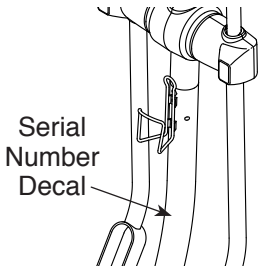
PRO-FORM® 450 LE

Model No. PFEL04915.0
Serial No. _____

Write the serial number in the space above for reference.



CUSTOMER SERVICE

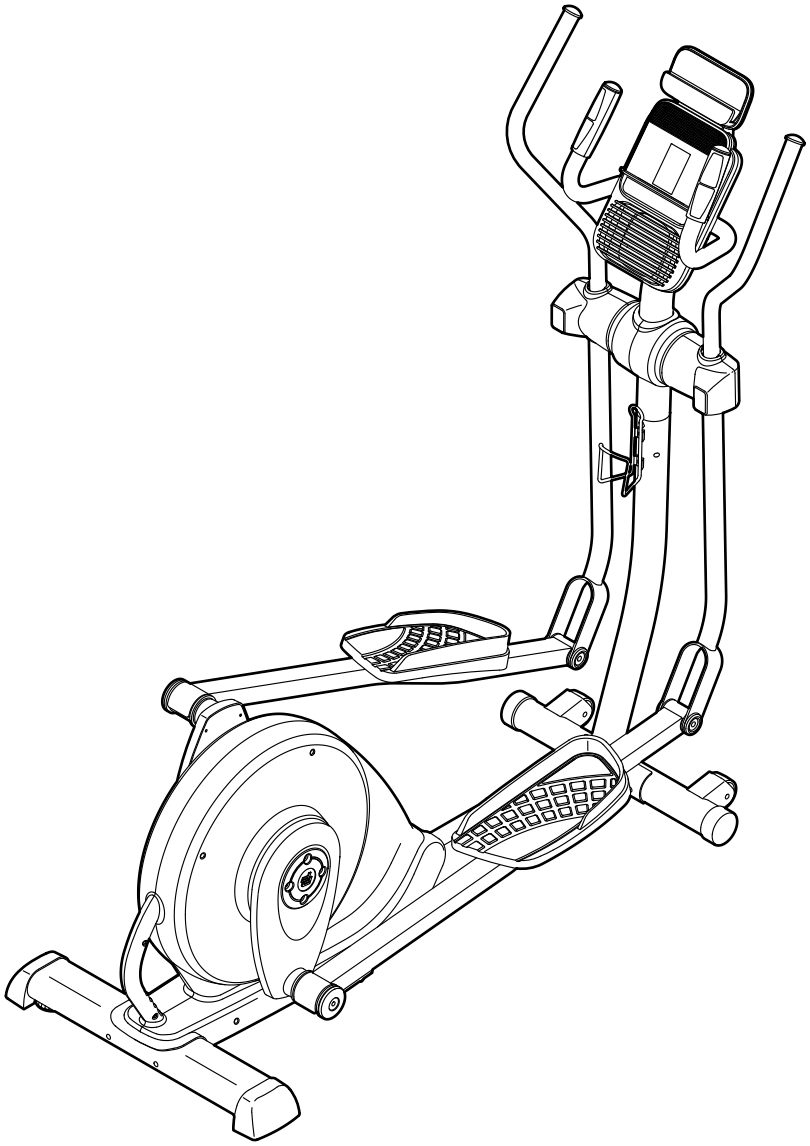
UNITED KINGDOM
Call: 0330 123 1045
From Ireland: 053 92 36102
Website: iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
Unit 4, Westgate Court
Silkwood Park
OSSETT
WF5 9TT
UNITED KINGDOM

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



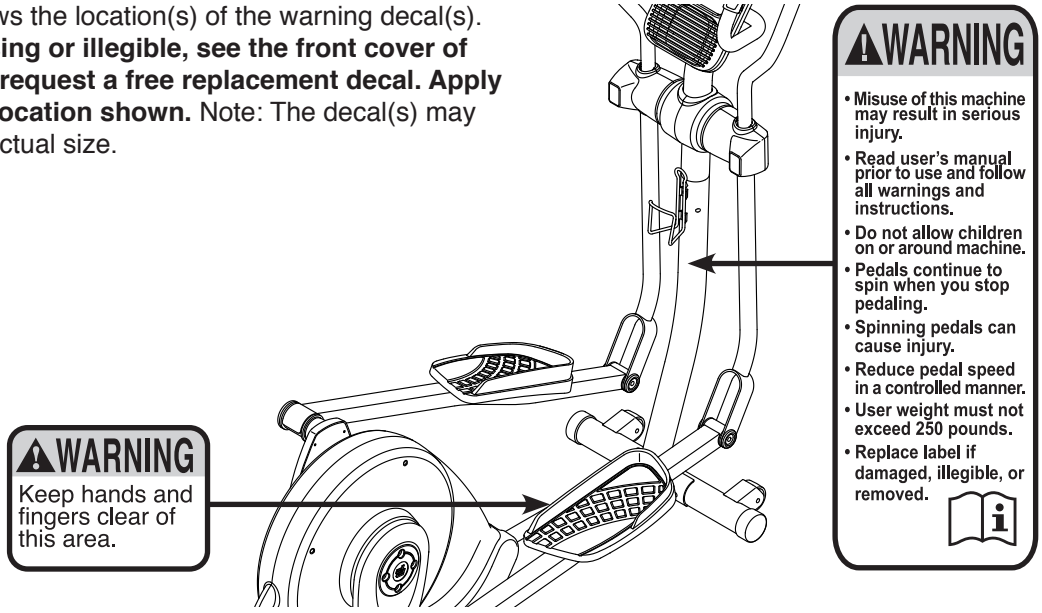
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WARNING DECAL PLACEMENT

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 elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

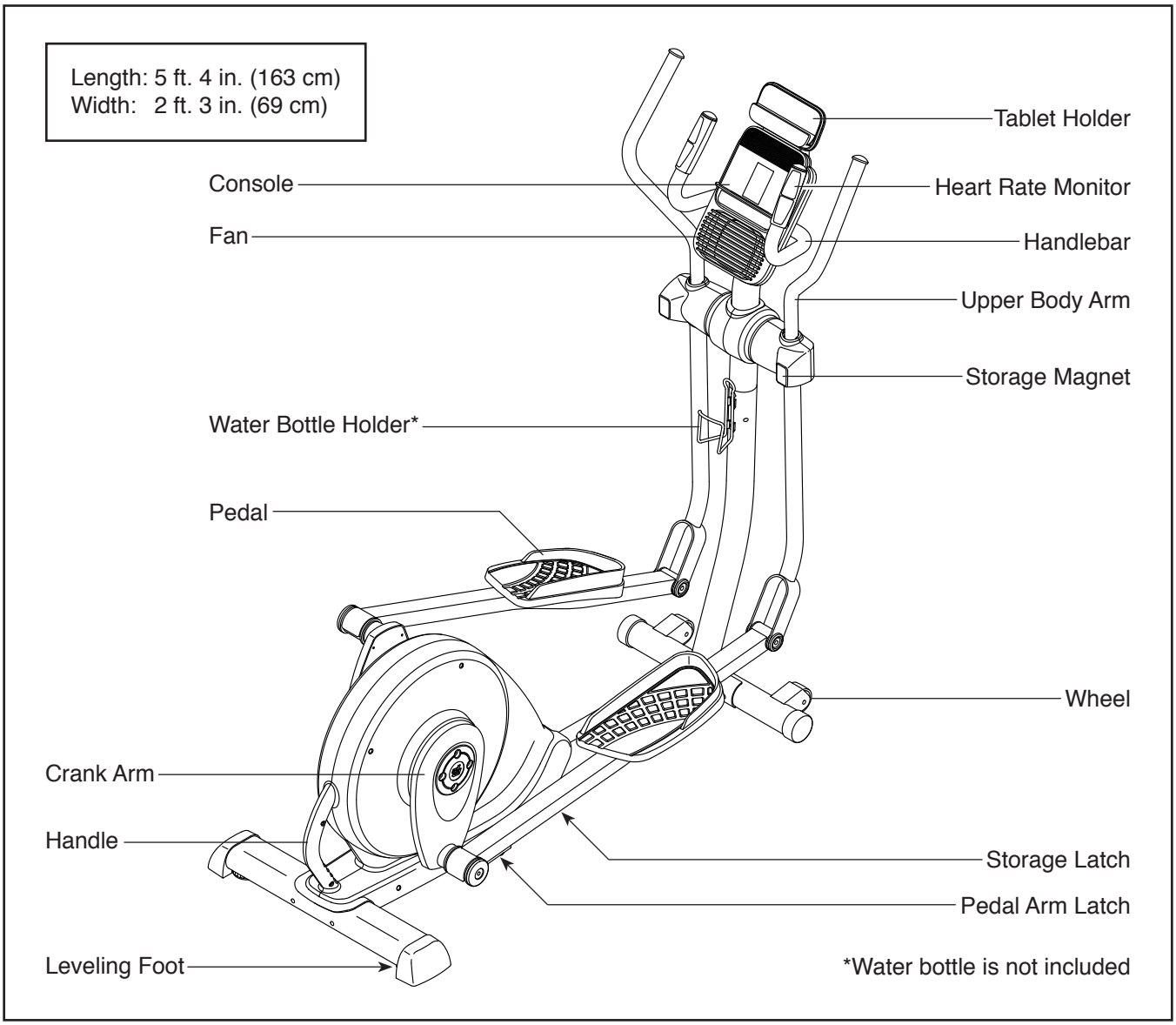
1. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.**
4. **Use the elliptical only as described in this manual.**
5. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
6. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
7. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
8. **Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.**
9. **Keep children under age 13 and pets away from the elliptical at all times.**
10. **The elliptical should not be used by persons weighing more than 250 lbs. (113 kg).**
11. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
12. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
13. **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.**
14. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
15. **Keep your back straight while using the elliptical; do not arch your back.**
16. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for purchasing the PROFORM® 450 LE elliptical. The 450 LE elliptical provides an array of features designed to make your workouts at home more effective and enjoyable.

