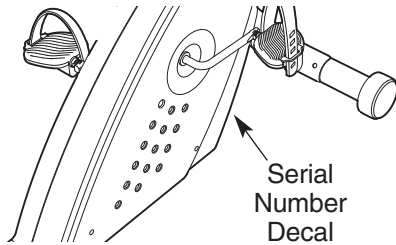


# PRO-FORM<sup>®</sup>

# CTR75

Model No. PFEX1495.0

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



## USER'S MANUAL

### QUESTIONS?

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

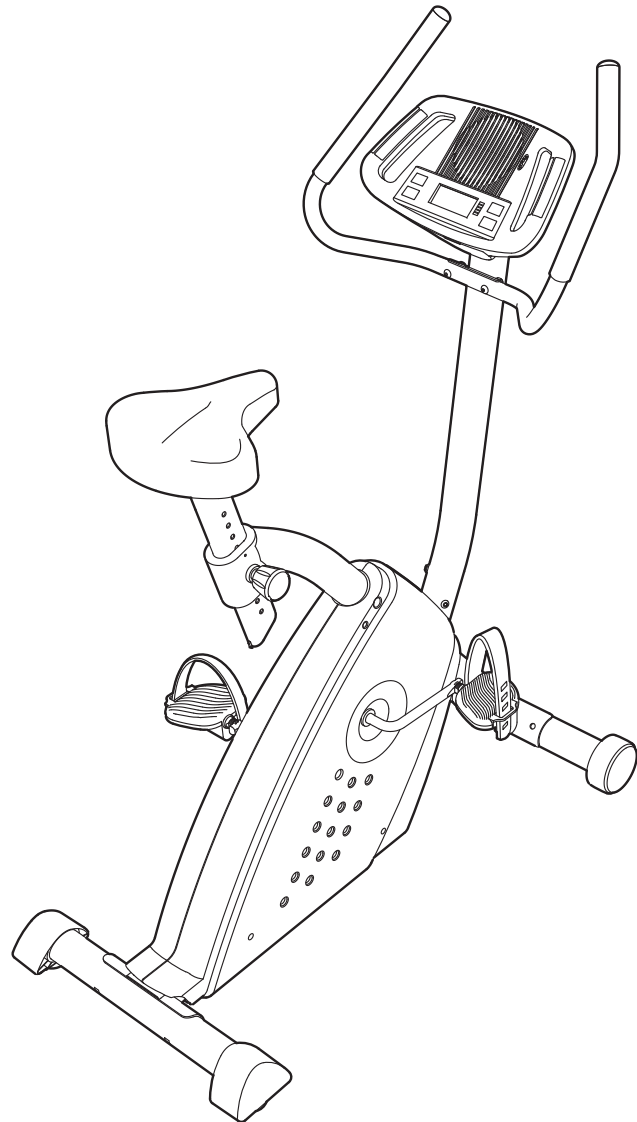
CALL TOLL-FREE:

**1-888-533-1333**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

[www.proformservice.com](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!*

# PRO-FORM<sup>®</sup>

# CTR75

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PROFORM is a registered trademark of ICON IP, Inc.

# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle. Use the exercise cycle only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
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 exercise cycle at all times.
6. Wear suitable athletic clothes and athletic shoes while using the exercise cycle; do not wear loose clothes that could become caught on the exercise cycle.
7. The exercise cycle should not be used by persons weighing more than 250 lbs. (115 kg).
8. Always keep your back straight while using the exercise cycle; do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. 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.
11. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
12. A warning decal has been placed on the exercise cycle in the location shown on page 4. If the decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

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

# BEFORE YOU BEGIN

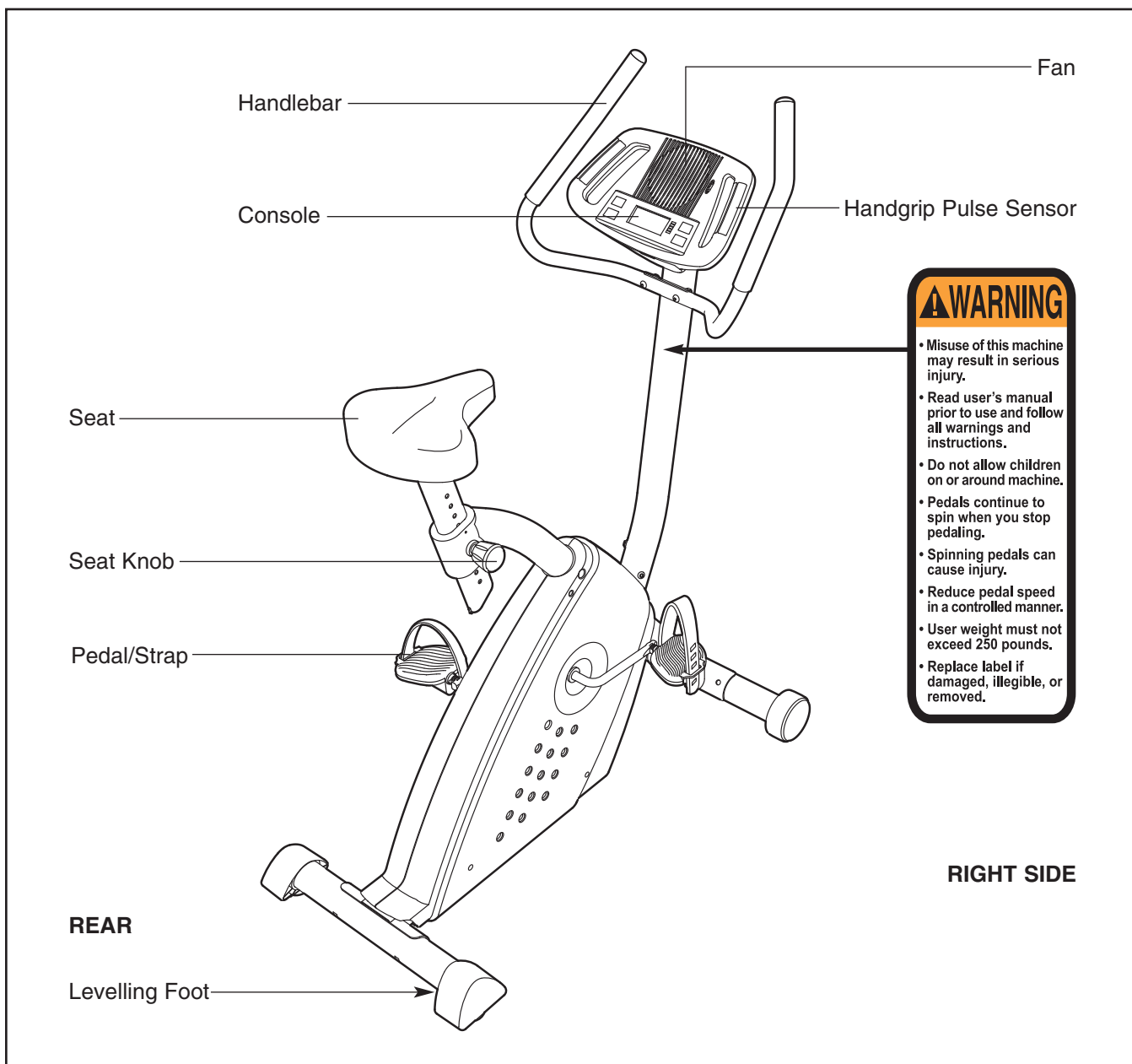
Congratulations for selecting the new PROFORM® GR 75 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The GR 75 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product

