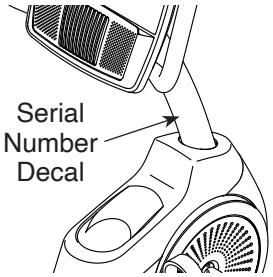
PRO-FORM® 325 CSX

Model No. PFEX43925-INT.3
Serial No. _____

Write the serial number in the space above for reference.



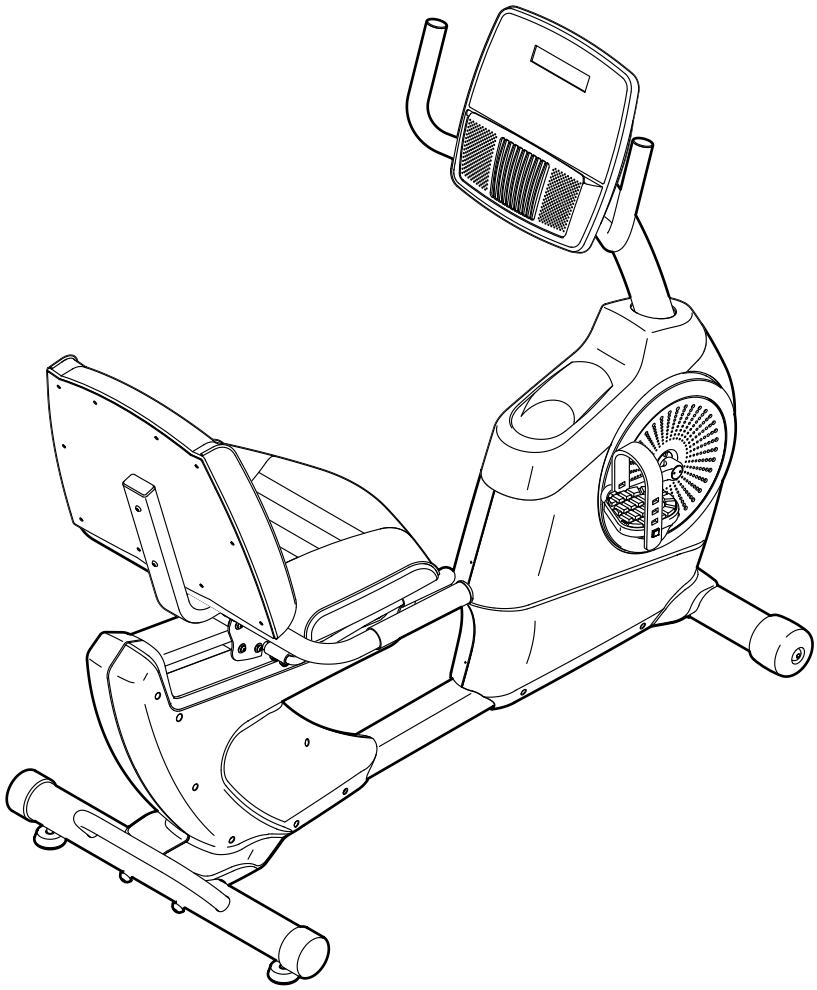
UNITED KINGDOM
Website: iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
Unit 4, Westgate Court
Silkwood Park
OSSETT
WF5 9TT
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
E-mail: australiacc@iconfitness.com
Write:
iFIT Inc.
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

⚠CAUTION

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

USER'S MANUAL



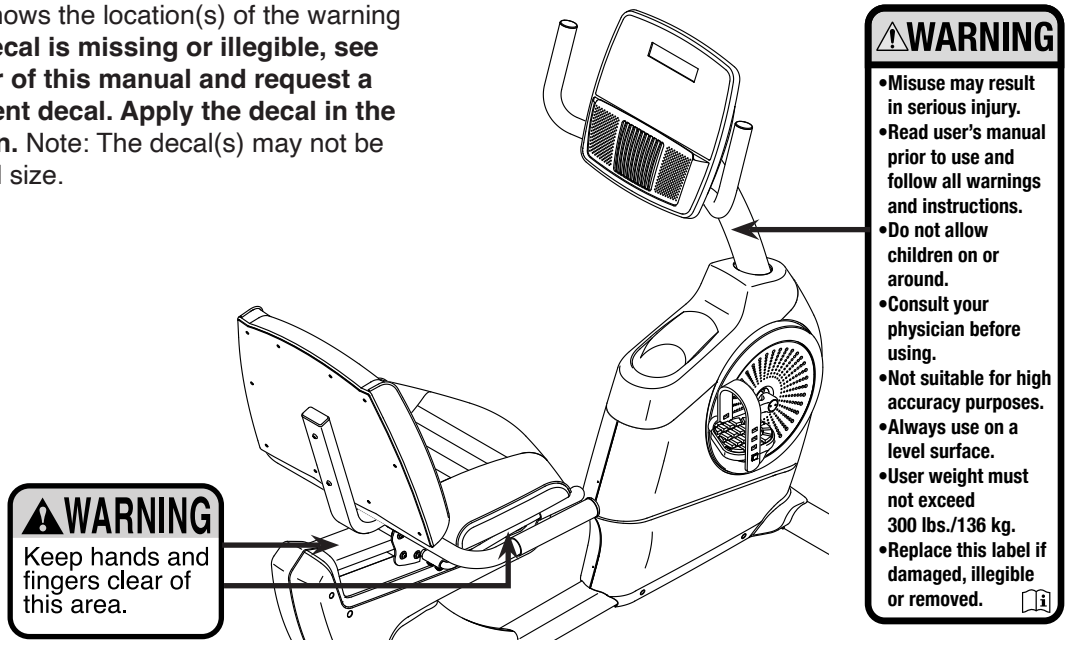
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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

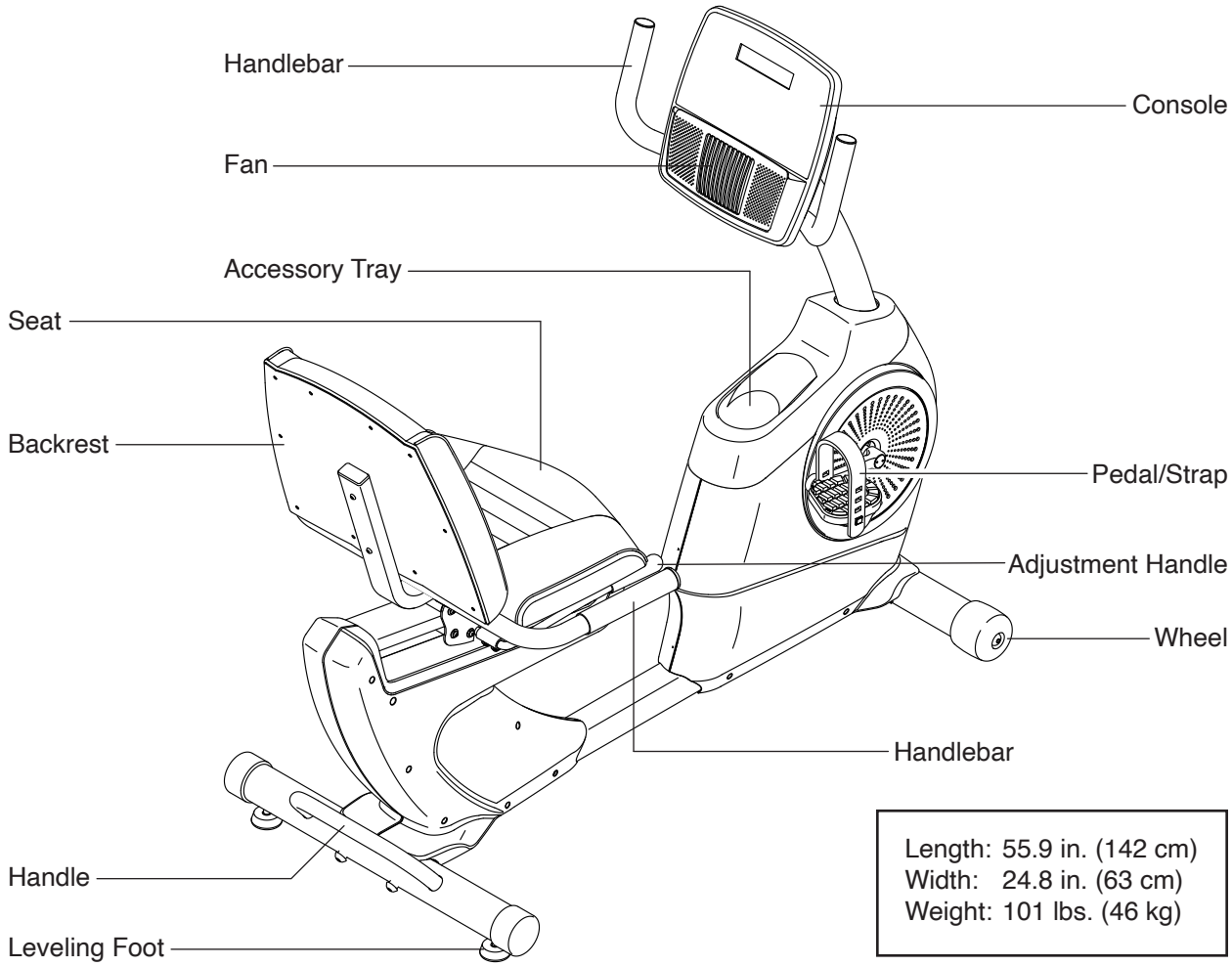
1. **It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.**
2. **Keep children under age 16 and pets away from the exercise bike at all times.**
3. **Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.**
4. **Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the exercise bike only as authorized by your health care provider.**
5. **The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.**
6. **Use the exercise bike only as described in this manual.**
7. **The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.**
8. **Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.**
9. **Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.**
10. **Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.**
11. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.**
12. **The exercise bike should not be used by persons weighing more than 300 lbs. (136 kg).**
13. **Be careful when mounting and dismounting the exercise bike.**
14. **Always keep your back straight while using the exercise bike; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 325 CSX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 325 CSX exercise bike provides a selection of features designed to make your workouts at home more effective and enjoyable.

