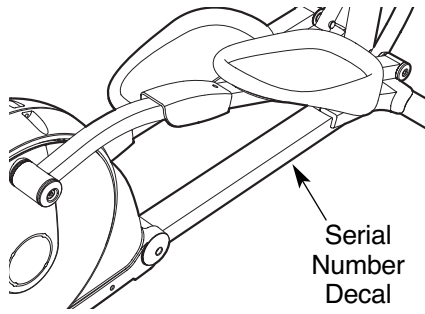


PRO-FORM[®]

SPACE SAVER 930

Model No. PFEL59107.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

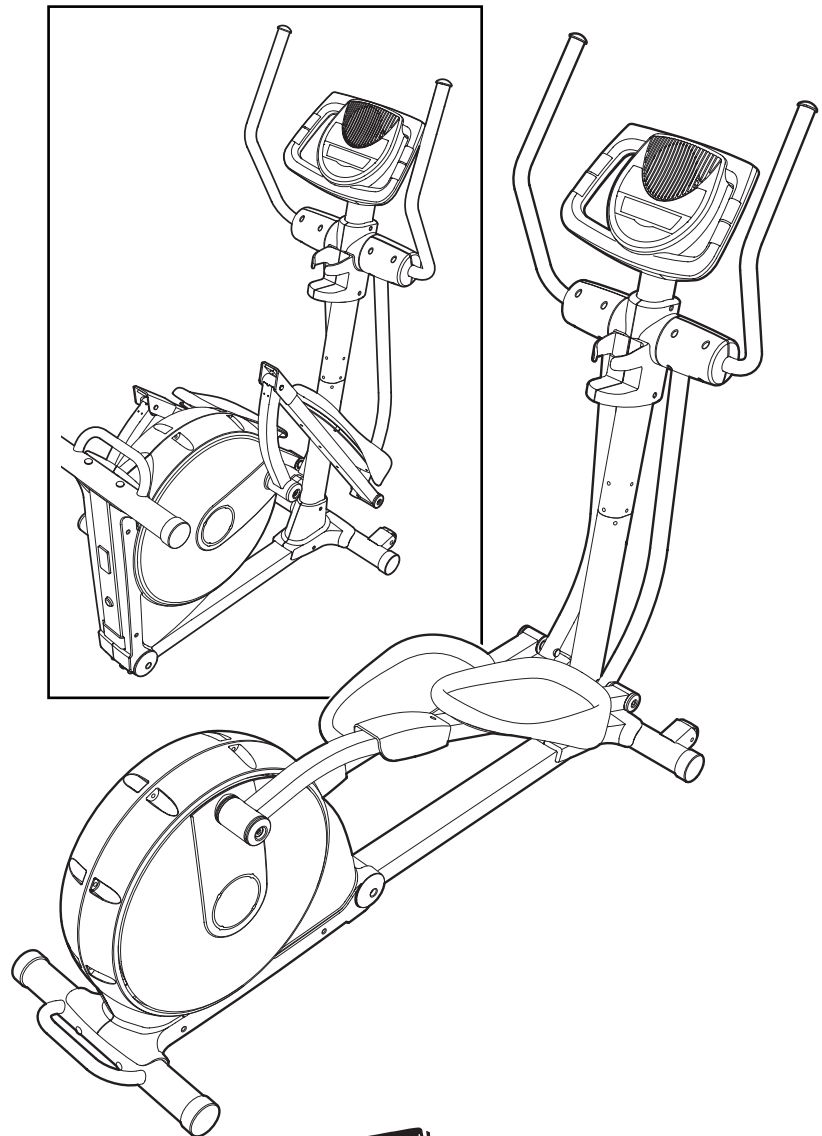
CALL TOLL-FREE:

1-888-533-1333

Mon.-Fri., 6 a.m.-6 p.m. MST

ON THE WEB:

www.proformservice.com



CAUTION

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



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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser. Use the elliptical exercise only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 275 pounds.
8. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using the elliptical exerciser.
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 while using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. The warning decals shown on page 4 have been placed on the elliptical exerciser in the locations shown. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual 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.

BEFORE YOU BEGIN

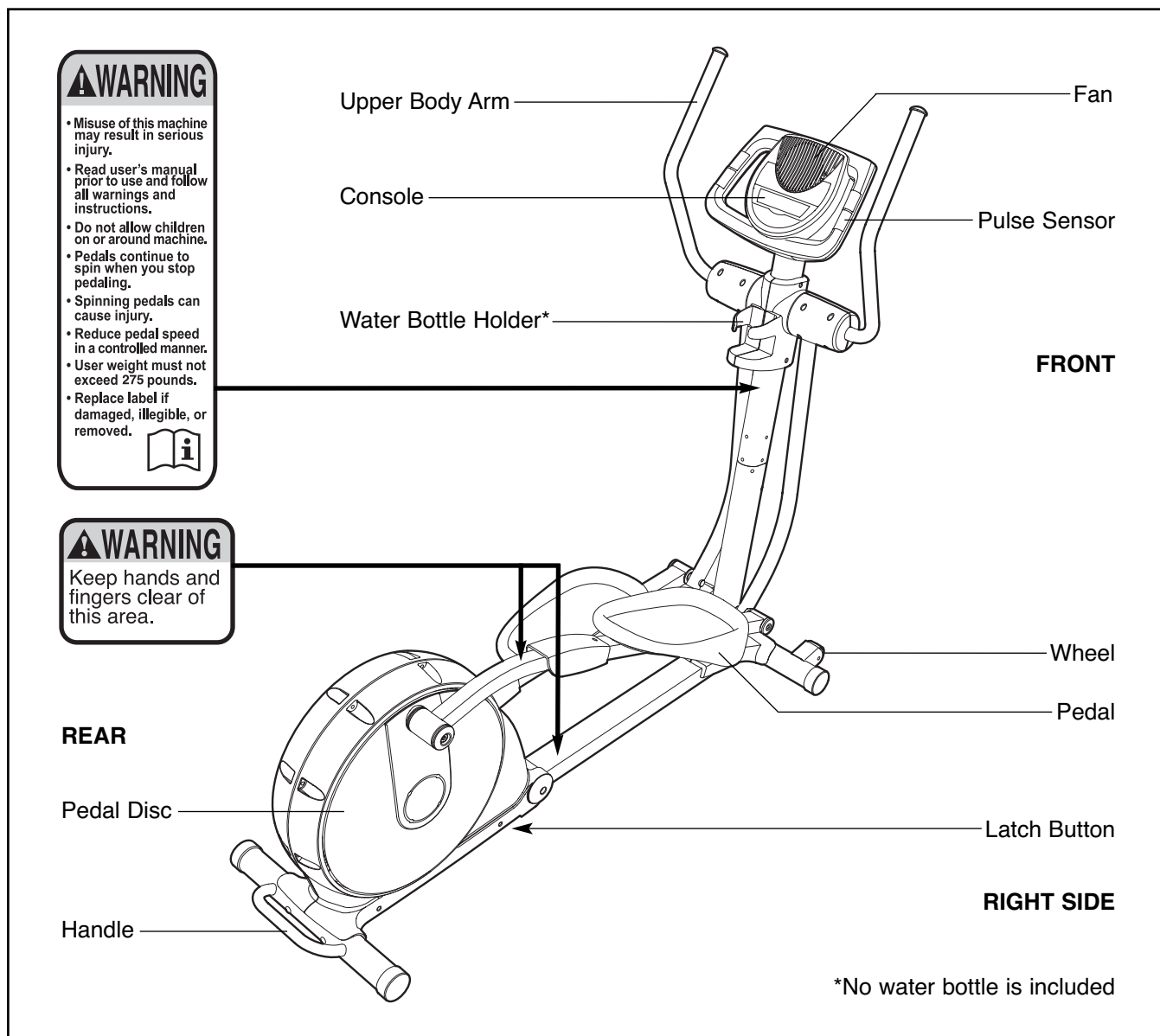
Thank you for purchasing the revolutionary PROFORM® 930 SPACE SAVER elliptical exerciser. The 930 SPACE SAVER elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable—and when you're not exercising, the unique elliptical exerciser can be folded out of the way.

For your benefit, read this manual carefully before you use the elliptical exerciser. 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 is PFEL59107.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.proformservice.com/registration.

