

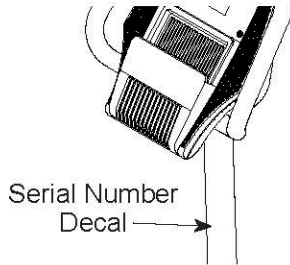
PRO-FORM[®]

225 CSX

Model No. PFEVEX74016.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 1D, The Gateway

Fryers Way, Silkwood Park

OSSETT

WF5 9TJ

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

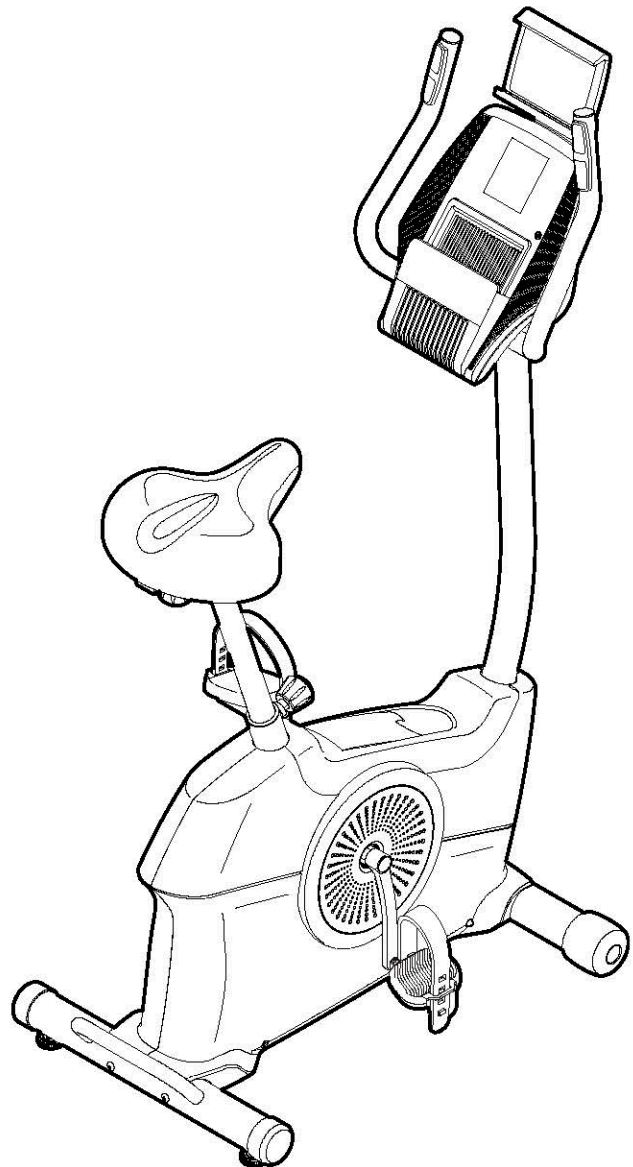
Write:

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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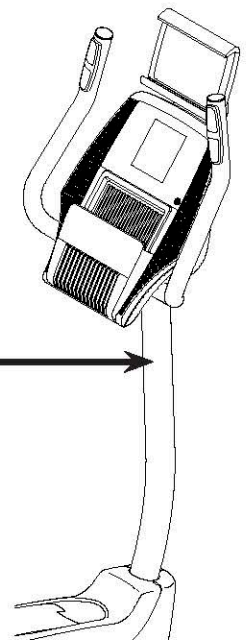
WARNING DECAL PLACEMENT

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

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 286 lbs / 130 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.





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

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The exercise bike 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 exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
7. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the exercise bike at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
11. The exercise bike should not be used by persons weighing more than 286 lbs. (130 kg).
12. Be careful when mounting and dismounting the exercise bike.
13. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
14. Always keep your back straight while using the exercise bike; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

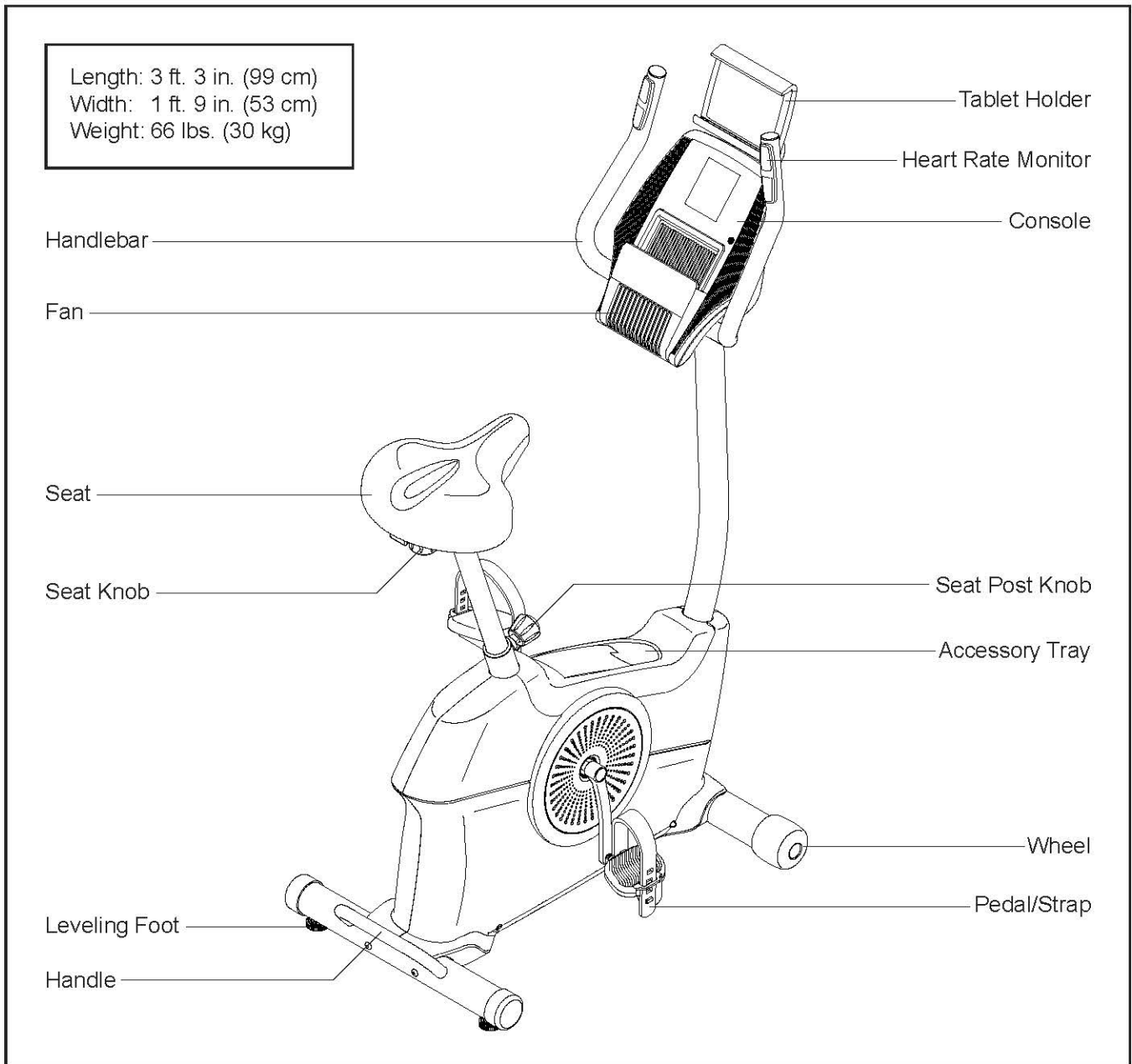
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 225 CSX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 225 CSX exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

