

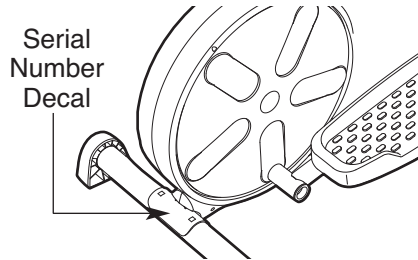
# PRO-FORM<sup>®</sup>

## 550 HR

Model No. PFEVEL3486.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009

From Ireland: 053 92 36102

Website: [www.iconsupport.eu](http://www.iconsupport.eu)

E-mail: Visit [www.iconsupport.eu](http://www.iconsupport.eu)

Write:

ICON Health & Fitness, Ltd.

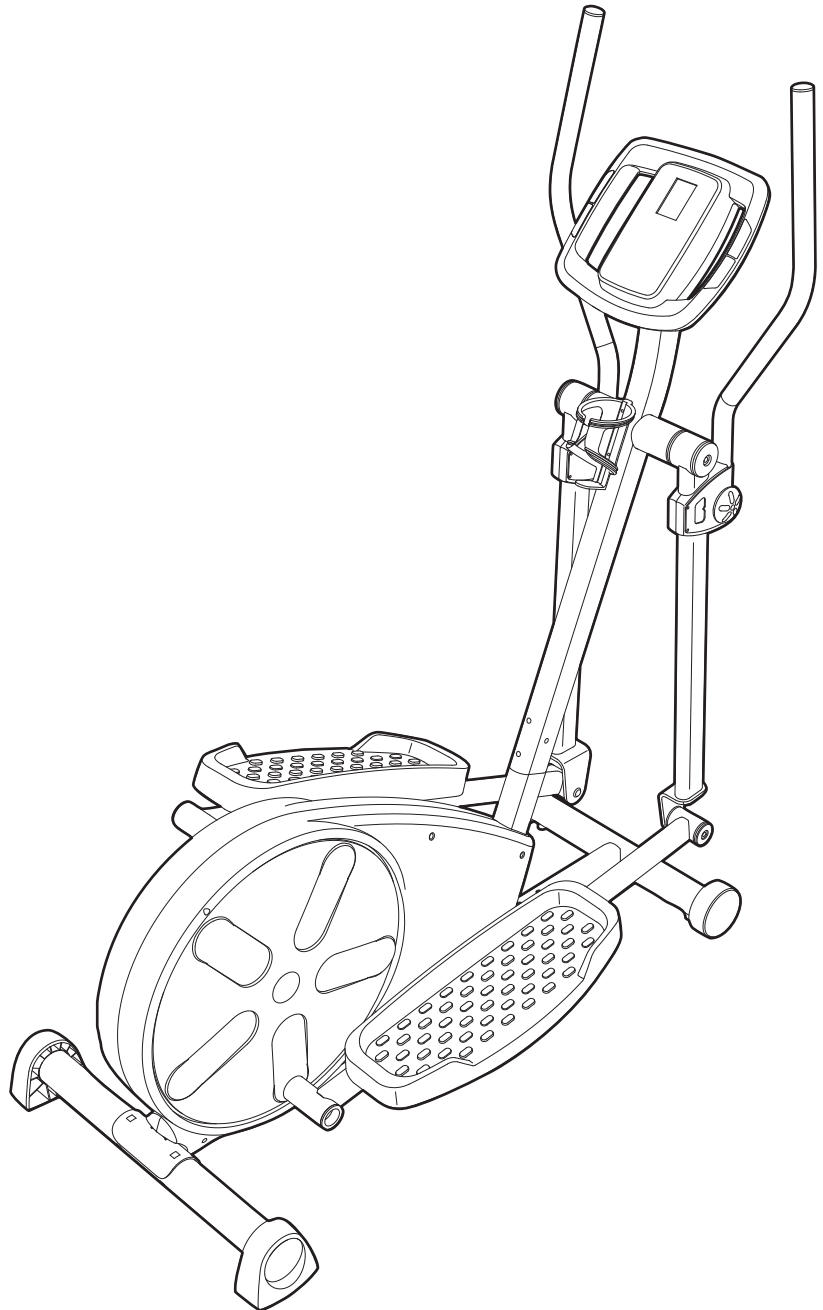
c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

WF10 5QJ

UK



### CAUTION

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

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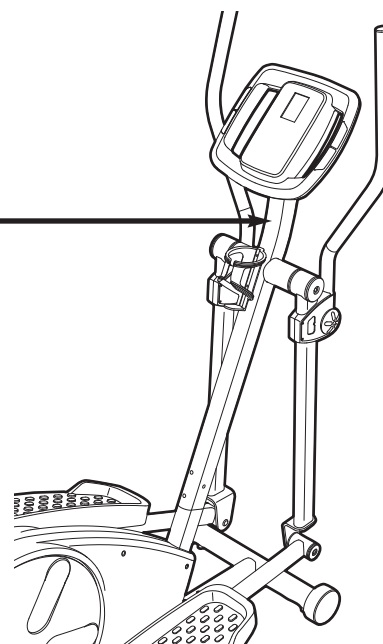

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## WARNING DECAL PLACEMENT

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.

**! WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.



# 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 age 35 or persons with pre-existing health problems.
2. Use the elliptical exerciser only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
4. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
5. Keep the elliptical exerciser indoors, away from moisture and dust. Place the 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. (0.9 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical exerciser at all times.
8. The elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical exerciser.
11. 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.
12. Keep your back straight while using the elliptical exerciser; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
14. When you stop exercising, allow the pedals to slowly come to a stop.

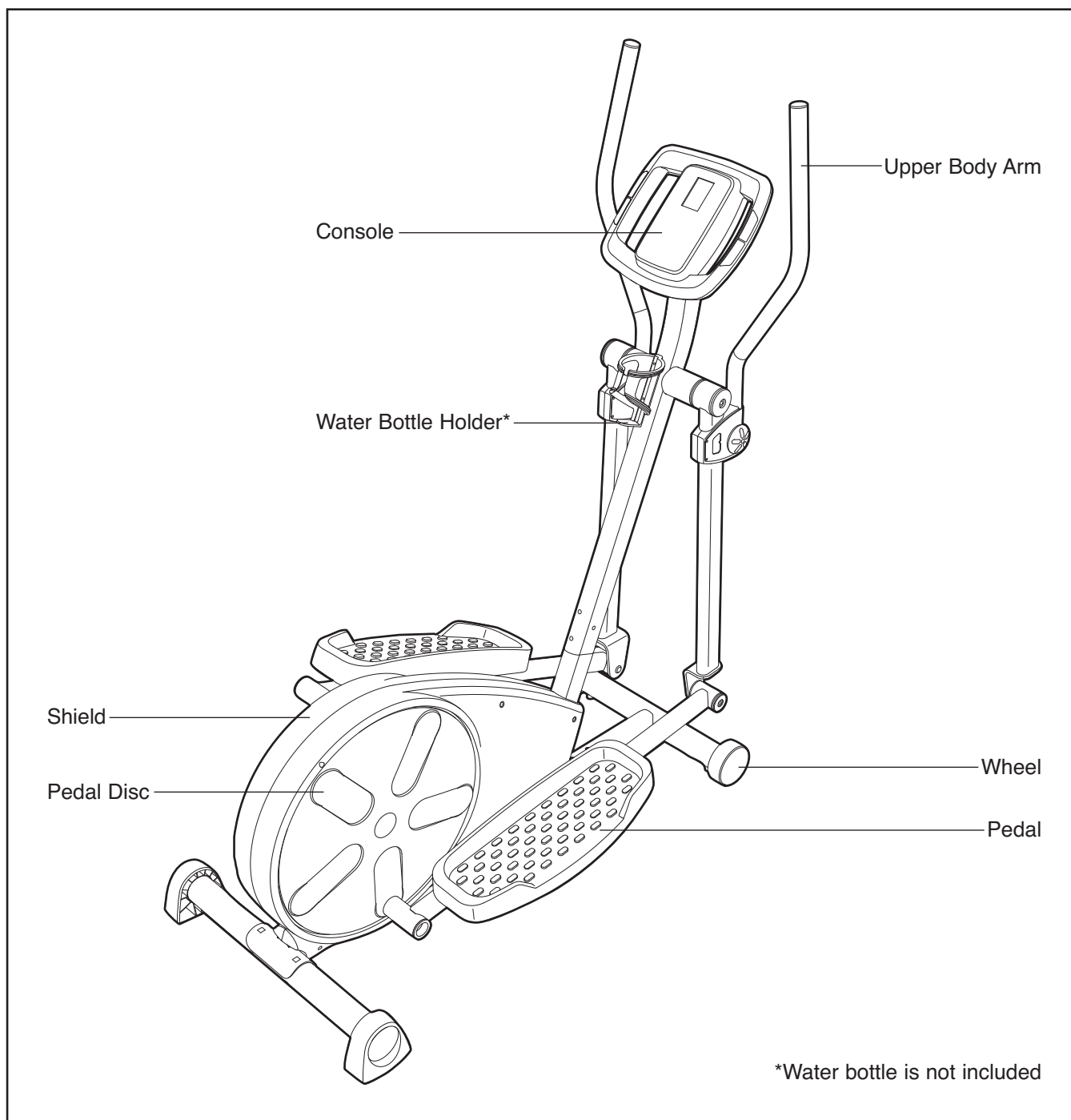
# BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 550 HR elliptical exerciser. The 550 HR provides a selection 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 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.

