

PRO-FORM[®]

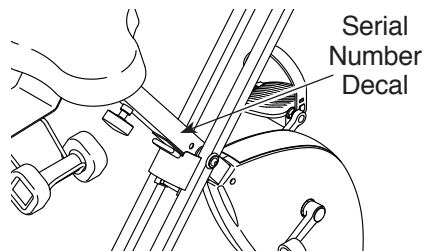
EXERCISE BIKE

proform.com

Model No. PFEX78918.1
PFEX78918P.1
PFEX78918R.1
PFEX78918T.1

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.proform.com.

CUSTOMER CARE

For service at any time, go to proformservice.com.

Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

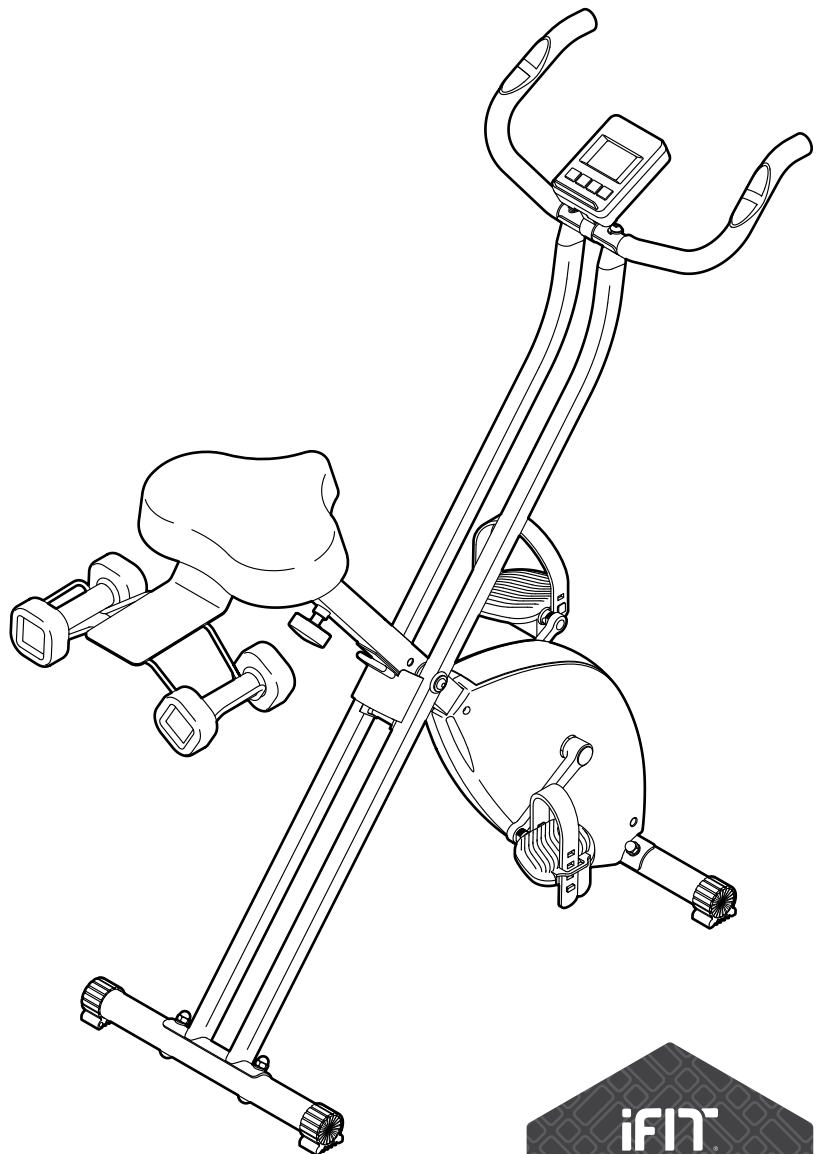
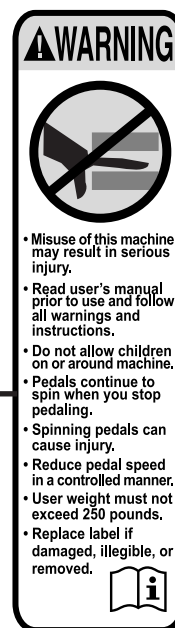
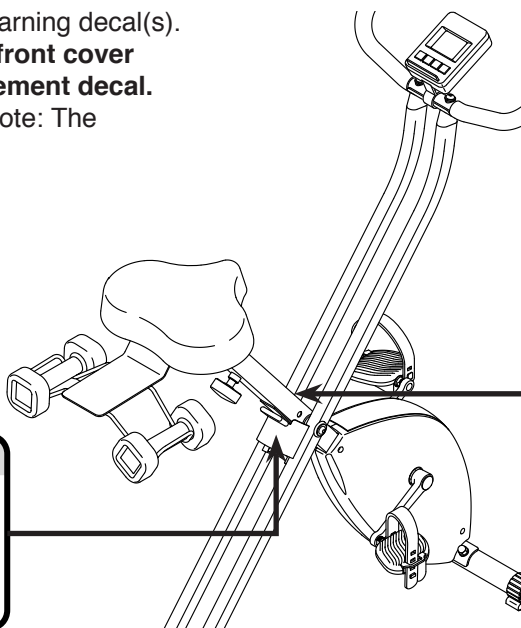


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WARNING DECAL PLACEMENT

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.



- 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 pounds.
- Replace label if damaged, illegible, or removed.

PROFORM and IFIT are registered trademarks of ICON Health & Fitness, Inc. App Store is a trademark of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google LLC. The BLUETOOTH® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. 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 exercise bike 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. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
7. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the exercise bike at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
11. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
12. Be careful when mounting and dismounting the exercise bike.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. 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.
15. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
16. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



