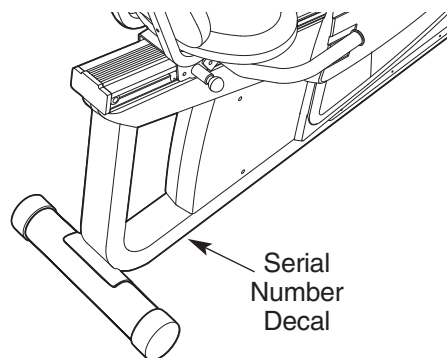


# PRO-FORM C55

Model No. PFEX35430

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



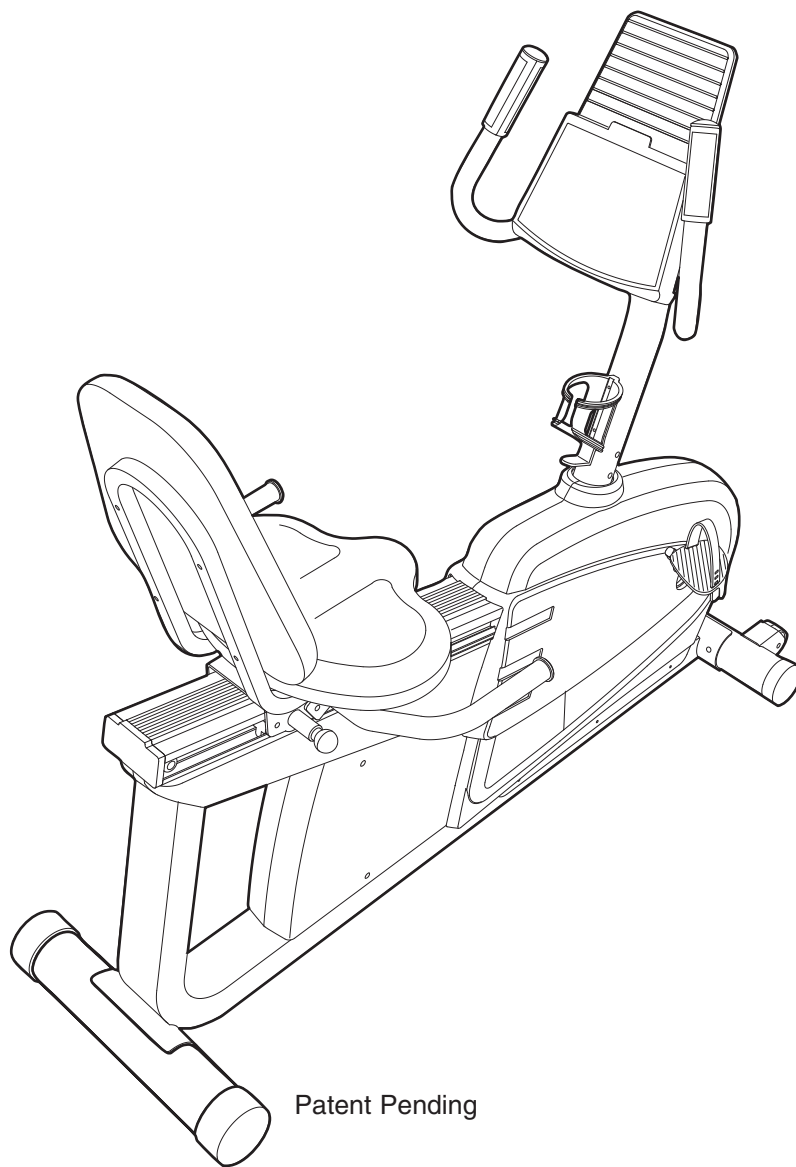
## USER'S MANUAL

### QUESTIONS?

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



### CAUTION

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



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

*new products, prizes,  
fitness tips, and much more!*

# **PRO-FORM**

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# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface and place a mat under the exercise cycle to protect the floor or carpet.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. The exercise cycle should not be used by persons weighing more than 250 pounds.
9. Wear appropriate clothes when using the exercise cycle; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes.
10. Always keep your back straight when using the exercise cycle; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, 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.
12. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
13. The exercise cycle does not have a free-wheel; the pedals will move until the flywheel stops.

**⚠ 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.

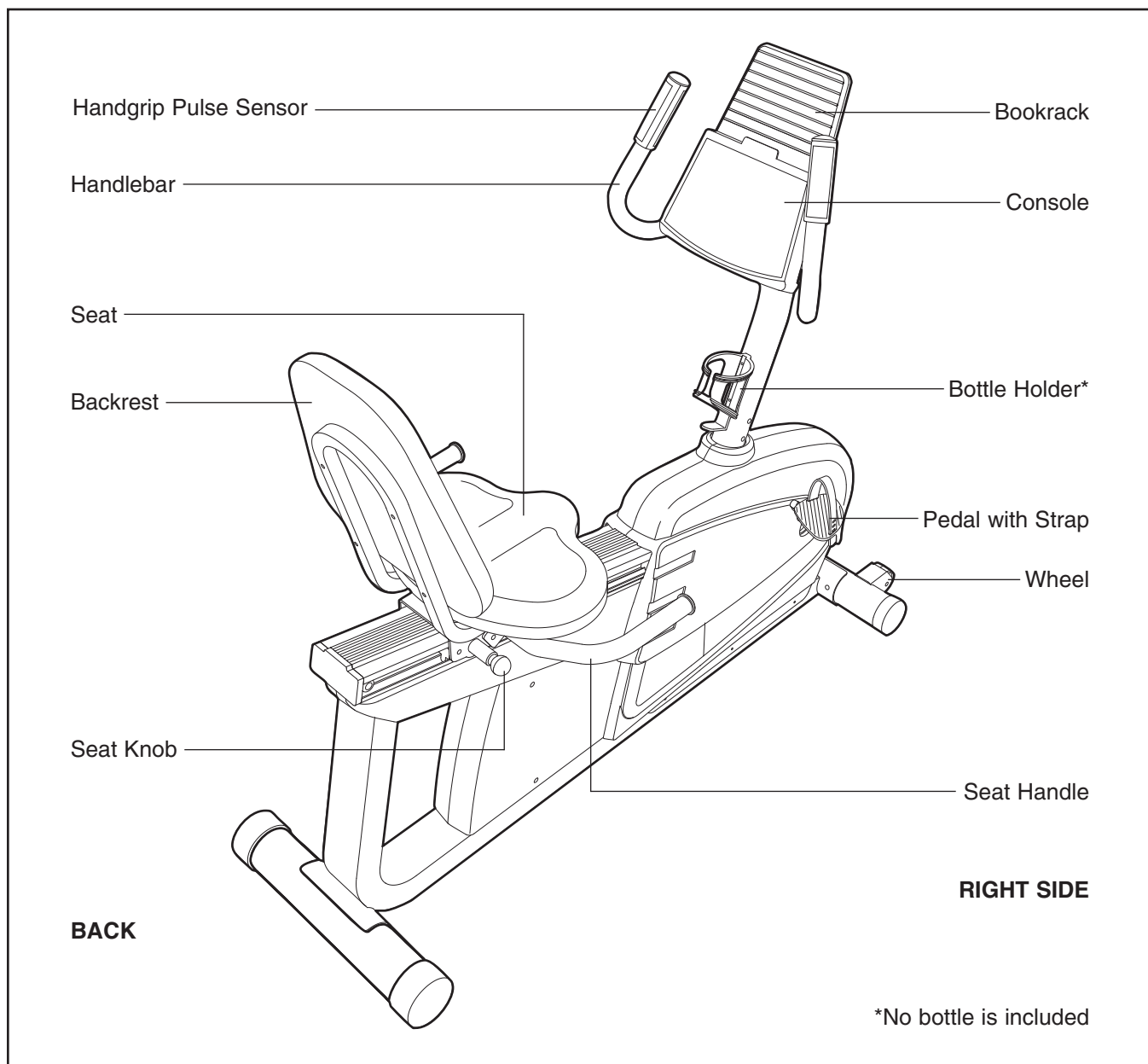
# BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® C55 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PROFORM C55 exercise cycle offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** If you have questions after reading this manual, please 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 mention the product model number and serial number when calling. The model number is PFEX35430. The serial number can be found on a decal attached to the exercise cycle (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.

