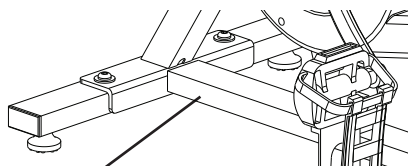


PRO-FORM

USER'S MANUAL

Model No. PFICSP37008.0

Serial No. _____



Serial Number decal

QUESTIONS ?

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

08457 089 009

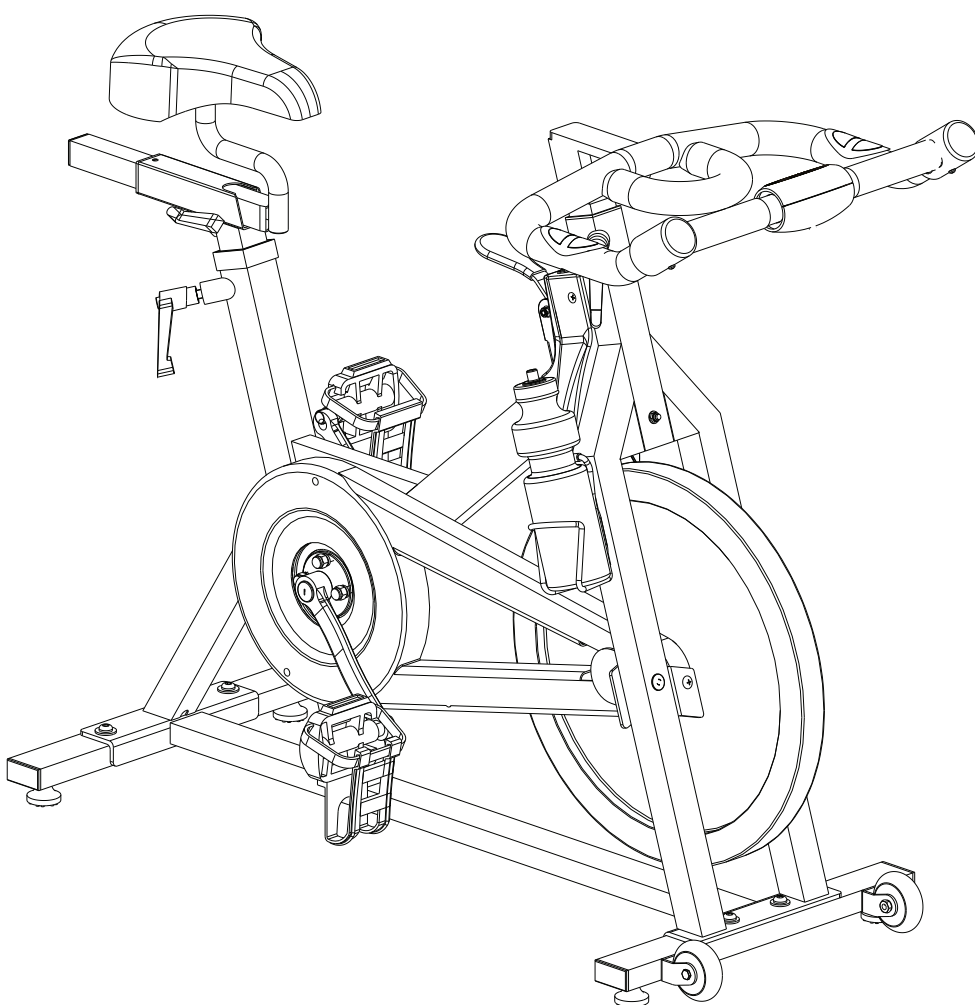
or write to :

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK
or
email: csuk@iconeurope.com



WARNING

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



Please visit our website for more information on the products

www.iconsupport.eu

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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. (115 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.

