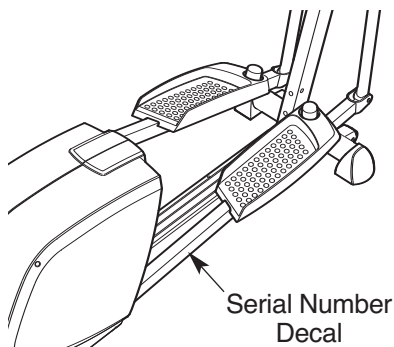


# PRO-FORM<sup>®</sup> 835S

Model No. PFEL5055.0

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



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

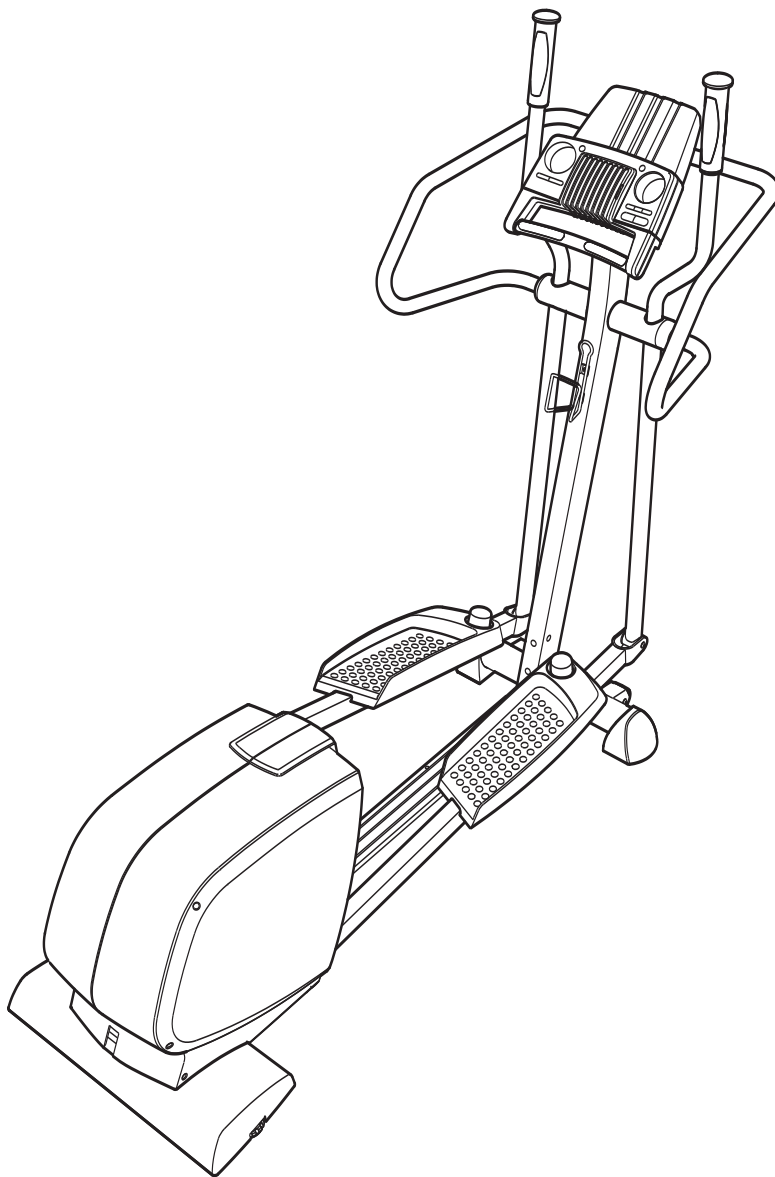
CALL TOLL-FREE:

**1-888-533-1333**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

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



### ⚠ CAUTION

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



Visit our website at

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

new products, prizes,  
fitness tips, and much more!

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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.
2. Use the elliptical exerciser only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
4. The elliptical exerciser is intended for in-home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
5. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical exerciser at all times.
8. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
9. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection.
10. Always hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical exerciser.
11. Keep your back straight when using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. 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.
14. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.

**⚠ 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

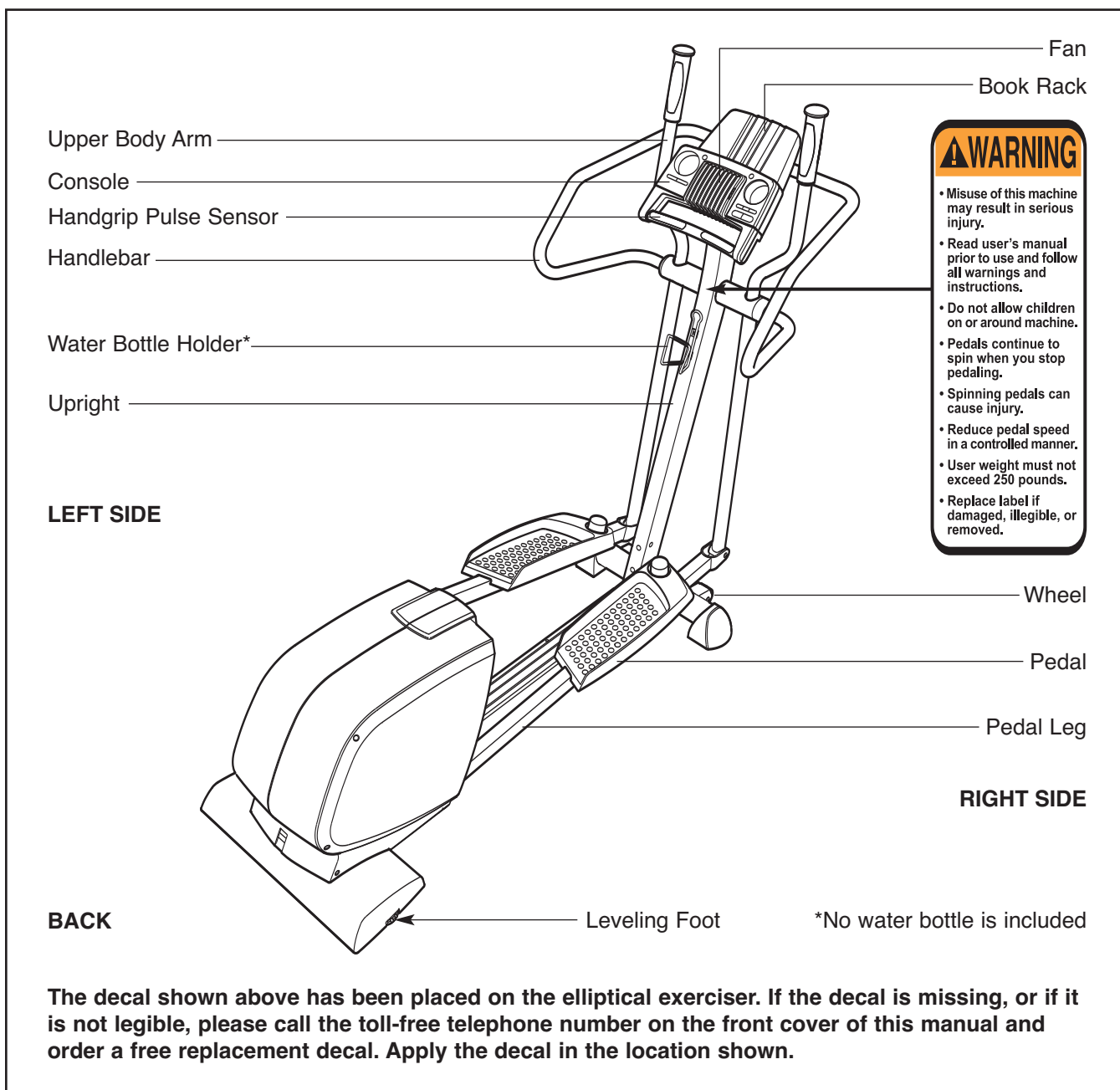
Congratulations for selecting the new PROFORM® 835 S elliptical exerciser. The PROFORM 835 S is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique PROFORM 835 S offers an impressive array of features to help you achieve your fitness goals in the convenience of your home. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

