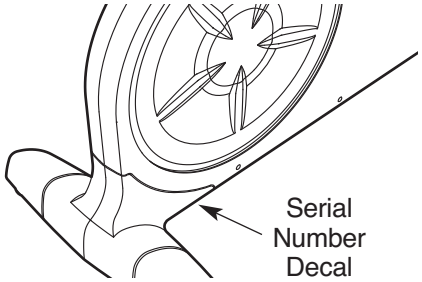
PRO-FORM®

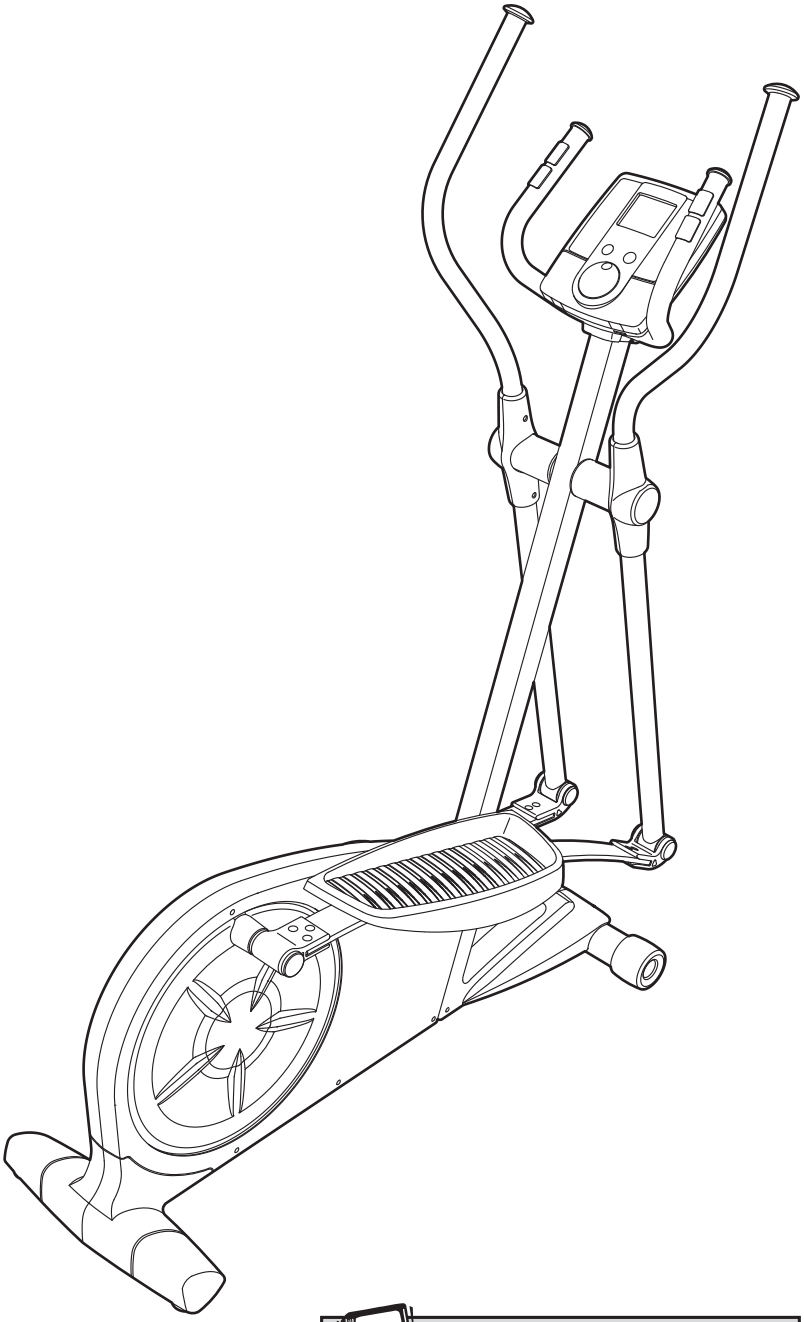
380 RAZOR

Model No. PFEVEL74008.0
Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

⚠ CAUTION

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

Visit our website at

www.iconeurope.com

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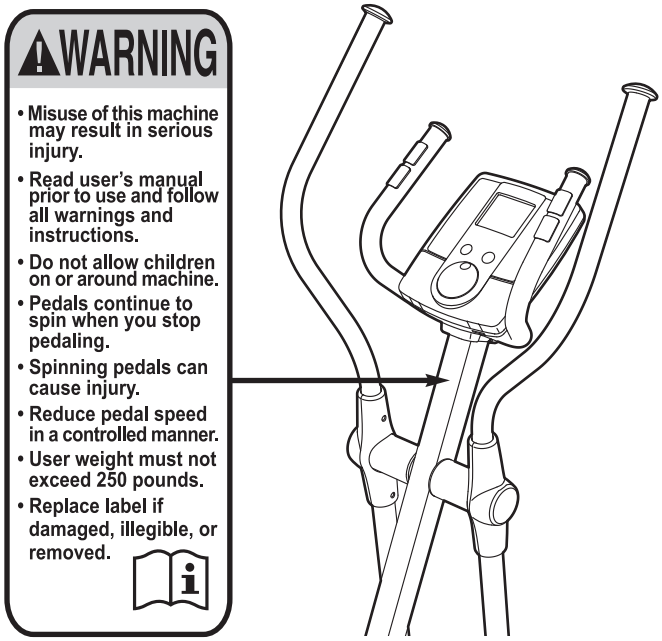
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) 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.

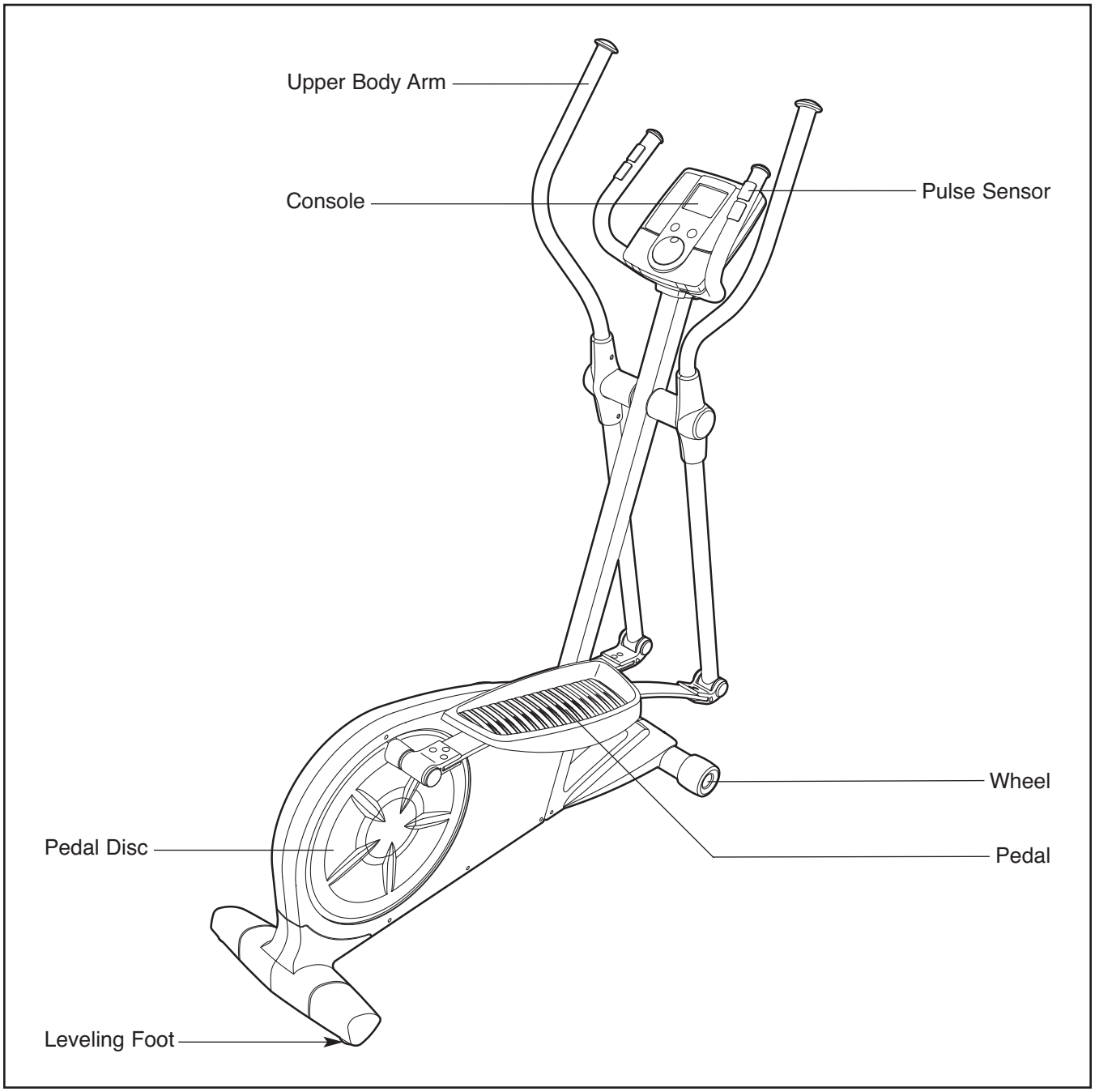
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all 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 at least 3 ft. (1 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.**
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 upper body arms 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 purchasing the revolutionary PROFORM® 380 RAZOR elliptical exerciser. The 380 RAZOR elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