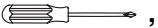

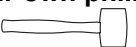
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



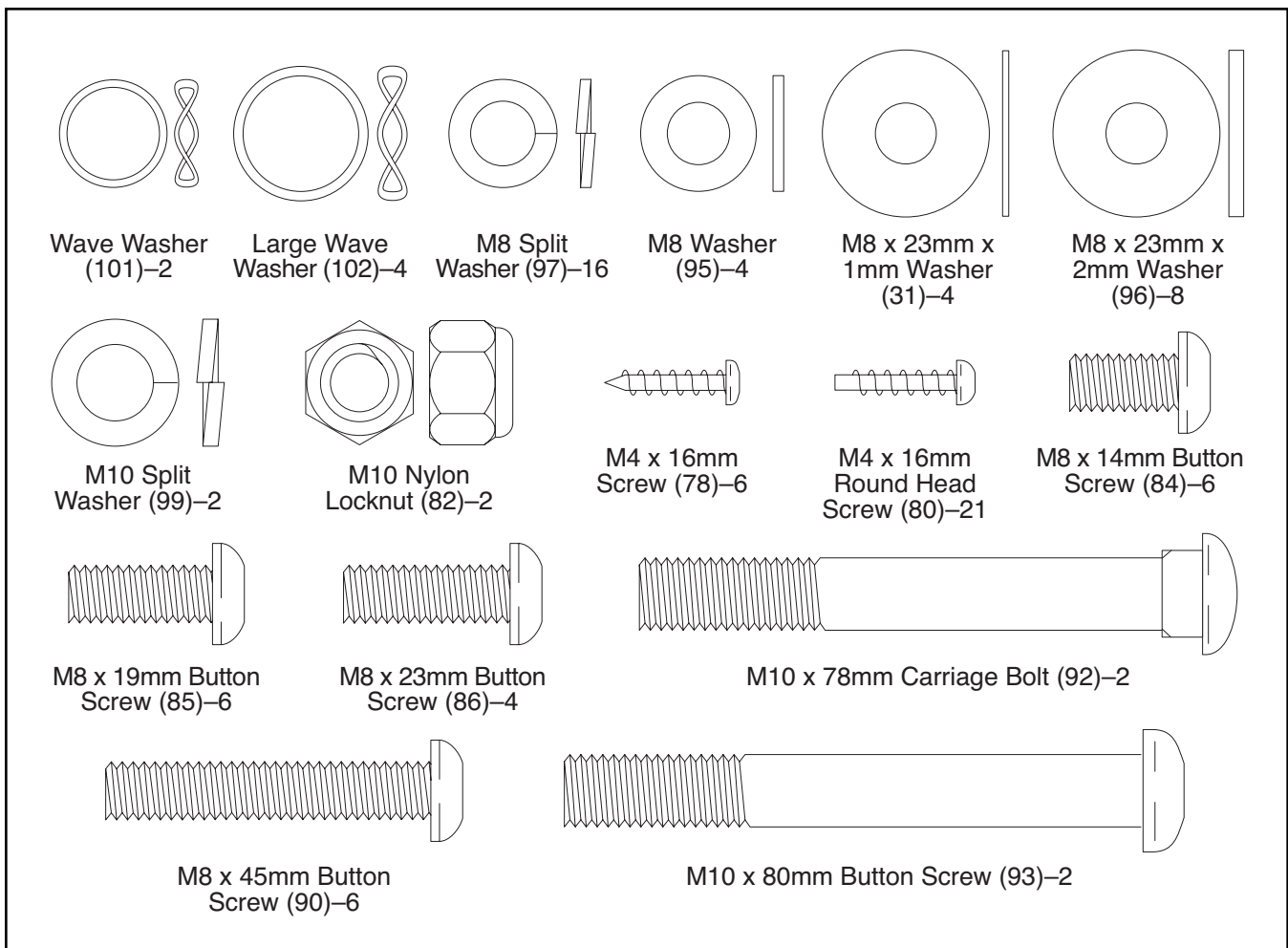
ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call toll-free 1-800-445-2480.

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included hex keys and your own phillips screwdriver , **adjustable wrench** , and **rubber mallet** .

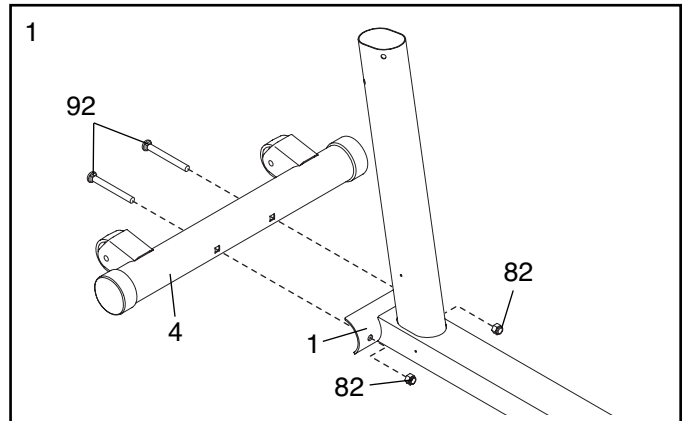
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 24 and 25. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been preassembled.**



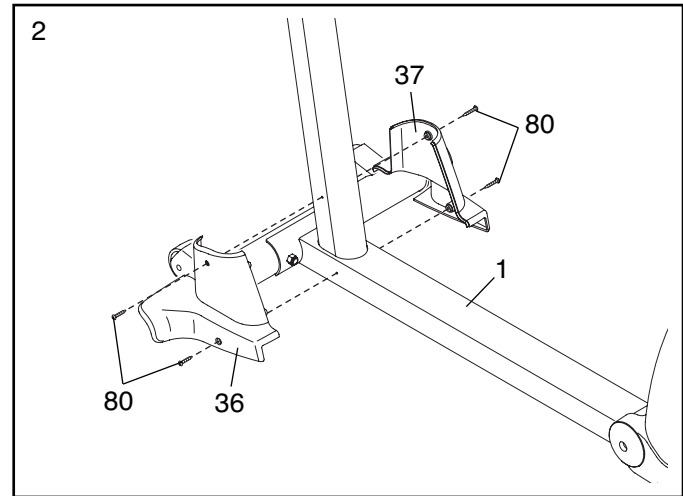
1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

See HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER on page 11, and unfold the elliptical exerciser.

While another person lifts the front of the Frame (1), attach the Front Stabilizer (4) to the Frame with two M10 x 78mm Carriage Bolts (92) and two M10 Nylon Locknuts (82).

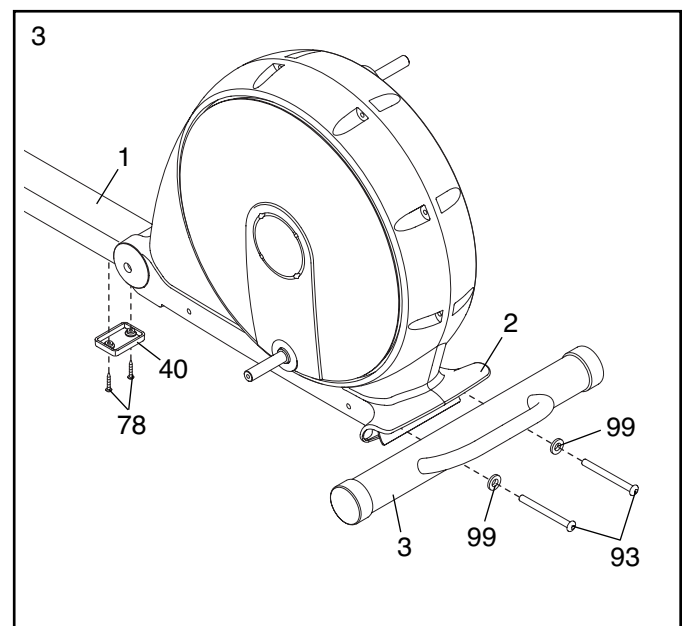


2. Attach the Left and Right Frame Covers (36, 37) around the Frame (1) with four M4 x 16mm Round Head Screws (80).



3. With the help of another person, carefully tip the elliptical exerciser onto its side. Attach the Center Foot (40) to the Frame (1) with two M4 x 16mm Screws (78). Then, return the elliptical exerciser to the upright position.

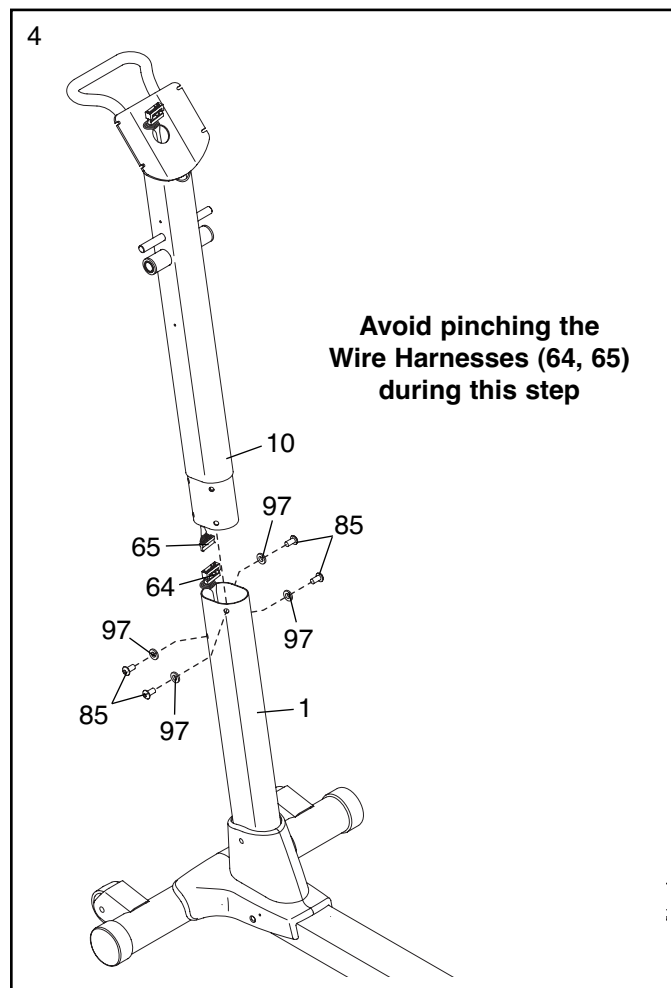
Orient the Rear Stabilizer (3) as shown. While another person lifts the Folding Frame (2), attach the Rear Stabilizer to the Folding Frame with two M10 x 80mm Button Screws (93) and two M10 Split Washers (99).



