

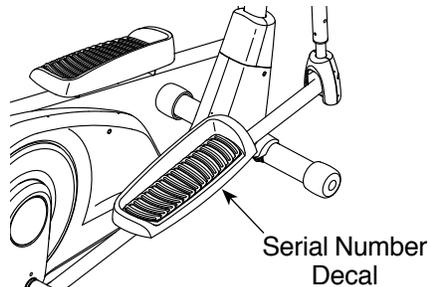
PRO-FORM[®]

SPORT E5.0

Model No. PFEL04821-INT.2

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

MEMBER CARE

UNITED KINGDOM

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

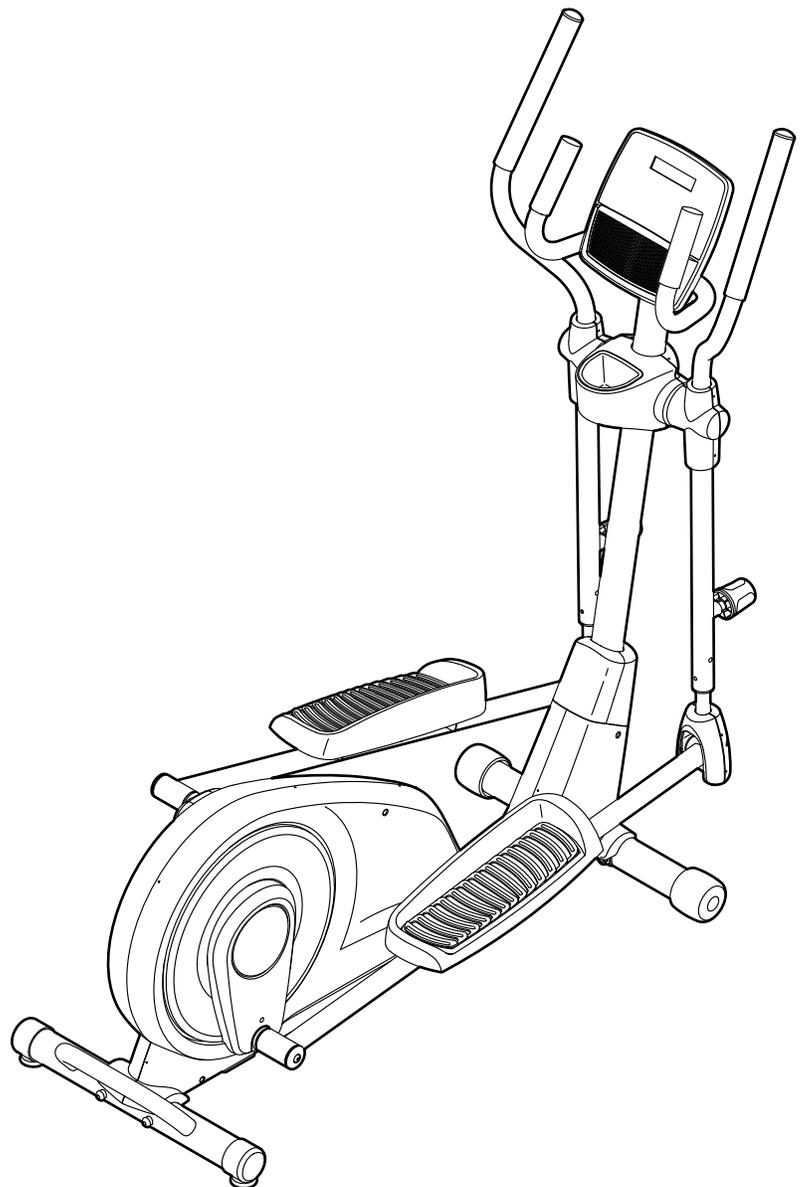
Write:

iFIT Inc.

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.

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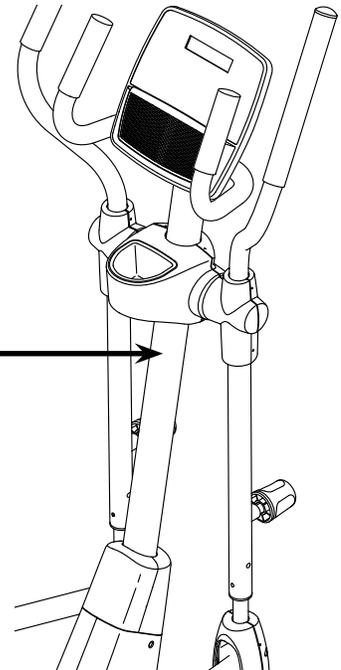
RECYCLING INFORMATION Back Cover

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 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.
- Not suitable for high accuracy purposes.
- Always use on a level surface.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- Stop pedals and use care when mounting or dismounting.
- User weight must not exceed 250 lbs./115 kg.
- Replace this label if damaged, illegible or removed.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the elliptical at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the elliptical only as authorized by your health care provider.
5. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
6. Use the elliptical only as described in this manual.
7. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
8. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
9. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
10. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. Always plug the power adapter into the elliptical before you plug it into an outlet.
12. The elliptical should not be used by persons weighing more than 250 lbs. (115 kg).
13. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
14. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical. Before mounting or dismounting, bring the pedals to a stop with the pedal on the mounting or dismounting side in its lowest position.
15. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
16. Keep your back straight while using the elliptical; do not arch your back.
17. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

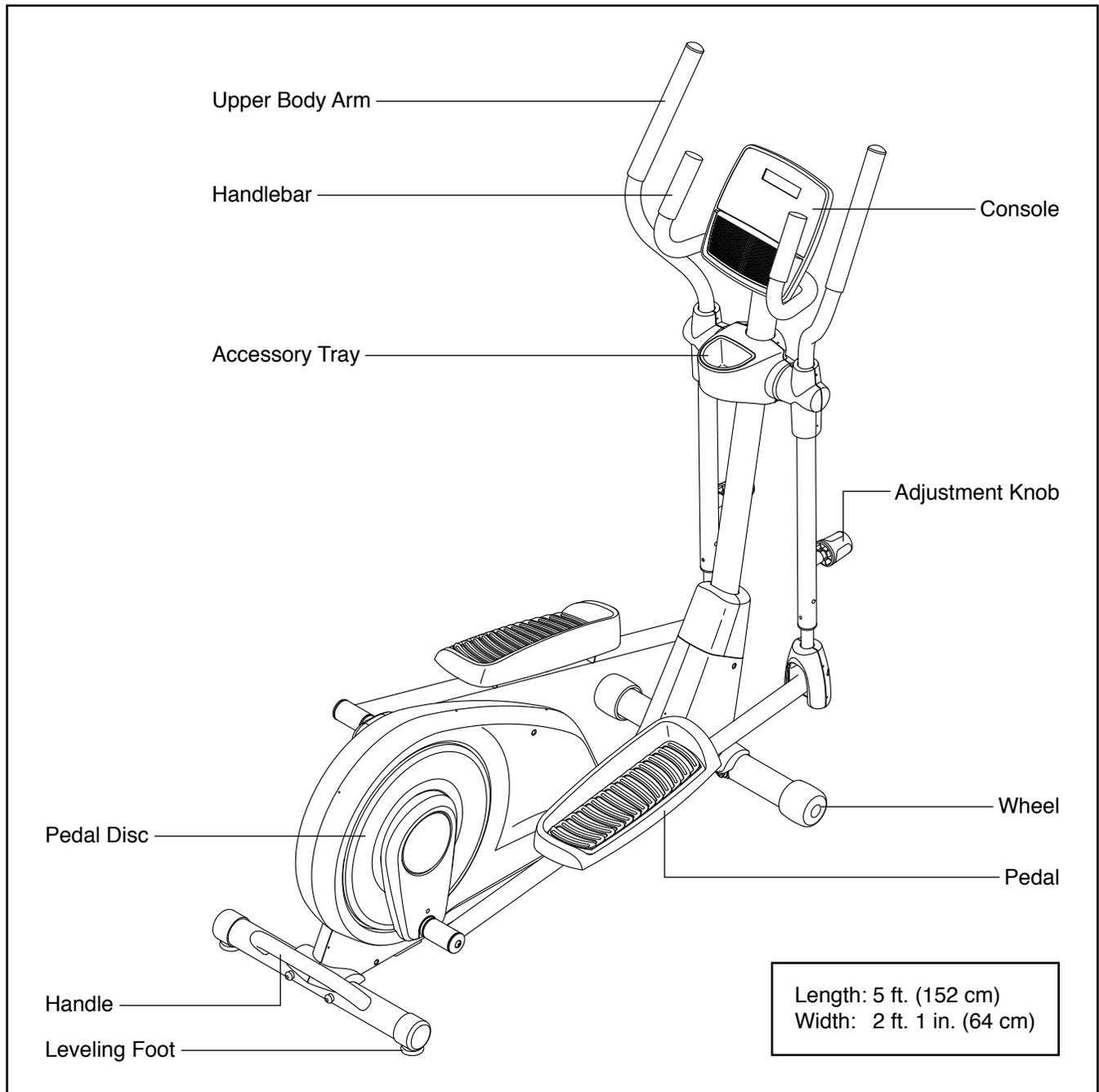
BEFORE YOU BEGIN

Thank you for purchasing the PROFORM® SPORT E5.0 elliptical. The SPORT E5.0 elliptical provides an array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this