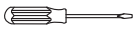
For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

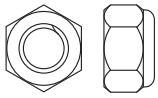


ASSEMBLY

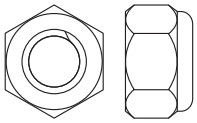
Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), 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 preassembled. If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging plastic parts, do not use power tools for assembly.**

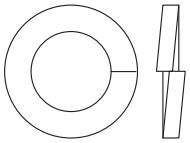


M6 Locknut (77)–14

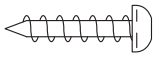


M8 Locknut (82)–8

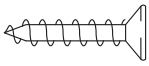
M6 Washer (35)–2



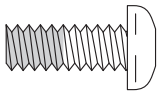
M10 Split Washer (78)–6



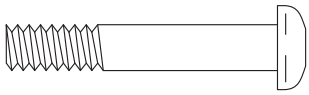
M4 x 16mm Round Head Screw (84)–16



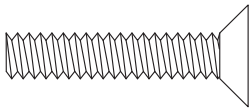
M4 x 16mm Flat Head Screw (73)–4



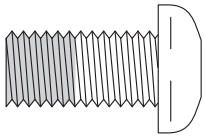
M6 x 16mm Patch Screw (80)–2



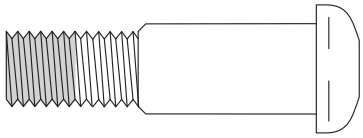
M6 x 36mm Button Bolt (76)–4



M6 x 28mm Flat Head Bolt (31)–10



M10 x 20mm Patch Screw (79)–6

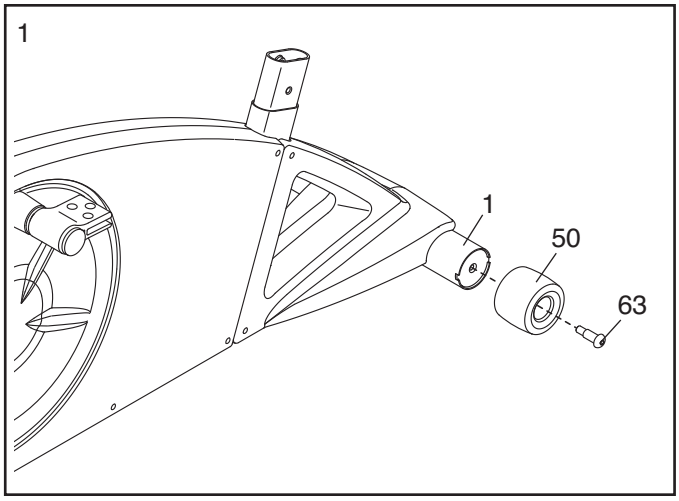


M10 x 41mm Shoulder Patch Screw (63)–2

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

Attach a Wheel (50) to the front of the Frame (1) with an M10 x 41mm Shoulder Patch Screw (63).

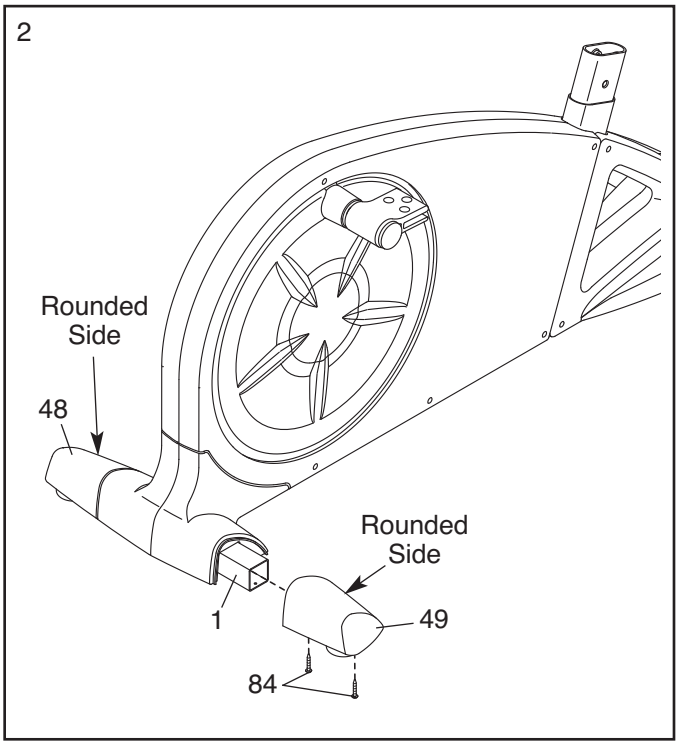
Repeat this step to attach the other Wheel (not shown).



2. Identify the Left and Right Frame Covers (48, 49), which are marked with “Left” and “Right” stickers.

Orient the Left and Right Frame Covers (48, 49) with the rounded sides in the indicated locations.

While another person lifts the rear of the Frame (1), attach each Frame Cover (48, 49) to the Frame with two M4 x 16mm Round Head Screws (84).

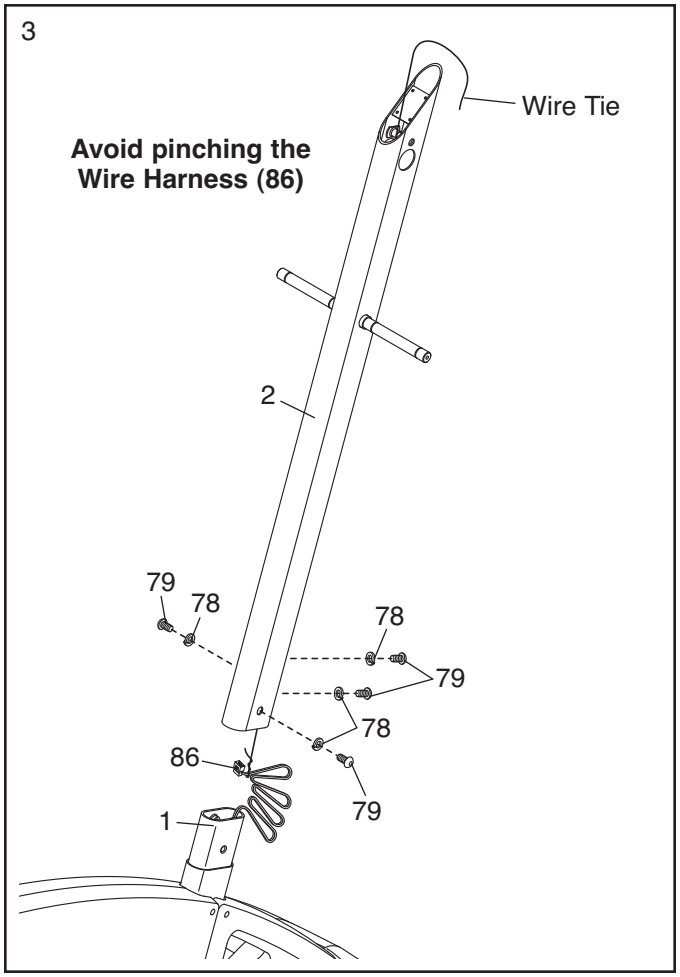


3. Have another person hold the Upright (2) near the Frame (1).

   Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Wire Harness (86). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

   Tip: To prevent the Wire Harness (86) from falling inside the Upright (2), secure the Wire Harness with a rubber band.

