

# PRO-FORM<sup>®</sup>

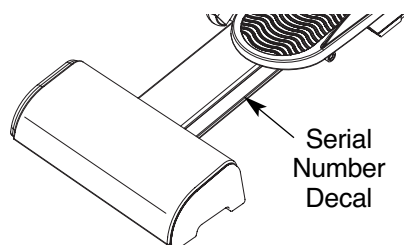
## 850

With Universal Dock for iPod<sup>®</sup>

Model No. PFEL77807.0

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:**

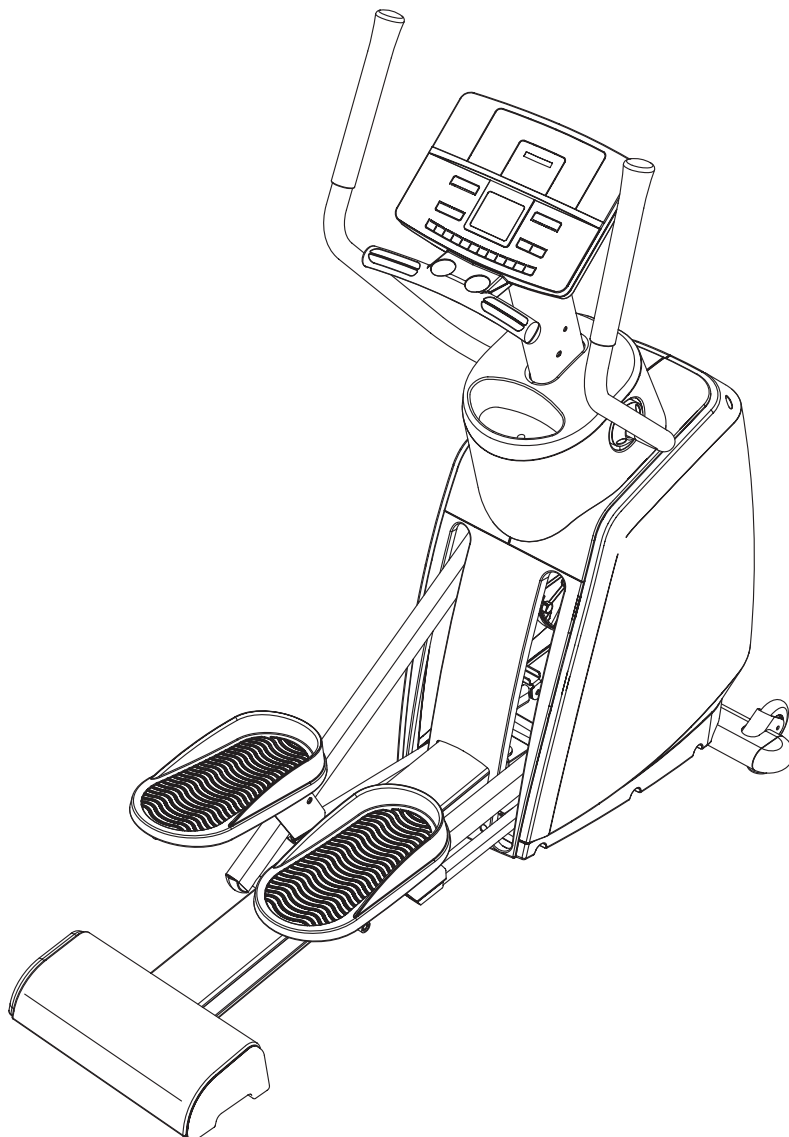
**1-888-533-1333**

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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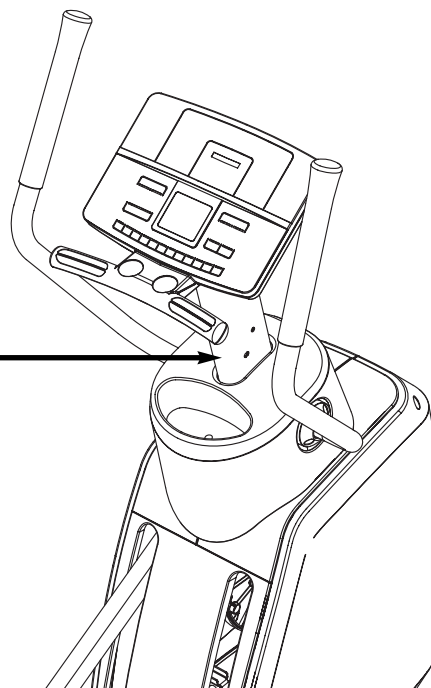
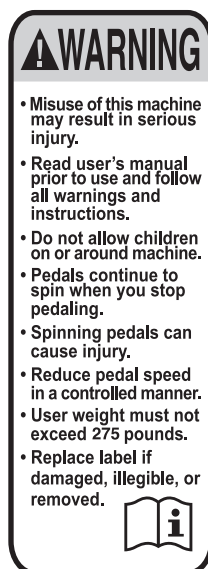
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## WARNING DECAL PLACEMENT

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



# IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 275 lbs. (124 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the handlebars 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

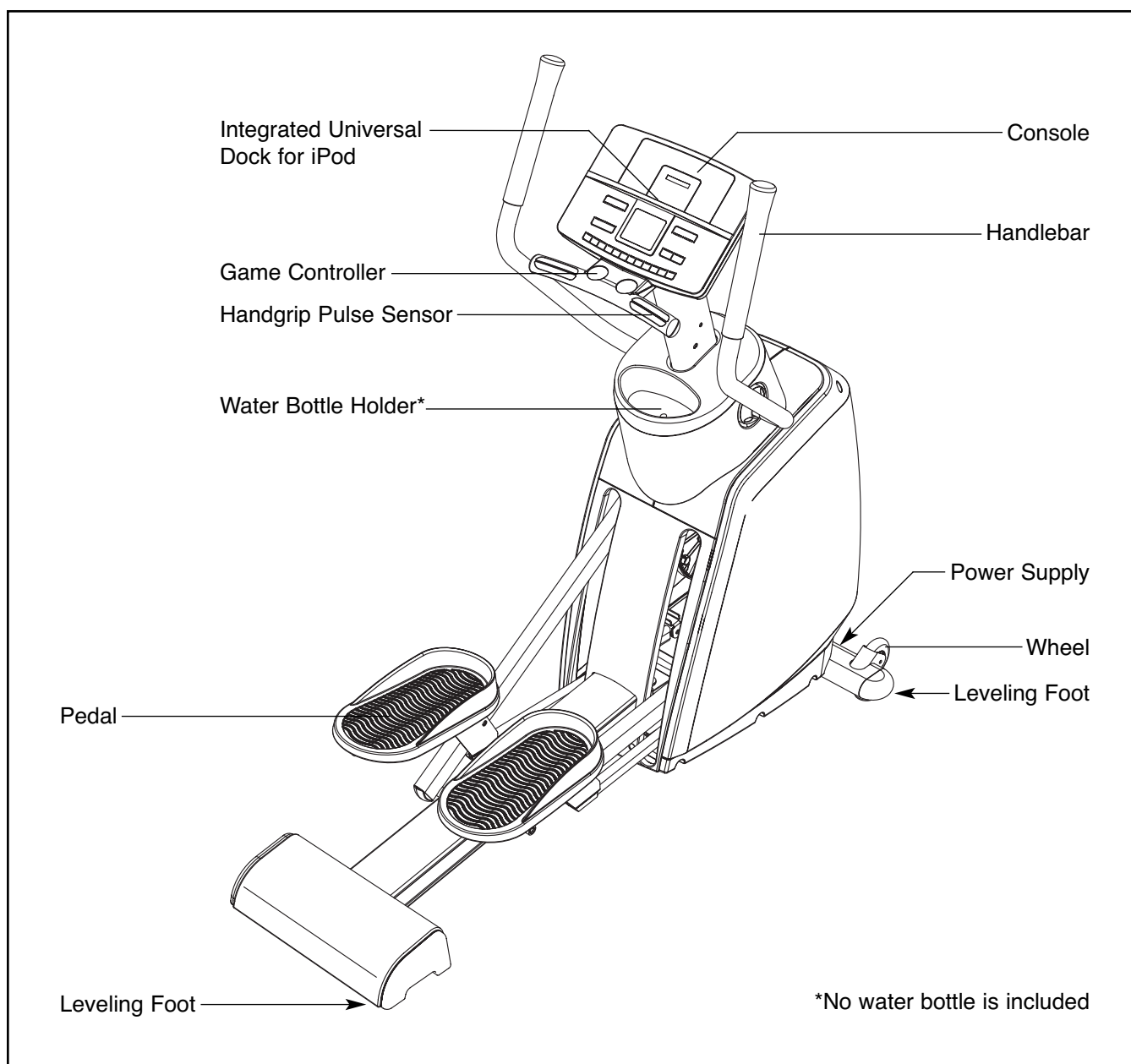
Thank you for selecting the revolutionary PROFORM® 850 elliptical exerciser. The 850 elliptical exerciser provides an impressive array of features designed to make your workouts at home more effective and enjoyable.

