

PRO-FORM®

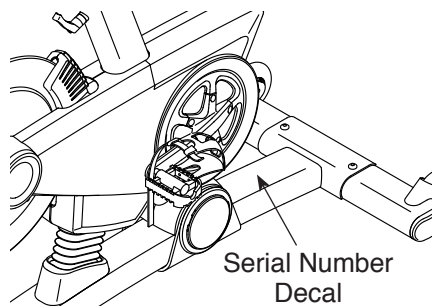


proform.com

Model No. PFEX09916.1

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 1-877-660-1168
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

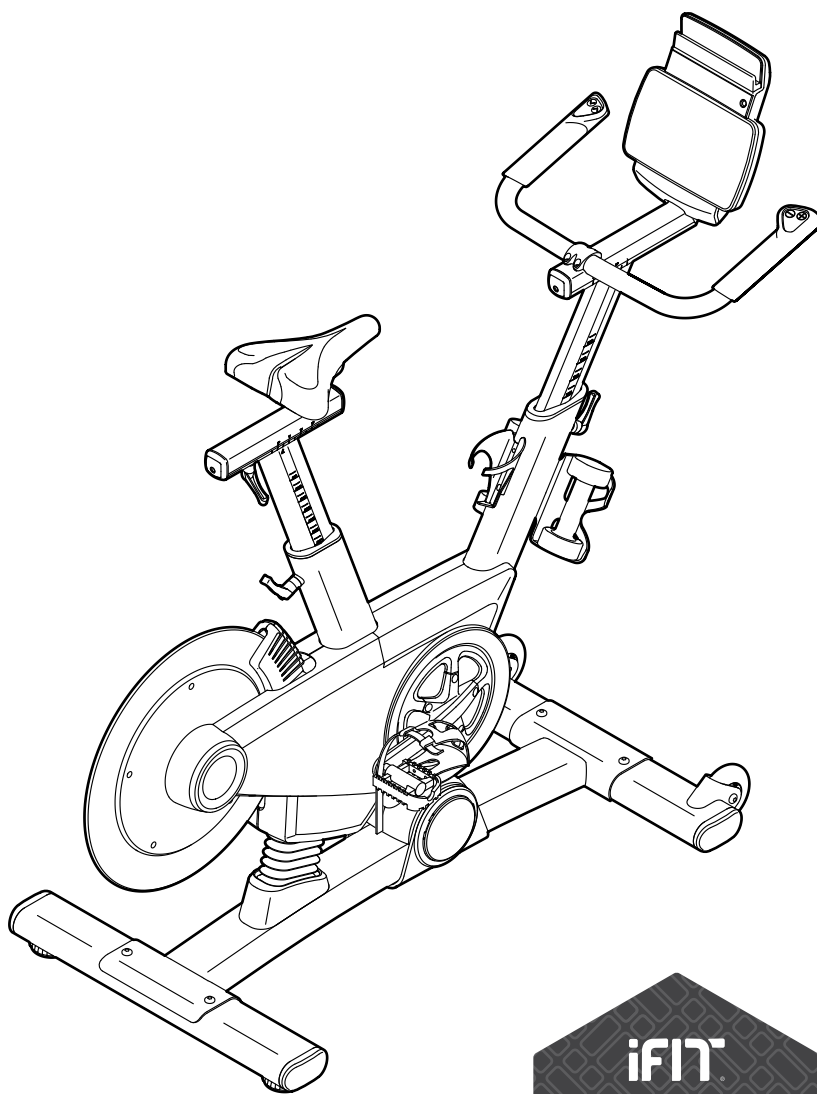
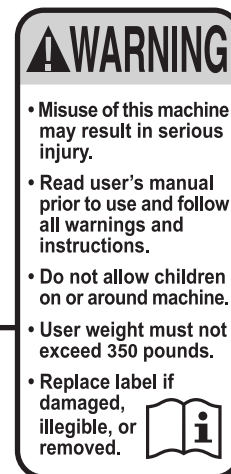
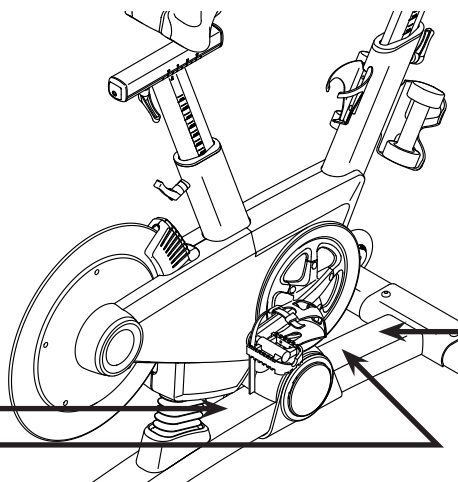


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WARNING DECAL PLACEMENT

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.



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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 training bike before using your training 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 training 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 training 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 training bike by someone responsible for their safety.
4. Use the training bike only as described in this manual.
5. The training bike is intended for home use only. Do not use the training bike in a commercial, rental, or institutional setting.
6. Keep the training bike indoors, away from moisture and dust. Do not put the training bike in a garage or covered patio, or near water.
7. Place the training bike on a level surface with at least 2 ft. (0.6 m) of clearance around the training bike. To protect the floor or carpet from damage, place a mat under the training bike.
8. Inspect and properly tighten all parts each time the training bike is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the training bike at all times.
10. When connecting the power cord, 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 training bike if the power cord or plug is damaged, or if the training bike is not working properly.
13. **DANGER:** Always unplug the power cord and press the power switch to the off position when the training bike is not in use and before cleaning the training bike. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
14. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the training bike. Always wear athletic shoes for foot protection.
15. The training bike should not be used by persons weighing more than 350 lbs. (159 kg).
16. Be careful when mounting and dismounting the training bike.
17. Always keep your back straight while using the training bike; do not arch your back.
18. 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

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.**



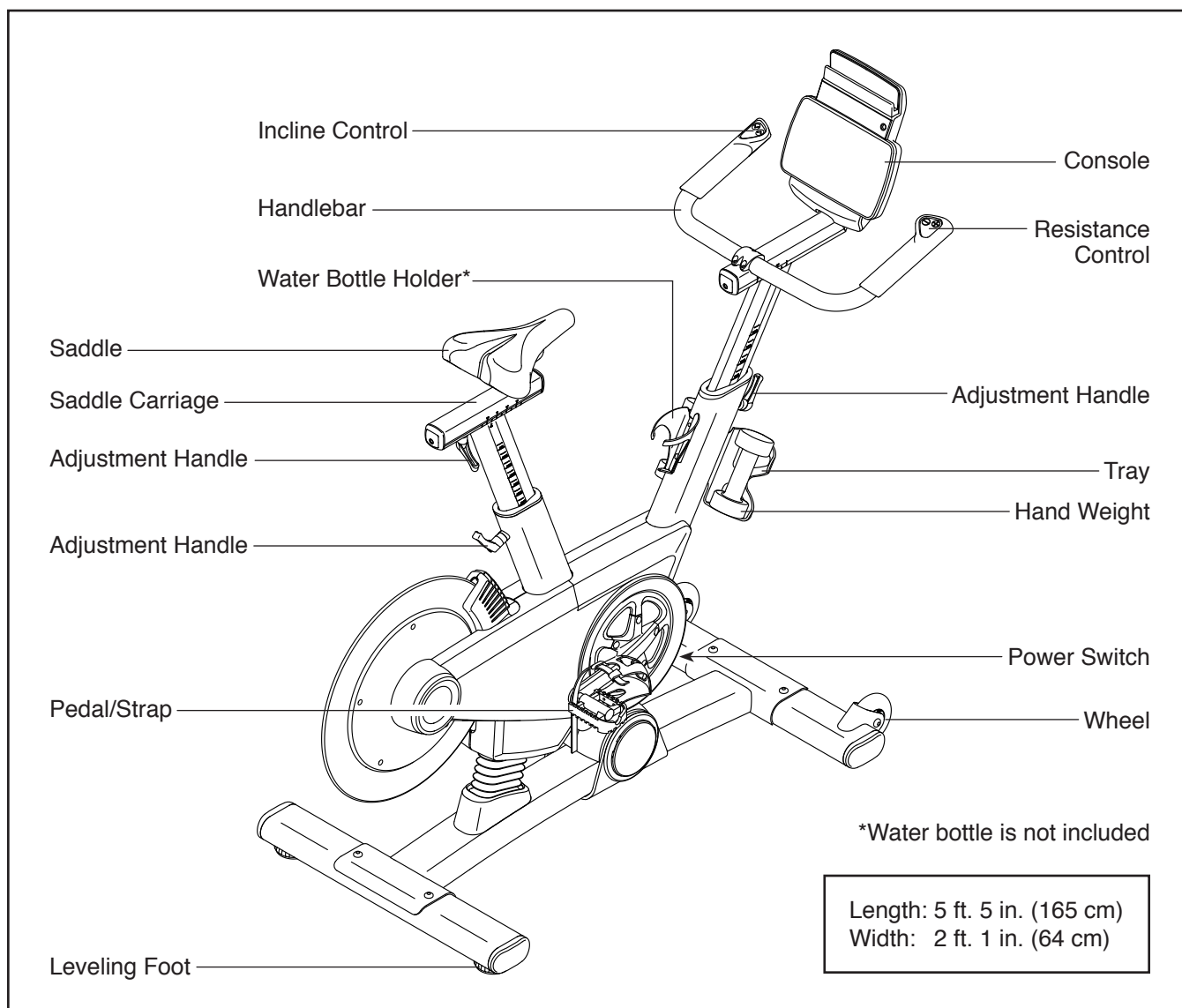
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PROFORM® LE TOUR DE FRANCE® training bike. The LE TOUR DE FRANCE training bike is unlike any ordinary exercise bike. With full adjustability, a Wi-Fi® cycling console, an incline system that simulates actual road terrain, and an array of other innovative features, the LE TOUR DE FRANCE training bike is designed to let you enjoy the outdoor cycling experience indoors.

