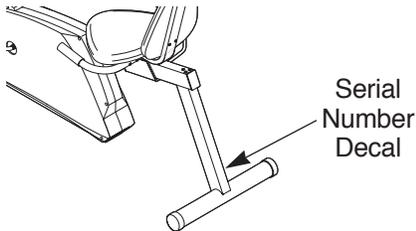


# PRO·FORM® 985R

E K G G R I P P U L S E

Model No. PFEX34390

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



## USER'S MANUAL

### QUESTIONS?

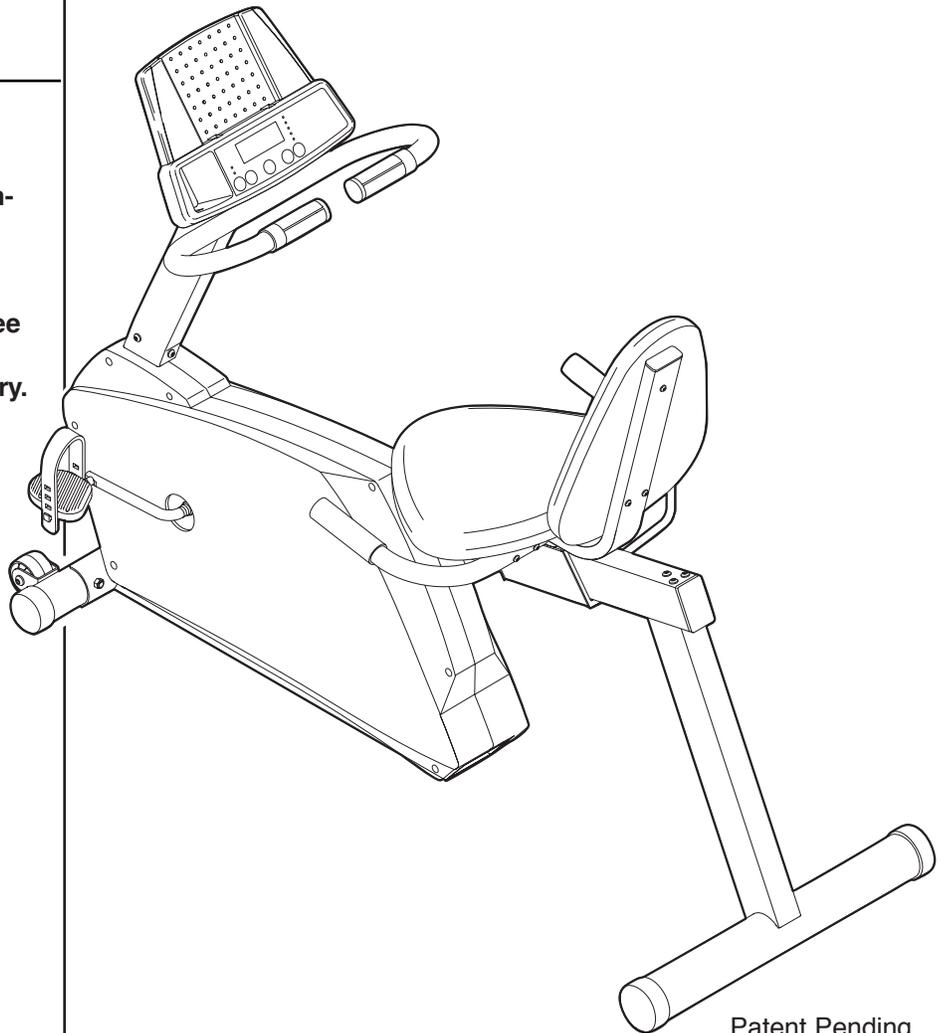
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

**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:**

**1-800-999-3756**

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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# PRO·FORM® 985R

E K G G R I P P U L S E

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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the recumbent cycle.

1. Read all instructions in this manual before using the recumbent cycle.
2. It is the responsibility of the owner to ensure that all users of the recumbent cycle are adequately informed of all precautions. Use the recumbent cycle only as described in this manual.
3. Use the recumbent cycle indoors on a level surface. Keep the recumbent cycle away from moisture and dust. Place a mat under the recumbent cycle to protect the floor.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the recumbent cycle at all times.
6. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the recumbent cycle. Always wear athletic shoes when using the recumbent cycle.
7. The recumbent cycle should not be used by persons weighing more than 250 pounds.
8. Always keep your back straight when using the recumbent cycle; do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. The recumbent cycle is intended for home use only. Do not use the recumbent cycle in a commercial, rental, or institutional setting.
12. The recumbent cycle does not have a free-wheel; the pedals will continue to move until the flywheel stops.