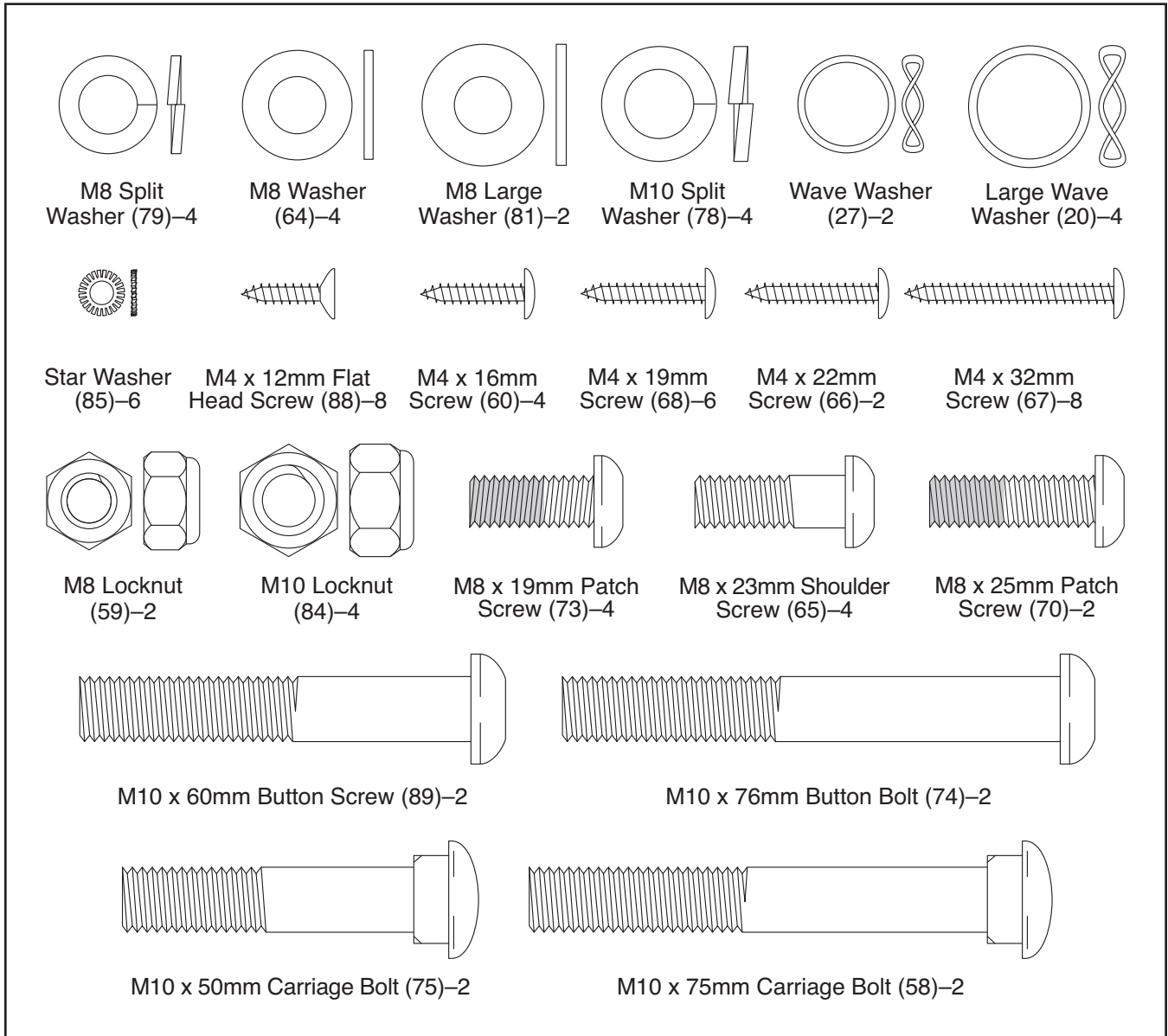


# ASSEMBLY

**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 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: If a part is not in the hardware kit, check to see if it has been preassembled.**

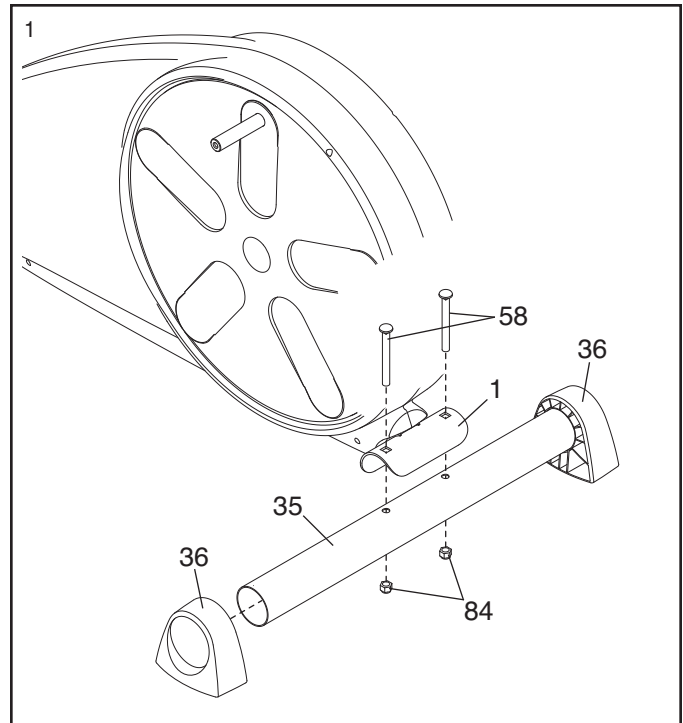


1.

To make assembly easier, read the information on page 5 before you begin.

Attach the Rear Stabilizer (35) to the Frame (1) with two M10 x 75mm Carriage Bolts (58) and two M10 Locknuts (84).

