

## ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4, Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

Tel:

**08457 089 009**

Outside the UK: (44) 113 387 7133  
Fax: (44) 113 387 7125

To help us assist you, please be prepared to give the following information:

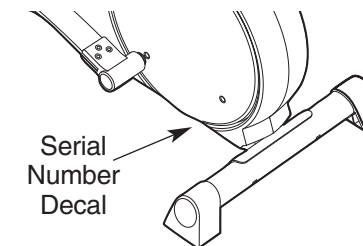
- the MODEL NUMBER of the product (PFEVEL48830)
- the NAME of the product (PROFORM® 585 EKG elliptical crosstrainer)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 26)

# PRO-FORM®

## 585 EKG HeartRateMonitor

Model No. PFEVEL48830

Serial No. \_\_\_\_\_



### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

**08457 089 009**

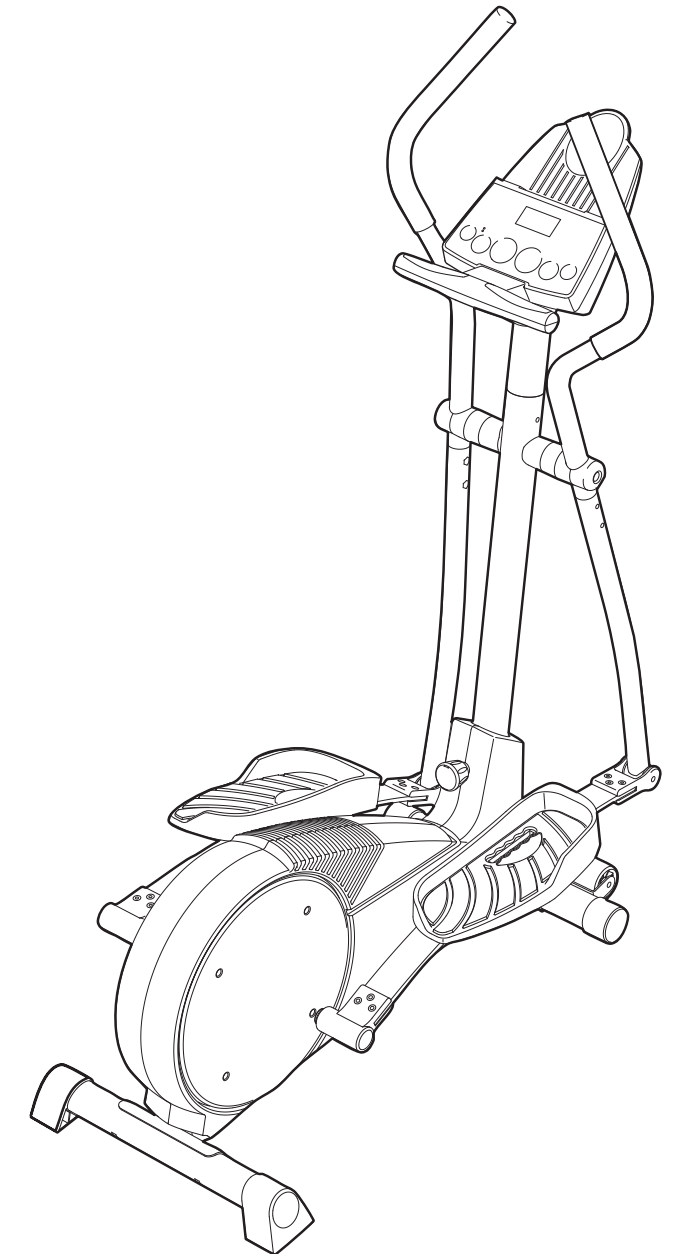
Or write:  
ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4  
Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

### ⚠ CAUTION

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

## USER'S MANUAL



Visit our website at

[www.iconeurope.com](http://www.iconeurope.com)

# PRO-FORM<sup>®</sup>

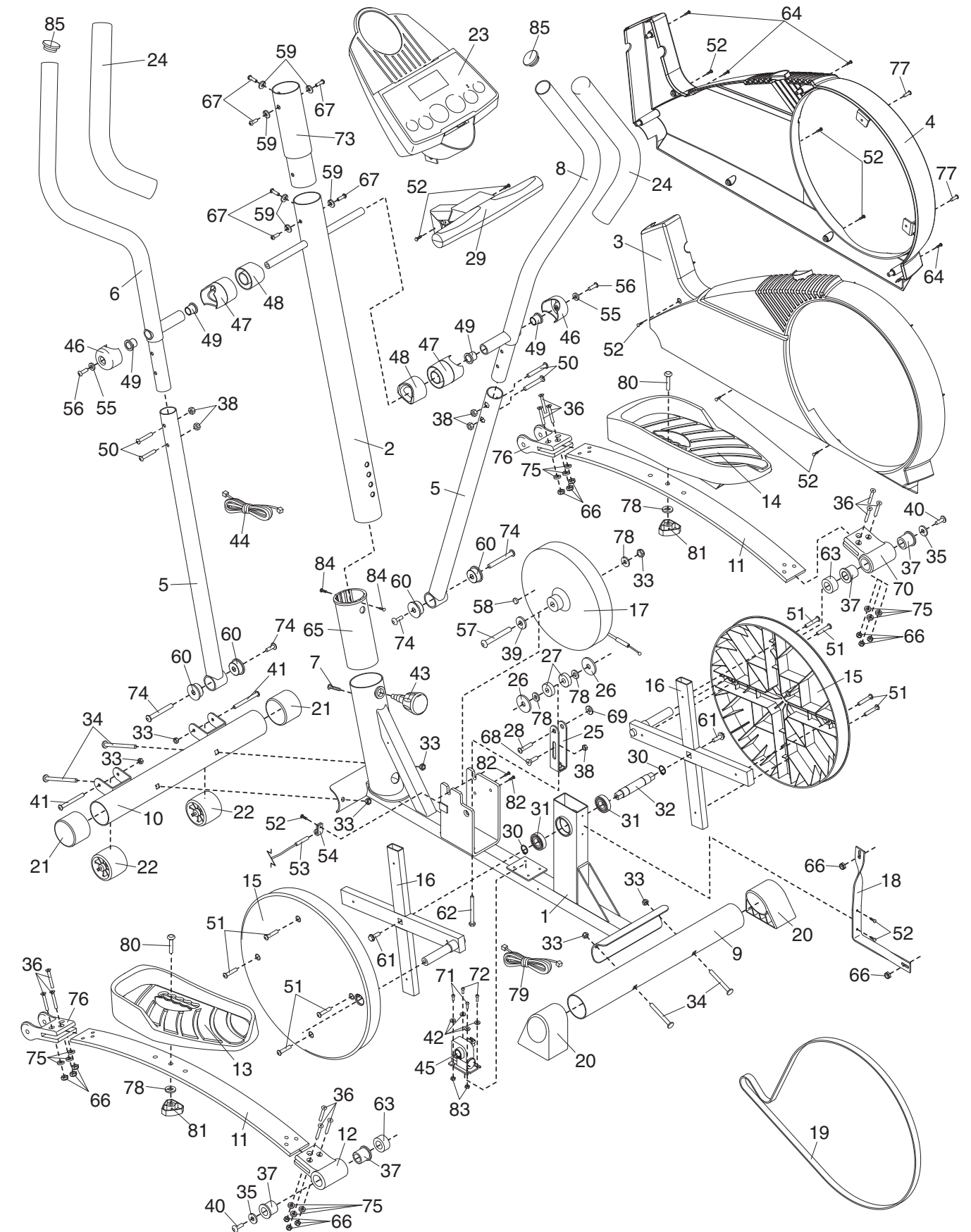
## 585 EKG HeartRateMonitor

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### EXPLODED DRAWING—Model No. PFEVEL48830

R0304A



PROFORM is a registered trademark of ICON IP, Inc.

