

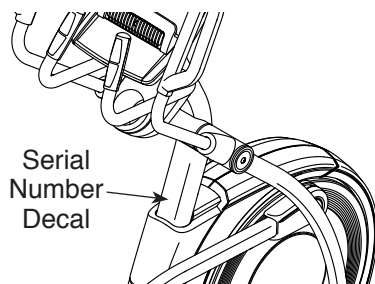
PRO-FORM[®]

TRAINER 7.0

Model No. PFEVEL10716.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 1D, The Gateway

Fryers Way, Silkwood Park

OSSETT

WF5 9TJ

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

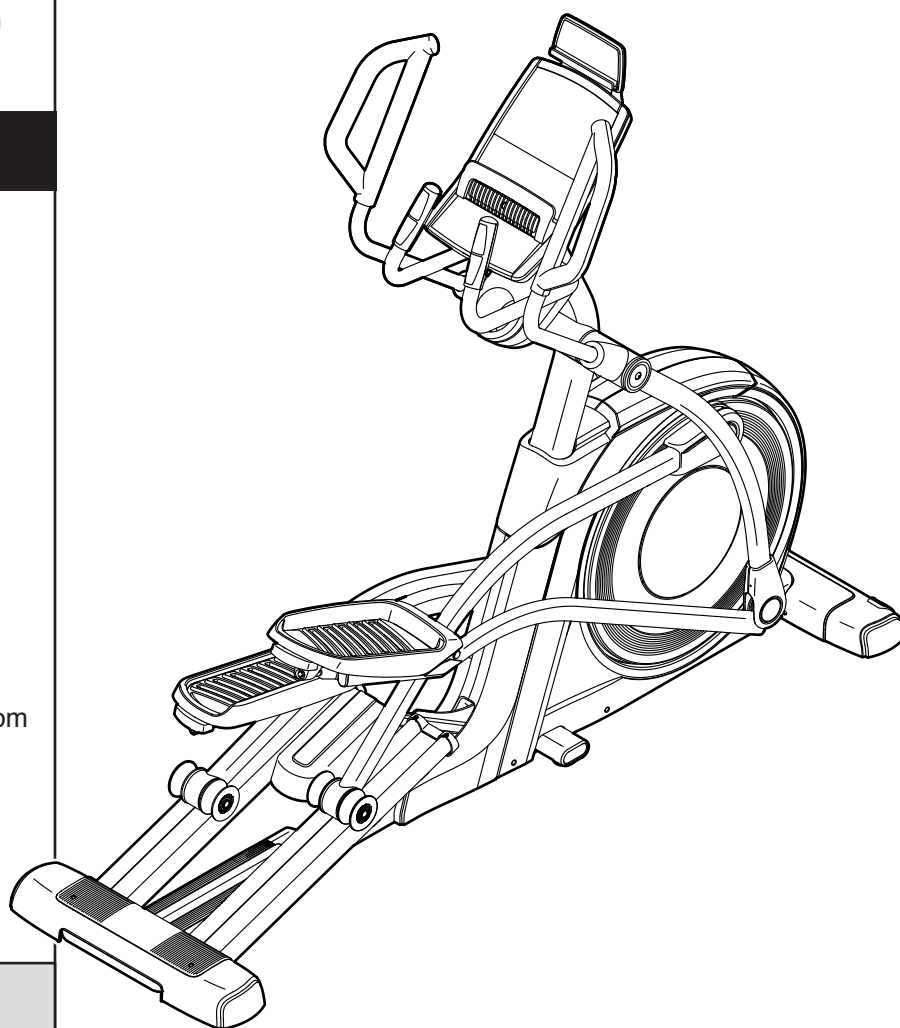
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



⚠ CAUTION

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

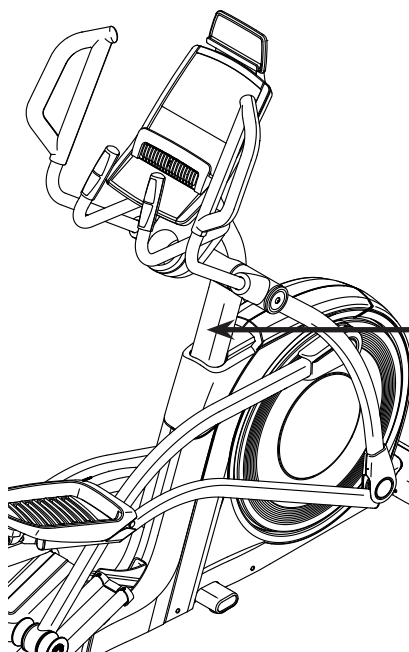
www.iconeurope.com

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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.



⚠ 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 330 lbs / 150 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.

PROFORM is a registered trademark of ICON Health & Fitness, Inc. IFIT is a registered trademark 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 Inc. 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 burns, fire, electric shock, or injury to persons, 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. The elliptical 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 elliptical by someone responsible for their safety.
4. Use the elliptical only as described in this manual.
5. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
6. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
7. 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.
8. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the elliptical at all times.
10. When connecting the power cord (see page 12), plug the power cord into a grounded circuit.
11. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
12. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
13. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
14. The elliptical should not be used by persons weighing more than 330 lbs. (150 kg).
15. 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.
16. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.

17. 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.

18. 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.

19. Keep your back straight while using the elliptical; do not arch your back.

20. 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.

SAVE THESE INSTRUCTIONS

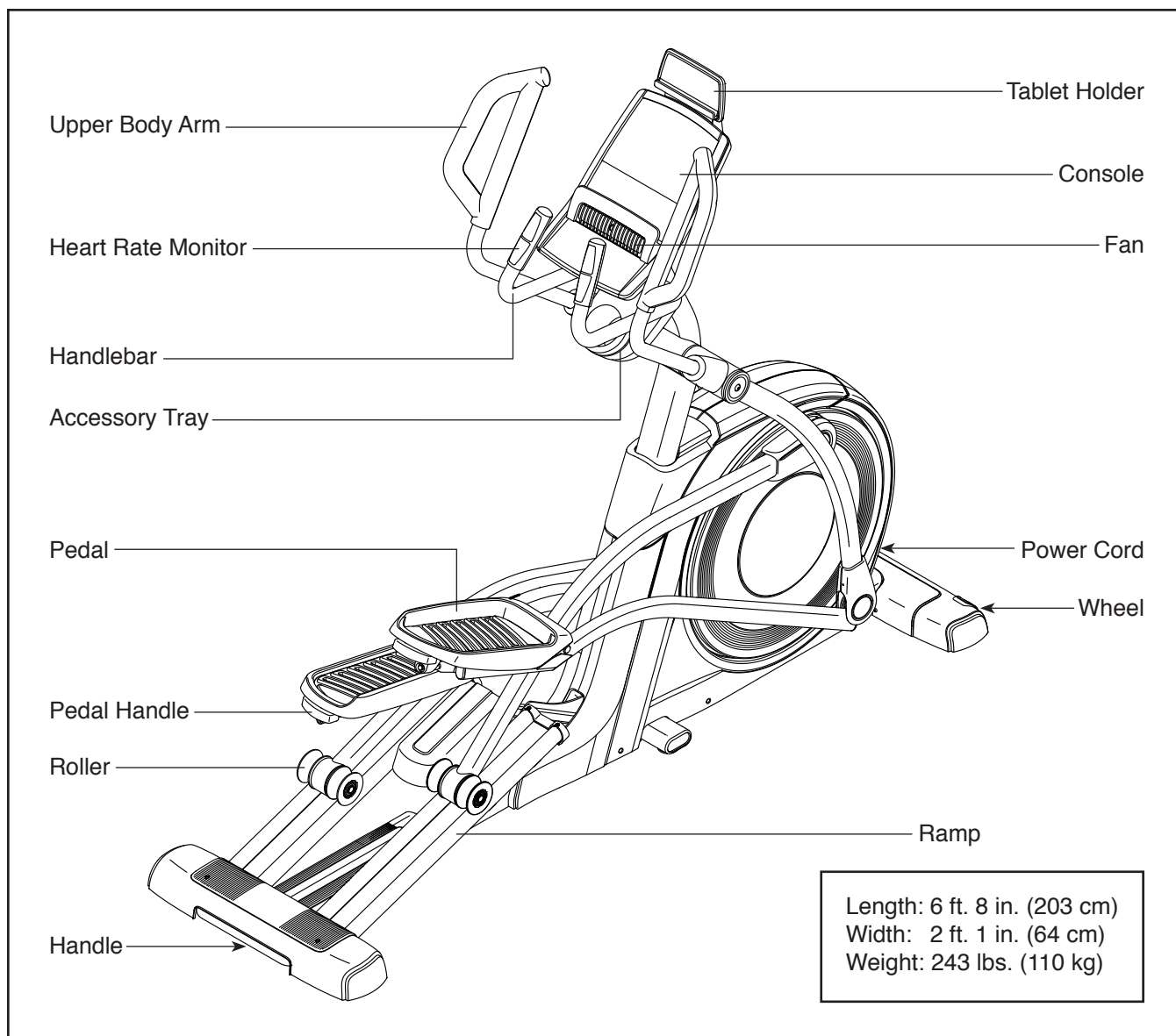
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® TRAINER 7.0 elliptical. The TRAINER 7.0 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