**For your benefit, read this manual carefully before you use the elliptical exerciser.** If you have questions after reading this manual, please see the front

cover of this manual. To help us assist you, note the product model number and serial number before calling. The model number is PFEL5055.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual).



**To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at [www.proformservice.com/registration](http://www.proformservice.com/registration).**

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

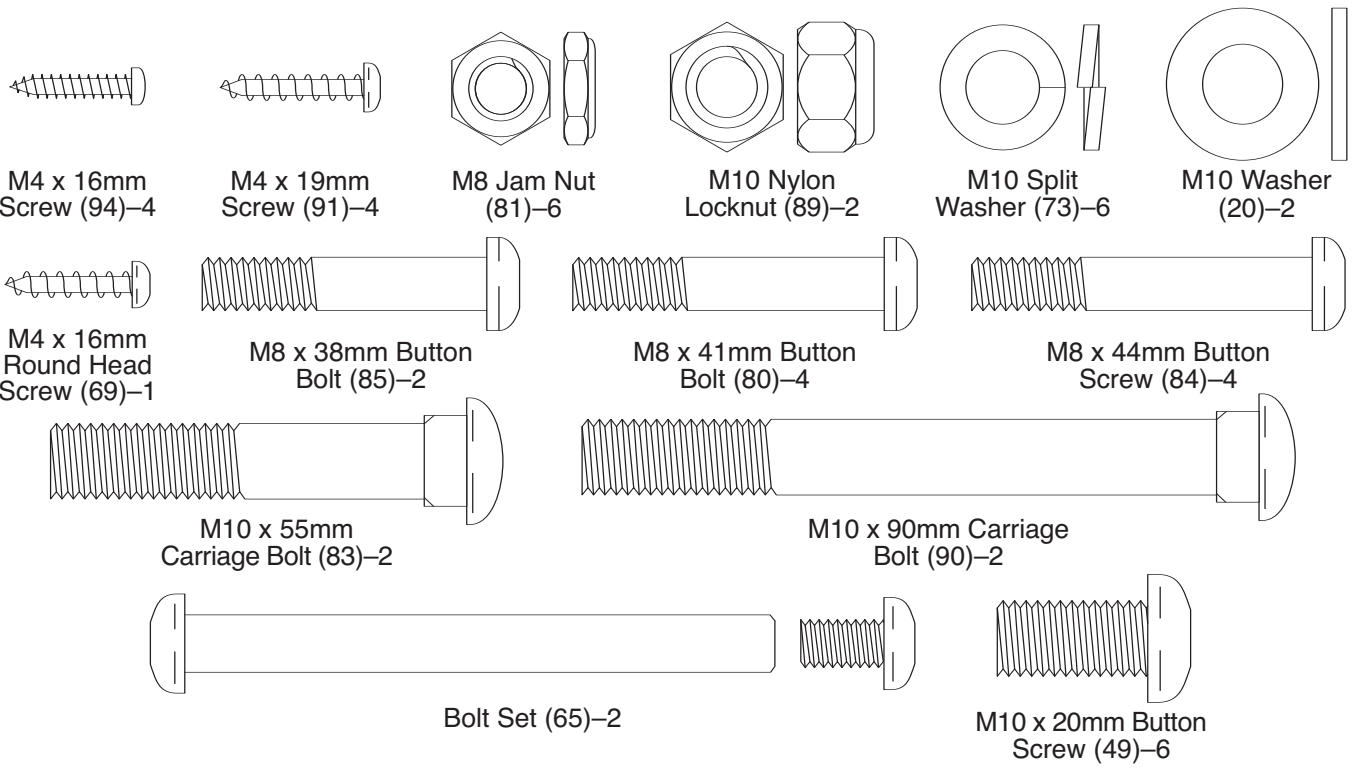


# ASSEMBLY

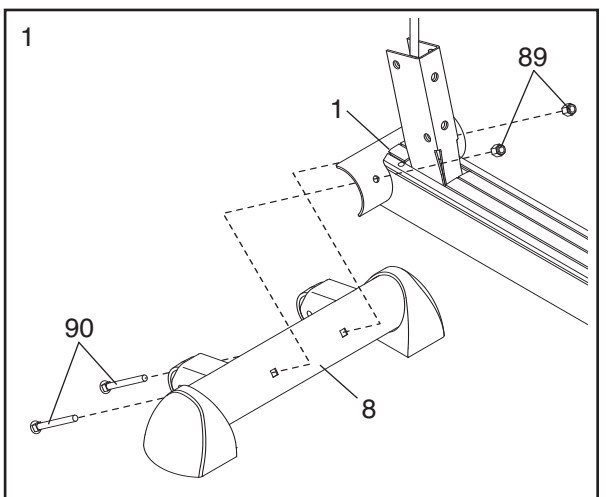
To hire an authorized service technician to assemble the elliptical exerciser, call toll-free 1-800-445-2480.

**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 allen wrenches, assembly requires your own phillips screwdriver**  **and rubber mallet** .

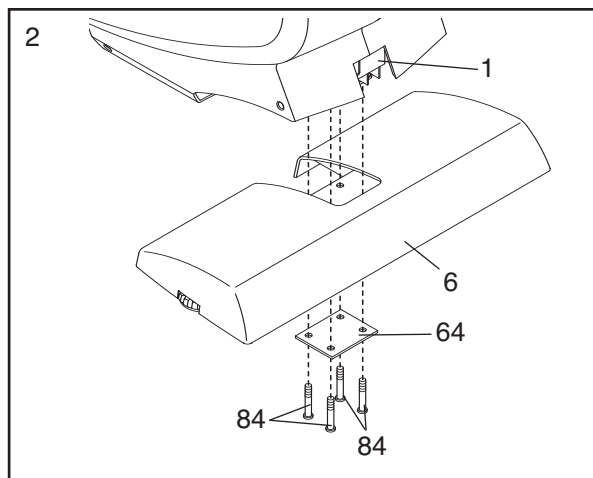
As you assemble the elliptical exerciser, refer to the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 17. The number following the parentheses is the quantity used in assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it is preassembled.**



1. Identify the Front Stabilizer (8). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 90mm Carriage Bolts (90) and two M10 Nylon Locknuts (89).



