

PRO-FORM[®]

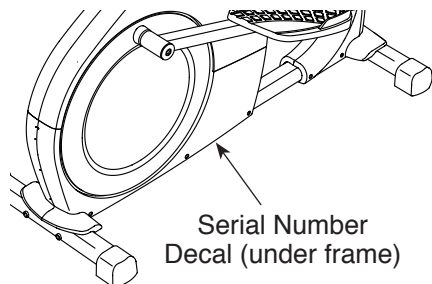
7.0 RE

www.proform.com

Model No. PFEL03712.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

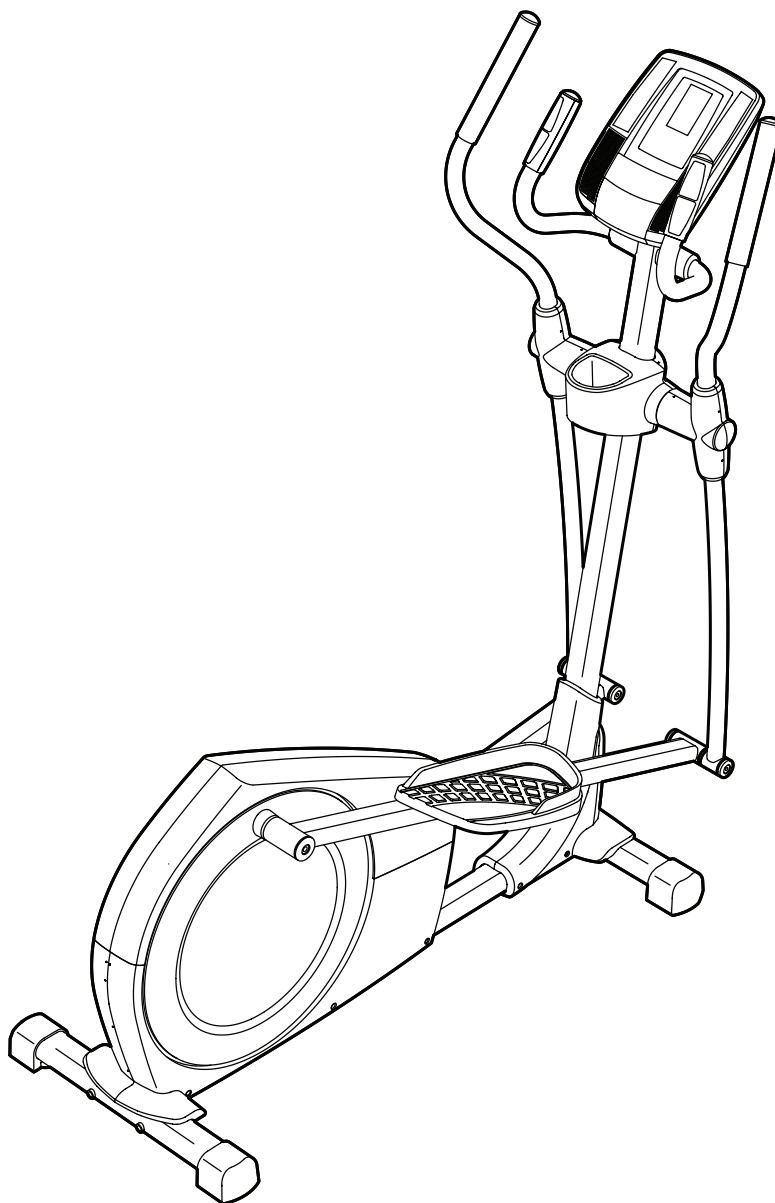
1-888-533-1333

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.proformservice.com



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

FREE

iFIT[®]



HOW-TO
VIDEOS

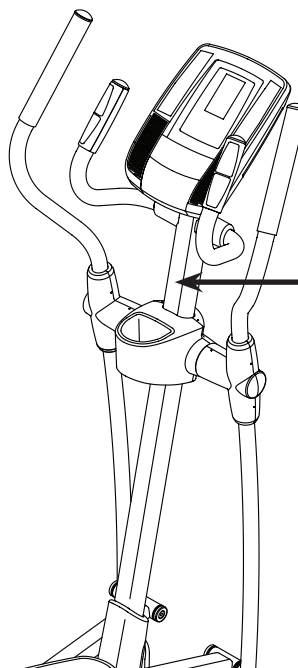
www.iFit.com

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LIMITED WARRANTY	Back Cover


WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s).
If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.



! WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 lbs / 113 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the elliptical only as described in this manual.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 250 lbs. (113 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

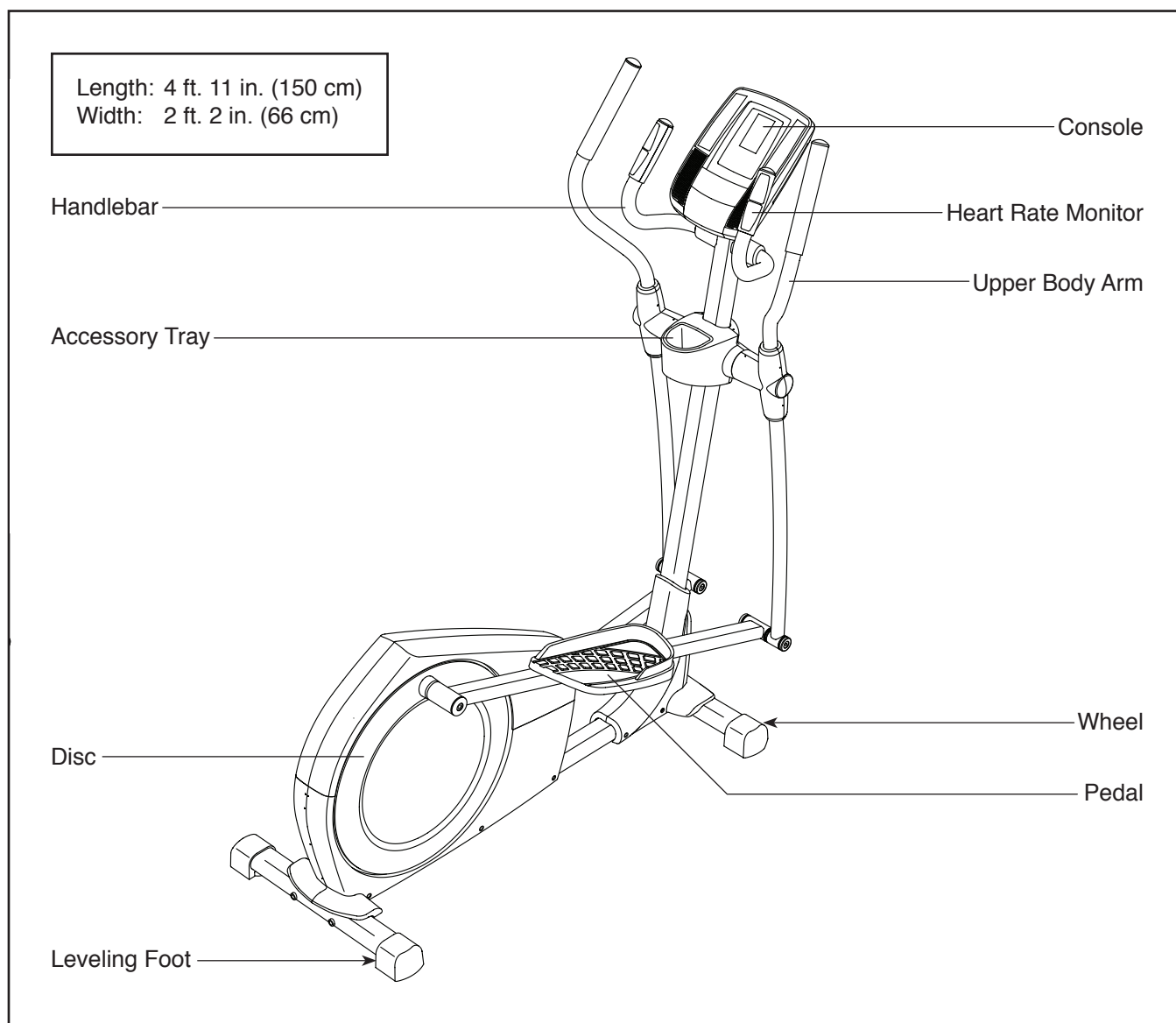
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 7.0 RE elliptical. The 7.0 RE elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this

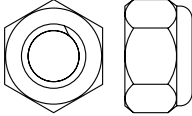
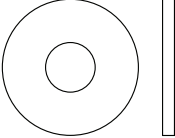
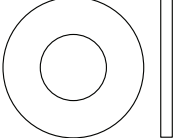
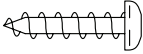
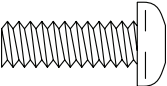
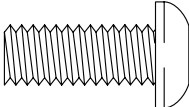
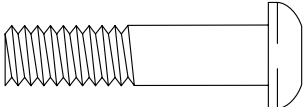
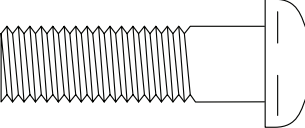
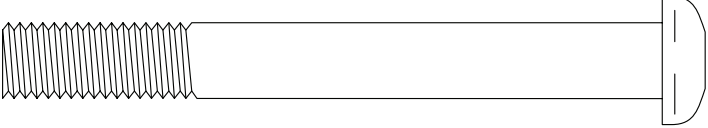
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**

