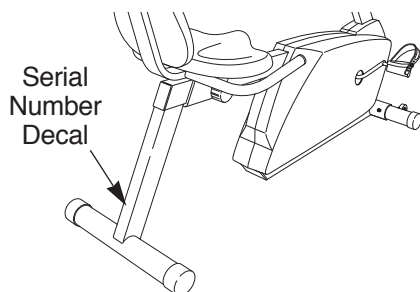


PRO·FORM® 970R

E K G G R I P P U L S E

Model No. PFEX38491

Serial No. _____



USER'S MANUAL

QUESTIONS?

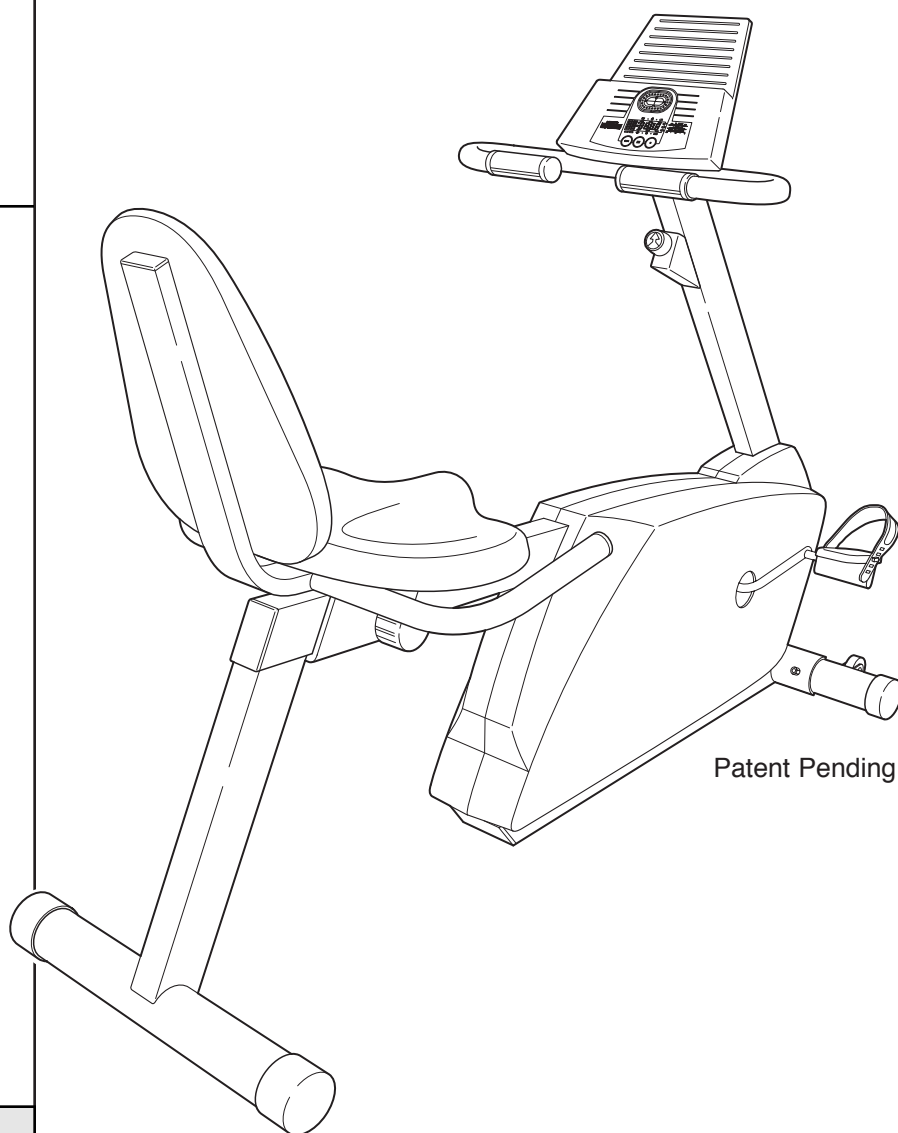
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

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



CAUTION

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



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IMPORTANT PRECAUTIONS

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

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

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

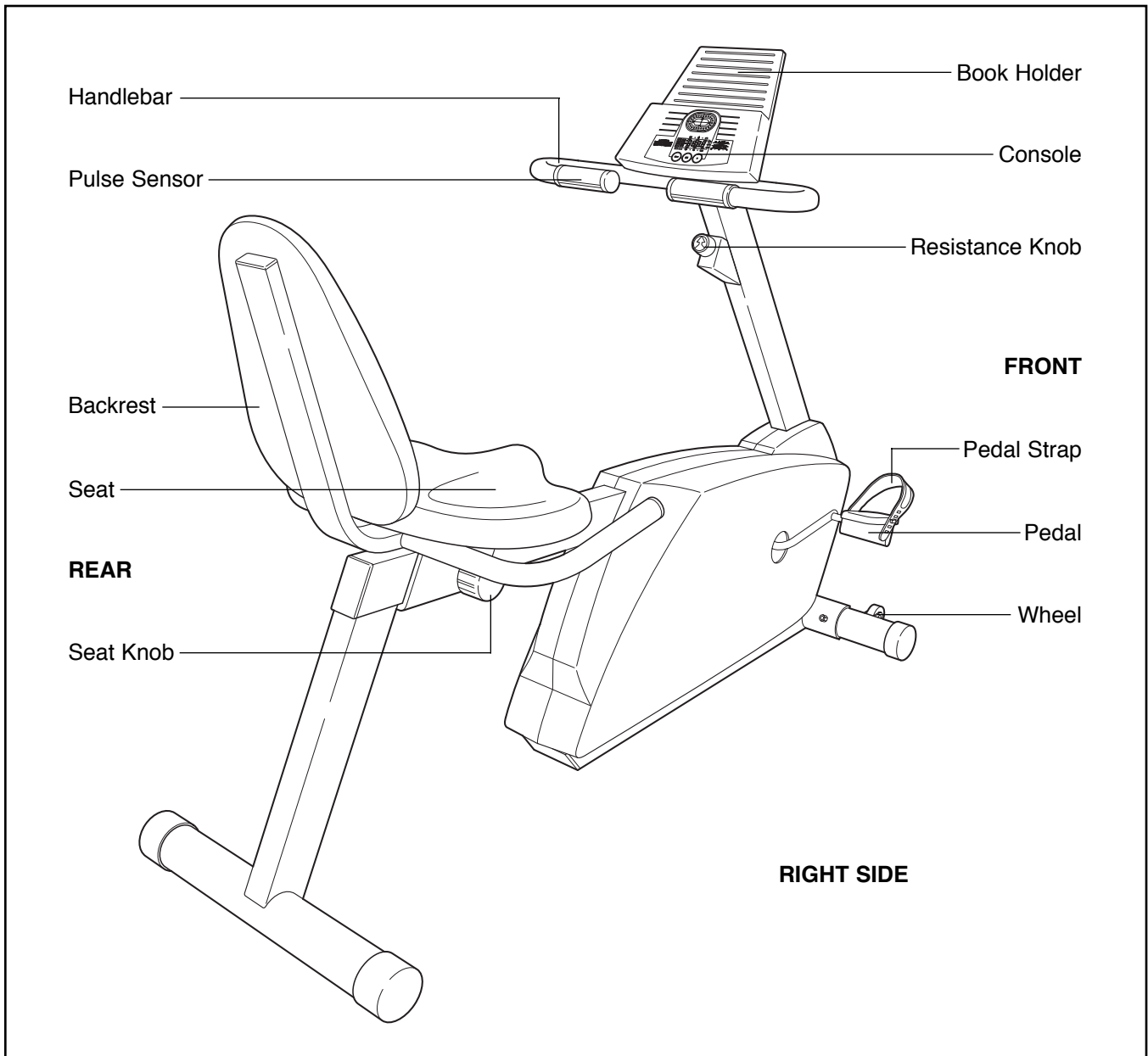
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 970R recumbent cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PROFORM® 970R offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the PROFORM® 970R. If you have additional questions, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFEX38491. The serial number can be found on a decal attached to the recumbent cycle (see the front cover of this manual).

