

HOW TO ORDER REPLACEMENT PARTS

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

ICON Health & Fitness, Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code:

0345-089009

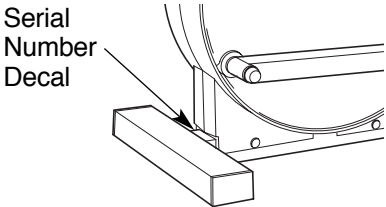
Fax: 0113-2411120

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PFEVEL45300)
- The NAME OF THE PRODUCT (PROFORM® 510E elliptical exerciser)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER and the DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING on pages 18 and 19).

Model No. PFEVEL45300
Serial No. _____

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



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:

0345-089009

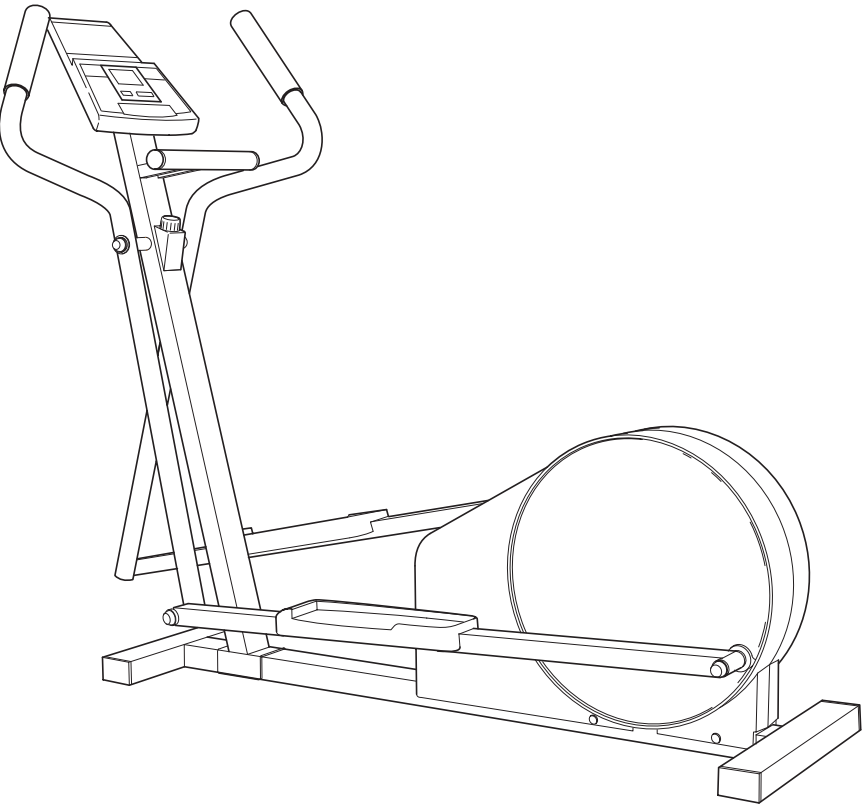
Or WRITE:
ICON Health & Fitness Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

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.proform.com

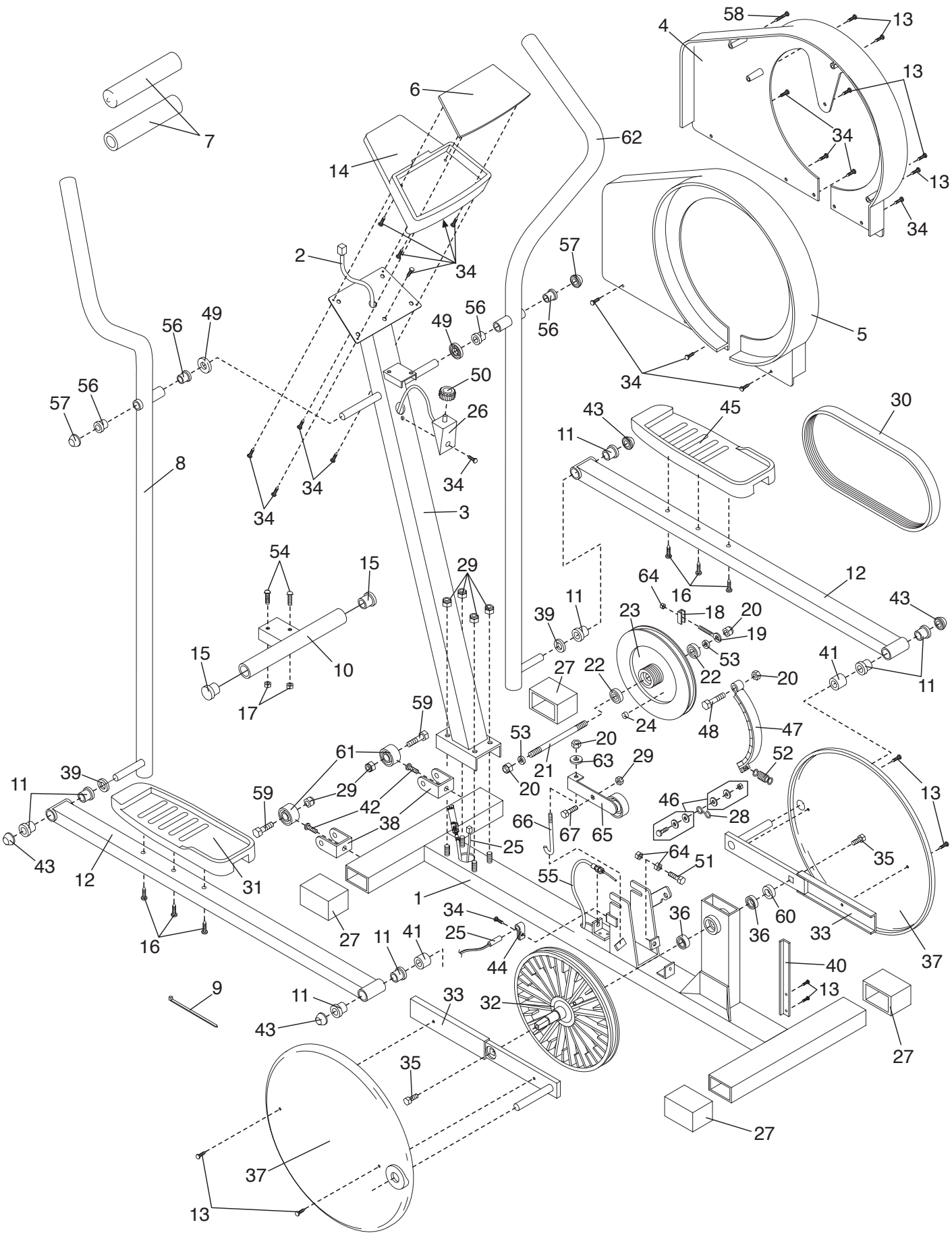
new products, prizes,
fitness tips, and much more!

