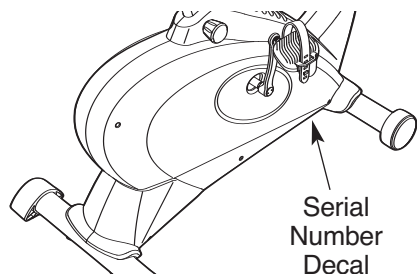


PRO-FORM[®]

710 EKG

Model No. PFEVEX2416.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

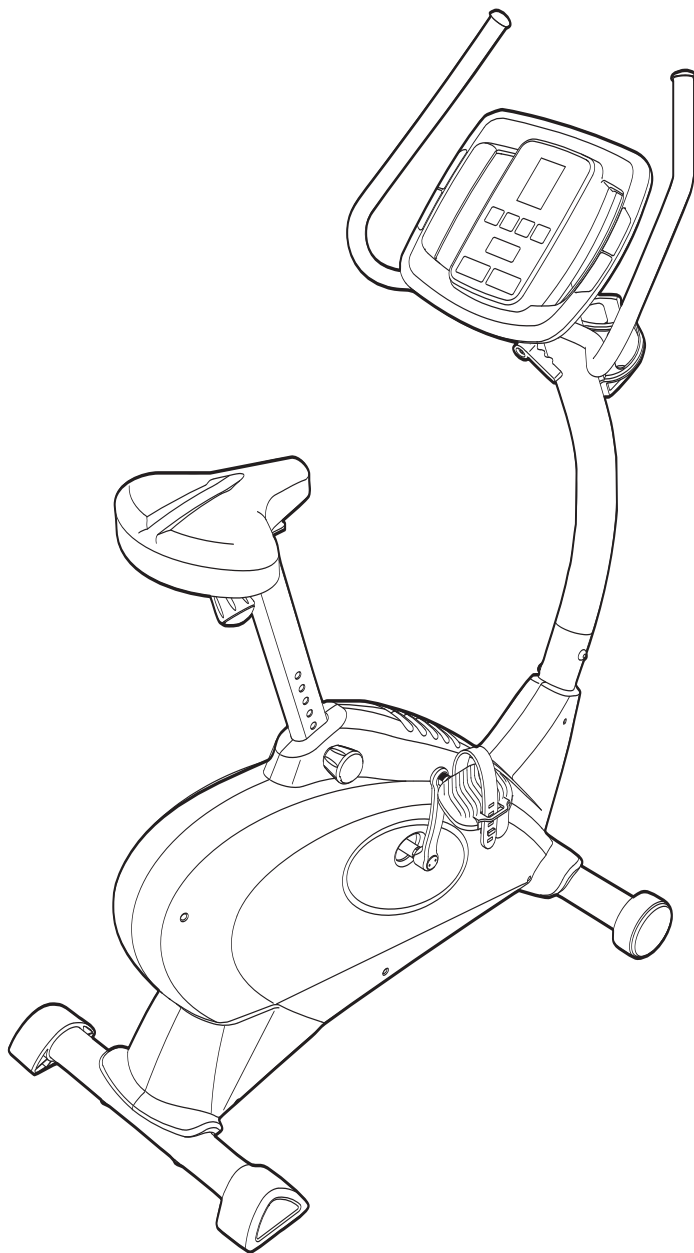
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com



⚠ 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

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the exercise cycle.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions. Use the exercise cycle only as described in this manual.
3. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
4. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.
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 exercise cycle at all times.
7. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
8. The exercise cycle should not be used by persons weighing more than 113 kg (250 lbs).
9. Always keep your back straight when using the exercise cycle; do not arch your back.
10. If you feel pain or dizziness while exercising, stop immediately and cool down.
11. The exercise cycle does not have a freewheel; the pedals will continue to move until the flywheel stops.
12. 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.
13. Warning decals have been placed on the exercise cycle in the locations shown on page 3. If a decal is missing or illegible, call the telephone number on the front cover of this manual 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.