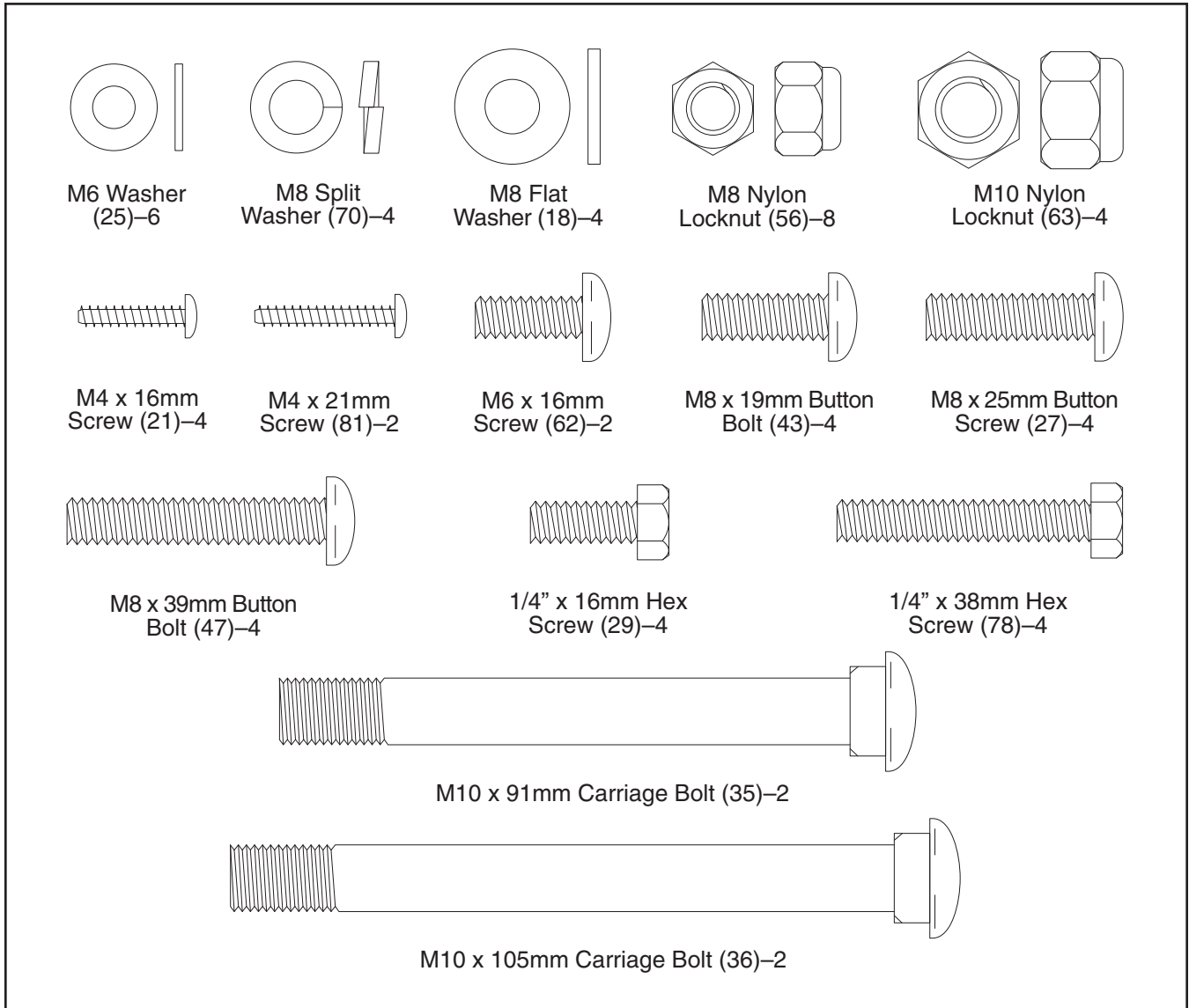


# ASSEMBLY

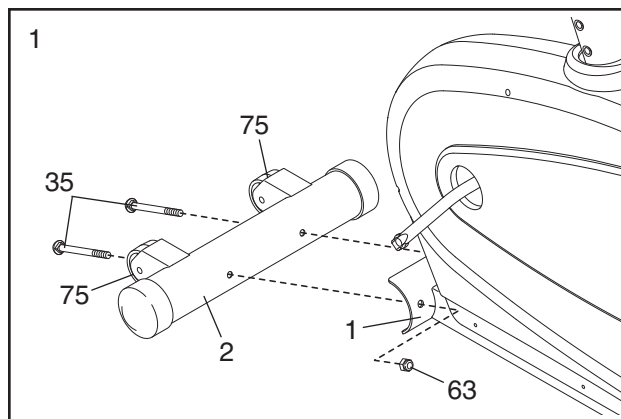
Place all parts of the exercise cycle in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

Assembly requires the included tools and your own adjustable wrench .

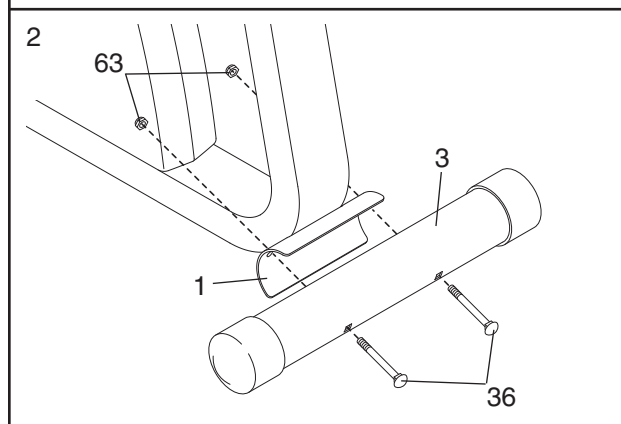
Refer to the drawings below to identify the small parts needed for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 22. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled.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



1. Identify the Front Stabilizer (2). Attach the Front Stabilizer to the front of the Frame (1) with two M10 x 91mm Carriage Bolts (35) and two M10 Nylon Locknuts (63). **Make sure that the Front Stabilizer is oriented so the Wheels (75) are not touching the floor.**

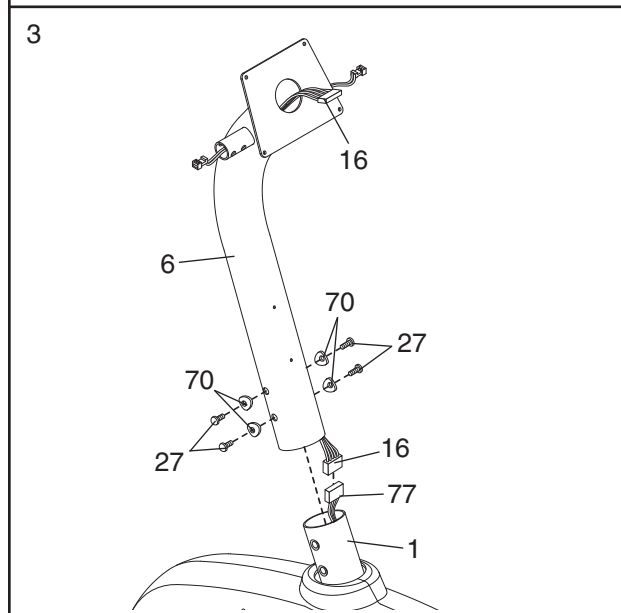


2. Attach the Rear Stabilizer (3) to the rear of the Frame (1) with two M10 x 105mm Carriage Bolts (36) and two M10 Nylon Locknuts (63).



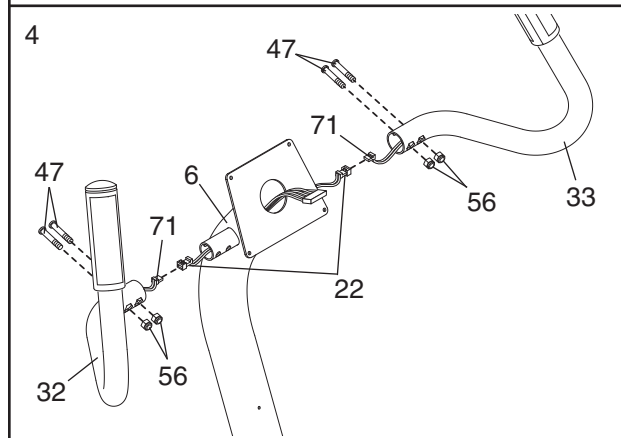
3. While a second person holds the Handlebar Post (6) near the Frame (1), connect the Upper Wire Harness (16) to the Lower Wire Harness (77).

