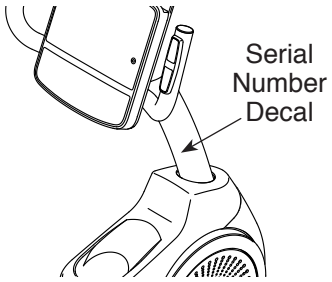
PRO-FORM® 325 CSX+

Model No. PFEVEX74918.0
Serial No. _____

Write the serial number in the space above for reference.



CUSTOMER SERVICE

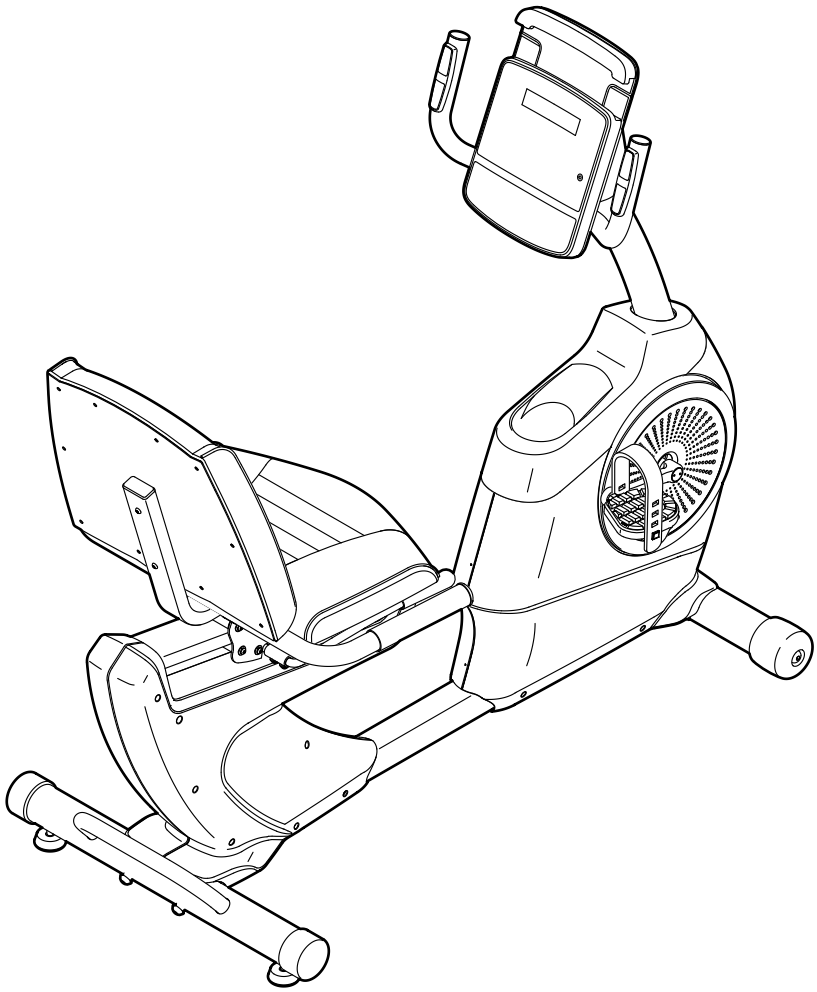
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From Ireland: 053 92 36102
Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
Unit 1D, The Gateway
Fryers Way, Silkwood Park
OSSETT
WF5 9TJ
UNITED KINGDOM

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.

USER'S MANUAL



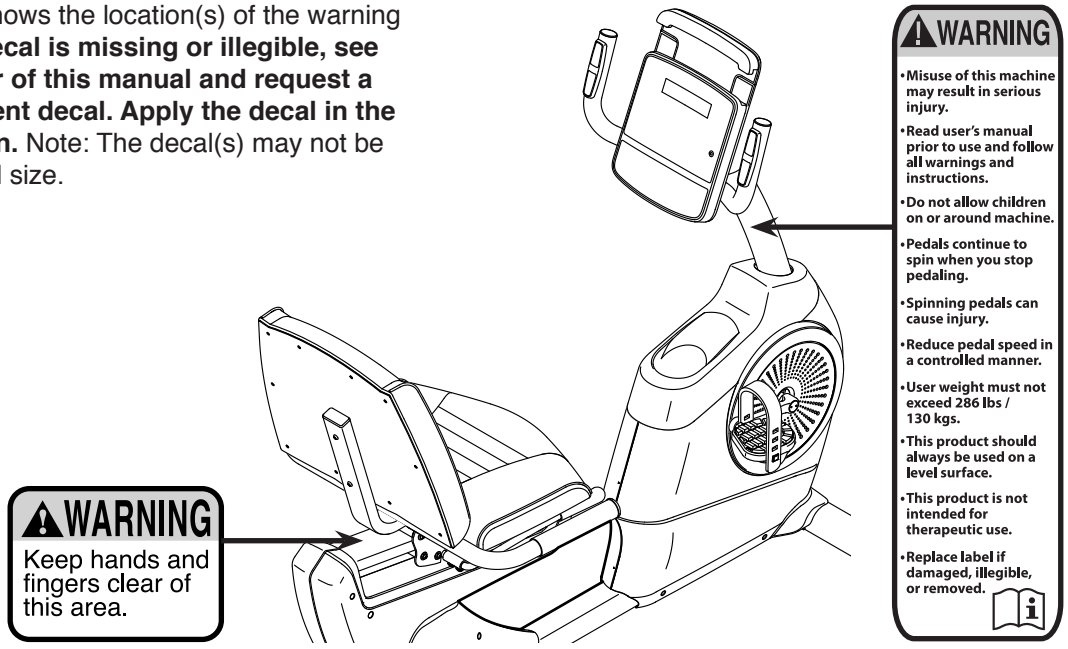
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WARNING DECAL PLACEMENT

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 serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

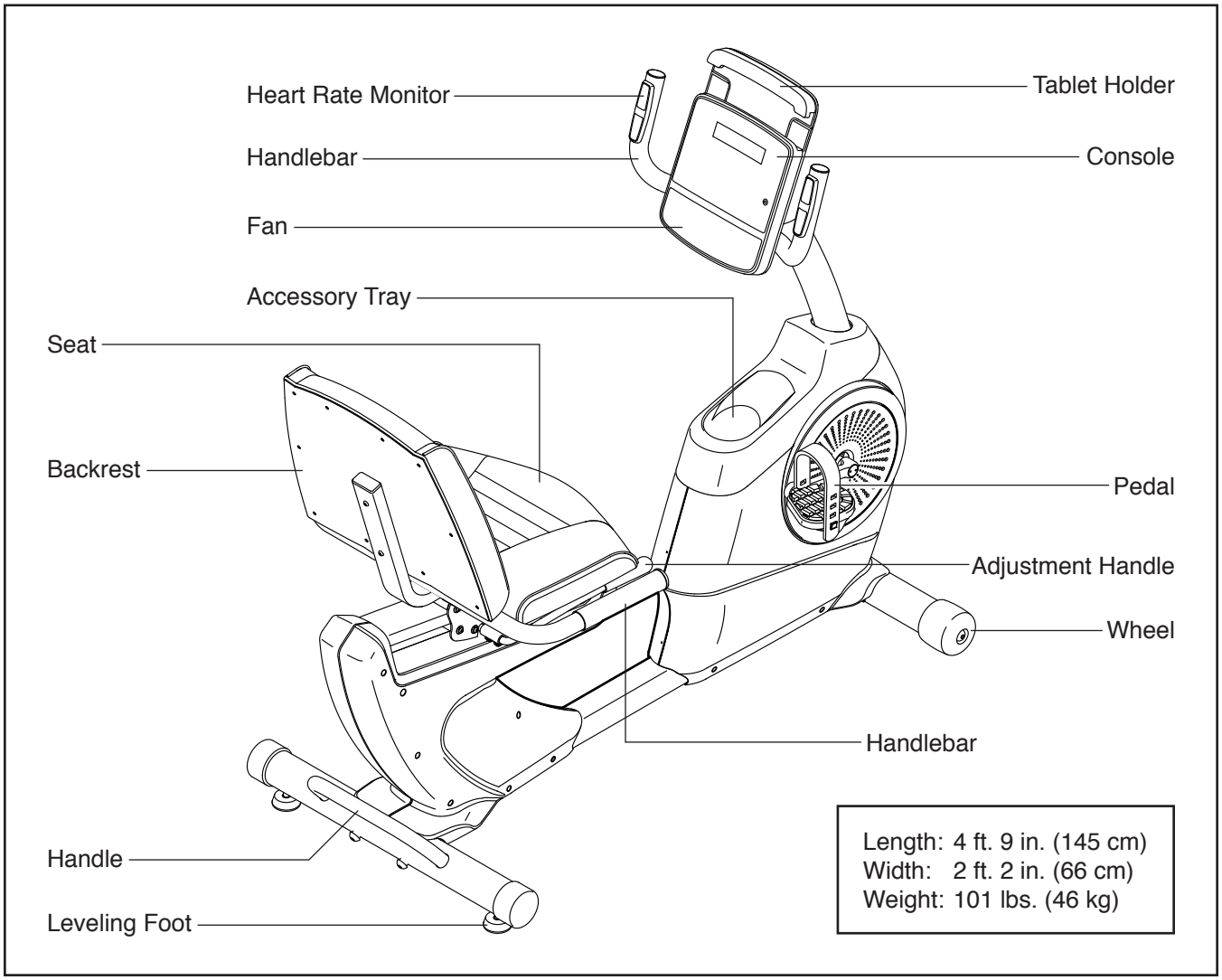
1. **It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.**
4. **Use the exercise bike only as described in this manual.**
5. **The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.**
6. **Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.**
7. **Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.**
8. **Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.**
9. **Keep children under age 13 and pets away from the exercise bike at all times.**
10. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.**
11. **The exercise bike should not be used by persons weighing more than 286 lbs. (130 kg).**
12. **Be careful when mounting and dismounting the exercise bike.**
13. **The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
14. **Always keep your back straight while using the exercise bike; do not arch your back.**
15. **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.**

