

PRO-FORM®

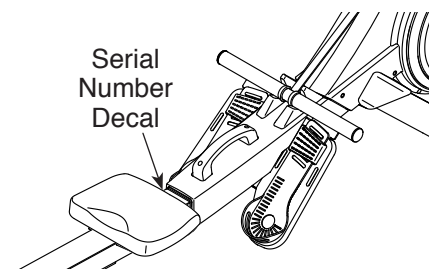
SPORT RL

proform.com

Model No. PFRW48120.0

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 support.proform.com.

Or call 1-866-362-4490
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

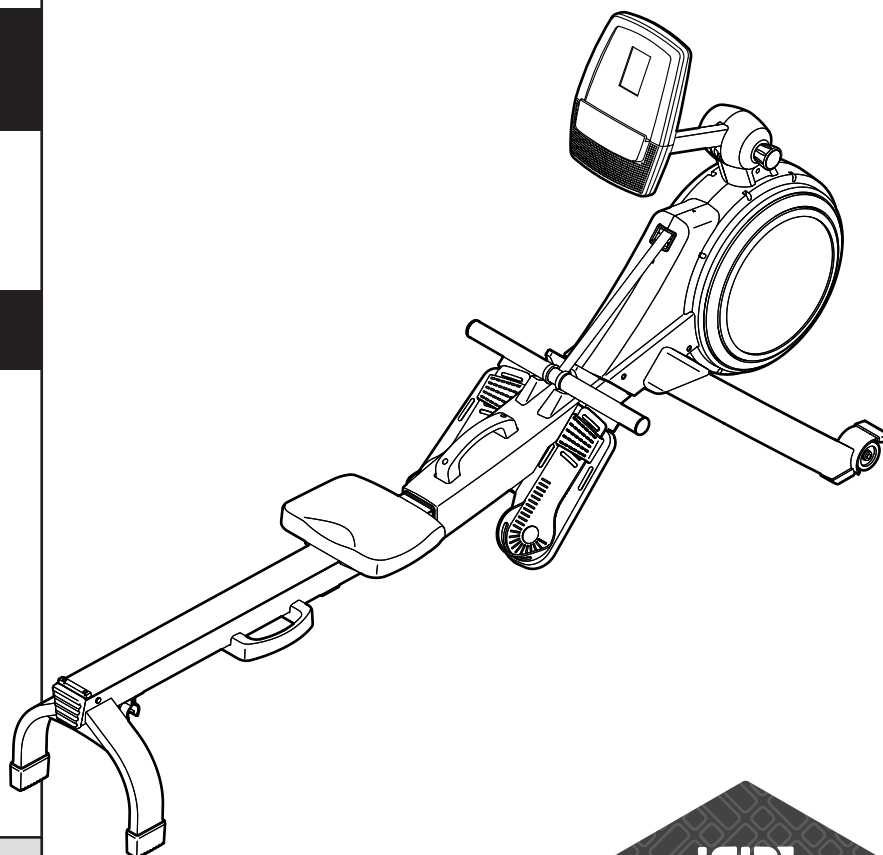


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WARNING DECAL PLACEMENT

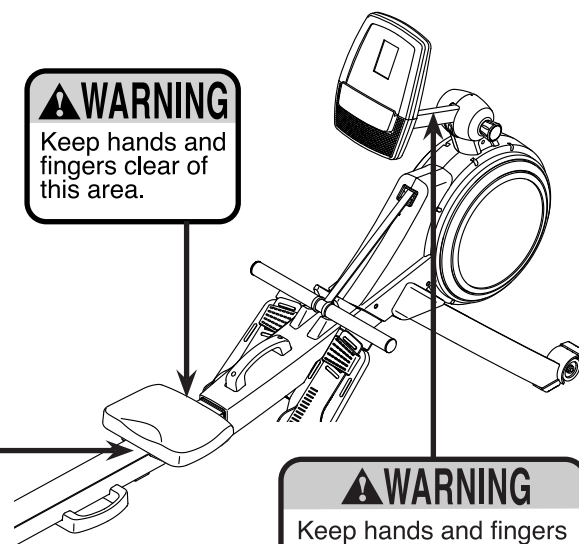
This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 250 lbs/113kg.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible or removed.



⚠ WARNING
Keep hands and fingers clear of this area.



⚠ WARNING
Keep hands and fingers clear of this area.

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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 the rower before using the rower. 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 rower 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 rower 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 rower by someone responsible for their safety.
4. Use the rower only as described in this manual.
5. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
6. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio or near water.
7. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.
8. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately.
9. Keep children under age 16 and pets away from the rower at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
11. The rower should not be used by persons weighing more than 250 lbs. (113 kg).
12. Always keep your back straight while using the rower; do not arch your back.
13. Do not release the row bar while the strap is extended.
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



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

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

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

PREVENTIVE MAINTENANCE SERVICE PLANS

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

Features:

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

STANDARD SERVICE PLANS

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

Features:

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

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



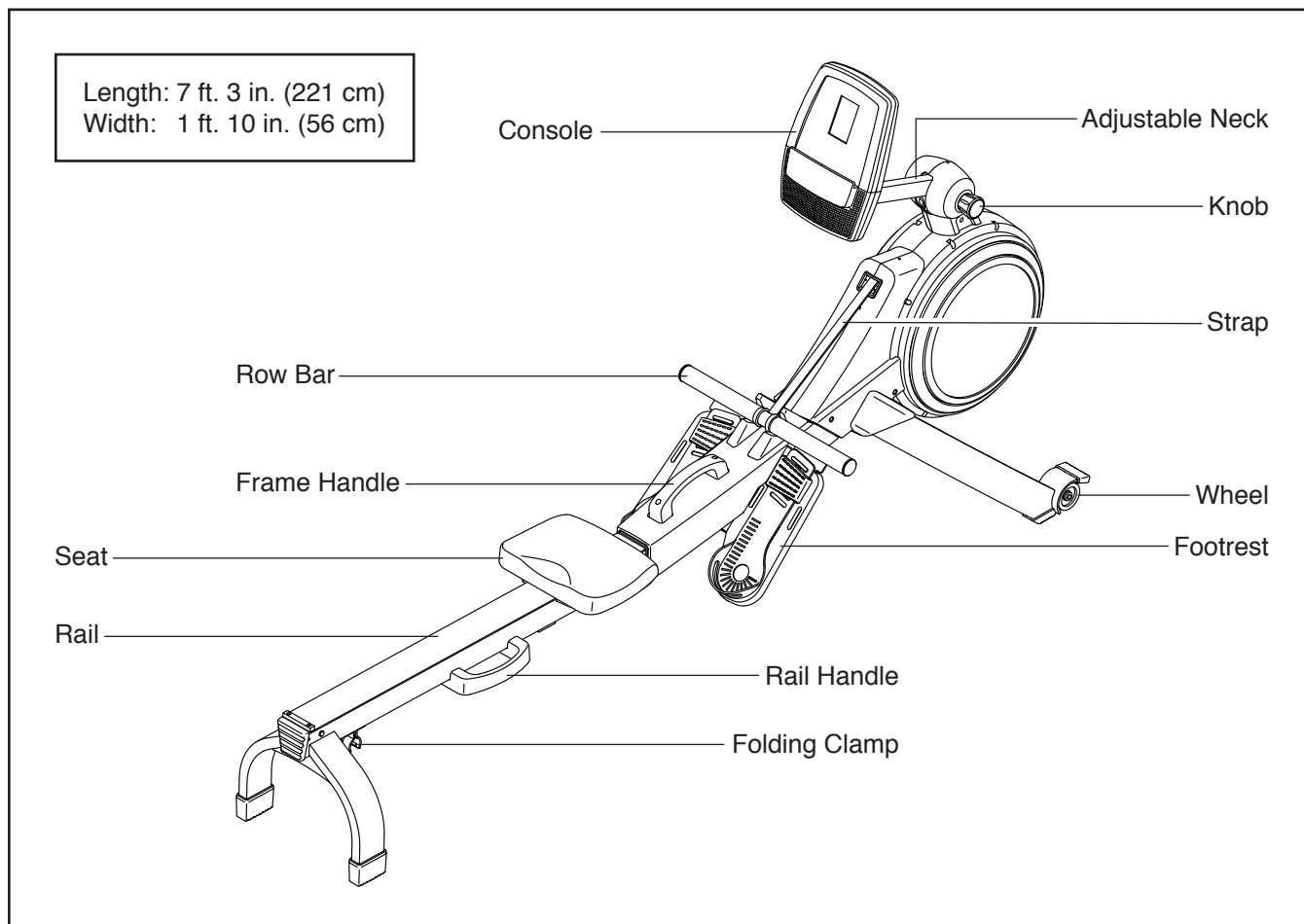
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® SPORT RL rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The SPORT RL rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

