

PRO-FORM XPTM

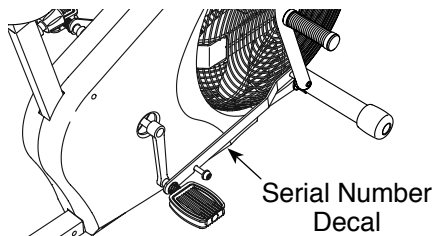
WHIRLWIND 320

www.proform.com

Model No. PFEX22912.0

Serial No. _____

Write the serial number in the space above for reference.



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

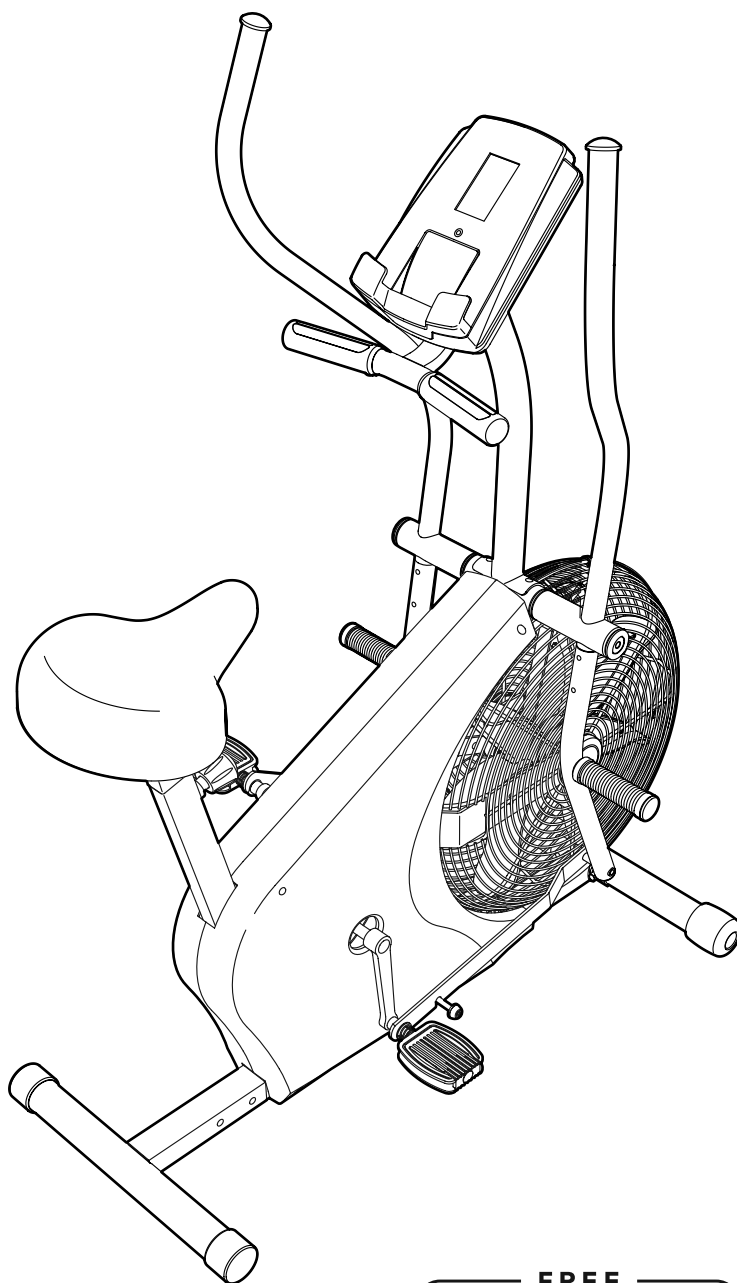
ON THE WEB:

www.proformservice.com

CAUTION

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

USER'S MANUAL



FREE

iFIT



HOW-TO
VIDEOS

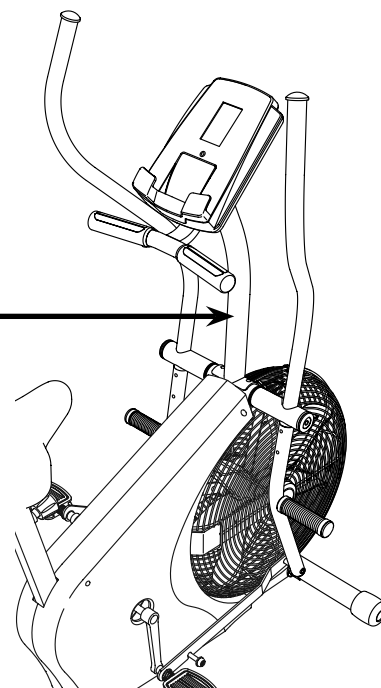
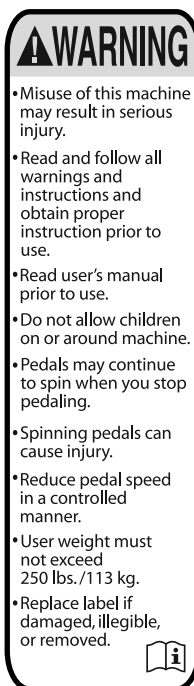
www.iFit.com

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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 exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
11. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
12. When adjusting the seat, insert the seat knob into one of the holes in the seat post. Do not insert the pin on the seat knob under the seat post.
13. When connecting the link arms to the pedals, make sure that the link arms are fully seated on the pedal bushings (see **HANDLEBAR OPERATION** on page 11). If the link arms are not on the pedal bushings, they may slip off during use, resulting in injury to the user.
14. When adjusting the height of the seat, make sure that the pin on the seat knob is inserted into one of the adjustment holes in the seat post (see **HOW TO ADJUST THE SEAT** on page 11). Do not rest the seat post on top of the pin on the seat knob.
15. The exercise bike does not have a free wheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
16. Always keep your back straight while using the exercise bike; do not arch your back.
17. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

