

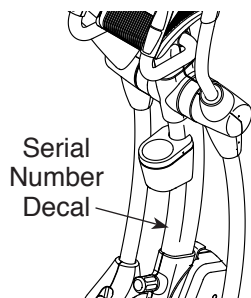
PRO-FORM[®]

SMART STRIDER 495 CSE

Model No. PFEVEL60717.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: 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

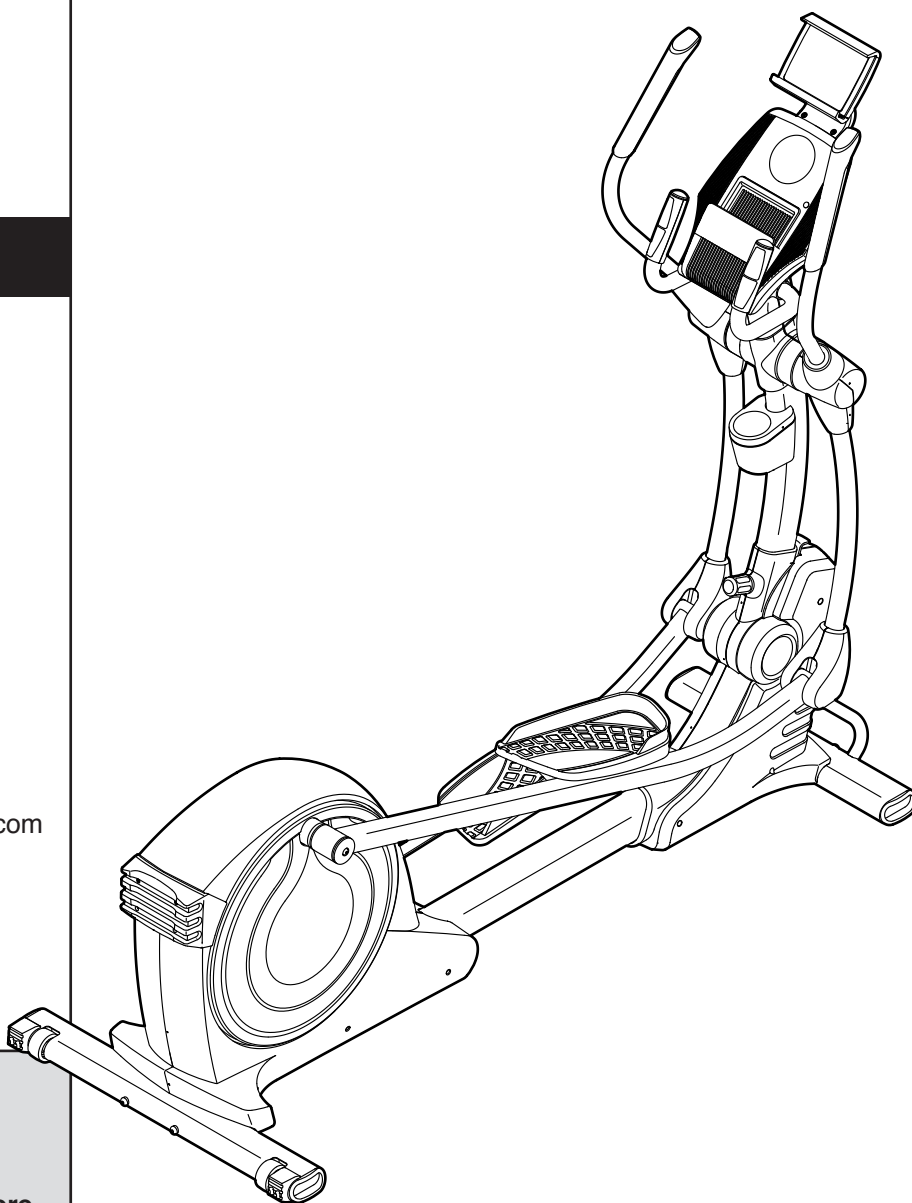
Write:

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.

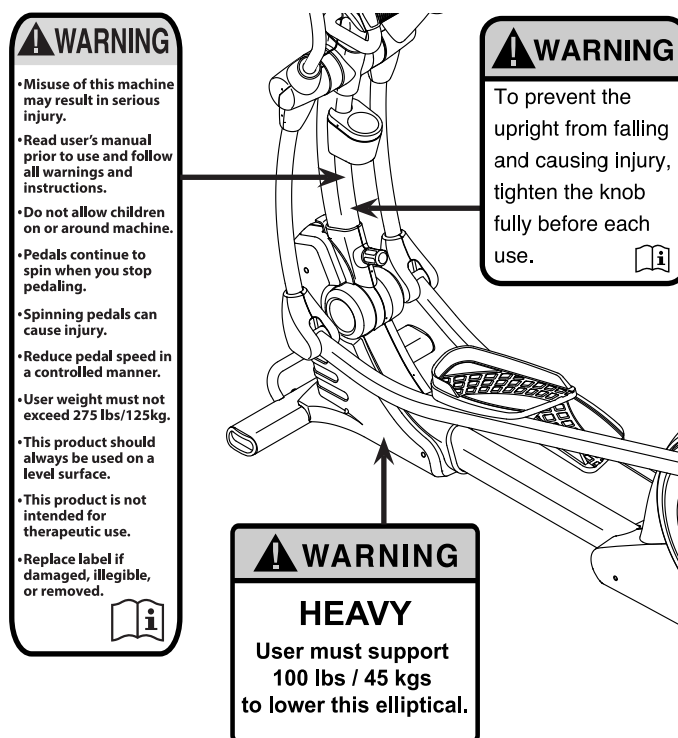
iconeurope.com

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WARNING DECAL PLACEMENT

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



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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 275 lbs. (125 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.

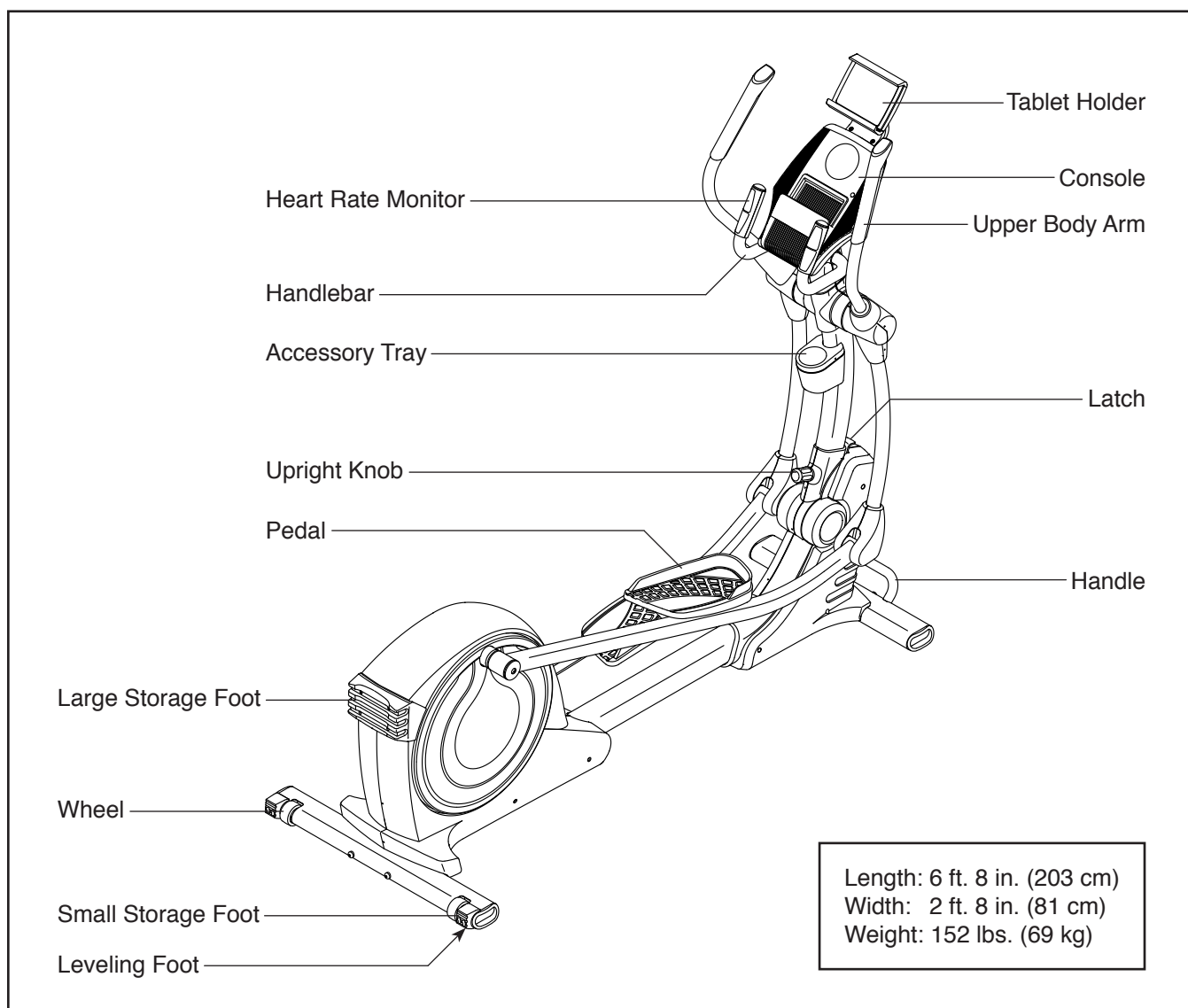
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® SMART STRIDER 495 CSE elliptical. The SMART STRIDER 495 CSE elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