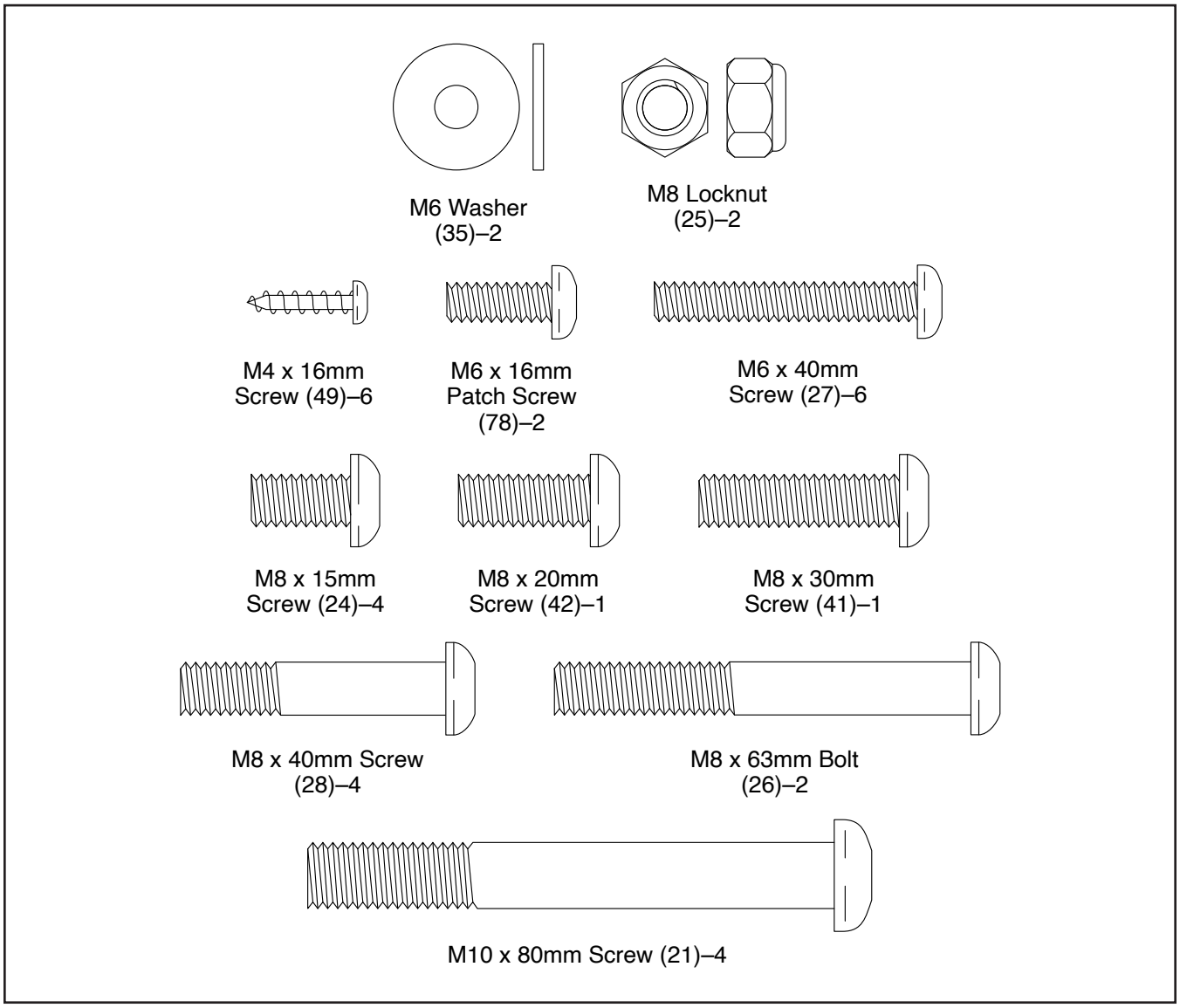
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

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



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.
- Assembly can be completed using the included tools. To avoid damaging parts, do not use power tools. Note: **Keep the included tools.** One or more of the included tools may be needed to make adjustments in the future.

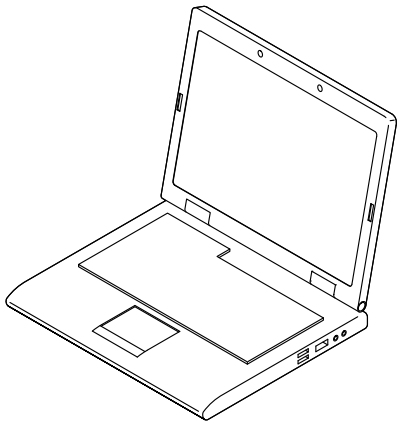
1. **To register your product and activate your warranty in the UK,** go to iconsupport.eu. If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

   To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.
   - your receipt (make sure to keep a copy)
   - your name, address, and telephone number
   - the model number, serial number, and name of your product (see the front cover of this manual)

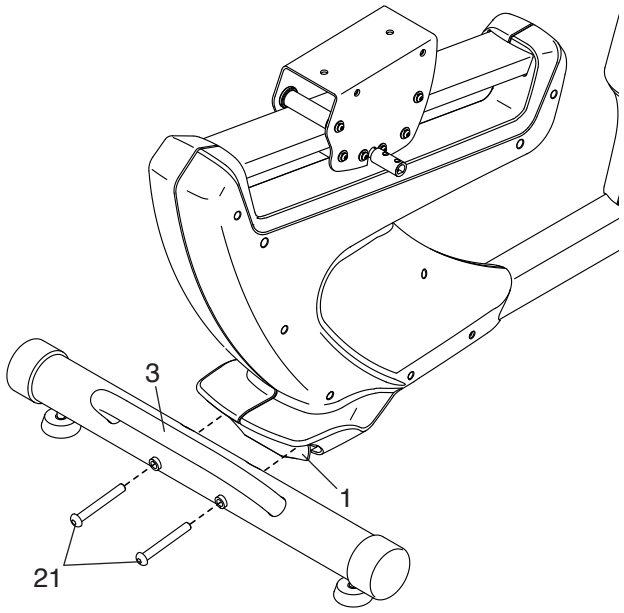
2. Orient the Rear Stabilizer (3) as shown.

   While a second person lifts the rear of the Frame (1) slightly, attach the Rear Stabilizer (3) to the Frame with two M10 x 80mm Screws (21).

1

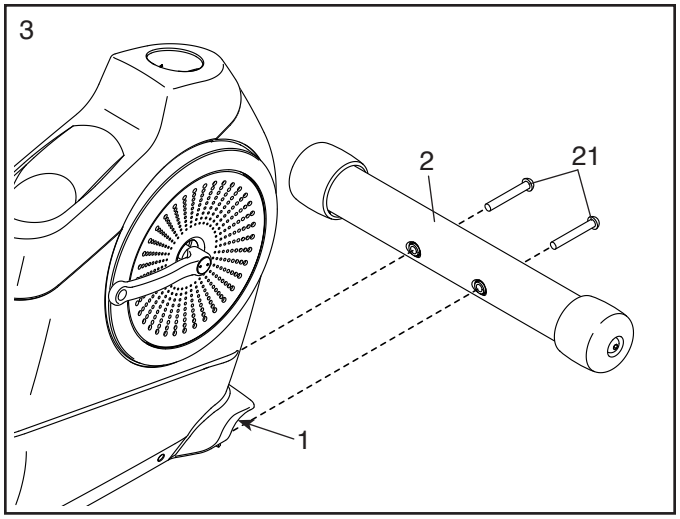


2



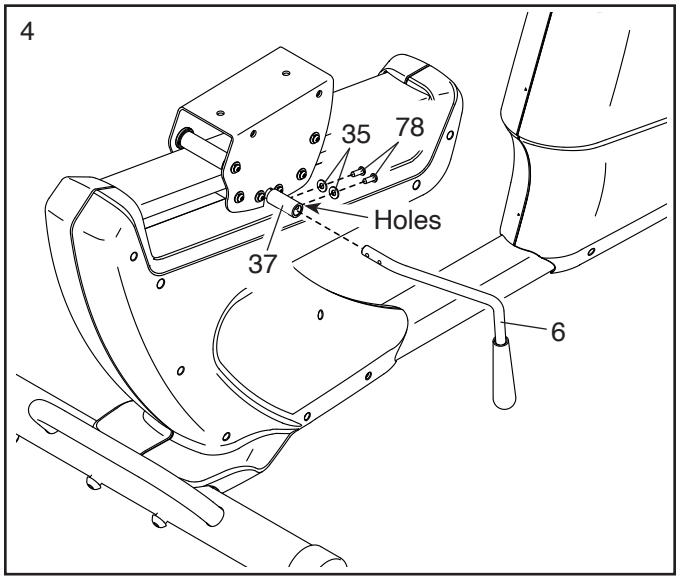
3. Orient the Front Stabilizer (2) as indicated by the sticker.

