

# PRO-FORM<sup>®</sup>

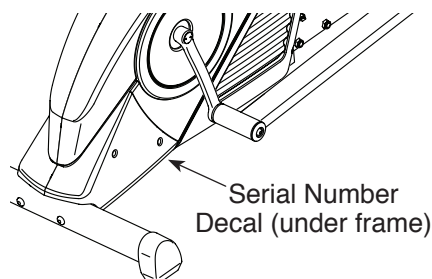
## HYBRID TRAINER

[www.proform.com](http://www.proform.com)

Model No. PFEL03812.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



### 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

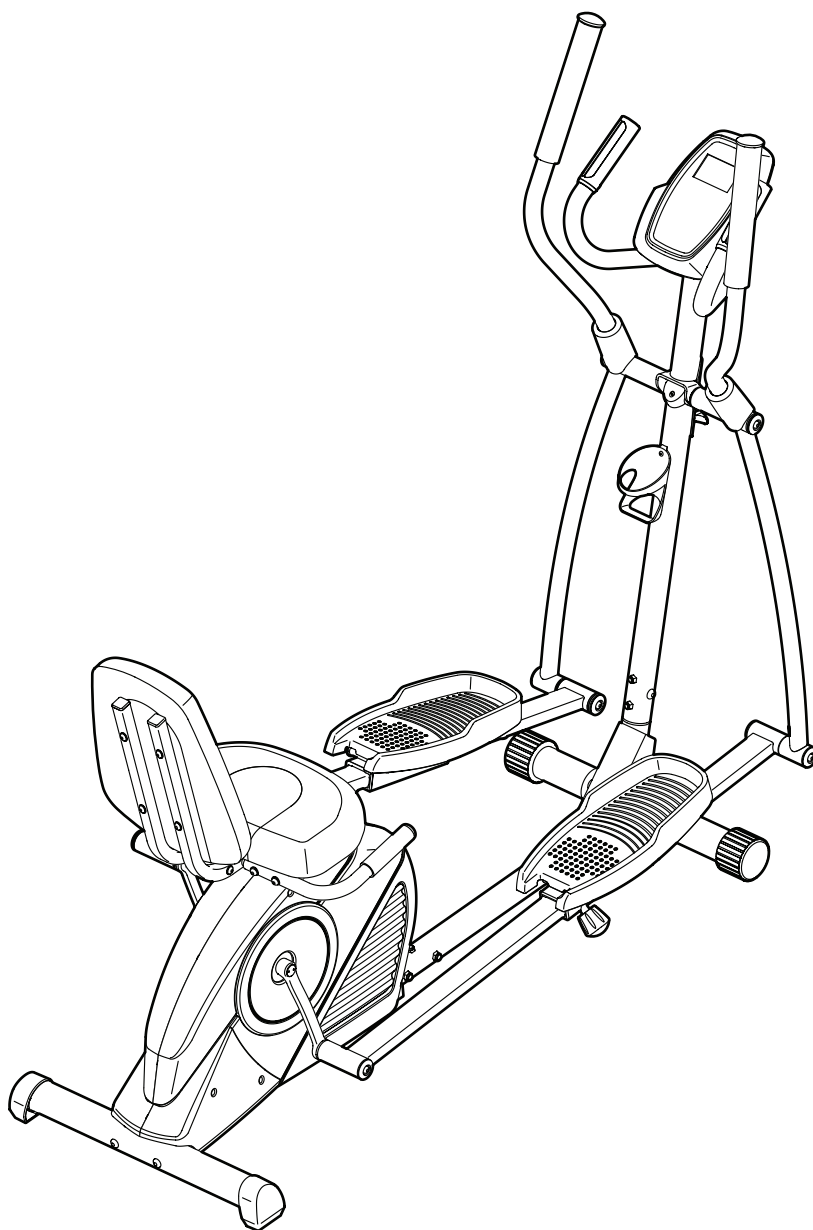
ON THE WEB:

[www.proformservice.com](http://www.proformservice.com)

### CAUTION

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

## USER'S MANUAL



FREE

**iFIT**



HOW-TO  
VIDEOS

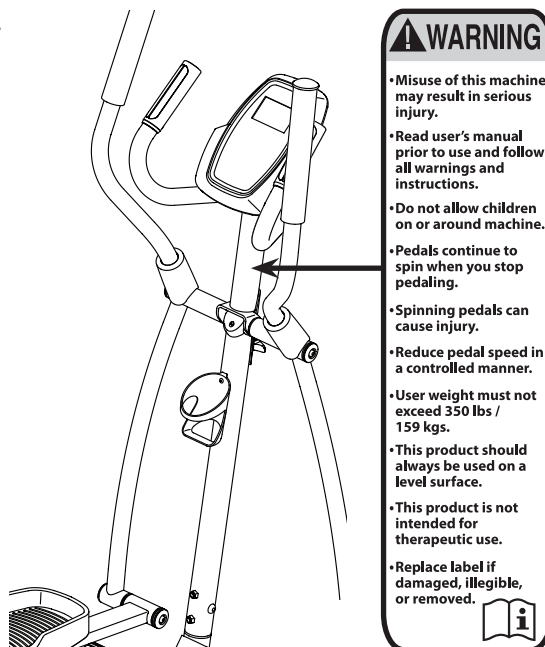
[www.iFit.com](http://www.iFit.com)

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## 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.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your hybrid trainer before using your hybrid trainer. 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 hybrid trainer 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 hybrid trainer only as described in this manual.
4. The hybrid trainer is intended for home use only. Do not use the hybrid trainer in a commercial, rental, or institutional setting.
5. Keep the hybrid trainer indoors, away from moisture and dust. Do not put the hybrid trainer in a garage or covered patio or near water.
6. Place the hybrid trainer on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the hybrid trainer and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the hybrid trainer.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the hybrid trainer at all times.
9. The hybrid trainer should not be used by persons weighing more than 350 lbs. (159 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the hybrid trainer. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the hybrid trainer.
12. Make sure that the pedal knobs are fully tightened each time you use the hybrid trainer.
13. 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.
14. The hybrid trainer does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. Keep your back straight while using the hybrid trainer; do not arch your back.
16. 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.

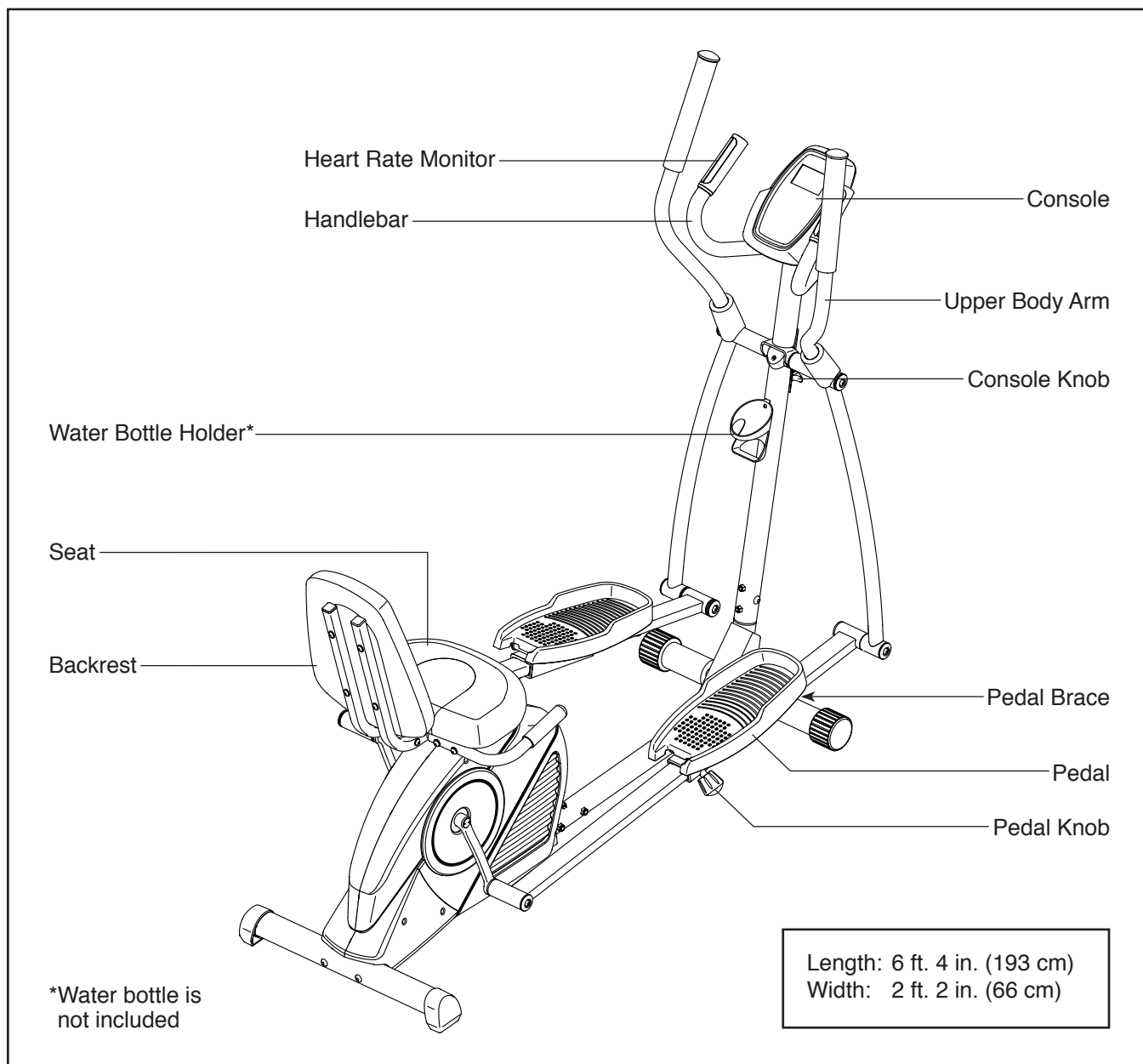
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® HYBRID TRAINER. The HYBRID TRAINER 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 hybrid trainer.** If you have questions after reading this manual, please see the front cover of this