For your benefit, read this manual carefully before you use the training bike. If you have questions after

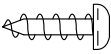
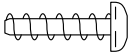
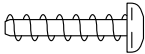
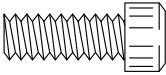
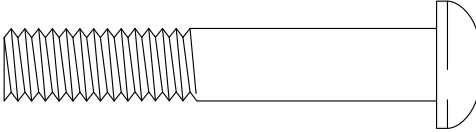
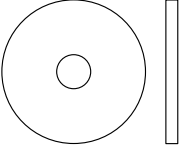
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please 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.**

			
M4 x 10mm Screw (116)–4	M4 x 12mm Screw (95)–2	M4 x 14mm Screw (117)–1	M4 x 16mm Screw (111)–4
			
M6 x 16mm Screw (110)–4	M10 x 58mm Screw (74)–4		M4 Washer (54)–1

ASSEMBLY

- To hire an authorized service technician to assemble the training bike, 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."

- To identify small parts, see page 6.
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver

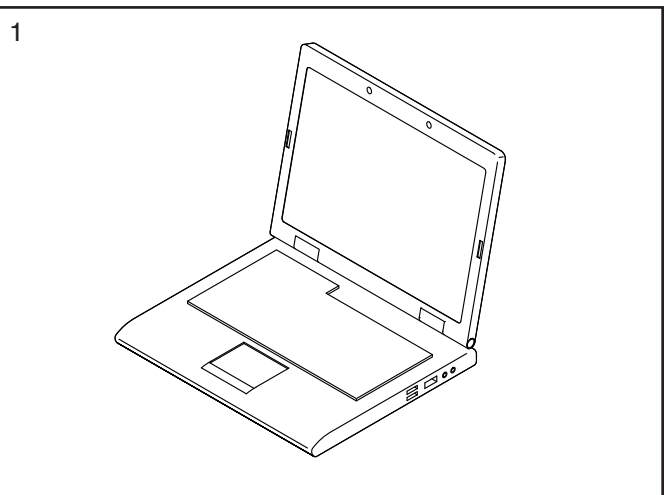


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

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

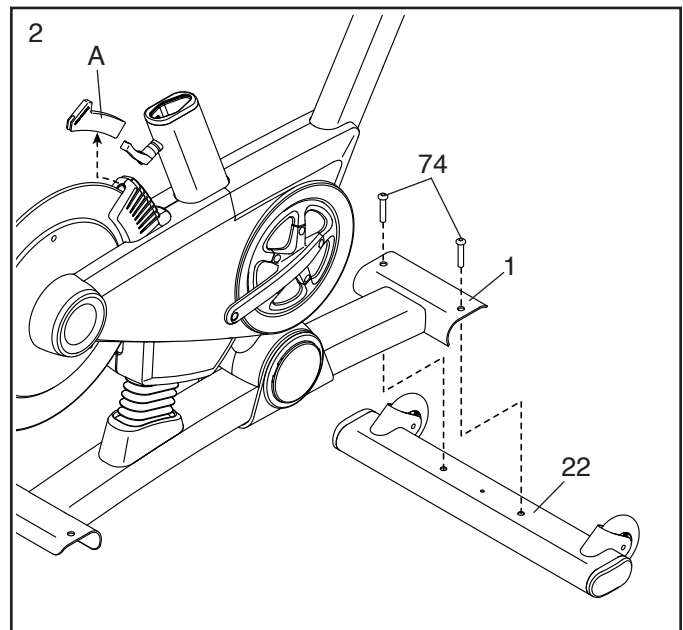
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

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



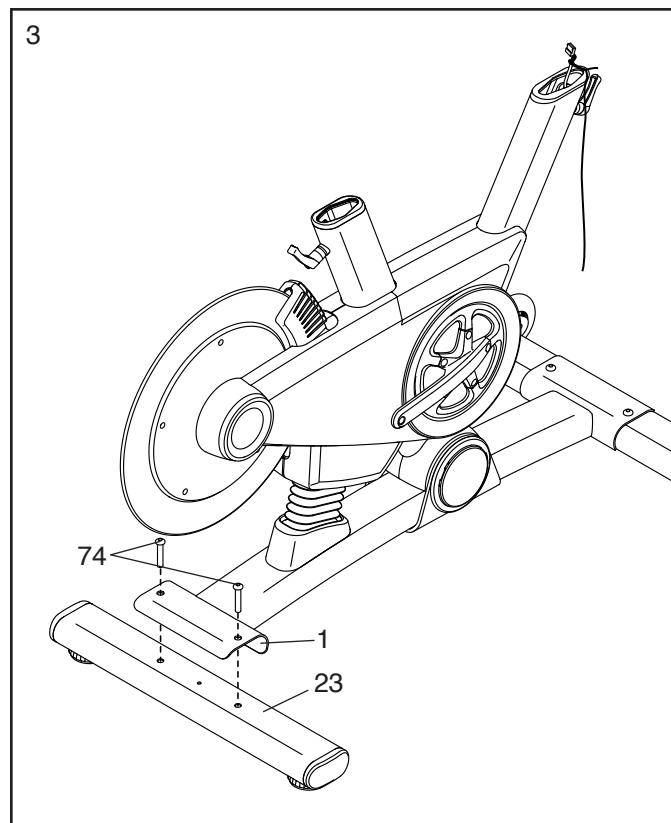
2. Remove and discard the indicated shipping insert (A). If there are shipping screws in the Front Stabilizer (22), remove and discard them.

Attach the Front Stabilizer (22) to the Base (1) with two M10 x 58mm Screws (74).



3. If there are shipping screws in the Rear Stabilizer (23), remove and discard them.

Attach the Rear Stabilizer (23) to the Base (1) with two M10 x 58mm Screws (74).

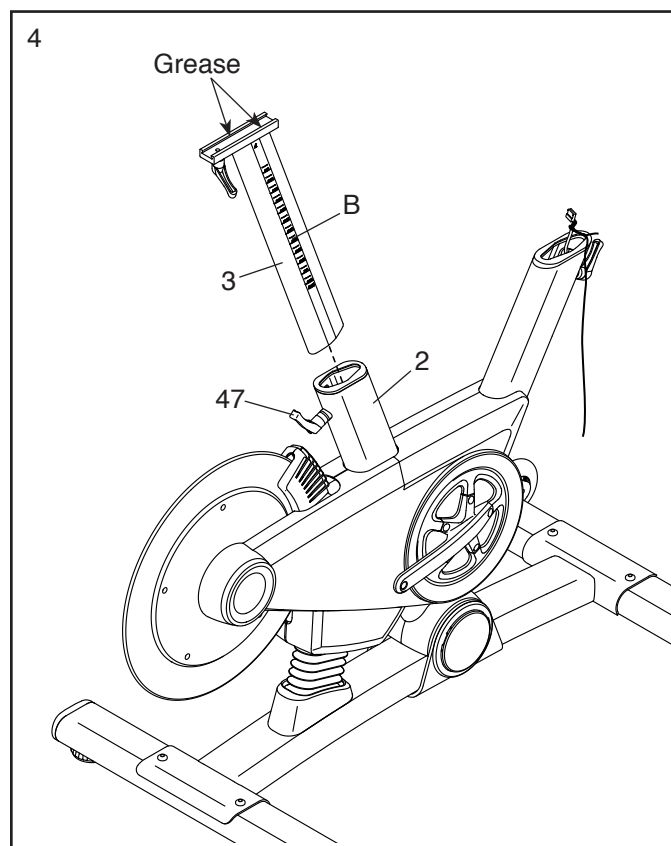


4. Using a plastic bag to keep your fingers clean, apply some of the included grease to the sides of the channel on the top of the Saddle Post (3).

