

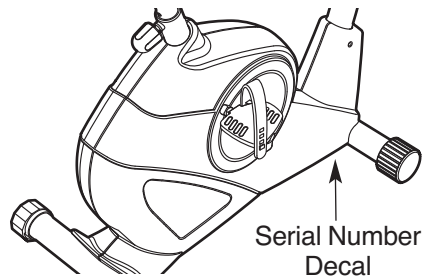
# PRO-FORM<sup>®</sup>

## 180 ZLX

Model No. PFEVEX71908.0

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

Write:

ICON Health & Fitness, Ltd.

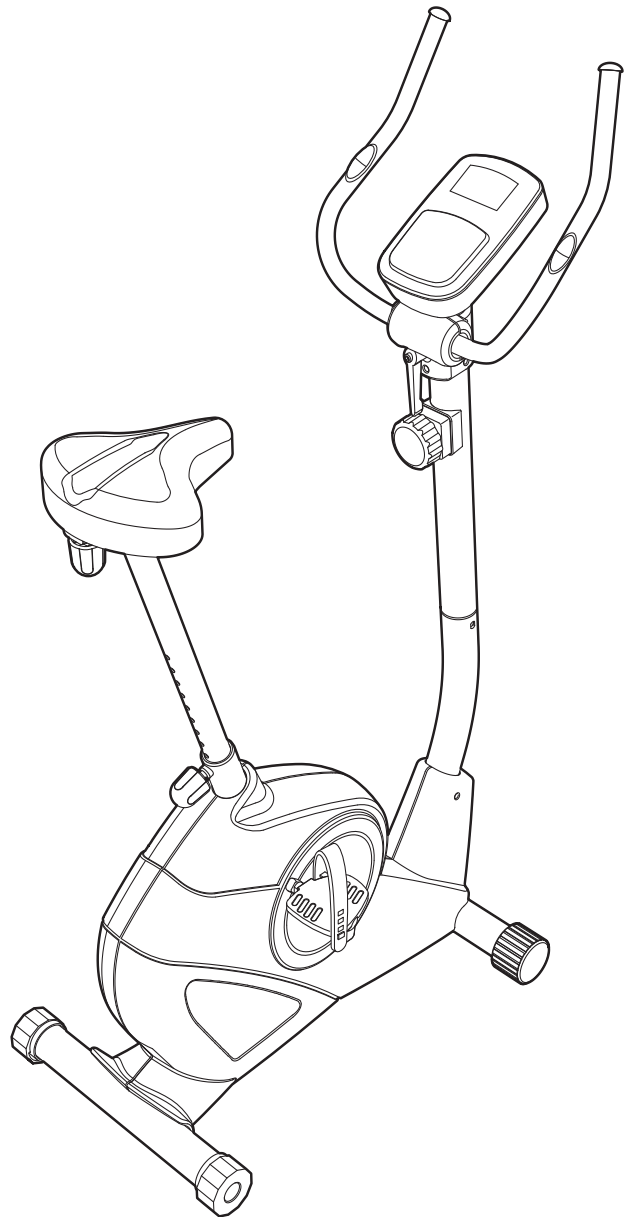
Unit 4

Revie Road Industrial Estate

Revie Road, Beeston

Leeds, LS11 8JG

UK



### CAUTION

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



Visit our website at

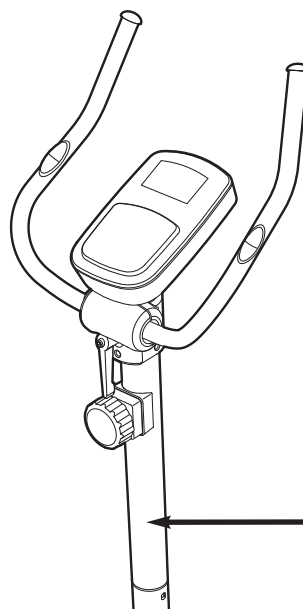
[www.iconeurope.com](http://www.iconeurope.com)

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	.2
IMPORTANT PRECAUTIONS .....	.3
BEFORE YOU BEGIN .....	.4
ASSEMBLY .....	.5
HOW TO USE THE EXERCISE CYCLE .....	.11
MAINTENANCE AND TROUBLESHOOTING .....	.16
EXERCISE GUIDELINES .....	.17
PART LIST .....	.18
EXPLODED DRAWING .....	.19
ORDERING REPLACEMENT PARTS .....	.Back Cover


## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



**⚠ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 250 pounds.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



---

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 250 lbs. (113 kg).
8. 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.
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
10. Keep your back straight while using your exercise cycle; do not arch your back.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use your exercise cycle only as described in this manual.

