

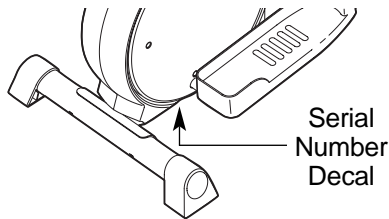
PRO-FORM

465 S

Patent Pending

Model No. PFEL19010

Serial No. _____



USER'S MANUAL

QUESTIONS?

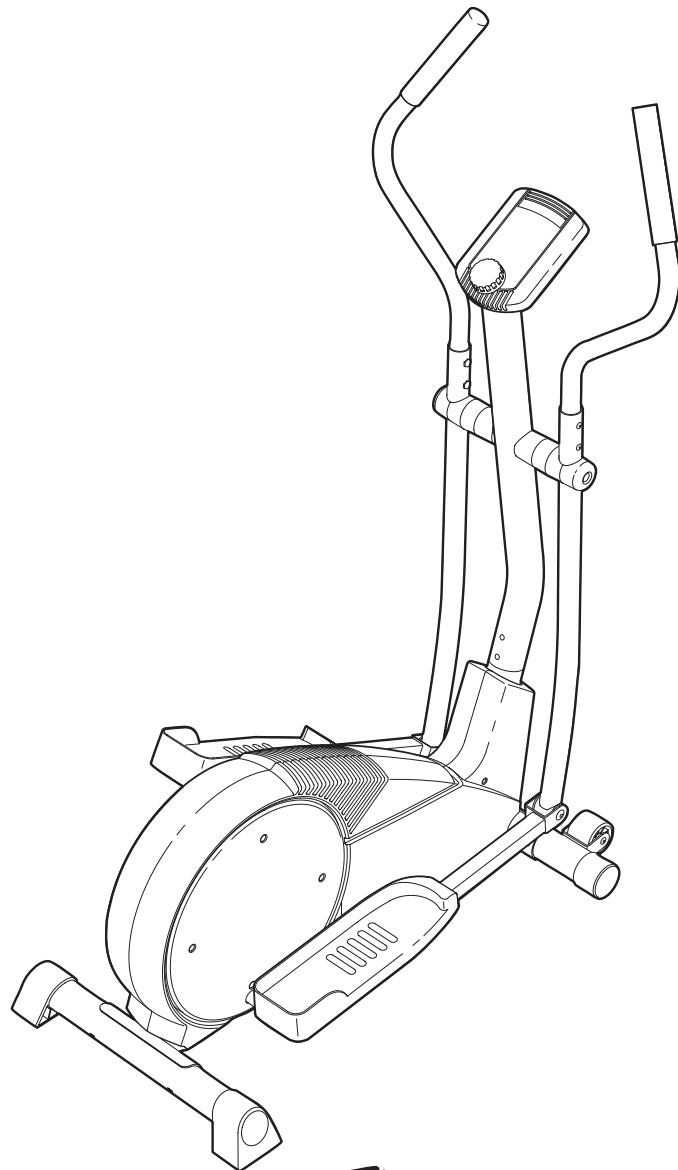
If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.
The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

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



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® 465S elliptical trainer.

1. Read all instructions in this manual before using the elliptical trainer. Use the elliptical trainer only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions.
3. The elliptical trainer is intended for in-home use only. Do not use the elliptical trainer in a commercial, rental, or institutional setting.
4. Place the elliptical trainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical trainer indoors, away from moisture and dust.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the elliptical trainer at all times.
7. The elliptical trainer should not be used by persons weighing more than 250 pounds.
8. Always wear appropriate clothing when using the elliptical trainer. Always wear athletic shoes for foot protection.
9. When mounting or dismounting the elliptical trainer, always hold the handlebars and step onto and off the pedal that is in the lowest position.
10. Each time you stop exercising on the elliptical trainer, allow the pedals to come to a complete stop before dismounting.
11. Always keep your back straight when using the elliptical trainer. Do not arch your back.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

