

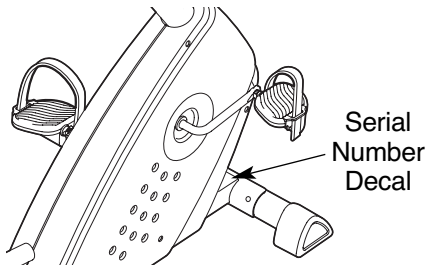
PRO-FORM[®]

N35

Model No. PFX1995.3

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

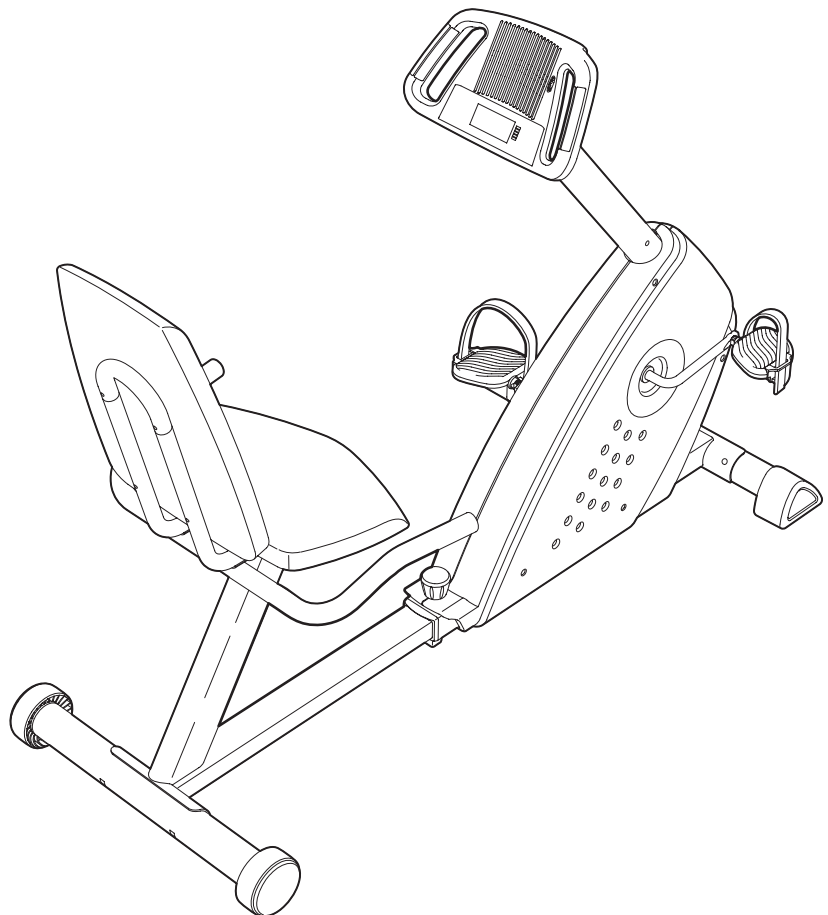
1-888-533-1333

Mon.–Fri., 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.proformservice.com



CAUTION

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



Visit our website at

www.proform.com

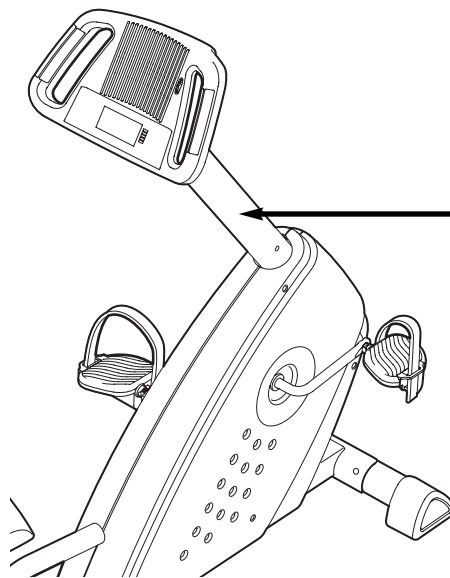
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise cycle before using your exercise cycle. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 250 lbs. (113 kg).
8. 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.
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
10. Keep your back straight while using your exercise cycle; do not arch your back.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use your exercise cycle only as described in this manual.

