

# PRO-FORM<sup>®</sup>

## 500 LE

www.proform.com

Model No. PFEL04910.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

**IMPORTANT:** Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

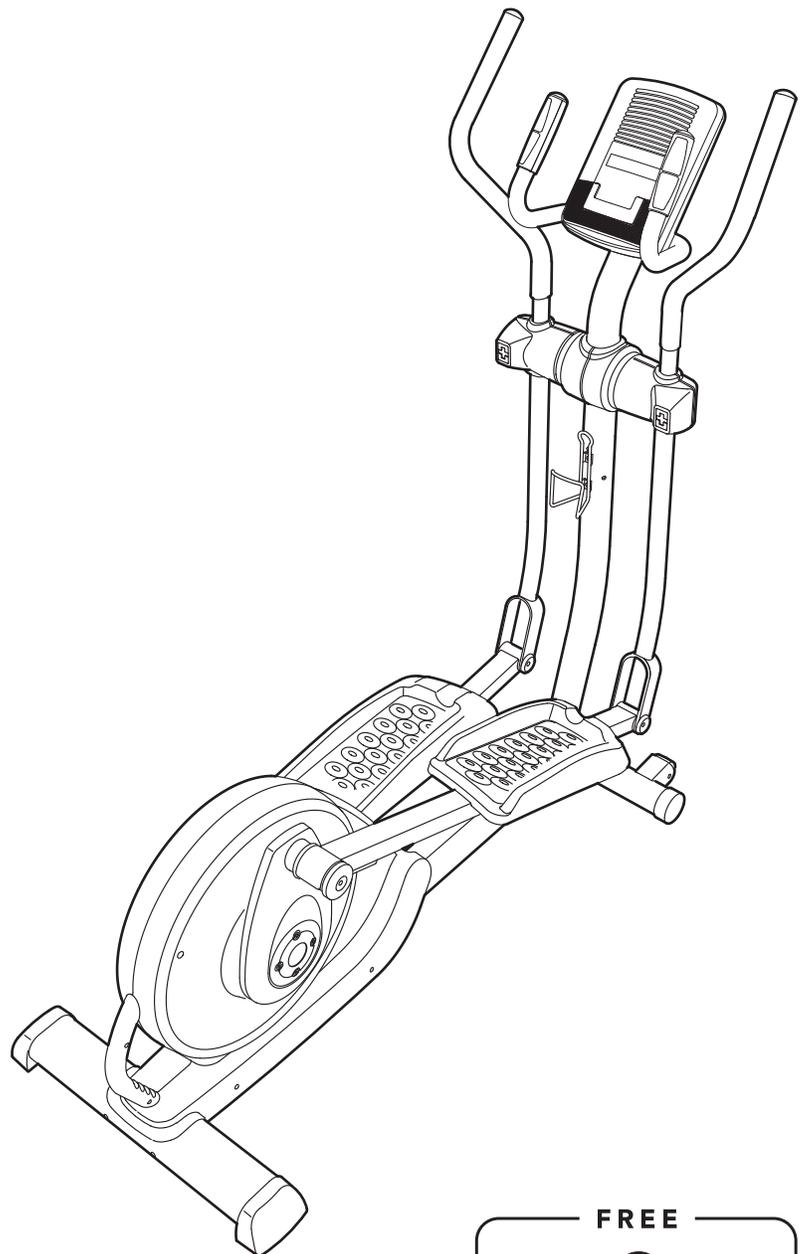
**1-888-533-1333**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.proformservice.com



### CAUTION

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

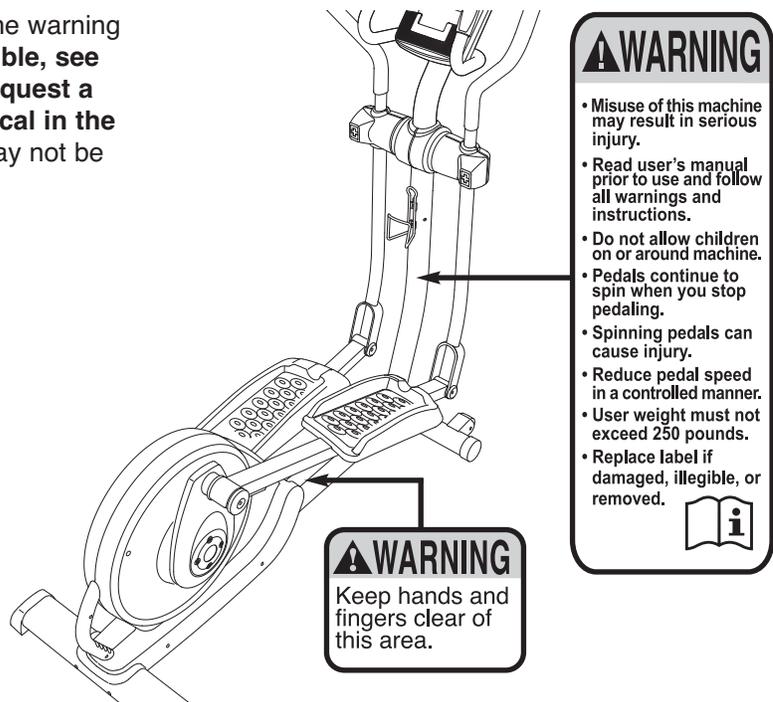


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## WARNING DECAL PLACEMENT

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.



# IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 250 lbs. (113 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
13. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

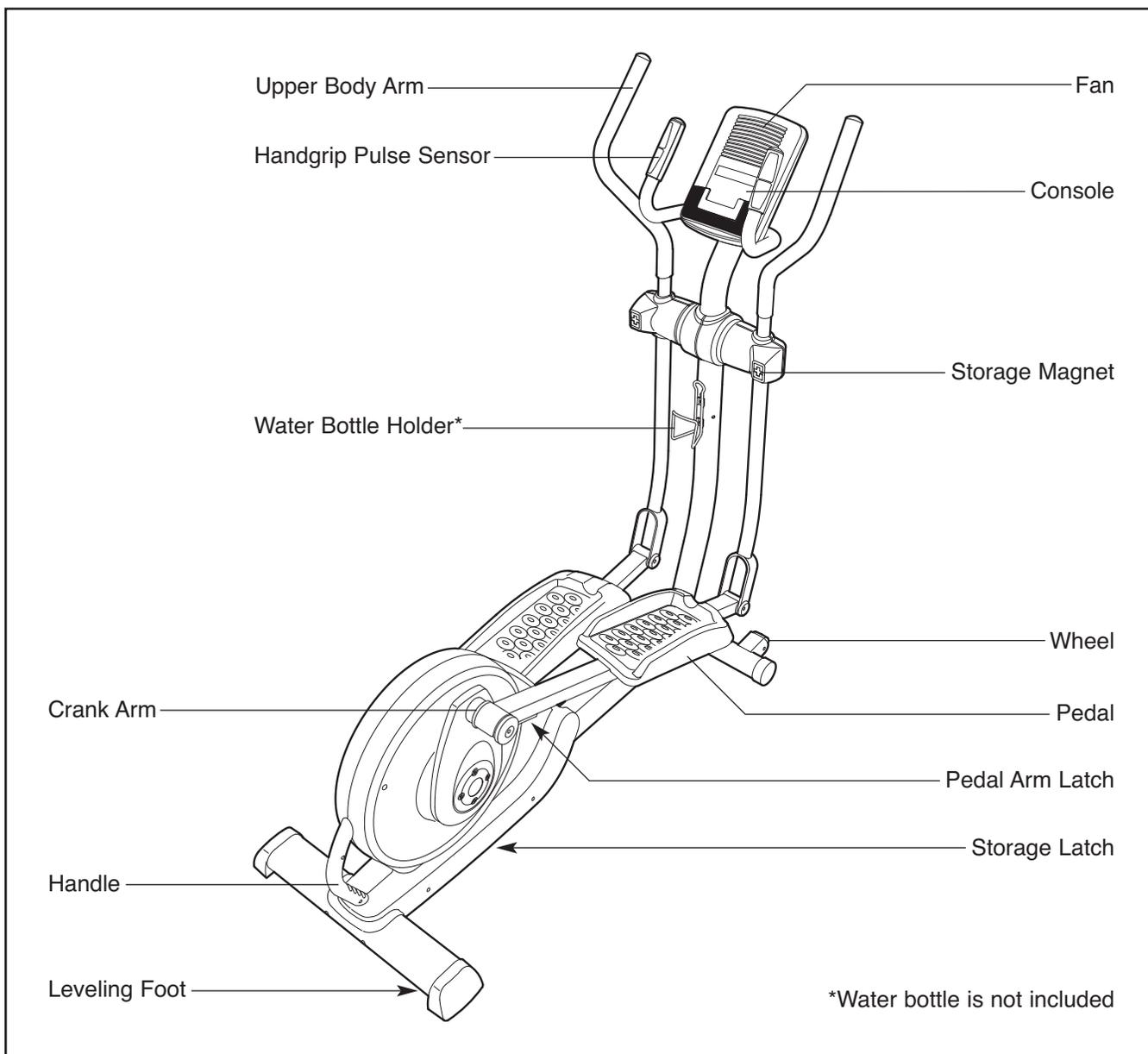
# BEFORE YOU BEGIN

Thank you for purchasing the PROFORM® 500 LE elliptical. The 500 LE elliptical provides an 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.** If you have questions after reading this manual, please see the front cover of this

manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

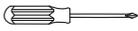
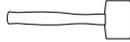
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



