

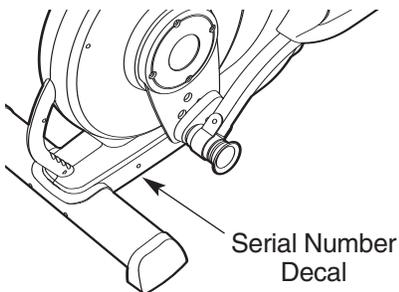
PRO-FORM[®]

SPACE SAVER
500

Model No. PFEL64907.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE DO NOT CONTACT THE STORE. For assistance, contact our Customer Service Department.

CALL TOLL-FREE:

1-888-533-1333

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

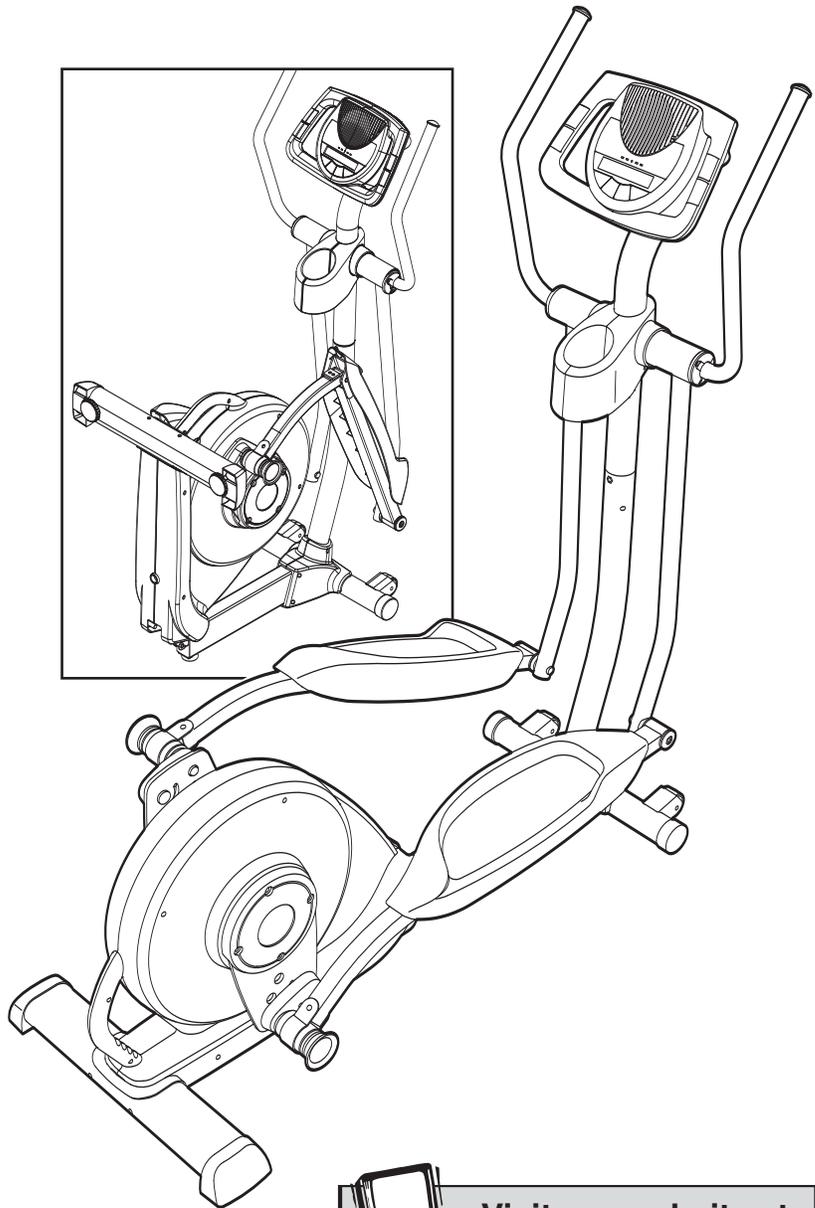
ON THE WEB:

www.proformservice.com

⚠ 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

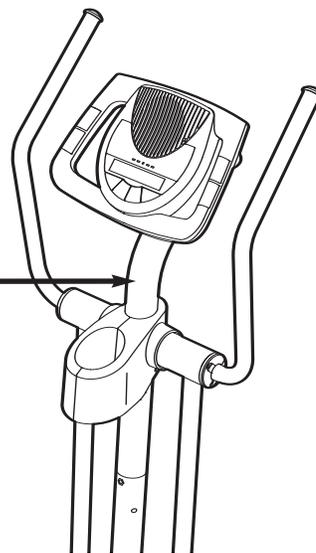
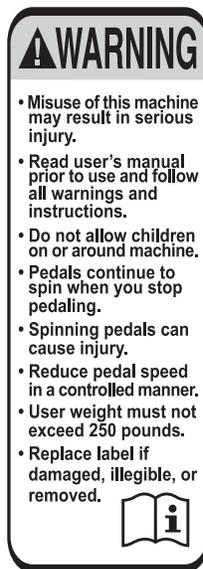
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WARNING DECAL PLACEMENT

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



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. 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. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
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. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

BEFORE YOU BEGIN

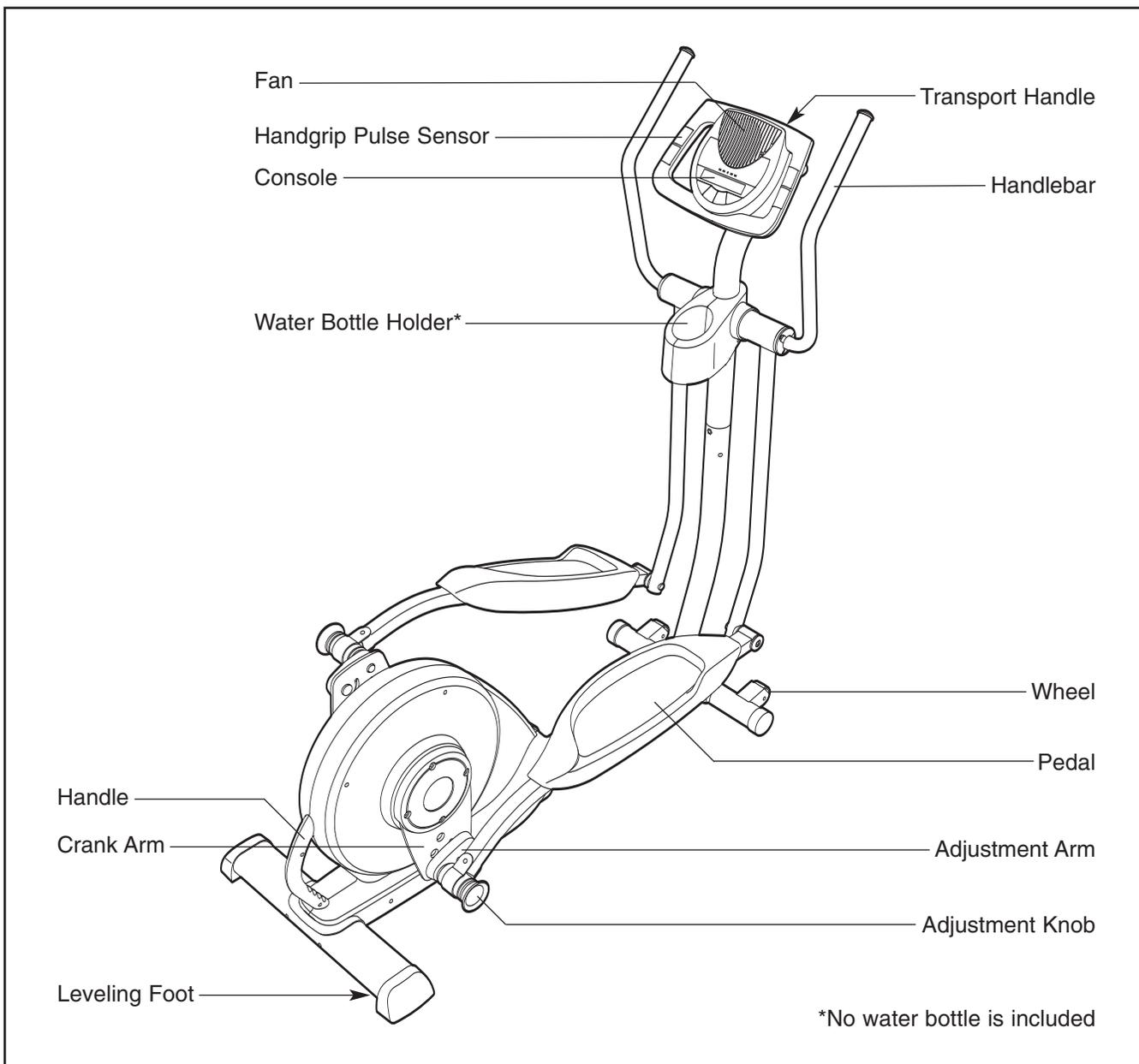
Thank you for selecting the revolutionary PROFORM® SPACE SAVER™ 500 elliptical exerciser. The SPACE SAVER 500 elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable—and when you're not exercising, the unique SPACE SAVER 500 elliptical exerciser can be folded out of the way.

