PRO-FORM®
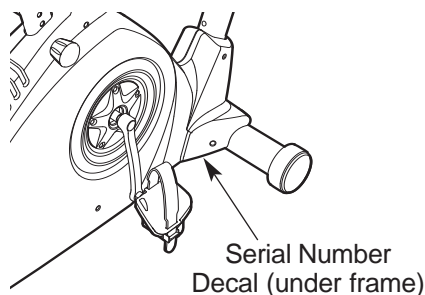# PF 785 Watts

Model No. PFEVEX95807.1
Serial No. _____

Write the serial number in the space above for future reference.

Serial Number
Decal (under frame)

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 at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

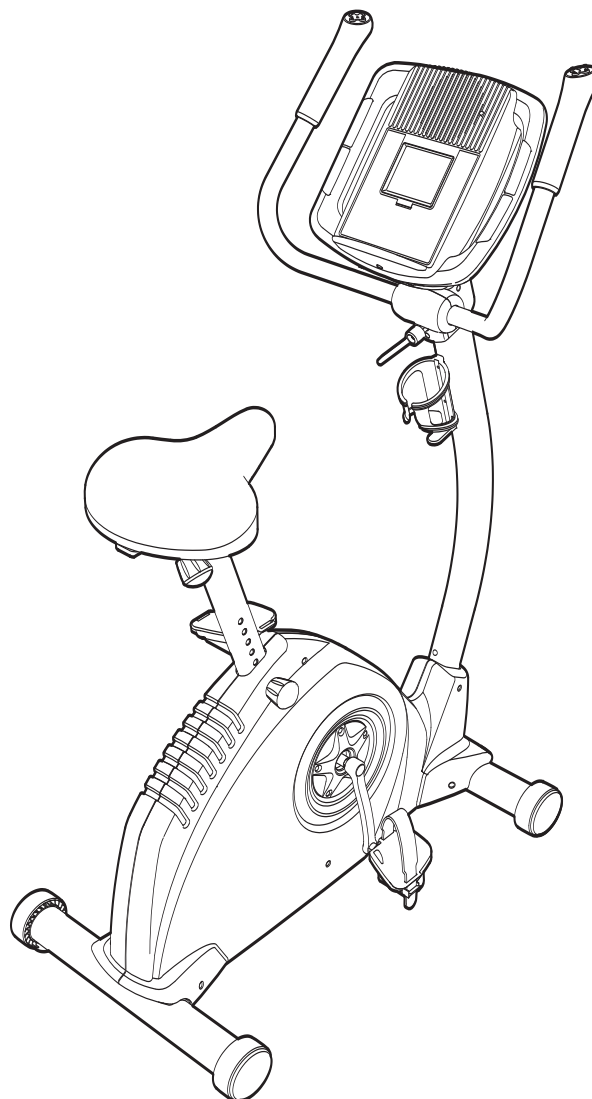**Fax: 0 (44) 113 3877125**

E-mail: 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.
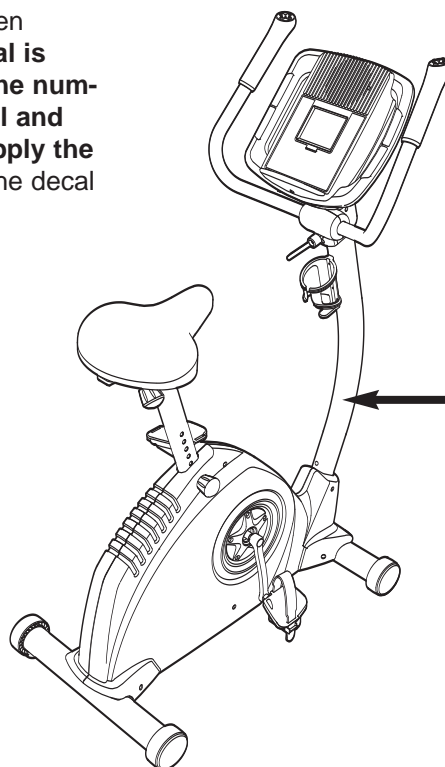
USER'S MANUAL

Visit our website at
www.iconeurope.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **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 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.

• Replace label if damaged, illegible, or removed.

PROFORM is a registered trademark of ICON IP, Inc.

2

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.
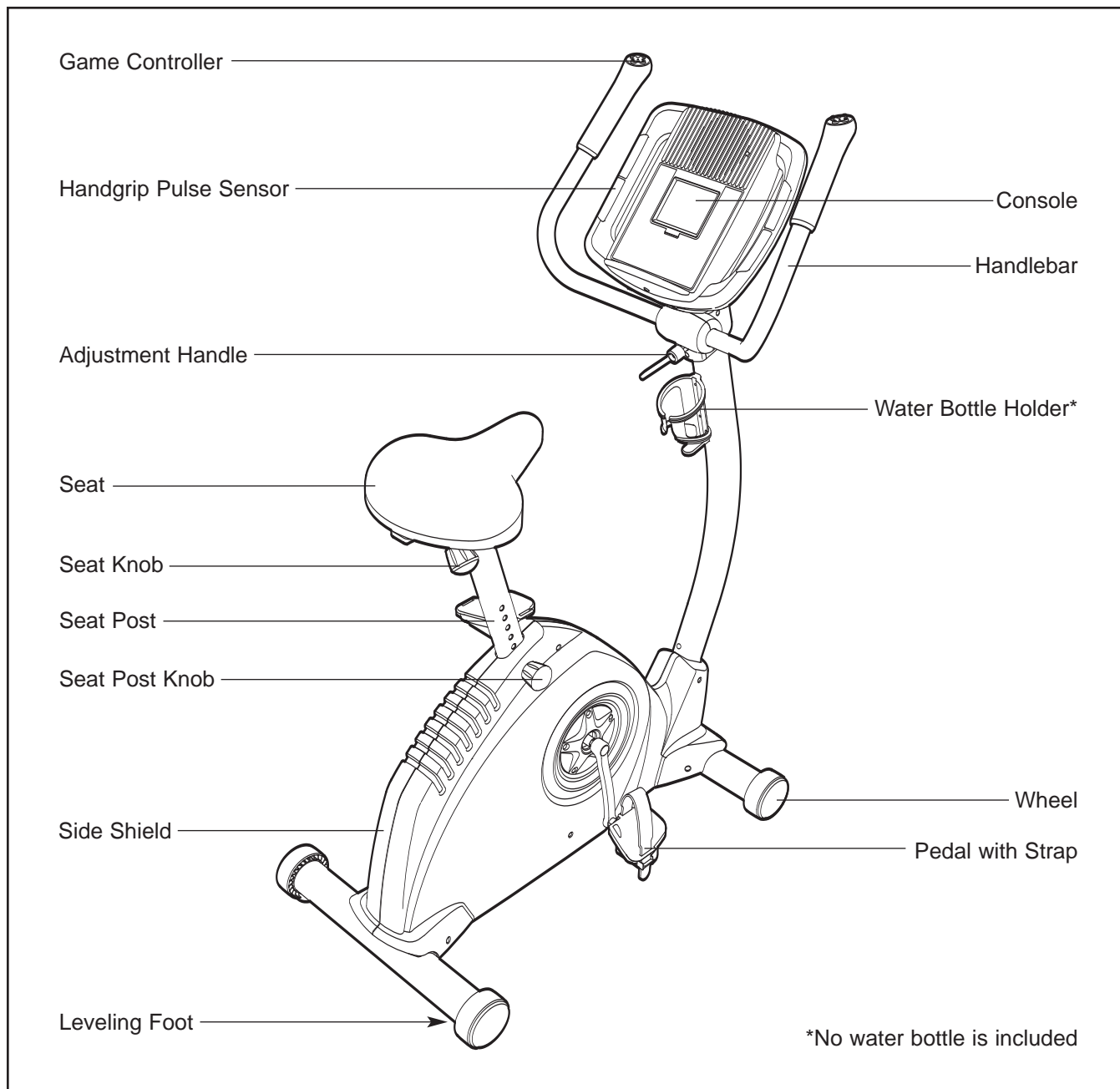
1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

2. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle.

