

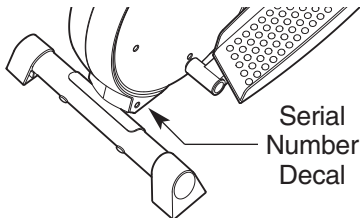
PRO-FORM® C 630

Heart Rate Monitor

Patent Pending

Model No. PFEL19540

Serial No. _____



USER'S MANUAL

QUESTIONS?

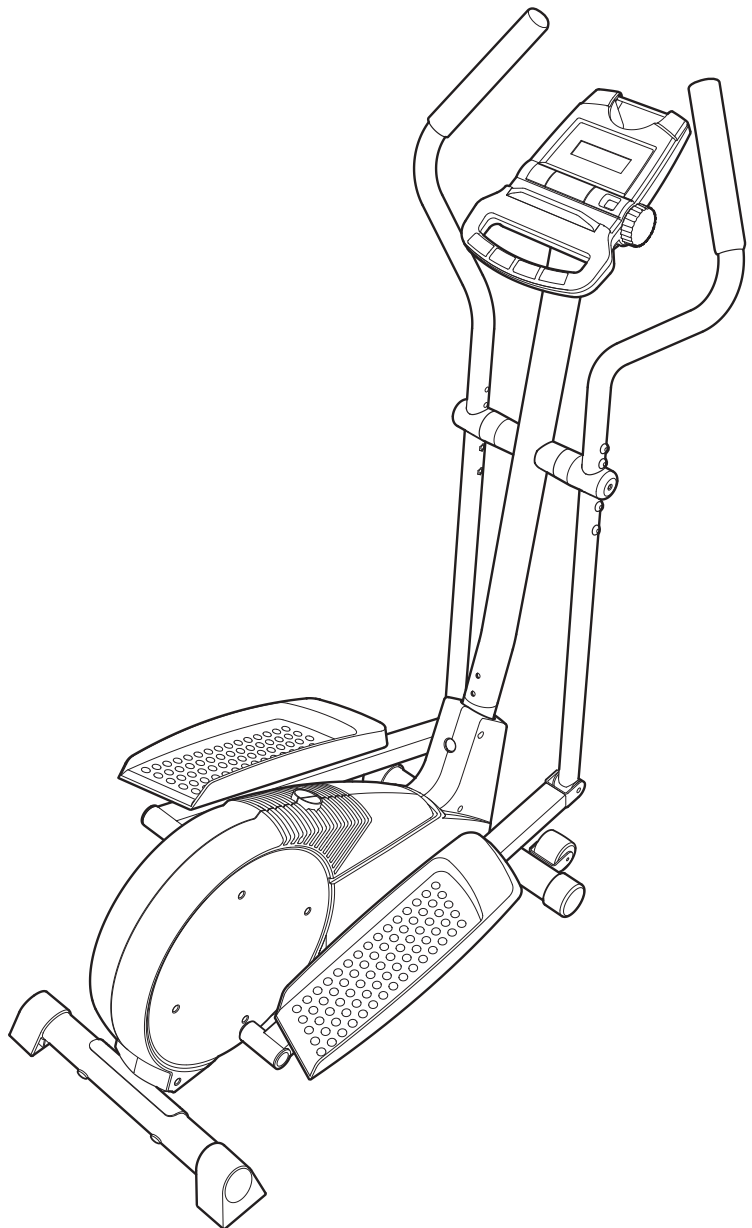
If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-888-533-1333

Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

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



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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the elliptical trainer. Use the elliptical trainer only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions.
3. The elliptical trainer is intended for in-home use only. Do not use the elliptical trainer in a commercial, rental, or institutional setting.
4. Place the elliptical trainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical trainer indoors, away from moisture and dust.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the elliptical trainer at all times.
7. The elliptical trainer should not be used by persons weighing more than 250 pounds.
8. Always wear appropriate clothes when using the elliptical trainer. Always wear athletic shoes for foot protection.
9. Always hold the pulse sensor or the handlebars when mounting, dismounting, or using the elliptical trainer.
10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Each time you stop exercising on the elliptical trainer, allow the pedals to come to a complete stop before dismounting.
12. Always keep your back straight when using the elliptical trainer. Do not arch your back.
13. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.
14. The warning decal shown on page 3 has been placed on the elliptical trainer. If the decal is missing, or if it is not legible, call our Customer Service Department toll-free at 1-888-533-1333 and order a free replacement decal. Apply the decal in the location shown.