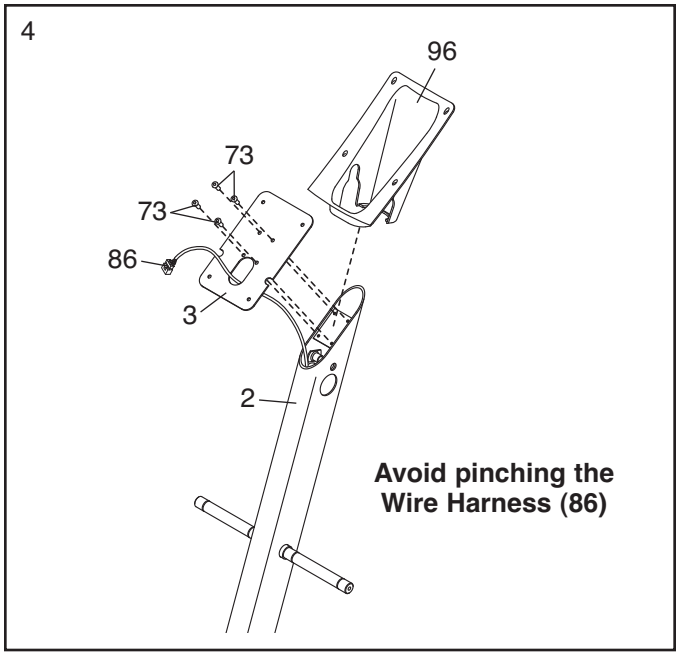
   Tip: Avoid pinching the Wire Harness (86). Attach the Upright (2) to the Frame (1) with four M10 x 20mm Patch Screws (79) and four M10 Split Washers (78). **Do not tighten the Patch Screws yet.**



4. Slide the Console Cover (96) onto the Upright (2) and move it downward.

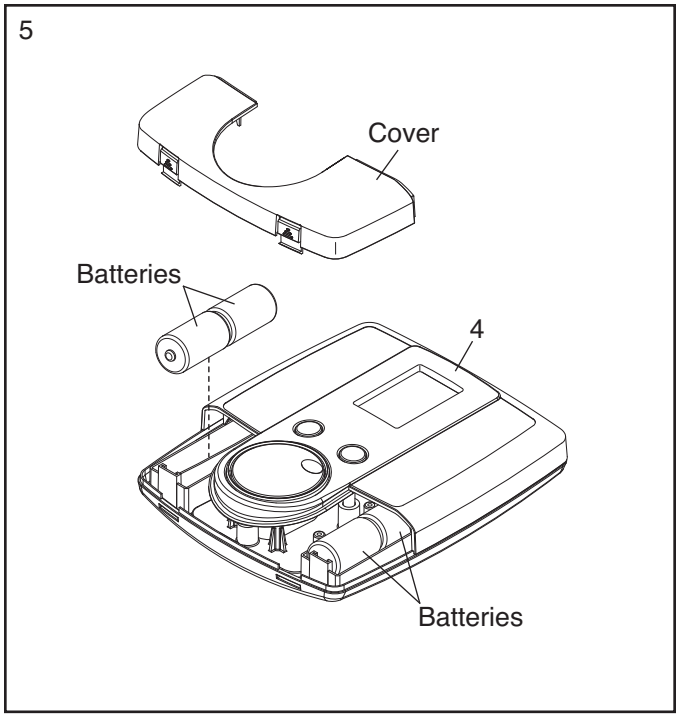
   Orient the Console Bracket (3) so that the sticker faces upward. Then, hold the Console Bracket near the Upright (2) and insert the Wire Harness (86) upward through the Console Bracket.

   Tip: Avoid pinching the Wire Harness (86). Attach the Console Bracket (3) to the Upright (2) with four M4 x 16mm Flat Head Screws (73).



5. The Console (4) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover, insert the batteries into the battery compartment, and then reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**

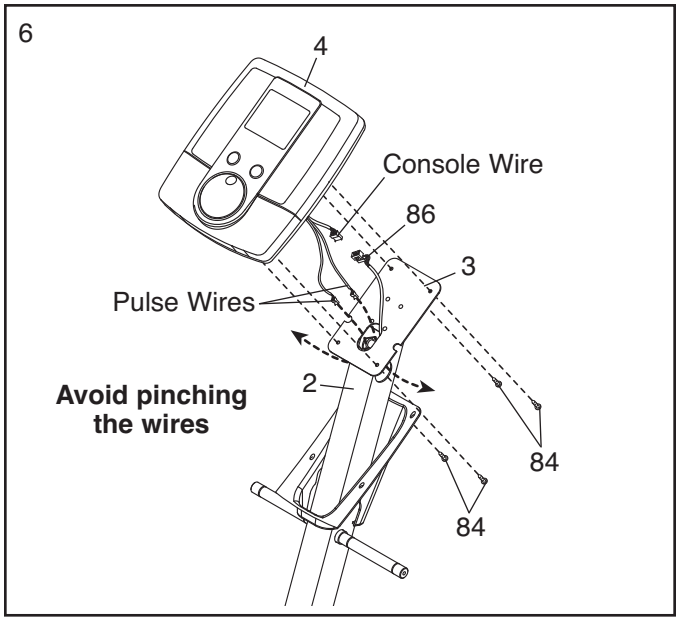
   To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



6. While another person holds the Console (4) near the Console Bracket (3), connect the console wire to the Wire Harness (86).

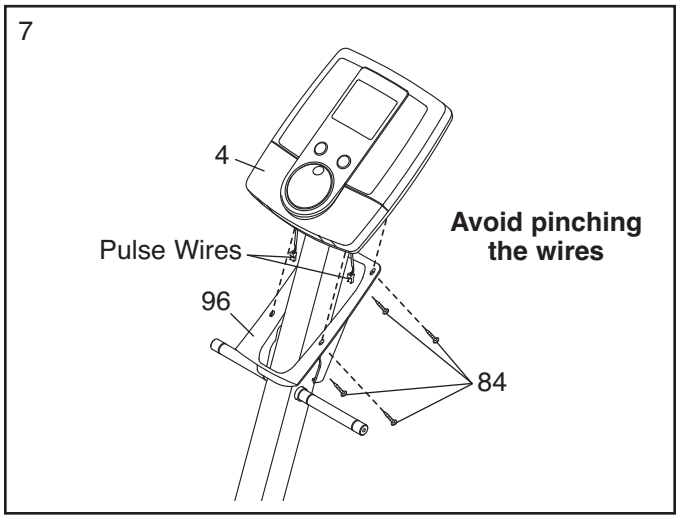
   Then, insert the console pulse wires downward through the Upright (2). Pull a console pulse wire outward from each side of the Upright.

   Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (2) with four M4 x 16mm Round Head Screws (84).



7. Slide the Console Cover (96) upward to the Console (4). Insert the console pulse wires downward through the Console Cover.

   Tip: Avoid pinching the wires. Attach the Console Cover (96) with four M4 x 16mm Round Head Screws (84).



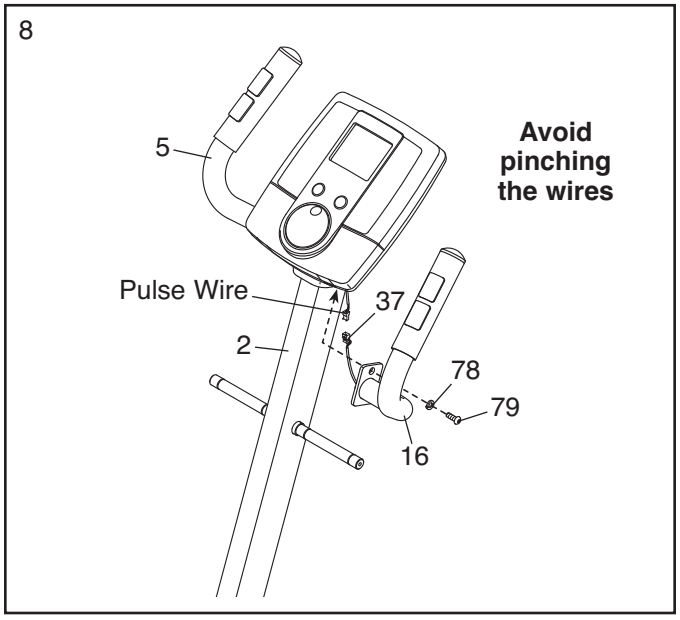
8. Identify the Left and Right Pulse Bars (5, 16), which are marked with “Left” and “Right” stickers.

   Have another person hold the Right Pulse Bar (16) near the Upright (2).

   Connect the console pulse wire in the Upright (2) to the Pulse Wire (37) in the Right Pulse Bar (16).

   Tip: Avoid pinching the wires. Attach the Right Pulse Bar (16) to the Upright (2) with an M10 x 20mm Patch Screw (79) and an M10 Split Washer (78).

   Repeat this step for the Left Pulse Bar (5).

