

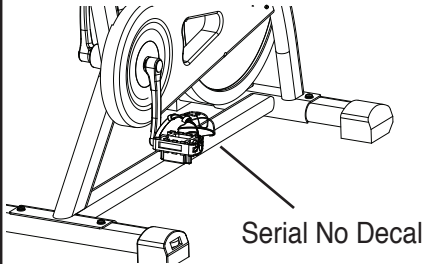
PRO-FORM[®]

PERFORMANCE & INNOVATION

USER'S MANUAL

Model No. PFIVEX92314.0

Serial No. : _____



Write the serial number in the space above for reference.

QUESTIONS ?

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

UK

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

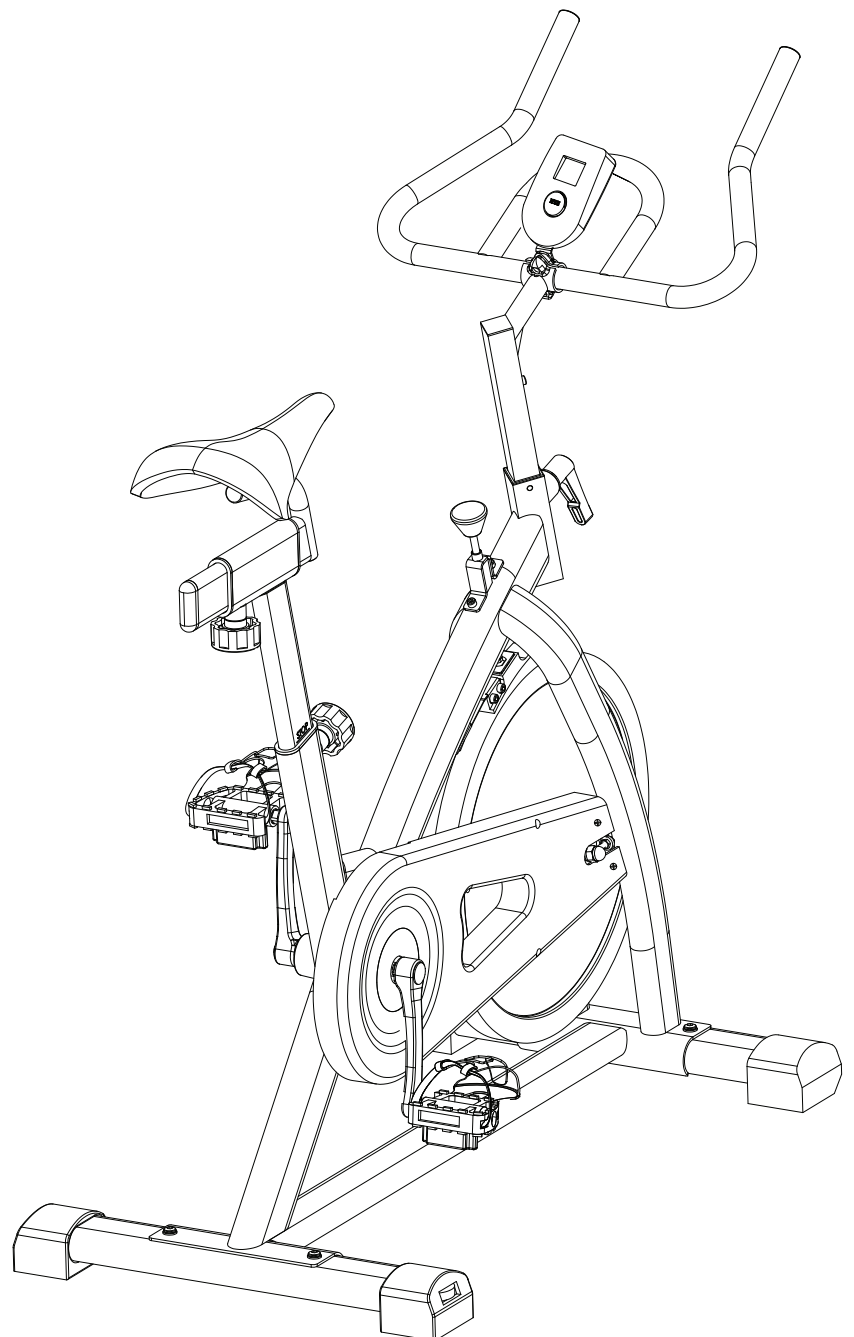
c/o HI Group PLC

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.

