

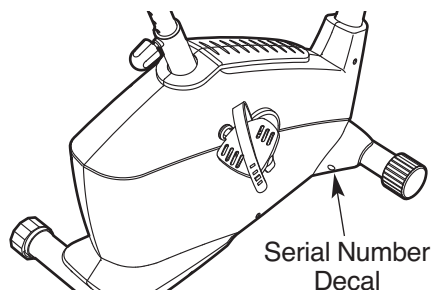
PRO-FORM[®]

280 ZLX

Model No. PFEVEX73108.0

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:

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.

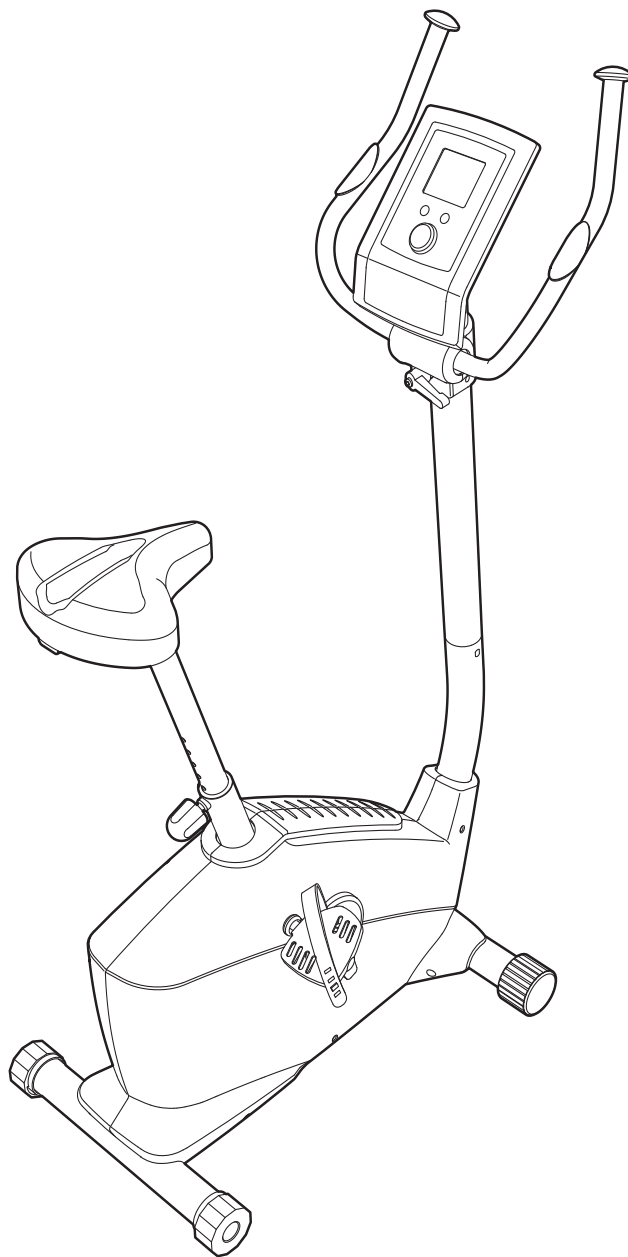
Unit 4

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

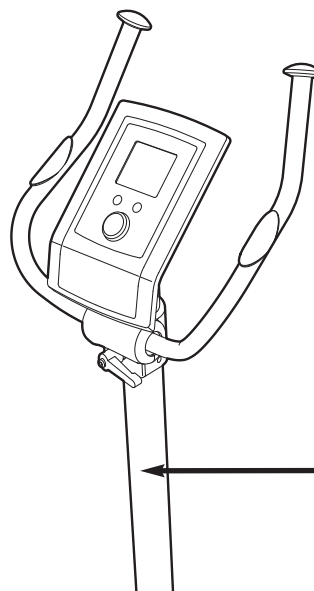
www.iconeurope.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT2
IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
HOW TO USE THE EXERCISE CYCLE11
MAINTENANCE AND TROUBLESHOOTING17
EXERCISE GUIDELINES19
PART LIST22
EXPLODED DRAWING23
ORDERING REPLACEMENT PARTSBack 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.



⚠ 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.
- User weight must not exceed 120 kg.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- 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 exercise cycle before using your exercise cycle. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle 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 exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 265 lbs. (120 kg).
8. 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.
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
10. Keep your back straight while using your exercise cycle; do not arch your back.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use your exercise cycle only as described in this manual.