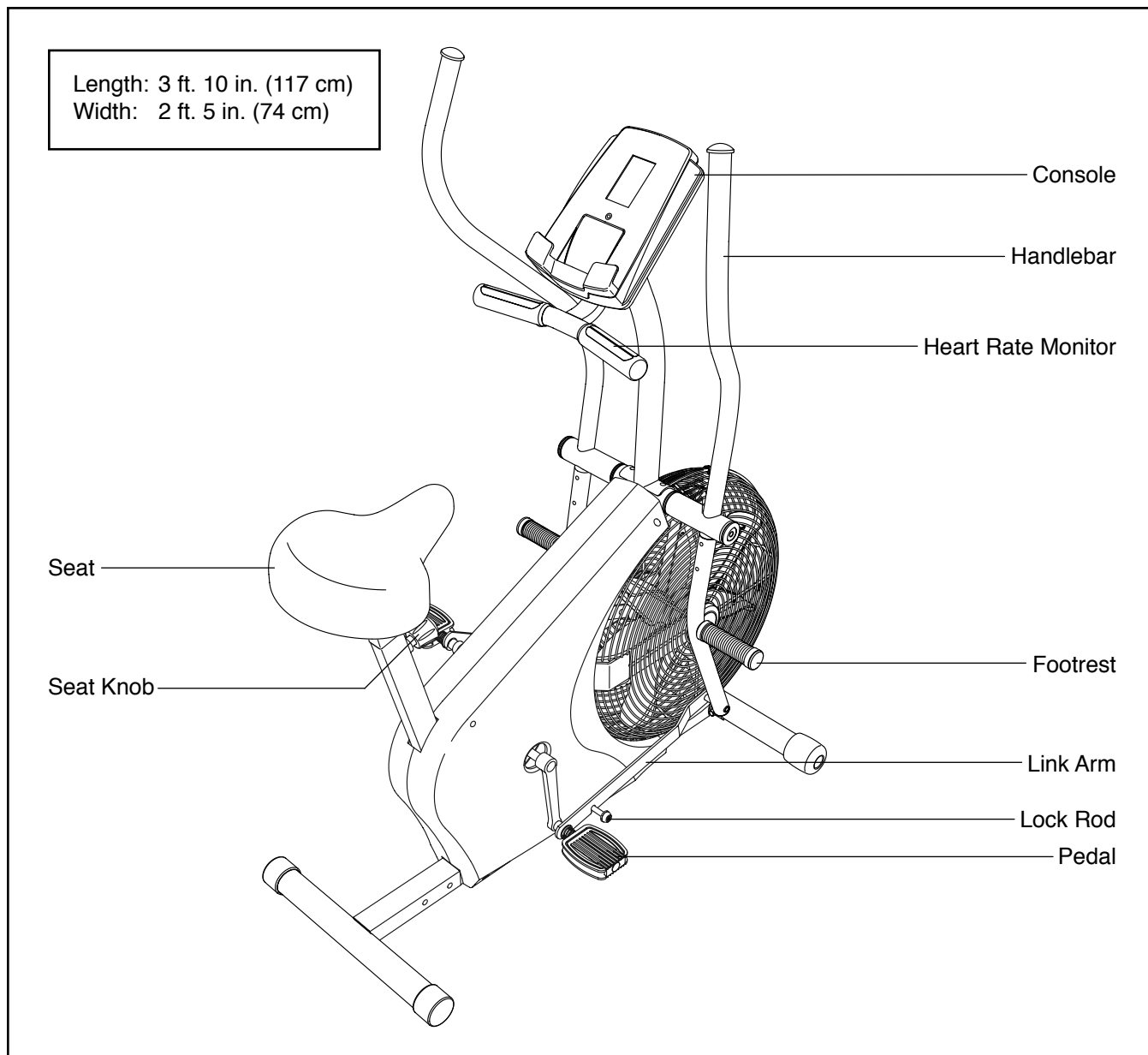
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM XP™ WHIRLWIND 320 exercise bike. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The WHIRLWIND 320 exercise bike offers an array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after

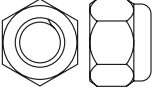
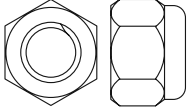

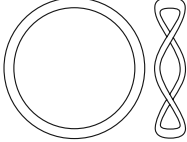
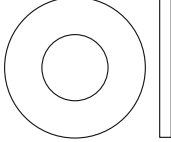
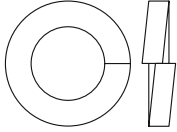


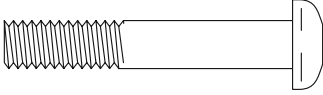
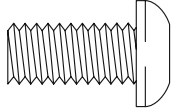
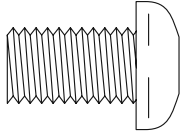
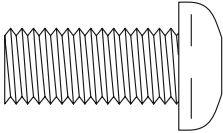
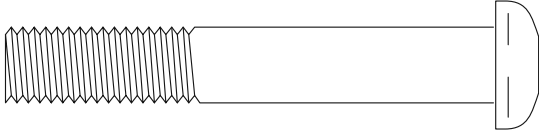
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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. Extra parts may be included.**

					
M6 Locknut (56)–4	M8 Locknut (66)–4	M8 Split Washer (72)–4	Wave Washer (78)–2	M8 Washer (85)–2	M10 Split Washer (54)–3
					
M4 x 5mm Screw (70)–1	M4 x 16mm Screw (77)–4	M6 x 38mm Bolt (57)–4	M8 x 16mm Screw (84)–2	M10 x 17mm Screw (55)–3	
					
	M10 x 22mm Screw (4)–5	M10 x 65mm Screw (65)–2			

ASSEMBLY

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

- To watch an assembly video, go to <http://productvideo.co/assembly/proform> or use your mobile phone or smartphone to read the QR code at the right.



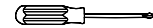
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.

- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 5.

In addition to the included tool(s), assembly requires the following tool(s):

one Phillips screwdriver

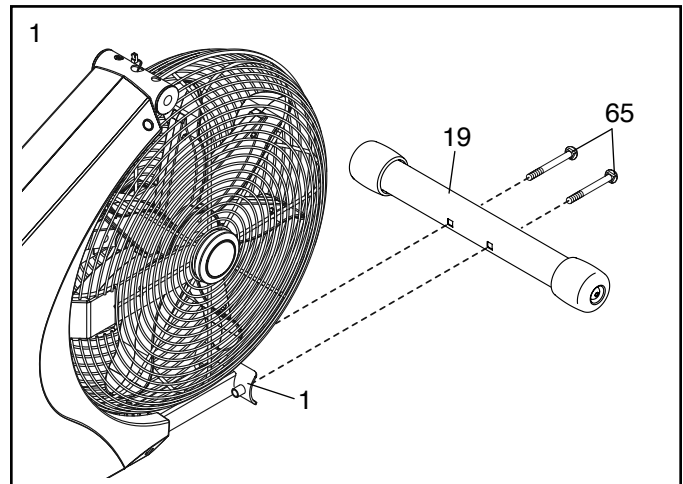


one adjustable wrench

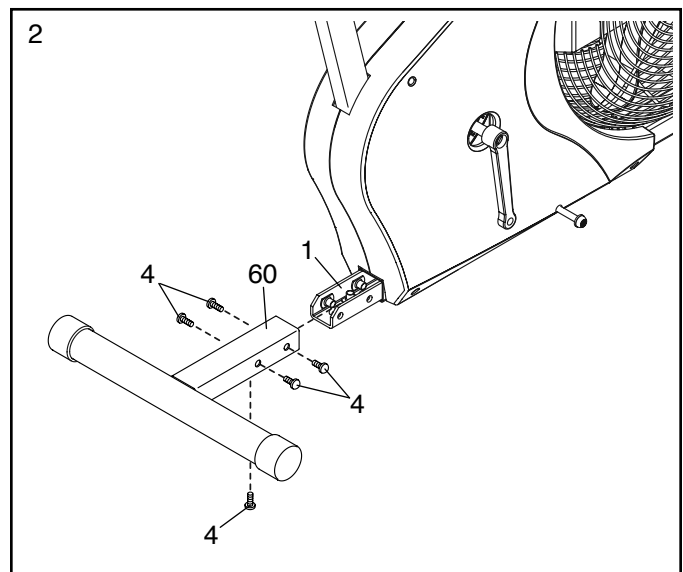


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Attach the Front Stabilizer (19) to the front of the Frame (1) with two M10 x 65mm Screws (65).

