

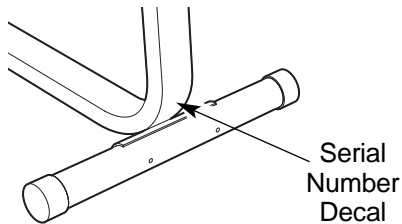
# PRO-FORM

## VR 980 EKG

### USER'S MANUAL

Model No. PFEX34310

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



#### QUESTIONS?

If you have questions, or if there are missing 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:

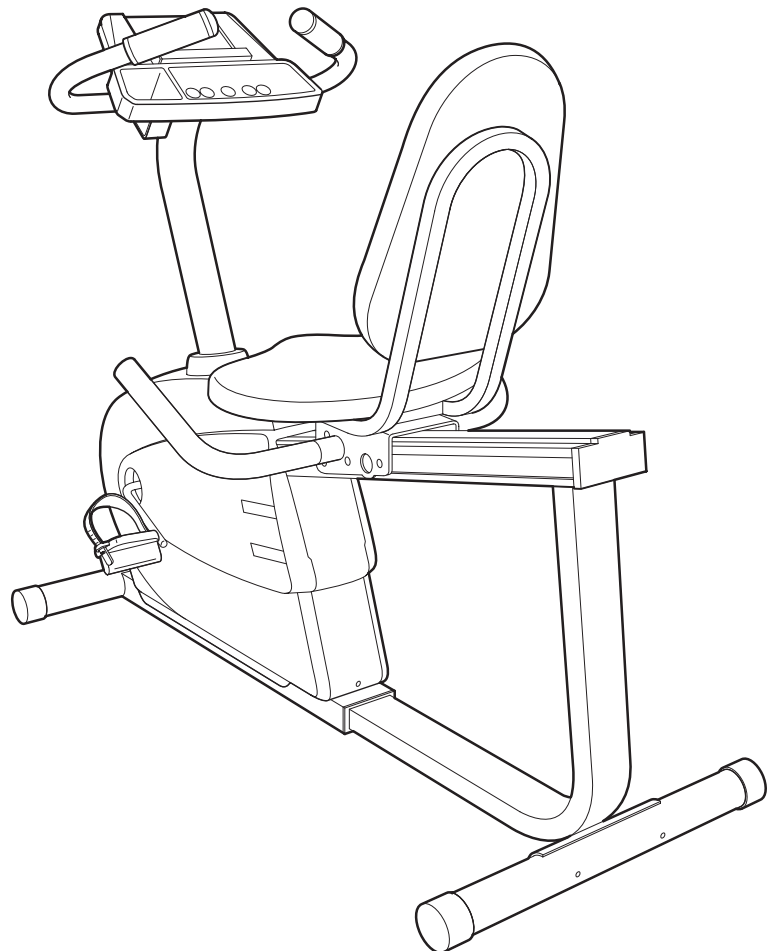
**1-800-999-3756**

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

Patent Pending

#### CAUTION

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



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**VR 980 EKG**

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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 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 when using the recumbent cycle.
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.

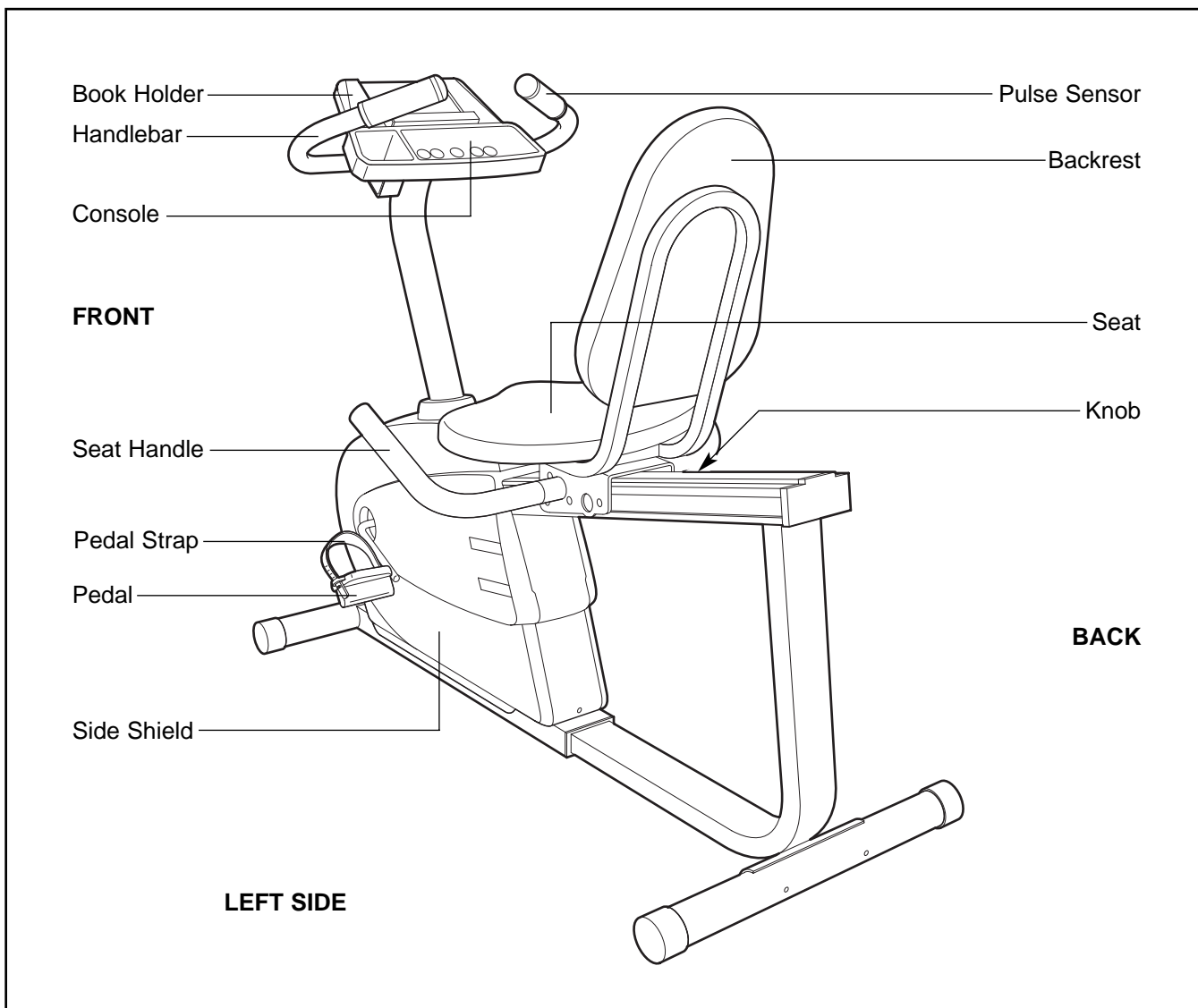
# BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® VR 980 EKG recumbent cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The VR 980 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 980 EKG.** If you have questions after reading the manual, 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 mention the product model number and serial number when calling. The model number is PFEX34310. The serial number can be found on a decal attached to the recumbent cycle (see the front cover of this manual).