Next, orient the Saddle Post (3) so that the height indicators (B) are on the side shown.

Loosen the indicated Adjustment Handle (47), and insert the Saddle Post (3) into the Frame (2). Move the Saddle Post upward or downward to the desired position, and then tighten the Adjustment Handle. **When you are finished tightening the Adjustment Handle, make sure that the end of the Adjustment Handle is pointing upward.**

Note: The Adjustment Handle (47) functions like a ratchet. Turn the Adjustment Handle in the desired direction, pull it outward, turn it in the opposite direction, push it inward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

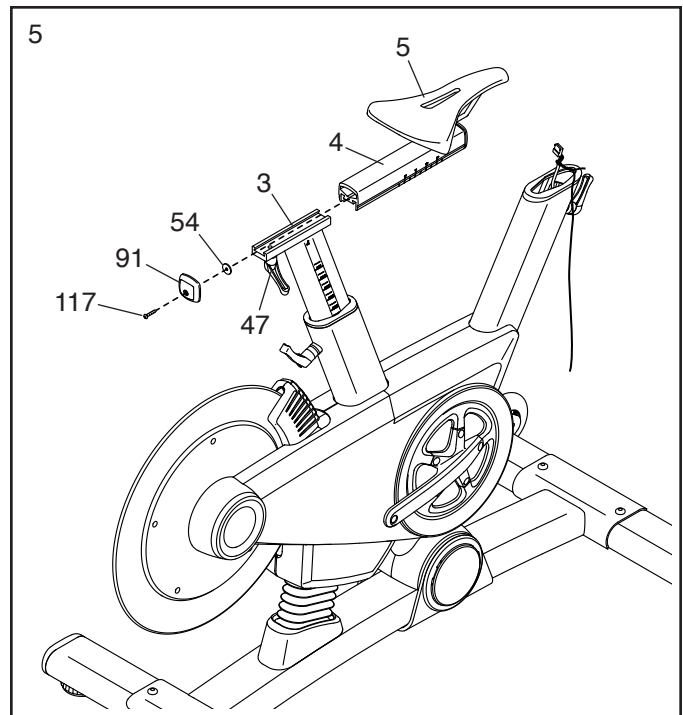


5. **Note: You can attach your own saddle to the Saddle Carriage (4) if desired.** Loosen the attachment hardware (not shown) beneath the Saddle (5), and remove the Saddle. Then, attach your own saddle and retighten the attachment hardware.

Orient the Saddle Carriage (4) as shown.

Loosen the Adjustment Handle (47), and slide the Saddle Carriage (4) into the Saddle Post (3). Slide the Saddle Carriage to the desired position, and tighten the Adjustment Handle.

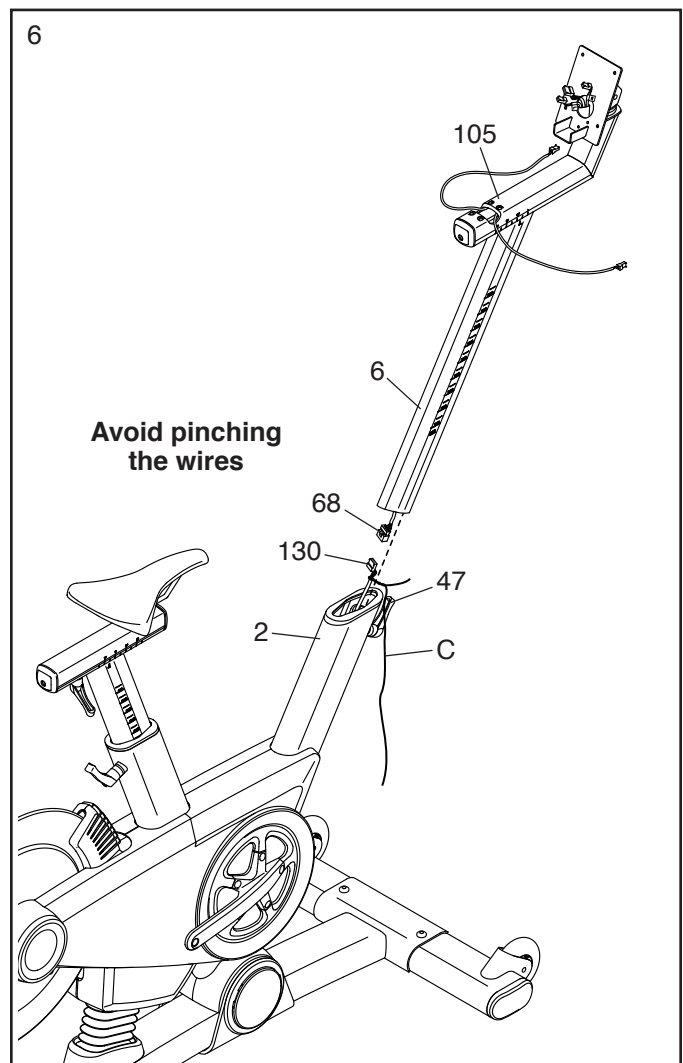
Then, attach an M4 Washer (54) and the Carriage Cover (91) to the Saddle Carriage (4) with an M4 x 14mm Screw (117).



6. **See step 8. If the Handlebar Clamp (28) and four M6 x 16mm Screws (110) are preattached to the Handlebar Carriage (105), remove them and set them aside until step 8.**

While a second person holds the Handlebar Post (6) near the Frame (2), connect the Handlebar Post Wire (68) to the Frame Wire (130). Then, untie and discard the wire tie (C) on the Frame Wire. Insert the excess wire into the Frame.

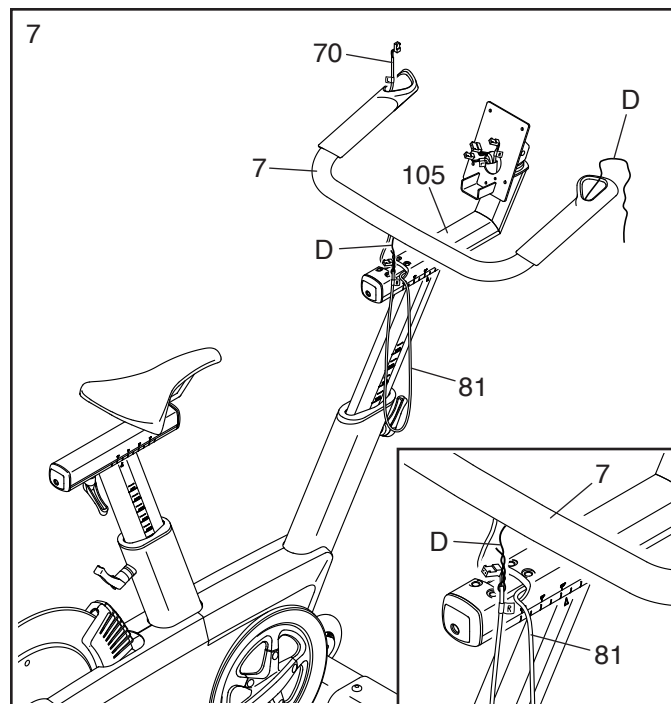
Tip: Avoid pinching the wires. Loosen the indicated Adjustment Handle (47), and insert the Handlebar Post (6) into the Frame (2). Move the Handlebar Post upward or downward to the desired position, and tighten the Adjustment Handle.



