

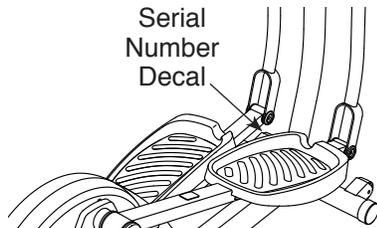
PRO-FORM[®]

420 ZLE

Model No. PFEVEL74912.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

UNITED KINGDOM

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

CASTLEFORD

WF10 5QJ

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

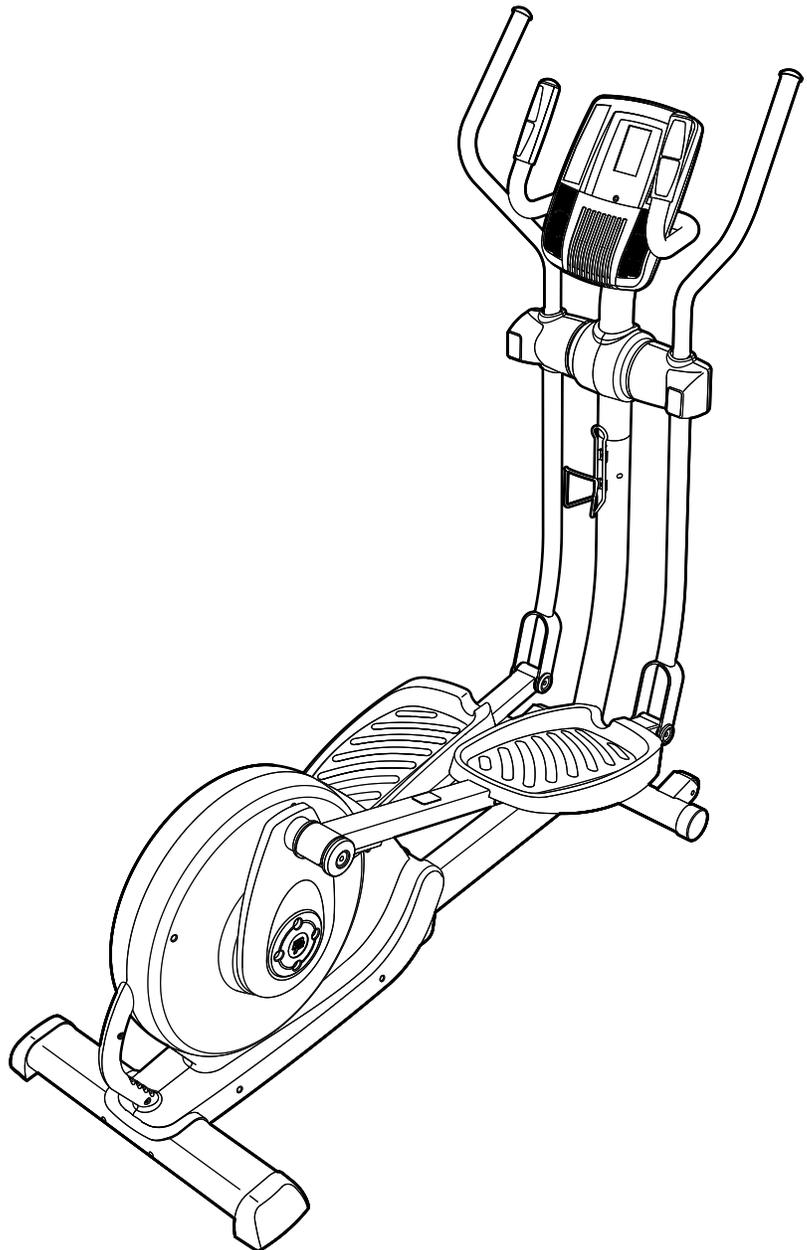
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



CAUTION

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

www.iconsupport.eu

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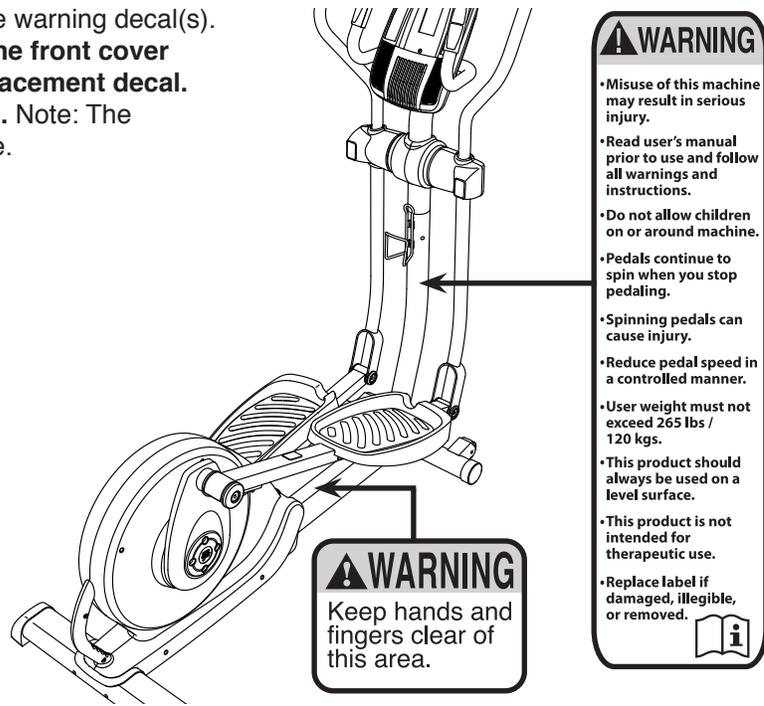
EXPLODED DRAWING 26

ORDERING REPLACEMENT PARTS Back Cover

RECYCLING INFORMATION Back Cover

WARNING DECAL PLACEMENT

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



IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. 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.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 265 lbs. (120 kg).
10. 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.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. 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.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

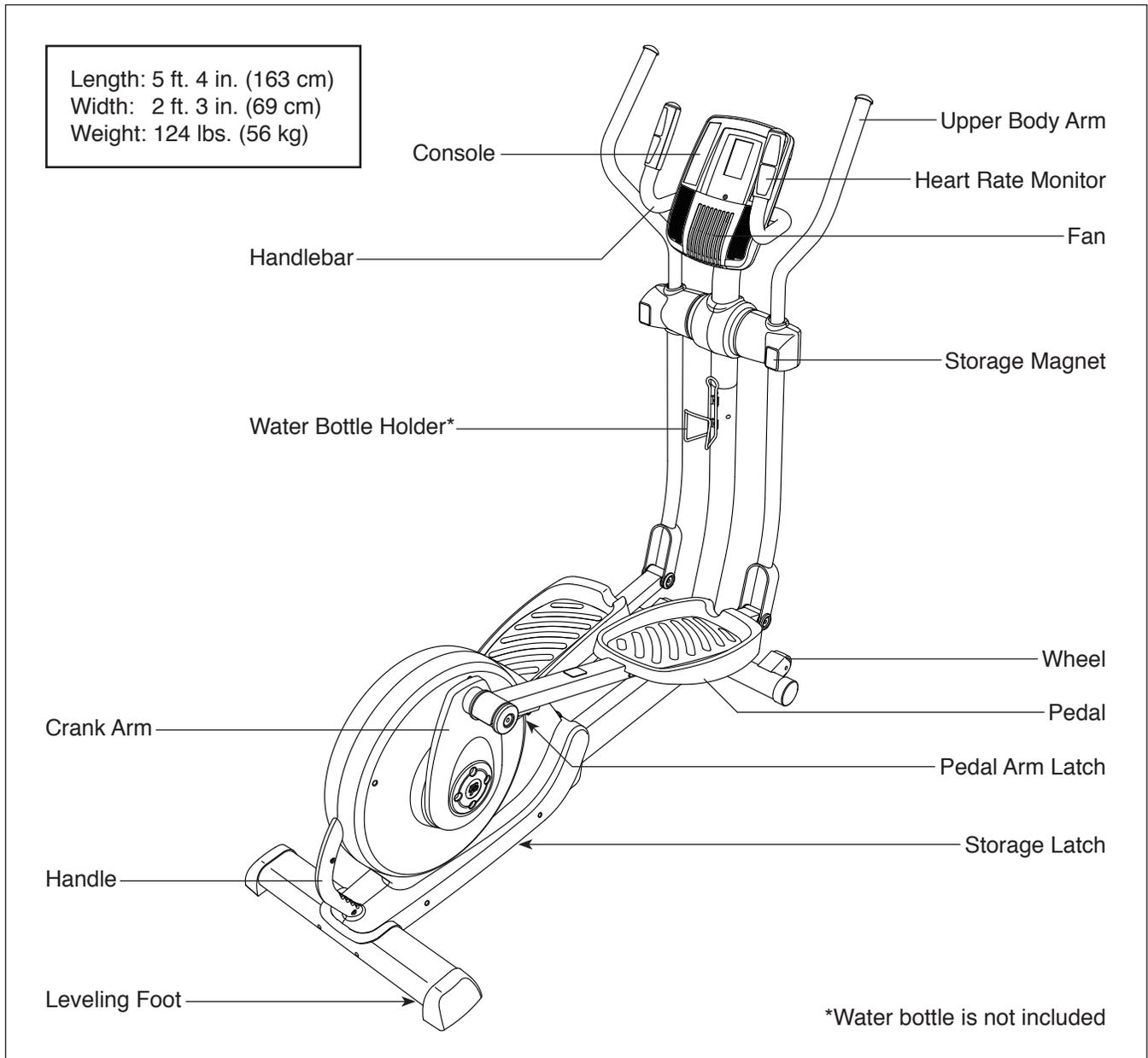
BEFORE YOU BEGIN

Thank you for purchasing the PROFORM® 420 ZLE elliptical. The 420 ZLE 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