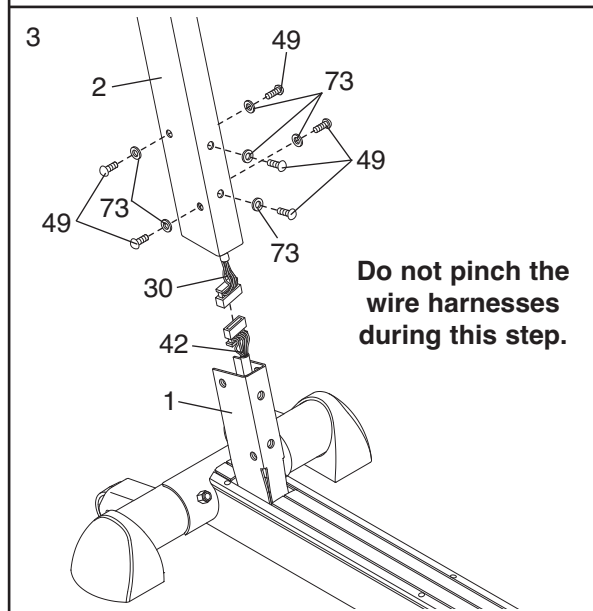
- Identify the Rear Stabilizer (6). While another person lifts the back of the Frame (1), attach the Rear Stabilizer to the Frame with the Support Plate (64) and four M8 x 44mm Button Screws (84).



- Have another person hold the Upright (2) in the position shown.

Connect the Upper Wire Harness (30) to the Lower Wire Harness (42). Insert the connectors on the Wire Harnesses up into the Upright (2). **Carefully pull the upper end of the Upper Wire Harness to remove the slack from the Wire Harnesses.**

Slide the Upright (2) onto the Frame (1). **Be careful to avoid pinching the Wire Harnesses (30, 42).** Attach the Upright with six M10 x 20mm Button Screws (49) and six M10 Split Washers (73). **Be careful to avoid damaging the Wire Harnesses with the Button Screws. Do not tighten the Button Screws yet.**



- Apply a generous amount of the included grease to the Pivot Axle (25). Next, insert the Pivot Axle into the Upright (2) and center it. Reapply grease to both ends of the Pivot Axle. Orient the indicated hole as shown.

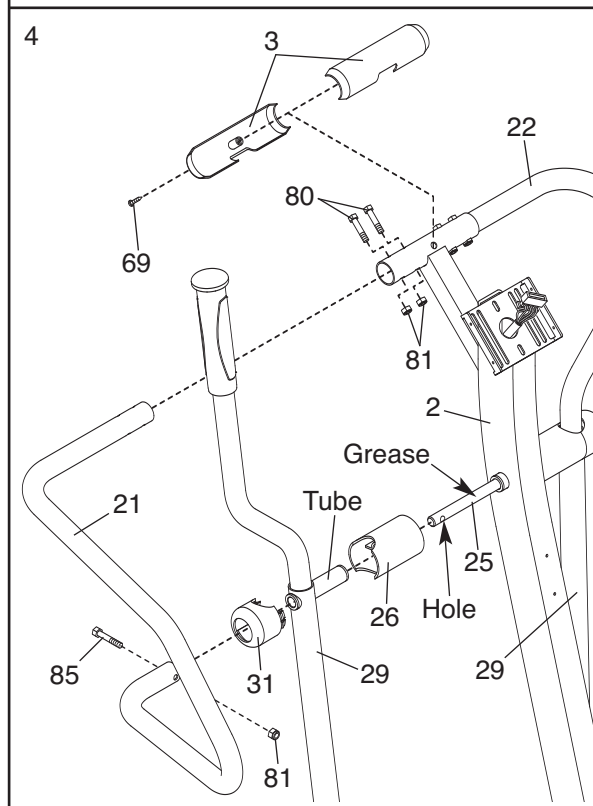
Slide an Upper Body Arm Cover (26) onto the indicated tube on an Upper Body Arm (29). Next, slide the Upper Body Arm and the Upper Body Arm Cover onto the left end of the Pivot Axle (25).

Have another person hold the Left Handlebar (21) near the Upright (2). Slide a Handlebar Cover (31) onto the lower end of the Left Handlebar.

Slide the upper end of the Left Handlebar (21) into the tube on the front of the Upright (2), while sliding the lower end of the Left Handlebar onto the Pivot Axle (25). Attach the upper end of the Left Handlebar with two M8 x 41mm Button Bolts (80) and two M8 Jam Nuts (81); **Make sure that the Jam Nuts are resting in the hexagonal holes in the Left Handlebar.**

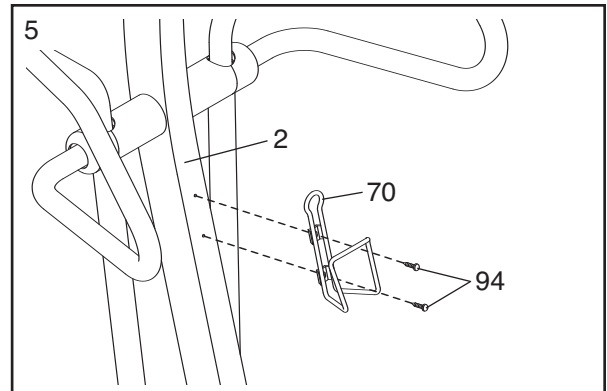
Attach the lower end of the Left Handlebar with an M8 x 38mm Button Bolt (85) and an M8 Jam Nut (81). Then, press the tabs on the Handlebar Cover (31) into the Upper Body Arm Cover (26).

**Repeat this step with the other Upper Body Arm (29) and the Right Handlebar (22).**



Hold the halves of the Upright Cover (3) around the tube on the front of the Upright (2). Attach the Upright Cover with an M4 x 16mm Round Head Screw (69).

5. Attach the Water Bottle Holder (70) to the Upright (2) with two M4 x 16mm Screws (94).

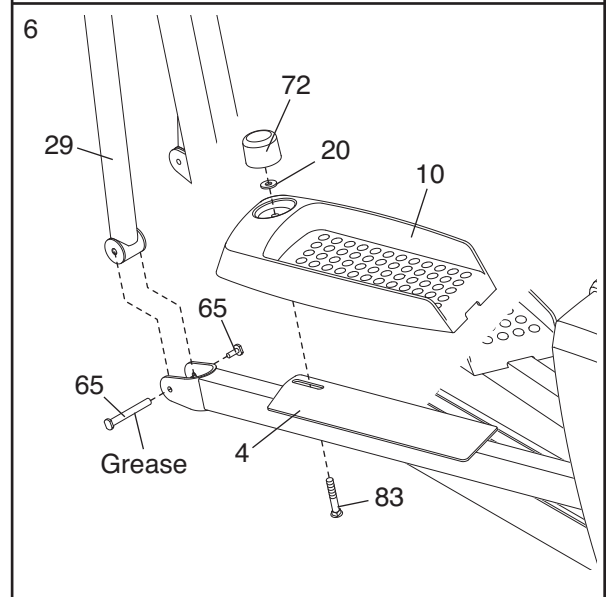


6. Apply grease to the long side of a Bolt Set (65). Have a second person hold the lower end of the left Upper Body Arm (29) inside of the bracket on the Left Pedal Leg (4). Attach the left Upper Body Arm to the Left Pedal Leg with the Bolt Set.

