

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 (444) 113 387 7133
Fax: 0 (444) 113 387 7125

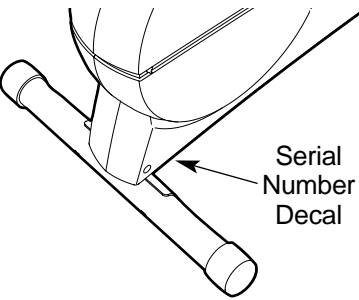
To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVEX29831)
- the NAME of the product (PROFORM® 735 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 page 14 of this manual)



USER'S MANUAL

Model No. PFEVEX29831
Serial No. _____



QUESTIONS?

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

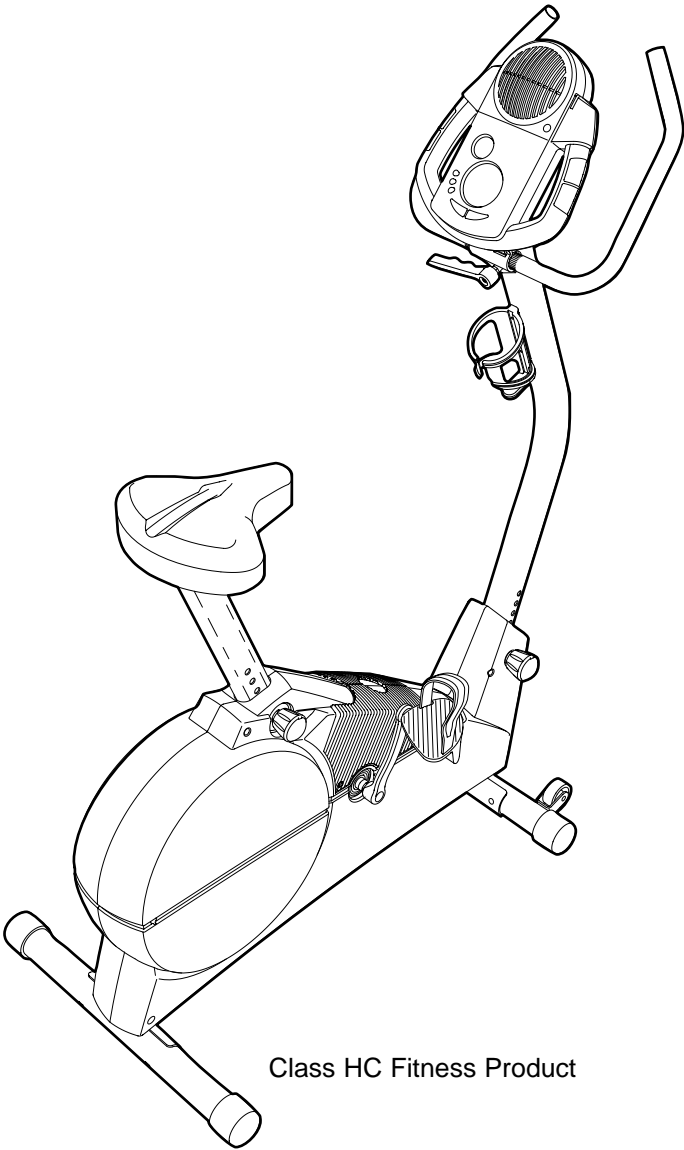
08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
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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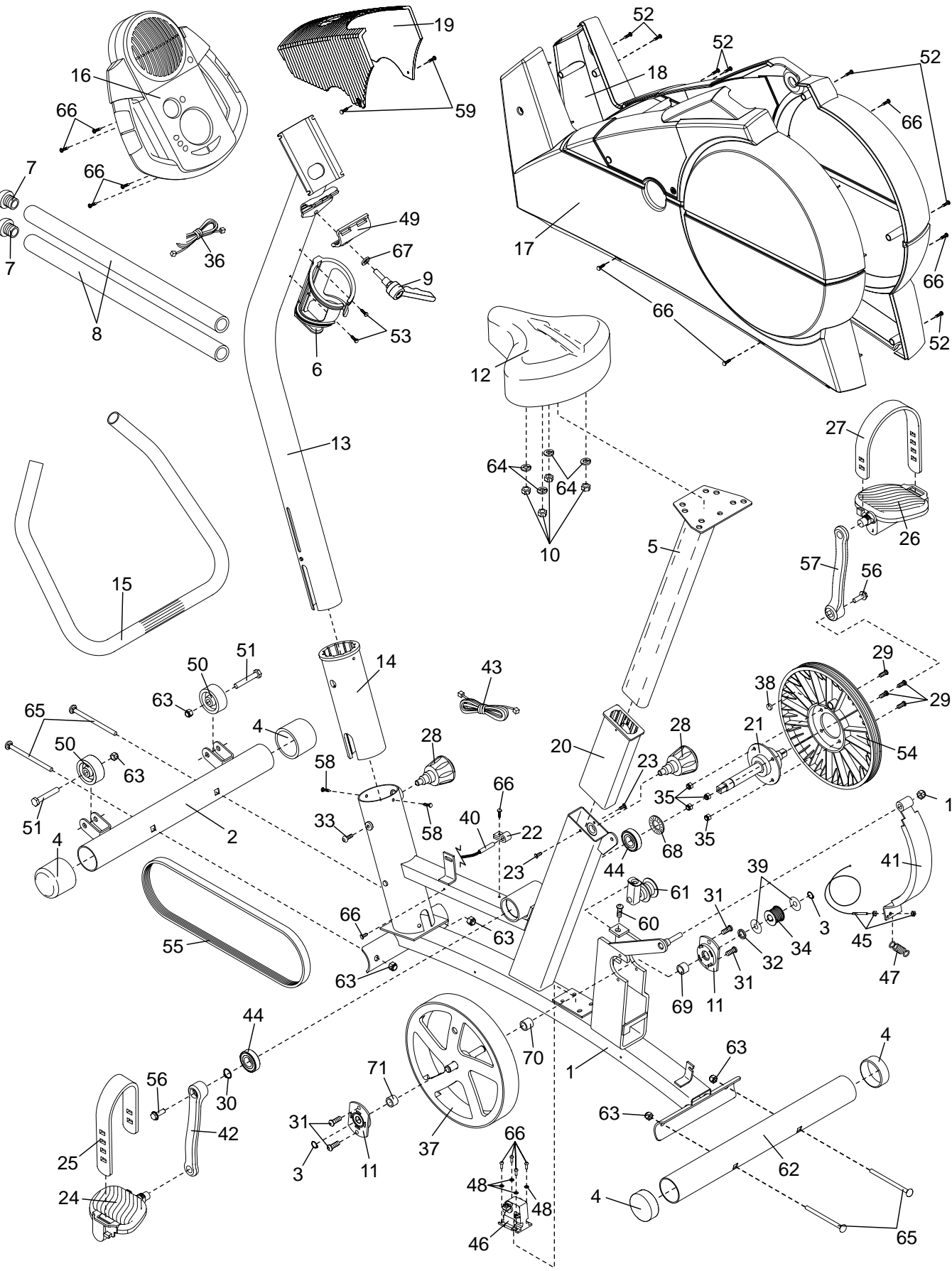
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EXPLODED DRAWING—Model No. PFEVEX29831

