

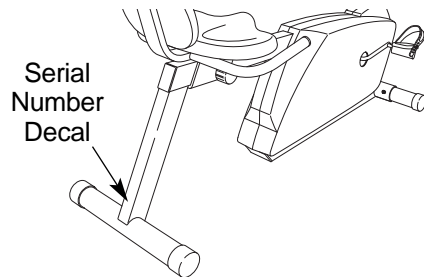


VR 900 EKG

## USER'S MANUAL

Model No. PFEX01010

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



### QUESTIONS?

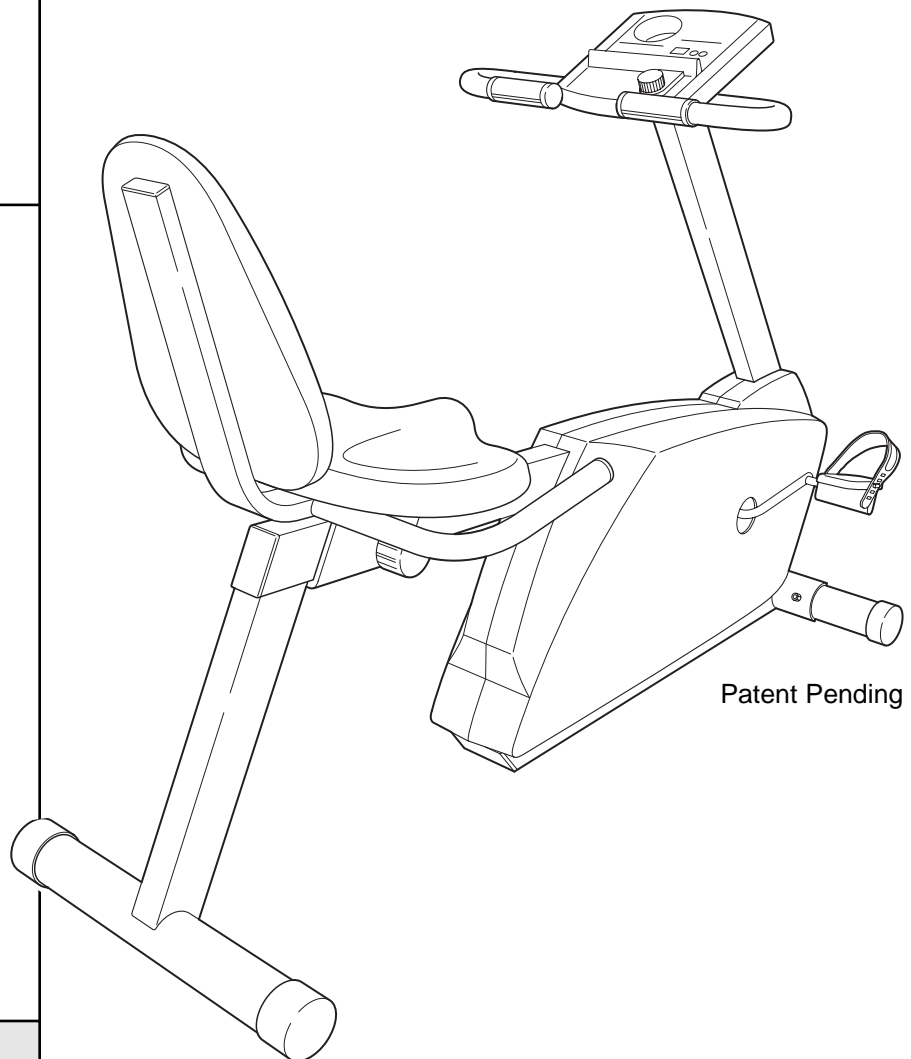
If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

CUSTOMER HOT LINE:

**1-800-999-3756**

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



### CAUTION

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



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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the recumbent cycle.

1. Read all instructions in this manual before using the recumbent cycle.
2. It is the responsibility of the owner to ensure that all users of the recumbent cycle are adequately informed of all precautions. Use the recumbent cycle only as described in this manual.
3. Use the recumbent cycle indoors on a level surface. Keep the recumbent cycle away from moisture and dust. Place a mat under the recumbent cycle to protect the floor.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the recumbent cycle at all times.
6. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the recumbent cycle. Always wear athletic shoes for foot protection.
7. The recumbent cycle should not be used by persons weighing more than 250 pounds.
8. Always keep your back straight when using the recumbent cycle; do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The recumbent cycle does not have a free-wheel; the pedals will continue to move until the flywheel stops.
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. The recumbent cycle is intended for home use only. Do not use the recumbent cycle in a commercial, rental, or institutional setting.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