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

To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.proformservice.com/registration.

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

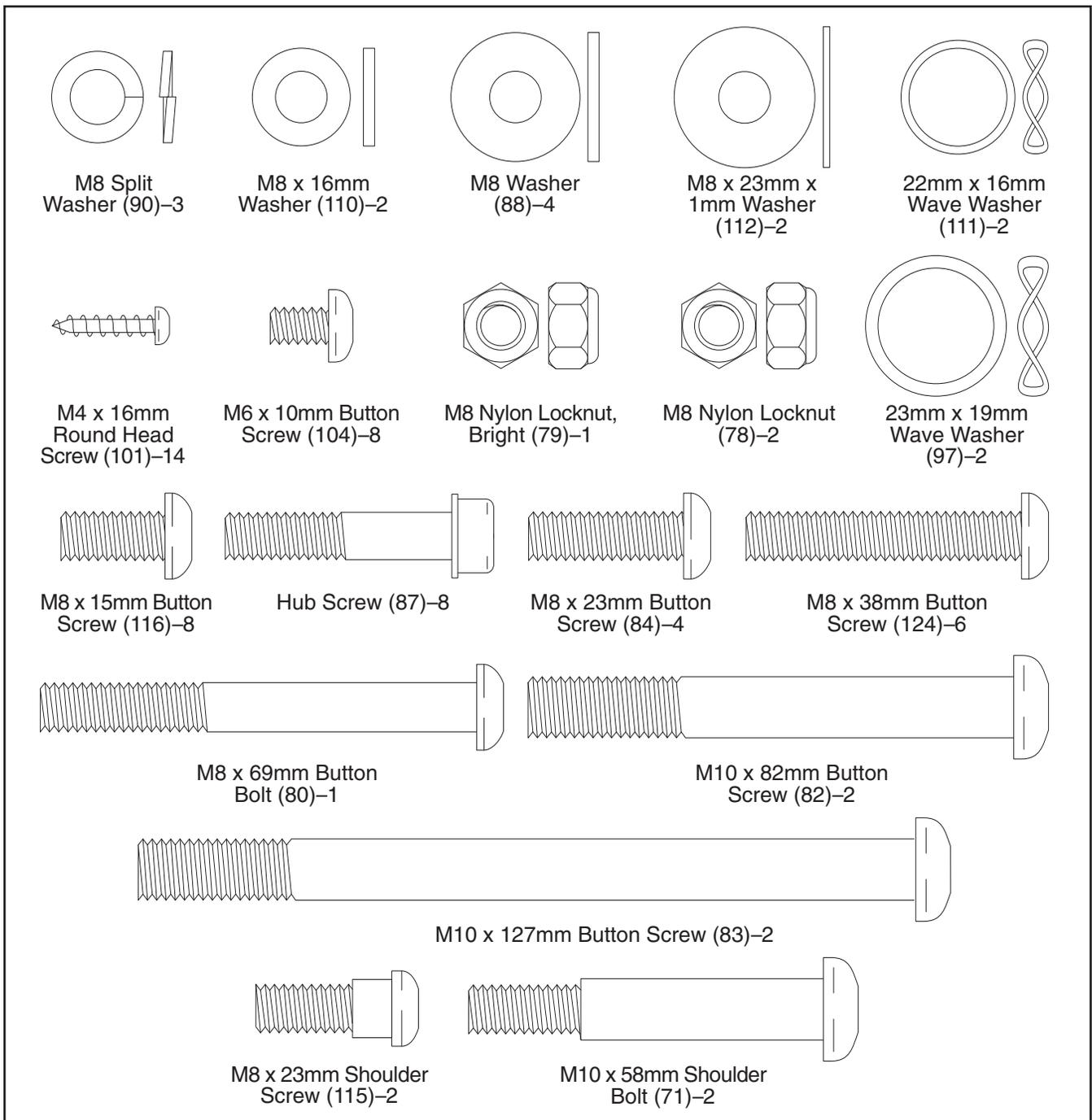


ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

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. **In addition to the included hex keys, assembly requires a Phillips screwdriver** , **an adjustable wrench** , **and a rubber mallet** .

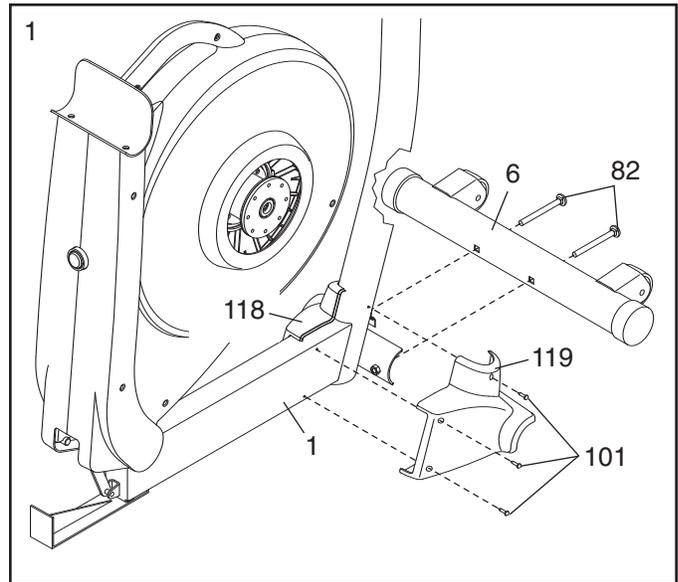
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

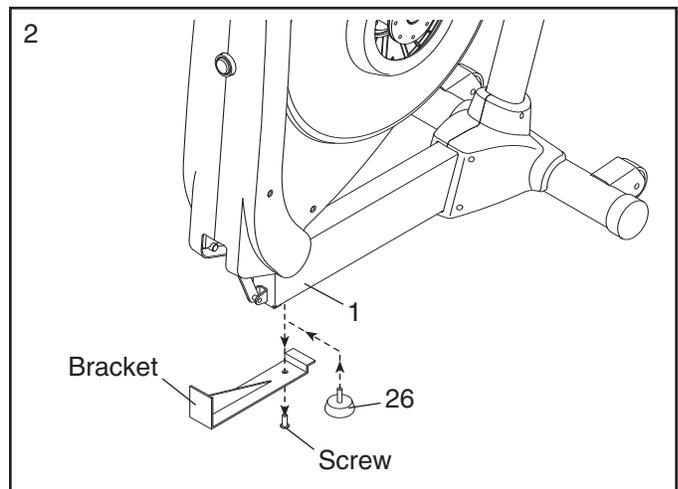
While another person lifts the Base (1), attach the Front Stabilizer (6) to the Base with two M10 x 82mm Button Screws (82).

Next, hold the Left and Right Stabilizer Covers (118, 119) around the Base (1). Attach the Stabilizer Covers with six M4 x 16mm Round Head Screws (101) (only three are shown).



