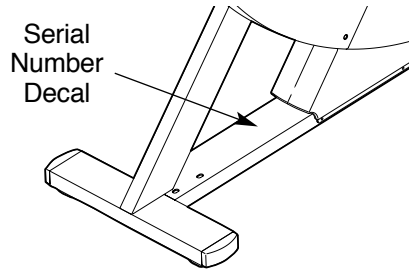


PRO-FORM

GL 50

Model No. PFEX31420

Serial No. _____



USER'S MANUAL

QUESTIONS?

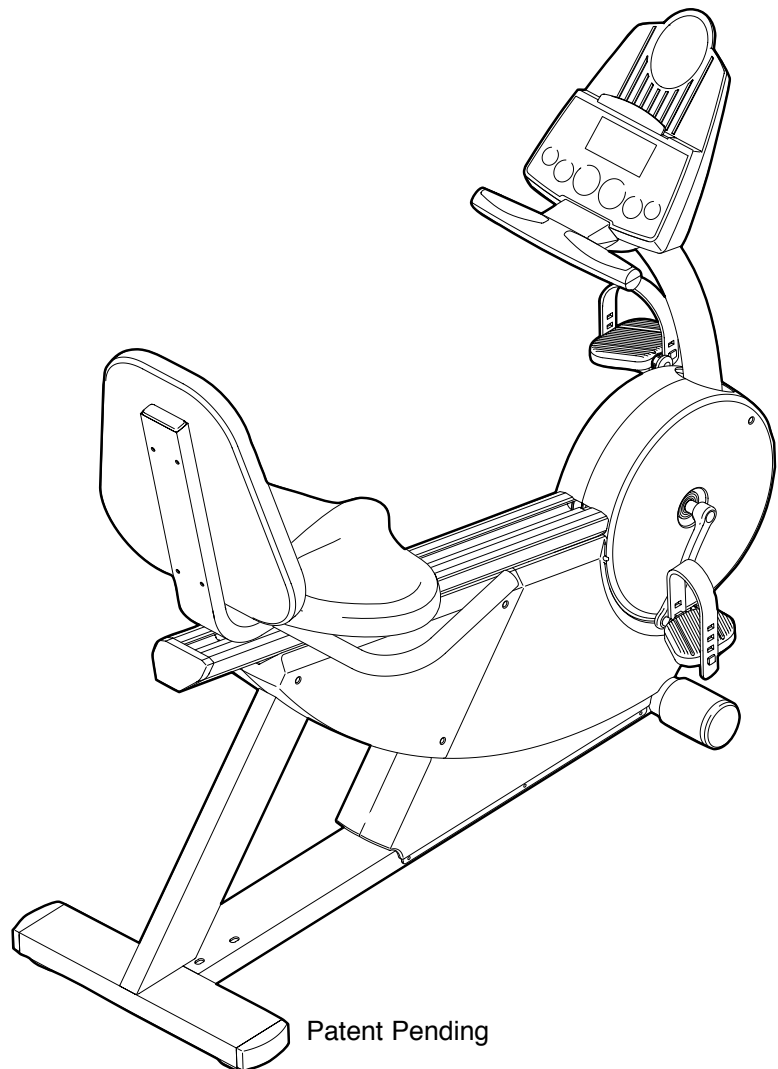
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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!

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the recumbent cycle.
2. It is the responsibility of the owner to ensure that all users of the recumbent cycle are adequately informed of all precautions. Use the recumbent cycle only as described in this manual.
3. Use the recumbent cycle indoors on a level surface. Keep the recumbent cycle away from moisture and dust. Place a mat under the recumbent cycle to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the recumbent cycle at all times.
6. The recumbent cycle should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the recumbent cycle. Always wear athletic shoes when using the recumbent cycle.
8. Always keep your back straight when using the recumbent cycle. Do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. The recumbent cycle is intended for in-home use only. Do not use the recumbent cycle in a commercial, rental, or institutional setting.

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

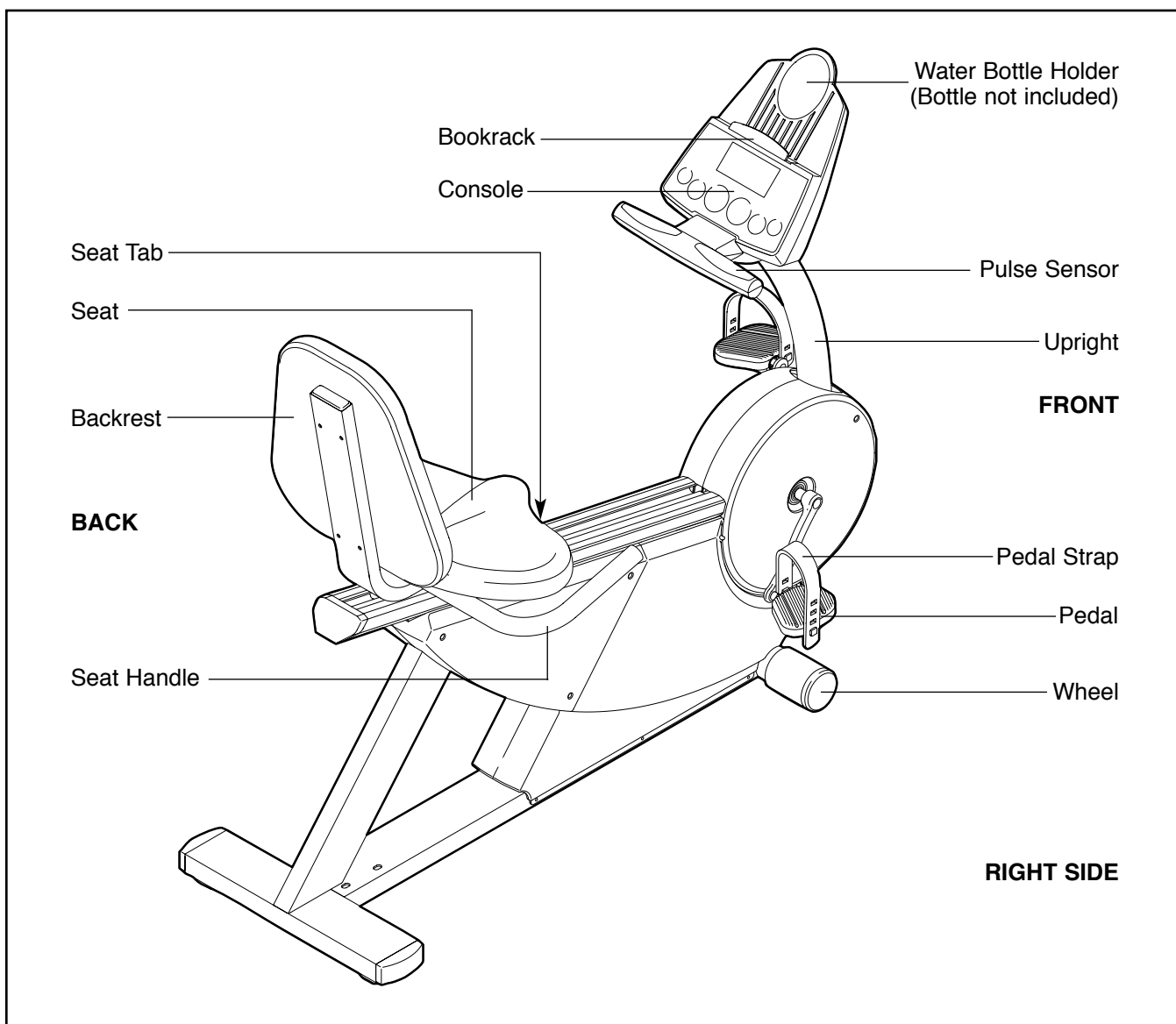
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® GL 50 recumbent cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The GL 50 recumbent cycle offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

For your benefit, read this manual carefully before you use the recumbent cycle. If you have questions after reading this manual, please call our Customer


Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is PFEX31420. The serial number can be found on a decal attached to the recumbent cycle (see the front cover of this manual for the location of the decal).

