

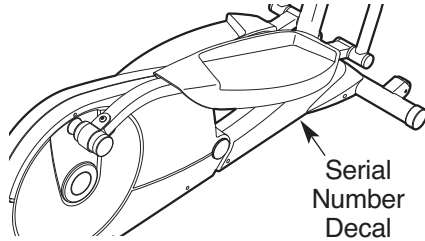
PRO-FORM[®]

480 SpaceSaver

Model No. PFEVEL75008.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

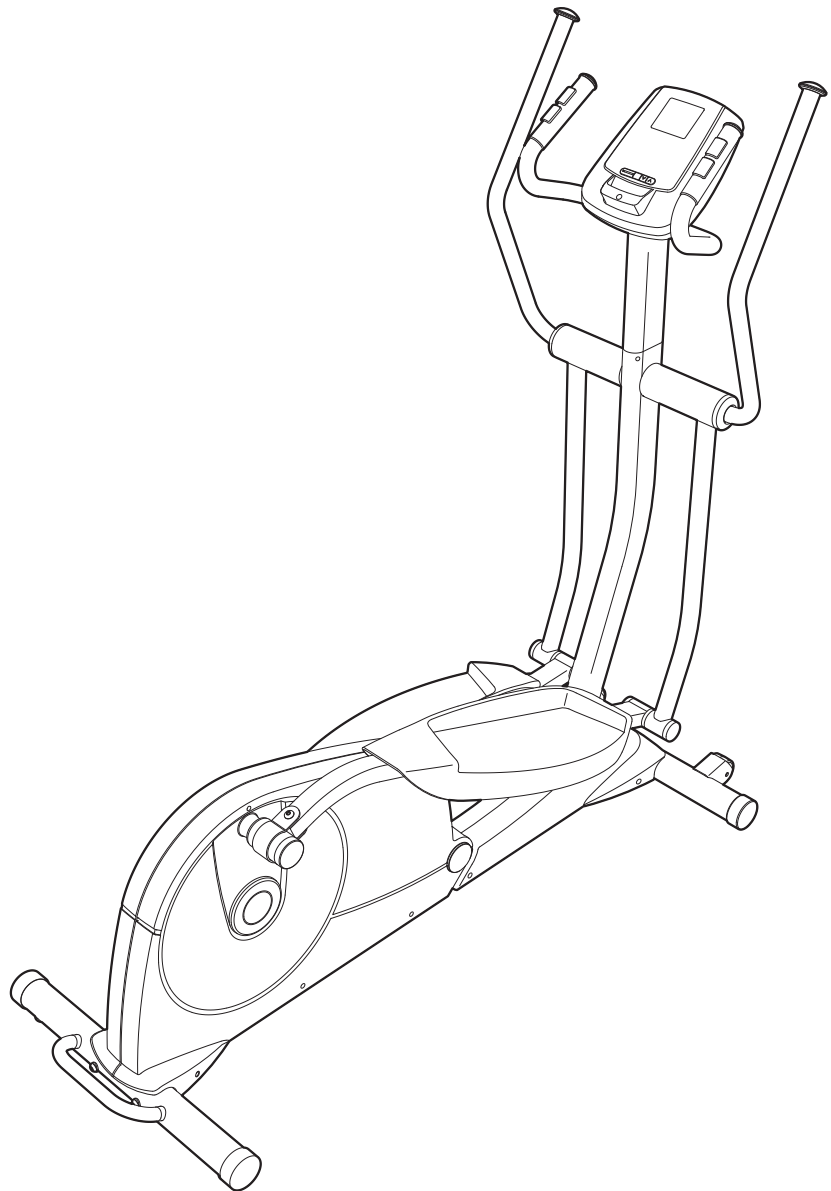
Unit 4

Revie Road Industrial Estate

Revie Road, Beeston

Leeds, LS11 8JG

UK



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



Visit our website at

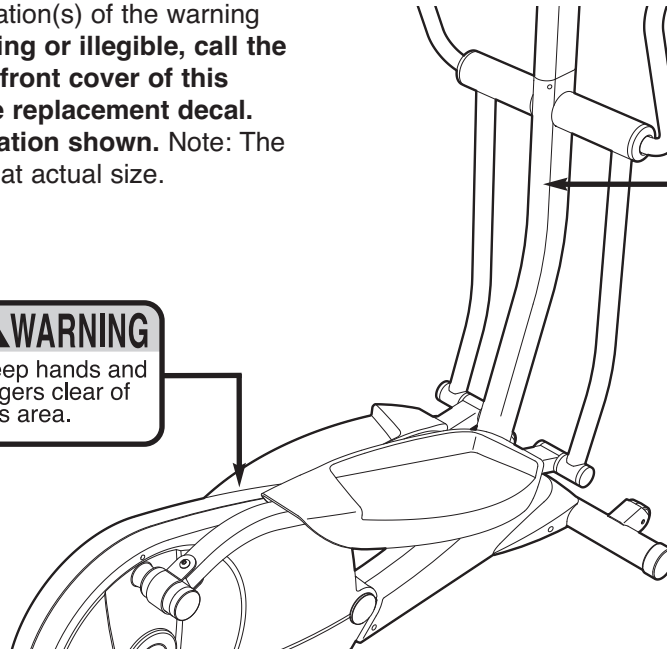
www.iconeurope.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT2
IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
HOW TO USE THE ELLIPTICAL EXERCISER14
MAINTENANCE AND TROUBLESHOOTING24
EXERCISE GUIDELINES25
PART LIST28
EXPLODED DRAWING30
ORDERING REPLACEMENT PARTSBack Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on 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.**

A rectangular warning decal with a black border. It features a warning symbol (a triangle with an exclamation mark) and the text "WARNING" in bold. Below this, it lists several safety instructions. At the bottom right, there is an information icon (an 'i' inside a circle) above a small book icon.

- 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 275 pounds.
- Replace label if damaged, illegible, or removed.

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 275 lbs. (125 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

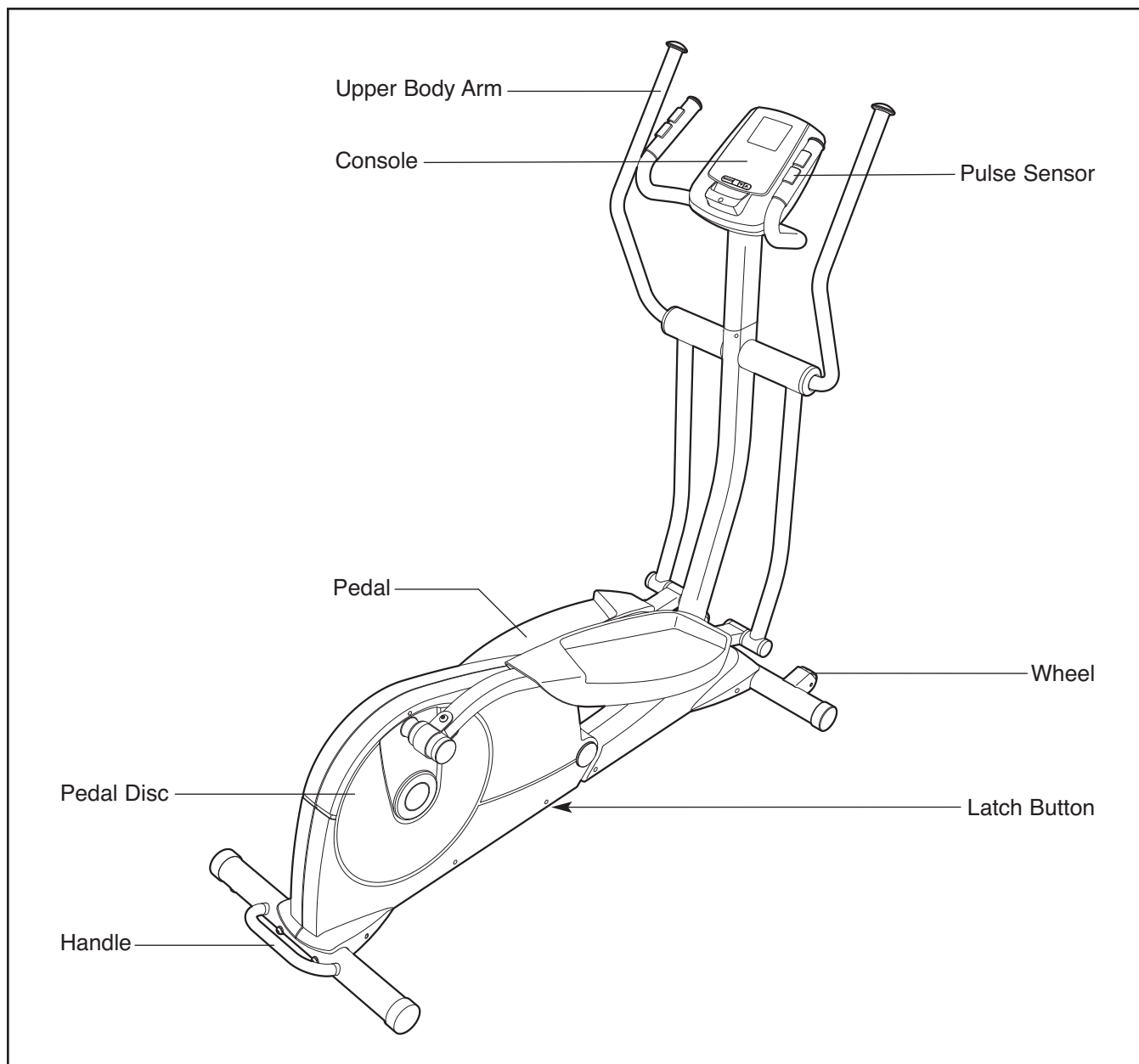
BEFORE YOU BEGIN

Thank you for purchasing the revolutionary PROFORM® 480 SPACE SAVER elliptical exerciser. The 480 SPACE SAVER elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable—and when you're not exercising, the unique elliptical exerciser can be folded out of the way.

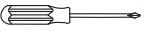


For your benefit, read this manual carefully before you use the elliptical exerciser. If you have ques-

tions 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.

