

PRO-FORM[®]545e

elliptical trainer

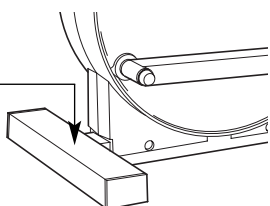
Patent Pending

Model No. 831.285960

Serial No. _____

Write the serial number in the space above for future reference.

Serial
Number
Decal



USER'S MANUAL

**EXERCISE
EQUIPMENT**

QUESTIONS

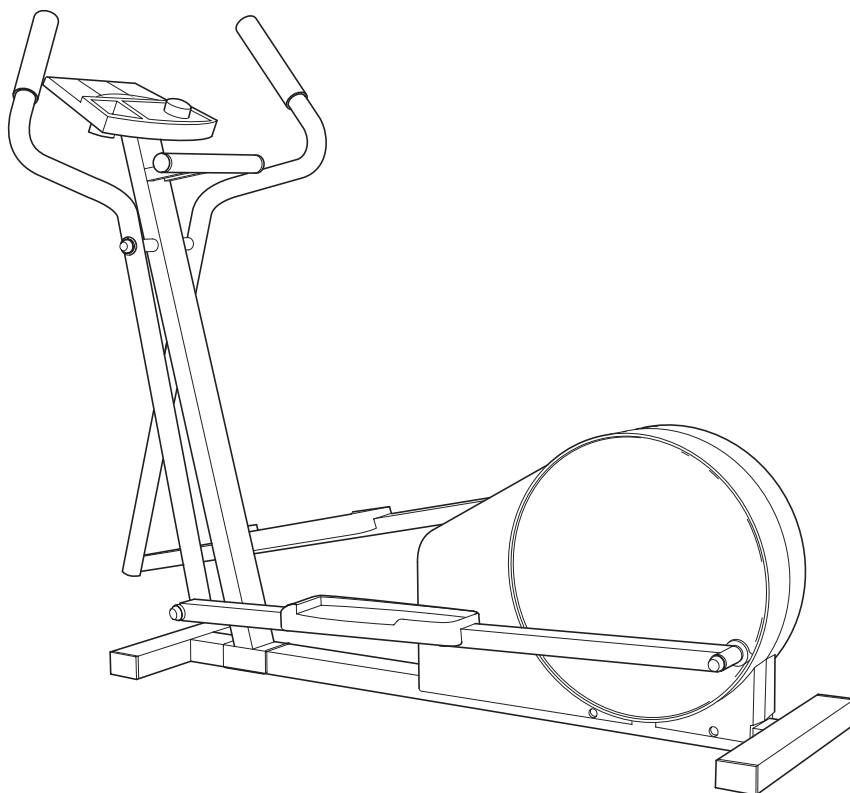
HELPLINE!

1-800-736-6879

**SEARS, ROEBUCK AND CO.,
HOFFMAN ESTATES, IL 60179**

⚠ CAUTION

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



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® 545E elliptical trainer.

1. Read all instructions in this manual before using the elliptical trainer.
2. Use the elliptical trainer only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions.
4. Place the elliptical trainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical trainer indoors, away from moisture and dust.
5. Inspect and tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the elliptical trainer at all times.
7. The elliptical trainer should not be used by persons weighing more than 250 pounds.
8. Wear appropriate clothing when using the elliptical trainer. Always wear athletic shoes for foot protection.
9. When mounting and dismounting the elliptical trainer, always hold the handlebars or the T-handle and step onto and off the pedal that is in the lowest position.
10. Each time you stop exercising on the elliptical trainer, allow the pedals to come to a complete stop before dismounting.
11. Always keep your back straight when using the elliptical trainer. Do not arch your back.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. The elliptical trainer is intended for in-home use only. Do not use the elliptical trainer 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. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

