

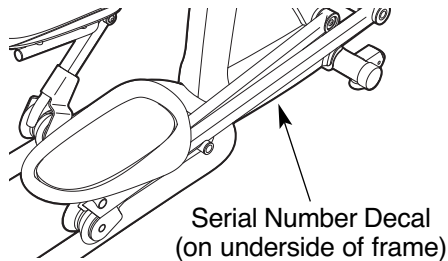
# PRO-FORM<sup>®</sup>

## 585 CSE

Model No. PFEL95918.0

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

Write the serial number in the space above for reference.



## 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 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:

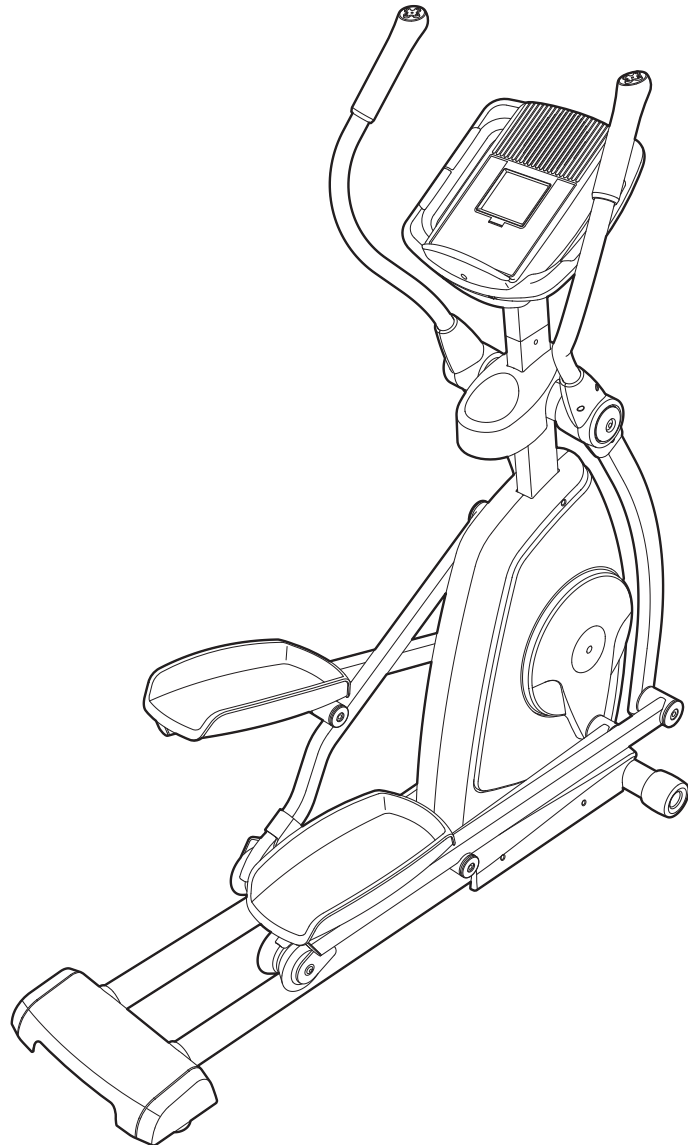
**1-888-533-1333**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

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.



Visit our website at

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

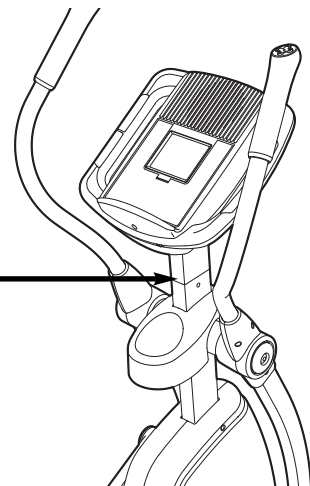
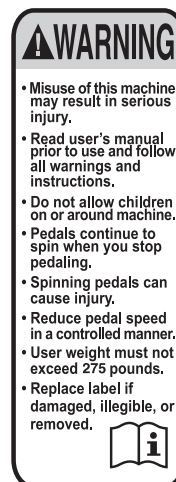
new products, prizes,  
fitness tips, and much more!

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	.2
IMPORTANT PRECAUTIONS .....	.3
BEFORE YOU BEGIN .....	.4
ASSEMBLY .....	.5
HOW TO USE THE ELLIPTICAL EXERCISER .....	.12
MAINTENANCE AND TROUBLESHOOTING .....	.22
EXERCISE GUIDELINES .....	.23
PART LIST .....	.24
EXPLODED DRAWING .....	.25
ORDERING REPLACEMENT PARTS .....	.Back Cover
LIMITED WARRANTY .....	.Back Cover

## WARNING DECAL PLACEMENT

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



# 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 275 lbs. (124 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 handlebars 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.

# BEFORE YOU BEGIN

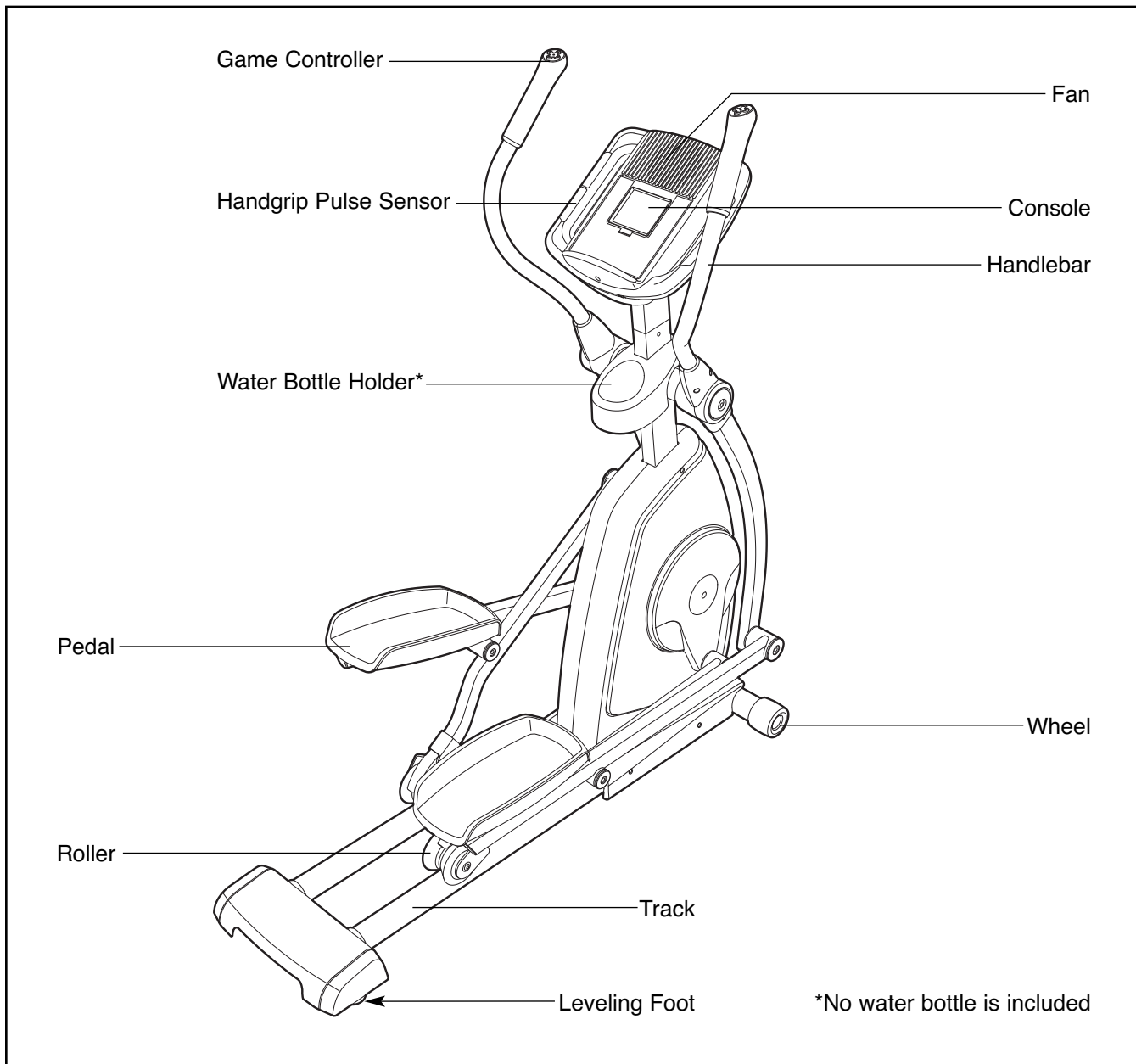
Thank you for selecting the new PROFORM® 585 CSE elliptical exerciser. The 585 CSE elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

**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 con-

tacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

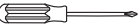


**To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at [www.proformservice.com/registration](http://www.proformservice.com/registration).**