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


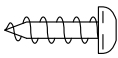
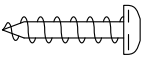
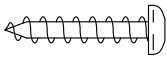
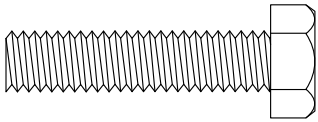
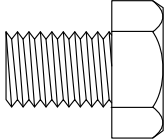
this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, 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.**

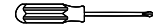
			
M4 x 8mm Screw (104)–2	M4 x 12mm Screw (105)–4	M4 x 16mm Screw (68)–2	M4 x 19mm Screw (69)–2
			
M8 x 35mm Screw (82)–4		M10 x 14mm Screw (61)–2	

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.

- Assembly requires the following tool(s):

one Phillips screwdriver



one adjustable wrench

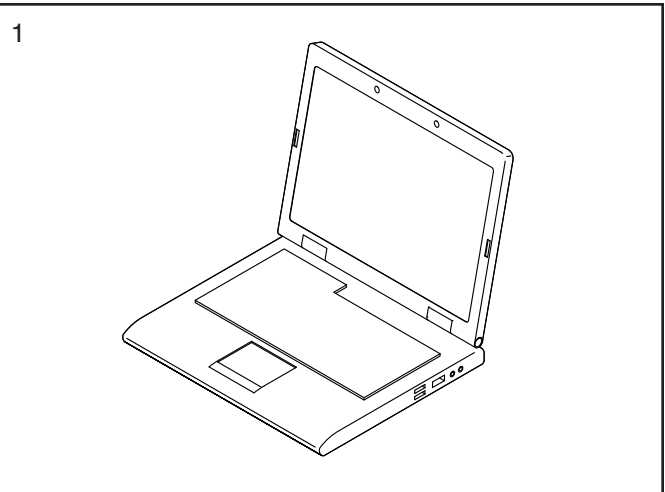


To avoid damaging parts, do not use power tools.

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

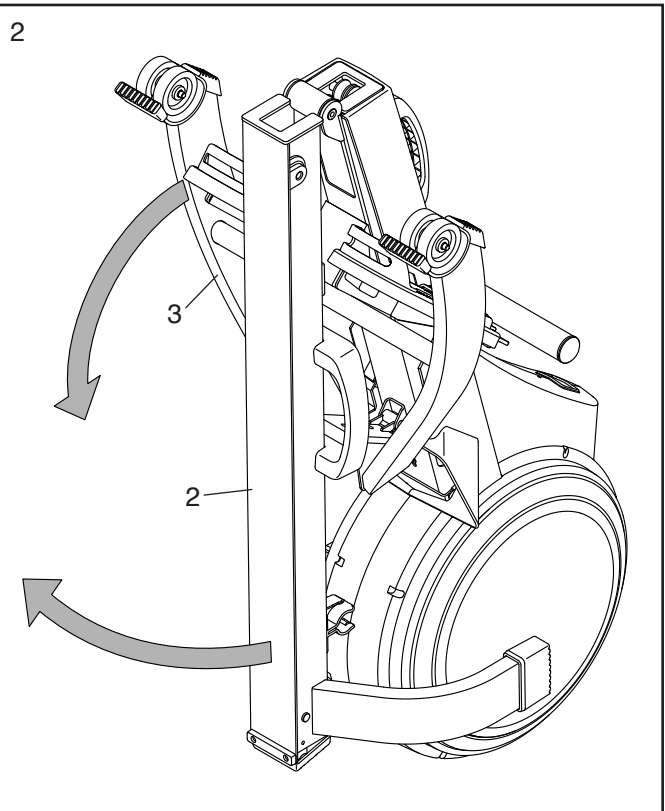
- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

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



2. If there are shipping tubes (not shown) attached to the rower, remove and discard the shipping tubes and the hardware attaching them.

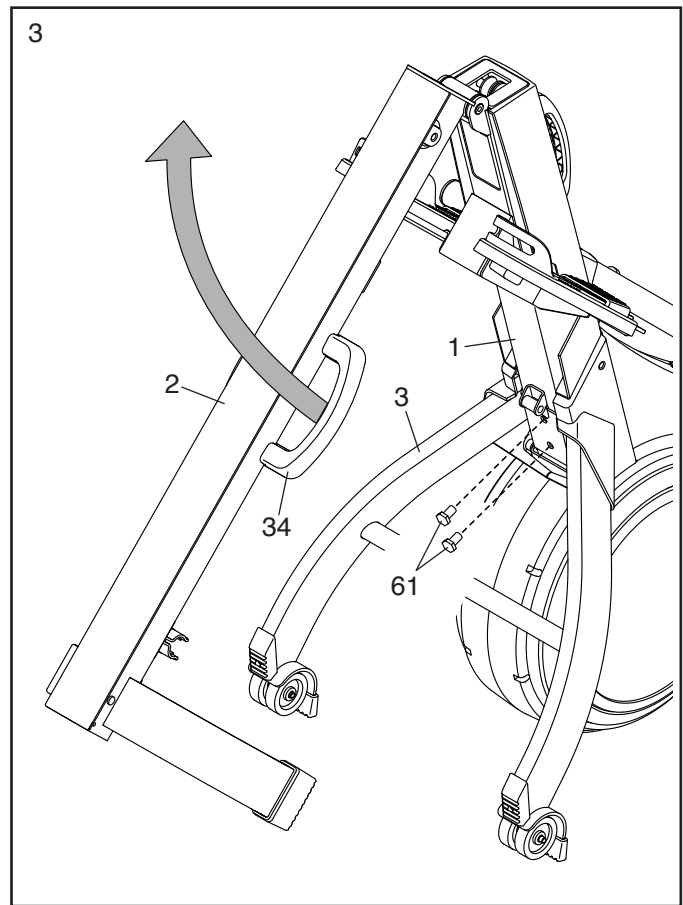
With the help of a second person, pull the Rail (2) outward and rotate the Stabilizer (3) downward.