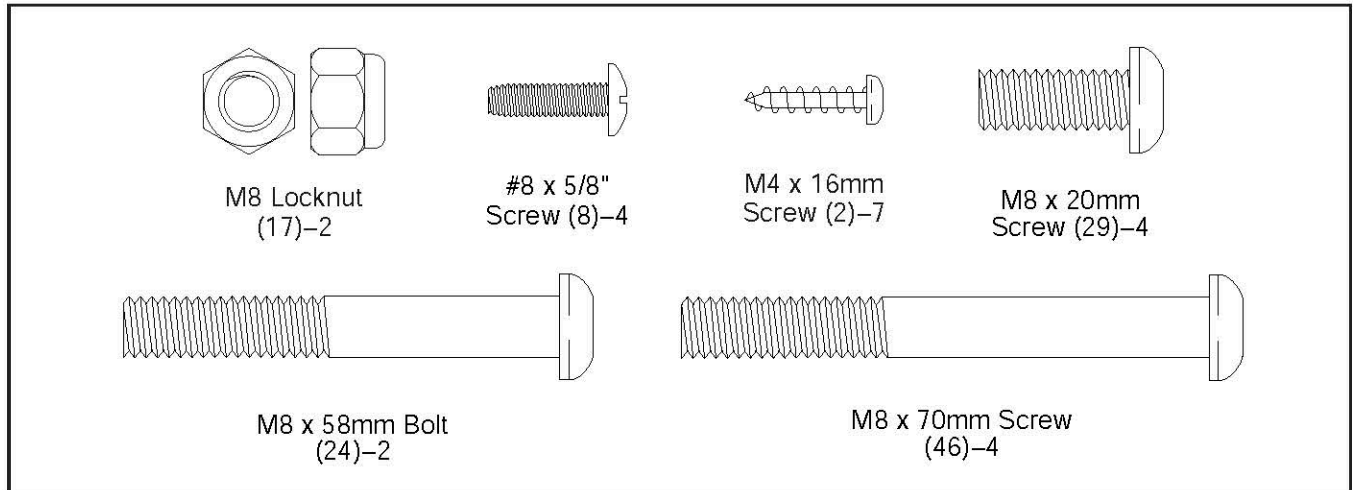
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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

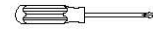


ASSEMBLY

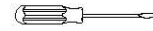
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

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

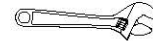
one Phillips screwdriver



one standard screwdriver



one adjustable wrench

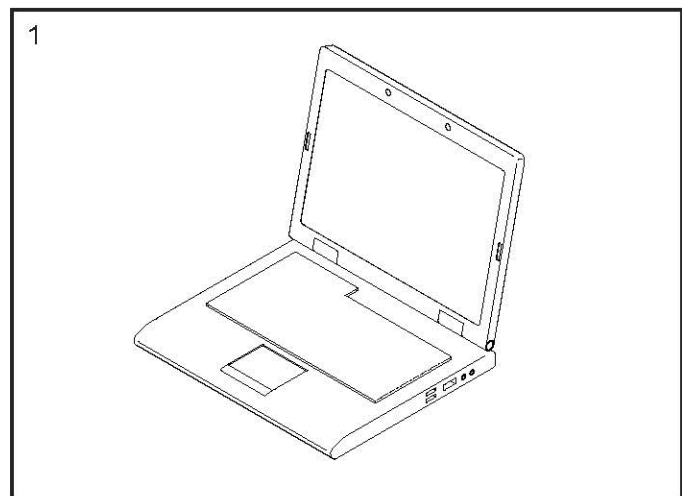


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.iconsupport.eu on your computer and register your product.**

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

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



- Using a standard screwdriver, remove the Shield Cover (26) from the Left and Right Shields (37, 58).

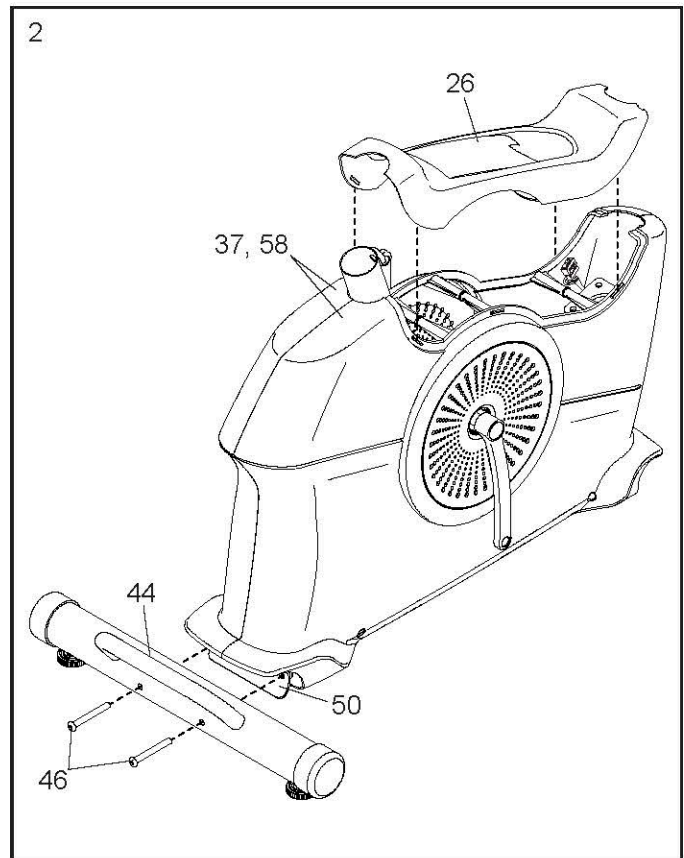
If there is a shipping tube (not shown) on the rear of the Frame (50), remove the screws from the shipping tube and discard the screws and the shipping tube.

Set a sturdy piece of packing material under the rear of the Frame (50). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

Identify the Rear Stabilizer (44), which has a handle.

Attach the Rear Stabilizer (44) to the Frame (50) with two M8 x 70mm Screws (46).

Then, remove the packing material from under the rear of the Frame (50).

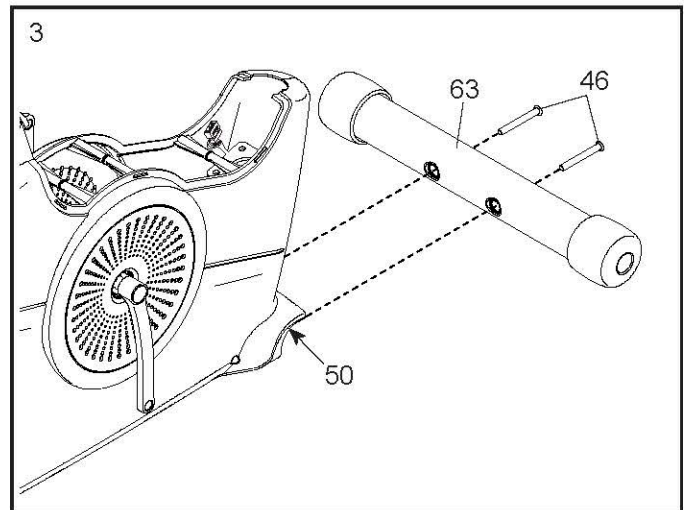


- If there is a shipping tube (not shown) on the front of the Frame (50), remove the screws from the shipping tube and discard the screws and the shipping tube.

Set a sturdy piece of packing material under the front of the Frame (50).