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

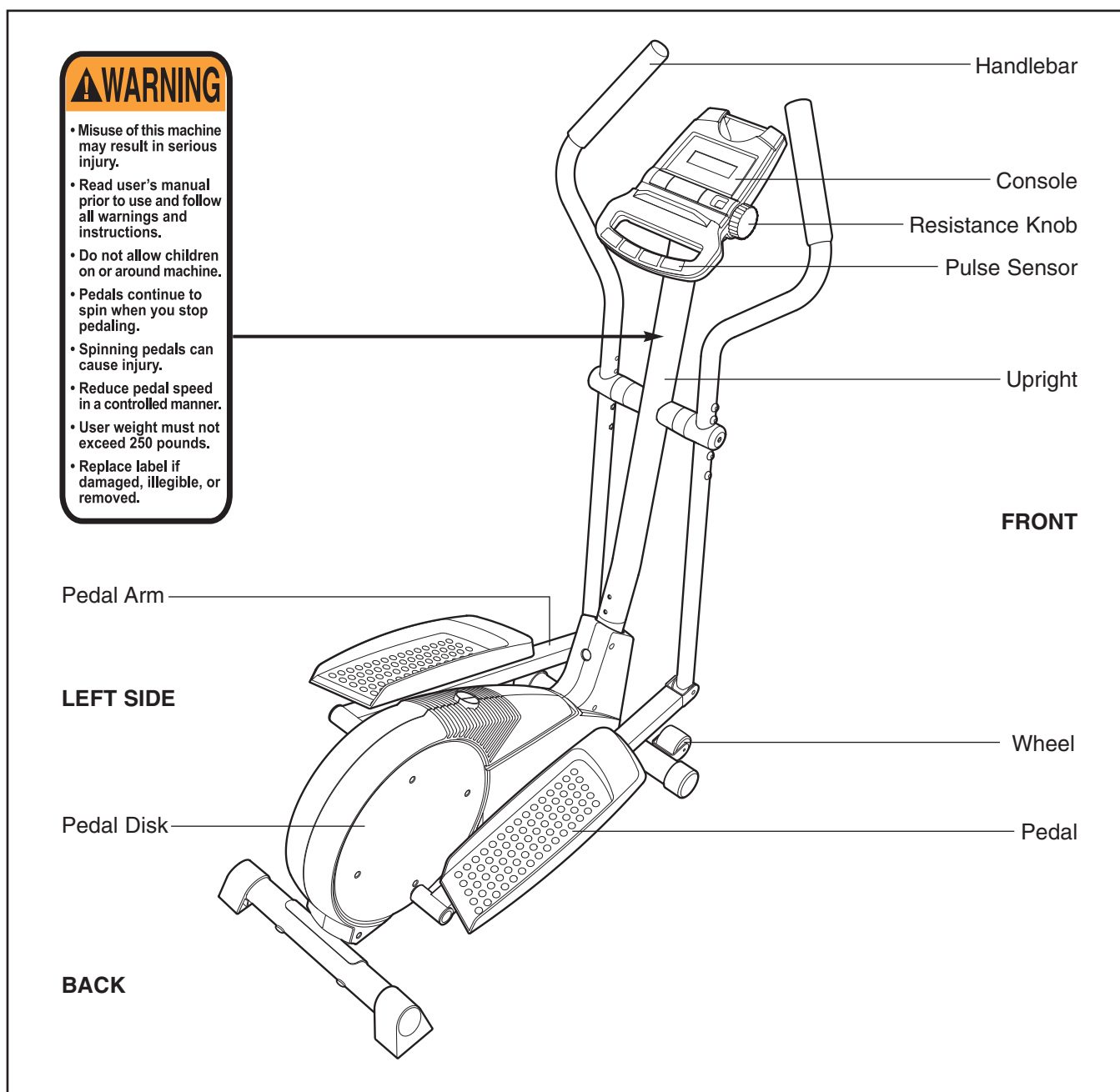
BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® C 630 elliptical trainer. The C 630 elliptical trainer is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique C 630 elliptical trainer features adjustable resistance, upper-body handlebars, and a multi-mode console to help you get the most from your exercise.

For your benefit, read this manual carefully before you use the elliptical trainer. If you have questions after reading this manual, please call our Customer

Service Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFEL19540. The serial number can be found on a decal attached to the elliptical trainer (see the front cover of this manual for the location of the decal).

Before reading further, please look at the drawing below and familiarize yourself with the labeled parts.