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

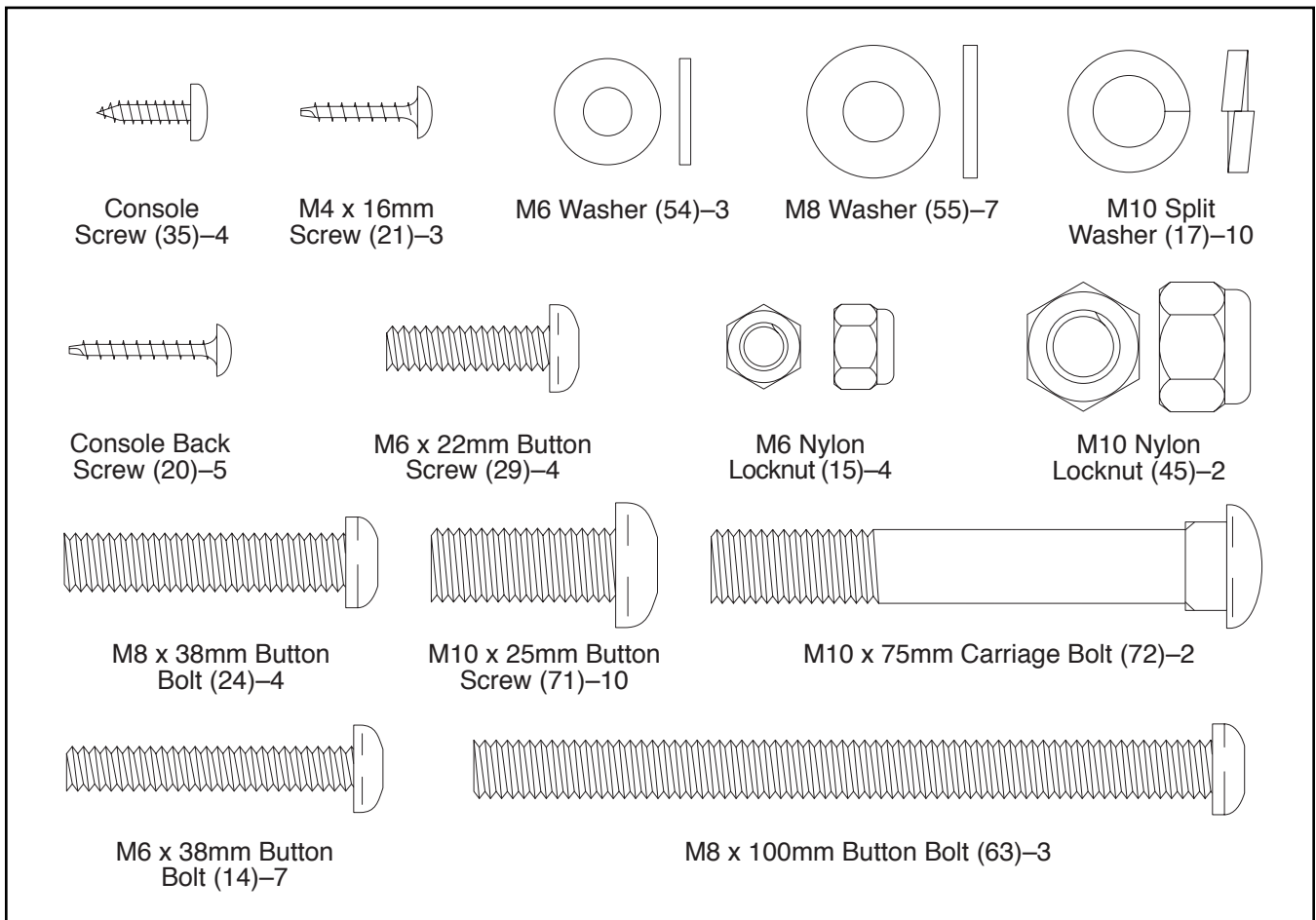


ASSEMBLY

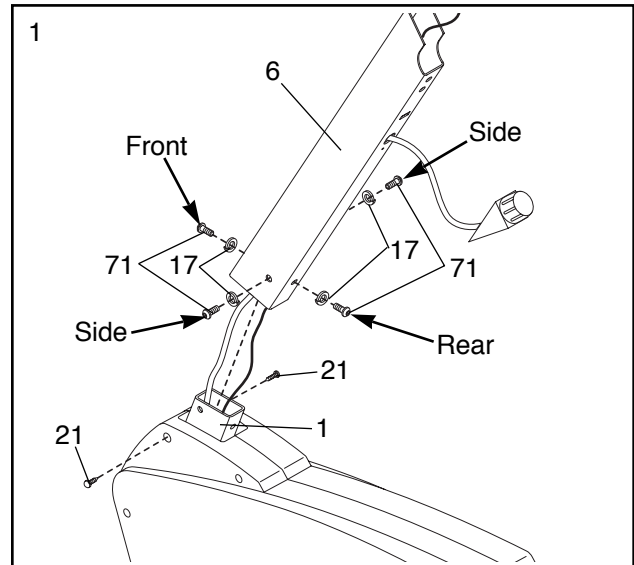
Assembly requires two persons. Place all parts of the recumbent cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable wrench  **and Phillips screwdriver** .