! 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 Health & Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

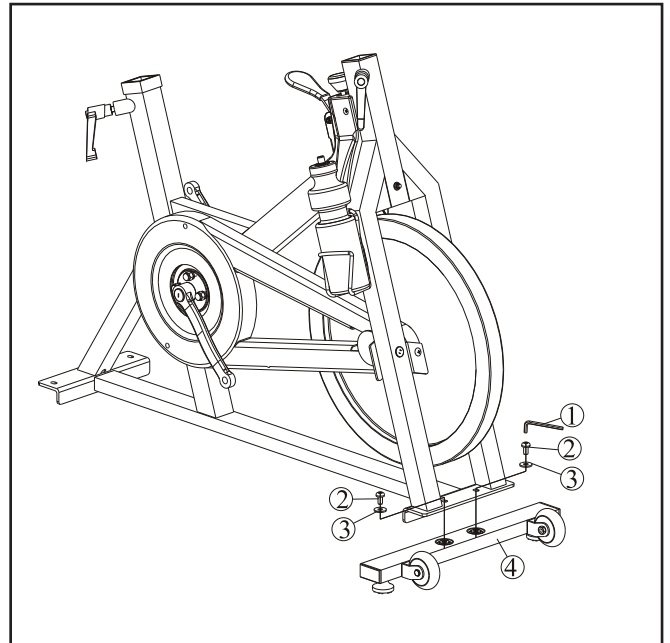
Congratulations for selecting the new PROFORM® SPINNING 500 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The SPINNING 500 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before 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.

ASSEMBLY

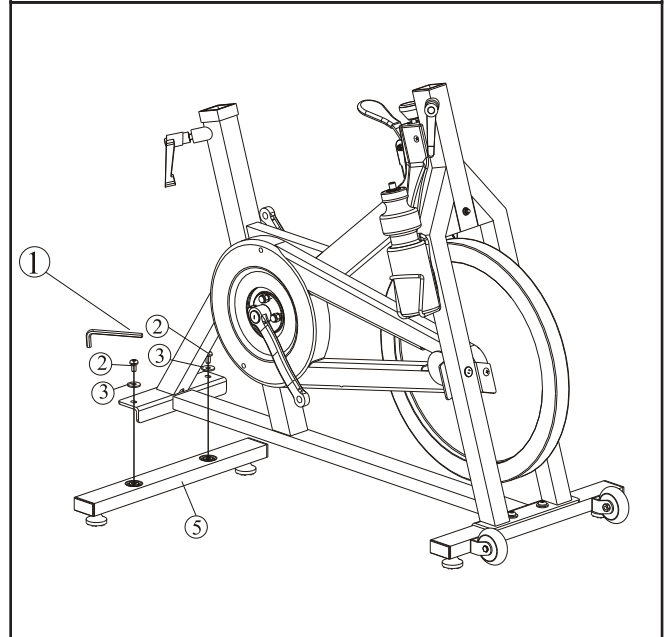
Assembly Step A

Attach the front stabilizer (#4) to the frame using two Allen bolts (#2) and two Washers (#3), and secure firmly by Allen Wrench (#1).



Assembly Step B

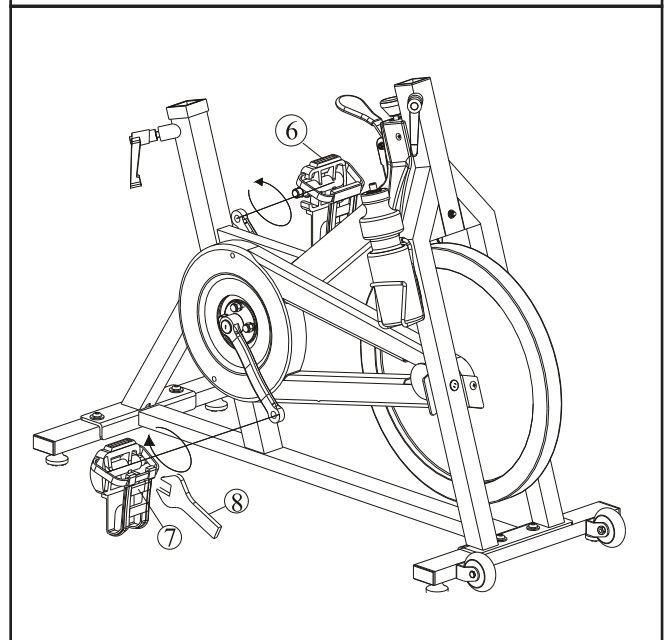
Attach the rear stabilizer (#5) to the frame using two Allen bolts (#2) and two Washers (#3), and secure firmly by Allen Wrench (#1).