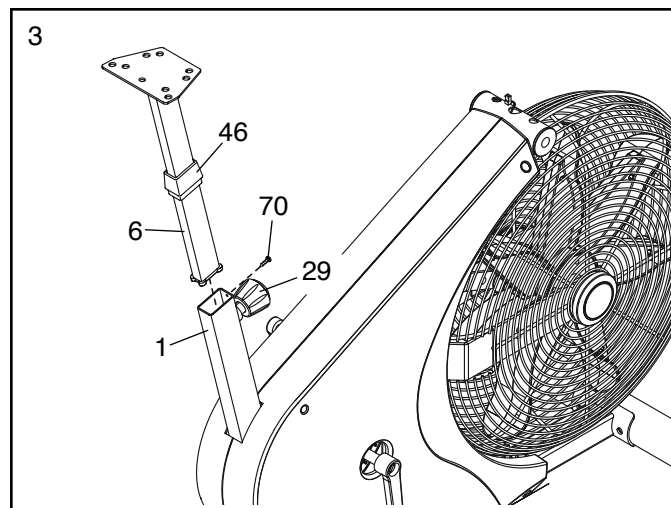


2. Attach the Rear Stabilizer (60) to the Frame (1) with five M10 x 22mm Screws (4).

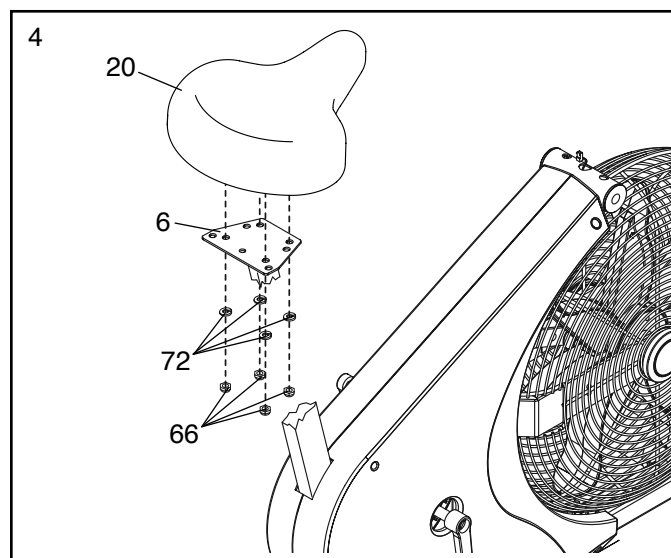


3. Loosen the Seat Knob (29) a few turns. Next, pull the Seat Knob outward, insert the Seat Post (6) into the Frame (1), and then release the Seat Knob. **Move the Seat Post upward and downward slightly to make sure that the pin on the Seat Knob is engaged in one of the adjustment holes in the Seat Post.**

Next, push the Seat Post Guide (46) downward into the top of the Frame (1). Attach the Seat Post Guide with an M4 x 5mm Screw (70). Then, retighten the Seat Knob (29).

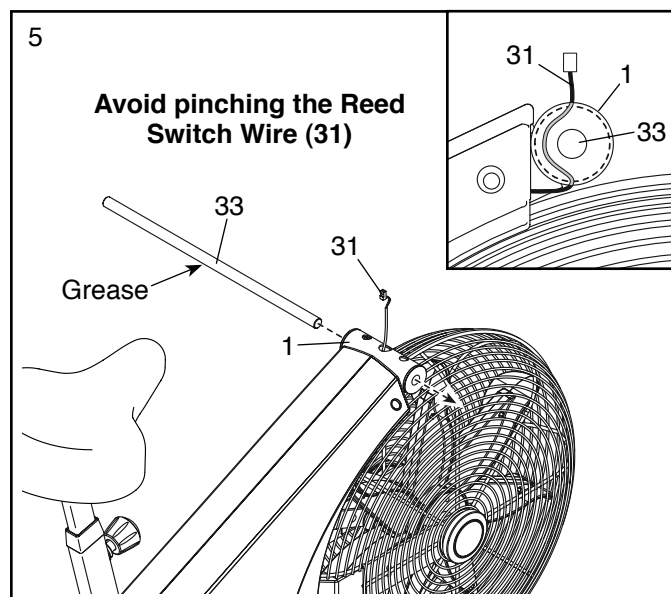


4. Attach the Seat (20) to the Seat Post (6) with four M8 Locknuts (66) and four M8 Split Washers (72). **Note: The Locknuts and Split Washers may be preattached to the underside of the Seat.**



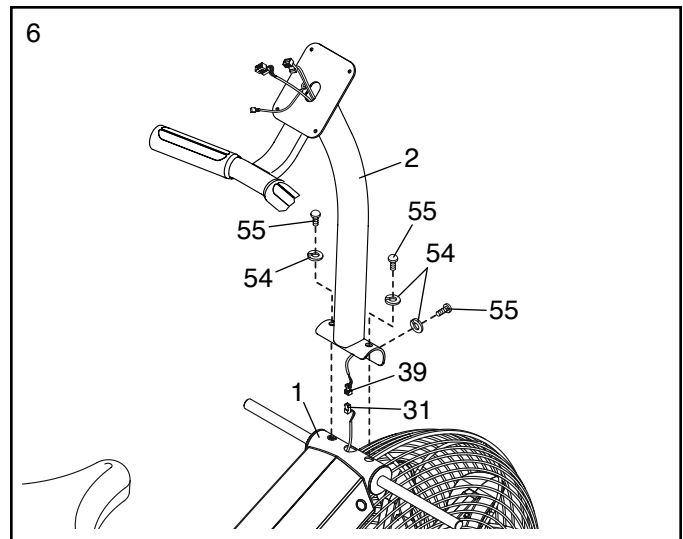
5. **Tip: To avoid pinching the Reed Switch Wire (31), position it as shown in the inset drawing.**

Apply a small amount of the included grease to the Handlebar Axle (33). Insert the Handlebar Axle into the Frame (1) and center it.



6. While a second person holds the Upright (2) near the Frame (1), connect the Reed Switch Wire (31) to the Extension Wire (39).

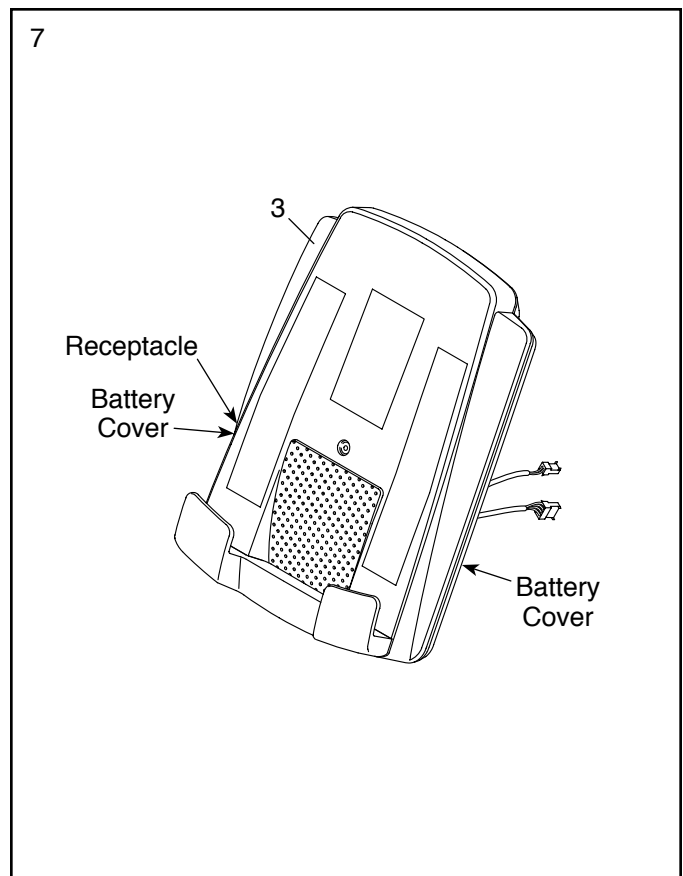
Tip: Do not pinch the Reed Switch Wire (31) or the Extension Wire (39). Set the Upright (2) on the Frame (1). Attach the Upright with three M10 x 17mm Screws (55) and three M10 Split Washers (54).



7. The Console (3) can use four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.**

Remove the battery covers from the back of the Console (3), and insert 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.