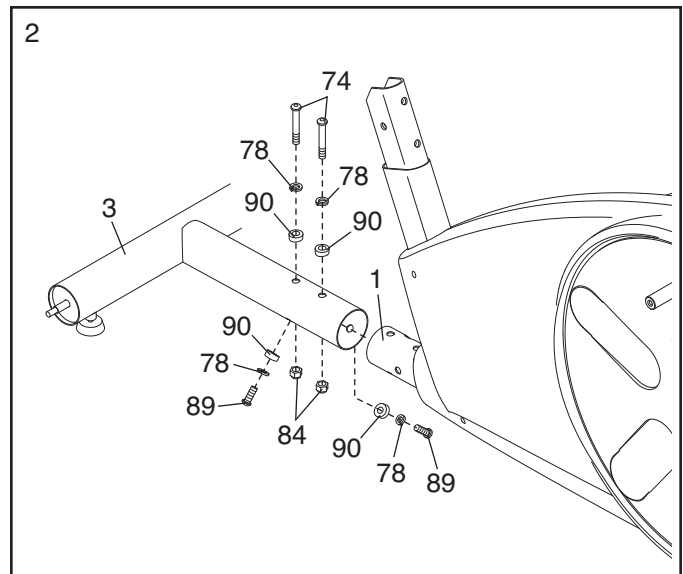
Press the Stabilizer Caps (36) onto the Rear Stabilizer (35).



2. Attach the Front Stabilizer (3) to the Frame (1) with two M10 x 76mm Button Bolts (74), two M10 Split Washers (78), two Concave Spacers (90), and two M10 Locknuts (84). **Do not tighten the Locknuts yet.**

Finger tighten two M10 x 60mm Button Screws (89), two M10 Split Washers (78), and two Concave Spacers (90) through the Front Stabilizer (3) and into the Frame (1).

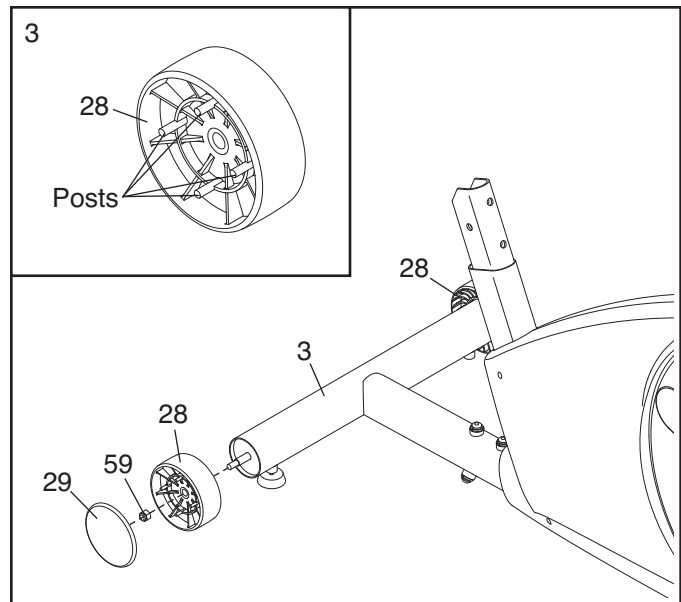
**Tighten the two M10 Locknuts (84), and then tighten the two M10 x 60mm Button Screws (89).**



3. Orient a Wheel (28) so that the four posts (see the inset drawing) are facing away from the Front Stabilizer (3).

Attach the Wheel (28) to the Front Stabilizer (3) with an M8 Locknut (59). Then, press a Wheel Cover (29) onto the posts on the Wheel.

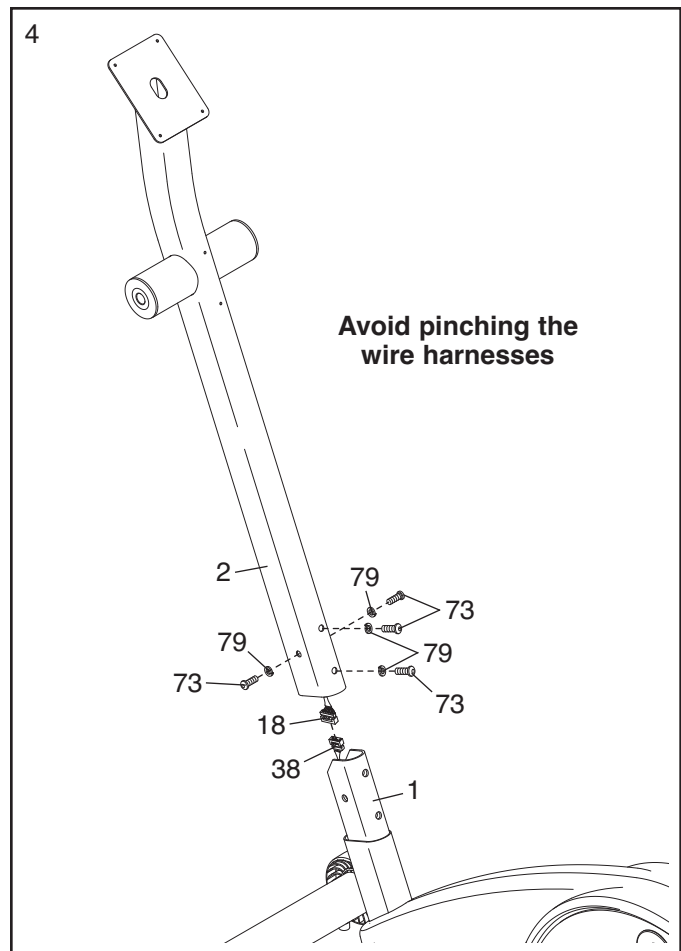
**Attach the other Wheel (28) in the same way.**



4. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (18) to the Lower Wire Harness (38).

**Tip: Avoid pinching the Wire Harnesses (18, 38).** Slide the Upright (2) onto the Frame (1).

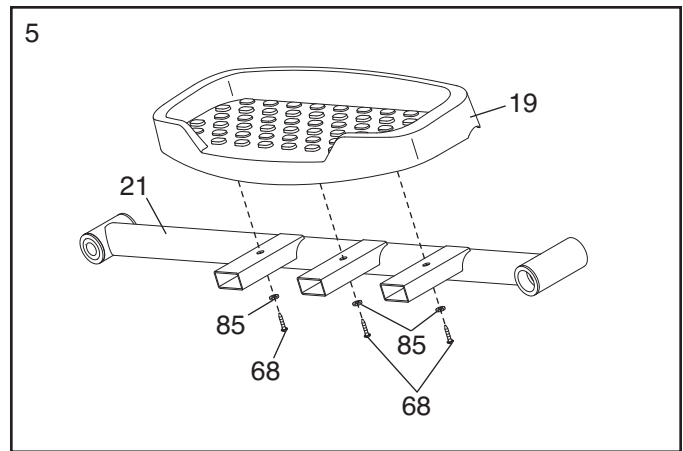
Attach the Upright (2) with four M8 x 19mm Patch Screws (73) and four M8 Split Washers (79). **Do not tighten the Patch Screws yet.**



5. Identify the Left Pedal Arm (21), which is marked with an "L" sticker.

Attach a Pedal (19) to the Left Pedal Arm (21) with three M4 x 19mm Screws (68) and three Star Washers (85).