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 325 CSX + exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 325 CSX + exercise bike provides a selection of features designed to make your workouts at home more effective and enjoyable.

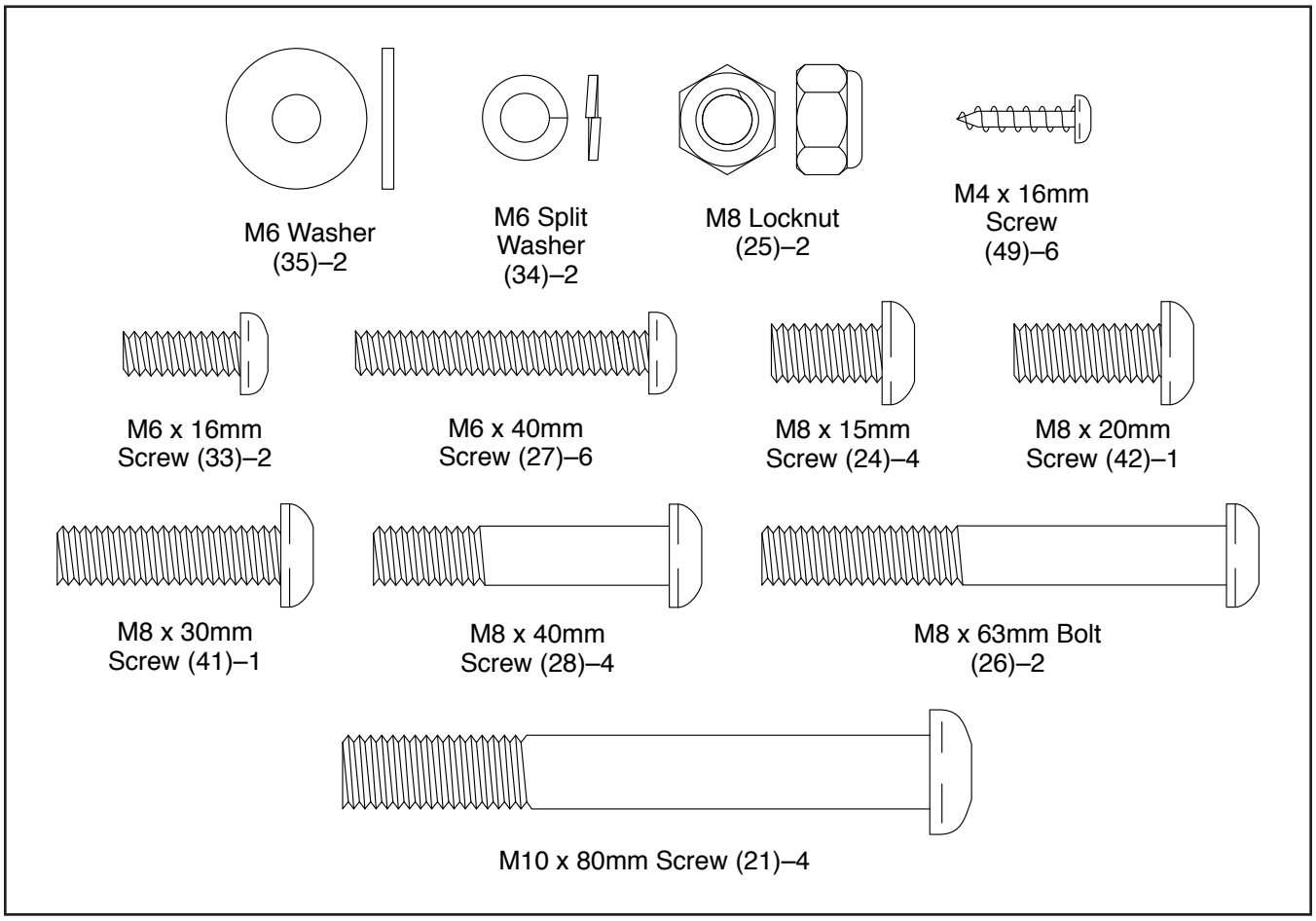
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

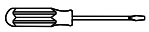
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the 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 5.

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

one Phillips screwdriver 

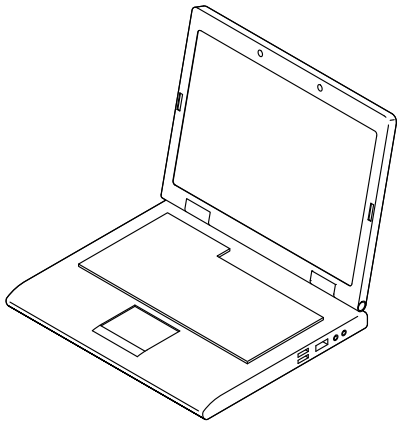
one adjustable wrench 

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

1. **To register your product and activate your warranty in the UK,** go to iconsupport.eu. If you do not have internet access, call Customer Service (see the front cover of this manual).

   To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.
   - your receipt (make sure to keep a copy)
   - your name, address, and telephone number
   - the model number, serial number, and name of your product (see the front cover of this manual)

