

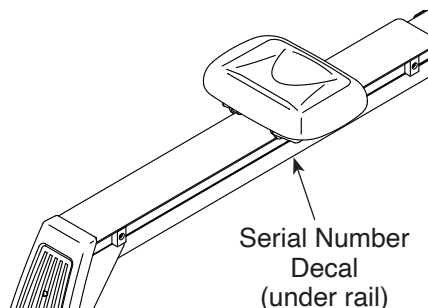
PRO-FORM[®]

550R

Model No. PFRW23923-INT.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

MEMBER CARE

UNITED KINGDOM

Website: iFITsupport.eu

E-mail: csuk@iconeurope.com

Write:

iFIT Health & Fitness Limited
Unit 4, Westgate Court
Silkwood Park
OSSETT
WF5 9TT
UNITED KINGDOM

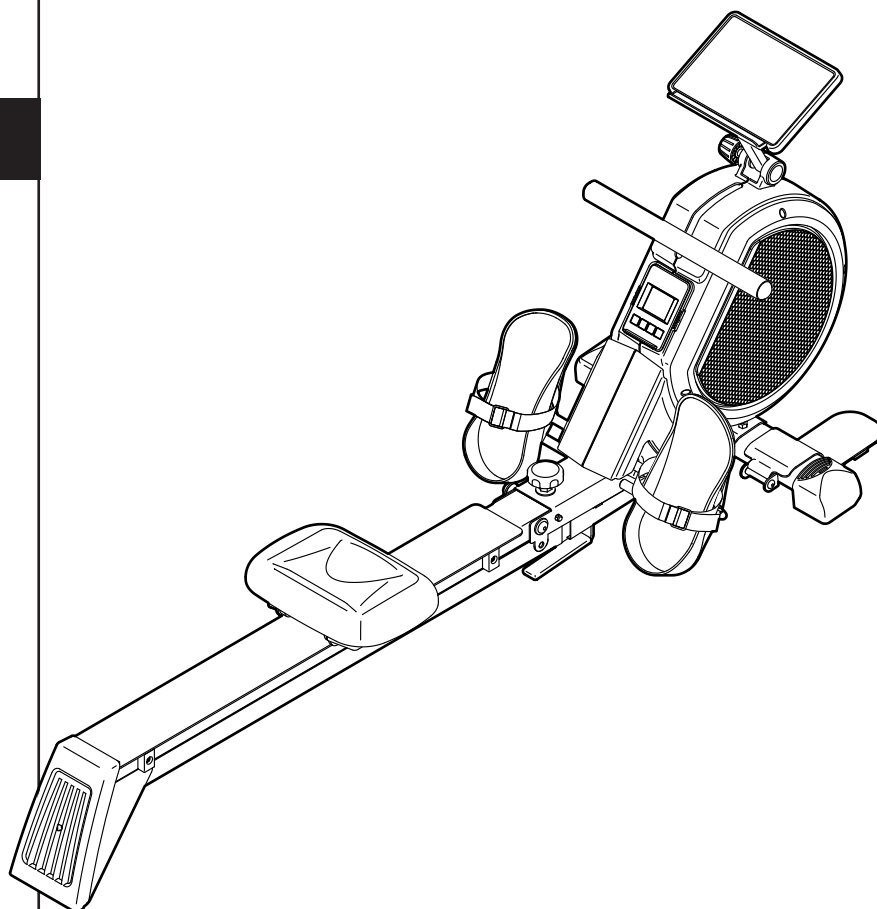
AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iFIT.com

Write:

iFIT Inc.
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA



CAUTION

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

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS.....	3
WARNING DECAL PLACEMENT	4
BEFORE YOU BEGIN.....	5
PART IDENTIFICATION CHART.....	6
ASSEMBLY	7
HOW TO USE THE ROWER.....	15
HOW TO USE THE CONSOLE.....	17
MAINTENANCE AND TROUBLESHOOTING	22
EXERCISE GUIDELINES	23
PART LIST.....	25
EXPLODED DRAWING.....	27
ORDERING REPLACEMENT PARTS.....	Back Cover
RECYCLING INFORMATION.....	Back Cover
UK/EU DECLARATION OF CONFORMITY	Back Cover

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IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the rower at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the rower only as authorized by your health care provider.
5. The rower is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the rower by someone responsible for their safety.
6. Use the rower only as described in this manual.
7. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
8. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio or near water.
9. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.
10. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. The rower should not be used by persons weighing more than 250 lbs. (114 kg).
12. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
13. Always keep your back straight while using the rower; do not arch your back.
14. Do not release the row bar while the cord is extended.
15. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

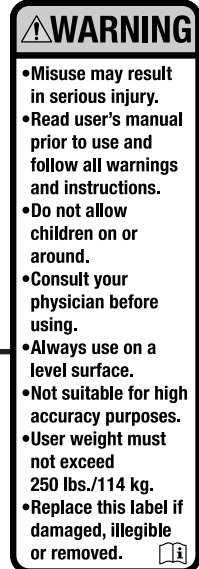
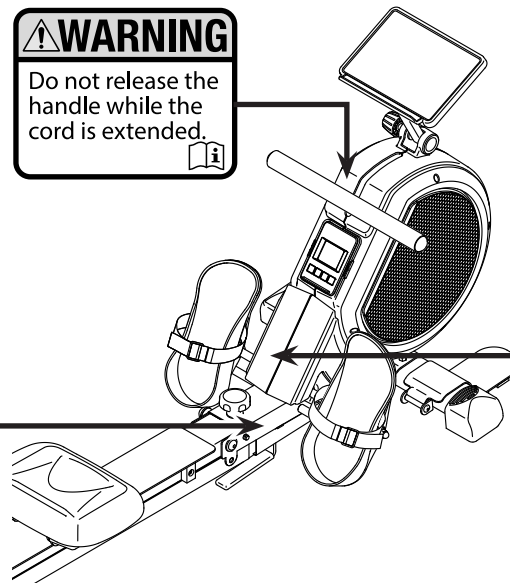
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.

Note: The decal(s) may not be shown at actual size.



(One on each side)



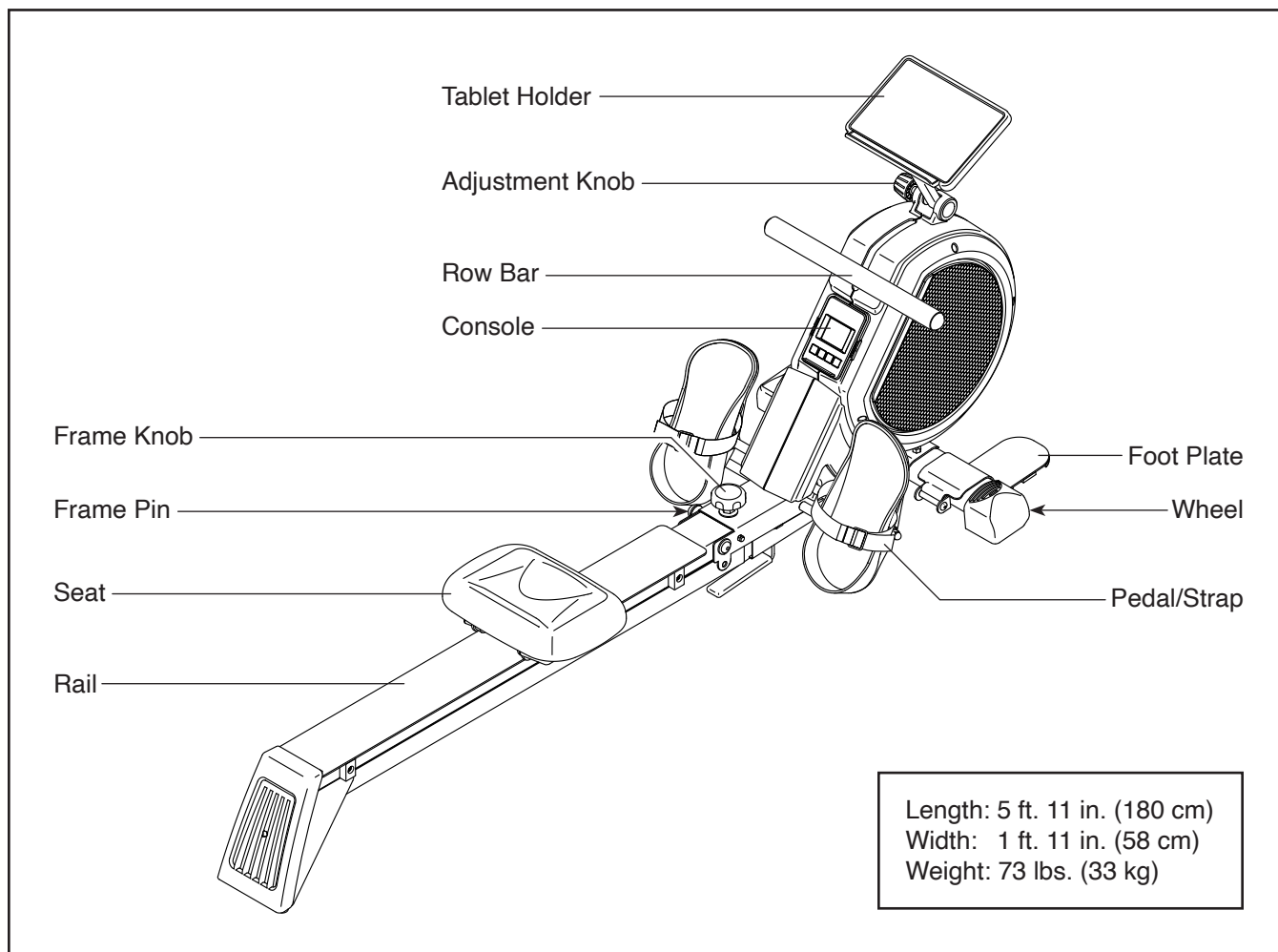
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 550R rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 550R rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the rower. If you have questions after reading