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
HOW TO USE THE ELLIPTICAL EXERCISER10
MAINTENANCE14
CONDITIONING GUIDELINES15
PART LIST18
EXPLODED DRAWING19
HOW TO ORDER REPLACEMENT PARTSBack Cover

EXPLODED DRAWING—Model No. PFEVEL45300

R1100A



Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	37	2	Pedal Disk
2	1	Extension Wire	38	2	Wheel Bracket
3	1	Upright	39	2	Handlebar Spacer
4	1	Right Side Shield	40	1	Side Shield Bracket
5	1	Left Side Shield	41	2*	Pedal Arm Spacer
6	1	Console	42	2	M10 x 25mm Button Head Screw
7	2	Foam Handlebar Grip	43	4*	3/4" Axle Cap
8	1	Left Handlebar	44	1	Reed Switch Clamp
9	1	Plastic Tie	45	1	Right Pedal
10	1	T-handle	46	1	Cable Clamp Hardware
11	8	Pedal Arm Bushing	47	1	"C" Magnet
12	2	Pedal Arm	48	1	M8 Shoulder Bolt
13	13	M5 x 16mm Screw	49	2	Weld Spacer
14	1	Console Base	50	1	Resistance Control Knob
15	2	T-handle Endcap	51	1	M6 x 64mm Bolt
16	6	M4 x 19mm Flange Screw	52	1	Return Spring
17	2	M6 Nylon Locknut	53	2	M10 Washer
18	1	Adjustment Bracket	54	2	M6 x 16mm Button Head Bolt
19	1	M6 Eyebolt	55	1	Extension Cable
20	4	M8 Nylon Locknut	56	4	Pivot Bushing
21	1	Flywheel Axle	57	2*	5/8" Axle Cap
22	2	Flywheel Bearing	58	1	M4 x 64mm Screw
23	1	Flywheel	59	2	M10 x 45mm Button Head Bolt
24	1	Magnet	60	1	3/4" Plastic Spacer
25	1	Reed Switch Wire	61	2	Wheel
26	1	Resistance Control/Cable	62	1	Right Handlebar
27	4	Stabiliser Endcap	63	1	M8 Split Washer
28	1	Hook	64	3	M6 Nut
29	8	M10 Nylon Locknut	65	1	Idler Arm
30	1	Belt	66	1	"J" Bolt
31	1	Left Pedal	67	1	M10 x 25mm Bolt
32	1	Pulley w/Shaft	#	1	User's Manual
33	2	Crank Arm	#	2	Side Shield Decal
34	18	M4 x 16mm Screw	#	1	Warning Decal
35	2	5/16" Zinc Bolt	#	1	Hardware Kit
36	2	Pulley Bearing	#	1	Allen Wrench

Note: “#” indicates a non-illustrated part. “*” indicates that an extra part may be included. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the elliptical exerciser.

2. Use the elliptical exerciser only as described in this manual.

3. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

4. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical exerciser indoors, away from moisture and dust.

5. Inspect and tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under the age of 12 and pets away from the elliptical exerciser at all times.

7. The elliptical exerciser should not be used by persons weighing more than 115 kilograms.

8. Wear appropriate clothing when using the elliptical exerciser. Always wear athletic shoes for foot protection.

9. When mounting or dismounting the elliptical exerciser, always hold the handlebars or the T-handle and step onto and off the pedal that is in the lowest position.

10. Each time you stop exercising on the elliptical exerciser, allow the pedals to come to a complete stop before dismounting. The
- elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.

11. Always keep your back straight when using the elliptical exerciser. Do not arch your back.

12. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.

13. The elliptical exerciser is intended for in-home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.

14. The decal shown below has been placed on the elliptical exerciser. If the decal is missing or illegible, please call our Customer Service Department at 0345-089009 to order a free replacement decal. Apply the decal in the location shown.
- ⚠WARNING

- Misuse of this product may result in serious injury.
 - Read user's manual and follow all warnings and operating instructions prior to use.
 - Do not allow children on or around machine.
 - Replace label if damaged, illegible, or removed.