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

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

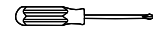


ASSEMBLY

- 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.

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

one Phillips screwdriver



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.

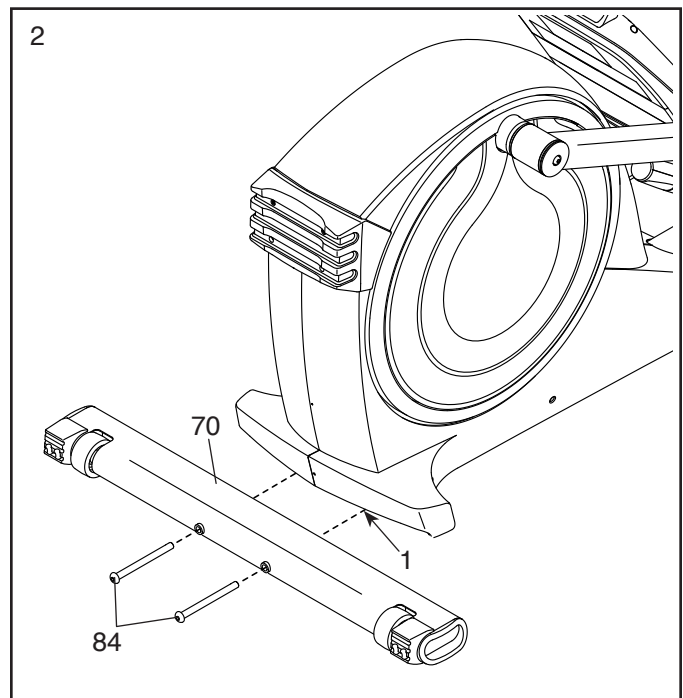
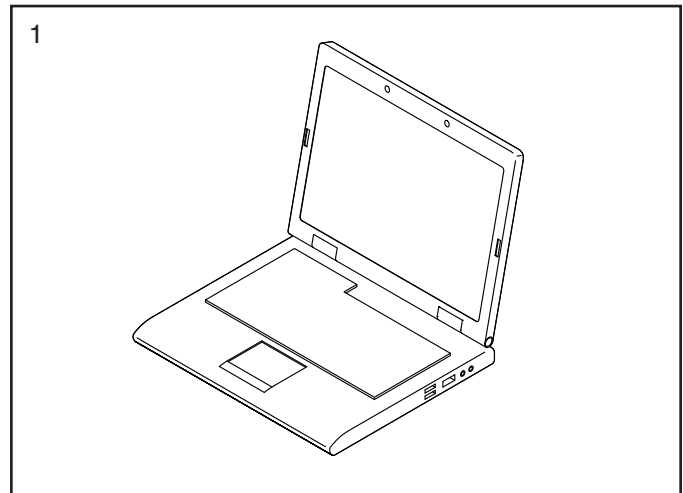
- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. If necessary, remove and discard the shipping supports and the shipping screws attached to the rear of the Frame (1).

With the help of another person, place some packing inserts from the packing material under the rear of the Frame (1) so that the Frame is lifted off the floor. **Have another person hold the elliptical to prevent it from moving from side to side until this step is completed.**

Orient the Rear Stabilizer (70) as shown. Attach the Rear Stabilizer to the Frame (1) with two M10 x 120mm Screws (84).

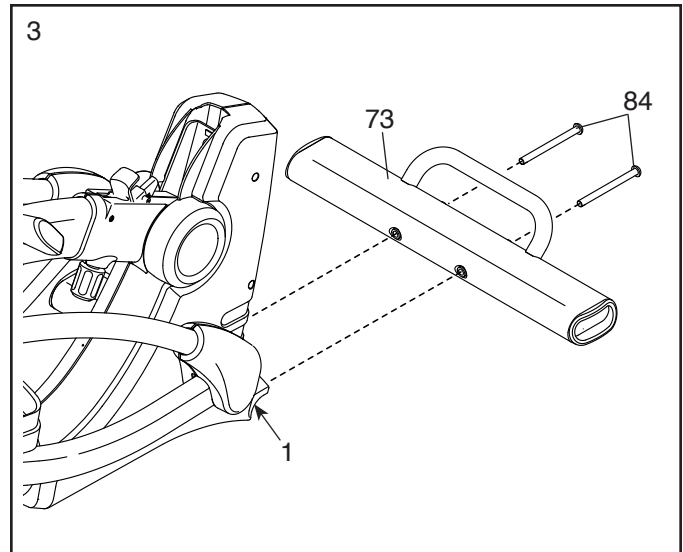
Then, remove the packing inserts and lower the Rear Stabilizer (70).



3. If necessary, remove and discard the shipping supports and the shipping screws attached to the front of the Frame (1).

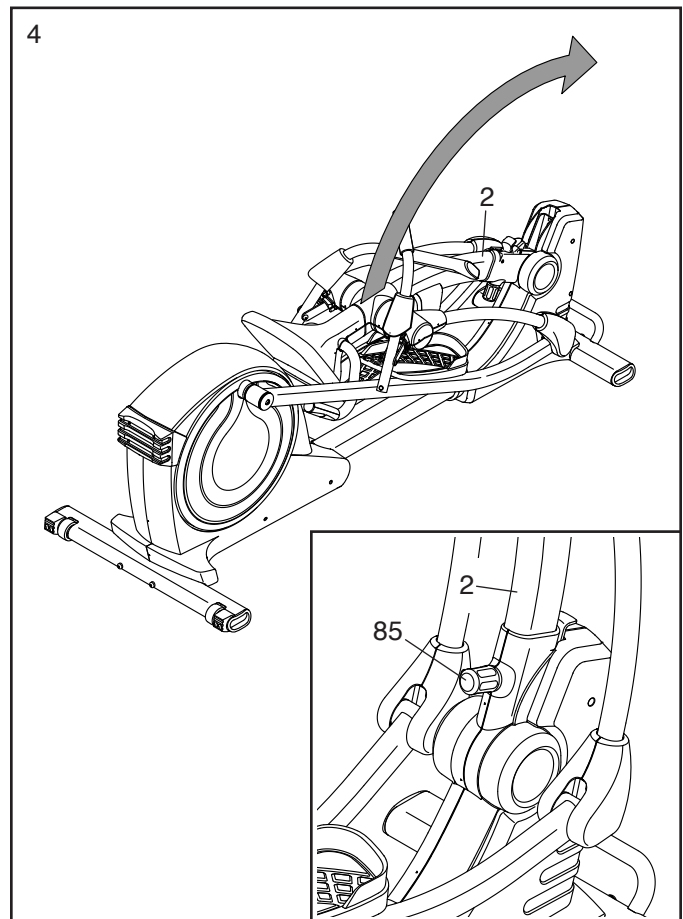
With the help of another person, place some packing inserts from the packing material under the Frame (1) so that the Frame is lifted off the floor.