BEFORE YOU BEGIN

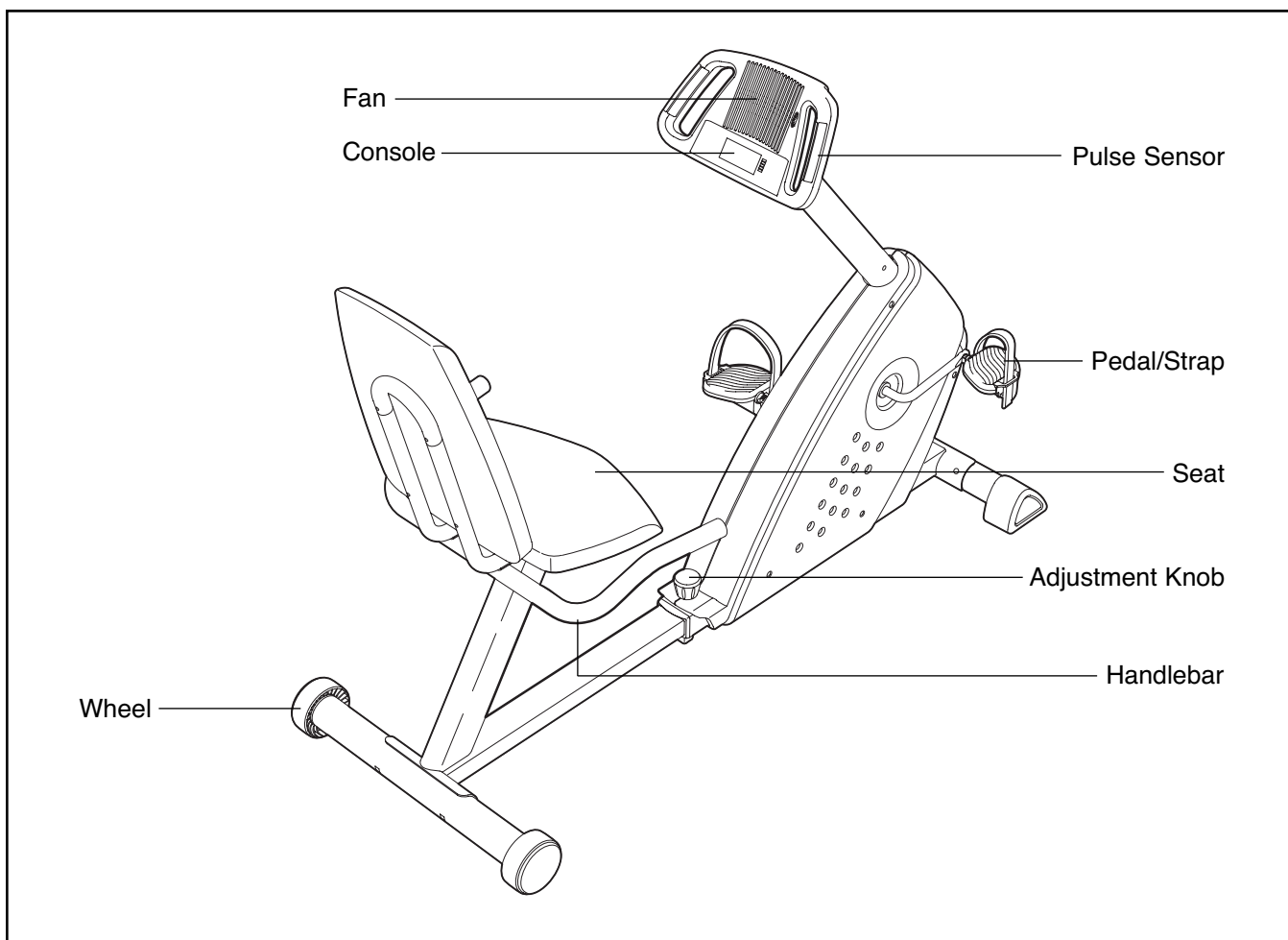
Thank you for selecting the new PROFORM® N35 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The N35 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

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

model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

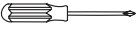

To avoid a registration fee for any service needed under warranty, you must register the exercise cycle at www.proformservice.com/registration.