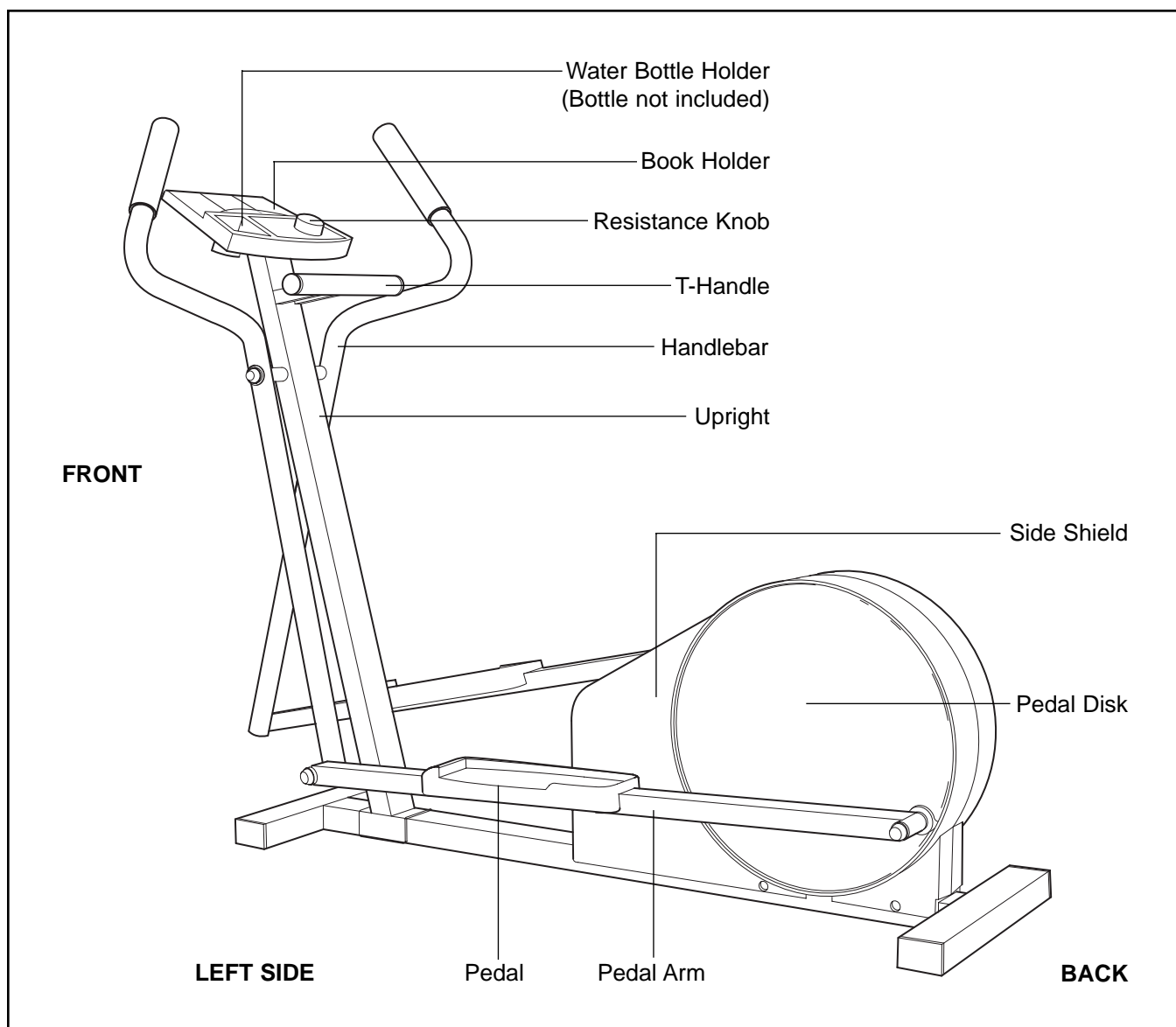
BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 545E elliptical trainer. The 545E is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique 545E features adjustable resistance, upper-body and stationary handlebars, and a multi-mode exercise monitor to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

For your benefit, read this manual carefully before you use the elliptical trainer. If you have additional

questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.285960. The serial number can be found on a decal attached to the elliptical trainer (see the front cover of this manual for the location of the decal).



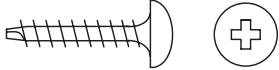
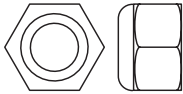
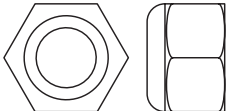
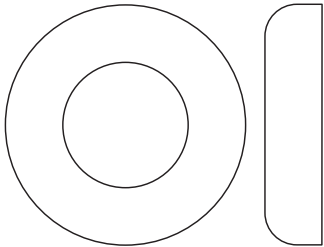
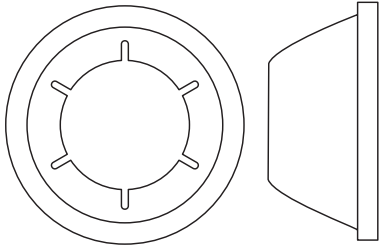
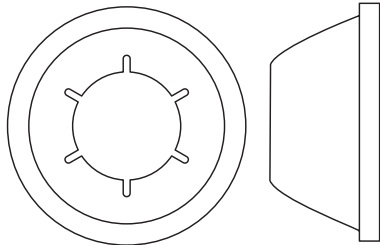
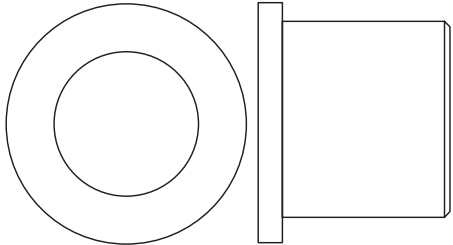
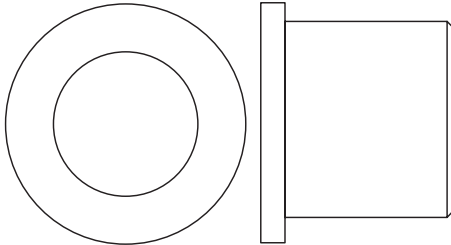
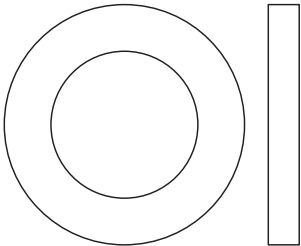
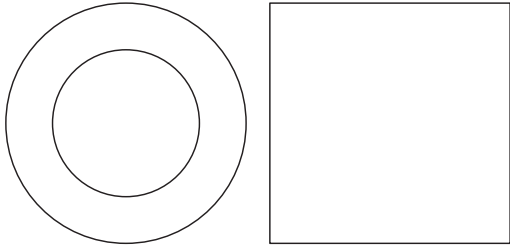
Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

Use the chart below to identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 14. The number after the dash indicates





the quantity needed for assembly. **Note: Some 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.**

		
M6 x 16mm Screw (54)—2	M4 x 16mm Round Head Screw (38)—4	M4 x 19mm Round Head Screw (16)—6
		