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

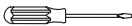


Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



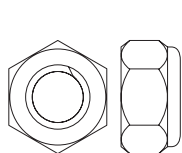
# ASSEMBLY

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

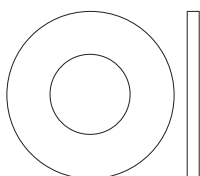
**Assembly requires two persons.** Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included hex keys and your own Phillips screwdriver  , adjustable wrench  , and rubber mallet .**

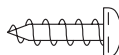
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



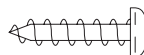
M8 Hex Nylon Locknut (77)–4



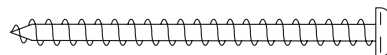
M10 x 22mm x 1.5mm Washer (63)–2



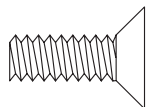
#8 x 1/2" Screw (79)–6



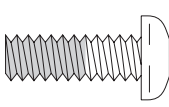
M4 x 16mm Screw (80)–4



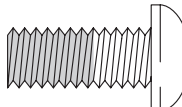
#8 x 2" Screw (68)–4



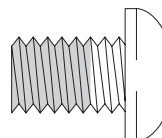
M6 x 14mm Flat Head Screw (55)–1



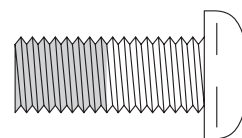
M6 x 18mm Patch Screw (57)–6



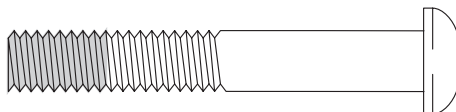
M8 x 19mm Patch Screw (65)–4



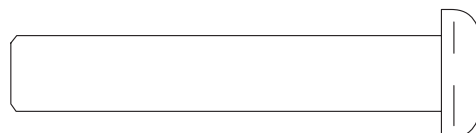
M10 x 15mm Patch Screw (71)–2



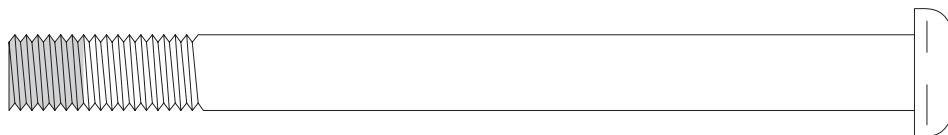
M10 x 27mm Patch Screw (64)–4



M8 x 55mm Patch Bolt (61)–4



Barrel Nut (56)–1



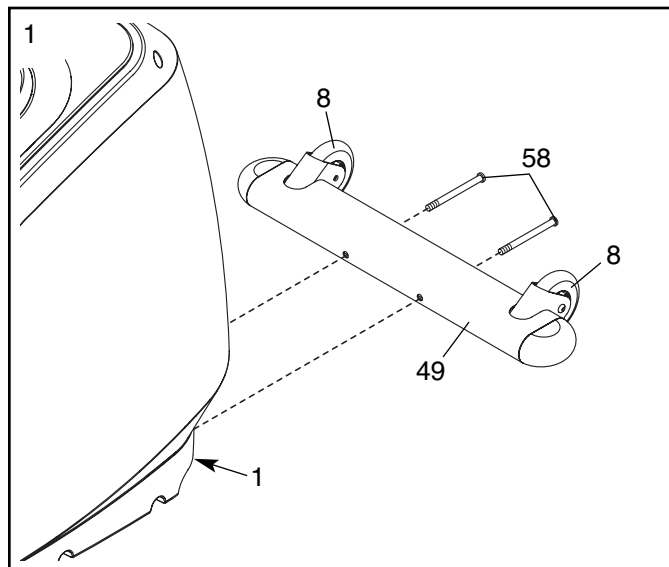
M10 x 120mm Patch Screw (58)–2

1.

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

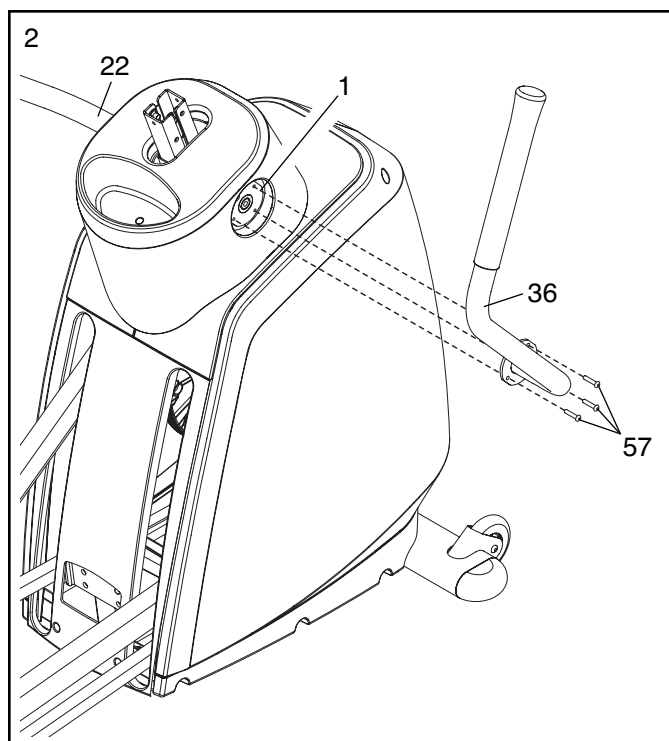
Remove the two M10 x 120mm Patch Screws (58) and the shipping bracket (not shown) attached to the front of the Frame (1). Discard the shipping bracket. **Do not discard the two M10 x 120mm Patch Screws.**

Orient the Stabilizer (49) with the Wheels (8) in the position shown. While a second person tips the Frame (1) backward, attach the Stabilizer to the Frame with the two M10 x 120mm Patch Screws (58).