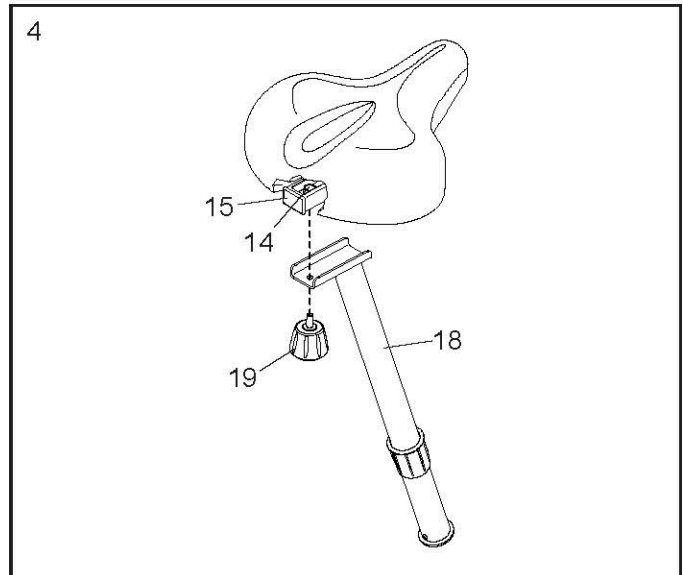
Attach the Front Stabilizer (63) to the Frame (50) with two M8 x 70mm Screws (46).

Then, remove the packing material from under the front of the Frame (50).



4. Set the Seat Carriage (15) on the Seat Post (18) and hold it in place.

Insert the Seat Knob (19) upward into the Seat Post (18), and tighten the Seat Knob into the Seat Bracket (14) inside the Seat Carriage (15).



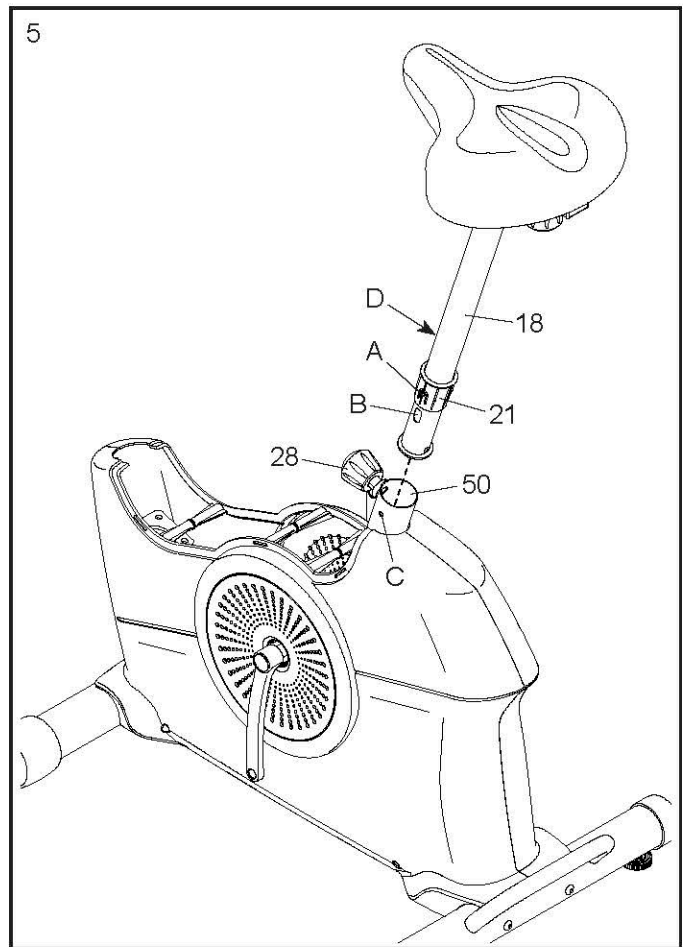
5. Hold the Seat Post (18) near the Frame (50), and position the Seat Post Bushing (21) so that the lock tab (A) is covering the oval hole (B) in the Seat Post.

Have a second person loosen the Seat Post Knob (28) a few turns and pull it outward.

Insert the Seat Post (18) and the Seat Post Bushing (21) into the Frame (50) until the lock tab (A) snaps into the indicated hole (C) in the Frame.

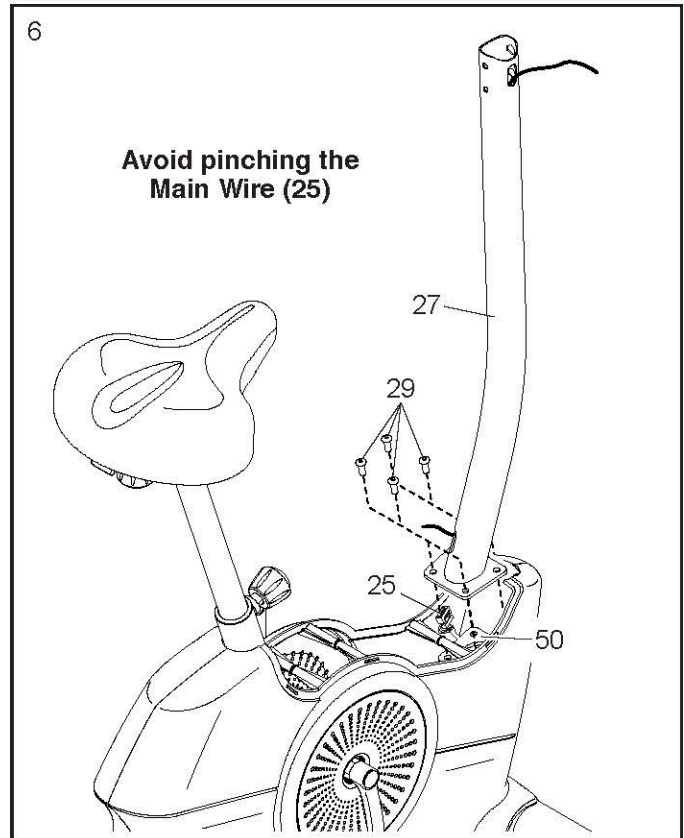
Next, slide the Seat Post (18) upward or downward to the desired position, and release the Seat Post Knob (28) into an adjustment hole (D) in the Seat Post. Then, tighten the Seat Post Knob.

Move the Seat Post (18) upward or downward slightly to make sure that the Seat Post Knob (28) is engaged in an adjustment hole (D).



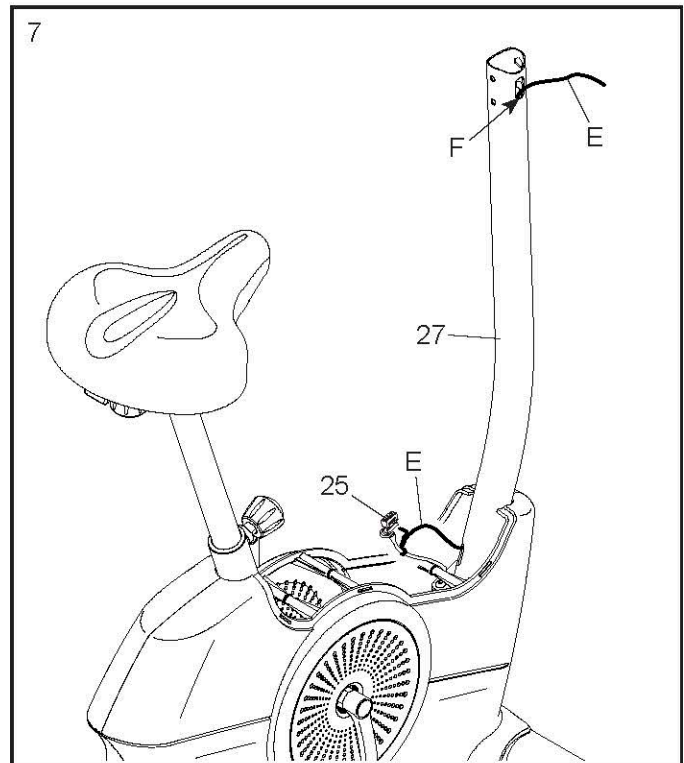
6. **Tip: Avoid pinching the Main Wire (25).** Orient the Upright (27) as shown, and hold it on the Frame (50).