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

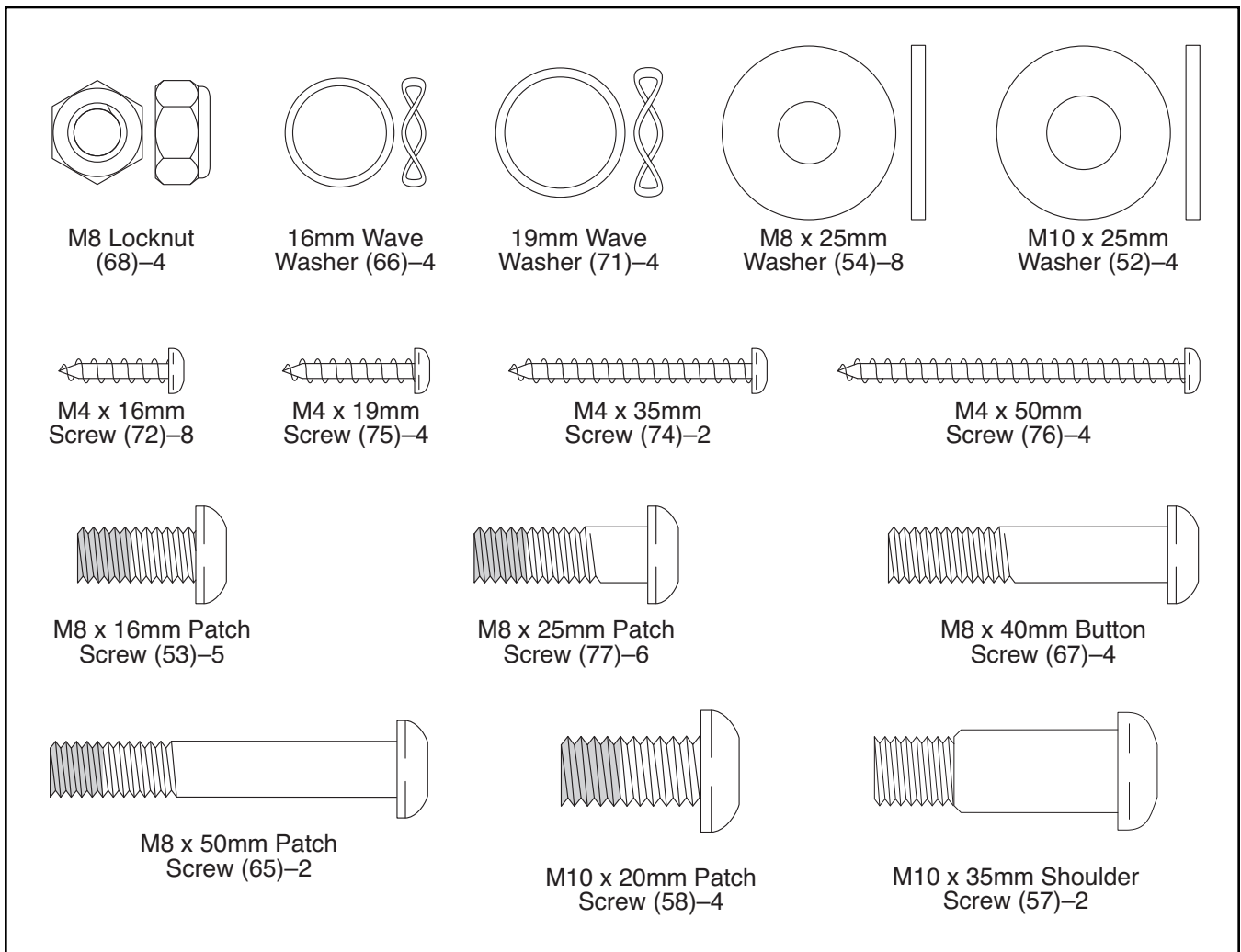


# ASSEMBLY

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** , **two adjustable wrenches** , and a **rubber mallet** .

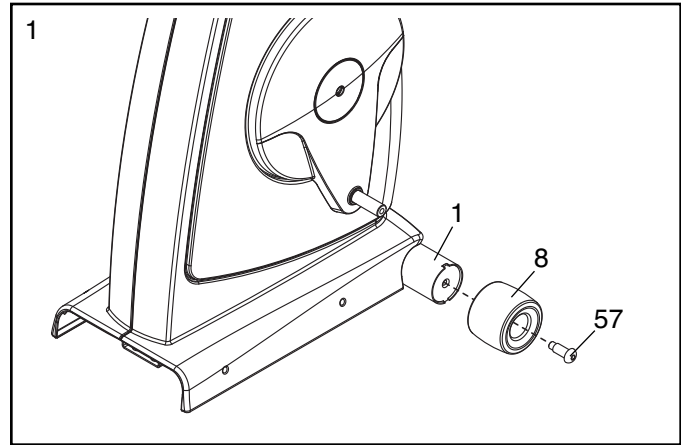
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some 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 a Wheel (8) to one side of the Frame (1) with an M10 x 35mm Shoulder Screw (57). Attach the other Wheel (not shown) in the same way.



2. Apply a generous amount of the included grease to the Pivot Axle (41). Then, insert the Pivot Axle through the Frame (1).

Apply a small amount of grease to a 16mm Wave Washer (66). Slide the Wave Washer onto the right side of the Pivot Axle (41).

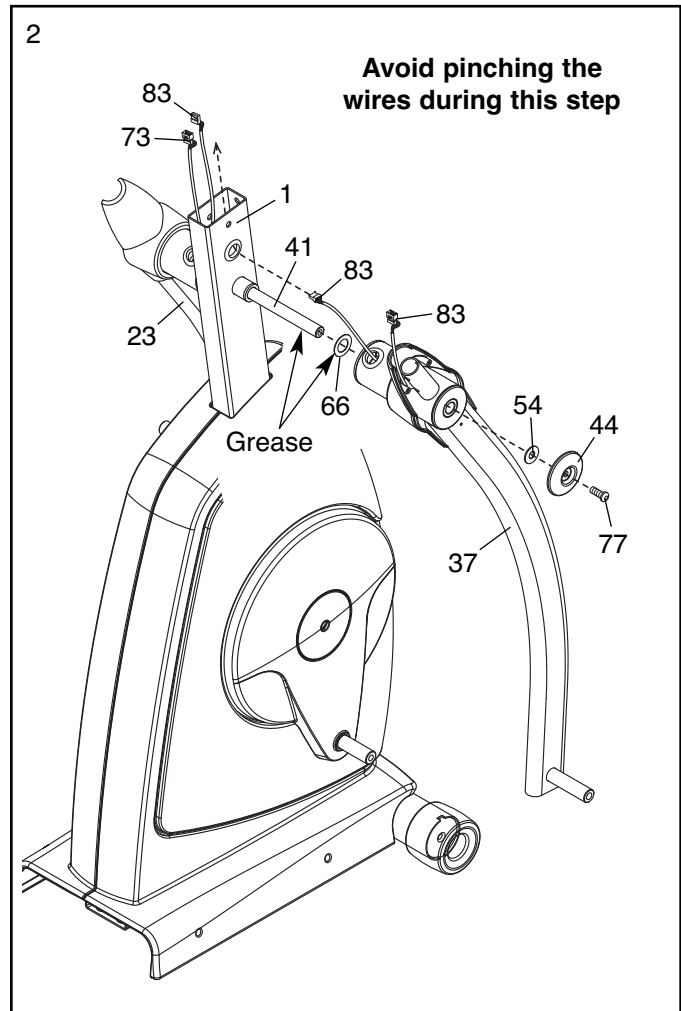
Identify the Right Upper Body Arm (37), which is marked with an "R" sticker. Make sure that the ends of the Right Extension Wire (83) are oriented as shown.

Slide the Right Upper Body Arm (37) onto the Pivot Axle (41). Then, insert the end of the Right Extension Wire (83) upward through the Frame (1).

**Tip: Avoid pinching the Right Extension Wire (83) during this step.** Attach the Right Upper Body Arm (37) with an M8 x 25mm Patch Screw (77), a Pivot Axle Cover (44), and an M8 x 25mm Washer (54).

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

**Tip: Use an elastic band or a piece of tape to prevent the ends of the Wire Harness (73) and the Right and Left Extension Wires (83, not shown) from falling into the Frame (1).**



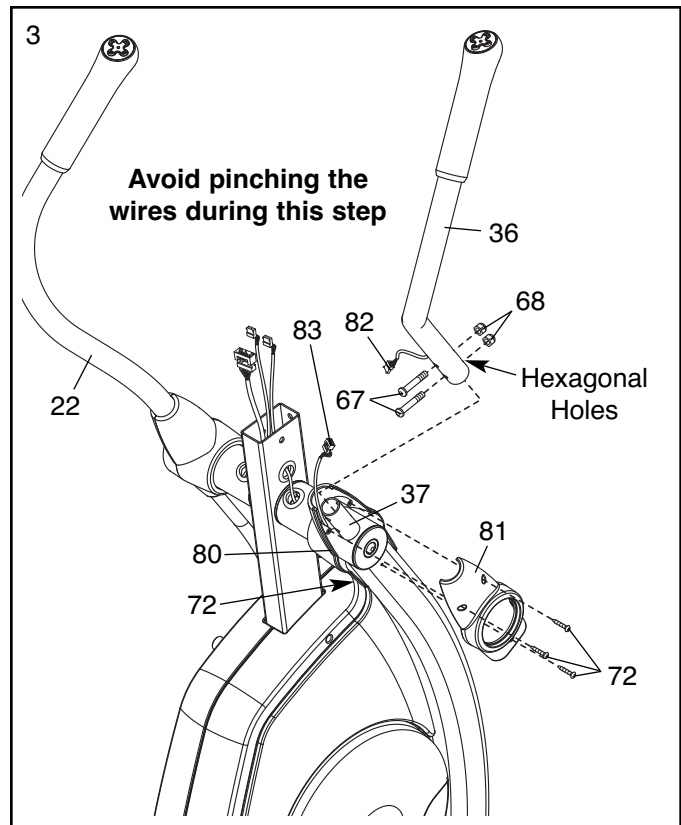
3. Identify the Right Handlebar (36), which is marked with an "R" sticker. Orient the Right Handlebar as shown; **make sure that the hexagonal holes are in the indicated location.**

Slide the Right Handlebar (36) onto the Right Upper Body Arm (37). Then, connect the Right Controller Wire (82) to the Right Extension Wire (83).

