

# PRO-FORM<sup>®</sup>

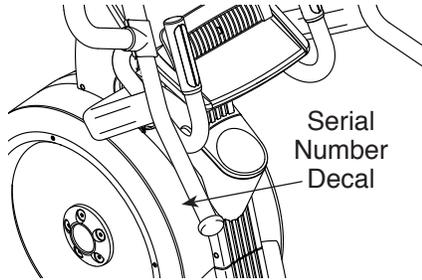
# CARDIOHIIT

T R A I N E R

Model No. PFEVEL71216.1

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: [www.iconsupport.eu](http://www.iconsupport.eu)

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

#### Write:

ICON Health & Fitness, Ltd.

Unit 1D, The Gateway

Fryers Way, Silkwood Park

OSSETT

WF5 9TJ

UNITED KINGDOM

#### AUSTRALIA

Call: 1800 993 770

E-mail: [australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)

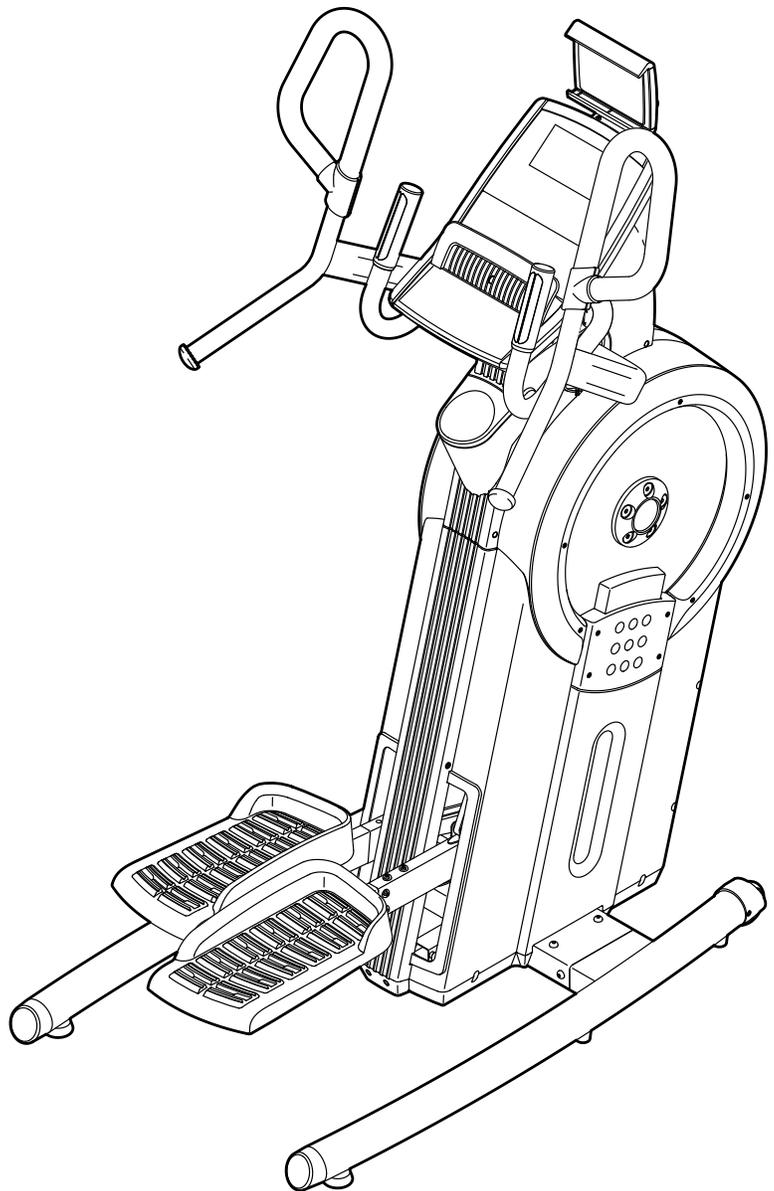
#### Write:

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.

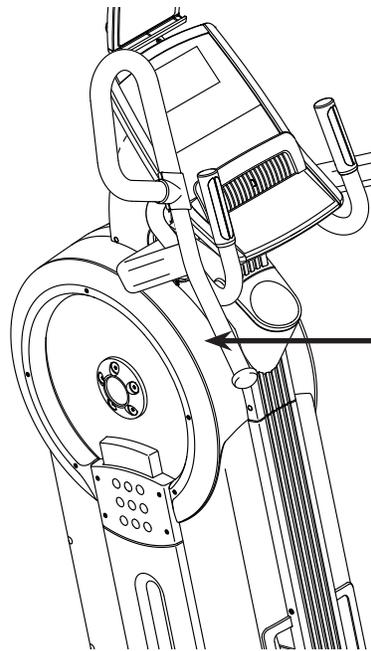
[www.iconsupport.eu](http://www.iconsupport.eu)

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
PART IDENTIFICATION CHART .....	5
ASSEMBLY .....	6
HOW TO USE THE TRAINER .....	13
MAINTENANCE AND TROUBLESHOOTING .....	22
EXERCISE GUIDELINES .....	24
PART LIST .....	28
EXPLODED DRAWING .....	30
ORDERING REPLACEMENT PARTS .....	Back Cover
RECYCLING INFORMATION .....	Back Cover

## WARNING DECAL PLACEMENT

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



**⚠ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 330 lbs / 150 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



PROFORM and IFIT are registered trademarks of ICON Health & Fitness, Inc. App Store is a trademark of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google Inc. The BLUETOOTH® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

---

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the trainer before using the trainer. 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 trainer 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 trainer 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 trainer by someone responsible for their safety.
4. Use the trainer only as described in this manual.
5. The trainer is intended for home use only. Do not use the trainer in a commercial, rental, or institutional setting.
6. Keep the trainer indoors, away from moisture and dust. Do not put the trainer in a garage or covered patio, or near water.
7. Place the trainer on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the trainer and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the trainer.
8. Inspect and properly tighten all parts each time the trainer is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the trainer at all times.
10. The trainer should not be used by persons weighing more than 330 lbs. (150 kg).
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the trainer. Always wear athletic shoes for foot protection while exercising.
12. Hold the handlebars or the upper body arms when mounting, dismounting, or using the trainer.
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 trainer 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 trainer; 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.

