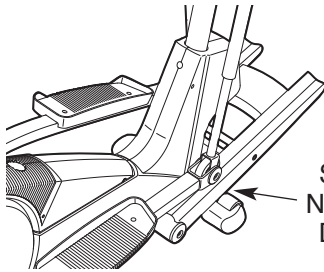# PRO-FORM®
C830

Patent Pending

Model No. PFEL54932
Serial No. _____

Serial Number Decal

USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-888-533-1333
Mon.–Fri., 6 a.m.–6 p.m. MST
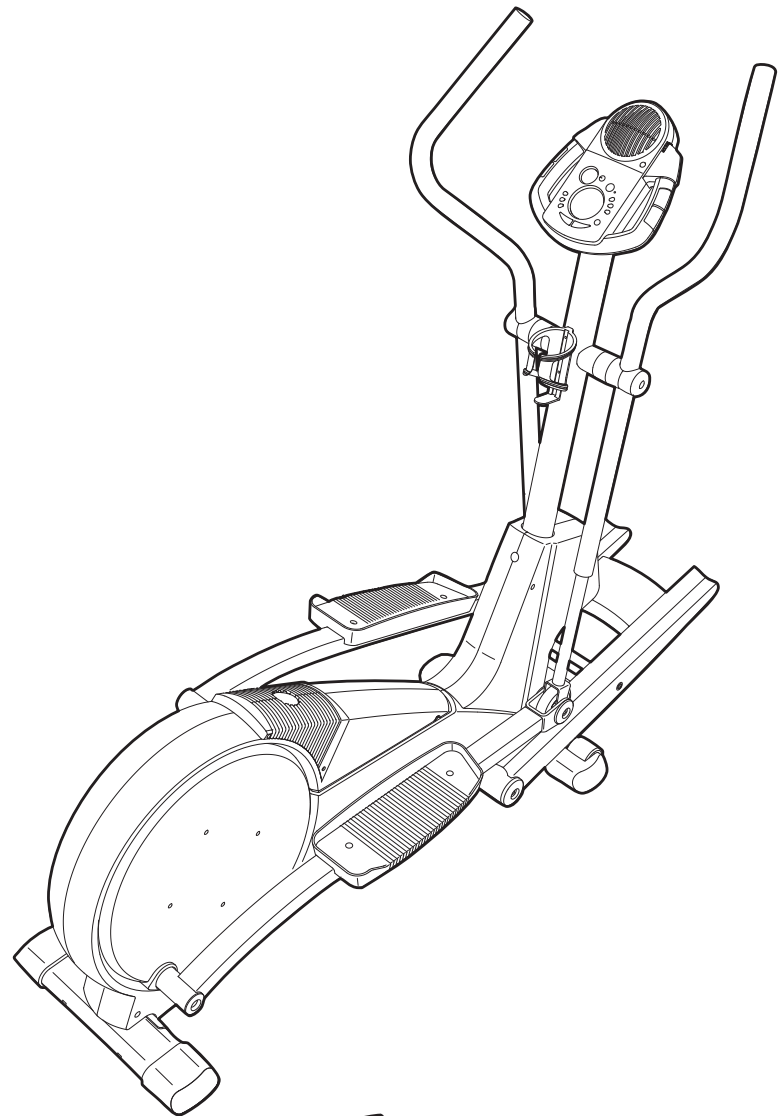
⚠ CAUTION

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

Visit our website at

www.proform.com
new products, prizes, fitness tips, and much more!

PRO-FORM® C830

TABLE OF CONTENTS

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. Read all instructions in this manual before using the elliptical crosstrainer.

2. It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.

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

4. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.

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

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

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

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

9. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical crosstrainer.

10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

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

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

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

15. The decals shown below have been placed on the elliptical crosstrainer. If a decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-888-533-1333 and order a free replacement decal. Apply the decal in the location shown.
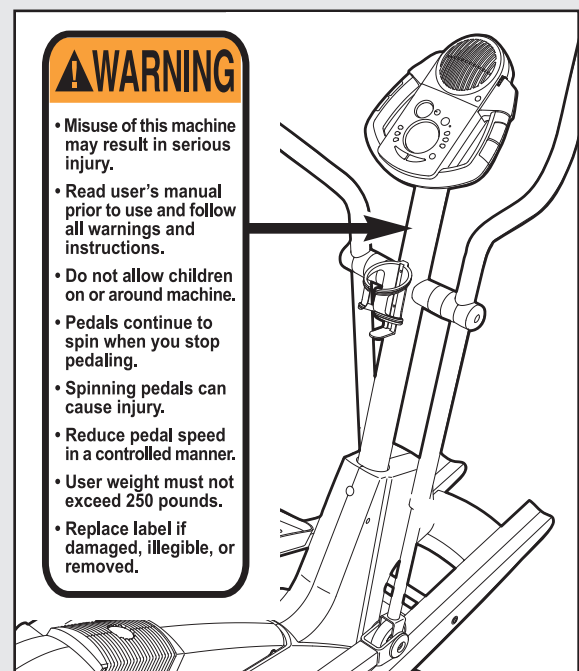
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

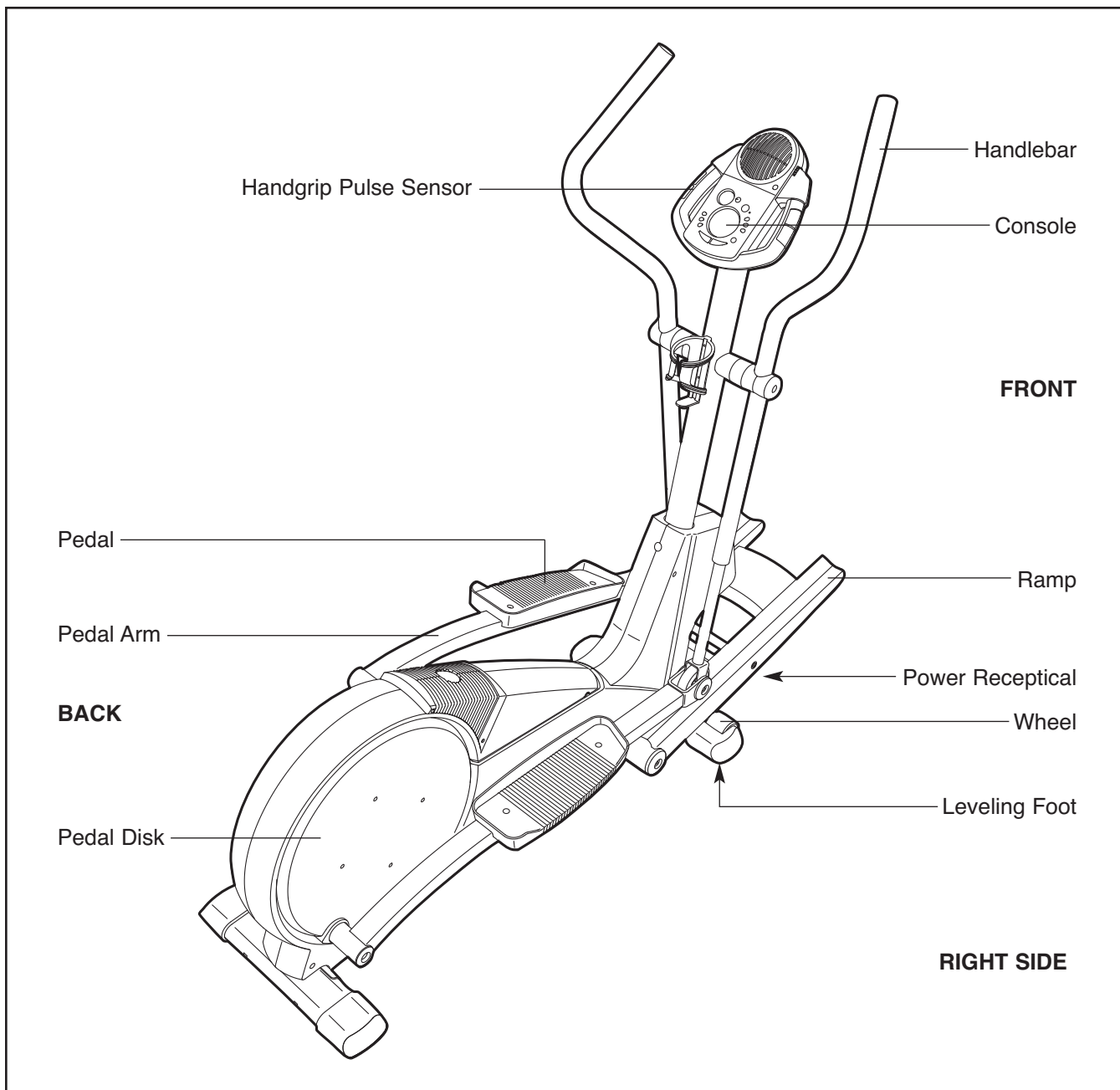Download from Www.Somanuals.com. All Manuals Search And Download.

BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® C830 elliptical crosstrainer. The PROFORM C830 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique PROFORM C830 features adjustable resistance and a state-of-the-art console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

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

questions after reading this manual, call our Customer Service Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFEL54932. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

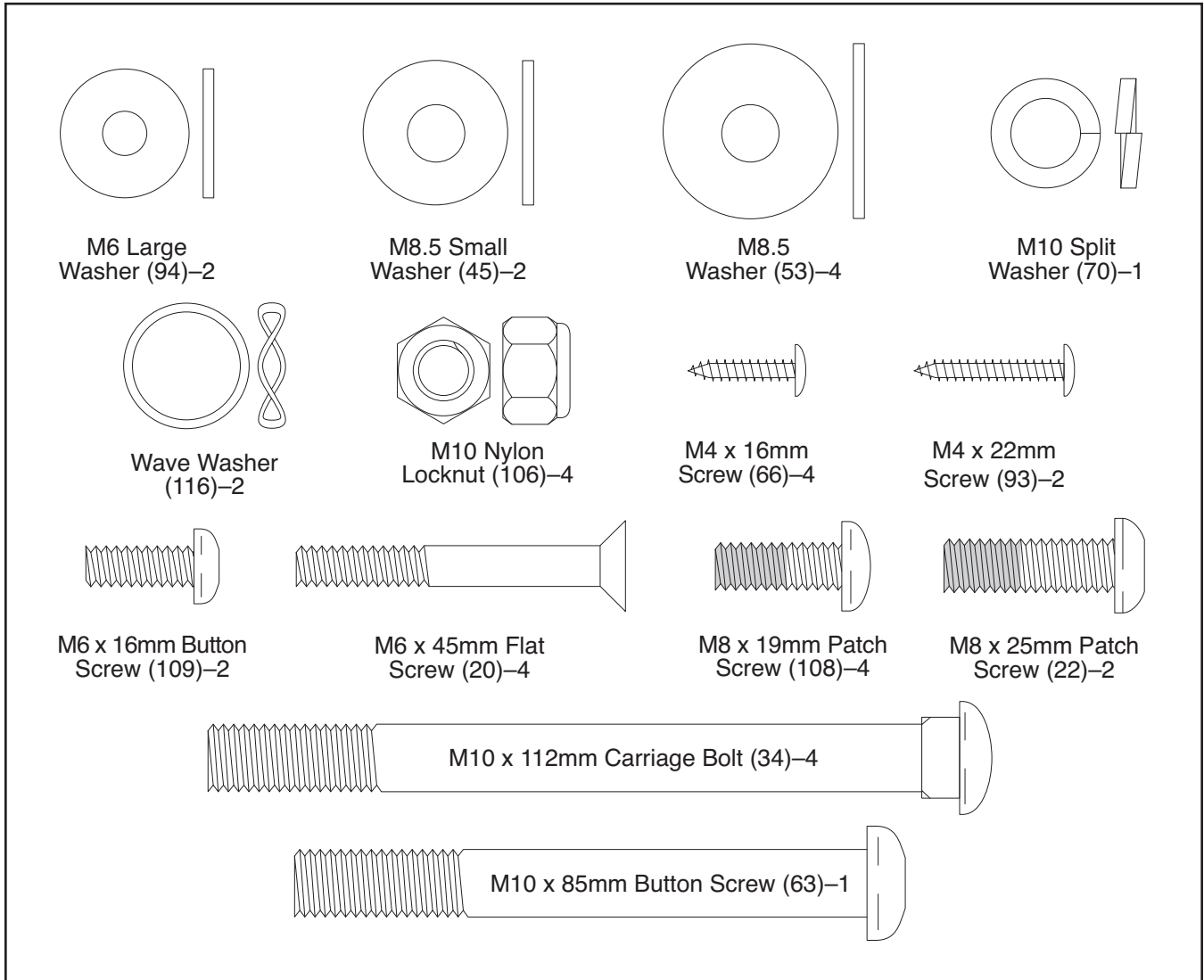Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Handlebar

Handgrip Pulse Sensor

Console

FRONT

Pedal

Ramp

Pedal Arm

Power Receptical

BACK

Wheel

Leveling Foot

Pedal Disk

RIGHT SIDE

4

ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included allen wrenches, assembly requires a phillips screwdriver** ⬭════════ **, an adjustable wrench** ⬭══════ **, and a rubber mallet** ⬭═══⬜ **.**

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

M6 Large
Washer (94)–2

M8.5 Small
Washer (45)–2

M8.5
Washer (53)–4

M10 Split
Washer (70)–1

Wave Washer
(116)–2

M10 Nylon
Locknut (106)–4

M4 x 16mm
Screw (66)–4

M4 x 22mm
Screw (93)–2

M6 x 16mm Button
Screw (109)–2

M6 x 45mm Flat
Screw (20)–4

M8 x 19mm Patch
Screw (108)–4

M8 x 25mm Patch
Screw (22)–2

M10 x 112mm Carriage Bolt (34)–4

M10 x 85mm Button Screw (63)–1

5

1. Identify the Front Stabilizer (3). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Nylon Locknuts (106). **Make sure that the Front Stabilizer is turned so the Wheels (32) are not touching the floor.**
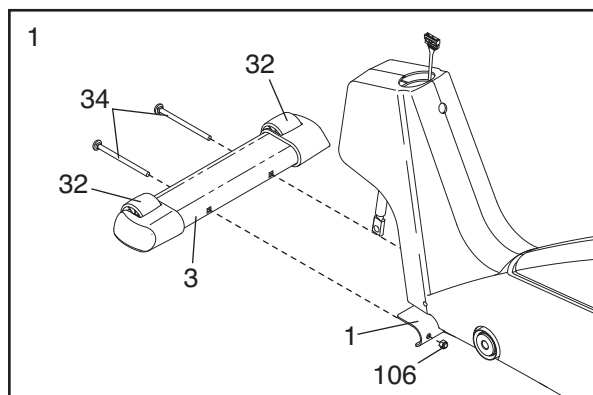
2. While another person lifts the back of the Frame (1), attach the Rear Stabilizer (4) to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Nylon Locknuts (106).
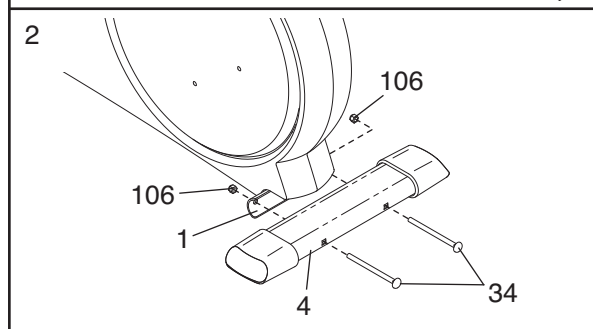
3. Identify the Frame Axle (104), which is the longest axle. Slide an M8.5 Washer (45) and a Ramp Cap (102) onto an M8 x 19mm Patch Screw (108). Tighten the Patch Screw into one end of the Frame Axle (104). Next, apply a small amount of the included grease to the Frame Axle.