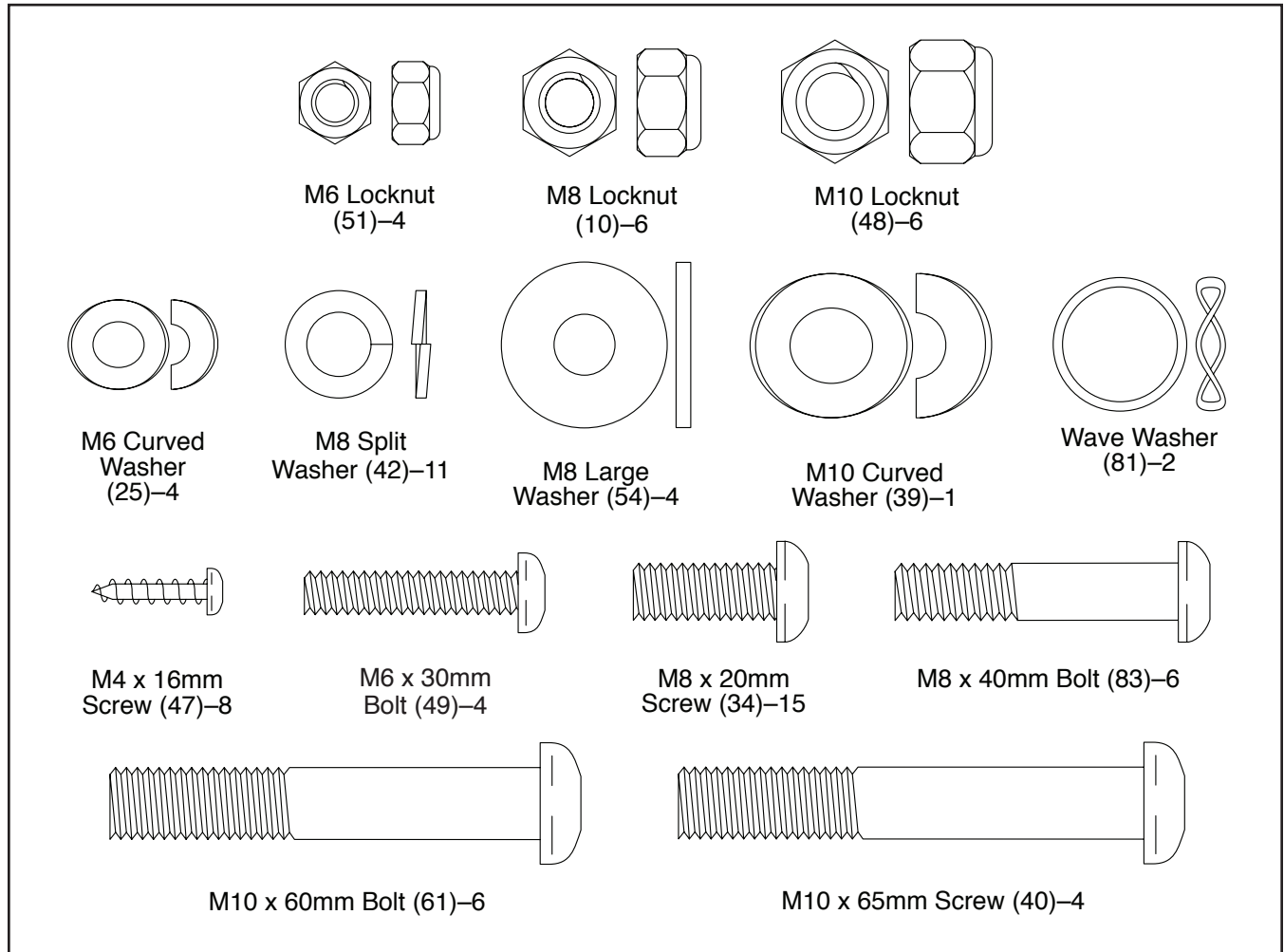
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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.**

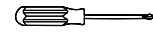


# ASSEMBLY

- To hire an authorized service technician to assemble the hybrid trainer, 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

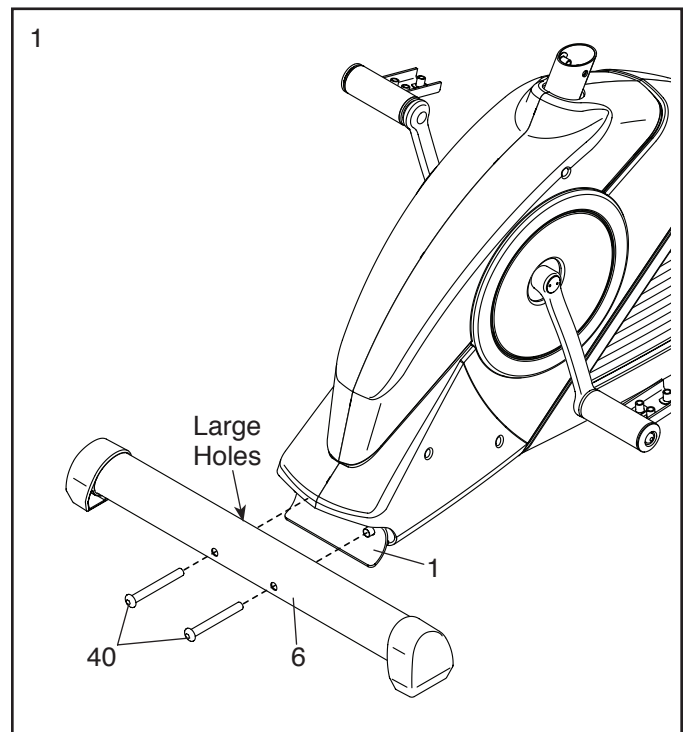


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

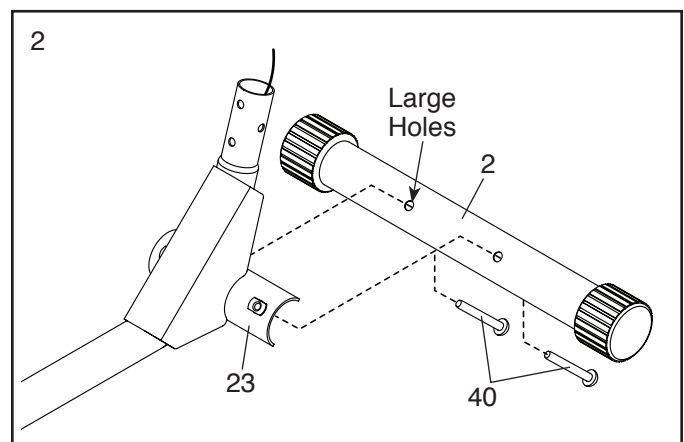
1. With the help of a second person, place some of the packing materials (not shown) under the Rear Frame (1). **Have the second person hold the Rear Frame to prevent it from tipping while you complete this step.**

Orient the Rear Stabilizer (6) so that the large holes are facing the Rear Frame (1). Attach the Rear Stabilizer to the Rear Frame with two M10 x 65mm Screws (40).

Then, remove the packing materials from under the Rear Frame (1).

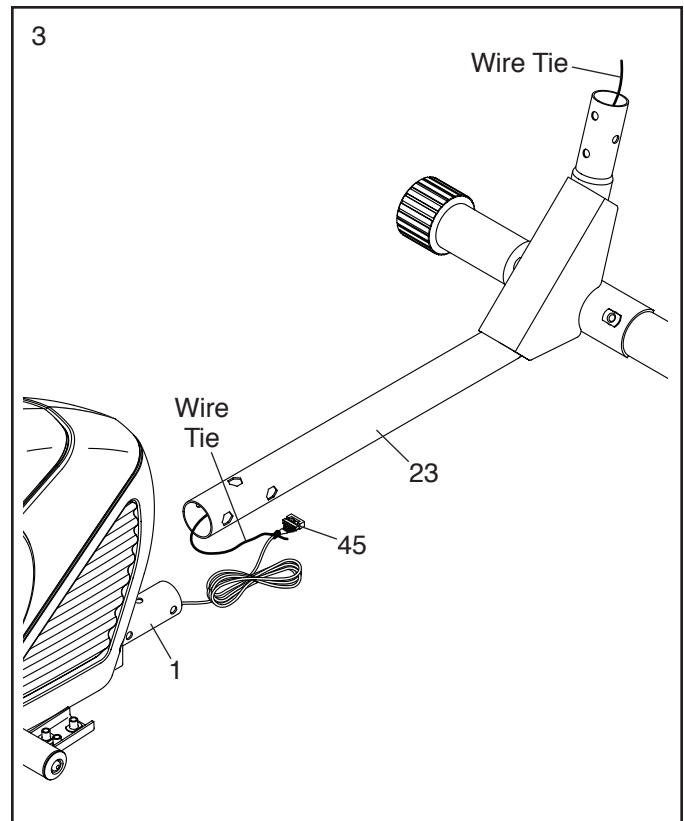


2. Orient the Front Stabilizer (2) so that the large holes are facing the Front Frame (23). Attach the Front Stabilizer to the Front Frame with two M10 x 65mm Screws (40).



3. Set the Front Frame (23) near the Rear Frame (1) as shown.

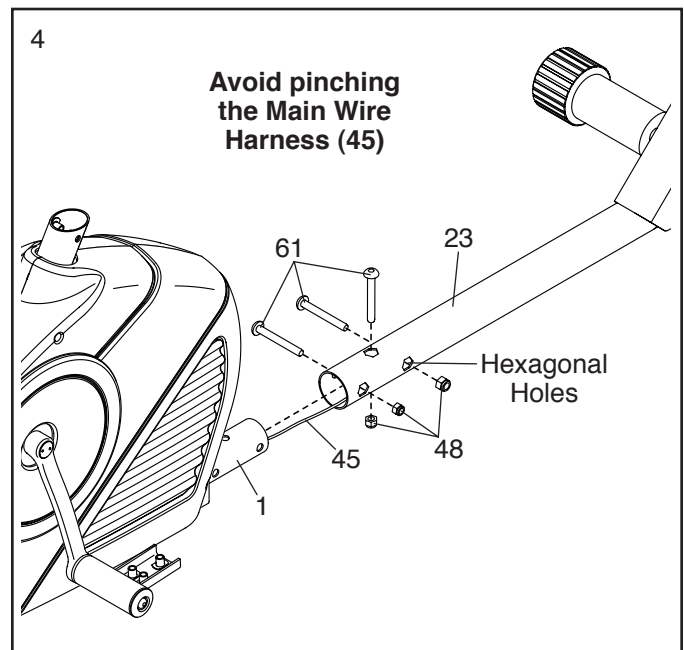
Locate the wire tie in the Front Frame (23). Tie the wire tie to the Main Wire Harness (45) in the Rear Frame (1). Then, pull the upper end of the wire tie until the Main Wire Harness is routed through the Front Frame.



4. **Tip: Avoid pinching the Main Wire Harness (45).** Slide the Front Frame (23) onto the Rear Frame (1). Attach the Front Frame with three M10 x 60mm Bolts (61) and three M10 Locknuts (48); **make sure that the Locknuts are in the hexagonal holes. Do not tighten the Bolts yet.**

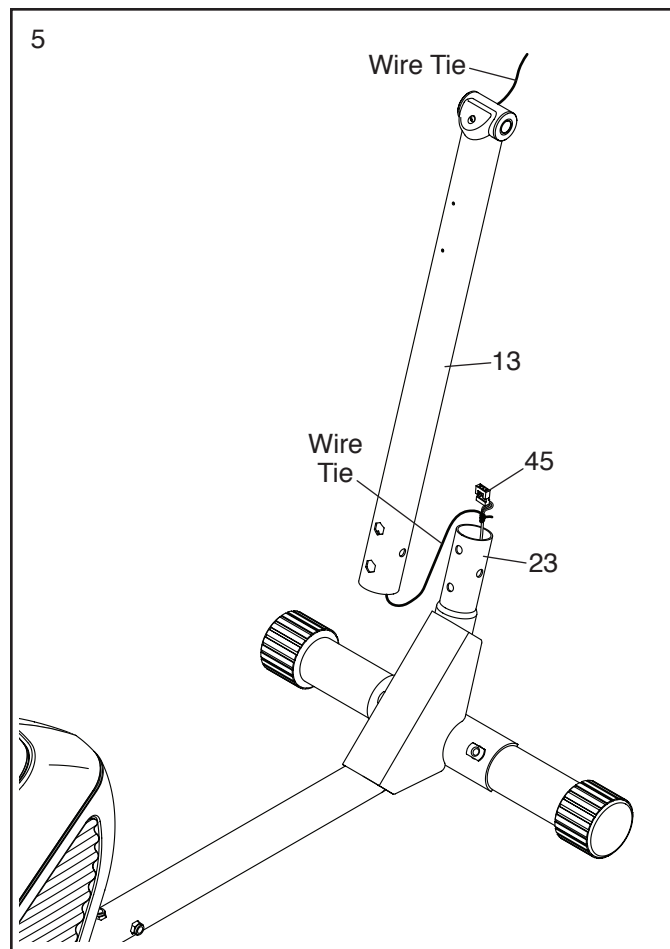
**See steps 1 and 2.** Make sure that the ends of the Rear Stabilizer (6) and the Front Stabilizer (2) are touching the floor.