model number and serial number before contacting us. The model number is PFEX1495.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).



**To avoid a registration fee for any service needed under warranty, you must register the exercise cycle 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.

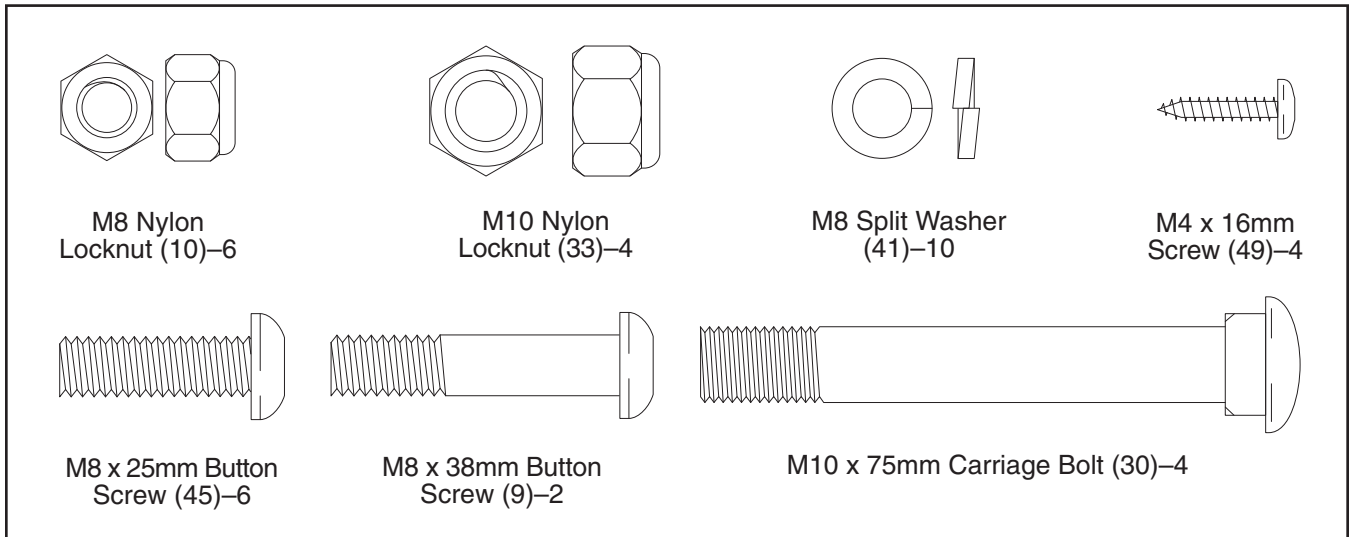


# ASSEMBLY

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

**Assembly requires two persons.** Place all parts of the exercise 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** .

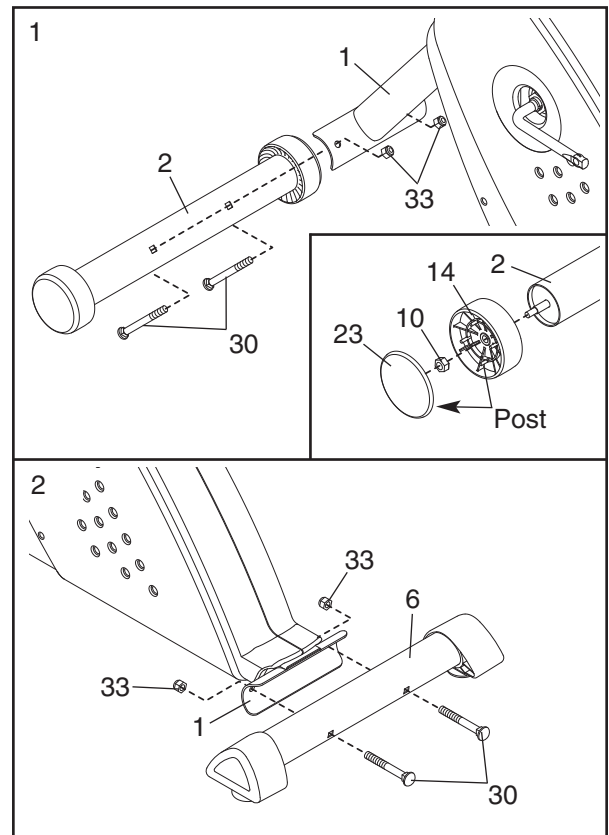
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 18. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**