M6 Black Nylon Locknut (55)—2		M10 Nylon Locknut (29)—4
		
Weld Spacer (49)—2	3/4" Axle Cap (43)—4*	5/8" Axle Cap (57)—2*
		
Pedal Arm Bushing (42)—4	Rear Pedal Arm Bushing (11)—4	
		
Handlebar Spacer (39)—2	Pedal Arm Spacer (41)—3*	

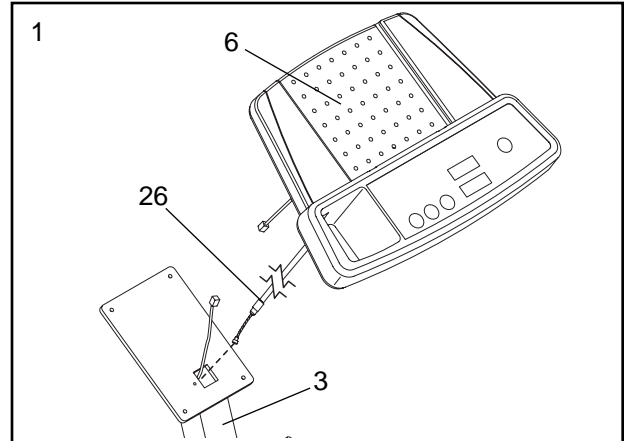
* Extra parts may be included.

ASSEMBLY

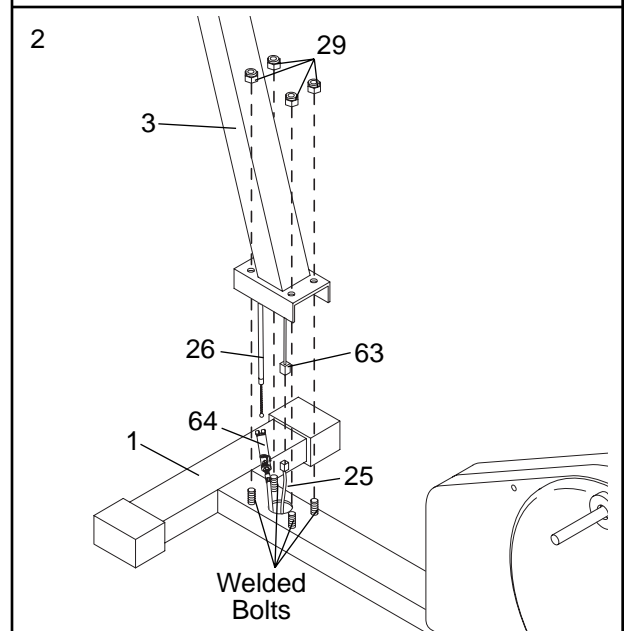
Assembly requires two people. Place all parts of the elliptical trainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires that you have a phillips screwdriver , two adjustable wrenches , a rubber mallet , and a pair pliers .

1. While another person holds the Console (6) near the Upright (3), insert the Resistance Cable (26) down through the Upright.



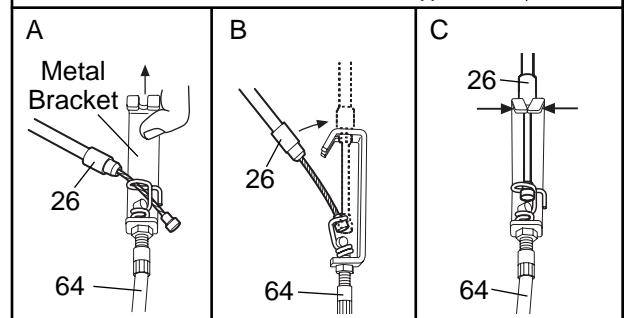
2. While another person holds the Upright (3) near the Frame (1) as shown, connect the Extension Wire (63) to the Sensor Wire (25).



Next, connect the Resistance Cable (26) to the Lower Cable (64) in the following way:

- Refer to drawing A. Pull up on the metal bracket, and insert the tip of the Resistance Cable (26) into the wire clip on the Lower Cable (64) as shown.
- Refer to drawing B. **Firmly** pull the Resistance Cable (26) and slide it into the metal bracket on the Lower Cable (64) as shown.
- Refer to drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

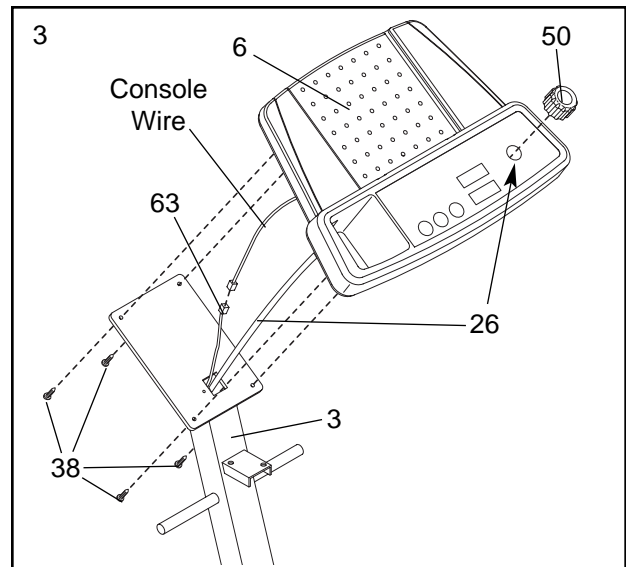
Slide the Upright (3) onto the welded bolts on the Frame (1). **Make sure that the Resistance Cable (26) doesn't become caught on the Frame (1) or the Upright (3). Be careful to avoid pinching the Resistance Cable and the Sensor Wire (25) between the the Frame and the Upright.** Tighten an M10 Nylon Locknut (29) onto each welded bolt.