Attach the Front Stabilizer (73) to the Frame (1) with two M10 x 120mm Screws (84). Then, remove the packing inserts and lower the Front Stabilizer.



4. With the help of a second person, lift the Upright (2) upward into the upright position.

See the inset drawing. Tighten the Upright Knob (85) into the Upright (2).



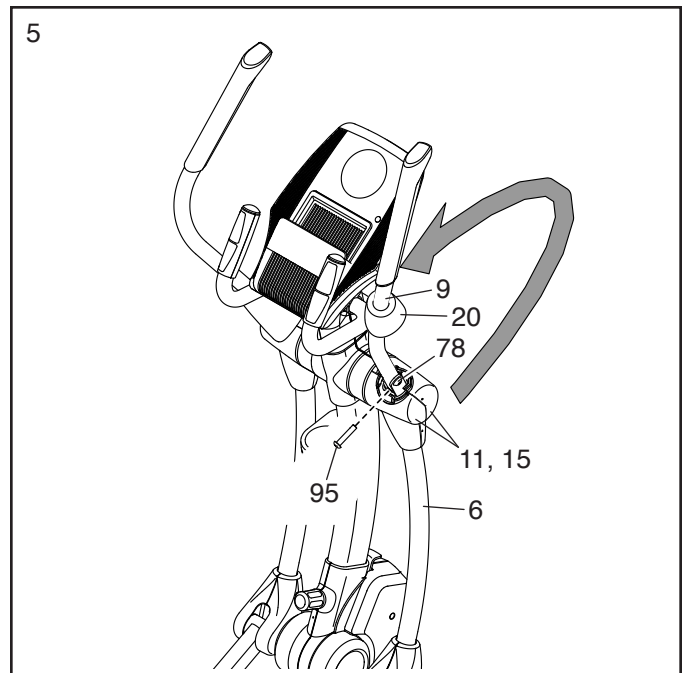
5. Rotate the Right Upper Body Arm (9) to the upright position.

Attach the Right Upper Body Arm (9) to the Right Upper Body Leg (6) with an M10 x 50mm Screw (95).

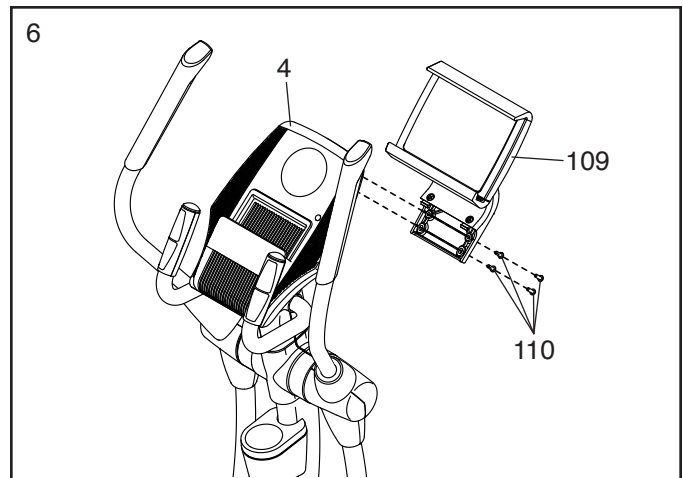
IMPORTANT: Tighten the indicated M10 x 45mm Screw (78).

Press the Upper Body Arm Cover (20) downward and turn it so that it is flush with the Right Leg Front and Rear Covers (11, 15).

Repeat this step on the other side of the elliptical.

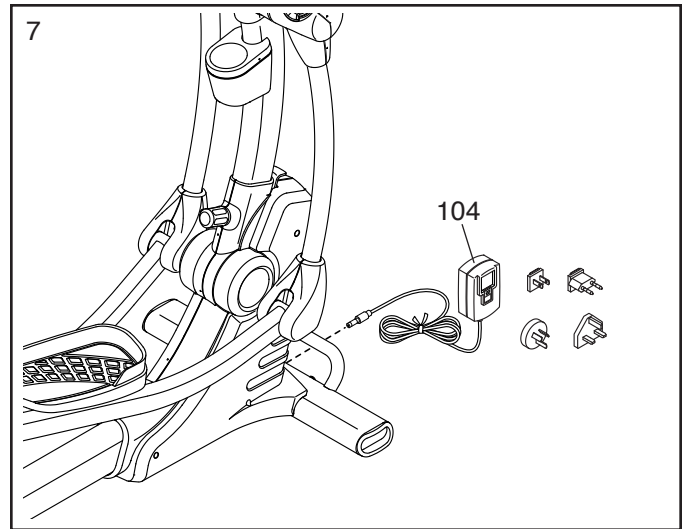


6. Attach the Tablet Holder (109) to the Console (4) with four Tablet Holder Screws (110); **start all the Screws, and then tighten them.**



7. Plug the Power Adapter (104) into the receptacle on the frame of the elliptical.

Note: To plug the Power Adapter (104) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 9.



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

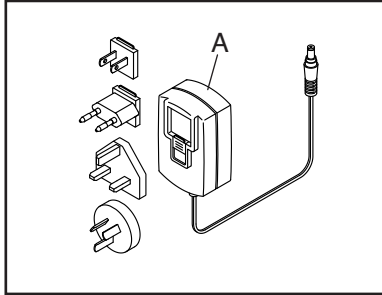
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug 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 frame of the exercise bike. Insert the appropriate plug adapter into the power adapter if necessary.

Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

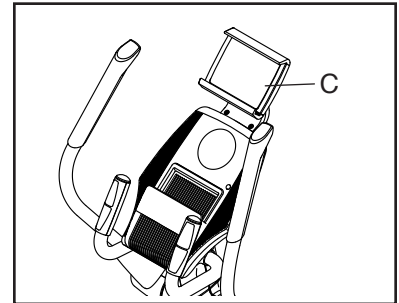


HOW TO USE THE TABLET HOLDER

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

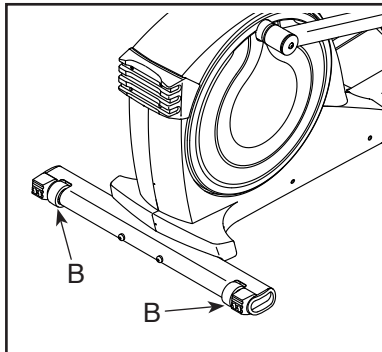
To insert a tablet into the tablet holder (C), set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.**

Rotate the tablet holder to the desired angle. Reverse these actions to remove the tablet from the tablet holder.



HOW TO LEVEL THE ELLIPTICAL

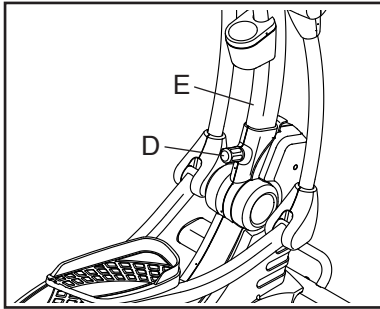
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet (B) beneath the rear stabilizer until the rocking motion is eliminated.



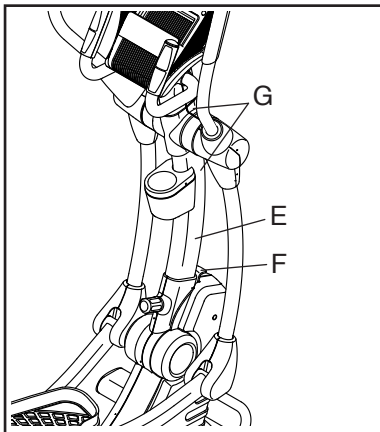
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons.