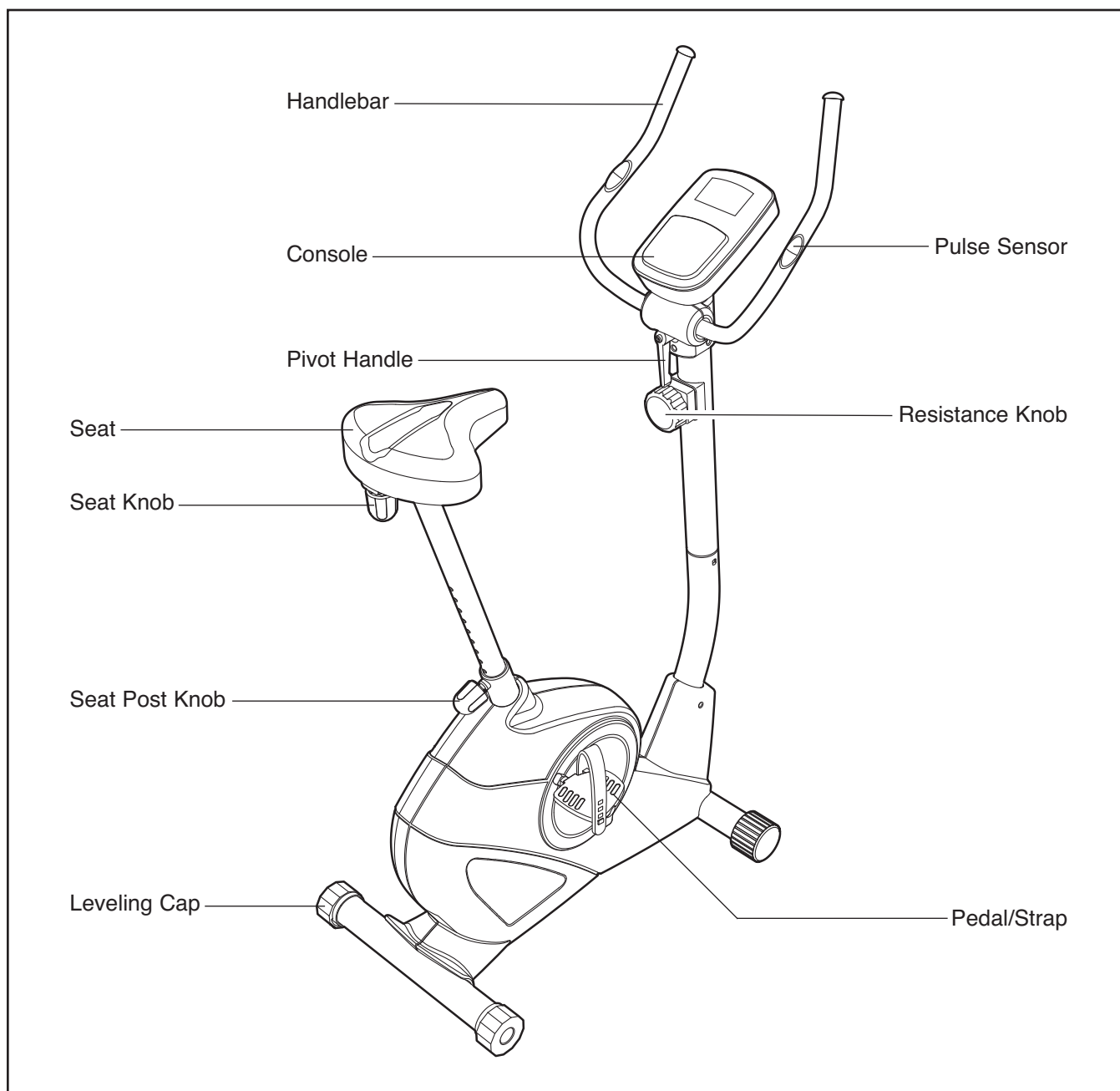
# BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 180 ZLX exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The 180 ZLX exercise cycle offers a selection of features designed 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 exercise cycle.** 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 review the drawing below and familiarize yourself with the labeled parts.



# ASSEMBLY

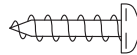
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**In addition to the included tools, assembly requires a Phillips screwdriver  , an adjustable wrench  , and pliers  .**

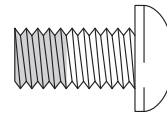
Use the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The second number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