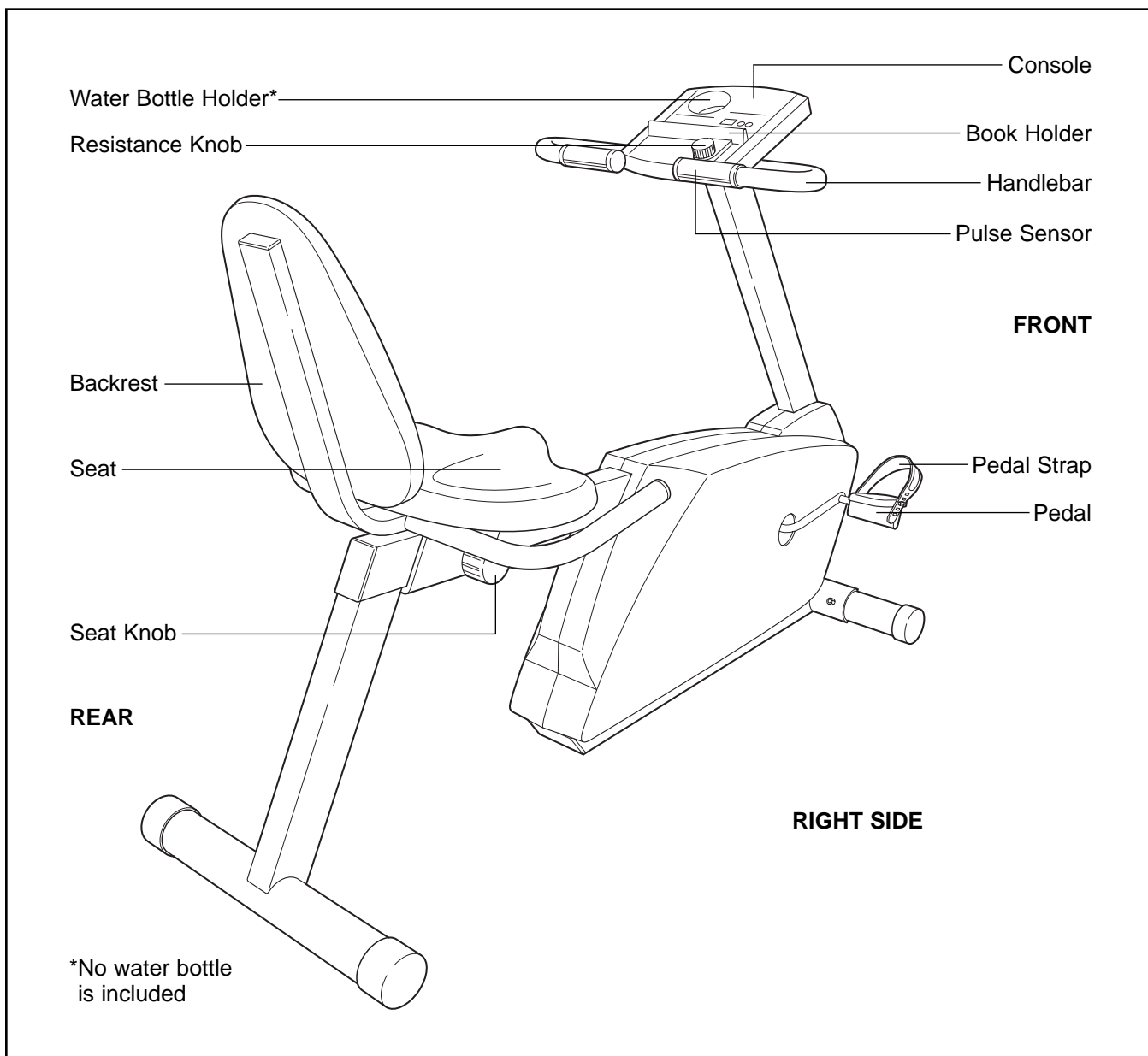
# BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® VR 900 EKG recumbent cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PROFORM® VR 900 EKG offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the PROFORM® VR 900 EKG.** If you have additional questions, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFEX01010. The serial number can be found on a decal attached to the recumbent cycle (see the front cover of this manual).

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

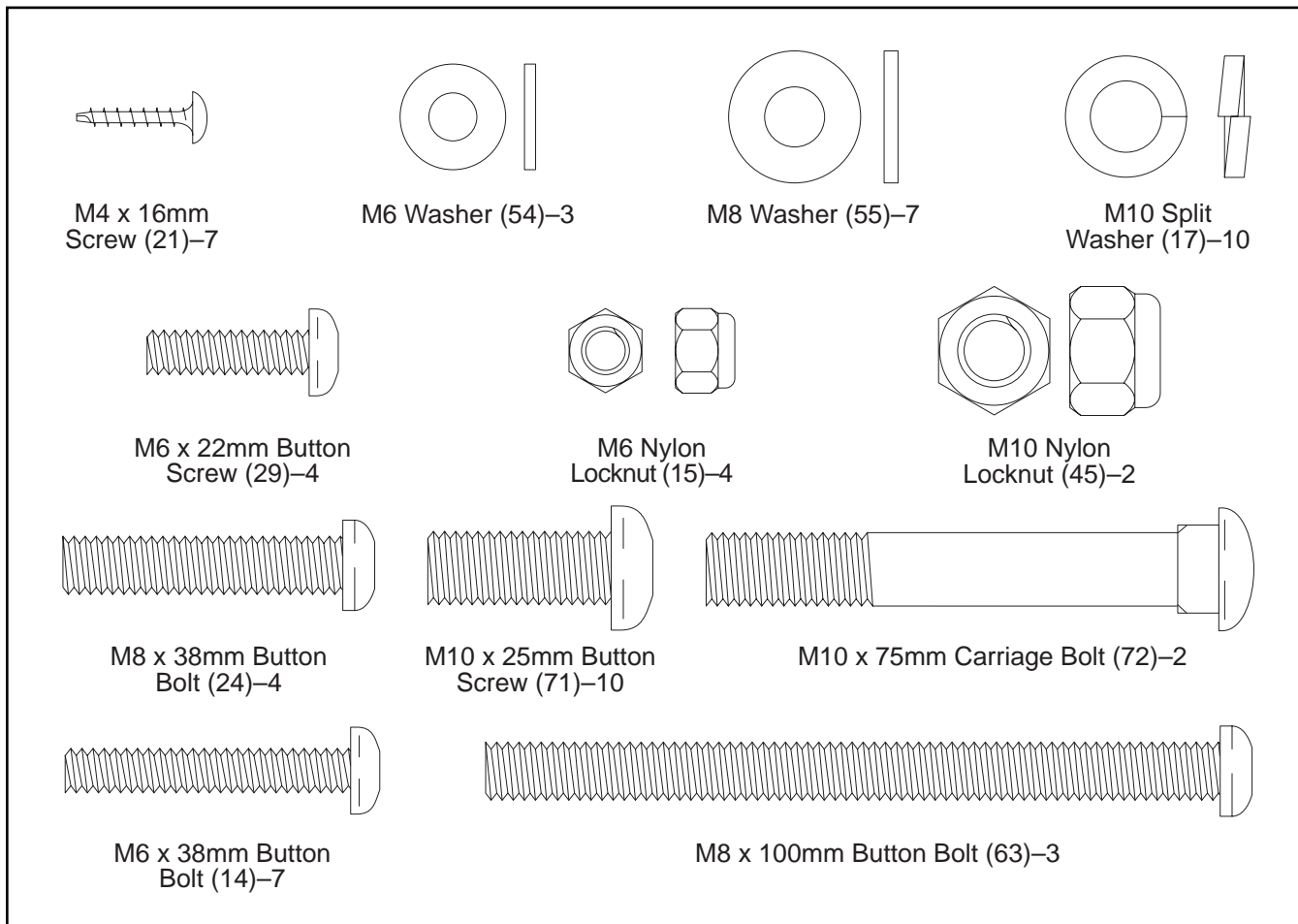


# ASSEMBLY

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

**Assembly requires the included tools and your own adjustable wrench**  **and Phillips screwdriver**  .

Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**



1. While another person holds the Upright (6) in the position shown, connect the Extension Wire (18) to the Reed Switch Wire (20). Refer to the inset drawing. Make sure that the plastic sheath is in the location shown. Insert the tip of the Resistance Cable (22) into the indicated opening in the Cable Connector (69). Then, pull up on the Resistance Cable and insert it into the top of the Cable Connector. Center the sheath on the Cable Connector.

