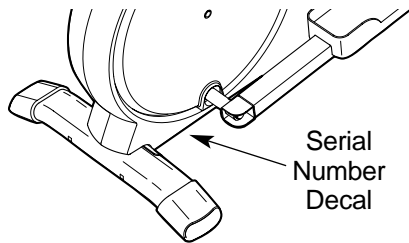


PRO-FORM

640 S

Model No. PFEVEL29010

Serial No. _____



USER'S MANUAL

QUESTIONS?

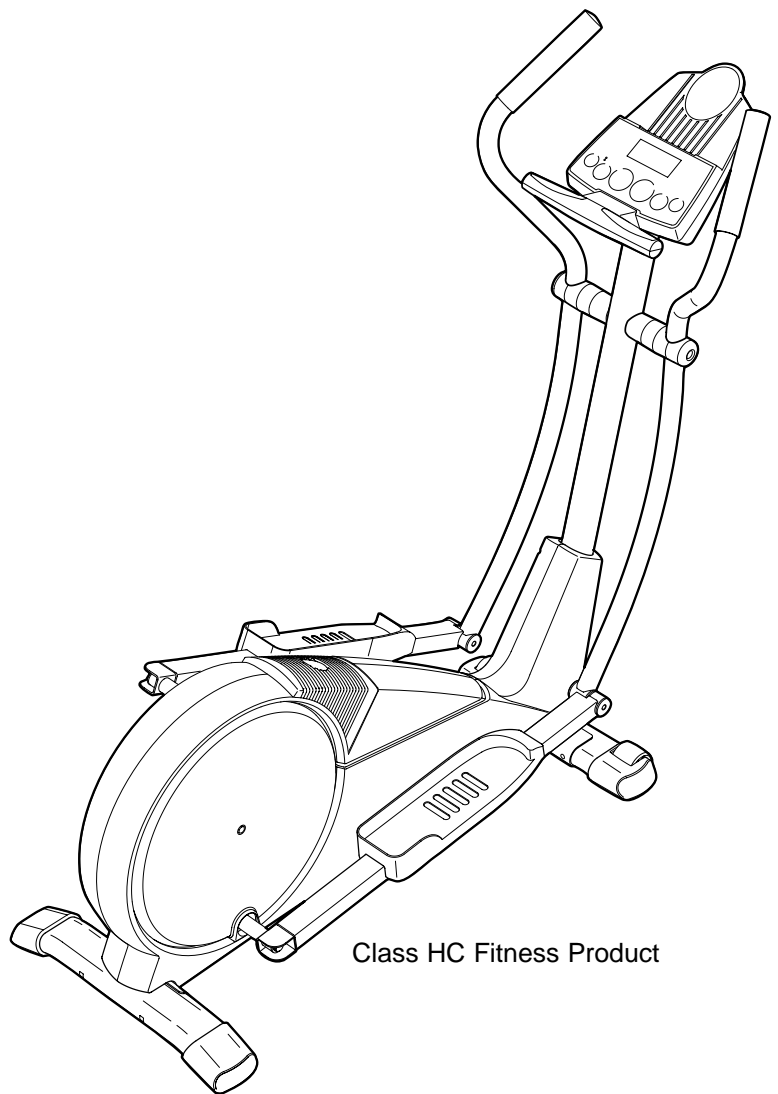
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

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



⚠ CAUTION

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



Visit our website at

www.iconeurope.com

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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. 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.