Carefully slide the Handlebar Post (6) onto the Frame (1); **be careful to avoid pinching the Wire Harnesses (16, 77)**. Attach the Handlebar Post with four M8 x 25mm Button Screws (27) and four M8 Split Washers (70).



4. Hold the Left Handlebar (32) on the left side of the Handlebar Post (6). Connect the left Pulse Sensor Wire (71) to the Pulse Wire Harness (22). Next, slide the Left Handlebar onto the small tube on the left side of the Handlebar Post. Attach the Left Handlebar with two M8 x 39mm Button Bolts (47) and two M8 Nylon Locknuts (56); **be careful not to damage the Pulse Sensor Wire or the Pulse Wire Harness as you insert the Button Bolts. Make sure that the Nylon Locknuts are resting in the hexagonal holes in the Left Handlebar.**

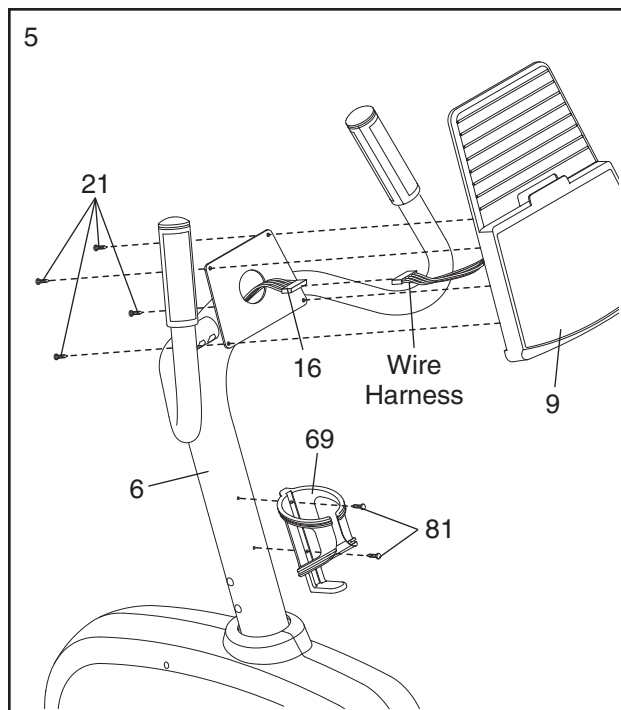
Attach the Right Handlebar (33) in the same way.



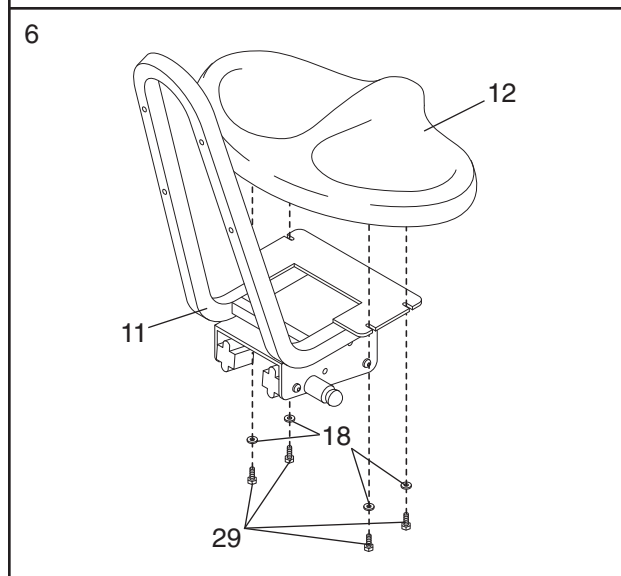
5. Hold the Console (9) near the Handlebar Post (6). Connect the wire harness on the Console (9) to the Upper Wire Harness (16). Then, insert the wire harnesses into the Handlebar Post.

Attach the Console (9) to the Handlebar Post (6) with four M4 x 16mm Screws (21). **Be careful to avoid pinching the wire harnesses.**

Attach the Bottle Holder (69) to the Handlebar Post (6) with two M4 x 21mm Screws (81). Note: The bottle holder is designed to be used with your own bottle.

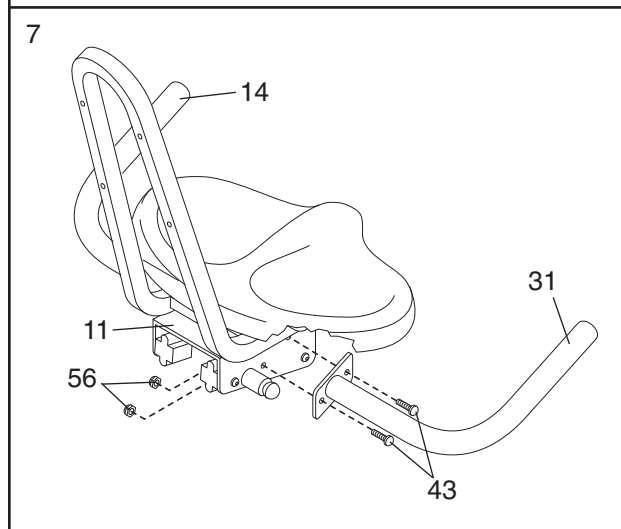


6. Attach the Seat (12) to the Seat Carriage (11) with four 1/4" x 16mm Hex Screws (29) and four M8 Flat Washers (18).

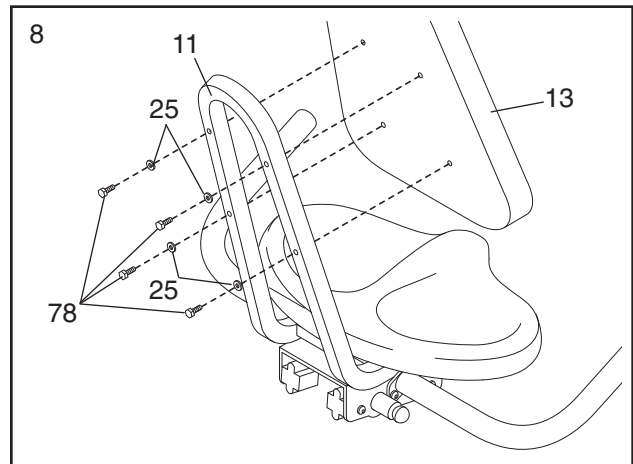


7. Attach the Right Seat Handle (31) to the Seat Carriage (11) with two M8 x 19mm Button Bolts (43) and two M8 Nylon Locknuts (56).

Attach the Left Seat Handle (14) to the Seat Carriage (11) in the same way.

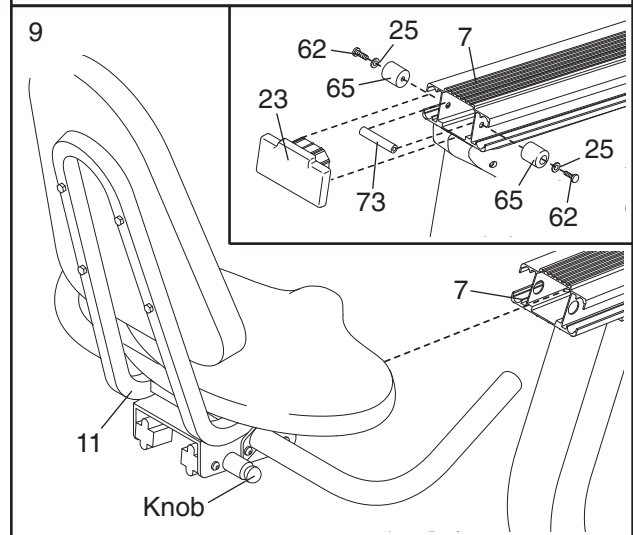


8. Attach the Backrest (13) to the Seat Carriage (11) with four 1/4" x 38mm Hex Screws (78) and four M6 Washers (25).



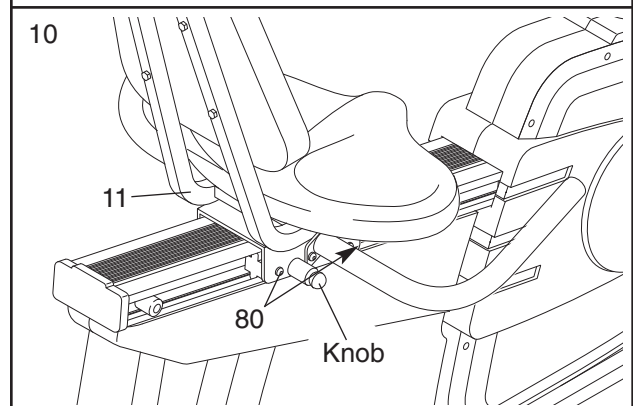
9. Pull the seat knob and slide the Seat Carriage (11) onto the Seat Rail (7).

