

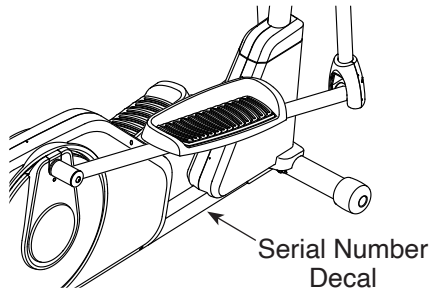
PRO-FORM[®]

SPORT ELLIPTICAL

Model No. PFEL54925-INT.0

Serial No. _____

Write the serial number in the space above for reference.



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.

USER'S MANUAL

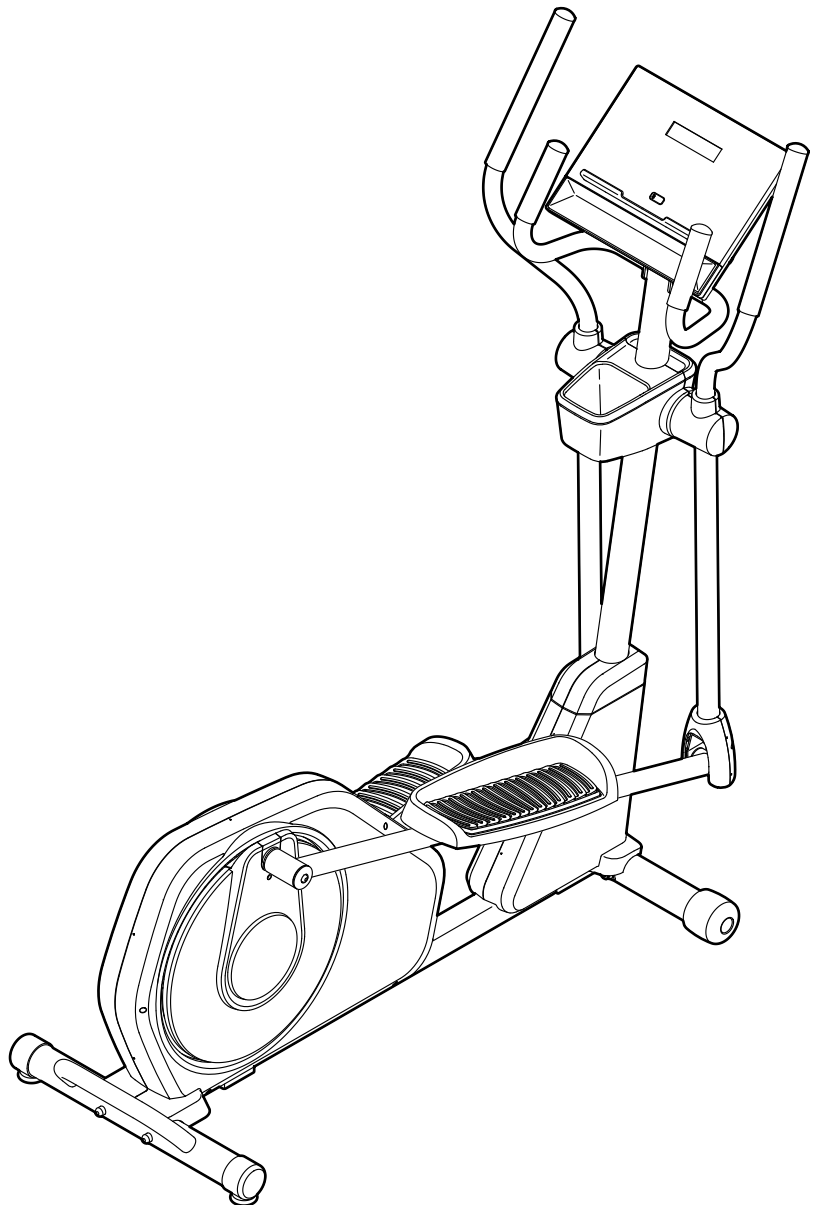
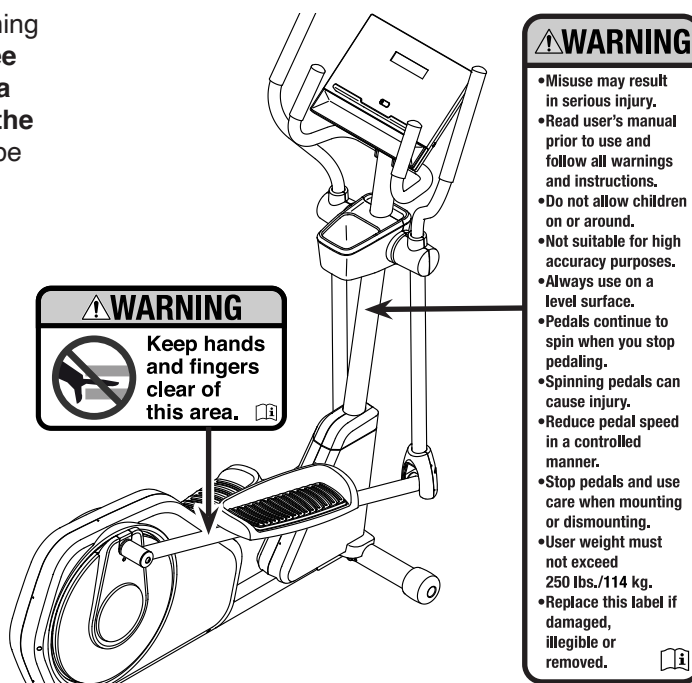


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WARNING DECAL PLACEMENT

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.



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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 elliptical before using your elliptical. 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 elliptical are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the elliptical 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 elliptical only as authorized by your health care provider.
5. The elliptical 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 use of the elliptical by someone responsible for their safety.
6. Use the elliptical only as described in this manual.
7. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
8. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
9. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
10. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. Always plug the power adapter into the elliptical before you plug it into an outlet.
12. The elliptical should not be used by persons weighing more than 250 lbs. (114 kg).
13. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
14. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical. Before mounting or dismounting, bring the pedals to a stop with the pedal on the mounting or dismounting side in its lowest position.
15. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.
16. Keep your back straight while using the elliptical; do not arch your back.
17. 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.

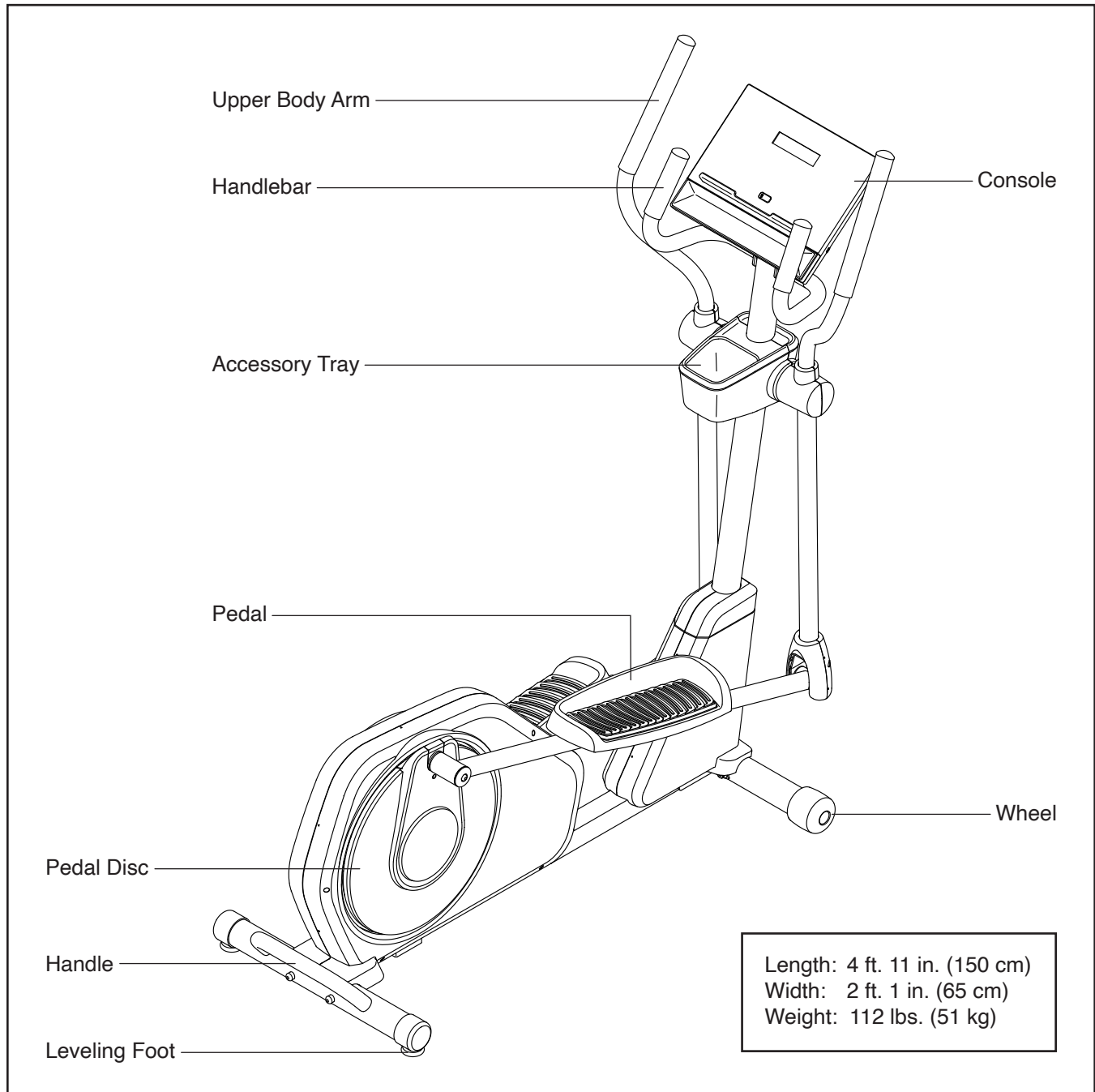
BEFORE YOU BEGIN

Thank you for purchasing the PROFORM® SPORT ELLIPTICAL. The SPORT ELLIPTICAL provides an array of features designed to make your workouts at home more effective and enjoyable.

