

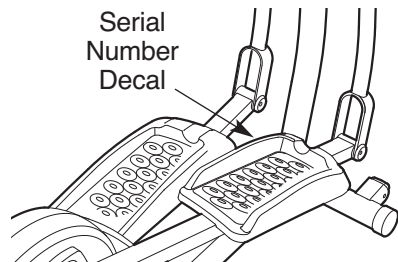
# PRO-FORM<sup>®</sup>

## COMPACT TRAINER

Model No. PFEVEL75108.0

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**

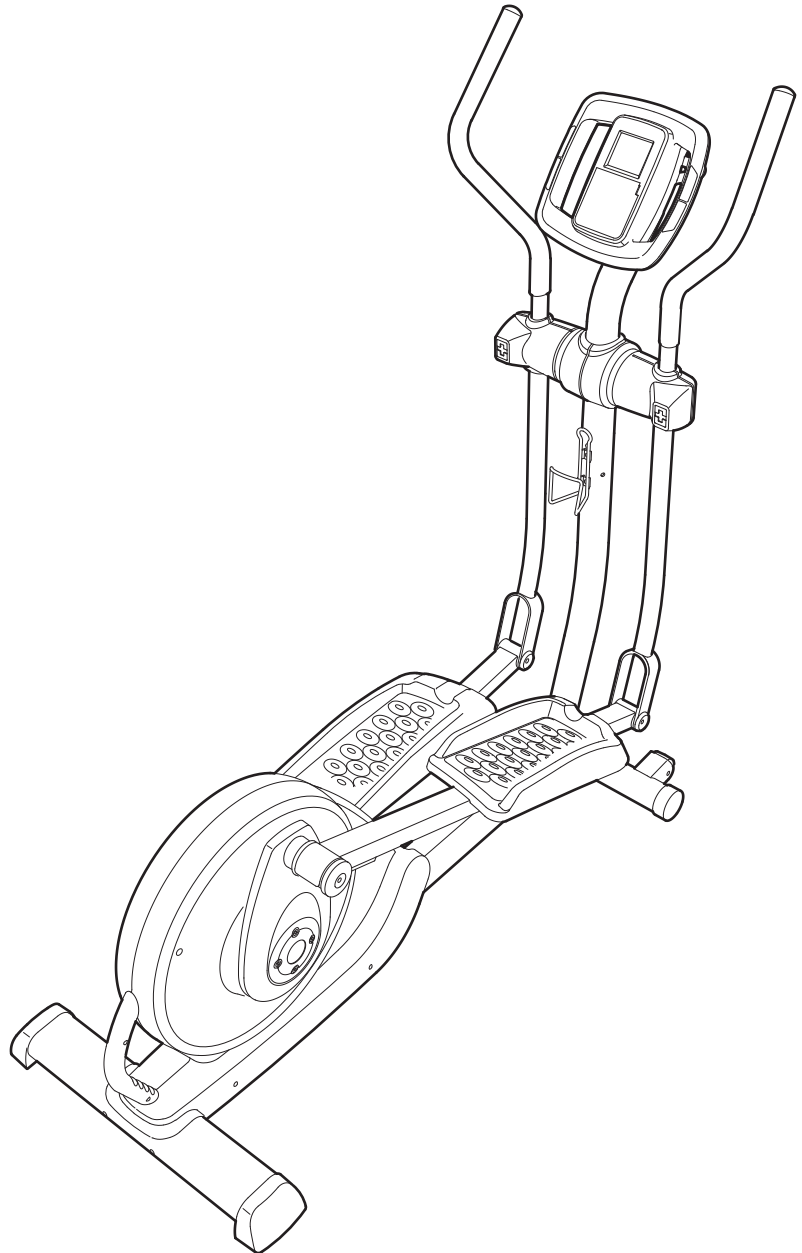
**Outside UK: 0 (44) 113 3877133**

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

**E-mail: [csuk@iconeurope.com](mailto: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

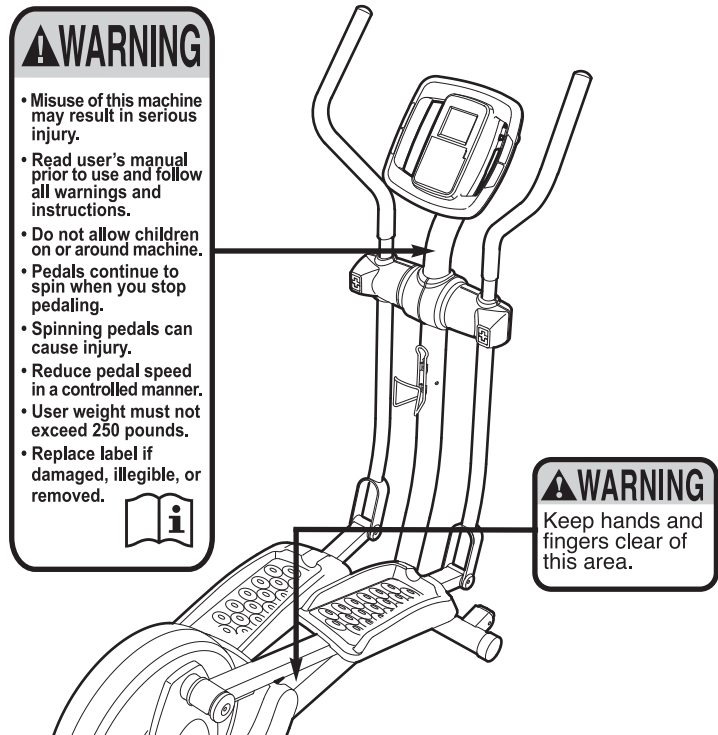
[www.iconeurope.com](http://www.iconeurope.com)

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	.2
IMPORTANT PRECAUTIONS .....	.3
BEFORE YOU BEGIN .....	.4
ASSEMBLY .....	.5
HOW TO USE THE ELLIPTICAL EXERCISER .....	.12
MAINTENANCE AND TROUBLESHOOTING .....	.18
EXERCISE GUIDELINES .....	.19
PART LIST .....	.20
EXPLODED DRAWING .....	.22
ORDERING REPLACEMENT PARTS .....	.Back Cover