**⚠ 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.

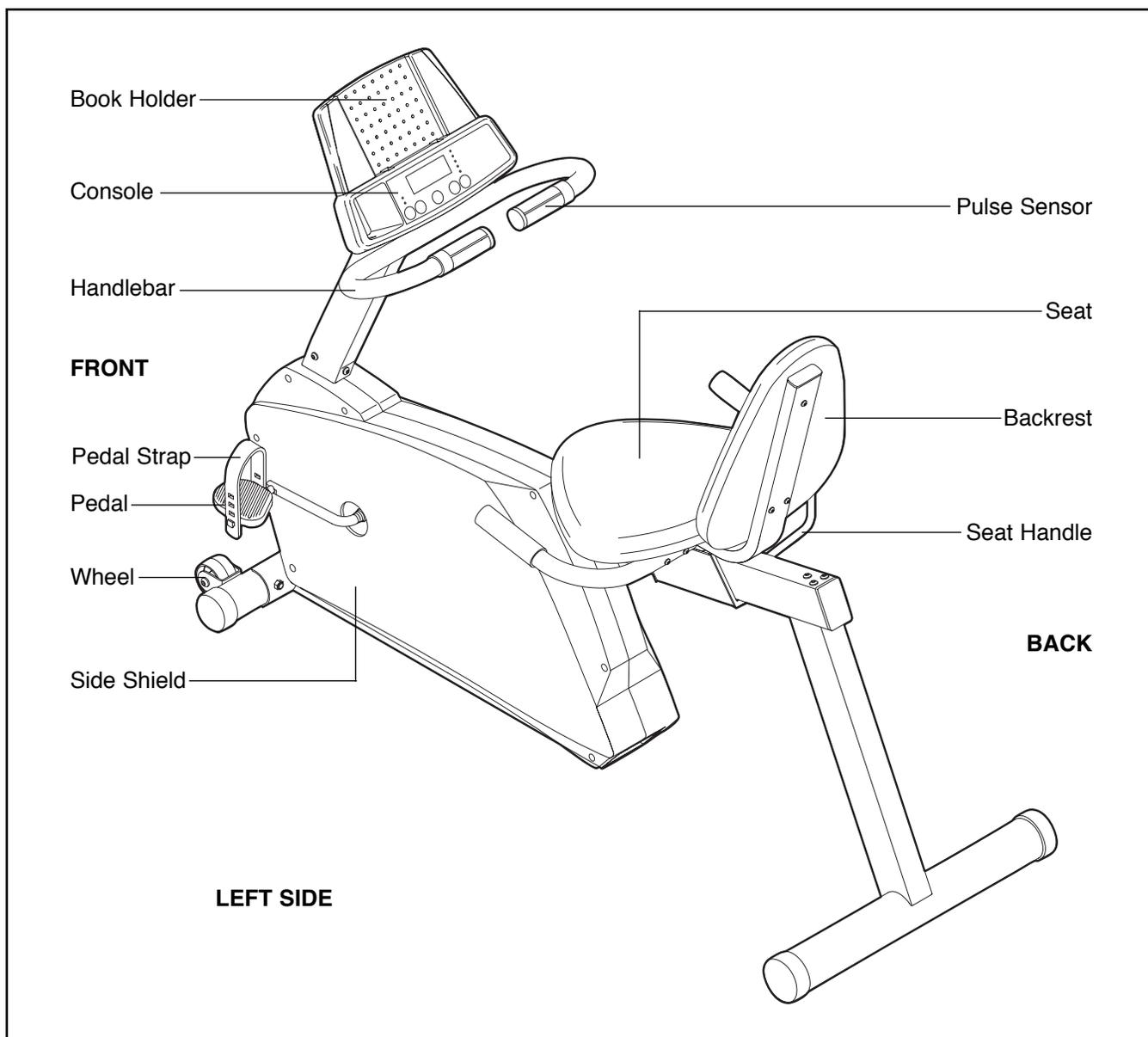
# BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 985R recumbent cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PROFORM® 985R offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the PROFORM® 985R.** If you have questions, please call our Customer Service Department toll-free

at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is PFEX34390. The serial number can be found on a decal attached to the recumbent cycle (see the front cover of this manual).

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

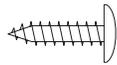


# ASSEMBLY

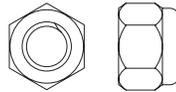
**Assembly requires two persons.** Place all parts of the recumbent cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included tools and your own adjustable wrench**  **and Phillips screwdriver** .

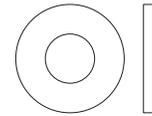
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**



