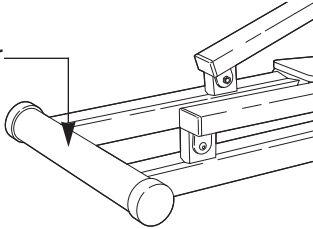


PRO·FORM[®]

Model No. PFEL25070

Serial No. _____

Serial
Number
Decal



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST

Patent Pending

CAUTION

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

PRO·FORM

L.E.X.

Low-Impact Elliptical CrossTrainer



USER'S MANUAL



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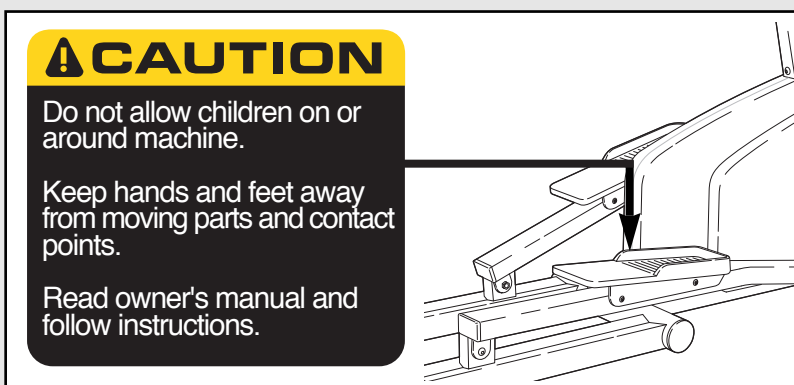
IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® L.E.X..

1. Read all instructions in this manual before using the L.E.X.. Use the L.E.X. only as described.
2. It is the responsibility of the owner to ensure that all users of the L.E.X. are adequately informed of all precautions.
3. Place the L.E.X. on a level surface, with a mat beneath it to protect the floor or carpet. Keep the L.E.X. indoors, away from moisture and dust.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the L.E.X. at all times.
6. The L.E.X. should not be used by persons weighing more than 250 pounds.
7. Always pin the handlebars in the stationary position and hold the handlebars when mounting and dismounting the L.E.X.. Always step onto and off the pedal that is in the lowest position.
8. Wear appropriate clothing when exercising on the L.E.X.. Always wear athletic shoes for foot protection.
9. Each time you stop exercising on the L.E.X., allow the pedals to slowly come to a stop.
10. Always keep your back straight when using the L.E.X.. Do not arch your back.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. The L.E.X. is intended for in-home use only. Do not use the L.E.X. in any commercial, rental, or institutional setting.

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.

The decal shown at the right has been placed on the L.E.X. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.



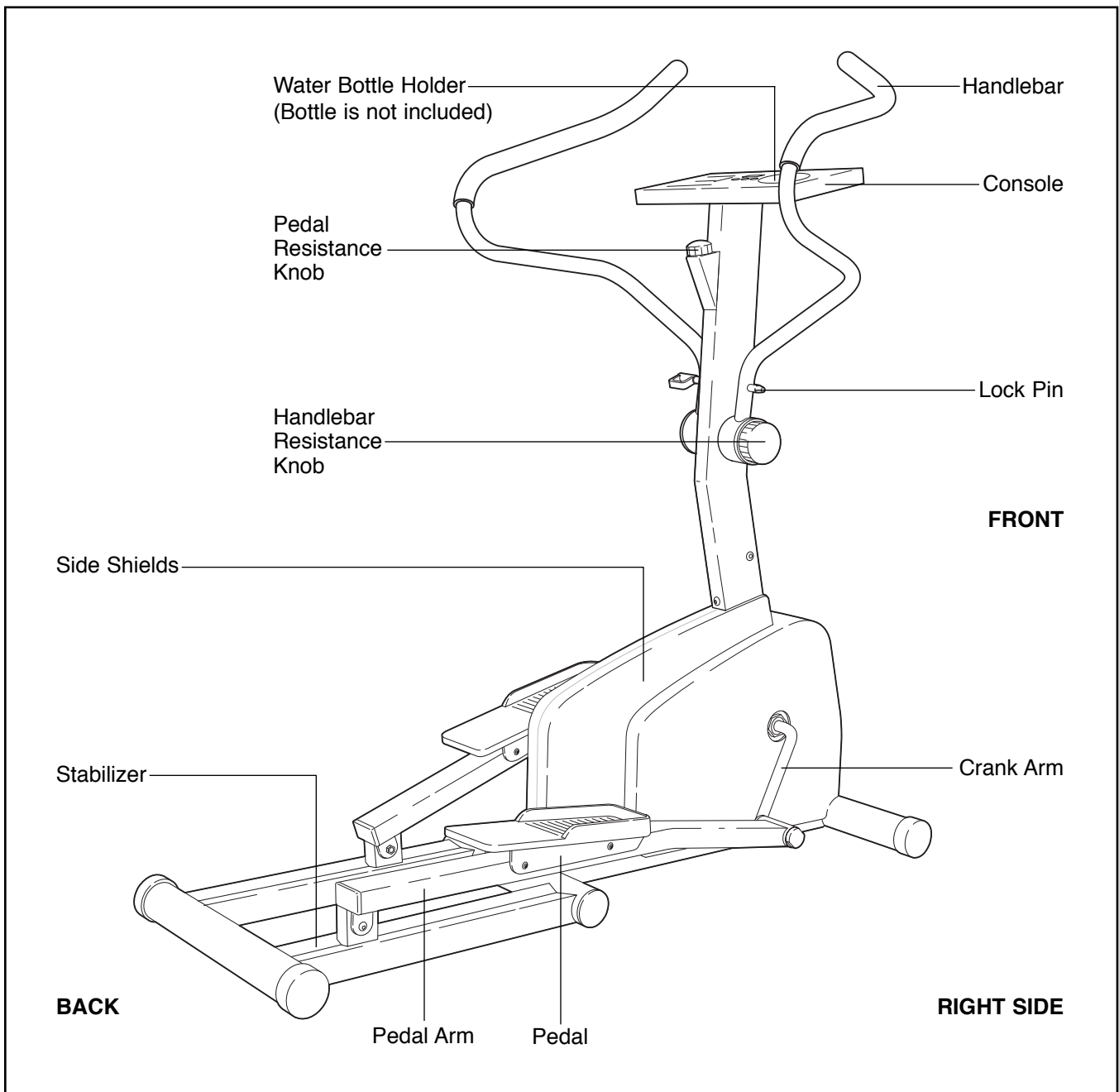
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PROFORM® L.E.X. low-impact elliptical crosstrainer. The L.E.X. is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact to your knees and ankles. And the unique L.E.X. features adjustable resistance, dual-motion handlebars, and a multi-mode exercise monitor to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

For your benefit, read this manual carefully before you use the PROFORM® L.E.X.. If you have ques-

tions after reading the manual, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFEL25070. The serial number can be found on a decal attached to the L.E.X. (see the front cover of this manual for the location of the decal).