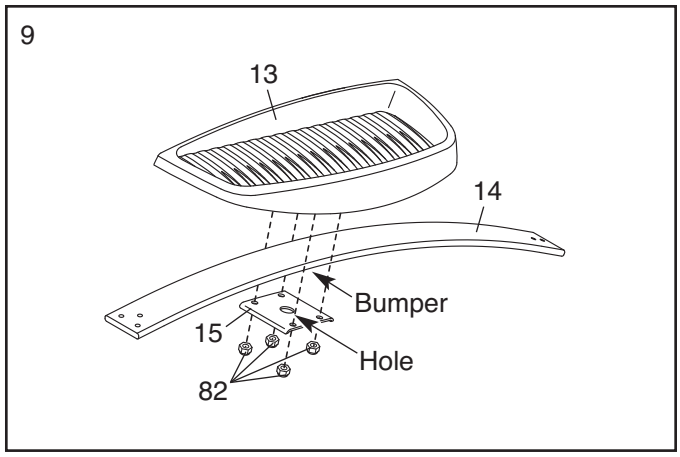


9. Identify the Right Pedal (13), which is marked with a “Right” sticker, and orient it as shown.

   Locate the bumper on the underside of the right Pedal Arm (14). Then, position the hole in a Pedal Bracket (15) over the bumper.

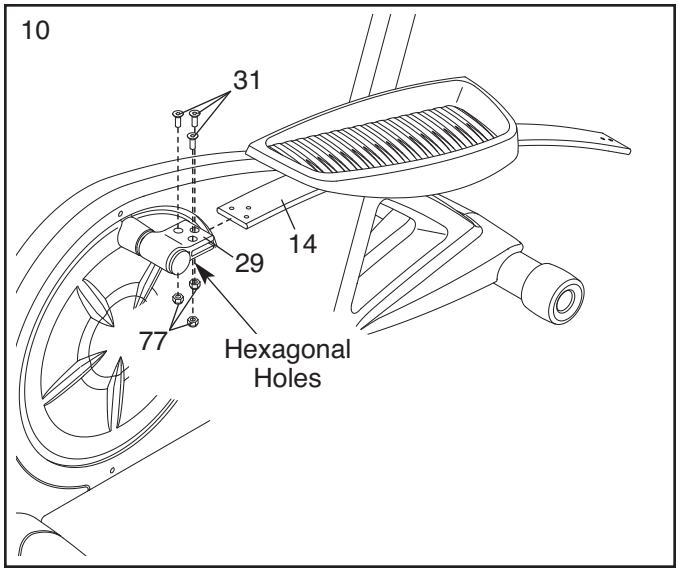
   Attach the Right Pedal (13) and the Pedal Bracket (15) to the right Pedal Arm (14) with four M8 Locknuts (82).

   Repeat this step for the Left Pedal (not shown).



10. Attach the right Pedal Arm (14) to the right Crank Arm Bracket (29) with three M6 x 28mm Flat Head Bolts (31) and three M6 Locknuts (77). **Make sure that the Locknuts are inside the hexagonal holes.**

    Repeat this step for the left Pedal Arm (not shown).



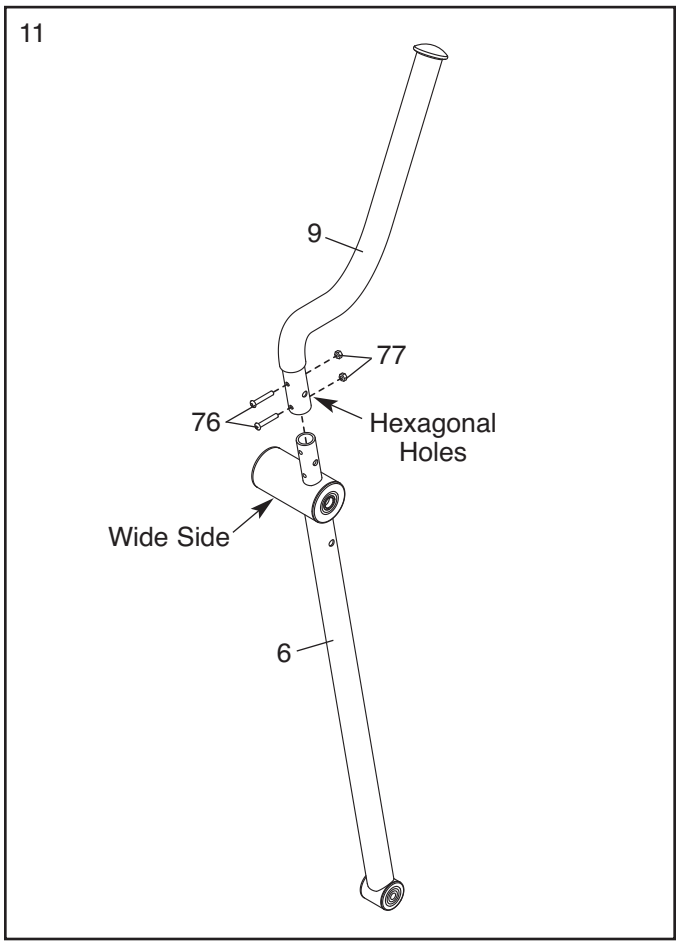
11. Identify the Right Upper Body Arm (9), which is marked with a “Right” sticker.

    Orient the Right Upper Body Arm (9) and an Upper Body Leg (6) as shown. **Make sure that the hexagonal holes and the wide side of the Upper Body Leg are in the indicated locations.**

    Slide the Right Upper Body Arm (9) onto the Upper Body Leg (6).

    Attach the Right Upper Body Arm (9) with two M6 x 36mm Button Bolts (76) and two M6 Locknuts (77). **Make sure that the Locknuts are inside the hexagonal holes.**

    Repeat this step for the Left Upper Body Arm (not shown) and the other Upper Body Leg (not shown).



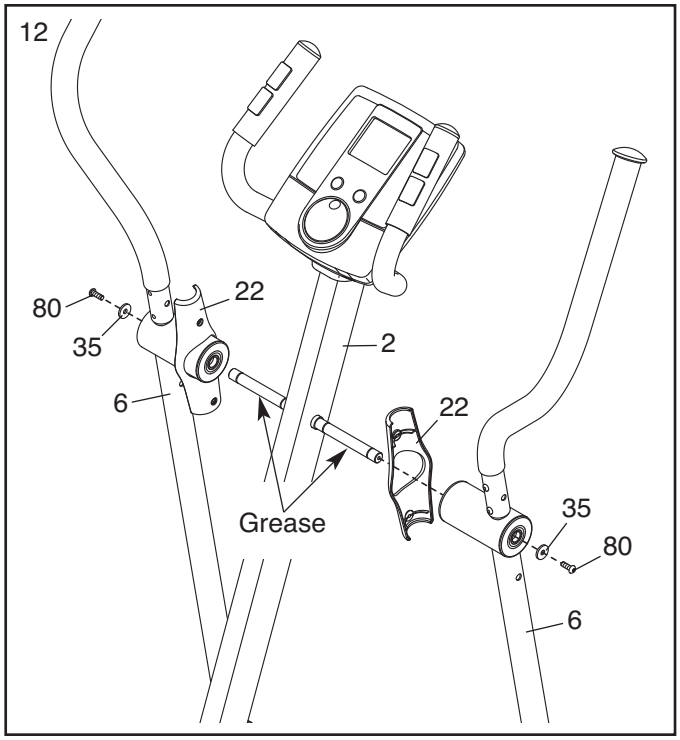
12. Apply a generous amount of the included grease to the axles on the Upright (2).

Orient an Inner Arm Cover (22) and the right Upper Body Leg (6) as shown.

Slide the Inner Arm Cover (22) and the right Upper Body Leg (6) onto the right side of the Upright (2).

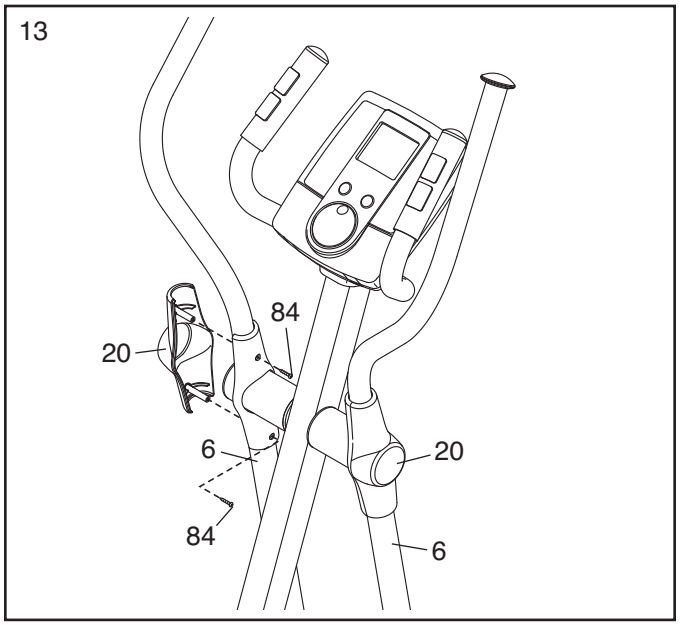
Attach the right Upper Body Leg (6) with an M6 x 16mm Patch Screw (80) and an M6 Washer (35).