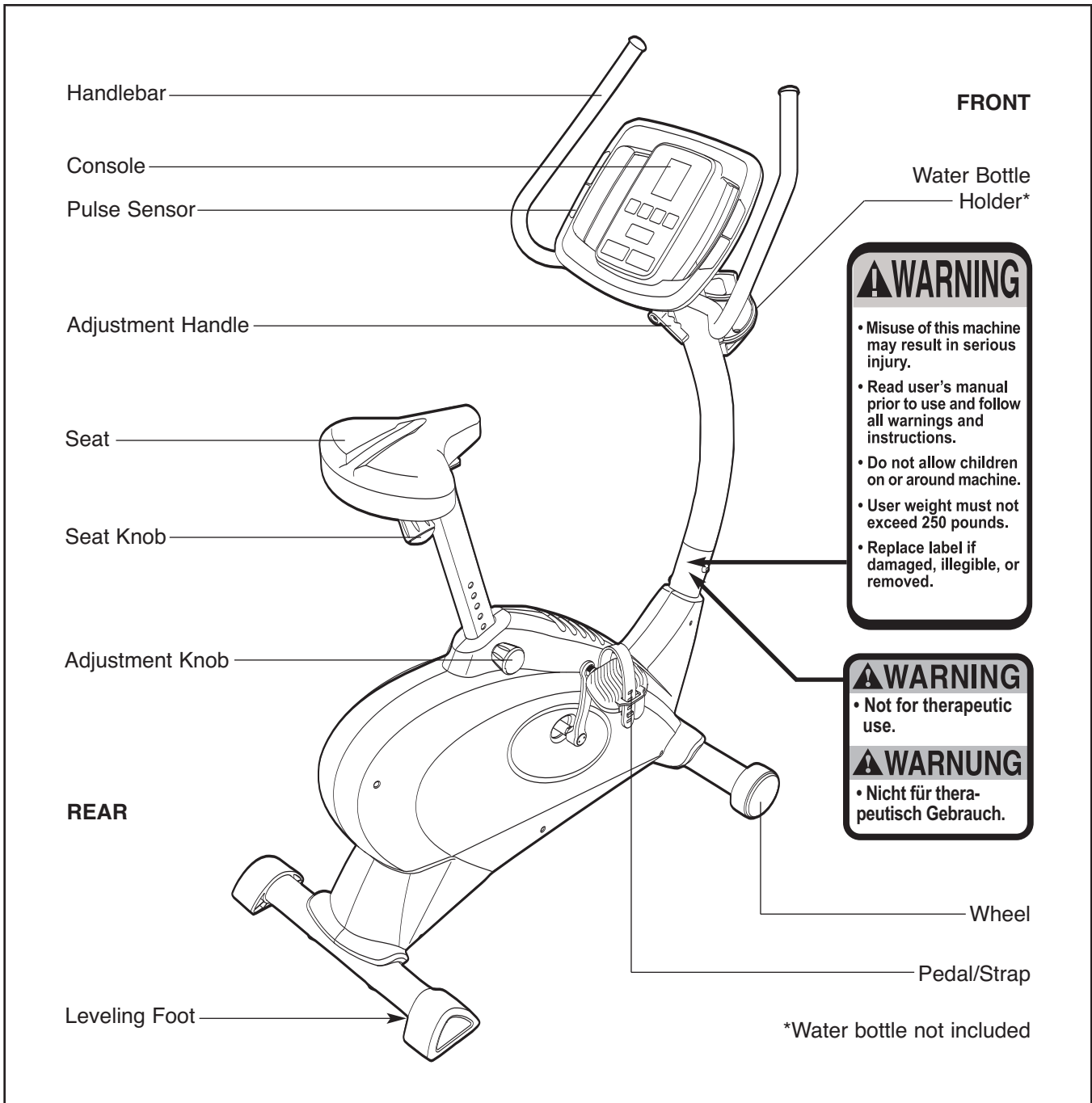
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 710 EKG exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The 710 EKG 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 is PFEVEX2416.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

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

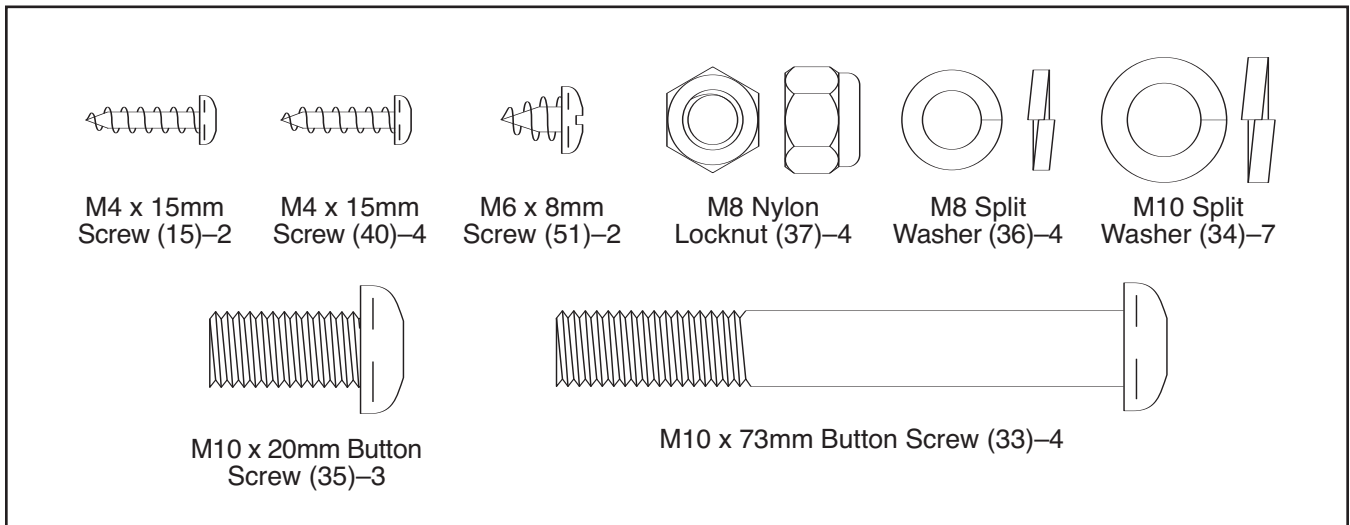


ASSEMBLY

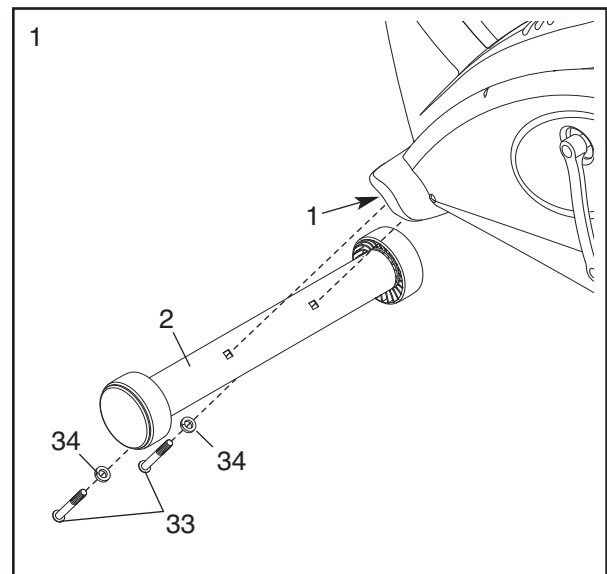
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