**Tip: Avoid pinching the wires during this step.** Attach the Right Handlebar (36) with two M8 x 40mm Button Screws (67) and two M8 Locknuts (68). **Make sure that the Locknuts are inside the hexagonal holes.**

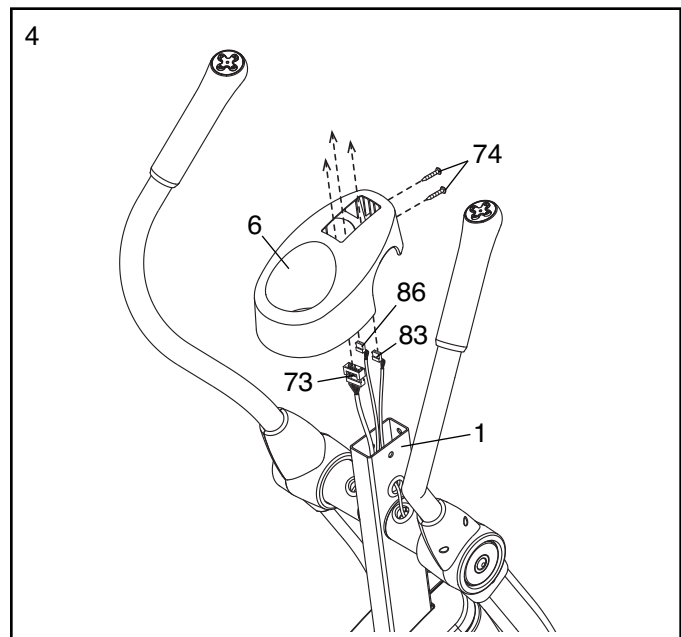
Attach the Inner Wire Cover (80) to the Right Upper Body Arm (37) with an M4 x 16mm Screw (72). Orient an Outer Wire Cover (81) as shown and attach it to the Right Upper Body Arm with three M4 x 16mm Screws (72).

**Attach the Left Handlebar (22) in the same way.**



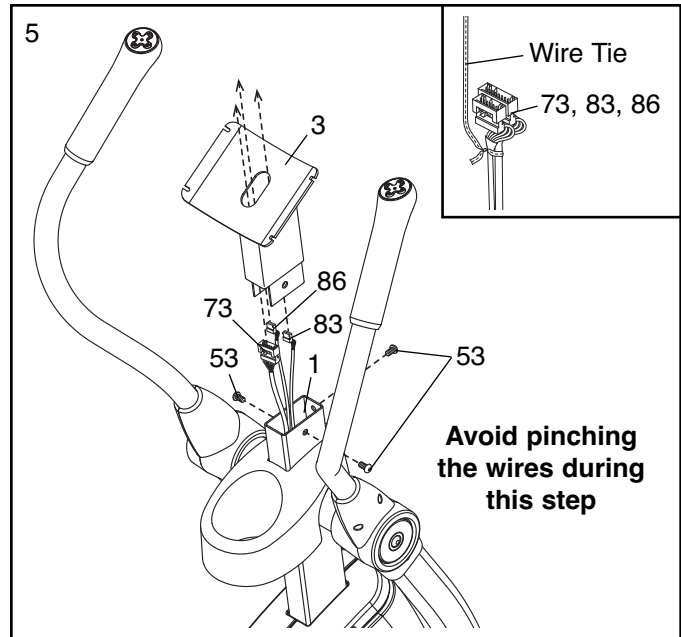
4. Orient the Water Bottle Holder (6) as shown. Hold the Water Bottle Holder near the Frame (1) and insert the Wire Harness (73) and the Right and Left Extension Wires (83, 86) upward through the Water Bottle Holder.

Next, slide the Water Bottle Holder (6) onto the Frame (1). Attach the Water Bottle Holder with two M4 x 35mm Screws (74).



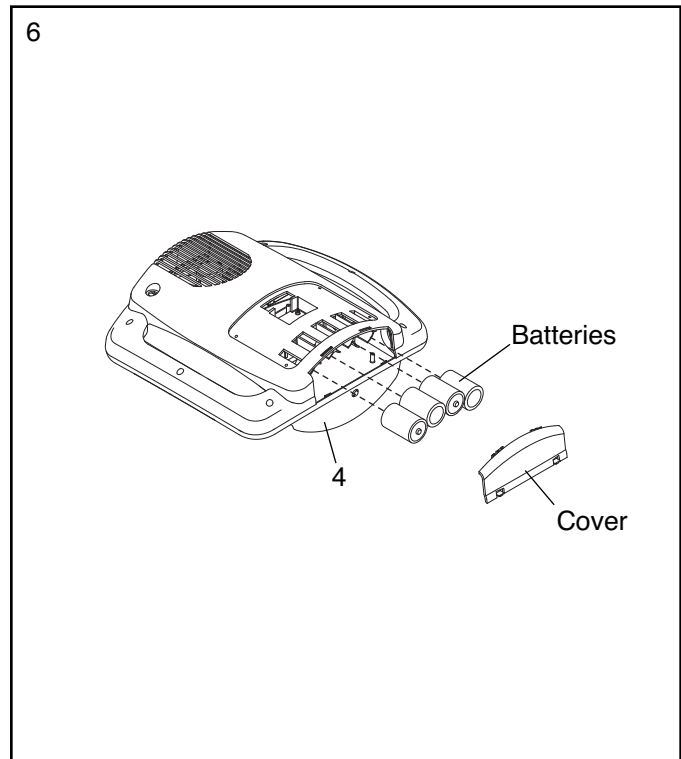
5. Have another person hold the Upright (3) near the Frame (1). Locate the wire tie (see the inset drawing) in the Upright. Tie the lower end of the wire tie to the Wire Harness (73) and to the Right and Left Extension Wires (83, 86). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie. **Tip: Use an elastic band or a piece of tape to prevent the ends of the Wire Harness and the Right and Left Extension Wires from falling into the Upright.**

**Tip: Avoid pinching the wires during this step.** Insert the Upright (3) into the Frame (1). Then, attach the Upright with three M8 x 16mm Patch Screws (53). **Tip: Start all the Patch Screws before tightening them.**



6. The Console (4) can be operated with four 1.5V "D" batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the the battery cover and insert four batteries into the Console. Orient the batteries as shown by the markings inside the battery compartment. Then, reattach the battery cover.

Note: The Console (4) can also be operated with an optional power supply (not included) instead of batteries. **To purchase a power supply, call the 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.

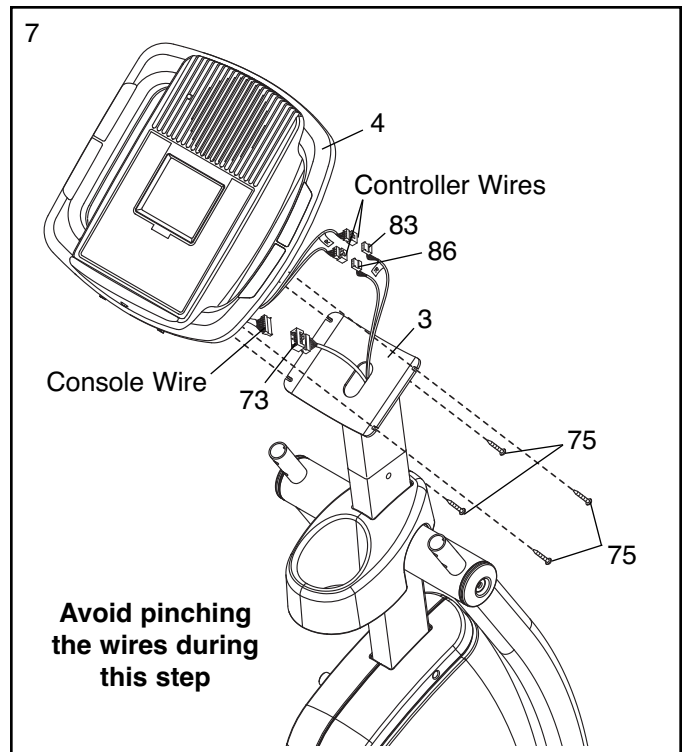




7. **Note: For clarity, the Left and Right Handlebars (22, 36) are not shown.**

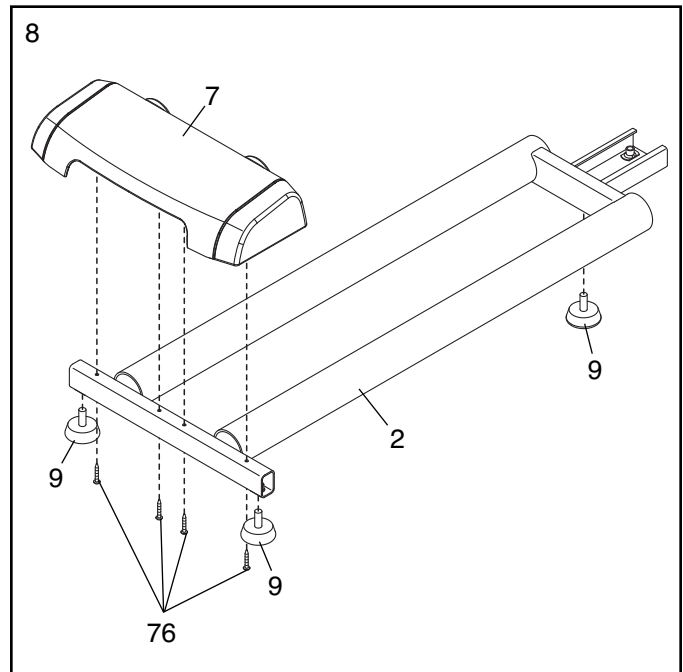
While another person holds the Console (4) near the Upright (3), connect the console wire to the Wire Harness (73). Then, connect the controller wire marked with an "R" tag to the Right Extension Wire (83), which is also marked with an "R" tag. Connect the other controller wire to the Left Extension Wire (86). Insert the excess wire downward into the Upright.

