

PRO-FORM[®]

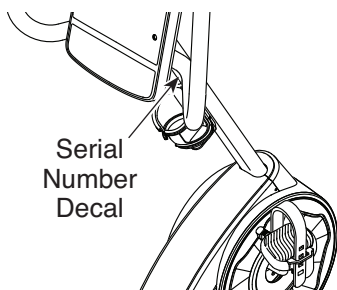
235 CSX

proform.com

Model No. PFEX26820.0

Serial No. _____

Write the serial number in the space above for reference.



REGISTER YOUR PRODUCT

To register your product and activate your warranty today, go to my.proform.com.

CUSTOMER CARE

For service at any time, go to support.proform.com.

Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

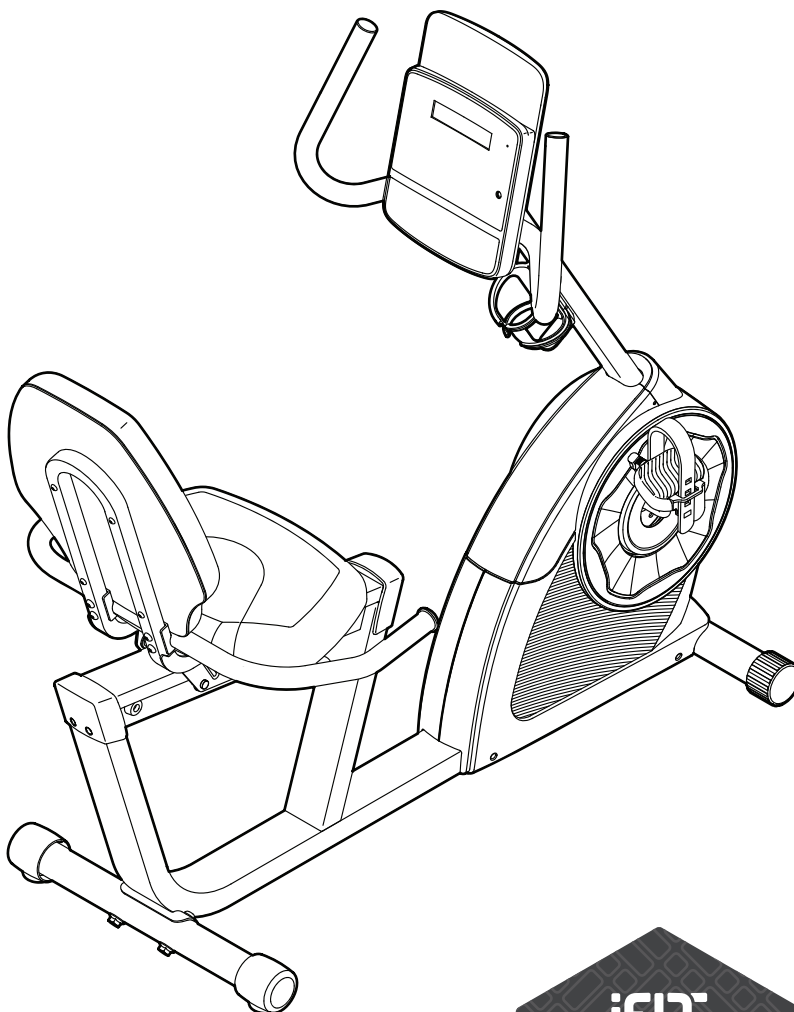
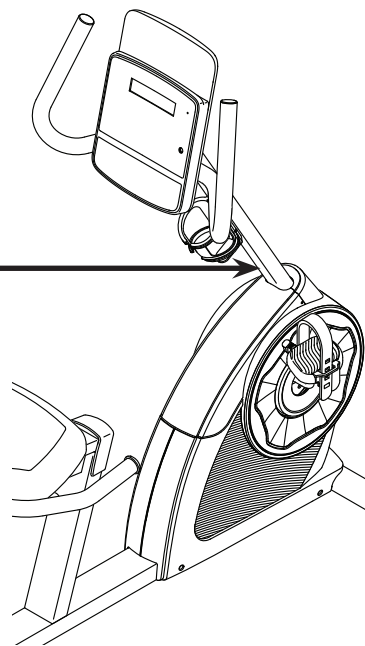
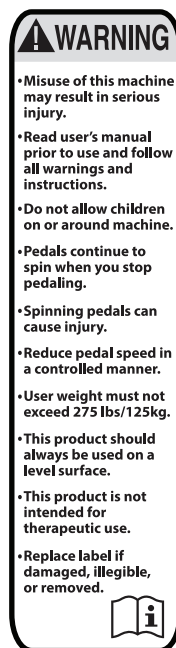


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WARNING DECAL PLACEMENT

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. ICON 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. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. 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.
6. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
7. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
8. Keep children under age 16 and pets away from the exercise bike at all times.
9. 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.
10. The exercise bike should not be used by persons weighing more than 275 lbs. (125 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. 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.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



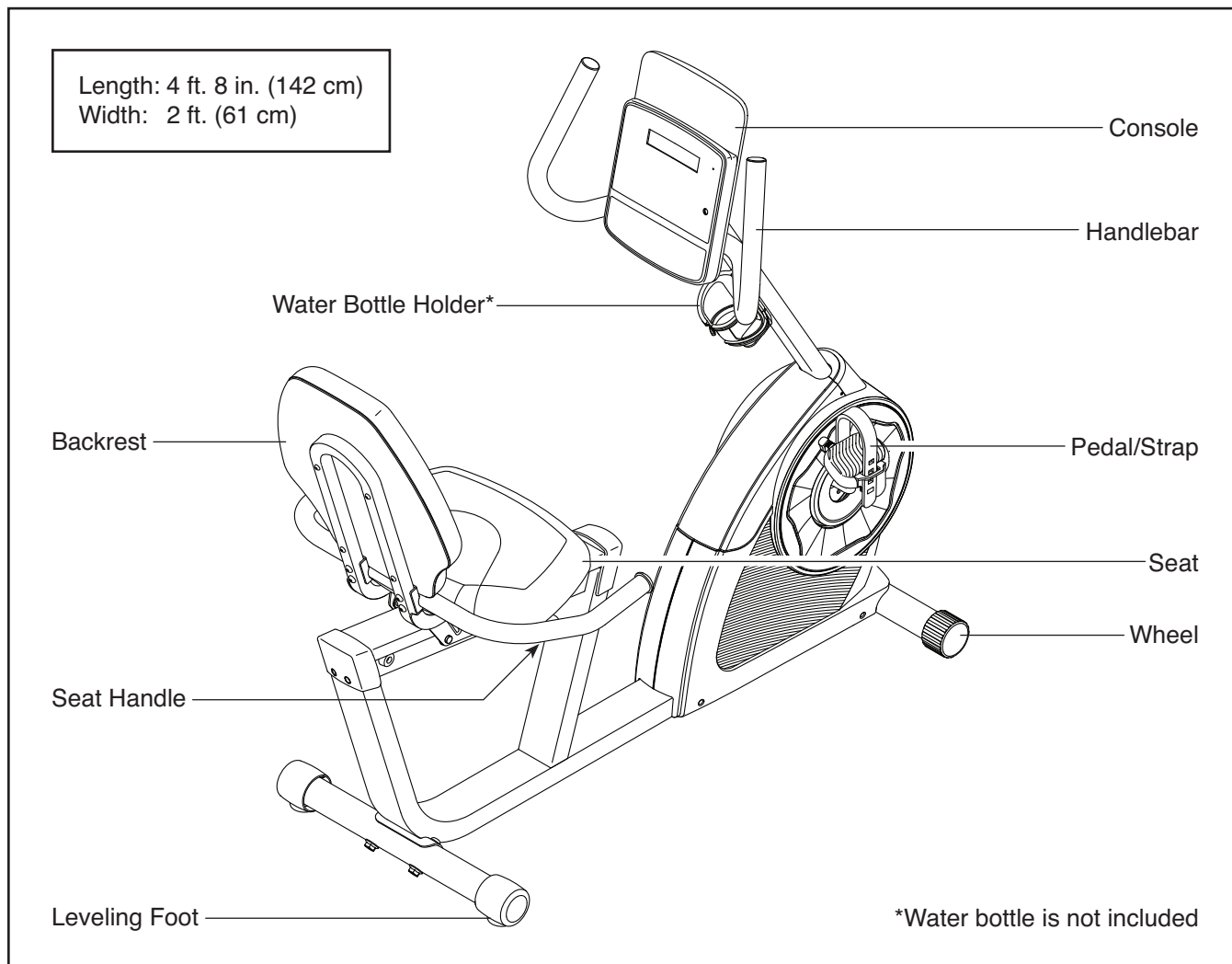
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 235 CSX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 235 CSX exercise bike provides an impressive 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