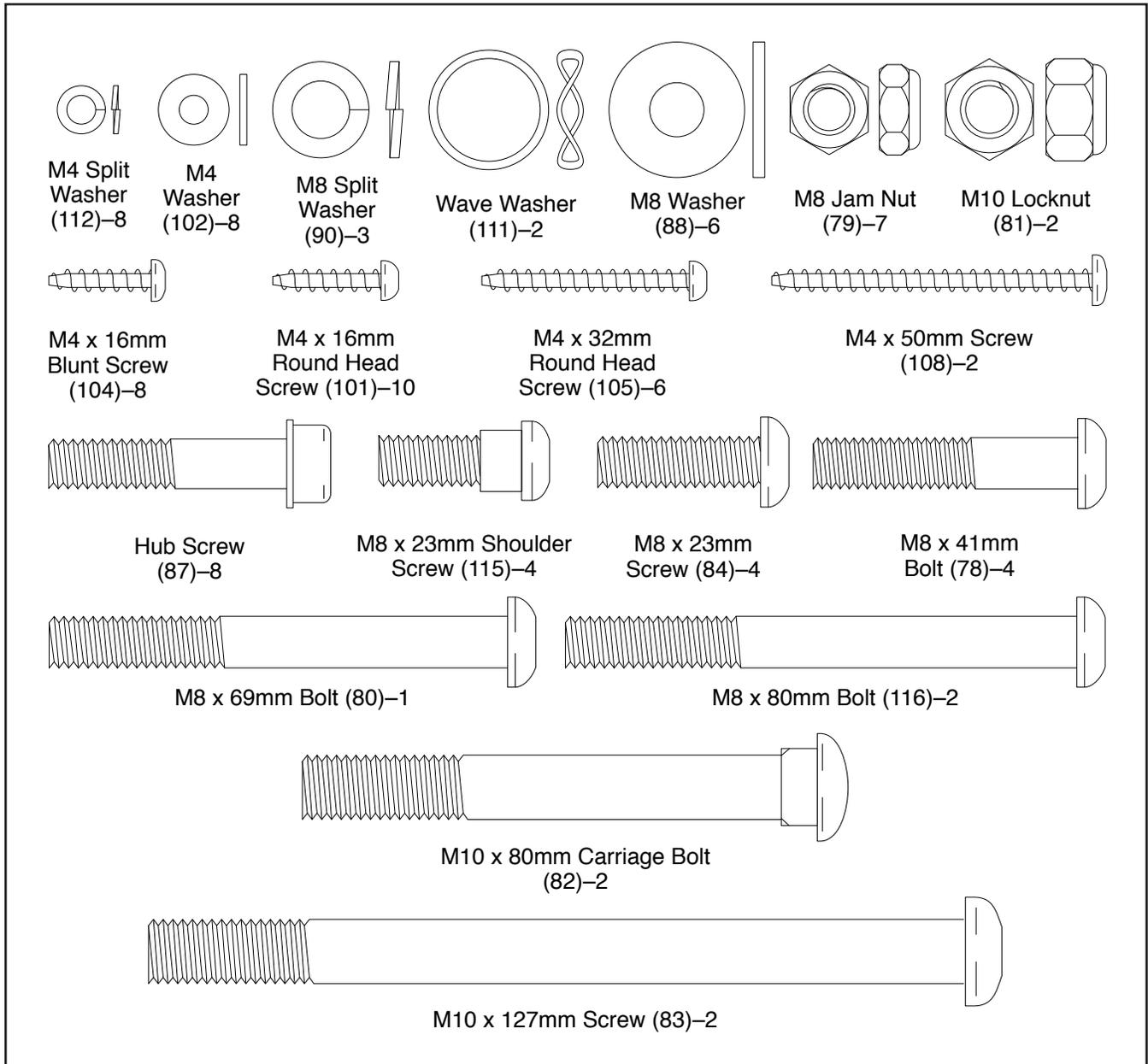
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

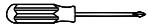
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



ASSEMBLY

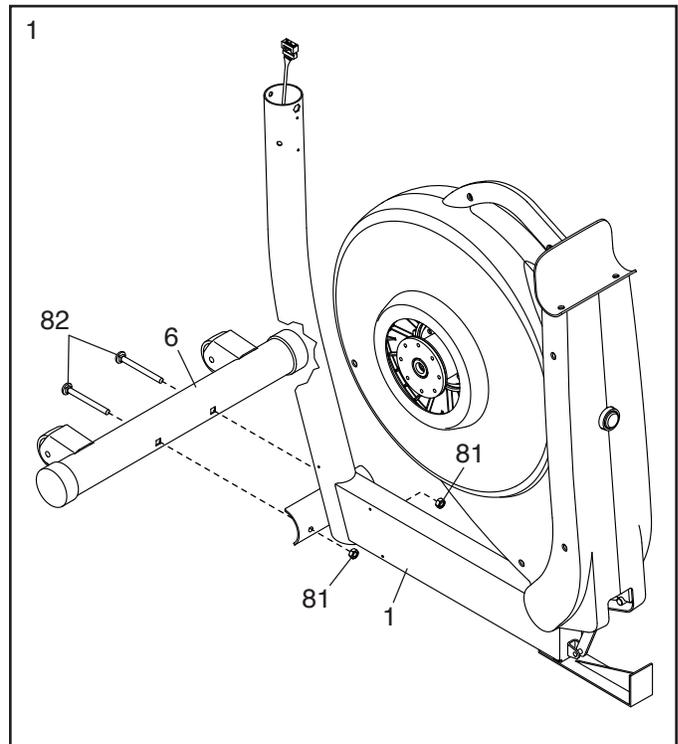
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- To identify small parts, see page 5.

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

- one Phillips screwdriver 
- one adjustable wrench 
- one rubber mallet 

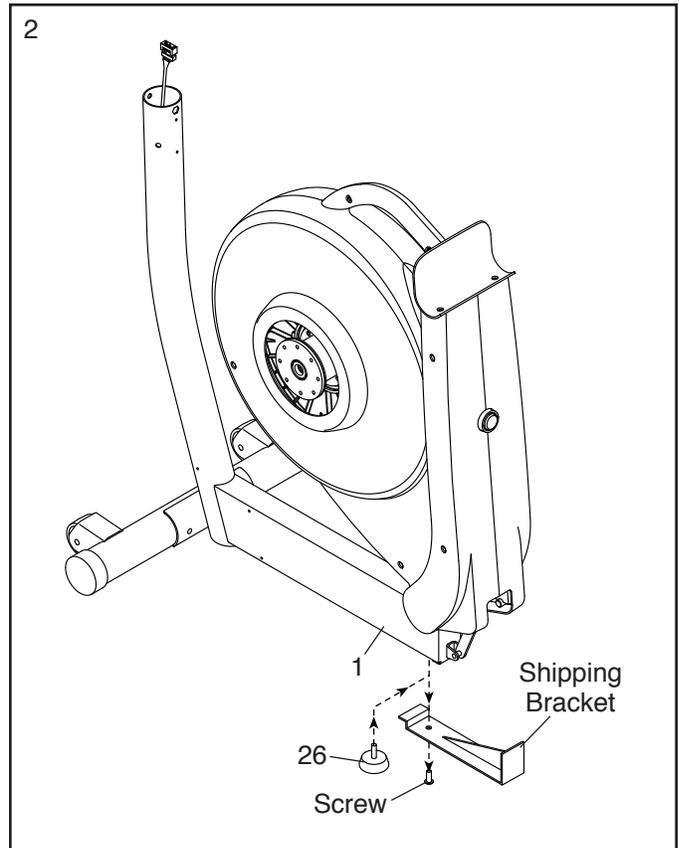
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