Assembly Step C

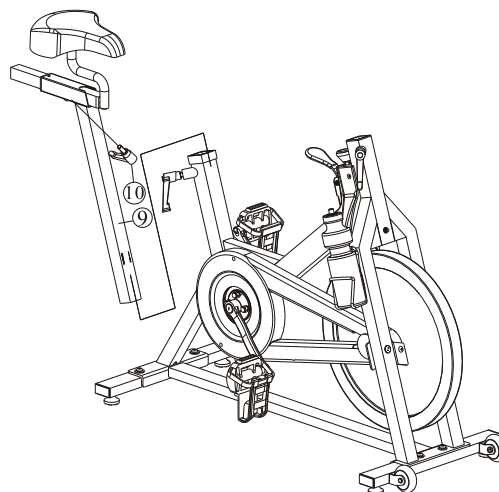
Thread the right pedal (#6) that has "R" on the spindle to the right side arm of the bike using the Combination Wrench (#8). Please note that the R pedal is right-hand threaded which needs to be turned clockwise to tight.

Thread the left pedal (#7) that has "L" on the spindle to the left side arm of the bike using the Combination Wrench (#8). Please note that the L pedal is left-hand threaded which needs to be turned counter clockwise to tight.



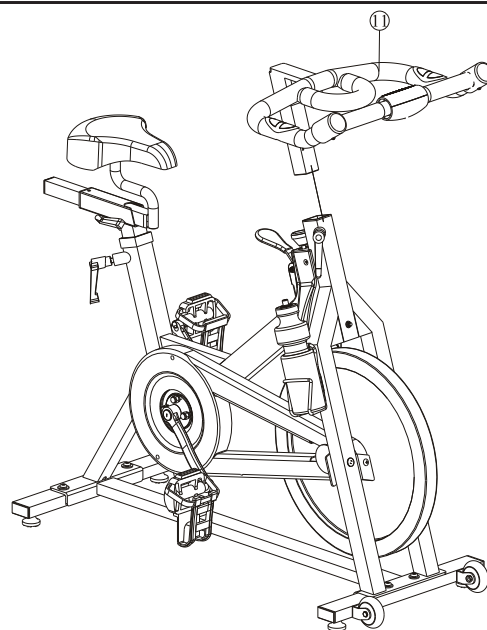
Assembly Step D

Install the seat post (#9) into the frame receptor and secure with the knob



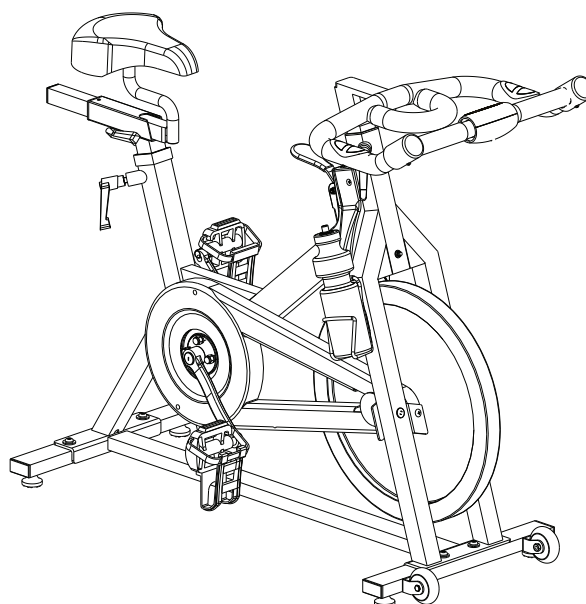
Assembly Step E

Install the handlebar (#10) into the frame receptor and secure with the knob

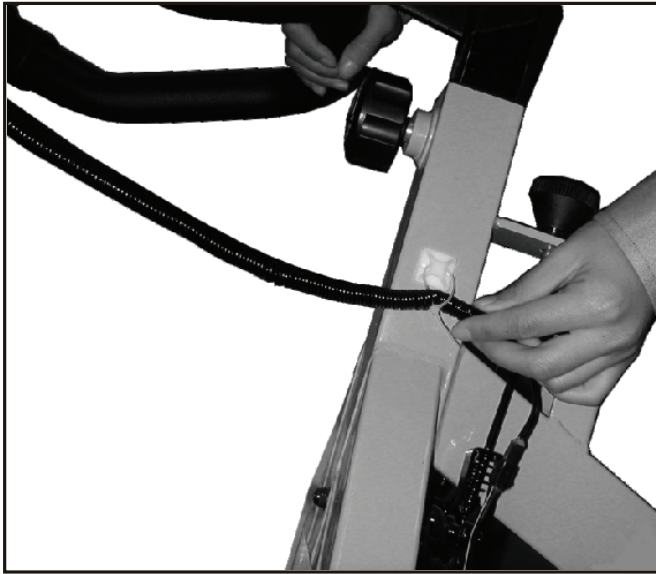


Assembly Step F

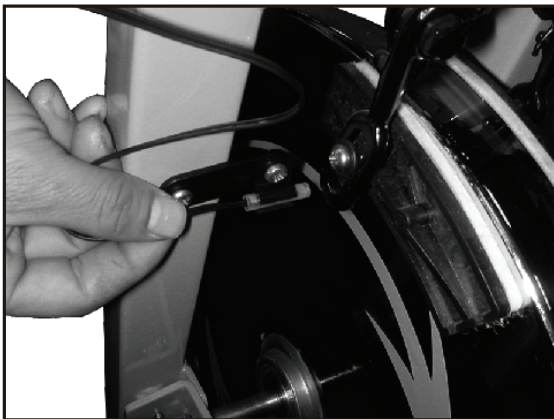
Congratulations that you have assembled the bike successfully!



CONSOLE ASSEMBLY



Put the computer sensor wire pass through the sensor clamp on the frame.



Insert the computer sensor wire into the RPM bracket then causes the wire to be away from the magnet on the flywheel 3 mm distance.

OPERATIONS INSTRUCTIONS

CONSOLE DETAILS :

FUNCTIONAL BUTTON:

MODE/REST - Push down to select functions.

- Push down to rest time, distance and calories for 3 seconds.

FUNCTIONS AND OPERATIONS

1.SCAN: Press MODE button until “ ” appears at SCAN position, monitor will rotate through the following functions: time, speed, distance and calorie, each display will be hold 4 seconds.