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

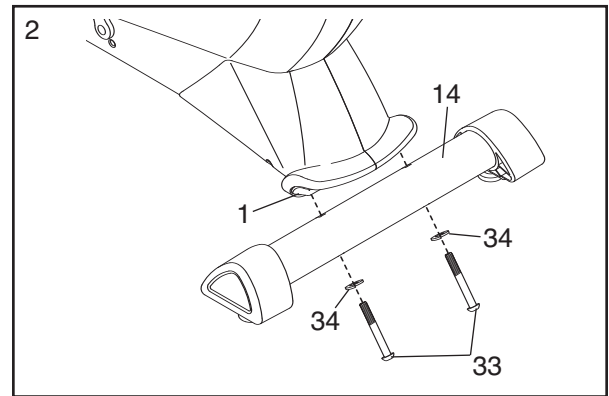
Use the part drawings below to identify the small parts used in assembly. The number in parentheses below each drawing refers to the key number of the part, from the PART LIST on page 18. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been preattached for shipping. If a part is not in the parts bag, check to see if it has been preattached.**



1. Identify the Front Stabilizer (2), which has round wheels. While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 73mm Button Screws (33) and two M10 Split Washers (34).

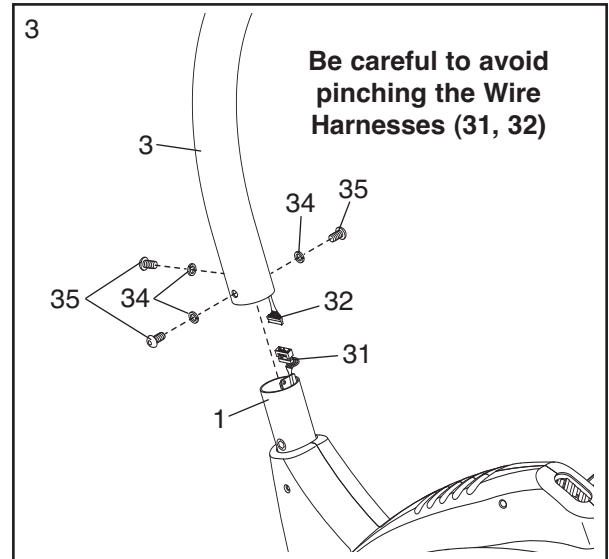


2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (14) to the Frame with two M10 x 73mm Button Screws (33) and two M10 Split Washers (34).



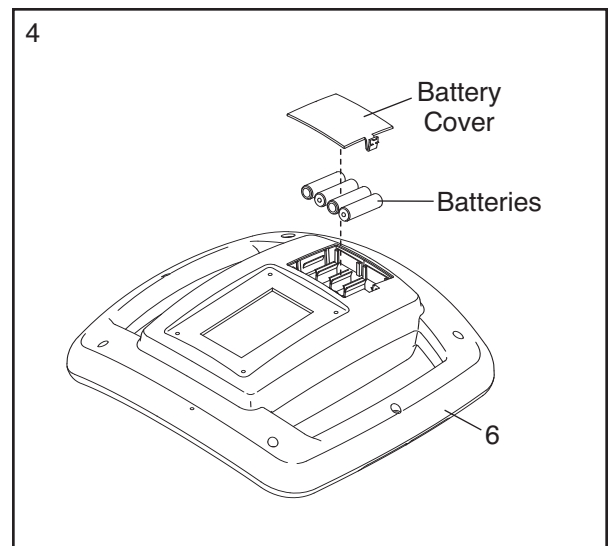
3. While another person holds the Upright (3) near the Frame (1), connect the Upper Wire Harness (32) to the Lower Wire Harness (31).

Gently pull the upper end of the Upper Wire Harness (32) to remove the slack, and slide the Upright (3) onto the Frame (1). **Be careful to avoid pinching the Wire Harnesses.** Attach the Upright with three M10 x 20mm Button Screws (35) and three M10 Split Washers (34).



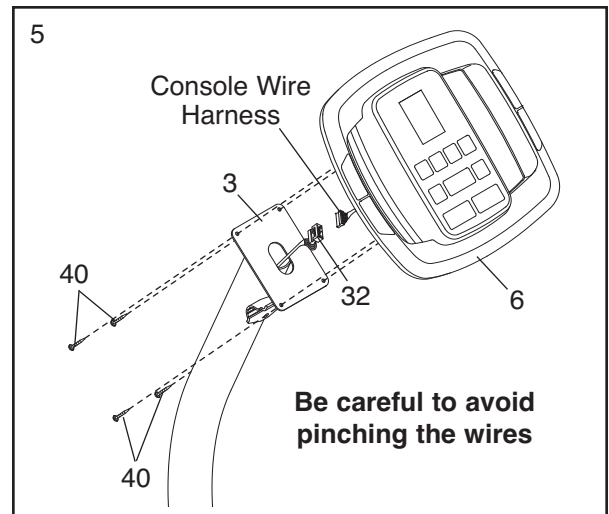
4. The Console (6) requires four "AA" batteries; alkaline batteries are recommended. Press the tab on the battery cover and remove the battery cover. Insert four batteries into the console; **make sure that the batteries are oriented as shown.** Then, reattach the battery cover.