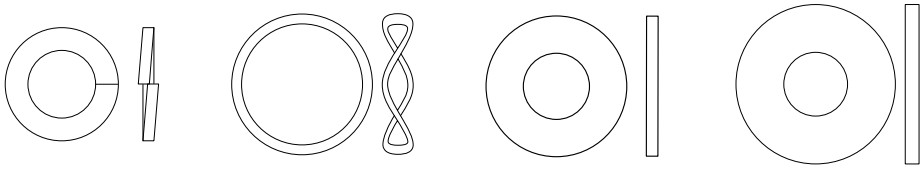
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the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

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



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**

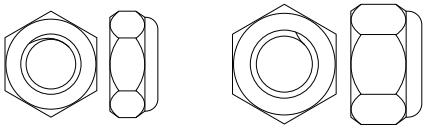


M8 Split Washer (90)–3

Wave Washer (111)–2

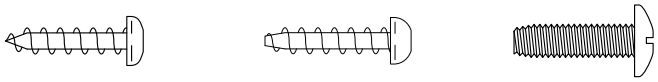
#10 Washer (102)–8

M8 Washer (88)–6



M8 Jam Nut (79)–7

M10 Locknut (81)–2



M4 x 16mm Screw (103)–6

M4 x 16mm Round Head Screw (101)–6

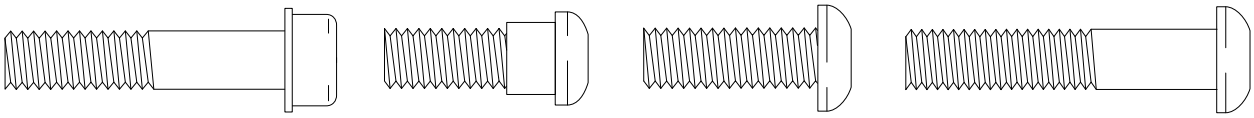
#8 x 16mm Screw (112)–4



M4 x 32mm Round Head Screw (105)–6

#10 x 13mm Screw (104)–4

#10 x 51mm Screw (108)–4

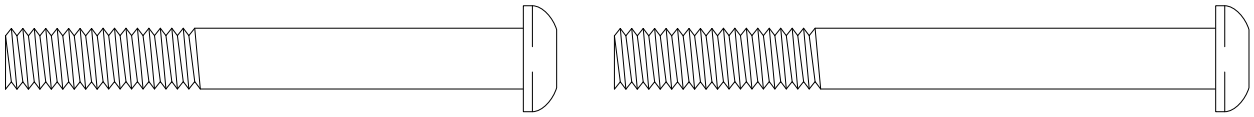


Hub Screw (87)–8

M8 x 23mm Shoulder Screw (115)–4

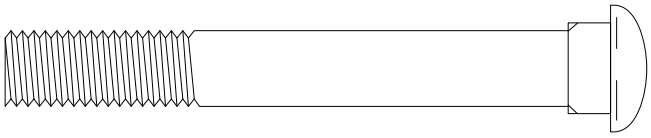
M8 x 23mm Screw (84)–4

M8 x 41mm Bolt (78)–4

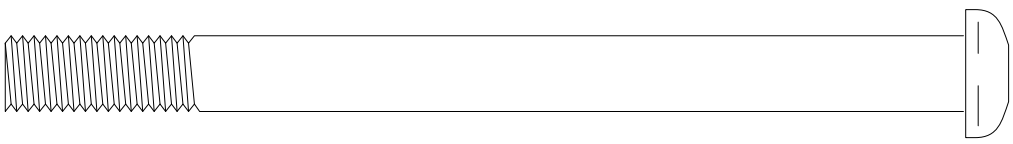


M8 x 69mm Bolt (80)–1

M8 x 80mm Bolt (116)–2



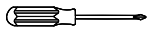
M10 x 80mm Carriage Bolt (82)–2



M10 x 127mm Screw (83)–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.
- 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 

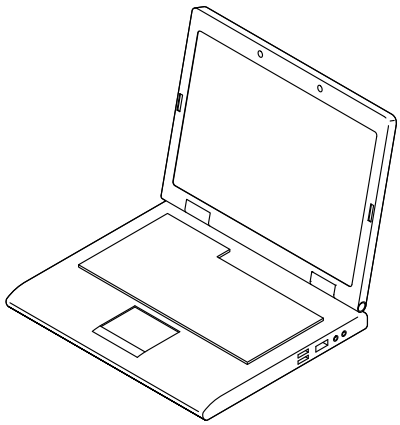
one rubber mallet 

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).

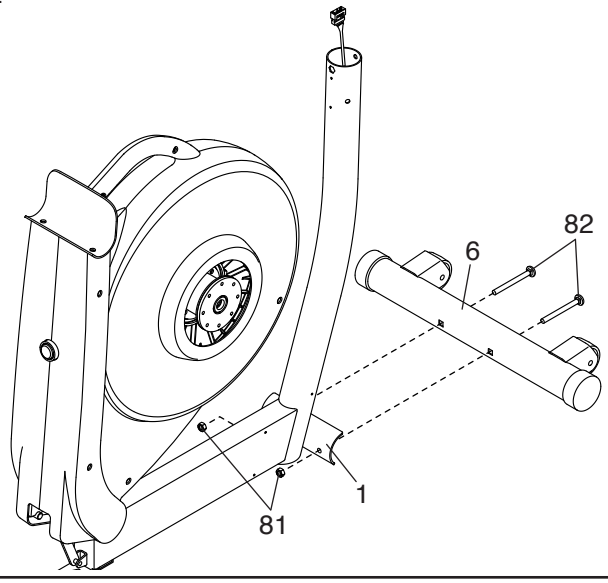
   To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.
   - your receipt (make sure to keep a copy)
   - your name, address, and telephone number
   - the model number, serial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

1



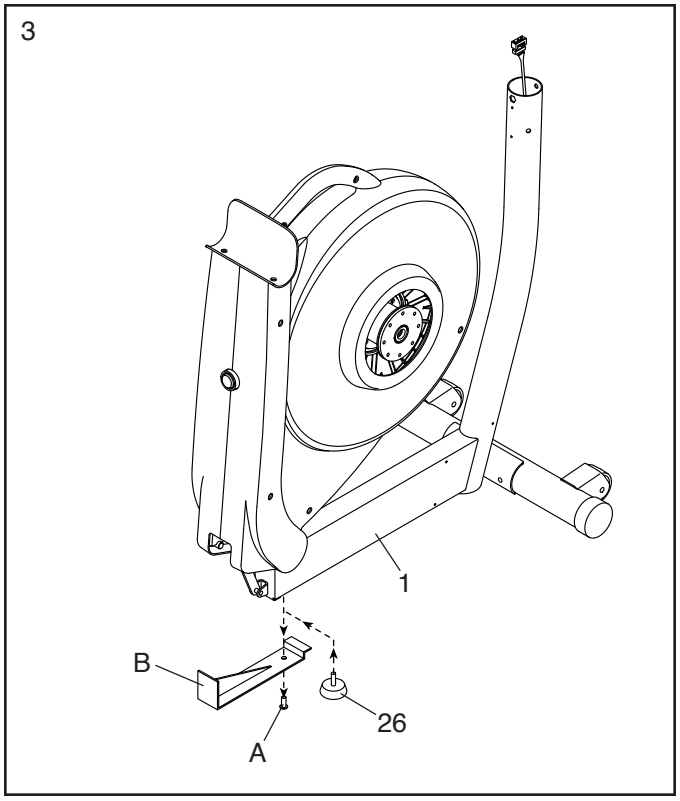
2. While a second person lifts the Base (1), attach the Front Stabilizer (6) to the Base with two M10 x 80mm Carriage Bolts (82) and two M10 Locknuts (81).

2



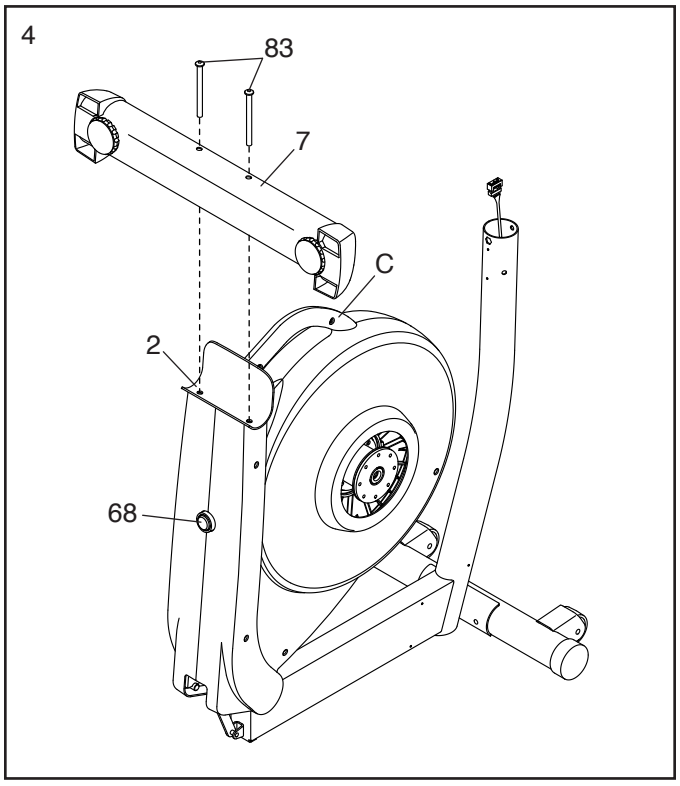
3. Remove the indicated screw (A) and the shipping bracket (B) from the Base (1). Discard the screw and the shipping bracket.

   Next, tighten the Base Foot (26) into the Base (1).



4. Orient the Rear Stabilizer (7) as indicated by the sticker. Attach the Rear Stabilizer to the Frame (2) with two M10 x 127mm Screws (83).

   Next, hold the handle (C) on the Frame (2), press the Latch (68), and lower the Frame until the Rear Stabilizer (7) rests on the floor.



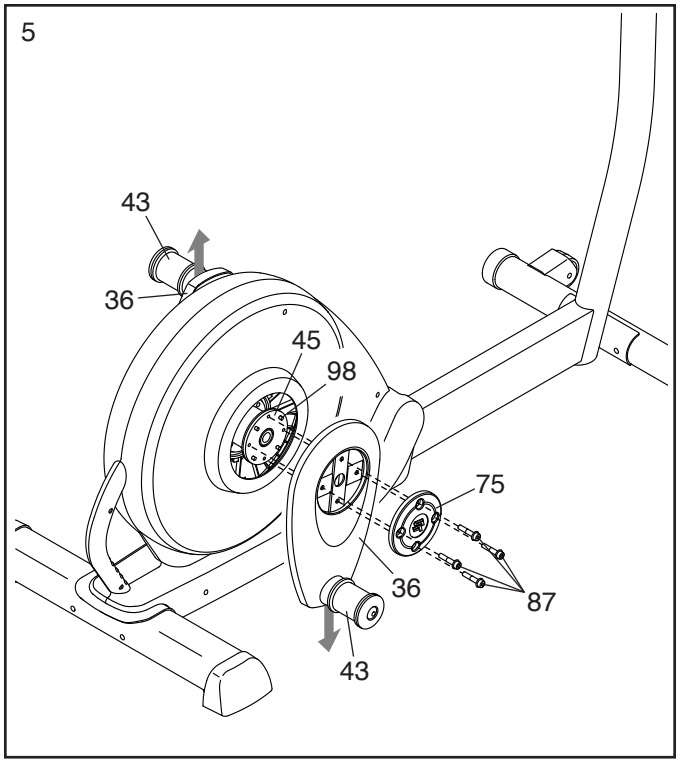
5. Hold a Hub Cover (75) and a Crank Arm (36) against the Crank (45).