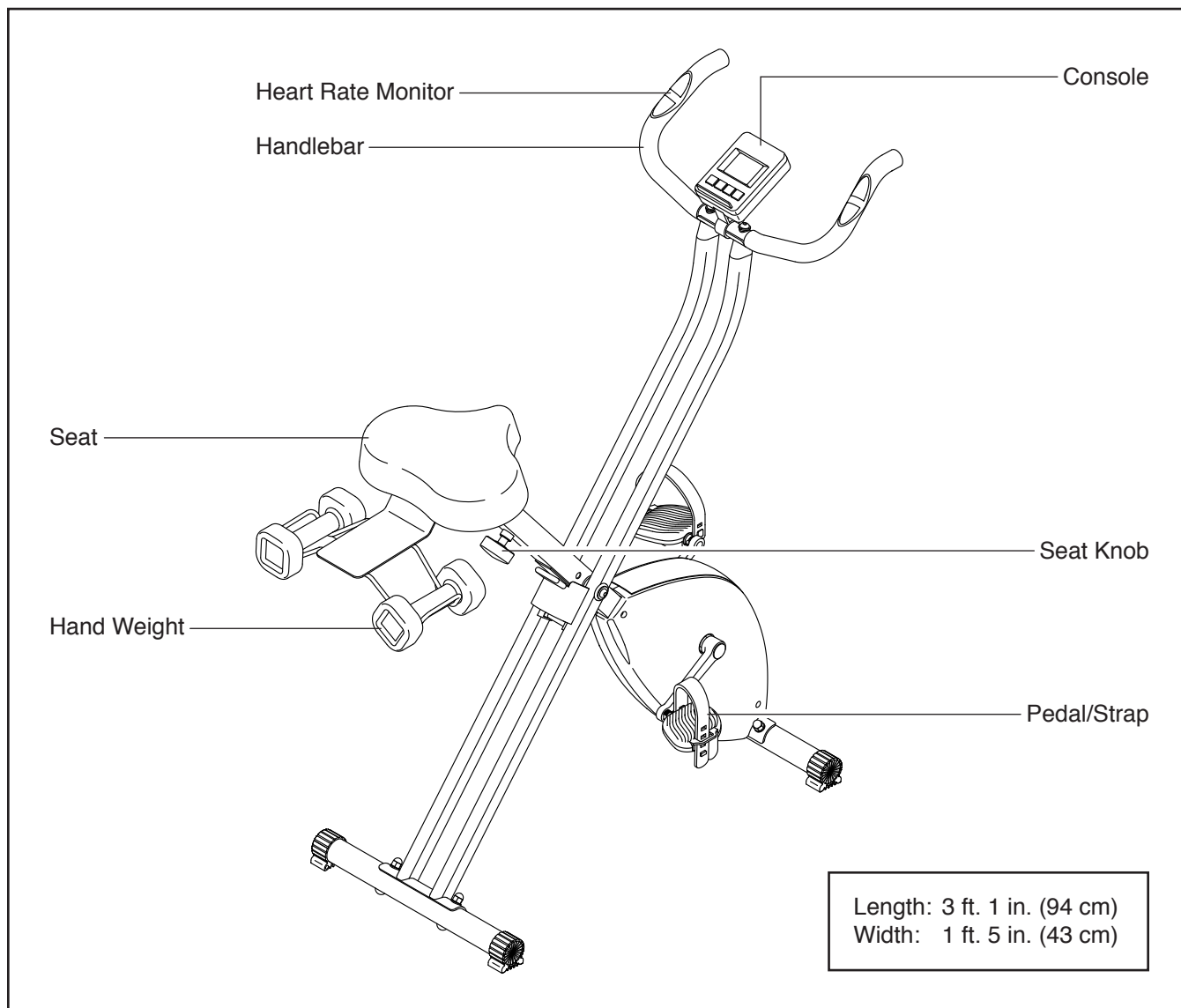
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The PROFORM exercise bike provides a 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 exercise bike. If you have questions after

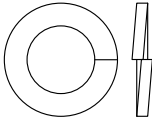
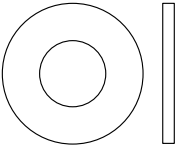
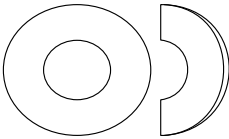
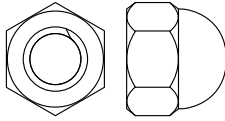
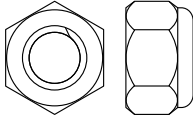
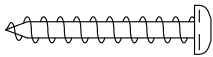
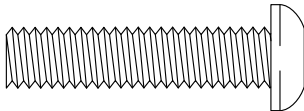
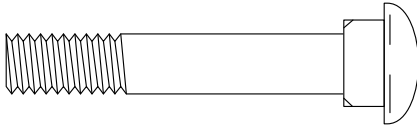
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



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. 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.**

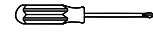
				
M8 Split Washer (56)–2	M8 Washer (70)–3	M8 Curved Washer (24)–6	M8 Acorn Nut (25)–4	M8 Locknut (15)–3
				
M4 x 25mm Screw (71)–1	M8 x 35mm Screw (65)–2	M8 x 50mm Carriage Bolt (64)–4		

ASSEMBLY

- To hire an authorized service technician to assemble this product, 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 all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- In addition to the included tool(s), assembly requires the following tool(s):