Note: The Console (6) can be operated with an optional power supply instead of batteries. **To purchase a power supply, call the telephone number on the front cover of this manual.** Plug one end of the power supply into the jack on the console. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

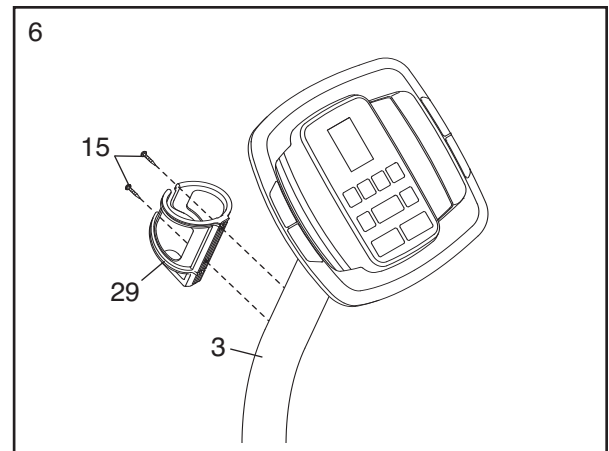


5. While another person holds the Console (6) near the Upright (3), connect the console wire harness to the Upper Wire Harness (32).

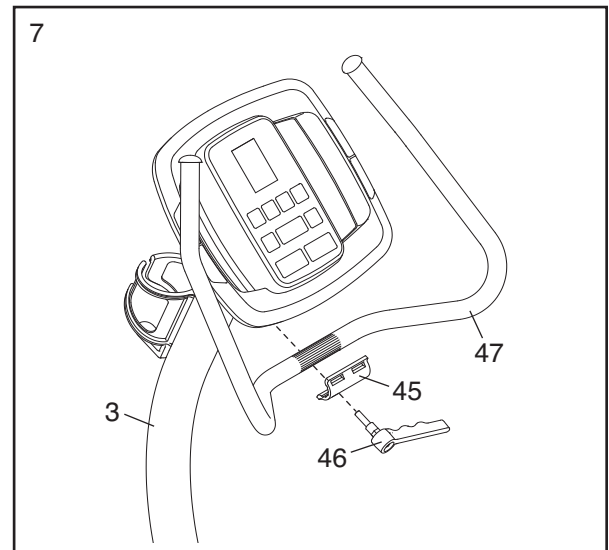
Insert the excess Upper Wire Harness (32) downward into the Upright (3). Attach the Console (6) to the Upright with four M4 x 15mm Screws (40). **Be careful to avoid pinching the wires.**



6. Attach the Water Bottle Holder (29) to the Upright (3) with two M4 x 15mm Screws (15).

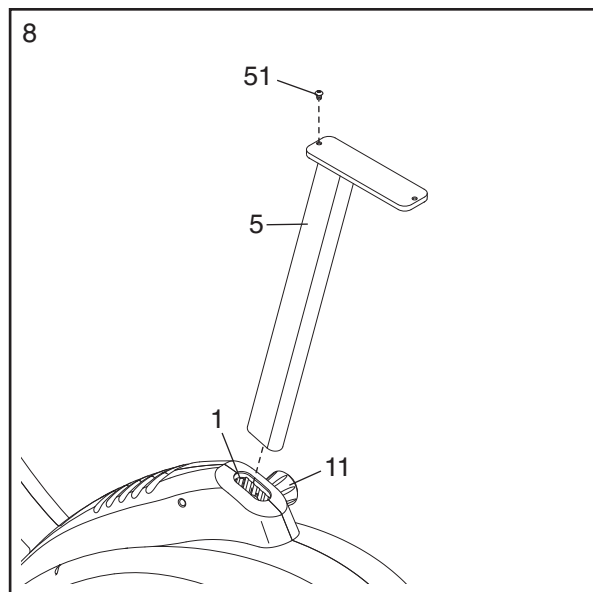


7. Orient the Handlebar (47) as shown. Attach the Handlebar to the Upright (3) with the Upright Clamp (45) and the Adjustment Handle (46). Note: The Adjustment Handle may work like a spanner. Turn the handle clockwise, push it toward the Handlebar, turn it counterclockwise, pull it away from the Handlebar, and then turn it clockwise again.



8. Orient the Seat Post (5) as shown. Loosen the Adjustment Knob (11) a few turns, pull the Adjustment Knob outward, and insert the Seat Post into the Frame (1). Move the Seat Post upward or downward to the desired position, and then release the Adjustment Knob into one of the adjustment holes in the Seat Post. Then, tighten the Adjustment Knob a few turns. **Make sure that the Adjustment Knob is engaged in an adjustment hole.**

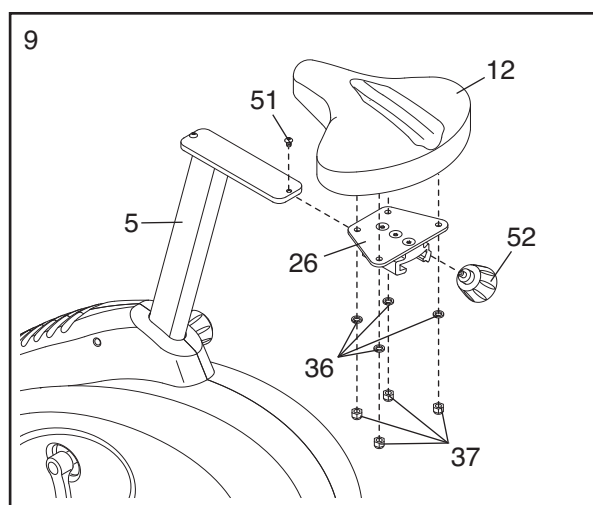
Attach an M6 x 8mm Screw (51) to the front of the Seat Post (5).