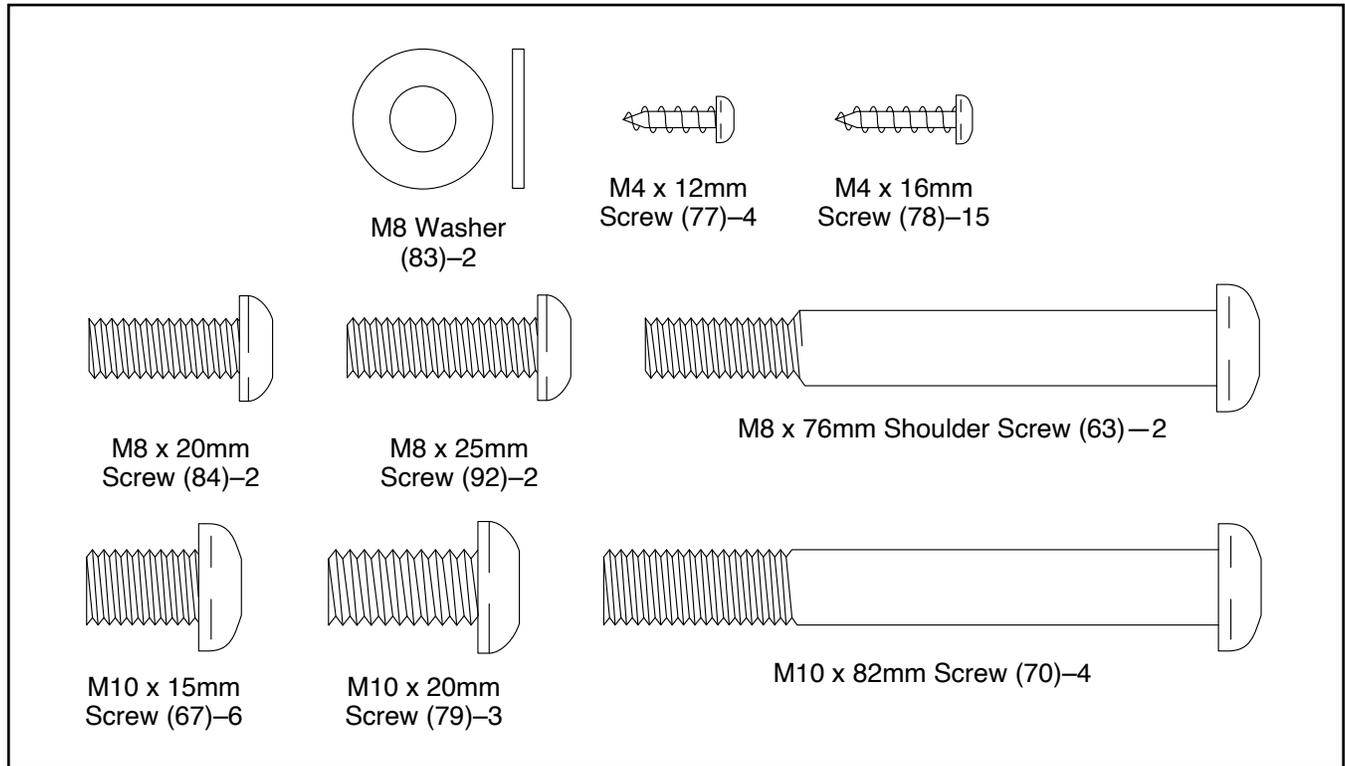
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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



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 tool(s):

one Phillips screwdriver 

two adjustable wrenches 

one rubber mallet 

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

1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

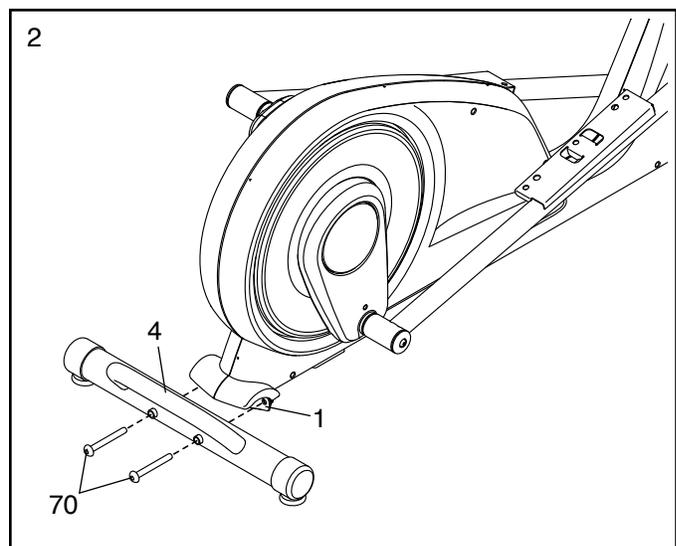
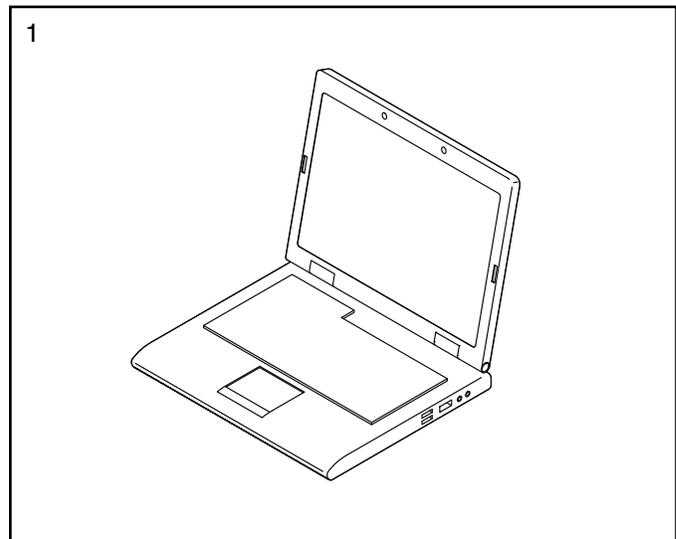
- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. If there is a shipping tube (not shown) attached to the Frame (1), remove the screws (not shown) and then remove the shipping tube. Discard the screws and the shipping tube.

With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1).

Attach the Rear Stabilizer (4) to the Frame (1) with two M10 x 82mm Screws (70).

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



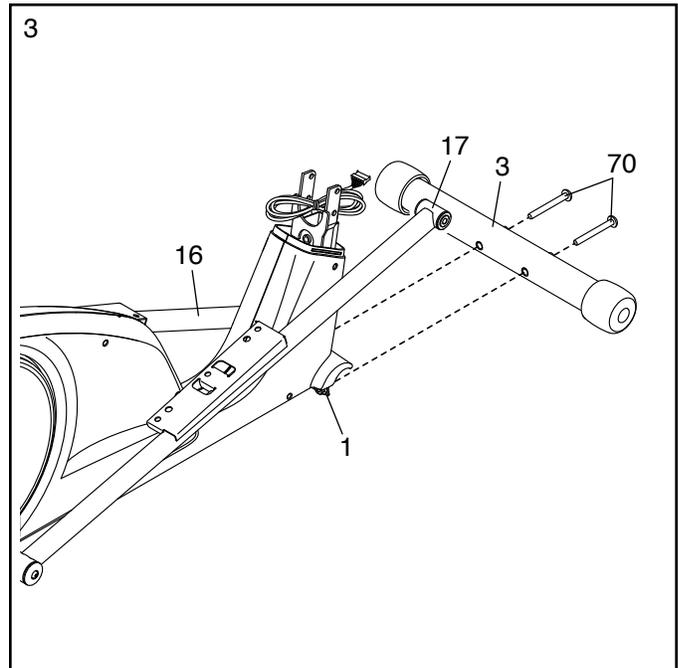
- If there is a shipping tube (not shown) attached to the Frame (1), remove the screws (not shown) and then remove the shipping tube. Discard the screws and the shipping tube.

Orient the Front Stabilizer (3) so that the sticker is facing away from the front of the Frame (1).

With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1).

Tip: Make sure to lift the Pedal Arms (16, 17) above the Front Stabilizer (3) before you attach it. Attach the Front Stabilizer to the Frame (1) with two M10 x 82mm Screws (70).

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



- Have a second person hold the Upright (2) near the Frame (1) as shown.

