

## ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4, Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

Tel:

**08457 089 009**

Outside the UK: 0 (044) 113 387 7133  
Fax: 0 (044) 113 387 7125

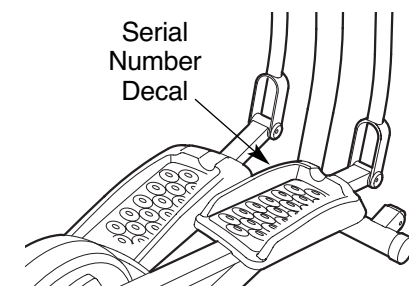
To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVEL4986.0)
- the NAME of the product (PROFORM 690 HR elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 20 to 23)

# PRO-FORM<sup>®</sup> 690 HR

Model No. PFEVEL4986.0

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



## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

**08457 089 009**

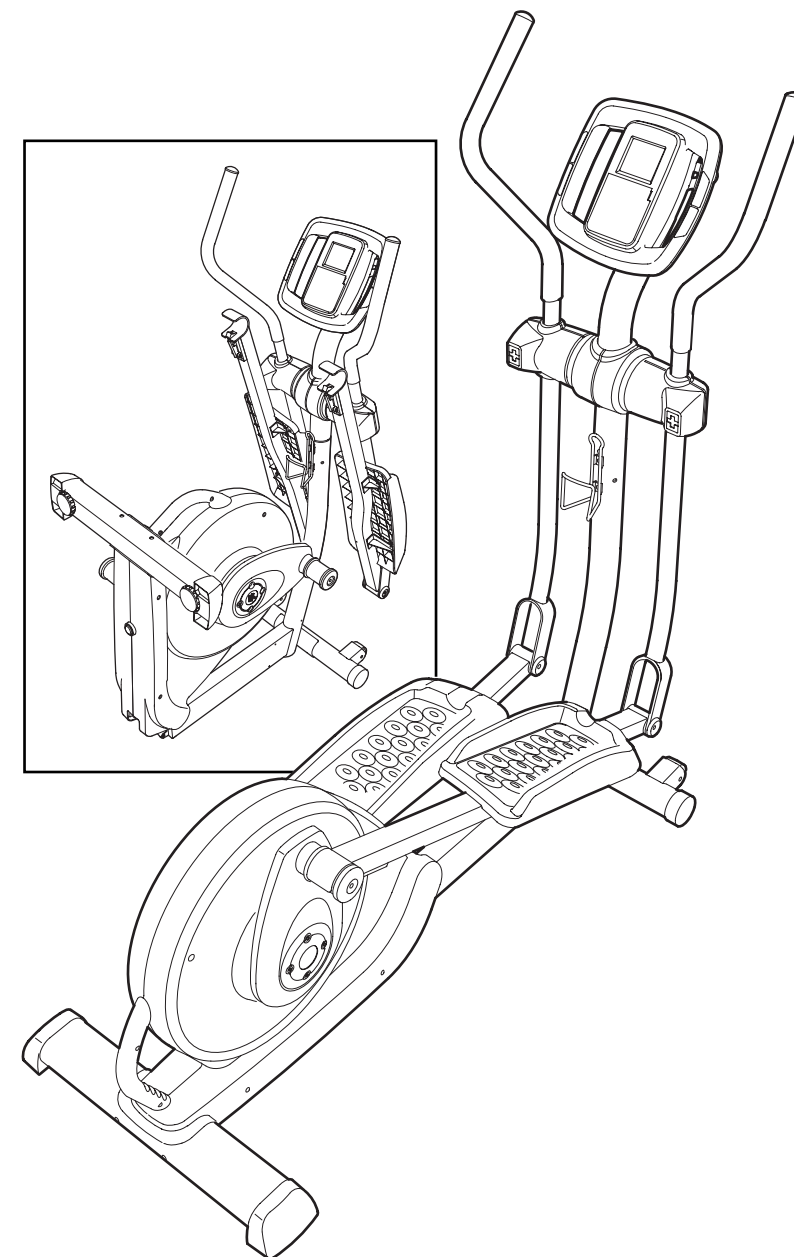
Or write:  
ICON Health & Fitness, Ltd.  
Unit 4  
Revie Road Industrial Estate  
Revie Road, Beeston  
Leeds, LS11 8JG  
UK

email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

## ⚠ CAUTION

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

## USER'S MANUAL



Visit our website at

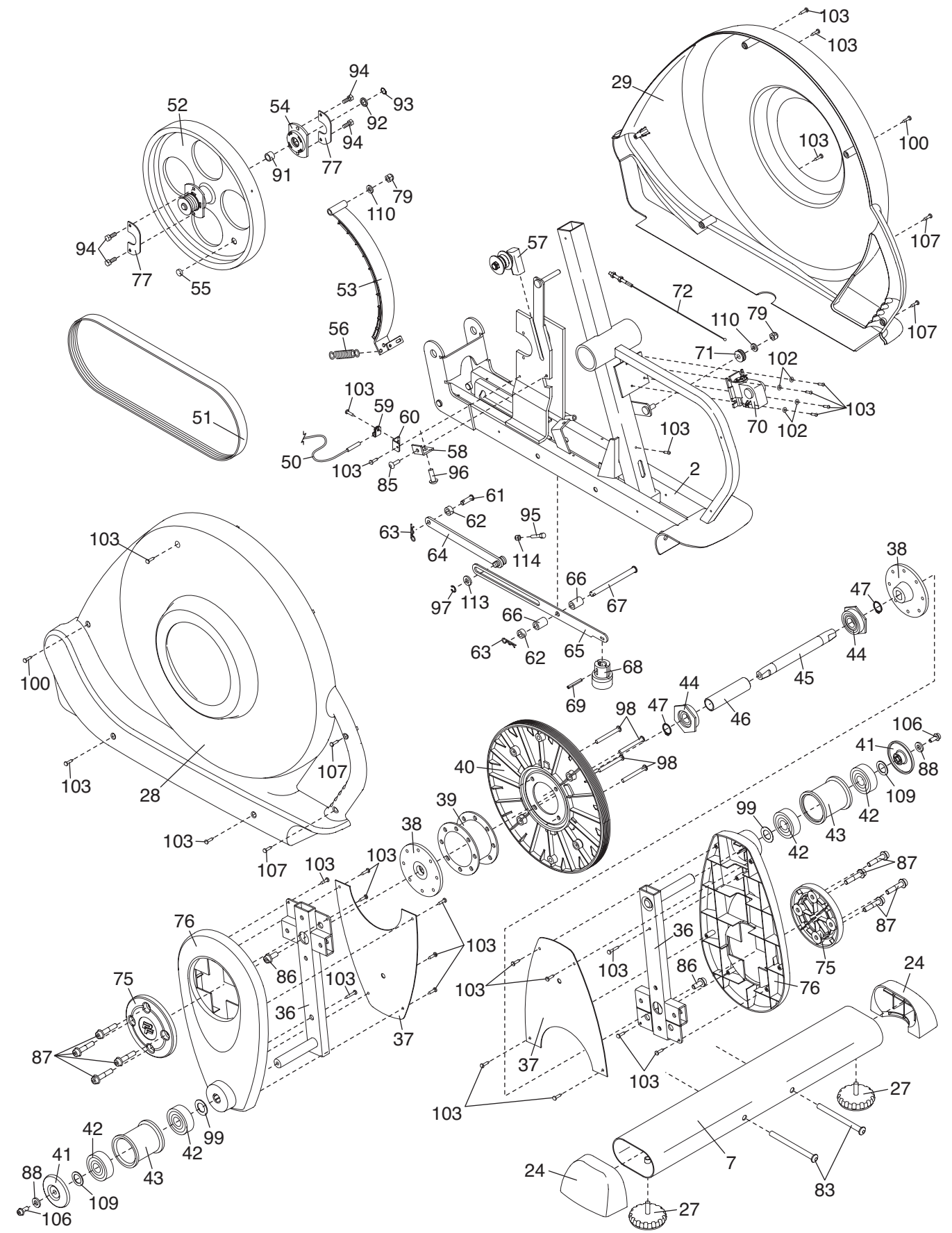
[www.iconeurope.com](http://www.iconeurope.com)

