

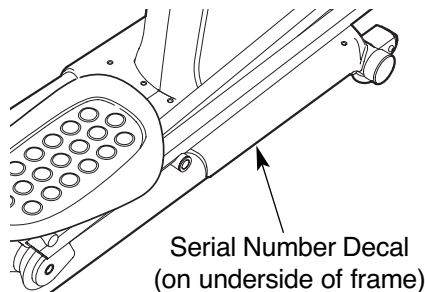
# PRO-FORM<sup>®</sup>

## Perspective 1000

Model No. PFEL79907.1

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

Write the serial number in the space above for reference.



### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

**1-888-533-1333**

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

Sat. 8 a.m.-4 p.m. MST

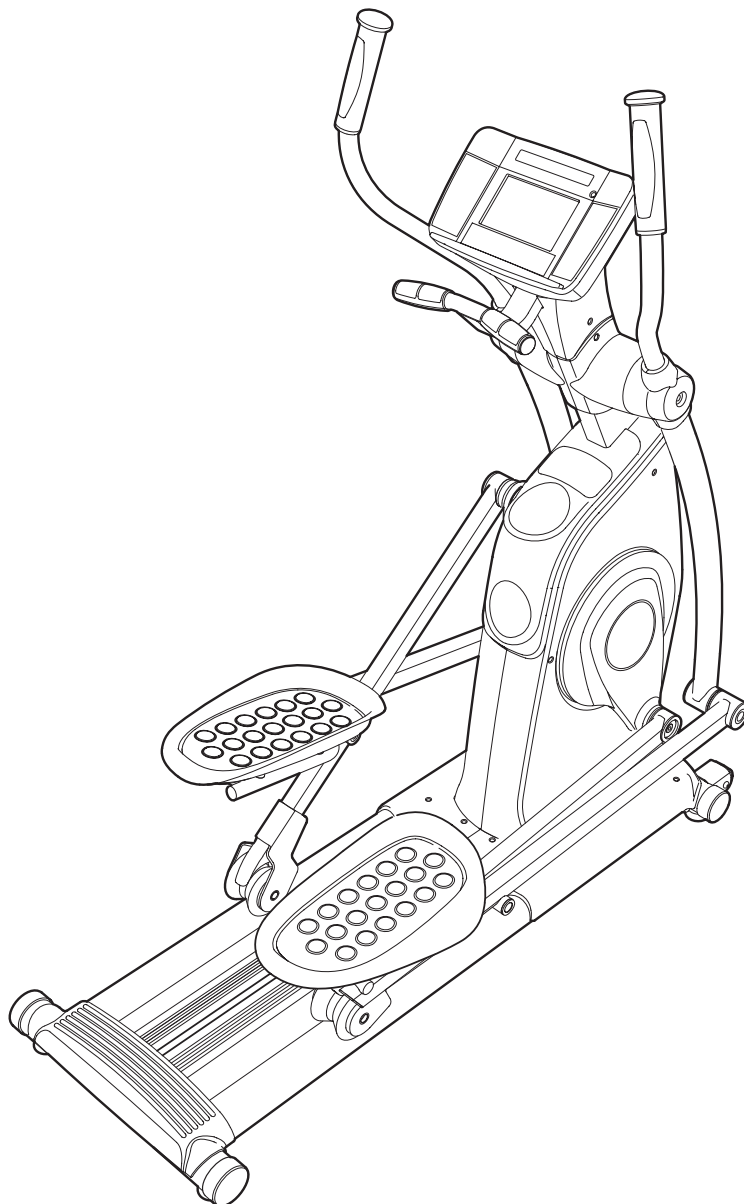
ON THE WEB:

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

### CAUTION

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

## USER'S MANUAL



Visit our website at

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

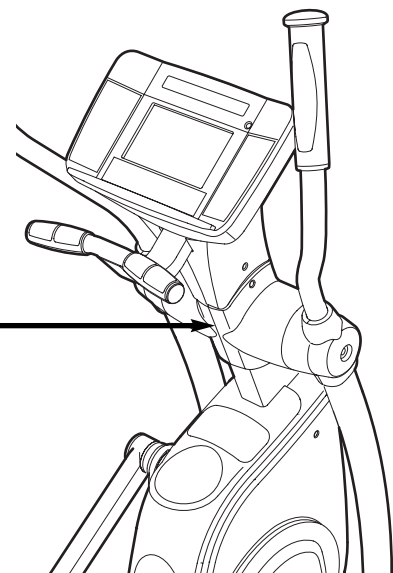
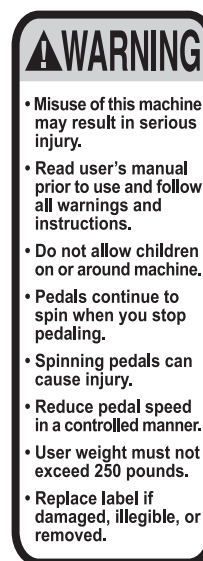
new products, prizes,  
fitness tips, and much more!

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## WARNING DECAL PLACEMENT

The warning decal shown at the right has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



# IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your 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 your 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 age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.
15. To reduce the risk of electric shock, do not remove the cover or the back of the television. There are no user serviceable parts inside. Refer servicing to qualified service personnel.
16. To protect the treadmill and TV during lightning storms, unplug the power cord from the wall outlet and disconnect the cable system. This will prevent damage due to lightning and power line surges.
17. Upon completion of any service or repairs to the treadmill or the television, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.

**Note to CATV system installer:** This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.

# BEFORE YOU BEGIN

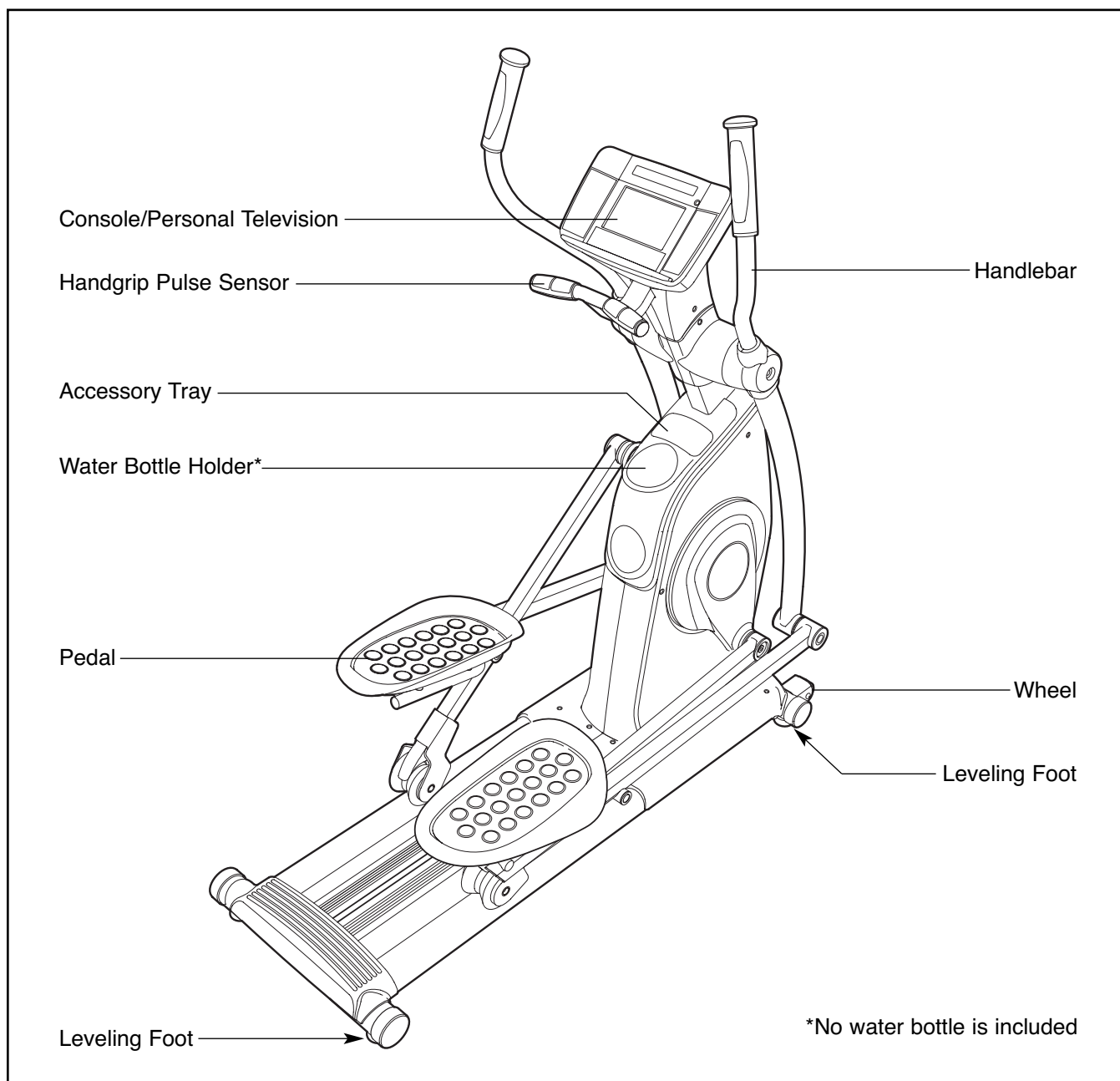
Thank you for selecting the revolutionary PROFORM® PERSPECTIVE 1000 elliptical exerciser. The PERSPECTIVE 1000 elliptical exerciser provides a wide array of features, including a personal television, designed to make your workouts at home more effective and enjoyable.