9. Orient the Seat (12) and the Seat Carriage (26) as shown. Attach the Seat to the Seat Carriage with four M8 Nylon Locknuts (37) and four M8 Split Washers (36). **Note: The Nylon Locknuts and Split Washers may be preattached to the underside of the Seat.**

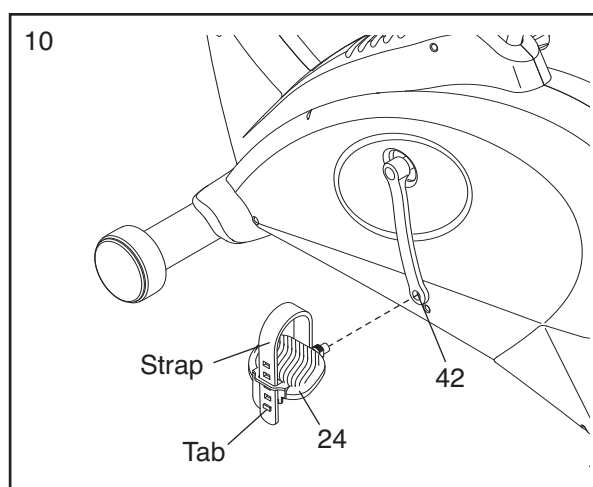
Slide the Seat Carriage (26) onto the Seat Post (5) and move the Seat Carriage forward or backward to the desired position. Then, tighten the Seat Knob (52) into the Seat Carriage.

Attach an M6 x 8mm Screw (51) to the rear of the Seat Post (5).



10. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (42). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm (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.



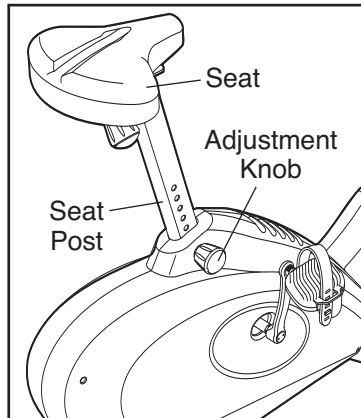
11. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE HEIGHT OF THE SEAT

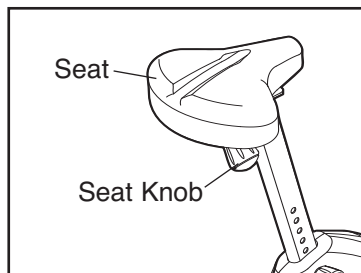
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the seat, first turn the adjustment knob counterclockwise several turns to loosen it. Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob.

Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post. Then, turn the knob clockwise to tighten it.



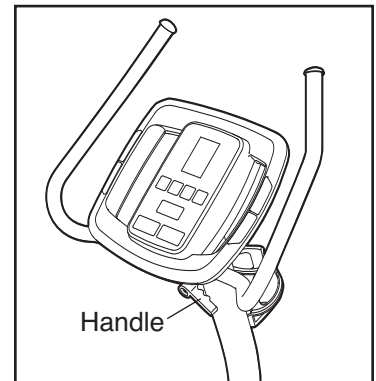
HOW TO ADJUST THE LATERAL POSITION OF THE SEAT

To adjust the lateral position of the seat, first loosen the seat knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.



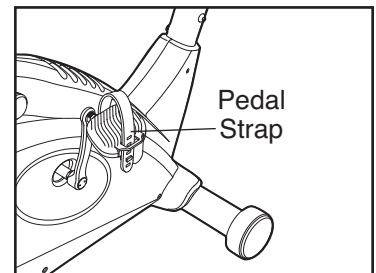
HOW TO ADJUST THE HANDLEBAR

To adjust the handlebar, first turn the indicated adjustment handle counterclockwise to loosen it. Note: The adjustment handle may work like a spanner. Turn the handle counterclockwise, pull it away from the handlebar, turn it clockwise, push it toward the handlebar, and then turn it counterclockwise again. Repeat until the handlebar is loose. Move the handlebar upward or downward to the desired position and then retighten the handle.