one Phillips screwdriver



one adjustable wrench

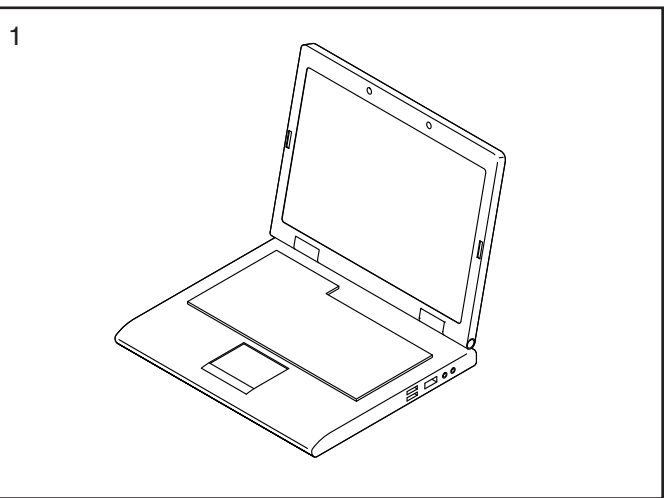


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

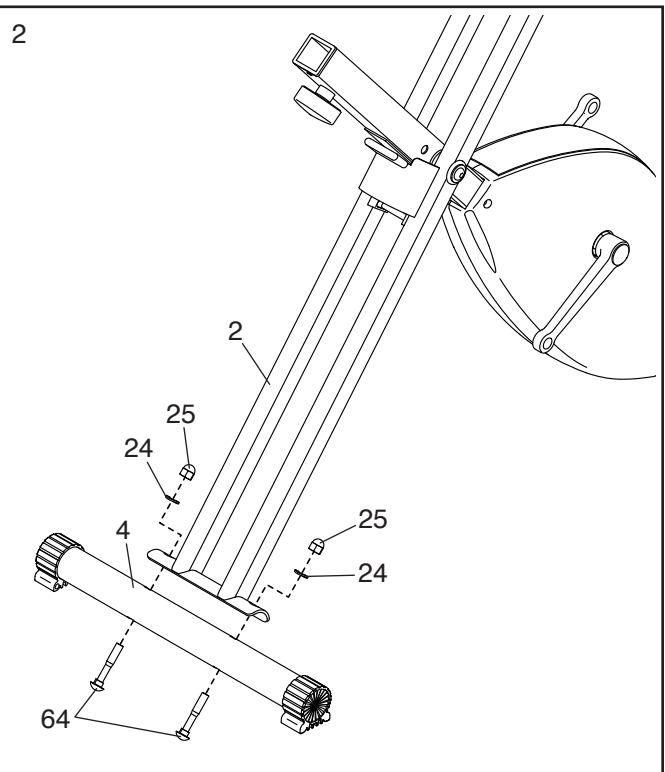
1. Go to my.proform.com on your computer and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

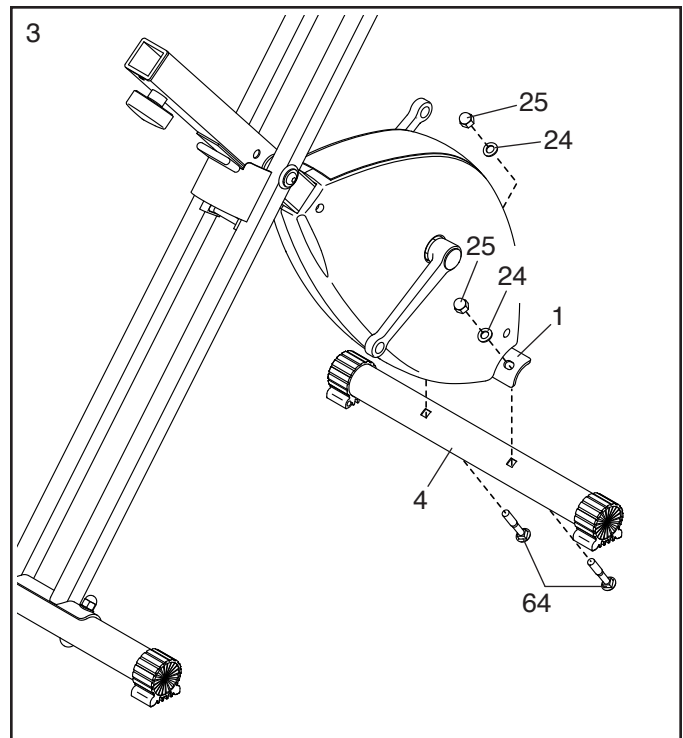
Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



2. Attach one of the Stabilizers (4) to the Handlebar Frame (2) with two M8 x 50mm Carriage Bolts (64), two M8 Curved Washers (24), and two M8 Acorn Nuts (25).

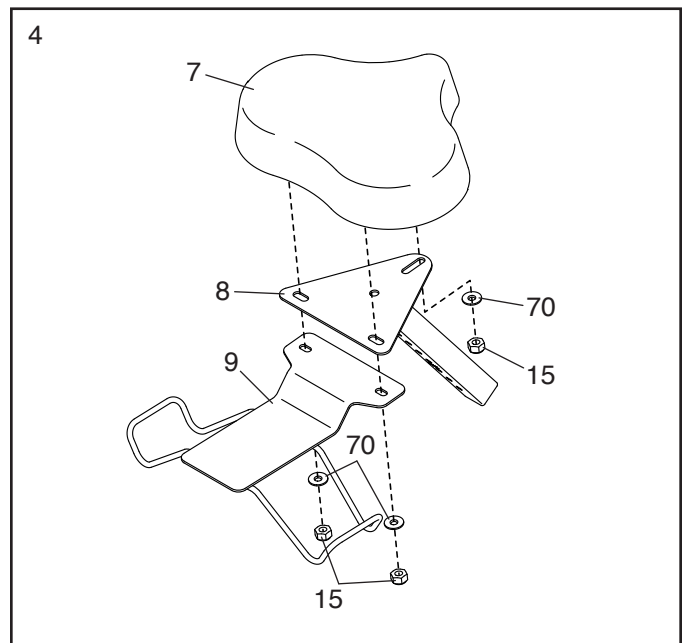


3. Attach the other Stabilizer (4) to the Seat Frame (1) with two M8 x 50mm Carriage Bolts (64), two M8 Curved Washers (24), and two M8 Acorn Nuts (25).



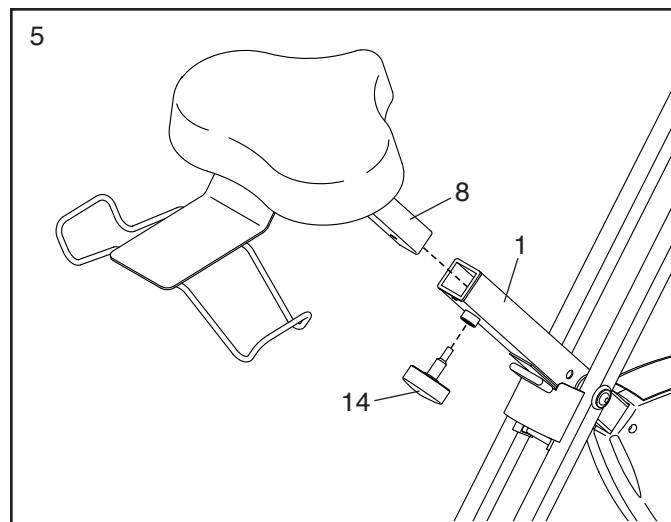
4. Orient the Seat (7), the Seat Post (8), and the Weight Rack (9) as shown.

Attach the Seat (7) and the Weight Rack (9) to the Seat Post (8) with three M8 Locknuts (15) and three M8 Washers (70); **start all the Locknuts, and then tighten them.** Note: The Locknuts and Washers may be preattached to the Seat.