   While a second person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 80mm Screws (21).



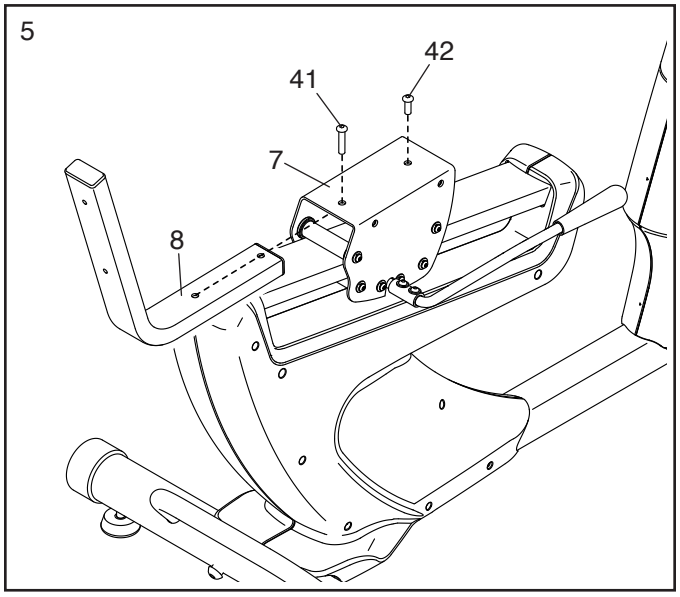
4. Orient the Adjustment Lever (6) and the Brake Axle (37) as shown. Attach the Adjustment Lever to the Brake Axle with two M6 x 16mm Patch Screws (78) and two M6 Washers (35); **firmly tighten the Patch Screws.**

   Then, pull the Adjustment Lever (6) upward to the position shown in step 5.



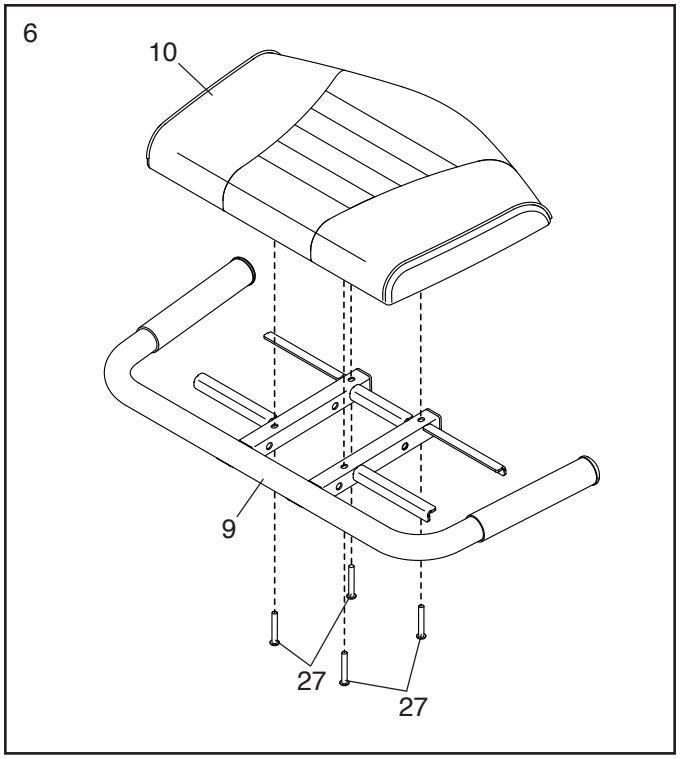
5. Orient the Backrest Frame (8) as shown.

   Attach the Backrest Frame (8) to the Seat Carriage (7) with an M8 x 20mm Screw (42) and an M8 x 30mm Screw (41).

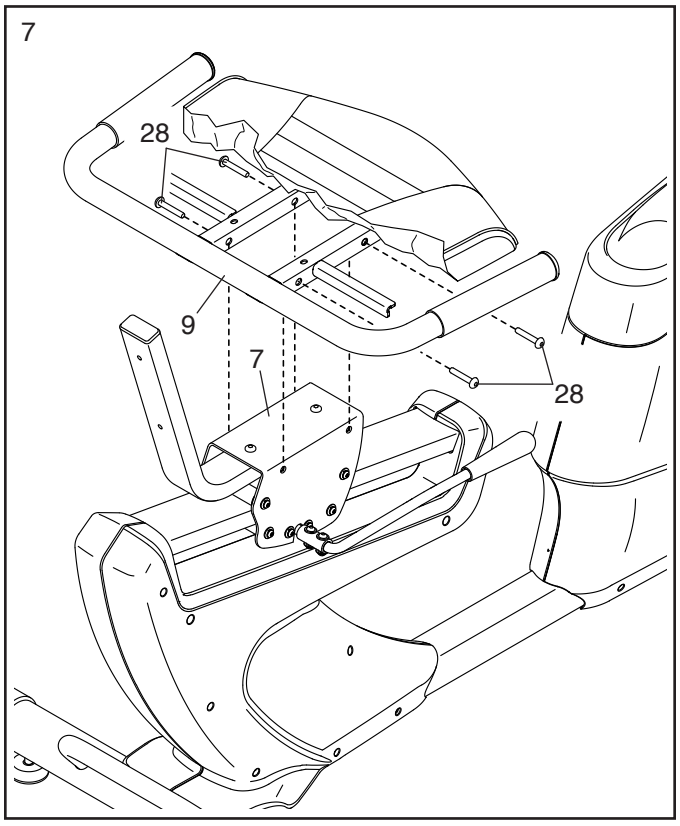


6. Orient the Seat (10) and the Seat Frame (9) as shown.

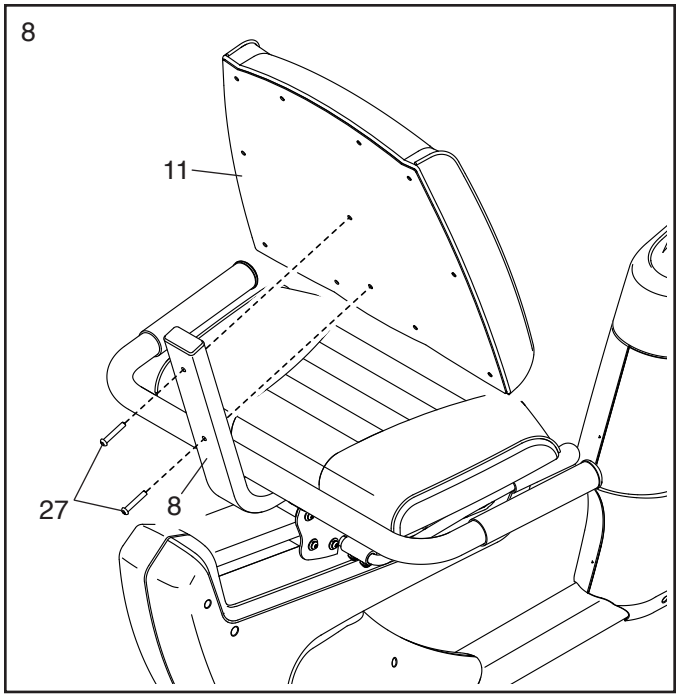
   Attach the Seat (10) to the Seat Frame (9) with four M6 x 40mm Screws (27); **start all four Screws, and then tighten them.**



7. Attach the Seat Frame (9) to the Seat Carriage (7) with four M8 x 40mm Screws (28); **start all four Screws, and then tighten them.**