3. While another person holds the Console (6) near the Upright (3), connect the console wire to the Extension Wire (63).

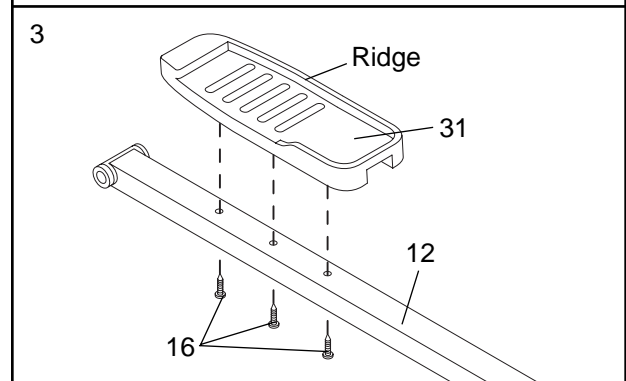
Make sure the slack Resistance Cable (26) is pulled up out of the Upright (3). Feed the slack Extension Wire (63) down into the Upright (3). Push the excess Resistance Cable into the Console (6). Attach the Console to the Upright with four M4 x 16mm Round Head Screws (38). **Be careful to avoid pinching the Resistance Cable and the Extension Wire.**

Press the Resistance Knob (50) onto the Resistance Cable (26).



3. Find the Left Pedal (31), which has a ridge on the right side. Attach the Left Pedal to one of the Pedal Arms (12) with three M4 x 19mm Round Head Screws (16) as shown.

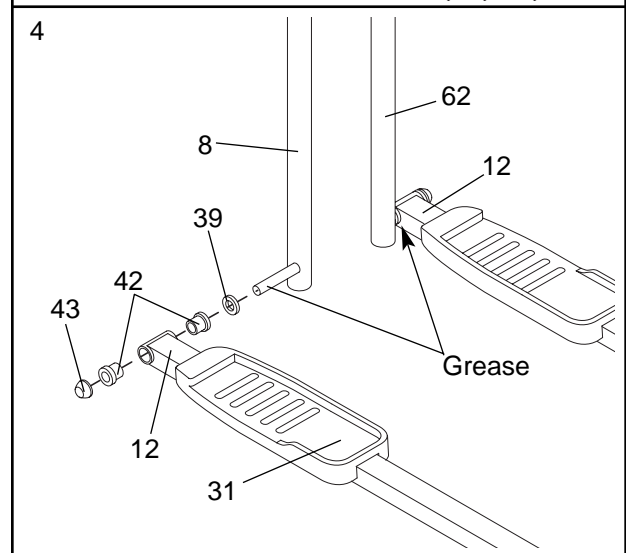
Repeat this step to attach the Right Pedal to the other Pedal Arm (not shown).



4. Locate the Left Handlebar (8) (there is an "L" sticker on the Left Handlebar for identification). Apply a thin film of the included grease to the axle at the lower end of the Left Handlebar.

Slide a Handlebar Spacer (39) and the Pedal Arm (12) with the Left Pedal (31) onto the Left Handlebar (8) as shown. Make sure that there are two Pedal Arm Bushings (42) in the Pedal Arm. (Note: These parts fit tightly; it may be helpful to use the rubber mallet). Next, refer to the PART IDENTIFICATION CHART on page 5 and identify the 3/4" Axle Caps (43). Tap a 3/4" Axle Cap onto the Left Handlebar.

Repeat this step to attach the other Pedal Arm (12) to the Right Handlebar (62).



- Slide a Weld Spacer (49) onto the left axle on the Upright (3). Make sure that the open side of the Weld Spacer is facing the Upright.

Apply a thin film of the included grease to the axles and crank arms in the locations indicated.

Slide a Pedal Arm Spacer (41) onto the left Crank Arm (59). Make sure that there are two Rear Pedal Arm Bushings (11) in the Pedal Arm (12) attached to the Left Handlebar (8).

With the help of another person, slide the Left Handlebar (8) onto the left axle on the Upright (3) while sliding the left Pedal Arm (12) onto the left Crank Arm (59). Note: These parts fit tightly; it may be helpful to use the rubber mallet. In addition, it may be helpful to rotate the left Crank Arm (59) to a different position.

Tap a 5/8" Axle Cap (57) onto the left axle on the Upright (3). Tap a 3/4" Axle Cap (43) onto the left Crank Arm (59).