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



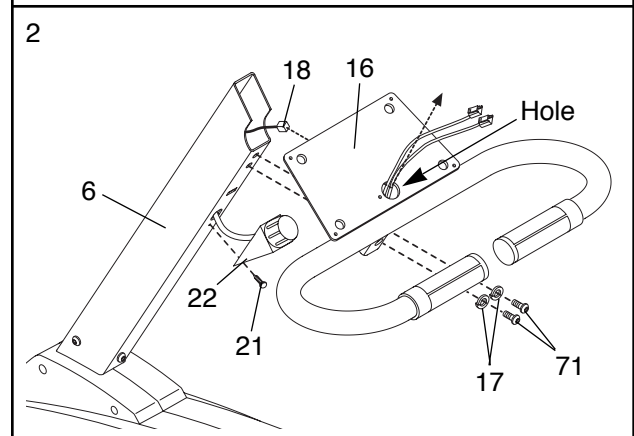
- Carefully slide the Upright (6) onto the Frame (1). **Be careful to avoid pinching the wires.** Loosely thread four M10 x 25mm Button Screws (71) with M10 Split Washers (17) through the Upright and into the Frame. Attach the top of the side shields with two M4 x 16mm Screws (21). Firmly tighten all four Button Screws in the following order: front, rear, and then sides.



- While another person holds the Handlebar (16) near the Upright (6), route the Reed Switch Wire (18) up through the indicated hole in the Handlebar.

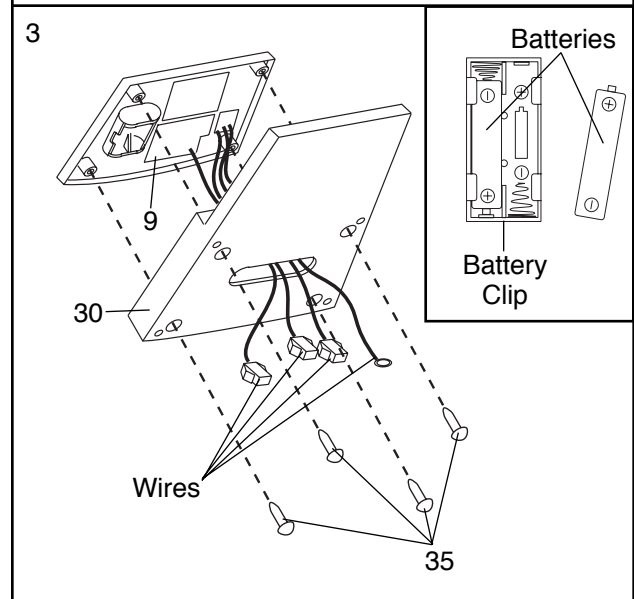
Attach the Handlebar (16) to the Upright (6) with two M10 x 25mm Button Screws (71) and two M10 Split Washers (17). **Make sure that no wires are pinched between the Handlebar and the Upright.**

Next, attach the Tension Control (22) to the Upright (6) with an M4 x 16mm Screw (21).



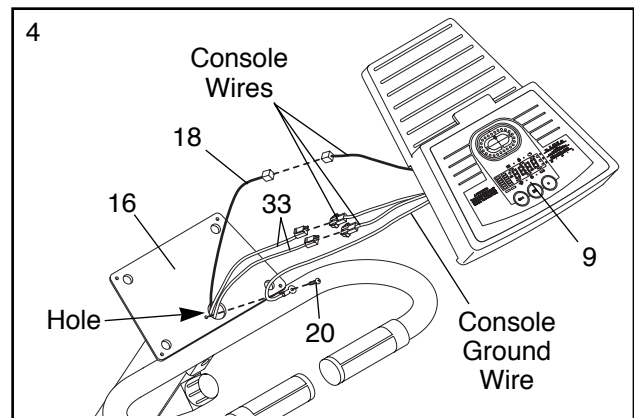
- The Console (9) requires two "AA" batteries (not included). Alkaline batteries are recommended. To install batteries, turn the console over and insert two batteries into the battery clip as shown in the inset drawing. **Make sure that the negative ends of the batteries (marked "-") are touching the springs in the battery clip.**

Attach the Console (9) to the Console Back (30) with four Console Screws (35), making sure that the indicated wires are extending from the Console Back (30). **Be careful not to pinch the wires.**

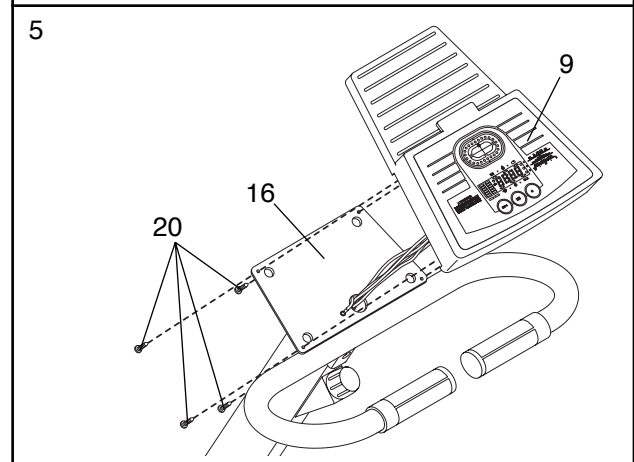


4. Hold the Console (9) near the Handlebar (16) as shown. Identify the green console ground wire and attach it to the Handlebar with a Console Back Screw (20). **Make sure that the console ground wire connector is pointed toward the center of the indicated hole as shown.**