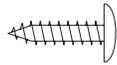
Ground Screw (82)-1



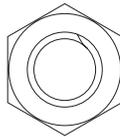
M6 Nylon Locknut (15)-4



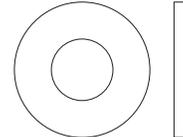
M6 Washer (91)-3



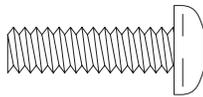
Console Screw (20)-4



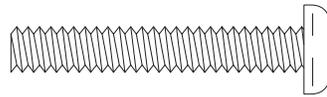
M10 Nylon Locknut (45)-2



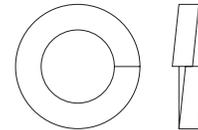
M8 Washer (90)-7



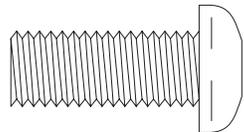
M6 x 22mm Button Screw (29)-4



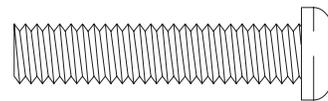
M6 x 38mm Button Bolt (14)-7



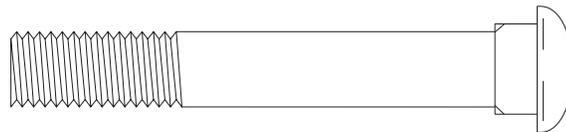
M10 Split Washer (17)-10



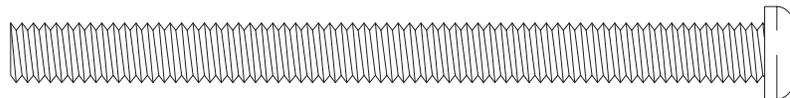
M10 x 25mm Button Head Screw (74)-10



M8 x 38mm Button Bolt (24)-4

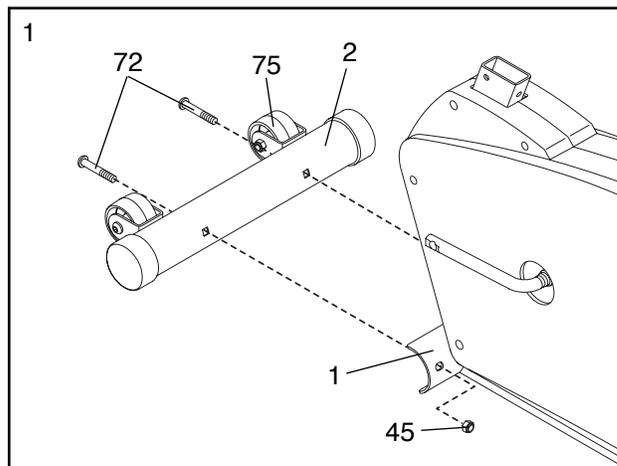


M10 X 70mm Carriage Bolt (72)-2



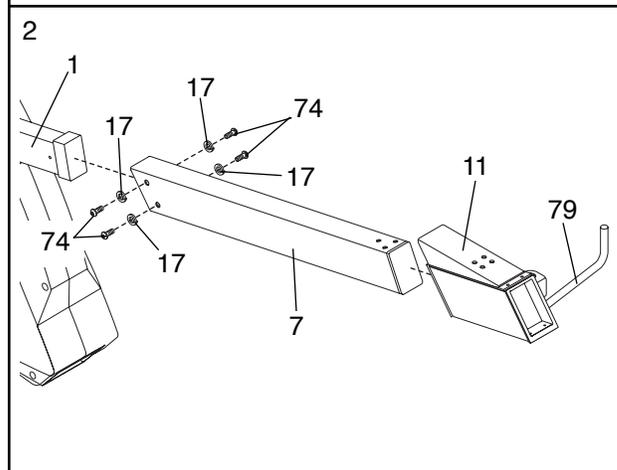
M8 x 100mm Button Bolt (63)-3

1. Attach the Front Stabilizer (2) to the front of the Frame (1) with two M10 x 70mm Carriage Bolts (72) and two M10 Nylon Locknuts (45). **Make sure that the Front Stabilizer is turned so the Wheels (75) are not touching the floor.**

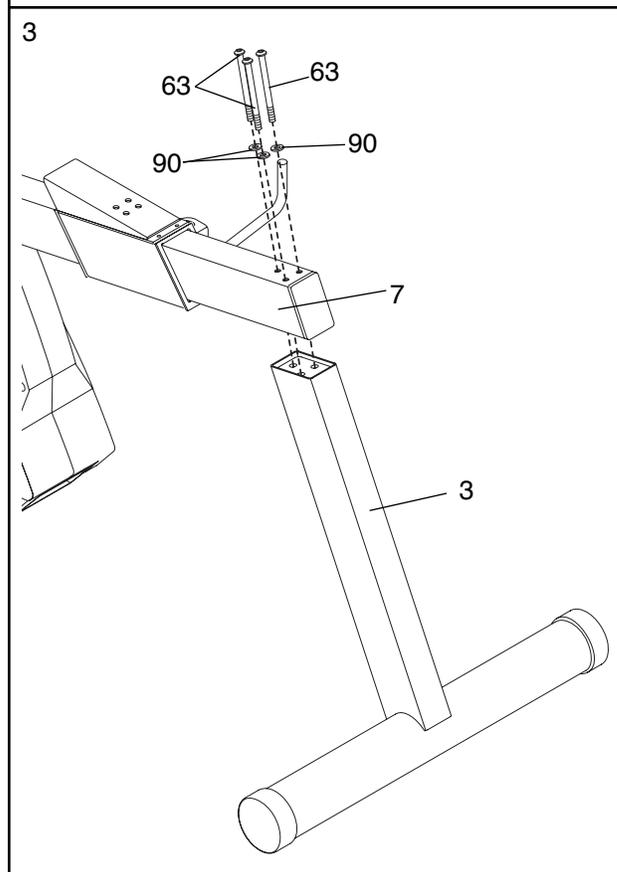


2. Slide the Carriage Bar (7) onto the indicated tube on the Frame (1). Attach the Carriage Bar to the Frame with four M10 x 25mm Button Screws (74) and four M10 Split Washers (17).

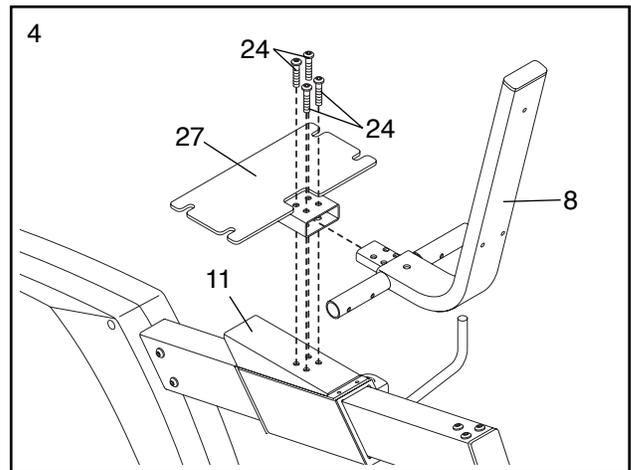
If the Seat Carriage (11) is not on the Carriage Bar (7), pivot the Seat Handle (79) to the position shown and slide the Seat Carriage onto the Carriage Bar. Move the Seat Carriage to the desired position and pivot the Seat Handle forward to secure the Seat.



3. Position the Rear Stabilizer (3) under the Carriage Bar (7) as shown. Attach the Rear Stabilizer to the Carriage Bar with three M8 x 100mm Button Bolts (63) and three M8 Washers (90).

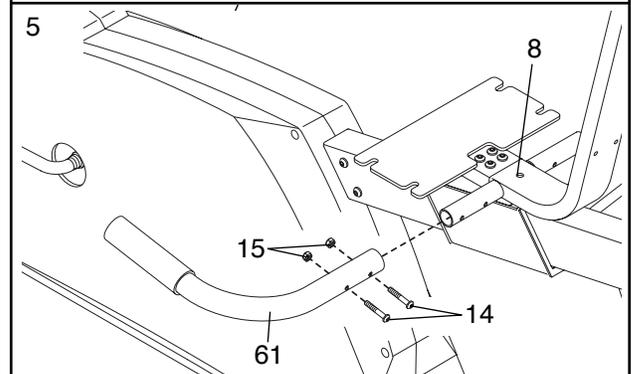


4. Insert the lower end of the Backrest Frame (8) into the Seat Frame (27). Attach the Seat Frame and the Backrest Frame to the Seat Carriage (11) with four M8 x 38mm Button Bolts (24).