Identify the Left Pedal (10). Attach the Left Pedal to the Left Pedal Leg (4) with an M10 x 55mm Carriage Bolt (83), an M10 Washer (20), and an Adjustment Knob (72). Note: The slot in the Left Pedal Leg allows the Left Pedal to be positioned as desired.

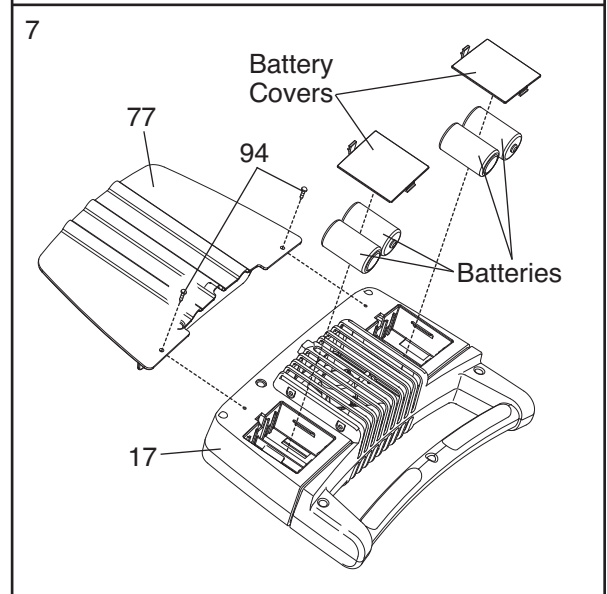
Repeat this step on the right side of the elliptical exerciser. **Regularly tighten both Adjustment Knobs (72).**

See step 3. Tighten the six M10 x 20mm Button Screws (49).



7. The Console (17) requires four "D" batteries (not included); alkaline batteries are recommended. Remove the two battery covers from the Console. Next, insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagrams inside of the battery compartments.** Then, reattach the battery covers to the Console.

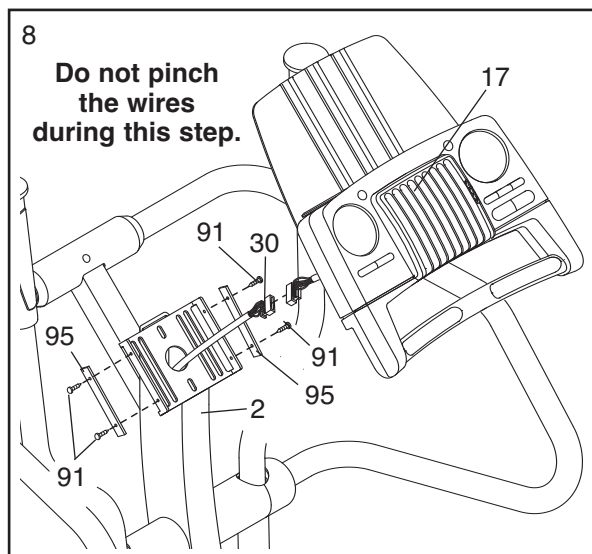
Attach the Book Rack (77) to the Console (17) with two M4 x 16mm Screws (94) as shown.





8. Have another person hold the Console (17) near the Upright (2). Connect the Upper Wire Harness (30) to the wire harness on the Console.

Carefully insert all excess wiring down into the Upright (2). Attach the Console (17) to the Upright with four M4 x 19mm Screws (91) and two Console Brackets (95). (Note: The Screws may be found in the console box.) **Be careful to avoid pinching the wires.**



9. **Make sure that all parts of the elliptical exerciser are properly tightened.** Cover the floor beneath the elliptical exerciser to protect the floor from damage. Note: Some extra hardware may be included.

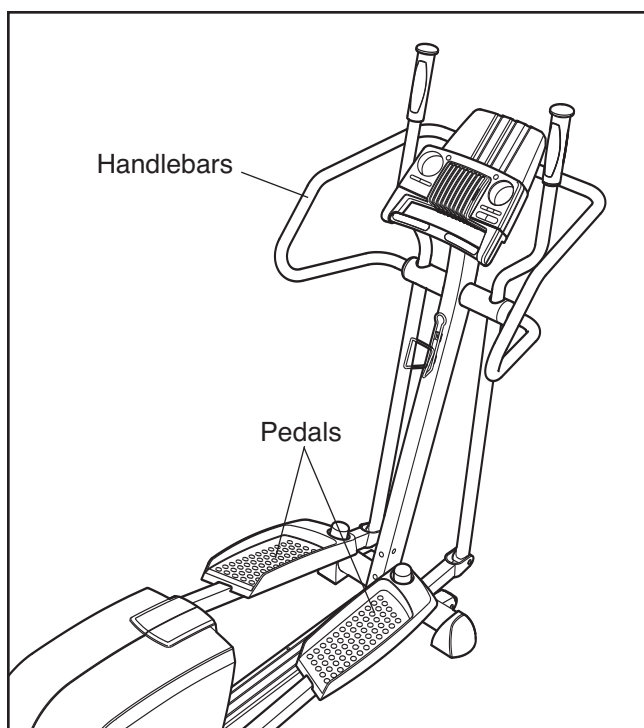
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## HOW TO USE THE ELLIPTICAL EXERCISER

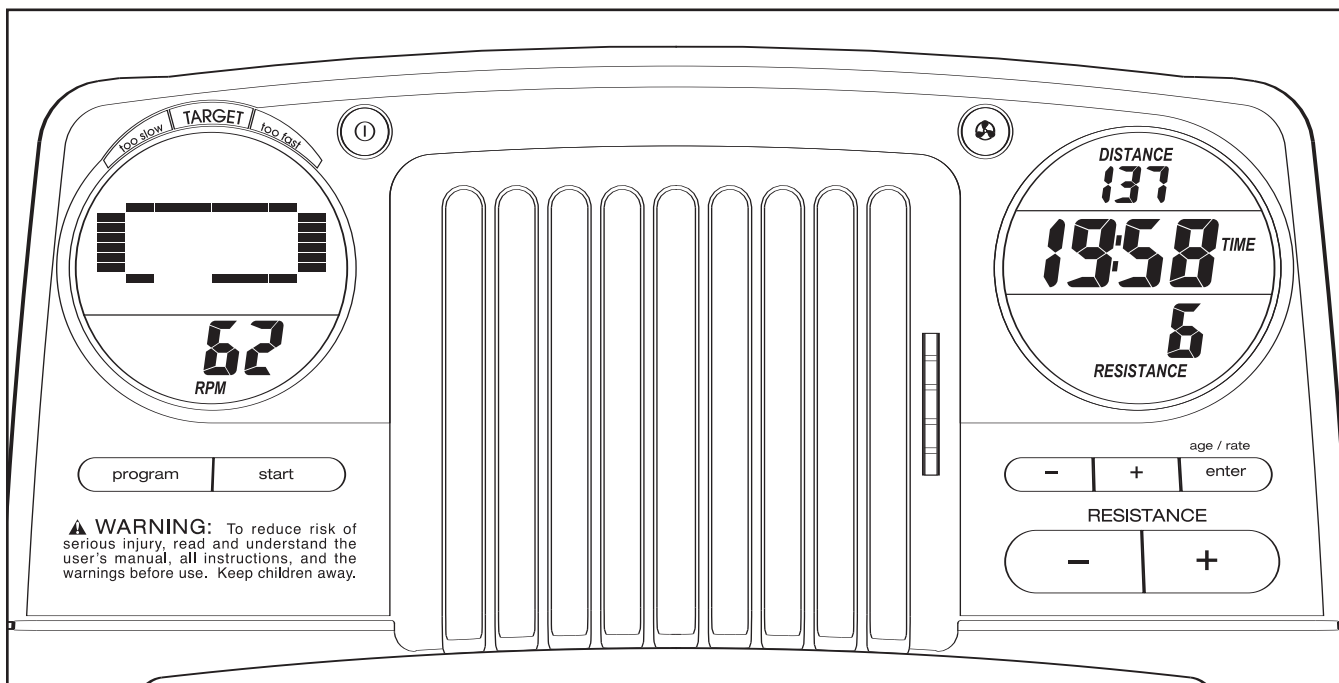
### EXERCISING ON THE ELLIPTICAL EXERCISER