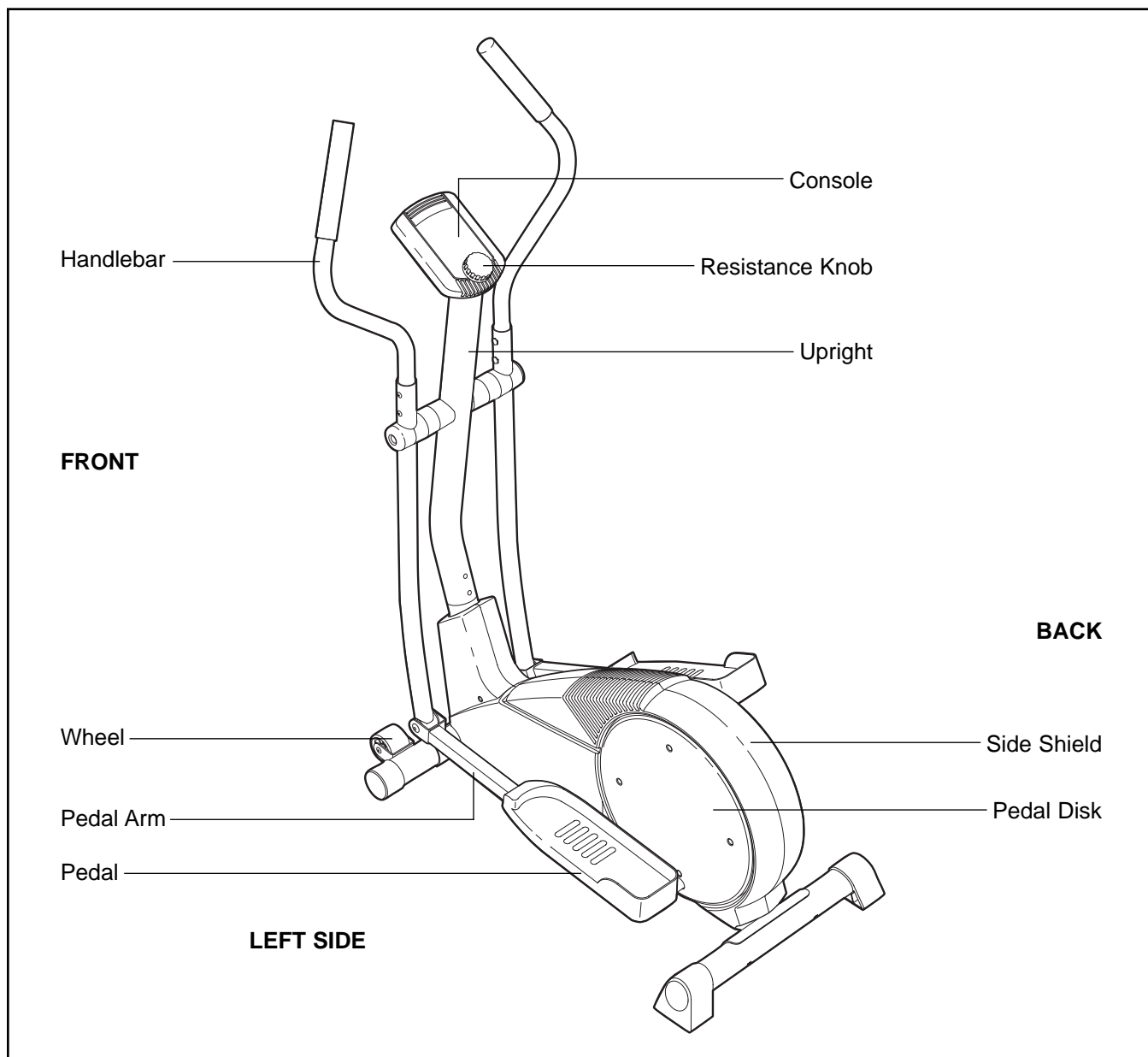
BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 465S elliptical trainer. The 465S is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique 465S features adjustable resistance, upper-body handlebars, and a multi-mode console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

For your benefit, read this manual carefully before you use the elliptical trainer. If you have questions





after reading the manual, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFEL19010. The serial number can be found on a decal attached to the elliptical trainer (see the front cover of this manual for the location of the decal).

Before reading further, please look at the drawing below and familiarize yourself with the labeled parts.