# PRO-FORM<sup>®</sup> 690 HR

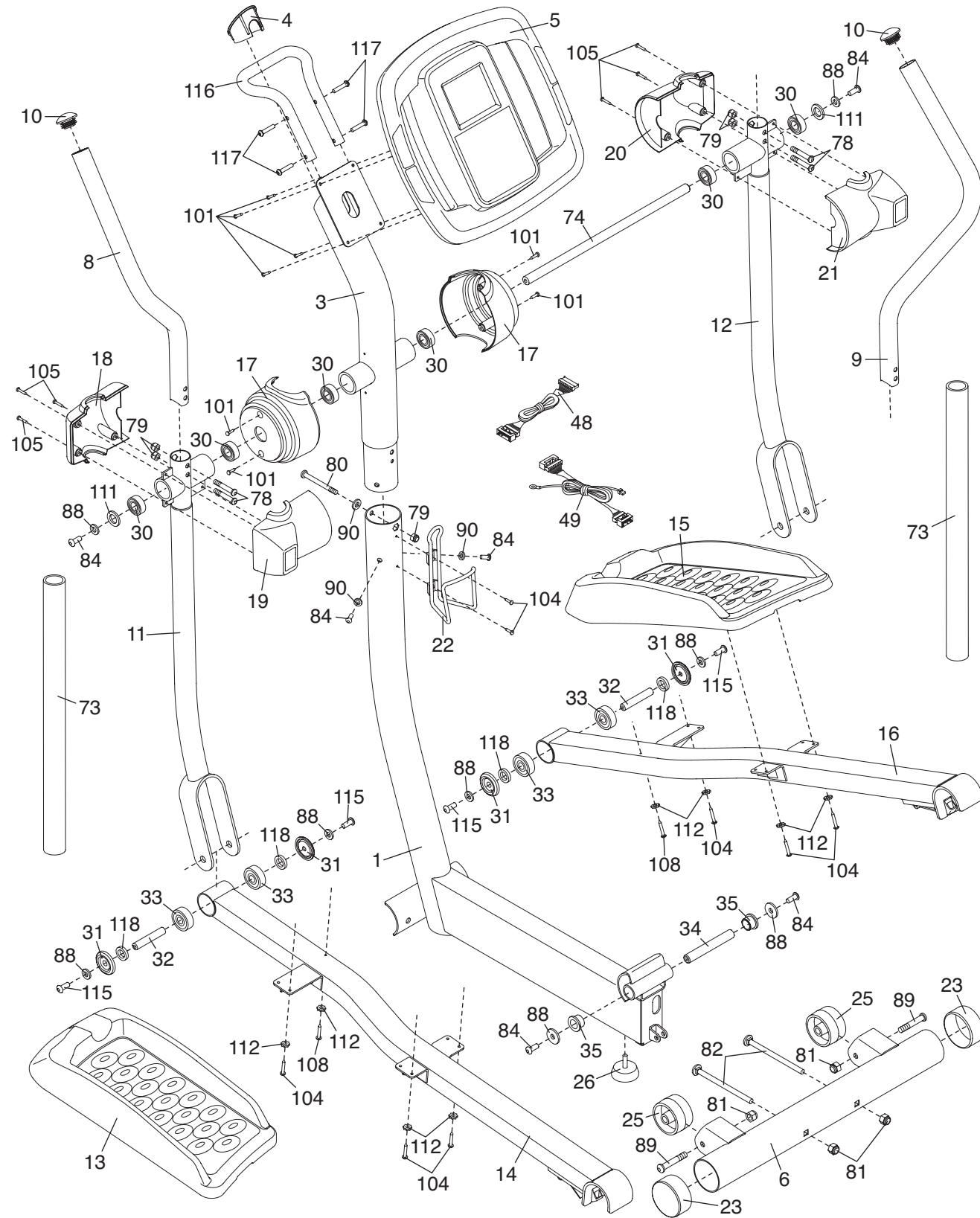
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## EXPLODED DRAWING B—Model No. PFEVEL4986.0 R0907A



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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser. Use the elliptical exerciser only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. 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 enough clearance around the elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. 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.
11. Keep your back straight when using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. The decals shown on page 4 have been placed on the elliptical exerciser. If a decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

**⚠ 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. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

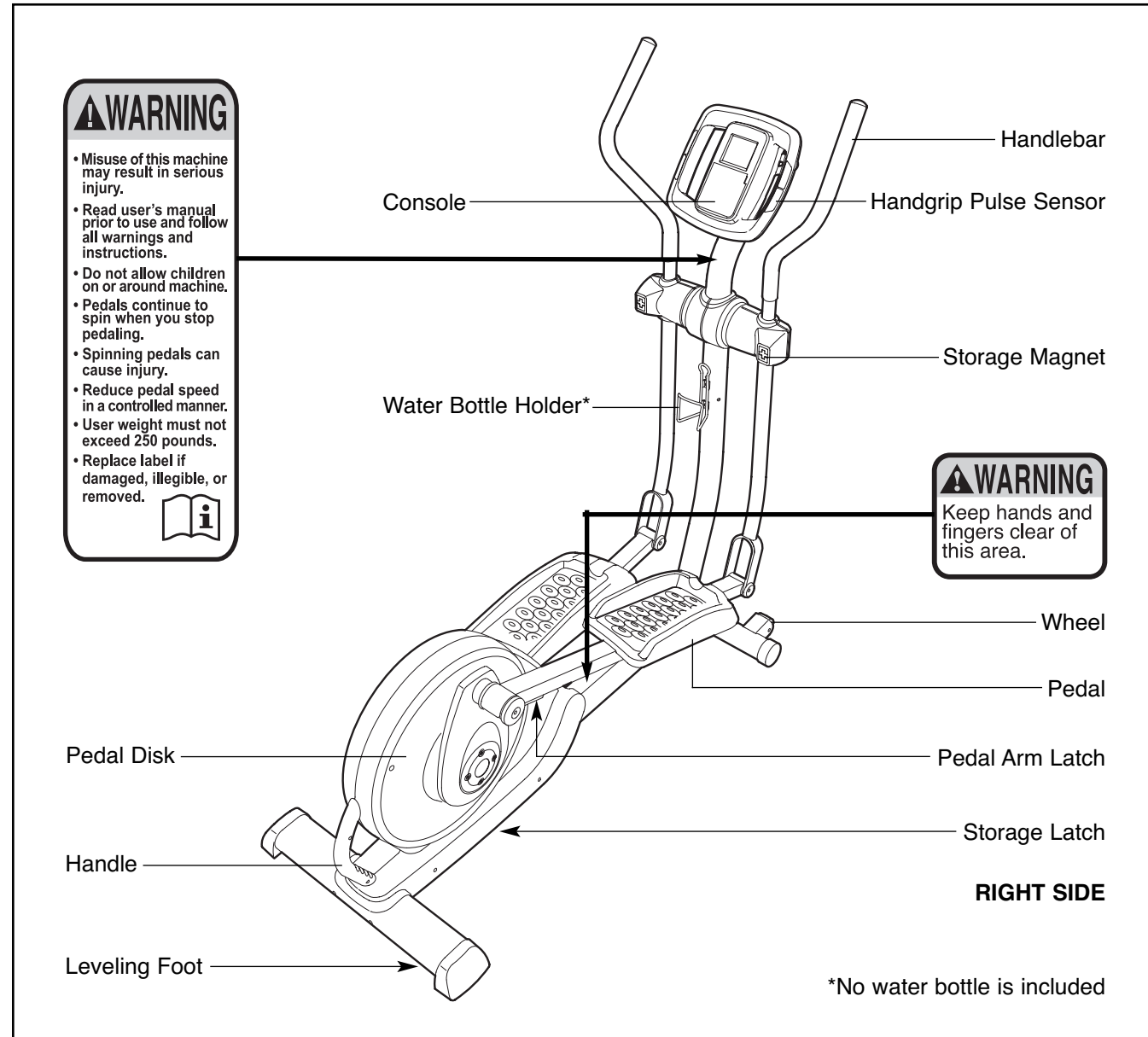
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 690 HR elliptical exerciser. The 690 HR elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable—and when you're not exercising, the unique 690 HR elliptical exerciser can be folded out of the way.