1. Identify the Front Stabilizer (2). See the inset drawing. Attach a Wheel (14) to one end of the Front Stabilizer with an M8 Nylon Locknut (10). **Make sure that the Wheel is oriented as shown and that it turns freely.** Next, align the four plastic posts on a Wheel Cover (23) with the plastic posts on the Wheel, and press the Wheel Cover onto the Wheel. **Assemble the other Wheel (not shown) in the same way.**

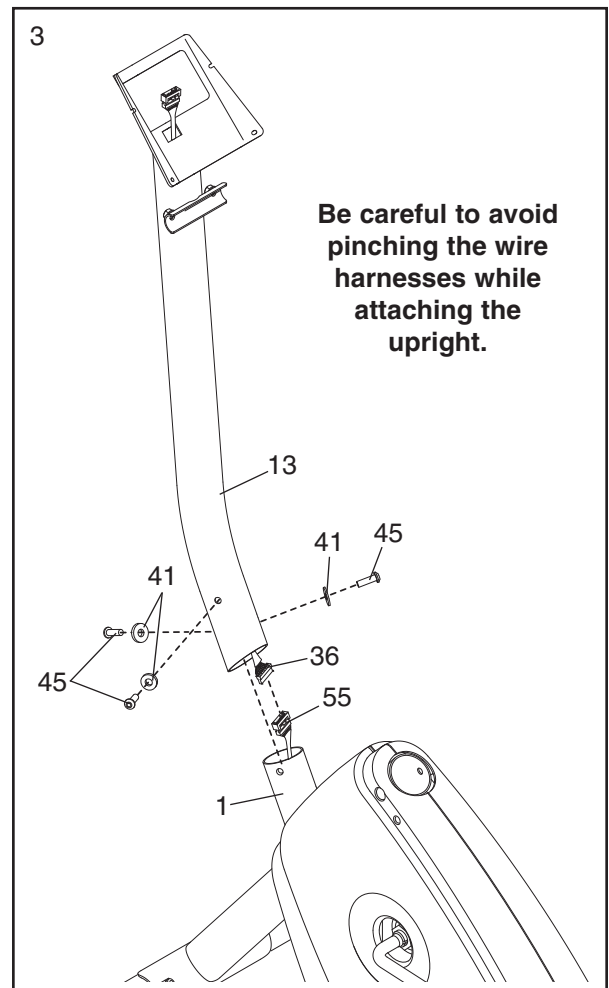
While another person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 75mm Carriage Bolts (30) and two M10 Nylon Locknuts (33) as shown.

2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (6) with two M10 x 75mm Carriage Bolts (30) and two M10 Nylon Locknuts (33).

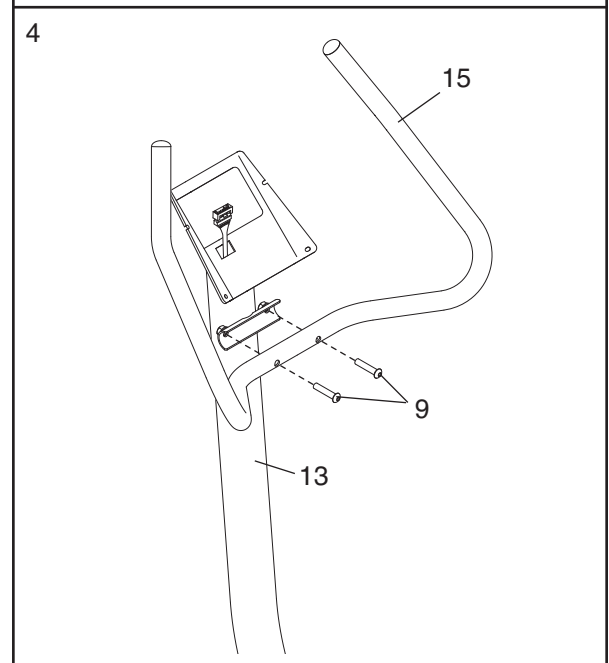


3. While another person holds the Upright (13) in the position shown, connect the Upper Wire Harness (36) to the Lower Wire Harness (55).

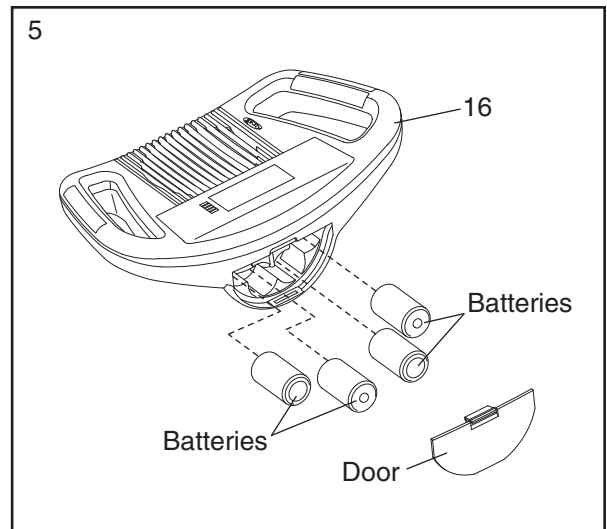
Carefully pull the excess Upper Wire Harness (36) out of the top of the Upright (13), and slide the Upright onto the Frame (1). **Be careful to avoid pinching the Wire Harnesses.** Next, attach the Upright with three M8 x 25mm Button Screws (45) and three M8 Split Washers (41).