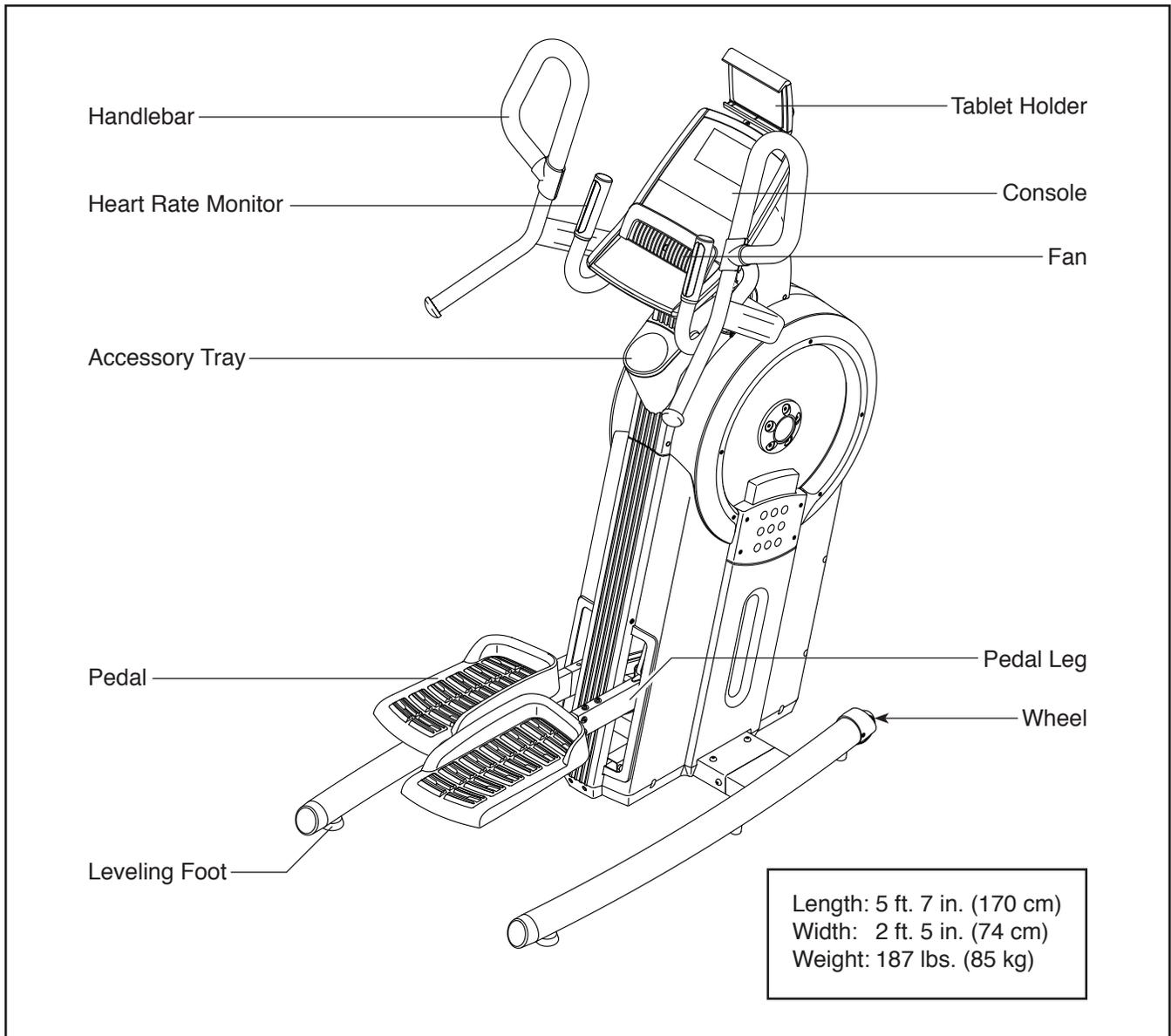
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® CARDIO HIIT TRAINER. The CARDIO HIIT TRAINER 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 trainer.** If you have questions after

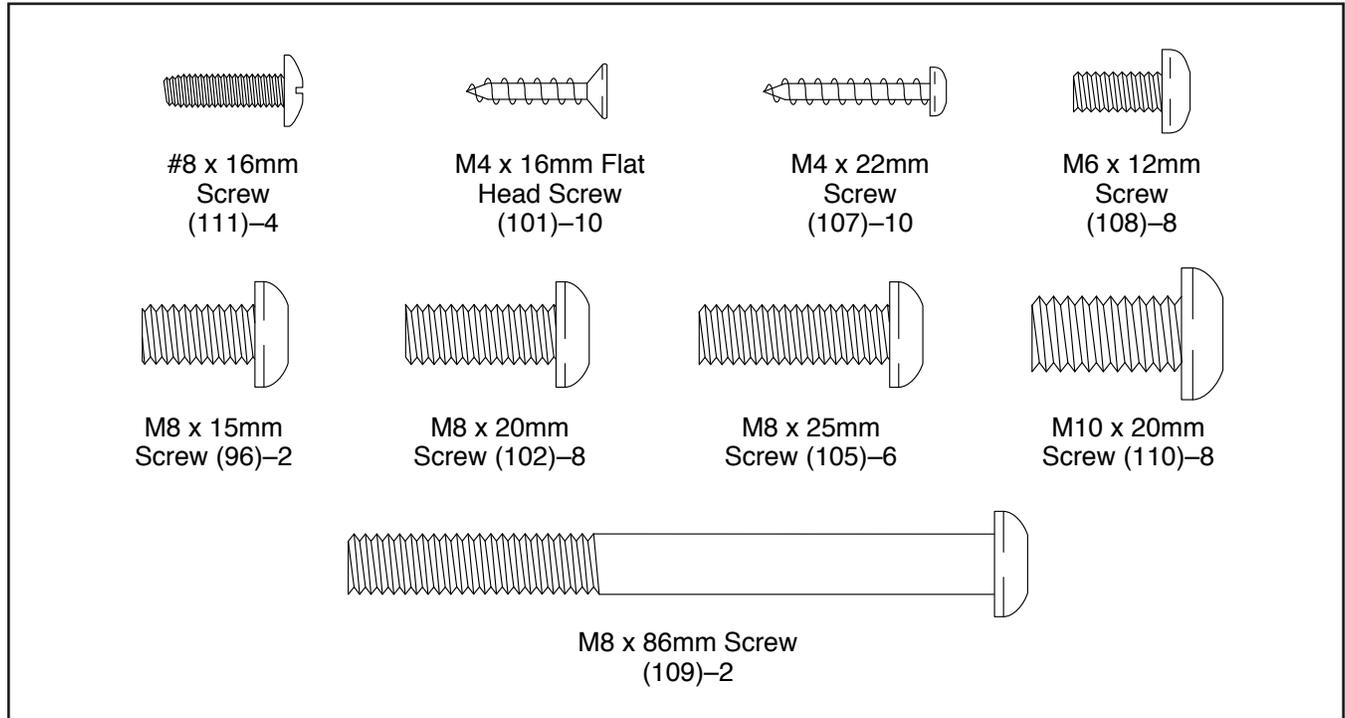
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

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

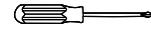


# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

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

one Phillips screwdriver

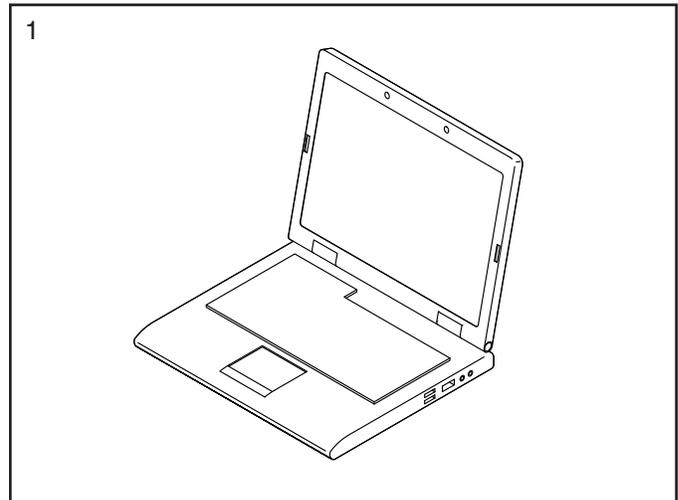


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to [www.iconsupport.eu](http://www.iconsupport.eu) on your computer and register your product.**

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

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



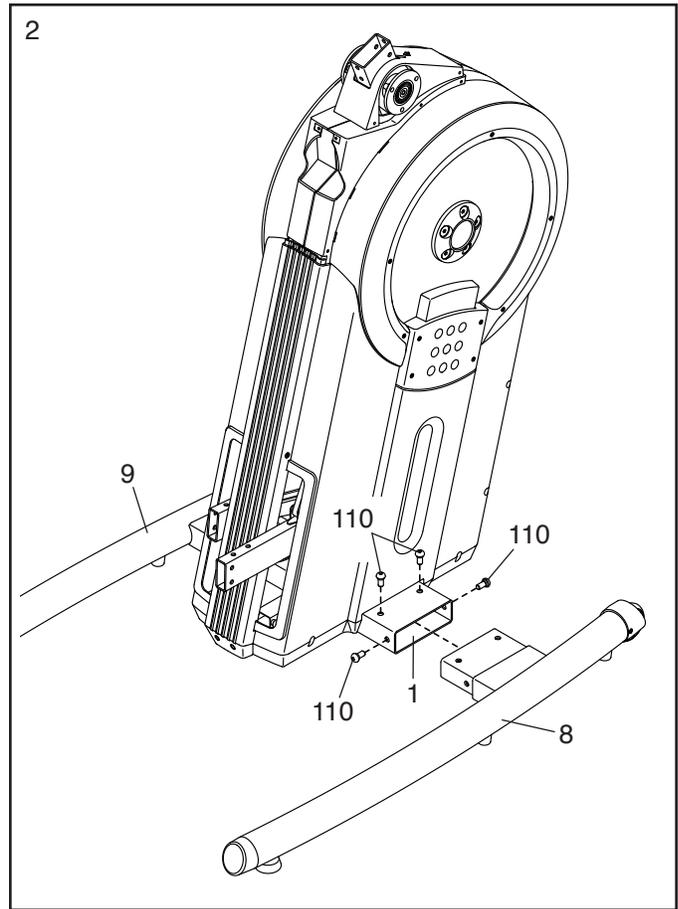
2. With the help of a second person, place some of the packing materials (not shown) under the right side of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Identify the Right and Left Stabilizers (8, 9) and orient them as shown.