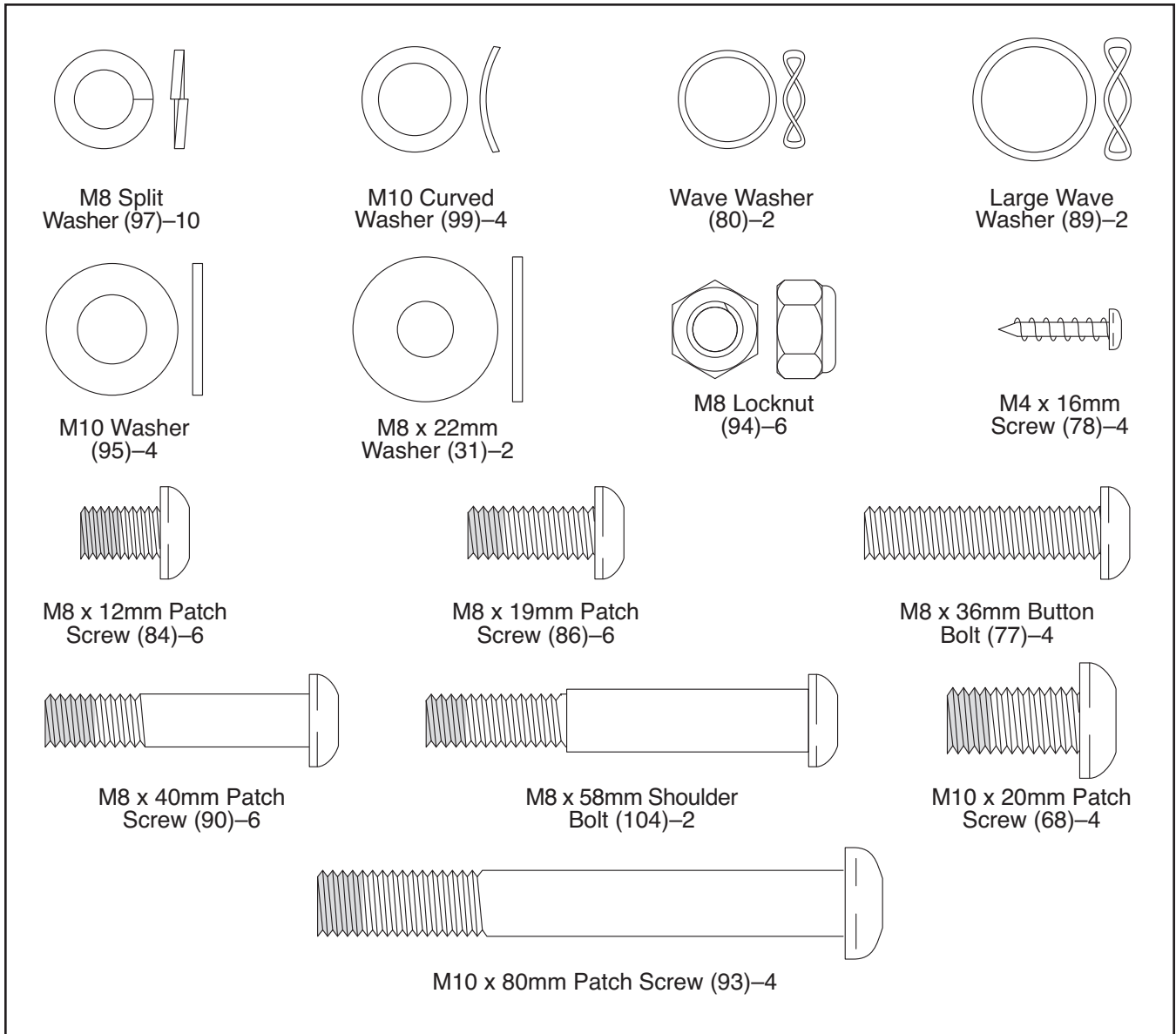
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included tools, assembly requires a Phillips screwdriver** , **an adjustable wrench** , and **a rubber mallet** .

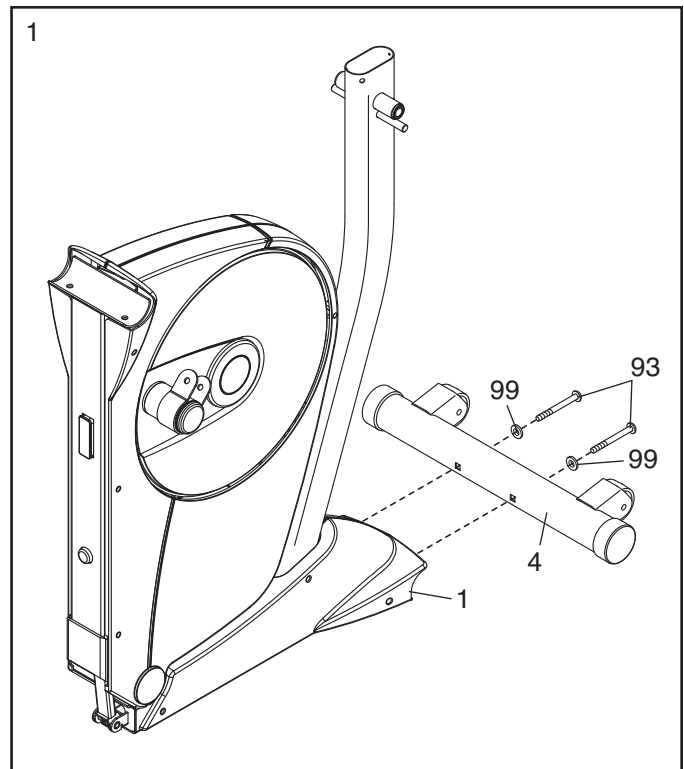
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



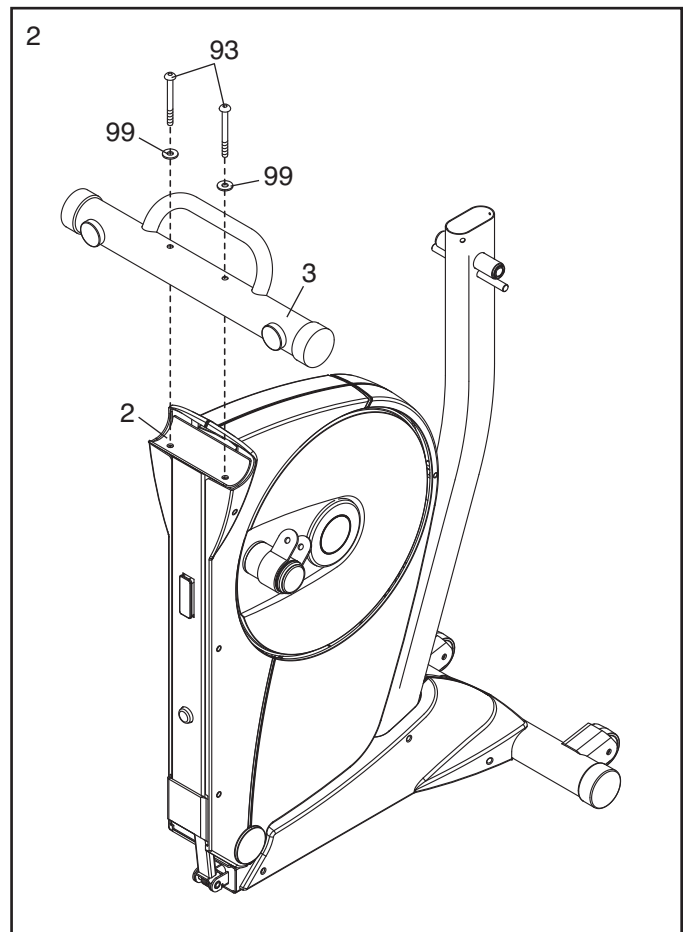
1.

To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

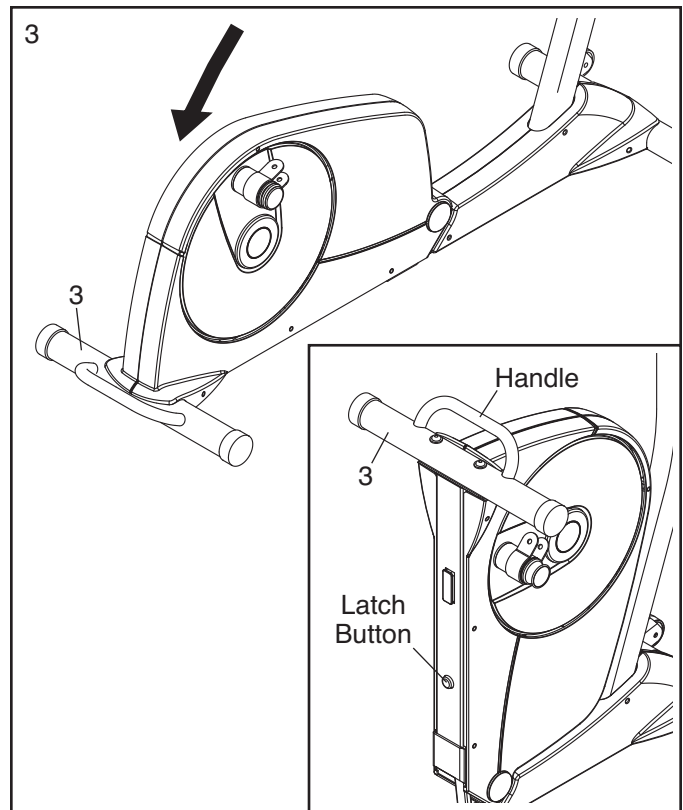
While another person lifts the front of the Frame (1), attach the Front Stabilizer (4) to the Frame with two M10 x 80mm Patch Screws (93) and two M10 Curved Washers (99).



2. Attach the Rear Stabilizer (3) to the Folding Frame (2) with two M10 x 80mm Patch Screws (93) and two M10 Curved Washers (99).

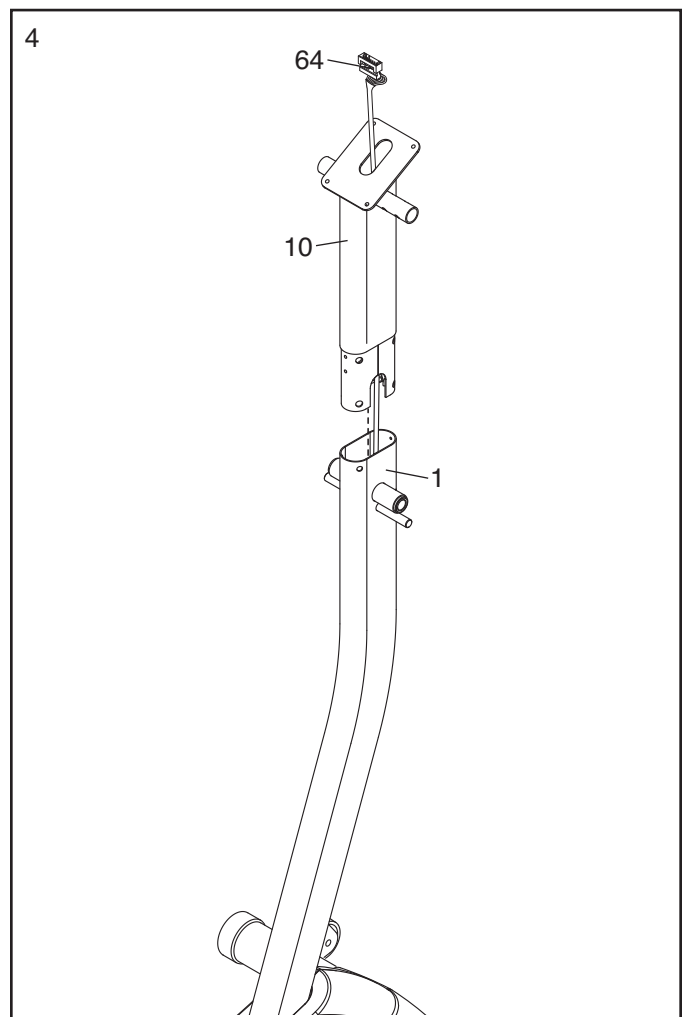


3. **See the inset drawing.** Hold the handle, press the latch button, and unfold the elliptical exerciser so that the Rear Stabilizer (3) rests on the floor.