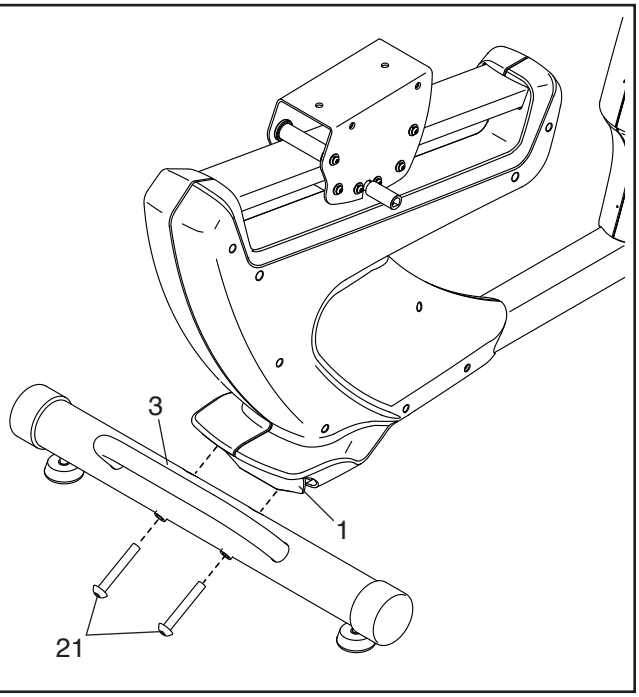
1



2. Orient the Rear Stabilizer (3) as shown.

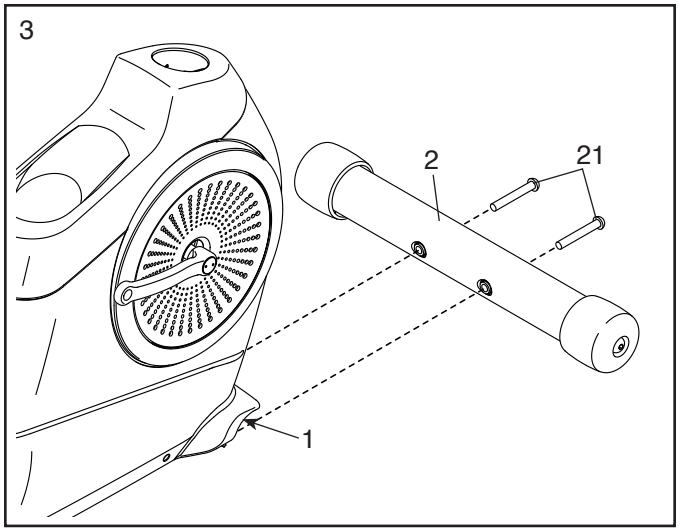
   While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (3) to the Frame with two M10 x 80mm Screws (21).

2



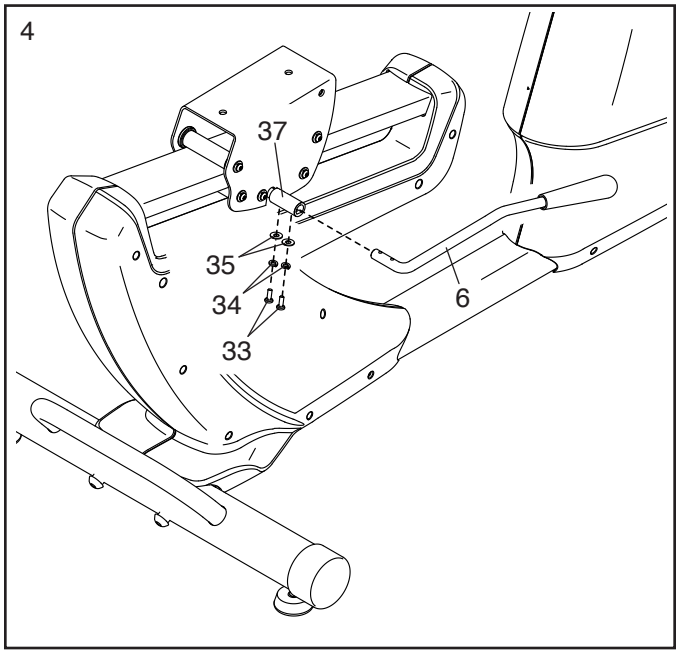
3. Orient the Front Stabilizer (2) as indicated by the sticker.

   While a second person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 80mm Screws (21).



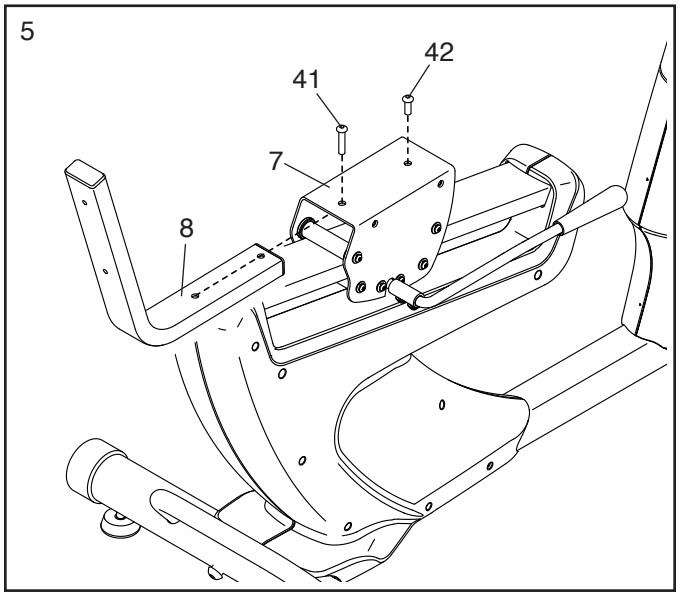
4. Orient the Adjustment Lever (6) as shown.

   Attach the Adjustment Lever (6) to the Brake Axle (37) with two M6 x 16mm Screws (33), two M6 Split Washers (34), and two M6 Washers (35).



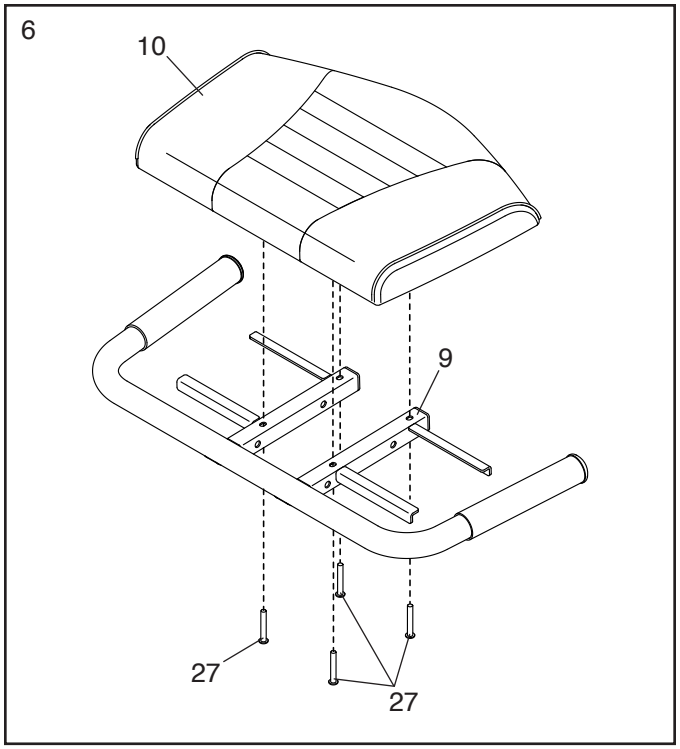
5. Orient the Backrest Frame (8) as shown.

   Attach the Backrest Frame (8) to the Seat Carriage (7) with an M8 x 20mm Screw (42) and an M8 x 30mm Screw (41).

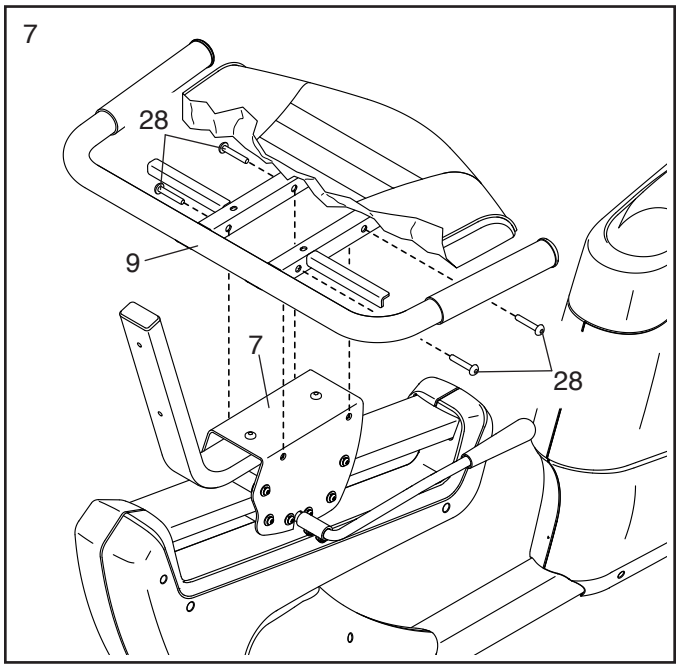


6. Orient the Seat (10) and the Seat Frame (9) as shown.

   Attach the Seat (10) to the Seat Frame (9) with four M6 x 40mm Screws (27); **start all the Screws, and then tighten them.**