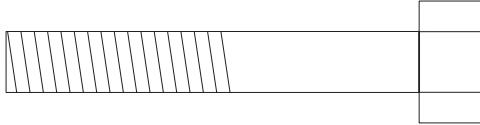
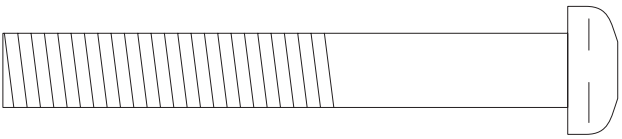
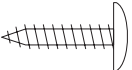
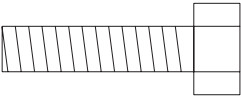
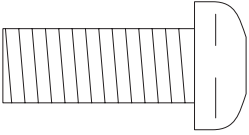
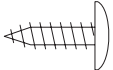
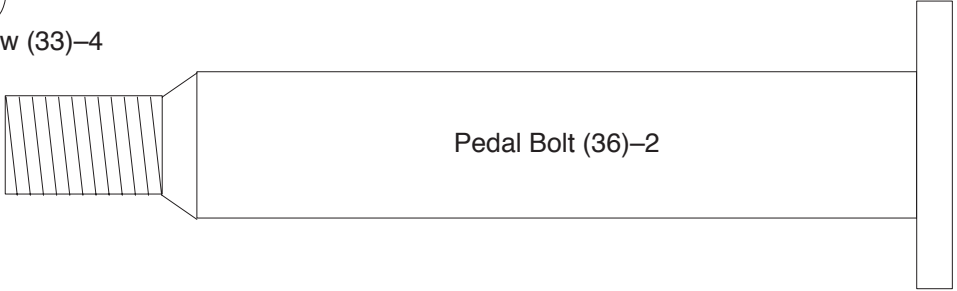
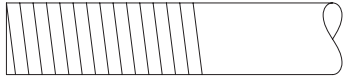

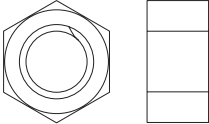
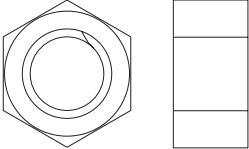
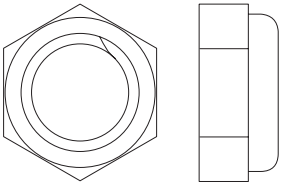
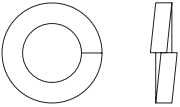
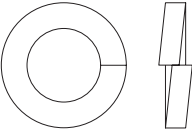
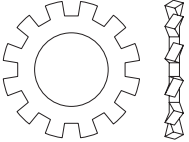
Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART



Use the chart below to identify the small parts used in assembly. The number in parenthesis below each part is the key number of the part, from the PART LIST on page 14. The number after the dash indicates the

quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**

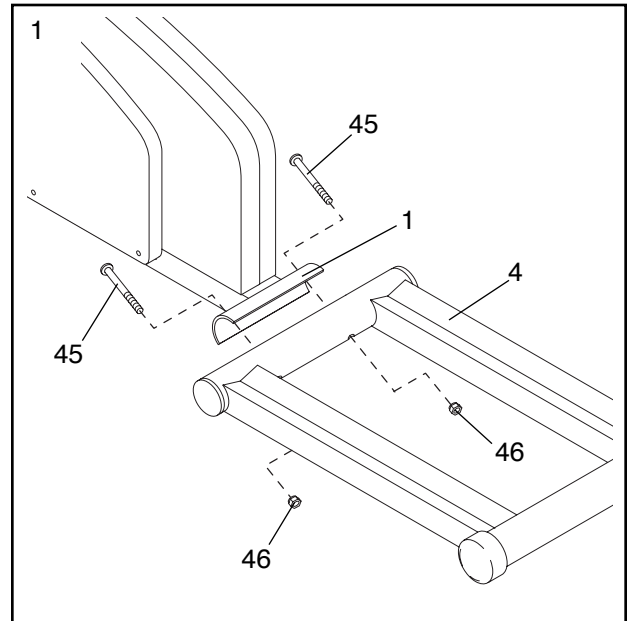
		
M8 x 55mm Hex Head Bolt (63)–2	M10 x 75mm Button Head Bolt (45)–2	
		
M4 x 16mm Screw (51)–6	M6 x 1" Hex Head Screw (27)–2	M10 x 25mm Button Head Screw (25)–3
		
M5x 12mm Screw (33)–4	Pedal Bolt (36)–2	
		
	M10 x 150mm Carriage Bolt (32)–1	
		
M8 Nylon Locknut (64)–2	M10 Nylon Locknut (46)–2	1/2" Nylon Locknut (37)–2
		
1/4" Split Washer (62)–2	M10 Split Washer (69)–3	Star Washer (29)–1

ASSEMBLY

Place all parts of the PROFORM® L.E.X. in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

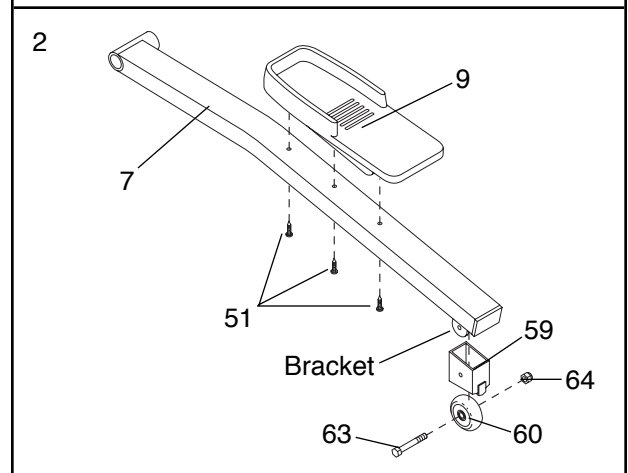
In addition to the included allen wrench and flat wrench, a phillips screwdriver  and two adjustable wrenches  are required for assembly.