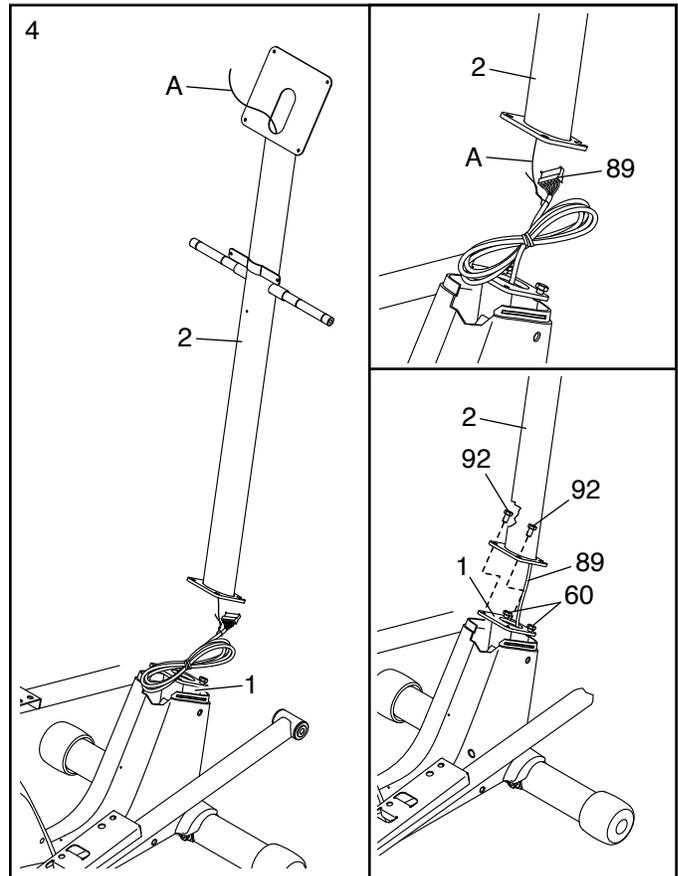
See the upper inset drawing. Locate the wire tie (A) in the lower end of the Upright (2). Tie the wire tie to the Main Wire (89). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright.

Tip: To prevent the Main Wire (89) from falling into the Upright (2), secure the Main Wire with the wire tie (A).

See the lower inset drawing. Tip: Avoid pinching the Main Wire (89). Have a second person hold the Upright (2) on the Frame (1).

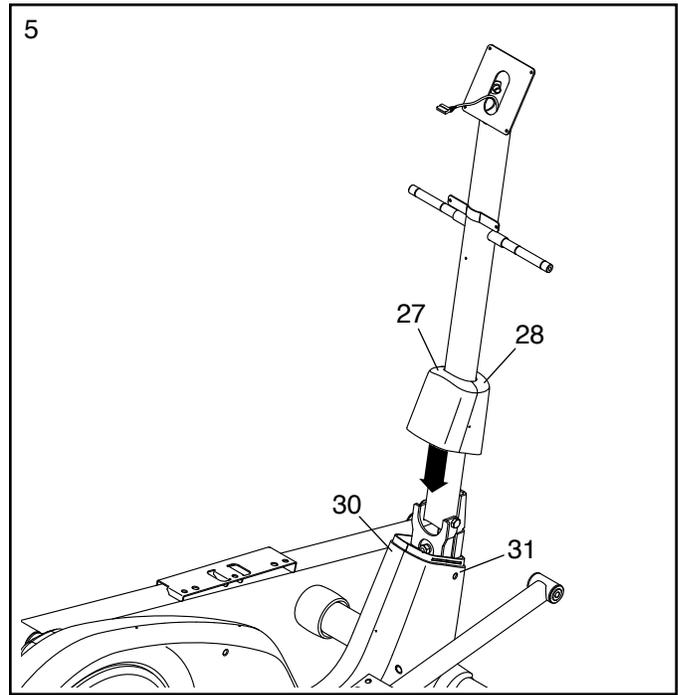
Tip: Two M8 x 15mm Screws (60) are preattached to the Frame (1).

Attach the Upright (2) with two M8 x 25mm Screws (92); **do not fully tighten the Screws yet.**



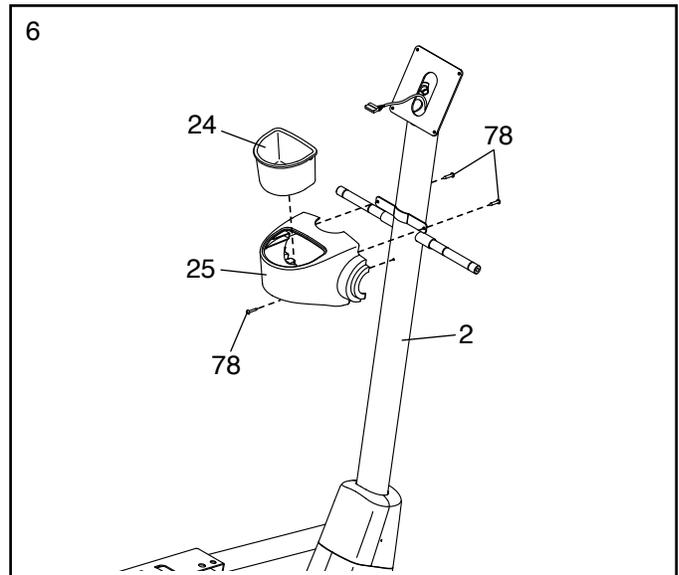
5. Identify the Rear Shield Cover (27) and the Front Shield Cover (28), and orient them as shown.

Slide the Rear and Front Shield Covers (27, 28) downward, **but do not press them onto the Left and Right Shields (30, 31) yet.**



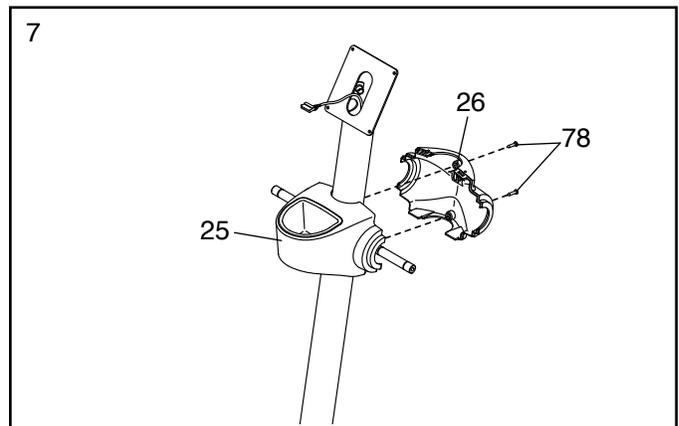
6. Attach the Rear Upright Cover (25) to the Upright (2) with three M4 x 16mm Screws (78); **start all the Screws, and then tighten them.**

Then, insert the Accessory Tray (24) into the Rear Upright Cover (25).



7. Orient the Front Upright Cover (26) so that the word "UP" is at the top.

Attach the Front Upright Cover (26) to the Rear Upright Cover (25) with two M4 x 16mm Screws (78).



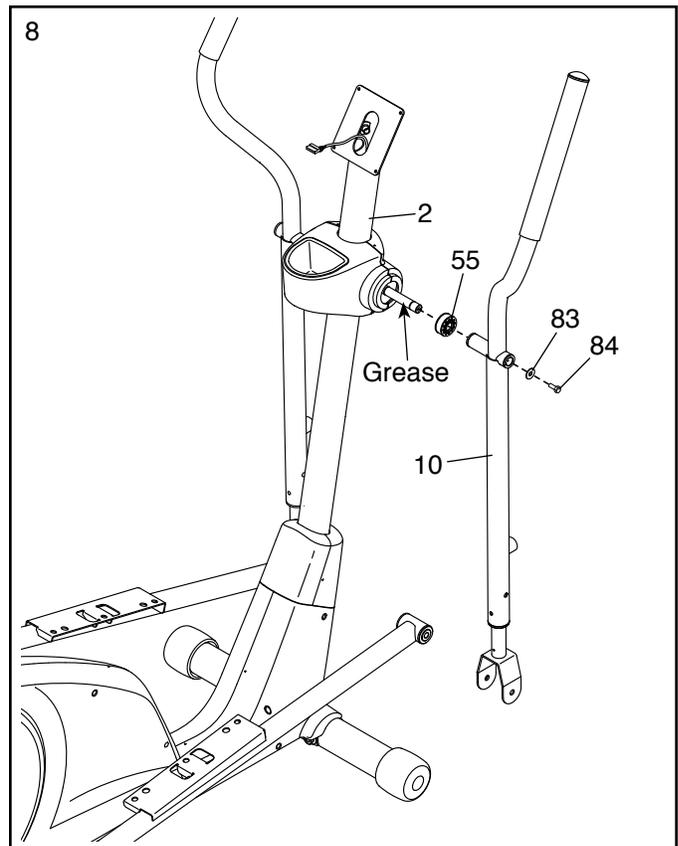
8. Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the axles on the Upright (2).

Next, slide a Pivot Spacer (55) onto the right axle on the Upright (2).

Then, identify the Right Upper Body Arm (10), orient it as shown, and slide it onto the right axle on the Upright (2).

Attach the Right Upper Body Arm (10) with an M8 x 20mm Screw (84) and an M8 Washer (83).