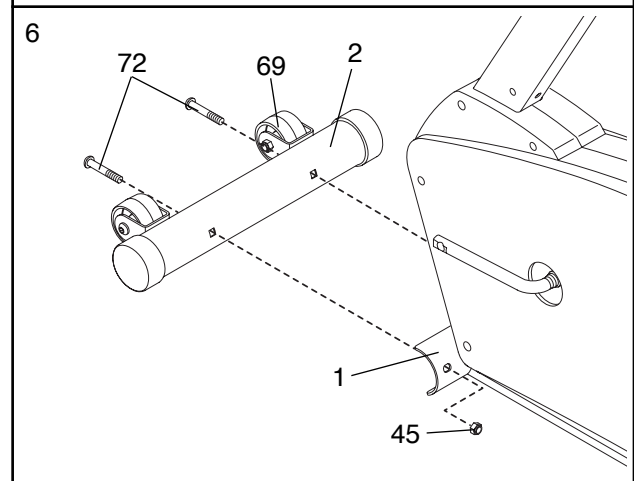
Next, connect the Reed Switch Wire (18) and the two Pulse Wires (33) to the corresponding wires on the Console (9).



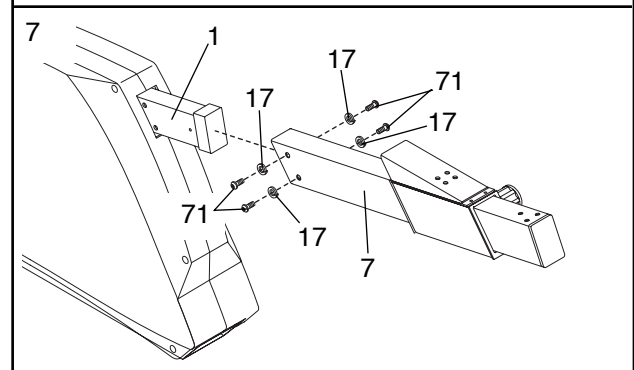
5. Attach the Console (9) to the Handlebar (16) with four Console Back Screws (20). **Make sure that no wires are pinched between the Console and the Handlebar.**



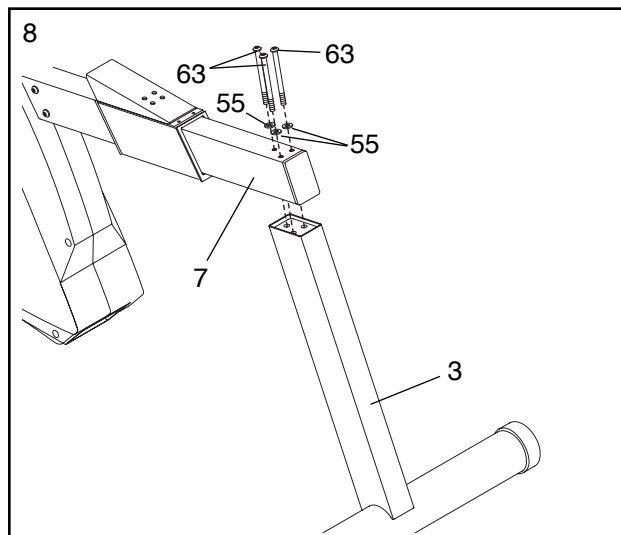
6. Attach the Front Stabilizer (2) to the front of the Frame (1) with two M10 x 75mm Carriage Bolts (72) and two M10 Nylon Locknuts (45). **Make sure that the Front Stabilizer is turned so the Wheels (69) are not touching the floor.**



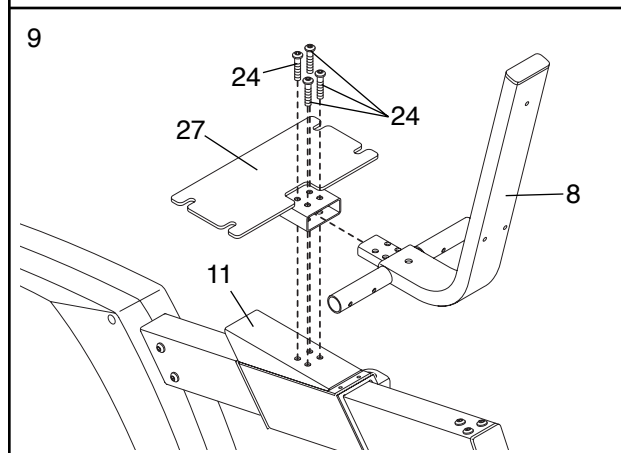
7. Slide the Carriage Bar (7) onto the indicated tube on the Frame (1). Attach the Carriage Bar to the Frame with four M10 x 25mm Button Screws (71) and four M10 Split Washers (17).



8. Hold the Rear Stabilizer (3) under the Carriage Bar (7) in the position shown. Attach the Rear Stabilizer to the Carriage Bar with three M8 x 100mm Button Bolts (63) and three M8 Washers (55).

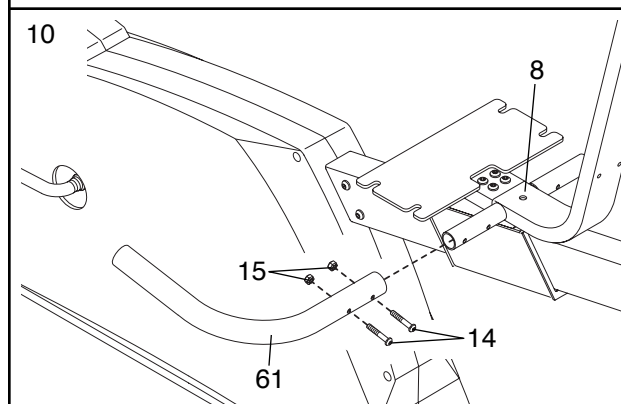


9. Insert the lower end of the Backrest Frame (8) into the Seat Frame (27). Attach the Seat Frame and the Backrest Frame to the Seat Carriage (11) with four M8 x 38mm Button Bolts (24).

