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› ProForm Pro C10R Recumbent Bike User Manual

ProForm Pro C10R

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Model: Pro C10R (PFEX73921)

INTRODUCTION

The ProForm Pro C10R Recumbent Bike is designed to provide a comfortable yet intense cycling experience. This manual provides essential information for the setup, operation, maintenance, and troubleshooting of your ProForm Pro C10R Recumbent Bike. It features an inertia-enhanced flywheel for a smooth and quiet ride, a 10-inch smart HD touchscreen for interactive workouts with iFIT, and built-in transport wheels for easy relocation.



Image: User engaging with the ProForm Pro C10R Recumbent Bike.

SAFETY INFORMATION

- Read all instructions in this manual before using the equipment.
- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Place the equipment on a level surface with adequate clearance around it.
- Inspect the equipment for worn or loose parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- The maximum user weight capacity for this bike is 300 pounds.

SETUP AND ASSEMBLY

Your ProForm Pro C10R Recumbent Bike requires assembly. It is recommended to have two people for assembly. Follow the detailed assembly instructions provided in the separate assembly guide that came with your product. Ensure all parts are securely fastened before initial use.

Post-Assembly Steps:

1. **Power Connection:** Connect the power adapter to the bike and a suitable wall outlet.
2. **Stabilization:** Ensure the bike is stable on a flat surface. Adjust any leveling feet if necessary.
3. **Transport:** To move the bike, use the built-in transport wheels located at the front stabilizer. Tilt the bike and roll it to your desired location.



Image: The ProForm Pro C10R Recumbent Bike in a home setting.

OPERATING INSTRUCTIONS

1. Adjusting the Seat

The seat is adjustable to accommodate various user heights. Locate the adjustment lever or knob beneath the seat. Pull or turn it to slide the seat forward or backward until your legs have a slight bend at the knee when the pedal is at its furthest point. Release the lever/knob to lock the seat in position.

2. Using the 10-inch Smart HD Touchscreen

The integrated 10-inch smart HD touchscreen provides access to your iFIT membership workouts and displays your workout statistics. Power on the bike, and the screen will activate. Follow the on-screen prompts to log in to your iFIT account or create a new one. From the iFIT interface, you can select various trainer-led workouts, explore global destinations, and track your progress.