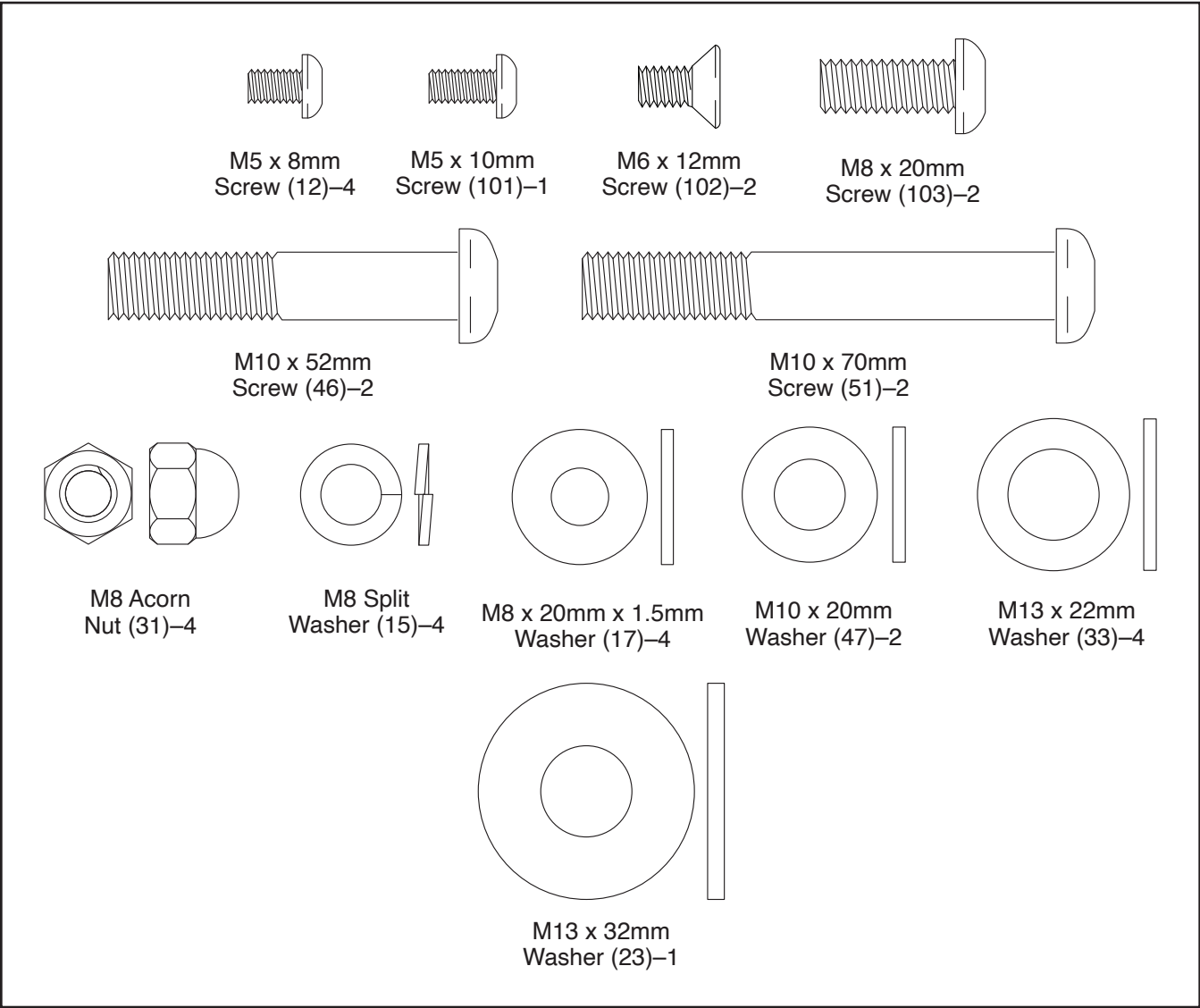
this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. 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: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**



ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 6.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- Assembly requires only the included tools.

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

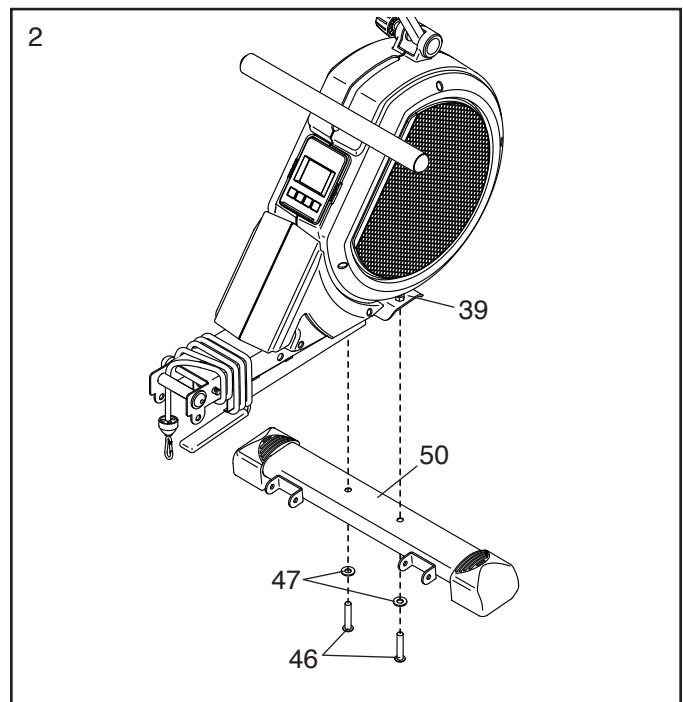
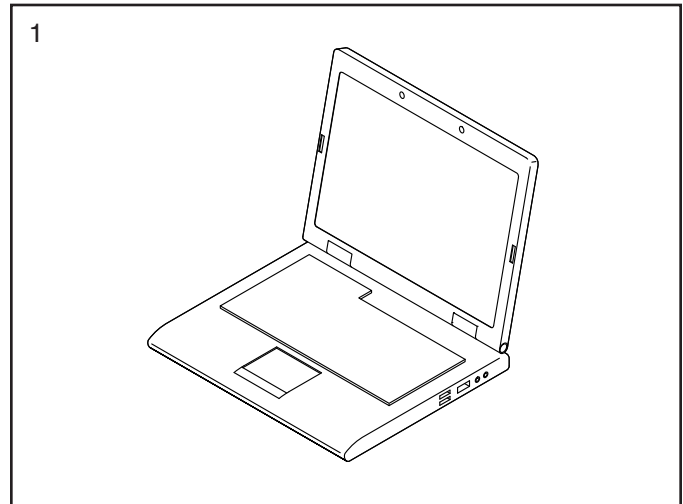
1. **To register your product and activate your warranty in the UK**, go to iFITsupport.eu. If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. Orient the Stabilizer (50) as shown.

Attach the Stabilizer (50) to the Frame (39) with two M10 x 52mm Screws (46) and two M10 x 20mm Washers (47).

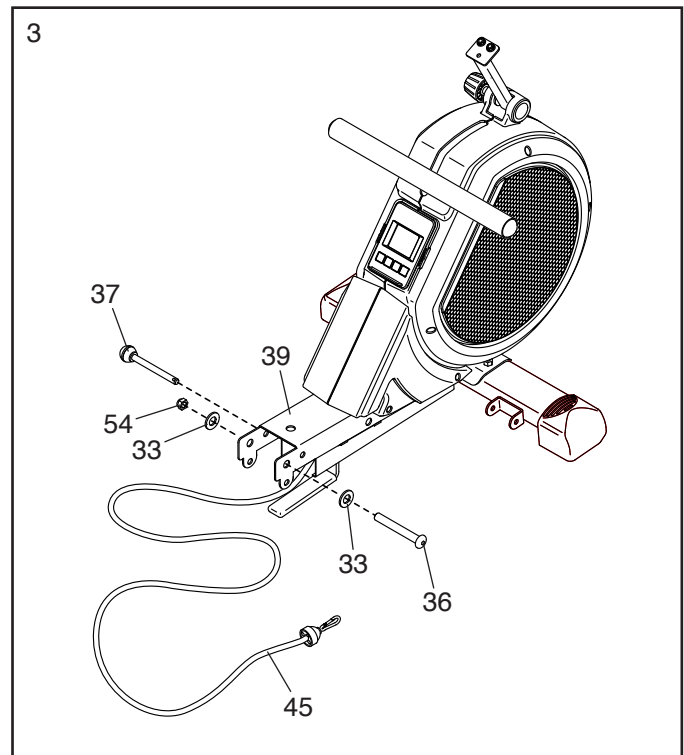


3. Remove the Frame Pin (37) from the Frame (39).

Next, remove the 1/2" Locknut (54), the two M13 x 22mm Washers (33), and the 1/2" x 100mm Bolt (36) from the Frame (39).