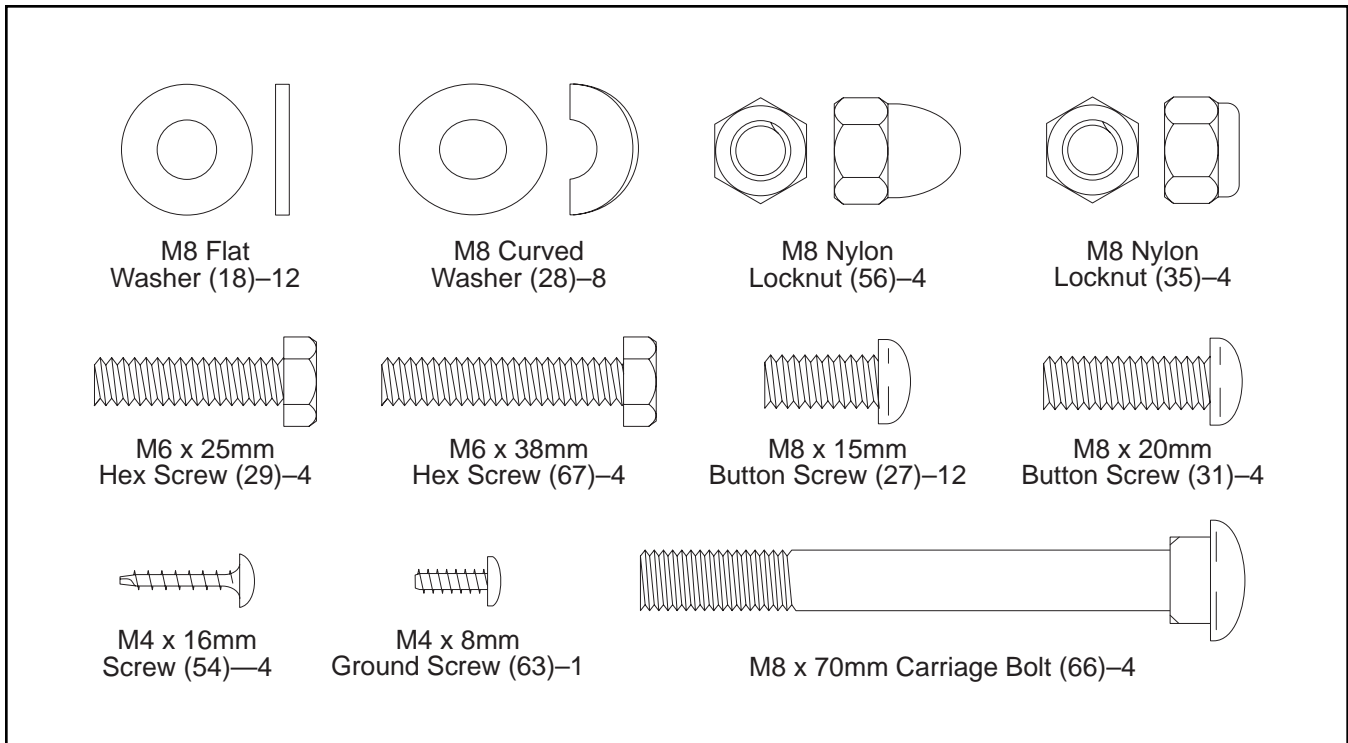
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



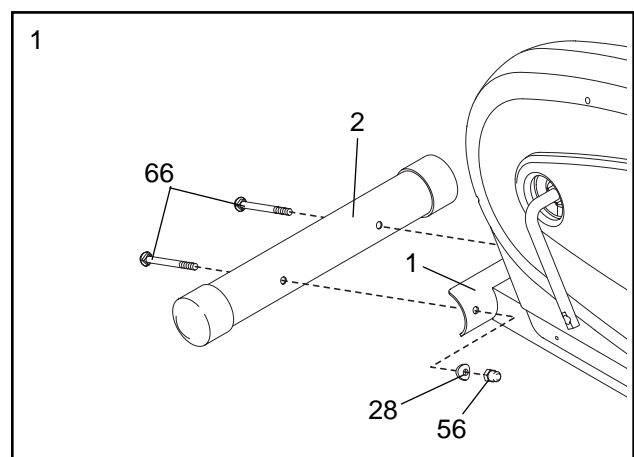
# ASSEMBLY

**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. **In addition to the included tools, assembly requires an adjustable wrench**  **and a Phillips screwdriver** .