R1103A



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. 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.

4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

5. Keep children under the age of 12 and pets away from the exercise cycle at all times.

6. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.

7. The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).
8. Always keep your back straight when using the exercise cycle; do not arch your back.

9. If you feel pain or dizziness whilst exercising, stop immediately and cool down.

10. The exercise cycle does not have a freewheel; the pedals will continue to move until the fly-wheel stops.

11. 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.

12. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.

13. A warning decal has been placed on the exercise cycle in the location shown on page 3. If the decal is missing, or if it is not legible, please call our Customer Service Department at 08457 089 009 to 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.

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|--------------------------|---------|------|----------------------------|
| 1 | 1 | Frame | 38 | 1 | Magnet |
| 2 | 1 | Front Stabiliser | 39 | 2 | Small Pulley Washer |
| 3 | 2 | Small Snap Ring | 40 | 1 | Reed Switch/Sensor Wire |
| 4 | 4 | Stabilizer Endcap | 41 | 1 | “C” Magnet |
| 5 | 1 | Seat Post | 42 | 1 | Left Crank Arm |
| 6 | 1 | Bottle Holder | 43 | 1 | Lower Wire Harness |
| 7 | 2 | Handlebar Endcap | 44 | 2 | Crank Bearing |
| 8 | 2 | Foam Grip | 45 | 1 | Resistance Cable |
| 9 | 1 | Adjustment Handle | 46 | 1 | Resistance Motor |
| 10 | 5 | M8 Nylon Locknut | 47 | 1 | Return Spring |
| 11 | 2 | Bushing Bracket | 48 | 4 | M5 Washer |
| 12 | 1 | Seat | 49 | 1 | Handlebar Clamp |
| 13 | 1 | Upright | 50 | 2 | Wheel |
| 14 | 1 | Upright Bushing | 51 | 2 | M10 x 45mm Button Bolt |
| 15 | 1 | Handlebar | 52 | 7 | M4 x 25mm Screw |
| 16 | 1 | Console | 53 | 2 | M4 x 22mm Screw |
| 17 | 1 | Left Side Shield | 54 | 1 | Pulley |
| 18 | 1 | Right Side Shield | 55 | 1 | Belt |
| 19 | 1 | Side Shield Cover | 56 | 2 | Flange Screw |
| 20 | 1 | Seat Post Bushing | 57 | 1 | Right Crank Arm |
| 21 | 1 | Crank Assembly | 58 | 2 | M6 x 8mm Screw |
| 22 | 1 | Reed Switch Clamp | 59 | 2 | M4 x 12mm Round Head Screw |
| 23 | 2 | M4 x 5mm Screw | 60 | 1 | M8 x 35mm Button Screw |
| 24 | 1 | Left Pedal | 61 | 1 | Idler |
| 25 | 1 | Left Pedal Strap | 62 | 1 | Rear Stabilizer |
| 26 | 1 | Right Pedal | 63 | 6 | M10 Black Nylon Locknut |
| 27 | 1 | Right Pedal Strap | 64 | 4 | M8 Split Washer |
| 28 | 2 | Adjustment Knob | 65 | 4 | M10 x 65mm Carriage Bolt |
| 29 | 4 | M6 x 18mm Bolt | 66 | 14 | M4 x 16mm Screw |
| 30 | 1 | Snap Ring | 67 | 1 | M8 Washer |
| 31 | 4 | M6 x 13mm Button Screw | 68 | 1 | Thrust Washer |
| 32 | 1 | Flywheel Washer | 69 | 1 | 2.8mm Spacer |
| 33 | 1 | M6 x 25.4mm Button Screw | 70 | 1 | 9mm Spacer |
| 34 | 1 | Small Pulley | 71 | 1 | 7.5mm Spacer |
| 35 | 4 | M6 Nylon Locknut | # | 1 | User's Manual |
| 36 | 1 | Upper Wire Harness | # | 2 | Allen Wrench |
| 37 | 1 | Flywheel | | | |

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.