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



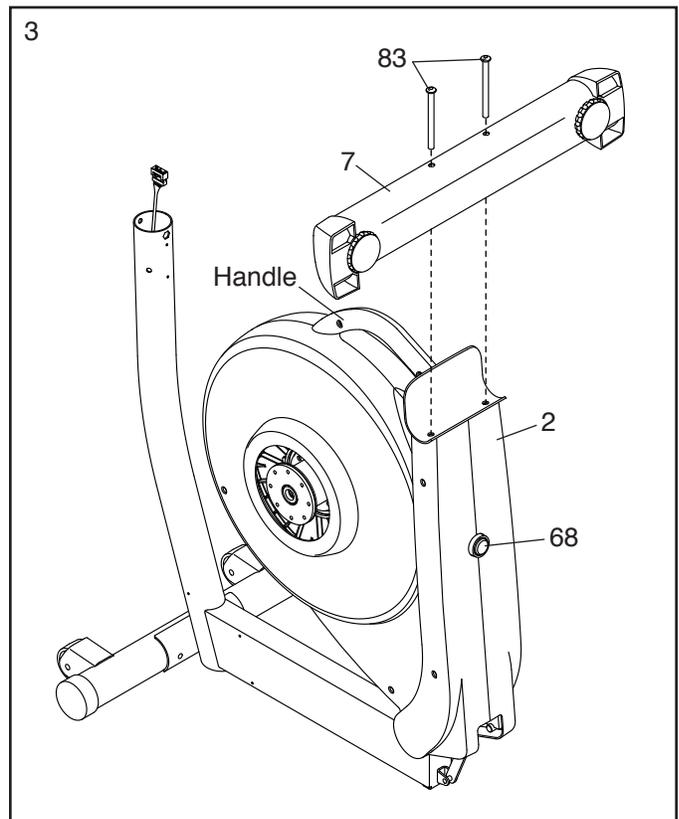
2. Remove the indicated screw and the shipping bracket from the Base (1). Discard the screw and the shipping bracket.

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



3. Attach the Rear Stabilizer (7) to the Frame (2) with two M10 x 127mm Screws (83).

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



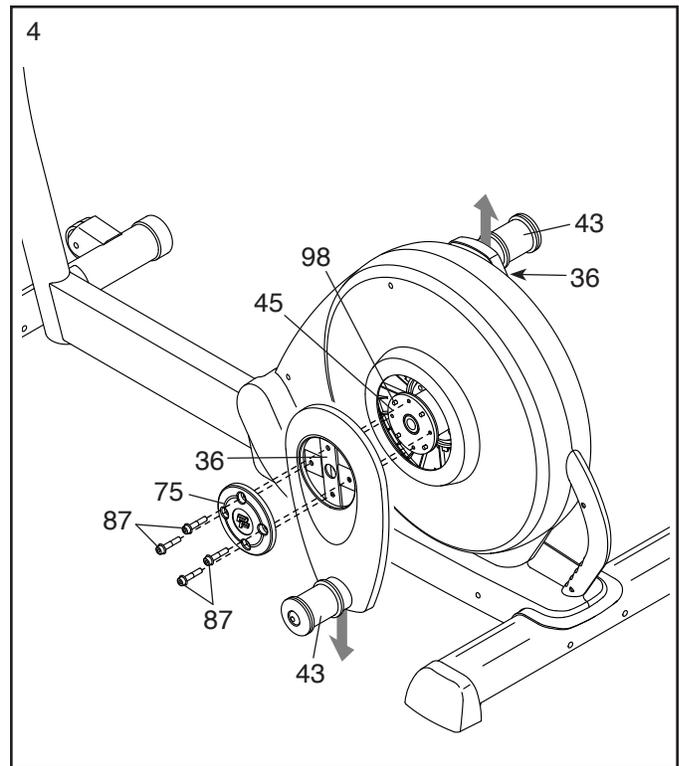
4. Hold a Hub Cover (75) and a Crank Arm (36) against the Crank (45).

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

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

Repeat this step on the right side of the elliptical.

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



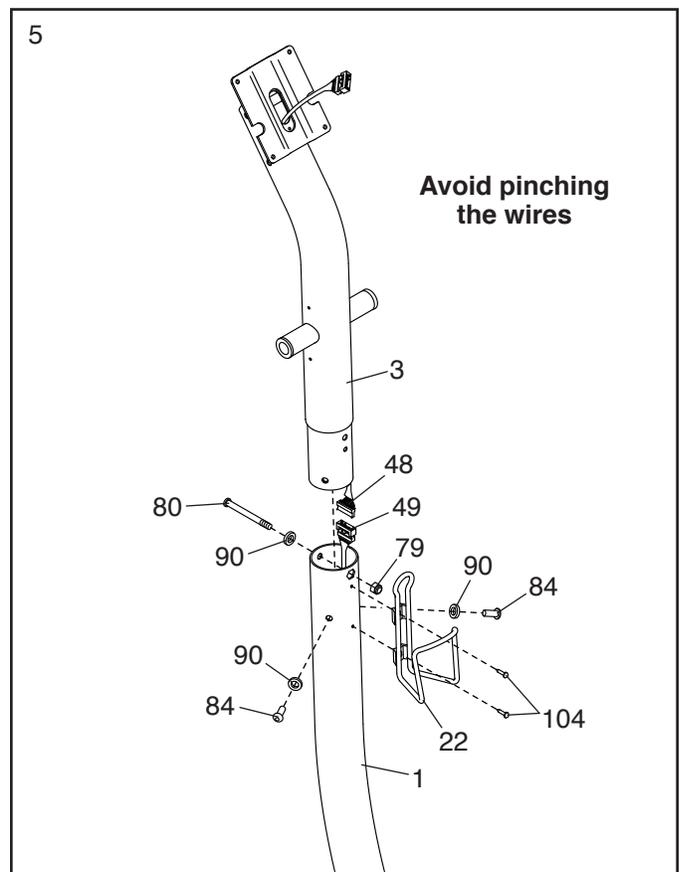
5. While a second person holds the Upright (3) near the Base (1), connect the Upper Wire Harness (48) to the Lower Wire Harness (49).

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

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

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

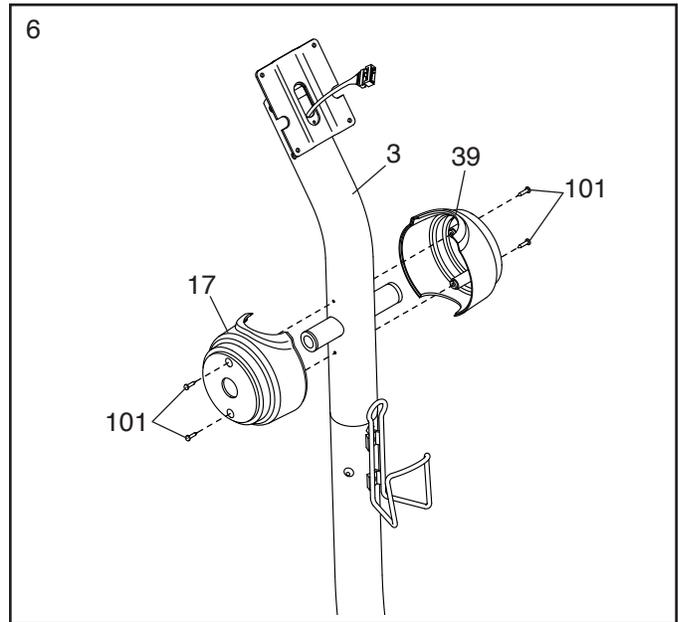
Attach the Water Bottle Holder (22) to the Base (1) with two M4 x 16mm Blunt Screws (104).



6. Identify the Left Upright Cover (17), which is marked with a “Left” sticker, and hold it against the left side of the Upright (3).

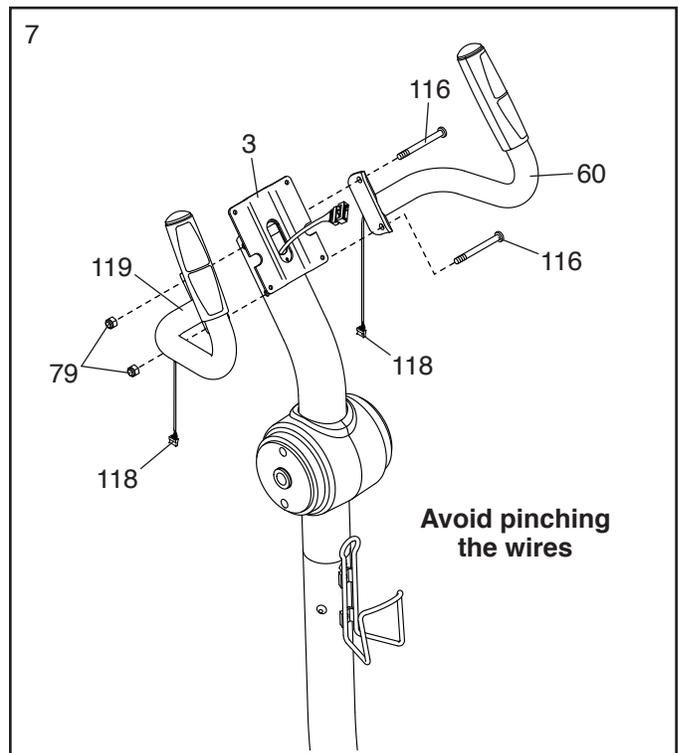
Attach the Left Upright Cover (17) with two M4 x 16mm Round Head Screws (101).