7. Have a second person hold the Handlebar (7) near the Handlebar Carriage (105).

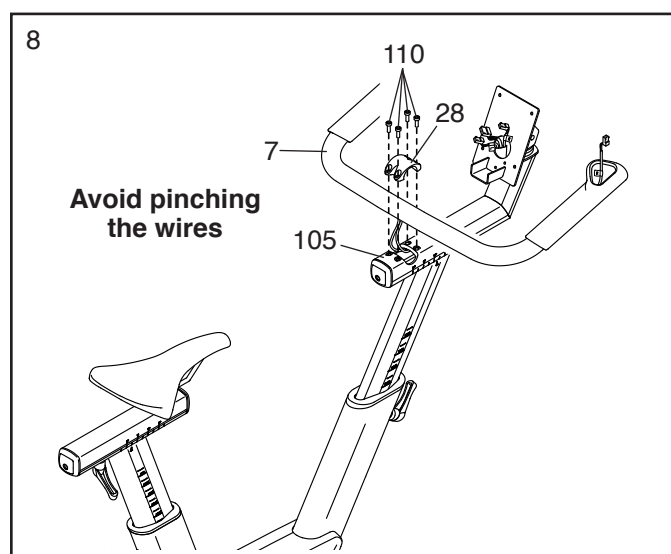
Locate the wire tie (D) in the right side of the Handlebar (7). Tie the indicated end of the wire tie to the Right Control Wire (81), which is marked with a tag. Then, pull the other end of the wire tie until the Right Control Wire is routed through the Handlebar. Then, untie and discard the wire tie.

Route the Left Control Wire (70) through the Handlebar (7) in the same way.



8. **Tip: Avoid pinching the wires.** Hold the Handlebar (7) on the Handlebar Carriage (105), and rotate the Handlebar to the desired angle; **make sure that the Handlebar is centered on the Handlebar Carriage.**

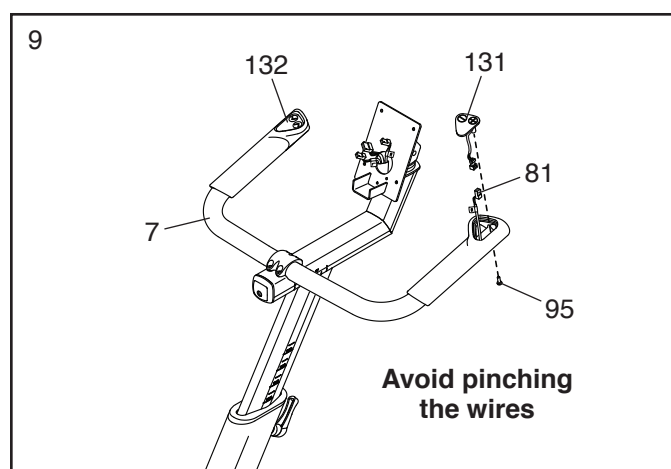
Attach the Handlebar (7) with the Handlebar Clamp (28) and four M6 x 16mm Screws (110); **start all the Screws, and then tighten them.**



9. Identify the Right Control (131), which is marked "Resistance." Connect the wire on the Right Control to the Right Control Wire (81). Insert the excess wire into the Handlebar (7).

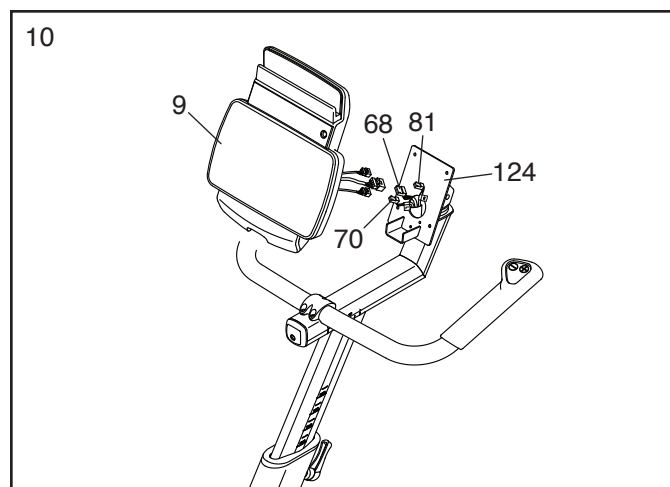
Tip: Avoid pinching the wires. Attach the Right Control (131) with an M4 x 12mm Screw (95).

Repeat this step for the Left Control (132).



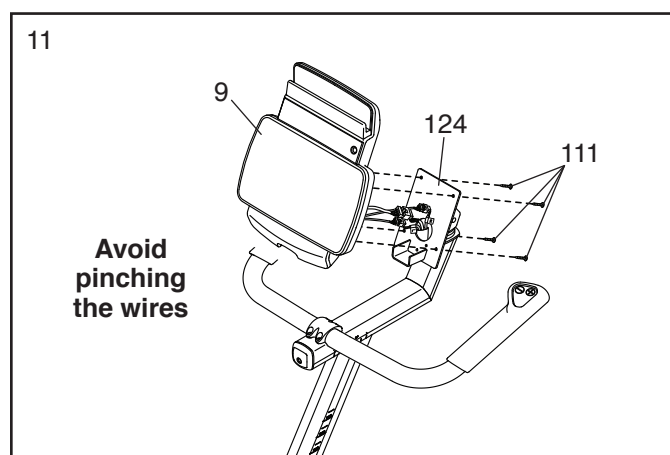
10. Have a second person hold the Console (9) near the Console Bracket (124).

Connect the console wires to the Handlebar Post Wire (68) and the Control Wires (70, 81); **make sure to connect the console wire that has an “L” tag to the Control Wire that has an “L” tag, and connect the console wire that has an “R” tag to the Control Wire that has an “R” tag.**



11. Insert the excess wire into the Console (9).

Tip: Avoid pinching the wires. Attach the Console (9) to the Console Bracket (124) with four M4 x 16mm Screws (111); **start all the Screws, and then tighten them.**

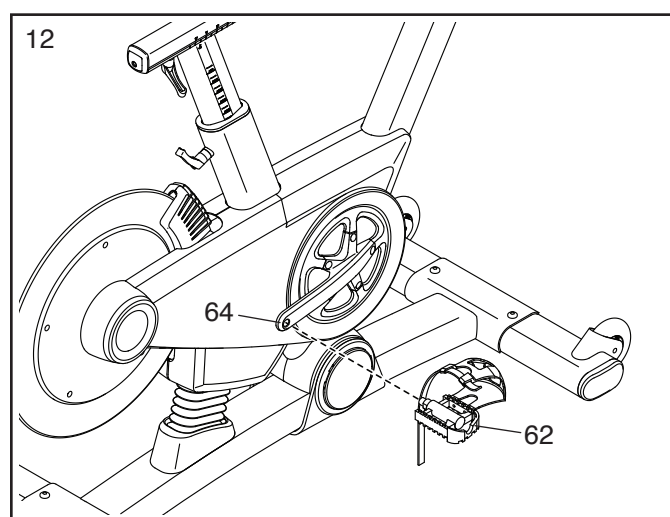


12. **Note: You can attach your own pedals if desired.**

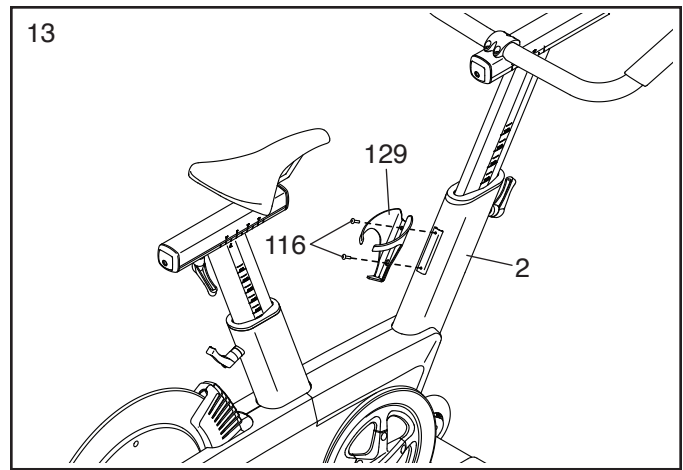
Identify the Right Pedal (62).

Using the included flat wrench tool, **firmly tighten** the Right Pedal (62) **clockwise** into the Right Crank Arm (64).

Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

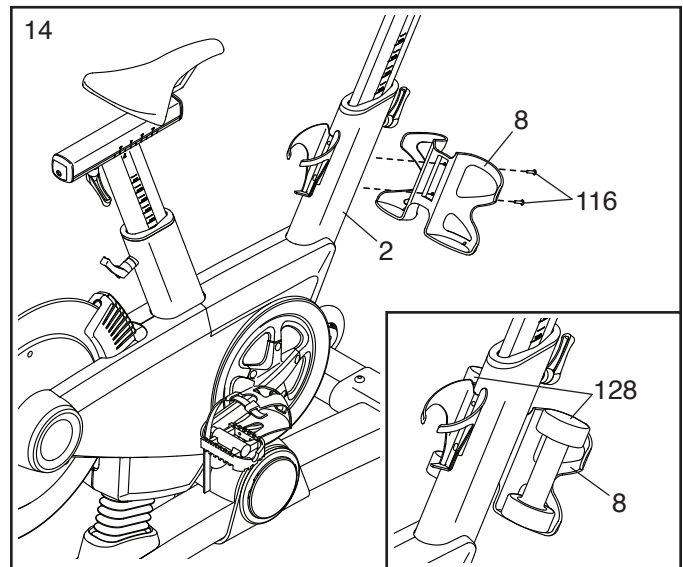


13. Attach the Water Bottle Holder (129) to the Frame (2) with two M4 x 10mm Screws (116).



14. Attach the Tray (8) to the Frame (2) with two M4 x 10mm Screws (116).

Then, set the two Hand Weights (128) in the Tray (8).



15. **After the training 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 training bike.**
Note: Extra parts may be included. Place a mat beneath the training bike to protect the floor.

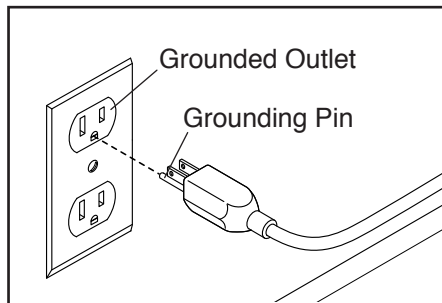
HOW TO USE THE TRAINING BIKE

HOW TO PLUG IN THE POWER CORD

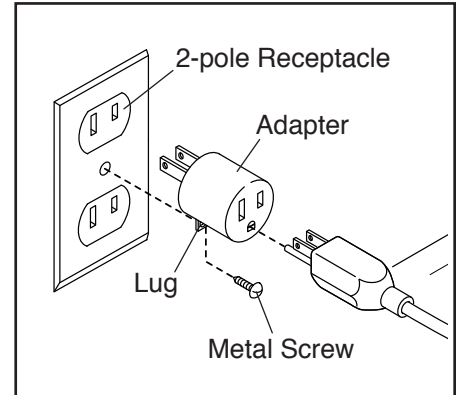
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug; if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.



A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

FEATURES OF THE TRAINING BIKE

Measuring Watts

Each training bike is individually calibrated to measure your power output and allow you to monitor your watts and RPMs directly on the console.

By monitoring your watts and RPMs, you can see how hard you are training and make sure that you are challenging yourself and improving.

The Incline System

The training bike can incline and decline up to 15 percent to realistically simulate outdoor terrain. When you create maps of your actual training routes on iFit.com (see the console instructions beginning on page 17 for more information), the training bike will automatically incline and decline to match the terrain of your training routes.

Pedaling Form Features

The training bike has multiple features to help you develop correct pedaling form:

Freewheel—The training bike has a freewheel that simulates a road bike rather than a fixed-drive spin bike. This discourages you from letting your feet coast through the top and bottom of your pedal stroke.

Flywheel—The flywheel on the training bike has the correct inertia to allow you to pedal smoothly while encouraging you to use good pedaling form.

HOW TO ADJUST THE GEOMETRY OF THE TRAINING BIKE

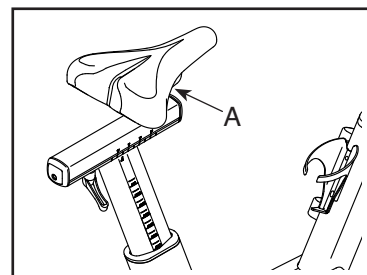
The training bike can be adjusted to promote correct form and to ensure proper training of the muscles.

Note: Make adjustments in small increments, and then pedal the training bike to test the adjustments.

How to Adjust the Angle of the Saddle

You can adjust the angle of the saddle to the position that is most comfortable. You can also adjust the saddle forward or backward for increased comfort or to adjust the distance to the handlebar.

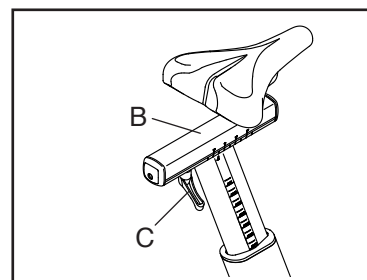
To adjust the saddle, first loosen the attachment hardware (A) beneath the saddle a few turns. Next, tilt the saddle upward or downward or slide the saddle forward or backward. Then, retighten the attachment hardware.



Note: You can remove the saddle and attach your own saddle if desired.

How to Adjust the Saddle Carriage

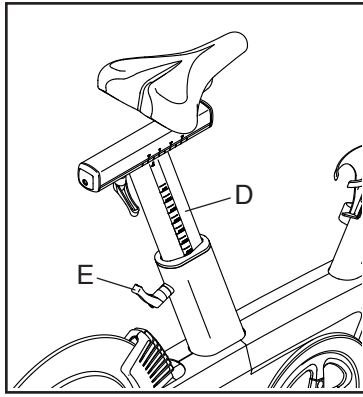
To adjust the position of the saddle carriage (B), loosen the adjustment handle (C), move the saddle carriage forward or backward, and then retighten the adjustment handle.



Note: The adjustment handle functions like a ratchet. Turn the adjustment handle in the desired direction, pull it outward, turn it in the opposite direction, push it inward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

How to Adjust the Saddle Post

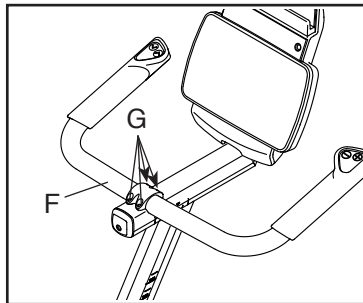
For effective training, the saddle should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the saddle post (D), loosen the adjustment handle (E), move the saddle post upward or downward, and then retighten the adjustment handle. **When you are finished tightening the adjustment handle, make sure that the end of the adjustment handle is pointing upward.**



Note: The adjustment handle functions like a ratchet. Turn the adjustment handle in the desired direction, pull it outward, turn it in the opposite direction, push it inward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

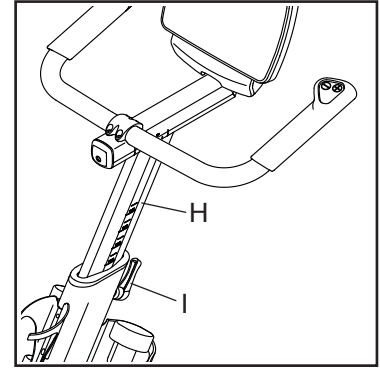
How to Adjust the Rotation of the Handlebar

To rotate the handlebar (F), loosen the indicated screws (G), rotate the handlebar to the desired position, and then retighten the screws.



How to Adjust the Handlebar Post

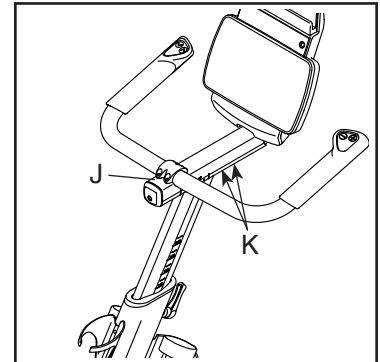
To adjust the height of the handlebar post (H), loosen the adjustment handle (I), move the handlebar post upward or downward, and then retighten the adjustment handle.



Note: The adjustment handle functions like a ratchet. Turn the adjustment handle in the desired direction, pull it outward, turn it in the opposite direction, push it inward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

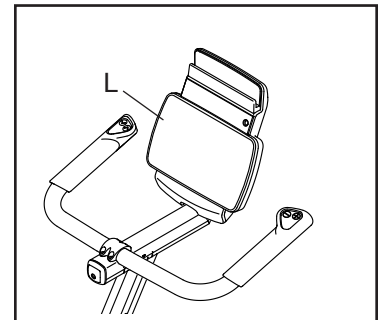
How to Adjust the Handlebar Carriage

To adjust the position of the handlebar carriage (J), loosen the indicated screws (K), move the handlebar carriage forward or backward to the desired position, and then retighten the screws.



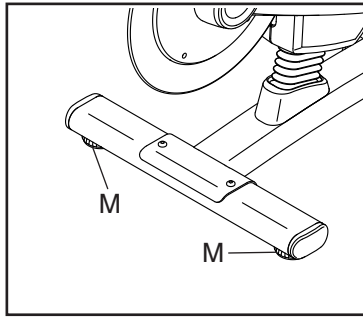
How to Adjust the Position of the Console

The console (L) can be tilted upward and downward and can be pivoted from side to side. To adjust the console, hold the sides of the console and move it to the desired position.