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

tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is PFEVEL4986.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

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



Key No.	Qty.	Description	Key No.	Qty.	Description
101	8	M4 x 16mm Round Head Screw	112	8	Star Washer
102	4	Motor Washer	113	1	M10 Washer
103	27	M4 x 16mm Screw	114	1	M6 Nut
104	8	M4 x 14mm Screw	115	4	M8 x 23mm Shoulder Screw
105	6	M4 x 32mm Round Head Screw	116	1	Transport Handle
106	2	M8 x 31mm Shoulder Screw	117	4	Transport Handle Screw
107	4	M4 x 12mm Screw	118	4	Bearing Spacer
108	2	M4 x 45mm Screw	#	2	Hex Key
109	2	Large Wave Washer	#	1	Grease
110	2	M8 Small Washer	#	1	User's Manual
111	2	Wave Washer			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

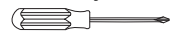




# PART LIST—Model No. PFEVEL4986.0

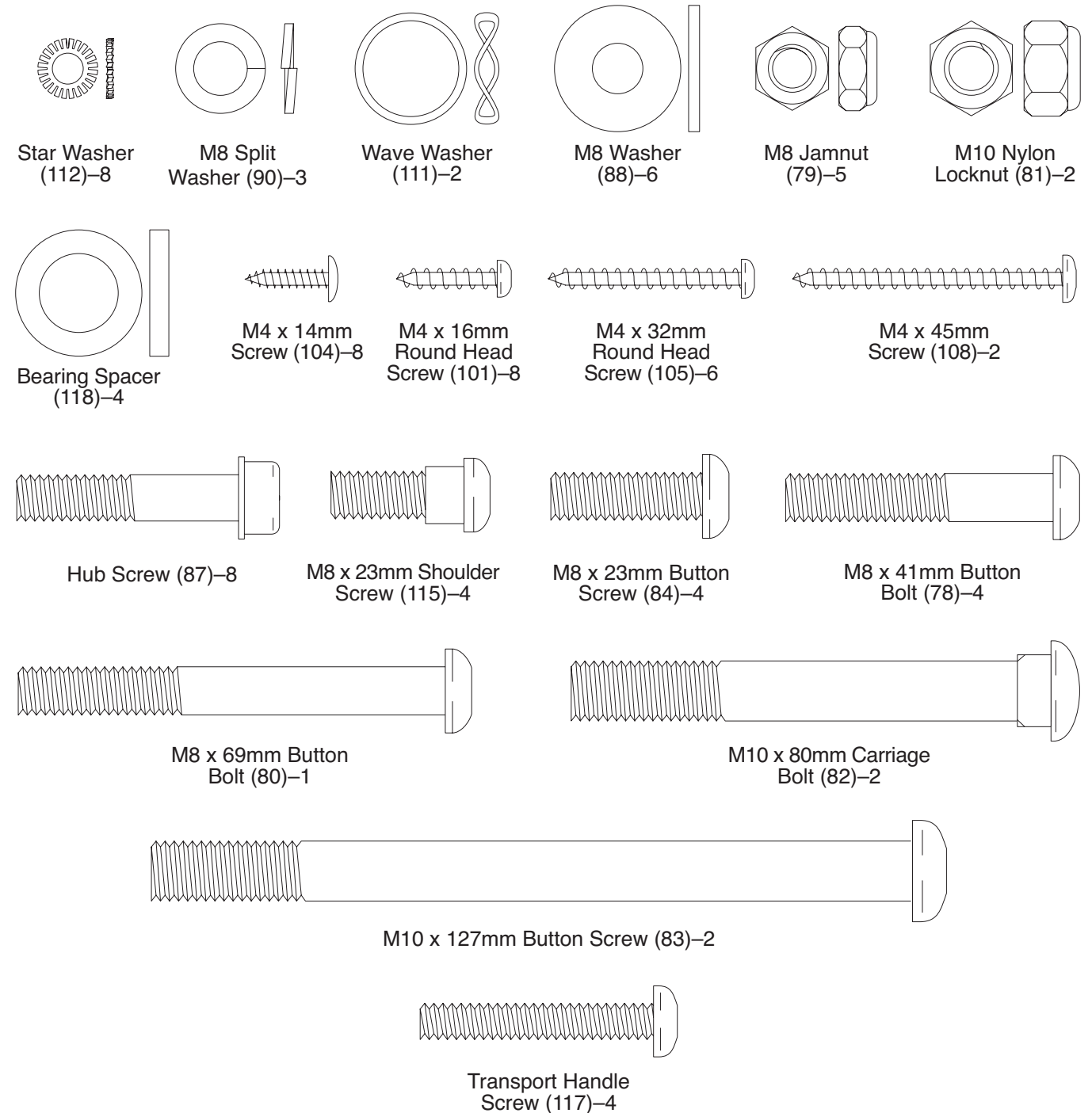
R0907A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Belt
2	1	Frame	52	1	Flywheel
3	1	Upright	53	1	“C” Magnet
4	1	Upright Endcap	54	1	Pillow Block
5	1	Console	55	1	Magnet
6	1	Front Stabilizer	56	1	Spring
7	1	Rear Stabilizer	57	1	Idler
8	1	Left Handlebar	58	1	Idler Bracket
9	1	Right Handlebar	59	1	Clamp
10	2	Handlebar Endcap	60	1	Reed Switch Bracket
11	1	Left Upper Body Arm	61	1	Base Pin
12	1	Right Upper Body Arm	62	2	Latch Bracket Spacer
13	1	Left Pedal	63	2	Hairpin Cotter
14	1	Left Pedal Leg	64	1	Latch Bracket
15	1	Right Pedal	65	1	Pivot Bracket
16	1	Right Pedal Leg	66	2	Pivot Bracket Spacer
17	2	Upright Cover	67	1	Frame Pin
18	1	Left Front Handlebar Cover	68	1	Latch Button
19	1	Left Rear Handlebar Cover	69	1	Roll Pin
20	1	Right Front Handlebar Cover	70	1	Motor
21	1	Right Rear Handlebar Cover	71	1	Resistance Cable Pulley
22	1	Water Bottle Holder	72	1	Resistance Cable Set
23	2	Front Stabilizer Endcap	73	2	Foam Grip
24	2	Rear Stabilizer Endcap	74	1	Pivot Axle
25	2	Wheel	75	2	Hub Cover
26	1	Base Foot	76	2	Outer Crank Cover
27	2	Leveling Foot	77	2	Flywheel Bracket
28	1	Left Side Shield	78	4	M8 x 41mm Button Bolt
29	1	Right Side Shield	79	7	M8 Jamnut
30	6	Upper Body Bearing	80	1	M8 x 69mm Button Bolt
31	4	Pedal Leg Cover	81	4	M10 Nylon Locknut
32	2	Pedal Leg Axle	82	2	M10 x 80mm Carriage Bolt
33	4	Pedal Leg Bearing	83	2	M10 x 127mm Button Screw
34	1	Base Axle	84	6	M8 x 23mm Button Screw
35	2	Base Bushing	85	1	M6 x 10mm Button Screw
36	2	Crank Arm	86	2	Crank Screw
37	2	Inner Crank Cover	87	8	Hub Screw
38	2	Crank Hub	88	10	M8 Washer
39	1	Pulley Spacer	89	2	M10 x 60mm Button Screw
40	1	Pulley	90	3	M8 Split Washer
41	2	Crank Bushing Cover	91	1	Flywheel Spacer
42	4	Crank Arm Bearing	92	1	Flywheel Washer
43	2	Crank Bushing Sleeve	93	1	Flywheel Snap Ring
44	2	Crank Bearing Set	94	4	Pillow Block Screw
45	1	Crank	95	1	Stop Screw
46	1	Crank Spacer	96	1	M8 x 35mm Screw
47	2	Crank Snap Ring	97	1	“E” Clip
48	1	Upper Wire Harness	98	4	Pulley Screw
49	1	Lower Wire Harness	99	2	Crank Washer
50	1	Reed Switch/Wire	100	2	M4 x 25mm Screw