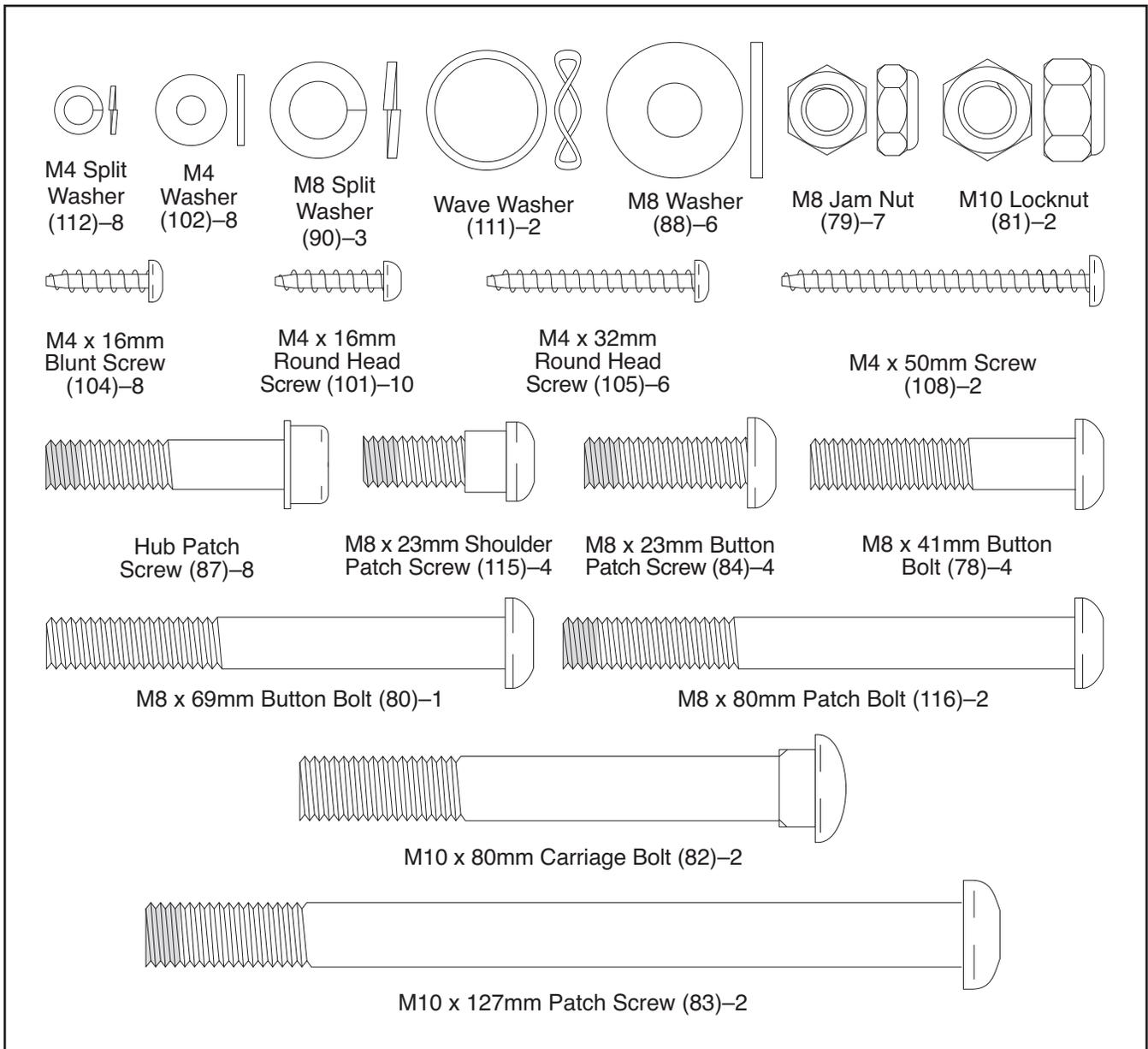
# ASSEMBLY

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

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

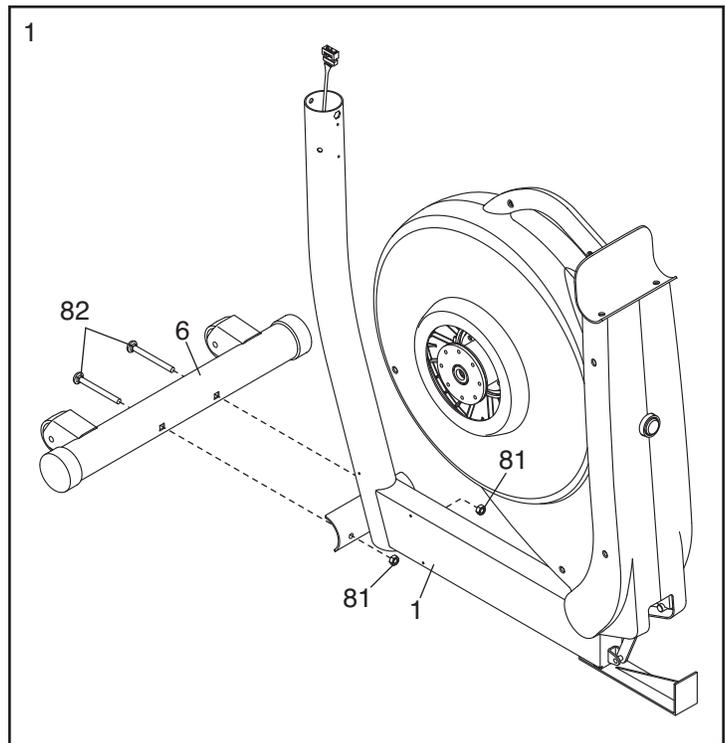
In addition to the included tool(s), assembly requires a Phillips screwdriver , an adjustable wrench , and a rubber mallet .

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



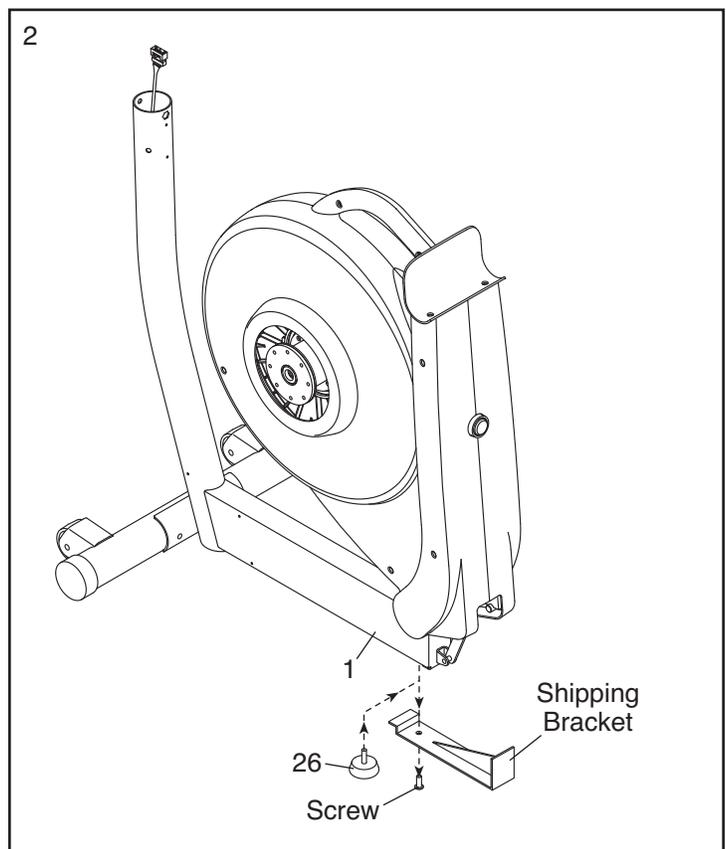
1. **To make assembly easier, read the information on page 5 before you begin.**

While a second person lifts the Base (1), attach the Front Stabilizer (6) to the Base with two M10 x 80mm Carriage Bolts (82) and two M10 Locknuts (81).



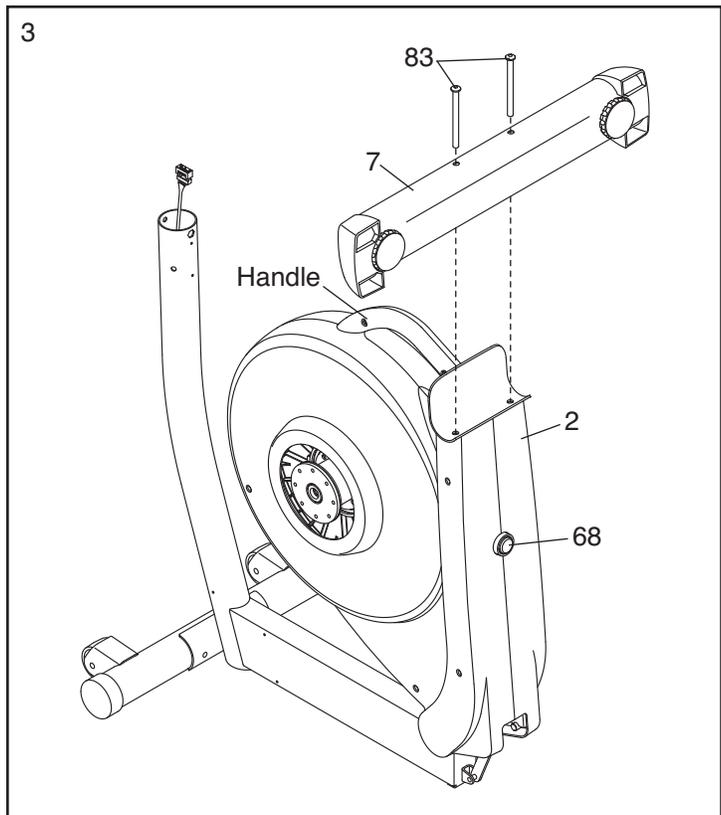
2. Remove the indicated screw and the shipping bracket from the Base (1). Discard the screw and the shipping bracket.

Next, tighten the Base Foot (26) into the Base (1).



3. Attach the Rear Stabilizer (7) to the Frame (2) with two M10 x 127mm Patch Screws (83).

Next, hold the handle on the Frame (2), press the Latch Button (68), and lower the Frame until the Rear Stabilizer (7) rests on the floor.