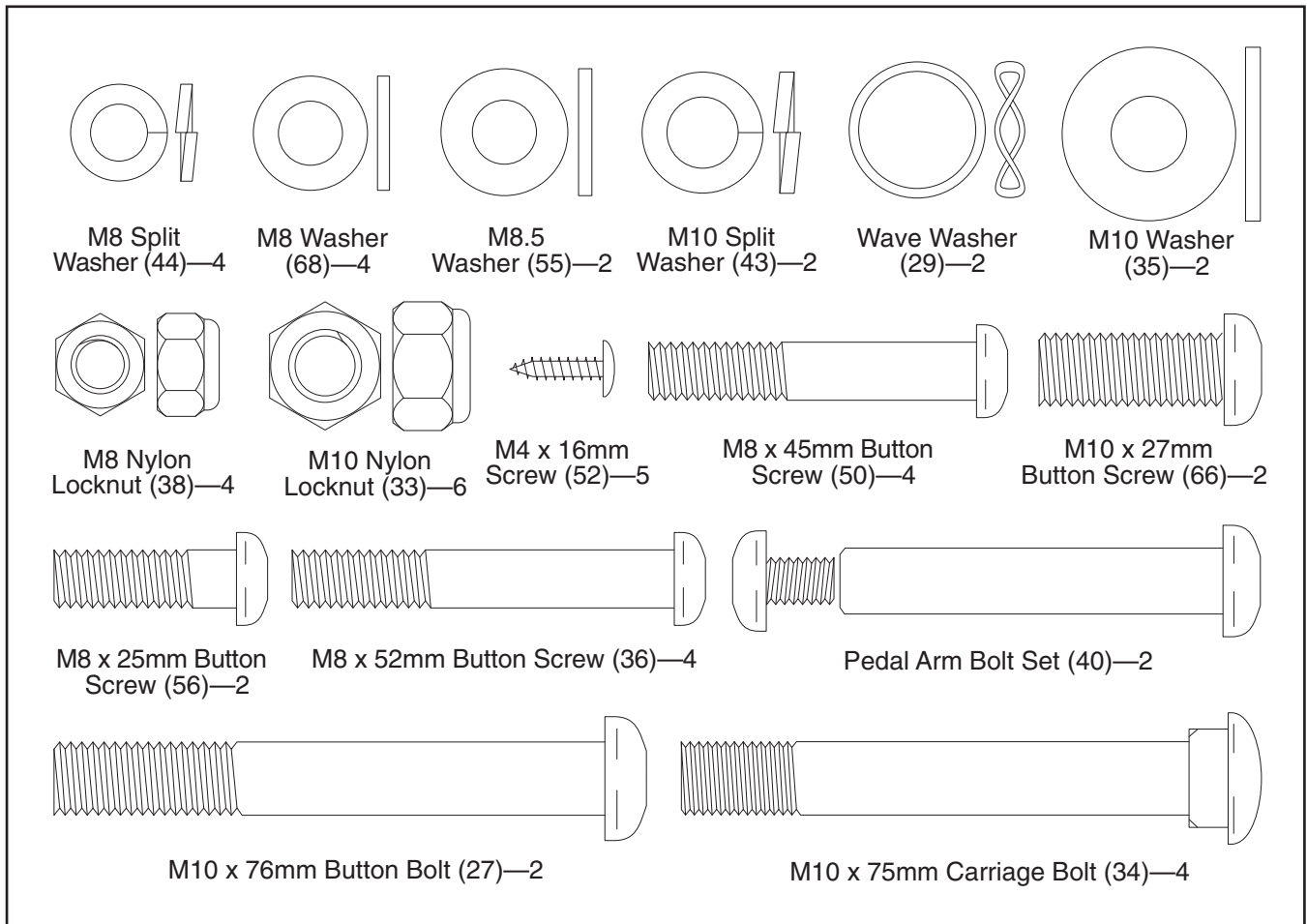


ASSEMBLY

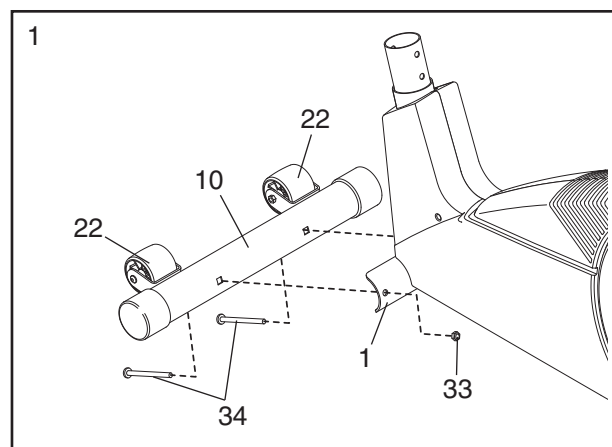
Assembly requires two persons. Place all parts of the elliptical trainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included allen wrench, assembly requires a phillips screwdriver , two adjustable wrenches , a rubber mallet , and a pair of pliers .

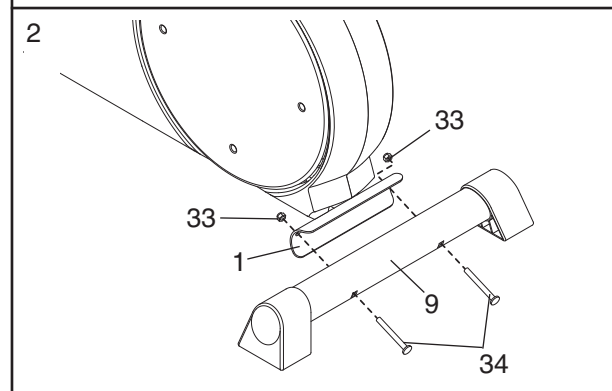
Use the chart below to identify the small parts used in assembly. The number in parentheses below each part is the key number of the part, from the PART LIST on page 14. The number after the parentheses is the quantity needed for assembly. **Note: Some parts may have been preattached for shipping. If a part is not in the parts bag, check to see if it has been preattached.**



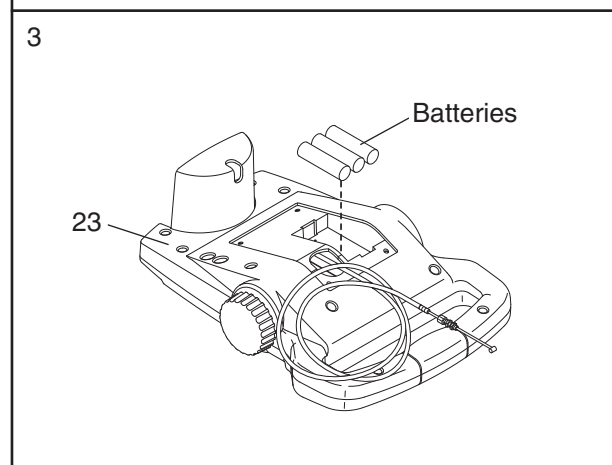
1. Identify the Front Stabilizer (10). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33). **Make sure that the Front Stabilizer is turned so the Wheels (22) are not touching the floor.**



2. While another person lifts the back of the Frame (1) slightly, attach the Rear Stabilizer (9) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).

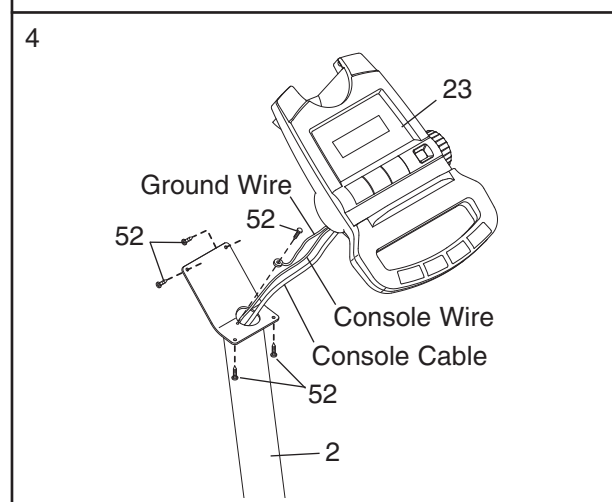


3. The Console (23) requires three 1.5 V "AA" batteries; alkaline batteries are recommended. Insert three batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside of the battery compartment.**



4. Hold the Console (23) near the Upright (2). Insert the console cable and the console wire down through the Upright. Next, connect the ground wire to the Upright with an M4 x 16mm Screw (52) as indicated. Insert the excess wire into the Upright.