8. Attach the Backrest (11) to the Backrest Frame (8) with two M6 x 40mm Screws (27).

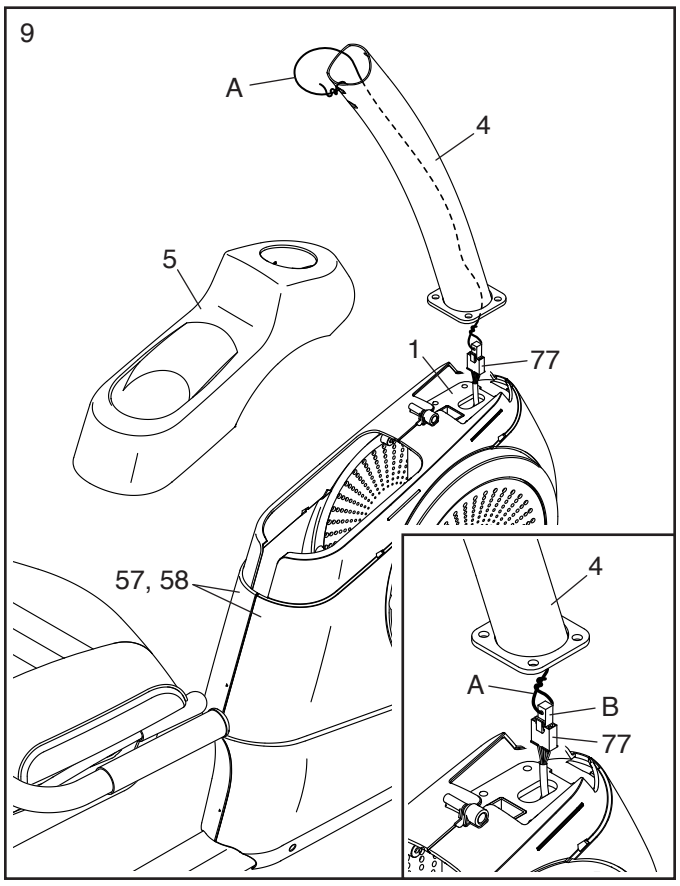


9. Remove the Accessory Tray (5) from the Left and Right Front Shields (57, 58). **If necessary, use a standard screwdriver to carefully pry off the Accessory Tray.**

   Next, have a second person hold the Upright (4) near the Frame (1).

   See the inset drawing. Locate the wire tie (A) in the Upright (4). Tie the wire tie through the wire pull (B) on the Main Wire (77).

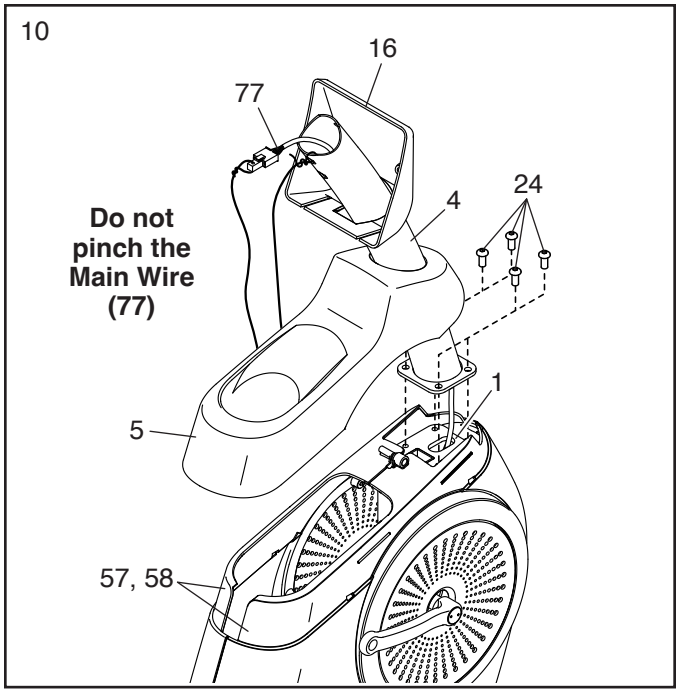
   Then, pull the upper end of the wire tie (A) until the Main Wire (77) is routed through the Upright (4).



10. **Do not pinch the Main Wire (77).** Attach the Upright (4) to the Frame (1) with four M8 x 15mm Screws (24); **start all four Screws, and then tighten them.**

    Next, slide the Accessory Tray (5) onto the Upright (4), and press the Accessory Tray onto the Left and Right Front Shields (57, 58).

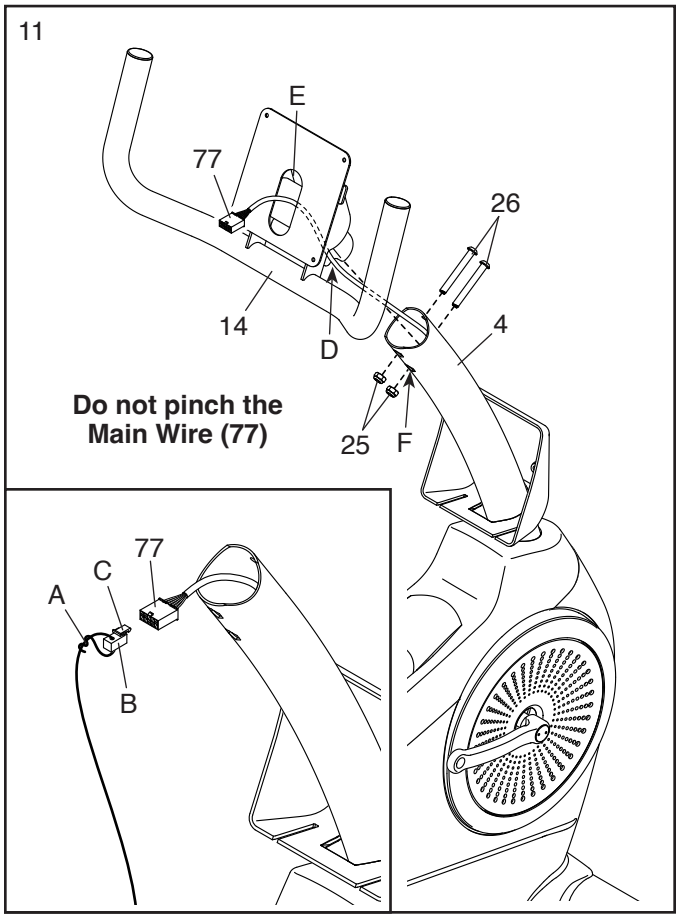
    Then, slide the Console Cover (16) onto the Upright (4).



11. **See the inset drawing.** Grip the connector on the Main Wire (77). Then, press the small latch (C) on the wire pull (B), and remove the wire pull. **Discard the wire pull and the wire tie (A).**

    While a second person holds the Handlebar (14) near the Upright (4), route the Main Wire (77) **through the groove (D) in the Handlebar** and out of the indicated opening (E) in the Handlebar.

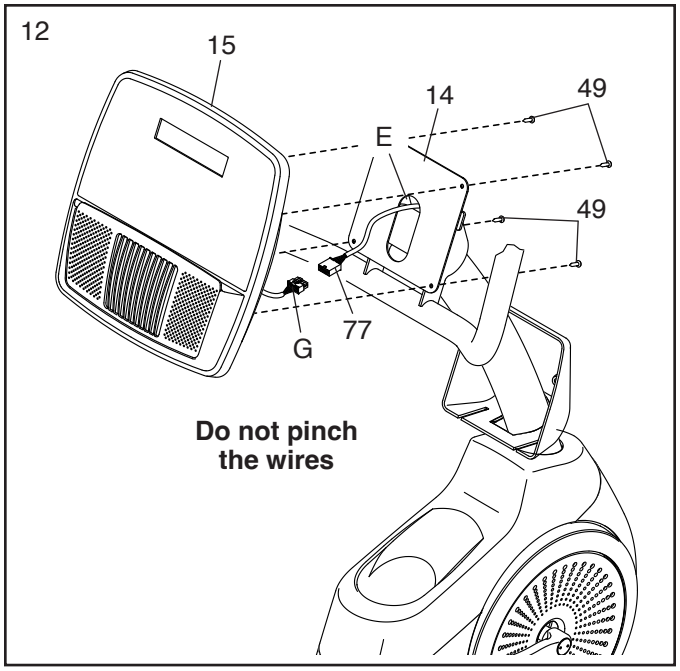
    Do not pinch the Main Wire (77). Insert the Handlebar (14) into the Upright (4). Attach the Handlebar with two M8 x 63mm Bolts (26) and two M8 Locknuts (25); **make sure that the Locknuts are in the hexagonal holes (F).**



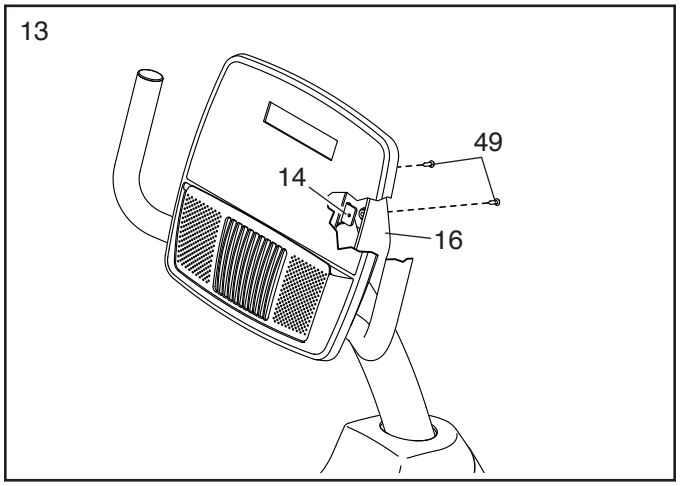
12. While a second person holds the Console (15) near the Handlebar (14), connect the console wire (G) to the Main Wire (77).

IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your exercise bike to function properly.

Do not pinch the wires. Insert the connectors and the excess wire into the opening (E) in the Handlebar (14), and attach the Console (15) to the Handlebar with four M4 x 16mm Screws (49); **start all four Screws, and then tighten them.**



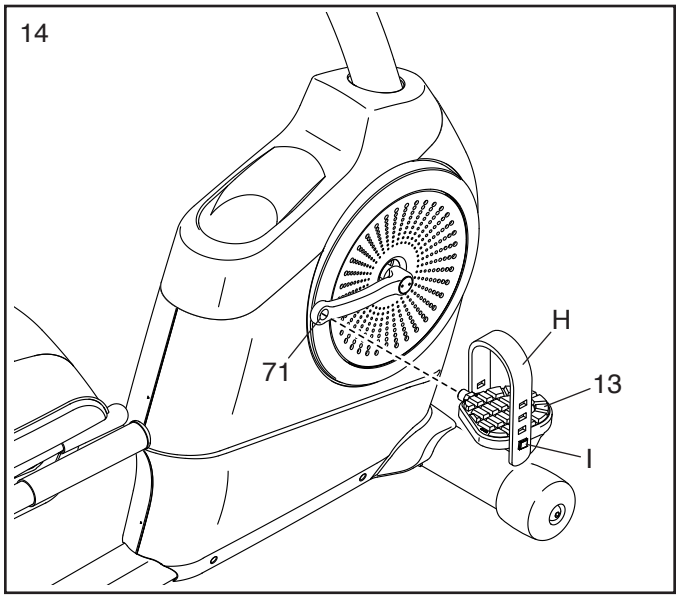
13. Slide the Console Cover (16) upward against the Handlebar (14). Attach the Console Cover with two M4 x 16mm Screws (49).



14. Identify the Right Pedal (13). Using your fingers, turn the Right Pedal about halfway into the Right Crank Arm (71). Then, use an adjustable wrench to **FIRMLY TIGHTEN** the Right Pedal.

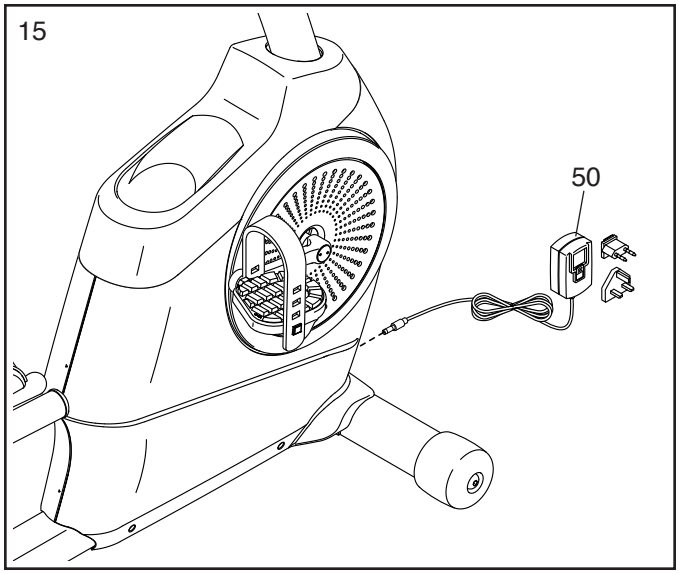
Repeat this step with the Left Pedal (not shown). IMPORTANT: You must turn the Left Pedal COUNTERCLOCKWISE to attach it.

Next, adjust the right strap (H) to the desired position, and press the ends of the strap onto the tabs (I) on the Right Pedal (13). **Adjust the strap on the Left Pedal (not shown) in the same way.**



15. Plug the Power Adapter (50) into the receptacle on the front of the exercise bike.

    Note: To plug the Power Adapter (50) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.

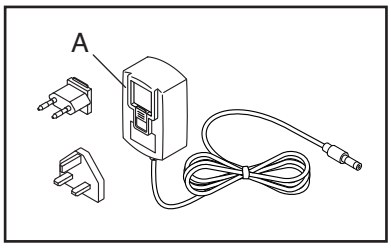


16. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly, that it functions properly, and that all parts are properly tightened.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

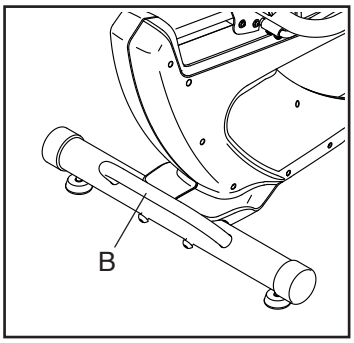
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.



Plug the power adapter (A) into the receptacle on the front of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

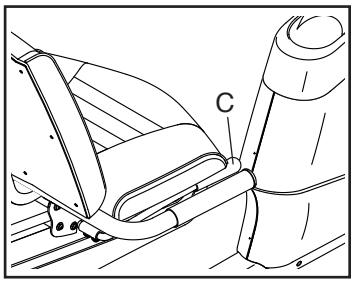
HOW TO MOVE THE EXERCISE BIKE

Due to the size and weight of the exercise bike, moving it requires two persons. Take any necessary measures to protect your floor.



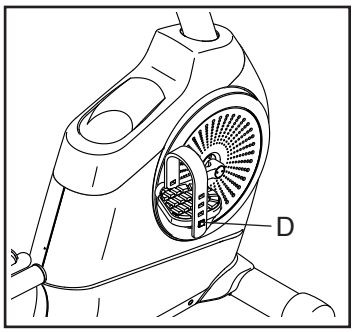
To move the exercise bike, hold the handle (B) on the rear stabilizer and lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.

HOW TO ADJUST THE SEAT



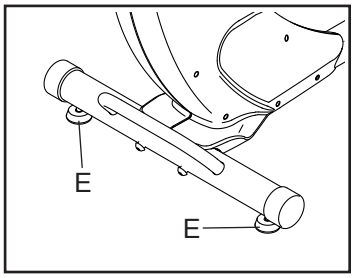
The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, push downward on the adjustment handle (C), slide the seat to the desired position, and then pull upward on the adjustment handle to lock the seat in place.

HOW TO ADJUST THE PEDAL STRAPS



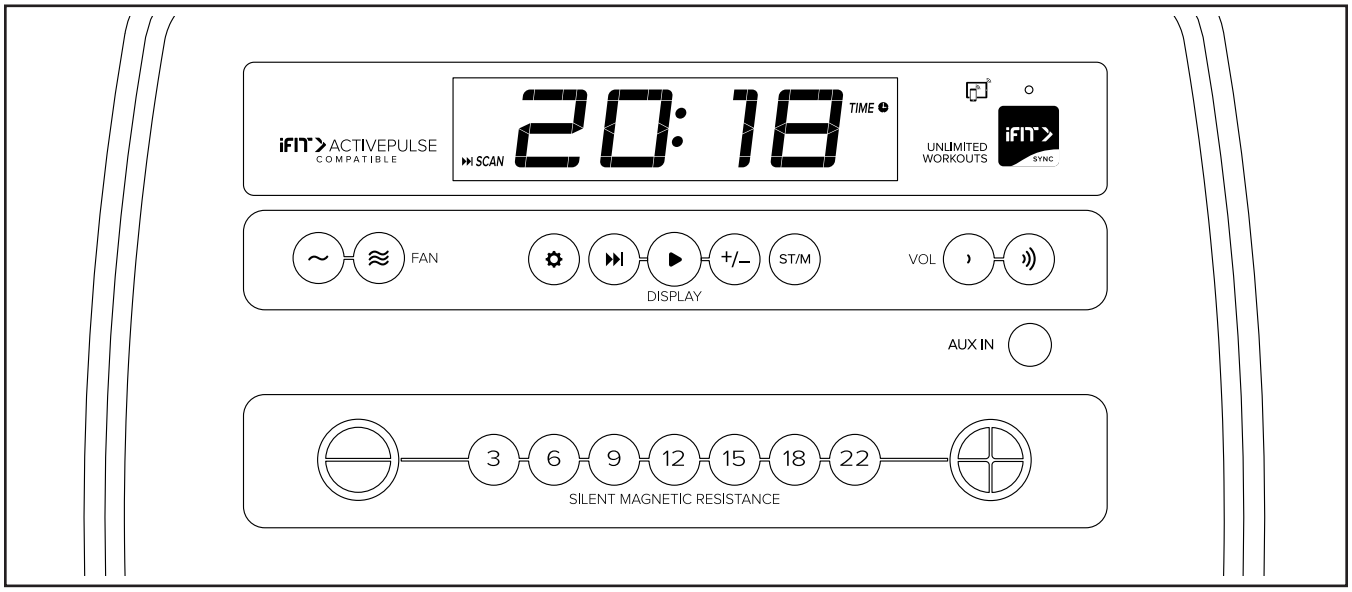
To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.