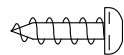
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

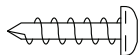


PART IDENTIFICATION CHART

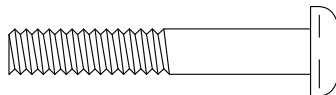
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



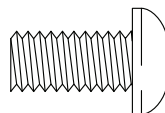
M4 x 12mm
Screw (57)–2



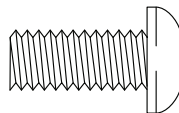
M4 x 15mm
Self-tapping
Screw (63)–4



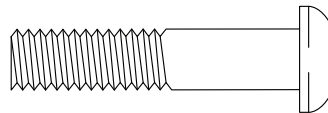
M6 x 40mm Screw
(51)–10



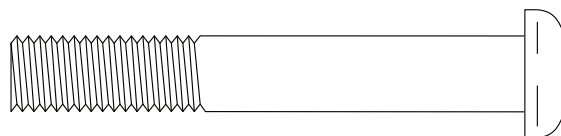
M8 x 16mm
Screw (60)–4



M8 x 18mm
Screw (42)–2



M8 x 38mm Screw
(61)–4



M10 x 68mm Screw
(44)–4

ASSEMBLY

Easy step-by-step interactive
3D assembly instructions for
this product can be found on

BILT.®

Download the **FREE** App



Scan here
and search
by your
model number



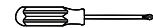
1. To use the assembly steps in this manual, first see the helpful tips below.

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- 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 6.

In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



one adjustable wrench



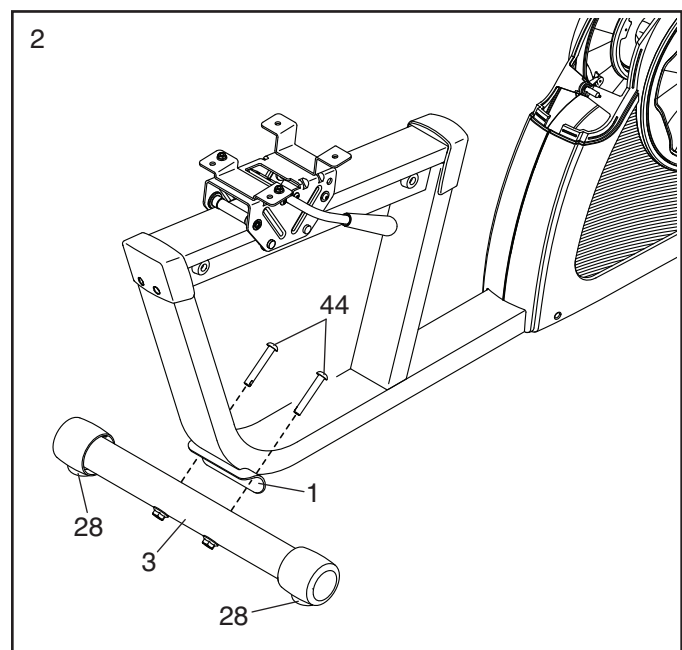
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

2. Set a sturdy piece of packing material under the Frame (1).

Identify the Rear Stabilizer (3), which has a Leveling Foot (28) near each end. Orient the Rear Stabilizer as indicated by the sticker.

Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 68mm Screws (44).

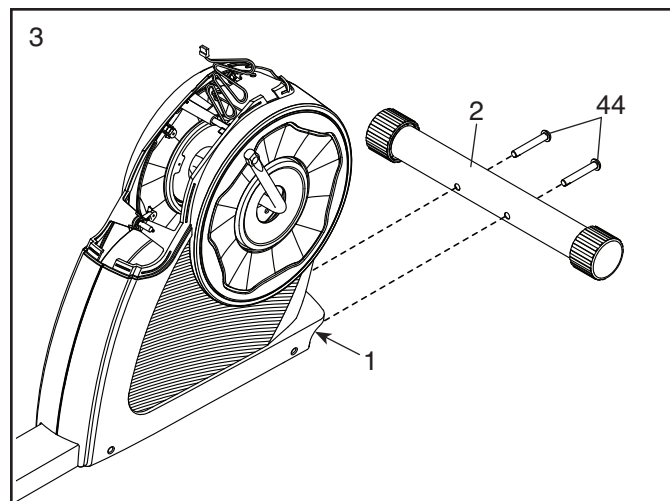
Then, remove the packing material.



3. Set a sturdy piece of packing material under the Frame (1).

Orient the Front Stabilizer (2) as indicated by the sticker. Attach the Front Stabilizer to the Frame (1) with two M10 x 68mm Screws (44).

Then, remove the packing material.



4. Orient the Upright (4) as shown.

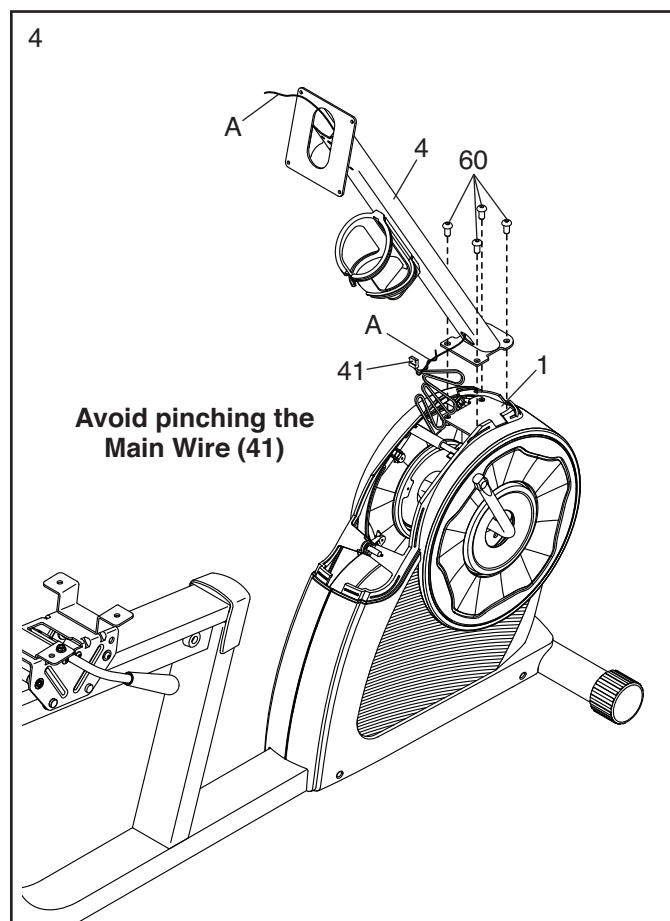
Tip: Avoid pinching the Main Wire (41).