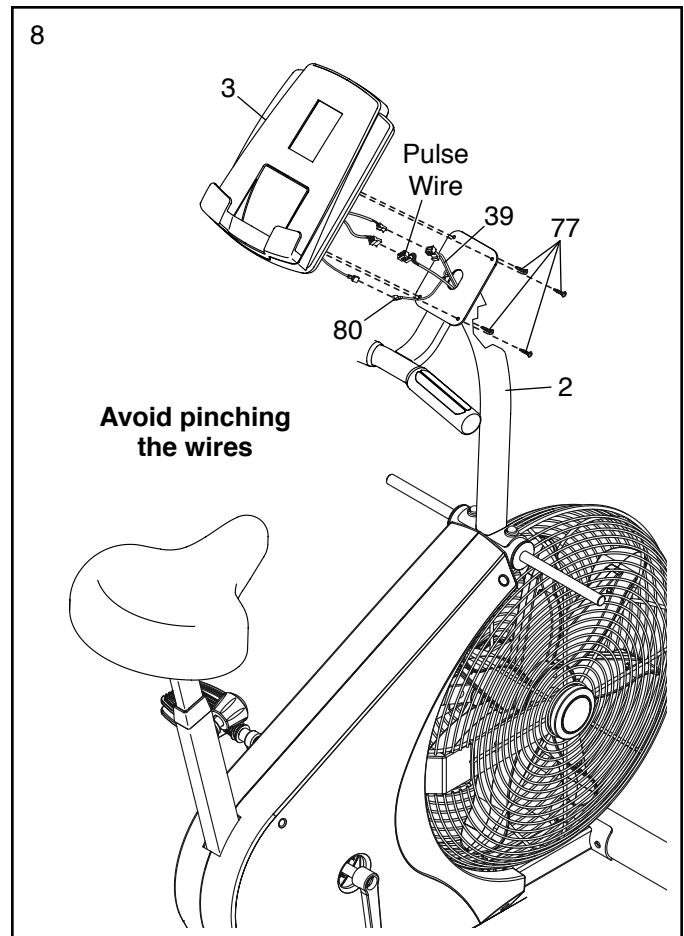
To purchase an optional power adapter, call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power adapter. Plug one end of the power adapter into the receptacle inside the battery compartment on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



8. Have a second person hold the Console (3) near the Upright (2). Connect the console wires to the Extension Wire (39), the Ground Wire (80), and the pulse wire.

Insert the excess wire into the Upright (2) or into the Console (3).

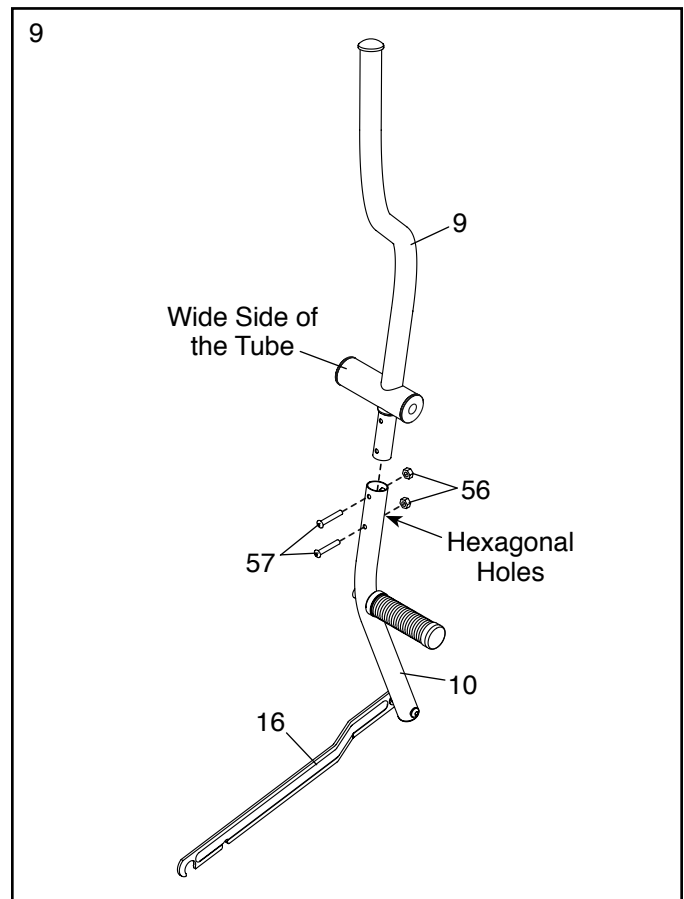
Tip: Avoid pinching the wires. Attach the Console (3) to the Upright (2) with four M4 x 16mm Screws (77).



9. Identify the Right Handlebar (9) and the Right Handlebar Base (10). **Orient these parts so that the wide side of the tube on the Right Handlebar and the Right Link Arm (16) are on the same side.**

Attach the Right Handlebar (9) to the Right Handlebar Base (10) with two M6 x 38mm Bolts (57) and two M6 Locknuts (56). **Make sure that the Locknuts are in the hexagonal holes.**

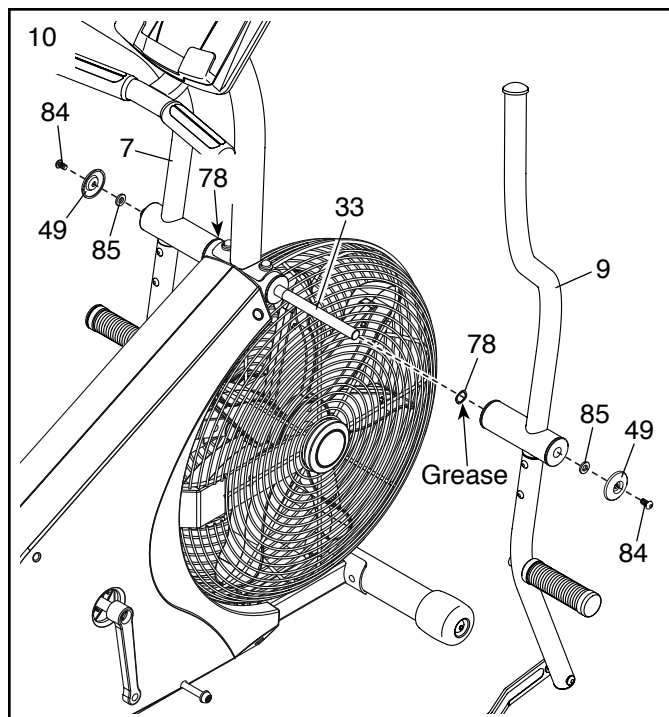
Attach the Left Handlebar (not shown) to the Left Handlebar Base (not shown) in the same way.



10. Apply grease to two Wave Washers (78). Slide a Wave Washer onto each end of the Handlebar Axle (33).

Next, slide the Left and Right Handlebars (7, 9) onto the Handlebar Axle (33). **Make sure that each Handlebar is on the correct side of the exercise bike.**

Tighten an M8 x 16mm Screw (84), an Axle Cover (49), and an M8 Washer (85) into each end of the Handlebar Axle (33) **at the same time.**

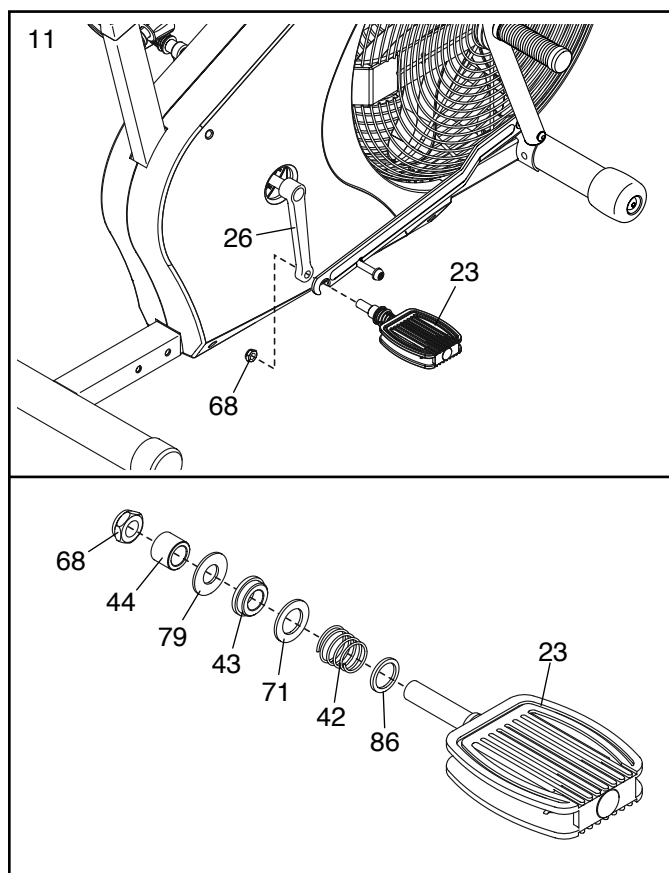


11. Remove the 1/2" Pedal Nut (68) from the shaft of one of the Pedals (23).

See the lower drawing. Make sure that there is a Custom Washer (86), a Pedal Spring (42), a Red Washer (71), a Pedal Bushing (43), a Black Pedal Washer (79), and a Pedal Spacer (44) on the shaft of the Pedal. In addition, make sure that the Pedal Bushing is oriented as shown.