Save all parts.

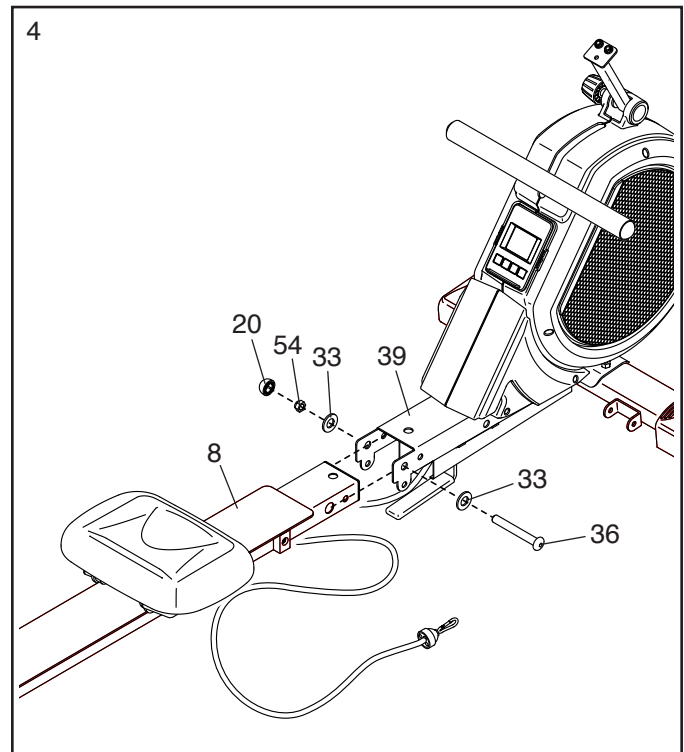
Then, unwrap the Bungee (45) from the Frame (39).



4. Orient the Rail (8) as shown.

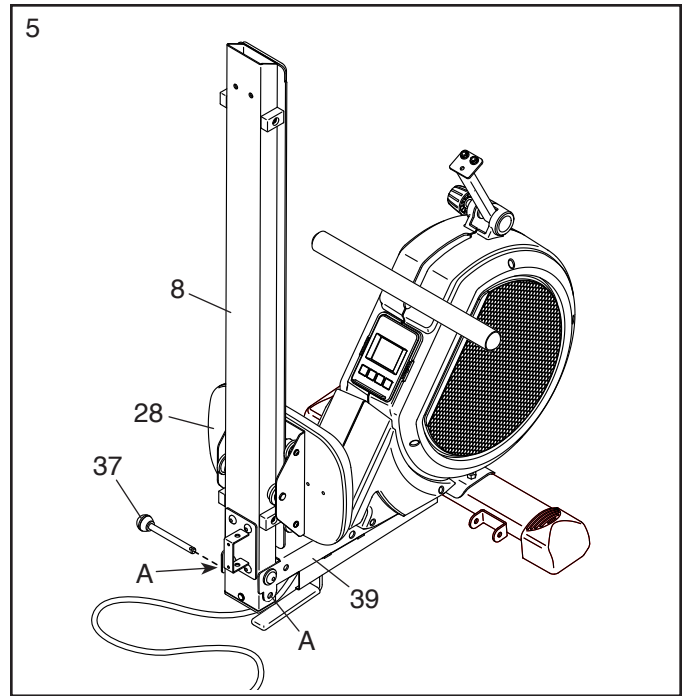
Attach the Rail (8) to the Frame (39) with the 1/2" x 100mm Bolt (36), the two M13 x 22mm Washers (33), and the 1/2" Locknut (54) that you removed in step 3. **Do not overtighten the Locknut; you should be able to easily raise and lower the Rail.**

Then, press the Dome Cap (20) onto the 1/2" Locknut (54).

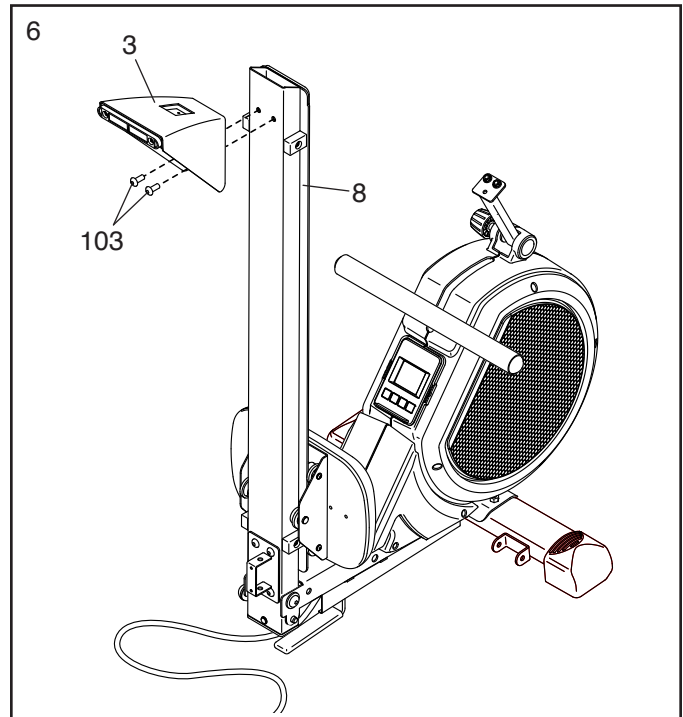


5. Move the Seat (28) to the front of the Rail (8).

Next, raise the Rail (8) to the position shown. Then, fully insert the Frame Pin (37) into the indicated holes (A) in the Frame (39) so that it holds the Rail in place.

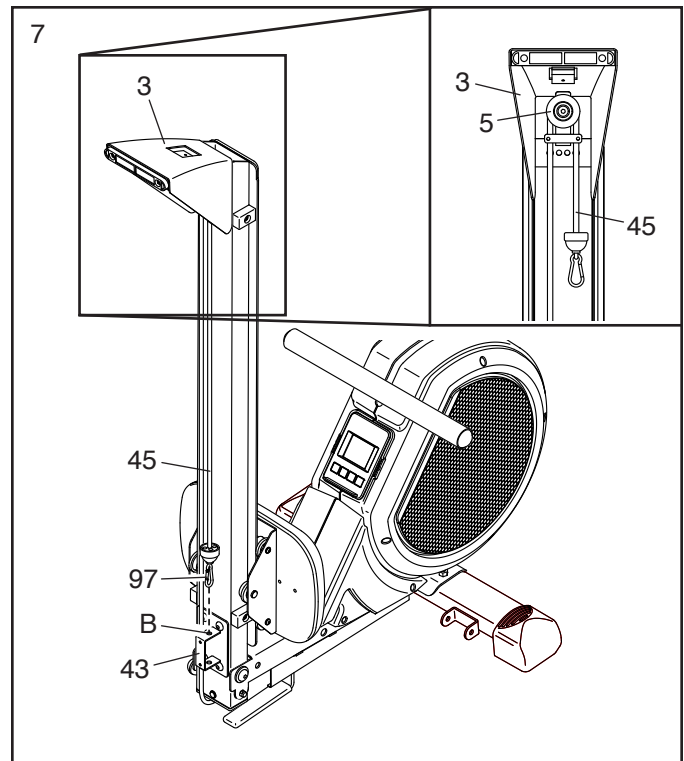


6. Attach the Rear Leg (3) to the Rail (8) with two M8 x 20mm Screws (103).

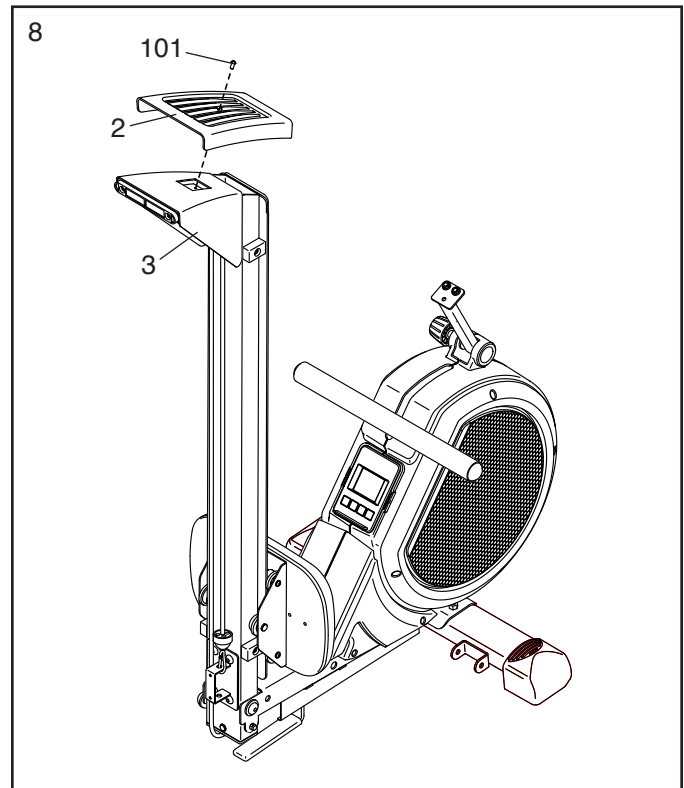


7. **See the inset drawing.** Route the end of the Bungee (45) around the Small Pulley (5) on the Rear Leg (3) as shown.