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

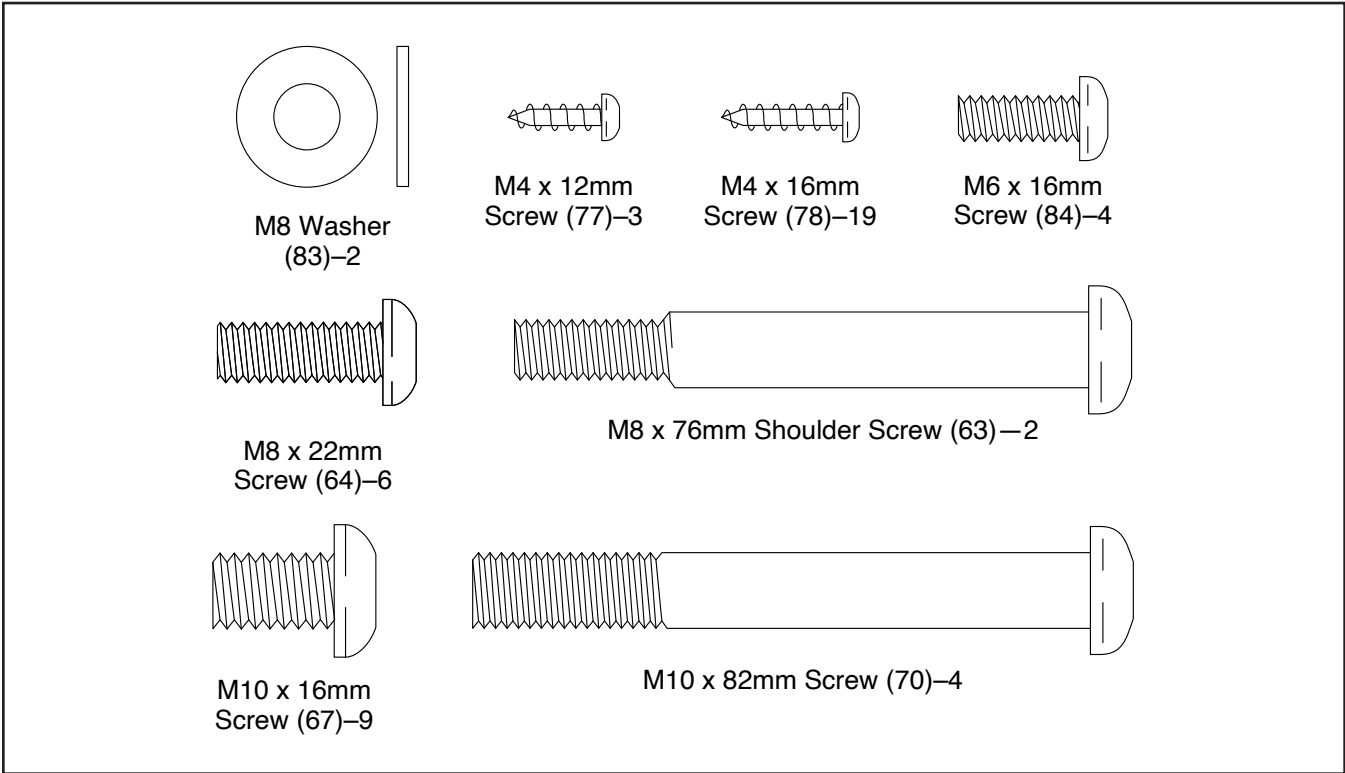
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

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



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 after 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.**

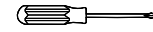


ASSEMBLY

- 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.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

- In addition to the included tool(s), assembly requires the following tool(s):

one Phillips screwdriver



one adjustable wrench



one rubber mallet



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.

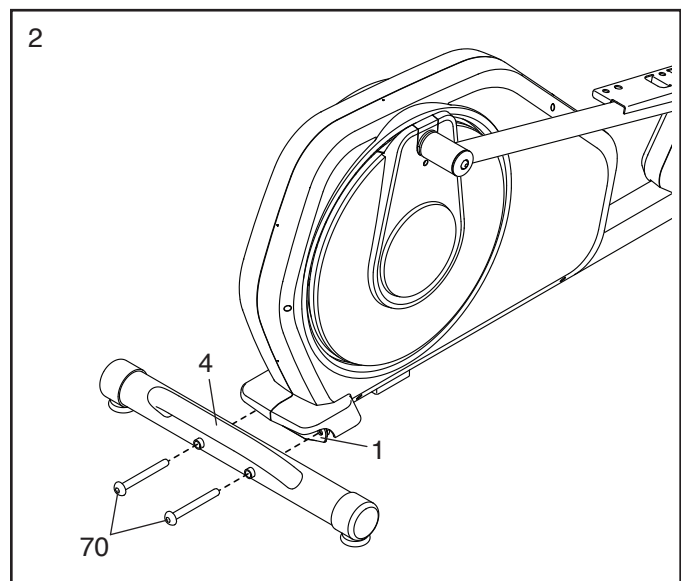
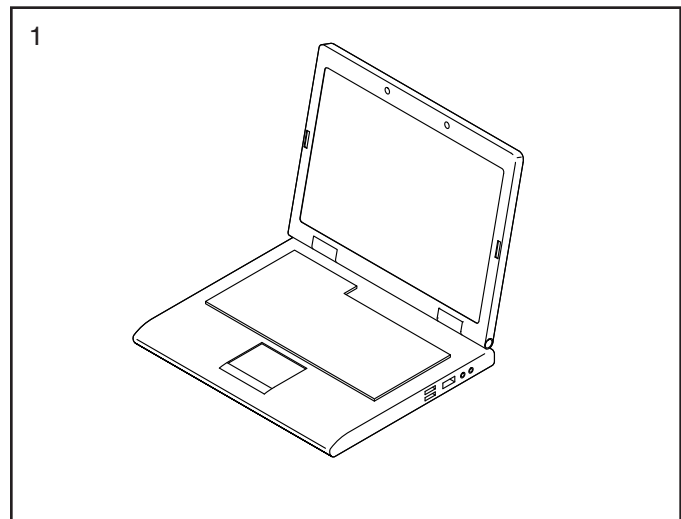
- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. If there are shipping tubes (not shown) attached to the rear of the Frame (1) and the front of the Frame, remove the screws (not shown) from the shipping tubes, and **discard the screws and the shipping tubes**.

With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1) to raise the Frame a few inches.

Next, attach the Rear Stabilizer (4) to the Frame (1) with two M10 x 82mm Screws (70). **Firmly tighten the Screws.**

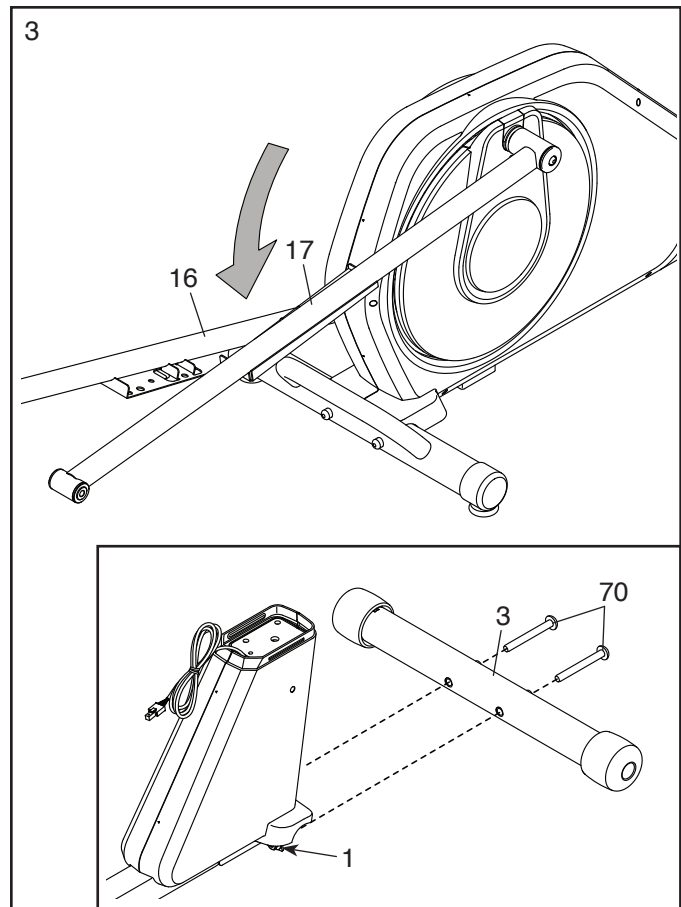
Then, remove the packing materials from under the Frame (1).



3. Rotate the Pedal Arms (16, 17) backward to the positions shown.

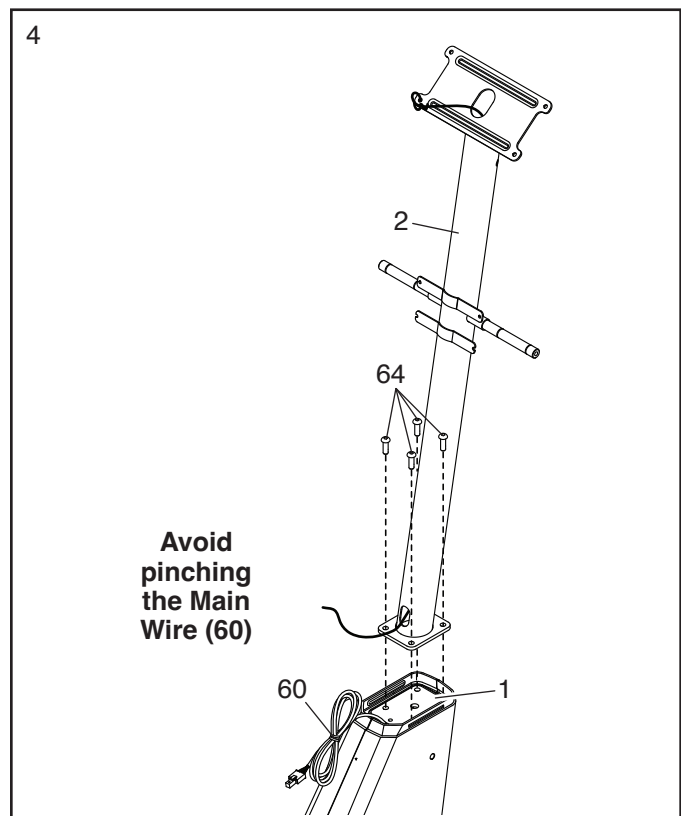
See the inset drawing. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). Next, orient the Front Stabilizer (3) so the sticker is facing the Frame, and attach the Front Stabilizer with two M10 x 82mm Screws (70). **Firmly tighten the Screws.**

Then, remove the packing materials from under the Frame (1).



