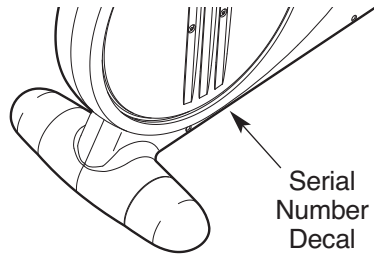


# PRO-FORM<sup>®</sup> ErgoStrider 3.0

Model No. PFEL53408.0

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 damaged or 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:

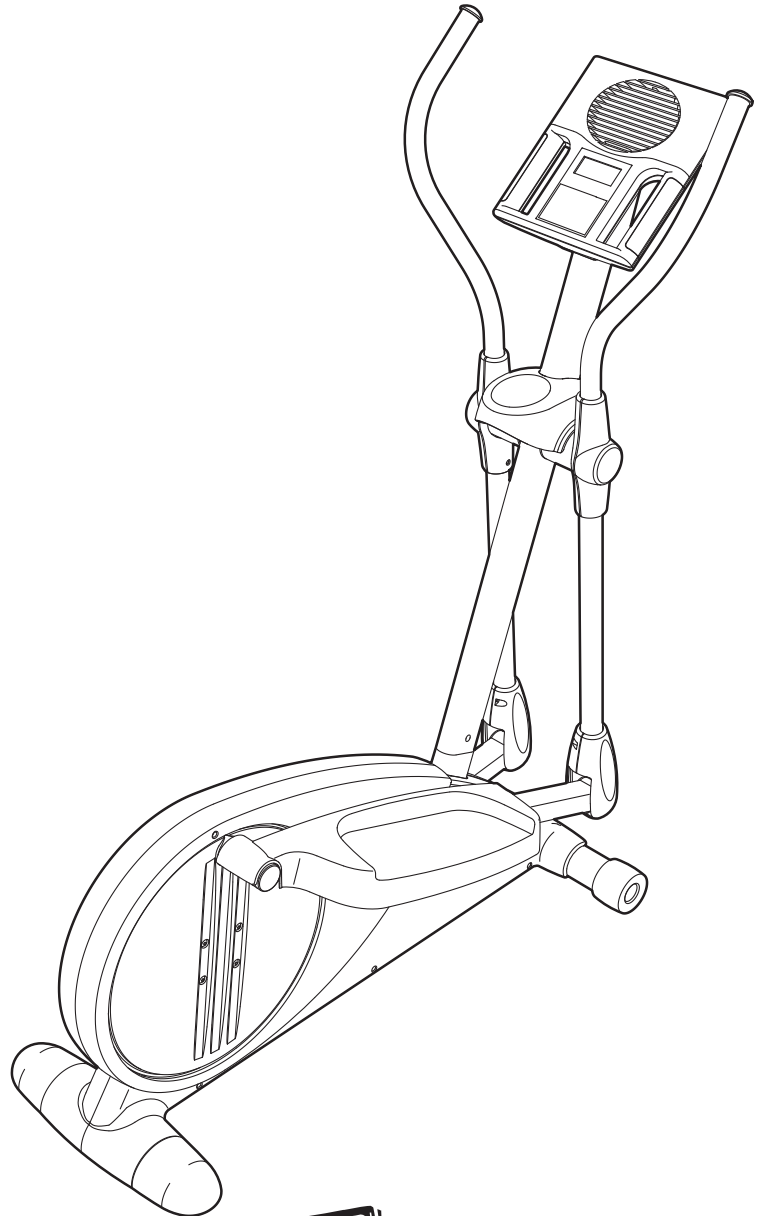
**1-888-533-1333**

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

[www.proformservice.com](http://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](http://www.proform.com)

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

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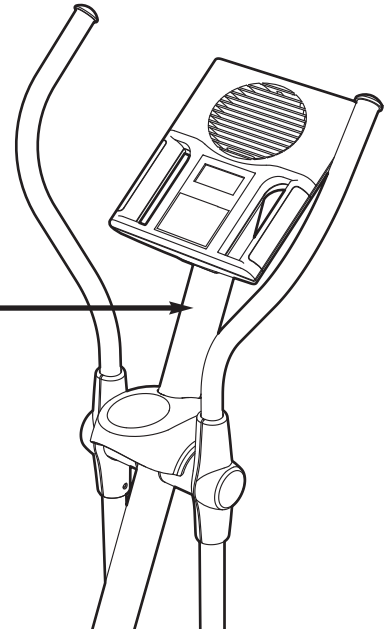

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## WARNING DECAL PLACEMENT

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

**⚠ 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 250 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 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 250 lbs. (113 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

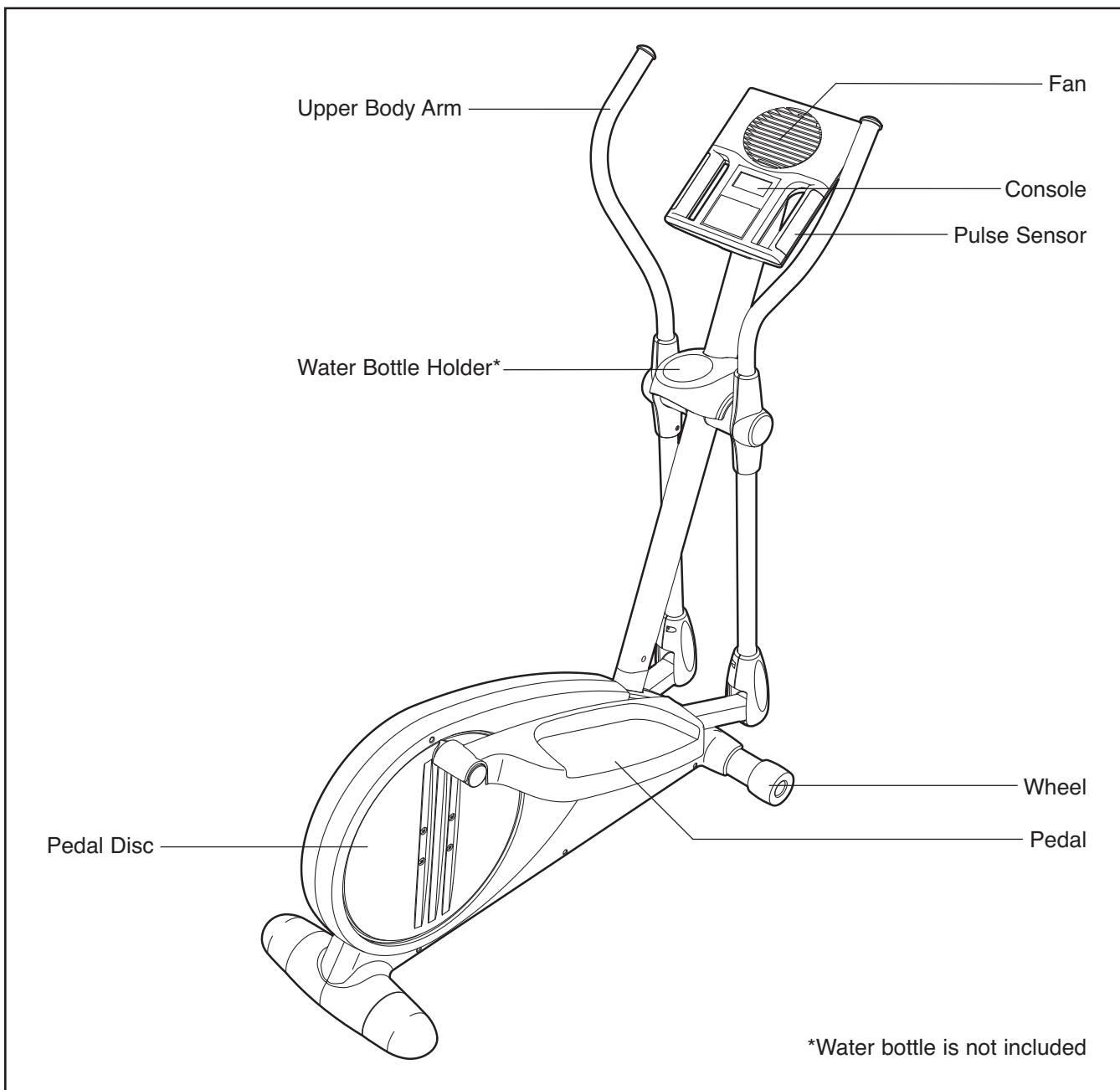
Thank you for purchasing the revolutionary PROFORM® ERGO STRIDER 3.0 elliptical exerciser. The ERGO STRIDER 3.0 elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the elliptical exerciser.** If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before con-

tacting 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](http://www.proformservice.com/registration).**