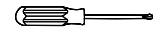
			
M8 Locknut (77)–8	M6 x 18mm Washer (55)–2	M8 Washer (33)–2	M4 x 16mm Screw (64)–11
			
M6 x 18mm Screw (80)–2	M8 x 20mm Screw (79)–8	M8 x 35mm Bolt (76)–8	
			
M10 x 35mm Screw (75)–6	M10 x 93mm Screw (78)–4		

ASSEMBLY

- To hire an authorized service technician to assemble the elliptical, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish assembly.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



one rubber mallet



Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

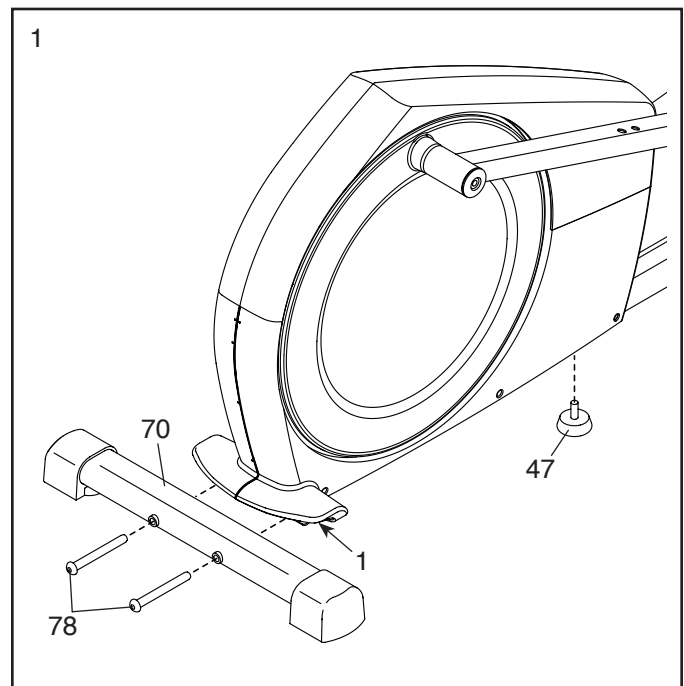
1. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Tighten a Leveling Foot (47) into the underside of the Frame (1).

Identify the Rear Stabilizer (70), which does not have wheels, and orient it as indicated by the sticker.

Attach the Rear Stabilizer (70) to the Frame (1) with two M10 x 93mm Screws (78).

Remove the packing materials from under the rear of the Frame (1).

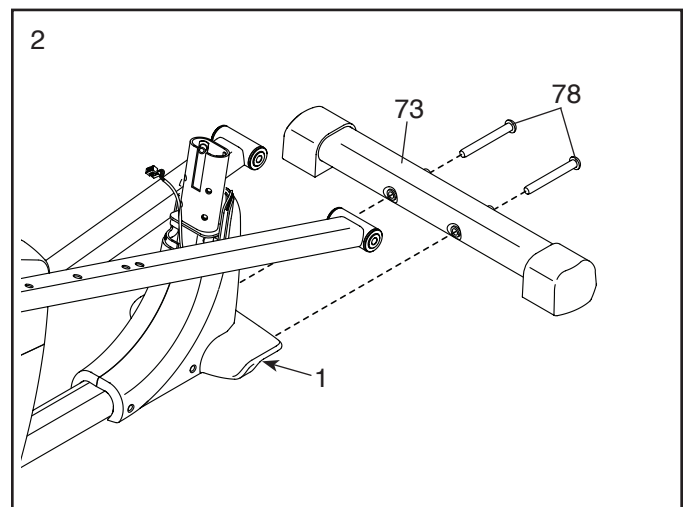


2. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Orient the Front Stabilizer (73) as indicated by the sticker.

Attach the Front Stabilizer (73) to the Frame (1) with two M10 x 93mm Screws (78).

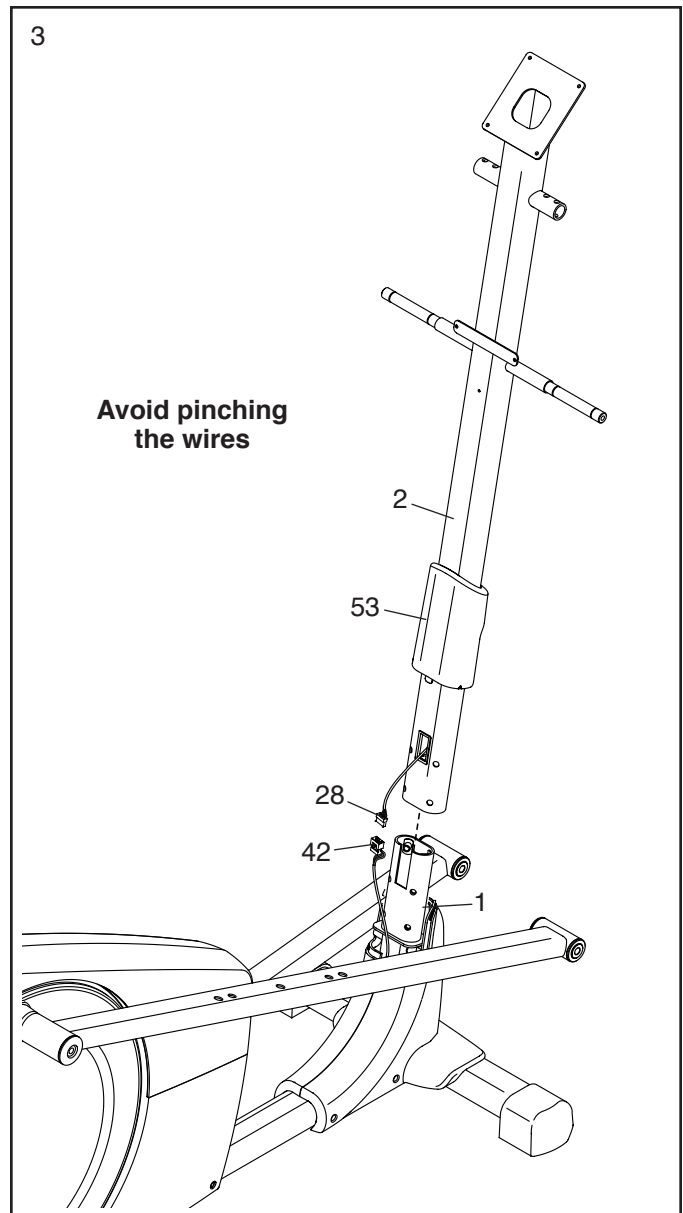
Remove the packing materials from under the front of the Frame (1).



3. Orient the Upright (2) and the Front Shield Cover (53) as shown. Slide the Front Shield Cover upward onto the Upright.

Avoid pinching the wires. Slide the Upright (2) onto the Frame (1).

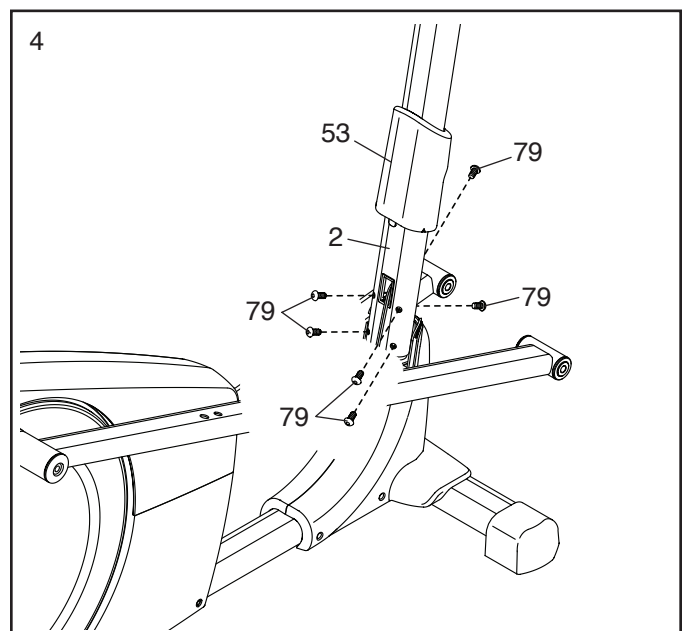
Connect the Upright Wire (28) to the Frame Wire (42). Insert the excess wire into the Upright (2).



4. Have a second person hold the Front Shield Cover (53) out of the way.

Attach the Upright (2) with six M8 x 20mm Screws (79). **Do not fully tighten the Screws yet.**

Do not press the Front Shield Cover (53) into place yet.