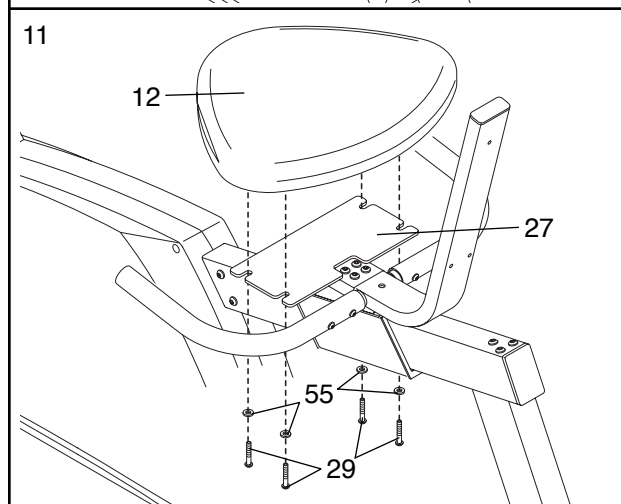


10. Slide a Seat Handle (61) onto one side of the Backrest Frame (8). Attach the Seat Handle with two M6 x 38mm Button Bolts (14) and two M6 Nylon Locknuts (15).

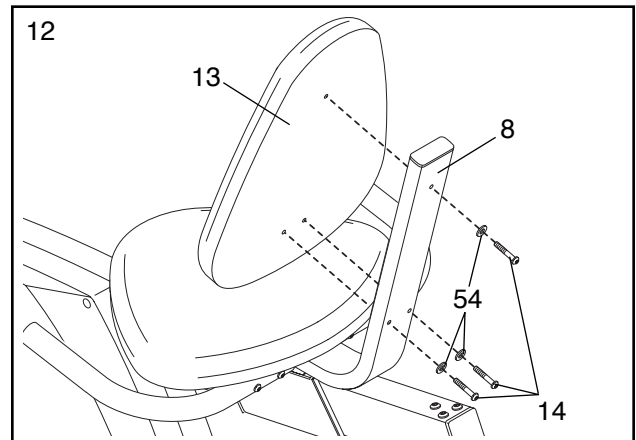
Attach the other Seat Handle (not shown) to the other side of the Backrest Frame (8).



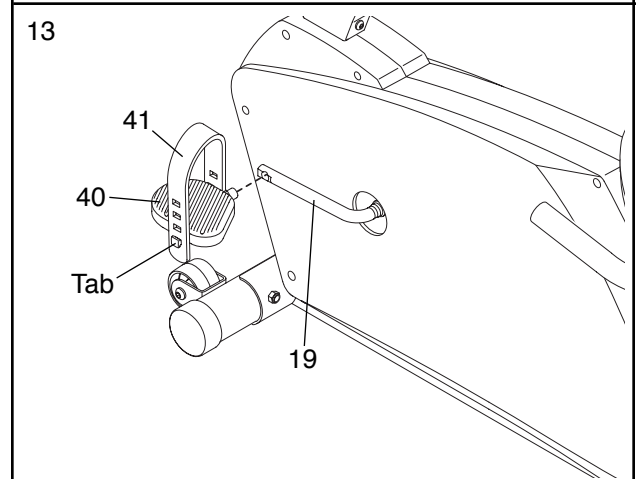
11. Attach the Seat (12) to the Seat Frame (27) with four M6 x 22mm Button Screws (29) and four M8 Washers (55).



12. Attach the Backrest (13) to the Backrest Frame (8) with three M6 x 38mm Button Bolts (14) and three M6 Washers (54).



13. Identify the Left Pedal (40) (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 (19). Tighten the Right Pedal (not shown) clockwise into the right crank arm. **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 tightened.**



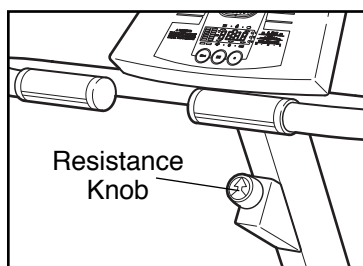
Adjust the Left Pedal Strap (41) to the desired position and press the Pedal Strap onto the tab on the Left Pedal (40). Adjust the Right Pedal Strap (not shown) in the same way.

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

HOW TO OPERATE THE RECUMBENT CYCLE

HOW TO ADJUST THE RESISTANCE

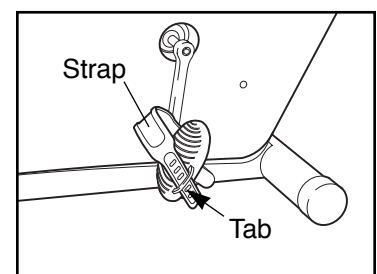
To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.



Important: Stop turning the knob when turning becomes difficult or damage may result.

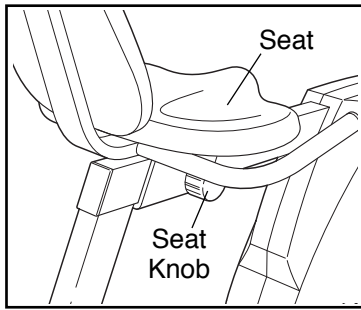
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the straps off the tabs on the pedals. Press the straps back onto the tabs using different holes in the straps.



HOW TO ADJUST THE POSITION OF THE SEAT

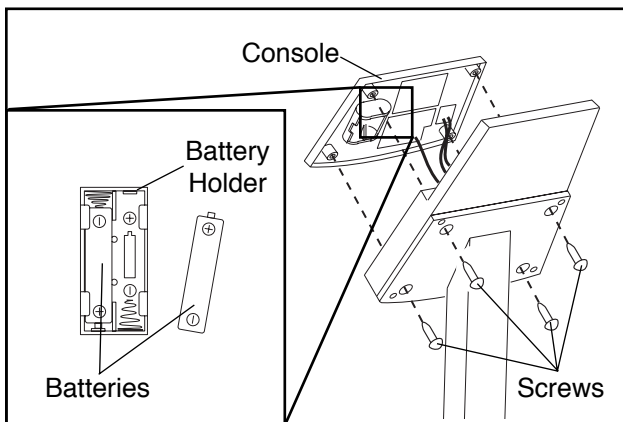
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest position.