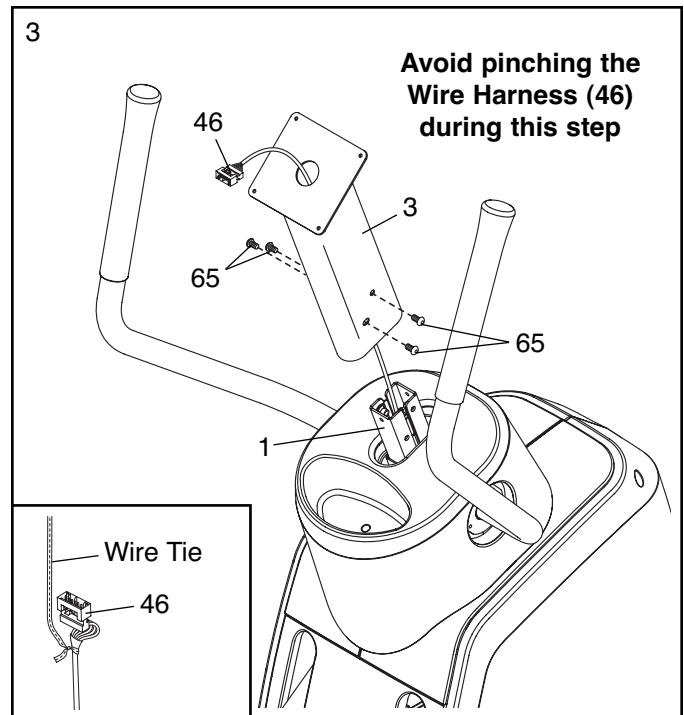
2. Identify the Right Handlebar (36), which is marked with an "R" sticker, and orient it as shown. Attach the Right Handlebar to the Frame (1) with three M6 x 18mm Patch Screws (57).

**Repeat this step to attach the Left Handlebar (22).**



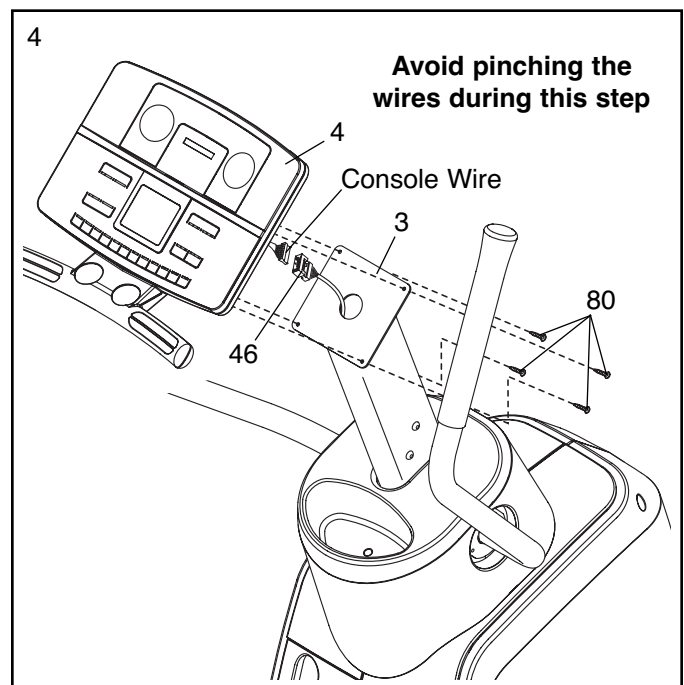
3. Identify the Upright (3) and orient it as shown. Have a second person hold the Upright near the top of the Frame (1). Locate the wire tie (see the inset drawing) in the Upright. Tie the lower end of the wire tie to the Wire Harness (46). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie. **Tip: Do not allow the Wire Harness to fall into the Upright. Use a piece of tape or an elastic band to hold the Wire Harness in place until step 4.**

**Tip: Avoid pinching the Wire Harness (46) during this step.** Insert the Upright (3) into the Frame (1). Attach the Upright with four M8 x 19mm Patch Screws (65).

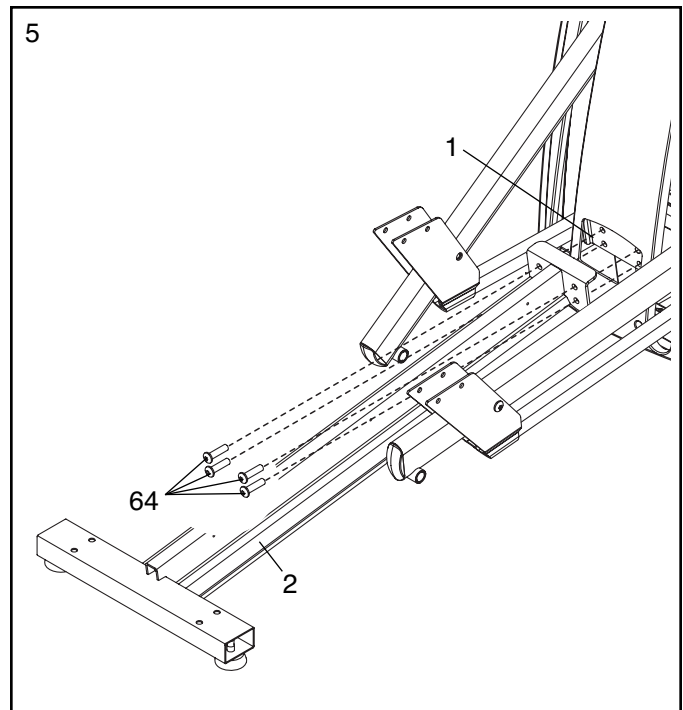


4. While a second person holds the Console (4) near the Upright (3), connect the console wire to the Wire Harness (46). Insert the excess wire downward into the Upright.

**Tip: Avoid pinching the wires during this step.** Attach the Console (4) to the Upright (3) with four M4 x 16mm Screws (80).



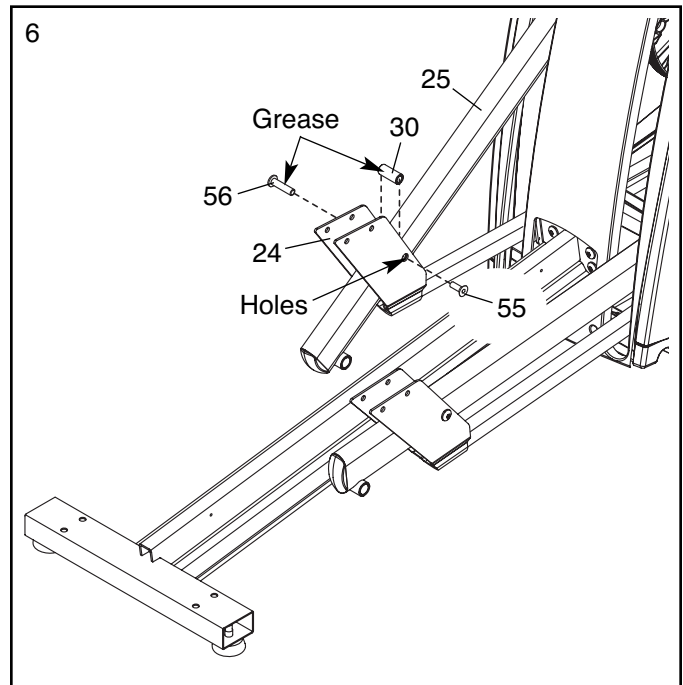
5. Identify and orient the Ramp (2) as shown.  
**Tip: Remove the Ramp Cover (not shown) from the Ramp and set it aside until step 9.** Attach the Ramp to the Frame (1) with four M10 x 27mm Patch Screws (64). **Tip: To prevent squeaking, do not overtighten the Patch Screws.**



6. Cut and remove the wire tie that holds the Link Tube (30) inside the left Link Arm (25). Leave the Link Tube inside the left Link Arm and then position the Left Pedal Leg (24) and the left Link Arm as shown.