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

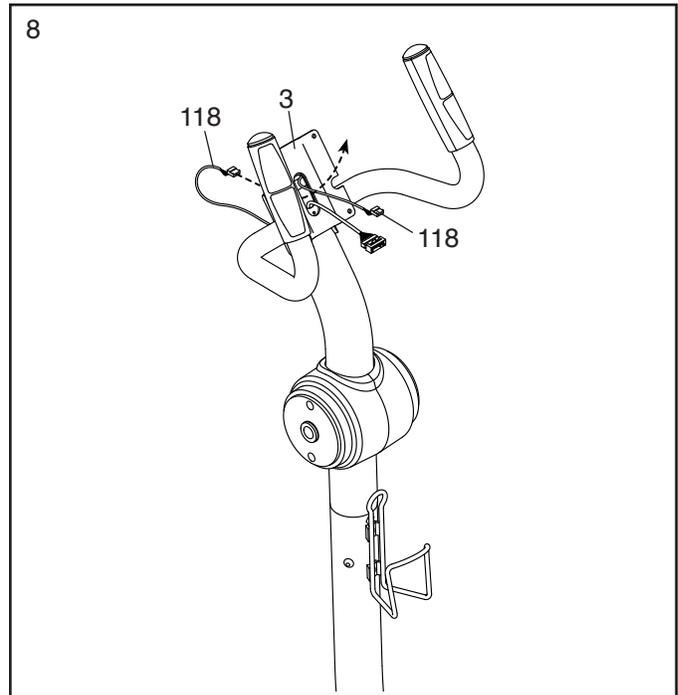


7. Identify the Right and Left Handlebars (60, 119), which are marked with “Right” and “Left” stickers, and orient them as shown.

Tip: Avoid pinching the Pulse Wires (118).
Attach the Left and Right Handlebars (60, 119) to the Upright (3) with two M8 x 80mm Bolts (116) and two M8 Jam Nuts (79).

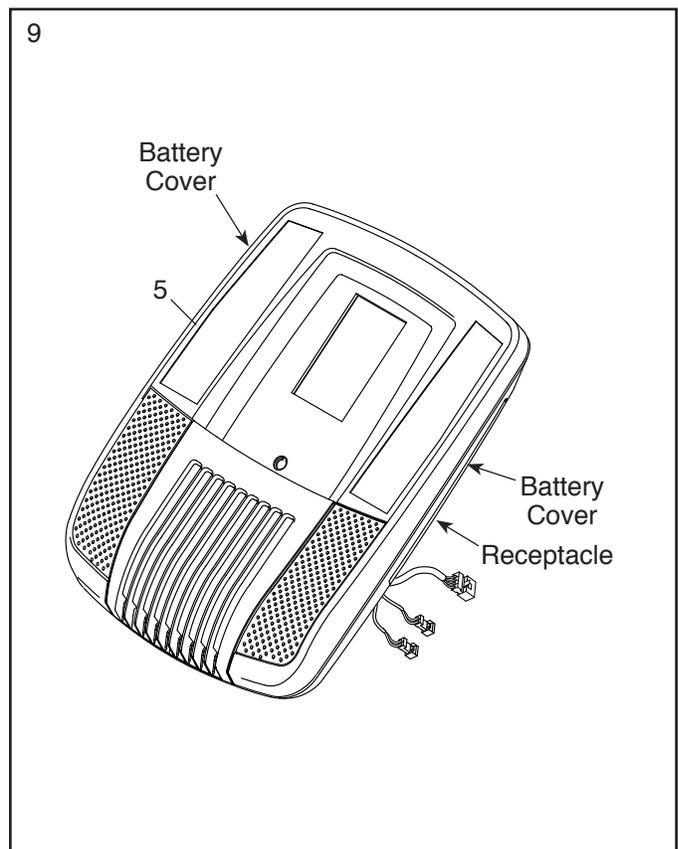


8. Insert the Pulse Wires (118) upward through the Upright (3) as shown.



9. The Console (5) can use four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **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 screws and the battery covers, and insert batteries into the battery compartments. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.** Then, reattach the battery covers.

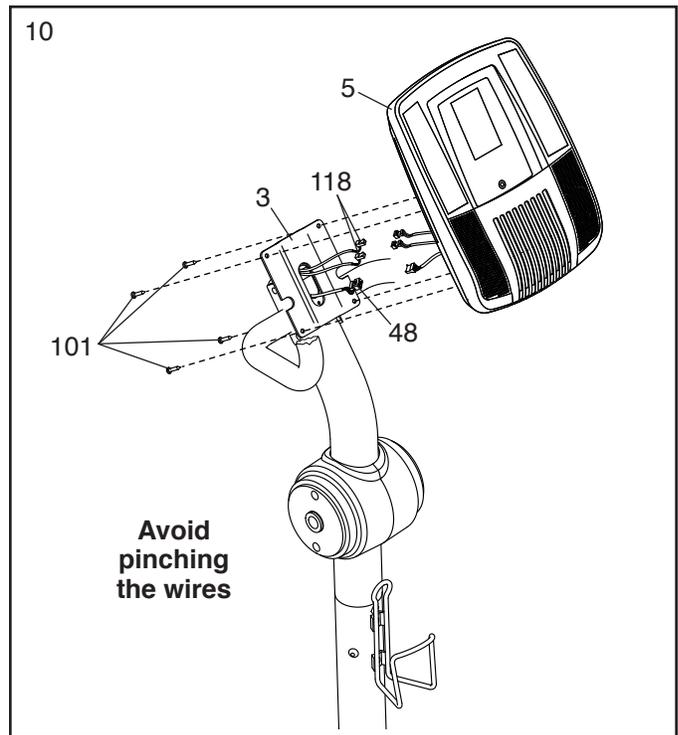
To purchase an optional power adapter, call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power adapter. Plug one end of the power adapter into the receptacle on the Console (5); plug the other end into an outlet installed in accordance with all local codes and ordinances.



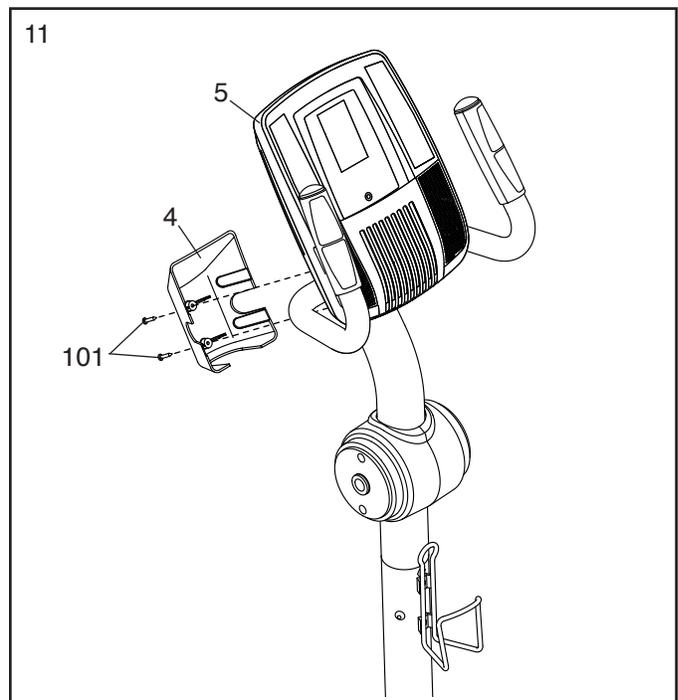
10. While a second person holds the Console (5) near the Upright (3), connect the wires on the Console to the Upper Wire Harness (48) and to the Pulse Wires (118).

Insert the excess wire into the Upright (3) or into the Console (5).

Tip: Avoid pinching the wires. Attach the Console (5) to the Upright (3) with four M4 x 16mm Round Head Screws (101).



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

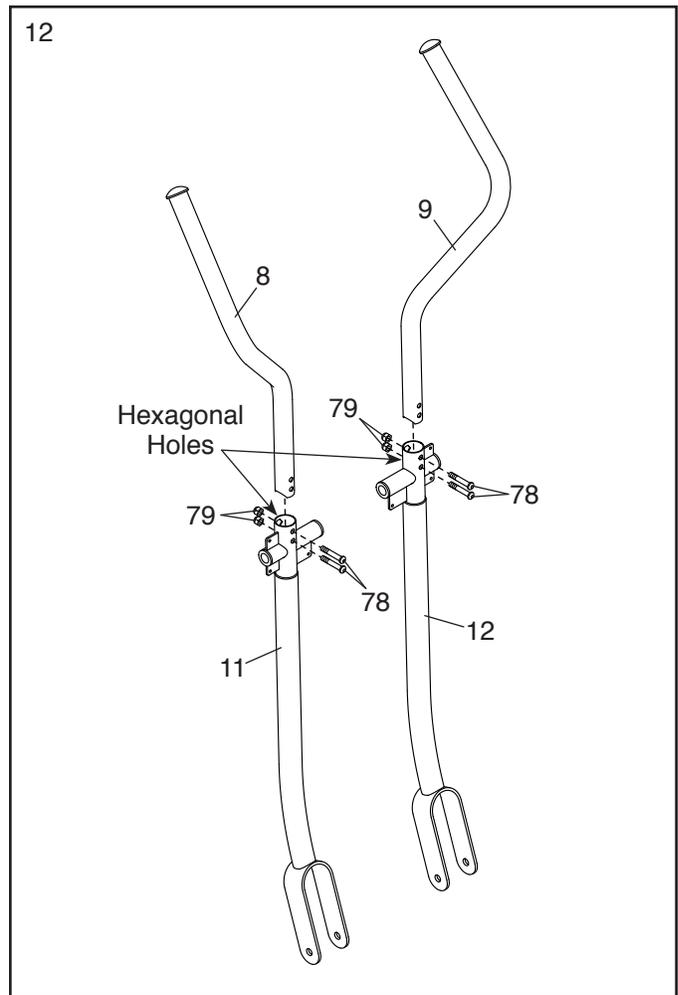


12. Identify the Left Upper Body Arm (8) and the Left Upper Body Leg (11), which are marked with "Left" stickers, and orient them as shown.