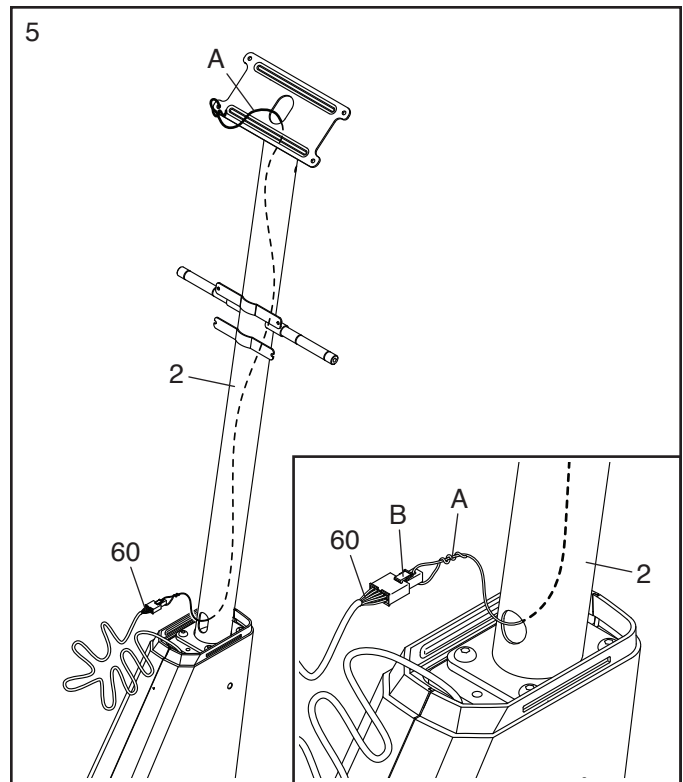
4. **Avoid pinching the Main Wire (60).** Have a second person hold the Upright (2) on the Frame (1).

Attach the Upright (2) with four M8 x 22mm Screws (64); **do not fully tighten the Screws yet.**



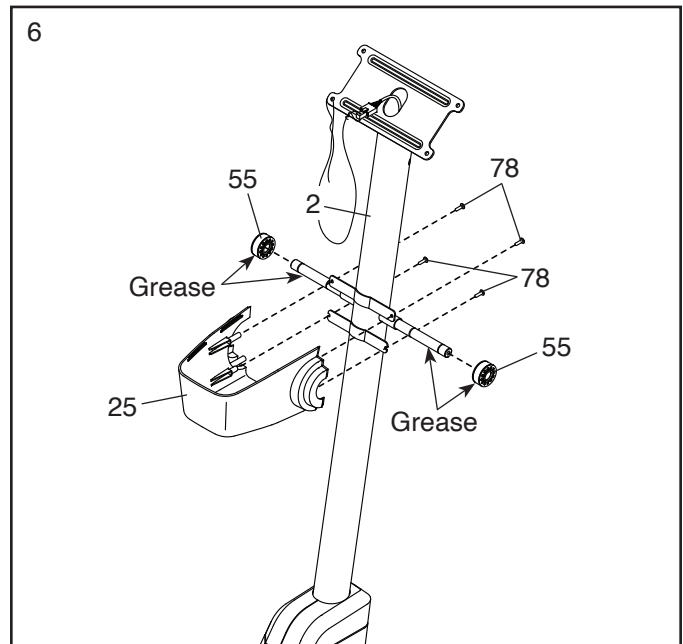
5. **See the inset drawing.** Locate the wire tie (A) in the Upright (2). Tie the wire tie through the wire pull (B) on the Main Wire (60). Next, insert the wire pull and the end of the Main Wire into the Upright.

Then, pull the upper end of the wire tie (A) until the Main Wire (60) is routed through the Upright (2). **Do not untie the wire tie from the Upright yet.**



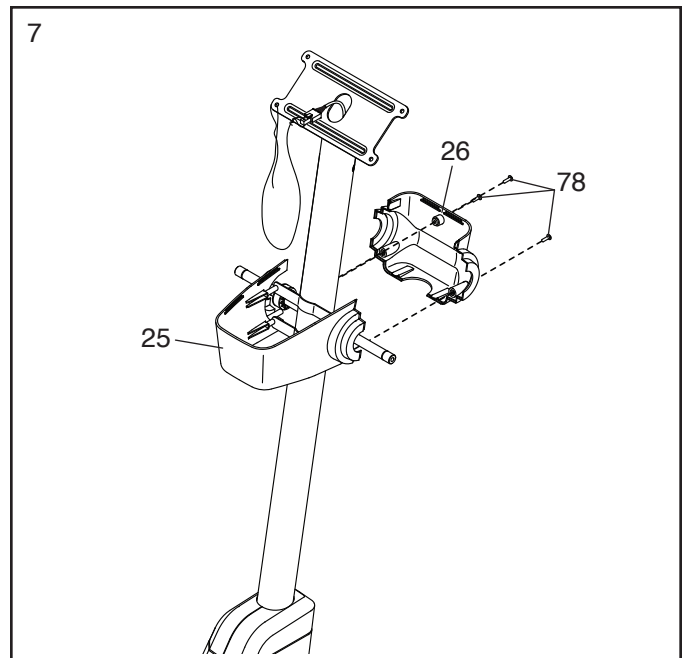
6. Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the axle on the Upright (2) and to the two Pivot Spacers (55). Then, slide a Pivot Spacer onto each side of the axle.

Then, identify the Rear Upright Cover (25), orient it as shown, and attach it to the Upright (2) with four M4 x 16mm Screws (78); **start all four Screws, and then tighten them.**



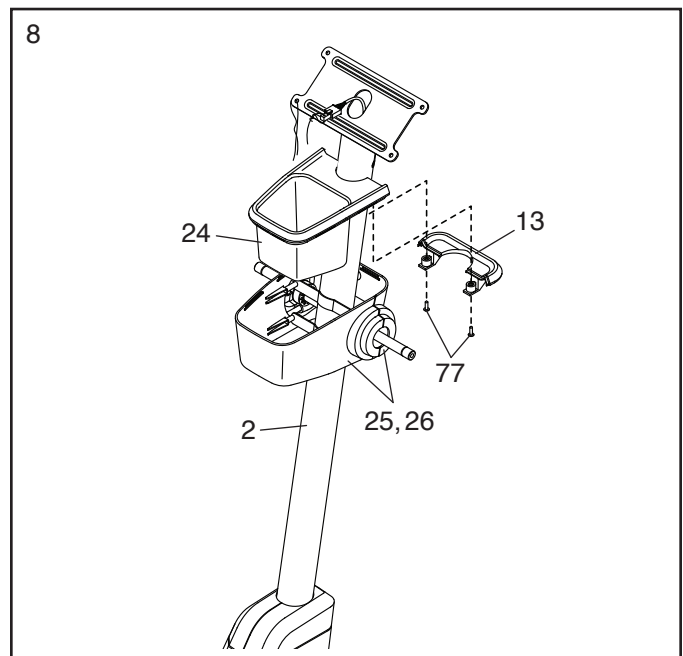
7. Identify the Front Upright Cover (26), and orient it as shown.

Attach the Front Upright Cover (26) to the Rear Upright Cover (25) with three M4 x 16mm Screws (78); **start all three Screws, and then tighten them.**



8. Identify the Small and Large Accessory Trays (13, 24) and attach them around the Upright (2) with two M4 x 12mm Screws (77) as shown.

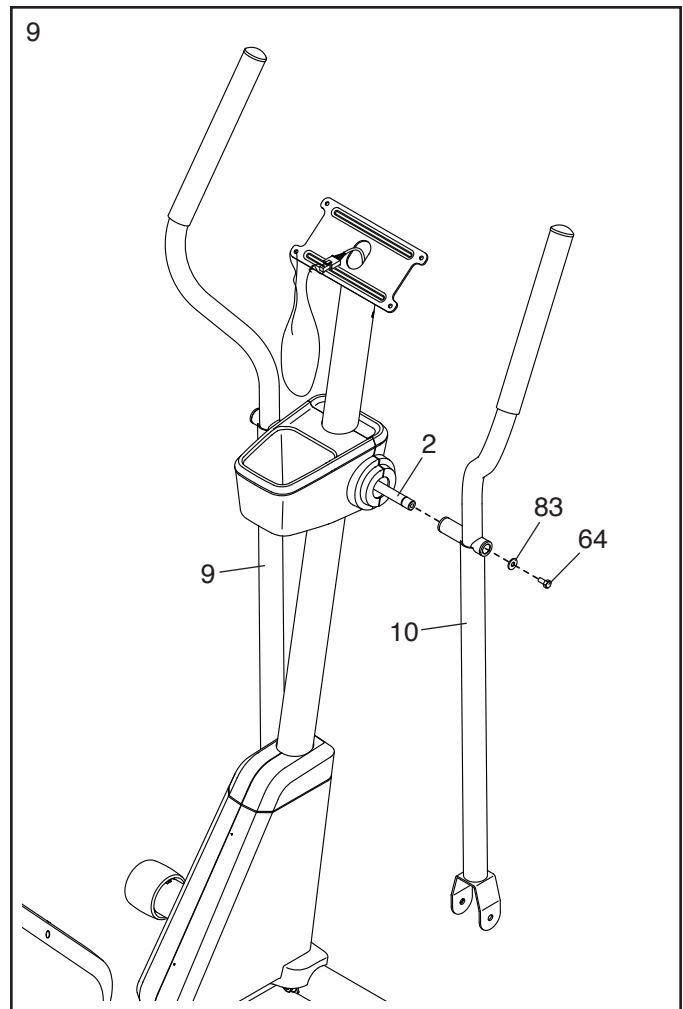
Then, press the Accessory Trays (13, 24) into the Upright Covers (25, 26).