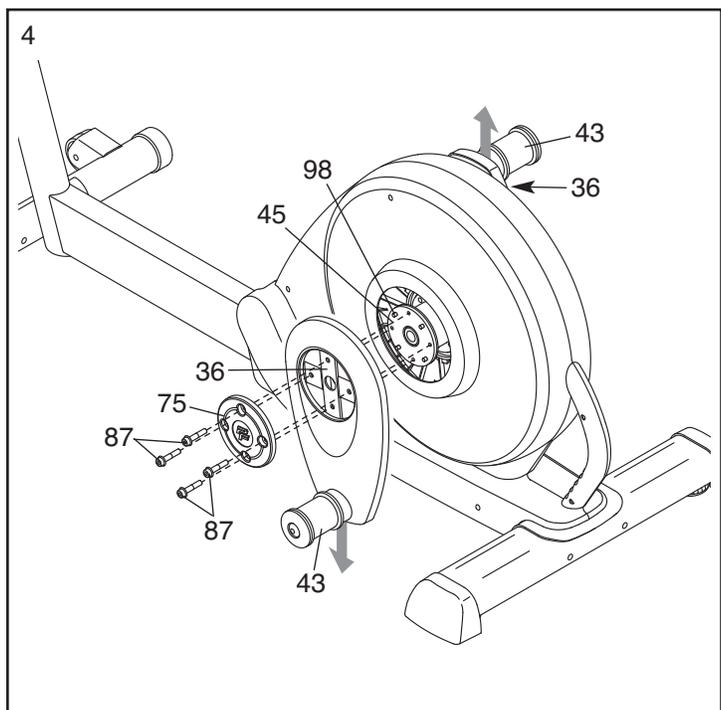
4. Hold a Hub Cover (75) and a Crank Arm (36) against the Crank (45).

Align the holes in the Hub Cover (75) and the Crank Arm (36) with the unused holes in the left side of the Crank (45).

Insert four Hub Patch Screws (87) into the Hub Cover (75) and the Crank Arm (36), and finger tighten the Hub Patch Screws into the Crank (45). **Tighten one Hub Patch Screw, and then tighten the Hub Patch Screw across from the first Hub Patch Screw. Then, tighten the remaining two Hub Patch Screws.**

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

**Make sure that the Crank Arms (36) are oriented with the Crank Bushing Sleeves (43) in the positions shown.** Note: There are no Pulley Screws (98) on the right side.



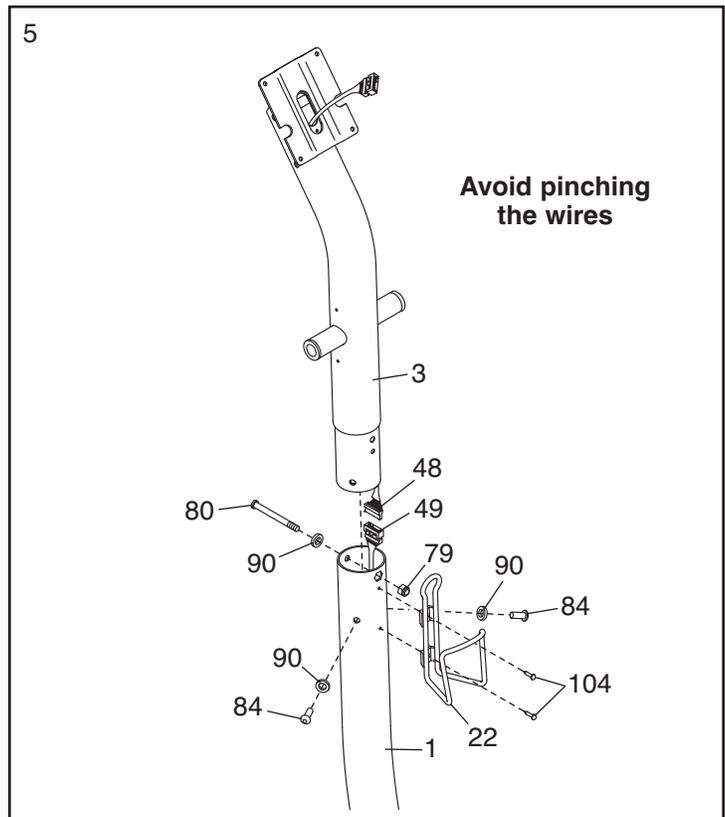
- While a second person holds the Upright (3) near the Base (1), connect the Upper Wire Harness (48) to the Lower Wire Harness (49).

**Tip: Avoid pinching the wires.** Insert the Upright (3) into the Base (1).

Attach the Upright (3) with an M8 x 69mm Button Bolt (80), an M8 Split Washer (90), and an M8 Jam Nut (79). **Do not tighten the Button Bolt yet; make sure that the Jam Nut is in the hexagonal hole in the Base.**

Next, finger tighten two M8 x 23mm Patch Screws (84) and two M8 Split Washers (90) into the Base (1). **Do not tighten the Button Screws yet.**

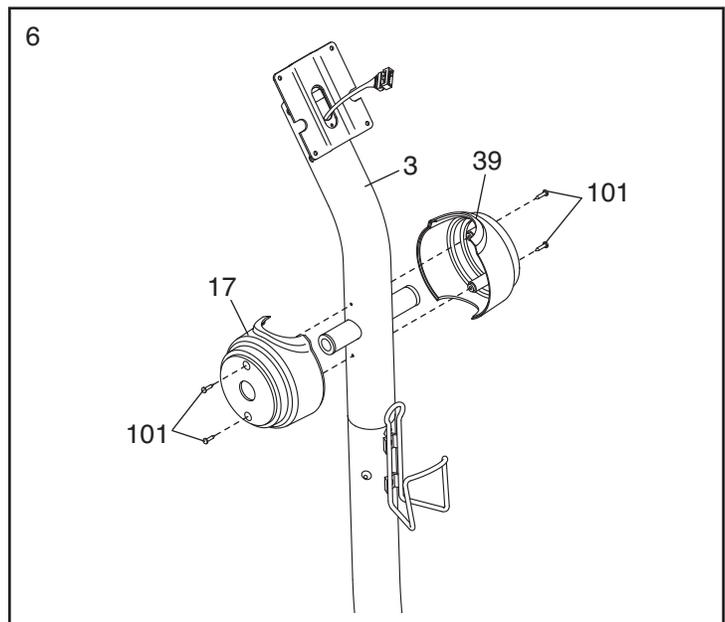
Attach the Water Bottle Holder (22) to the Base (1) with two M4 x 16mm Blunt Screws (104).



- Identify the Left Upright Cover (17), which is marked with a “Left” sticker, and hold it against the left side of the Upright (3).

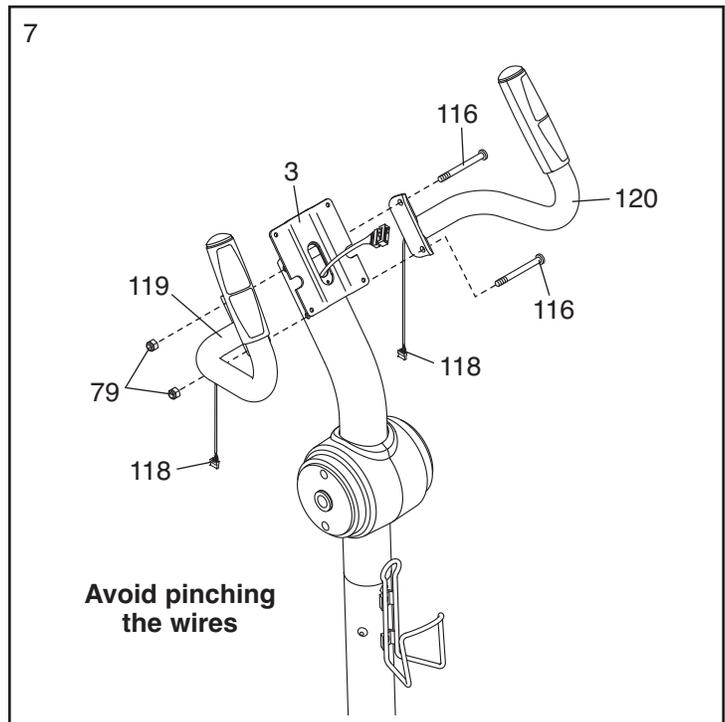
Attach the Left Upright Cover (17) with two M4 x 16mm Round Head Screws (101).

**Attach the Right Upright Cover (39) in the same way.**

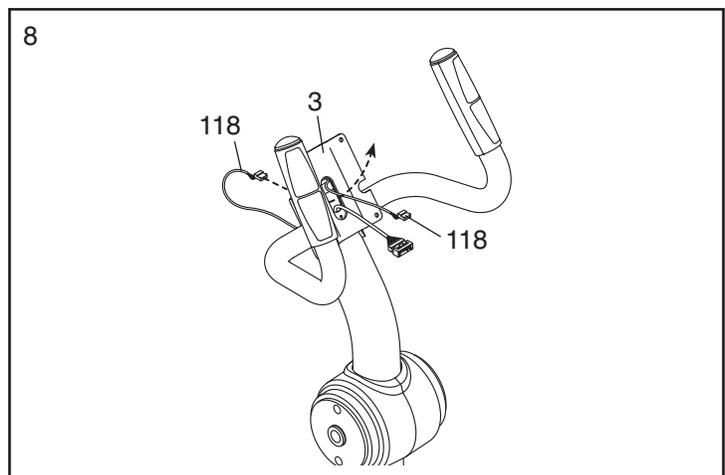


7. Identify the Left and Right Handlebars (119, 120), which are marked with “Left” and “Right” stickers, and orient them as shown.

**Tip: Avoid pinching the Pulse Wires (118).** Attach the Left and Right Handlebars (119, 120) to the Upright (3) with two M8 x 80mm Patch Bolts (116) and two M8 Jam Nuts (79).