   Locate the two Frame Bushings (103) in the Frame (1). Press a Ramp Shield (18) onto each Frame Bushing. Next, align the indicated tubes on the Ramp (59) with the Ramp Shields. **Make sure that the Ramp is turned as shown.** Insert the Frame Axle (104) into the Ramp, the Ramp Shields, and the Frame Bushings. Note: It may be helpful to use a rubber mallet to insert the Frame Axle.
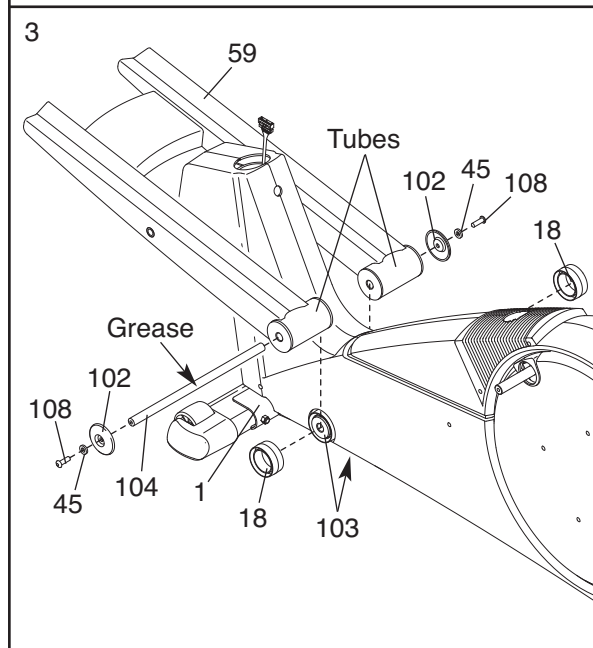
   Slide an M8.5 Small Washer (45) and a Ramp Cap (102) onto an M8 x 19mm Patch Screw (108). Tighten the Patch Screw into the other end of the Frame Axle (104).

4. Identify the Incline Axle (100), which is the longest remaining axle. Slide an M6 Large Washer (94) onto an M6 x 16mm Button Screw (109). Tighten the Button Screw into one end of the Incline Axle (100). Next, apply a small amount of grease to the Incline Axle.

   Raise the Ramp (59). Insert the Incline Axle (100) through one side of the Ramp, through a Ramp Spacer (99), through the end of the Incline Motor (82), through another Ramp Spacer (99), and then through the other side of the Ramp.

   Slide an M6 Large Washer (94) onto an M6 x 16mm Button Screw (109). Tighten the Button Screw into the other end of the Incline Axle (100).

6
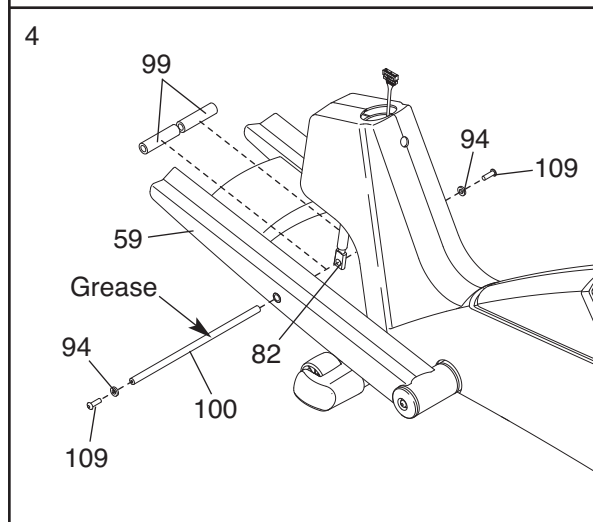
5. While another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (86) to the Lower Wire Harness (87). **Carefully pull the upper end of the Upper Wire Harness to remove any slack. While holding the Upper Wire Harness,** insert the Upright into the Frame (1). **Do not pinch the Wire Harnesses.**

   Slide an M10 Split Washer (70) and a Frame Spacer (83) onto an M10 x 85mm Button Screw (63). Insert the Button Screw into the Frame (1) and the Upright (2). **Make sure that the concave end of the Frame Spacer is turned toward the Frame. Do not tighten the Button Screw yet.**

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

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

7. Identify the Left Pedal (13) and the Left Pedal Arm (14). Attach the Left Pedal to the Left Pedal Arm with two M6 x 45mm Flat Screws (20).

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

8. Apply a thin film of grease to the Left Crank Arm (36) in the indicated location.

   Slide the Left Pedal Arm (14) onto the Left Crank Arm (36). Attach the Left Pedal Arm with an M8 x 19mm Patch Screw (108) and an M8.5 Washer (53).

   Attach the Right Pedal Arm (not shown) to the right side of the elliptical crosstrainer in the same way.

7
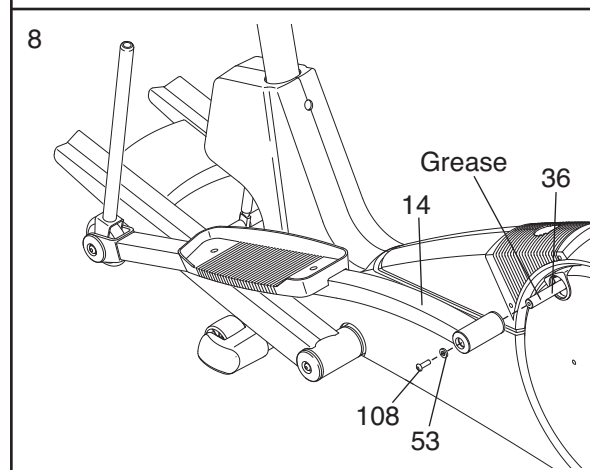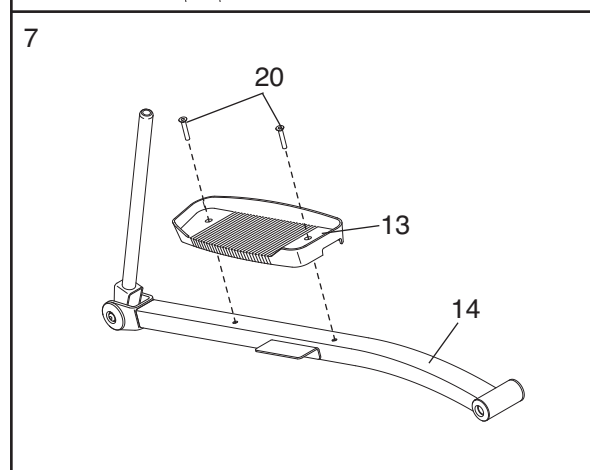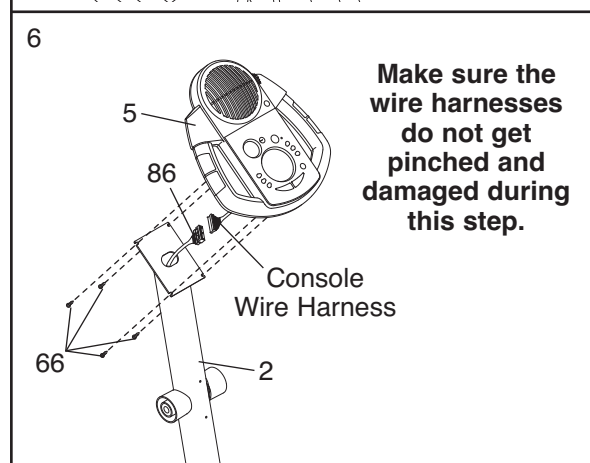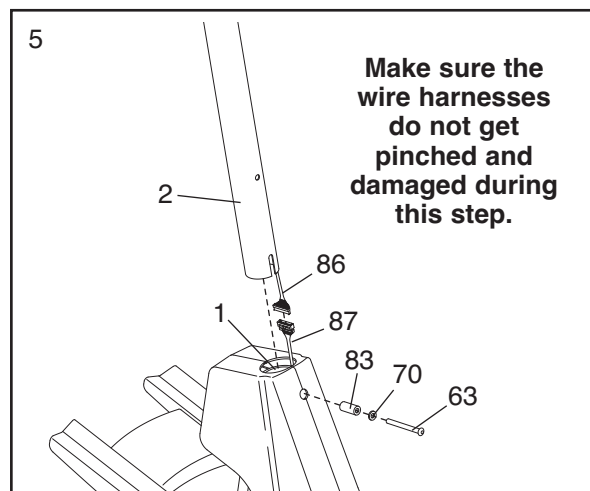
9. Apply a small amount of the included Teflon® lubricant to a paper towel. Rub a thin film of the lubricant onto the Handlebar Legs (79). Next, identify the Left Handlebar (9) and the Right Handlebar (10), which are marked with stickers. Slide the Left Handlebar onto the left Handlebar Leg, and slide the Right Handlebar onto the right Handlebar Leg. **Make sure that the Handlebars are on the correct sides—the upper ends should bend in the direction shown.**

Apply a generous amount of grease to the Pivot Axle (88). Insert the Pivot Axle into the Right Handlebar (10) and a Handlebar Spacer (25) as shown. Next, insert the Pivot Axle into the Upright (2) until the left end of the Pivot Axle is flush with the left side of the Upright. Then, insert the Pivot Axle through the other Handlebar Spacer (25) and the Left Handlebar (9). **Make sure that the Handlebar Spacers are turned so the small arrows are pointing toward the floor.**

Slide an M8.5 Washer (53) and a Wave Washer (116) onto each of the two M8 x 25mm Patch Screws (22). Tighten the Patch Screws into the ends of the Pivot Axle (88) at the same time. Then, press the tabs on the two Handlebar Caps (23) into the Handlebar Spacers (25).