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

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **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 lowest pedal.



## CONSOLE DIAGRAM



### FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in hand-grip pulse sensor.

In addition, the console offers eight preset programs. Each program automatically changes the resistance of

the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

The console also features two pulse control programs that automatically change the resistance of the pedals to keep your heart rate near a target heart rate as you exercise.

**To use the manual mode of the console**, see page 9. **To use a preset program**, see page 11. **To use a pulse control program**, see page 12.



## HOW TO USE THE MANUAL MODE

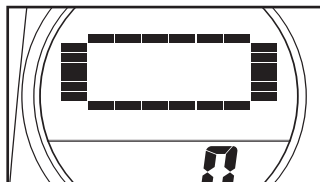
### 1 Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. (The On/Reset button is near the top of the left display.)

Note: If there are sheets of clear plastic on the face of the console, remove the plastic.

### 2 Select the manual mode.

When the power is turned on, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Program button repeatedly until a track appears in the left display.



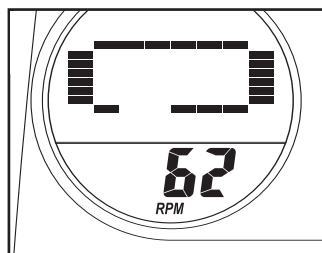
### 3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance buttons. There are ten resistance levels—level 10 is the most challenging. Note: After the buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.

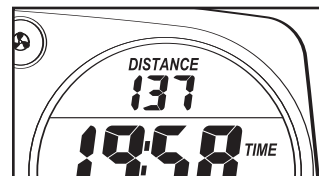


### 4 Monitor your progress with the two displays.

**The left display**—A track representing your progress will appear in the upper part of the left display. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then disappear and the indicators will again begin to light in succession. The lower part of the left display will show your pedaling pace, in revolutions per minute (RPM).

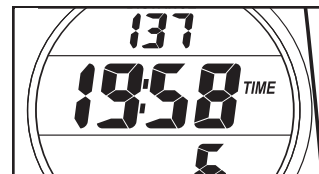


**The right display**—The upper part of the right display will show the distance (total number of revolutions) you



have pedaled and the approximate number of calories you have burned. The display will change from one number to the other every few seconds. The upper part of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 10).

The center of the right display will show the elapsed time. Note: When a program is selected (except for pulse control program 2), the display will show the time remaining in the program instead of the elapsed time.



The lower part of the right display will show the resistance level of the pedals.



To reset the displays, press the On/Reset button.

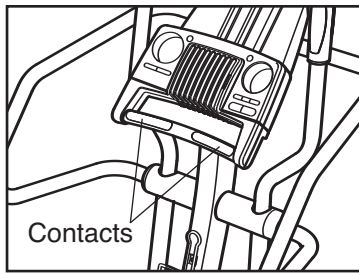
Note: The console features three backlight modes. The “On” mode keeps the backlight on while the console is on. The



“Off” mode turns the backlight off. To conserve the batteries, the “Auto” mode keeps the backlight on only while you are exercising. To change the backlight mode, first hold down the Program button for a few seconds. Press the Resistance – button to change the backlight mode. Then, press the On/Reset button.

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

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. Place your hands on

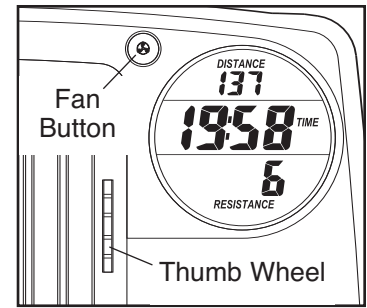


the handgrip pulse sensor, with your palms on the upper contacts and your fingers touching the lower contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the upper part of the right display will begin to flash each time your heart beats. After a moment, one or two dashes will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds. Note: If you continue to hold the handgrip pulse sensor, the lower display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes. If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

**6 Turn on the fan if desired.**

To turn on the fan at low speed, press the fan button near the top of the right display. To turn on the fan at high speed, press the button a second time.



To turn off the fan, press the button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off.

Rotate the thumb wheel on the right side of the fan to adjust the angle of the fan.

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

If the pedals are not moved for a few seconds, a series of tones will sound, the center of the right display will begin to flash, and the console will pause.

If the pedals are not moved for a few minutes, the console will turn off and the displays will be reset.

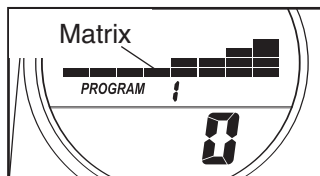
## HOW TO USE A PRESET PROGRAM

### 1 Turn on the console.

See step 1 on page 9.

### 2 Select one of the preset programs.

To select one of the eight preset programs, press the Program button repeatedly until the word "PROGRAM" and the number 1, 2, 3, 4, 5, 6, 7, or 8 appear in the left display.

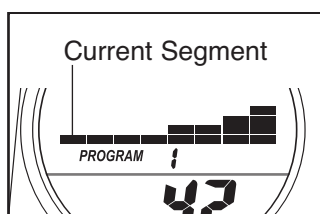


When a preset program is selected, a matrix in the left display will show the first eight resistance settings of the program (see the drawing above). The right display will show how long the program will last.

### 3 Press the Start button or begin pedaling to start the program.

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

The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix in the left display. The resistance settings for the next seven segments will be shown in the columns to the right.



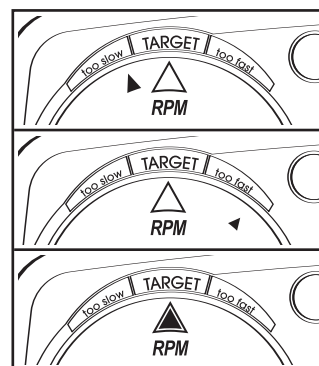
When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and the time will flash in the right display. When the first segment ends, *all resistance settings will move one column to the left*.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

The program will continue until the resistance setting for the last segment is shown in the Current Segment column and no time remains in the right display.