**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 and the location of the serial number decal are shown on 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 exerciser at [www.proformservice.com/registration](http://www.proformservice.com/registration).**

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

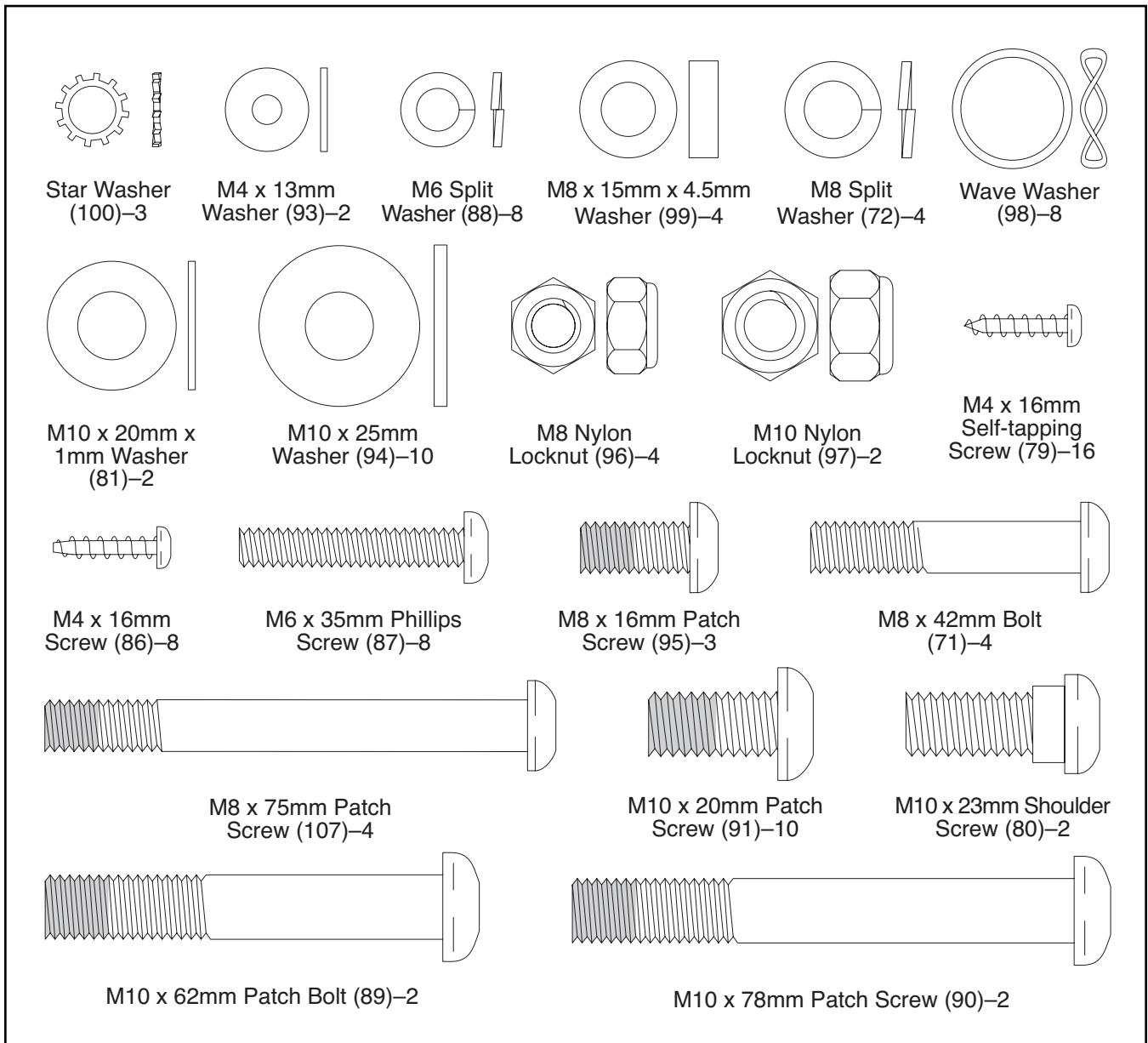


# ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 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. **In addition to the included hex keys, assembly requires a Phillips screwdriver**  , **an adjustable wrench**  , **and a rubber mallet** .

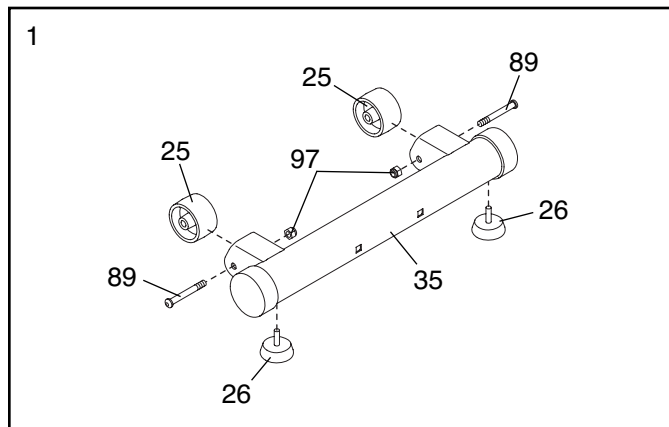
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some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



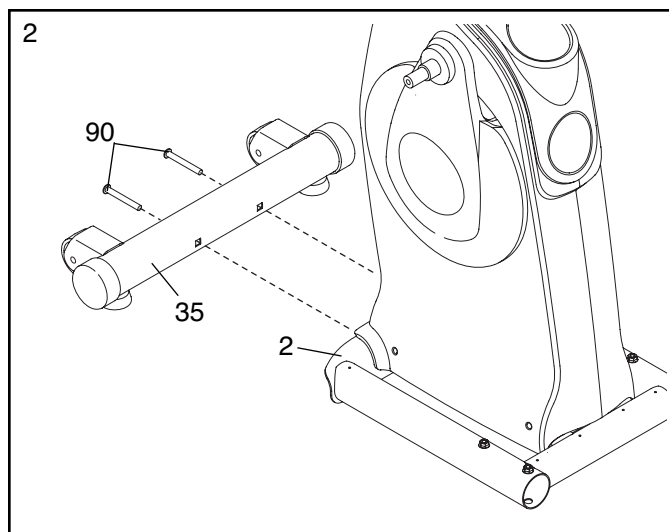
1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

Attach the two Wheels (25) to the Front Stabilizer (35) with two M10 x 62mm Patch Bolts (89) and two M10 Nylon Locknuts (97).

Attach two Leveling Feet (26) to the underside of the Front Stabilizer (35).

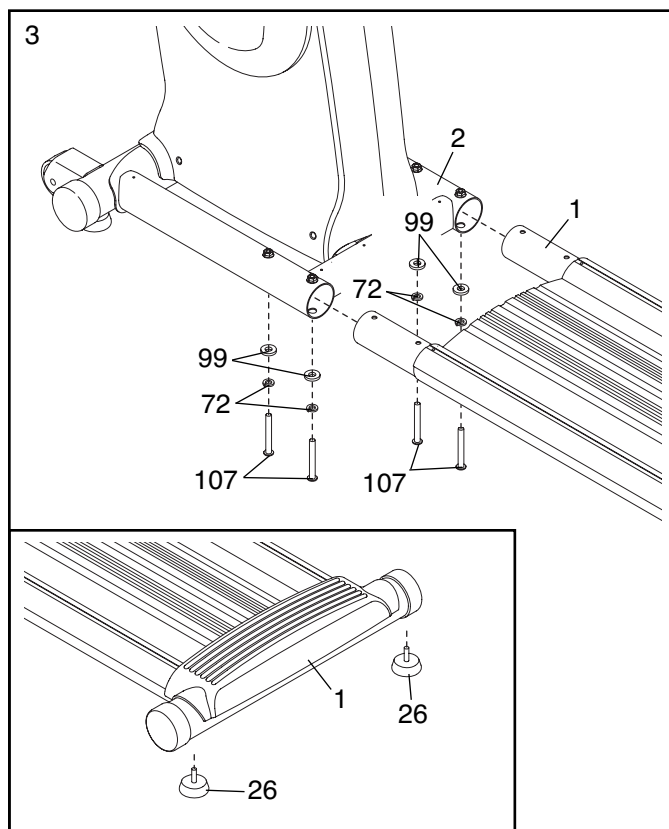


2. Orient the Front Stabilizer (35) as shown. Have a second person tip the Frame (2) backward. Attach the Front Stabilizer (35) to the Frame with two M10 x 78mm Patch Screws (90).

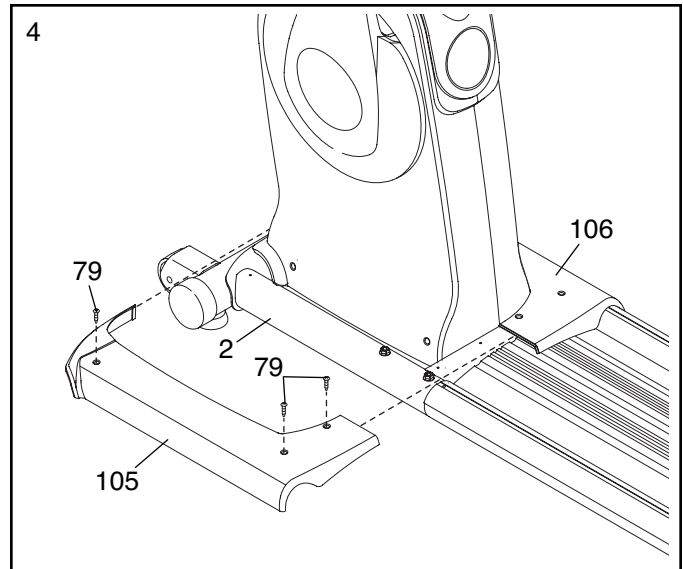


3. Position the Base (1) near the Frame (2) as shown. See the inset drawing. Attach two Leveling Feet (26) to the underside of the Base.

Have a second person tip the Frame (2) forward. Insert the Base (1) into the Frame. Attach the Base with four M8 x 75mm Patch Screws (107), four M8 Split Washers (72), and four M8 x 15mm x 4.5mm Washers (99).



- Hook the front ends of the Frame Covers (105, 106) together. Attach each Frame Cover to the Frame (2) with three M4 x 16mm Self-tapping Screws (79).