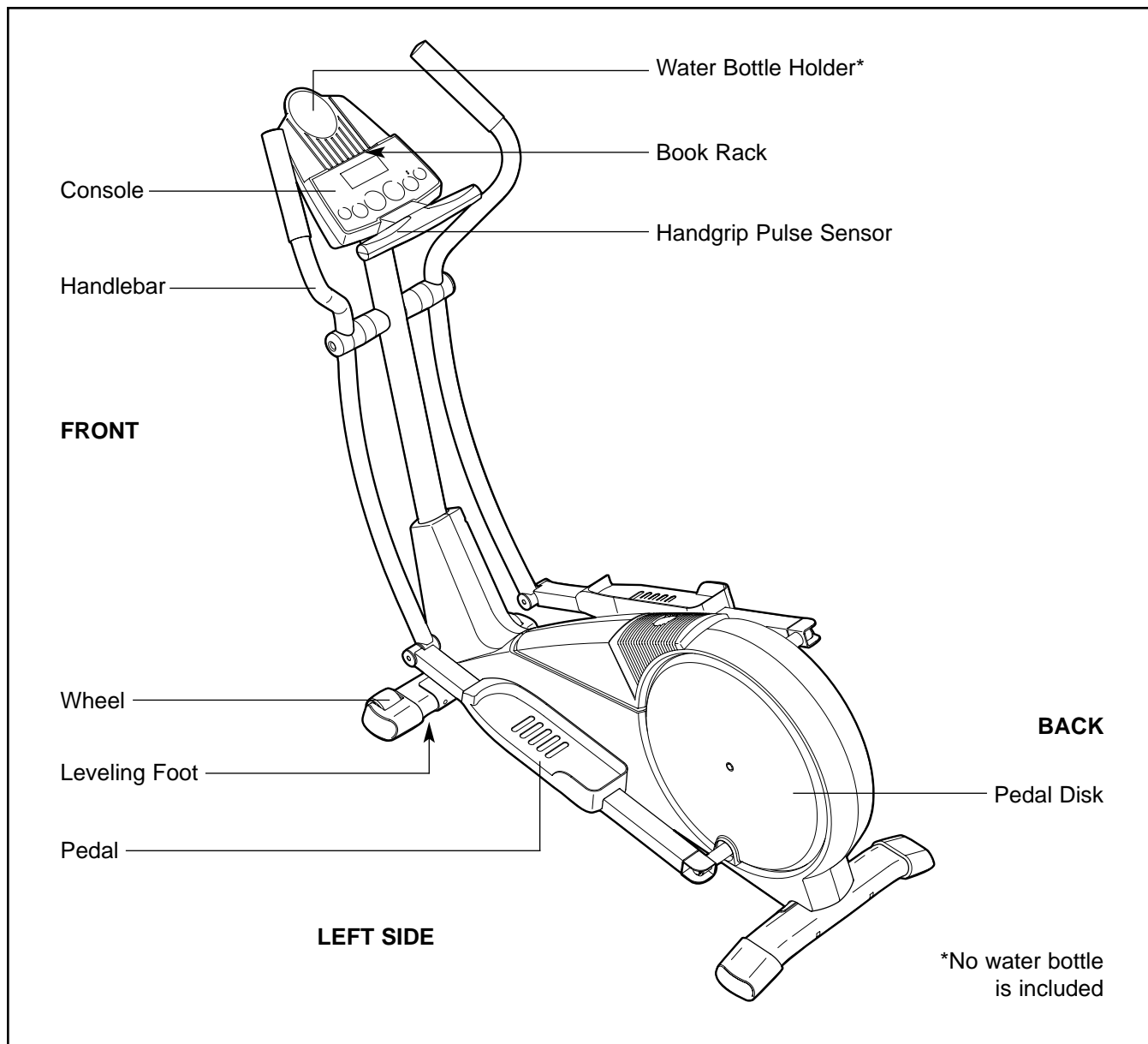
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 640 S elliptical crosstrainer. The PROFORM® 640 S 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 640 S features adjustable resistance and an easy-to-use console to help you get the most from your exercise.




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

questions after reading the manual, 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 PFEVEL29010. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location).

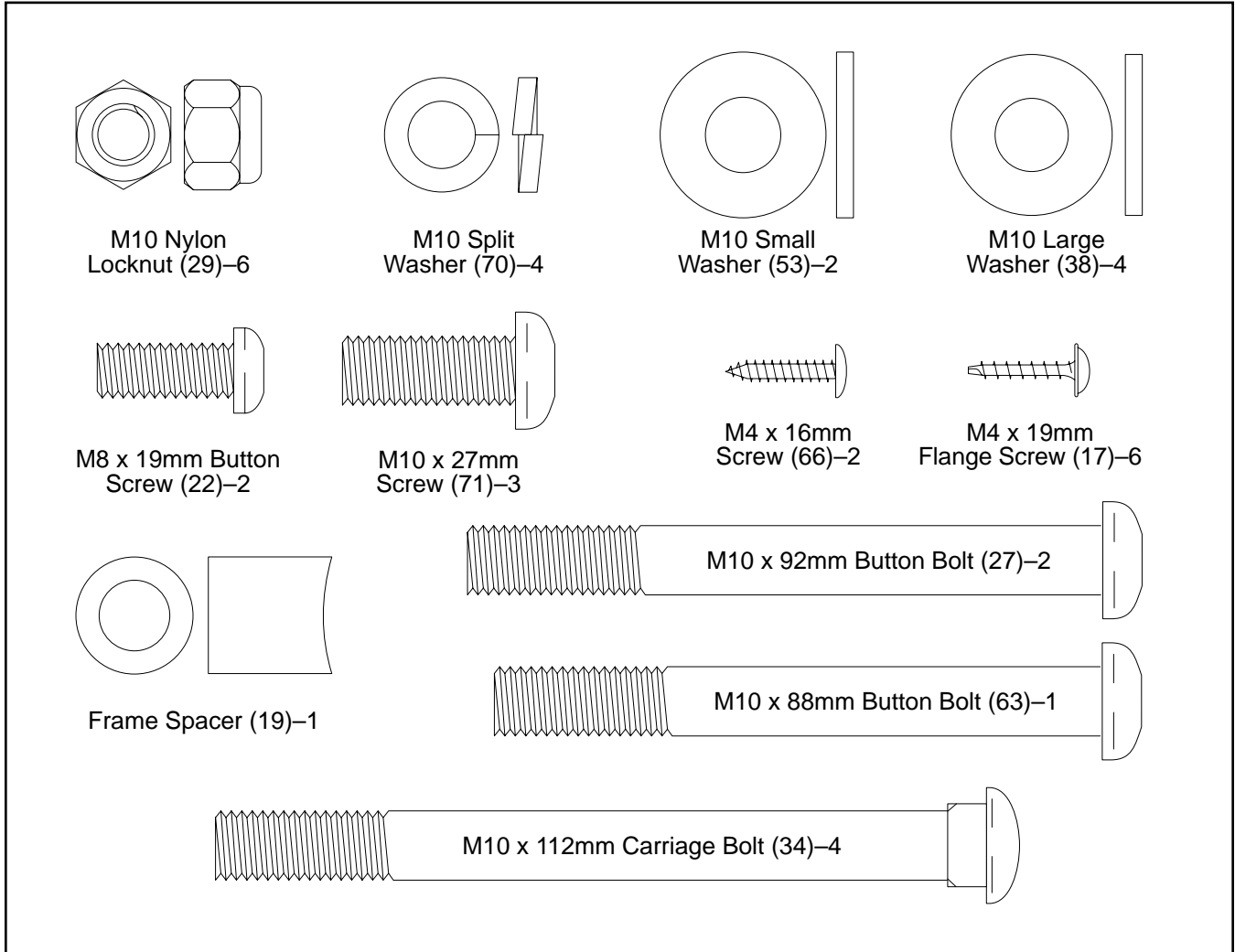
Before reading further, please familiarise yourself with the parts that are labeled in the drawing below.