Make sure that the Bungee (45) is not twisted.
Attach the Bungee Clip (97) to the indicated hole (B) in the Rail Bracket (43).

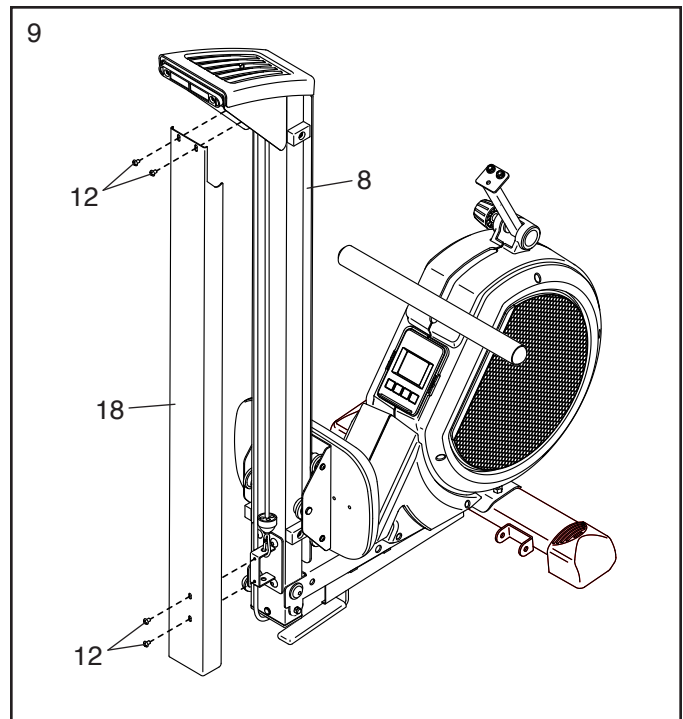


8. Attach the Rear Leg Cover (2) to the Rear Leg (3) with an M5 x 10mm Screw (101).



9. Orient the Rail Cover (18) as shown.

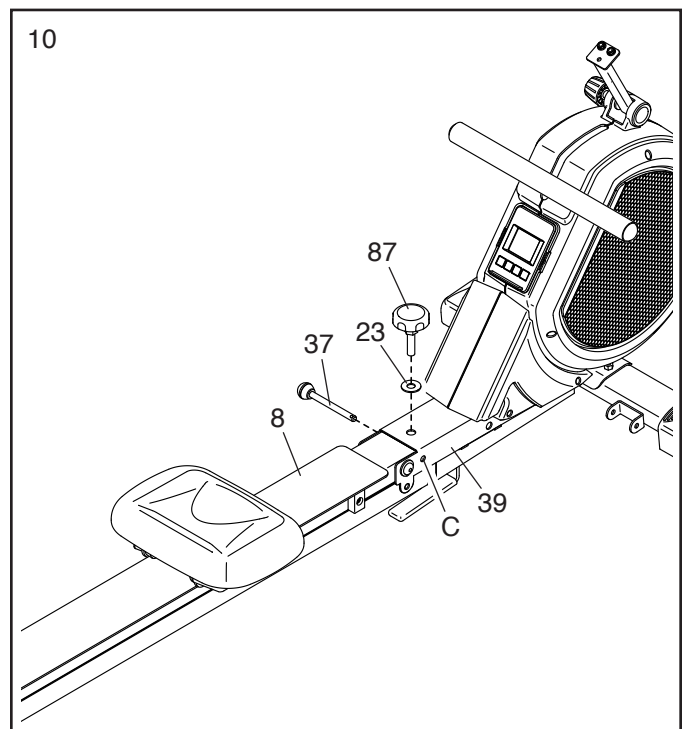
Attach the Rail Cover (18) to the Rail (8) with four M5 x 8mm Screws (12); **start all four Screws, and then tighten them.**



10. Remove the Frame Pin (37), and lower the Rail (8) to the floor.

Next, insert the Frame Pin (37) fully into the indicated holes (C) in the Frame (39) to secure the Rail (8).

Then, slide an M13 x 32mm Washer (23) onto the Frame Knob (87), insert the Frame Knob into the Frame (39), and tighten the Frame Knob into the Rail (8).

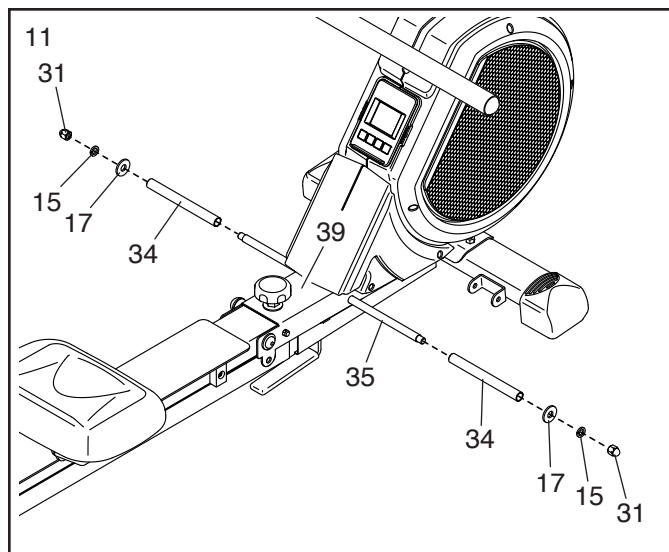


11. Identify the Stop Rod (35), which is shorter than the Pedal Axle (not shown).

Insert the Stop Rod (35) into the Frame (39) and center it.

Next, slide a Pedal Stop (34), an M8 x 20mm x 1.5mm Washer (17), and an M8 Split Washer (15) onto each side of the Stop Rod (35).

Then, tighten an M8 Acorn Nut (31) onto each end of the Stop Rod (35) **at the same time**.

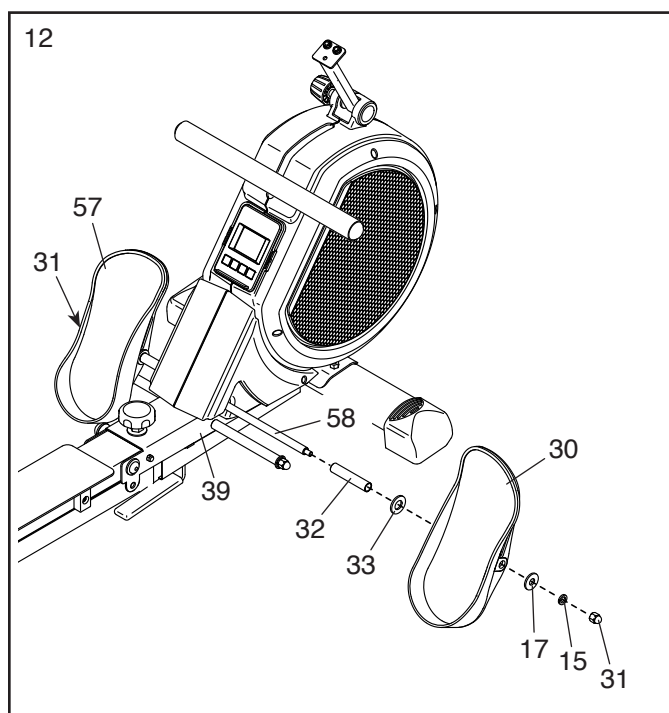


12. Insert the Pedal Axle (58) into the Frame (39) and center it. Next, slide a Pedal Spacer (32) and an M13 x 22mm Washer (33) onto each side of the Pedal Axle (only one side is shown).

Next, identify the Right Pedal (30) and the Left Pedal (57). Slide the Right Pedal onto the right side of the Pedal Axle (58), and slide the Left Pedal onto the left side of the Pedal Axle.