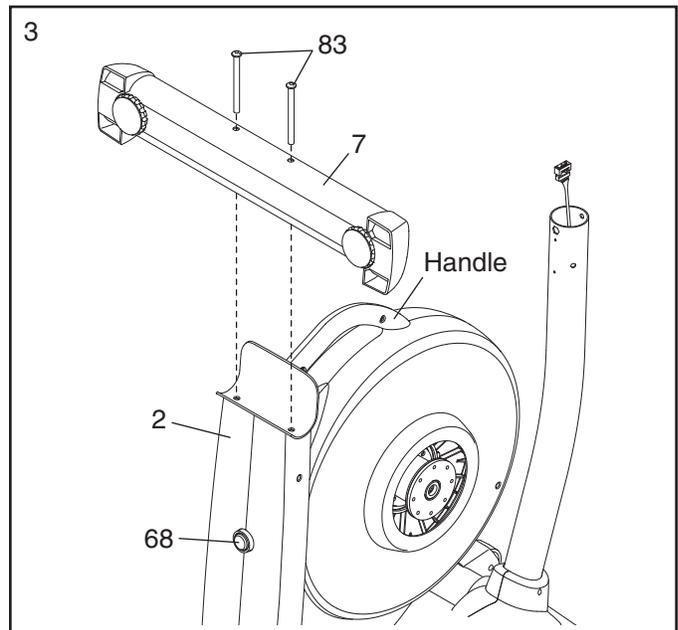
2. Remove the indicated screw and bracket from the Base (1). Discard the screw and the bracket.

Next, turn the Base Foot (26) into the Base (1) as far as possible.



3. Attach the Rear Stabilizer (7) to the Frame (2) with two M10 x 127mm Button Screws (83).

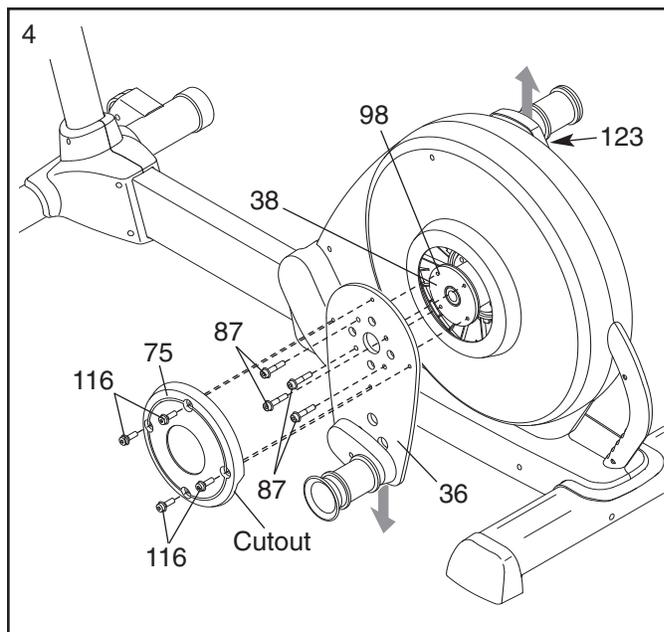
Next, hold the handle on the Frame (2), press the Latch Button (68), and lower the Frame until the Rear Stabilizer (7) is resting on the floor.



- Identify the Left Crank Arm (36), which is marked with an "L" sticker. Hold the Left Crank Arm against the left Crank Hub (38), and align the holes in the Left Crank Arm with the unused holes in the Crank Hub. Next, insert four Hub Screws (87) into the Left Crank Arm, and finger tighten the Hub Screws into the Crank Hub. Tighten one of the Hub Screws, and then tighten the Hub Screw farthest from the first Hub Screw. Then, tighten the remaining two Hub Screws.

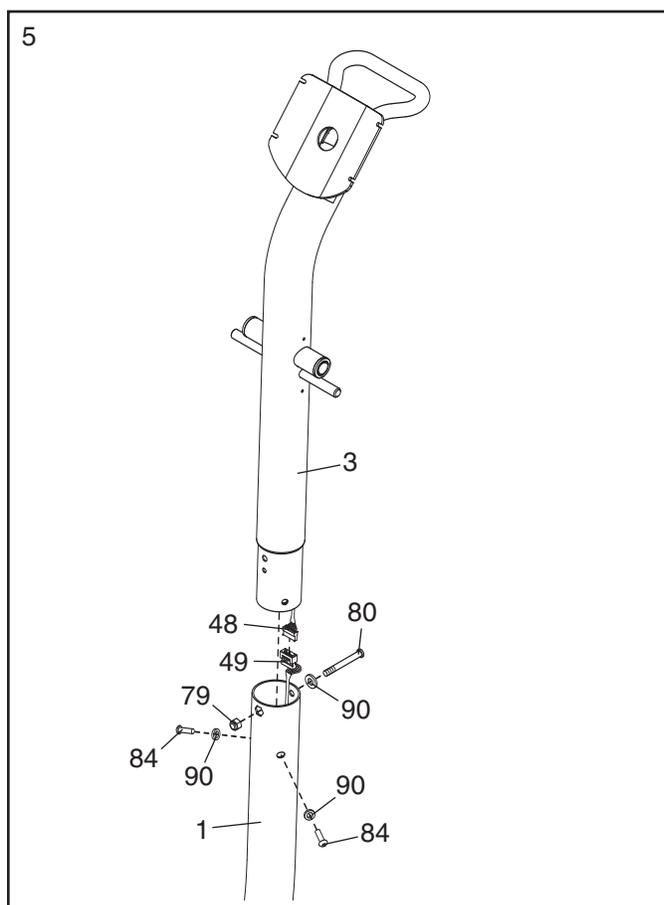
Attach a Hub Cover (75) to the Left Crank Arm (36) with four M8 x 15mm Button Screws (116).

Repeat this step on the other side of the elliptical exerciser. **Make sure that the Crank Arms (36, 123) are oriented as shown. Note: there are no Pulley Screws (98) on the right side.**

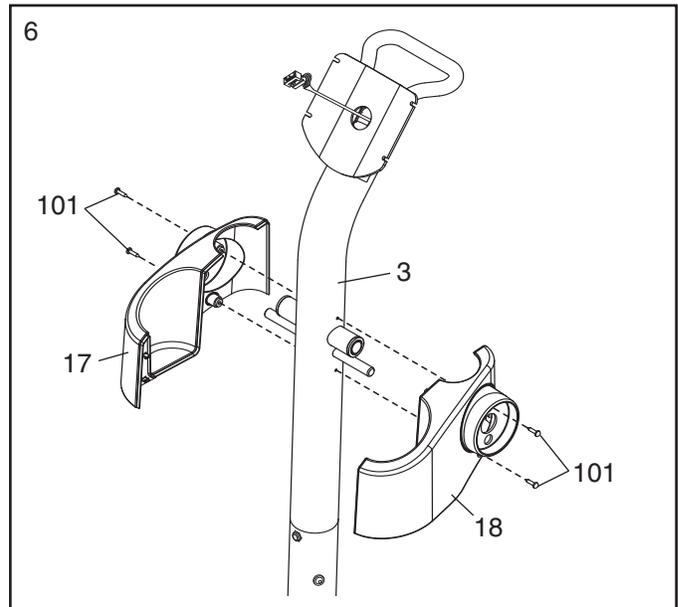


- While another person holds the Upright (3), connect the Upper Wire Harness (48) to the Lower Wire Harness (49). **Gently pull the upper end of the Upper Wire Harness to remove any slack**, and insert the Upright into the Base (1). Attach the Upright with an M8 x 69mm Button Bolt (80), an M8 Split Washer (90), and a Bright M8 Nylon Locknut (79). **Make sure that the Nylon Locknut is in the hexagonal hole in the Base.**

Next, tighten two M8 x 23mm Button Screws (84) and two M8 Split Washers (90) into the Base (1).



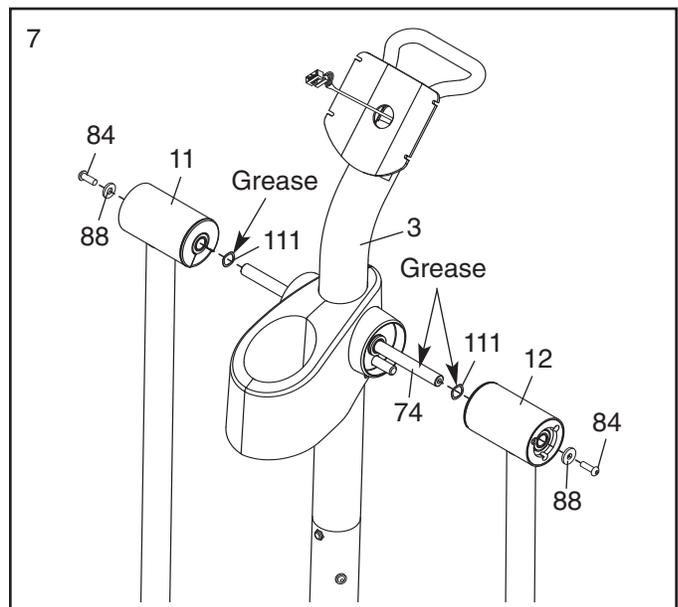
6. Orient the Left and Right Upright Covers (17, 18) as shown. Attach the Upright Covers around the Upright (3) with four M4 x 16mm Round Head Screws (101).



