

ProForm U2.9

Proform Cadence U2.9 Exercise Bike User Manual

MODEL: U2.9

1. Introduction

This manual provides essential information for the safe and effective use of your Proform Cadence U2.9 Upright Exercise Bike. Designed for home workouts, this magnetic upright bicycle offers features such as heart rate monitoring, a stat monitor, and iFIT compatibility (membership sold separately). Please read this manual thoroughly before assembly and operation to ensure proper use and maintenance.



Figure 1: Proform Cadence U2.9 Exercise Bike

2. Important Safety Information

Before using this equipment, consult your physician. It is essential to understand all warnings and precautions. Keep children and pets away from the equipment. Place the exercise bike on a level surface with adequate clearance around it. Inspect the equipment for wear or damage before each use. Do not use if damaged. Maximum user weight capacity is 275 lbs (124.74 kg).

3. Package Contents

Please verify that all components are present before beginning assembly. Refer to the assembly diagram (not included in this document) for a complete list of parts. If any parts are missing or damaged, contact customer support.

4. Setup and Assembly

The Proform Cadence U2.9 is designed for easy assembly. Follow the detailed instructions provided in the separate assembly guide. Ensure all bolts and nuts are securely tightened before use. Once assembled, place the bike on a stable, level surface. The leveling feet can be adjusted to stabilize the stationary bike on various flooring types.



Figure 2: Exercise Bike with dimensions (89.54 x 140.34 x 57.77 cm)

5. Operating Instructions

5.1. Adjustable Seat

The oversized cushioned seat can be adjusted to find a comfortable riding position. Loosen the adjustment knob located beneath the seat post, slide the seat to the desired height, and then securely tighten the

knob.

5.2. Adjustable Bike Pedals

The pedals feature adjustable straps to comfortably secure your feet, preventing slippage during your workout. Adjust the straps to ensure a snug fit.

5.3. LCD Window Display

The large LCD display provides real-time workout statistics including heart rate, power output, and estimated calorie burn. Use the console buttons to navigate through different metrics.



Figure 3: User interacting with the console and tablet holder

5.4. Resistance Levels

The bike features 16 SMART digital resistance levels. Adjust the resistance to tailor your workout for speed, endurance, interval, or recovery training. The SMR Silent Magnetic Resistance technology ensures smooth and quiet operation.

5.5. EKG Grip Sensors

Integrated EKG grip sensors provide an estimated pulse reading. Hold the sensors on the handlebars to monitor your heart rate and stay within your target zone. Note: This is not a medical device, and accuracy may vary.

5.6. Adjustable Tablet Holder

An integrated tablet holder secures your smartphone or tablet (not included), allowing you to stream media or engage with iFIT workouts during your session. The holder adjusts to fit various device sizes.



Figure 4: Close-up of the console and adjustable tablet holder

5.7. iFIT Compatibility

The Proform Cadence U2.9 is compatible with iFIT personal training (membership sold separately). Connect your tablet or smartphone to access on-demand video workouts led by expert trainers. iFIT can auto-adjust the bike's resistance to simulate real-world terrains or match virtual studio classes.



Figure 5: User engaging in a workout on the exercise bike

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry, cool environment away from direct sunlight and extreme temperatures.

7. Troubleshooting

If you encounter issues with your Proform Cadence U2.9, refer to the following common solutions:

- **No Display/Power:** Ensure the power source is connected correctly (if applicable, for models with corded electric power). Check batteries in the console if it's battery-powered.

- **Resistance Issues:** Verify that the resistance adjustment knob is functioning correctly and not stuck. If using iFIT, ensure your device is properly connected and the app is controlling resistance as expected.
- **Unstable Bike:** Adjust the leveling feet located on the base of the bike to ensure all points are in contact with the floor.
- **Noise During Operation:** Check for any loose parts or obstructions. Ensure all assembly bolts are tightened.







For persistent issues, contact customer support.

8. Specifications

Model	U2.9
Product Dimensions (L x W x H)	89.54 x 57.77 x 140.34 cm
Item Weight	31.75 kg (70 lbs)
Maximum Weight Capacity	124.74 kg (275 lbs)
Resistance Mechanism	Magnetic (SMR Silent Magnetic Resistance)
Resistance Levels	16 SMART Digital Resistance Levels
Display Type	LCD
Metrics Displayed	Electrocardiogram (EKG), Heart Rate, Speed, Calorie Burn, Power Output
Special Features	Adjustable Footstrap, Adjustable Resistance Level, Adjustable Seat, Tablet Holder, Leveling Feet
Power Source	Corded Electric

9. Warranty and Support

For warranty information and customer support, please refer to the warranty card included with your product or visit the official ProForm website. Keep your proof of purchase for any warranty claims.

	<p>ProForm Sport CX Exercise Bike User Manual</p> <p>Comprehensive user manual for the ProForm Sport CX exercise bike, covering assembly, operation, maintenance, troubleshooting, and exercise guidelines. Includes safety precautions, part identification, and usage instructions.</p>
	<p>ProForm 235 CSX Exercise Bike User's Manual</p> <p>Comprehensive user's manual for the ProForm 235 CSX exercise bike, covering assembly, operation, maintenance, safety precautions, troubleshooting, and warranty information. Includes detailed instructions and guidelines for effective workouts.</p>
	<p>ProForm 975s Recumbent Exercise Bike User Manual</p> <p>This user manual provides comprehensive instructions for assembling, operating, and maintaining the ProForm 975s recumbent exercise bike. It includes safety precautions, workout guidelines, and troubleshooting tips.</p>
	<p>PROFORM 225 CSX Exercise Bike User's Manual</p> <p>Comprehensive user manual for the PROFORM 225 CSX exercise bike, covering assembly, operation, maintenance, and safety guidelines for optimal fitness.</p>
	<p>ProForm X-Bike Duo User's Manual</p> <p>Comprehensive user's manual for the ProForm X-Bike Duo exercise bike, covering assembly, operation, maintenance, troubleshooting, and exercise guidelines.</p>
	<p>ProForm 400 SPX User's Manual</p> <p>This user manual provides instructions for the ProForm 400 SPX exercise bike, covering assembly, usage, maintenance, and troubleshooting. It includes safety precautions and exercise guidelines.</p>