HOW TO ADJUST THE PEDAL STRAPS

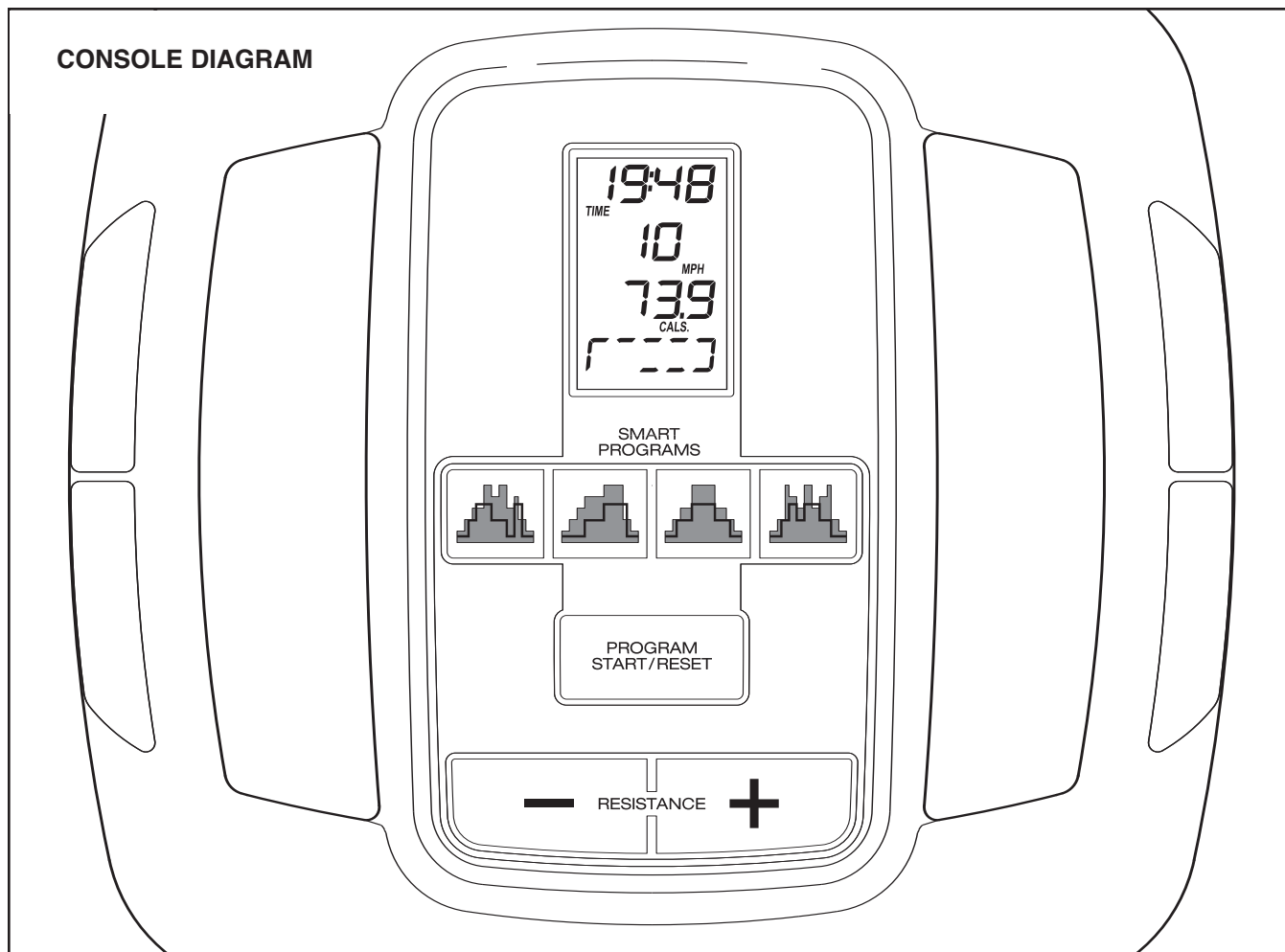
To adjust the pedal straps, first pull the ends of the pedal straps off the tabs on the pedals. Adjust the pedal straps to the desired position, and then press the ends of the pedal straps onto the tabs.



HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks slightly on your floor, turn one or both of the leveling feet under the rear stabilizer.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even monitor your heart rate using the handgrip pulse sensor.

The console features four smart programs that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode of the console, follow the steps beginning on page 10. **To use a smart program,** see page 12.

Before using the console, make sure that batteries are installed (see assembly step 4 on page 5). If there is a sheet of clear plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1 Turn on the console.

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

2 Select the manual mode.

Each time you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing any of the Smart Programs buttons repeatedly until zeroes appear in the display.



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

As you pedal, change the resistance of the pedals by pressing the Resistance + and – buttons. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.



4 Follow your progress with the display.

The upper section of the display will show the elapsed time and the distance, in miles or kilometers, that you have pedaled.

The display will change modes every few seconds. Note: When you select a smart program the display will show the time remaining in the program instead of the elapsed time.



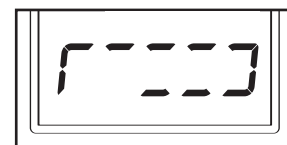
The second section of the display will show your pedaling pace, in miles or kilometers per hour.



The third section of the display will show the approximate number of calories you have burned and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor.



The last section of the display will show a track representing 1/4 mile. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



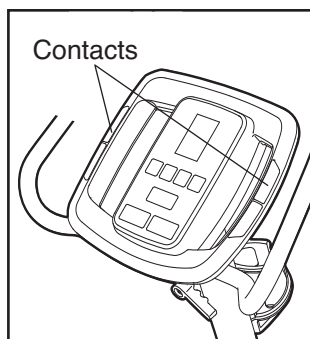
Note: The console can show speed and distance in either miles or kilometers.

The letters MPH or Km/H will appear in the display to indicate which unit of measurement is selected. To change the unit of measurement, press and hold down the far right Smart Program button for a few seconds. An “E” for English miles or an “M” for metric kilometers will appear in the display. Press the Resistance + button to select the desired unit of measurement. Then, press the far left Smart Program button to save your selection. Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.



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. Next, hold the handgrip pulse sensor with your palms resting on the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

If the pedals do not move for a few seconds, the time will begin to flash in the display and the console will pause. If the pedals do not move for a few minutes and no buttons are pressed, the console will turn off and the display will be reset.

HOW TO USE A SMART PROGRAM

1 Turn on the console.

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

2 Select a smart program.

To select a smart program, press the desired Smart Programs button. The upper section of the display will show how long the program will last.



3 Begin pedaling to start the program.

Each program is divided into 30 one-minute segments. One resistance level and one pace setting are programmed for each segment. Note: The same resistance level and/or pace setting may be programmed for two or more consecutive segments.