4. Attach the Handlebar (15) to the Upright (13) with two M8 x 38mm Button Screws (9).

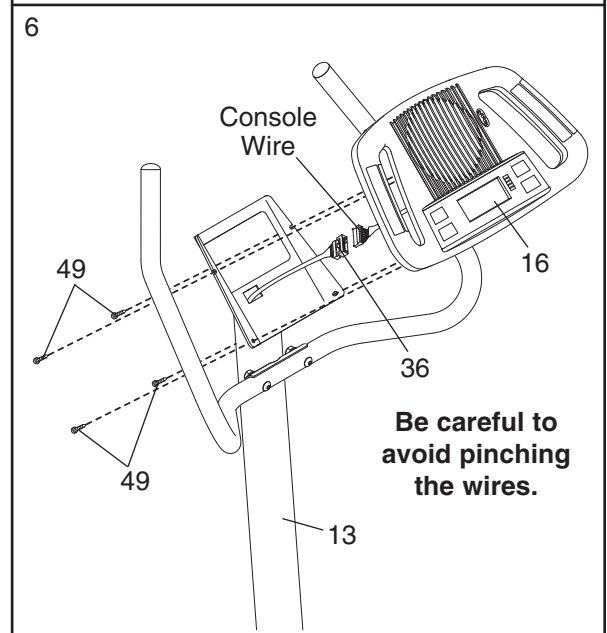


5. The Console (16) requires four "D" batteries (not included); alkaline batteries are recommended. Press the tab on the battery door and remove the battery door. Insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the markings on the battery door.** Then, reattach the battery door.

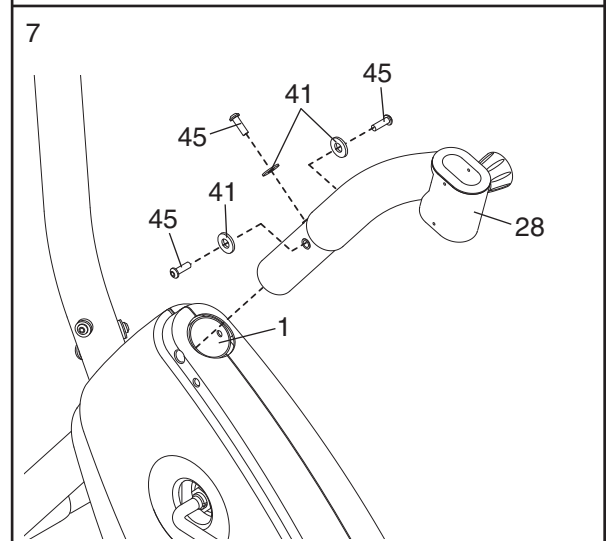


6. Hold the Console (16) near the Upright (13). Connect the console wire to the Upper Wire Harness (36).

Insert the excess console wire and Upper Wire Harness (36) down into the Upright (13). Next, attach the Console (16) to the Upright with four M4 x 16mm Screws (49). **Be careful to avoid pinching the wires.**



7. Attach the Seat Frame (28) to the Frame (1) with three M8 x 25mm Button Screws (45) and three M8 Split Washers (41).



8. Turn the Seat Knob (11) counterclockwise and remove it. Next, insert the Seat Post (5) into the Seat Frame (28). Press the Seat Post Endcap (54) into the lower end of the Seat Post.

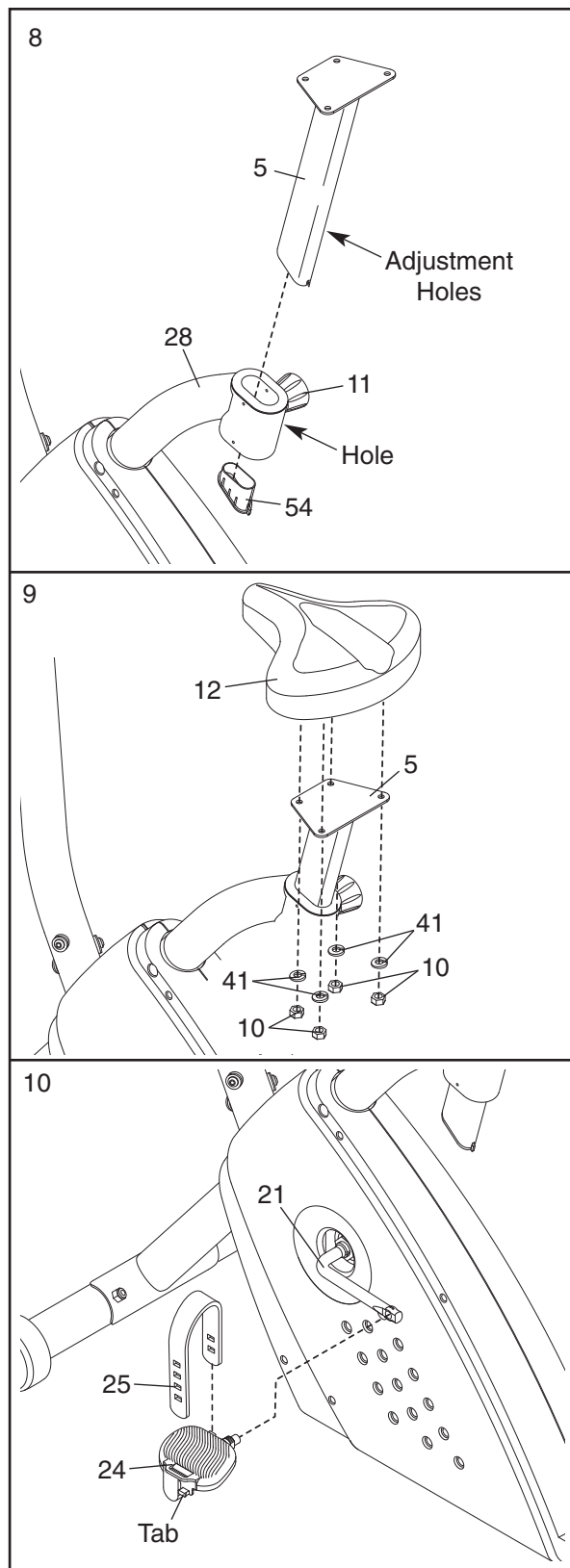
Next, align one of the adjustment holes in the Seat Post (5) with the indicated hole in the Seat Frame (28). Insert the Seat Knob (11) into the Seat Frame and the Seat Post, and turn the Seat Knob clockwise until it is tight. **Make sure that the Seat Knob is inserted through one of the adjustment holes in the Seat Post.**

9. Attach the Seat (12) to the Seat Post (5) with four M8 Nylon Locknuts (10) and four M8 Split Washers (41). Note: The Nylon Locknuts and the Split Washers may be preattached to the underside of the Seat.

10. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (21). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Adjust the Left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (24). Adjust the Right Pedal Strap (not shown) in the same way.

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

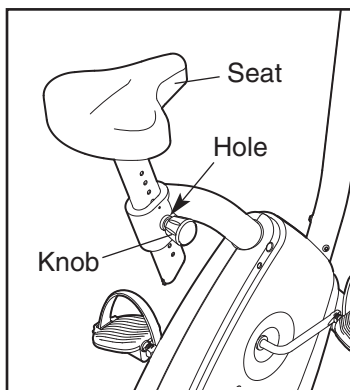




# HOW TO OPERATE THE EXERCISE CYCLE

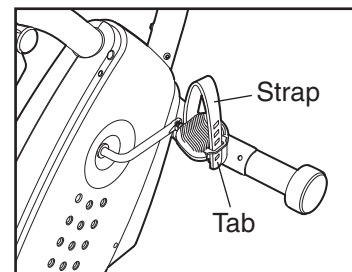
## HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the seat knob counterclockwise and remove it. Next, slide the seat post up or down, and align one of the adjustment holes in the seat post with the indicated hole in the seat frame. Insert the seat knob into the seat frame and the seat post, and turn the knob clockwise until it is tight. **Make sure that the seat knob is inserted through one of the adjustment holes in the seat post.**



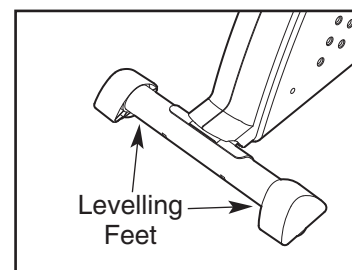
## HOW TO ADJUST THE PEDAL STRAPS

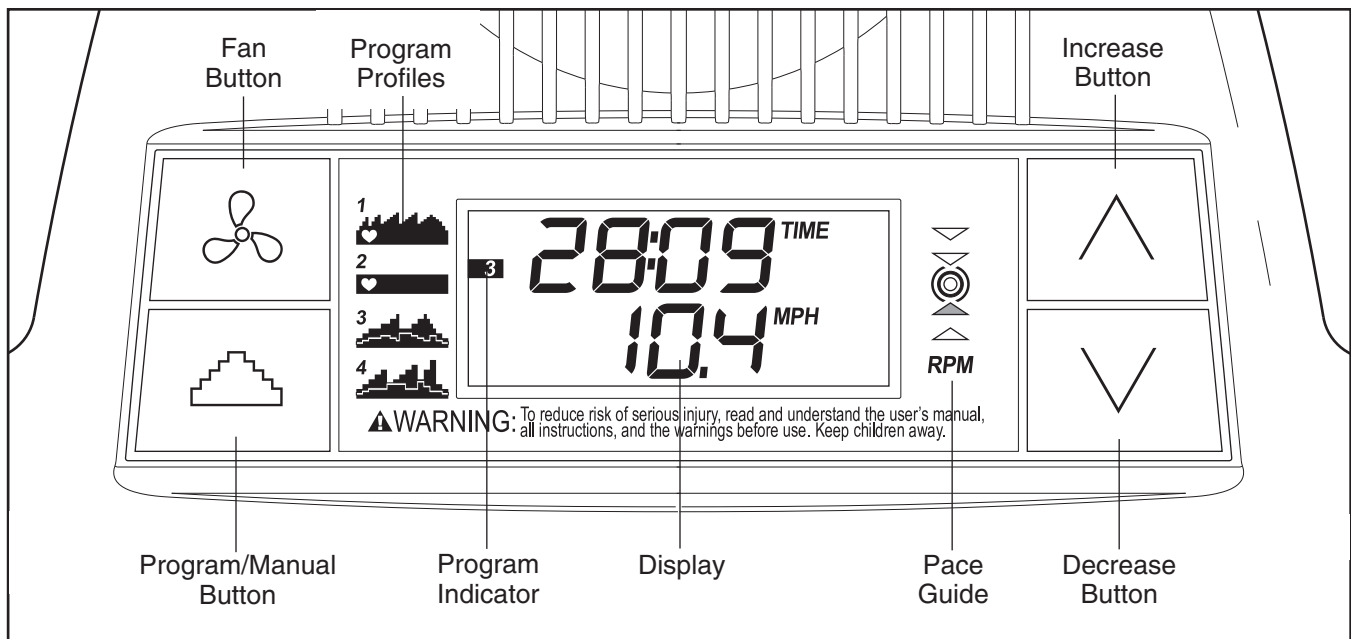
To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps back onto the tabs.



## HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks on your floor during use, turn one or both of the levelling feet beneath the rear stabilizer until the rocking motion is eliminated.





## FEATURES OF THE CONSOLE

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

In addition, the console features two pulse programs that change the resistance of the pedals and help you to maintain a steady pedaling pace to keep your heart rate near a target heart rate setting while you exercise.

The console also offers two preset programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

**To use the manual mode of the console,** see the instructions at the right. **To use a pulse program,** see page 12. **To use a preset program,** see page 13.

Before using the console, make sure that batteries are installed (see assembly step 5 on page 7). If there is a sheet of clear plastic on the display, remove the plastic.

## HOW TO USE THE MANUAL MODE

### 1 Turn on the console.

To turn on the console, press the Increase button or begin pedaling. The pace guide will light for a moment; the console will then be ready for use.

### 2 Select the manual mode.

When the power is turned on, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Program/Manual button repeatedly until no program indicators (see the drawing above) appear along the left side of the display.