Visit our website
www.iconsupport.eu

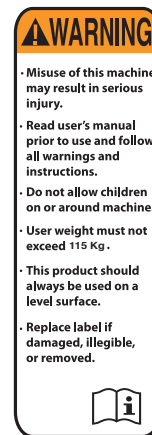
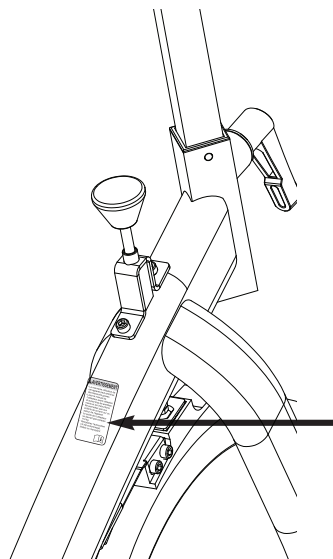
TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
MAINTENANCE AND TROUBLESHOOTING	7
HOW TO OPERATE THE BIKE	8
HOW TO MEASURE YOUR PULSE	8
CONSOLE FEATURES	9
EXERCISE GUIDELINES	12
EXPLODED DRAWINGS	13
PART LIST	15
ORDERING REPLACEMENT PARTS	Last page

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 bike before using it. 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 this bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the bike are adequately informed of all precautions.
4. The bike is intended for home use only. Do not use the bike in a commercial, rental, or institutional setting.
5. Keep the bike indoors, away from moisture and dust. Place the bike 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 the bike 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 bike at all times.
8. The bike should not be used by persons weighing more than 250 lbs. (115 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the bike. Always wear athletic shoes for foot protection while exercising.
10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the bike.
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 bike; 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.

BEFORE YOU BEGIN

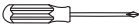

Thank you for purchasing the ProForm® Speed Biking 200. The bike provides an array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the bike. 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 is PFIVEX92314.0 and the location of the serial number decal are shown on the front cover of this manual.


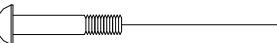
ASSEMBLY

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  and an adjustable  wrench.


As you assemble the exercise bike, 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.