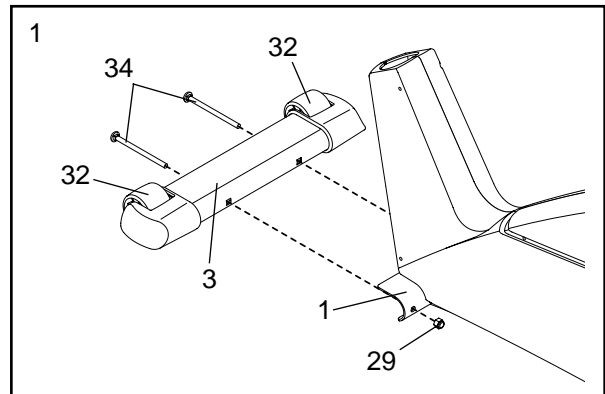
ASSEMBLY

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 spanner** , and **a rubber mallet** .

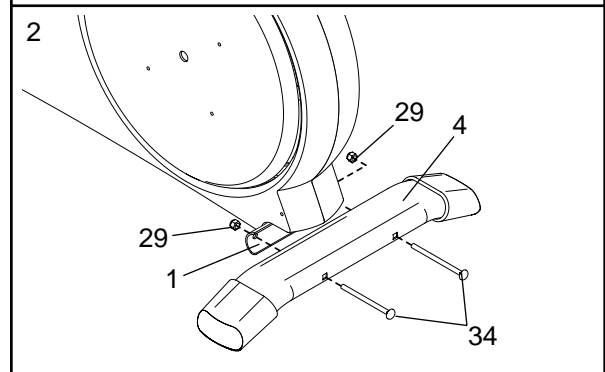
As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity used in assembly. **Note: Some small 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 (3), which has Wheels (32) attached to it. Whilst another person lifts the front of the Frame (1) slightly, attach the Front Stabiliser to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Nylon Locknuts (29). **Make sure that the Front Stabiliser is turned so the Wheels are not touching the floor.**

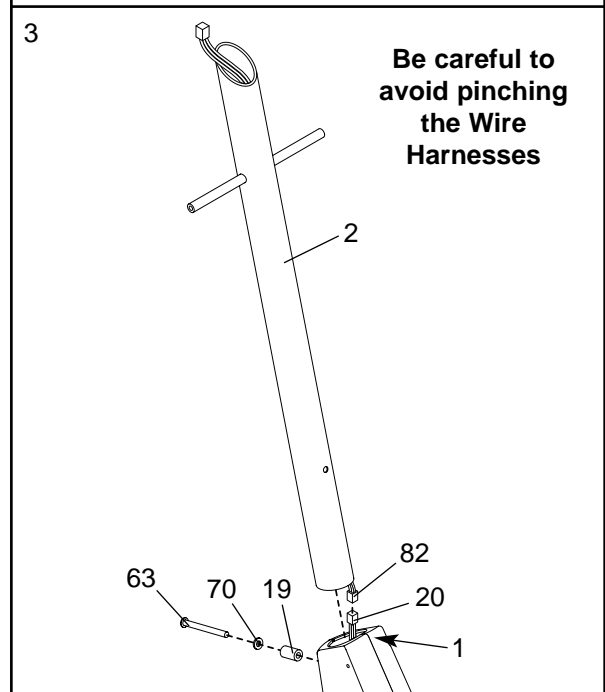


2. Whilst another person lifts the back of the Frame (1) slightly, attach the Rear Stabiliser (4) to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Nylon Locknuts (29).