Attach the Upright (4) to the Frame (1) with four M8 x 16mm Screws (60); **start all the Screws, and then tighten them.**

Next, locate the wire tie (A) in the Upright (4). Tie the lower end of the wire tie to the Main Wire (41). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright.

Tip: To prevent the Main Wire (41) from falling into the Upright (4), secure the Main Wire with the wire tie (A).

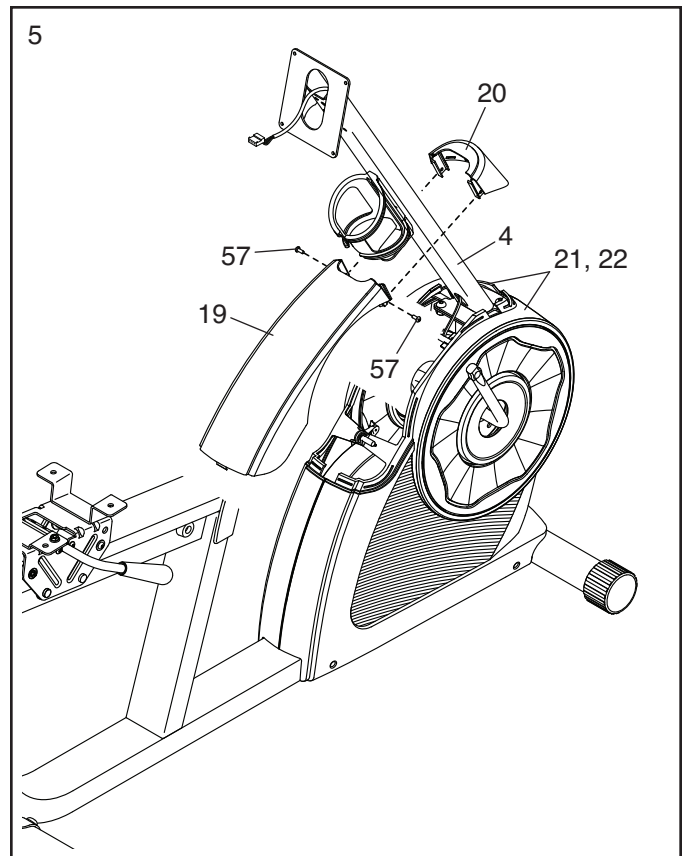
Insert the excess Main Wire (41) into the Upright (4).



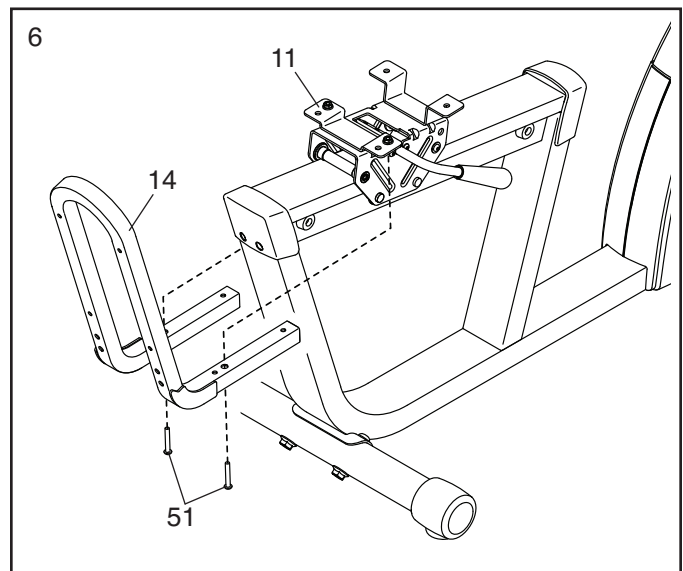
5. Orient the Rear and Front Upright Covers (19, 20) as shown.

Press the Rear and Front Upright Covers (19, 20) together around the Upright (4), and join them with two M4 x 12mm Screws (57).

Then, press the Rear and Front Upright Covers (19, 20) downward onto the Left and Right Shields (21, 22).

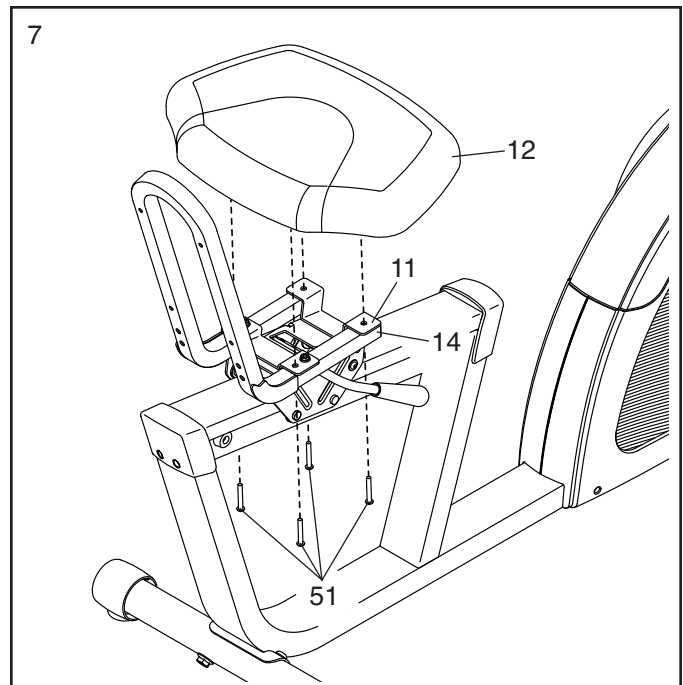


6. Attach the Seat Frame (14) to the Seat Carriage (11) with two M6 x 40mm Screws (51); **do not fully tighten the Screws yet.**



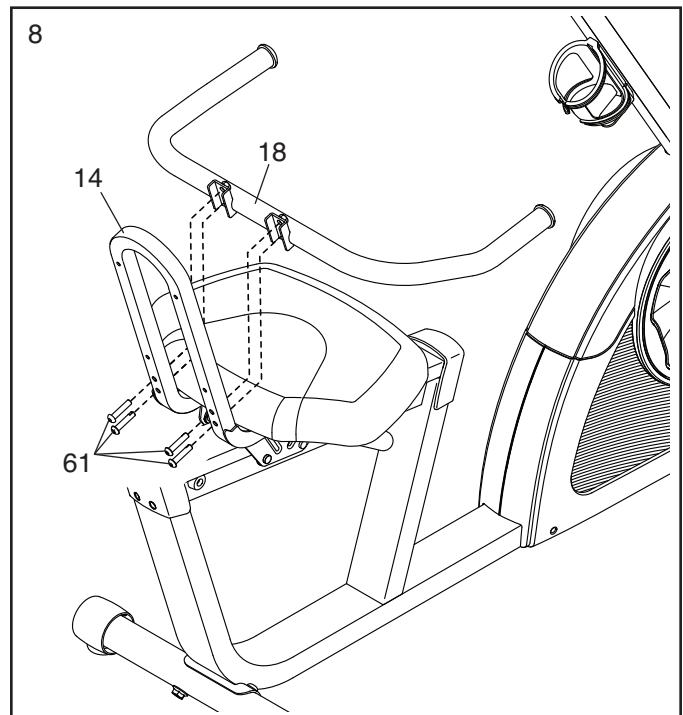
7. Attach the Seat (12) to the Seat Carriage (11) and the Seat Frame (14) with four M6 x 40mm Screws (51); **start all the Screws, and then tighten them.**

See step 6. Tighten the M6 x 40mm Screws (51).