HOW TO LEVEL THE EXERCISE BIKE



If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet (E) under the rear stabilizer until the rocking motion is eliminated.

HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can also use the console sound system while you exercise.

The console also offers unlimited iFIT workouts when you download the iFIT app to your smart device and connect it to the console. With the iFIT app, you can access a large and varied library of iFIT video workouts, create your own workouts, track your workout results, and access many other features. Each iFIT workout automatically changes the resistance of the pedals as an iFIT coach guides you through an immersive and effective video workout.

To use the manual mode, see page 15. **To use an iFIT workout,** see page 17.

To connect your heart rate monitor to the console, see page 18. **To change console settings,** see page 19. **To use the sound system,** see page 20.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

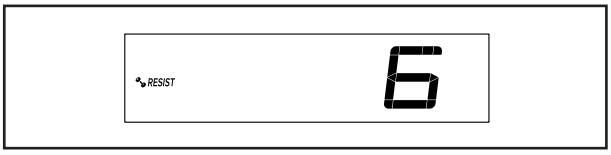
2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected automatically.

3. **Change the resistance of the pedals as desired.**

   Begin pedaling to start the manual mode.

   As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered Silent Magnetic Resistance buttons or press the Silent Magnetic Resistance increase and decrease buttons.



   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The display can show the following workout information:

   Calories (CALS)—The approximate number of calories that you have burned.

   Calories per Hour (CALS/HR)—The approximate number of calories that you are burning per hour.

Distance (MI or KM)—The distance that you have pedaled, in miles or kilometers. To change the unit of measurement, press the St/M button.

Pace—Your pedaling speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/M button.

Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see step 5).

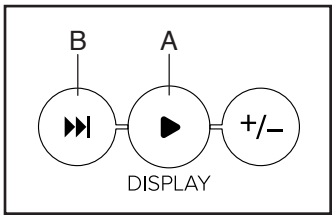
Resistance (RESIST)—The resistance level of the pedals.

RPM—Your pedaling speed in revolutions per minute (RPM).

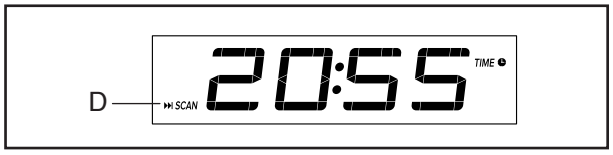
Speed (MPH or KPH)—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/M button.

Time—The elapsed time.

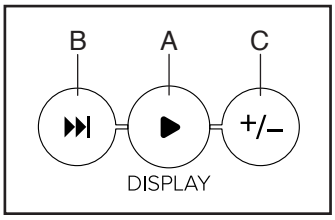
Press the Display button (A) repeatedly to view the desired workout information in the display.



Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. To turn on the scan mode, press the Scan button (B); the scan indicator (D) and the word SCAN will turn on in the display.



To manually advance the scan cycle, press the Scan button (B) repeatedly.



To turn off the scan mode, press the Display button (A); the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

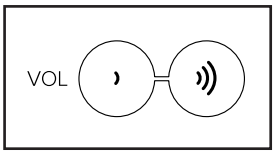
To customize the scan mode, first press the Display button (A) repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Remove button (C) to add or remove that workout information from the scan cycle. **When workout information is added,** its indicator will turn on in the display. **When workout information is removed,** its indicator will turn off.

Then, press the Scan button (B) to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a compatible heart rate monitor.

To change the volume level of the console, press the Vol increase and decrease buttons.



To pause the console, simply stop pedaling. The time will flash in the display. To continue your workout, simply resume pedaling.

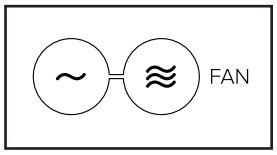
5. **Wear a compatible heart rate monitor and measure your heart rate if desired.**

   You can wear a compatible heart rate monitor to measure your heart rate (see page 20).

   To connect a compatible heart rate monitor to the console, press the iFIT Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice. When your heartbeat is detected, your heart rate will be shown. See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 18 for more information.

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

   The fan has multiple speed settings. Press the Fan increase and decrease buttons on the console repeatedly to select a fan speed or to turn off the fan.



   Note: If the pedals are not moved for a while, the fan will turn off automatically.

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

   If the pedals do not move for several seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume pedaling.

   If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

   Note: The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 19.

HOW TO USE AN IFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

Note: The console supports Bluetooth connections to smart devices via the iFIT app and to compatible heart rate monitors. Other Bluetooth connections are not supported.

1. **Download and install the iFIT app on your smart device.**

   On your iOS® or Android™ smart device, open the App Store℠ or the Google Play™ store, search for the free iFIT app, and then install the app on your smart device. **Make sure that the Bluetooth option is enabled on your smart device.**

   Then, open the iFIT app and follow the instructions to set up an iFIT account and customize settings.

   Take time to explore the iFIT app and learn about its features and settings.

2. **Connect your heart rate monitor to the console if desired.**

   If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 18.

3. **Connect your smart device to the console.**

   Press the iFIT Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFIT app to connect your smart device to the console.

   When a connection is established, the LED on the console will turn solid blue.

4. **Select an iFIT workout.**

   In the iFIT app, touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

   To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

   When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. **Start the workout.**

   Touch ***Start Workout*** to start the workout.

   During some workouts, an iFIT coach will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

   During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

   If the resistance setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the Resistance buttons on the console.

   To return to the programmed resistance settings of the workout, touch ***Follow Trainer***.

   Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the home screen.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch ***Finish*** to return to the home screen.

6. **Disconnect your smart device from the console.**

   To disconnect your smart device from the console, first select the disconnect option in the iFIT app. Then, press and hold the iFIT Sync button on the console until the LED on the console turns solid green.

   Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

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

   If the pedals do not move for several seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume pedaling.

   If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

   Note: The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 19.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all Bluetooth Smart heart rate monitors. **See page 20 for information about ordering a compatible heart rate monitor.**

To connect your Bluetooth Smart heart rate monitor to the console, press the iFIT Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

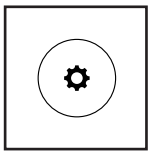
Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFIT Sync button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

HOW TO CHANGE CONSOLE SETTINGS

1. **Select the settings mode.**



To change console settings, you must select the settings mode after you plug in the power adapter but before you start pedaling. If you have started pedaling, unplug the power adapter and then plug it back in. Then, press the settings button (gear symbol) to select the settings mode.

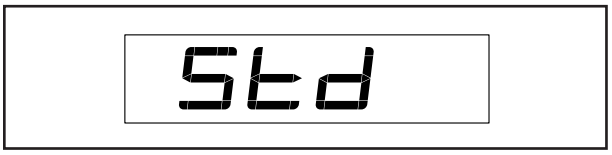
2. **Navigate the settings mode.**

While the settings mode is selected, you can navigate through several settings screens. Press the Display button repeatedly to select the desired settings screen.

3. **Change settings as desired.**

Software Version Number—The software version number will appear in the display.

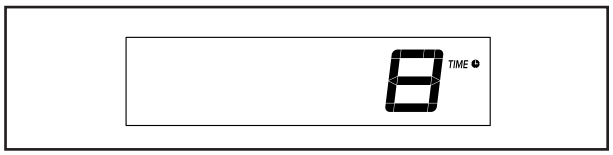
Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.



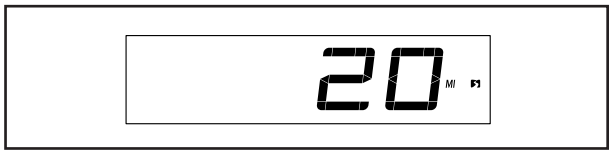
Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

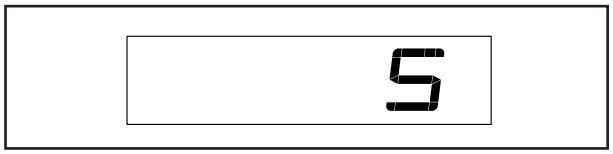
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the exercise bike has been used.



Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the exercise bike has been pedaled.



Contrast Level—The currently selected contrast level will appear in the display. Press the Silent Magnetic Resistance increase and decrease buttons to adjust the contrast level.



Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Silent Magnetic Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.