Attach the Right Stabilizer (8) to the Frame (1) with four M10 x 20mm Screws (110); **start all the Screws, and then tighten them.**

Then, remove the packing materials from under the right side of the Frame (1).

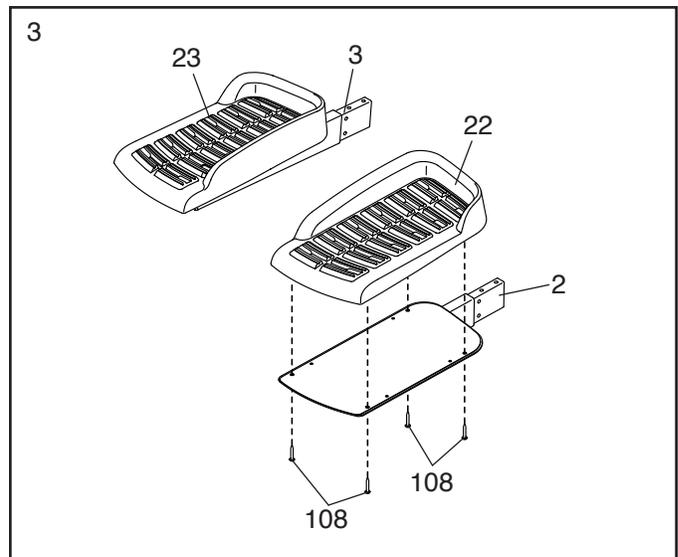
**Attach the Left Stabilizer (9) in the same way.**



3. Identify the Right and Left Pedal Bases (2, 3) and the Right and Left Pedals (22, 23), and orient them as shown.

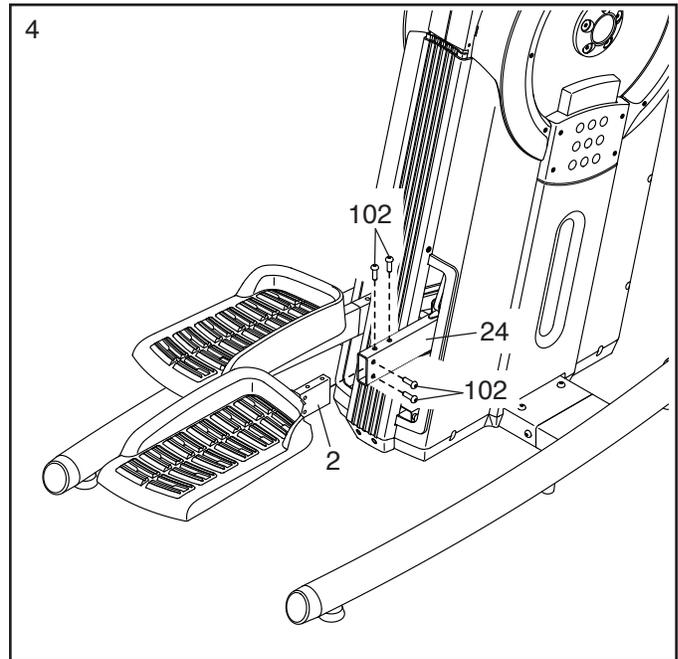
Attach the Right Pedal (22) to the Right Pedal Base (2) with four M6 x 12mm Screws (108); **start all the Screws, and then tighten them.**

**Attach the Left Pedal (23) to the Left Pedal Base (3) in the same way.**



- Attach the Right Pedal Base (2) to the Right Pedal Leg (24) with four M8 x 20mm Screws (102); **start all the Screws, and then tighten them.**

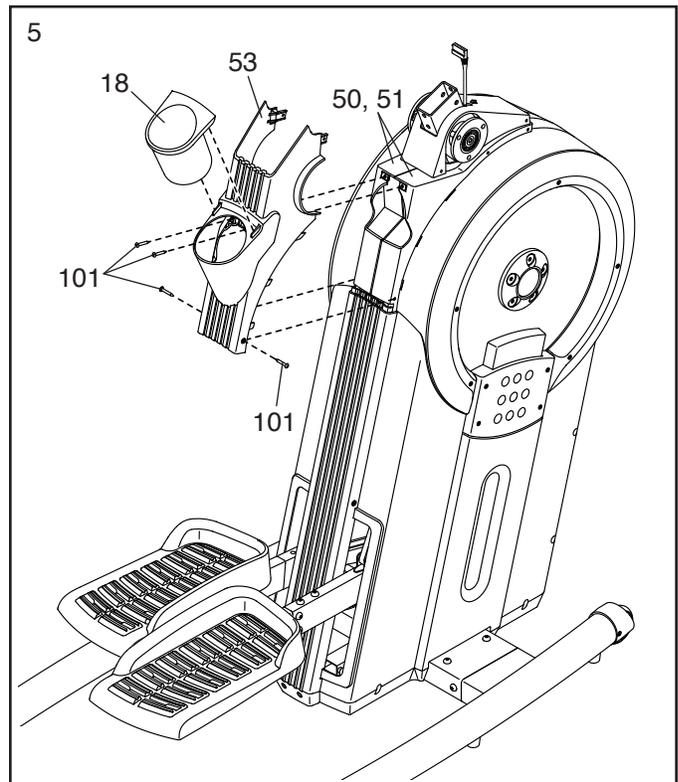
**Attach the Left Pedal Base (not shown) to the Left Pedal Leg (not shown) in the same way.**



- Press the Rear Cover (53) onto the Left and Right Shields (50, 51).

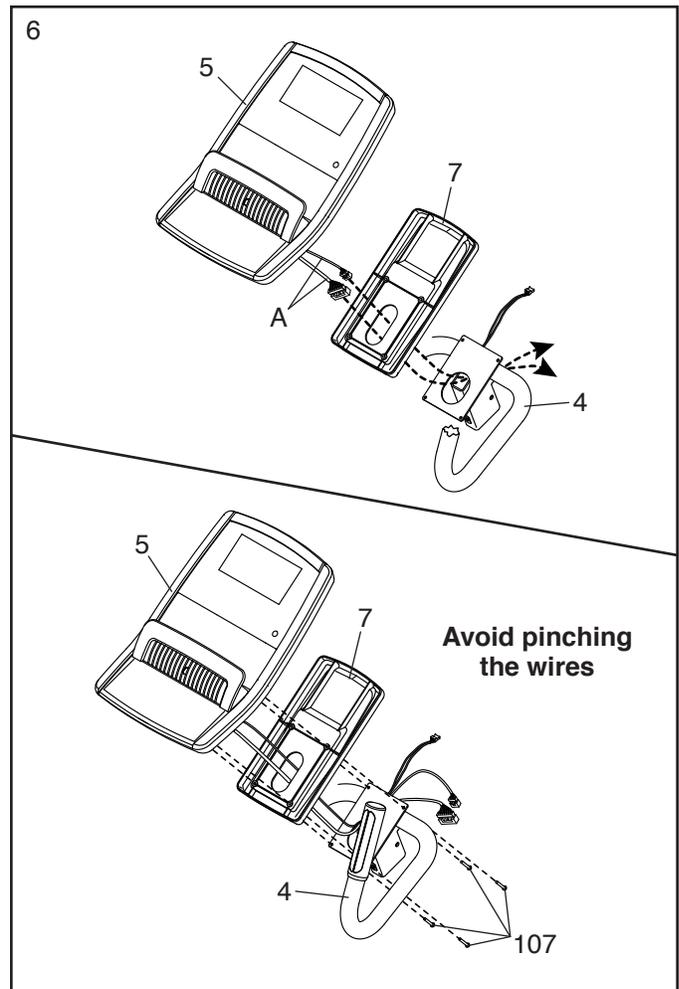
Attach Rear Cover (53) with four M4 x 16mm Flat Head Screws (101); **start all the Flat Head Screws, and then tighten them.**

Then, insert the Accessory Tray (18) into the Rear Cover (53).