   Align the holes in the Hub Cover (75) and the Crank Arm (36) with the unused holes in the right side of the Crank (45).

   Insert four Hub Screws (87) into the Hub Cover (75) and the Crank Arm (36), and finger tighten the Hub Screws into the Crank (45). **Tighten one Hub Screw, and then tighten the Hub Screw across from the first Hub Screw. Then, tighten the remaining two Hub Screws.**

   Repeat this step on the left side of the elliptical.

   Make sure that the Crank Arms (36) are oriented with the Crank Bushing Sleeves (43) in the positions shown. Note: There are no Pulley Screws (98) on the left side.



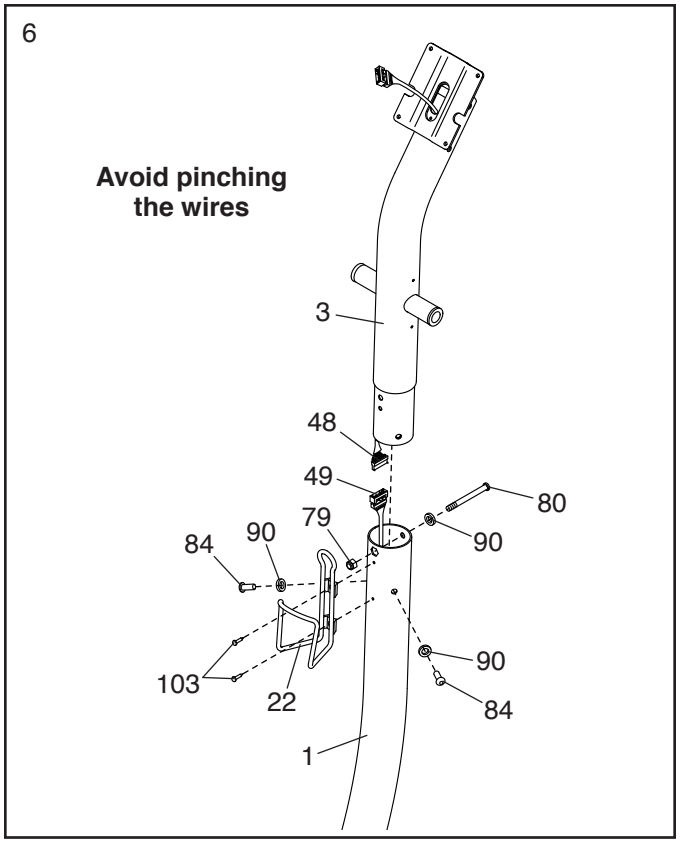
6. While a second person holds the Upright (3) near the Base (1), connect the Upper Wire Harness (48) to the Lower Wire Harness (49).

   Tip: Avoid pinching the wires. Insert the Upright (3) into the Base (1).

   Attach the Upright (3) with an M8 x 69mm Bolt (80), an M8 Split Washer (90), and an M8 Jam Nut (79). **Do not tighten the Bolt yet; make sure that the Jam Nut is in the hexagonal hole in the Base.**

   Next, finger tighten two M8 x 23mm Screws (84) with two M8 Split Washers (90) into the Base (1). **Do not tighten the Screws yet.**

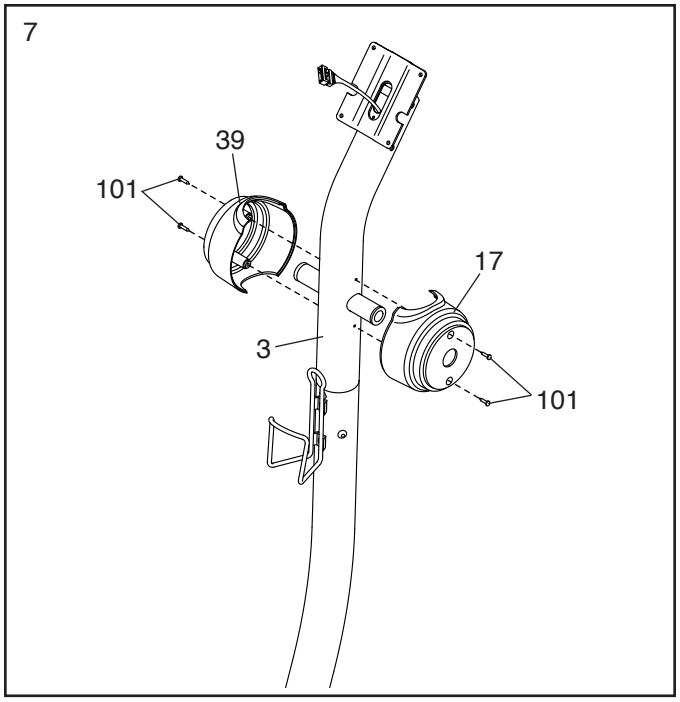
   Attach the Water Bottle Holder (22) to the Base (1) with two M4 x 16mm Screws (103).



7. Identify the Right Upright Cover (17) and hold it against the right side of the Upright (3).

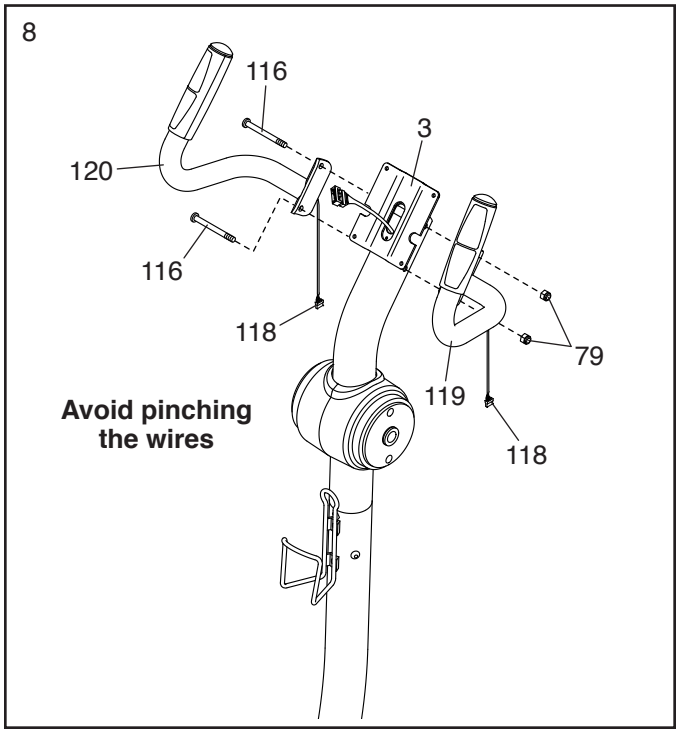
   Attach the Right Upright Cover (17) with two M4 x 16mm Round Head Screws (101).

   Attach the Left Upright Cover (39) in the same way.

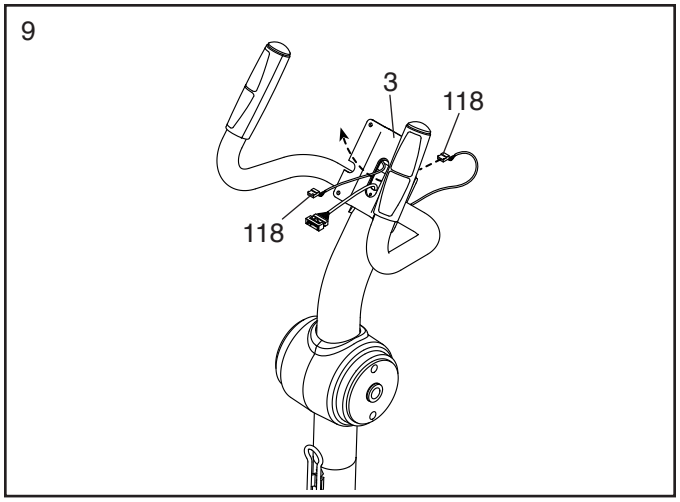


8. Identify the Right and Left Handlebars (119, 120) and orient them as shown.

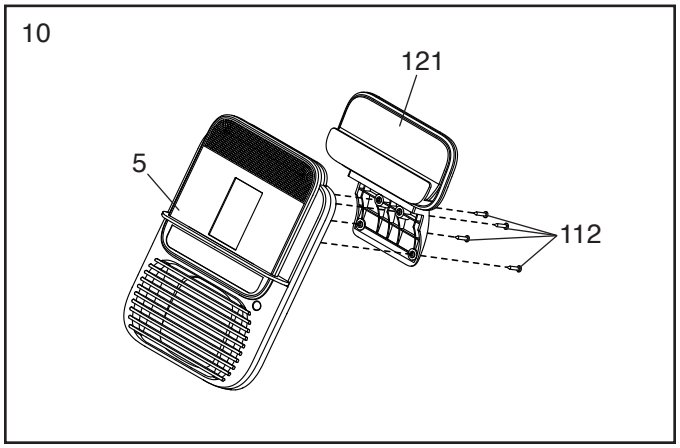
   Tip: Avoid pinching the Pulse Wires (118). Attach the Right and Left Handlebars (119, 120) to the Upright (3) with two M8 x 80mm Bolts (116) and two M8 Jam Nuts (79).



9. Insert the Pulse Wires (118) upward through the Upright (3) as shown.



10. Attach the Tablet Holder (121) to the Console (5) with four #8 x 16mm Screws (112); **start all the Screws, and then tighten them.**

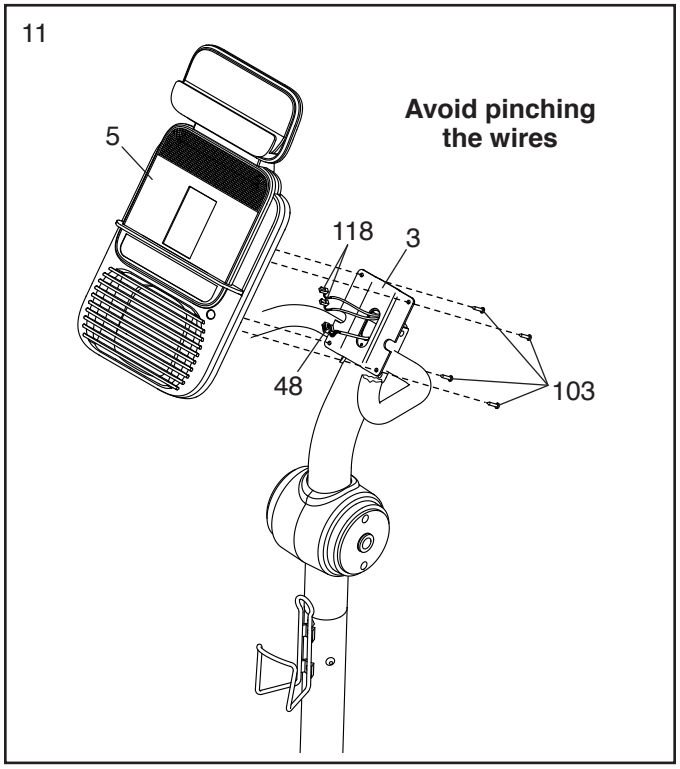


11. While a second person holds the Console (5) near the Upright (3), plug the Upper Wire Harness (48) and the Pulse Wires (118) into the receptacles on the Console.