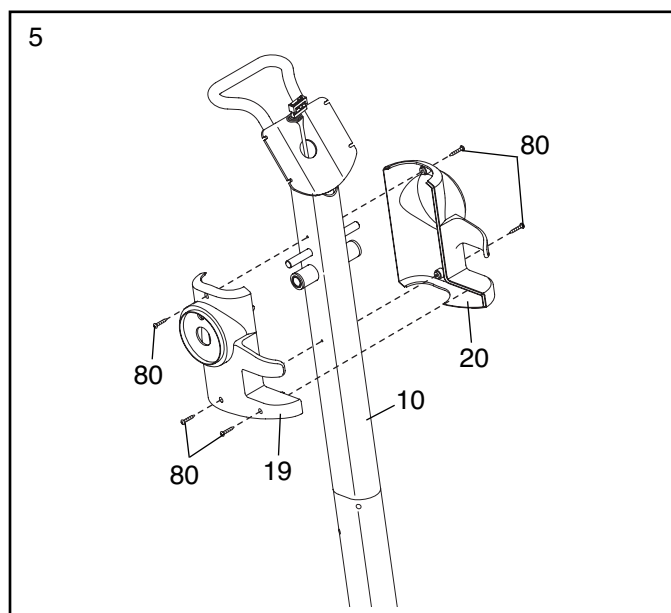
4. While another person holds the Upright (10) near the Frame (1), connect the Upper Wire Harness (65) to the Lower Wire Harness (64).

Then, insert the Upright (10) into the Frame (1). Attach the Upright with four M8 x 19mm Button Screws (85) and four M8 Split Washers (97). **Do not tighten the Button Screws yet.**

Avoid pinching the Wire Harnesses (64, 65) during this step.



5. Orient the Left and Right Upright Covers (19, 20) as shown. Attach the Upright Covers around the Upright (10) with five M4 x 16mm Round Head Screws (80).



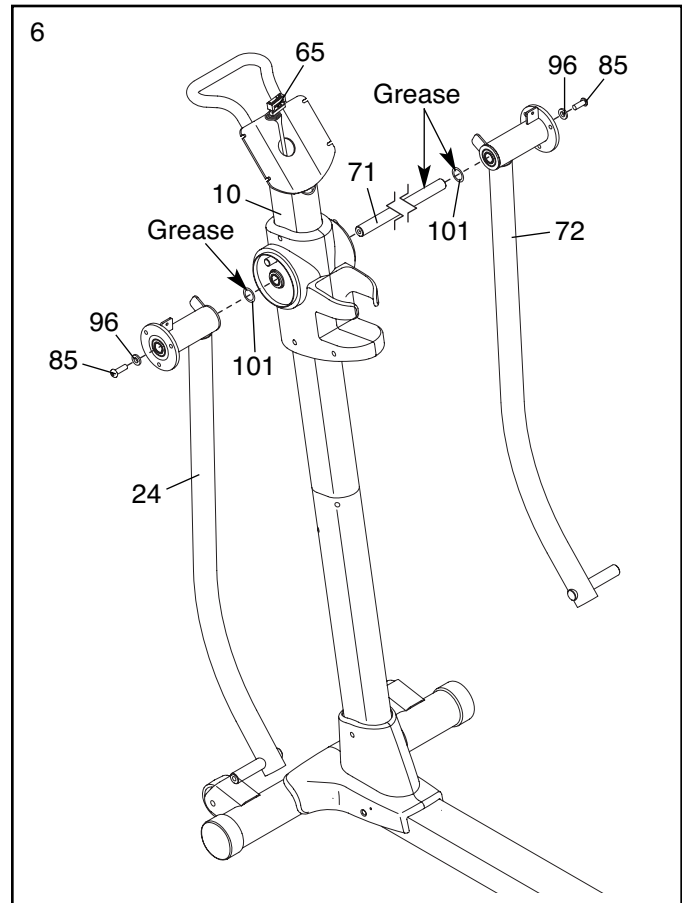
6. Apply a generous amount of the included grease to the Upper Body Axle (71). Insert the Upper Body Axle into the Upright (10). **Be careful not to damage the Upper Wire Harness (65).**

Apply a small amount of grease to a Wave Washer (101). Slide the Wave Washer onto the left end of the Upper Body Axle (71).

Identify the Left Upper Body Leg (24), which is marked with sticker, and orient it as shown. Slide the Left Upper Body Leg onto the left side of the Upper Body Axle (71).

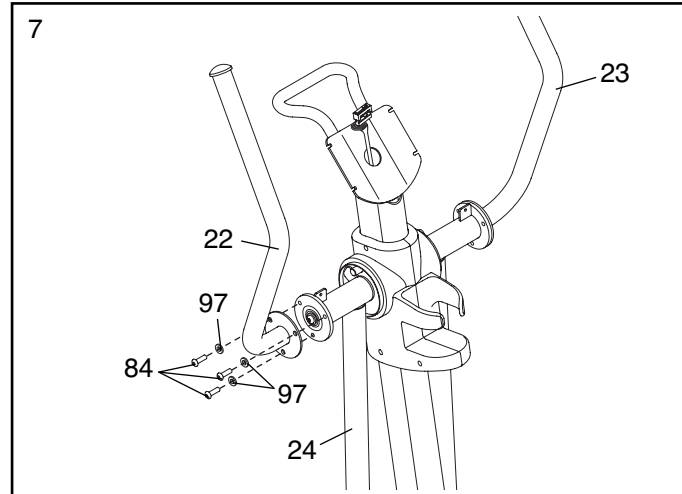
Attach the Left Upper Body Leg (24) to the Upper Body Axle (71) with an M8 x 19mm Button Screw (85) and an M8 x 23mm x 2mm Washer (96).

Repeat this step for the Right Upper Body Leg (72).



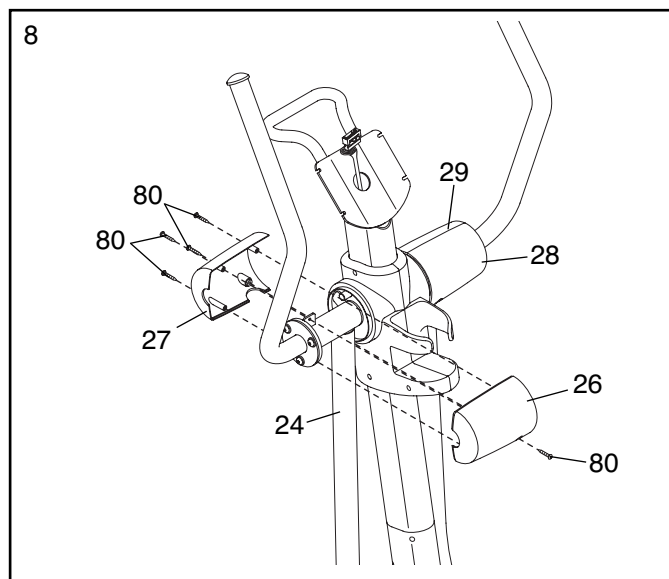
7. Attach the Left Upper Body Arm (22) to the Left Upper Body Leg (24) with three M8 x 14mm Button Screws (84) and three M8 Split Washers (97).

Attach the Right Upper Body Arm (23) in the same way.



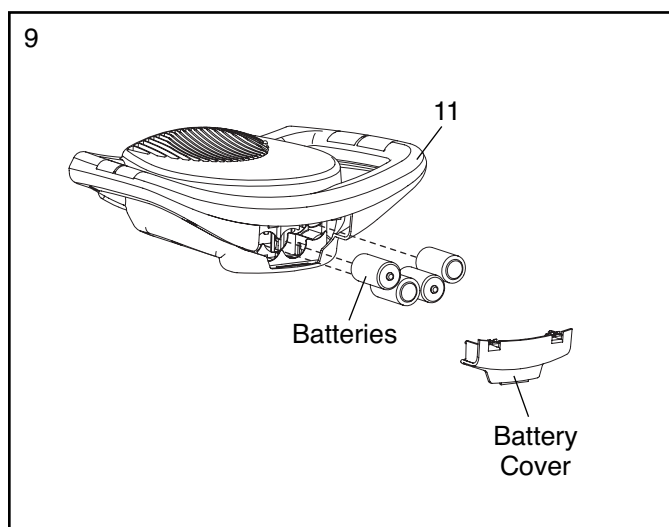
8. Hold the Left Rear Upper Body Cover (26) and the Left Front Upper Body Cover (27) around the Left Upper Body Leg (24). Attach the Upper Body Covers with five M4 x 16mm Round Head Screws (80).