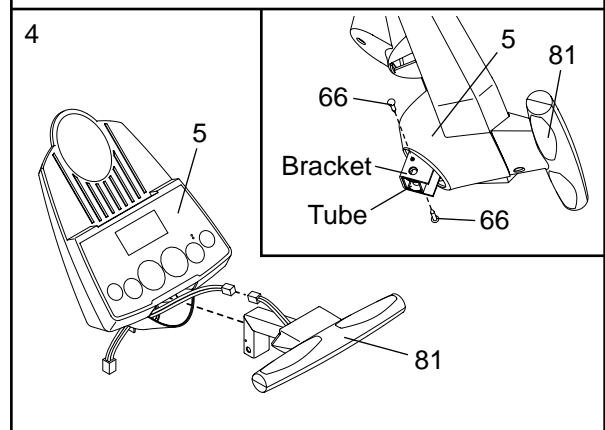
3. Whilst another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (82) to the Lower Wire Harness (20). **Carefully pull the upper end of the Upper Wire Harness to remove any slack from the Wire Harnesses.**

Insert the Upright (2) into the front of the Frame (1) as shown. **Be careful to avoid pinching the Wire Harnesses (20, 82).** Slide an M10 Split Washer (70) and a Frame Spacer (19) onto the M10 x 88mm Button Bolt (63), and insert the Button Bolt into the Frame and the Upright. **Make sure that the concave end of the Frame Spacer is turned toward the Frame.** Hand tighten the Button Bolt into the welded nut on the Frame. **Do not tighten the Button Bolt yet.**

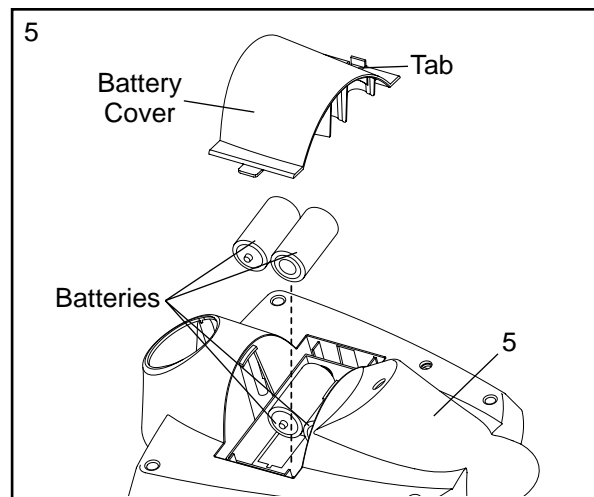


4. Connect the wire harness on the Handgrip Pulse Sensor (81) to the indicated wire harness on the Console (5). Insert both wire harnesses into the opening in the bottom of the Console.

Refer to the inset drawing. Insert the metal tube on the Handgrip Pulse Sensor (81) into the metal bracket inside the Console (5) as shown. **Be careful not to pinch the Wire Harnesses.** Align the holes in the metal tube with the holes in the metal bracket, and tighten two M4 x 16mm Screws (66) into the indicated holes.



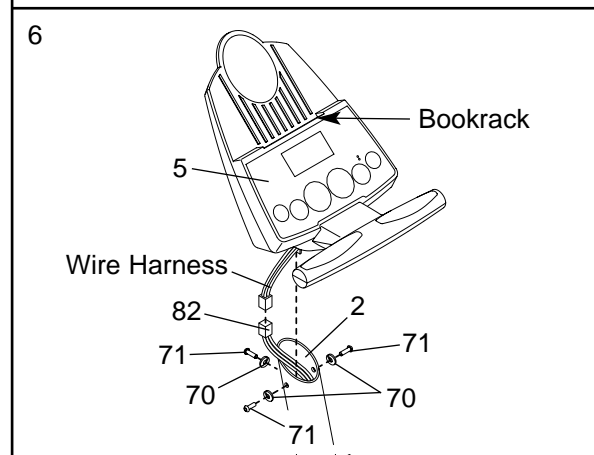
- The Console (5) requires four "D" batteries (not included); alkaline batteries are recommended. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the Console. **Make sure that the batteries are oriented as shown by the markings inside the battery compartment.** Reattach the battery cover.



- Whilst another person holds the Console (5) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (82). Insert the excess wire harness into the Upright (2).