1. Position the Stabilizer (4) against the saddle on the Frame (1). Insert two M10 x 75mm Button Head Bolts (45) through the Frame and the Stabilizer. Tighten M10 Nylon Locknuts (46) onto the Button Head Bolts.



2. Attach a Pedal (9) to the Left Pedal Arm (7) with three M4 x 16mm Screws (51).

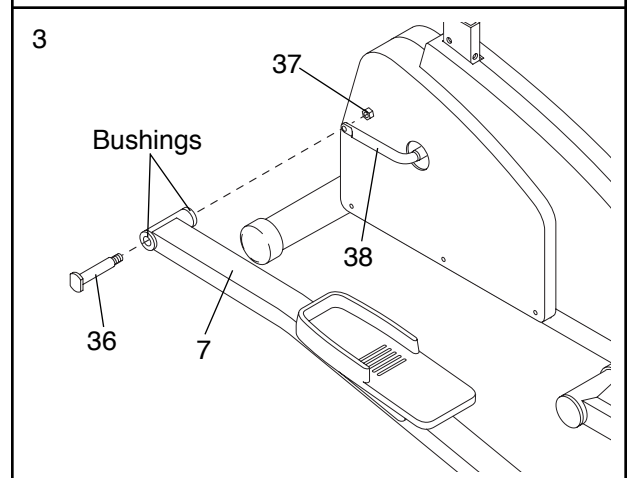
If there is not a Wheel (60) on the Left Pedal Arm (7), attach a Wheel in the following way: Place a Wheel inside of a Wheel Cover (59). Hold the Wheel and the Wheel Cover inside of the bracket on the Left Pedal Arm (7). Insert an M8 x 55mm Hex Head Bolt (63) through the bracket, Wheel Cover, and Wheel. Tighten an M8 Nylon Locknut (64) on the Hex Head Bolt.



Assemble the Right Pedal Arm (not shown) in the same way.

3. Insert a Pedal Bolt (36) through the bushings in the Left Pedal Arm (7). Using the included flat wrench, tighten the Pedal Bolt into the left arm of the Crank (38). **Next, back the Pedal Bolt out of the Crank half of a turn.** While holding the Pedal Bolt stationary, tighten a 1/2" Nylon Locknut (37) onto it.

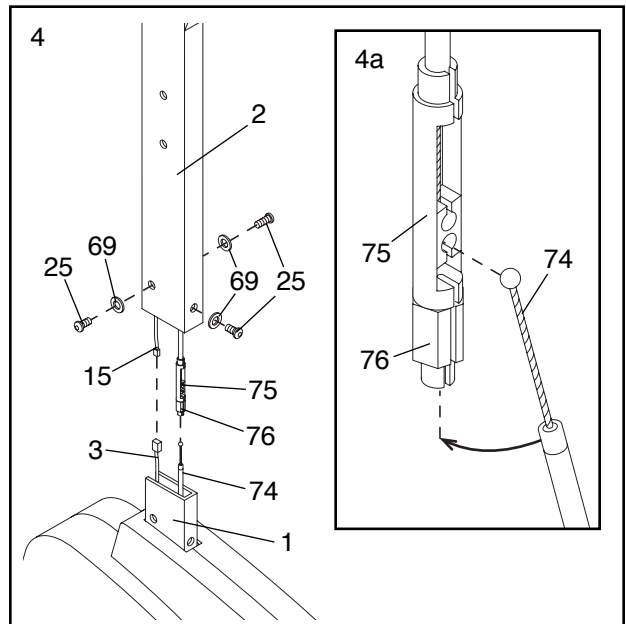
Attach the Right Pedal Arm (not shown) in the same way.



- Make sure that the Cable Connector Nut (76) is threaded all of the way onto the Cable Connector (75). Align the slot in the Cable Connector Nut with the slot in the Cable Connector. See drawing 4a. Insert the tip of the Lower Tension Cable (74) into the indicated opening. Pull down on the Lower Tension Cable and insert it into the Cable Connector Nut. Turn the Cable Connector Nut counterclockwise one to two turns until it is snug against the Lower Tension Cable.

Plug the Reed Switch Wire (3) into the Extension Wire (15).

Making sure not to pinch any of the wires or cables, slide the Upright (2) onto the Frame (1). Attach the Upright with three M10 x 25mm Button Head Screws (25) and three Split Washers (69).

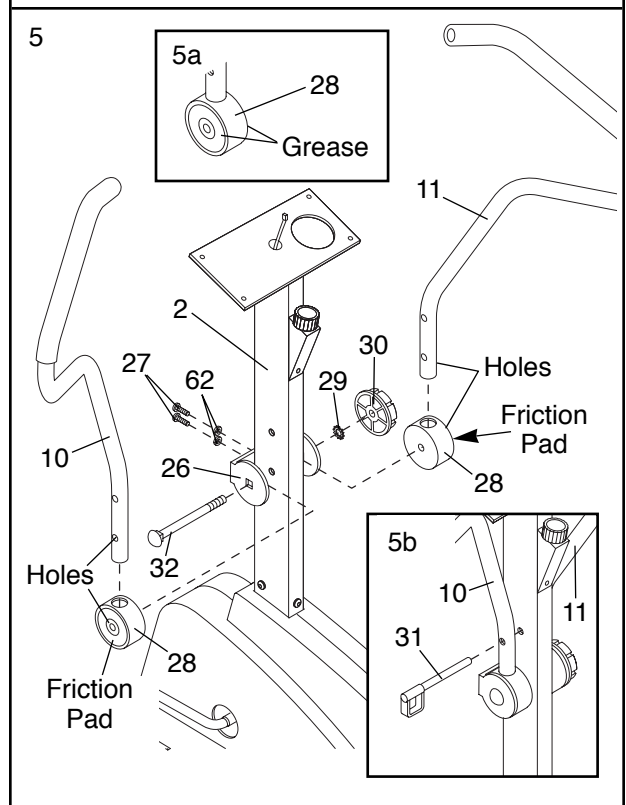


- Attach the Upright Bracket (26) to the Upright (2) with two M6 x 1" Hex Head Screws (27) and two 1/4" Split Washers (62). The square hole must be on the left side.