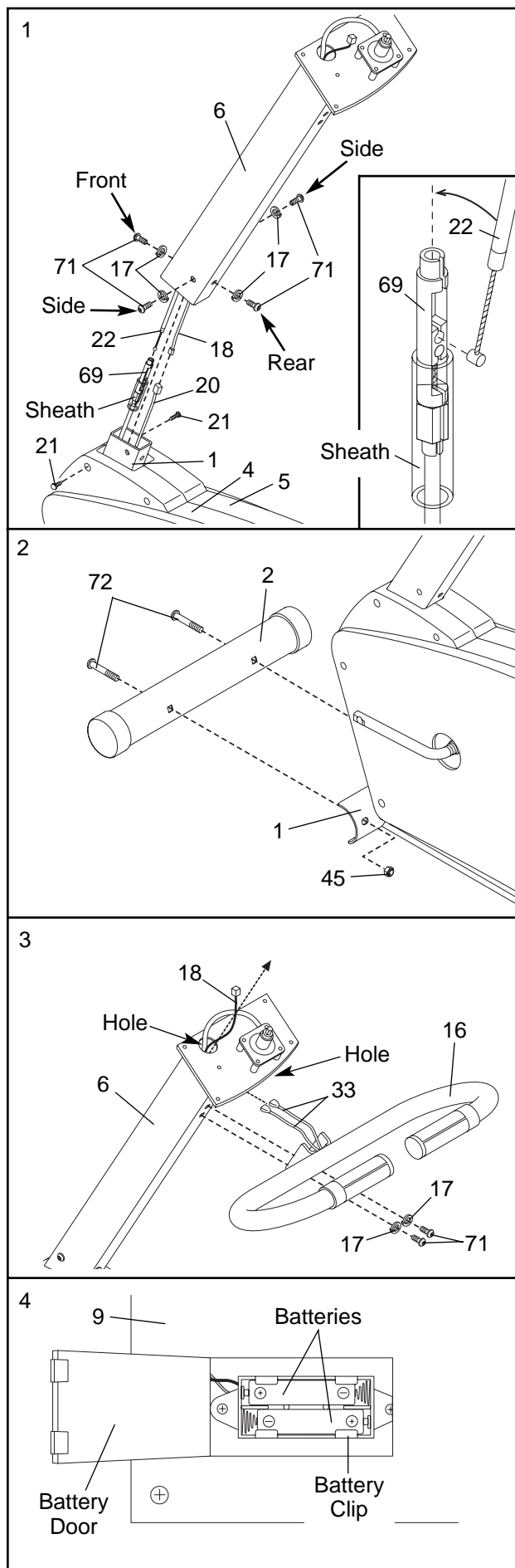
Carefully slide the Upright (6) onto the Frame (1). **Be careful to avoid pinching the wires and cables.** Loosely thread four M10 x 25mm Button Screws (71) with M10 Split Washers (17) through the Upright and into the Frame. Secure the tops of the Side Shields (4, 5) with two M4 x 16mm Screws (21). Firmly tighten the four Button Screws in the following order: front, rear, and then sides.

2. Attach the Front Stabilizer (2) to the front of the Frame (1) with two M10 x 75mm Carriage Bolts (72) and two M10 Nylon Locknuts (45).

3. While another person holds the Handlebar (16) near the Upright (6), route the Pulse Wires (33) up through the two indicated holes in the Upright.

Attach the Handlebar (16) to the Upright (6) with two M10 x 25mm Button Screws (71) and two M10 Split Washers (17). **Do not tighten the Button Screws yet. Make sure that no wires are pinched between the Handlebar and the Upright.**

4. The Console (9) requires two "AA" batteries (not included). Alkaline batteries are recommended. To install batteries, turn the console over, open the battery door, and insert two batteries into the battery clip as shown. **Make sure that the negative ends of the batteries (marked "—") are touching the springs in the battery clip.** Close the battery door.



5. Hold the Console (9) near the Upright (6) as shown. Identify the green console ground wire and attach it to the Upright with an M4 x 16mm Screw (21).

Next, connect the Reed Switch Wire (18) and the two Pulse Wires (33) to the corresponding wires on the Console (9).