2.TIME: Count the total time from exercise start to end.

3.SPEED: Display current speed.

4.DIST: Count the distance from exercise start to end.

5.CALORIES: Count the total calories from exercise start to end.

6.PULSE RATE:

Press MODE button until “ ” appears at PULSE position. Before measuring your pulse rate, please place your palms of your hands on both of your contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 6~7 seconds.

Remark: During the process of pulse measurement , because of the contact jamming, the measurement value may be higher than the virtual pulse rate measurement value can not be regarded as the basis of medical treatment.

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 460 km/h
	TRIP DISTANCE	0.00~99.99KM
	CALORIES	0~9999kCAL
	PULSE RATE	40~206BPM
BATTERY TYPE		2pcs of SIZE -AA or UM -3
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		‘-10°C ~ +60°C

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 determining 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 intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of

time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large mounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise 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 exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

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

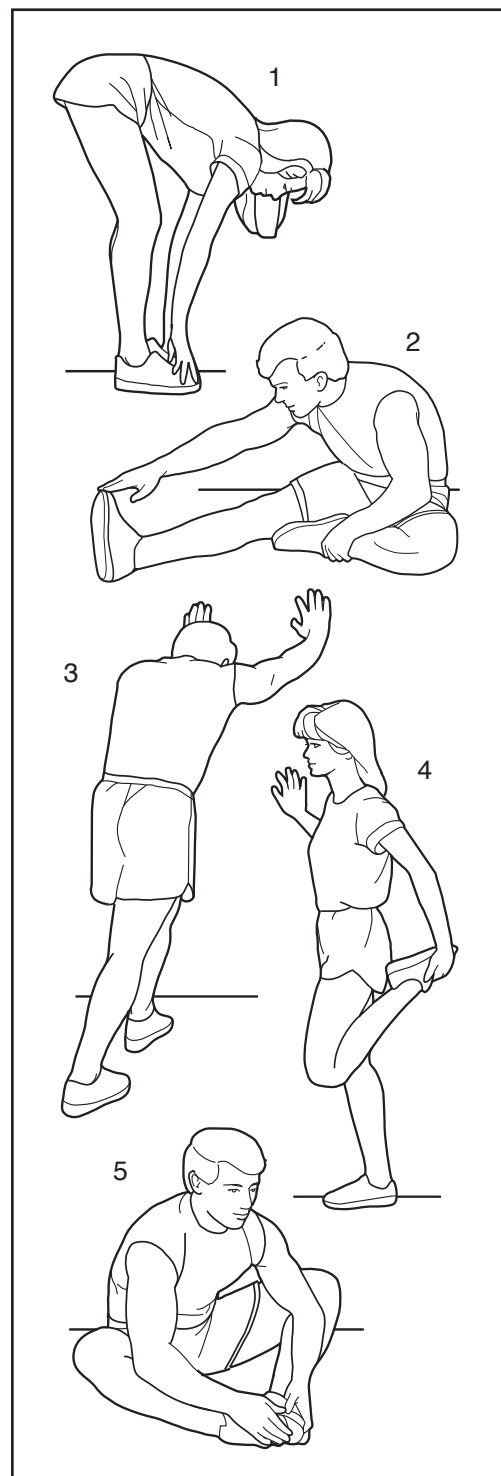
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