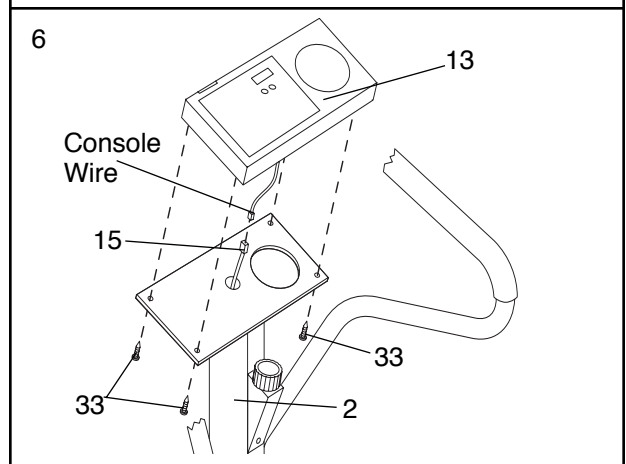
Push the Handlebar Caps (28) onto the lower ends of the Handlebars (10, 11). Align the indicated holes and make sure that the frictions pads are on the side shown. See drawing 5a. Apply a thin film of grease to both sides of the Handlebar Caps.

Hold the lower end of the Left Handlebar (10) inside of the Upright Bracket (26). Insert the M10 x 150mm Carriage Bolt (32) into the Upright Bracket and through the Left Handlebar. Hold the Right Handlebar (11) inside of the Upright Bracket. Insert the Carriage Bolt until the head of the Carriage Bolt is in the square hole in the Upright Bracket. Slide the Star Washer (29) onto the Carriage Bolt and tighten the Resistance Knob (30) onto the Carriage Bolt.

See drawing 5b. Align the holes in the Handlebars (10, 11) with the hole in the Upright (2). Insert the Lock Pin (31) through the Handlebars and the Upright. **Be careful not to damage the wires inside the Upright.**



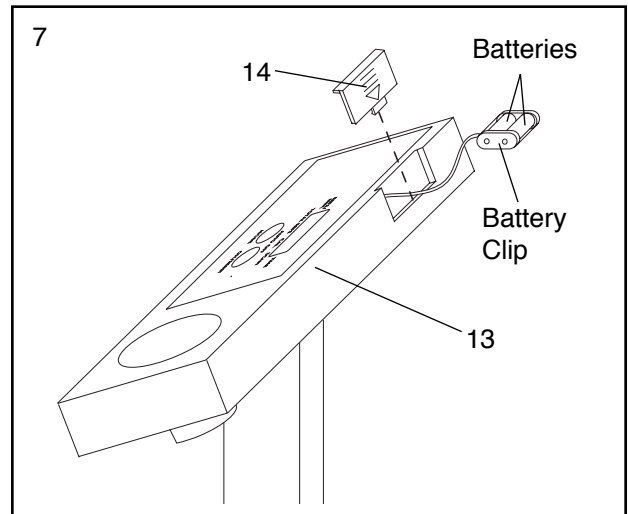
- Connect the console wire to the Extension Wire (15). Insert the Extension Wire and the console wire into the Upright (2). Attach the Console to the Upright with four M5 x 12mm Screws (33).



- The Console (13) requires two “AA” batteries (not included). Alkaline batteries are recommended.

To install batteries, first slide up the Battery Cover (14). Carefully remove the battery clip from the Console (13). Insert two batteries into the battery clip. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs.** Replace the battery clip and close the Battery Cover.

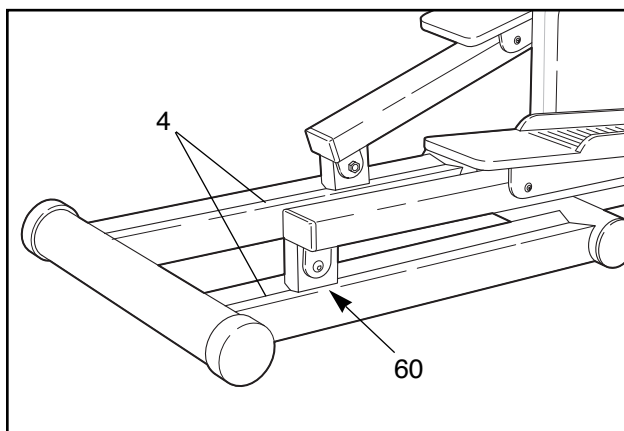
- Make sure that all parts of the L.E.X. are properly tightened.** Place a mat under the L.E.X. to protect the floor or carpet from damage.



MAINTENANCE

Inspect and tighten all parts of the L.E.X. regularly. Replace any worn parts immediately.

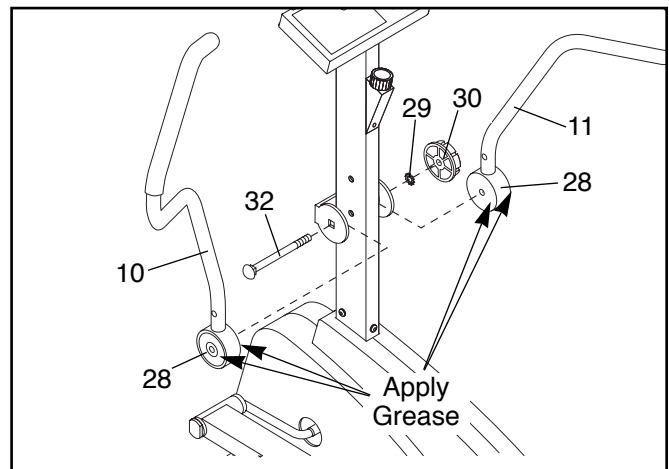
For continued smooth operation of the L.E.X., the Stabilizer (4) should be kept clean. Using a soft cloth and mild detergent, clean any dust and residue that may build up where the Wheels (60) move on the Stabilizer. Other components of the L.E.X. can also be cleaned in this manner.