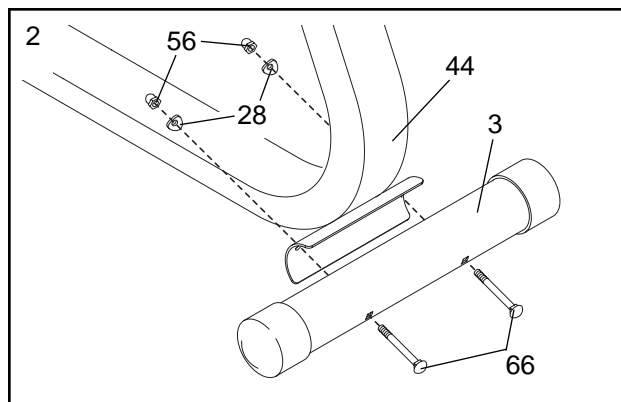
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached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



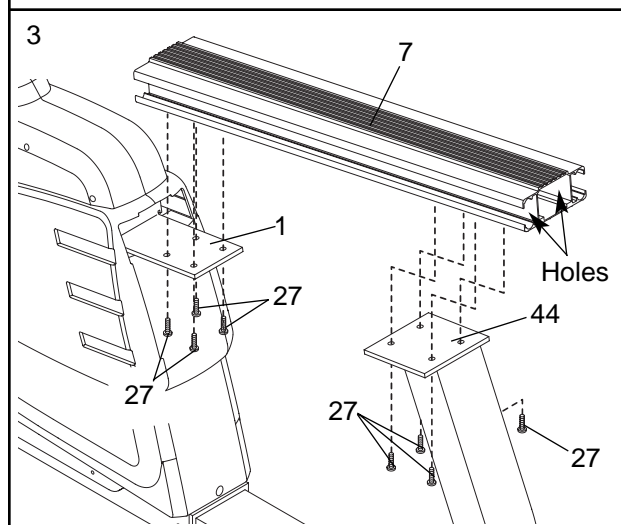
1. Identify the Front Stabilizer (2), which is shorter than the Rear Stabilizer (not shown). Attach the Front Stabilizer to the front of the Frame (1) with two M8 x 70mm Carriage Bolts (66), two M8 Curved Washers (28), and two M8 Acorn Nuts (56).



- Attach the Rear Stabilizer (3) to the Rear Frame (44) with two M8 x 70mm Carriage Bolts (66), two M8 Curved Washers (28), and two M8 Acorn Nuts (56).

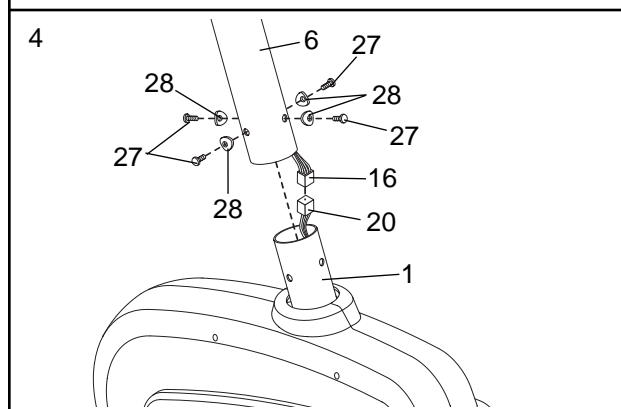


- Slide the Rear Frame (44) partially out of the Frame (1). Set the Seat Rail (7) on the Rear Frame and the Frame with the indicated seat holes at the rear of the cycle. Next, slide the Seat Rail forward until the four holes in the bracket on the Frame are aligned with the four holes near the front of the Seat Rail. Finger tighten four M8 x 15mm Button Screws (27) into the Frame and the Seat Rail.



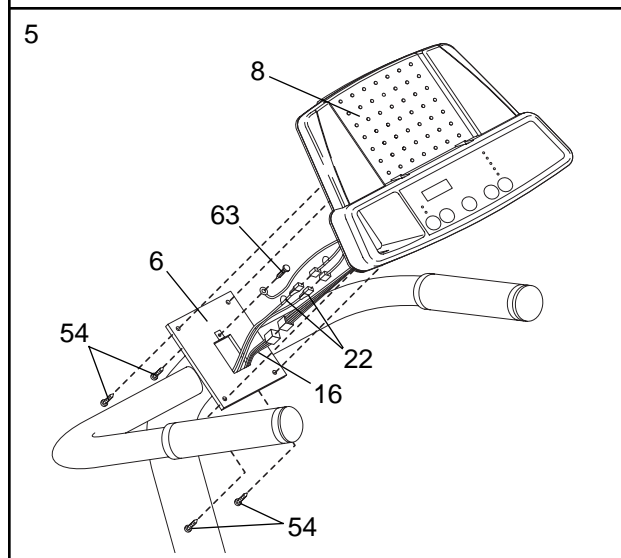
Next, slide the Rear Frame (44) forward or backward until the four holes in the bracket on the Rear Frame are aligned with the four holes near the rear of the Seat Rail. Finger tighten four M8 x 15mm Button Screws (27) into the Rear Frame and the Seat Rail. **Tighten all eight Button Screws.**

- While another person holds the Upright (6) near the Frame (1) as shown, connect the Upper Wire Harness (16) to the Lower Wire Harness (20). Next, slide the Upright onto the Frame. **Be careful not to pinch the Wire Harnesses.**



Attach the Upright (6) to the Frame (1) with four M8 x 15mm Button Screws (27) and four M8 Curved Washers (28).