## WARNING DECAL PLACEMENT

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

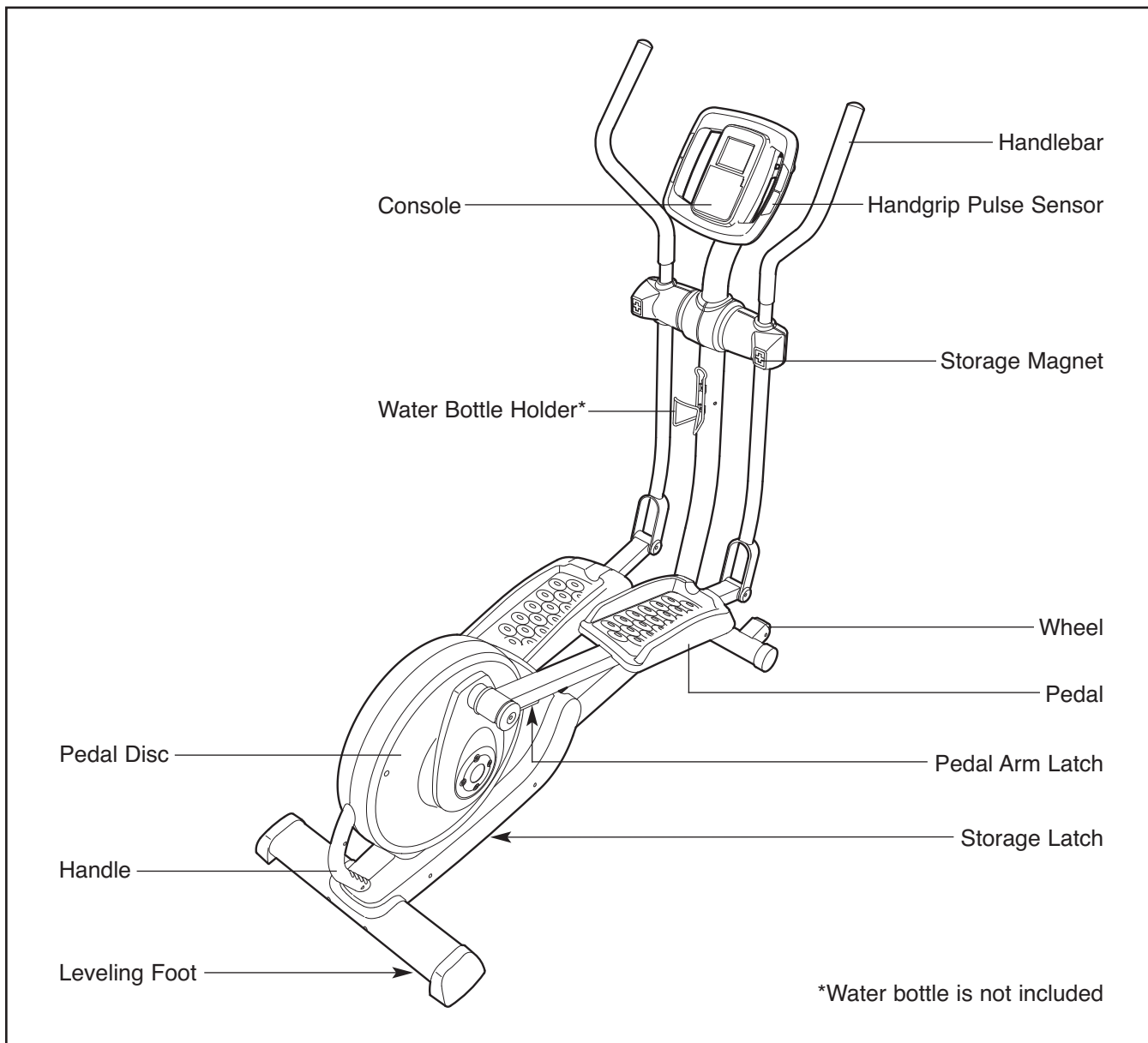
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® COMPACT TRAINER elliptical exerciser. The COMPACT TRAINER 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 COMPACT TRAINER elliptical exerciser can be folded out of the way.

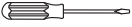


**For your benefit, read this manual carefully before you use the elliptical exerciser.** If you have ques-

tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.



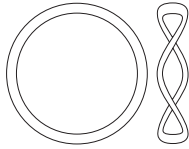
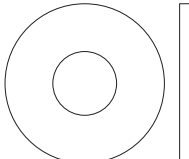
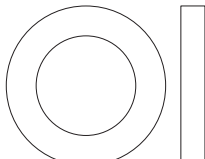
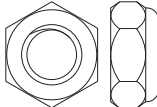
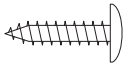
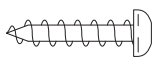
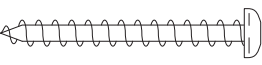
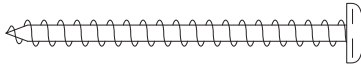
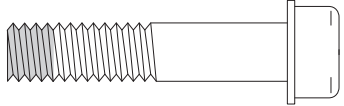
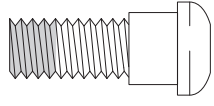
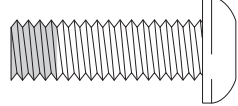
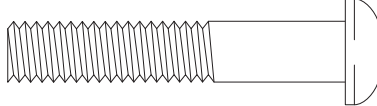
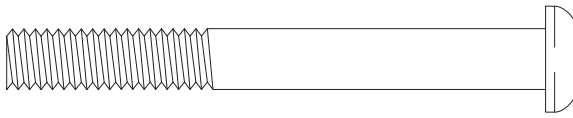
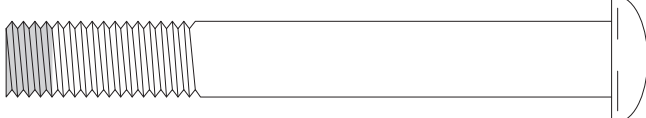
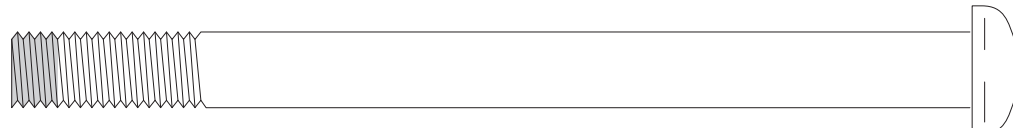
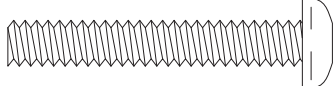
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# ASSEMBLY

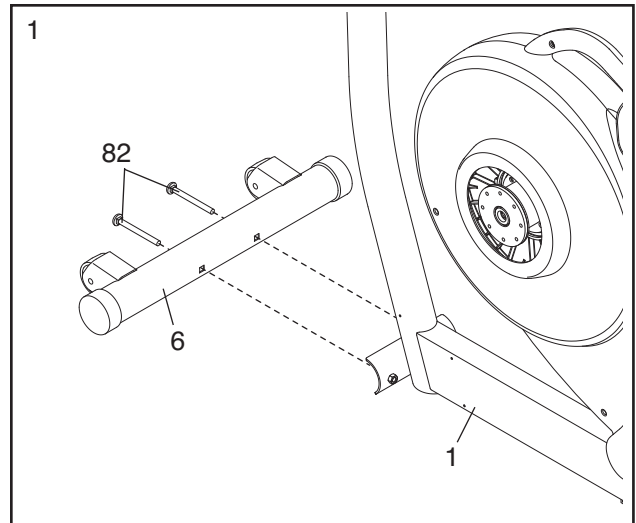
**Assembly requires two persons.** Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included tools, assembly requires a Phillips screwdriver** , **an adjustable wrench** , 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.**

				
Star Washer (112)-8	M8 Split Washer (90)-3	Wave Washer (111)-2	M8 Washer (88)-6	Bearing Spacer (113)-4
				
M8 Jamnut (79)-5	M4 x 14mm Screw (104)-8	M4 x 16mm Round Head Screw (101)-14	M4 x 32mm Round Head Screw (105)-6	M4 x 45mm Screw (108)-2
				
Hub Patch Screw (87)-8	M8 x 23mm Shoulder Patch Screw (115)-4	M8 x 23mm Patch Screw (84)-4	M8 x 41mm Button Bolt (78)-4	
				
M8 x 70mm Button Bolt (80)-1	M10 x 82mm Patch Screw (82)-2			
				
	M10 x 128mm Patch Screw (83)-2			
				
	Transport Handle Screw (97)-4			

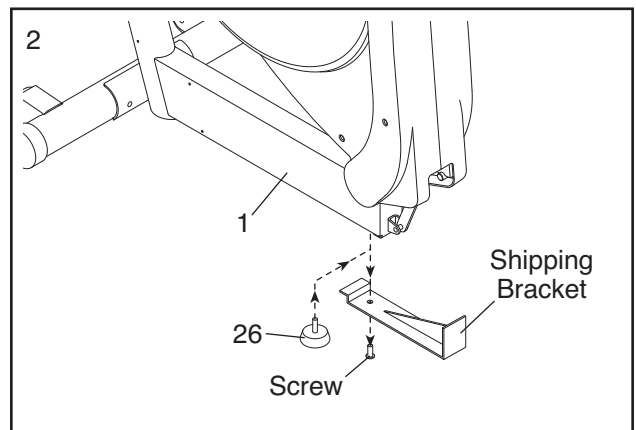
1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