**Tip: Avoid pinching the wires during this step.** Attach the Console (4) to the Upright (3) with four M4 x 19mm Screws (75).

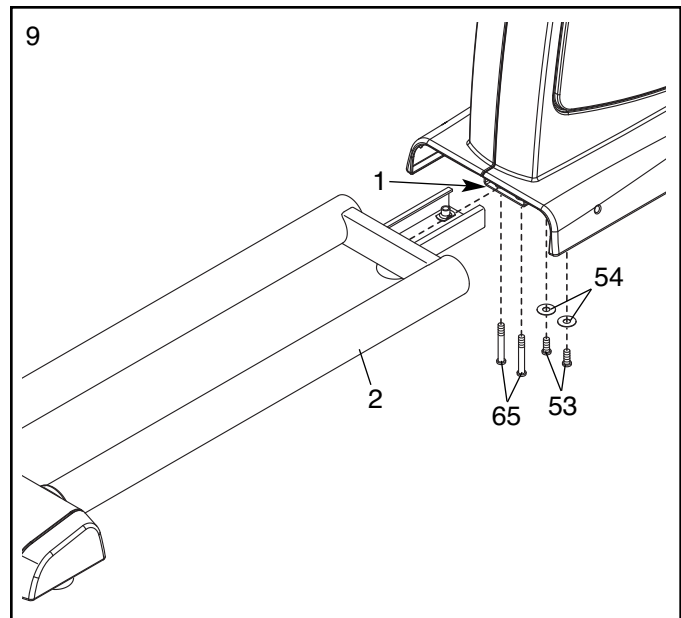


8. Tighten the three Feet (9) into the underside of the Track (2).

Orient the Track (2) and the Track Cover (7) as shown. Attach the Track Cover to the Track with four M4 x 50mm Screws (76).



9. Insert the Track (2) into the Frame (1). Attach the Track with two M8 x 50mm Patch Screws (65), two M8 x 16mm Patch Screws (53), and two M8 x 25mm Washers (54).

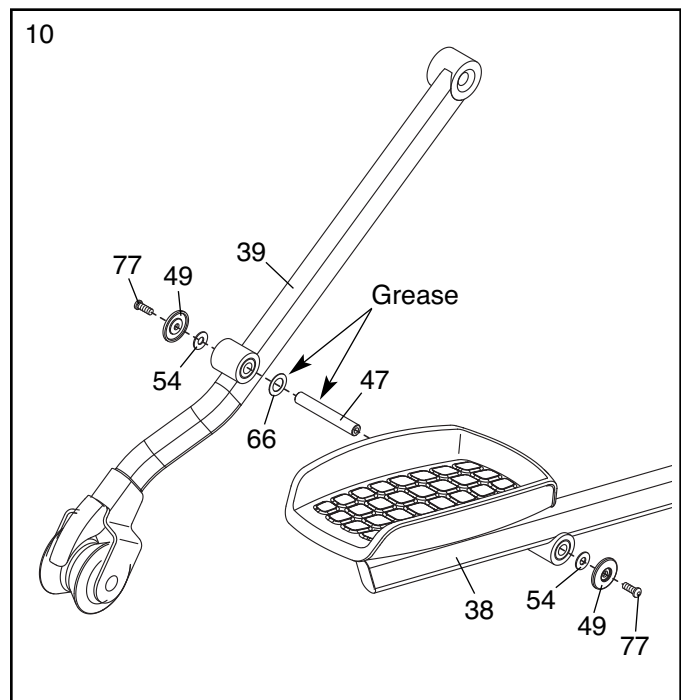


10. Identify the Right Link Arm (39) and the Right Pedal Leg (38), which are marked with "R" stickers, and orient them as shown.

Apply a generous amount of grease to a Link Axle (47). Also, apply a small amount of grease to a 16mm Wave Washer (66). Slide the Link Axle through the Right Link Arm (39) and then slide the Wave Washer onto the right side of the Link Axle.

With the help of another person, slide the Right Pedal Leg (38) onto the right side of the Link Axle (47). Attach the Right Link Arm (39) and the Right Pedal Leg with two M8 x 25mm Patch Screws (77), two Link Axle Covers (49), and two M8 x 25mm Washers (54).

**Repeat this step for the Left Link Arm and the Left Pedal Leg (not shown).**



11. Apply a generous amount of grease to the axle on the Right Upper Body Arm (37) and to the right Crank Arm (31).

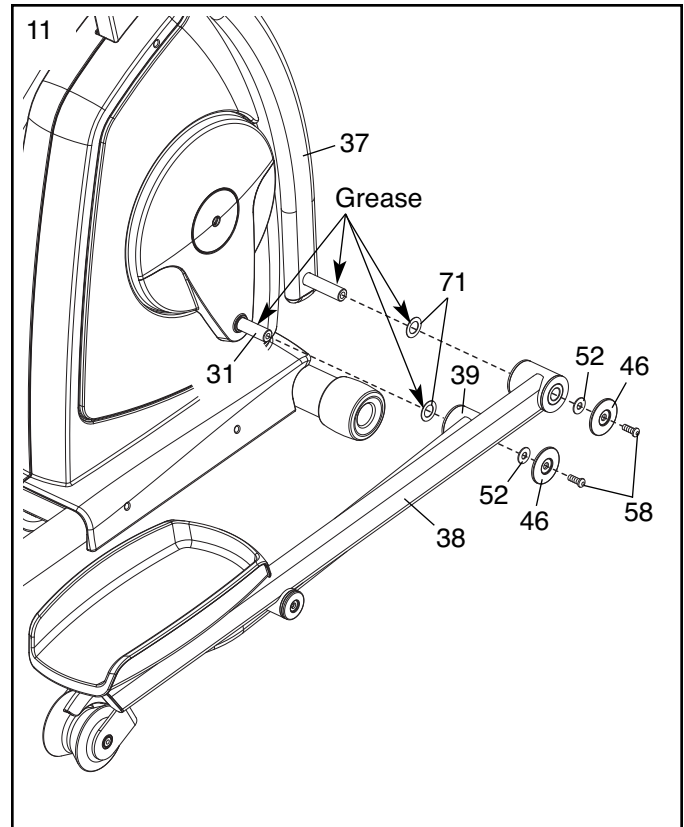
Apply a small amount of grease to two 19mm Wave Washers (71). Slide one Wave Washer onto the Right Upper Body Arm (37); slide the other Wave Washer onto the right Crank Arm (31).

Identify the Right Pedal Leg (38) and Right Link Arm (39) assembly, which is marked with an "R" sticker. Orient the assembly as shown.

At the same time and with the help of another person, slide the Right Pedal Leg (38) onto the Right Upper Body Arm (37) and slide the Right Link Arm (39) onto the right Crank Arm (31).

Attach the Right Pedal Leg (38) and the Right Link Arm (39) with two M10 x 20mm Patch Screws (58), two Axle Covers (46), and two M10 x 25mm Washers (52).