Attach the Upright (27) with four M8 x 20mm Screws (29); **start all the Screws, and then tighten them.**

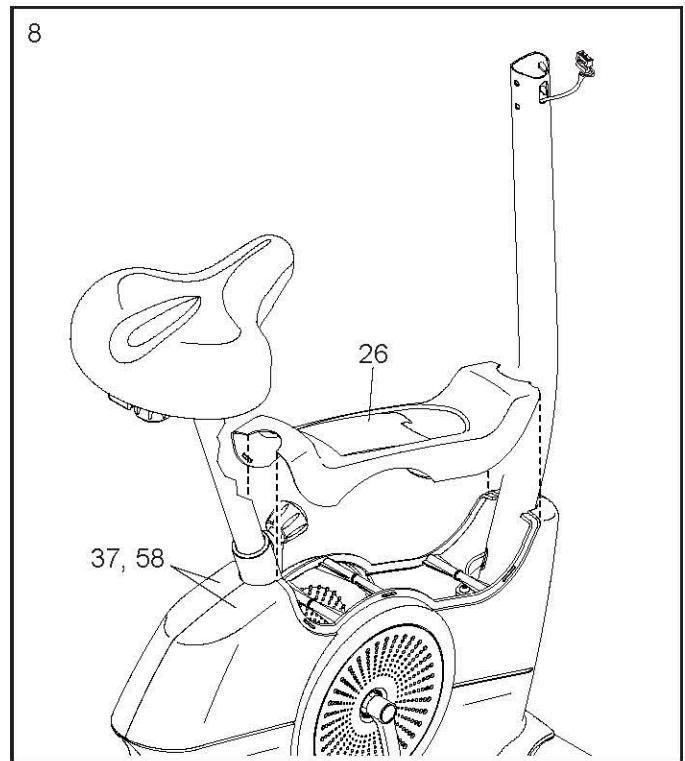


7. Locate the lower end of the wire tie (E) in the Upright (27). Tie the wire tie to the Main Wire (25). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright and out of the indicated hole (F).

Tip: To prevent the Main Wire (25) from falling into the Upright (27), secure the Main Wire with the wire tie (E).



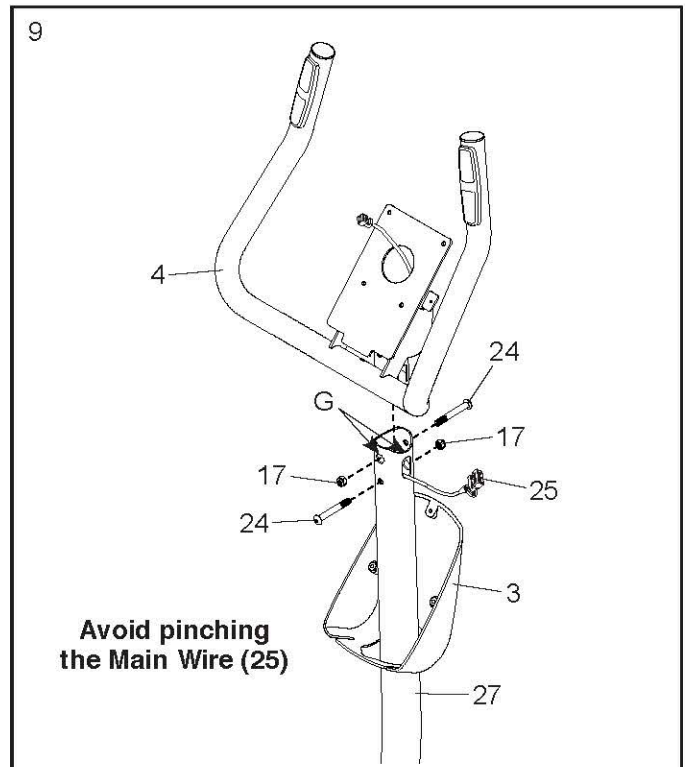
8. Orient the Shield Cover (26) as shown, and press it onto the Left and Right Shields (37, 58).



9. Orient the Console Cover (3) as shown, and slide it onto the Upright (27).

Tip: Avoid pinching the Main Wire (25). Insert the Handlebar (4) into the Upright (27).

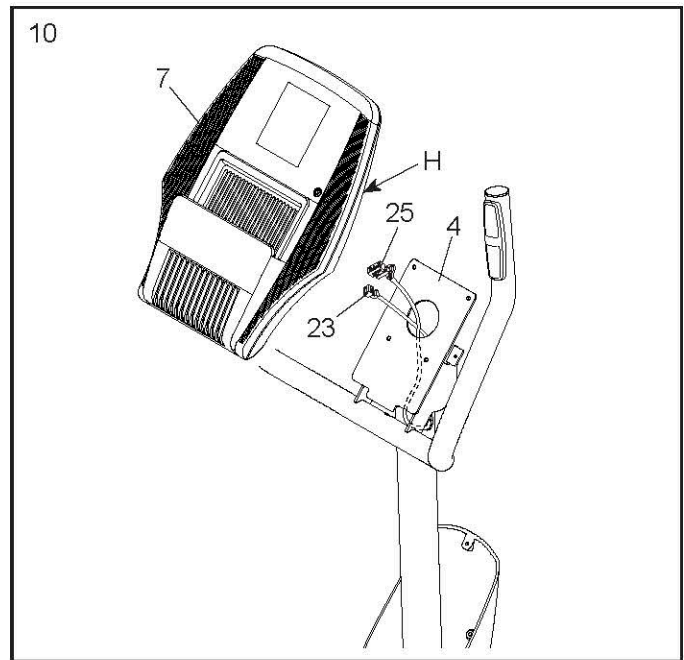
Attach the Handlebar (4) with two M8 x 58mm Bolts (24) and two M8 Locknuts (17). **Make sure that the Locknuts are in the hexagonal holes (G).**



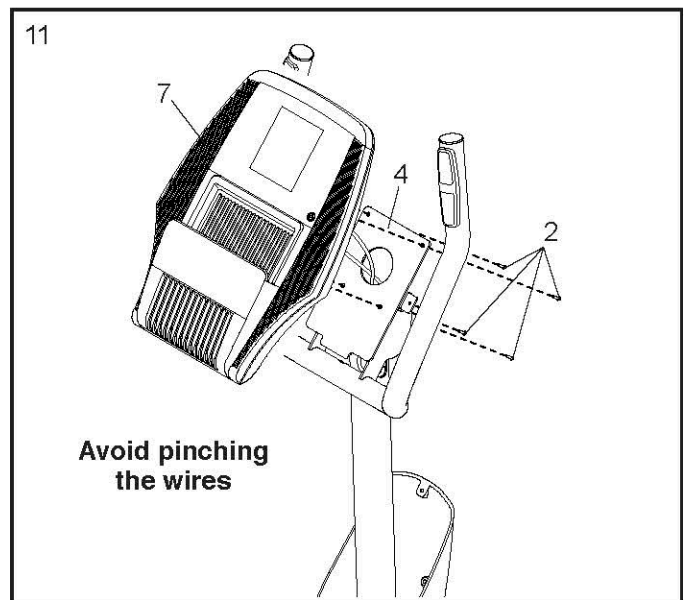
10. Untie and discard the wire tie on the Main Wire (25). Route the Main Wire upward through the Handlebar (4) as shown.