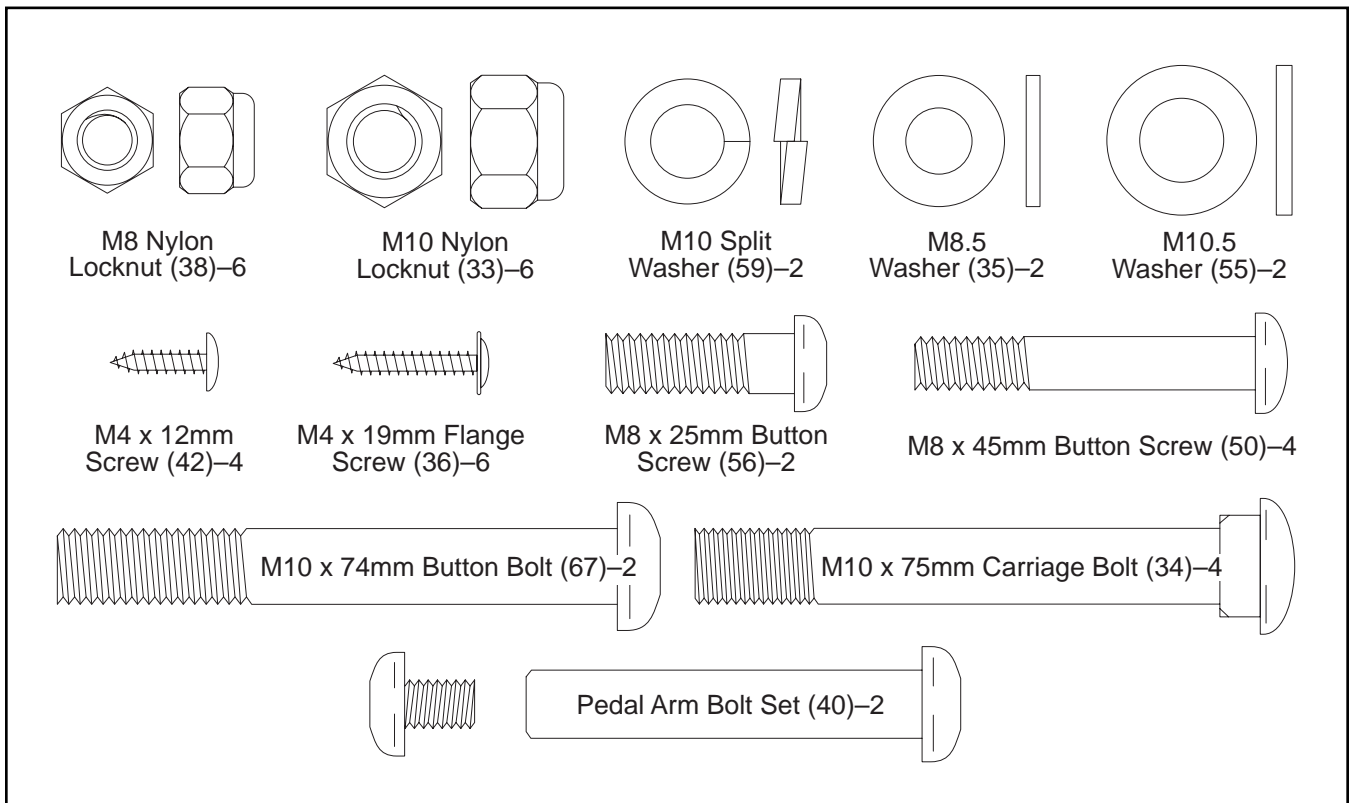


ASSEMBLY

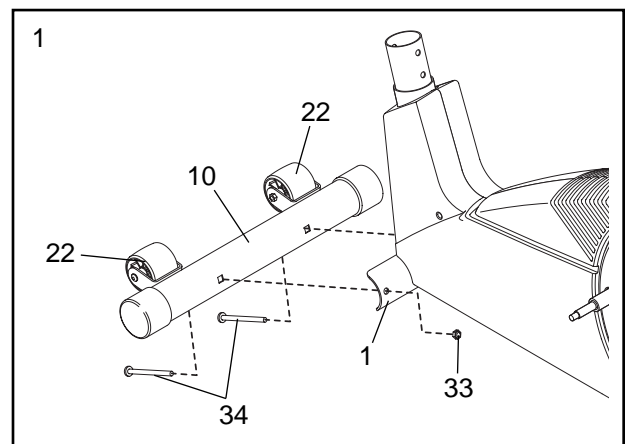
Assembly requires two people. Place all parts of the elliptical trainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included allen wrench, assembly requires a phillips screwdriver , two adjustable wrenches , a rubber mallet , and a pair of pliers .

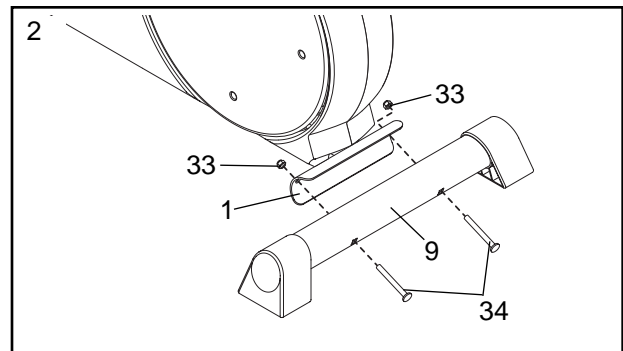
Use the chart below to identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 14. The number after the dash indicates the quantity needed for assembly. **Note: Some parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**



1. Identify the Front Stabilizer (10). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33). **Make sure that the Front Stabilizer is turned so the Wheels (22) are not touching the floor.**



2. While another person lifts the back of the Frame (1), attach the Rear Stabilizer (9) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).

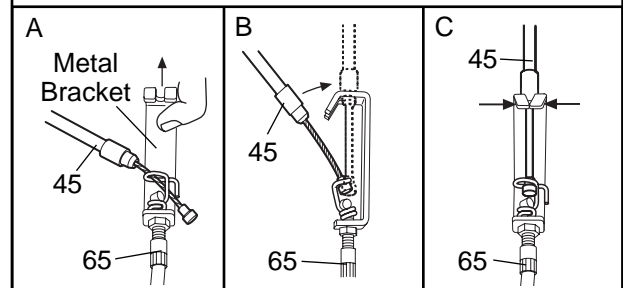
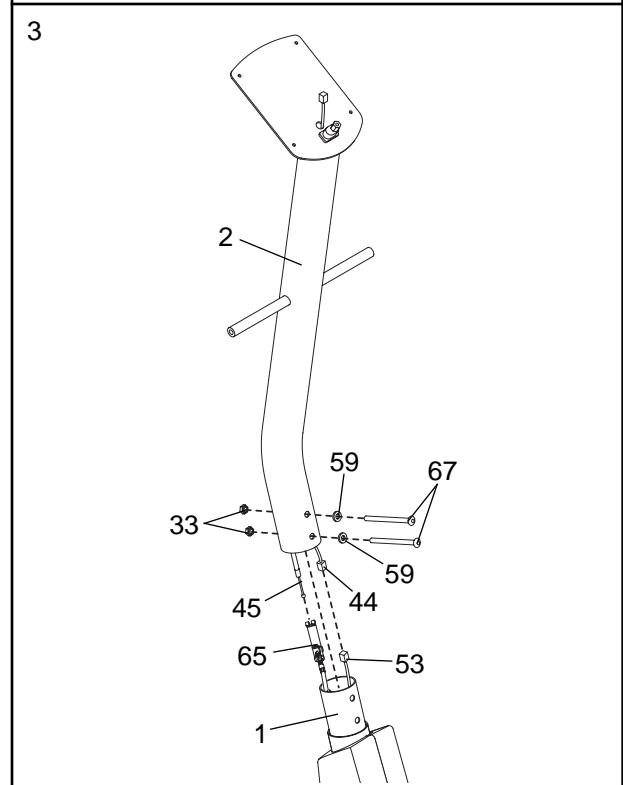


3. While another person holds the Upright (2) near the Frame (1) as shown, connect the Upper Wire (44) to the Reed Switch Wire (53).

Next, connect the Resistance Cable (45) to the Lower Resistance Cable (65) in the following way:

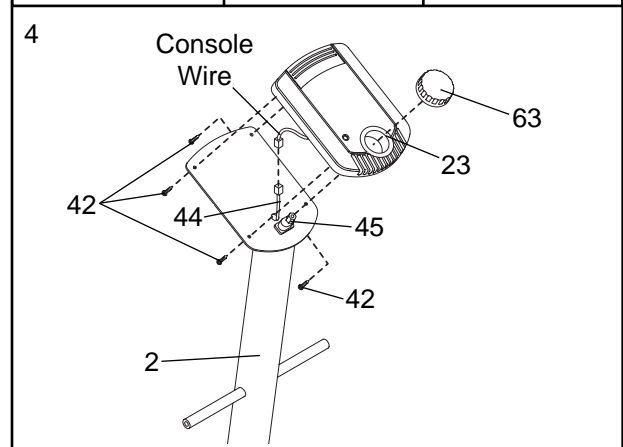
- Refer to drawing A. Pull up on the metal bracket, and insert the tip of the Resistance Cable (45) into the wire clip on the Lower Resistance Cable (65) as shown.
- Refer to drawing B. **Firmly** pull the Resistance Cable (45) and slide it into the metal bracket on the Lower Resistance Cable (65) as shown.
- Refer to drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