# PART LIST—Model No. PFEVEL48830

R0304A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	45	1	Resistance Control Motor
2	1	Upright	46	2	Handlebar Cap
3	1	Left Side Shield	47	2	Handlebar Spacer
4	1	Right Side Shield	48	2	Upright Spacer
5	2	Handlebar Leg	49	4	Small Handlebar Bushing
6	1	Left Handlebar	50	4	M8 x 45mm Button Bolt
7	1	M6 x 25mm Button Screw	51	8	M6 x 28mm Screw
8	1	Right Handlebar	52	11	M4 x 16mm Screw
9	1	Rear Stabiliser	53	1	Reed Switch/Wire
10	1	Front Stabiliser	54	1	Cable Clamp
11	2	Pedal Spring	55	2	Handlebar Washer
12	1	Left Rear Spring Bracket	56	2	M8 x 19mm Shoulder Screw
13	1	Left Pedal	57	1	M10 Flat Head Bolt
14	1	Right Pedal	58	1	Magnet
15	2	Pedal Disc	59	6	M10 Split Washer
16	2	Disc Crossbar	60	4	Large Handlebar Arm Bushing
17	1	Flywheel	61	2	5/16" x 25.4mm Hex Bolt
18	1	Side Shield Bracket	62	1	M10 x 60mm Screw
19	1	Drive Belt	63	2	Spring Spacer
20	2	Rear Endcap	64	4	M4 x 25mm Screw
21	2	Front Endcap	65	1	Upright Bushing
22	2	Wheel	66	14	M6 Nylon Locknut
23	1	Console	67	6	M10 x 27mm Button Screw
24	2	Handgrip	68	1	M8 x 22mm Flat Head Bolt
25	1	Idler Bracket	69	1	Push Nut
26	2	Idler Washer	70	1	Right Rear Spring Bracket
27	2	Idler Bearing	71	2	M5 x 16mm Self-tapping Screw
28	1	Idler Axle	72	2	M5 x 16mm Screw
29	1	Handgrip Pulse Sensor	73	1	Upright Extension
30	2	Large Snap Ring	74	2	M10 Bolt Set
31	2	Large Bearing	75	12	M6 Washer
32	1	Pedal Axle	76	2	Front Spring Bracket
33	7	M10 Nylon Locknut	77	2	M6 x 18mm Bolt
34	4	M10 x 75mm Carriage Bolt	78	5	M10 Washer
35	2	Spring Bracket Washer	79	1	Wire Harness
36	12	M6 x 33.5mm Flat Head Bolt	80	2	M10 x 27mm Carriage Bolt
37	4	Pedal Arm Bushing	81	2	Pedal Knob
38	5	M8 Nylon Locknut	82	2	M5 x 14mm Self-tapping Screw
39	1	Flywheel Washer	83	2	M5 Nylon Locknut
40	2	M10 x 27mm Patch Screw	84	2	M5 x 6mm Screw
41	2	M10 x 45mm Bolt	85	2	Handlebar Endcap
42	4	M5 Washer	#	3	Hex Key
43	1	Upright Knob	#	1	Grease
44	1	Extension Wire Harness	#	1	User's Manual

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. Read all instructions in this manual before using the elliptical crosstrainer.
2. It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.
3. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under 12 and pets away from the elliptical crosstrainer at all times.
6. The elliptical crosstrainer should not be used by persons weighing more than 115 kg (250 lbs).
7. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.
8. Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical crosstrainer.
9. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
10. Keep your back straight when using the elliptical crosstrainer; do not arch your back.
11. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. The elliptical crosstrainer is intended for home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.

**⚠ 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

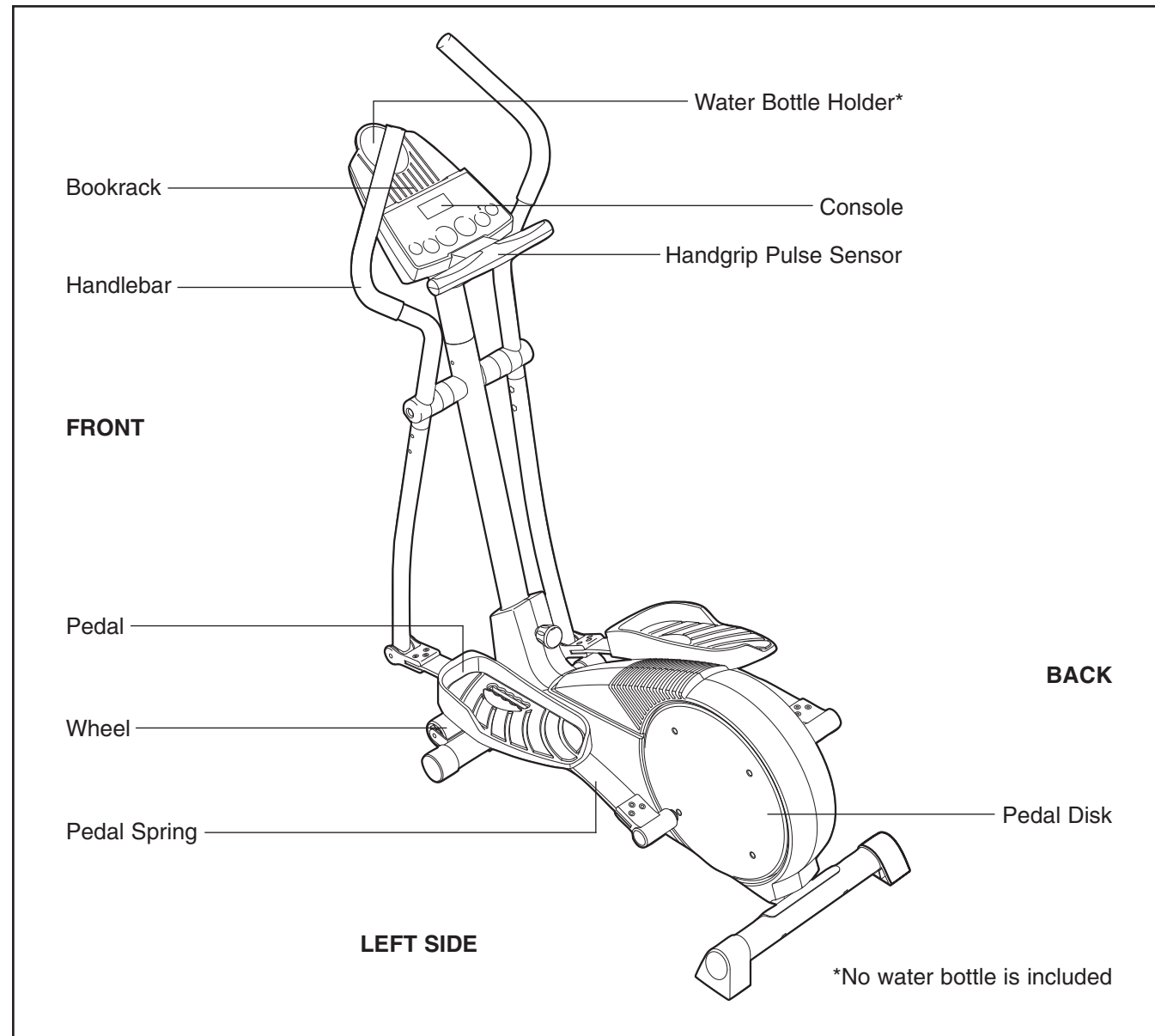
Congratulations for selecting the new PROFORM® 585 EKG elliptical crosstrainer. The PROFORM 585 EKG is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. And the unique PROFORM 585 EKG features adjustable resistance and an easy-to-use 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 crosstrainer.** If you have ques-

tions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is PFEVEL48830. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.

## NOTES



## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

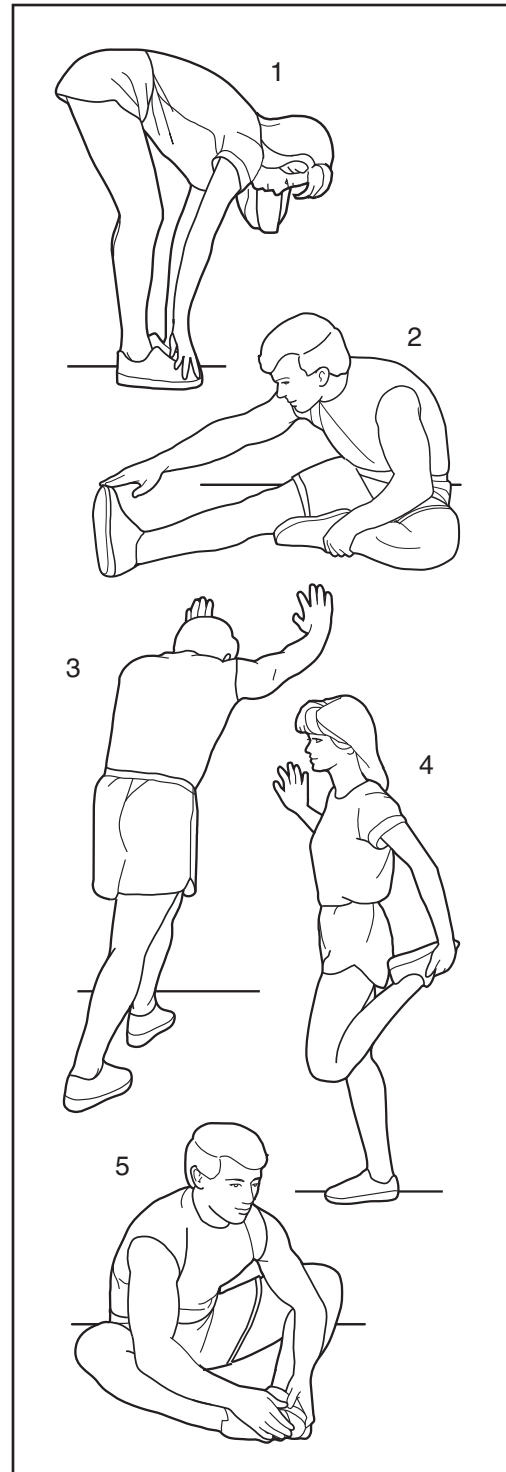
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