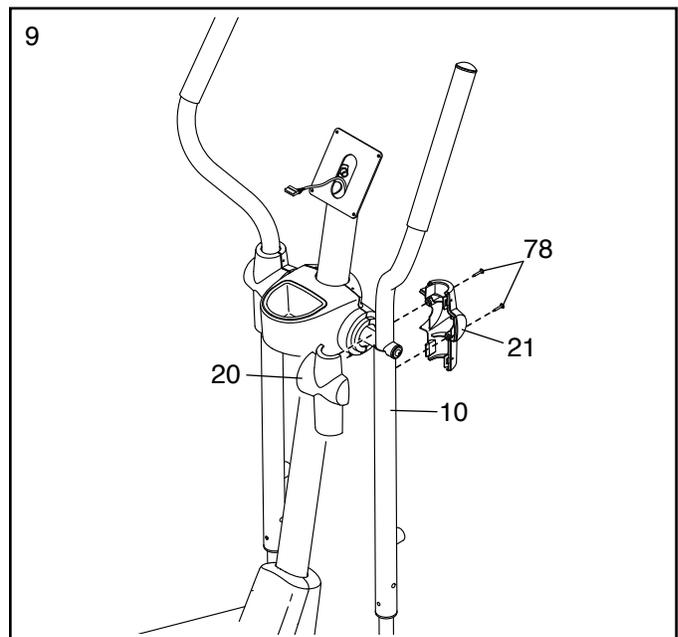
Repeat this step on the other side of the elliptical.



9. Identify the Right Rear Arm Cover (20) and the Right Front Arm Cover (21), and orient them as shown.

Press the Right Rear and Front Arm Covers (20, 21) together around the Right Upper Body Arm (10), and attach them with two M4 x 16mm Screws (78). **Tip: Attach the lower Screw first, and then attach the upper Screw.**

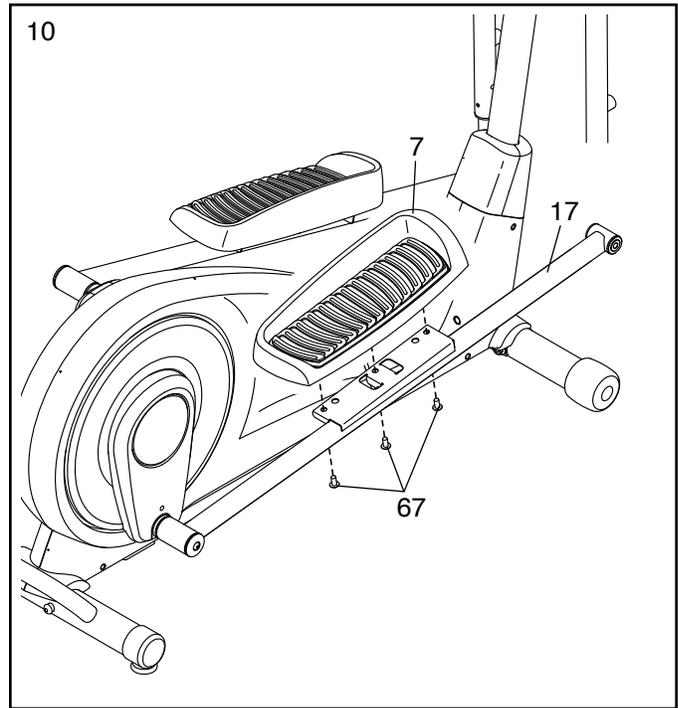
Repeat this step on the other side of the elliptical.



10. Identify the Right Pedal (7), and orient it as shown.

Attach the Right Pedal (7) to the Right Pedal Arm (17) with three M10 x 15mm Screws (67); **start all the Screws, and then tighten them. Make sure to use the center hole and the two outer holes to attach the Right Pedal.**

Repeat this step on the other side of the elliptical.

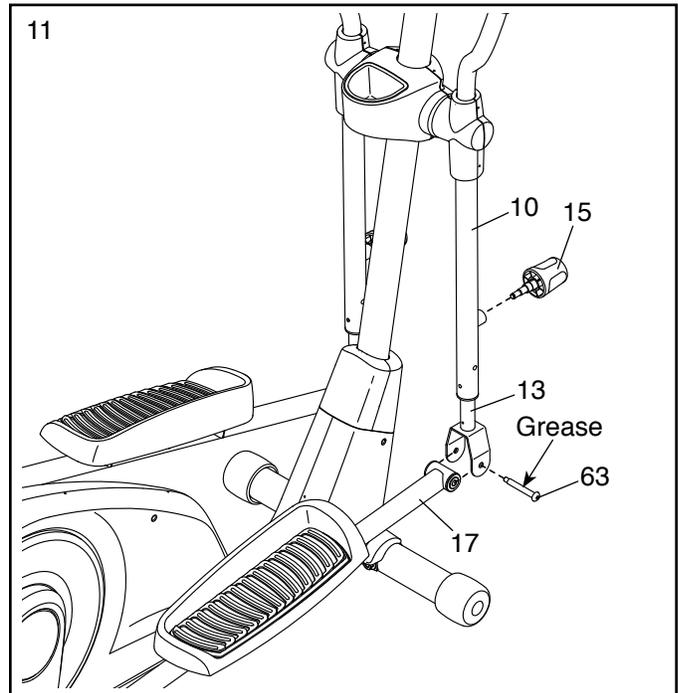


11. Apply a small amount of grease to an M8 x 76mm Shoulder Screw (63).

Attach the front end of the Right Pedal Arm (17) inside the bracket on the right Upper Body Leg (13) with the M8 x 76mm Shoulder Screw (63).

Then, use an adjustable wrench to tighten a Knob (15) into the Right Upper Body Arm (10). Then, pull the Knob, slide the Upper Body Leg (13) farther into the Right Upper Body Arm, and release the Knob into one of the three adjustment holes in the Upper Body Leg.

Repeat this step on the other side of the elliptical.



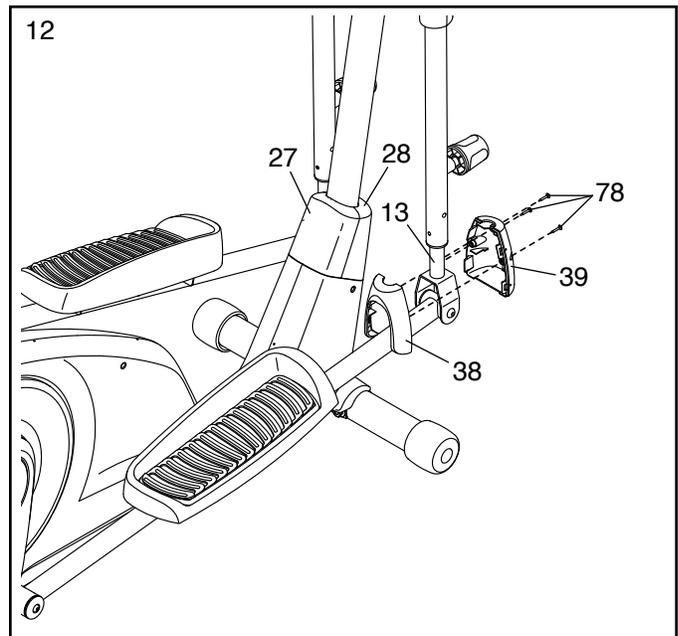
12. Identify a Rear Leg Cover (38) and a Front Leg Cover (39), and orient them as shown.

Press the Rear and Front Leg Covers (38, 39) together around the right Upper Body Leg (13), and attach them with three M4 x 16mm Screws (78); **start the center Screw first, and then start the other two Screws. Then, tighten all the Screws.**

Repeat this step on the other side of the elliptical.

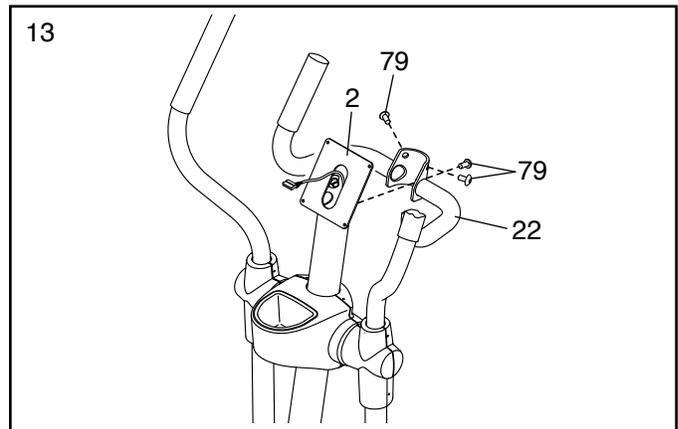
See step 4. Tighten the two M8 x 15mm Screws (60) and the two M8 x 25mm Screws (92).

Then, press the Rear and Front Shield Covers (27, 28) into place.