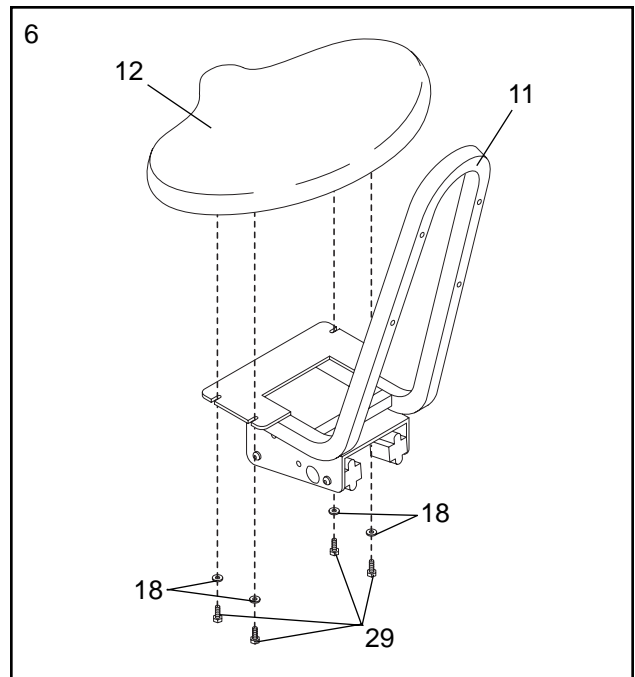
- While another person holds the Console (8) near the top of the Upright (6), identify the green console ground wire and attach it to the Upright with the M4 x 8mm Ground Screw (63). **Make sure that the console ground wire connector is pointed toward the center of the large square hole as shown.**



Connect the Pulse Wires (22) to the corresponding console wires. **Make sure that the Pulse Wire and console wire with stickers are connected to each other.** The orange console wire must be connected to the right-hand side Pulse Wire. Next, plug the Upper Wire Harness (16) into the console wire harness.

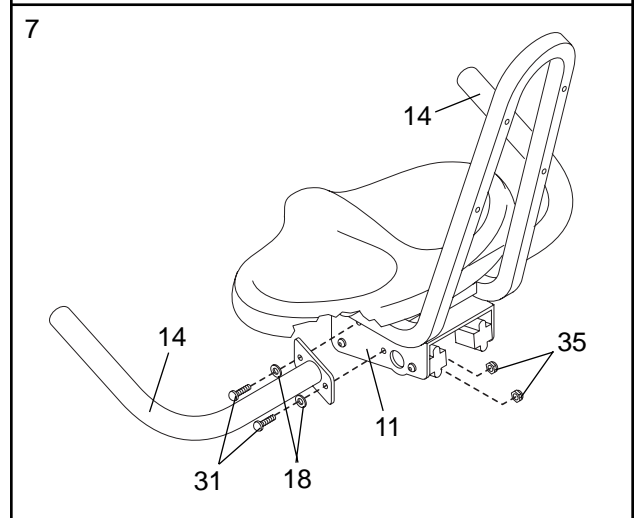
**Insert all excess wiring down into the Upright (6).** Attach the Console (8) to the Upright with four M4 x 16mm Button Screws (54).

6. Attach the Seat (12) to the Seat Carriage (11) with four M6 x 25mm Hex Screws (29) and four M8 Flat Washers (18).

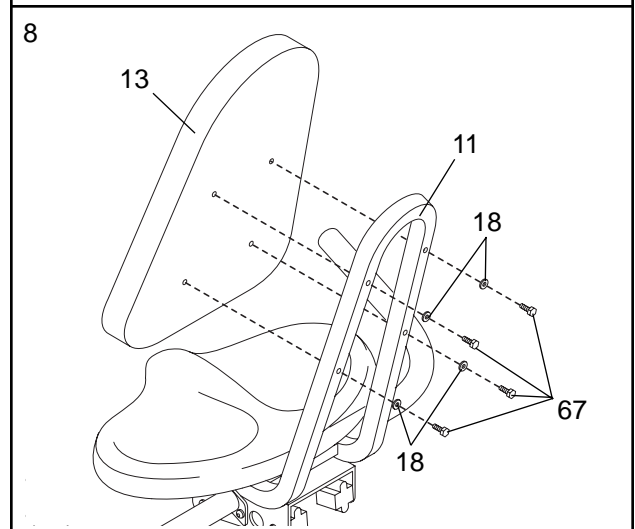


7. Attach a Seat Handle (14) to one side of the Seat Carriage (11) with two M8 x 20mm Button Screws (31), two M8 Flat Washers (18), and two M8 Nylon Locknuts (35).

Attach the other Seat Handle (14) to the other side of the Seat Carriage (11) in the same way.