# 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 hex keys, 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 on pages 20 and 21. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**



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

While another person lifts the Base (1), attach the Front Stabilizer (6) to the Base with two M10 x 80mm Carriage Bolts (82) and two M10 Nylon Locknuts (81).

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

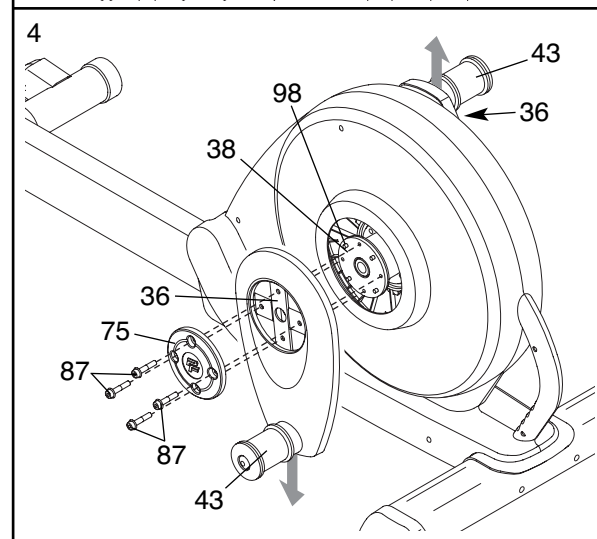
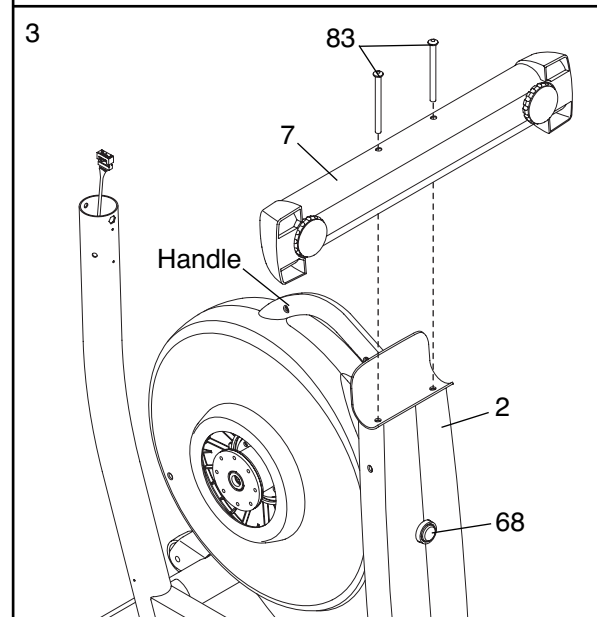
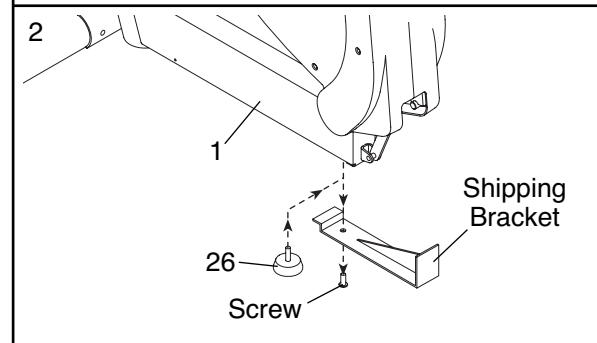
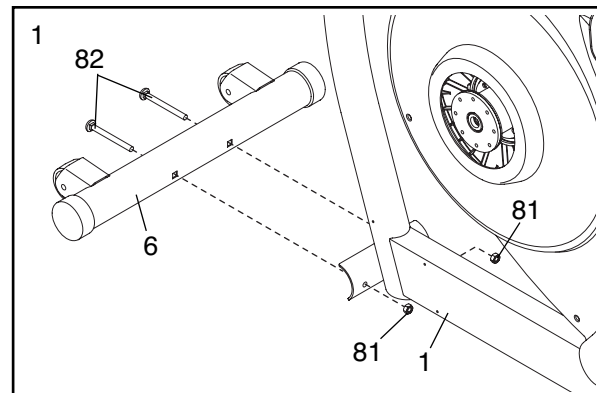
Next, turn the Base Foot (26) into the Base (1) as far as possible.

- Attach the Rear Stabilizer (7) to the Frame (2) with two M10 x 127mm Button Screws (83).

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

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

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



## CONDITIONING 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.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *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 as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

### WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help 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. The key to success is to make exercise a regular and enjoyable part of your everyday life.

## MAINTENANCE AND TROUBLESHOOTING

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

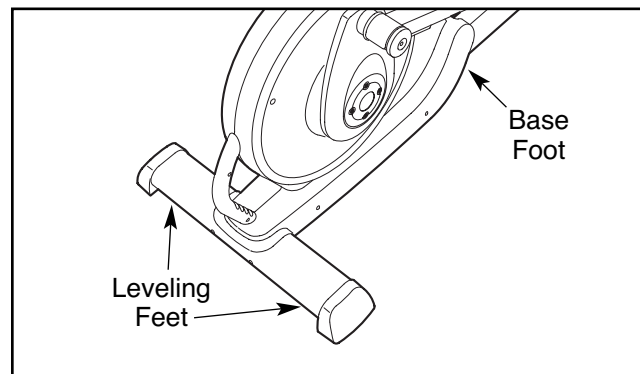
To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

### BATTERY REPLACEMENT

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 6 on page 7 for replacement instructions.

