlebar Caps into the two Handlebar Spacers (25).

Gently separate the two Upright Covers (82). Hold the Upright Covers around the Upright (2), and firmly press the Upright Covers together.

10. Identify the Left Pedal (13), which has an "L" molded into its bottom surface, and the Left Pedal Arm (14), which is marked with a sticker.

Attach the Left Pedal (13) to the Left Pedal Arm (14) with two M8 x 48mm Button Screws (20) and two M8 Split Washers (74).

Attach the Right Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.



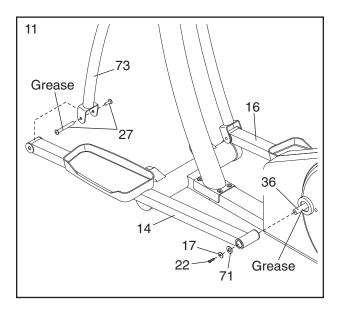
11. Apply a thin film of grease to the shaft of a Bolt Set (27) and to the axle on the left Crank Arm (36).

Slide the Left Pedal Arm (14) onto the axle on the left Crank Arm (36). Attach the Left Pedal Arm with an M8 x 19mm Button Screw (22), an M8 Large Washer (17), and an M20 Wave Washer (71). **Make sure that the Wave Washer is on the end of the axle.**

Attach the Left Handlebar Leg (73) to the Left Pedal Arm (14) with the Bolt Set (27).

See step 8 on page 7. Tighten the M8 x 42mm Button Bolts (50). Make sure that the M8 Nylon Locknuts (46) are seated in the hexagonal holes.

Attach the Right Pedal Arm (16) to the right side of the elliptical exerciser in the same way.



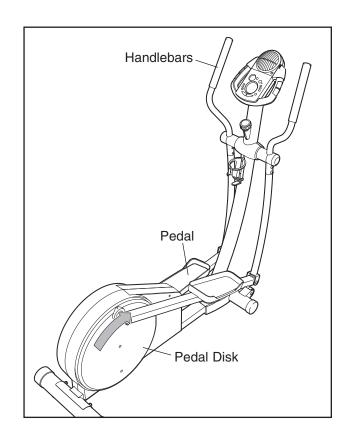
12. Make sure that all parts of the elliptical exerciser are properly tightened. Place a mat under the elliptical exerciser to protect the floor or carpet from damage.

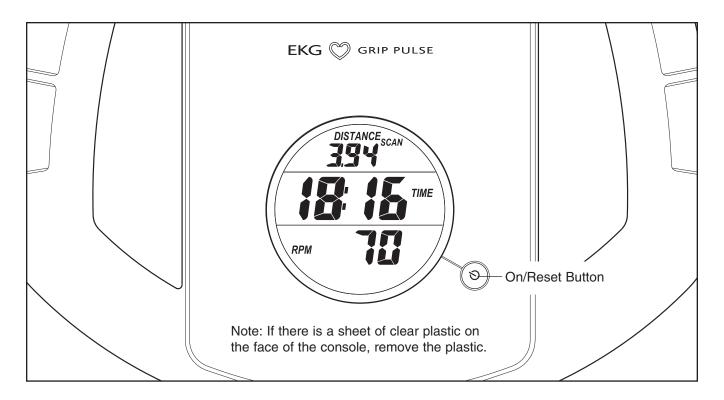
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, firmly hold the handlebars and carefully 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 disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown at the right; however, for variety, you can turn the pedal disks in the opposite direction.

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





HOW TO USE THE CONSOLE

Turn on the console.

Note: The console requires four 1.5V "D" batteries (see assembly step 4 on page 5).

To turn on the console, press the On/Reset button or begin pedaling. (See the drawing above to identify the On/Reset button.)



1

Follow your progress with the display.

The upper section of the display will show the total number of revolutions you have pedaled

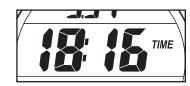


and the approximate numbers of *calories* and *fat calories* you have burned (see FAT BURNING on

page 12 for an explanation of fat calories). The display will change from one number to the next every few seconds. If you use the handgrip pulse sensor, the display will also show your heart rate (see step 3 on page 10).

The center of the display will show the elapsed time you have pedaled.

The lower section of the display will show your pedaling pace, in revolutions per minute (RPM).

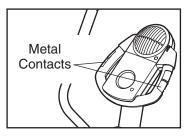






Measure your heart rate if desired.