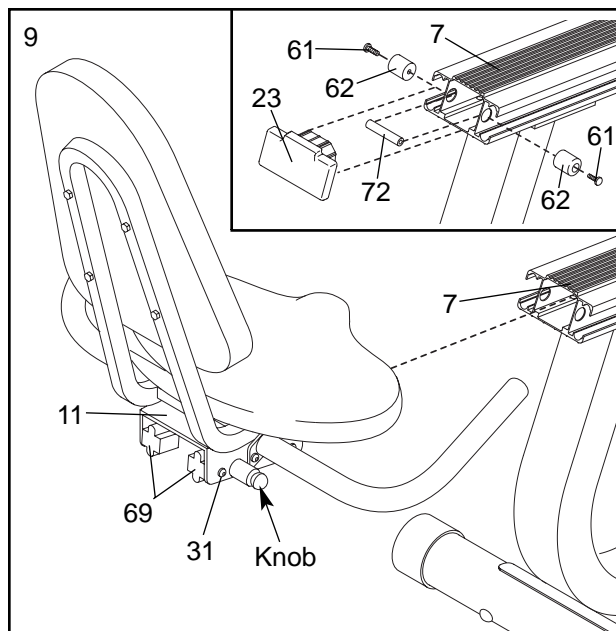
8. Attach the Backrest (13) to the Seat Carriage (11) with four M6 x 38mm Hex Screws (67) and four M8 Flat Washers (18).



9. Pull the knob on the Seat Carriage (11), and slide the Seat Carriage onto the Seat Rail (7). Move the Seat Carriage to the desired position and release the knob. Move the Seat Carriage forward or backward slightly until it locks into place.

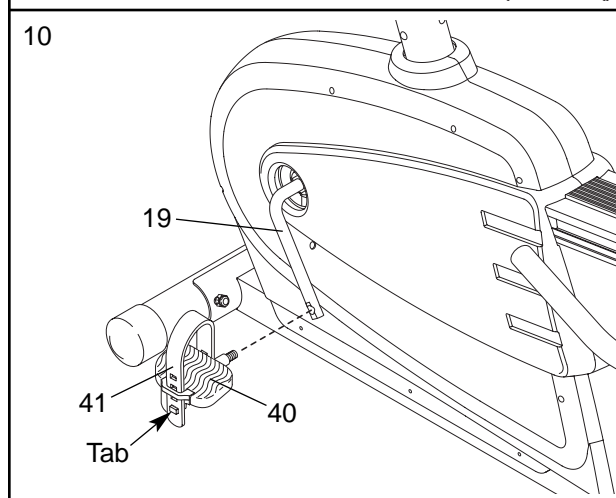
Attach the two Bumpers (62) and the Bumper Axle (72) to the Seat Rail (7) with the M5 x 12mm Screws (61) as shown. Press the Seat Rail Endcap (23) into the end of the Seat Rail (7).

Tighten the four M8 x 20mm Button (31) Screws that hold the four Seat Carriage Bushings (69) to the Seat Carriage (11).

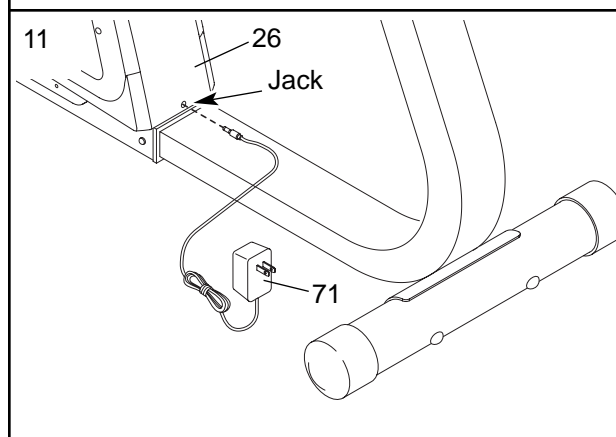


10. Identify the Left Pedal (40), which is marked with an "L" for identification. Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (19). **Firmly tighten** the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: After using the recumbent cycle for one week, retighten the Pedals. The Pedals must be kept properly tightened.**

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



11. Plug the Power Supply (71) into the jack at the bottom of the Rear Shield (26). **Note: The Power Supply may look different from the one shown. IMPORTANT: When unplugging the Power Supply, always unplug the Power Supply from the recumbent cycle first, and then from the wall outlet.**



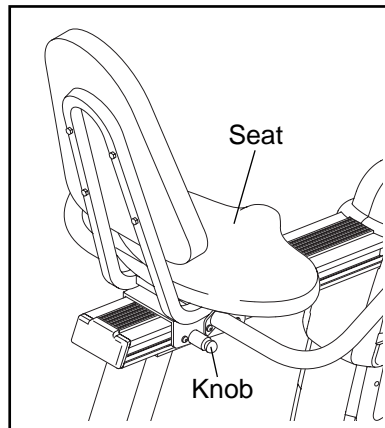
12. **Make sure that all parts are properly tightened before you use the recumbent cycle.** Place a mat beneath the recumbent cycle to protect the floor. Note: After assembly is completed, extra hardware may be left over.