**Repeat this step for the other side of the elliptical exerciser.**

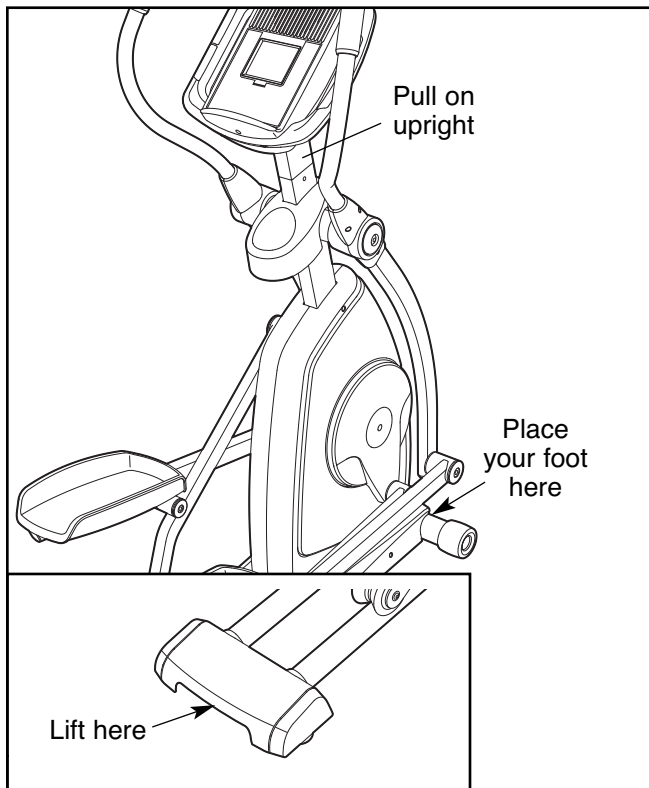


12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

# HOW TO USE THE ELLIPTICAL EXERCISER

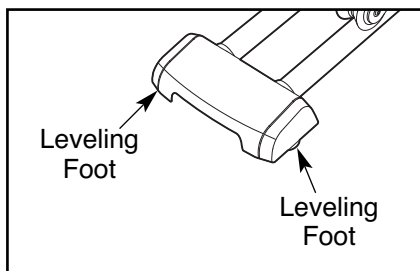
## HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it 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 track 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.



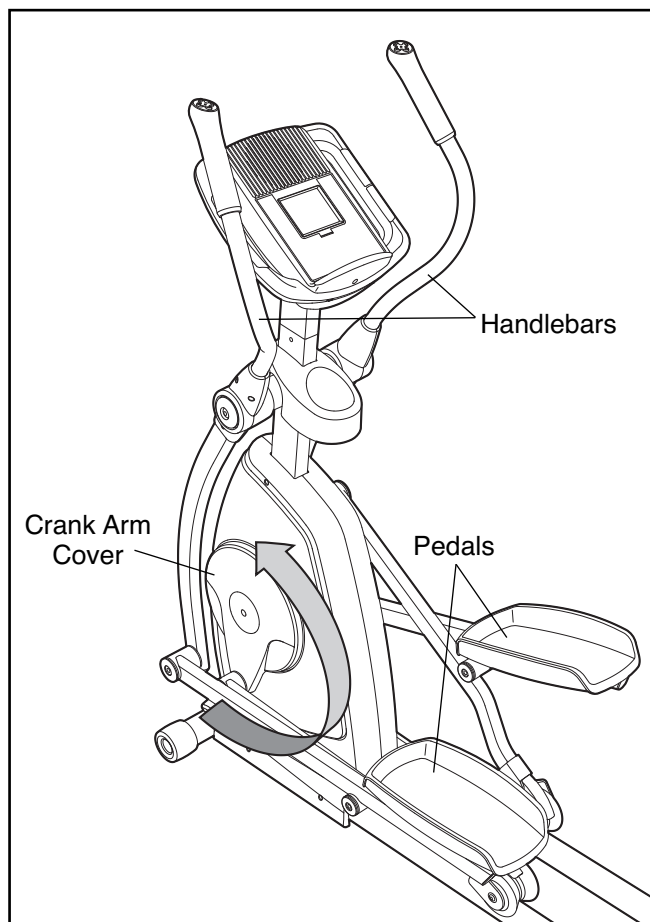
## HOW TO LEVEL THE ELLIPTICAL EXERCISER

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.

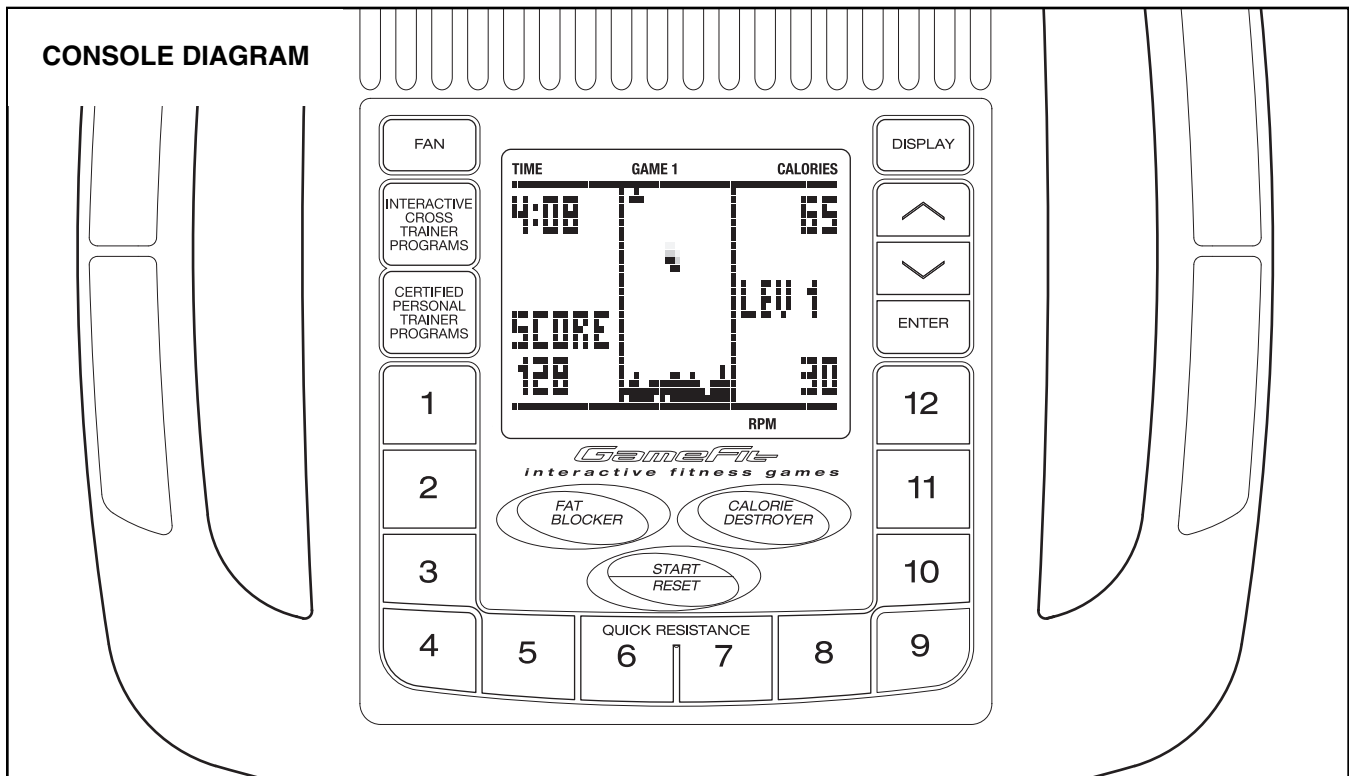


## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lower 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 revolutionary 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.

### Interactive Cross Trainer Programs

The console features nine interactive cross trainer programs designed to help you to burn calories and develop your cardiovascular system while toning and strengthening your muscles. The cross trainer 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 trainer program to focus your 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 telephone number on the front cover of this manual.**

### Smart Programs

In addition, the console offers three smart 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.

### Heart Rate Programs

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.

### Interactive Games

The console features two motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie Destroyer™ game during your workouts—the harder you exercise, the greater the advantage you will have! The console keeps track of the four highest scores for each game—compete with other users or try to top your own high score.

### Sound System

You can even connect your MP3 player or CD player to the console's sound system and listen to your favorite music or audio books while you exercise.

**To use the manual mode, see page 14. To use a cross trainer program, see page 15. To use a smart program, see page 17. To use a heart rate program, see page 18. To play the Fat Blocker game, see page 19. To play the Calorie Destroyer game, see page 20. To use the sound system, 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 display 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 either of the Programs buttons repeatedly until the words MANUAL MODE appear in the lower left corner of the display.



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

As you pedal, change the resistance of the pedals by pressing any of the Quick Resistance

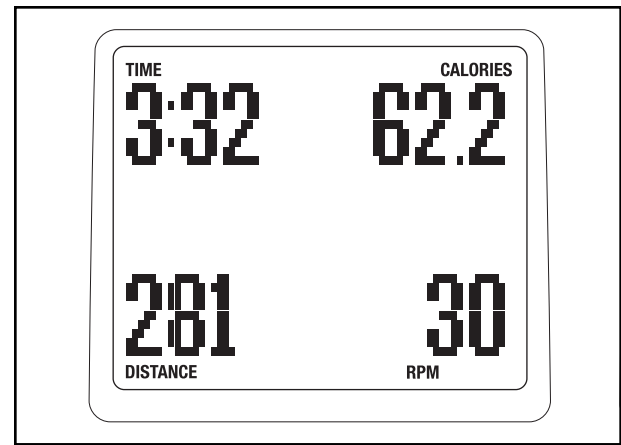
buttons numbered

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.**

**The upper left corner of the display** will show the elapsed time. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.



**The lower left corner of the display** will show the distance, in total revolutions, you have pedaled.

**The upper right corner of the display** will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the hand-grip pulse sensor (see step 5 on page 15).

**The lower right corner of the display** will show your pedaling pace in revolutions per minute (rpm).

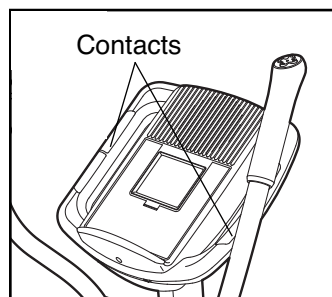
**The center of the display** will show the resistance setting of the pedals for a few seconds each time the resistance setting changes.

