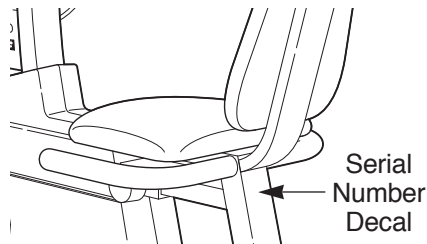


PRO-FORM® *Light Cycle*

Model No. PFRX35391

Serial No. _____



USER'S MANUAL

QUESTIONS?

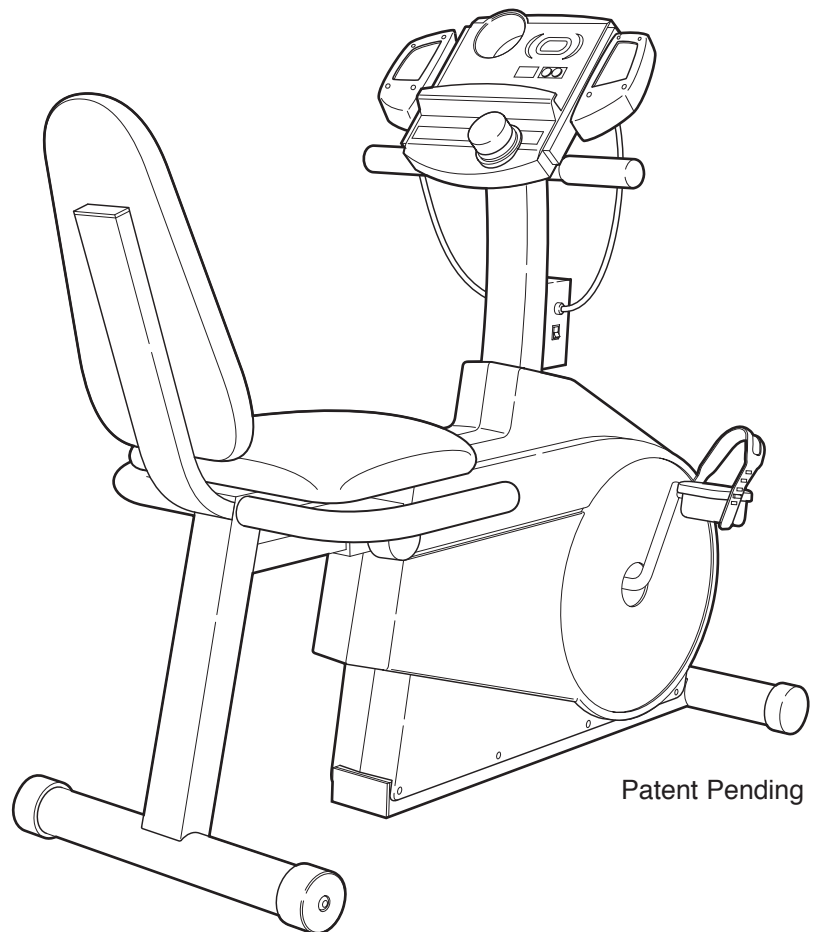
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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



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

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

PRO-FORM[®] *Light Cycle*

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® Light Cycle.

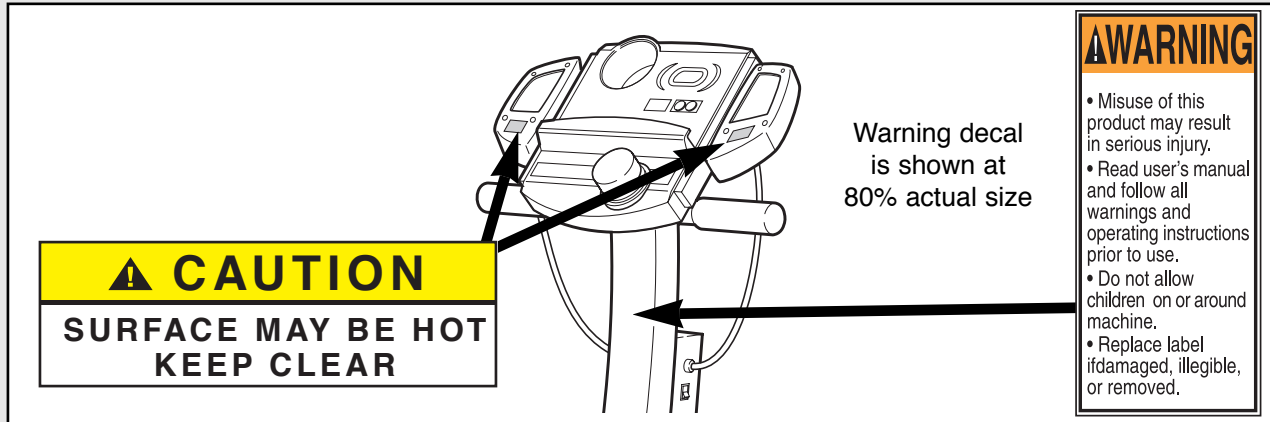
1. Read all instructions in this manual before using the Light Cycle.
2. Use the Light Cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the Light Cycle are adequately informed of all precautions.
4. The Light Cycle is intended for in-home use only. Do not use the Light Cycle in a commercial, rental, or institutional setting.
5. Use the Light Cycle indoors on a level surface. Keep the Light Cycle away from moisture and dust. Place a mat under the Light Cycle to protect the floor or carpet.
6. Inspect and tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the Light Cycle at all times.
8. The Light Cycle should not be used by persons weighing more than 250 pounds.
9. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the Light Cycle. Always wear athletic shoes for foot protection.
10. When connecting the power cord on the light therapy pod (see HOW TO PLUG IN THE POWER CORD on page 12), plug the power cord into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
11. Keep the power cord away from heated surfaces.
12. The light therapy pod becomes hot during use. Allow the light therapy pod to cool before touching it.
13. Do not place towels, clothing, or any other objects on the light therapy pod.
14. Although your eyes must be open to benefit from light therapy, do not look directly into the lights on the light therapy pod.
15. Do not drop or insert any object into any opening.
16. Always keep your back straight when using the Light Cycle. Do not arch your back.
17. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
18. **DANGER:** Always unplug the light therapy pod immediately after using it and before cleaning.

⚠ 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.

SAVE THESE INSTRUCTIONS

CAUTION DECAL PLACEMENT

The decals shown below have been placed on the Light Cycle. If one of the decals is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.