If there are thin sheets of plastic on the metal contacts on the handgrips, peel off the plastic. To use the handgrip pulse sen-



sor, hold the handgrips with your palms resting against the metal contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (--) will appear and then your heart rate will be shown.

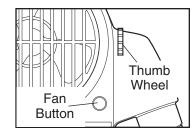
For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 30 seconds. The display will then show your heart rate along with other feedback modes.



5

Turn on the fan if desired.

To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the fan button a second time. To turn off



the fan, press the fan button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off to conserve the batteries.

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

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

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

MAINTENANCE AND TROUBLESHOOTING

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

The elliptical exerciser can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

When storing the elliptical exerciser, remove the batteries from the console. Keep the elliptical exerciser in a clean, dry location, away from moisture and dust.

CONSOLE TROUBLESHOOTING

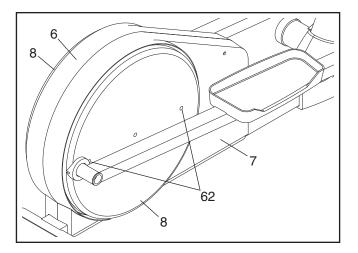
If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 4 on page 5.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

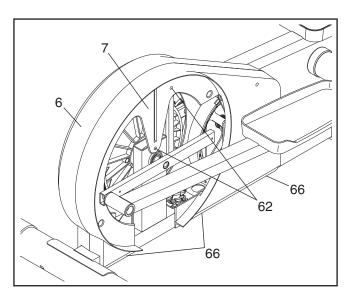
If the handgrip pulse sensor does not function properly, see step 3 on page 10.

HOW TO ADJUST THE REED SWITCH

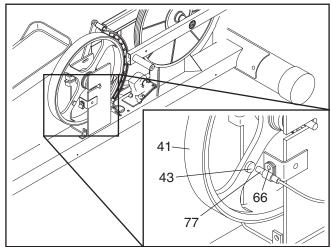
If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, remove the indicated Screws (62) from both Pedal Disks (8). Pull both Pedal Disks out of the Side Shields (6, 7). Rotate the right Pedal Disk so that you are able to see beneath it.



Remove the indicated Screws (62) from the Right Side Shield (7). Remove the indicated Screws (66) from both Side Shields (6, 7). Lift the Side Shields off the elliptical exerciser.



Next, locate the Reed Switch (77). Turn the Flywheel (41) until the Magnet (43) is aligned with the Reed Switch. Loosen, but do not remove, the indicated Screw (66). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Flywheel forward and back just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields and the pedal disks.



CONDITIONING GUIDELINES

A WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals 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.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	Ø
145	138	130	125	<i>11</i> 8	110	103	۲
125	120	115	110	105	95	90	•
20	30	40	50	60	70	80	

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

Fat Burning

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is 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

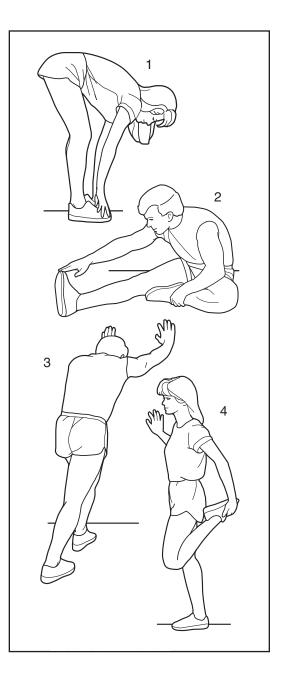
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

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.