9. Identify the Right Upper Body Arm (10), orient it as shown, and slide it onto the right axle on the Upright (2).

Attach the Right Upper Body Arm (10) with an M8 x 22mm Screw (64) and an M8 Washer (83).

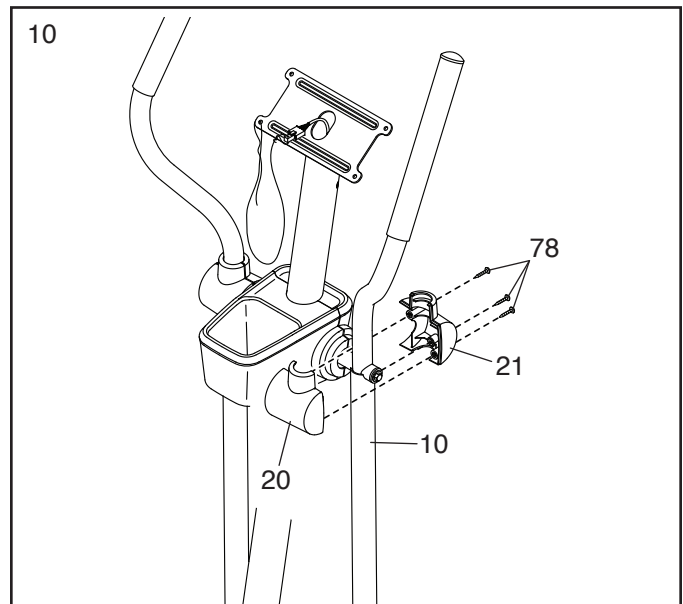
Attach the Left Upper Body Arm (9) in the same way.



10. Identify the Right Rear Arm Cover (20) and the Right Front Arm Cover (21), and orient them as shown.

Press the Right Rear and Front Arm Covers (20, 21) together around the Right Upper Body Arm (10), and attach them with three M4 x 16mm Screws (78), **start all three Screws, and then tighten them.**

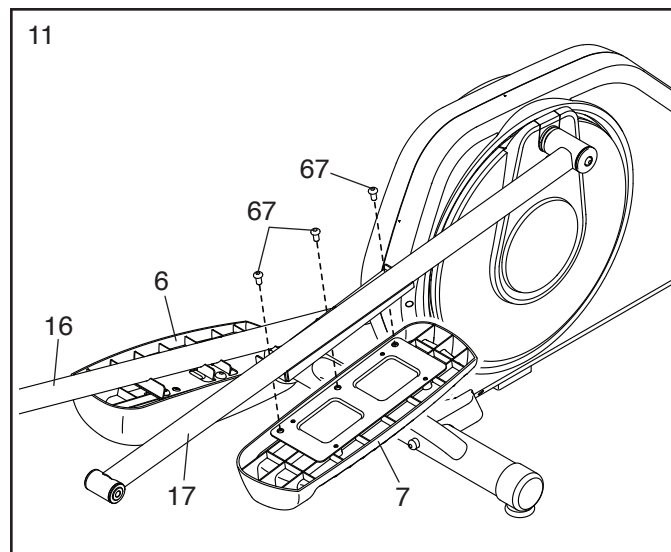
Repeat this step on the other side of the elliptical.



11. Identify the Right Pedal (7), and orient it as shown.

Attach the Right Pedal (7) to the Right Pedal Arm (17) with three M10 x 16mm Screws (67); **start all three Screws, and then tighten them.**

Attach the Left Pedal (6) to the Left Pedal Arm (16) in the same way.

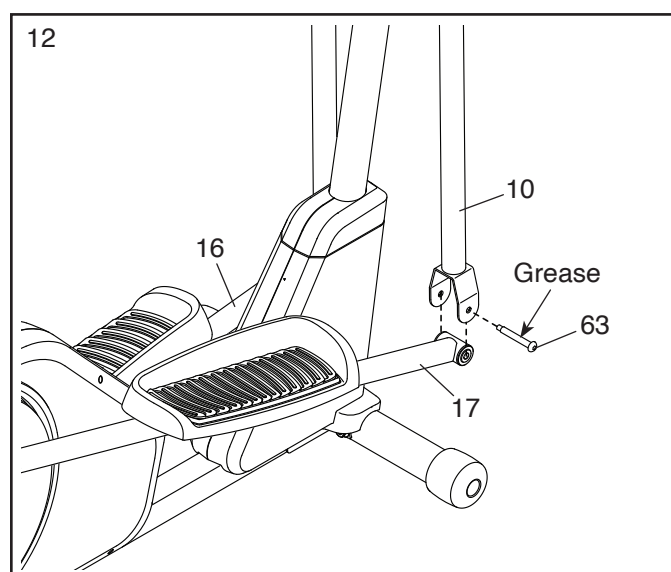


12. Rotate the Pedal Arms (16, 17) forward to the positions shown.

Next, apply a small amount of grease to an M8 x 76mm Shoulder Screw (63).

Attach the Right Pedal Arm (17) to the Right Upper Body Arm (10) with the M8 x 76mm Shoulder Screw (63).

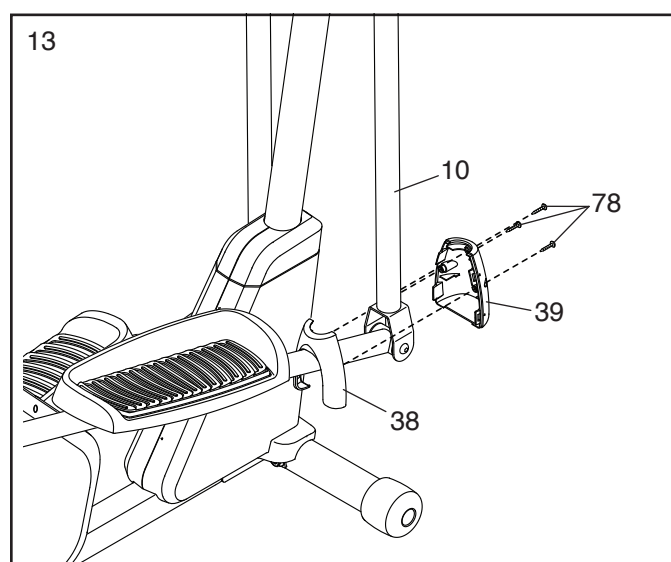
Repeat this step on the other side of the elliptical.



13. Identify a Rear Leg Cover (38) and a Front Leg Cover (39), and orient them as shown.

Press the Rear and Front Leg Covers (38, 39) together around the Right Upper Body Arm (10), and attach them with three M4 x 16mm Screws (78); **start the center Screw first, and then start the other two Screws. Then, tighten all three Screws.**

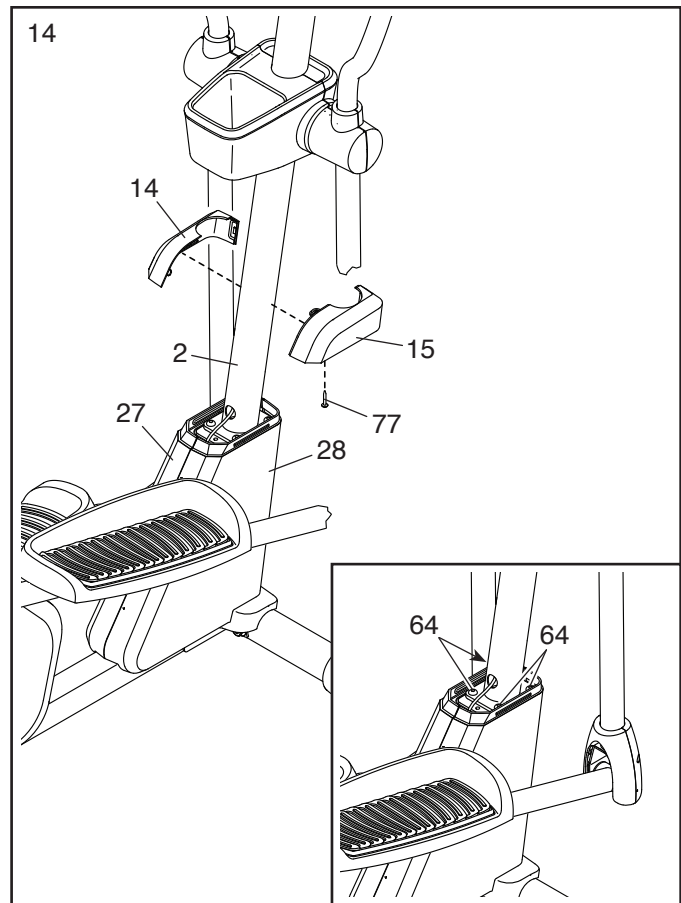
Repeat this step on the other side of the elliptical.



14. See the inset drawing. Firmly tighten the four M8 x 22mm Screws (64) that you started in step 4.

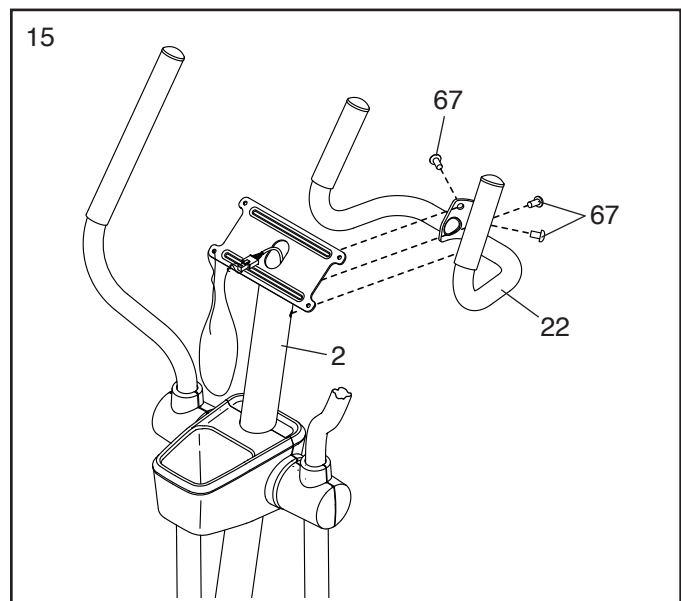
Next, identify the Left and Right Shield Covers (14, 15), orient them as shown, and attach them around the Upright (2) with an M4 x 12mm Screw (77).