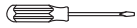


Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



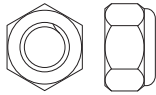
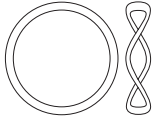
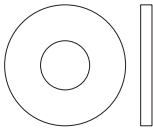
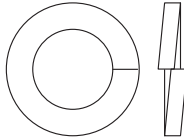
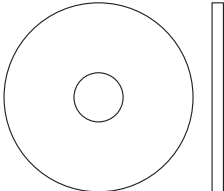
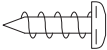
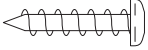
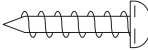
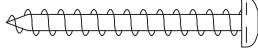
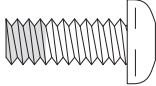
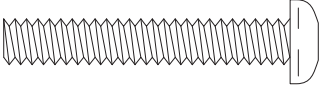
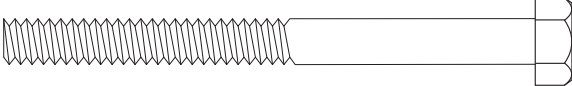
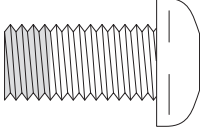
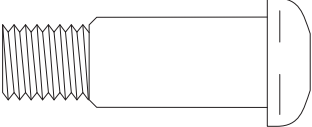
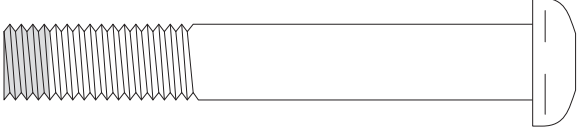
# ASSEMBLY

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.

**Assembly requires the included tools and your own Phillips screwdriver , adjustable wrench , and 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 preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**

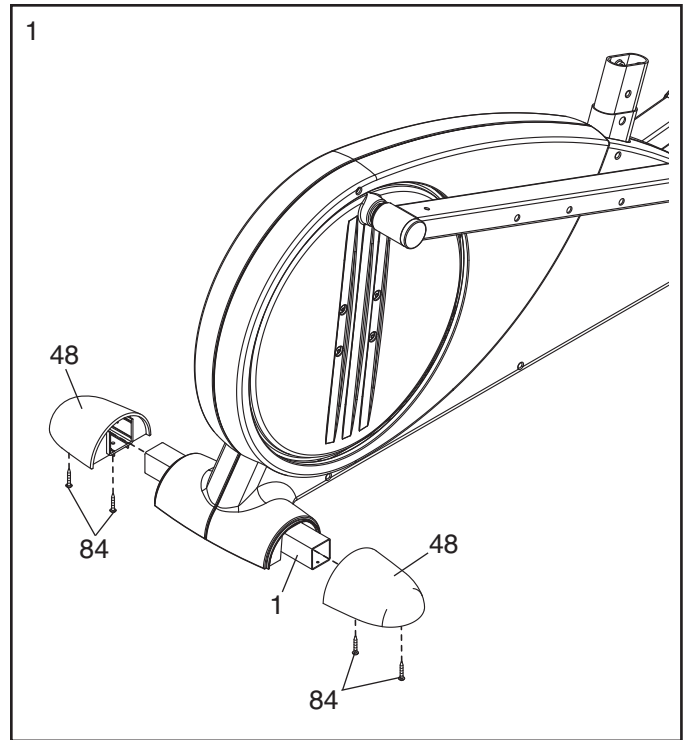
				
M6 Locknut (77)-6	Wave Washer (88)-2	M6 x 16mm x 1.5mm Washer (36)-2	M10 Split Washer (78)-10	M6 x 25mm x 1.5mm Washer (33)-2
				
M4 x 12mm Screw (35)-10	M4 x 16mm Screw (84)-14	M4 x 16mm Round Head Screw (94)-4	M4 x 32mm Screw (95)-2	
				
M6 x 16mm Patch Screw (80)-2	M6 x 36mm Bolt (76)-4	M6 x 71.5mm Shoulder Bolt (31)-2		
				
M10 x 20mm Patch Screw (79)-4	M10 x 35mm Shoulder Screw (63)-2	M10 x 70mm Patch Screw (75)-6		

1.

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

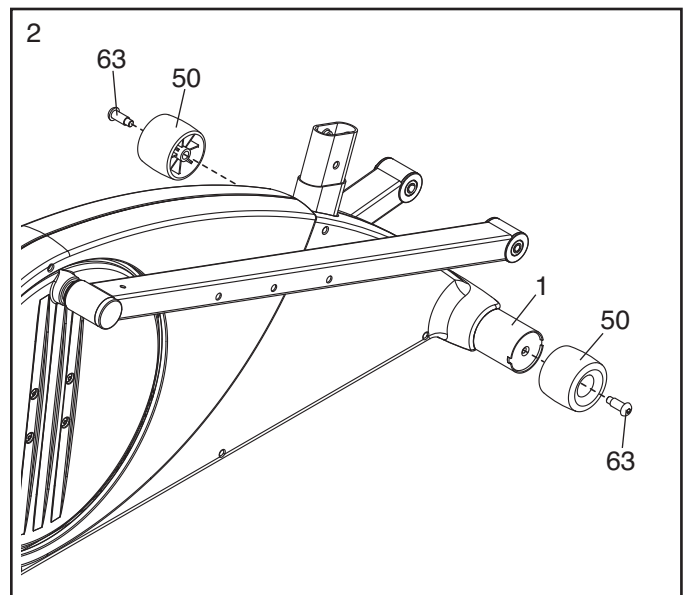
While another person lifts the rear of the Frame (1), attach a Frame Cover (48) to the Frame with two M4 x 16mm Screws (84).

Repeat this step to attach the other Frame Cover (48).



2. Attach a Wheel (50) to the front of the Frame (1) with an M10 x 35mm Shoulder Screw (63).

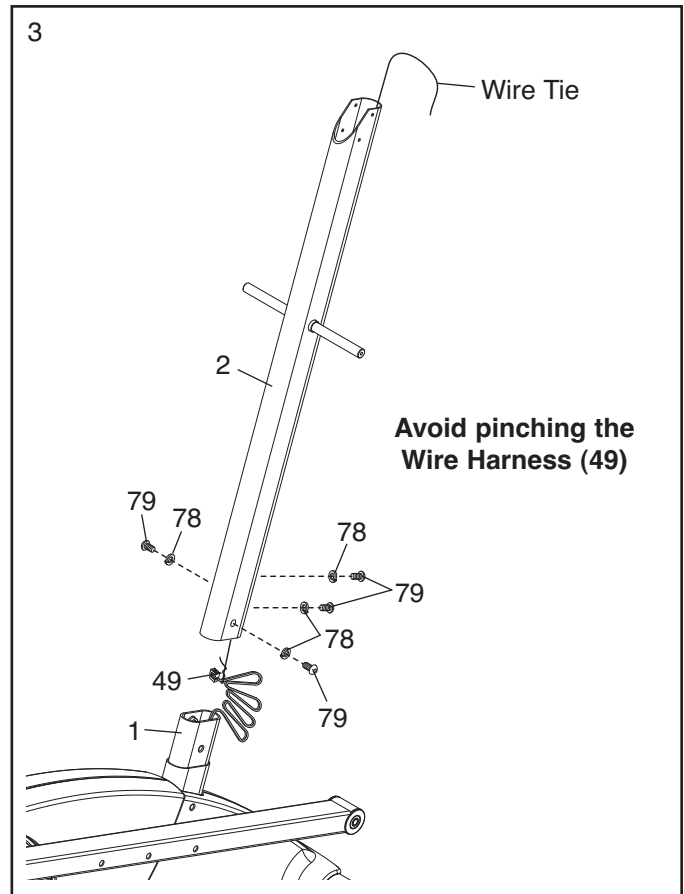
Repeat this step to attach the other Wheel (50).