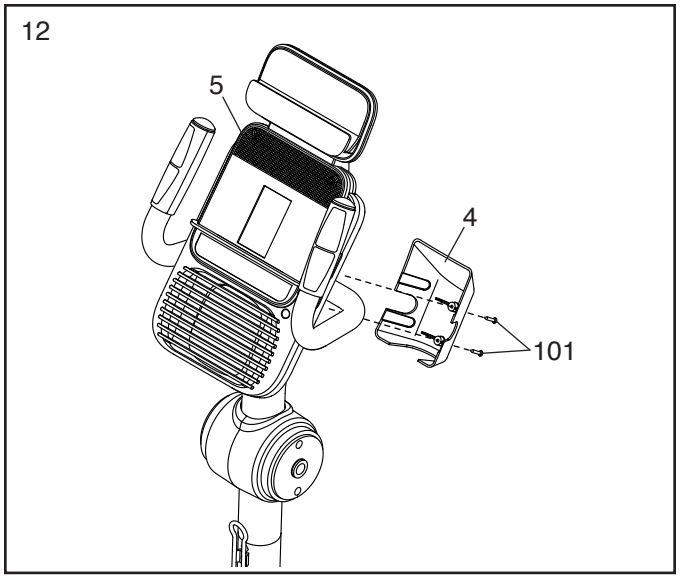
    The connectors on the Upper Wire Harness (48) and the Pulse Wires (118) should slide easily into the receptacles and snap into place. If a connector does not slide easily into a receptacle, turn the connector and try again. **If you do not connect the connectors properly, the Console (5) may become damaged when you use the elliptical.**

    Insert the excess wire into the Upright (3).

    Tip: Avoid pinching the wires. Attach the Console (5) to the Upright (3) with four M4 x 16mm Screws (103); **start all the Screws, and then tighten them.**



12. Attach the Upright Cap (4) to the Console (5) with two M4 x 16mm Round Head Screws (101).

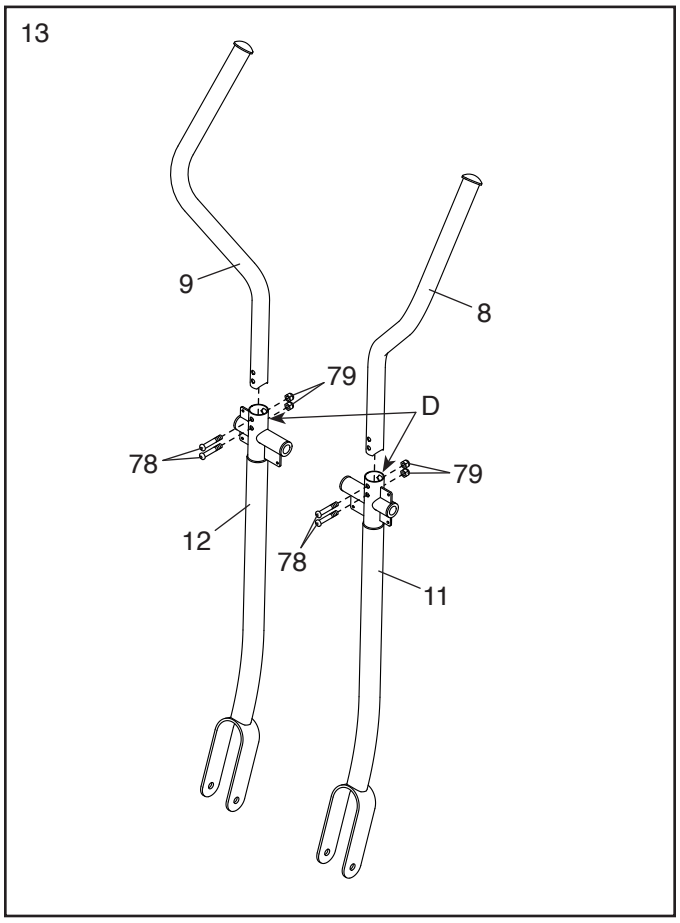


13. Identify the Right Upper Body Arm (8) and the Right Upper Body Leg (11) and orient them as shown.

    Insert the Right Upper Body Arm (8) into the Right Upper Body Leg (11).

    Attach the Right Upper Body Arm (8) with two M8 x 41mm Bolts (78) and two M8 Jam Nuts (79). **Make sure that the Jam Nuts are in the hexagonal holes (D) in the Right Upper Body Leg (11)**.

    Attach the Left Upper Body Arm (9) to the Left Upper Body Leg (12) in the same way.



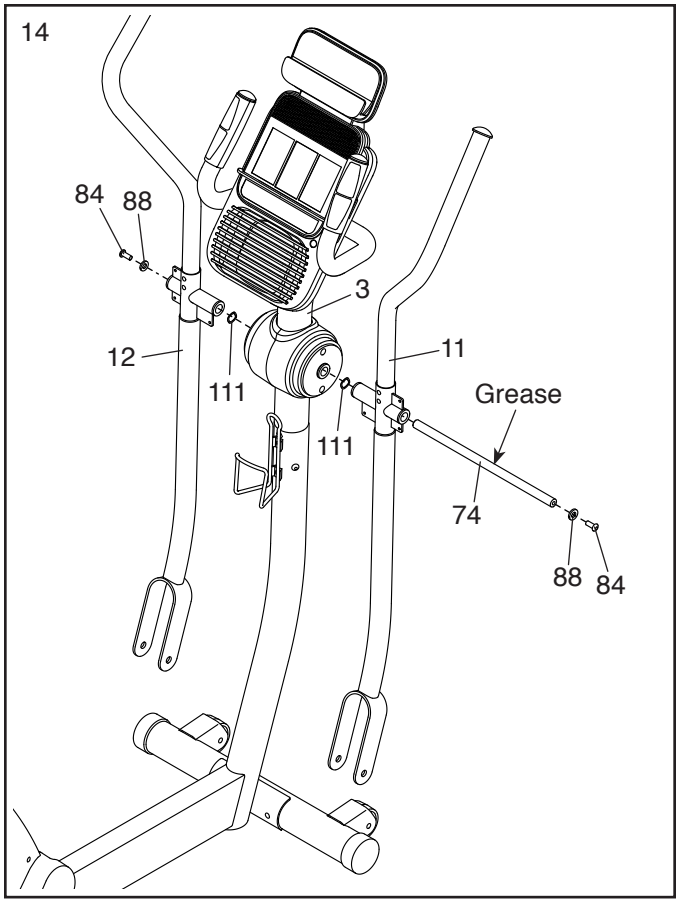
14. Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to the Pivot Axle (74) and to two Wave Washers (111).

Insert the Pivot Axle (74) into the Upright (3) and center it.

Slide a Wave Washer (111) onto each end of the Pivot Axle (74).

Next, orient the Right Upper Body Leg (11) as shown, and slide it onto the right end of the Pivot Axle (74). Slide the Left Upper Body Leg (12) onto the left end of the Pivot Axle.

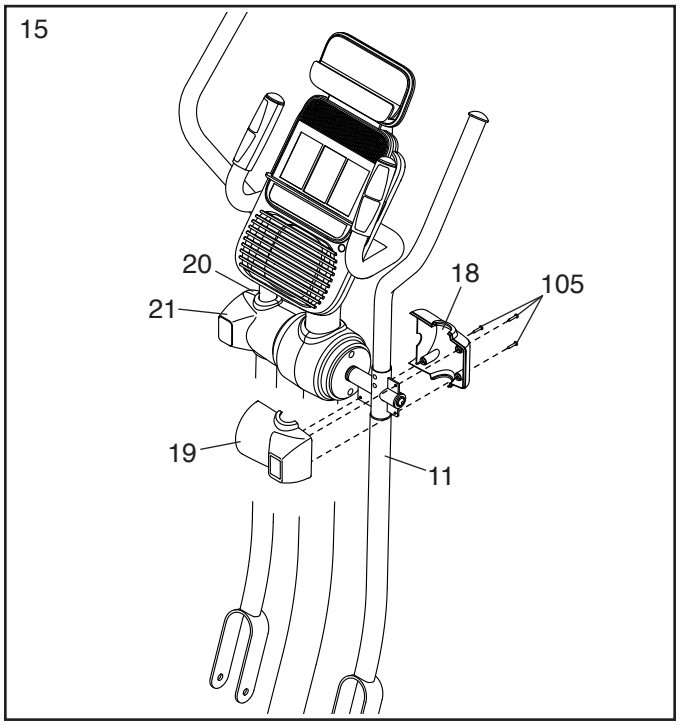
At the same time, tighten an M8 x 23mm Screw (84) with an M8 Washer (88) into each end of the Pivot Axle (74).



15. Hold the Right Front Arm Cover (18) and the Right Rear Arm Cover (19) around the Right Upper Body Leg (11).

Attach the Arm Covers (18, 19) with three M4 x 32mm Round Head Screws (105); **start all the Round Head Screws, and then tighten them.**

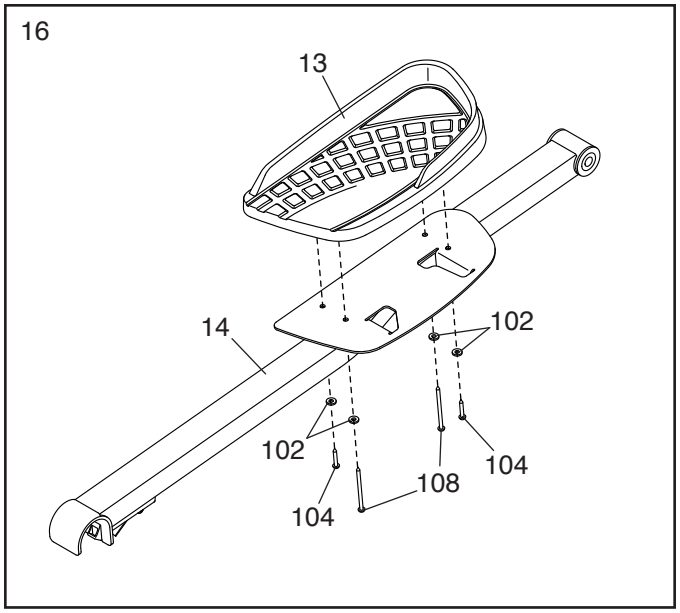
Attach the Left Front Arm Cover (20) and the Left Rear Arm Cover (21) in the same way.



16. Identify the Right Pedal (13) and the Right Pedal Arm (14).

Attach the Right Pedal (13) to the Right Pedal Arm (14) with two #10 x 51mm Screws (108), two #10 x 13mm Screws (104), and four #10 Washers (102); **start all the Screws, and then tighten them.**

Attach the Left Pedal (not shown) to the Left Pedal Arm (not shown) in the same way.