Apply a small amount of the included grease to a Barrel Nut (56). Insert the Barrel Nut through the indicated holes in the Left Pedal Leg (24) and the left Link Arm (25). Then, insert the Barrel Nut through the Link Tube (30) inside the left Link Arm.

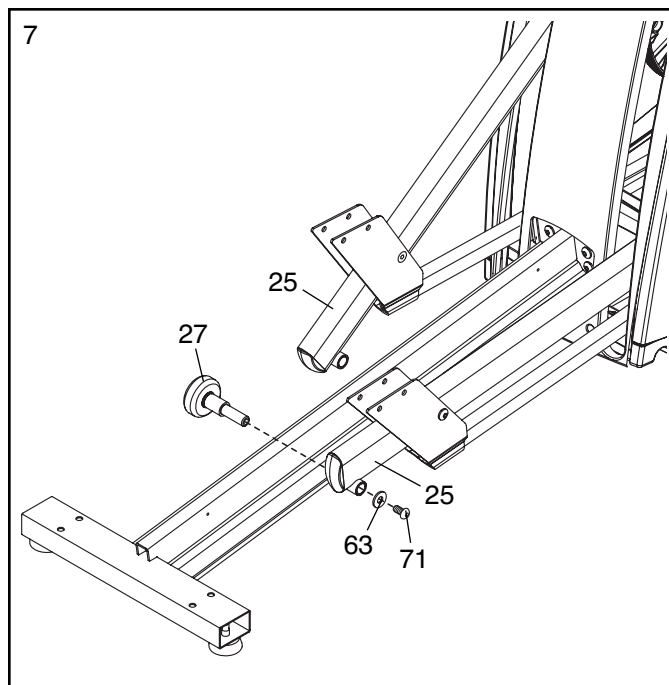
Tighten an M6 x 14mm Flat Head Screw (55) into the Barrel Nut (56).





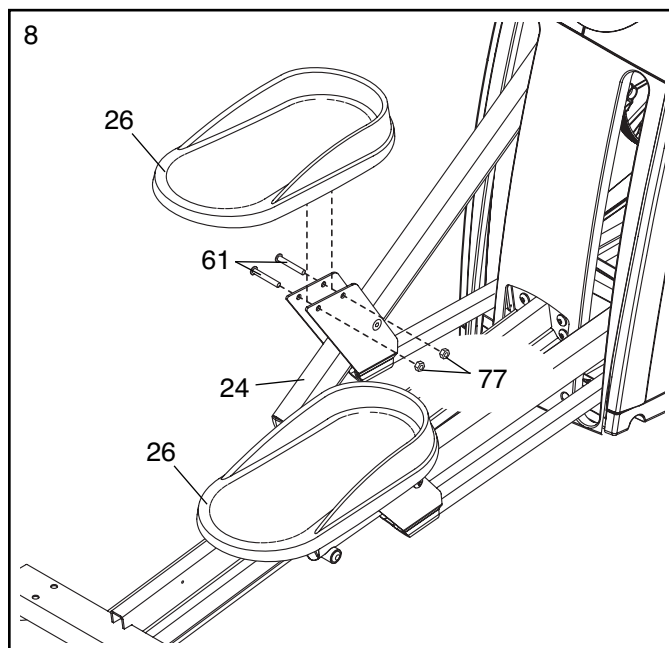
7. Insert the axle of a Roller (27) through the right Link Arm (25); **make sure that the Roller is on the inner side of the Link Arm.** Attach the Roller with an M10 x 15mm Patch Screw (71) and an M10 x 22mm x 1.5mm Washer (63). **Tip: Use a wrench to hold the axle of the Roller firmly in place while you tighten the Patch Screw into the axle.**

**Repeat this step to attach the other Roller (27) to the left Link Arm (25).**

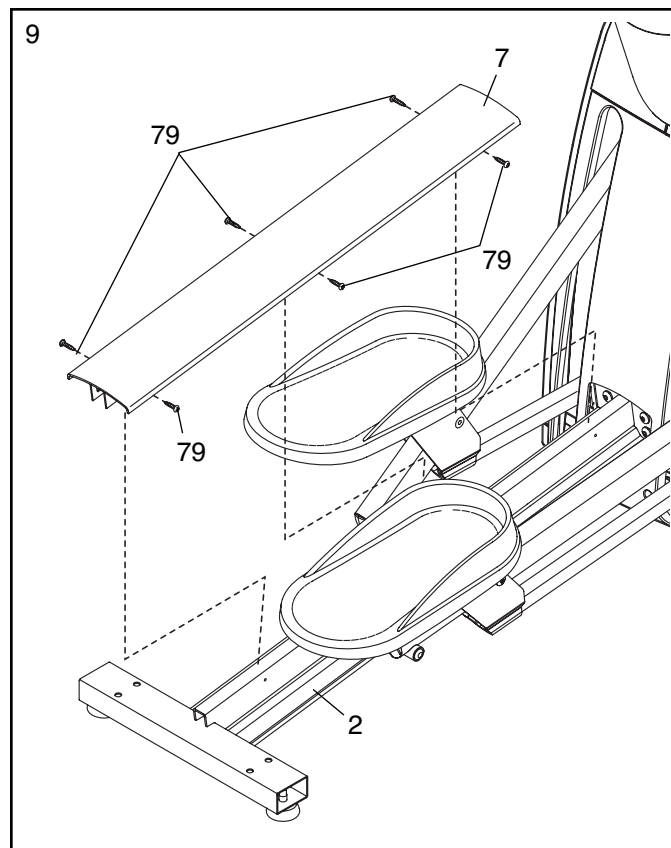


8. Orient a Pedal (26) as shown. Attach the Pedal to the bracket on the Left Pedal Leg (24) with two M8 x 55mm Patch Bolts (61) and two M8 Hex Nylon Locknuts (77).