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



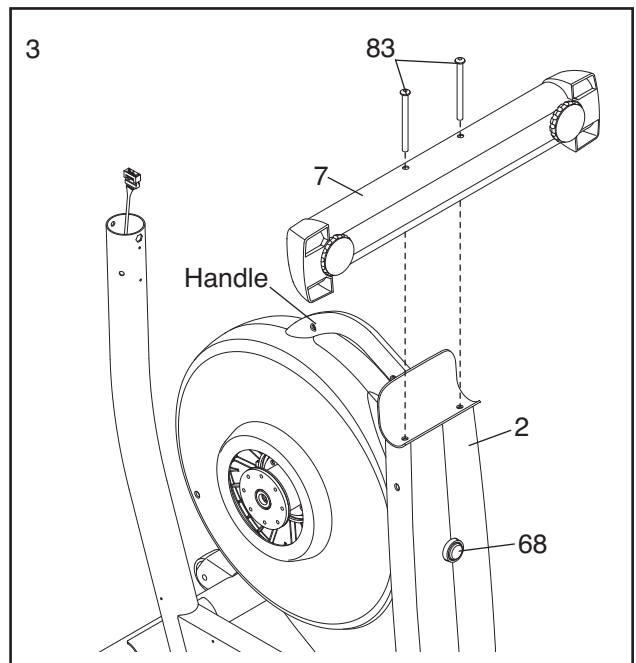
2. Remove the indicated screw and the shipping bracket from the Base (1). Discard the screw and the shipping bracket.

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



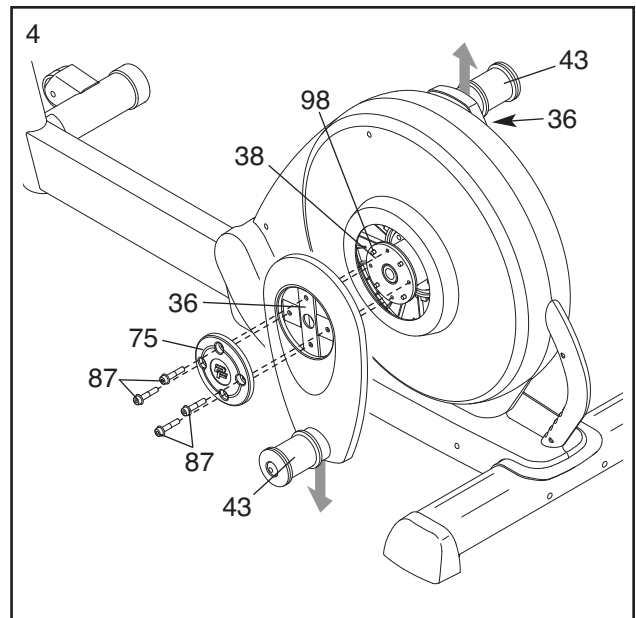
3. Attach the Rear Stabilizer (7) to the Frame (2) with two M10 x 128mm Patch Screws (83).

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



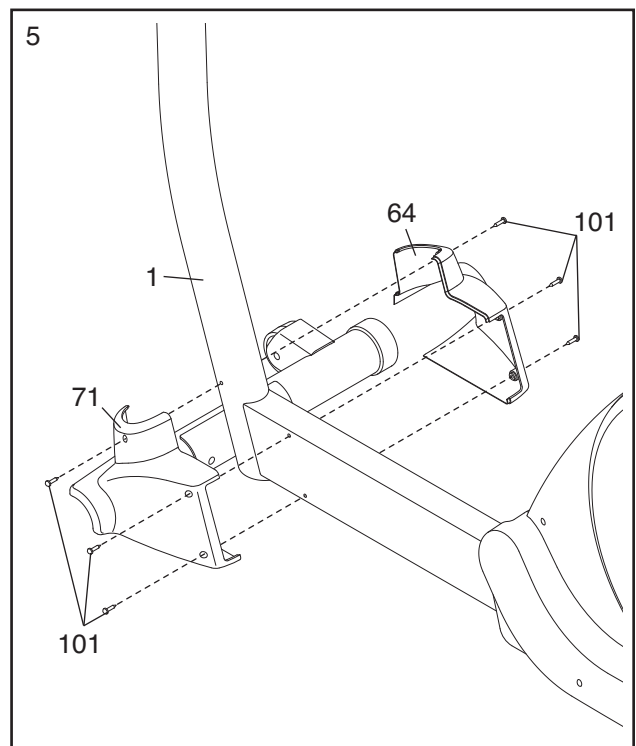
4. Hold a Hub Cover (75) and a Crank Arm (36) against the left Crank Hub (38). Align the holes in the Hub Cover and the Crank Arm with the unused holes in the left Crank Hub. Next, insert four Hub Patch Screws (87) into the Hub Cover and the Crank Arm, and finger tighten the Hub Patch Screws into the left Crank Hub. Tighten one Hub Patch Screw, and then tighten the Hub Patch Screw across from the first Hub Patch Screw. Then, tighten the remaining two Hub Patch Screws.

Repeat this step on the right side of the elliptical exerciser; **make sure that the Crank Arms (36) are oriented so the Crank Bushing Sleeves (43) are in the positions shown. Note: There are no Pulley Screws (98) on the right side.**



5. Identify the Left and Right Stabilizer Covers (71, 64), which are marked with “Left” and “Right” stickers.

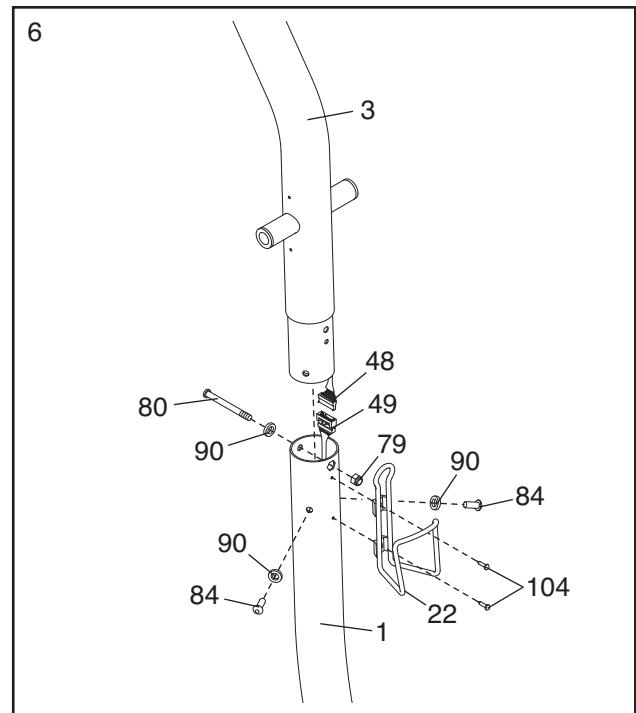
Attach the Left and Right Stabilizer Covers (71, 64) around the Base (1) with six M4 x 16mm Round Head Screws (101).