Tighten the M10 x 85mm Button Screw (63).

10. Attach the Water Bottle Holder (91) to the Upright (2) with two M4 x 22mm Screws (93).

8
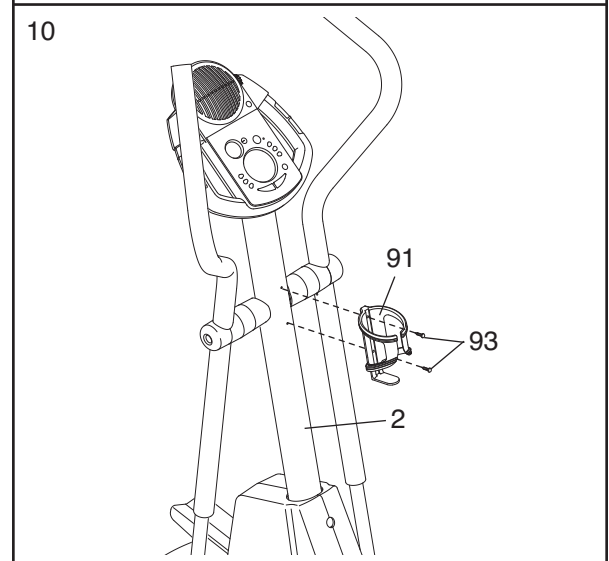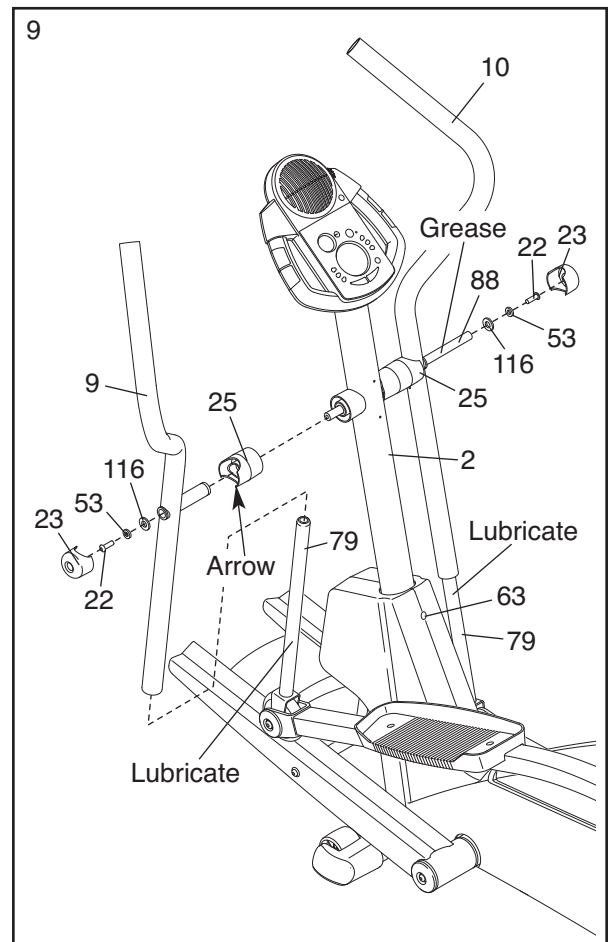
11. Make sure that the Power Cord (not shown) is fully inserted into the AC Power Receptical (114).
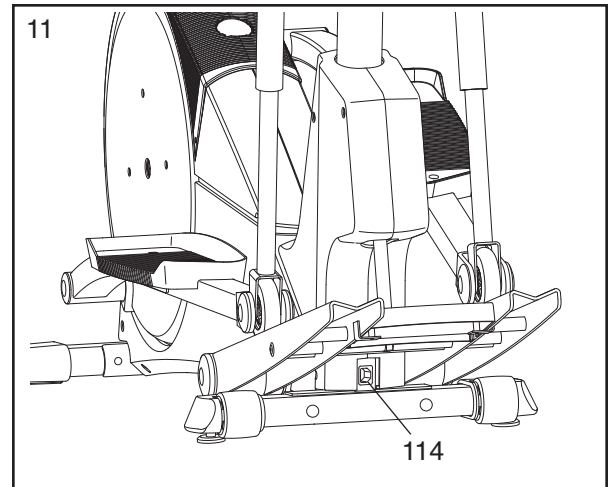
12. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

9

HOW TO USE THE ELLIPTICAL CROSSTRAINER

HOW TO PLUG IN THE POWER CORD
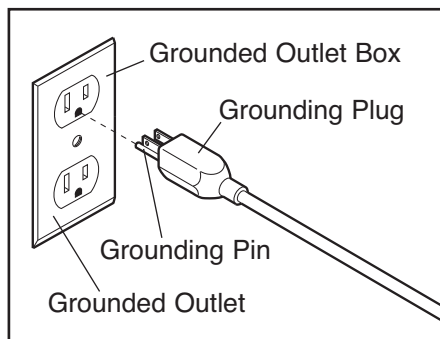
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. Important: The elliptical crosstrainer is not compatible with GFCI-equipped outlets.**

Grounded Outlet Box

Grounding Plug

Grounding Pin

Grounded Outlet

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded

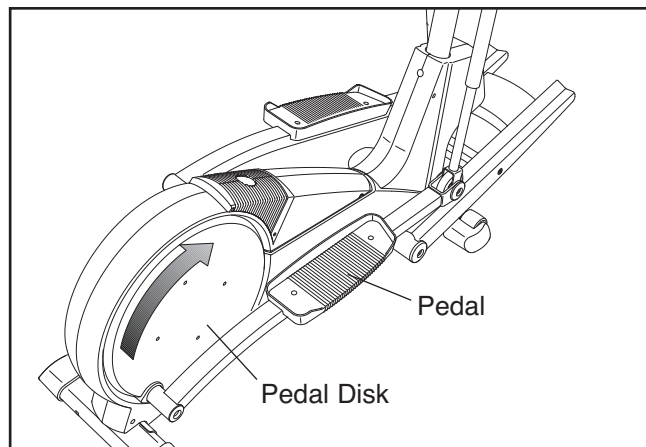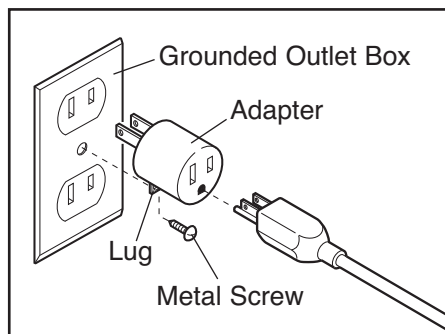Grounded Outlet Box

Adapter

Lug

Metal Screw

outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician. The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