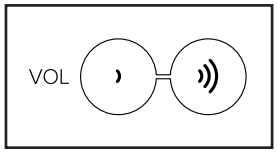


4. **Exit the settings mode.**

Press the settings button to exit the settings mode.

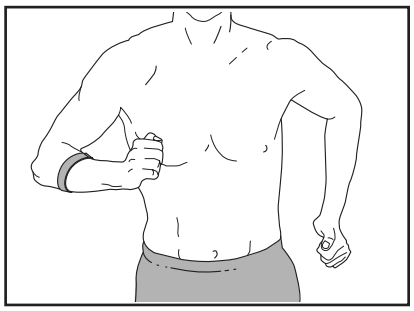
HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**



Next, press the play button on your personal audio player. Adjust the volume level using the Vol increase and decrease buttons on the console or the volume control on your personal audio player.

THE OPTIONAL HEART RATE MONITOR



Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase an optional heart rate monitor, please see the front cover of this manual.**

Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

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

PEDAL MAINTENANCE

Tighten the pedals weekly. Tighten the **right** pedal **clockwise**, and tighten the **left** pedal **counterclockwise**.

TROUBLESHOOTING

Some problems can be solved with the simple steps in this section. If further assistance is needed, please see the front cover of this manual.

CONSOLE TROUBLESHOOTING

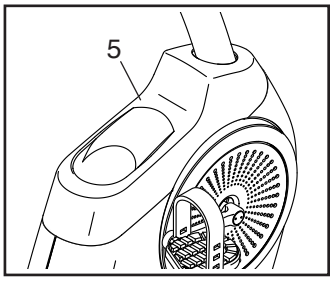
If the console does not turn on, make sure that the power adapter is fully plugged in.

If a replacement power adapter is needed, see the front cover of this manual to order one. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

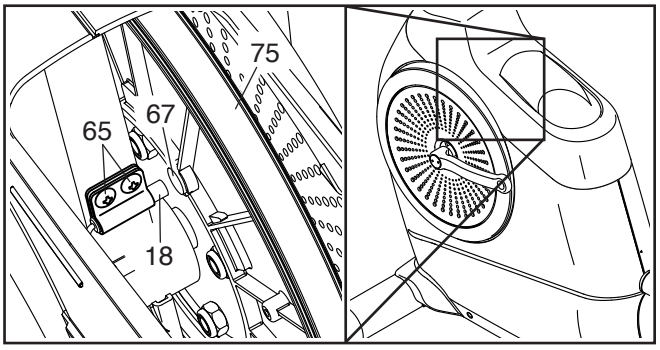
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first **unplug the power adapter.** Next, use a standard screwdriver to release the tabs on the Accessory Tray (5). Then, lift the Accessory Tray away from the frame.



Next, locate the Reed Switch (18). Loosen, but do not remove, the two M4 x 12mm Truss Head Screws (65).



Next, rotate the Pulley (75) until a Magnet (67) is aligned with the Reed Switch (18). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 12mm Truss Head Screws (65).

Plug in the power adapter and rotate the Pulley (75) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the accessory tray and plug in the power adapter.

EXERCISE GUIDELINES

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, 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, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

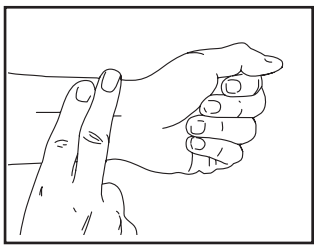
165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses 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. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes 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.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps 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. Remember, the key to success is to 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

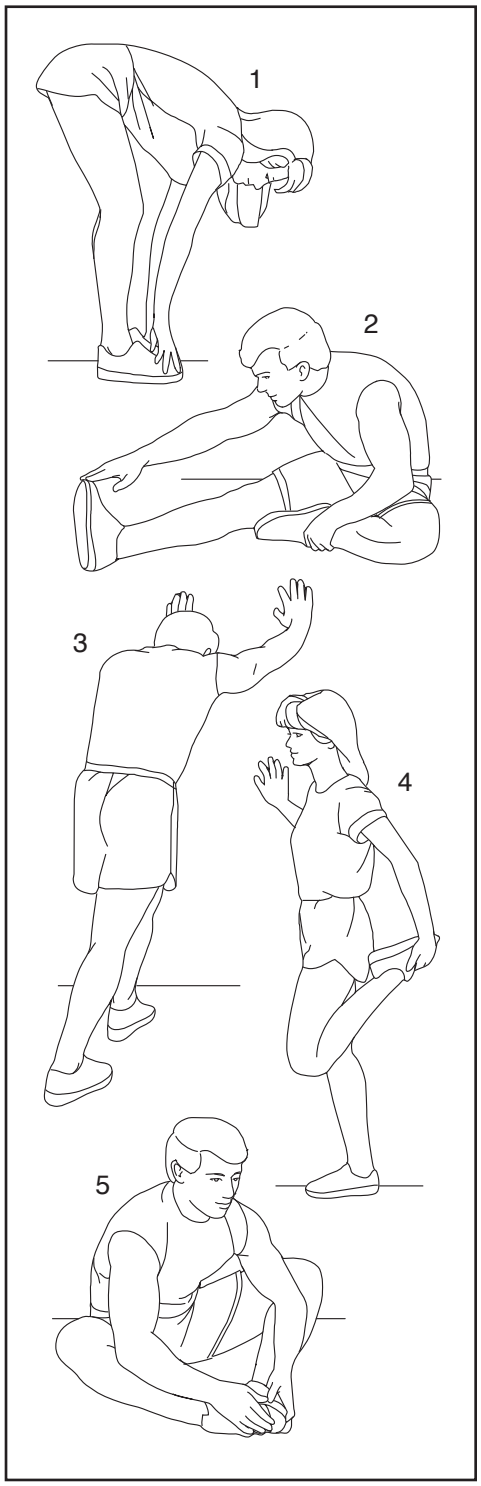
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