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

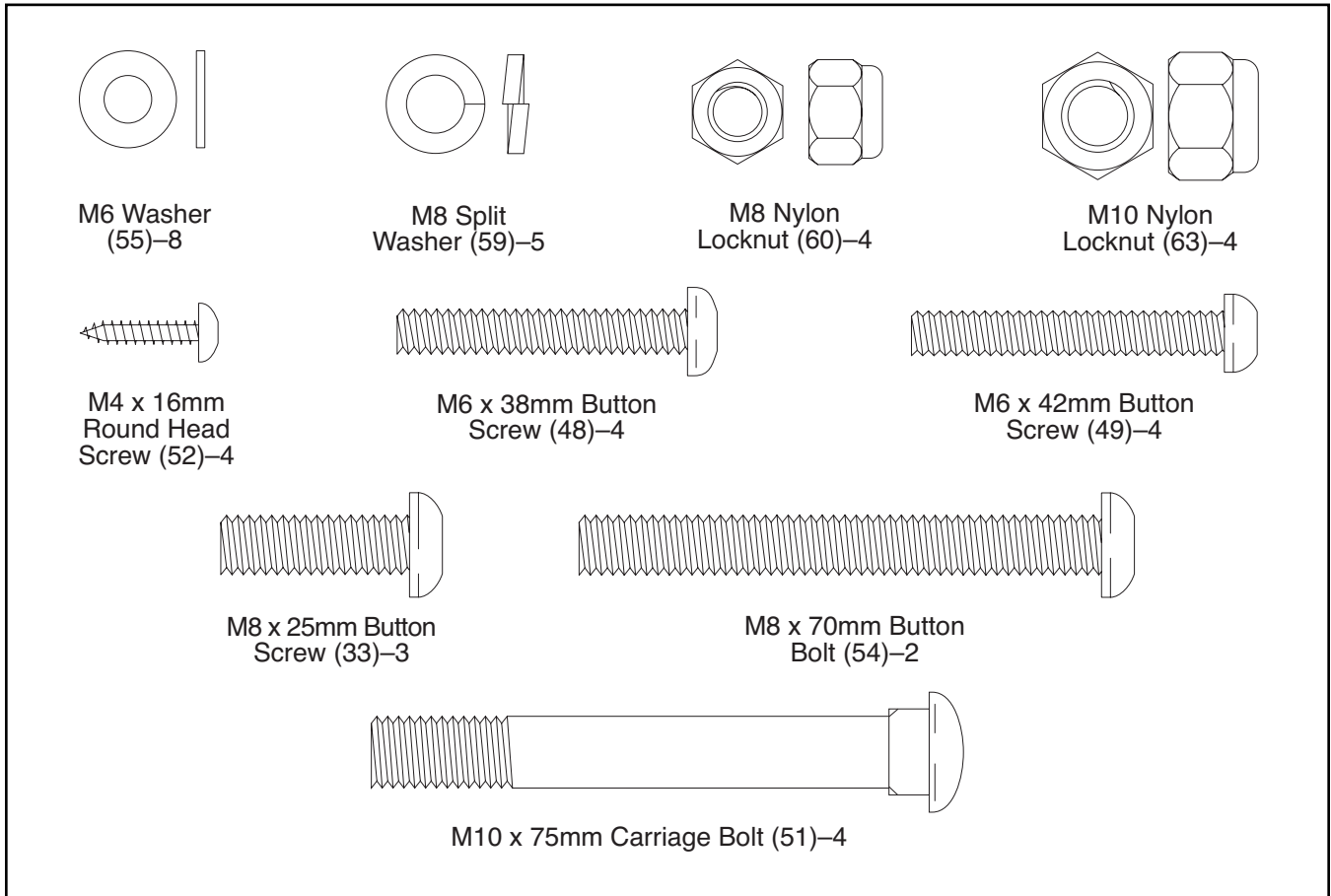


ASSEMBLY

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

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex keys, assembly requires a Phillips screwdriver  and an adjustable wrench .**

As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**

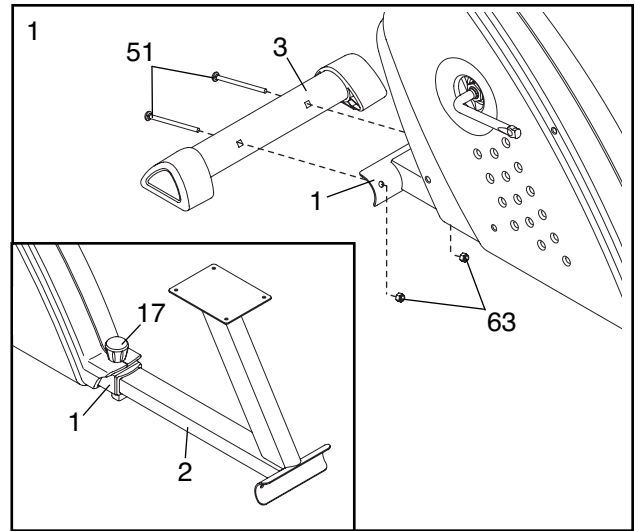


1.

To make assembly easier, read the information on page 5 before you begin assembling the exercise cycle.

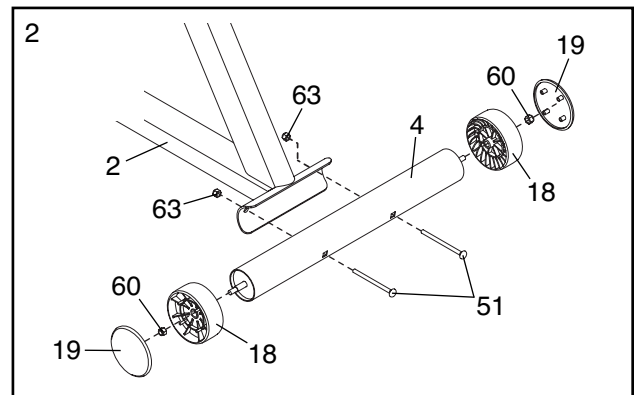
While another person lifts the front of the Frame (1), attach the Front Stabilizer (3) to the Frame with two M10 x 75mm Carriage Bolts (51) and two M10 Nylon Locknuts (63).

See the inset drawing. Loosen the Adjustment Knob (17), slide the Rear Frame (2) out of the Frame (1), and then retighten the Adjustment Knob.

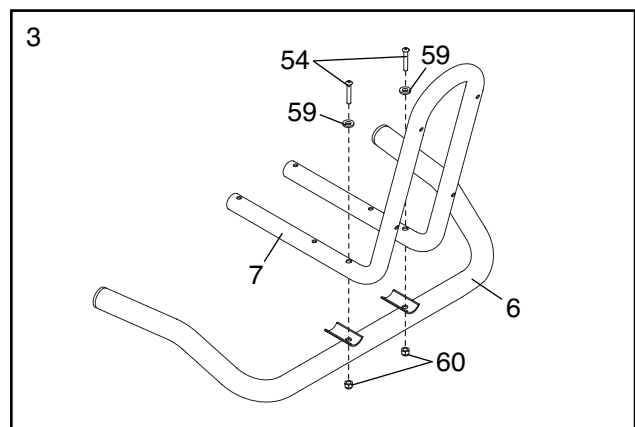


2. Attach the Wheels (18) to the Rear Stabilizer (4) with two M8 Nylon Locknuts (60). Press a Wheel Cap (19) onto each Wheel.

