

ProForm PFEX78918R

ProForm X Bike Folding Exercise Bike

USER MANUAL - MODEL PFEX78918R

1. Introduction

This manual provides essential information for the safe assembly, operation, and maintenance of your ProForm X Bike Folding Exercise Bike, Model PFEX78918R. Please read all instructions carefully before using the equipment. Retain this manual for future reference.

2. Important Safety Information

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before use. 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. This is especially important for individuals over age 35 or persons with pre-existing health problems.
- The exercise bike is intended for home use only. Do not use in any commercial, rental, or institutional setting.
- Keep children and pets away from the exercise bike at all times. The exercise bike is not a toy.
- Place the exercise bike on a level surface with at least 0.6 m (2 ft.) of clearance around it. Do not place the exercise bike on any surface that blocks air openings.
- Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could become caught in the exercise bike.
- The maximum user weight capacity for this exercise bike is 113.4 kg (250 lbs).
- Inspect and tighten all parts regularly. Replace any worn parts immediately.
- Always hold the handlebars when mounting or dismounting the exercise bike.
- Ensure the seat adjustment knob is securely tightened before each use.

3. Package Contents

Verify that all components are present before assembly. If any parts are missing or damaged, contact

customer support.

- Main Frame Assembly
- Stabilizer Bars (Front and Rear)
- Pedals (Left and Right)
- Seat and Seat Post
- Handlebar Assembly with Console
- Dumbbell Holder
- Two 2 lb Dumbbells
- Hardware Packet (bolts, washers, nuts, tools)

4. Assembly Instructions

Assembly typically takes 30-60 minutes. Two people are recommended for easier assembly.

1. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are tightly fastened.
2. **Attach Pedals:** Identify the left (L) and right (R) pedals. The left pedal tightens counter-clockwise, and the right pedal tightens clockwise. Thread them carefully into the crank arms and tighten securely with a wrench.
3. **Install Seat Post and Seat:** Insert the seat post into the main frame and secure it at the desired height using the adjustment knob. Attach the seat to the seat post.
4. **Attach Handlebar Assembly:** Connect the handlebar assembly to the main frame. Ensure all cables from the console are properly connected to the main frame wiring. Secure with bolts.
5. **Install Dumbbell Holder:** Attach the dumbbell holder to the rear of the seat post. Place the two 2 lb dumbbells into the holder.



Image: The ProForm X Bike fully assembled, showing the integrated dumbbell holder at the rear of the seat.

5. Operating Instructions

5.1 Adjusting the Seat

To adjust the seat height, loosen the adjustment knob located on the seat post. Raise or lower the seat to a comfortable position where your knees have a slight bend at the bottom of the pedal stroke. Tighten the knob securely before use.



Image: A person demonstrating how to adjust the seat height using the knob on the seat post.

5.2 Using the Console and Adjusting Resistance

The console displays your workout metrics. It typically requires batteries (not included) or a power adapter (if specified) to operate. Refer to the console's specific instructions for battery installation.



Image: A close-up view of the LCD console, displaying workout time, and the handlebars with EKG grip sensors.

- **Power On:** The console typically activates when you begin pedaling or press any button.
- **Display Metrics:** The LCD window shows mileage, speed, calorie burn, heart rate, and time. Use the 'DISPLAY' button to cycle through different metrics if available.
- **Adjusting Resistance:** Use the '+' and '-' buttons on the console to increase or decrease the magnetic resistance. There are 10 digital resistance levels.
- **EKG Grip Sensors:** To measure your heart rate, firmly grasp the metal sensors on the handlebars with both hands. Your heart rate will appear on the console after a few seconds.



Image: A user's hands gripping the EKG pulse sensors integrated into the handlebars for heart rate monitoring.

5.3 Using the Included Dumbbells

The ProForm X Bike includes two 2 lb dumbbells for upper-body exercises during your workout. They are stored in a holder behind the seat.



Image: A woman seated on the ProForm X Bike, performing upper body exercises with the included 2 lb dumbbells.

6. Folding and Storage

The ProForm X Bike features a folding design for convenient storage.

1. Ensure the area around the bike is clear.
2. Locate the folding pin or knob (refer to your specific model's diagram if available) on the main frame.
3. Pull or loosen the pin/knob and carefully fold the bike's frame inward until it locks into the folded position.
4. The bike can then be rolled using its transport wheels or stored upright against a wall.



Image: A woman standing beside the ProForm X Bike in its folded, space-saving configuration, demonstrating its compact storage.

7. Maintenance

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

- **Cleaning:** Wipe down the exercise bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are secure. Tighten any loose fasteners.
- **Pedals:** Ensure pedals are securely attached and spin freely.
- **Belt Drive:** The belt drive system is generally maintenance-free. Do not attempt to lubricate or adjust the belt.
- **Storage:** Store the exercise bike in a dry, temperate environment, away from direct sunlight and extreme temperatures.

8. Troubleshooting

Problem	Possible Cause	Solution
Console not displaying data	Low or dead batteries; Loose cable connection	Replace batteries; Check all console cable connections.
Resistance not changing	Console malfunction; Internal mechanism issue	Ensure console is powered on. If problem persists, contact customer support.
Bike is unstable or wobbles	Uneven surface; Loose stabilizer bolts	Move bike to a level surface; Tighten all bolts on stabilizer bars.
Pedals feel loose or make noise	Pedals not tightened correctly	Retighten pedals securely. Remember left pedal is reverse threaded.