3. **Tip: Avoid pinching the Wire Harness (49) during this step.**

Have another person hold the Upright (2) near the Frame (1). Locate the wire tie in the Upright. Tie the lower end of the wire tie to the Wire Harness (49). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie. **Tip: To prevent the Wire Harness from falling inside the Upright, secure the Wire Harness with a rubber band.**

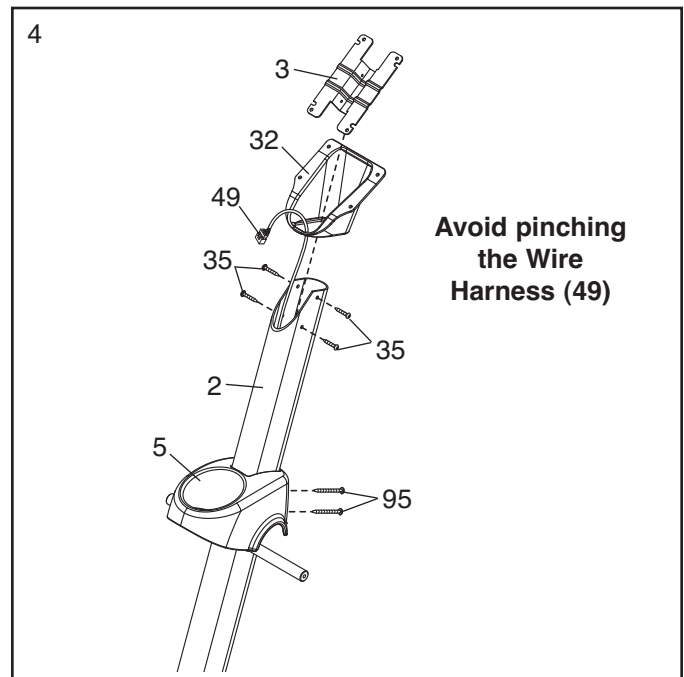
Slide the Upright (2) onto the Frame (1). Attach the Upright with four M10 x 20mm Patch Screws (79) and four M10 Split Washers (78). **Tip: Tighten the two Patch Screws on the front of the elliptical exerciser before tightening the other two Patch Screws.**



4. **Tip: Avoid pinching the Wire Harness (49) during this step.**

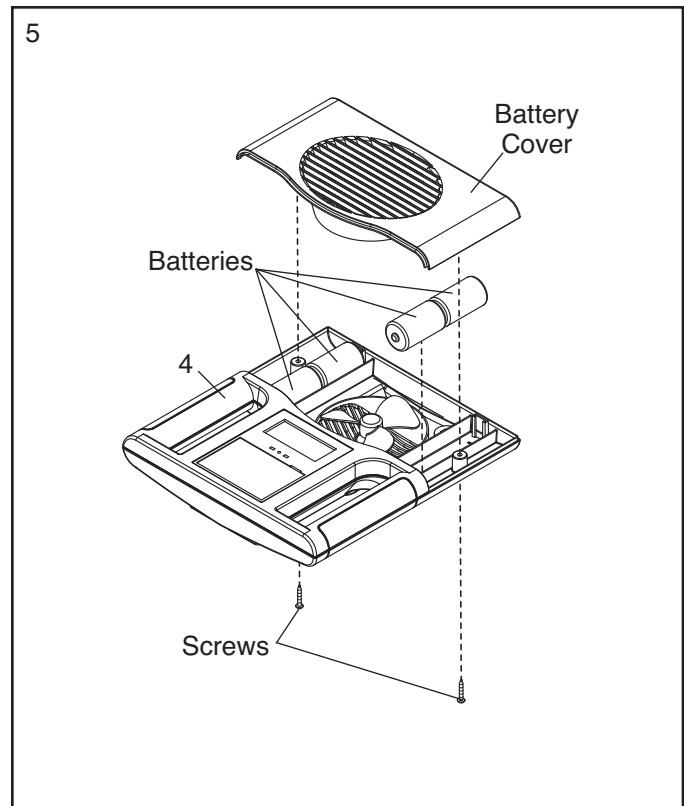
Orient the Water Bottle Holder (5) as shown and slide it onto the Upright (2). Attach the Water Bottle Holder with two M4 x 32mm Screws (95).

Slide the Console Cover (32) onto the Upright (2) and move it downward to the Water Bottle Holder (5). Then, insert the Console Bracket (3) into the top of the Upright. Attach the Console Bracket with four M4 x 12mm Screws (35).



5. The Console (4) can use four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screws and the battery cover, insert the batteries into the battery compartment, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**

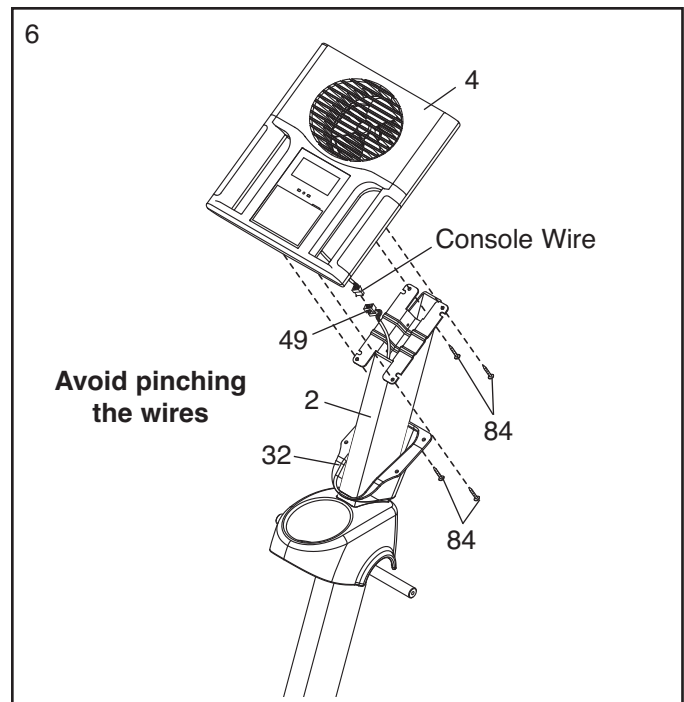
To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end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



6. **Tip: Avoid pinching the wires during this step.**

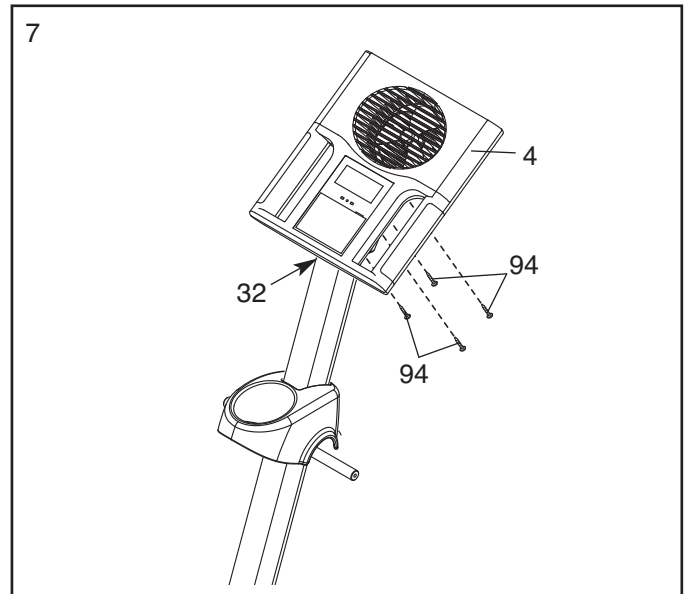
While a second person holds the Console (4) near the Upright (2), connect the console wire to the Wire Harness (49).

Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (84).





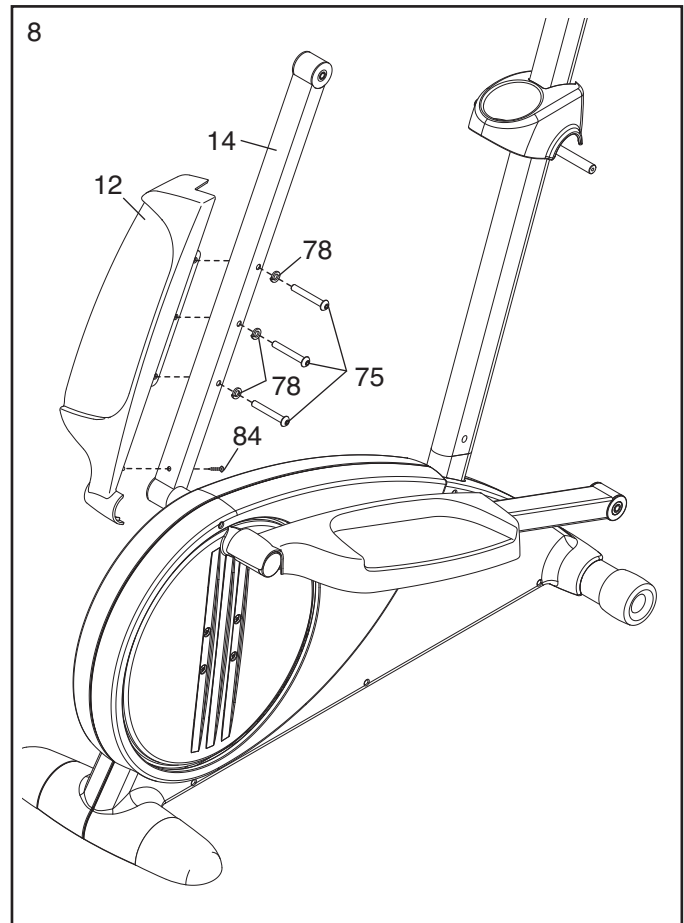
7. Slide the Console Cover (32) (see the drawing in step 6) upward to the Console (4). Attach the Console Cover with four M4 x 16mm Round Head Screws (94).



8. Identify the Left Pedal (12), which is marked with an "L" sticker.

Attach the Left Pedal (12) to the left Pedal Arm (14) with three M10 x 70mm Patch Screws (75), three M10 Split Washers (78), and an M4 x 16mm Screw (84).

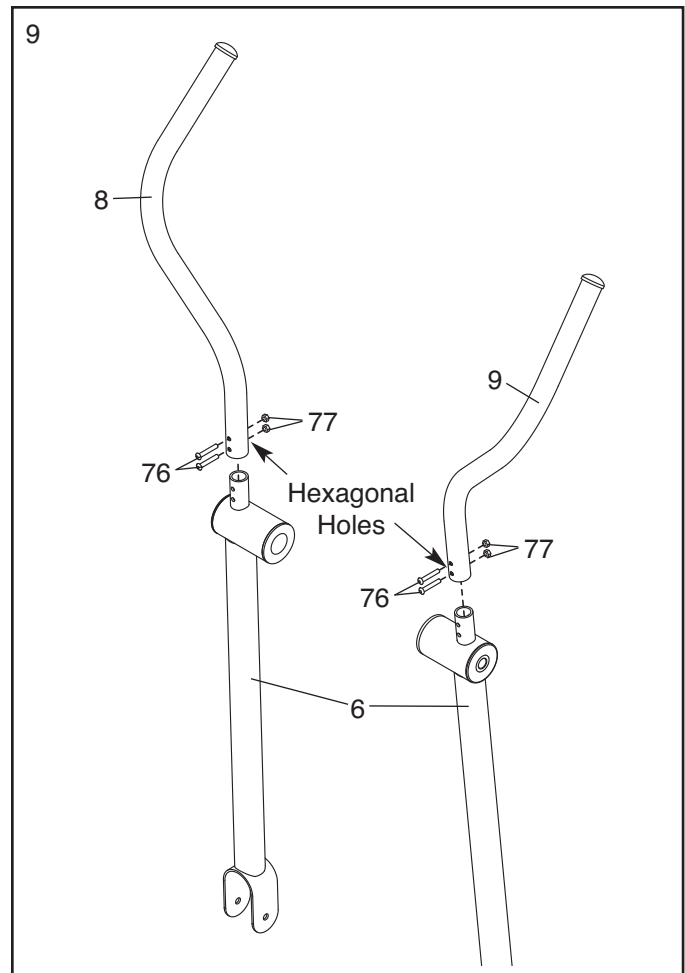
**Repeat this step on the right side of the elliptical exerciser.**



9. Identify the Left Upper Body Arm (8), which is marked with a "Left" sticker. Orient the Left Upper Body Arm and the left Upper Body Leg (6) as shown; **make sure that the hexagonal holes are in the indicated location.**

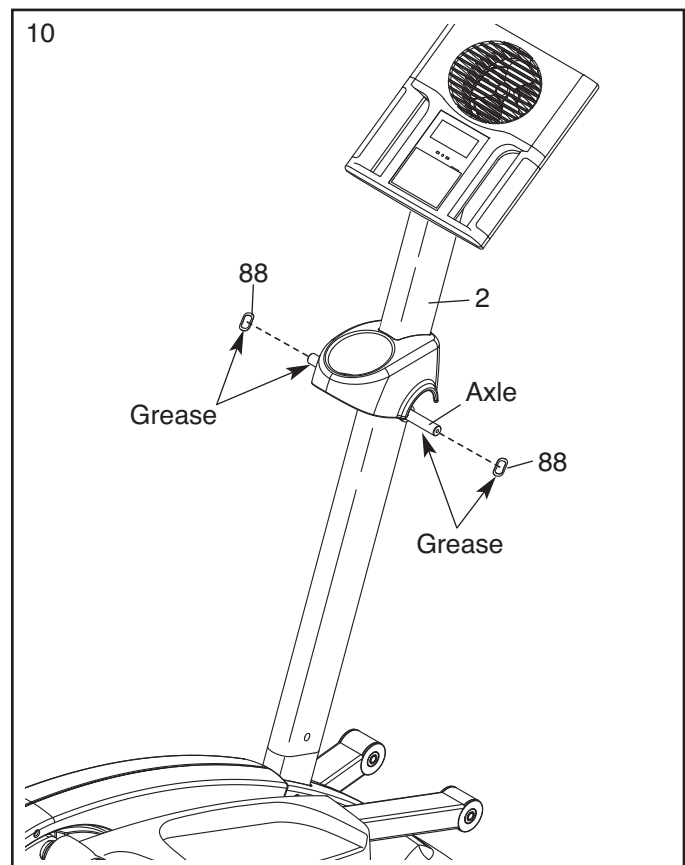
Slide the Left Upper Body Arm (8) onto the left Upper Body Leg (6). Attach the Left Upper Body Arm with two M6 x 36mm Button Bolts (76) and two M6 Locknuts (77); **make sure that the Locknuts are inside the hexagonal holes.**

**Repeat this step for the Right Upper Body Arm (9) and the right Upper Body Leg (6).**



10. Apply a generous amount of the included grease to the axles on the Upright (2). Then, apply a small amount of grease to two Wave Washers (88).

Slide a Wave Washer (88) onto each axle.