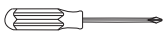


With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

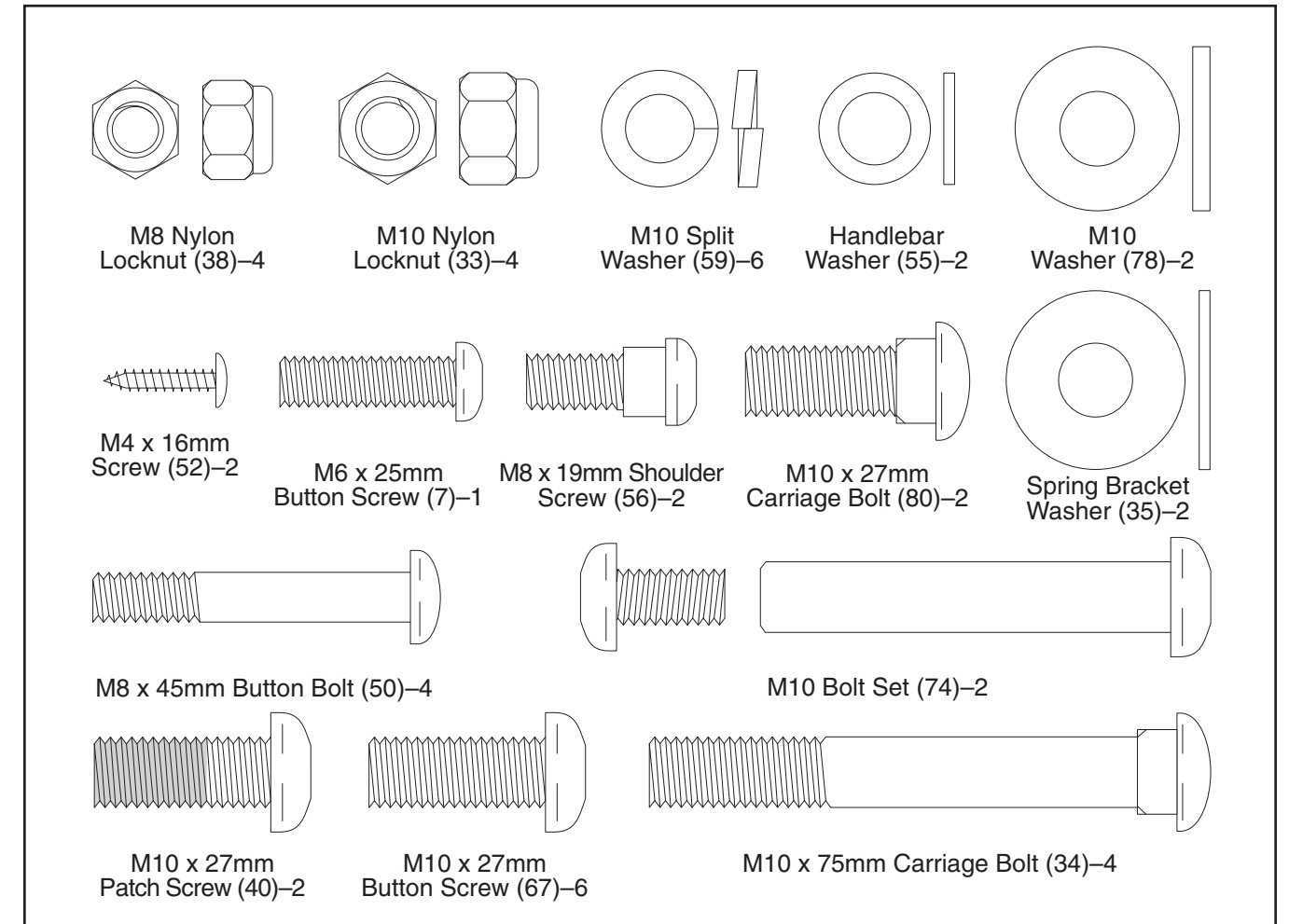
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



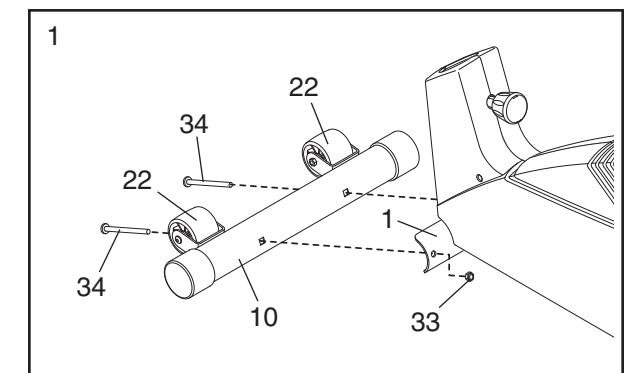
## ASSEMBLY

**Assembly requires two persons.** Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included hex keys and your own phillips screwdriver** , **adjustable spanner** , and **rubber mallet** .

As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 26. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



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



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

3. Whilst another person holds the Upright (2) in the position shown, connect the Extension Wire Harness (44) to the Wire Harness (79). **Carefully pull the upper end of the Extension Wire Harness to remove any slack. Whilst holding the upper end of the Extension Wire Harness, insert the Upright into the Frame (1). Do not pinch the Wire Harnesses.**

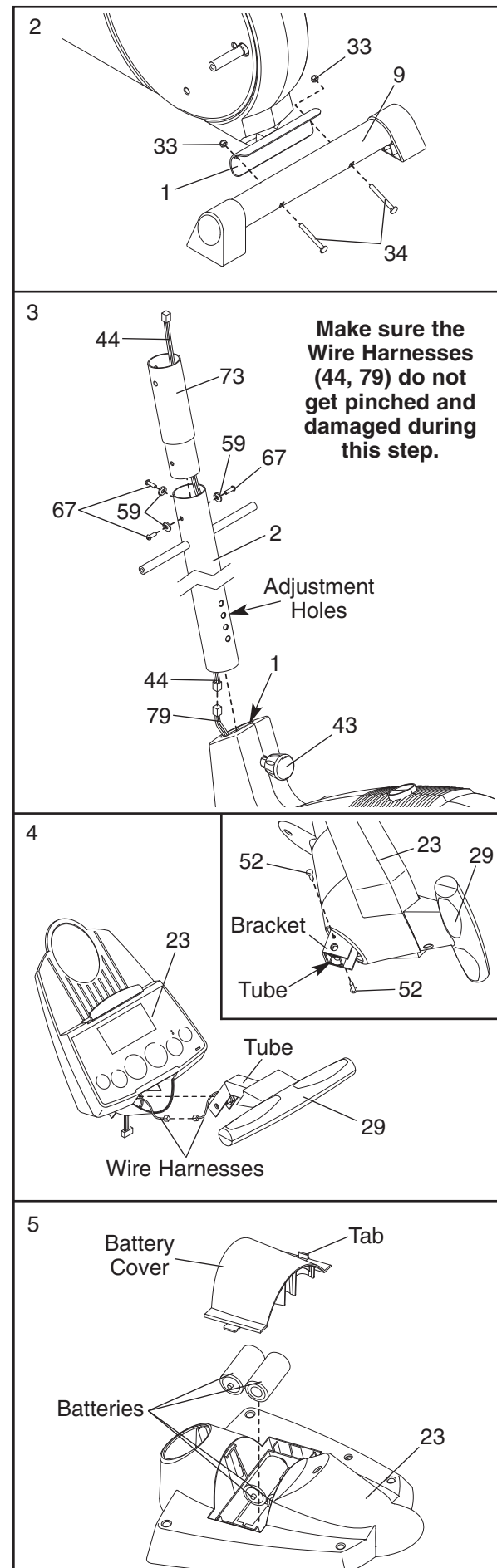
Next, turn the Upright Knob (43) counterclockwise several turns. Pull the Knob, slide the Upright (2) down until the Knob is aligned with one of the four adjustment holes, and then release the Knob. Do not tighten the Knob yet.

Feed the upper end of the Extension Wire Harness (44) through the Upright Extension (73). Attach the Upright Extension to the Upright (2) with three M10 x 27mm Button Screws (67) and three M10 Split Washers (59).

4. Connect the wire harness on the Handgrip Pulse Sensor (29) to the indicated wire harness on the Console (23). Insert both wire harnesses into the opening in the bottom of the Console. Next, insert the metal tube on the Handgrip Pulse Sensor into the opening in the bottom of the Console. **Be careful not to pinch the wire harnesses.**

See the inset drawing. Align the holes in the bracket on the Console (23) with the holes in the metal tube on the Handgrip Pulse Sensor (29). Tighten two M4 x 16mm Screws (52) through the bracket into the tube as shown.

5. The Console (23) requires four 1.5V "D" batteries; alkaline batteries are recommended. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Reattach the battery cover.



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

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	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom 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 lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

### Fat Burning

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 the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number 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 as you exercise.

### 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, 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. The key to success is to make exercise a regular and enjoyable part of your everyday life.

## MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical crosstrainer, use a damp cloth and a small amount of mild detergent. **Important: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

### BATTERY REPLACEMENT

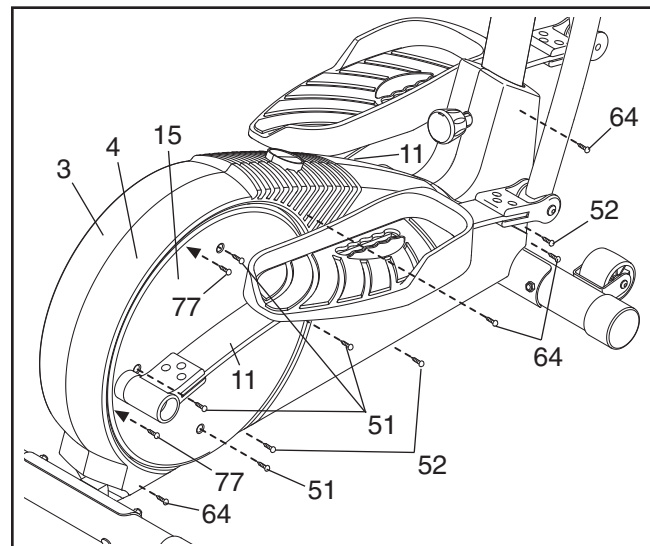
If the console display becomes dim, the batteries should be replaced. See assembly step 5 on page 6.

### HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands whilst using the handgrip pulse sensor; excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the handgrip pulse sensor, clean the metal contacts with a soft cloth—do not use alcohol, abrasives, or chemicals.

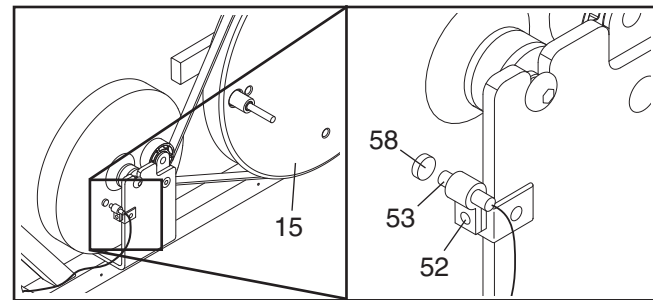
### HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To do this, you must remove the Pedal Springs (11), the right Pedal Disc (15), and the Side Shields (3, 4). See step 9 on page 8 and remove the Pedal Springs.



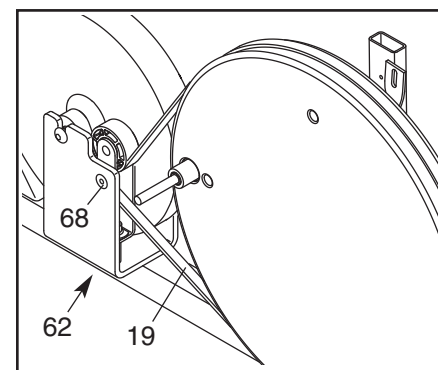
Next, remove the four Screws (51) from the right Pedal Disc (15), and slide the Pedal Disc off. Remove all Screws (52, 64) from the Right Side Shield (4) and the two Screws (77) from beneath the Pedal Disc, and remove the Right Side Shield. Remove all Screws (52) from the Left Side Shield (3) and remove the Left Side Shield.

Next, see the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated M4 x 16mm 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 is correctly adjusted, reattach the Side Shields (3, 4), the right Pedal Disc (15), and the Pedal Springs (11).



### HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip whilst you are pedalling, even when the resistance is adjusted to the highest level, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must first remove both side shields. See HOW TO ADJUST THE REED SWITCH at the left and remove the side shields.

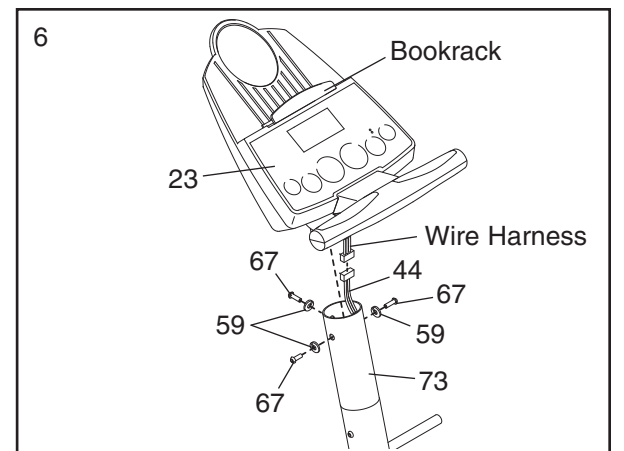


Next, loosen the M8 x 22mm Flat Head Screw (68) and turn the M10 x 70mm Bolt (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, tighten the Flat Head Screw. Reattach the side shields.

6. Whilst another person holds the Console (23) in the position shown, connect the wire harness on the Console to the Extension Wire Harness (44). Insert the excess wire harness into the Upright Extension (73).

Attach the Console (23) to the Upright Extension (73) with three M10 x 27mm Button Screws (67) and three M10 Split Washers (59). **Be careful to avoid pinching the wire harnesses.**

Snap the bookrack onto the Console (23) in the indicated location.

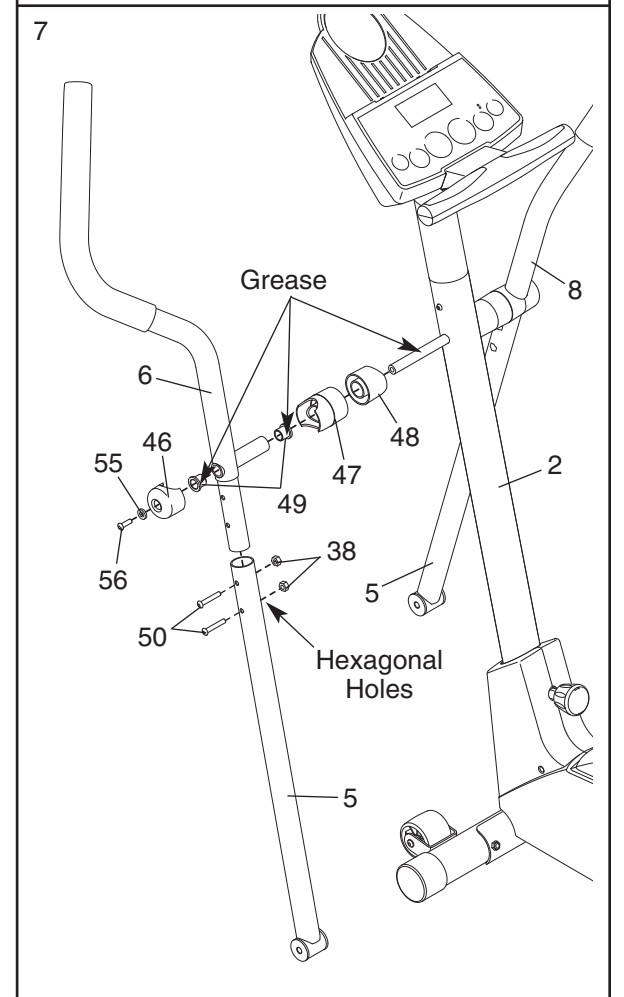


7. Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Legs (5); **make sure that the Handlebar Leg is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar to the Handlebar Leg with two M8 x 45mm Button Bolts (50) and two M8 Nylon Locknuts (38). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

Apply a light coat of the included grease to the left axle on the Upright (2) and inside of the two Small Handlebar Bushings (49) in the Left Handlebar (6).

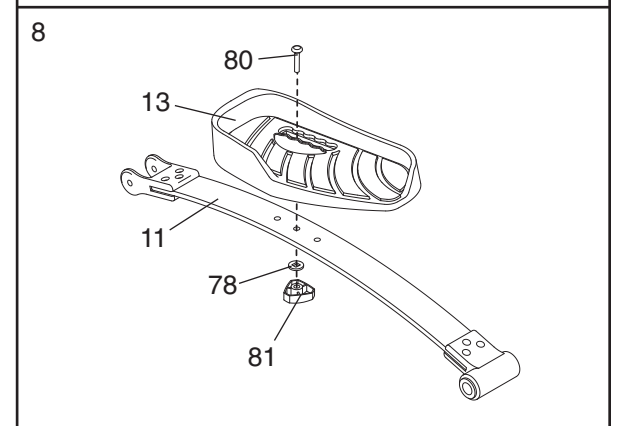
Carefully slide an Upright Spacer (48), a Handlebar Spacer (47), the Left Handlebar (6), and a Handlebar Cap (46) onto the left axle on the Upright (2) as shown. Slide a Handlebar Washer (55) onto an M8 x 19mm Shoulder Screw (56), and tighten the Shoulder Screw into the axle.

Assemble the Right Handlebar (8) and the other Handlebar Leg (5) in the same way.