Slide the Upright (2) onto the Frame (1); **make sure not to pinch the wires or cables**. Attach the Upright with two M10 x 74mm Button Bolts (67), two M10 Nylon Locknuts (33), and two M10 Split Washers (59). **Do not tighten the Button Bolts yet.**



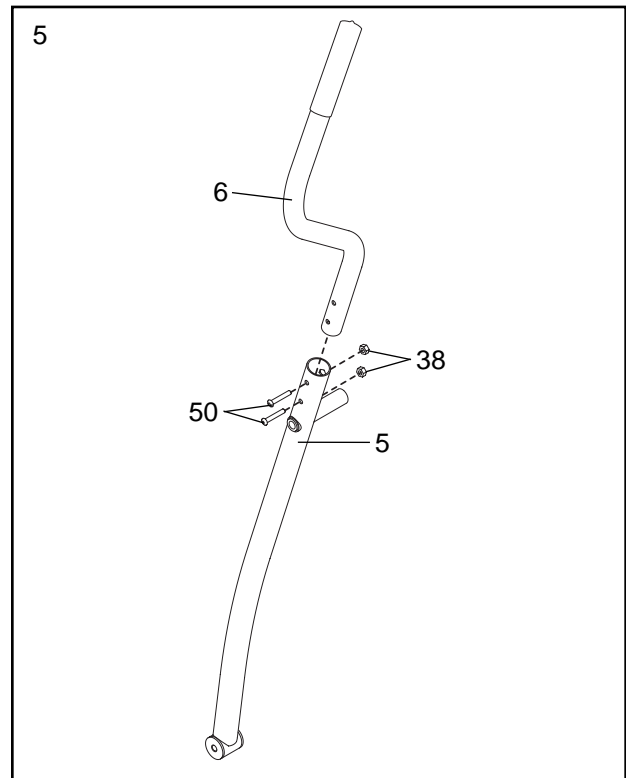
4. Connect the Upper Wire (44) to the wire on the Console (23). Next, attach the Console to the Upright (2) with four M4 x 12mm Screws (42).

Press the Resistance Knob (63) onto the Resistance Control (45).



- Identify the Left Handlebar (6) and the Left Handlebar Arm (5), which are marked with stickers. Attach the Left Handlebar to the Left Handlebar Arm with two M8 x 45mm Bolts (50) and two M8 Nylon Locknuts (38).

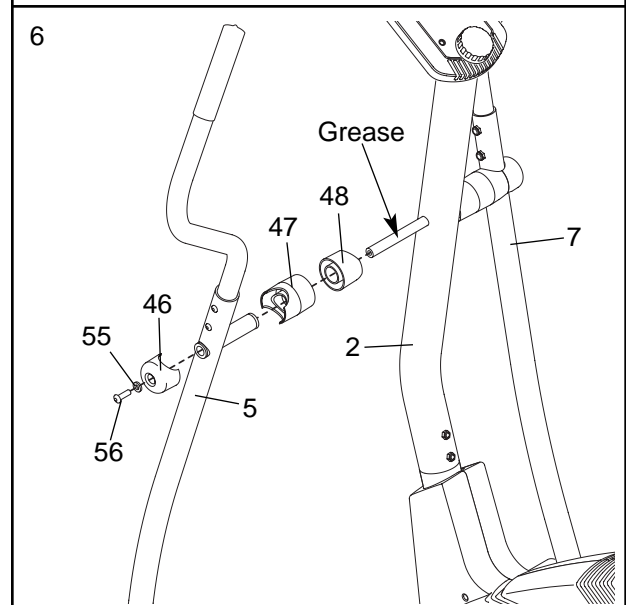
Attach the Right Handlebar to the Right Handlebar Arm (not shown) in the same way.



- Apply a small amount of the included grease to the left and right axles on the Upright (2).

Identify the Left Handlebar Arm (5), which is marked with a sticker. Slide a Frame Spacer (48), a Handlebar Spacer (47), the Left Handlebar Arm, and a Handlebar Cap (46) onto the left axle on the Upright (2) as shown. Slide an M10.5 Washer (55) onto an M8 x 25mm Button Screw (56), and tighten the Button Screw into the axle.

Attach the Right Handlebar Arm (7) in the same way.

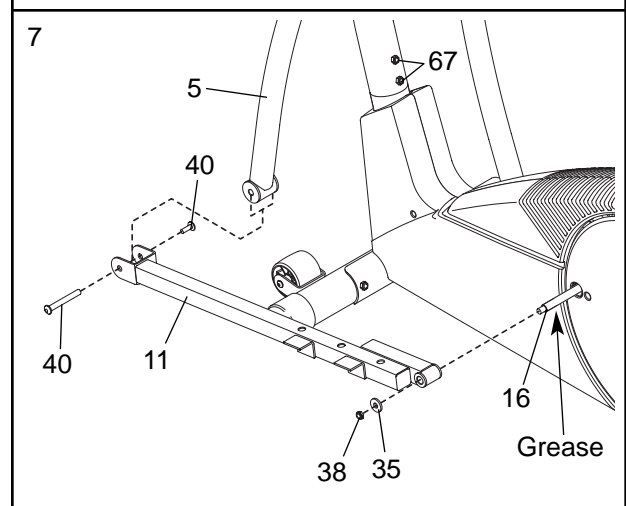


- Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) onto the axle and attach it with an M8.5 Washer (35) and an M8 Nylon Locknut (38).

Insert the Left Handlebar Arm (5) into the bracket on the end of the Left Pedal Arm (11), and attach it with a Pedal Arm Bolt Set (40).