Attach the left Upper Body Leg (6) in the same way.



13. Attach an Outer Arm Cover (20) around the left Upper Body Leg (6) with two M4 x 16mm Round Head Screws (84).

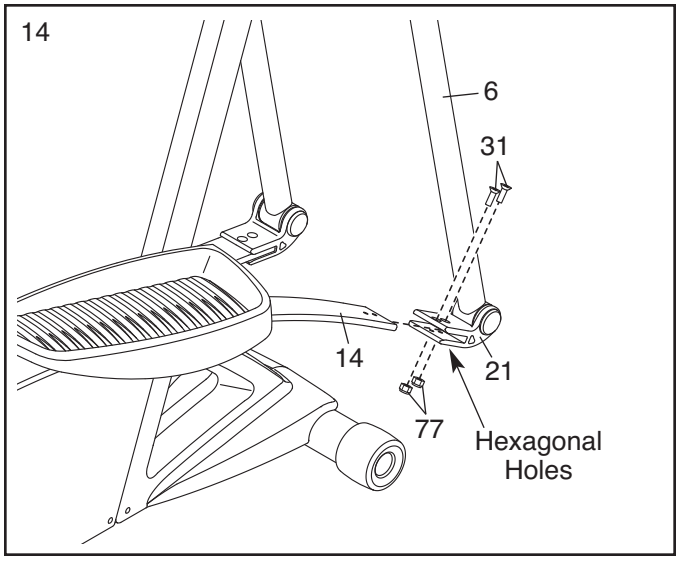
Attach the other Outer Arm Cover (20) around the right Upper Body Leg (6) in the same way.



14. Insert the right Pedal Arm (14) into the right Upper Body Leg Bracket (21).

    Attach the right Pedal Arm (14) to the right Upper Body Leg Bracket (21) with two M6 x 28mm Flat Head Bolts (31) and two M6 Locknuts (77). **Make sure that the Locknuts are inside the hexagonal holes.**

    Repeat this step for the left side of the elliptical exerciser.



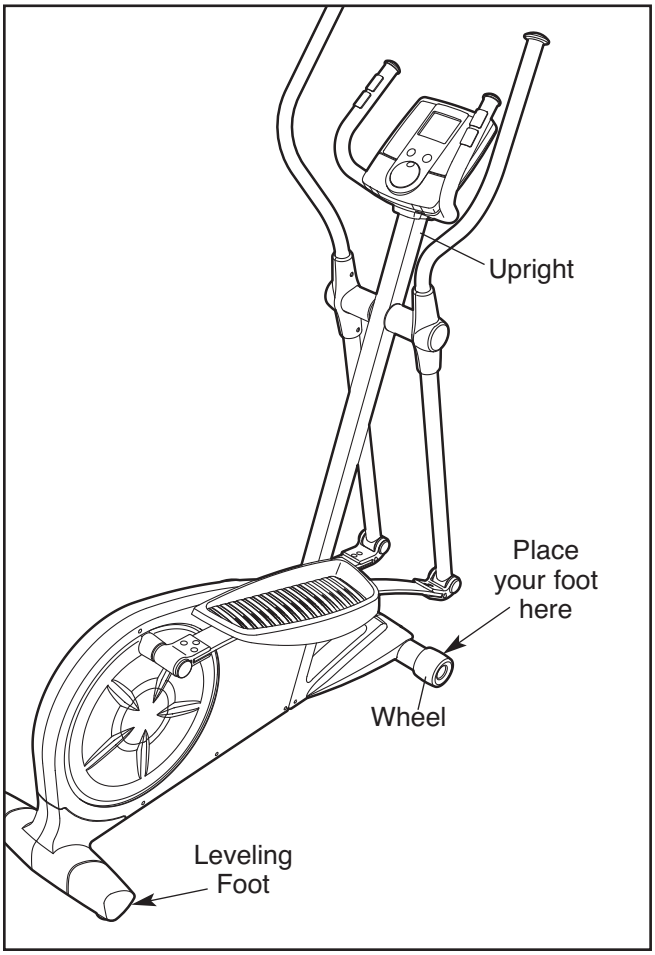
15. **See step 3.** Tighten the four M10 x 20mm Patch Screws (79). **Tip: Tighten the two Patch Screws on the front of the elliptical exerciser before tightening the other two Patch Screws.**

16. **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 MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, stand in front of it, place one foot against one of the wheels, and firmly hold the upright. Pull the upright forward until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then lower it to the floor. **To decrease the risk of injury, do not attempt to move the elliptical exerciser over an uneven surface.**

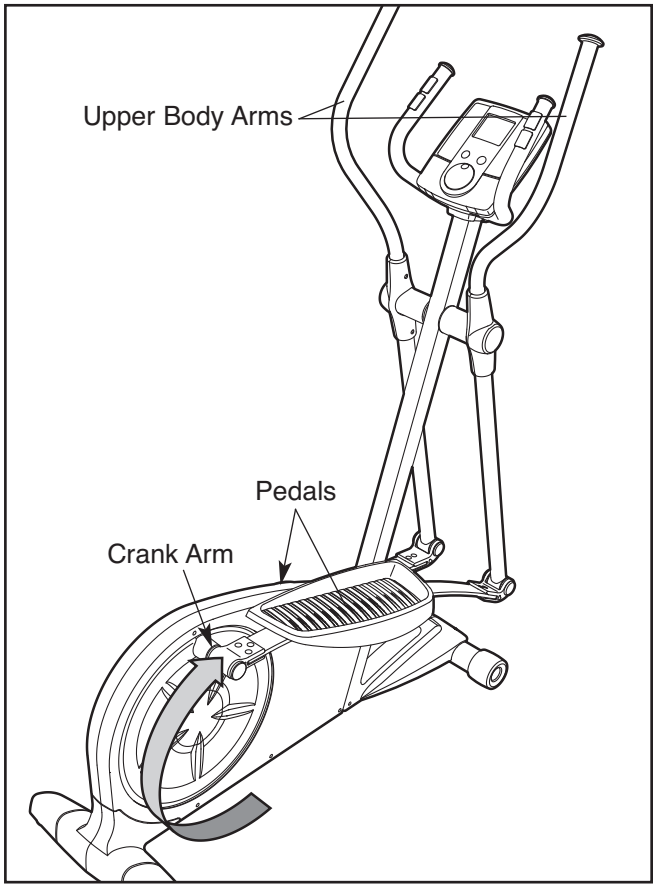


HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn the leveling feet (see the drawing above) under the rear of the elliptical exerciser until the rocking motion is eliminated.

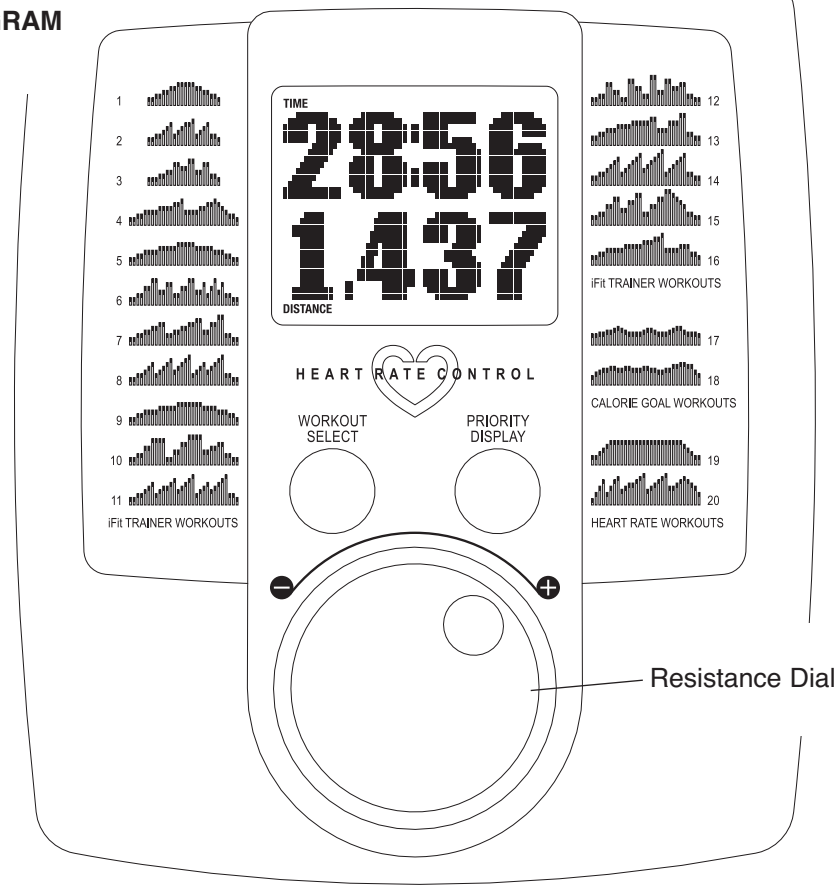
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms and step onto the highest pedal. Then, step onto the other pedal. Push the pedals until they move with a continuous motion. **Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety you can turn the crank arms in the opposite direction.**