Tighten the three M10 x 60mm Bolts (61).

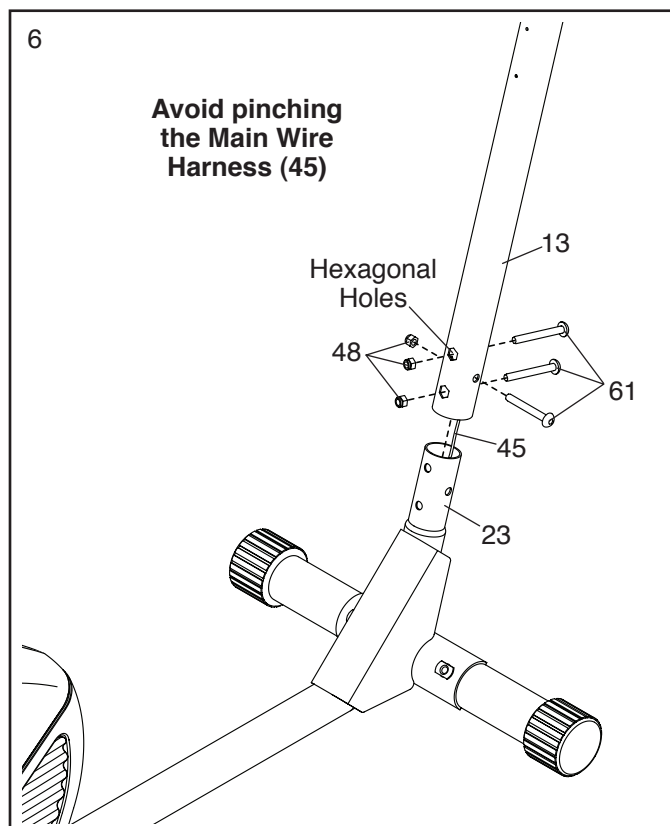


5. Have a second person hold the Upright (13) near the Front Frame (23) as shown.

Locate the wire tie in the Upright (13). Tie the wire tie to the Main Wire Harness (45) in the Front Frame (23). Then, pull the upper end of the wire tie until the Main Wire Harness is routed through the Upright.

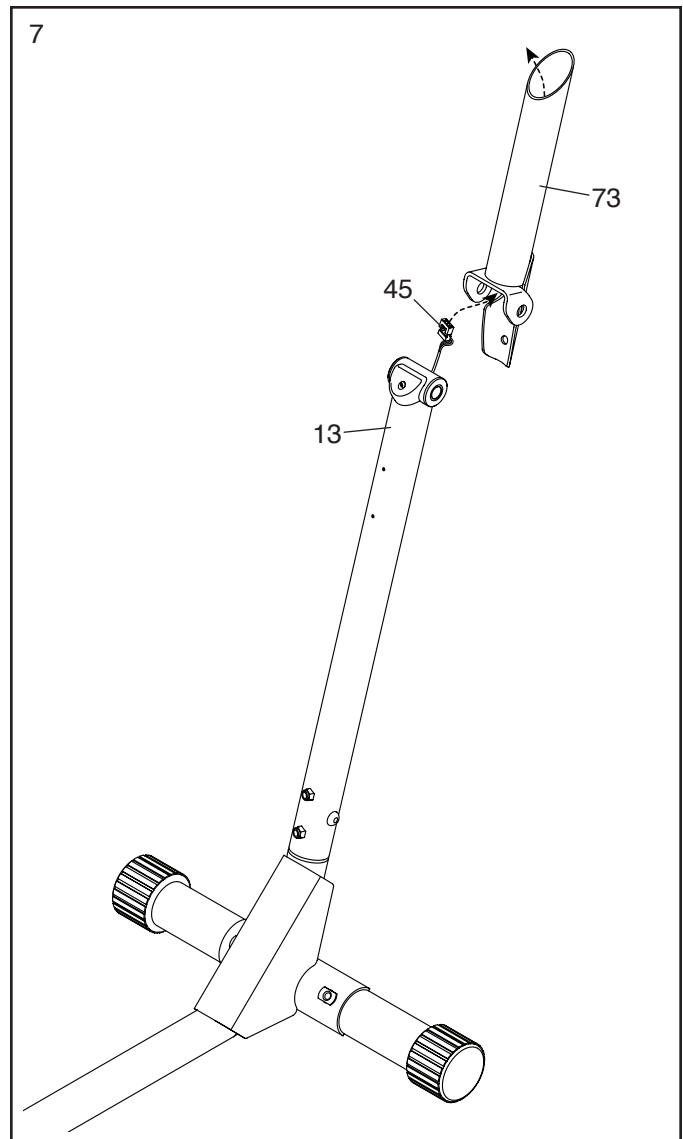


6. **Tip: Avoid pinching the Main Wire Harness (45).** Slide the Upright (13) onto the Front Frame (23). Attach the Upright with three M10 x 60mm Bolts (61) and three M10 Locknuts (48); **make sure that the Locknuts are in the hexagonal holes.** Do not fully tighten the Bolts yet.





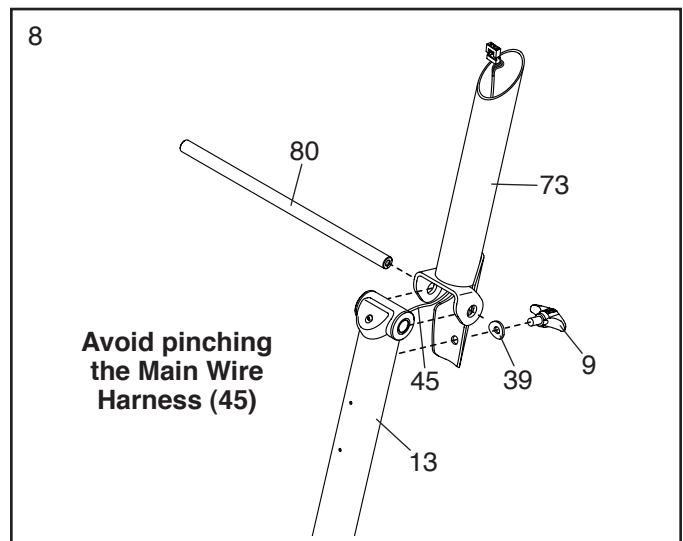
7. Hold the Console Post (73) near the Upright (13) as shown. Insert the Main Wire Harness (45) upward through the Console Post.



8. **Tip: Avoid pinching the Main Wire Harness (45).** Slide the Console Post (73) onto the Upright (13) and hold it in place.

Next, insert the Axle (80) into the Console Post (73) and into the Upright (13). Center the Axle.

Then, tighten the Console Knob (9) with an M10 Curved Washer (39) into the Console Post (73) and into the Upright (13).

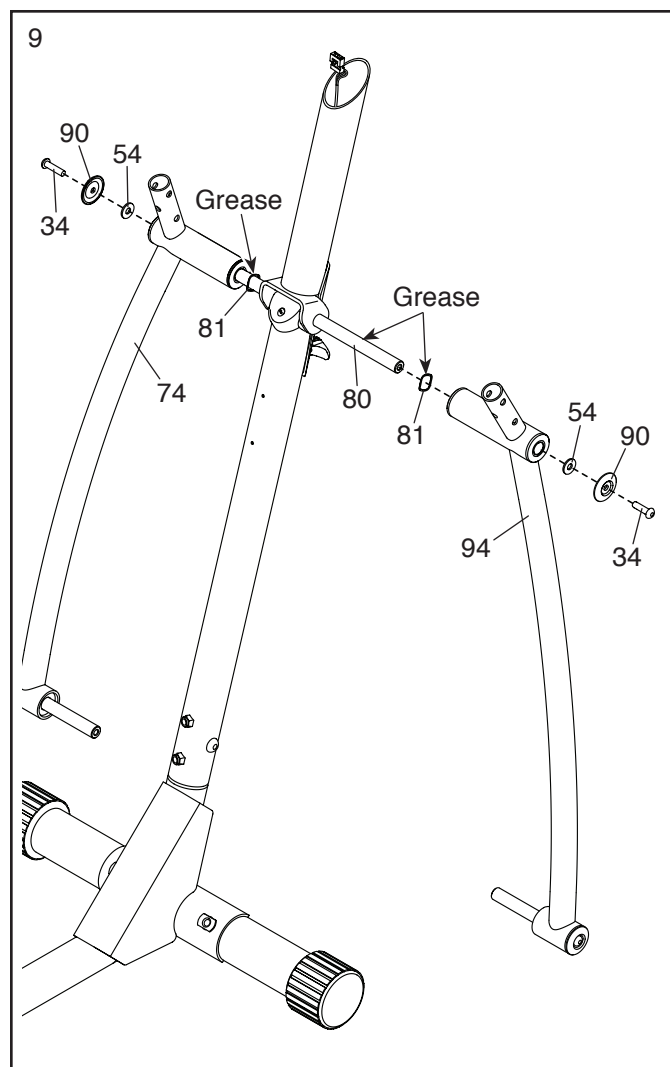


9. Identify the Left Upper Body Leg (74) and the Right Upper Body Leg (94).

Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to each side of the Axle (80) and to two Wave Washers (81).