5. Identify the Left Pulse Bar (39), and orient it as shown.

Slide a Pulse Bar Cover (20) onto the Left Pulse Bar (39). **Make sure that the flat side of the Pulse Bar Cover is in the indicated position.**

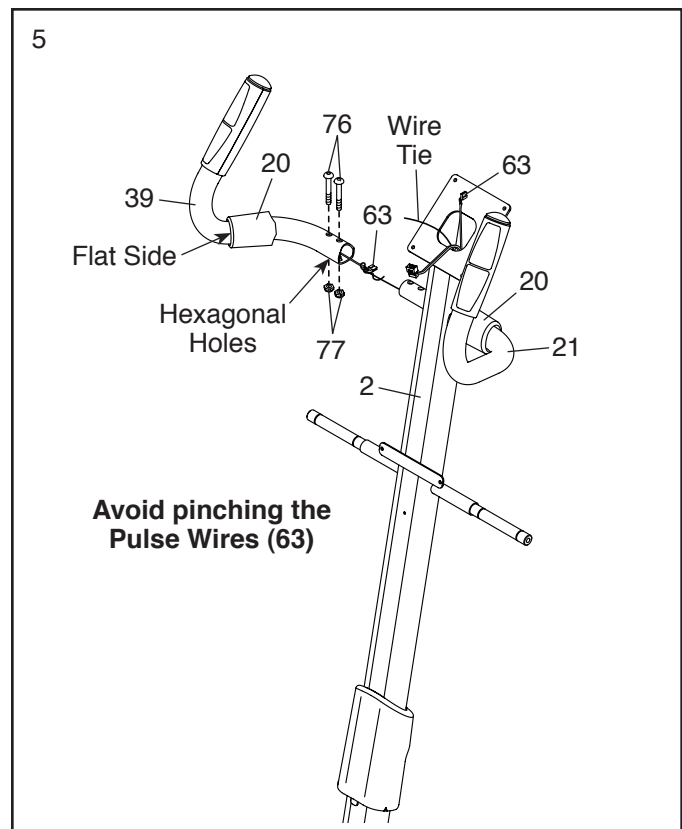
Have a second person hold the Left Pulse Bar (39) near the Upright (2). Locate the wire tie in the left side of the Upright. Tie the wire tie to the Pulse Wire (63) in the Left Pulse Bar. Then, pull the upper end of the wire tie until the Pulse Wire is routed through the Upright.

Tip: Avoid pinching the Pulse Wire (63).

Attach the Left Pulse Bar (39) to the Upright (2) with two M8 x 35mm Bolts (76) and two M8 Locknuts (77). **Make sure that the Locknuts are in the hexagonal holes.**

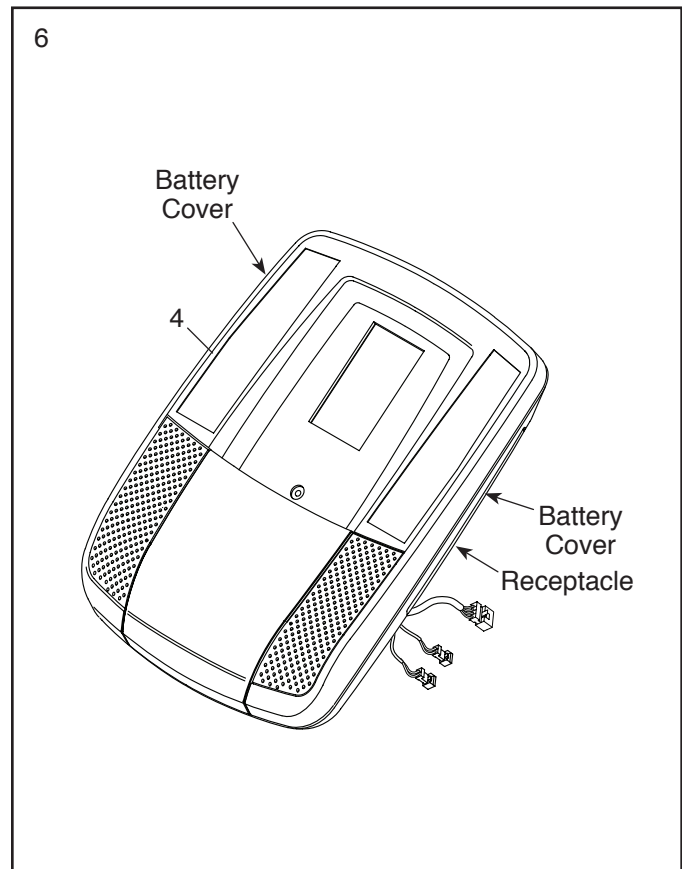
Slide the Pulse Bar Cover (20) against the Upright (2).

Repeat this step for the Right Pulse Bar (21).



6. The Console (4) can use four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery covers from the back of the Console, and insert batteries into the battery compartments. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.** Then, reattach the battery covers.

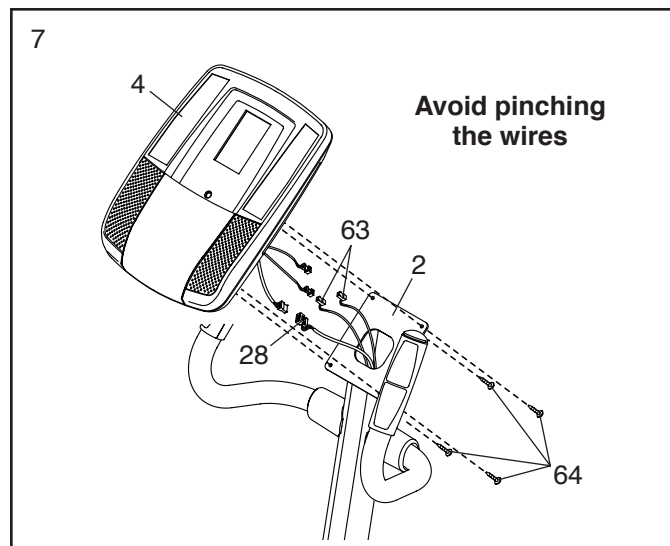
To purchase an optional power adapter, call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power adapter. Plug one end of the power adapter into the receptacle inside the battery compartment on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



7. While a second person holds the Console (4) near the Upright (2), connect the wires on the Console to the Upright Wire (28) and to the Pulse Wires (63).

Insert the excess wire into the Upright (2) or into the Console (4).

Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (64).

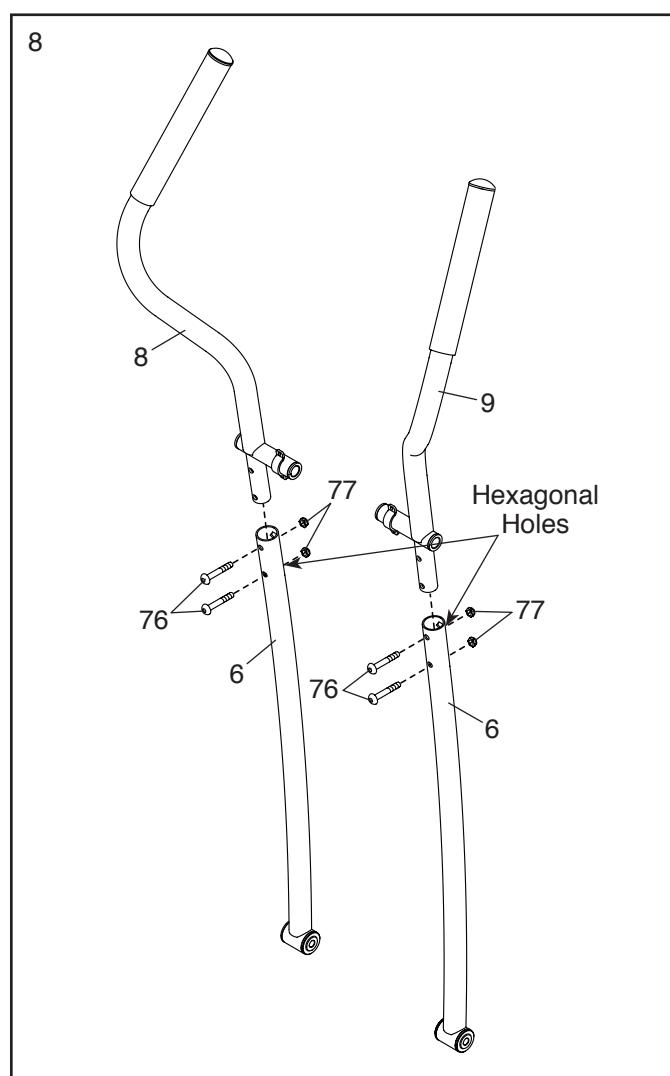


8. Identify the Right Upper Body Arm (9).

Orient the Right Upper Body Arm (9) and an Upper Body Leg (6) as shown. Insert the Right Upper Body Arm into the Upper Body Leg.