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

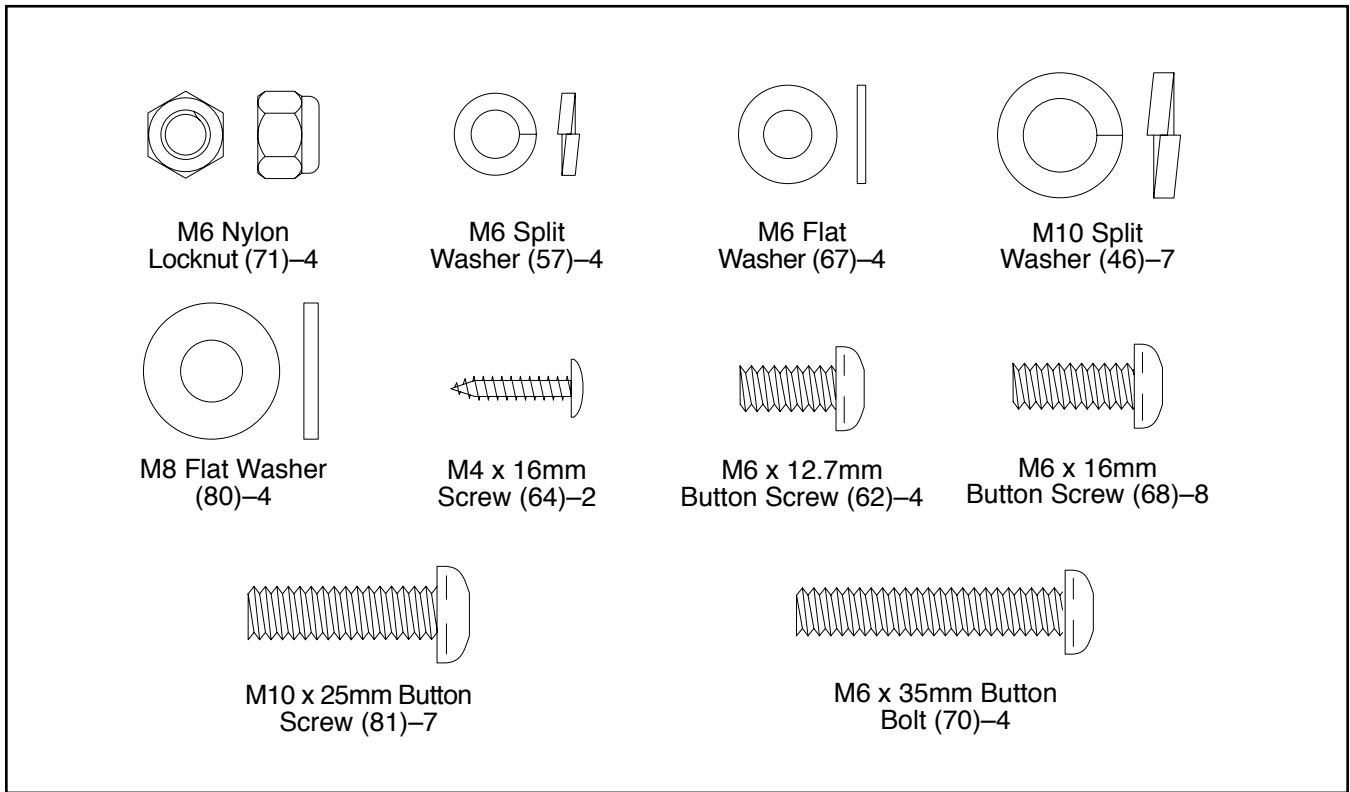


ASSEMBLY

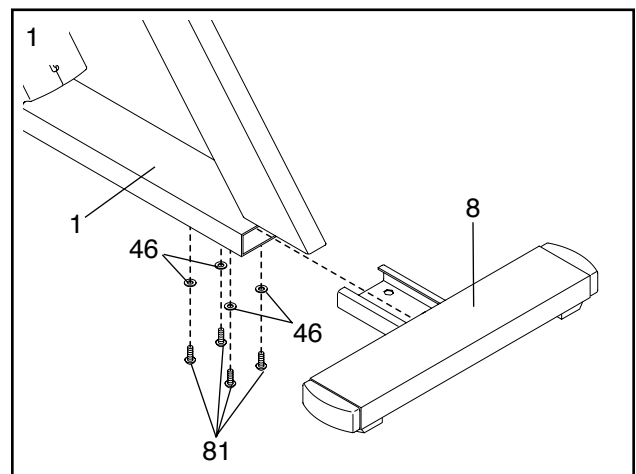
Assembly requires two persons. Place all parts of the recumbent cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable wrench .

Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 18. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Attach the Rear Stabilizer (8) to the Frame (1) with four M10 x 25mm Button Screws (81) and four M10 Split Washers (46).



- Hold the Upright (2) in the location shown. Connect the Extension Wire (66) to the Wire Harness (22). Attach the Upright to the Frame (1) with four M6 x 12.7mm Button Screws (62), four M6 Split Washers (57), and four M6 Flat Washers (67). **Make sure that the Extension Wire and the Wire Harness are not pinched.**

Slide the Collar (48) onto the Upright (2). Align the slit in the Collar with the seam between the Side Shields (4, 5). Snap the Collar into the Side Shields.