# HOW TO OPERATE THE RECUMBENT CYCLE

## HOW TO ADJUST THE SEAT

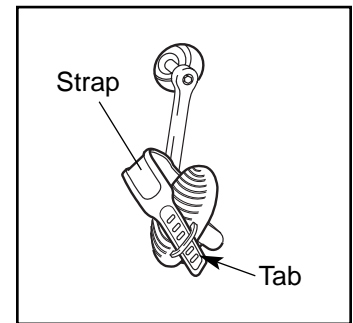
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest position. **IMPORTANT: After you adjust the seat, make sure that your knees will not touch the handlebar or the console when you pedal.** To adjust the seat, pull the indicated knob,

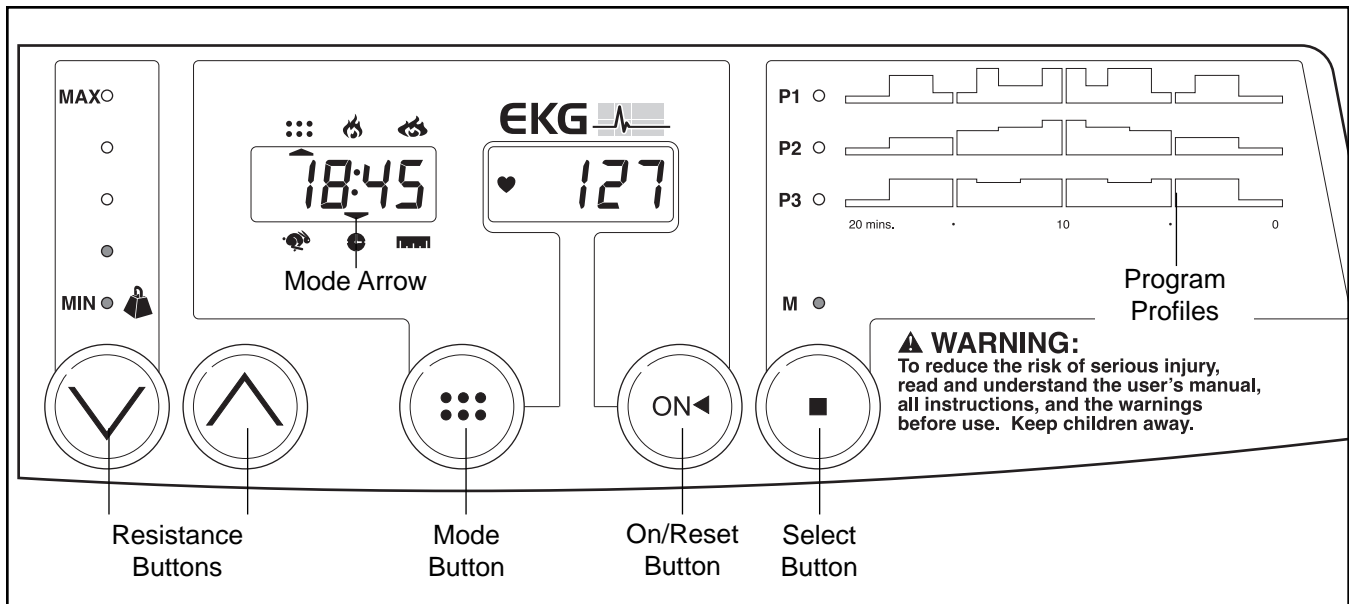


slide the seat to the desired position, and then release the knob. Move the seat forward or backward slightly until it locks into place.

## HOW TO ADJUST THE PEDAL STRAPS








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





## DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three preset workout programs. When the manual mode is selected, the pedaling resistance can be changed with a touch of a button. When a preset program is selected, the console will automatically control the pedaling resistance to give you an effective workout. The console also features seven monitor modes that provide instant exercise feedback:

-  **Speed**—When a mode arrow points to this symbol, the console will show your pedaling speed, in miles per hour.
-  **Time**—When a mode arrow points to this symbol, the console will show the elapsed time.
-  **Distance**—When a mode arrow points to this symbol, the console will show the distance you have pedaled, in miles.
-  **Fat Calorie**—When a mode arrow points to this symbol, the console will show the approximate number of fat calories you have burned (see **FAT BURNING** on page 13).
-  **Calorie**—When a mode arrow points to this symbol, the console will show the approximate number of calories you have burned.
-  **Scan**—When a mode arrow points to this symbol, the console will show the speed, time, distance, fat calorie, and calorie modes, for 5 seconds each, in a continuous cycle.
-  **Pulse**—The pulse window will show your heart rate when the pulse monitor is used.

## HOW TO USE THE MANUAL MODE

### 1 Plug in the power supply.

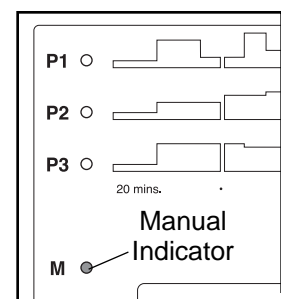
Plug the power supply into the recumbent cycle (see assembly step 11 on page 8). Next, plug the power supply into an electrical outlet. **Note:** **When you plug in the power supply, press the on/reset button, or activate the console by turning the pedals, the resistance motor will automatically calibrate itself. During calibration, you will hear the resistance motor turning. Wait until calibration is complete before continuing.**

### 2 Turn on the power.

Press the on/reset button or simply begin pedaling to turn on the power. The entire display will appear for a moment; the console will then be ready for use. **Note:** If the power supply was just plugged in, the power will already be on.

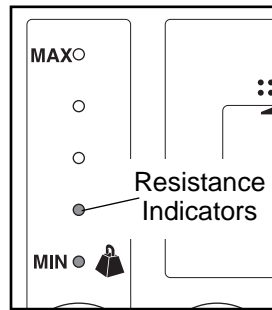
### 3 Select the manual mode.

When the power is turned on, the manual mode will be selected and the manual indicator will light. If a preset program has been selected, press the select button repeatedly until the manual indicator lights.



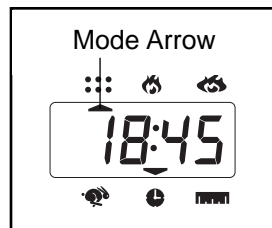
#### 4 Adjust the pedaling resistance as desired.