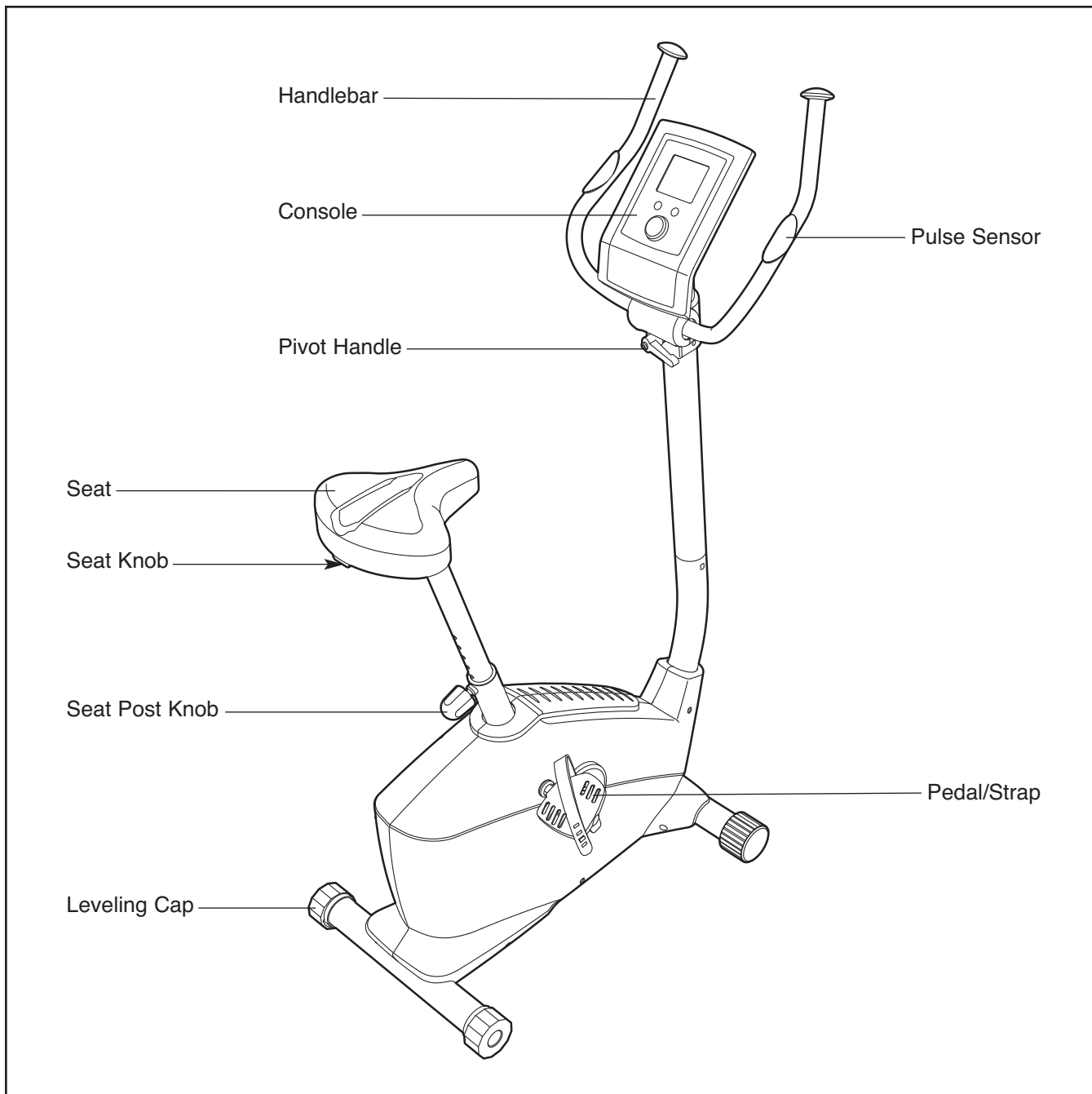
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 280 ZLX exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The 280 ZLX exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions

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

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

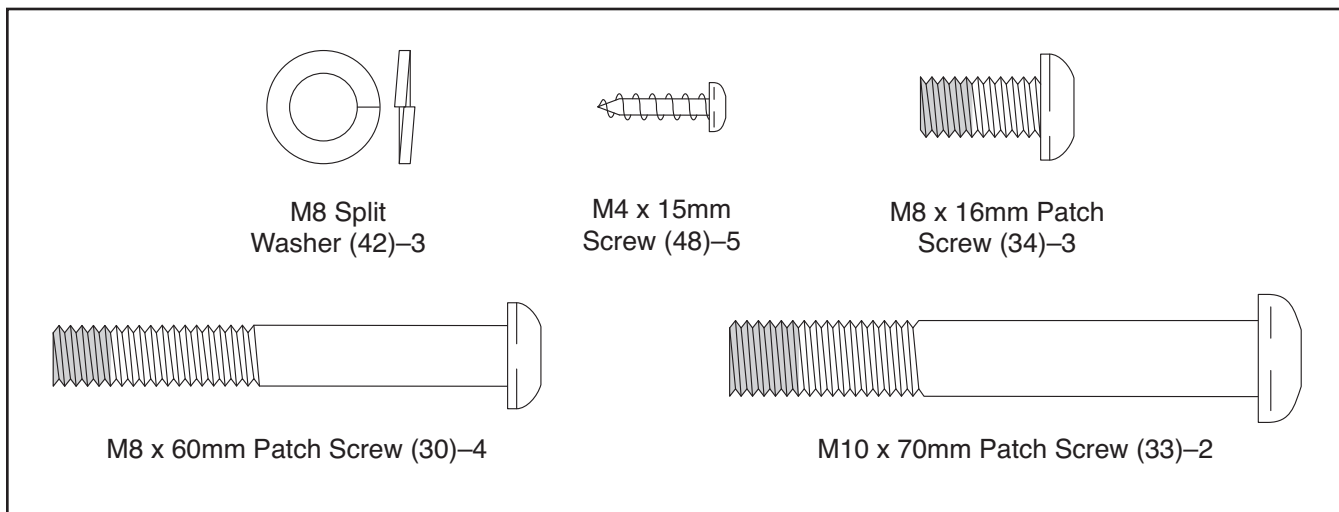


ASSEMBLY

Assembly requires two persons. Place all parts of the exercise cycle 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 pliers**  .

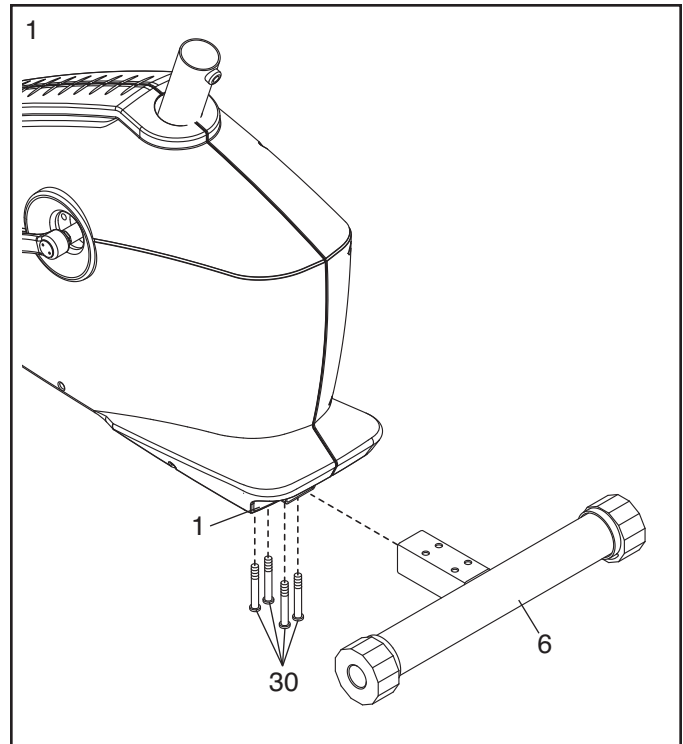
Use the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The second number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