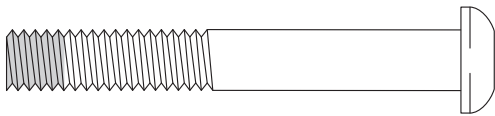
M8 Split Washer (42)–3



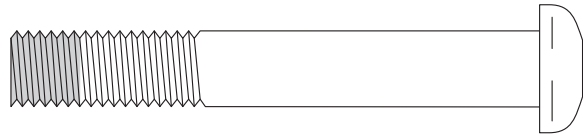
M4 x 15mm Screw (48)–5



M8 x 16mm Patch Screw (34)–3



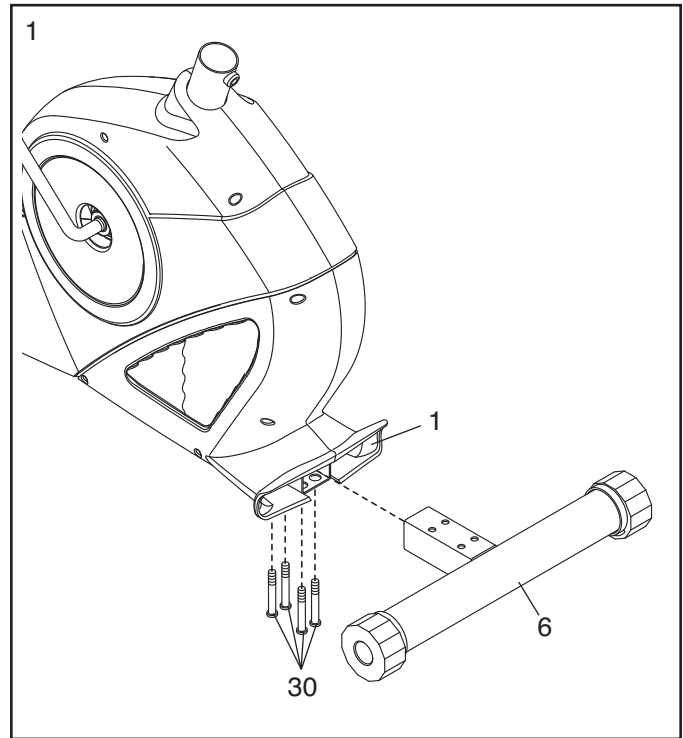
M8 x 60mm Patch Screw (30)–4



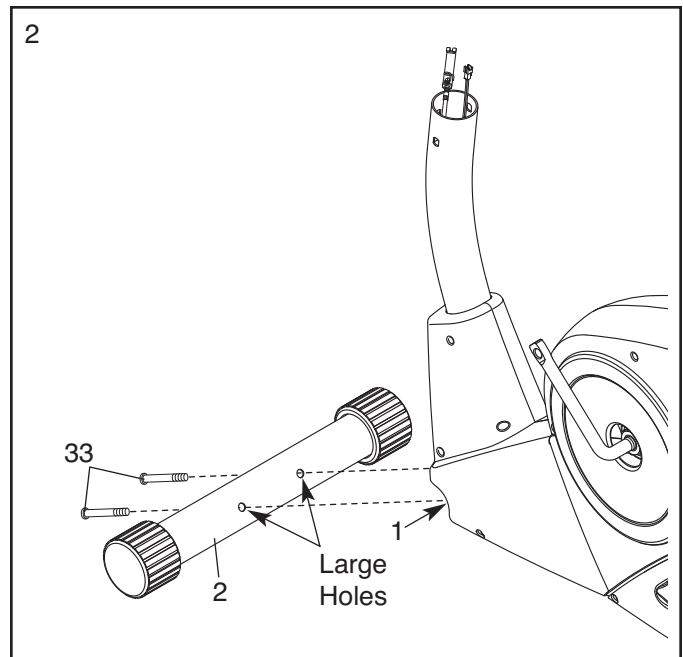
M10 x 70mm Patch Screw (33)–2

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

Insert the Rear Stabilizer (6) into the Frame (1). Attach the Rear Stabilizer with four M8 x 60mm Patch Screws (30).



2. Orient the Front Stabilizer (2) so that the large holes face the Frame (1). Attach the Front Stabilizer to the Frame with two M10 x 70mm Patch Screws (33).

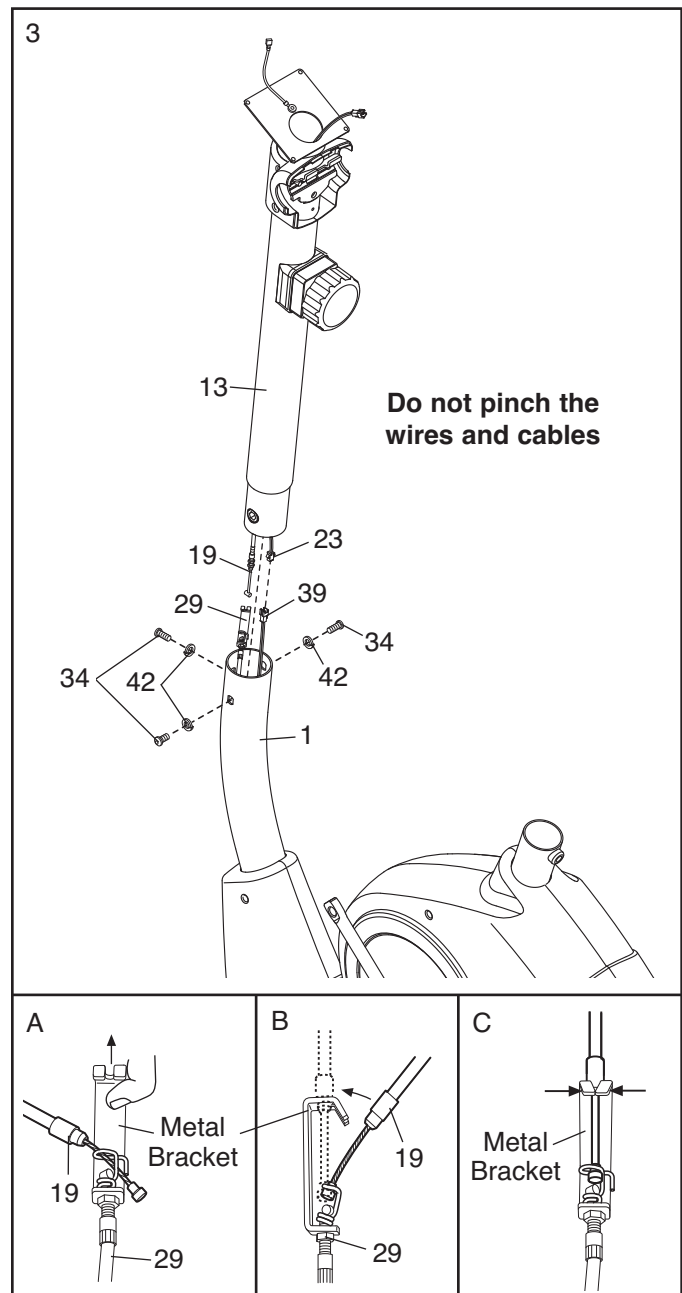


3. While another person holds the Upright (13) near the Frame (1), connect the Extension Wire (23) to the Reed Switch Wire (39). Next, connect the Resistance Cable (19) to the Lower Cable (29) in the following way:

- **See drawing A.** Pull upward on the metal bracket on the Lower Cable (29), and insert the tip of the Resistance Cable (19) into the wire clip inside the metal bracket as shown.
- **See drawing B.** Firmly pull the Resistance Cable (19) upward and slide it into the top of the metal bracket as shown.
- **See drawing C.** Using pliers, squeeze the prongs on the upper end of the metal bracket together.

Push the Wires (23, 39) and the Cables (19, 29) downward into the Frame (1).

**Tip: Do not pinch the wires and cables.** Insert the Upright (13) into the Frame (1). Attach the Upright with three M8 x 16mm Patch Screws (34) and three M8 Split Washers (42).