11. Identify an Inner Pivot Cover (19). Orient the Inner Pivot Cover and the right Upper Body Leg (6) as shown.

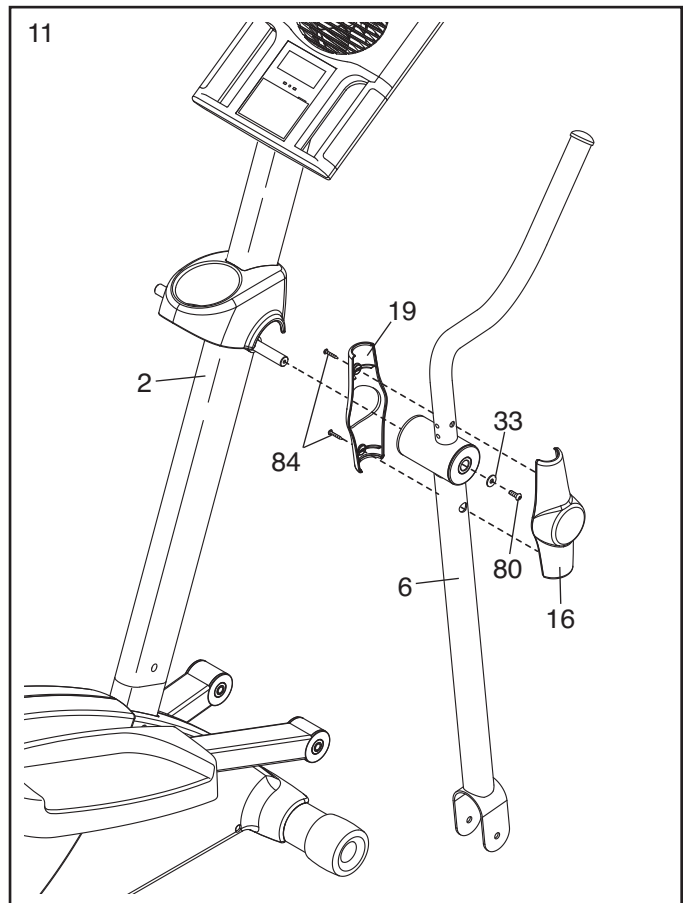
Slide the Inner Pivot Cover (19) and the right Upper Body Leg (6) onto the right axle on the Upright (2).

Attach the right Upper Body Leg (6) to the axle with an M6 x 16mm Patch Screw (80) and an M6 x 25mm x 1.5mm Washer (33).

Identify and orient an Outer Pivot Cover (16) as shown. Then, slide the Outer Pivot Cover onto the outer side of the right Upper Body Leg (6).

Attach the Inner and Outer Pivot Covers (19, 16) with two M4 x 16mm Screws (84).

**Repeat this step for the left side of the elliptical exerciser.**



12. Apply a small amount of grease to the barrel of an M6 x 71.5mm Shoulder Bolt (31).

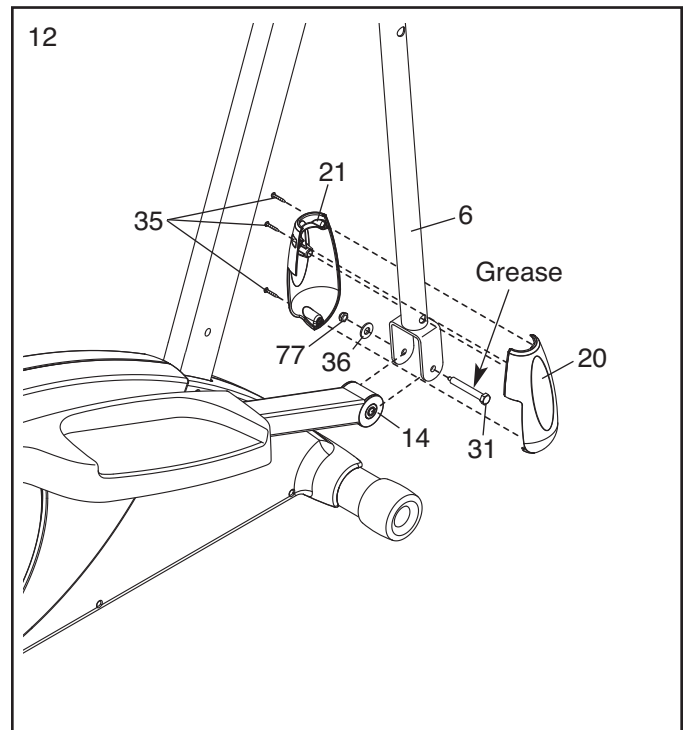
Have another person hold the right Pedal Arm (14) inside the bracket on the right Upper Body Leg (6).

Attach the right Pedal Arm (14) to the right Upper Body Leg (6) with the M6 x 71.5mm Shoulder Bolt (31), an M6 x 16mm x 1.5mm Washer (36), and an M6 Locknut (77).

Identify the Right Outer Leg Cover (20) and the Right Inner Leg Cover (21), which are marked with "Right" stickers, and orient them as shown.

Attach the Right Outer Leg Cover (20) and the Right Inner Leg Cover (21) around the right Upper Body Leg (6) with three M4 x 12mm Screws (35).

**Repeat this step for the left side of the elliptical exerciser.**

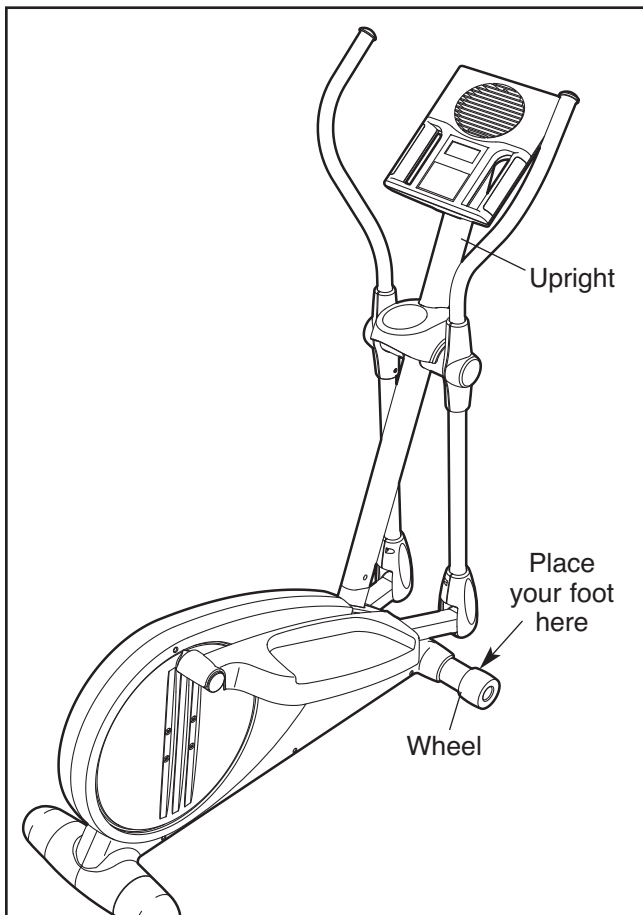


13. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, stand in front of it, place one foot against one of the wheels, and firmly hold the upper end of the upright. Pull the upright forward until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then lower it to the floor. **To decrease the risk of injury, do not attempt to move the elliptical exerciser over an uneven surface.**