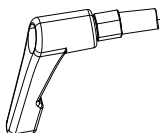
  #82 M8*50 4PCS

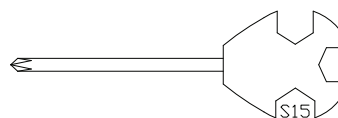
  #81 d8* \varnothing 16*1.5 4PCS

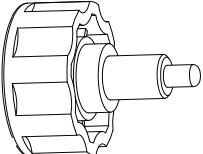


 #10 M8*30 2PCS

 #9 d8 2PCS

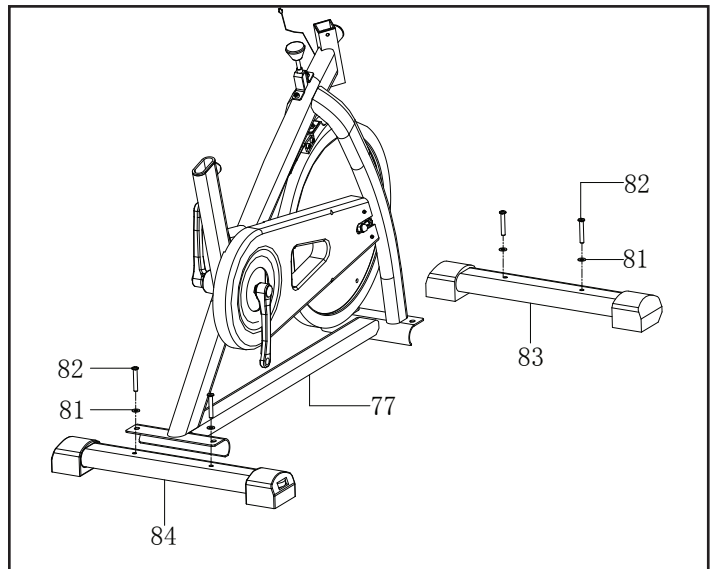
 #33 M16*1.5*18 1PC



 #22 M16*1.5*27* \varnothing 56 2PCS

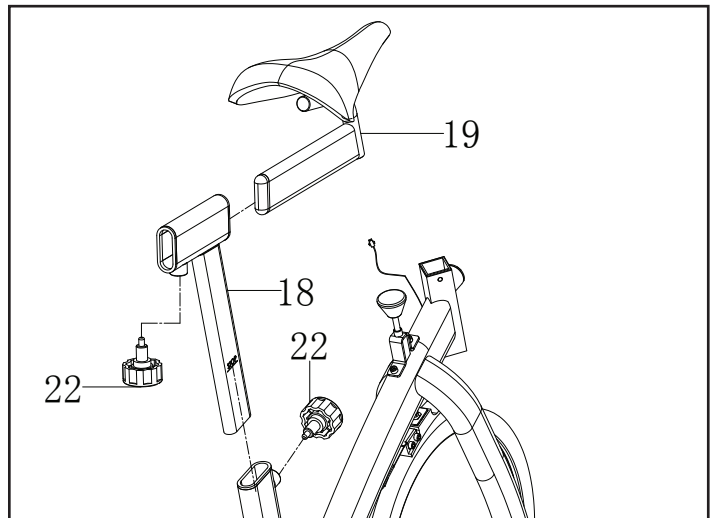
STEP 1

Attach front bottom tube (83) and back bottom tube (84) to main frame (77) with hex screw (82) and washer (81) .



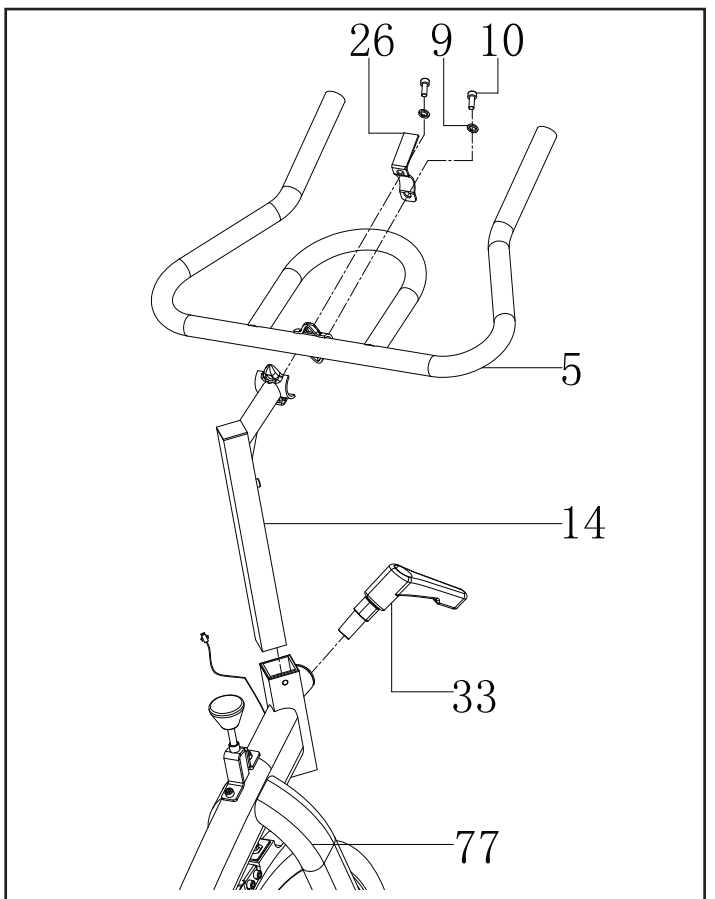
STEP 2

- a Attach saddle tube post (18) to the main frame (77) with big knob (22) .
- b Insert saddle across (19) into saddle tube post (18) with big knob (22) .
- c Adjust saddle (20) to the right position ,and lock to the saddle across tube (19)