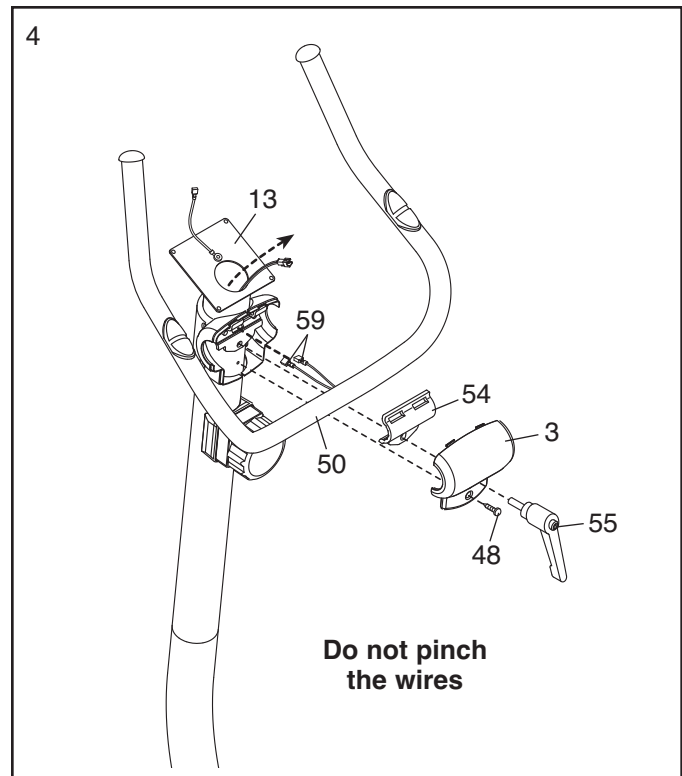


4. While another person holds the Handlebar (50) near the Upright (13), insert the Pulse Wires (59) into the Upright and pull them upward out of the top of the Upright.

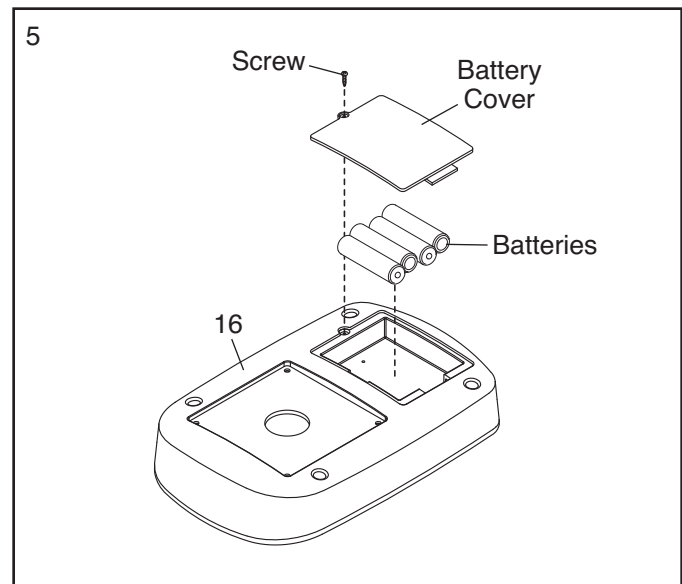
**Tip: Do not pinch the wires.** Attach the Handlebar (50) to the Upright (13) with the Pivot Clamp (54), the Rear Cover (3), and the Pivot Handle (55).

Note: The Pivot Handle (55) functions like a ratchet. Turn the Pivot Handle clockwise, pull it away from the Upright (13), turn it counterclockwise, push it toward the Upright, and then turn it clockwise again. Repeat this process until the Pivot Handle is tight.

Attach the Rear Cover (3) to the Upright (13) with an M4 x 15mm Screw (48).



5. The Console (16) requires four AA batteries (not included); alkaline batteries are recommended. **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 screw, remove the battery cover, and insert the batteries into the battery compartment. Then, reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**



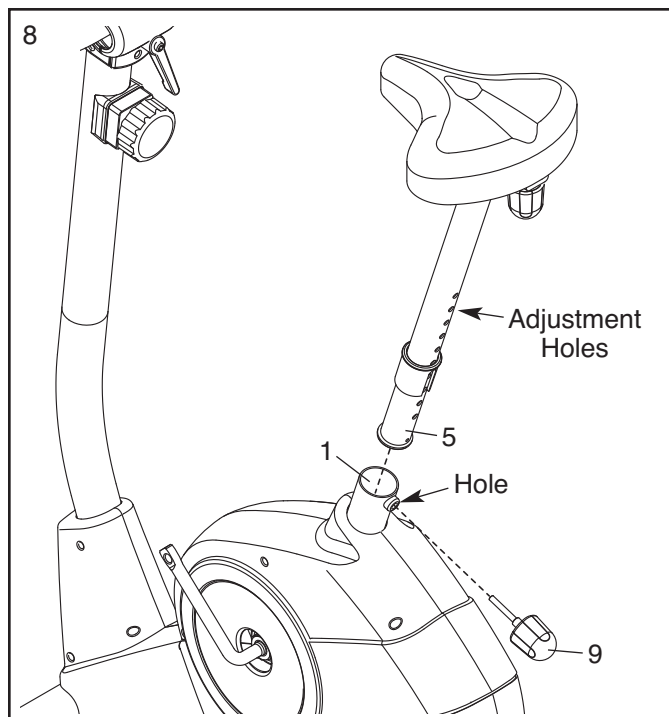




8. Loosen and remove the Seat Post Knob (9) from the Frame (1).

Insert the Seat Post (5) into the Frame (1). Adjust the Seat Post to the desired height and insert the Seat Post Knob (9) through the indicated hole in the Frame into one of the adjustment holes in the Seat Post.

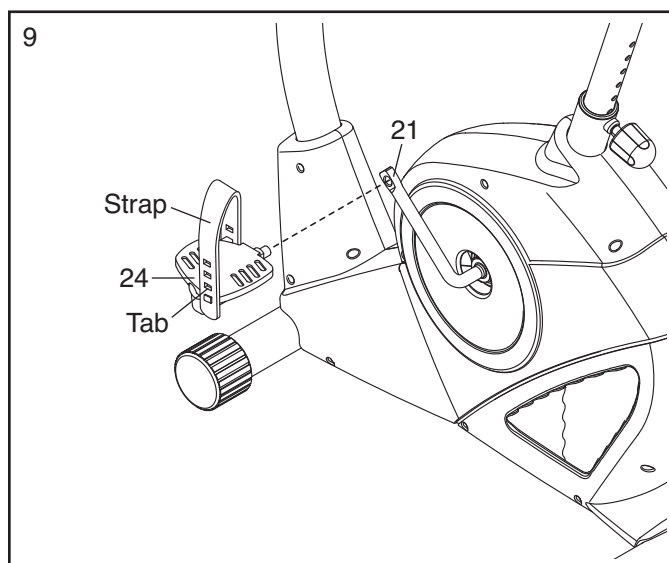
Tighten the Seat Post Knob (9). **Make sure that the Seat Post Knob is firmly engaged in one of the adjustment holes in the Seat Post (5).**



9. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (21).

Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank (not shown). **IMPORTANT: Tighten both pedals as firmly as possible. After using the exercise cycle for one week, retighten the pedals. For best performance, keep the pedals tightened.**

Adjust the strap on the Left Pedal (24) to the desired position, and press the end of the strap onto the tab on the side of the Left Pedal. **Adjust the strap on the Right Pedal (not shown) in the same way.**

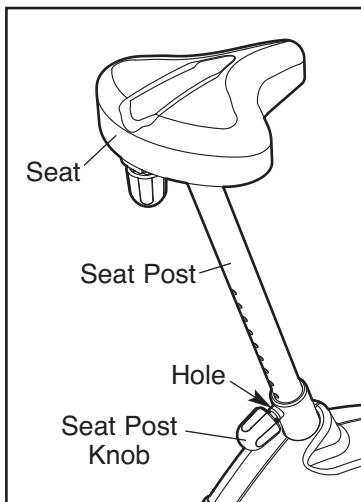


10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

# HOW TO USE THE EXERCISE CYCLE

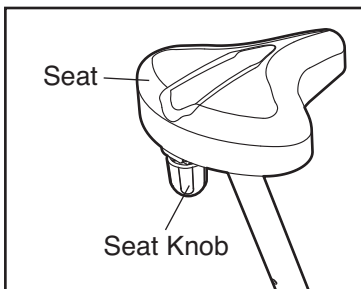
## HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should 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 height of the seat, first loosen and remove the seat post knob. Next, slide the seat post upward or downward and align one of the adjustment holes in the seat post with the indicated hole in the frame. Insert the seat post knob into the frame and the seat post, and then tighten the seat post knob. **Make sure that the seat post knob is inserted through one of the adjustment holes in the seat post.**



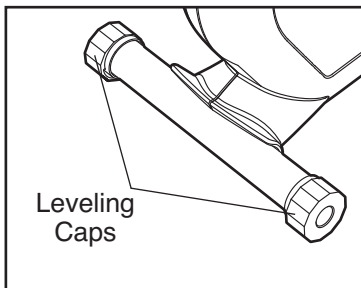
## HOW TO ADJUST THE SEAT

To adjust the horizontal position of the seat, loosen the seat knob under the seat, slide the seat forward or backward to the desired position, and then retighten the seat knob.



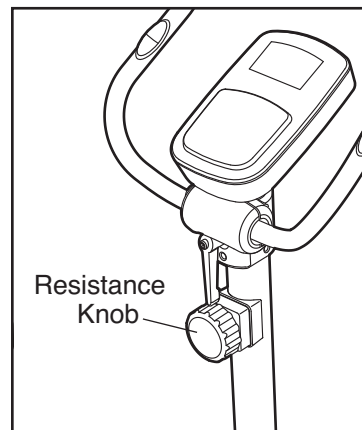
## HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks on your floor during use, turn one or both of the leveling caps until the rocking motion is eliminated.



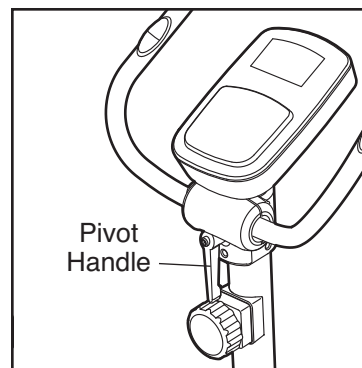
## HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise. **IMPORTANT: Stop turning the knob when turning becomes difficult, or damage may result.**