You can also view selected information at a larger size. Press the Display button repeatedly to view time and distance information, time and calorie information, or time and pace information. Press the Display button again to view all information. To reset the display information, press the Start/Reset button.

The console has three backlight options. The "On" option keeps the backlight on while the console is on. To conserve the batteries, the "Auto" option keeps the backlight on only while you are pedaling. The "Off" option turns the backlight off. To select a backlight option, first press and hold down the Certified Personal Trainer Programs button for several seconds. Next, press the increase button repeatedly to select the desired backlight option. Then, press the Certified Personal Trainer Programs button to save your selection.

## 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, one, two, or three dashes will appear in the display, and then your heart rate will appear. 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.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

## 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 several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

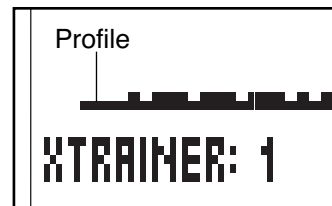
## HOW TO USE A CROSS TRAINER PROGRAM

### 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 display will light.

### 2. Select a cross trainer program.

To select one of the nine cross trainer programs, press the Interactive Cross Trainer Programs button repeatedly until XTRAINER 1, 2, 3,



4, 5, 6, 7, 8, or 9 appears in the display. The program time and a profile of the resistance settings for the program will also appear in the display.

After a moment, the voice of a personal trainer will welcome you to the program and guide you through the workout. To adjust the volume level of the speakers, press the increase and decrease buttons until the desired volume level is selected. There are five volume levels.

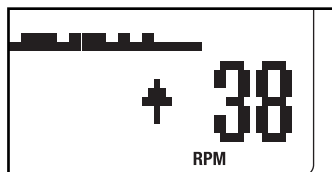
### 3. Begin pedaling to start the program.

Each program is divided into either 30 or 45 one-minute segments. One resistance setting and one target rpm (pace) setting are programmed for most segments. (Note: The same resistance 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 setting and the target rpm for the first segment will appear in the center of the display for a few seconds. The resistance setting will then be indicated by the height of the flashing column of the profile in the display. The resistance settings for the next several segments will be indicated by the heights of the columns to the right of the flashing column.

When the first segment of the program ends, the resistance setting and the target rpm for the second segment will appear in the center of the display for a few seconds to alert you. The entire profile will then shift one column to the left, and the pedals will automatically adjust to the resistance setting for the second segment.

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrows 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 setting for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons. **IMPORTANT: When the current segment of the program ends, the pedals will automatically adjust to the resistance setting for the next segment.**

**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.



Step off the elliptical exerciser and prepare to begin the first strength exercise. Perform repetitions of the exercise as directed by the personal trainer. Exercise with a slow, steady motion; do not perform more than one repetition during each interval indicated by the personal trainer. The display will also count the repetitions as you perform them.

Note: Refer to a reputable exercise guide or book 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 telephone number on the front cover of this manual.**

**5. Continue the cross trainer program.**

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

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling.

**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 15.

**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.



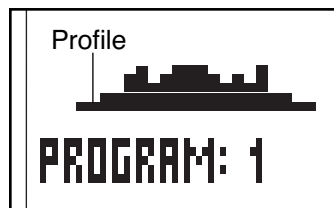
## HOW TO USE A SMART PROGRAM

### 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 display will light.

### 2. Select a smart program.

To select one of the three smart programs, press the Certified Personal Trainer Programs button repeatedly until Program 1, 2, or 3



appears in the display. The program time and a profile of the resistance settings for the program will also appear in the display.

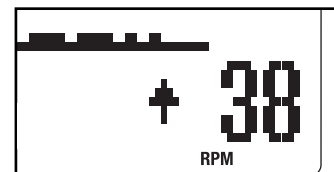
### 3. Begin pedaling to start the program.

Each program is divided into 20, 30, or 45 one-minute segments. One resistance setting and one target rpm (pace) setting are programmed for each segment. Note: The same resistance and/or target rpm setting may be programmed for two or more consecutive segments.

The resistance setting and the target rpm for the first segment will appear in the center of the display for a few seconds. The resistance setting will then be indicated by the height of the flashing column of the profile in the display. The resistance settings for the next several segments will be indicated by the heights of the columns to the right of the flashing column.

When the first segment of the program ends, the resistance setting and the target rpm for the second segment will appear in the center of the display for a few seconds to alert you. The entire profile will then shift one column to the left, and the pedals will automatically adjust to the resistance setting for the second segment.

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrows 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 setting for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons. **IMPORTANT: When the current segment of the program ends, the pedals will automatically adjust to the resistance setting for the next segment.**

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling.

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

See step 4 on page 14.

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

See step 5 on page 15.

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

See step 6 on page 15.

### 7. 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. Begin pedaling to turn on the console.

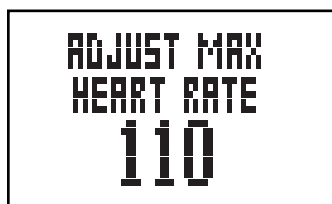
A moment after you turn on the console, the display will light.

### 2. Select a heart rate program.

To select one of the two heart rate programs, press the Certified Personal Trainer Programs button repeatedly until Heart Rate 1 or 2 appears in the display. The program time and a profile of the target heart rate settings for the program will also appear in the display.

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

When you select a heart rate program, the maximum target heart rate setting will flash in the center of the display. If desired, use the increase and decrease buttons to change the maximum target heart rate setting, and then press the Enter button. Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.



### 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. Begin pedaling to start the program.

Each heart rate program is divided into either 20 or 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.

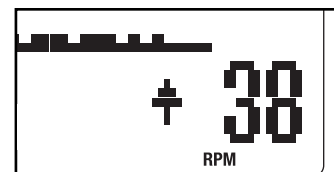
The target heart rate setting for the first segment will be indicated by the height of the flashing column of the profile in the display. The target heart rate settings for the next several segments will be indicated by the heights of the columns to the right of the flashing column.

When the first segment of the program ends, the entire profile will shift one column to the left. The target heart rate setting for the second segment will then be shown in the flashing column of the profile.

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 an upward arrow appears in the display, increase your pace.

When a downward arrow appears in the display, decrease your pace. When no arrows appear in the display, maintain your current pace.



**IMPORTANT: Make sure to exercise at a pace that is comfortable for you.** Note: You can manually override the resistance settings; however, you may 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.

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling.

### 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 15.

### 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 PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Fat Blocker game.

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

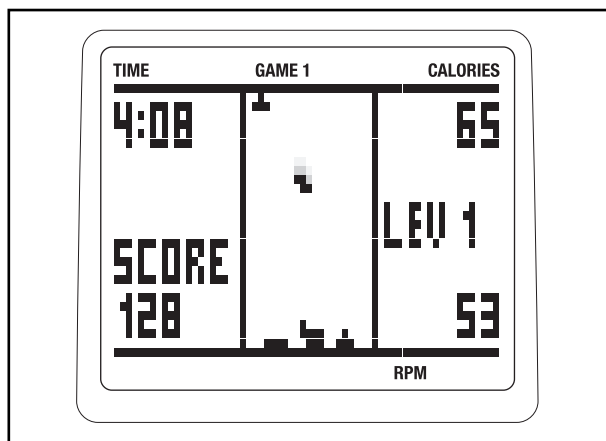
A moment after you begin pedaling or press a button, the display will light.

### 2. Select the Fat Blocker game.

To select the Fat Blocker game, press the Fat Blocker button. The words FAT BLOCKER will appear at the top of the display.

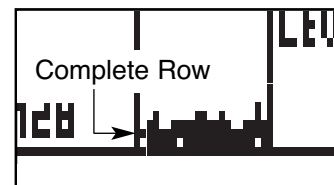
### 3. Pedal to start the game.

When you start the Fat Blocker game, a game arena will appear in the center of the display.



A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another block will then move downward. There are blocks of eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.

Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena. Each time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.



As you play, the blocks will fall faster and faster; however, your pedaling pace will affect the speed of the blocks—the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

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

While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling pace. In addition, the display will show your current score and the game level that you have reached.

To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the words FAT BLOCKER appear at the top of the display, and then begin pedaling.

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

See step 7 on page 15.

## HOW TO PLAY THE CALORIE DESTROYER GAME

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Calorie Destroyer game.

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

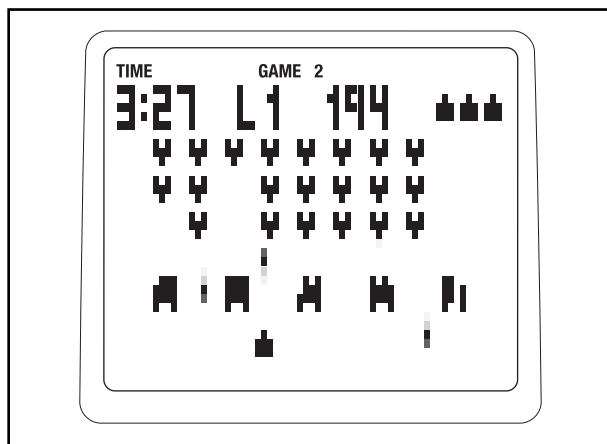
A moment after you begin pedaling or press a button, the display will light.