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

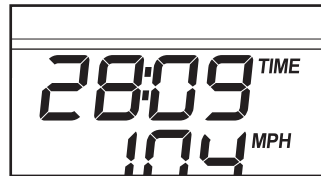
As you pedal, change the resistance of the pedals by pressing the Increase and Decrease buttons.

There are ten resistance levels. Note: After the buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.



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

The upper half of the display will show the elapsed time, the distance you have pedaled, and the resistance level of the pedals.



The display will change from one mode to the next every few seconds.

The lower half of the display will show your pedaling speed and the approximate number of calories you have burned. The



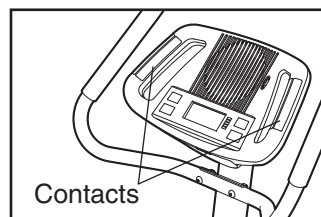
display will change from one mode to the other every few seconds. The lower half of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5). Note: When a program is selected (except for pulse program 1), the display will show the time remaining in the program instead of the elapsed time.

**Note: The console can display speed and distance in either miles or kilometers.** The letters "MPH" or "KM/H" will appear in the lower half of the display to show which unit of measurement is selected. To change the unit of measurement, first hold down the Program/Manual button for several seconds. An "E" (for English) or an "M" (for metric) will appear in the display. Press the Increase button to change the unit of measurement. When the desired unit of measurement is selected, press the Program/Manual button again. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.



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

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove them.



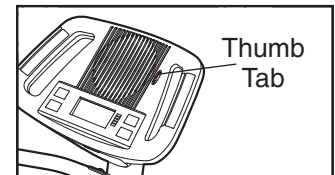
Next, hold the handgrip pulse sensor with your palms resting on the contacts. When your pulse is detected, the heart-shaped indicator in the lower half of the display will flash each time your heart beats, and your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrip pulse sensor for about 30 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for about 30 seconds. The display will then show your heart rate along with the other modes. If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

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

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

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



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

If the pedals are not moved for a few seconds, the time will begin to flash and the console will pause.

If the pedals are not moved for a few minutes, the console will turn off and the display will be reset.

## HOW TO USE A PULSE PROGRAM

Pulse program 1 is designed to keep your heart rate within a set range during your workout. Pulse program 2 is designed to keep your heart rate near a target heart rate setting that you select.

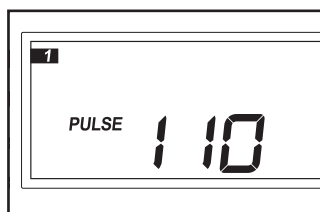
Follow the steps below to use a pulse program.

### 1 Turn on the console.

See step 1 on page 8.

### 2 Select a pulse program.

To select pulse program 1 or 2, press the Program/Manual button repeatedly until the number 1 or 2 appears along the left side of the display.



### 3 Enter a target heart rate.

If **pulse program 1 is selected**, the maximum target heart rate setting for the program will flash in the display (see the drawing above). Press the Increase and Decrease buttons to change the setting, if desired (**see EXERCISE INTENSITY on page 15**). If the maximum target heart rate setting is increased or decreased, the intensity level of the entire program will increase or decrease.

If **pulse program 2 is selected**, the target heart rate setting for the entire program will flash in the display. Press the Increase and Decrease buttons to change the setting, if desired (**see EXERCISE INTENSITY on page 15**).

### 4 Hold the handgrip pulse sensor.

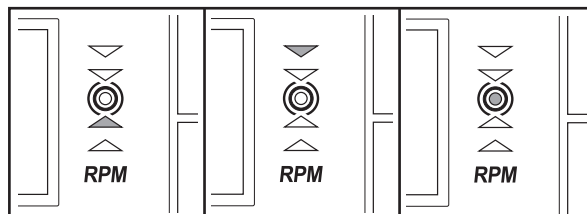
It is not necessary to hold the handgrip pulse sensor continuously during a pulse program; however, you must hold the handgrip pulse sensor frequently. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrip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

### 5 Begin pedaling to start the program.

**Pulse program 1** is 30 minutes long, and is divided into several time periods of different lengths. One target heart rate is programmed for each period. **Pulse program 2** is sixty minutes long (you may choose to use only part of the program). The same target heart rate is programmed for the entire program.

During the program, 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 being your heart rate closer to the target heart rate setting. Note: If the resistance level is too high or too low, you can override it by pressing the Increase and Decrease buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance may automatically change.

After the first minute of the program, the pace guide will help you to maintain a steady pedaling pace. When one of the two lower indicator lights, increase your pace; when one of the two upper indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



The display will show the time remaining in pulse program 1, or the elapsed time in pulse program 2. If you stop pedaling for a few seconds, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

### 6 Monitor your progress with the display.

See step 4 on page 11.

## 7 Turn on the fan if desired.

See step 6 on page 11.

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

See step 7 on page 11.

### HOW TO USE A PRESET PROGRAM

Preset programs 3 and 4 automatically change the resistance of the pedals and prompt you to increase or decrease your pedaling pace as they guide you through effective workouts. The profiles printed on the left side of the display show how the resistance level and the target pace will change during the preset programs.

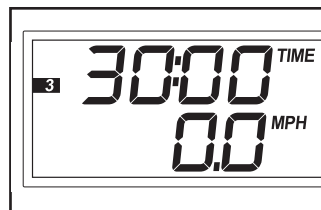
Follow the steps below to use a preset program.

## 1 Turn on the console.

See step 1 on page 8.

## 2 Select a preset program.

To select preset program 3 or 4, press the Program/Manual button repeatedly until the number 3 or 4 appears along the left side



of the display. When a preset program is selected, the display will show how long the program will last.

