PRO-FORM® 1080 S INTERACTIVE TRAINER

USER'S MANUAL

Model No. PFEL91031
Serial No. _____

Serial Number Decal
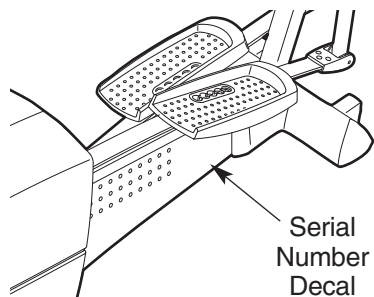
QUESTIONS?

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 to you.
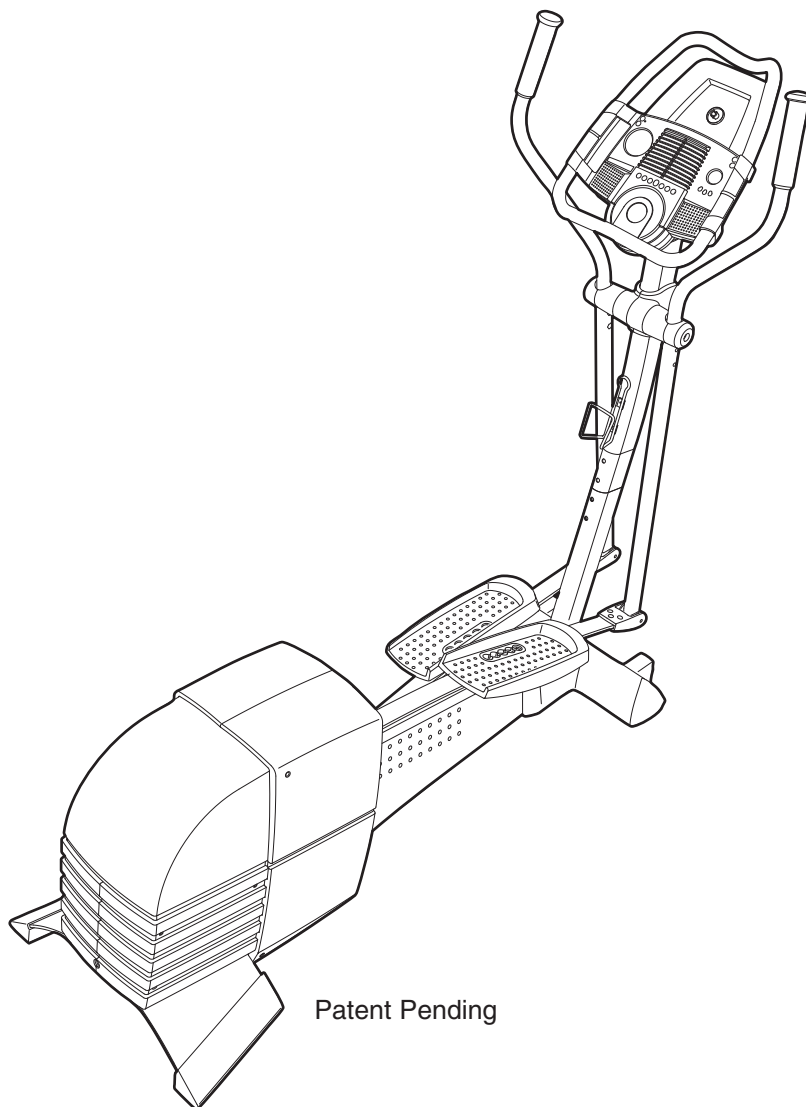
CUSTOMER HOT LINE:

1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST

Patent Pending

⚠ CAUTION

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

Visit our website at

www.proform.com
new products, prizes, fitness tips, and much more!
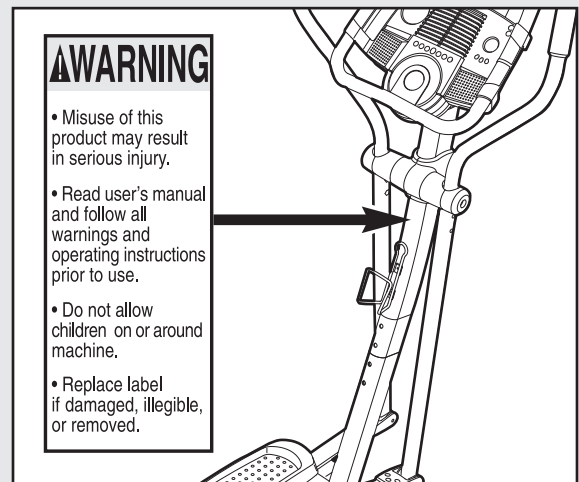
PRO-FORM® 1080 S INTERACTIVE TRAINER

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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. The elliptical crosstrainer is intended for home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.

4. 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.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under 12 and pets away from the elliptical crosstrainer at all times.

7. The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.

8. Wear appropriate exercise clothes when using the elliptical crosstrainer. Always wear athletic shoes for foot protection while exercising.

9. Hold the center handlebar or the left and right handlebars when mounting, dismounting, or using the elliptical crosstrainer.

10. 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.

11. Keep your back straight when using the elliptical crosstrainer; do not arch your back.

12. If you feel pain or dizziness while exercising, stop immediately and cool down.

13. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.

14. Always unplug the power cord immediately after use and before cleaning the elliptical crosstrainer.

15. The decal shown below has been placed on the elliptical crosstrainer. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756 and order a free replacement decal. Apply the decal in the location shown.

⚠WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

⚠ 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.
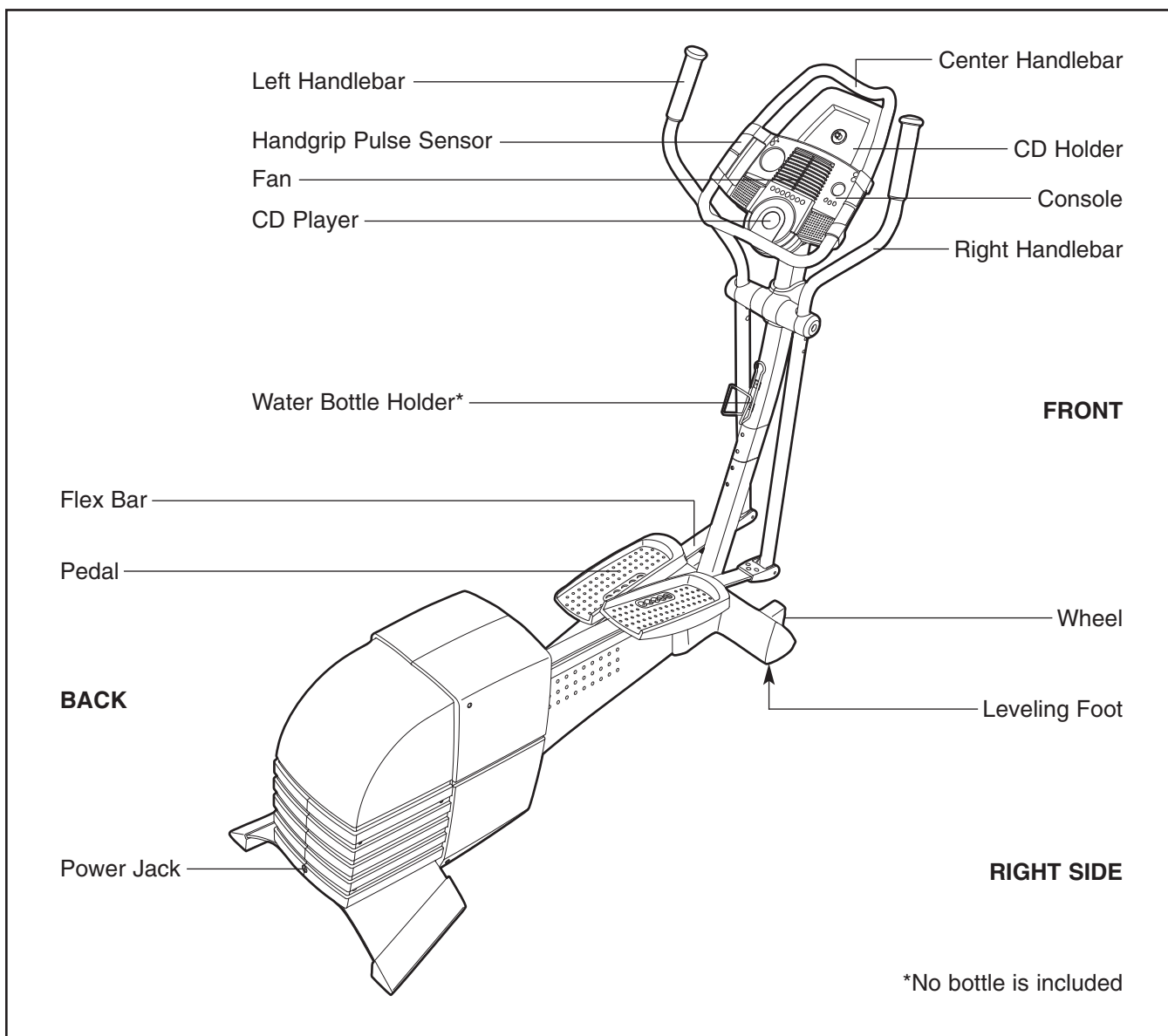
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 1080 S elliptical crosstrainer. The PROFORM® 1080 S 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 PROFORM® 1080 S features adjustable resistance and a state-of-the-art 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