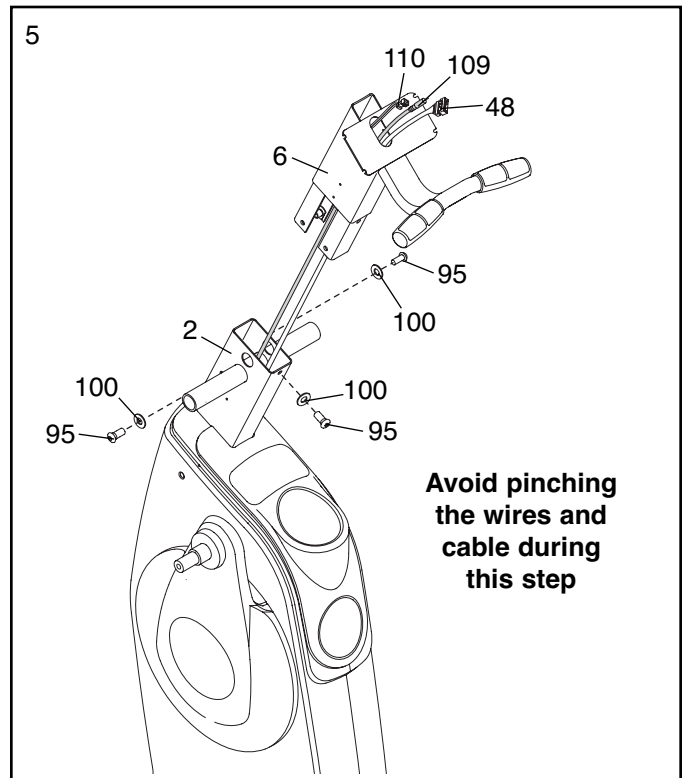


- Have a second person hold the Upright (6) near the Frame (2) as shown.

Pull the Wire Harness (48) and the Coaxial Cable (109) out of the Frame (2) and insert them upward through the Upright (6). Do not let the Wire Harness, the Coaxial Cable, or the Pulse Wire (110) fall into the Upright; use a piece of tape or an elastic band to hold the wires in place until step 13.

Insert the Upright (6) into the Frame (2). Attach the Upright with three M8 x 16mm Patch Screws (95) and three Star Washers (100).

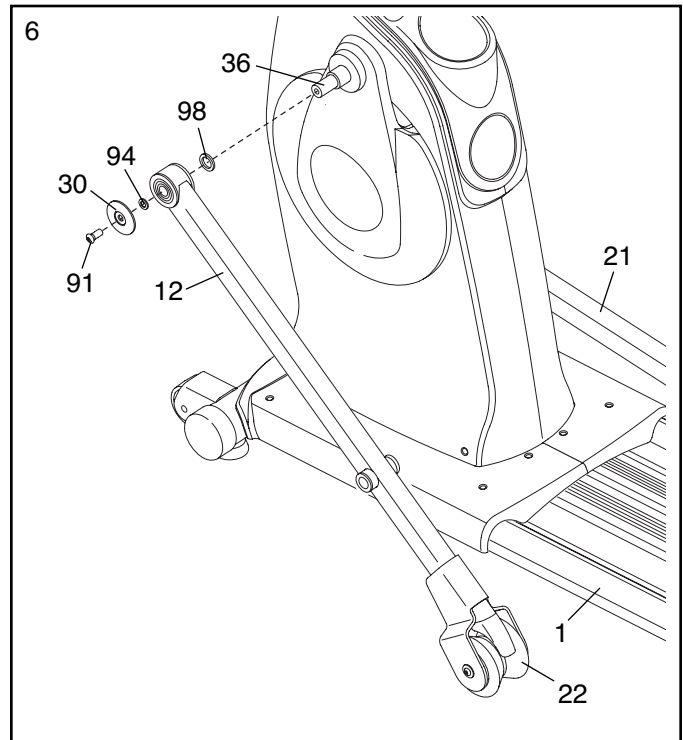
**Avoid pinching the Wires (48, 110) and the Coaxial Cable (109) between the Upright and the Frame.**



6. Orient the Left Roller Leg (12), which is marked with a "Left" sticker, near the left Crank Arm (36) as shown.

Apply a small amount of the included grease to both sides of a Wave Washer (98). Slide the Wave Washer onto the end of the left Crank Arm (36). Next, slide the Left Roller Leg (12) onto the Crank Arm and set the Roller (22) on the Base (1). Attach the Left Roller Leg with an M10 x 20mm Patch Screw (91), a Crank Axle Cap (30), and an M10 x 25mm Washer (94).

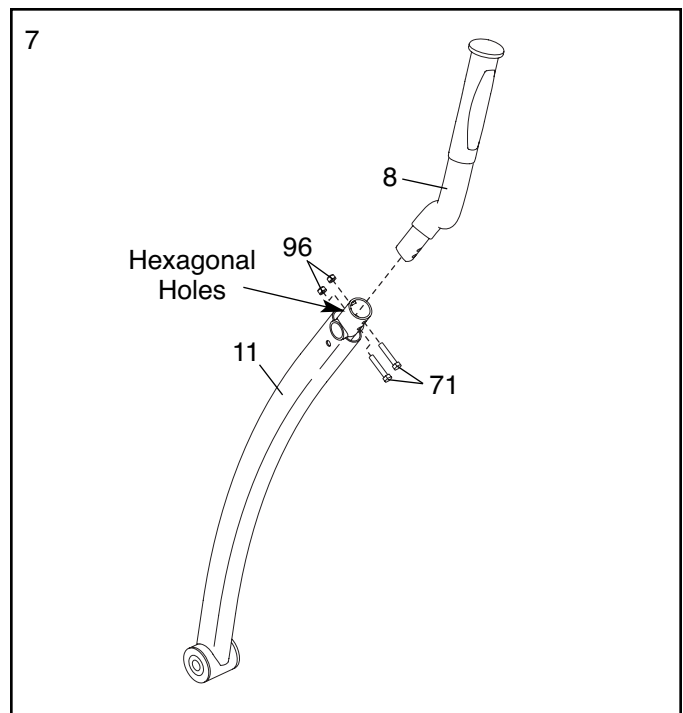
**Repeat this step to attach the Right Roller Leg (21) to the right Crank Arm (not shown).**



7. Identify the Left Handlebar (8), which is marked with a "Left" sticker. Insert the Left Handlebar into one of the Handlebar Legs (11) as shown.

Attach the Left Handlebar (8) with two M8 x 42mm Bolts (71) and two M8 Nylon Locknuts (96). **Make sure that the Nylon Locknuts are inside the hexagonal holes.**

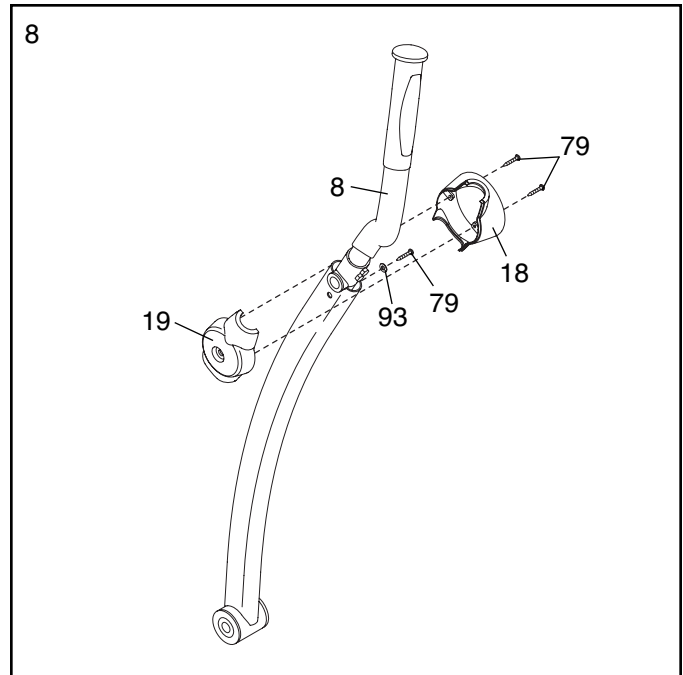
**Assemble the Right Handlebar and the other Handlebar Leg (not shown) in the same way.**





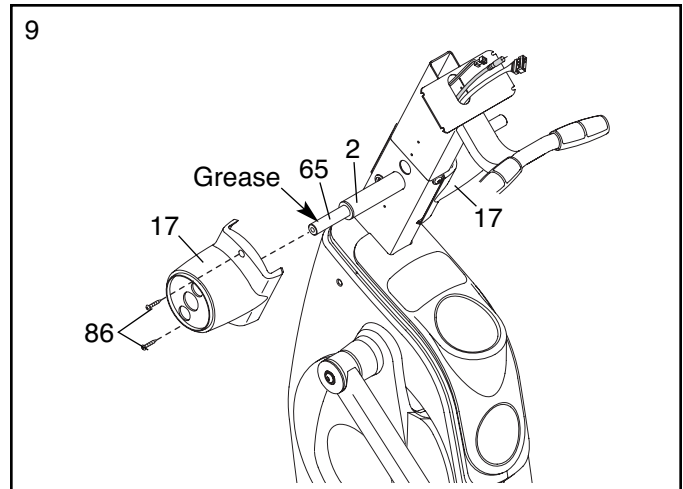
8. Attach Inner and Outer Handlebar Covers (18, 19) around the Left Handlebar (8) with three M4 x 16mm Self-tapping Screws (79) and an M4 x 13mm Washer (93). **Start all three Self-tapping Screws before tightening any of them.**

**Repeat this step for the Right Handlebar (not shown).**



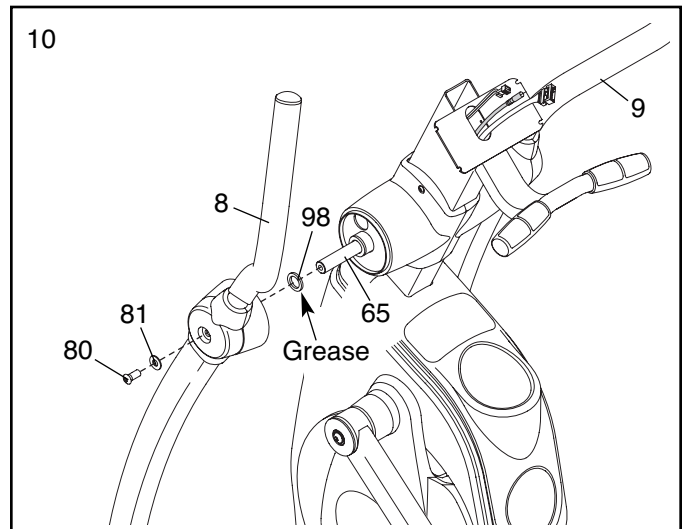
9. Apply a generous amount of grease to the Pivot Axle (65), and insert the Pivot Axle into the Frame (2).