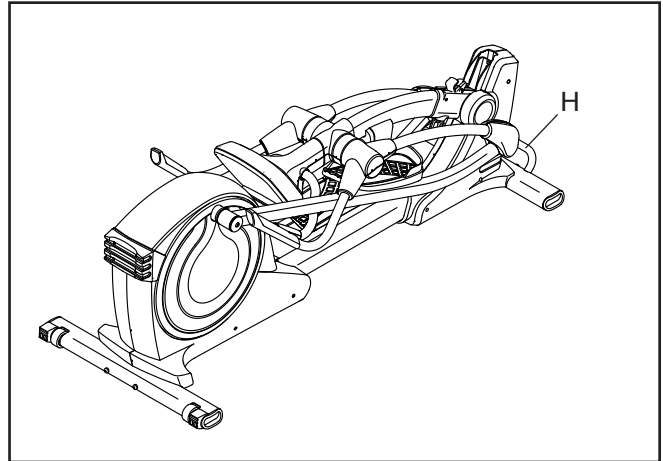
First, loosen the upright knob (D) and pull it, pull the upright (E) backward until the latch locks into place, and then release the upright knob.



Next, pull the upright (E) forward slightly, lift the latch (F), and then lower the upright to the folded position. **Hold the upright in one of the indicated locations (G) while you lower the upright; do not hold the upper body arms.**



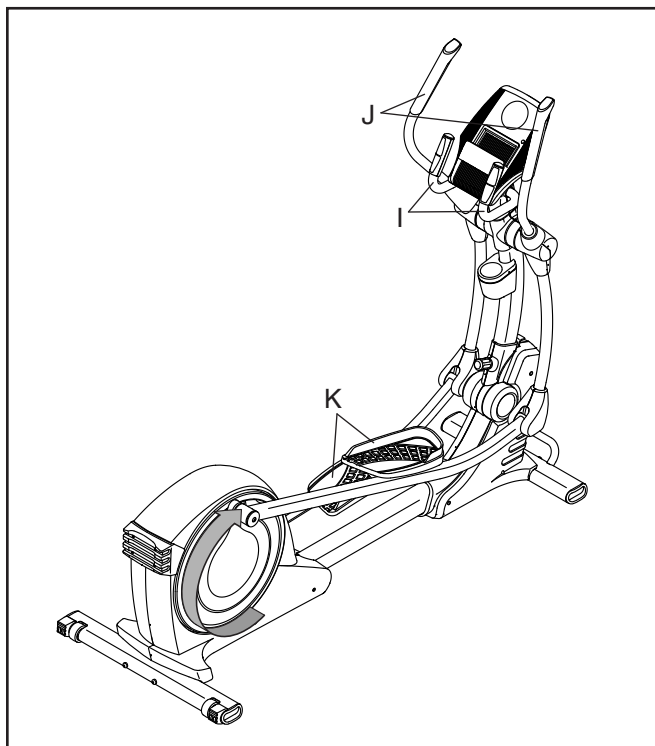
Then, lift the handle on the front stabilizer until the elliptical will roll on the wheels (H). Carefully move the elliptical to the desired location, and then lower it to the floor.



When you are finished moving the elliptical, lift the upright to the upright position and tighten the upright knob.

HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars (I) or the upper body arms (J) and step onto the pedal (K) that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**



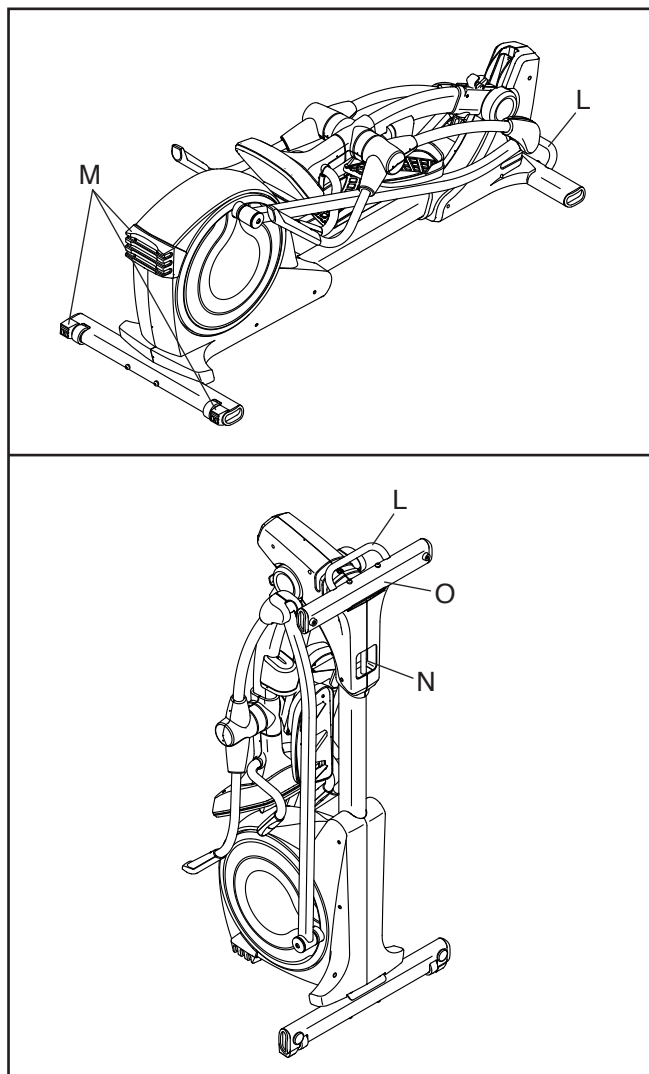
To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO STORE THE ELLIPTICAL

Due to the size and weight of the elliptical, storing it requires two persons. **CAUTION: You must be able to safely lift 100 lbs. (45 kg) to lift, store, and lower the elliptical.**

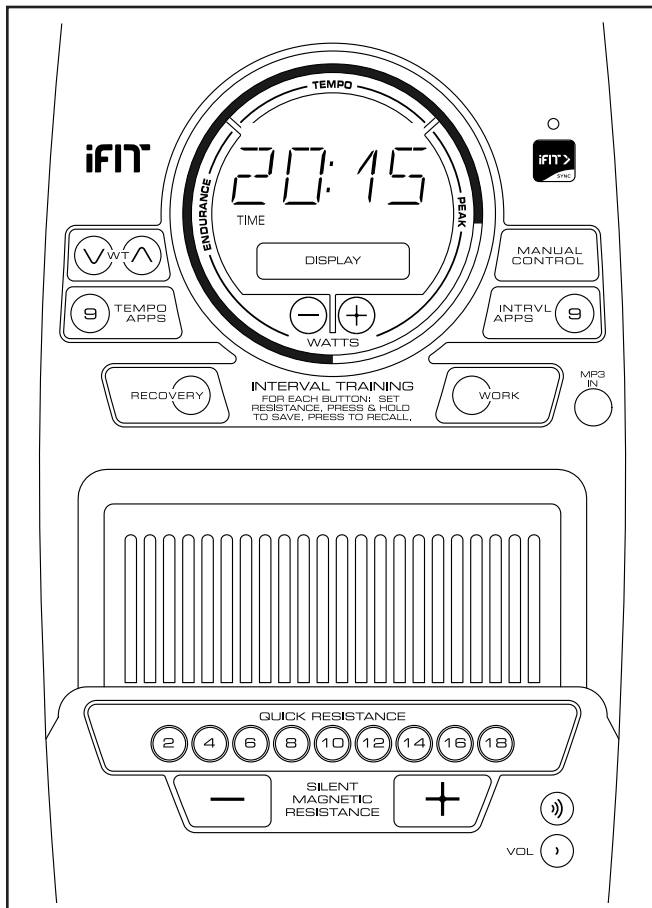
See HOW TO MOVE THE ELLIPTICAL on page 10 and lower the upright to the folded position.

Then, lift the handle (L) on the front stabilizer and tip the frame upright until the elliptical rests on the small and large storage feet (M).