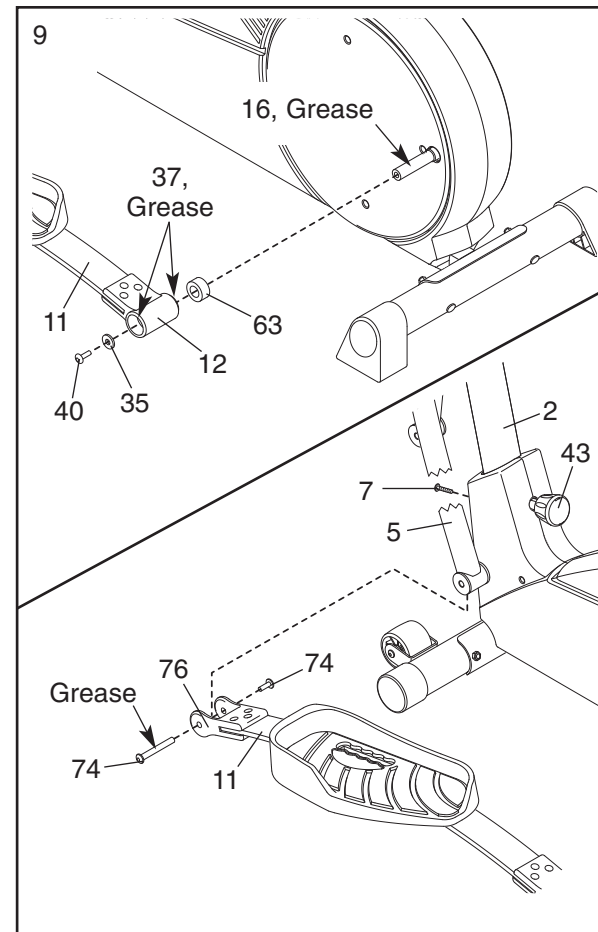


8. Identify the left Pedal Spring (11), which is marked with a sticker. Attach the Left Pedal (13) to the left Pedal Spring with an M10 x 27mm Carriage Bolt (80), an M10 Washer (78), and a Pedal Knob (81) as shown. Note: The Left Pedal can be attached in several positions using the five positions in the Left Pedal and the three holes in the Pedal Spring.

Attach the Right Pedal (not shown) in the same way. Make sure that both Pedals are in the same hole and in the same pedal position.



9. Identify the Left Rear Spring Bracket (12) on the left Pedal Spring (11). Apply a light coat of grease inside of the Pedal Arm Bushings (37) in the Left Rear Spring Bracket and to the axle on the left Disc Crossbar (16). Slide a Spring Spacer (63) onto the axle; **make sure that the Spring Spacer is turned so the flat side is facing the elliptical crosstrainer.** Next, slide the Left Rear Spring Bracket onto the axle. Slide a Spring Bracket Washer (35) onto an M10 x 27mm Patch Screw (40), and tighten the Patch Screw into the axle.



Next, hold the lower end of the left Handlebar Leg (5) inside of the Front Spring Bracket (76) on the left Pedal Spring (11). Apply grease to an M10 Bolt Set (74). Attach the Handlebar Leg to the Front Spring Bracket with the Bolt Set. **Do not overtighten the Bolt Set; the Handlebar Leg must pivot freely.**

Attach the right Pedal Spring (not shown) to the right side of the elliptical crosstrainer in the same way.

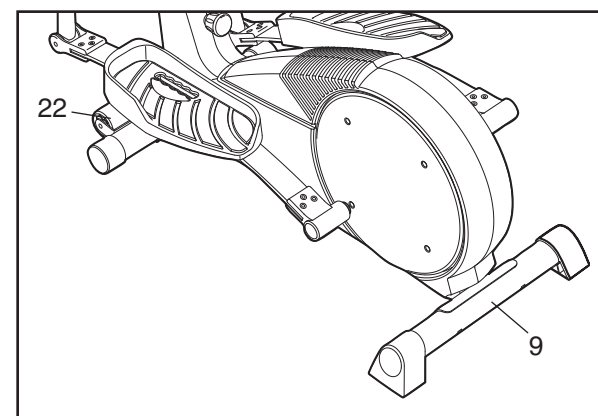
Tighten the M6 x 25mm Button Screw (7) into the Upright (2). Turn the Upright Knob (43) clockwise until it is tight.

See step 7. Tighten the M8 x 45mm Button Bolts (50) in the Handlebar Legs (5).

10. **Make sure that all parts of the elliptical crosstrainer 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 crosstrainer.

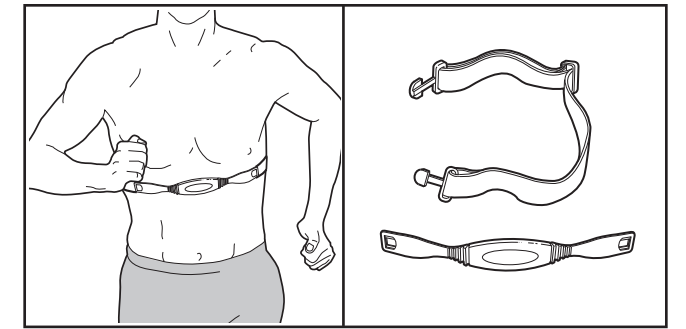
#### HOW TO MOVE THE ELLIPTICAL CROSSTRAINER

Stand behind the elliptical crosstrainer, hold the Rear Stabiliser (9) firmly, and lift the elliptical crosstrainer until it can be moved on the Wheels (22). Carefully move the elliptical crosstrainer to the desired location, and then lower it. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight as you lift the Rear Stabiliser; make sure to lift with your legs rather than your back.**



#### THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call 08457 089 009.**





## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the elliptical crosstrainer must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 18. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

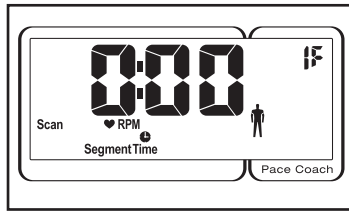
Follow the steps below to use a program from our Web site.

### 1 Turn on the console.

See step 1 on page 13.

### 2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator near the button will light and the letters IF will appear in the upper right corner of the display.



### 3 Go to your computer and start an internet connection.

### 4 Start your Web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).

### 5 Follow the desired links on our Web site to select a program.

### 6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

### 7 Return to the elliptical crosstrainer and begin pedalling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a preset program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance and/or the pace setting is about to change.

### 8 Follow your progress with the feedback modes.

See step 4 on page 13.

### 9 Measure your heart rate if desired.

See step 5 on page 13.

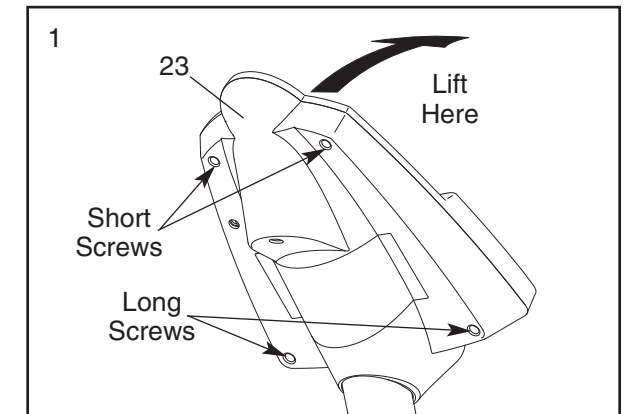
### 10 When you are finished exercising, the console will automatically turn off.

See step 6 on page 13.

## INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

If you purchase the optional chest pulse sensor (see page 21), follow the steps below to install the receiver and the jumper wire included with the chest pulse sensor.

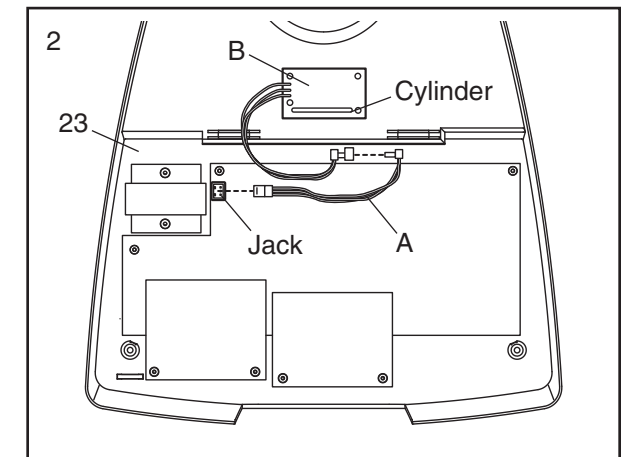
1. Remove the four indicated screws from the back of the Console (23). Lift off the front of the Console.



2. Plug the jumper wire (A) into the indicated jack on the Console (23). Connect the other end of the jumper wire to the wire on the receiver (B). Note: Any other wires included with the chest pulse sensor can be discarded.

Next, peel the paper off the adhesive pad on the back of the receiver (B). Orient the receiver as shown, and press it onto the Console (23) in the indicated location.