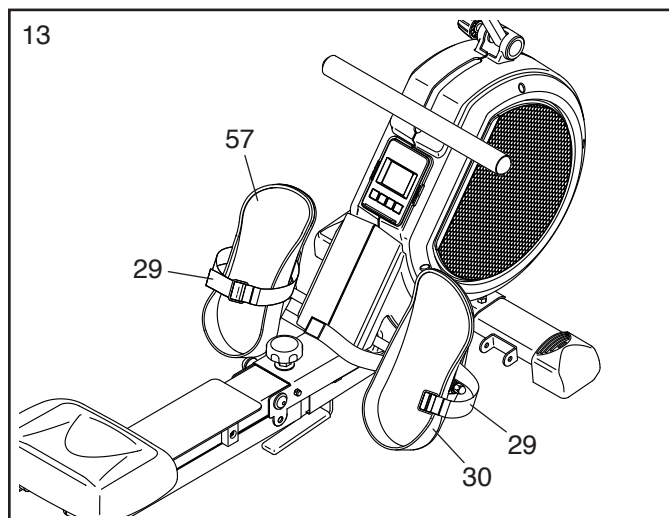
Next, slide an M8 x 20mm x 1.5mm Washer (17) and an M8 Split Washer (15) onto each side of the Pedal Axle (58) (only one side is shown).

Then, tighten an M8 Acorn Nut (31) onto each end of the Pedal Axle (58) **at the same time**.



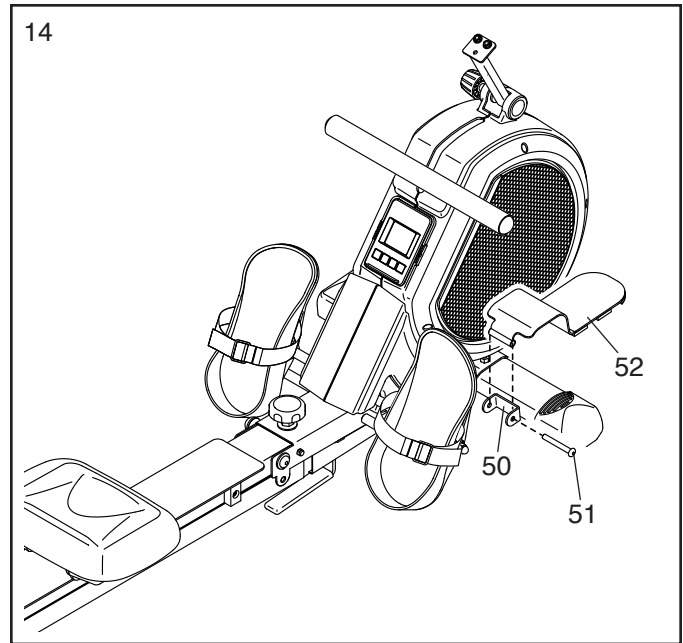
13. Insert a Pedal Strap (29) through the Right Pedal (30) as shown. Then, route the end of the Pedal Strap through the buckle on the Pedal Strap.

Attach the other Pedal Strap (29) to the Left Pedal (57) in the same way.

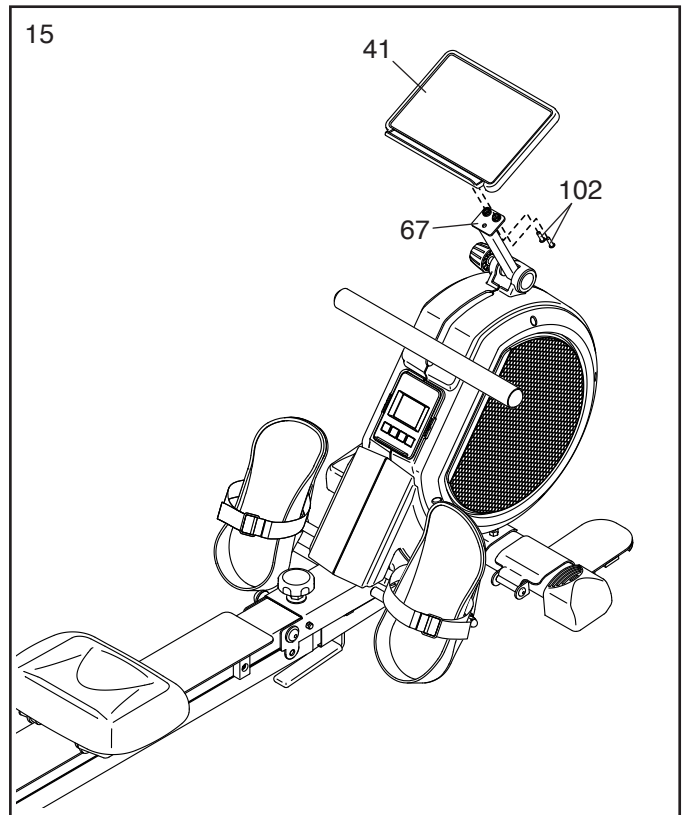


14. Attach a Foot Plate (52) to one side of the Stabilizer (50) with an M10 x 70mm Screw (51).

Attach the other Foot Plate (not shown) to the other side of the Stabilizer (50) in the same way.

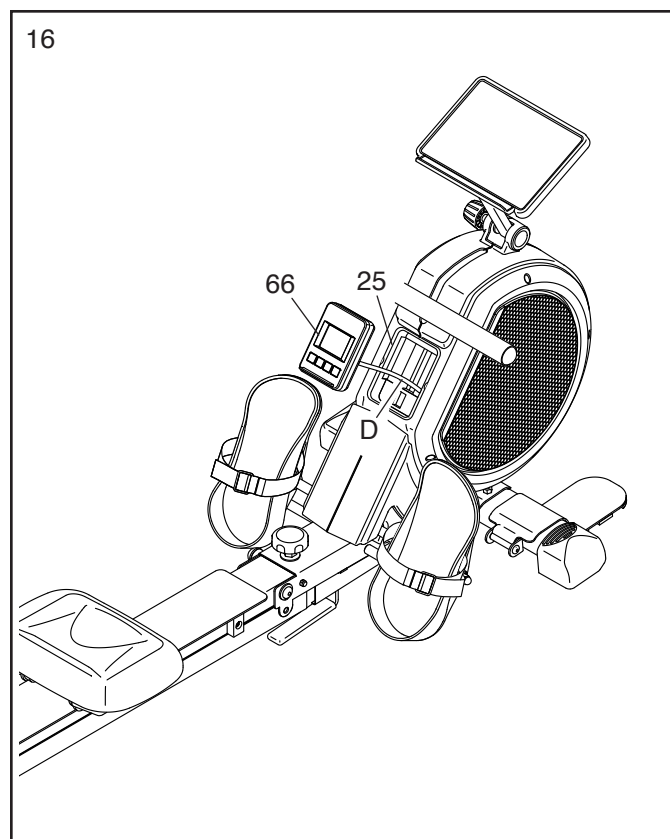


15. Attach the Tablet Holder (41) to the Tablet Support (67) with two M6 x 12mm Screws (102).



16. The Console (66) requires three AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console display or other electronic components.**

Grip the lower edge of the Console (66), and pull the Console a few inches out of the Console Holder (25); **be careful not to pull on the console wire (D)**. Next, locate the battery cover (not shown) on the back of the Console, press the tab on the battery cover, and remove the battery cover. Next, insert batteries into the battery compartment; **make sure to orient the batteries as shown by the diagram inside of the battery compartment**. Then, reattach the battery cover, and press the Console back into the Console Holder.



17. **Make sure that all parts are properly tightened before you use the rower.** Extra parts may be included. Place a mat under the rower to protect the floor.

HOW TO USE THE ROWER

HOW TO ROW ON THE ROWER

Sit on the seat, place your feet in the pedals, and adjust the straps to fit your feet. Hold the row bar with an overhand grip. Correct rowing form consists of three phases:

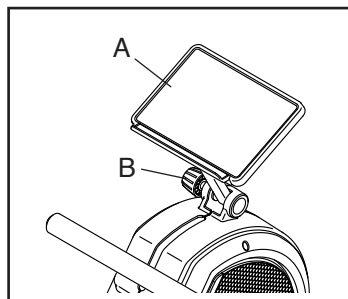
- 1. The first phase is the CATCH.** Slide the seat forward until your knees are almost touching your chest. Pull the row bar until your hands are above your feet.
- 2. The second phase is the DRIVE.** Push backward with your legs. Lean back slightly at the hips (not at the waist), keeping your back straight. As you straighten your legs, pull the row bar toward your chest. Keep your elbows outward.
- 3. The third phase is the FINISH.** Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat this sequence, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

HOW TO USE THE TABLET HOLDER

To use your tablet while you exercise, simply set the lower edge of your tablet in the tablet holder (A).

IMPORTANT: The tablet holder is designed for use with most full-size tablets. Do not place any other device in the tablet holder.