Attach the Right Upper Body Arm (9) to the Upper Body Leg (6) with two M8 x 35mm Bolts (76) and two M8 Locknuts (77). **Make sure that the Locknuts are inside the hexagonal holes.** Do not fully tighten the Bolts yet.

Assemble the Left Upper Body Arm (8) and the other Upper Body Leg (6) in the same way.

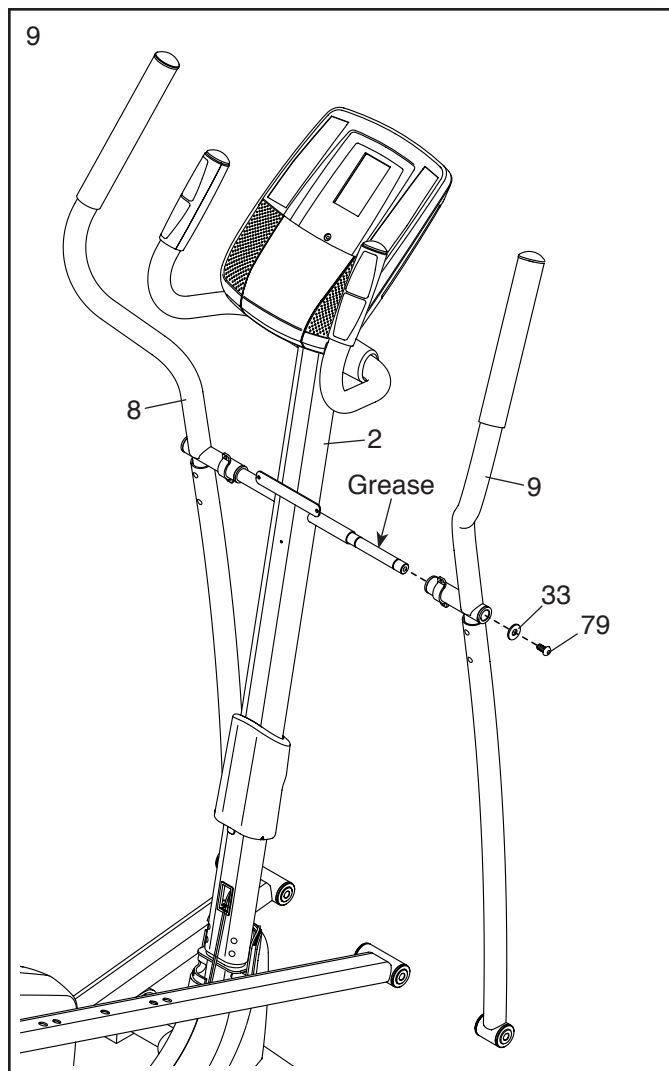


9. Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to the axle on the right side of the Upright (2).

Slide the Right Upper Body Arm (9) onto the Upright (2).

Attach the Right Upper Body Arm (9) with an M8 x 20mm Screw (79) and an M8 Washer (33).

Repeat this step on the other side of the elliptical.



10. Apply a small amount of grease to a Pivot Axle (31).

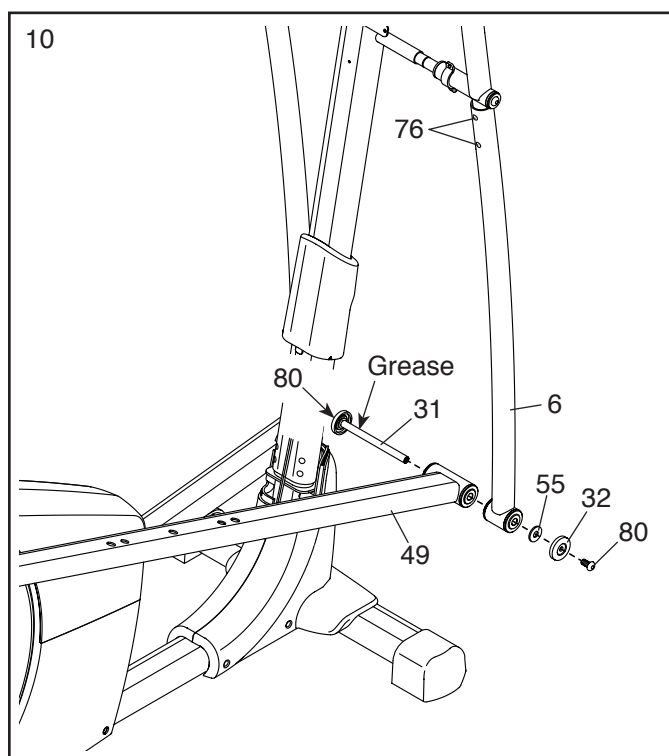
Insert the Pivot Axle (31) through the Right Pedal Arm (49) and the right Upper Body Leg (6) from the direction shown.

Finger tighten an M6 x 18mm Screw (80), a Pivot Cover (32), and an M6 x 18mm Washer (55) into the indicated end of the Pivot Axle (31).

Then, tighten both M6 x 18mm Screws (80) in the Pivot Axle (31) **at the same time**.

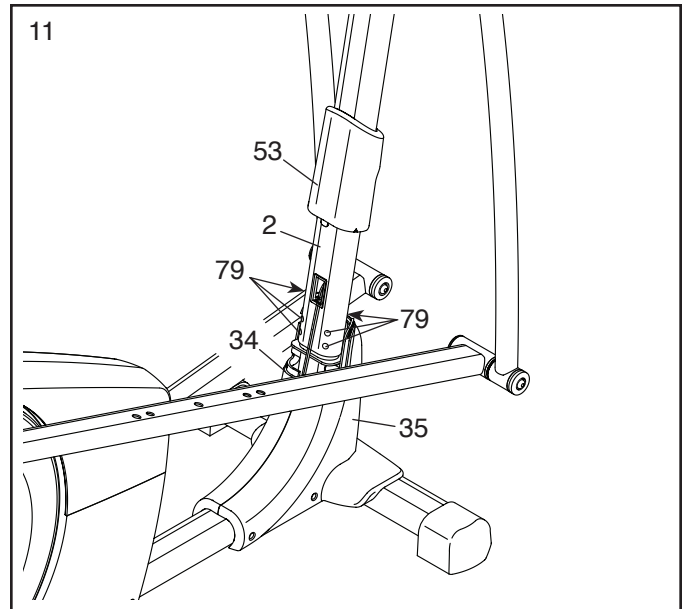
Repeat this step on the other side of the elliptical.

See step 8. Tighten the M8 x 35mm Bolts (76).

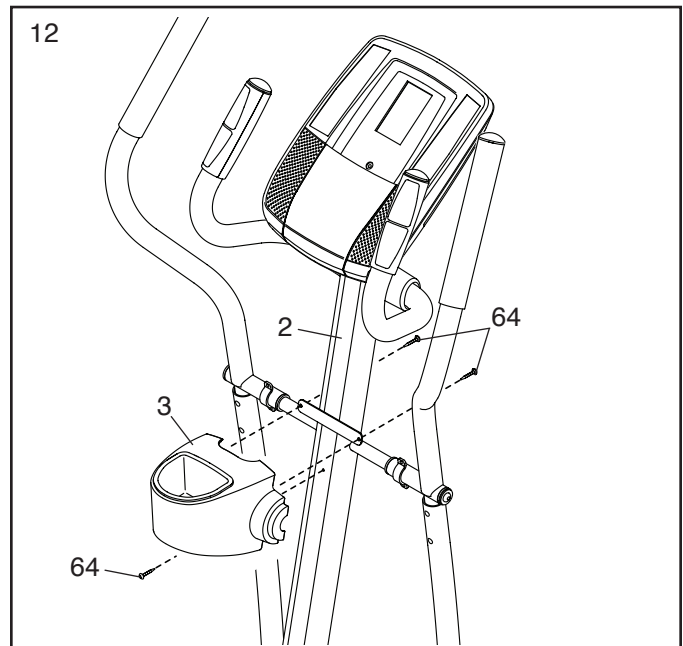


11. Tighten the M8 x 20mm Screws (79) in the Upright (2).

Press the Front Shield Cover (53) onto the Left and Right Front Shields (34, 35).