⚠ 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

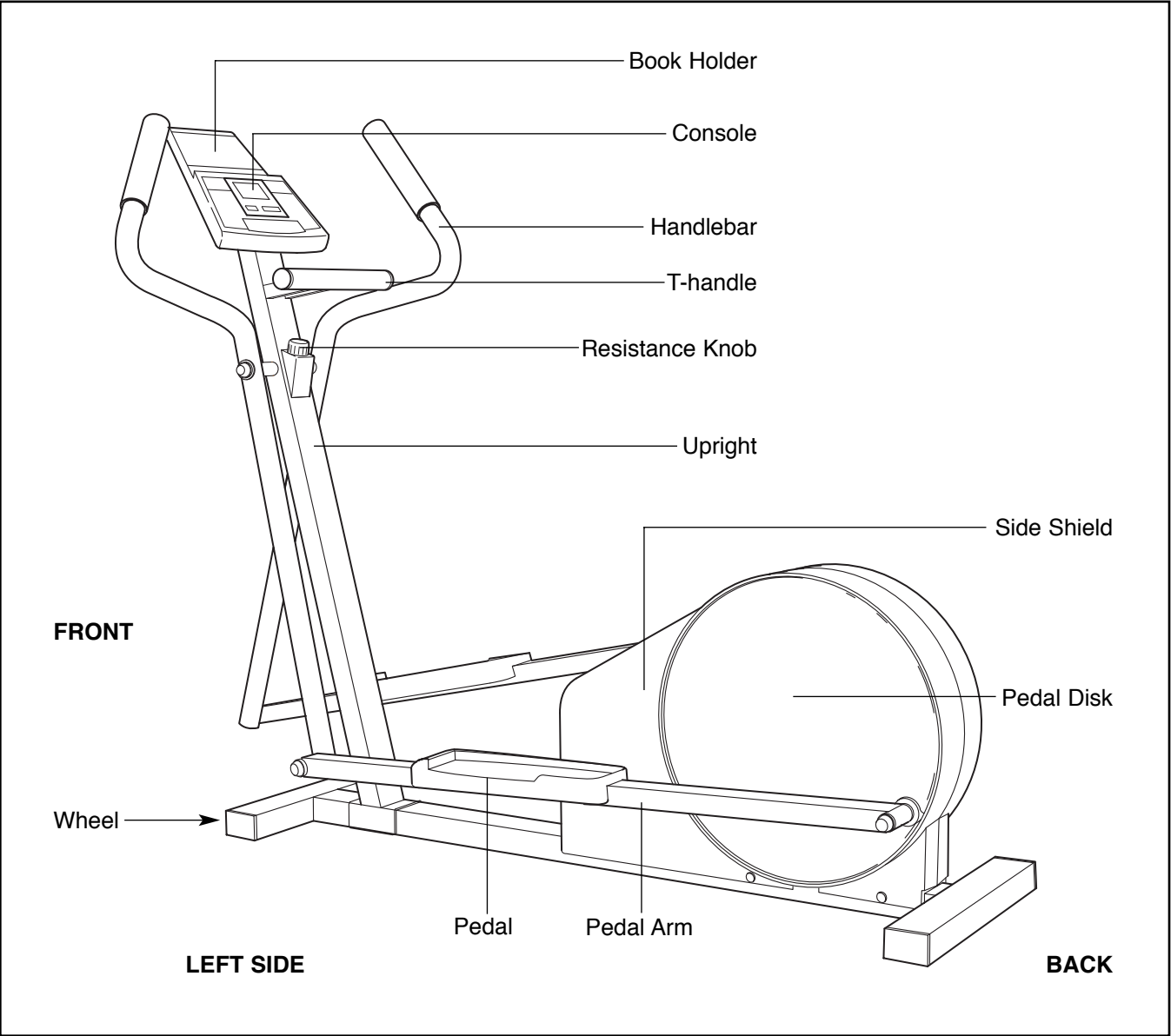
Congratulations for selecting the PROFORM® 510E low-impact elliptical exerciser. The PROFORM® 510E is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. And the unique PROFORM® 510E features adjustable resistance, upper-body and stationary handlebars, and a multi-mode exercise monitor to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions

after reading the manual, call our Customer Service Department **0345-08900**. To help us assist you, please note the product model number and serial number before calling. The model number is PFEVEL45300. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labelled.

NOTES



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

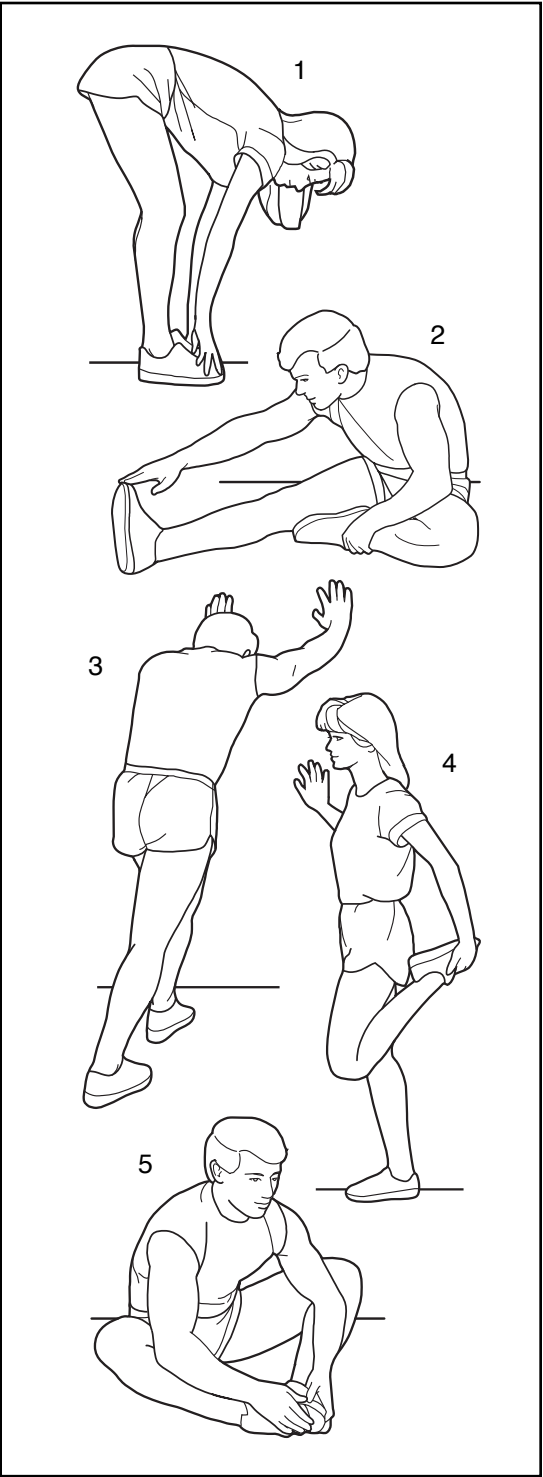
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