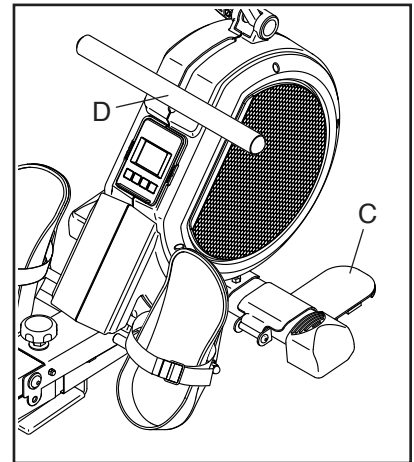
To adjust the angle of the tablet holder (A), first hold the tablet holder with one hand, and loosen the adjustment knob (B) with your other hand. Raise or lower the tablet holder, and then firmly tighten the adjustment knob.

HOW TO DO CURL EXERCISES WITH THE ROWER

Stand on the foot plates (C), facing the rower, and hold the row bar (D) with an underhand or overhand grip.

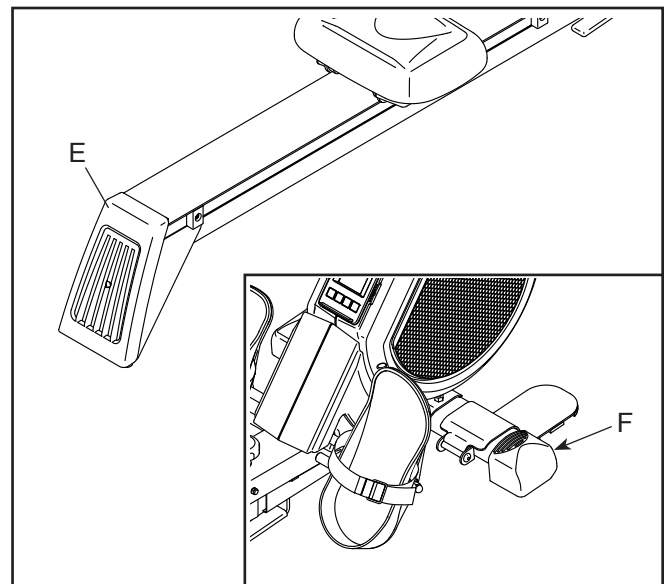
Next, keep your elbows at your sides and pull the row bar (D) upward until your hands are level with your shoulders. **Make sure**

to keep your back straight. Then, lower your hands to the starting position. Repeat the exercise as many times as desired.



HOW TO MOVE THE ROWER

Take any necessary measures to avoid damaging your floor. Stand behind the rower and lift the rear leg (E) until the rower will roll on the wheels (F). Then, carefully move the rower to the desired location, and lower it to the floor.



HOW TO FOLD AND STORE THE ROWER

The rower can be stored in a folded position to conserve space. Store the rower in a location where children cannot tip it. Remove the batteries from the console when storing the rower for extended periods of time.

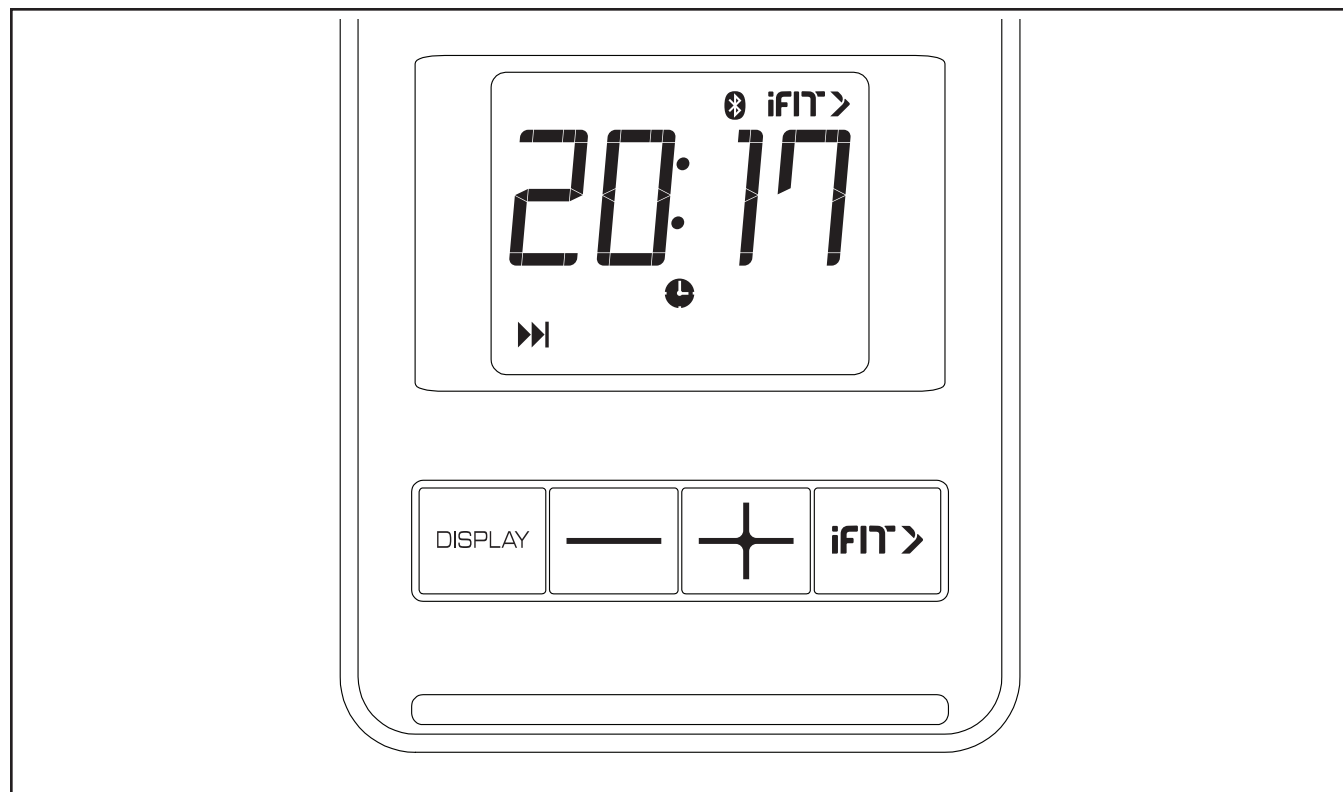
To store the rower, first **see assembly step 10 on page 11**. Remove the Frame Knob (87) and the M13 x 32mm Washer (23). Next, remove the Frame Pin (37). **Keep the Frame Knob and the Washer in a place where they will not become lost.**

Next, **see assembly step 5 on page 9**. Raise the Rail (8) to the vertical position. Then, fully insert the Frame Pin (37) into the Frame (39) so that it holds the Rail in place.

HOW TO UNFOLD THE ROWER

To unfold the rower, **see assembly step 10 on page 11**. Remove the Frame Pin (37), and lower the Rail (8) to the floor. Next, insert the Frame Pin into the Frame (39) and into the Rail. Then, tighten the Frame Knob (87) with the M13 x 32mm Washer (23) into the Frame and into the Rail.

HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The console features wireless technology that enables the console to connect to iFIT®. With the iFIT app, you can choose from a rotating selection of featured workouts that automatically control the resistance of the row bar as iFIT trainers guide you through immersive exercise sessions.

With an iFIT subscription, you can access a large and varied library of thousands of destination and studio workouts, create your own workouts, track your workout results, and access many other features.

When you use the manual mode of the console, you can change the resistance of the row bar with the touch of a button. As you exercise, the console will display continuous exercise feedback.

You can even measure your heart rate when you use a compatible heart rate monitor. **To purchase a compatible heart rate monitor**, see page 21.

To use the manual mode, see page 18. **To use an iFIT workout**, see page 19.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Get ready for the workout.**

To wear a heart rate monitor, see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 21.

3. **Change the resistance of the row bar as desired.**

As you pedal, change the resistance of the row bar by pressing the increase and decrease buttons.

Note: After you press a button, it will take a moment for the row bar to reach the selected resistance level.

If the message CH0 or CH1 appears in the display when you press the increase and decrease buttons, you must recalibrate the resistance system. First, see assembly step 16 on page 14 and remove the batteries from the console. Next, press and hold any button on the console for 20 seconds. Then, release the button and reinsert the batteries into the console; the rower will adjust to the lowest resistance level.

4. **Follow your progress with the display.**

The display can show the following workout information:

Scan (scan arrow icon)—This mode displays the strokes per minute, 500-meter pace, calories, resistance, and time modes, for a few seconds each, in a repeating cycle.

Time (clock icon)—This mode displays the elapsed time that you have rowed during your workout.

500-meter Pace (stopwatch icon)—This mode displays your 500-meter rowing pace.

Distance (road icon)—This mode displays the distance in meters that you have rowed during your workout.