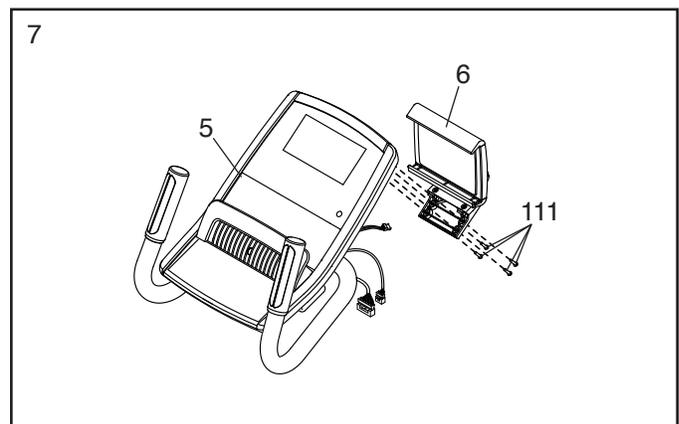


6. **See the upper drawing.** With the help of a second person, orient the Console (5), the Console Cover (7), and the Console Bracket (4) as shown. Route the wires (A) on the Console through the Console Cover and the Console Bracket as shown; **make sure to insert the wires through the upper part of the hole in the Console Bracket.**

**See the lower drawing. Tip: Avoid pinching the wires.** Attach the Console (5) and the Console Cover (7) to the Console Bracket (4) with four M4 x 22mm Screws (107); **start all the Screws, and then tighten them.**

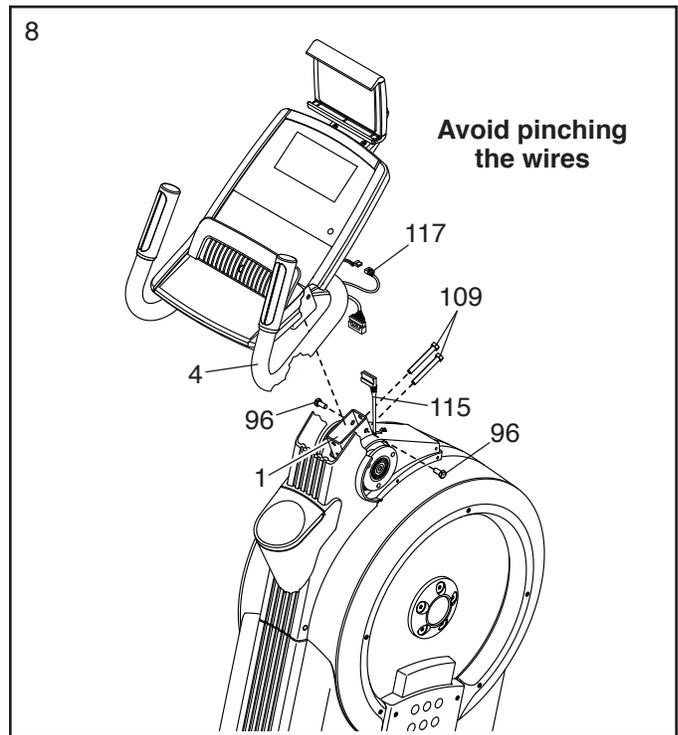


7. Attach the Tablet Holder (6) to the Console (5) with four #8 x 16mm Screws (111); **start all the Screws, and then tighten them.**



8. While a second person holds the Console Bracket (4) near the Frame (1), connect the wires on the Console to the Main Wire (115) and to the Pulse Wire (117).

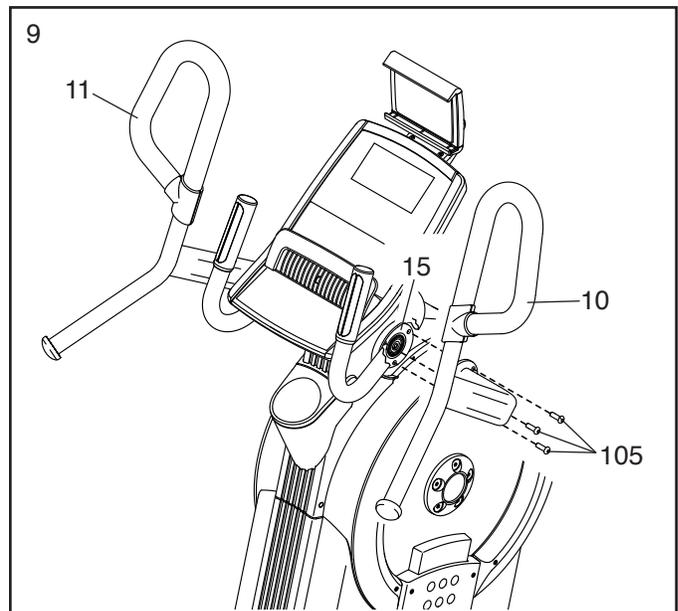
**Tip: Avoid pinching the wires.** Attach the Console Bracket (4) to the Frame (1) with two M8 x 86mm Screws (109) and two M8 x 15mm Screws (96); **start all the Screws, and then tighten them.**



9. Identify the Right and Left Handlebars (10, 11).

**Make sure that the Pedals (not shown) are level.** Attach the Right Handlebar (10) to the Right Handlebar Arm (15) with three M8 x 25mm Screws (105); **start all the Screws, and then tighten them.** **Tip: It may be helpful to rotate the Right Handlebar for better access to tighten the Screws.**

**Attach the Left Handlebar (11) in the same way.**

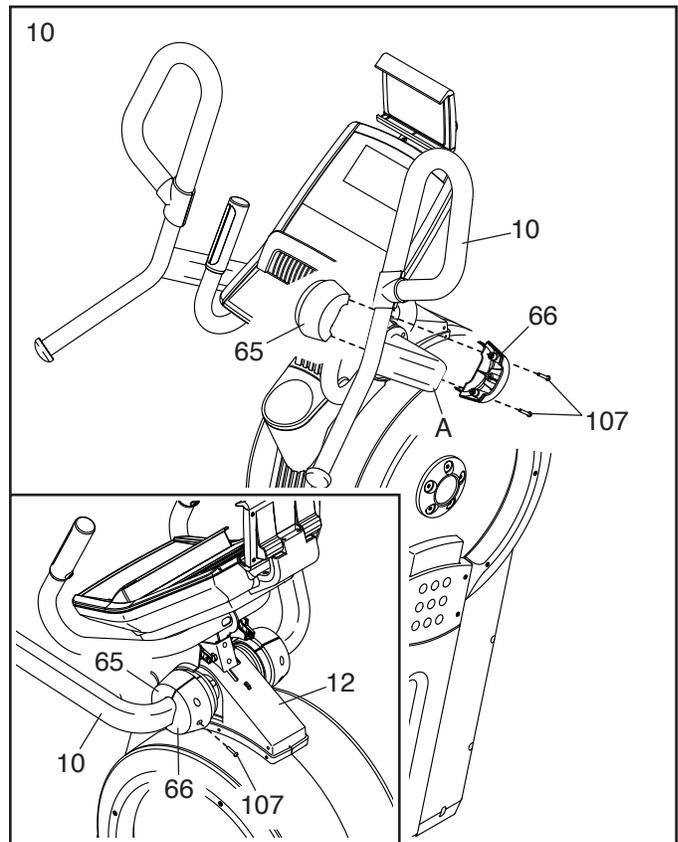


10. Identify the Rear and Front Pivot Covers (65, 66).

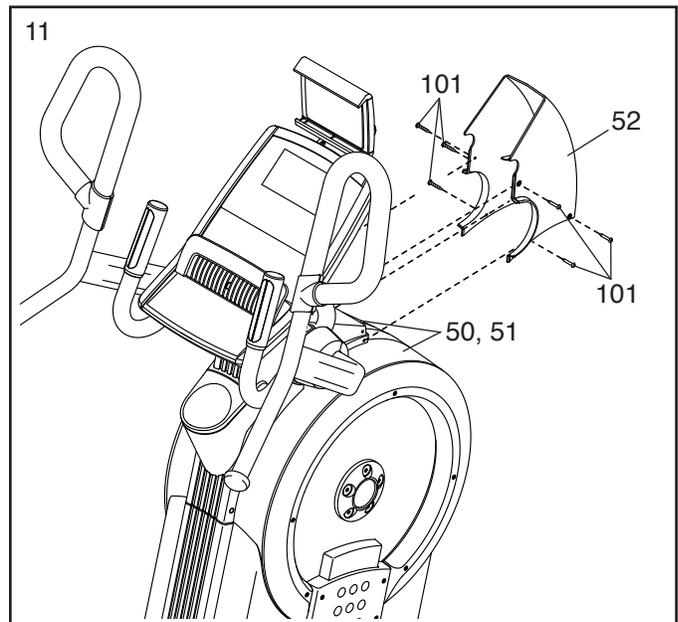
Press a set of Rear and Front Pivot Covers (65, 66) together around the Right Handlebar (10) near the bend (A). Then, attach them to each other with two M4 x 22mm Screws (107).