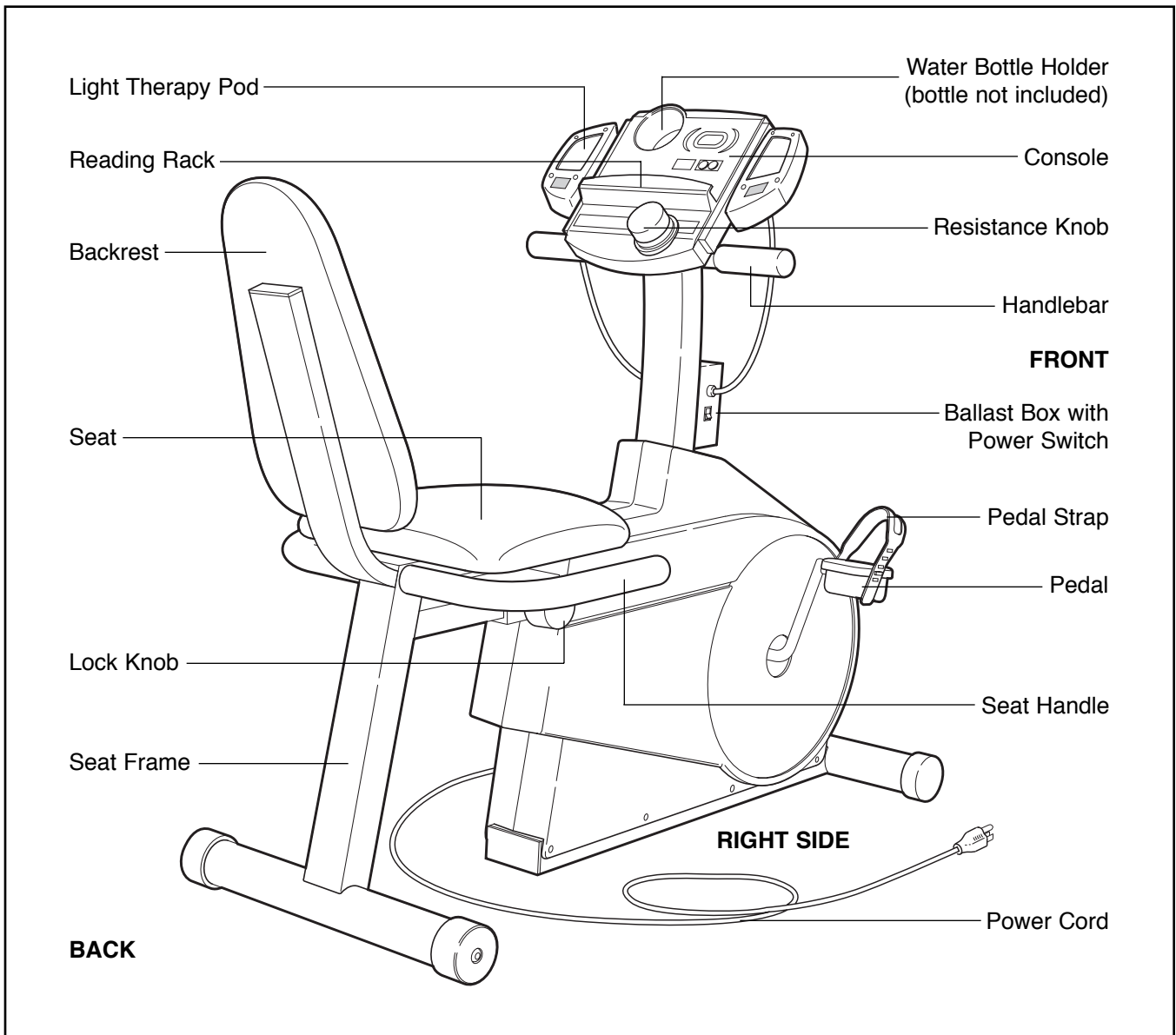
BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® Light Cycle. The PROFORM Light Cycle offers a unique form of low-impact exercise that offers greater cardiovascular benefits and increased muscle toning. The Light Cycle features adjustable resistance to let you tailor your exercise to the level that's perfect for you. And the light therapy pod allows you to enjoy the benefits of light therapy while you exercise or while you simply relax.

For your benefit, read this manual carefully before you use the PROFORM Light Cycle. 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 mention the product model number and serial number when calling. The model number is PFRX35391. The serial number can be found on a decal attached to the Light Cycle (see the front cover of this manual for the location of the decal).

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



ASSEMBLY

Place all parts of the PROFORM® Light 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  .

PART CHART

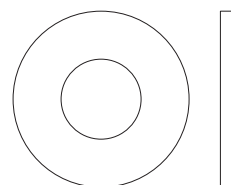
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in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