**Repeat this step to attach the other Pedal (26).**

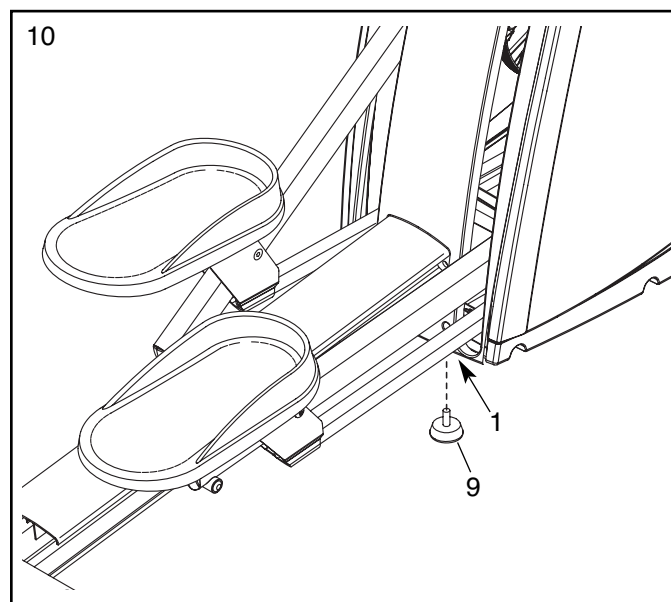


9. Attach the Ramp Cover (7) to the Ramp (2) with six #8 x 1/2" Screws (79).

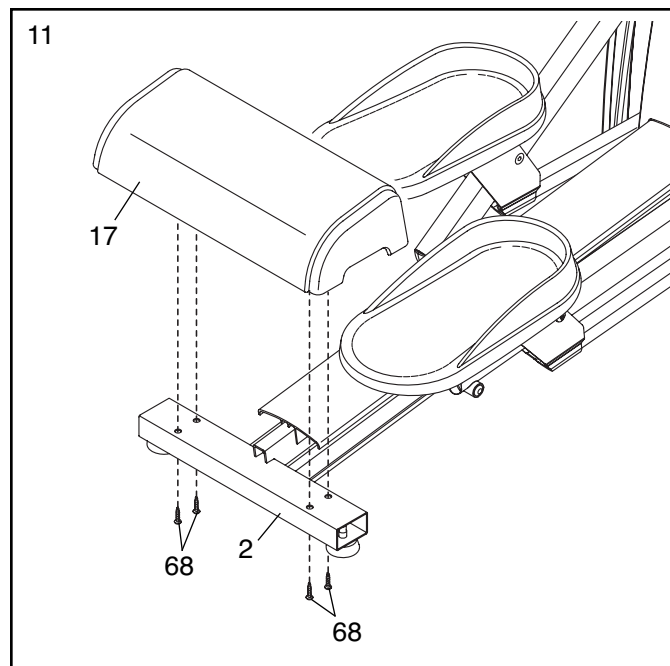


10. Remove the shipping bracket (not shown) inserted into the underside of the Frame (1). Discard the shipping bracket.

While a second person tips the Frame (1) forward, tighten a Foot (9) into the underside of the Frame.



11. While a second person tips the elliptical exerciser forward, attach the Rear Ramp Cover (17) to the Ramp (2) with four #8 x 2" Screws (68).



12. **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.

Plug the power supply into the socket at the front of the elliptical exerciser (see HOW TO PLUG IN THE POWER SUPPLY on page 12). **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

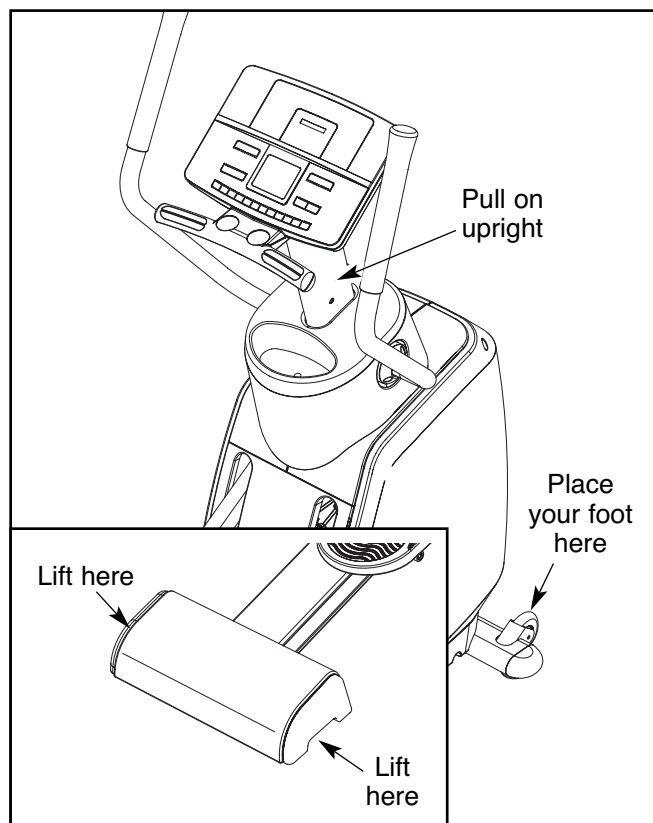
# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO PLUG IN THE POWER SUPPLY

Plug one end of the included power supply into the jack on the front of the elliptical exerciser. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