Attach the Right Rear Upper Body Cover (28) and the Right Front Upper Body Cover (29) in the same way.



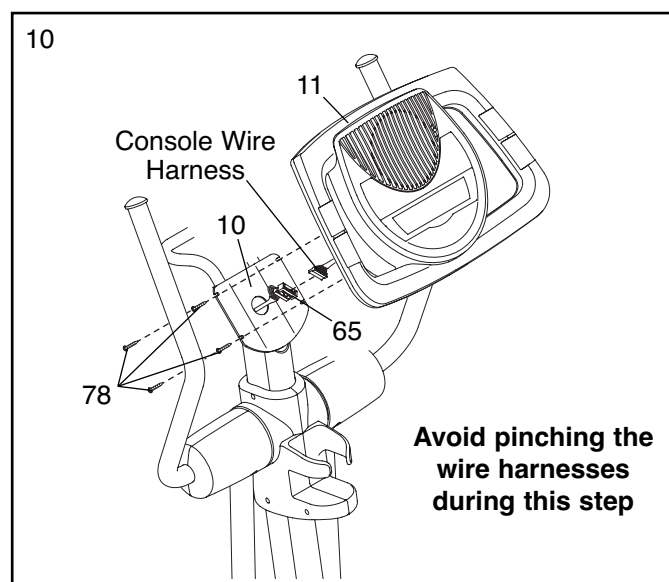
9. The Console (11) requires four 1.5V "D" batteries (not included); alkaline batteries are recommended. Remove the battery cover and insert four batteries into the Console. Make sure that the batteries are oriented as shown at the right. Then, reattach the battery cover.

Note: The Console (11) can be operated with an optional power supply instead of batteries. **To purchase a power supply, call the toll-free telephone number on the front cover of this manual.** Plug one end of the power supply into the jack on the console. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances



10. While another person holds the Console (11) near the Upright (10), connect the console wire harness to the Upper Wire Harness (65).

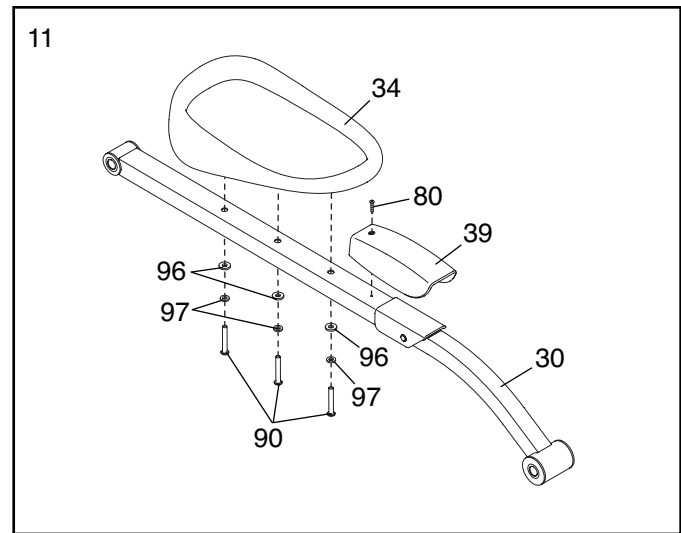
Attach the Console (11) to the Upright (10) with four M4 x 16mm Screws (78). **Avoid pinching the wire harnesses during this step.**



11. Orient a Link Arm (30) as shown. Attach the Left Pedal (34) to the Link Arm with three M8 x 45mm Button Screws (90), three M8 Split Washers (97), and three M8 x 23mm x 2mm Washers (96).

Attach a Pedal Arm Cover (39) to the Link Arm (30) with an M4 x 16mm Round Head Screw (80).

Repeat this step for the Right Pedal (not shown) and the other Link Arm (not shown).



12. Apply a generous amount of grease to the axle on the Left Upper Body Leg (24) and to the axle on the left Crank Arm (55). Then, apply grease to two Large Wave Washers (102).

Slide an Upper Body Leg Spacer (9) and a Large Wave Washer (102) onto the Left Upper Body Leg (24). **Make sure that the flat side of the Upper Body Leg Spacer is facing outward.** Then, slide the other Large Wave Washer (102) onto the left Crank Arm (55).

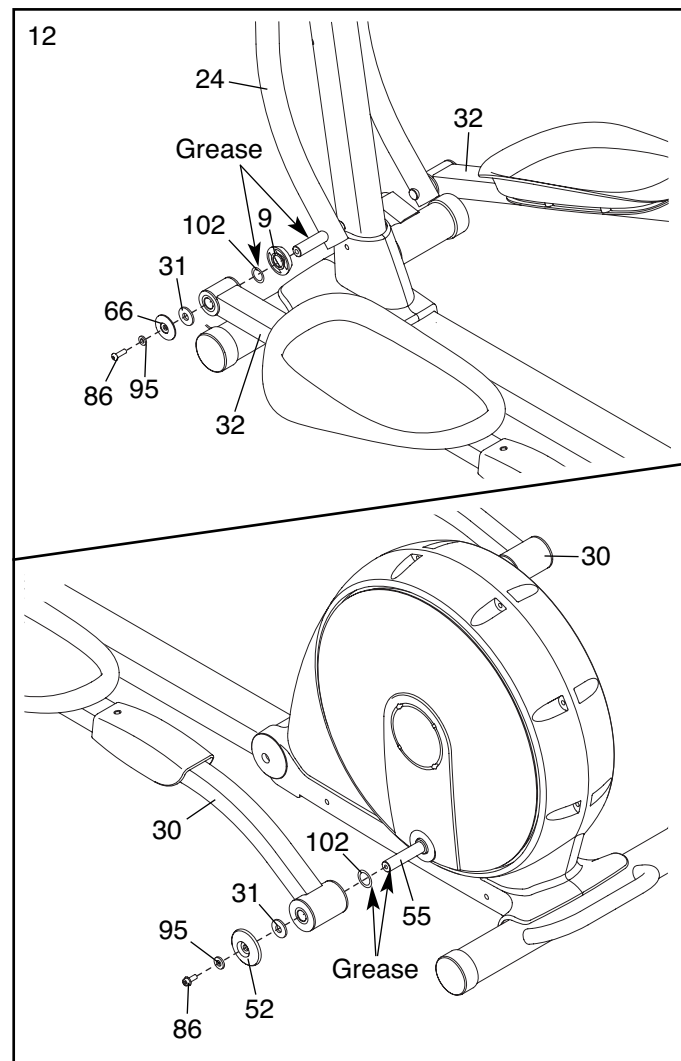
Slide the left Pedal Arm (32) onto the Left Upper Body Leg (24) while sliding the left Link Arm (30) onto the axle on the left Crank Arm (55).

Attach the Pedal Arm (32) to the Left Upper Body Leg (24) with an M8 x 23mm Button Screw (86), an M8 Washer (95), an Axle Cover (66), and an M8 x 23mm x 1mm Washer (31).

Then, attach the Link Arm (30) to the Crank Arm (55) with an M8 x 23mm Button Screw (86), an M8 Washer (95), a Large Axle Cover (52), and an M8 x 23mm x 1mm Washer (31).

Repeat this step for the right Pedal Arm (32) and the right Link Arm (30).

See step 4. Tighten the M8 x 19mm Button Screws (85).

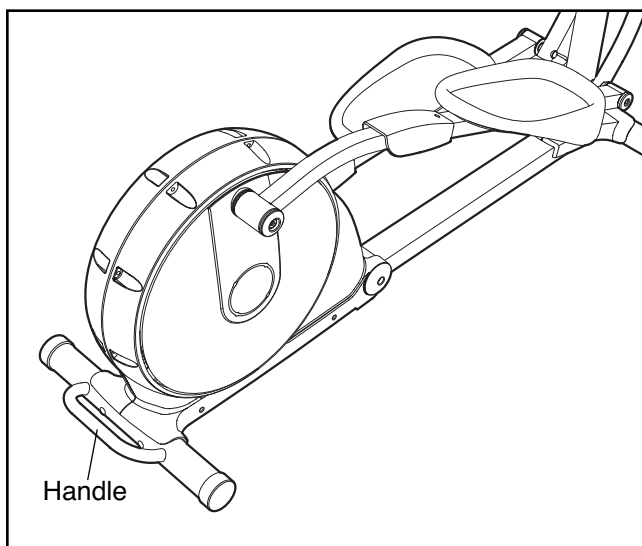


13. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

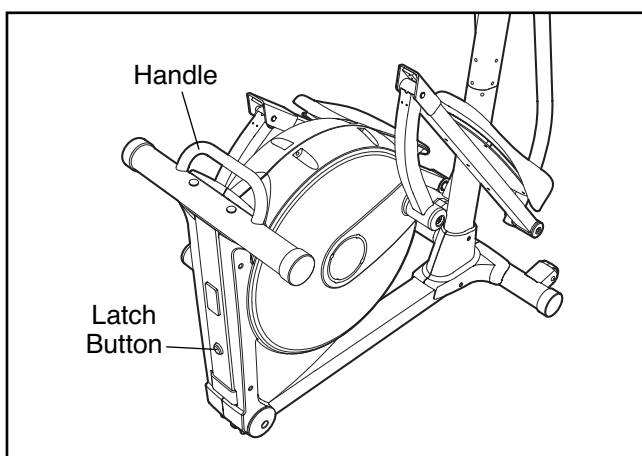
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. To fold the elliptical exerciser, lift the handle on the rear of the elliptical exerciser until the elliptical exerciser locks into the vertical position.