Firmly tighten the shaft of the Pedal (23) **clockwise** into the right Crank Arm (26). Then, tighten the 1/2" Pedal Nut (68) onto the shaft.

Attach the other Pedal (not shown) in the same way. Firmly tighten the Pedal counterclockwise into the left Crank Arm (not shown).



12. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

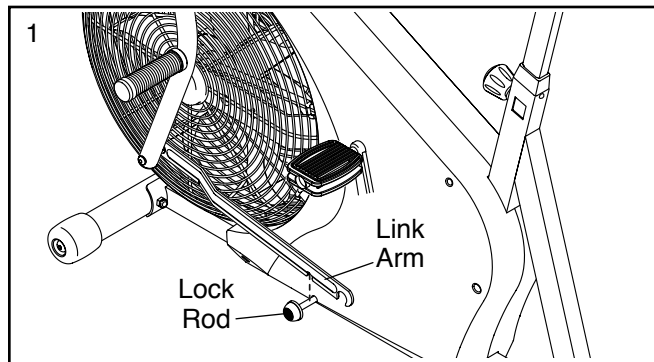
HANDLEBAR OPERATION

You can use the handlebars in the dual-action mode, for upper- and lower-body exercise, or in the stationary mode, for pedaling exercise only.

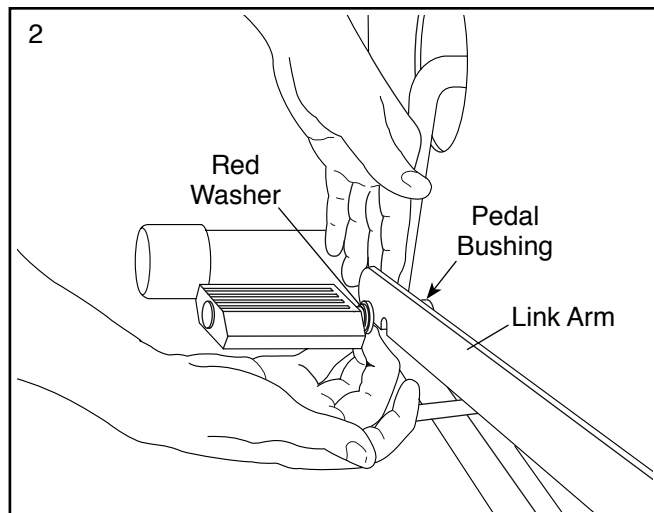
Dual-action Mode

To convert the handlebars to the dual-action mode, the link arms must be connected to the pedals.

First, lift the link arms off the lock rods.



Next, pull the link arms outward against the tops of the red washers, while pulling against the bottoms of the red washers with your fingers as shown. **Be careful not to pinch your fingers.** Next, slide the link arms onto the pedal bushings. Move the link arms upward and downward slightly to make sure that they are fully seated on the pedal bushings. **CAUTION: Make sure that the link arms are fully seated on the pedal bushings. If the link arms are not on the pedal bushings, they may slip off during use, resulting in injury to the user.**



Stationary Mode

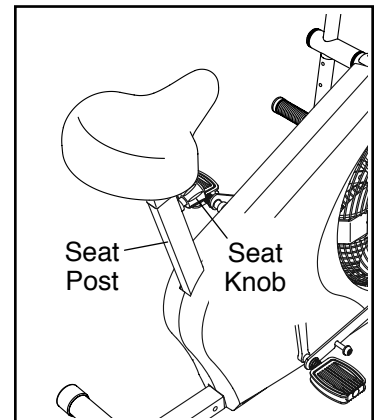
To convert the handlebars to the stationary mode, the link arms must be disconnected from the pedals. Pull the link arms outward against the red washers until the link arms are free of the pedal bushings (see drawing 2 at the left). **Be careful not to pinch your fingers.** Next, lift the link arms off the pedals, and clip them onto the lock rods (see drawing 1 at the left).

HOW TO ADJUST THE SEAT

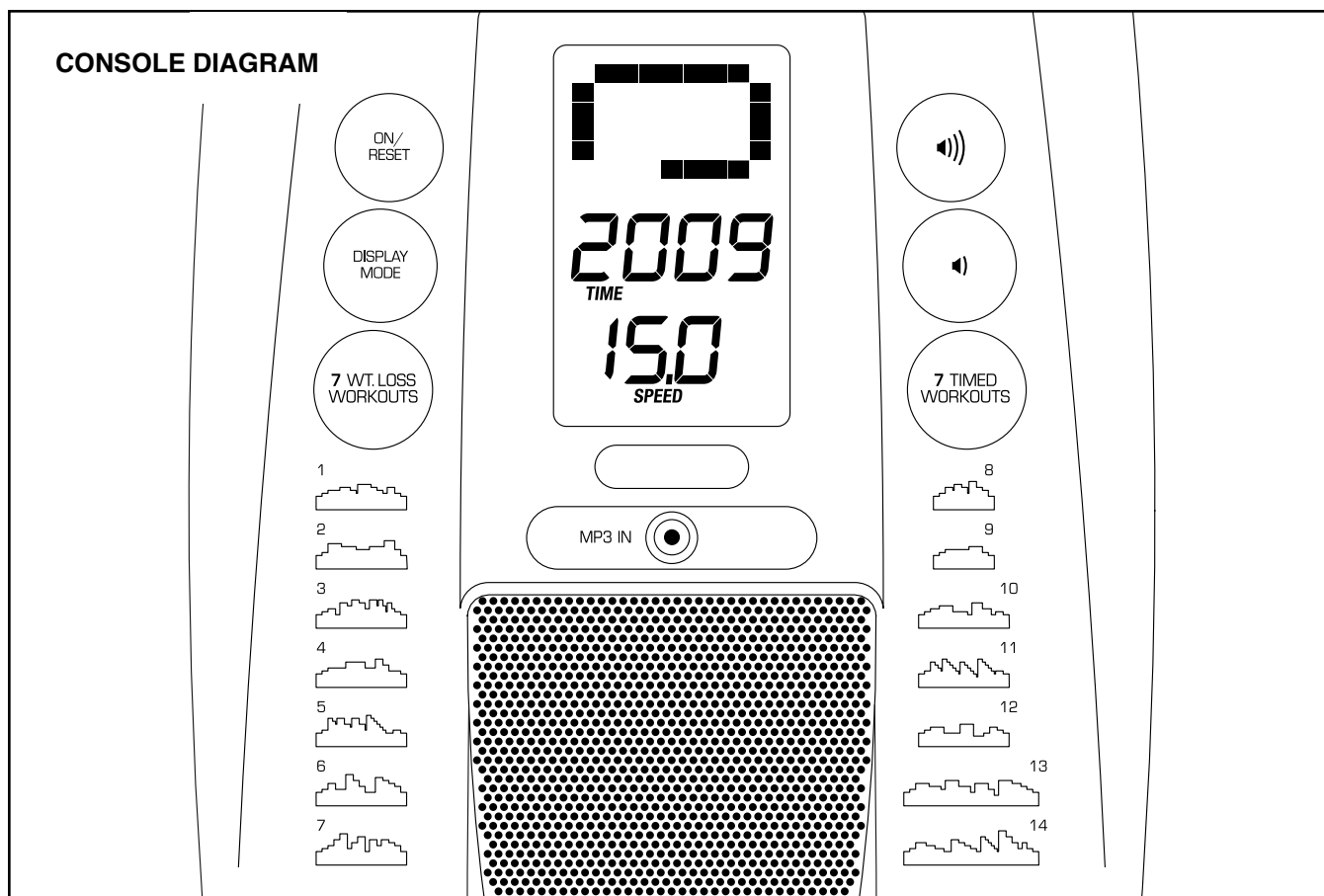
For effective exercise, the seat must be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first turn the seat knob counterclockwise two or three turns to loosen it. Next, pull the seat knob, raise or lower the seat post, and then release the seat knob.