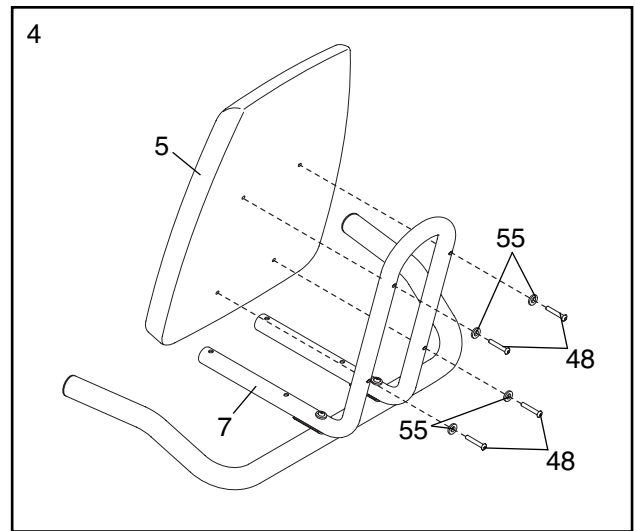
Attach the Rear Stabilizer (4) to the Rear Frame (2) with two M10 x 75mm Carriage Bolts (51) and two M10 Nylon Locknuts (63).



3. Attach the Seat Frame (7) to the Handlebar (6) with two M8 x 70mm Button Bolts (54), two M8 Split Washers (59), and two M8 Nylon Locknuts (60). **Do not tighten the Button Bolts yet.**



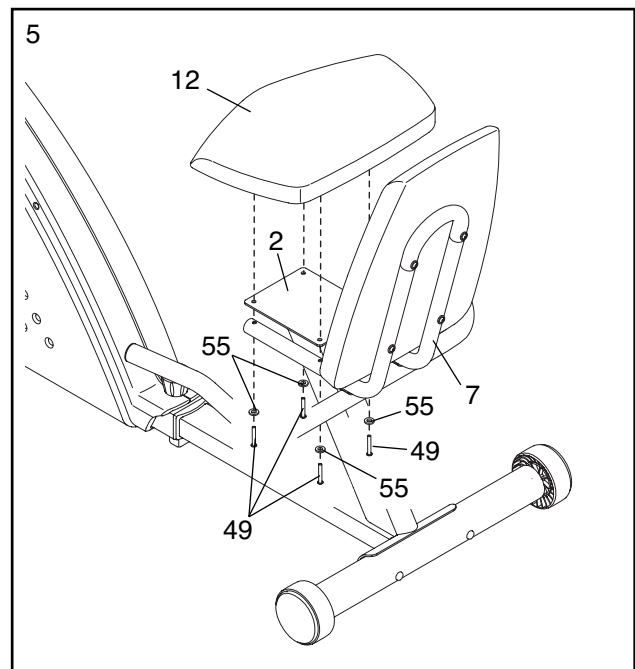
4. Attach the Backrest (5) to the Seat Frame (7) with four M6 x 38mm Button Screws (48) and four M6 Washers (55). **Do not tighten the Button Screws yet.**



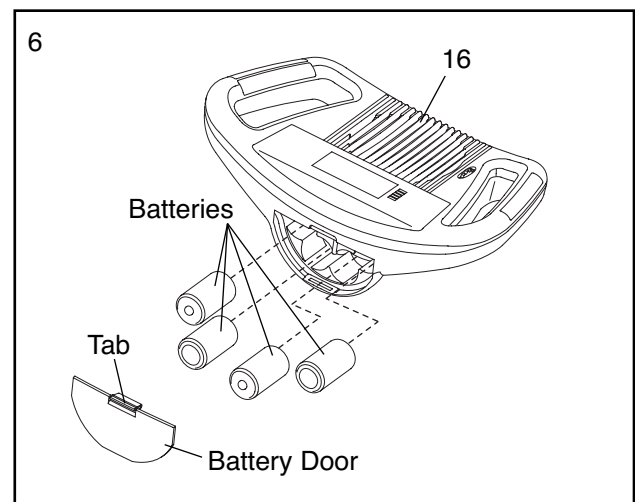
5. Have another person hold the Seat Frame (7) under the Rear Frame (2) as shown. Attach the Seat Frame and the Seat (12) to the Rear Frame with four M6 x 42mm Button Screws (49) and four M6 Washers (55).

See step 3. Tighten the two M8 x 70mm Button Bolts (54).

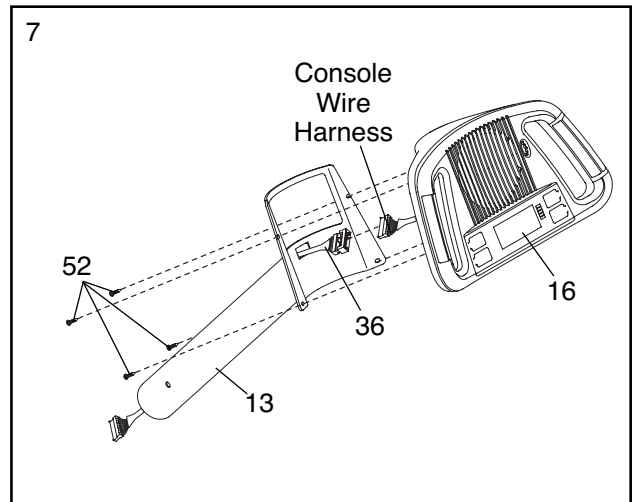
See step 4. Tighten the four M6 x 38mm Button Screws (48).