IMPORTANT: Never use abrasives or solvents to clean the L.E.X.. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

LUBRICATING THE HANDLEBARS

If a squeaking sound is heard when the Handlebars (10, 11) are moved, a small amount of grease should be applied. Refer to the drawing below. Turn the Resistance Knob (30) counterclockwise and remove it. Remove the Star Washer (29). Using pliers, grip the head of the Carriage Bolt (32) and remove it. Apply a thin film of grease to both sides of the Handlebar Caps (28). Reattach all parts, making sure that they are in the positions shown.

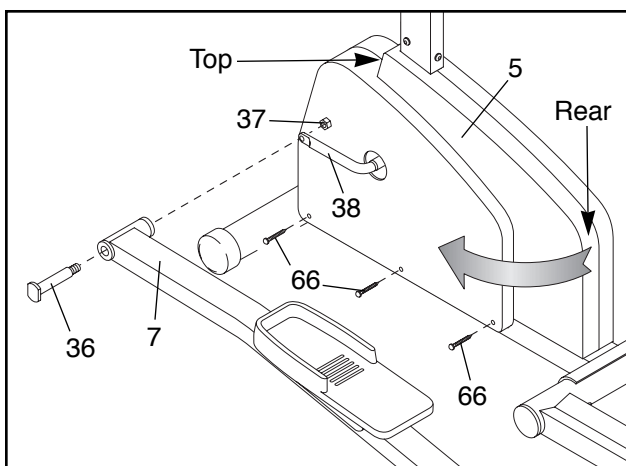


ELECTRONIC MONITOR TROUBLE-SHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 7 on page 8. In addition, make sure that the console wire is connected to the extension wire. See assembly step 6 on page 7.

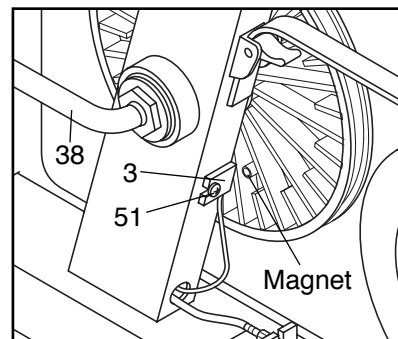
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the Left Side Shield (5) must be removed. Remove the 1/2" Nylon Locknut (37) from the Pedal Bolt (36). Turn the Pedal Bolt and remove it from the Crank (38); do not remove the Pedal Bolt from the Left Pedal Arm (7). Set the Left Pedal Arm aside.



Remove the three M4 x 38mm Screws (66) from the bottom of the Left Side Shield (5). Grasp both Side Shields at the top and gently pull them apart. Make sure that the arm of the Crank (38) is in the position shown in the drawing above. Hold the Left Side Shield at the rear and pull it gently away from the frame. Work the Left Side Shield forward off the arm of the Crank and remove it.

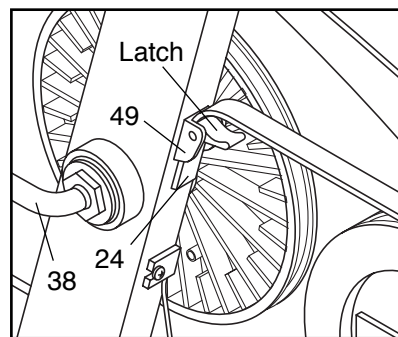
Next, locate the Reed Switch (3). Loosen, but do not remove, the M4 x 16mm Screw (51). Slide the Reed Switch slightly toward or away from the magnet on the pulley. Retighten the Screw. Turn the Crank (38) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield.



HOW TO ADJUST THE TENSION BELT

If the pedals do not have enough resistance, even when the pedal resistance knob is turned to the maximum setting, the Resistance Belt (24) may need to be adjusted. To adjust the Resistance Belt, the left side shield must be removed. Refer to the instructions at the left to remove the left side shield.

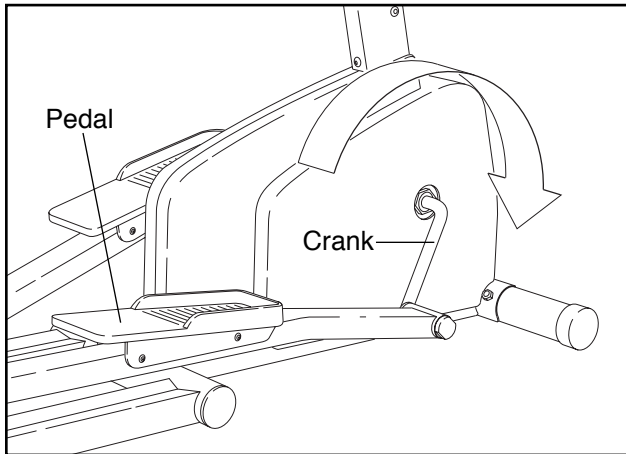
Next, turn the pedal resistance knob to its lowest setting. Locate and open the latch on the Resistance Belt Clamp (49). Grip the end of the Resistance Belt (24) and pull it down to remove any slack. While holding the end of the Tension Belt, close the latch on the Tension Belt Clamp. Turn the Crank (38) for a moment to make sure that there is not too much resistance. When the resistance strap is properly adjusted, reattach the left side shield.



HOW TO USE THE PROFORM® L.E.X.

HOW TO EXERCISE ON THE L.E.X.