questions after reading this 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 PFEL91031. 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).
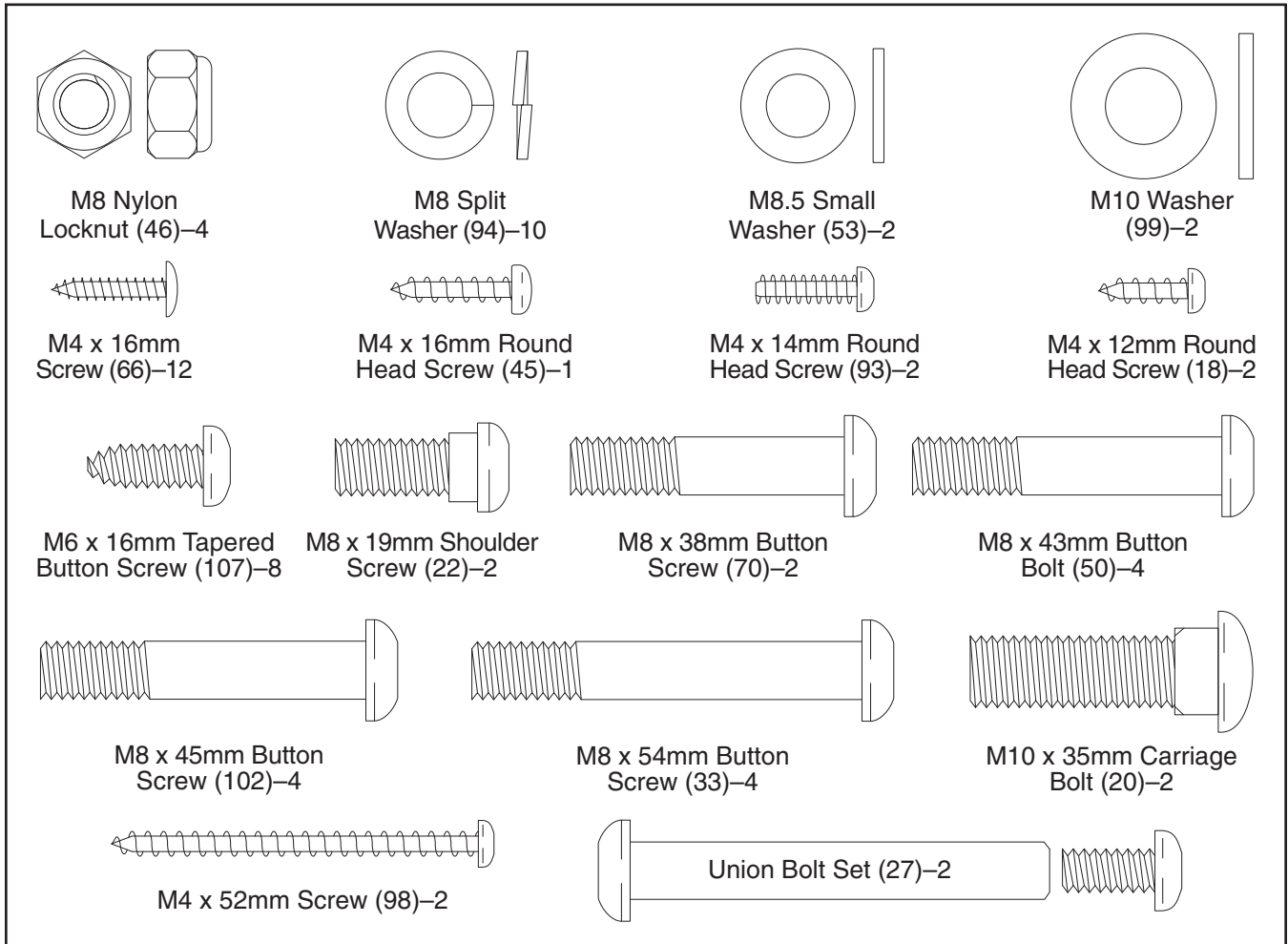
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Left Handlebar

Handgrip Pulse Sensor

Fan

CD Player

Water Bottle Holder*

Flex Bar

Pedal

BACK

Power Jack

Center Handlebar

CD Holder

Console

Right Handlebar

FRONT

Wheel

Leveling Foot

RIGHT SIDE

*No bottle is included

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. **In addition to the included allen wrenches, assembly requires a phillips screwdriver** ▭▭▭ , **an adjustable wrench** ◯▭▭ , **and a rubber mallet** ▭▭ .

Refer to 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 on page 22. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not found in the parts bag, check to see if it has been pre-assembled.**

M8 Nylon Locknut (46)–4	M8 Split Washer (94)–10	M8.5 Small Washer (53)–2	M10 Washer (99)–2
M4 x 16mm Screw (66)–12	M4 x 16mm Round Head Screw (45)–1	M4 x 14mm Round Head Screw (93)–2	M4 x 12mm Round Head Screw (18)–2
M6 x 16mm Tapered Button Screw (107)–8	M8 x 19mm Shoulder Screw (22)–2	M8 x 38mm Button Screw (70)–2	M8 x 43mm Button Bolt (50)–4
M8 x 45mm Button Screw (102)–4	M8 x 54mm Button Screw (33)–4		M10 x 35mm Carriage Bolt (20)–2
M4 x 52mm Screw (98)–2	Union Bolt Set (27)–2		

1. While another person lifts the front of the Frame (1), thread a Leveling Foot (72) fully into the underside of the Frame. Next, attach the Front Stabilizer (3) to the front of the Frame with two M8 x 54mm Button Screws (33) and two M8 Split Washers (94).
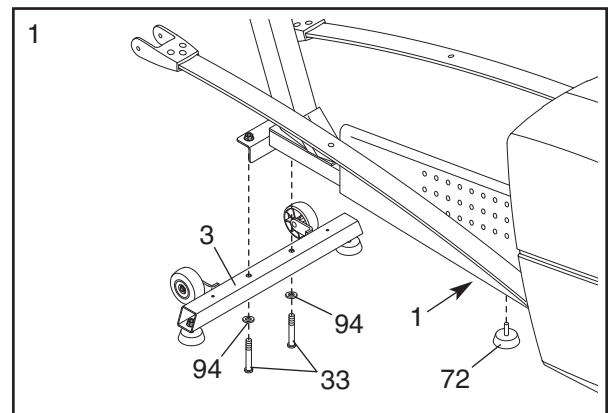
2. Slide the Stabilizer Cover (31) onto the Frame (1). Next, move and lift each Flex Bar (14) out of the way and slide the Stabilizer Cover onto the Front Stabilizer (3). While another person lifts the front of the Frame, attach the Stabilizer Cover to the Front Stabilizer with two M4 x 52mm Screws (98).
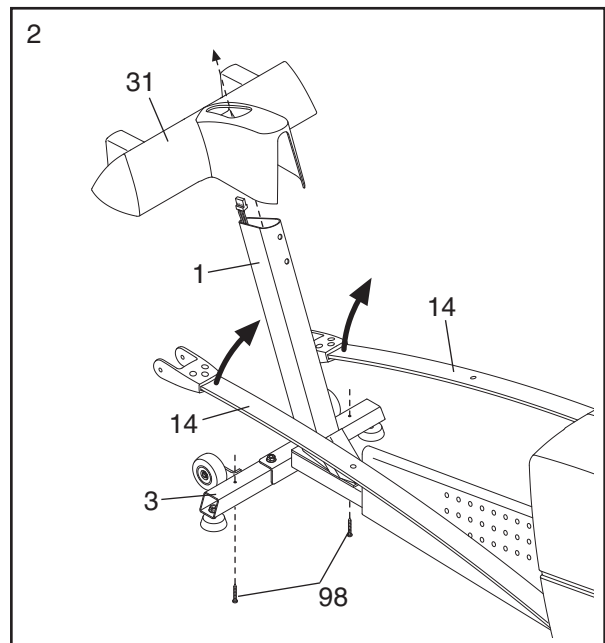
3. With the help of a second person, carefully tip the elliptical exerciser onto one side.

Make sure that the Left and Right Stabilizer Endcaps (35, 92) are on the Rear Stabilizer (4).

Attach the Rear Stabilizer (4) to the Frame (1) with four M8 x 45mm Button Screws (102) and four M8 Split Washers (94).