While a second person holds the Console (7) near the Handlebar (4), connect the wires (H) on the Console to the Main Wire (25) and the Pulse Wire (23).

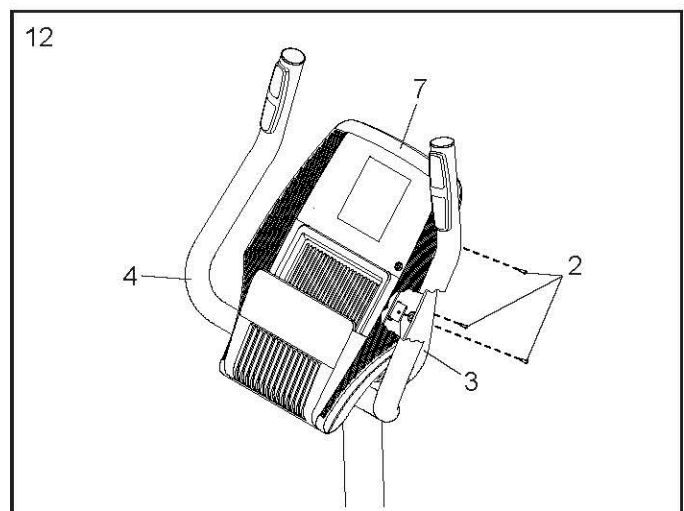
Then, insert the excess wire into the Handlebar (4).



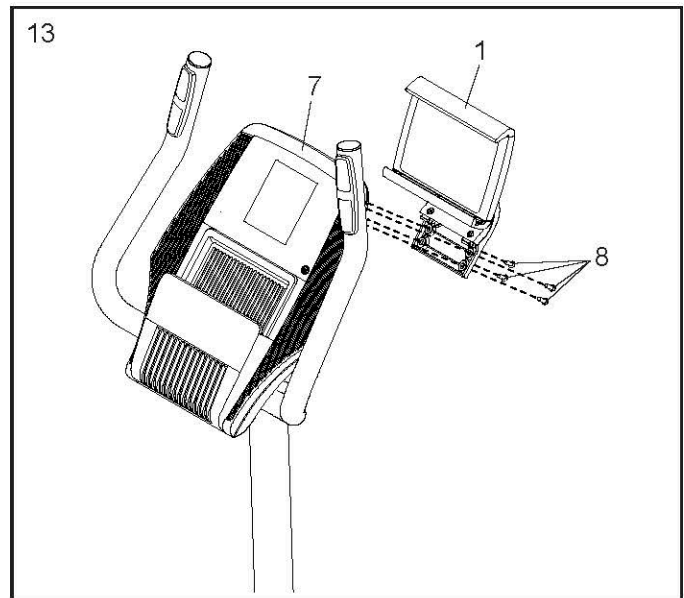
11. **Tip: Avoid pinching the wires.** Attach the Console (7) to the Handlebar (4) with four M4 x 16mm Screws (2); **start all the Screws, and then tighten them.**



12. Slide the Console Cover (3) upward to the Handlebar (4). Attach the Console Cover to the Handlebar and to the Console (7) with three M4 x 16mm Screws (2); **start all the Screws, and then tighten them.**



13. Attach the Tablet Holder (1) to the Console (7) with four #8 x 5/8" Screws (8); **start all the Screws, and then tighten them.**

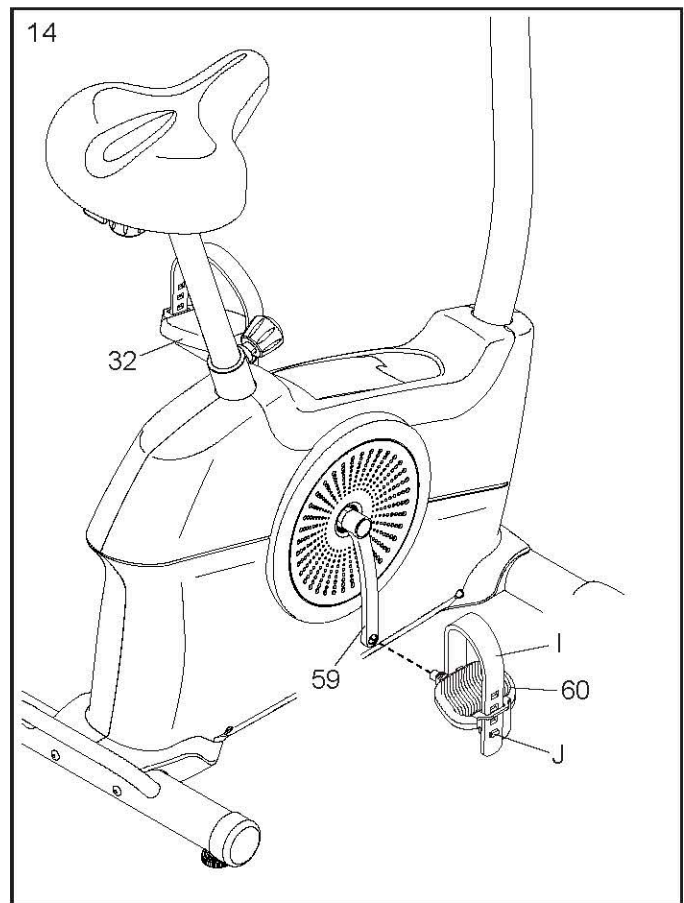


14. Identify the Right Pedal (60).

Using an adjustable wrench, **firmly tighten** the Right Pedal (60) **clockwise** into the Right Crank Arm (59).

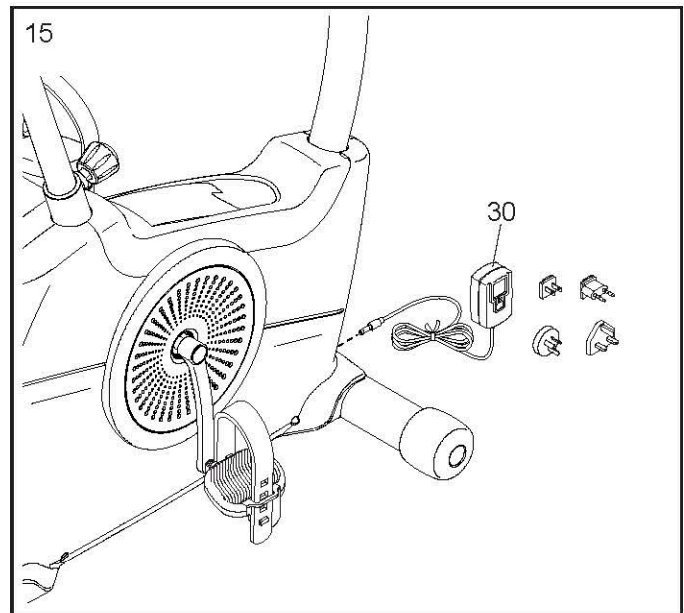
Firmly tighten the Left Pedal (32) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

Adjust the strap on the Right Pedal (60) to the desired position, and press the ends of the strap (I) onto the tabs (J) on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



15. Plug the Power Adapter (30) into the receptacle on the frame of the exercise bike.

Note: To plug the Power Adapter (30) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.