7. Apply a generous amount of the included grease to the Pivot Axle (74), and then apply a small amount of grease to two 22mm x 16mm Wave Washers (111). Next, insert the Pivot Axle through the Upright (3).

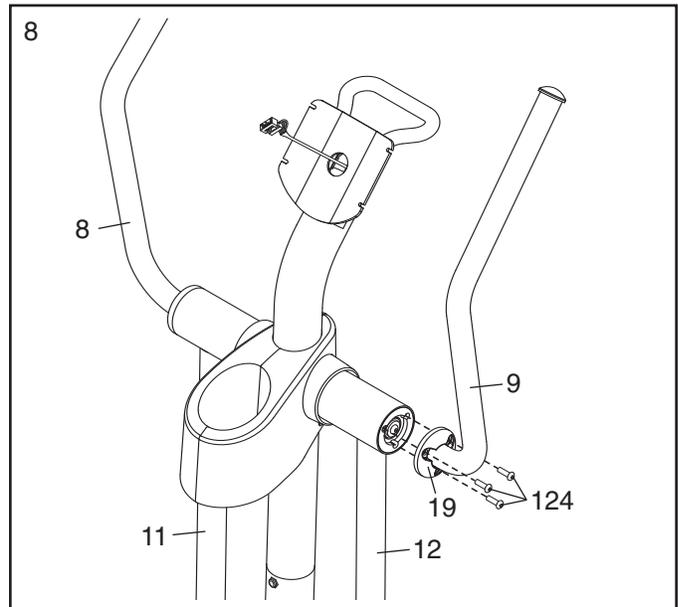
Place a 22mm x 16mm Wave Washer (111) on the left end of the Pivot Axle (74). Identify the Left Upper Body Arm (11), which is marked with an "L" sticker. Then, slide the Left Upper Body Arm onto the Pivot Axle. Attach the Left Upper Body Arm with an M8 x 23mm Button Screw (84) and an M8 Washer (88).

Attach the Right Upper Body Arm (12) in the same way.



8. Identify the Right Handlebar (9), which is marked with an "R" sticker. Attach the Right Handlebar to the Right Upper Body Arm (12) with three M8 x 38mm Button Screws (124) and a Handlebar Cover (19).

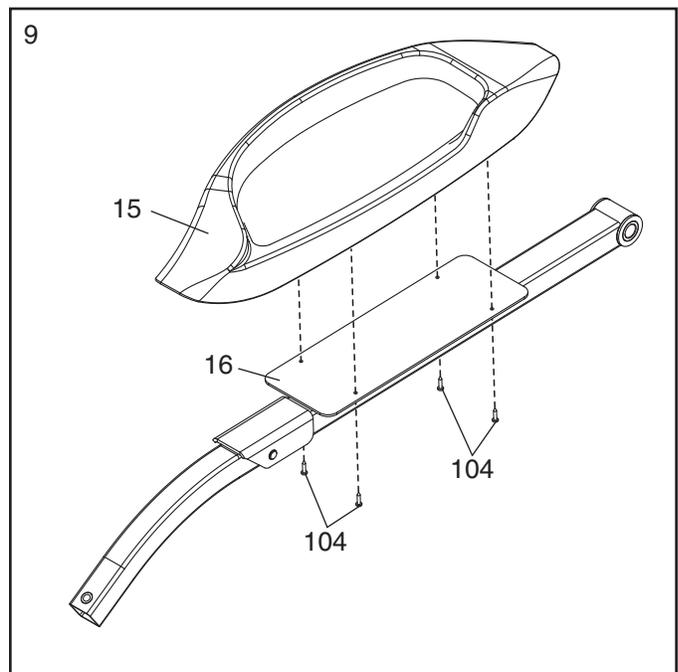
Attach the Left Handlebar (8) to the Left Upper Body Arm (11) in the same way.



9. Identify the Right Pedal (15) and the Right Pedal Leg (16), which are marked with "R" stickers, and orient them as shown.

Attach the Right Pedal (15) to the Right Pedal Leg (16) with four M6 x 10mm Button Screws (104).

Attach the Left Pedal (not shown) to the Left Pedal Leg (not shown) in the same way.

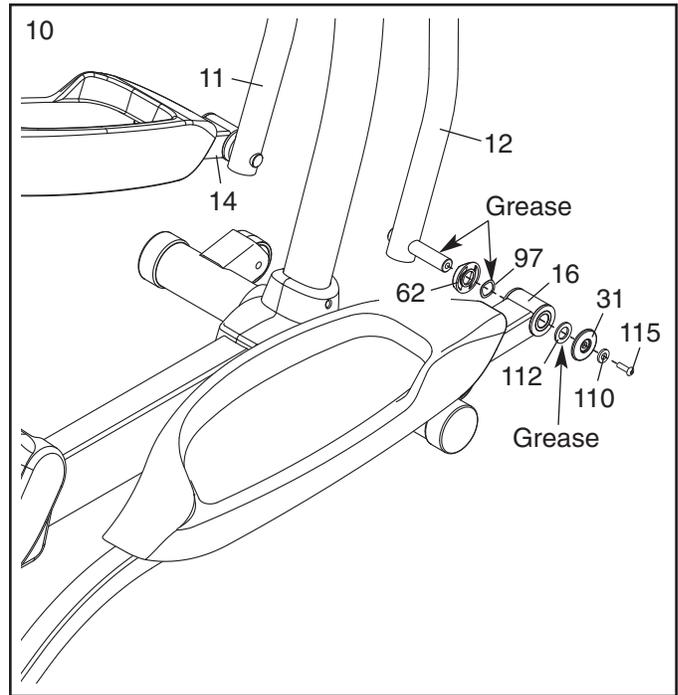


10. Apply grease to the axle on the Right Upper Body Arm (12). Then, apply grease to a 23mm x 19mm Wave Washer (97) and to an M8 x 23mm x 1mm Washer (112).

Slide an Upper Body Arm Spacer (62) onto the Right Upper Body Arm (12); **make sure that the flat side of the Upper Body Arm Spacer is facing outward**. Then, place the 23mm x 19mm Wave Washer (97) on the Right Upper Body Arm.

Slide the Right Pedal Leg (16) onto the Right Upper Body Arm (12). Attach the Right Pedal Leg with an M8 x 23mm Shoulder Screw (115), an M8 x 16mm Washer (110), a Pedal Leg Cover (31), and the M8 x 23mm x 1mm Washer (112).

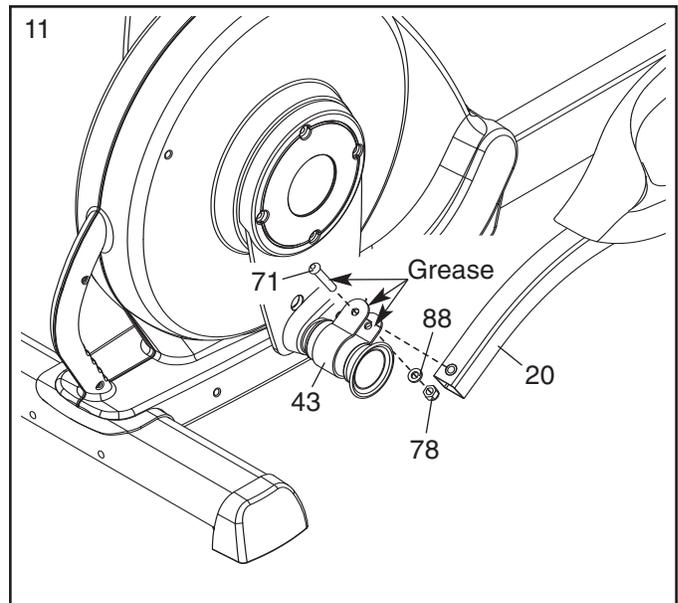
Repeat this step for the Left Pedal Leg (14) and the Left Upper Body Arm (11).