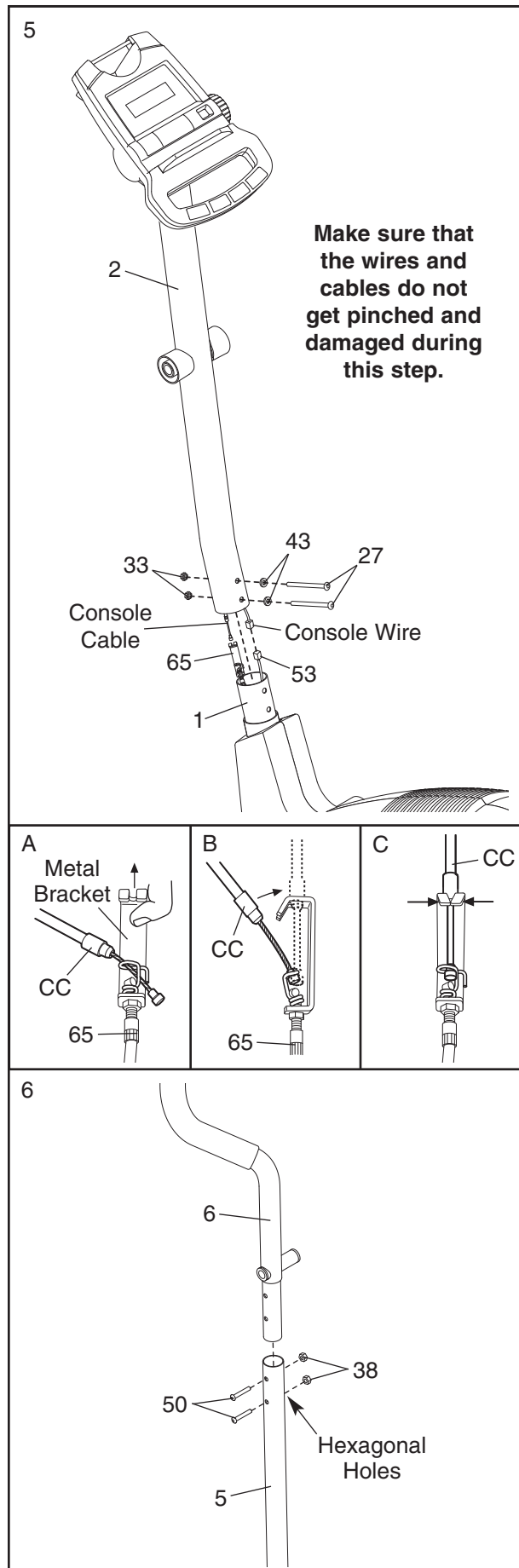
Attach the Console (23) to the Upright (2) with four M4 x 16mm Screws (52). **Be careful to avoid pinching the wires and cable.**



5. While another person holds the Upright (2) near the Frame (1) as shown, connect the console wire to the Reed Switch Wire (53). Next, connect the console cable to the Resistance Cable (65) in the following way:

- See drawing A. Pull up on the metal bracket on the Resistance Cable (65), and insert the tip of the console cable (CC) into the wire clip in the metal bracket as shown.
- See drawing B. **Firmly** pull the console cable (CC) and slide it into the metal bracket on the Resistance Cable (65) as shown.
- See drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

Slide the Upright (2) onto the Frame (1); **be careful not to pinch the wires or cables**. Attach the Upright with two M10 x 76mm Button Bolts (27), two M10 Split Washers (43), and two M10 Nylon Locknuts (33). **Do not tighten the Button Bolts yet.**



6. Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Arms (5); **make sure that the Handlebar Arm is turned so the hexagonal holes are on the indicated side**. Attach the Left Handlebar to the Handlebar Arm with two M8 x 45mm Button Bolts (50) and two M8 Nylon Locknuts (38). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

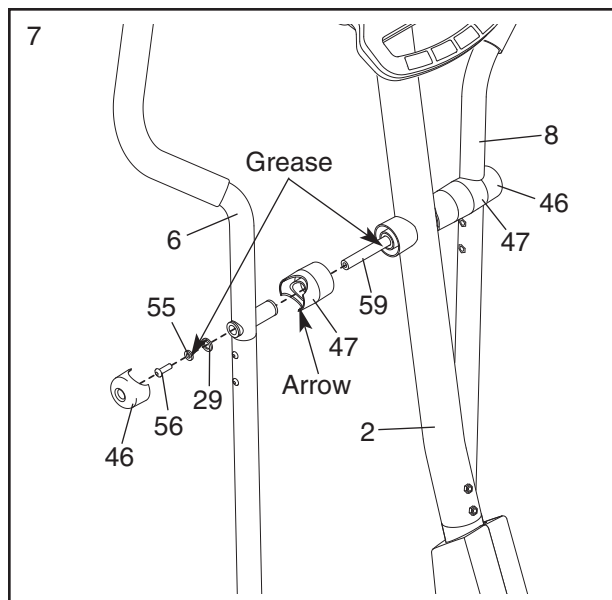
Attach the Right Handlebar to the other Handlebar Arm (not shown) in the same way.

7. Apply a generous amount of the included grease to the Pivot Axle (59) and to the two M8.5 Washers (55). Next, insert the Pivot Axle into the Upright (2) and center it. Reapply grease to both ends of the Pivot Axle.

Slide a Handlebar Spacer (47) onto the short tube on each Handlebar (6, 8), and rotate the Handlebar Spacers so the small arrows are pointing toward the floor. Next, slide the Handlebars onto the Pivot Axle (59).

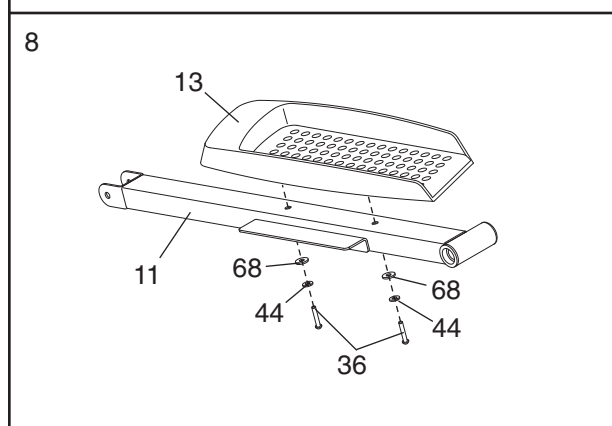
Make sure that the Handlebars are on the correct sides.