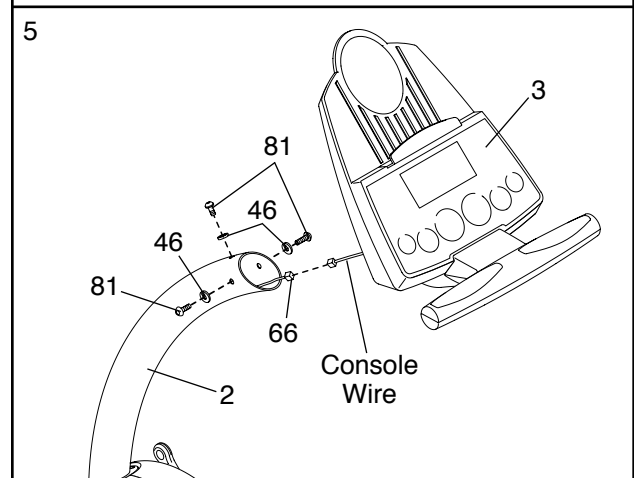
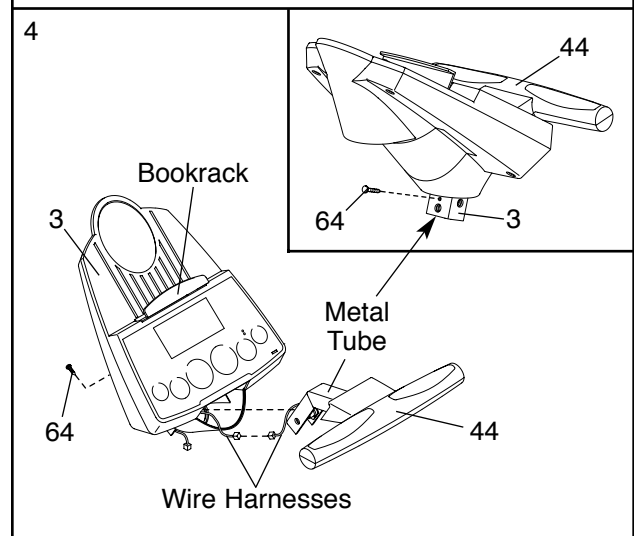
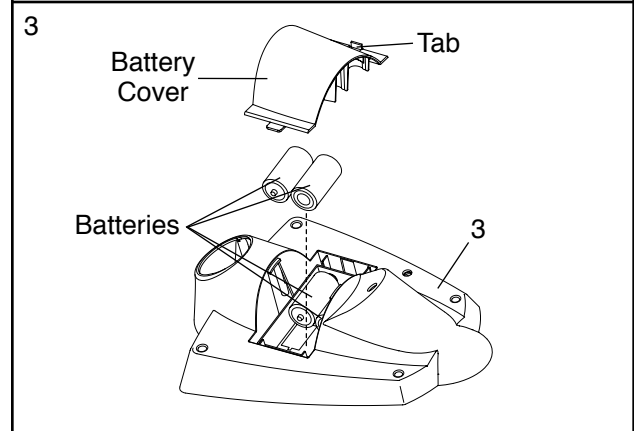
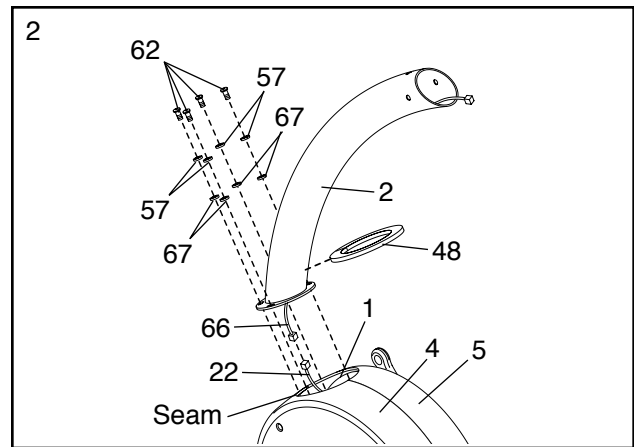
- The Console (3) requires four "D" batteries (not included); alkaline batteries are recommended. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Reattach the battery cover.

- Connect the wire harness on the Pulse Sensor (44) to the indicated wire harness on the Console (3). Insert both wire harnesses into the opening in the bottom of the Console. Then, insert the metal tube on the Pulse Sensor into the opening in the bottom of the Console. **Be careful not to pinch the wire harnesses.**

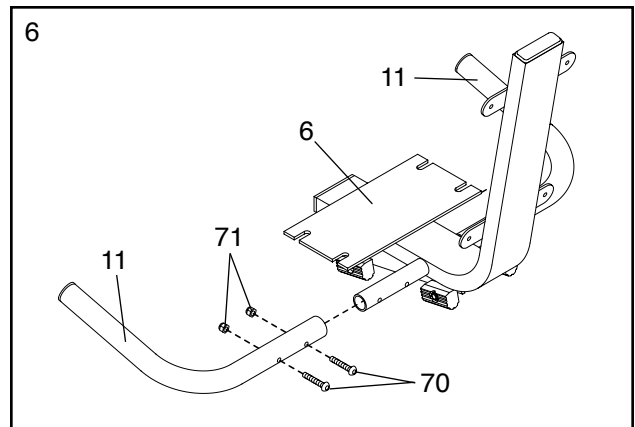
Refer to the inset drawing. Tighten an M4 x 16mm Screw (64) into the indicated bracket on the Console (3) and into the metal tube on the Pulse Sensor (44).

Snap the bookrack onto the Console (3) in the indicated location.

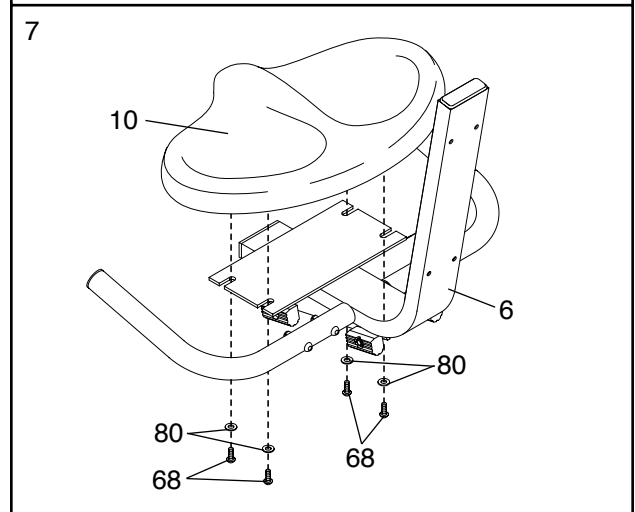
- Hold the Console (3) near the Upright (2). Connect the console wire to the Extension Wire (66). Attach the Console to the Upright with three M10 x 25mm Button Screws (81) and three M10 Split Washers (46). **Make sure that the console wire and the Extension Wire are not pinched.**



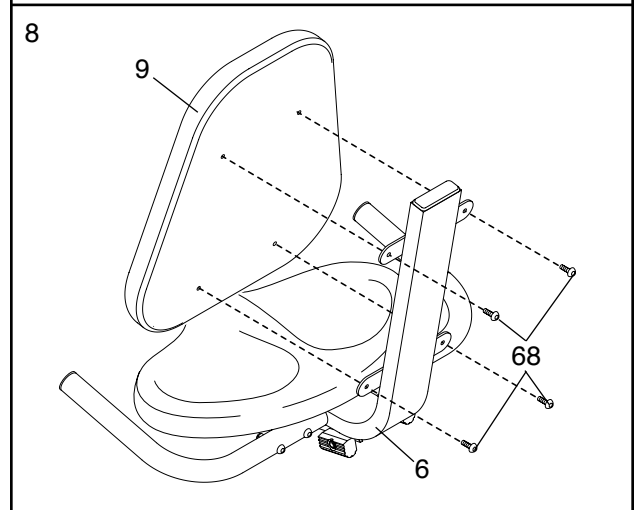
6. Attach a Handlebar (11) to one side of the Seat Carriage (6) with two M6 x 35mm Button Bolts (70) and two M6 Nylon Locknuts (71). Attach the other Handlebar in the same way.