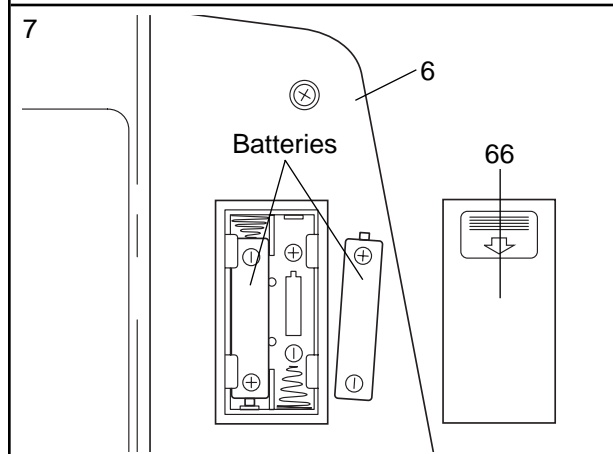
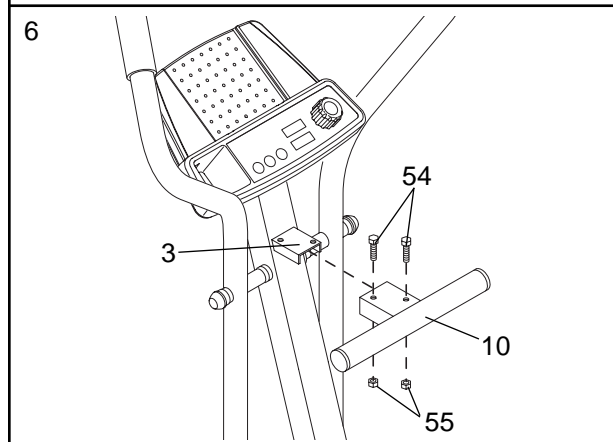
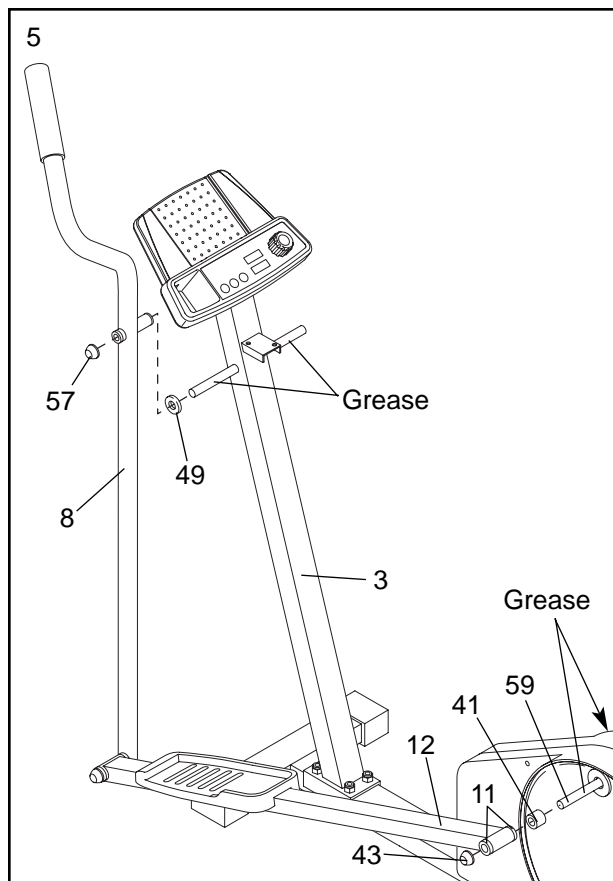
Repeat this step to attach the Right Handlebar and the right Pedal Arm (not shown).

- Attach the T-Handle (10) to the Upright (3) with two M6 x 16mm Screws (54) and two M6 Black Nylon Locknuts (55).

- The Console (6) requires four "AA" batteries (not included). Alkaline batteries are recommended.

To install batteries, look under the Console (6) and locate the two Battery Covers (66)—there is one Battery Cover on each side. Remove the Battery Covers by sliding them in the direction shown by the arrows on the Battery Covers. Insert two batteries into each battery compartment; **make sure that all four batteries are turned so the negative ends (marked "-") are touching the springs in the battery compartments.** Then, reattach the Battery Covers by sliding them in the opposite direction.

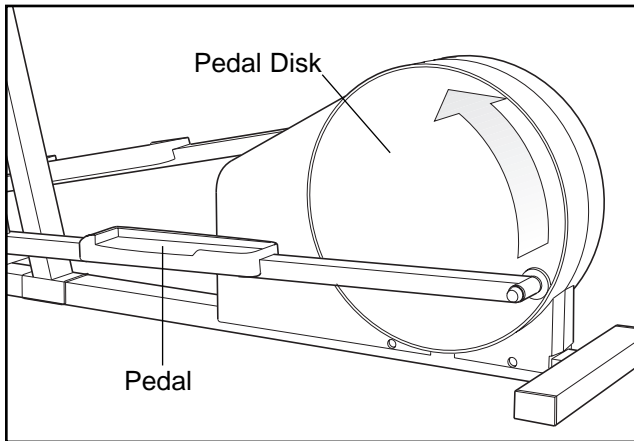
- Make sure that all parts of the elliptical trainer are properly tightened.** Place a mat under the elliptical trainer to protect the floor or carpet from damage.



HOW TO USE THE ELLIPTICAL TRAINER

HOW TO EXERCISE ON THE ELLIPTICAL TRAINER

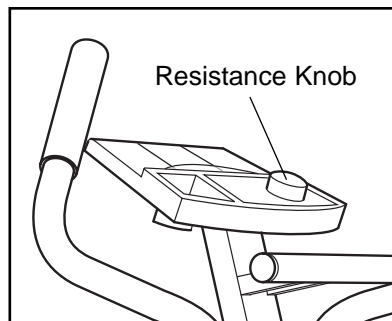
To mount the elliptical trainer, firmly hold the handlebars or the T-handle and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction; it is recommended that you turn the pedal disks in the direction shown below; however, to give variety to your exercise, you may choose to turn the pedal disks in the opposite direction.**