11. Apply grease to the bracket on the Crank Bushing Sleeve (43) and to an M10 x 58mm Shoulder Bolt (71).

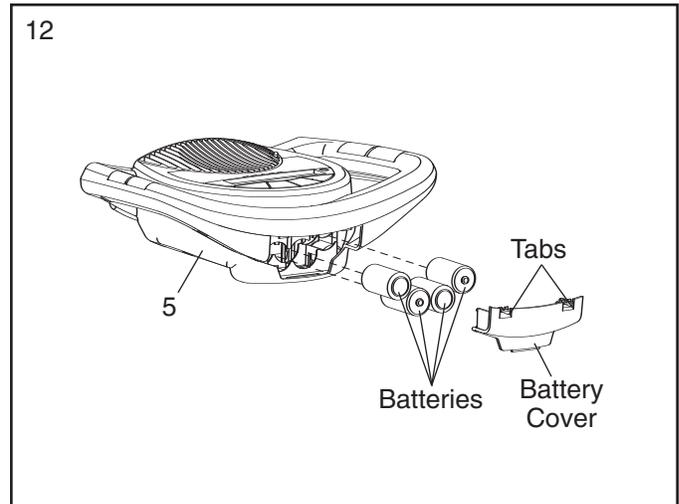
Insert the right Link Arm (20) into the Crank Bushing Sleeve (43). Attach the right Link Arm with the M10 x 58mm Shoulder Bolt (71), an M8 Washer (88), and a M8 Nylon Locknut (78).

Repeat this step on the other side of the elliptical exerciser.

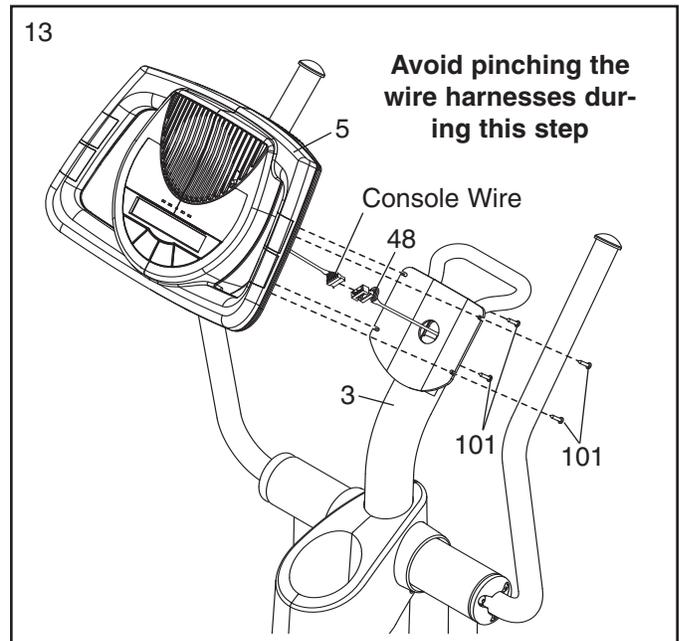


12. The Console (5) requires four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.**

Press the two tabs on the battery cover, and remove the battery cover. Next, insert four batteries into the Console (5). **Make sure that the batteries are oriented as shown by the diagrams inside the battery compartment.** Then, reattach the battery cover to the Console.



13. **Tip: Be careful not to pinch the wire harnesses during this step.** While another person holds the Console (5) near the Upright (3), connect the wire harness on the Console to the Upper Wire Harness (48). Insert the excess wire harness into the Upright. Next, attach the Console to the Upright with four M4 x 16mm Round Head Screws (101).

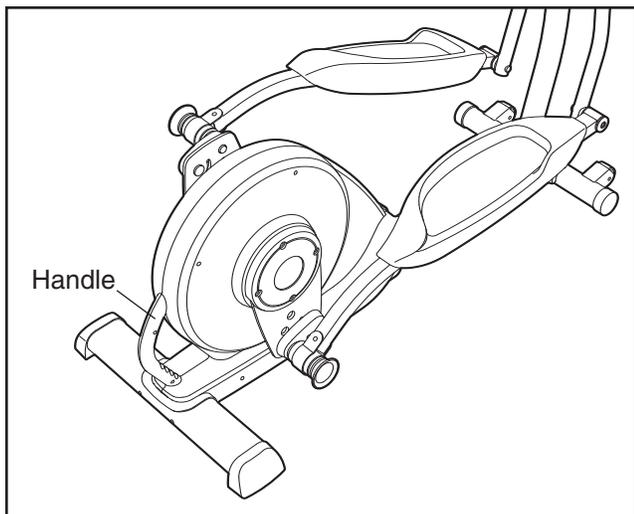


14. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

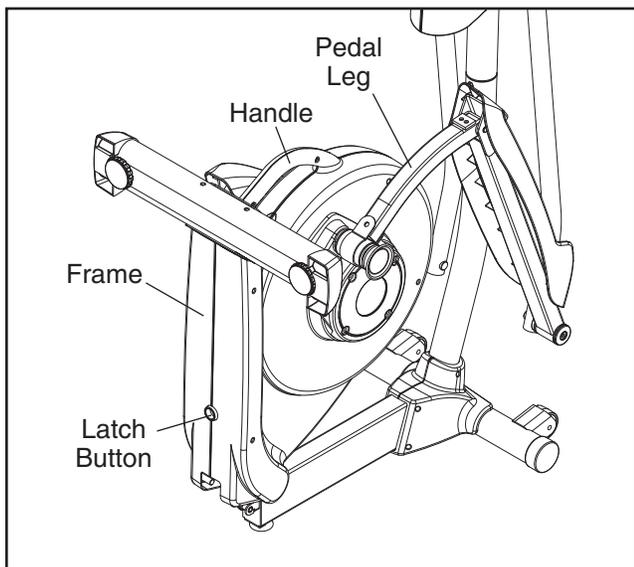
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. To fold the elliptical exerciser, hold the handle on the rear stabilizer and lift the frame until it locks in a vertical position.

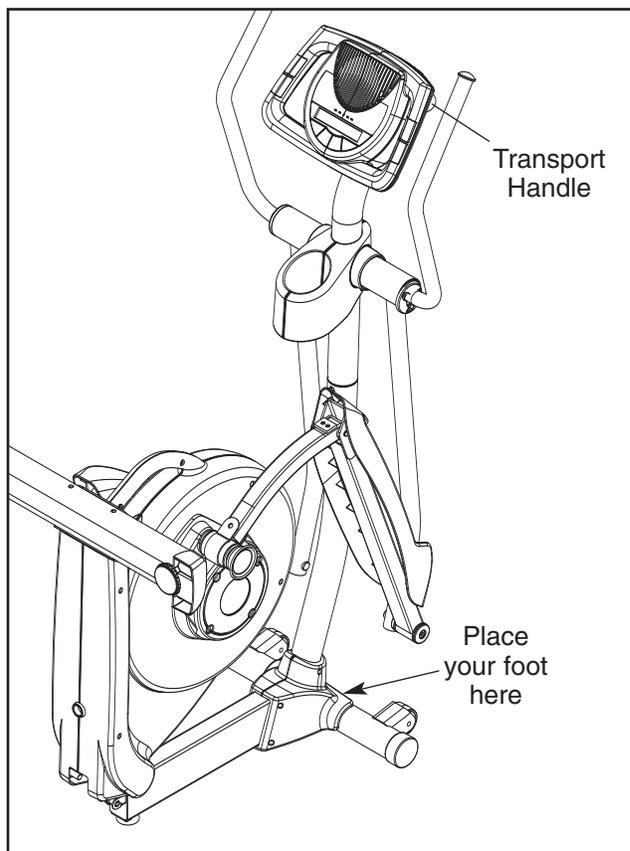


To unfold the elliptical exerciser, first hold the handle, press the latch button, and lower the frame.