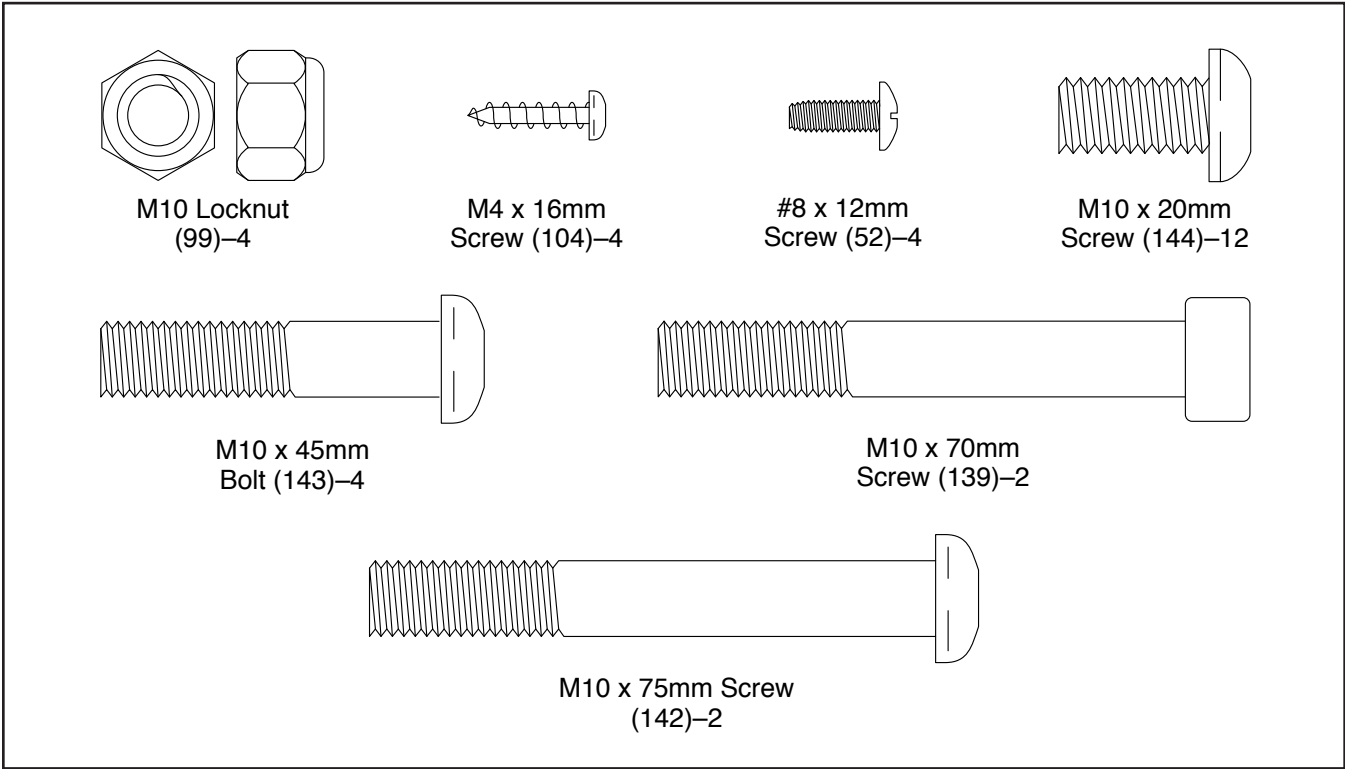
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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.**

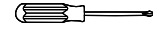


ASSEMBLY

- 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.”
- To identify small parts, see page 6.

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

one Phillips screwdriver



one adjustable wrench

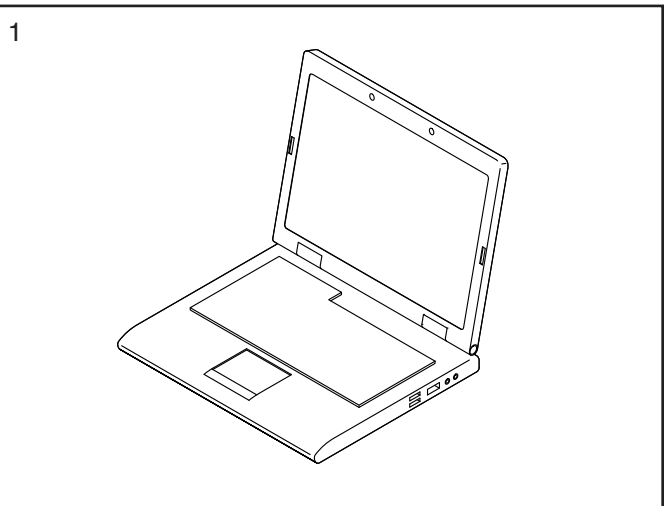


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to www.iconsupport.eu on your computer and register your product.

- activates your warranty
- saves you time if you ever need to contact Customer Service
- allows us to notify you of upgrades and offers

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



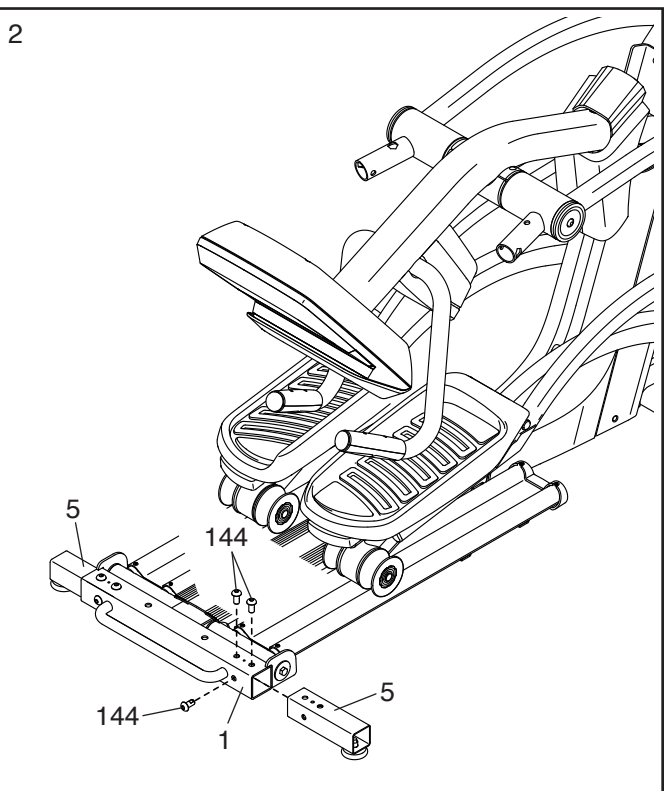
2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Identify the two Rear Stabilizers (5).

Attach one of the Rear Stabilizers (5) to the Frame (1) with three M10 x 20mm Screws (144); **start all three Screws, and then tighten them.**

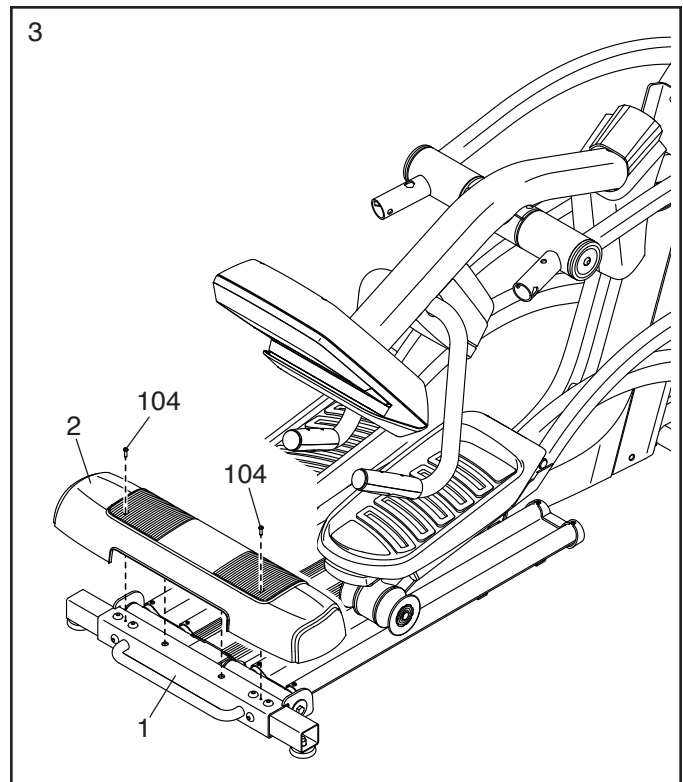
Attach the other Rear Stabilizer (5) in the same way.

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



3. Orient the Rear Stabilizer Cover (2) as shown, and press it onto the Frame (1).

Attach the Rear Stabilizer Cover (2) with two M4 x 16mm Screws (104).