With the help of a second person, carefully tip the elliptical exerciser back to the vertical position.
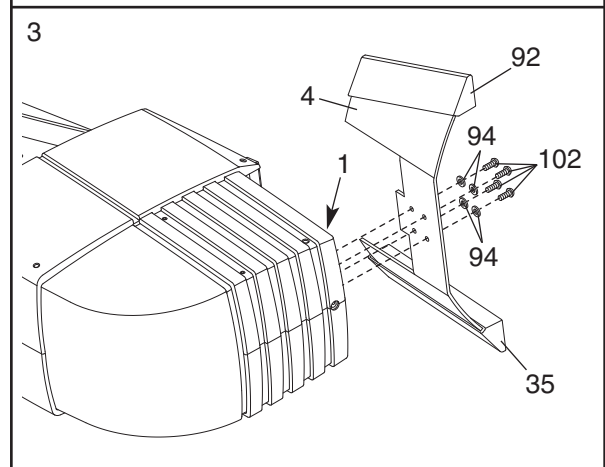
4. Have another person hold the Upright (2) in the position shown. Connect the Upper Wire Harness (86) to the Lower Wire Harness (87). Next, insert the Upright into the Frame (1). **Be careful to avoid disconnecting or pinching the Wire Harnesses.** Attach the Upright with two M8 x 54mm Button Screws (33), two M8 x 38mm Button Screws (70), and four M8 Split Washers (94). **Be careful to avoid damaging the Wire Harnesses with the Button Screws.**

Attach the Water Bottle Holder (91) to the Upright (2) with two M4 x 16mm Screws (66).

Hold the Left and Right Handlebar Covers (26, 29) around the Upright (2) and the indicated tube. Press the Handlebar Covers together and connect them with an M4 x 16mm Round Head Screw (45).

Hold the Left and Right Upright Covers (34, 38) around the Upright (2). Attach the Upright Covers with two M4 x 14mm Round Head Screws (93).

Make sure the wire harnesses do not get pinched and damaged during this step.
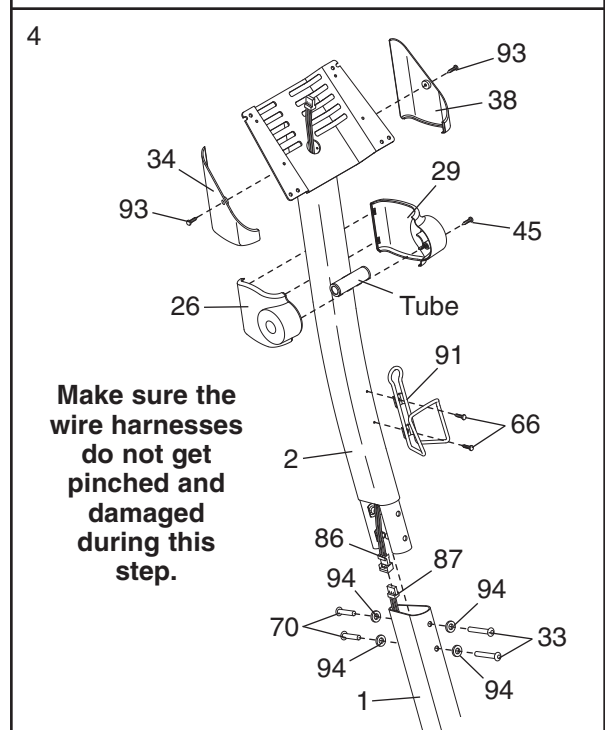
5. Identify the Left Handlebar (9), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Legs (79); **make sure that the Handlebar Leg is turned so the hexagonal holes are on the indicated side**. Attach the Left Handlebar to the Handlebar Leg with two M8 x 43mm Button Bolts (50) and two M8 Nylon Locknuts (46). **Make sure that the Nylon Locknuts are seated in the hexagonal holes. Do not fully tighten the Button Bolts yet.**

   Attach the Right Handlebar (not shown) to the other Handlebar Leg (not shown) in the same way.
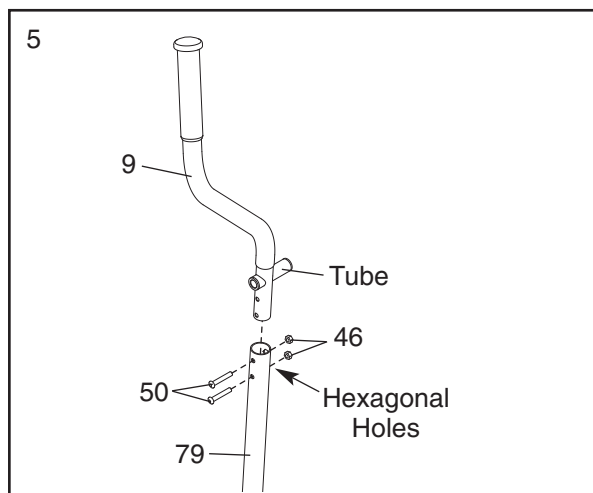
6. Apply a generous amount of the included grease to the Pivot Axle (108) and to the two M8.5 Small Washers (53). Insert the Pivot Axle into the Upright (2) and center it. Reapply grease to both sides of the Pivot Axle.

   Identify the Left and Right Handlebars (9, 10), which are marked with stickers. Slide a Handlebar Spacer (25) onto the short tube on each Handlebar, and slide the Handlebars onto the Pivot Axle (108). **Make sure that the Handlebars are on the correct sides.**

   Orient the two Handlebar Caps (23) as shown, and press the small tabs on the Handlebar Caps into the two Handlebar Spacers (25). Tighten an M8 x 19mm Shoulder Screw (22) with an M8.5 Small Washer (53) into each end of the Pivot Axle (108).
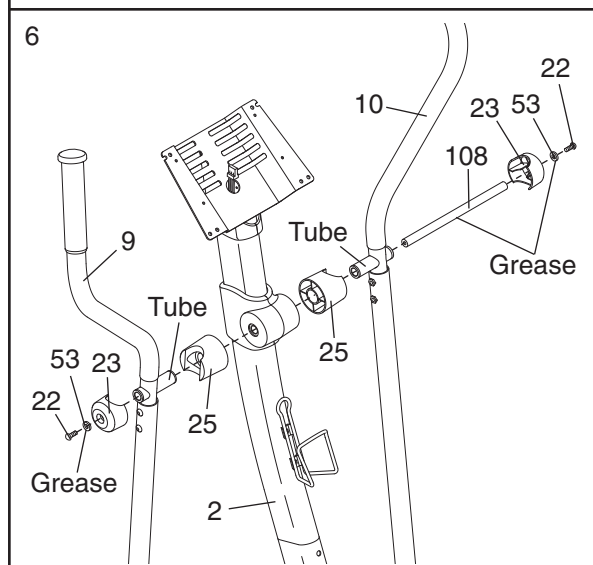
7. Apply a thin film of grease to the shaft of a Union Bolt Set (27) and to the two Bushings (28) in the left Handlebar Leg (79).

   Attach the left Handlebar Leg (79) to the left Flex Bar (14) with the Union Bolt Set (27).

   See assembly step 5 above. Tighten the two M8 x 43mm Button Bolts (50) in the left Handlebar Leg (79). **Make sure that the M8 Nylon Locknuts (46) are seated in the hexagonal holes.**