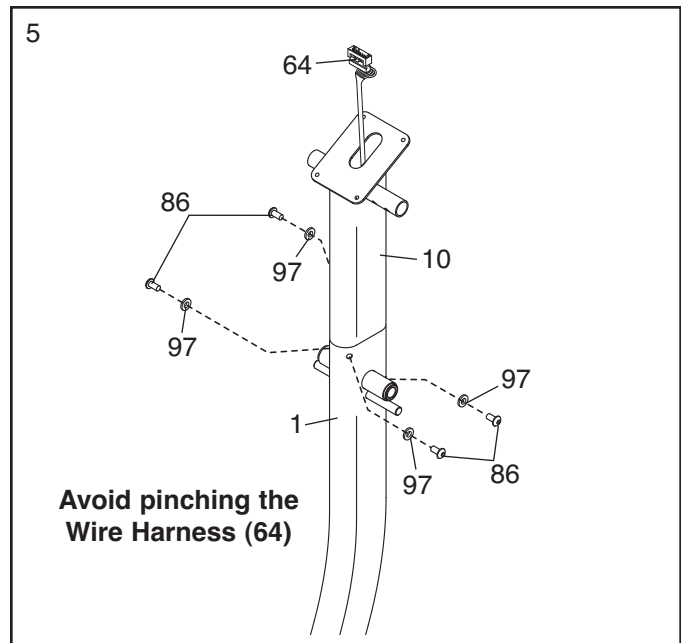


4. While another person holds the Upright (10) near the Frame (1), insert the Wire Harness (64) upward through the Upright.

Tip: To prevent the Wire Harness (64) from falling inside the Upright (10), secure the Wire Harness with a rubber band.



5. **Tip: Avoid pinching the Wire Harness (64).** Attach the Upright (10) to the Frame (1) with four M8 x 19mm Patch Screws (86) and four M8 Split Washers (97).



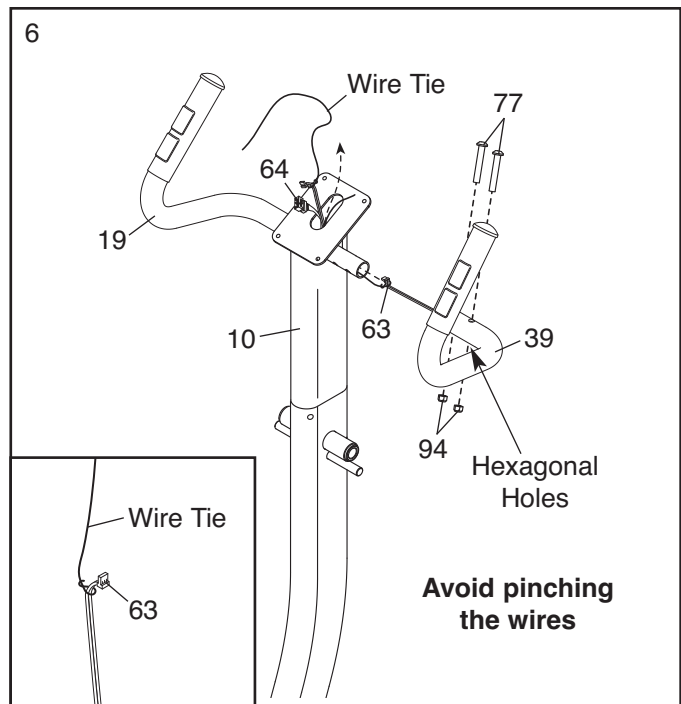
6. Identify the Right Pulse Bar (39), which is marked with a "Right" sticker. **Orient the Right Pulse Bar so that the hexagonal holes are in the indicated location.**

Have another person hold the Right Pulse Bar (39) near the Upright (10).

See the inset drawing. Locate the wire tie in the Upright. Tie the lower end of the wire tie to the right Pulse Wire (63). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

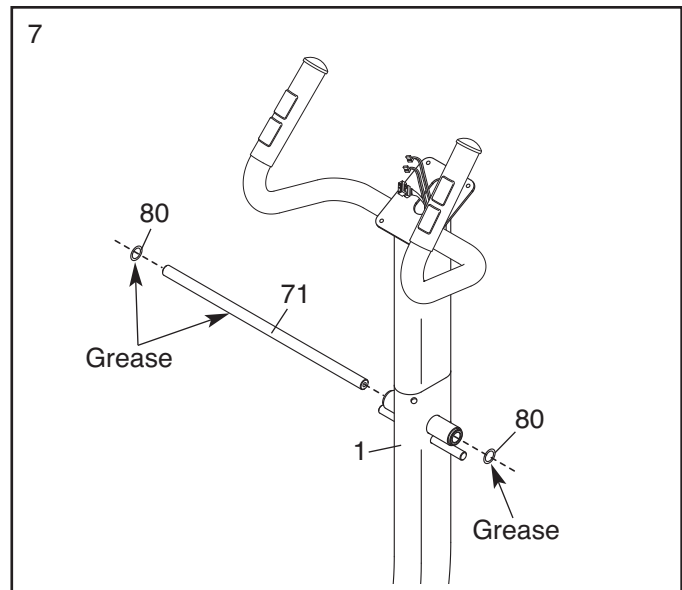
Tip: Avoid pinching the wires. Slide the Right Pulse Bar (39) onto the right side of the Upright (10). Attach the Right Pulse Bar with two M8 x 36mm Button Bolts (77) and two M8 Locknuts (94). **Make sure that the Locknuts are in the hexagonal holes.**

Repeat this step for the Left Pulse Bar (19).



7. Apply a generous amount of the included grease to the Upper Body Axle (71) and to two Wave Washers (80).

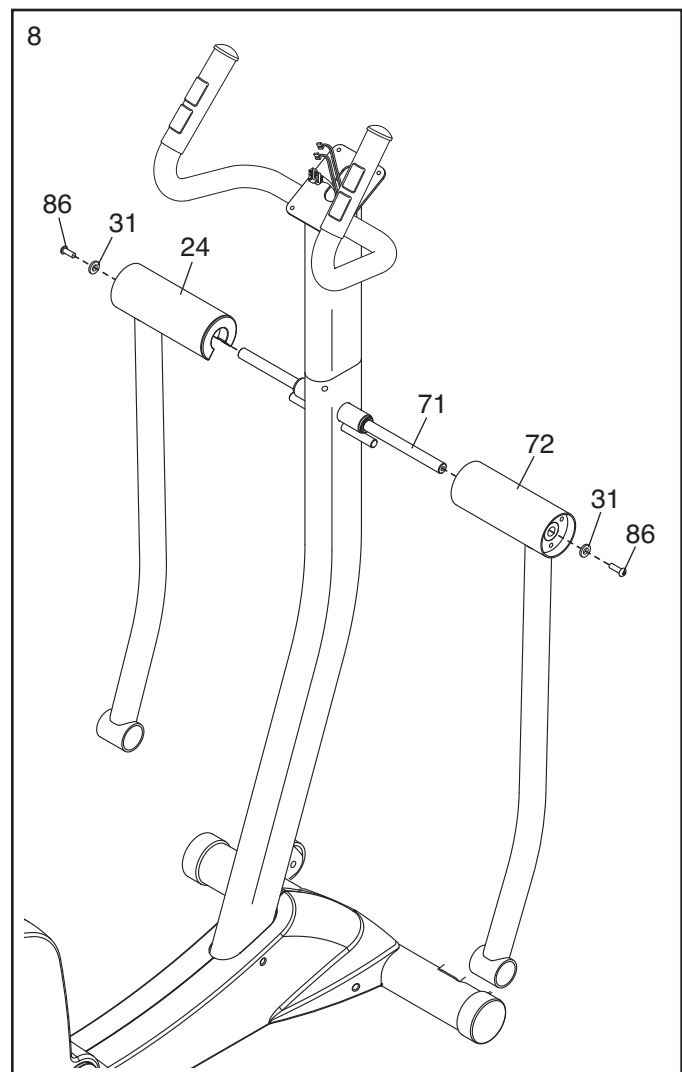
Insert the Upper Body Axle (71) through the Frame (1). Place a Wave Washer (80) on each end of the Upper Body Axle.



8. Identify the Left and Right Upper Body Legs (24, 72), which are marked with "Left" and "Right" stickers, and orient them as shown.

Slide the Left and Right Upper Body Legs (24, 72) onto the left and right sides of the Upper Body Axle (71).

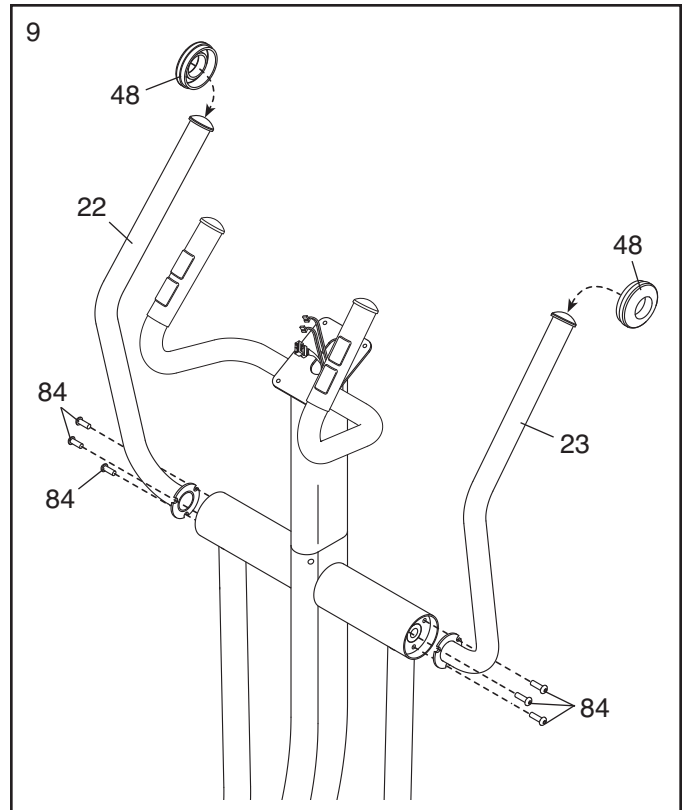
Attach the Upper Body Legs (24, 72) to the Upper Body Axle (71) with two M8 x 19mm Patch Screws (86) and two M8 x 22mm Washers (31).



9. Identify the Left and Right Upper Body Arms (22, 23), which are marked with “Left” and “Right” stickers, and orient them as shown.