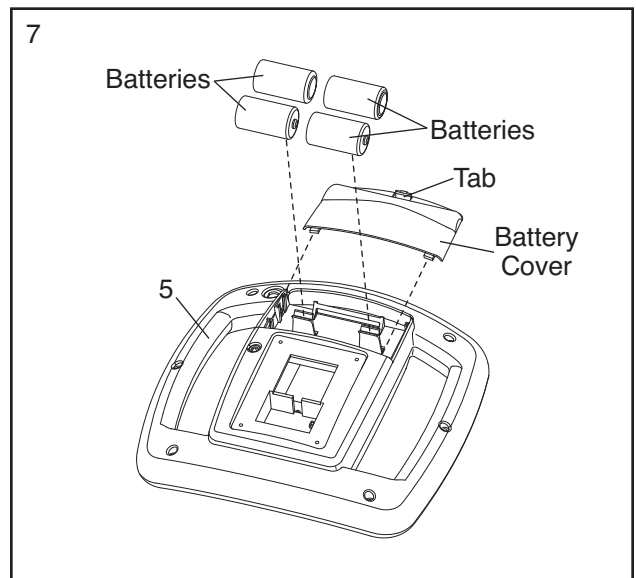
6. While another person holds the Upright (3), connect the Upper Wire Harness (48) to the Lower Wire Harness (49). **Gently pull the upper end of the Upper Wire Harness to remove any slack**, and insert the Upright into the Base (1). Attach the Upright with an M8 x 70mm Button Bolt (80), an M8 Split Washer (90), and an M8 Jamnut (79). **Do not tighten the Button Bolt yet; make sure that the Jamnut is in the hexagonal hole in the Base.**

Next, finger tighten two M8 x 23mm Patch Screws (84) with two M8 Split Washers (90) into the Base (1). **Do not tighten the Button Screws yet.**

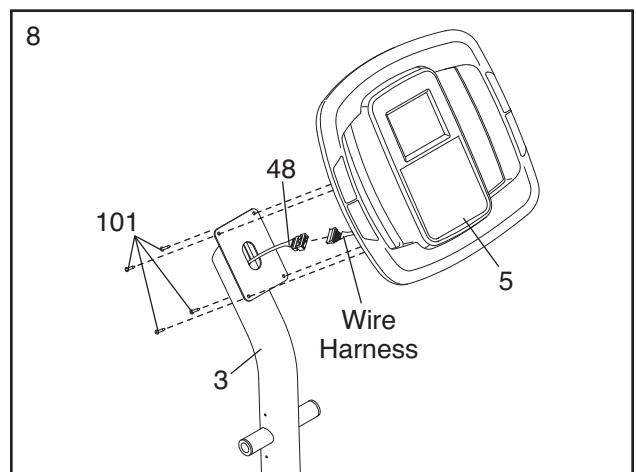
Attach the Water Bottle Holder (22) to the Base (1) with two M4 x 14mm Screws (104).



7. The Console (5) can use four 1.5V “D” batteries; 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 reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**



8. 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). **Be careful to avoid pinching the wire harness.**

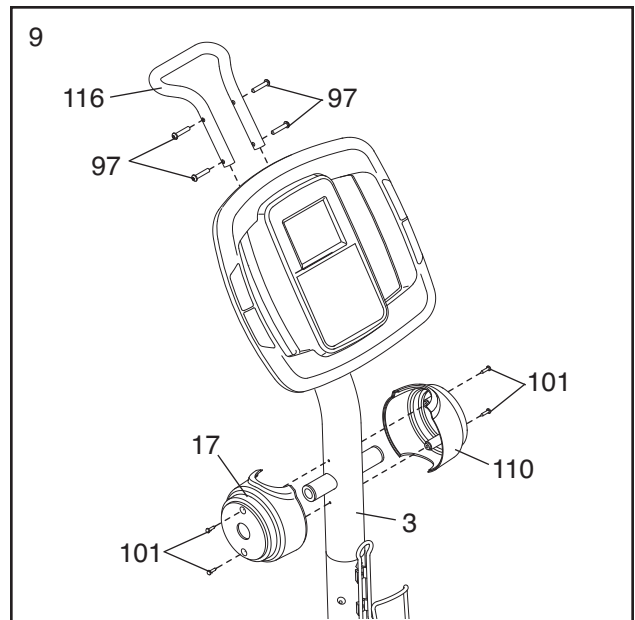




9. Orient the Transport Handle (116) as shown, and attach it to the Upright (3) with four Transport Handle Screws (97).

Identify the Left and Right Upright Covers (17, 110), which are marked with "Left" and "Right" stickers.

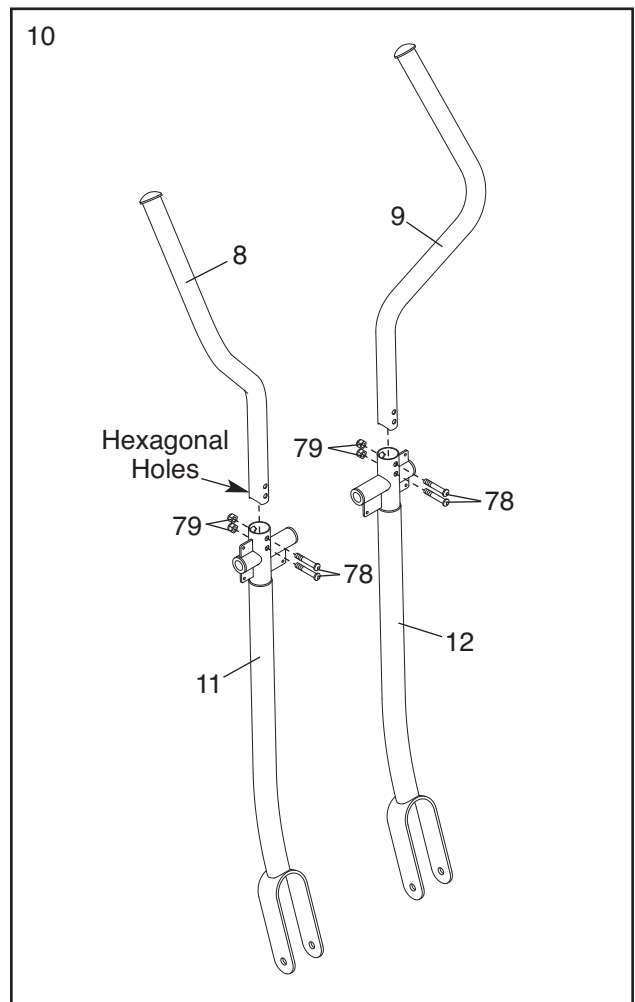
Attach each Upright Cover (17, 110) to the Upright (3) with two M4 x 16mm Round Head Screws (101).



10. Identify the Left Handlebar (8) and the Left Upper Body Arm (11), which are marked with "Left" stickers.

Orient the Left Handlebar (8) and the Left Upper Body Arm (11) as shown. Insert the Left Handlebar into the Left Upper Body Arm. Attach the Left Handlebar with two M8 x 41mm Button Bolts (78) and two M8 Jamnuts (79). **Make sure that the Jamnuts are in the hexagonal holes.**

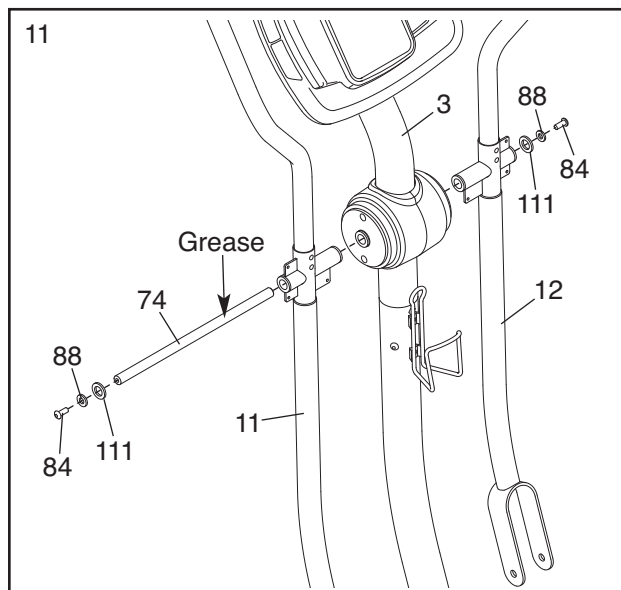
**Attach the Right Handlebar (9) to the Right Upper Body Arm (12) in the same way.**



11. Insert the Pivot Axle (74) into the Upright (3) and then center it. Apply a generous amount of the included grease to the Pivot Axle.