Next, slide the two Wave Washers (81) and the Upper Body Legs (74, 94) onto the Axle (80); **make sure that the Upper Body Legs are on the correct sides.**

Then, tighten an M8 x 20mm Screw (34), a Pivot Cover (90), and an M8 Large Washer (54) into each end of the Axle (80) **at the same time.**

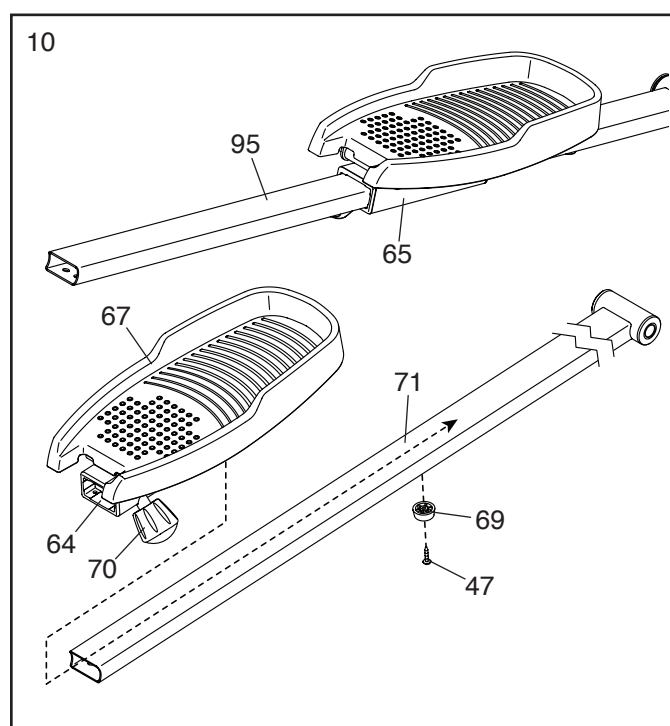


10. Identify the Right Pedal Carriage (64), which is attached to one of the Pedals (67). In addition, identify the Right Pedal Leg (71).

Loosen the Pedal Knob (70) on the right side of the Right Pedal Carriage (64), slide the Right Pedal Carriage **as far as possible** onto the Right Pedal Leg (71), and then tighten the Pedal Knob.

Then, attach a Small Bumper (69) to the underside of the Right Pedal Leg (71) with an M4 x 16mm Screw (47).

**Repeat this step with the Left Pedal Carriage (65), the Left Pedal Leg (95), and the other Small Bumper (not shown).**

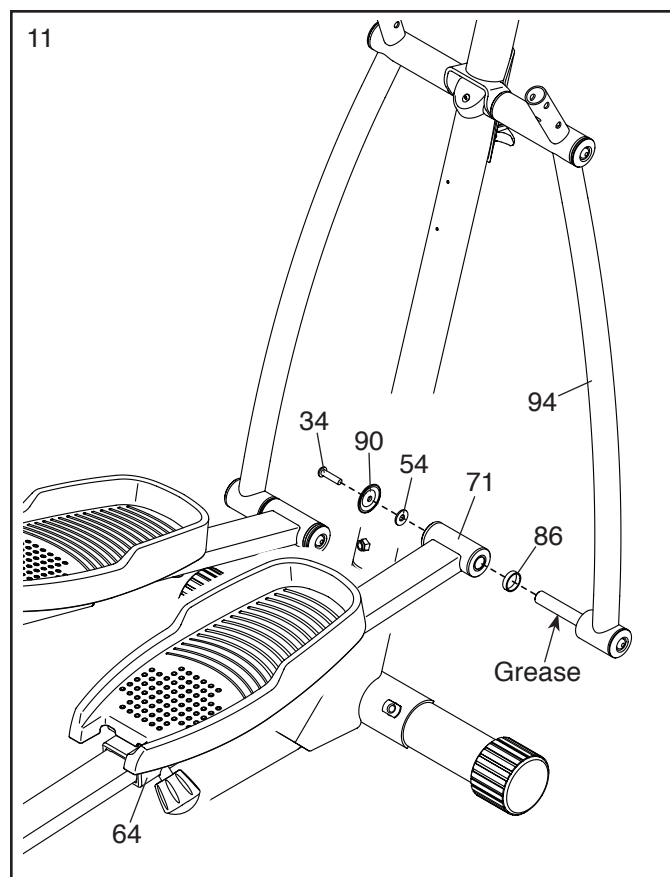


11. Apply a generous amount of grease to the axle on the Right Upper Body Leg (94).

Next, slide a Spacer (86) and the Right Pedal Leg (71) with the Right Pedal Carriage (64) onto the axle.

Then, tighten an M8 x 20mm Screw (34), a Pivot Cover (90), and an M8 Large Washer (54) into the axle.

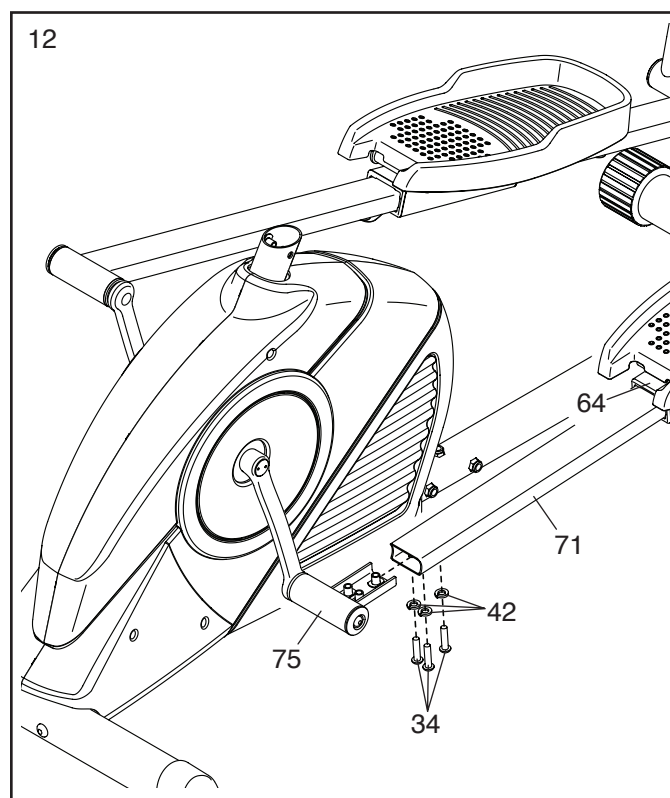
**Repeat this step on the other side of the hybrid trainer.**



12. Slide the Right Pedal Leg (71) onto the Right Pedal Leg Bracket (75). Attach the Right Pedal Leg with three M8 x 20mm Screws (34) and three M8 Split Washers (42). **Start all three Screws, and then tighten them.**

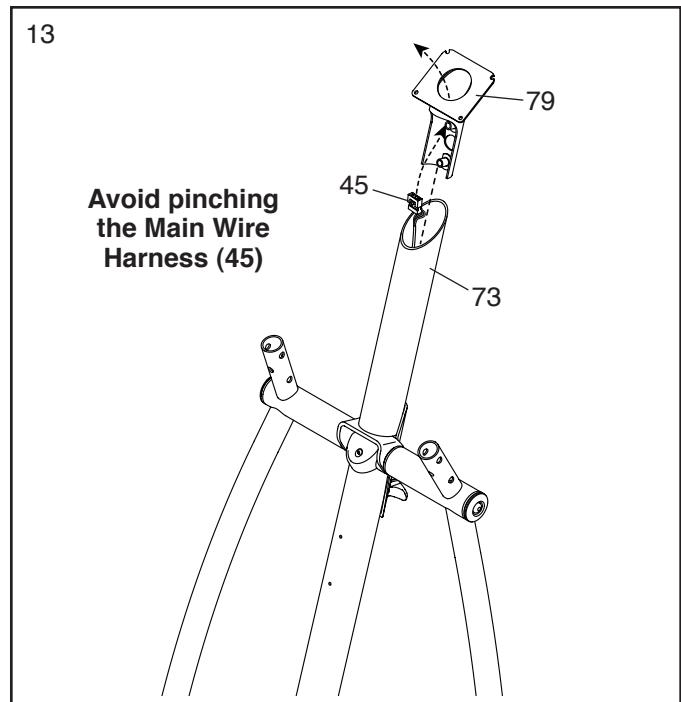
**Repeat this step on the other side of the hybrid trainer.**

**See step 6.** Tighten the three M10 x 60mm Bolts (61).



13. Hold the Console Bracket (79) near the Console Post (73). Insert the Main Wire Harness (45) upward through the Console Bracket.

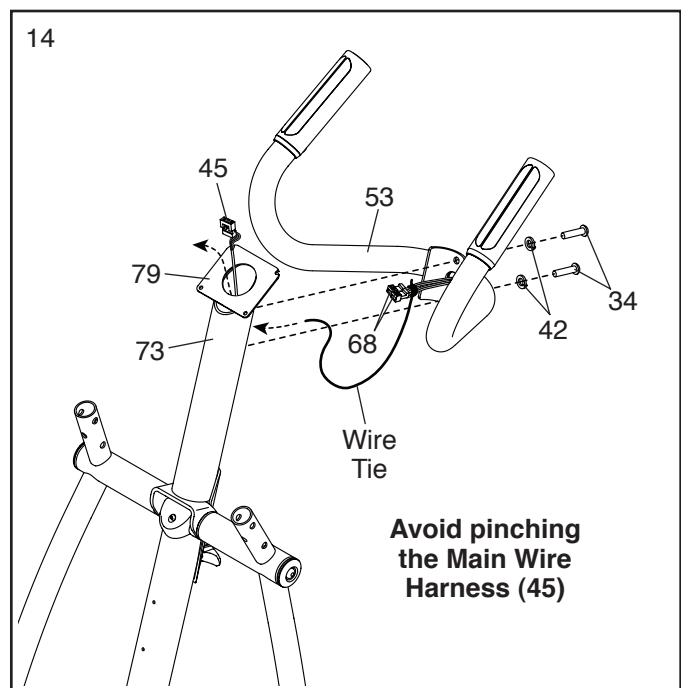
**Tip: Avoid pinching the Main Wire Harness (45).** Insert the Console Bracket (79) into the Console Post (73).



14. Have a second person hold the Handlebar (53) near the Console Post (73). Insert the indicated wire tie into the hole in the Console Post, and then pull the wire tie out of the Console Bracket (79).

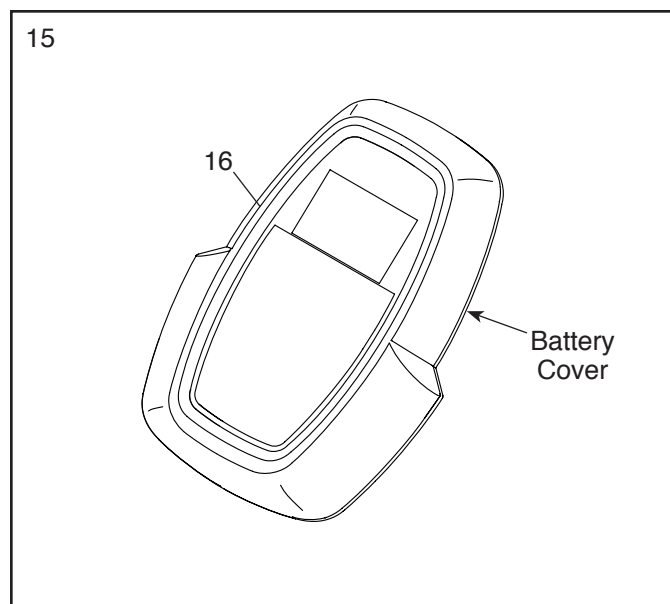
Continue to pull the wire tie until the Pulse Wires (68) are routed into the Console Post (73) and through the Console Bracket (79).