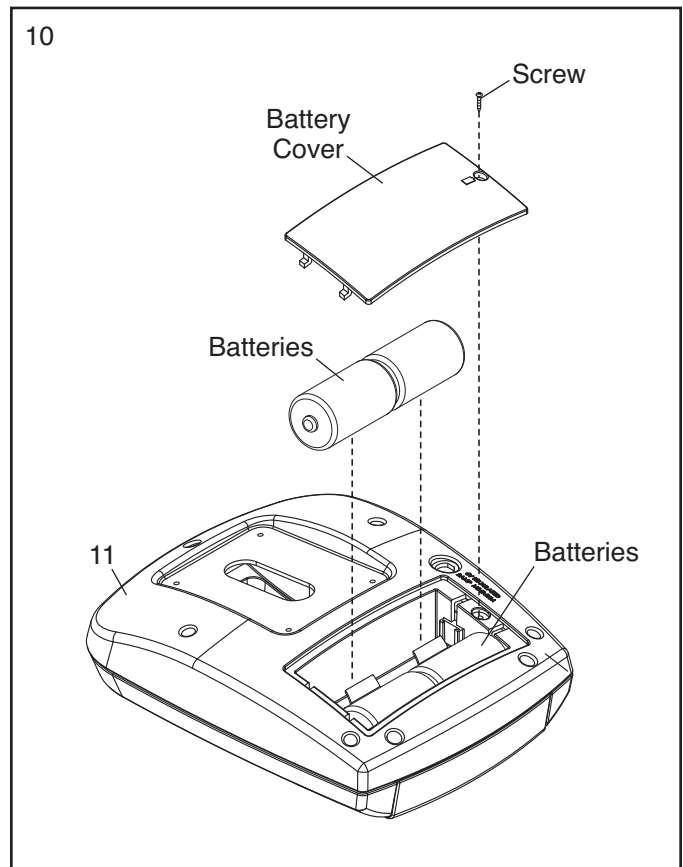
Attach each Upper Body Arm (22, 23) with three M8 x 12mm Patch Screws (84).

Orient the two Arm Covers (48) as shown. Slide the Arm Covers onto the Upper Body Arms (22, 23) so that they cover the M8 x 12mm Patch Screws (84). Note: The Arm Covers may already be placed on the Upper Body Arms.



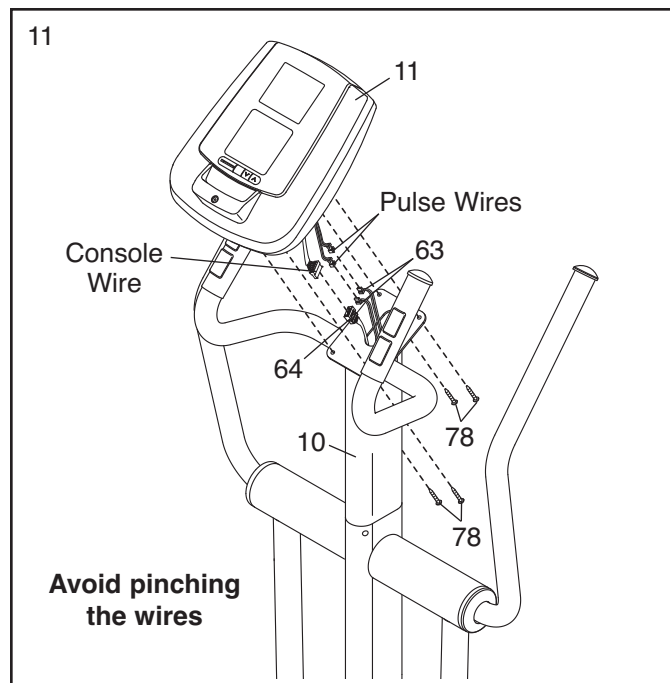
10. The Console (11) can use four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screw, remove the battery cover, insert the batteries into the battery compartment, and then reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**

To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



11. While another person holds the Console (11) near the Upright (10), connect the console wire to the Wire Harness (64). Then, connect the console pulse wires to the Pulse Wires (63). Insert the excess wire into the Upright.

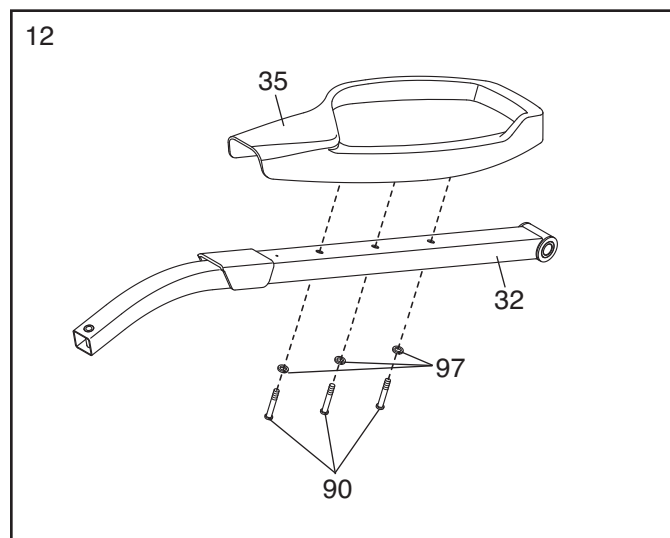
Tip: Avoid pinching the wires. Attach the Console (11) to the Upright (10) with four M4 x 16mm Screws (78).



12. Identify the Right Pedal (35), which is marked with a "Right" sticker. Orient the Right Pedal and a Pedal Arm (32) as shown.

Attach the Right Pedal (35) to the Pedal Arm (32) with three M8 x 40mm Patch Screws (90) and three M8 Split Washers (97).

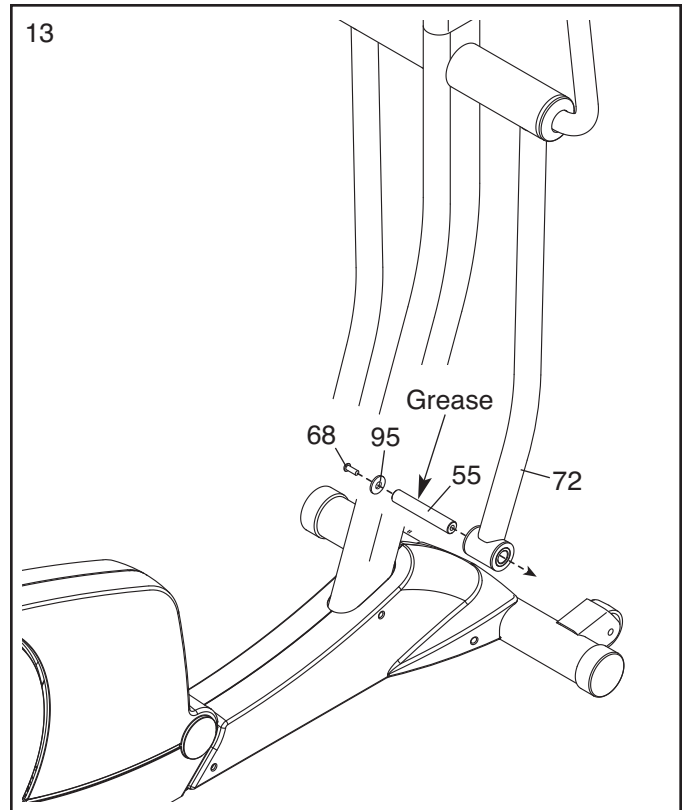
Repeat this step to attach the Left Pedal (not shown) to the other Pedal Arm (not shown).



13. Apply a generous amount of grease to a Pedal Arm Axle (55). Tighten an M10 x 20mm Patch Screw (68) and an M10 Washer (95) into one end of the Pedal Arm Axle.

Insert the Pedal Arm Axle (55) into the Right Upper Body Leg (72) as shown.

Repeat this step on the other side of the elliptical exerciser.



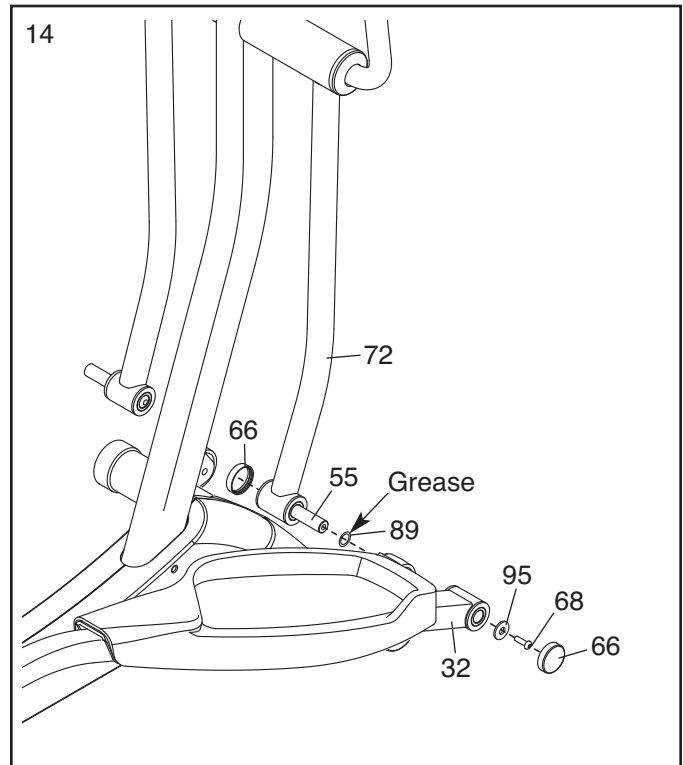
14. Apply a small amount of grease to a Large Wave Washer (89). Slide the Large Wave Washer onto the right side of the Pedal Arm Axle (55) in the Right Upper Body Leg (72).

Slide the right Pedal Arm (32) onto the right side of the Pedal Arm Axle (55) in the Right Upper Body Leg (72).

Attach the right Pedal Arm (32) with an M10 x 20mm Patch Screw (68) and an M10 Washer (95).

Press an Axle Cover (66) onto each end of the Pedal Arm Axle (55).

Repeat this step on the other side of the elliptical exerciser.

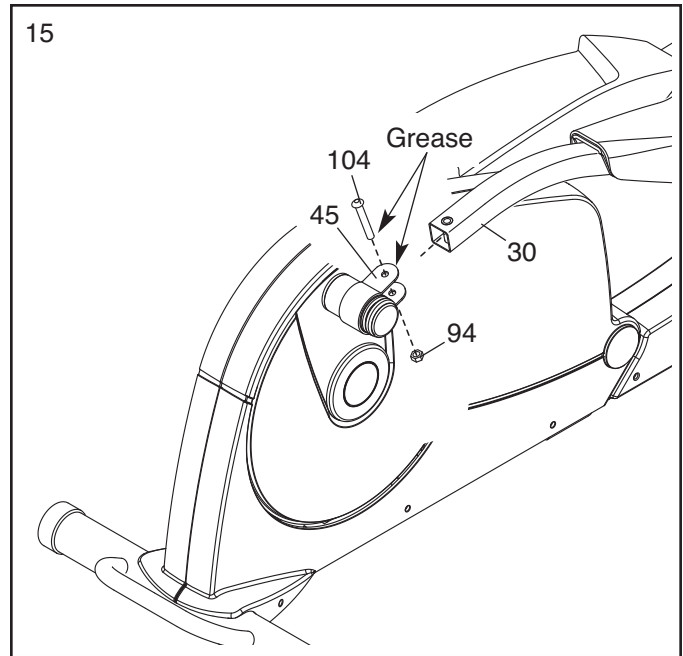


15. Apply a generous amount of grease to an M8 x 58mm Shoulder Bolt (104) and to the inside of the right Link Arm Bracket (45).

Insert the end of the right Link Arm (30) into the right Link Arm Bracket (45).

Attach the right Link Arm Bracket (45) with the M8 x 58mm Shoulder Bolt (104) and an M8 Locknut (94).

Repeat this step on the other side of the elliptical exerciser.