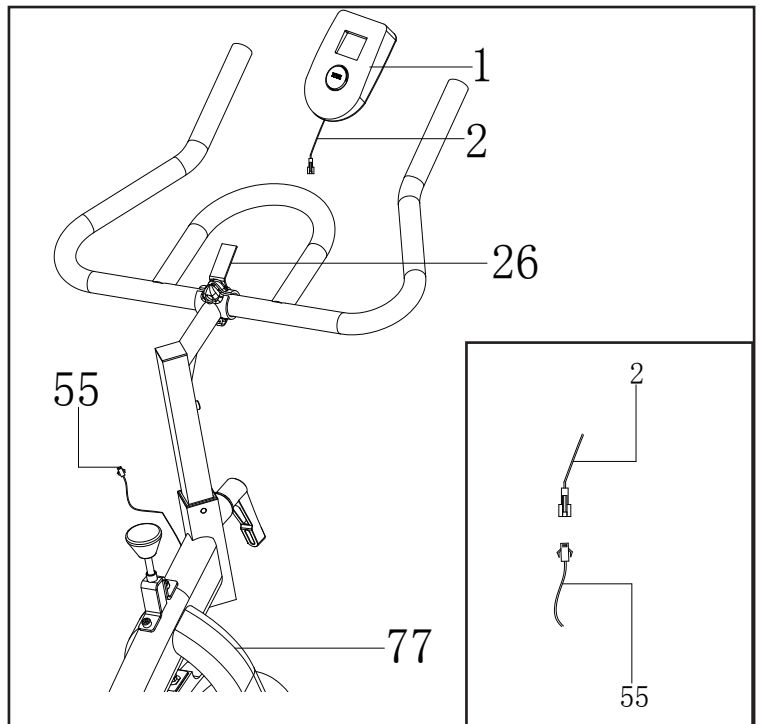
STEP 3

- a Attach handle bar post (14) to the main frame (77) with L shape knob (33).
- b Attach meter bracket (26) and handle bar (5) to the handle bar post (1) with screw (10) and washer (9).



STEP 4

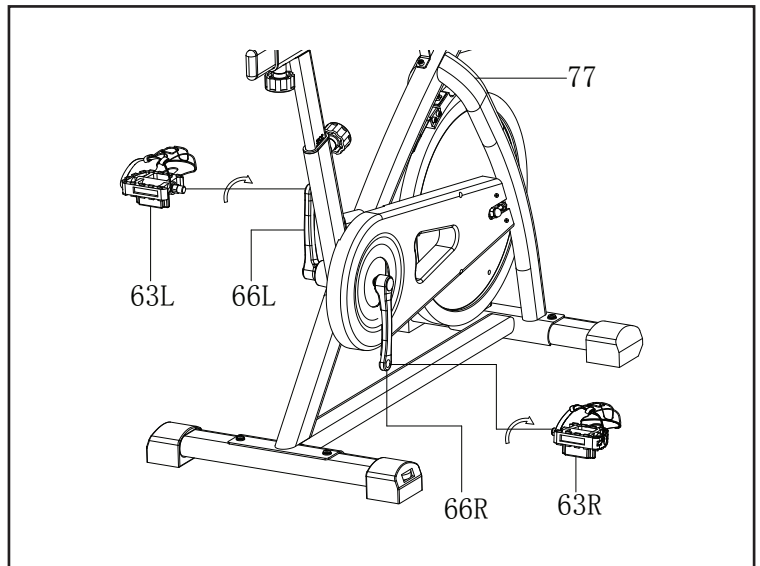
Attach meter (1) to meter bracket (26) ,connect meter wire1(2) and connect wire of induction (55)



STEP 5

Attach pedal (36L/R) to the crank (66L/R) .

Now, your machine is ready for use.



CONSOLE FEATURES



console or simply begin pedaling.

2. Press the MODE button :

Press this button to choose the value you want to be displayed.

Follow the narrow that will indicate the value on the top of the display.

By holding this button for more than 3 seconds, all values will be reset.

3. Start pedaling and follow your progress with the display :

While you exercise, the console will display the selected mode.

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

If the pedals do not move for a few seconds, the console will pause. The console has an “auto-off” feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

Follow your progress with the display.