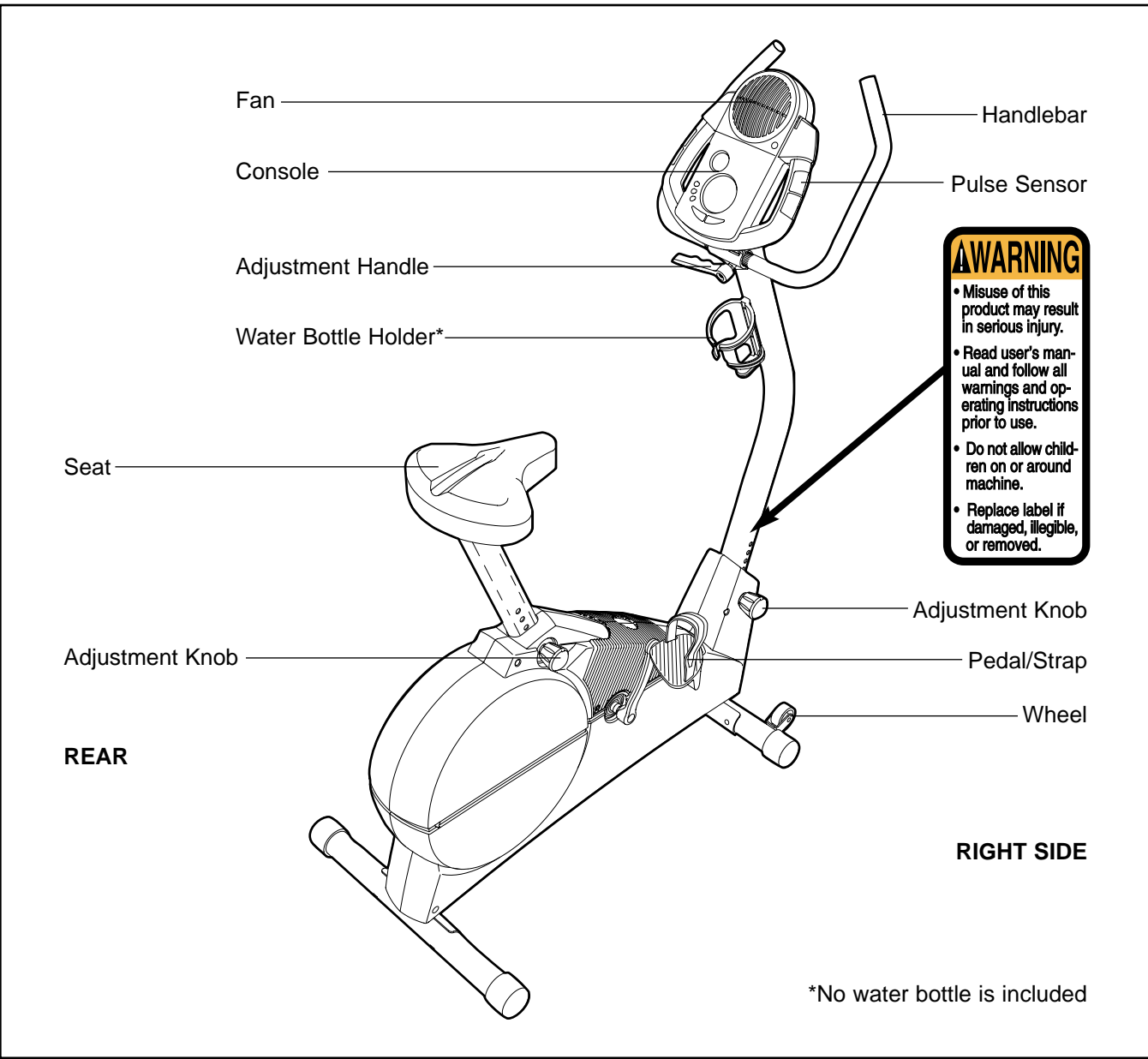
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 735 EKG exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PROFORM® 735 EKG 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 exercise cycle. If you have questions after reading this manual, please call our Customer


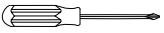
Service Department toll-free at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is PFEVEX29831. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