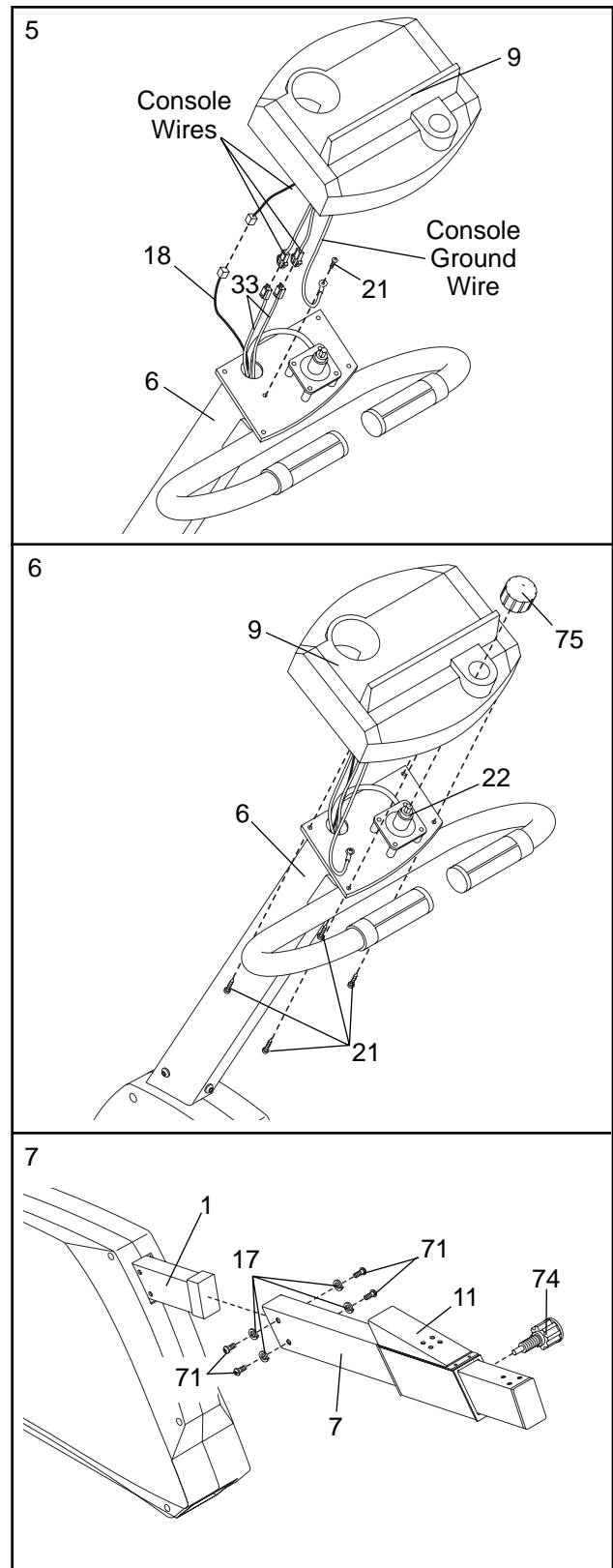
6. Attach the Console (9) to the Handlebar Post (6) with four M4 x 16mm Screws (21). **Make sure that no wires are pinched between the Console and the Handlebar Post.**

Press the Resistance Knob (75) onto the Resistance Control (22).

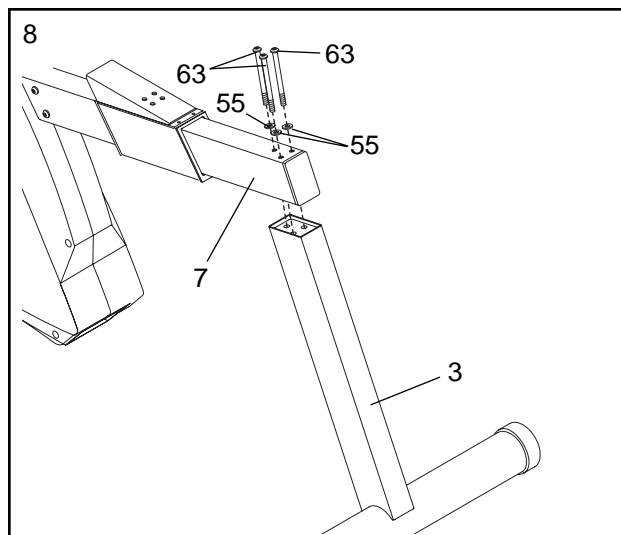
Refer to step 3. Tighten the two M10 x 25mm Button Screws (71) used in step 3.

7. Slide the Carriage Bar (7) onto the indicated tube on the Frame (1). Attach the Carriage Bar to the Frame with four M10 x 25mm Button Screws (71) and four M10 Split Washers (17).

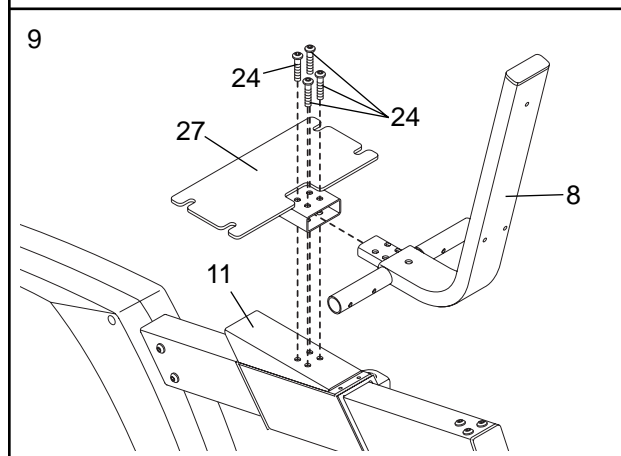
Slide the Seat Carriage (11) onto the Carriage Bar (7) as shown. Thread the Seat Knob (74) clockwise into the Seat Carriage until it is tight.



8. Hold the Rear Stabilizer (3) under the Carriage Bar (7) in the position shown. Attach the Rear Stabilizer to the Carriage Bar with three M8 x 100mm Button Bolts (63) and three M8 Washers (55).

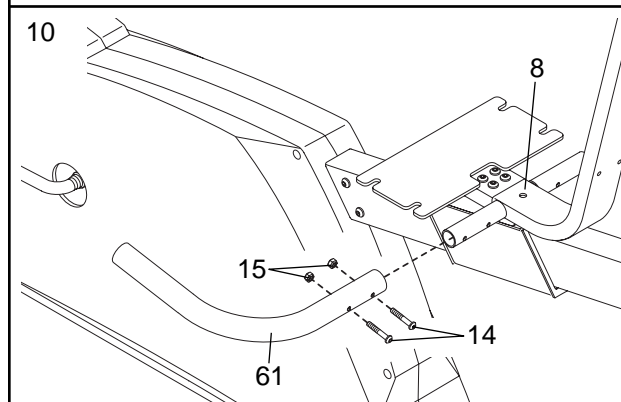


9. Insert the lower end of the Backrest Frame (8) into the Seat Frame (27). Attach the Seat Frame and the Backrest Frame to the Seat Carriage (11) with four M8 x 38mm Button Bolts (24).