To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: 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 higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



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 a touch of the dial. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor.

The console offers sixteen trainer workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

You can also use two calorie goal workouts designed to help you burn 150 or 200 calories. The calorie goal workouts automatically control the resistance of the pedals and prompt you to increase or decrease your pedaling pace while counting the calories you burn.

In addition, the console offers two heart rate workouts that change the resistance of the pedals to keep your heart rate near a target heart rate while you exercise.

IMPORTANT: Before you use the console for the first time, you must select BIKE or ELLIPTICAL; if you do not do this, the console will not display correct feedback. (See HOW TO ENTER CONSOLE SETTINGS on page 15.)

To enter console settings, see page 15. **To use the manual mode,** see page 16. **To use a trainer workout,** see page 18. **To use a calorie goal workout,** see page 19. **To use a heart rate workout,** see page 20.

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

HOW TO ENTER CONSOLE SETTINGS

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the user mode.**

   The user mode allows you to select the type of product that the console is operating, select a unit of measurement for an exercise cycle, and select a backlight option for the console.

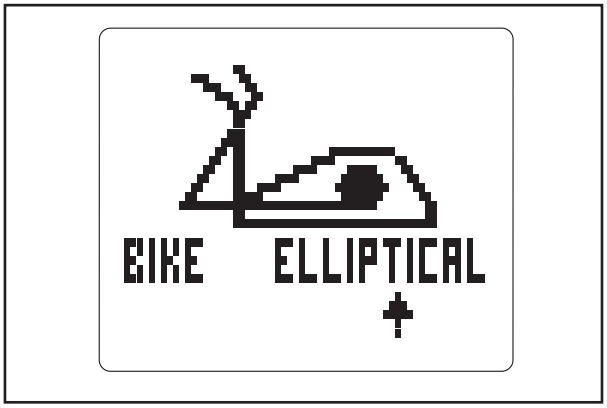
   To select the user mode, press and hold the Workout Select button (see the drawing on page 13) for several seconds until the words BIKE and ELLIPTICAL appear in the display.

3. **Select a product type.**

   Select BIKE or ELLIPTICAL as the product type.

   The arrow in the display indicates the currently selected product type. To change the selection, press the Priority Display button repeatedly.

   If the console is operating an exercise cycle, select BIKE as the product type. **If the console is operating an elliptical exerciser,** select ELLIPTICAL as the product type.



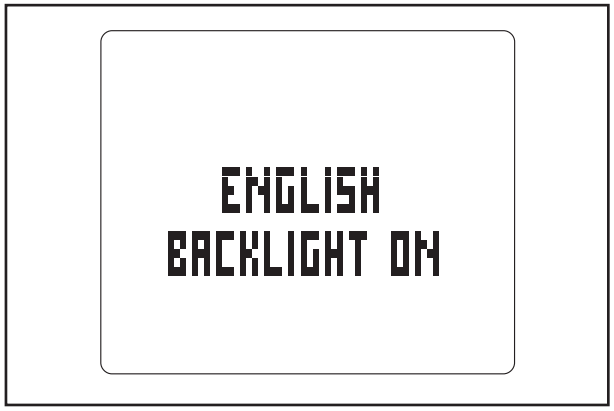
   Then, press the Workout Select button to save your selection. The other console settings will then appear in the display.

   IMPORTANT: If you selected BIKE, go to step 4. **If you selected ELLIPTICAL,** go to step 5.

4. **If the console is operating an exercise cycle, select a unit of measurement.**

   When the console operates an exercise cycle, the console can show speed and distance in either miles or kilometers.

   If you selected BIKE as the product type, the word ENGLISH (for English miles) or the word METRIC (for metric kilometers) will appear in the display to show which unit of measurement is selected.



   To change the unit of measurement, turn the resistance dial until the desired unit of measurement appears in the display.

5. **Select a backlight option, if desired.**

   The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.

   To select a backlight option, press the Priority Display button repeatedly until the desired backlight option appears in the display.

6. **Exit the user mode.**

   Press the Workout Select button to save the console settings and exit the user mode.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the manual mode.**

   Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Workout button repeatedly until the word MANUAL appears in the lower left corner of the display.

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

   As you pedal, change the resistance of the pedals by turning the resistance dial. To increase the resistance, turn the resistance dial clockwise; to decrease the resistance, turn the resistance dial counterclockwise. Note: After you change the resistance, it will take a moment for the pedals to reach the selected resistance level.

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

   The upper left corner of the display will show the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

The lower left corner of the display will show the distance you have pedaled.

Note: If the console is operating an exercise cycle, the distance will be shown in miles or kilometers. If the console is operating an elliptical exerciser, the distance will be shown in total number of revolutions.

The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 17).

Note: When a calorie goal workout is selected, the display will count down the approximate number of calories that have been burned.

The lower right corner of the display will show your pedaling pace.

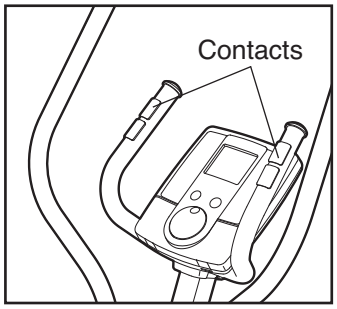
Note: If the console is operating an exercise cycle, your pedaling pace will be shown in miles per hour or kilometers per hour. If the console is operating an elliptical exerciser, your pedaling pace will be shown in revolutions per minute (rpm).

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

You can also view selected information at a larger size. Press the Priority Display button repeatedly to view time and distance information, time and calorie information, or time and pace information. Press the Priority Display button again to view all information.

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

You can measure you heart rate using either the handgrip pulse sensor or the optional chest pulse sensor (see page 21 for information about the optional chest pulse sensor).



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

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

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

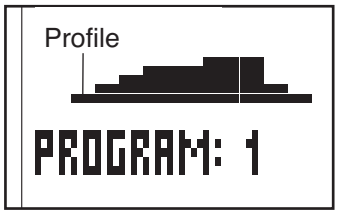
HOW TO USE A TRAINER WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select a trainer workout.**

   To select a trainer workout, press the Workout Select button repeatedly until the number of the desired workout appears in the display. The workout time and a profile of the resistance levels for the workout will also appear in the display.



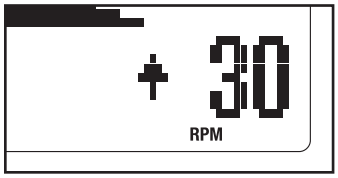
   Note: The number and profile of each trainer workout is printed on the console.

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

   Each workout is divided into several one-minute segments. One resistance level and one target pace (rpm) are programmed for each segment. Note: The same resistance level and/or target pace may be programmed for consecutive segments.

   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.

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



   As you exercise, you will be prompted to keep your pedaling pace near the target pace for the current segment. When an upward arrow appears in the display, increase your pace. When a downward arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

   IMPORTANT: The target pace is intended only to provide motivation. Your actual pace may be slower than the target pace. 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 turning the resistance dial. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

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

   See step 4 on page 16.

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

   See step 5 on page 17.

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

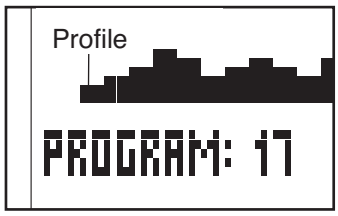
   See step 6 on page 17.