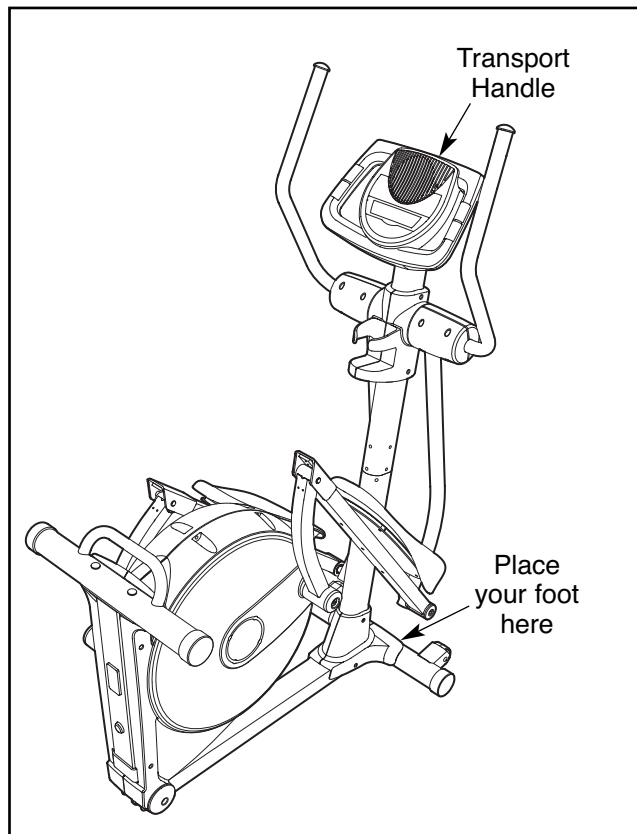


To unfold the elliptical exerciser, first hold the handle, press the latch button, and then lower the frame to the floor.



HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described at the left. Next, stand in front of the elliptical exerciser and place one foot against the center of the front stabilizer. Pull the transport handle backward until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired position, and then lower it.

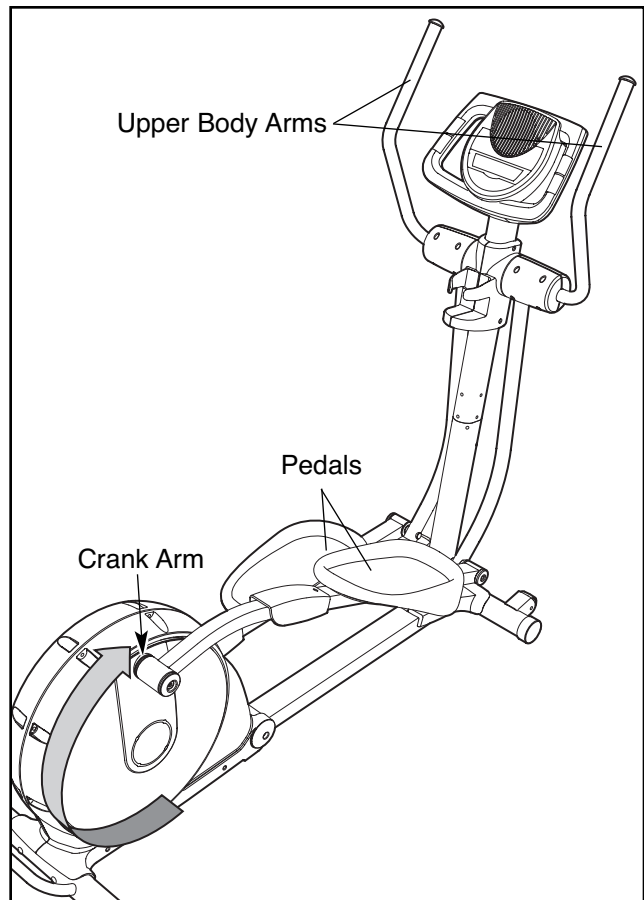


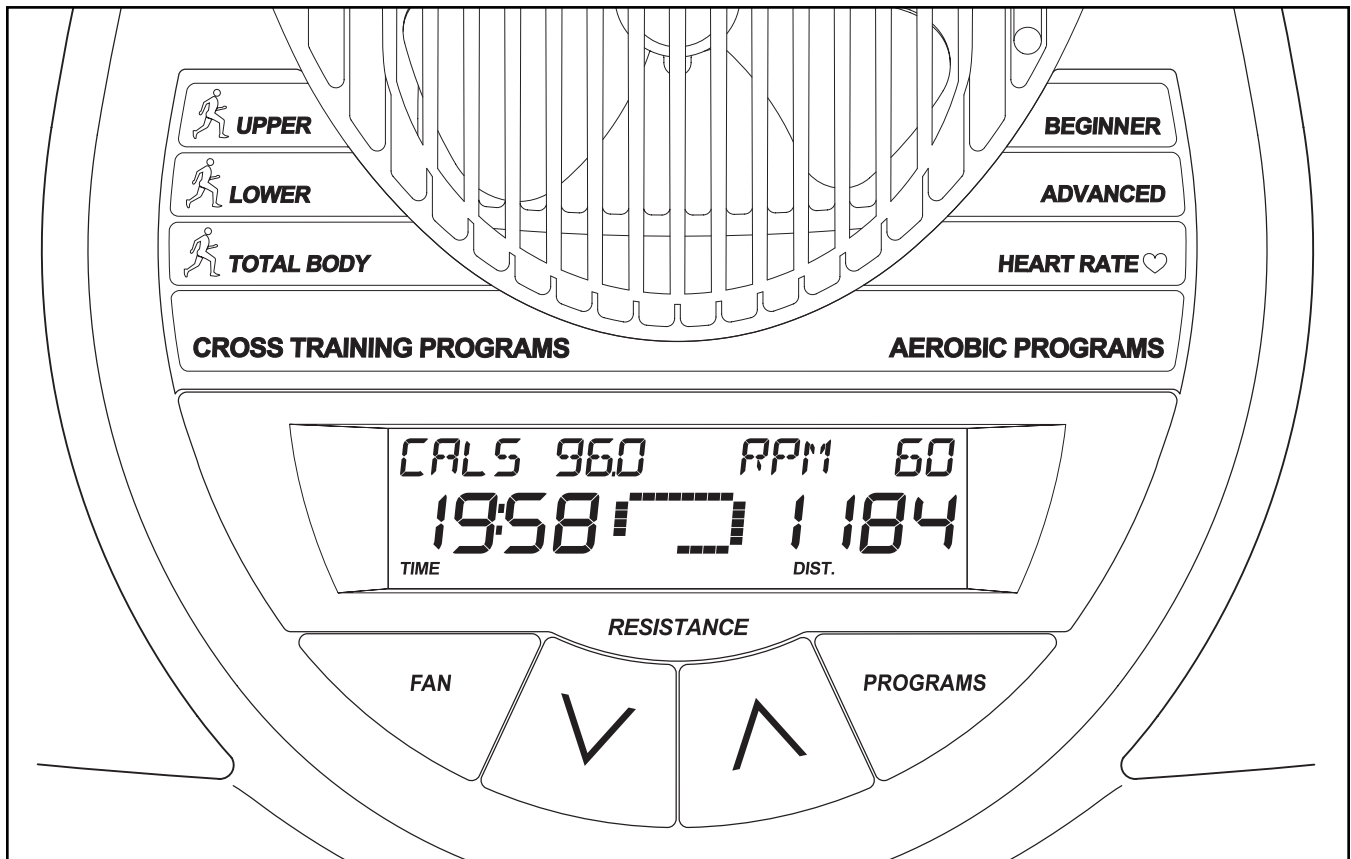
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow at the right; however, for variety you can turn the crank arms in the opposite direction.