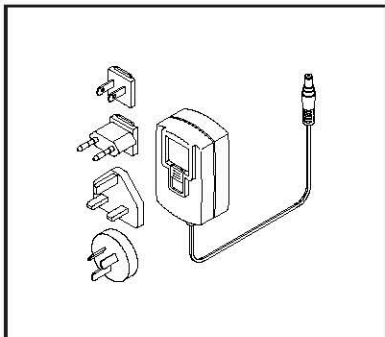
16. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

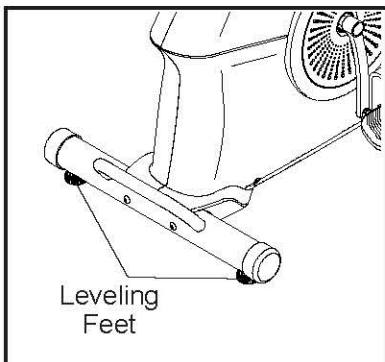
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



HOW TO LEVEL THE EXERCISE BIKE

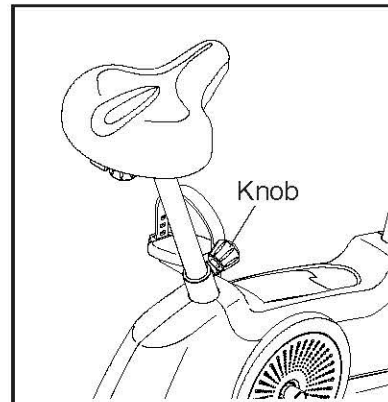
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet on the rear stabilizer until the rocking motion is eliminated.



HOW TO ADJUST THE HEIGHT OF THE SEAT

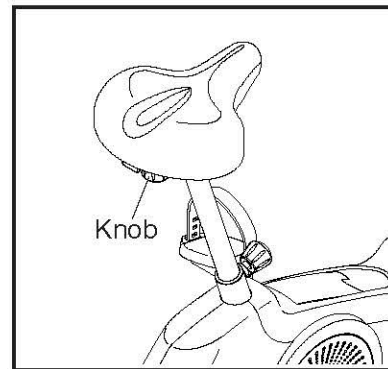
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first loosen the seat post knob a few turns and pull it outward. Next, slide the seat post upward or downward to the desired position, and release the seat post knob into an adjustment hole in the seat post. Then, tighten the seat post knob. **Move the seat post upward or downward slightly to make sure that the seat post knob is engaged in one of the adjustment holes.**



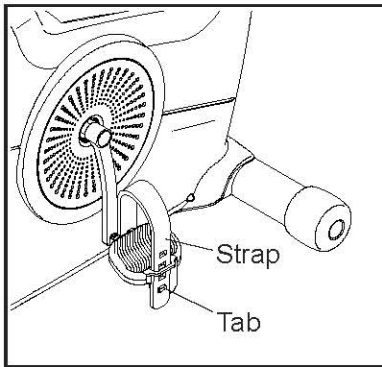
HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

To adjust the horizontal position of the seat, loosen the seat knob a few turns, move the seat forward or backward to the desired position, and then firmly tighten the seat knob.



HOW TO ADJUST THE PEDAL STRAPS

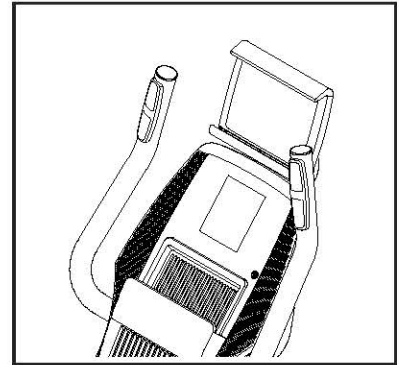
To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Then, adjust the straps to the desired position, and press the ends of the straps onto the tabs.



HOW TO USE THE TABLET HOLDER

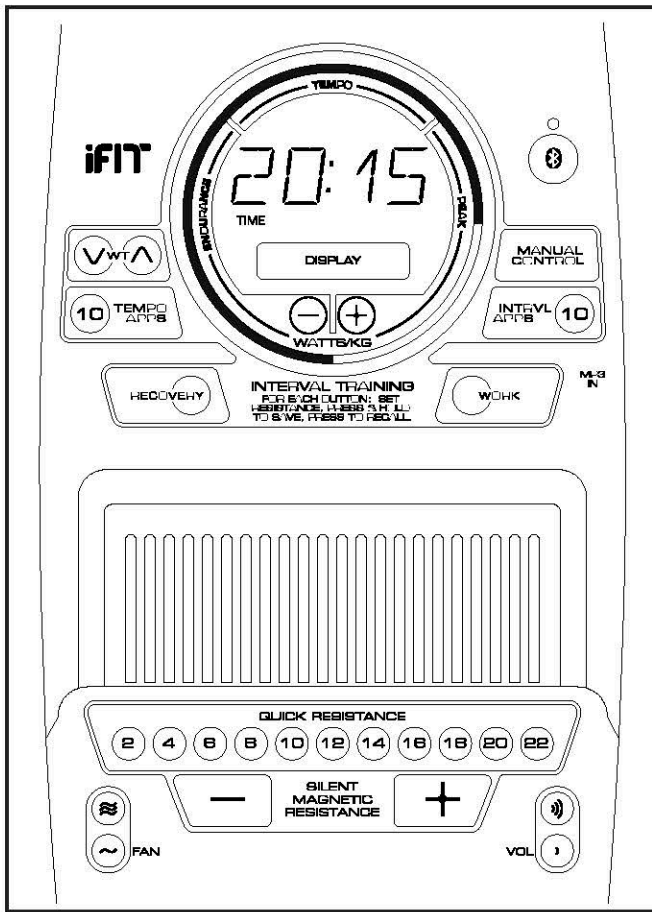
IMPORTANT: The tablet holder is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. Make sure that the tablet is firmly secured in the tablet holder. Reverse these actions to remove the tablet from the tablet holder.



Rotate the tablet holder to the desired angle.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

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

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 21 for information about purchasing an optional chest heart rate monitor.**

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

The console also offers a selection of onboard workouts. Each onboard workout automatically changes the resistance of the pedals and prompts you to maintain a target power output as it guides you through an effective workout.

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

To use the manual mode, see page 17. **To use an onboard workout**, see page 20.

To use the sound system, see page 21. **To connect your smart device to the console**, see page 21. **To connect your heart rate monitor to the console**, see page 22. **To use the settings mode**, see page 22.

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

HOW TO USE THE MANUAL MODE

1. Turn on the console.

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

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

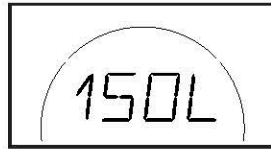
2. Select the manual mode.

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

If you have selected a workout, reselect the manual mode by pressing the Manual Control button.

3. Enter your weight.

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

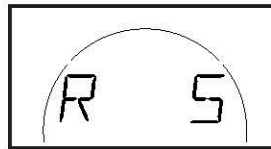


Note: The console will use your weight to calculate your approximate power output and calories burned. If you do not enter your weight, the console will use a default value to calculate your power output and calories burned.

4. Change the resistance of the pedals as desired.

Press the Begin button or begin pedaling to start the manual mode.

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



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

5. Do interval training, if desired.

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

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

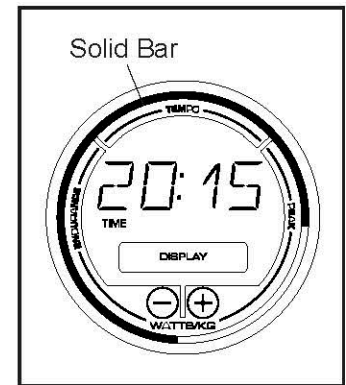
To create a work interval, first adjust the resistance of the pedals to the desired level. Then, press and hold the Work button until two tones sound to save the interval setting.