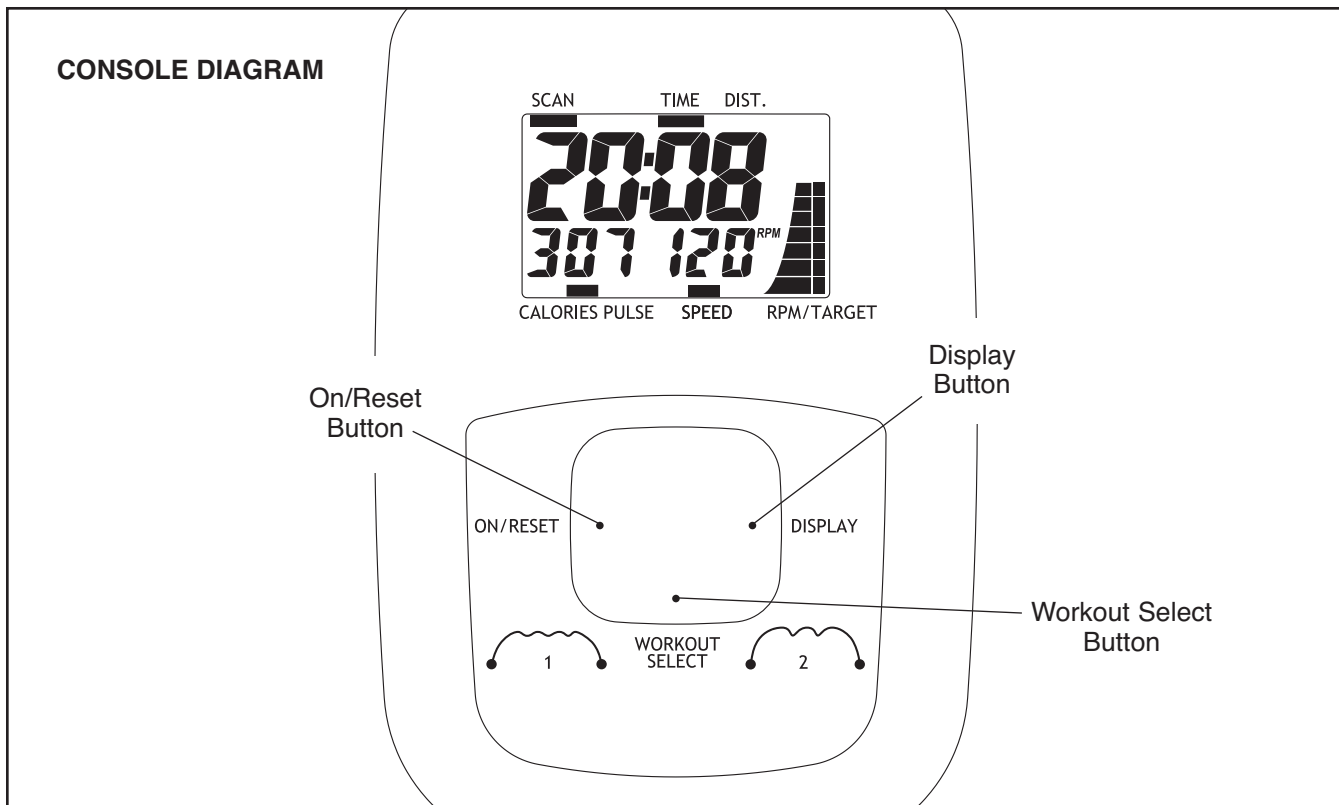


## HOW TO ADJUST THE ANGLE OF THE HANDLEBAR

To adjust the angle of the handlebar, loosen the pivot handle, rotate the handlebar to the desired angle, and then retighten the pivot handle. Note: The pivot handle functions like a ratchet. Turn the pivot handle clockwise, pull it away from the upright, turn it counterclockwise, push it toward the upright, and then turn it clockwise again. Repeat this process until the pivot handle is tight.



# HOW TO USE THE EXERCISE CYCLE



## FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers two pace workouts that prompt you to vary your pedaling pace while guiding you through an effective exercise session.

**To use the manual mode**, see page 13. **To use a pace workout**, see page 15.

Before using the console, make sure that batteries are installed (see assembly step 5 on page 8). If there is a sheet of clear plastic on the display, remove the plastic.

## HOW TO USE THE MANUAL MODE

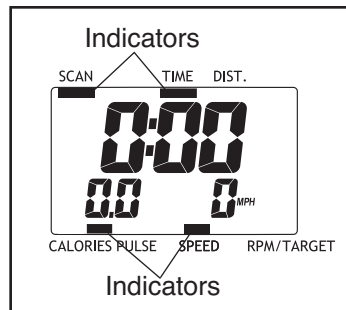
Note: The buttons on the console are located on the dots next to the text (see the drawing on page 12). Make sure to press the dots when you are instructed to press a button.

### 1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The display will light and the console will be ready for use.

### 2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a pace workout, reselect the manual mode by pressing the Workout Select button repeatedly until zeros appear in the display.



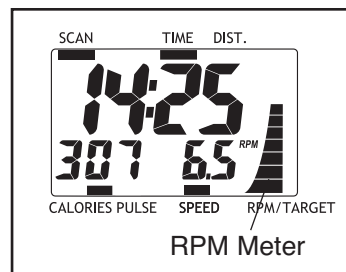
### 3. Begin pedaling and change the resistance of the pedals as desired.

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

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

The display can show the following workout information:

**RPM Meter**—The RPM meter on the right side of the display provides a visual representation of your approximate pedaling pace in revolutions per minute (rpm). As you increase or decrease your pedaling pace, indicators will appear or disappear in the RPM meter.



**Time**—This mode shows the elapsed time. Note: When a pace workout is selected, the display shows the time remaining in the workout instead of the elapsed time.

**Distance**—This mode shows the distance you have pedaled, in miles or kilometers.

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

**Pulse**—This mode shows your heart rate when you use the handgrip pulse sensor.

**Speed**—This mode shows your pedaling speed, in miles per hour (mph) or kilometers per hour (km/h), and in revolutions per minute (rpm).

**Scan**—This mode shows alternating time and distance, calories and pulse, and speed information. Note: The pulse information will appear only when you are using the pulse sensor.

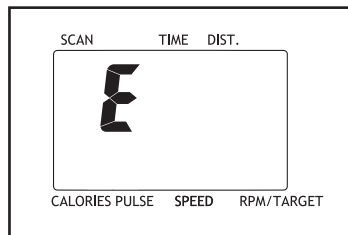
When you turn on the console, the scan mode will be selected automatically. One indicator will appear below the word SCAN to show that the scan mode is selected, and other indicators will show which information is currently displayed (see the drawing at the left). Note: If you have selected a different mode, press the Display button repeatedly to reselect the scan mode.

Press the Display button repeatedly to view the following exercise information for continuous display:

- Time and speed in miles per hour or kilometers per hour
- Distance and speed in revolutions per minute (rpm)

The indicators will show which mode is selected. Make sure that there is not an indicator below the word SCAN.

**Note: The console can show speed and distance in either miles or kilometers. The letters MPH or Km/H will appear in the display to show**



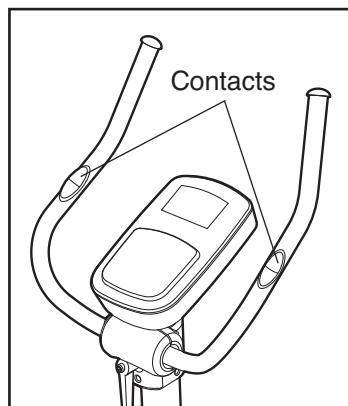
which unit of measurement is selected. To change the unit of measurement, hold down the On/Reset button for a few seconds. An "E" for English miles or an "M" for metric kilometers will appear in the display. Press the Display button to change the unit of measurement. Then, press the On/Reset button to save your selection. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

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

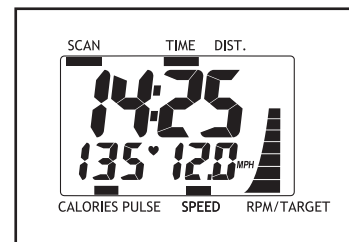
To pause the console, stop pedaling. If the time is displayed, it will flash in the display. To continue your workout, simply resume pedaling.