Then, slide the Shield Covers (14, 15) downward and press them onto the Left and Right Upright Shields (27, 28).



15. Have a second person hold the Handlebar (22) in place around the Upright (2).

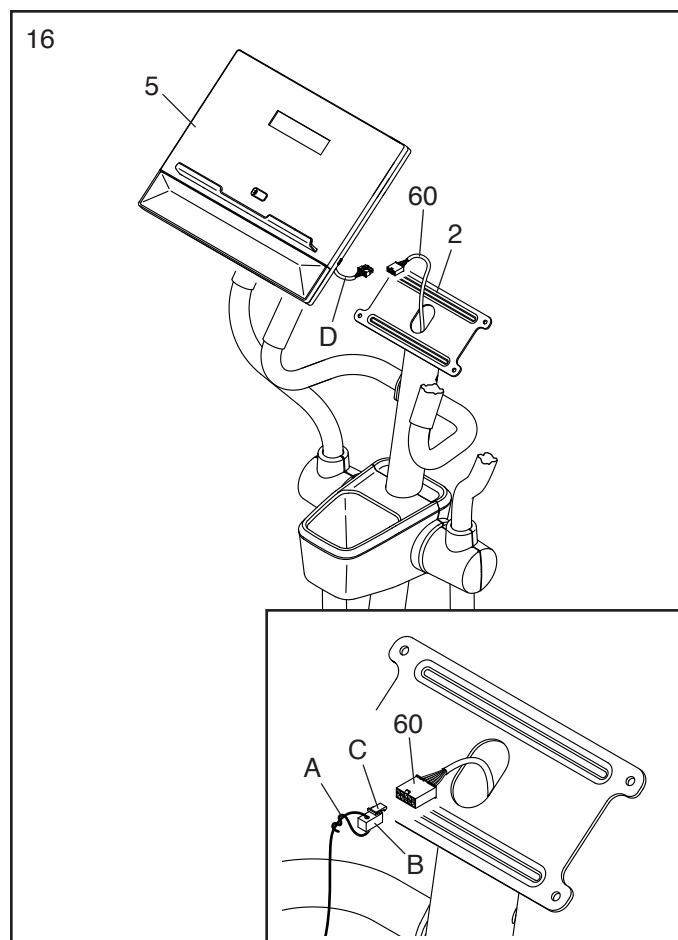
Attach the Handlebar (22) with three M10 x 16mm Screws (67); **start all three Screws, and then tighten them.**



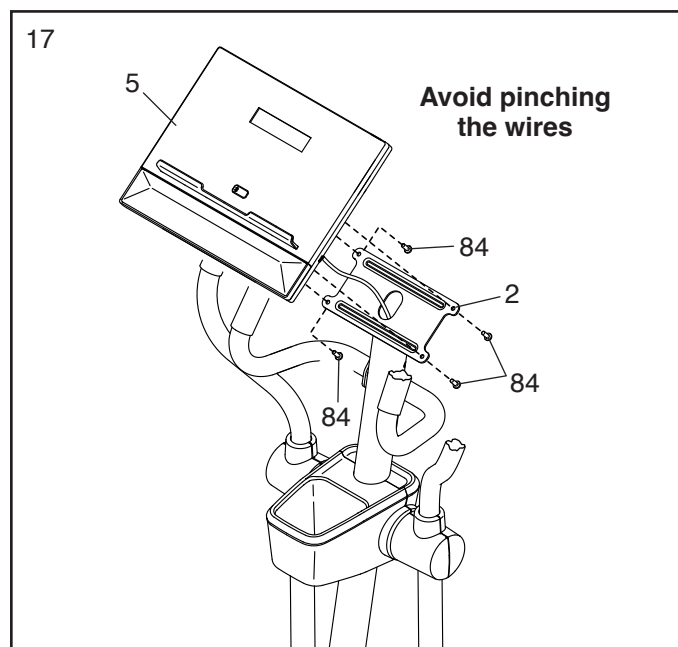
16. **See the inset drawing.** Grip the connector on the end of the Main Wire (60). Then, press the small latch (C) on the wire pull (B), and remove the wire pull. **Discard the wire pull and the wire tie (A).**

While a second person holds the Console (5) near the Upright (2), connect the Main Wire (60) to the wire (D) on the Console. **IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your elliptical to function properly.**

Then, insert the connectors and the excess wire into the Upright (2).

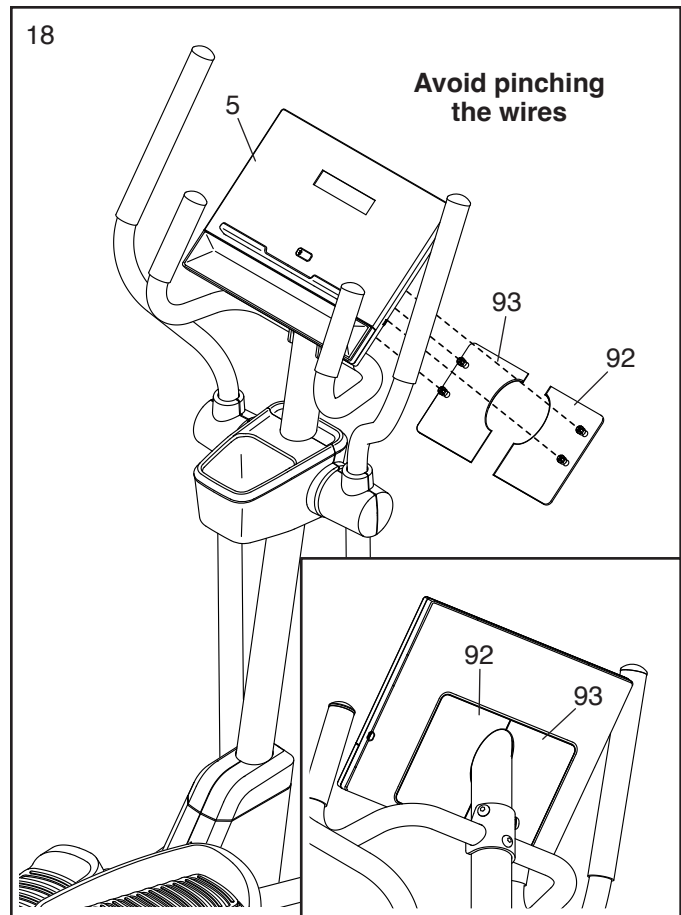


17. **Avoid pinching the wires.** Attach the Console (5) to the Upright (2) with four M6 x 16mm Screws (84); **start all four Screws, and then tighten them.**



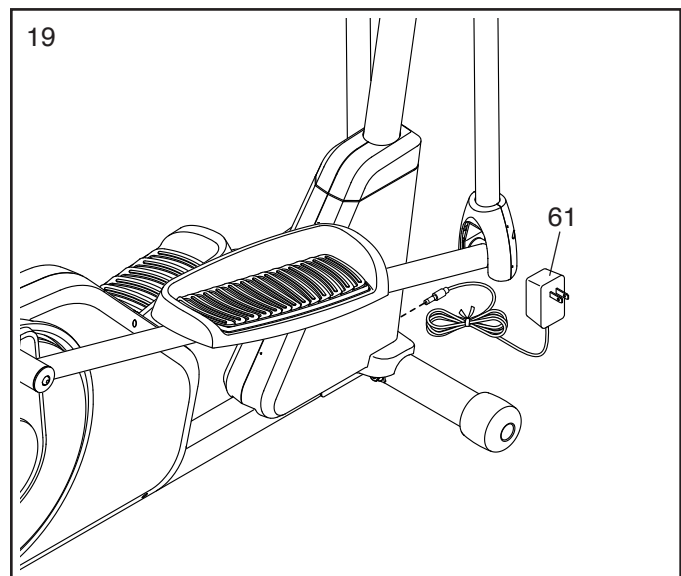
18. Orient the **Left Console Cover (93)** as shown, and snap it onto the back of the Console (5).

Then, orient the **Right Console Cover (92)** as shown, and snap it onto the back of the Console (5).



19. Plug the Power Adapter (61) into the receptacle on the front of the elliptical.

Note: To plug the Power Adapter (61) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.