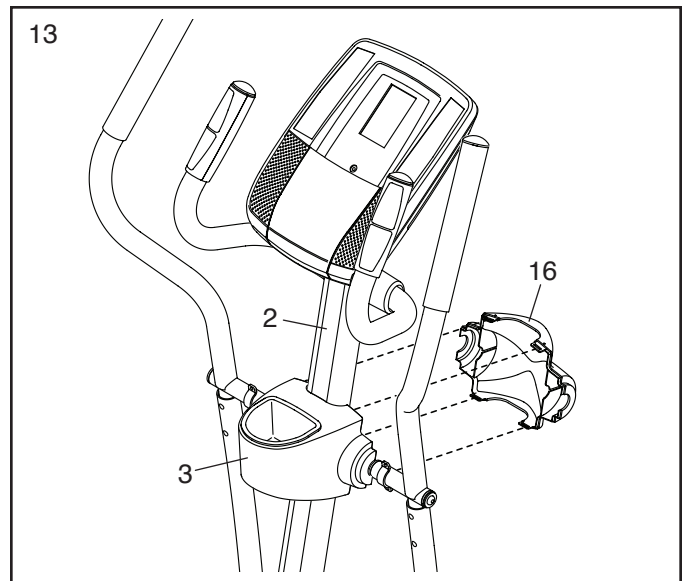


12. Attach the Rear Upright Cover (3) to the Upright (2) with three M4 x 16mm Screws (64).



13. Orient the Front Upright Cover (16) as shown.

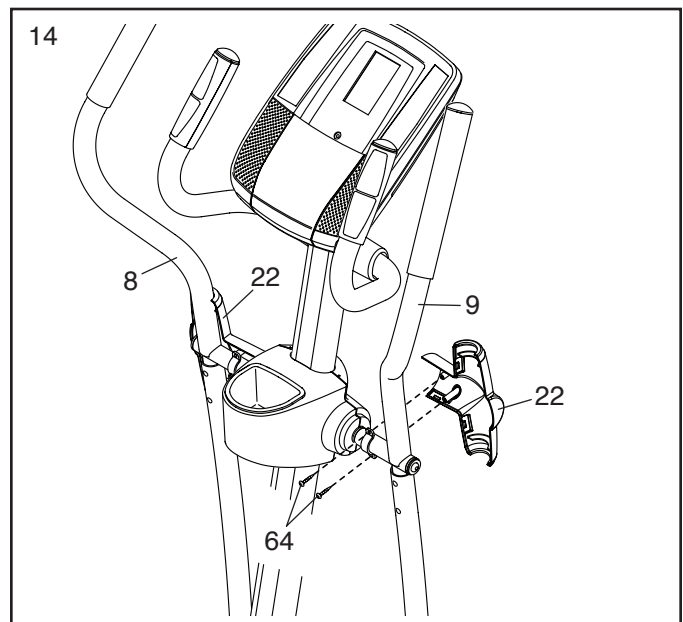
Attach the Front Upright Cover (16) around the Upright (2) by pressing it into the Rear Upright Cover (3).



14. Identify the Front Pivot Covers (22).

Attach a Front Pivot Cover (22) to the Right Upper Body Arm (9) with two M4 x 16mm Screws (64).

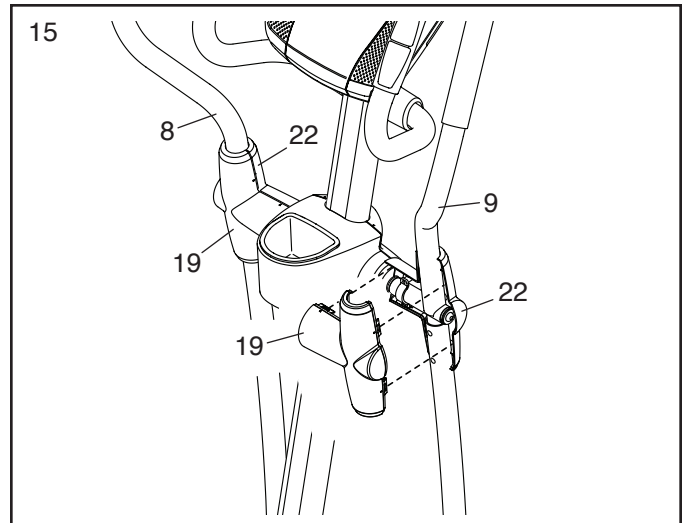
Repeat this step on the other side of the elliptical.



15. Identify the Rear Pivot Covers (19).

Attach a Rear Pivot Cover (19) around the Right Upper Body Arm (9) by pressing it into the Front Pivot Cover (22).

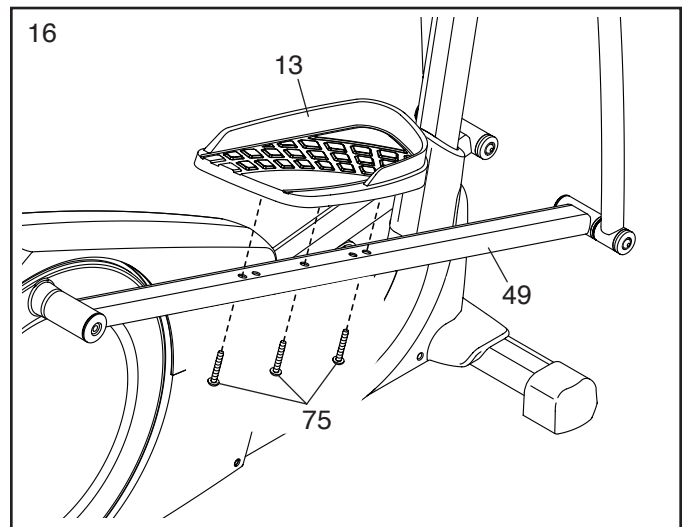
Repeat this step on the other side of the elliptical.



16. Identify the Right Pedal (13) and orient it as shown.

Attach the Right Pedal (13) to the Right Pedal Arm (49) with three M10 x 35mm Screws (75). **Make sure to use the center hole and the two outer holes to attach the Right Pedal.**

Repeat this step on the other side of the elliptical.

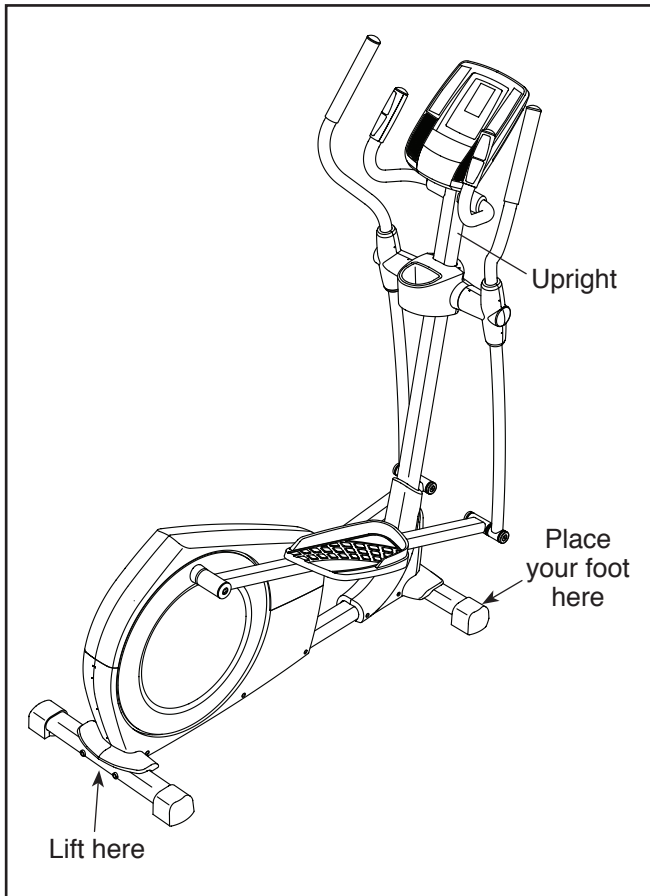


17. **Make sure that all parts of the elliptical are properly tightened.** Note: Extra parts may be included. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

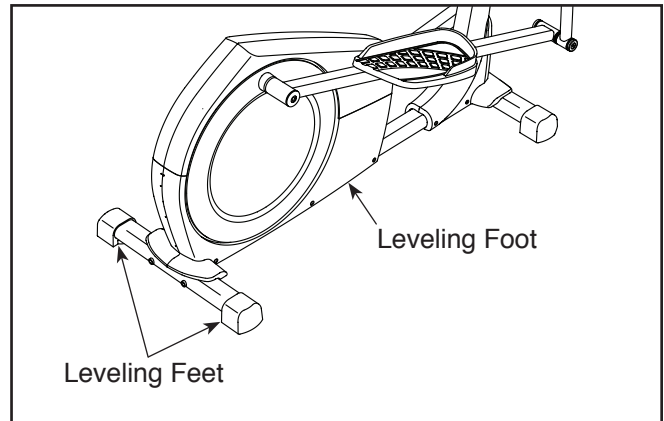
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the rear stabilizer until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn the leveling foot beneath the center of the frame or turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.