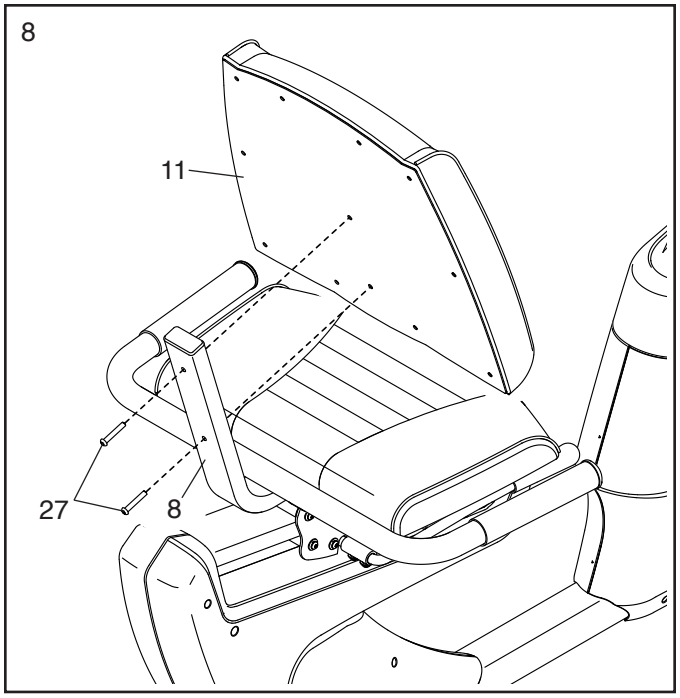


7. Attach the Seat Frame (9) to the Seat Carriage (7) with four M8 x 40mm Screws (28); **start all the Screws, and then tighten them.**



8. Orient the Backrest (11) as shown.

   Attach the Backrest (11) to the Backrest Frame (8) with two M6 x 40mm Screws (27).

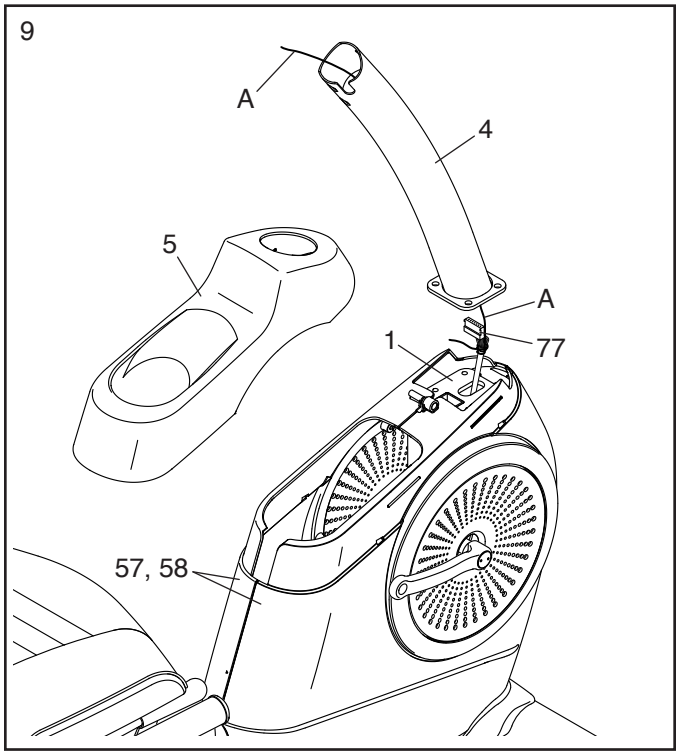


9. Remove the Accessory Tray (5) from the Left and Right Front Shields (57, 58). Set the Accessory Tray aside. **Tip: It may be necessary to use a standard screwdriver to release the tabs on the Accessory Tray.**

   Have a second person hold the Upright (4) near the Frame (1).

   Locate the wire tie (A) inside the Upright (4). Tie the lower end of the wire tie to the Main Wire (77). Then, pull the other end of the wire tie upward until the Main Wire is routed through the Upright.

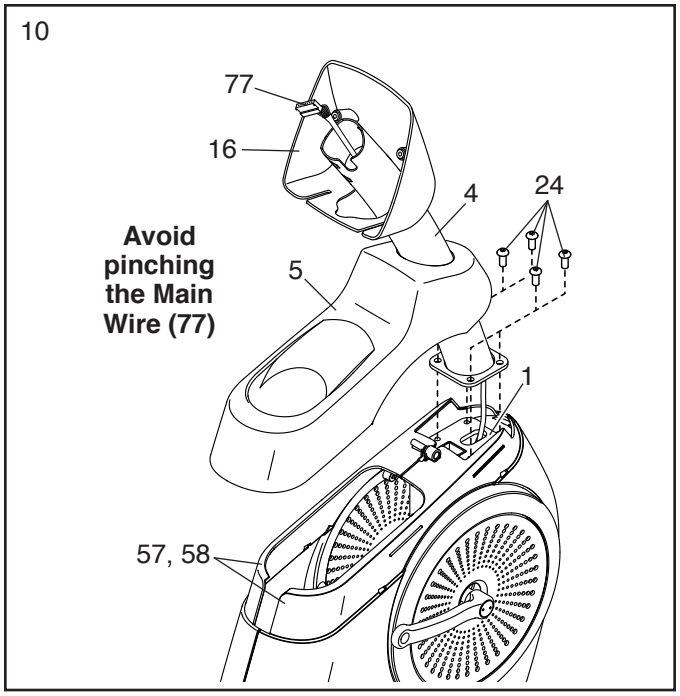
   Tip: To prevent the Main Wire (77) from falling into the Upright (4), secure it to the Upright with the wire tie (A).



10. **Tip: Avoid pinching the Main Wire (77).** Hold the Upright (4) against the Frame (1). Attach the Upright with four M8 x 15mm Screws (24); **start all the Screws, and then tighten them.**

    Next, orient the Accessory Tray (5) and the Console Cover (16) as shown.

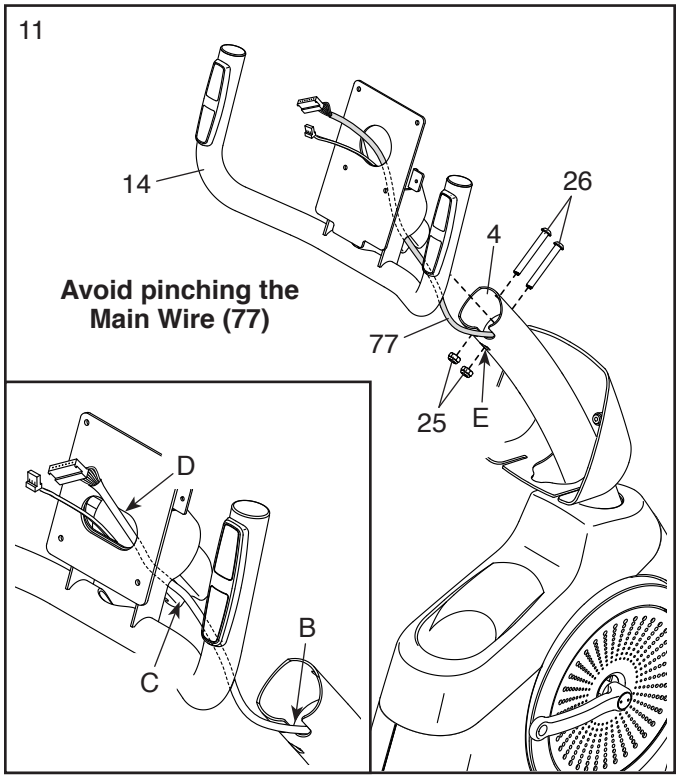
    Tip: Avoid pinching the Main Wire (77). Slide the Accessory Tray (5) and the Console Cover (16) onto the Upright (4). Then, press the Accessory Tray onto the Left and Right Front Shields (57, 58).



11. Untie and discard the wire tie on the Main Wire (77).

    While a second person holds the Handlebar (14) near the Upright (4), route the Main Wire (77) through the notch (B) in the Upright, through the groove (C) in the Handlebar, and through the hole (D) in the center of the Handlebar (see the inset drawing).