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

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

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

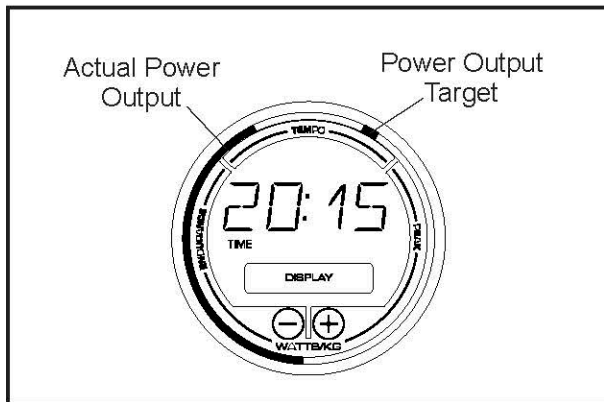
The power ring will provide a visual representation of your power output in watts per kilogram of body weight. As your power output increases or decreases, a solid bar will appear or disappear in the power ring.



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

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

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



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

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

During an onboard workout, the power ring will show the preset power output target for each segment of the workout (see step 4 on page 20).

7. Follow your progress with the display.

The display can show the following workout information:

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

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

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

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

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

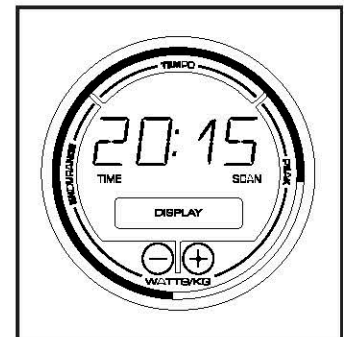
Speed (MPH or KM/H)—Your pedaling speed in miles or kilometers per hour.

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

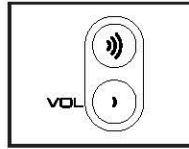
Watts—Your power output in watts.

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

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



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



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

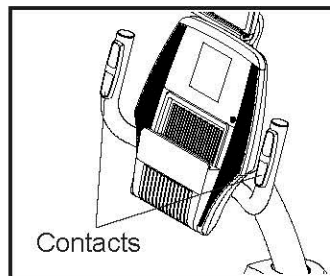
Note: The console can show weight, pedaling speed, and distance in standard or metric units of measurement. To change the unit of measurement, see THE SETTINGS MODE on page 22.

8. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (see page 21 for information about the optional chest heart rate monitor). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

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

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

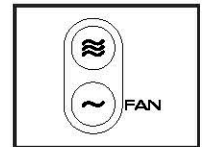


When your pulse is detected, your heart rate will be shown in the display. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

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

9. Turn on the fan if desired.

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



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

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

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

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

HOW TO USE AN ONBOARD WORKOUT

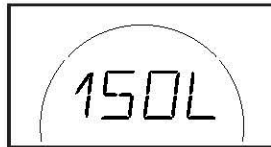
1. Turn on the console.

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

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

2. Enter your weight.

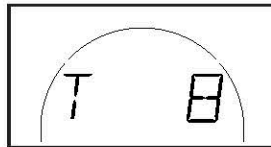
Press the Wt increase and decrease buttons to enter your weight.



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

3. Select an onboard workout.

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



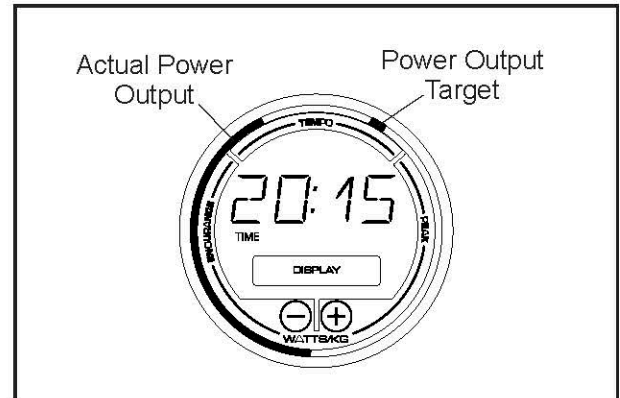
4. Start the workout.

Begin pedaling to start the workout.

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

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

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



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

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

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

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

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

5. Follow your progress with the display.

See step 7 on page 18.

6. Measure your heart rate if desired.

See step 8 on page 19.

7. Turn on the fan if desired.

See step 9 on page 19.

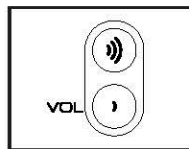
8. When you are finished exercising, the console will turn off automatically.

See step 10 on page 19.

HOW TO USE THE SOUND SYSTEM

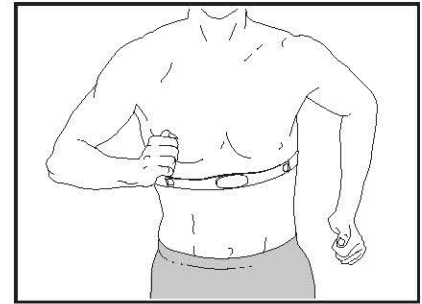
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

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



THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.



The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**

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

HOW TO CONNECT YOUR SMART DEVICE TO THE CONSOLE

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

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

On your iOS® or Android™ smart device, open the App 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.

2. Connect your smart device to the console.

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

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

3. Record and track your workout information.

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

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

To disconnect your smart device from the console, press and hold the Bluetooth Smart button on the console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

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

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

To connect your BLUETOOTH Smart heart rate monitor to the console, press the Bluetooth Smart button on the console. When a connection is established, the LED on the console will flash red twice.

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

To disconnect your heart rate monitor from the console, press and hold the Bluetooth Smart button on the

console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

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

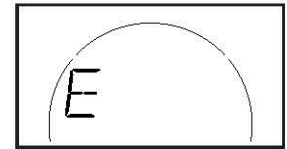
THE SETTINGS MODE

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

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

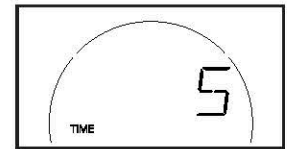
The display will alternate showing the console version number and the unit of measurement.

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



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

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



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

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

CONSOLE TROUBLESHOOTING

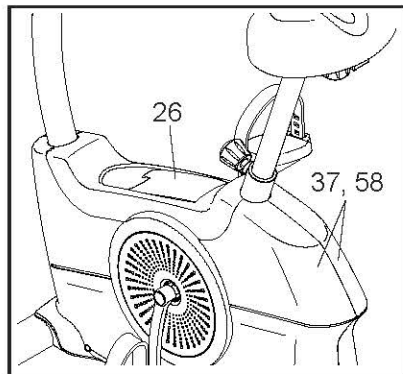
If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 8 on page 19.

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

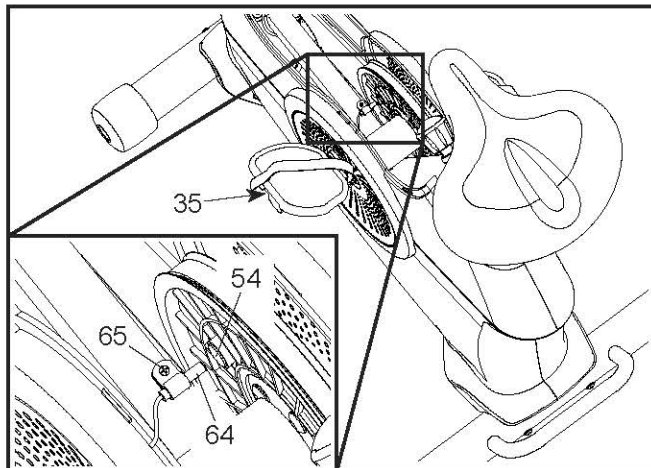
HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, **first unplug the power adapter.** Next, using a standard screwdriver, carefully remove the Shield Cover (26) from the Left and Right Shields (37, 58).



Locate the Reed Switch (64). Slightly loosen the M4 x 19mm Screw (65).