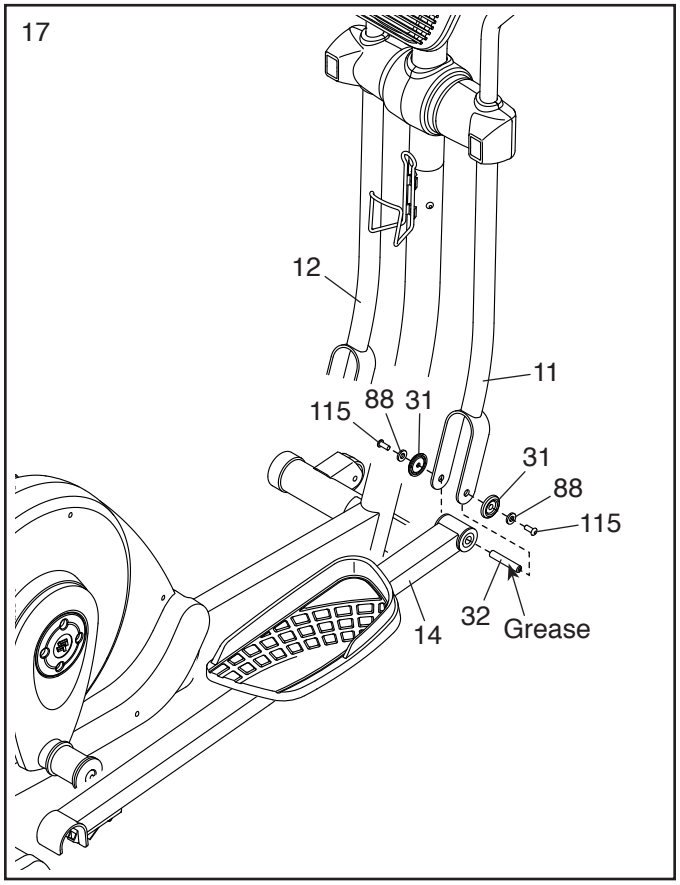
17. Apply a small amount of grease to one of the Pedal Arm Axles (32).

Tighten an M8 x 23mm Shoulder Screw (115) with an M8 Washer (88) and a Pedal Arm Cover (31) a few turns into the Pedal Arm Axle (32).

While a second person holds the front end of the Right Pedal Arm (14) inside the bracket on the Right Upper Body Leg (11), insert the Pedal Arm Axle (32) into both parts.

Next, tighten an M8 x 23mm Shoulder Screw (115) with an M8 Washer (88) and a Pedal Arm Cover (31) a few turns into the Pedal Arm Axle (32). **Tighten both Shoulder Screws at the same time; to avoid damaging the Pedal Arm Covers, do not overtighten the Shoulder Screws.**

Repeat this step to attach the Left Pedal Arm (not shown) to the Left Upper Body Leg (12).

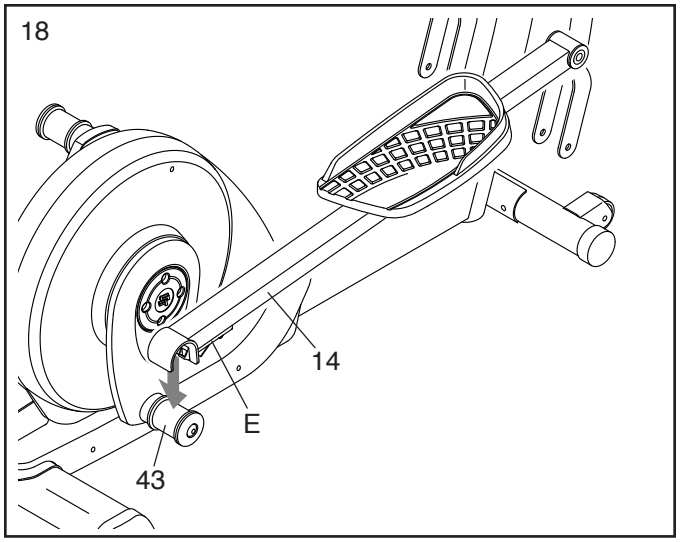


18. Lift the latch (E) on the underside of the Right Pedal Arm (14), and set the Right Pedal Arm on the right Crank Bushing Sleeve (43).

    Release the lever, and make sure that the Right Pedal Arm (14) is securely connected to the Crank Bushing Sleeve (43).

    Connect the Left Pedal Arm (not shown) in the same way.

    See step 6. Tighten the M8 x 69mm Bolt (80) and the two M8 x 23mm Screws (84).

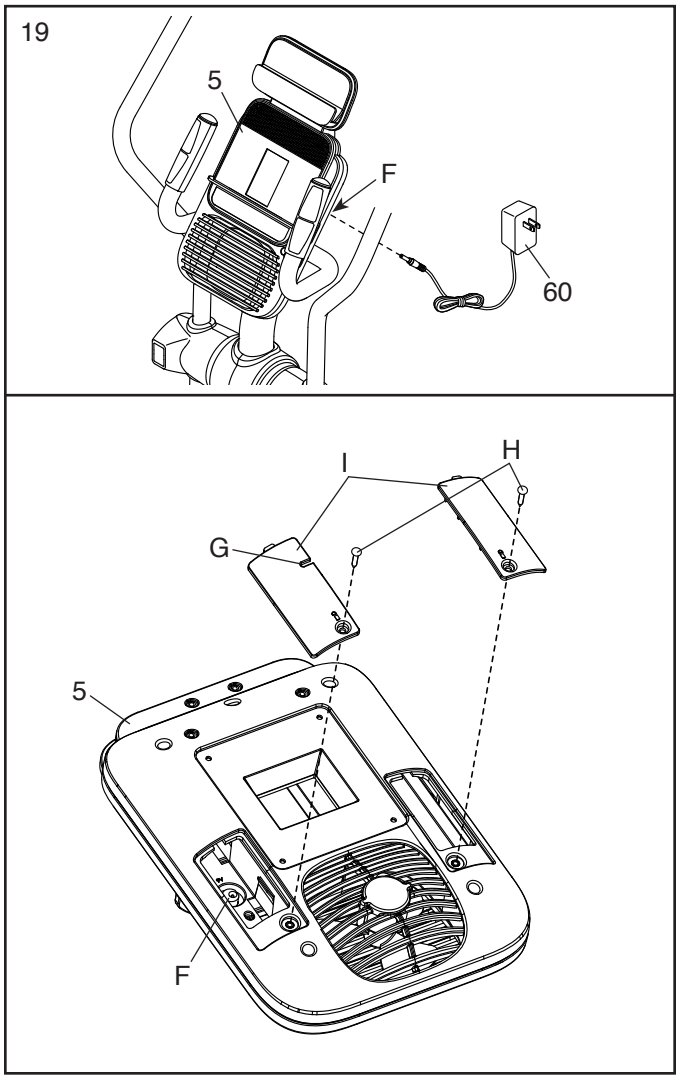


19. **See the upper and lower drawings.** Plug the Power Adapter (60) into the receptacle (F) **inside** the indicated battery compartment on the Console (5), and route the power adapter through the notch (G) in the battery cover.

    Note: To plug the Power Adapter (60) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.

    See the lower drawing. The Console (5) can also be operated with four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together.

    Remove the screws (H), remove the battery covers (I) from the back of the Console (5), insert batteries into the battery compartments, and then reattach the battery covers. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

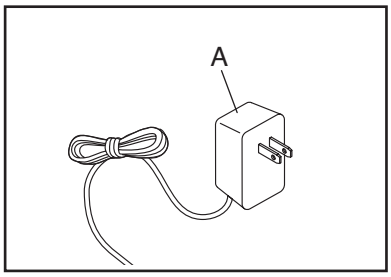


20. **Make sure that all parts of the elliptical are properly tightened.** Extra parts may be included. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

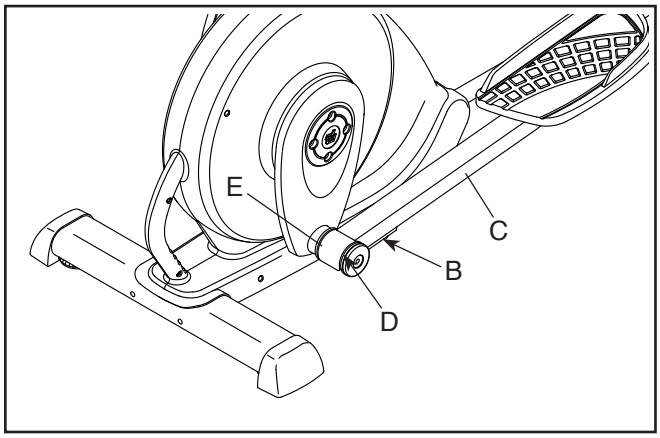
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.



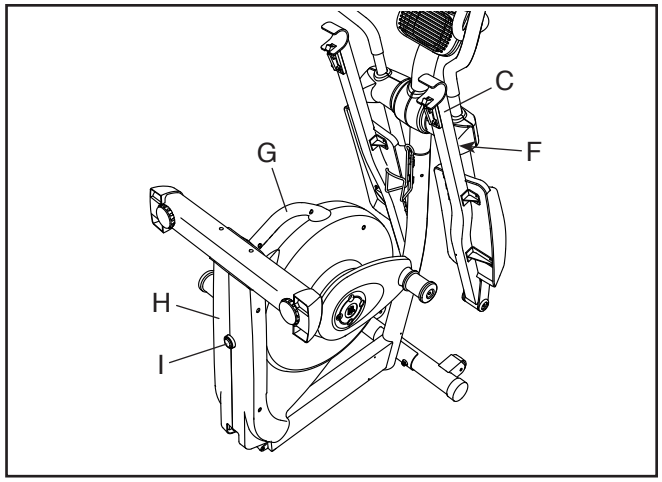
Plug the power adapter (A) into the receptacle on the console. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

HOW TO FOLD AND UNFOLD THE ELLIPTICAL

When the elliptical is not in use, the frame can be folded out of the way. First, lift the latch (B) under each pedal arm (C), and lift the pedal arms off the sleeves (D) on the crank arms (E).



See the upper drawing at the right. Raise the pedal arms (C) until they touch the magnets (F) on the upper body arms; the magnets will hold the pedal arms in place. Then, hold the handle (G) and lift the frame (H) until it locks in a vertical position.