### 2. Select the Calorie Destroyer game.

To select the Calorie Destroyer game, press the Calorie Destroyer button. The word DESTROYER will appear at the top of the display.

### 3. Pedal to start the game.

When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.



At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

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

While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the word DESTROYER appears at the top of the display, and then begin pedaling.

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

See step 7 on page 15.

## HOW TO USE THE SOUND SYSTEM

To play your own music or audio books through the console's sound system while you exercise, first locate the jack under the ledge on the console. Plug an audio cable (not included) into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

# MAINTENANCE AND TROUBLESHOOTING

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

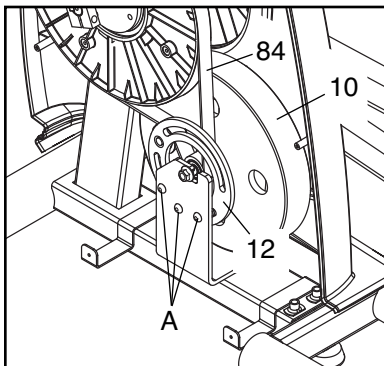
To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## 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, see assembly step 11 on page 11 and remove the Left Pedal Leg (24) and the Left Link Arm (25). Then, see EXPLODED DRAWING A near the end of this manual and remove the M6 x 25mm Button Screw (61) from the center of the left Crank Arm Cover (32), and then carefully remove the left Crank Arm Cover.

Next, remove all the screws from the left shield, and then carefully remove the left shield.

Loosen, but do not remove, the three screws (A). Insert the shaft of a screwdriver downward between the Idler (12) and the pulley located on the Eddy Mechanism (10). Pull the top of the screwdriver toward the rear of the elliptical exerciser until the Belt (84) is tight, and then tighten the three screws.



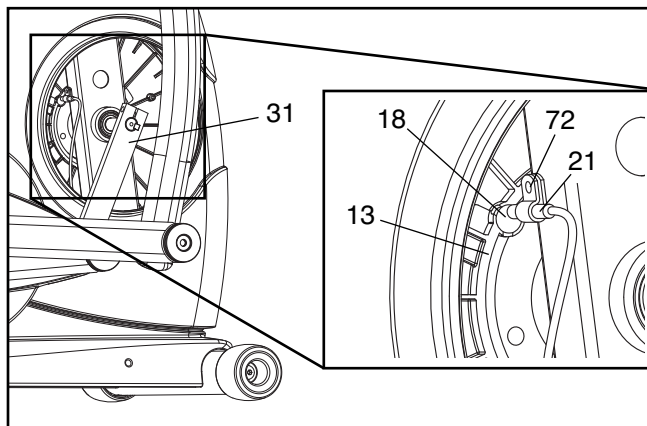
Reattach the left shield and the left crank arm cover. Then, see step 11 on page 11 and reattach the left pedal leg and the left link arm.

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first see EXPLODED DRAWING A near the end of this manual and remove the M6 x 25mm Button Screw (61) from the center of the right Crank Arm Cover (32), and then carefully remove the right Crank Arm Cover.

Next, remove all the screws from the left shield, and then carefully remove the left shield.

See the drawing below and locate the Reed Switch (21). Loosen, but do not remove, the indicated M4 x 16mm Screw (72). Slide the Reed Switch slightly closer to or away from the Magnet (18) on the Pulley (13).



Then, retighten the M4 x 16mm Screw (72). Turn one of the Crank Arms (31) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, replace the crank arm cover.

## CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 6 on page 8 for replacement instructions. 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 15.

## 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 12.

## HOW TO GREASE THE ROLLERS

See the EXPLODED DRAWING near the end of this manual. If the Rollers (27) squeak when moving on the Track (2), apply the contents of the included packet of white marine grease equally to each Roller. Spread the grease evenly around the Rollers. Pedal the elliptical exerciser until a thin film of grease is distributed along the Track; wipe off any excess grease.

# 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.

# PART LIST—Model No. PFEL95918.0

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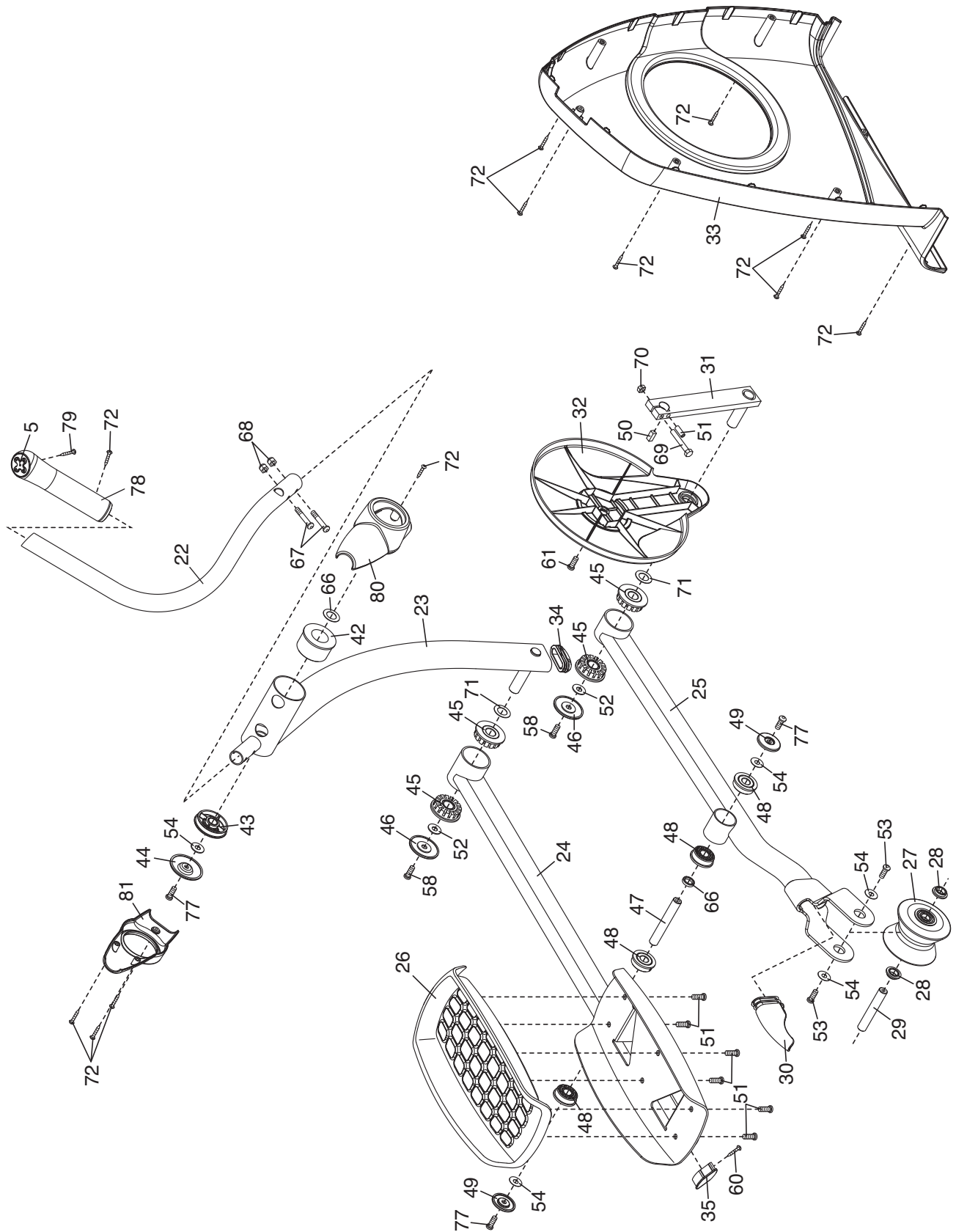
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	4	Axle Cover
2	1	Track	47	2	Link Axle
3	1	Upright	48	8	Link Axle Bushing
4	1	Console	49	4	Link Axle Cover
5	2	Game Controller	50	2	Key
6	1	Water Bottle Holder	51	14	M6 x 12mm Button Screw
7	1	Track Cover	52	4	M10 x 25mm Washer
8	2	Wheel	53	13	M8 x 16mm Patch Screw
9	3	Foot	54	12	M8 x 25mm Washer
10	1	Eddy Mechanism	55	4	M8 Split Washer
11	1	Axle	56	2	Snap Ring
12	1	Idler	57	2	M10 x 35mm Shoulder Screw
13	1	Pulley	58	4	M10 x 20mm Patch Screw
14	1	Crank	59	4	M4 x 12mm Flange Screw
15	2	Crank Bearing	60	2	M4 x 12mm Screw
16	1	Resistance Motor	61	5	M6 x 25mm Button Screw
17	1	Resistance Cable	62	3	M6 Flange Nut
18	2	Magnet	63	3	M6 Fender Washer
19	2	Upper Body Bushing	64	2	M10 Flange Nut
20	1	Clamp	65	2	M8 x 50mm Patch Screw
21	1	Reed Switch/Wire	66	4	16mm Wave Washer
22	1	Left Handlebar	67	4	M8 x 40mm Button Screw
23	1	Left Upper Body Arm	68	4	M8 Locknut
24	1	Left Pedal Leg	69	2	M8 x 50mm Hex Bolt
25	1	Left Link Arm	70	2	M8 Locknut
26	2	Pedal	71	4	19mm Wave Washer
27	2	Roller	72	21	M4 x 16mm Screw
28	4	Roller Bushing	73	1	Wire Harness
29	2	Roller Axle	74	2	M4 x 35mm Screw
30	2	Roller Cover	75	4	M4 x 19mm Screw
31	2	Crank Arm	76	4	M4 x 50mm Screw
32	2	Crank Arm Cover	77	6	M8 x 25mm Patch Screw
33	1	Left Shield	78	2	Game Grip
34	2	Upper Body Endcap	79	2	M4 x 10mm Screw
35	2	Pedal Leg Endcap	80	2	Inner Wire Cover
36	1	Right Handlebar	81	2	Outer Wire Cover
37	1	Right Upper Body Arm	82	1	Right Controller Wire
38	1	Right Pedal Leg	83	1	Right Extension Wire
39	1	Right Link Arm	84	1	Belt
40	1	Right Shield	85	1	Left Controller Wire
41	1	Pivot Axle	86	1	Left Extension Wire
42	2	Inner Pivot Bushing	*	—	1" Grommet
43	2	Outer Pivot Bushing	*	—	Hex Key
44	2	Pivot Axle Cover	*	—	Grease Packet
45	8	Crank Arm Bushing	*	—	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.