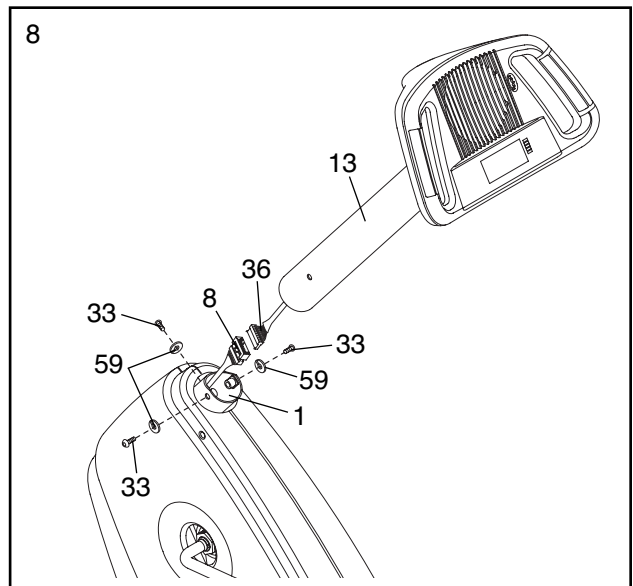
6. The Console (16) requires four “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the exercise cycle has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Press the tab on the battery door and remove it. Insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the diagram on the battery door.** Then, reattach the battery door.



7. Connect the console wire harness to the Upper Wire Harness (36). Insert the console wire harness into the Upright (13). Attach the Console (16) to the Upright with four M4 x 16mm Round Head Screws (52).

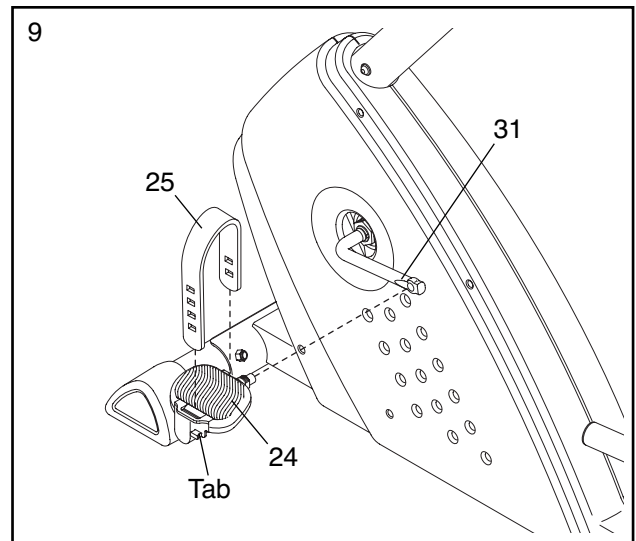


8. Connect the Upper Wire Harness (36) to the Lower Wire Harness (8). Attach the Upright (13) to the Frame (1) with three M8 x 25mm Button Screws (33) and three M8 Split Washers (59). **Be careful to avoid pinching the Wire Harnesses.**



9. Identify the Left Pedal (24), which is marked with a "Left" sticker. Firmly tighten the Left Pedal *counter-clockwise* into the left arm of the Crank (31). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **IMPORTANT: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

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



10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: Some hardware may be left over after assembly is completed. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT

After the exercise cycle is assembled, adjust the Seat (12) to the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest forward position. Loosen the Adjustment Knob (17), slide the Rear Frame (2) forward or backward in the Frame (1), and then tighten the Adjustment Knob.

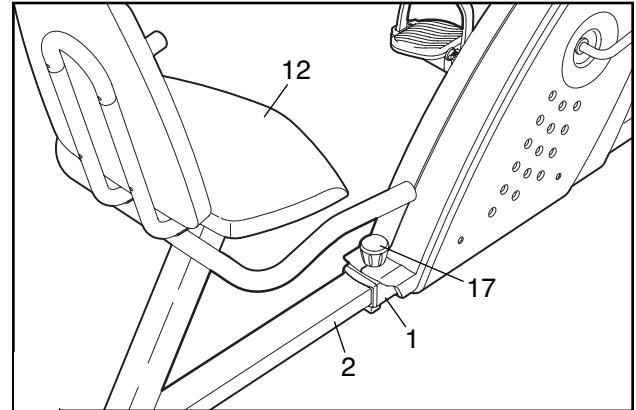
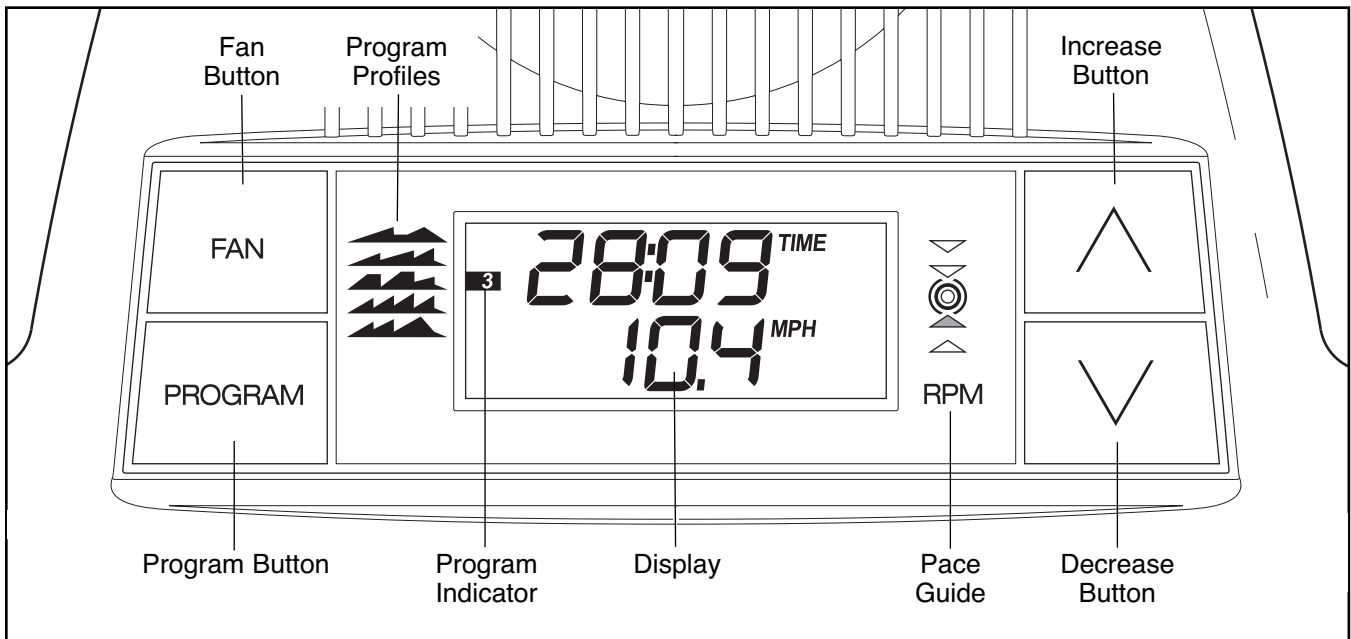