**See the inset drawing.** Slide the Rear and Front Pivot Covers (65, 66) toward the Shield Cover (12). Attach the Front Pivot Cover to the Right Handlebar (10) with an M4 x 22mm Screw (107).

**Repeat this step on the other side of the trainer.**

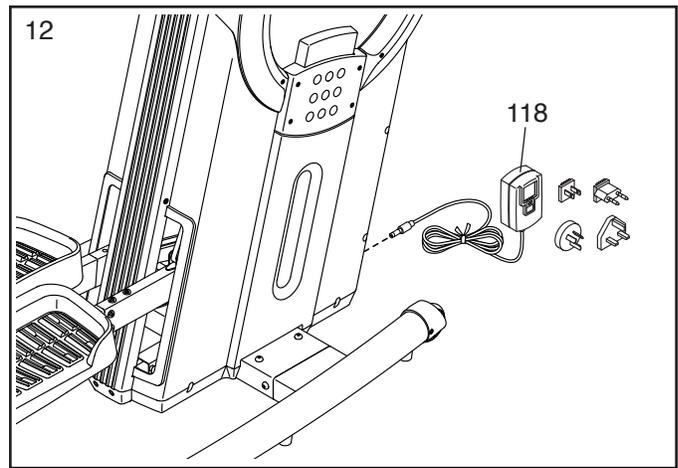


11. Attach the Front Cover (52) to the Left and Right Shields (50, 51) with six M4 x 16mm Flat Head Screws (101); **start all the Flat Head Screws, and then tighten them.**



12. Plug the Power Adapter (118) into the receptacle on the frame of the trainer.

Note: To plug the Power Adapter (118) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



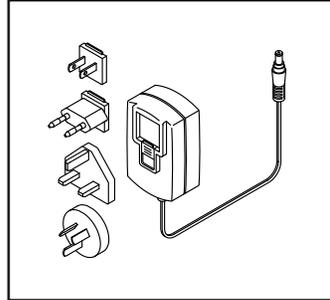
13. **Make sure that all parts are properly tightened before you use the trainer.** Extra parts may be included. Place a mat beneath the trainer to protect the floor.

# HOW TO USE THE TRAINER

## HOW TO PLUG IN THE POWER ADAPTER

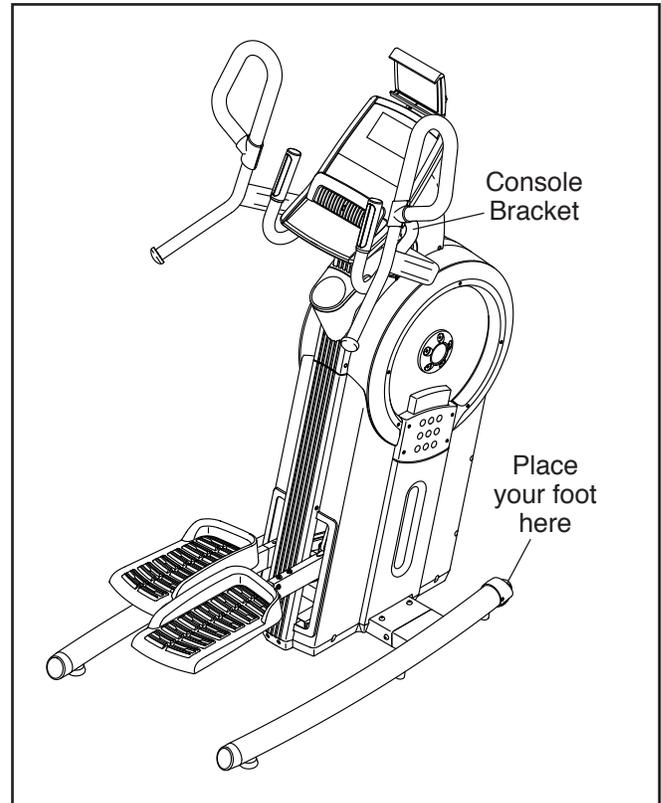
**IMPORTANT:** If the trainer has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



## HOW TO MOVE THE TRAINER

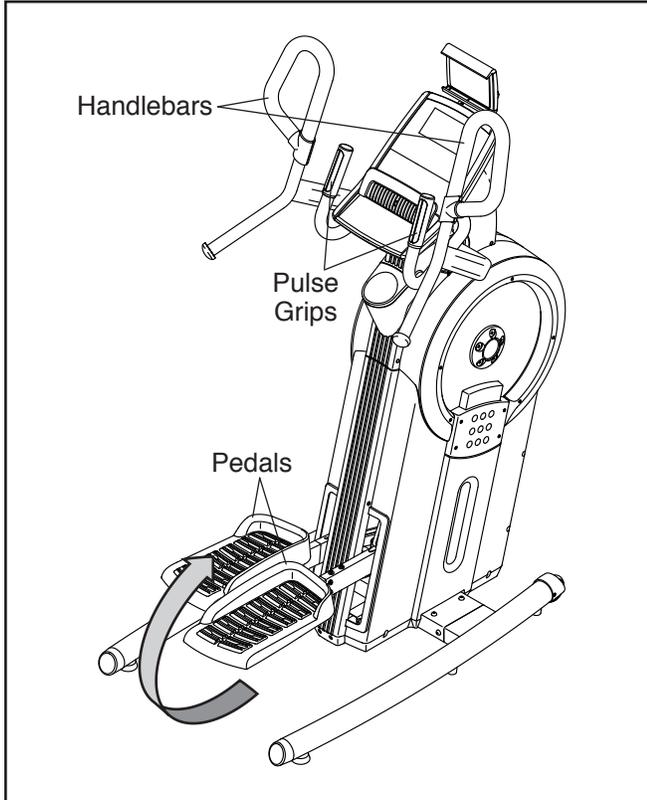
Due to the size and weight of the trainer, moving it requires two persons. Stand in front of the trainer, hold the console bracket, and place one foot against one of the wheels. Have a second person help you pull on the console bracket until the trainer will roll on the wheels. Carefully move the trainer to the desired location, and then lower it to the floor.



## HOW TO EXERCISE ON THE TRAINER

To mount the trainer, hold the handlebars or the pulse grips and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

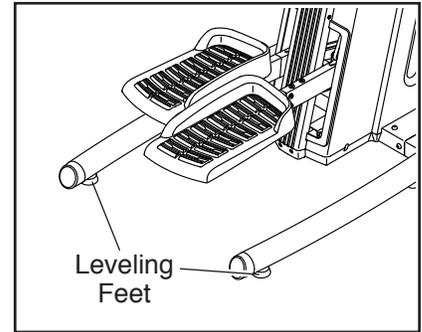
**Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**



To dismount the trainer, wait until the pedals come to a complete stop. **Note: The trainer 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 LEVEL THE TRAINER

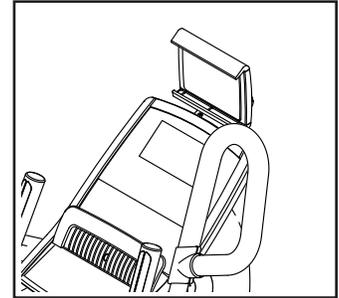
If the trainer rocks slightly on your floor during use, turn one or both of the leveling feet beneath the stabilizers until the rocking motion is eliminated.