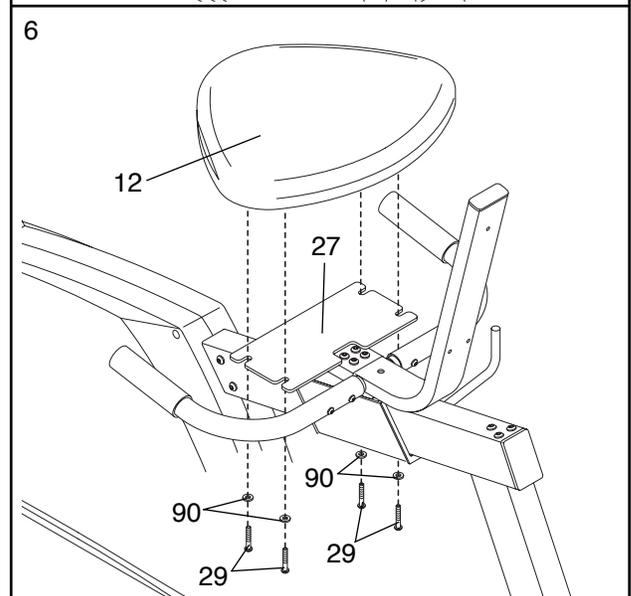


5. Slide a Seat Handle (61) onto one side of the Backrest Frame (8). Attach the Seat Handle with two M6 x 38mm Button Bolts (14) and two M6 Nylon Locknuts (15).

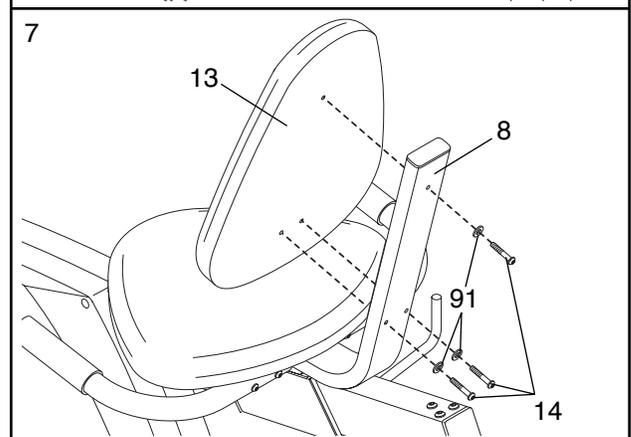
Attach the other Seat Handle (not shown) to the other side of the Backrest Frame (8).



6. Attach the Seat (12) to the Seat Frame (27) with four M6 x 22mm Button Screws (29) and four M8 Washers (90).

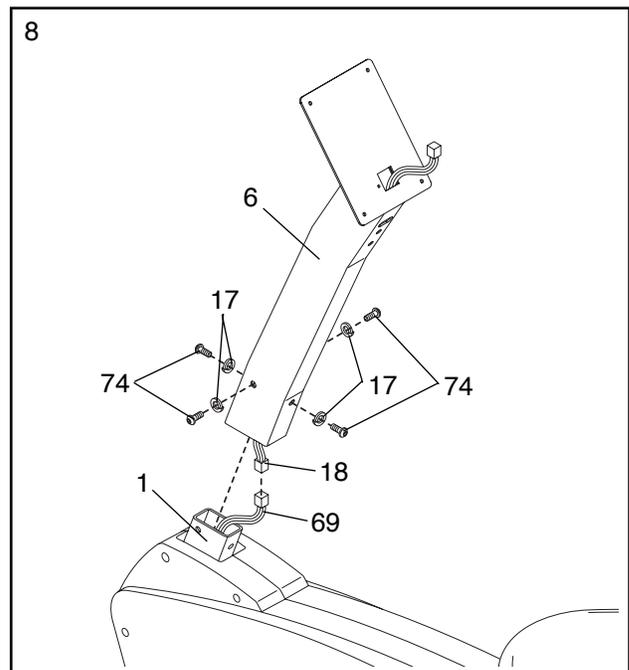


7. Attach the Backrest (13) to the Backrest Frame (8) with three M6 x 38mm Button Bolts (14) and three M6 Washers (91).



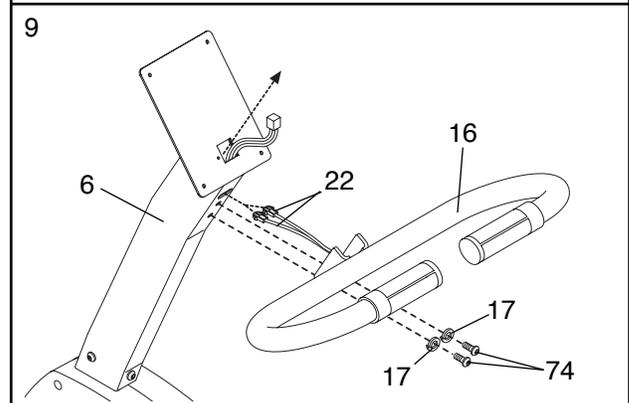
8. While another person holds the Upright (6) in the position shown, connect the Extension Wire (18) to the Wire Harness (69).

Next, carefully slide the Upright (6) onto the Frame (1). **Be careful to avoid pinching the wires.** Loosely thread four M10 x 25mm Button Screws (74) with M10 Split Washers (17) into the Upright and the Frame. Then, firmly tighten all four Button Screws.