The console has one display that show the following workout information :

Speed—This display shows your pedaling speed, in kilometer per hour (km/h).

Time—This display shows the elapsed time.

Distance—This display shows the distance you have pedaled, in kilometers.

Calories—This display shows the approximate number of calories you have burnt.

Pulse—This display shows your heart rate when you use the handgrip pulse sensor.

Odometer—This display shows the total distance of the bike from the first time you insert the battery. (changing the batteries will reset this value)

Scan—When you select this display option, the display will rotate and show the 5 functions (time, Speed, Distance, Calories and total distance) with alternance each 4 seconds.

HOW TO USE THE CONSOLE

Make sure that the console has batteries (see page MAINTENANCE AND TROUBLESHOOTING). If there is a sheet of clear plastic on the face of the console, remove it.

1. Turn on the console

To turn on the console, press any button on the

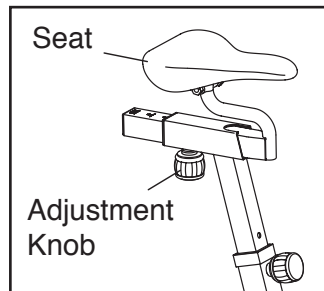
HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE ANGLE OF THE SEAT

You can adjust the angle of the seat to the position that is most comfortable. You can also slide the seat forward or backward to increase your comfort or to adjust the distance to the handlebar. To adjust the seat, see the drawing in assembly step 7 on page 8. Loosen the nuts on the seat clamp a few turns, and then tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the nuts.

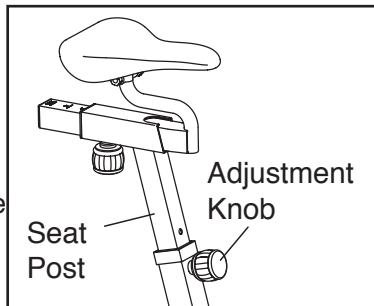
HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

To adjust the horizontal position of the seat, first loosen the adjustment knob and pull it downward. Then, move the seat forward or backward, release the adjustment knob into an adjustment hole in the seat carriage, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



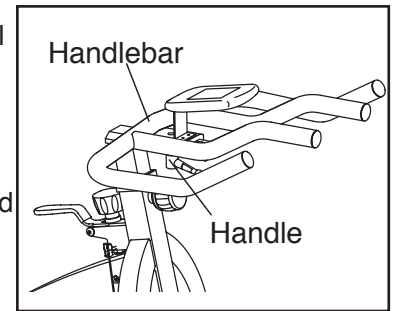
HOW TO ADJUST THE SEAT POST

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 post, first loosen the adjustment knob and pull it outward. Then, move the seat post upward or downward, release the adjustment knob into an adjustment hole in the seat post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



HOW TO ADJUST THE HORIZONTAL POSITION OF THE HANDLEBAR

To adjust the horizontal position of the handlebar, loosen the handle, move the handlebar forward or backward to the desired position, and then tighten the handle.

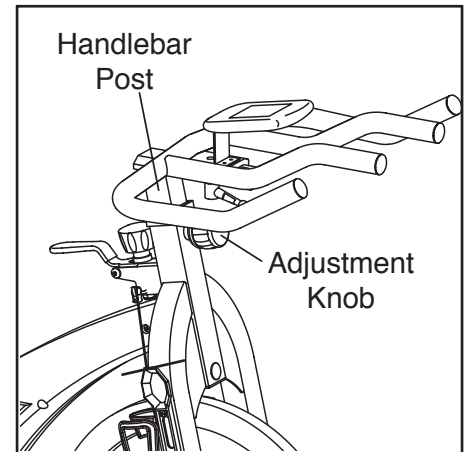


Note: The handle functions like a ratchet. To loosen the handle, turn the handle counterclockwise, pull the handle outward, turn the handle clockwise, push the handle inward, and then turn the handle counterclockwise again. Reverse this process to tighten the handle installed in accordance with all local codes and ordinances.

HOW TO ADJUST THE HANDLEBAR POST

To adjust the height of the handlebar post, first loosen the adjustment knob and pull it outward. Then, move the handlebar post upward or downward, release the adjustment knob into an adjustment hole in the handlebar post, and firmly tighten the adjustment knob.