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

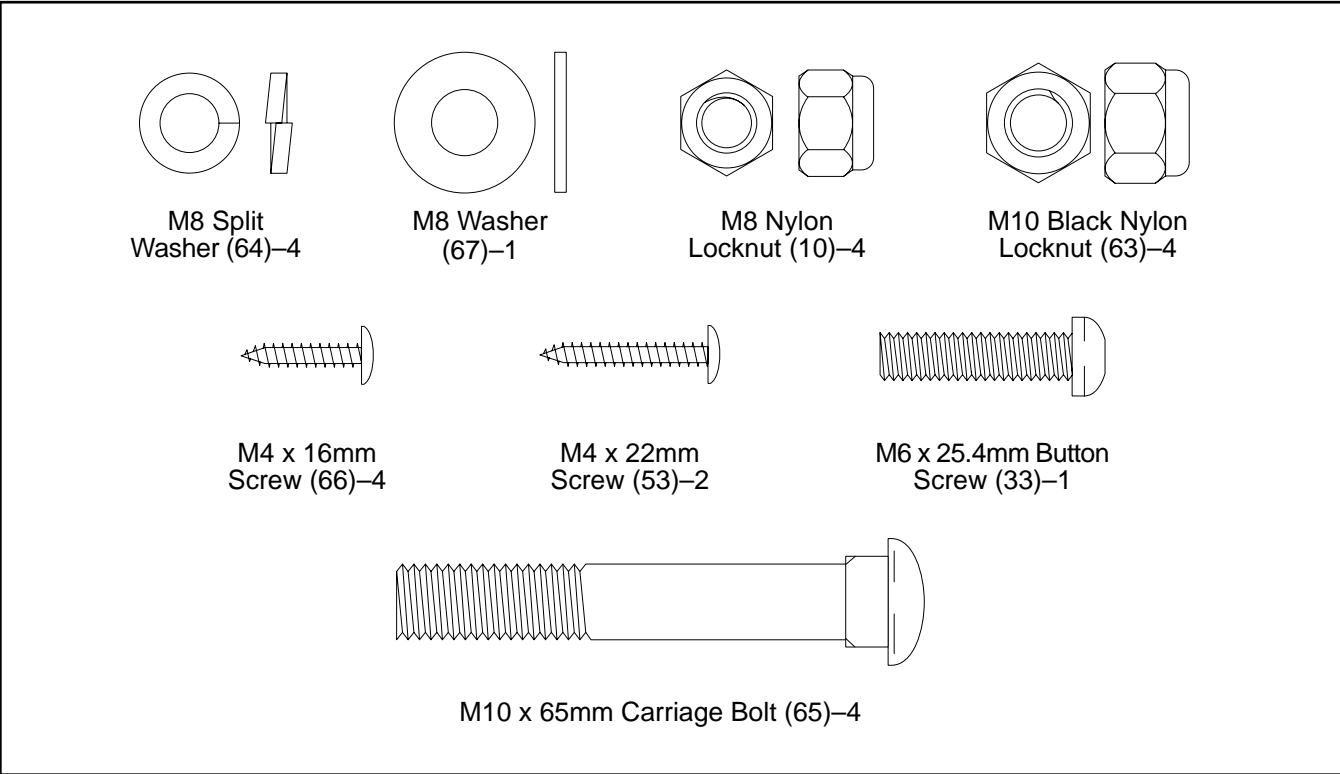


ASSEMBLY

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 spanner  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.**



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.

MAINTENANCE AND TROUBLESHOOTING

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

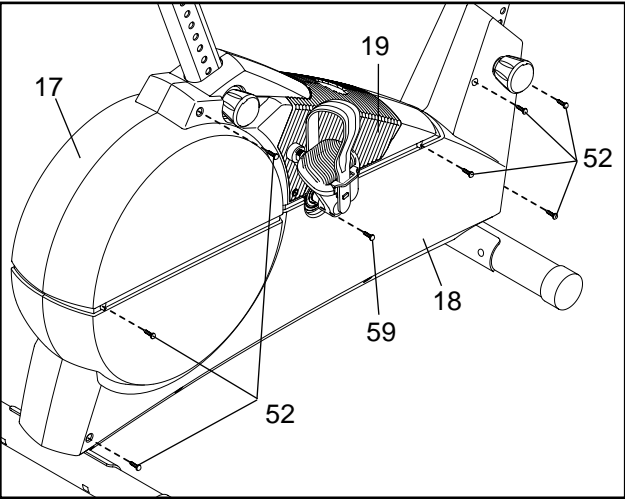
To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HANDGRIP PULSE SENSOR TROUBLESHOOTING

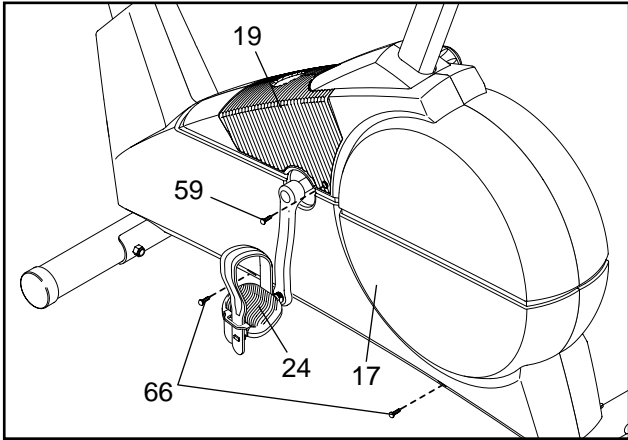
- Avoid moving your hands or holding the metal contacts too tightly whilst using the handgrip pulse sensor. Excessive movement or pressure may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- Keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

HOW TO ADJUST THE REED SWITCH

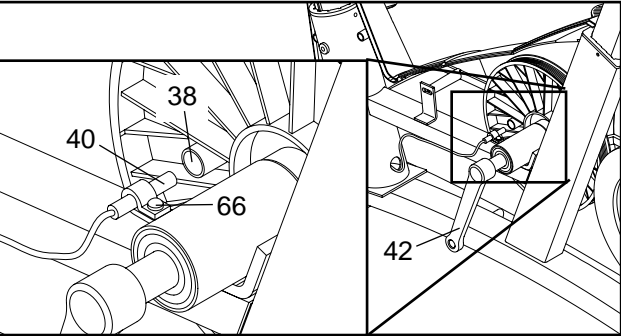
If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the Left Side Shield (17) must be removed. Remove the seven Screws (52) from the Right Side Shield (18). Next, remove the Screw (59) from the right side of the Side Shield Cover (19).



Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the two Screws (66) from the Left Side Shield (17). Remove the Screw (59) from the left side of the Side Shield Cover (19) and lift it off. Gently remove the Left Side Shield.