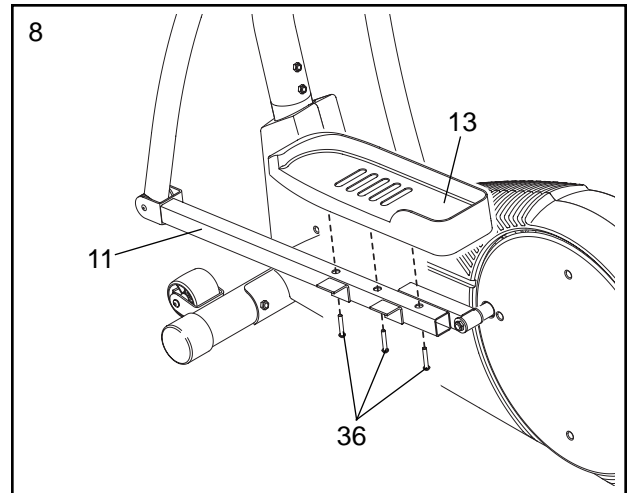
Repeat this step to attach the Right Pedal Arm (not shown).

Tighten the two M10 x 74mm Button Bolts (67).

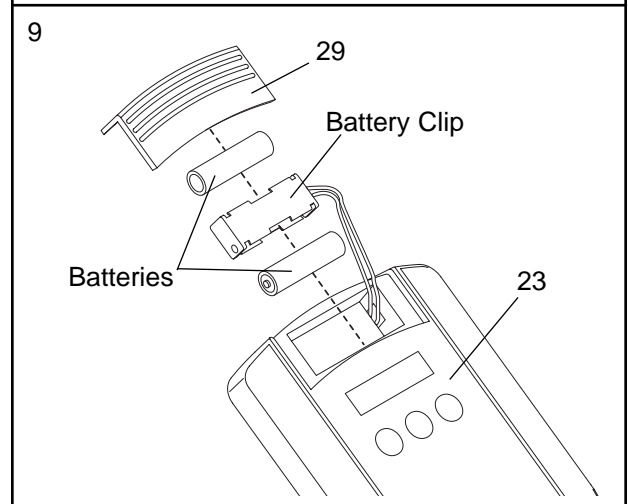


8. Find the Left Pedal (13), which has a ridge on the right side. Attach the Left Pedal to the Left Pedal Arm (11) with three M4 x 19mm Flange Screws (36) as shown.

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



9. The Console (23) requires two "AA" batteries (not included); alkaline batteries are recommended. Slide off the Battery Cover (29) as shown. Press two batteries into the battery clip; **make sure that the negative ("-") ends of the batteries are touching the springs in the battery clip.** Reattach the Battery Cover.

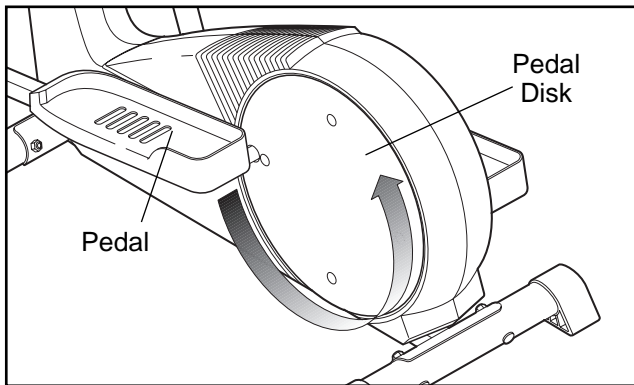


10. **Make sure that all parts of the elliptical trainer are properly tightened.** Place a mat under the elliptical trainer to protect the floor or carpet from damage.

HOW TO USE THE ELLIPTICAL TRAINER

HOW TO EXERCISE ON THE ELLIPTICAL TRAINER

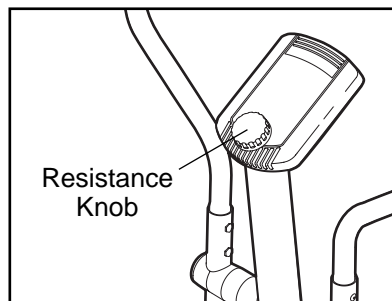
To mount the elliptical trainer, firmly hold the handlebars and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown below; however, to give variety to your exercise, you may choose to turn the pedal disks in the opposite direction.**



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

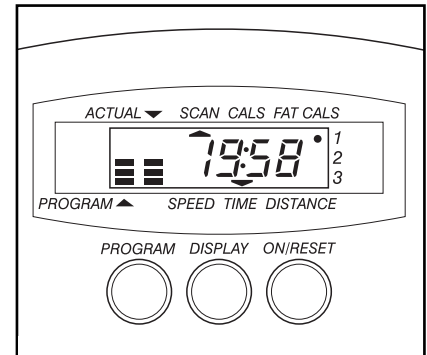
HOW TO ADJUST THE RESISTANCE OF THE PEDALS

As you exercise, you can adjust the resistance of the pedals with the resistance knob on the console. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise. **Important: The knob may not stop turning when maximum or minimum resistance is reached. When the knob becomes more difficult to turn, stop turning it or damage will result.**



DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three motivational pacer programs. Each pacer program is designed to guide you through an effective workout by pacing your exercise. As you exercise, six monitor modes will provide continuous exercise feedback. The monitor modes are described below:



Speed—This mode shows your pedaling pace, in miles per hour or kilometers per hour.

Time—If you select the manual mode, this mode will show the elapsed time. If you select one of the three pacer programs, this mode will show the time remaining in the program.

Distance—This mode shows the distance you have pedaled, in miles or kilometers.

Fat Calories (FAT CALS)—This mode shows the approximate number of fat calories you have burned (see BURNING FAT on page 13).

Calories (CALS)—This mode shows the approximate number of calories you have burned.