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

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

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



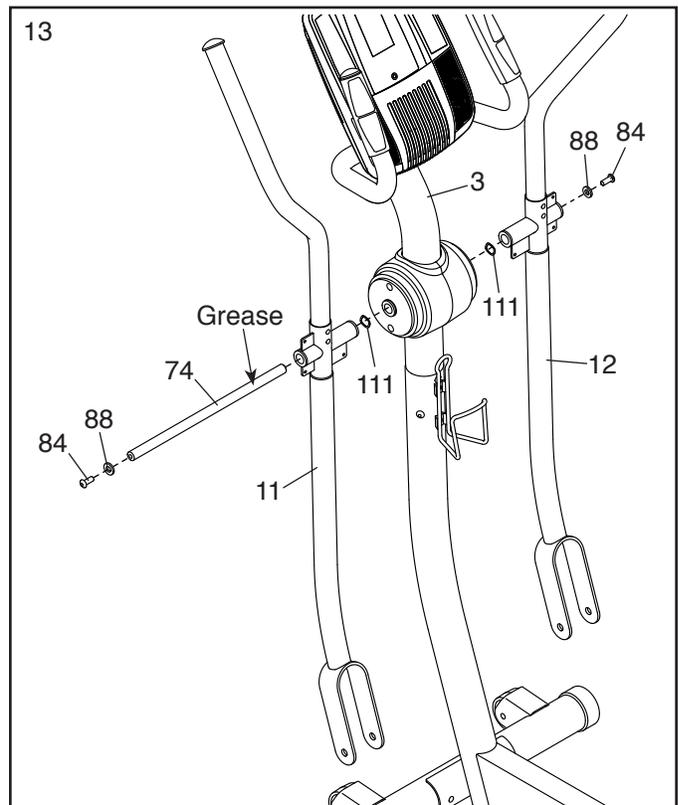
13. Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to the Pivot Axle (74) and to two Wave Washers (111).

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

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

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

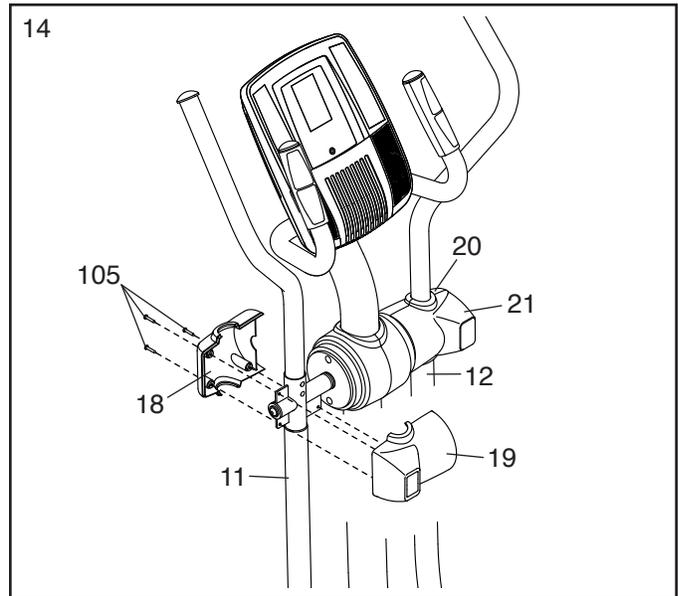
At the same time, tighten an M8 x 23mm Screw (84) with an M8 Washer (88) into each end of the Pivot Axle (74).



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

Attach the Arm Covers (18, 19) with three M4 x 32mm Round Head Screws (105).

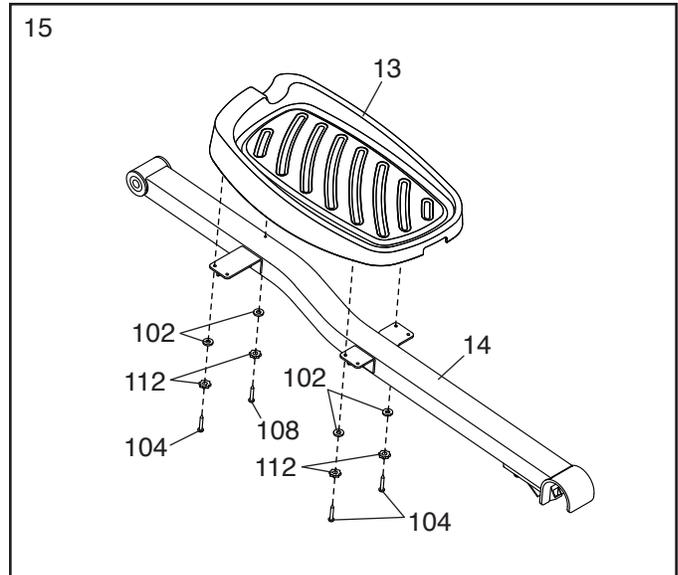
Attach the Right Front Arm Cover (20) and the Right Rear Arm Cover (21) in the same way.



15. Identify the Left Pedal (13) and the Left Pedal Arm (14), which are marked with "Left" stickers.

Attach the Left Pedal (13) to the Left Pedal Arm (14) with an M4 x 50mm Screw (108), three M4 x 16mm Blunt Screws (104), four M4 Split Washers (112), and four M4 Washers (102).

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



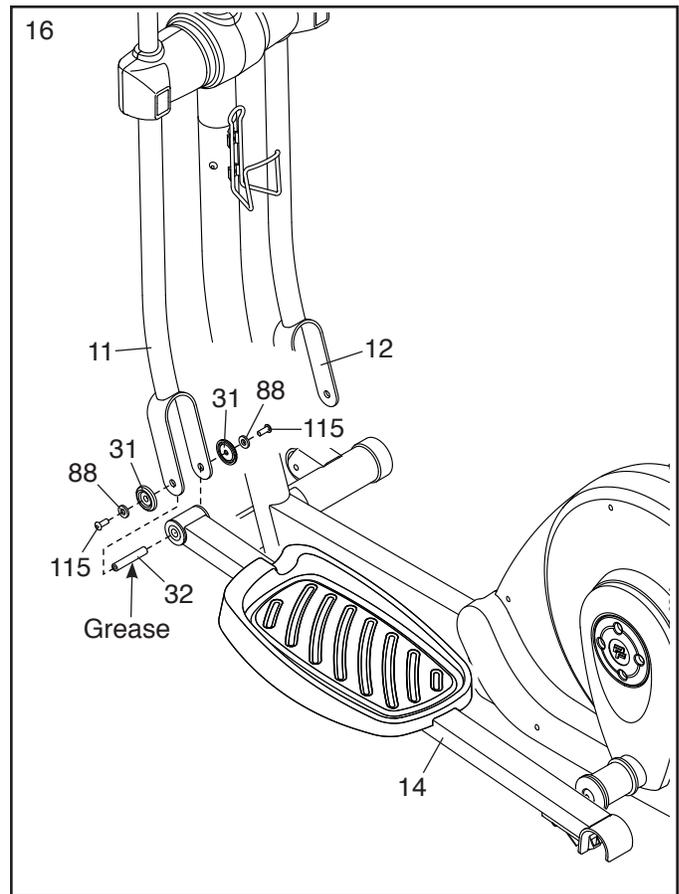
16. Apply a small amount of grease to one of the Pedal Arm Axles (32).