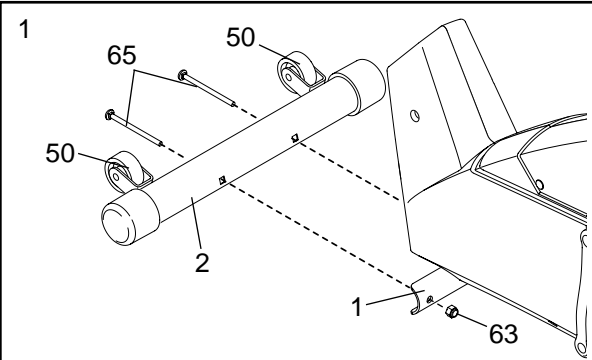
Next, locate the Reed Switch (40). Turn the Left Crank Arm (42) until the Magnet (38) is aligned with the Reed Switch. Loosen but do not remove the Screw (66). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield, side shield cover and the pedal.



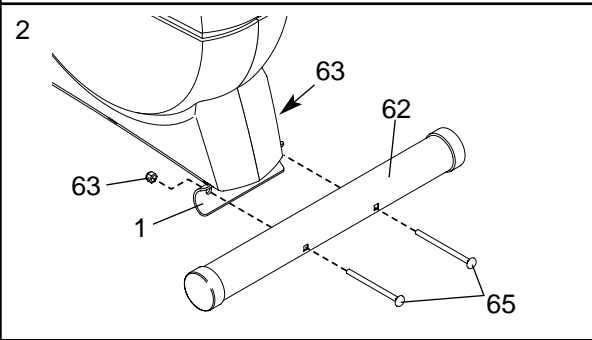
BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 4 on page 5 for replacement instructions.

1. Identify the Front Stabiliser (2). Whilst another person lifts the front of the Frame (1) slightly, attach the Front Stabilizer to the Frame with two M10 x 65mm Carriage Bolts (65) and two M10 Black Nylon Locknuts (63). **Make sure that the Front Stabiliser is turned so the Wheels (50) are not touching the floor.**



2. Whilst another person lifts the back of the Frame (1) slightly, attach a Rear Stabiliser (62) to the Frame with two M10 x 65mm Carriage Bolts (65) and two M10 Black Nylon Locknuts (63).

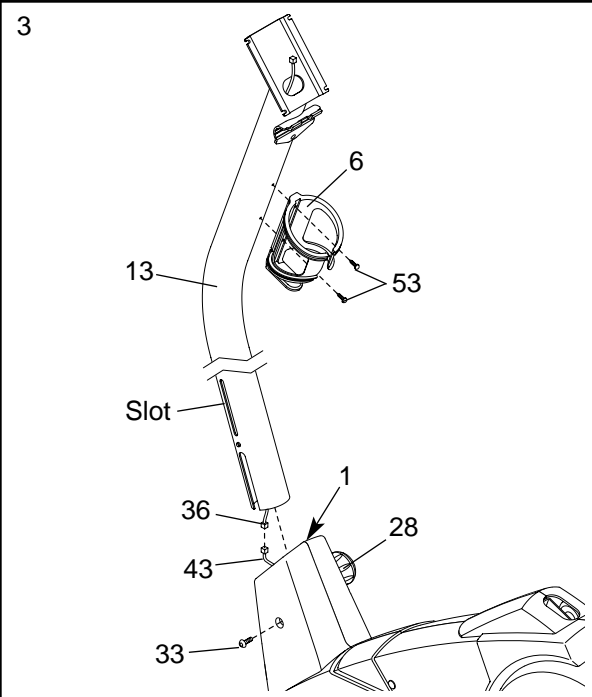


3. Whilst another person holds the Upright (13) in the position shown, connect the Upper Wire Harness (36) to the Lower Wire Harness (43).

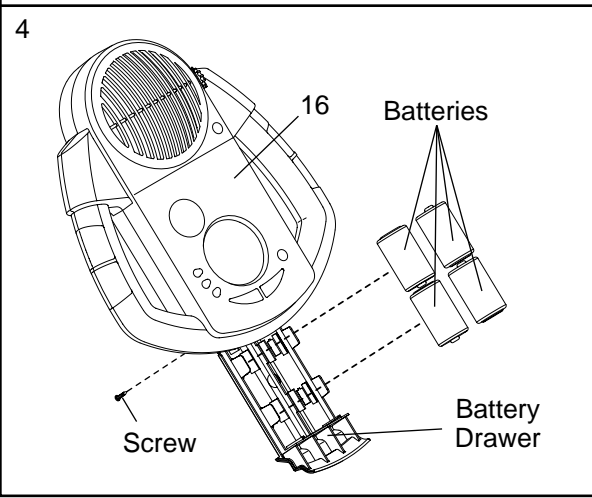
Turn the indicated Adjustment Knob (28) counterclockwise two or three turns to loosen it. Next, pull the Knob, insert the Upright (13) into the Frame (1), and then release the Knob. **Be careful to avoid pinching the Wire Harnesses (36, 43). Move the Upright up and down slightly until the pin on the Knob snaps into one of the holes in the Upright.** Then, turn the Knob clockwise until it is tight.

Tighten the M6 x 25.4mm Button Screw (33) into the Frame (1) and into the slot in the side of the Upright (13).

Attach the Water Bottle Holder (6) to the Upright (13) with two M4 x 22mm Screws (53).



4. The Console (16) requires four "D" batteries (not included); alkaline batteries are recommended. Remove the screw from the battery drawer. Pull the battery drawer open and insert four batteries. **Make sure that the batteries are oriented as shown by the markings inside the battery drawer.** Close the battery drawer and reattach the screw. Note: When the batteries are installed correctly, the fan will turn on for a moment.