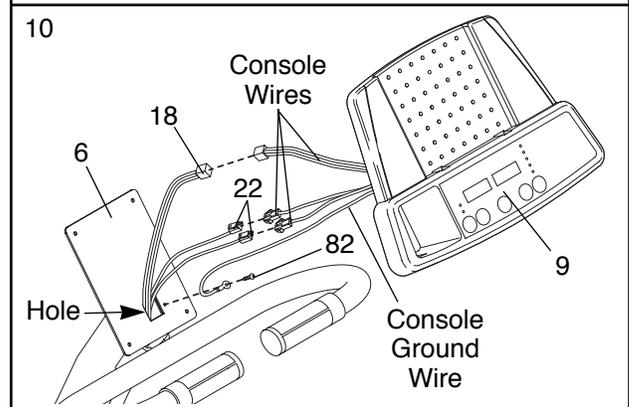
9. While another person holds the Handlebar (16) near the Upright (6), route the two Pulse Wires (22) into the Upright and out of the hole at the top of the Upright.

Next, attach the Handlebar (16) to the Upright (6) with two M10 x 25mm Button Screws (74) and two M10 Split Washers (17). **Make sure that the Pulse Wires (22) are not pinched between the Handlebar and the Upright.**

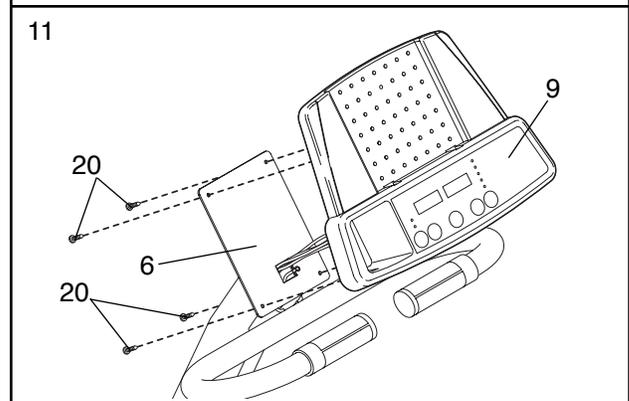


10. Hold the Console (9) near the Upright (6) as shown. Identify the green console ground wire and attach it to the Upright with a Ground Screw (82). **Make sure that the console ground wire connector is pointed toward the center of the indicated hole as shown.**

Next, connect the Extension Wire (18) and the two Pulse Wires (22) to the corresponding wires on the Console (9). **Make sure that the wires are not tangled around each other.**



11. Attach the Console (9) to the Upright (6) with the four Console Screws (20). **Make sure that no wires are pinched between the Console and the Upright.**



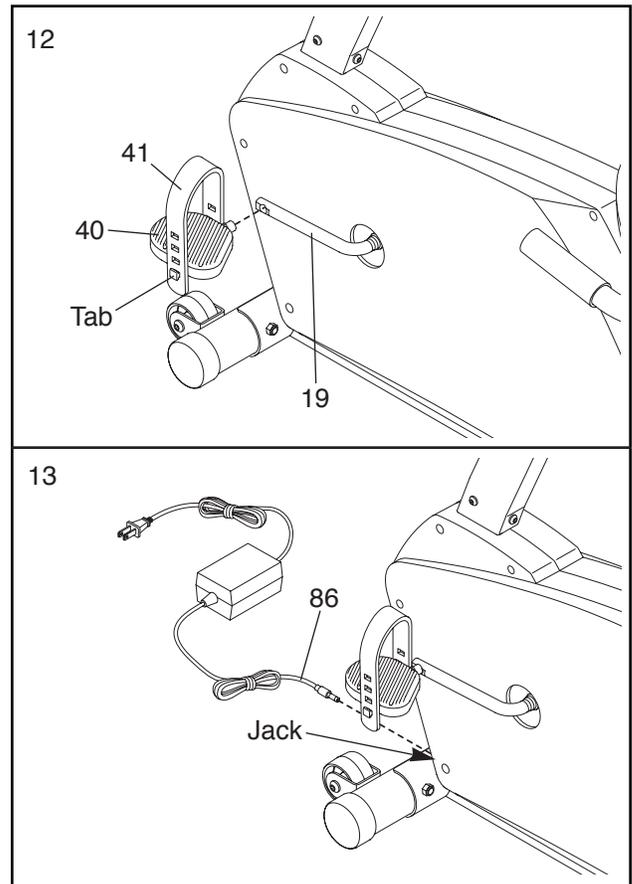
12. Identify the Left Pedal (40) (there is an “L” on the Left Pedal for identification). Using an adjustable wrench, tighten the Left Pedal counterclockwise into the left arm of the Crank (19).

Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank (19).

Adjust the Left Pedal Strap (41) to the desired position and press the Pedal Strap onto the tab on the Left Pedal (40). Adjust the Right Pedal Strap (not shown) in the same way.

13. Plug the Power Supply (86) into the jack at the rear of the recumbent cycle. **Note: Your Power Supply may look different from the one pictured.**

**IMPORTANT: When unplugging the Power Supply (86), always unplug the Power Supply from the recumbent cycle first and then from the wall outlet.**

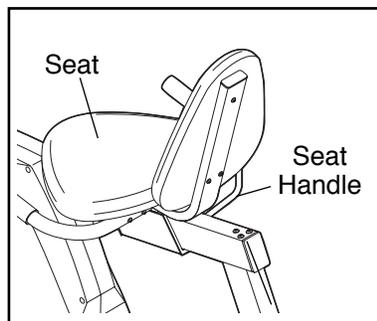


14. **Make sure that all parts are properly tightened before you use the recumbent cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the recumbent cycle to protect the floor.