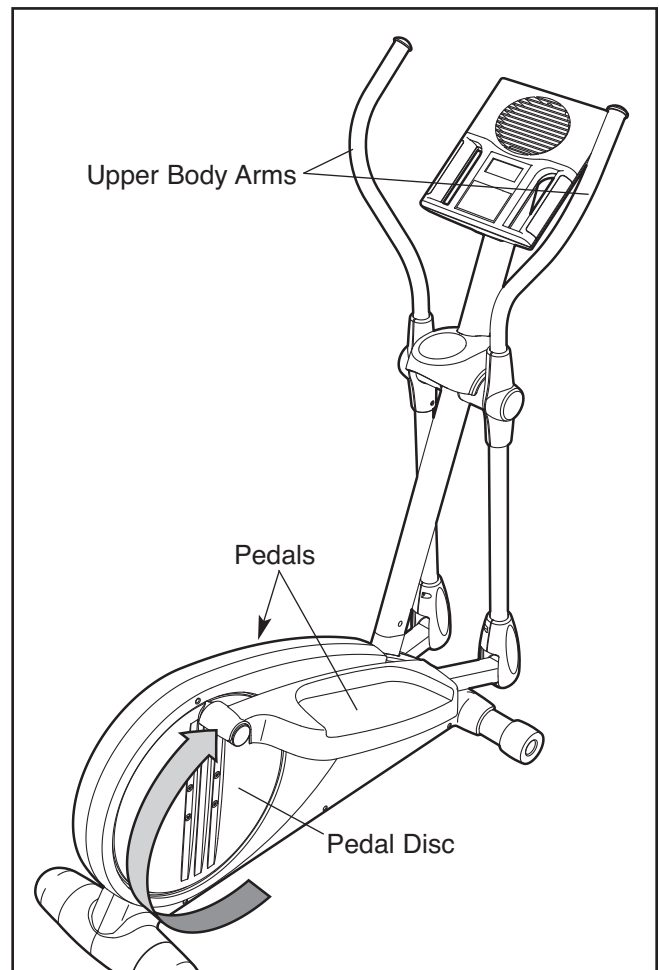


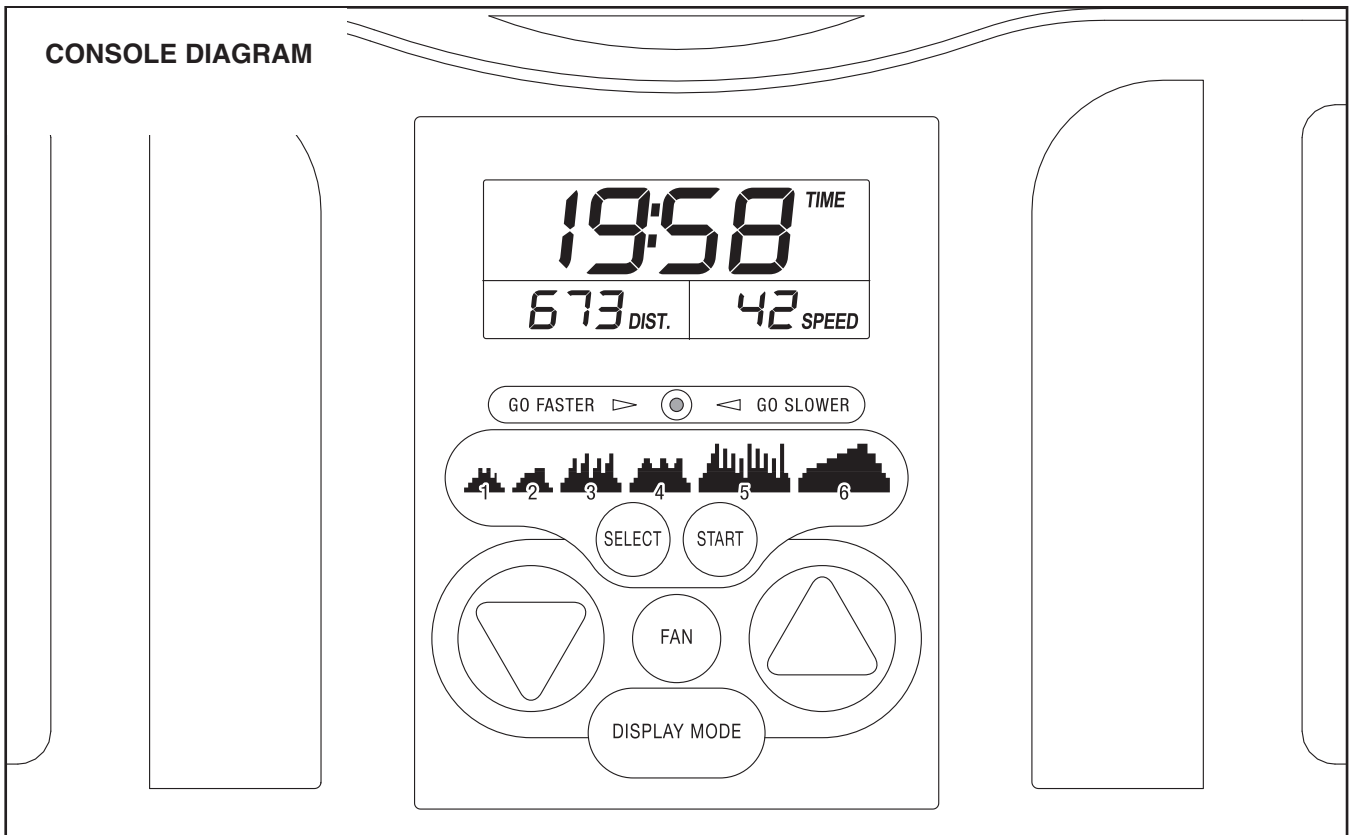
## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

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 pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown by the arrow below; however, for variety you can turn the pedal discs in the opposite direction.**

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





**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 provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers six preset workouts. Each preset workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

**To use the manual mode,** see page 14. **To use a preset workout,** see page 16.

## 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 decrease button or begin pedaling to turn on the console.

When you turn on the console, the display will light and the console will be ready for use.

### 2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Select button repeatedly until zeroes 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 increase and decrease buttons.  
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 lower left display**—This display can show the elapsed time and the distance (total number of revolutions) that you have pedaled.



**The lower right display**—This display can show your pedaling speed (in revolutions per minute) and the approximate number of calories you have burned. When you use the handgrip pulse sensor, the lower right display will also show your heart rate (see step 5 on page 15).

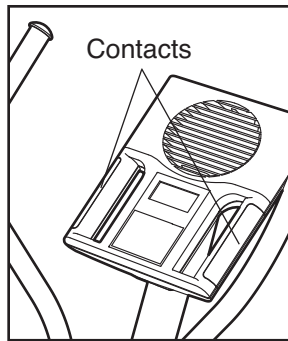


**The upper display**—The upper display is the *priority display*. The priority display can show the elapsed time, the distance that you have pedaled, your pedaling speed, or the approximate number of calories you have burned. Press the Display Mode button repeatedly until the priority display shows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



**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. In addition, make sure that your hands are clean. 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 display and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 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.

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

If the pedals do not move for several seconds, 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.

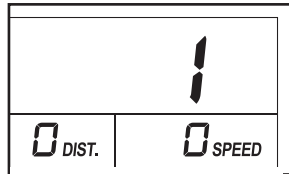
## HOW TO USE A PRESET WORKOUT

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

When you turn on the console, the display will light and the console will be ready for use.

2. **Select a preset workout.**

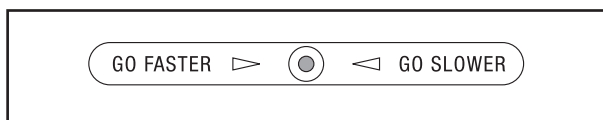
To select a preset workout, press the Select button repeatedly until the number 1, 2, 3, 4, 5, or 6 appears in the upper display.



3. **Press the Start button or begin pedaling to start the workout.**

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

During the workout, you will also be prompted to keep your pedaling pace near the target pace for the current segment. When the GO FASTER indicator is lit, increase your pace. When the GO SLOWER indicator is lit, decrease your pace. When the center indicator is lit, maintain your current pace. **IMPORTANT: The target pace is intended only to provide motivation. 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 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, the workout will pause, and the time will flash in the display. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

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

See step 4 on page 14.

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 15.

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

See step 7 on page 15.