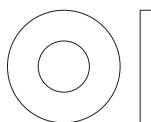
M6 Split Washer (67)–4



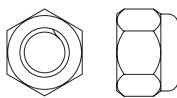
M10 Split Washer (26)–3



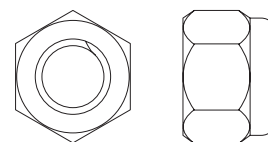
M10 Flat Washer (40)–1



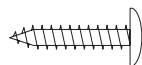
M6 Flat Washer (34)–7



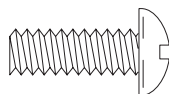
M6 Nylon Locknut (66)–4



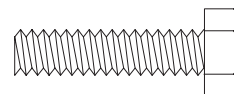
M10 Nylon Locknut (71)–4



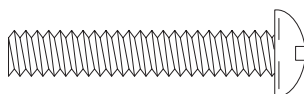
#8 x 5/8" Screw (22)–4



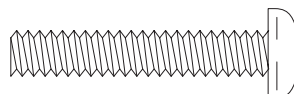
M6 x 16mm Phillips Screw (24)–4



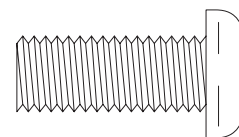
M6 x 25mm Hex Screw (14)–4



M6 x 35mm Phillips Screw (49)–3



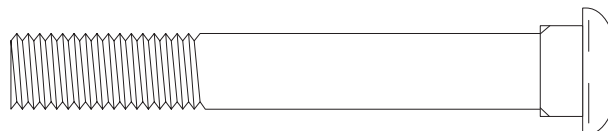
M6 x 34mm Button Bolt (18)–4



M10 x 25mm Button Screw (25)–3



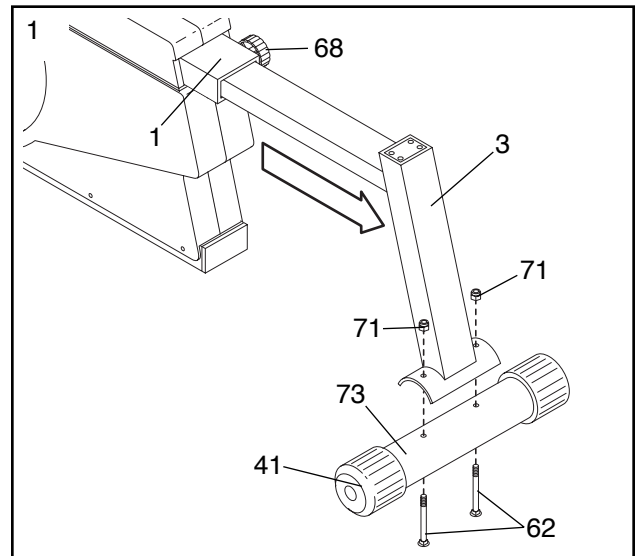
M6 x 48mm Button Bolt (70)–4



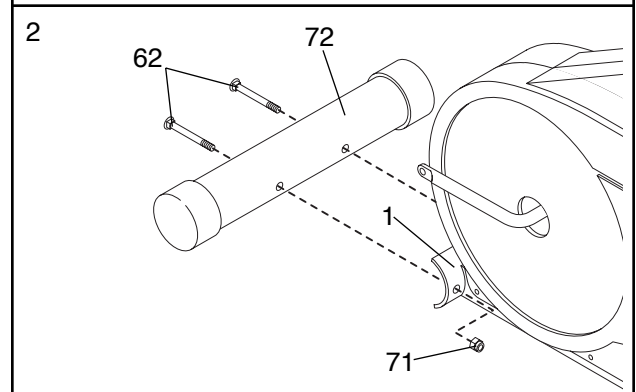
M10 x 70mm Carriage Bolt (62)–4

1. Loosen the Lock Knob (68) on the right side of the Frame (1). Slide the Seat Frame (3) out until it stops. Tighten the Lock Knob.

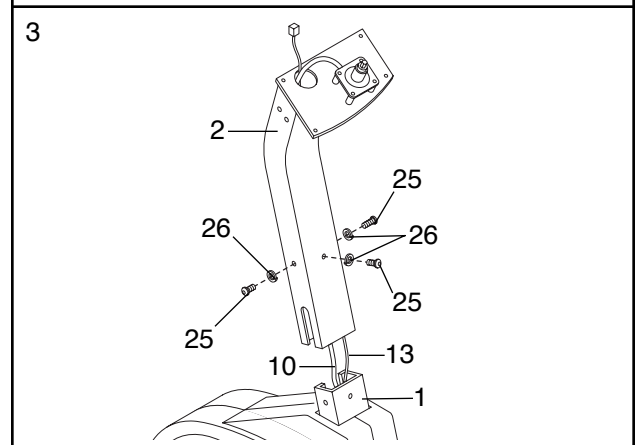
Identify the Rear Stabilizer (73), which has Wheels (41) on the ends. Attach the Rear Stabilizer to the Seat Frame (3) with two M10 x 70mm Carriage Bolts (62) and two M10 Nylon Locknuts (71).



2. Attach the Front Stabilizer (72) to the Frame (1) with two M10 x 70mm Carriage Bolts (62) and two M10 Nylon Locknuts (71).

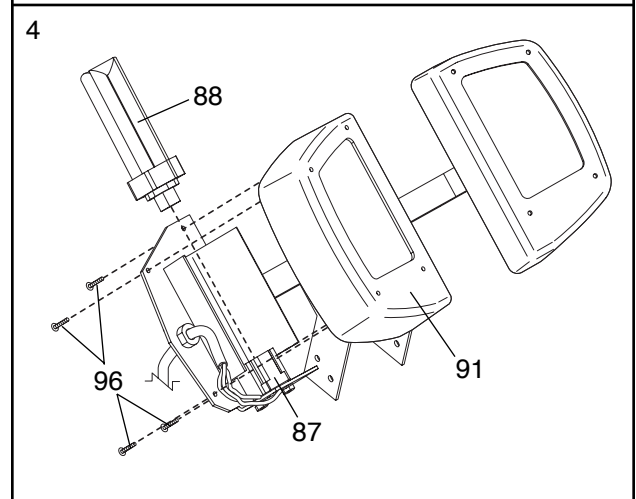


3. Attach the Upright (2) to the Frame (1) with three M10 x 25mm Button Screws (25) and three M10 Split Washers (26). **Be careful not to pinch the Reed Switch Wire (13) or the Resistance Cable (10).**



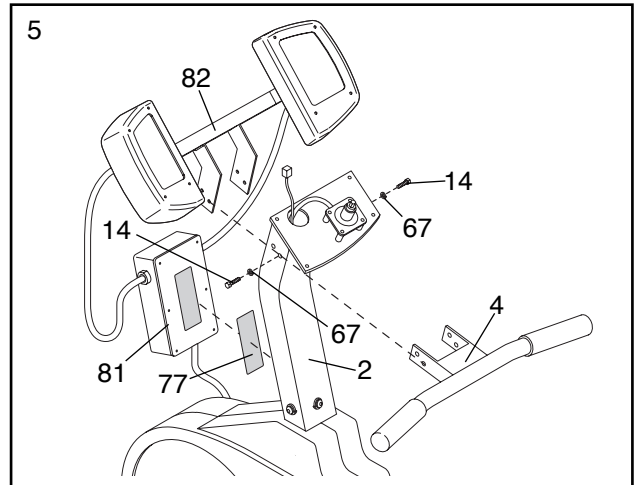
4. The light therapy pod requires two GX 24 Q-3 Base Light Tubes (88). Remove the four #8 x 3/8" Screws (96) from the back of the Left Light Cover (91). Remove the Left Light Cover. Insert a Light Tube into the Light Fixture (87). Reattach the Left Light Cover with the #8 x 3/8" Screws.

Install a Light Tube (88) into the right side of the light therapy pod in the same manner.



- Attach the Handlebar (4) and the Light Frame (82) to the Upright (2) with two M6 x 25mm Hex Head Screws (14) and two M6 Split Washers (67), **but do not tighten the Screws yet. Make sure that the Screws are in the indicated holes. Note: Two more Screws will be attached in step 7.**

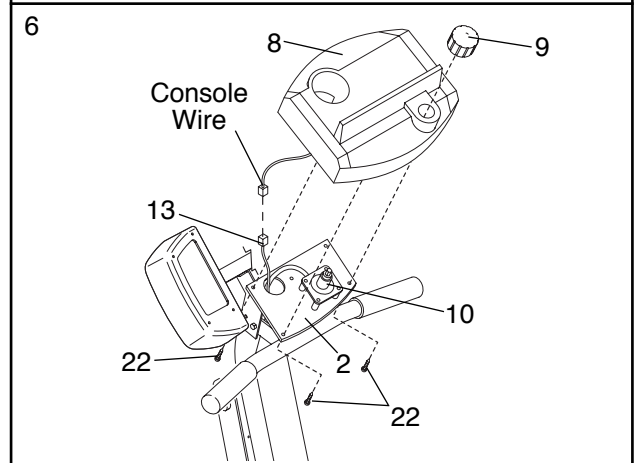
Remove the backing from the Fastener Strip (77) and press it onto the Upright (2) in the position shown. Firmly press the Ballast Box (81) onto the Fastener Strip.



- Connect the Reed Switch Wire (13) to the wire on the Console (8).