See the inset drawing. Hold the Bumper Axle (73) inside of the Seat Rail (7). Attach the two Bumpers (65) to the ends of the Bumper Axle with two M6 x 16mm Screws (62) and two M6 Washers (25) as shown. Press the Seat Rail Endcap (23) into the end of the Seat Rail.



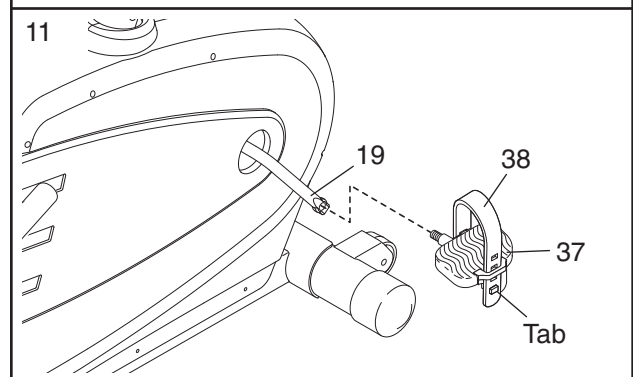
10. Firmly tighten the four M8 x 31mm Button Bolts (80) in the Seat Carriage (11). Note: There are two Button Bolts in each side.

Pull the seat knob and slide the Seat Carriage (11) to the desired position. Release the seat knob, and **slide the Seat Carriage back and forth slightly until it locks into position. Make sure to regularly tighten the four M8 x 31mm Button Bolts (80).**



11. Identify the Right Pedal (37), which is marked with an "R." Using an adjustable wrench, **firmly tighten** the Right Pedal *clockwise* into the right arm of the Crank (19). Tighten the Left Pedal (not shown) *counterclockwise* into the left arm of the Crank (not shown). **After using the exercise cycle for one week, retighten the Pedals.**

Attach the Right Pedal Strap (38) to the Right Pedal (37). Press the end of the Right Pedal Strap onto the tab on the Right Pedal. Attach the Left Pedal Strap (not shown) in the same way.



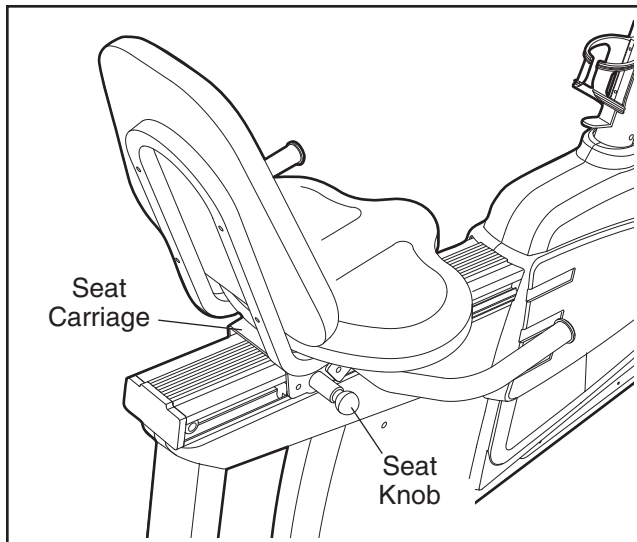
12. **Make sure that all parts are properly tightened before you use the exercise cycle. Place a mat beneath the exercise cycle to protect the floor.**



# HOW TO USE THE EXERCISE CYCLE

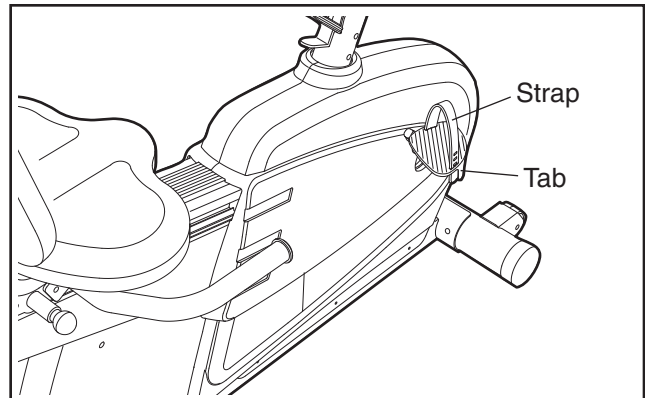
## HOW TO ADJUST THE POSITION OF THE SEAT

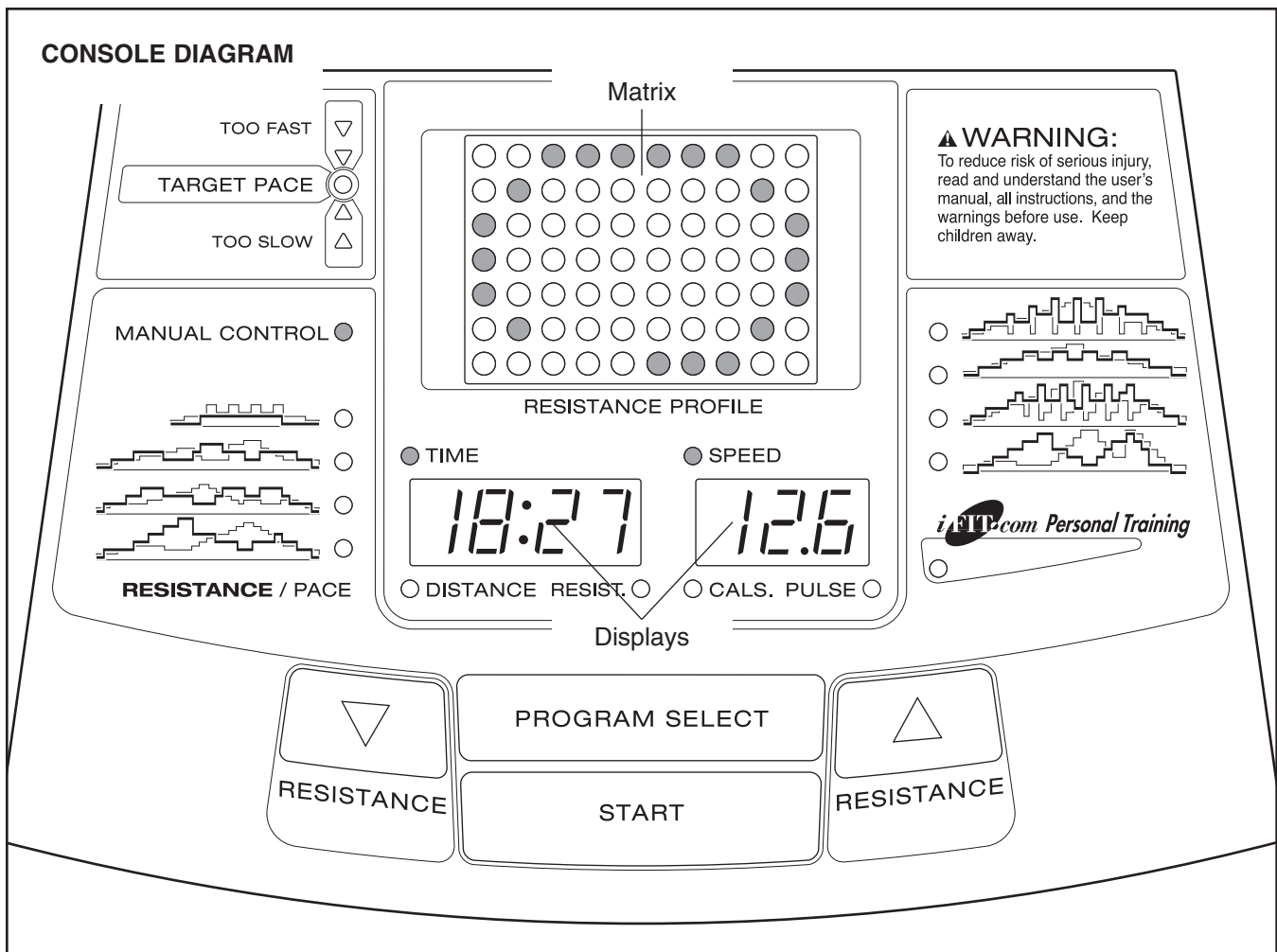
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest position. To adjust the seat, pull the seat knob and slide the seat carriage to the desired position. Release the seat knob and **slide the seat carriage back and forth slightly until it locks into position.**