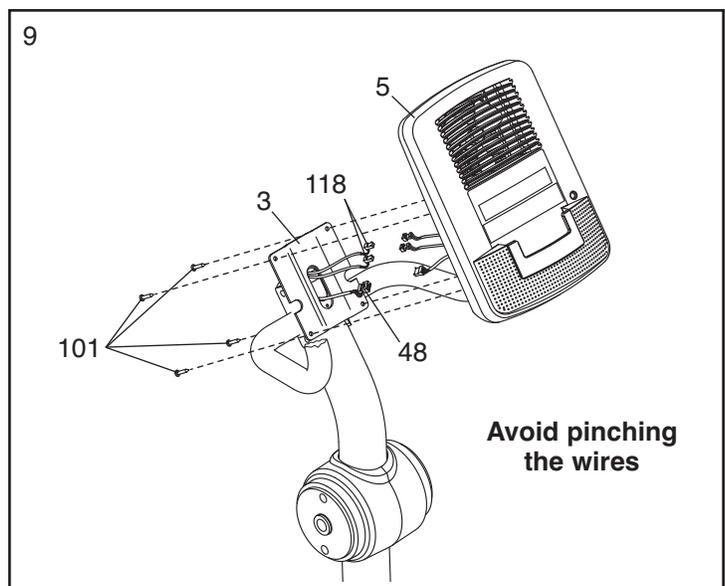
8. Insert the Pulse Wires (118) upward through the Upright (3) as shown.



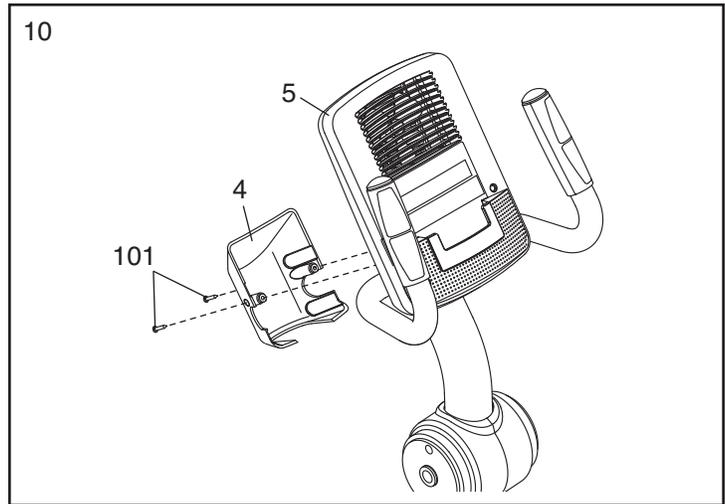
9. While a second person holds the Console (5) near the Upright (3), connect the wires on the Console to the Upper Wire Harness (48) and to the Pulse Wires (118).

Insert the excess wire into the Upright (3) or into the Console (5).

**Tip: Avoid pinching the wires.** Attach the Console (5) to the Upright (3) with four M4 x 16mm Round Head Screws (101).



10. Attach the Upright Cap (4) to the Console (5) with two M4 x 16mm Round Head Screws (101).

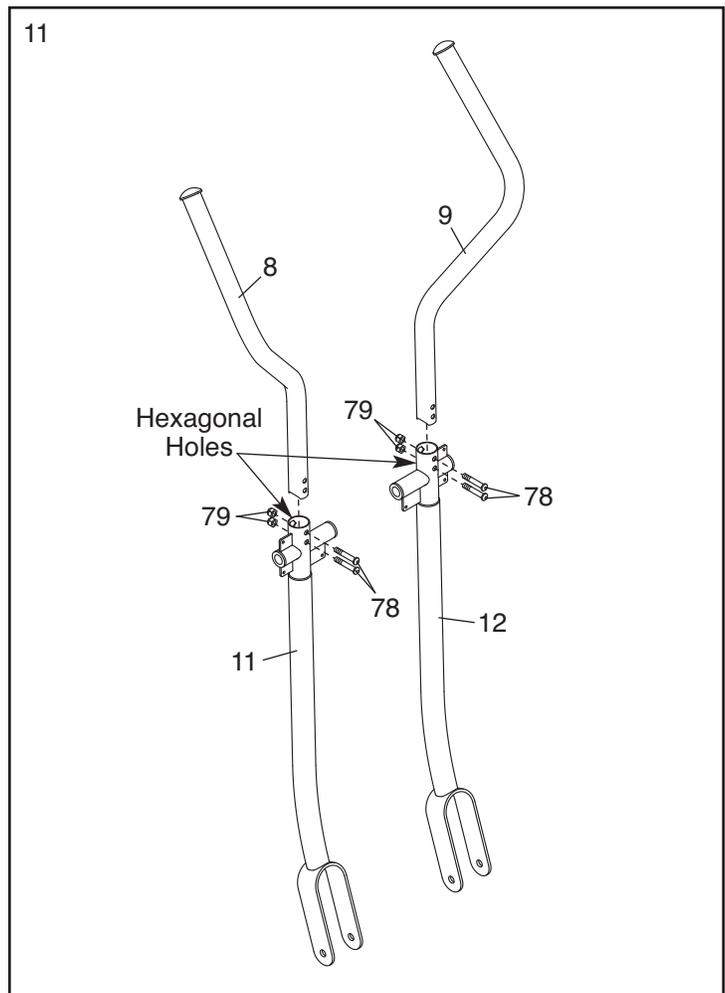


11. Identify the Left Upper Body Arm (8) and the Left Upper Body Leg (11), which are marked with "Left" stickers, and orient them as shown.

Insert the Left Upper Body Arm (8) into the Left Upper Body Leg (11).

Attach the Left Upper Body Arm (8) with two M8 x 41mm Button Bolts (78) and two M8 Jam Nuts (79). **Make sure that the Jam Nuts are in the hexagonal holes in the Left Upper Body Leg (11).**

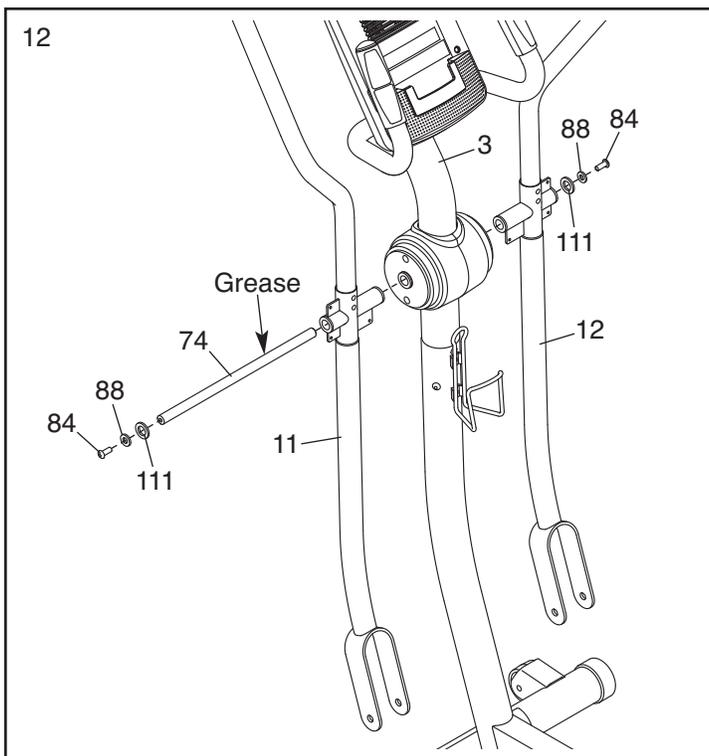
Attach the Right Upper Body Arm (9) to the Right Upper Body Leg (12) in the same way.



12. Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to the Pivot Axle (74). Insert the Pivot Axle into the Upright (3) and center it.

Orient the Left Upper Body Leg (11) as shown, and slide it onto the left end of the Pivot Axle (74). Slide the Right Upper Body Leg (12) onto the right end of the Pivot Axle.

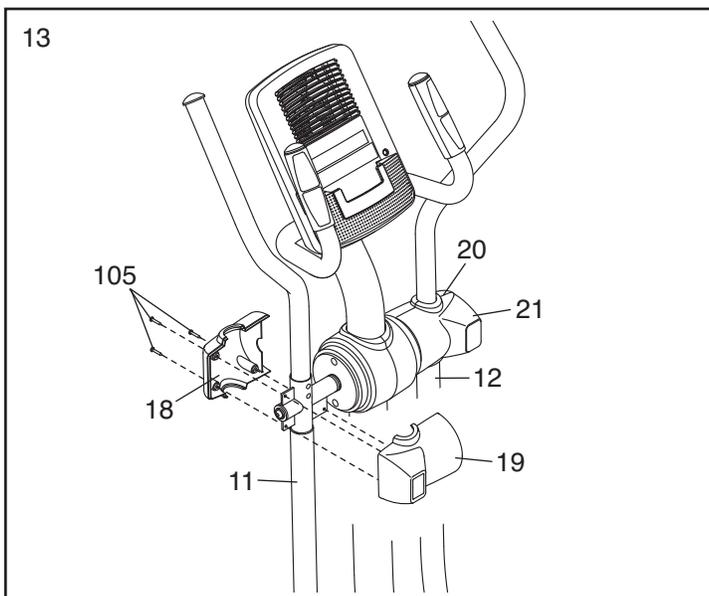
Tighten an M8 x 23mm Patch Screw (84) with an M8 Washer (88) and a Wave Washer (111) into each end of the Pivot Axle (74) at the same time. **Make sure that the Wave Washers are on the ends of the Pivot Axle.**



13. Hold the Left Front Arm Cover (18) and the Left Rear Arm Cover (19) around the Left Upper Body Leg (11).

Attach the Arm Covers (18, 19) with three M4 x 32mm Round Head Screws (105).