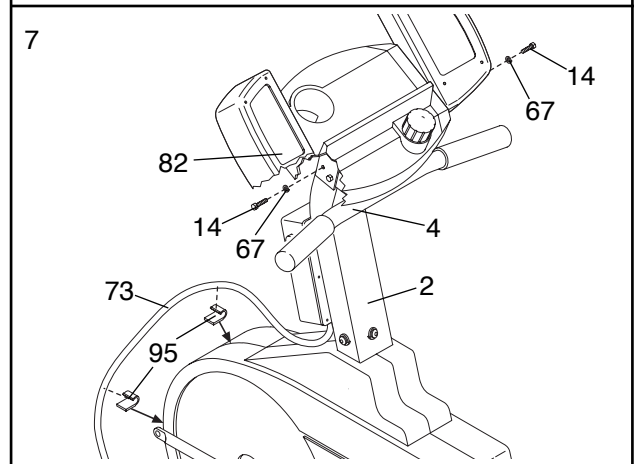
Next, attach the Console (8) to the Upright (2) with four #8 x 5/8" Screws (22).

Press the Resistance Knob (9) onto the Resistance Control (10). Be sure that the mark on the Knob is correctly aligned.

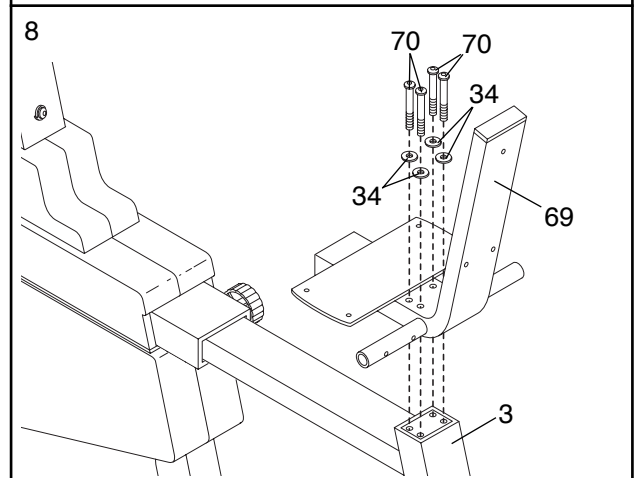


- Finish attaching the Handlebar (4) and the Light Frame (82) to the Upright (2) with two more M6 x 25mm Hex Head Screws (14) and two more M6 Split Washers (67). **Tighten all four Hex Head Screws.**

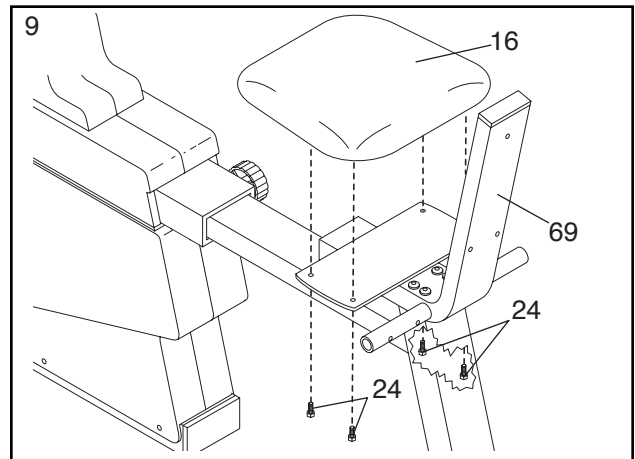
Remove the backing from the Cord Clips (95) and press them onto the Light Cycle in the indicated locations. Insert the Power Cord (73) into the Cord Clips. **Make sure that the Power Cord cannot get caught on the pedals while you are exercising.**



- Attach the Seat Bracket (69) to the Seat Frame (3) with four M6 x 48mm Button Bolts (70) and four M6 Flat Washers (34).

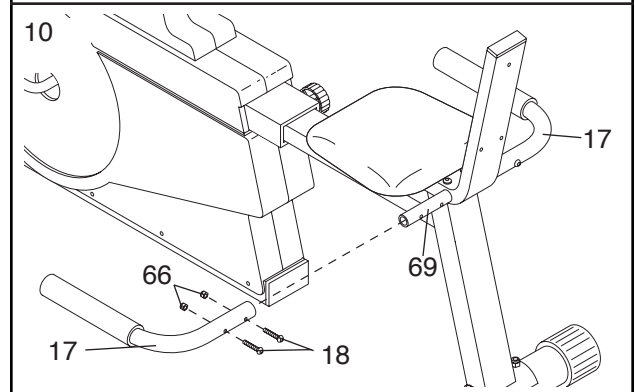


9. Attach the Seat (16) to the Seat Bracket (69) with four M6 x 16mm Phillips Screws (24).

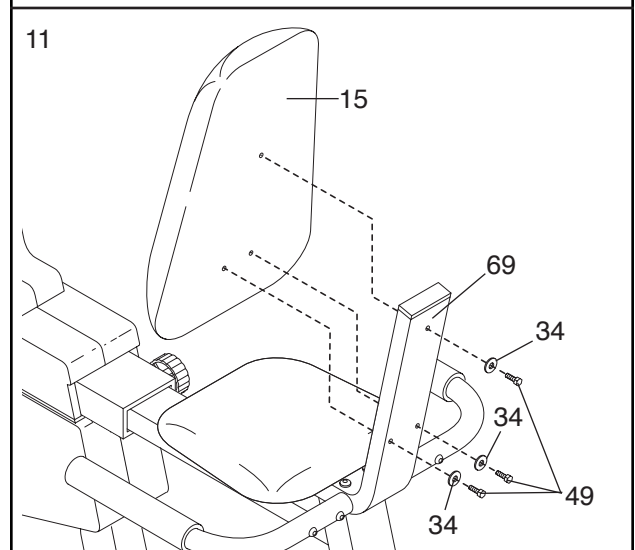


10. Attach a Seat Handle (17) to the Seat Bracket (69) with two M6 x 34mm Button Bolts (18) and two M6 Nylon Locknuts (66).

Attach the other Seat Handle (17) to the Seat Bracket (69) in the same manner.

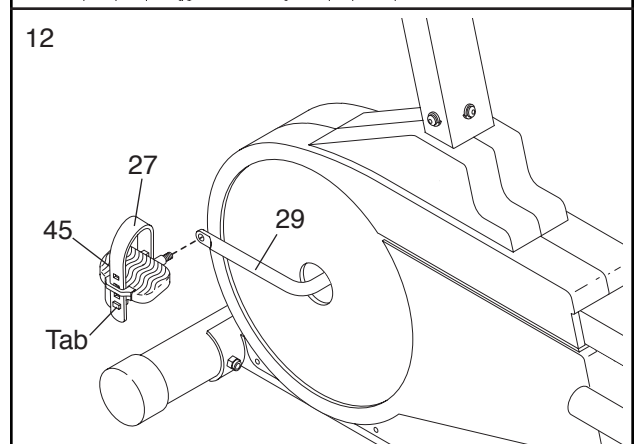


11. Attach the Backrest (15) to the Seat Bracket (69) with three M6 x 35mm Phillips Screws (49), and three M6 Flat Washers (34).