Next, rotate the Left Crank Arm (35) until a Magnet (54) is aligned with the Reed Switch (64). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 19mm Screw (65).

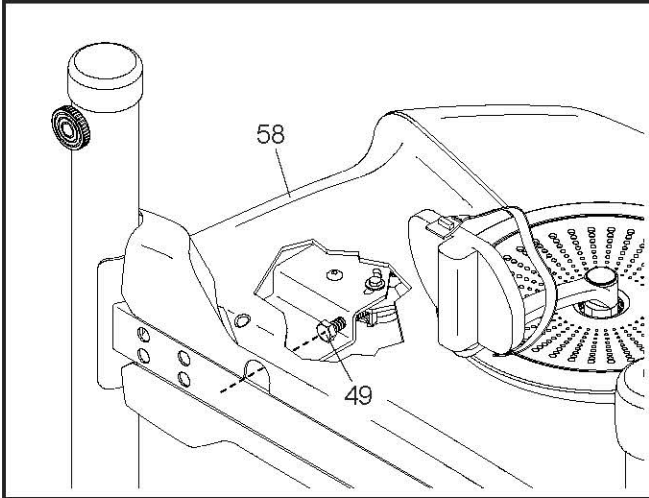
Plug in the power adapter and rotate the Left Crank Arm (35) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the shield cover.

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, carefully tip the exercise bike onto its left side as shown.



Using an M10 socket wrench with an extension (not included), reach into the opening in the bottom of the Right Shield (58) and tighten the M10 x 50mm Screw (49) a few turns until the Drive Belt (not shown) is tight; **do not overtighten the Drive Belt**.

Then, tip the exercise bike upright. Repeat this process, if necessary, until the pedals no longer slip.

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

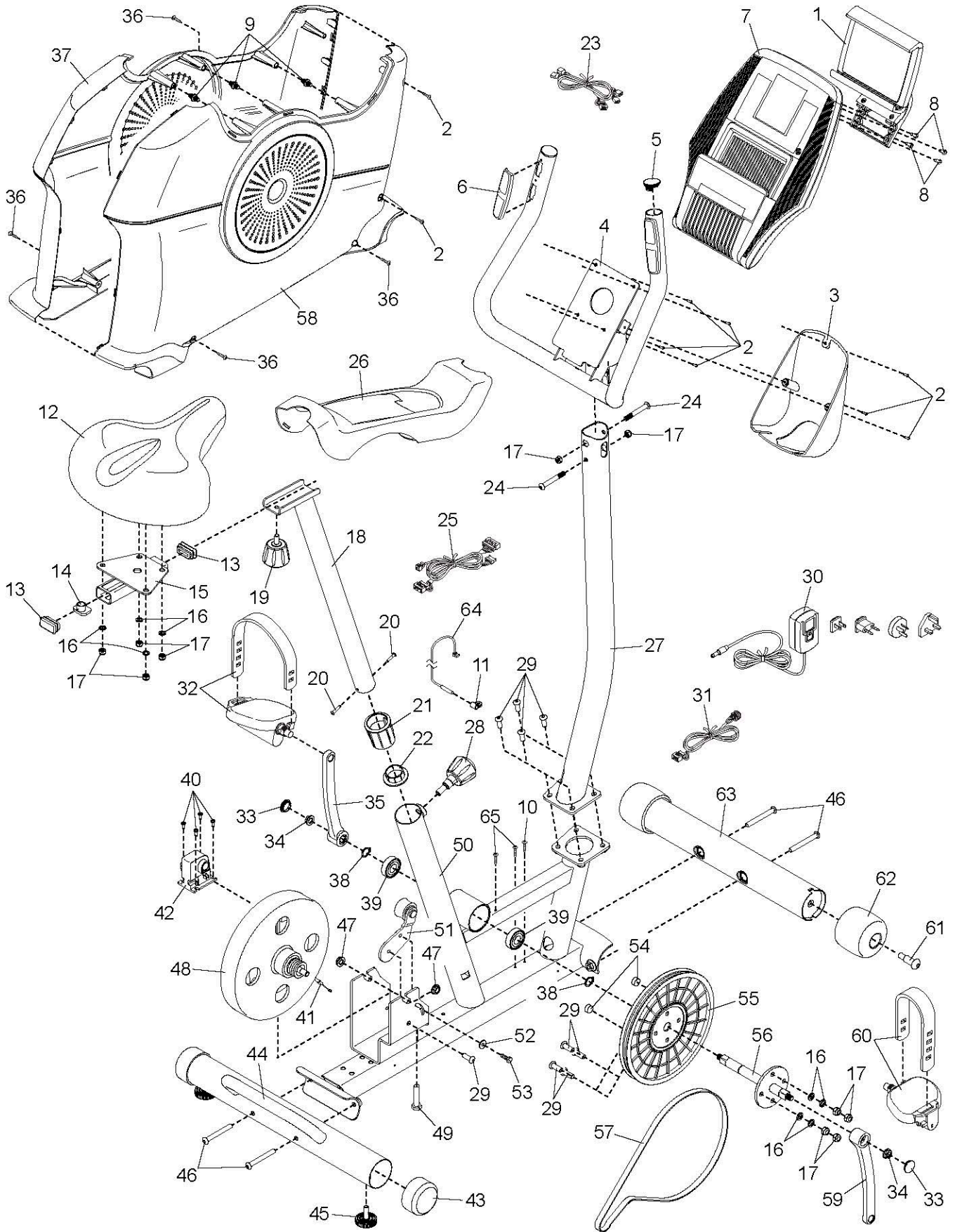
Model No. PFEVEX74016.0 R0416A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tablet Holder	35	1	Left Crank Arm
2	9	M4 x 16mm Screw	36	4	M4 x 19mm Self-tapping Screw
3	1	Console Cover	37	1	Left Shield
4	1	Handlebar	38	2	Snap Ring
5	2	Handlebar Cap	39	2	Bearing
6	2	Pulse Sensor	40	4	M4 x 12mm Screw
7	1	Console	41	1	Resistance Cable
8	4	#8 x 5/8" Screw	42	1	Resistance Motor
9	3	Fastener	43	2	Stabilizer Cap
10	1	M4 x 19mm Bright Screw	44	1	Rear Stabilizer
11	1	Clamp	45	2	Leveling Foot
12	1	Seat	46	4	M8 x 70mm Screw
13	2	Carriage Cap	47	2	M10 Flange Nut
14	1	Seat Bracket	48	1	Eddy Mechanism
15	1	Seat Carriage	49	1	M10 x 50mm Screw
16	8	M8 Split Washer	50	1	Frame
17	10	M8 Locknut	51	1	Idler
18	1	Seat Post	52	1	M6 Washer
19	1	Seat Knob	53	1	M6 x 20mm Screw
20	2	#8 x 3/4" Screw	54	2	Magnet
21	1	Seat Post Bushing	55	1	Pulley
22	1	Seat Post Cap	56	1	Crank
23	1	Pulse Wire	57	1	Drive Belt
24	2	M8 x 58mm Bolt	58	1	Right Shield
25	1	Main Wire	59	1	Right Crank Arm
26	1	Shield Cover	60	1	Right Pedal/Strap
27	1	Upright	61	2	M10 x 41mm Screw
28	1	Seat Post Knob	62	2	Wheel
29	9	M8 x 20mm Screw	63	1	Front Stabilizer
30	1	Power Adapter	64	1	Reed Switch/Wire
31	1	Power Receptacle/Wire	65	2	M4 x 19mm Screw
32	1	Left Pedal/Strap	*	-	Assembly Tool
33	2	Crank Cap	*	-	User's Manual
34	2	Crank Nut			

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

Model No. PFEVEX74016.0 R0416A



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.