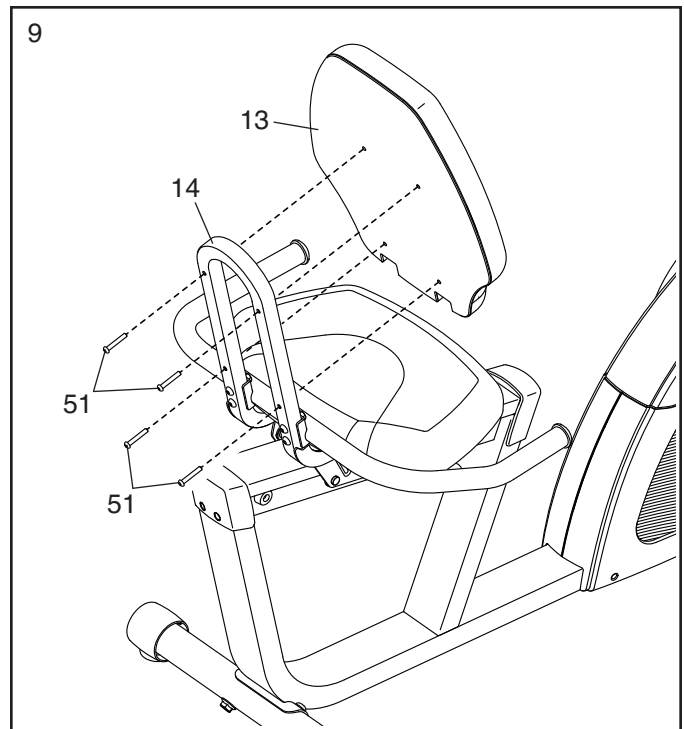


8. Orient the Seat Handlebar (18) as indicated by the sticker.

Attach the Seat Handlebar (18) to the Seat Frame (14) with four M8 x 38mm Screws (61); **start all the Screws, and then tighten them.**

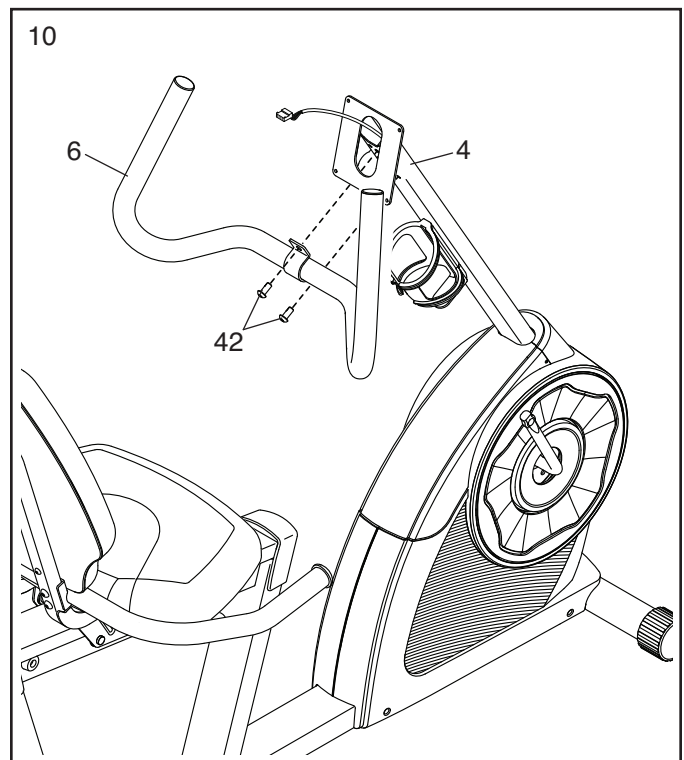


9. Attach the Backrest (13) to the Seat Frame (14) with four M6 x 40mm Screws (51); **start all the Screws, and then tighten them.**



10. Orient the Handlebar (6) as shown.

Attach the Handlebar (6) to the Upright (4) with two M8 x 18mm Screws (42).



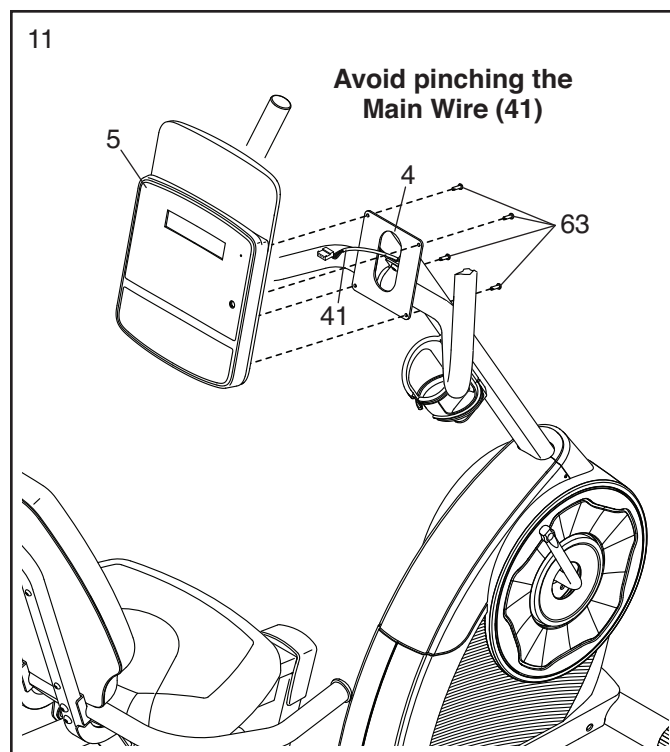
11. Untie and discard the wire tie on the Main Wire (41).

While a second person holds the Console (5) near the Upright (4), plug the Main Wire (41) into the receptacle on the Console.

The connector on the Main Wire (41) should slide easily into the receptacle and snap into place. If the connector does not slide easily into the receptacle, turn the connector and try again. If you do not connect the connector properly, the console may become damaged when you use the exercise bike.

Insert the excess wire into the Upright (4).