HOW TO USE A CALORIE GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select a calorie goal workout.**

   Press the Workout Select button repeatedly until the number of the desired calorie goal workout appears in the display. The workout time, the number of calories to be burned, and a profile of the resistance levels for the workout will also appear in the display.

   Note: The number and profile of each calorie goal workout is printed on the console.

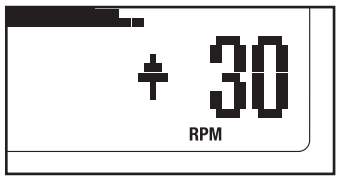
3. **Begin pedaling to start the workout.**

   Each calorie goal workout will help you burn 150 or 200 calories. During each workout, the console will count down the number of calories to be burned.

   Each calorie goal workout is divided into 30 one-minute segments. One resistance level and one target pace (rpm) are programmed for each segment of the workout. Note: The same resistance level and/or target pace may be programmed for consecutive segments.

   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.

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

   As you exercise, you will be prompted to keep your pedaling pace near the target pace for the current segment. When an upward arrow appears in the display, increase your pace. When a downward arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

   IMPORTANT: The target pace is intended only to provide motivation. Your actual pace may be slower than the target pace. 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 turning the resistance dial. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

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

   See step 4 on page 16.

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

   See step 5 on page 17.

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

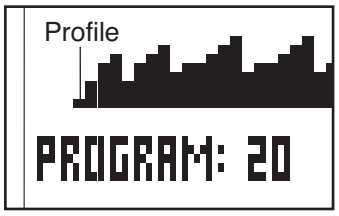
   See step 6 on page 17.

HOW TO USE A HEART RATE WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select a heart rate workout.**

   Press the Workout Select button repeatedly until the number of the desired heart rate workout appears in the display. The workout time and a profile of the resistance levels for the workout will also appear in the display.

   Note: The number and profile of each heart rate workout is printed on the console.

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

   A few seconds after you select a heart rate workout, the words ADJUST MAX TARGET HEART RATE will appear in the display and the number 110 will begin to flash.

   Different target heart rate settings will be programmed for different segments of the heart rate workout. Turn the resistance dial to enter the desired maximum target heart rate for the workout (see EXERCISE INTENSITY on page 23).

4. **Hold the handgrip pulse sensor.**

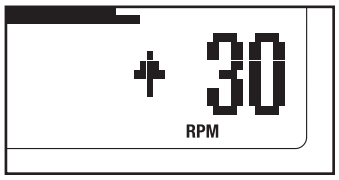
   It is not necessary to hold the handgrip pulse sensor continuously during heart rate workouts; however, you should hold the handgrip pulse sensor frequently for the workouts to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

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

   Each heart rate workout is divided into 30 one-minute segments. One target heart rate is programmed for each segment. Note: The same target heart rate may be programmed for consecutive segments.

   During the workout, the workout profile in the display will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target heart rate 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.

   The console will regularly compare your heart rate to the target heart rate for the current segment of the workout. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

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

IMPORTANT: Make sure to pedal at a pace that is comfortable for you. Note: If the resistance level for the current segment is too high or too low, you can manually override the setting by turning the resistance dial; however, if you change the resistance level, you might not maintain the target heart rate. Also, when the console compares your heart rate to the target heart rate, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate.

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

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

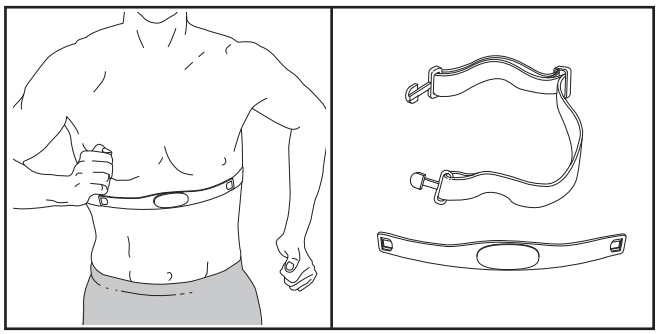
See step 4 on page 16.

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

See step 6 on page 17.

THE OPTIONAL CHEST PULSE SENSOR

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



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.**

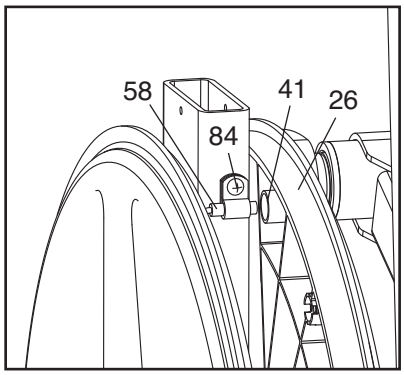
CONSOLE TROUBLESHOOTING

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 5 on page 8 for replacement instructions.

If the handgrip pulse sensor does not function properly, see step 5 on page 17.

HOW TO ADJUST THE REED SWITCH

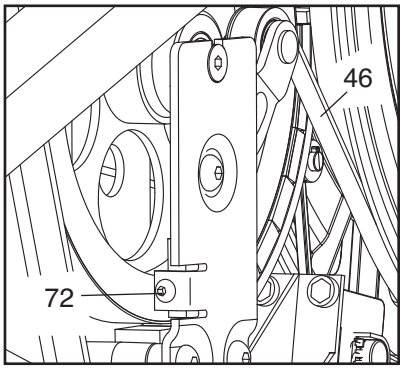
If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from both shields; **there are three sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently pry the shields away from the frame.



Next, locate the Reed Switch (58). Turn the Left Pedal Disc (26) until a Magnet (41) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Round Head Screw (84). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Left Pedal Disc 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 shields. 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 25.

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 (46) may need to be adjusted. First, remove all the screws from both shields; **there are three sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently pry the shields away from the frame.



Next, turn the Belt Adjustment Screw (72) until the Belt (46) is tight. Then, reattach the shields. 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 25.

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*	♥
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 amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 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.