13. Have a second person hold the Handlebar (22) in place around the Upright (2).

Attach the Handlebar (22) to the Upright (2) with three M10 x 20mm Screws (79); **start all the Screws, and then tighten them.**

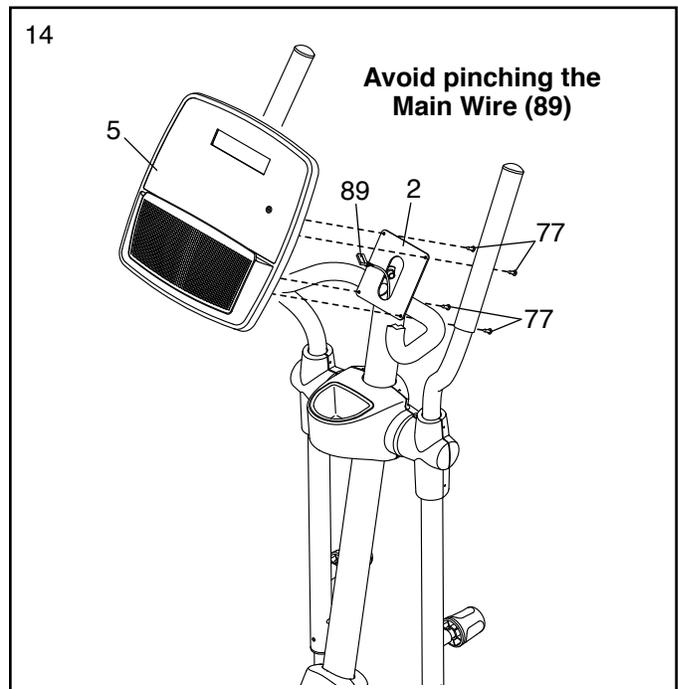


14. Untie and discard the wire tie attached to the Main Wire (89).

While a second person holds the Console (5) near the Upright (2), plug the Main Wire (89) into the receptacle on the Console. **Tip: The wire connector should slide into place easily and snap into place with an audible click. If it does not, turn the connector and try again.**

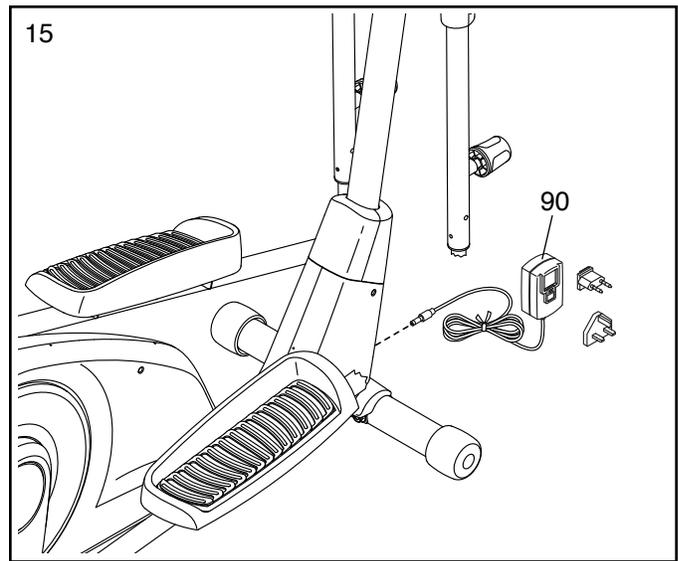
Insert the excess wire into the Upright (2).

Tip: Avoid pinching the wires. Attach the Console (5) to the Upright (2) with four M4 x 12mm Screws (77); **start all the Screws, and then tighten them.**



15. Plug the Power Adapter (90) into the receptacle on the frame of the elliptical.

Note: To plug the Power Adapter (90) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



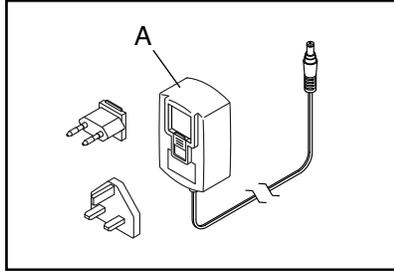
16. **Make sure that all parts are properly tightened.** Place a mat beneath the elliptical to protect the floor. Extra parts may be included.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

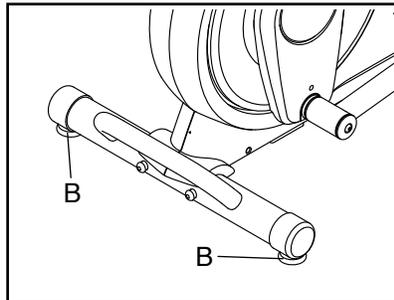
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter (A) into the receptacle on the front of the elliptical. 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.



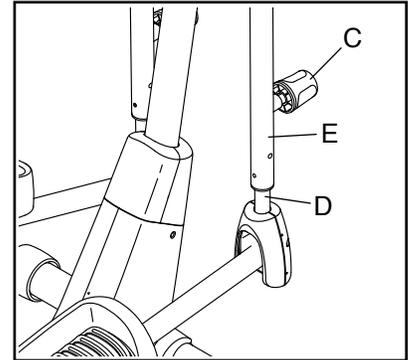
HOW TO LEVEL THE ELLIPTICAL

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



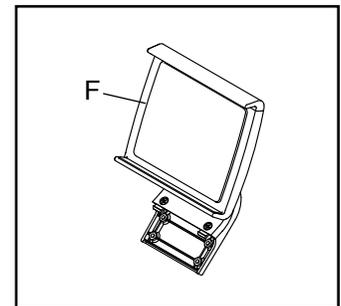
HOW TO VARY THE MOTION OF THE PEDALS

To vary the motion of the pedals, first pull one of the knobs (C), slide the upper body leg (D) farther into or out of the upper body arm (E), and then release the knob into one of the three adjustment holes in the upper body leg. **Then, repeat this procedure on the other side of the elliptical.**



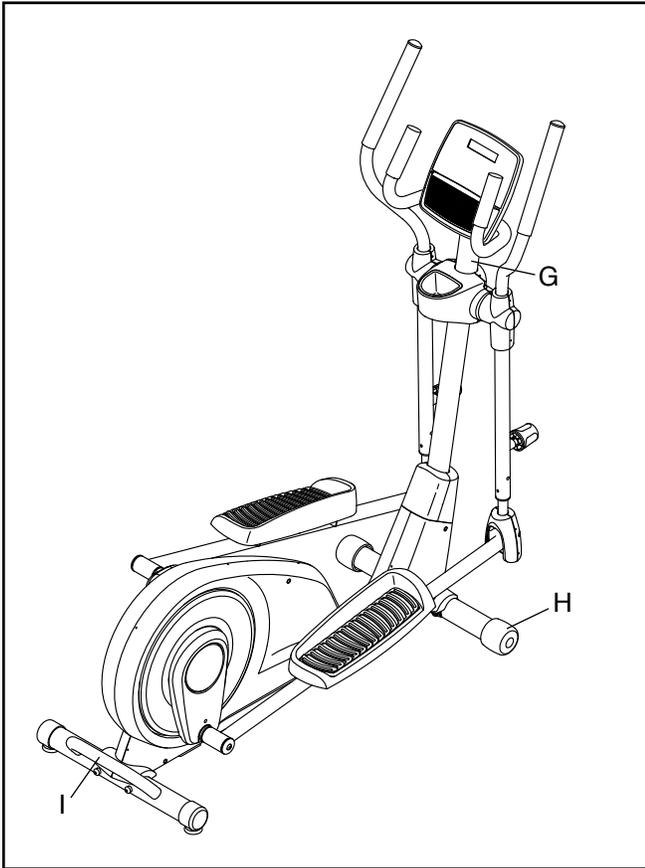
THE OPTIONAL TABLET HOLDER

The optional tablet holder (F) will hold your tablet securely in place and enable you to use your tablet while you exercise. The optional tablet holder is designed for use with most full-size tablets. **To purchase a tablet holder, please see the front cover of this manual.**



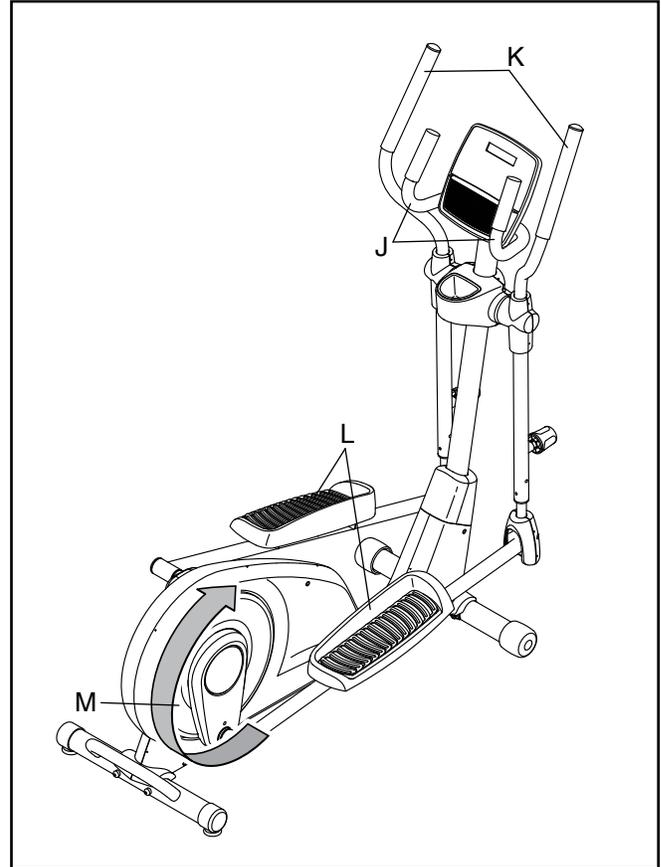
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to protect your floor. Stand in front of the elliptical, hold the upright (G), and place one foot against one of the wheels (H). Next, pull on the upright and have a second person lift the handle (I) until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