Tip: Avoid pinching the Main Wire (41). Attach the Console (5) to the Upright (4) with four M4 x 15mm Self-tapping Screws (63); **start all the Self-tapping Screws, and then tighten them.**

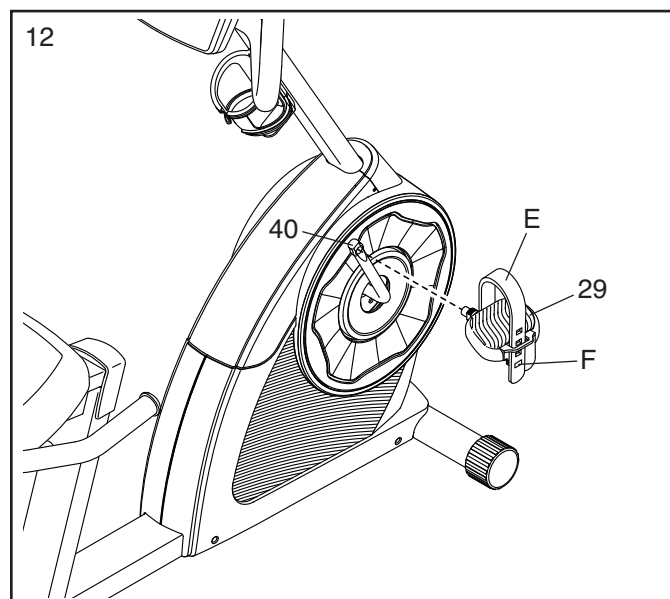


12. Identify the Right Pedal (29).

Using an adjustable wrench, **firmly tighten** the Right Pedal (29) **clockwise** into the right arm of the Crank (40).

Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

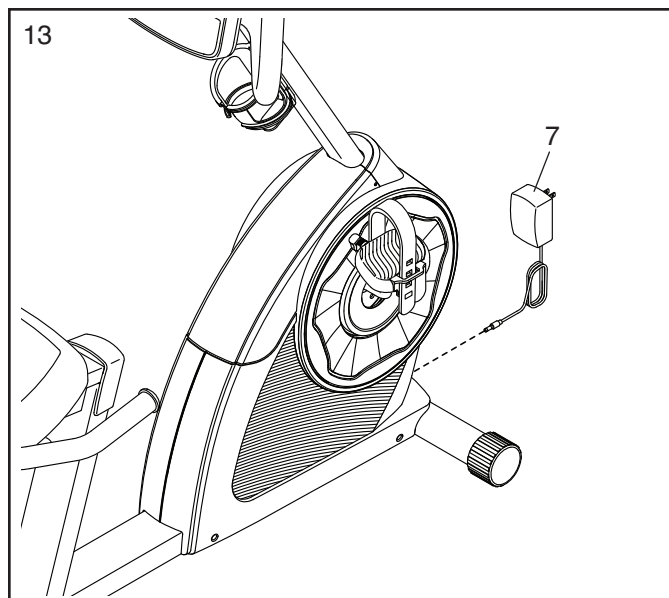
Then, adjust the strap (E) on the Right Pedal (29) to the desired position, and press the end of the strap onto the tab (F) on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



13. **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.

Plug the Power Adapter (7) into the receptacle on the front of the exercise bike.

Then, plug the Power Adapter (7) into an outlet (see HOW TO PLUG IN THE POWER ADAPTER on page 14).



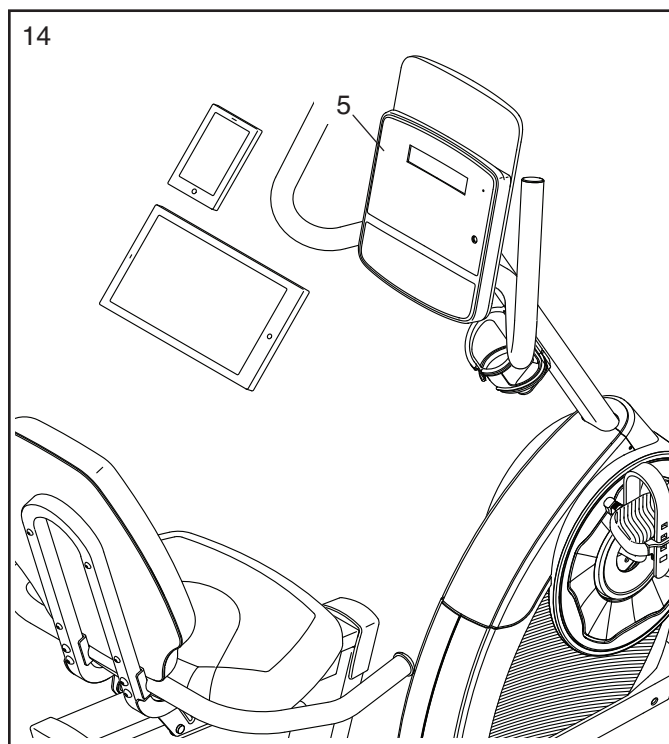
14. **IMPORTANT: You must activate your Console (5) to begin using its exclusive features.**

First, press any button on the Console (5) to turn on the power.

Then, using your smart phone or tablet, go to **iFit.com/activate** and follow the instructions to activate the Console (5).

Note: If you do not have a smart phone or tablet, use your computer to go to **iFit.com/activate** for an alternate way to activate the Console (5). If you do not have a computer, call Customer Care (see the front cover of this manual).

To register your product and activate your warranty today, go to my.proform.com.

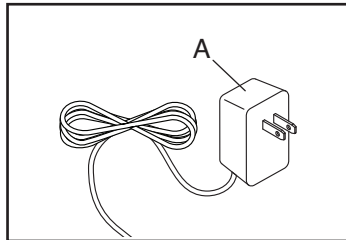


HOW TO USE THE EXERCISE BIKE

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.

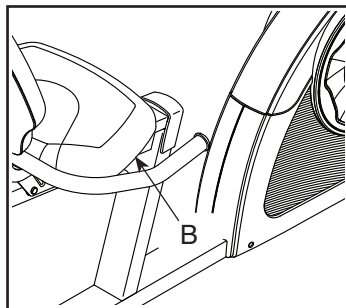
Plug the power adapter (A) into the receptacle on the frame of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO ADJUST THE SEAT CARRIAGE

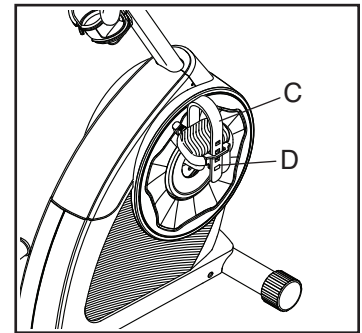
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position.

To adjust the seat carriage, push downward on the seat handle (B), slide the seat carriage to the desired position, and then pull upward on the seat handle to lock the seat carriage in place.