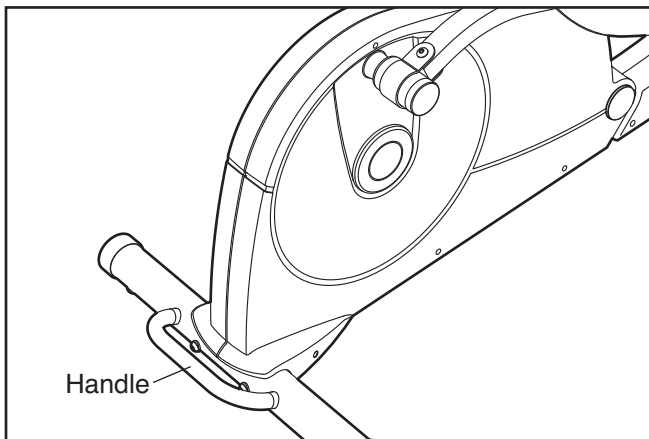


16. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

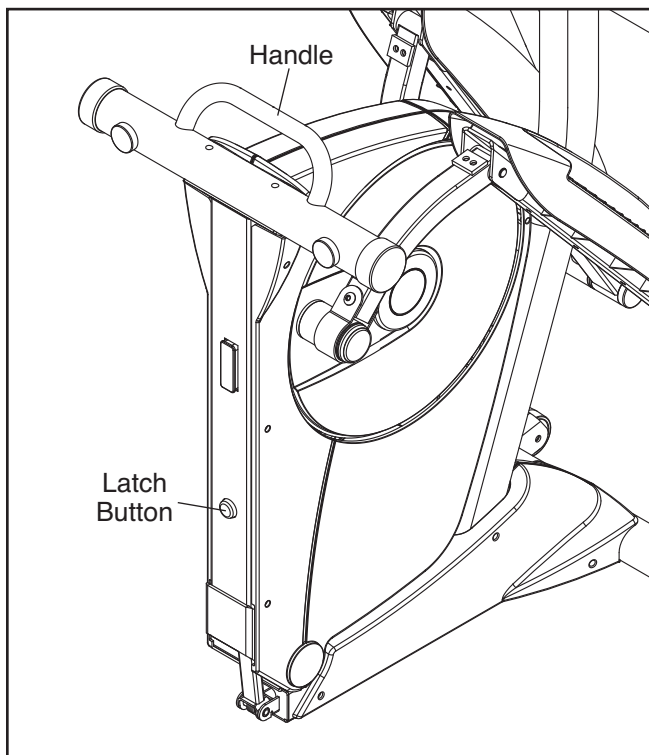
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. To fold the elliptical exerciser, lift the handle on the rear of the elliptical exerciser until the elliptical exerciser locks into the vertical position.

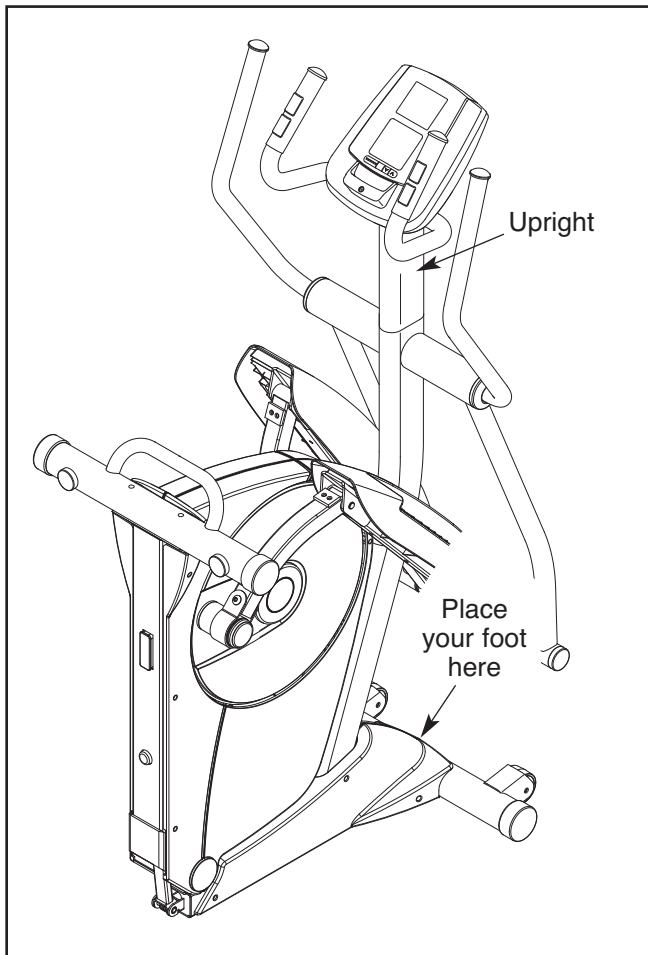


To unfold the elliptical exerciser, hold the handle, press the latch button, and lower the frame to the floor.



HOW TO MOVE THE ELLIPTICAL EXERCISER

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

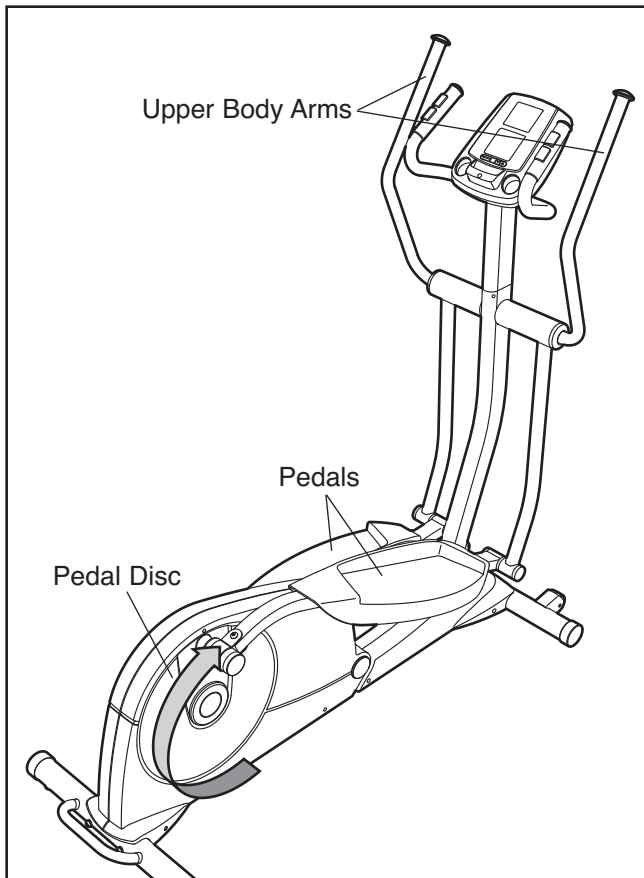


HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

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

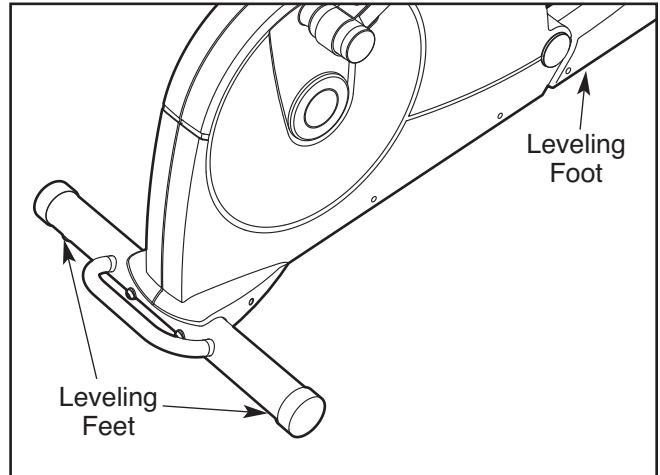
Note: The pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown by the arrow below; however, for variety you can turn the pedal discs in the opposite direction.

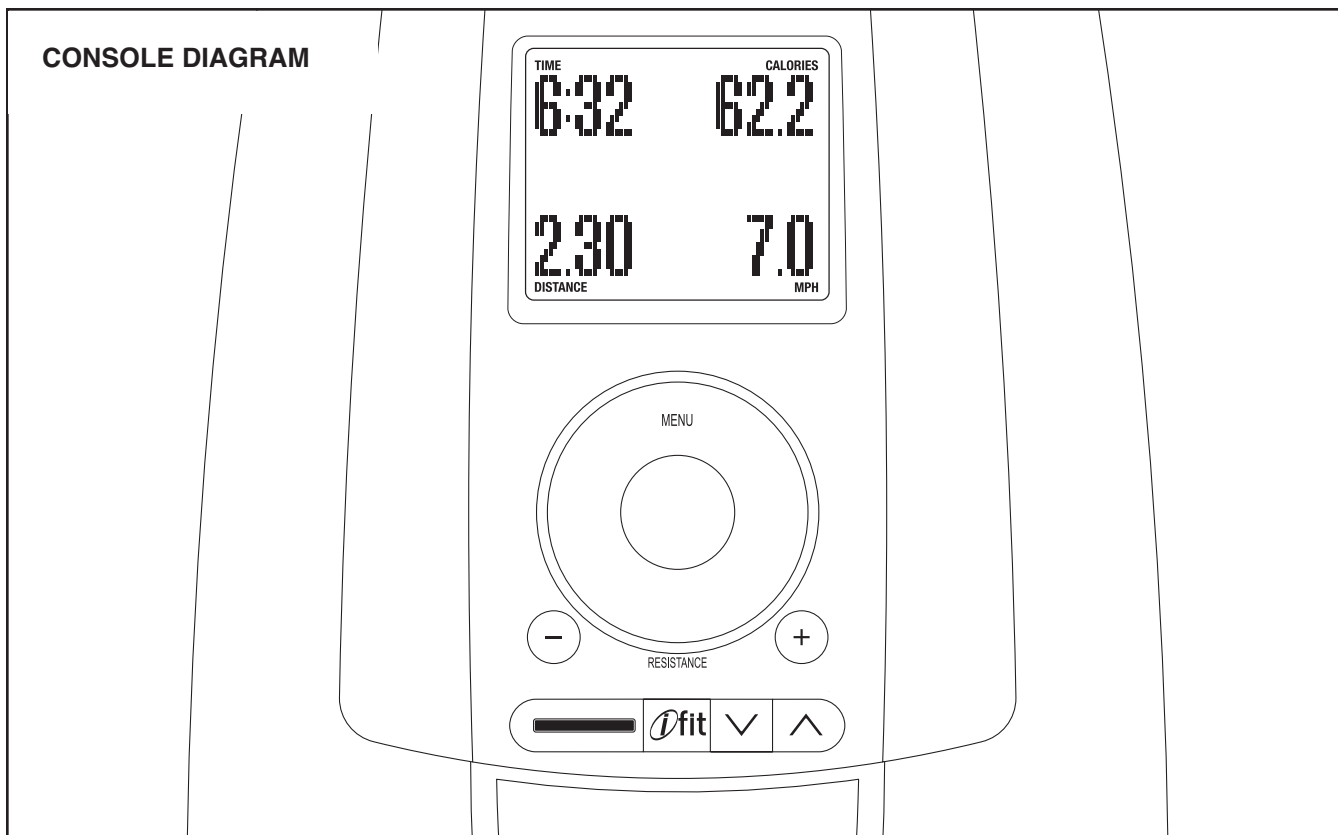
To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated. If the frame of the elliptical exerciser flexes during use, turn the leveling foot beneath the center of the frame until the flexing is eliminated.