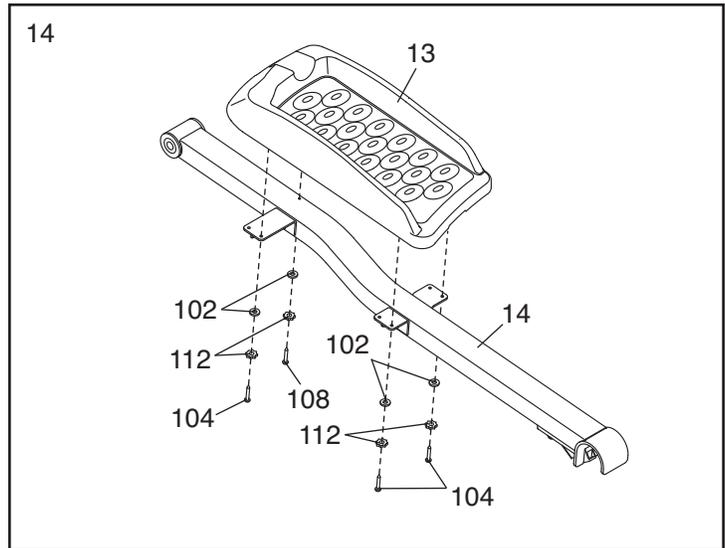
**Attach the Right Front Arm Cover (20) and the Right Rear Arm Cover (21) in the same way.**



14. Identify the Left Pedal (13) and the Left Pedal Arm (14), which are marked with “Left” stickers.

Attach the Left Pedal (13) to the Left Pedal Arm (14) with an M4 x 50mm Screw (108), three M4 x 16mm Blunt Screws (104), four M4 Split Washers (112), and four M4 Washers (102).

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



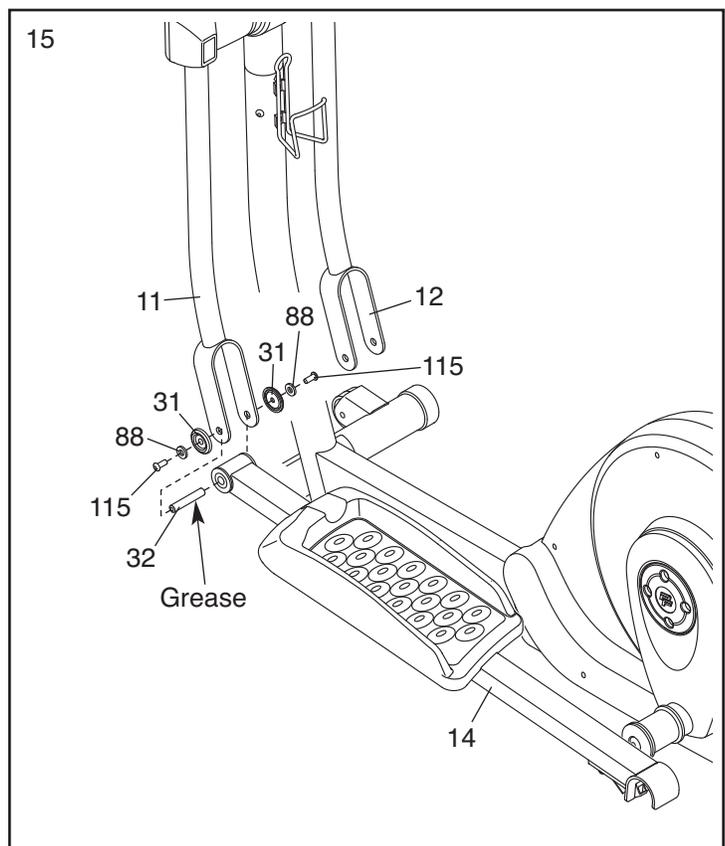
15. Apply a small amount of grease to one of the Pedal Arm Axles (32).

Next, slide an M8 Washer (88) and a Pedal Arm Cover (31) onto an M8 x 23mm Shoulder Patch Screw (115), and turn the Shoulder Screw a few turns into the Pedal Arm Axle (32).

While a second person holds the front end of the Left Pedal Arm (14) inside the bracket on the Left Upper Body Leg (11), insert the Pedal Arm Axle (32) into both parts.

Slide an M8 Washer (88) and a Pedal Arm Cover (31) onto another M8 x 23mm Shoulder Patch Screw (115), and turn the Shoulder Screw a few turns into the Pedal Arm Axle. **Tighten both Shoulder Screws at the same time.**

**Repeat this step to attach the Right Pedal Arm (not shown) to the Right Upper Body Leg (12).**

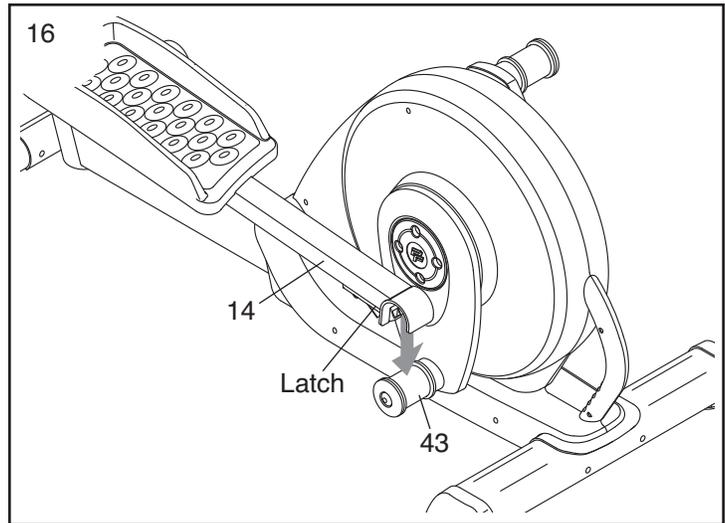


16. Lift the latch on the underside of the Left Pedal Arm (14), and set the Left Pedal Arm (14) on the left Crank Bushing Sleeve (43).

Release the lever, and make sure that the Left Pedal Arm (14) is securely connected to the Crank Bushing Sleeve (43).

**Connect the Right Pedal Arm (not shown) in the same way.**

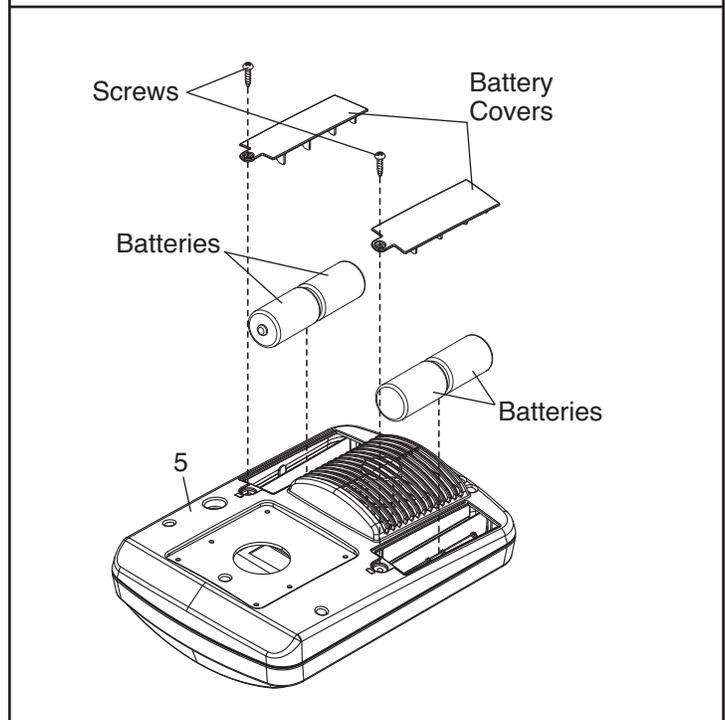
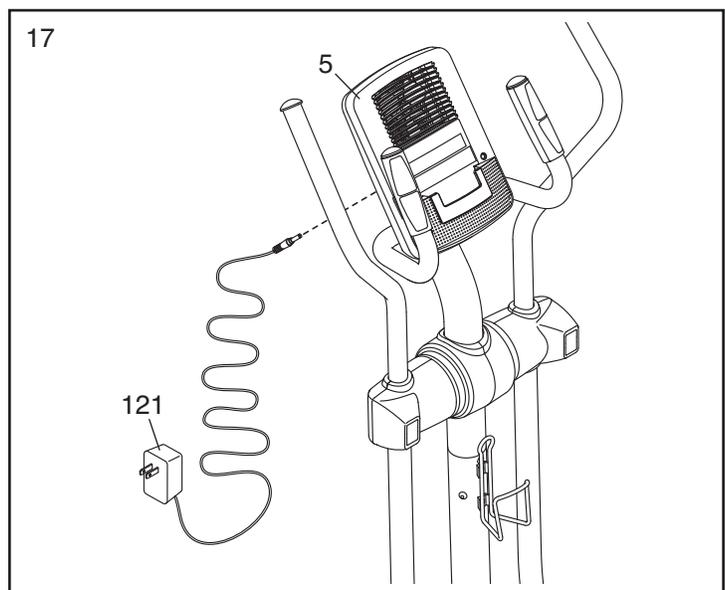
**See step 5.** Tighten the M8 x 69mm Button Bolt (80) and the two M8 x 23mm Patch Screws (84).



17. **See the upper drawing.** Plug the Power Adapter (121) into the receptacle on the Console (5).

To plug the Power Adapter (121) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.

**See the lower drawing.** Note: The Console (5) can also be operated with four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. Remove the screws, remove the battery covers, and insert the batteries into the battery compartments. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.** Then, reattach the battery covers.



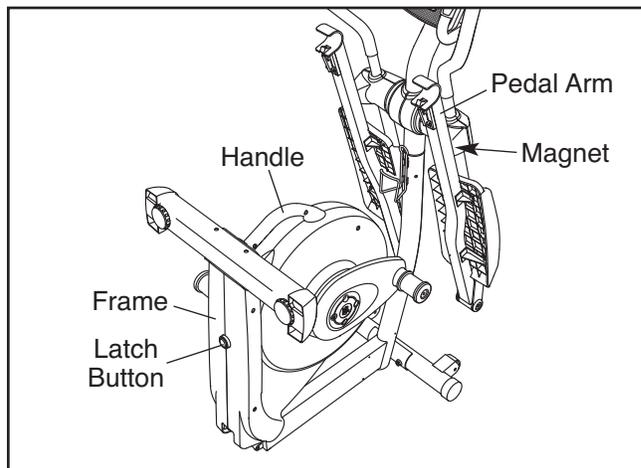
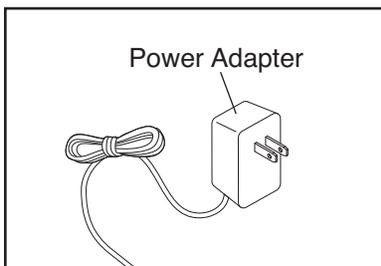
18. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

# HOW TO USE THE ELLIPTICAL

## HOW TO PLUG IN THE POWER ADAPTER

**IMPORTANT:** If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the console. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

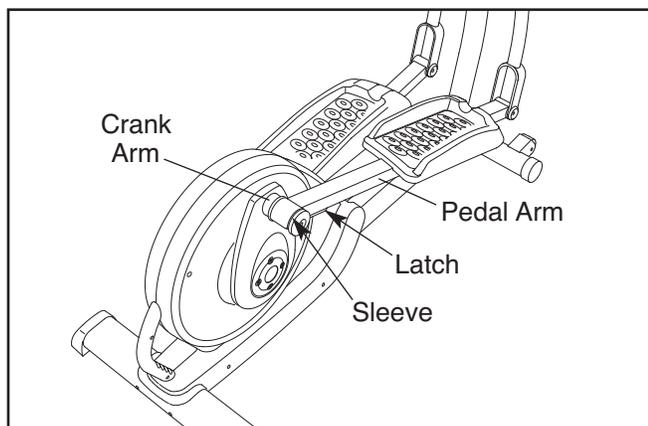


To use the elliptical, first hold the handle, press the latch button, and lower the frame.

