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› ProForm Sport Elliptical PFEL54925-INT User Manual

## ProForm PFEL54925-INT

# ProForm Sport Elliptical PFEL54925-INT User Manual

Model: PFEL54925-INT | Brand: ProForm

## IMPORTANT SAFETY INSTRUCTIONS

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Before using this elliptical trainer, please read all instructions carefully. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the elliptical on a level surface with adequate clearance around it.
- Wear appropriate exercise clothing and athletic shoes.
- Do not exceed the maximum user weight of 113 kg (250 lbs).
- Inspect the equipment for worn or loose parts before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Use the elliptical only for its intended purpose as described in this manual.

## PACKAGE CONTENTS

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Verify that all components are present before beginning assembly:

- Console

- User Manual (this document)
- Tool Kit
- Flywheel Assembly
- Main Frame Components
- Pedals and Arms
- Stabilizers

If any parts are missing or damaged, contact customer support immediately.

## SETUP AND ASSEMBLY

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Assembly typically requires two people. Follow the detailed instructions provided in the included assembly guide. The tool kit contains necessary wrenches and an Allen key. A Phillips head screwdriver (not included) may also be required.

1. **Unpacking:** Carefully remove all components from the packaging. Place them on a clear, level surface. Retain packaging materials until assembly is complete.
2. **Stabilizer Installation:** Attach the front and rear stabilizers to the main frame using the provided bolts and washers.
3. **Upright Assembly:** Secure the upright post to the main frame. Ensure all wiring connections are properly routed and connected as per the assembly guide.
4. **Pedal Arms and Pedals:** Attach the pedal arms to the flywheel mechanism and then secure the foot pedals to the pedal arms. Pay attention to left and right markings.
5. **Console Attachment:** Connect the console wiring to the upright post's wiring. Mount the console securely to the upright post.
6. **Final Check:** Before first use, ensure all bolts, nuts, and connections are tight and secure. Test the movement of the pedals and handlebars for smooth operation.

 Bluetooth® enabled speakers play your device's audio



Image: The ProForm Sport Elliptical fully assembled, illustrating its compact design and key structural components. Dimensions are approximately 150 cm (length) x 65 cm (width) x 156 cm (height).



Image: A user tilting the elliptical to engage the front transport wheels, demonstrating how to easily move the machine for storage or repositioning.

## OPERATING INSTRUCTIONS

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### Console Overview

The console features a 5-inch LCD display, resistance control buttons, and a device holder. It provides real-time workout data and allows for iFIT integration.



## WEIGHT LIMIT

113 kg



Image: Detailed view of the console, highlighting the 5-inch (12.7 cm) LCD display, resistance buttons (1-20), tablet holder, and integrated 2-inch (5 cm) Bluetooth enabled speakers.

### Adjusting Resistance

The ProForm Sport Elliptical features 20 levels of digital magnetic resistance. This Silent Magnetic Resistance (SMR) system provides a smooth and quiet workout.

- **Manual Adjustment:** Use the '+' and '-' buttons on the console to increase or decrease the resistance level during your workout.
- **Quick Resistance Buttons:** The console also features quick-select buttons (1-20) to jump directly to a desired resistance level.

### Using iFIT

The elliptical is designed for seamless integration with the iFIT platform, offering a personalized training experience.

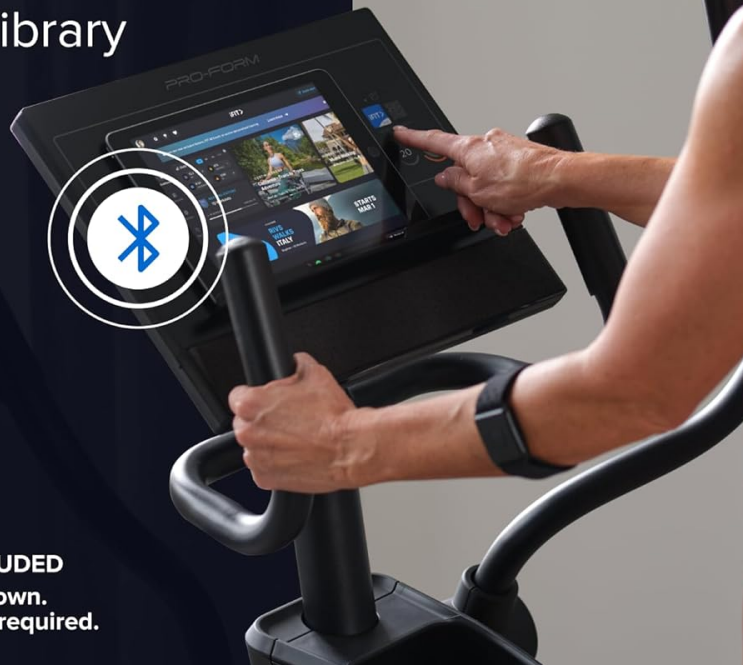
1. **Connect Your Device:** Place your smartphone or tablet on the integrated device holder. Connect your device to the elliptical via Bluetooth.
2. **iFIT App:** Download and open the iFIT app on your device. An iFIT membership is required to access the full library of workouts.
3. **Personalized Workouts:** iFIT offers over 10,000 on-demand workouts led by expert trainers. The

SmartAdjust™ technology automatically adjusts the elliptical's resistance to match the workout intensity and your fitness level.