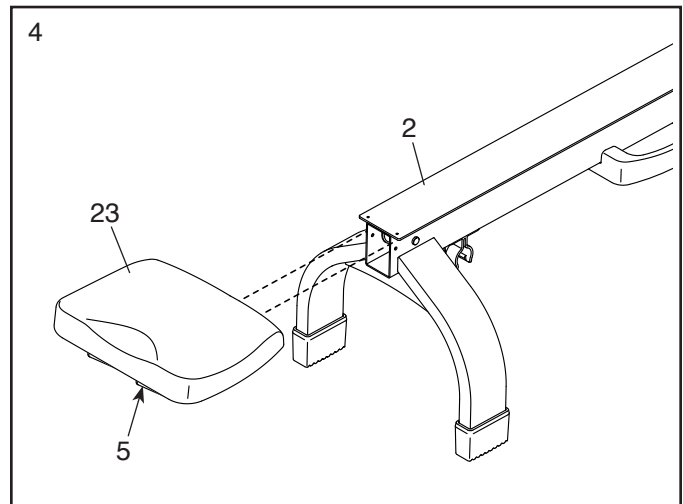
3. **Have a second person hold the Rail (2) during this step.**

Attach the Stabilizer (3) to the Frame (1) with two M10 x 14mm Screws (61).

Then, hold the Rail Handle (34), pull the Rail (2) outward, and rest the Rail on the floor (see the drawing in step 4).



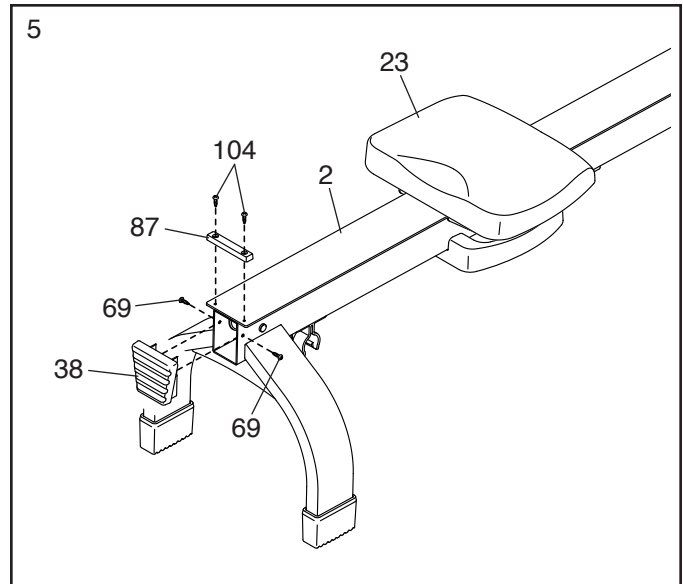
4. Orient the Seat (23) as shown, and slide the Seat Carriage (5) onto the Rail (2).



5. Slide the Seat (23) to the front of the Rail (2).

Next, attach the Rear Stop (87) to the Rail (2) with two M4 x 8mm Screws (104).

Then, attach the Rail Cap (38) to the Rail (2) with two M4 x 19mm Screws (69).

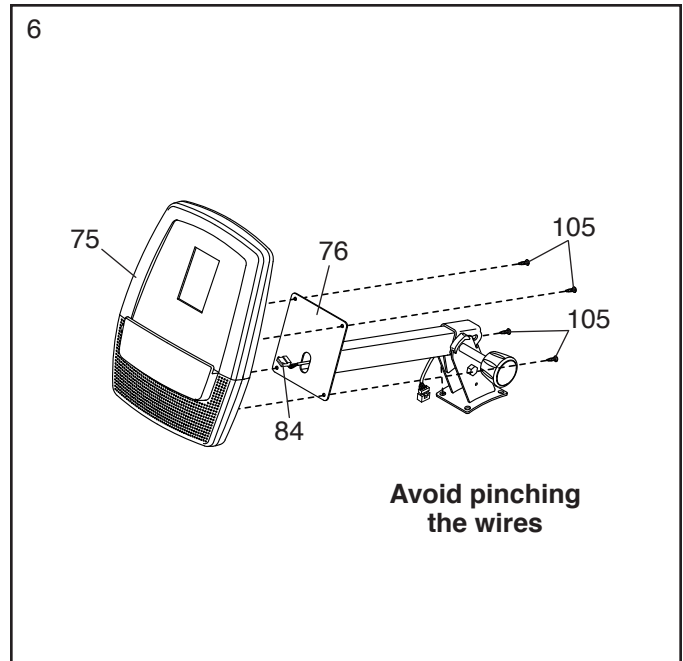


6. While a second person holds the Console (75) near the Neck (76), plug the Upright Wire (84) into the receptacle on the Console.

The connector on the Upright Wire (84) should slide easily into the receptacle and snap into place. If the connector does not slide easily into the receptacle, turn the connector and try again. **If you do not connect the connector properly, the Console (75) may become damaged when you use the rower.**

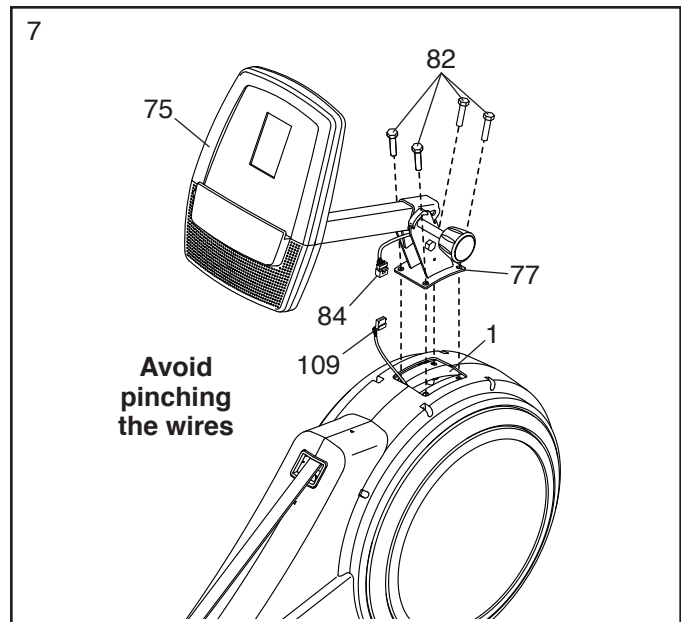
Insert the excess wire into the Neck (76) or into the Console (75).

Tip: Avoid pinching the wires. Attach the Console (75) to the Neck (76) with four M4 x 12mm Screws (105); **start all the Screws, and then tighten them.**



7. While a second person holds the Console (75) and the Upright (77) near the Frame (1), connect the Upright Wire (84) to the Main Wire (109). Insert the excess wire into the Frame.

Tip: Avoid pinching the wires. Attach the Upright (77) to the Frame (1) with four M8 x 35mm Screws (82); **start all the Screws, and then tighten them.**

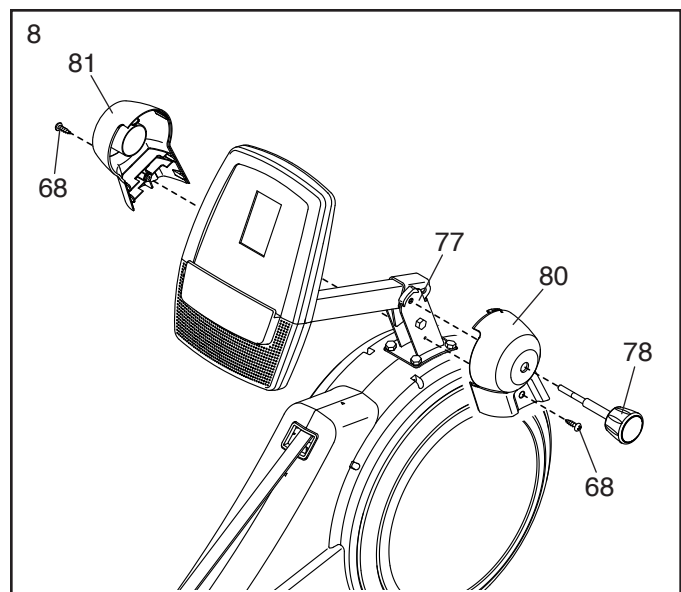


8. Loosen and remove the Knob (78) from the Upright (77).

Next, identify the Right and Left Upright Covers (80, 81), and orient them as shown.