**Tip: Avoid pinching the Main Wire Harness (45).** Attach the Handlebar (53) to the Console Post (73) and the Console Bracket (79) with two M8 x 20mm Screws (34) and two M8 Split Washers (42).



15. The Console (16) requires four AA 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.**

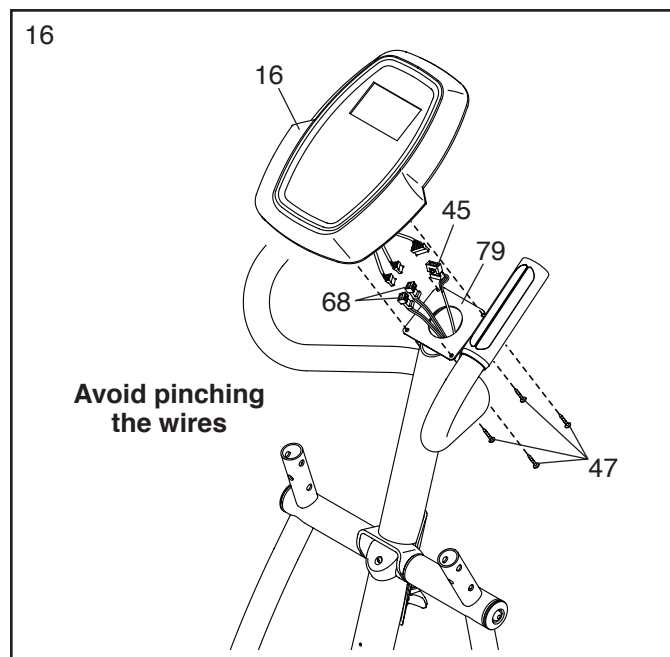
Remove the battery cover from the back of the Console (16), and insert batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



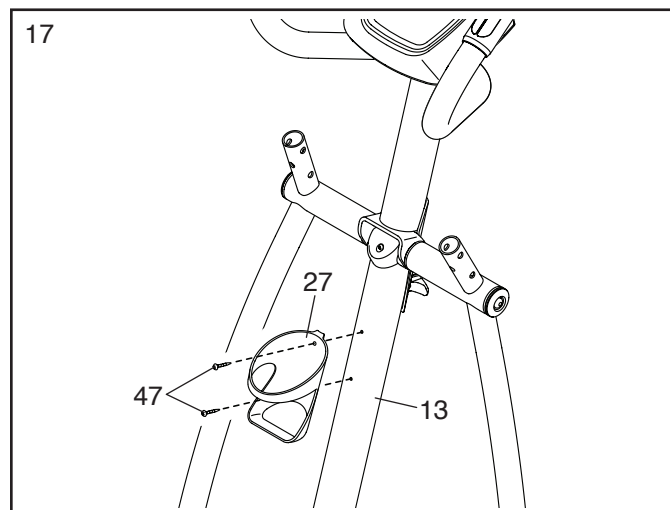
16. Have a second person hold the Console (16) near the Console Bracket (79). Connect the wires on the Console to the Main Wire Harness (45) and to the Pulse Wires (68).

Insert the excess wire into the Console Bracket (79) or into the Console (16).

**Tip: Avoid pinching the wires.** Attach the Console (16) to the Console Bracket (79) with four M4 x 16mm Screws (47).



17. Attach the Water Bottle Holder (27) to the Upright (13) with two M4 x 16mm Screws (47).



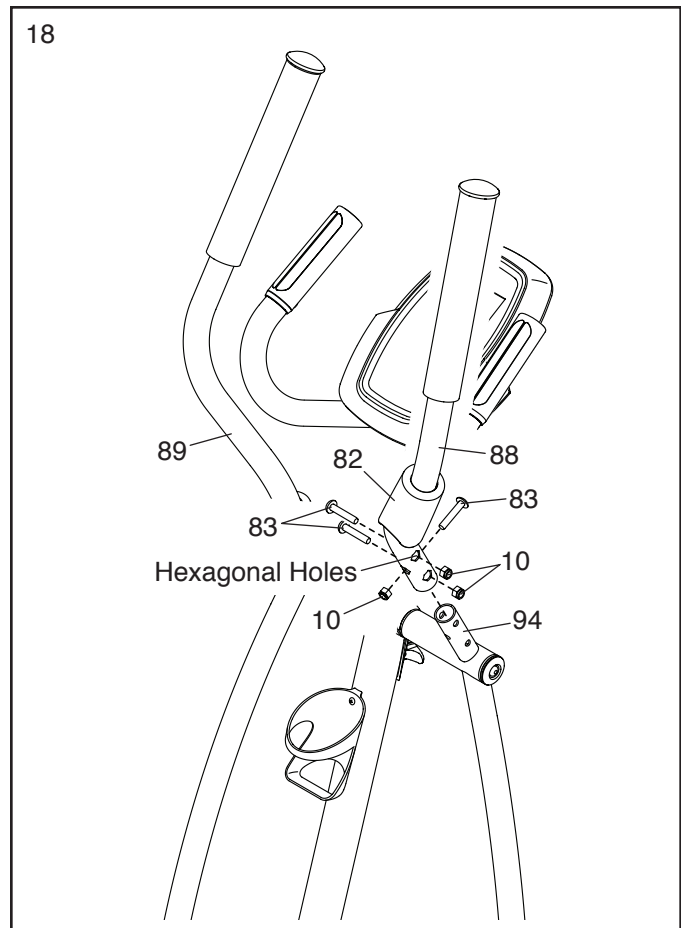
18. Identify the Right Upper Body Arm (88).

Orient an Upper Body Arm Cover (82) as shown, and slide it upward onto the Right Upper Body Arm (88).

Attach the Right Upper Body Arm (88) to the Right Upper Body Leg (94) with three M8 x 40mm Bolts (83) and three M8 Locknuts (10); **make sure that the Locknuts are inside the hexagonal holes.**

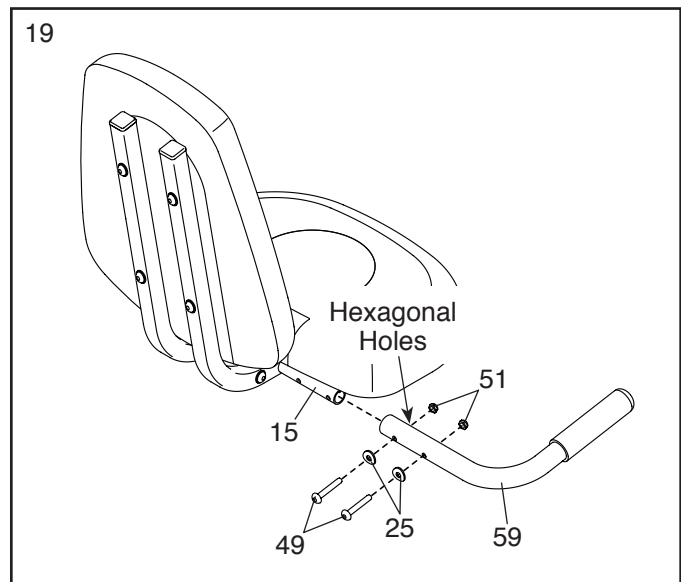
Then, slide the Upper Body Arm Cover (82) downward onto the Right Upper Body Leg (94).

**Assemble the Left Upper Body Arm (89) in the same way.**

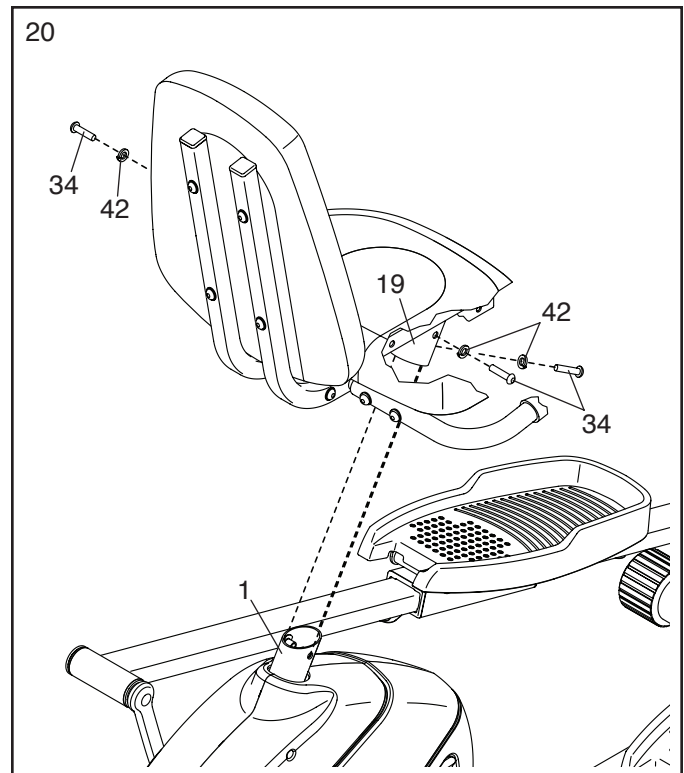


19. Attach a Seat Handle (59) to the Right Seat Bracket (15) with two M6 x 30mm Bolts (49), two M6 Curved Washers (25), and two M6 Locknuts (51); **make sure that the Locknuts are in the hexagonal holes.**

**Attach the other Seat Handle (not shown) in the same way.**



20. Attach the Seat Frame (19) to the Rear Frame (1) with three M8 x 20mm Screws (34) and three M8 Split Washers (42). **Start all three Screws, and then tighten them.**

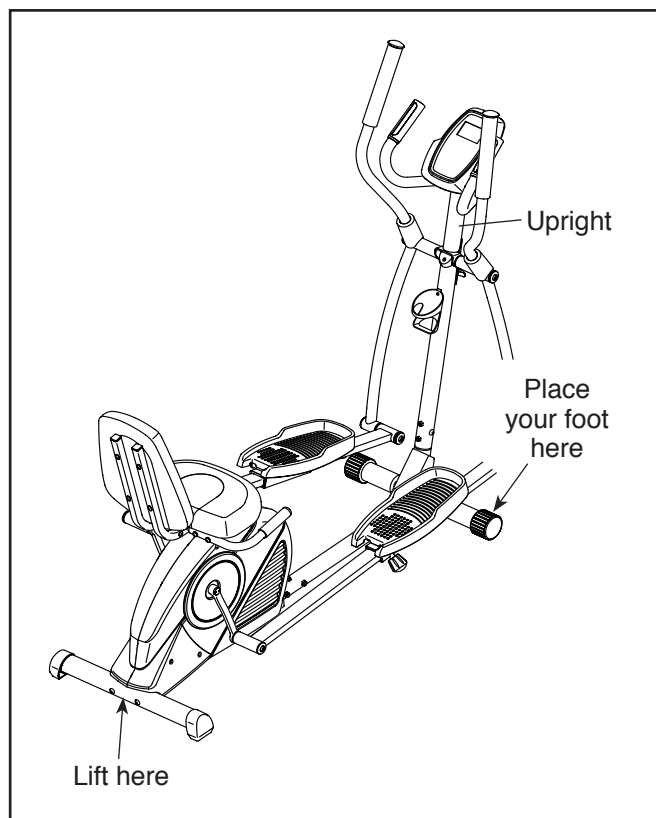


21. **Make sure that all parts of the hybrid trainer are properly tightened.** Note: Extra parts may be included.  
To protect the floor or carpet from damage, place a mat under the hybrid trainer.