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

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

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

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

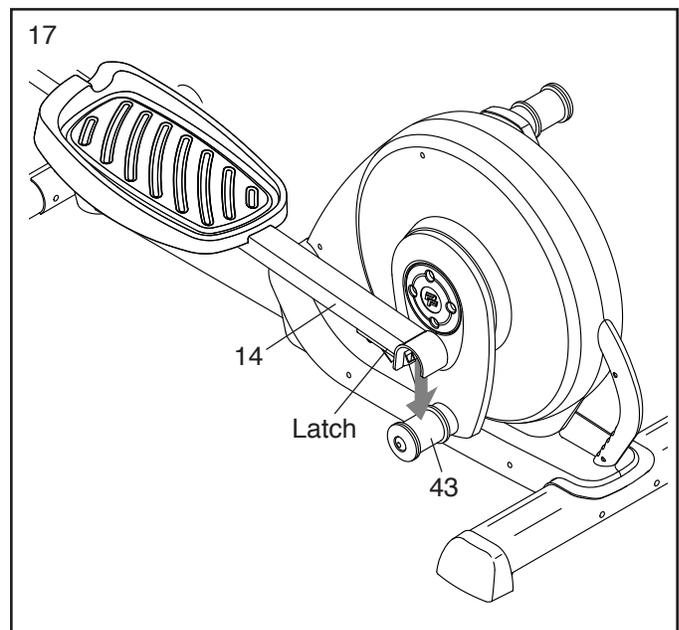


17. Lift the latch on the underside of the Left Pedal Arm (14), and set the Left Pedal Arm on the left Crank Bushing Sleeve (43).

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

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

See step 5. Tighten the M8 x 69mm Bolt (80) and the two M8 x 23mm Screws (84).

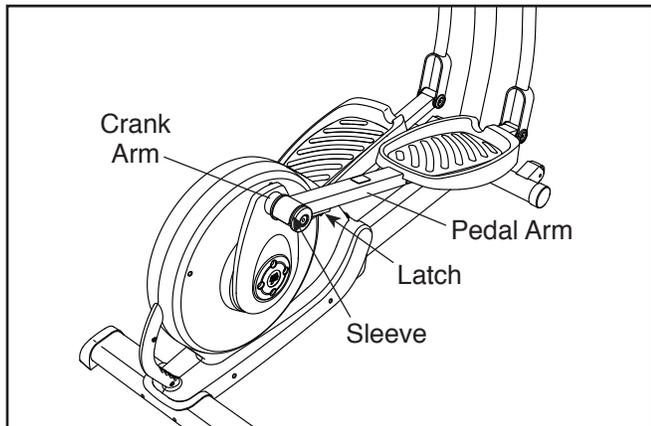


18. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

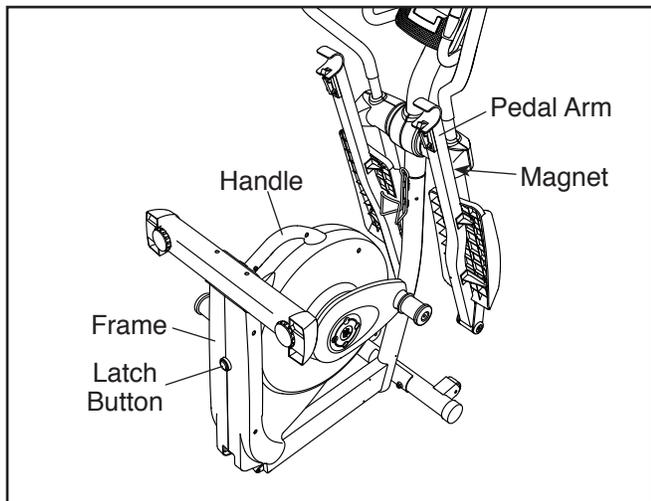
HOW TO USE THE ELLIPTICAL

HOW TO FOLD AND UNFOLD THE ELLIPTICAL

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



Next, raise the pedal arms until they touch the magnets on the upper body arms; the magnets will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks in a vertical position.

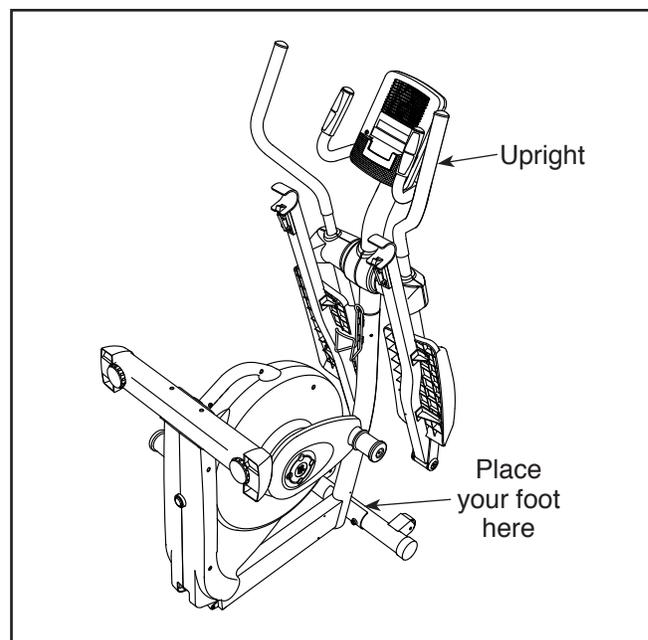


To use the elliptical, first hold the handle, press the latch button, and lower the frame.

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

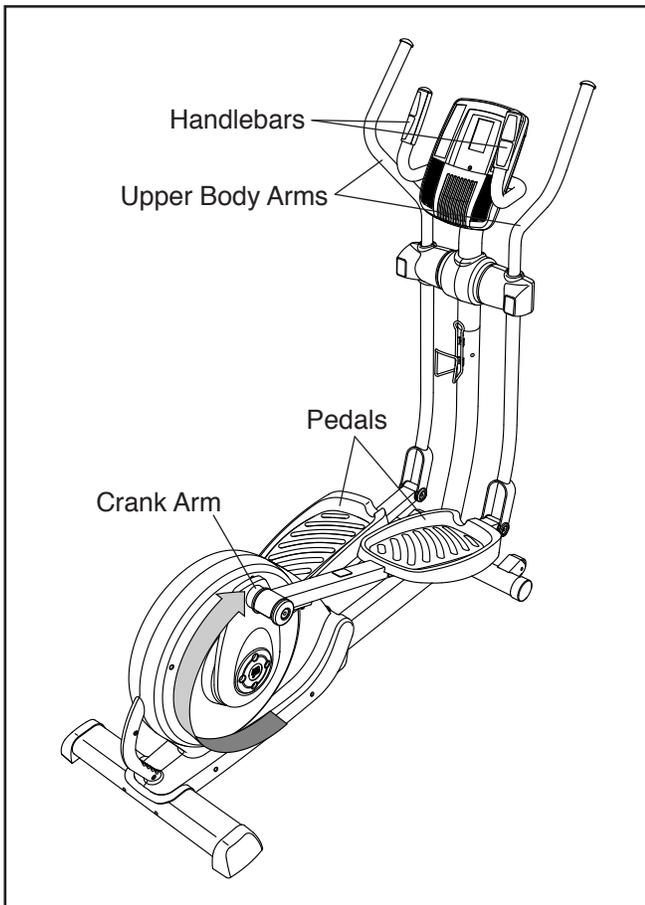
HOW TO MOVE THE ELLIPTICAL

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



HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the upper body arms or the handlebars 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.

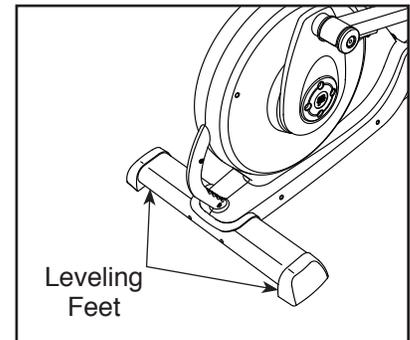


Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety, you can turn the crank arms in the opposite direction.