Press the Right and Left Upright Covers (80, 81) together around the Upright (77), and attach them to the Upright with two M4 x 16mm Screws (68).

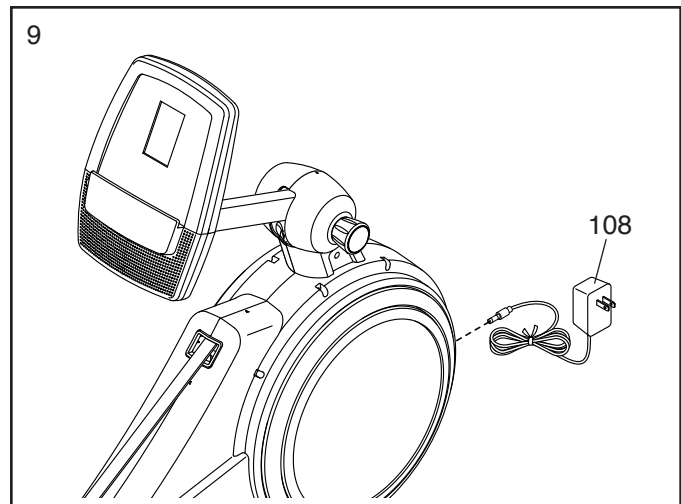
Then, insert the Knob (78) into the Right Upright Cover (80) and tighten it into the Upright (77).



9. **Make sure that all parts are properly tightened.** Extra parts may be included. Place a mat beneath the rower to protect the floor.

Plug the Power Adapter (108) into the receptacle on the front of the rower.

Then, plug the Power Adapter (108) into an outlet (see HOW TO PLUG IN THE POWER ADAPTER on page 12).

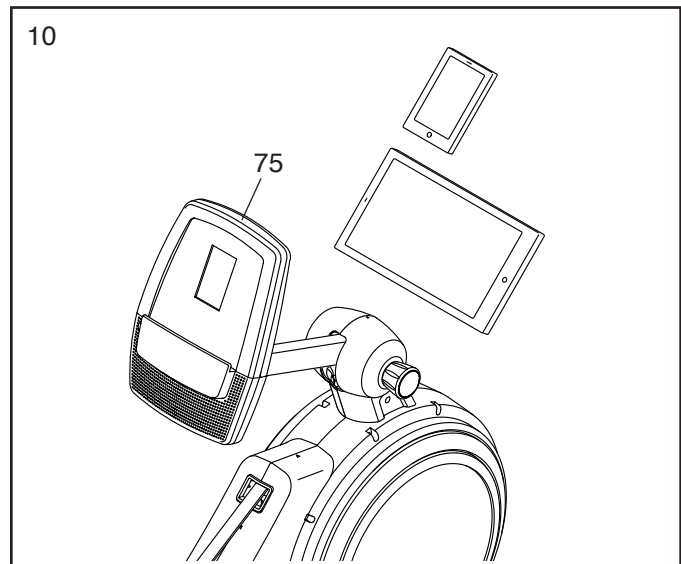


10. **IMPORTANT: You must activate your Console (75) to begin using its exclusive features.**

First, press any button on the Console (75) to turn on the power.

Then, using your smartphone or tablet, go to **iFit.com/activate** and follow the instructions to activate the Console (75).

Note: If you do not have a smartphone or tablet, use your computer to go to **iFit.com/activate** for an alternate way to activate the Console (75). If you do not have a computer, call Customer Care (see the front cover of this manual).

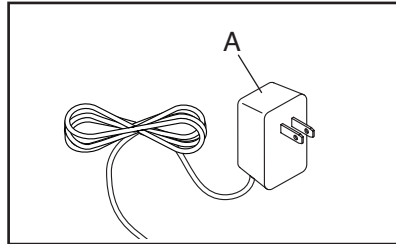


HOW TO USE THE ROWER

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the rower 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.

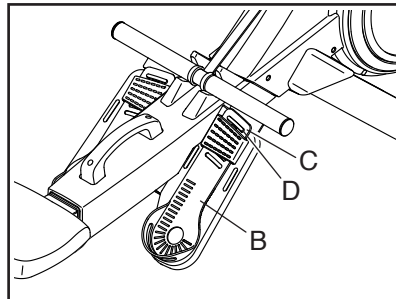
Plug the Power Adapter (A) into the receptacle on the front of the rower. Then, plug the Power Adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO ADJUST THE FOOT PADS

First, sit on the seat and place your feet in the Foot Pads (B).

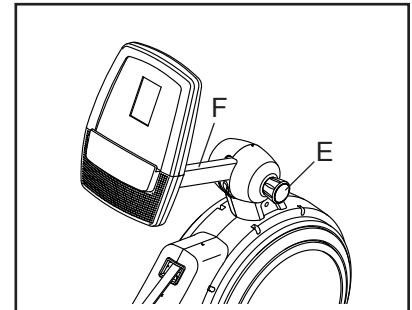
Next, press the Footrest Bracket (C), slide the Foot Pad (B) to the desired position, and then release the Footrest Bracket so that the Tab (D) engages a slot in the Foot Pad.



Pad. Then, tighten the strap over your foot. **Adjust the other foot pad in the same way. Make sure that both foot pads are in the same position.**

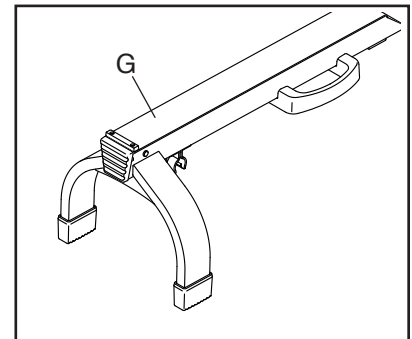
HOW TO ADJUST THE CONSOLE VIEWING ANGLE

To adjust the console to the desired viewing angle, loosen the Knob (E), raise or lower the Neck (F) to the desired angle, and then tighten the Knob; **do not hold or pull on the console.**



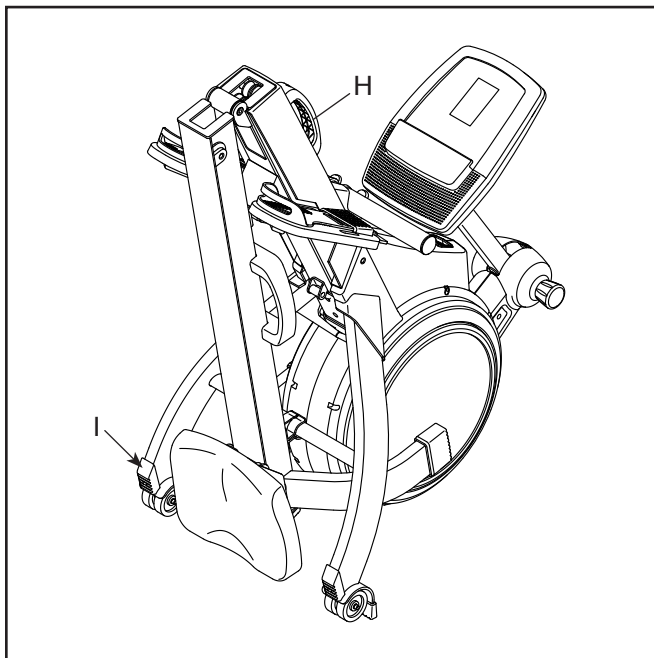
HOW TO MOVE THE ROWER IN THE UNFOLDED POSITION