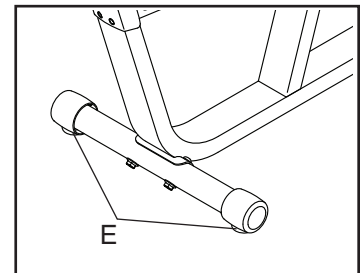
HOW TO ADJUST THE PEDAL STRAPS

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

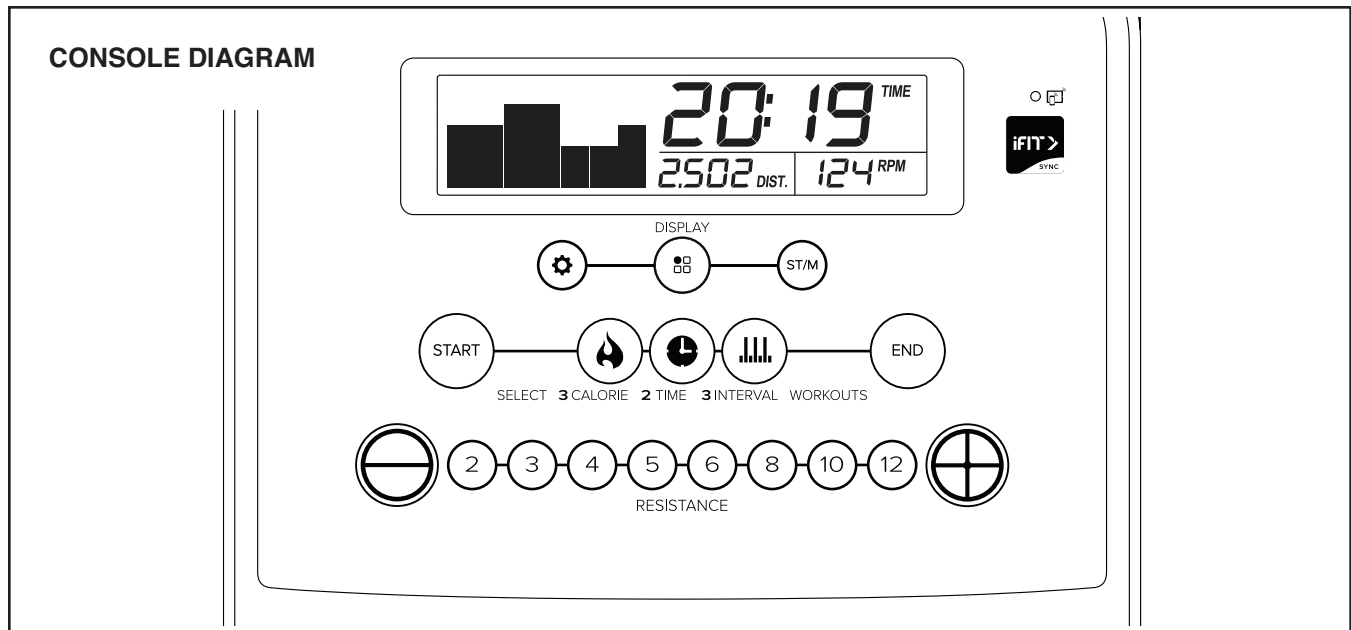


HOW TO LEVEL THE EXERCISE BIKE

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



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

IMPORTANT: To activate your console and begin using its exclusive features, see assembly step 14 on page 13.

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 the touch of a button.

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor.

You can also connect your tablet to the console and use the iFit® app to record and track your workout information.

The console also offers a selection of onboard workouts. Each onboard workout automatically changes the resistance of the pedals and prompts you to maintain a target pedaling speed as it guides you through an effective workout.

To use the manual mode, see page 16. **To use an onboard workout**, see page 18. **To connect your tablet to the console**, see page 19. **To connect your heart rate monitor to the console**, see page 19. **To change console settings**, see page 20.

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

Note: The console can display speed and distance in either standard or metric units. To change the unit of measurement, press the St/M button repeatedly. For simplicity, all instructions in this section refer to standard units.

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.

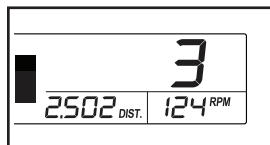
When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, reselect the manual mode by pressing any of the Workouts buttons repeatedly until zeros appear in the display.

3. Change the resistance of the pedals as desired.

Press the Start button or 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 Resistance buttons or press the 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 displays can show the following workout information:

Calories (CALs.)—When the manual mode and most onboard workouts are selected, the approximate number of calories you have burned. When calorie workouts are selected, the approximate number of calories that remain to be burned in the workout.

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

Heart Rate (heart symbol)—Your heart rate when you use a compatible heart rate monitor (see step 5).

Matrix—When the manual mode is selected, a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. When an onboard workout is selected, a profile of the resistance levels of the workout.

Resistance Level—The resistance level of the pedals.

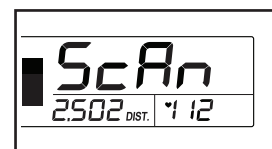
RPM—Your pedaling speed in revolutions per minute (RPM).

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

Time—When the manual mode or a calorie workout is selected, the elapsed time. When an onboard workout is selected, the time remaining in the workout.

Press the Display button repeatedly to view the desired workout information in the displays.

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 Display button repeatedly until the word SCAN appears in the display.



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

To pause the console, simply stop pedaling or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

To end the workout, press the End button repeatedly.

Note: 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.

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

A compatible chest heart rate monitor is included with some models. If a chest heart rate monitor is included, see THE CHEST HEART RATE MONITOR in this manual to learn how to use it.

If this model does not include a compatible heart rate monitor, see page 20 for information about ordering one.

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 heart-beat is detected, your heart rate will be shown. See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 19 for more information.

6. 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 20.

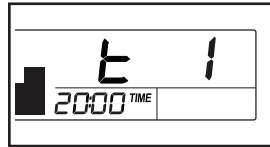
HOW TO USE AN ONBOARD WORKOUT

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 an onboard workout.**

To select an onboard workout, press the Calorie, Time, or Interval Workouts button repeatedly until the name of the desired workout appears in the display.



A few seconds after you press a button, the duration of the workout or the number of calories to be burned will appear in the display. The maximum resistance level and the maximum pedaling speed may also appear.

3. **Start the workout.**

Press the Start button or begin pedaling to start the workout.

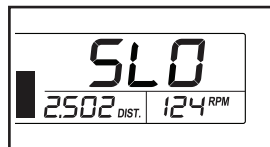
Calorie and Interval Workouts—Each Calorie and Interval workout is divided into segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, the matrix will show a profile of the resistance levels of the workout.

You will be prompted to keep your pedaling speed near the target speed for the current segment. **When the words TOO SLO**

appear in the display, increase your pedaling speed. **When the words TOO FAST appear**, decrease your pedaling speed. **When no words appear**, maintain your current pedaling speed.



IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

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

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.

The workout will continue in this way until the last segment ends. To pause the console, simply stop pedaling or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

To end the workout, press the End button repeatedly.

Time Workouts—Each Time workout is divided into segments. Adjust the resistance level and your pedaling speed as desired during each segment of a Time workout.

The workout will continue in this way until the last segment ends. To pause the console, simply stop pedaling or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

To end the workout, press the End button repeatedly.

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

See step 4 on page 16.

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

See step 5 on page 17.

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

See step 6 on page 17.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

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

1. Download and install the iFit app on your tablet.

On your iOS® or Android™ tablet, open the App StoreSM or the Google Play™ store, search for the free iFit app, and then install the app on your tablet. **Make sure that the Bluetooth option is enabled on your tablet.**

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

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

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE at the right.

3. Connect your tablet 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 tablet to the console.

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

4. Record and track your workout information.

Follow the instructions in the iFit app to record and track your workout information.

5. Disconnect your tablet from the console if desired.

To disconnect your tablet 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 tablets, heart rate monitors, and so forth) will be disconnected.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

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 tablets, heart rate monitors, and so forth) will be disconnected.

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the Settings button (gear symbol). The first settings screen will appear in the display.