3. Use the exercise cycle only as described in this manual.

4. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.

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

6. Keep the exercise cycle indoors, away from moisture and dust. Place the 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 the exercise cycle to mount, dismount, and use it.

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

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

9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.

10. The exercise cycle should not be used by persons weighing more than 250 lbs. (113 kg).

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. Always keep your back straight while using the exercise cycle; do not arch your back.

13. If you feel pain or dizziness while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PRO-FORM® PF 785 WATTS exercise cycle. Cycling is one of the most effective exercises for increasing cardio-vascular fitness, building endurance, and toning the entire body. The PF 785 WATTS exercise cycle offers an impressive array of features, including two motivational fitness games, designed to let you enjoy this healthful exercise in the comfort and convenience of your home.
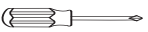
For your benefit, read this manual carefully before using the exercise cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

Game Controller

Handgrip Pulse Sensor

Console

Handlebar

Adjustment Handle

Water Bottle Holder*

Seat

Seat Knob

Seat Post

Seat Post Knob

Wheel

Side Shield

Pedal with Strap

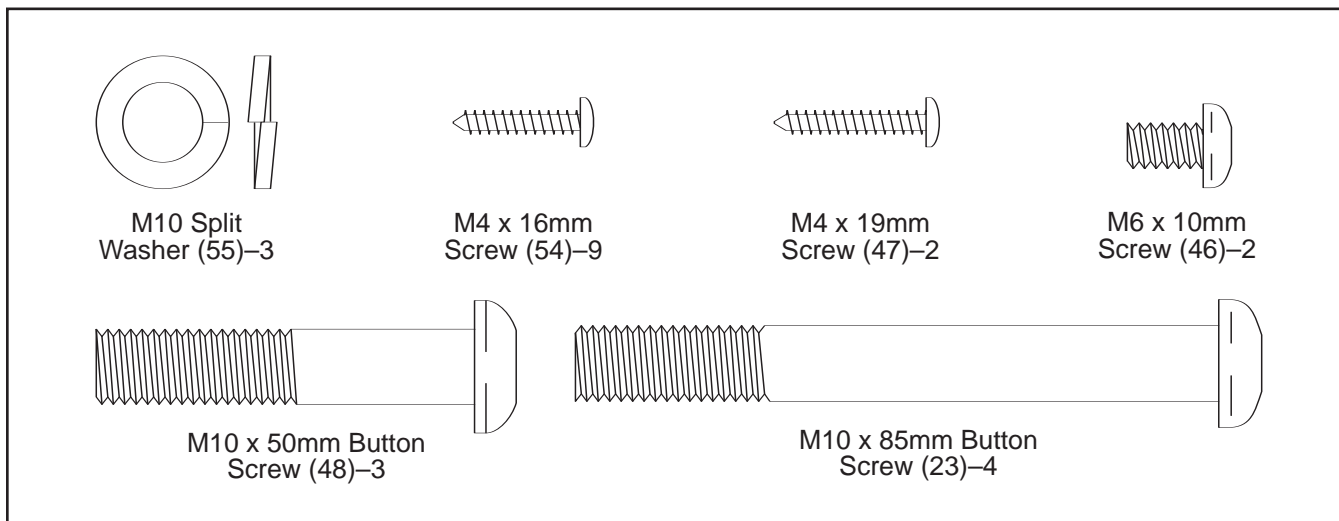Leveling Foot

*No water bottle is included

ASSEMBLY

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 your own Phillips screwdriver ⊏▭▭┅ **and an adjustable wrench** ⊂▭▭◇ **.**

As you assemble the exercise cycle, use the drawings below to identify small parts. 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 number following the parentheses is the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been preassembled.**

M10 Split
Washer (55)–3

M4 x 16mm
Screw (54)–9

M4 x 19mm
Screw (47)–2

M6 x 10mm
Screw (46)–2

M10 x 50mm Button
Screw (48)–3

M10 x 85mm Button
Screw (23)–4

1. While another person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 85mm Button Screws (23).
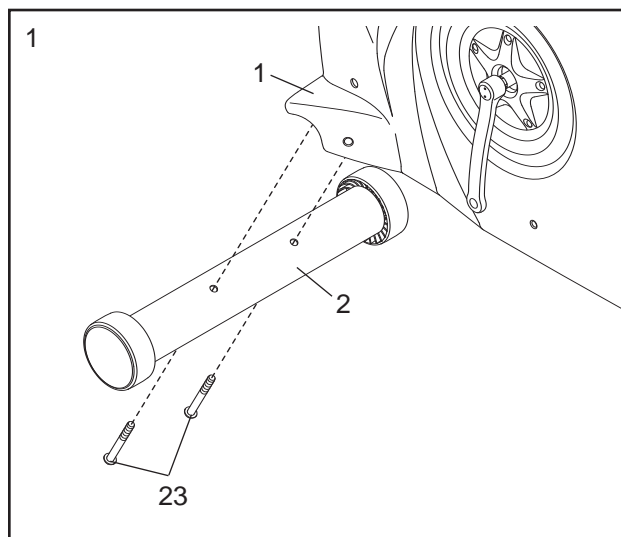
2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (3) to the Frame with two M10 x 85mm Button Screws (23).
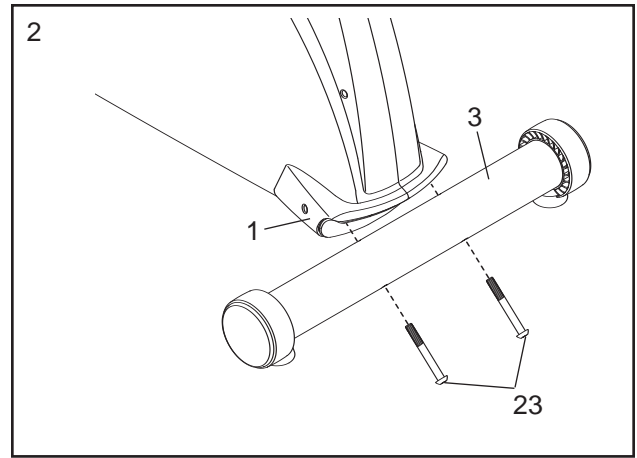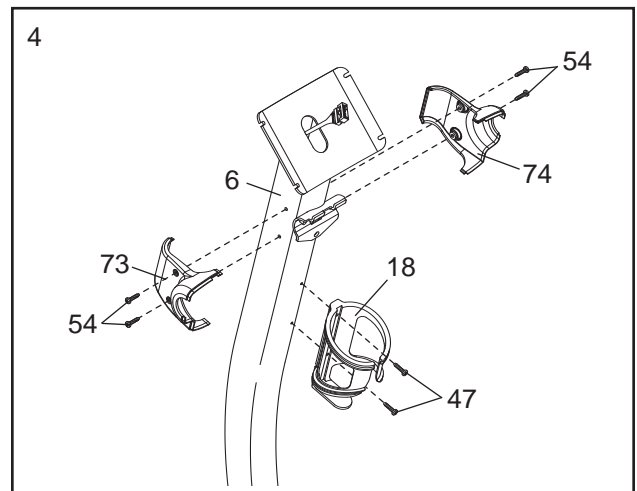