## HOW TO OPERATE THE RECUMBENT CYCLE

### HOW TO ADJUST THE POSITION OF THE SEAT

For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest position. **IMPOR-**

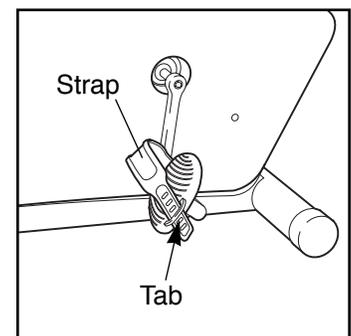


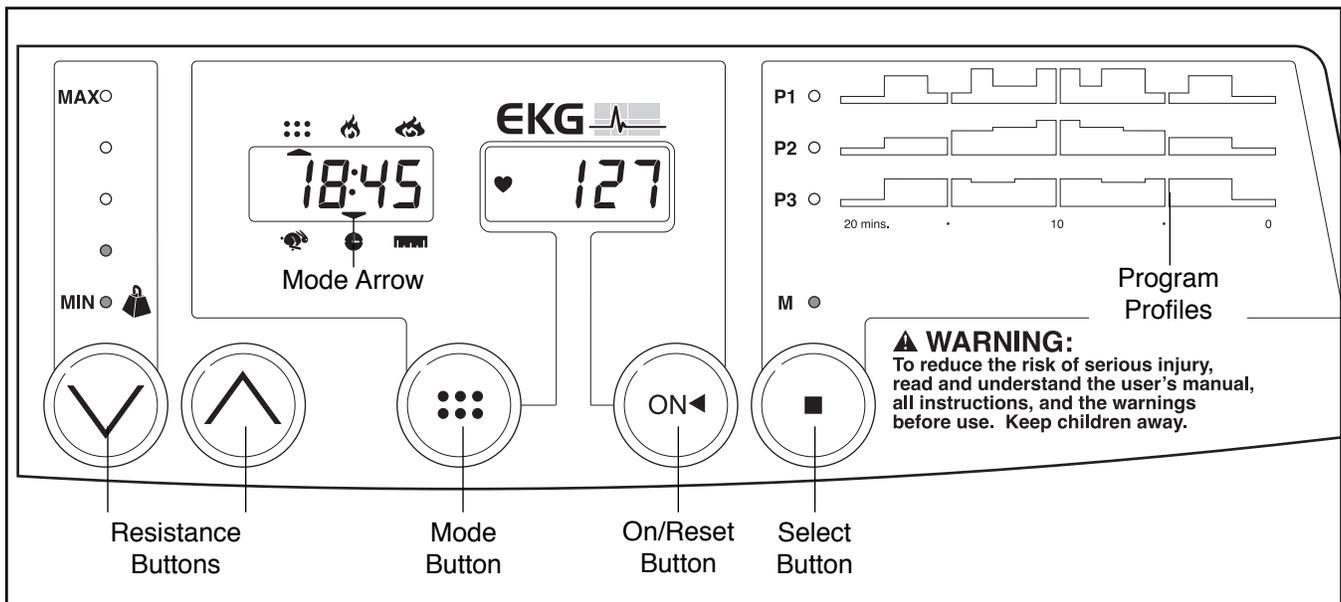
**TANT: After you adjust the seat, make sure that your knees will not touch the handlebar or the console when you pedal.** To adjust the seat, first pivot the seat handle to

the position shown in the drawing. Next, slide the seat forward or back to the desired position. To secure the seat, pivot the seat handle forward.

### HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the straps off the tabs on the pedals. Adjust the straps to the desired positions and press the straps back onto the tabs.





## DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three preset workout programs. When the manual mode is selected, the pedaling resistance can be changed with a touch of a button. When a preset program is selected, the console will automatically control the pedaling resistance to give you an effective workout. The console also features seven monitor modes that provide instant exercise feedback:

-  Speed—When a mode arrow points to this symbol, the console will show your pedaling speed, in miles per hour.
-  Time—When a mode arrow points to this symbol, the console will show the elapsed time.
-  Distance—When a mode arrow points to this symbol, the console will show the distance you have pedaled, in miles.
-  Fat Calorie—When a mode arrow points to this symbol, the console will show the approximate number of fat calories you have burned (see FAT BURNING on page 13).
-  Calorie—When a mode arrow points to this symbol, the console will show the approximate number of calories you have burned.
-  Scan—When a mode arrow points to this symbol, the console will show the speed, time, distance, fat calorie, and calorie modes, for 5 seconds each, in a continuous cycle.
-  Pulse—The pulse window will show your heart rate when the pulse monitor is used.

## HOW TO USE THE MANUAL MODE

### 1 Plug in the power supply.

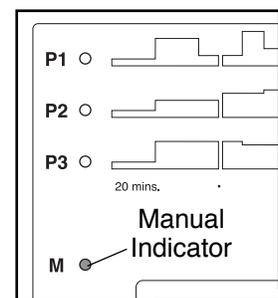
Plug the power supply into the recumbent cycle (see assembly step 13 on page 9). Next, plug the power supply into an electrical outlet. **Note:** When you plug in the power supply, press the on/reset button, or activate the console by turning the pedals, the resistance motor will automatically calibrate itself. During calibration, you will hear the resistance motor turning. Wait until calibration is complete before continuing.

### 2 Turn on the power.

Press the on/reset button or simply begin pedaling to turn on the power. The entire display will appear for a moment; the console will then be ready for use. **Note:** If the power supply was just plugged in, the power will already be on.

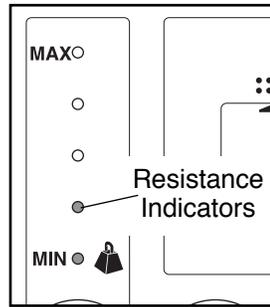
### 3 Select the manual mode.

When the power is turned on, the manual mode will be selected and the manual indicator will light. If a preset program has been selected, press the select button repeatedly until the manual indicator lights.