   Repeat this step to attach the right Handlebar Leg (79) to the right Flex Bar (14).
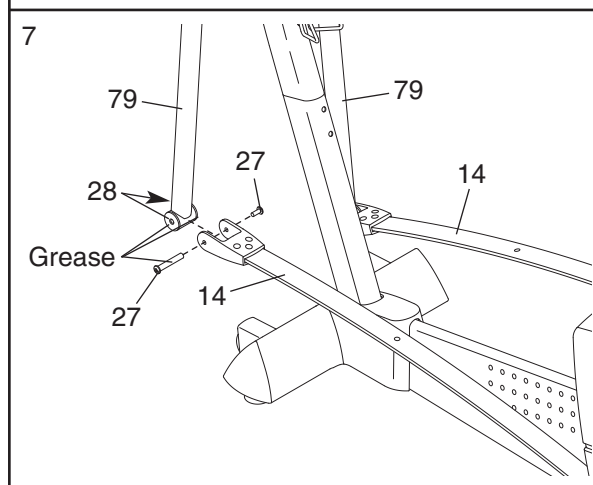
8. Identify the Left Pedal (13). Attach the Left Pedal to the left Flex Bar (14) with an M10 x 35mm Carriage Bolt (20), an M10 Washer (99), and a Pedal Knob (15) as shown. Note: The Left Pedal can be attached in any of five positions (see HOW TO ADJUST THE PEDALS on page 10).
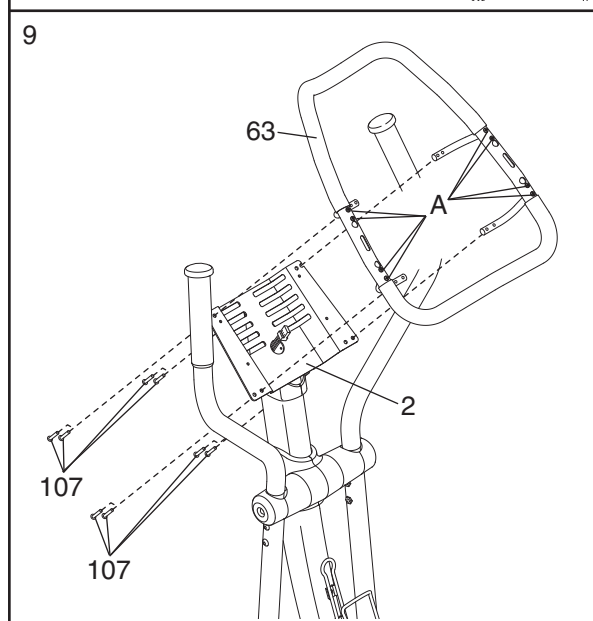
   Attach the Right Pedal (12) in the same way. Make sure that both Pedals are in the same position.
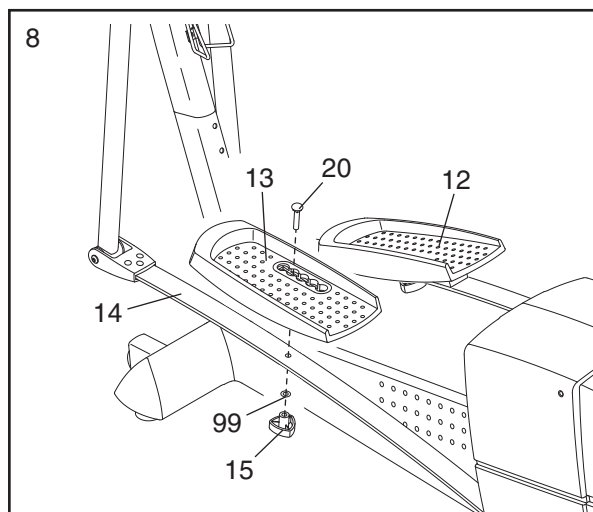
9. Loosen the eight indicated screws (A) in the Center Handlebar (63).

   Attach the Center Handlebar (63) to the Upright (2) with eight M6 x 16mm Tapered Button Screws (107). **Do not tighten the Tapered Button Screws yet.**

   Retighten the eight screws (A) in the Center Handlebar (63).

10. Refer to step 11. Remove the six M4 x 16mm Screws (66) and the Left and Right Handlebar Covers (109, 110) from the Console (5).

   Attach the CD Holder (114) to the Console (5) with two M4 x 12mm Round Head Screws (18) as shown.

   While another person holds the Console (5) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (86). Insert the excess wire harness down into the Upright (2).

   Attach the Console (5) to the Upright (2) with four M4 x 16mm Screws (66). **Be careful to avoid pinching the wire harnesses.**

8
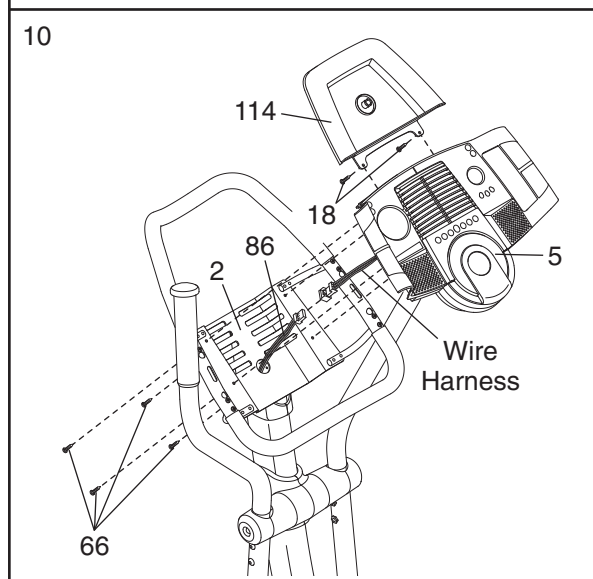
11. Attach the Left Handlebar Cover (109) to the Console (5) with three M4 x 16mm Screws (66). Attach the Right Handlebar Cover (110) in the same way.

See assembly step 9. Tighten the eight M6 x 16mm Tapered Button Screws (107).
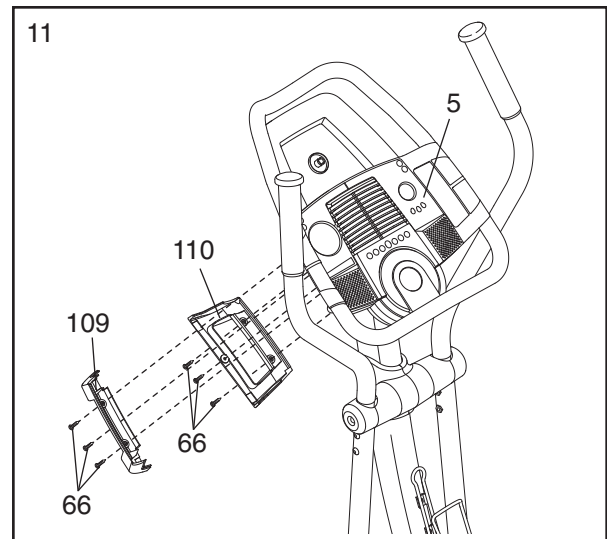
12. Plug one end of the Power Supply (115) into the jack at the rear of the elliptical crosstrainer. Plug the other end of the Power Supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

Note: The Console (5) can be operated with batteries (not included) instead of the Power Supply (96) if desired. To install batteries, follow the instructions below.

See the inset drawing. Press the indicated tab on the battery drawer and pull the battery drawer down. Press four "D" batteries into the battery clips; **make sure that the batteries are oriented as shown by the markings inside of the battery clips.** Then, close the battery drawer. Note: Alkaline batteries are recommended.
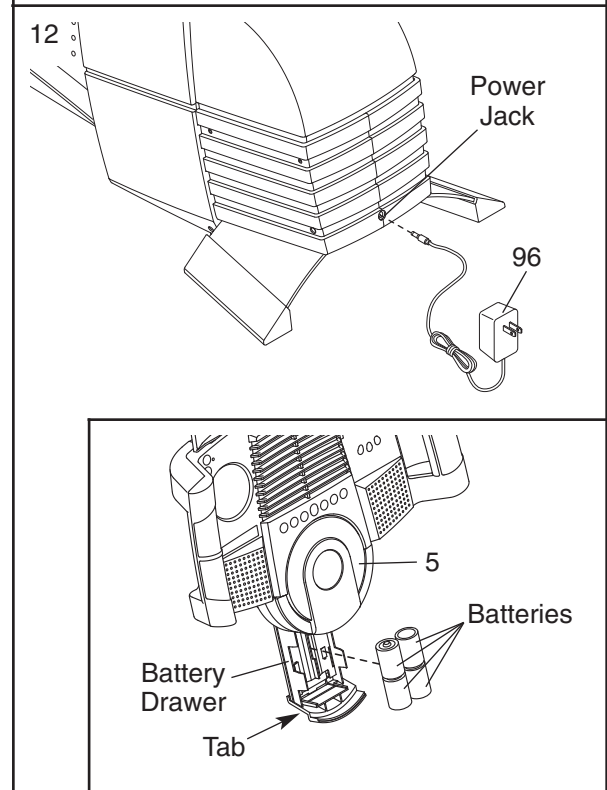
13. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

9

HOW TO USE THE ELLIPTICAL CROSSTRAINER

HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the center handlebar 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 crank arms (inside of the side shields) can be turned in either direction. It is recommended that you turn the crank arms in the same direction that you pedal a bicycle; however, for variety, you can turn the crank arms in the opposite direction.**
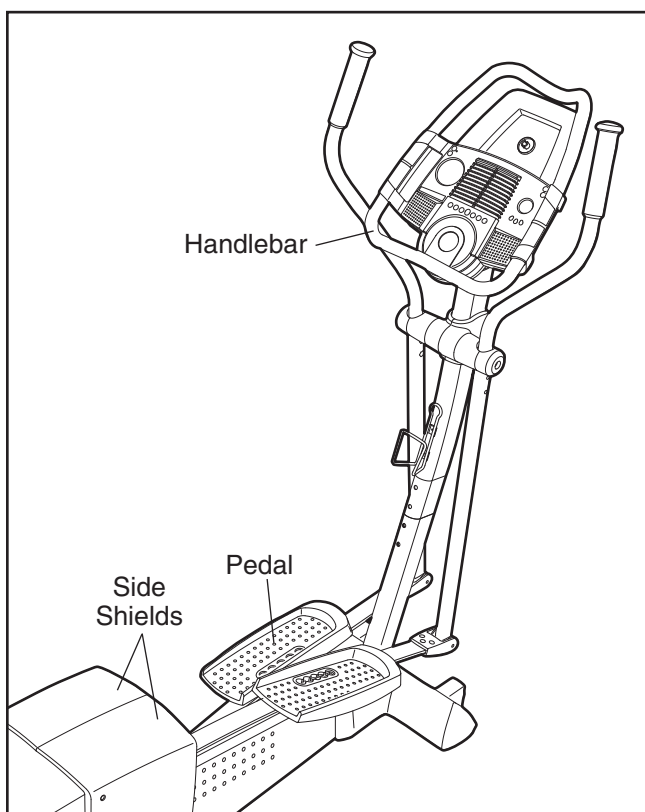