3. While another person holds the Handlebar Post (6) near the Frame (1), connect the Upper Wire Harness (51) to the Lower Wire Harness (50). Next, pull the excess Upper Wire Harness out of the top of the Handlebar Post, and slide the Handlebar Post onto the Frame. **Be careful not to pinch the Wire Harnesses.**

   Attach the Handlebar Post (6) to the Frame (1) with three M10 x 50mm Button Screws (48) and three M10 Split Washers (55); **tighten the two Button Screws in the front of the Handlebar Post first, and then tighten the third Button Screw.**

Avoid pinching the wire harnesses during this step
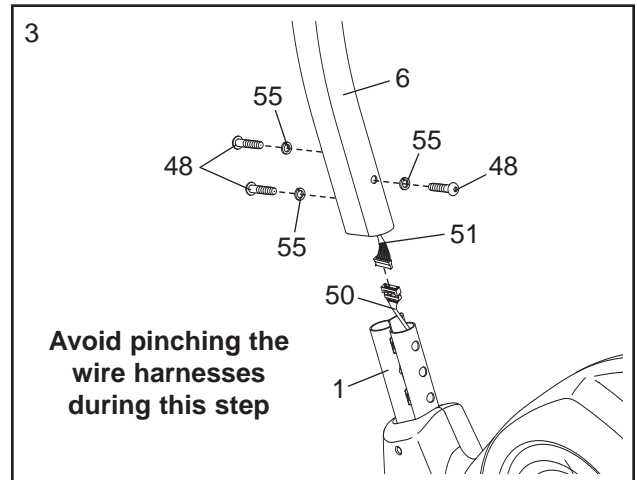
4. Attach the Water Bottle Holder (18) to the Handlebar Post (6) with two M4 x 19mm Screws (47).

   Attach the Left and Right Handlebar Covers (73, 74) around the Handlebar Post (6) with four M4 x 16mm Screws (54).

5. While a second person holds the Handlebar (7) near the Handlebar Post (6), insert the Left and Right Controller Wires (59, 60) into the hole in the Handlebar Post and upward out of the top of the Handlebar Post.

    Next, attach the Handlebar (7) to the Handlebar Post (6) with the Handlebar Clamp (22), the Clamp Cover (75), and the Adjustment Handle (10). Note: The Adjustment Handle works like a spanner. Turn the Adjustment Handle clockwise, pull it away from the Handlebar, turn it counterclockwise, push it toward the Handlebar, and then turn it clockwise again. Repeat until the Handlebar is tight. **Be careful not to pinch the Controller Wires (59, 60).**

    Then, tighten an M4 x 16mm Screw (54) into the Clamp Cover (75), the Handlebar Clamp (22), and the Handlebar Post (6).

5

Avoid pinching the controller wires during this step
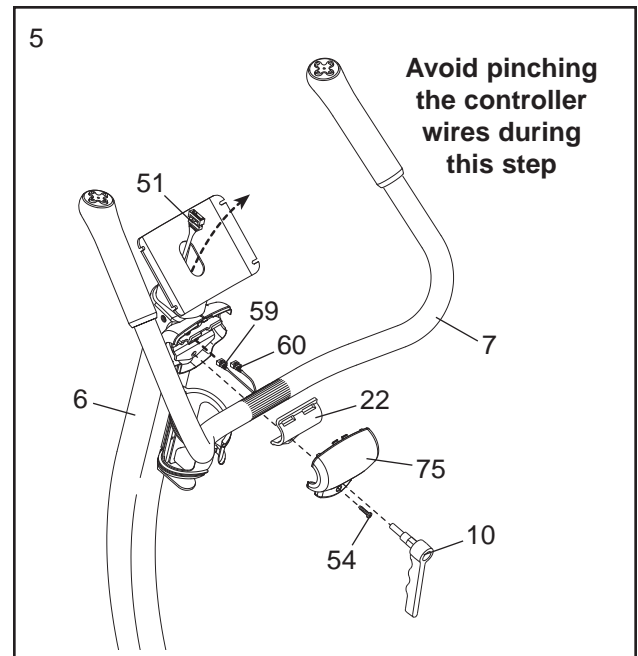
6. While another person holds the Console (9) near the Handlebar (7), connect the console wire harness to the Upper Wire Harness (51). Next, connect the Right Controller Wire (60), which has a tag attached, to the console controller wire that also has a tag. Then, connect the Left Controller Wire (59) to the other console controller wire. Insert the excess wire downward into the Handlebar Post (6).

    Attach the Console (9) to the Handlebar (7) with four M4 x 16mm Screws (54). **Be careful not to pinch the wires.**