Attach each Frame Cover (17) to the Frame (2) with two M4 x 16mm Screws (86).



10. Apply a small amount of grease to both sides of a Wave Washer (98). Slide the Wave Washer onto the left end of the Pivot Axle (65). Next, slide the Left Handlebar (8) onto the Pivot Axle as shown. Attach the Left Handlebar with an M10 x 23mm Shoulder Screw (80) and an M10 x 20mm x 1mm Washer (81).

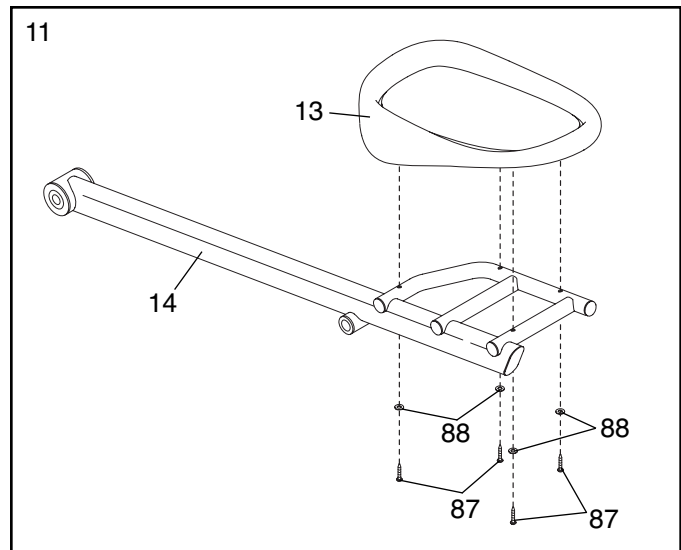
**Repeat this step for the Right Handlebar (9).**



11. Identify the Left Pedal (13) and the Left Pedal Leg (14), which are marked with "Left" stickers, and orient them as shown.

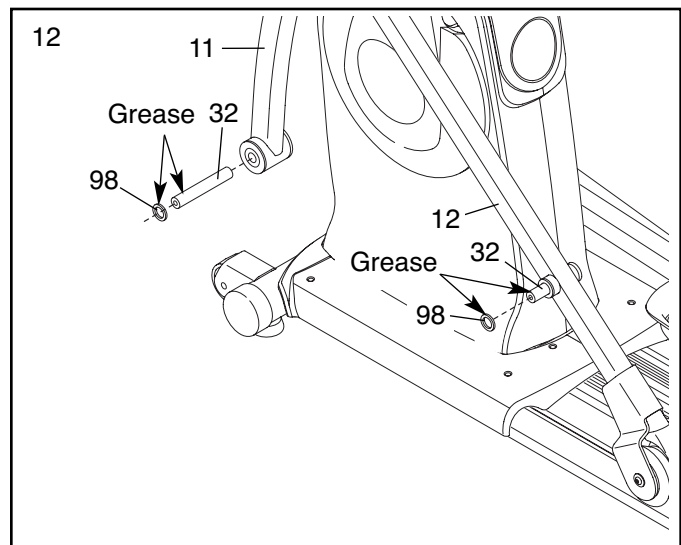
Attach the Left Pedal (13) to the Left Pedal Leg (14) with four M6 x 35mm Phillips Screws (87) and four M6 Split Washers (88).  
**Start all four Phillips Screws before tightening any of them.**

**Repeat this step to attach the Right Pedal to the Right Pedal Leg (not shown).**



12. Apply a generous amount of grease to two Pedal Leg Axles (32). Insert one Pedal Leg Axle into the lower end of the Left Handlebar Leg (11). Insert the other Pedal Leg Axle into the Left Roller Leg (12).

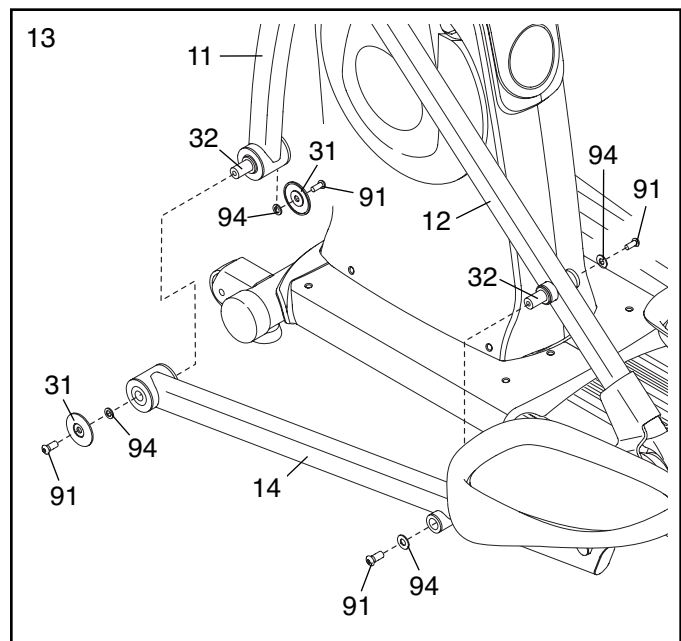
Apply a small amount of grease to both sides of two Wave Washers (98). Slide a Wave Washer onto each Pedal Leg Axle (32).



13. Orient the Left Pedal Leg (14) as shown, and slide it onto the Pedal Leg Axles (32). Attach the Left Pedal Leg to the Left Handlebar Leg (11) with two M10 x 20mm Patch Screws (91), two Axle Caps (31), and two M10 x 25mm Washers (94).

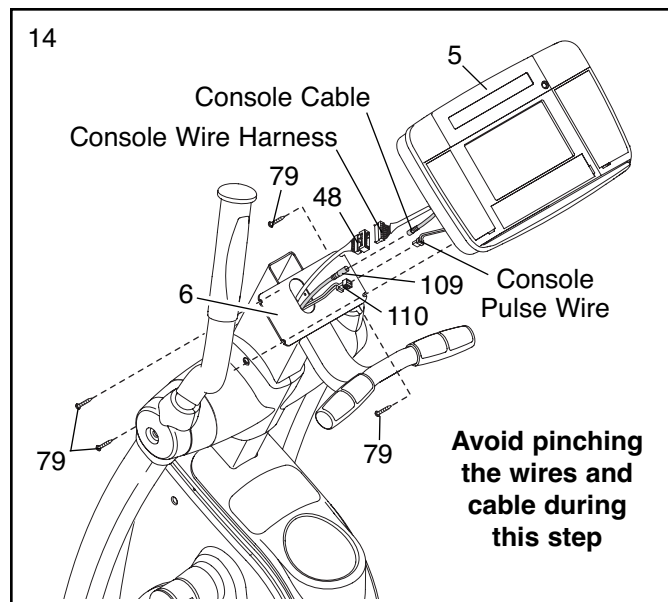
Attach the Left Pedal Leg (14) to the Left Roller Leg (12) with two M10 x 20mm Patch Screws (91) and two M10 x 25mm Washers (94); **do not overtighten the Patch Screws**. The Legs (11, 14, 12) must pivot freely.

**Repeat step 12 and this step for the Right Pedal Leg (not shown).**

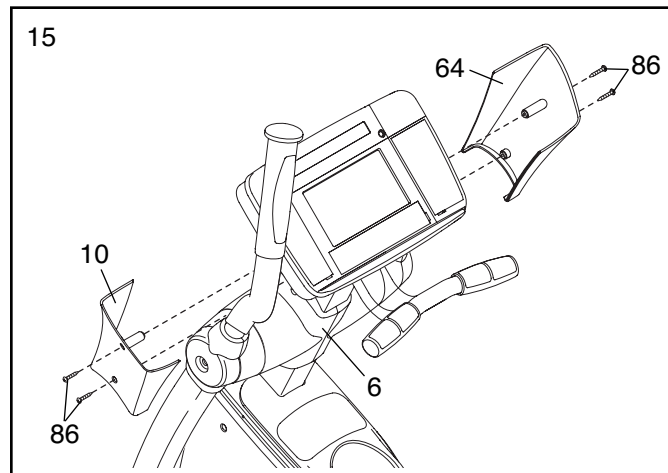


14. Have a second person hold the Console (5) near the Upright (6) as shown. Connect the console wire harness to the Wire Harness (48), connect the console cable to the Coaxial Cable (109), and connect the console pulse wire to the Pulse Wire (110). Insert the excess wire and cable downward into the Upright (6).

Attach the Console (5) to the Upright (6) with four M4 x 16mm Self-tapping Screws (79). **Avoid pinching the wires and cables during this step.**



15. Attach the Left and Right Upright Covers (10, 64) to the Upright (6) with four M4 x 16mm Screws (86).



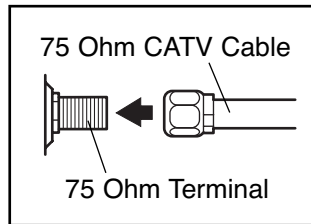
16. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

Plug the power cord into the power socket at the front of the elliptical exerciser (see HOW TO PLUG IN THE POWER CORD on page 13). **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

**Before operating the television, you must connect a 75 ohm CATV cable to the 75 ohm terminal on the elliptical exerciser or a VCR or DVD player to the audio/video input jack.** Note: Use a CATV cable to connect to an external source such as a cable box, analog cable, satellite TV box, or VCR. No CATV cable or RCA component video cable is included.