### HOW TO LEVEL THE ELLIPTICAL EXERCISER

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



### HANDGRIP PULSE SENSOR TROUBLESHOOTING

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

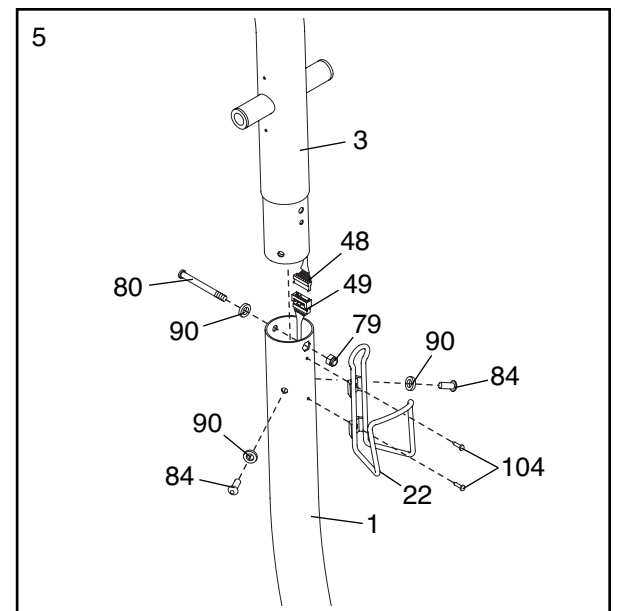
### HOW TO ELIMINATE FLEXING IN THE CENTER OF THE ELLIPTICAL EXERCISER

If the elliptical exerciser flexes in the center during use, turn the base foot (see the drawing at the left) until the flexing is eliminated.

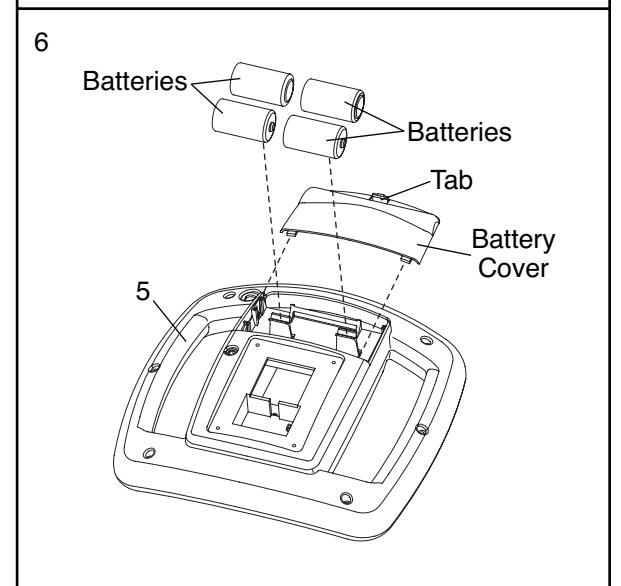
5. While another person holds the Upright (3), connect the Upper Wire Harness (48) to the Lower Wire Harness (49). **Gently pull the upper end of the Upper Wire Harness to remove any slack**, and insert the Upright into the Base (1). Attach the Upright with an M8 x 69mm Button Bolt (80), an M8 Split Washer (90), and an M8 Jamnut (79). **Do not tighten the Button Bolt yet; make sure that the Jamnut is in the hexagonal hole in the Base.**

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

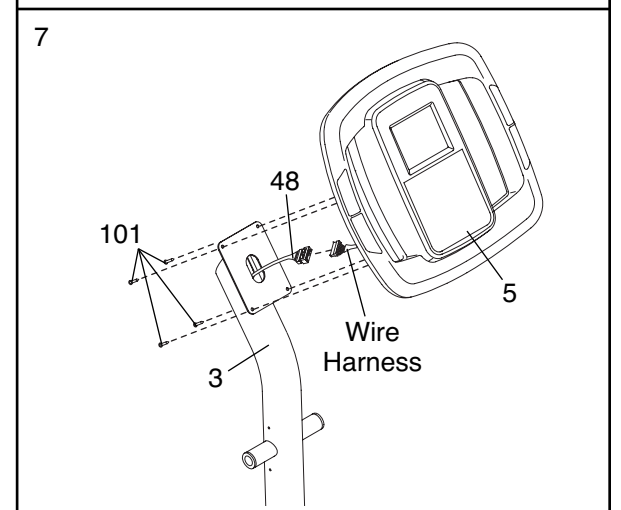
Attach the Water Bottle Holder (22) to the Base (1) with two M4 x 14mm Screws (104).



6. The Console (5) requires four 1.5V "D" batteries; alkaline batteries are recommended. Press the tab on the battery cover and remove the battery cover. Next, insert four batteries into the Console. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover to the Console.



7. While another person holds the Console (5) near the Upright (3), connect the wire harness on the Console to the Upper Wire Harness (48). Insert the excess wire harness into the Upright. Next, attach the Console to the Upright with four M4 x 16mm Round Head Screws (101). **Be careful to avoid pinching the wire harness.**

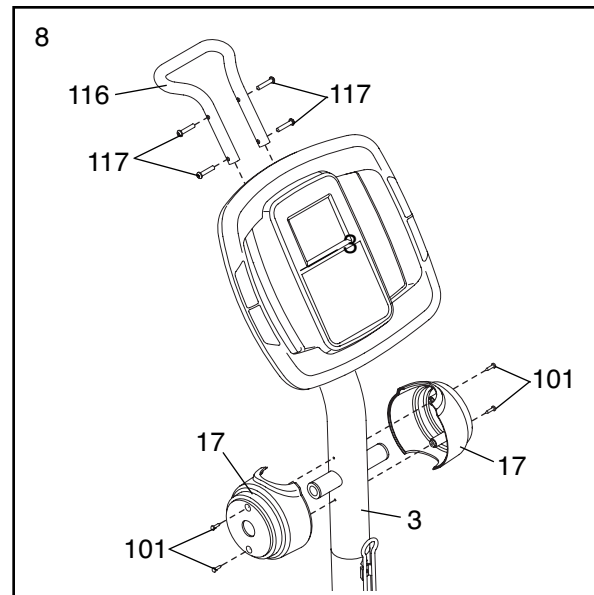




8. Attach the Transport Handle (116) to the Upright (3) with four Transport Handle Screws (117). Make sure that the Transport Handle is oriented as shown.

Orient one of the Upright Covers (17) as shown, and hold it against the Upright (3). Attach the Upright Cover with two M4 x 16mm Round Head Screws (101).