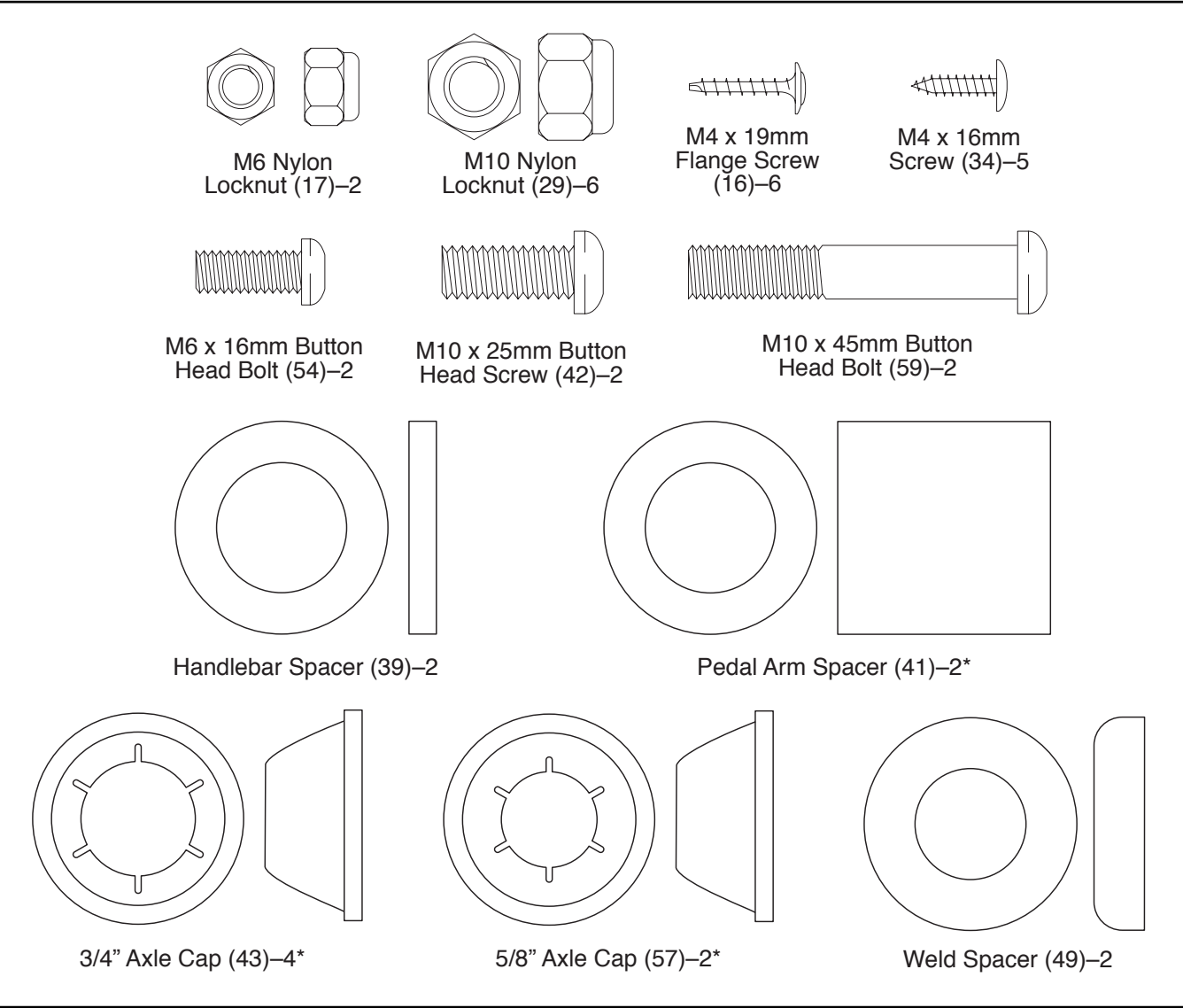


ASSEMBLY

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

Assembly requires the following tools: the included allen wrench, a phillips screwdriver, an adjustable spanner, a rubber mallet, and pliers.

As you assemble the elliptical exerciser, use the 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 used in 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. If assistance is needed, call 0345-089009.



1. Turn the Resistance Control (26) counterclockwise to the minimum setting.

If the Resistance Control (26) is attached to the Upright (3), remove the M4 x 16mm Screw (34). Pull the bottom of the Resistance Control away from the Upright and then slide it down to release it. **Do not pull on the Resistance Cable or remove it from the Upright.**

2. Lay a cloth over the front of the Frame (1) to protect it. Lay the Upright (3) in the position shown. Connect the Extension Wire (2) to the Reed Switch Wire (25).