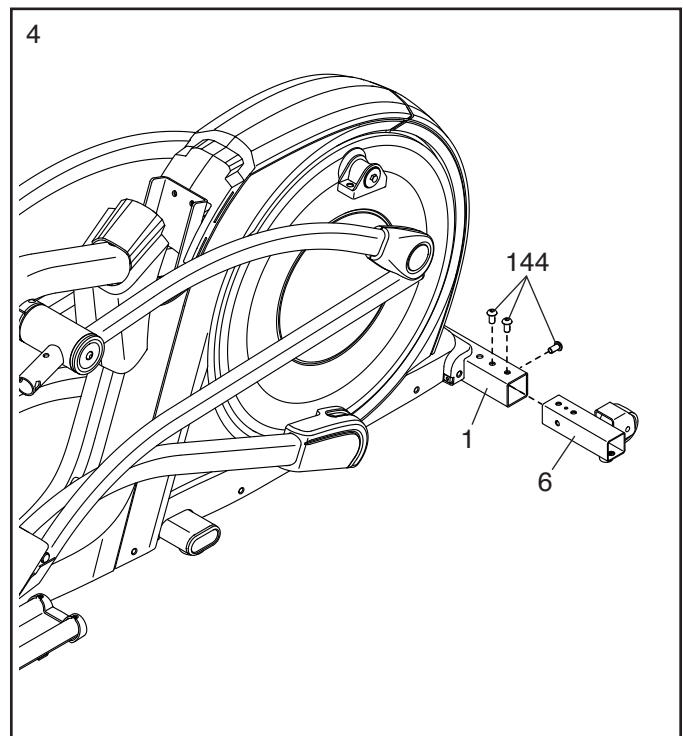
4. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Identify the Right Front Stabilizer (6) and orient it as shown.

Attach the Right Front Stabilizer (6) to the Frame (1) with three M10 x 20mm Screws (144); **start all three Screws, and then tighten them.**

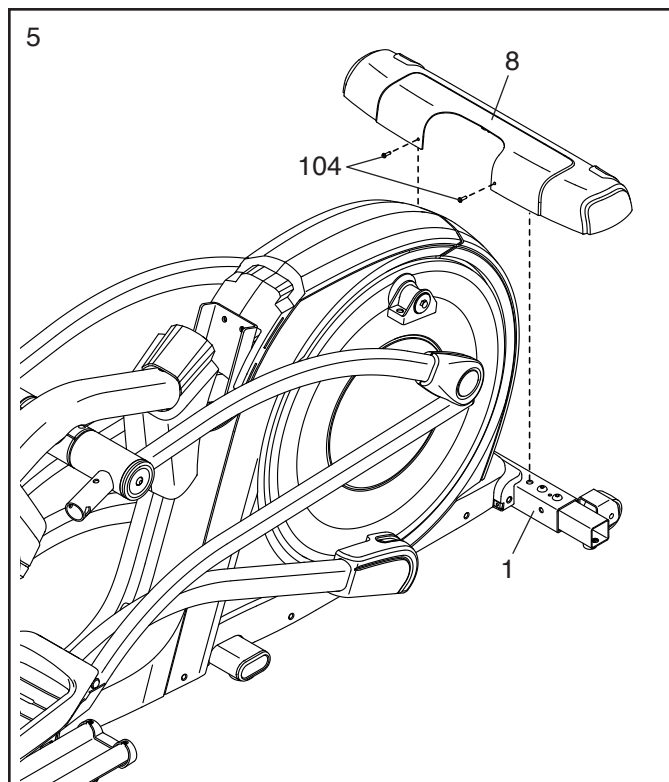
Attach the Left Front Stabilizer (not shown) in the same way.

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



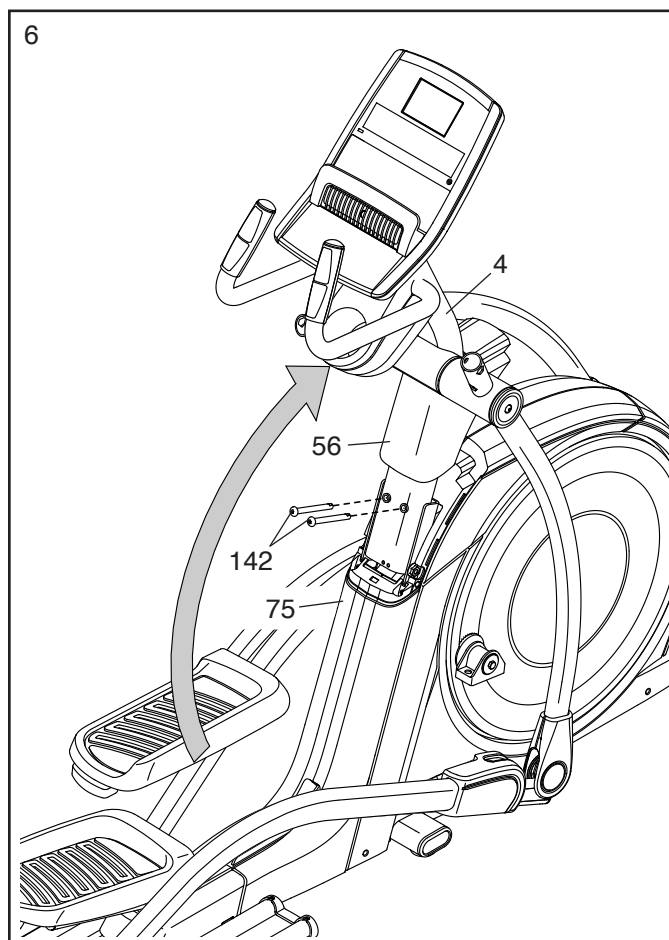
5. Orient the Front Stabilizer Cover (8) as shown, and **route the Power Cord (not shown) over the top of the Front Stabilizer Cover**. Then, press the Front Stabilizer Cover onto the Frame (1).

Attach the Front Stabilizer Cover (8) with two M4 x 16mm Screws (104).



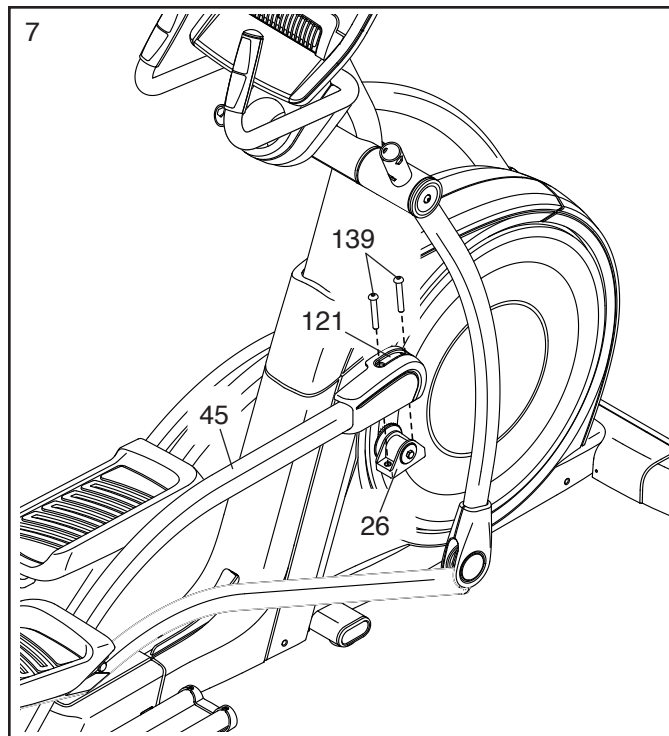
6. Raise the Upright (4) to the vertical position. While a second person holds the Shield Cover (56) out of the way, secure the Upright with two M10 x 75mm Screws (142).

Then, slide the Shield Cover (56) downward onto the Rear Shield (75).



7. Locate the Right Upper Saddle Bracket (121) on the Right Roller Arm (45). Next, locate the Lower Saddle Bracket (26) on the right side of the elliptical.

Attach the Right Upper Saddle Bracket (121) to the Lower Saddle Bracket (26) with two M10 x 70mm Screws (139).

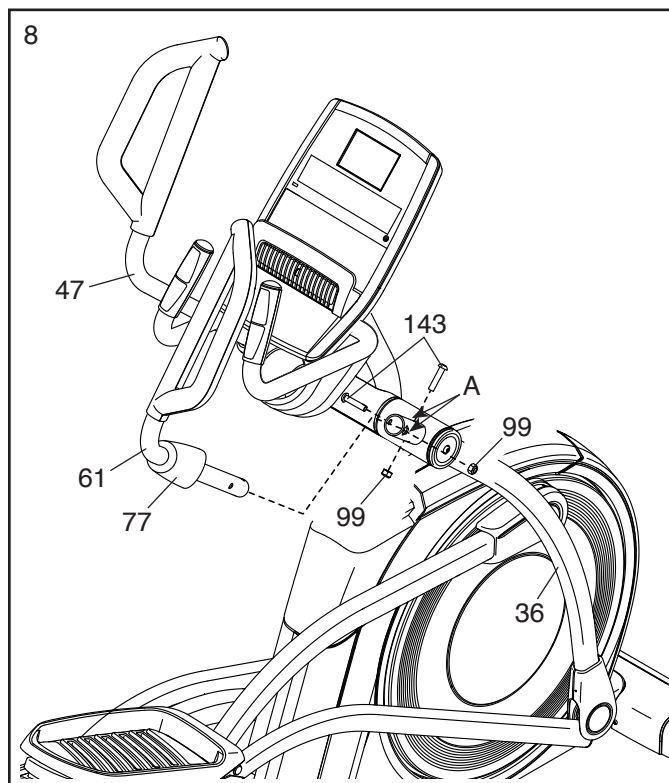


8. Identify the Right Upper Body Arm (61) and an Upper Body Arm Cover (77). Slide the Upper Body Arm Cover onto the Right Upper Body Arm as shown.