To lower the elliptical for use, first hold the handle (N) on the frame with one hand and hold the front stabilizer (O) with your other hand. Next, pull the frame towards you and lower the frame until you can reach the handle (L) on the front stabilizer. Then, hold the handle on the front stabilizer with both hands and finish lowering the elliptical to the floor.

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.

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

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 17 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 offers a selection of onboard workouts. Each onboard workout automatically changes the resistance of the pedals and prompts you to maintain a target power output as it guides you through an effective workout.

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

To use the manual mode, see page 13. **To use an onboard workout**, see page 16.

To use the sound system, see page 17. **To connect your tablet to the console**, see page 17. **To connect your heart rate monitor to the console**, see page 18. **To use the settings mode**, see page 18.

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

HOW TO USE THE MANUAL MODE

1. Turn on the console.

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

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

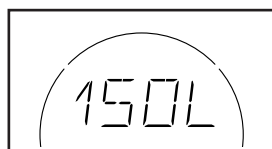
2. Select the manual mode.

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 Control button.

3. Enter your weight.

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

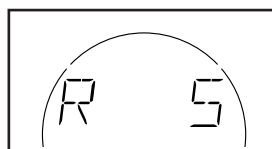


Note: The console will use your weight to calculate your approximate power output and calories burned. If you do not enter your weight, the console will use a default value to calculate your power output and calories burned.

4. Change the resistance of the pedals as desired.

Begin pedaling to start the manual mode.

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



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

5. Do interval training, if desired.

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

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

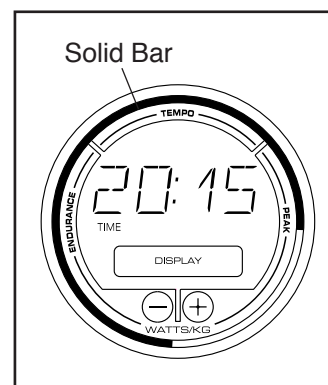
To create a work interval, first adjust the resistance of the pedals to the desired level. Then, press and hold the Work button until two tones sound to save the interval setting.

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

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

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

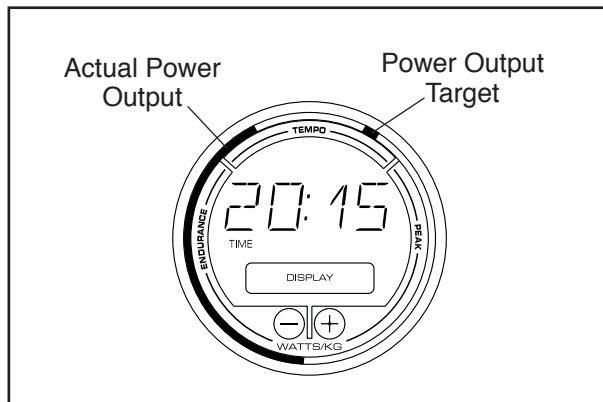
The power ring will provide a visual representation of your power output in watts per kilogram of body weight. As your power output increases or decreases, a solid bar will appear or disappear in the power ring.



To set a power output target, press the Watts increase and decrease buttons until the desired power output target appears in the display.

Note: After you set a power output target, the resistance level will automatically adjust to a preset level. You can manually override the preset level at any time.

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



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

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

During an onboard workout, the power ring will show the preset power output target for each segment of the workout (see step 4 on page 16).

7. Follow your progress with the display.

The display can show the following workout information:

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

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

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

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

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

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

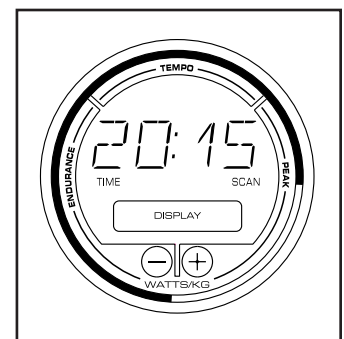
Speed—Your pedaling speed in miles or kilometers per hour.

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

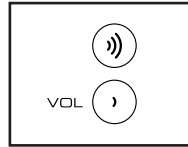
Watts—Your power output in watts.

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

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



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



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

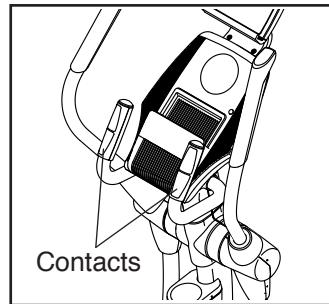
Note: The console can show weight, pedaling speed, and distance in standard or metric units of measurement. To change the unit of measurement, see THE SETTINGS MODE on page 18.

8. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (**see page 17 for information about the optional chest heart rate monitor**). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

Note: If you use both heart rate monitors at the same time, the BLUETOOTH Smart heart rate monitor will have priority.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor



with your palms resting against the contacts. Avoid moving your hands or gripping the contacts tightly.

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

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

9. 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 the display will pause.

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

HOW TO USE AN ONBOARD WORKOUT

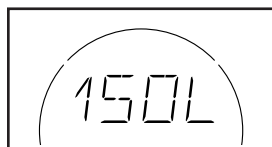
1. Turn on the console.

Begin pedaling or press any button on the console 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. Enter your weight.

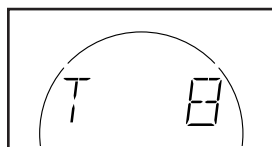
Press the Wt increase and decrease buttons to enter your weight.



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

3. Select an onboard workout.

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



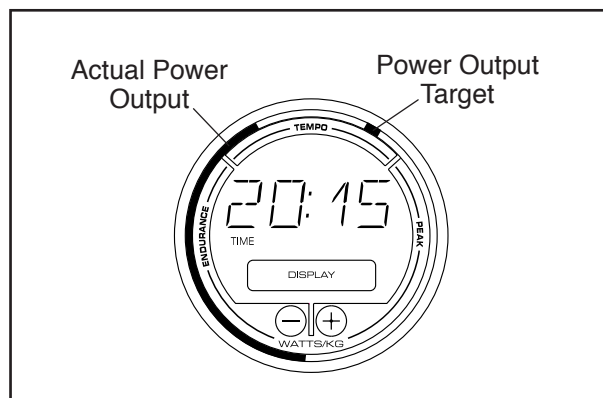
4. Start the workout.

Begin pedaling to start the workout.

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

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

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



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

IMPORTANT: The power output target is intended only to provide motivation. Make sure to pedal at a speed 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.

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

5. Follow your progress with the display.

See step 7 on page 14.

6. Measure your heart rate if desired.

See step 8 on page 15.

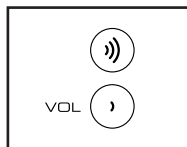
7. When you are finished exercising, the console will turn off automatically.

See step 9 on page 15.

HOW TO USE THE SOUND SYSTEM

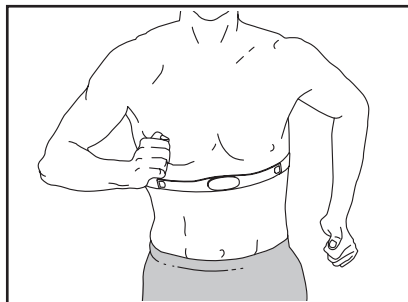
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable,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

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



THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all BLUETOOTH Smart heart rate monitors.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

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

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

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

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

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

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 18.

3. Connect your tablet to the console.

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

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

4. Record and track your workout information.

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

5. Disconnect your tablet from the console if desired.

To disconnect your tablet from the console, first select the disconnect option in the iFit Bluetooth Tablet app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

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

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all BLUETOOTH Smart heart rate monitors.

To connect your BLUETOOTH Smart heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

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

To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

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

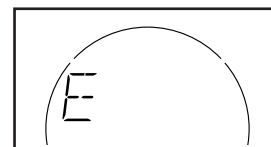
THE SETTINGS MODE

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

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

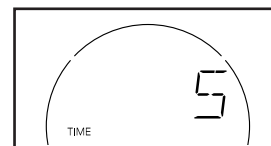
The display will alternate showing the console version number and the unit of measurement.