Stand behind the rower and lift the Rail (G) until the rower will roll on the wheels. Then, carefully move the rower to the desired location, and lower the Rail to the floor. **Do not hold or pull on the console when moving the rower.**



HOW TO MOVE THE ROWER IN THE FOLDED POSITION

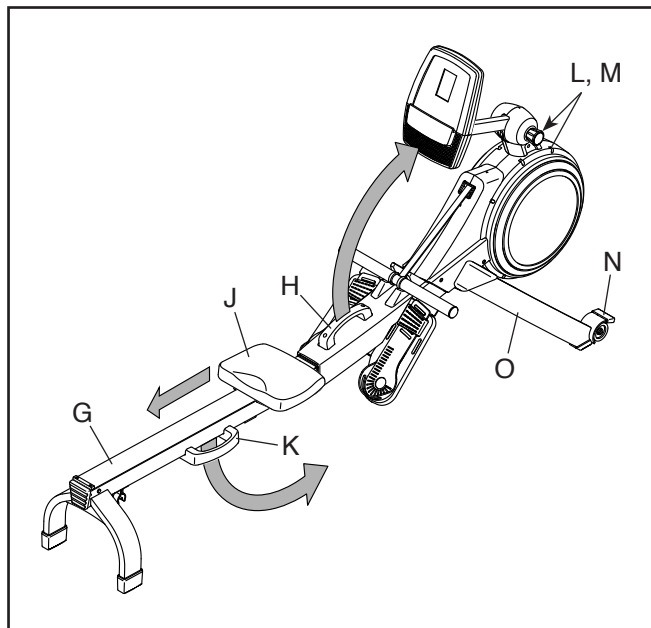
See HOW TO FOLD AND STORE THE ROWER at the right, and fold the rower. Then, hold the Frame Handle (H), place your foot on a Stabilizer Foot (I), and tip the rower until it will roll on the wheels. Carefully move the rower to the desired location, and then tip it into the storage position. **Do not hold or pull on the console when moving the rower.**



HOW TO FOLD AND STORE THE ROWER

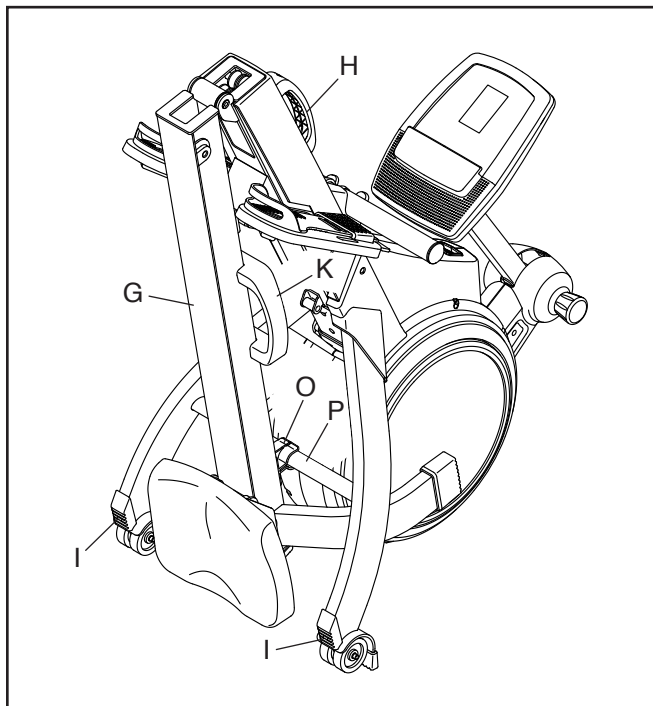
The rower can be stored in a folded position to conserve space. **Store the rower in a location where children cannot tip it.** Unplug the power adapter when storing the rower for extended periods of time.

To store the rower, first slide the Seat (J) to the rear of the Rail (G).



Next, hold and lift the Frame Handle (H) and the Rail Handle (K), and tip the rower forward onto the Shields (L, M) and the Storage Feet (N) (see the drawing on page 14).

Then, pull the Rail Handle (K) inward until the Folding Clamp (O) engages the bar on the Stabilizer (P).



To unfold the rower, first place your foot on a Stabilizer Foot (I) and pull the Rail Handle (K) outward to disengage the Folding Clamp (O).

Then, hold the Rail Handle (K) and the Frame Handle (H), pull the Rail Handle outward, and lower the Rail (G) to the floor.

HOW TO ROW ON THE ROWER

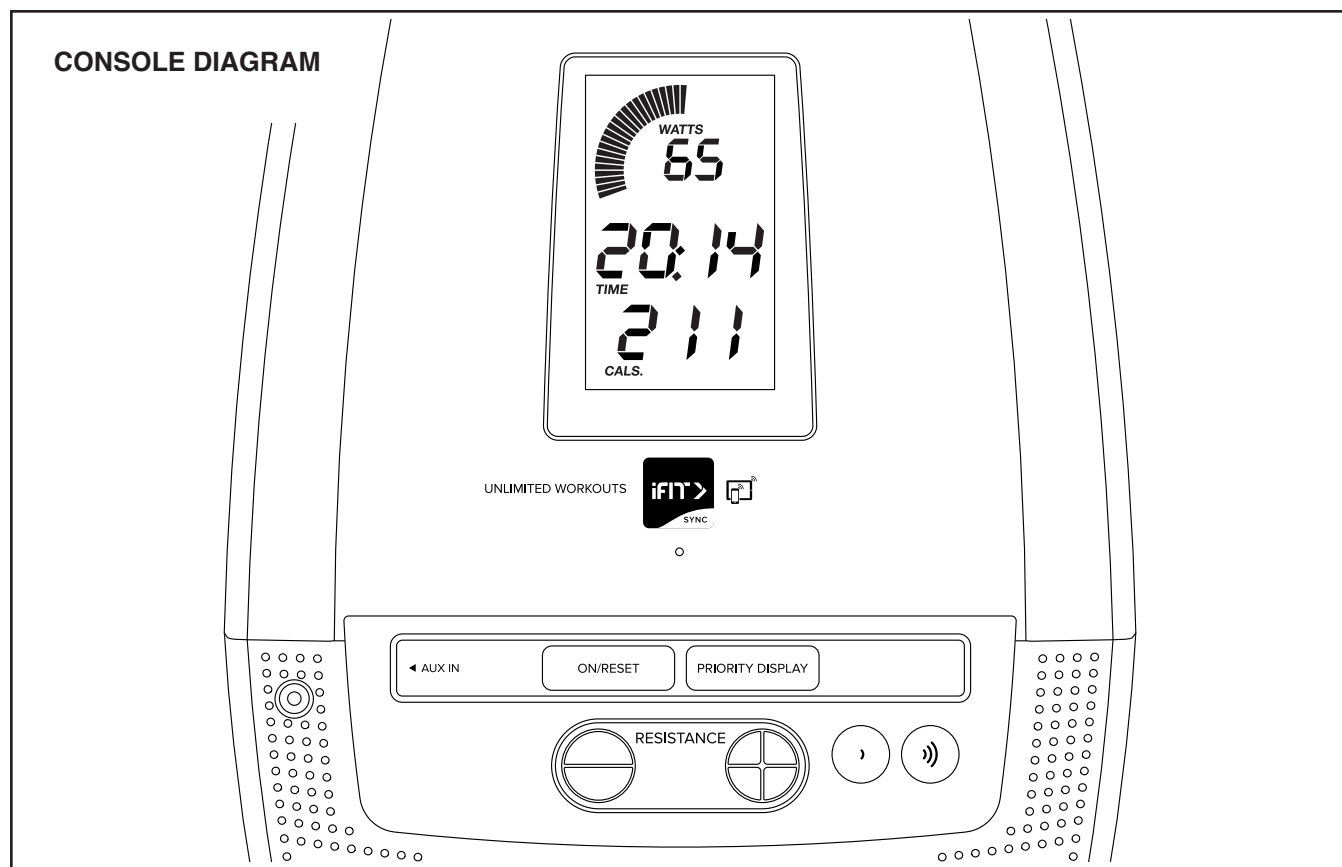
Sit on the seat, place your feet in the footrests, and adjust the straps to fit your feet. Then, hold the row bar with an overhand grip.