# HOW TO USE THE HYBRID TRAINER

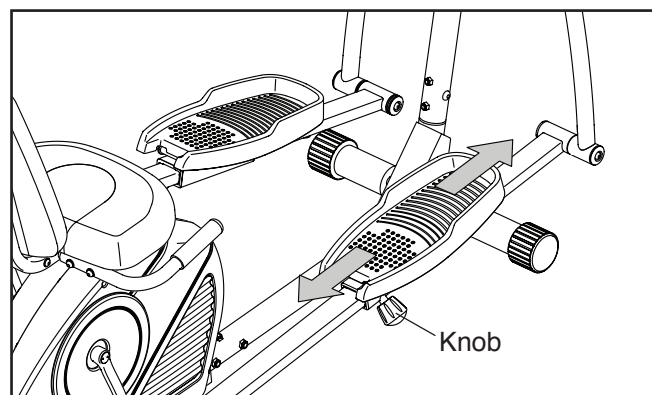
## HOW TO MOVE THE HYBRID TRAINER

**Due to the size and weight of the hybrid trainer, moving it requires two persons.** Stand in front of the hybrid trainer, 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 hybrid trainer will roll on the wheels. Carefully move the hybrid trainer to the desired location, and then lower it to the floor.



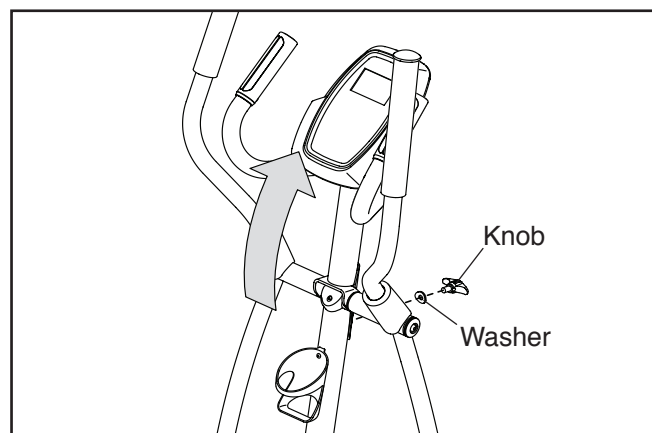
## HOW TO ADJUST THE PEDAL POSITION

Each pedal can be adjusted to several positions. To adjust the position of each pedal, loosen the pedal knob, move the pedal forward or backward to the desired position, and then retighten the pedal knob.



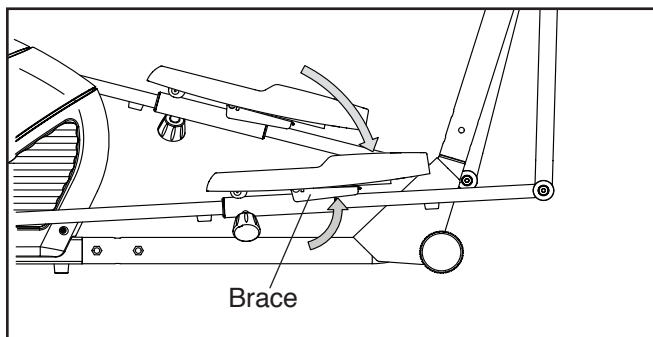
## HOW TO USE THE ELLIPTICAL MODE

To use the hybrid trainer as an elliptical, first pivot the upright to the high position and then tighten the console knob and the washer into the upright.

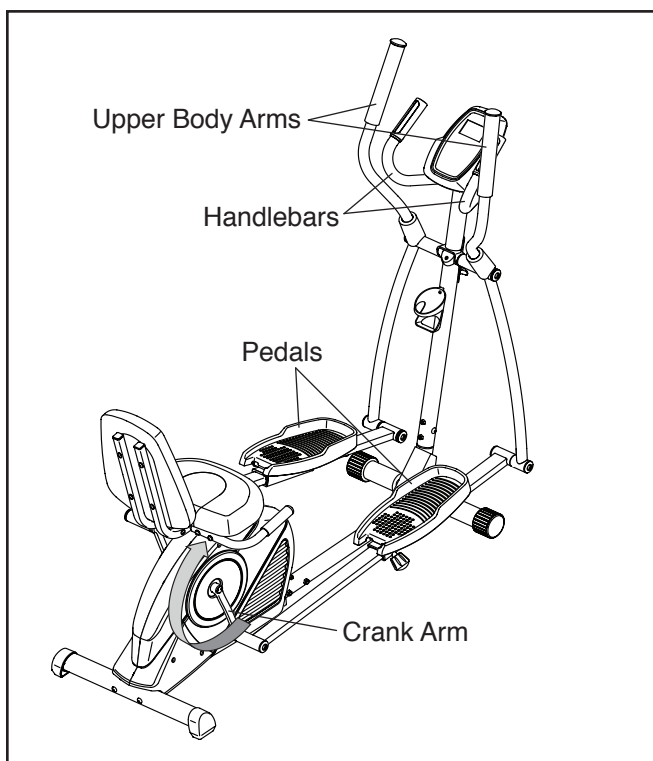




Then, lift a pedal, fold the brace upward, and pivot the pedal to the low position. **Repeat this action for the other pedal.**



To mount the hybrid trainer in the elliptical mode, 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.

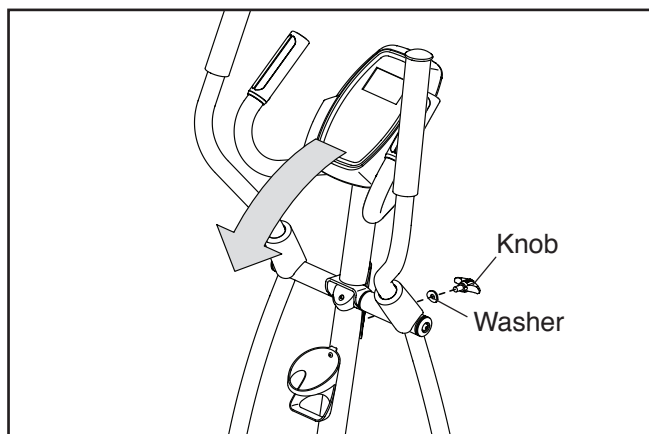


Push the pedals until they begin to move with a continuous motion. **Note: The crank arms can turn in either direction. It is recommended that you move the crank arms in the direction shown by the arrow; however, for variety, you can turn the crank arms in the opposite direction.**

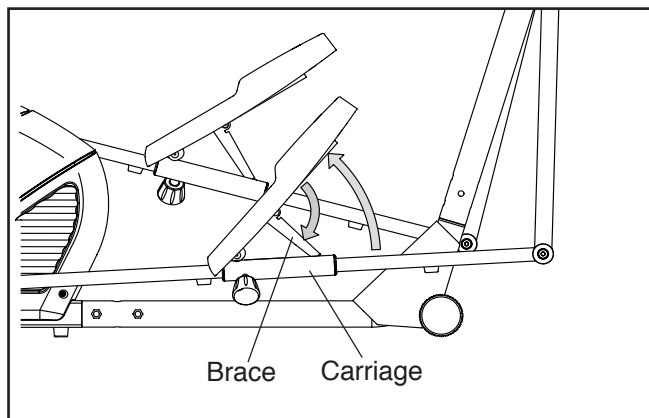
To dismount the hybrid trainer, wait until the pedals come to a complete stop. **Note: The hybrid trainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

## HOW TO USE THE RECUMBENT BIKE MODE

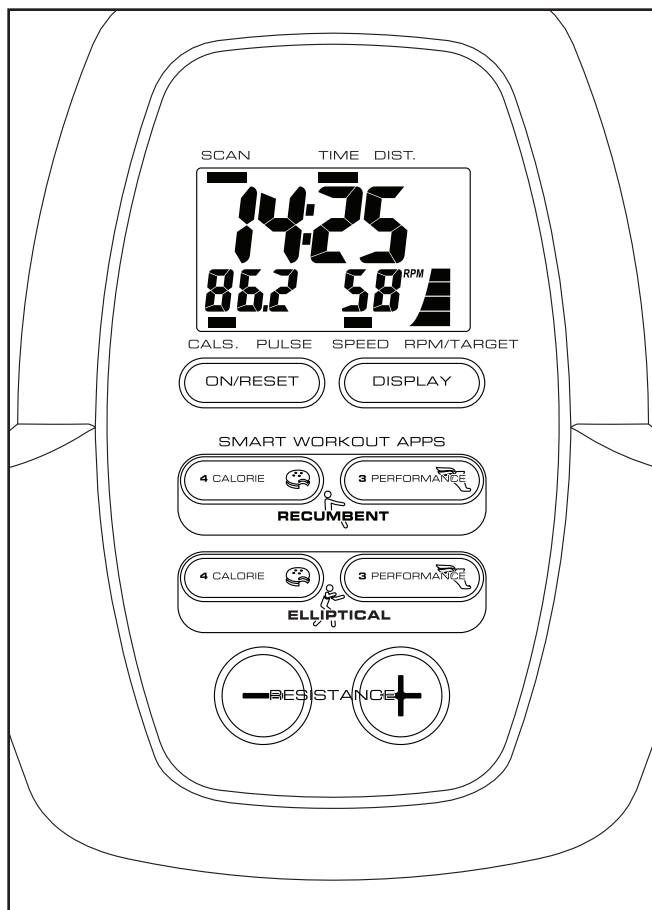
To use the hybrid trainer as a recumbent bike, first remove the console knob and the washer, and then pivot the upright to the low position.



Then, lift a pedal, unfold the brace and set it in the pedal carriage, and pivot the pedal to the high position. **Make sure that the brace is securely inserted into the pedal carriage. Repeat this action for the other pedal.**



## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective.

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

The console also offers fourteen smart workouts—seven workouts for the recumbent bike mode and seven workouts for the elliptical mode. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace while guiding you through an effective workout.

Before using the console, make sure that batteries are installed (see assembly step 15 on page 13). If there is a sheet of plastic on the display, remove the plastic.

## HOW TO USE THE MANUAL MODE

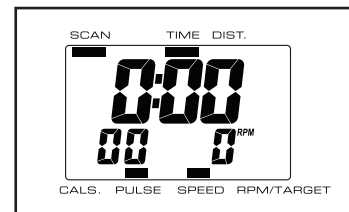
### 1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display will turn on for a moment; the console will then be ready for use.

### 2. Select the manual mode.

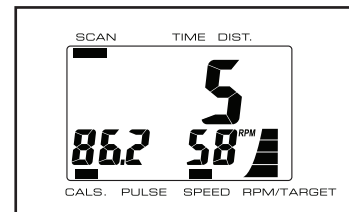
When you turn on the console, the manual mode will be selected.

If you have selected a workout, reselect the manual mode by pressing any of the Smart Workouts Apps buttons repeatedly until zeros appear in the display.