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

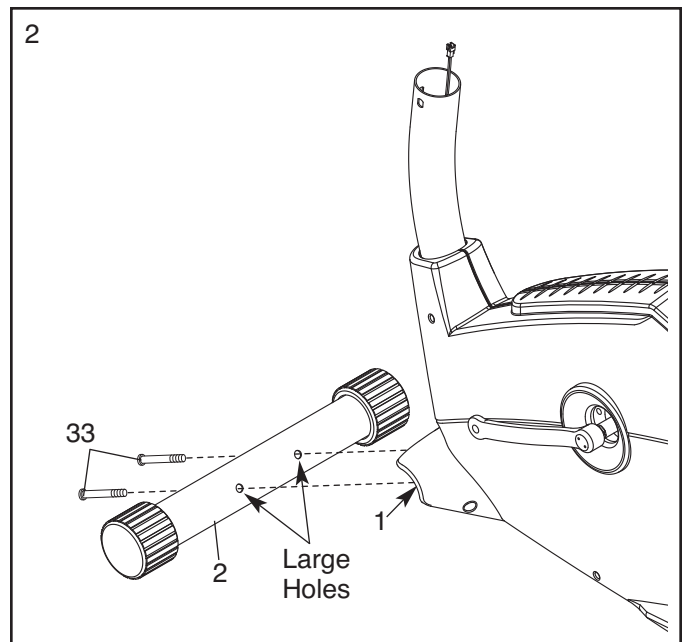
Insert the Rear Stabilizer (6) into the Frame (1).

Attach the Rear Stabilizer (6) with four M8 x 60mm Patch Screws (30).



2. Orient the Front Stabilizer (2) so that the large holes face the Frame (1).

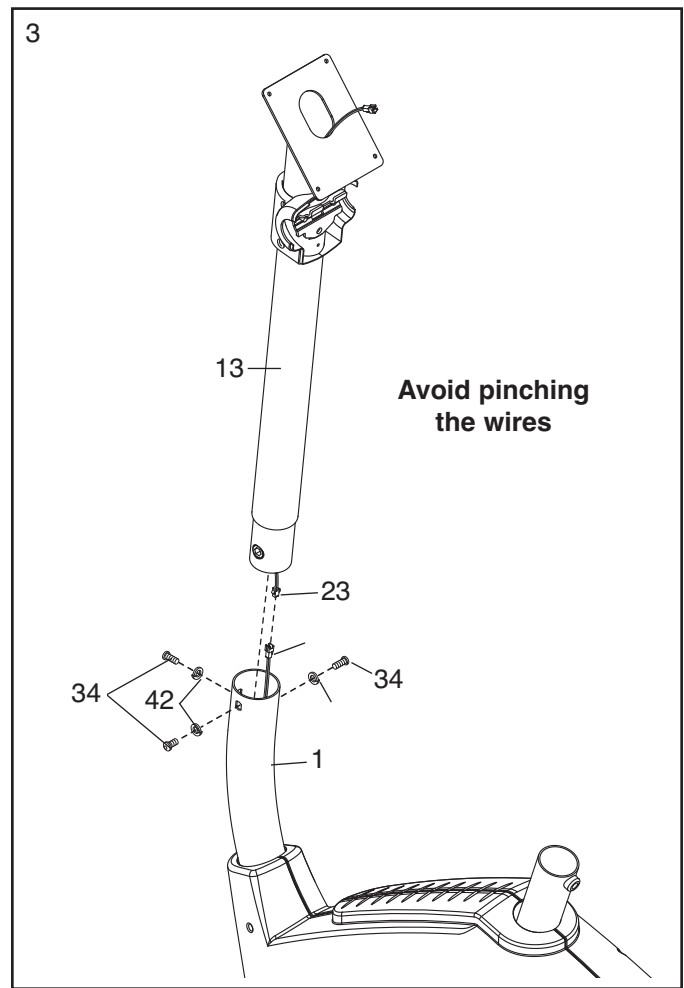
Attach the Front Stabilizer (2) with two M10 x 70mm Patch Screws (33).



3. While another person holds the Upright (13) near the Frame (1), connect the Upper Wire Harness (23) to the Lower Wire Harness (68).

Insert the excess wire downward into the Frame (1).

Tip: Avoid pinching the wires. Insert the Upright (13) into the Frame (1). Attach the Upright with three M8 x 16mm Patch Screws (34) and three M8 Split Washers (42).

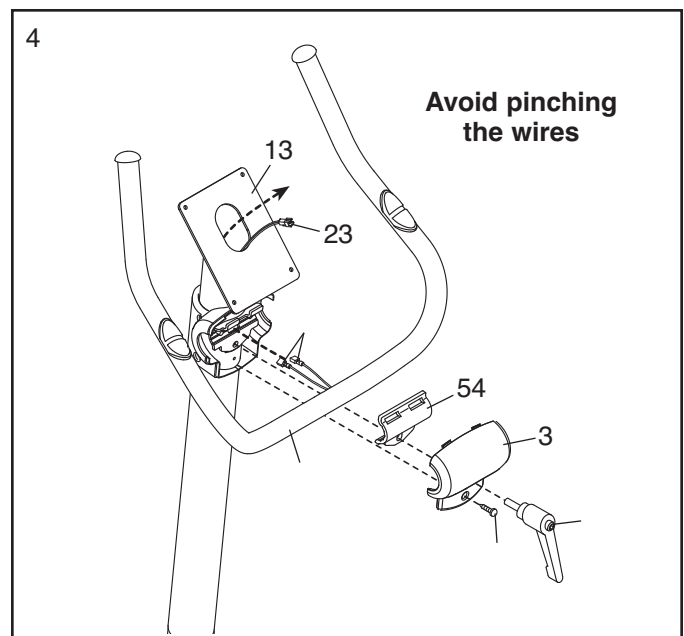


4. While another person holds the Handlebar (50) near the Upright (13), insert the Pulse Wires (59) into the Upright and pull them upward out of the top of the Upright.