# MAINTENANCE AND TROUBLESHOOTING

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

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

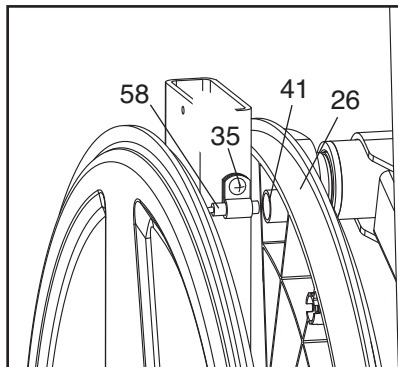
## CONSOLE TROUBLESHOOTING

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 5 on page 8 for replacement instructions. If the handgrip pulse sensor does not function properly, see step 5 on page 15.

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from both side shields; **there are four sizes of screws in the side shields—note which size of screw you remove from each hole.** Then, gently pry the side shields away from the frame.

Next, locate the Reed Switch (58). Turn the Left Pedal Disc (26) until the Magnet (41) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 12mm Screw (35). Slide the Reed Switch

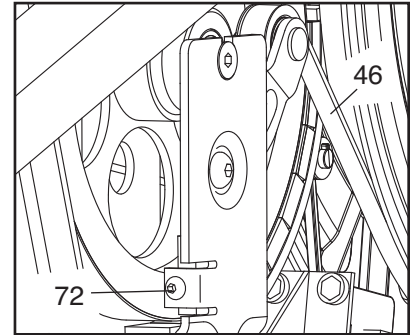


slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Left Pedal Disc forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 23 and the PART LIST on page 21.

## HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance of the pedals is at the highest setting, the Belt (46) may need to be adjusted. First, remove all the screws from both side shields; **there are four sizes of screws in the side shields—note which size of screw you remove from each hole.** Then, gently pry the side shields away from the frame.

Next, turn the Belt Adjustment Screw (72) until the Belt (46) is tight. Then, reattach the side shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 23 and the PART LIST on page 21.



# 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

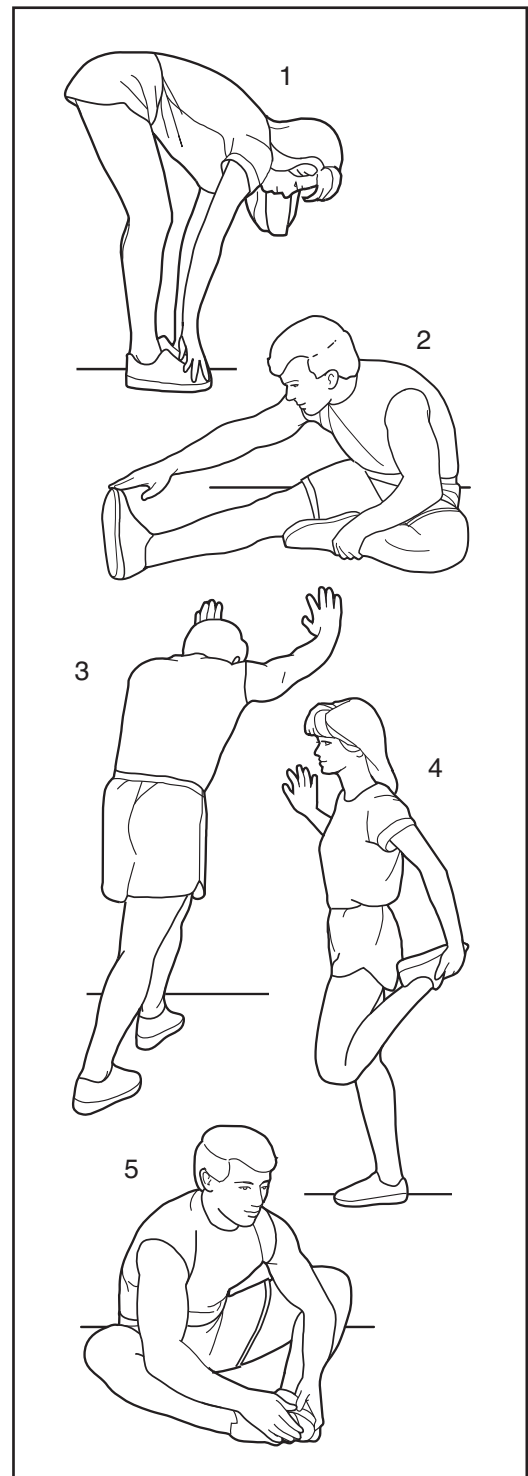
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