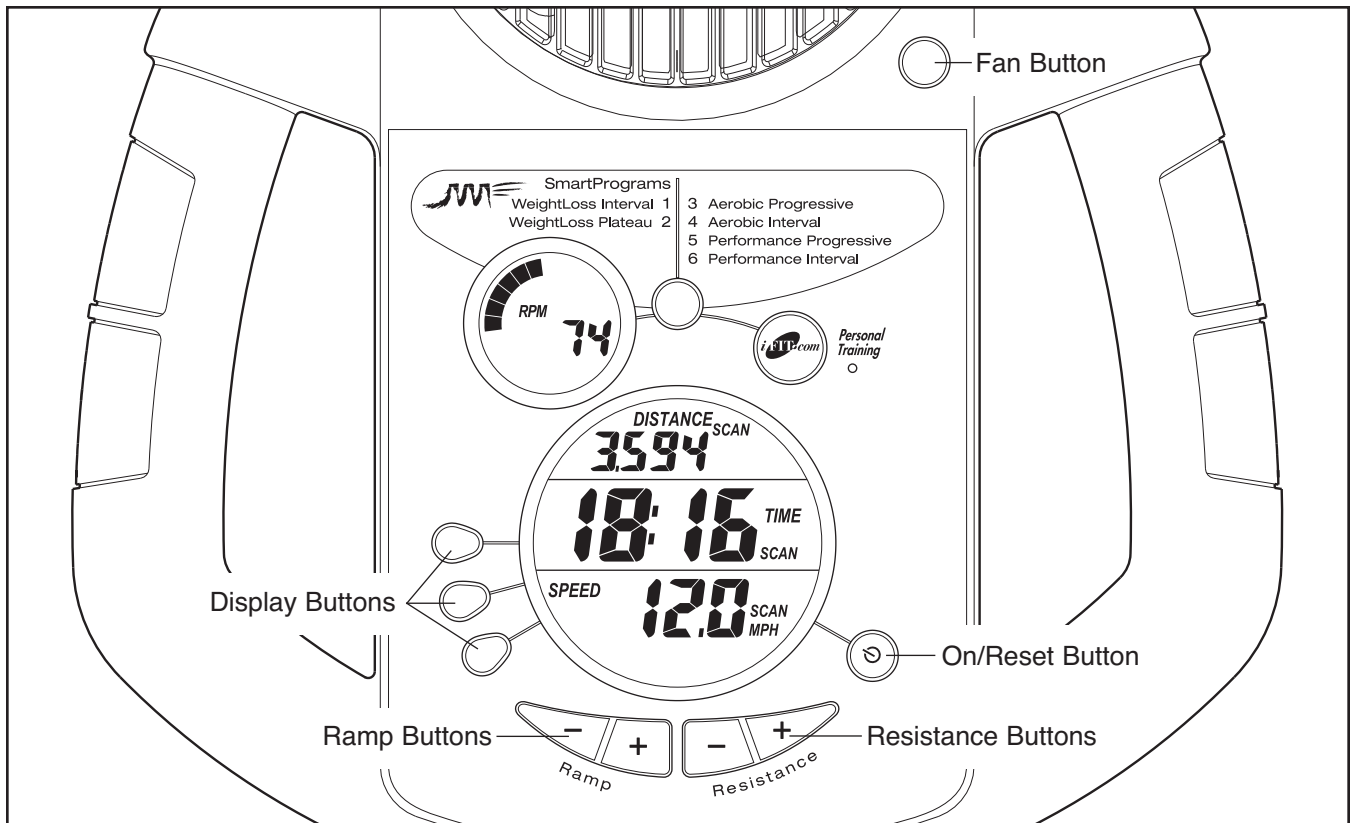## HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handgrip pulse sensor and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown by the arrow below; however, for variety, you can turn the pedal disks in the opposite direction.**

Pedal

Pedal Disk

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

Fan Button

SmartPrograms
WeightLoss Interval 1   3 Aerobic Progressive
WeightLoss Plateau 2   4 Aerobic Interval
                        5 Performance Progressive
                        6 Performance Interval

RPM 74

iFIT.com Personal Training

DISTANCE SCAN
3.594
18:16 TIME SCAN
SPEED
12.0 SCAN MPH

Display Buttons

On/Reset Button

Ramp Buttons   − +   − +   Resistance Buttons
                Ramp   Resistance

FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals and the angle of the ramp can be changed with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

In addition, the console offers six Smart programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

The console also features iFIT.com interactive technology. Having iFIT.com interactive technology is like having a personal trainer in your home. Using a stereo audio cable (available at electronics stores), you can connect the elliptical crosstrainer to your home stereo,

portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and video-cassettes, call toll-free 1-888-533-1333.**

With the elliptical crosstrainer connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, see page 12. **To use a Smart program,** see page 14. **To use an iFIT.com CD or video program,** see page 18. **To use a program directly from our Web site,** see page 19.

HOW TO USE THE MANUAL MODE

1 **Turn on the console.**

Make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 10).

To turn on the console, press the On/Reset button or begin pedaling. (See the drawing on page 11 to identify the On/Reset button.)

2 **Select the manual mode.**

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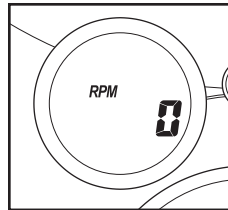
3 **Begin pedaling and change the resistance of the pedals and the angle of the ramp as desired.**

As you pedal, change the resistance of the pedals by pressing the Resistance buttons below the large display. There are ten resistance levels—level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the resistance to reach the selected setting.

To vary the feel of your exercise on the elliptical crosstrainer, increase or decrease the angle of the ramp by pressing the Ramp buttons below the large display.

4 **Follow your progress with the small display and the large display.**

The small display will show your pedaling pace, in revolutions per minute (RPM). The indicator bar in the small display will increase or decrease in length as you increase or decrease your pedaling pace.
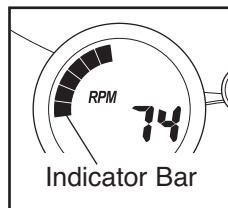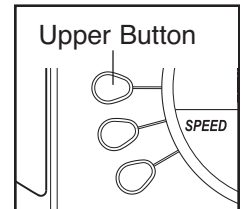
The upper section of the large display will show the distance you have pedaled and the numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 21 for an explanation of fat calories). The display will change from one number to the next every few seconds. If you use the handgrip pulse sensor, the display will also show your heart rate (see step 5 on page 13).
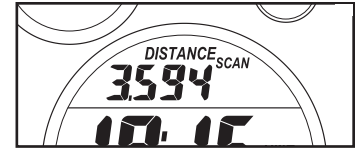
To view only the distance you have pedaled or the number of calories or fat calories you have burned, press the upper button on the left side of the large display until only the word DISTANCE, CALORIES, or FAT CALS appears in the upper section of the large display; make sure that the word SCAN does not appear. To again view the distance you have pedaled and the numbers of calories and fat calories you have burned, press the upper button until the word SCAN reappears.

The center of the large display will show the elapsed time and your current pace (pace is shown in minutes per mile in this section of the large display). The display will change from one number to the other every few seconds. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.
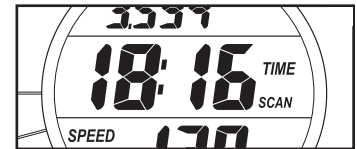
To view only the elapsed time or your pace, press the center button on the left side of the large display until only the word TIME or PACE appears; make sure that the word SCAN does not appear. To again view both the elapsed time and your pace, press the center button until the word SCAN reappears.

12
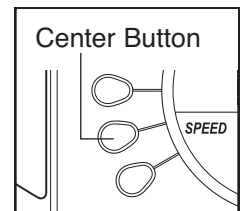
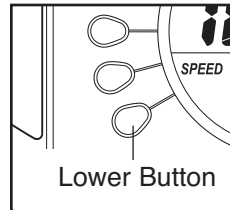**The lower section of the large display** will show your pedaling speed, your pedaling pace (in RPM), and the resistance level. The display will change from one number to the next every few seconds.
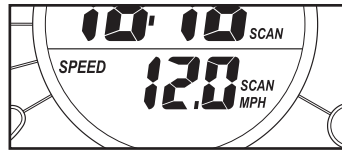
To view only your pedaling speed, your pedaling pace, or the resistance level, press the lower button on the left side of the large display until only the word SPEED, RPM, or RESISTANCE appears; make sure that the word SCAN does not appear. To again view your pedaling speed, your pedaling pace, and the resistance level, press the lower button until the word SCAN reappears.