#### 4 Adjust the pedaling resistance as desired.

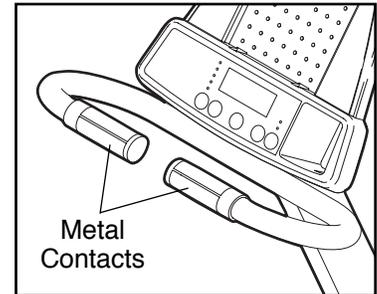
As you exercise, adjust the pedaling resistance by pressing the resistance buttons. The indicators on the left side of the console will show which resistance level is selected. When the lowest indicator is dimly lit, resistance level 1 is selected; when the lowest indicator is brightly lit, resistance level 2 is selected; when the second indicator is dimly lit, resistance level 3 is selected; when the second indicator is brightly lit, resistance level 4 is selected; and so forth. When the highest indicator is brightly lit, resistance level 10, the most difficult level, is selected.



#### 6 Measure your heart rate, if desired.

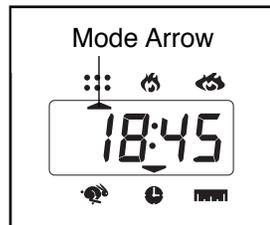
**Note:** If the metal contacts on the top and bottom of the pulse sensor are covered with clear vinyl strips, peel off the strips before using the pulse sensor.

To measure your heart rate, place your hands on the metal contacts on the pulse sensor. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. **Avoid moving your hands.**

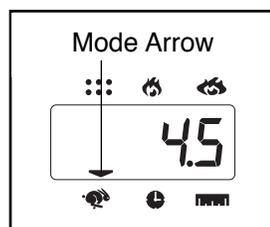


#### 5 Follow your progress with the monitor modes.

**The scan mode**—To select the scan mode, repeatedly press the mode button until an arrow appears under the scan symbol. When the scan mode is selected, the console will display the speed, time, distance, fat calorie, and calorie modes, for 5 seconds each, in a continuous cycle. A second arrow will show which mode is currently displayed.



**The speed, time, distance, fat calorie, or calorie mode**—To select a single mode for continuous display, repeatedly press the mode button until an arrow appears by the desired symbol. Make sure that there is not an arrow under the scan symbol.



**The pulse mode**—To use the pulse mode, see step 6.

To reset the modes, press the on/reset button.

When your pulse is detected, the heart-shaped indicator in the pulse display will flash each time your heart beats. A moment later, your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.



If your heart rate is not shown, make sure that your hands are positioned as described above. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly.

**WARNING:** The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

#### 7 When you are finished exercising, turn off the power.

**To turn off the power, simply wait for five minutes.** If the pedals are not turned and the console buttons are not pressed for five minutes, the power will turn off automatically.

## HOW TO USE A PRESET WORKOUT PROGRAM

### 1 Plug in the power supply.

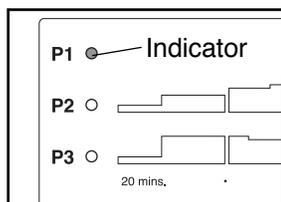
See step 1 on page 10.

### 2 Turn on the power.

See step 2 on page 10.

### 3 Select one of the three preset programs.

When the power is turned on, the manual mode will be selected and the manual indicator will light. To select a preset program, press the select button repeatedly until the P1, P2, or P3 indicator lights. Note: When a preset program is selected, the resistance motor may calibrate itself and the displays may reset.



Each preset program will last for approximately twenty minutes. The program profiles on the right side of the console show how the pedaling resistance will change during the programs. During

program P2, for example, the profile shows that the pedaling resistance will gradually increase during the first ten minutes, and then gradually decrease during the last ten minutes.

### 4 Begin your workout.

As you exercise, the pedaling resistance will periodically change, as shown by the program profiles on the console. The indicators on the left side of the console will show the current resistance level. Note: The resistance buttons will not operate while a preset program is in use.

### 5 Follow your progress with the monitor modes.

See step 5 on page 11.

### 6 Measure your heart rate, if desired.

See step 6 on page 11.

### 7 When the preset program is completed, turn off the power.

**To turn off the power, simply wait for five minutes.** If the pedals are not turned and the console buttons are not pressed for five minutes, the power will turn off automatically.

---

## MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the recumbent cycle regularly. To clean the recumbent cycle, use a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

### PULSE SENSOR TROUBLE-SHOOTING

- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

# 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 on the bottom line 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.

To measure your heart rate, first exercise for at least four minutes. Then, stop pedaling and measure your heart rate using the pulse sensor (see step 6 on page 11).