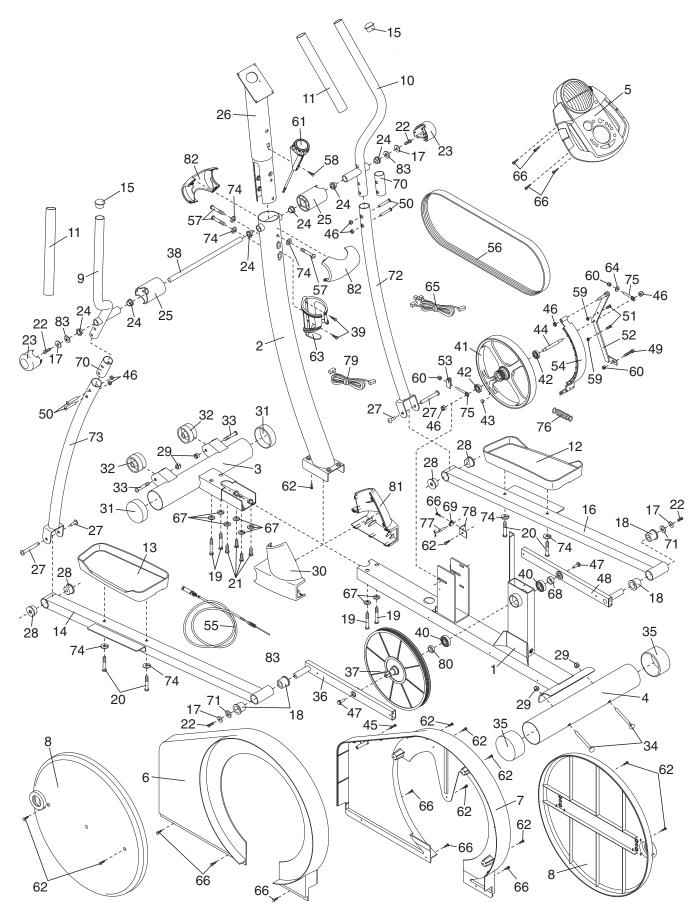
PART LIST—Model No. PFEL2595.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	44	1	Flywheel Axle
2	1	Upright	45	1	M4 x 64mm Screw
3	1	Front Stabilizer	46	7	M8 Nylon Locknut
4	1	Rear Stabilizer	47	2	Crank Screw
5	1	Console	48	1	Right Crank Arm
6	1	Left Side Shield	49	1	M6 x 20mm Bolt
7	1	Right Side Shield	50	4	M8 x 42mm Button Bolt
8	2	Pedal Disc	51	2	M6 x 16mm Button Bolt
9	1	Left Handlebar	52	1	"C" Magnet Bracket
10	1	Right Handlebar	53	1	"U" Bracket
11	2	Foam Grip	54	1	"C" Magnet
12	1	Right Pedal	55	1	Lower Cable
13	1	Left Pedal	56	1	Belt
14	1	Left Pedal Arm	57	3	M8 x 25mm Button Screw
15	2	Handlebar Endcap	58	1	M5 x 15mm Flat Head Screw
16	1	Right Pedal Arm	59	2	M6 Nylon Locknut
17	4	M8 Large Washer	60	3	M6 Nut
18	4	Rear Pedal Arm Bushing	61	1	Resistance Control/Cable
19	4	M10 x 58mm Button Screw	62	11	M5 x 16mm Screw
20	4	M8 x 48mm Button Screw	63	1	Water Bottle Holder
21	4	M10 x 22mm Button Screw	64	1	M6 Large Washer
22	4	M8 x 19mm Button Screw	65	1	Lower Wire Harness
23	2	Handlebar Cap	66	11	M4 x 16mm Screw
24	6	Handlebar Bushing	67	8	M10 Split Washer
25	2	Handlebar Spacer	68	1	Pulley Spacer
26	1	Console Bracket	69	1	Reed Switch Clamp
27	2	Bolt Set	70	2	Plastic Sleeve
28	4	Front Pedal Arm Bushing	71	2	M20 Wave Washer
29	4	M10 Nylon Locknut	72	1	Right Handlebar Leg
30	1	Left Frame Cover	73	1	Left Handlebar Leg
31	2	Front Stabilizer Endcap	74	7	M8 Split Washer
32	2	Wheel	75	2	M6 Eyebolt
33	2	M10 x 60mm Button Bolt	76	1	Spring
34	2	M10 x 105mm Carriage Bolt	77	1	Reed Switch
35	2	Rear Stabilizer Endcap	78	1	Reed Switch Bracket
36	1	Left Crank Arm	79	1	Upper Wire Harness
37	1	Pulley	80	1	Small Pulley Spacer
38	1	Pivot Axle	81	1	Right Frame Cover
39	2	M4 x 19mm Screw	82	2	Upright Cover
40	2	Crank Bearing	83	2	M16 Wave Washer
41	1	Flywheel	#	1	Allen Wrench, Set
42	2	Flywheel Bearing	#	1	Grease
43	1	Magnet	#	1	User's Manual

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

EXPLODED DRAWING—Model No. PFEL2595.0

R1105A



HOW TO ORDER REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (PFEL2595.0)
- the NAME of the product (PROFORM C 700 elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

PROFORM is a registered trademark of ICON IP, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. 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.

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