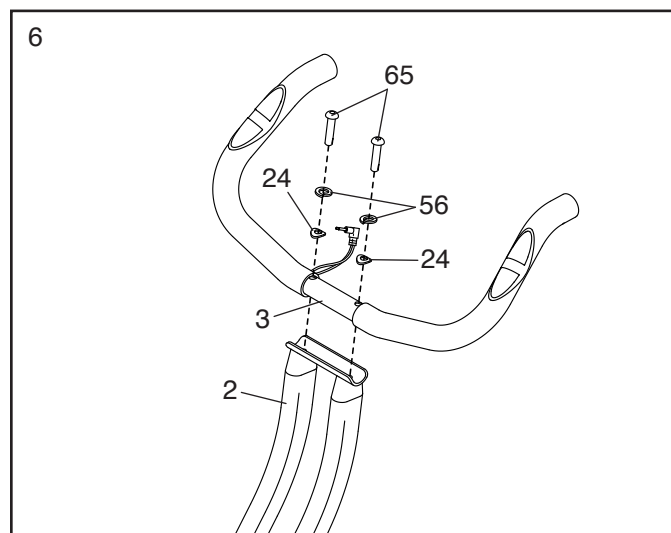


5. Insert the Seat Post (8) into the Seat Frame (1).

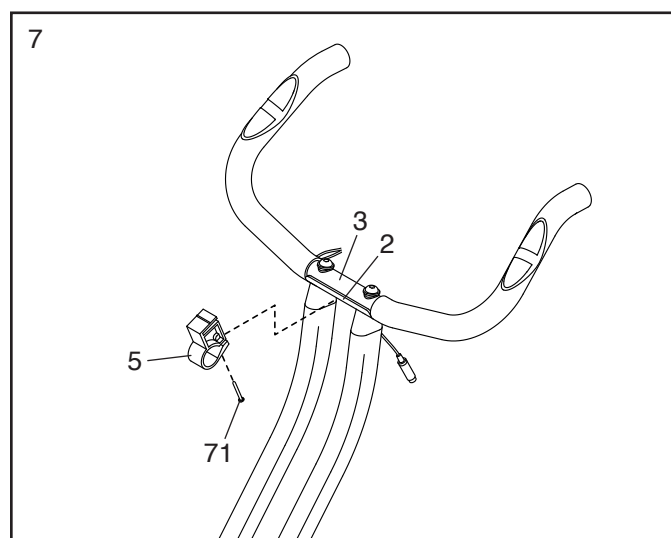
Next, insert the Knob (14) into the Seat Frame (1) and into one of the adjustment holes in the Seat Post (8); **make sure that the Knob is in one of the adjustment holes in the Seat Post.** Then, tighten the Knob.



6. Attach the Handlebar (3) to the Handlebar Frame (2) with two M8 x 35mm Screws (65), two M8 Split Washers (56), and two M8 Curved Washers (24).

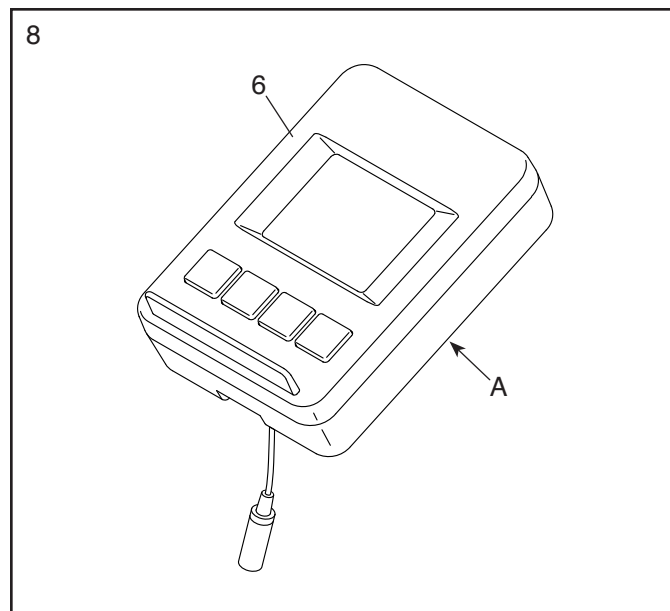


7. Pull the Console Mount (5) open slightly and slide it onto the Handlebar (3) and onto the upper end of the Handlebar Frame (2). Then, tighten an M4 x 25mm Screw (71) into the Console Mount; **do not fully tighten the Screw yet.**



8. The Console (6) requires three 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 you insert batteries. Otherwise, you may damage the console displays or other electronic components.**

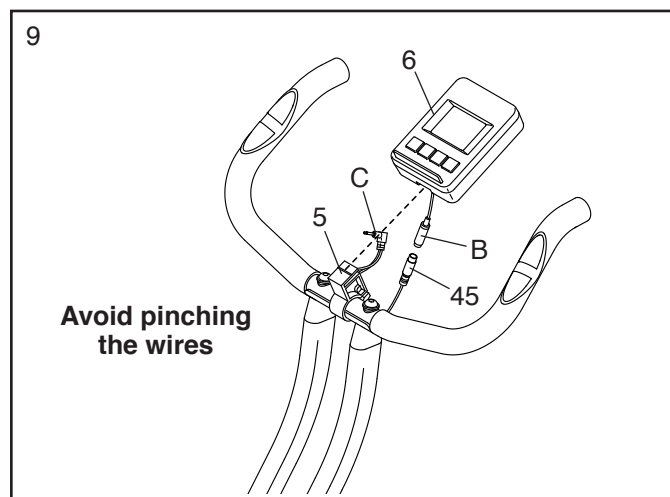
Press the tab on the battery cover (A), and remove the battery cover. Next, insert three batteries into the battery compartment; **make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



9. Have a second person hold the Console (6) near the Console Mount (5). Connect the console wire (B) to the Reed Switch Wire (45); **make sure to align the connectors properly and make sure to press the connectors together firmly.** Then, plug the pulse wire (C) into the back of the Console.

Tip: Avoid pinching the wires. Slide the Console (6) onto the Console Mount (5). Then, pivot the Console and the Console Mount to the desired angle.