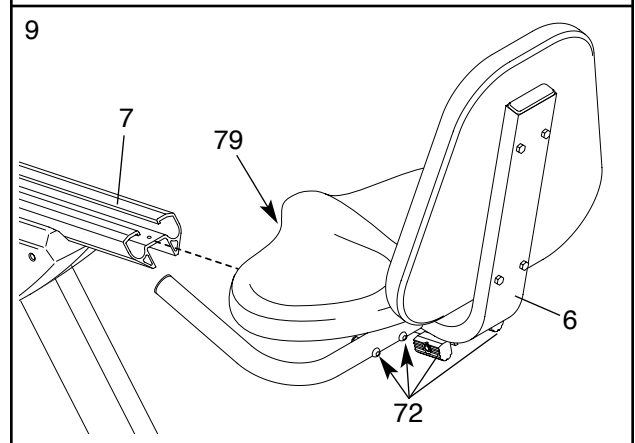
7. Attach the Seat (10) to the Seat Carriage (6) with four M6 x 16mm Button Screws (68) and four M8 Flat Washers (80).



8. Attach the Backrest (9) to the Seat Carriage (6) with four M6 x 16mm Button Screws (68).

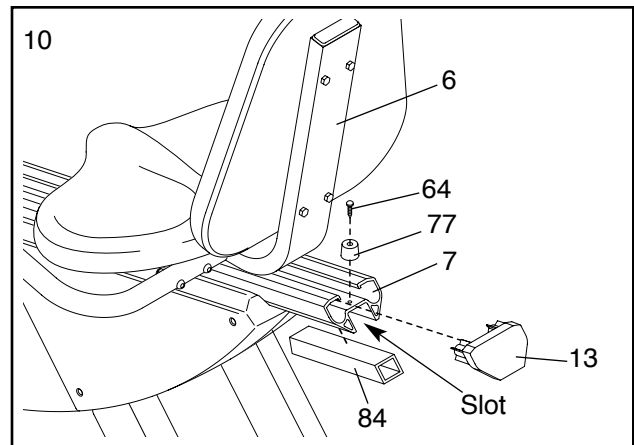


9. Hold the Seat Carriage (6) and lift the Seat Adjustment Tab (79). Slide the Seat Runners (72) into the Seat Rail (7).



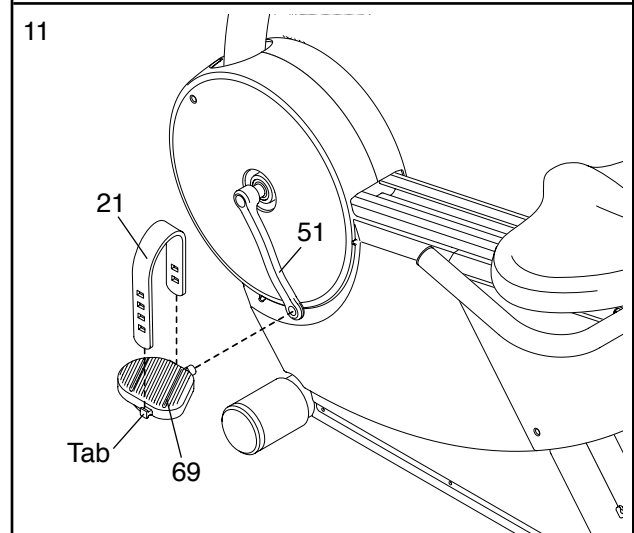
10. Slide the Seat Carriage (6) to the position shown. Slide the Seat Rail Cover (84) into the slot in the Seat Rail (7). The beveled end of the Seat Rail Cover should be flush with the end of the Seat Rail. Attach a Seat Stop (77) and the Seat Rail Cover to the Seat Rail with an M4 x 16mm Screw (64).

Press the Seat Rail Endcap (13) into the end of the Seat Rail (7).



11. Identify the Left Pedal (69) (there is an “L” on the Left Pedal for identification). Using an adjustable wrench, **firmly tighten** the Left Pedal counterclockwise into the Left Crank Arm (51). Tighten the Right Pedal (not shown) clockwise into the Right Crank Arm (not shown). **Tighten both Pedals as firmly as possible. Important: After using the recumbent cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept properly tightened.**

Adjust the Left Pedal Strap (21) to the desired position, and press the end of the Pedal Strap onto the tab on the side of the Left Pedal (69). Adjust the Right Pedal Strap (not shown) in the same way.

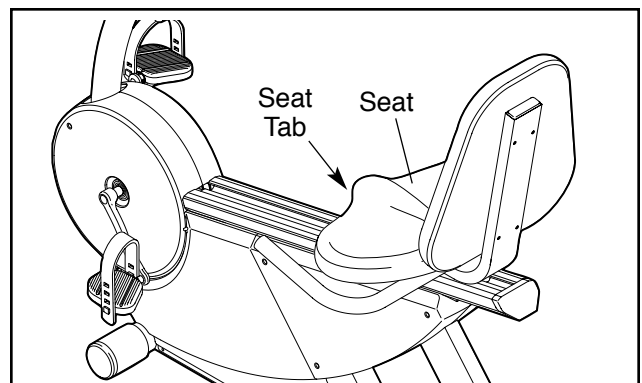


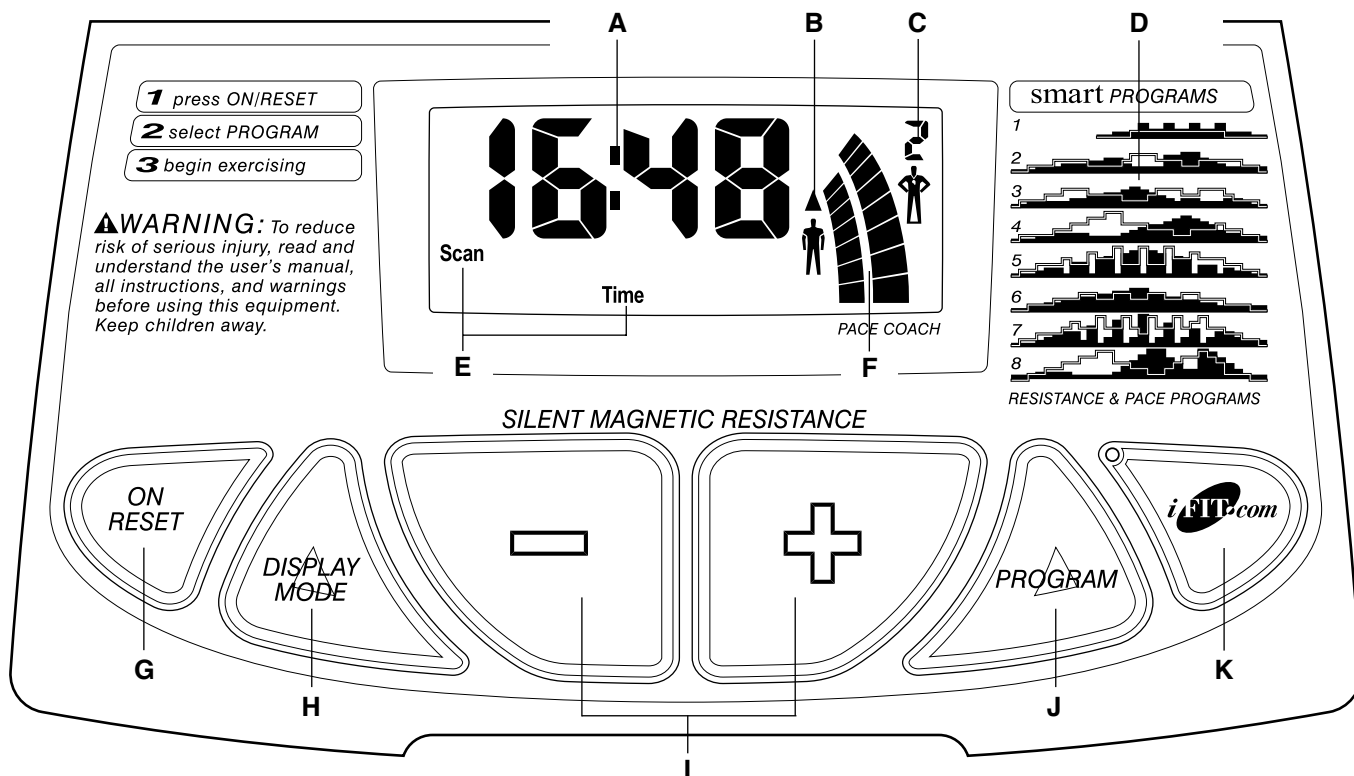
12. **Make sure that all parts are tightened before you use the recumbent cycle. Place a mat beneath the recumbent cycle to protect the floor.**