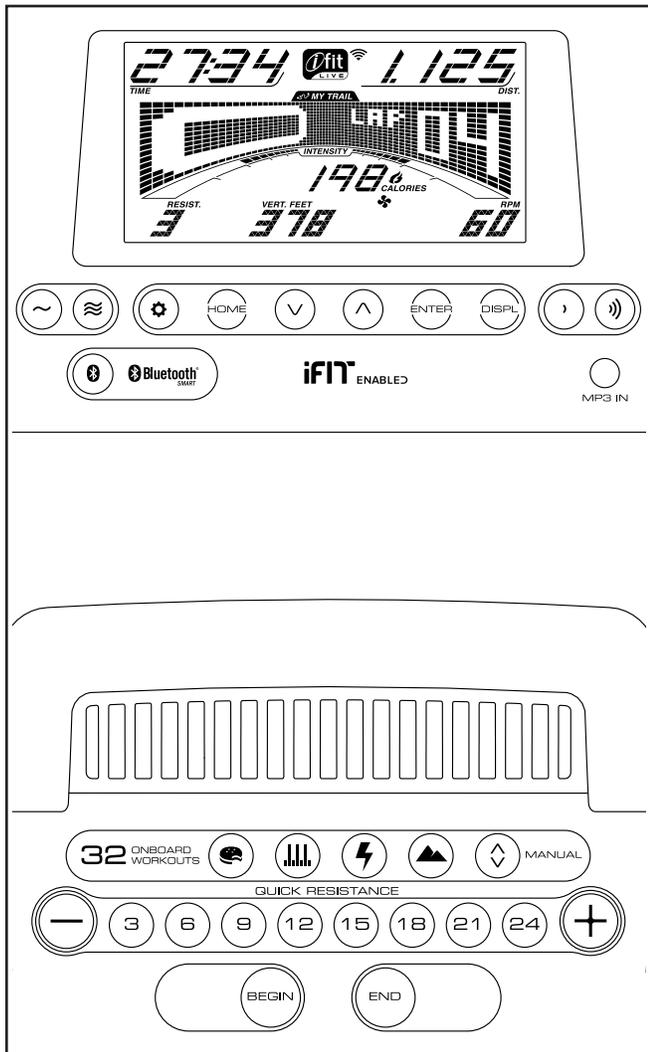
## HOW TO USE THE TABLET HOLDER

**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, 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.



## 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, 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 19 for information about purchasing an optional chest heart rate monitor.**

You can also connect your smart device to the console and use an iFit® app to record and track your workout information.

The console also offers a selection of onboard workouts. Each workout automatically controls the resistance of the pedals and prompts you to vary your pedaling speed as it guides you through an effective workout.

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

**To use the manual mode**, see page 16. **To use an onboard workout**, see page 18. **To use the sound system**, see page 19.

**To connect your smart device to the console**, see page 20. **To connect your heart rate monitor to the console**, see page 20. **To change console settings**, see page 21.

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

Note: The console can display distance in either miles or kilometers and vertical distance in either feet or meters. To find which unit of measurement is selected, see page 3 on page 21.

## 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 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 or by pressing the Home button or any of the Onboard Workouts buttons repeatedly.

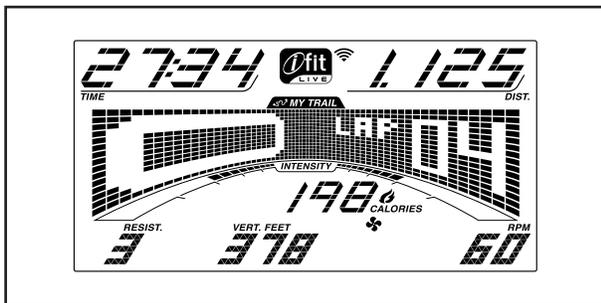
### 3. Change the resistance of the pedals as desired.

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

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

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

The display can show the following workout information:



**Calories (Cals.)**—When the manual mode is selected, this display mode will show the approximate number of calories you have burned. When a workout is selected, this display mode will show either the approximate number of calories remaining to be burned or the approximate number of calories you have burned.

**Calories per Hour (Cals./Hr)**—This display mode will show the approximate number of calories you are burning per hour.

**Distance (Dist.)**—This display mode will show the distance that you have pedaled in miles or kilometers.

**Pulse**—This display mode will show your heart rate when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).

**Resistance (Resist.)**—This display mode will show the resistance level of the pedals.

**RPM**—This display mode will show your pedaling speed in revolutions per minute (rpm).

**Time**—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show either the time remaining in the workout or the elapsed time.

**Vertical Distance (Vert. Feet or Vert.)**—This display mode will show the vertical distance you have pedaled in feet or meters.

The matrix offers several display tabs. Press the Displ button repeatedly or press the increase and decrease buttons next to the Enter button repeatedly until the desired tab is shown.

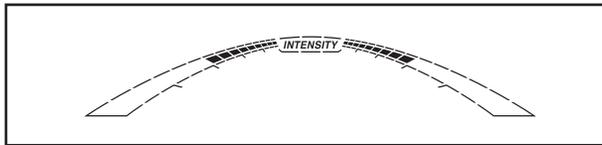
**Speed**—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

**My Trail**—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

**Calorie**—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

**Resistance**—This tab will show a profile of the approximate resistance settings of the workout. A new segment will appear at the end of each minute. Note: A text heading for this tab will not appear in the matrix.

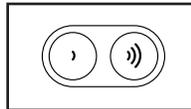
As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



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

Press the Home button or the End button repeatedly to pause the workout, view your workout results, and exit the workout and return to the manual mode.

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

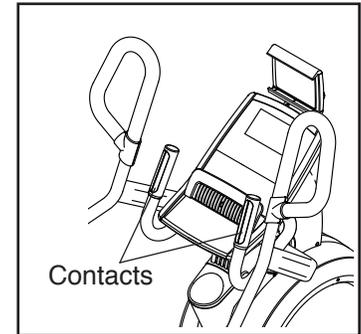


## 5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (**see page 19 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 chest 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.**

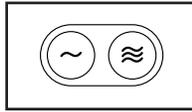


When your pulse is detected, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

## 6. 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 the time will flash in the display.

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 display will turn on and the console will be ready for use.

### 2. Select an onboard workout.

To select an onboard workout, press the desired Onboard Workouts button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the duration of the workout or the approximate number of calories to be burned during the workout. A profile of the speed settings of the workout will appear in the matrix.

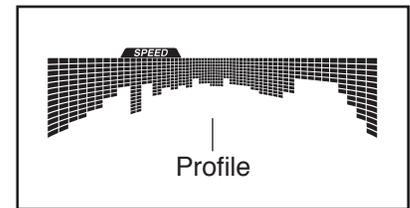
## 3. Start the workout.

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

Each workout is divided into 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.

The resistance level and the target speed for the first segment will appear in the display and the matrix.

During the workout, the profile on the speed tab will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.



At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash.

If a different resistance level is programmed for the next segment, the resistance level will appear in the display and the resistance level will change.

If a different target speed is programmed for the next segment, the target speed will appear in the matrix for a few seconds to alert you.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.**

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

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

**IMPORTANT:** When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.

The workout will continue in this way until the last segment ends.

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

Press the Home button or the End button repeatedly to pause the workout, view your workout results, and exit the workout and return to the default menu.

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

See step 4 on page 16.

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

See step 5 on page 17.

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

See step 6 on page 18.

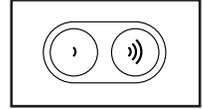
**7. When you are finished exercising, the console will turn off automatically.**

See step 7 on page 18.

## HOW TO USE THE SOUND SYSTEM

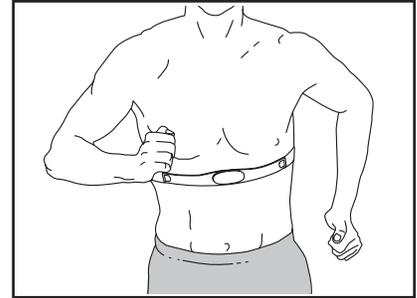
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in.** **Note: To purchase an audio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

Next, press the play button on your personal audio player. Adjust the volume level using the 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 SMART DEVICE TO THE CONSOLE

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

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

On your iOS® or Android™ smart device, open the App Store<sup>SM</sup> or the Google Play™ store, search for the free iFit app, and then install the app on your smart device. **Make sure that the BLUETOOTH option is enabled on your smart device.**

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

### 2. Connect your smart device to the console.

Follow the instructions in the iFit app to connect your smart device to the console.