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



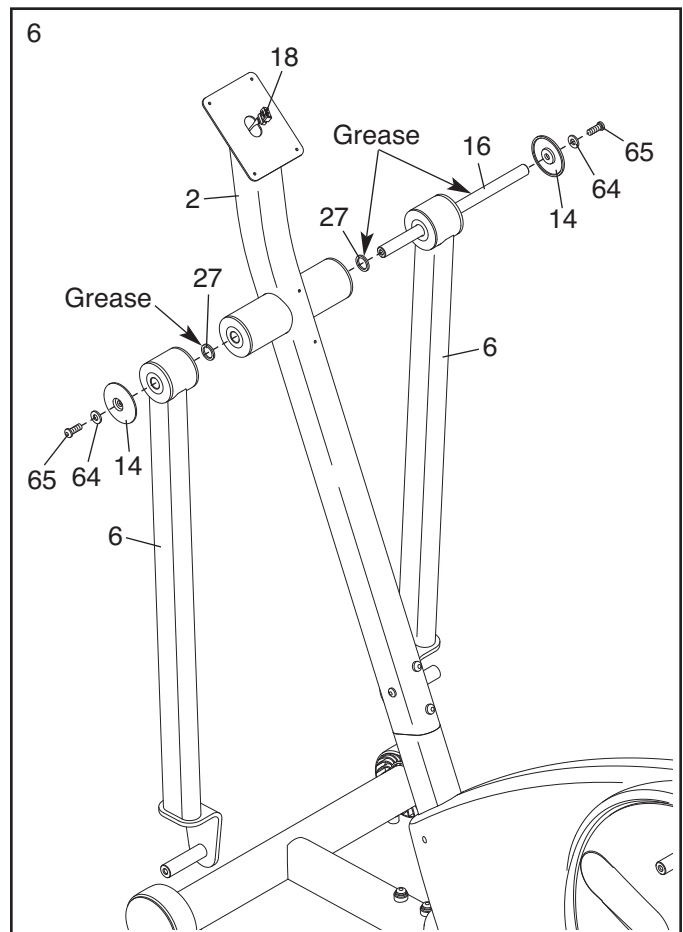
6. Apply a coat of the included grease to the Pivot Axle (16) and to two Wave Washers (27).

Insert the Pivot Axle (16) into the Upright (2) and center it. **Be careful not to damage the Upper Wire Harness (18) with the Pivot Axle.**

Slide a Wave Washer (27) onto each side of the Pivot Axle (16).

Orient the Upper Body Legs (6) as shown. Then, slide an Upper Body Leg onto each side of the Pivot Axle (16).

Tighten two M8 x 23mm Shoulder Screws (65), two M8 Washers (64), and two Pivot Covers (14) into the ends of the Pivot Axle (16) at the same time. **Tip: Avoid damaging the Pivot Covers when tightening the Shoulder Screws.**





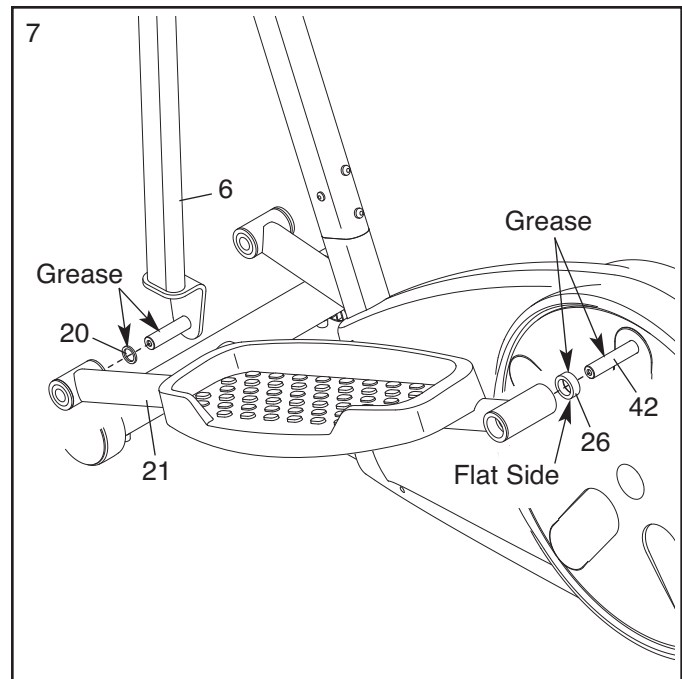
7. Apply grease to the axle on the Upper Body Leg (6). Then, apply grease to a Large Wave Washer (20) and slide it onto the axle.

Apply grease to the Left Crank Arm (42).

**Orient an Inner Crank Arm Bushing (26) so that the flat side is facing away from the Left Crank Arm (42).** Slide the Inner Crank Arm Bushing onto the Left Crank Arm.

Slide the Left Pedal Arm (21) onto the Left Upper Body Leg (6) and the Left Crank Arm (42) at the same time.

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



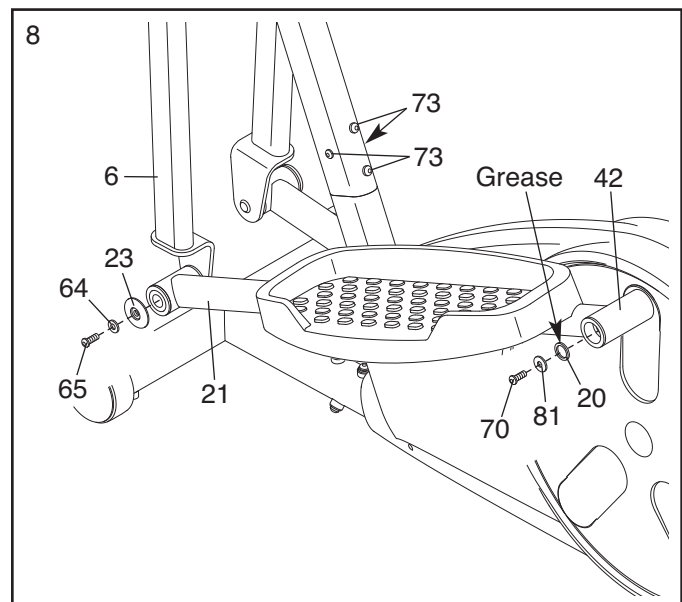
8. Attach the Left Pedal Arm (21) to the Left Upper Body Leg (6) with an M8 x 23mm Shoulder Screw (65), an M8 Washer (64), and a Pedal Leg Cover (23).

Apply grease to a Large Wave Washer (20) and slide it onto the Left Crank Arm (42).

Attach the Left Pedal Arm (21) to the Left Crank Arm (42) with an M8 x 25mm Patch Screw (70) and an M8 Large Washer (81).

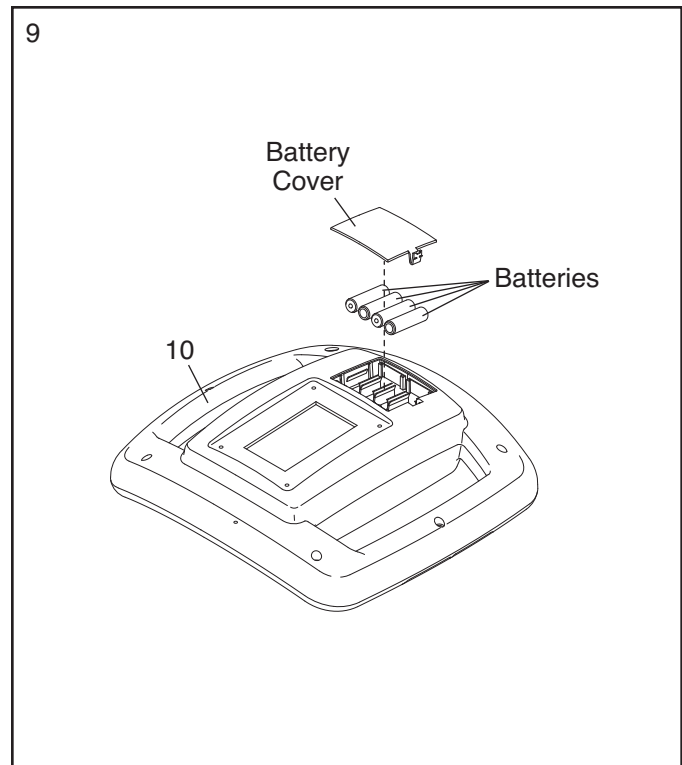
**Repeat this step on the other side of the elliptical exerciser.**

**Tighten the four M8 x 19mm Patch Screws (73).**



9. The Console (10) can use four AA 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 reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**