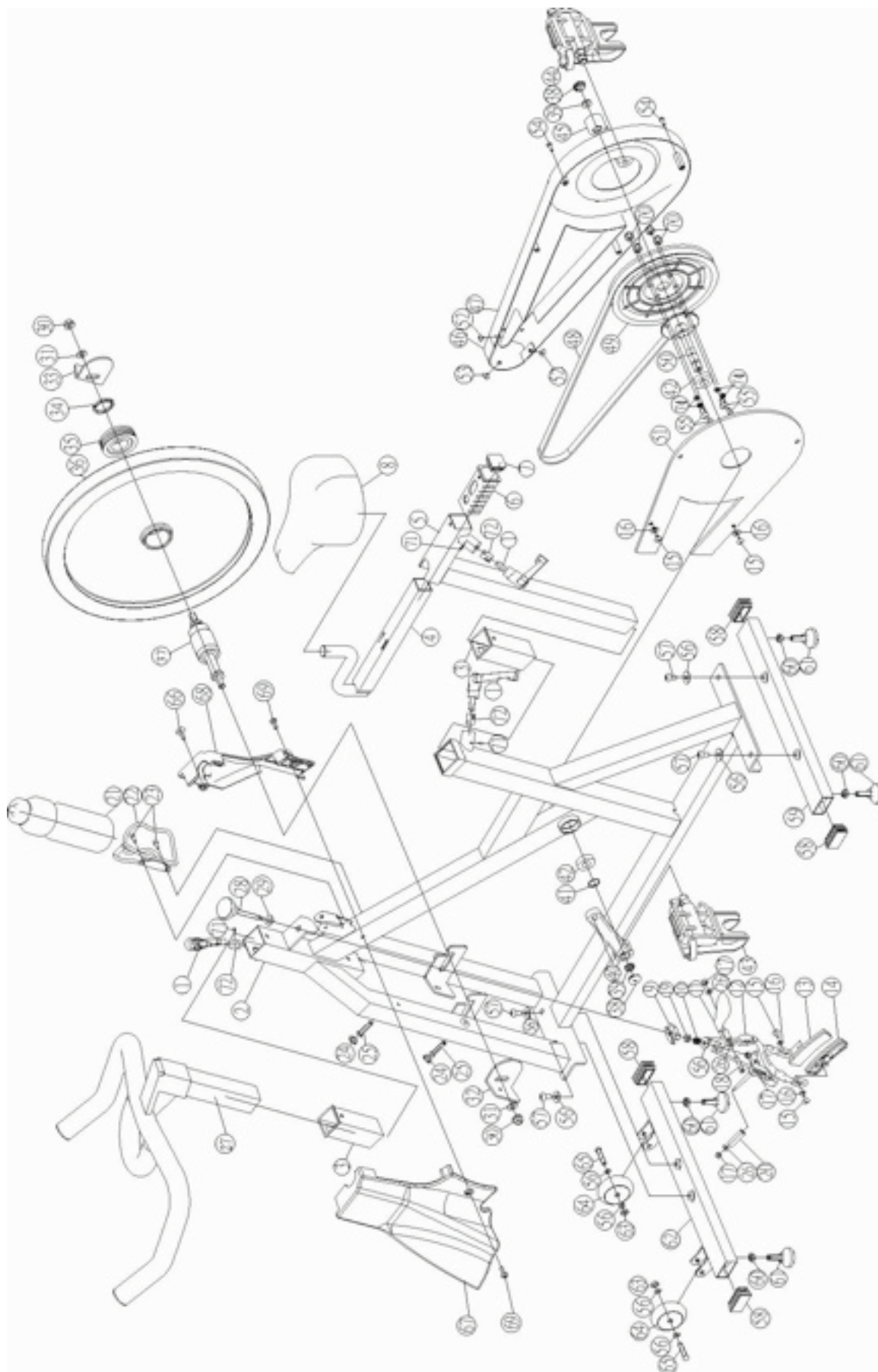
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