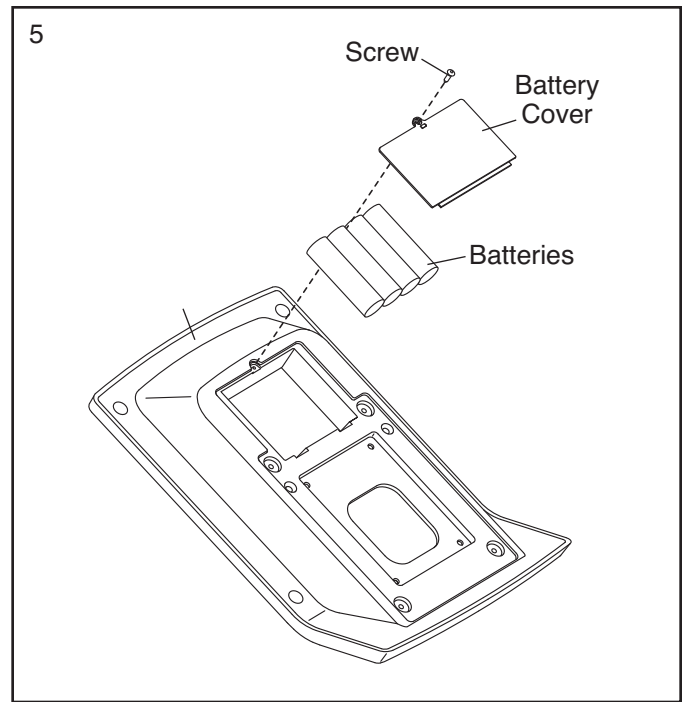
Tip: Avoid pinching the wires. Attach the Handlebar (50) to the Upright (13) with the Pivot Clamp (54), the Rear Cover (3), and the Pivot Handle (55).

Note: The Pivot Handle (55) functions like a ratchet. Turn the Pivot Handle clockwise, pull it away from the Upright (13), turn it counterclockwise, push it toward the Upright, and then turn it clockwise again. Repeat this process until the Pivot Handle is tight.

Attach the Rear Cover (3) to the Upright (13) with an M4 x 15mm Screw (48).



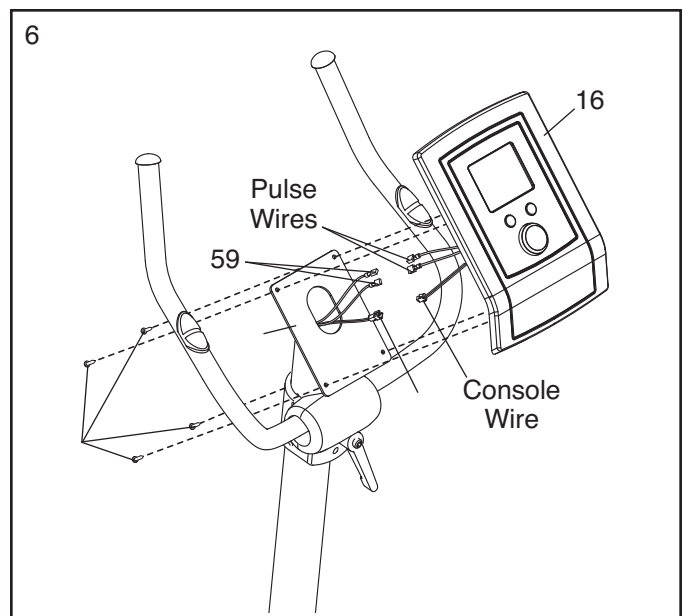
5. The Console (16) requires four AA batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screw, remove the battery cover, and insert the batteries into the battery compartment. Then, reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**



6. While another person holds the Console (16) near the Upright (13), connect the console wire to the Upper Wire Harness (23). Next, connect the console pulse wires to the Pulse Wires (59).

Insert the excess wire downward into the Upright (13).

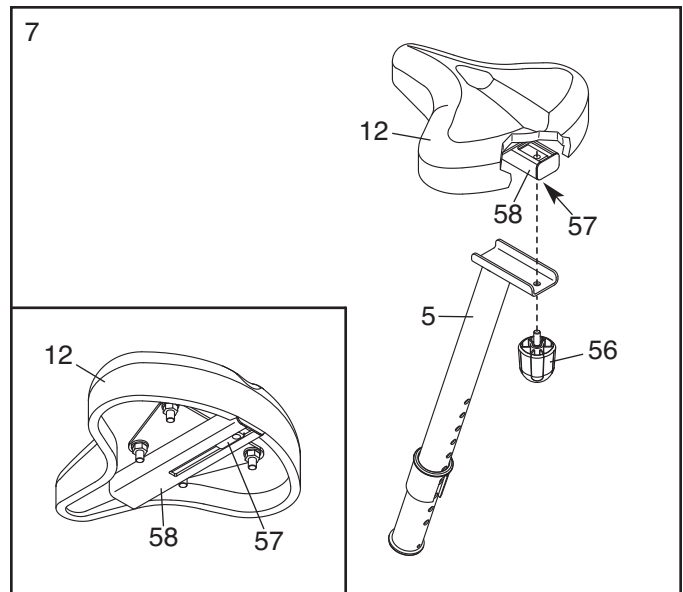
Tip: Avoid pinching the wires. Attach the Console (16) to the Upright (13) with four M4 x 15mm Screws (48).



7. Loosen and remove the Seat Knob (56) from the Seat Carriage (58), which is located on the underside of the Seat (12).

See the inset drawing. Look underneath the Seat (12) and locate the Seat Block (57) inside the Seat Carriage (58).

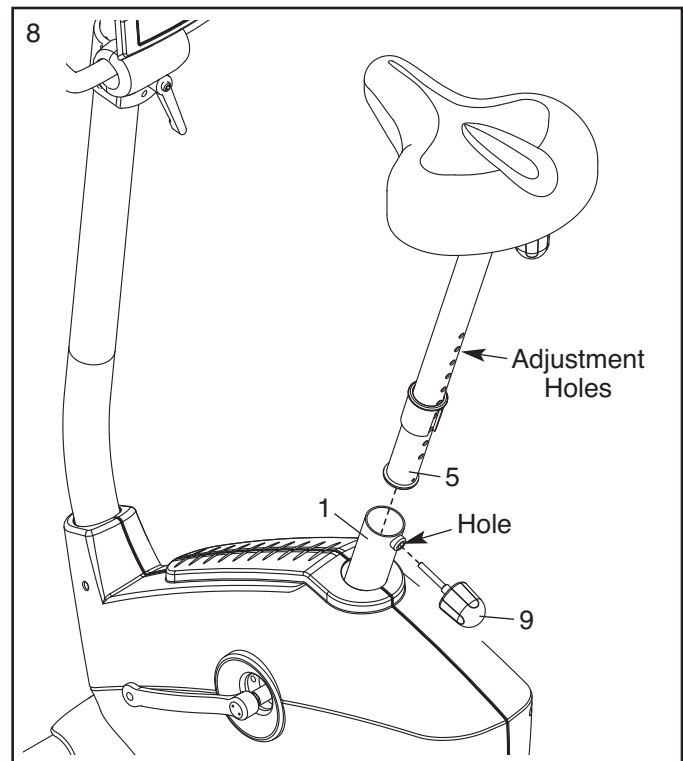
Set the Seat Carriage (58) in the bracket on the Seat Post (5). Next, insert the Seat Knob (56) upward through the bracket on the Seat Post into the hole in the Seat Block (57). Then, tighten the Seat Knob.