NOTES

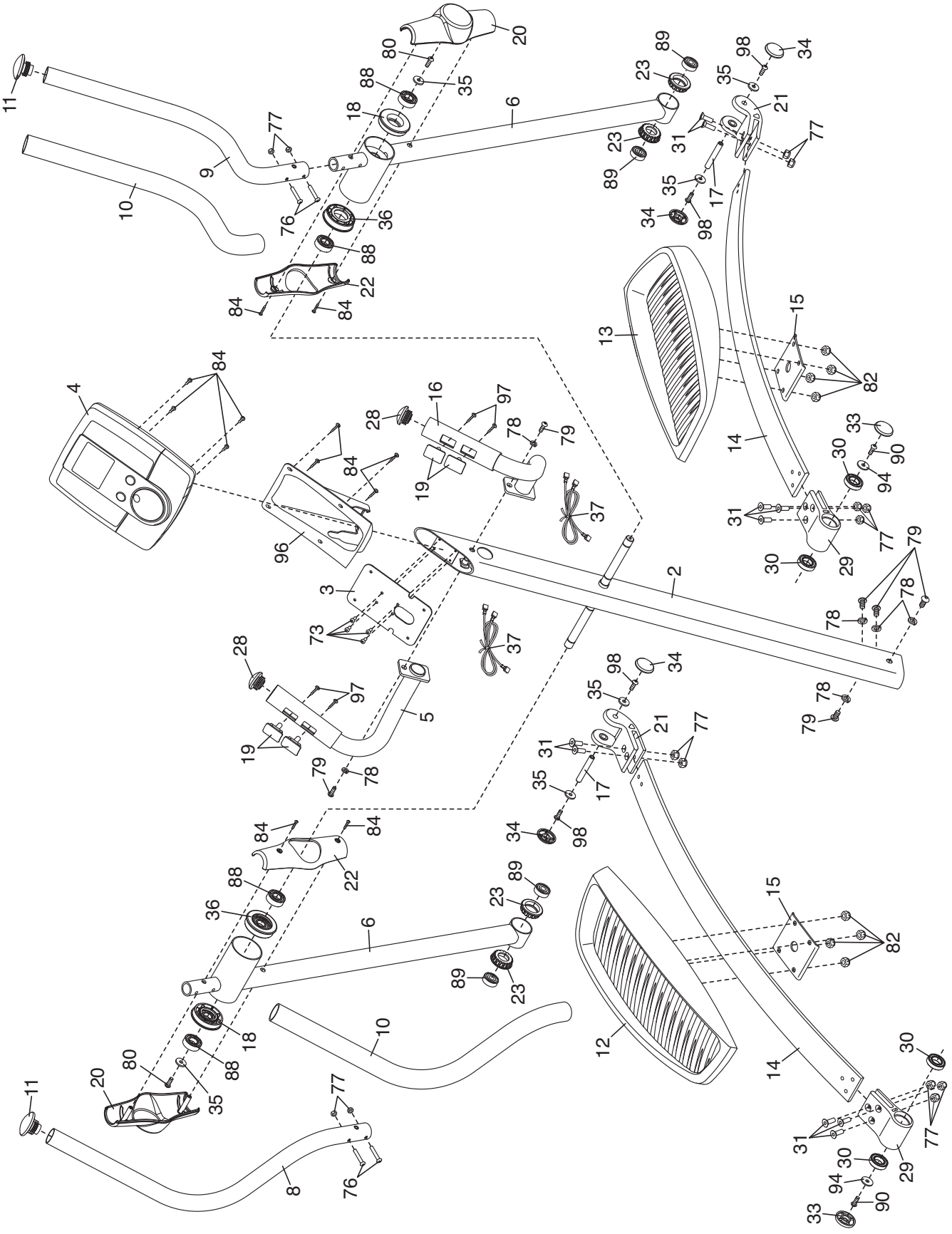
PART LIST—Model No. PFEVEL74008.0

R1008A

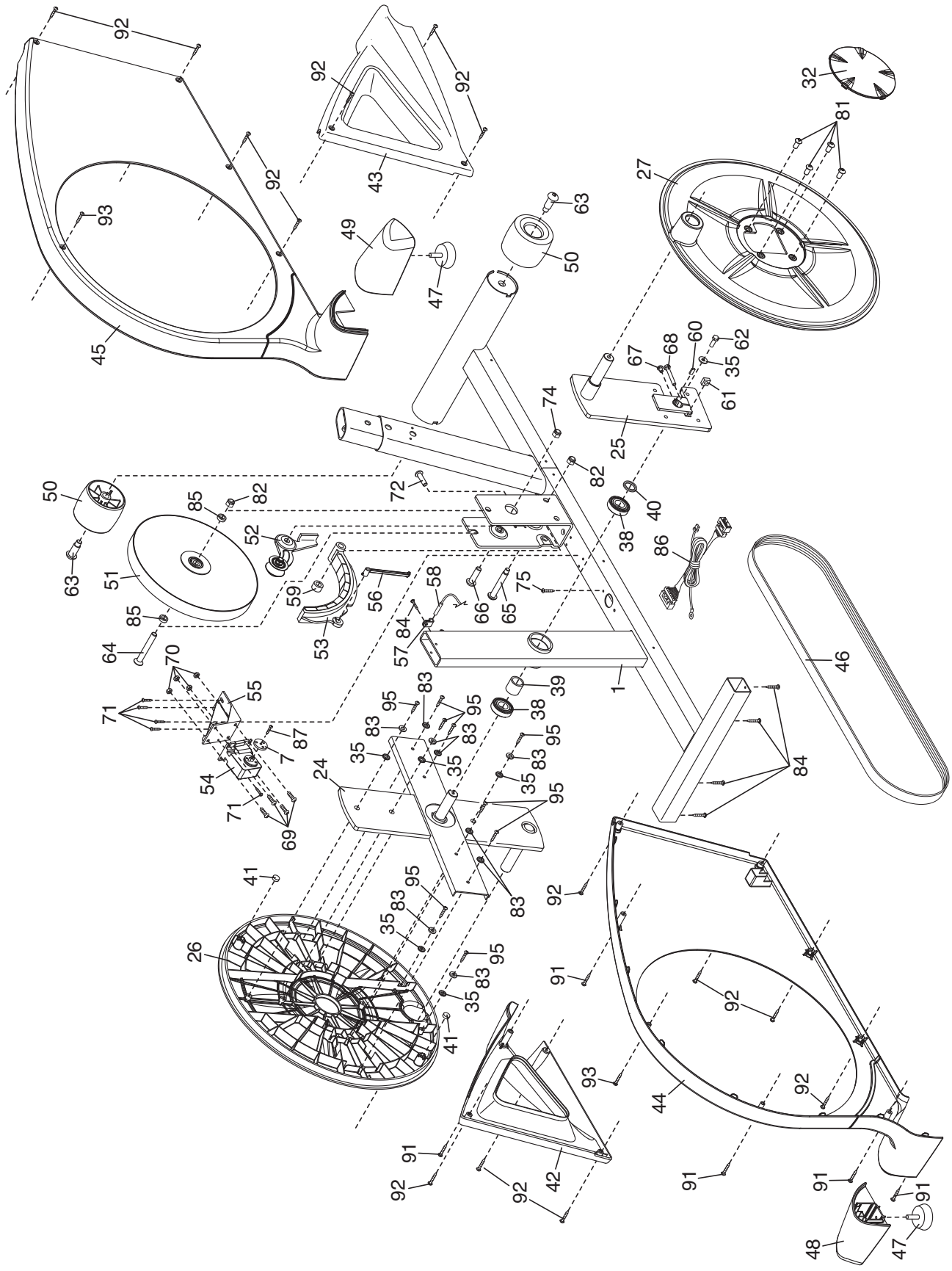
Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	1	Console Bracket
4	1	Console
5	1	Left Pulse Bar
6	2	Upper Body Leg
7	1	Idler Wheel
8	1	Left Upper Body Arm
9	1	Right Upper Body Arm
10	2	Foam Grip
11	2	Upper Cap
12	1	Left Pedal
13	1	Right Pedal
14	2	Pedal Arm
15	2	Pedal Bracket
16	1	Right Pulse Bar
17	2	Pedal Arm Axle
18	2	Outer Bearing Bushing
19	4	Pulse Sensor
20	2	Outer Arm Cover
21	2	Upper Body Leg Bracket
22	2	Inner Arm Cover
23	4	Pedal Arm Bushing
24	1	Crank Assembly
25	1	Crank Arm
26	1	Left Pedal Disc
27	1	Right Pedal Disc
28	2	Pulse Bar Cap
29	2	Crank Arm Bracket
30	4	Crank Arm Bearing
31	10	M6 x 28mm Flat Head Bolt
32	1	Disc Cover
33	2	Crank Arm Cap
34	4	Pedal Arm Cap
35	12	M6 Washer
36	2	Inner Bearing Bushing
37	2	Pulse Wire
38	2	Crank Bearing
39	1	Crank Spacer
40	1	Crank Arm Spacer
41	2	Magnet
42	1	Left Front Shield
43	1	Right Front Shield
44	1	Left Shield
45	1	Right Shield
46	1	Belt
47	2	Foot
48	1	Left Frame Cover
49	1	Right Frame Cover
50	2	Wheel
51	1	Flywheel
52	1	Idler
53	1	C-magnet
54	1	Resistance Motor
55	1	Motor Bracket
56	1	Resistance Arm
57	1	Clamp
58	1	Reed Switch/Wire
59	1	Magnet Spacer
60	1	Key
61	1	Square Nut
62	1	Flange Screw
63	2	M10 x 41mm Shoulder Patch Screw
64	1	Flywheel Bolt
65	1	C-magnet Bolt
66	1	Idler Bolt
67	1	Key Screw
68	1	Crank Arm Screw
69	4	Resistance Motor Bolt
70	4	Resistance Motor Nut
71	5	Motor Bracket Screw
72	1	Belt Adjustment Screw
73	4	M4 x 16mm Flat Head Screw
74	1	M10 Locknut
75	1	Ground Screw
76	4	M6 x 36mm Button Bolt
77	14	M6 Locknut
78	6	M10 Split Washer
79	6	M10 x 20mm Patch Screw
80	2	M6 x 16mm Patch Screw
81	4	M8 x 12mm Button Screw
82	10	M8 Locknut
83	9	M6 Star Washer
84	17	M4 x 16mm Round Head Screw
85	2	Flywheel Spacer
86	1	Wire Harness
87	1	M3.5 x 12mm Screw
88	4	R10ZZ Bearing
89	4	6200ZZ Bearing
90	2	M8 x 18mm Hex Screw
91	5	M4 x 48mm Screw
92	14	M4 x 25mm Screw
93	2	M4 x 35mm Screw
94	2	M8 Washer
95	9	M5 x 12mm Screw
96	1	Console Cover
97	4	M3.5 x 20mm Screw
98	4	M6 x 16mm Hex Screw
*	–	User's Manual
*	–	Assembly Tool
*	–	Grease Packet

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.

EXPLODED DRAWING A—Model No. PFEVEL74008.0 R1008A



EXPLODED DRAWING B—Model No. PFEVEL74008.0 R1008A



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)

Part No. 267165 R1008A