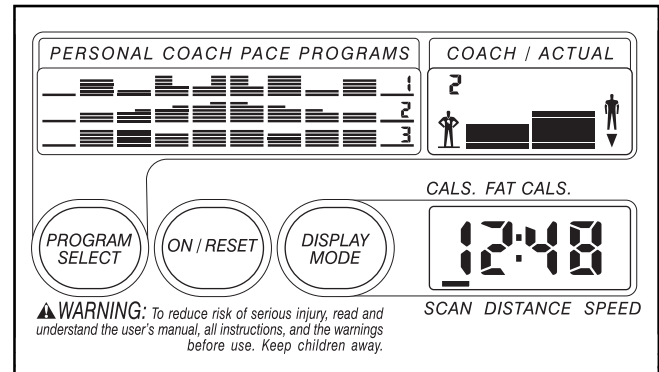
To dismount the elliptical trainer, allow the pedals to come to a complete stop. **CAUTION: The elliptical trainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

HOW TO ADJUST THE RESISTANCE OF THE PEDALS

As you exercise, you can adjust the resistance of the pedals with the resistance knob on the console. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.



DESCRIPTION OF THE CONSOLE



The innovative console offers a manual mode and three personal coach pace programs. The pace programs are designed to help you achieve specific exercise goals by pacing your exercise. You can choose from a stamina-building interval program, an aerobic program, and a special fat burning program. The console also features six modes that display instant exercise feedback. The modes are described below:

Calories—This mode shows the approximate number of calories you have burned.

Fat Calories—This mode shows the approximate number of *fat calories* you have burned (see Burning Fat on page 12).

Time—If you select the manual mode, this mode will show the elapsed time. If you select one of the three pace programs, this mode will count down the time remaining in the program. Note: When you stop exercising, the time will flash when it is displayed.

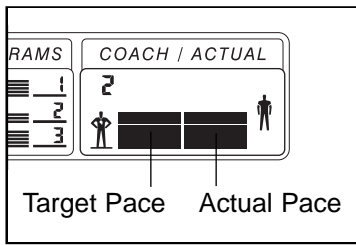
Distance—This mode shows your total distance, in miles.

Speed—This mode shows your exercise pace, in miles per hour.

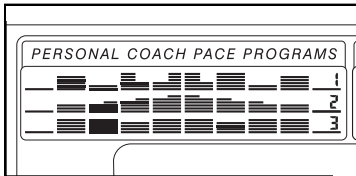
Scan—This mode displays the other five modes, for seven seconds each, in a repeating cycle.

HOW THE PACE PROGRAMS OPERATE

When you use a pace program, two columns of bars will appear in the upper display. The left column represents a target pace, and the right column shows your actual exercise pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



The three graphs on the console show how the target pace will change during the programs. During the Aerobic program (program 2), for example, the target pace will gradually increase during the first half of the program, and gradually decrease during the last half of the program. Each program will last for twenty minutes.



STEP-BY-STEP CONSOLE OPERATION

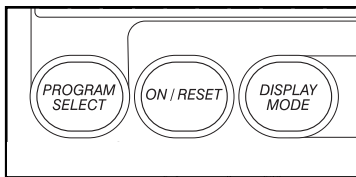
Before the console can be operated, batteries must be installed. See assembly step 7 on page 8.

Follow the steps below to operate the console.

1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising.

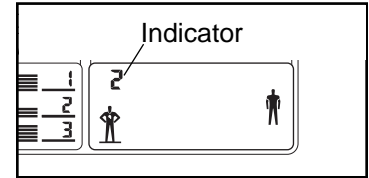
The entire display will appear for two seconds; the console will then be ready for use. Note: If batteries were just installed, the power will already be on.



2 Select one of the three pace programs or the manual mode

To select one of the pace programs, repeatedly press the program select button. A 1, 2, or 3 will

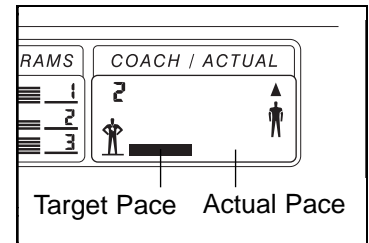
appear in the upper display to show which program you have selected. To select the manual mode, press the program select button until no number appears in the upper display. The programs will be selected in the following order: program 1 (interval), program 2 (aerobic), program 3 (fat burn), manual mode.



3 Begin your workout

If you selected the manual mode, go to step 4. If you selected one of the pace programs, two columns of bars will appear in

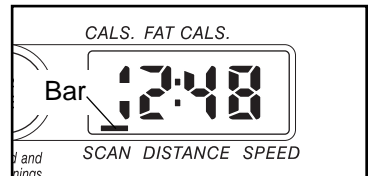
the upper display. The left column will show a target pace. The right column will show your actual exercising pace. Adjust your pace until the same number of bars appear in both columns. The arrows on the right side of the upper display will show whether you need to increase or decrease your pace. Each time the target pace changes during the program, adjust your pace to keep both columns at the same height.



4 Follow your progress with the six feedback modes

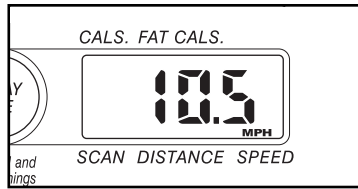
The scan mode—

Repeatedly press the mode button until a bar appears above the scan symbol. When the scan mode is selected, the console will display the calories, fat calories, time, distance, and speed modes, for seven seconds each, in a repeating cycle.



The calories, fat calories, time, distance, or speed mode—

Repeatedly press the mode button until a bar appears below or above the name of the desired mode. (Note: When the time mode is selected, no bar will appear; when the speed mode is selected, the letters MPH will appear instead of a bar.) Make sure that there is not a bar above the word “scan.”