## 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. (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.

# EXPLODED DRAWING – Model No. PFEX34390

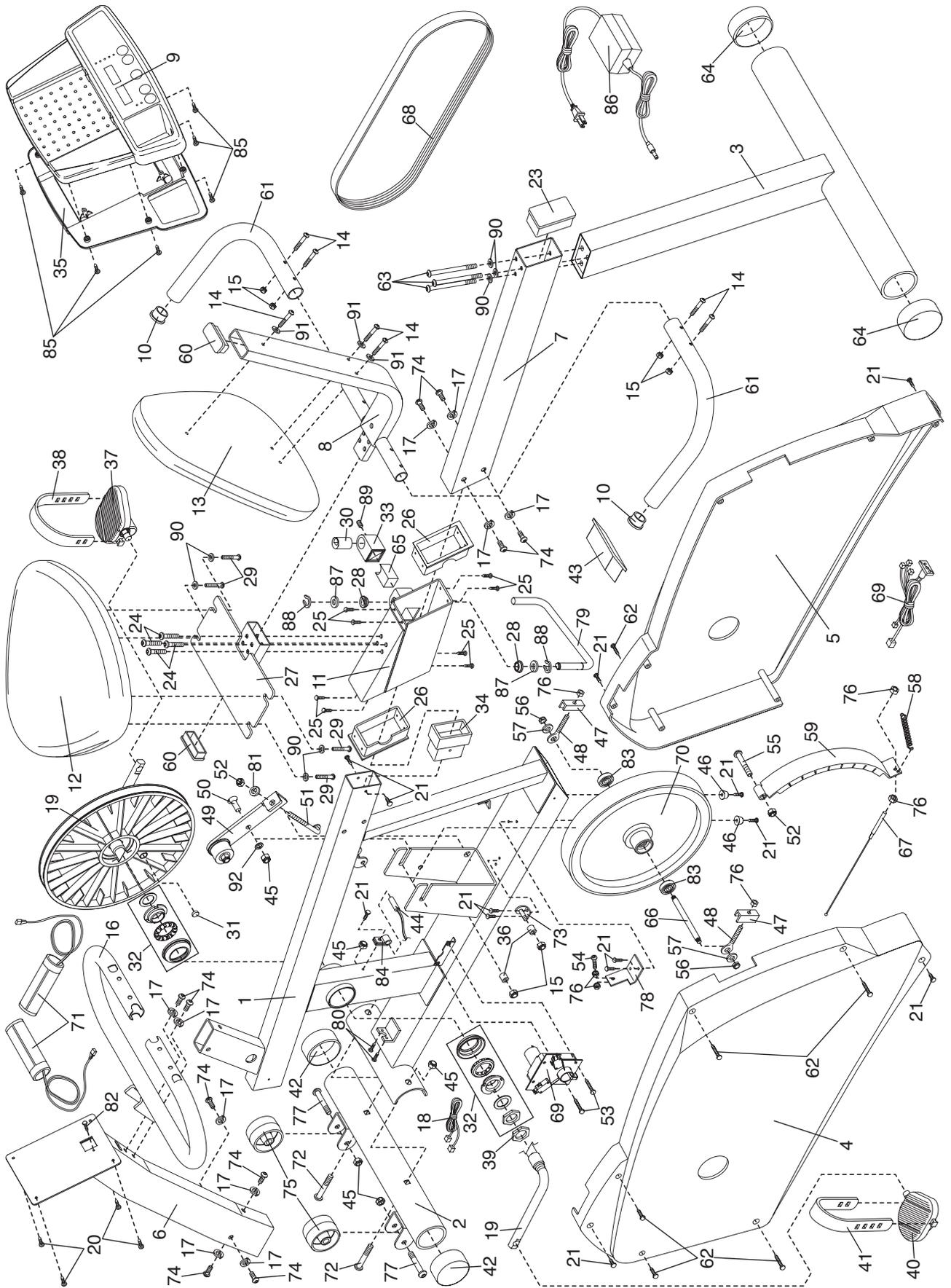
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Key No. Qty.	Description	Key No. Qty.	Description	Key No. Qty.	Description
1 1	Frame	32 1	Crank Bearing Assembly	63 3	M8 x 100mm Button Bolt
2 1	Front Stabilizer	33 1	Seat Brake	64 2	Rear Stabilizer Endcap
3 1	Rear Stabilizer	34 1	Frame Bushing	65 1	Brake Block
4 1	Left Side Shield	35 1	Console Back	66 1	Axle
5 1	Right Side Shield	36 2	Resistance Roller	67 1	Resistance Cable
6 1	Upright	37 1	Right Pedal	68 1	Belt
7 1	Carriage Bar	38 1	Right Pedal Strap	69 1	Wire Harness/Resistance Motor
8 1	Backrest Frame	39 1	Crank Nut	70 1	Flywheel
9 1	Console	40 1	Left Pedal	71 2	Pulse Handle /Pulse Wire
10 2	Handlebar Endcap	41 1	Left Pedal Strap	72 2	M10 x 70mm Carriage Bolt
11 1	Seat Carriage	42 2	Front Stabilizer Endcap	73 1	Resistance Bracket
12 1	Seat	43 1	Base Tube Endcap	74 10	M10 x 25mm Button Screw
13 1	Backrest	44 1	Reed Switch/Wire	75 2	Wheel
14 7	M6 x 38mm Button Bolt	45 6	M10 Nylon Locknut	76 6	Nut
15 6	M6 Nylon Locknut	46 2	Bumper	77 2	M10 x 45mm Bolt
16 1	Handlebar	47 2	Adjustment Bracket	78 1	Spring Bracket
17 10	M10 Split Washer	48 2	Eye Bolt	79 1	Seat Handle
18 1	Extension Wire	49 1	Idle Arm Assembly	80 2	#6 x 16mm Screw
19 1	Pulley/Crank	50 1	M10 x 26mm Bolt	81 1	M8 Split Washer
20 4	Console Screw	51 1	"J" Bolt	82 1	Ground Screw
21 13	M4 x 16mm Screw	52 2	M8 Nylon Locknut	83 2	Flywheel Bearing
22 1	M10 Washer	53 2	M5 x 30mm Screw	84 1	Reed Switch Clamp
23 1	Frame Endcap	54 1	Stop Bolt	85 6	Console Back Screw
24 4	M8 x 38mm Button Bolt	55 1	M8 x 44mm Hex Bolt	86 1	Power Supply
25 8	M5 x 6mm Screw	56 2	M8 Nut	87 2	Handle Washer
26 2	Seat Carriage Bushing	57 2	M10 Black Flat Washer	88 2	Snap Ring
27 1	Seat Frame	58 1	Return Spring	89 1	Set Screw
28 2	Bushing	59 1	"C" Magnet	90 7	M8 Washer
29 4	M6 x 22mm Button Screw	60 2	Seat Frame Endcap	91 3	M6 Washer
30 1	Pivot Bushing	61 2	Seat Handle	#	User's Manual
31 1	Magnet	62 6	M4 x 38mm Screw	#	Allen Wrench

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. PFEX34390

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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, 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 when calling:

- The MODEL NUMBER of the product (PFEX34390)
- The NAME of the product (PROFORM® 985R recumbent cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

PROFORM® is a registered trademark of ICON Health & Fitness, Inc.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of 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 replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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