Attach the Console (5) to the Upright (2) with three M10 x 27mm Screws (71) and three M10 Split Washers (70). **Be careful to avoid pinching the Wire Harnesses.**

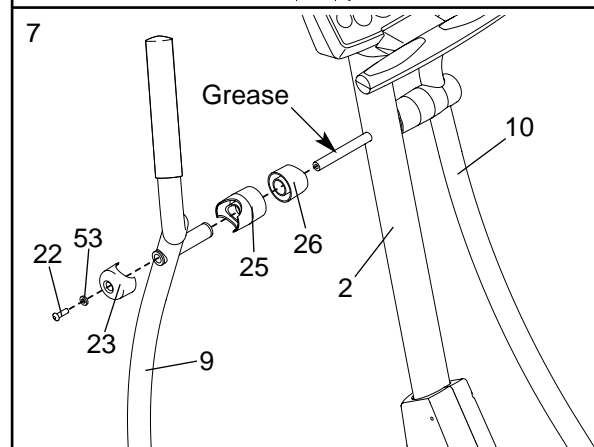
Snap the bookrack onto the Console (5) where shown.



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

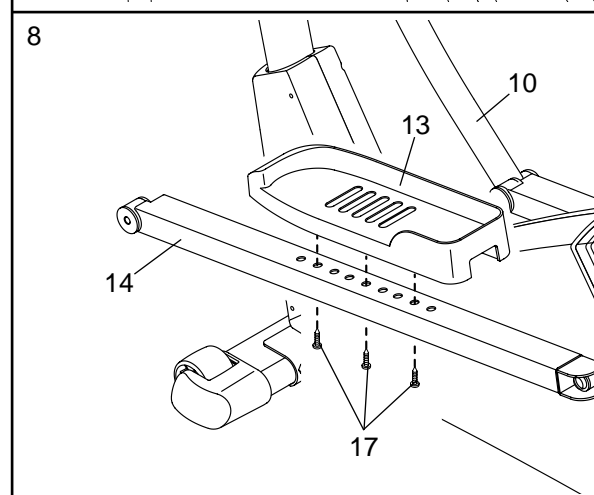
Identify the Left Handlebar (9) (refer to the drawing on page 3, if necessary). Carefully slide an Upright Spacer (26), a Handlebar Spacer (25), the Left Handlebar, and a Handlebar Cap (23) onto the left axle on the Upright (2) as shown. Slide an M10 Small Washer (53) onto an M8 x 19mm Button Screw (22), and tighten the Button Screw into the axle.

Attach the Right Handlebar (10) in the same way.



- Identify the Left Pedal (13). Attach the Left Pedal to the Left Pedal Arm (14) with three M4 x 19mm Flange Screws (17) as shown. Note: The Left Pedal can be attached in any of three positions (see HOW TO ADJUST THE PEDALS on page 8).

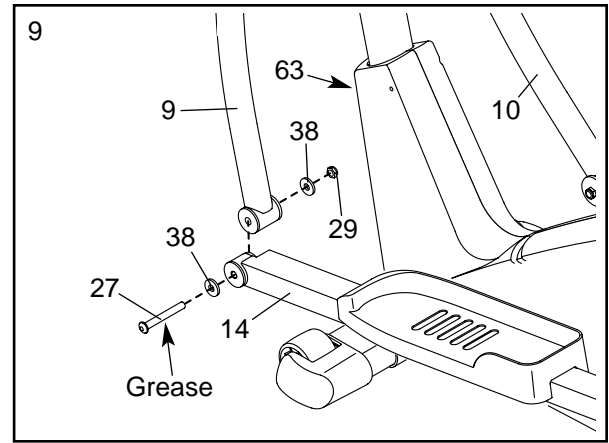
Attach the Right Pedal (not shown) in the same way. Make sure that both Pedals are in the same position.



9. Hold the lower end of the Left Handlebar (9) against the Left Pedal Arm (14). Apply grease to an M10 x 92mm Button Bolt (27). Attach the Left Handlebar to the Left Pedal Arm with the Button Bolt, two M10 Large Washers (38), and an M10 Nylon Locknut (29). **Do not overtighten the Nylon Locknut; the Left Handlebar must be able to pivot freely.**

Attach the Right Handlebar (10) to the Right Pedal Arm (not shown) in the same way.

Tighten the M10 x 88mm Button Bolt (63).