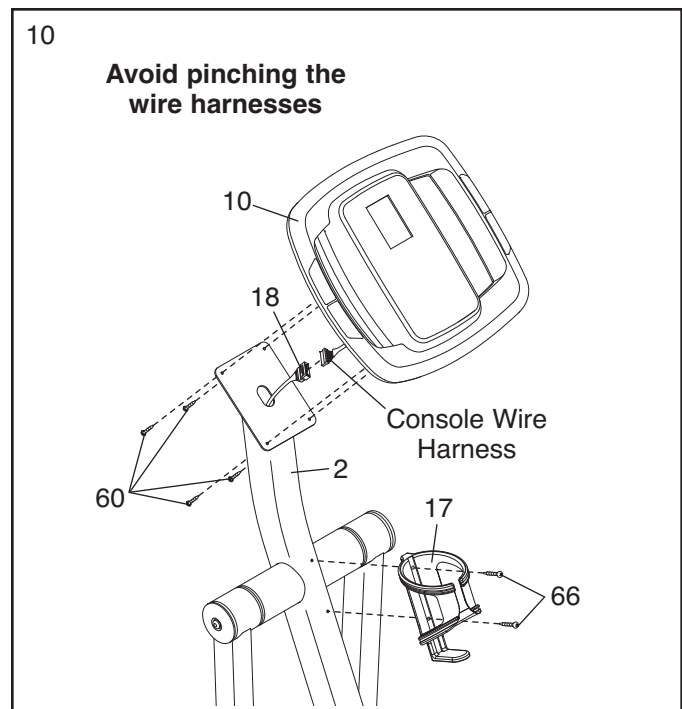
**To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter.** Plug one end of the AC adapter into the jack on the frame of the elliptical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



10. While another person holds the Console (10) near the Upright (2), connect the console wire harness to the Upper Wire Harness (18).

**Tip: Avoid pinching the wire harnesses.** Attach the Console (10) to the Upright (2) with four M4 x 16mm Screws (60).

Attach the Water Bottle Holder (17) to the Upright (2) with two M4 x 22mm Screws (66).



11. Orient a Left Upper Body Insert (12) and a Right Upper Body Insert (13) as shown, and press them together around the left Upper Body Leg (6).

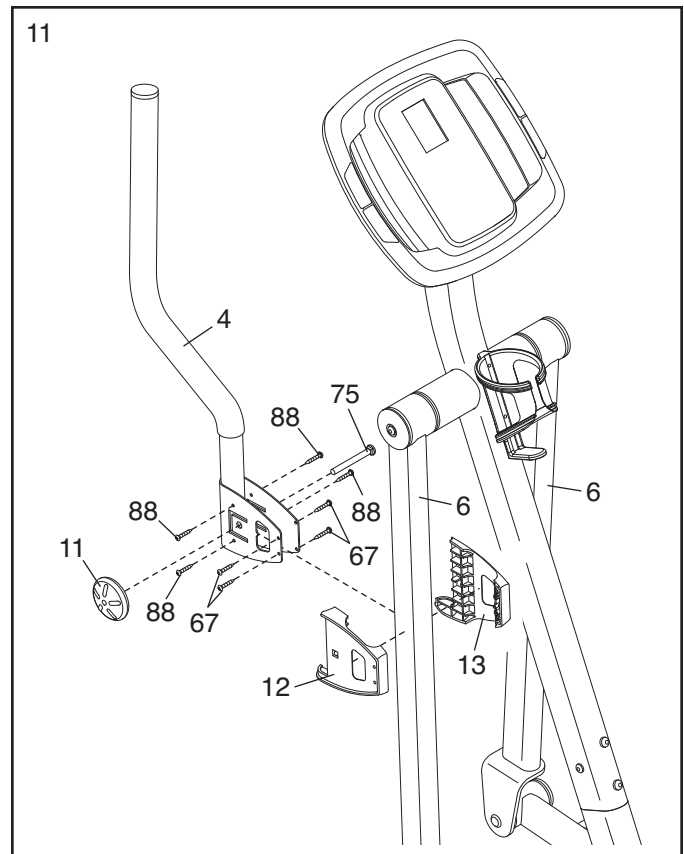
Then, slide the Left Upper Body Arm (4) onto the Upper Body Inserts (12, 13).

While another person holds the Left Upper Body Arm (4) and the Upper Body Inserts (12, 13), insert an M10 x 50mm Carriage Bolt (75) through all three parts from the direction shown.

Tighten four M4 x 32mm Screws (67) and four M4 x 12mm Flat Head Screws (88) through the Left Upper Body Arm (4) and into the Upper Body Inserts (12, 13).

Tighten an Arm Knob (11) onto the end of the M10 x 50mm Carriage Bolt (75).

**Attach the Right Upper Body Arm (not shown) to the right Upper Body Leg (6) in the same way.**

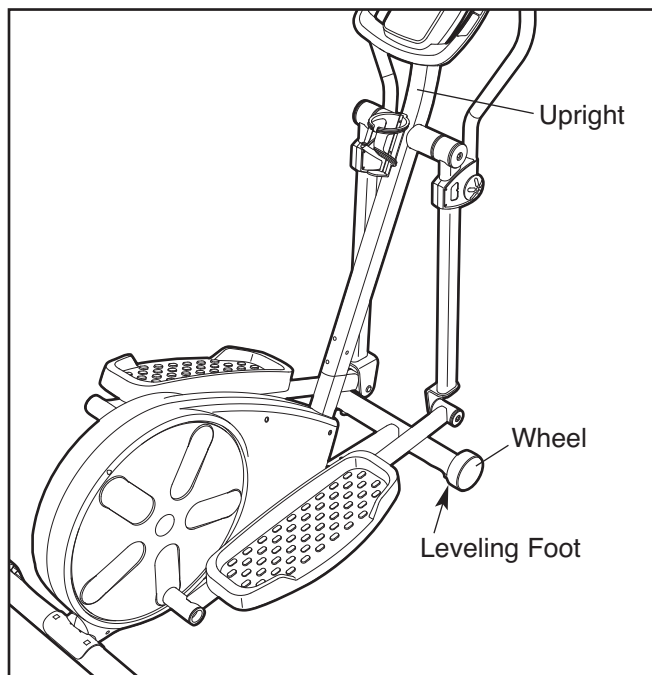


12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Place a mat under the elliptical exerciser to protect the floor or carpet from damage.

# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

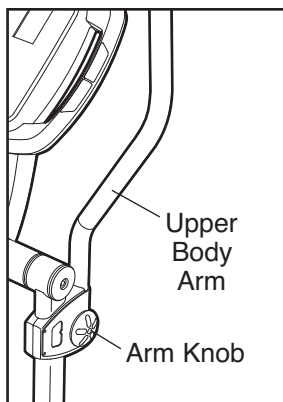
To move the elliptical exerciser, stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the wheels. Pull the upright forward until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then lower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



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

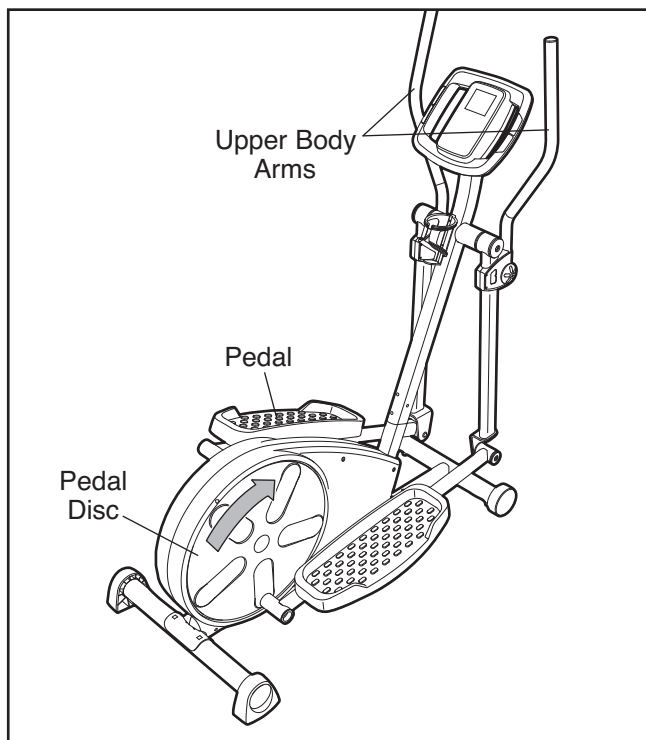
## HOW TO ADJUST THE UPPER BODY ARMS

The upper body arms can be adjusted to the height that is the most comfortable for you. To adjust each upper body arm, first loosen the arm knob. Next, slide the upper body arm to the desired position, and then firmly retighten the arm knob. Make sure that both upper body arms are at the same height.