Next, pull the pedal arms off the magnets on the upper body arms. Then, **lift the latches under the pedal arms**, and set the pedal arms on the sleeves on the crank arms. Release the latches, and make sure that the pedal arms are securely connected to the crank arms.

## HOW TO FOLD AND UNFOLD THE ELLIPTICAL

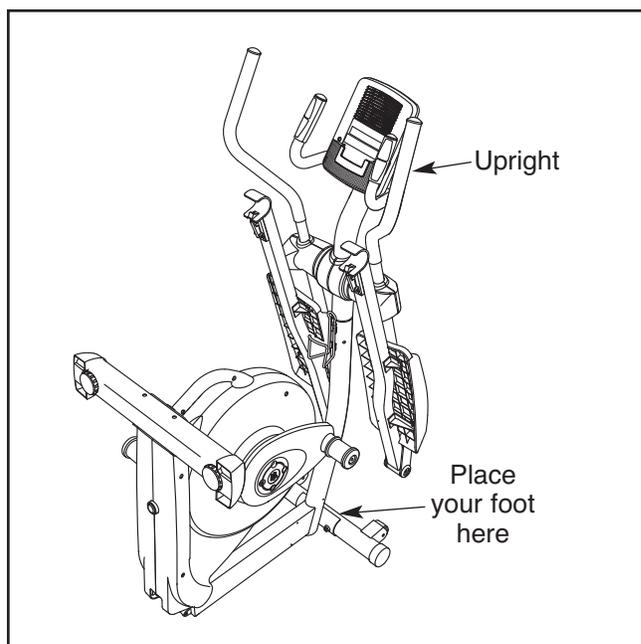
When the elliptical is not in use, the frame can be folded out of the way. First, lift the latch under each pedal arm, and lift the pedal arms off the sleeves on the crank arms.



Next, raise the pedal arms until they touch the magnets on the upper body arms; the magnets will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks in a vertical position.

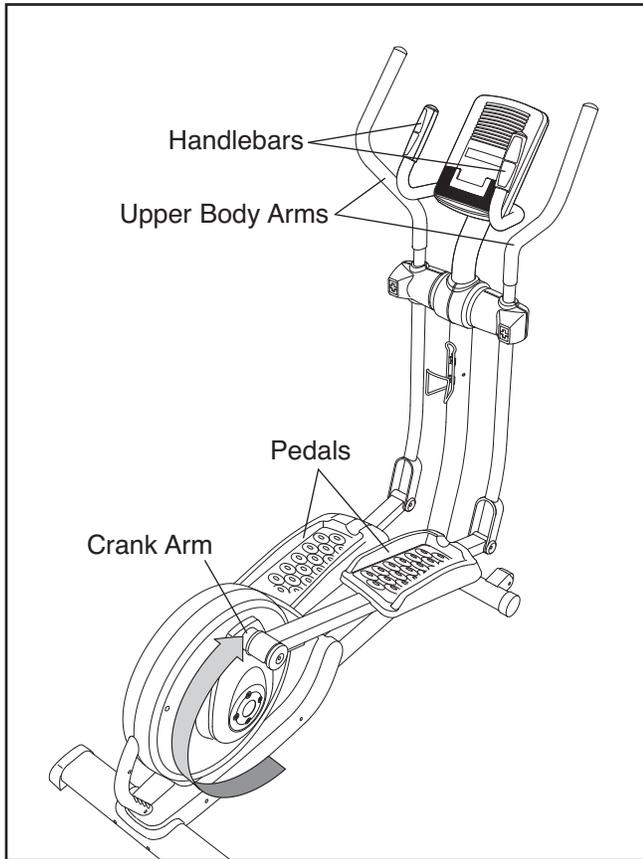
## HOW TO MOVE THE ELLIPTICAL

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



## HOW TO EXERCISE ON THE ELLIPTICAL

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

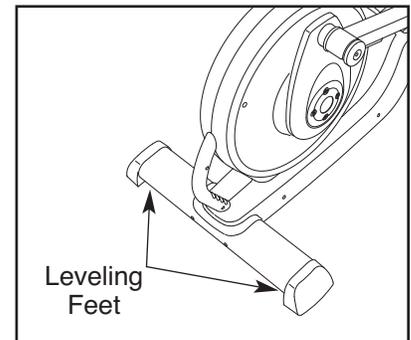


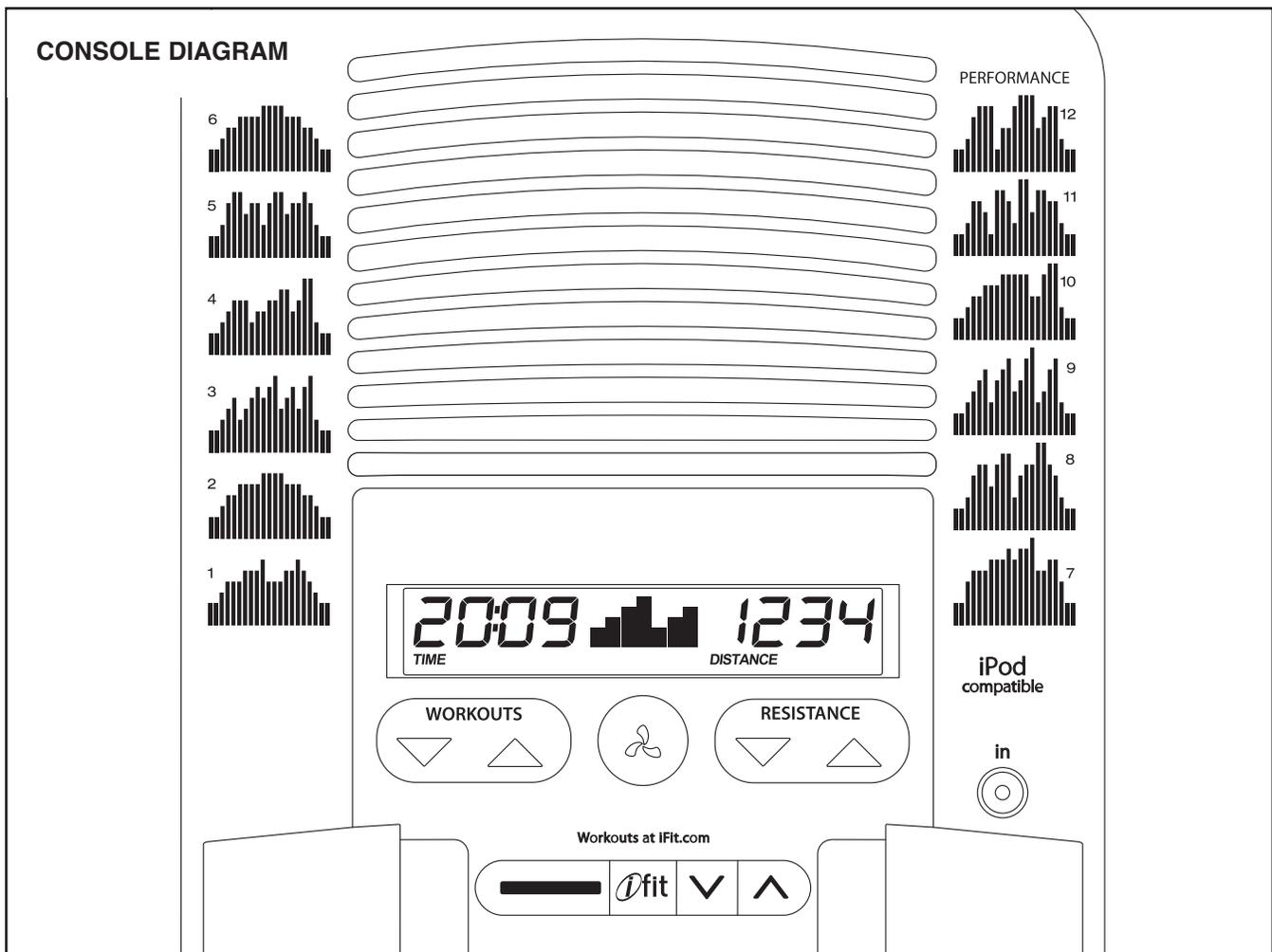
**Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety, you can turn the crank arms in the opposite direction.**

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

## HOW TO LEVEL THE ELLIPTICAL

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





## 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 offers twelve preset workouts—six weight loss and six performance workouts. Each preset workout automatically changes the resistance of the pedals as it guides you through an effective workout.

The console features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals.

For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.**

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

**To use the manual mode**, see page 17. **To use a preset workout**, see page 19. **To use an iFit workout**, see page 20. **To use the sound system**, see page 20.

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

## HOW TO USE THE MANUAL MODE

### 1. Turn on the console.

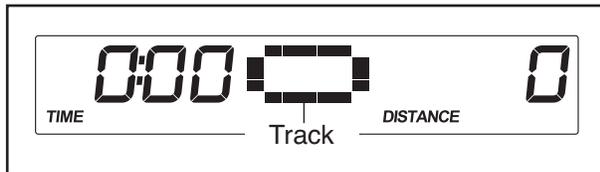
Press any button or begin pedaling to turn on the console.