IMPORTANT: After you adjust the seat, make sure that your knees will not touch the handlebar or the console when you pedal. To adjust the seat, first turn the seat knob counterclockwise two or three turns to loosen it (if the seat knob is not loosened enough, it may scratch the frame). Next, pull the seat knob, slide the seat to the desired position, and then release the seat knob. **Make sure to move the seat back and forth slightly until it locks in position.** Then, turn the seat knob clockwise to tighten it.

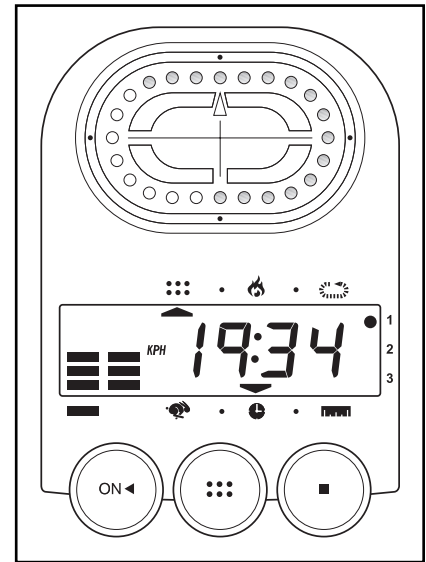
HOW TO INSTALL BATTERIES

The Console requires two “AA” batteries (not included); alkaline batteries are recommended. If batteries have not been installed, remove the four Console Screws and lift off the front of the Console. Press two batteries into the battery holder as shown in the inset drawing. **Make sure that the negative (–) ends of the batteries are touching the springs.** Reattach the front of the Console with the four Console Screws.










DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you reach specific exercise goals by pacing your exercise. You can choose from a stamina-building Interval program, an Aerobic program, and a special Fat



Burn program. As you exercise, seven monitor modes will provide continuous exercise feedback. The monitor modes are described below:

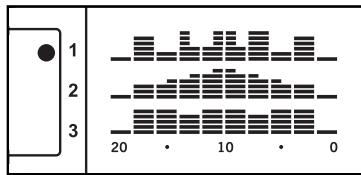
-  Speed—This mode shows your pedaling pace, in kilometers or miles per hour (see HOW TO SELECT KILOMETERS OR MILES on page 11).
-  Time—If you select the manual mode, this mode will show the elapsed time. If you select one of the three pacer programs, this mode will count down the time remaining in the program.
-  Distance—This mode shows the distance you have pedaled, in kilometers or miles.
-  Lap—This mode shows the number of laps you have completed. One lap equals 0.25 kilometers or miles.
-  Calorie—This mode shows the approximate number of calories you have burned.
-  Scan—This mode displays the above five modes, for 5 seconds each, in a repeating cycle.
-  Pulse—This mode shows your heart rate when the pulse sensor is used.

HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column represents a target pace and the right column shows your actual exercising pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your exercising 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. For example, during program 2 (the aerobic program), the target pace will gradually increase during the first half of the program, and then gradually decrease during the last half of the program. Each program will last for twenty minutes.

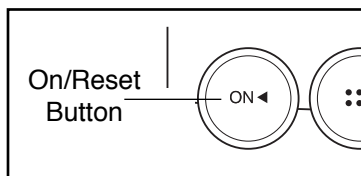


STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, two batteries must be installed. (See BATTERY REPLACEMENT on page 12.)

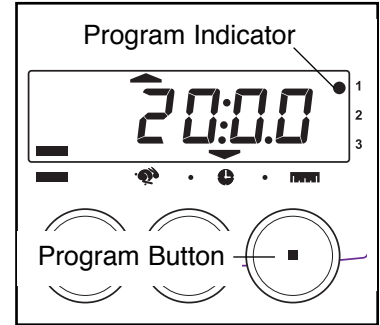
1 Turn on the power.

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 pacer programs or the manual mode.

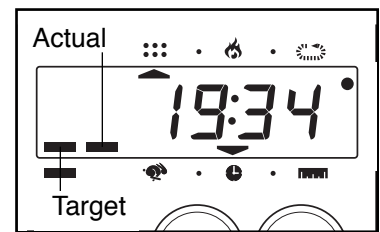
To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected.



To select the manual mode, press the program button until the program indicator disappears. 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.

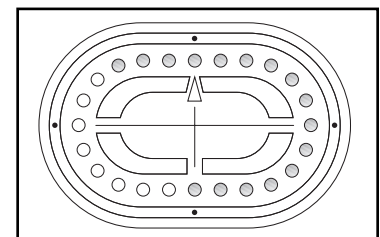
If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of



bars will appear in the display. The left column will show one bar, indicating a relatively slow pace. The right column will show your actual exercising pace. Adjust your exercising pace until only one bar appears in the right column. Each time the target pace changes during the program, adjust your exercising pace to keep both columns at the same height.

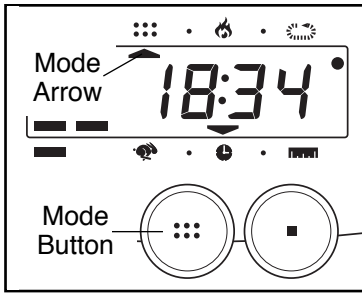
4 Follow your progress with the LED track and the seven monitor modes.

The LED track—The LED track represents a distance of 0.25 kilometers or miles. As you pedal, the indicators



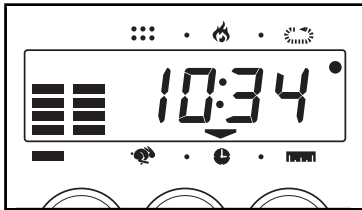
around the track will light one at a time until you have completed one lap. A new lap will then begin.

The scan mode—
Repeatedly press the mode button until an arrow appears under the scan symbol.



When the scan mode is selected, the console will display the speed, time, distance, lap and calorie modes, for 5 seconds each, in a repeating cycle.

The speed, time, distance, lap, or calorie mode—



Repeatedly press the mode button until an arrow appears below or above the desired mode symbol. Make sure that there is not an arrow under the scan symbol.

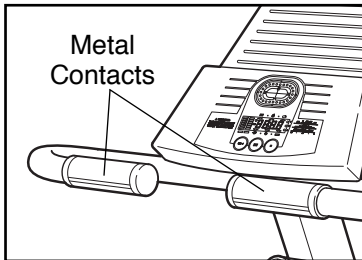
The pulse mode—See step 5.