HOW TO EXERCISE ON THE ELLIPTICAL

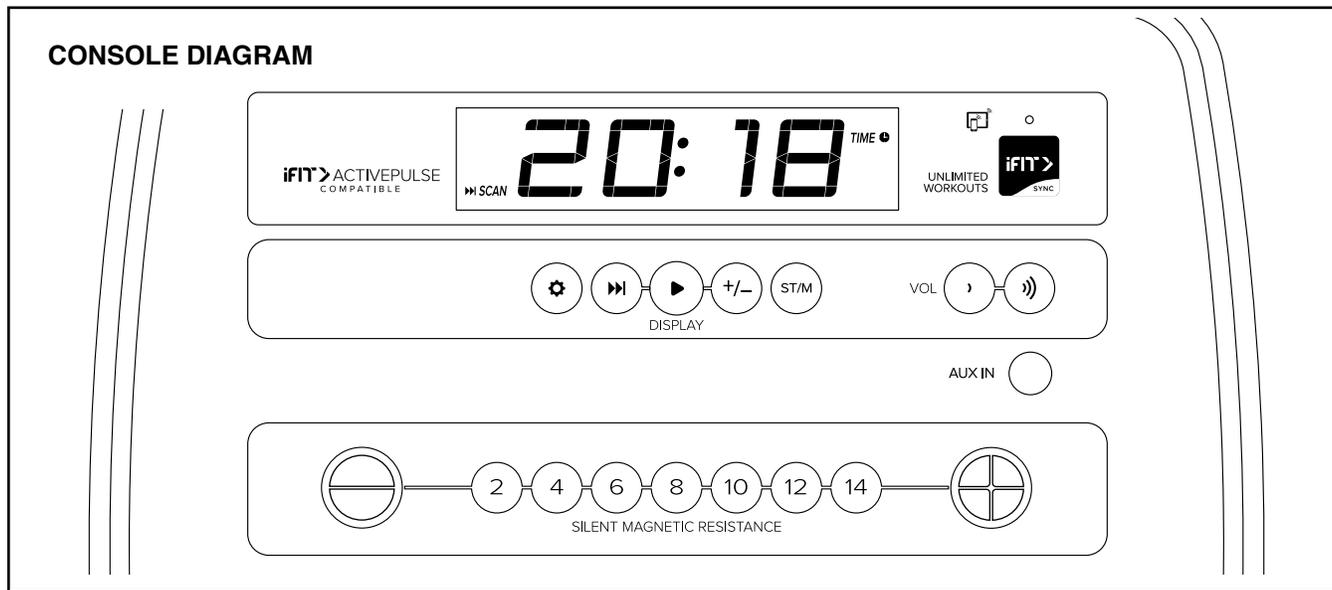
To mount the elliptical, hold the handlebars (J) or the upper body arms (K) and step onto the pedal (L) that is in the lowest position. Then, step onto the other pedal.



Push the pedals (L) until they begin to move with a continuous motion. **Note: The pedal discs (M) can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

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

HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can 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 a compatible heart rate monitor.

You can also use the console sound system while you exercise.

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

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

Each iFIT workout automatically changes the resistance of the pedals as an iFIT coach guides you through an immersive and effective video workout.

To use the manual mode, see page 16. **To use an iFIT workout**, see page 18.

To connect your heart rate monitor to the console, see page 19. **To use the sound system**, see page 20. **To change console settings**, see page 21.

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

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 turn on. The console will then be ready for use.

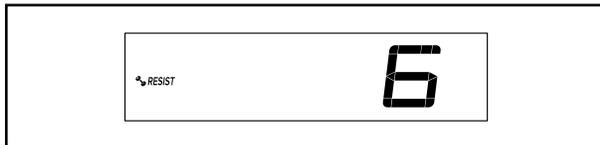
2. Select the manual mode.

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

3. Change the resistance of the pedals as desired.

Begin pedaling to start the manual mode.

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



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

4. Follow your progress with the display.

The display can show the following workout information:

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

Calories per Hour (CALs/HR)—The approximate number of calories you are burning per hour.

Distance (MI or KM)—The distance that you have pedaled in miles or kilometers. To change the unit of measurement, press the St/M button.

Pace—Your pedaling speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/M button.

Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see step 5).

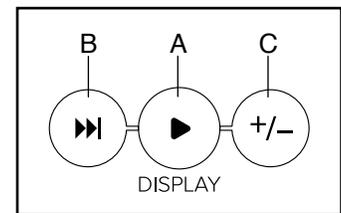
Resistance (RESIST)—The resistance level of the pedals.

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

Speed (MPH or KPH)—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/M button.

Time—The elapsed time.

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



Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. To turn on the scan mode, press the Scan button (B); the scan indicator (D) and the word SCAN will turn on in the display.



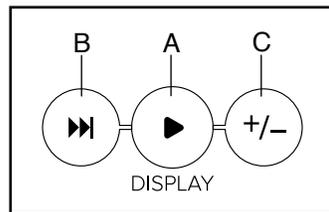
To manually advance the scan cycle, press the Scan button repeatedly.

To turn off the scan mode, press the Display button; the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

To customize the scan mode, first press the Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

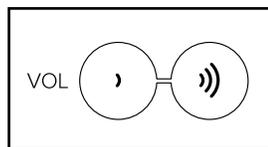
Next, press the Add/Remove button (C) to add or remove that workout information from the scan cycle. **When workout information is added,** its indicator will turn on in the display. **When workout information is removed,** its indicator will turn off.



Then, press the Scan button to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a compatible heart rate monitor.

To change the volume level of the console, press the Vol increase and decrease buttons.



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

5. Wear a compatible heart rate monitor and measure your heart rate if desired.

You can wear a compatible heart rate monitor to measure your heart rate. **Note:** The console is compatible with all Bluetooth® Smart heart rate monitors.

A compatible heart rate monitor is included with some models. If a heart rate monitor is included, see THE HEART RATE MONITOR in this manual to learn how to use it.

If this model does not include a compatible heart rate monitor, see page 20 for information about ordering one.

To connect a compatible heart rate monitor to the console, press the iFIT Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice. When your heart-beat is detected, your heart rate will be shown. See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 19 for more information.

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

If the pedals do not move for several seconds, 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.

Note: The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 21.

HOW TO USE AN iFIT WORKOUT

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

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

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

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

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

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

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

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

3. Connect your smart device to the console.

Press the iFIT Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFIT app to connect your smart device to the console.

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

4. Select an iFIT workout.

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

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

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

5. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT coach will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

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

If the resistance setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the Resistance buttons on the console.

To return to the programmed resistance settings of the workout, touch *Follow Trainer*.

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

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

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

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

6. Disconnect your smart device from the console.

To disconnect your smart device from the console, first select the disconnect option in the iFIT app. Then, press and hold the iFIT Sync button on the console until the LED on the console turns solid green.

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

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

If the pedals do not move for several seconds, 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.

Note: The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 21.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all Bluetooth Smart heart rate monitors. **See page 20 for information about ordering a compatible heart rate monitor.**

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

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

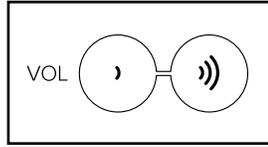
To disconnect your heart rate monitor from the console, press and hold the iFIT Sync button on the console until the LED on the console turns solid green.

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

HOW TO USE THE SOUND SYSTEM

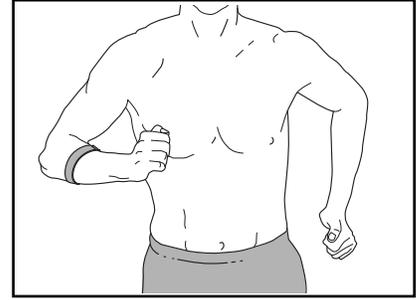
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable,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

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



THE OPTIONAL 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 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 an optional heart rate monitor, please see the front cover of this manual.**

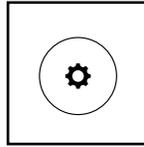


Note: The console is compatible with all Bluetooth Smart heart rate monitors.