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment. Note: If the resistance level is too low or too high, you can override it by pressing the Resistance + and – buttons. **Important: When the current segment of the program ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

As you exercise, the display will prompt you to keep your pedaling pace near the pace setting for the current segment.



When the word “faster” appears in the display, increase your pace. When the word “slower” appears, decrease your pace. When the center of the target flashes, maintain your current pace.

Important: The pace settings are intended only to provide motivation. Your actual pace may be slower than the pace settings. Make sure to pedal at a pace that is comfortable for you.

If you stop pedaling for several seconds, the time will begin to flash in the display. To restart the program, simply resume pedaling.

The program will continue until the display shows a time of 0:00. If you continue to pedal after the program is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new program.

4 Follow your progress with the display.

See step 4 on page 10.

5 Measure your heart rate if desired.

See step 5 on page 11.

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

See step 6 on page 11.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly 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 soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

PULSE SENSOR TROUBLESHOOTING

For optimal performance of the pulse sensor, keep the metal contacts clean. Clean the contacts with a soft cloth—**never use alcohol, abrasives, or chemicals.**

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.

HOW TO ADJUST THE REED SWITCH

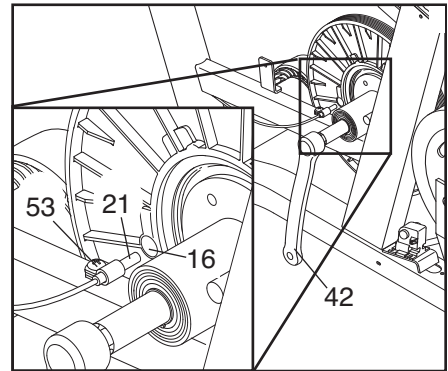
If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the left pedal and the left side shield must be removed.

Using an adjustable wrench, turn the left pedal clockwise and remove the left pedal.

Remove the screws from the left side shield. Note: There are two different sizes of screws in the left side shield. Be sure to note the location of each screw. Then, carefully pry the left side shield away from the exercise cycle.

Next, locate the Reed Switch (21). Turn the Left Crank Arm (42) until the Magnet (16) is aligned with the Reed Switch.

Loosen, but do not remove, the indicated M5 x 12mm Screw (53). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank Arm for a moment. Repeat until the console displays correct feedback.



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

BATTERY REPLACEMENT

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 4 on page 5.

HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks slightly on your floor, turn one or both of the leveling feet under the rear stabilizer.

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

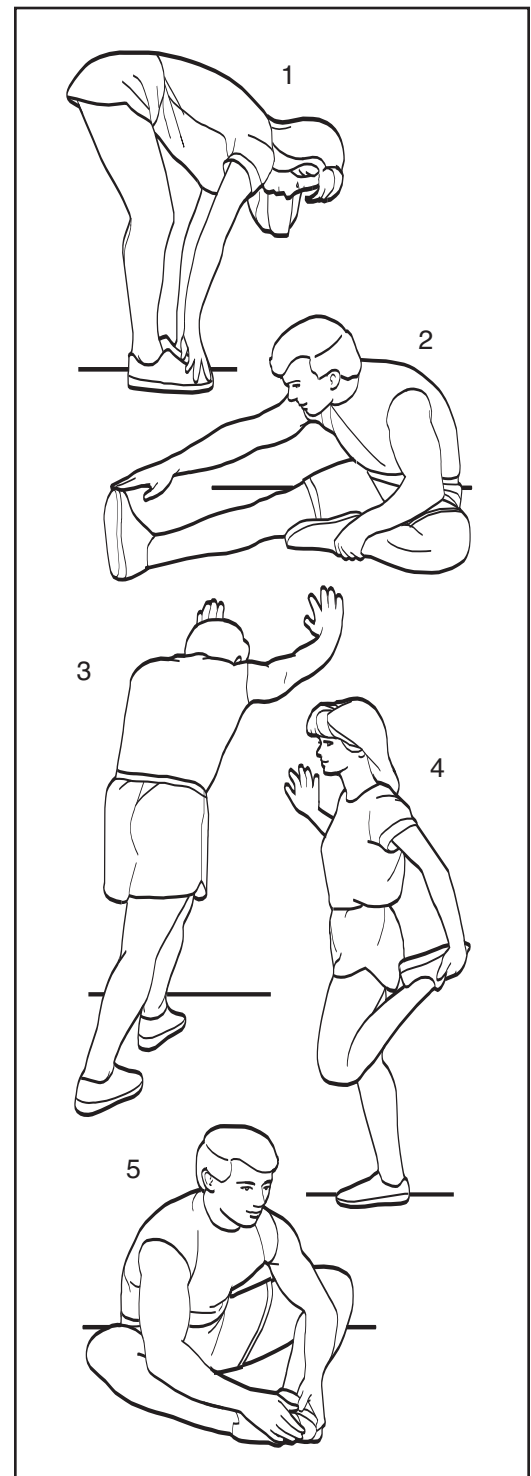
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