**iFIT** 

## Connect your own device

to control your machine and enjoy an extensive workout library



**TABLET NOT INCLUDED**  
iFIT experience shown.  
Train membership required.

Image: A user connecting a tablet to the elliptical's console, demonstrating how to use a personal device to control the machine and access the iFIT workout library.

iFIT > Train Membership

**A SMART MACHINE THAT  
PERSONALIZES WORKOUTS TO  
YOUR FITNESS LEVEL – JUST  
CONNECT YOUR OWN DEVICE**



### Follow Trainer

Your machine automatically matches the intensity of the iFIT content and trainer.

### SmartAdjust™

The workout intensity is personalized to your fitness level based on the adjustments you make.

Image: An illustration detailing iFIT Train Membership benefits, including the 'Follow Trainer' feature where the machine adjusts to match trainer intensity, and 'SmartAdjust™' for personalized workout intensity based on fitness level.

## Bluetooth Connectivity

The elliptical's console includes Bluetooth-enabled speakers. You can connect your personal device to play audio directly through the elliptical's speakers.

- **Pairing:** Enable Bluetooth on your device. Search for the elliptical's Bluetooth name (usually "ProForm Elliptical" or similar) and pair.
- **Audio Playback:** Once paired, audio from your device will play through the elliptical's 2-inch (5 cm) speakers.

## MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your ProForm Sport Elliptical.

- **Cleaning:** Wipe down the elliptical after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners. Replace worn parts immediately.
- **Lubrication:** Refer to the detailed assembly guide for specific lubrication points and recommended lubricants, if any.
- **Storage:** Store the elliptical in a dry, clean environment away from extreme temperatures and direct sunlight.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Console does not power on.	Power adapter not connected; power outlet issue; console wiring loose.	Ensure power adapter is fully plugged into the elliptical and a working outlet. Check console wiring connections.
Elliptical makes noise during use.	Loose bolts or components; parts requiring lubrication; worn bearings.	Inspect and tighten all visible bolts and nuts. Refer to the assembly guide for lubrication points. If noise persists, contact customer support.
Resistance not changing.	Console malfunction; internal resistance mechanism issue.	Ensure console is properly connected. If using iFIT, check app connection. If problem persists, contact customer support.
Bluetooth audio not connecting.	Device Bluetooth off; elliptical not in pairing mode; interference.	Ensure Bluetooth is enabled on your device. Restart both device and elliptical. Try pairing again. Move closer to the elliptical.

## SPECIFICATIONS

<b>Model Name:</b>	ProForm Sport Elliptical
<b>Model Number:</b>	PFEL54925-INT
<b>Brand:</b>	ProForm
<b>Dimensions (L x W x H):</b>	150 cm x 65 cm x 156 cm (59.1 in x 25.6 in x 61.4 in)
<b>Item Weight:</b>	52.7 kg (116.2 lbs)
<b>Max User Weight:</b>	113 kg (250 lbs)
<b>Resistance Mechanism:</b>	Magnetic (Silent Magnetic Resistance - SMR)

<b>Resistance Levels:</b>	20 Digital Levels
<b>Stride Length:</b>	40.6 cm (16 inches)
<b>Display:</b>	5-inch LCD
<b>Connectivity:</b>	Bluetooth (for iFIT and audio)
<b>Included Components:</b>	Console, User Manual, Tool Kit, Flywheel

## WARRANTY INFORMATION

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Your ProForm Sport Elliptical is covered by the following warranty:

- **Frame:** 8 years contractual warranty (total 10 years).
- **Parts and Labor:** 2 years legal warranty.

*\*The extended frame warranty is valid only if the product registration is completed on <https://ifitsupport.eu/it/product-registration> within 28 days of product delivery.*

Please retain your proof of purchase for warranty claims.

## CUSTOMER SUPPORT

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For technical assistance, warranty claims, or to order replacement parts, please contact ProForm customer support.

Refer to the contact information provided with your purchase or visit the official ProForm website for support details in your region.

When contacting support, please have your model number (PFEL54925-INT) and serial number ready.