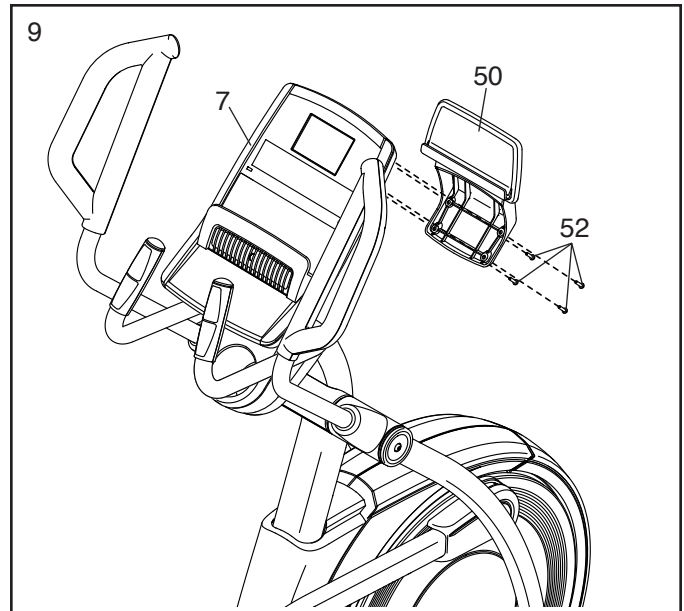
Attach the Right Upper Body Arm (61) to the Right Upper Body Leg (36) with two M10 x 45mm Bolts (143) and two M10 Locknuts (99); **make sure that the Locknuts are in the hexagonal holes (A).**

Then, slide the Upper Body Arm Cover (77) downward and turn it so that it is flush with the Right Upper Body Leg (36).

Attach the Left Upper Body Arm (47) in the same way.



9. Attach the Tablet Holder (50) to the Console (7) with four #8 x 12mm Screws (52); **start all the Screws, and then tighten them.**



10. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE ELLIPTICAL

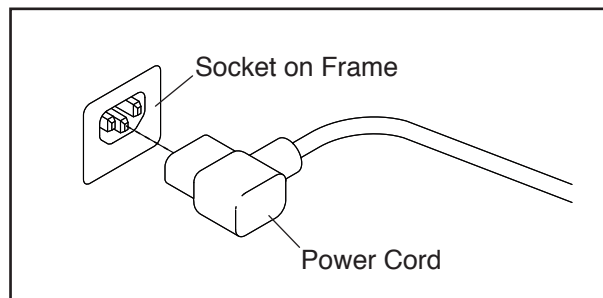
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

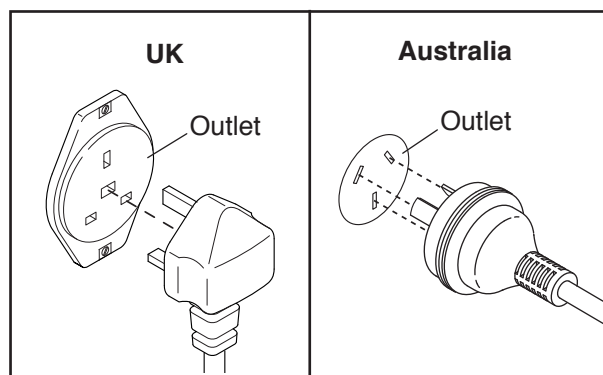
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the frame.

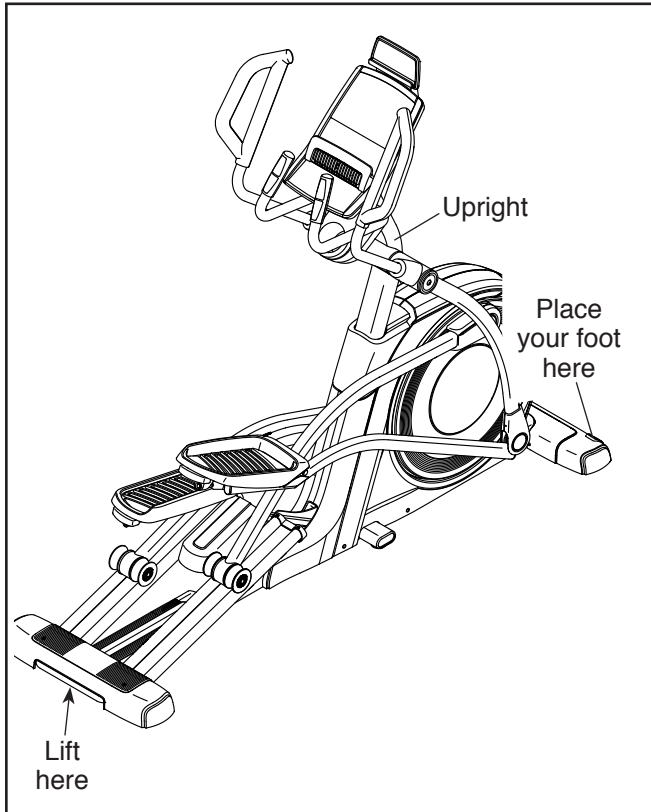


2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



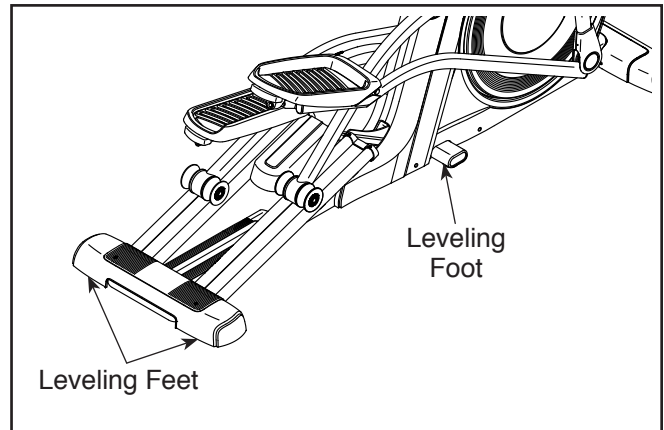
HOW TO MOVE THE ELLIPTICAL

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. Have a second person lift the handle on the rear of the frame 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 one or both of the leveling feet beneath the rear stabilizer or beneath the frame until the rocking motion is eliminated.

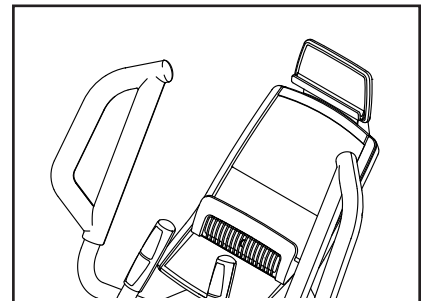


HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder was designed for use with most full-size tablets. Do not place any other electronic device or object into the tablet holder.

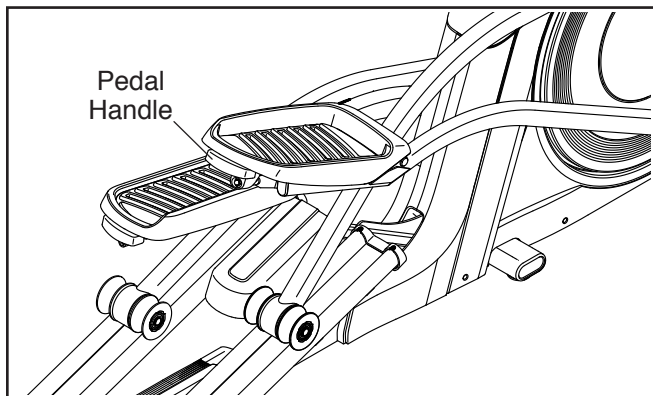
To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. **Make sure that the tablet is firmly secured in the tablet holder.**

Reverse these actions to remove the tablet from the tablet holder.