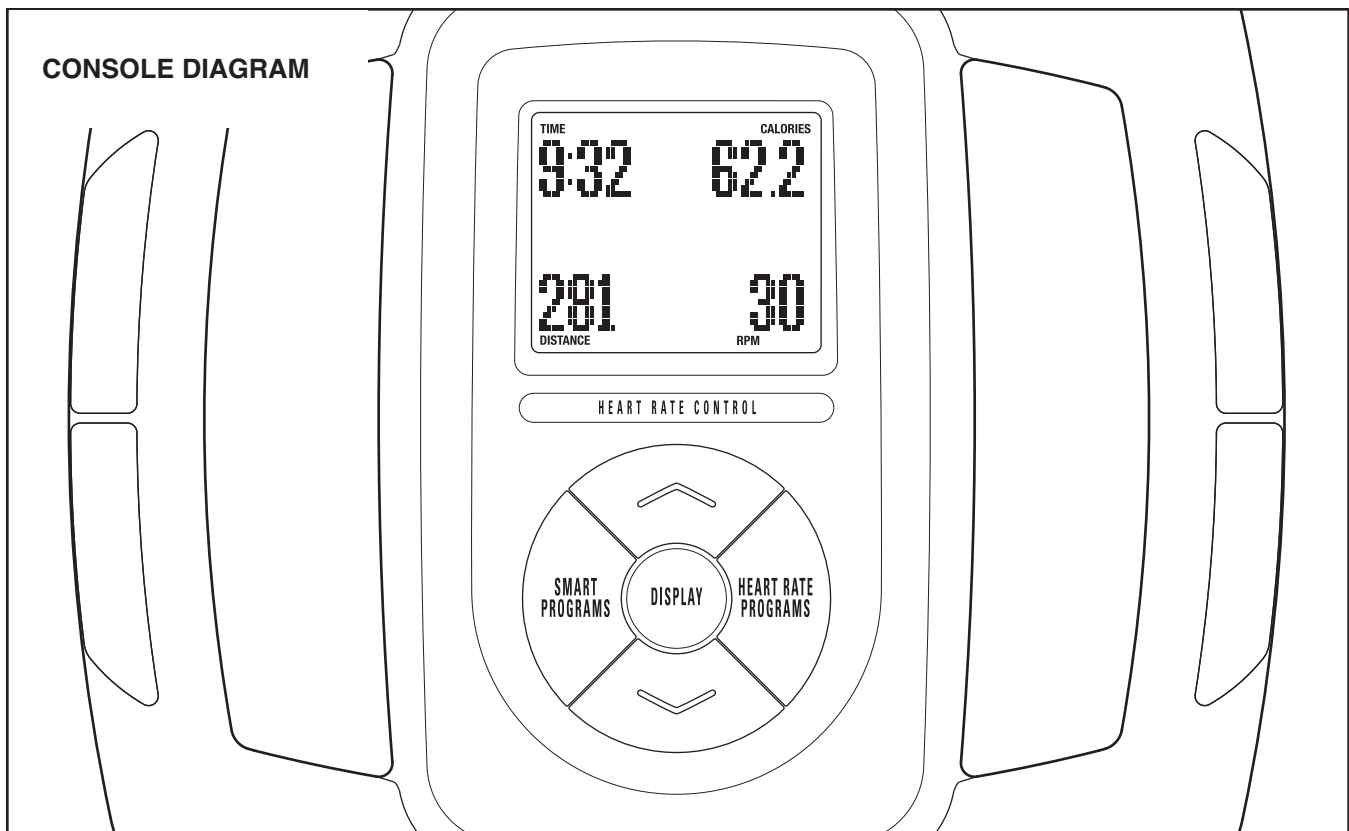


## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

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



To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **The elliptical exerciser does not have a freewheel; 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.



## FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more effective.

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 display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also features six smart programs that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through effective workouts.

In addition, the console offers two heart rate programs that automatically control the resistance of the pedals and prompt you to maintain a constant pedaling pace to keep your heart rate near target heart rate settings during your workouts.

The console also offers a watts program that changes the resistance of the pedals to keep your power output near a target level.

**To use the manual mode**, see page 14. **To use a smart program**, see page 15. **To use a heart rate program**, see page 16. **To use the watts program**, see page 18.

**Note:** Before using the console, make sure that batteries are installed (see assembly step 9 on page 10). If there is a sheet of plastic on the console, remove the plastic.

## HOW TO USE THE MANUAL MODE

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

A moment after you turn on the console, 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 program, reselect the manual mode by pressing the Smart Programs button or the Heart Rate Programs button repeatedly until the word MANUAL appears in the lower left corner of the display.



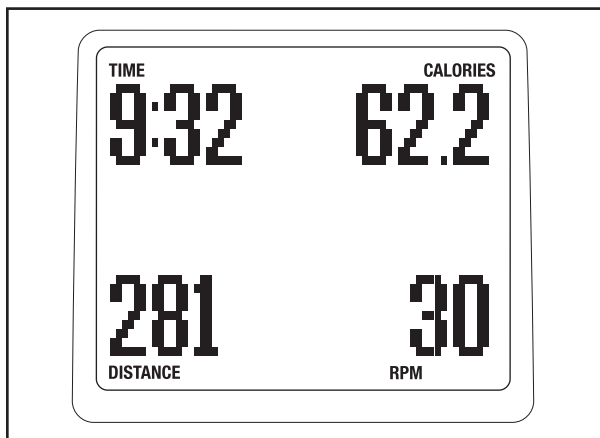
3. **Change the resistance of the pedals as desired.**

As you pedal, change the resistance level of the pedals by pressing the increase and decrease buttons repeatedly. 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 display.**

**The upper left corner of the display** will show the elapsed time. Note: When a smart program or a heart rate program is selected, the display will show the time remaining in the program instead of the elapsed time.



**The lower left corner of the display** will show the distance (total revolutions) you have pedaled and your power output in watts.

**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 hand-grip pulse sensor (see step 5 on page 15).

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

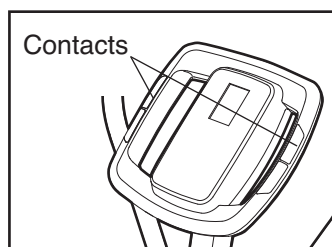
You can also view selected information at a larger size. Press the Display button repeatedly to view time and watts information, time and calorie information, or time and pace information. Press the Display button again to view all information.

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

To select a backlight option, first press and hold down the Smart Programs button for several seconds. Next, press the increase button to select the desired backlight option. Then, press the Smart Programs button to save your selection.

## 5. Measure your heart rate if desired.

If there are sheets of 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 too tightly.**



When your pulse is detected, one, two, or three 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 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.