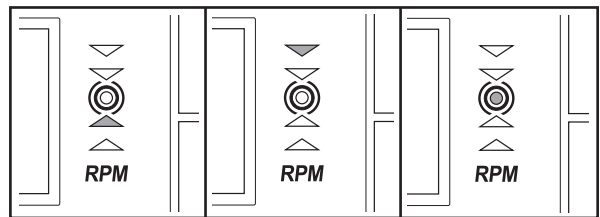
## 3 Begin pedaling to start the program.

Each preset program consists of several time periods of different lengths. One resistance level and one target pace are programmed for each period.

At the end of each period of the program, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then

automatically change to the resistance level that is programmed for the next period. Note: If the resistance level is too high or too low, you can override it by pressing the Increase and Decrease buttons. However, when the current period ends, the resistance level will automatically change if a different resistance level is programmed for the next period.

During the program, the pace guide will prompt you to increase or decrease your pedaling pace. When one of the two lower indicators lights, increase your pace; when one of the two upper indicators lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



The display will show the time remaining in the program. If you stop pedaling for a few seconds, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

## 4 Monitor your progress with the display.

See step 4 on page 11.

## 5 Measure your heart rate if desired.

See step 5 on page 11.

## 6 Turn on the fan if desired.

See step 6 on page 11.

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

See step 7 on page 11.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

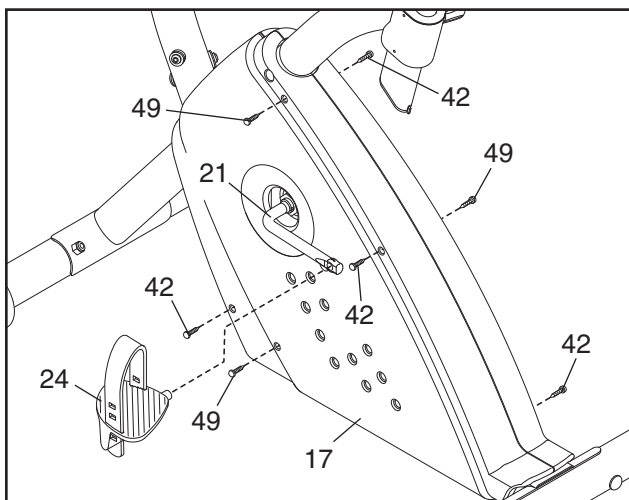
## BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 5 on page 7.

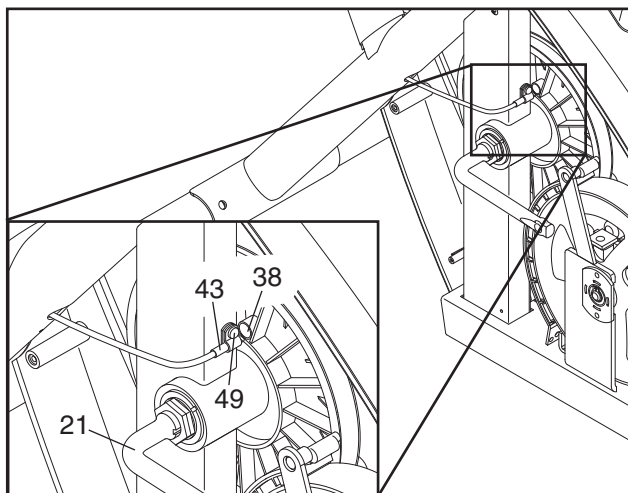
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the left side shield must be removed.

Turn the Crank (21) to the position shown. Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the indicated M4 x 25mm Screws (42) and the indicated M4 x 16mm Screws (49). Then, carefully remove the Left Side Shield (17).



Next, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (49). Slide the Reed Switch slightly closer to or away from the Magnet, and then 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 left pedal.



## HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks on your floor during use, see HOW TO LEVEL THE EXERCISE CYCLE on page 9.

# 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	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The 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.

### Fat Burning

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

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

### Aerobic Exercise

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

## WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

## EXERCISE FREQUENCY

To maintain or improve your condition, 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

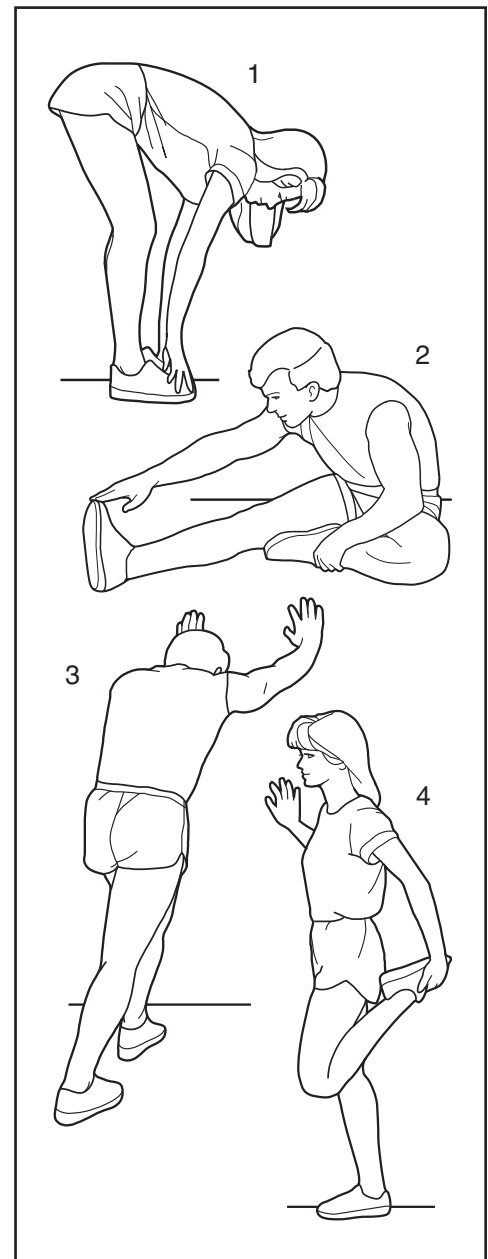
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 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.