To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest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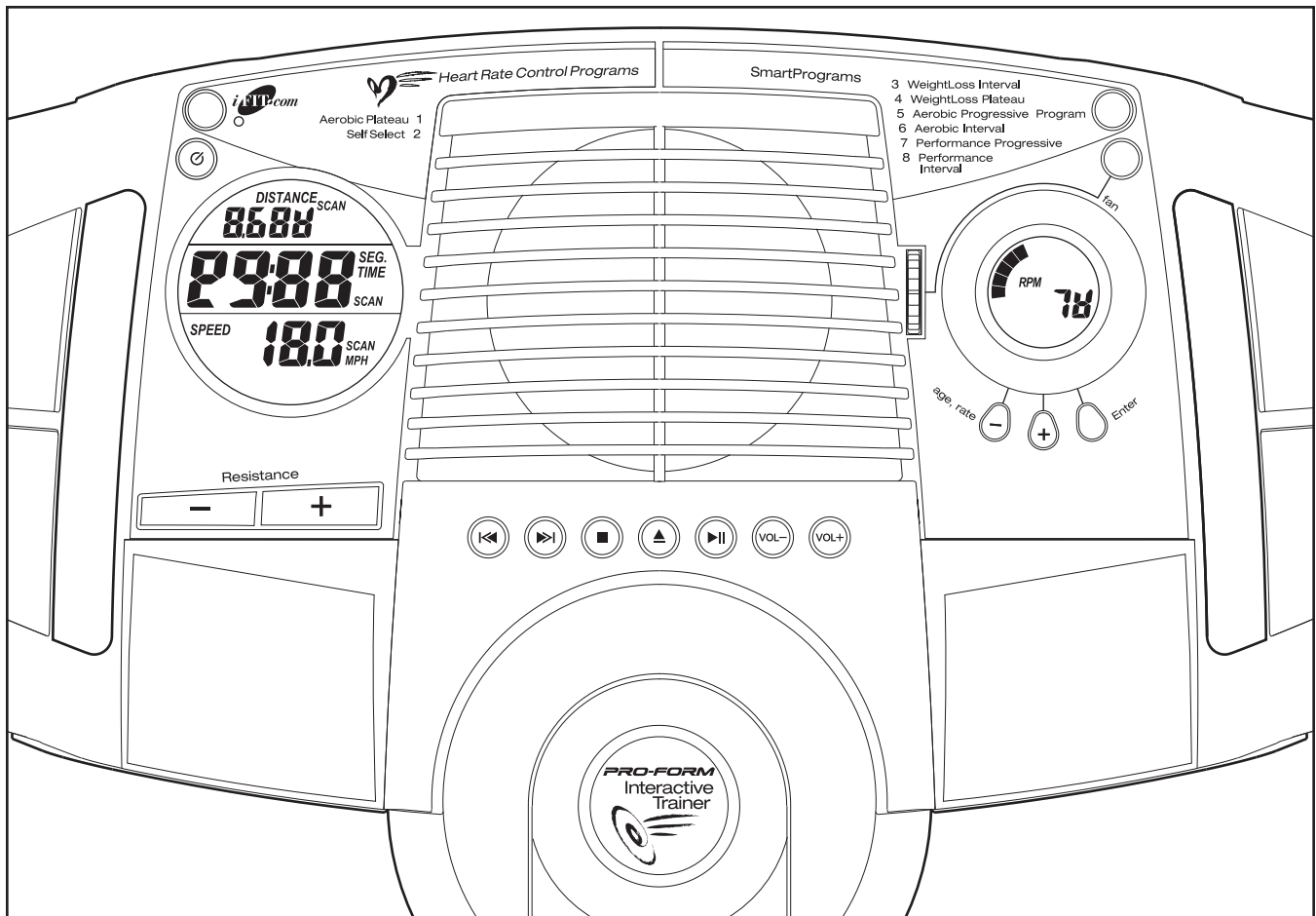
HOW TO ADJUST THE PEDALS

The motion of the pedals is determined by their positions on the flex bars. There are five positions. To adjust each pedal, first loosen the knob beneath the pedal. Next, push the bolt upward, slide the pedal forward or backward to the desired position, and then retighten the knob. Make sure that both pedals are in the same position.
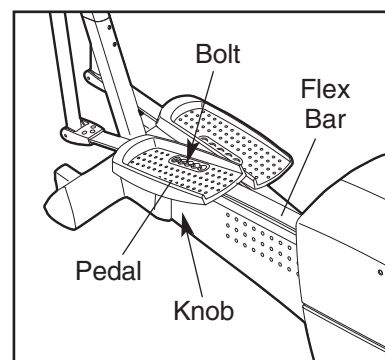
FEATURES OF THE CONSOLE

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 pedals can be changed with the touch of a button. As you work out, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also offers six Smart programs. Each program automatically changes the resistance of the pedals 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 resistance of the pedals 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 technology is like having a per-

sonal trainer in your home. Using the built-in CD player, you can play special iFIT.com CD programs. iFIT.com CD programs automatically control the resistance of the pedals and prompt you to vary your pace while a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **Two iFIT.com CDs are included; to purchase additional CDs, call toll-free 1-800-735-0768.**

Using a stereo audio cable (available at electronics stores), you can also connect the elliptical crosstrainer to your VCR and TV and play iFIT.com video programs. iFIT.com video programs offer the same benefits as iFIT.com CD programs, and allow you to enjoy breathtaking scenery while you exercise. **To purchase iFIT.com videocassettes, call toll-free 1-800-735-0768.**

You can even connect the elliptical crosstrainer to your home computer, go to our Web site at www.iFIT.com, and access programs directly from our Web site. **Explore www.iFIT.com for more information.**

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To use the manual mode of the console, see the instructions below. **To use a Smart program,** see page 14. **To use a Heart Rate program,** see page 15. **To use an iFIT.com CD program,** see page 16. **To use an iFIT.com video program,** see page 19. **To use a program directly from our Web site,** see page 19.

### HOW TO USE THE MANUAL MODE

1 Turn on the console.

Make sure that the transformer is plugged in or that batteries are installed in the console (see assembly step 12 on page 9).

To turn on the console, press the On/Reset button or begin pedaling. (The On/Reset button is the button just above the large display.)

2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Program button repeatedly until the letters RPM appear in the small display.
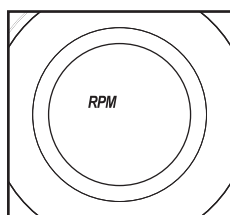
3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance + 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 resistance to reach the selected level.
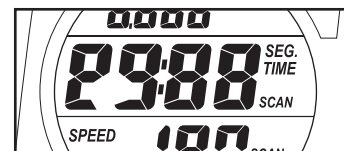
4 Follow your progress with the large display and the small display.

The upper section of the large display will show the distance you have pedaled and the numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 22). The display will change from one number to the next
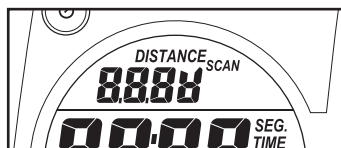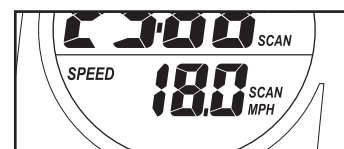
every few seconds. If you use the handgrip pulse sensor, the display will also show your heart rate (see step 5 on page 13).

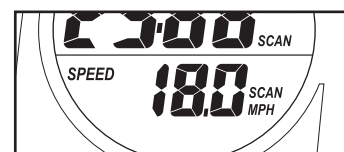**The center of the large display** will show the elapsed time and your pedaling pace (in minutes per mile). The display will change from one number to the other every few seconds. Note: When a program is selected (except for Heart Rate program 2), the display will show the time remaining in the program instead of the elapsed time.

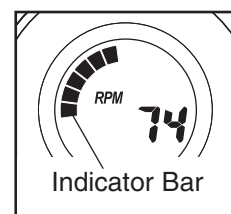**The lower section of the large display** will show your pedaling speed, your pedaling pace (in revolutions per minute), and the resistance level. The display will change from one number to the next every few seconds.