## HOW TO MOVE THE ELLIPTICAL EXERCISER

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

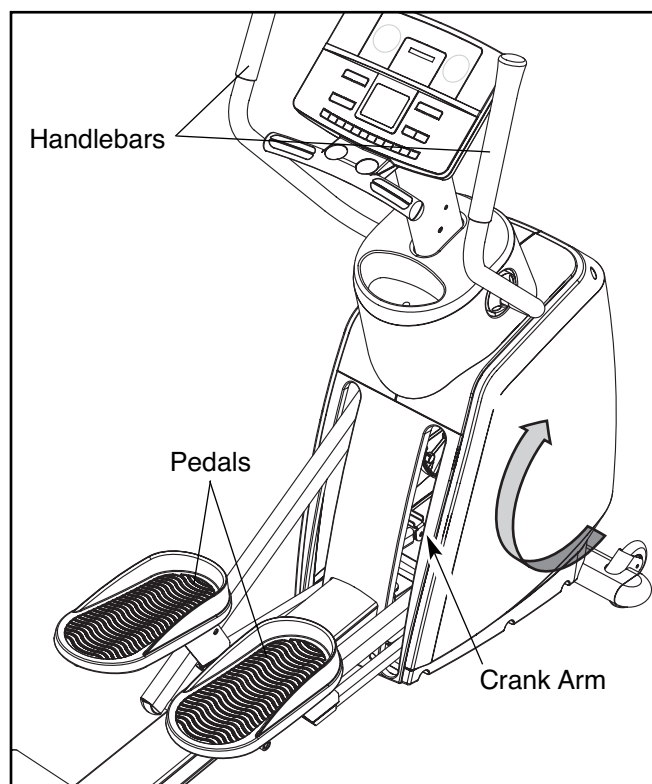


## HOW TO LEVEL THE ELLIPTICAL EXERCISER

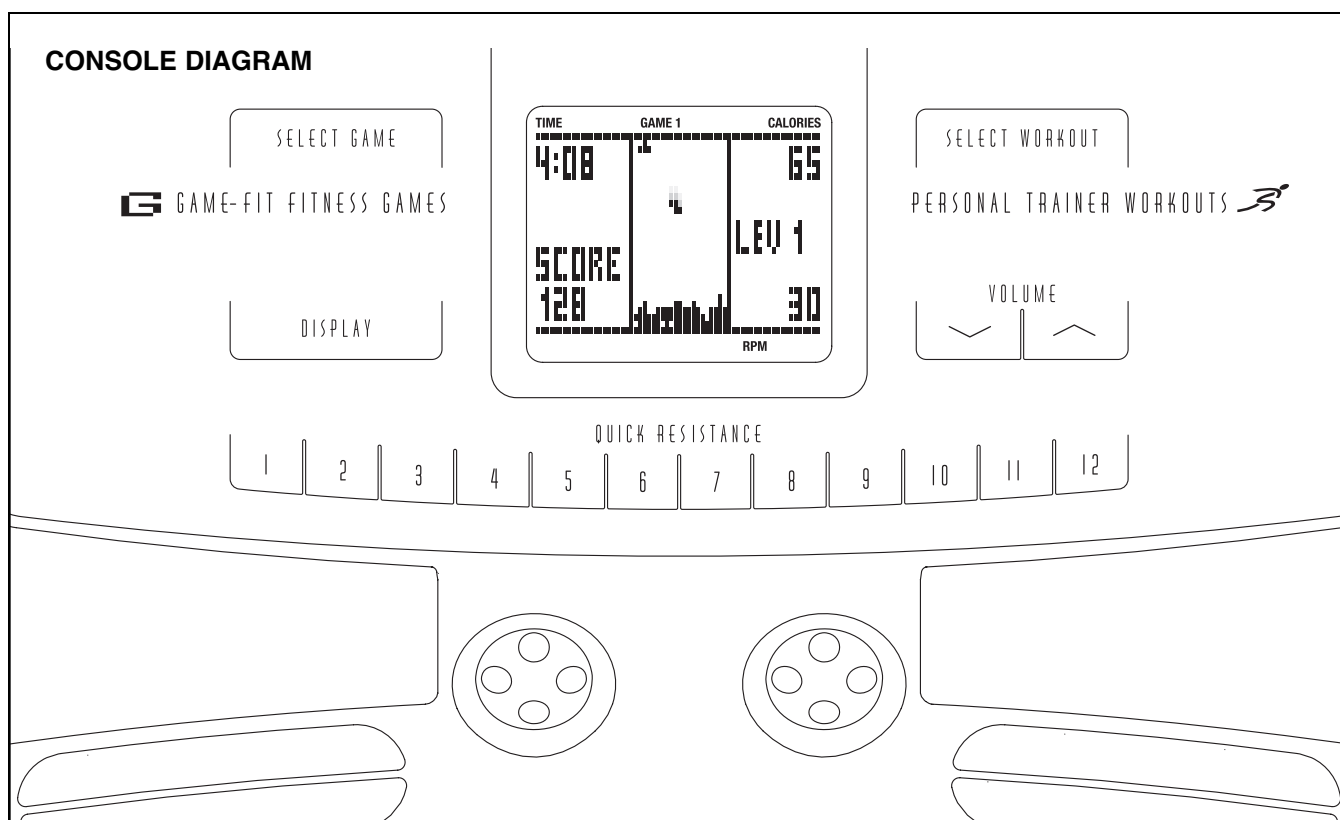
If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the base or beneath the front stabilizer until the rocking motion is eliminated. If the elliptical exerciser flexes during use, turn the leveling foot beneath the center of the frame.

## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow below; however, for variety, you can turn the crank arms in the opposite direction.**



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



## FEATURES OF THE CONSOLE

The revolutionary console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

The console offers twelve trainer 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 features two motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie

Destroyer™ game during your workouts—the harder you exercise, the greater the advantage you will have! The console keeps track of the four highest scores for each game—compete with other users or try to top your own high score.

You can even listen to your favorite music or audio books with the console's stereo sound system while you exercise. This product has been designed specifically to work with iPod® and has been certified by the developer to meet Apple performance standards.

**To use the manual mode of the console**, follow the steps beginning on page 14. **To use a trainer workout**, see page 16. **To play the Fat Blocker game**, see page 17. **To play the Calorie Destroyer game**, see page 18. **To use the stereo sound system**, see page 19.

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

A moment after you begin pedaling or press a button, the display will light.

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 either of the Workouts buttons repeatedly until the word MANUAL appears in the lower left corner of the display.



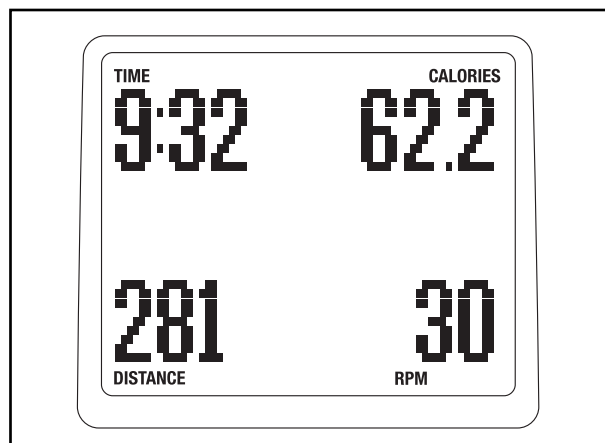
3. **Begin pedaling and change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing the numbered Quick Resistance 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 display.**

**The upper left corner of the display** will show the elapsed time. Note: When a trainer workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



**The lower left corner of the display** will show the distance, in total revolutions, you have pedaled.

**The upper right corner of the display** will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the hand-grip pulse sensor (see step 5 on page 15).

**The lower right corner of the display** will show your pedaling pace in revolutions per minute (rpm).

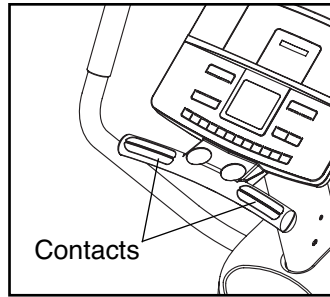
**The center of the display** will show the resistance level of the pedals for a few seconds each time the resistance level changes.

You can also view selected information at a larger size. Press the Display button repeatedly to view time and distance information, time and calorie information, or time and pace information. Press the Display button again to view all information.

To adjust the volume level of the console, press the Volume increase and decrease buttons. There are fifteen volume levels.

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

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



When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 sec-

onds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

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

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

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

## HOW TO USE A TRAINER WORKOUT

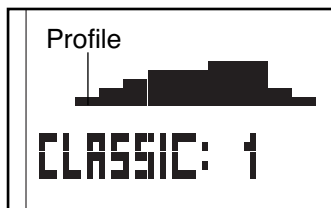
1. **Begin pedaling or press any button on the console to turn on the console.**

A moment after you begin pedaling or press a button, the display will light.

2. **Select a trainer workout.**

To select one of the twelve trainer workouts, press the Personal Trainer 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.

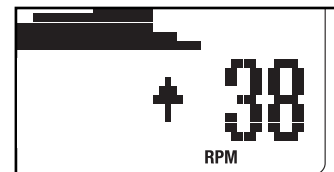


3. **Begin pedaling to start the workout.**

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

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

See step 4 on page 14.

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

See step 5 on page 15.

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

See step 6 on page 15.



## HOW TO PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Fat Blocker game.

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

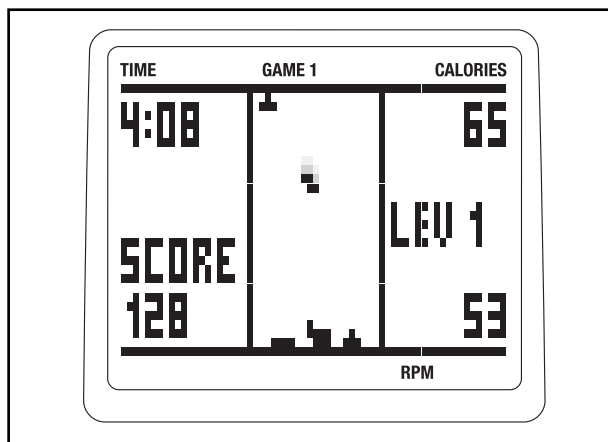
A moment after you begin pedaling or press a button, the display will light.

- 2. Select the Fat Blocker game.**

To select the Fat Blocker game, press the Game Fit Fitness Games button repeatedly until the words FAT BLOCKER appear at the top of the display.

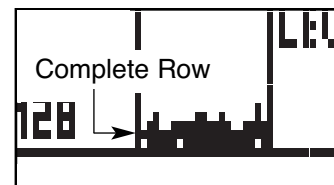
- 3. Pedal to start the game.**

When you start the Fat Blocker game, a game arena will appear in the center of the display.