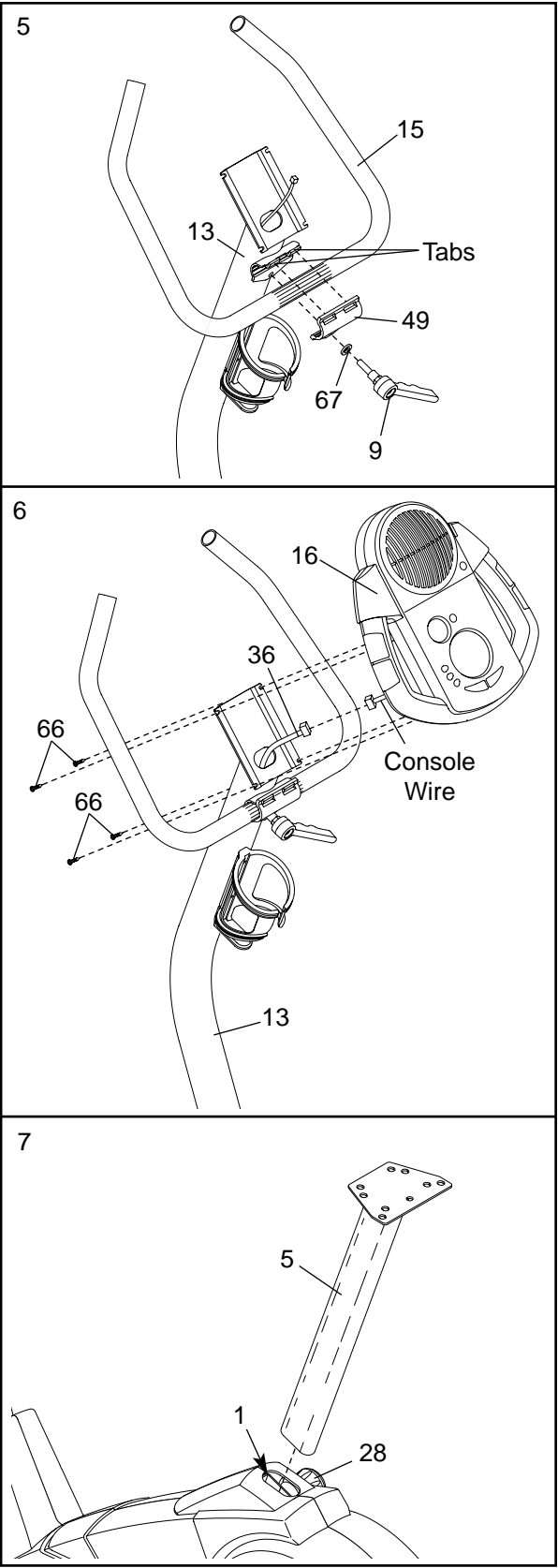
- Slide the two slots in the Handlebar Clamp (49) onto the two indicated tabs on the Upright (13). Lift the bottom of the Handlebar Clamp away from the Upright, and insert the Handlebar (15) between the Handlebar Clamp and the Upright. Centre the Handlebar and rotate it to the desired position.

Slide an M8 Washer (67) onto the Adjustment Handle (9). Insert the Adjustment Handle into the Handlebar Clamp (49), and tighten the Adjustment Handle into the Upright (13). Note: The Adjustment Handle works like a spanner. Turn the Handle clockwise, pull it away from the Upright, turn it counterclockwise, push it toward the upright, and then turn it clockwise again.

- Hold the Console (16) near the Upright (13). Connect the console wire to the Upper Wire Harness (36). Insert the excess wire into the Upright.

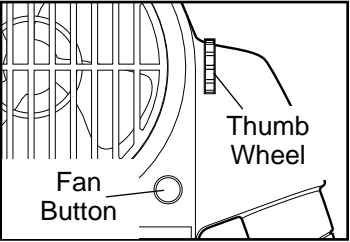
Attach the Console (16) to the Upright (13) with four M4 x 16mm Screws (66). **Be careful to avoid pinching the wires.**

- Turn the indicated Adjustment Knob (28) counterclockwise two or three turns to loosen it. Next, pull the Knob, insert the Seat Post (5) into the Frame (1), and then release the Knob. **Move the Seat Post up and down slightly until the pin on the Knob snaps into one of the holes in the Seat Post.** Then, turn the Knob clockwise until it is tight.



5 Turn on the fan if desired.

To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the fan button a second time. To turn off the fan, press the fan button a third time. Note: If the fan is turned on and the pedals are not moved for about half a minute, the fan will turn off to conserve the batteries.



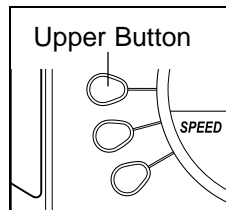
Rotate the thumb wheel on the right side of the console to pivot the fan to the desired angle.

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

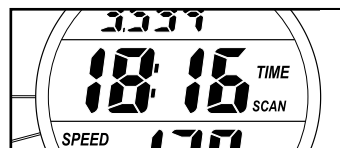
If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the large display.

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

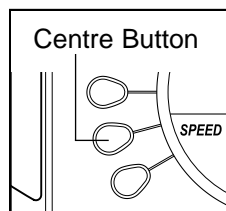
To view only the distance you have pedaled or the number of calories or fat calories you have burned, press the upper button on the left side of the large display until only the word DISTANCE, CALORIES, or FAT CALS appears in the upper section of the large display; make sure that the word SCAN does not appear. To again view the distance you have pedaled and the numbers of calories and fat calories you have burned, press the upper button until the word SCAN reappears.



The centre of the large display will show the elapsed time and your current pace (pace is shown in minutes per mile in this section of the large display). The display will change from one number to the other every few seconds.



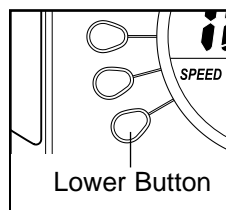
To view only the elapsed time or your pace, press the centre button on the left side of the large display until only the word TIME or PACE appears; make sure that the word SCAN does not appear. To again view both the elapsed time and your pace, press the centre button until the word SCAN reappears.