6

Console Controller Wires

Console Wire Harness

Avoid pinching the wires during this step
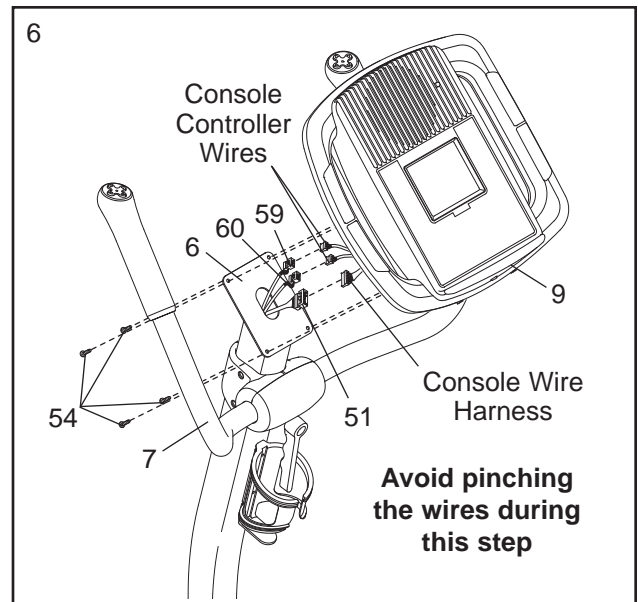
7. Turn the Seat Post Knob (20) counterclockwise several turns to loosen it. Next, pull the Seat Post Knob outward, and insert the Seat Post (11) into the Frame (1). Slide the Seat Post upward or downward to the desired position, and release the Seat Post Knob. **Move the Seat Post upward or downward slightly to make sure that the Seat Post Knob is engaged in one of the adjustment holes in the Seat Post.** Then, turn the Seat Post Knob clockwise to tighten it.
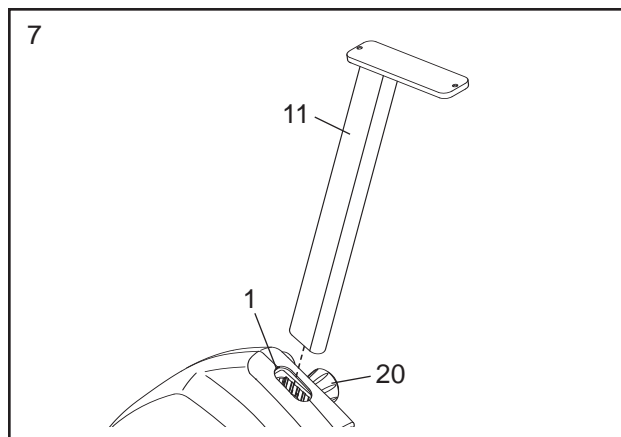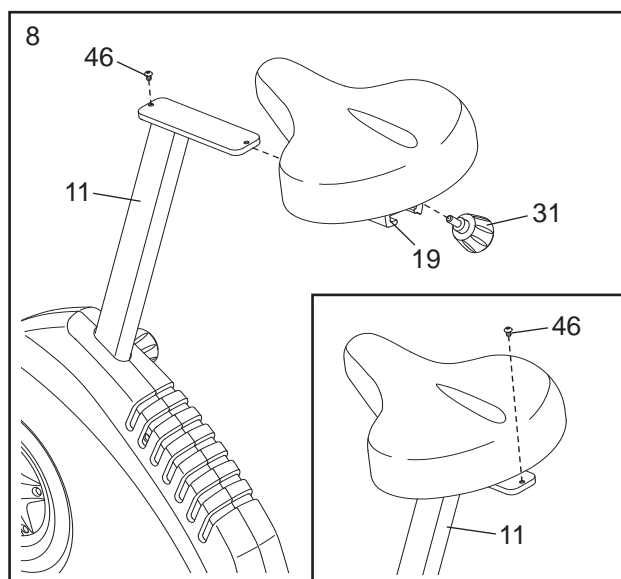

8. Attach an M6 x 10mm Screw (46) to the Seat Post (11). Next, slide the Seat Carriage (19) onto the Seat Post. Then, adjust the Seat Carriage to the desired position and tighten the Seat Knob (31) into the Seat Carriage.

   See the inset drawing. Attach another M6 x 10mm Screw (46) to the Seat Post (11).

9. Identify the Left Pedal (24), which is marked with a "Left" sticker. Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (15). 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.**

   Press the tab on the side of the Left Pedal (24) and adjust the pedal strap to the desired position. **Adjust the other pedal strap (not shown) in the same way.**
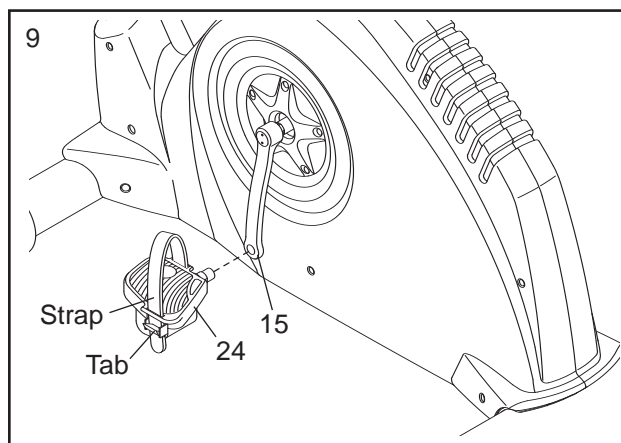
10. **Make sure that all parts are properly tightened before you use the exercise cycle. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

    Note: If you purchased the optional chest pulse sensor, see page 19 for instructions on how to install the receiver for the optional chest pulse sensor.

HOW TO OPERATE THE EXERCISE CYCLE
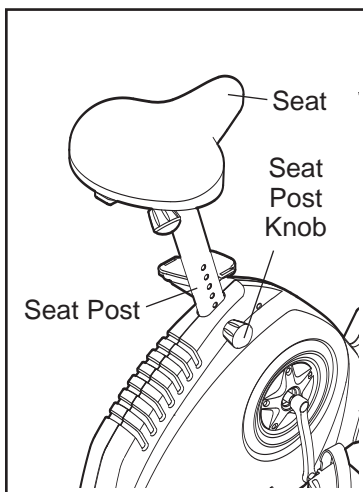
HOW TO LEVEL THE EXERCISE CYCLE

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

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 seat post 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 PEDAL STRAPS

To adjust the pedal straps, press the tabs on the sides of the pedals and adjust the pedal straps to the desired position.
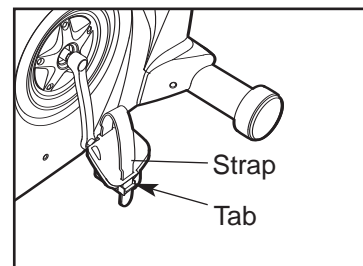
HOW TO ADJUST THE HANDLEBAR

To adjust the handlebar, first turn the indicated adjustment handle counterclockwise to loosen it. Note: The adjustment handle works 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.