DIAGRAM OF THE CONSOLE



FEATURES OF THE CONSOLE

This advanced console offers a selection of features designed to make your workouts more effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also offers five preset programs that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

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

Before using the console, make sure that batteries are installed (see assembly step 6 on page 7). If there is a sheet of clear plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

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

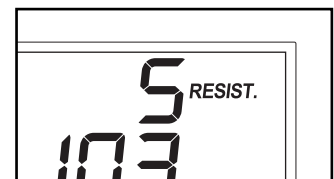
2. Select the manual mode.

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

3. Change the resistance of the pedals as desired.

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

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



4. Follow your progress with the display.

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

Note: When a preset program is selected, the display will show the time remaining in the program instead of the elapsed time.



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

The display will change modes every few seconds. The lower half of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5).



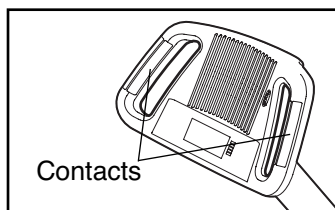
Note: The console can display speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in

the lower half of the display to indicate the selected unit of measurement. To change the unit of measurement, first hold down the Program button for several seconds. An E (for English) or an M (for metric) will appear in the display. Press the Increase button to change the unit of measurement. When the desired unit of measurement is selected, press the Program button again. Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.



5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. Next, hold the handgrip pulse sensor with your palms resting on the contacts. When your pulse is detected, the heart-



shaped indicator in the lower half of the display will flash each time your heart beats, and then your heart rate will appear in the display.

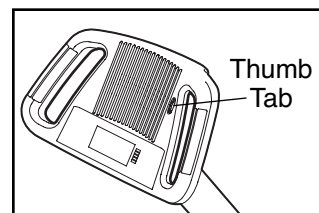
For the most accurate heart rate reading, continue to hold the handgrip pulse sensor for about 30 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for about 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate does not appear, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

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

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



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

If the pedals do not move for a few seconds, the time will begin to flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

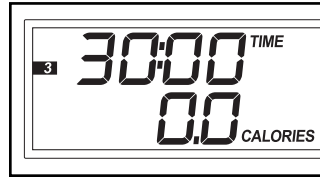
HOW TO USE A PRESET PROGRAM

1. Turn on the console.

See step 1 on page 11.

2. Select a preset program.

To select a preset program, press the Program button repeatedly until the number 1, 2, 3, 4, or 5 appears along the left side of the display. When you select a preset program, the display will show how long the program will last.



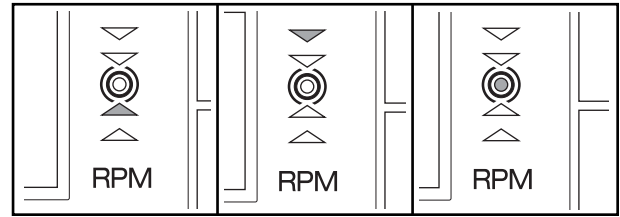
3. Begin pedaling to start the program.

Each preset program consists of 30 one-minute segments. One resistance level and one target pace are programmed for each segment.

At the end of each segment, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment. Note: If the resistance level is too low or too high, you can override it by pressing the Increase and Decrease buttons. However, when the current segment ends, the resistance will automatically change to the resistance level programmed for the next segment.

During the program, the pace guide will prompt you to keep your pedaling pace near the target pace programmed for the current segment. When one of the two lower indicators lights, increase

your pace; when one of the two upper indicators lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



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

4. Follow your progress with the display.

See step 4 on page 12.

5. Measure your heart rate if desired.

See step 5 on page 12.

6. Turn on the fan if desired.

See step 6 on page 12.

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

See step 7 on page 12.