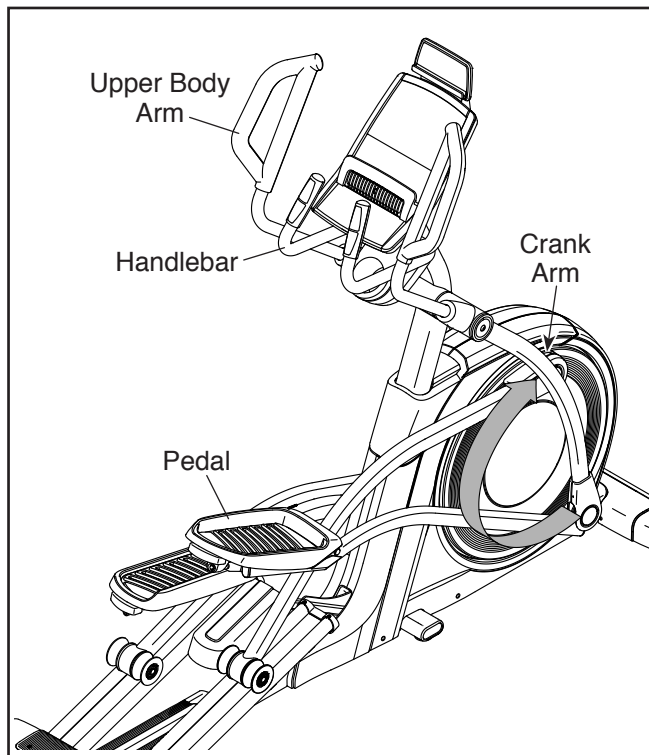
HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. **Make sure to adjust both pedals to the same position.**



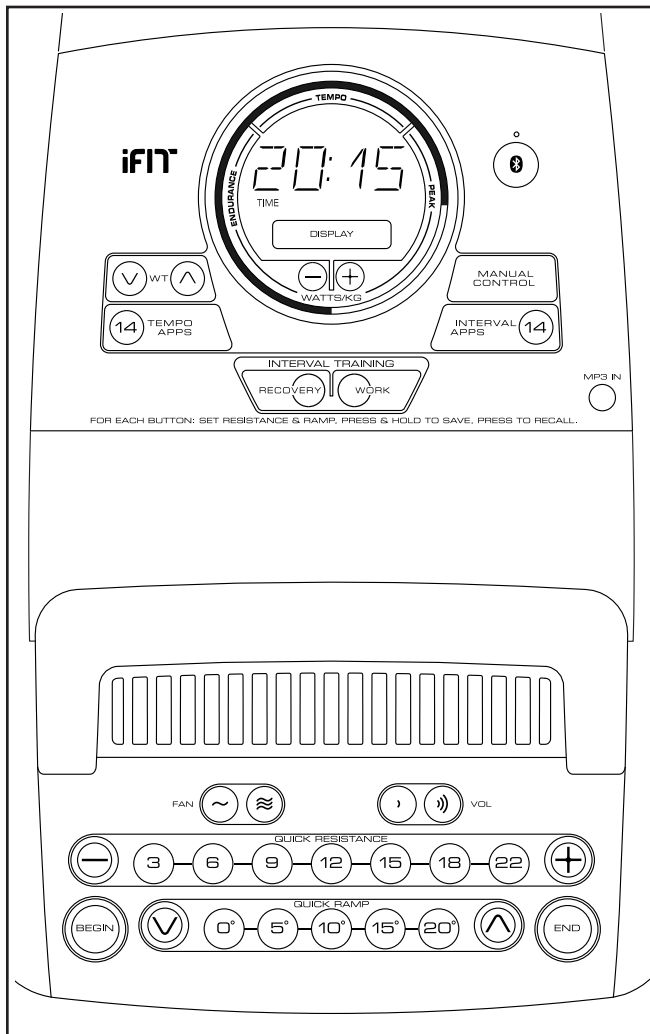
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the upper body arms or the handlebars 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 turn 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 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 and the incline of the ramp with the touch of a button.

You can also create custom manual workouts with alternating high- and low-intensity intervals.

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 21 for information about purchasing an optional chest heart rate monitor.**

You can also connect your smart device to the console and use an iFit® app to record and track your workout information.

The console also offers a selection of onboard workouts. Each onboard workout automatically changes the resistance of the pedals and prompts you to maintain a target power output as it guides you through an effective workout.

You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

To turn on the power, see page 16. **To use the manual mode,** see page 16. **To use an onboard workout,** see page 20.

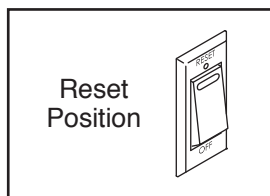
To use the sound system, see page 21. **To connect your smart device to the console,** see page 21. **To connect your heart rate monitor to the console,** see page 22. **To use the settings mode,** see page 22.

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

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 12). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then turn on and the console will be ready for use.

Note: When you turn on the power for the first time, the incline system may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the incline system is calibrated.

IMPORTANT: If the incline system does not calibrate automatically, see HOW TO CALIBRATE THE INCLINE SYSTEM on page 23 and manually calibrate the incline system.

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER at the left.

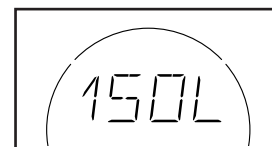
2. **Select the manual mode.**

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 Manual Control button.

3. **Enter your weight.**

Press the Wt increase and decrease buttons to enter your weight.

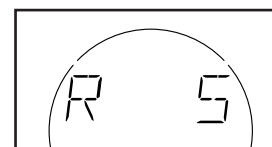


Note: The console will use your weight to calculate your approximate power output and calories burned. If you do not enter your weight, the console will use a default value to calculate your power output and calories burned.

4. **Change the resistance of the pedals and the incline of the ramp as desired.**

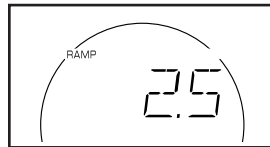
Press the Begin button or begin pedaling to start the manual mode.

As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered Quick Resistance buttons or press the Quick Resistance increase and decrease buttons.



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

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline level, press one of the numbered Quick Ramp buttons or press the Quick Ramp increase and decrease buttons.



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

5. Do interval training, if desired.

As you exercise, you can alternate between intervals of low-intensity (recovery) exercise and intervals of high-intensity (work) exercise, if desired.

To create a recovery interval, first adjust the resistance of the pedals and the incline of the ramp to the desired levels. Then, press and hold the Recovery button until two tones sound to save the interval settings.

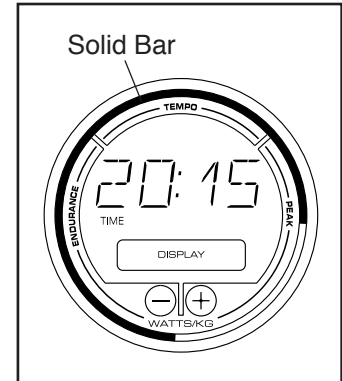
To create a work interval, first adjust the resistance of the pedals and the incline of the ramp to the desired levels. Then, press and hold the Work button until two tones sound to save the interval settings.

As you exercise, press the Recovery and Work buttons as desired to alternate between the saved interval settings. After you press a button, the resistance of the pedals and the incline of the ramp will automatically adjust to the levels that you saved.

To change the interval settings at any time during your workout, simply repeat this step.

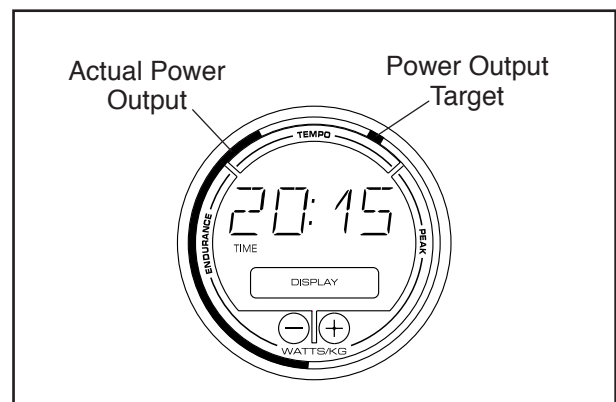
6. Follow your progress with the power ring, and set a power output target, if desired.

The power ring will provide a visual representation of your power output in watts per kilogram of body weight. As your power output increases or decreases, a solid bar will appear or disappear in the power ring.



To set a power output target, press the Watts/Kg increase and decrease buttons until the desired power output target appears in the display. Note: After you set a power output target, the resistance level will automatically adjust to a preset level. You can manually override the preset resistance level at any time.

If you set a power output target during the manual mode, a flashing indicator will appear in the power ring to indicate your power output target. As you exercise, adjust your pedaling speed or the resistance of the pedals to keep your power output near the power output target.



To change the power output target at any time during your workout, simply repeat the actions above.

IMPORTANT: The power output target is intended only to provide motivation. Make sure to pedal at a speed, a resistance level, and a ramp level that is comfortable for you.

During an onboard workout, the power ring will show the preset power output target for each segment of the workout (see step 4 on page 20).

7. Follow your progress with the display.

The display can show the following workout information:

Calories (CALs)—The approximate number of calories you have burned.

Distance (MI or KI)—The distance that you have pedaled in miles or kilometers.

Pace—Your pedaling speed in minutes per mile or minutes per kilometer.

Pulse (heart symbol)—Your heart rate when you use the handgrip heart rate monitor or a compatible heart rate monitor (see step 8).

Ramp—The incline level of the ramp.

Resistance—The resistance level of the pedals.
Note: This workout information will appear for a few seconds each time the resistance level changes.

RPM—Your pedaling speed in revolutions per minute (rpm).

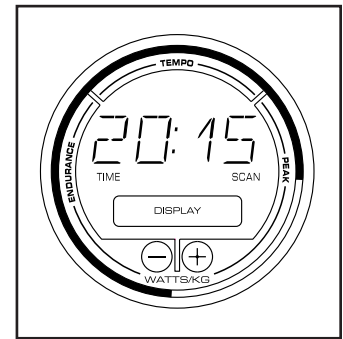
Speed—Your pedaling speed in miles or kilometers per hour.