When you turn on the console, the display will turn on. A tone will sound and the console will be ready for use.

### 2. Select the manual mode.

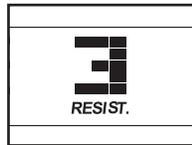
When you turn on the console, the manual mode will be selected.

If you have selected a workout, reselect the manual mode by pressing the Workouts increase or decrease button repeatedly until a track appears in the center 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 Resistance 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 display.

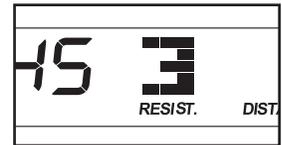
**The left display**—This display can show the elapsed time and the approximate number of calories you have burned. The display will change modes every few seconds.



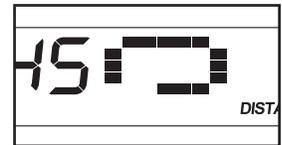
Note: During a workout, the display will show the time remaining in the workout.

The left display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 18).

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



This display will also show a track representing 640 revolutions (1/4 mile or 400 meters). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



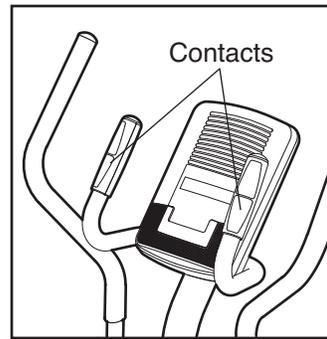
**The right display**—This display can show the distance (total number of revolutions) you have pedaled and your pedaling pace in revolutions per minute (rpm). The display will change modes every few seconds.



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

**If there are sheets of 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, a series of tones will sound, the console will pause, and the time will flash in the display.

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

## HOW TO USE A PRESET WORKOUT

### 1. Turn on the console.

See step 1 on page 17.

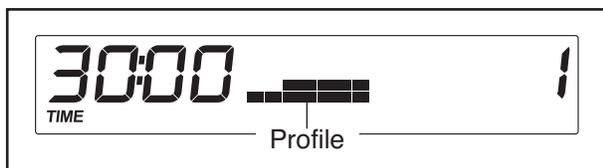
### 2. Select a preset workout.

To select a preset workout, press the Workouts increase or decrease button repeatedly until the number of the desired workout appears in the right display.

When you select a preset workout, the duration of the workout will appear in the left display, the maximum resistance level for the workout will flash in the center display, and the number of the workout will appear in the right display.



After a few seconds, a profile of the resistance levels of the workout will scroll across the center display.



Note: Complete profiles of the preset workouts are printed on the sides of the console.

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

Each workout is divided into several one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

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

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To resume the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

Note: If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the time until you select the manual mode or a new workout.

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

See step 4 on page 17.

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

See step 5 on page 18.

### 6. Turn on the fan if desired.

See step 6 on page 18.

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

See step 7 on page 18.

## HOW TO USE AN IFIT WORKOUT

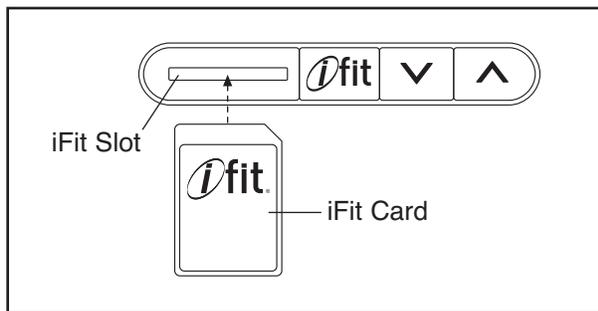
iFit cards are available separately. To purchase iFit cards, go to [www.iFit.com](http://www.iFit.com) or see the front cover of this manual. iFit cards are also available at select stores.

### 1. Turn on the console.

See step 1 on page 17.

### 2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will turn on.



Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

The duration of the workout will appear in the left display, the maximum resistance level for the workout will flash in the center display, and the number of the workout will appear in the right display.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 7 on page 19.

### 3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

# MAINTENANCE AND TROUBLESHOOTING

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

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

## CONSOLE TROUBLESHOOTING

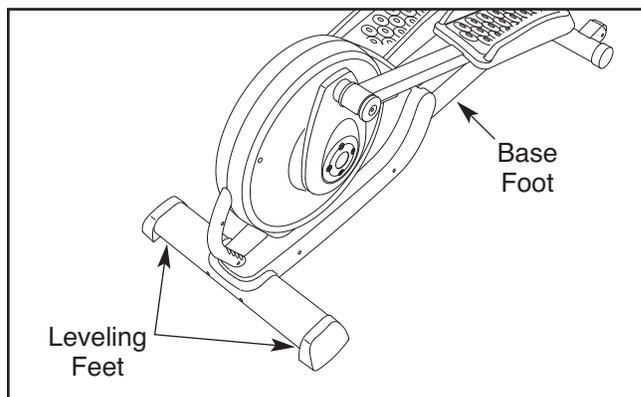
If the console does not turn on, make sure that the power adapter is fully plugged in.

If the console displays become dim when batteries are installed in the console, replace all the batteries at the same time; most console problems are the result of low batteries. See assembly step 17 on page 13 for replacement instructions.

If the handgrip pulse sensor does not function properly, see step 5 on page 18.

## HOW TO LEVEL THE ELLIPTICAL

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



## HOW TO ELIMINATE FLEXING IN THE CENTER OF THE ELLIPTICAL

If the elliptical flexes in the center during use, turn the base foot (see the drawing above) until the flexing is eliminated.

# 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.

## 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

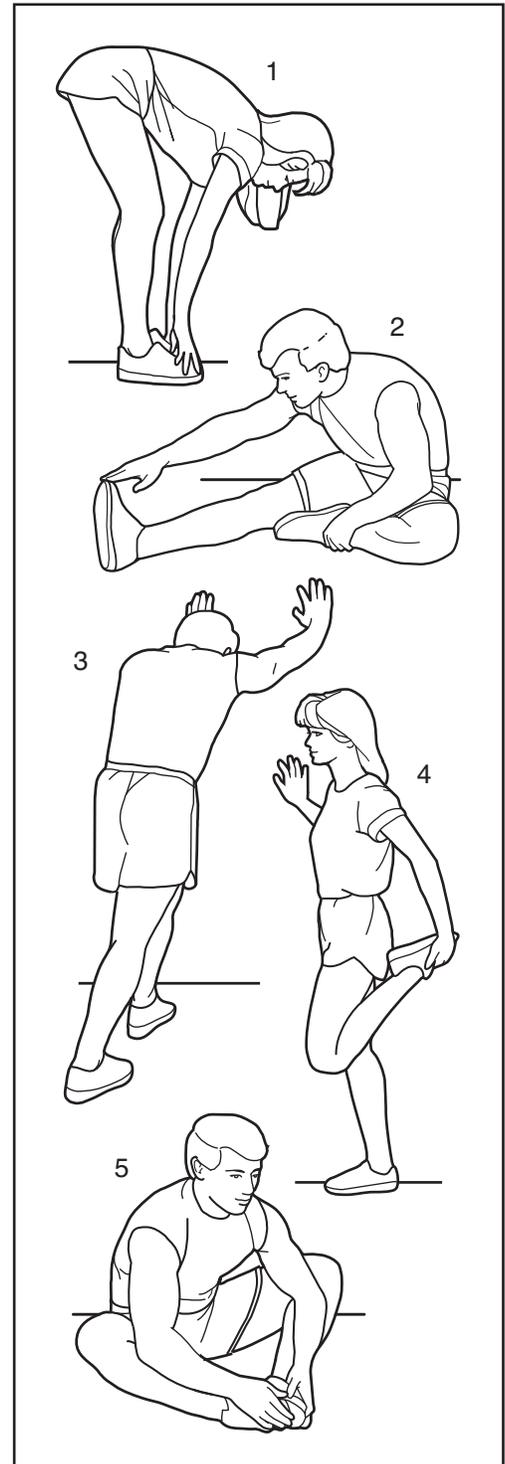
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