Move the seat post upward and downward slightly to make sure that the pin on the seat knob is engaged in one of the adjustment holes in the seat post. Then, tighten the seat knob.



CAUTION: Make sure that the pin on the seat knob is inserted into one of the adjustment holes in the seat post. Do not rest the seat post on top of the pin on the seat knob.



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, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

The console offers fourteen preset workouts—seven weight loss and seven timed workouts. Each preset workout prompts you to vary your pedaling speed as it guides you through an effective workout.

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 13. **To use a preset workout**, see page 14. **To use the sound system**, see page 15. **To use the user mode**, see page 15.

Note: Before using the console, make sure that batteries are installed (see assembly step 7 on page 8). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

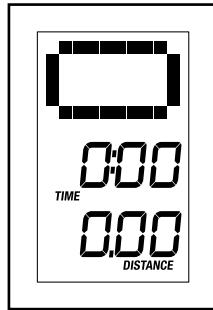
Press any button or begin pedaling to turn on the console.

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 automatically.

If you have selected a workout, reselect the manual mode by pressing the 7 Wt. Loss Workouts button or the 7 Timed Workouts button repeatedly until a track appears in the upper display.



3. Follow your progress with the display.

The display can show the following workout information:

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

Distance—This display mode will show the distance that you have pedaled in miles or kilometers.

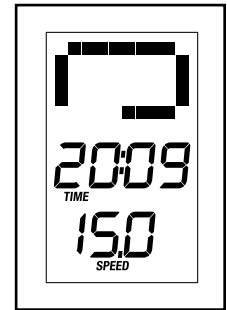
Profile—When a workout is selected, this display mode will show a profile of the goal speed settings of the workout.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor (see step 4).

Speed—This display mode will show your pedaling speed in miles per hour or kilometers per hour.

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

Track—When the manual mode is selected, this display mode will show a track representing 1/4 mile (400 m). 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.



Press the Display Mode button repeatedly to view the desired workout information.

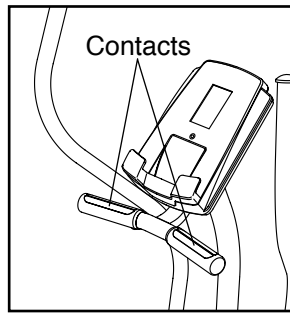
To reset the display to zero, press the On/Reset button.

Change the volume level of the console by pressing the volume increase and decrease buttons.

Note: The console can show pedaling speed and distance in either miles or kilometers. To change the unit of measurement, see THE USER MODE on page 15.

4. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the 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 contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

5. 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.

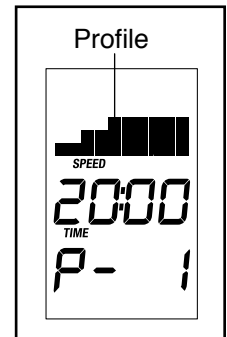
Press any button or begin pedaling to turn on the console.

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 a preset workout.

To select a preset workout, press the 7 Wt. Loss Workouts button or the 7 Timed Workouts button repeatedly until the number of the desired workout appears in the lower display.

When you select a preset workout, a profile of the goal speed settings of the workout will scroll across the upper display, the duration of the workout will appear in the center display, and the number of the workout will appear in the lower display.



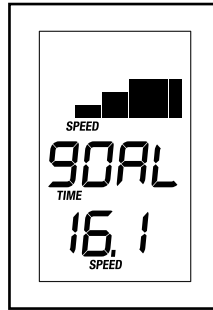
3. Begin pedaling to start the workout.

Each workout is divided into several one-minute segments. One goal speed is programmed for each segment. Note: The same goal speed 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 goal speed for the current segment.

As you exercise, keep your pedaling speed near the goal speed for the current segment. The goal speed will appear in the display when the speed display mode is selected.

IMPORTANT: The goal speed is intended only to provide motivation. Your actual pedaling speed may be slower than the goal speed. Make sure to pedal at a speed that is comfortable for you.



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.

4. Follow your progress with the display.

See step 3 on page 13.

5. Measure your heart rate if desired.

See step 4 on page 14.

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

See step 5 on page 14.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your 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 increase and decrease buttons on the console or the volume control on your MP3 player or CD player.

THE USER MODE

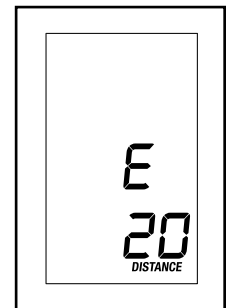
The console features a user mode that allows you to select a unit of measurement for the console and to view console usage information.

To select the user mode, press and hold down the Display Mode button for a few seconds until the user mode information appears in the display.

The console can show pedaling speed and distance in either miles or kilometers.

The center display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the On/Reset button repeatedly.

Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.



The lower display will show the total distance that the exercise bike has been pedaled.

To exit the user mode, press the Display Mode button.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly. To clean the exercise bike, use a damp cloth and a small amount of mild detergent; **never use abrasives or solvents to clean the exercise bike.** To avoid damaging the console, keep liquid away from the console.

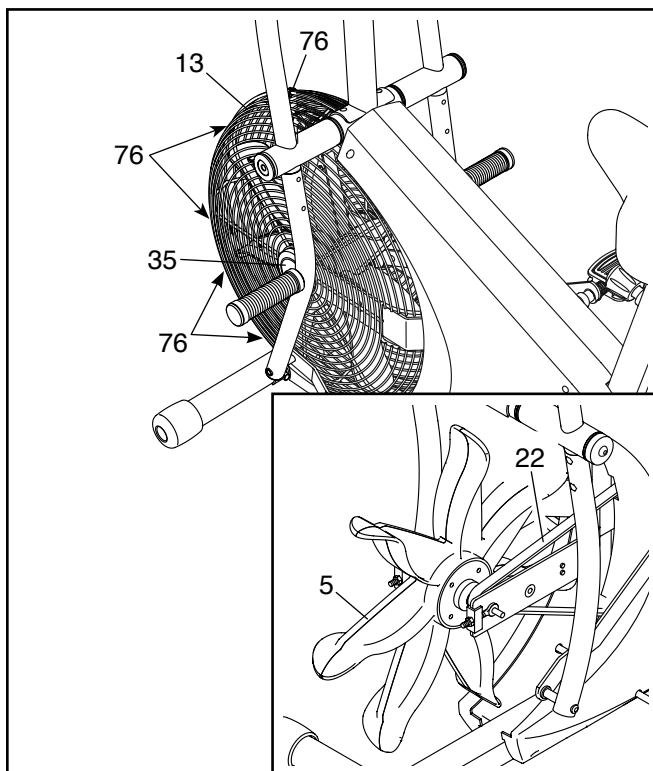
CONSOLE TROUBLESHOOTING

If the console does not function properly, replace all the batteries at the same time. See assembly step 7 on page 8 for battery installation instructions.