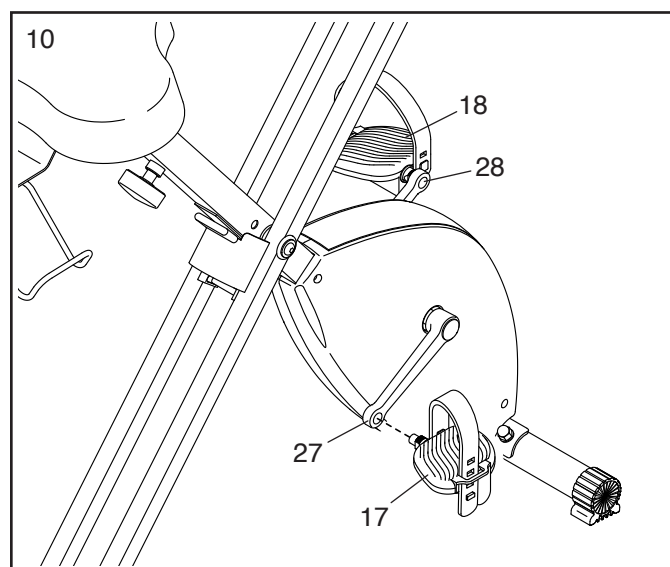
See step 7. Tighten the M4 x 25mm Screw (71).



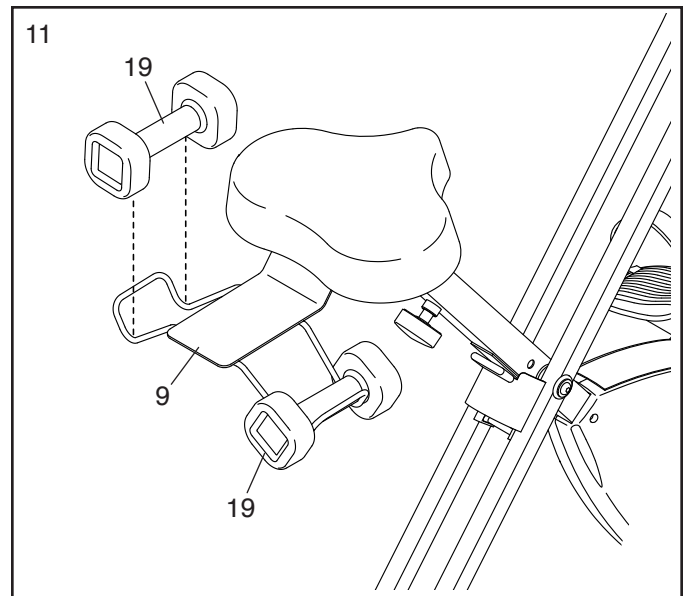
10. Identify the Right Pedal (17).

Using an adjustable wrench, **firmly tighten** the Right Pedal (17) **clockwise** into the Right Crank Arm (27).

Firmly tighten the Left Pedal (18) counterclockwise into the Left Crank Arm (28). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.



11. Set the Hand Weights (19) in the Weight Rack (9).



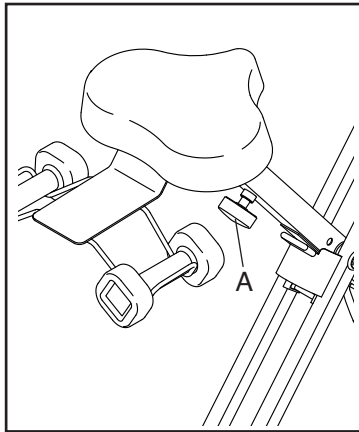
12. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE SEAT POST

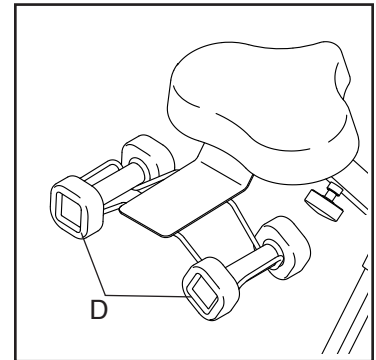
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the seat, first loosen and remove the seat knob (A). Next, slide the seat post upward or downward and align one of the adjustment holes in the seat post with the hole in the frame. Then, insert the seat knob into the frame and the seat post, and tighten the seat knob. **Make sure that the seat knob is inserted into one of the adjustment holes in the seat post.**



HOW TO USE THE HAND WEIGHTS

To add upper body exercise to your workouts, use the hand weights (D) while you pedal. When you are not using the hand weights, store them on the weight rack.

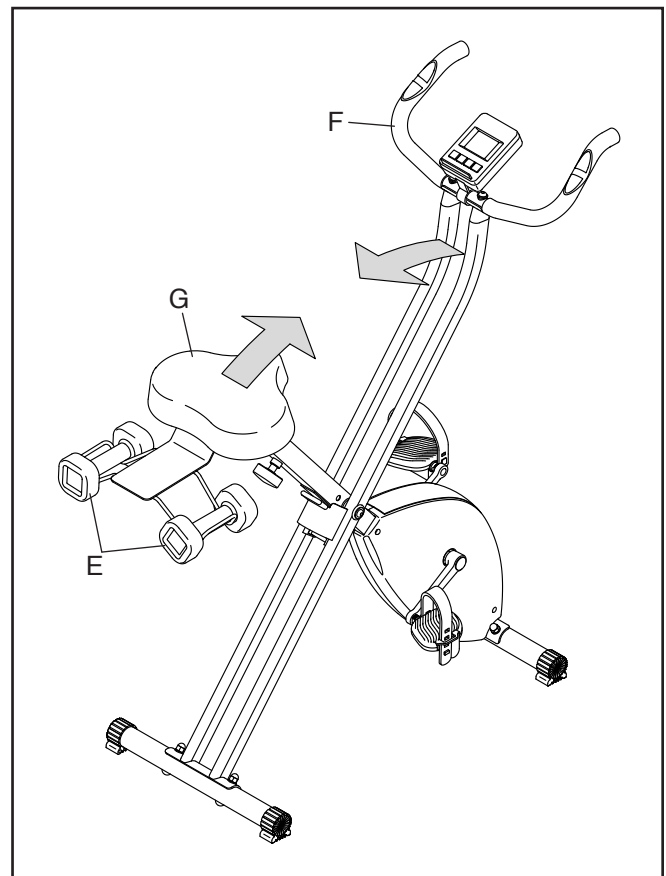
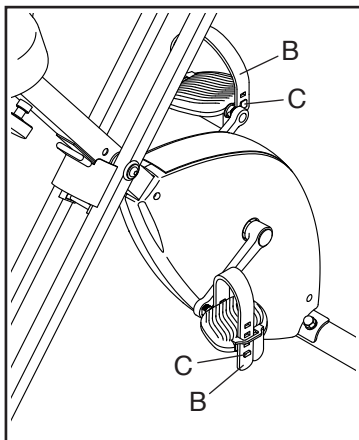