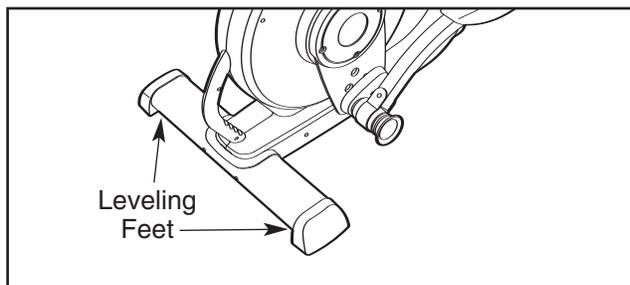
HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described at the left. Next, stand in front of the elliptical exerciser, hold the transport handle on the upright, and place one foot against the center of the front stabilizer. Pull the transport handle until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired position, and then lower it.



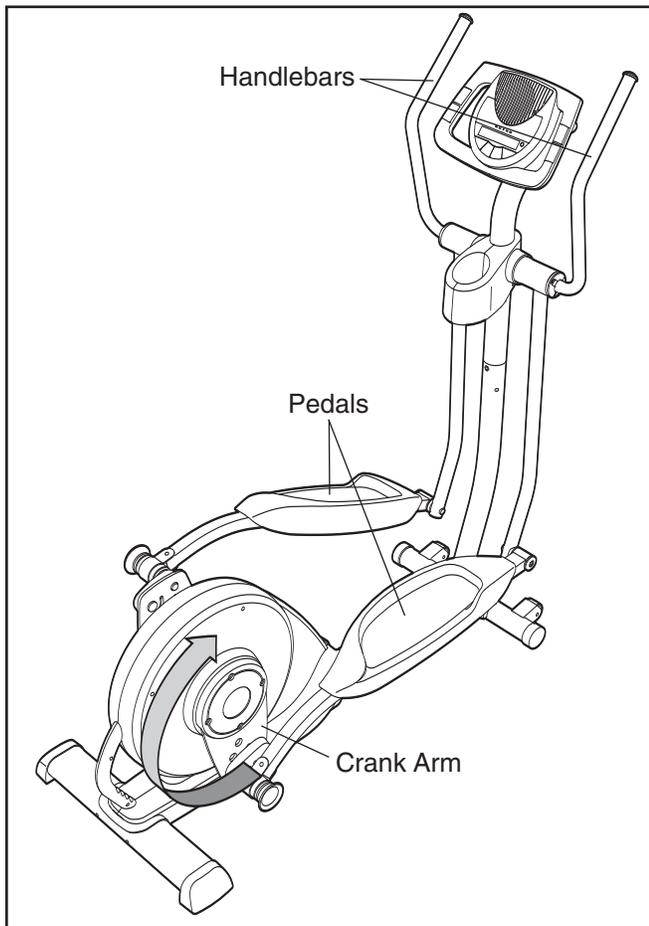
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

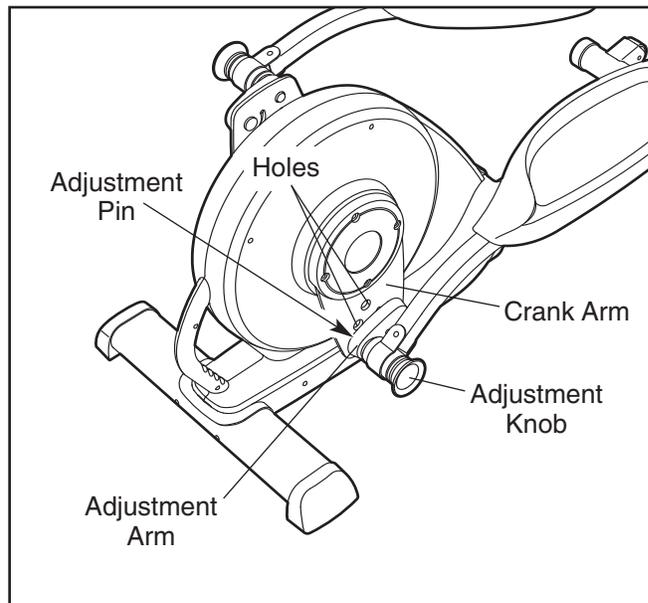
To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown by the arrow below; however, for variety, you can turn the pedal discs in the opposite direction.**



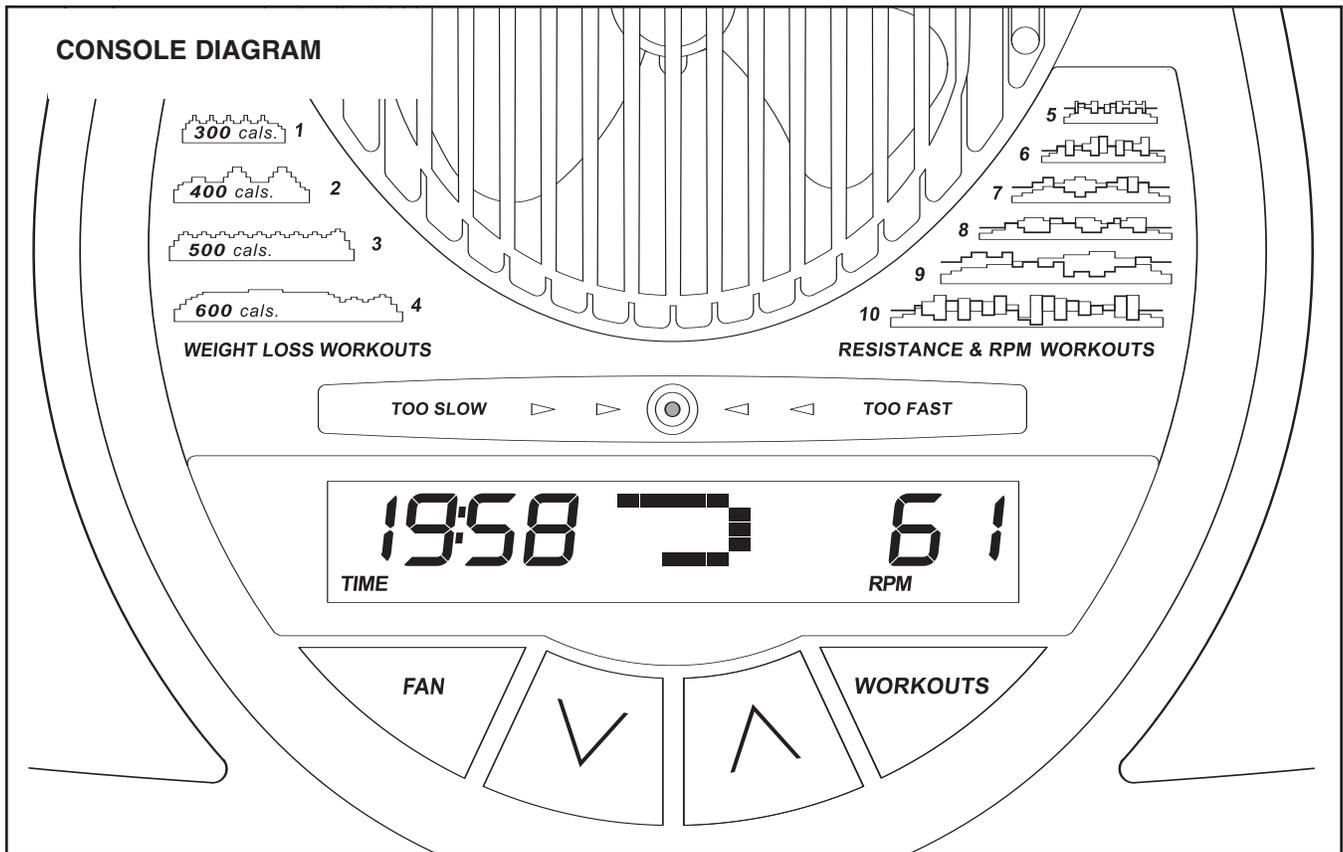
To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **IMPORTANT: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lower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

HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL EXERCISER

To adjust the stride of the elliptical exerciser, first pull one of the adjustment knobs until the adjustment arm pivots freely. Pivot the adjustment arm until the adjustment knob is aligned with one of the three holes in the crank arm, and gently release the knob. Then, pivot the adjustment arm back and forth slightly to make sure that the adjustment pin is engaged in one of the three holes in the crank arm.



Adjust the other side of the elliptical exerciser in the same way.