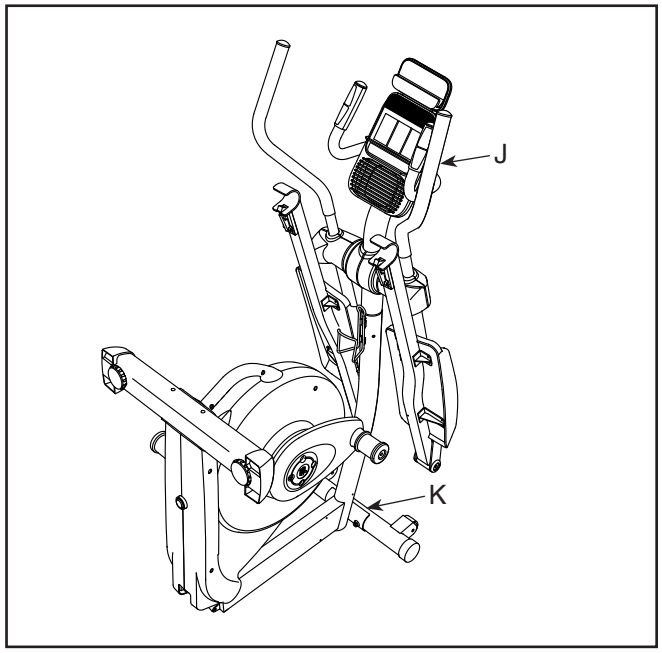


To use the elliptical, first hold the handle (G), press the latch button (I), and lower the frame (H).

Next, pull the pedal arms (C) off the magnets (F) on the upper body arms. Then, **lift the latches (B) under the pedal arms,** and set the pedal arms on the sleeves (D) on the crank arms (E). Release the latches, and make sure that the pedal arms are securely connected to the crank arms.

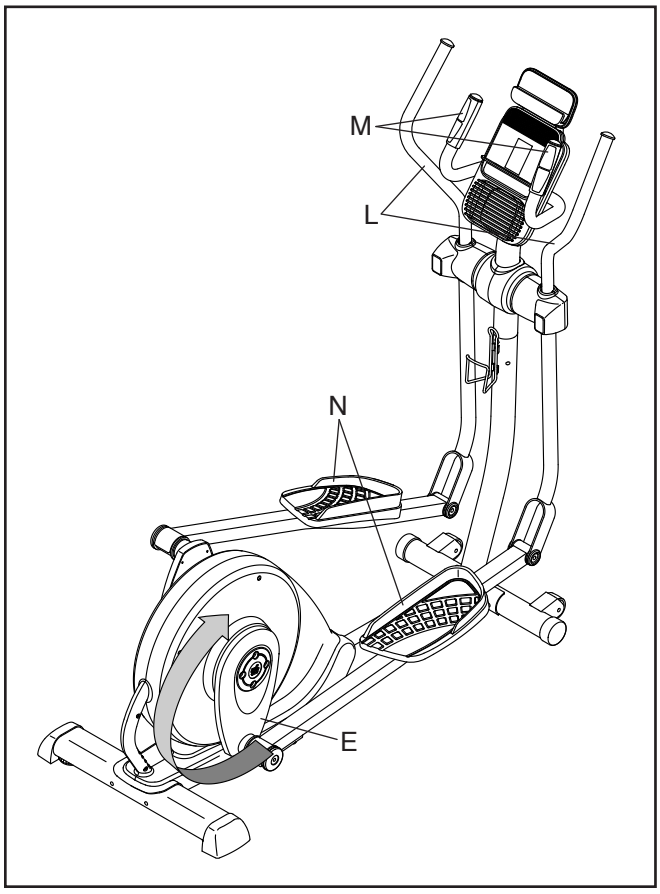
HOW TO MOVE THE ELLIPTICAL

To move the elliptical, first fold it as described at the left. Next, stand in front of the elliptical, hold the upright (J), and place one foot against the center of the front stabilizer (K). Pull the upright until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired position, and then lower it.



HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the upper body arms (L) or the handlebars (M) and step onto the pedal (N) that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

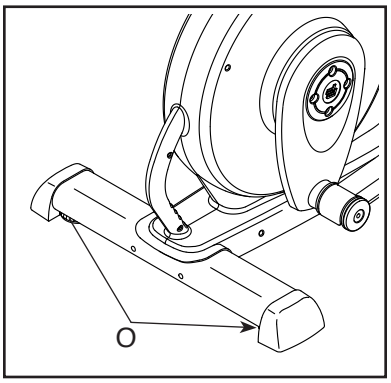


Note: The crank arms (E) can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety, you can turn the crank arms in the opposite direction.

To dismount the elliptical, wait until the pedals (N) come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

HOW TO LEVEL THE ELLIPTICAL

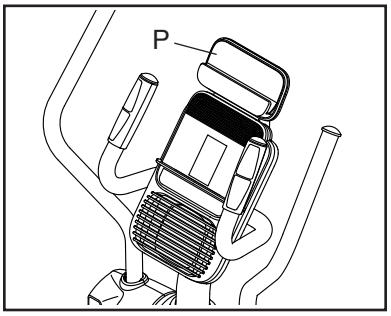
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet (O) beneath the rear stabilizer until the rocking motion is eliminated.



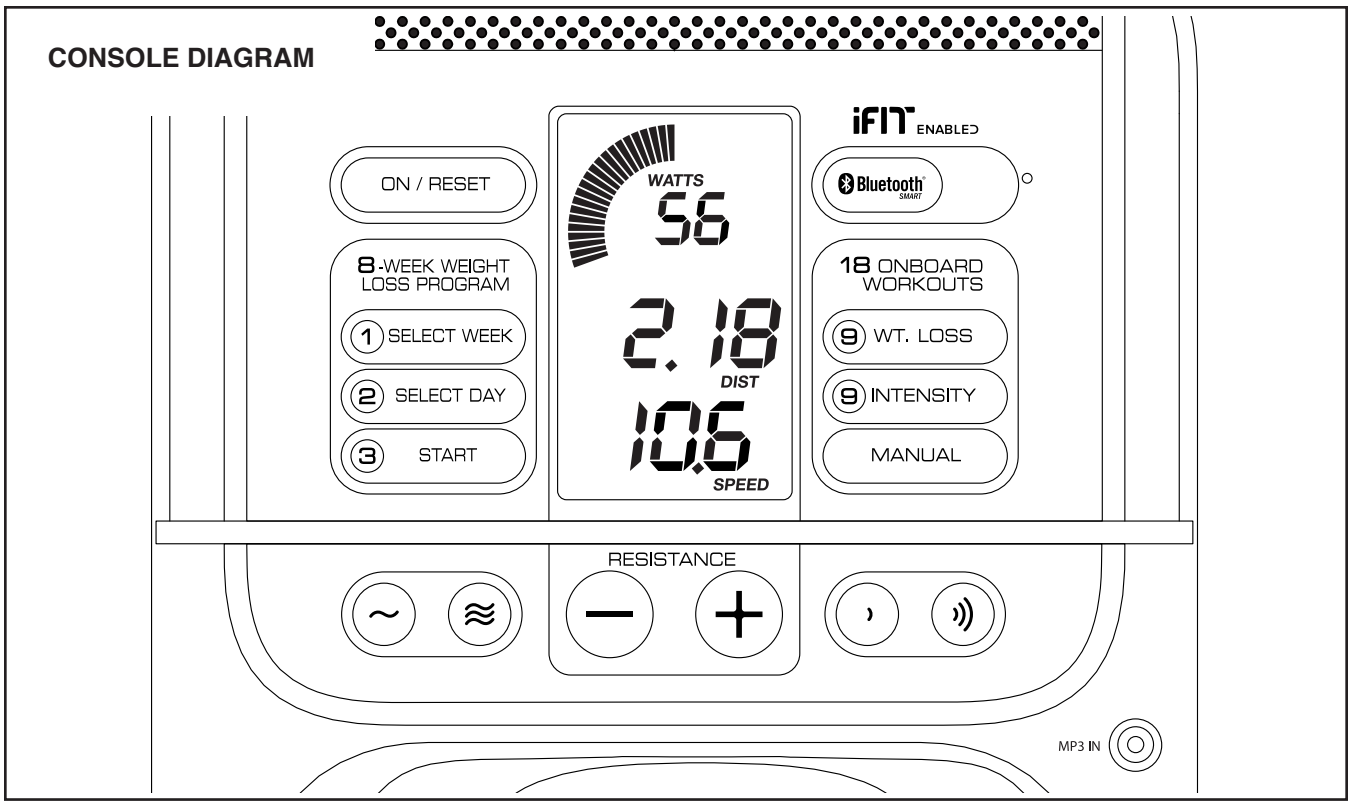
HOW TO USE THE TABLET HOLDER

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

To insert a tablet or smart phone into the tablet holder (P), set the bottom edge of the tablet or smart phone in the tray. **Make sure that the tablet or smart phone is firmly secured in the tablet holder.** Reverse these actions to remove the tablet or smart phone 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 22 for information about purchasing an optional chest heart rate monitor.**

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

The console also features a progressive 8-week weight-loss program designed to help you lose unwanted pounds. Each workout in the program controls the resistance of the pedals as it guides you through an effective workout.

In addition, the console offers a selection of preset workouts. Each preset workout automatically changes the resistance of the pedals and prompts you to maintain a target speed as it guides you through an effective workout.

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

To use the manual mode, see page 18. **To use an 8-week weight-loss workout,** see page 20. **To use a preset workout,** see page 21.

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

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

HOW TO USE THE MANUAL MODE

1. **Turn on the console.**

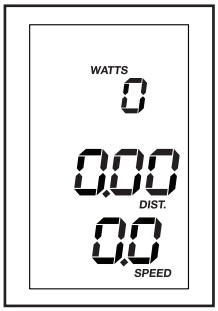
   Press any button or begin pedaling to turn on the console.

   When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

2. **Select the manual mode.**

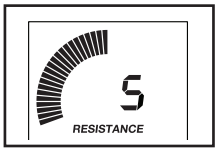
   When you turn on the console, the manual mode will be selected automatically.

   If you have selected a workout, reselect the manual mode by pressing the Manual button.



3. **Begin pedaling and change the resistance of the pedals as desired.**

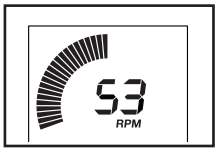
   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.



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

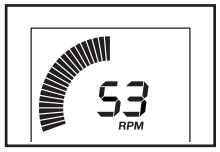
4. **Follow your progress with the displays.**

   The speed meter—This display will provide a visual representation of your pedaling speed. As you increase or decrease your pedaling speed, bars will appear or disappear in the speed meter.



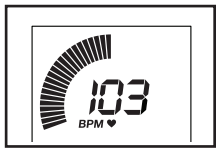
   Note: During a preset workout, this display will show a target speed zone for each segment of the workout.

   The upper display—This display will show your pedaling speed in revolutions per minute (RPM) and your power output in watts. The display will change every few seconds.

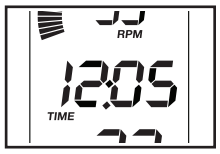


   This display will also show the resistance level of the pedals for a few seconds each time the resistance level changes.

   This display will also show your heart rate (BPM) when you use the handgrip heart rate monitor or a compatible heart rate monitor (see step 5).

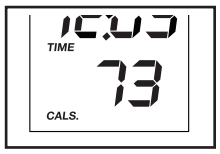


   The center display—This display will show the distance (Dist.) you have pedaled in miles or kilometers and the elapsed time. The display will change every few seconds.