FEATURES OF THE CONSOLE

This 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. While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console offers four preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

In addition, the console features two heart rate workouts that change the resistance of the pedals to keep your heart rate near target heart rates while you exercise.

The console also features the iFit Interactive Workout System, which enables the console to accept iFit cards containing workouts designed to help you

achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console's sound system and listen to your favorite workout music or audio books while you exercise.

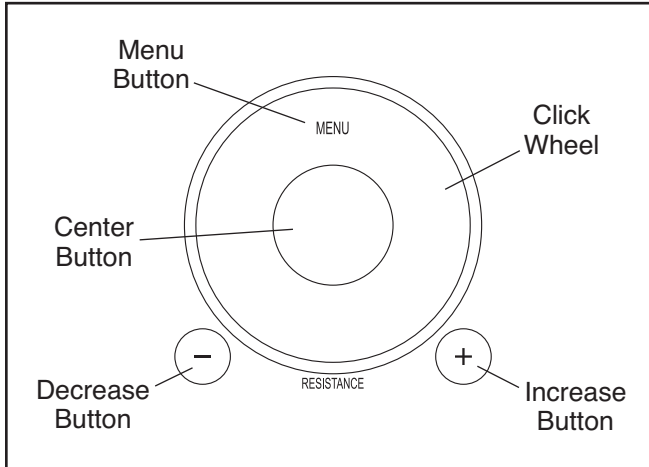
To learn how to use the console controls, see page 17. To use the manual mode, see page 17. To use a preset workout, see page 19. To use a heart rate workout, see page 21. To use an iFit workout, see page 22. To use the sound system, see page 23. To adjust the volume, see page 23. To view the odometer, see page 23. To select a backlight option, see page 23.

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

HOW TO USE THE CONSOLE CONTROLS

You can use the console controls to navigate through menus in the display, change settings, and view exercise information.

Refer to the drawing below to familiarize yourself with the console controls.



To turn on the console, press any button or begin pedaling. Each time you turn on the console, the manual mode will be selected. Note: To use the manual mode, see HOW TO USE THE MANUAL MODE at the right.

To view the main menu, press the Menu button.

To choose a menu item, move your finger clockwise or counterclockwise around the click wheel. An arrow will appear next to the menu item that is currently chosen. Note: You can also press the Resistance increase and decrease buttons to choose a menu item.

To select a menu item, press the center button.

To return to a previous menu, press the Menu button.

Note: To adjust the volume level of the console and change other console settings, see page 23.

HOW TO USE THE MANUAL MODE

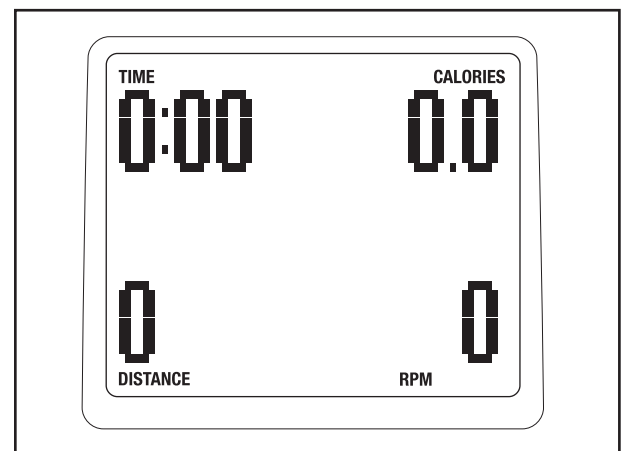
1. Begin pedaling or press any button on the console to turn on the console.

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

2. Select the manual mode.

Each time you turn on the console, the manual mode will be selected. If you have selected a workout, press the Menu button, select WORKOUT, and then select MANUAL to return to the manual mode.

When you select the manual mode, zeros will appear in the display.



3. Change the resistance of the pedals as desired.

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



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

Note: You can also move your finger clockwise or counterclockwise around the click wheel to change the resistance of the pedals.

4. Follow your progress with the display.

The upper left corner of the display will show the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



The lower left corner of the display will show the distance (total number of revolutions) you have pedaled.

The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 at the right).

The lower right corner of the display will show your pedaling pace in revolutions per minute (rpm).

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

You can also view other combinations of selected exercise information in the display. Press the center button repeatedly to view the following information:

- Time, power output in watts, approximate number of calories burned, and pedaling pace
- Time and distance
- Time and power output in watts

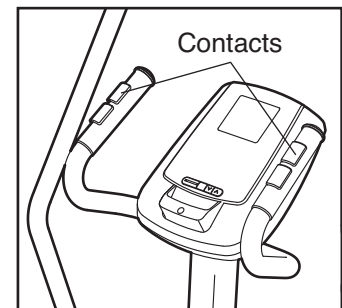
- Time and approximate number of calories burned
- Time and pedaling pace

Press the center button again to view the original display.

5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. Avoid moving your hands or gripping the contacts too tightly.

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



Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 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 metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

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

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

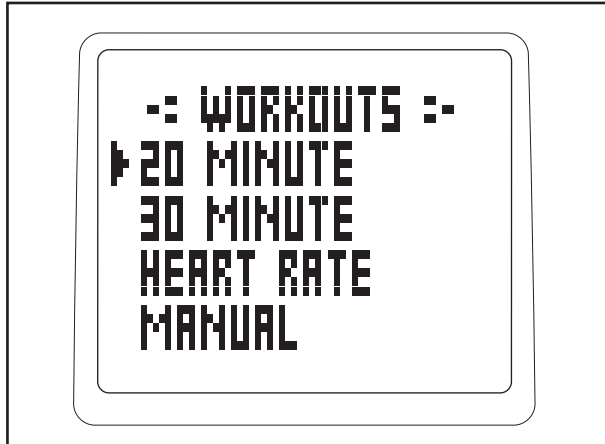
HOW TO USE A PRESET WORKOUT

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

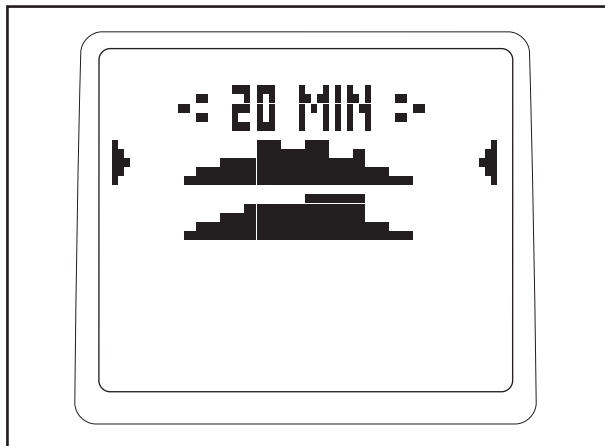
When you turn on the console, the display will light. The console will then be ready for use.

2. **Select a preset workout.**

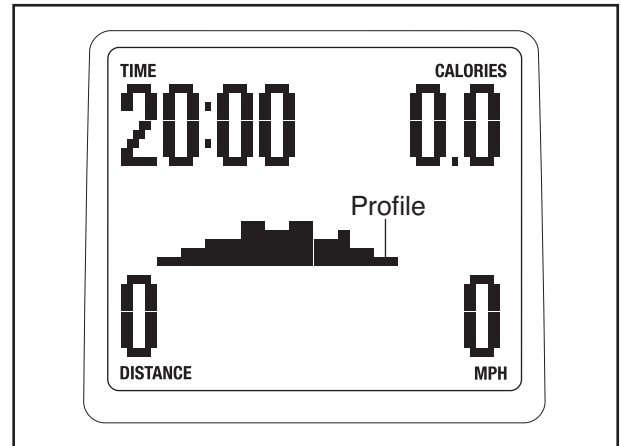
To select one of the preset workouts, press the Menu button, select WORKOUT, and then select the 20 MINUTE or the 30 MINUTE workout menu.



After you select a workout menu, select the profile of the workout you desire to use.



The workout time and a profile of the resistance levels for the workout will appear in the display.

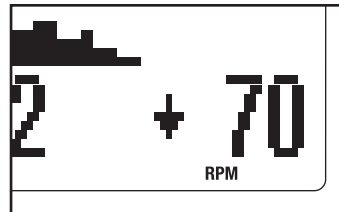


3. **Begin pedaling to start the workout.**

Each workout is divided into 20 or 30 one-minute segments. One resistance level and one target pace are programmed for each segment. Note: The same resistance level and/or target pace may be programmed for consecutive segments.

During the workout, the workout profile 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 resistance level 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. The resistance level and the target pace will also appear in the display. If a different resistance level and/or target pace is programmed for the next segment, the resistance level and/or the target pace will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

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



IMPORTANT: The target pace is intended only to provide motivation. Your actual pace may be slower than the target pace. Make sure to exercise at a pace 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 decrease or increase button. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound, the console will pause, and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 18.

5. Measure your heart rate if desired.

See step 5 on page 18.

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

See step 6 on page 18.

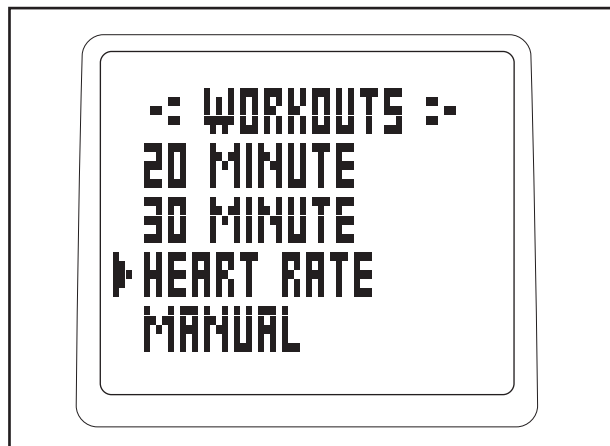
HOW TO USE A HEART RATE WORKOUT

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

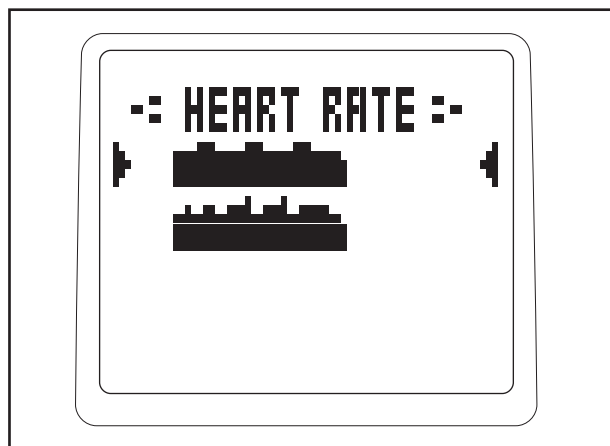
When you turn on the console, the display will light. The console will then be ready for use.