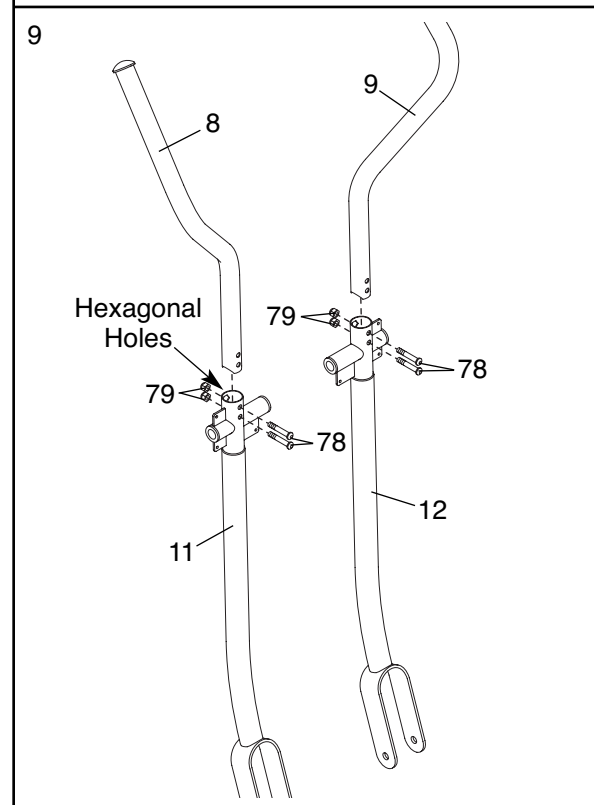
**Attach the other Upright Cover (17) in the same way.**



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

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

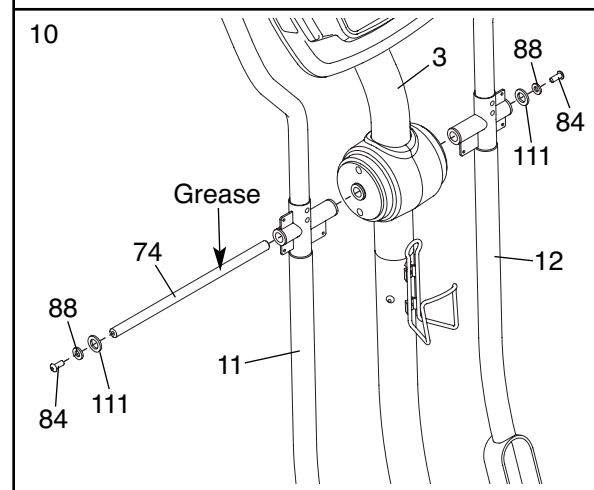
**Attach the Right Handlebar (9) to the Right Upper Body Arm (12) in the same way.**



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

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

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



## 5 Begin pedaling to start the program.

Each heart rate program is divided into 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 two or more consecutive segments.

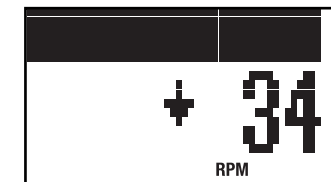
The target heart rate setting for the first segment will be shown in the flashing Current Segment column of the display. The target heart rate settings for the next several segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

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 settings; however, if you change the resistance settings, 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. A tone will sound and 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.

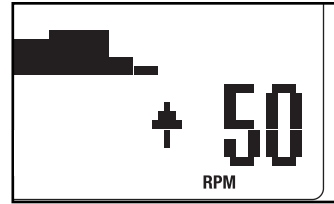
See step 5 on page 15.

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

See step 6 on page 15.



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 setting 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 setting 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. A tone will sound and 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 to turn on the console.**

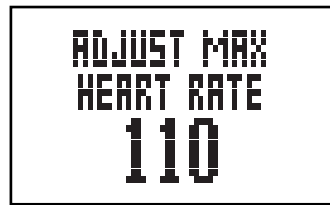
A moment after you turn on the console, the display will light.

**2 Select a heart rate program.**

To select one of the two 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 will appear in the center of the display. Press the Resistance 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.



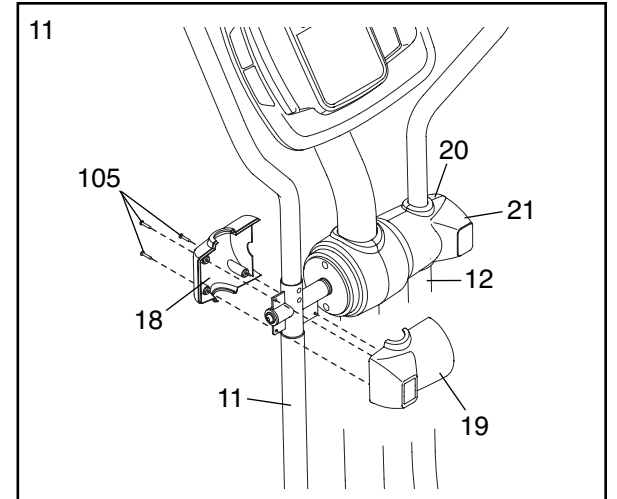
The program time and a profile of the target heart rate settings for the program will then appear in the display.

**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.**

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

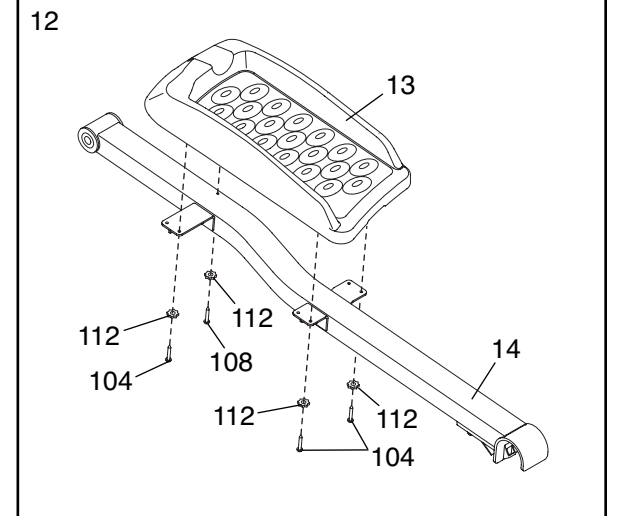
Attach the Right Front Handlebar Cover (20) and the Right Rear Handlebar Cover (21) around the Right Upper Body Arm (12) in the same way.



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

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

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

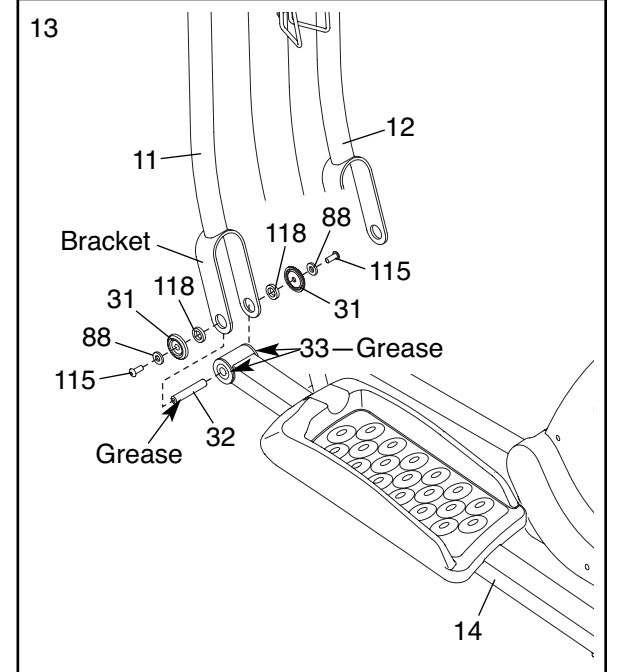


13. Apply a thin film of grease to a Pedal Leg Axle (32) and to the two Pedal Leg Bushings (33) in the Left Pedal Leg (14).