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# NOTES

# PART LIST—Model No. PFEL53408.0

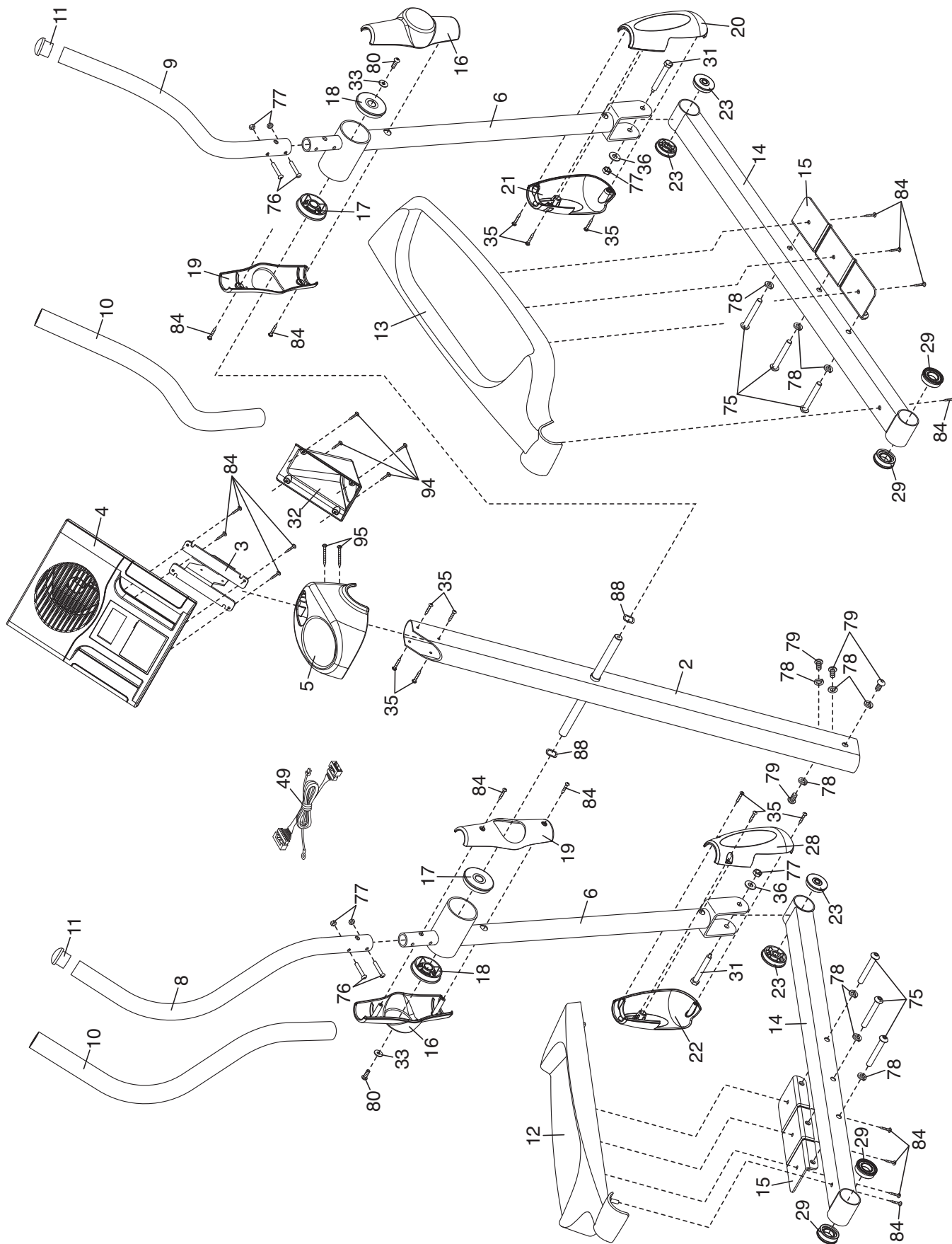
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Flywheel
2	1	Upright	52	1	Idler
3	1	Console Bracket	53	1	“C” Magnet
4	1	Console	54	1	Resistance Motor
5	1	Water Bottle Holder	55	1	Motor Bracket
6	2	Upper Body Leg	56	1	Resistance Arm
7	1	Resistance Wheel	57	1	Clamp
8	1	Left Upper Body Arm	58	1	Reed Switch/Wire
9	1	Right Upper Body Arm	59	1	Magnet Spacer
10	2	Foam Grip	60	1	Key
11	2	Upper Endcap	61	1	Square Nut
12	1	Left Pedal	62	1	M6 x 18mm Hex Screw
13	1	Right Pedal	63	2	M10 x 35mm Shoulder Screw
14	2	Pedal Arm	64	1	Flywheel Bolt
15	2	Pedal Bracket	65	1	“C” Magnet Bolt
16	2	Outer Pivot Cover	66	1	Idler Bolt
17	2	Inner Bushing Set	67	1	Key Screw
18	2	Outer Bushing Set	68	1	Crank Arm Screw
19	2	Inner Pivot Cover	69	4	Resistance Motor Bolt
20	1	Right Outer Leg Cover	70	4	Resistance Motor Nut
21	1	Right Inner Leg Cover	71	4	Motor Bracket Screw
22	1	Left Outer Leg Cover	72	1	Belt Adjustment Screw
23	4	Pedal Arm Bushing Set	73	1	M4 x 45mm Screw
24	1	Crank Assembly	74	2	M8 Locknut
25	1	Crank Arm	75	6	M10 x 70mm Patch Screw
26	1	Left Pedal Disc	76	4	M6 x 36mm Button Bolt
27	1	Right Pedal Disc	77	6	M6 Locknut
28	1	Left Inner Leg Cover	78	10	M10 Split Washer
29	4	Bearing Assembly	79	4	M10 x 20mm Patch Screw
30	2	Pedal Arm Cover	80	4	M6 x 16mm Screw
31	2	M6 x 71.5mm Shoulder Bolt	81	4	M8 x 12mm Button Screw
32	1	Console Cover	82	1	M10 Locknut
33	4	M6 x 25mm x 1.5mm Washer	83	7	M6 Star Washer
34	4	Cosmetic Button Screw	84	20	M4 x 16mm Screw
35	12	M4 x 12mm Screw	85	2	Flywheel Spacer
36	2	M6 x 16mm x 1.5mm Washer	86	8	M5 x 20mm Screw
37	2	26.5mm x 20.5mm Wave Washer	87	1	M4 x 10mm Screw
38	2	Crank Bearing	88	2	Wave Washer
39	1	Crank Spacer	89	1	M5 x 15mm Screw
40	1	Crank Arm Spacer	90	3	M6 Washer
41	2	Magnet	91	1	M4 x 63mm Screw
42	1	Extension Wire	92	11	M4 x 20mm Screw
43	1	M6 Washer	93	1	M4 x 35mm Screw
44	1	Left Side Shield	94	4	M4 x 16mm Round Head Screw
45	1	Right Side Shield	95	2	M4 x 32mm Screw
46	1	Belt	*	—	User’s Manual
47	2	Foot	*	—	Hex Key
48	2	Frame Cover	*	—	Grease Packet
49	1	Wire Harness	*	—	Wire Tie
50	2	Wheel			

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.

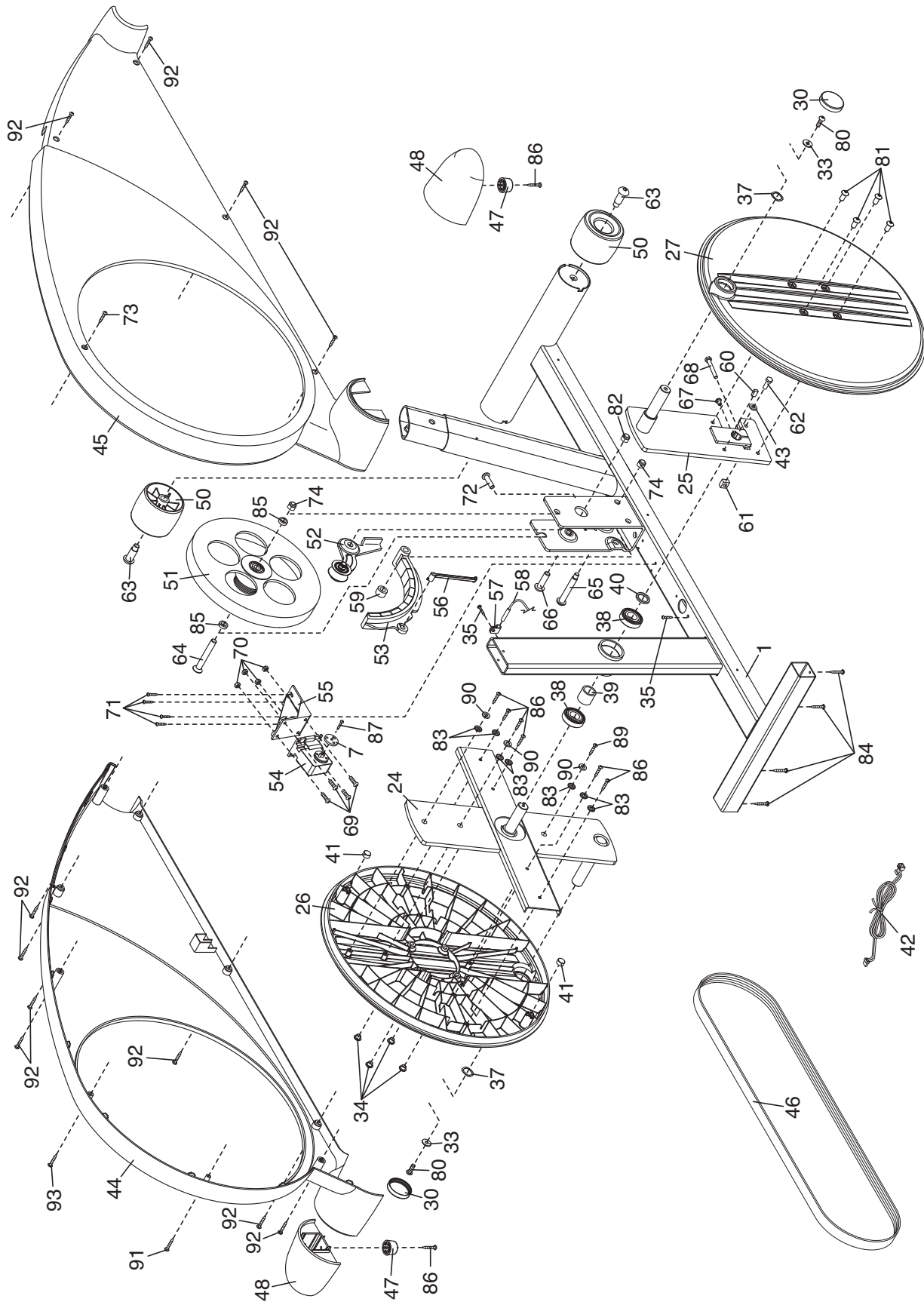
# EXPLODED DRAWING A—Model No. PFEL53408.0

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# EXPLODED DRAWING B—Model No. PFEL53408.0

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## ORDERING REPLACEMENT PARTS

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

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

### 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. The frame is warranted for five (5) years from the date of purchase. Parts and labor are warranted for 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 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; 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

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