2. **Select a preset workout.**

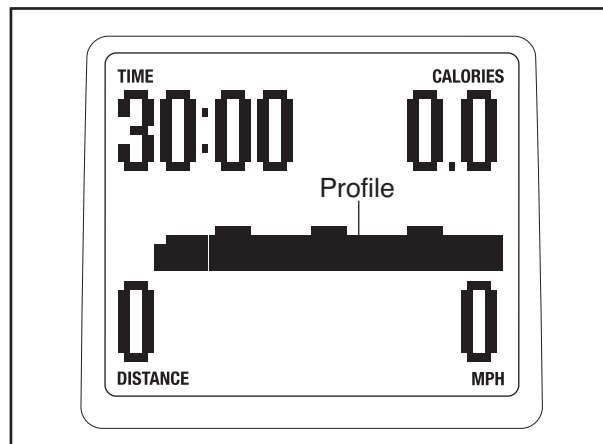
To select one of the heart rate workouts, press the Menu button, select WORKOUTS, and then select the HEART RATE workout menu.



After you select a workout menu, select the profile of the workout you desire to use.



The workout time and a profile of the target heart rate settings for the workout will appear in the display.



3. **Hold the handgrip pulse sensor.**

It is not necessary to hold the handgrip pulse sensor continuously during heart rate workouts; however, you should hold the handgrip pulse sensor frequently for the workouts to operate properly.

Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.

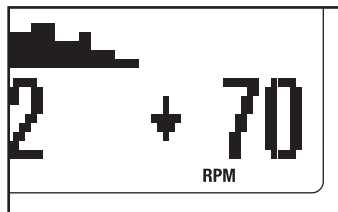
4. **Begin pedaling to start the workout.**

Each workout is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During the workout, the workout profile in the display 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 heart rate setting 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.

The console will regularly compare your heart rate to the target heart rate setting for the current segment of the workout. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

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



IMPORTANT: The target pace is intended only to provide motivation. Your actual pace may be slower than the target pace. Make sure to exercise at a pace 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 decrease or increase button. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound, the console will pause, and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

5. Follow your progress with the display.

See step 4 on page 18.

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

See step 6 on page 18.

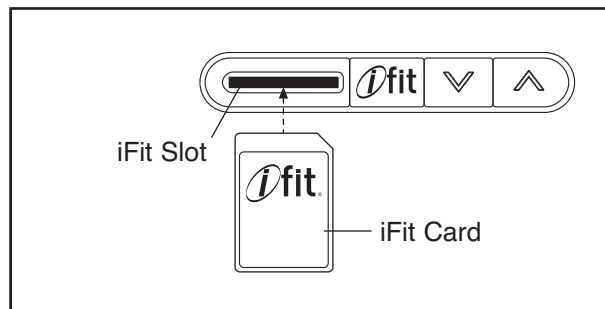
HOW TO USE AN IFIT WORKOUT

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

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

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face-down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will light and text will appear in the display.



Next, select the desired workout on the iFit card by pressing the up and down buttons next to the iFit slot.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 6 on page 19.

3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug an audio cable (not included) into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

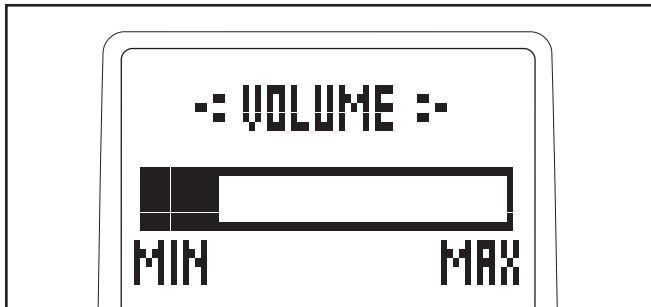
Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

Note: To adjust the volume of the console tones and sounds, see HOW TO ADJUST THE VOLUME below.

When not in use, unplug the audio cable from the jack on the console.

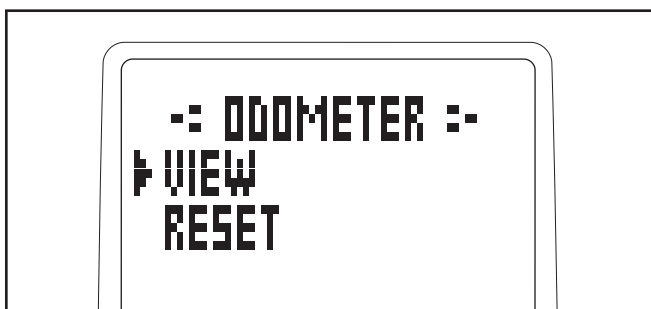
HOW TO ADJUST THE VOLUME

To adjust the volume level of the console, first press the Menu button, and then select VOLUME. Next, move your finger around the click wheel or press the Resistance increase and decrease buttons to adjust the volume to the desired level. Then, press the center button to exit the menu.



HOW TO VIEW THE ODOMETER

To view the total distance pedaled since the elliptical exerciser was purchased and the total number of hours the elliptical exerciser has been operated, press the Menu button, select ODOMETER, and then select VIEW.



The total distance (in total number of revolutions) that the elliptical exerciser has been pedaled will appear in the upper display. The total number of hours the elliptical exerciser has been operated will appear in the lower display.

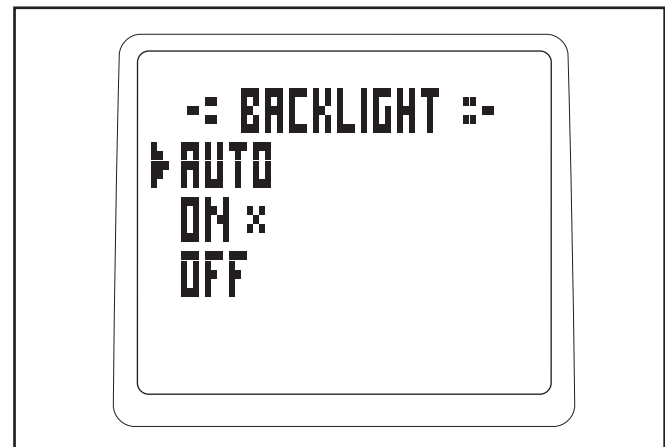
To exit the odometer information, press the Menu button repeatedly.

To reset the odometer information to zero, press the Menu button, select ODOMETER, and then select RESET. Press the Menu button repeatedly to exit the reset mode.

HOW TO SELECT A BACKLIGHT OPTION

The console has three backlight options. The ON option keeps the backlight on while the console is on. To conserve the batteries, the AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.

To select a backlight option, press the Menu button, select SETTINGS, and then select BACKLIGHT. An X will appear next to the currently selected backlight option. To change the backlight option, first move your finger around the click wheel or press the Resistance increase and decrease buttons to choose the desired backlight option. Next, press the center button. The X will then appear next to the currently selected backlight option.



A few seconds after you select a backlight option, the console will exit the backlight menu.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, 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.**

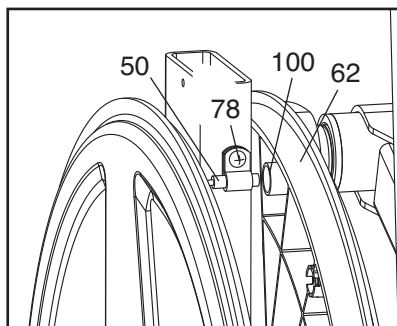
CONSOLE TROUBLESHOOTING

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 10 on page 10 for replacement instructions. If the handgrip pulse sensor does not function properly, see step 5 on page 18.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from both shields; **there are three sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently pry the shields away from the frame.

Next, locate the Reed Switch (50). Turn the Pulley Disc (62) until the Magnet (100) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (78). Slide the

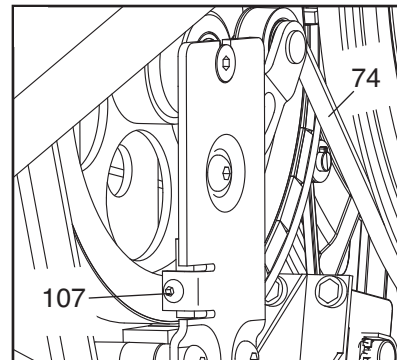


Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Pulley Disc forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Adjust the Screw until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 31 and the PART LIST on page 28.

HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance of the pedals is at the highest setting, the Belt (74) may need to be adjusted. First, remove all the screws from both shields; **there are three sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently pry the shields away from the frame.

Next, turn the Belt Adjustment Screw (107) until the Belt (74) is tight. Then, reattach the shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 31 and the PART LIST on page 28.



EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor 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

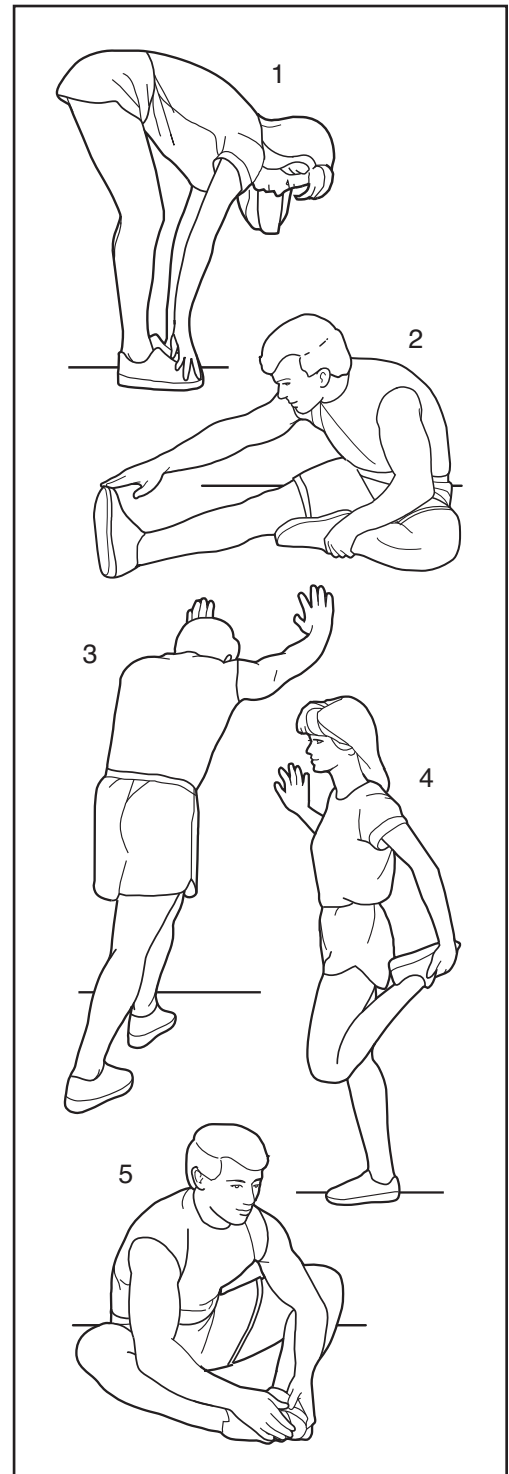
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