Note: During the program, you can override the resistance setting for the current segment by pressing the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

### 4 Use the pace guide to pace your exercise.

Throughout the program, the pace guide in the upper part of the left display will prompt you to increase or decrease your pedaling pace. When one of the arrows on the left side of the pace guide lights, increase your pace; when one of the arrows on the right side lights, decrease your pace. When the center arrow lights, maintain your current pace. **Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



### 5 Monitor your progress with the two displays.

See step 4 on page 9.

### 6 Measure your heart rate if desired.

See step 5 on page 10.

### 7 Turn on the fan if desired.

See step 6 on page 10.

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

See step 7 on page 10.

## HOW TO USE A PULSE CONTROL PROGRAM

Pulse control program 1 is designed to keep your heart rate between 60% and 85% of your *estimated maximum heart rate* while you exercise. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 ( $220 - 30 = 190$ ).

Pulse control program 2 will keep your heart rate near a target heart rate that you select.

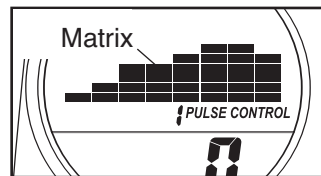
Follow the steps below to use a pulse control program.

### 1 Turn on the console.

See step 1 on page 9.

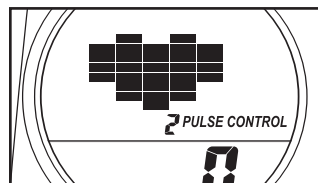
### 2 Select one of the pulse control programs.

To select a pulse control program, press the Program button repeatedly until the words "PULSE CONTROL" and the number 1 or 2 appear in the left display.



If you selected pulse control program 1, a matrix in the left display will show the first eight target heart rate settings of the program (see the drawing above). The right display will show how long the program will last.

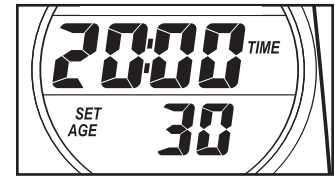
If you selected pulse control program 2, a heart symbol will appear in the left display.



**If you selected pulse control program 1, go to step 3. If you selected pulse control program 2, go to step 4.**

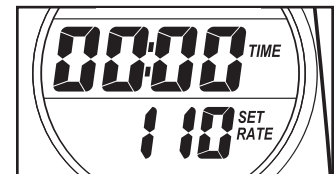
### 3 Enter your age.

When pulse control program 1 is selected, the words "SET AGE" will flash in the lower part of the right display. You must enter your age to use this program. If you have already entered your age, press the Enter button and go to step 5. If you have not entered your age, press the + or – button beside the Enter button to enter your age, and then press the Enter button. Note: Once you have entered your age, it will be saved in memory.



### 4 Enter a target heart rate.

When pulse control program 2 is selected, the words "SET RATE" will flash in the lower part of the right display. You must enter a target heart rate to use this program. (See the heart rate chart on page 15 for heart rate guidelines.) To enter a target heart rate, press the + or – button beside the Enter button, and then press the Enter button.



### 5 Hold the handgrip pulse sensor.

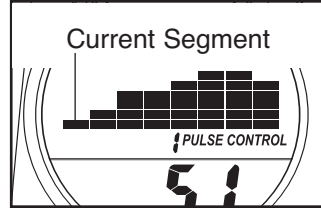
To use a pulse control program, you must hold the handgrip pulse sensor. It is not necessary to hold the pulse sensor continuously during the program; however, you should hold the pulse sensor frequently for the program to operate properly.

**Each time you hold the pulse sensor, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the pulse sensor, the letters "PLS" will appear in the upper part of the right display instead of your heart rate.

**6 Press the Start button or begin pedaling to start the program.**

**Pulse control program 1**—This program is divided into 20 one-minute segments. One target heart rate is programmed for each segment. Note: The same target heart rate 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 matrix in the left display. The target heart rate settings for the next seven 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 the time will flash in the right display. When the first segment ends, *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. 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.

The program will continue until the target heart rate setting for the last segment is shown in the Current Segment column and no time remains in the right display.

Note: During the program, you can manually change the resistance setting, if desired, by pressing the Resistance buttons. However, when the console compares your heart rate to the target heart rate, the resistance may automatically change. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

**Pulse control program 2**—This program is divided into 60 one-minute segments. The same target heart rate is programmed for all segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

Because the same target heart rate is programmed for all segments, the matrix will not appear in the left display during the program.

When only three seconds remain in the first segment of the program, a series of tones will sound and the time will flash in the right display.

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

The program will continue until no time remains in the right display. Note: For a shorter workout, stop exercising or select a different program before the program ends.

Note: During the program, you can manually change the resistance setting, if desired, by pressing the Resistance buttons. However, when the console compares your heart rate to the target heart rate, the resistance may automatically change. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

**7 Monitor your progress with the two displays.**

See step 4 on page 9.

**8 Turn on the fan if desired.**

See step 6 on page 10.

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

See step 7 on page 10.

# MAINTENANCE AND TROUBLESHOOTING

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

## PULSE SENSOR TROUBLESHOOTING

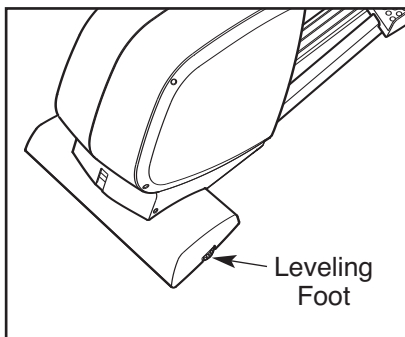
If the handgrip pulse sensor does not function properly, see step 5 on page 10.

## CONSOLE TROUBLESHOOTING

If turning on the fan resets the console displays, or if the displays becomes dim, the batteries should be replaced. Most console problems are the result of low batteries. See assembly step 7 on page 6 for replacement instructions.

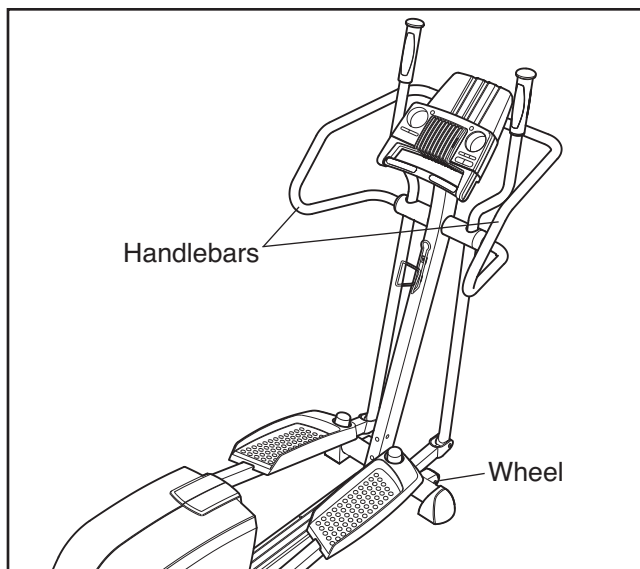
## HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks during use, turn one or both of the leveling feet under the rear stabilizer until the rocking motion is eliminated.