As you exercise, adjust the pedaling resistance by pressing the resistance buttons. The indicators on the left side of the console will show which resistance level is selected. When the lowest indicator is dimly lit, resistance level 1 is selected; when the lowest indicator is brightly lit, resistance level 2 is selected; when the second indicator is dimly lit, resistance level 3 is selected; when the second indicator is brightly lit, resistance level 4 is selected; and so forth. When the highest indicator is brightly lit, resistance level 10, the most difficult level, is selected.

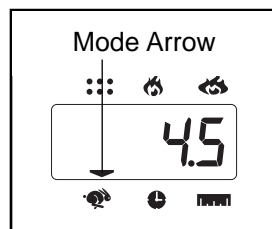


#### 5 Follow your progress with the monitor modes.

**The scan mode**—To select the scan mode, repeatedly press the mode button until an arrow appears under the scan symbol. When the scan mode is selected, the console will display the speed, time, distance, fat calorie, and calorie modes, for 5 seconds each, in a continuous cycle. A second arrow will show which mode is currently displayed.



**The speed, time, distance, fat calorie, or calorie mode**—To select a single mode for continuous display, repeatedly press the mode button until an arrow appears by the desired symbol. Make sure that there is not an arrow under the scan symbol.



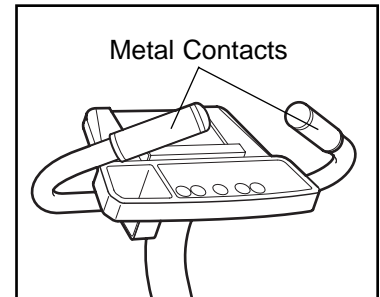
**The pulse mode**—To use the pulse mode, see step 6.

To reset the modes, press the on/reset button.

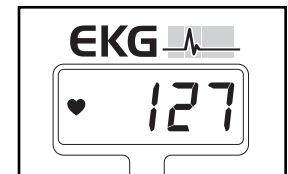
#### 6 Measure your heart rate, if desired.

**Note:** If the metal contacts on the top and bottom of the pulse sensor are covered with clear vinyl strips, peel off the vinyl strips before using the pulse sensor.

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



When your pulse is detected, the heart-shaped indicator in the pulse display will flash each time your heart beats. A moment later, your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.



If your heart rate is not shown, make sure that your hands are positioned as described above. Be careful not to move your hands excessively or to 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.

#### 7 When you are finished exercising, turn off the power.

To turn off the power, simply wait for five minutes. If the pedals are not turned and the console buttons are not pressed for five minutes, the power will turn off automatically.

## HOW TO USE A PRESET WORKOUT PROGRAM

### 1 Plug in the power supply.

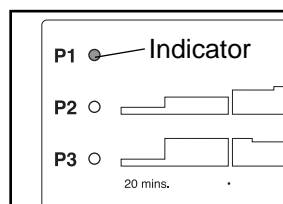
See step 1 on page 10.

### 2 Turn on the power.

See step 2 on page 10.

### 3 Select one of the three preset programs.

When the power is turned on, the manual mode will be selected and the manual indicator will light. To select a preset program, press the select button repeatedly until the P1, P2, or P3 indicator lights. Note: When a preset program is selected, the resistance motor may calibrate itself and the displays may reset.



Each preset program will last for approximately twenty minutes. The program profiles on the right side of the console show how the pedaling resistance will change during the programs. During

program P2, for example, the profile shows that the pedaling resistance will gradually increase during the first ten minutes, and then gradually decrease during the last ten minutes.

### 4 Begin your workout.

As you exercise, the pedaling resistance will periodically change, as shown by the program profiles on the console. The indicators on the left side of the console will show the current resistance level. Note: The resistance buttons will not operate while a preset program is in use.

### 5 Follow your progress with the monitor modes.

See step 5 on page 11.

### 6 Measure your heart rate, if desired.

See step 6 on page 11.

### 7 When the preset program is completed, turn off the power.

**To turn off the power, simply wait for five minutes.** If the pedals are not turned and the console buttons are not pressed for five minutes, the power will turn off automatically.

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## MAINTENANCE AND TROUBLE-SHOOTING

Inspect and 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.

### 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	♥
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 step 6 on page 11).