## HOW TO ADJUST THE PEDAL STRAPS

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





## 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 exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

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

In addition, the console features new iFIT.com interactive technology. Having iFIT.com interactive technology is like having a personal trainer in your home. Using a

stereo audio cable (available at electronics stores), you can connect the exercise cycle 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, call toll-free 1-800-735-0768.**

With the exercise cycle 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.**

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

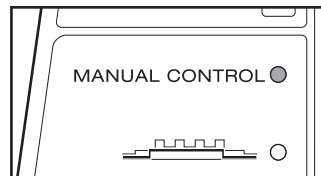
## HOW TO USE THE MANUAL MODE

### 1 Begin pedaling to activate the console.

The exercise cycle requires no batteries or external power source. Power is supplied by a generator as you pedal. To activate the console, begin pedaling at a speed of about 3 miles per hour or faster. After a few seconds, the console displays will light, a tone will sound, and the console will be ready for use.

### 2 Select the manual mode.

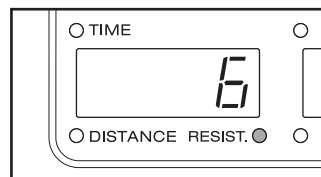
When the power is turned on, the manual mode will be selected and the Manual Control indicator will light. If you have selected a program or the iFIT.com mode, press the Program Select button repeatedly until the Manual Control indicator again lights.



### 3 Begin pedaling and change the resistance of the pedals as desired.

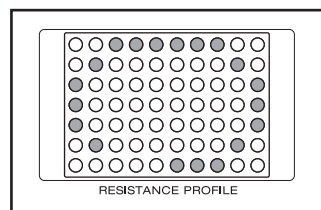
As you pedal, change the resistance of the pedals by pressing the Resistance decrease and increase buttons.

There are ten resistance levels. Note: After the buttons are pressed, it will take a few seconds for the pedals to reach the selected resistance level.



### 4 Monitor your progress with the matrix and the two displays.

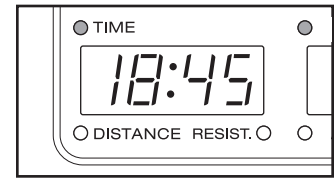
**The matrix**—When the manual mode or the iFIT.com mode is selected, a 1/4-mile track will appear in the matrix. As you pedal, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



#### The left display—

This display will show the elapsed time, the distance you have pedaled, and the resistance level of the pedals.

The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When a program is selected, the display will show the time *remaining* in the program instead of the elapsed time. Each time the resistance of the pedals changes, the display will show the resistance level.

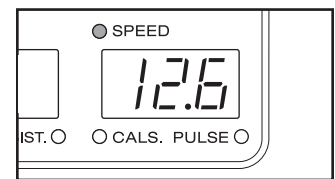


If you stop pedaling for a few seconds, a tone will sound, the console will pause, and the left display will begin to flash.

#### The right

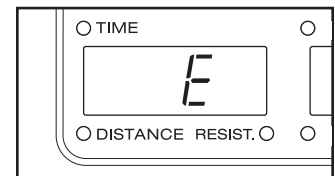
**display**—This display will show your pedaling speed and the approximate number of calories you have burned.

The display will change from one number to the other every few seconds, as shown by the indicators around the display. This display will also show your heart rate when you use the handgrip pulse sensor.



Note: The console can display speed and distance in miles or kilometers. To find which unit of measurement is selected, you must

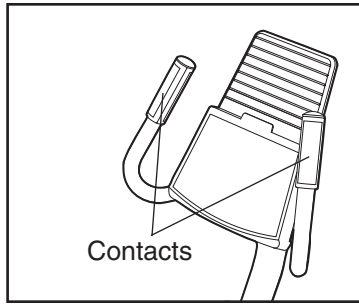
select the user mode. Hold down the Program Select button for about three seconds to select the user mode. The letter "E" (for English) or the letter "M" (for metric) will appear in the left display. To change the unit of measurement, press the Resistance increase button.



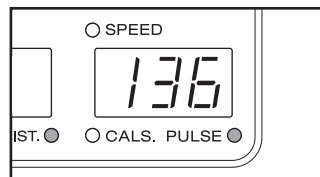
While the user mode is selected, press the Start button. The left display will then show the total number of hours that the exercise cycle has been used. Press the Start button again. The display will then show the total number of miles pedaled on the exercise cycle. To exit the user mode, press the Program Select button again.

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

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To measure your heart rate, hold the contacts; your palms must be resting on the contacts closest to you, and your fingers must be touching the other contacts. **Avoid moving your hands.**



When your pulse is detected, the Pulse indicator below the right display will light, one or two dashes



(-- ) will appear in the display, and then your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. Note: If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly.

When you hold the pulse sensor, the right display will show your heart rate for about 15 seconds. If you continue to hold the pulse sensor, the display will show your heart rate along with the other modes.

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

If the pedals are not moved for about one minute, the console displays will darken. If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.

## HOW TO USE A WORKOUT PROGRAM

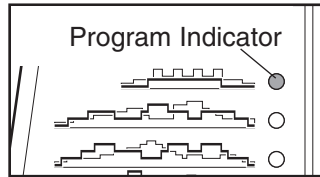
### 1 Begin pedaling to activate the console.

See step 1 on page 11.

### 2 Select one of the workout programs.

When the power is turned on, the manual mode will be selected. To select a workout program, press the Program

Select button repeatedly until one of the eight program indicators lights.

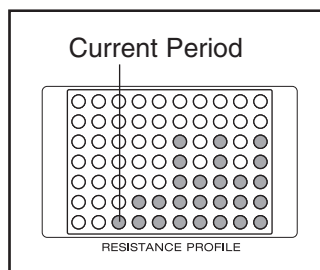


When a workout program is selected, the matrix will show the first resistance settings of the program. The left display will show how long the program will last. Note: The eight profiles printed on the left and right sides of the console show how the resistance of the pedals and the target pace will change during the workout programs. The upper right profile, for example, shows that both the resistance and the target pace will alternately increase and decrease during that program.

### 3 Press the Start button or begin pedaling to start the program.

Each program is divided into several time periods of different lengths. One resistance setting and one target pace setting are programmed for each period. (The same resistance setting and/or target pace setting may be programmed for two or more consecutive periods.)

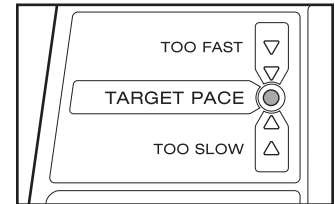
The resistance setting for the first period will be shown in the flashing Current Period column of the matrix. The resistance settings of the next several periods will be shown in the columns to the right.



When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash, a series of tones will sound, and all resistance settings will

move one column to the left. The resistance setting for the second period will then be shown in the flashing Current Period column, and the resistance of the pedals will automatically change to the resistance setting for the second period. Note: If all of the indicators in the Current Period column are lit after the resistance settings have moved to the left, *the resistance settings will move downward so that only the highest indicators appear in the matrix.*

During the program, the Target Pace display will help you to keep your pedaling pace near the target pace for the current period. When



your pedaling pace is near the target pace, the round indicator in the center of the display will light. If one of the upper two arrows in the display lights, decrease your pedaling pace; if one of the lower two arrows lights, increase your pace.