HOW TO FOLD THE EXERCISE BIKE

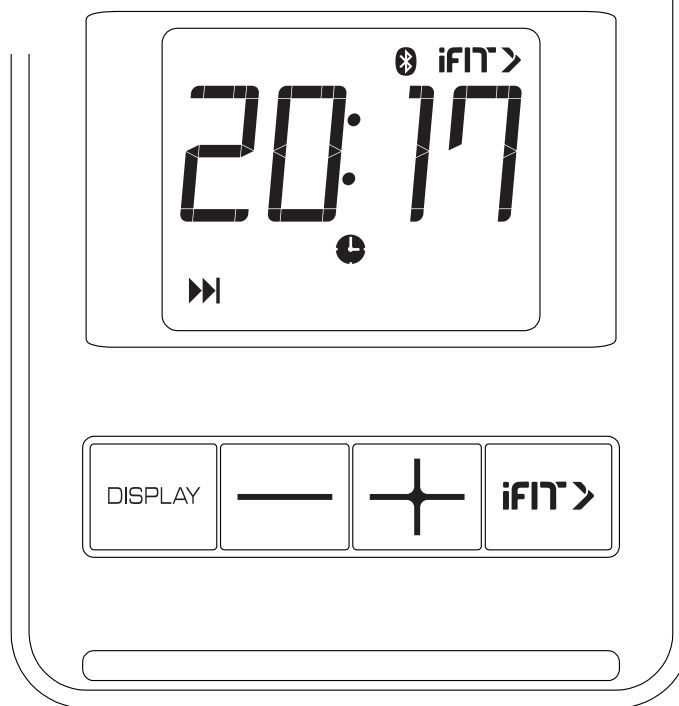
When the exercise bike is not in use, it can be folded to a compact position. First, remove the hand weights (E) from the weight rack. Then, hold the handlebar (F) with one hand, hold the seat (G) with the other hand, and push the handlebar and the seat towards each other.

HOW TO USE THE PEDALS

To use the pedals, insert your shoes under the straps (B). To adjust the straps, pull the straps off the tabs (C), adjust the straps to the desired position, and then press the straps onto the tabs.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The easy-to-use console enables you to change the resistance of the pedals with the touch of a button and provides instant exercise feedback during your workouts.

You can also measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 17 for information about purchasing an optional chest heart rate monitor.**

You can also connect your tablet to the console and use the iFit®—Smart Cardio Equipment app to record and track your workout information.

To use the manual mode, see page 14. **To connect your tablet to the console,** see page 16. **To connect your heart rate monitor to the console,** see page 17.

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

HOW TO USE THE MANUAL MODE

1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Change the resistance of the pedals as desired.

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

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

If the message CH0 or CH1 appears in the display when you press the increase and decrease buttons, see assembly step 9 on page 10. Disconnect the console wire from the reed switch wire, and then reconnect the wires; **make sure to align the connectors properly and make sure to press the connectors together firmly.**

3. Follow your progress with the display.

The display can show the following workout information:

Scan (scan arrow icon)—This mode displays the speed, pulse, calories, resistance, RPM, time, and distance modes, for a few seconds each, in a repeating cycle.

Speed (rabbit icon)—This mode displays your pedaling speed, in miles per hour.

Pulse (heart icon)—This mode displays your heart rate in beats per minute when you are using the heart rate monitor or an optional chest heart rate monitor (see step 4).

Calories (flame icon)—This mode displays the approximate number of calories that you have burned during your workout.

Resistance (hand weight icon)—This mode displays the current resistance level of the pedals.

RPM (circular arrow icon)—This mode displays your pedaling speed, in revolutions per minute (RPM).

Time (clock icon)—This mode displays the elapsed time that you have pedaled during your workout.

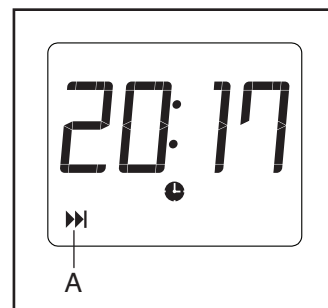
Distance (road icon)—This mode displays the distance that you have pedaled during your workout, in miles.

Scan mode—

When the console is turned on, the scan mode will automatically be selected. **The**

scan arrow icon (A) will appear in the display when the scan mode is selected. Note: If

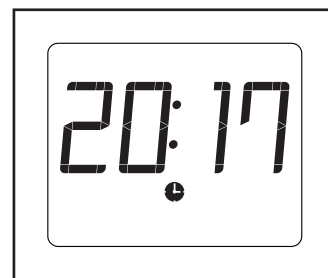
a different mode is selected, select the scan mode again by pressing the Display button repeatedly.



Speed, pulse, calories, resistance, RPM, time, and distance mode—

To select one of these modes for continuous display, press the Display button repeatedly.

The mode icons will show which mode is selected. **Make sure that there the scan arrow icon does not appear.**



To pause the console, simply stop pedaling. The console will pause for up to a few minutes. To continue your workout, simply resume pedaling.

To end your workout and reset the display to zero, simply stop pedaling and wait for a few minutes for the console display to reset.

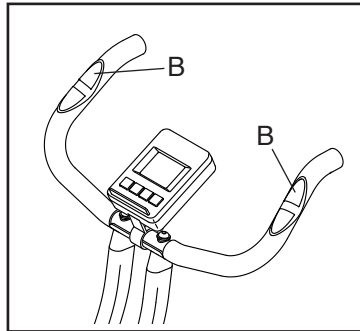
4. Measure your heart rate, if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (**see page 17 for information about the optional chest heart rate monitor**). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

Note: If you use both heart rate monitors at the same time, the BLUETOOTH Smart heart rate monitor will have priority.

If there are sheets of plastic on the metal contacts (B) of the handgrip heart rate monitor, remove the plastic. Place your hands on the handgrip heart rate monitor, with your palms on the contacts. Avoid moving your hands.

When your pulse is detected, your heart rate will be shown when the pulse mode is displayed. **For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds.**



If your heart rate is not shown, make sure that the pulse mode is displayed. In addition, make sure that your hands are positioned as described and that you are not moving your hands excessively or squeezing the contacts tightly. For optimal performance, periodically clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

The console has an auto-off feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off automatically.