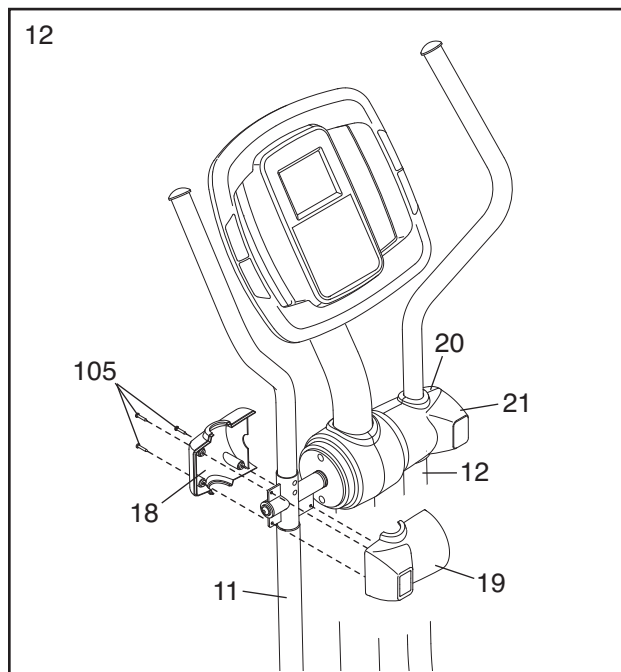
Orient the Left Upper Body Arm (11) as shown, and slide it onto the left end of the Pivot Axle (74). Slide the Right Upper Body Arm (12) onto the right end of the Pivot Axle.

Tighten an M8 x 23mm Patch Screw (84) with an M8 Washer (88) and a Wave Washer (111) into each end of the Pivot Axle (74). **Make sure that the Wave Washers are on the ends of the Pivot Axle.**



12. Hold the Left Front Handlebar Cover (18) and the Left Rear Handlebar Cover (19) around the Left Upper Body Arm (11). Attach the Handlebar Covers with three M4 x 32mm Round Head Screws (105).

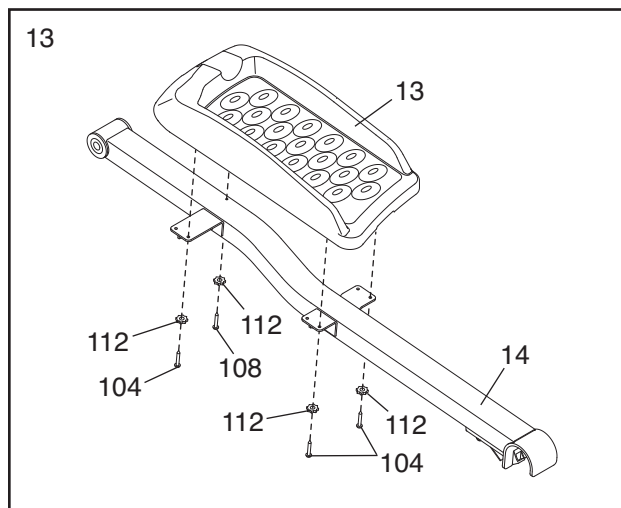
**Attach the Right Front Handlebar Cover (20) and the Right Rear Handlebar Cover (21) around the Right Upper Body Arm (12) in the same way.**



13. Identify the Left Pedal (13) and the Left Pedal Leg (14), which are marked with "Left" stickers.

Attach the Left Pedal (13) to the Left Pedal Leg (14) with an M4 x 45mm Screw (108), three M4 x 14mm Screws (104), and four Star Washers (112).

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

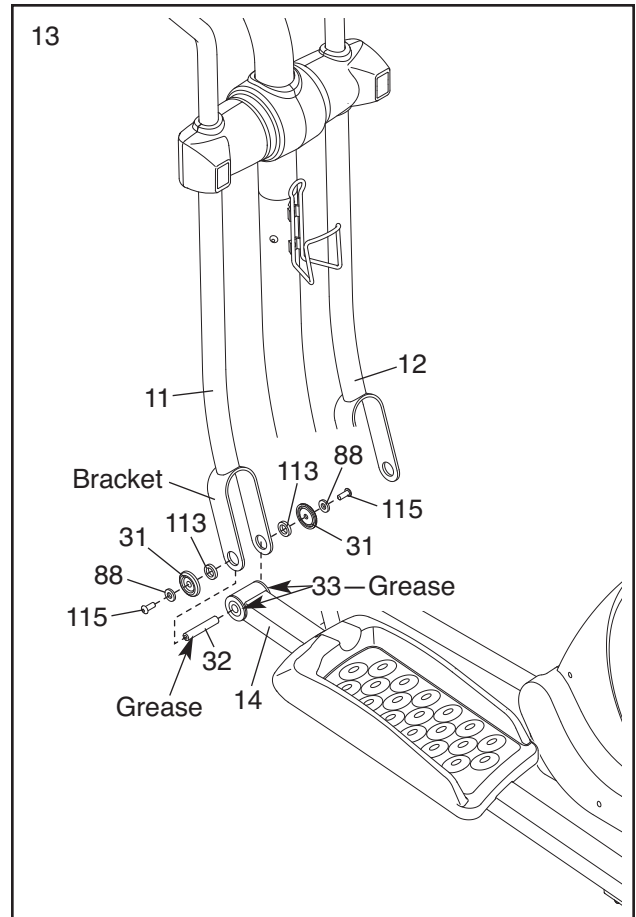


14. Apply a thin film of grease to a Pedal Leg Axle (32) and to the two Pedal Leg Bushings (33) in the Left Pedal Leg (14).

Next, slide an M8 Washer (88) and a Pedal Leg Cover (31) onto an M8 x 23mm Shoulder Patch Screw (115), and finger tighten the Shoulder Screw into the Pedal Leg Axle (32).

While another person holds the end of the Left Pedal Leg (14) inside the bracket on the Left Upper Body Arm (11), insert a Bearing Spacer (113) into each side of the bracket. Next, insert the Pedal Leg Axle (32) into the Left Upper Body Arm and the Left Pedal Leg. Then, slide an M8 Washer (88) and a Pedal Leg Cover (31) onto another M8 x 23mm Shoulder Patch Screw (115), and tighten the Shoulder Screw into the Pedal Leg Axle. Tighten both Shoulder Screws.

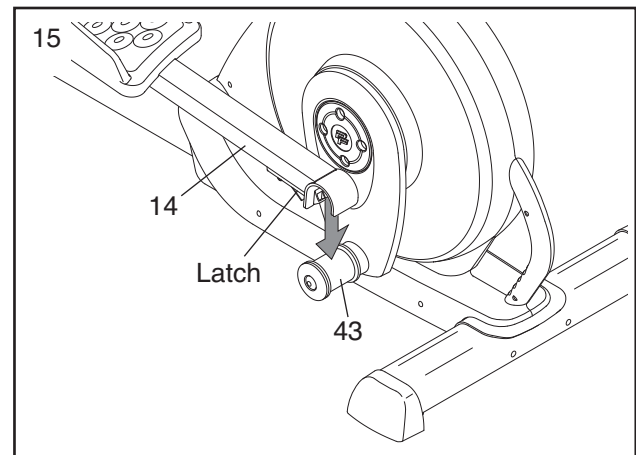
**Repeat this step to attach the Right Pedal Leg (not shown) to the Right Upper Body Arm (12).**



15. Lift the latch on the underside of the Left Pedal Leg (14), and set the Left Pedal Leg on the left Crank Bushing Sleeve (43). Release the lever, and make sure that the Left Pedal Leg is securely connected to the Crank Bushing Sleeve.