### 3. 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 console has several displays that show the following workout information:

**Speed**—This display shows your pedaling speed, in revolutions per minute (rpm).

**Time**—This display shows the elapsed time.

Note: When a workout is selected, the display shows the time remaining in the workout instead of the elapsed time.

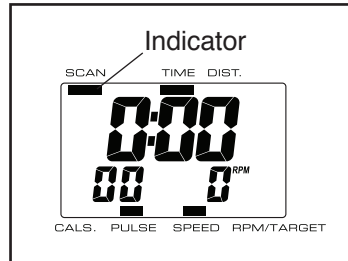
**Distance**—This display shows the distance you have pedaled, in total revolutions.

**Calories**—This display shows the approximate number of calories you have burned.

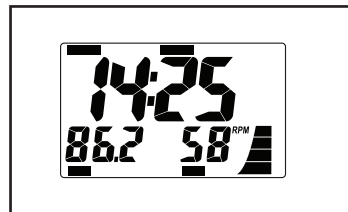
**Pulse**—This display shows your heart rate when you use the handgrip heart rate monitor.

**Scan**—When you select this display option, the upper section of the display will show both time and distance information, and the lower left section of the display will show calories information.

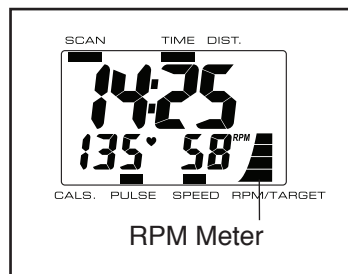
When you turn on the console, the scan display will be selected automatically. An indicator will appear below the word SCAN to show that the scan display is selected.



As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled; the lower left section of the display will show the number of calories you have burned. The lower right section of the display will show your pedaling speed.



In addition, the RPM meter on the right side of the display will provide a visual representation of your pedaling speed. As you increase or decrease your pace, bars will appear or disappear in the RPM meter.

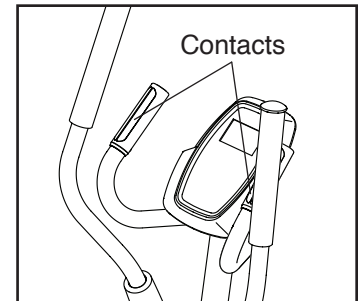


To cancel the scan mode, press the Display button. The indicator below the word SCAN will disappear. The upper section of the display will then show only the elapsed time. If you press the Display button again, the upper section of the display will show only the distance pedaled. To select the scan mode again, press the Display button repeatedly until an indicator appears below the word SCAN.

To reset the display, press the On/Reset button. To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

## 5. Measure your heart rate if desired.

**Note:** If there are sheets of plastic on the metal contacts of the handgrip heart rate monitor, remove the plastic. 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, the heart-shaped indicator in the display will flash each time your heart beats and two dashes will appear. After a moment, your heart rate will be shown in the display.

**For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

**Note:** If you continue to hold the handgrip heart rate monitor, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hand excessively or to squeeze the contacts too 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 a few seconds, the time will flash in the display and the console will pause.

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

## HOW TO USE A SMART WORKOUT

### 1. Turn on the console.

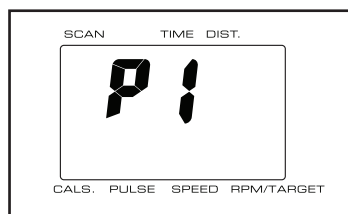
To turn on the console, press the On/Reset button or begin pedaling. The entire display will turn on for a moment; the console will then be ready for use.

### 2. Select a smart workout.

**When you select a Recumbent smart workout,** you must adjust the hybrid trainer to the recumbent bike mode for the console to provide accurate feedback (see HOW TO USE THE RECUMBENT BIKE MODE on page 17).

**When you select an Elliptical smart workout,** you must adjust the hybrid trainer to the elliptical mode for the console to provide accurate feedback (see HOW TO USE THE ELLIPTICAL MODE on page 16).

To select a smart workout, press the desired Smart Workout Apps button repeatedly. The name of the workout will appear in the display.



A few seconds after you select a smart workout, the display will show the duration of the workout.

### 3. Begin pedaling to start the workout.

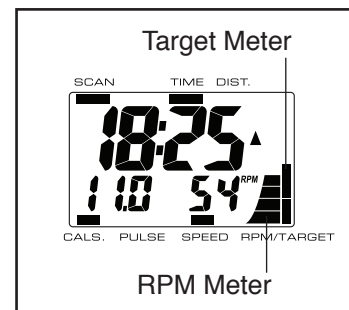
The smart workouts consist of several one-minute segments. One resistance level and one target speed (rpm) are programmed for each segment.

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment.

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.

**IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

The target speed settings for the workout will be shown by the target meter in the display. The RPM meter will show your actual pedaling speed.



As the target meter changes in height during the workout, adjust your pedaling speed so that the same number of bars appears in both meters. If your pedaling speed is slower than the current target speed, an arrow will appear next to the RPM meter to prompt you to increase your speed; if your pedaling speed is faster than the target speed, an arrow will prompt you to decrease your speed.

**IMPORTANT: The target speed settings for the workout are intended only to provide a goal. Your actual pedaling speed may be slower than the target speed settings, especially during the first few months of your exercise program. Make sure to pedal at a speed that is comfortable for you.**

The display will show the time remaining in the workout. If you stop pedaling for a few seconds, the workout will pause and the time will flash in the display. To resume the workout, simply resume pedaling.

### 4. Follow your progress with the display.

See step 4 on page 18.

### 5. Measure your heart rate if desired.

See step 5 on page 19.

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

See step 6 on page 19.

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## 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 hybrid trainer regularly. Replace any worn parts immediately.

To clean the hybrid trainer, 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 15 on page 13 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 19.

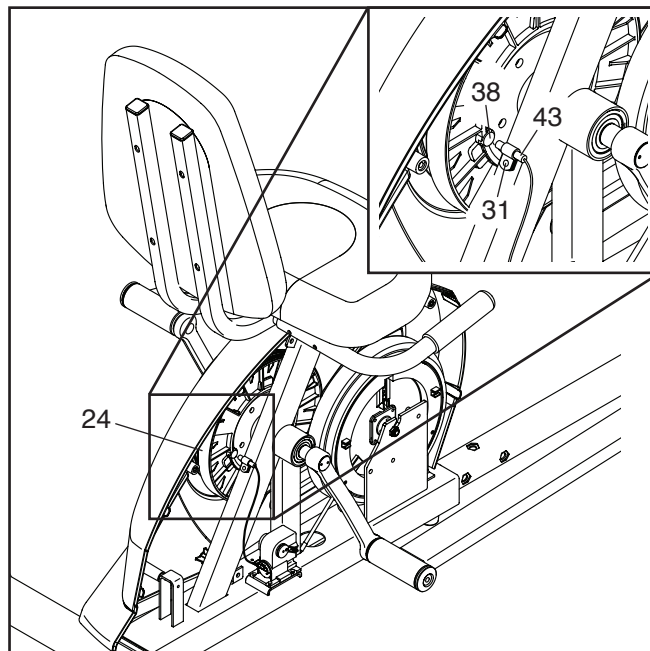
## HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, see EXPLODED DRAWING A on page 26. Remove the M4 x 16mm Screws (47) and the M4 x 25mm Screws (41) from the Left and Right Shields (17, 18). **Make sure to note which size of Screw you remove from each hole.** Then, gently move the Right Shield out of the way.

Note: For clarity, the right shield is shown removed in the drawing below.

Next, locate the Reed Switch (43). Loosen, but do not remove, the M4 x 12mm Screw (31).



Next, rotate the Pulley (24) until a Magnet (38) is aligned with the Reed Switch (43). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 12mm Screw (31).

Rotate the Pulley (24) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the shields.

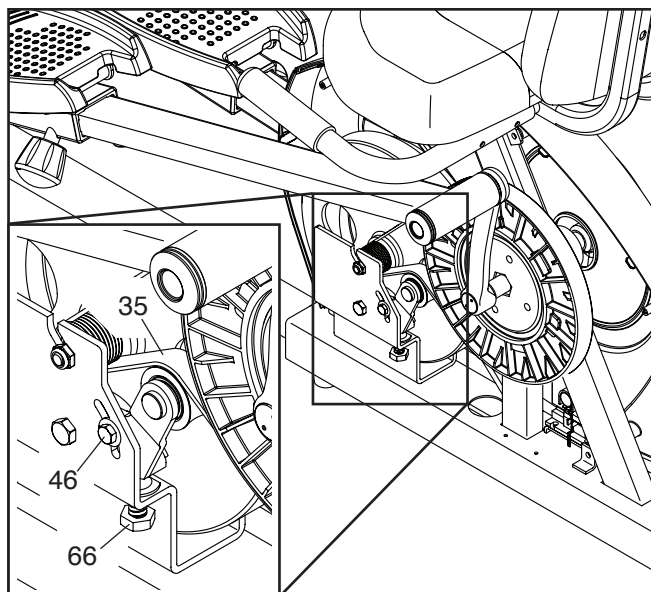
## HOW TO ADJUST THE DRIVE BELT

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, see EXPLODED DRAWING A on page 26. Remove the M4 x 16mm Screws (47) and the M4 x 25mm Screws (41) from the Left and Right Shields (17, 18). **Make sure to note which size of Screw you remove from each hole.** Then, gently move the Left Shield out of the way.

Note: For clarity, the left shield is shown removed in the drawing at the right.

Loosen the M6 x 20mm Hex Screw (46). Then, tighten the M10 x 50mm Hex Screw (66) until the Drive Belt (35) is tight.



When the Drive Belt (35) is tight, tighten the M6 x 20mm Hex Screw (46). Then, reattach the shields.