Tighten an M8 x 25mm Button Screw (56) with an M8.5 Washer (55) and a Wave Washer (29) into each end of the Pivot Axle (59). Next, orient the two Handlebar Caps (46) as shown, and press the small tabs on the Handlebar Caps into the two Handlebar Spacers (47).



8. Find the Left Pedal (13), which is marked with an "L." Attach the Left Pedal to the Left Pedal Arm (11) with two M8 x 52mm Button Screws (36), two M8 Split Washers (44), and two M8 Washers (68) as shown.

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



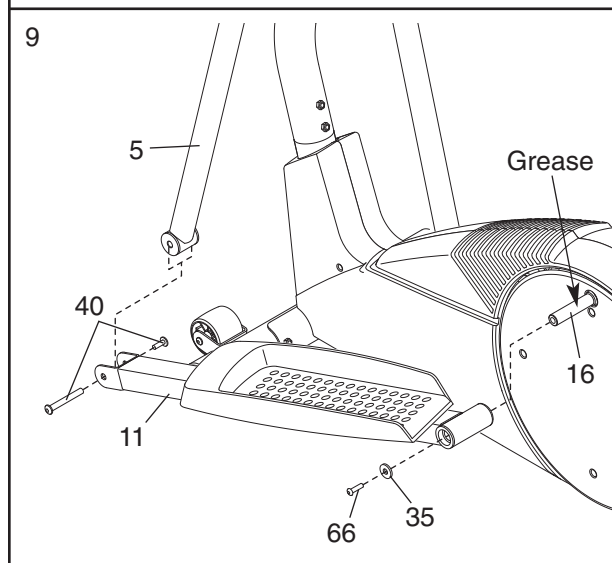
9. Apply a generous amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) onto the axle, and attach it with an M10 x 27mm Button Screw (66) and an M10 Washer (35).

Insert the left Handlebar Arm (5) into the bracket on the end of the Left Pedal Arm (11), and attach it with a Pedal Arm Bolt Set (40).

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

See step 6. Tighten the M8 x 45mm Button Bolts (50) in the Handlebar Arms (5).

See step 5. Tighten the two M10 x 76mm Button Bolts (27) in the Upright (2).

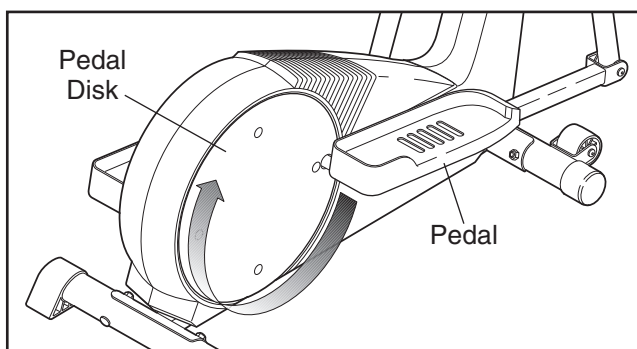


10. **Make sure that all parts of the elliptical trainer are properly tightened.** Place a mat under the elliptical trainer to protect the floor or carpet from damage.

HOW TO USE THE ELLIPTICAL TRAINER

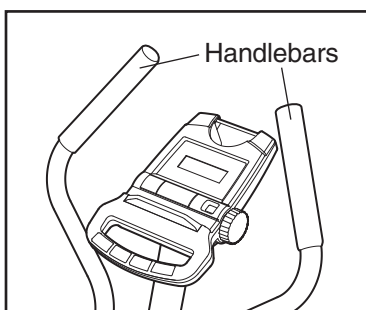
HOW TO EXERCISE ON THE ELLIPTICAL TRAINER

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



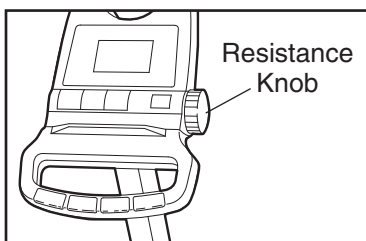
To dismount the elliptical trainer, allow the pedals to come to a complete stop. **Note: The elliptical trainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

The handlebars are designed to add upper-body exercise to your workouts. As you exercise, push and pull the handlebars to work your arms, shoulders, and back.



HOW TO ADJUST THE RESISTANCE

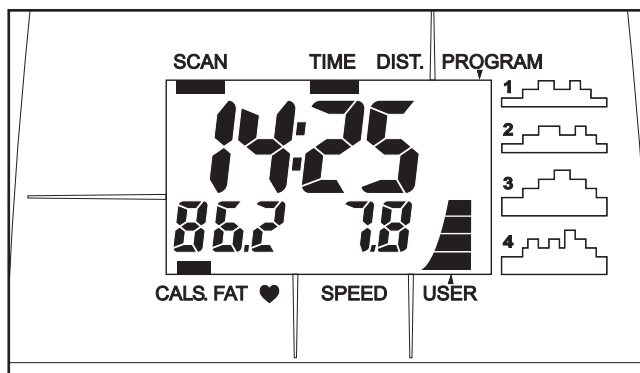
To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.



wise. **Important: Stop turning the knob when turning becomes difficult, or damage may result.**

FEATURES OF THE CONSOLE

The easy-to-use console is designed to help you get the most from your workouts. As you exercise, the console will display the following modes:



Time—This mode displays the elapsed time (or the time remaining in a pace program). **Note:** If you stop pedaling, the time will begin to flash.

Distance—This mode displays the distance that you have pedaled.

Calories—This mode displays the approximate number of calories you have burned.

Fat calories—This mode displays the approximate number of fat calories you have burned (see **FAT BURNING** on page 12).

Pulse—This mode displays your heart rate when you use the pulse sensor.

Speed—This mode displays your pedaling speed.

Scan—When this mode is selected, the upper section of the display will show both the time mode and the distance mode, and the lower left section of the display will show the calories mode and the fat calories mode.