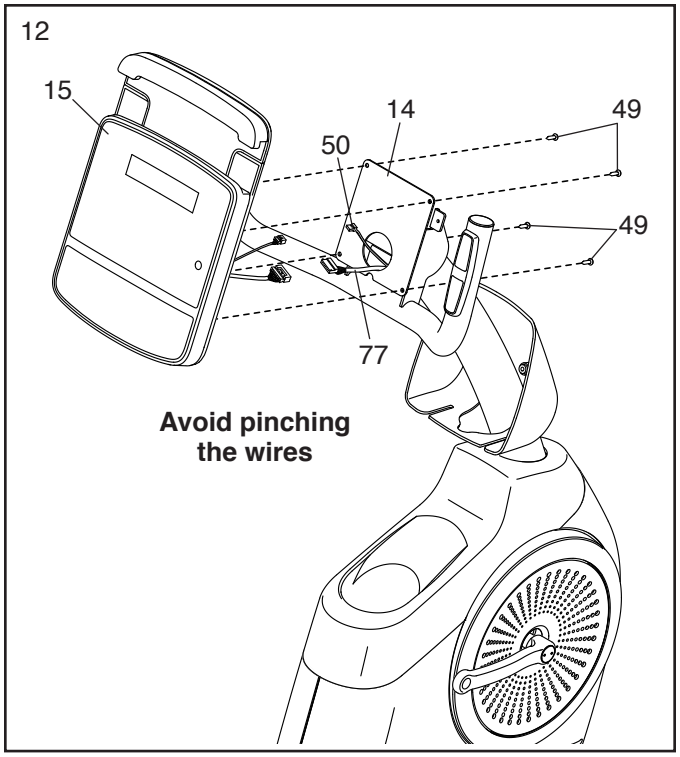
    Tip: Avoid pinching the Main Wire (77). Insert the Handlebar (14) into the Upright (4). Attach the Handlebar with two M8 x 63mm Bolts (26) and two M8 Locknuts (25). **Make sure that the Locknuts are in the hexagonal holes (E).**



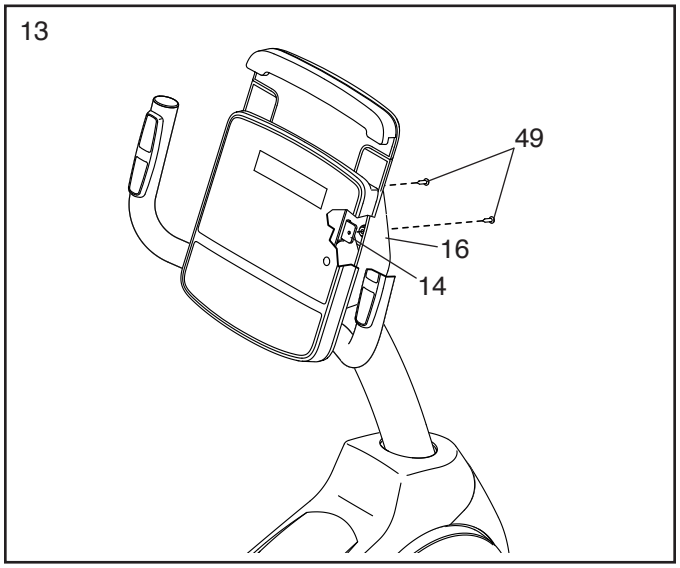
12. While a second person holds the Console (15) near the Handlebar (14), connect the wires on the Console to the Main Wire (77) and the Pulse Wire (50).

    Then, insert the excess wire into the Handlebar (14).

    Tip: Avoid pinching the wires. Attach the Console (15) to the Handlebar (14) with four M4 x 16mm Screws (49); **start all the Screws, and then tighten them.**



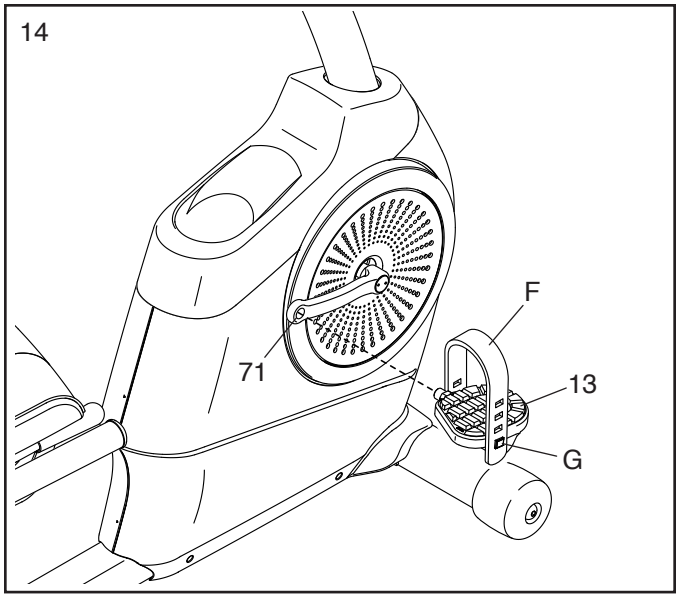
13. Slide the Console Cover (16) upward against the Handlebar (14). Attach the Console Cover with two M4 x 16mm Screws (49).



14. Identify the Right Pedal (13). Using an adjustable wrench, **firmly tighten** the Right Pedal **clockwise** into the Right Crank Arm (71).

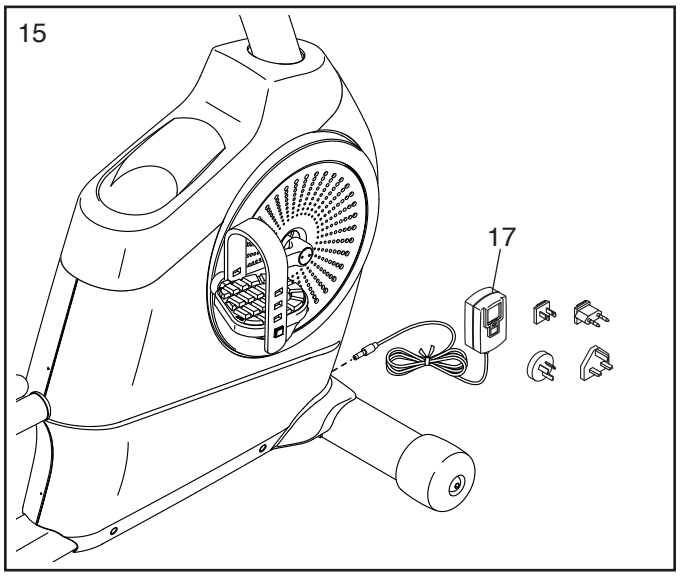
    Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

    Adjust the right strap (F) to the desired position, and press the ends of the strap onto the tabs (G) on the Right Pedal (13). **Adjust the strap on the Left Pedal (not shown) in the same way.**



15. Plug the Power Adapter (17) into the receptacle on the frame of the exercise bike.

    Note: To plug the Power Adapter (17) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.

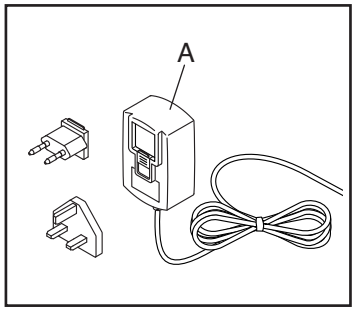


16. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

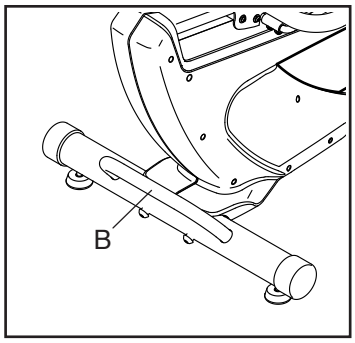
HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.