**Important: The target pace settings are intended only to provide motivation. Your pace may be slower than the target pace settings. Make sure to pedal at a pace that is comfortable for you.**

If you stop pedaling for a few seconds, a tone will sound and the program will pause. To restart the program, resume pedaling. The program will continue until the resistance setting for the last period is shown in the Current Period column of the matrix and the last period is completed.

Note: During the program, you can manually change the resistance, if desired, by pressing the Resistance buttons. However, when the next period begins, the resistance will automatically change if a different resistance setting is programmed for the next period.

### 4 Monitor your progress with the two displays.

See step 4 on page 11.

### 5 Measure your heart rate if desired.

See step 5 on page 12.

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

See step 6 on page 12.

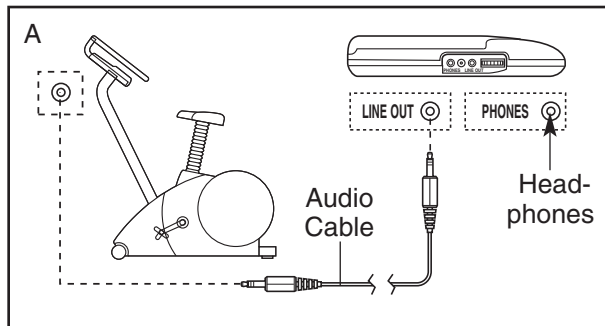
## HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14 and 15 for connecting instructions. To use **iFIT.com videocassettes**, the exercise cycle must be connected to your VCR. See page 16 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the exercise cycle must be connected to your home computer. See page 15 for connecting instructions.

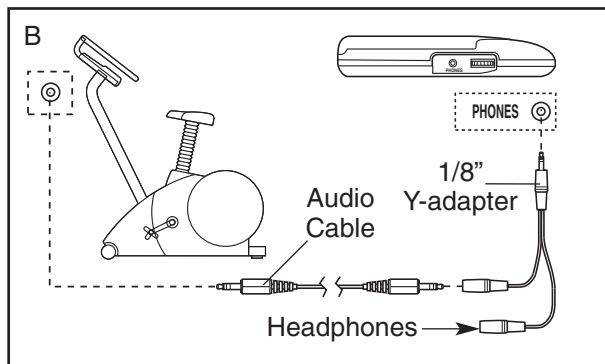
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**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 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 CD player. Plug your headphones into the **PHONES** jack.



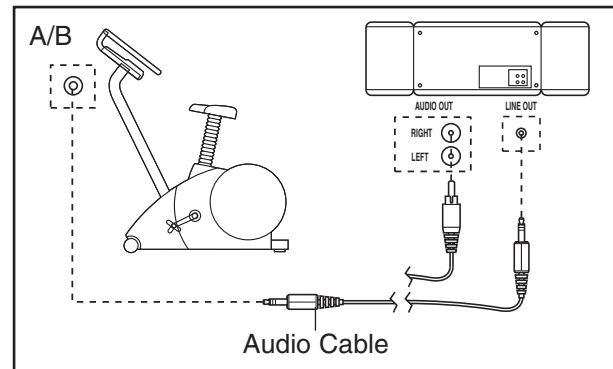
- B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into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



## HOW TO CONNECT YOUR PORTABLE STEREO

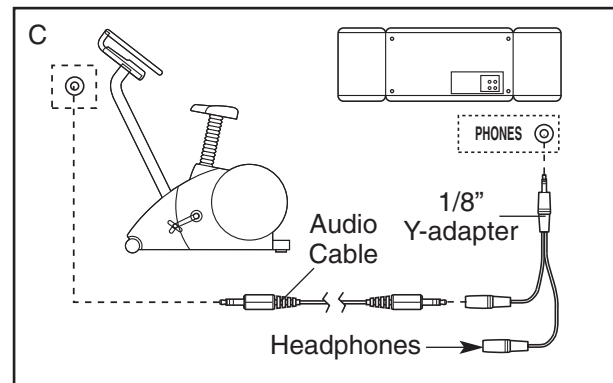
**Note:** If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **1/8" LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

- 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 stereo.



- B. Refer to the drawing above. 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 stereo.

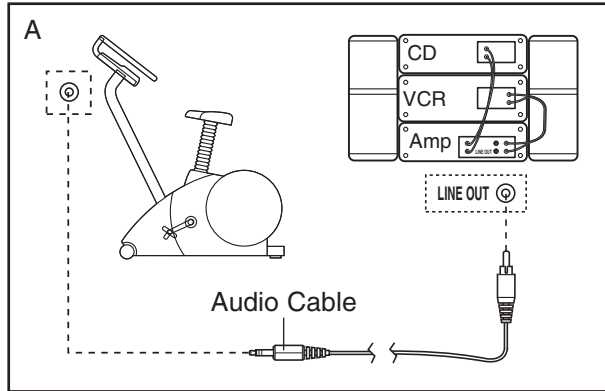
- C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the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



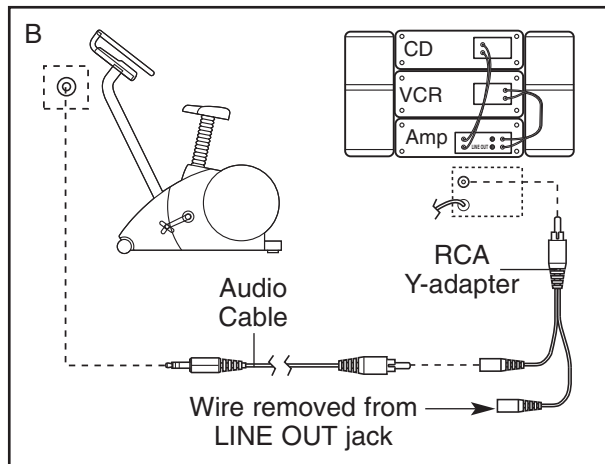
## HOW TO CONNECT YOUR HOME STEREO

**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 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 **LINE OUT** jack on your stereo.



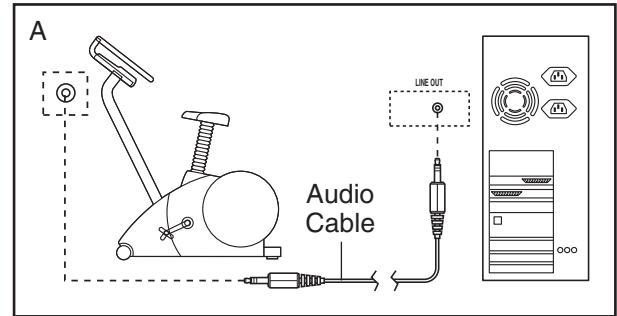
- B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo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



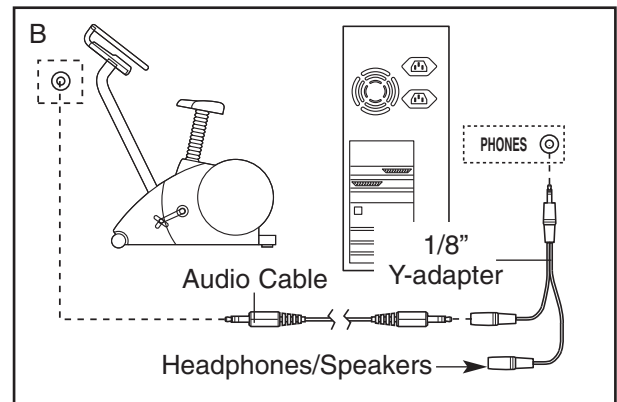
## HOW TO CONNECT YOUR COMPUTER

**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.



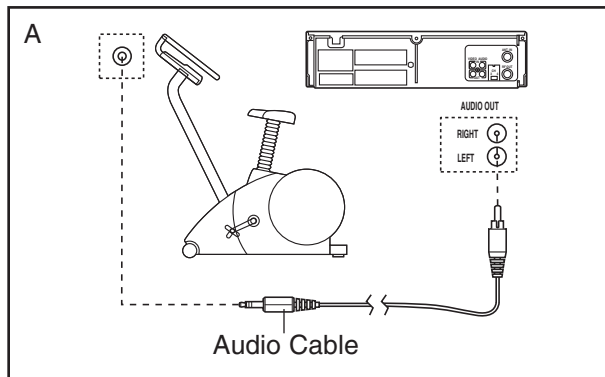
- B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your computer. Plug your headphones or speakers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