The console also offers four pace programs. Each program automatically prompts you to increase or decrease your pace as it guides you through an effective workout.

HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the console, remove it.

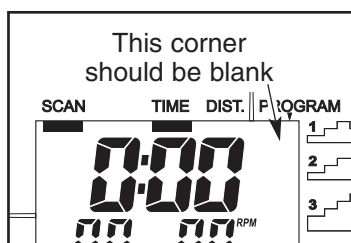
1 Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling.

2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a pace program has been selected, select the manual

mode by pressing the Program button repeatedly until the upper right corner of the display is blank.



3 Begin pedaling and adjust the resistance of the pedals.

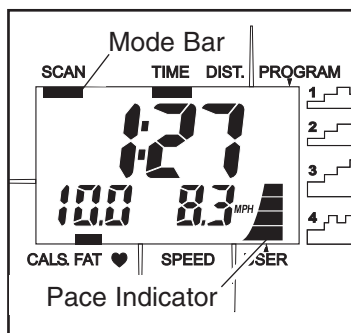
As you exercise, adjust the resistance of the pedals as desired by turning the resistance knob.

4 Follow your progress with the display.

When the console is turned on, the scan mode will be selected, as shown by the mode bar below the word SCAN.

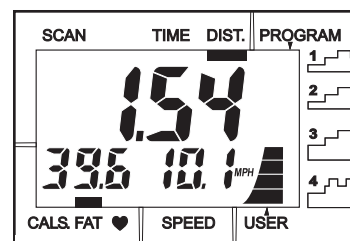
As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled; the lower left section of the display will alternately show the number of calories you have burned and the number of fat calories you have burned; and the lower right section will show your pedaling speed.

In addition, the pace indicator on the right side of the display will provide a visual representation of your pedaling pace. As you increase or decrease your pace, the indicator will increase or decrease in height.



To cancel the scan mode, press the Mode button. The mode bar below the word SCAN will disappear.

The upper section of the display will then show only the elapsed time, and the lower left section of the display will show only the number of calories you have burned. Press the Mode button again. The upper section of the display will then show only the distance pedaled, and the lower left section of the display will show only the number of fat calories you have burned. To select the scan mode again, press the Mode button repeatedly until a mode bar appears below the word SCAN.

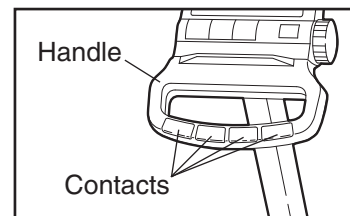


To reset the display, press the On/Reset button.

Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for about six seconds. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

5 Measure your heart rate if desired.

Note: If there are thin sheets of plastic on the metal contacts of the pulse sensor, peel off the plastic.



To use the pulse sensor, hold the handle on the console, with your right palm covering the two right contacts and your left palm covering the two left contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes (--) will appear. After a moment, your heart rate will be shown. For the most accurate heart rate reading, continue to hold the hand-grips for about 15 seconds.

6 When you are finished exercising, the console will automatically turn off after a few minutes.

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

HOW TO USE A PACE PROGRAM

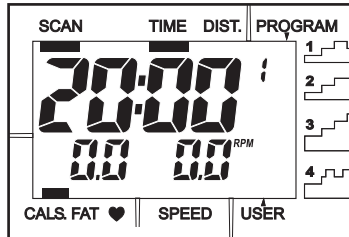
1 Turn on the console.

See step 1 on page 9.

2 Select one of the four pace programs.

Each time the console is turned on, the manual mode will be selected.

To select a pace program, press the Program button repeatedly until the number 1, 2, 3, or 4 appears in the upper right corner of the display.

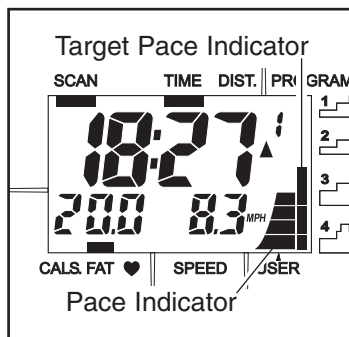


The four profiles on the right side of the console show how the target pace will change during the programs. For example, profile number 1 shows that during program 1, the target pace will increase near the beginning of the program, and then decrease near the end.

3 Start the program.

To start the program, begin pedaling. Each program consists of either 20 or 30 one-minute periods. One target pace is programmed for each period. (The same target pace setting may be programmed for consecutive periods.)

The target pace settings for the program will be shown by the target pace indicator in the display. (The pace indicator will show your actual pedaling pace.) As the



target pace indicator changes in height during the program, adjust your pedaling pace so that both indicators are the same height. If your pedaling pace is slower than the current target pace setting, an arrow will appear next to the pace indicators to prompt you to increase your pace; if your pace is faster than the target pace, an arrow will prompt you to decrease your pace.

Important: The target pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the target pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.

During the program, adjust the resistance of the pedals as desired by turning the resistance knob.

The display will show the time remaining in the program. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the display.

See step 4 on page 9.

5 Measure your heart rate if desired.

See step 5 on page 9.

6 When you are finished exercising, the console will automatically turn off after a few minutes.

See step 6 on page 9.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical trainer regularly. Replace any worn parts immediately. The elliptical trainer can be cleaned with a soft cloth and a small amount of mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

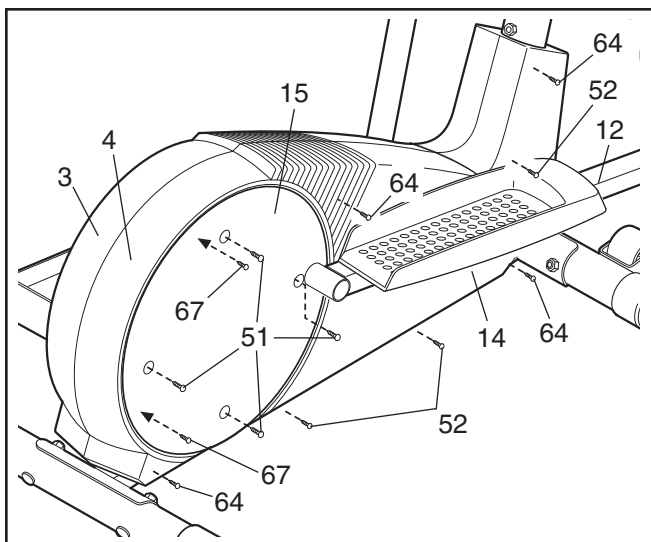
When storing the elliptical trainer, remove the batteries from the console. Keep the elliptical trainer in a clean, dry location, away from moisture and dust.