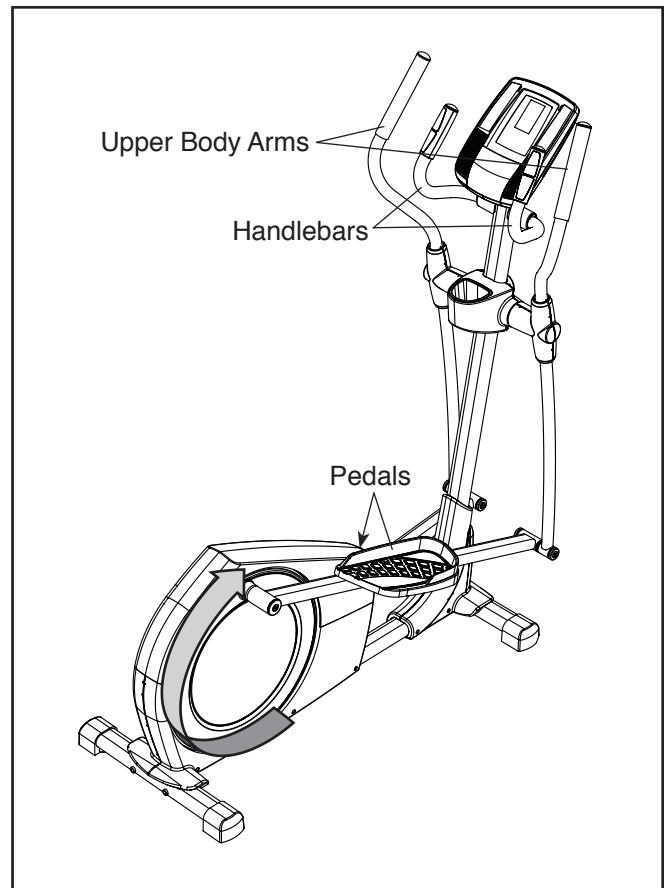


HOW TO EXERCISE ON THE ELLIPTICAL

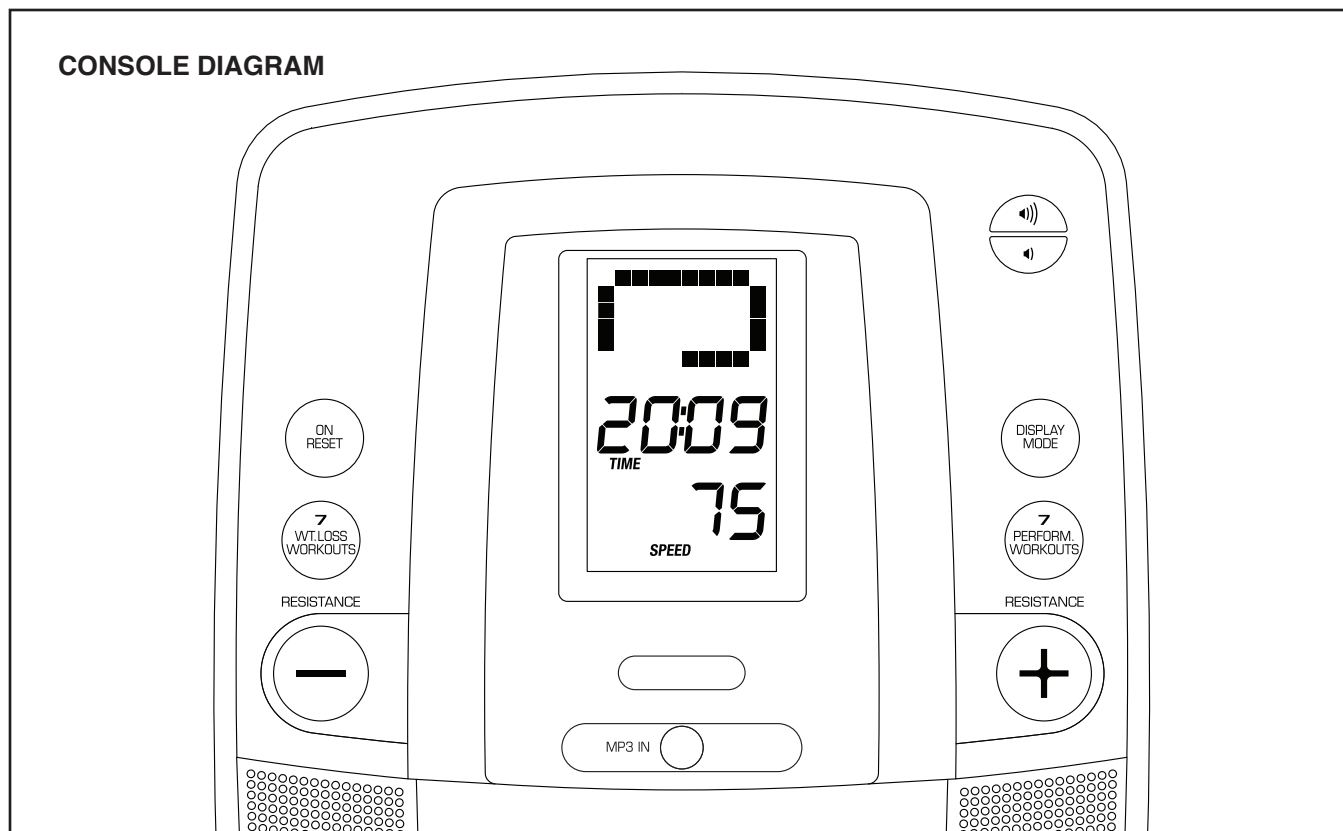
To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal.

Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

The console offers fourteen preset workouts—seven weight loss workouts and seven performance

workouts. Each preset workout automatically changes the resistance of the pedals as it guides you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 17. **To use a preset workout**, see page 18. **To use the sound system**, see page 19.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

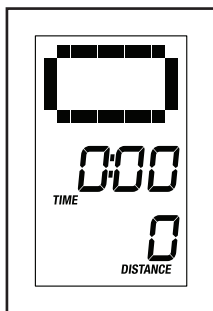
Press any button or begin pedaling to turn on the console.

When you turn on the console, the display will turn on. A tone will sound and the console will be ready for use.

2. Select the manual mode.

When you turn on the console, the manual mode will be selected automatically.

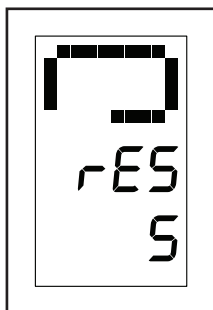
If you have selected a workout, reselect the manual mode by pressing the 7 Wt. Loss Workouts button or the 7 Perform. Workouts button repeatedly until a track appears in the upper display.



3. Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.



4. Follow your progress with the display.

The display can show the following workout information:

Calories—This display mode will show the approximate number of calories you have burned.

Distance—This display mode will show the distance that you have pedaled in revolutions.

Profile—When a workout is selected, this display mode will show a profile of the resistance settings of the workout.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor (see step 5).

Resistance (Res)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

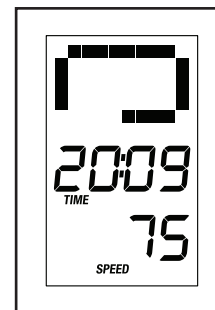
Speed—This display mode will show your pedaling speed in revolutions per minute.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

Track—When the manual mode is selected, this display mode will show a track representing 1/4 mile (400 m). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

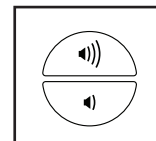
Press the Display Mode button repeatedly to view the desired workout information.

When the word SCAN appears in the display, the display will show the calories, distance, speed, and time display modes in a repeating cycle.



To reset the display to zero, press the On/Reset button.

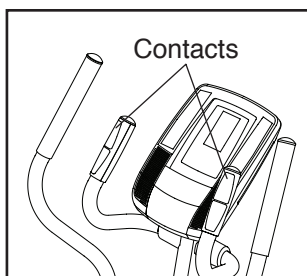
Change the volume level of the console by pressing the Volume increase and decrease buttons.



5. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. To

measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the display and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

1. Turn on the console.

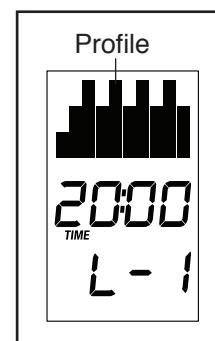
Press any button or begin pedaling to turn on the console.

When you turn on the console, the display will turn on. A tone will sound and the console will be ready for use.

2. Select a preset workout.

To select a preset workout, press the 7 Wt. Loss Workouts button or the 7 Perform. Workouts button repeatedly until the number of the desired workout appears in the lower display.

When you select a preset workout, a profile of the resistance levels of the workout will scroll across the upper display, the duration of the workout will appear in the center display, and the number of the workout will appear in the lower display.



3. Begin pedaling to start the workout.

Each workout is divided into several one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To resume the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. Follow your progress with the display.

See step 4 on page 17.

5. Measure your heart rate if desired.

See step 5 on page 18.

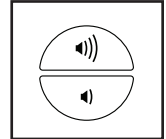
6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 18.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the Volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.



FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

WARNING: Per FCC rules, changes or modifications not expressly approved by ICON could void the user's authority to operate the equipment.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

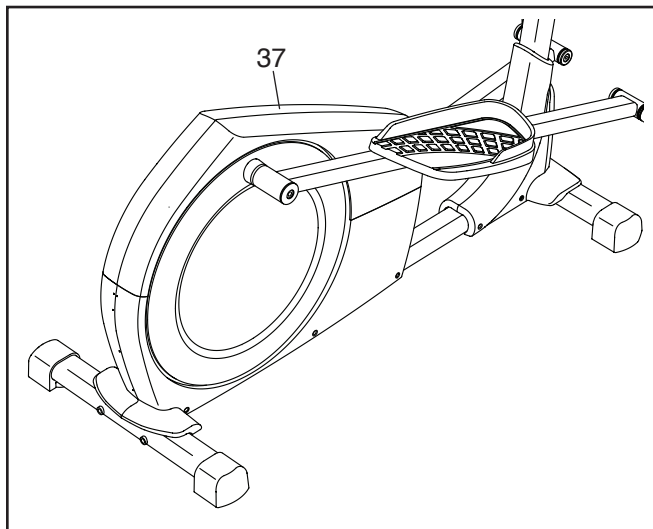
If the console display becomes dim, replace all the batteries at the same time; most console problems are the result of low batteries. See assembly step 6 on page 8 for replacement instructions.

If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 18.

HOW TO ADJUST THE REED SWITCH

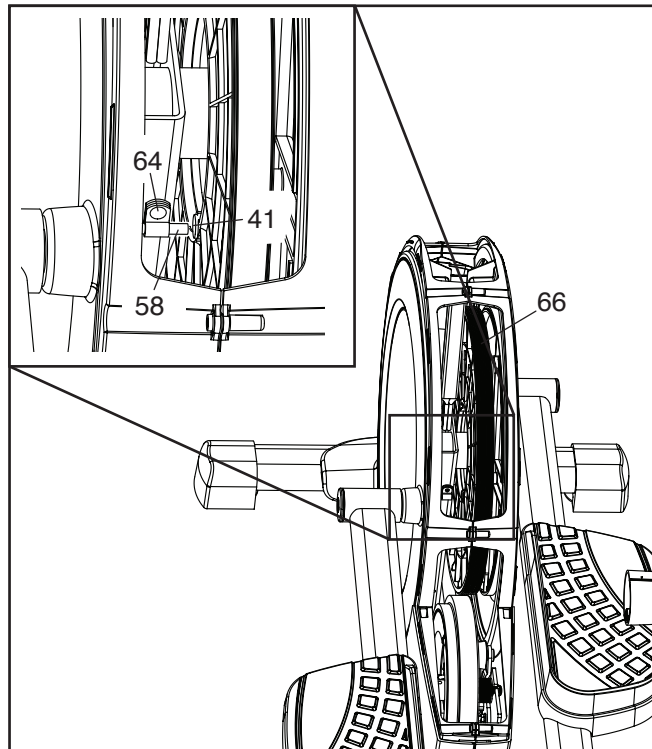
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, you must first remove the Shield Cover (37). Using a flat screwdriver, release the tabs along the sides of the Shield Cover and then remove the Shield Cover.



Note: For clarity, the pedal disc is shown removed in the drawing below.

Next, locate the Reed Switch (58). Loosen, but do not remove, the M4 x 16mm Screw (64).



Next, rotate the Pulley (66) until a Magnet (41) is aligned with the Reed Switch (58). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screw (64).

Rotate the Pulley (66) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the shield cover.

HOW TO ADJUST THE DRIVE BELT

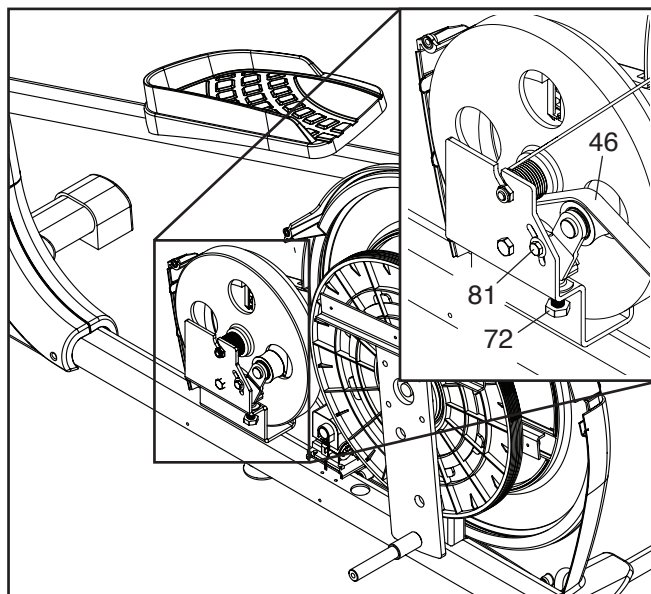
If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, you must remove the shield cover and the left shield (see the instructions below).

See EXPLODED DRAWING B on page 27. Using a flat screwdriver, release the tabs along the sides of the Shield Cover (37), and then remove the Shield Cover.

Next, remove the M4 x 16mm Screws (64) and the M4 x 19mm Screws (61) from the Left and Right Shields (44, 45). **Make sure to note which size of Screw you remove from each hole.** Then, gently remove the Left Shield.

Loosen the Pivot Screw (81). Then, tighten the Drive Belt Adjustment Screw (72) until the Drive Belt (46) is tight.



When the Drive Belt (46) is tight, tighten the Pivot Screw (81).

Then, reattach the left shield and the shield cover.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

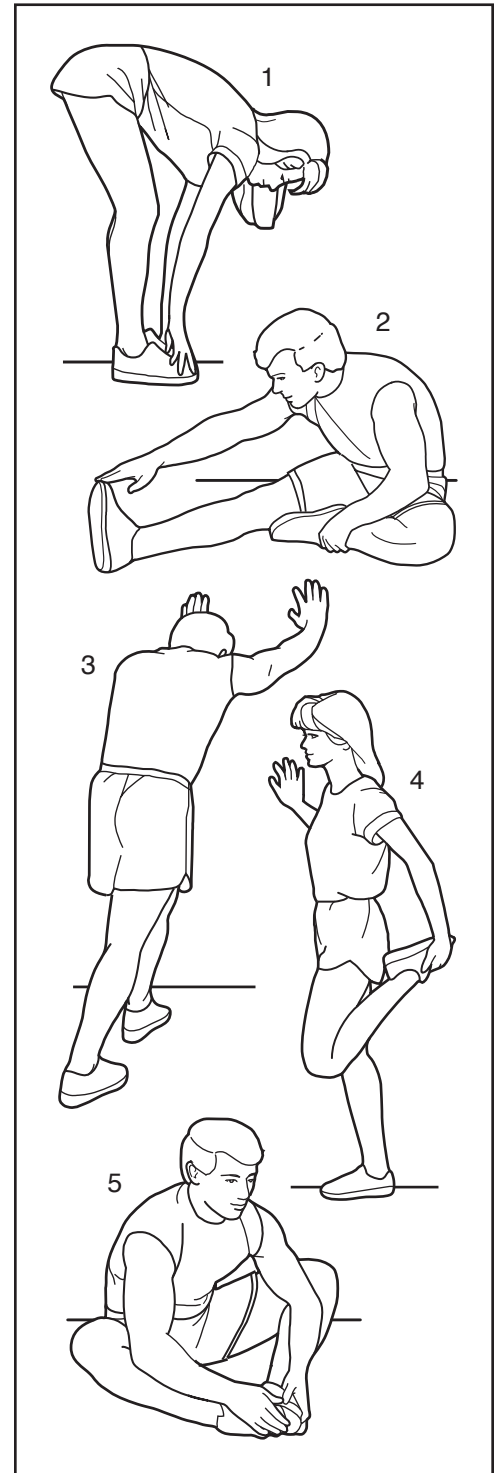
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