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the settings button (gear icon). The first settings screen will appear in the display.



2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Display button repeatedly to select the desired settings screen.

3. Change settings as desired.

Software Version Number—The software version number will appear in the display.

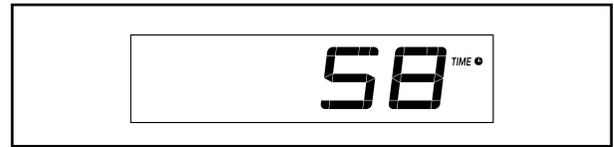
Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.



Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

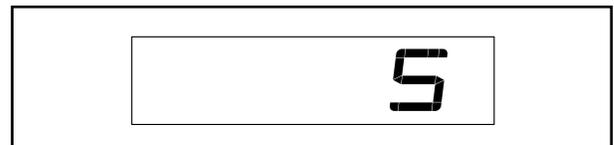
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the elliptical has been used.



Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the elliptical has been pedaled.



Contrast Level—The currently selected contrast level will appear in the display. Press the Silent Magnetic Resistance increase and decrease buttons to adjust the contrast level.



Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Silent Magnetic Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



4. Exit the settings mode.

Press the settings 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 elliptical is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

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

CONSOLE TROUBLESHOOTING

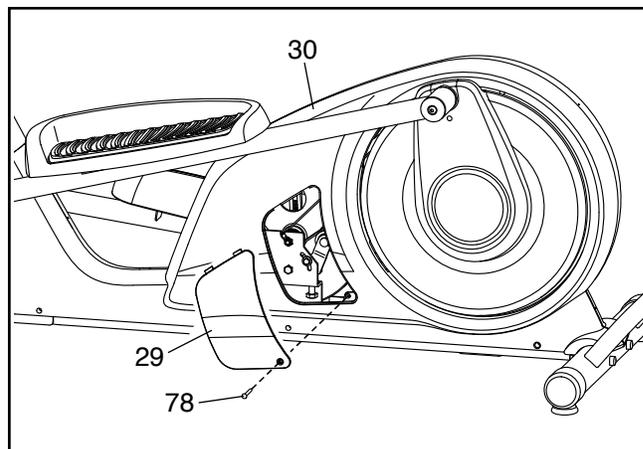
If the console does not turn on, make sure that the power adapter is fully plugged in.

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

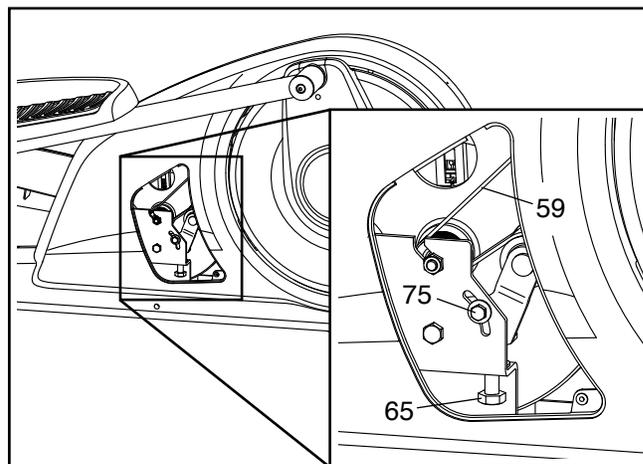
HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, first **unplug the power adapter**. Next, locate the Access Cover (29) in the Left Shield (30). Then, remove the M4 x 16mm Screw (78) and the Access Cover.



Next, loosen the Idler Screw (75). Then, tighten the M10 x 55mm Screw (65) until the Drive Belt (59) is tight.

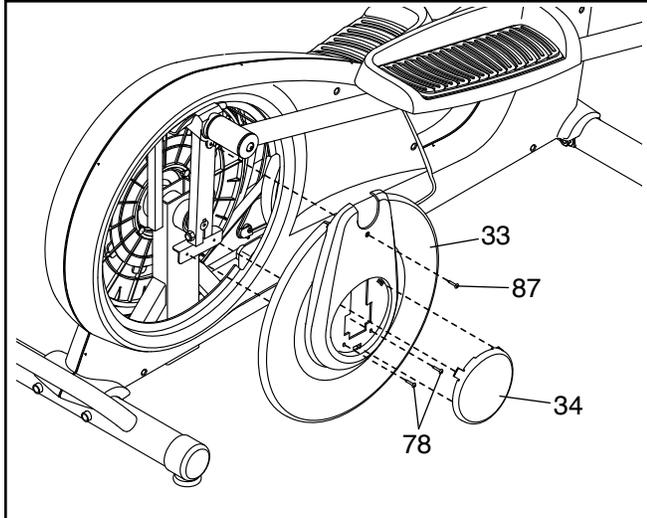


When the Drive Belt (59) is tight, tighten the Idler Screw (75). Then, reattach Access Cover (29) and plug in the power adapter.

HOW TO ADJUST THE REED SWITCH

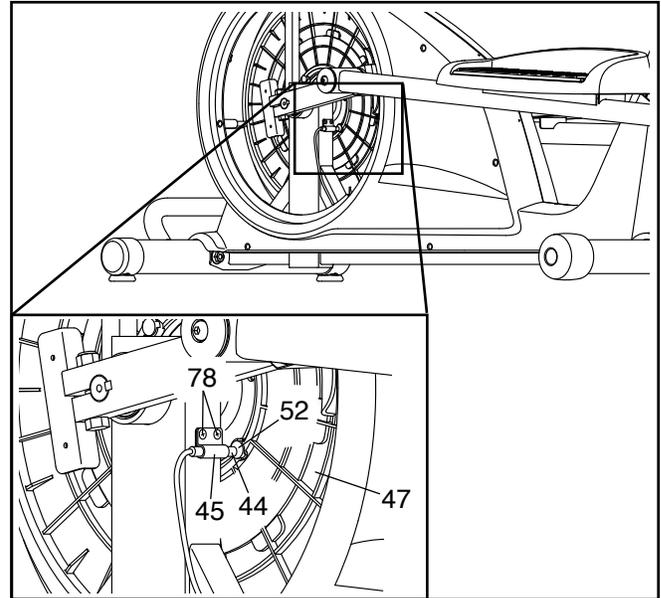
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first **unplug the power adapter**. Next, using a standard screwdriver, pry off the right Disc Cover (34).



Then, remove the M4 x 15mm Machine Screw (87) and the two M4 x 16mm Screws (78) from the right Disc (33), and then remove the right Disc.

Locate the Reed Switch (44). Slightly loosen the two M4 x 16mm Screws (78).



Next, rotate the Pulley (47) until a Magnet (52) is aligned with the Reed Switch (44). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screws (78).

Plug in the power adapter and rotate the Pulley (47) for a moment. Repeat the procedure above, if necessary, until the console displays correct feedback.

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

EXERCISE GUIDELINES

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

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	

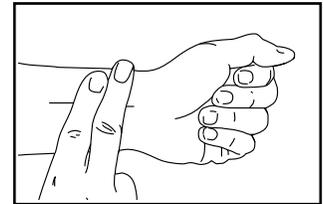
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST

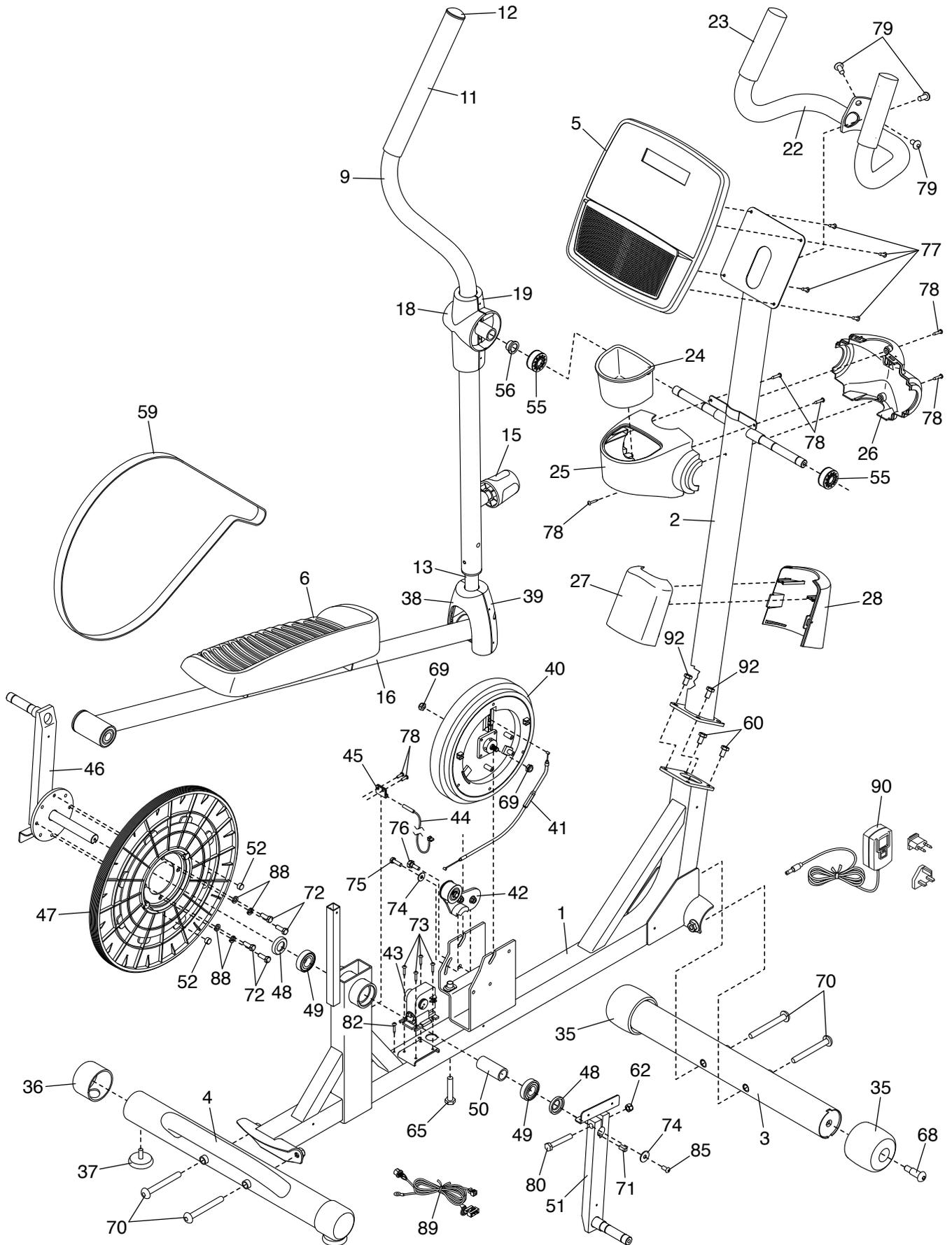
Model No. PFEL04821-INT.2 R1221A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	49	2	Crank Bearing
2	1	Upright	50	1	Crank Bearing Sleeve
3	1	Front Stabilizer	51	1	Crank Arm
4	1	Rear Stabilizer	52	2	Magnet
5	1	Console	53	4	Pedal Arm Bearing
6	1	Left Pedal	54	2	Pedal Arm Bearing Sleeve
7	1	Right Pedal	55	2	Pivot Spacer
8	2	Pedal Bracket	56	4	Pivot Bushing
9	1	Left Upper Body Arm	57	4	Pedal Arm Bushing
10	1	Right Upper Body Arm	58	2	Pedal Arm Cover
11	2	Grip	59	1	Drive Belt
12	2	Grip Cap	60	2	M8 x 15mm Screw
13	2	Upper Body Leg	61	–	(Not Used)
14	2	Upper Body Arm Sleeve	62	–	(Not Used)
15	2	Knob	63	2	M8 x 76mm Shoulder Screw
16	1	Left Pedal Arm	64	2	M6 Bolt Set
17	1	Right Pedal Arm	65	1	M10 x 55mm Screw
18	1	Left Rear Arm Cover	66	2	M8 x 14mm Shoulder Screw
19	1	Left Front Arm Cover	67	6	M10 x 15mm Screw
20	1	Right Rear Arm Cover	68	2	M10 x 25mm Shoulder Screw
21	1	Right Front Arm Cover	69	2	M8 Jam Nut
22	1	Handlebar	70	4	M10 x 82mm Screw
23	2	Handlebar Grip	71	1	Key
24	1	Accessory Tray	72	4	M8 x 15mm Screw
25	1	Rear Upright Cover	73	4	M4 x 12mm Flange Screw
26	1	Front Upright Cover	74	2	Crank/Idler Washer
27	1	Rear Shield Cover	75	1	Idler Screw
28	1	Front Shield Cover	76	1	Idler Pivot Screw
29	1	Access Cover	77	4	M4 x 12mm Screw
30	1	Left Shield	78	32	M4 x 16mm Screw
31	1	Right Shield	79	3	M10 x 20mm Screw
32	2	Disc Bracket	80	1	M10 Clamp Bolt
33	2	Disc	81	8	M6 x 12mm Screw
34	2	Disc Cover	82	1	Ground Screw
35	2	Wheel	83	2	M8 Washer
36	2	Stabilizer Cap	84	2	M8 x 20mm Screw
37	2	Leveling Foot	85	1	M6 x 14mm Screw
38	2	Rear Leg Cover	86	–	(Not Used)
39	2	Front Leg Cover	87	2	M4 x 15mm Machine Screw
40	1	Eddy Mechanism	88	4	M8 Split Washer
41	1	Resistance Cable	89	1	Main Wire
42	1	Idler	90	1	Power Adapter
43	1	Resistance Motor	91	–	(Not Used)
44	1	Reed Switch/Wire	92	2	M8 x 25mm Screw
45	1	Clamp	*	–	User's Manual
46	1	Crank/Crank Arm	*	–	Assembly Tool
47	1	Pulley	*	–	Grease Packet
48	2	Crank Arm Spacer			

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

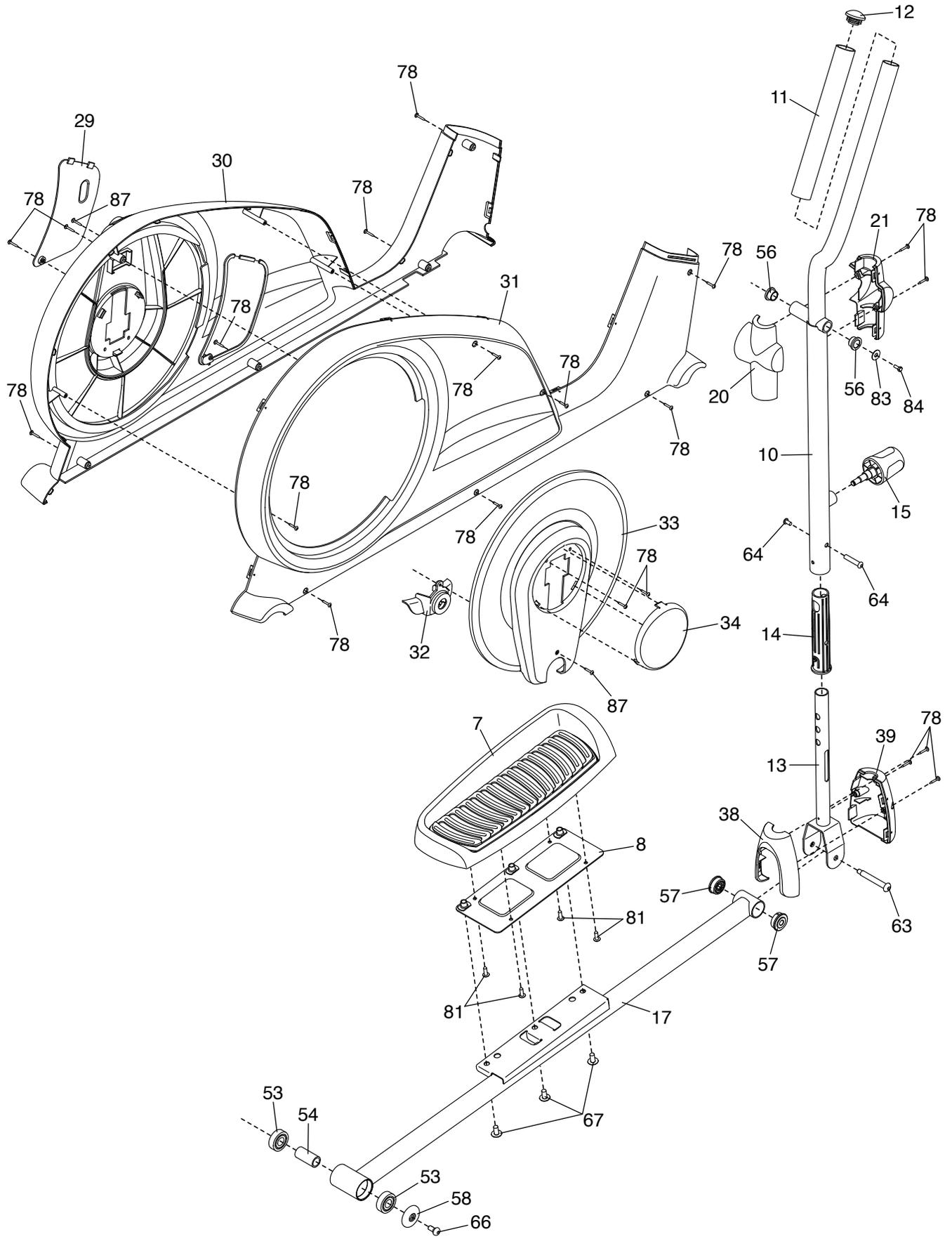
EXPLODED DRAWING A

Model No. PFEL04821-INT.2 R1221A



EXPLODED DRAWING B

Model No. PFEL04821-INT.2 R1221A



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.