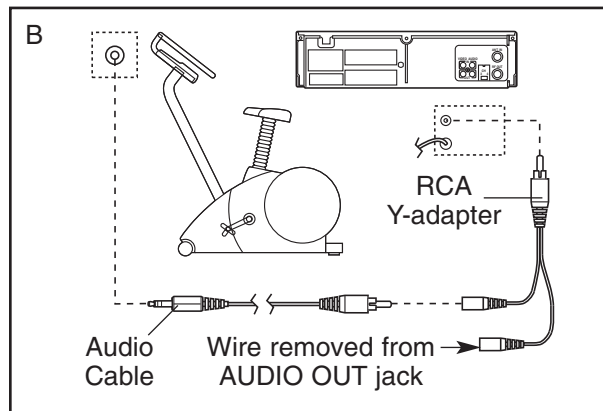
## HOW TO CONNECT YOUR VCR

**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 15.**

- 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 USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the exercise cycle 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 14. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-800-735-0768.**

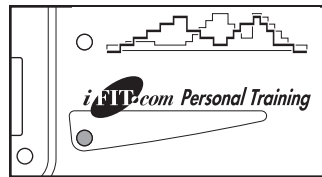
Follow the steps below to use an iFIT.com CD or video program.

### 1 Begin pedaling to activate the console.

See step 1 on page 11.

### 2 Select the iFIT.com mode.

When the power is turned on, the manual mode will be selected. To select the iFIT.com mode, press the Program Select button repeatedly until the iFIT.com indicator lights.



### 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 workout program (see step 3 on page 13). However, an electronic "chirping" sound will alert you when the resistance setting and/or the target pace setting is about to change.

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

- Make sure that the iFIT.com indicator 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 Monitor your progress with the two displays.

See step 4 on page 11.

### 6 Measure your heart rate if desired.

See step 5 on page 12.

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

See step 6 on page 12.

## 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 exercise cycle must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 15. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

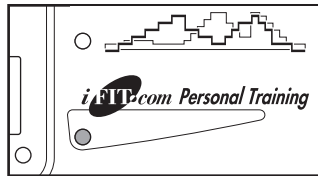
Follow the steps below to use a program from our Web site.

### **1** Begin pedaling to activate the console.

See step 1 on page 11.

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

When the power is turned on, the manual mode will be selected. To select the iFIT.com mode, press the Program Select button repeatedly until the iFIT.com indicator lights.



### **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.

Read and follow the on-line instructions for using 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 exercise cycle and begin pedaling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a workout program (see step 3 on page 13). However, an electronic “chirping” sound will alert you when the resistance setting and/or the target pace setting is about to change.

### **8** Monitor your progress with the two displays.

See step 4 on page 11.

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

See step 5 on page 12.

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

See step 6 on page 12.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

## TIGHTENING THE PEDALS

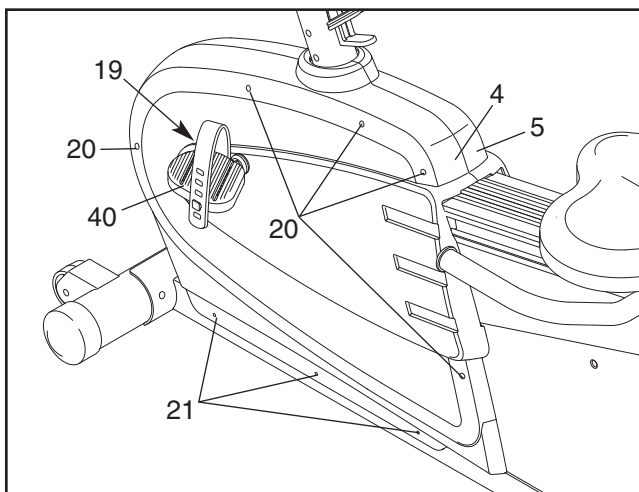
For best performance, regularly tighten both pedals.

## CONSOLE TROUBLESHOOTING

If the console displays flicker or darken, increase your pedaling pace. If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 12.

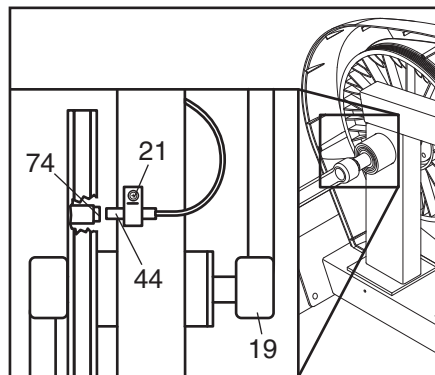
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, remove the indicated M4 x 48mm Screws (20) and M4 x 16mm Screws (21) from the Left Side Shield (4). Using an adjustable wrench, turn the Left Pedal (40) clockwise and remove it. Turn the left arm of the Crank (19) so that it is pointing toward the front of the exercise cycle, and then slide off the Left Side Shield.



Locate the Reed Switch (44). Turn the left arm of the Crank (19) until the Magnet (74) is aligned with the Reed Switch.

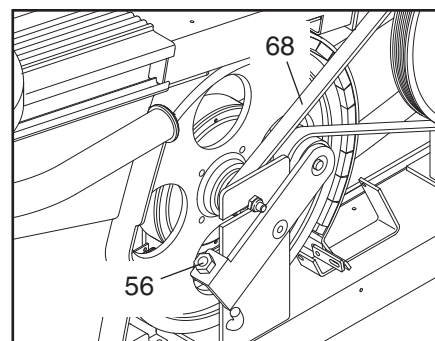
Loosen, but do not remove, the indicated M4 x 16mm Screw (21). Slide the Reed Switch slightly closer to or away from the Magnet. Then, retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.



## HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is at the highest level, the Drive Belt (68) may need to be adjusted. Refer to HOW TO ADJUST THE REED SWITCH at the left. To adjust the Drive Belt, the Right Side Shield (5) must first be removed. Remove the indicated M4 x 48mm Screws (20) from the Left Side Shield (4) and the M4 x 16mm Screws (not shown) from the Right Side Shield. Using an adjustable wrench, turn the Right Pedal (not shown) counterclockwise and remove it. Next, turn the right arm of the Crank (not shown) so that it is pointing toward the front of the exercise cycle, and then slide off the Right Side Shield.

Next, turn the indicated M8 Nylon Locknut (56) until the Drive Belt (68) is properly tightened. Then, reattach the right side shield and the right pedal.



# CONDITIONING GUIDELINES




## WARNING:

- Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals 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	
<hr/>							
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near 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 lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the 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 or 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.

### WORKOUT GUIDELINES

Each workout should include the following three parts:

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

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

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

### EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

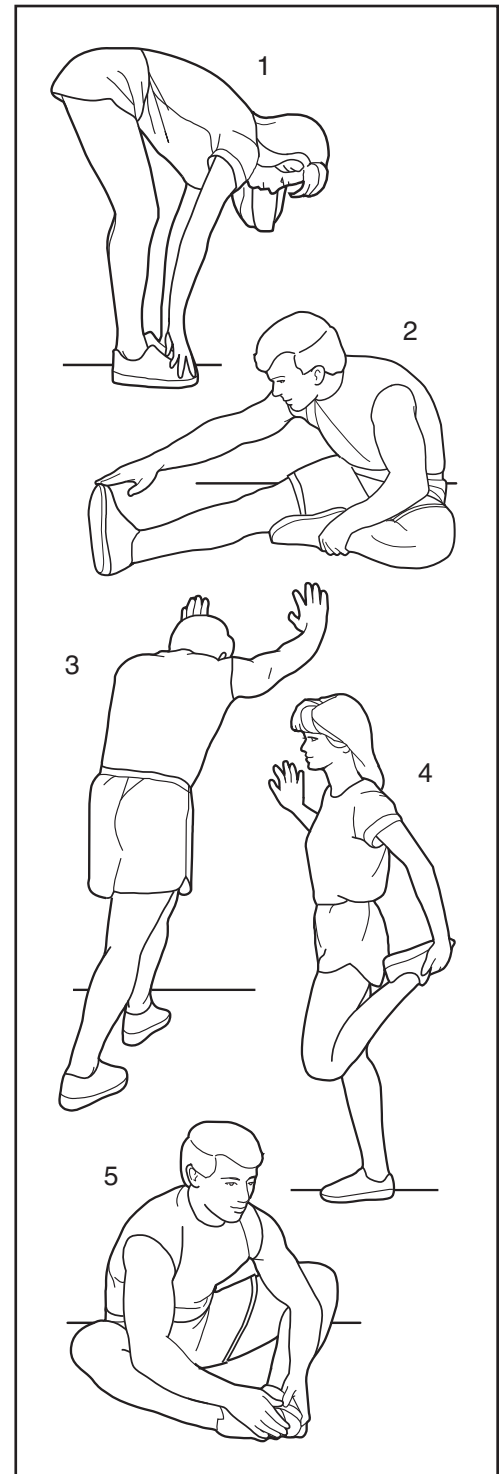
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 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.