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

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



When you hold the handgrip pulse sensor, a small heart symbol will appear in the display. Then, when your pulse is detected, your heart rate will be shown in the display next to the heart symbol. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



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

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

If the pedals do not move for a few seconds, the console will pause.

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

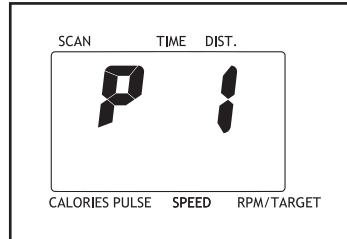
## HOW TO USE A PACE WORKOUT

### 1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The display will light and the console will be ready for use.

### 2. Select a pace workout.

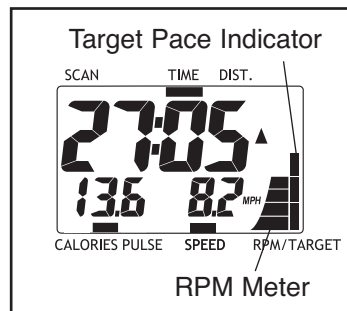
To select a pace workout, press the Workout Select button repeatedly until P1 or P2 appears in the display.



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

Each workout consists of 30 one-minute periods. One target pace is programmed for each period. Note: The same target pace may be programmed for consecutive periods.

The target pace for the workout will be shown by the target pace indicator in the display. The RPM meter will show your actual pedaling pace.



As the target pace indicator changes in height during the workout, 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 upward arrow will appear next to the RPM meter to prompt you to increase your pace; if your pace is faster than the target pace, a downward arrow will prompt you to decrease your pace.

**IMPORTANT: The target pace settings for the workout are intended only to provide a goal. Your actual pace may be slower than the target pace settings. Make sure to pedal at a pace that is comfortable for you.**

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

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

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

See step 4 on page 13.

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

See step 5 on page 14.

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

See step 6 on page 14.

# MAINTENANCE AND TROUBLESHOOTING

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

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

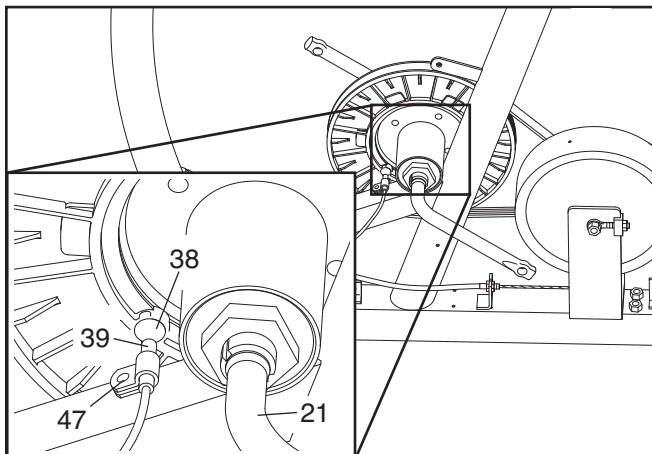
## CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 5 on page 8. If the handgrip pulse sensor does not function properly, see step 5 on page 14.

## 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, the left pedal and the left shield must be removed.

Using an adjustable wrench, turn the left pedal clockwise and remove it. Next, remove all of the screws from both shields; **there are two sizes of screws in the shields—note which size of screw you remove from each hole.** Then, carefully remove the left shield.



Next, turn the resistance knob to the lowest setting. With the left shield removed, locate the Reed Switch (39). Turn the Crank (21) until a Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M5 x 15mm Screw (47). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback.

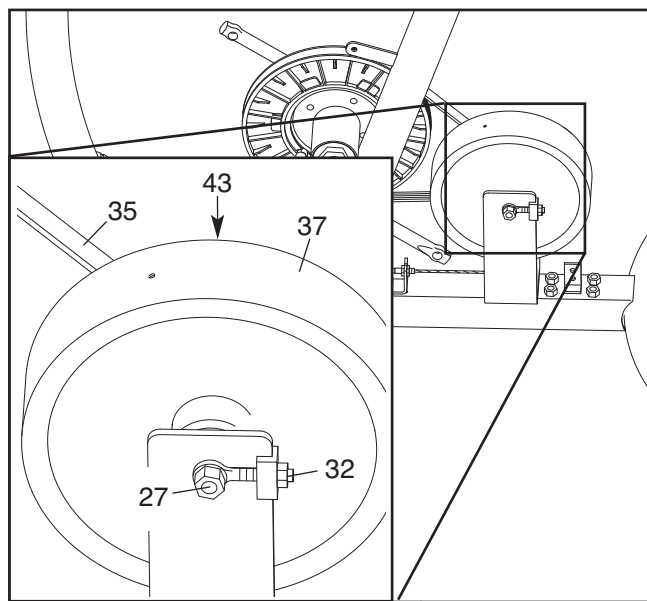
When the Reed Switch is correctly adjusted, reattach the shields and the left pedal.

## HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is at the highest level, the belt may need to be adjusted. To adjust the belt, the pedals and the shields must be removed.

Use an adjustable wrench to remove the pedals. To remove the left pedal, turn the left pedal clockwise; to remove the right pedal, turn the right pedal counter-clockwise.

Next, remove all of the screws from both shields; **there are two sizes of screws in the shields—note which size of screw you remove from each hole.** Then, carefully remove the shields.



Next, loosen the 3/8" Nut (27) and the Flywheel Nut (43), which are located on each side of the Flywheel (37). Then, tighten the M6 Locknuts (32), one on each side of the Flywheel, until the Belt (35) is properly tightened.

Finally, tighten the 3/8" Nut (27) and the Flywheel Nut (43) and reattach the shields and the pedals.