Make sure that the adjustment knob is engaged in an adjustment hole.



HOW TO ADJUST THE PEDAL STRAPS

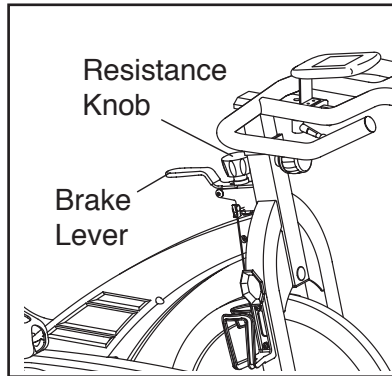
To tighten the pedal straps (see the drawing on page 4), simply pull the ends of the pedal straps. To loosen the pedal straps, press and hold the tabs on the buckles, adjust the pedal straps to the desired position, and then release the tabs.

HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the resistance knob counterclockwise.

To stop the flywheel, push the brake lever downward. The flywheel should quickly come to a complete stop.

IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.



HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet on the front or rear stabilizer (see the drawing on page 4) until the rocking motion is eliminated.

HOW TO MAINTAIN THE EXERCISE BIKE

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately. To clean the exercise bike, 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.**

HOW TO ADJUST THE HANDLEBAR POST

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, see the drawing in assembly step 13 on page 10.

Rotate the flywheel until the magnet is aligned with the reed switch. Slide the reed switch slightly toward or away from the magnet. Then, rotate the flywheel for a moment. Repeat these actions until the console displays correct feedback.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly.

Replace any worn parts immediately.

To clean the exercise bike, 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.

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 one. 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.

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

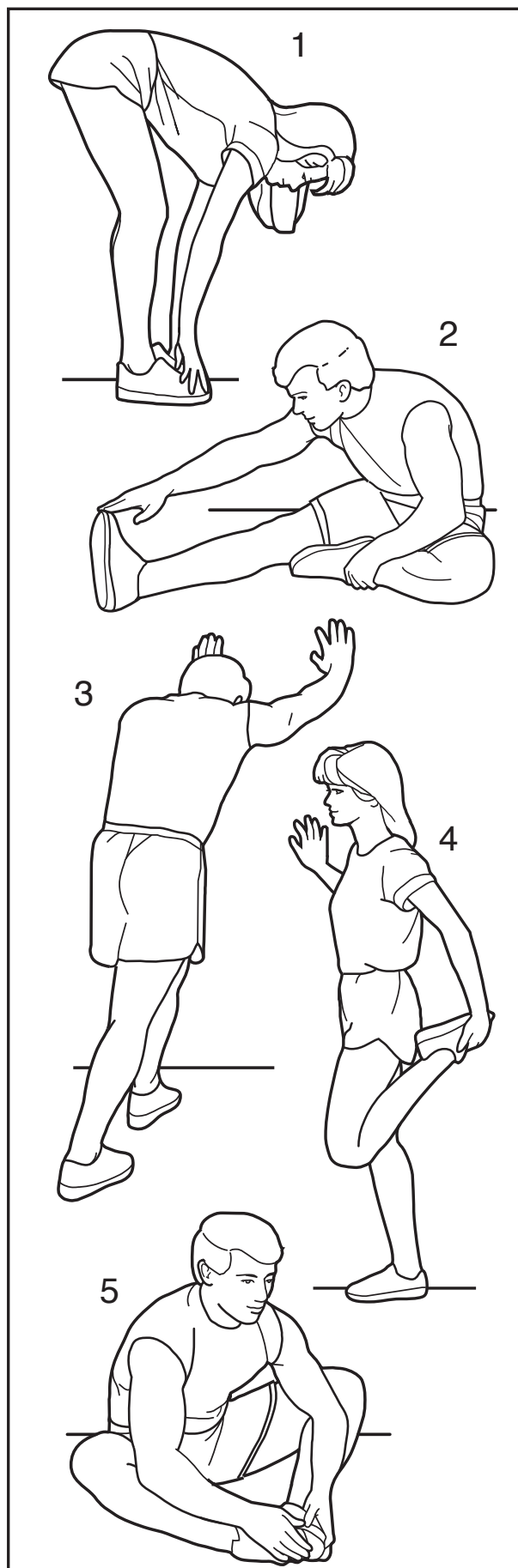
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