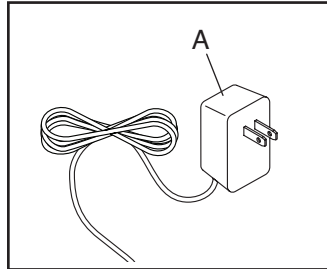
20. **Make sure that all parts are properly tightened.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

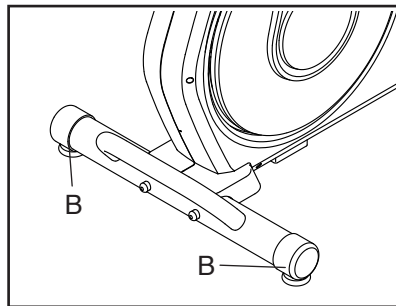
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter (A) into the receptacle on the front of the elliptical. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



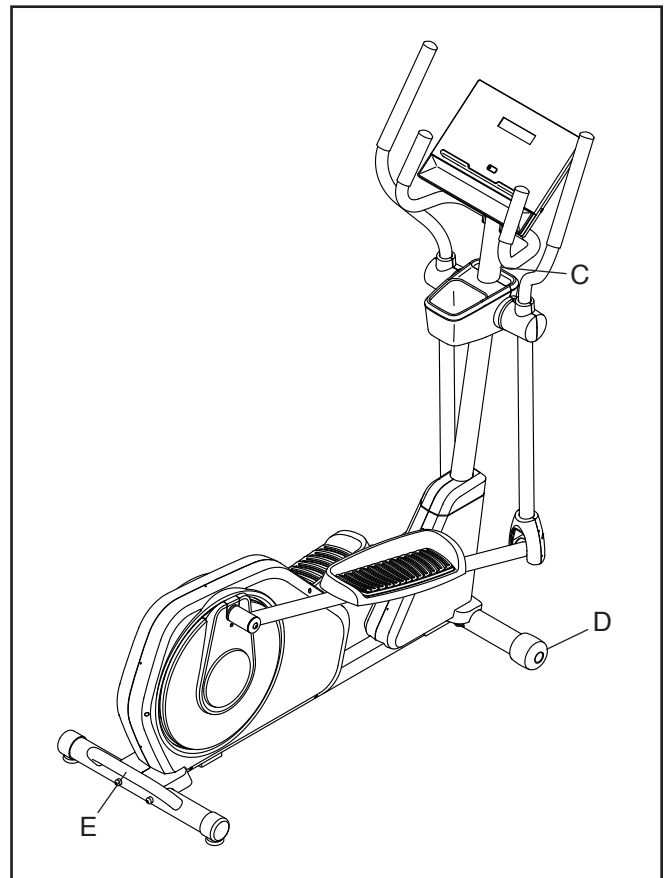
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet (B) beneath the rear stabilizer until the rocking motion is eliminated.



HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to protect your floor. Stand in front of the elliptical, hold the upright (C), and place one foot against one of the wheels (D). Next, pull on the upright and have a second person lift the handle (E) until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.

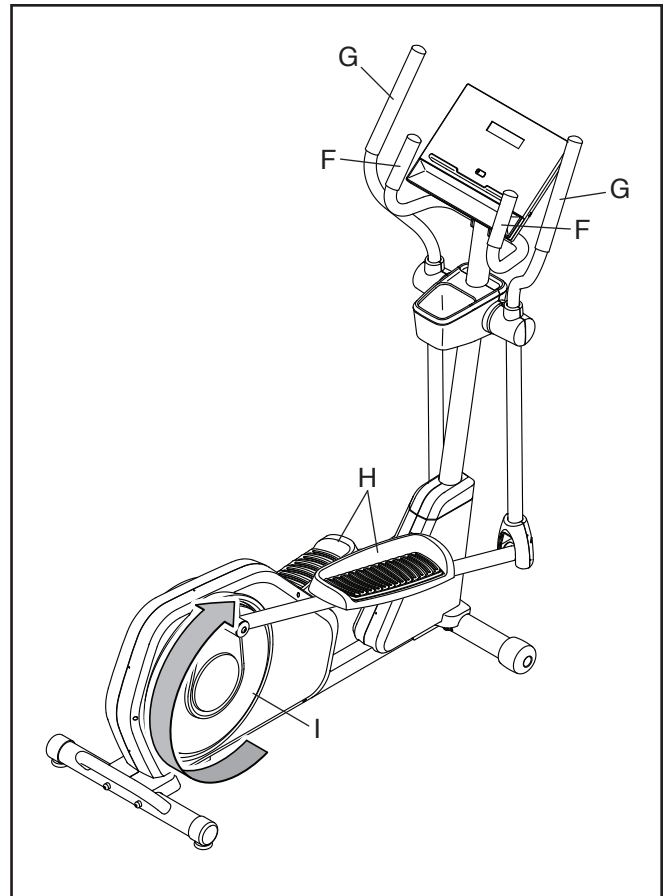


HOW TO EXERCISE ON THE ELLIPTICAL

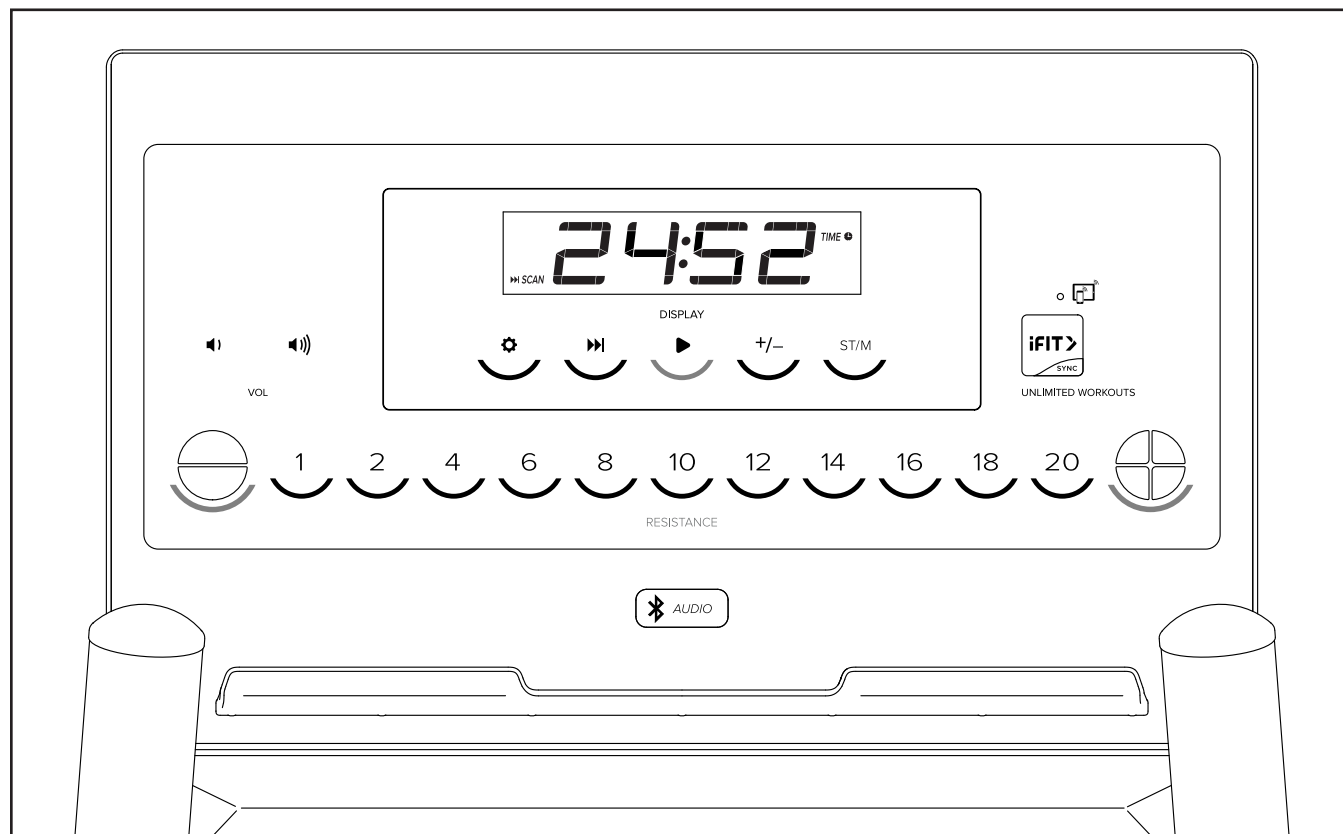
To mount the elliptical, hold the handlebars (F) or the upper body arms (G) and step onto the pedal (H) that is in the lower position. Then, step onto the other pedal.

Push the pedals (H) until they begin to move with a continuous motion. **Note: The pedal discs (I) can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

To dismount the elliptical, wait until the pedals (H) come to a complete stop. **Note: The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with a 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 (see page 23).

The console also 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 pedals 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.

You can also use the charging port on the console to charge your USB-C compatible device while you exercise (see page 23).

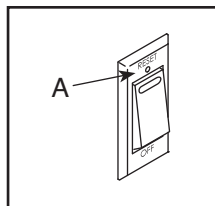
To turn on and turn off the console, see page 18. **To use the manual mode**, see page 18. **To use an iFIT workout**, see page 20. **To change console settings**, see page 21.

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

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the elliptical. See HOW TO PLUG IN THE POWER ADAPTER on page 15.

When the power adapter is plugged in, press the power switch (A) located on the front of the elliptical to turn on the console. It will take a moment for the console to be ready for use.



Begin pedaling or press any button on the console to activate the console.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, the console will pause and the time will flash in the display.

If the pedals do not move for several minutes and the buttons are not pressed, the console will become inactive.

When you are finished exercising, press the power switch and unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

Note: The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not become inactive and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 21.

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE CONSOLE at the left. When you turn on the console, the manual mode will be selected automatically.

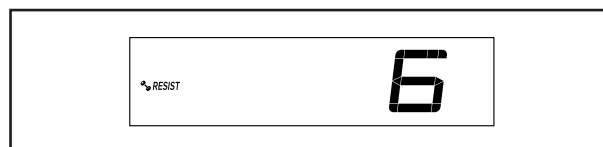
2. **Get ready for the workout.**

To use the sound system, see page 23.

To wear a heart rate monitor, see page 23.

3. **Change the resistance of the pedals as desired.**

To change the resistance of the pedals as you exercise, press one of the numbered Resistance buttons or press the Resistance increase and decrease buttons.



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

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

The display can show the following workout information:

Calories (CALs)—The approximate number of calories you have burned.

Calories per Hour (CALs/HR)—The approximate number of calories you are burning per hour.

Distance (MI or KM)—The distance that you have pedaled in miles or kilometers. To change the unit of measurement, press the St/M button.

Pace—Your pedaling speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/M button.

Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see page 23).

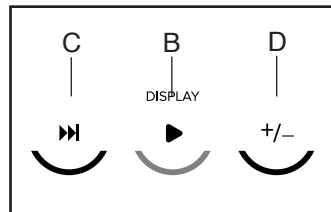
Resistance (RESIST)—The resistance level of the pedals.

RPM—Your pedaling speed in revolutions per minute (RPM).