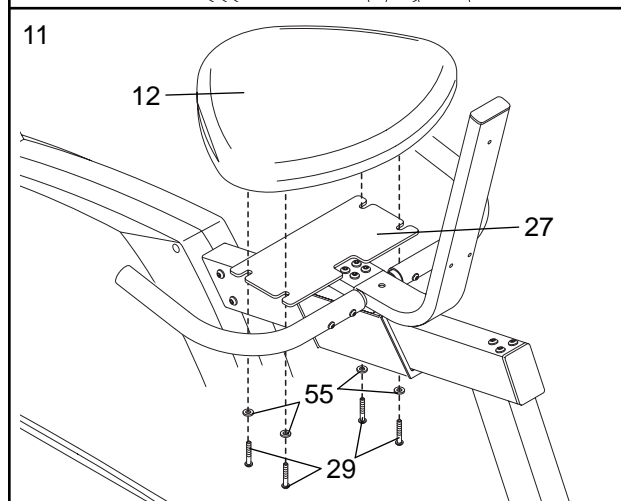


10. Slide a Seat Handle (61) onto one side of the Backrest Frame (8). Attach the Seat Handle with two M6 x 38mm Button Bolts (14) and two M6 Nylon Locknuts (15).

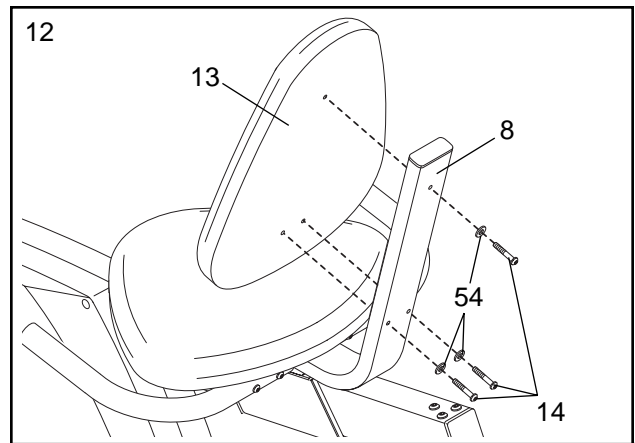
Attach the other Seat Handle (not shown) to the other side of the Backrest Frame (8).



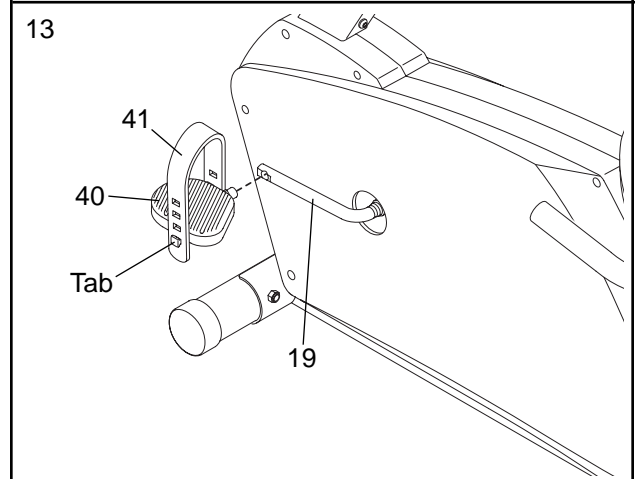
11. Attach the Seat (12) to the Seat Frame (27) with four M6 x 22mm Button Screws (29) and four M8 Washers (55).



12. Attach the Backrest (13) to the Backrest Frame (8) with three M6 x 38mm Button Bolts (14) and three M6 Washers (54).



13. Identify the Left Pedal (40), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left Crank Arm (19). Tighten the Right Pedal (not shown) *clockwise* into the right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the recumbent cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**



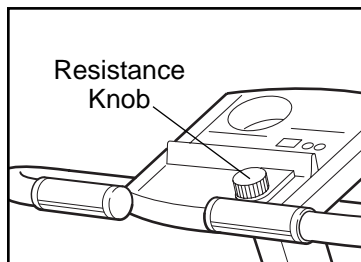
Adjust the Left Pedal Strap (41) to the desired position and press the end of the Pedal Strap onto the tab on the Left Pedal (40). Adjust the Right Pedal Strap (not shown) in the same way.

14. **Make sure that all parts are properly tightened before you use the recumbent cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the recumbent cycle to protect the floor.

## HOW TO OPERATE THE RECUMBENT CYCLE

### HOW TO ADJUST THE RESISTANCE

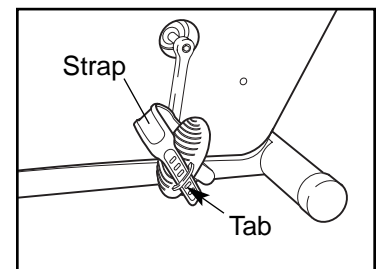
To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.



**Important: Stop turning the knob when turning becomes difficult, or damage may result.**

### HOW TO ADJUST THE PEDAL STRAPS

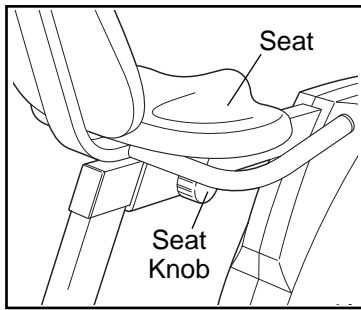
To adjust the pedal straps, first pull the straps off the tabs on the pedals. Press the straps back onto the tabs using different holes in the straps.





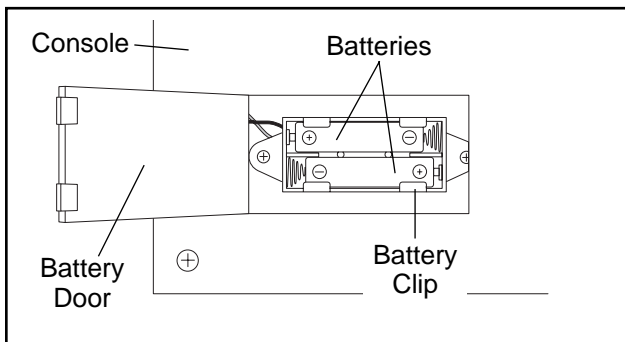
## HOW TO ADJUST THE POSITION OF THE SEAT

For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest position. To adjust the seat, first turn the seat knob counterclockwise to loosen it (if the seat knob is not loosened enough, it may scratch the frame). Next, slide the seat to the desired position, and then retighten the seat knob. **IMPORTANT: After you adjust the seat, make sure that your knees will not touch the handlebar or the console when you pedal.**