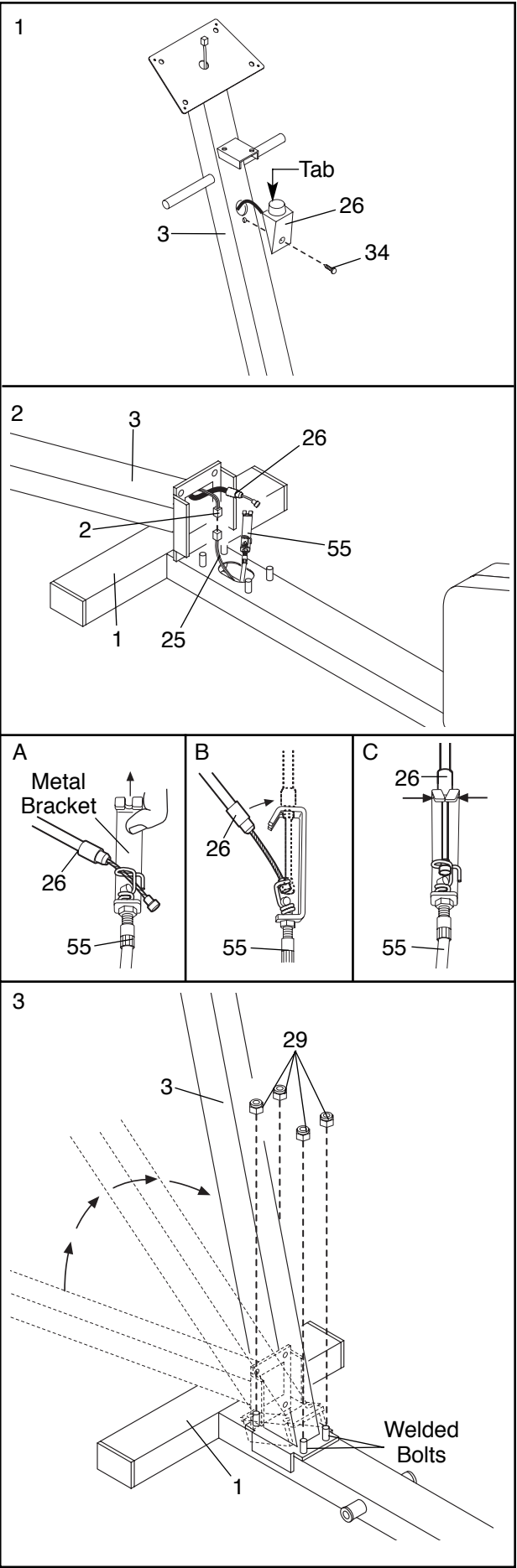
Next, connect the Resistance Cable (26) to the Extension Cable (55) in the following way:

- Refer to drawing A. Pull up on the metal bracket, and insert the tip of the Resistance Cable (26) into the wire clip on the Extension Cable (55) as shown.
- Refer to drawing B. **Firmly** pull the Resistance Cable (26) and slide it into the metal bracket on the Extension Cable (55) as shown.
- Refer to drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

3. Align the two holes in the front of the Upright (3) with the two welded bolts on the front of the Frame (1). Carefully push the Reed Switch Wire (not shown) into the Upright until there is no slack.

Next, pivot the Upright (3) about halfway to the vertical position whilst guiding the metal bracket on the Extension Cable (not shown) into the Upright. Once the top edge of the metal bracket is inside the Upright, pivot the Upright to the vertical position so it rests on the four welded bolts on the Frame (1). **Be careful to avoid pinching the wires.** Tighten an M10 Nylon Locknut (29) onto each welded bolt.

Refer to step 1. Reattach the Resistance Control (26) to the Upright (3) with the M4 x 16mm Screw (34).



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.

EXERCISE INTENSITY

Whether your goal is to burn fat or 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. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone.

You can find your training zone in the table below. Training zones are listed according to age and physical condition.

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	

Burning Fat

To burn fat, you must exercise at a 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 low end of your training zone as you exercise.

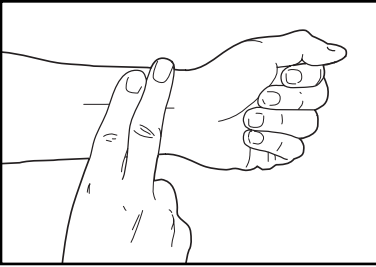
Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exer-

cise 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 middle of your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a



six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the desired level.

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

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

MAINTENANCE

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

The elliptical exerciser can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console. Use only a sealable water bottle in the console.

CONSOLE TROUBLE-SHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 6 on page 7.

STORAGE

When storing the elliptical exerciser, remove the batteries from the console. Keep the elliptical exerciser in a clean, dry location, away from moisture and dust.

- 4. Attach the two Wheel Brackets (38) to the Frame (1) with the two M10 x 25mm Button Head Screws (42) as shown.

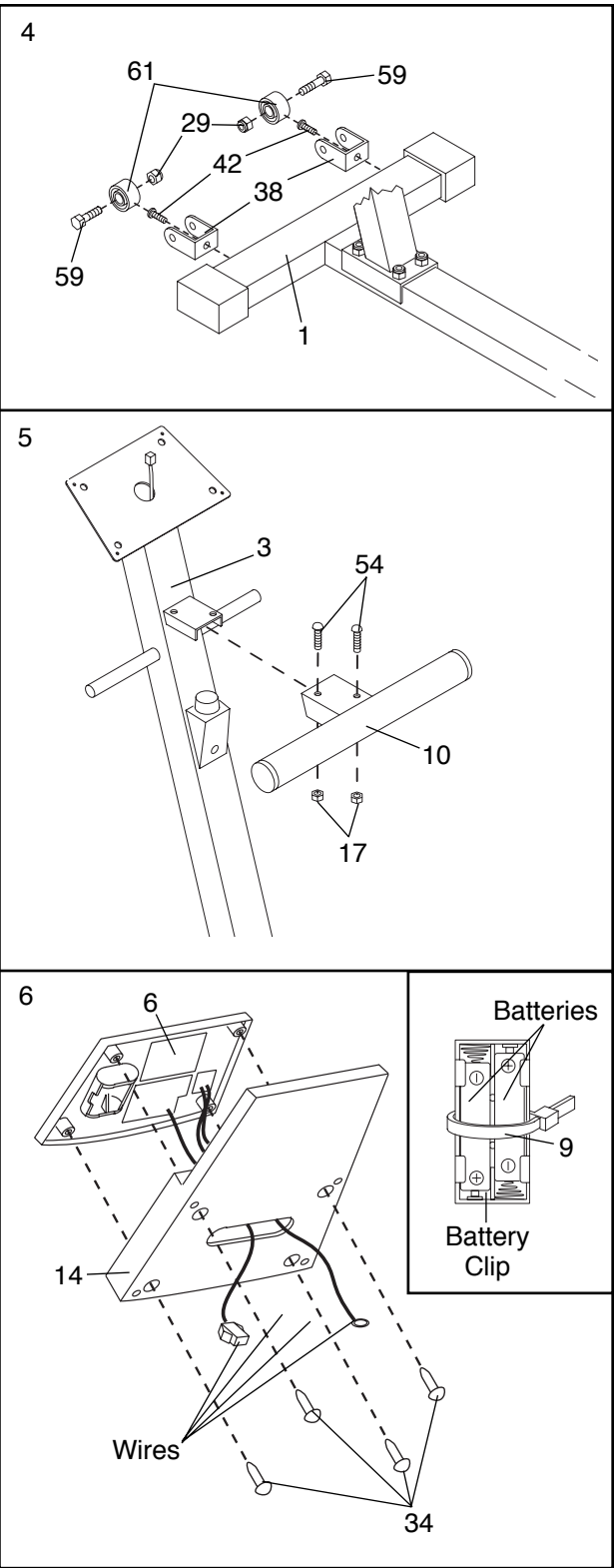
Attach a Wheel (61) to each Wheel Bracket (38) with an M10 x 45mm Button Head Bolt (59) and an M10 Nylon Locknut (29).