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





FEATURES OF THE CONSOLE

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

When you select 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 display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also features six interactive cross training programs designed to help you to burn calories and enhance your cardiovascular system while toning and strengthening your muscles. The cross training programs automatically control the resistance of the pedals and prompt you to perform a variety of strength exercises during your workout. Choose an upper body,

lower body, or total body cross training program for an effective workout. Note: The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the toll-free telephone number on the front cover of this manual.**

The console also offers two heart rate programs that automatically control the resistance of the pedals and prompt you to maintain a constant pedaling pace to keep your heart rate near target heart rate settings during your workouts.

To use the manual mode of the console, follow the steps beginning on page 14. **To use a cross training program**, see page 15. **To use a heart rate program**, see page 17.

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

HOW TO USE THE MANUAL MODE

1 Press the Resistance decrease button or begin pedaling to turn on the console.

A moment after you turn on the console, the display will light.

2 Select the manual mode.

Each time you turn on the console, the manual mode will be selected automatically. If you have selected a program, reselect the manual mode by pressing the Programs button repeatedly until the words MANUAL MODE appear in the display.

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

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons repeatedly. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4 Follow your progress with the display.

The left side of the display—This side of the display will show the elapsed time.

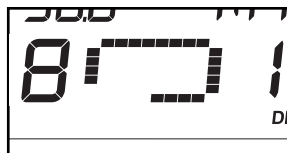
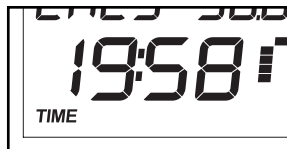
Note: When a program is selected, except for the heart rate control program, the display will show the time remaining in the program instead of the elapsed time.

The left side of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on this page).

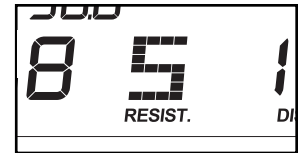
Note: When a program is selected, the left side of the display will also show the approximate number of calories you have burned.

The center of the display—When you select the manual mode, the center of the display will show a track that represents 640 revolutions.

As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



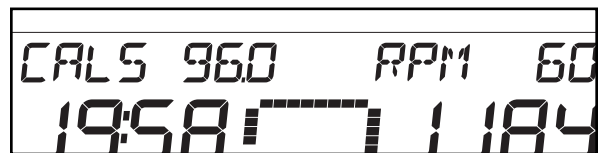
The center of the display will also show the resistance level of the pedals for a few seconds each time the resistance level changes.



The right side of the display—This side of the display will show the distance, in total revolutions, you have pedaled. Note: When a program is selected, the right side of the display will also show your pedaling pace in revolutions per minute (rpm).

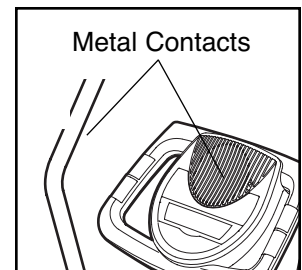


The top of the display—When you select the manual mode, the top of the display will show the approximate number of calories you have burned and your pedaling pace in revolutions per minute (rpm).



5 Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the left side of the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

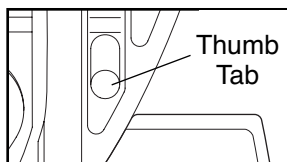


If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6 Turn on the fan if desired.

To turn on the fan at high speed, press the Fan button. To turn on the fan at low speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the pedals do not move for a few minutes, the fan will automatically turn off to conserve the batteries.

Pivot the thumb tab on the right side of the fan to adjust the fan angle.



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

If the pedals do not move for several seconds, a tone will sound and the console will pause.

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

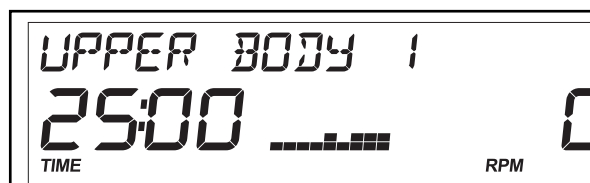
HOW TO USE A CROSS TRAINING PROGRAM

1 Press the Resistance decrease button or begin pedaling to turn on the console.

A moment after you turn on the console, the display will light.

2 Select one of the six cross training programs.

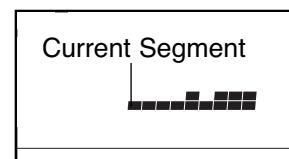
To select a cross training program, press the Programs button repeatedly until the name of the desired cross training program appears in the display. When you select a cross training program, the program time will appear in the display and a profile of the resistance levels for the program will scroll across the center of the display.



3 Begin pedaling to start the program.

Each program is divided into 25, 30, or 45 one-minute segments. One resistance level and one target rpm (revolutions per minute) setting are programmed for most segments. (Note: The same resistance level and/or target rpm setting may be programmed for two or more consecutive segments.) During other segments, the console will prompt you to perform strength exercises.

The resistance level for the first segment will appear in the flashing Current Segment column in the display. The resistance levels for the next several segments will appear in the columns to the right. The target rpm setting will appear in the top of the display.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the resistance level and/or target rpm is about to change, the resistance level and/or the target rpm setting will appear in the display to alert you.

When the first segment is completed, *all resistance levels will move one column to the left*. The resistance level for the second segment will then appear in the flashing Current Segment column and the pedals will automatically adjust to the resistance level for the second segment. Note: If all the indicators in the Current Segment column are lit, *the resistance levels may move downward* so that only the highest indicators appear in the matrix.

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When the words PEDALING IN RANGE appear, maintain your current pace.

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

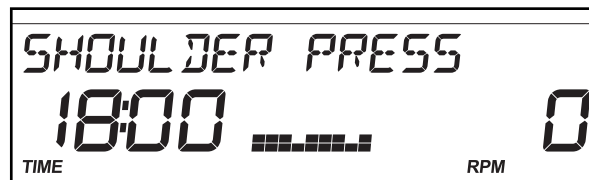


If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance decrease or increase buttons. Every few times you press a Resistance button, an additional indicator will appear or disappear in the Current Segment column; if any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well. **Important: When the current segment of the program ends, the pedals will automatically adjust to the resistance level for the next segment.**

To stop the program at any time, stop pedaling. The time will begin to flash in the display. To restart the program, simply resume pedaling.

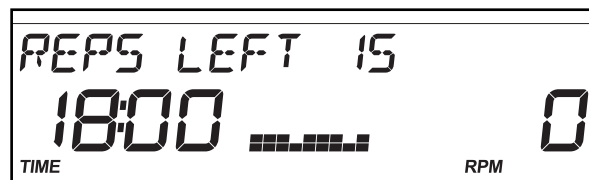
4 Perform the first strength exercise when prompted.

When the first strength exercise segment begins, the name of the first strength exercise will appear in the display for a few seconds. The time will pause and flash in the display.



Next, the display will show the recommended number of repetitions for the first strength exercise.

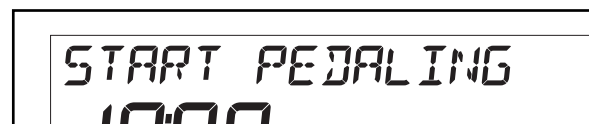
Step off the elliptical exerciser and prepare to begin the first strength exercise. Every few seconds, the console will sound a tone; when a tone sounds, perform one repetition of the exercise. Exercise with a slow, steady motion; do not perform more than one repetition each time a tone sounds. The display will count down the repetitions as you perform them.



Note: Refer to the accompanying exercise chart to see the correct form for each exercise. When performing lunges, alternate legs with each repetition. When performing dumbbell rows, perform half the repetitions with your right arm and half the repetitions with your left arm. The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the toll-free telephone number on the front cover of this manual.**

5 Continue the cross training program.

When you have performed the recommended number of repetitions, the words START PEDALING will appear in the display. To continue the cross training program, step onto the exerciser and start pedaling. The pedals will automatically adjust to the resistance level for the next segment.



The program will continue in this way until the last segment ends. Then, the words PROGRAM DONE will appear in the display.

6 Follow your progress with the display.

See step 4 on page 14.

7 Measure your heart rate if desired.

See step 5 on page 14.

8 Turn on the fan if desired.

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE A HEART RATE PROGRAM

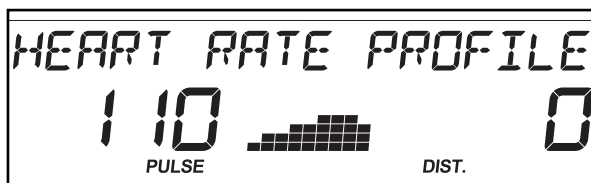
1 Press the Resistance decrease button or begin pedaling to turn on the console.

A moment after you turn on the console, the display will light.

2 Select one of the two heart rate programs.

To select a heart rate program, press the Programs button repeatedly until HEART RATE PROFILE or HEART RATE CONTROL appears in the display.

If you select the heart rate profile program, the maximum target heart rate setting will flash and a profile of the target heart rate settings for the program will scroll across the center of the display.



If you select the heart rate control program, the target heart rate setting for the program will flash in the display.



3 Enter a target heart rate setting.

If you select the heart rate profile program, the maximum target heart rate setting of the program will flash in the display. Use the Resistance increase and decrease buttons to change the maximum heart rate setting, if desired. Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.