MAINTENANCE AND TROUBLESHOOTING

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

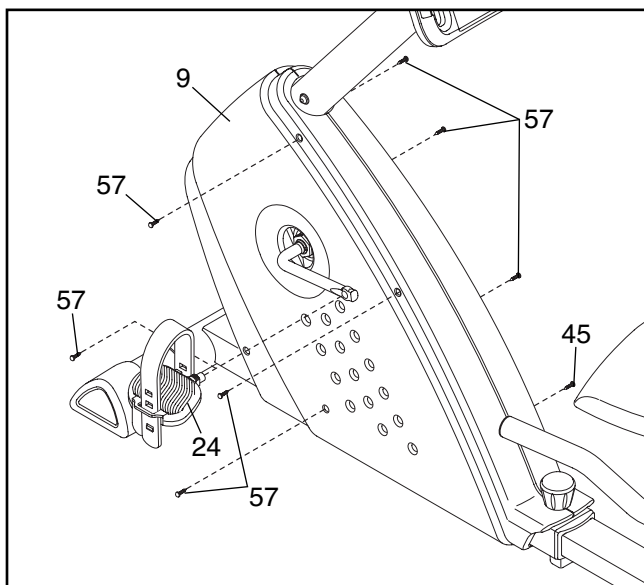
To clean the exercise cycle, use a damp cloth and a small amount of liquid dish soap. **IMPORTANT: To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

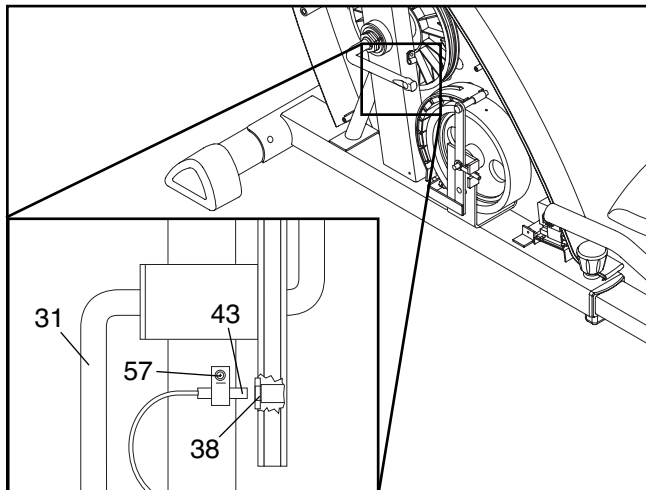
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 6 on page 7.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must first remove the Left Side Shield (9). Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the seven M4 x 16mm Screws (57) and the M4 x 25mm Screw (45). Then, carefully remove the Left Side Shield.



With the left side shield removed, locate the Reed Switch (43). Turn the Crank (31) until the Magnet (38) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 16mm Screw (57). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.



HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 12.

EXERCISE GUIDELINES

⚠ 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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

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

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest 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 *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. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes 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.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete 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 to 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, backs 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

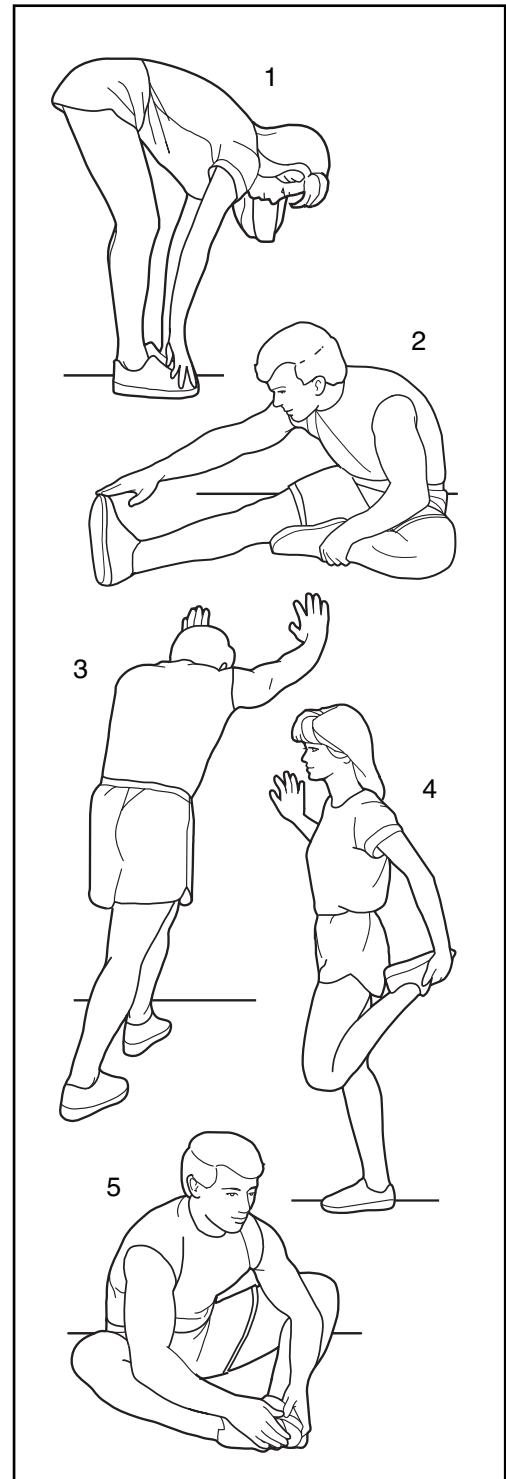
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST—Model No. PFEX1995.3