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you select the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

You can also use four weight loss workouts designed to help you burn 300, 400, 500, or 600 calories. The weight loss workouts automatically control the resistance of the pedals and prompt you to increase or decrease your pace while counting the calories you burn.

The console also offers six resistance & rpm workouts that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout

To use the manual mode of the console, follow the steps beginning on page 15. **To use a weight loss workout**, see page 17. **To use a resistance & rpm workout**, see page 18.

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

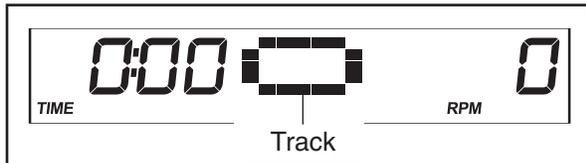
HOW TO USE THE MANUAL MODE

1. **Press the decrease button or begin pedaling to turn on the console.**

A moment after you turn on the console, the displays will light.

2. **Select the manual mode.**

Each time you turn on the console, the manual mode will be selected automatically. If you have selected a workout, reselect the manual mode by pressing the Workouts button repeatedly until a track appears in the center display.



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

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

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

The left display—

This display will show the elapsed time, the approximate number of grams of carbs you have burned, and the approximate number of calories you have burned. This information will appear in a repeating cycle.

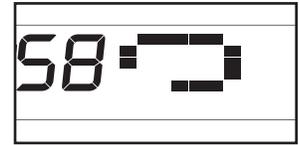


Note: When a resistance & rpm workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

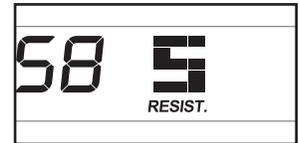
The left display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 16).

The center display—

When you select the manual mode, the center display will show a track that represents 640 revolutions. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

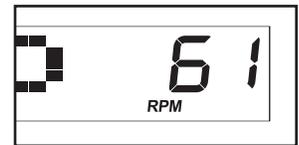


The center display will also show the resistance level of the pedals for a few seconds each time the resistance level changes.



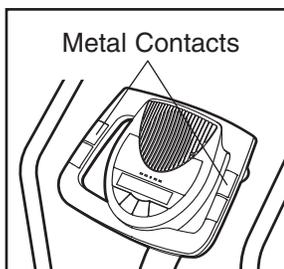
The right display—

This display will show the distance (total revolutions) you have pedaled and your pedaling pace, in revolutions per minute (rpm). This information will appear in a repeating cycle.



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

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. 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 tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the left display. Each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. 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.



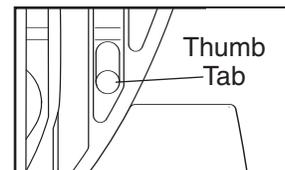
If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to

squeeze the metal contacts 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 high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

Pivot the thumb tab on the right side of the fan to adjust the fan angle.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

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 about five minutes and the buttons are not pressed, the console will turn off and the displays will be reset.

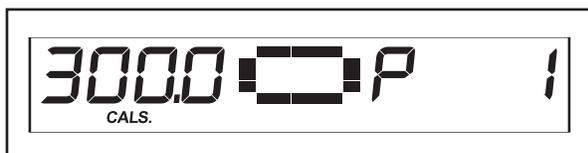
HOW TO USE A WEIGHT LOSS WORKOUT

1. **Press the decrease button or begin pedaling to turn on the console.**

A moment after you turn on the console, the displays will light.

2. **Select one of the weight loss workouts.**

Press the Workouts button repeatedly until "P 1," "P 2," "P 3," or "P 4" appears in the right display. When a weight loss workout is selected, the number of calories to be burned will appear in the display.



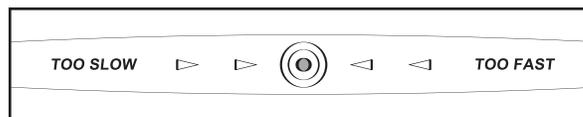
3. **Begin pedaling to start the workout.**

Each weight loss workout will help you burn 300, 400, 500, or 600 calories. During each workout, the console will count down the number of calories to be burned.

A weight loss workout is divided into one-minute segments. One resistance level and one target pace setting are programmed for each segment of the workout. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

If a different resistance level is programmed for the next segment of the workout, the resistance level will appear in the center display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will also be prompted to keep your pedaling pace near the target pace setting for the current segment. When a TOO SLOW indicator is lit, increase your pace. When a TOO FAST indicator is lit, decrease your pace. When the center indicator is lit, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. 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 decrease and increase buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

Note: If you manually override the resistance settings of a weight loss workout, you may not reach the calorie goal.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until zeros appear in the calories display and the workout ends.

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

During a weight loss workout, the left display will show the elapsed time, the approximate number of grams of carbs you have burned, and the number of calories to be burned during the remaining segments of the workout. This information will appear in a repeating cycle.



The other displays will show the information described in step 4 on page 15.

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

See step 5 on page 16.

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

See step 6 on page 16.

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

See step 7 on page 16.

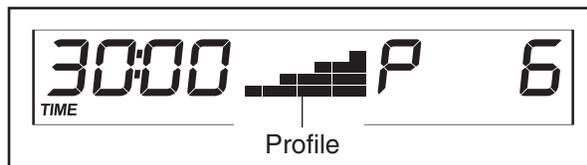
HOW TO USE A RESISTANCE & RPM WORKOUT

1. **Press the decrease button or begin pedaling to turn on the console.**

A moment after the console is turned on, the displays will light.

2. **Select one of the resistance & rpm workouts.**

Press the Workouts button repeatedly until “P 5,” “P 6,” “P 7,” “P 8,” “P 9,” or “P10” appears in the right display. When a resistance & rpm workout is selected, a profile of the resistance levels of the workout will scroll across the center display. The left display will show how long the workout will last.

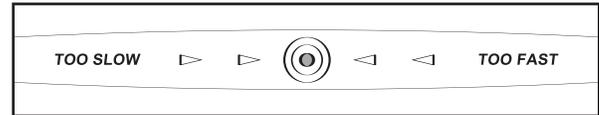


3. **Begin pedaling to start the workout.**

Each workout is divided into 30 or 45 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 consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the center display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will also be prompted to keep your pedaling pace near the target pace setting for the current segment. When a TOO SLOW indicator is lit, increase your pace. When a TOO FAST indicator is lit, decrease your pace. When the center indicator is lit, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. 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 decrease and increase buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends. Note: If you continue to pedal after the workout is completed, the displays will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

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

See step 4 on page 15.

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

See step 5 on page 16.

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

See step 6 on page 16.

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

See step 7 on page 16.

MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

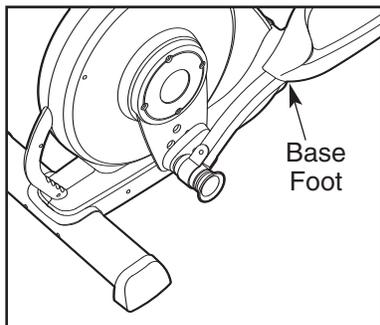
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 12 on page 11 for replacement instructions.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 16.

HOW TO ELIMINATE FLEXING IN THE CENTER OF THE ELLIPTICAL EXERCISER

If the elliptical exerciser flexes in the center during use, turn the base foot until the flexing is eliminated.



HOW TO LEVEL THE ELLIPTICAL EXERCISER

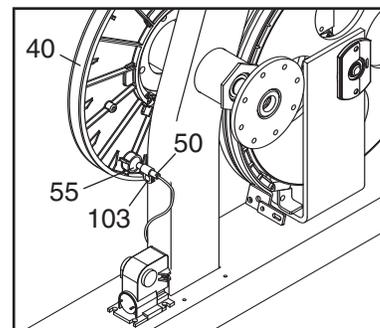
If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 12.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, see step 11 on page 10 and remove the link arms. Next, see step 4 on page 7 and remove the crank arms.

Then, remove all of the screws from both side shields; **there are three sizes of screws in the side shields—note which size of screw you remove from each hole.** Then, gently pry the side shields away from the frame.

Next, locate the Reed Switch (50). Turn the Pulley (40) until a Magnet (55) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (103). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Pulley forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields, the crank arms, and the link arms. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 27 and the PART LIST on page 24.