The lower section of the large display will show your pedaling speed and the resistance level. The display will change from one number to the other every few seconds.



To view only your pedaling speed or the resistance level, press the lower button on the left side of the large display until only the word SPEED or RESISTANCE appears; make



sure that the word SCAN does not appear. To again view both your pedaling speed and the resistance level, press the lower button until the word SCAN reappears.

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

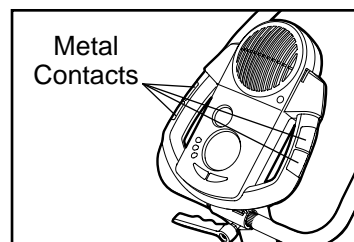
Note: The console can show speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the lower section of the large display to show which unit of measurement is selected. To change the unit of measurement, hold down the On/Reset button for about six seconds. Note: When the button is held down, the fan will turn on for a moment. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.



4 Measure your heart rate if desired.

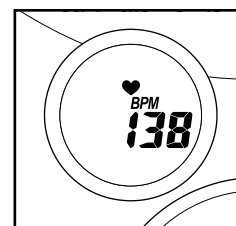
If there are thin sheets of plastic on the metal contacts on the handgrips, peel off the plastic.

To use the handgrip pulse sensor, hold the handgrips with your palms resting against the metal contacts. **Avoid moving your hands.**

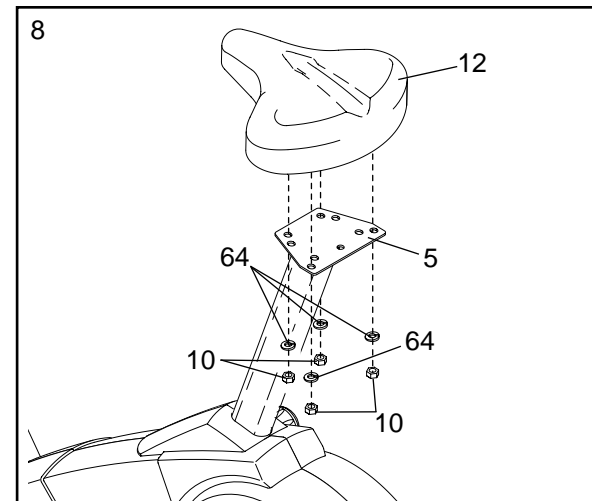


When your pulse is detected, the heart-shaped indicator in the small display will flash each time your heart beats. After a moment, two dashes (— —) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds.

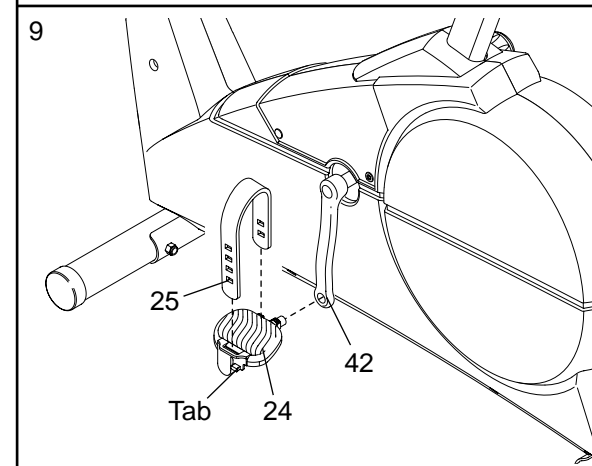


8. Attach the Seat (12) to the Seat Post (5) with four M8 Nylon Locknuts (10) and four M8 Split Washers (64). Note: The Nylon Locknuts and the Split Washers may be pre-attached to the underside of the Seat.



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 Crank Arm (42). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Adjust the Left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (24). Adjust the Right Pedal Strap (not shown) in the same way.

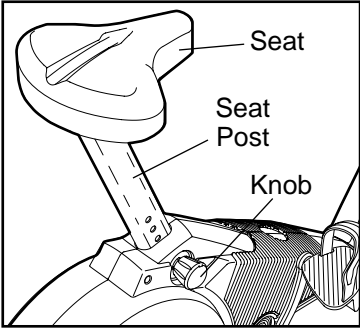


10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT POST

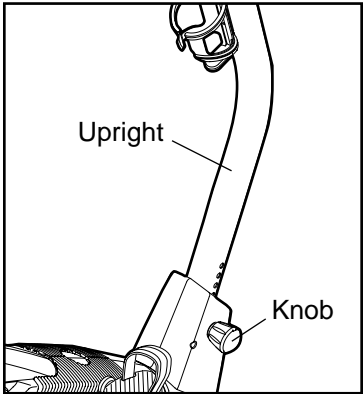
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the indicated knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the seat post). Next, pull the knob, slide the seat post to the desired height, and then release the knob. **Move the seat post up and down slightly until the pin on the knob snaps into one of the holes in the seat post.** Then, turn the knob clockwise until it is tight.



counterclockwise, pull it away from the handlebar, turn it clockwise, push it toward the handlebar, and then turn it counterclockwise again. Repeat this procedure until the handlebar is loose. Move the handlebar up or down to the desired position, and then turn the handle clockwise until it is tight.