Correct rowing form consists of three phases:

1. **The first phase is the CATCH.** Slide the seat forward until your knees are almost touching your chest. Pull the row bar until your hands are directly above your feet.
2. **The second phase is the DRIVE.** Push backward with your legs. Lean back slightly at the hips (not at the waist), keeping your back straight. As you straighten your legs, pull the row bar toward your chest. Keep your elbows outward.
3. **The third phase is the FINISH.** Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat this sequence, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

HOW TO USE THE CONSOLE



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 adjust the resistance of the row bar with the touch of a button. As you exercise, the console will display continuous exercise feedback.

You can also connect your personal audio player to the console sound system and listen to your favorite music or audio books while you exercise.

The console also offers unlimited iFit workouts when you download the iFit app to your smart device and connect it to the console.

With the iFit app, you can access a large and varied library of iFit video workouts, create your own workouts, track your workout results, and access many other features.

Each iFit workout automatically changes the resistance of the row bar as an iFit coach guides you through an immersive and effective video workout.

To use the manual mode, see page 16. **To use the sound system**, see page 17.

To use an iFit workout, see page 18. **To connect your heart rate monitor to the console**, see page 19.

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

HOW TO USE THE MANUAL MODE

1. Turn on the console.

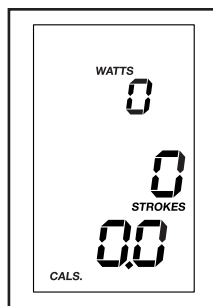
To turn on the console, press the On/Reset button on the console or simply begin rowing.

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

2. Select the manual mode.

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

If you are already in a workout, reselect the manual mode by pressing On/Reset button; zeros will appear in the displays.



3. Change the resistance of the row bar as desired.

Begin rowing to start the manual mode.

As you row, you can change the resistance of the row bar. To change the resistance, press the Resistance increase and decrease buttons.



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

4. Follow your progress with the displays.

As you exercise, the following display modes will provide instant exercise feedback:

Calories—This mode shows the approximate number of calories you have burned during your workout.

Distance—This mode shows the distance, in meters, you have rowed during your workout.

Resistance—This mode shows the resistance level for a few seconds whenever the resistance changes.

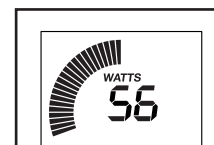
Strokes—This mode shows the number of rowing strokes you have completed during your workout.

Strokes Per Minute (SPM)—This mode shows the number of rowing strokes you are completing per minute.

Time—This mode shows the elapsed time.

Watts—This mode shows your approximate power output in watts.

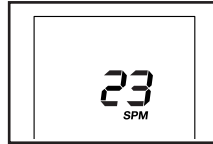
Watts meter—This mode shows a visual representation of your power output in watts. As you increase or decrease your power output, bars will appear or disappear in the watts meter.



Scan—This mode shows the watts, strokes per minute, time, distance, and strokes modes for a few seconds each in a repeating cycle.

The display modes will appear in the following displays:

Upper display—This display will show the watts mode, the strokes per minute mode, and the resistance mode.



Center display—This display will show the time mode, the distance mode, and the strokes mode.



Lower display—This display will show the calories mode.



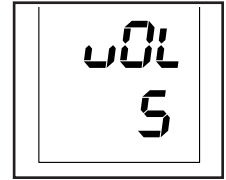
The scan mode will be selected automatically when you turn on the console.

To view the watts, strokes per minute, time, distance, or strokes mode for continuous display, press the Priority Display button repeatedly until the desired mode is shown in the display.

To return to the scan mode, press the Priority Display button repeatedly until the word SCAN appears in the center display.

To reset the displays to zero, press the On/Reset button.

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



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

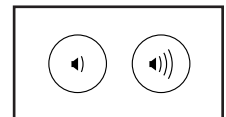
If the row bar is not moved for a few seconds, the console will pause.

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

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 increase and decrease buttons on the console or the volume control on your personal audio player.



HOW TO USE AN iFIT WORKOUT

The console offers access to a large and varied library of iFit workouts when you download the iFit app to your smart device and connect it to the console.

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

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

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

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

Take time to explore the iFit app and learn about its features and settings.

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

If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 19.

3. Connect your smart device 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 app to connect your smart device to the console.

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

4. Select an iFit workout.

In the iFit app, touch the buttons at the bottom of the screen to select either the main menu (Home button) or the workout library (Browse button).

To select a workout from the main menu or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFit coach will guide you through a video workout. Touch the sound button (music notes symbol) to select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

If the resistance setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the Resistance buttons on the console. **IMPORTANT: When the current segment ends, the resistance will automatically adjust to the resistance setting programmed for the next segment.**

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

To pause the workout, simply touch the screen or stop rowing. To continue the workout, simply resume rowing.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the main menu.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch *Save Workout* to return to the main menu.

6. Disconnect your smart device from the console.

To disconnect your smart device from the console, first select the disconnect option in the iFit 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 smart devices, heart rate monitors, and so forth) will be disconnected.

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

If the row bar is not moved for a few seconds, the console will pause.

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

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 smart devices, heart rate monitors, and so forth) will be disconnected.

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.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: OMCBMD1.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

To clean the rower, 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.**

For best results, clean the rail, the seat carriage, and the carriage rollers daily.

CONSOLE TROUBLESHOOTING

The console requires activation. If you have not activated the console, see assembly step 10 on page 11.

If the console does not turn on, make sure that the power adapter is fully plugged in.