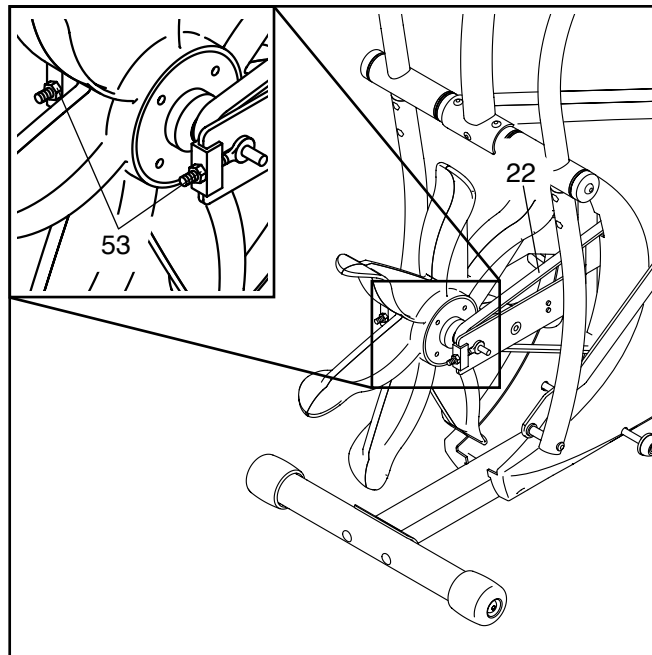
ADJUSTING THE BELT

The exercise bike features a precision belt that must be kept properly adjusted. If the belt is too tight, the bearings may be damaged; if the belt is too loose, the fan may be damaged. If the belt causes excessive noise or slips as you pedal, follow the steps below.

Carefully remove the five Guard Clips (76), the left Guard Fastener (35), and the Left Guard (13). **See the inset drawing.** Press downward on the Belt (22). There should be no more than 3/4 in. (2 cm), and no less than 1/4 in. (0.6 cm), of vertical movement in the center of the Belt.



If the Belt (22) needs to be adjusted, first loosen the right Guard Fastener (not shown). To tighten the Belt, turn the M6 Nuts (53) clockwise; to loosen the Belt, turn the M6 Nuts counterclockwise.

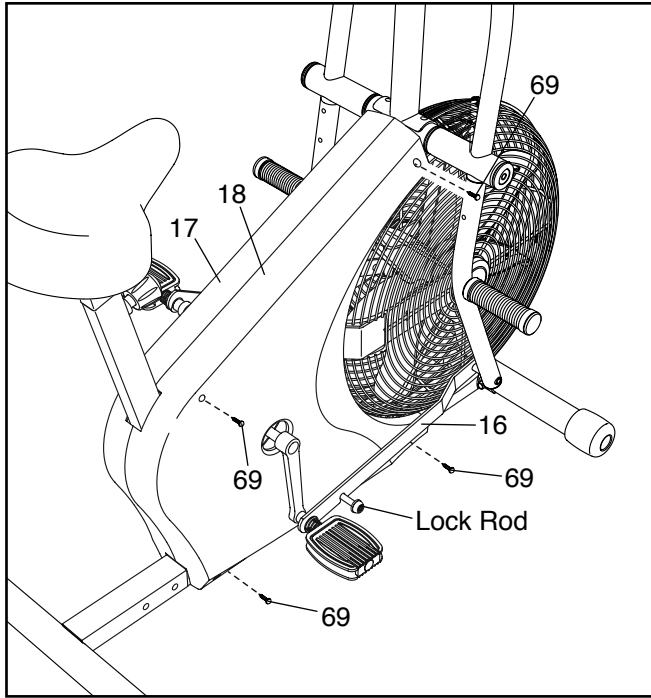


See the drawing at the left. Make sure that the Fan (5) is straight, and then reattach the Left Guard (13), tighten the Guard Fasteners (35), and reattach the Guard Clips (76).

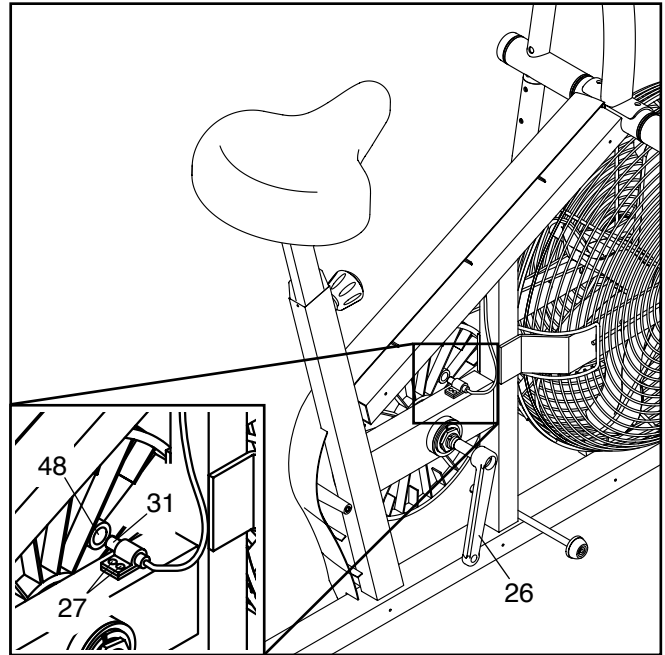
ADJUSTING THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, the Right Shield (18) must be moved. Remove the four M4 x 25mm Screws (69) from the Right Shield. Lift the Right Link Arm (16) off the pedal or the lock rod and move it clear of the Right Shield. Then, pull the top of the Right Shield away from the Left Shield (17).



Next, locate the Reed Switch (31). Turn the Crank Arm (26) until the Magnet (48) is aligned with the Reed Switch.



Loosen, but do not remove, the two M4 x 13mm Flange Screws (27). Then, slide the Reed Switch (31) slightly closer to or away from the Magnet (48), and retighten the Screws. Turn the Crank Arm (26) for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the right shield.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

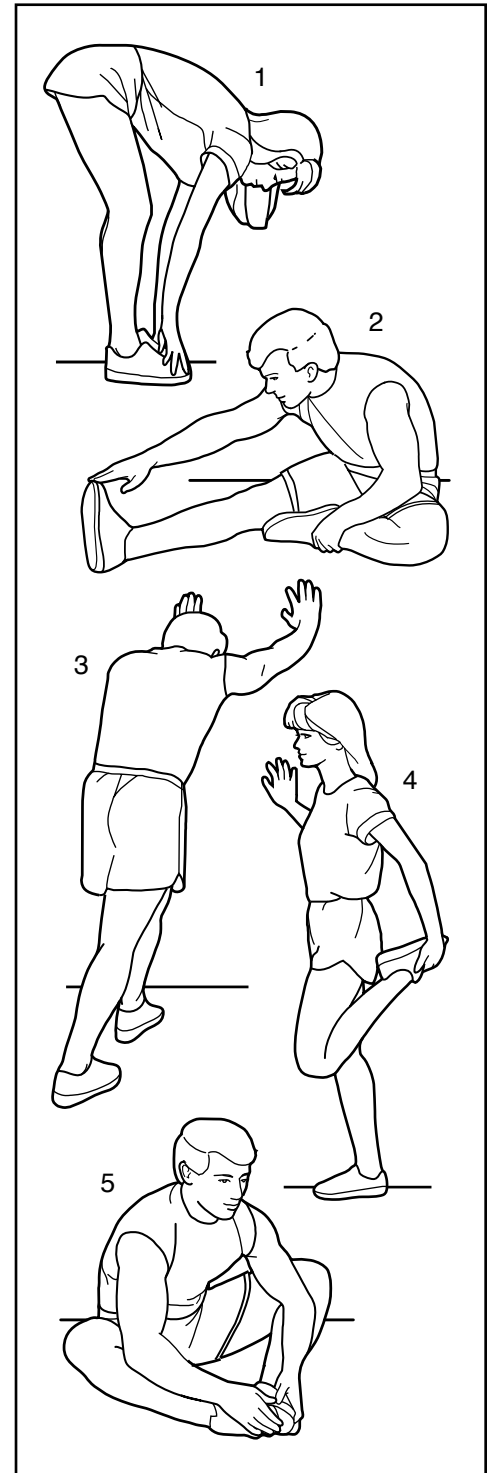
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST

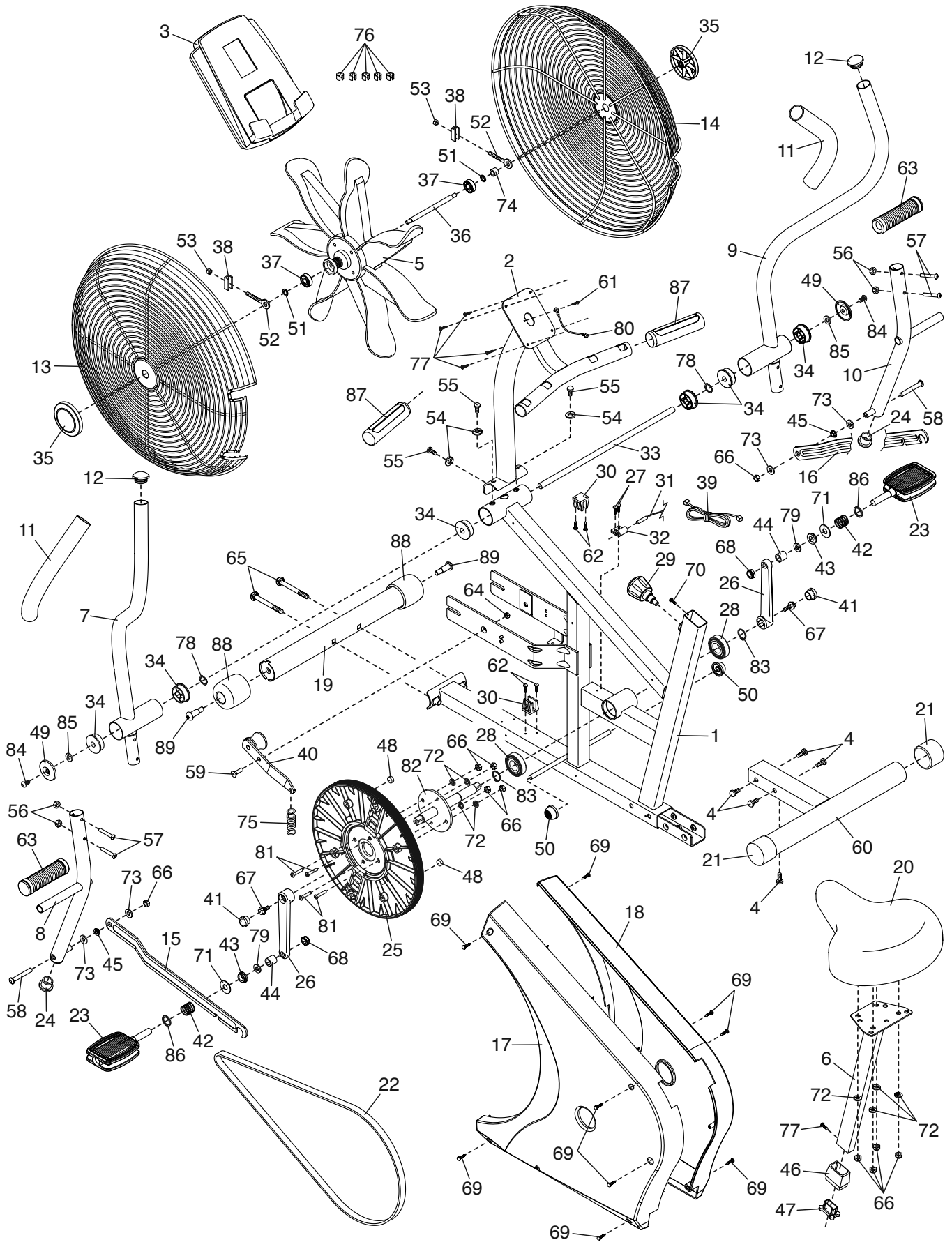
Model No. PFEX22912.0 R0812A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	1	Seat Post Bushing
2	1	Upright	48	2	Magnet
3	1	Console	49	2	Axle Cover
4	5	M10 x 22mm Screw	50	2	Axle Cap
5	1	Fan	51	2	Fan Washer
6	1	Seat Post	52	2	Eyebolt
7	1	Left Handlebar	53	2	M6 Nut
8	1	Left Handlebar Base	54	3	M10 Split Washer
9	1	Right Handlebar	55	3	M10 x 17mm Screw
10	1	Right Handlebar Base	56	4	M6 Locknut
11	2	Foam Grip	57	4	M6 x 38mm Bolt
12	2	Handlebar Cap	58	2	M8 x 74mm Bolt
13	1	Left Guard	59	1	M10 x 18mm Flat Head Bolt
14	1	Right Guard	60	1	Rear Stabilizer
15	1	Left Link Arm	61	1	M4 x 13mm Screw
16	1	Right Link Arm	62	4	M4 x 16mm Round Head Screw
17	1	Left Shield	63	2	Footrest Cover
18	1	Right Shield	64	1	M10 Locknut
19	1	Front Stabilizer	65	2	M10 x 65mm Screw
20	1	Seat	66	10	M8 Locknut
21	2	Stabilizer Cap	67	2	Flange Screw
22	1	Belt	68	2	1/2" Pedal Nut
23	2	Pedal	69	9	M4 x 25mm Screw
24	2	Handlebar Base Cap	70	1	M4 x 5mm Screw
25	1	Pulley	71	2	Red Washer
26	2	Crank Arm	72	8	M8 Split Washer
27	2	M4 x 13mm Flange Screw	73	4	M8 Flat Washer
28	2	Frame Bearing	74	1	Fan Spacer
29	1	Seat Knob	75	1	Idler Spring
30	2	Guard Bracket	76	5	Guard Clip
31	1	Reed Switch/Wire	77	5	M4 x 16mm Screw
32	1	Clamp	78	2	Wave Washer
33	1	Handlebar Axle	79	2	Black Pedal Washer
34	6	Handlebar Bushing	80	1	Ground Wire
35	2	Guard Fastener	81	4	M8 x 20mm Bolt
36	1	Fan Axle	82	1	Crank
37	2	Fan Bearing	83	2	Snap Ring
38	2	Adjustment Bracket	84	2	M8 x 16mm Screw
39	1	Extension Wire	85	2	M8 Washer
40	1	Idler Arm	86	2	Custom Washer
41	2	Crank Cap	87	2	Pulse Grip
42	2	Pedal Spring	88	2	Wheel
43	2	Pedal Bushing	89	2	Shoulder Screw
44	2	Pedal Spacer	*	—	Assembly Tool
45	2	Link Arm Bushing	*	—	User's Manual
46	1	Seat Post Guide			

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

Model No. PFEX22912.0 R0812A



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.

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 (customer). 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. If replacement parts are 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 freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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 any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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