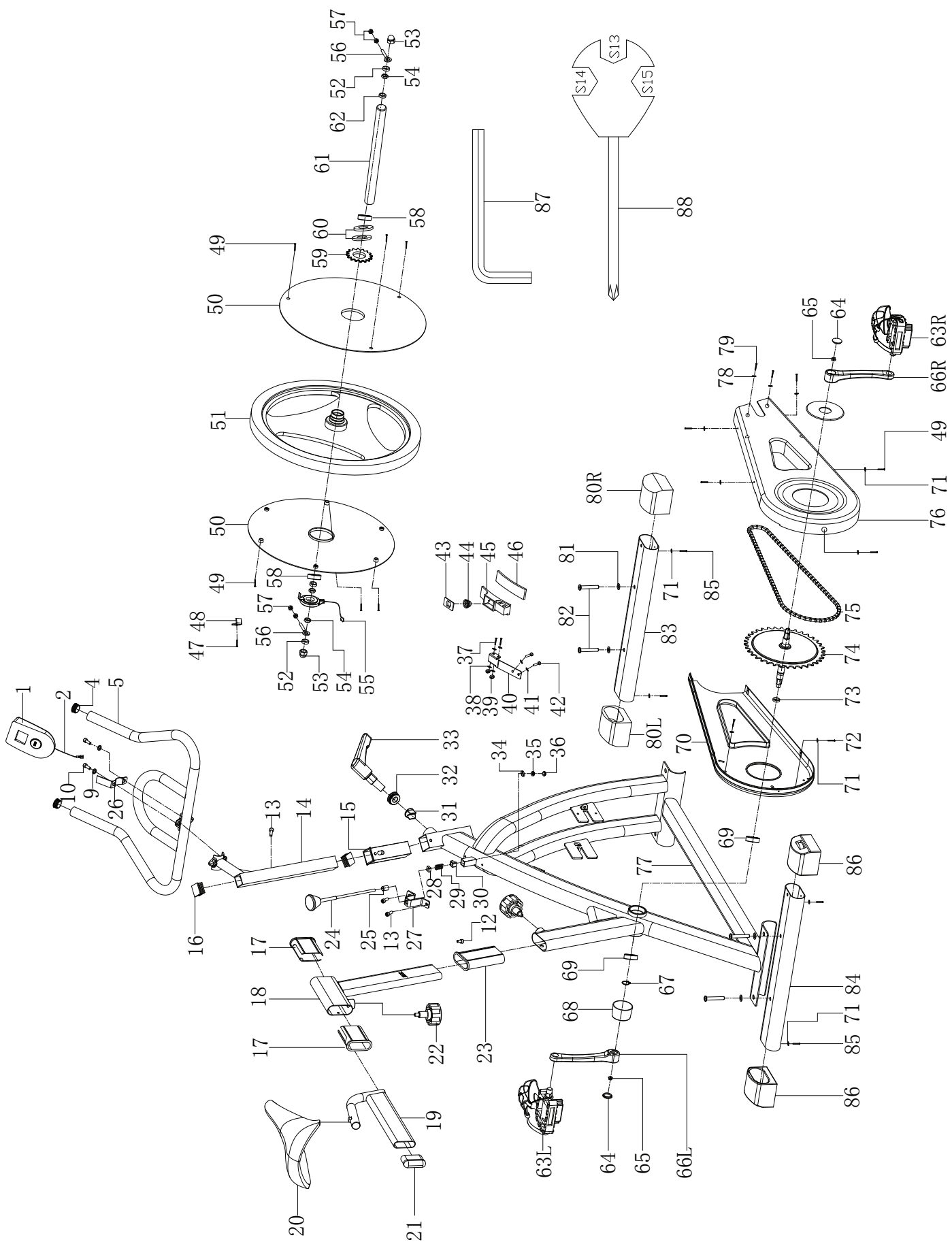
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

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.