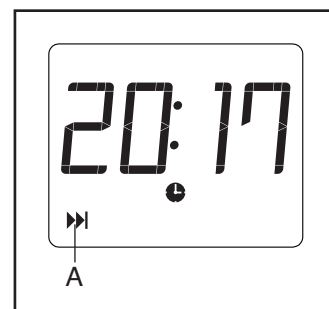
Pulse (heart icon)—This mode displays your heart rate in beats per minute when you are using an optional heart rate monitor (see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 21).

Calories (flame icon)—This mode displays the approximate number of calories that you have burned during your workout.

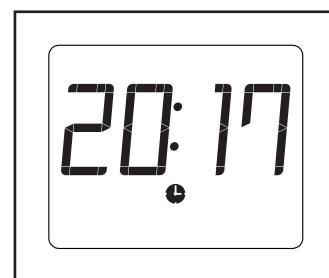
Resistance (hand weight icon)—This mode displays the current resistance level of the row bar.

Strokes Per Minute (circular arrow icon)—This mode shows the number of rowing strokes you are completing per minute.

Scan mode—When the console is turned on, the scan mode will automatically be selected. **The scan arrow icon (A) will appear in the display when the scan mode is selected.** Note: If a different mode is selected, select the scan mode again by pressing the Display button repeatedly.



Time, 500-meter pace, distance, pulse, calories, resistance, and strokes per minute mode—To select one of these modes for continuous display, press the Display button repeatedly. The mode icons will show which mode is selected. **Make sure that there the scan arrow icon does not appear.**



5. Pause or end the workout.

To pause the console, simply stop rowing. The console will pause for up to a few minutes. To continue your workout, simply resume rowing.

To end your workout and reset the display to zero, simply stop rowing and wait for a few minutes for the console display to reset.

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

The console has an auto-off feature. If the row bar is not moved and the console buttons are not pressed for a few minutes, the console will turn off automatically.

IMPORTANT: When you are finished exercising, make sure to disconnect your smart device and/or heart rate monitor from the console (see step 7 on page 20 and HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 21). If you do not do this, the console may not turn off and the batteries will drain more quickly.

HOW TO USE AN iFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

Note: The console supports Bluetooth connections to smart devices via the iFIT app and to compatible heart rate monitors. Other Bluetooth connections are not supported.

1. Download and install the iFIT app on your smart device.

On your iOS® or Android™ smart device, open the App StoreSM or the Google Play™ store, search for the free iFIT app, and then install the app on your smart device. **Make sure that the Bluetooth option is enabled on your smart device.**

Then, open the iFIT app and follow the instructions to set up an iFIT account and customize settings.

Take time to explore the iFIT app and learn about its features and settings.

2. Get ready for the workout.

To wear a heart rate monitor, see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 21.

Note: If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.**

3. Connect your smart device to the console.

Press the iFIT button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFIT app to connect your smart device to the console. When your smart device is connected, the Bluetooth icon will appear in the display.

4. Select an iFIT workout.

In the iFIT app, touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT trainer will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

If the resistance setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the increase and decrease buttons on the console.

To return to the programmed resistance settings of the workout, touch *Follow Trainer*.

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

6. Pause or end the workout.

To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume rowing.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the home screen.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch Finish to return to the home screen.

7. Disconnect your smart device from the console.

To disconnect your smart device from the console, first select the disconnect option in the iFIT app. Then, press and hold the iFIT button on the console.

Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

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

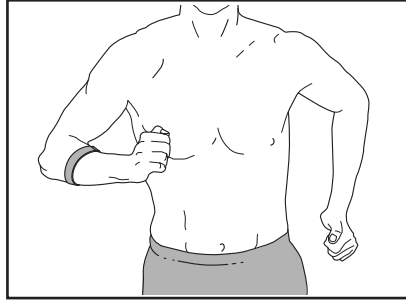
The console has an auto-off feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off automatically.

IMPORTANT: When you are finished exercising, make sure to disconnect your smart device and/or heart rate monitor from the console (see step 6 above and HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 21). If you do not do this, the console may not turn off and the batteries will drain more quickly.

HOW TO USE AN OPTIONAL HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.

The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase an optional heart rate monitor, please see the front cover of this manual.**



The console is compatible with all Bluetooth® Smart heart rate monitors.

To connect your Bluetooth Smart heart rate monitor to the console, press the iFIT button on the console; the console pairing number will appear in the display. When your heart rate monitor is connected, the Bluetooth symbol will appear in the display.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFIT button on the console.

Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the rower is used. **Replace any worn parts immediately.** Use only manufacturer-supplied parts.

To clean the rower, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

For the best results, regularly clean the rail area over which the rollers move.

CONSOLE TROUBLESHOOTING

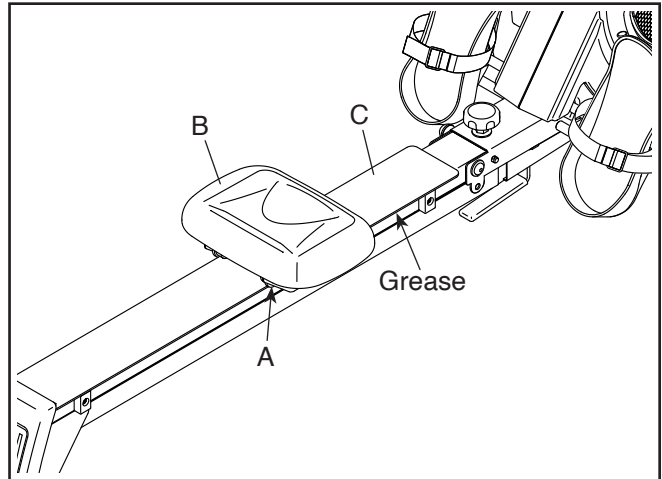
Most console problems are the result of low batteries; for replacement instructions, see assembly step 16 on page 14.

HOW TO GREASE THE PEDAL AXLE

If the pedals squeak when you use the rower, **see assembly step 12 on page 12.** Remove the Right and Left Pedals (30, 57), and apply a small amount of the included grease to both sides of the Pedal Axle (58). Then, reattach the Pedals.

HOW TO GREASE THE ROLLERS

If the rollers (A) beneath the seat (B) squeak when you use the rower, apply a small amount of the included grease to a paper towel, and spread a thin layer evenly along the sides of the rail (C) where the rollers move. Then, wipe off any excess grease.



EXERCISE GUIDELINES

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

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	♥
20	30	40	50	60	70	80	

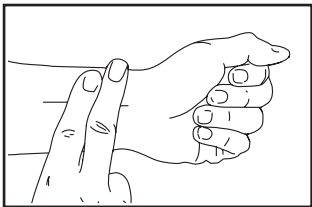
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



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, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

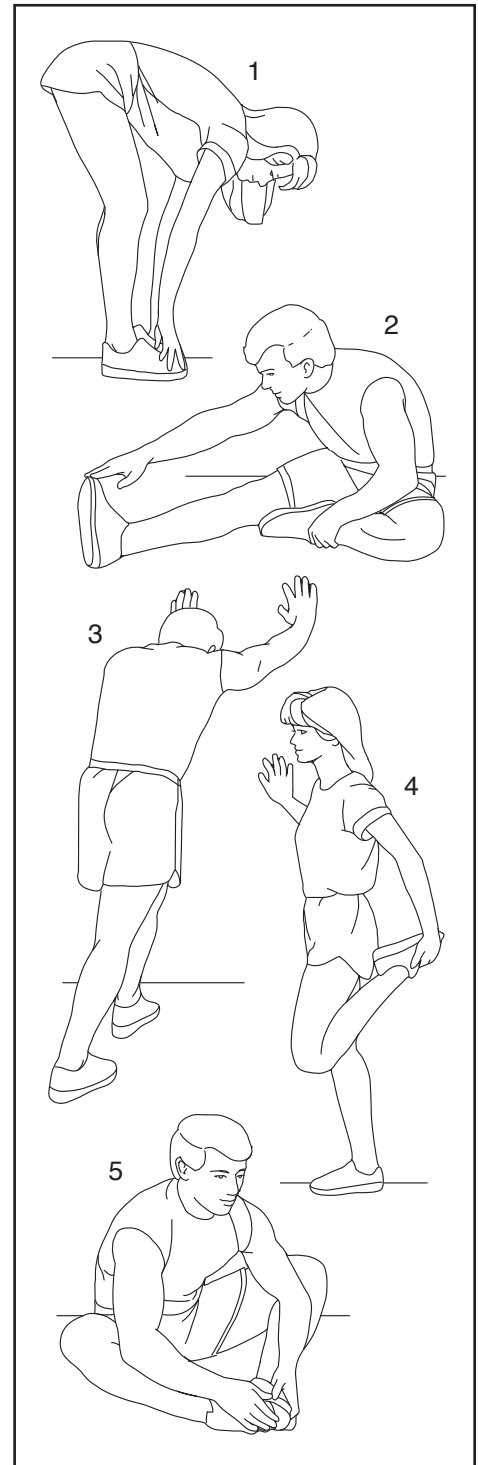
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