Time—When the manual mode is selected, the elapsed time. When an onboard workout is selected, the time remaining in the workout.

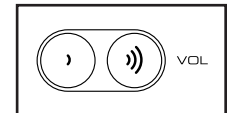
Watts—Your power output in watts.

Press the Display button repeatedly to view the desired workout information in the display.

Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. To select the scan mode, press the Display button repeatedly until the word SCAN appears in the display.



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



To pause the console, press the End button or simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, press the Begin button or simply resume pedaling. To end your workout, press the End button again.

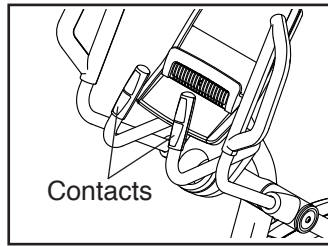
Note: The console can show weight, pedaling speed, and distance in standard or metric units of measurement. To change the unit of measurement, see THE SETTINGS MODE on page 22.

8. 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 21 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 on 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.

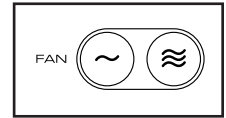


When your pulse is detected, your heart rate will be shown in the display. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, 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.**

9. Turn on the fan if desired.

The fan has several speed settings. Press the Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

10. When you are finished exercising, unplug the power cord.

If the pedals do not move for several seconds, a tone will sound and the console will pause.

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

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

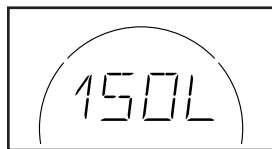
HOW TO USE AN ONBOARD WORKOUT

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

See HOW TO TURN ON THE POWER on page 16.

2. Enter your weight.

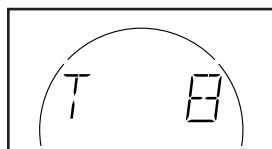
Press the Wt increase and decrease buttons to enter your weight.



Note: The console will use your weight to calculate your approximate power output and calories burned. If you do not enter your weight, the console will use a default value to calculate your power output and calories burned.

3. Select an onboard workout.

To select an onboard workout, press the Tempo Apps button or the Interval Apps button repeatedly until the name of the desired workout appears in the display. A few seconds after you press a button, the duration of the workout will appear in the display.



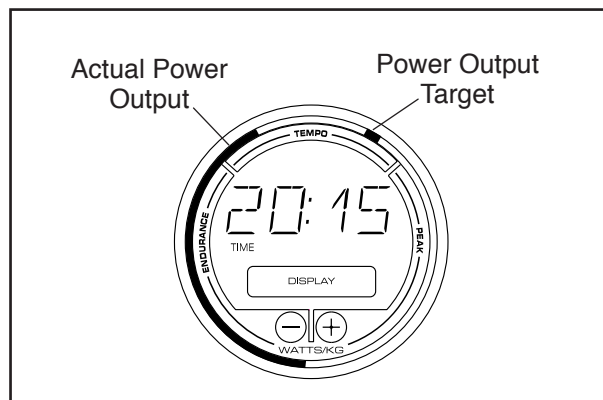
4. Start the workout.

Press the Begin button or begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one power output target are programmed for each segment. Note: The same resistance level and/or power output target may be programmed for consecutive segments.

At the end of each segment of the workout, a series of tones will sound. The resistance level for the next segment will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

The power ring will show a flashing indicator that represents the power output target for the segment. The solid bar represents your actual power output. Note: In the power ring, power output is displayed in watts per kilogram of body weight.



As you exercise, keep your power output near the power output target for the current segment by increasing or decreasing your pedaling speed.

IMPORTANT: The power output target is intended only to provide motivation. Make sure to pedal at a speed, a resistance level, and a ramp level that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Quick 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.**

To pause the console, press the End button or simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, press the Begin button or simply resume pedaling. To end your workout, press the End button again.

5. Follow your progress with the display.

See step 7 on page 18.

6. Measure your heart rate if desired.

See step 8 on page 18.

7. Turn on the fan if desired.

See step 9 on page 19.

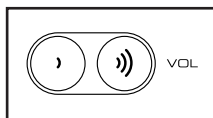
8. When you are finished exercising, unplug the power cord.

See step 10 on page 19.

HOW TO USE THE SOUND SYSTEM

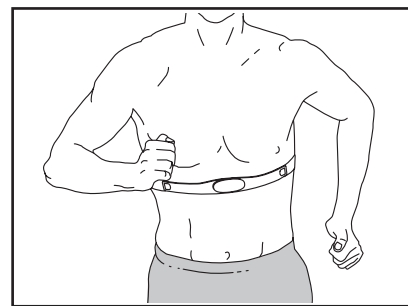
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the Vol increase and decrease buttons on the console or the volume control on your personal audio player.



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.

HOW TO CONNECT YOUR SMART DEVICE TO THE CONSOLE

The console supports BLUETOOTH connections to smart devices via the iFit app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

1. Download and install the iFit app on your smart device.

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

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

2. Connect your smart device to the console.

Follow the instructions in the iFit app to connect your smart device to the console.

When a connection is established, the LED on the console will flash blue. Press the Bluetooth Smart button on the console to confirm the connection; the LED on the console will then turn solid blue.

3. Record and track your workout information.

Follow the instructions in the iFit app to record and track your workout information.

4. Disconnect your smart device from the console if desired.

To disconnect your smart device from the console, press and hold the Bluetooth Smart button on the console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

Note: All BLUETOOTH connections between the console and other devices (including any smart devices, 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 Bluetooth Smart button on the console. When a connection is established, the LED on the console will flash red twice.

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 Bluetooth Smart button on the console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

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

THE SETTINGS MODE

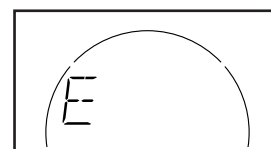
The console features a settings mode that allows you to select a unit of measurement for the console and to view console usage information.

To select the settings mode, press and hold down the Manual Control button until the settings mode information appears in the display.

The display will alternate showing the console version number and the unit of measurement.

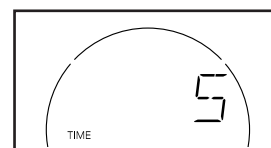
The console can show weight, pedaling speed, and distance in standard or metric units of measurement.

An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the Interval Apps button repeatedly.



Press the Tempo Apps button repeatedly until the console usage information appears in the display.

The display will alternate showing the total time (in hours) that the console has been used since the elliptical was purchased and the total distance (in miles or kilometers) that the elliptical has been pedaled.



To exit the settings mode, press the Tempo Apps button again.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the elliptical is used. 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 does not turn on, make sure that the power cord is fully plugged in.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 8 on page 18.

HOW TO CALIBRATE THE INCLINE SYSTEM

If the ramp is not functioning properly, the incline system may need to be calibrated. To calibrate the incline system, first press and hold the Manual Control button for several seconds until the settings mode information appears in the display.

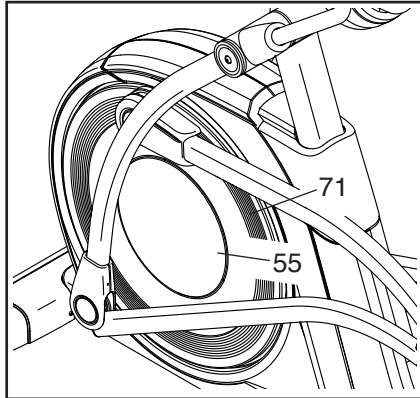
Next, press the Tempo Apps button repeatedly until the words INC UPDN appear in the display. Then, press the Quick Ramp increase or decrease button to calibrate the incline system. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the incline system is calibrated. Then, press the Tempo Apps button repeatedly to exit the calibration mode.

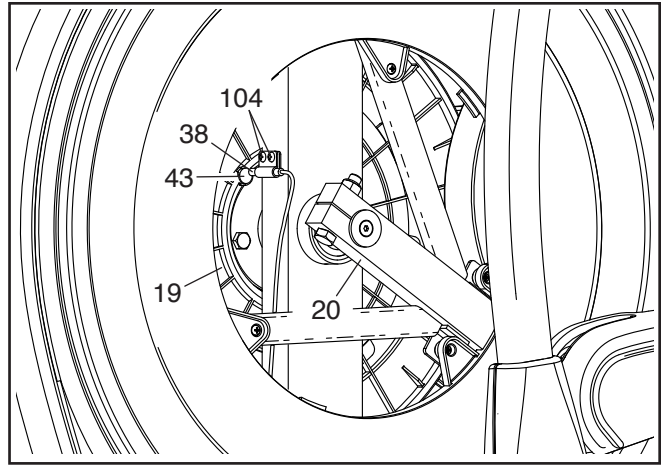
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **unplug the power cord**.

Next, use a standard screwdriver and carefully pry the left Disc Cover (55) off the left Disc (71).