**Connect the Right Pedal Leg (not shown) in the same way.**

**See step 6.** Tighten the M8 x 70mm Button Bolt (80) and the two M8 x 23mm Patch Screws (84).

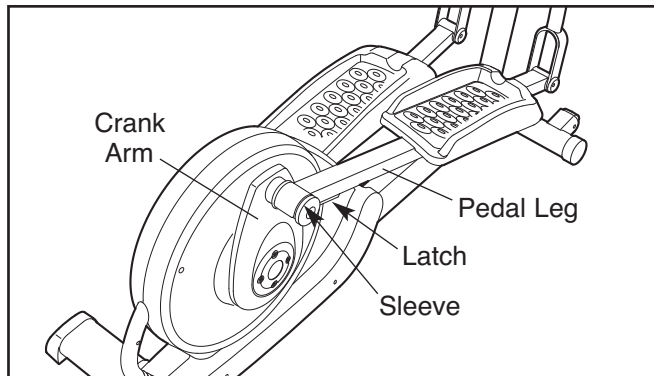


16. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

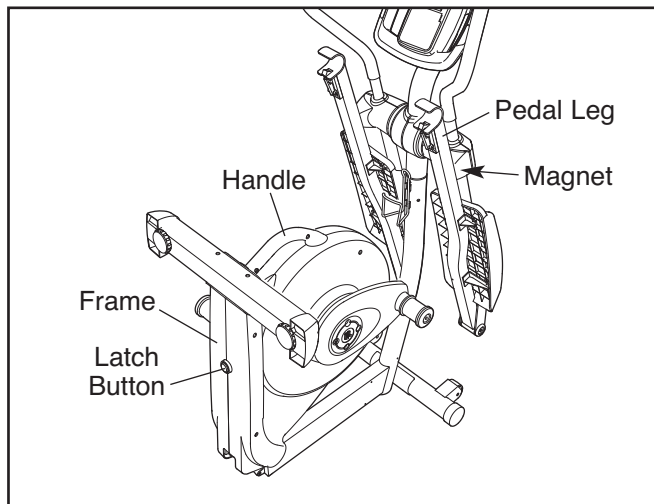
# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. First, lift the latch under each pedal leg, and lift the pedal legs off the sleeves on the crank arms.



Next, raise the pedal legs until they touch the magnets on the upper body arms; the magnets will hold the pedal legs in place. Then, hold the handle and lift the frame until it locks in a vertical position.

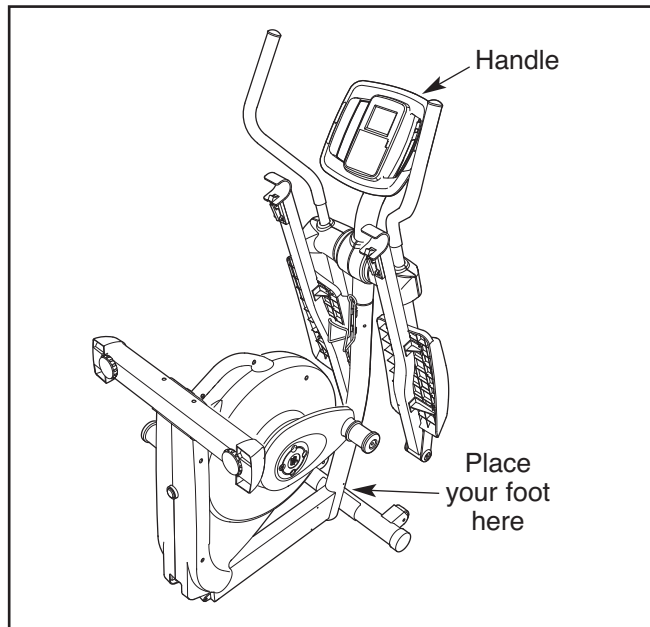


To unfold the elliptical exerciser, first hold the handle, press the latch button, and lower the frame.

Next, pull the pedal legs away from the magnets on the upper body arms. Then, **lift the latches under the pedal legs**, and set the pedal legs on the sleeves on the crank arms. Release the latches, and make sure that the pedal legs are securely connected to the crank arms.

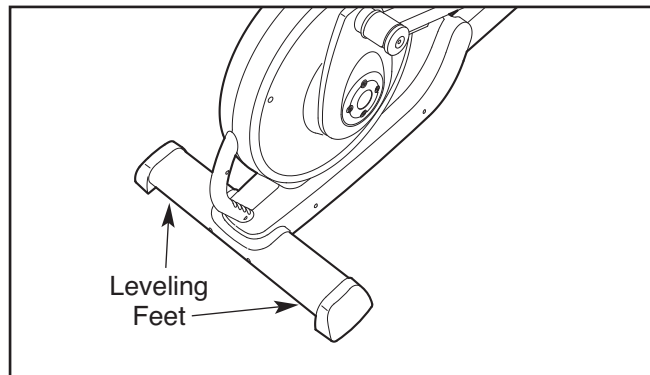
## HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described at the left. Next, stand in front of the elliptical exerciser, hold the handle on the upright, and place one foot against the center of the front stabilizer. Pull the 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.