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# NOTES

# PART LIST—Model No. PFEX1495.0

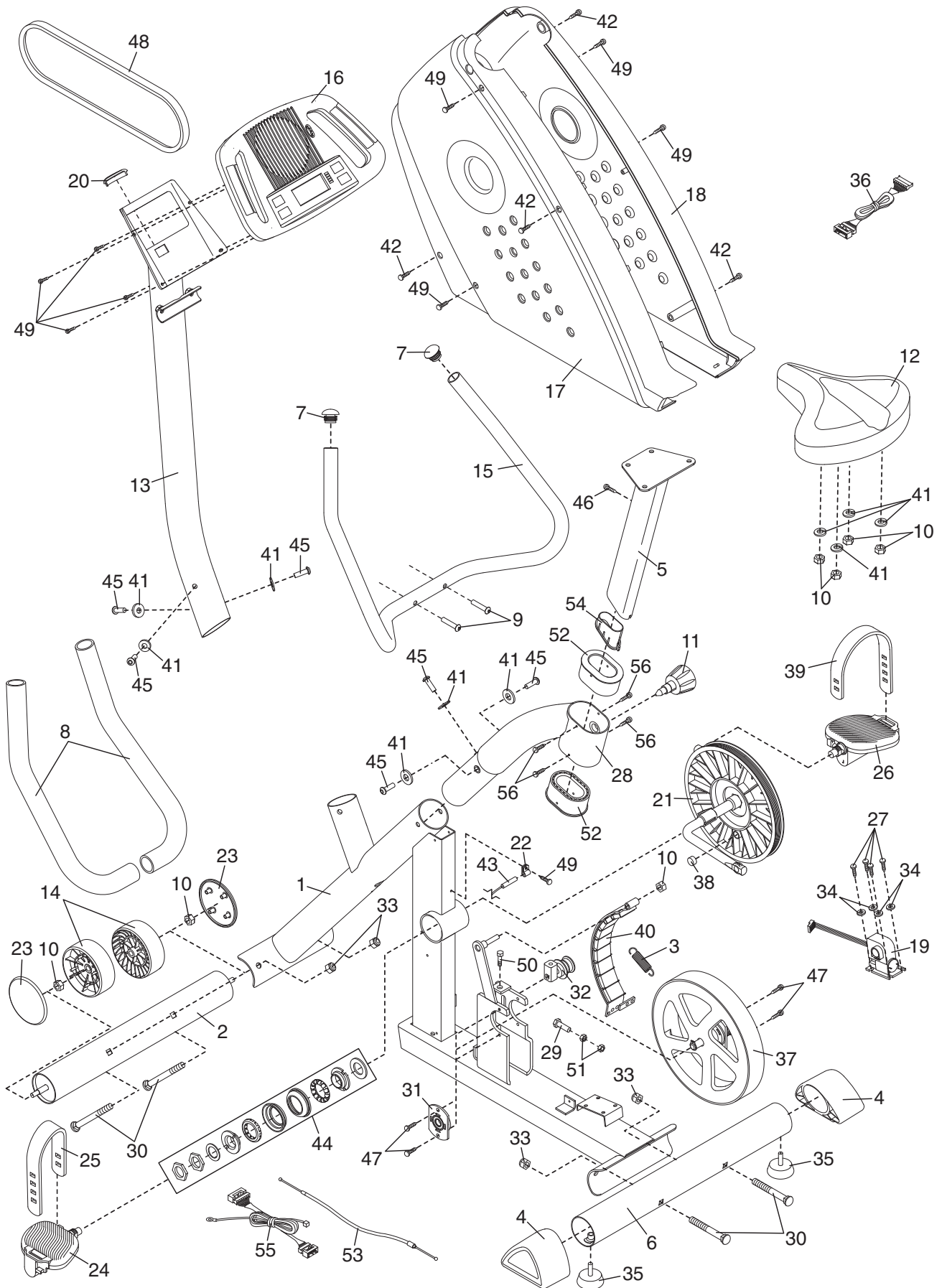
R1105A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	4	M10 x 75mm Carriage Bolt
2	1	Front Stabilizer	31	1	Pillow Block
3	1	Spring	32	1	Idler Block
4	2	Stabilizer Endcap	33	4	M10 Nylon Locknut
5	1	Seat Post	34	4	M5 Washer
6	1	Rear Stabilizer	35	2	Levelling Foot
7	2	Handlebar Endcap	36	1	Upper Wire Harness
8	2	Foam Grip	37	1	Flywheel
9	2	M8 x 38mm Button Screw	38	1	Magnet
10	7	M8 Nylon Locknut	39	1	Right Pedal Strap
11	1	Seat Knob	40	1	"C"-magnet
12	1	Seat	41	10	M8 Split Washer
13	1	Upright	42	4	M4 x 25mm Screw
14	2	Wheel	43	1	Reed Switch/Wire
15	1	Handlebar	44	1	Crank Bearing Set
16	1	Console	45	6	M8 x 25mm Button Screw
17	1	Left Side Shield	46	1	M4 x 16mm Round Head Screw
18	1	Right Side Shield	47	4	Pillow Block Screw
19	1	Resistance Motor	48	1	Drive Belt
20	1	Upright Endcap	49	9	M4 x 16mm Screw
21	1	Crank/Pulley	50	1	Idler Block Screw
22	1	Reed Switch Clamp	51	2	M6 Nut
23	2	Wheel Cover	52	2	Frame Bushing
24	1	Left Pedal	53	1	Resistance Cable
25	1	Left Pedal Strap	54	1	Seat Post Endcap
26	1	Right Pedal	55	1	Lower Wire Harness
27	4	Motor Screw	56	4	M4 x 12mm Screw
28	1	Seat Frame	#	1	User's Manual
29	1	Stop Bolt	#	2	Assembly Tool

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. PFEX1495.0

R1105A



# HOW TO ORDER REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (PFEX1495.0)
- the NAME of the product (PROFORM GR 75 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 18 to 19)

## LIMITED WARRANTY

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

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