The console can show weight, pedaling speed, and distance in standard or metric units of measurement. An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the Intrvl Apps button repeatedly.



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

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



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

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

CONSOLE TROUBLESHOOTING

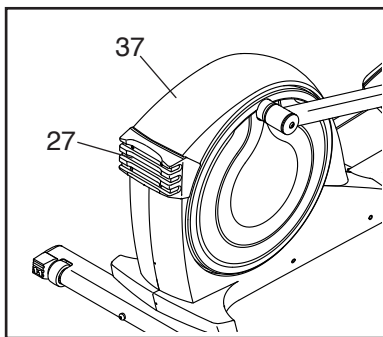
If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 8 on page 15.

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

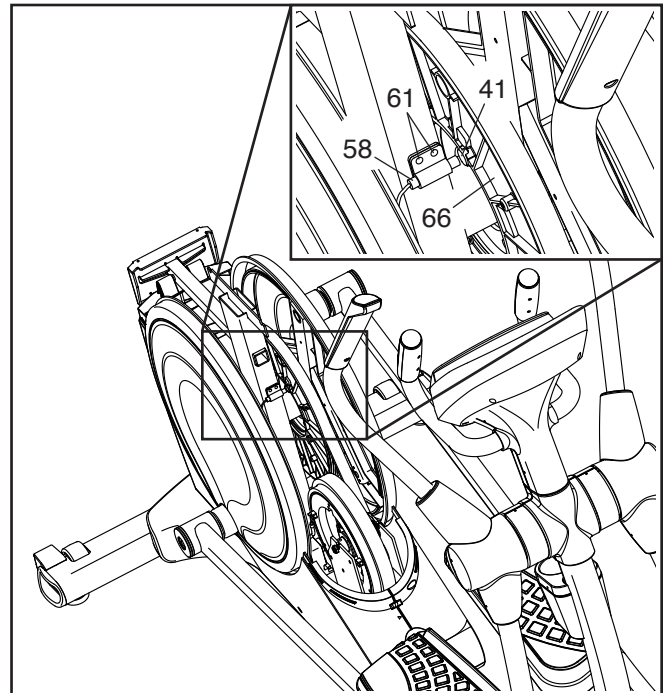
HOW TO ADJUST THE REED SWITCH

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

Remove the four M4 x 16mm Screws (not shown) from the Large Storage Foot (27), and then remove the Large Storage Foot. Remove the two M4 x 16mm Screws (not shown) from the Top Shield (37), and then use a standard screwdriver to pry the Top Shield upward off the elliptical.



Look into the access opening and locate the Reed Switch (58). Rotate the Pulley (66) until a Magnet (41) is aligned with the Reed Switch. Note: For clarity, the shields are shown removed in the drawing below.



Slightly loosen the two indicated M4 x 16mm Screws (61). Slide the Reed Switch (58) slightly toward or away from the Magnet (41). Then, retighten the M4 x 16mm Screws.

Plug in the power adapter and rotate the pulley for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, unplug the power adapter and reattach the parts that you removed. Then, plug in the power adapter.

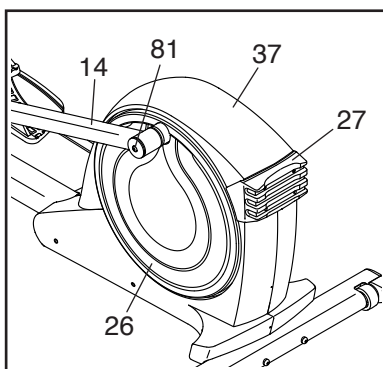
HOW TO ADJUST THE DRIVE BELT

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

See EXPLODED DRAWING B on page 26. First, remove the M4 x 16mm Screw (61) from the Left Leg Inner Cover (39). Then, remove the Left Leg Inner Cover and the Left Leg Outer Cover (92).

Next, remove the two M8 x 16mm Screws (76) and the two M8 Washers (33) from the Left Upper Body Leg (101) and the Left Pedal Arm (14).

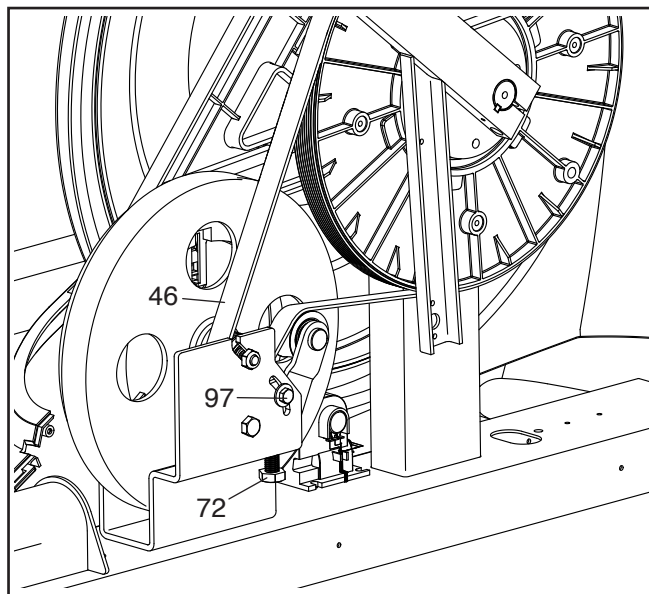
Then, remove the M8 x 14mm Shoulder Screw (81) from the Left Pedal Arm (14). Remove the Left Pedal Arm from the elliptical.



Remove the four M4 x 16mm Screws (not shown) from the Large Storage Foot (27), and then remove the Large Storage Foot. Remove the two M4 x 16mm Screws (not shown) from the Top Shield (37), and then use a standard screwdriver to pry the Top Shield upward off the elliptical. Then, pry the left Pedal Disc (26) off the elliptical.

See EXPLODED DRAWING C on page 27. Identify the Left and Right Shields (44, 45). Remove all of the M4 x 16mm Screws (61) and 3/16" x 1 3/8" Screws (64) from the Left and Right Shields. **Make sure to note which size Screws come from which holes.** Then, carefully remove the Left Shield.

Loosen the Idler Screw (97). Tighten the Idler Adjustment Screw (72) until the Drive Belt (46) is tight. When the Drive Belt is tight, retighten the Idler Screw.



When you are finished, reattach the parts that you removed. Then, plug in the power adapter.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

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

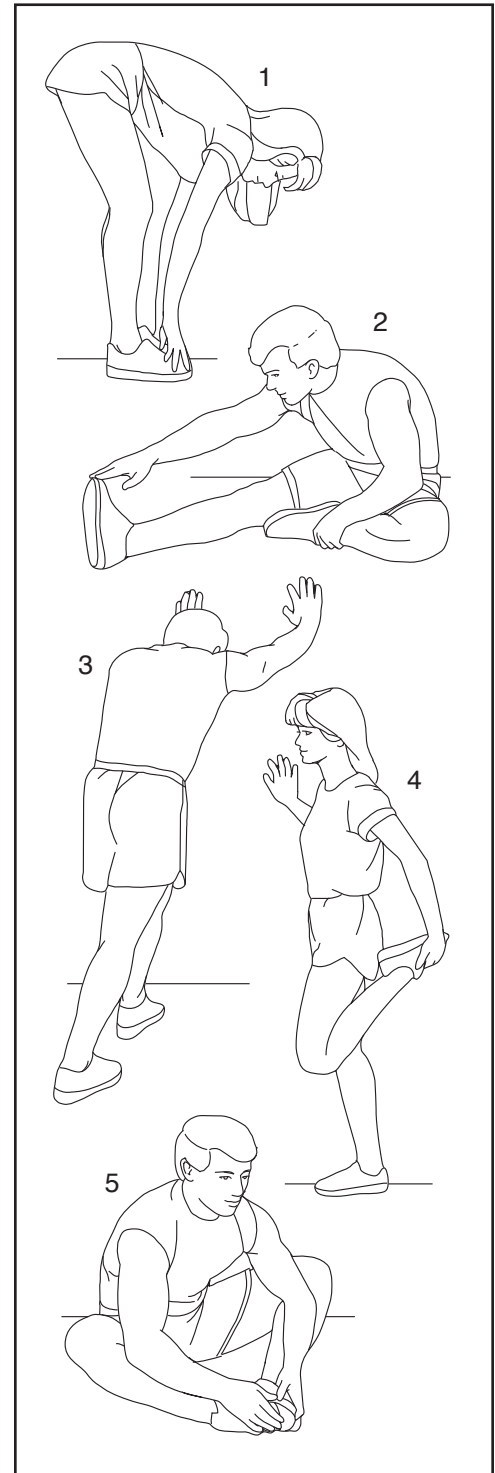
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFEVEL60717.0 R0517A