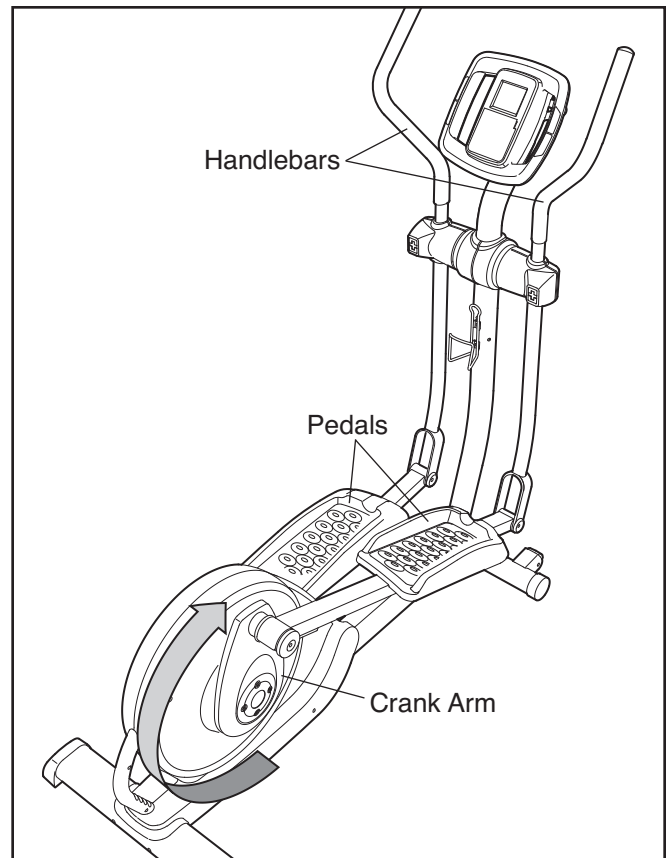


## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

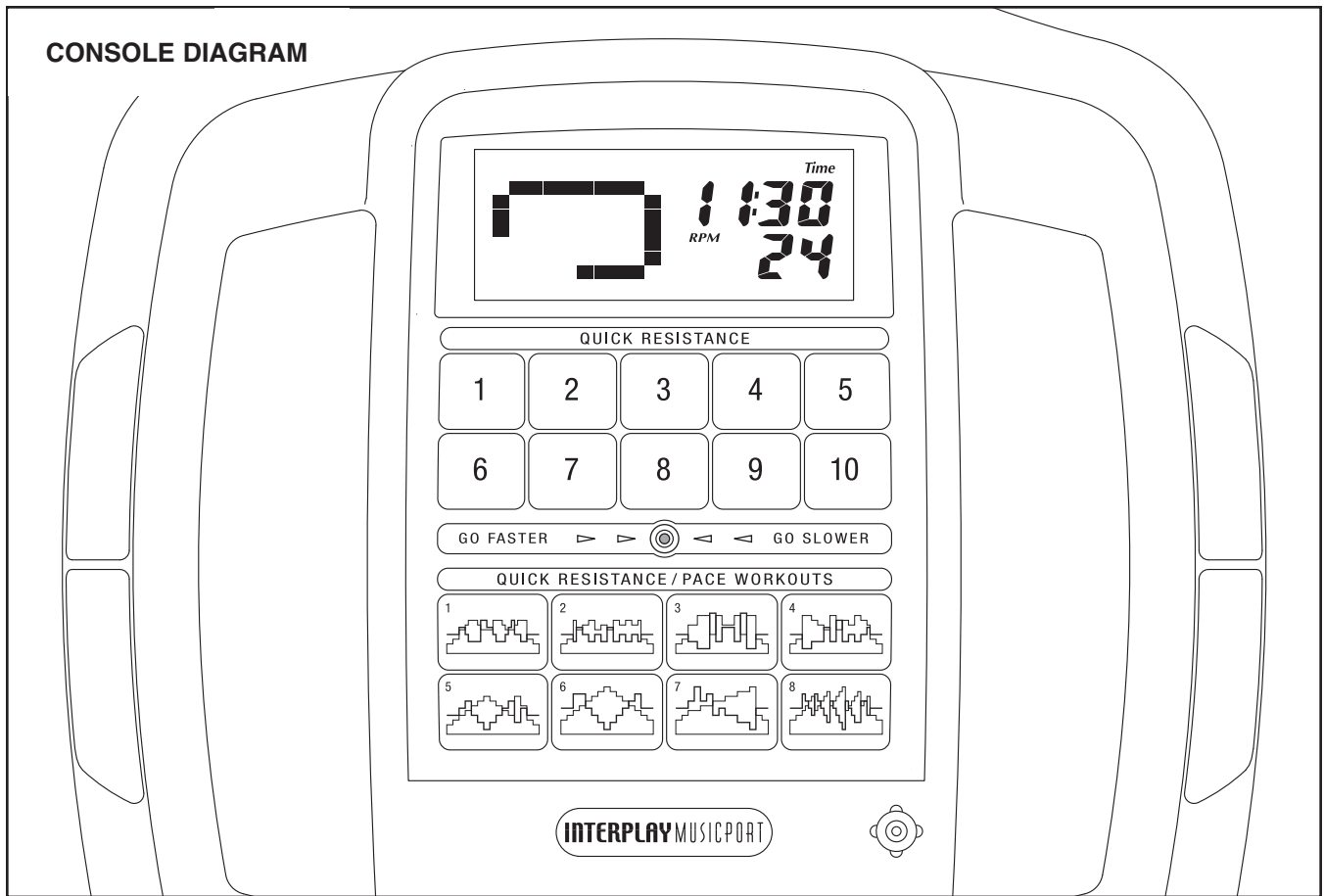
To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

**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 at the right; 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 highest 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 use 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 provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console features eight preset workouts that automatically change the resistance of the pedals and prompt you to increase or decrease your pedaling pace while guiding you through an effective workout.

You can also connect your MP3 player or CD player to the console's sound system and listen to your favorite music or audio books while you exercise.

**To use the manual mode**, see page 15. **To use a preset workout**, see page 17. **To use the sound system**, see page 17.

## HOW TO USE THE MANUAL MODE

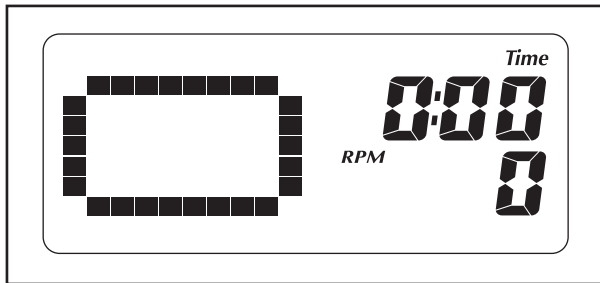
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

### 1. Press any button on the console or begin pedaling to turn on the console.

When you turn on the console, the display and the target pacer will light. A tone will then sound and the console will be ready for use.

### 2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Quick Resistance/Pace Workouts buttons repeatedly until a track appears in the left side 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 pressing the Quick Resistance buttons. There are ten resistance levels.



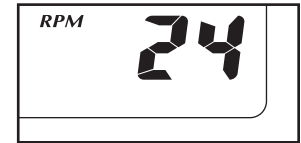
Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

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

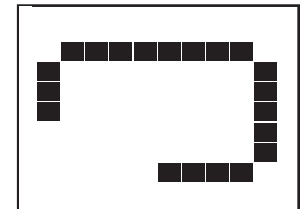
The upper right display can show the elapsed time, the approximate number of calories you have burned, and the distance (total revolutions) you have pedaled. The display will change modes every few seconds.



The lower right display will show your pedaling pace (in revolutions per minute) and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 16).



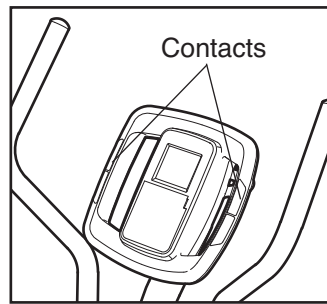
The left display will show a track representing 640 revolutions. As you exercise, indicators will appear in succession around the track until the entire track appears.



The track will then disappear and the indicators will again begin to appear in succession.

**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. In addition, make sure that your hands are clean.** 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 display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 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. When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a series of tones will sound and the console will pause.

If the pedals do not move for about five minutes, the console will turn off and the displays will be reset.



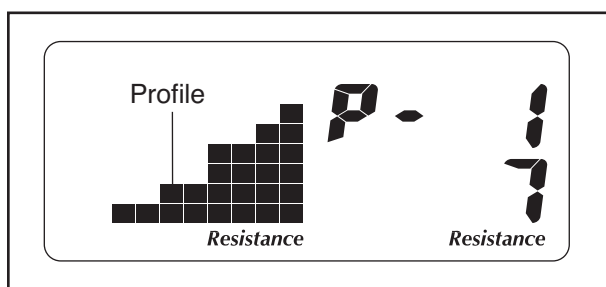
## HOW TO USE A PRESET WORKOUT

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

When you turn on the console, the display and the target pacer will light. A tone will then sound and the console will be ready for use.

2. **Select a preset workout.**

To select a preset workout, press one of the eight Quick Resistance/Pace Workouts buttons. When you select a preset workout, the name of the workout and the maximum resistance level will appear in the display for a few seconds. A profile of the resistance levels of the workout will also scroll across the left side of the display.

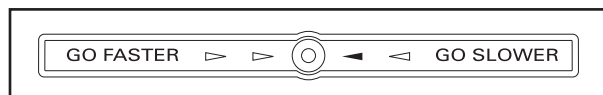


3. **Begin pedaling to start the workout.**

Each workout is divided into 30 one-minute segments. One resistance level and one target pace setting is 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 column of the profile represents the current segment of the workout. The height of the flashing column 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 appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

During the workout, the target pacer will prompt you to keep your pedaling pace near the target pace setting for the current segment. When a left indicator lights, increase your pace; when a right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace.



**IMPORTANT: The target pacer is intended only to provide a goal. 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 resistance level by pressing the Quick Resistance buttons. However, when the current segment ends, the resistance of 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 ends.

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

See step 6 on page 16.

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug an audio cable (not included) into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume of the speakers using the volume control on your MP3 player or CD player.