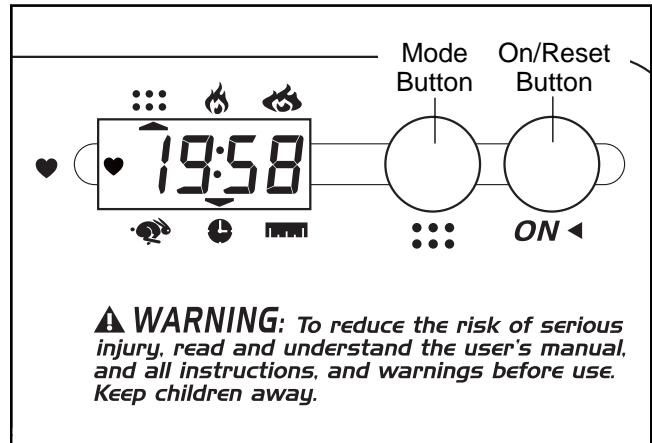


## HOW TO INSTALL BATTERIES

The console requires two "AA" batteries (not included). Alkaline batteries are recommended. Locate the battery door on the back of the console. Open the battery door and insert two batteries into the battery clip as shown in the drawing below. **Make sure that the negative ends of the batteries (marked "—") are touching the springs in the battery clip.** Close the battery door.










## DESCRIPTION OF THE CONSOLE



**⚠ WARNING:** To reduce the risk of serious injury, read and understand the user's manual, and all instructions, and warnings before use. Keep children away.

The innovative console features six modes that provide instant exercise feedback during your workouts:

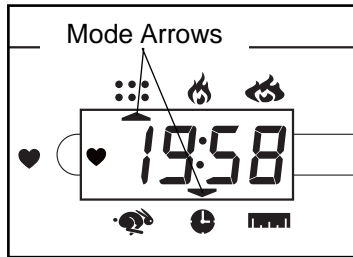
-  Speed—Displays your pedaling speed, in miles per hour.
-  Time—Displays the elapsed time. Note: If you stop pedaling for ten seconds or longer, the time mode will pause until you resume.
-  Distance—Displays the total distance you have pedaled, in miles.
-  Fat Calories—Displays the approximate number of fat calories you have burned. (See BURNING FAT on page 12.)
-  Calories—Displays the approximate number of calories you have burned.
-  Scan—Displays the speed, time, distance, fat calories, and calories modes, for 5 seconds each, in a repeating cycle.
-  Pulse—This mode shows your heart rate when the pulse sensor is used.

## HOW TO OPERATE THE CONSOLE

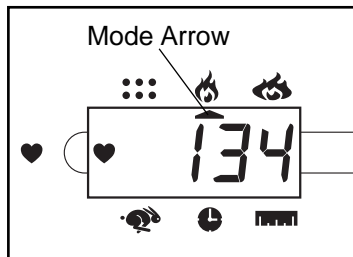
Note: The console requires two “AA” batteries. See assembly step 4 on page 5 for battery installation instructions.

1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for operation.
2. Select one of the six modes:

Scan mode—  
When the power is turned on, the scan mode will automatically be selected. One mode arrow will show that the scan mode is selected, and a flashing mode arrow will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the mode button.



Speed, time, distance, fat calories, or calories mode—To select one of these modes for continuous display, press the mode button repeatedly. The mode arrows will show which mode is selected. Make sure that the scan mode is not selected.

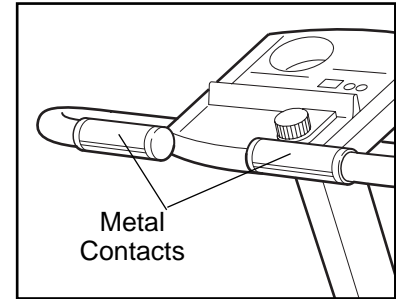


3. To reset the display, press the on/reset button.
4. To turn off the power, simply wait for about four minutes. **Note: The monitor has an “auto-off” feature. If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

## HOW TO USE THE PULSE SENSOR

**Note: Before you use the pulse sensor, you must peel the protective vinyl covering off the metal contacts on the top and bottom of the pulse sensor.**

To use the pulse sensor, place your hands on the metal contacts. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. **Avoid moving your hands.**



After a moment, the heart-shaped indicator in the display will begin to flash, three dashes (---) will appear and then your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.

**Note: If your heart rate is not shown, press the on/reset button to reset the pulse sensor.** In addition, make sure that your hands are positioned as described above. Be careful not to move your hands excessively or squeeze the metal contacts too tightly.

**⚠ WARNING:** 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.

# MAINTENANCE AND TROUBLE-SHOOTING

Inspect and properly tighten all parts of the recumbent cycle regularly. To clean the recumbent cycle, use a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

## TIGHTENING THE PEDALS

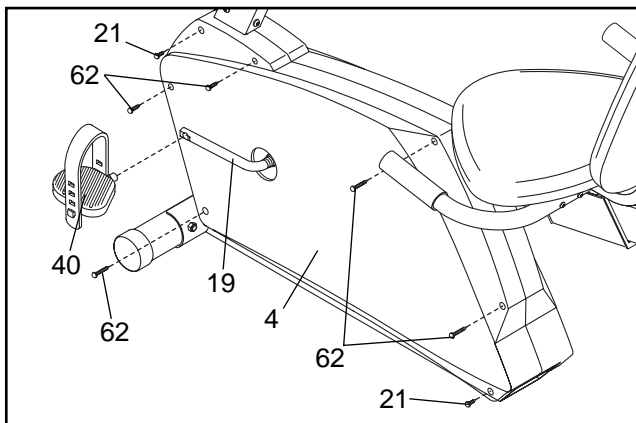
For best performance, the pedals must be kept properly tightened. Regularly tighten both pedals.

## BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. Refer to HOW TO INSTALL BATTERIES on page 9.

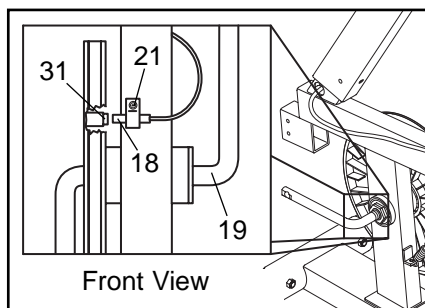
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the Left Side Shield (4) must be removed.