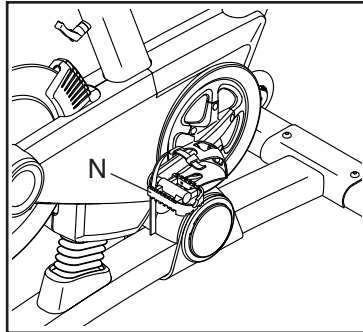
HOW TO LEVEL THE TRAINING BIKE

If the training bike rocks slightly on your floor during use, turn one or both of the leveling feet (M) on the rear stabilizer until the rocking motion is eliminated.



HOW TO USE THE PEDALS

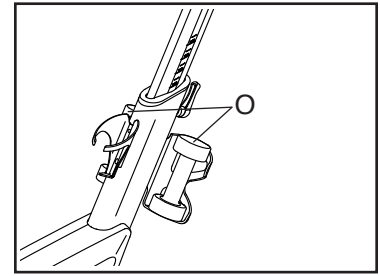
To use the pedals (O), insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs on the buckles, adjust the toe straps to the desired position, and then release the tabs.

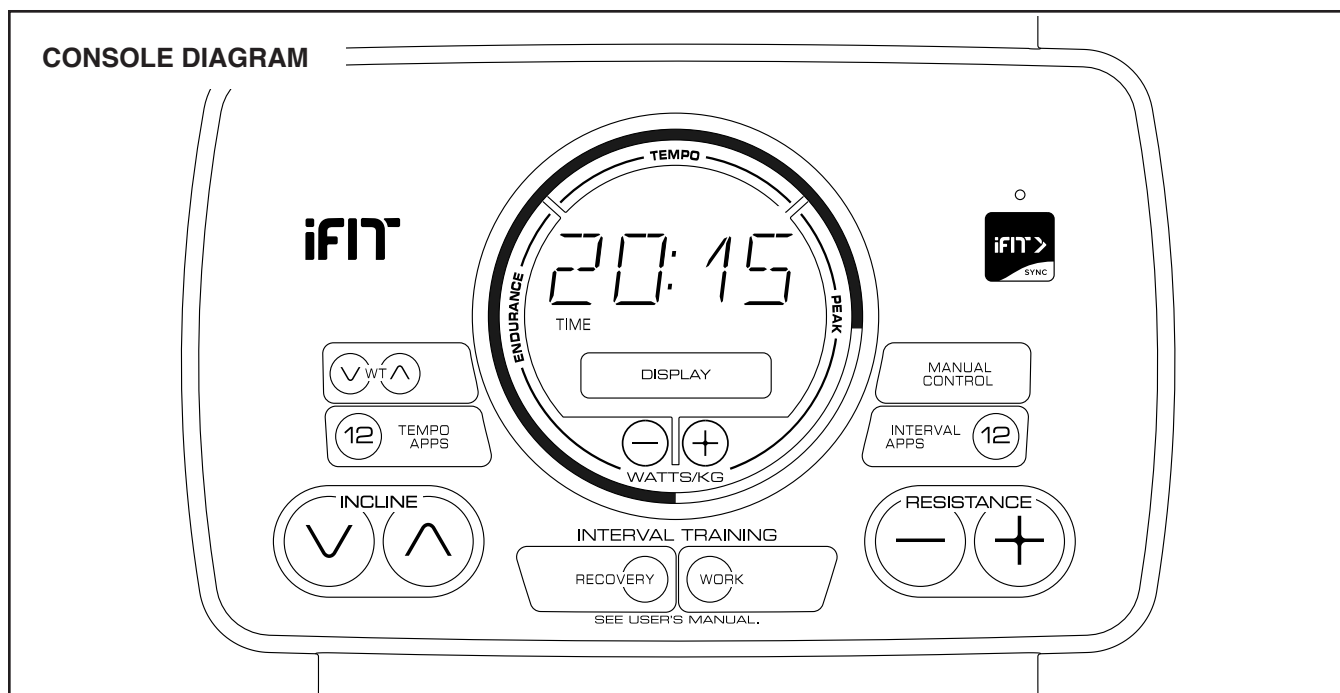


Note: You can attach your own pedals to the training bike if desired.

HOW TO USE THE HAND WEIGHTS

To add strength-training exercise to your workouts, use the hand weights (O). You can alternate performing pedaling exercise on the training bike with performing strength-training exercise next to the training bike. You can also pivot the console sideways so that you can view the screen while you are performing strength-training exercises. When you are not using the hand weights, store them on the hand weight tray.





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 incline and resistance of the training bike with the touch of a button.

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

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using an optional heart rate monitor. **See page 22 for information about purchasing an optional chest heart rate monitor.**

You can even connect your tablet to the console and use the iFit® Bluetooth Tablet app to record and track your workout information.

The console also offers a selection of onboard workouts. Each workout automatically changes the incline of the training bike and allows you to change the resistance to maintain your pedaling cadence.

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 18. **To use the manual mode**, see page 18. **To use an onboard workout**, see page 21.

To use the sound system, see page 22. **To connect your tablet to the console**, see page 23. **To connect your heart rate monitor to the console**, see page 23. **To use the settings mode**, see page 24.

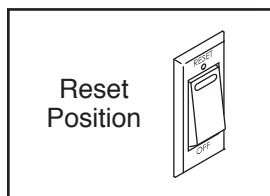
The console can display speed and distance in either miles or kilometers and weight in either pounds or kilograms. To find which unit of measurement is selected, see step 3 on page 24.

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

HOW TO TURN ON THE POWER

IMPORTANT: If the training bike 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 13). 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 training bike will move forward and backward as it calibrates. When the training bike stops moving, the incline system is calibrated.

IMPORTANT: If the incline system does not calibrate automatically, see step 3 on page 24 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 on page 18.

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.

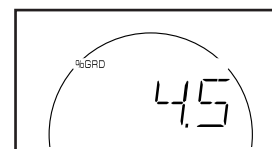


Note: The console will use your weight to calculate your approximate power output and calories burned. If you do not enter your weight, the console will use a default value to calculate your power output and calories burned.

4. **Change the incline of the training bike as desired.**

Begin pedaling to start the manual mode.

As you pedal, you can change the incline of the training bike. To change the incline level, press the Incline increase and decrease buttons on the console or press the Incline increase and decrease buttons on the left handlebar.

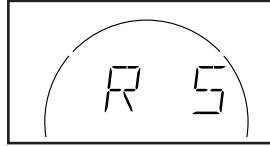


Note: After you press a button, it will take a moment for the training bike to reach the selected incline level. **You will hear the incline motor while the incline is changing. This is normal.**

CAUTION: The training bike can move to a broad range of incline levels. Hold the handlebars and be prepared for the training bike to move when you change the incline.

5. Change the resistance of the training bike as desired.

As you pedal, you can change the resistance to make pedaling easier or harder. To change the resistance level, press the Resistance increase and decrease buttons on the console or press the Resistance increase and decrease buttons on the right handlebar.



Note: After you press a button, it will take a moment for the training bike to change to the selected resistance level.

6. 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 incline to the desired level. Then, press and hold the Recovery button until two tones sound to save the interval setting.

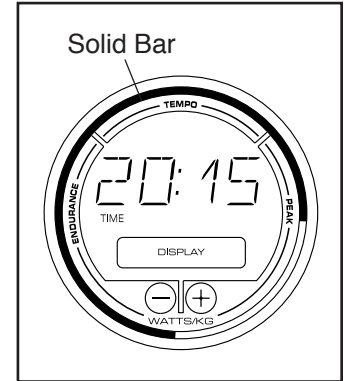
To create a work interval, first adjust the incline to the desired level. Then, press and hold the Work button until two tones sound to save the interval setting.

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

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

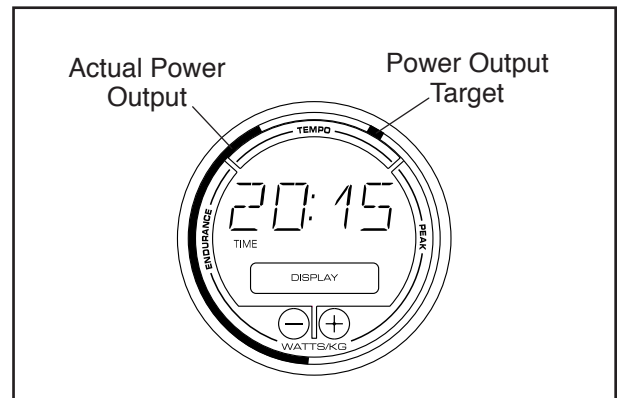
7. Follow your progress with the power ring, and set a power output target, if desired.