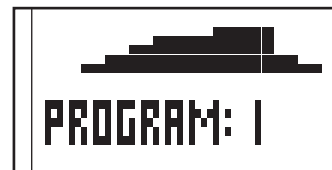
## HOW TO USE A SMART PROGRAM

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

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

### 2. Select a smart program.

To select one of the six smart programs, press the Smart Programs button repeatedly until Program 1, 2, 3, 4, 5, or 6 appears in the display. The program time and a profile of the resistance levels for the program will also appear in the display.



### 3. Begin pedaling to start the program.

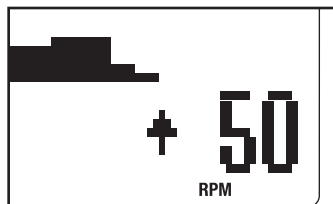
Each program is divided into 20 or 30 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance level and/or target rpm setting may be programmed for consecutive segments.

The resistance level and the target rpm setting for the first segment will appear in the center of the display for a few seconds.

During the workout, the workout profile 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 resistance level for the current segment.

At the end of each segment of the workout, the next segment of the profile will begin to flash. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or the target rpm 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 be prompted to keep your pedaling pace near the target rpm setting for the current segment.



When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrows appear in the display, maintain your current pace.

**IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to exercise 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. **IMPORTANT: When the current segment of the program ends, the pedals will automatically adjust to the resistance level for the next segment.**

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

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

See step 4 on page 14.

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

See step 5 on page 15.

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

See step 6 on page 15.

## HOW TO USE A HEART RATE PROGRAM

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

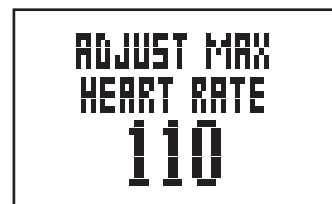
A moment after you turn on the console, the display will light.

**2. Select a heart rate program.**

To select a heart rate program, press the Heart Rate Programs button once or twice until the desired program is selected.

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

When you select a heart rate program, the maximum target heart rate setting for the program will appear in the center of the display.



Press the increase and decrease buttons to change the maximum heart rate setting if desired. Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change. (See EXERCISE INTENSITY on page 20.)

The program time and a profile of the target heart rate settings for the program will then appear in the display.

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

It is not necessary to hold the handgrip pulse sensor continuously during a heart rate program; however, you should hold the handgrip pulse sensor frequently for the program 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 program.

Each heart rate program is divided into either 20 or 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During the workout, the workout profile 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 setting for the current segment.

As you pedal, the console will regularly compare your heart rate to the target heart rate setting. 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.

You will also be prompted to pedal at a steady pace. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrows appear in the display, maintain your current pace.



**IMPORTANT: Make sure to exercise at a pace that is comfortable for you.** Note: You can manually override the resistance level; 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 setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

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

## 6. Follow your progress with the display.

See step 4 on page 14.

## 7. Measure your heart rate if desired.

See step 5 on page 15.

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

See step 6 on page 15.

## HOW TO USE THE WATTS PROGRAM

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

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

### 2. Select the watts program.

To select the watts program, press the Smart Programs button repeatedly until the words WATTS PROGRAM appear in the display.

### 3. Enter a target watts setting.

A few seconds after you select the watts program, the target watts setting will appear in the display. Press the increase or decrease button repeatedly to change the target watts setting, if desired. You can select a target watts setting between 20 and 400 watts.

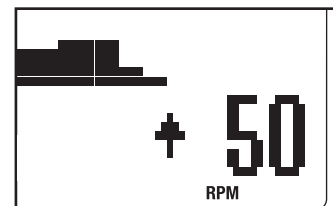


### 4. Begin pedaling to start the program.

The watts program consists of 20 one-minute segments. At the end of each segment, a series of tones will sound. During this program, the center of the display will show your power output in watts and the lower left display will show the distance you have pedaled in total revolutions.

As you pedal, the console will regularly compare your power output to the target watts setting. If your power output is too far below or above the target watts setting, the resistance of the pedals will automatically increase or decrease to bring your power output closer to the target watts setting.

During the program, you will also be prompted to pedal at a steady pace. When an upward arrow appears in the display, increase your



pace. When a downward arrow appears in the display, decrease your pace. When no arrows appear in the display, maintain your current pace.

The program will continue in this way indefinitely. Continue exercising as long as desired. To pause the program, stop pedaling. The time will begin to flash in the display. To restart the program, simply resume pedaling.

### 5. Follow your progress with the display.

During this program, the center of the display will show your power output in watts and the lower left display will show the distance you have pedaled in total revolutions. The other displays will function as described in step 4 on page 14.

### 6. Measure your heart rate if desired.

See step 5 on page 15.

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

See step 6 on page 15.

# 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

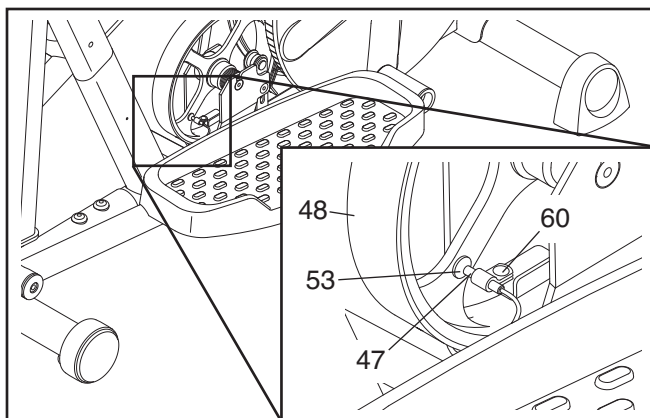
If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 9 on page 10.

If the handgrip pulse sensor does not function properly, see step 5 on page 15.

## 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.**

Locate the Reed Switch (47). Turn the Flywheel (48) until the Magnet (53) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (60). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw.



Rock the Flywheel (48) forward and backward just enough that the Magnet (53) passes the Reed Switch (47) repeatedly.

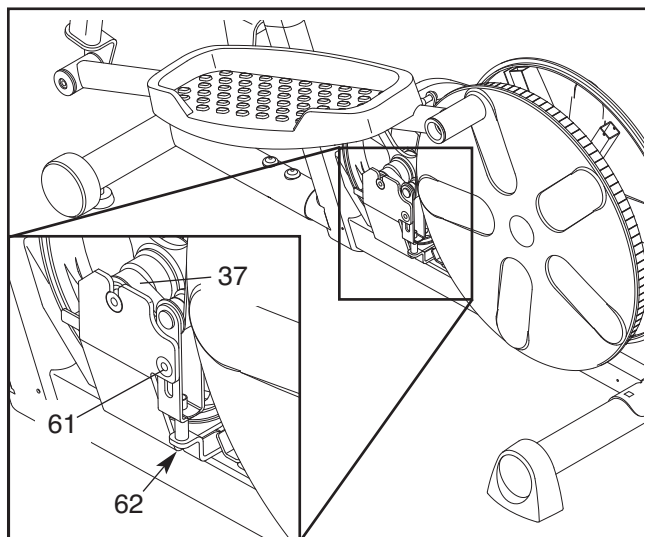
Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the shields. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING B on page 23 and the PART LIST on page 21.

## HOW TO ADJUST THE DRIVE 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 drive belt may need to 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.**



Loosen the M8 x 19mm Flat Head Bolt (61) and turn the Adjustment Screw (62) until the Drive Belt (37) is tight. Once the Drive Belt is tight, tighten the Flat Head Screw.

Reattach the shields. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING B on page 23 and the PART LIST on page 21.

# EXERCISE GUIDELINES

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 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.