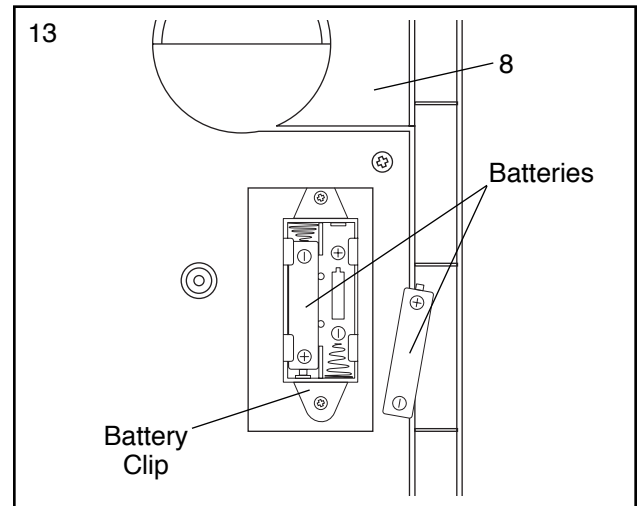


12. Identify the Left Pedal (45); there is an “L” on the Left Pedal for identification. Using an adjustable wrench, tighten the Left Pedal counterclockwise into the left arm of the Crank (29). Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank. **Tighten both Pedals as fully as possible.**

Important: After using the Light Cycle for one week, retighten the pedals. For best performance, the pedals must be kept properly tightened.



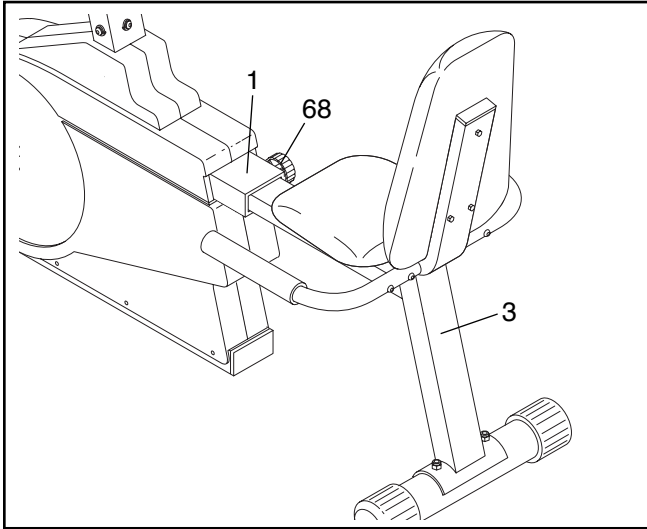
13. The Console (8) requires either two or three “AA” batteries (not included); alkaline batteries are recommended. Open the battery cover (not shown) on the back of the Console. Press the batteries into the battery clip. **Make sure that the negative (–) ends of the batteries are touching the springs.** Close the battery cover. Note: If the battery clip holds three batteries, you must insert three batteries.



14. **Make sure that all parts are properly tightened before you use the PROFORM® Light Cycle.** Note: Some hardware may be left over after assembly is completed.

HOW TO USE THE PROFORM® LIGHT CYCLE

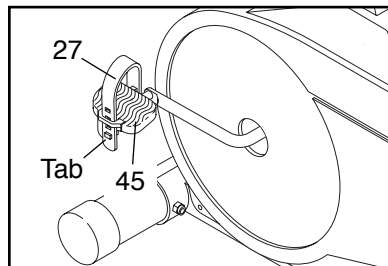
HOW TO ADJUST THE SEAT FRAME POSITION



The Seat Frame (3) can be adjusted to the position that is the most comfortable for you. To adjust the Seat Frame, first loosen the Lock Knob (68) on the right side of the Frame (1). Slide the Seat Frame forward or backward to the desired position. Tighten the Lock Knob.

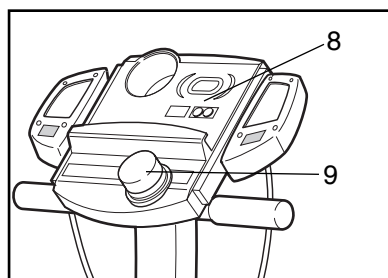
HOW TO ADJUST THE PEDAL STRAPS

To adjust each Pedal Strap (27), first pull the end of the Pedal Strap off the adjustment tab on the Pedal (45). Align a different hole in the Pedal Strap with the tab. Press the Pedal Strap onto the tab.



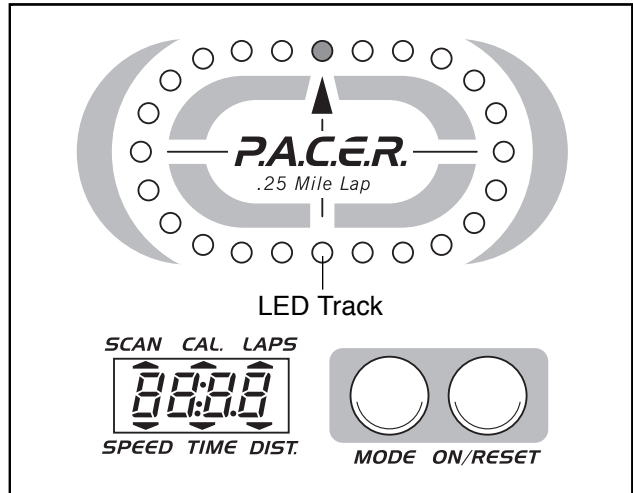
HOW TO ADJUST THE PEDALING RESISTANCE

The pedaling resistance can be adjusted with the Resistance Knob (9) located on the Console (8). To increase the resistance, turn the Resistance Knob clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.



DESCRIPTION OF THE CONSOLE

The console is designed to help you get the most from your workouts. As you exercise, you can watch your progress around the LED track, while the display provides continuous exercise feedback. The modes of the display are described below.



Speed—This mode displays your pedaling speed, in miles per hour.

Time—This mode displays the elapsed time. Note: If you stop exercising, the time mode will pause.

Distance—This mode displays the total distance you have pedaled, in miles.

Laps—This mode displays the number of 1/4-mile laps you have completed around the LED track.

Calorie—This mode displays the approximate number of Calories you have burned.

Scan—This mode displays the speed, time, distance, laps and calorie modes, for 5 seconds each, in a repeating cycle.

BATTERY INSTALLATION

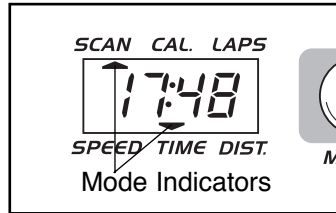
Before the console can be operated, two “AA” batteries must be installed (see assembly step 13 on page 10).