Using an adjustable wrench, turn the Left Pedal (40) clockwise and remove it from the Crank (19). Next, remove the two M4 x 16mm Screws (21) and the five M4 x 38mm Screws (62) from the Left Side Shield (4). Make sure that the left arm of the Crank is in the position shown above and carefully slide the Left Side Shield forward off the arm of the Crank.

Next, locate the Reed Switch (18). Turn the Crank (19) until the Magnet (31) is aligned with the Reed Switch. Loosen but do not

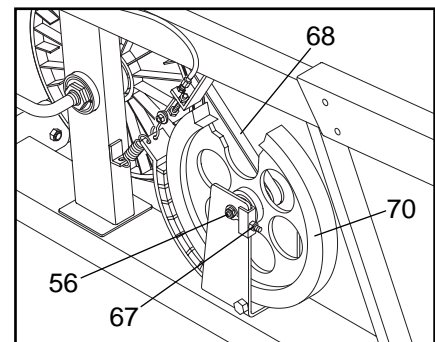


remove the M4 x 16mm Screw (21). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the pedal.

## HOW TO ADJUST THE BELT

The recumbent cycle features a precision belt that must be kept properly adjusted. If the belt causes excessive noise or slips as you pedal, the belt should be checked. To do this, the side shields must first be removed. Refer to the instructions at the left and remove the left side shield. Remove the right side shield in the same way.

Press down on the center of the Belt (68) between the front and rear pulleys. **There should be from 1/4" to 1" of vertical movement in the center of the Belt.**



If the Belt is properly adjusted, reattach the side shields and pedals. If the Belt needs to be adjusted, loosen the M8 Nylon Locknut (56) on each side of the Flywheel (70). To tighten the Belt, turn the two Adjustment Nuts (67) clockwise; to loosen the Belt, turn the Nuts counterclockwise. Make sure that the Flywheel is straight and tighten the M8 Nylon Locknuts (56). Reattach the side shields and pedals.

## PULSE SENSOR TROUBLE-SHOOTING

- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

# CONDITIONING GUIDELINES

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

**⚠ 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.

## EXERCISE INTENSITY

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

|       |     |     |     |     |     |     |   |
|-------|-----|-----|-----|-----|-----|-----|---|
| 165   | 155 | 145 | 140 | 130 | 125 | 115 | ♥ |
| 145   | 138 | 130 | 125 | 118 | 110 | 103 | ♥ |
| 125   | 120 | 115 | 110 | 105 | 95  | 90  | ♥ |
| <hr/> |     |     |     |     |     |     |   |
| 20    | 30  | 40  | 50  | 60  | 70  | 80  |   |

To find the proper heart rate for you, first find your age on the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate, first exercise for at least four minutes. Then, stop pedaling and measure your heart rate using the pulse sensor (see HOW TO USE THE PULSE SENSOR on page 10).

## Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

## Aerobic Exercise

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

## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching (see page 13) and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

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

**A cool-down**, with 5 to 10 minutes of stretching (see page 13). This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan 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 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

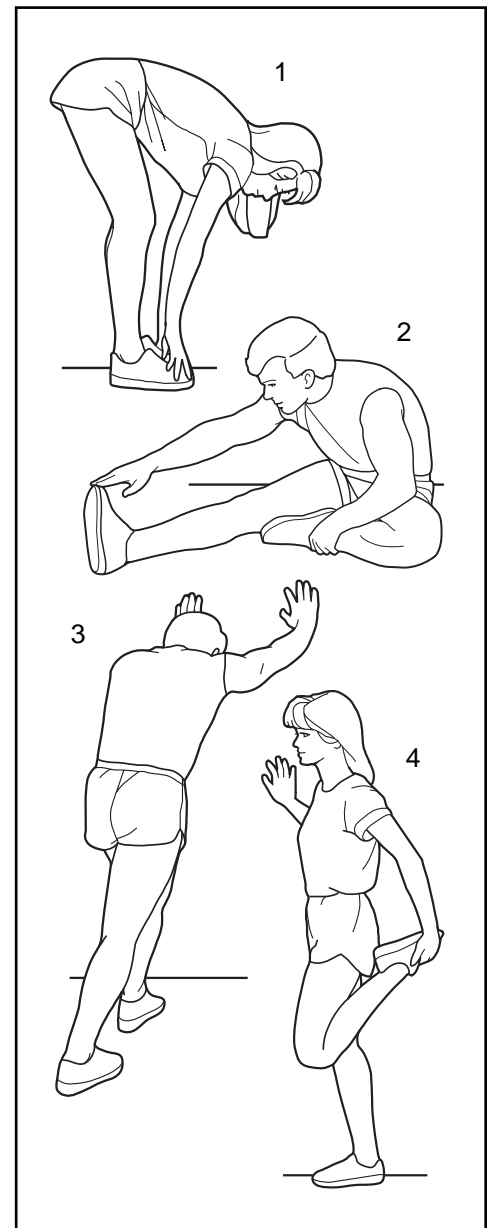
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 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.