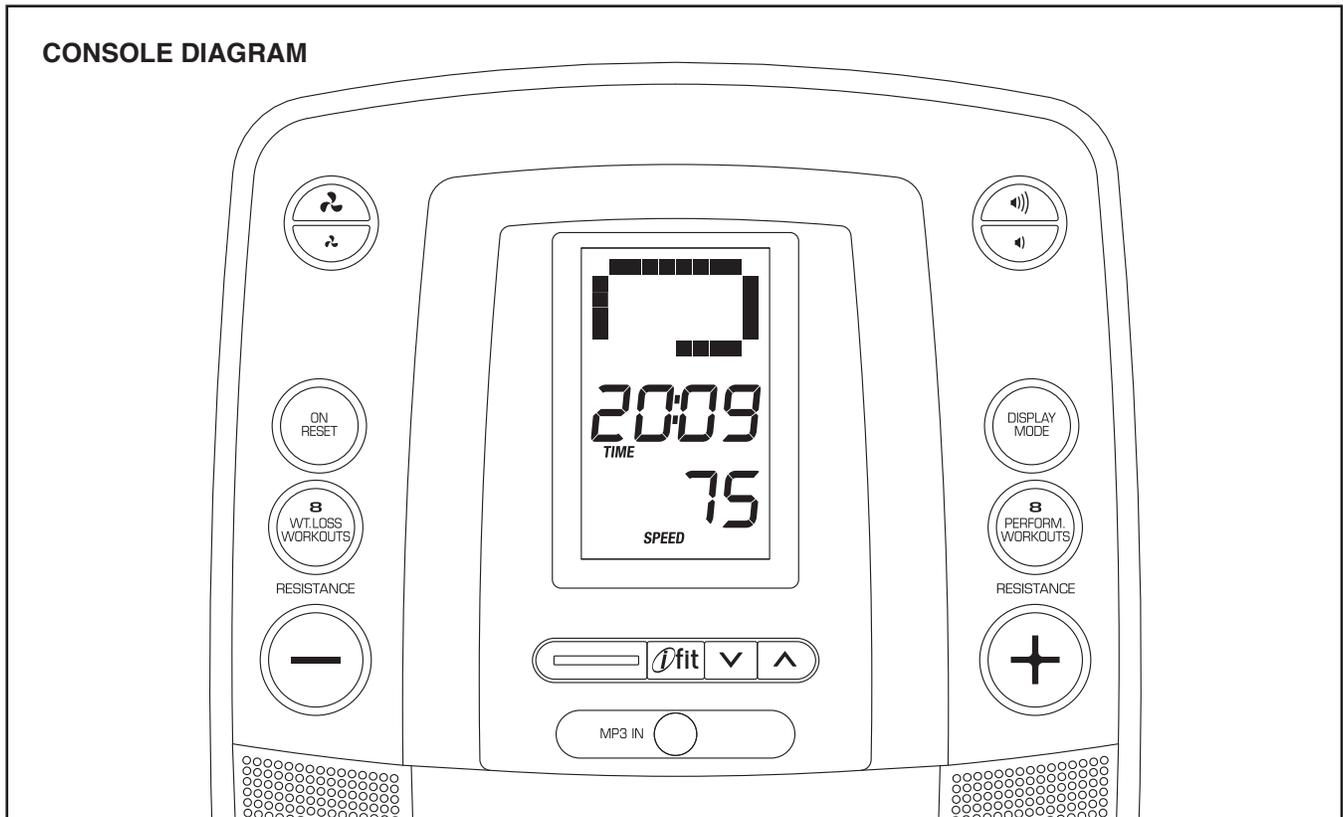
To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

HOW TO LEVEL THE ELLIPTICAL

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



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

The console offers sixteen preset workouts—eight weight loss and eight performance workouts. Each preset workout automatically changes the resistance of the pedals as it guides you through an effective workout.

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 workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see 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 sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 18. **To use a preset workout**, see page 19. **To use an iFit Live workout**, see page 21. **To use the sound system**, see page 21.

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

HOW TO USE THE MANUAL MODE

1. Turn on the console.

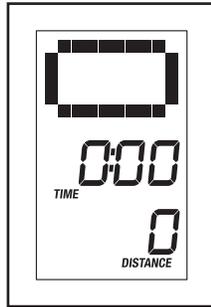
Press any button or begin pedaling to turn on the console.

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

2. Select the manual mode.

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

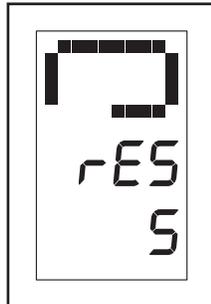
If you have selected a workout, reselect the manual mode by pressing the 8 Wt. Loss Workouts button or the 8 Perform. Workouts button repeatedly until a track appears in the upper display.



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

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

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



4. Follow your progress with the display.

The display can show the following workout information:

Calories—This display mode will show the approximate number of calories you have burned.

Distance—This display mode will show the distance that you have pedaled in revolutions.

Profile—When a workout is selected, this display mode will show a profile of the resistance settings of the workout.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor (see step 5 on page 19).

Resistance (Res)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

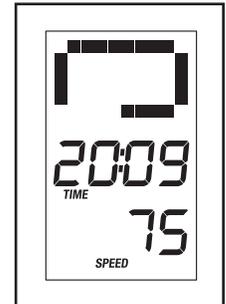
Speed—This display mode will show your pedaling speed in revolutions per minute.

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

Track—When the manual mode is selected, this display mode will show a track representing 1/4 mile (400 m). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

Press the Display Mode button repeatedly to view the desired workout information.

When the word SCAN appears in the display, the display will show the calories, distance, speed, and time display modes in a repeating cycle.



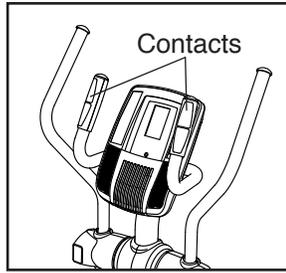
To reset the display to zero, press the On/Reset button.

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



5. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

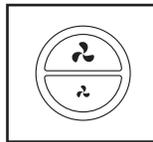


When your pulse is detected, a heart-shaped symbol will flash in the display and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

6. Turn on the fan if desired.

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



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

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

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

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

HOW TO USE A PRESET WORKOUT

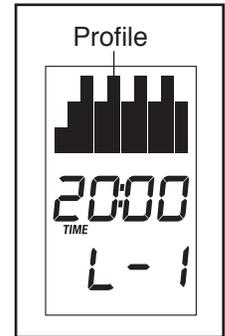
1. Turn on the console.

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

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

2. Select a preset workout.

To select a preset workout, press the 8 Wt. Loss Workouts button or the 8 Perform. Workouts button repeatedly until the number of the desired workout appears in the lower display.



When you select a preset workout, a profile of the resistance levels of the workout will scroll across the upper display, the duration of the workout will appear in the center display, and the number of the workout will appear in the lower display.

3. Begin pedaling to start the workout.

Each workout is divided into several one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). 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. If a different resistance level is programmed for the next segment, the resistance level will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

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

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

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 19.

6. Turn on the fan if desired.

See step 6 on page 19.

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

See step 7 on page 19.

HOW TO USE AN IFIT WORKOUT

iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

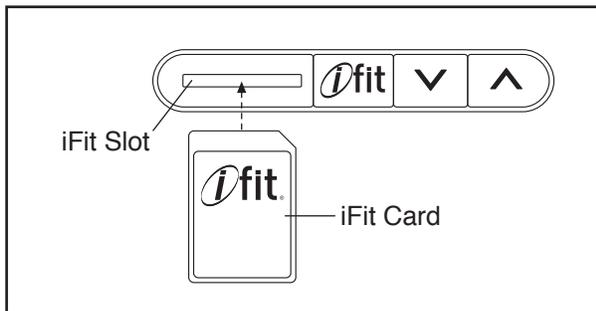
1. Turn on the console.

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

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

2. 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 that 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 turn on.



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

A profile of the resistance levels of the workout will scroll across the upper display, the duration of the workout will appear in the center display, and the number of the workout will appear in the lower display.

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 starting on page 19.

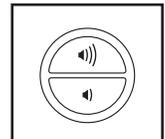
3. When you are finished exercising, remove the iFit card.

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 sound system while you exercise, plug one end of your audio cable into the jack on the console. Plug the other end into a jack on your MP3 player or CD player; **make sure that your 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 increase and decrease buttons on the console or the volume control on your MP3 player or CD player.



MAINTENANCE AND TROUBLESHOOTING

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

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

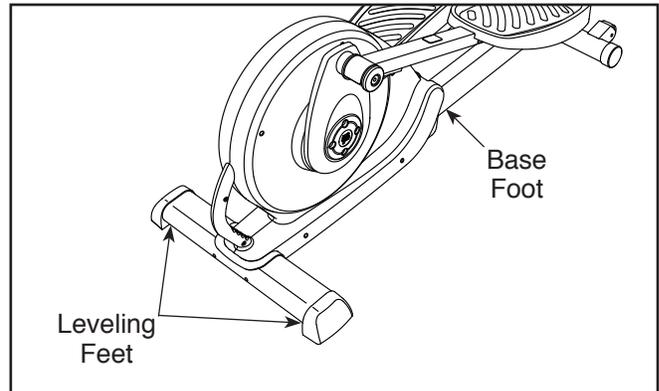
CONSOLE TROUBLESHOOTING

If the console displays become dim when batteries are installed in the console, replace the batteries; most console problems are the result of low batteries. See assembly step 9 on page 10 for replacement instructions.

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

HOW TO LEVEL THE ELLIPTICAL

If the elliptical 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.



HOW TO ELIMINATE FLEXING IN THE CENTER OF THE ELLIPTICAL

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

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

| | | | | | | | |
|-------|-----|-----|-----|-----|-----|-----|----|
| 165 | 155 | 145 | 140 | 130 | 125 | 115 | ♥♥ |
| 145 | 138 | 130 | 125 | 118 | 110 | 103 | ♥ |
| 125 | 120 | 115 | 110 | 105 | 95 | 90 | ♥ |
| <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.