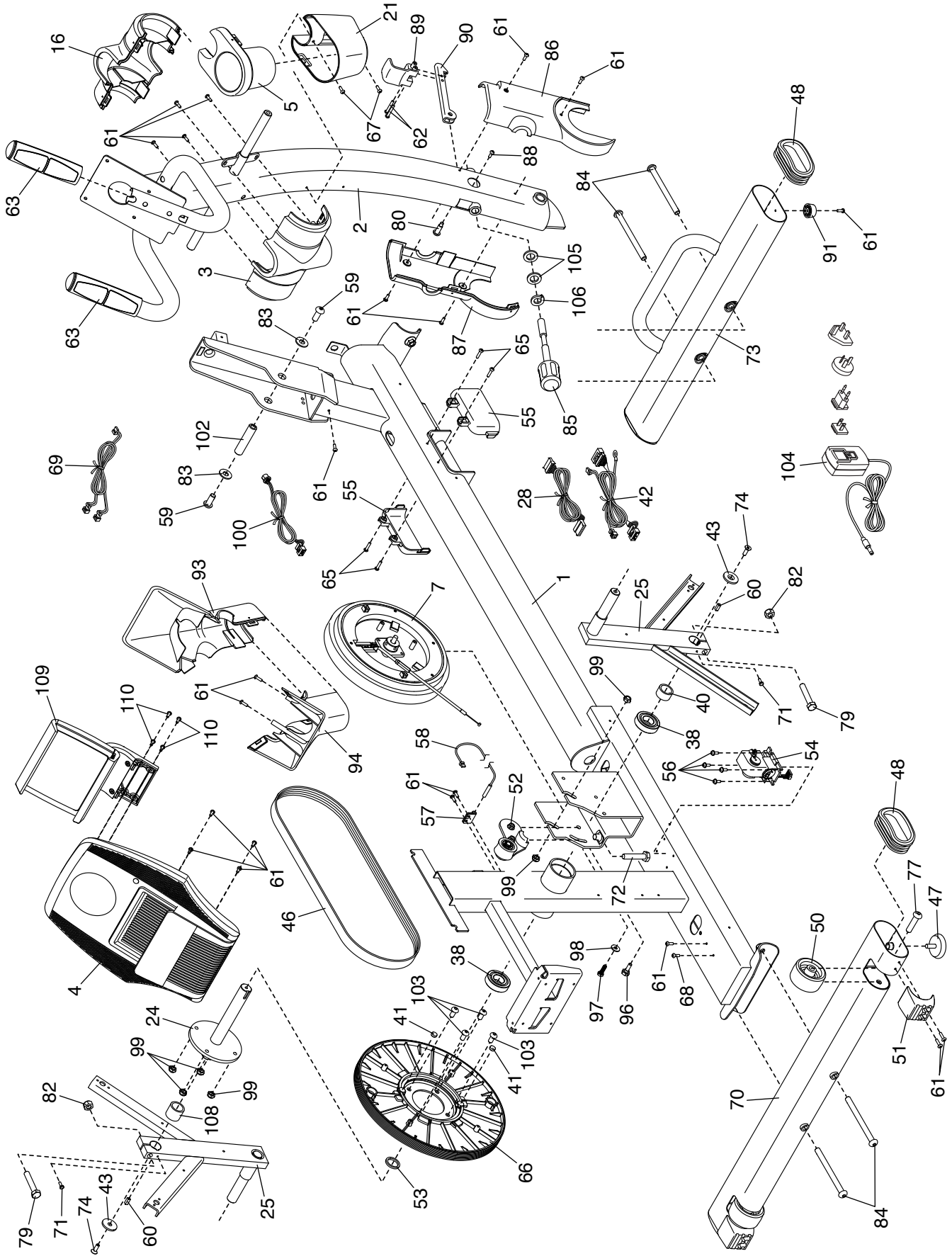
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	4	Stabilizer Cap
2	1	Upright	49	1	Right Pedal Arm
3	1	Rear Upright Cover	50	2	Wheel
4	1	Console	51	2	Small Storage Foot
5	1	Accessory Tray	52	1	Idler
6	1	Right Upper Body Leg	53	1	Small Spacer
7	1	Eddy Mechanism	54	1	Resistance Motor
8	1	Left Upper Body Arm	55	2	Handle Cover
9	1	Right Upper Body Arm	56	4	M4 x 12mm Washer Head Screw
10	2	Grip	57	1	Clamp
11	1	Right Leg Front Cover	58	1	Reed Switch/Wire
12	1	Left Pedal	59	2	M10 x 20mm Screw
13	1	Right Pedal	60	2	Key
14	1	Left Pedal Arm	61	48	M4 x 16mm Screw
15	1	Right Leg Rear Cover	62	2	M4 x 30mm Screw
16	1	Front Upright Cover	63	2	Pulse Grip
17	4	Pivot Bushing	64	6	3/16" x 1 3/8" Screw
18	1	Left Leg Front Cover	65	5	M4 x 19mm Screw
19	1	Left Leg Rear Cover	66	1	Pulley
20	2	Upper Body Arm Cover	67	2	M4 x 15mm Screw
21	1	Tray Housing	68	1	M4 x 16mm Ground Screw
22	1	Right Leg Outer Cover	69	1	Pulse Wire
23	4	Pedal Arm Bushing	70	1	Rear Stabilizer
24	1	Crank	71	2	M4 x 12mm Screw
25	2	Crank Arm	72	1	Idler Adjustment Screw
26	2	Pedal Disc	73	1	Front Stabilizer
27	1	Large Storage Foot	74	2	M6 x 12mm Flat Head Screw
28	1	Upright Wire	75	8	M6 x 12mm Screw
29	4	Pedal Arm Bearing	76	6	M8 x 16mm Screw
30	2	Pedal Arm Cap	77	2	M10 x 60mm Screw
31	2	Pedal Arm Axle	78	2	M10 x 45mm Screw
32	1	Right Leg Inner Cover	79	2	Crank Arm Bolt
33	8	M8 Washer	80	1	M6 x 25mm Shoulder Screw
34	1	Left Front Shield	81	2	M8 x 14mm Shoulder Screw
35	1	Right Front Shield	82	2	Crank Arm Nut
36	2	Crank Arm Cover	83	2	M10 Washer
37	1	Top Shield	84	4	M10 x 120mm Screw
38	2	Frame Bearing	85	1	Upright Knob
39	1	Left Leg Inner Cover	86	1	Right Upright Cover
40	1	Crank Arm Spacer A	87	1	Left Upright Cover
41	2	Magnet	88	1	M5 x 5mm Screw
42	1	Main Wire	89	1	Latch Release
43	2	Crank Arm Washer	90	1	Latch
44	1	Left Shield	91	2	Front Stabilizer Foot
45	1	Right Shield	92	1	Left Leg Outer Cover
46	1	Drive Belt	93	1	Front Console Cover
47	2	Leveling Foot	94	1	Rear Console Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
95	2	M10 x 50mm Screw	104	1	Power Adapter
96	1	Pivot Screw	105	2	M12 Washer
97	1	Idler Screw	106	1	M12 Split Washer
98	1	M6 Washer	107	6	3/16" x 3/4" Screw
99	6	M8 Locknut	108	1	Crank Arm Spacer B
100	1	Power Wire	109	1	Tablet Holder
101	1	Left Upper Body Leg	110	4	Tablet Holder Screw
102	1	Upright Axle	*	—	User's Manual
103	4	M8 x 20mm Bolt	*	—	Assembly Tool

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.