CONSOLE DIAGRAM

FAN

WATTS
SELF SELECT
PROGRAM

HEART RATE
CONTROL
PROGRAMS

PERSONAL
TRAINER
PROGRAMS

DISPLAY

ENTER

TIME   GAME 1   CALORIES

4:08   65

SCORE   LEV 1

128   16.0

MPH

GameFit
interactive fitness games

FAT
BLOCKER

CALORIE
DESTROYER

START
RESET

QUICK RESISTANCE

1   2   3   4   5   6   7   8   9   10   11   12

FEATURES OF THE CONSOLE

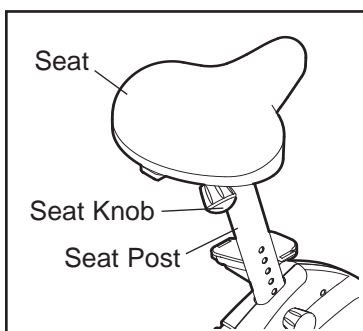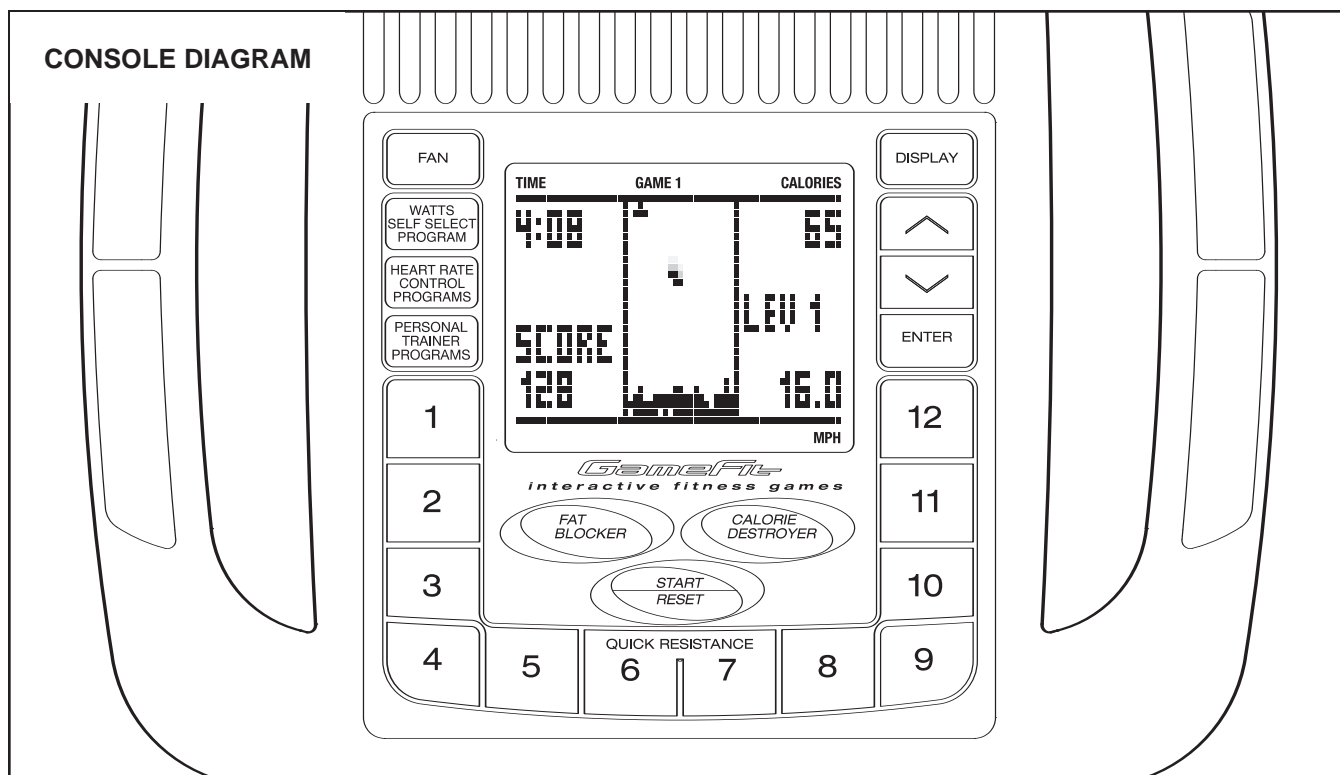The revolutionary console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor. **Note: For information about the optional chest pulse sensor, see page 19.**

The console features eight smart programs. Each program automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also offers two heart rate programs that automatically control the resistance of the pedals and prompt you to maintain a constant pedaling pace to

keep your heart rate near target heart rate settings during your workouts. You can also select a watts program that changes the resistance of the pedals to keep your power output near a target level.

In addition, the console features two motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie Destroyer™ game during your workouts—the harder you exercise, the greater the advantage you will have! The console keeps track of the four highest scores for each game—compete with other users or try to top your own high score.

To use the manual mode of the console, follow the steps beginning on page 11. **To use a smart program,** see page 13. **To use a heart rate program**, see page 14. **To use the watts program**, see page 16. **To play the Fat Blocker game,** see page 17. **To play the Calorie Destroyer game,** see page 18.

HOW TO USE THE MANUAL MODE

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

1. Begin pedaling to turn on the console.

The exercise cycle requires no batteries or external power source. Power is supplied by a generator as you pedal. To turn on the console, begin pedaling at a speed of about 3 miles per hour or faster. After a few seconds, the console 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 either of the Programs buttons repeatedly until the word MANUAL appears in the lower left corner of the display.

3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing any of the Quick Resistance buttons numbered 1 through 12. 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 left corner of the display will show the elapsed time. Note: When a program is selected, with the exception of the watts program, the display will show the time remaining in the program instead of the elapsed time.
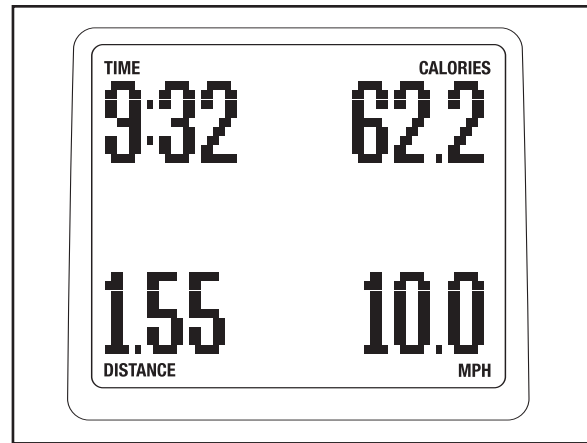
The lower left corner of the display will show the distance you have pedaled in miles or kilometers and your power output in watts.

The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the hand-grip pulse sensor (see step 5 on page 12).

The lower right corner of the display will show your pedaling pace in miles or kilometers per hour.

The center of the display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

You can also view selected information at a larger size. Press the Display button repeatedly to view time and watts information, time and calorie information, or time and pace information. Press the Display button again to view all information. To reset the display information, press the Start/Reset button.

The console has three backlight options. The "On" option keeps the backlight on while the console is on. The "Auto" option keeps the backlight on only while you are pedaling. The "Off" option turns the backlight off. To select a backlight option, first press and hold down the Personal Trainer Programs button for several seconds. Next, press the increase button to select the desired backlight option. Then, press the Personal Trainer Programs button to save your selection.

Note: The console can display speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the display to indicate the selected unit of measurement. To change the unit of measurement, first press and hold down the Personal Trainer Programs button for several seconds. The word ENGLISH or METRIC will appear in the display. Next, press the decrease button to select the desired unit of measurement. Then, press the Personal Trainer Programs button to save your selection.

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

You can measure you heart rate using either the handgrip pulse sensor or the optional chest pulse sensor (see page 19 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. 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 too tightly.**
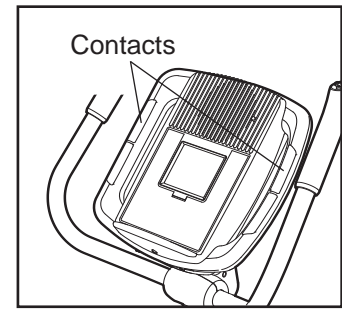
When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

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

6. **Turn on the fan if desired.**

The fan has two speed settings. Press the Fan button repeatedly to select a speed setting or to turn off the fan.

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

If the pedals do not move for several seconds, a tone will sound and the console will pause. If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A SMART PROGRAM

1. **Begin pedaling to turn on the console.**

   See step 1 on page 11.