Lower Button

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

Note: The console can show speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the lower section of the large display to show which unit of measurement is selected. To change the unit of measurement, select the console's information mode by holding down the Program button for a few seconds.
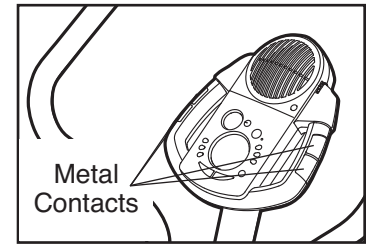
When the information mode is selected, the upper section of the large display will show the total distance pedaled on the elliptical crosstrainer. The center of the large display will show the total number of hours that the elliptical crosstrainer has been used. The lower section of the large display will show an E for English miles or an M for metric kilometers. To change the unit of measurement, press the Resistance + button.
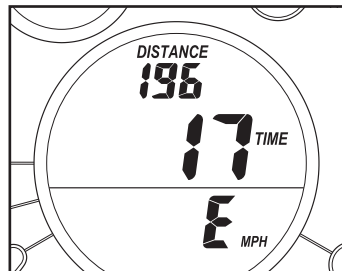
To exit the information mode, press the On/Reset button.

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

**If there are thin sheets of plastic on the metal contacts on the handgrips, peel off the plastic.** To use the handgrip pulse sensor, hold the handgrips with your palms resting against the metal contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the large display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

Metal Contacts

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

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

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

Thumb Wheel

Fan Button
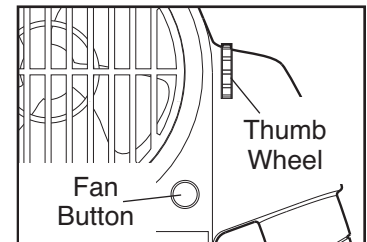
Rotate the thumb wheel on the right side of the console to pivot the fan to the desired angle.

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

If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the large display.

If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off.

HOW TO USE A SMART PROGRAM

Each Smart program will automatically change the resistance of the pedals and prompt you to increase or decrease your pace as it guides you through an effective workout. Programs 1 and 2 are weight loss programs, programs 3 and 4 are aerobic programs, and programs 5 and 6 are high-performance programs.
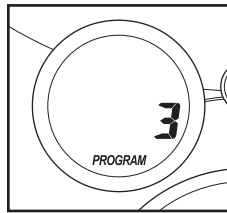
Follow the steps below to use a Smart program.

1 Turn on the console.

See step 1 on page 12.

**2 Select one of the Smart programs.**

Each time the console is turned on, the manual mode will be selected. To select a Smart program, press the Program button repeatedly until the number 1, 2, 3, 4, 5, or 6 appears in the small display.

3 Begin pedaling to start the program.

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

When you begin pedaling, the resistance of the pedals will automatically change to the resistance level programmed for the first period. The target pace for the first period will appear in the small

display for a few seconds, and the arrows in the small display will help you to pedal at the target pace—simply increase or decrease your

pedaling pace until one segment of the indicator bar appears at the tip of each arrow (see the drawing above). For example, if there are five
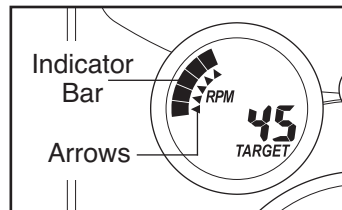
arrows, five segments of the indicator bar should appear. Note: When the word TARGET does not appear in the small display, your actual pedaling pace will be shown. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.** If the resistance of the pedals is too high or too low, you can change the resistance level by pressing the Resistance buttons below the large display.

At the end of each period, the resistance of the pedals will automatically change if a different resistance level is programmed for the next period. In addition, the number of arrows in the small display will change if a different target pace is programmed for the next period.

During the program, the center of the large display will show the time remaining in the program. If you stop pedaling for a few seconds, the displays will pause and the time will flash. If you continue pedaling after the program is completed, the displays will continue to show exercise feedback.

4 Follow your progress with the large display.

See step 4 on page 12.

5 Measure your heart rate if desired.

See step 5 on page 13.

6 Turn on the fan if desired.

See step 6 on page 13.

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

See step 7 on page 13.

HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 15 and 16 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical crosstrainer must be connected to your VCR. See page 17 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical crosstrainer must be connected to your computer. See page 16.

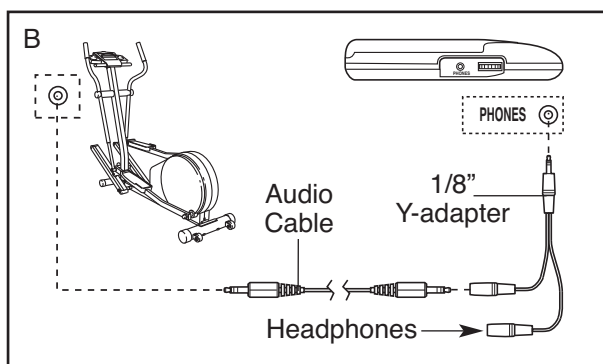### HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

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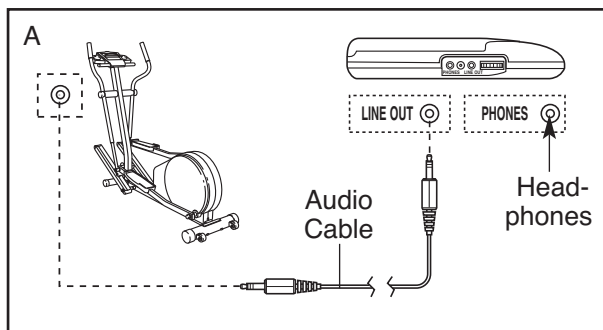
B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other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

HOW TO CONNECT YOUR PORTABLE STEREO

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

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

B. Refer to the drawing above. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.
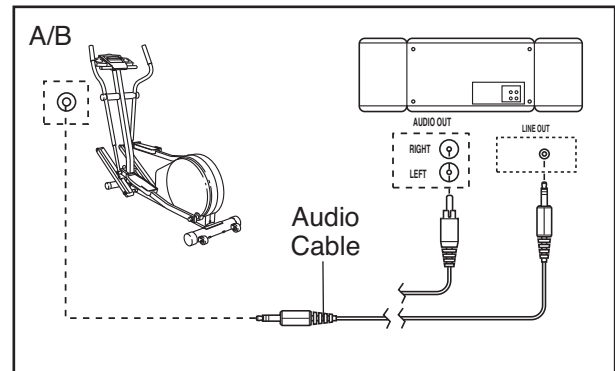
C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.
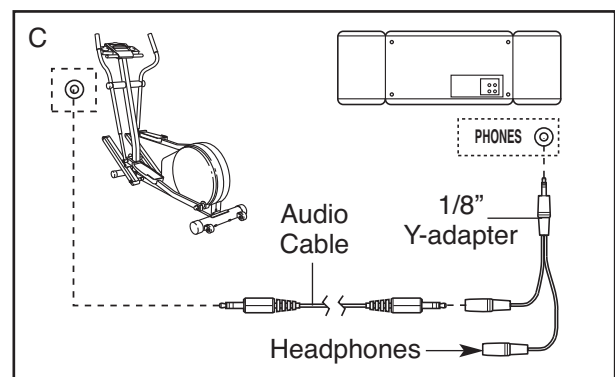
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

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

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

HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.
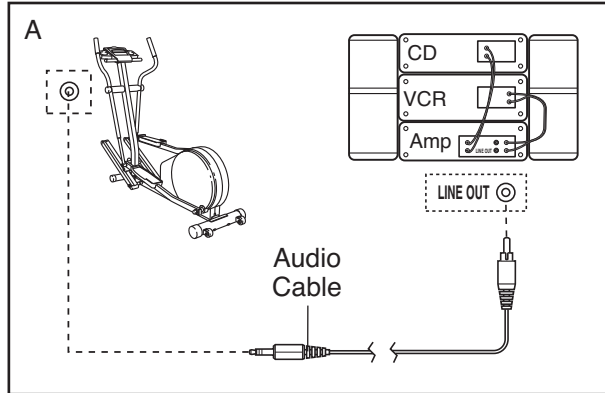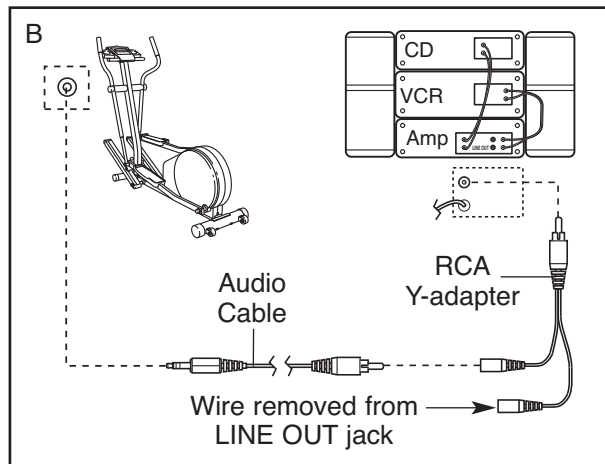
A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.