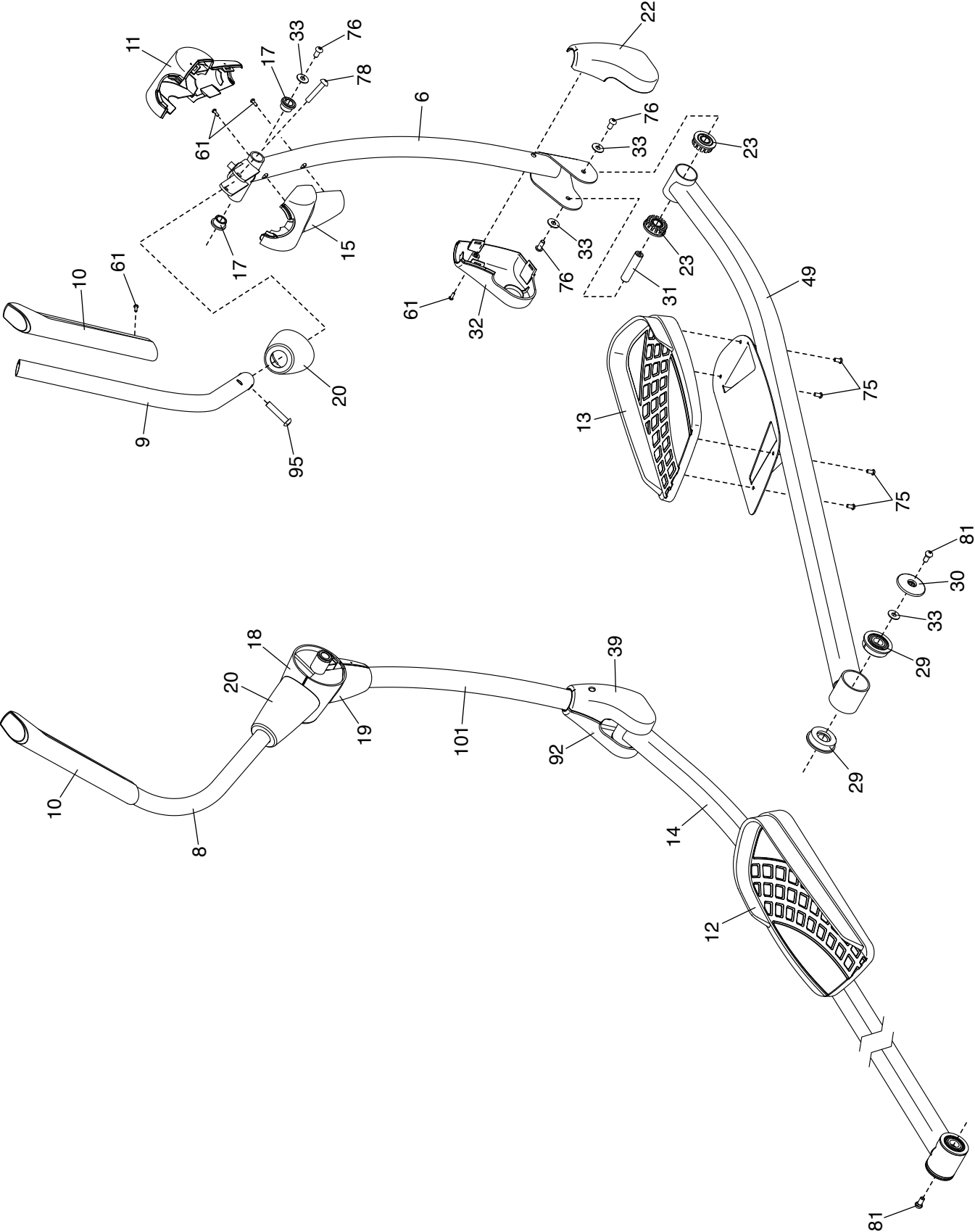
EXPLODED DRAWING A

Model No. PFEVEL60717.0 R0517A



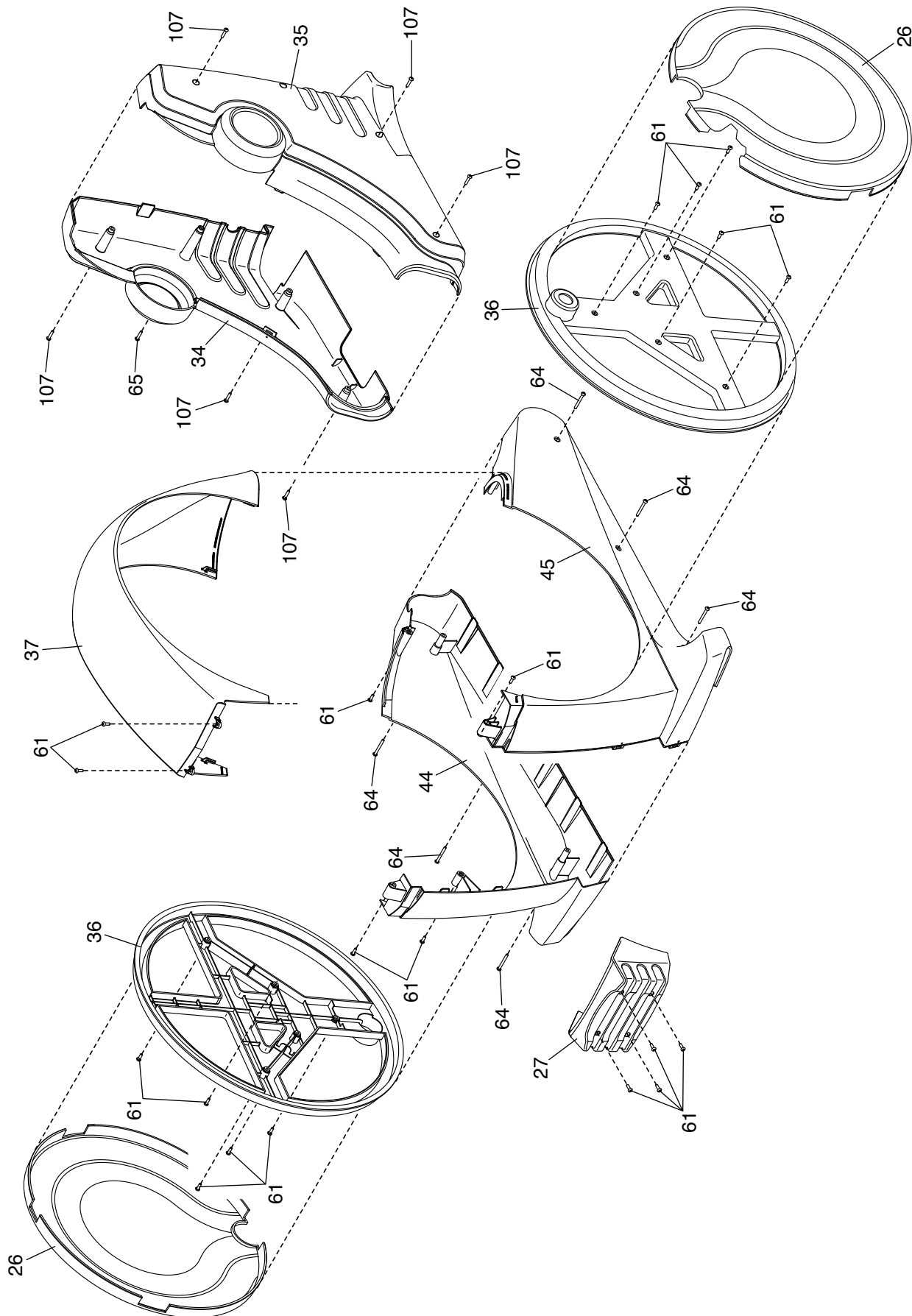
EXPLODED DRAWING B

Model No. PFEVEL60717.0 R0517A



EXPLODED DRAWING C

Model No. PFEVEL60717.0 R0517A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please 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.