- 5. Attach the T-handle (10) to the Upright (3) with two M6 x 16mm Button Head Bolts (54) and two M6 Nylon Locknuts (17).

- 6. The Console (6) requires two 1,5V batteries (not included). Alkaline batteries are recommended. To install batteries, turn the console over. Remove the four M4 x 16mm Screws (34), and separate the Console from the Console Base (14). Insert two batteries into the battery clip as shown in the inset drawing. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the battery clip.**

Attach a Plastic Tie (9) to the battery clip as shown.

Attach the Console (6) to the Console Base (14) with the four M4 x 16mm Screws (34), making sure that the indicated wires are extending from the Console Base. **Be careful not to pinch the wires.**



7. Connect the Extension Wire (2) to the corresponding wire on the Console (6).

Next, connect the ground wire to the indicated hole in the Upright (3) with an M4 x 16mm Screw (34).

Carefully feed the wires down into the Upright (3). Attach the Console Base (14) to the Upright with four M4 x 16mm Screws (34). **Be careful to avoid pinching the wires.**

8. Find the Left Pedal (31), which has a ridge on the right side. Attach the Left Pedal to one of the Pedal Arms (12) with three M4 x 19mm Flange Screws (16) as shown.

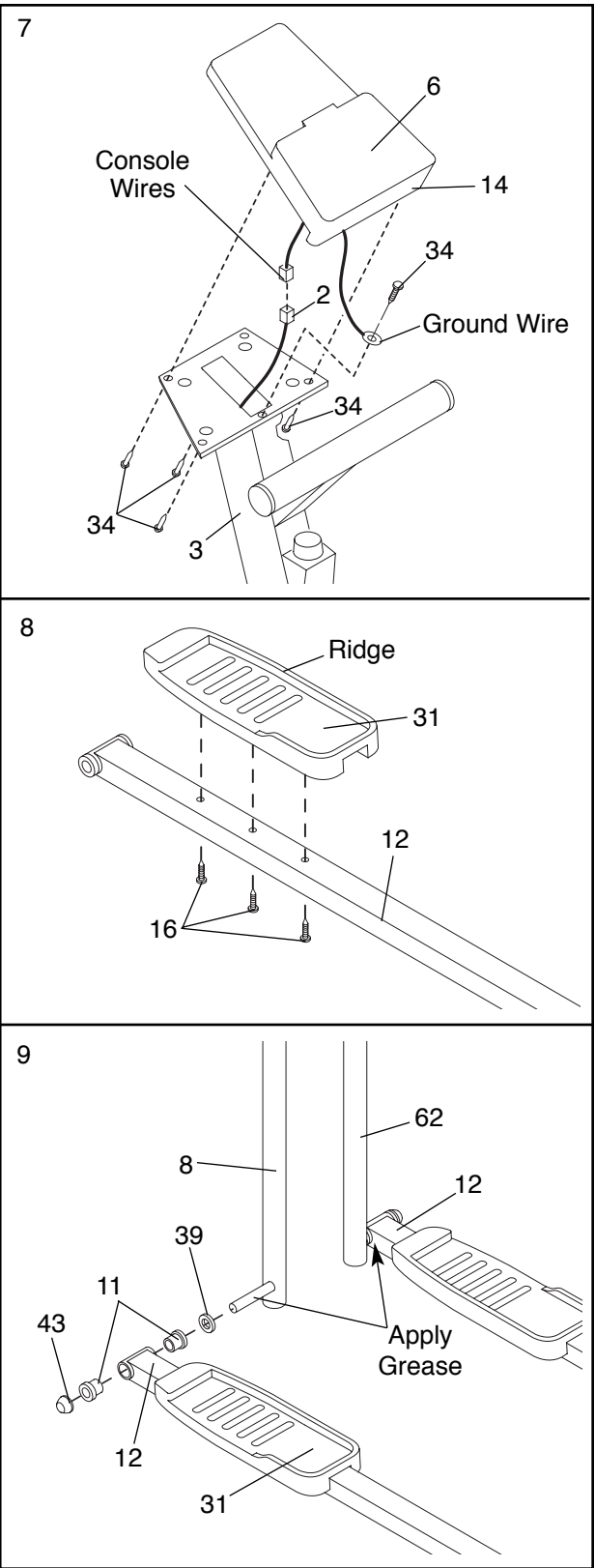
Repeat this step to attach the Right Pedal to the other Pedal Arm (not shown).

9. Identify the Left Handlebar (8) (there is an “L” sticker on the Left Handlebar). Apply a thin film of the included grease to the axle on the Left Handlebar.

Make sure that there are two Pedal Arm Bushings (11) in each Pedal Arm (12).