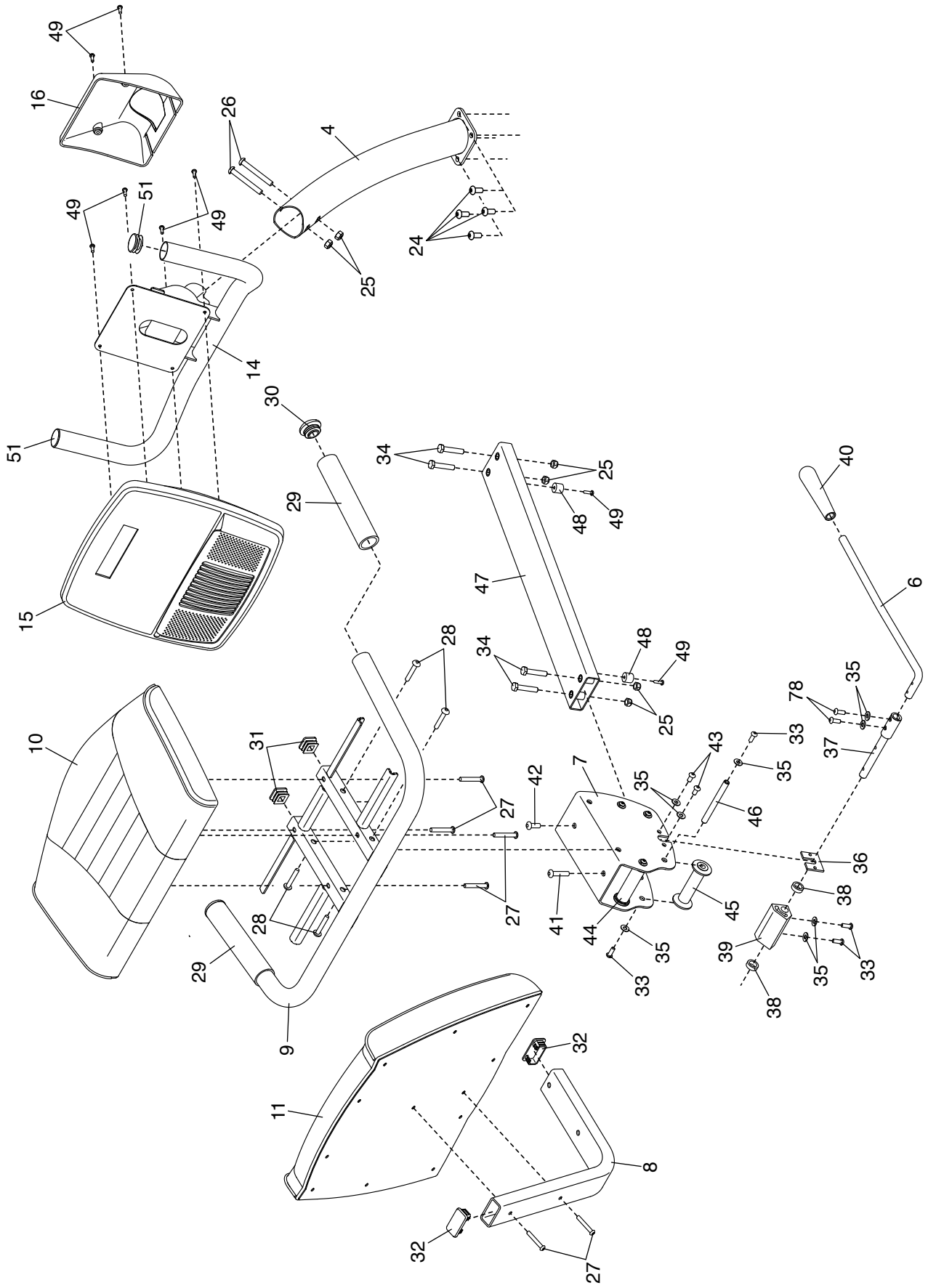
Model No. PFEX43925-INT.3 R1224B

Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	1	Rear Stabilizer
4	1	Upright
5	1	Accessory Tray
6	1	Adjustment Lever
7	1	Seat Carriage
8	1	Backrest Frame
9	1	Seat Frame
10	1	Seat
11	1	Backrest
12	1	Left Pedal/Strap
13	1	Right Pedal/Strap
14	1	Handlebar
15	1	Console
16	1	Console Cover
17	1	Clamp
18	1	Reed Switch/Wire
19	2	Wheel
20	2	M10 x 41mm Shoulder Screw
21	4	M10 x 80mm Screw
22	2	Stabilizer Cap
23	2	Leveling Foot
24	4	M8 x 15mm Screw
25	14	M8 Locknut
26	2	M8 x 63mm Bolt
27	6	M6 x 40mm Screw
28	4	M8 x 40mm Screw
29	2	Handgrip
30	2	Seat Handlebar Cap
31	2	Seat Frame Cap
32	2	Backrest Frame Cap
33	10	M6 x 16mm Screw
34	4	M8 x 40mm Bolt
35	14	M6 Washer
36	1	Brake Plate
37	1	Brake Axle
38	2	Brake Spacer
39	1	Brake
40	1	Lever Handle
41	1	M8 x 30mm Screw
42	1	M8 x 20mm Screw
43	2	1/4" x 13mm Screw
44	2	Upper Roller
45	2	Lower Roller
46	4	Roller Axle
47	1	Carriage Rail
48	2	Carriage Rail Bumper
49	28	M4 x 16mm Screw
50	1	Power Adapter
51	2	Handlebar Cap
52	1	M4 x 16mm Ground Screw
53	1	Power Wire/Receptacle
54	–	(Not Used)
55	2	Disc
56	8	M4 x 12mm Screw
57	1	Left Front Shield
58	1	Right Front Shield
59	1	Left Rear Shield
60	1	Right Rear Shield
61	1	Drive Belt
62	1	Eddy Mechanism
63	1	Idler
64	1	Idler Screw
65	6	M4 x 12mm Truss Head Screw
66	1	Resistance Motor
67	2	Magnet
68	2	Crank Arm Cap
69	2	Crank Arm Screw
70	1	Left Crank Arm
71	1	Right Crank Arm
72	2	Snap Ring
73	2	Frame Bearing
74	1	Crank
75	1	Pulley
76	6	M8 x 20mm Bolt
77	1	Main Wire
78	2	M6 x 16mm Patch Screw
*	–	Assembly Tool
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

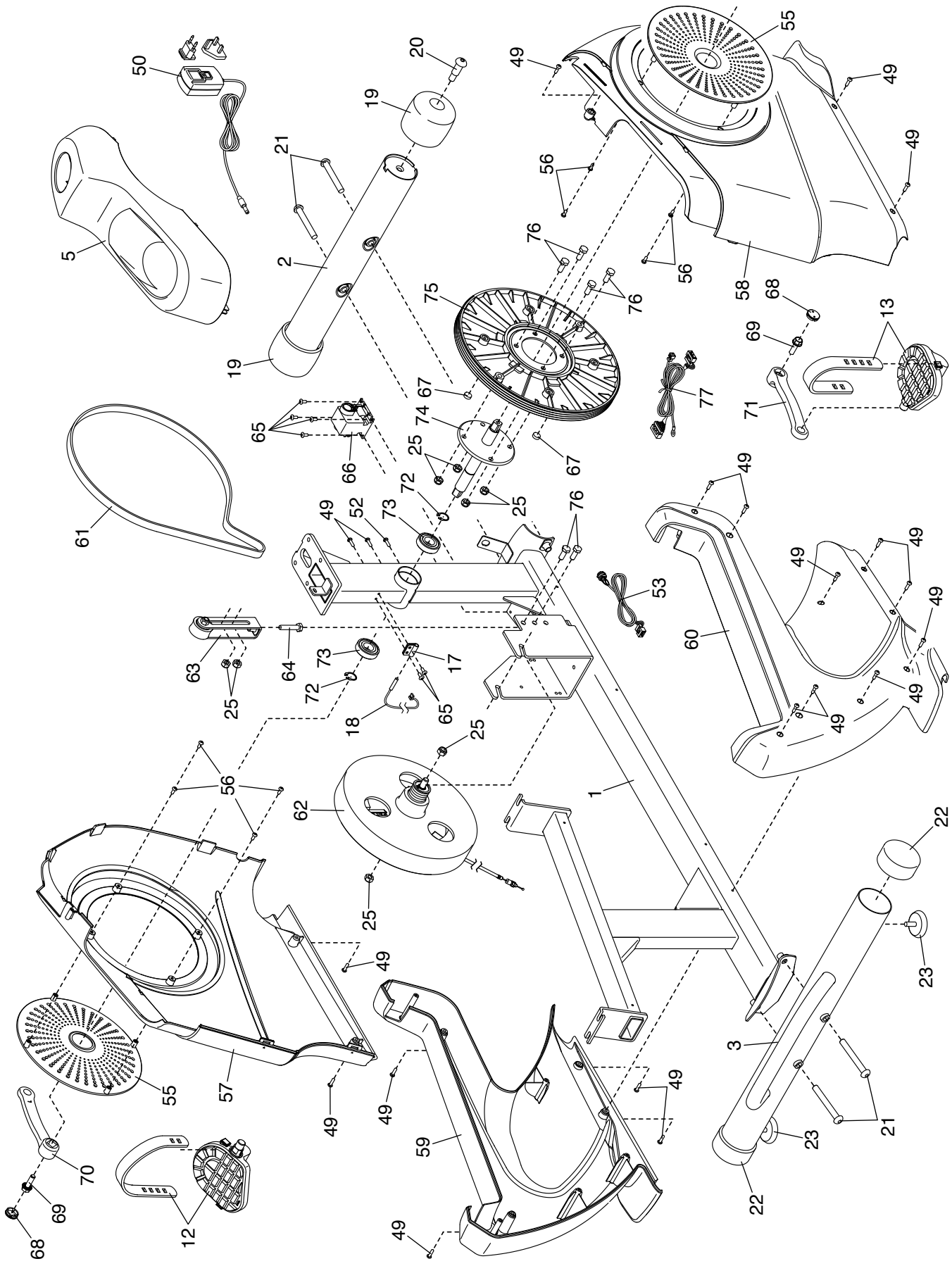
EXPLODED DRAWING A

Model No. PFEX43925-INT.3 R1224B



EXPLODED DRAWING B

Model No. PFEX43925-INT.3 R1224B



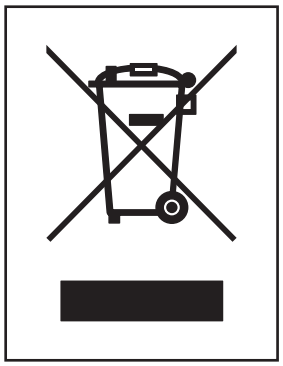
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

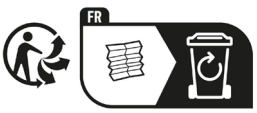


Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

UK/EU DECLARATION OF CONFORMITY

PFEX43925-INT contains the BMD-ICN-1 Bluetooth module.
Hereby, iFIT Health & Fitness declares that the radio equipment type BMD-ICN-1 is in compliance with Directive 2014/53/EU and Radio Equipment Regulation 2017.
iFIT Health & Fitness, 1500 S 1000 W, Logan, UT 84320, USA
This declaration of conformity is issued under the sole responsibility of the manufacturer.
Object of the declaration: FCCID OMCBMD1 - Broadcast Frequency: 2.402GHz to 2.480GHz Transmit Power: +4dBm

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/AC:2015, Article 3.1b – EMC EN 301 489-17 V3.2.4, Article 3.2 – Radio parameters EN 300 328 V2.2.2
UK Representative: ICON Health & Fitness Ltd, Unit 1D The Gateway, Fryers Way, Silkwood Park, Ossett, WF5 9TJ, United Kingdom
EU Representative: iFIT Health & Fitness SAS Business Park, 5 rue Alfred de Vigny 78112 Fourqueux, France



Part No. 1001095 R1224B

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