#### **HOW TO CONNECT A 75 OHM CATV CABLE**

1. Connect a 75 ohm CATV cable to the 75 ohm terminal on the elliptical exerciser frame.



2. Plug in the power cord of your external source. See your external source's user's manual for proper grounding instructions.
3. Connect the 75 ohm CATV cable to the 75 ohm terminal on the elliptical exerciser frame.

#### **HOW TO CONNECT A DVD PLAYER OR VCR USING THE AUDIO/VIDEO INPUT JACK**

Plug one end of an RCA component video cable into your DVD player or VCR, and plug the other end into the audio/video input jack on the back of the console.

#### **HOW TO CONNECT AN EXTERNAL SOURCE USING A CATV CABLE**

1. Connect one end of a 75 ohm CATV cable to the video output jack on your external source.

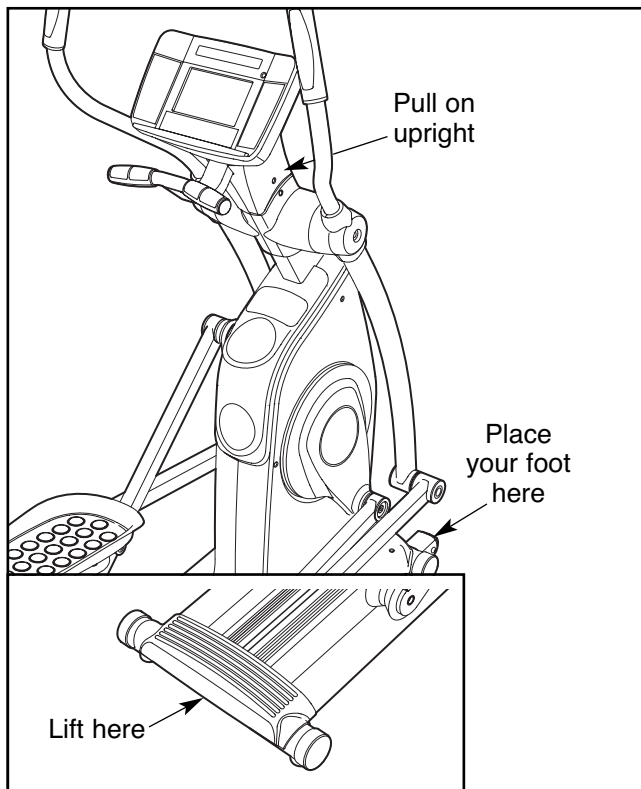
# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO PLUG IN THE POWER CORD

Plug one end of the included power supply into the jack on the front of the elliptical exerciser. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

## HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to its size and weight, moving the elliptical exerciser requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the base until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.

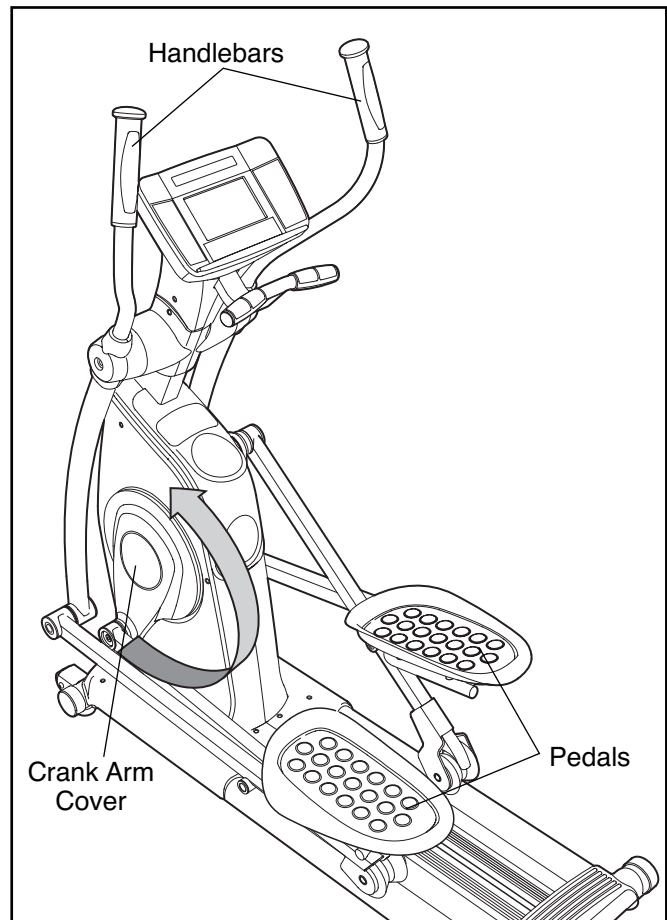


## HOW TO LEVEL THE ELLIPTICAL EXERCISER

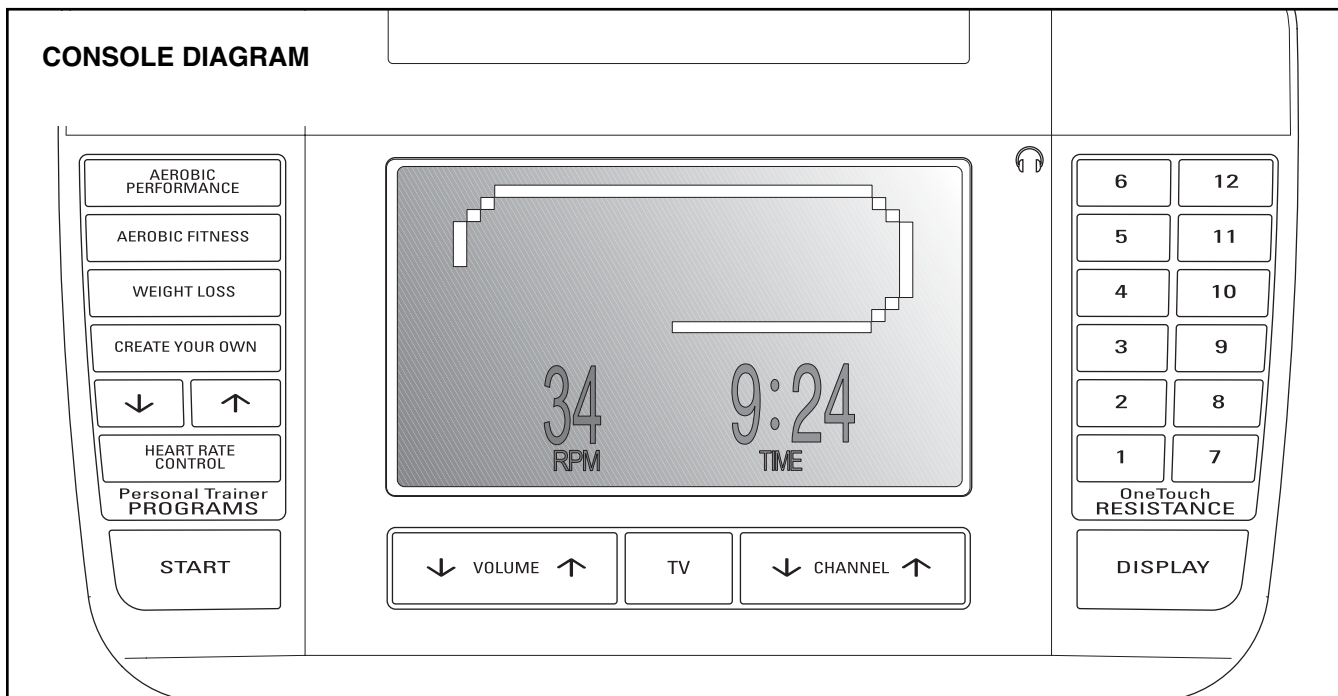
If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the base or beneath the front stabilizer until the rocking motion is eliminated.

## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars 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 crank arm covers can turn in either direction. It is recommended that you turn the crank arm covers in the direction shown by the arrow below; however, for variety, you can turn the crank arm covers 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 use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

The console also features twenty preset programs. Each program automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout. Choose among fitness, performance, and weight loss programs for a targeted workout.

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.

In addition, the console offers two custom programs that allow you to create your own workout programs and store them in memory for future use.

Whether you use the manual mode or a program, you can enjoy the personal television while you get in shape. You can even connect your DVD player or VCR to the personal television.

The console also features an information mode that allows you to adjust the television screen settings and to set channels into the television's memory.

**To use the manual mode of the console**, follow the steps beginning on page 15. **To use a preset program**, see page 17. **To use a heart rate program**, see page 18. **To create a custom program**, see page 19. **To use a custom program**, see page 20. **To operate the personal television**, see page 21.

## HOW TO USE THE MANUAL MODE

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

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

A moment after you begin pedaling or press a button, the screen will light.

### 2. Select the manual mode.

Each time you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing any of the program buttons repeatedly until a track appears in the center of the screen.

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

As you pedal, change the resistance of the pedals by pressing any of the OneTouch Resistance buttons numbered 1 through 12. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

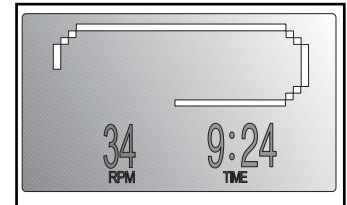
### 4. Follow your progress with the display.

As you exercise, the screen can display the following exercise information:

- The elapsed time. Note: When you select a preset program or the second heart rate program, the screen will show the time remaining in the program instead of the elapsed time.
- The distance you have pedaled, in total revolutions.

- Your pedaling pace in revolutions per minute (rpm).
- The approximate number of calories you have burned.
- The resistance level of the pedals each time the resistance changes.
- Your heart rate when you use the handgrip pulse sensor (see step 5 on page 16).