8. Loosen and remove the Seat Post Knob (9) from the Frame (1).

Insert the Seat Post (5) into the Frame (1). Adjust the Seat Post to the desired height and insert the Seat Post Knob (9) through the indicated hole in the Frame into one of the adjustment holes in the Seat Post.

Tighten the Seat Post Knob (9). **Make sure that the Seat Post Knob is firmly engaged in one of the adjustment holes in the Seat Post (5).**



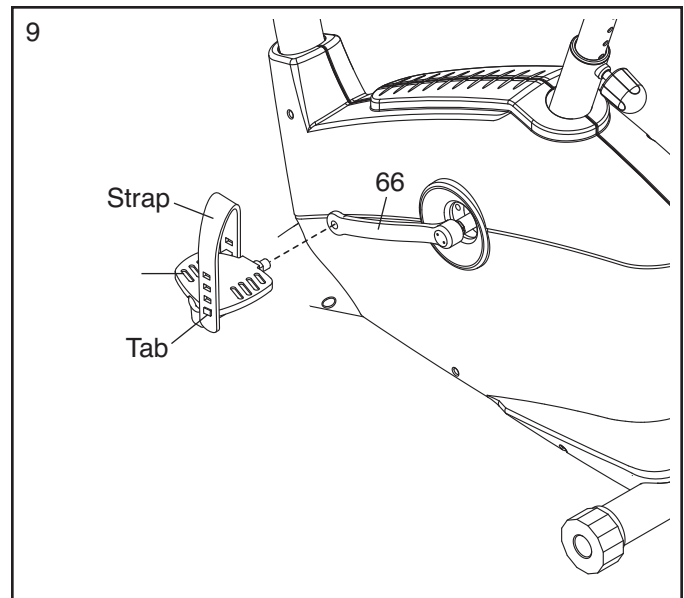
9. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (66).

Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank (not shown).

IMPORTANT: Tighten both pedals as firmly as possible. After using the exercise cycle for one week, retighten the pedals. For best performance, keep the pedals tightened.

Adjust the strap on the Left Pedal (24) to the desired position, and press the end of the strap onto the tab on the side of the Left Pedal.

Adjust the strap on the Right Pedal (not shown) in the same way.



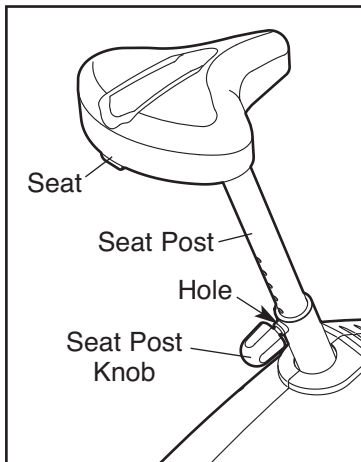
10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO USE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT POST

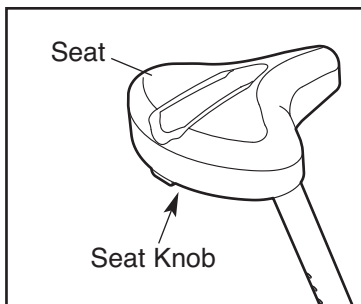
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the seat, first loosen and remove the seat post knob. Next, slide the seat post upward or downward and align one of the adjustment holes in the seat post with the indicated hole in the frame. Insert the seat post knob into the frame and the seat post, and then tighten the seat post knob. **Make sure that the seat post knob is inserted through one of the adjustment holes in the seat post.**



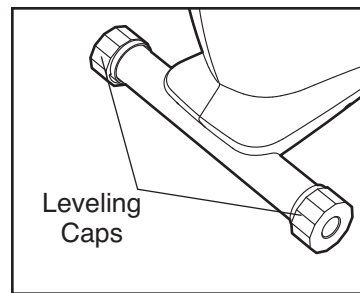
HOW TO ADJUST THE SEAT

To adjust the horizontal position of the seat, loosen the seat knob under the seat, slide the seat forward or backward to the desired position, and then retighten the seat knob.