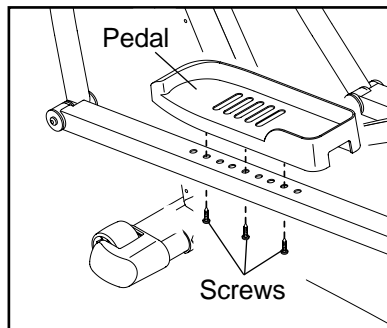


10. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

HOW TO USE THE ELLIPTICAL CROSSTRAINER

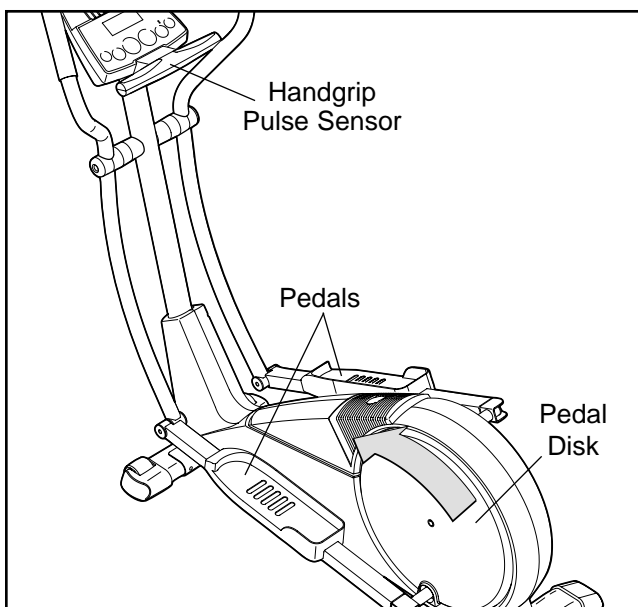
HOW TO ADJUST THE PEDALS

The motion of the pedals is determined by their position on the pedal arms; there are three different positions. To adjust the pedals, first remove the three screws from each pedal. Move the pedals forward or backward to the desired position, and reattach them with the screws. Make sure that both pedals are in the same position.



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 below; however, for variety, you may turn the pedal disks in the opposite direction.**

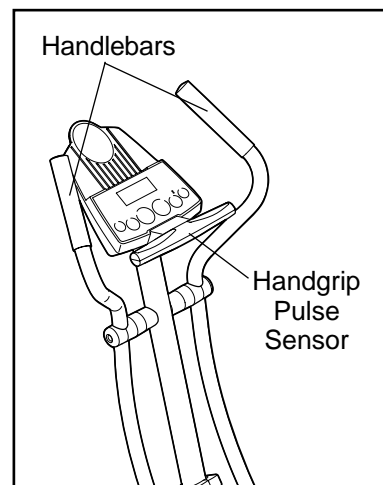


To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest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

HOW TO USE THE HANDLEBARS

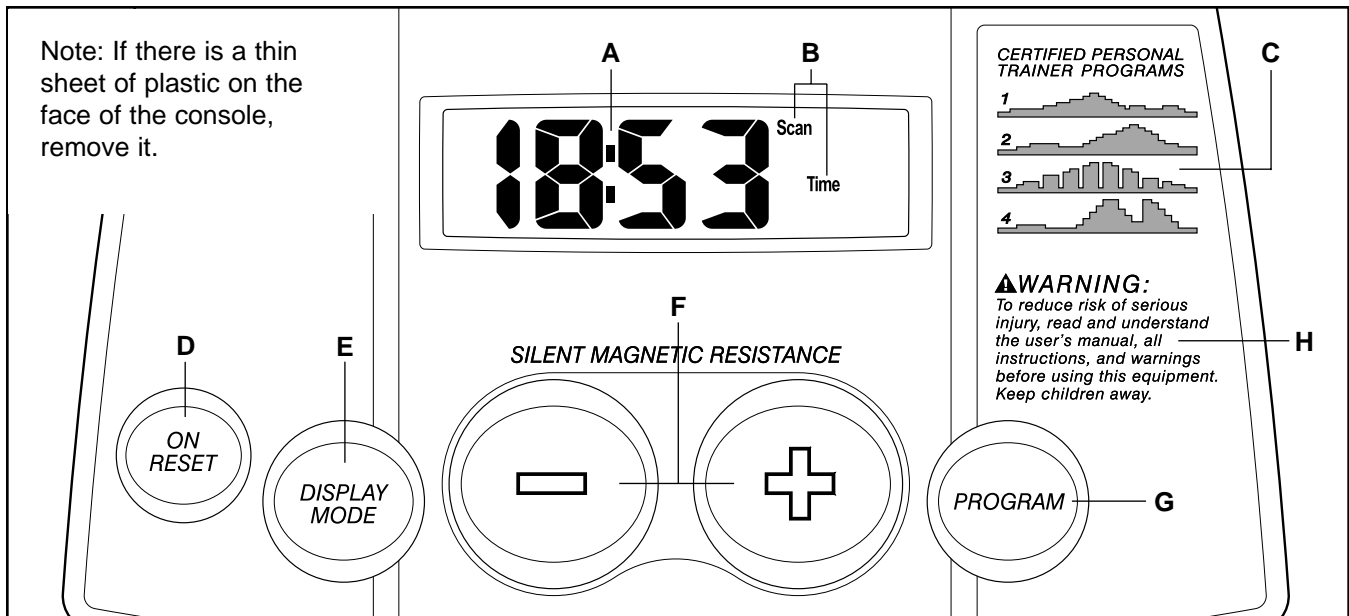
The handlebars are designed to add upper-body exercise to your workouts. Push and pull the handlebars as you exercise to work your arms, shoulders, and back.