PART LIST—Model No. PFEVEL75008.0

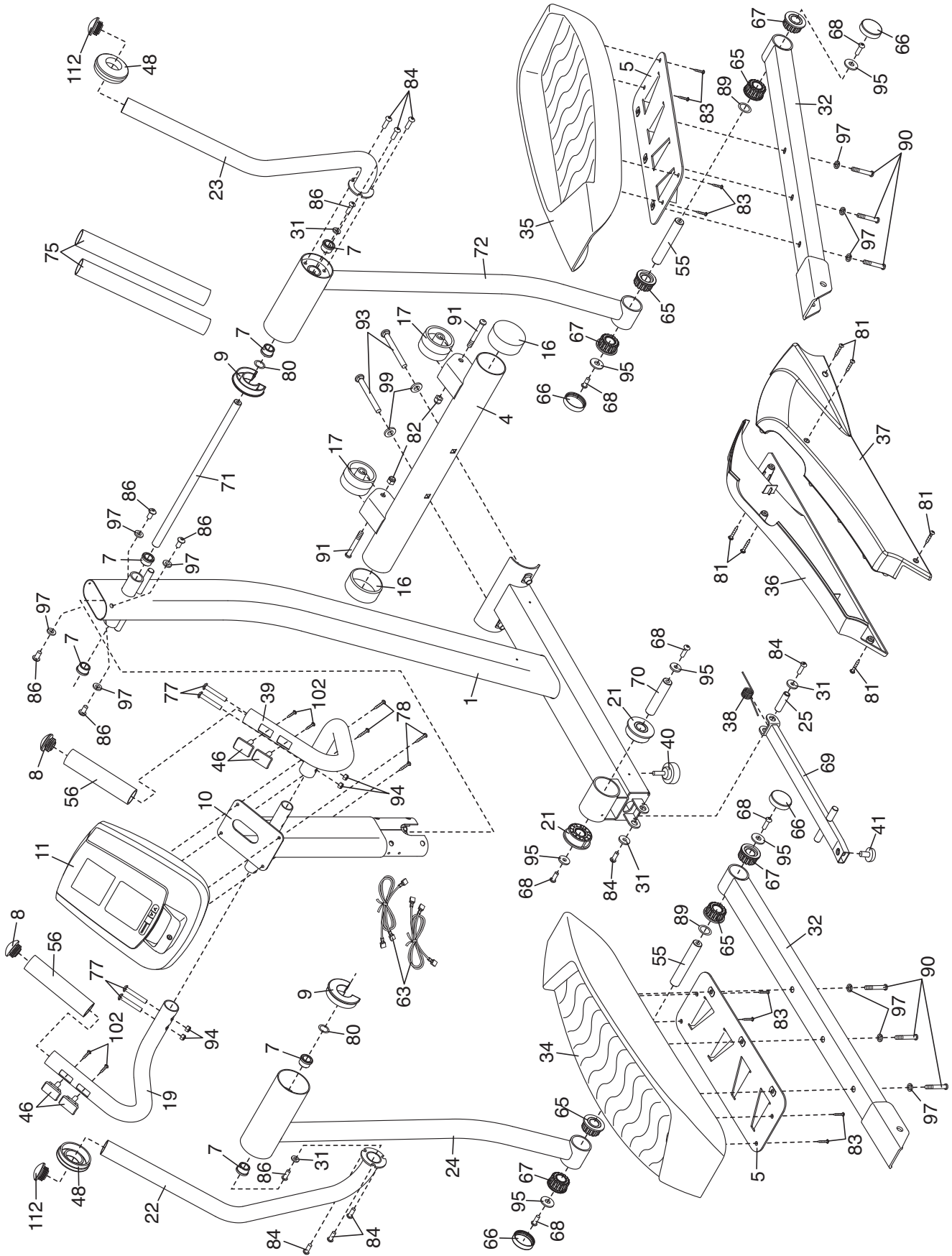
R0808A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Clamp
2	1	Folding Frame	52	2	Spindle Cap
3	1	Rear Stabilizer	53	4	Pivot Arm Bushing
4	1	Front Stabilizer	54	4	Link Snap Ring
5	2	Pedal Bracket	55	2	Pedal Arm Axle
6	1	Motor Bracket	56	2	Pulse Bar Foam
7	6	Upper Bushing	57	1	Spindle Spacer
8	2	Upper Body Arm Cap	58	5	M5 Washer
9	2	Upper Body Leg Spacer	59	2	Spindle Bearing
10	1	Upright	60	1	Crank Spacer
11	1	Console	61	1	Spindle
12	1	Disc	62	1	Pulley Disc
13	2	Disc Cover	63	2	Pulse Wire
14	1	Left Shield	64	1	Wire Harness
15	1	Right Shield	65	4	Inner Pivot Arm Bushing
16	4	Stabilizer Cap	66	4	Axle Cover
17	2	Wheel	67	4	Outer Bushing Assembly
18	2	Link Axle	68	7	M10 x 20mm Patch Screw
19	1	Left Pulse Bar	69	1	Latch Bracket
20	1	Flywheel	70	1	Pivot Axle
21	2	Pivot Bushing	71	1	Upper Body Axle
22	1	Left Upper Body Arm	72	1	Right Upper Body Leg
23	1	Right Upper Body Arm	73	1	M8 x 74mm Shoulder Bolt
24	1	Left Upper Body Leg	74	1	Belt
25	1	Latch Axle	75	2	Upper Body Arm Foam
26	1	Motor Disc	76	1	Frame Cap
27	1	Resistance Arm	77	4	M8 x 36mm Button Bolt
28	2	Flywheel Spacer	78	10	M4 x 16mm Screw
29	1	C-magnet Spacer	79	4	M4 x 16mm Flat Head Screw
30	2	Link Arm	80	2	Wave Washer
31	6	M8 x 22mm Washer	81	17	M4 x 20mm Screw
32	2	Pedal Arm	82	3	M10 Locknut
33	4	M5 x 12mm Blunt Screw	83	8	M6 x 12mm Round Head Screw
34	1	Left Pedal	84	12	M8 x 12mm Patch Screw
35	1	Right Pedal	85	1	M5 x 15mm Button Screw
36	1	Left Frame Cover	86	8	M8 x 19mm Patch Screw
37	1	Right Frame Cover	87	1	M8 x 70mm Shoulder Bolt
38	1	Latch Spring	88	4	M5 Nut
39	1	Right Pulse Bar	89	2	Large Wave Washer
40	3	Foot	90	6	M8 x 40mm Patch Screw
41	1	Latch Button	91	2	M10 x 58mm Button Bolt
42	4	Link Bearing	92	1	M4 x 10mm Screw
43	2	Link Arm Pad	93	4	M10 x 80mm Patch Screw
44	1	C-magnet	94	8	M8 Locknut
45	2	Link Arm Bracket	95	6	M10 Washer
46	4	Pulse Sensor	96	3	M5 x 10mm Screw
47	1	Idler	97	10	M8 Split Washer
48	2	Arm Cover	98	1	Right Crank Arm
49	1	Resistance Motor	99	4	M10 Curved Washer
50	1	Reed Switch/Wire	100	2	Magnet

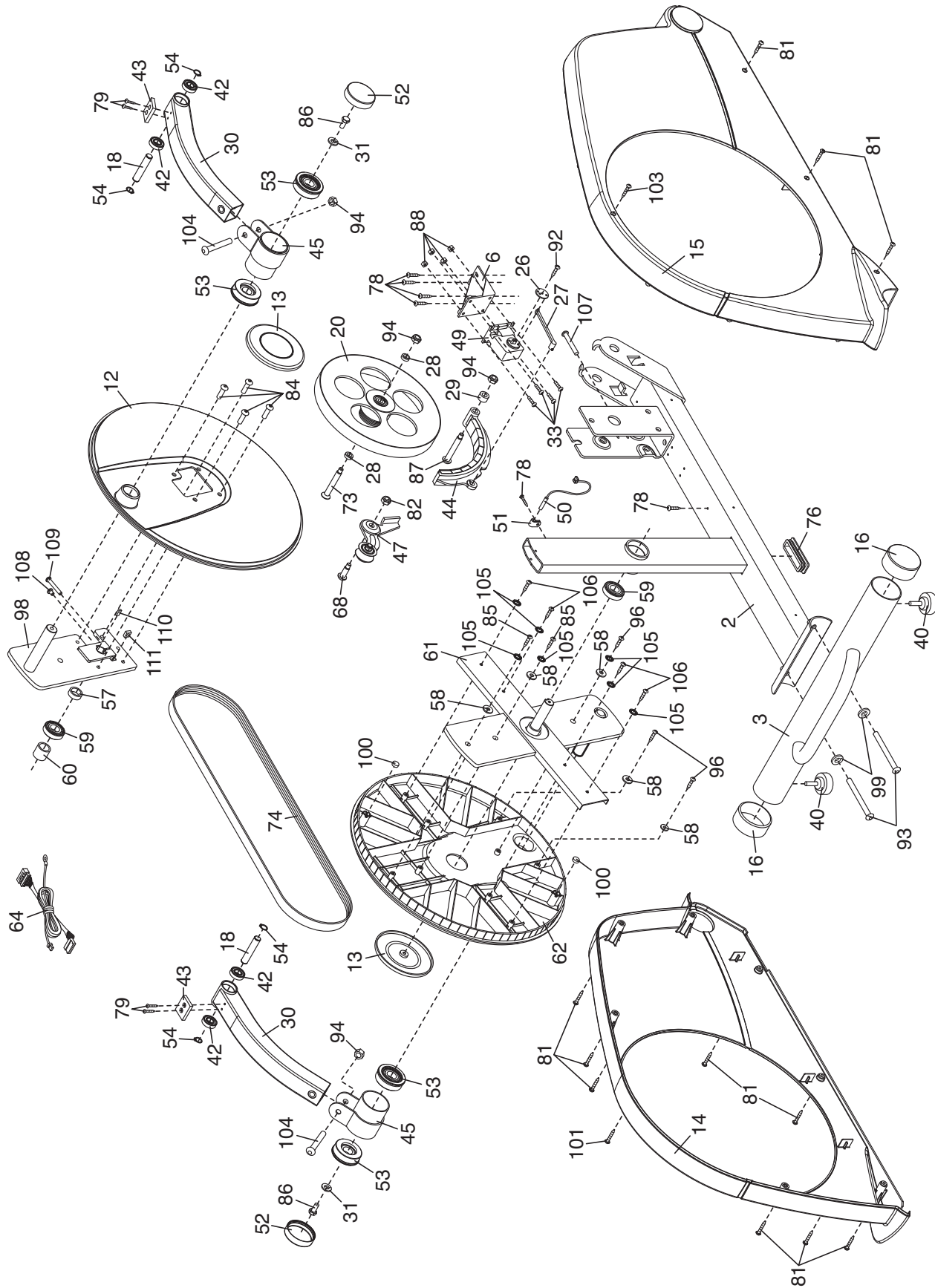
Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	M4 x 45mm Screw	109	1	M6 x 44mm Hex Bolt
102	4	M4 x 20mm Screw	110	1	Key
103	1	M4 x 40mm Screw	111	1	M6 Square Nut
104	2	M8 x 58mm Shoulder Bolt	112	2	Pulse Bar Cap
105	7	Star Washer	*	–	User's Manual
106	4	M5 x 20mm Screw	*	–	Hex Key
107	1	Belt Adjustment Screw	*	–	Grease Packet
108	1	M6 x 9mm Button Screw	*	–	Jumper Wire

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

EXPLODED DRAWING A—Model No. PFEVEL75008.0 R0808A



EXPLODED DRAWING B—Model No. PFEVEL75008.0 R0808A



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)