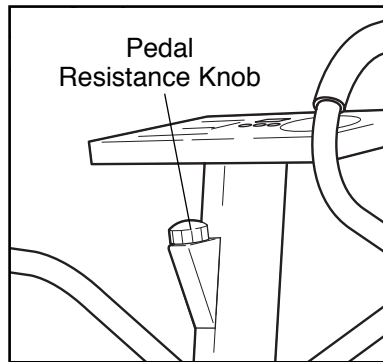
To mount the L.E.X., pin the handlebars in the stationary position, hold the handlebars, and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank can turn in either direction; it is recommended that you turn the crank in the direction shown below; however, to give variety to your exercise, you may choose to turn the crank in the opposite direction.**



To dismount the L.E.X., allow the pedals to slowly come to a stop. **CAUTION: The L.E.X. does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

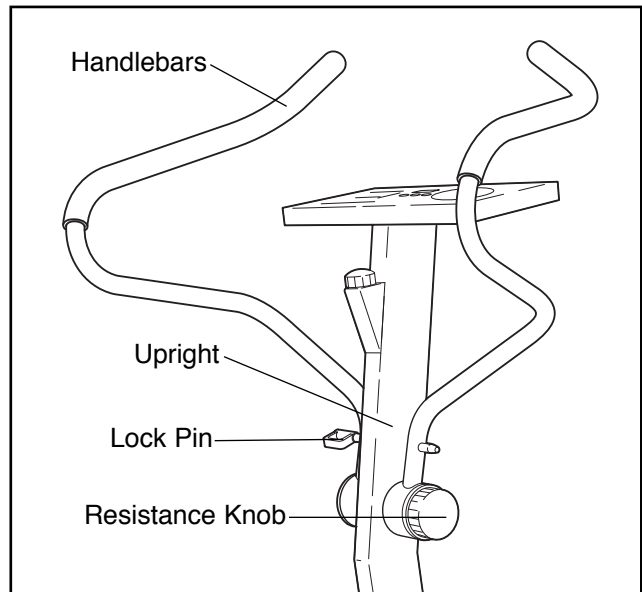
HOW TO ADJUST THE RESISTANCE OF THE PEDALS

As you exercise, you can adjust the resistance of the pedals with the resistance knob mounted on the upright. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.



HOW TO USE THE HANDLEBARS IN THE STATIONARY POSITION

To focus on lower-body exercise, the handlebars can be pinned in a stationary position. To do this, align the holes in the handlebars with the hole in the handlebar post. Next, insert the lock pin through the handlebars and the handlebar post (see the drawing below). **Note: If it is difficult to insert the lock pin, twist the handlebars slightly in order to align the holes; do not twist the handlebars too far or they may be damaged.** Next, tighten the resistance knob.

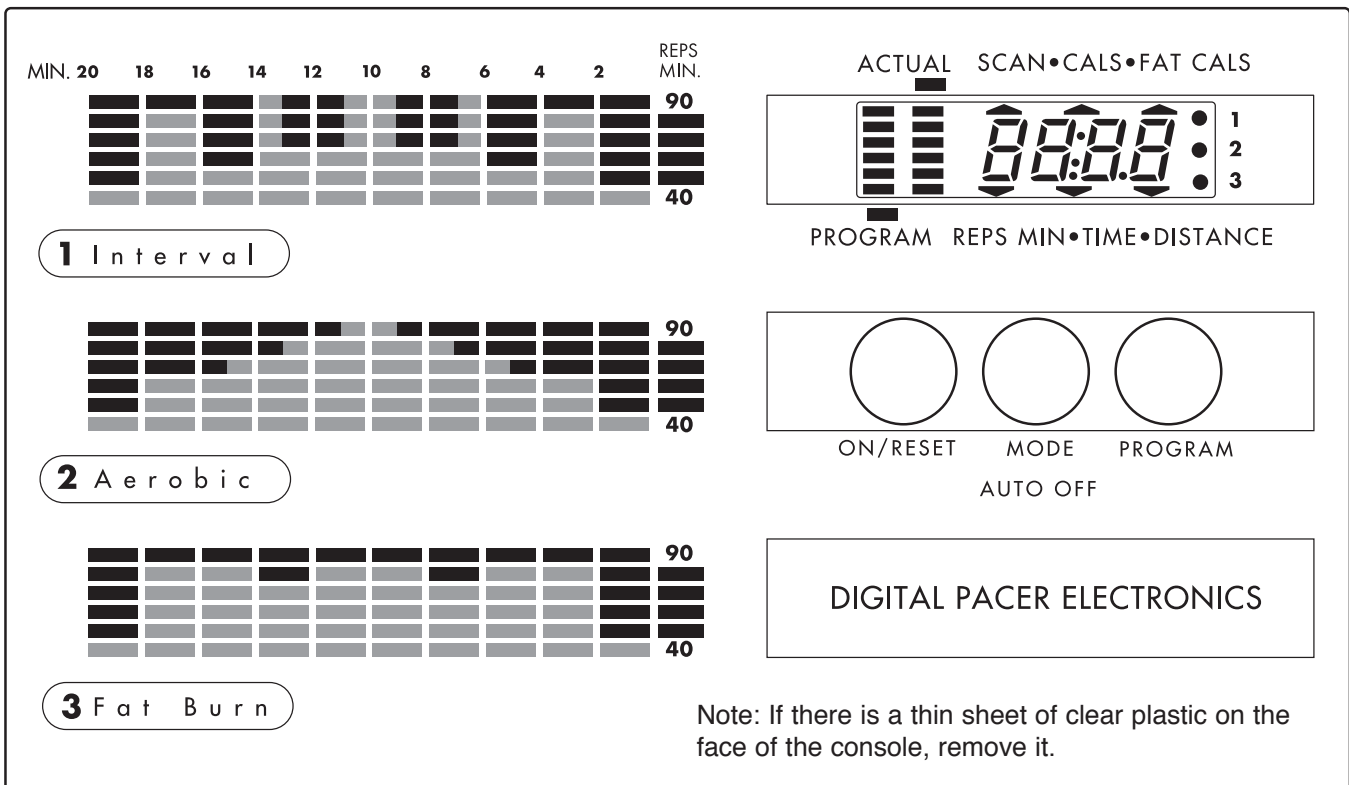


HOW TO USE THE HANDLEBARS IN THE DUAL-MOTION POSITION

To add upper-body exercise to your workout, remove the lock pin from the handlebars and the handlebar post (see the drawing above). **Keep the lock pin in a safe place.** The resistance of the handlebars can be adjusted with the resistance knob. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.

To exercise, move the handlebars forward and backward as you pedal. Be sure to keep your back straight and your knees bent slightly.