If you select the heart rate control program, the target heart rate setting for the program will flash in the display. Use the Resistance increase and decrease buttons to change the target heart rate setting, if desired. Note: The same target heart rate setting will be used for the entire program.

4 Hold the handgrip pulse sensor.

It is not necessary to hold the handgrip pulse sensor continuously during a heart rate program; however, you should hold the handgrip pulse sensor frequently for the program to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.** When you are not holding the handgrip pulse sensor, the letters PLS will appear in the display instead of your heart rate.



5 Begin pedaling to start the program.

Heart rate profile program—This program is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

The target heart rate setting for the first segment will be shown in the flashing Current Segment column of the display. The target heart rate settings for the next several segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all target heart rate settings will move one column to the left.* The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

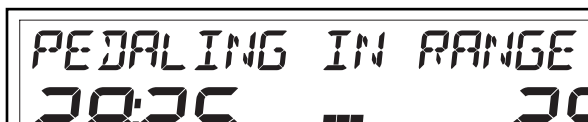
The program will continue in this way until the last segment ends. Then, the words PROGRAM DONE will appear in the display.

Heart rate control program—The same target heart rate is programmed for all segments of this program.

Both heart rate programs—As you pedal, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate.

You will also be prompted to pedal at a steady pace. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear in the display, decrease your pace. When the words PEDALING IN RANGE appear, maintain your current pace.

Important: Make sure to exercise at a pace 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 decrease or increase buttons; however, you might not maintain the target heart rate. Also, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

6 Follow your progress with the display.

See step 4 on page 14.

7 Measure your heart rate if desired.

See step 5 on page 14.

8 Turn on the fan if desired.

See step 6 on page 15.

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

See step 7 on page 15.

MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical exerciser, 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.**

BATTERY REPLACEMENT

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 9 on page 9 for replacement instructions.

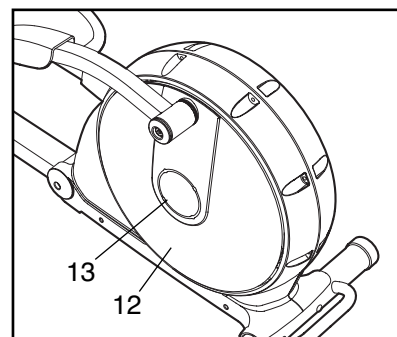
HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands while using the handgrip pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 30 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—**never use alcohol, abrasives, or chemicals to clean the contacts.**

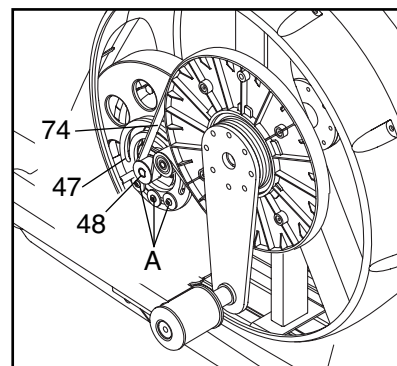
HOW TO ADJUST THE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the belt may need to be adjusted. To adjust the belt, first see assembly step 12 on page 10 and remove the left pedal arm and the left link arm.

Then, carefully pry off the left Disc Cover (13) using a flat screwdriver. Next, remove the four screws (not shown) from the center of the left Disc (12). Gently rotate the Disc Cover and the Disc away from the elliptical exerciser.



Loosen, but do not remove, the three indicated screws (A). Insert the shaft of a screwdriver downward between the Idler (47) and the Idler Pulley (48). Pull the top of the screwdriver toward the front of the elliptical exerciser until the Belt (74) is tight. Then, tighten the three screws.



Reattach the left disc with the four screws and then reattach the left disc cover. Next, see assembly step 12 on page 10 and reattach the left pedal arm and the left link arm.

EXERCISE GUIDELINES

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

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

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	♥
<hr/>							
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.

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

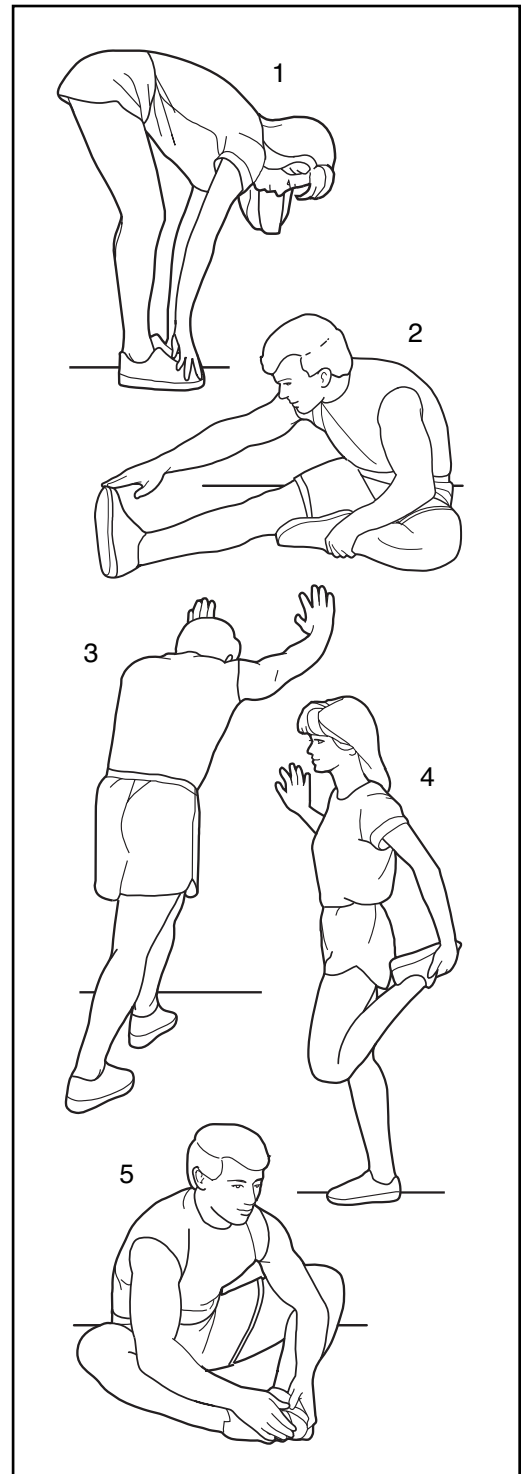
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