To exercise only your lower body, hold the handgrip pulse sensor as you exercise.



CAUTION: Before using the elliptical crosstrainer, read the following precautions.

- Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical crosstrainer.
- When you stop exercising, allow the pedals to slowly come to a stop.
- 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.



Note: If there is a thin sheet of plastic on the face of the console, remove it.

FEATURES OF THE CONSOLE

The easy-to-use console offers a selection of features designed to help you get the most from your workouts. When the manual mode of the console is selected, the resistance of the elliptical crosstrainer can be adjusted with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor. The console also offers four certified personal trainer programs. Each program automatically controls the resistance of the elliptical crosstrainer as it guides you through an effective workout.

CONSOLE DESCRIPTION

Refer to the drawing above.

A. Display—The display features seven modes that show your current speed, the elapsed time (or the time remaining in a personal trainer program), the distance that you have pedaled, the resistance level, the approximate number of calories you have burned, your power output in watts, and your heart rate (when you use the handgrip pulse sensor).

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. The mode indicators (see B at the right) will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

- B. Display mode indicators—These indicators show which display mode is currently shown (scan, speed, time, distance, resistance level, calories, watts, or heart rate). 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.
- C. Program profiles—These profiles show how the resistance of the elliptical crosstrainer will change during personal trainer programs.
- D. 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 (see A at the left).
- E. Display Mode button—This button is used to select the display modes. The modes will be selected in the following order: scan, speed, time, distance, resistance level, calories, watts, and heart rate (when the handgrip pulse sensor is used).
- F. + and – buttons—These buttons control the resistance of the elliptical crosstrainer.
- G. Program button—This button is used to select the manual mode and personal trainer programs.
- H. Warnings—Refer to page 2.

HOW TO USE THE MANUAL MODE

1 Turn on the console.

Note: The console requires four “D” batteries (not included). If you have not installed batteries, refer to step 4 on page 5 and install batteries.

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

2 Select the manual mode.

Each time the console is turned on, the manual mode will automatically be selected. If a personal trainer program has been selected, you can select the manual mode by pressing the Program button repeatedly until a “P 4” appears in the display and then pressing the Program button once more.

3 Begin exercising and adjust the resistance of the elliptical crosstrainer.

As you exercise, 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 display.

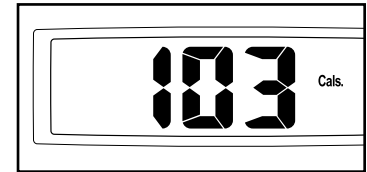
When the console is turned on, the scan mode will be selected. As you exercise, the display will



show your current speed, the elapsed time, the distance that you have pedaled, the current resistance level, the approximate number of calories you have burned, and your power output in watts. In addition, your heart rate will be shown when you use the handgrip pulse sensor (refer to step 5 at the right). The display will change from one mode to the next every six seconds. Note: Each time the resistance level changes, the console will show the resistance level for six seconds.

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

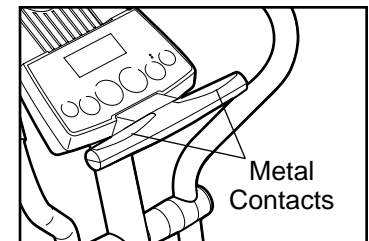
If desired, you can select a single mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Resist., Cals., or Watts indicator appears in the display. Make sure that the Scan indicator does not appear.



5 Measure your heart rate if desired.

Note: If there are thin 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 after a few minutes.

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.**

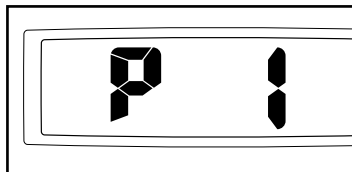
HOW TO USE A PERSONAL TRAINER PROGRAM

1 Turn on the console.

Refer to step 1 on page 10.

2 Select one of the four personal trainer programs.

Each time the console is turned on, the manual mode will be selected. To select a personal trainer program, press the Program button repeatedly until a "P 1," "P 2," "P 3," or "P 4" appears in the display.



The four profiles on the right side of the console show how the resistance of the elliptical crosstrainer will change during the personal trainer programs. For example, profile number 3 shows that the resistance will alternately increase and decrease throughout program 3.

3 Start the program.

To start the program, simply begin exercising. Each personal trainer program consists of thirty, one-minute periods. One resistance setting is programmed for each period. (The same resistance 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. If the current resistance level is too high or too low, you can change the resistance level by pressing the + and – buttons. 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.

During the program, the display will show the time remaining in the program. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the display.

Refer to step 4 on page 10.

5 Measure your heart rate if desired.

Refer to step 5 on page 10.

6 When you are finished exercising, the console will automatically turn off after a few minutes.

Refer to step 6 on page 10.