DIAGRAM OF THE CONSOLE

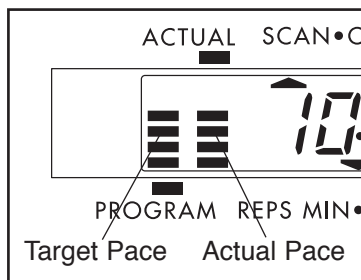


DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you achieve your exercise goals by pacing your exercise. The programs include a stamina-building Interval program, an Aerobic program, and a special Fat Burn program. Whether you select the manual mode or one of the pacer programs, the console will provide continuous exercise feedback during your workouts.

HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column will show a target pace; the right column will show your actual pace.



The target pace will change periodically during the program; as the target pace changes, simply adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**

The graphs on the left side of the console show how the target pace will change during the programs (see the drawing above). Each graph is divided into ten columns, with six bars in each column. The columns represent two-minute time periods, and the red bars show what the target pace will be. In the first column of the Fat Burn graph, for example, there is one red bar. This shows that during the first two minutes of the Fat Burn program, the target pace will be 40 repetitions (strides) per minute (see the scale at the right end of the graph). In the second column there are five red bars. This shows that during the second two-minute time period, the target pace will be 80 strides per minute. Note: Because there are ten two-minute periods, each program will last for twenty minutes.

DESCRIPTION OF THE MONITOR MODES

The six monitor modes provide continuous exercise feedback. The modes are described below.

- Reps per minute (REPS MIN)—This mode shows your pace, in repetitions (strides) per minute.
- Time—If you select one of the three pacer programs, this mode will count down the time remaining in the program. If you select the manual mode, this mode will count up the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause.

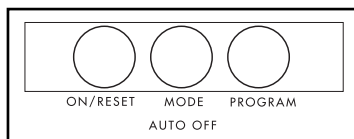
- Distance—This mode shows the total number of repetitions (strides) you have completed, up to 999. The display will then reset to zero and continue counting.
- Fat calories (FAT CALS)—This mode shows the approximate number of fat calories you have burned. (See BURNING FAT on page 13 for an explanation of fat calories.)
- Calories (CALC)—This mode shows the approximate number of calories you have burned. (This number includes both fat calories and carbohydrate calories. See BURNING FAT on page 13.)
- Scan—This mode displays the calories, fat calories, reps per minute, time, and distance modes, for five seconds each, in a repeating cycle.

STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, two “AA” batteries must be installed. (See assembly step 7 on page 8 for installation instructions.) Follow the steps below to operate the console.

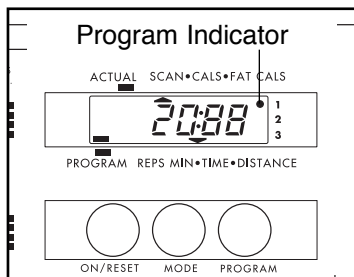
1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising on the L.E.X.. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for use. Note: If batteries were just installed, the power will already be on.



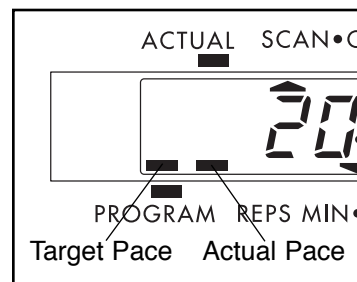
2 Select one of the three pacer programs or the manual mode

To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected. To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1 (Interval), program 2 (Aerobic), program 3 (Fat Burn), manual mode.



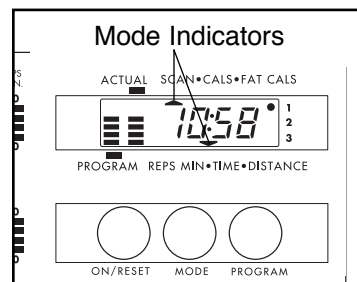
3 Begin your workout

If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, showing that the target pace is 40 strides per minute. The right column will show your actual pace. Adjust your pace until only one bar appears in the right column. As the program progresses, the target pace will change periodically; as the target pace changes, adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



4 Follow your progress with the monitor modes

When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If you select a different mode, you can select the scan mode again by repeatedly pressing the mode button.



If desired, you can select the reps per minute, time, distance, fat calories, or calories mode for full-time display. To select one of these modes, repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

If desired, the display can be reset by pressing the on/reset button.

5 Turn off the power

To turn off the power, simply wait for about four minutes. If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

WHY EXERCISE?

Exercise has proven essential for good health and well-being. Participation in a well-rounded exercise program helps to develop a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to handle stress, and greater self-esteem.

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. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140

Burning Fat

To burn fat effectively, you must exercise at the proper 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 does your body begin to use stored fat calories for energy. If your goal is to burn fat, it may be helpful to use the Fat Burn program to help you to reach your goal. (See pages 11 and 12.)

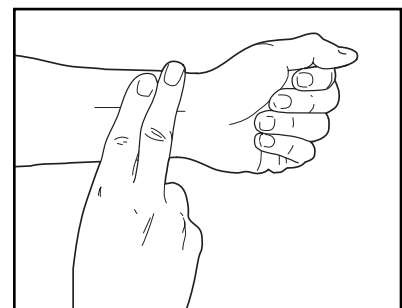
Aerobic Exercise

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 effective aerobic exercise, it may be helpful to use the Aerobic program to help you to reach your goal. (See pages 11 and 12.)

To develop greater stamina, you may choose the Interval program to help you to reach your goal. (See pages 11 and 12.)

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.



WORKOUT GUIDELINES

A proper workout includes the following parts:

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

A cardiovascular exercise period, including 20 to 30 minutes of exercise with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching helps to offset problems caused when you stop exercising suddenly. Stretching after exercise is also very effective for increasing flexibility.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 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. Find the best time of day for your workouts, and then stick with it.

