

ProForm PFEX78918T

ProForm X Bike Folding Exercise Bike

Model: PFEX78918T

1. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. This is especially important for individuals over age 35 or persons with pre-existing health problems. Read all instructions before using the ProForm X Bike.

- Always place the exercise bike on a level surface.
- Keep children and pets away from the equipment during use.
- Inspect the bike for worn or loose parts before each use. Do not use if any components are damaged.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight capacity of 250 lbs (113.4 kg).
- Maintain a safe distance around the bike during operation.

2. SETUP AND ASSEMBLY

The ProForm X Bike is designed for easy assembly. Follow these steps to set up your exercise bike.

2.1 Unpacking

Carefully remove all components from the packaging. Place all parts on a clear, open area and ensure all items listed in the parts diagram (not provided here, refer to included manual) are present.

2.2 Assembly Steps

1. Attach the front and rear stabilizers to the main frame using the provided hardware.
2. Secure the pedals to the crank arms. Note that the left pedal (L) and right pedal (R) thread in opposite directions.
3. Install the seat post and seat. Adjust the seat height to your preference.
4. Attach the handlebars and the LCD monitor. Connect the sensor wires from the main frame to the monitor.

5. Insert batteries into the LCD monitor (batteries not included).



Figure 1: The ProForm X Bike shown in its compact, folded configuration, highlighting its space-saving design.



Figure 2: A woman demonstrates proper form while exercising on the ProForm X Bike, holding the included 2 lb dumbbells for an upper body workout.

3. OPERATING INSTRUCTIONS

Familiarize yourself with the functions of your ProForm X Bike for an effective workout.

3.1 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 leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely before use.



Figure 3: A hand adjusting the quick-release knob to modify the seat height of the ProForm X Bike for personalized comfort.

3.2 Using the LCD Monitor

The LCD monitor displays key workout metrics. Press the 'DISPLAY' button to cycle through different readings such as time, speed, distance, calories burned, and heart rate. The monitor automatically turns on when you begin pedaling or press a button.



Figure 4: A detailed view of the ProForm X Bike's LCD monitor, displaying workout metrics such as time, speed, distance, calories, and heart rate.

3.3 Heart Rate Monitoring (EKG Grip)

To measure your heart rate, firmly grasp the EKG grip sensors on the handlebars with both hands. Your heart rate will be displayed on the LCD monitor after a few seconds. Ensure your hands are clean and dry for accurate readings.

3.4 Adjusting Resistance Levels

The ProForm X Bike features 10 digital resistance levels. Turn the resistance knob located below the handlebars to increase or decrease the intensity of your workout. Higher numbers indicate greater resistance.

3.5 Using the Included Dumbbells

Two 2 lb dumbbells are included for upper body workouts. These can be stored in the integrated holder behind the seat. Incorporate them into your routine while cycling for a full-body exercise.



Figure 5: The two 2 lb dumbbells resting in their integrated storage holder on the back of the ProForm X Bike's seat post.

3.6 Folding and Storage

To fold the bike for storage, loosen the folding knob on the main frame and carefully fold the bike. Ensure it is securely latched in the folded position before moving. The integrated transport wheels allow for easy relocation.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your ProForm X 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 nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. No lubrication is required for the resistance mechanism.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. Utilize the folding feature for compact storage.

5. TROUBLESHOOTING

If you encounter issues with your ProForm X Bike, refer to the following common solutions.

- **LCD Monitor Not Displaying:**
 - Ensure batteries are correctly installed and not depleted. Replace if necessary.
 - Check that all sensor wires are securely connected to the monitor and the main frame.
- **No Resistance Change:**
 - Verify the resistance knob is functioning correctly and turning freely.
 - Ensure no obstructions are interfering with the magnetic resistance mechanism.
- **Unusual Noises (Clicking/Banging):**
 - Check all assembly bolts and nuts for tightness, especially around the pedals and crank arms.
 - Ensure the bike is on a stable, level surface.
 - Inspect pedals and straps for damage or misalignment.
- **Inaccurate Heart Rate Reading:**
 - Ensure hands are clean, dry, and firmly gripping both EKG sensors.
 - Avoid excessive movement during measurement.

If problems persist, contact customer support.

6. SPECIFICATIONS

Feature	Detail
Model Number	PFEX78918T
Product Dimensions (L x W x H)	108D x 42W x 94H Centimetres (42.5 x 16.5 x 37 inches)
Item Weight	18.6 kg (41 lbs)
Maximum User Weight	113.4 kg (250 lbs)
Resistance Mechanism	Magnetic (SMR Silent Magnetic Resistance)
Resistance Levels	10 Digital Levels
Display Type	LCD
Monitor Metrics	Calories Burned, Electrocardiogram, Heart Rate, Speed, Time
Special Features	Adjustable Footstrap, Adjustable Pedal, Adjustable Resistance Level, Adjustable Seat, Dual Function, Folding Design
Included Accessories	Two 2 lb Dumbbells
Material	Stainless Steel

Feature	Detail
Color	Teal

7. WARRANTY AND SUPPORT

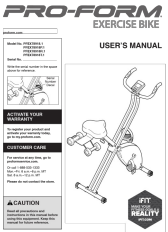


ProForm products are manufactured with quality and durability in mind. For specific warranty details, please refer to the warranty card included with your product or visit the official ProForm website.

7.1 Customer Support

If you have questions, require assistance with assembly, or need troubleshooting beyond this manual, please contact ProForm customer support:

- **Online Support:** Visit the official [ProForm Store on Amazon](#) or the main ProForm website.
- **Phone Support:** Refer to your product's warranty documentation for regional contact numbers.

Related Documents - PFEX78918T

 <p>The cover of the ProForm Exercise Bike User's Manual (Model PFEX78918 series) features the ProForm logo at the top. Below it, the title 'EXERCISE BIKE' is prominently displayed. The cover includes a small image of the exercise bike and a 'FIT & REALITY' logo at the bottom right. Text on the cover includes 'READ THE MANUAL', 'IMPORTANT SAFETY INFORMATION', and 'CAUTION'.</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>The cover of the ProForm Sport CX Exercise Bike User Manual features the ProForm logo at the top. Below it, the title 'SPORT CX' is prominently displayed. The cover includes a small image of the exercise bike and a 'FIT & REALITY' logo at the bottom right. Text on the cover includes 'READ THE MANUAL', 'IMPORTANT SAFETY INFORMATION', and 'CAUTION'.</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>
 <p>The cover of the ProForm 235 CSX Exercise Bike User's Manual features the ProForm logo at the top. Below it, the title '235 CSX' is prominently displayed. The cover includes a small image of the exercise bike and a 'FIT & REALITY' logo at the bottom right. Text on the cover includes 'READ THE MANUAL', 'IMPORTANT SAFETY INFORMATION', and 'CAUTION'.</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>

PRO-FORM 975s



[ProForm 975s Recumbent Exercise Bike User Manual](#)

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.

PRO-FORM SPORT CX



[ProForm Sport CX Exercise Bike User Manual](#)

Comprehensive user manual for the ProForm Sport CX exercise bike, covering assembly, operation, maintenance, troubleshooting, and exercise guidelines. Includes safety precautions and warranty information.

PRO-FORM 290 SPX



[ProForm 290 SPX Exercise Bike User Manual](#)

This user manual provides comprehensive instructions for the ProForm 290 SPX exercise bike, covering assembly, operation, adjustments, maintenance, parts list, and warranty information.