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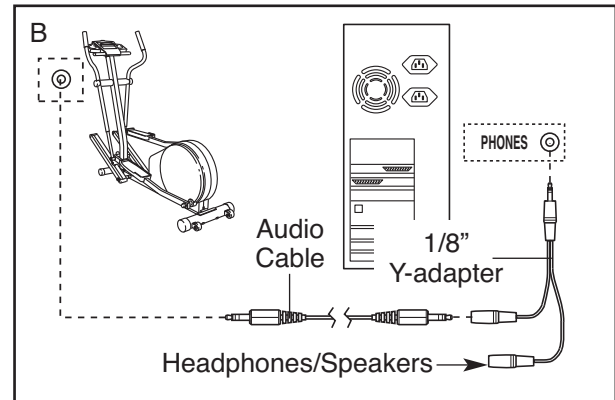
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 16.

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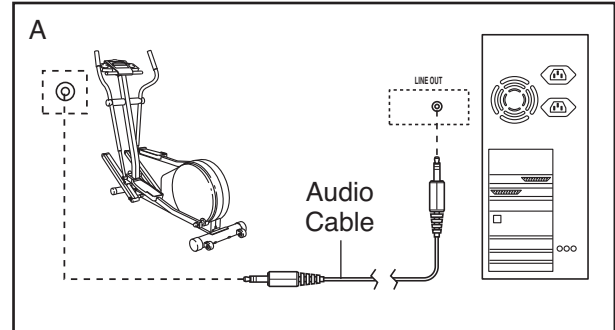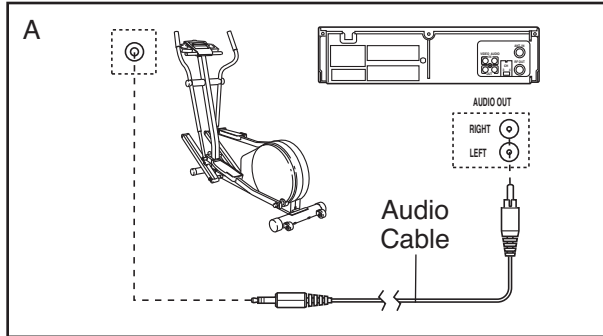
B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug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


A

AUDIO OUT
RIGHT
LEFT

Audio Cable

B

RCA Y-adapter

Audio Cable

Wire removed from AUDIO OUT jack

17
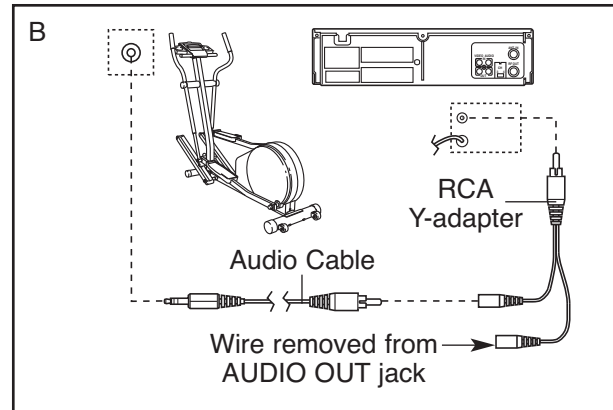
HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 15. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-888-533-1333.**

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

1 Turn on the console.

See step 1 on page 12.

2 Select the iFIT.com mode.

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

IF
PROGRAM

3 Insert the iFIT.com CD or videocassette.
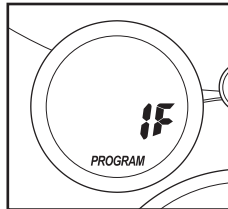
If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

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

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

· **Make sure that the indicator near the iFIT.com button is lit.**

· **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

· **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 Follow your progress with the large display.

See step 4 on page 12.

6 Measure your heart rate if desired.

See step 5 on page 13.

7 Turn on the fan if desired.

See step 6 on page 13.

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

See step 7 on page 13.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the elliptical crosstrainer must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

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

1 Turn on the console.

See step 1 on page 12.

2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator near the button will light and the letters IF will appear in the small display.
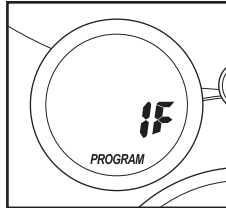
3 Go to your computer and start an internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the elliptical crosstrainer and begin pedaling.

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

8 Follow your progress with the large display.

See step 4 on page 12.

9 Measure your heart rate if desired.

See step 5 on page 13.

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

See step 7 on page 13.

19

MAINTENANCE AND TROUBLESHOOTING

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

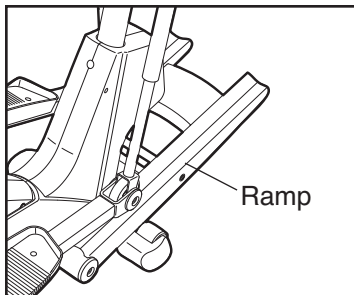For smooth operation of the elliptical crosstrainer, **clean the ramp regularly** using a soft cloth and a small amount of mild detergent. Other parts of the elliptical crosstrainer can be cleaned in the same way. **Keep liquids away from the console. Never use abrasives or solvents.**

Ramp

HOW TO MOVE THE ELLIPTICAL CROSSTRAINER

Stand in front of the elliptical crosstrainer, hold the handlebars firmly, and place one foot against the ramp in the location shown. Pull the handlebars until the elliptical crosstrainer can be moved on the front wheels, and carefully move the elliptical crosstrainer to the desired location. Then, place one foot against the ramp and lower the elliptical crosstrainer. **Due to the size and weight of the elliptical crosstrainer, use extreme caution while moving and lowering it.**

Place your foot here

Wheel
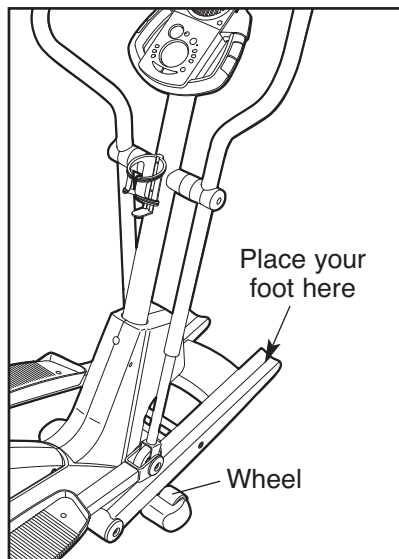
HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

After the elliptical crosstrainer has been moved, make sure that the ends of both stabilizers are touching the floor. If the elliptical crosstrainer rocks slightly during use, turn one or both of the leveling feet under the front stabilizer until the rocking motion is eliminated.