EXPLODED DRAWING – Model No. PFIVEX92314.0



PART LIST—Model No. PFIVEX92314.0

Item	Description	Qty.	Item	Description	Qty.
1	Meter	1	48	Induction block	1
2	Meter wire 1	1	49	Screw ST4*12	11
4	Round end cap $\Phi 25*16$	2	50	Wheel cover	2
5	Handle bar	1	51	Fly wheel	1
9	Arc washer d8	2	52	Spacer $\Phi 18*\Phi 12.2*6$	2
10	Hex screw M8*30	2	53	Nut M12*1*H19.5*S19	2
12	End cap $\Phi 12*11*\Phi 3$	1	54	Hex nut M12*1*H6*S19	3
13	Hex screw M5*12	3	55	Rotation induction	1
14	Handle bar post	1	56	Screw M6*60* $\Phi 12*5$	2
15	bushing F38*38*120	1	57	Hex nut M6	4
16	End cap F30*30*16	2	58	Bearing 6001-2RS	2
17	Elliptical bush PT70*30*66	2	59	Two ways Chain wheel(16 gear)	1
18	Saddle tube post	1	60	Nut M33*1* $\Phi 41*4$ left	2
19	Saddle across tube	1	61	Axe for flywheel $\Phi 12*150*M12*1*50*31$	1
20	Saddle	1	62	Spacer $\Phi 18*\Phi 12.2*3$	2
21	Elliptical end cap PT60*20*30	1	63	Pedal YH-76X	2
22	Big knob M16*1.5*27* $\Phi 56$	2	64	End cap for crank $\Phi 25*7$	2
23	Elliptical bush PT70*30*145	1	65	Hex nut M10*1.25	2
24	Brake handspike $\Phi 8*189$	1	66	Crank	2
25	Brake spacer bush 1 $\Phi 12*\Phi 9*15$	1	67	Plastic roller d17	1
26	Meter bracket	1	68	Shaft bush	1
27	Brake fixed bracket	1	69	Bearing 6203-2RS	2
28	Nut M8*5	1	70	Inner chain cover	1
29	Spring $\Phi 1.5*\Phi 24*21*N6$	1	71	Washer d5* $\Phi 10*1$	11
30	Fixed block for brake 13*13*11.5	1	72	Screw ST4.8*16	2
31	Press block $\Phi 27*1.5*\Phi 24*16$	1	73	Spacer $\Phi 22*\Phi 18*5$	1
32	End cap $\Phi 35*3*M30*1.5*8*M16*1.5$	1	74	Shaft $\Phi 17*175*57*74.2*S25$	1
33	L shape knob M16*1.5*18	1	75	Chain 1/2**1/8**104	1
34	String roller $\Phi 8$	1	76	Chain cover	1
35	Hex nut M6	1	77	Main frame	1
36	Nylon nut M6	1	78	Washer d6* $\Phi 16*1.2$	2
37	Screw M5*30	2	79	Screw M6*12	2
38	washer d5* $\Phi 10*1$	4	80	Rear end cap PT80*40	2
39	Nylon nut M5	2	81	Washer d8* $\Phi 16*1.5$	4
40	Brake spring broad	1	82	Hex screw M8*45	4
41	washer d6* $\Phi 12*1.2$	2	83	Front bottom tube	1
42	Hex knob M6*12	2	84	Back bottom tube	1
43	Brake broad	1	85	Screw 4.2*16	4
44	spring $\Phi 2*\Phi 24*\Phi 13*15*N5$	1	86	Adjustable end cap PT80*40	2
45	Brake block 110*27*30	1	87	Inner hex spanner S6	1
46	Wool felt 110*30*6	1	88	spanner S13-14-15	1
47	Screw ST4.8*12	1			

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.

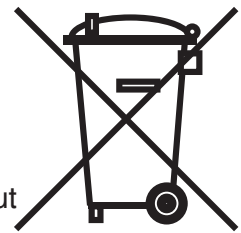
ORDERING REPLACEMENT PARTS

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)

IMPORTANT RECYCLING INFORMATION FOR E. U. CUSTOMERS

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.



SPECIFICATION :

Open Dimension : (L x l x h): 110 x 53 x 117 cm

Product Weight : 40,7 Kg