See step 1 above. Reattach the front of the Console (23) with the four screws. **Make sure that no wires are pinched.**

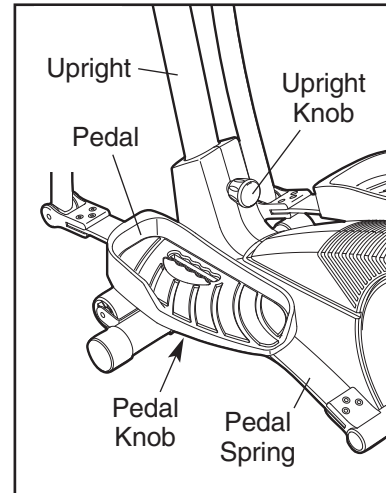


# HOW TO USE THE ELLIPTICAL CROSSTRAINER

## HOW TO ADJUST THE PEDALS AND THE UPRIGHT

The motion of the elliptical crosstrainer is determined by the positions of the pedals and the upright. Follow the instructions below to adjust the motion of the elliptical crosstrainer.

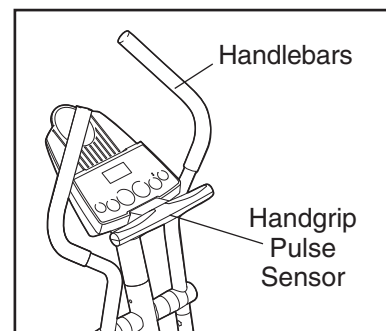
To adjust the pedals, first remove the pedal knob beneath each pedal. Slide the pedals forward or backward and reattach each pedal using one of the five holes in the pedal and one of the three holes in the pedal spring. Make sure that both pedals are in the same position.



To adjust the upright, first turn the upright knob counter-clockwise a few turns to loosen it. Next, pull the knob, raise or lower the upright to the desired height, and then release the knob. **Move the upright up and down slightly until the pin on the knob snaps into one of the four adjustment holes in the upright. Make sure that the upright is not resting on top of the pin.** Then, turn the knob clockwise until it is tight.

## HOW TO USE THE HANDLEBARS

The handlebars are designed to add upper-body exercise to your workouts. As you exercise, push and pull the handlebars to work your arms, shoulders, and back. To exercise only your lower body, hold the handgrip pulse sensor as you exercise.

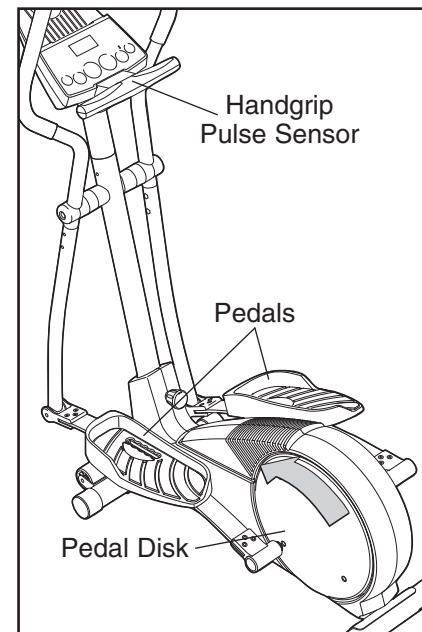


## HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handgrip pulse sensor and step onto the pedal that is in the lowest position. Then, 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 move the pedal disks in the direction shown by the arrow; however, for variety, you may turn the pedal disks in the opposite direction.**

To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: The elliptical crosstrainer 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 USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 16.

**Note: To purchase iFIT.com CDs and videocassettes, visit our Web site at [www.iFIT.com](http://www.iFIT.com).**

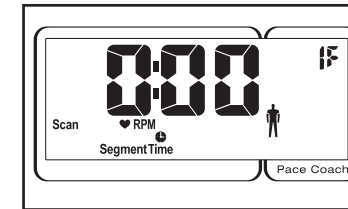
Follow the steps below to use an iFIT.com CD or video program.

### 1 Turn on the console.

See step 1 on page 13.

### 2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the



iFIT.com button. The indicator near the button will light and the letters IF will appear in the upper right corner of the display.

### 3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

### 4 Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a preset program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance setting and/or pace setting is about to change.

**Note: If the resistance of the elliptical crosstrainer and/or the pace setting does not change when a "chirp" is heard:**

- Make sure that the indicator near the iFIT.com button is lit.
- Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.
- Make sure that the audio cable is properly connected and that it is fully plugged in.

### 5 Follow your progress with the feedback modes.

See step 4 on page 13.

### 6 Measure your heart rate if desired.

See step 5 on page 13.

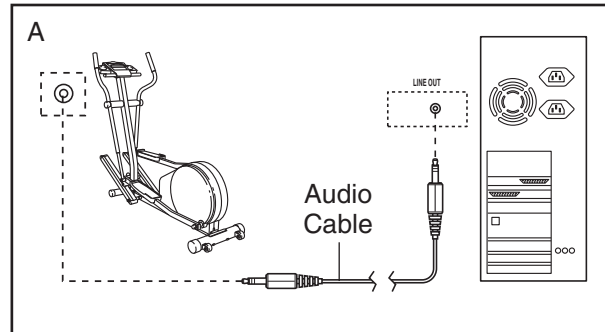
### 7 When you are finished exercising, the console will automatically turn off.

See step 6 on page 13.

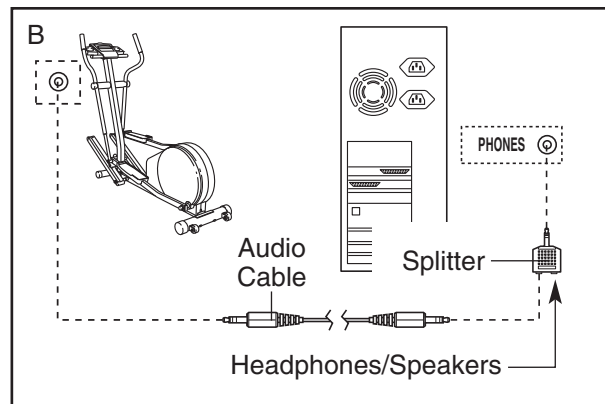
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your computer.



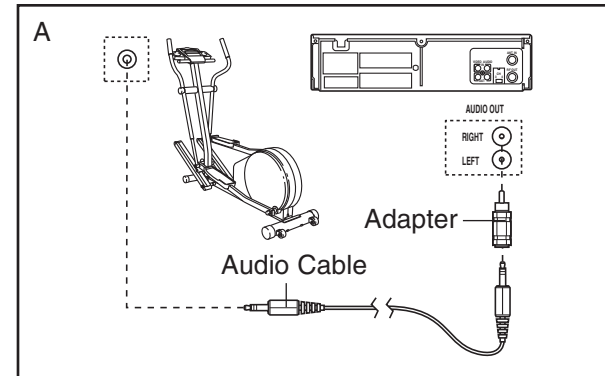
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.



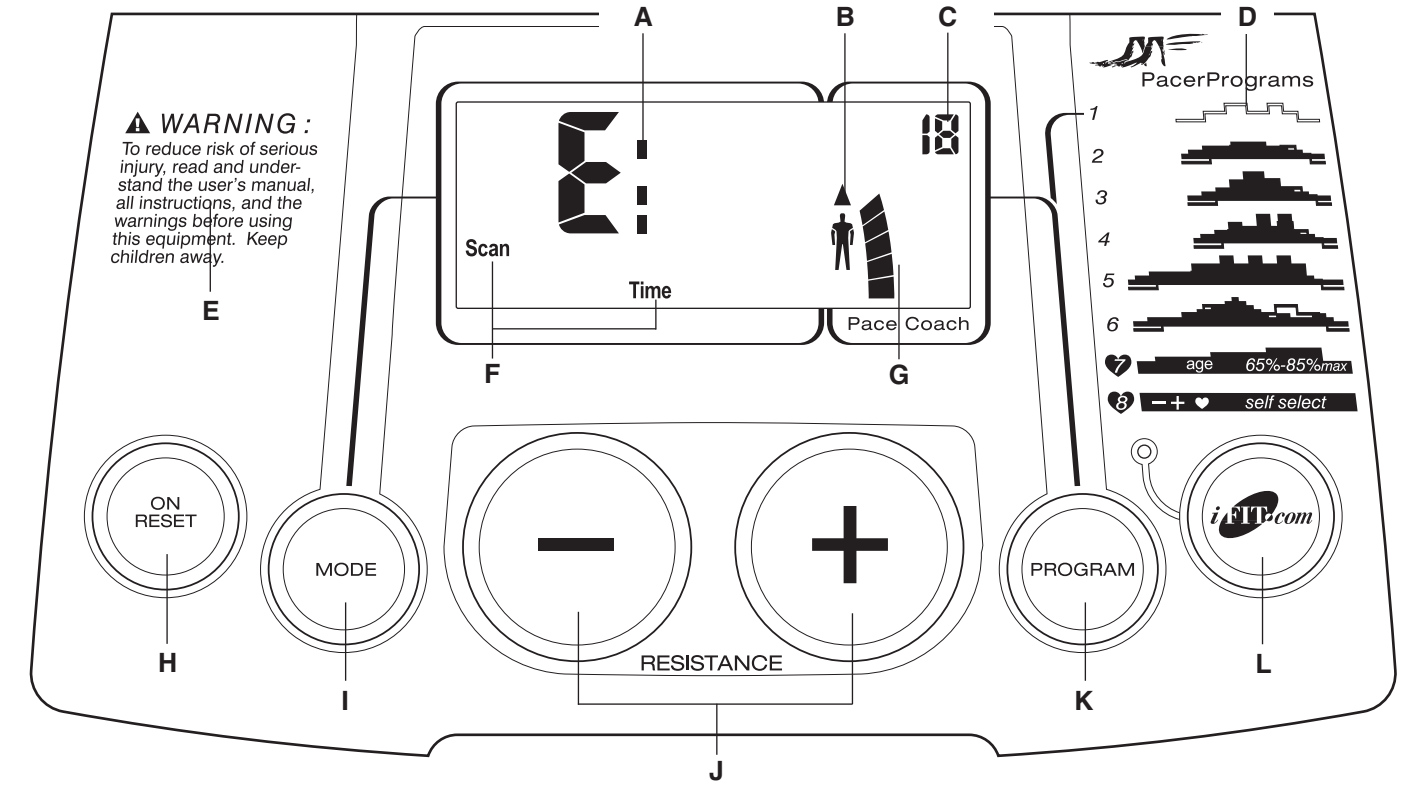
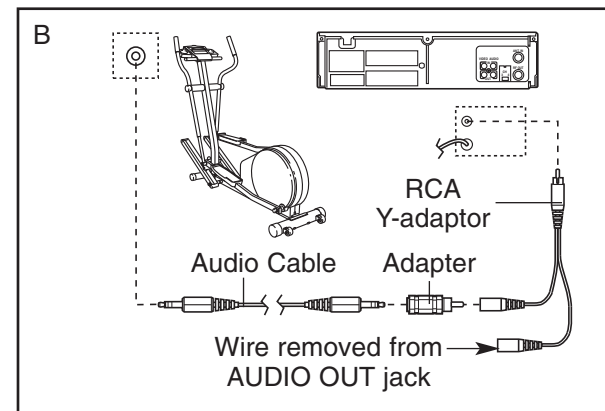
## HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 17.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



## FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical cross-trainer can be adjusted with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor. Note: For information about an optional chest pulse sensor, see page 21.

The console also offers six preset workout programs. Each program automatically changes the pedalling resistance and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two heart rate programs that change the pedalling resistance and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com interactive technology is like having a personal trainer in your home. Using the included audio cable, you can connect the elliptical cross-trainer to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, visit our Web site at [www.iFIT.com](http://www.iFIT.com).**

With the elliptical cross-trainer connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access programs directly from the internet. **Explore [www.iFIT.com](http://www.iFIT.com) for more information.**

## CONSOLE DESCRIPTION

See the drawing on page 11. Note: If there is a thin sheet of clear plastic on the console, remove it.

A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a program), the distance that you have pedalled, the resistance level, the approximate number of calories you have burned, the approximate number of fat calories you have burned (see FAT BURNING on page 23), and your heart rate (when you use the handgrip pulse sensor or the optional chest pulse sensor). If the scan mode is selected, the display will change from one mode to the next every few seconds. Or, a single mode can be selected for continuous display.

**Note: The console can show speed and distance in either miles or kilometres. To change the unit of measurement, hold down the On/Reset button for six seconds.**

B. Increase and decrease arrows—During programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

C. Manual mode/program indicator—When a program is selected, the upper right corner of the display will show a 1, 2, 3, 4, 5, 6, 7, or 8, depending on which program is selected. When the iFIT.com mode is selected, the upper right corner will show the letters IF. When the manual mode is selected, the upper right corner will be blank.

D. Program profiles—These profiles show how the resistance of the elliptical crosstrainer and the target pace will change during programs.

E. Warnings—See page 3.

F. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, distance, resistance level, calories, fat calories, or heart rate) is currently shown. Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear; when your heart rate is shown, the letters BPM will appear.

G. Pace indicators—When the manual mode is selected, only the left pace indicator will appear. This indicator will show your pedalling pace. As you increase or decrease your pace, the indicator will increase or decrease in height. When a program is selected, both pace indicators will appear. The left indicator will show your actual pedalling pace, and the right indicator will show a target pace. During the program, the target pace will periodically change; as the right indicator changes in height, adjust your pace so that both indicators are 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. Make sure to exercise at a pace that is comfortable for you.**

H. On/Reset button—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance.

I. Mode button—This button is used to select the feedback modes.

J. + and – buttons—These buttons control the resistance of the elliptical crosstrainer. There are ten resistance levels; level 10 is the most challenging. These buttons are also used to enter information when a heart rate program is selected.

K. Program button—This button is used to select programs and the manual mode.

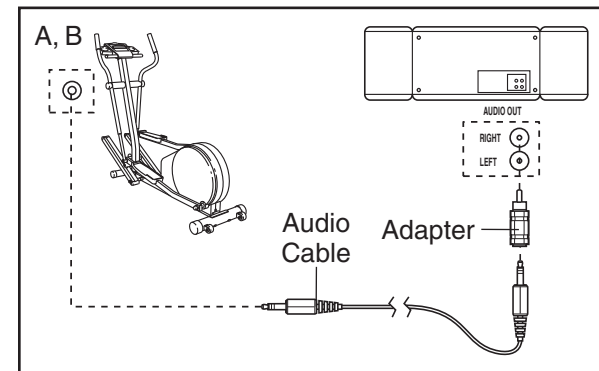
L. iFIT.com button—This button is used to select the iFIT.com mode. The indicator near the button will light when the iFIT.com mode is selected.

**To use the manual mode of the console, see page 13. To use a preset program, see page 14. To use a heart rate program, see page 15. To use iFIT.com CDs or videos, see page 19. To use a program directly from our Web site, see page 20.**

## HOW TO CONNECT YOUR PORTABLE STEREO

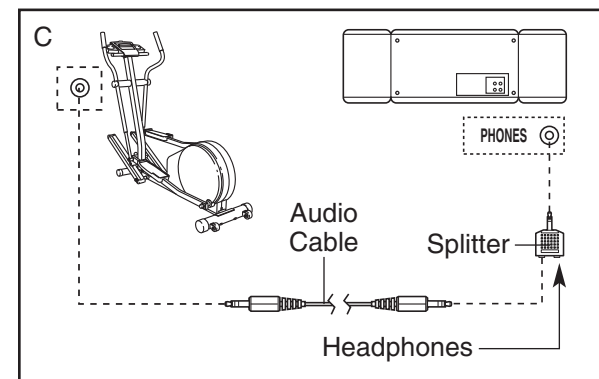
**Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.**

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an AUDIO OUT jack on your stereo.



B. See the drawing above. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your stereo. Do not use the adaptor.

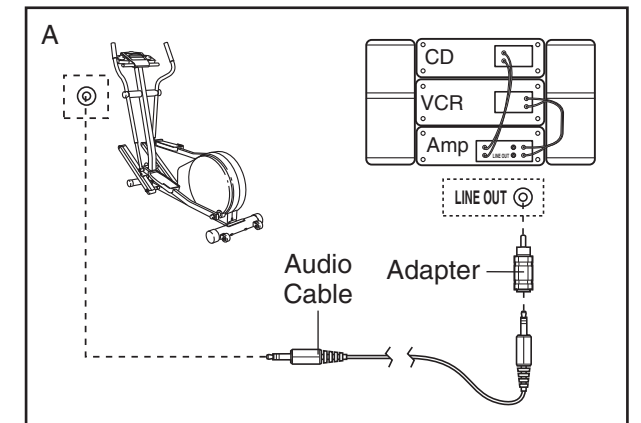
C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your stereo. Plug your headphones into the other side of the splitter.



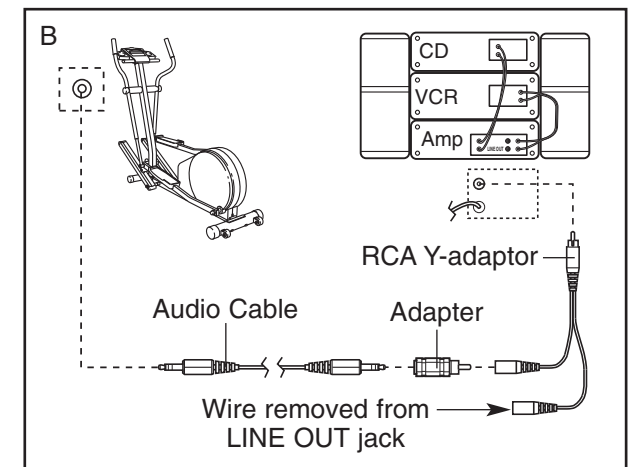
## HOW TO CONNECT YOUR HOME STEREO

**Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.**

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into the LINE OUT jack on your stereo.



B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the LINE OUT jack on your stereo.



prompt you to increase or decrease your pace to bring your heart rate closer to the target heart rate. When the right indicator changes in height, increase or decrease your pace so that both indicators are at the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display; if your pace is faster than the target pace, the decrease arrow will appear. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**

If you continue pedalling after the program is completed, the display will continue to show your exercise feedback.

**6 Follow your progress with the feedback modes.**

See step 4 on page 13.

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

See step 6 on page 13.