When a connection is established, the LED on the console will flash blue. Press the Bluetooth Smart button on the console to confirm the connection; the LED on the console will then turn solid blue.

### 3. Record and track your workout information.

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

### 4. Disconnect your smart device from the console if desired.

To disconnect your smart device 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.

## 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.

## HOW TO CHANGE CONSOLE SETTINGS

### 1. Select the settings mode.

To select the settings mode, press the gear button. The settings information will appear in the display.

Note: If you have selected a workout, you must exit the workout before you can select the settings mode.

### 2. Navigate the settings mode.

While the settings mode is selected, the matrix of the display will display several optional screens. Press the increase button next to the Enter button repeatedly to select the desired optional screen.

The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

### 3. Change settings as desired.

**Units**—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

Note: The version number of the console software will also appear on this optional screen.

**Usage Information**—The display will show the total number of hours that the trainer has been used and the total distance (in miles or kilometers) that has been pedaled on the trainer.

**Contrast Level**—The currently selected contrast level will appear in the display. To adjust the contrast level, press the Quick Resistance increase and decrease buttons.

### 4. Exit the settings mode.

Press the gear button to exit the settings mode.

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

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

To clean the trainer, 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.

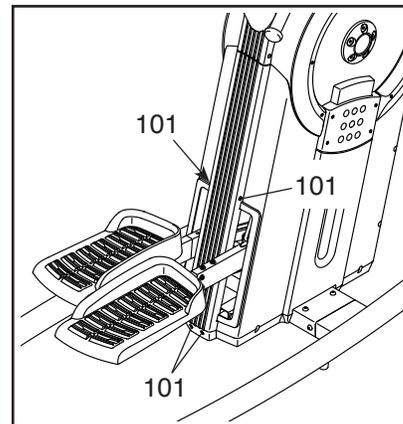
If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 17.

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

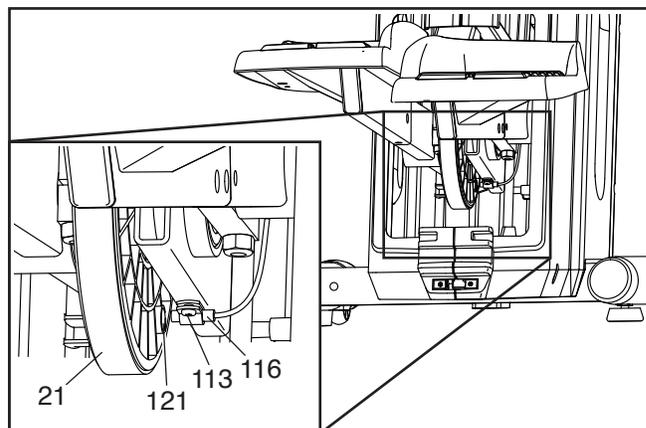
## HOW TO ADJUST THE REED SWITCH

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

Next, remove the four indicated M4 x 16mm Flat Head Screws (101) and the Lower Rear Shield Cover (68).



Next, turn the Large Pulley (21) until a Pulley Magnet (121) is aligned with the Reed Switch (116). Then, loosen, but do not remove, the M4 x 19mm Screw (113), slide the Reed Switch slightly closer to or away from the Pulley Magnet, and retighten the Screw.

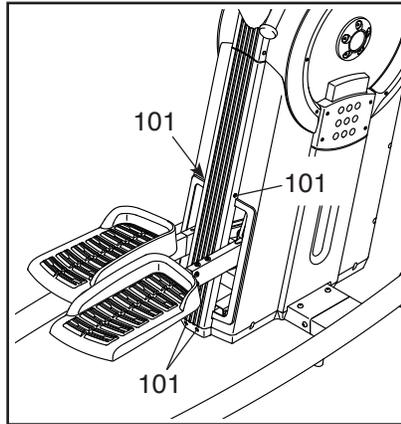


Then, plug in the power adapter and turn the Large Pulley (21) for a moment. Repeat these actions, if necessary, until the console displays correct feedback. Then, reattach the lower rear shield cover.

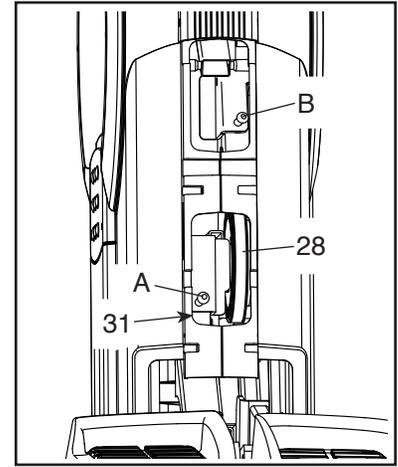
## HOW TO ADJUST THE DRIVE BELT

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

Next, remove the four indicated M4 x 16mm Flat Head Screws (101) and the Lower Rear Shield Cover (68).



Then, locate the lower Adjustment Screw (A). Tighten the lower Adjustment Screw four turns; this will tighten the Large Drive Belt (31).



Stand on the trainer and pedal for a few moments. If the pedals still slip, step off the trainer and locate the upper Adjustment Screw (B). Tighten the upper Adjustment Screw two turns; this will tighten the Small Drive Belt (28).

Stand on the trainer again and pedal for a few moments. If the pedals still slip, step off the trainer and tighten the lower Adjustment Screw (95) four turns; this will again tighten the Large Drive Belt (31).

When you have properly adjusted the drive belts, reattach the lower rear shield cover.

# 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	♥
<hr/>							
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

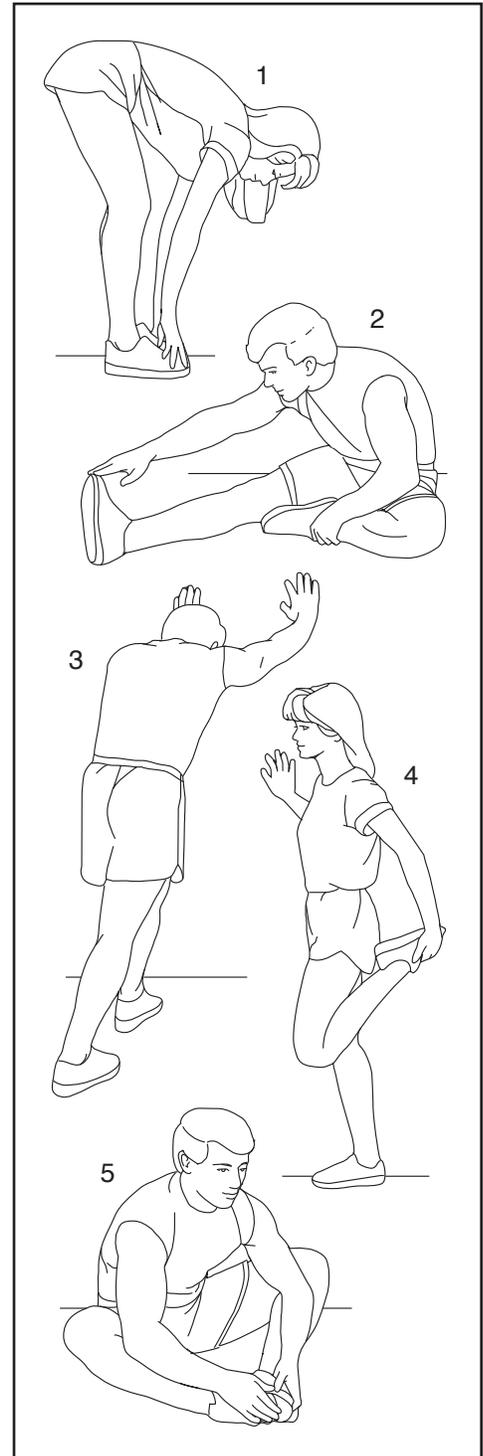
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