When you select the manual mode, a track representing 1/4 mile will appear on the screen. As you exercise, segments will appear in succession around the track until the entire track appears. The track will then disappear and the segments will again begin to appear in succession.

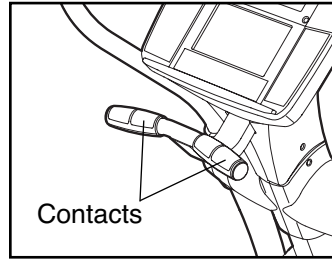


When the television is off, you can press the Display button repeatedly to view either time and pace information or to view all exercise information on the screen.

When the television is on, you can display exercise information on the right side or the bottom of the screen. Or, you can turn off the exercise information while you watch the television. Press the Display button repeatedly to select the desired display mode.

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, your heart rate will appear on the screen. 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 screen will show your heart rate for up to 30 seconds.

If the screen 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. **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. The time will also flash in the display. If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset. Note: If the console does not turn off after several minutes, the console is in the "demo" mode. See HOW TO USE THE INFORMATION MODE on page 22 and turn off the demo mode.



## HOW TO USE A PRESET PROGRAM

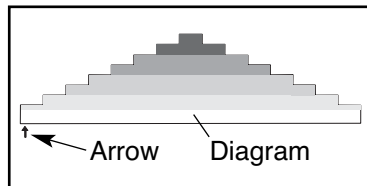
1. **Begin pedaling or press any button on the console to turn on the console.**

A moment after you begin pedaling or press a button, the screen will light.

2. **Select a preset program.**

To select one of the 20 preset programs, press the Aerobic Performance button, the Aerobic Fitness button, or the Weight Loss button repeatedly until the desired program appears on the screen.

When a preset program is selected, a diagram of the resistance settings for the program



will appear on the screen. The arrow below the diagram will indicate your progress during the program. In addition, the screen will show the total program time, the maximum pace setting for the program, and the maximum resistance setting for the program.

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

Each program is divided into 20, 30, or 45 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance and/or target pace setting may be programmed for consecutive segments. The resistance level for the current segment will be indicated by the height of the diagram above the arrow.

When only three seconds remain in the first segment of the program, a series of tones will sound. If the resistance is about to change, the resistance level will appear on the screen to alert you. When the first segment ends, the arrow below the diagram will move one position to the right.

The pedals will then automatically adjust to the resistance level for the second segment.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When the color of the RPM display on the screen is white or blue, increase your pace. When the RPM display is yellow or pink, decrease your pace. When the RPM display is green, maintain your current pace.

**Important: The target pace settings are intended only to provide motivation. Your actual pace may be slower than the target pace setting. 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 OneTouch Resistance buttons. However, when the current segment of the program ends, the pedals will automatically adjust to the resistance level for the next segment.

The program will continue in this way until the arrow reaches the right end of the diagram. To stop the program at any time, stop pedaling. A tone will sound and the time will flash in the display to indicate that the program is paused. To restart the program, simply resume pedaling.

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

See step 4 on page 15.

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

See step 5 on page 16.

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

See step 6 on page 16.

## HOW TO USE A HEART RATE PROGRAM

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

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

2. **Select a heart rate program.**

To select one of the two heart rate programs, press the Heart Rate Control button once or twice until the desired program appears on the screen.

**If you select the first heart rate program,** a track and the target heart rate setting (bpm) for the program will appear on the screen.

**If you select the second heart rate program,** the maximum target heart rate setting (bpm) and a diagram of the target heart rate settings for the program will appear on the screen. The arrow below the diagram will indicate your progress.

3. **Enter a target heart rate setting.**

**If you select the first heart rate program,** the target heart rate setting (bpm) for the program will appear on the screen. Press the increase and decrease buttons above the Heart Rate Control button to change the target heart rate setting, if desired. Note: The same target heart rate setting will be programmed for the entire program. **See EXERCISE INTENSITY on page 25 for heart rate guidelines.**

**If you select the second heart rate program,** the maximum target heart rate setting of the program will appear on the screen. Press the increase and decrease buttons above the Heart Rate Control button to change the maximum target heart rate setting, if desired. Note: If you

change the maximum target heart rate setting, the intensity level of the entire program will change. **See EXERCISE INTENSITY on page 25 for heart rate guidelines.**

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.**

5. **Press the Start button or begin pedaling to start the program.**

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

**Second heart rate 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 consecutive segments.

The target heart rate setting for the first segment will be indicated by the height of the program diagram. When the first segment ends, the arrow below the diagram will move one position to the right.

The program will continue in this way until the arrow reaches the right end of the program diagram. To stop the program at any time, stop pedaling. A tone will sound and the time will flash in the display to indicate that the program is paused. To restart the program, simply resume pedaling.

**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 setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

You will also be prompted to pedal at a steady pace. When the color of the RPM display on the screen is white or blue, increase your pace. When the RPM display is yellow or pink, decrease your pace. When the RPM display is green, maintain your current pace. **Important: Make sure to exercise at a pace that is comfortable for you.**

Note: You can manually override the resistance level setting; however, if you change the resistance level, 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 15.

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

See step 5 on page 16.

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

See step 6 on page 16.

## HOW TO CREATE A CUSTOM PROGRAM

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

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

**2. Select a custom program.**

To select a custom program, press the Create Your Own button once or twice until the desired custom program appears on the screen.

**3. Press the Start button or begin pedaling to start the program, and program the desired settings.**

Each custom program is divided into 40 one-minute segments. You can program one resistance level and one target pace for each segment.

To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the OneTouch Resistance buttons. To program a target pace for the first segment, simply pedal at the desired pace.

At the end of the first segment, the program will store the current resistance level and your current pace in memory. Program a resistance level and a target pace for the second segment as described above.

Continue exercising for up to forty minutes. Press the Create Your Own button when you are finished with your workout. The program you created will then be stored in memory. Note: If your workout is less than forty minutes long, any remaining segments in the program will be stored with the last programmed resistance level and target pace.

**4. When the program is finished, the console will turn off automatically.**

See step 6 on page 16.

## HOW TO USE A CUSTOM PROGRAM

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

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

- 2. Select a custom program.**

To select a custom program, press the Create Your Own button once or twice until the desired custom program appears on the screen.

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

Each custom program is divided into 40 one-minute segments. One resistance level and one target pace setting are programmed for each segment.

At the end of each segment, the resistance level will appear on the screen. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When the color of the RPM display on the screen is white or blue, increase your pace. When the RPM display is yellow or pink, decrease your pace. When the RPM display is green, maintain your current pace.

To stop the program at any time, stop pedaling. A tone will sound to indicate that the program is paused. To restart the program, simply resume pedaling.

- 4. Change the program if desired.**

If desired, you can change the program while using it. **To change the resistance level for the current segment**, simply press the OneTouch Resistance buttons. At the end of the current segment, the new resistance level will be stored in memory. **To change the target pace for the current segment**, simply change your pedaling pace. At the end of the current segment, your pace will be stored in memory. You can continue exercising and changing the program for up to forty minutes.

- 5. Follow your progress with the display.**

See step 4 on page 15.

- 6. Measure your heart rate if desired.**

See step 5 on page 16.

- 7. When the program is finished, the console will turn off automatically.**

See step 6 on page 16.

## HOW TO OPERATE THE PERSONAL TELEVISION

**IMPORTANT:** Before operating the television, you must connect a 75 ohm CATV cable to the 75 ohm terminal on the elliptical exerciser or a VCR or DVD player to the audio/video input jack; or a personal audio/video player to the audio/video jack below the television on the console. See page 12 for instructions.

Follow the steps below to operate the television.

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

When you turn on the console, the console mode will be automatically selected and the word CONSOLE will appear on the screen.

2. **Press the TV button to turn on the television.**

To turn on the television, press the TV button once. The word TUNER will appear on the screen.

3. **Press the Channel buttons to select the desired cable channel.**

Note: Complete this step only if you are using analog cable. Otherwise, change channels through an external source such as your cable box or your VCR.

When you turn on the television, the screen will show the last cable channel that was selected. To select a different channel, press the Channel buttons. The selected cable channel number will appear on the screen for a few seconds. Note: The television is equipped with a channel memorizing function that allows you to go directly from the current channel to the next channel saved in memory. Before channels can be selected in this way, they must be saved in the television's memory. See HOW TO USE THE INFORMATION MODE on page 22.

4. **Press the Volume buttons to adjust the volume.**

When you press either Volume button, the volume level indicator will appear on the screen for a few seconds.

To use earphones or headphones (not included), plug them into the headphone jack on the console.

5. **When you are finished using the television, press the TV button.**

To turn off the television, press the TV button repeatedly until the word CONSOLE appears on the screen.

## HOW TO OPERATE A DVD PLAYER OR VCR

**IMPORTANT:** Before operating a DVD player or VCR, you must connect a CATV cable or an RCA component video cable to the console. See page 12 for instructions.

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

When you turn on the console, the console mode will be automatically selected and the word CONSOLE will appear on the screen.

2. **Select the appropriate viewing mode.**

To operate a DVD player or VCR connected with a CATV cable, press the TV button repeatedly until the word TUNER appears on the screen.

To operate a DVD player or VCR connected with a component video cable, press the TV button repeatedly until the word AV1 appears on the screen. Then, press the play button on your DVD player or VCR.

3. **Press the Volume buttons to adjust the volume.**

When you press either Volume button, the volume level indicator will appear on the screen for a few seconds.

To use earphones or headphones (not included), plug them into the headphone jack on the console.

4. **When you are finished using the television, press the TV button.**

To turn off the television, press the TV button repeatedly until the word CONSOLE appears on the screen.

## HOW TO USE THE INFORMATION MODE

### 1. Press and hold down the TV button and adjust the television settings if desired.

Press and hold down the TV button for several seconds to access the information mode. The brightness level indicator will appear on the television screen. Press the Volume buttons to adjust the brightness setting if desired.

Next, press the Channel buttons until the contrast, color, sharpness, or hue level indicator appears. Adjust the settings, if desired, by pressing the Volume buttons.