Speed (MPH or KPH)—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/M button.

Time—The elapsed time.

Press the Display button (B) repeatedly to view the desired workout information in the display.



Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. To turn on the scan mode, press the Scan button (C); the scan indicator (E) and the word SCAN will turn on in the display.



To manually advance the scan cycle, press the Scan button (C) repeatedly.

To turn off the scan mode, press the Display button (B); the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

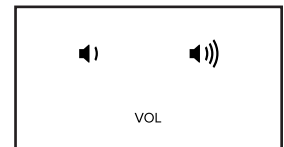
To customize the scan mode, first press the Display button (B) repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Remove button (D) to add or remove that workout information from the scan cycle. **When workout information is added**, its indicator will turn on in the display. **When workout information is removed**, its indicator will turn off.

Then, press the Scan button (C) to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a compatible heart rate monitor.

To change the volume level of the console, press the Vol increase and decrease buttons.



5. Pause or end the workout.

To pause the workout, simply stop pedaling. When the workout is paused, the time will flash in the display. To continue the workout, simply resume pedaling.

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

6. When you are finished exercising, turn off the console (see page 18).

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 use the sound system, see page 23.

To wear a heart rate monitor, see page 23.

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 Sync 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 a connection is established, the LED on the console will turn solid blue or the Bluetooth symbol 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 as 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 Resistance 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 pedaling.

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 Sync button on the console until the LED on the console turns solid green or the Bluetooth symbol disappears from the display.

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, turn off the console (see page 18).

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the Settings button. The first settings screen will appear in the display.

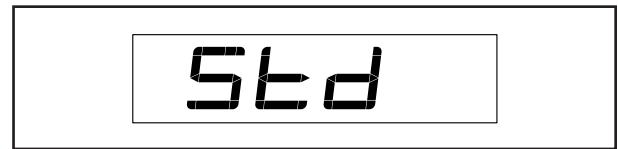
2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Display button repeatedly to select the desired settings screen.

3. Change settings as desired.

Software Version Number—The software version number will appear in the display.

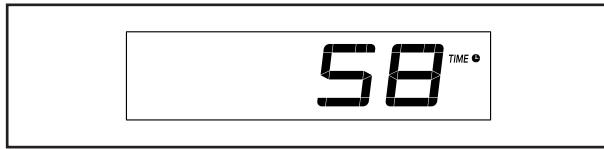
Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.



Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

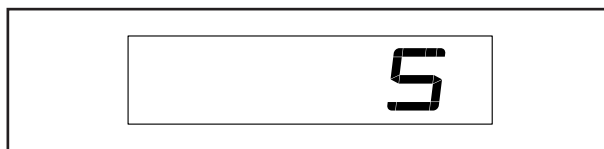
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the elliptical has been used.



Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the elliptical has been pedaled.



Contrast Level—The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.



Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not become inactive and the display will not be reset when you finish exercising. Press the Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



4. Exit the settings mode.

Press the Settings button to exit the settings mode.

HOW TO USE THE SOUND SYSTEM

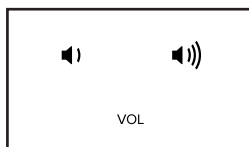
1. **Make sure that your device's Bluetooth setting is turned on, and hold your device near the console.**
2. **Press and hold the Bluetooth Audio button on the console for 3 seconds.**

A tone will sound and the Bluetooth button will begin flashing to indicate that the console has entered pairing mode.

3. **Pair your device to the console.**

Once your device and the console pair successfully, the audio from your device will play through the console speakers.

To adjust the volume, press the Vol increase and decrease buttons on the console or the use the volume control on your personal audio player.



Note: The console can save multiple devices in its memory. If you have previously paired your device to the console, you can simply press the Bluetooth Audio button to connect your device to the console.

4. **Erase the console's device memory if necessary.**

If you need to erase all the Bluetooth-enabled devices saved in the console's memory, press and hold the Bluetooth Audio button for 10 seconds

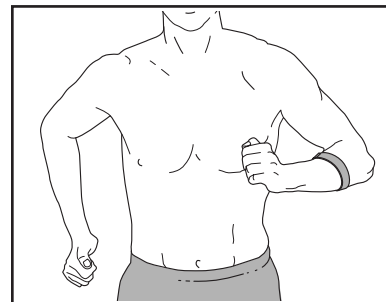
HOW TO USE THE CHARGING PORT

The console features a charging port to charge USB-C compatible devices, such as smartphones and tablets, while you exercise.

To use the charging port, plug a USB-C charging cable (not included) into the charging port on the right side of the console and into the receptacle on your device; **make sure that the USB-C charging cable is fully plugged in.** Note: The charging port cannot be used to view or transfer data or to play music through the console sound system.

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 Sync button on the console; the console pairing number will appear in the display. When your heart rate monitor is connected, the LED on the console will flash red twice. 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 Sync button on the console until the LED on the console turns solid green. 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 elliptical is used.

Replace any worn parts immediately. Use only manufacturer-supplied parts.

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

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power adapter is fully plugged in and that the power switch is pressed to the on position.

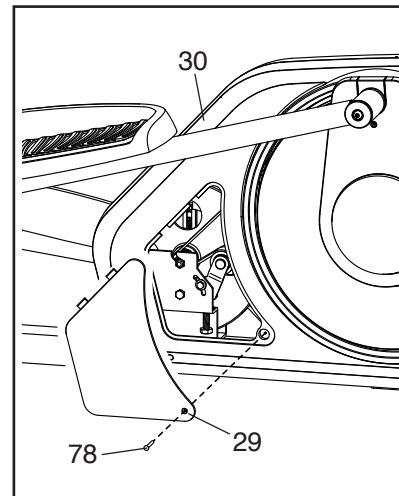
If a replacement power adapter is needed, see TROUBLESHOOTING above. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 21 and adjust the contrast level of the display.

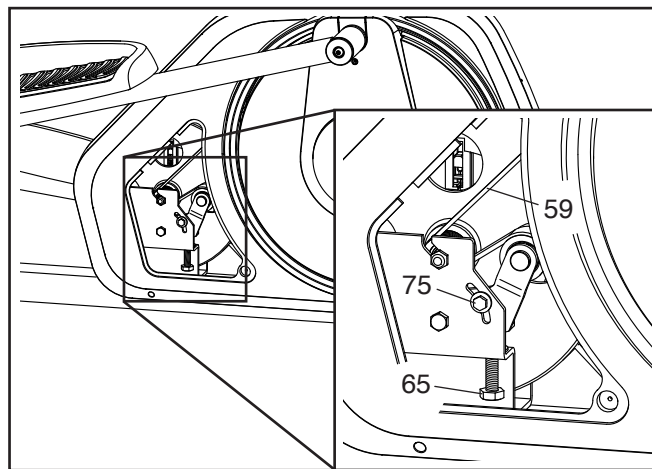
HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, first **press the power switch and unplug the power adapter.** Next, locate the Access Cover (29) in the Left Shield (30). Remove the M4 x 16mm Screw (78) and the Access Cover.



Next, loosen the Idler Screw (75). Then, tighten the M10 x 50mm Screw (65) until the Drive Belt (59) is tight.

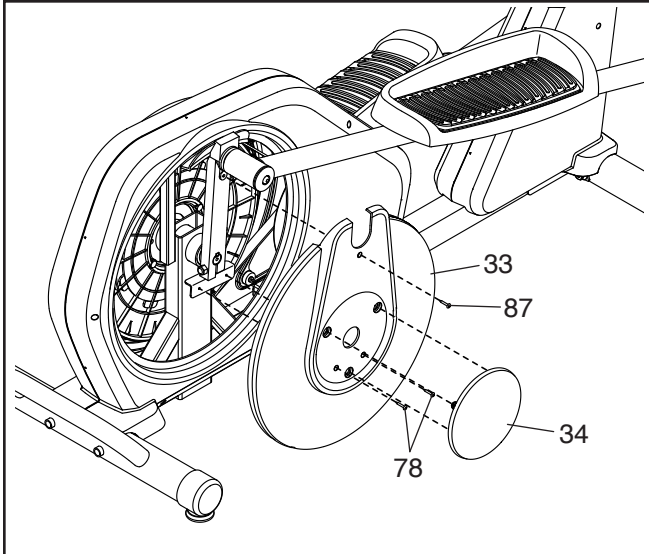


When the Drive Belt (59) is tight, tighten the Idler Screw (75). Then, reattach Access Cover (29).

HOW TO ADJUST THE REED SWITCH

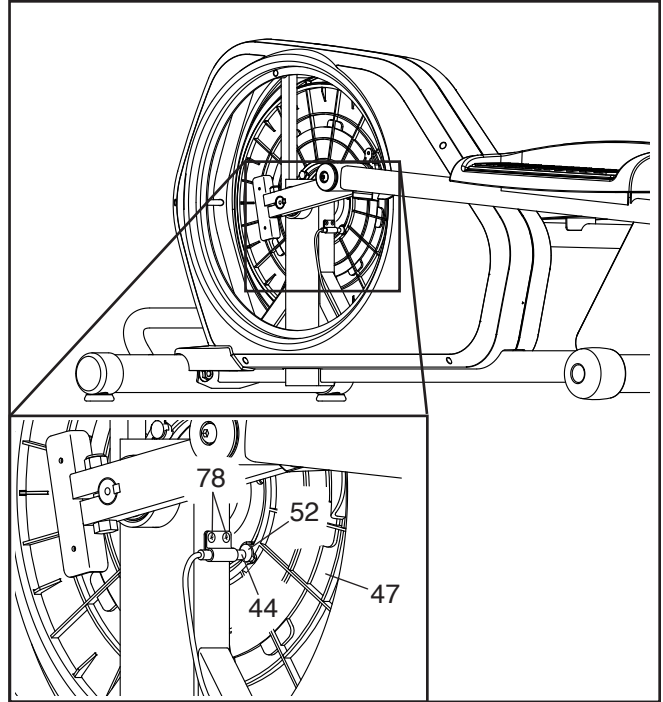
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first **press the power switch and unplug the power adapter**. Next, using a standard screwdriver, pry off the right Disc Cover (34).