---

# NOTES

# PART LIST

Model No. PFEVEL71216.1 R0816B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Right Shield
2	1	Right Pedal Base	52	1	Front Cover
3	1	Left Pedal Base	53	1	Rear Cover
4	1	Console Bracket	54	1	Accessory Tray Base
5	1	Console	55	2	Stabilizer Cap
6	1	Tablet Holder	56	4	Foot
7	1	Console Cover	57	2	Wheel
8	1	Right Stabilizer	58	1	Right Wheel Cover
9	1	Left Stabilizer	59	2	Handlebar Cap
10	1	Right Handlebar	60	2	Grip
11	1	Left Handlebar	61	1	Left Rear Handlebar Cover
12	1	Shield Cover	62	1	Left Front Handlebar Cover
13	2	Pulse Grip	63	1	Right Rear Handlebar Cover
14	1	Left Handlebar Arm	64	1	Right Front Handlebar Cover
15	1	Right Handlebar Arm	65	2	Rear Pivot Cover
16	1	Magnet Bracket	66	2	Front Pivot Cover
17	2	Idler	67	2	Boss
18	1	Accessory Tray	68	1	Lower Rear Shield Cover
19	1	Exchange Axle	69	2	Leveling Foot
20	1	Medium Pulley	70	12	Small Bearing
21	1	Large Pulley	71	4	Medium Bearing
22	1	Right Pedal	72	2	Large Bearing
23	1	Left Pedal	73	8	Bushing
24	1	Right Pedal Leg	74	2	Large Spacer
25	1	Left Pedal Leg	75	2	Small Spacer
26	2	Connector Arm	76	2	M10 Jam Nut
27	1	Disc Axle	77	2	Crank Washer
28	1	Small Drive Belt	78	6	M8 Washer
29	2	Crank Arm	79	4	M6 Washer
30	1	Crank	80	2	M5 Nut
31	1	Large Drive Belt	81	2	M10 Shoulder Bolt
32	2	Disc	82	5	M4 x 42mm Screw
33	2	Disc Hub	83	8	Clip
34	1	Sprocket	84	4	M6 x 14mm Screw
35	2	Link Arm	85	4	M5 x 16mm Screw
36	1	Resistance Motor	86	1	M3.5 x 12mm Screw
37	1	Resistance Disc	87	8	M8 x 16mm Screw
38	1	Resistance Arm	88	10	Disc Screw
39	1	Resistance Block	89	2	M10 Locknut
40	1	Power Receptacle/Wire	90	2	M10 x 55mm Hex Bolt
41	1	Small Pulley	91	2	Axle Screw
42	1	Clamp	92	2	Flange
43	3	Key	93	2	Stud
44	2	Magnet Cover	94	2	M10 x 55mm Bolt
45	2	Cover Bracket	95	2	Adjustment Screw
46	1	Left Wheel Cover	96	2	M8 x 15mm Screw
47	1	Right Magnet Shield	97	2	M8 Shoulder Screw
48	1	Left Magnet Shield	98	1	M8 x 30mm Bolt
49	2	Disc Ring	99	3	M8 Locknut
50	1	Left Shield	100	6	M8 x 23mm Screw

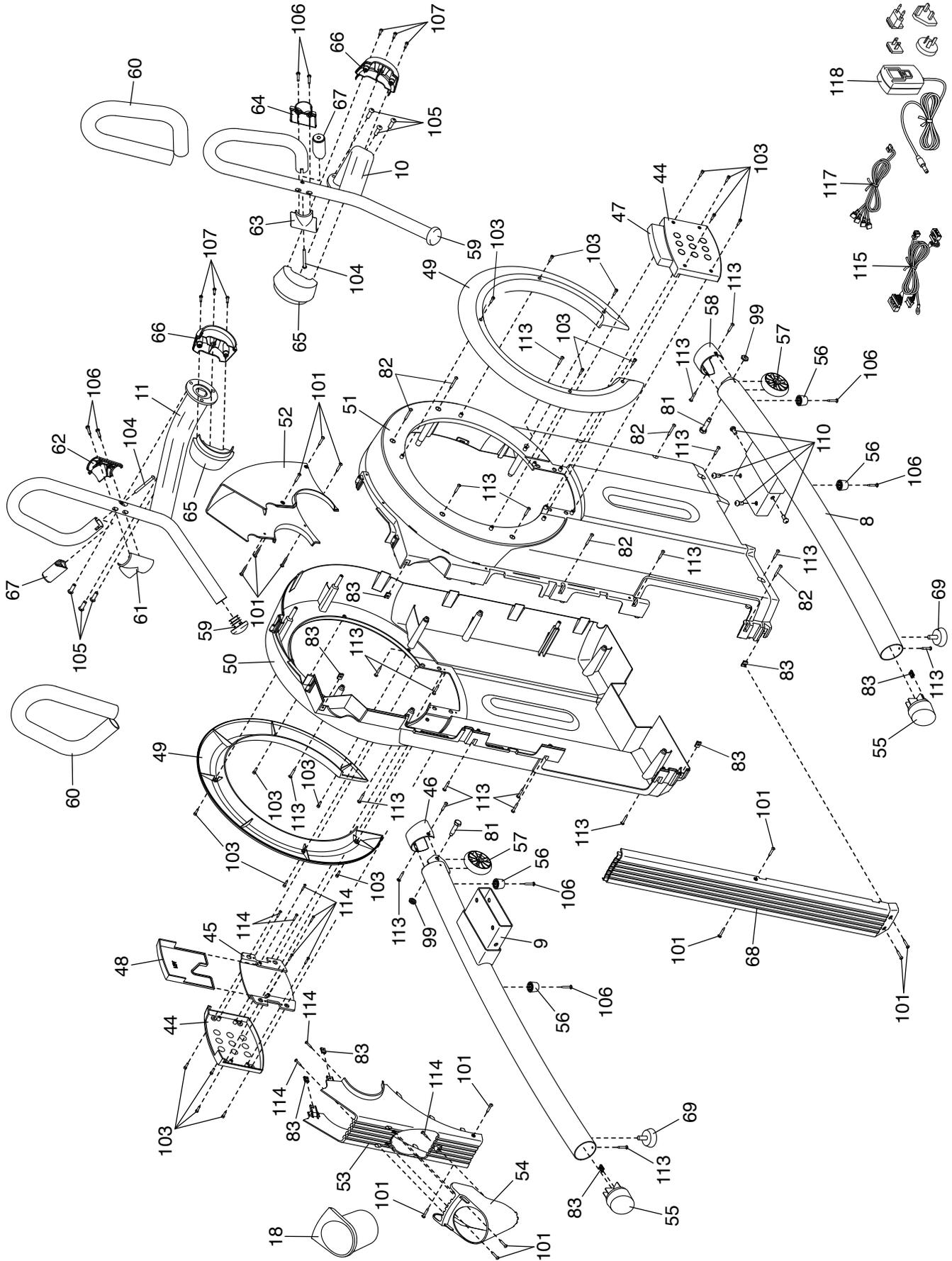
Key No.	Qty.	Description	Key No.	Qty.	Description
101	14	M4 x 16mm Flat Head Screw	116	1	Reed Switch/Wire
102	8	M8 x 20mm Screw	117	1	Pulse Wire
103	18	Cap Screw	118	1	Power Adapter
104	2	M6 x 110mm Screw	119	2	Crank Cover Disc
105	6	M8 x 25mm Screw	120	2	Slant Cap
106	14	M4 x 16mm Screw	121	2	Pulley Magnet
107	10	M4 x 22mm Screw	122	1	Spring
108	8	M6 x 12mm Screw	123	1	Frame Spacer
109	2	M8 x 86mm Screw	124	1	Disc Axle Washer
110	8	M10 x 20mm Screw	125	2	Self-aligning Bearing
111	4	#8 x 16mm Screw	126	2	M8 Small Washer
112	1	M8 Screw	127	2	Snap Ring
113	25	M4 x 19mm Screw	*	–	User's Manual
114	15	M4 x 12mm Screw	*	–	Assembly Tool
115	1	Main Wire			

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 B

Model No. PFEVEL71216.1 R0816B



---

## 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.