Note: The console can show speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the lower section of the large display to show which unit of measurement is selected. To change the unit of measurement, first hold down the Program button for a few seconds. An E (for English) or an M (for metric) will appear in the lower section of the large display. Press the Resistance + button to change the unit of measurement. Then, press the On/Reset button. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

The small display will show your pedaling pace (in revolutions per minute). The indicator bar in the small display will increase or decrease in length as you increas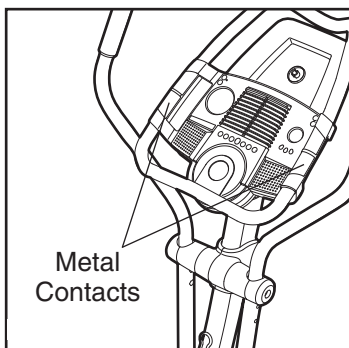e or decrease your pedaling pace. Note: When you use a Heart Rate program, the small display will show your heart rate instead of your pedaling pace (see step 5 on page 13).

Indicator Bar

To reset the displays, press the On/Reset button.

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

If there are thin sheets of plastic on the metal contacts on the hand-grips, peel off the plastic. To use the hand-grip pulse sensor, hold the handgrips with your palms rest-ing against the metal contacts. **Avoid moving your hands or squeezing the handgrips too tightly; excessive movement or pressure may interfere with heart rate readings.** When your pulse is detected, the heart-shaped indicator in the large display will flash each time your heart beats, and your heart rate will be shown.

Metal Contacts

For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds. Note: When you first hold the handgrips, the large dis-play will show your heart rate continuously for 30 seconds. The display will then show your heart rate along with other feedback modes.

6 **Turn on the fan if desired.**

To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the fan button a second time. To turn off the fan, press the fan button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off.

RPM
88
Thumb Wheel
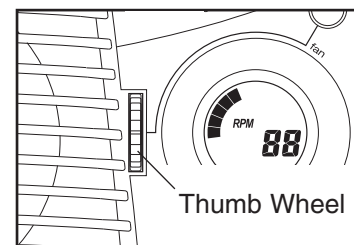
Rotate the thumb wheel on the right side of the fan to pivot the fan to the desired angle.

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

If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the large display. If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off to conserve the batteries.

HOW TO USE A SMART PROGRAM

Each Smart program will automatically change the resistance of the pedals and prompt you to increase or decrease your pace as it guides you through an effective workout. Programs 3 and 4 are weight loss programs, programs 5 and 6 are aerobic programs, and programs 7 and 8 are high-performance programs.
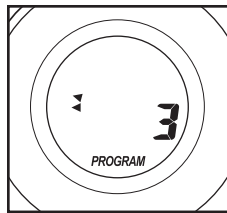
Follow the steps below to use a Smart program.

1 Turn on the console.

See step 1 on page 12.

2 Select one of the Smart programs.

Each time the console is turned on, the manual mode will be selected. To select a Smart program, press the Program button repeatedly until the number 3, 4, 5, 6, 7, or 8 appears in the small display.


3 Begin pedaling to start the program.

Each Smart program consists of either 20 or 30 one-minute periods. One resistance level and one target pace are programmed for each period. Note: The same resistance level and/or target pace may be programmed for two or more consecutive periods.

When you begin pedaling, the resistance of the pedals will automatically change to the resistance level programmed for the first period. Note: If the resistance level is too high or too low, you can change it by pressing the Resistance buttons.

The target pace for the first period will appear in the small display for a few seconds, and the arrows in the small display will help you to pedal at the target pace—simply increase or decrease your pace until one segment of the indicator bar

appears at the tip of each arrow (see the drawing at the right). Note: When the word TARGET does not appear in the small display, your

actual pedaling pace will be shown. **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.**
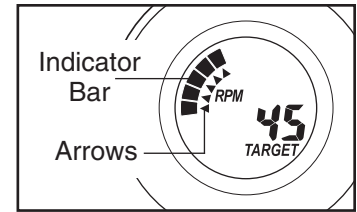
During the last three seconds of each period, a series of tones will sound and the time will flash in the large display. The resistance of the pedals will then change if a different resistance level is programmed for the next period. In addition, the number of arrows in the small display will change if a different target pace is programmed for the next period.

During the program, the center of the large display will show the time remaining in the program. If you stop pedaling for a few seconds, the displays will pause and the time will flash. To restart the program, resume pedaling.

4 Follow your progress with the large display.

See step 4 on page 12.

5 Measure your heart rate if desired.

See step 5 on page 13.

6 Turn on the fan if desired.

See step 6 on page 13.

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

See step 7 on page 13.

HOW TO USE A HEART RATE PROGRAM

Heart Rate program 1 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 2 is designed to keep your heart rate near a target heart rate that you select.
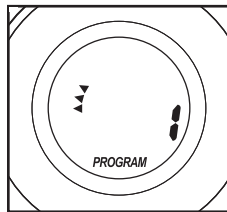
Follow the steps below to use a Heart Rate program.

1 Turn on the console.

See step 1 on page 12.

2 Select one of the 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 1 or 2 appears in the small display.

3 Enter your age or a target heart rate.

If program 1 is selected, the word AGE and the current age setting will appear in the large display. If you have already entered your age, press the Enter button. If you have not entered your age, press the small + and – buttons to enter your age, and then press the Enter button. Once you have entered your age, it will be saved in memory until the batteries are replaced.

If program 2 is selected, the letters PLS and the current target heart rate will appear in the large display. If you do not wish to change the target heart rate, press the Enter button. If you wish to change the target heart rate, press the small + and – buttons, and then press the Enter button. The target heart rate can be from 70 to 170 beats per minute.

4 Hold the handgrip pulse sensor.

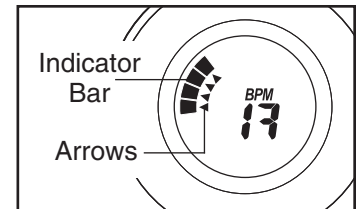It is not necessary to hold the handgrips continuously during a Heart Rate program; however, you must hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.**

5 Begin pedaling to start the program.

Heart rate program 1 consists of 20 one-minute periods. One resistance level and one target heart rate are programmed for each period. (Note: The same resistance level and/or target heart rate may be programmed for two or more consecutive periods.) **Heart Rate program 2** is sixty minutes long (you may choose to use only part of the program). The same resistance level and target heart rate are programmed for the entire program.

When you begin pedaling, the resistance of the pedals will automatically change to the resistance level programmed for the first period.

As you pedal, the arrows in the small display will help you to keep your heart rate near the current target heart rate. When you hold the handgrip pulse sensor, the console will compare your heart rate to the current target heart rate. If your heart rate is too far above or below the target heart rate, the number of arrows in the small display will change to prompt you to increase or decrease your pace. When the number of arrows changes, change your pace until one segment of the indicator bar appears at the tip of each arrow. **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.**

During the last three seconds of each period, a series of tones will sound and the time will flash in the large display. The resistance of the pedals will then change if a different resistance level is programmed for the next period. Note: If the resistance level is too high or too low, you can adjust it by pressing the Resistance buttons. However, when the next period begins, the resistance will automatically change if a different resistance level is programmed for the next period.

The program will continue in this way until the large display shows that no time remains in the program. Note: If you stop pedaling for a few seconds, the program will end. To use the program again, reselect it and start it at the beginning.

6 **Follow your progress with the large display.**

See step 4 on page 12.

7 **Turn on the fan if desired.**

See step 6 on page 13.

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

See step 7 on page 13.

HOW TO USE IFIT.COM CD PROGRAMS

When you use an iFIT.com CD program, a certified personal trainer will guide you through your workout while the program interactively controls the resistance of the pedals and prompts you to increase or decrease your pace. **Note: To purchase iFIT.com CDs, call toll-free 1-800-735-0768.**
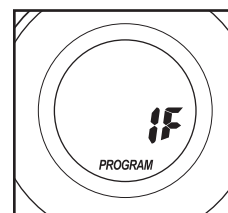
Follow the steps below to use an iFIT.com CD program.

**1** **Turn on the console.**

See step 1 on page 12.

2 **Select the iFIT.com mode.**

Each time the console is turned on, the manual mode will be selected. To use an iFIT.com CD, press the iFIT.com button. The iFIT.com indicator will light and the letters IF will appear in the small display.