MAINTENANCE AND TROUBLESHOOTING

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

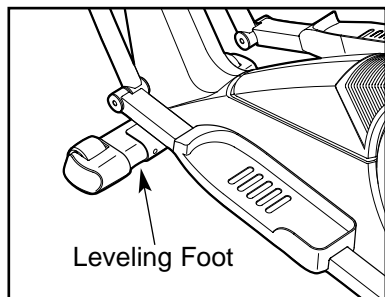
To clean the elliptical crosstrainer, use a damp cloth and a small amount of mild dish soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. Refer to assembly step 5 on page 6 for replacement instructions. The console requires four “D” batteries.

HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

After the elliptical crosstrainer has been moved to the location where it will be used, make sure that the ends of both stabilisers are touching the floor. If the elliptical crosstrainer rocks slightly during use, turn one or both of the leveling feet under the front stabiliser until the rocking motion is eliminated.

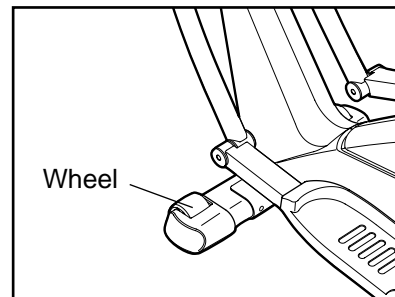


HANDGRIP PULSE SENSOR TROUBLE-SHOOTING

- 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; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

HOW TO MOVE THE ELLIPTICAL CROSSTRAINER

Stand in front of the elliptical crosstrainer, hold the handlebars firmly, and tip the elliptical crosstrainer until it can be moved on the front wheels. Carefully move the elliptical crosstrainer to the desired location and then lower it. **Due to the size and weight of the elliptical crosstrainer, use extreme caution whilst moving it.**



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.

PART LIST—Model No. PFEVEL29010

R0202A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	44	1	Flywheel Axle
2	1	Upright	45	6	M8.5mm Washer
3	1	Front Stabiliser	46	4	M8 Nylon Locknut
4	1	Rear Stabiliser	47	2	Crank Screw
5	1	Console	48	1	Idler Arm
6	1	Left Side Shield	49	1	“J” Bolt
7	1	Right Side Shield	50	1	M10 x 25mm Flat Screw
8	2	Cover Disc	51	2	Idler Bearing
9	1	Left Handlebar	52	1	Idler Wheel
10	1	Right Handlebar	53	3	M10 Small Washer
11	2	Foam Grip	54	1	“C” Magnet
12	1	Right Pedal	55	1	Motor
13	1	Left Pedal	56	1	Belt
14	1	Left Pedal Arm	57	4	M8 x 33mm Button Screw
15	4	Rear Pedal Arm Bushing	58	4	M8 x 22mm Button Screw
16	8	Front Pedal Arm Bushing	59	1	M6 x 38mm Stop Bolt
17	6	M4 x 19mm Flange Screw	60	3	M6 Nut
18	1	Right Pedal Arm	61	4	M5 Nylon Locknut
19	1	Frame Spacer	62	4	M5 x 12mm Bolt
20	1	Lower Wire Harness	63	1	M10 x 88mm Button Bolt
21	4	Snap Ring	64	2	M4 x 6mm Screw
22	2	M8 x 19mm Button Screw	65	8	M5 x 33mm Screw
23	2	Handlebar Cap	66	11	M4 x 16mm Screw
24	4	Handlebar Bushing	67	4	M4 x 25mm Screw
25	2	Handlebar Spacer	68	1	Right Front Endcap
26	2	Upright Spacer	69	1	Reed Switch Clamp
27	2	M10 x 92mm Button Bolt	70	4	M10 Split Washer
28	4	M4 x 12mm Tap Screw	71	3	M10 x 27mm Screw
29	8	M10 Nylon Locknut	72	2	Adjustment Foot
30	1	Upright Bushing	73	1	M5 x 16mm Screw
31	1	Left Front Endcap	74	1	“U” Bracket
32	2	Wheel	75	1	M6 Eyebolt
33	2	M6 x 72mm Wheel Bolt	76	1	Spring
34	4	M10 x 112mm Carriage Bolt	77	1	Reed Switch
35	2	Rear Stabiliser Endcap	78	1	Reed Switch Bracket
36	2	Crank Arm	79	2	M5 Nut
37	2	Pulley	80	1	Side Shield Cover
38	4	M10 Large Washer	81	1	Handgrip Pulse Sensor
39	1	Crank	82	1	Upper Wire Harness
40	2	Crank Bearing	#	1	Battery Cover
41	1	Flywheel	#	1	Allen Wrench
42	2	Flywheel Bearing	#	1	Grease
43	1	Magnet	#	1	User’s Manual

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

ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call 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: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVEL29010)
- the NAME of the product (PROFORM® 640 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 14 of this manual).

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