HOW TO OPERATE THE CONSOLE

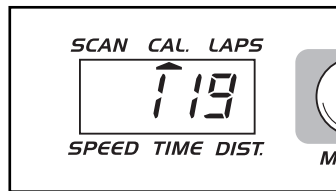
If there is a thin sheet of clear plastic on the face of the console, remove it.

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

Scan mode—When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator 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, laps or calorie mode—To select one of these modes for continuous display, press the mode button repeatedly. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)



3. The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. A new lap will then begin.
4. To reset the display, press the on/reset button.
5. To turn off the power, simply wait for about four minutes. **The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

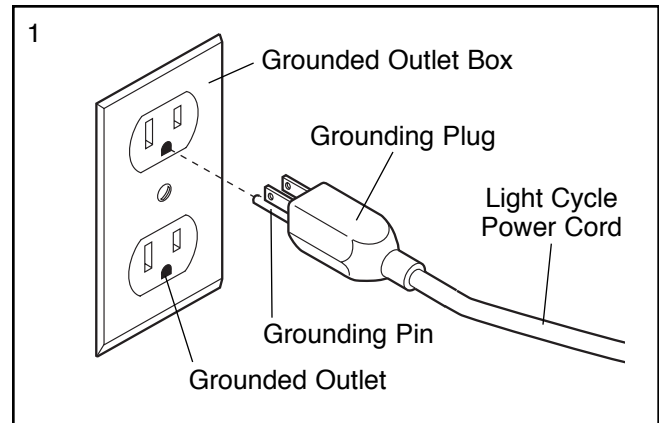
HOW TO PLUG IN THE POWER CORD ON THE LIGHT THERAPY POD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a

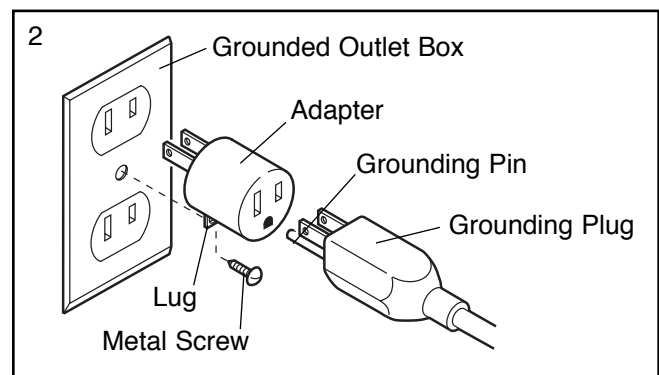
grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or service representative if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the power cord to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.



The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

HOW TO USE THE LIGHT THERAPY POD

The light therapy pod allows you to enjoy the benefits of light therapy while you exercise or while you simply relax.

The effectiveness of light therapy depends on two factors: your distance from the light and the length of time you use the light. The chart below shows the intensity of the lights at different distances.



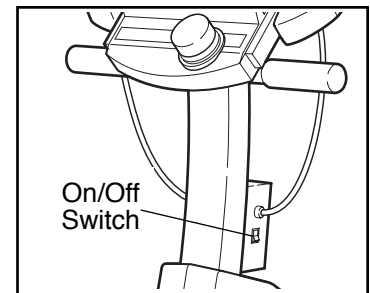
Distance	6"	12"	18"	24"
Lux	10,000	3,200	2,500	1,500

⚠ WARNING: Before beginning this or any light therapy program, consult your physician.

The light therapy pod becomes hot during use. Allow the light therapy pod to cool before touching it.

Follow the steps below to use the light therapy pod.

1. Plug in the power cord (see page 12).
2. Sit on the Light Cycle and adjust the position of the seat as desired.
3. Press the bottom of the on/off switch on the ballast box to turn on the lights.



4. To enjoy the benefits of light therapy, it is not necessary to look at the lights. However, you must open your eyes so that light can enter.

It is recommended that you use the lights for 30 to 60 minutes three times per week to begin with. This may be done while exercising or while relaxing. When you are familiar with the light therapy pod, you may adjust the length and frequency of your light therapy sessions as desired.

5. When you are finished using the light therapy pod, press the top of the on/off switch on the ballast box to turn off the lights. In addition, **unplug the power cord.**

MAINTENANCE AND STORAGE

Inspect and tighten all parts of the PROFORM® Light Cycle regularly. The Light Cycle can be cleaned with 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

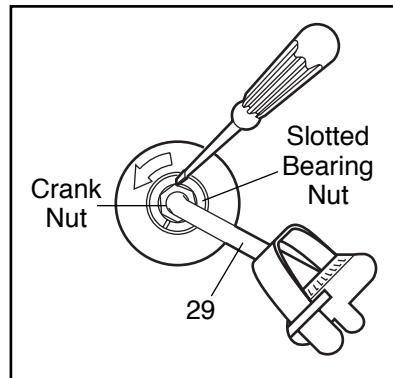
For best performance, the pedals must be kept properly tightened. Regularly tighten both pedals.

BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 13 on page 10.

CRANK ADJUSTMENT

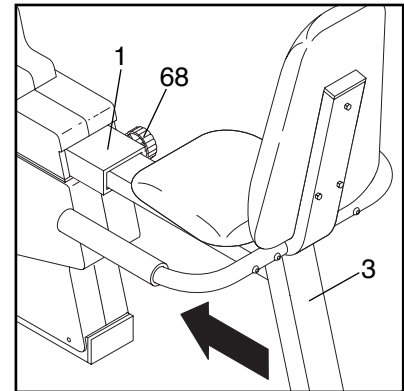
If the arms of the Crank (29) become loose, they should be tightened in order to prevent excessive wear. Loosen the crank nut on the left arm of the Crank. Place the end of a stan-



ard screwdriver in one of the slots in the slotted bearing nut. Lightly tap the screwdriver with a hammer to turn the slotted bearing nut counterclockwise until the arms are no longer loose. **Do not overtighten the slotted bearing nut.** When the slotted bearing nut is properly tightened, tighten the crank nut.

HOW TO STORE THE PROFORM® LIGHT CYCLE

When the PROFORM® Light Cycle is not in use, the Seat Frame (3) can be adjusted to the storage position. First, loosen the Lock Knob (68) on the right side of the Frame (1). Slide the Seat Frame (3) into the Frame as far as possible. Tighten the Lock Knob. Store the Light Cycle indoors, away from moisture and dust.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Exercise has proven essential for good health and well-being. Regular participation in a well-rounded exercise program results in a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to deal with stress, and greater self-esteem.

EXERCISE INTENSITY

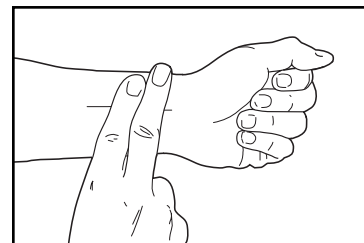
To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140

During the first few months of your exercise program, keep your heart rate near the low end of your training

zone as you exercise. After a few months of regular exercise, your heart rate can be increased until it is near the middle of your training zone as you exercise.