HOW TO OPERATE THE RECUMBENT CYCLE

HOW TO ADJUST THE POSITION OF THE SEAT

For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are at the point farthest from you. To adjust the seat, lift the seat tab in front of the seat, slide the seat to the desired position, and then release the seat tab. **Important: After you adjust the seat, make sure that your knees will not hit the handgrip pulse sensor when you pedal.**





FEATURES OF THE CONSOLE

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

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

The console also features new iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right in your home. Using a stereo audio cable (available at electronics stores), you can connect the console to your home stereo, portable stereo, or computer and play special iFIT.com CD programs

(CD's are available separately). iFIT.com CD programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the console to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor.

With the console connected to your computer, you can also go to our new Web site at www.iFIT.com and access programs directly from the internet. Go to www.iFIT.com for details.

To purchase iFIT.com CDs and videocassettes, call toll-free 1-800-735-0768.

CONSOLE DESCRIPTION

Refer to the drawing on page 8. Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a Smart program), the distance that you have pedaled, the resistance level, the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 17), and your heart rate (when you use the handgrip pulse sensor). If the scan mode is selected, the display will change from one mode to the next every six seconds. Or, you can select a single mode for continuous display.

Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for six seconds. The mode indicators (see E below) will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

B. Increase and decrease arrows—During Smart programs and iFIT.com programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

C. Manual mode/program indicators—When a Smart program is selected, the upper right corner of the display will show a 1, 2, 3, 4, 5, 6, 7, or 8, depending on which Smart program is selected. When the iFIT.com mode is selected, the upper right corner will show the letters IF. When the manual mode is selected, the upper right corner will be blank.

D. Program profiles—These profiles show how the resistance of the pedals and the target pace will change during Smart programs. For example, profile number 6 shows that during Smart program 6, the resistance will gradually increase during the first half of the program, and then gradually decrease during the last half; the target pace will alternately increase and decrease throughout the program.

E. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, distance,

resistance level, calories, fat calories, or heart rate) is currently shown. Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear.

F. Pace indicators—When the manual mode is selected, only the left pace indicator will appear. This indicator shows your exercise pace. As you increase or decrease your pace, the indicator will increase or decrease in height. When a Smart program or the iFIT.com mode is selected, both pace indicators will appear. The left indicator will show your actual exercise pace, and the right indicator will show the current target pace. During the program, the target pace will periodically change; as the right indicator changes in height, simply adjust your pace so that both indicators are 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. Make sure to exercise at a pace that is comfortable for you.**

G. On/Reset button—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance (see A at the left).

H. Display Mode button—This button is used to select the feedback modes. The modes will be selected in the following order: scan, speed, time, distance, resistance level, calories, fat calories, and heart rate (when the handgrip pulse sensor is used).

I. + and – buttons—These buttons control the resistance of the pedals. There are ten resistance levels; level 10 is the most challenging.

J. Program button—This button is used to select the manual mode and Smart programs.

K. iFIT.com button—This button is used to select the iFIT.com mode. The indicator on the button will light when the iFIT.com mode is selected.

To use the manual mode of the console, refer to page 10. To use a Smart program, refer to page 11. To use iFIT.com CDs or videos, refer to page 14. To use a program directly from our Web site, refer to page 15.

HOW TO USE THE MANUAL MODE

1 Turn on the console.

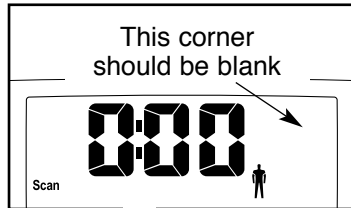
Note: The console requires four “D” batteries (not included). If you have not installed batteries, refer to step 3 on page 5 and install batteries.

To turn on the console, press the On/Reset button or begin pedaling.

2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a Smart program or the iFIT.com mode

has been selected, select the manual mode by pressing the Program button repeatedly until the upper right corner of the display is blank.



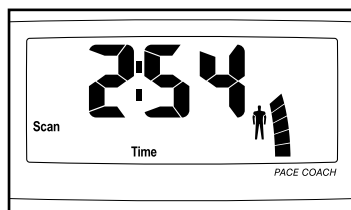
3 Begin pedaling and adjust the resistance of the pedals.

As you exercise, adjust the resistance of the pedals as desired by pressing the + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

4 Follow your progress with the feedback modes and the left bar graph.

When the console is turned on, the scan mode will be selected. As you exercise, the display will show your current speed, the elapsed time, the distance that

you have pedaled, the current resistance level, and the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 17). In addition, your heart rate will be shown when you use the handgrip pulse sensor (refer to step 5 at the right). Note: Each time the



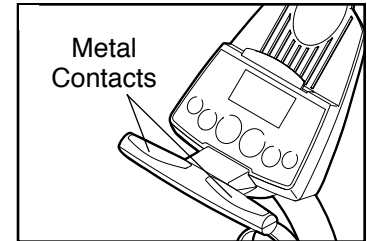
resistance level changes, the console will show the resistance level for six seconds. When a Smart program is selected, the display will show the time remaining in the program instead of the elapsed time.

If desired, you can select a single feedback mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Resist., Cals., or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.

In addition, the left pace indicator will appear in the display to show your exercise pace. As you increase or decrease your pace, the indicator will increase or decrease in height.

5 Measure your heart rate if desired.

Note: If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic.



To use the handgrip pulse sensor, place your hands on the metal contacts. Your palms must be on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

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

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

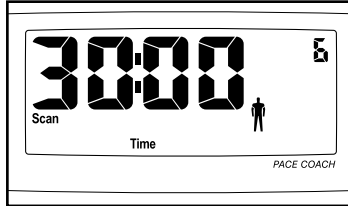
HOW TO USE A SMART PROGRAM

1 Turn on the console.

Refer to step 1 on page 10.

2 Select one of the eight Smart programs.

Each time the console is turned on, the manual mode will be selected. To select a Smart program, press the Program button repeatedly until the number 1, 2, 3, 4, 5, 6, 7, or 8 appears in the upper right corner of the display.



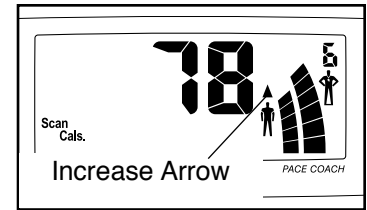
The profiles on the right side of the console show how the resistance of the pedals and the target pace will change during the Smart programs.