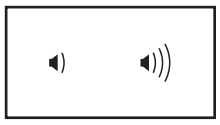


   Note: During a preset workout, the display will show the time remaining in the workout instead of the elapsed time.

   The lower display—This display will show your pedaling speed in miles per hour or kilometers per hour and the approximate number of calories (Cals.) you have burned. The display will change every few seconds.



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



To pause the console, stop pedaling. When the console is paused, the displays will pause. To continue your workout, simply resume pedaling.

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

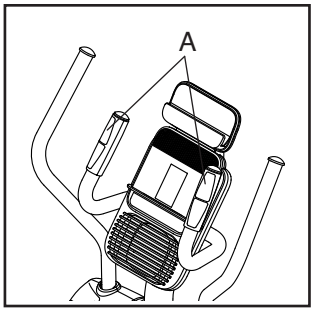
Note: The console can show pedaling speed and distance in either miles or kilometers. To change the unit of measurement, see THE SETTINGS MODE on page 23.

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

You can measure your heart rate using either the handgrip heart rate monitor or a compatible heart rate monitor. For information about purchasing an optional chest heart rate monitor, see page 22.

The console is compatible with all BLUETOOTH® Smart heart rate monitors. To connect your heart rate monitor to the console, see page 23.

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 (A) on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. 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 upper display. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If your heart rate is not shown, 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. **Turn on the fan if desired.**



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

Note: If the pedals do not move for about 30 seconds, the fan will turn off automatically.

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

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and displays will pause.

If the pedals do not move for several minutes, the console will turn off and the displays will be reset.

HOW TO USE AN 8-WEEK WEIGHT-LOSS WORKOUT

1. **Turn on the console.**

   Press any button or begin pedaling to turn on the console.

   When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

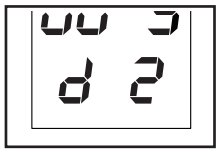
2. **Select the desired week of the program.**

   To select the desired week of the program, press the Select Week button repeatedly until the number of the desired week appears in the display.



3. **Select the desired day of the program.**

   There are three day workouts for each week of the program. To select the desired day of the program, press the Select Day button repeatedly until the number of the desired day appears in lower display. The duration of the workout will appear in the center display.

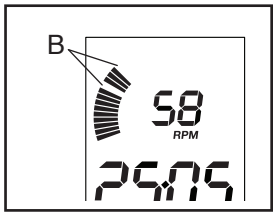


4. **Start the workout.**

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

   Each 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.

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



The speed meter will show two flashing bars that represent the target speed zone (B) for the segment; the target speed zone includes a range of speeds that are within a few RPMs of the target speed for the segment. The solid bars represent your actual pedaling speed.

As you exercise, keep your pedaling speed within the target speed zone for the current segment by increasing or decreasing your pedaling speed or by increasing or decreasing the resistance of the pedals.

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

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

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

5. **Follow your progress with the displays.**

   See step 4 on page 18.

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

   See step 5 on page 19.

7. **Turn on the fan if desired.**

   See step 6 on page 19.

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

   See step 7 on page 19.

HOW TO USE A PRESET WORKOUT

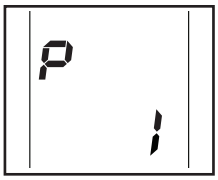
1. **Turn on the console.**

   Press any button or begin pedaling to turn on the console.

   When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

2. **Select a preset workout.**

   To select a preset workout, press the Wt. Loss or Intensity button repeatedly until the number of the desired workout appears in the lower display.



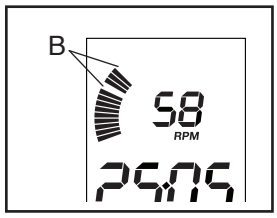
3. **Start the workout.**

   Begin pedaling to start the workout.

   Each 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.

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

   The speed meter will show two flashing bars that represent the target speed zone for the segment; the target speed zone includes a range of speeds that are within a few RPMs of the target speed for the segment. The solid bars represent your actual pedaling speed.



   As you exercise, keep your pedaling speed within the target zone for the current segment by increasing or decreasing your pedaling speed or by increasing or decreasing the resistance of the pedals.

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

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

   If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

   To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

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

   See step 4 on page 18.

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

   See step 5 on page 19.

6. **Turn on the fan if desired.**

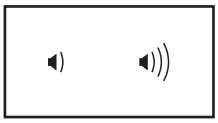
   See step 6 on page 19.

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

   See step 7 on page 19.

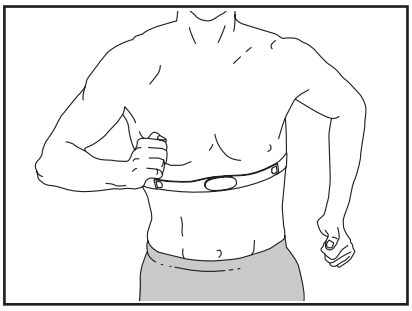
HOW TO USE THE SOUND SYSTEM

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



Next, press the play button on your personal audio player. Adjust the volume level using the volume 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 Bluetooth Tablet app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

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

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

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

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

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

3. **Connect your tablet to the console.**

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

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

4. **Record and track your workout information.**

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

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

   To disconnect your tablet from the console, first select the disconnect option in the iFit Bluetooth Tablet app. Then, press and hold the Bluetooth Smart 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 Bluetooth Smart button on the console. When a connection is established, the LED on the console will flash red twice.

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

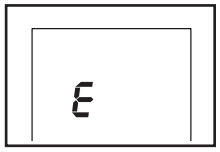
To disconnect your heart rate monitor from the console, press and hold the Bluetooth Smart button on the console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

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

THE SETTINGS MODE

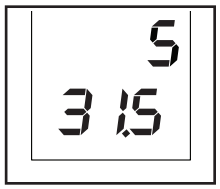
The console features a settings mode that allows you to select a unit of measurement for the console and to view console usage information.

To select the settings mode, press and hold down the On/Reset button until the settings mode information appears in the display.



The console can show pedaling speed and distance in either miles or kilometers. The upper display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the Intensity button repeatedly.

Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.



Press the Wt. Loss button to view the total distance and the total time. The center display will show the total time (in hours) that the console has been used since the elliptical was purchased. The lower display will show the total distance (in miles or kilometers) that the elliptical has been pedaled.

To exit the settings mode, press the On/Reset button twice.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

CONSOLE TROUBLESHOOTING

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

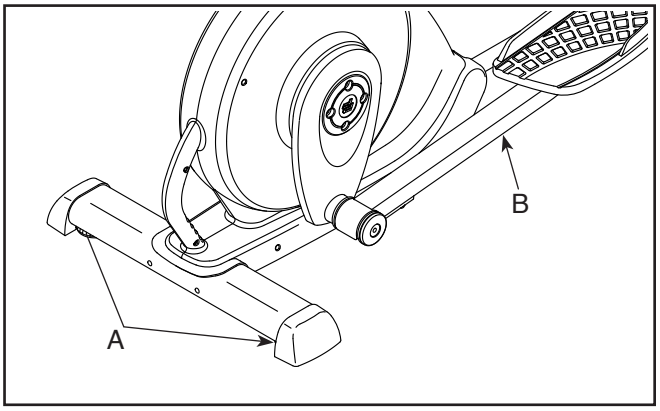
If the console displays become dim when batteries are installed in the console, see assembly step 18 on page 14 for battery replacement instructions.

If the handgrip heart rate monitor does not function properly, see step 5 on page 19.

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 LEVEL THE ELLIPTICAL

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



HOW TO ELIMINATE FLEXING IN THE CENTER OF THE ELLIPTICAL

If the elliptical flexes in the center during use, turn the base foot (B) (see the drawing above) until the flexing is eliminated.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

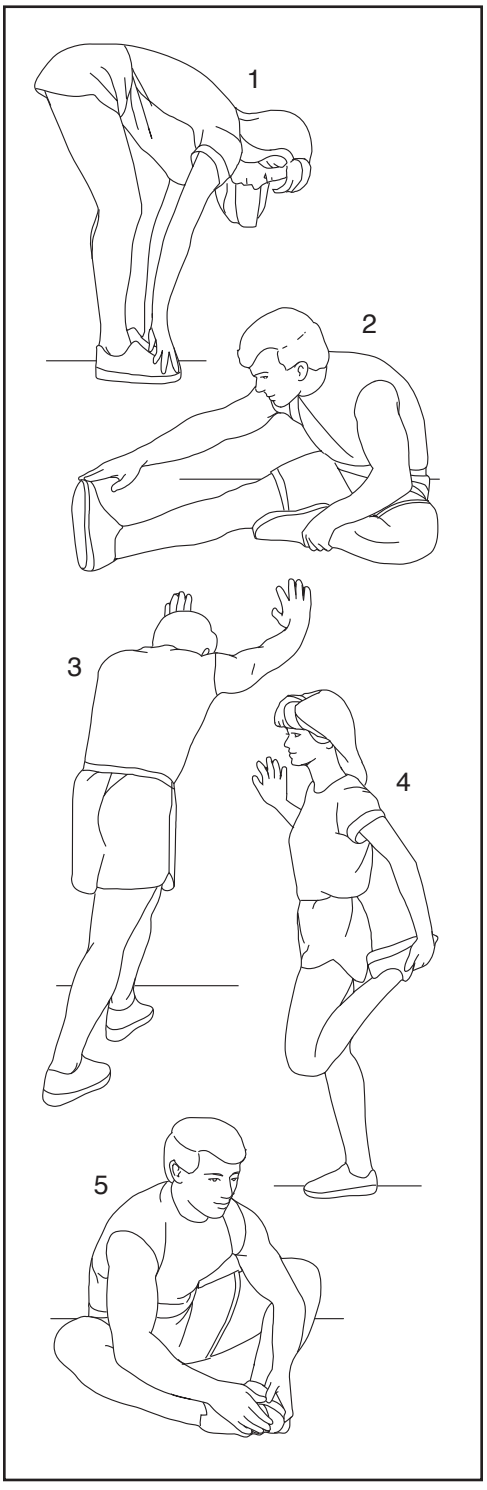
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST

Model No. PFEL04915.0 R0617A

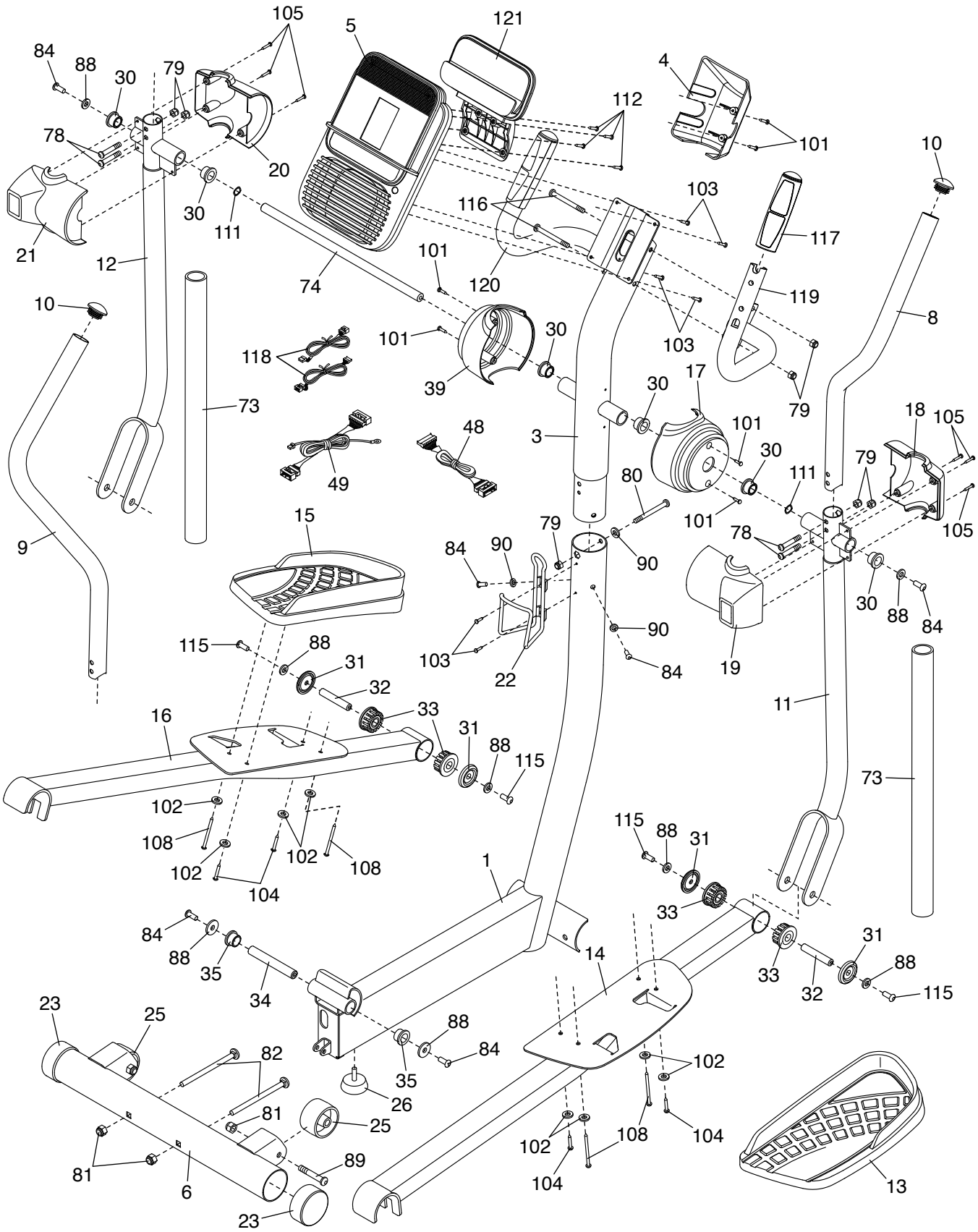
Key No.	Qty.	Description
1	1	Base
2	1	Frame
3	1	Upright
4	1	Upright Cap
5	1	Console
6	1	Front Stabilizer
7	1	Rear Stabilizer
8	1	Right Upper Body Arm
9	1	Left Upper Body Arm
10	2	Arm Cap
11	1	Right Upper Body Leg
12	1	Left Upper Body Leg
13	1	Right Pedal
14	1	Right Pedal Arm
15	1	Left Pedal
16	1	Left Pedal Arm
17	1	Right Upright Cover
18	1	Right Front Arm Cover
19	1	Right Rear Arm Cover
20	1	Left Front Arm Cover
21	1	Left Rear Arm Cover
22	1	Water Bottle Holder
23	2	Front Stabilizer Cap
24	2	Rear Stabilizer Cap
25	2	Wheel
26	1	Base Foot
27	2	Leveling Foot
28	1	Right Shield
29	1	Left Shield
30	6	Upper Body Bushing
31	4	Pedal Arm Cover
32	2	Pedal Arm Axle
33	4	Pedal Arm Bushing
34	1	Base Axle
35	2	Base Bushing
36	2	Crank Arm
37	2	Inner Crank Cover
38	1	Crank Hub
39	1	Left Upright Cover
40	1	Pulley
41	2	Crank Bushing Cover
42	4	Crank Bushing
43	2	Crank Bushing Sleeve
44	2	Crank Bearing
45	1	Crank
46	1	Crank Spacer
47	2	Crank Snap Ring
48	1	Upper Wire Harness
49	1	Lower Wire Harness
50	1	Reed Switch/Wire
51	1	Drive Belt
52	1	Flywheel
53	1	C-magnet
54	1	Pillow Block
55	2	Magnet
56	1	Spring
57	1	Idler
58	1	Idler Bracket
59	1	Clamp
60	1	Power Adapter
61	1	Base Pin
62	2	Latch Bracket Spacer
63	2	Hairpin Cotter Pin
64	1	Latch Bracket
65	1	Pivot Bracket
66	2	Pivot Bracket Spacer
67	1	Frame Pin
68	1	Latch Button
69	1	Roll Pin
70	1	Resistance Motor
71	1	Resistance Cable Pulley
72	1	Resistance Cable Set
73	2	Foam Grip
74	1	Pivot Axle
75	2	Hub Cover
76	2	Outer Crank Cover
77	2	Flywheel Bracket
78	4	M8 x 41mm Bolt
79	9	M8 Jam Nut
80	1	M8 x 69mm Bolt
81	4	M10 Locknut
82	2	M10 x 80mm Carriage Bolt
83	2	M10 x 127mm Screw
84	6	M8 x 23mm Screw
85	1	M6 x 10mm Screw
86	1	Crank Screw
87	8	Hub Screw
88	10	M8 Washer
89	2	M10 x 60mm Screw
90	3	M8 Split Washer
91	1	Flywheel Spacer
92	1	Flywheel Washer
93	1	Flywheel Snap Ring
94	4	Pillow Block Screw
95	1	Stop Screw
96	1	M8 x 35mm Screw
97	1	E-clip
98	4	Pulley Screw
99	2	Crank Washer
100	2	M4 x 25mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	6	M4 x 16mm Round Head Screw	114	1	M6 Nut
102	8	#10 Washer	115	4	M8 x 23mm Shoulder Screw
103	32	M4 x 16mm Screw	116	2	M8 x 80mm Bolt
104	4	#10 x 13mm Screw	117	2	Pulse Grip
105	6	M4 x 32mm Round Head Screw	118	2	Pulse Wire
106	2	M8 x 31mm Shoulder Screw	119	1	Right Handlebar
107	4	M4 x 12mm Screw	120	1	Left Handlebar
108	4	#10 x 51mm Screw	121	1	Tablet Holder
109	2	Large Wave Washer	122	4	M4 Washer
110	2	M8 Small Washer	*	–	User's Manual
111	2	Wave Washer	*	–	Assembly Tool
112	4	#8 x 16mm Screw	*	–	Grease Packet
113	1	M10 Washer			

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

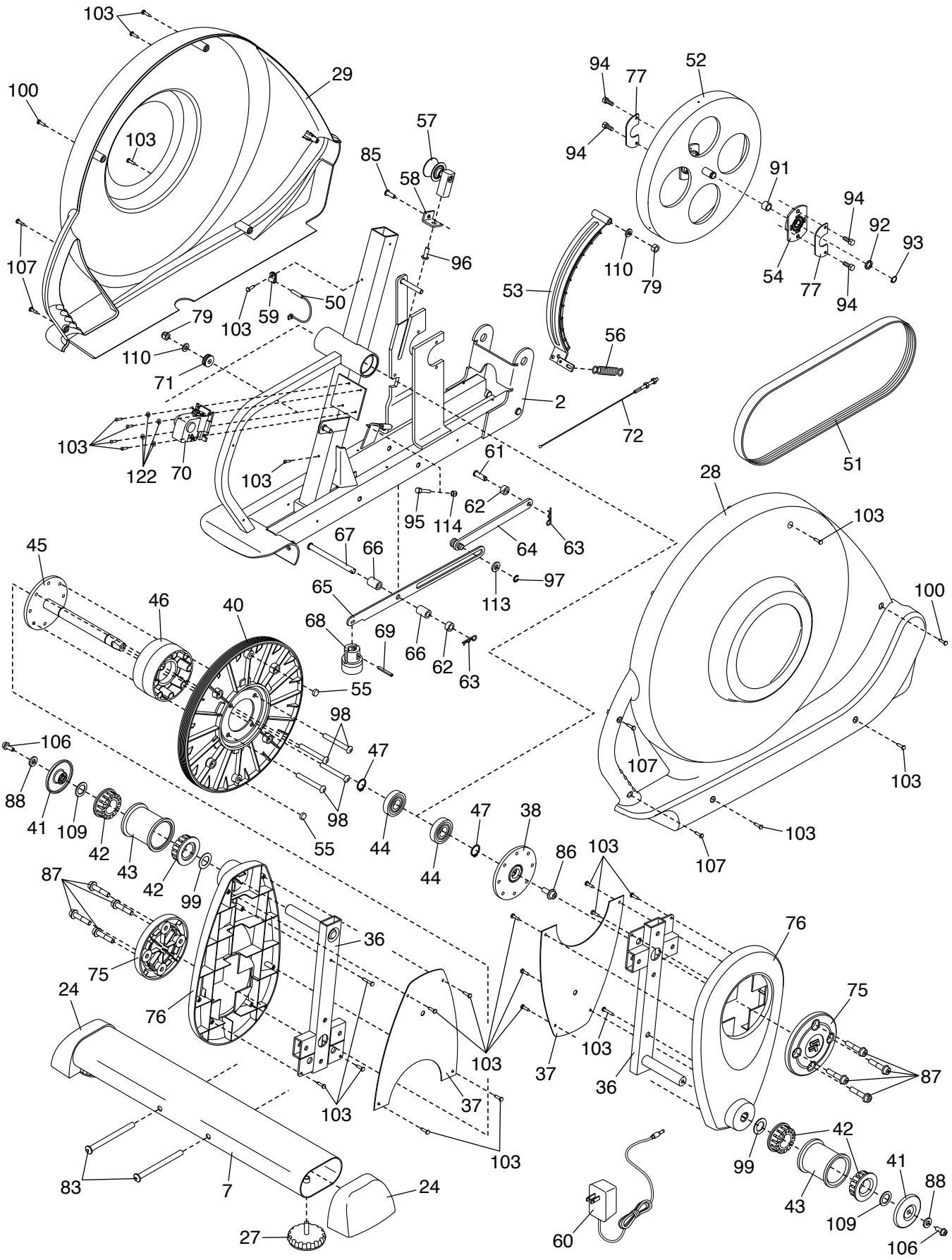
EXPLODED DRAWING A

Model No. PFEL04915.0 R0617A



EXPLODED DRAWING B

Model No. PFEL04915.0 R0617A



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. 394357 R0617A

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