NOTES

PART LIST—Model No. PFEVEX2416.0

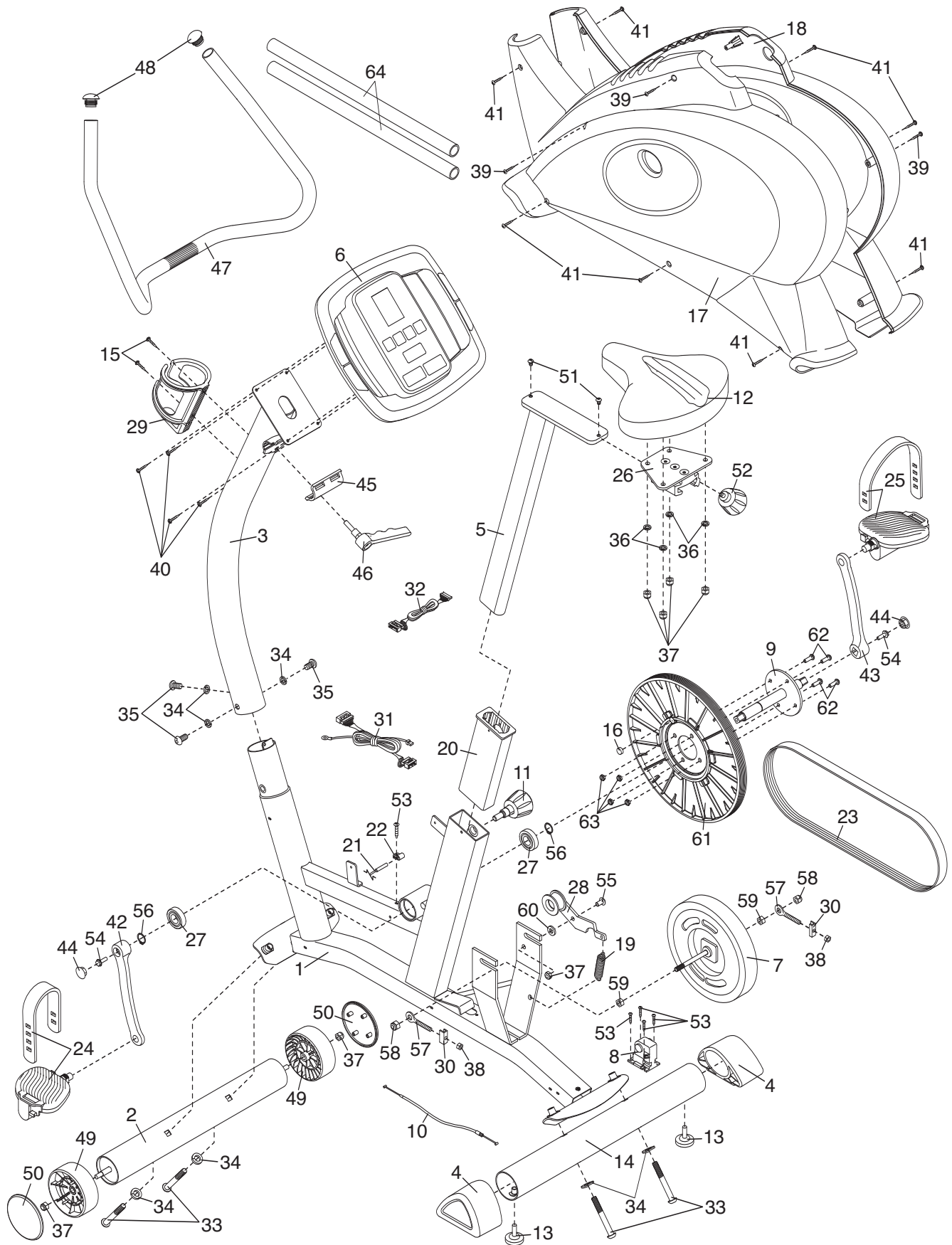
R0207A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	35	3	M10 x 20mm Button Screw
2	1	Front Stabilizer	36	4	M8 Split Washer
3	1	Upright	37	7	M8 Nylon Locknut
4	2	Endcap	38	2	M6 Nut
5	1	Seat Post	39	3	M4 x 25mm Screw
6	1	Console	40	4	M4 x 15mm Screw
7	1	Eddy Mechanism	41	8	M5 x 20mm Screw
8	1	Resistance Motor	42	1	Left Crank Arm
9	1	Crank	43	1	Right Crank Arm
10	1	Resistance Cable	44	2	Crank Cover
11	1	Adjustment Knob	45	1	Upright Clamp
12	1	Seat	46	1	Adjustment Handle
13	2	Foot	47	1	Handlebar
14	1	Rear Stabilizer	48	2	Handlebar Endcap
15	2	M4 x 15mm Screw	49	2	Wheel
16	1	Magnet	50	2	Hub Cap
17	1	Left Side Shield	51	2	M6 x 8mm Screw
18	1	Right Side Shield	52	1	Seat Knob
19	1	Spring	53	5	M5 x 12mm Screw
20	1	Seat Post Bushing	54	2	M8 x 25mm Flange Screw
21	1	Reed Switch/Wire	55	1	M8 x 20mm Bolt
22	1	Clamp	56	2	Snap Ring
23	1	Belt	57	2	Eye Bolt
24	1	Left Pedal/Strap	58	2	3/8" Nut
25	1	Right Pedal/Strap	59	2	Flywheel Nut
26	1	Seat Carriage	60	1	M8 Washer
27	2	Crank Bearing Set	61	1	Pulley
28	1	Idler	62	4	M6 x 16mm Screw
29	1	Water Bottle Holder	63	4	M6 Nylon Jamnut
30	2	Idler Pulley	64	2	Foam Grip
31	1	Lower Wire Harness	#	1	Assembly Tool
32	1	Upper Wire Harness	#	1	User's Manual
33	4	M10 x 73mm Button Screw	#	2	Hex Key
34	7	M10 Split Washer			

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. PFEVEX2416.0

R0207A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVEX2416.0)
- the NAME of the product (PROFORM 710 EKG exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 18 and 19)

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