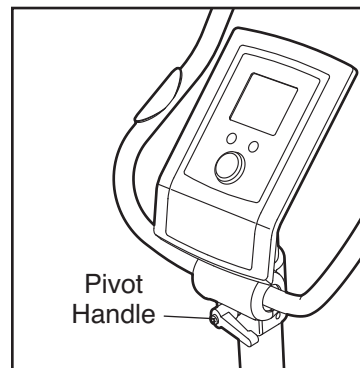
HOW TO LEVEL THE EXERCISE CYCLE

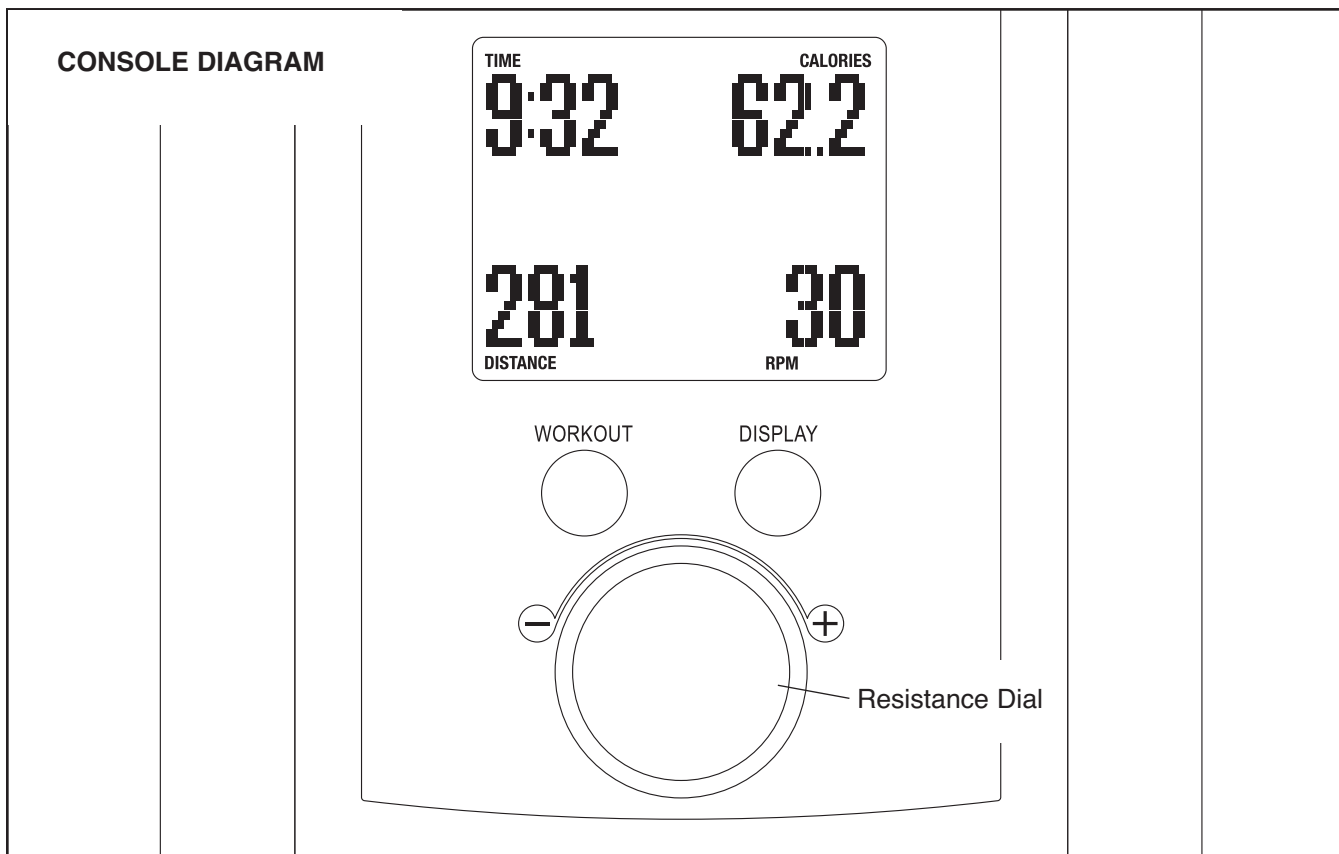
If the exercise cycle rocks on your floor during use, turn one or both of the leveling caps until the rocking motion is eliminated.



HOW TO ADJUST THE ANGLE OF THE HANDLEBAR

To adjust the angle of the handlebar, loosen the pivot handle, rotate the handlebar to the desired angle, and then retighten the pivot handle. Note: The pivot handle functions like a ratchet. Turn the pivot handle clockwise, pull it away from the upright, turn it counterclockwise, push it toward the upright, and then turn it clockwise again. Repeat this process until the pivot handle is tight.





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.

The console offers sixteen preset 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.

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 13.)

To enter console settings, see page 13. To use the manual mode, see page 14. To use a preset workout, see page 16.

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 resistance dial (see the drawing on page 12) for several seconds until the words BIKE and ELLIPTICAL appear in the display.

3. **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 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 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 Display button repeatedly until the desired backlight option appears in the display.

6. **Exit the user mode.**

Press the Workout 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.

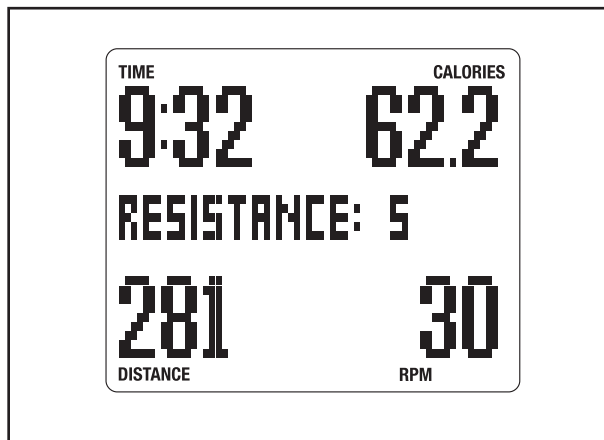


3. **Begin pedaling and change the resistance of the pedals as desired.**

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

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

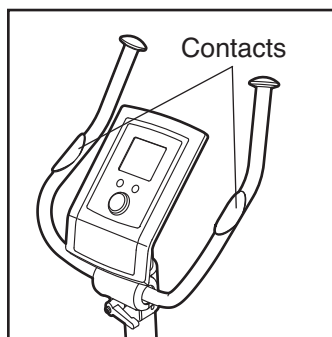
Note: If the console is operating an exercise cycle, your pedaling pace will be shown in miles per hour or kilometers per hour. If the console is operating an elliptical exerciser, your pedaling pace will be shown in revolutions per minute (rpm).

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 Display button repeatedly to view time and distance information, time and calorie information, or time and pace information. Press the Display button again to view all information.

5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too 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 too 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, the console will pause, and the time will flash in the display.

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.

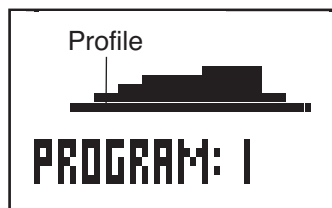
HOW TO USE A PRESET WORKOUT

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 preset workout.**

To select a preset workout, press the Workout 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.