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



PART LIST

Model No. PFRW23923-INT.0 R0624A

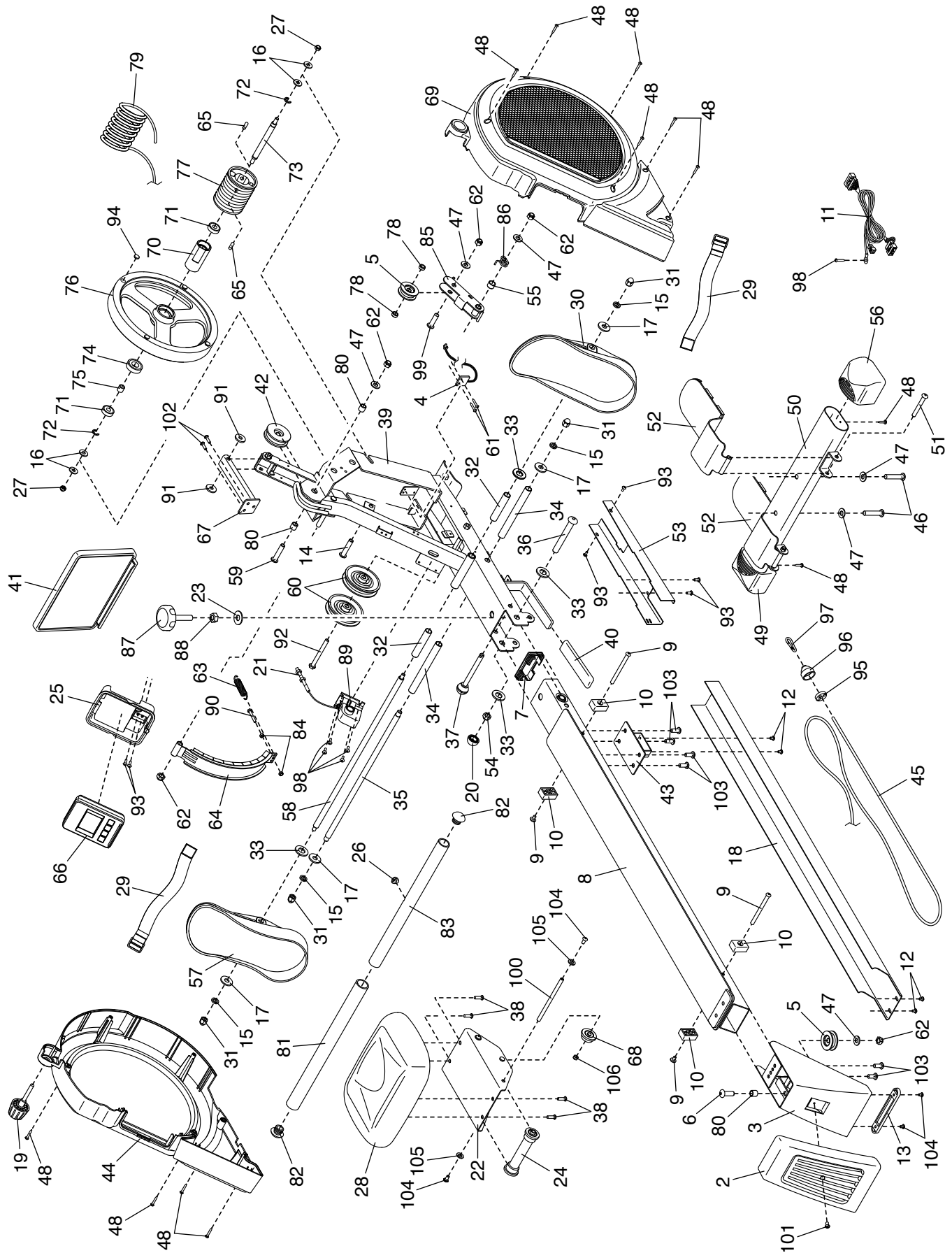
Key No.	Qty.	Description	Key No.	Qty.	Description
1	—	(Not Used)	51	2	M10 x 70mm Screw
2	1	Rear Leg Cover	52	2	Foot Plate
3	1	Rear Leg	53	1	Frame Cover
4	1	Reed Switch/Wire	54	1	1/2" Locknut
5	2	Small Pulley	55	1	Spring Bushing
6	1	M10 x 30mm Bolt	56	1	Right Stabilizer Cap
7	1	Rail Cap	57	1	Left Pedal
8	1	Rail	58	1	Pedal Axle
9	2	M6 Bolt Set	59	1	M10 x 48mm Bolt
10	4	Carriage Bumper	60	2	Large Pulley
11	1	Main Wire	61	2	M3 x 10mm Screw
12	4	M5 x 8mm Screw	62	5	M10 Locknut
13	1	Rear Foot	63	1	Magnet Bracket Spring
14	1	M10 x 60mm Bolt	64	1	Magnet Bracket
15	4	M8 Split Washer	65	2	M8 x 16mm Screw
16	4	M8 x 20mm x 2mm Washer	66	1	Console
17	4	M8 x 20mm x 1.5mm Washer	67	1	Tablet Support
18	1	Rail Cover	68	2	Seat Wheel
19	1	Adjustment Knob	69	1	Right Shield
20	1	Dome Cap	70	1	Spool Bushing
21	1	Resistance Cable	71	2	6001 Bearing
22	1	Seat Carriage	72	2	C-clip
23	1	M13 x 32mm Washer	73	1	Flywheel Axle
24	2	Seat Roller	74	1	6904 Bearing
25	1	Console Holder	75	1	Coaster Bearing
26	1	Grommet	76	1	Flywheel
27	2	M8 Locknut	77	1	Spool
28	1	Seat	78	2	Thin Pulley Bushing
29	2	Pedal Strap	79	1	Cord
30	1	Right Pedal	80	3	Thick Pulley Bushing
31	4	M8 Acorn Nut	81	1	Foam Grip
32	2	Pedal Spacer	82	2	Row Bar Cap
33	4	M13 x 22mm Washer	83	1	Row Bar
34	2	Pedal Stop	84	2	Stop Nut
35	1	Stop Rod	85	1	Tension Bracket
36	1	1/2" x 100mm Bolt	86	1	Tension Spring
37	1	Frame Pin	87	1	Frame Knob
38	4	M6 x 15mm Screw	88	1	M12 Nut
39	1	Frame	89	1	Resistance Motor
40	1	Frame Foot	90	1	M5 x 35mm Bolt
41	1	Tablet Holder	91	2	Support Bushing
42	1	Medium Pulley	92	1	M10 x 68mm Screw
43	1	Rail Bracket	93	6	M4 x 10mm Screw
44	1	Left Shield	94	4	Flywheel Magnet
45	1	Bungee	95	1	Bungee End
46	2	M10 x 52mm Screw	96	1	Bungee Cover
47	6	M10 x 20mm Washer	97	1	Bungee Clip
48	12	M4 x 20mm Screw	98	5	M6 x 10mm Screw
49	1	Left Stabilizer Cap	99	1	M10 x 36mm Bolt
50	1	Stabilizer	100	2	Roller Axle

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	M5 x 10mm Screw	105	4	M5 x 12mm Washer
102	2	M6 x 12mm Screw	106	2	M6 Locknut
103	6	M8 x 20mm Screw	*	—	User's Manual
104	6	M5 x 10mm Flat Head Screw			

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

EXPLODED DRAWING

Model No. PFRW23923-INT.0 R0624A



ORDERING REPLACEMENT PARTS

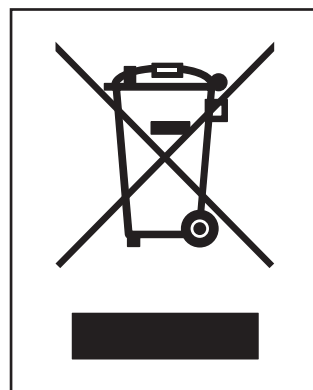
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- 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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



UK/EU DECLARATION OF CONFORMITY

PFRW23923-INT contains the BMD-ICN-1 Bluetooth module.

Hereby, iFIT Health & Fitness declares that the radio equipment type BMD-ICN-1 is in compliance with Directive 2014/53/EU and Radio Equipment Regulation 2017.

iFIT Health & Fitness, 1500 S 1000 W, Logan, UT 84320, USA

This declaration of conformity is issued under the sole responsibility of the manufacturer.

Object of the declaration: FCCID OMCBMD1 - Broadcast Frequency: 2.402GHz to 2.480GHz

Transmit Power: +4dBm

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/AC:2015, Article 3.1b – EMC EN 301 489-17 V3.2.4, Article 3.2 – Radio parameters EN 300 328 V2.2.2

UK Representative: ICON Health & Fitness Ltd, Unit 1D The Gateway, Fryers Way, Silkwood Park, Ossett WF5 9TJ, United Kingdom

EU Representative: iFIT Health & Fitness SAS Business Park, 5 rue Alfred de Vigny
78112 Fourqueux, France