Leveling Foot
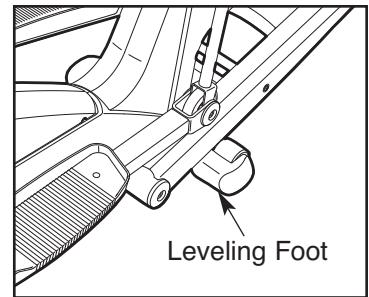
HANDGRIP PULSE SENSOR TROUBLESHOOTING

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. For optimal performance of the handgrip pulse sensor, keep the metal contacts clean using a soft cloth and a small amount of mild detergent. **Never use alcohol, abrasives, or chemicals.**

Avoid moving your hands or squeezing the handgrip pulse sensor too tightly. Excessive movement or pressure may interfere with heart rate readings. For the most accurate heart rate reading, hold the metal contacts for about 30 seconds.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

EXERCISE FREQUENCY

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

PART LIST—Model No. PFEL54932

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	40	2	Crank Bearing	82	1	Incline Motor
2	1	Upright	41	1	Flywheel	83	1	Frame Spacer
3	1	Front Stabilizer	42	2	Flywheel Bearing	84	4	M4 x 12mm Tap Screw
4	1	Rear Stabilizer	43	1	Magnet	85	1	Adjustment Cable
5	1	Console	44	1	Flywheel Axle			Assembly
6	1	Left Side Shield	45	6	M8.5 Small Washer	86	1	Upper Wire Harness
7	1	Right Side Shield	46	3	M8 Nylon Locknut	87	1	Lower Wire Harness
8	2	Pedal Disc	47	2	Crank Screw	88	1	Pivot Axle
9	1	Left Handlebar	48	1	Right Crank Arm	89	2	M8 x 22mm Button Bolt
10	1	Right Handlebar	49	1	M6 x 25mm Bolt	90	4	Motor Washer
11	2	Foam Grip	50	1	Control Board	91	1	Water Bottle Holder
12	1	Right Pedal	51	4	M6 x 18mm Bolt	92	4	M8 Nut
13	1	Left Pedal	52	1	"C" Magnet Bracket	93	2	M4 x 22mm Screw
14	1	Left Pedal Arm	53	4	M8.5 Washer	94	3	M6 Large Washer
15	1	Right Pedal Arm	54	1	"C" Magnet	95	1	Wedge
16	2	Inner Pedal Arm	55	1	Motor	96	2	Incline Motor Spacer
		Bushing	56	1	Belt	97	1	Incline Reed Switch
17	2	Pedal Leg Sleeve	57	2	M8 x 33mm Button Bolt	98	1	Incline Reed Switch
18	2	Ramp Shield	58	1	Ramp Cover			Clip
19	1	Control Box with Lid	59	1	Ramp	99	2	Ramp Spacer
20	4	M6 x 45mm Flat Screw	60	3	M6 Nut	100	1	Incline Axle
21	2	Snap Ring	61	4	M5 Nylon Locknut	101	4	Ramp Bushing
22	2	M8 x 25mm Patch	62	4	M5 x 12mm Bolt	102	2	Ramp Cap
		Screw	63	1	M10 x 85mm Button	103	2	Frame Bushing
23	2	Handlebar Cap			Screw	104	1	Frame Axle
24	6	Handlebar Bushing	64	2	M4 x 6mm Screw	105	1	M10 x 65mm Bolt
25	2	Handlebar Spacer	65	8	M5 x 33mm Screw	106	5	M10 Nylon Locknut
26	2	Upright Spacer	66	19	M4 x 16mm Screw	107	2	M4 x 19mm Screw
27	2	Bolt Set	67	4	M4 x 25mm Screw	108	4	M8 x 19mm Patch
28	4	Handlebar Leg Bushing	68	1	Right Front Endcap			Screw
29	2	Pedal Arm Wheel	69	1	Reed Switch Clamp	109	2	M6 x 16mm Button
30	1	Upright Bushing	70	1	M10 Split Washer			Screw
31	1	Left Front Endcap	71	2	Handlebar Endcap	110	3	#8 x 9.5mm Screw
32	2	Wheel	72	2	Leveling Foot	111	4	M6 Nylon Locknut
33	2	M6 x 72mm Button	73	1	M5 x 16mm Screw	112	1	Power Cord
		Screw	74	2	M5 x 6mm Screw	113	2	M3 x 12mm Screw
34	4	M10 x 112mm Carriage	75	2	M6 Eyebolt	114	1	AC Power Receptical
		Bolt	76	1	Spring	115	2	Outer Pedal Arm
35	2	Rear Stabilizer Endcap	77	1	Reed Switch			Bushing
36	1	Left Crank Arm	78	1	Reed Switch Bracket	116	2	Wave Washer
37	1	Pulley	79	2	Handlebar Leg	#	5	Allen Wrench
38	4	Pedal Arm Cap	80	1	Side Shield Cover	#	1	Grease
39	1	Crank	81	1	"U" Bracket	#	1	User's Manual

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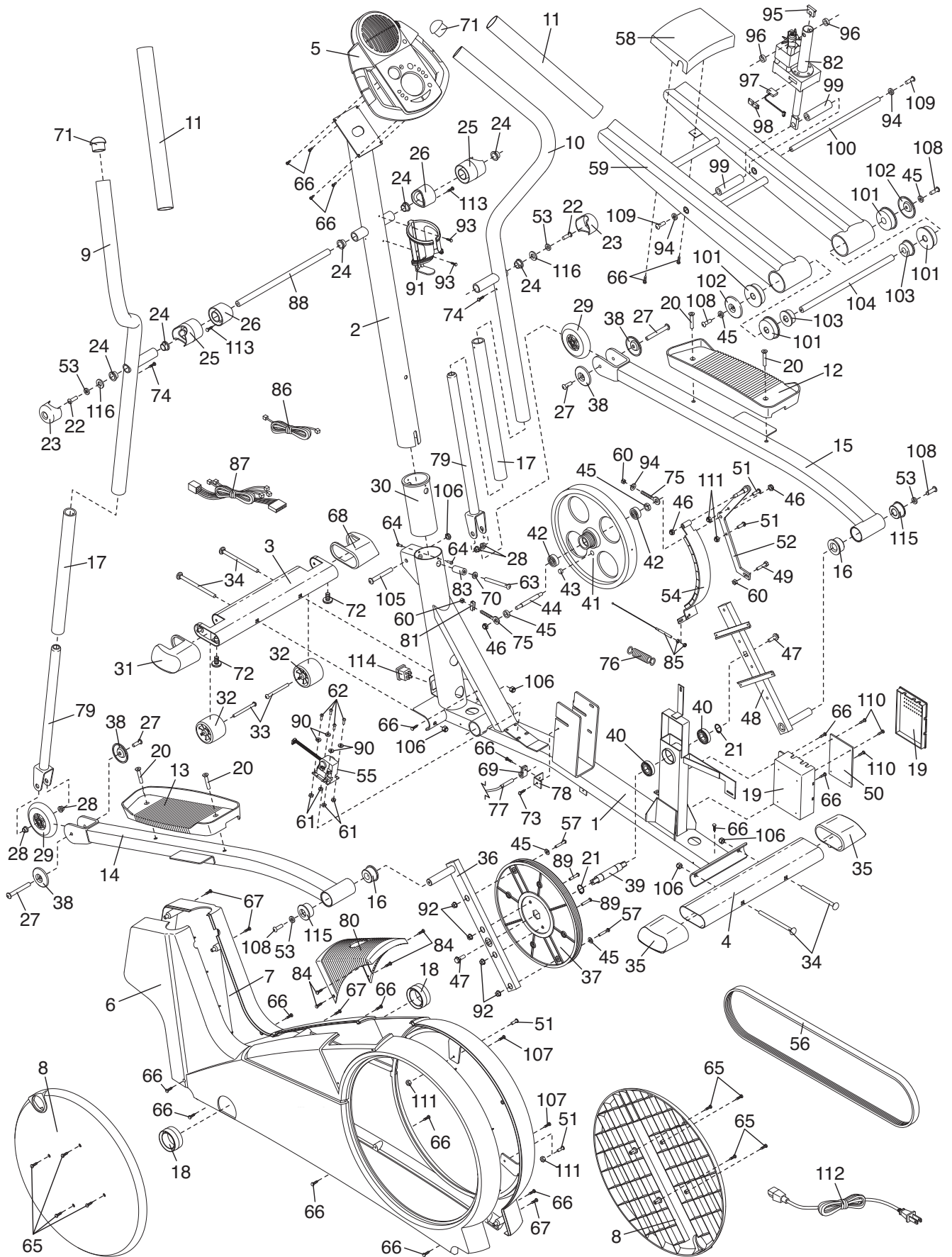
HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

• The MODEL NUMBER of the product (PFEL54932)

• The NAME of the product (PROFORM C830 elliptical crosstrainer)

• The SERIAL NUMBER of the product (see the front cover of this manual)

• The KEY NUMBER and DESCRIPTION of the part(s) (see page 22)

LIMITED WARRANTY

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

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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

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

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