9. Specifications

Feature	Specification
Model Number	PFEX78918R
Product Dimensions (L x W x H)	108 x 42 x 94 cm (42.5 x 16.5 x 37 inches)
Item Weight	18.1 kg (39.9 lbs)
Maximum User Weight	113.4 kg (250 lbs)
Resistance System	SMR Silent Magnetic Resistance
Resistance Levels	10 Digital Levels
Display Type	LCD
Metrics Displayed	Time, Speed, Distance, Calories, Heart Rate
Heart Rate Monitoring	EKG Grip Pulse Sensors
Included Accessories	Two 2 lb Dumbbells
Material	Stainless Steel
Drive System	Belt



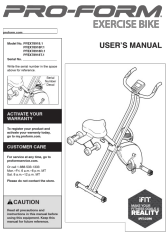





Image: A diagram illustrating the key dimensions of the ProForm X Bike: 108cm height, 94cm length, and 42cm width.

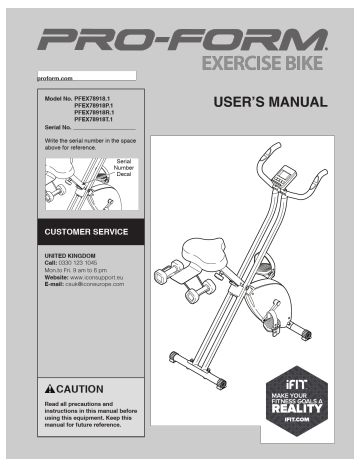
10. Warranty and Support

ProForm products are manufactured with high-quality materials and craftsmanship. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your product or visit the official ProForm website. For technical assistance, replacement parts, or customer service inquiries, please contact ProForm customer support through their official channels.

Online Support: www.proform.com/support

Phone Support: Refer to your warranty card or the ProForm website for regional contact numbers.

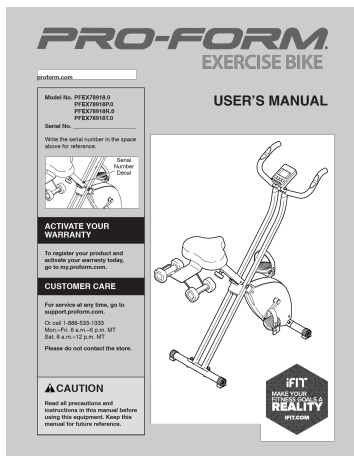
 <p>PRO-FORM EXERCISE BIKE USER'S MANUAL</p>	<p>ProForm Exercise Bike User's Manual - Assembly, Operation, and Maintenance</p> <p>Comprehensive user's manual for the ProForm Exercise Bike (Model PFEX78918 series), covering assembly, operation, maintenance, safety precautions, and exercise guidelines.</p>
 <p>PRO-FORM <i>SPORT CX</i> USER'S MANUAL</p>	<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 and warranty information.</p>
 <p>PRO-FORM 500 SPX USER'S MANUAL</p>	<p>ProForm 500 SPX Exercise Bike User Manual - Assembly, Operation, and Maintenance</p> <p>Comprehensive user manual for the ProForm 500 SPX exercise bike. Includes assembly instructions, operation guides, exercise guidelines, troubleshooting, parts list, and warranty information.</p>
 <p>PRO-FORM <i>le tour de france</i> CBC USER'S MANUAL</p>	<p>ProForm LE TOUR DE FRANCE CBC Exercise Bike User's Manual</p> <p>This user's manual provides comprehensive instructions for the ProForm LE TOUR DE FRANCE CBC exercise bike, covering assembly, operation, maintenance, troubleshooting, safety precautions, and warranty information.</p>
 <p>PRO-FORM 400 SPX USER'S MANUAL</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>
 <p>PRO-FORM <i>SPORT CX</i> USER'S MANUAL</p>	<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>



[ProForm Exercise Bike User Manual: Assembly, Operation, and Safety](#)

Comprehensive user manual for the ProForm exercise bike (models PFEX78918.1, PFEX78918P.1, PFEX78918R.1, PFEX78918T.1). Learn about assembly, operation, maintenance, and safety guidelines from ICON Health & Fitness.

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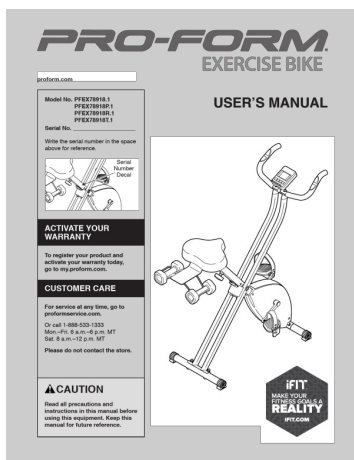
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proform.com Model No. PFEX78918.0 PFEX78918P.0 **PFEX78918R.0**

PFEX78918T.0 Serial No. Write the serial number in the space above for reference.

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[ProForm Exercise Bike User's Manual - Assembly, Operation, and Maintenance](#)

Comprehensive user's manual for the ProForm Exercise Bike (Model PFEX78918 series), covering assembly, operation, maintenance, safety precautions, and exercise guidelines.

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