You can measure your heart rate by placing two fingers on your wrist as shown. Stop exercising and take a six-second heart-beat count. Multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.



WORKOUT GUIDELINES

A well-rounded workout includes three important 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 40 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. **Caution: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

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

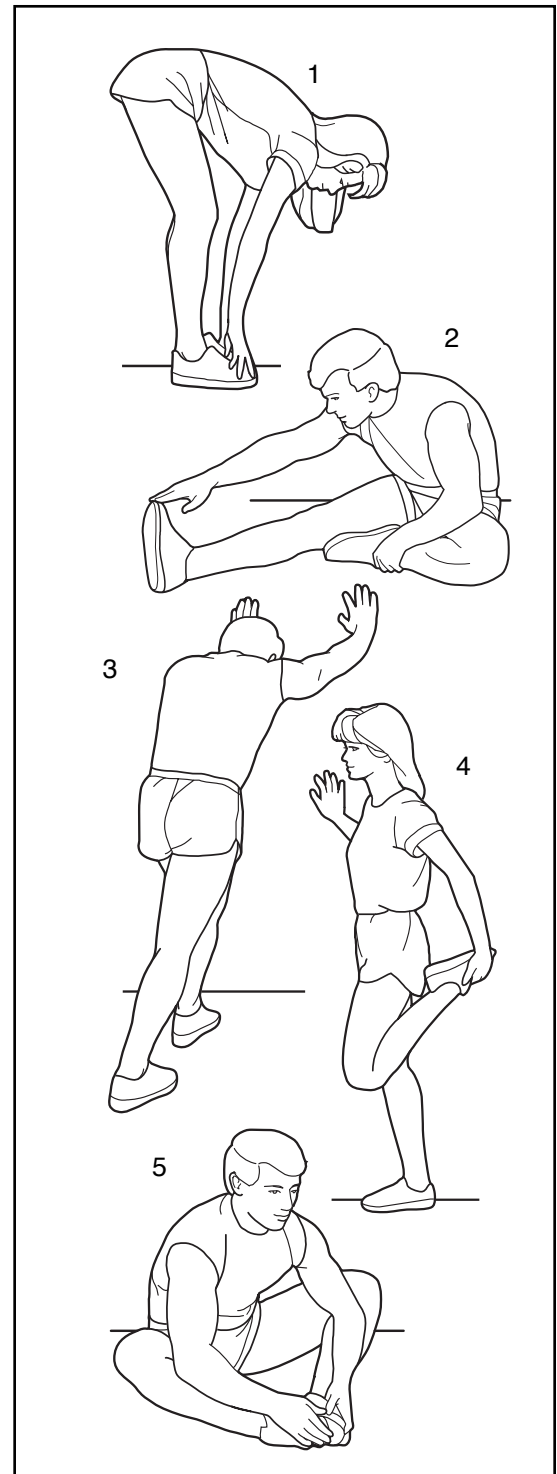
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. PFRX35391

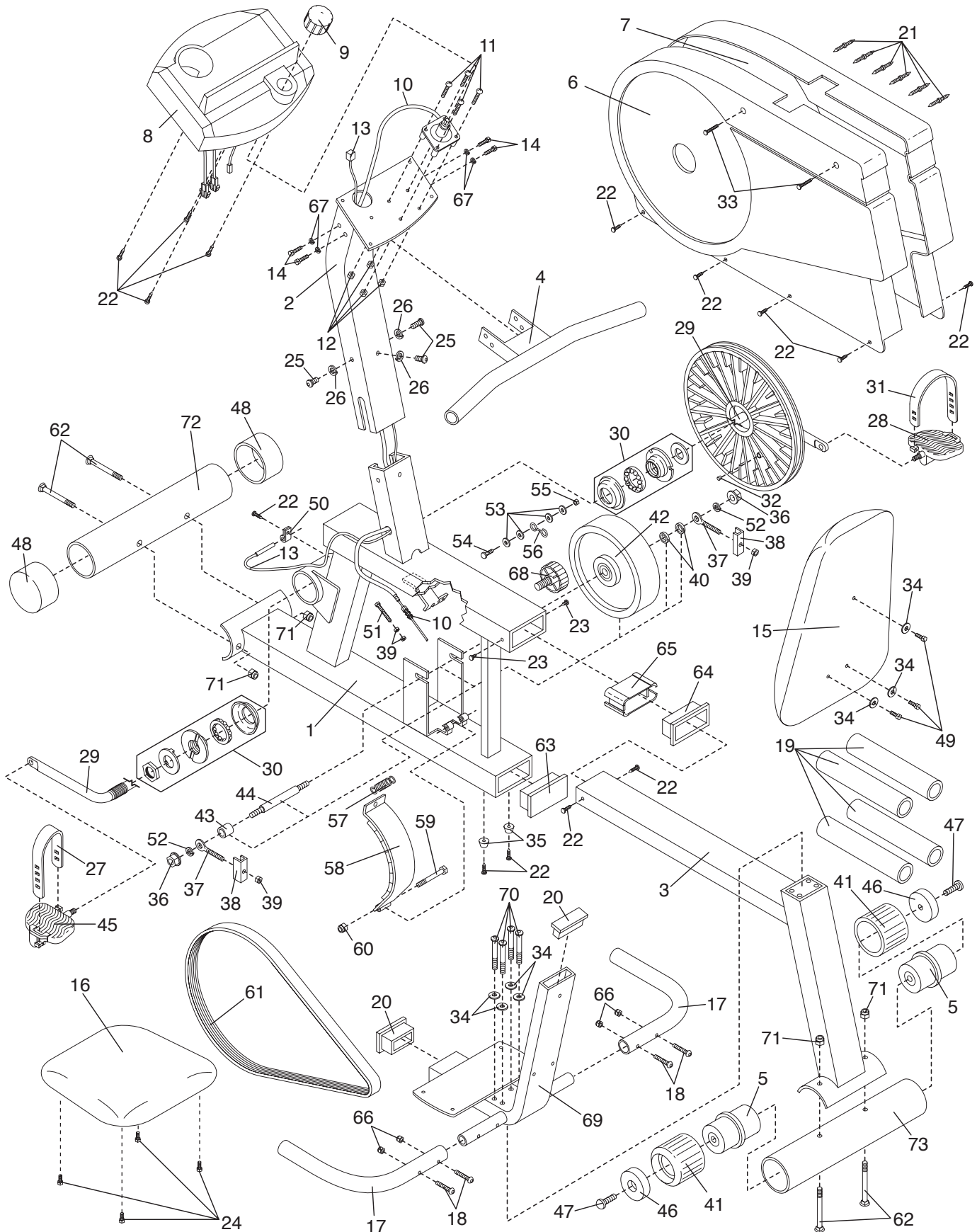
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	M6 x 56mm Bolt
2	1	Upright	52	2	M8 Split Washer
3	1	Seat Frame	53	4	#8 Flat Washer
4	1	Handlebar	54	1	Clamp Bolt
5	2	Wheel Hub	55	1	Clamp Nut
6	1	Left Side Shield	56	1	Resistance Hook
7	1	Right Side Shield	57	1	Resistance Spring
8	1	Console	58	1	Magnet Bracket
9	1	Resistance Knob	59	1	M8 x 65mm Hex Bolt
10	1	Resistance Cable/Control	60	1	M8 Nylon Locknut
11	4	M5 x 30mm Screw	61	1	Drive Belt
12	4	M5 Nut	62	4	M10 x 70mm Carriage Bolt
13	1	Reed Switch/Wire	63	1	2" x 4" Endcap
14	4	M6 x 25mm Hex Screw	64	1	Frame Bushing
15	1	Backrest	65	1	Seat Frame Bushing
16	1	Seat	66	4	M6 Nylon Locknut
17	2	Seat Handle	67	4	M6 Split Washer
18	4	M6 x 34mm Button Bolt	68	1	Lock Knob
19	4	Handle Grip	69	1	Seat Bracket
20	2	25mm x 75mm Endcap	70	4	M6 x 48mm Button Bolt
21	6	Tree Fastener	71	4	M10 Nylon Locknut
22	19	#8 x 5/8" Screw	72	1	Front Stabilizer
23	2	#8 x 3/8" Screw	73	1	Rear Stabilizer
24	4	M6 x 16mm Phillips Screw	74	5	Grommet
25	3	M10 x 25mm Button Screw	75	1	Power Switch
26	3	M10 Split Washer	76	2	Fixture Cord
27	1	Left Pedal Strap	77	1	Fastener Strip
28	1	Right Pedal	78	6	Cover Screw
29	1	Crank/Pulley	79	2	Ballast Screw
30	1	Bearing Assembly	80	1	Ballast
31	1	Right Pedal Strap	81	1	Ballast Box
32	1	Magnet	82	1	Light Frame
33	2	M4 x32mm Screw	83	8	Light Cover Screw
34	7	M6 Flat Washer	84	1	Ballast Cover
35	2	Rubber Bumper	85	8	Fixture Nut
36	2	M8 Flanged Hex Nut	86	8	Fixture Screw
37	2	M6 Eyebolt	87	2	Light Fixture
38	2	Adjustment Bracket	88	2	Light Tube
39	4	M6 Nut	89	2	Lens
40	1	M10 Washer	90	8	Hex Spacer
41	2	Wheel	91	1	Left Light Cover
42	1	Flywheel	92	1	Right Light Cover
43	1	10mm x 13mm Spacer	93	1	Junction Wire
44	1	Flywheel Axle	94	1	Power Cord
45	1	Left Pedal	95	2	Cord Clip
46	2	Wheel Spacer	96	8	#8 x 3/8" Screw
47	2	M6 x 16mm Self-tapping Screw	#	1	User's Manual
48	2	Round Endcap	#	1	4mm Allen Wrench
49	3	M6 x 35mm Phillips Screw	#	1	5.5mm Allen Wrench
50	1	Cable Clamp			