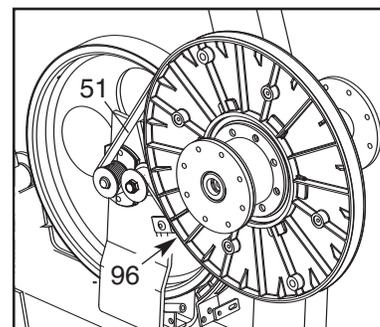
HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance of the pedals is at the highest setting, the Belt (51) may need to be adjusted.

First, see step 11 on page 10 and remove the link arms. Next, see step 4 on page 7 and remove the crank arms.

Then, remove all the screws from both side shields; **there are three sizes of screws in the side shields—note which size of screw you remove from each hole.** Then, gently pry the side shields away from the frame.

Next, tighten the M8 x 35mm Screw (96) until the Belt (51) is tight. Then, reattach the side shields, the crank arms, and the link arms. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 27 and the PART LIST on page 24.



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, maximum 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, first 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.

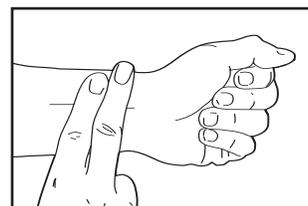
Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for 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 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.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, 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. Note: If your exercise equipment includes a pulse sensor, you can use the pulse sensor to measure your heart rate.

WORKOUT GUIDELINES

Warm-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.

Cool-down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and will help 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

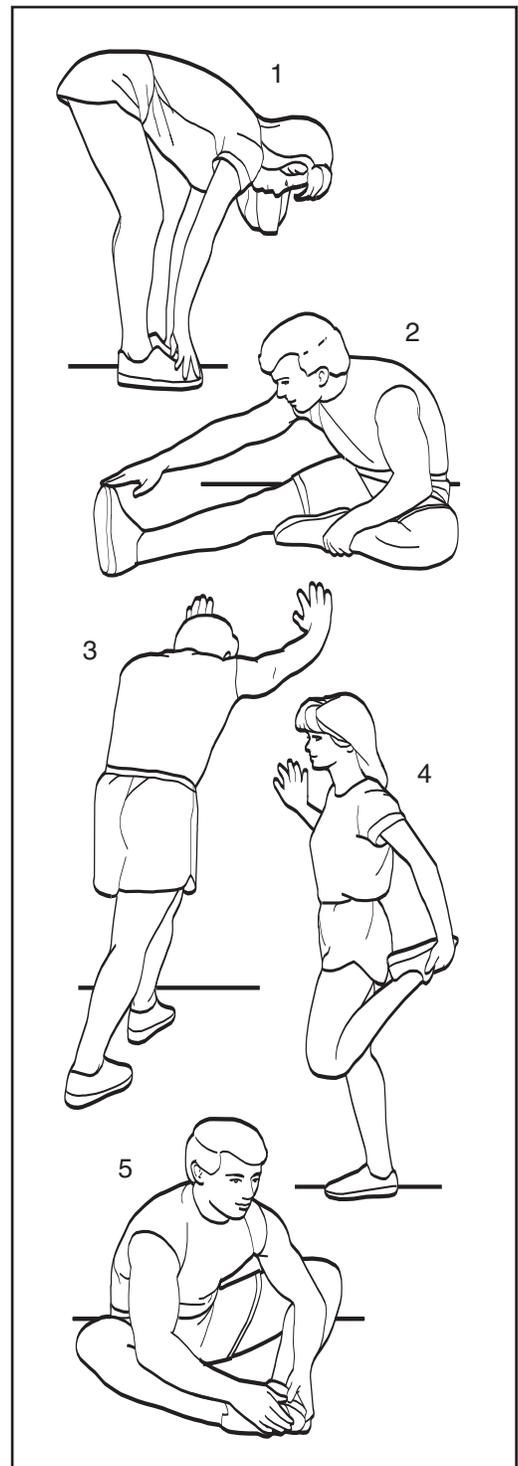
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

NOTES

PART LIST—Model No. PFEL64907.0

R0108A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Belt
2	1	Frame	52	1	Flywheel
3	1	Upright	53	1	“C” Magnet
4	1	Upright Endcap	54	1	Pillow Block
5	1	Console	55	2	Magnet
6	1	Front Stabilizer	56	1	Spring
7	1	Rear Stabilizer	57	1	Idler
8	1	Left Handlebar	58	1	Idler Bracket
9	1	Right Handlebar	59	1	Clamp
10	2	Handlebar Endcap	60	1	Latch Spring
11	1	Left Upper Body Arm	61	1	Base Pin
12	1	Right Upper Body Arm	62	2	Upper Body Arm Spacer
13	1	Left Pedal	63	4	Retainer Clip
14	1	Left Pedal Leg	64	2	Outer Upper Body Bushing
15	1	Right Pedal	65	1	Pivot Bracket
16	1	Right Pedal Leg	66	2	Inner Upper Body Bushing
17	1	Left Upright Cover	67	1	Latch Button Surround
18	1	Right Upright Cover	68	1	Latch Button
19	2	Handlebar Cover	69	1	Side Shield Connector
20	2	Link Arm	70	1	Motor
21	2	Link Arm Pad	71	2	M10 x 58mm Shoulder Bolt
22	4	Link Arm Bearing	72	1	Resistance Cable Set
23	2	Front Stabilizer Endcap	73	2	Foam Grip
24	2	Rear Stabilizer Endcap	74	1	Pivot Axle
25	2	Wheel	75	2	Hub Cover
26	1	Base Foot	76	2	Adjustment Knob
27	2	Leveling Foot	77	2	Flywheel Bracket
28	1	Left Side Shield	78	3	M8 Nylon Locknut
29	1	Right Side Shield	79	1	M8 Nylon Locknut, Bright
30	2	Upright Bushing	80	1	M8 x 69mm Button Bolt
31	2	Pedal Leg Cover	81	2	M10 Nylon Locknut
32	2	Pedal Leg Axle	82	2	M10 x 82mm Button Screw
33	4	Pedal Leg Bushing	83	2	M10 x 127mm Button Screw
34	1	Base Axle	84	8	M8 x 23mm Button Screw
35	2	Base Bushing	85	1	M6 x 10mm Button Screw
36	1	Left Crank Arm	86	2	Crank Screw
37	2	Adjustment Arm Cover	87	8	Hub Screw
38	2	Crank Hub	88	6	M8 Washer
39	1	Pulley Spacer	89	2	M10 x 60mm Button Screw
40	1	Pulley	90	3	M8 Split Washer
41	2	Adjustment Arm	91	1	Flywheel Spacer
42	4	Crank Bushing	92	1	Flywheel Washer
43	2	Crank Bushing Sleeve	93	1	Flywheel Snap Ring
44	2	Crank Bearing Set	94	4	Pillow Block Screw
45	1	Crank	95	1	Stop Screw
46	1	Crank Spacer	96	1	M8 x 35mm Screw
47	2	Crank Snap Ring	97	2	23mm x 19mm Wave Washer
48	1	Upper Wire Harness	98	4	Pulley Screw
49	1	Lower Wire Harness	99	2	Adjustment Pin
50	1	Reed Switch/Wire	100	2	M4 x 25mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	14	M4 x 16mm Round Head Screw	115	2	M8 x 23mm Shoulder Screw
102	4	Motor Washer	116	10	M8 x 15mm Button Screw
103	11	M4 x 16mm Screw	117	2	39mm x 30mm Wave Washer
104	8	M6 x 10mm Button Screw	118	1	Left Stabilizer Cover
105	2	Transport Handle Endcap	119	1	Right Stabilizer Cover
106	2	Adjustment Spring	120	2	M4 x 12mm Round Head Screw
107	4	M4 x 12mm Screw	121	2	M8 x 32mm Washer
108	2	Upper Body Arm Endcap	122	2	31mm x 23mm Wave Washer
109	2	Large Snap Ring	123	1	Right Crank Arm
110	2	M8 x 16mm Washer	124	6	M8 x 38mm Button Screw
111	2	22mm x 16mm Wave Washer	*	–	Hex Key
112	2	M8 x 23mm x 1mm Washer	*	–	Grease Packet
113	8	M4 x 16mm Flat Head Screw	*	–	User's Manual
114	1	M6 Nut			

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

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. There is a ten (10) year warranty on the frame. There is a seven (7) year warranty on the resistance mechanism. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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