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

While another person holds the end of the Left Pedal Leg (14) inside the bracket on the Left Upper Body Arm (11), insert a Bearing Spacer (118) into each side of the bracket. Next, insert the Pedal Leg Axle (32) into the Left Upper Body Arm and the Left Pedal Leg. Then, slide an M8 Washer (88) and a Pedal Leg Cover (31) onto another M8 x 23mm Shoulder Screw (115), and tighten the Shoulder Screw into the Pedal Leg Axle. Tighten both Shoulder Screws.

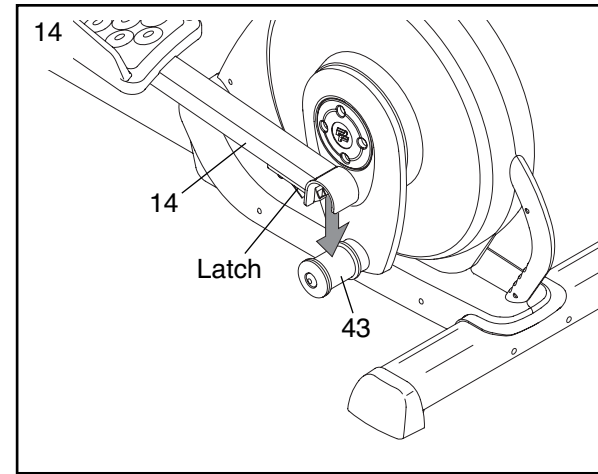
**Repeat this step to attach the Right Pedal Leg (not shown) to the Right Upper Body Arm (12).**



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

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

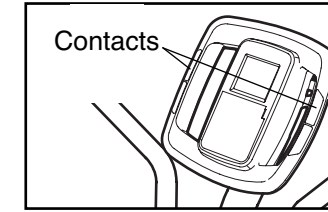
**See step 5.** Tighten the M8 x 69mm Button Bolt (80) and the two M8 x 23mm Button Screws (84).



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

## 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, 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 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

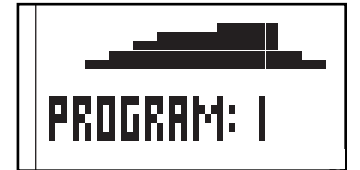
### 1 Begin pedaling to turn on the console.

A moment after you begin pedaling, the display will light.

### 2 Select a smart program.

To select one of the eight smart programs, press the Smart Programs button repeatedly until Program 1, 2, 3, 4,

5, 6, 7, or 8 appears in the display. The program time and a profile of the resistance settings for the program will also appear in the display.



### 3 Begin pedaling to start the program.

Each program is divided into 20, 30, or 45 one-minute segments. One resistance setting and one target rpm (pace) setting are programmed for each segment. Note: The same resistance and/or target rpm setting may be programmed for two or more consecutive segments.

The resistance setting and the target rpm for the first segment will appear in the center of the display for a few seconds. The resistance setting will also be indicated by the height of the flashing Current Segment column in the display. The resistance settings for the next several segments will appear in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the resistance and/or target rpm is about to change, the resistance setting and/or the target rpm setting will appear in the display to alert you.

When the first segment is completed, *all resistance settings will move one column to the left.* The resistance setting for the second segment will then appear in the flashing Current Segment column and the pedals will automatically adjust to the resistance setting for the second segment. Note: If all the indicators in the Current Segment column are lit, *the resistance settings may move downward* so that only the highest indicators appear in the matrix.

## HOW TO USE THE MANUAL MODE

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

### 1 Begin pedaling to turn on the console.

A moment after you begin pedaling, 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 words MANUAL MODE appear in the lower left corner of the display.



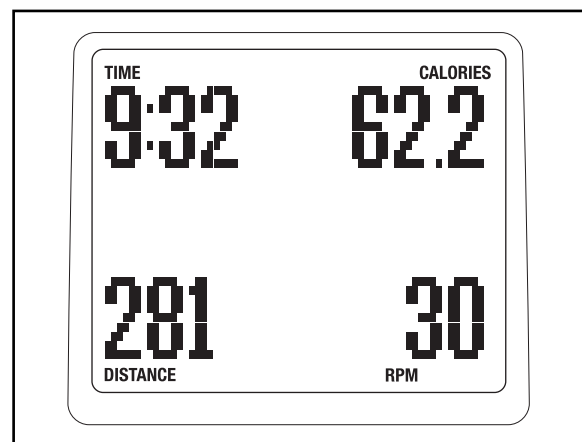
### 3 Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the increase and decrease buttons repeatedly. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.



### 4 Follow your progress with the display.

The upper left corner of the display will show the elapsed time. Note: When a 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, in total revolutions, you have pedaled.

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 setting of the pedals for a few seconds each time the resistance setting changes.

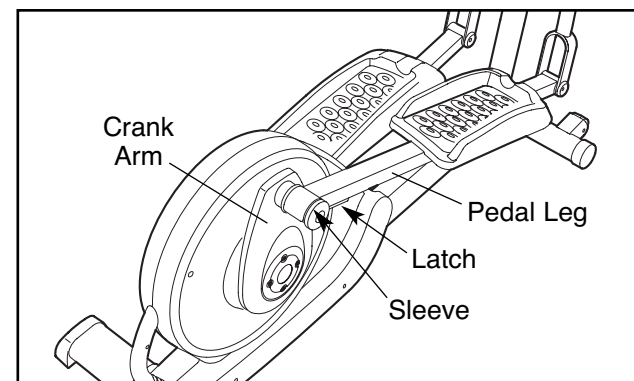
You can also view selected information at a larger size. Press the Display button repeatedly to view time and distance information, time and calorie information, or time and speed information. Press the Display button again to view all information.

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.

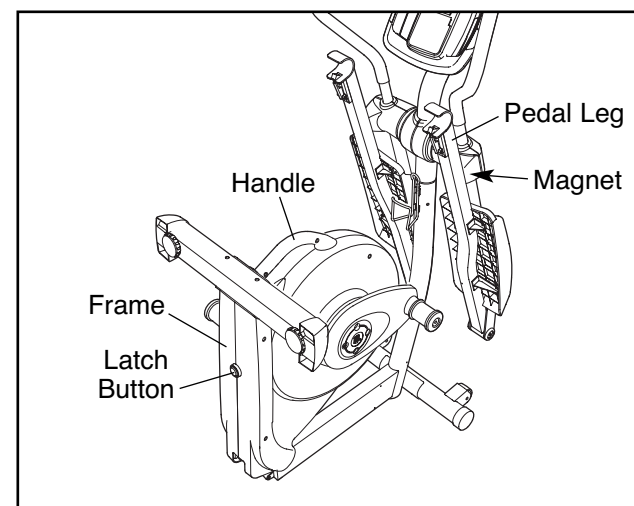
## HOW TO USE THE ELLIPTICAL EXERCISER

### HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

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



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

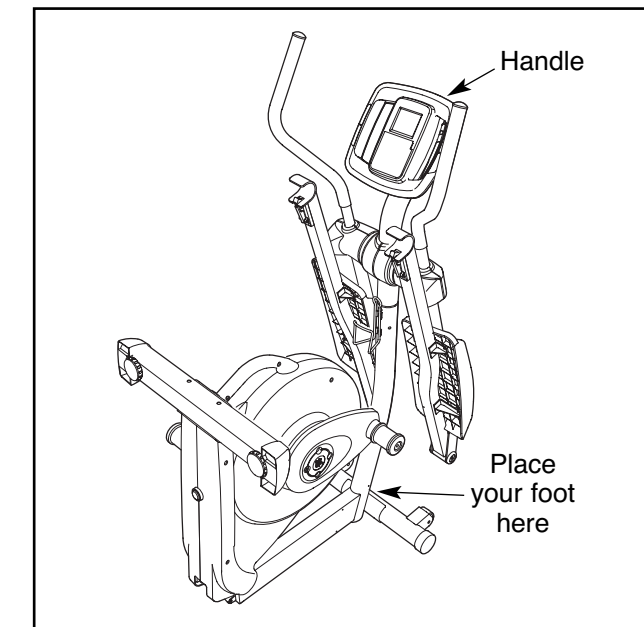


To unfold the elliptical exerciser, first hold the handle, press the latch button, and lower the frame.