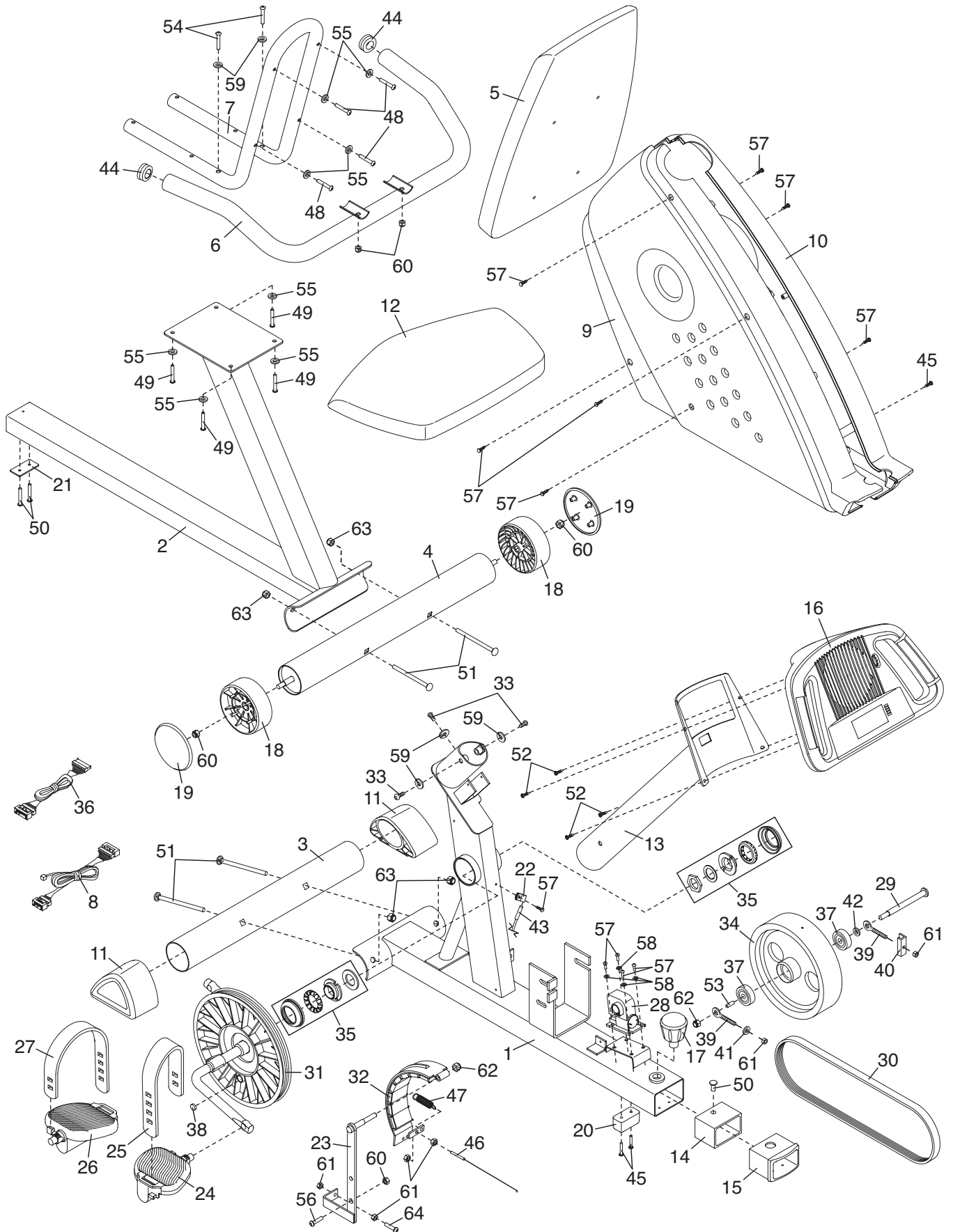
R1107A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	34	1	Flywheel
2	1	Rear Frame	35	1	Crank Bearing Assembly
3	1	Front Stabilizer	36	1	Upper Wire Harness
4	1	Rear Stabilizer	37	2	Bearing
5	1	Backrest	38	1	Magnet
6	1	Handlebar	39	2	Tension Bolt
7	1	Seat Frame	40	1	Tension Bracket
8	1	Lower Wire Harness	41	1	M8 Washer
9	1	Left Side Shield	42	1	Flywheel Washer
10	1	Right Side Shield	43	1	Reed Switch/Wire
11	2	Stabilizer Endcap	44	2	Handlebar Endcap
12	1	Seat	45	3	M4 x 25mm Screw
13	1	Upright	46	1	Resistance Cable
14	1	Front Bushing	47	1	Return Spring
15	1	Rear Bushing	48	4	M6 x 38mm Button Screw
16	1	Console	49	4	M6 x 42mm Button Screw
17	1	Adjustment Knob	50	3	M4 x 16mm Flat Head Screw
18	2	Wheel	51	4	M10 x 75mm Carriage Bolt
19	2	Wheel Cap	52	4	M4 x 16mm Round Head Screw
20	1	Frame Pad	53	1	5mm Spacer
21	1	Frame Stop	54	2	M8 x 70mm Button Bolt
22	1	Reed Switch Clamp	55	8	M6 Washer
23	1	C-magnet Bracket	56	1	M8 x 20mm Button Bolt
24	1	Left Pedal	57	12	M4 x 16mm Screw
25	1	Left Pedal Strap	58	4	M5 Washer
26	1	Right Pedal	59	5	M8 Split Washer
27	1	Right Pedal Strap	60	5	M8 Nylon Locknut
28	1	Resistance Motor	61	6	M6 Nut
29	1	Flywheel Axle	62	2	M8 Jamnut
30	1	Belt	63	4	M10 Nylon Locknut
31	1	Pulley/Crank	64	1	M6 x 38mm Bolt
32	1	C-magnet	*	—	User's Manual
33	3	M8 x 25mm Button Screw	*	—	Hex Key

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. PFEX1995.3

R1107A



ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

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