2. **Select a smart program.**

   To select one of the eight smart programs, press the Personal Trainer Programs button repeatedly until the name of the desired program appears in the display. The program time and a profile of the resistance levels for the program will also appear in the display.

   Profile
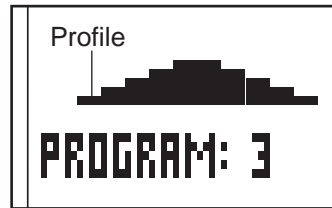
   PROGRAM: 3

3. **Begin pedaling to start the program.**

   Each program is divided into 20 or 30 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for two or more consecutive segments.

   The program profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment.

   When the first segment of the program ends, the resistance level and the target pace for the second segment will appear in the center of the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When an

+18.0
MPH

upward arrow appears in the display, increase your pace. When a downward arrow appears, decrease your pace. When no arrow appears, maintain your current pace.
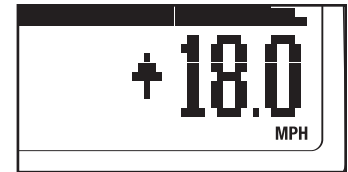
IMPORTANT: The target pace settings are intended only to provide motivation. Your actual pace may be slower than the target pace settings. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons. **IMPORTANT: When the current segment of the program ends, the pedals will automatically adjust to the resistance level for the next segment.**

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling. To reset the program, press the Start/Reset button.

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

   See step 4 on page 11.

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

   See step 5 on page 12.

6. **Turn on the fan if desired.**

   See step 6 on page 12.

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

   See step 7 on page 12.

HOW TO USE A HEART RATE PROGRAM

1. **Begin pedaling to turn on the console.**

    See step 1 on page 11.

2. **Select a heart rate program.**

    To select one of the two heart rate programs, press the Heart Rate Control Programs button repeatedly until the words HEART RATE 1 or HEART RATE 2 appear in the display. The program time and a profile of the target heart rate settings for the program will also appear in the display.

3. **Enter a target heart rate setting.**

    When you select a heart rate program, the maximum target heart rate setting will flash in the center of the display. If desired, use the increase and decrease buttons to change the maximum target heart rate setting, and then press the Enter button. Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.

```
ADJUST MAX
HEART RATE
110
```
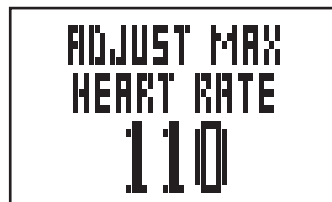
4. **Hold the handgrip pulse sensor or wear the optional chest pulse sensor.**

    To use a heart rate program, you must hold the handgrip pulse sensor or wear the optional chest pulse sensor (see page 19 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

    If you use the handgrip pulse sensor, it is not necessary to hold the handgrip pulse sensor continuously during a heart rate program; however, you should hold the handgrip pulse sensor frequently for the program to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. **Begin pedaling to start the program.**

    Each heart rate program is divided into either 20 or 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

    The target heart rate setting for the first segment will be indicated by the height of the flashing segment of the profile in the display. The target heart rate settings for the next several segments will be indicated by the height of the profile to the right of the flashing segment.

   When the first segment of the program ends, the next segment of the profile will begin to flash. The target heart rate setting for the next segment will then be indicated by the height of the flashing segment of the profile.

As you pedal, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

You will also be prompted to pedal at a steady pace. When an upward arrow appears in the display, increase your pace. When a downward arrow appears, decrease your pace. When no arrow appears in the display, maintain your current pace.
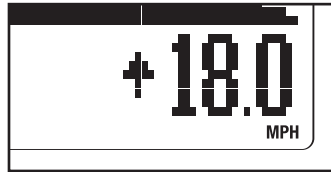
IMPORTANT: Make sure to pedal at a pace that is comfortable for you. Note: You can manually override the resistance levels; however, you might not maintain the target heart rate. Also, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling. To reset the program, press the Start/Reset button.

6. **Follow your progress with the display.**

See step 4 on page 11.

7. **Measure your heart rate if desired.**

See step 5 on page 12.

8. **Turn on the fan if desired.**

See step 6 on page 12.

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

See step 7 on page 12.

HOW TO USE THE WATTS PROGRAM

1. Begin pedaling to turn on the console.

See step 1 on page 11.

2. Select the watts program.

To select the watts program, press the Watts Self Select Program button. The words WATTS PRO-GRAM will appear in the display.

3. Enter a target watts setting.

A few seconds after you select the watts program, the target watts setting will appear in the display. If desired, press the increase or decrease button repeatedly to change the target watts setting, and then press the Enter button. You can select a target watts setting between 20 and 400 watts.
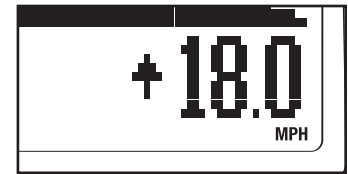
4. Begin pedaling to start the program.

During the watts program, the display will show the elapsed time. Your power output in watts will appear in the center of the display.

As you pedal, the console will regularly compare your power output to the target watts setting. If your power output is too far below or above the target watts setting, the resistance of the pedals will automatically increase or decrease to bring your power output closer to the target watts setting.

During the program, you will also be prompted to pedal at a steady pace. When an upward arrow appears in the display, increase your pace. When a downward arrow appears, decrease your pace. When no arrow appears in the display, maintain your current pace.

The program will continue in this way indefinitely. Continue exercising as long as desired. To pause the program, stop pedaling. To restart the program, simply resume pedaling. To reset the program, press the Start/Reset button.

5. **Follow your progress with the display.**

See step 4 on page 11.

6. **Measure your heart rate if desired.**

See step 5 on page 12.

7. **Turn on the fan if desired.**

See step 6 on page 12.

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

See step 7 on page 12.

HOW TO PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Fat Blocker game.
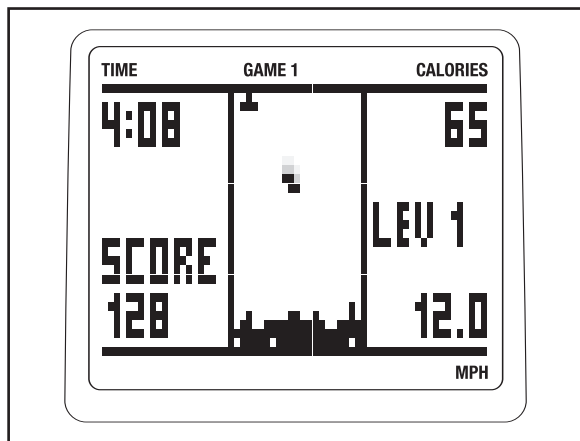
1. **Begin pedaling to turn on the console.**

   See step 1 on page 11.

2. **Select the Fat Blocker game.**

   To select the Fat Blocker game, press the Fat Blocker button. The words FAT BLOCKER will appear at the top of the display.

3. **Pedal to start the game.**

   When you start the Fat Blocker game, a game arena will appear in the center of the display.