3 **Insert an iFIT.com CD into the CD player.**

To open the CD player, slide the center button on the CD player upward. Carefully insert an iFIT.com CD into the CD player and then close the lid.
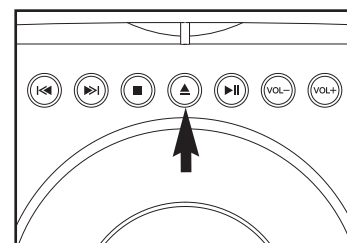
4 **Press the Play/Pause button to start the program.**

To start the CD program, press the play/pause button on the CD player. A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.
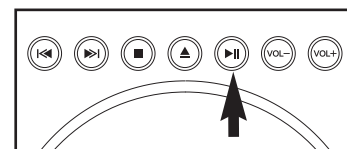
The CD program will function in almost the same way as a Smart program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change. **Note: If the resistance level and/or the target pace does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit. In addition, adjust the volume (see step 5 below). If the volume is too high or too low, the console may not detect the program signals.**

To stop the program at any time, press the play/pause button and stop pedaling. To restart the program, press the play/pause button and begin pedaling.
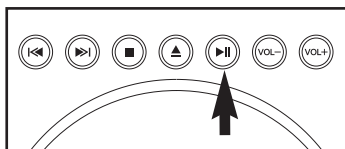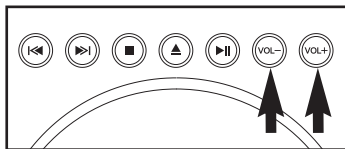

Note: To select a different program on the CD, press the skip/search buttons on the CD player.
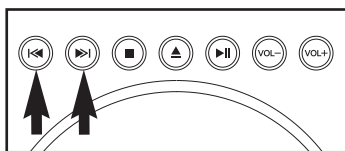
5 **Adjust the volume if desired.**

To adjust the volume, press the Volume – and + buttons on the CD player.

6 **Follow your progress with the large display.**

See step 4 on page 12.

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

See step 5 on page 13.

8 **Turn on the fan if desired.**

See step 6 on page 13.

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

See step 7 on page 13.

Note: Always remove iFIT.com CDs from the CD player when you are finished using them.

HOW TO PLAY MUSIC CDS

If desired, you can play your own music CDs in the CD player. Before playing music CDs, select the manual mode of the console (see HOW TO USE THE MANUAL MODE on page 12).

## HOW TO CONNECT THE ELLIPTICAL CROSSTRAINER TO YOUR VCR OR COMPUTER

HOW TO CONNECT TO 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.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.
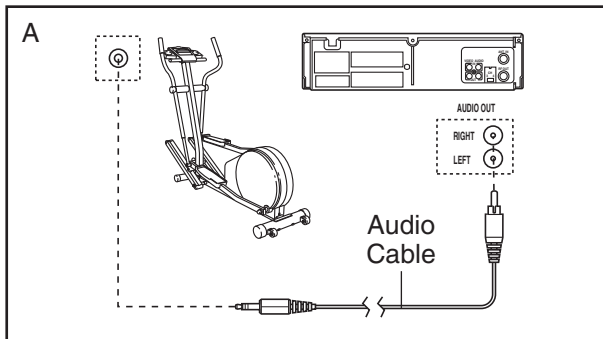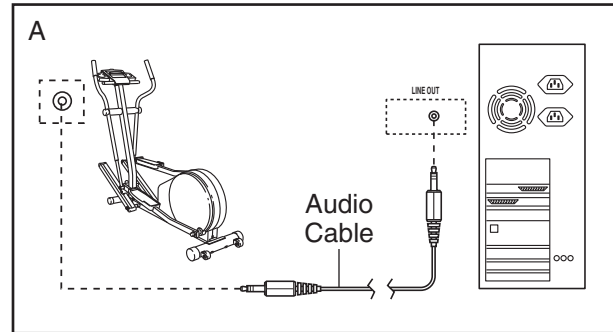

B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.
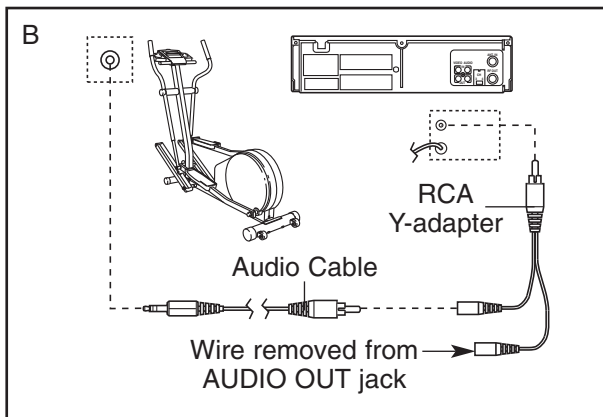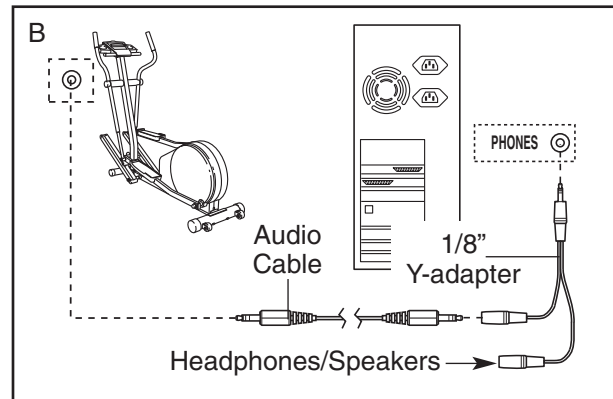

HOW TO CONNECT TO YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.

B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.

HOW TO USE IFIT.COM VIDEO PROGRAMS

To use iFIT.com videocassettes, the elliptical crosstrainer must be connected to your VCR. See HOW TO CONNECT TO YOUR VCR on page 18. **To purchase iFIT.com videocassettes, call toll-free 1-800-735-0768.**
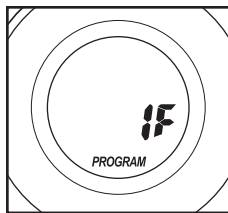
Follow the steps below to use an iFIT.com video program.

1 Turn on the console.

See step 1 on page 12.

2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To use an iFIT.com videocassette, press the iFIT.com button. The iFIT.com indicator will light and the letters IF will appear in the small display.

3 Insert the iFIT.com videocassette.

Insert the videocassette into your VCR.

4 Press the play button on your 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 video program will function in almost the same way as a Smart program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change.

Note: If the resistance level and/or the target pace does not change when a "chirp" is heard:

• **Make sure that the iFIT.com indicator is lit.**

• **Adjust the volume of your 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.**

To stop the program at any time, stop pedaling and press the pause button on your VCR. To restart the program, press the play button on your VCR and begin pedaling.

5 Follow your progress with the large display.

See step 4 on page 12.

6 Measure your heart rate if desired.

See step 5 on page 13.

7 Turn on the fan if desired.

See step 6 on page 13.

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

See step 7 on page 13.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the elliptical crosstrainer must be connected to your computer. See HOW TO CONNECT TO 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.
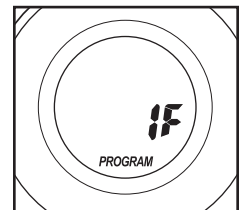
Follow the steps below to use a program from our Web site.

1 Turn on the console.

See step 1 on page 12.

2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button. The iFIT.com indicator will light and the letters IF will appear in the small 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.**

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 pedaling.**

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

8 **Follow your progress with the large display.**

See step 4 on page 12.

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

See step 5 on page 13.

10 **Turn on the fan if desired.**

See step 6 on page 13.

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

See step 7 on page 13.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately. The elliptical crosstrainer can be cleaned with a soft cloth and a small amount of mild detergent. **Keep liquids away from the console. Never use abrasives or solvents.**

CD PLAYER TROUBLESHOOTING

If the CD player stops working or fails to respond, remove the batteries and then reinstall them or unplug the power supply and then plug it back in.

HOW TO MOVE THE ELLIPTICAL CROSSTRAINER

Stand in front of the elliptical crosstrainer, hold the center handlebar firmly, and place one foot against one of the wheels. Pull the handlebar until the elliptical crosstrainer can be moved on the front wheels, and carefully move the ellipti-

Center Handlebar
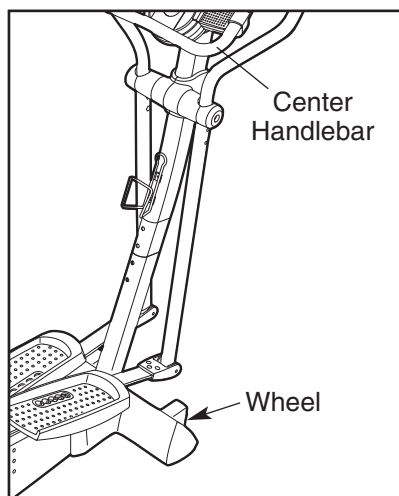
Wheel

cal crosstrainer to the desired location. Then, place one foot against one of the wheels and lower the elliptical crosstrainer. **Due to the size and weight of the elliptical crosstrainer, use extreme caution while moving and lowering it.**

HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

After the elliptical crosstrainer has been moved, make sure that the ends of both stabilizers are touching the floor. If the elliptical crosstrainer rocks slightly during use, turn one or both of the leveling feet

Leveling Foot

under the front stabilizer until the rocking motion is eliminated.
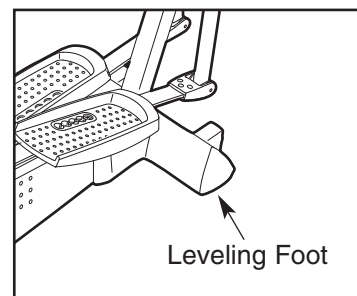
HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 13. Note: For optimal performance of the handgrip pulse sensor, keep the metal contacts clean using a soft cloth and a small amount of mild detergent. **Never use alcohol, abrasives, or chemicals.**

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. Note: 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.