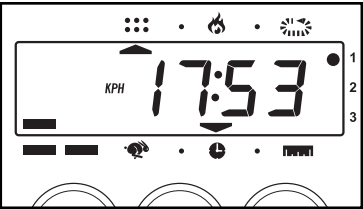
Slide a Handlebar Spacer (39) and the Pedal Arm (12) with the Left Pedal (31) onto the Left Handlebar (8) as shown. (Note: These parts fit tightly; it may be helpful to use the rubber mallet.) Next, tap a 3/4” Axle Cap (43) onto the Left Handlebar.

Repeat this step to attach the other Pedal Arm (12) to the Right Handlebar (62).



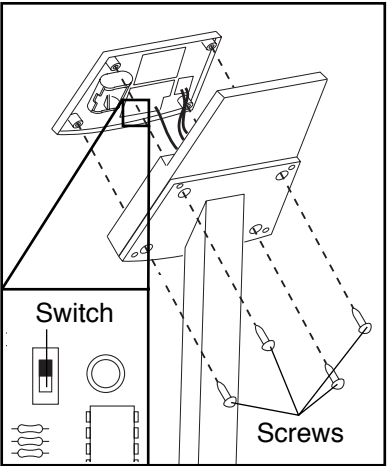
HOW TO SELECT KILOMETRES OR MILES

The console can display distance and speed in either kilometres or miles. If a “KPH” appears in the display, distance and speed will be shown in kilometres; if a “KPH” does not appear, distance and speed will be shown in miles.



To change the unit of measurement, first remove the four indicated screws from the console. Lift the console a few inches and turn it over; **be careful not to pull on the wires.**

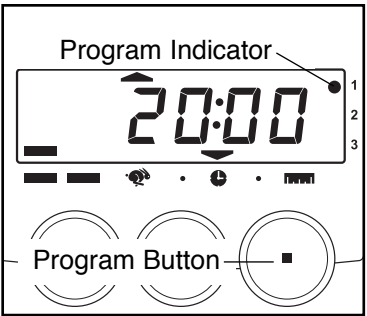
Next, locate the small switch on the back of the console. Slide the switch up or down to change the unit of measurement. Reattach the console with the four screws; **be careful not to pinch any of the wires.**



2 Select one of the three pacer programs or the manual mode

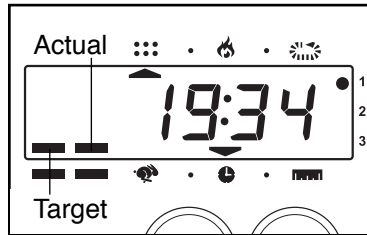
To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected.

To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1 (Interval), program 2 (Aerobic), program 3 (Fat Burn), manual mode.



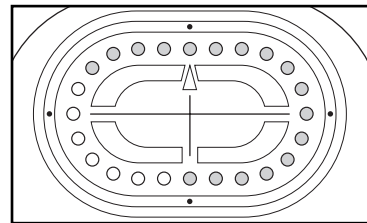
3 Begin your workout

If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, indicating a relatively slow pace. The right column will show your actual exercising pace. Adjust your exercising pace until only one bar appears in the right column. Each time the target pace changes during the program, adjust your exercising pace to keep both columns at the same height.



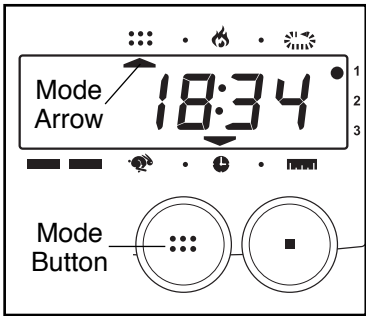
4 Follow your progress with the LED track and the six monitor modes

The LED track— The LED track represents a distance of 0.25 kilometres or miles. As you pedal, the indicators around the track will light one at a time until you have completed one lap. A new lap will then begin.



The scan mode—

Repeatedly press the mode button until an arrow appears under the scan symbol. When the scan mode is selected, the console will display the speed, time, distance, lap and calorie modes, for 5 seconds each, in a repeating cycle.



The speed, time, distance, lap, or calorie mode—

Repeatedly press the mode button until an arrow appears below or above the desired mode symbol. Make sure that there is not an arrow under the scan symbol.



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

5 Turn off the power

To turn off the power, simply wait for about six minutes. If the pedals are not moved and the console buttons are not pressed for six minutes, the power will turn off automatically.

10. Apply a thin film of the included grease to the axles on the Upright (3) and the Crank Arms (33). Slide a Weld Spacer (49) onto the left axle on the Upright. Make sure that the open side of the Weld Spacer is facing the Upright.

Slide a Pedal Arm Spacer (41) onto the left Crank Arm (33).

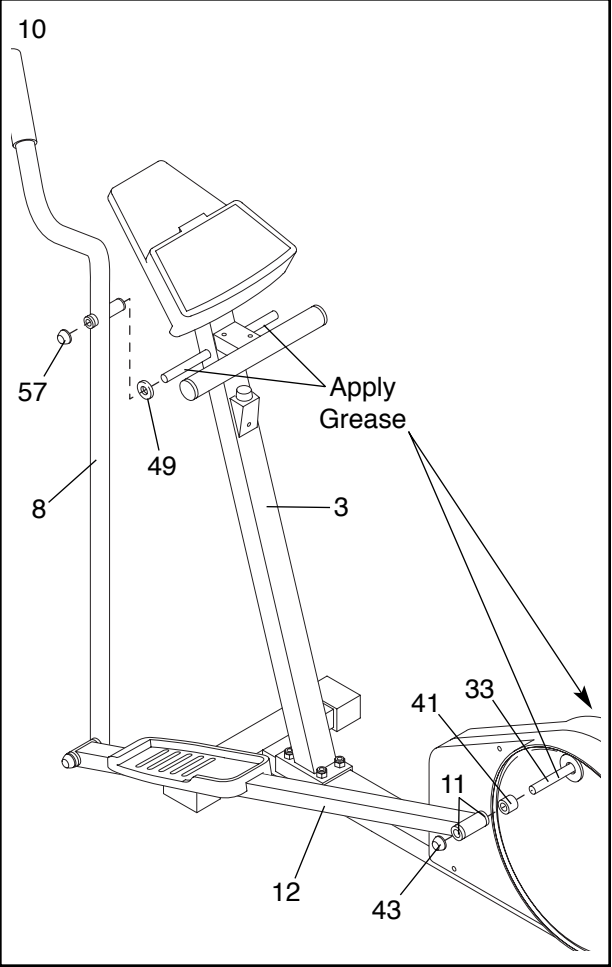
Make sure that there are two Rear Pedal Arm Bushings (11) in the Pedal Arm (12) attached to the Left Handlebar (8).