3 Start the program.

To start the program, simply begin pedaling. Each Smart program consists of either twenty or thirty, one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the pedals will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can change the resistance level by pressing the + and – buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

The target pace settings for the program will be shown by the right pace indicator in the display. (The left indicator will show your



actual exercise pace.) As the right indicator changes in height during the program, simply adjust your pace so that both indicators are at the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display to prompt you to increase your pace; if your pace is faster than the target pace, the decrease arrow will appear. **Important: The target pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the target pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the feedback modes.

Refer to step 4 on page 10.

5 Measure your heart rate if desired.

See step 5 on page 10.

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

Refer to step 6 on page 10.

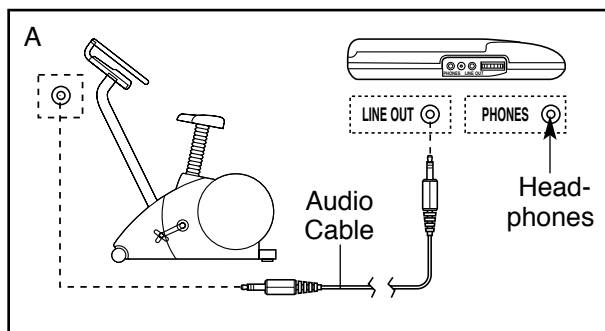
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CD's**, the console must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 12 to 14 for connecting instructions. To use **iFIT.com video-cassettes**, the console must be connected to your VCR. See page 14 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the console must be connected to your home computer. See page 13 for connecting instructions.

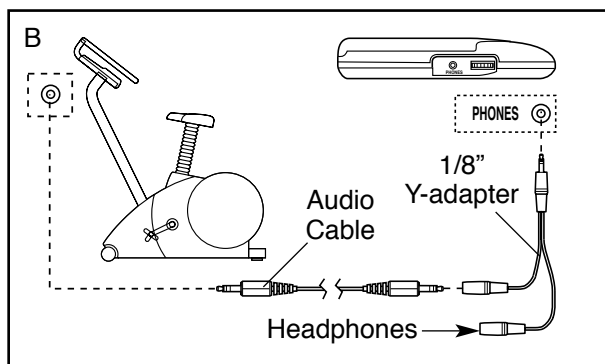
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



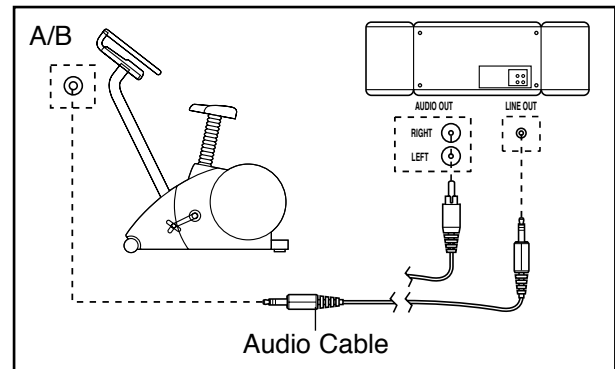
- B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adapter.



HOW TO CONNECT YOUR PORTABLE STEREO

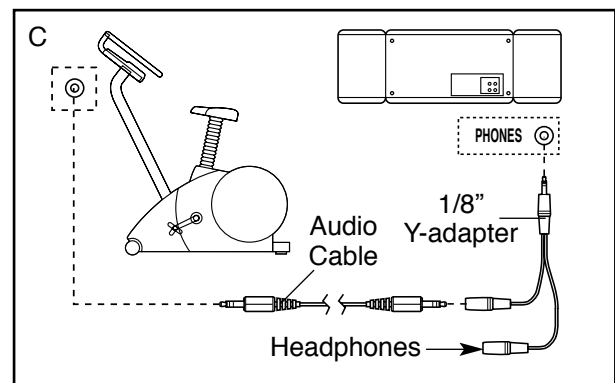
Note: If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **1/8" LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

- A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the **AUDIO OUT** jack on your stereo.



- B. Refer to the drawing above. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your stereo.

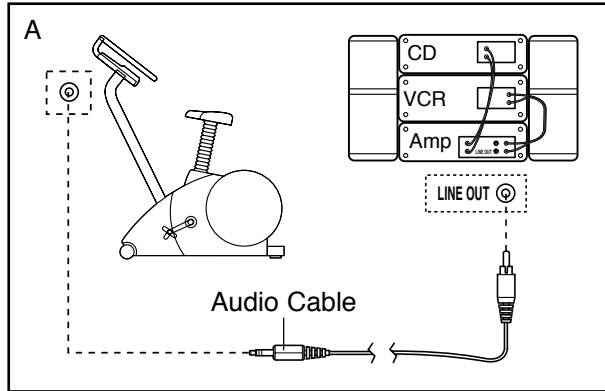
- C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



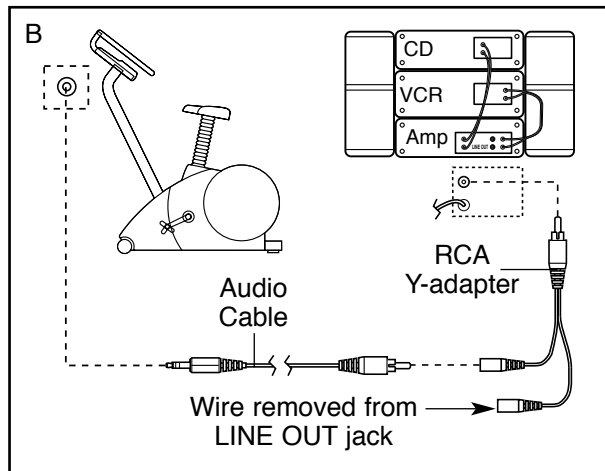
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

- A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



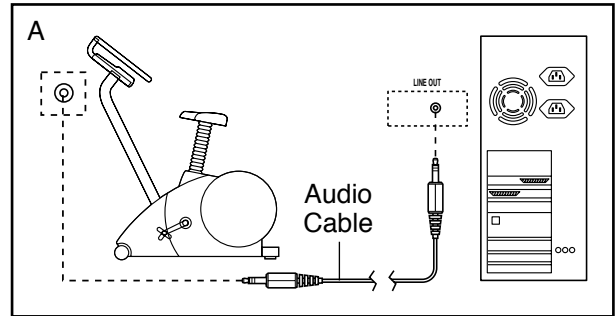
- B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the **Y-adapter**. Plug the **Y-adapter** into the **LINE OUT** jack on your stereo.



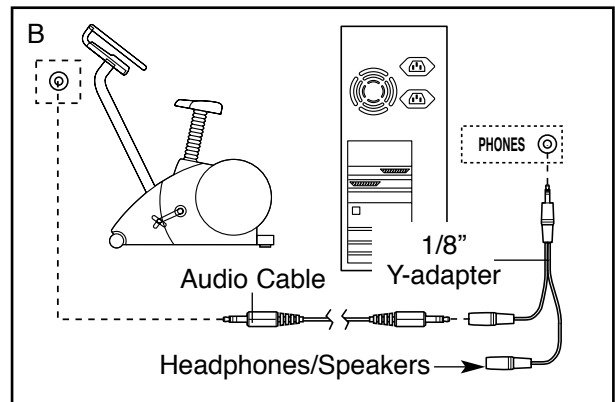
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" **LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your computer.