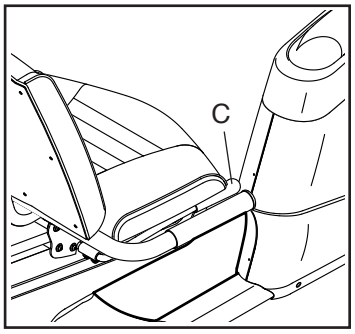
Plug the power adapter (A) into the receptacle on the frame of the exercise bike. Insert the appropriate plug adapter into the power adapter if necessary. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

HOW TO MOVE THE EXERCISE BIKE



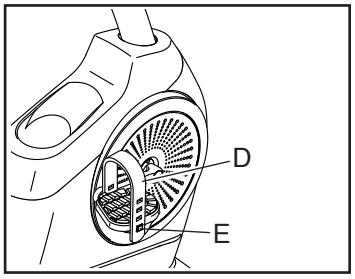
To move the exercise bike, hold the handle (B) on the rear stabilizer and lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.

HOW TO ADJUST THE SEAT



The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, push downward on the adjustment handle (C), slide the seat to the desired position, and then pull upward on the adjustment handle to lock the seat in place.

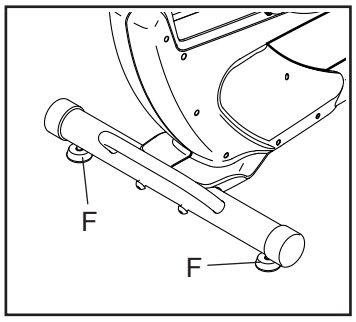
HOW TO ADJUST THE PEDAL STRAPS



To adjust the pedal straps, first pull the ends of the straps (D) off the tabs (E) on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.

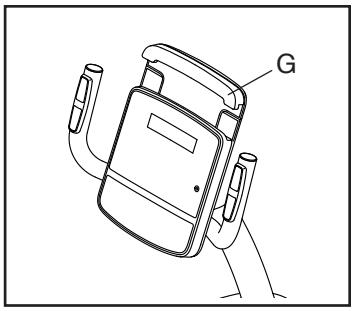
HOW TO LEVEL THE EXERCISE BIKE

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



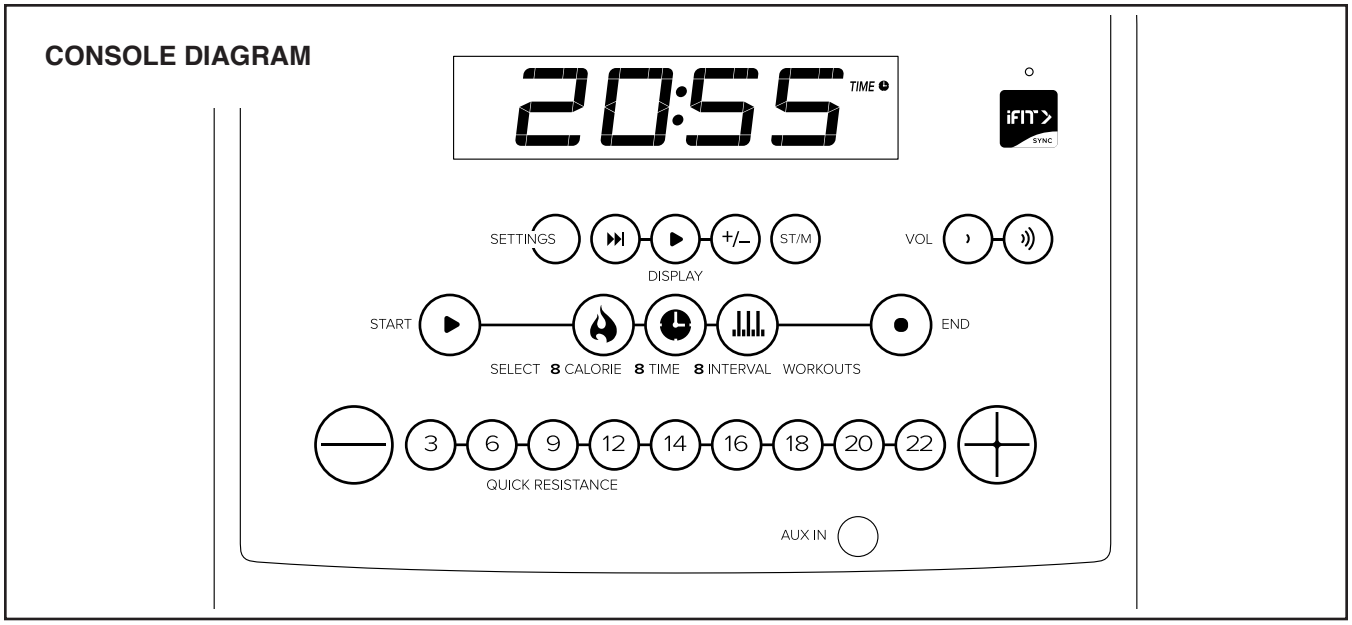
HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder (G) is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.



To insert a tablet into the tablet holder (G), lift the slide upward, and then set the tablet in the tray. Then, pull the slide downward over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.** Reverse these actions to remove the tablet from the tablet holder.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

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

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 20 for information about purchasing an optional chest heart rate monitor.**

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

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 pedaling speed as it guides you through an effective workout.

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

To use the manual mode, see page 16. **To use an onboard workout,** see page 19. **To use the sound system,** see page 20. **To connect your tablet to the console,** see page 21. **To connect your heart rate monitor to the console,** see page 21. **To change console settings,** see page 22.

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

Note: The console can display speed and distance in either standard or metric units. To change the unit of measurement, press the St/M button repeatedly. For simplicity, all instructions in this section refer to standard units.

HOW TO USE THE MANUAL MODE

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

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

2. **Select the manual mode.**

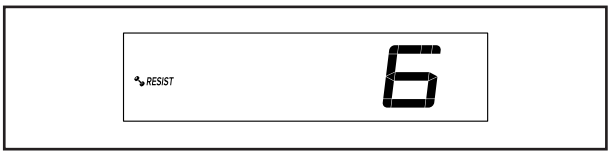
   When you turn on the console, the manual mode will be selected automatically.

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

3. **Change the resistance of the pedals as desired.**

   Press the Start 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.

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

   The display can show the following workout information:

   Calories (CALS)—When the manual mode and most onboard workouts are selected, the approximate number of calories you have burned. When calorie workouts are selected, the approximate number of calories that remain to be burned in the workout.

   Calories per Hour (CALS/HR)—The approximate number of calories you are burning per hour.

   Distance (MI or KM)—The distance that you have pedaled in miles or kilometers. To change the unit of measurement, press the St/M button.

   Pace—Your pedaling speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/M button.

   Pulse (BPM and heart symbol)—Your heart rate when you use the handgrip heart rate monitor or a compatible heart rate monitor (see step 5).

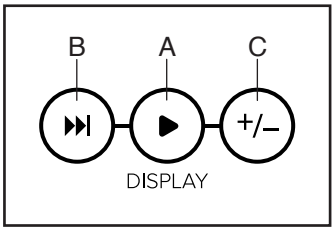
   Resistance (RESIST)—The resistance level of the pedals.

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

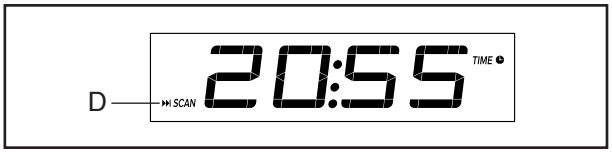
   Speed (MPH or KPH)—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/M button.

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

   Press the Display button (A) 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 turn on the scan mode, press the Scan button (B); the scan indicator (D) and the word SCAN will turn on in the display.



To manually advance the scan cycle, press the Scan button repeatedly.

To turn off the scan mode, press the Display button; the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

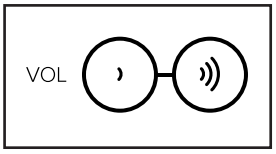
To customize the scan mode, first press the Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Remove button (C) to add or remove that workout information from the scan cycle. **When workout information is added,** its indicator will turn on in the display. **When workout information is removed,** its indicator will turn off.

Then, press the Scan button to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a heart rate monitor.

To change the volume level of the console, press the Vol increase and decrease buttons.



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

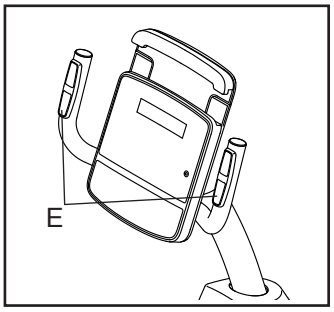
To end the workout, press the End button repeatedly.