A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another block will then move downward. There are blocks of eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.

Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena. Each time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.



As you play, the blocks will fall faster and faster; however, your pedaling pace will affect the speed of the blocks—the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

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

While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling pace. In addition, the display will show your current score and the game level that you have reached.

To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the words FAT BLOCKER appear at the top of the display, and then begin pedaling.

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

See step 6 on page 15.

## HOW TO PLAY THE CALORIE DESTROYER GAME

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Calorie Destroyer game.

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

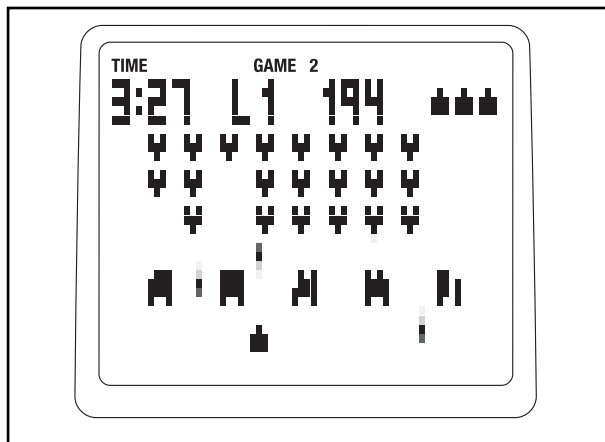
A moment after you begin pedaling or press a button, the display will light.

- 2. Select the Calorie Destroyer game.**

To select the Calorie Destroyer game, press the Game Fit Fitness Games button repeatedly until the word DESTROYER appears at the top of the display.

- 3. Pedal to start the game.**

When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.



At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

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

While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the word DESTROYER appears at the top of the display, and then begin pedaling.

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

See step 6 on page 15.

## HOW TO USE THE STEREO 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's stereo sound system while you exercise, you must connect your iPod®, CD player, or personal audio player through the audio jack or through the Integrated Universal Dock for iPod®.

To use the audio jack, plug an audio cable (not included) into the jack on the console and into a jack on

your iPod, MP3 player, or CD player. **Make sure that the audio cable is fully plugged in.**

To use the iFit® Universal iPod® Connector, plug one end into the Integrated Universal Dock for iPod 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, or CD player. Adjust the volume on your iPod, MP3 player, or CD player or press the Volume increase and decrease buttons on the console.

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## 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.**

### HANDGRIP PULSE SENSOR TROUBLESHOOTING

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 15.

### HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 12.

# 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  | ❤ |
| 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

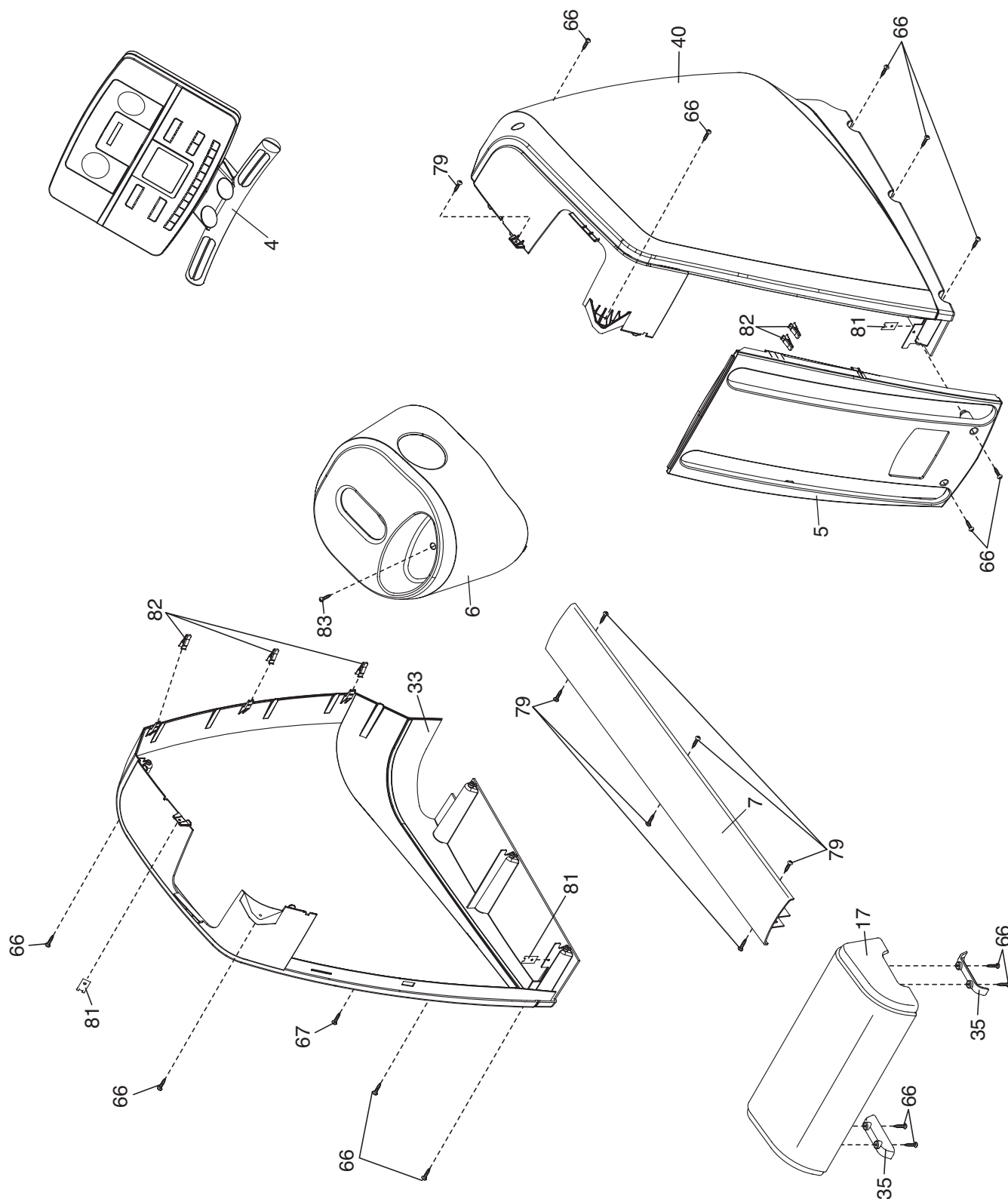
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of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