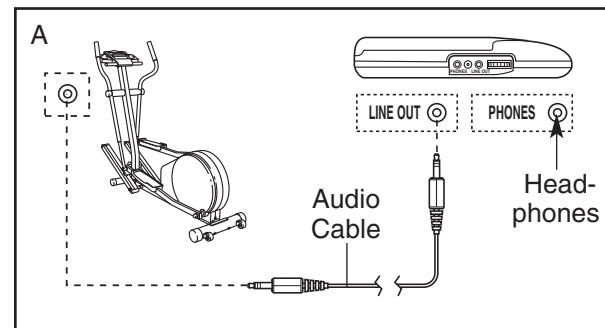
**HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER**

To use **iFIT.com CDs**, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 16 to 18 for connecting instructions. To use **iFIT.com videocassettes**, the elliptical crosstrainer must be connected to your VCR. See page 18 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the elliptical crosstrainer must be connected to your home computer. See page 18 for connecting instructions.

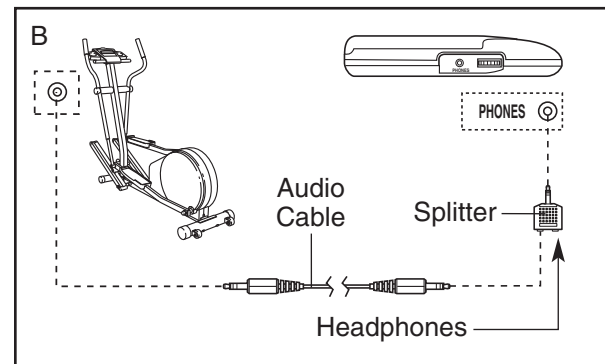
**HOW TO CONNECT YOUR PORTABLE CD PLAYER**

**Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.**

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your CD player. Plug your headphones into the other side of the splitter.



**HOW TO USE THE MANUAL MODE**

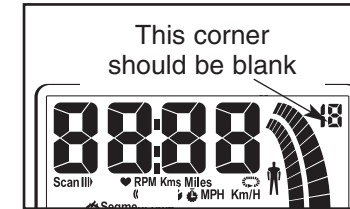
**1 Turn on the console.**

Note: The console requires four 1.5V "D" batteries (see assembly step 5 on page 6).

To turn on the console, press the On/Reset button or begin pedalling.

**2 Select the manual mode.**

Each time the console is turned on, the manual mode will be selected. If a program has been selected, select the manual mode by pressing the Program button repeatedly until the upper right corner of the display is blank.

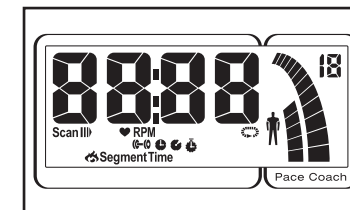


**3 Begin pedalling and adjust the resistance of the elliptical crosstrainer.**

As you pedal, adjust the resistance of the elliptical crosstrainer as desired by pressing the + and - buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

**4 Follow your progress with the feedback modes and the left pace indicator.**

When the console is turned on, the scan mode will be selected. As you pedal, the display will show your current speed, the elapsed time, the distance that you have pedalled, the current resistance level, and the approximate numbers of calories and of fat calories you have burned (see FAT BURNING on page 23). In addition, your heart rate will be shown when you use the handgrip pulse sensor or the optional chest pulse sensor. Note: Each time the resistance level changes, the console will show the resistance level for six seconds.



When a program is selected, the display will show the time *remaining* in the program instead of the elapsed time.

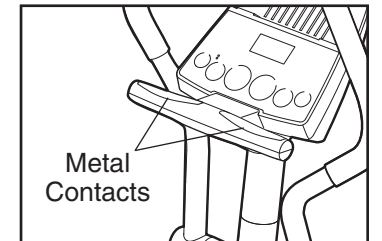
If desired, you can select a single feedback mode for continuous display. Press the Mode button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Resist., Cals., or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.

In addition, the left pace indicator will appear in the display. As you increase or decrease your pace, the indicator will increase or decrease in height.

**5 Measure your heart rate if desired.**

**Note: If you wear the optional chest pulse sensor and hold the handgrip pulse sensor at the same time, the console may not display your heart rate accurately.**

If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor,



place your hands on the metal contacts. Your palms must be on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (--) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

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

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

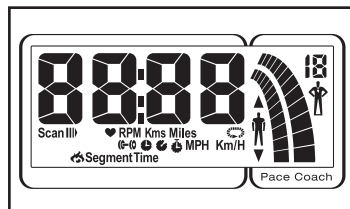
## HOW TO USE A PRESET PROGRAM

### 1 Turn on the console.

See step 1 on page 13.

### 2 Select one of the six preset programs.

Each time the console is turned on, the manual mode will be selected. To select a preset program, press the Program button repeatedly until the number 1, 2, 3, 4, 5, or 6 appears in the upper right corner of the display.



The profiles numbered 1 through 6 on the right side of the console show the resistance and pace settings for the preset programs.

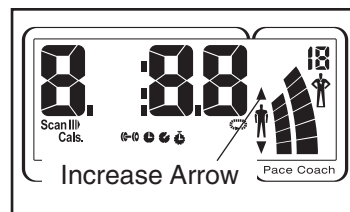
### 3 Start the program.

To start the program, simply begin pedalling. Each preset program consists of either twenty or thirty, one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical crosstrainer will automatically change as shown by the applicable profile on the console. Note: If the current resistance level is too high or too low, you can change the resistance level by pressing the + or – button. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

The target pace settings for the program will be shown by the right pace indicator in the display. (The left indicator will show your actual pedalling pace.)

As the right indicator changes in height during the program, adjust your pace so that both indicators are at the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display to prompt you to increase your pace; if your pace is faster than the target pace, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**



During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue pedalling after the program is completed, the display will continue to show your exercise feedback.

### 4 Follow your progress with the feedback modes.

See step 4 on page 13.

### 5 Measure your heart rate if desired.

See step 5 on page 13.

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

See step 6 on page 13.

## HOW TO USE A HEART RATE PROGRAM

Heart rate program 7 is designed to keep your heart rate between 65% and 85% of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195 beats per minute.) Heart rate program 8 is designed to keep your heart rate near a target heart rate that you choose.

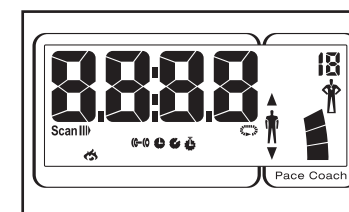
Follow the steps below to use a heart rate program.

### 1 Turn on the console.

See step 1 on page 13.

### 2 Select one of the two heart rate programs.

Each time the console is turned on, the manual mode will be selected. To select a heart rate program, press the Program button repeatedly until the number 7 or 8 appears in the upper right corner of the display.



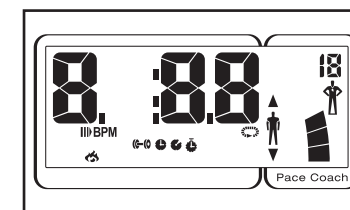
The profiles numbered 7 and 8 on the right side of the console show the resistance settings for the heart rate programs.

### 3 Enter your age or a target heart rate.

If you selected program 7, the word AGE and the current age setting will flash in the display (see the drawing above). Press the + or – button repeatedly to enter your age. Once you have entered your age, your age will be saved in memory until the batteries are replaced.

If you selected program 8, the letters PLS and a target heart rate setting of 70 beats per minute will flash in the display.

Press the + or – button repeatedly to change the target heart rate setting, if desired. The target heart rate setting can be from 70 to 170 beats per minute.



### 4 Hold the handgrip pulse sensor or put on the optional chest pulse sensor.

To use a heart rate program, you must use the handgrip pulse sensor or wear the optional chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters PLS will appear in the display instead of your heart rate.

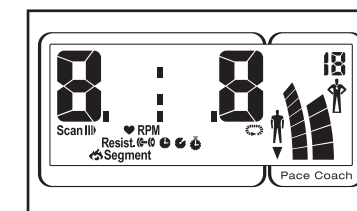
### 5 Start the program.

To start the program, simply begin pedalling. Program 7 consists of twenty, one-minute periods. One resistance setting and one heart rate setting are programmed for each period. (The same resistance setting and/or heart rate setting may be programmed for consecutive periods.) Program 8 is sixty minutes long (you may choose to use only part of the program). The same resistance setting and target heart rate setting are programmed for the entire program.

If program 7 is selected, the resistance of the elliptical crosstrainer will automatically change as shown by profile 7 on the console. (Note: If the current resistance level is too high or too low, you can adjust the resistance level by pressing the + or – button. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.) If program 8 is selected, the resistance setting will not change unless the target heart rate setting is changed. Pressing the + and – buttons will change the target heart rate setting.

As you pedal, the pace indicators will help you to keep your heart rate near the target current heart rate. The left indicator will

show your actual pedalling pace. The right indicator will show a target pace. When you hold the handgrip pulse sensor or wear the optional chest pulse sensor, the console will compare your heart rate to the current target heart rate. If necessary, the right indicator will then change in height to



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