# PART LIST—Model No. PFEX35430

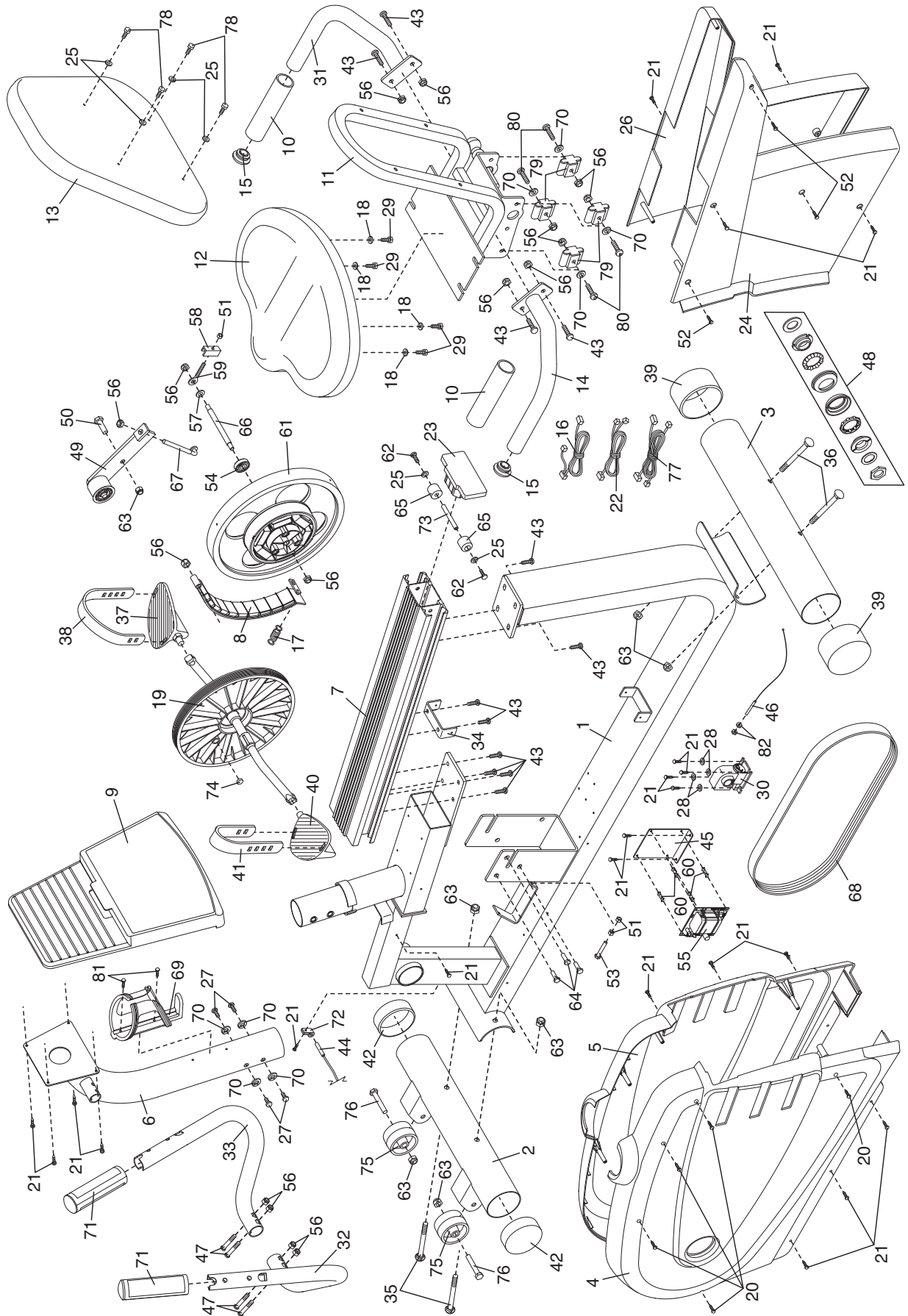
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Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	2	M10 x 105mm Carriage Bolt	71	2	Handgrip Pulse Sensor/Wire
2	1	Front Stabilizer	37	1	Right Pedal	72	1	Clamp
3	1	Rear Stabilizer	38	1	Right Pedal Strap	73	1	Bumper Axle
4	1	Left Side Shield	39	2	Rear Stabilizer Endcap	74	1	Magnet
5	1	Right Side Shield	40	1	Left Pedal	75	2	Wheel
6	1	Handlebar Post	41	1	Left Pedal Strap	76	2	M10 x 60mm Button Bolt
7	1	Seat Rail	42	2	Front Stabilizer Endcap	77	1	Lower Wire Harness
8	1	"C" Magnet	43	12	M8 x 19mm Button Bolt	78	4	1/4" x 38mm Hex Screw
9	1	Console	44	1	Reed Switch/Wire	79	4	Seat Carriage Bushing
10	2	Handle Foam	45	1	Control Board Bracket	80	4	M8 x 31mm Button Bolt
11	1	Seat Carriage	46	1	Resistance Cable	81	2	M4 x 21mm Screw
12	1	Seat	47	4	M8 x 39mm Button Bolt	82	2	M5 Nut
13	1	Backrest	48	1	Crank Bearing Assembly	#	1	Allen Wrench
14	1	Left Seat Handle	49	1	Idler Arm	#	1	User's Manual
15	2	Handle Endcap	50	1	M10 x 25mm Flat Head Bolt			
16	1	Upper Wire Harness	51	3	M6 Nut			
17	1	Spring	52	3	M4 x 64mm Button Screw			
18	4	M8 Flat Washer	53	1	M6 x 25mm Bolt			
19	1	Pulley/Crank	54	1	Flywheel Bearing			
20	5	M4 x 48mm Screw	55	1	Control Board			
21	22	M4 x 16mm Screw	56	16	M8 Nylon Locknut			
22	1	Pulse Wire Harness	57	1	M8.5 Washer			
23	1	Seat Rail Endcap	58	1	Adjustment Bracket			
24	1	Left Rear Side Shield	59	1	Eyebolt			
25	6	M6 Washer	60	4	Nylon Standoff			
26	1	Right Rear Side Shield	61	1	Flywheel/Generator			
27	4	M8 x 25mm Button Screw	62	2	M6 x 16mm Screw			
28	4	M4 Washer	63	7	M10 Nylon Locknut			
29	4	1/4" x 16mm Hex Screw	64	3	5/16" x 14mm Screw			
30	1	Resistance Motor	65	2	Bumper			
31	1	Right Seat Handle	66	1	Flywheel Axle			
32	1	Left Handlebar	67	1	"J" Bolt			
33	1	Right Handlebar	68	1	Drive Belt			
34	1	Side Shield Bracket	69	1	Bottle Holder			
35	2	M10 x 91mm Carriage Bolt	70	8	M8 Split Washer			

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

# EXPLODED DRAWING—Model No. PFEX35430

R0703A



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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, 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:

- The MODEL NUMBER of the product (PFEX35430)
- The NAME of the product (PROFORM® C55 exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 22)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**



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