A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another block will then move downward. There are blocks of eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.

Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena. Each

Complete Row

time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.
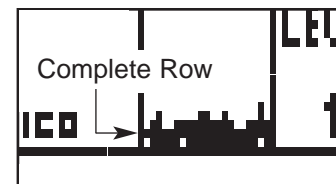
As you play, the blocks will fall faster and faster; however, your pedaling pace will affect the speed of the blocks—the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

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

   While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling pace. In addition, the display will show your current score and the game level that you have reached.

   To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the words FAT BLOCKER appear at the top of the display, and then begin pedaling. To reset the game, press the Start/Reset button.

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

   See step 7 on page 12.

HOW TO PLAY THE CALORIE DESTROYER GAME

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Calorie Destroyer game.

1. **Begin pedaling to turn on the console.**

   See step 1 on page 11.

2. **Select the Calorie Destroyer game.**

   To select the Calorie Destroyer game, press the Calorie Destroyer button. The word DESTROYER will appear at the top of the display.

3. **Pedal to start the game.**

   When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.
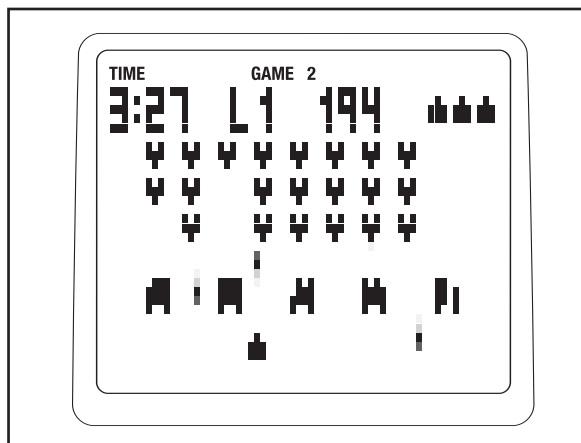
   At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

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

   While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

   To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the word DESTROYER appears at the top of the display. To reset the game, press the Start/Reset button.

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

   See step 7 on page 12.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**
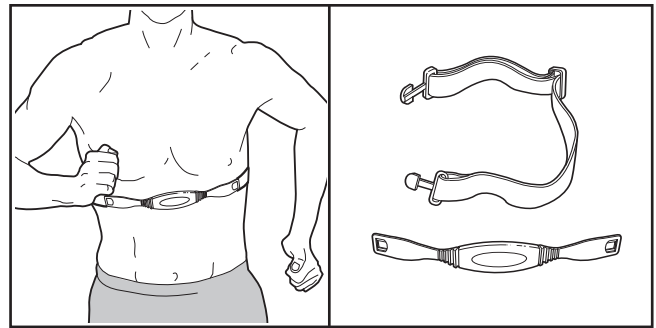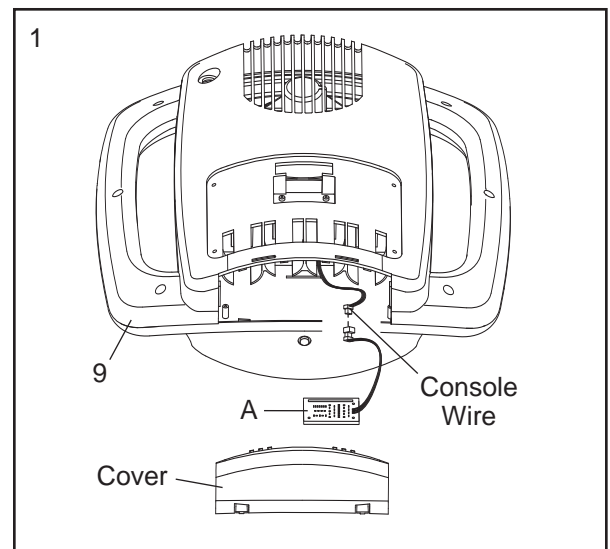

INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

If you purchase the optional chest pulse sensor, follow the steps below to install the receiver included with the chest pulse sensor.

1. Remove the cover from the compartment on the bottom of the Console (9).

    Connect the wire on the receiver (A) to the wire in the console.

2. Remove the paper from one side of the adhesive pad, and press the pad onto the back of the receiver (A). Then, remove the paper from the other side of the adhesive pad and press the receiver onto the interior wall of the Console (9) in the indicated location.

    Then, reattach the compartment cover.

    Note: Any other wires that are included with the chest pulse sensor may be discarded.
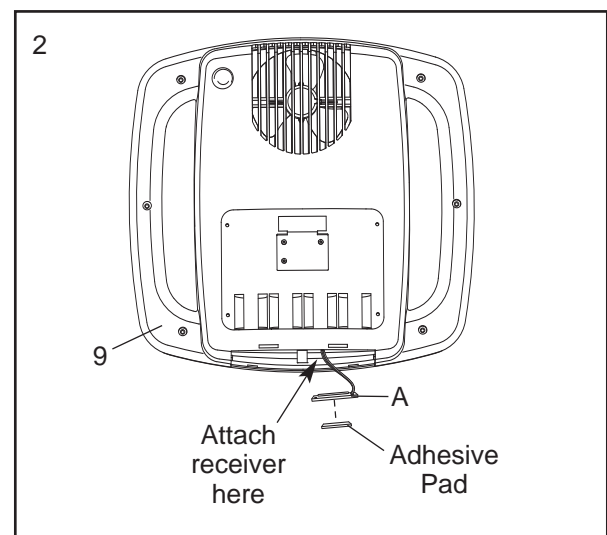
MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

TIGHTENING THE PEDALS

For best performance, regularly tighten both pedals.

HOW TO LEVEL THE EXERCISE CYCLE

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

Leveling Feet
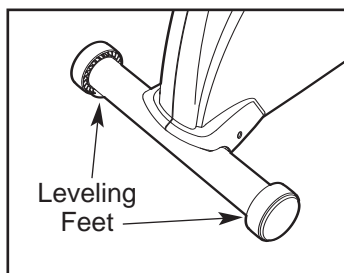
HOW TO ADJUST THE BELT

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, first remove all the screws from the left and right side shields. Then, carefully pull the side shields apart.

Next, turn the indicated M8 Nylon Jam Nut (43) until the Belt (28) is properly tightened and the pedals no longer slip. Then, reattach the side shields.
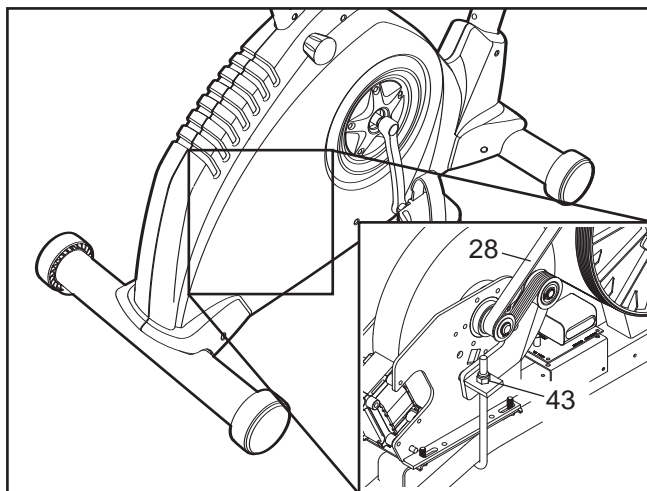
EXERCISE GUIDELINES

⚠ 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 determin-
ing heart rate trends in general.