IMPORTANT: When you are finished exercising, make sure to disconnect your heart rate monitor and/or tablet from the console (see page 16). If you do not do this, the console may not turn off and the batteries will drain more quickly.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports BLUETOOTH connections to tablets via the iFit–Smart Cardio Equipment app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

1. Download and install the iFit–Smart Cardio Equipment app on your tablet.

On your iOS® or Android™ tablet, open the App StoreSM or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the BLUETOOTH option is enabled on your tablet.**

Then, open the iFit–Smart Cardio Equipment app and follow the instructions to set up an iFit account and customize settings.

2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 17.

3. Connect your tablet to the console.

Press the iFit button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console. When the your tablet is connected, the Bluetooth icon will appear in the display.

4. Record and track your workout information.

Follow the instructions in the iFit–Smart Cardio Equipment app to record and track your workout information.

5. Disconnect your tablet from the console if desired.

To disconnect your tablet from the console, first select the disconnect option in the iFit–Smart Cardio Equipment app. Then, press and hold the iFit button on the console.

Note: All BLUETOOTH connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all BLUETOOTH Smart heart rate monitors.

To connect your BLUETOOTH Smart heart rate monitor to the console, press the iFit button on the console; the console pairing number will appear in the display. When your heart rate monitor is connected, the Bluetooth icon will appear in the display.

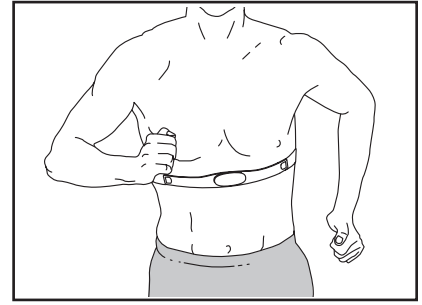
Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFit button on the console.

Note: All BLUETOOTH connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all BLUETOOTH Smart heart rate monitors.

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, 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.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild detergent. **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 the batteries (see assembly step 8 on page 10); most console problems are the result of low batteries.

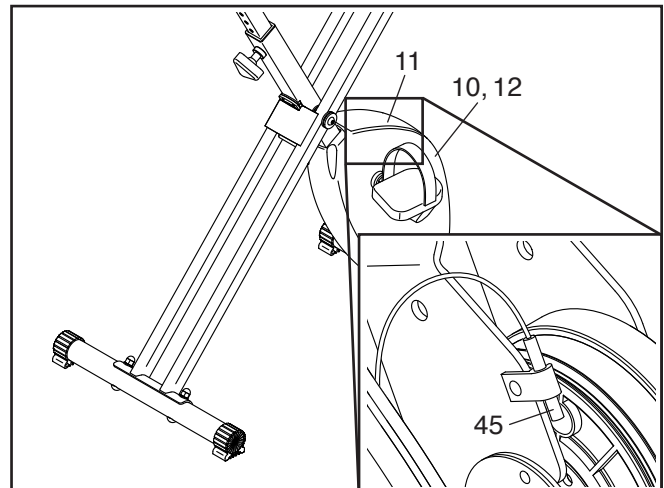
If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 4 on page 15.

If the message CH0 or CH1 appears in the display when you press the increase and decrease buttons, see assembly step 9 on page 10. Disconnect the console wire from the reed switch wire, and then reconnect the wires; **make sure to align the connectors properly and make sure to press the connectors together firmly.**

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. **First, turn the resistance knob to the lowest setting.**

Next, see the EXPLODED DRAWING on page 23. Identify the Shields (10, 12). Loosen the Screws (21, 69) in the Shields, and carefully remove the Shield Cover (11).



Next, locate the Reed Switch (45), and slide it upward or downward slightly. Then, turn the pedals for a moment and see whether the console displays correct feedback. Repeat this step until the console displays correct feedback.

When the console displays correct feedback, reattach the Shield Cover (11).

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

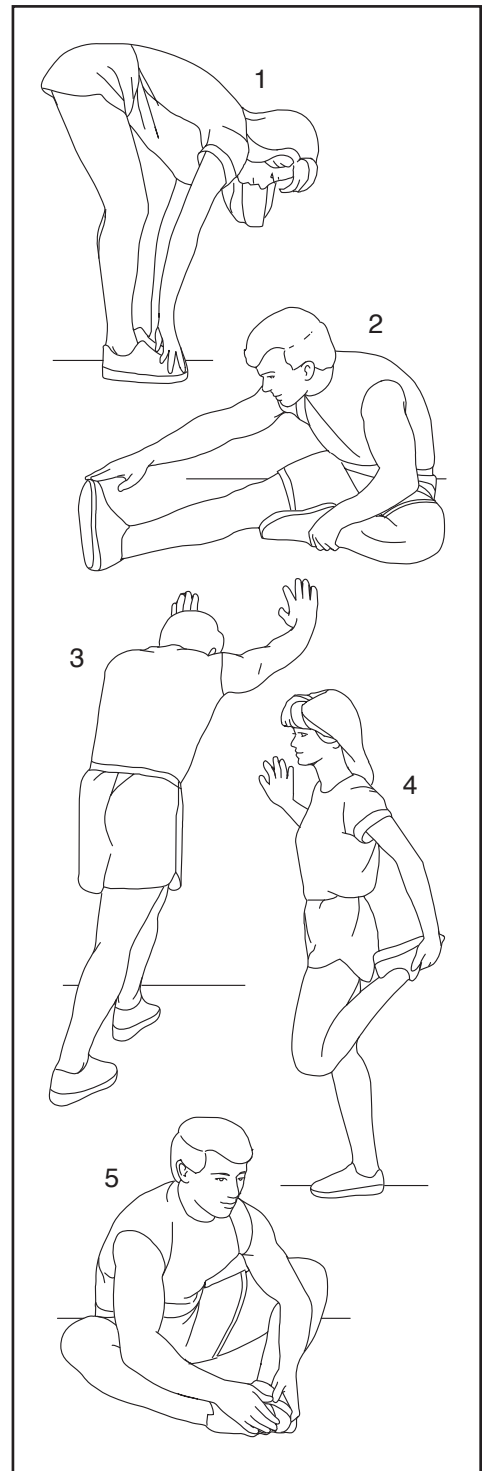
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