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

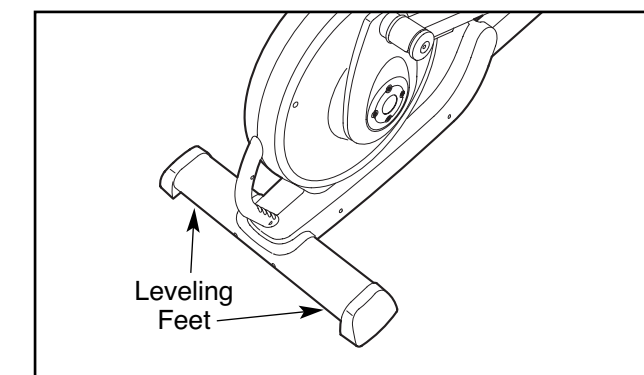
### HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described at the left. Next, stand in front of the elliptical exerciser, hold the handle on the upright, and place one foot against the center of the front stabilizer. Pull the handle until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired position, and then lower it.



### HOW TO LEVEL THE ELLIPTICAL EXERCISER

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

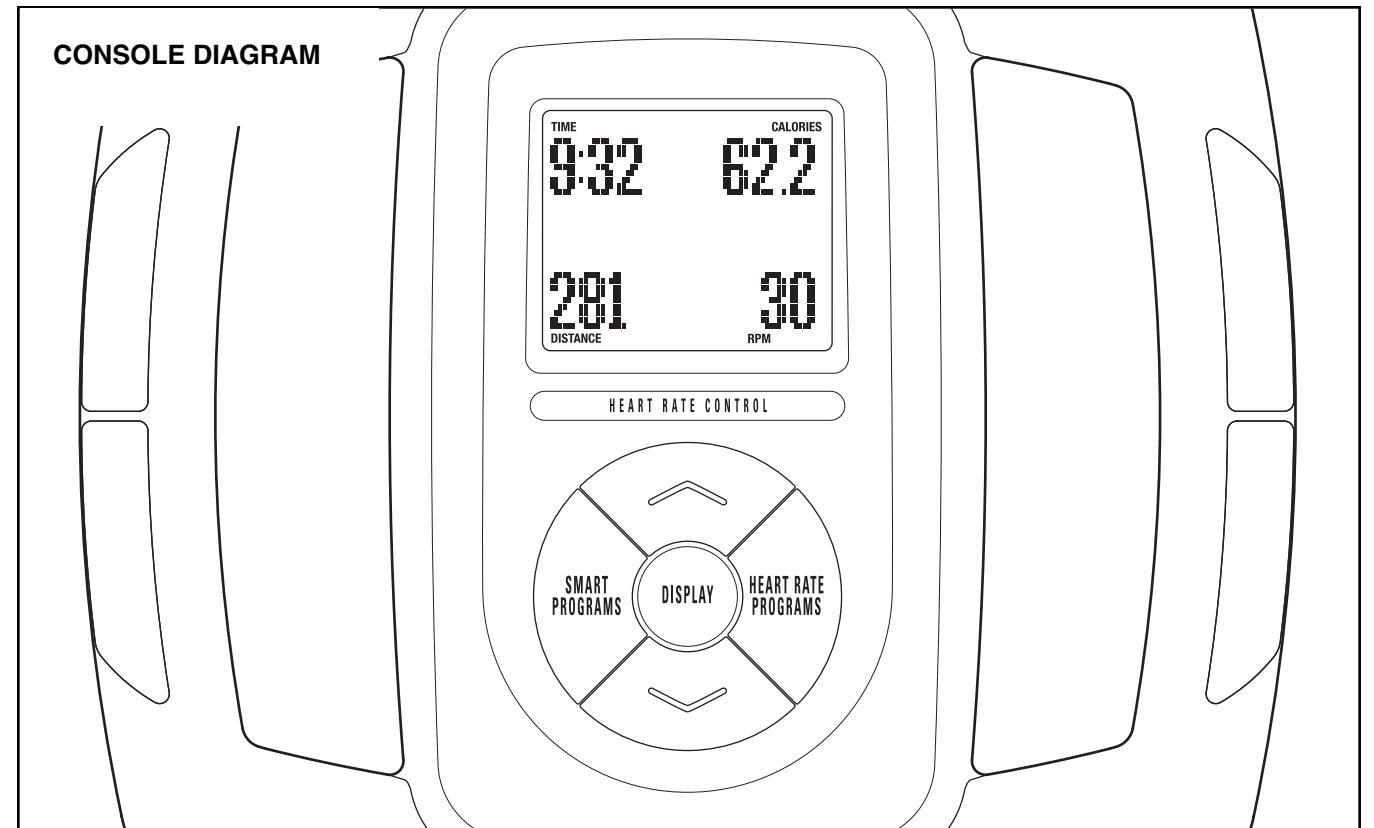
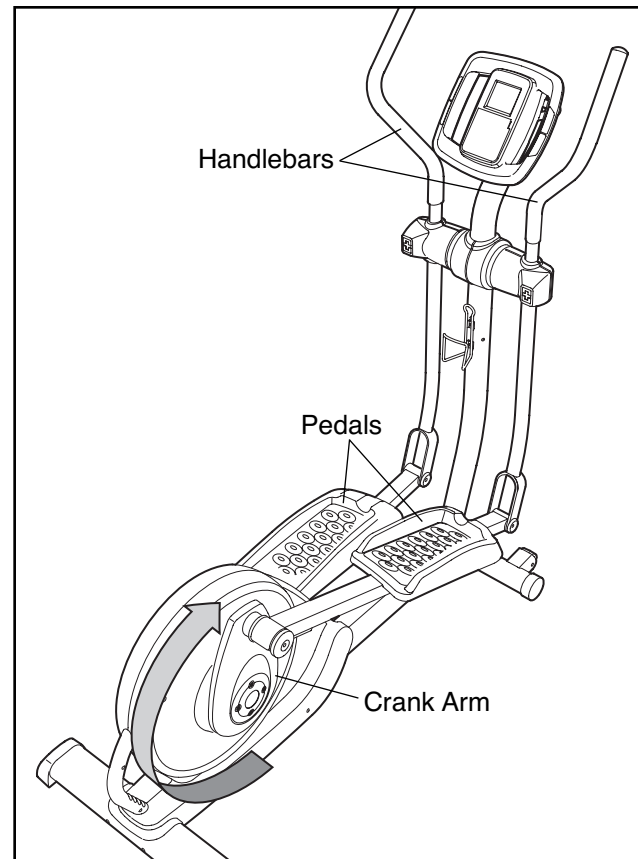


## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

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

**Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow at the right; however, for variety you can turn the crank arms in the opposite direction.**

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lower pedal.



## 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 eight 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.

**To use the manual mode of the console,** follow the steps beginning on page 14. **To use a smart program,** see page 15. **To use a heart rate program,** see page 16.