# EXPLODED DRAWING—Model No. PFEX01010

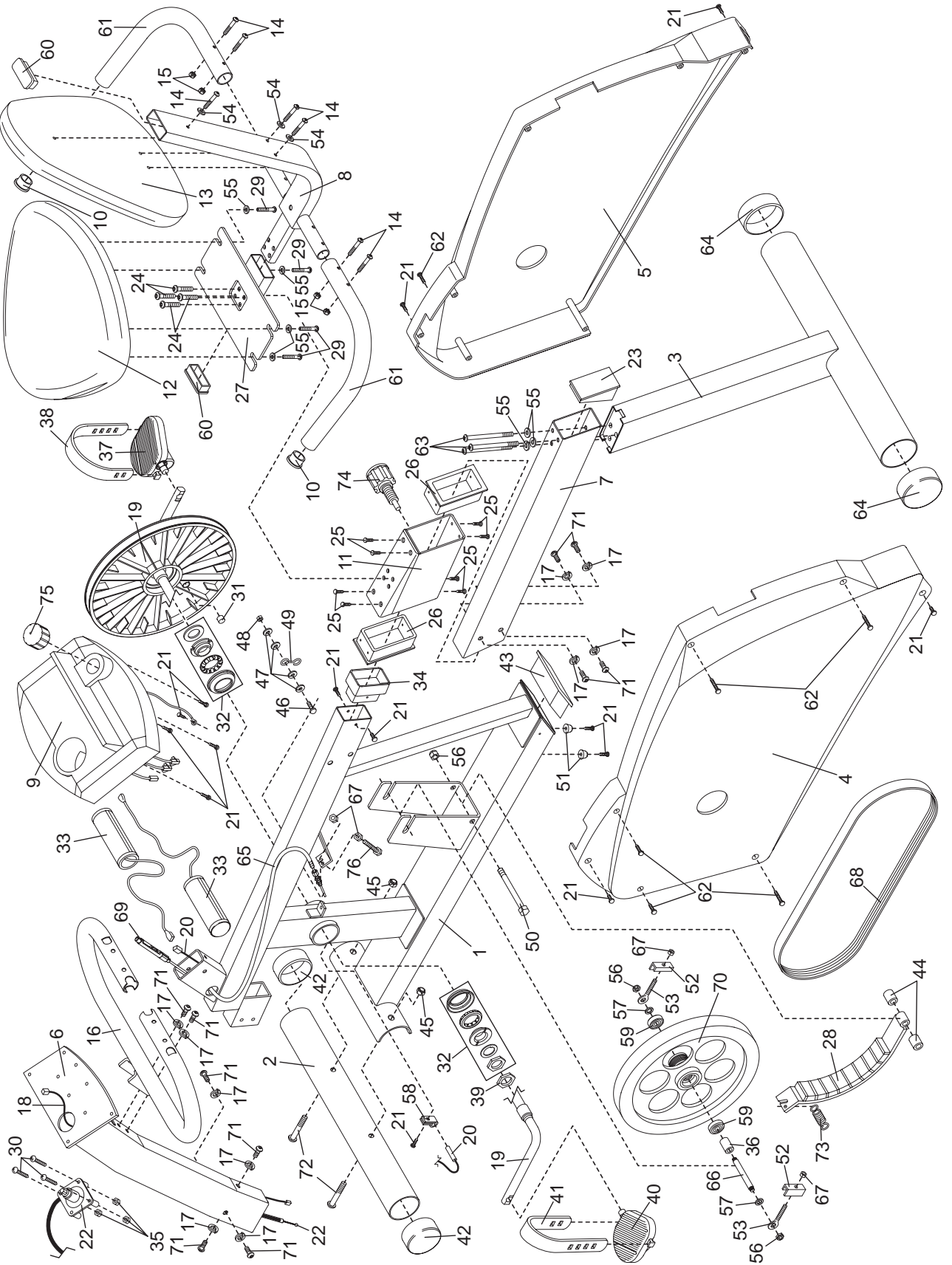
R0901A

| Key No. Qty. | Description              | Key No. Qty. | Description             | Key No. Qty. | Description              |
|--------------|--------------------------|--------------|-------------------------|--------------|--------------------------|
| 1 1          | Frame                    | 27 1         | Seat Frame              | 53 2         | Eyebolt                  |
| 2 1          | Front Stabilizer         | 28 1         | "C" Magnet              | 54 3         | M6 Washer                |
| 3 1          | Rear Stabilizer          | 29 4         | M6 x 22mm Button Screw  | 55 7         | M8 Washer                |
| 4 1          | Left Side Shield         | 30 3         | M5 x 30mm Screw         | 56 3         | M8 Nylon Locknut         |
| 5 1          | Right Side Shield        | 31 1         | Magnet                  | 57 2         | M8 Black Flat Washer     |
| 6 1          | Upright                  | 32 1         | Crank Bearing Assembly  | 58 1         | Reed Switch Clamp        |
| 7 1          | Carriage Bar             | 33 2         | Pulse Grip/Pulse Wire   | 59 2         | Flywheel Bearing         |
| 8 1          | Backrest Frame           | 34 1         | Frame Bushing           | 60 2         | Seat Frame Endcap        |
| 9 1          | Console                  | 35 3         | M5 Nut                  | 61 2         | Seat Handle              |
| 10 2         | Handlebar Endcap         | 36 1         | Flywheel Spacer         | 62 6         | M4 x 38mm Screw          |
| 11 1         | Seat Carriage            | 37 1         | Right Pedal             | 63 3         | M8 x 100mm Button Bolt   |
| 12 1         | Seat                     | 38 1         | Right Pedal Strap       | 64 2         | Rear Stabilizer Endcap   |
| 13 1         | Backrest                 | 39 1         | Crank Nut               | 65 1         | Extension Cable          |
| 14 7         | M6 x 38mm Button Bolt    | 40 1         | Left Pedal              | 66 1         | Axle                     |
| 15 4         | M6 Nylon Locknut         | 41 1         | Left Pedal Strap        | 67 4         | Adjustment Nut           |
| 16 1         | Handlebar                | 42 2         | Front Stabilizer Endcap | 68 1         | Belt                     |
| 17 10        | M10 Split Washer         | 43 1         | Base Tube Endcap        | 69 1         | Cable Connector          |
| 18 1         | Extension Wire           | 44 2         | "C" Magnet Spacer       | 70 1         | Flywheel                 |
| 19 1         | Pulley/Crank             | 45 2         | M10 Nylon Locknut       | 71 10        | M10 x 25mm Button Screw  |
| 20 1         | Reed Switch/Wire         | 46 1         | Clamp Bolt              | 72 2         | M10 x 75mm Carriage Bolt |
| 21 14        | M4 x 16mm Screw          | 47 4         | Clamp Washer            | 73 1         | Return Spring            |
| 22 1         | Resistance Control/Cable | 48 1         | Clamp Nut               | 74 1         | Seat Knob                |
| 23 1         | Frame Endcap             | 49 1         | Resistance Hook         | 75 1         | Resistance Knob          |
| 24 4         | M8 x 38mm Button Bolt    | 50 1         | M8 x 112mm Hex Bolt     | 76 1         | Stop Bolt                |
| 25 8         | M5 x 6mm Screw           | 51 2         | Bumper                  | # 1          | User's Manual            |
| 26 2         | Seat Carriage Bushing    | 52 2         | Adjustment Bracket      | # 3          | Allen Wrench             |

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

# EXPLODED DRAWING—Model No. PFEX01010

R0901A



# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (PFEX01010)
- The NAME of the product (PROFORM® VR 900 EKG recumbent cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14 of this manual).

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