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.

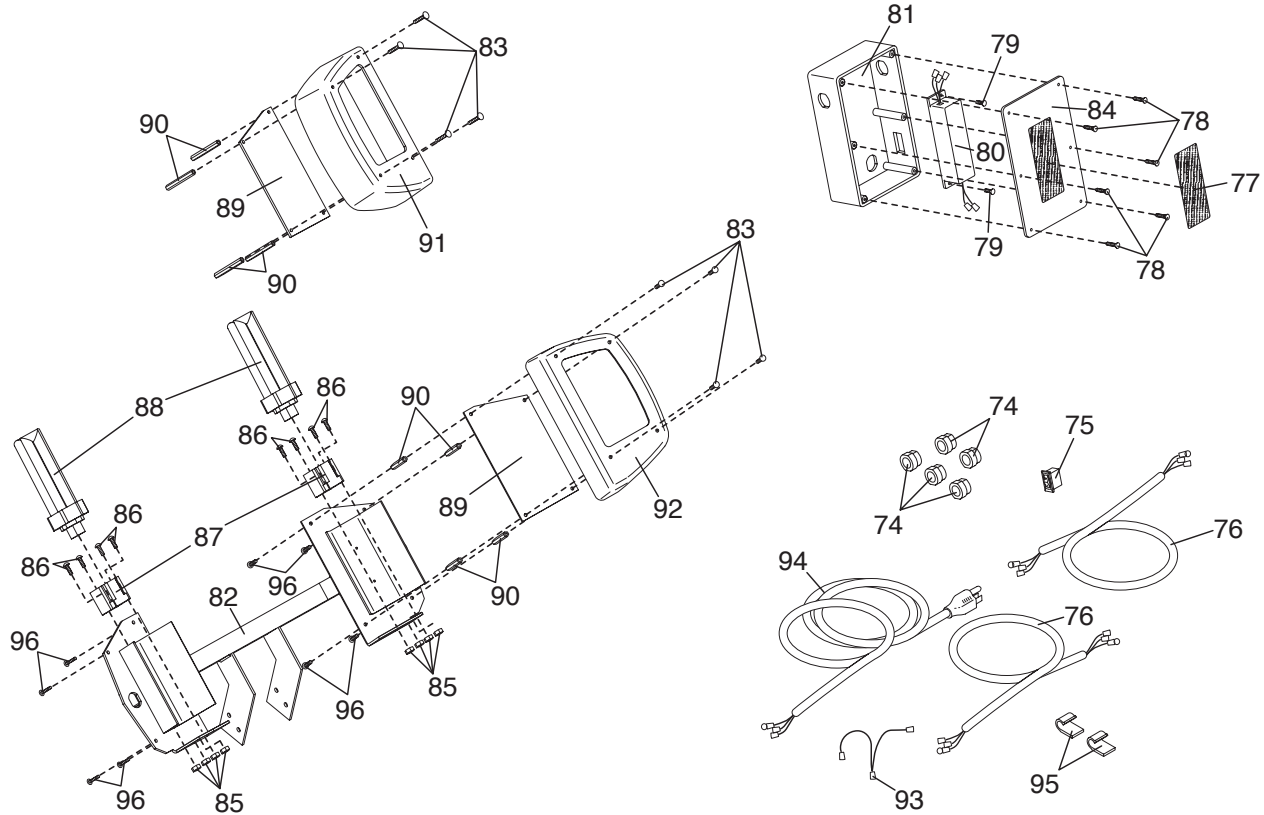
EXPLODED DRAWING—Model No. PFRX35391

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ORDERING 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 (PFRX35391)
- The NAME of the product (PROFORM® LIGHT 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 17 of this manual).

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