## HOW TO MOVE THE ELLIPTICAL EXERCISER

Stand in front of the elliptical exerciser, hold the handlebars firmly, and place one foot against one of the wheels. Pull the handlebars until the elliptical exerciser can be moved on the wheels, and carefully move the elliptical exerciser to the desired location. Then, place one foot against a wheel, and lower the elliptical exerciser. **Due to the size and weight of the elliptical exerciser, use extreme caution while moving and lowering it.**





# 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 near 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. (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.



## 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

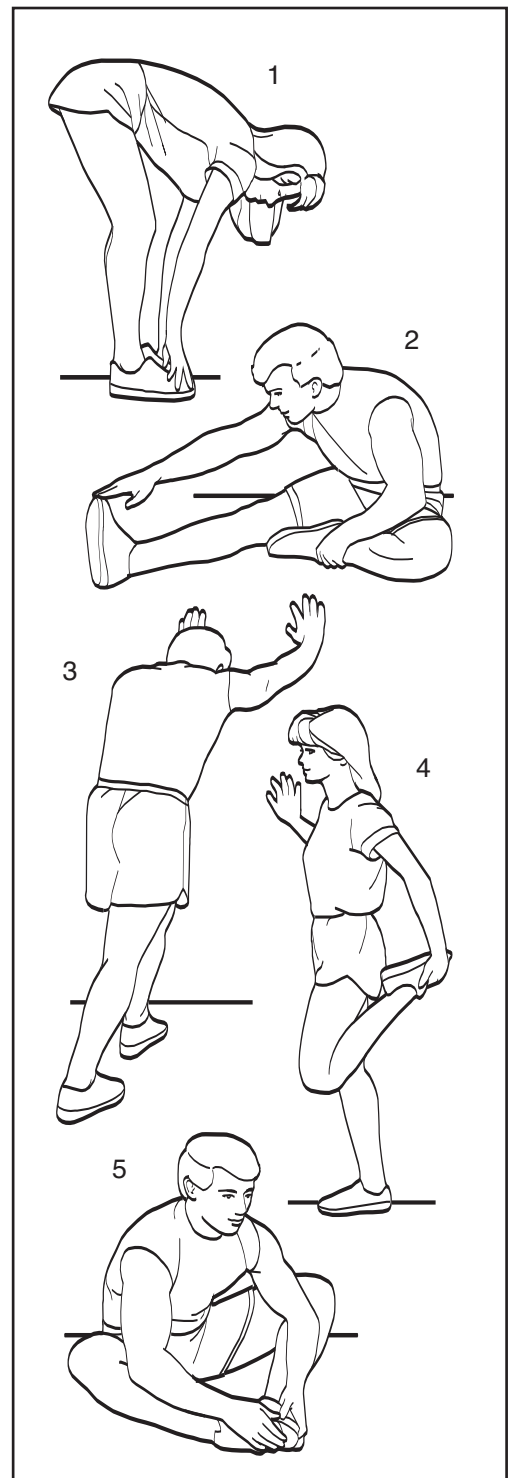
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



# PART LIST—Model No. PFEL5055.0

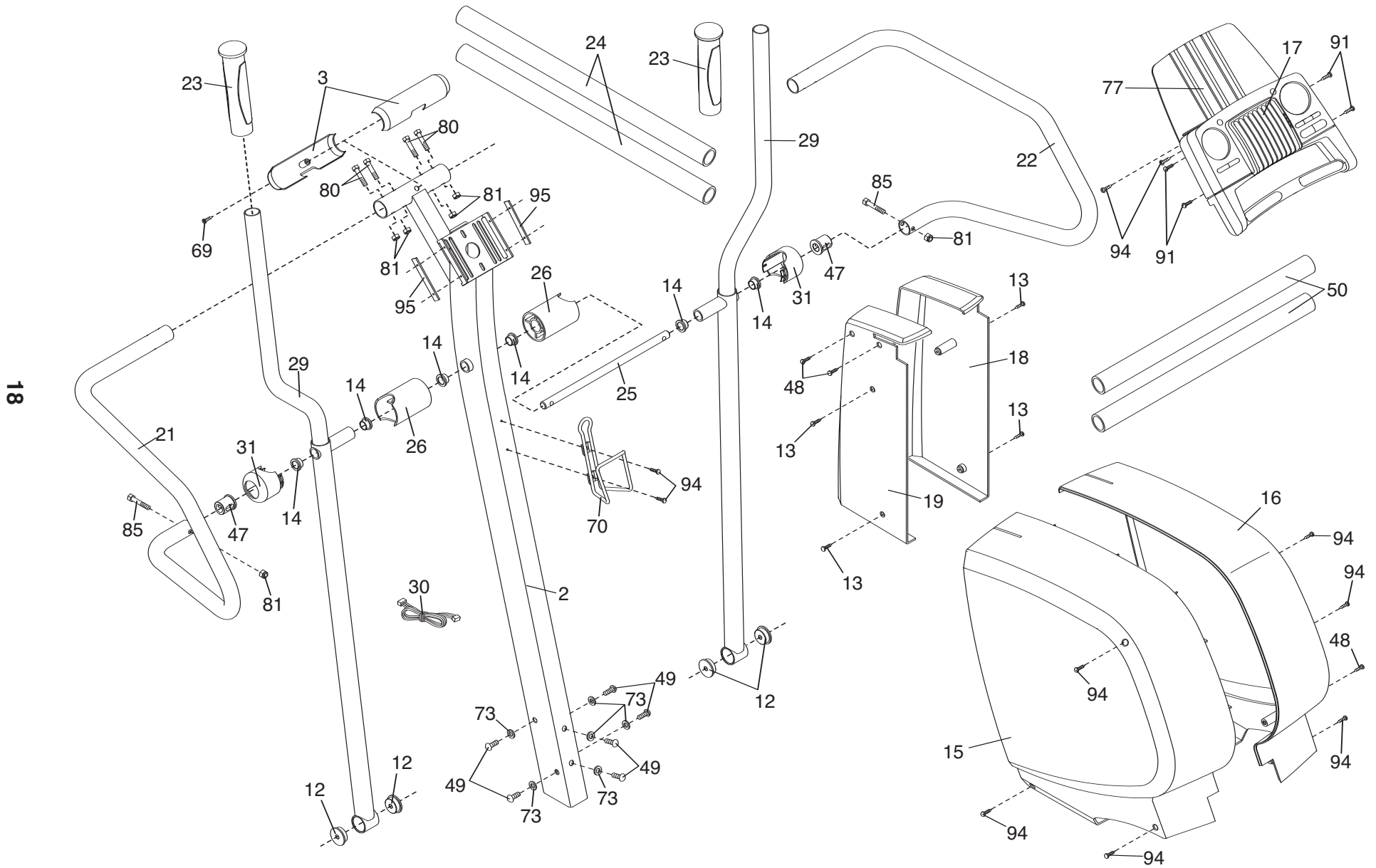
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	2	Handlebar Foam
2	1	Upright	51	4	Pedal Leg Bushing
3	1	Upright Cover	52	1	Resistance Motor
4	1	Left Pedal Leg	53	1	Reed Switch Bracket
5	1	Right Pedal Leg	54	1	Clamp
6	1	Rear Stabilizer	55	1	Reed Switch/Wire
7	1	Rear Stabilizer Cover	56	1	Return Spring
8	1	Front Stabilizer	57	1	Pillow Block Set
9	2	Front Stabilizer Endcap	58	1	Resistance Cable Assembly
10	1	Left Pedal	59	5	M6 x 10mm Button Screw
11	1	Right Pedal	60	1	Snap Ring
12	4	Upper Body Arm Bushing	61	1	Idler Pulley Bracket
13	6	M4 x 19mm Round Head Screw	62	1	M5 x 12mm Screw
14	6	Upper Body Arm Bushing	63	2	Wave Washer
15	1	Left Side Shield	64	1	Support Plate
16	1	Right Side Shield	65	2	Bolt Set
17	1	Console	66	3	M8 Washer
18	1	Right Flywheel Cover	67	2	M10 x 60mm Button Bolt
19	1	Left Flywheel Cover	68	1	Magnet Bracket Bolt
20	2	M10 Washer	69	1	M4 x 16mm Round Head Screw
21	1	Left Handlebar	70	1	Water Bottle Holder
22	1	Right Handlebar	71	1	M6 x 25mm Bolt
23	2	Upper Body Arm Endcap	72	2	Adjustment Knob
24	2	Upper Body Arm Foam	73	6	M10 Split Washer
25	1	Pivot Axle	74	1	M8 x 42mm Button Screw
26	2	Upper Body Arm Cover	75	2	M6 Nut
27	1	Frame Cover	76	1	Right Crank Arm
28	2	M8 Small Washer	77	1	Book Rack
29	2	Upper Body Arm	78	4	M5 x 16mm Bolt
30	1	Upper Wire Harness	79	4	M5 Washer
31	2	Handlebar Cover	80	6	M8 x 41mm Button Bolt
32	1	“C” Magnet	81	6	M8 Jam Nut
33	1	Crank Spacer	82	2	5/16” x 25mm Flange Screw
34	1	Left Crank Arm	83	2	M10 x 55mm Carriage Bolt
35	4	23mm Pulley Spacer	84	4	M8 x 44mm Button Screw
36	1	Flywheel	85	2	M8 x 38mm Button Bolt
37	1	Magnet	86	4	M5 Nylon Locknut
38	1	Pulley	87	4	M4 x 38mm Screw
39	1	Belt	88	1	M8 Nylon Locknut
40	2	Wheel	89	4	M10 Nylon Locknut
41	2	M8 x 19mm Patch Screw	90	2	M10 x 90mm Carriage Bolt
42	1	Lower Wire Harness	91	8	M4 x 19mm Screw
43	1	Crank	92	2	Large Snap Ring
44	2	Bearing Block Set	93	2	M8 x 52mm Button Screw
45	1	Idler	94	12	M4 x 16mm Screw
46	2	Foot	95	2	Console Bracket
47	2	Handlebar Bushing	#	1	Grease Packet
48	3	M4 x 25mm Tek Screw	#	1	Allen Wrench
49	6	M10 x 20mm Button Screw	#	1	User’s Manual