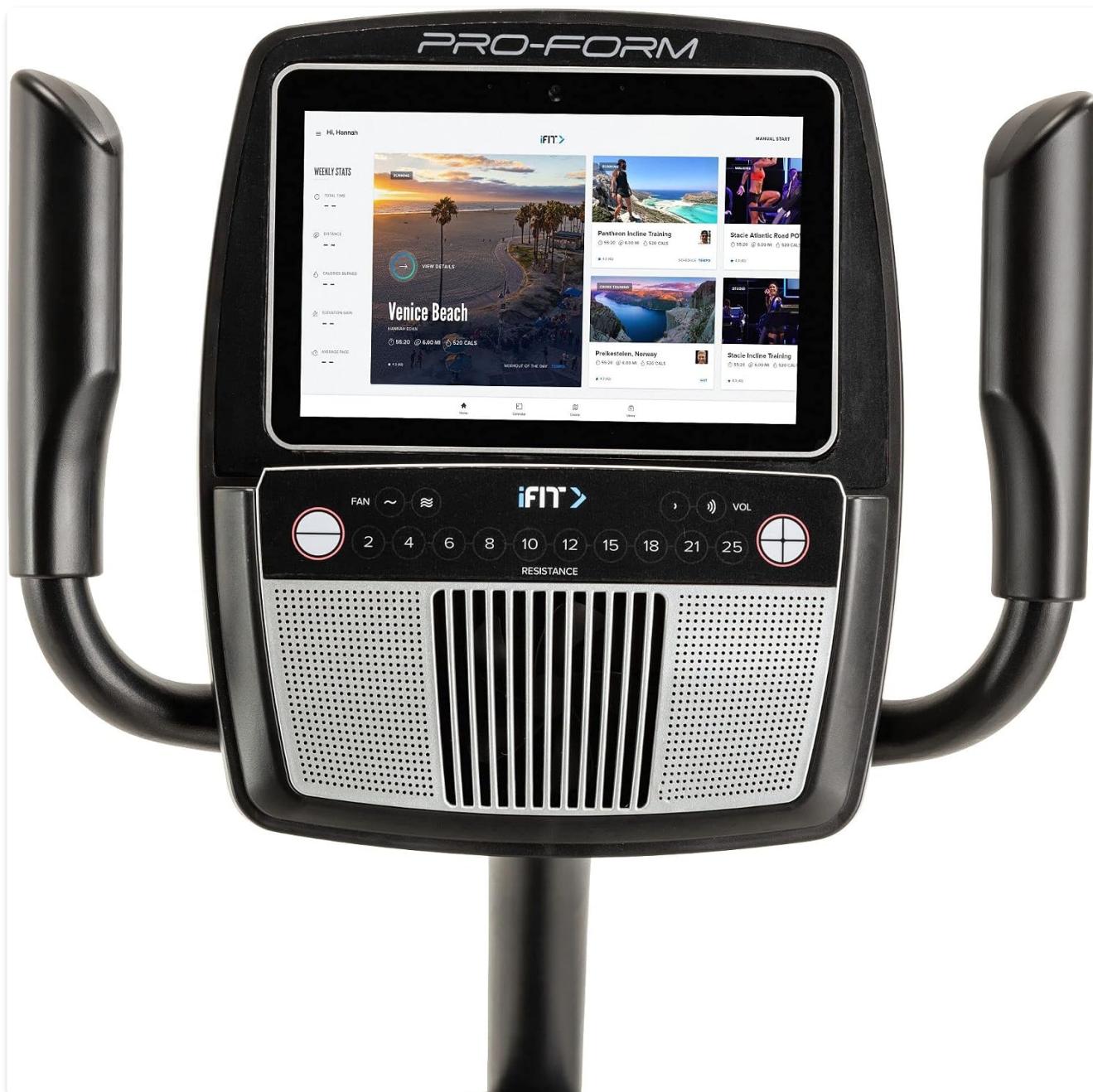


Image: Detailed view of the console and touchscreen.

3. Adjusting Resistance

The Pro C10R features 25 levels of magnetic resistance. During iFIT workouts, the resistance may automatically adjust based on the trainer's program. You can also manually adjust the resistance using the controls on the

console. Higher numbers indicate greater resistance.

4. Pedaling Technique

The bike is designed with a freewheel clutch to mimic an outdoor cycling experience, providing a smooth and natural circular motion. Maintain a consistent and controlled pedaling technique. Ensure your feet are securely placed in the pedals' straps.



Image: Close-up of the pedal mechanism.

MAINTENANCE

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts and nuts to ensure they are tight. Tighten any loose fasteners.
- **Lubrication:** No regular lubrication is required for the internal magnetic resistance system.
- **Storage:** Store the bike in a dry, climate-controlled environment away from direct sunlight.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike does not power on.	Power cord not connected; outlet issue.	Ensure power cord is securely plugged into the bike and a working wall outlet.

Problem	Possible Cause	Solution
Loud intermittent popping noise during pedaling.	Loose internal components; worn parts.	Stop using the bike immediately. Inspect for loose bolts or contact customer support for assistance.
Knees hit handlebars/screen.	Improper seat adjustment; user height.	Adjust the seat position as far back as comfortable. Note that the console/handlebar height is fixed.
Screen is slow to start or log miles.	Software issue; internet connectivity.	Ensure a stable internet connection for iFIT. Try restarting the console. Contact iFIT support if issues persist.

SPECIFICATIONS

Brand: ProForm
Model Name: Pro C10R
Model Number: PFEX73921
Resistance Mechanism: Magnetic
Number of Resistance Levels: 25
Display: 10-inch Smart HD Touchscreen
Maximum Weight Recommendation: 300 pounds
Special Features: Adjustable Seat, Transport Wheels
Power Source: Battery Powered (Console) / AC Adapter (Bike)
Material: Alloy Steel (Frame), Stainless Steel or Aluminum (Handle)
GTIN/UPC: 043619584189

WARRANTY AND SUPPORT

For specific warranty details, please refer to the warranty card included with your product or visit the official ProForm website. If you encounter any issues not covered in this manual or require technical assistance, please contact ProForm Customer Support. Have your model number (PFEX73921) and serial number ready when contacting support.

You can typically find support contact information on the ProForm website or within your iFIT account.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question