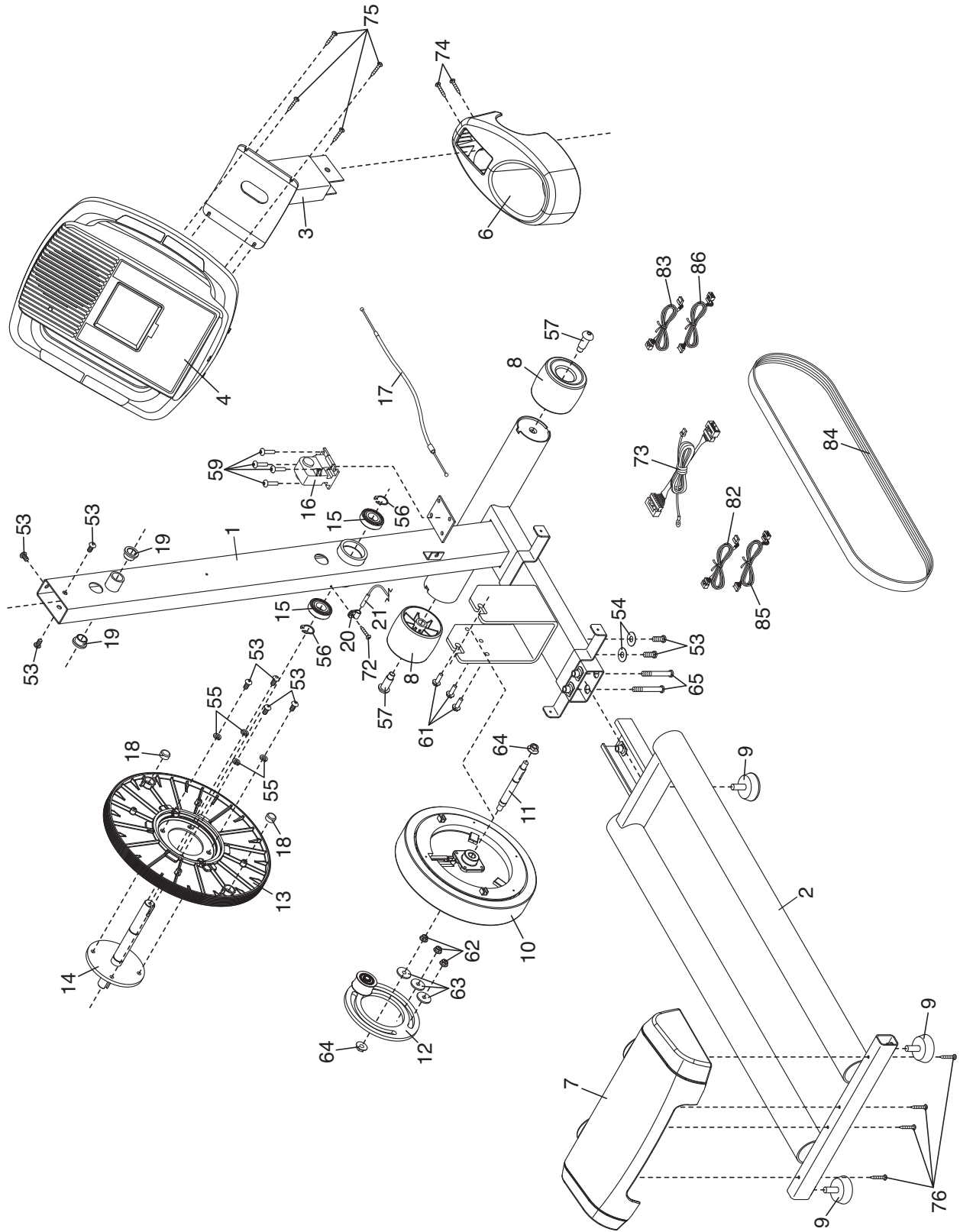
# EXPLODED DRAWING A—Model No. PFEL95918.0

R0808A



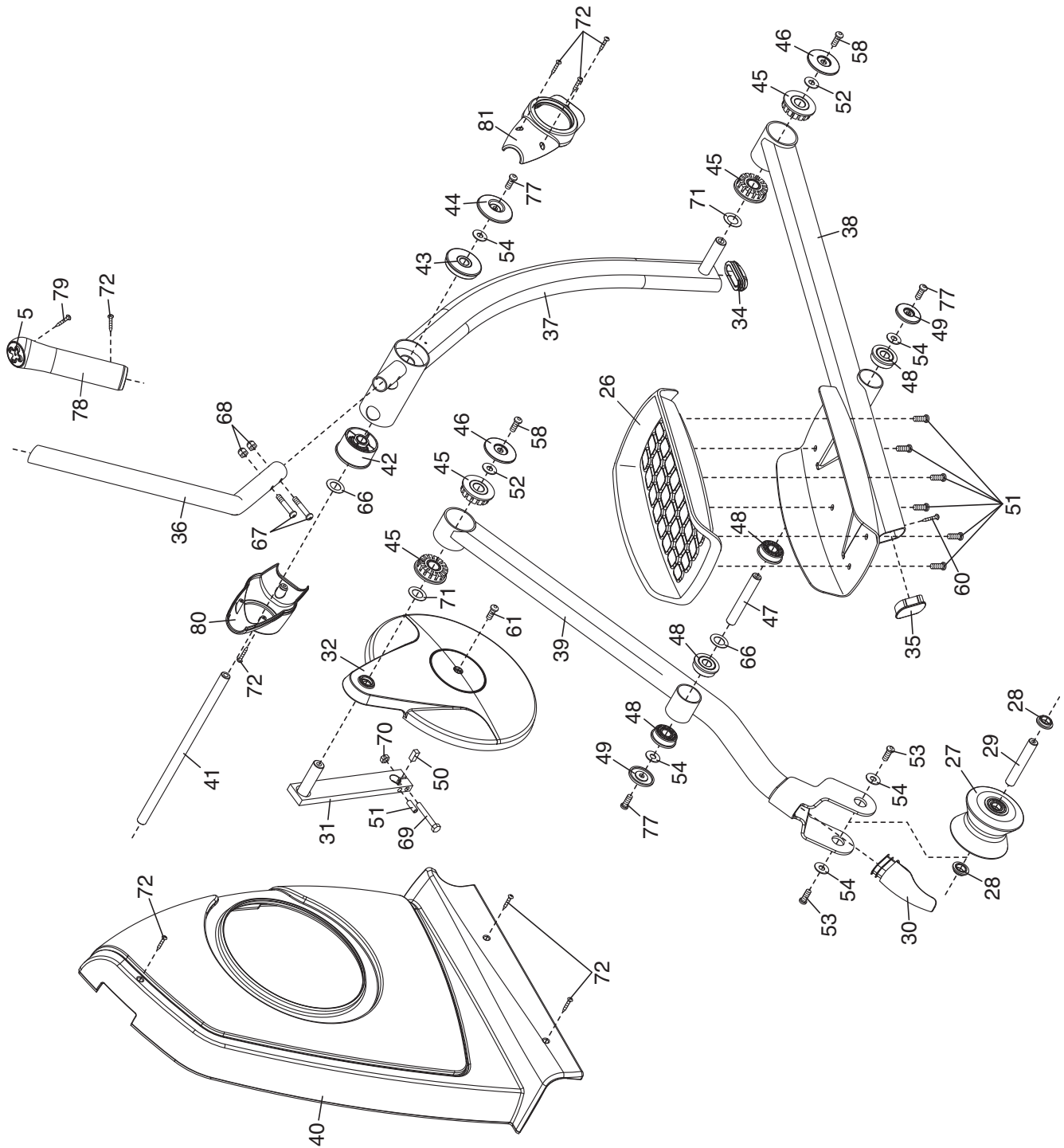
# EXPLODED DRAWING B—Model No. PFEL95918.0

R0808A



# EXPLODED DRAWING C—Model No. PFEL95918.0

R0808A



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

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for seven (7) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized 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 replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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