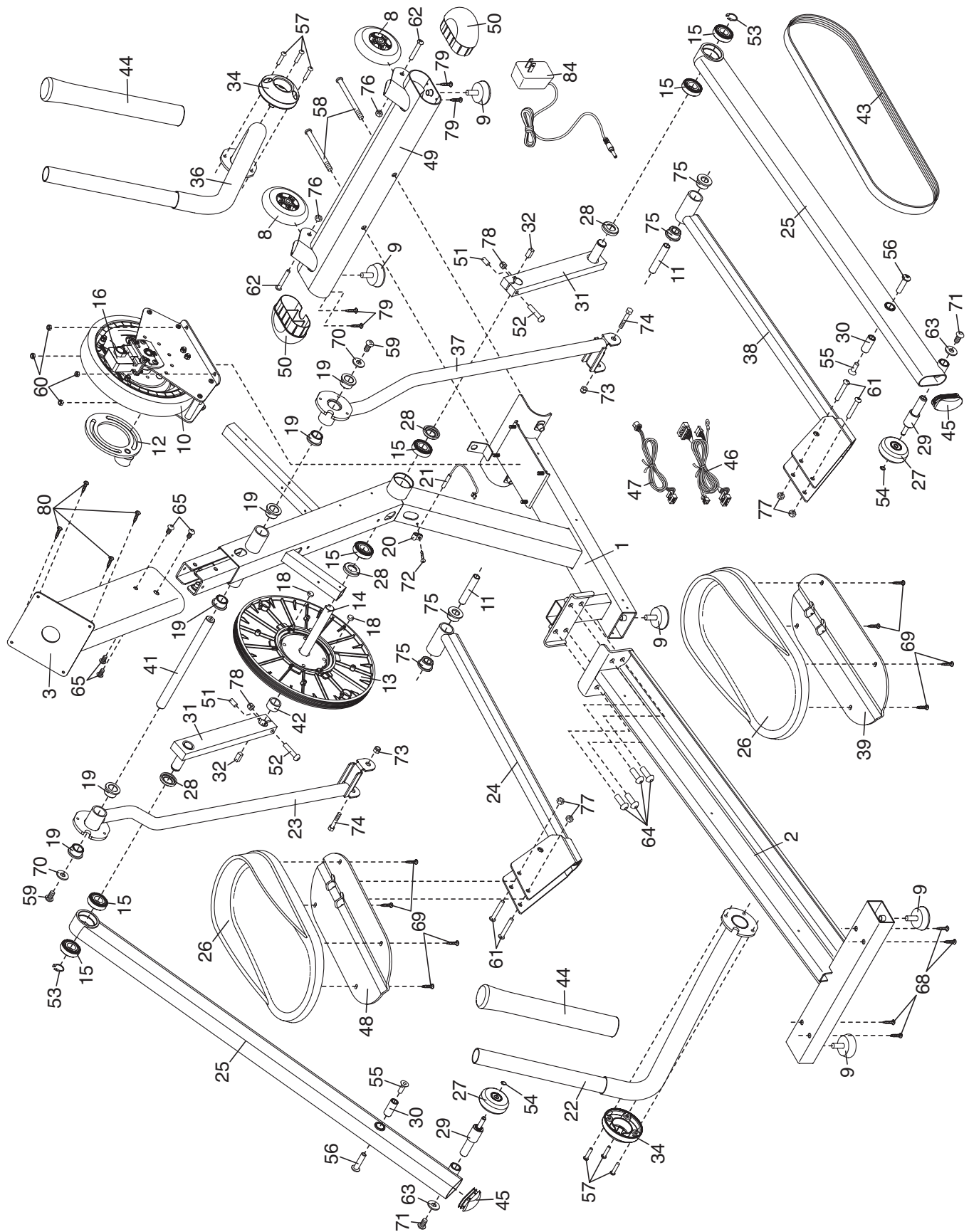
# PART LIST—Model No. PFEL77807.0

R1107A

| Key No. | Qty. | Description          | Key No. | Qty. | Description                  |
|---------|------|----------------------|---------|------|------------------------------|
| 1       | 1    | Frame                | 45      | 2    | Link Arm Endcap              |
| 2       | 1    | Ramp                 | 46      | 1    | Wire Harness                 |
| 3       | 1    | Upright              | 47      | 1    | Power Harness                |
| 4       | 1    | Console              | 48      | 1    | Left Pedal Bracket           |
| 5       | 1    | Rear Shield Cover    | 49      | 1    | Stabilizer                   |
| 6       | 1    | Upright Cover        | 50      | 2    | Stabilizer Endcap            |
| 7       | 1    | Ramp Cover           | 51      | 2    | M6 x 9mm Patch Screw         |
| 8       | 2    | Wheel                | 52      | 2    | M8 x 50mm Hex Bolt           |
| 9       | 5    | Foot                 | 53      | 2    | Large Snap Ring              |
| 10      | 1    | Eddy Mechanism       | 54      | 2    | Small Snap Ring              |
| 11      | 2    | Pedal Arm Tube       | 55      | 2    | M6 x 14mm Flat Head Screw    |
| 12      | 1    | Idler                | 56      | 2    | Barrel Nut                   |
| 13      | 1    | Pulley               | 57      | 6    | M6 x 18mm Patch Screw        |
| 14      | 1    | Crank                | 58      | 2    | M10 x 120mm Patch Screw      |
| 15      | 6    | Crank Bearing        | 59      | 2    | M10 x 20mm Patch Screw       |
| 16      | 1    | Resistance Motor     | 60      | 4    | M6 Nylon Locknut             |
| 17      | 1    | Rear Ramp Cover      | 61      | 4    | M8 x 55mm Patch Bolt         |
| 18      | 2    | Magnet               | 62      | 2    | M8 x 50mm Patch Bolt         |
| 19      | 6    | Pivot Bushing        | 63      | 2    | M10 x 22mm x 1.5mm Washer    |
| 20      | 1    | Clamp                | 64      | 4    | M10 x 27mm Patch Screw       |
| 21      | 1    | Reed Switch/Wire     | 65      | 4    | M8 x 19mm Patch Screw        |
| 22      | 1    | Left Handlebar       | 66      | 15   | #8 x 3/4" Screw              |
| 23      | 1    | Left Upper Body Arm  | 67      | 1    | M4 x 16mm T Screw            |
| 24      | 1    | Left Pedal Leg       | 68      | 4    | #8 x 2" Screw                |
| 25      | 2    | Link Arm             | 69      | 8    | M6 x 12mm Patch Screw        |
| 26      | 2    | Pedal                | 70      | 2    | M10 x 29mm x 2mm Washer      |
| 27      | 2    | Roller               | 71      | 2    | M10 x 15mm Patch Screw       |
| 28      | 4    | Weld Spacer          | 72      | 1    | #8 x 1/2" Screw              |
| 29      | 2    | Roller Axle          | 73      | 2    | M10 Nylon Locknut            |
| 30      | 2    | Link Tube            | 74      | 2    | M10 x 89mm Hex Bolt          |
| 31      | 2    | Crank Arm            | 75      | 4    | Pivot Bushing                |
| 32      | 2    | Key                  | 76      | 2    | M8 Nylon Locknut             |
| 33      | 1    | Left Side Shield     | 77      | 4    | M8 Hex Nylon Locknut         |
| 34      | 2    | Upper Body Endcap    | 78      | 2    | M8 Hex Nylon Locknut Cls10.9 |
| 35      | 2    | Rear Handle Cover    | 79      | 11   | #8 x 1/2" Screw              |
| 36      | 1    | Right Handlebar      | 80      | 4    | M4 x 16mm Screw              |
| 37      | 1    | Right Upper Body Arm | 81      | 3    | Hood Clip                    |
| 38      | 1    | Right Pedal Leg      | 82      | 5    | Custom Clip                  |
| 39      | 1    | Right Pedal Bracket  | 83      | 1    | #8 x 2 1/2" Screw            |
| 40      | 1    | Right Side Shield    | 84      | 1    | Power Supply                 |
| 41      | 1    | Pivot Axle           | *       | —    | Hex Key                      |
| 42      | 1    | Crank Arm Spacer     | *       | —    | Grease Packet                |
| 43      | 1    | Belt                 | *       | —    | User's Manual                |
| 44      | 2    | Handle Grip          |         |      |                              |

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.





# ORDERING REPLACEMENT PARTS

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

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

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. There is a ten (10) year warranty on the resistance mechanism. There is a lifetime warranty on the frame. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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

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

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