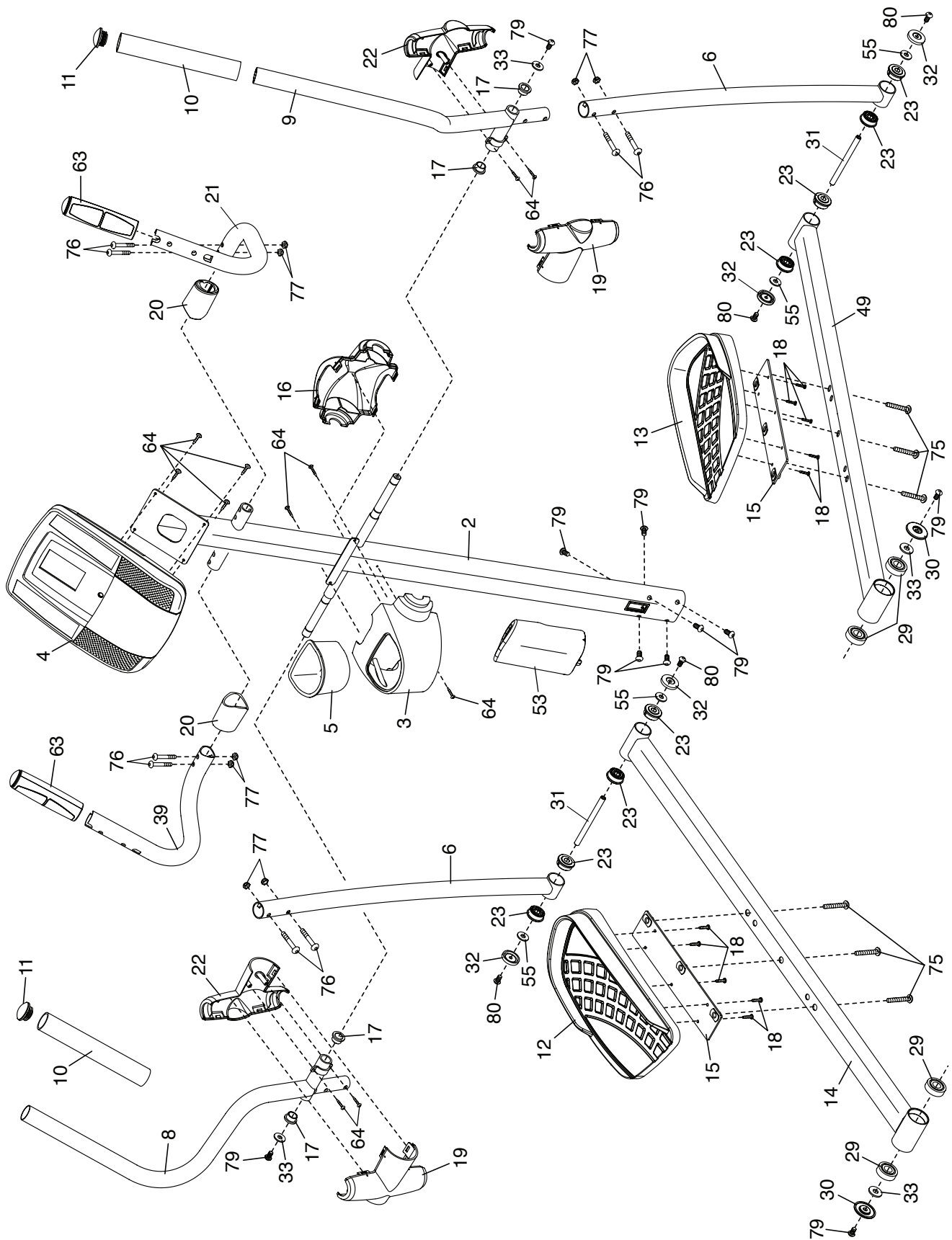
Model No. PFEL03712.0 R0812A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	43	2	M6 x 25mm Washer
2	1	Upright	44	1	Left Shield
3	1	Rear Upright Cover	45	1	Right Shield
4	1	Console	46	1	Drive Belt
5	1	Accessory Tray	47	3	Leveling Foot
6	2	Upper Body Leg	48	2	Stabilizer Cap
7	1	Eddy Mechanism	49	1	Right Pedal Arm
8	1	Left Upper Body Arm	50	1	Left Wheel Cap
9	1	Right Upper Body Arm	51	1	Right Wheel Cap
10	2	Foam Grip	52	1	Idler
11	2	Upper Body Arm Cap	53	1	Front Shield Cover
12	1	Left Pedal	54	1	Resistance Motor
13	1	Right Pedal	55	4	M6 x 18mm Washer
14	1	Left Pedal Arm	56	1	Left Crank Arm
15	2	Pedal Bracket	57	1	Clamp
16	1	Front Upright Cover	58	1	Reed Switch/Wire
17	4	Pivot Bushing	59	4	M8 x 10mm Screw
18	10	#10 x 16mm Screw	60	1	Key
19	2	Rear Pivot Cover	61	6	M4 x 19mm Screw
20	2	Pulse Bar Cover	62	1	M6 x 16mm Hex Screw
21	1	Right Pulse Bar	63	2	Pulse Grip/Wire
22	2	Front Pivot Cover	64	40	M4 x 16mm Screw
23	8	Pedal Arm Bushing	65	1	C-magnet Bolt
24	1	Crank	66	1	Pulley
25	1	Right Crank Arm	67	1	Key Screw
26	2	Pedal Disc	68	1	Crank Arm Bolt
27	1	Crank Arm Spacer	69	4	Resistance Motor Screw
28	1	Upright Wire	70	1	Rear Stabilizer
29	4	Bearing	71	1	M4 x 16mm Ground Screw
30	2	Pedal Arm Cap	72	1	Drive Belt Adjustment Screw
31	2	Pivot Axle	73	1	Front Stabilizer
32	4	Pivot Cover	74	4	M8 x 15mm Screw
33	4	M8 Washer	75	6	M10 x 35mm Screw
34	1	Left Front Shield	76	8	M8 x 35mm Bolt
35	1	Right Front Shield	77	11	M8 Locknut
36	2	Disc Cover	78	4	M10 x 93mm Screw
37	1	Shield Cover	79	10	M8 x 20mm Screw
38	2	Crank Bearing	80	4	M6 x 18mm Screw
39	1	Left Pulse Bar	81	1	Pivot Screw
40	2	Snap Ring	*	—	User's Manual
41	2	Magnet	*	—	Assembly Tool
42	1	Frame Wire	*	—	Grease Packet

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

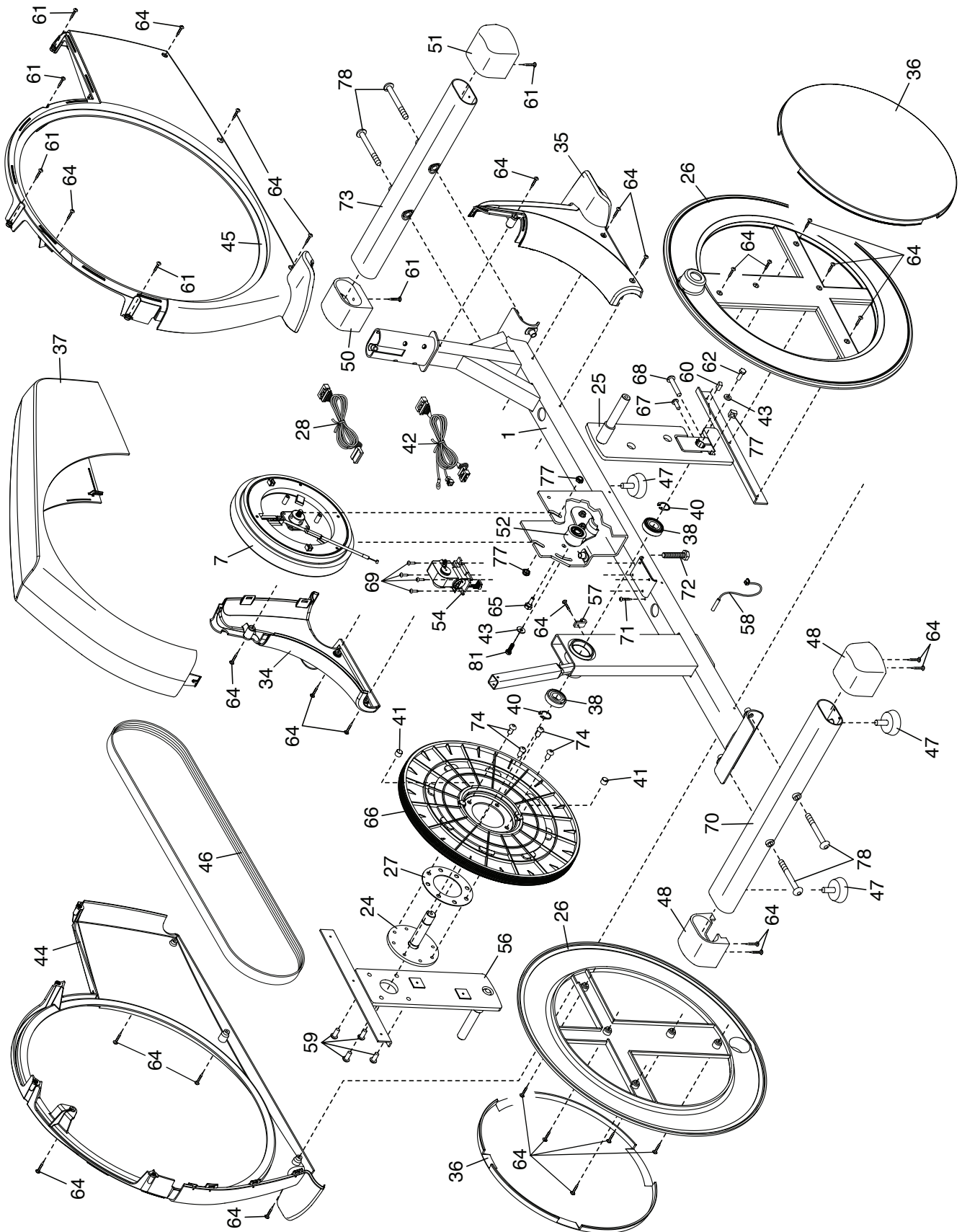
EXPLODED DRAWING A

Model No. PFEL03712.0 R0812A



EXPLODED DRAWING B

Model No. PFEL03712.0 R0812A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for five (5) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813