2. Navigate the settings mode.

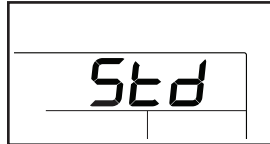
While the settings mode is selected, you can navigate through several settings screens. Press the Display button repeatedly to select the desired settings screen.

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.

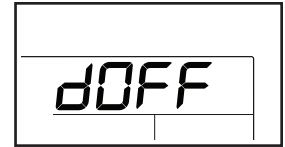


Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

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

Total Time and Total Distance—The display will show the total number of hours that the exercise bike has been used and the total distance (in miles or kilometers) that the exercise bike has been pedaled.

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 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.



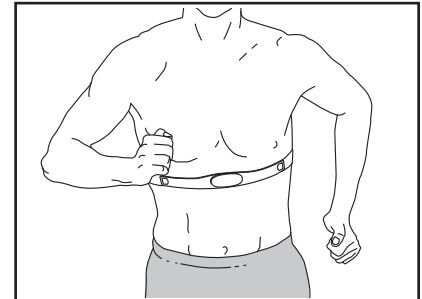
4. Exit the settings mode.

Press the Settings button (gear symbol) to exit the settings mode.

THE OPTIONAL CHEST 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 chest 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 a chest heart rate monitor, please see the front cover of this manual.**



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

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: OMCBMD1.

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.

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.**

CONSOLE TROUBLESHOOTING

The console requires activation. If you have not activated the console, see assembly step 14 on page 13.

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

If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

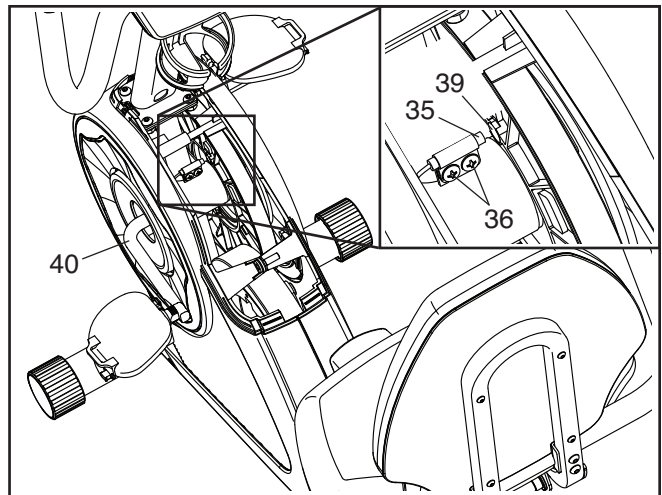
HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, first **unplug the power adapter**. Then, you must remove the rear and front upright covers as described below.

See assembly step 5 on page 9. Using a standard screwdriver, release the tabs along the bottom edges of the Rear and Front Upright Covers (19, 20), remove the two M4 x 12mm Screws (57), and then remove the Rear and Front Upright Covers.

Locate the Reed Switch (35). Turn the Crank (40) until a Magnet (39) is aligned with the Reed Switch. Next, loosen, but do not remove, the two indicated M4 x 12mm Flange Screws (36). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Flange Screws.



Plug in the power adapter and turn the Crank (40) so that the Magnet (39) passes the Reed Switch (35) repeatedly. Repeat these actions until the console displays correct feedback.

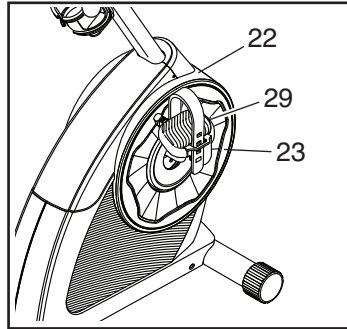
When the reed switch is correctly adjusted, reattach the rear and front upright covers.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, first **unplug the power adapter**. Then, you must remove the right pedal, the right lock ring, and the right shield as described below.

Using an adjustable wrench, turn the Right Pedal (29) counterclockwise and remove it. Then, using a standard screwdriver, release the tabs around the edge of the right Lock Ring (23), and then remove it from the Right Shield (22).

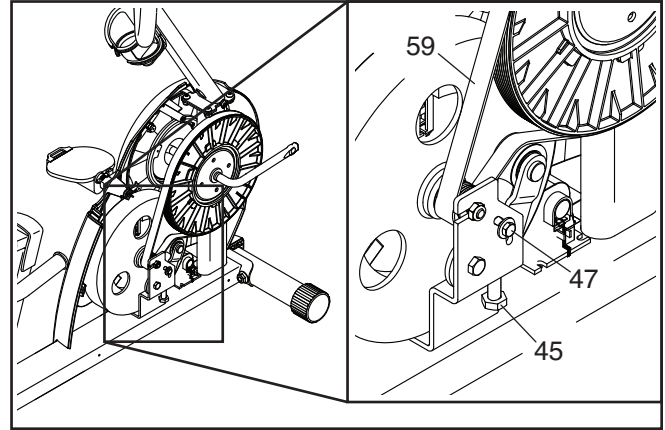


See assembly step 5 on page 9. Using a standard screwdriver, release the tabs along the bottom edges of the Rear and Front Upright Covers (19, 20), remove the two M4 x 12mm Screws (57), and then remove the Rear and Front Upright Covers.

See the EXPLODED DRAWING on page 27.

Identify the Left and Right Shields (21, 22). Remove all of the screws from the Left and Right Shields; **there are two sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently remove the Right Shield.

Next, loosen the Adjustment Screw (47). Then, tighten the Idler Screw (45) until the Drive Belt (59) is tight.



When the Drive Belt (59) is tight, tighten the Adjustment Screw (47).

Then, reattach the left and right shields, the right lock ring, and the right pedal.

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	

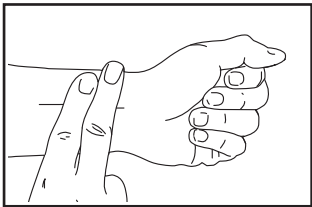
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

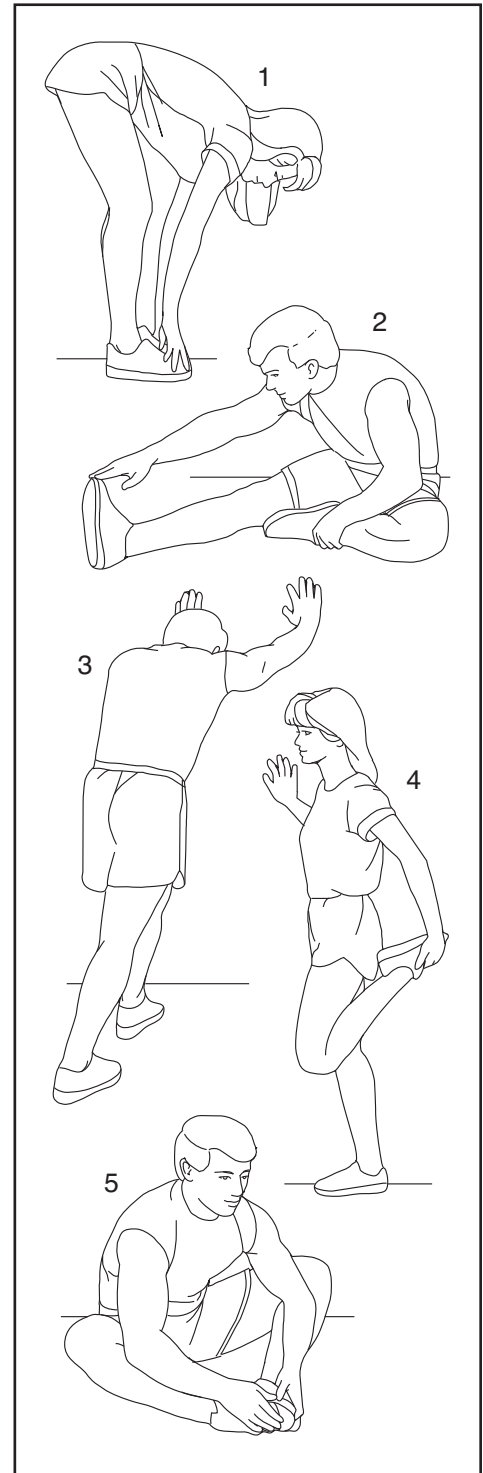
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