Note: The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button.

5. 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 20 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 (E) 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.**

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

   If the pedals do not move for several seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume pedaling.

   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.

   Note: The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

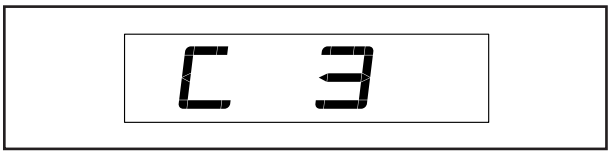
HOW TO USE AN ONBOARD WORKOUT

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

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

2. **Select an onboard workout.**

   To select an onboard workout, press the Calorie, Time, or Interval Workouts 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 or the number of calories to be burned will appear in the display. The maximum resistance level may also appear.

3. **Start the workout.**

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

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

   If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

   As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When the words TOO SLO appear in the display,** increase your pedaling speed. **When the words TOO FAST appear,** decrease your pedaling speed. **When no words appear,** maintain your current pedaling speed.



   IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed 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.**

   The workout will continue in this way until the last segment ends. To pause the console, simply stop pedaling or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

   To end the workout, press the End button repeatedly.

Time Workouts—Each Time workout is divided into one-minute segments. Adjust the resistance level and your pedaling speed as desired during each segment of a Time workout.

The workout will continue in this way until the last segment ends. To pause the console, simply stop pedaling or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

To end the workout, press the End button repeatedly.

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

   See step 4 on page 16.

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

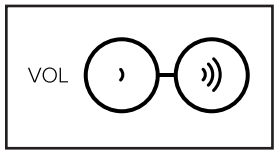
   See step 5 on page 17.

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

   See step 6 on page 18.

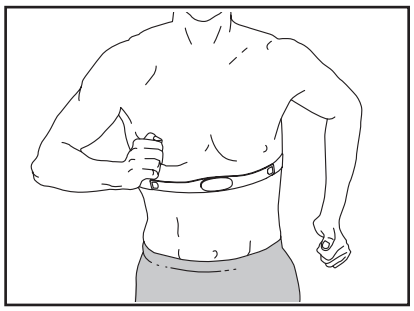
HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug 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 TABLET TO THE CONSOLE

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

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

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

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

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

   If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE 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–Smart Cardio Equipment 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–Smart Cardio Equipment app to record and track your workout information.

5. **Disconnect your tablet from the console if desired.**

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

HOW TO CHANGE CONSOLE SETTINGS

1. **Select the settings mode.**

   To select the settings mode, press the Settings button. The first settings screen will appear in the display.

2. **Navigate the settings mode.**

   While the settings mode is selected, you can navigate through several settings screens. Press the Display button repeatedly to select the desired settings screen.

3. **Change settings as desired.**

   Software Version Number—The software version number will appear in the display.

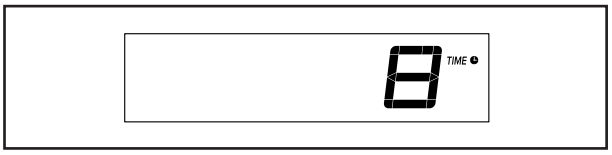
   Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.



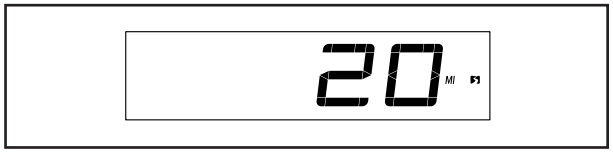
   Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

   Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

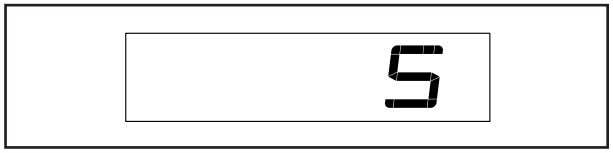
   Total Time—The word TIME will appear in the display. The display will show the total number of hours that the exercise bike has been used.



   Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the exercise bike has been pedaled.



   Contrast Level—The currently selected contrast level will appear in the display. Press the Quick Resistance increase and decrease buttons to adjust the contrast level.



   Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Quick Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



4. **Exit the settings mode.**

   Press the Settings button to exit the settings mode.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

CONSOLE TROUBLESHOOTING

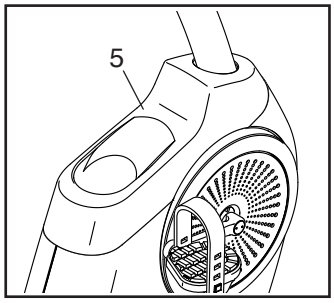
If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 17.

If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

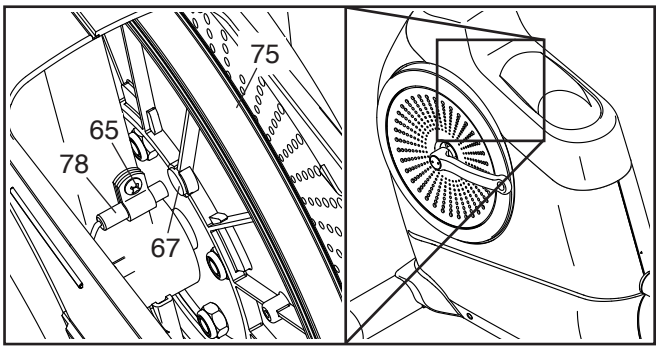
HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, first **unplug the power adapter.** Next, use a standard screwdriver and release the tabs on the Accessory Tray (5). Then, lift the Accessory Tray away from the frame.



Next, locate the Reed Switch (78). Slightly loosen the M4 x 12mm Washer Head Screw (65).



Next, rotate the Pulley (75) until a Magnet (67) is aligned with the Reed Switch (78). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 12mm Washer Head Screw (65).

Plug in the power adapter and rotate the Pulley (75) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the accessory tray and plug in the power adapter.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST

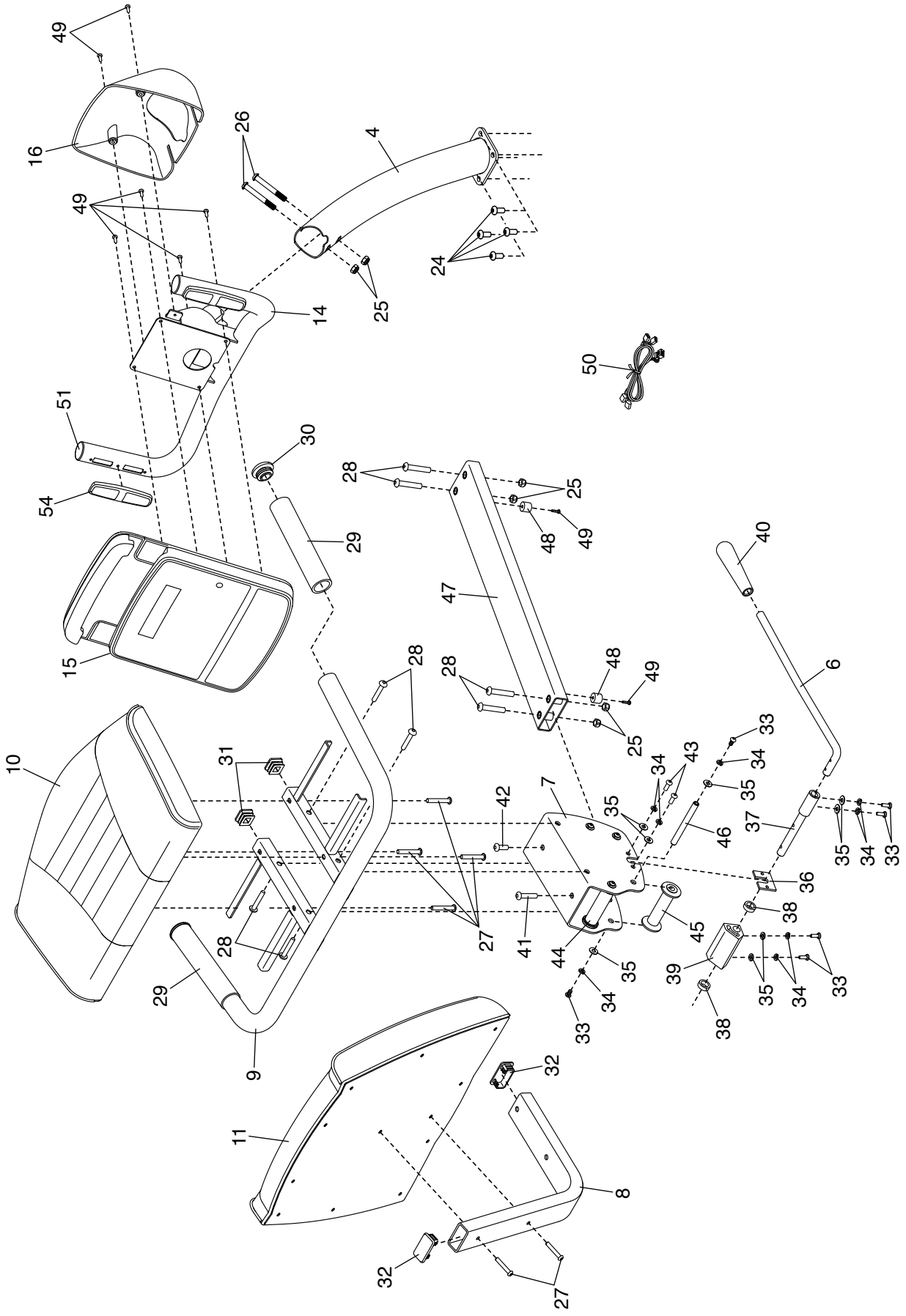
Model No. PFEVEX74918.0 R0818A

Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	1	Rear Stabilizer
4	1	Upright
5	1	Accessory Tray
6	1	Adjustment Lever
7	1	Seat Carriage
8	1	Backrest Frame
9	1	Seat Frame
10	1	Seat
11	1	Backrest
12	1	Left Pedal/Strap
13	1	Right Pedal/Strap
14	1	Handlebar
15	1	Console
16	1	Console Cover
17	1	Power Adapter
18	1	Clamp
19	2	Wheel
20	2	M10 x 41mm Shoulder Screw
21	4	M10 x 80mm Screw
22	2	Stabilizer Cap
23	2	Leveling Foot
24	4	M8 x 15mm Screw
25	14	M8 Locknut
26	2	M8 x 63mm Bolt
27	6	M6 x 40mm Screw
28	8	M8 x 40mm Screw
29	2	Handgrip
30	2	Seat Handlebar Cap
31	2	Seat Frame Cap
32	2	Backrest Frame Cap
33	12	M6 x 16mm Screw
34	14	M6 Split Washer
35	14	M6 Washer
36	1	Brake Plate
37	1	Brake Axle
38	2	Brake Spacer
39	1	Brake
40	1	Lever Handle
41	1	M8 x 30mm Screw
42	7	M8 x 20mm Screw
43	2	M6 x 13mm Screw
44	2	Upper Roller
45	2	Lower Roller
46	4	Roller Axle
47	1	Carriage Rail
48	2	Carriage Rail Bumper
49	22	M4 x 16mm Screw
50	1	Pulse Wire
51	2	Handlebar Cap
52	1	M4 x 16mm Ground Screw
53	1	Power Wire/Receptacle
54	2	Pulse Sensor
55	2	Disc
56	8	M4 x 12mm Screw
57	1	Left Front Shield
58	1	Right Front Shield
59	1	Left Rear Shield
60	1	Right Rear Shield
61	1	Drive Belt
62	1	Eddy Mechanism
63	1	Idler
64	1	Idler Screw
65	5	M4 x 12mm Washer Head Screw
66	1	Resistance Motor
67	2	Magnet
68	2	Crank Arm Cap
69	2	Crank Arm Screw
70	1	Left Crank Arm
71	1	Right Crank Arm
72	2	Snap Ring
73	2	Frame Bearing
74	1	Crank
75	1	Pulley
76	4	M8 Washer
77	1	Main Wire
78	1	Reed Switch/Wire
79	6	M4 x 25mm Screw
*	–	Assembly Tool
*	–	User's Manual

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

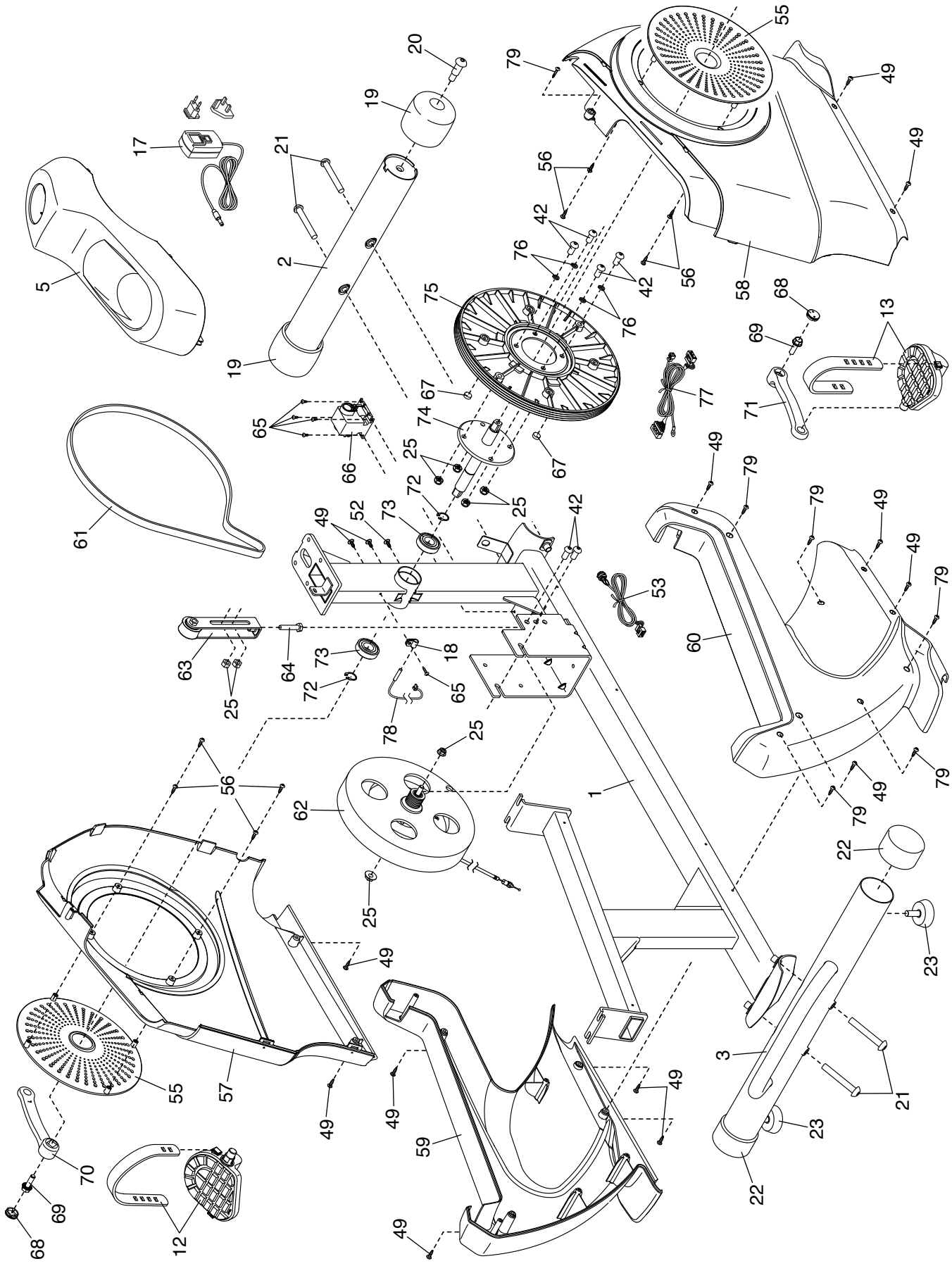
EXPLODED DRAWING A

Model No. PFEVEX74918.0 R0818A



EXPLODED DRAWING B

Model No. PFEVEX74918.0 R0818A



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.



Part No. 404060 R0818A

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