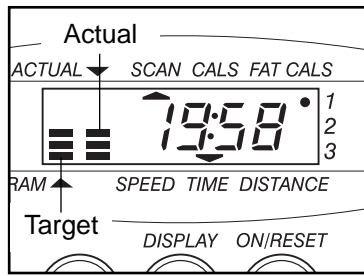
Scan—This mode displays the Speed, Time, Distance, Fat Calories, and Calories modes, for five seconds each, in a repeating cycle.

HOW TO SELECT MILES OR KILOMETERS

When the letters KPH appear in the display, the console will display speed and distance in kilometers. When the letters KPH do not appear, the console will display speed and distance in miles. To change the unit of measurement, first press the on/reset button. Next, hold down the program and display buttons for several seconds until the letters KPH appear or disappear.

HOW THE PACER PROGRAMS OPERATE

The console offers three motivational pacer programs. Each program lasts for twenty minutes. When you use a pacer program, two columns of bars will appear in the display. The left column represents a target pace, and the right column shows your actual pedaling pace. The target pace will change periodically during the program; as the target pace changes, simply change your pedaling pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



STEP-BY-STEP CONSOLE OPERATION

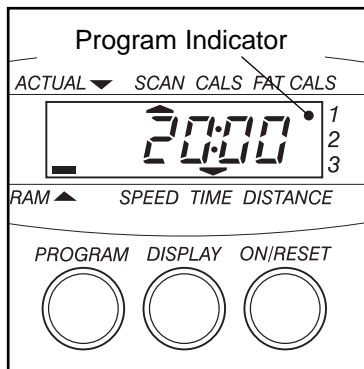
Before the console can be operated, two "AA" batteries must be installed. (See step 9 on page 8.)

1 Turn on the power.

To turn on the power, press the on/reset button or simply begin pedaling. The entire display will appear for two seconds; the console will then be ready for use. Note: If batteries were just installed, the power will already be on.

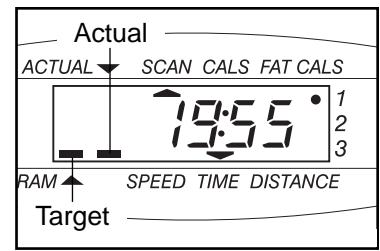
2 Select one of the three pacer programs or the manual mode.

To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected. To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1, program 2, program 3, manual mode.



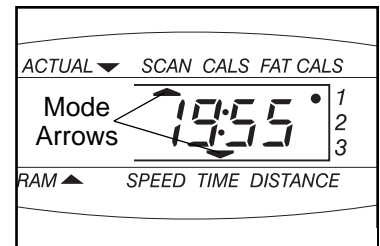
3 Begin your workout.

If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, indicating a relatively slow pace. The right column will show your actual pedaling pace. Change your pace until only one bar appears in the right column. Each time the target pace changes during the program, change your pedaling pace to keep both columns at the same height.

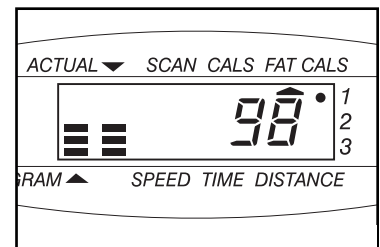


4 Follow your progress with the monitor modes.

The scan mode— Repeatedly press the display button until an arrow appears under the word "scan." When the scan mode is selected, the console will display the speed, time, distance, fat calories, and calories modes, for five seconds each, in a repeating cycle.



The speed, time, distance, fat calories, or calories mode— To select one of these modes for continuous display, repeatedly press the display button until an arrow appears below or above the desired mode. Make sure that there is not an arrow under the word "scan."



To reset the display, press the on/reset button.

5 Turn off the power.

To turn off the power, simply wait for about six minutes. If the pedals are not moved and the console buttons are not pressed for six minutes, the power will turn off automatically.

MAINTENANCE AND TROUBLE-SHOOTING

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

The elliptical trainer can be cleaned with a soft cloth and a small amount of mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

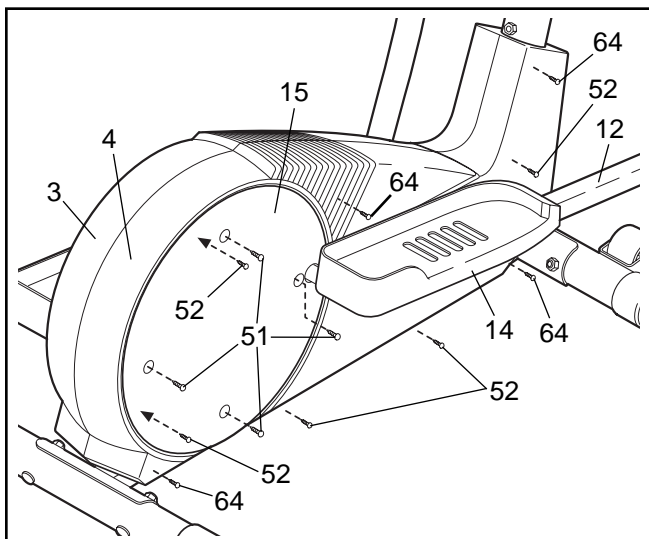
When storing the elliptical trainer, remove the batteries from the console. Keep the elliptical trainer in a clean, dry location, away from moisture and dust.

CONSOLE TROUBLE-SHOOTING

If the console does not function properly, replace the batteries (refer to assembly step 9 on page 8).

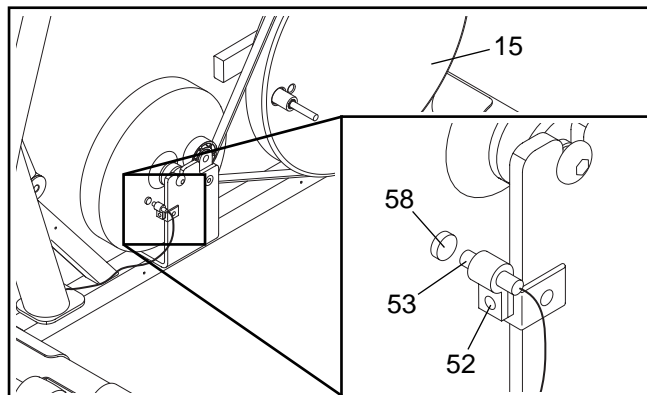
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first refer to assembly step 8 on page 8 and remove the Pedals (13, 14). Next, refer to step 7 on page 7 and remove the Pedal Arms (11, 12).