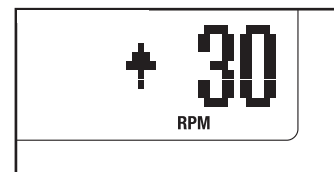
3. **Begin pedaling to start the workout.**

Each workout is divided into several one-minute segments. One resistance level and one target pace (speed) 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, a tone will sound and 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 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.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

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

CONSOLE TROUBLESHOOTING

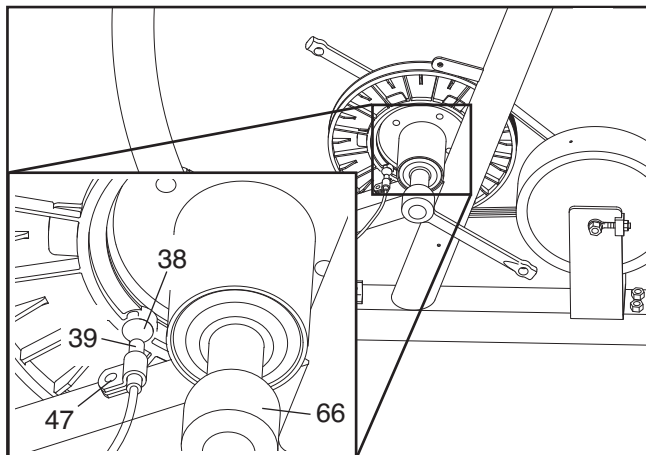
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 5 on page 8. If the handgrip pulse sensor does not function properly, see step 5 on page 15.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the left pedal and the left shield must be removed.

Using an adjustable wrench, turn the left pedal clockwise and remove it. Next, remove all of the screws from both shields; **there are two sizes of screws in the shields—note which size of screw you remove from each hole.** Then, carefully remove the left shield.

Locate the Reed Switch (39). Turn the Left Crank Arm (66) until a Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M5 x 15mm Screw (47). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Left Crank Arm for a moment. Repeat until the console displays correct feedback.



When the Reed Switch is correctly adjusted, reattach the shields and the left pedal.

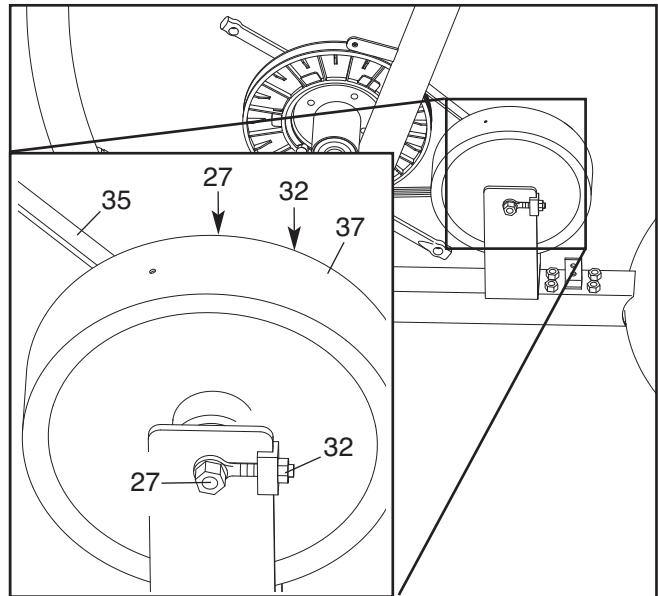
HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is at the highest level, the belt may need to be adjusted. To adjust the belt, the pedals and the shields must be removed.

Use an adjustable wrench to remove the pedals. To remove the left pedal, turn the left pedal clockwise; to remove the right pedal, turn the right pedal counter-clockwise.

Next, remove all of the screws from both shields; **there are two sizes of screws in the shields—note which size of screw you remove from each hole.** Then, carefully remove the shields.

Next, loosen the 3/8" Nuts (27), which are located on each side of the Flywheel (37). Then, tighten the M6 Locknuts (32), one on each side of the Flywheel, until the Belt (35) is properly tightened.



Finally, tighten the 3/8" Nuts (27) and reattach the shields and the pedals.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise workout, 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 workout. 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 workout, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

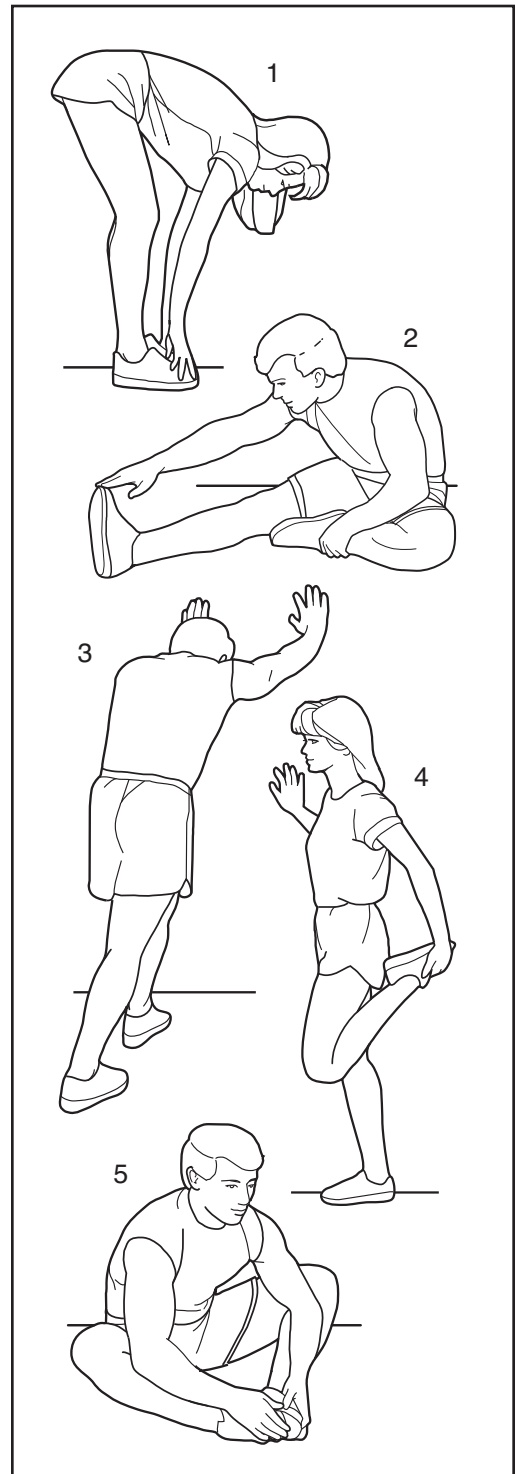
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST—Model No. PFEVEX73108.0