NOTES

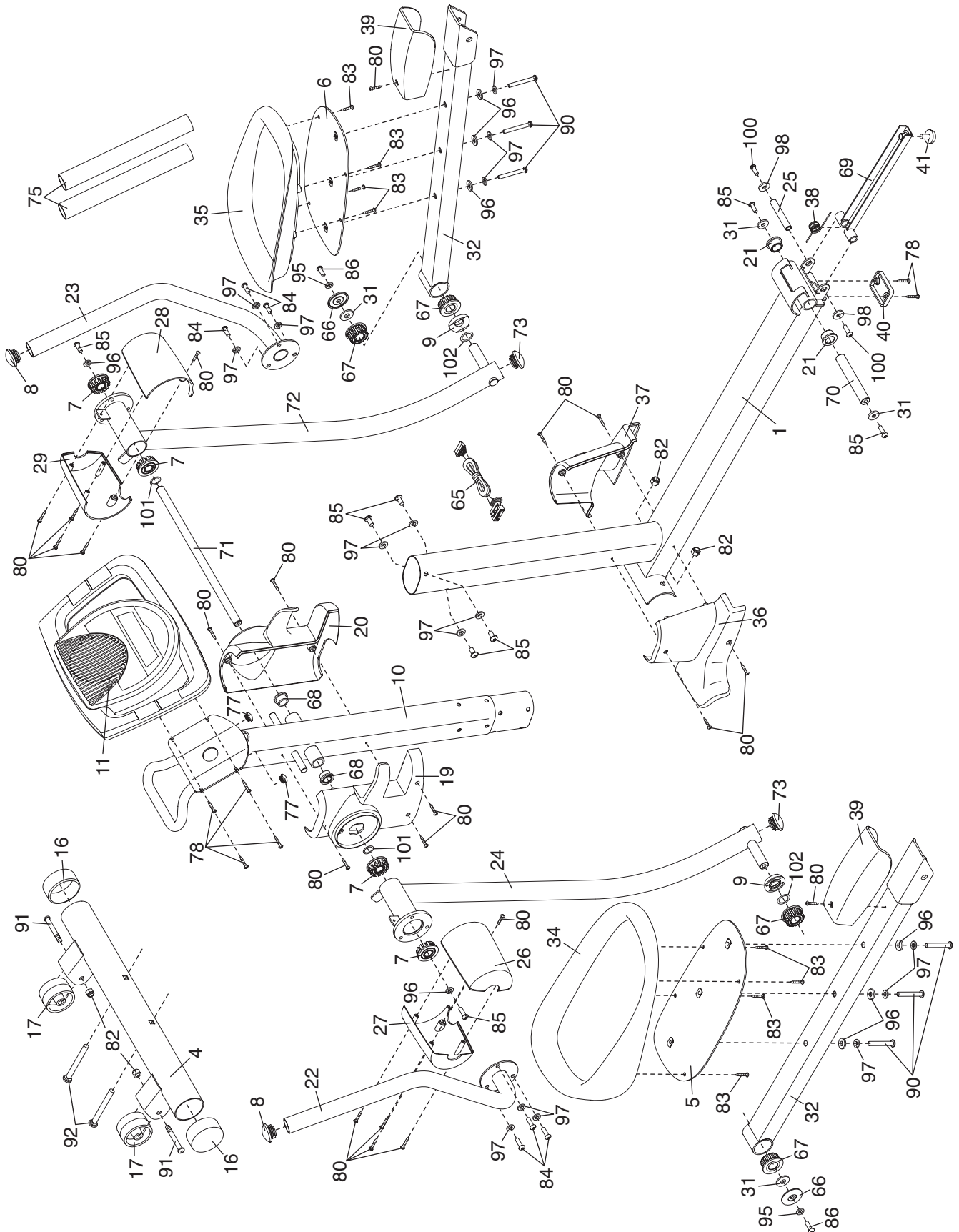
PART LIST—Model No. PFEL59107.0

R1107A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Clamp
2	1	Folding Frame	52	2	Large Axle Cover
3	1	Rear Stabilizer	53	4	Pivot Arm Bushing
4	1	Front Stabilizer	54	4	Link Snap Ring
5	1	Left Pedal Bracket	55	2	Crank Arm
6	1	Right Pedal Bracket	56	1	Crank Arm Spacer
7	4	Upper Bushing Assembly	57	1	Large Pulley
8	2	Upper Body Arm Endcap	58	2	Crank Flange
9	2	Upper Body Leg Spacer	59	2	Crank Bearing Assembly
10	1	Upright	60	1	Crank Spacer
11	1	Console	61	1	Crank
12	2	Disc	62	2	Crank Snap Ring
13	2	Disc Cover	63	2	Flange Screw
14	1	Left Side Shield	64	1	Lower Wire Harness
15	1	Right Side Shield	65	1	Upper Wire Harness
16	4	Stabilizer Endcap	66	2	Axle Cover
17	2	Wheel	67	4	Bushing Assembly
18	2	Link Axle	68	2	Brass Bushing
19	1	Left Upright Cover	69	1	Latch Bracket
20	1	Right Upright Cover	70	1	Pivot Axle
21	2	Pivot Bushing	71	1	Upper Body Axle
22	1	Left Upper Body Arm	72	1	Right Upper Body Leg
23	1	Right Upper Body Arm	73	2	Upper Body Leg Endcap
24	1	Left Upper Body Leg	74	1	Belt
25	1	Latch Axle	75	2	Foam
26	1	Left Rear Upper Body Cover	76	1	Frame Cap
27	1	Left Front Upper Body Cover	77	2	Transfer Handle Endcap
28	1	Right Rear Upper Body Cover	78	10	M4 x 16mm Screw
29	1	Right Front Upper Body Cover	79	4	M4 x 16mm Flat Head Screw
30	2	Link Arm	80	21	M4 x 16mm Round Head Screw
31	6	M8 x 23mm x 1mm Washer	81	8	M4 x 16mm Blunt Screw
32	2	Pedal Arm	82	4	M10 Nylon Locknut
33	4	M6 Washer	83	8	M6 x 10mm Button Screw
34	1	Left Pedal	84	6	M8 x 14mm Button Screw
35	1	Right Pedal	85	8	M8 x 19mm Button Screw
36	1	Left Frame Cover	86	4	M8 x 23mm Button Screw
37	1	Right Frame Cover	87	12	M8 x 25mm Button Screw
38	1	Latch Spring	88	5	M8 x 25mm Bolt Set
39	2	Pedal Arm Cover	89	4	M8 x 35mm Button Screw
40	1	Center Foot	90	6	M8 x 45mm Button Screw
41	1	Latch Button	91	2	M10 x 60mm Button Bolt
42	4	Link Bearing	92	2	M10 x 78mm Carriage Bolt
43	2	Link Arm Pad	93	2	M10 x 80mm Button Screw
44	1	Eddy Mechanism	94	4	M6 Nylon Locknut
45	1	Eddy Crank Assembly	95	4	M8 Washer
46	1	Pillow Block	96	8	M8 x 23mm x 2mm Washer
47	1	Idler	97	16	M8 Split Washer
48	1	Idler Pulley	98	2	M10 Washer
49	1	Eddy Motor	99	2	M10 Split Washer
50	1	Reed Switch/Wire	100	2	M10 x 25mm Button Screw

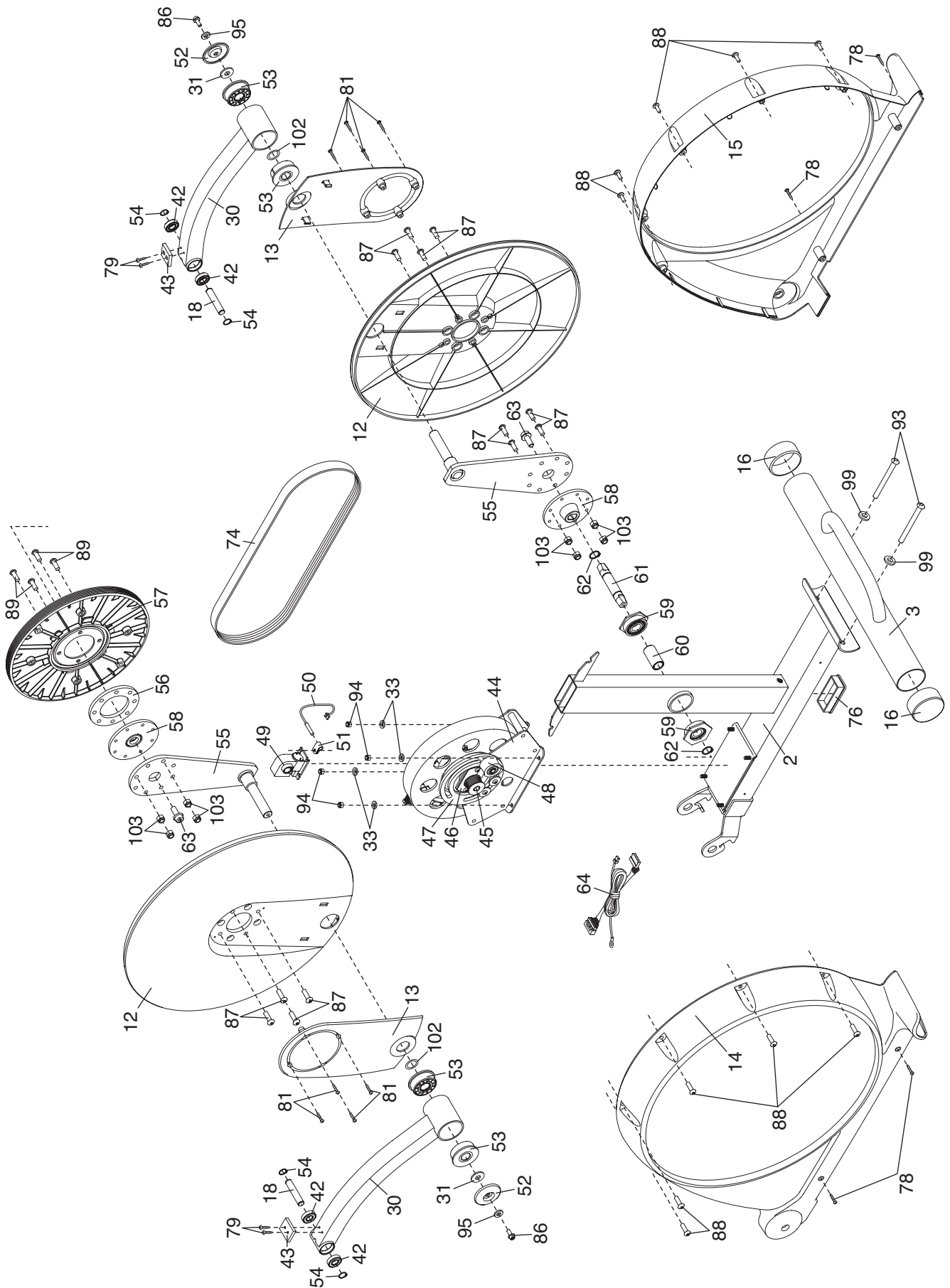
Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Wave Washer	#	1	User's Manual
102	4	Large Wave Washer	#	2	Hex Key
103	8	M8 Nylon Locknut	#	1	Grease

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



EXPLODED DRAWING B—Model No. PFEL59107.0

R1107A



HOW TO ORDER REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (PFEL59107.0)
- the NAME of the product (PROFORM 930 SPACE SAVER elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 24 to 27)

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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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