# 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.



# PART LIST

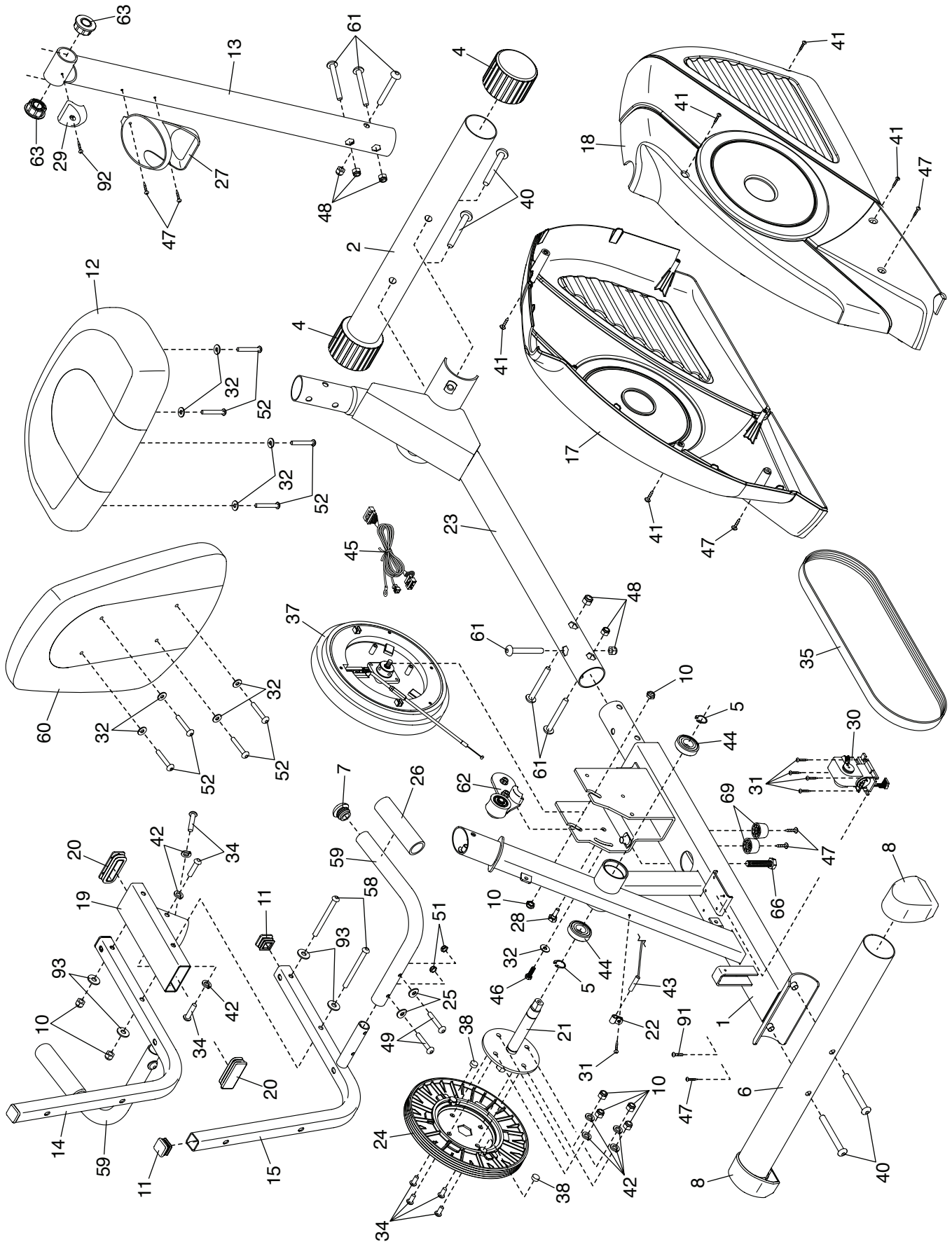
Model No. PFEL03812.0 R1012A

| Key No. | Qty. | Description         | Key No. | Qty. | Description             |
|---------|------|---------------------|---------|------|-------------------------|
| 1       | 1    | Rear Frame          | 49      | 4    | M6 x 30mm Bolt          |
| 2       | 1    | Front Stabilizer    | 50      | 2    | Upper Body Arm Grip     |
| 3       | 2    | Upper Body Arm Cap  | 51      | 4    | M6 Locknut              |
| 4       | 2    | Wheel               | 52      | 8    | M6 x 38mm Bolt          |
| 5       | 2    | Snap Ring           | 53      | 1    | Handlebar               |
| 6       | 1    | Rear Stabilizer     | 54      | 6    | M8 Large Washer         |
| 7       | 2    | Seat Handle Cap     | 55      | 8    | M4 x 5mm Screw          |
| 8       | 2    | Rear Stabilizer Cap | 56      | 4    | Carriage Bushing        |
| 9       | 1    | Console Knob        | 57      | 2    | Large Bumper            |
| 10      | 14   | M8 Locknut          | 58      | 2    | M8 x 125mm Bolt         |
| 11      | 4    | Seat Frame Cap      | 59      | 2    | Seat Handle             |
| 12      | 1    | Seat                | 60      | 1    | Backrest                |
| 13      | 1    | Upright             | 61      | 6    | M10 x 60mm Bolt         |
| 14      | 1    | Left Seat Bracket   | 62      | 1    | Idler                   |
| 15      | 1    | Right Seat Bracket  | 63      | 14   | Pivot Bushing           |
| 16      | 1    | Console             | 64      | 1    | Right Pedal Carriage    |
| 17      | 1    | Left Shield         | 65      | 1    | Left Pedal Carriage     |
| 18      | 1    | Right Shield        | 66      | 1    | M10 x 50mm Hex Screw    |
| 19      | 1    | Seat Frame          | 67      | 2    | Pedal                   |
| 20      | 2    | Seat Frame Cap      | 68      | 2    | Pulse Grip/Pulse Wire   |
| 21      | 1    | Crank               | 69      | 6    | Small Bumper            |
| 22      | 1    | Clamp               | 70      | 2    | Pedal Knob              |
| 23      | 1    | Front Frame         | 71      | 1    | Right Pedal Leg         |
| 24      | 1    | Pulley              | 72      | 2    | Crank Arm               |
| 25      | 4    | M6 Curved Washer    | 73      | 1    | Console Post            |
| 26      | 2    | Seat Handle Grip    | 74      | 1    | Left Upper Body Leg     |
| 27      | 1    | Water Bottle Holder | 75      | 1    | Right Pedal Leg Bracket |
| 28      | 1    | Idler Screw         | 76      | 1    | Left Pedal Leg Bracket  |
| 29      | 1    | Upright Bumper      | 77      | 2    | Crank Arm Screw         |
| 30      | 1    | Resistance Motor    | 78      | 2    | Crank Arm Cap           |
| 31      | 7    | M4 x 12mm Screw     | 79      | 1    | Console Bracket         |
| 32      | 9    | M6 Washer           | 80      | 1    | Axle                    |
| 33      | 2    | M10 x 98mm Bolt     | 81      | 4    | Wave Washer             |
| 34      | 23   | M8 x 20mm Screw     | 82      | 2    | Upper Body Arm Cover    |
| 35      | 1    | Drive Belt          | 83      | 6    | M8 x 40mm Bolt          |
| 36      | 8    | M8 x 10mm Screw     | 84      | 2    | Pedal Plate             |
| 37      | 1    | Eddy Mechanism      | 85      | 2    | Pedal Brace             |
| 38      | 2    | Magnet              | 86      | 2    | Spacer                  |
| 39      | 1    | M10 Curved Washer   | 87      | 2    | M10 x 102mm Bolt        |
| 40      | 4    | M10 x 65mm Screw    | 88      | 1    | Right Upper Body Arm    |
| 41      | 5    | M4 x 25mm Screw     | 89      | 1    | Left Upper Body Arm     |
| 42      | 15   | M8 Split Washer     | 90      | 8    | Pivot Cover             |
| 43      | 1    | Reed Switch/Wire    | 91      | 1    | Ground Screw            |
| 44      | 2    | Crank Bearing       | 92      | 1    | M4 x 10mm Screw         |
| 45      | 1    | Main Wire Harness   | 93      | 4    | M8 Small Washer         |
| 46      | 1    | M6 x 20mm Hex Screw | 94      | 1    | Right Upper Body Leg    |
| 47      | 17   | M4 x 16mm Screw     | 95      | 1    | Left Pedal Leg          |
| 48      | 10   | M10 Locknut         | *       | —    | User's Manual           |

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.

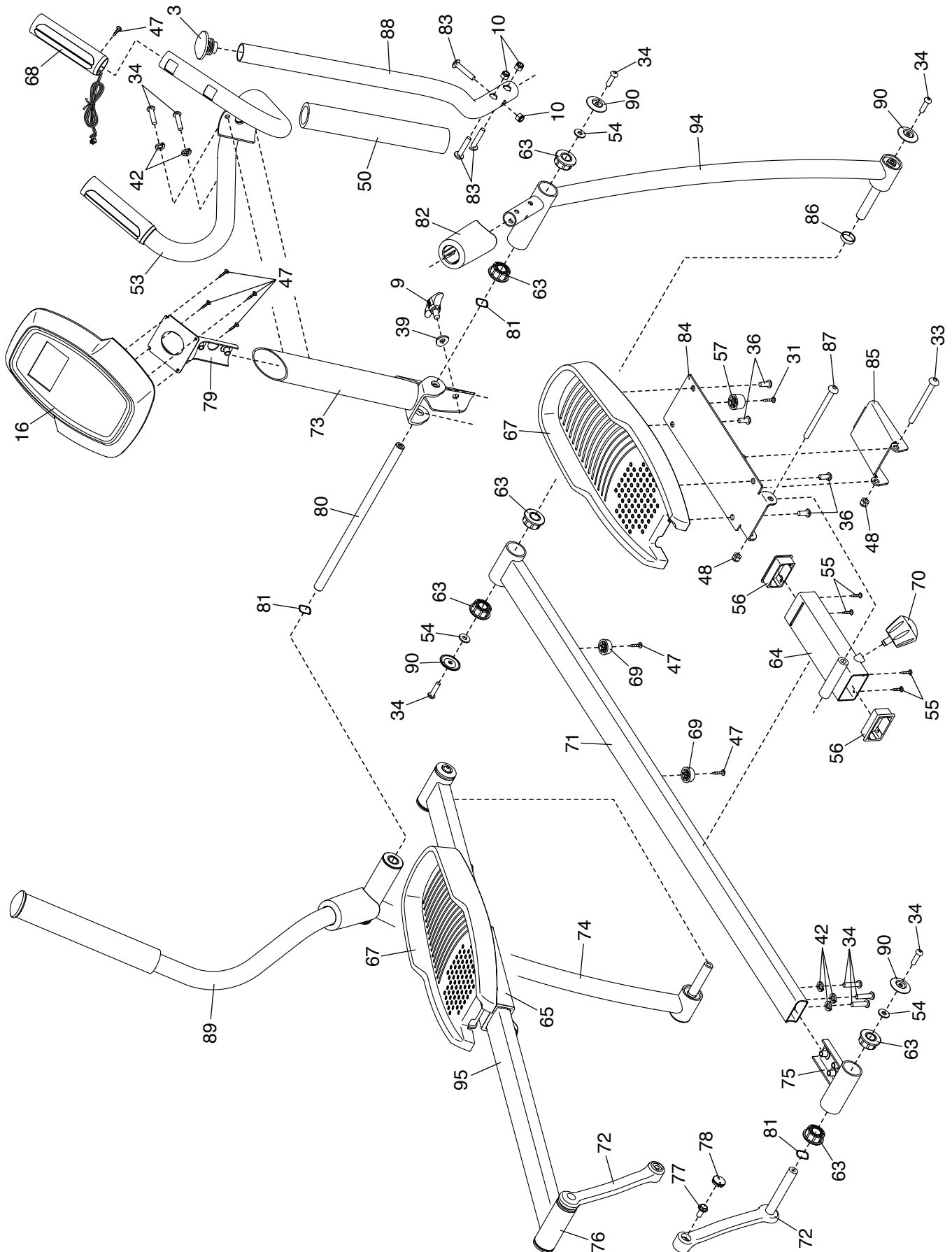
# EXPLODED DRAWING A

Model No. PFEL03812.0 R1012A



# EXPLODED DRAWING B

Model No. PFEL03812.0 R1012A



# 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](http://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**