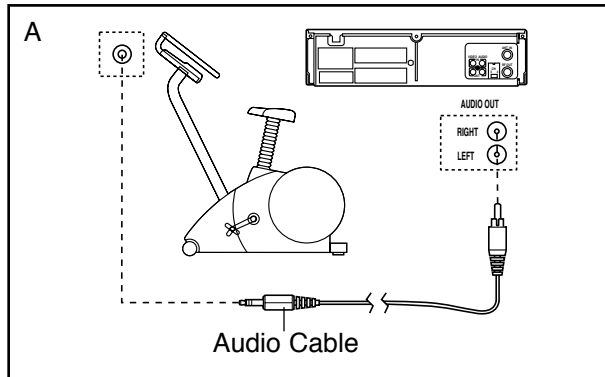
- B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" **Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the **Y-adapter**.



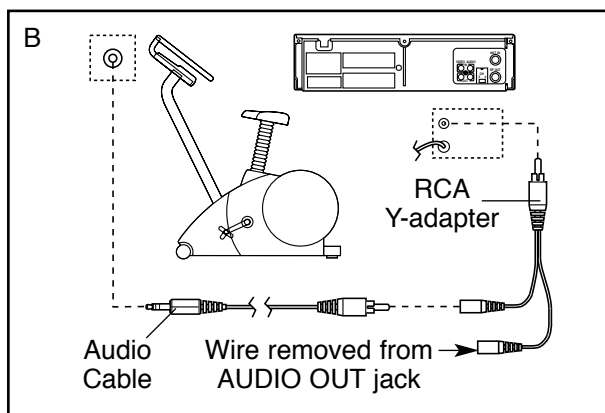
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 13.

- A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



- B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

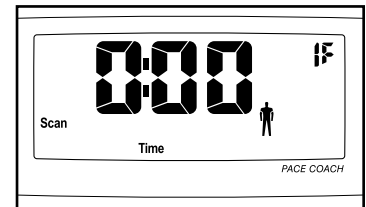
To use iFIT.com CDs or videocassettes, the console must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See **HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER** on page 12. **Note:** To purchase iFIT.com CDs and videocassettes, call toll-free 1-800-735-0768.

Follow the steps below to use an iFIT.com CD or video program.

- 1 Turn on the console.**
Refer to step 1 on page 10.

- 2 Select the iFIT.com mode.**

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator on the button will light and the letters IF will appear in the upper right corner of the display.



- 3 Insert the iFIT.com CD or videocassette.**

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

- 4 Press the play button on your CD player or VCR.**

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a Smart program (refer to step 3 on page 11). However, an electronic "chirping" sound will alert you when the resistance and/or the target pace is about to change.

Note: If the resistance and/or the target pace does not change when a “chirp” is heard:

- Make sure that the indicator on the iFIT.com button is lit.
- Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.
- Make sure that the audio cable is properly connected and that it is fully plugged in.

5 Follow your progress with the feedback modes.

Refer to step 4 on page 10.

6 Measure your heart rate if desired.

Refer to step 5 on page 10.

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

Refer to step 6 on page 10.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the console must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 13. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

Follow the steps below to use a program from our Web site.

1 Turn on the console.

Refer to step 1 on page 10.

2 Select the iFIT.com mode.

See step 2 on page 14.

3 Go to your computer and start an internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the recumbent cycle and begin pedaling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a Smart program (refer to step 3 on page 11). However, an electronic “chirping” sound will alert you when the resistance and/or the target pace is about to change.

8 Follow your progress with the feedback modes.

Refer to step 4 on page 10.

9 Measure your heart rate if desired.

Refer to step 5 on page 10.

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

Refer to step 6 on page 10.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the recumbent cycle regularly. To clean the recumbent cycle, use a soft, damp cloth.

To prevent damage to the console, keep liquids away from the console, keep the console out of direct sunlight, and remove the batteries when storing the recumbent cycle.

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced. Refer to assembly step 3 on page 5 for replacement instructions.

PULSE SENSOR TROUBLESHOOTING

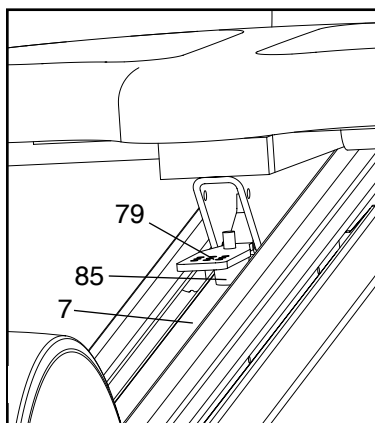
Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.

For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.

For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

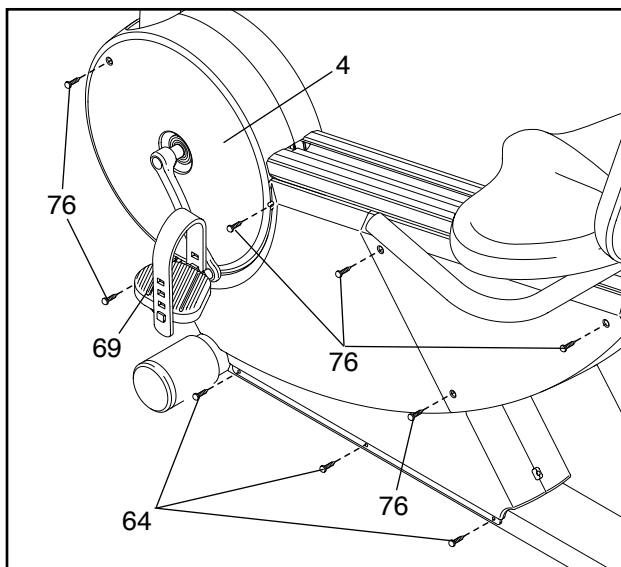
SEAT ADJUSTMENT TROUBLESHOOTING

If the seat does not stay in place while you are pedaling, screw the Brake Pad (85) farther out of the Seat Adjustment Tab (79), down toward the Seat Rail (7).

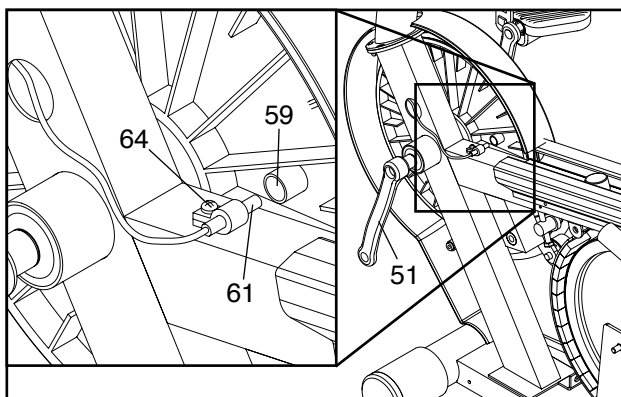


HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the Left Side Shield (4) must be removed. Using an adjustable wrench, turn the Left Pedal (69) clockwise and remove it. Next, remove the indicated Screws (64, 76). Turn the Left Crank Arm (51) so that it is pointing toward the front of the recumbent cycle and then slide off the Left Side Shield.