CONSOLE TROUBLESHOOTING

If the console does not function properly, replace the batteries (see assembly step 3 on page 5).

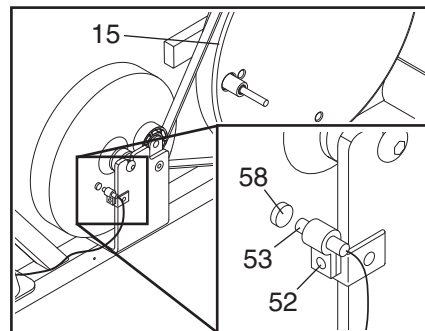
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, see step 9 on page 7 and remove the Pedal Arms (11, 12).



Next, remove the four Screws (51) from the right Pedal Disc (15), and slide the Pedal Disc off. Remove all Screws (52, 67, and 64) from the Right Side Shield (4), and remove the Right Side Shield. Remove all Screws (52) from the Left Side Shield (3), and remove the Left Side Shield.

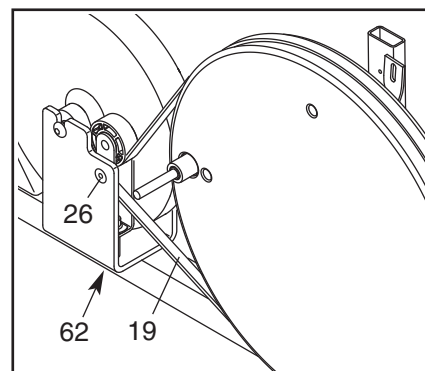
Next, locate the Reed Switch (53). Loosen, but do not remove, the indicated Screw (52). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel. Retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays correct feedback.



When the Reed Switch (53) is correctly adjusted, reattach the Side Shields (3, 4), the right Pedal Disc (15), and the Pedal Arms (11, 12).

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance knob is turned to the maximum setting, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must remove both side shields. See the instructions at the left and remove the side shields.



Next, loosen the M8 x 22mm Flat Head Screw (26) and turn the Idler Adjustment Bolt (62) until the Drive Belt (19) is tight. Once the Drive Belt is tight, tighten the Flat Head Screw. Reattach the side shields.

CONDITIONING GUIDELINES




The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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.**

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	
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 heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

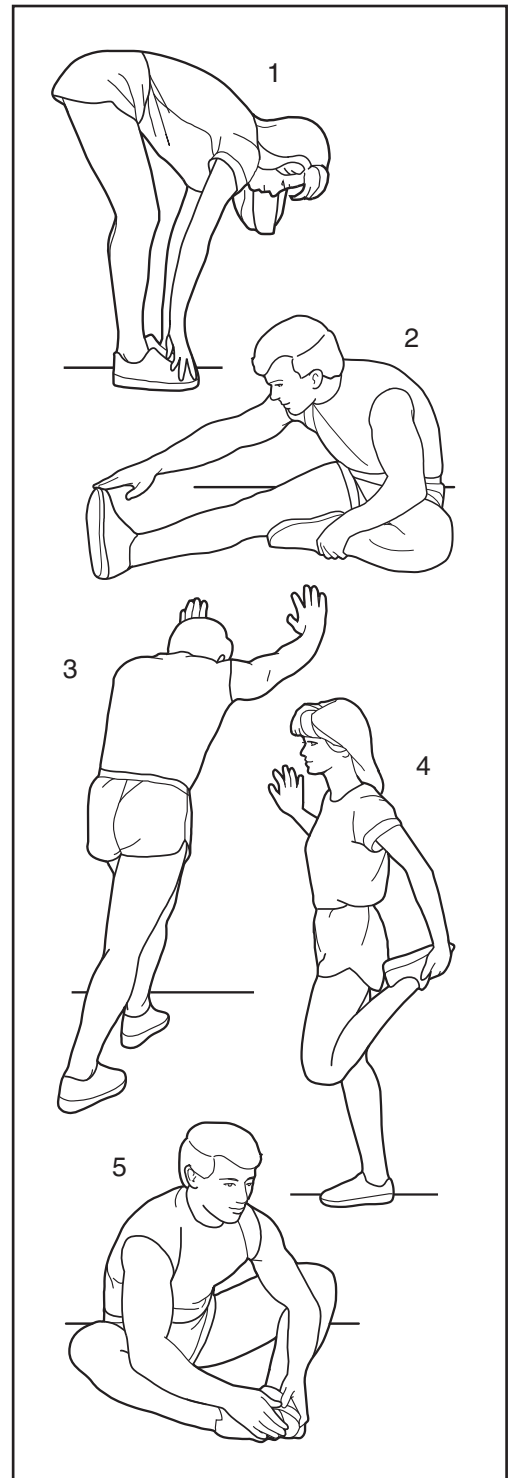
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