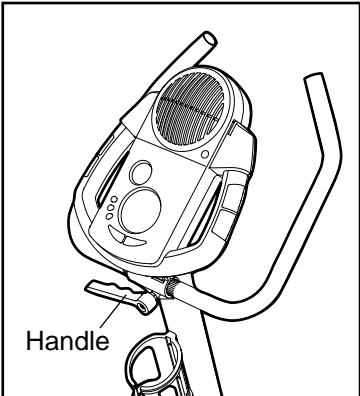
HOW TO ADJUST THE UPRIGHT

The upright can be adjusted to the height that is the most comfortable for you. To adjust the upright, first turn the indicated knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the upright). Next, pull the knob, slide the upright to the desired height, and then release the knob. **Move the upright up and down slightly until the pin on the knob snaps into one of the holes in the upright.** Then, turn the knob clockwise until it is tight.

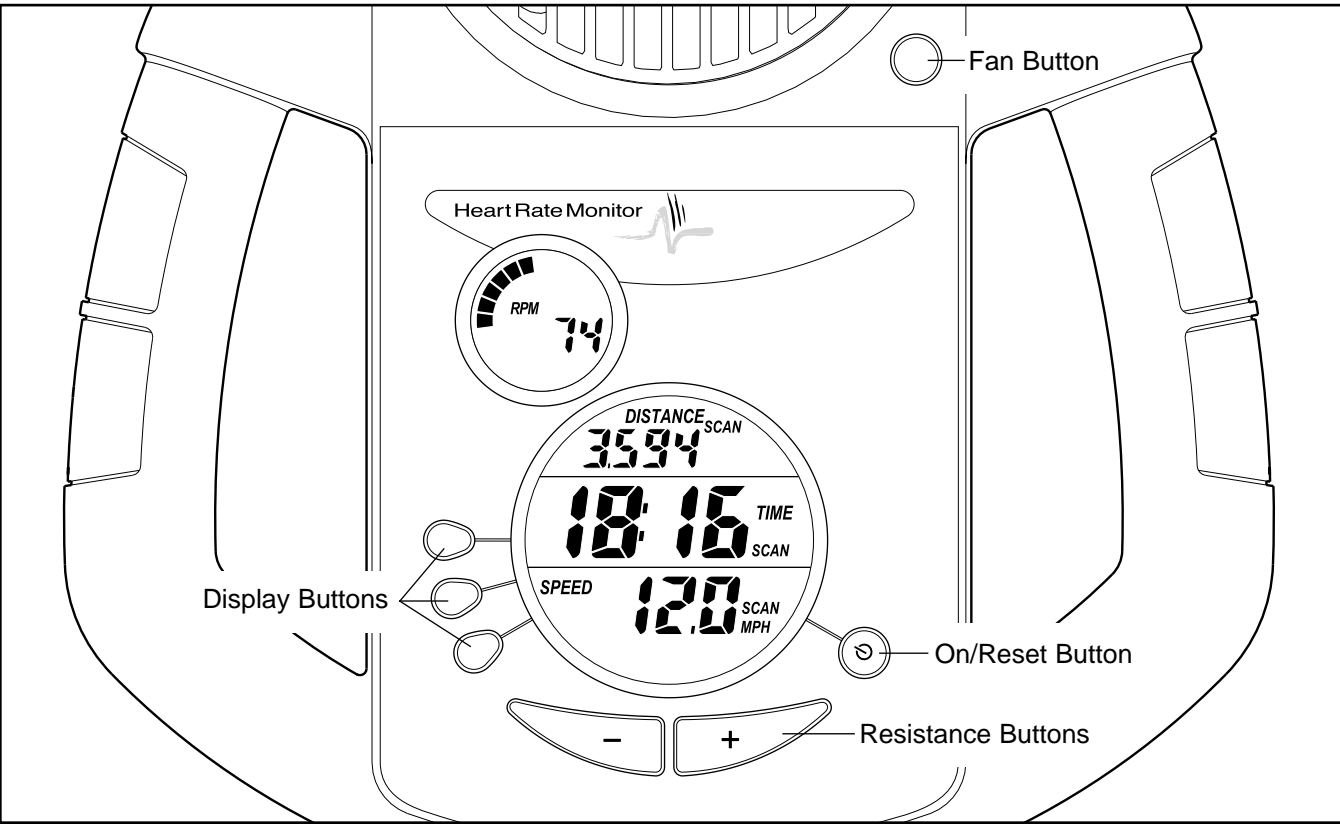


HOW TO ADJUST THE HANDLEBAR

The handlebar can be adjusted to the position that is the most comfortable for you. To adjust the handlebar, first turn the adjustment handle counterclockwise to loosen it. Note: The adjustment handle works like a spanner. Turn the handle



HOW TO OPERATE THE CONSOLE



The easy-to-use console offers a selection of features designed to help you get the most from your workouts. Follow the instructions below to operate the console.

1 Turn on the console.

Note: The console requires four 1.5V “D” batteries. See assembly step 4 on page 5 for battery installation instructions.

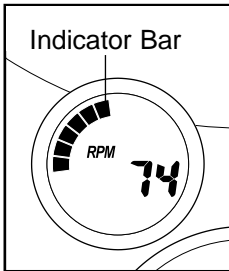
To turn on the console, press the On/Reset button (see the drawing above to identify the On/Reset button). Note: Moving the pedals is another way to turn on the console.

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

As you pedal, change the resistance of the pedals by pressing the + and – buttons below the large display. There are ten resistance levels—level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the resistance to reach the selected setting.

3 Follow your progress with the small display and the large display.

The small display will show your pedaling pace, in revolutions per minute (RPM). The indicator bar in the small display will increase or decrease in length as you increase or decrease your pedaling pace. Note: When you use the handgrip pulse sensor, the small display will show your heart rate (see step 4 on page 10).



The upper section of the large display will show the distance you have pedaled and the numbers of calories and fat calories you have burned (see FAT BURNING on page 13 for an explanation of fat calories). The display will change from one number to the next every few seconds.