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.

# EXPLODED DRAWING A—Model No. PFEL5055.0

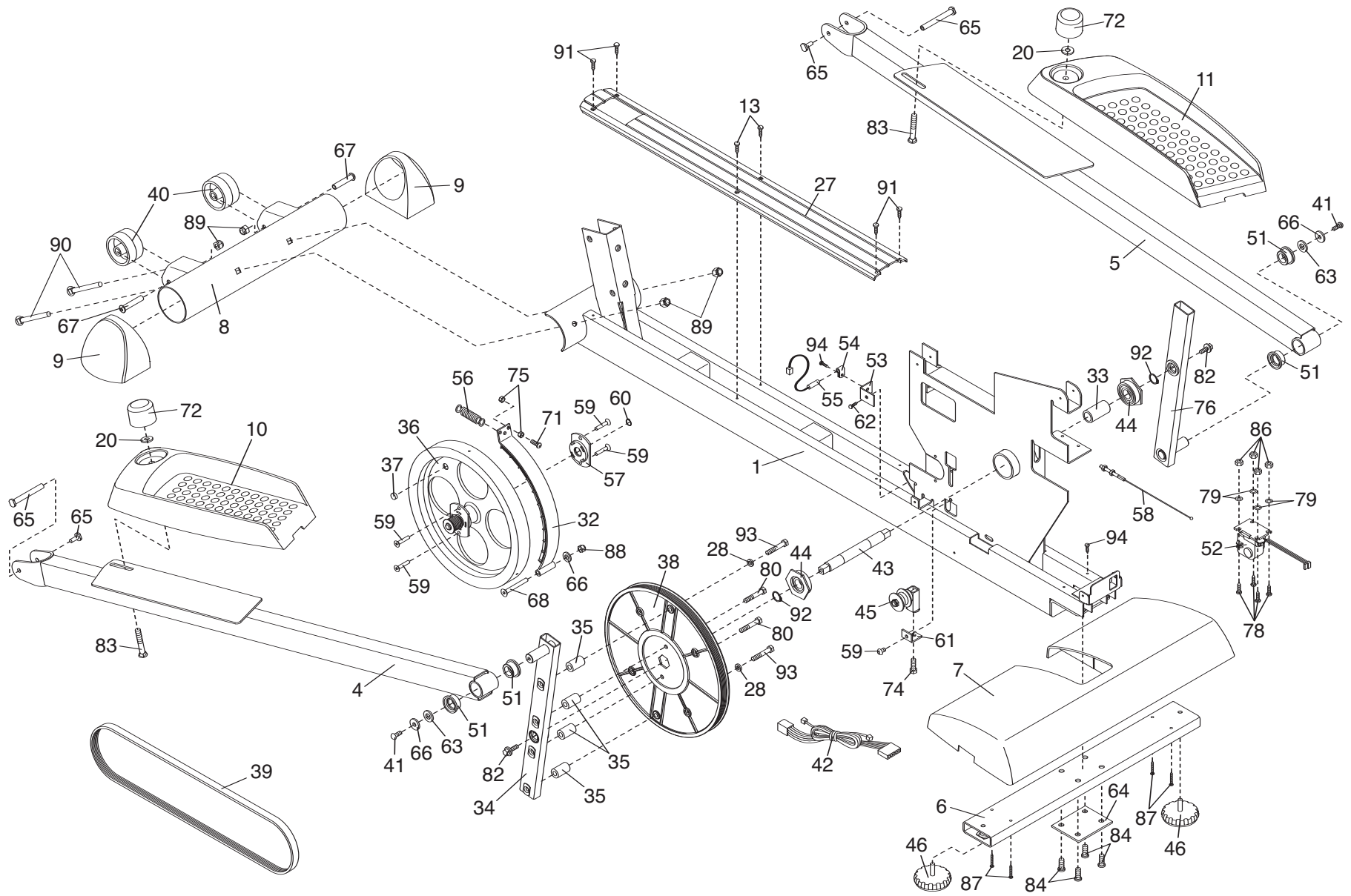
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# EXPLODED DRAWING B—Model No. PFEL5055.0

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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information when calling:

- the MODEL NUMBER of the product (PFEL5055.0)
- the NAME of the product (PROFORM 835 S 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 17 to 19)

PROFORM is a registered trademark of ICON IP, Inc.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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