PART LIST—Model No. PFEL91031

R1203A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	42	2	Flywheel Bearing	82	1	Right Flex Bracket
2	1	Upright	43	1	Magnet	83	1	Large Frame Spacer
3	1	Front Stabilizer	44	1	Flywheel Axle	84	6	M4 x 12mm Tap Screw
4	1	Rear Stabilizer	45	1	M4 x 16mm Round	85	1	Adjustment Cable
5	1	Console			Head Screw			Assembly
6	1	Left Side Shield	46	6	M8 Nylon Locknut	86	1	Upper Wire Harness
7	1	Right Side Shield	47	2	Crank Screw	87	1	Lower Wire Harness
8	1	Left Rear Side Shield	48	1	Right Crank Arm	88	2	Flex Bracket Spacer
9	1	Left Handlebar	49	1	M6 x 38mm Bolt	89	2	M8 x 25mm Button
10	1	Right Handlebar	50	4	M8 x 43mm Button Bolt			Screw
11	2	Foam Grip	51	1	M6 x 18mm Bolt	90	4	Motor Washer
12	1	Right Pedal	52	1	"C" Magnet Bracket	91	1	Water Bottle Holder
13	1	Left Pedal	53	2	M8.5 Small Washer	92	1	Right Stabilizer Endcap
14	2	Flex Bar	54	1	"C" Magnet	93	2	M4 x 14mm Round
15	2	Pedal Knob	55	1	Motor			Head Screw
16	1	Left Flex Bracket	56	1	Belt	94	10	M8 Split Washer
17	2	Front Flex Bracket	57	2	M8 x 33mm Button Bolt	95	1	Front Plate
18	2	M4 x 12mm Round	58	12	M6 Washer	96	1	Power Supply
		Head Screw	59	15	M6 Nylon Locknut	97	1	Idler Assembly
19	6	M6 x 26mm Flat Screw	60	2	M6 Nut	98	3	M4 x 52mm Screw
20	2	M10 x 35mm Carriage	61	4	M5 Nylon Locknut	99	2	M10 Washer
		Bolt	62	4	M5 x 14mm Bolt	100	2	Small Spacer
21	2	Snap Ring	63	1	Center Handlebar	101	2	Large Spacer
22	2	M8 x 19mm Shoulder	64	4	M6 x 32mm Button	102	4	M8 x 45mm Button
		Screw			Screw			Screw
23	2	Handlebar Cap	65	2	M8.5 Large Washer	103	1	Alignment Rod
24	6	Handlebar Bushing	66	22	M4 x 16mm Screw	104	2	M6 Nut
25	2	Handlebar Spacer	67	2	M8 x 25mm Patch	105	1	Idler Bolt
26	1	Left Handlebar Cover			Screw	106	1	Idler Adjustment Screw
27	2	Union Bolt Set	68	1	Right Rear Side Shield	107	8	M6 x 16mm Tapered
28	4	Front Flex Bushing	69	1	Reed Switch Clamp			Button Screw
29	1	Right Handlebar Cover	70	2	M8 x 38mm Button	108	1	Pivot Axle
30	1	Center Cover			Screw	109	1	Left Handlebar Cover
31	1	Stabilizer Cover	71	2	Handlebar Grip	110	1	Right Handlebar Cover
32	2	Wheel	72	3	Leveling Foot	111	10	M4 x 14mm Screw
33	6	M8 x 54mm Button	73	2	M5 x 16mm Screw	112	2	M6 x 30mm Flat Bolt
		Screw	74	2	M4 x 25mm Round	113	1	Rear Plate
34	1	Left Upright Cover			Head Screw	114	1	CD Holder
35	1	Left Stabilizer Endcap	75	1	Left Inner Shield	115	2	M8 x 43mm Button
36	1	Left Crank Arm	76	1	Spring			Screw
37	1	Pulley	77	1	Reed Switch	#	2	Allen Wrench
38	1	Right Upright Cover	78	1	Reed Switch Bracket	#	1	Grease
39	1	Crank	79	2	Handlebar Leg	#	1	User's Manual
40	2	Crank Bearing	80	1	Side Shield Cover			
41	1	Flywheel	81	1	Right Inner Shield			

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.
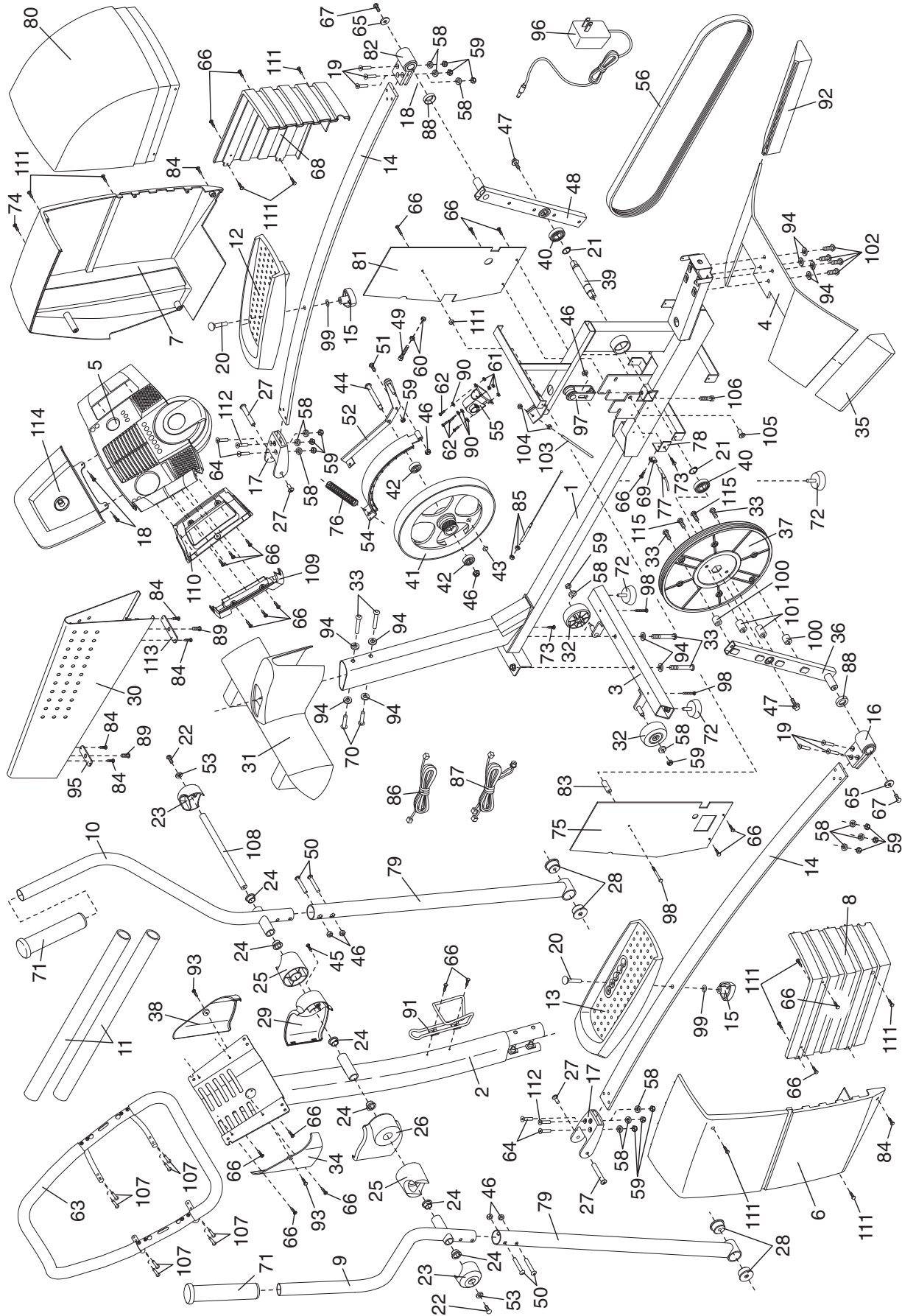
HOW TO ORDER REPLACEMENT PARTS

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 (PFEL91031)

• The NAME of the product (PROFORM® 1080 S 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 22)

LIMITED WARRANTY

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