Next, remove the four Screws (51) from the right Pedal Disc (15), and slide the Pedal Disc off. Remove all Screws (52, 64) from the Right Side Shield (4), and remove the Right Side Shield. Remove all Screws (52) from the Left Side Shield (3) and remove the Left Side Shield.

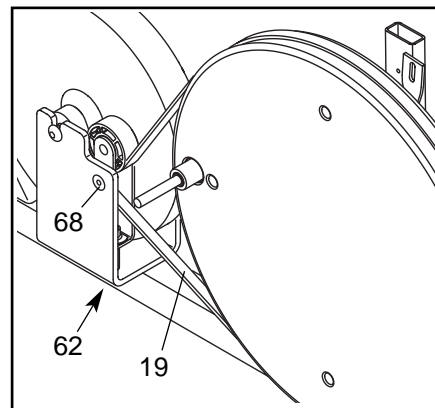
Next, refer to the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated Screw (52). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel. Retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays correct feedback.



When the Reed Switch (53) is correctly adjusted, reattach the Side Shields (3, 4), the right Pedal Disc (15), the Pedal Arms (11, 12), and the Pedals (13, 14).

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance knob is turned to the maximum setting, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must remove both side shields. Refer to the instructions at the left and remove the side shields.



Next, loosen the M8 x 22mm Flat Head Screw (68) and turn the Idler Adjustment Bolt (62) until the Drive Belt (19) is tight. Once the Drive Belt is tight, tighten the Flat Head Screw. Reattach the side shields.

CONDITIONING GUIDELINES

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

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age at the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Burning Fat

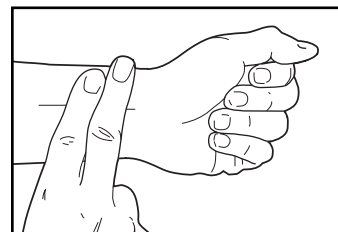
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near one of the lower two numbers in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. 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, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multi-



ply 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. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising 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.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 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. The key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

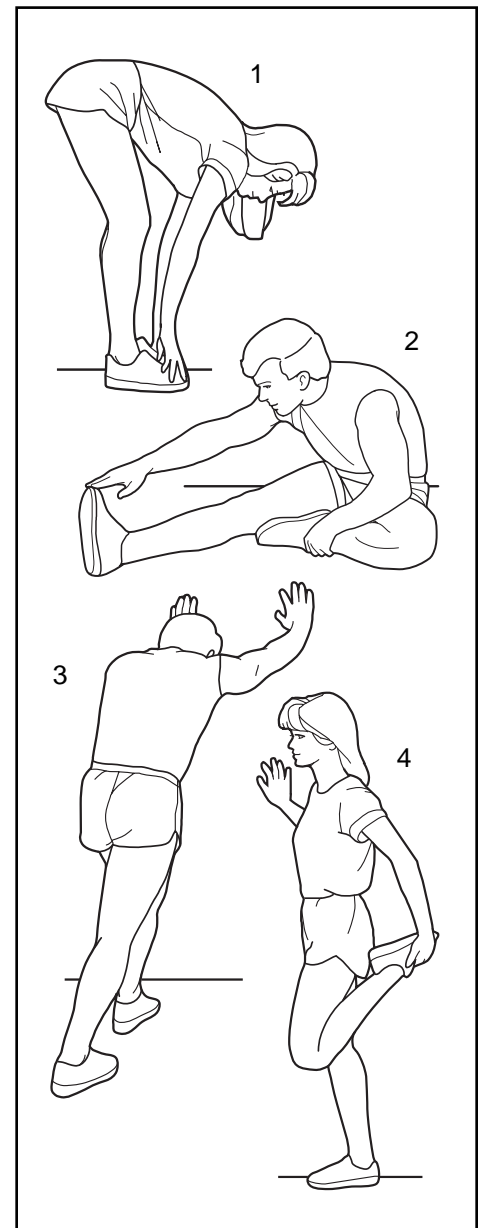
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. PFEL19010