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. PFEL19540

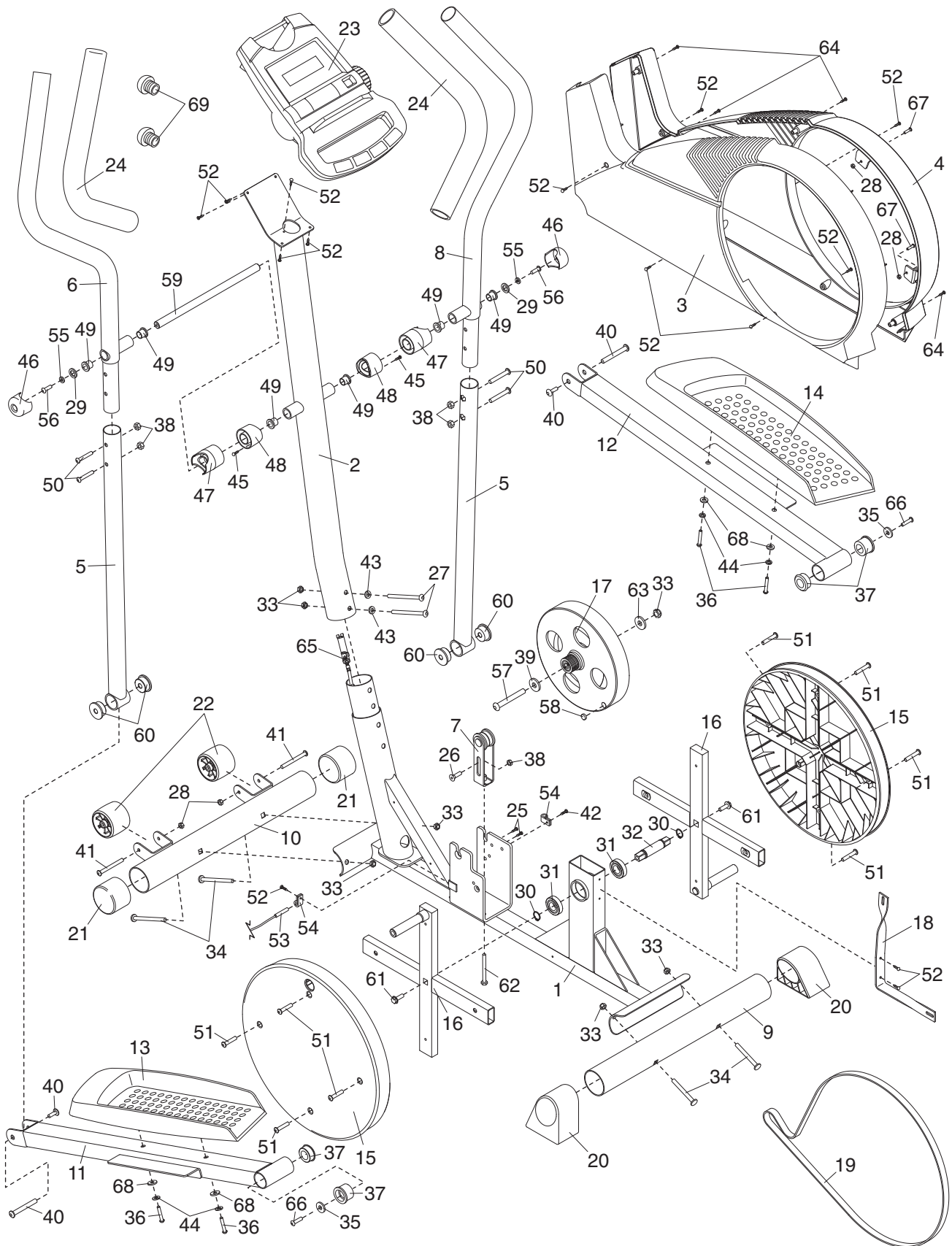
R1104A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	37	4	Pedal Arm Bushing
2	1	Upright	38	5	M8 Nylon Locknut
3	1	Left Side Shield	39	1	M10 Small Washer
4	1	Right Side Shield	40	2	Pedal Arm Bolt Set
5	2	Handlebar Arm	41	2	M6 x 72mm Button Screw
6	1	Left Handlebar	42	1	M4 x 12mm Screw
7	1	Idler Assembly	43	2	M10 Split Washer
8	1	Right Handlebar	44	4	M8 Split Washer
9	1	Rear Stabilizer	45	2	M3 x 12mm Screw
10	1	Front Stabilizer	46	2	Handlebar Cap
11	1	Left Pedal Arm	47	2	Handlebar Spacer
12	1	Right Pedal Arm	48	2	Frame Spacer
13	1	Left Pedal	49	6	Small Handlebar Arm Bushing
14	1	Right Pedal	50	4	M8 x 45mm Button Bolt
15	2	Pedal Disc	51	8	M6 x 25mm Screw
16	2	Disc Crossbar	52	14	M4 x 16mm Screw
17	1	Flywheel	53	1	Reed Switch/Wire
18	1	Side Shield Bracket	54	2	Cable Clamp
19	1	Drive Belt	55	2	M8.5 Washer
20	2	Rear Endcap	56	2	M8 x 25mm Button Screw
21	2	Front Endcap	57	1	M10 Flat Head Bolt
22	2	Wheel	58	1	Magnet
23	1	Console	59	1	Pivot Axle
24	2	Handgrip	60	4	Large Handlebar Arm Bushing
25	2	M5 x 14mm Screw	61	2	Flange Screw
26	1	M8 x 22mm Flat Head Screw	62	1	Idler Adjustment Bolt
27	2	M10 x 76mm Button Bolt	63	1	Flywheel Washer
28	4	M6 Nylon Locknut	64	4	M4 x 25mm Screw
29	2	Wave Washer	65	1	Resistance Cable
30	2	Large Snap Ring	66	2	M10 x 27mm Button Screw
31	2	Large Bearing	67	2	M6 x 18mm Bolt
32	1	Pedal Axle	68	4	M8 Washer
33	7	M10 Nylon Locknut	69	2	Handlebar Endcap
34	4	M10 x 75mm Carriage Bolt	#	1	Allen Wrench
35	2	M10 Washer	#	1	Grease
36	4	M8 x 52mm Button Screw	#	1	User's Manual

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

EXPLODED DRAWING—Model No. PFEL19540

R1104A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEL19540)
- the NAME of the product (PROFORM® C 630 elliptical trainer)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14 of this manual)

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