# EXERCISE GUIDELINES

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

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

These guidelines will help you to plan your exercise workout. 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	♥
<hr/>							
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 workout, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

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

## EXERCISE FREQUENCY

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

# PART LIST—Model No. PFEVEX71908.0

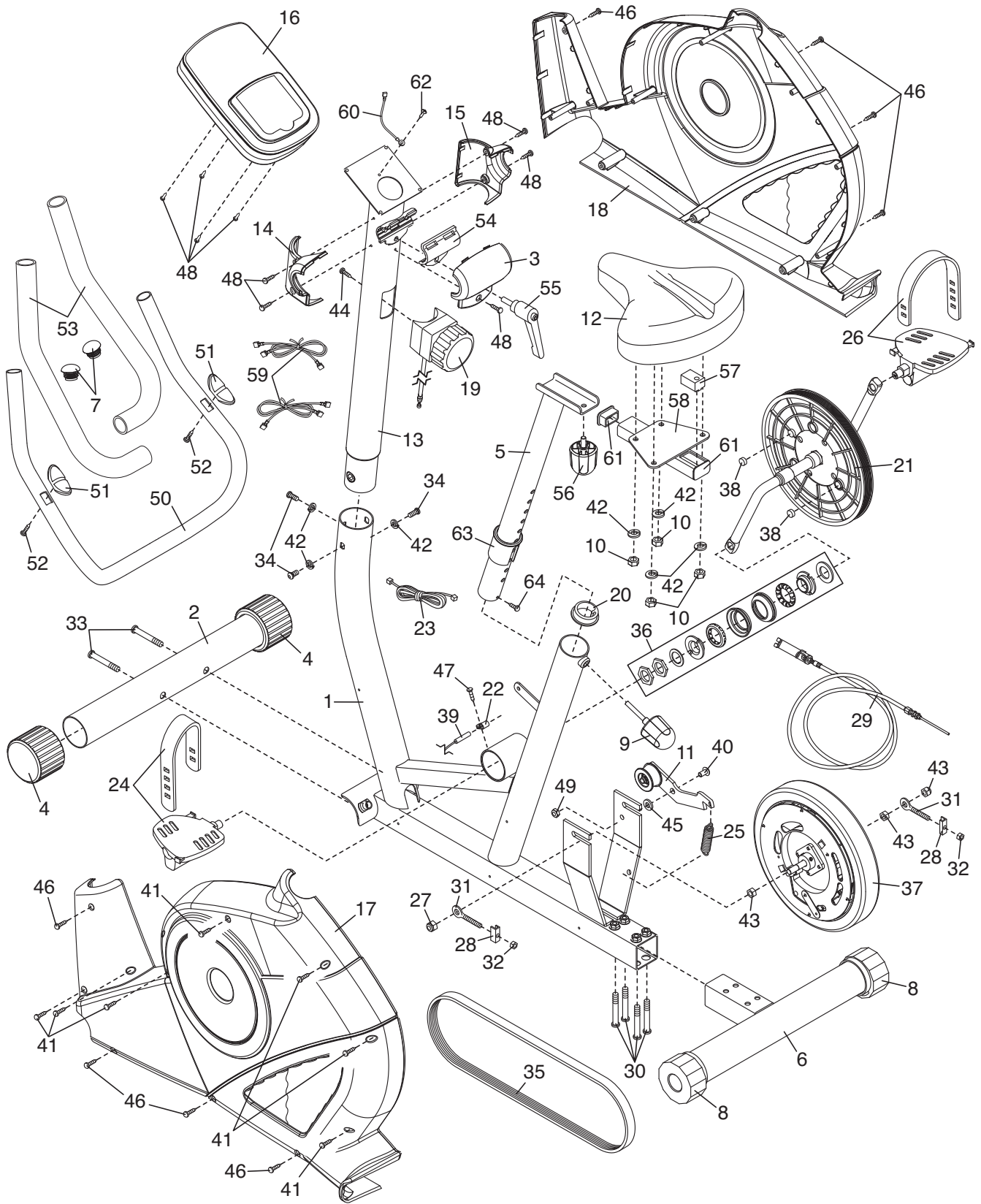
R0808A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	34	3	M8 x 16mm Patch Screw
2	1	Front Stabilizer	35	1	Belt
3	1	Rear Cover	36	1	Crank Bearing Set
4	2	Front Stabilizer Cap	37	1	Flywheel
5	1	Seat Post	38	2	Magnet
6	1	Rear Stabilizer	39	1	Reed Switch/Wire
7	2	Handlebar Cap	40	1	M8 x 20mm Bolt
8	2	Leveling Cap	41	7	M4 x 25mm Screw
9	1	Seat Post Knob	42	7	M8 Split Washer
10	4	M8 Locknut	43	3	Flywheel Nut
11	1	Idler	44	1	M5 x 55mm Button Screw
12	1	Seat	45	1	M8 Washer
13	1	Upright	46	8	M4 x 15mm Button Screw
14	1	Left Front Cover	47	1	M5 x 15mm Screw
15	1	Right Front Cover	48	9	M4 x 15mm Screw
16	1	Console	49	1	M8 Locknut
17	1	Left Shield	50	1	Handlebar
18	1	Right Shield	51	2	Pulse Sensor
19	1	Resistance Control/Cable	52	2	Sensor Screw
20	1	Seat Post Bushing	53	2	Handlebar Foam
21	1	Crank/Pulley	54	1	Pivot Clamp
22	1	Reed Switch Clamp	55	1	Pivot Handle
23	1	Extension Wire	56	1	Seat Knob
24	1	Left Pedal/Strap	57	1	Seat Block
25	1	Spring	58	1	Seat Carriage
26	1	Right Pedal/Strap	59	2	Pulse Wire
27	1	3/8" Nut	60	1	Ground Wire
28	2	U-bracket	61	2	Seat Carriage Cap
29	1	Lower Cable	62	1	M4 x 5mm Screw
30	4	M8 x 60mm Patch Screw	63	1	Frame Bushing
31	2	Eyebolt	64	1	M4 x 12mm Screw
32	2	M6 Locknut	*	—	User's Manual
33	2	M10 x 70mm Patch Screw	*	—	Assembly Tool

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

# EXPLODED DRAWING—Model No. PFEVEX71908.0

R0808A



---

# 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)