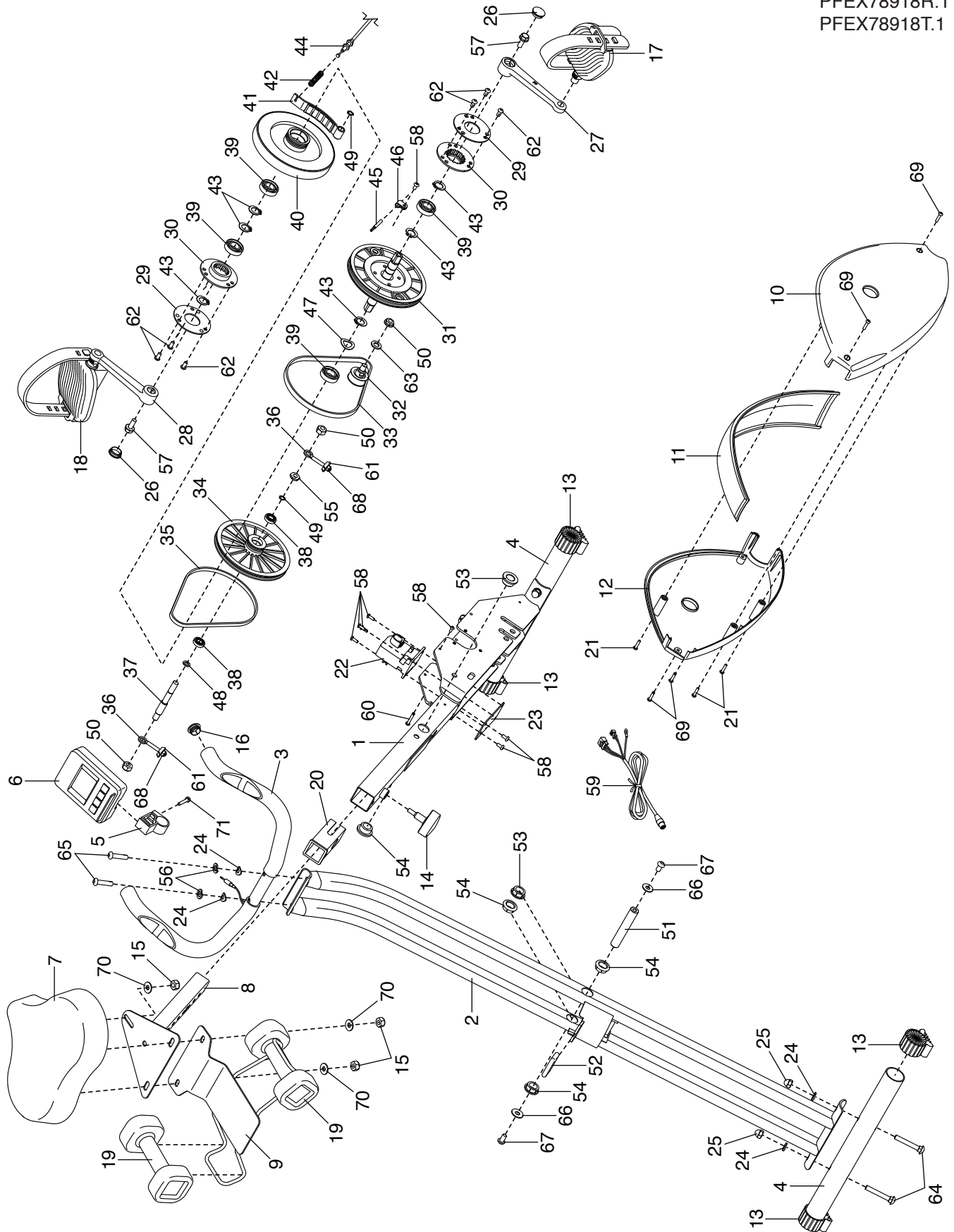
Model No. PFEX78918.1 • PFEX78918P.1 • PFEX78918R.1 • PFEX78918T.1 • R0618A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat Frame	38	2	Transfer Bearing
2	1	Handlebar Frame	39	4	Main Bearing
3	1	Handlebar	40	1	Flywheel
4	2	Stabilizer	41	1	Magnet Bracket
5	1	Console Mount	42	1	Spring
6	1	Console	43	6	17mm Retainer Ring
7	1	Seat	44	1	Resistance Cable
8	1	Seat Post	45	1	Reed Switch/Wire
9	1	Weight Rack	46	1	Clamp
10	1	Right Shield	47	1	Large Wave Washer
11	1	Shield Cover	48	1	Small Wave Washer
12	1	Left Shield	49	2	10mm Retainer Ring
13	4	Cap	50	3	M10 Locknut
14	1	Knob	51	1	Pivot Axle
15	3	M8 Locknut	52	1	Bumper
16	2	Handlebar Cap	53	2	Metal Bushing
17	1	Right Pedal	54	4	Plastic Frame Bushing
18	1	Left Pedal	55	1	M10 Nut
19	2	Hand Weight	56	2	M8 Split Washer
20	1	Seat Bushing	57	2	M8 x 30mm Flange Screw
21	3	M4 x 20mm Screw	58	8	M5 x 10mm Screw
22	1	Resistance Motor	59	1	Main Wire
23	1	Resistance Motor Plate	60	1	M5 x 20mm Screw
24	6	M8 Curved Washer	61	2	U-bracket
25	4	M8 Acorn Nut	62	6	M6 x 10mm Screw
26	2	Crank Cap	63	1	M10 Washer
27	1	Right Crank Arm	64	4	M8 x 50mm Carriage Bolt
28	1	Left Crank Arm	65	2	M8 x 35mm Screw
29	2	Crank Flange	66	2	M8 x 24mm Washer
30	2	Bearing Saddle	67	2	M8 x 15mm Screw
31	1	Pulley/Crank	68	2	M6 Jam Nut
32	1	Idler Assembly	69	4	M4 x 19mm Screw
33	1	V4 Drive Belt	70	3	M8 Washer
34	1	Transfer Pulley	71	1	M4 x 25mm Screw
35	1	V3 Drive Belt	*	—	User's Manual
36	2	M6 Eyebolt	*	—	Assembly Tool
37	1	Axle			

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

Model No. PFEX78918.1
 PFEX78918P.1
 PFEX78918R.1
 PFEX78918T.1



ORDERING REPLACEMENT PARTS

For information about available replacement parts, 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 ASSEMBLY on pages 7 through 11)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

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 one (1) year 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) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. 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 may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) 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 the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) 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 (3) 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.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

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