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.

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, the resistance level, and/or the incline level 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 an incline 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 21).

8. 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. When the manual mode is selected, the distance will count up. When an onboard workout is selected, the distance will count down.

Incline (% GRD)—The incline level of the training bike.

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

Pulse (heart symbol)—Your heart rate when you wear a compatible heart rate monitor (see step 9).

Resistance (R)—The number of the currently selected resistance level. Note: This workout information will appear for a few seconds each time you change the resistance level.

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

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

Time—The elapsed time.

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.

To pause the console, simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

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 24.

9. Wear a heart rate monitor and measure your heart rate if desired.

You can wear an optional heart rate monitor to measure your heart rate. **For more information about the optional heart rate monitor, see page 22.** Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

When your heartbeat is detected, your heart rate will be shown in the pulse display.

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

If the pedals do not move for several seconds, 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 training bike may wear prematurely.**

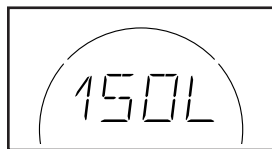
HOW TO USE AN ONBOARD WORKOUT

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

See HOW TO TURN ON THE POWER on page 18.

2. Enter your weight.

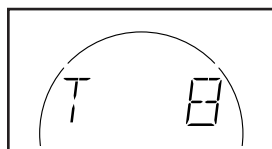
Press the Wt increase and decrease buttons to enter your weight.



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 total distance of the workout will appear in the display.



4. Start the workout.

Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One incline level and one power output target are programmed for each segment. Note: The same incline 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 incline level for the next segment will appear in the display for a few seconds to alert you. The incline level 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 adjusting your pedaling speed and/or the resistance level.

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

If the incline level for the current segment is too high or too low, you can manually override the setting by pressing the Incline buttons. **IMPORTANT: When the current segment of the workout ends, the training bike will automatically adjust to the incline level programmed for the next segment.**

To pause the console, simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

5. Follow your progress with the display.

See step 8 on page 20.

6. Measure your heart rate if desired.

See step 9 on page 20.

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

See step 10 on page 20.

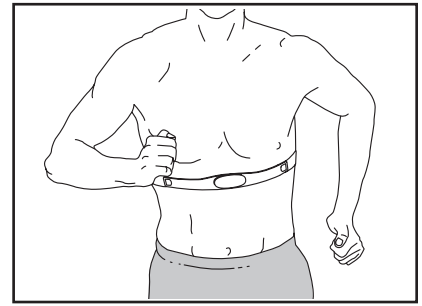
HOW TO USE THE SOUND SYSTEM

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 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 TABLET TO THE CONSOLE

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

1. Download and install the iFit Bluetooth Tablet app on your tablet.

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

Then, open the iFit Bluetooth Tablet 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 at the right.

3. Connect your tablet to the console.

Press the iFit Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit Bluetooth Tablet app to connect your tablet to the console.

When a connection is established, the LED on the console will turn solid blue.

4. Record and track your workout information.

Follow the instructions in the iFit Bluetooth Tablet 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 Bluetooth Tablet app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

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 Sync button on the console; the console pairing number will appear in the display. 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 iFit Sync button on the console until the LED on the console turns solid green.

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

THE SETTINGS MODE

1. Select the settings mode.

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

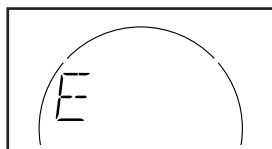
2. Navigate the settings mode.

Press the Tempo Apps button repeatedly until the desired settings option appears in the display.

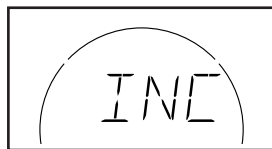
3. Change settings as desired.

Change the Unit of Measurement—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.



Calibrate the Incline System—The words INC UPDN will appear in the display.

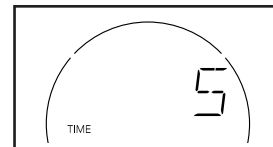


To calibrate the incline system, press the Incline increase or decrease button. The training bike will automatically move forward and backward to the maximum incline and decline levels, and then return to the starting position. This will calibrate the incline system.

IMPORTANT: Keep pets, feet, and other objects away from the training bike while the incline system is calibrating.

View Usage

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



4. Exit the settings mode.

Press the Tempo Apps button repeatedly to exit the settings mode.

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

HOW TO MAINTAIN THE TRAINING BIKE

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

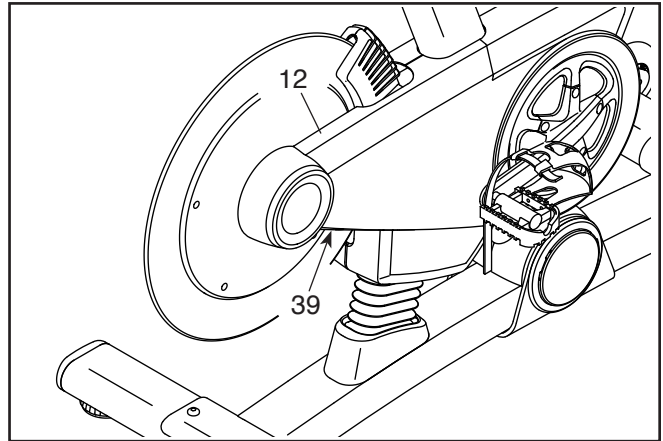
To clean the training bike, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, the drive belt may need to be adjusted.

To adjust the drive belt, first **press the power switch to the off position and unplug the power cord.**

Next, locate the access hole in the underside of the Right Shield (12). Using a hex key, tighten the Idler Adjustment Screw (39) until the drive belt (not shown) is tight.



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.

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	

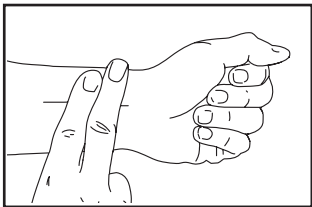
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



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

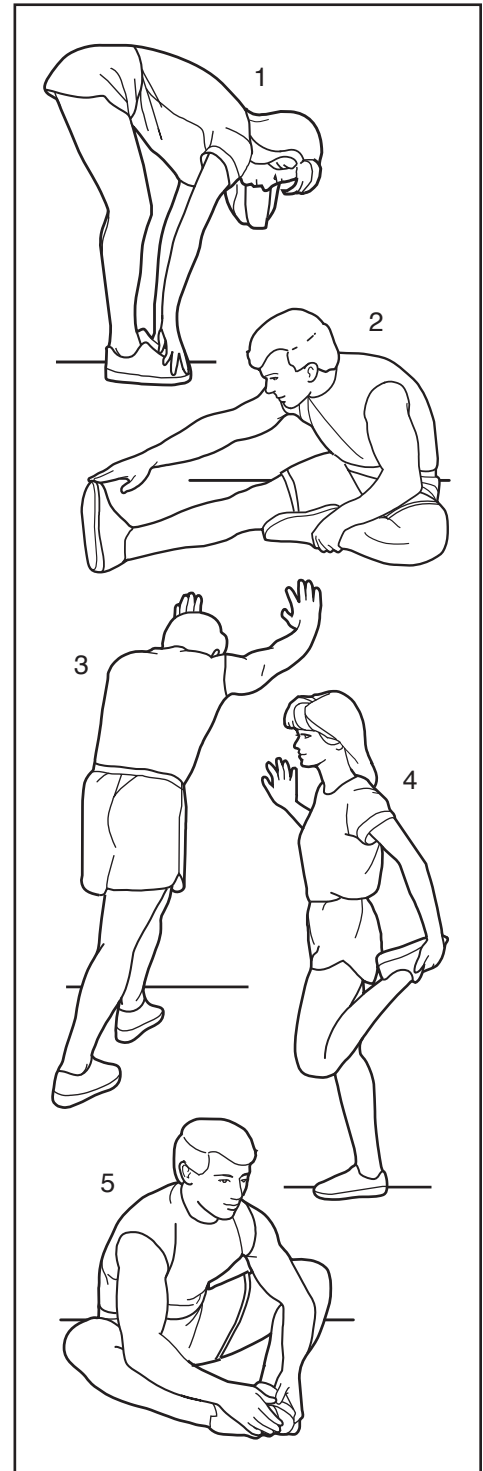
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFEX09916.1 R0517A