PART LIST

Model No. PFEVEL74912.0 R0212A

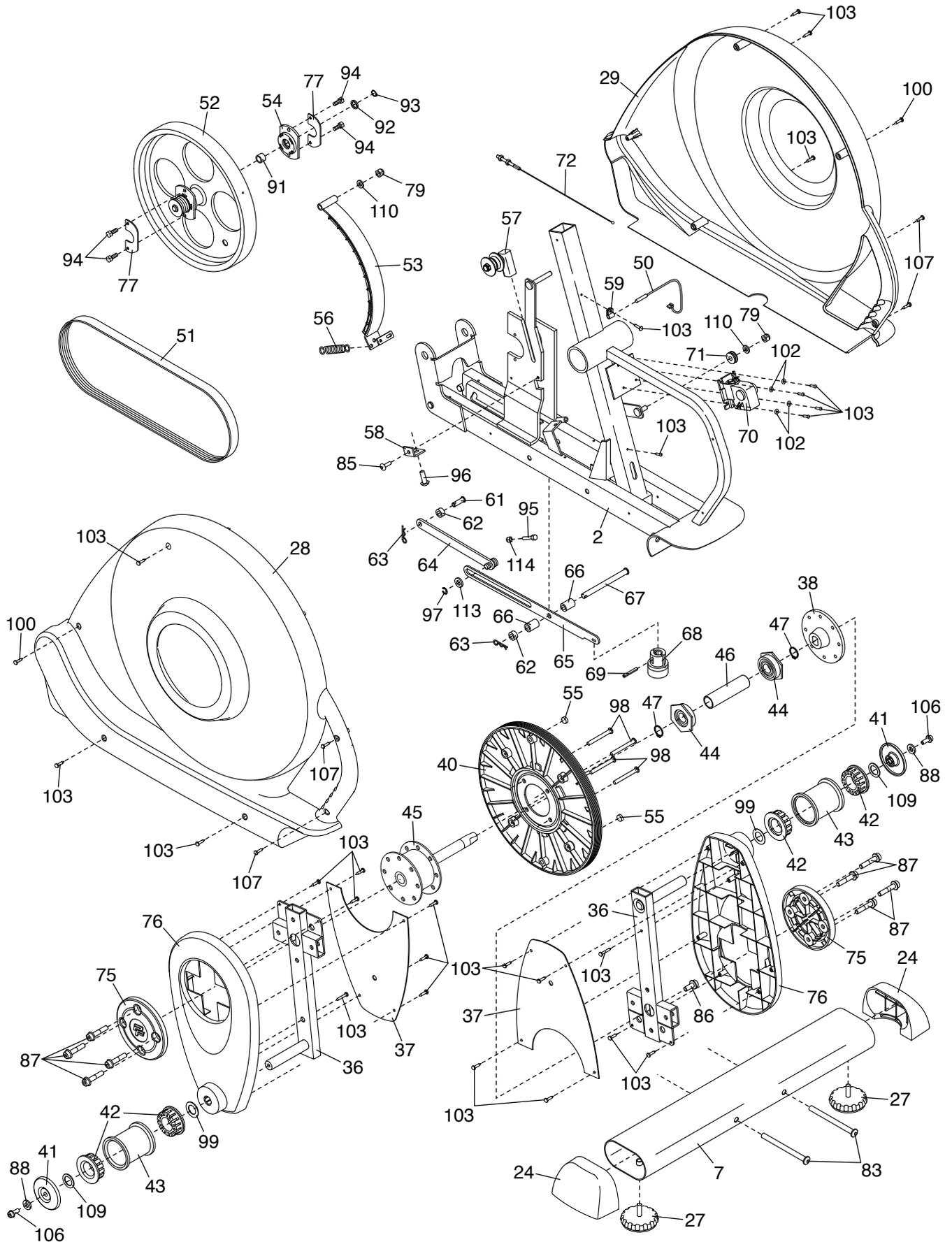
| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-----------------------|---------|------|----------------------------|
| 1 | 1 | Base | 52 | 1 | Flywheel |
| 2 | 1 | Frame | 53 | 1 | C-magnet |
| 3 | 1 | Upright | 54 | 1 | Pillow Block |
| 4 | 1 | Upright Cap | 55 | 2 | Magnet |
| 5 | 1 | Console | 56 | 1 | Spring |
| 6 | 1 | Front Stabilizer | 57 | 1 | Idler |
| 7 | 1 | Rear Stabilizer | 58 | 1 | Idler Bracket |
| 8 | 1 | Left Upper Body Arm | 59 | 1 | Clamp |
| 9 | 1 | Right Upper Body Arm | 60 | 1 | Right Handlebar |
| 10 | 2 | Arm Cap | 61 | 1 | Base Pin |
| 11 | 1 | Left Upper Body Leg | 62 | 2 | Latch Bracket Spacer |
| 12 | 1 | Right Upper Body Leg | 63 | 2 | Hairpin Cotter Pin |
| 13 | 1 | Left Pedal | 64 | 1 | Latch Bracket |
| 14 | 1 | Left Pedal Arm | 65 | 1 | Pivot Bracket |
| 15 | 1 | Right Pedal | 66 | 2 | Pivot Bracket Spacer |
| 16 | 1 | Right Pedal Arm | 67 | 1 | Frame Pin |
| 17 | 1 | Left Upright Cover | 68 | 1 | Latch Button |
| 18 | 1 | Left Front Arm Cover | 69 | 1 | Roll Pin |
| 19 | 1 | Left Rear Arm Cover | 70 | 1 | Motor |
| 20 | 1 | Right Front Arm Cover | 71 | 1 | Resistance Cable Pulley |
| 21 | 1 | Right Rear Arm Cover | 72 | 1 | Resistance Cable Set |
| 22 | 1 | Water Bottle Holder | 73 | 2 | Foam Grip |
| 23 | 2 | Front Stabilizer Cap | 74 | 1 | Pivot Axle |
| 24 | 2 | Rear Stabilizer Cap | 75 | 2 | Hub Cover |
| 25 | 2 | Wheel | 76 | 2 | Outer Crank Cover |
| 26 | 1 | Base Foot | 77 | 2 | Flywheel Bracket |
| 27 | 2 | Leveling Foot | 78 | 4 | M8 x 41mm Bolt |
| 28 | 1 | Left Shield | 79 | 9 | M8 Jam Nut |
| 29 | 1 | Right Shield | 80 | 1 | M8 x 69mm Bolt |
| 30 | 6 | Upper Body Bushing | 81 | 4 | M10 Locknut |
| 31 | 4 | Pedal Arm Cover | 82 | 2 | M10 x 80mm Carriage Bolt |
| 32 | 2 | Pedal Arm Axle | 83 | 2 | M10 x 127mm Screw |
| 33 | 4 | Pedal Arm Bushing | 84 | 6 | M8 x 23mm Screw |
| 34 | 1 | Base Axle | 85 | 1 | M6 x 10mm Screw |
| 35 | 2 | Base Bushing | 86 | 1 | Crank Screw |
| 36 | 2 | Crank Arm | 87 | 8 | Hub Screw |
| 37 | 2 | Inner Crank Cover | 88 | 10 | M8 Washer |
| 38 | 1 | Crank Hub | 89 | 2 | M10 x 60mm Screw |
| 39 | 1 | Right Upright Cover | 90 | 3 | M8 Split Washer |
| 40 | 1 | Pulley | 91 | 1 | Flywheel Spacer |
| 41 | 2 | Crank Bushing Cover | 92 | 1 | Flywheel Washer |
| 42 | 4 | Crank Bushing | 93 | 1 | Flywheel Snap Ring |
| 43 | 2 | Crank Bushing Sleeve | 94 | 4 | Pillow Block Screw |
| 44 | 2 | Crank Bearing Set | 95 | 1 | Stop Screw |
| 45 | 1 | Crank | 96 | 1 | M8 x 35mm Screw |
| 46 | 1 | Crank Spacer | 97 | 1 | E-clip |
| 47 | 2 | Crank Snap Ring | 98 | 4 | Pulley Screw |
| 48 | 1 | Upper Wire Harness | 99 | 2 | Crank Washer |
| 49 | 1 | Lower Wire Harness | 100 | 2 | M4 x 25mm Screw |
| 50 | 1 | Reed Switch/Wire | 101 | 10 | M4 x 16mm Round Head Screw |
| 51 | 1 | Drive Belt | 102 | 12 | M4 Washer |

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|----------------------------|---------|------|--------------------------|
| 103 | 26 | M4 x 16mm Screw | 113 | 1 | M10 Washer |
| 104 | 8 | M4 x 16mm Blunt Screw | 114 | 1 | M6 Nut |
| 105 | 6 | M4 x 32mm Round Head Screw | 115 | 4 | M8 x 23mm Shoulder Screw |
| 106 | 2 | M8 x 31mm Shoulder Screw | 116 | 2 | M8 x 80mm Bolt |
| 107 | 4 | M4 x 12mm Screw | 117 | 2 | Pulse Grip |
| 108 | 2 | M4 x 50mm Screw | 118 | 2 | Pulse Wire |
| 109 | 2 | Large Wave Washer | 119 | 1 | Left Handlebar |
| 110 | 2 | M8 Small Washer | * | – | User's Manual |
| 111 | 2 | Wave Washer | * | – | Assembly Tool |
| 112 | 8 | M4 Split Washer | * | – | Grease Packet |

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

EXPLODED DRAWING B

Model No. PFEVEL74912.0 R0212A



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.