# PART LIST—Model No. PFEVEL3486.0

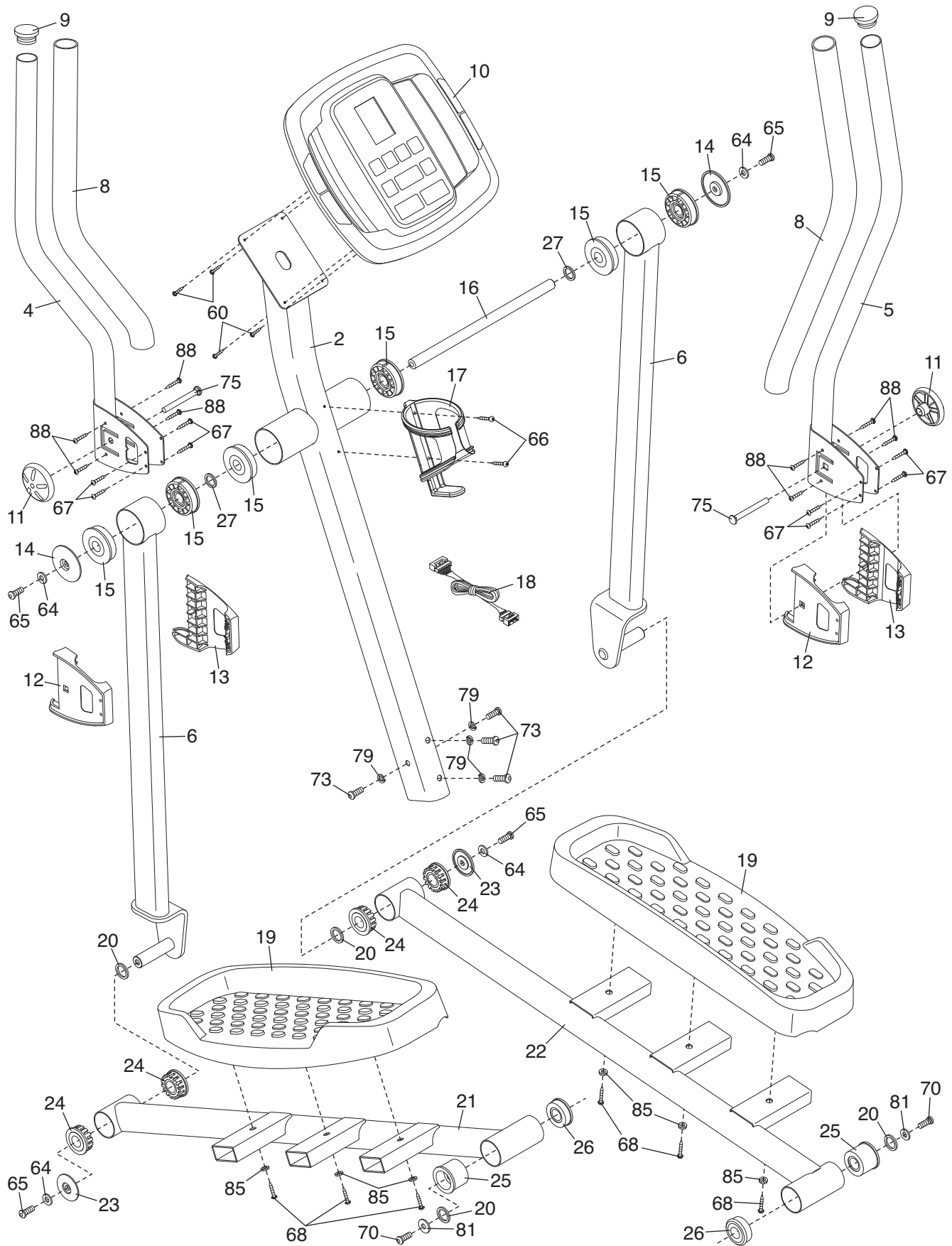
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	1	Flywheel
2	1	Upright	49	1	Flywheel Axle
3	1	Front Stabilizer	50	2	Flywheel Bearing
4	1	Left Upper Body Arm	51	1	C-magnet
5	1	Right Upper Body Arm	52	1	C-magnet Bracket
6	2	Upper Body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

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

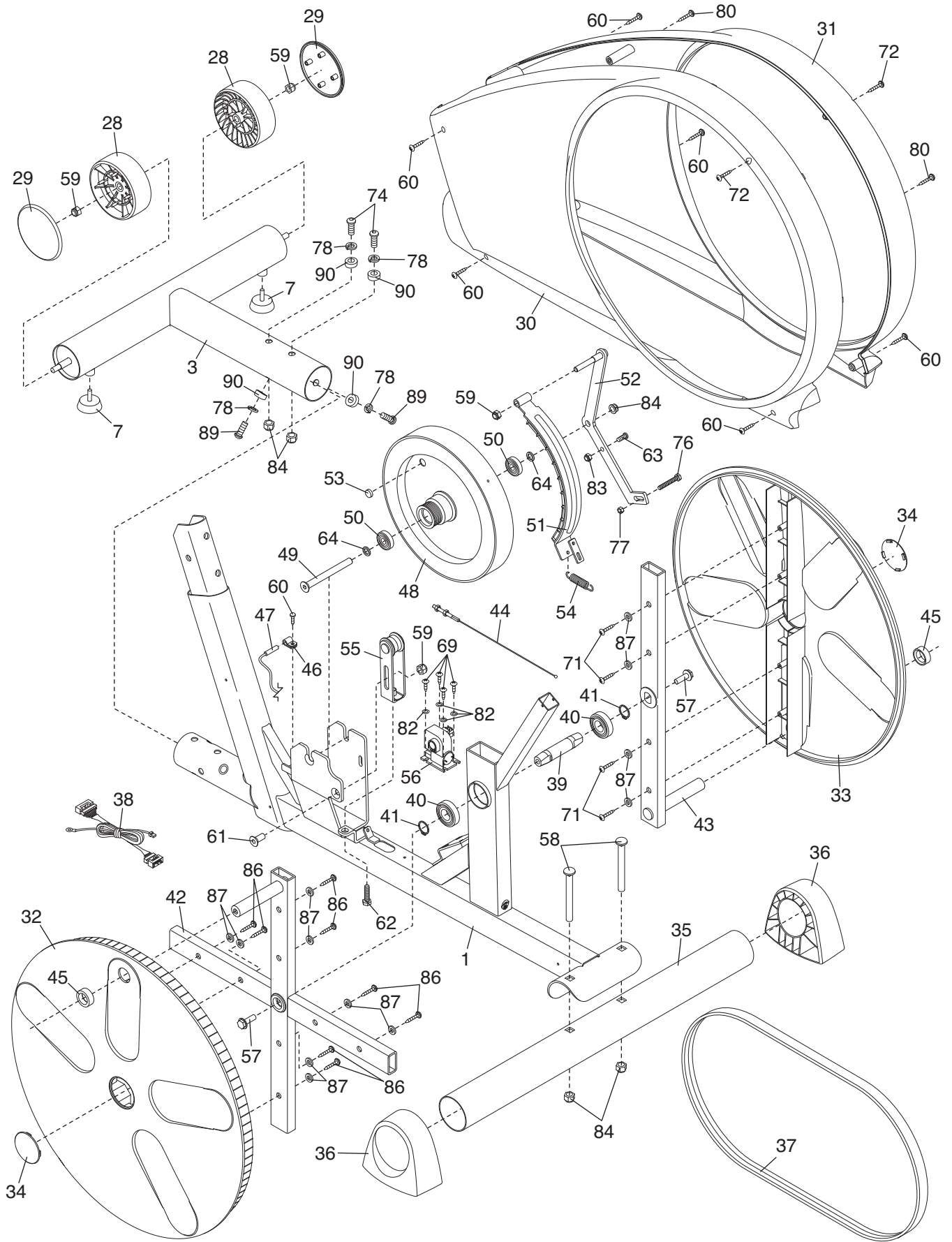
# EXPLODED DRAWING A—Model No. PFEVEL3486.0

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# EXPLODED DRAWING B—Model No. PFEVEL3486.0

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## 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)

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## RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