See the drawing at the right. Turn the left Crank Arm (20) until one of the Magnets (43) on the Pulley (19) is aligned with the Reed Switch (38). Then, slightly loosen the two M4 x 16mm Screws (104), slide the Reed Switch slightly closer to or away from the Magnet, and retighten the Screws.

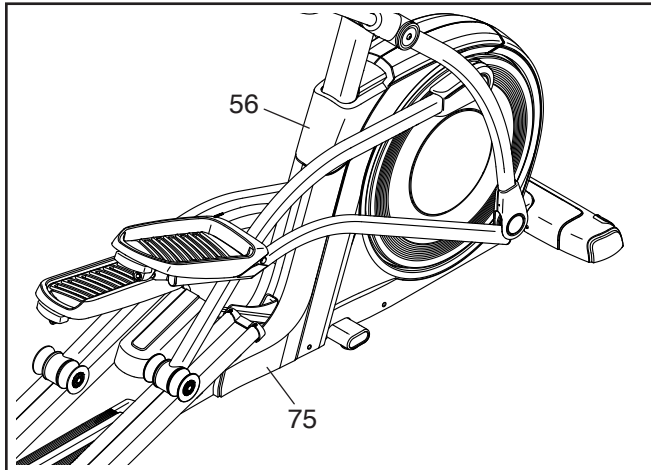


Then, plug in the power cord and turn the left crank arm for a moment. Repeat the procedure above, if necessary, until the console displays correct feedback. Then, reattach the left disc.

HOW TO ADJUST THE DRIVE BELT

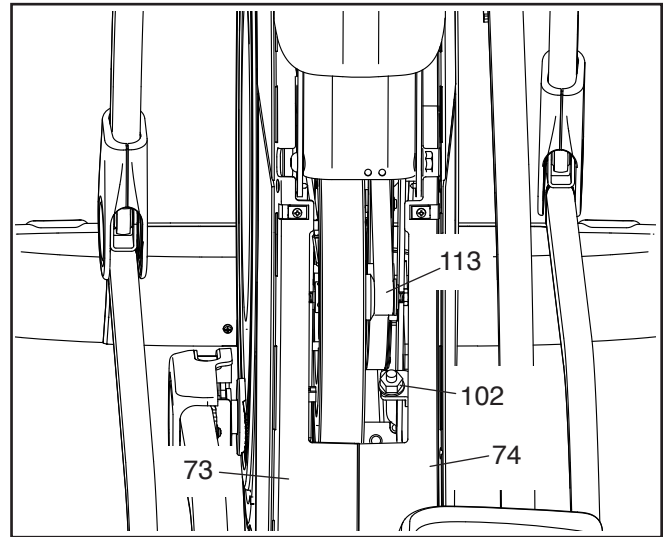
If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, first **unplug the power cord**.

Next, use a standard screwdriver and pry off the Shield Cover (56) and slide it upward.



Then, remove the four M4 x 16mm Screws (not shown) from the upper and lower ends of the Rear Shield (75), and remove the Rear Shield.

Then, look between the Shields (73, 74) and locate the M8 Locknut (102). Tighten the Locknut until the Drive Belt (113) is tight.



When you have properly adjusted the drive belt, reattach the rear shield and press the shield cover onto the rear shield.

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

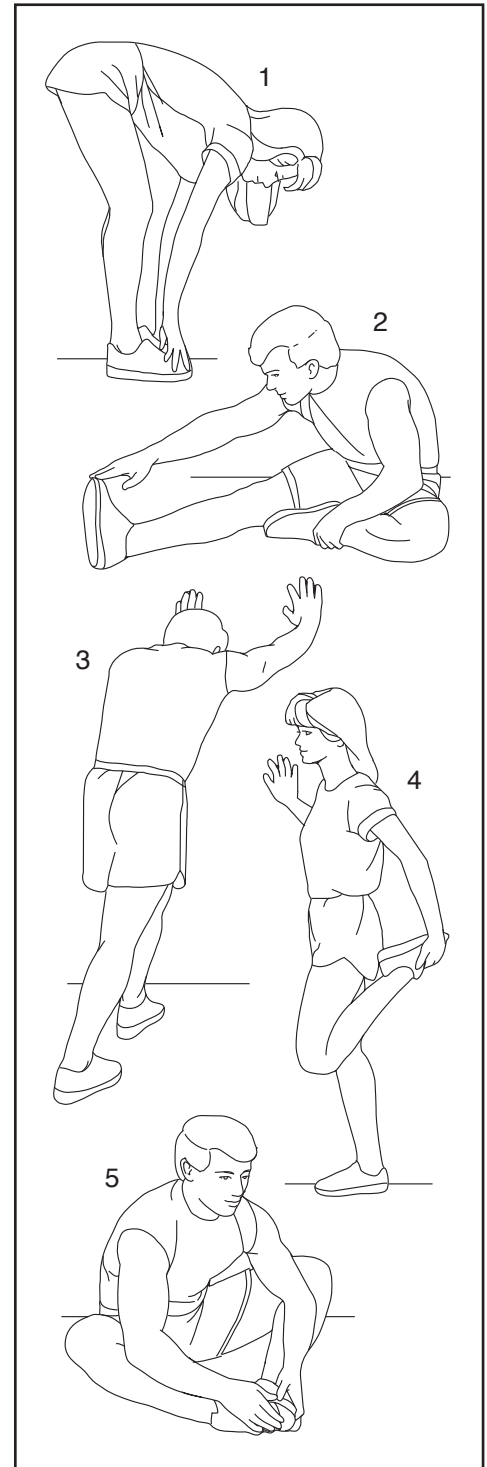
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFEVEL10716.0 R0616A