# MAINTENANCE AND TROUBLESHOOTING

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

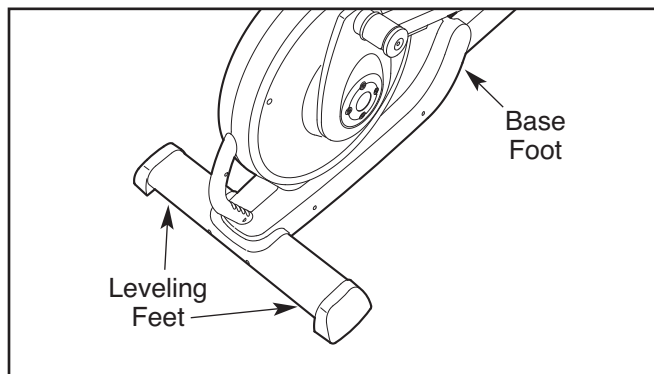
To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## BATTERY REPLACEMENT

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 6 on page 8 for replacement instructions.

## 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.



## HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands while using the handgrip pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 30 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—**never use alcohol, abrasives, or chemicals to clean the contacts.**

## 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 (see the drawing at the left) until the flexing is eliminated.

# EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

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

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

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large 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.

# PART LIST—Model No. PFEVEL75108.0

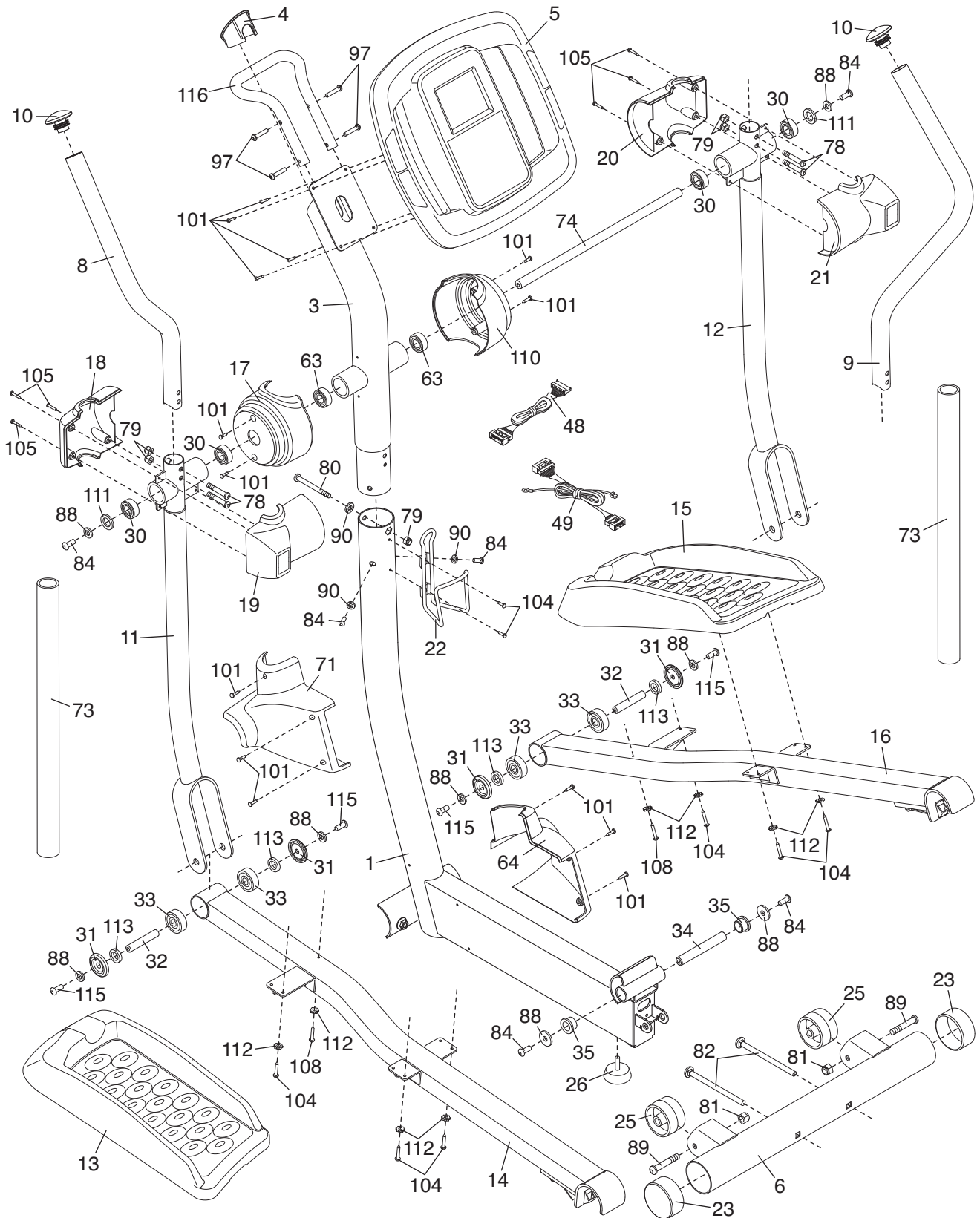
R0508A

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	Shield Bracket
9	1	Right Handlebar	59	1	Clamp
10	2	Handlebar Endcap	60	1	Latch Axle
11	1	Left Upper Body Arm	61	1	Latch Spring
12	1	Right Upper Body Arm	62	1	M4 x 19mm Screw
13	1	Left Pedal	63	2	Upright Bushing
14	1	Left Pedal Leg	64	1	Right Stabilizer Cover
15	1	Right Pedal	65	1	Pivot Bracket
16	1	Right Pedal Leg	66	1	Latch Button Trim
17	1	Left Upright Cover	67	2	M8 x 15mm Button Screw
18	1	Left Front Handlebar Cover	68	1	Latch Button
19	1	Left Rear Handlebar Cover	69	8	M4 x 16mm Flat Head Screw
20	1	Right Front Handlebar Cover	70	1	Motor
21	1	Right Rear Handlebar Cover	71	1	Left Stabilizer Cover
22	1	Water Bottle Holder	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	Outer Crank Cover
27	2	Leveling Foot	77	2	Flywheel Bracket
28	1	Left Side Shield	78	4	M8 x 41mm Button Bolt
29	1	Right Side Shield	79	6	M8 Jamnut
30	4	Upper Body Bearing	80	1	M8 x 70mm Button Bolt
31	4	Pedal Leg Cover	81	2	M10 Nylon Locknut
32	2	Pedal Leg Axle	82	2	M10 x 82mm Patch Screw
33	4	Pedal Leg Bearing	83	2	M10 x 128mm Patch Screw
34	1	Base Axle	84	6	M8 x 23mm Patch Screw
35	2	Base Bushing	85	1	M8 x 23mm Button Screw
36	2	Crank Arm	86	2	Crank Screw
37	2	Inner Crank Cover	87	8	Hub Patch Screw
38	2	Crank Hub	88	11	M8 Washer
39	1	Pulley Spacer	89	2	M10 x 60mm Button Screw
40	1	Pulley	90	3	M8 Split Washer
41	2	Crank Bushing Cover	91	1	Flywheel Spacer
42	4	Crank Arm Bearing	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	M10 x 40mm Screw
47	2	Crank Snap Ring	97	4	Transport Handle Screw
48	1	Upper Wire Harness	98	4	Pulley Screw
49	1	Lower Wire Harness	99	2	Crank Washer
50	1	Reed Switch/Wire	100	1	M4 x 25mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	14	M4 x 16mm Round Head Screw	111	2	Wave Washer
102	4	Motor Washer	112	8	Star Washer
103	21	M4 x 16mm Screw	113	4	Bearing Spacer
104	8	M4 x 14mm Screw	114	1	M6 Nut
105	6	M4 x 32mm Round Head Screw	115	4	M8 x 23mm Shoulder Patch Screw
106	2	M8 x 31mm Shoulder Screw	116	1	Transport Handle
107	4	M4 x 12mm Screw	–	*	Hex Key
108	2	M4 x 45mm Screw	–	*	Grease Packet
109	2	Large Wave Washer	–	*	User's Manual
110	1	Right Upright Cover			

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. PFEVEL75108.0 R0508A





---

# 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)