If desired, press the on/reset button to reset the lower display.

5 Turn off the power

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

MAINTENANCE

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

The elliptical trainer can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console. Use only a sealable water bottle in the console.

CONSOLE TROUBLE-SHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 7 on page 8.

STORAGE

When storing the elliptical trainer, remove the batteries from the console. Keep the elliptical trainer in a clean, dry location, away from moisture and dust.

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.

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.

HEART RATE TRAINING ZONES								
MIN ♥	125	120	115	110	105	95	90	Fat Burn
BPM	145	138	130	125	118	110	103	Max Burn
MAX ♥	165	155	145	140	130	125	115	Aerobic
AGE	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 smallest number is the recommended heart rate for fat burning; the middle number is the heart rate for maximum fat burning; the largest number is the heart rate for aerobic exercise.

Burning Fat

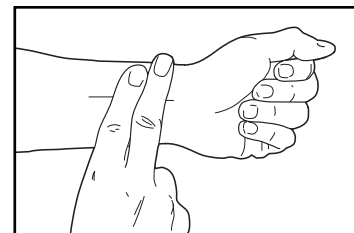
To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories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

Aerobic Exercise

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 largest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown.



Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise (see page 13). 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 plan 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

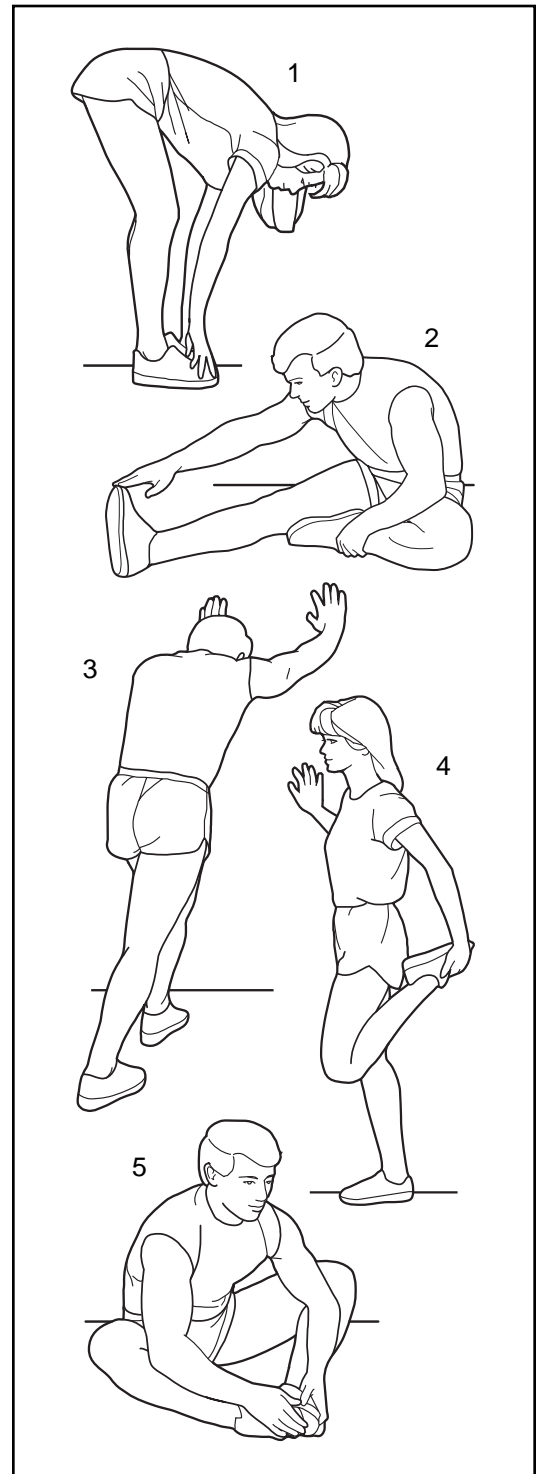
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