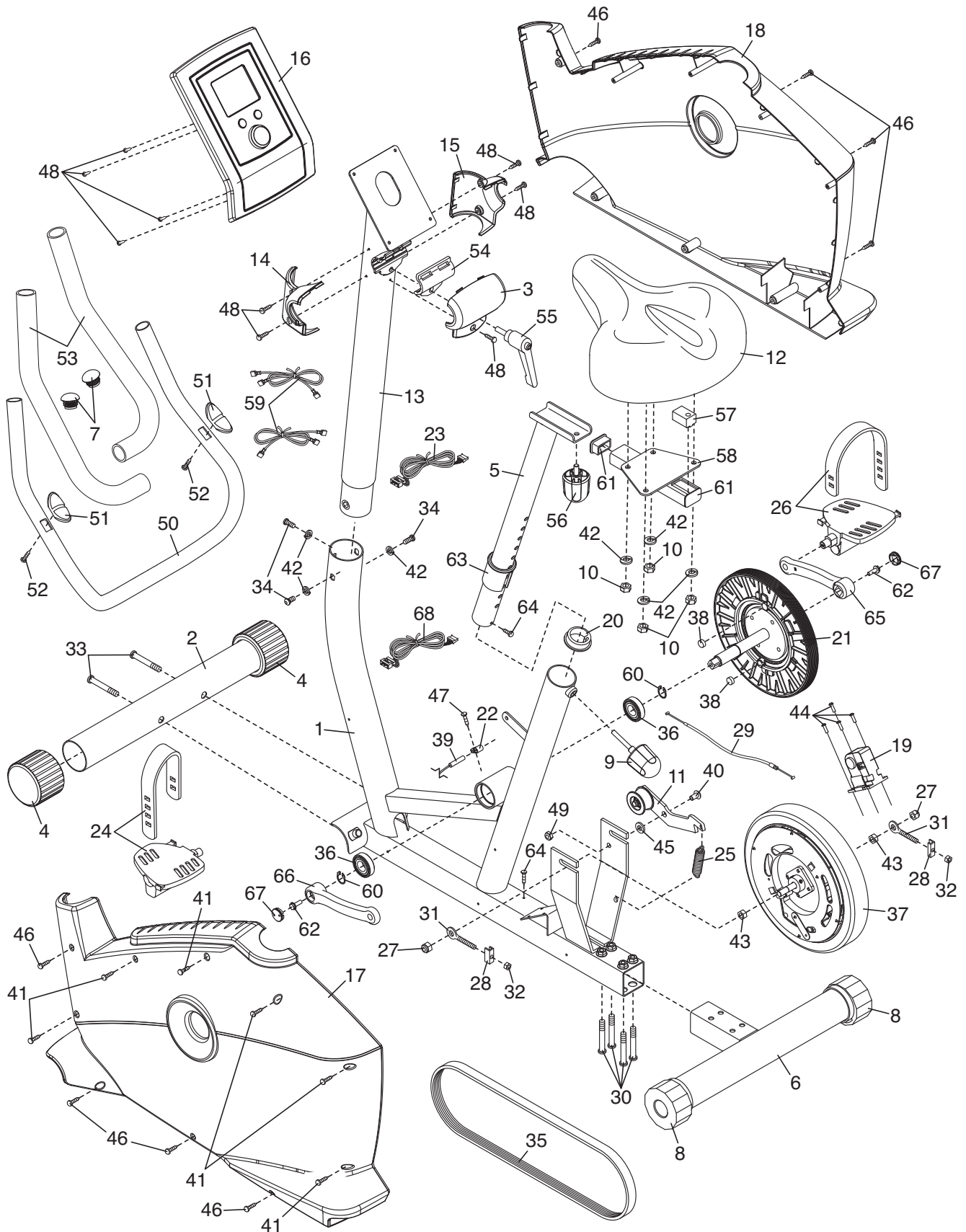
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	2	Crank Bearing
2	1	Front Stabilizer	37	1	Flywheel
3	1	Rear Cover	38	2	Magnet
4	2	Front Stabilizer Cap	39	1	Reed Switch/Wire
5	1	Seat Post	40	1	M8 x 20mm Bolt
6	1	Rear Stabilizer	41	6	M4 x 25mm Screw
7	2	Handlebar Cap	42	7	M8 Split Washer
8	2	Leveling Cap	43	2	Flywheel Nut
9	1	Seat Post Knob	44	4	M5 x 12mm Button Screw
10	4	M8 Locknut	45	1	M8 Washer
11	1	Idler	46	8	M4 x 15mm Button Screw
12	1	Seat	47	1	M5 x 15mm Screw
13	1	Upright	48	9	M4 x 15mm Screw
14	1	Left Front Cover	49	1	M8 Locknut
15	1	Right Front Cover	50	1	Handlebar
16	1	Console	51	2	Pulse Sensor
17	1	Left Shield	52	2	Sensor Screw
18	1	Right Shield	53	2	Handlebar Foam
19	1	Resistance Motor	54	1	Pivot Clamp
20	1	Seat Post Bushing	55	1	Pivot Handle
21	1	Crank/Pulley	56	1	Seat Knob
22	1	Reed Switch Clamp	57	1	Seat Block
23	1	Upper Wire Harness	58	1	Seat Carriage
24	1	Left Pedal/Strap	59	2	Pulse Wire
25	1	Spring	60	2	Snap Ring
26	1	Right Pedal/Strap	61	2	Seat Carriage Cap
27	2	3/8" Nut	62	2	Flange Screw
28	2	U-bracket	63	1	Frame Bushing
29	1	Resistance Cable	64	2	M4 x 12mm Screw
30	4	M8 x 60mm Patch Screw	65	1	Right Crank Arm
31	2	Eyebolt	66	1	Left Crank Arm
32	2	M6 Locknut	67	2	Crank Cap
33	2	M10 x 70mm Patch Screw	68	1	Lower Wire Harness
34	3	M8 x 16mm Patch Screw	*	—	User's Manual
35	1	Belt	*	—	Assembly Tool

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—Model No. PFEVEX73108.0

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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)