## 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.

# EXPLODED DRAWING—Model No. PFEX34310

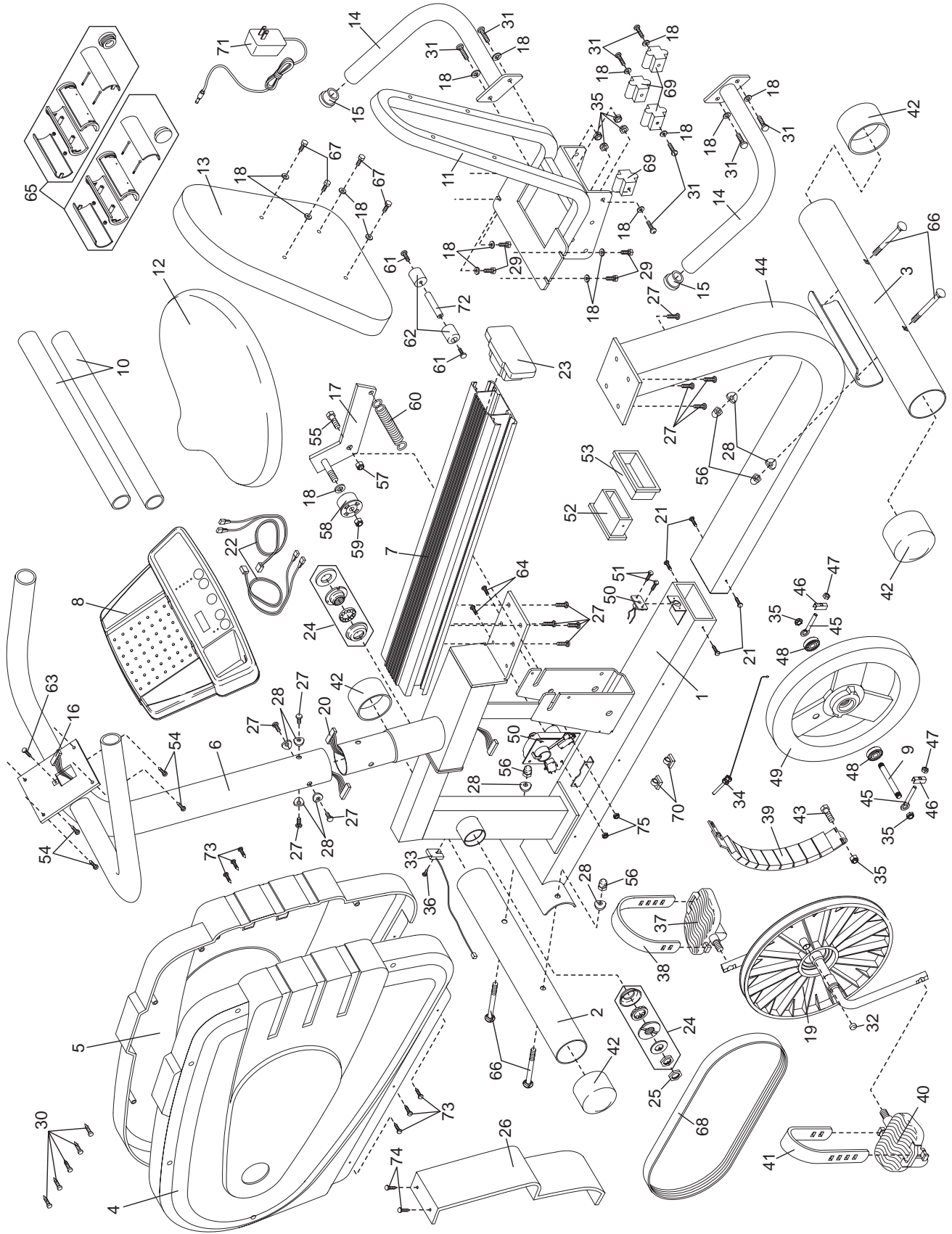
R0801A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	31	8	M8 x 20mm Button Screw	61	2	M5 x 12mm Screw
2	1	Front Stabilizer	32	1	Magnet	62	2	Bumper
3	1	Rear Stabilizer	33	1	Reed Switch/Wire	63	1	M4 x 8mm Ground Screw
4	1	Left Side Shield	34	1	Adjustment Cable	64	2	3/16" x 30mm Screw
5	1	Right Side Shield	35	7	M8 Nylon Locknut	65	1	Pulse Grip
6	1	Upright	36	1	M4 x 12mm Screw	66	4	M8 x 70mm Carriage Bolt
7	1	Seat Rail	37	1	Right Pedal	67	4	M6 x 38mm Hex Screw
8	1	Console	38	1	Right Pedal Strap	68	1	Drive Belt
9	1	Flywheel Axle	39	1	"C" Magnet	69	4	Seat Carriage Bushing
10	2	Handlebar Foam	40	1	Left Pedal	70	2	Wire Clip
11	1	Seat Carriage	41	1	Left Pedal Strap	71	1	Power Supply
12	1	Seat	42	4	Stabilizer Endcap	72	1	Bumper Axle
13	1	Backrest	43	1	Magnet Bolt	73	6	Side Shield Screw
14	2	Seat Handle	44	1	Rear Frame	74	2	Rear Shield Screw
15	2	Handlebar Endcap	45	2	Eyebolt	75	2	3/16" Nylon Locknut
16	1	Upper Wire Harness	46	2	Adjustment Bracket	#	1	User's Manual
17	1	Idle Arm	47	2	1/4" Nylon Locknut	#	1	Allen Wrench
18	17	M8 Flat Washer	48	2	Flywheel Bearing			
19	1	Pulley/Crank	49	1	Flywheel			
20	1	Lower Wire Harness	50	1	Motor/Wire Harness			
21	4	M4 x 8mm Screw	51	2	M4 x 12mm Screw			
22	2	Pulse Wire	52	1	Rear Frame Bushing			
23	1	Seat Rail Endcap	53	1	Frame Bushing			
24	1	Bearing Assembly	54	4	M4 x 16mm Screw			
25	1	Crank Nut	55	1	3/8" x 26mm Bolt			
26	1	Rear Shield	56	4	M8 Acorn Nut			
27	12	M8 x 15mm Button Screw	57	1	3/8" Nylon Nut			
28	8	M8 Curved Washer	58	1	Idle Wheel			
29	4	M6 x 25mm Hex Screw	59	1	M8 Jam Nut			
30	5	M4 x 64mm Screw	60	1	Spring			

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. PFEX34310

R0801A



# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply 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 when calling:

- The MODEL NUMBER of the product (PFEX34310)
- The NAME of the product (PROFORM® VR 980 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) from page 14 of this manual.

PROFORM® is a registered trademark of ICON Health & Fitness, Inc.

## 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. 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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