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. 831.285960

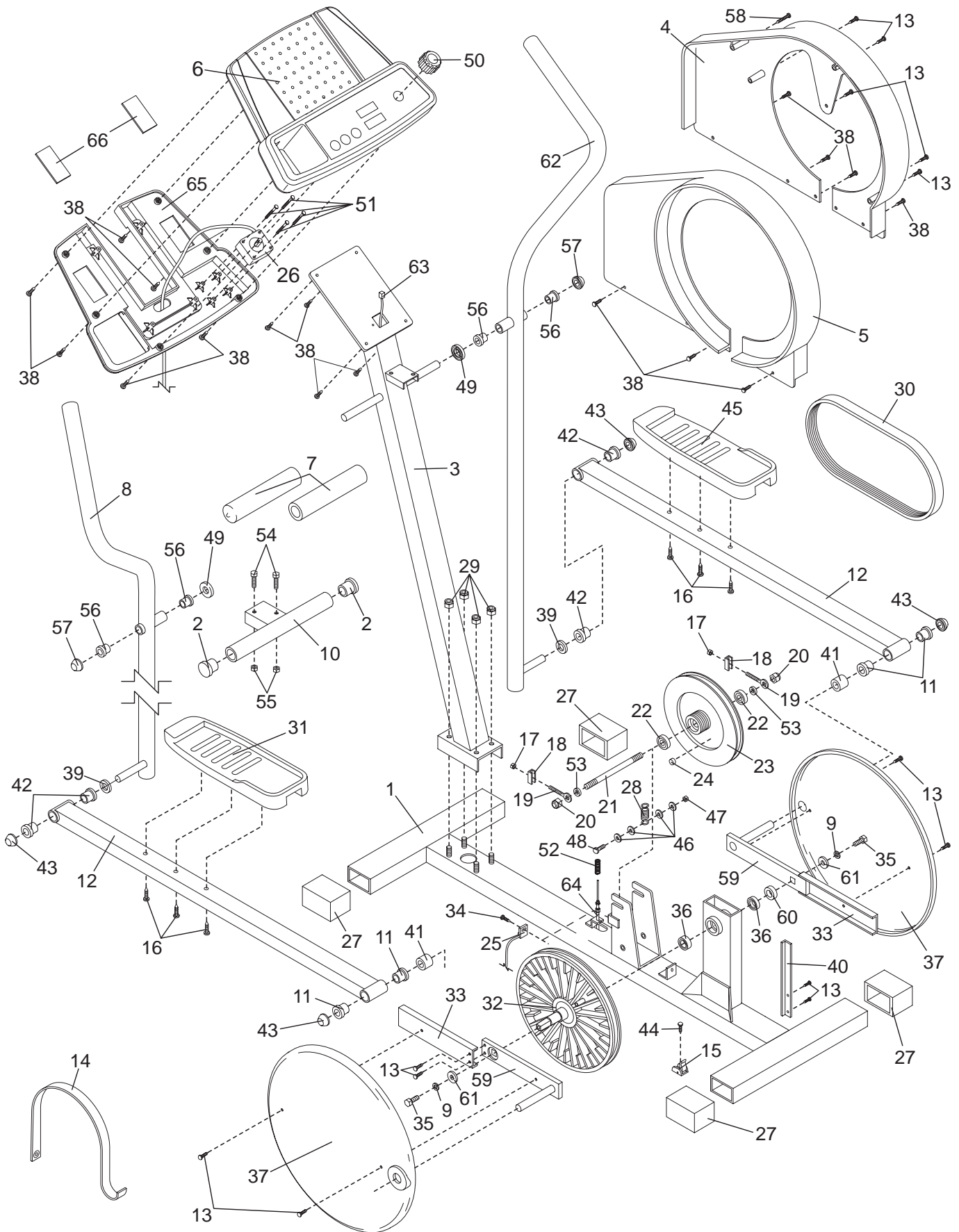
R0501A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	37	2	Pedal Disk
2	2	T-Handle Endcap	38	17	M4 x 16mm Round Head Screw
3	1	Upright	39	2	Handlebar Spacer
4	1	Right Side Shield	40	1	Side Shield Bracket
5	1	Left Side Shield	41	2*	Pedal Arm Spacer
6	1	Console	42	4	Pedal Arm Bushing
7	2	Foam Handlebar Grip	43	4*	3/4" Axle Cap
8	1	Left Handlebar	44	1	M4 x 16mm Flat Head Screw
9	2	M8 Lock Washer	45	1	Right Pedal
10	1	T-Handle	46	4	#8 Flat Washer
11	4	Rear Pedal Arm Bushing	47	1	Clamp Nut
12	2	Pedal Arm	48	1	Clamp Bolt
13	15	M5 x 16mm Screw	49	2	Weld Spacer
14	1	Resistance Strap	50	1	Resistance Knob
15	1	Strap Buckle	51	4	M4 x 25mm Screw
16	6	M4 x 19mm Round Head Screw	52	1	Return Spring
17	2	1/4" Nylon Locknut	53	2	M10 Washer
18	2	Adjustment Bracket	54	2	M6 x 16mm Screw
19	2	M6 Eyebolt	55	2	M6 Black Nylon Locknut
20	2	M10 Nylon Jam Nut	56	4*	Pivot Bushing
21	1	Flywheel Axle	57	2*	5/8" Axle Cap
22	2	Flywheel Bearing	58	1	M4 x 64mm Screw
23	1	Flywheel	59	2	Crank Arm
24	1	Magnet	60	1	3/4" Plastic Spacer
25	1	Sensor Wire/Reed Switch	61	2	5/16" Zinc Washer
26	1	Resistance Control/Cable	62	1	Right Handlebar
27	4	Stabilizer Endcap	63	1	Extension Wire
28	1	Tension Spring	64	1	Lower Cable
29	4	M10 Nylon Locknut	65	1	Console Back
30	1	Belt	66	2	Battery Cover
31	1	Left Pedal	#	1	User's Manual
32	1	Pulley w/Shaft	#	2	Side Shield Decal
33	2	Crank Arm Extension	#	1	Warning Decal
34	1	M4 x 16mm Screw	#	1	Hardware Kit
35	2	5/16" Zinc Bolt	#	1	Grease Packet
36	2	Pulley Bearing			

Note: “#” indicates a non-illustrated part. “*” indicates that an extra part may be included. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. 831.285960

R0501A





Model No. 831.285960

QUESTIONS?

If you find that:

- you need help assembling or operating the PROFORM® 545E
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART
(1-800-366-7278)**

The model number and serial number of your PROFORM® 545E are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (PROFORM® 545E)
- The MODEL NUMBER OF THE PRODUCT (831.285960)
- The KEY NUMBER OF THE PART (see page 14)
- The DESCRIPTION OF THE PART (see page 14).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS ELLIPTICAL EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the ELLIPTICAL EXERCISER, free of charge.

This warranty does not apply when the ELLIPTICAL EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

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