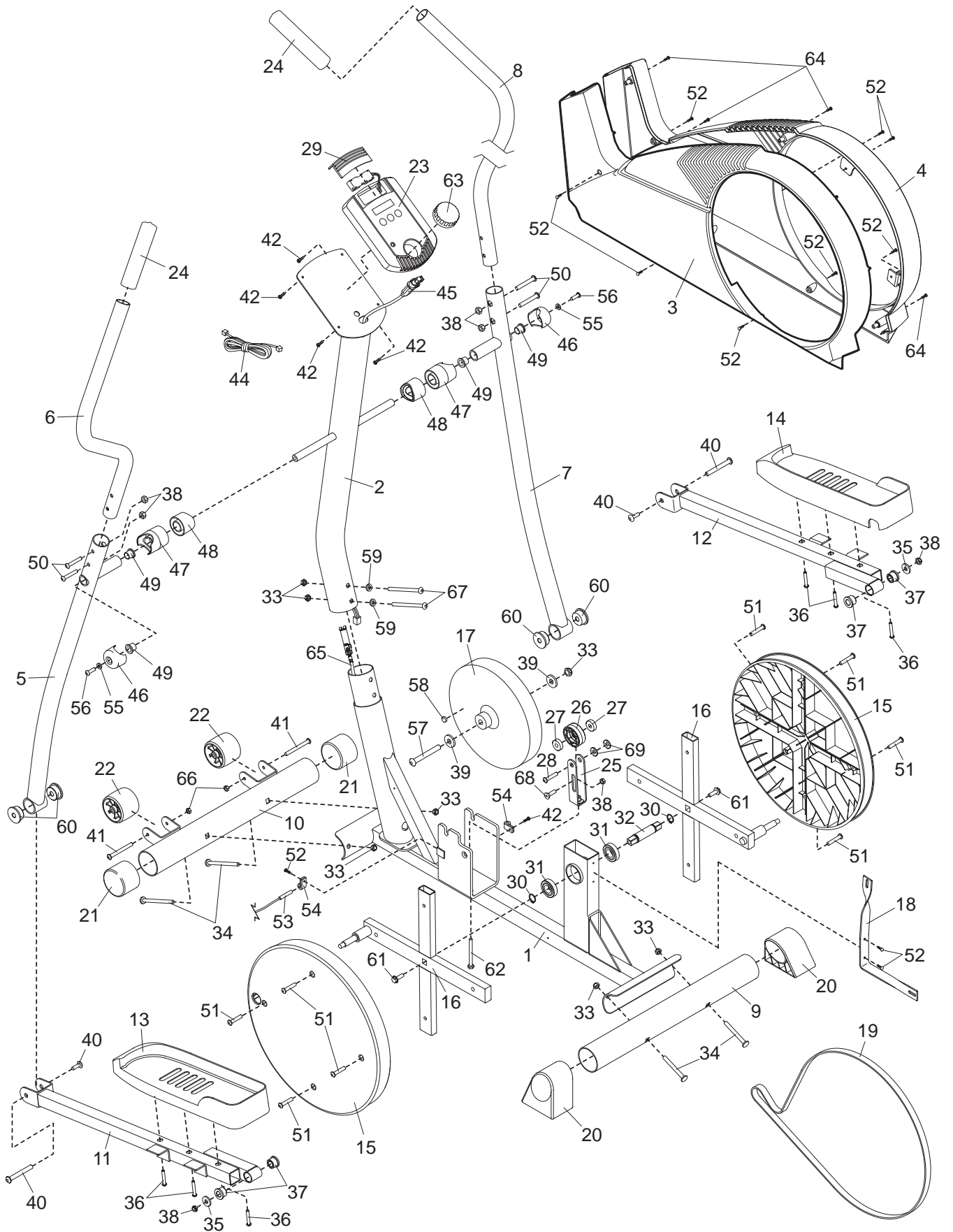
R1101B

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|--------------------------|---------|------|------------------------------|
| 1 | 1 | Frame | 37 | 4 | Pedal Arm Bushing |
| 2 | 1 | Upright | 38 | 7 | M8 Nylon Locknut |
| 3 | 1 | Left Side Shield | 39 | 2 | M10 Washer |
| 4 | 1 | Right Side Shield | 40 | 2 | Pedal Arm Bolt Set |
| 5 | 1 | Left Handlebar Arm | 41 | 2 | M6 x 72mm Bolt |
| 6 | 1 | Left Handlebar | 42 | 5 | M4 x 12mm Screw |
| 7 | 1 | Right Handlebar Arm | 44 | 1 | Extension Wire |
| 8 | 1 | Right Handlebar | 45 | 1 | Resistance Control/Cable |
| 9 | 1 | Rear Stabilizer | 46 | 2 | Handlebar Cap |
| 10 | 1 | Front Stabilizer | 47 | 2 | Handlebar Spacer |
| 11 | 1 | Left Pedal Arm | 48 | 2 | Frame Spacer |
| 12 | 1 | Right Pedal Arm | 49 | 4 | Small Handlebar Arm Bushing |
| 13 | 1 | Left Pedal | 50 | 4 | M8 x 45mm Bolt |
| 14 | 1 | Right Pedal | 51 | 8 | M6 x 25mm Screw |
| 15 | 2 | Pedal Disc | 52 | 11 | M4 x 16mm Self-tapping Screw |
| 16 | 2 | Disc Crossbar | 53 | 1 | Reed Switch/Wire |
| 17 | 1 | Flywheel | 54 | 2 | Cable Clamp |
| 18 | 1 | Side Shield Bracket | 55 | 2 | M10.5 Washer |
| 19 | 1 | Drive Belt | 56 | 2 | M8 x 25mm Button Screw |
| 20 | 2 | Rear Endcap | 57 | 1 | M10 Flat Head Bolt |
| 21 | 2 | Front Endcap | 58 | 1 | Magnet |
| 22 | 2 | Wheel | 59 | 2 | M10 Split Washer |
| 23 | 1 | Console | 60 | 4 | Large Handlebar Arm Bushing |
| 24 | 2 | Handgrip | 61 | 2 | 5/16" x 25.4mm Hex Bolt |
| 25 | 1 | Idler Bracket | 62 | 1 | Idler Adjustment Bolt |
| 26 | 1 | Idler Wheel | 63 | 1 | Resistance Knob |
| 27 | 2 | Idler Wheel Bearing | 64 | 4 | M4 x 25mm Screw |
| 28 | 1 | Idler Wheel Axle | 65 | 1 | Lower Resistance Cable |
| 29 | 1 | Battery Cover | 66 | 2 | M6 Nylon Locknut |
| 30 | 2 | Large Snap Ring | 67 | 2 | M10 x 74mm Button Bolt |
| 31 | 2 | Large Bearing | 68 | 1 | M8 x 22mm Flat Head Screw |
| 32 | 1 | Pedal Axle | 69 | 2 | Push Nut |
| 33 | 7 | M10 Nylon Locknut | # | 1 | Allen Wrench |
| 34 | 4 | M10 x 75mm Carriage Bolt | # | 1 | Grease |
| 35 | 2 | M8.5 Washer | # | 1 | User's Manual |
| 36 | 6 | M4 x 19mm Flange Screw | | | |

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PFEL19010

R1101B



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (PFEL19010)
- The NAME of the product (PROFORM® 465S elliptical trainer)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see page 14).

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