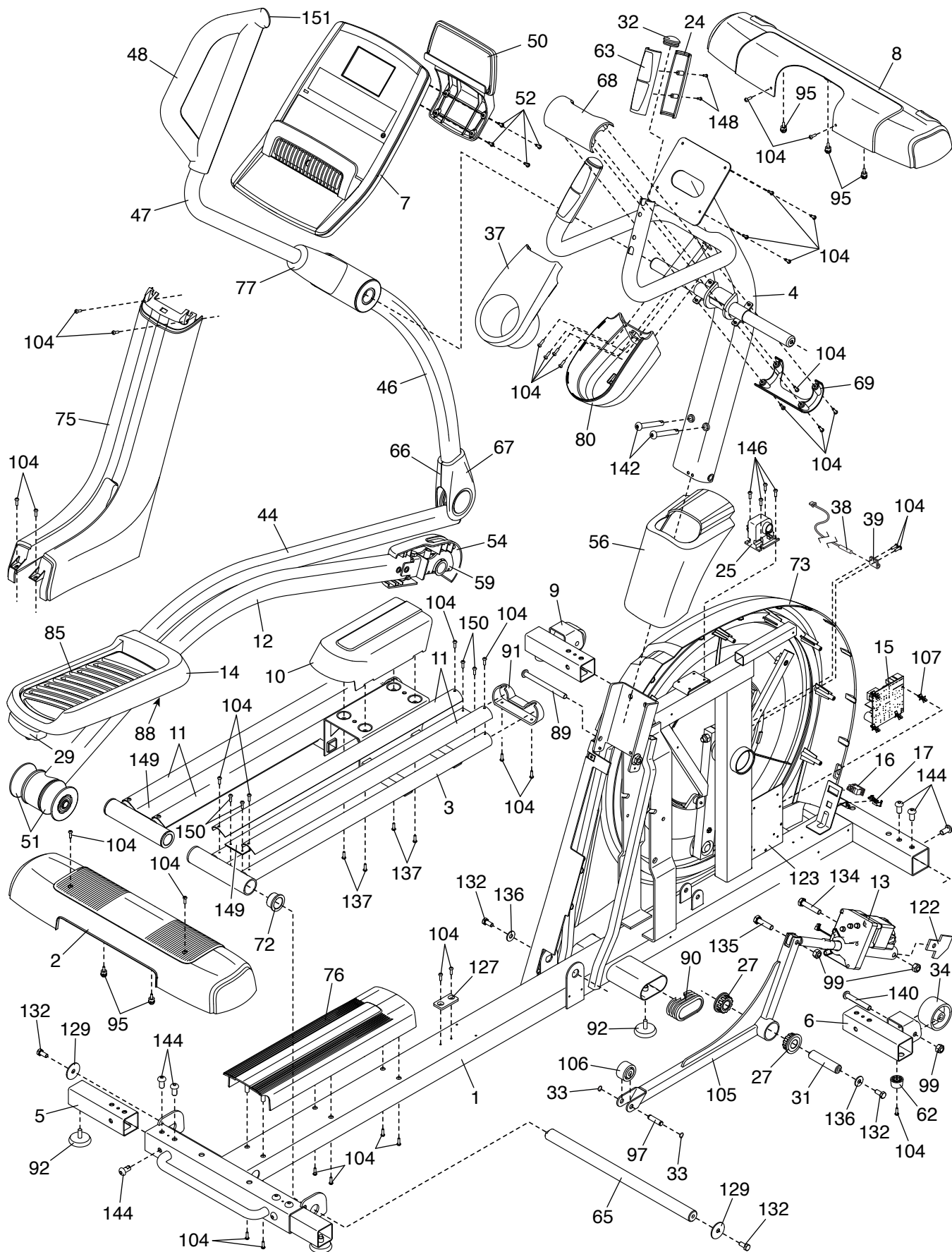
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	4	Large Roller
2	1	Rear Stabilizer Cover	52	4	#8 x 12mm Screw
3	1	Ramp	53	2	Axle Cover
4	1	Upright	54	1	Left Saddle Bracket Cover
5	2	Rear Stabilizer	55	2	Disc Cover
6	1	Right Front Stabilizer	56	1	Shield Cover
7	1	Console	57	4	Small Bushing
8	1	Front Stabilizer Cover	58	1	Right Pedal Arm
9	1	Left Front Stabilizer	59	1	Left Upper Saddle Bracket
10	1	Ramp Cover	60	1	Right Saddle Bracket Cover
11	4	Track	61	1	Right Upper Body Arm
12	1	Left Roller Arm	62	2	Foot
13	1	Lift Motor	63	2	Pulse Sensor
14	1	Left Pedal	64	4	M4 x 19mm Screw
15	1	Control Board	65	1	Ramp Axle
16	1	Power Switch	66	1	Left Outer Leg Cover
17	1	Power Cord Receptacle	67	1	Left Inner Leg Cover
18	1	Crank	68	1	Upper Upright Cover
19	1	Pulley	69	1	Lower Upright Cover
20	2	Crank Arm	70	4	Upper Body Leg Bushing
21	4	Pedal Arm Cap	71	2	Disc
22	1	Idler	72	4	Large Bushing
23	1	M17 Washer	73	1	Left Shield
24	2	Pulse Sensor Cover	74	1	Right Shield
25	1	Resistance Motor	75	1	Rear Shield
26	2	Lower Saddle Bracket	76	1	Frame Cover
27	2	Lift Frame Bushing	77	2	Upper Body Arm Cover
28	1	Eddy Mechanism	78	2	Key
29	1	Left Pedal Handle	79	2	M6 Acorn Nut
30	8	Medium Bushing	80	1	Accessory Tray Base
31	1	Lift Frame Axle	81	1	J-bolt
32	2	Pulse Sensor Cap	82	2	Pedal Spacer
33	2	Small Snap Ring	83	1	Small Crank Spacer
34	2	Wheel	84	1	Right Pedal Insert
35	2	Bolt Set	85	1	Left Pedal Insert
36	1	Right Upper Body Leg	86	2	Medium Roller
37	1	Accessory Tray	87	1	Right Pedal Plate
38	1	Reed Switch/Wire	88	1	Left Pedal Plate
39	1	Clamp	89	1	Upright Pivot Screw
40	2	Bearing	90	2	Frame Cap
41	1	Right Upper Grip	91	2	Ramp Cap
42	1	Medium Crank Spacer	92	4	Leveling Foot
43	2	Magnet	93	1	Large Snap Ring
44	1	Left Pedal Arm	94	2	Pedal Spring
45	1	Right Roller Arm	95	11	Post Fastener w/Screw
46	1	Left Upper Body Leg	96	4	Medium Snap Ring
47	1	Left Upper Body Arm	97	1	Roller Axle
48	1	Left Upper Grip	98	4	Clip Nut
49	1	Right Pedal	99	14	M10 Locknut
50	1	Tablet Holder	100	1	Large Crank Spacer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Idler Screw	129	4	M10 Large Washer
102	7	M8 Locknut	130	4	M8 x 18mm Bolt
103	2	Pedal Pin	131	2	M8 Flat Head Screw
104	80	M4 x 16mm Screw	132	8	M10 x 20mm Screw
105	1	Lift Frame	133	4	M6 Washer
106	1	Small Roller	134	1	M10 x 48mm Bolt
107	4	Standoff	135	1	M10 x 36mm Bolt
108	1	Pulse Wire	136	4	M10 Washer
109	4	Nylon Bushing	137	16	M4 x 10mm Screw
110	1	Main Wire Harness	138	10	M6 x 12mm Screw
111	1	Right Pedal Handle	139	4	M10 x 70mm Screw
112	1	Power Cord	140	2	M10 x 60mm Screw
113	1	Drive Belt	141	4	M4 Washer
114	2	Rod End Bearing	142	2	M10 x 75mm Screw
115	2	M12 Nut	143	4	M10 x 45mm Bolt
116	6	M4 x 22mm Screw	144	12	M10 x 20mm Screw
117	4	M10 x 54mm Bolt	145	1	Eddy Mechanism Snap Ring
118	2	M10 Nut	146	4	M4 x 12mm Flat Head Screw
119	2	M8 Washer	147	1	M8 Small Washer
120	2	M8 Shoulder Screw	148	4	M2.6 x 33mm Screw
121	1	Right Upper Saddle Bracket	149	2	Center Ramp Cover
122	1	Stop Plate	150	8	M4 x 10mm Self-tapping Screw
123	1	Control Board Bracket	151	1	Left Lower Grip
124	4	M4 x 25mm Screw	152	1	Right Lower Grip
125	1	Right Inner Leg Cover	*	—	User's Manual
126	1	Right Outer Leg Cover	*	—	Assembly Tool
127	1	Bumper	*	—	Grease Packet
128	2	M8 Flat Washer			

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.

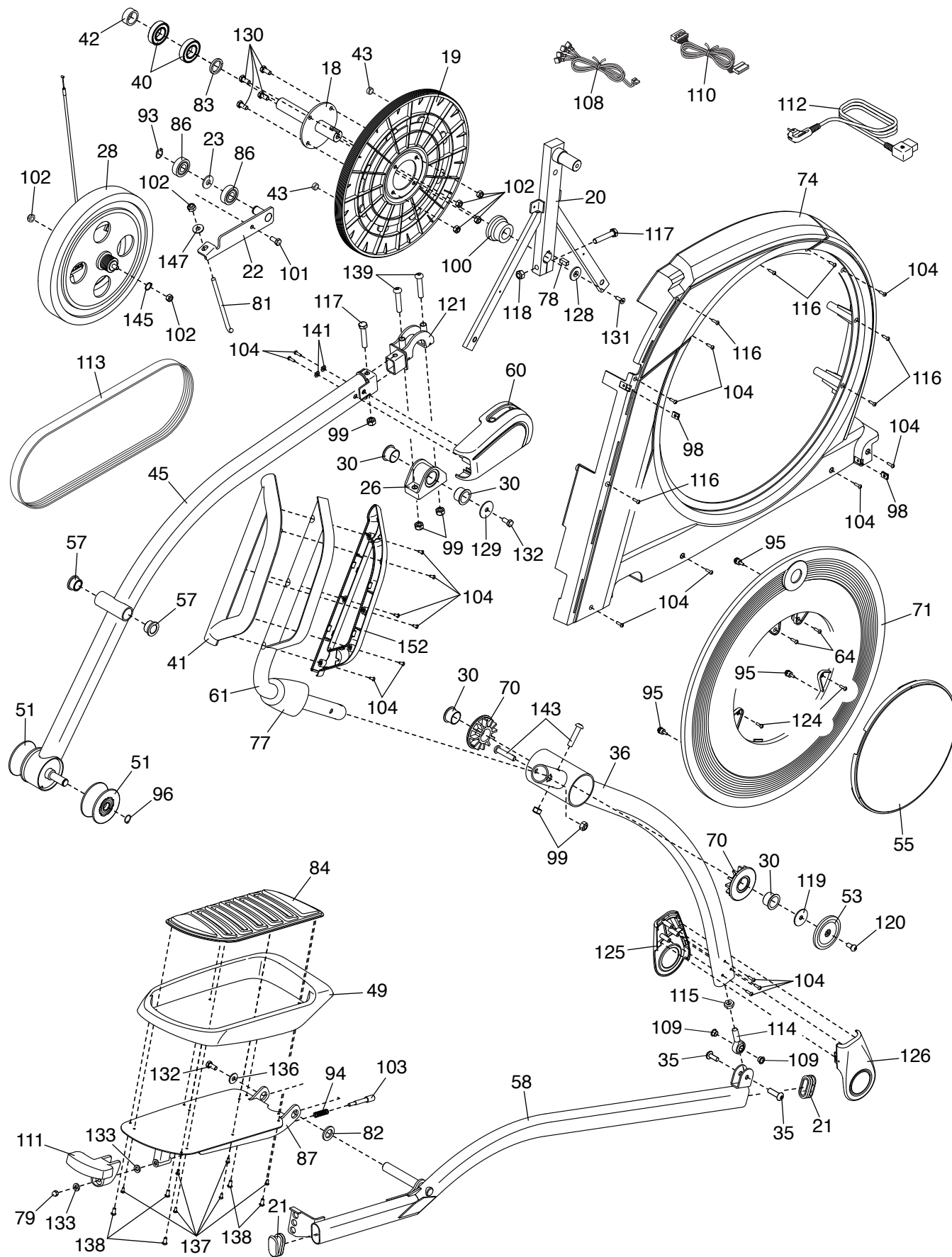
EXPLODED DRAWING A

Model No. PFEVEL10716.0 R0616A



EXPLODED DRAWING B

Model No. PFEVEL10716.0 R0616A



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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