With the help of another person, slide the Left Handlebar (8) onto the left axle on the Upright (3) whilst sliding the left Pedal Arm (12) onto the left Crank Arm (33). (Note: These parts fit tightly; it may be helpful to use the rubber mallet. In addition, it may be helpful to rotate the left Crank Arm [33] to a different position.)

Tap a 5/8" Axle Cap (57) onto the left axle on the Upright (3).

Tap a 3/4" Axle Cap (43) onto the left Crank Arm (33).

Repeat this step to attach the Right Handlebar and the right Pedal Arm (not shown).

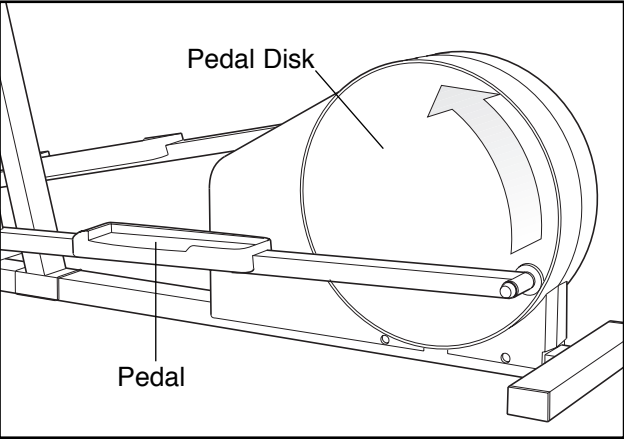


11. **Make sure that all parts of the elliptical exerciser are properly tightened. Note: Some hardware may be left over after assembly is completed.** To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

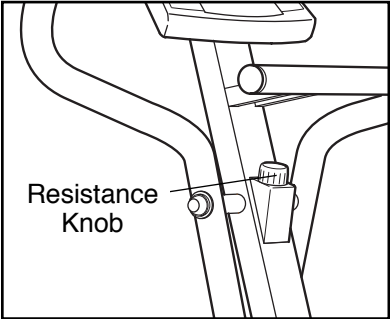
To mount the elliptical exerciser, firmly hold the handlebars or the pulse grips and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction; it is recommended that you turn the pedal disks in the direction shown below; however, to give variety to your exercise, you may choose to turn the pedal disks in the opposite direction.**



To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **CAUTION: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

HOW TO ADJUST THE RESISTANCE OF THE PEDALS

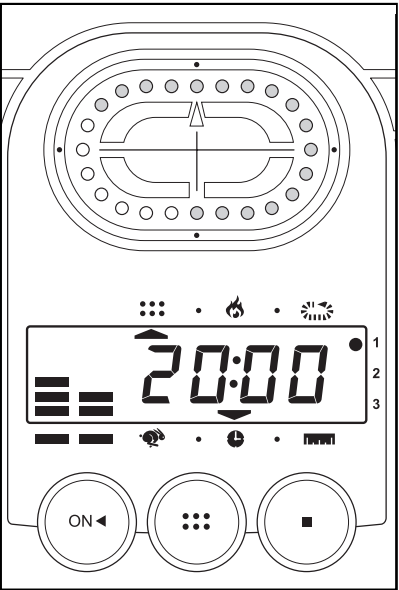
As you exercise, you can adjust the resistance of the pedals with the resistance knob on the Upright. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.



DESCRIPTION OF THE CONSOLE

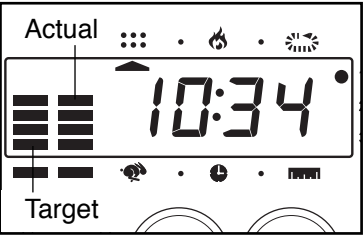
The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you reach specific exercise goals by pacing your exercise. You can choose from a stamina-building Interval program, an Aerobic program, and a special Fat Burn program. As you exercise, six monitor modes will provide continuous exercise feedback. The monitor modes are described below:

- Speed**—This mode shows your exercising pace, in kilometres or miles per hour (see HOW TO SELECT KILOMETRES OR MILES on page 13).
- Time**—If you select the manual mode, this mode will show the elapsed time. If you select one of the three pacer programs, this mode will count down the time remaining in the program.
- Distance**—This mode shows the distance you have stridden, in kilometres or miles.
- Lap**—This mode shows the number of laps you have completed. One lap equals 0.25 kilometres or miles.
- Calorie**—This mode shows the approximate number of calories you have burned.
- Scan**—This mode displays the above five modes, for 5 seconds each, in a repeating cycle.

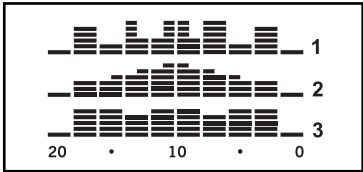


HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column represents a target pace, and the right column shows your actual exercising pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your exercising pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



The three graphs on the console show how the target pace will change during the programs. During the Aerobic program (P2), for example, the target pace will gradually increase during the first half of the program, and gradually decrease during the last half of the program. Each program will last twenty minutes.



STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, two batteries must be installed (see assembly step 6 on page 7).

Follow the steps below to operate the console.

1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising. The entire display will appear for two seconds; the console will then be ready for use. Note: If batteries were just installed, the power will already be on.