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

5 Measure your heart rate if desired.

Note: If there are clear vinyl strips on the top and bottom of the pulse sensor, peel off the strips before using the pulse sensor.

To use the pulse sensor, place your hands on the metal contacts. Your palms must be resting on the upper contacts and



your fingers must be touching the lower contacts. **Avoid moving your hands.** After a moment, the heart-shaped indicator in the display will begin to flash and your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.

If your heart rate is not shown when the pulse sensor is used, make sure that your hands are positioned correctly, that you are not moving your hands excessively, and that you are not squeezing the metal contacts too tightly.

WARNING: The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

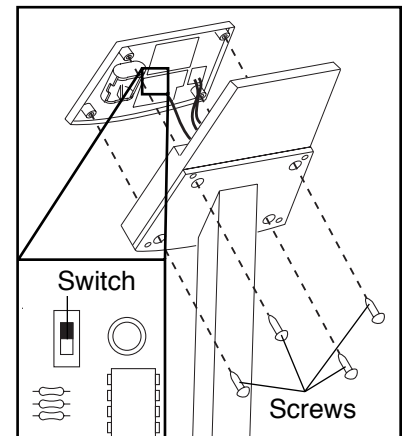
6 Turn off the power.

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

HOW TO SELECT KILOMETERS OR MILES

The console can display distance and speed in either kilometers or miles. If a "KPH" appears in the display, distance and speed will be shown in kilometers; if a "KPH" does not appear, distance and speed will be shown in miles.

To change the unit of measurement, first remove the four indicated screws from the console. Lift the console a few inches and turn it over. **Be careful not to pull on the wires.** Next, locate the small switch on the back of the console. Slide the switch up or down to change the unit of measurement. Reattach the console with the four screws. **Be careful not to pinch any of the wires.**



MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the recumbent cycle regularly. To clean the recumbent cycle, use a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

TIGHTENING THE PEDALS

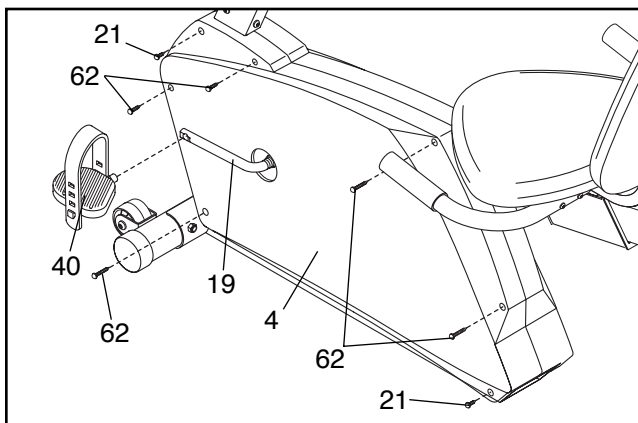
For best performance, the pedals must be kept properly tightened. Regularly tighten both pedals.

BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. To replace the batteries, refer to HOW TO INSTALL BATTERIES on page 9.

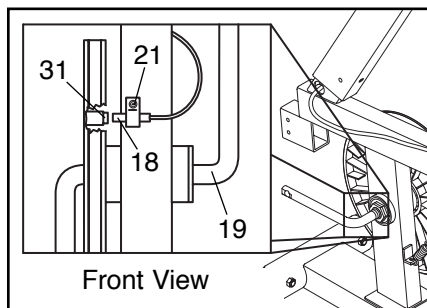
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the Left Side Shield (4) must be removed.



Using an adjustable wrench, turn the Left Pedal (40) clockwise and remove it from the Crank (19). Next, remove the two M4 x 16mm Screws (21) and the five M4 x 38mm Screws (62) from the Left Side Shield (4). Make sure that the left arm of the Crank is in the position shown above and carefully slide the Left Side Shield forward off the arm of the Crank.

Next, locate the Reed Switch (18). Turn the Crank (19) until the Magnet (31) is aligned with the Reed Switch. Loosen but do not

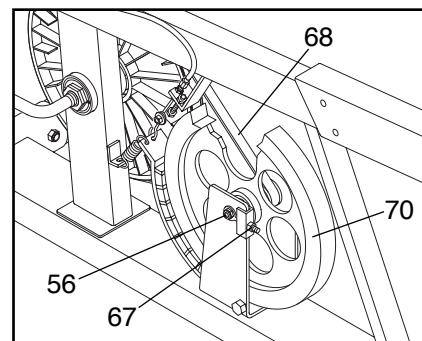


remove the M4 x 16mm Screw (21). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the pedal.

HOW TO ADJUST THE BELT

The recumbent cycle features a precision belt that must be kept properly adjusted. If the belt causes excessive noise or slips as you pedal, the belt should be checked. To do this, the side shields must first be removed. Refer to the instructions at the left and remove the left side shield. Remove the right side shield in the same way.

Press down on the center of the Belt (68) between the front and rear pulleys. **There should be from 1/4" to 1" of vertical movement in the center of the Belt.**



If the Belt (68) is properly adjusted, reattach the side shields and pedals. If the Belt needs to be adjusted, loosen the M8 Nylon Locknut (56) on each side of the Flywheel (70). To tighten the Belt, turn the two Adjustment Nuts (67) clockwise; to loosen the Belt, turn the Nuts counterclockwise. Make sure that the Flywheel is straight and tighten the M8 Nylon Locknuts (56). Reattach the side shields and pedals.

PULSE SENSOR TROUBLE-SHOOTING

- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

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

To measure your heart rate, first exercise for at least four minutes. Then, stop pedaling and measure your heart rate using the pulse sensor (see step 5 on page 11).

