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ProForm 235 CSX

ProForm 235 CSX Recumbent Bike User Manual

Model: 235 CSX

INTRODUCTION

The ProForm 235 CSX Recumbent Bike is designed to provide an effective low-impact cardiovascular workout in a comfortable home environment. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise bike. It features an inertia-enhanced flywheel for a smooth pedal stroke, 18 resistance levels, and EKG grip pulse sensors for heart rate monitoring. Please read this manual thoroughly before using the product.

SAFETY INFORMATION

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the exercise bike. ProForm assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the exercise bike at all times.
- Place the exercise bike on a level surface with at least 0.6 m (2 ft.) of clearance around it.
- Inspect the exercise bike for worn or loose parts before each use. Tighten or replace any worn parts immediately.
- Wear appropriate exercise clothing and athletic shoes.
- The EKG grip pulse sensor is not a medical device. Accuracy may vary.
- Maximum user weight capacity: 275 pounds (125 kg).

ASSEMBLY INSTRUCTIONS

Detailed assembly instructions are included with your product packaging. Please refer to the separate assembly guide for step-by-step instructions and diagrams. Ensure all parts are present and undamaged before beginning assembly. Two people are recommended for assembly.

General Assembly Tips:

- Unpack all components and lay them out in an open area.
- Use the provided tools or your own appropriate tools for tightening fasteners.

- Do not overtighten bolts until instructed to do so.
- Ensure all connections are secure before use.

FEATURES

- **Inertia-Enhanced Flywheel:** Provides a smooth and consistent pedaling experience.
- **Large LCD Window Display:** Tracks essential workout metrics such as distance, cadence, and estimated calorie burn.
- **EKG Grip Pulse Sensor:** Allows for monitoring of estimated heart rate during workouts. *Note: Not a medical device, accuracy may vary.*
- **18 Resistance Levels:** Offers a wide range of intensity options for varied workouts. Features SMR Silent Magnetic Resistance for quiet operation.
- **Oversized Adjustable Seat:** Designed for comfort and lumbar support, allowing users to find an optimal seating position.
- **Water Bottle Holder:** Conveniently located for hydration during exercise.
- **Transport Wheels:** Facilitates easy movement and storage of the bike.



Image: Side view of the ProForm 235 CSX Recumbent Bike, showcasing its overall design and recumbent seating position.

OPERATING INSTRUCTIONS

1. Powering On the Console

The console can be powered by either an AC adapter (sold separately) or four D batteries. To turn on the console, simply begin pedaling or press any button. The display will activate and show your workout data.



Image: Close-up of the ProForm 235 CSX console, showing the LCD display and control buttons.

2. Adjusting the Seat

To adjust the seat position, locate the adjustment lever beneath the seat. Pull the lever to release the seat, then slide the seat forward or backward to your desired position. Release the lever to lock the seat in place. Ensure the seat is securely locked before beginning your workout.



Image: Detail of the red seat adjustment lever located under the seat of the recumbent bike.

3. Adjusting Resistance

The bike offers 18 levels of Silent Magnetic Resistance (SMR). Use the **+** and **-** buttons on the console to increase or decrease the resistance level. Higher numbers indicate greater resistance.



Image: Close-up of the console showing the resistance adjustment buttons and the water bottle holder.

4. Monitoring Heart Rate

To monitor your heart rate, firmly grasp the EKG grip pulse sensors on the handlebars. Hold the grips for approximately 15-20 seconds for an accurate reading to appear on the console display. Ensure your hands are clean and dry for optimal contact.



Image: Detail of the EKG grip pulse sensors integrated into the handlebars of the ProForm 235 CSX Recumbent Bike.

5. Using the Water Bottle Holder

A water bottle holder is conveniently located on the frame of the bike. Place your water bottle in the holder to stay hydrated during your workout.



Image: Close-up of the water bottle holder on the frame of the ProForm 235 CSX Recumbent Bike.

MAINTENANCE

Regular maintenance is crucial for optimal performance and longevity of your ProForm 235 CSX Recumbent Bike.

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts and bolts for tightness. Tighten as necessary.
- **Lubrication:** No lubrication is required for the internal magnetic resistance system.
- **Storage:** Store the bike in a dry, clean environment away from extreme temperatures and direct sunlight. Use the transport wheels to move the bike carefully.

TROUBLESHOOTING

Problem	Solution
Console does not power on.	Ensure batteries are correctly installed and not depleted, or that the AC adapter is properly connected (if used).
Resistance feels inconsistent or too easy/hard.	Verify that the resistance adjustment buttons are functioning. Check for any obstructions around the flywheel.

Problem	Solution
Heart rate reading is inaccurate or not displayed.	Ensure hands are firmly grasping both EKG sensors. Hands should be clean and dry. Avoid excessive movement during measurement.
Bike makes unusual noises.	Check all visible nuts and bolts for tightness. Ensure the bike is on a level surface. If noise persists, contact customer support.

SPECIFICATIONS

Brand: ProForm

Model Name: 235 CSX

Resistance Mechanism: Magnetic (SMR Silent Magnetic Resistance)

Number of Resistance Levels: 18

Maximum Weight Recommendation: 275 Pounds (125 kg)

Product Dimensions (D x W x H): 40" x 21" x 61" (101.6 cm x 53.34 cm x 154.94 cm)

Item Weight: 102 Pounds (46.27 kg)

Power Source: Electric (AC adapter, sold separately) or 4 D batteries

Special Features: Adjustable Seat, Grip Pulse Sensor, Water Bottle Holder, Transport Wheels

Recommended Uses: Indoor Cardio Training

Manufacturer: iFIT Health & Fitness

Part Number: PFEX52715

UPC: 043619976816



Image: Diagram showing the dimensions of the ProForm 235 CSX Recumbent Bike: 61 inches high, 21 inches wide, and 40 inches long.

WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or visit the official ProForm website. If you encounter any issues or require assistance, please contact ProForm customer support. Contact details can typically be found on the product packaging or the official brand website.

ProForm Official Website: www.proform.com