# PART LIST

Model No. PFEL04910.0 R1211A

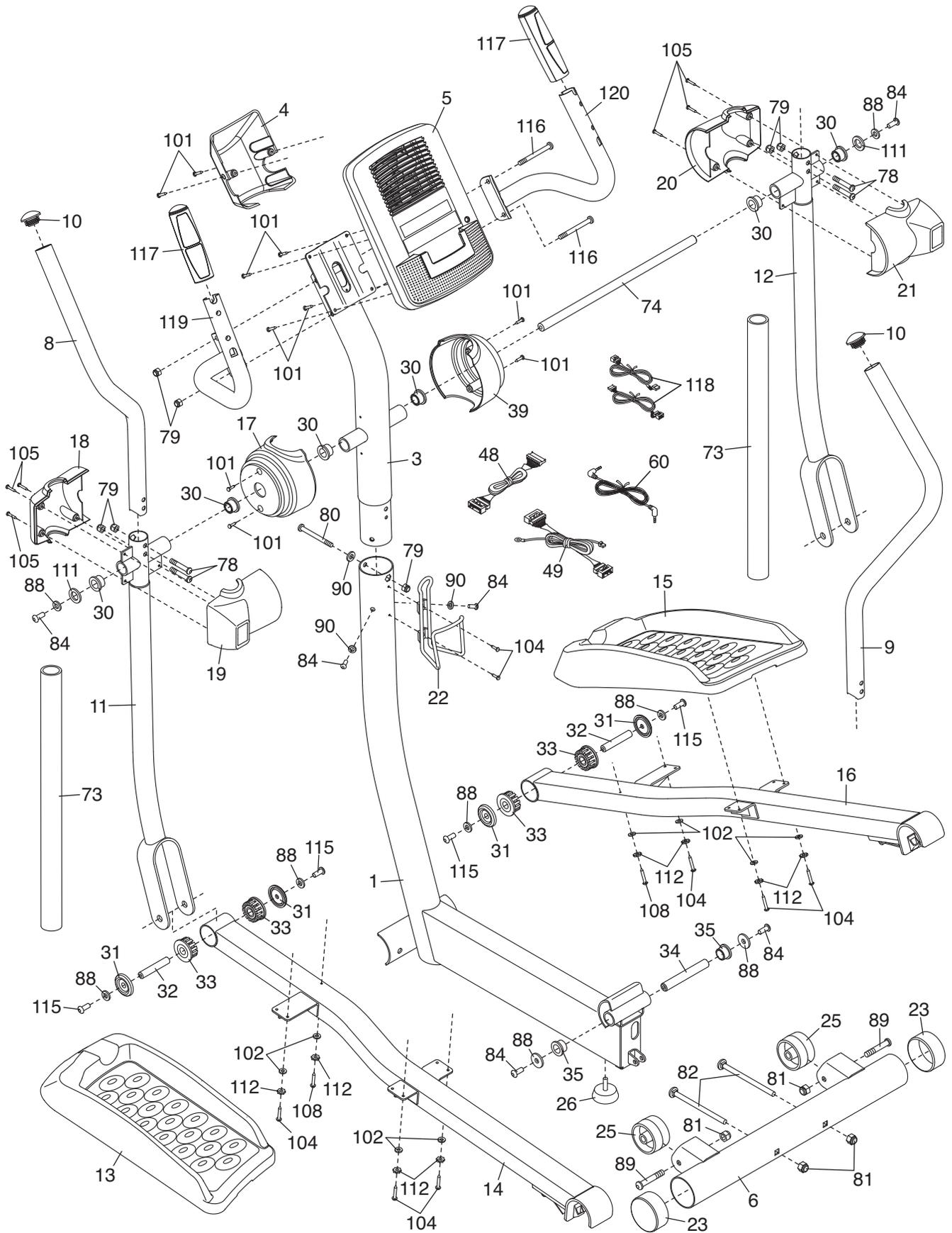
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Drive Belt
2	1	Frame	52	1	Flywheel
3	1	Upright	53	1	C-magnet
4	1	Upright Cap	54	1	Pillow Block
5	1	Console	55	2	Magnet
6	1	Front Stabilizer	56	1	Spring
7	1	Rear Stabilizer	57	1	Idler
8	1	Left Upper Body Arm	58	1	Idler Bracket
9	1	Right Upper Body Arm	59	1	Clamp
10	2	Arm Cap	60	1	Audio Cable
11	1	Left Upper Body Leg	61	1	Base Pin
12	1	Right Upper Body Leg	62	2	Latch Bracket Spacer
13	1	Left Pedal	63	2	Hairpin Cotter Pin
14	1	Left Pedal Arm	64	1	Latch Bracket
15	1	Right Pedal	65	1	Pivot Bracket
16	1	Right Pedal Arm	66	2	Pivot Bracket Spacer
17	1	Left Upright Cover	67	1	Frame Pin
18	1	Left Front Arm Cover	68	1	Latch Button
19	1	Left Rear Arm Cover	69	1	Roll Pin
20	1	Right Front Arm Cover	70	1	Motor
21	1	Right Rear Arm Cover	71	1	Resistance Cable Pulley
22	1	Water Bottle Holder	72	1	Resistance Cable Set
23	2	Front Stabilizer Cap	73	2	Foam Grip
24	2	Rear Stabilizer Cap	74	1	Pivot Axle
25	2	Wheel	75	2	Hub Cover
26	1	Base Foot	76	2	Outer Crank Cover
27	2	Leveling Foot	77	2	Flywheel Bracket
28	1	Left Shield	78	4	M8 x 41mm Button Bolt
29	1	Right Shield	79	9	M8 Jam Nut
30	6	Upper Body Bushing	80	1	M8 x 69mm Button Bolt
31	4	Pedal Arm Cover	81	4	M10 Locknut
32	2	Pedal Arm Axle	82	2	M10 x 80mm Carriage Bolt
33	4	Pedal Arm Bushing	83	2	M10 x 127mm Patch Screw
34	1	Base Axle	84	6	M8 x 23mm Patch Screw
35	2	Base Bushing	85	1	M6 x 10mm Button Screw
36	2	Crank Arm	86	1	Crank Screw
37	2	Inner Crank Cover	87	8	Hub Patch Screw
38	1	Crank Hub	88	10	M8 Washer
39	1	Right Upright Cover	89	2	M10 x 60mm Button Screw
40	1	Pulley	90	3	M8 Split Washer
41	2	Crank Bushing Cover	91	1	Flywheel Spacer
42	4	Crank Bushing	92	1	Flywheel Washer
43	2	Crank Bushing Sleeve	93	1	Flywheel Snap Ring
44	2	Crank Bearing Set	94	4	Pillow Block Screw
45	1	Crank	95	1	Stop Screw
46	1	Crank Spacer	96	1	M8 x 35mm Screw
47	2	Crank Snap Ring	97	1	E-clip
48	1	Upper Wire Harness	98	4	Pulley Screw
49	1	Lower Wire Harness	99	2	Crank Washer
50	1	Reed Switch/Wire	100	2	M4 x 25mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	10	M4 x 16mm Round Head Screw	113	1	M10 Washer
102	12	M4 Washer	114	1	M6 Nut
103	26	M4 x 16mm Screw	115	4	M8 x 23mm Shoulder Patch Screw
104	8	M4 x 16mm Blunt Screw	116	2	M8 x 80mm Patch Bolt
105	6	M4 x 32mm Round Head Screw	117	2	Pulse Grip
106	2	M8 x 31mm Shoulder Screw	118	2	Pulse Wire
107	4	M4 x 12mm Screw	119	1	Left Handlebar
108	2	M4 x 50mm Screw	120	1	Right Handlebar
109	2	Large Wave Washer	121	1	Power Adapter
110	2	M8 Small Washer	*	–	User's Manual
111	2	Wave Washer	*	–	Assembly Tool
112	8	M4 Split Washer	*	–	Grease Packet

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

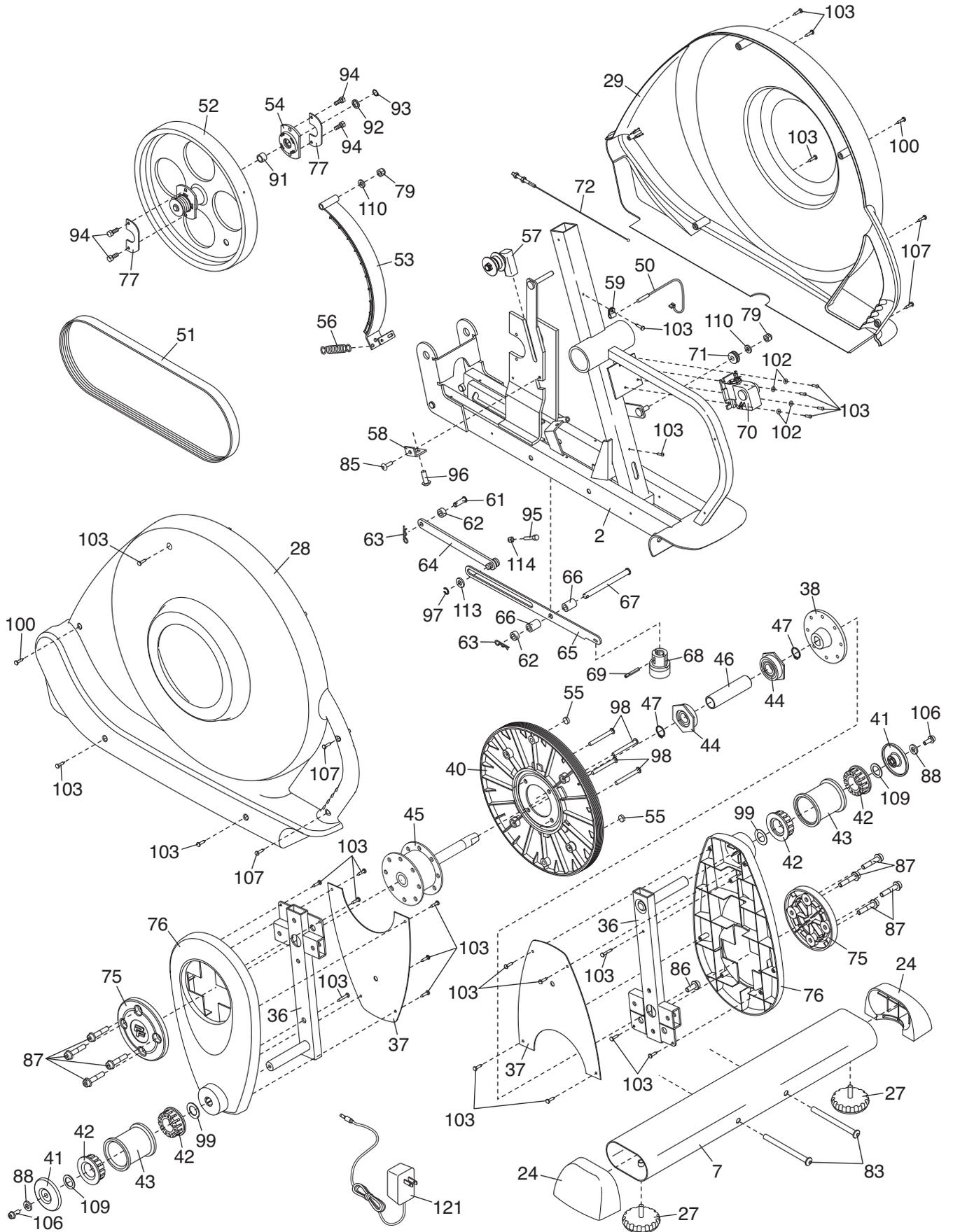
# EXPLODED DRAWING A

Model No. PFEL04910.0 R1211A



# EXPLODED DRAWING B

Model No. PFEL04910.0 R1211A



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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

**IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to [www.proformservice.com/registration](http://www.proformservice.com/registration).**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for 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; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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