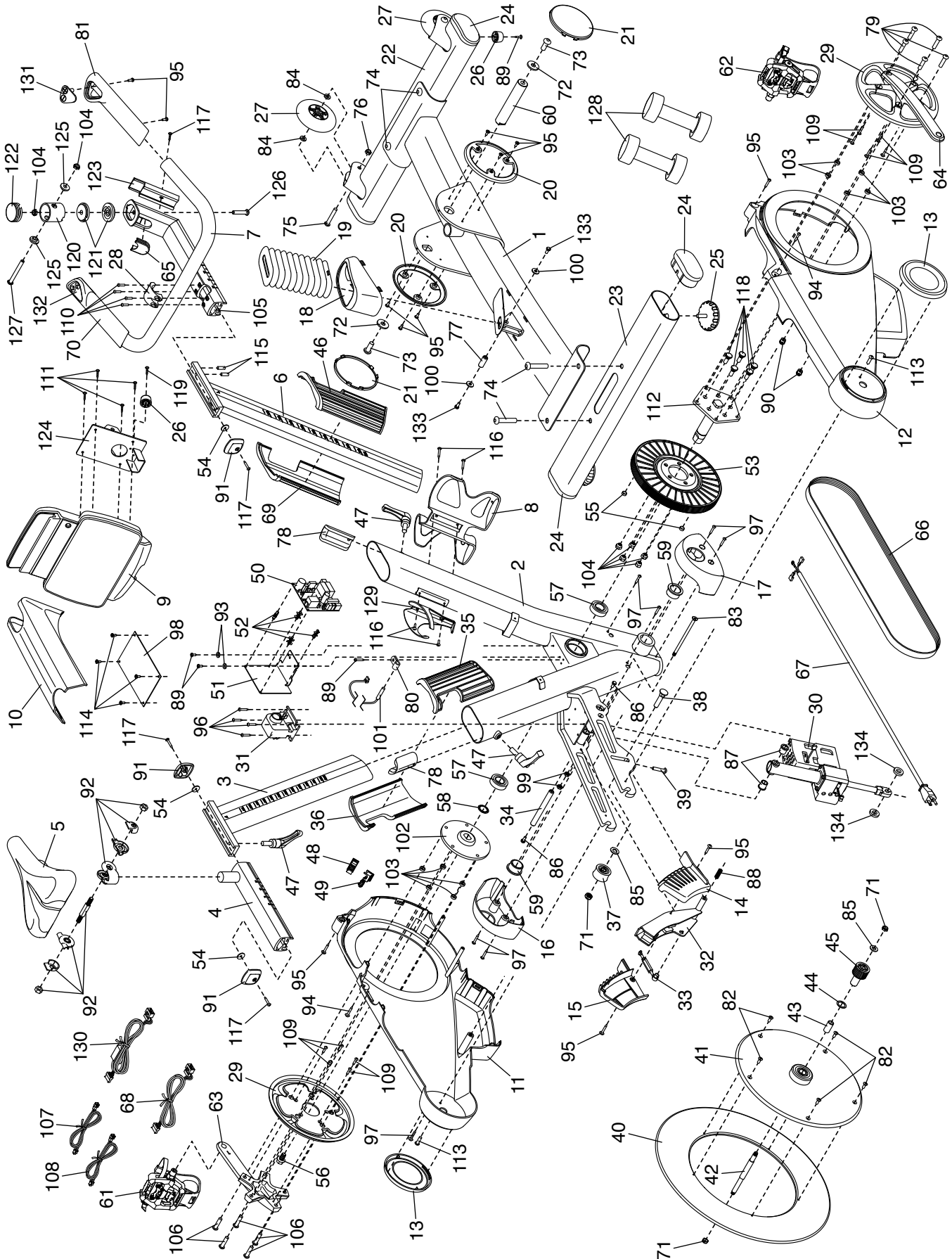
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Board Bracket
2	1	Frame	52	4	Standoff
3	1	Saddle Post	53	1	Crank/Torque Pulley
4	1	Saddle Carriage	54	3	M4 Washer
5	1	Saddle	55	8	Magnet
6	1	Handlebar Post	56	1	Crank Screw
7	1	Handlebar	57	2	Bearing
8	1	Tray	58	1	Push Nut
9	1	Console	59	2	Frame Bushing
10	1	Upper Shield	60	1	Pivot Axle
11	1	Left Shield	61	1	Left Pedal
12	1	Right Shield	62	1	Right Pedal
13	2	Shield Cover	63	1	Left Crank Arm
14	1	Right Magnet Cover	64	1	Right Crank Arm
15	1	Left Magnet Cover	65	1	Handlebar Carriage Cap
16	1	Left Frame Cover	66	1	Drive Belt
17	1	Right Frame Cover	67	1	Power Cord
18	1	Base Shield	68	1	Handlebar Post Wire
19	1	Flex Cover	69	1	Left Handlebar Post Sleeve
20	2	Cover Mount	70	1	Left Control Grip/Wire
21	2	Base Cover	71	3	3/8" Jam Nut
22	1	Front Stabilizer	72	2	1/2" Washer
23	1	Rear Stabilizer	73	2	1/2" x 1" Screw
24	4	Stabilizer Cap	74	4	M10 x 58mm Screw
25	2	Leveling Foot	75	2	5/16" x 1 3/4" Bolt
26	3	Foot	76	2	5/16" Locknut
27	2	Wheel	77	1	Base Axle
28	1	Handlebar Clamp	78	2	Post Brake
29	2	Crank Cover	79	5	M8 x 17mm Screw
30	1	Lift Motor	80	1	Clamp
31	1	Resistance Motor	81	1	Right Control Grip/Wire
32	1	Resistance Magnet	82	5	#10 x 12mm Flat Head Screw
33	1	Arm	83	1	1/4" x 125mm Flat Head Screw
34	1	Magnet Axle	84	4	Wheel Spacer
35	1	Right Saddle Post Sleeve	85	2	M10 Washer
36	1	Left Saddle Post Sleeve	86	2	M8 x 15mm Screw
37	1	Idler Pulley	87	2	Lift Motor Bushing
38	1	Idler Bolt	88	1	Magnet Spring
39	1	Idler Adjustment Screw	89	5	M4 x 16mm Bright Screw
40	1	Flywheel Ring	90	2	Friction Fastener
41	1	Flywheel Hub	91	3	Carriage Cover
42	1	Flywheel Axle	92	1	Saddle Mount Assembly
43	1	Flywheel Spacer	93	2	#8 Star Washer
44	1	Thrust Washer	94	2	#8 x 16mm Screw
45	1	Flywheel Pulley	95	14	M4 x 12mm Screw
46	1	Right Handlebar Post Sleeve	96	4	M4 x 12mm Flange Screw
47	3	Adjustment Handle	97	7	M4 x 19mm Screw
48	1	Power Switch	98	1	Electronics Shield
49	1	Grommet	99	2	1/4" Nut
50	1	Control Board	100	2	M6 Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Reed Switch/Wire	120	1	Swivel Tube
102	1	Crank Hub	121	2	Swivel Bushing
103	10	Crank Spacer	122	1	Swivel Tube Cap
104	7	M8 Locknut	123	1	Handlebar Carriage Cover
105	1	Handlebar Carriage	124	1	Console Bracket
106	5	M8 x 20mm Screw	125	2	Swivel Tube Bushing
107	1	Right Extension Wire	126	1	M8 x 35mm Bolt
108	1	Left Extension Wire	127	1	M8 x 52mm Bolt
109	10	M4 x 9mm Screw	128	2	Hand Weight
110	4	M6 x 16mm Screw	129	1	Water Bottle Holder
111	4	M4 x 16mm Screw	130	1	Frame Wire
112	1	Crank	131	1	Right Control
113	2	#8 x 13mm Screw	132	1	Left Control
114	4	#8 x 1/2" Bright Screw	133	2	M6 x 8mm Screw
115	2	M8 x 15mm Round Head Screw	134	2	Lift Motor Spacer
116	4	M4 x 10mm Screw	*	—	Grease Packet
117	4	M4 x 14mm Screw	*	—	Assembly Tool
118	5	M8 x 30mm Screw	*	—	User's Manual
119	1	#8 x 19mm Screw			

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. PFEX09916.1 R0517A



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: 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 the lifetime of the original purchaser (customer). Parts are warranted for three (3) years from the date of purchase. Labor is warranted for one (1) year 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