These guidelines will help you to plan your exercise
program. 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 inten-
sity 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	❤
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 near-
est 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 exer-
cise 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 min-
utes with your heart rate in your training zone. (During
the first few weeks of your exercise program, do not
keep your heart rate in your training zone for longer
than 20 minutes.) 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 exer-
cise, 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. PFEVEX95807.1

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	40	4	M6 Split Washer
2	1	Front Stabilizer	41	2	Game Controller
3	1	Rear Stabilizer	42	2	Stabilizer Endcap
4	1	Left Side Shield	43	3	M8 Nylon Jam Nut
5	1	Right Side Shield	44	4	M8 Split Washer
6	1	Handlebar Post	45	2	5/16" x 1" Flange Screw
7	1	Handlebar	46	2	M6 x 10mm Screw
8	2	Pedal Guard	47	2	M4 x 19mm Screw
9	1	Console	48	3	M10 x 50mm Button Screw
10	1	Adjustment Handle	49	4	M8 Nylon Locknut
11	1	Seat Post	50	1	Lower Wire Harness
12	1	Seat	51	1	Upper Wire Harness
13	1	Collar	52	4	M6 x 16mm Screw
14	2	Side Shield Cover	53	4	M6 Nylon Locknut
15	1	Left Crank Arm	54	25	M4 x 16mm Screw
16	1	Right Crank Arm	55	3	M10 Split Washer
17	2	Wheel	56	1	Idler Spacer
18	1	Water Bottle Holder	57	1	Idler Nut
19	1	Seat Carriage	58	2	Grip Screw
20	1	Seat Post Knob	59	1	Left Controller Wire
21	2	Crank Bearing	60	1	Right Controller Wire
22	1	Handlebar Clamp	61	1	Control Board
23	4	M10 x 85mm Button Screw	62	1	Control Bracket
24	1	Left Pedal/Strap	63	1	Power Board
25	1	Right Pedal/Strap	64	1	Power Bracket
26	2	Crank Cover	65	2	Controller Screw
27	1	Crank	66	8	Offset
28	1	Belt	67	1	Idler
29	2	Leveling Foot	68	1	J-bolt
30	2	Controller Grip	69	1	Control Wire Harness
31	1	Seat Knob	70	1	Ground Wire
32	1	Crank Snap Ring	71	1	28 1/2" Wire Harness
33	4	M6 Nylon Locknut	72	1	26" Wire Harness
34	1	Pulley	73	1	Left Handlebar Cover
35	2	Wheel Cover	74	1	Right Handlebar Cover
36	1	M4 x 5mm Screw	75	1	Clamp Cover
37	4	M6 Washer	*	–	User's Manual
38	1	Crank Washer	*	–	Hex Key
39	1	Generator			

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.
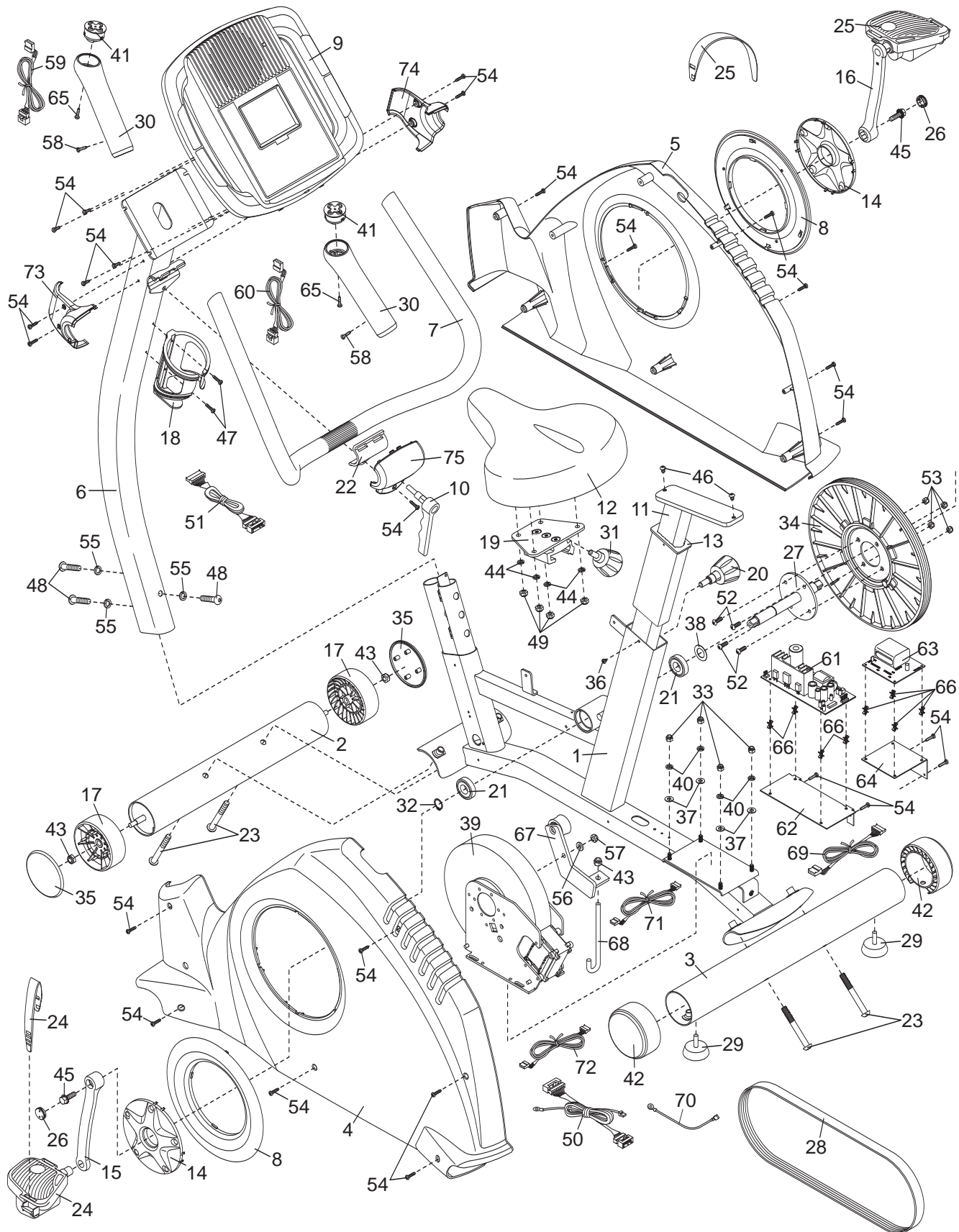
ORDERING REPLACEMENT PARTS

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 the 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 part(s) (see the PARTS LIST and the EXPLODED DRAWING near the end of this manual)