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.



EXPLODED DIAGRAM Model N° PFICSP37008.0



PART LIST MODEL N° PFICSP37008.0

#	DESCRIPTION	Specification	#	DESCRIPTION	Specification
1	Quick Release		38	Crank Cap	Black
2	Frame	Coating	39	Crank Bolt	Black
3	Sleeve	45*45*122.5L	40	Crank (L)	BED
4	Seat Slider	CP	41	Snap Ring	φ19.4*φ17*1
5	Seat Post	CP	42	Bearing	NSK6003
6	Sleeve	□38*101L	43	Pedal (L)	YH-40X
7	End Cap	30*30	44	Pedal (R)	YH-40X
8	Saddle		45	Crank (R)	BED
9	Stopper	Black	46	Front Chain Guard	ABS
10	Spring	Φ1.6x10.8x22L	47	Outer Chain Guard	ABS
11	Emergency Leveler	Red PVC	48	Belt	1425
12	Caliper	BED	49	Big Pulley	
13	Brake Pad (R)	ABS + Wool felt	50	Crank Axle	
14	Brake Pad (L)	ABS + Wool felt	51	Inner Chain Guard	ABS
15	Self-tapping Screw	ST4.8*12	52	Phillip Screw	M5*8 UCP
16	Washer	Φ11*Φ5*1 UCP	53	Self-Tapping Screw	ST4.2*10
17	Locked Nut	M6	54	Phillip Screw	M5*14
18	Phillip Bolt	M6*38	55	Allen Bolt	M6*15
19	Hex Nut	M8	56	Washer	Φ16*Φ8.5*1.6
20	Acoustic Grommet	φ12*φ7*41L	57	Allen Bolt	M8*15
21	Water Bottle	Φ74	58	End Cap	25*50
22	Bottle Cage	Aluminum Alloy	59	Rear Stabilizer	Coating
23	Allen Bolt	M5*12 UCP	60	Nut	8/3"x16T
24	End Cap	φ13	61	Adjustable Leveler	3/8"x16T
25	Allen Bolt	M6*40	62	Front Stabilizer	Coating
26	Washer	φ12*φ6.4*1.6 UCP	63	Allen Nut	M8
27	Handlebar	CP	64	Transport Wheel	Φ76*Φ22*24T
28	Tension Control	torque adjustment	65	Hex Bolt	M8*45
29	Spacer	Black	66	Self-Tapping Screw	ST4.8*25
30	Flange Nut	UCP	67	Sweat Guard (L)	Black
31	Washer	φ20*φ10*2	68	Sweat Guard (R)	Black
32	Flywheel Dropout L	Coating	69	Self-Tapping Screw	M5*10
33	Flywheel Dropout R	Coating	70	Cap Nut	M8 CP
34	Locked Ring	UCP	71	Allen Bolt	M3*7 Stainless
35	Small Pulley		72	Quick-Release Receptor	Φ15x21.45L
36	Flywheel	CP	73	Allen Bolt	M3*7 UCP
37	Hub		74	Spring Washer	φ8x2.5t UCP

ORDERING REPLACEMENT PARTS

To order replacements parts, please see the front cover of this manual for contact information. To help us assist you, be prepared to provide the following information when calling :

- Model number of the product (PFICSP37008.0)
- The Key number and description of the product of the desired parts (see the part list)
- The proof of purchase