Next, locate the Reed Switch (61). Turn the Left Crank Arm (51) until the Magnet (59) is aligned with the Reed Switch. Loosen, but do not remove, the indicated Screw (64). Slide the Reed Switch slightly closer to or away from the Magnet. 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.



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.
- 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.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

Fat Burning

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

EXPLODED DRAWING – Model No. PFEX31420

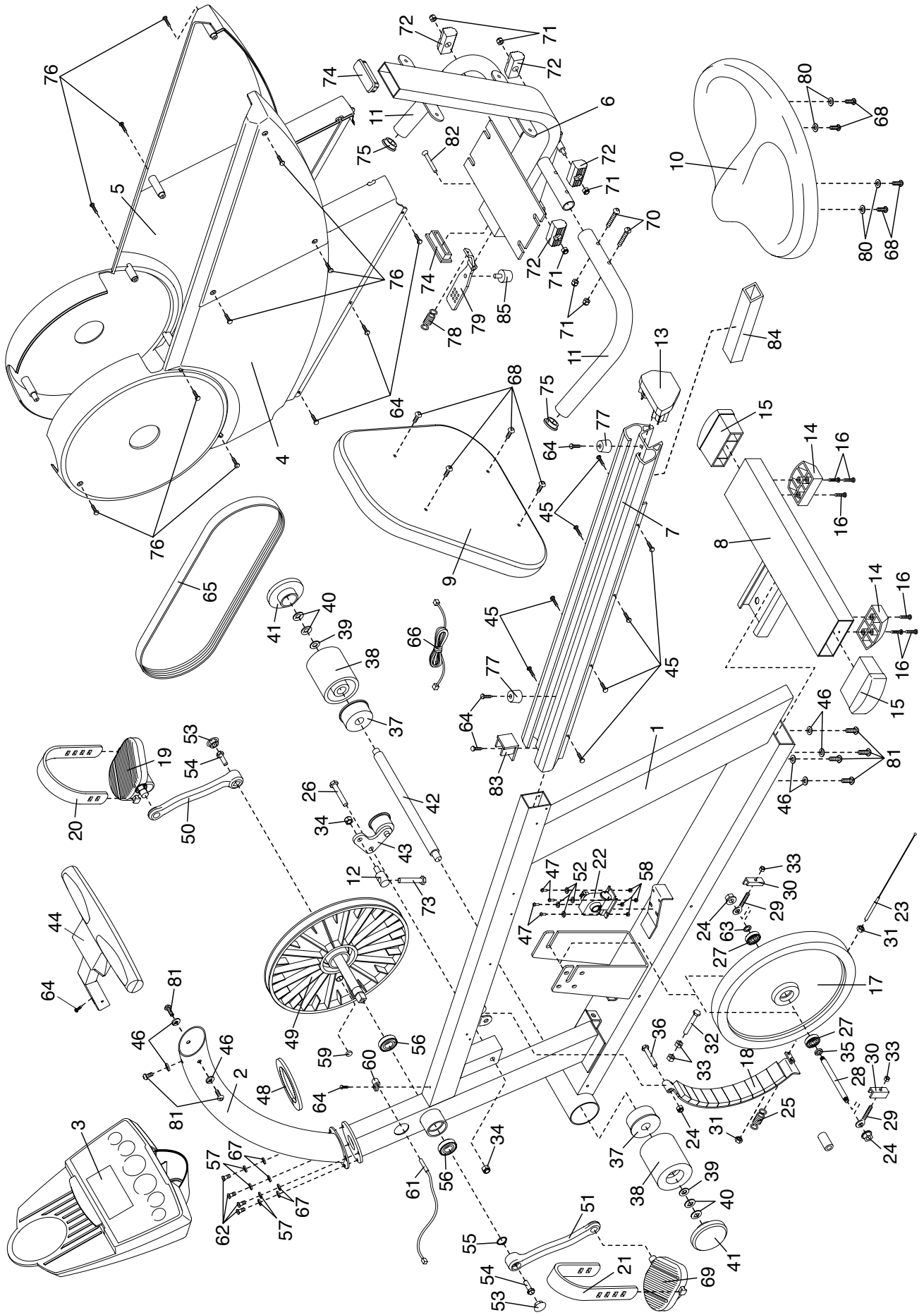
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Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	31	2	M5 Nut	61	1	Reed Switch
2	1	Upright	32	1	M6 x 38mm Bolt	62	4	M6 x 12.7mm Button Screw
3	1	Console	33	4	M6 Nut	63	1	Flywheel Washer
4	1	Left Side Shield	34	2	M10 Locknut	64	11	M4 x 16mm Screw
5	1	Right Side Shield	35	1	Flywheel Spacer	65	1	Belt
6	1	Seat Carriage	36	1	M8 x 41mm Bolt	66	1	Extension Wire
7	1	Seat Rail	37	2	Wheel Bushing	67	4	M6 Flat Washer
8	1	Rear Stabilizer	38	2	Wheel	68	8	M6 x 16mm Button Screw
9	1	Backrest	39	2	Wheel Washer	69	1	Left Pedal
10	1	Seat	40	4	Push Nut	70	4	M6 x 35mm Button Bolt
11	2	Handlebar	41	2	Wheel Cover	71	8	M6 Nylon Locknut
12	1	Adjustment Bracket	42	1	Wheel Axle	72	4	Seat Runner
13	1	Seat Rail Endcap	43	1	Idler Assembly	73	1	M8 x 70mm Bolt
14	2	Foot	44	1	Pulse Sensor	74	2	Seat Carriage Endcap
15	2	Stabilizer Endcap	45	8	M5 x 16mm Screw	75	2	Handlebar Endcap
16	6	M4 x 16mm Flat Screw	46	7	M10 Split Washer	76	9	M4 x 25mm Screw
17	1	Flywheel	47	4	M5 x 12mm Bolt	77	2	Seat Stop
18	1	"C" Magnet	48	1	Collar	78	1	Seat Spring
19	1	Right Pedal	49	1	Pulley/Crank	79	1	Seat Adjustment Tab
20	1	Right Pedal Strap	50	1	Right Crank Arm	80	4	M8 Flat Washer
21	1	Left Pedal Strap	51	1	Left Crank Arm	81	7	M10 x 25mm Button Screw
22	1	Motor/Wire Harness	52	4	M5 Washer	82	1	M6 x 35mm Screw
23	1	Resistance Cable	53	2	Crank Cap	83	1	Seat Rail Shield
24	3	M8 Nylon Locknut	54	2	M8 x 20mm Flange Screw	84	1	Seat Rail Cover
25	1	Resistance Spring	55	1	Snap Ring	85	1	Brake Pad
26	1	M10 x 45mm Bolt	56	2	Crank Bearing	#	1	User's Manual
27	2	Flywheel Bearing	57	4	M6 Split Washer	#	1	Allen Wrench
28	1	Flywheel Axle	58	4	M5 Nylon Locknut			
29	2	Eye Bolt	59	1	Magnet			
30	2	Tension Bracket	60	1	Reed Switch 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. PFEX31420

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HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- the MODEL NUMBER of the product (PFEX31420)
- the NAME of the product (PROFORM® GL 50 recumbent cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) from page 18 of this manual

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

LIMITED WARRANTY

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

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