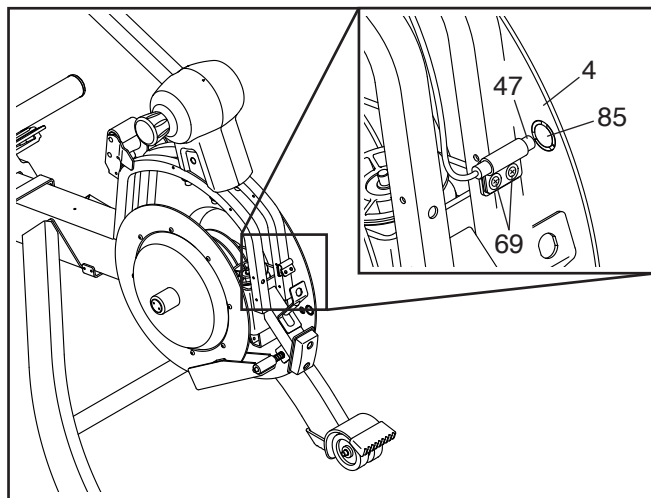
If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

HOW TO ADJUST THE REED SWITCH

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

See EXPLODED DRAWING B on page 27. Locate the Right and Left Shields (7, 8). Remove the four M4 x 19mm Screws (69) and the nine M4 x 16mm Screws (68) from the Right and Left Shields. Then, gently remove the Right and Left Shields.

Next, locate the Reed Switch (47). Turn the Left Flywheel (4) until a Magnet (85) is aligned with the Reed Switch. Then, slightly loosen the two indicated M4 x 19mm Screws (69), slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screws.



Turn the Left Flywheel (4) so that the Magnet (85) passes the Reed Switch (47) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the parts that you removed.

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	

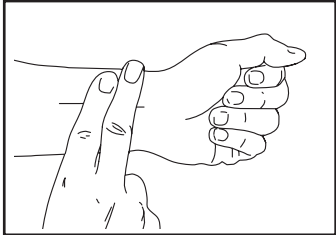
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

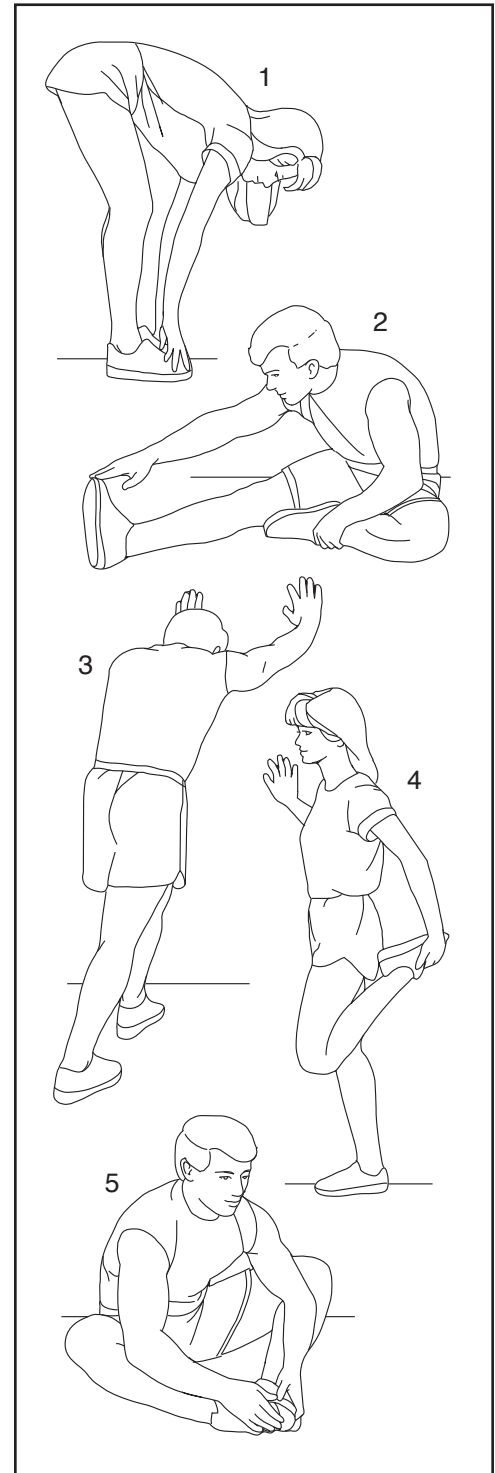
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFRW48120.0 R0820A

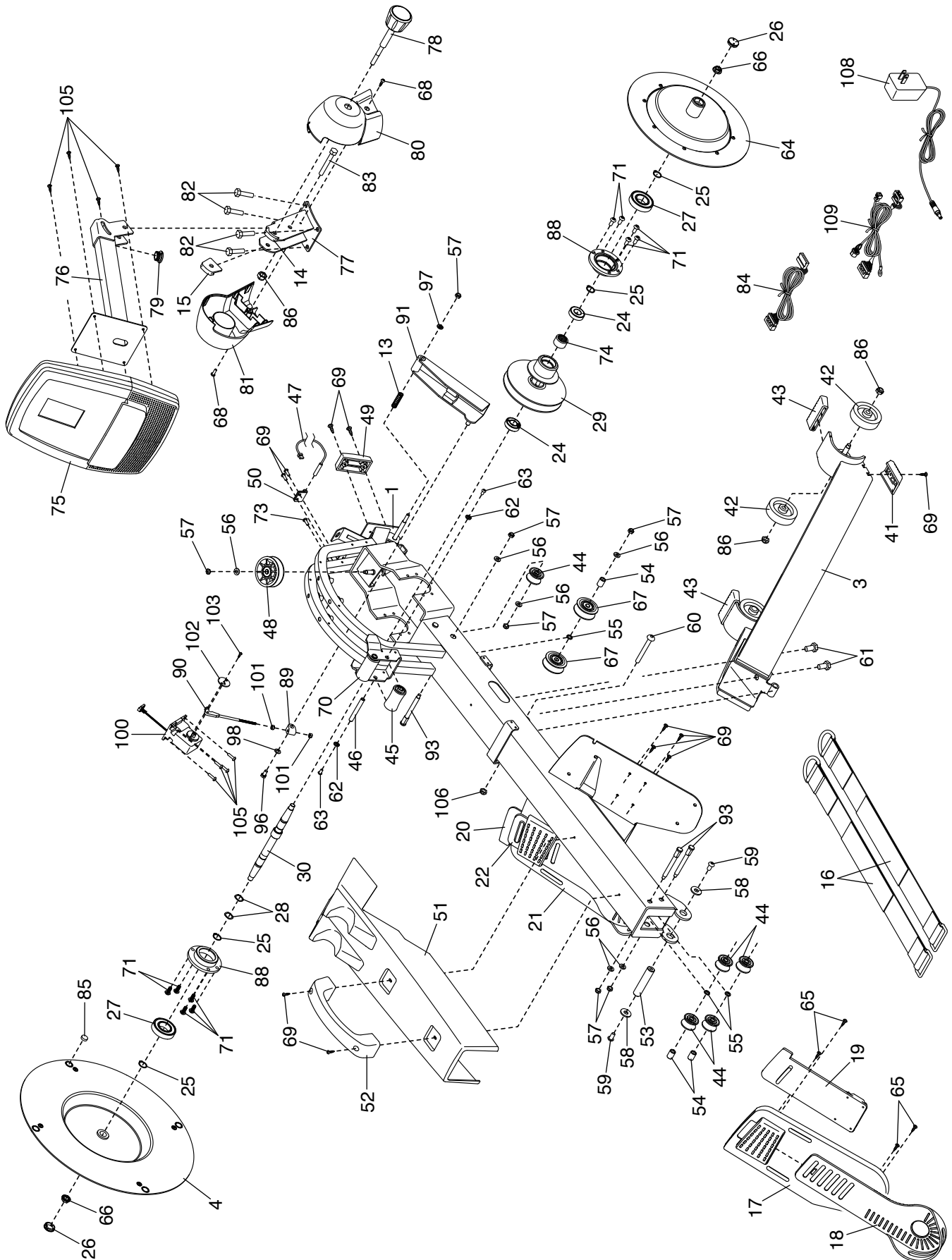
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	49	1	Frame Foot
2	1	Rail	50	1	Clamp
3	1	Stabilizer	51	1	Row Bar Rest
4	1	Left Flywheel	52	1	Frame Handle
5	1	Seat Carriage	53	1	Pivot Axle
6	2	Accent Ring	54	3	17mm Spacer
7	1	Right Shield	55	4	2.3mm Spacer
8	1	Left Shield	56	9	M6 x 15mm Washer
9	2	Disc	57	10	M6 Locknut
10	1	Strap Grommet	58	2	M8 x 22mm Washer
11	1	Bungee Cord	59	2	M8 x 12mm Screw
12	1	Row Bar/Strap	60	1	M10 x 40mm Bolt
13	1	Spring	61	2	M10 x 14mm Screw
14	1	Right Neck Bushing	62	8	M5 Washer
15	1	Left Neck Bushing	63	8	M5 x 10mm Screw
16	2	Footrest Strap	64	1	Right Flywheel
17	1	Right Footrest	65	12	M6 x 15mm Screw
18	1	Right Foot Pad	66	2	M10 Flange Nut
19	1	Right Footrest Bracket	67	4	Large Rail Pulley
20	1	Left Footrest Bracket	68	11	M4 x 16mm Screw
21	1	Left Footrest	69	22	M4 x 19mm Screw
22	1	Left Foot Pad	70	1	Strap Roller B
23	1	Seat	71	10	M6 x 12mm Screw
24	2	Bearing A	72	1	4.8mm Spacer
25	4	Snap Ring	73	1	Ground Screw
26	2	Axle Cap	74	1	One-way Bearing
27	2	Bearing B	75	1	Console
28	2	Wave Washer	76	1	Neck
29	1	Pulley Assembly	77	1	Upright
30	1	Axle	78	1	Knob
31	2	Pivot Bushing	79	1	Wire Grommet
32	2	Front Stop	80	1	Right Upright Cover
33	1	Bumper	81	1	Left Upright Cover
34	1	Rail Handle	82	4	M8 x 35mm Screw
35	1	Folding Clamp	83	1	M8 x 50mm Hex Bolt
36	2	Rail Foot	84	1	Upright Wire
37	2	Small Carriage Roller	85	4	Magnet
38	1	Rail Cap	86	5	M8 Locknut
39	2	Large Carriage Roller	87	1	Rear Stop
40	2	Carriage Axle	88	2	Bearing Bracket
41	2	Stabilizer Foot	89	1	Link Block
42	4	Wheel	90	1	Link Arm
43	2	Storage Foot	91	1	Magnet Bracket
44	5	Small Rail Pulley	92	1	58mm Pulley Axle
45	1	Strap Roller A	93	3	83mm Pulley Axle
46	2	Strap Axle	94	2	Clip
47	1	Reed Switch/Wire	95	4	M4 x 19mm Blunt Screw
48	1	Frame Pulley	96	1	M6 x 12mm Hex Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
97	1	M6 x 13mm Washer	105	8	M4 x 12mm Screw
98	1	M6 Washer	106	1	M10 Locknut
99	20	M4 x 12mm Blunt Screw	107	6	M4 x 10mm Screw
100	1	Resistance Motor	108	1	Power Adapter
101	2	M5 Nut	109	1	Main Wire
102	1	Resistance Disc	*	—	User's Manual
103	1	M3 x 8mm Screw	*	—	Assembly Tool
104	2	M4 x 8mm 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.