PART LIST

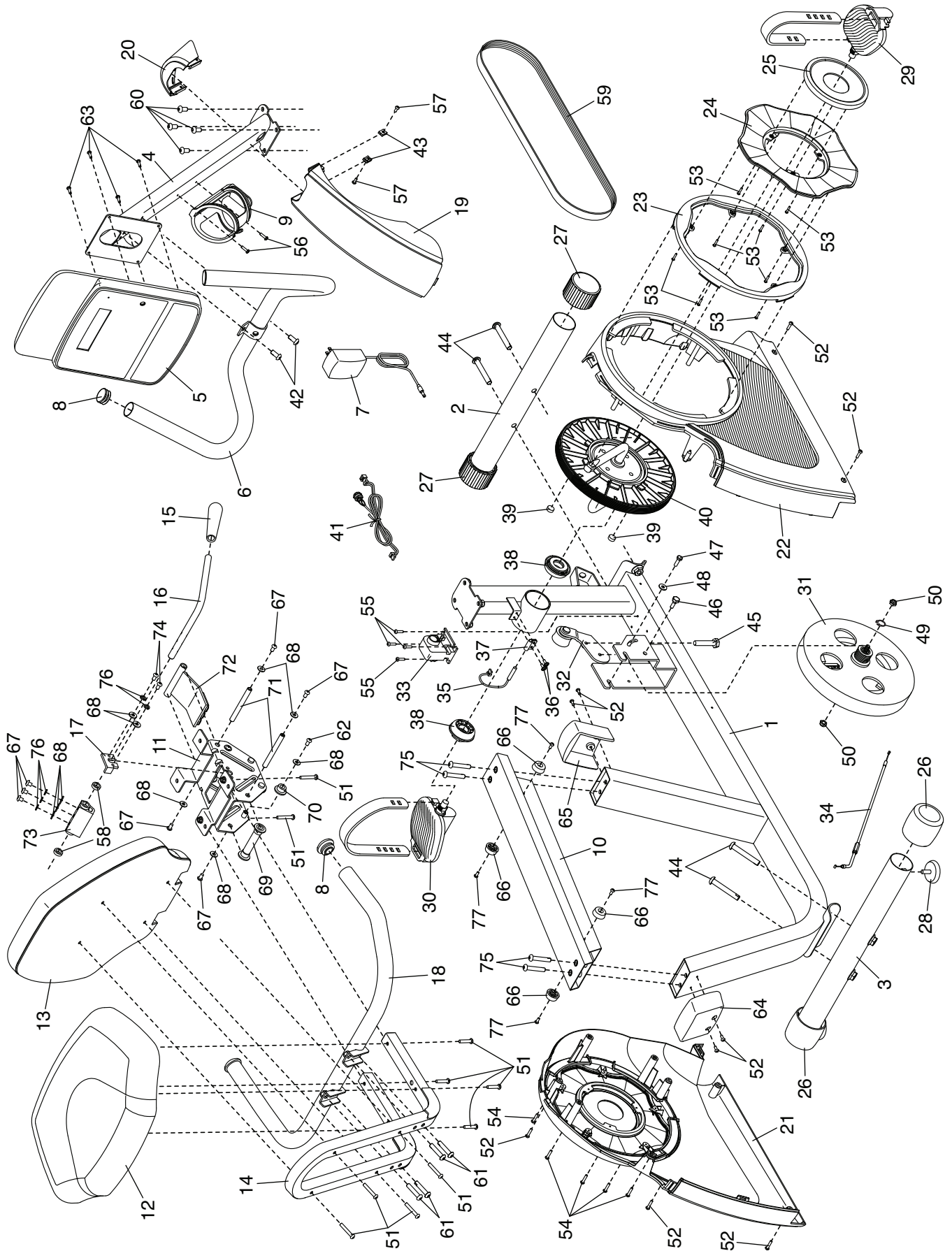
Model No. PFEX26820.0 R1220A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	41	1	Main Wire
2	1	Front Stabilizer	42	2	M8 x 18mm Screw
3	1	Rear Stabilizer	43	2	Clip
4	1	Upright	44	4	M10 x 68mm Screw
5	1	Console	45	1	Idler Screw
6	1	Handlebar	46	1	Pivot Screw
7	1	Power Adapter	47	1	Adjustment Screw
8	4	Handlebar Cap	48	1	M6 Large Washer
9	1	Water Bottle Holder	49	1	Snap Ring
10	1	Rail	50	2	M8 Thin Locknut
11	1	Seat Carriage	51	10	M6 x 40mm Screw
12	1	Seat	52	9	M4 x 16mm Screw
13	1	Backrest	53	16	M3 x 8mm Screw
14	1	Seat Frame	54	5	M4 x 20mm Screw
15	1	Seat Handle	55	4	Resistance Motor Screw
16	1	Seat Lever	56	2	M4 x 16mm Blunt Screw
17	1	Brake Bracket	57	2	M4 x 12mm Screw
18	1	Seat Handlebar	58	2	Brake Spacer
19	1	Rear Upright Cover	59	1	Drive Belt
20	1	Front Upright Cover	60	4	M8 x 16mm Screw
21	1	Left Shield	61	4	M8 x 38mm Screw
22	1	Right Shield	62	4	M6 x 12mm Screw
23	2	Lock Ring	63	4	M4 x 15mm Self-tapping Screw
24	2	Shield Cover	64	1	Rear Rail Cover
25	2	Crank Cover	65	1	Front Rail Cover
26	2	Rear Stabilizer Cap	66	4	Bumper
27	2	Wheel Cap	67	7	M6 x 16mm Screw
28	2	Leveling Foot	68	13	M6 Small Washer
29	1	Right Pedal/Strap	69	2	Upper Roller
30	1	Left Pedal/Strap	70	4	Lower Roller
31	1	Eddy Mechanism	71	2	Axle
32	1	Idler	72	1	Brake
33	1	Resistance Motor	73	1	Brake Block
34	1	Resistance Cable	74	2	1/4" x 14mm Screw
35	1	Reed Switch/Wire	75	4	M8 x 45mm Screw
36	2	M4 x 12mm Flange Screw	76	5	M6 Split Washer
37	1	Clamp	77	4	M4 x 16mm Flange Screw
38	1	Crank Bearing Assembly	*	—	User's Manual
39	2	Magnet	*	—	Assembly Tool
40	1	Crank/Pulley			

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

Model No. PFEX26820.0 R1220A



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)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for five (5) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their 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 the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813