Note: The elliptical exerciser features a demo mode that is intended to be used only while the elliptical exerciser is displayed in a store. When the demo mode is turned on, the console will **not** turn off automatically when the elliptical exerciser is not in use. Press the Start button repeatedly to turn off or turn on the demo mode. The words DEMO OFF or DEMO ON will appear at the top of the screen to indicate whether the mode is turned on or off.

### 2. Press the TV button again and add or delete cable channels.

Note: Complete this step only if you are using analog cable.

After all valid cable channels available in your area have been saved into the television's memory (see step 4 on this page), you can manually add channels or delete unwanted channels.

To add or delete a cable channel, first press the Channel buttons until the desired channel number appears on the screen. Then, press the Volume increase button to add the channel, or the Volume decrease button to delete the channel. Continue

this process until you have added all desired channels and deleted all unwanted channels.

### 3. Press the TV button again and select a cable connection.

After you press the TV button, press the Volume increase button to select the Standard Cable setting, the Channel decrease button to select the Cable IRC setting, or the Channel increase button to select the Cable HRC setting. Note: If you have connected a CATV cable, one of the three Cable settings should be selected; try all three Cable settings, if necessary, to find the optimal setting.

### 4. Press the TV button again and save cable channels into the television's memory.

When you press the TV button, the television will begin scanning all the cable channels available in your area. When no signal is detected on a cable channel, the channel will be skipped. When a cable signal is detected, the channel will be saved into memory and the next channel will be selected. This process will continue until the highest channel number is reached. **Do not exit the information mode while the television is scanning for channels.** Note: If you are viewing channels through an external source such as a cable box or a VCR, the television will save only the channel used by the external source.

### 5. When you are finished using the information mode, press the Display button.

To exit the information mode at any time (except while the television is scanning channels), press the Display button.

# 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. Make sure to regularly clean the rollers and the track on which the rollers ride. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 16.

## HOW TO LEVEL THE ELLIPTICAL EXERCISER

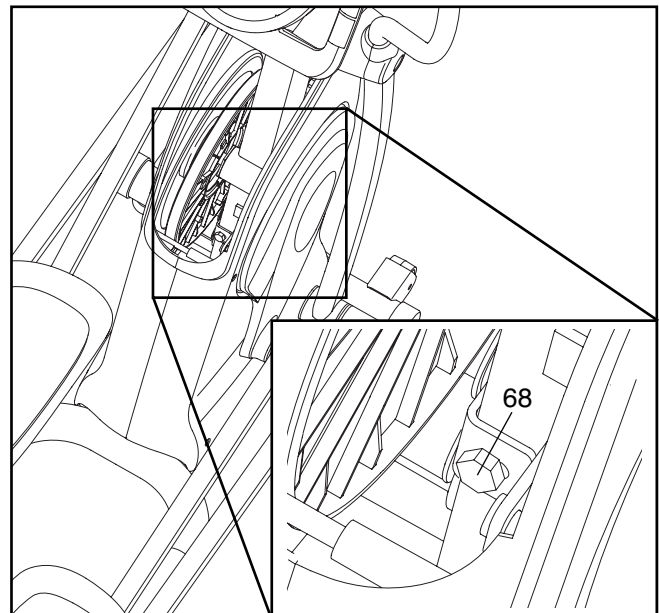
If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 13.

## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first remove the screws from the left and right side shields (not shown). Note: There are two

different sizes of screws in the side shields; be sure to note the location of each screw. Then, gently pull the side shields apart and remove the convenience tray.

Next, locate the Idler Screw (68) and loosen it one half turn. Step onto the elliptical exerciser and move the pedals. If the pedals continue to slip, turn the Idler Screw another half turn and test the pedals again. Continue in this way until the pedals no longer slip. Then, replace the convenience tray and reattach the side shields.



## TELEVISION TROUBLESHOOTING

You can solve most television problems by following the steps below. Find the symptom that applies, and follow the steps listed. If you need further assistance, please see the front cover of this manual.

### PROBLEM:

Television reception is poor.

### SOLUTION:

- a. Check for the problems listed below and follow the applicable instructions.
  - Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of the elliptical exerciser or other electric appliances to correct the problem. Make sure the elliptical exerciser is plugged into its own electrical circuit.
  - Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects.
  - Blue Screen—If the elliptical exerciser is located in the fringe area of a television station where the signal is weak, the picture may be of poor quality or a blue screen may appear.

Note: If one of these symptoms appears when the cable from a cable company is connected, the symptom may be caused by the local company signal reception. Contact the local cable company.

### PROBLEM:

No display appears in the CONSOLE mode and no picture appears in the TV mode.

### SOLUTION:

- a. Make sure that the power cord is plugged into a properly grounded outlet. Also make sure that the power cord is securely connected to the jack on the front of the elliptical exerciser.

### PROBLEM:

The display appears in the CONSOLE mode, but no picture appears in the TV mode.

### SOLUTION:

- a. Check the following coaxial cable connections:
  - make sure that the coaxial cable is properly connected to a CATV cable (see page 12).
  - make sure that the coaxial cable is connected to the terminal on the front of the elliptical exerciser.
  - Make sure that the coaxial cable is connected to the console (see step 14 on page 11).

### PROBLEM:

There is no sound or picture when a DVD player or VCR is connected to the personal television.

### SOLUTION:

- a. If the DVD player or VCR is connected with a CATV cable, make sure that the TUNER mode is selected on the console. If the DVD player or VCR is connected with an RCA component video cable, make sure that the AV1 mode is selected on the console.
- b. Make sure that the CATV cable or the RCA component video cable is connected to the correct audio/video output terminal or jacks on the DVD player or VCR. Refer to your DVD player or VCR owner's manual for detailed connection instructions.



# 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

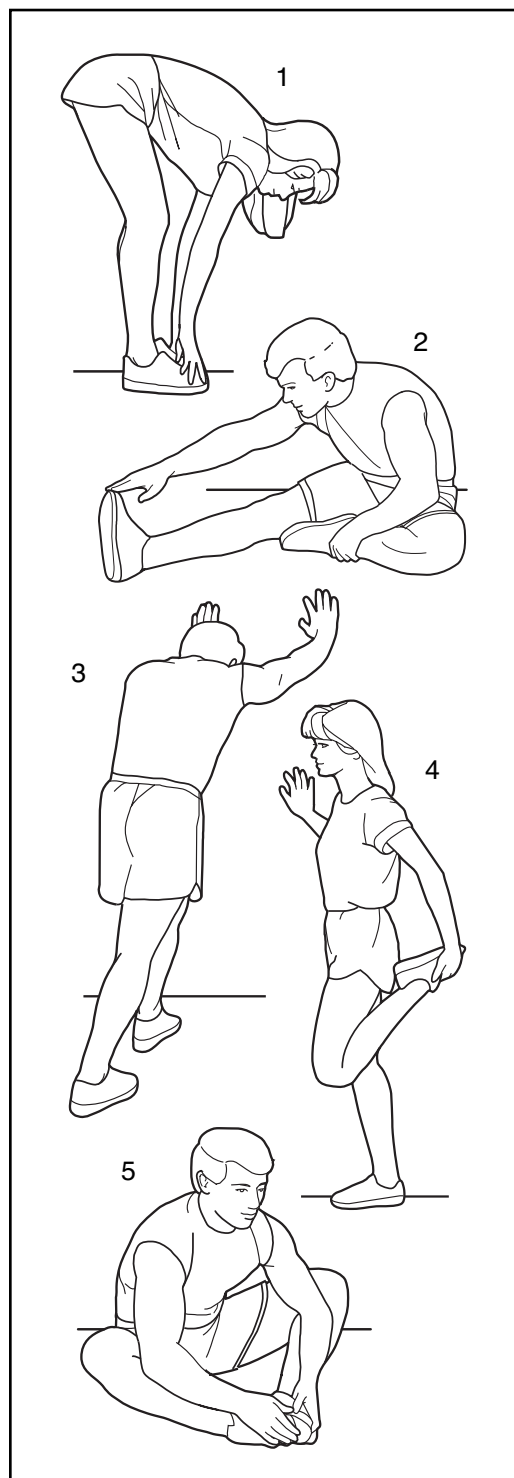
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