PART LIST—Model No. PFEL25070

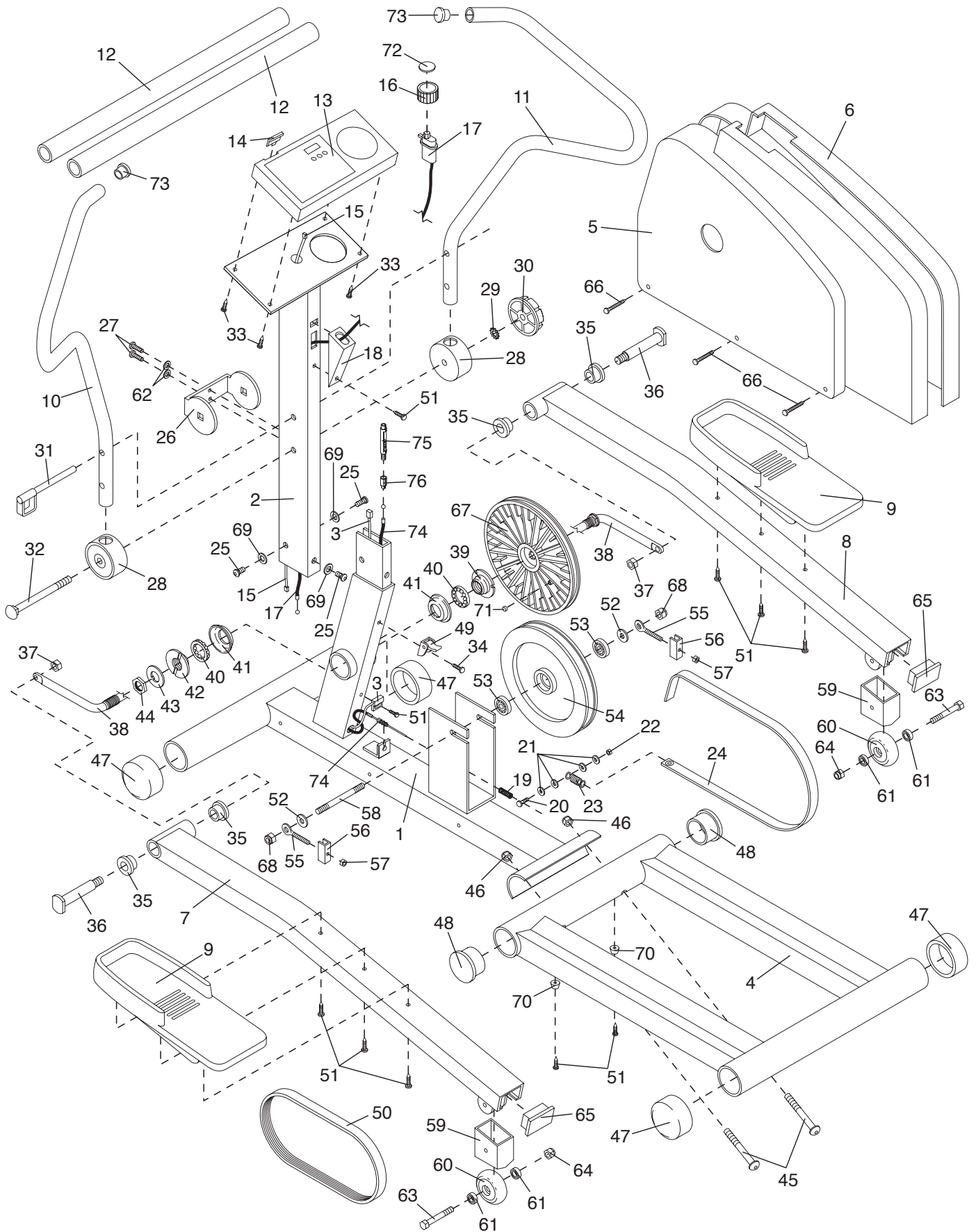
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	41	2	Bearing Cup
2	1	Upright	42	1	Crank Bearing Nut
3	1	Reed Switch Wire	43	1	Crank Washer
4	1	Stabilizer	44	1	Crank Nut
5	1	Left Side Shield	45	2	M10 x 75mm Button Head Bolt
6	1	Right Side Shield	46	2	M10 Nylon Locknut
7	1	Left Pedal Arm	47	4	Stabilizer Endcap
8	1	Right Pedal Arm	48	2	Stabilizer Inner Endcap
9	2	Pedal	49	1	Resistance Belt Clamp
10	1	Left Handlebar	50	1	Driver Belt
11	1	Right Handlebar	51	10	M4 x 16mm Screw
12	2	Foam Handgrip	52	2	Flywheel Spacer
13	1	Console	53	2	Flywheel Bearing
14	1	Battery Cover	54	1	Flywheel
15	1	Extension Wire	55	2	Adjustment Screw
16	1	Pedal Resistance Knob	56	2	Adjustment Bracket
17	1	Upper Tension Control/Cable	57	2	Adjustment Nut
18	1	Tension Control Cover	58	1	Axle
19	1	Return Spring	59	2	Wheel Cover
20	1	Cable Clamp Screw	60	2	Wheel
21	4	Cable Clamp Washer	61	4	Wheel Bearing
22	1	Cable Clamp Nut	62	2	1/4" Split Washer
23	1	Tension Spring	63	2	M8 x 55mm Hex Head Bolt
24	1	Resistance Belt	64	2	M8 Nylon Locknut
25	3	M10 x 25mm Button Head Screw	65	2	Pedal Bar Endcap
26	1	Upright Bracket	66	6	M4 x 38mm Screw
27	2	M6 x 1" Hex Head Screw	67	1	Pulley
28	2	Handlebar Cap/Friction Pad	68	2	Axle Nut
29	1	Star Washer	69	3	M10 Split Washer
30	1	Handlebar Resistance Knob	70	2	Bumpers
31	1	Lock Pin	71	1	Magnet
32	1	M10 x 150mm Carriage Bolt	72	1	Knob Cover Decal
33	4	M5 x 12mm Screw	73	2	Handlebar Endcap
34	1	M4 x 16mm Flat Head Screw	74	1	Lower Tension Cable
35	4	Pedal Bar Bushing	75	1	Cable Connector
36	2	Pedal Bolt	76	1	Cable Connector Nut
37	2	1/2" Nylon Locknut	#	1	User's Manual
38	1	Crank	#	1	Allen Wrench
39	1	Triple Notch Bearing Nut	#	1	Flat Wrench
40	2	Crank Bearing			

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—Model No. PFEL25070

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HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (PFEL25070).
- The NAME of the product (PROFORM® L.E.X. low-impact elliptical crosstrainer).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

PROFORM is a registered trademark of ICON Health & Fitness, 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 ninety (90) days 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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. 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, to products used for commercial or rental purposes, or to products used as store displays. No other warranty beyond that specifically set forth above is authorized by ICON.

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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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