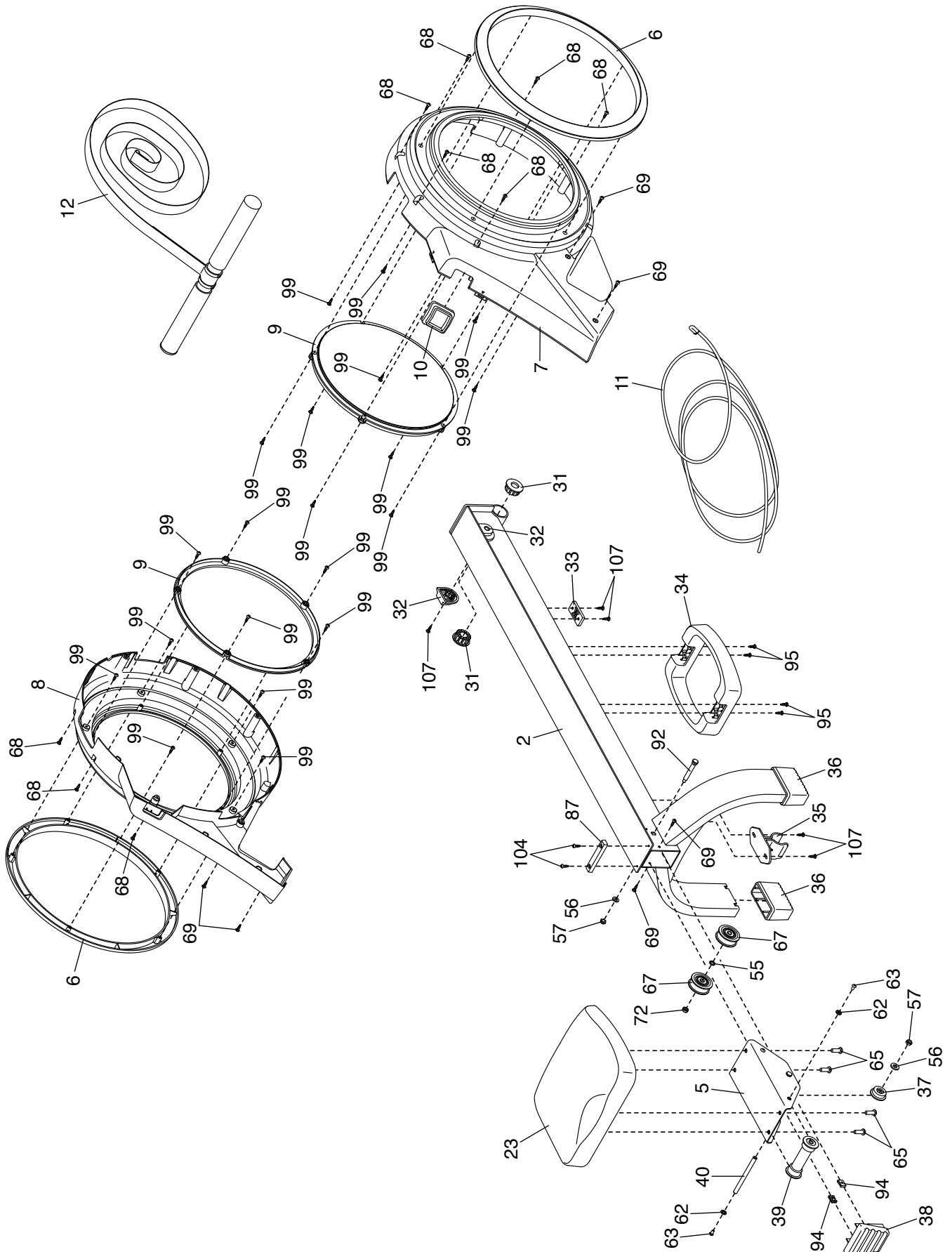
EXPLODED DRAWING A

Model No. PFRW48120.0 R0820A



EXPLODED DRAWING B

Model No. PFRW48120.0 R0820A



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 five (5) years from the date of purchase. Parts and labor are 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