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# NOTES

# PART LIST—Model No. PFEL79907.1

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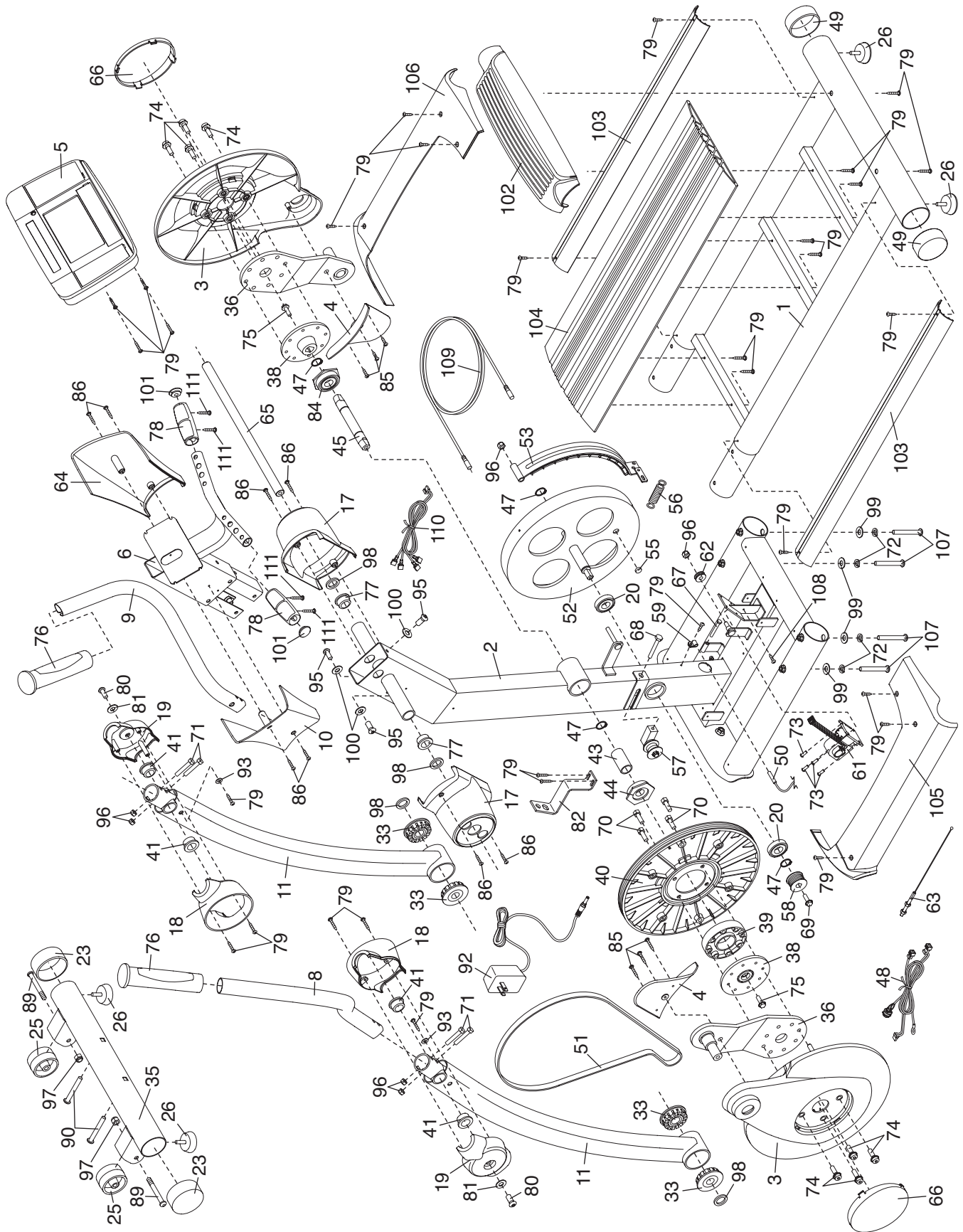
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Belt
2	1	Frame	52	1	Flywheel
3	2	Outer Crank Arm Cover	53	1	“C” Magnet
4	2	Inner Crank Arm Cover	54	2	Outer Bearing Set
5	1	Console	55	1	Magnet
6	1	Upright	56	1	Spring
7	2	Roller Cover	57	1	Idler
8	1	Left Handlebar	58	1	Flywheel Pulley
9	1	Right Handlebar	59	1	Clamp
10	1	Left Upright Cover	60	2	Inner Bearing Set
11	2	Handlebar Leg	61	1	Motor
12	1	Left Roller Leg	62	1	Resistance Cable Pulley
13	1	Left Pedal	63	1	Resistance Cable Set
14	1	Left Pedal Leg	64	1	Right Upright Cover
15	1	Right Pedal	65	1	Pivot Axle
16	1	Right Pedal Leg	66	2	Hub Cover
17	2	Frame Cover	67	1	Stop Screw
18	2	Inner Handlebar Cover	68	1	Idler Screw
19	2	Outer Handlebar Cover	69	1	M8 Flange Screw
20	2	Axle Bearing	70	4	M8 x 35mm Screw
21	1	Right Roller Leg	71	4	M8 x 42mm Bolt
22	2	Roller	72	4	M8 Split Washer
23	2	Stabilizer Endcap	73	4	M4 x 12mm Flange Screw
24	2	Roller Axle	74	8	M8 x 25mm Screw
25	2	Wheel	75	2	3/8" Flange Screw
26	4	Leveling Foot	76	2	Hand Grip
27	4	Wheel Bearing	77	2	Pivot Bushing
28	1	Left Side Shield	78	2	Pulse Sensor
29	1	Right Side Shield	79	37	M4 x 16mm Self-tapping Screw
30	2	Crank Axle Cap	80	2	M10 x 23mm Shoulder Screw
31	4	Axle Cap	81	2	M10 x 20mm x 1mm Washer
32	4	Pedal Leg Axle	82	1	Jack Bracket
33	8	Axle Bushing	83	4	M8 x 25mm Washer
34	4	Roller Bushing	84	1	Right Crank Bearing Set
35	1	Front Stabilizer	85	10	M4 x 12mm Screw
36	2	Crank Arm	86	10	M4 x 16mm Screw
37	1	Convenience Tray	87	8	M6 x 35mm Phillips Screw
38	2	Crank Hub	88	8	M6 Split Washer
39	1	Pulley Spacer	89	2	M10 x 62mm Patch Bolt
40	1	Pulley	90	2	M10 x 78mm Patch Screw
41	12	Axle Bushing	91	10	M10 x 20mm Patch Screw
42	2	Pedal Leg Endcap	92	1	Power Supply
43	1	Crank Sleeve	93	2	M4 x 13mm Washer
44	1	Left Crank Bearing Set	94	10	M10 x 25mm Washer
45	1	Crank	95	7	M8 x 16mm Patch Screw
46	8	Round Inner Cap	96	6	M8 Nylon Locknut
47	4	Snap Ring	97	2	M10 Nylon Locknut
48	1	Wire Harness	98	8	Wave Washer
49	2	Base Endcap	99	4	M8 x 15mm x 4.5mm Washer
50	1	Reed Switch/Wire	100	3	Star Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Pulse Sensor Endcap	108	1	M4 x 12mm Bright Screw
102	1	Rear Base Cover	109	1	Coaxial Cable
103	2	Side Base Cover	110	1	Pulse Wire
104	1	Center Base Cover	111	4	M3 x 16mm Screw
105	1	Left Frame Cover	*	–	Hex Key
106	1	Right Frame Cover	*	–	Grease Packet
107	4	M8 x 75mm Patch Screw	*	–	User's Manual

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

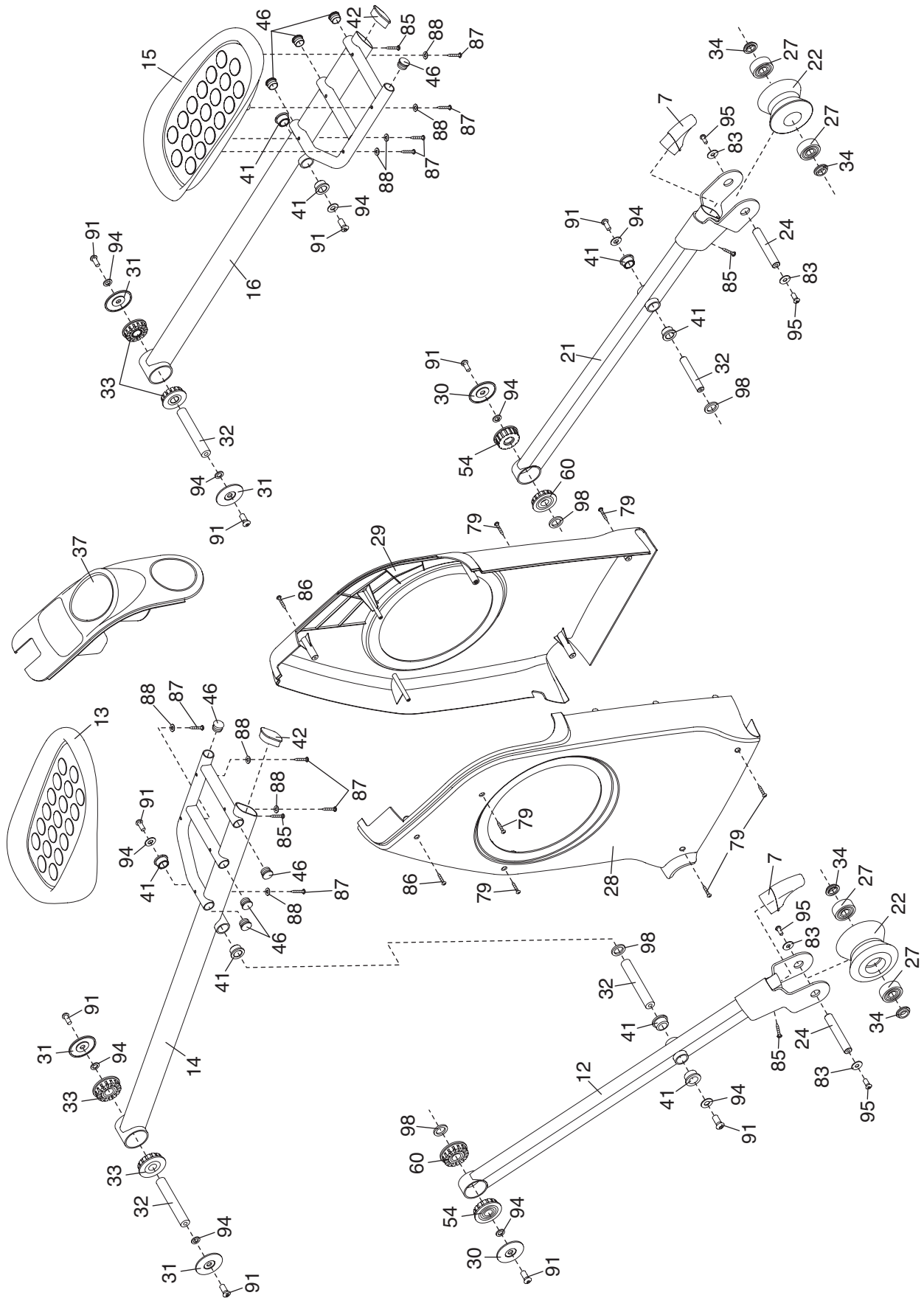
# EXPLODED DRAWING A—Model No. PFEL79907.1

R1207A



# EXPLODED DRAWING B—Model No. PFEL79907.1

R1207A



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# ORDERING REPLACEMENT PARTS

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

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

## 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 one (1) year from the date of purchase. There is a seven (7) year warranty on the resistance mechanism. There is a lifetime warranty on the frame.

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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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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