Fat Burning

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

EXERCISE FREQUENCY

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

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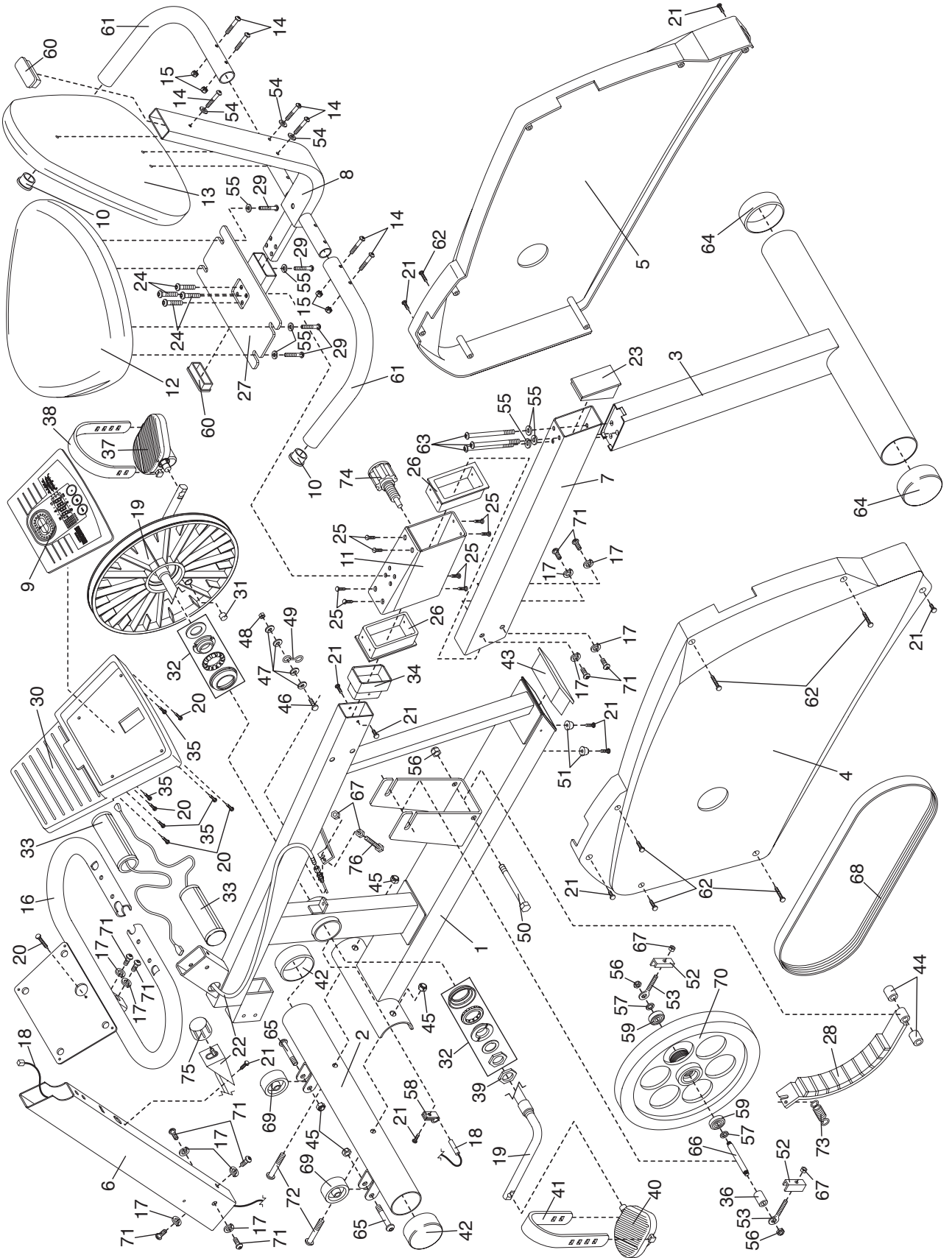
R1000A

Key No. Qty.	Description	Key No. Qty.	Description	Key No. Qty.	Description
1 1	Frame	27 1	Seat Frame	53 2	Eyebolt
2 1	Front Stabilizer	28 1	"C" Magnet	54 3	M6 Washer
3 1	Rear Stabilizer	29 4	M6 x 22mm Button Screw	55 7	M8 Washer
4 1	Left Side Shield	30 1	Console Back	56 3	M8 Nylon Locknut
5 1	Right Side Shield	31 1	Magnet	57 2	M10 Black Flat Washer
6 1	Upright	32 1	Crank Bearing Assembly	58 1	Reed Switch Clamp
7 1	Carriage Bar	33 2	Pulse Grip/Pulse Wire	59 2	Flywheel Bearing
8 1	Backrest Frame	34 1	Frame Bushing	60 2	Seat Frame Endcap
9 1	Console	35 4	Console Screw	61 2	Seat Handle
10 2	Handlebar Endcap	36 1	Flywheel Spacer	62 6	M4 x 38mm Screw
11 1	Seat Carriage	37 1	Right Pedal	63 3	M8 x 100mm Button Bolt
12 1	Seat	38 1	Right Pedal Strap	64 2	Rear Stabilizer Endcap
13 1	Backrest	39 1	Crank Nut	65 2	M10 x 45mm Bolt
14 7	M6 x 38mm Button Bolt	40 1	Left Pedal	66 1	Axle
15 4	M6 Nylon Locknut	41 1	Left Pedal Strap	67 4	Adjustment Nut
16 1	Handlebar	42 2	Front Stabilizer Endcap	68 1	Belt
17 10	M10 Split Washer	43 1	Base Tube Endcap	69 2	Wheel
18 1	Reed Switch/Wire	44 2	"C" Magnet Spacer	70 1	Flywheel
19 1	Pulley/Crank	45 4	M10 Nylon Locknut	71 10	M10 x 25mm Button Screw
20 5	Console Back Screw	46 1	Clamp Bolt	72 2	M10 x 75mm Carriage Bolt
21 10	M4 x 16mm Screw	47 4	Clamp Washer	73 1	Return Spring
22 1	Tension Control/Cable	48 1	Clamp Nut	74 1	Seat Knob
23 1	Frame Endcap	49 1	Resistance Hook	75 1	Resistance Knob
24 4	M8 x 38mm Button Bolt	50 1	M8 x 112mm Hex Bolt	76 1	Stop Bolt
25 8	M5 x 6mm Screw	51 2	Bumper	# 1	User's Manual
26 2	Seat Carriage Bushing	52 2	Adjustment Bracket	# 3	Allen Wrench

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.

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R1000A



HOW TO ORDER REPLACEMENT PARTS

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

- The MODEL NUMBER of the product (PFEX38491)
- The NAME of the product (PROFORM® 970R recumbent cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14 of this manual).

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