Then, remove the M4 x 15mm Machine Screw (87) and the two M4 x 16mm Screws (78) from the right Disc (33), and then remove the right Disc.

Locate the Reed Switch (44). Slightly loosen the two M4 x 16mm Screws (78).



Next, rotate the Pulley (47) until a Magnet (52) is aligned with the Reed Switch (44). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screws (78).

Plug in the power adapter and rotate the Pulley (47) for a moment. Repeat the procedure above, if necessary, until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the parts that you removed and plug in the power adapter.

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	

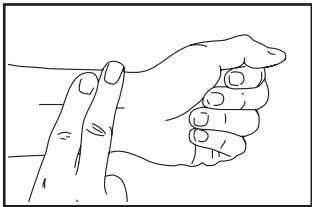
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

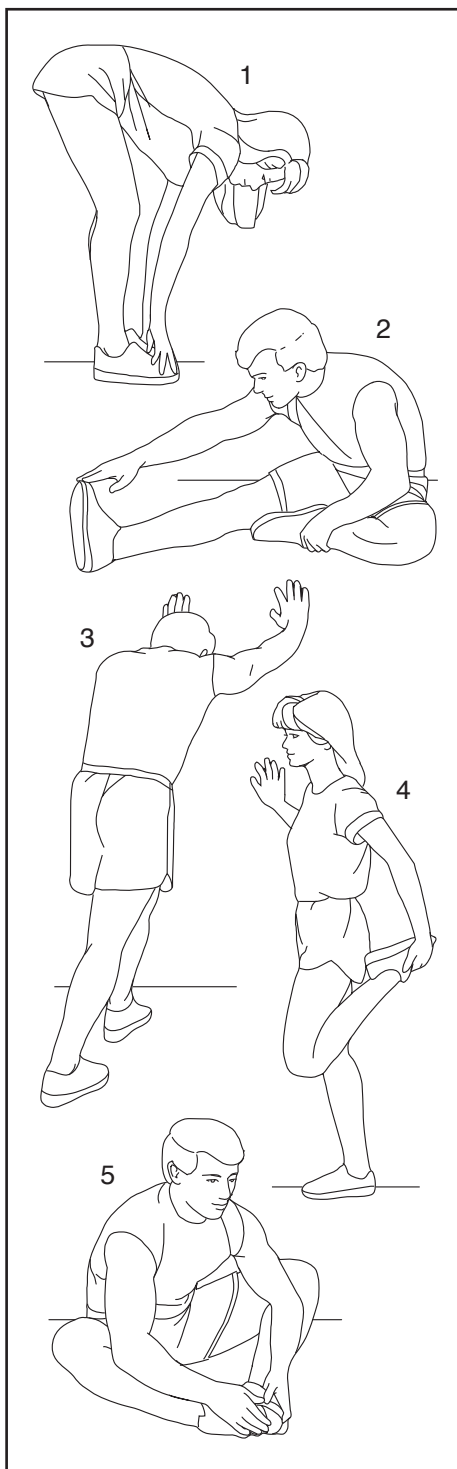
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

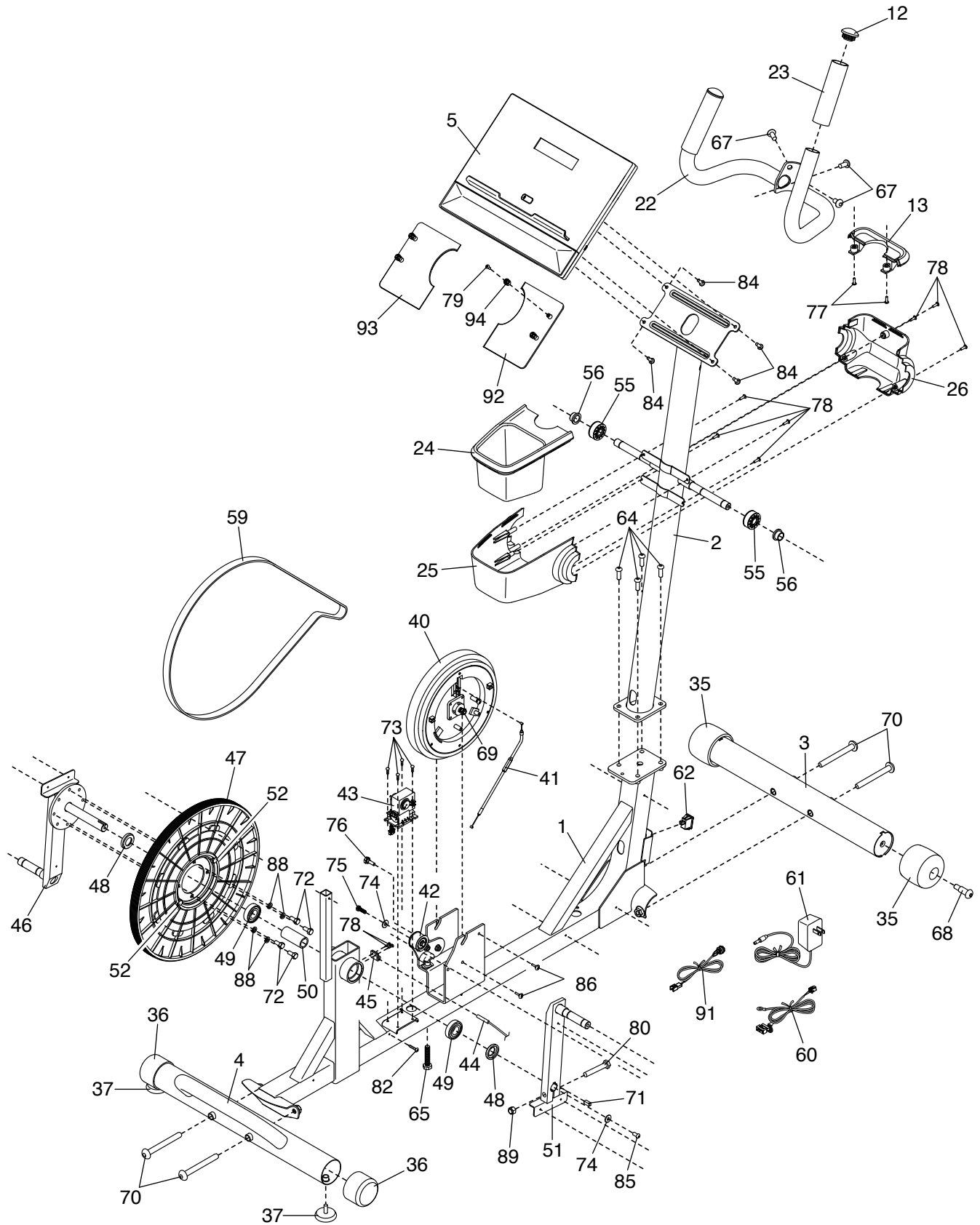
Model No. PFEL54925-INT.0 R0724A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	1	Crank Bearing Sleeve
2	1	Upright	51	1	Crank Arm
3	1	Front Stabilizer	52	2	Magnet
4	1	Rear Stabilizer	53	4	Pedal Arm Bearing
5	1	Console	54	2	Pedal Arm Bearing Sleeve
6	1	Left Pedal	55	2	Pivot Spacer
7	1	Right Pedal	56	4	Pivot Bushing
8	2	Pedal Bracket	57	4	Pedal Arm Bushing
9	1	Left Upper Body Arm	58	2	Pedal Arm Cover
10	1	Right Upper Body Arm	59	1	Drive Belt
11	2	Long Grip	60	1	Main Wire
12	4	Grip Cap	61	1	Power Adapter
13	1	Small Accessory Tray	62	1	Power Switch
14	1	Left Shield Cover	63	2	M8 x 76mm Shoulder Screw
15	1	Right Shield Cover	64	6	M8 x 22mm Screw
16	1	Left Pedal Arm	65	1	M10 x 50mm Screw
17	1	Right Pedal Arm	66	2	M8 x 14mm Shoulder Screw
18	1	Left Rear Arm Cover	67	9	M10 x 16mm Screw
19	1	Left Front Arm Cover	68	2	M10 x 25mm Shoulder Screw
20	1	Right Rear Arm Cover	69	2	M8 Jam Nut
21	1	Right Front Arm Cover	70	4	M10 x 82mm Screw
22	1	Handlebar	71	1	Key
23	2	Handlebar Grip	72	4	M8 x 15mm Screw
24	1	Large Accessory Tray	73	4	M4 x 12mm Flange Screw
25	1	Rear Upright Cover	74	2	Crank/Idler Washer
26	1	Front Upright Cover	75	1	Idler Screw
27	1	Left Upright Shield	76	1	Idler Pivot Screw
28	1	Right Upright Shield	77	3	M4 x 12mm Screw
29	1	Access Cover	78	38	M4 x 16mm Screw
30	1	Left Shield	79	4	#8 x 5/8" Flat Head Screw
31	1	Right Shield	80	1	M10 Clamp Bolt
32	2	Disc Bracket	81	8	M6 x 12mm Screw
33	2	Disc	82	1	Ground Screw
34	2	Disc Cover	83	4	M8 Washer
35	2	Wheel	84	4	M6 x 16mm Screw
36	2	Stabilizer Cap	85	1	M6 x 14mm Screw
37	2	Leveling Foot	86	2	Anchor Screw
38	2	Rear Leg Cover	87	2	M4 x 15mm Machine Screw
39	2	Front Leg Cover	88	4	M8 Split Washer
40	1	Eddy Mechanism	89	1	M10 Locknut
41	1	Resistance Cable	90	2	M4 x 30mm Screw
42	1	Idler	91	1	Power Wire/Receptacle
43	1	Resistance Motor	92	1	Right Console Cover
44	1	Reed Switch/Wire	93	1	Left Console Cover
45	1	Clamp	94	4	Mushroom Fastener
46	1	Crank/Crank Arm	*	—	User's Manual
47	1	Pulley	*	—	Assembly Tool
48	2	Crank Arm Spacer	*	—	Grease Packet
49	2	Crank Bearing			

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.

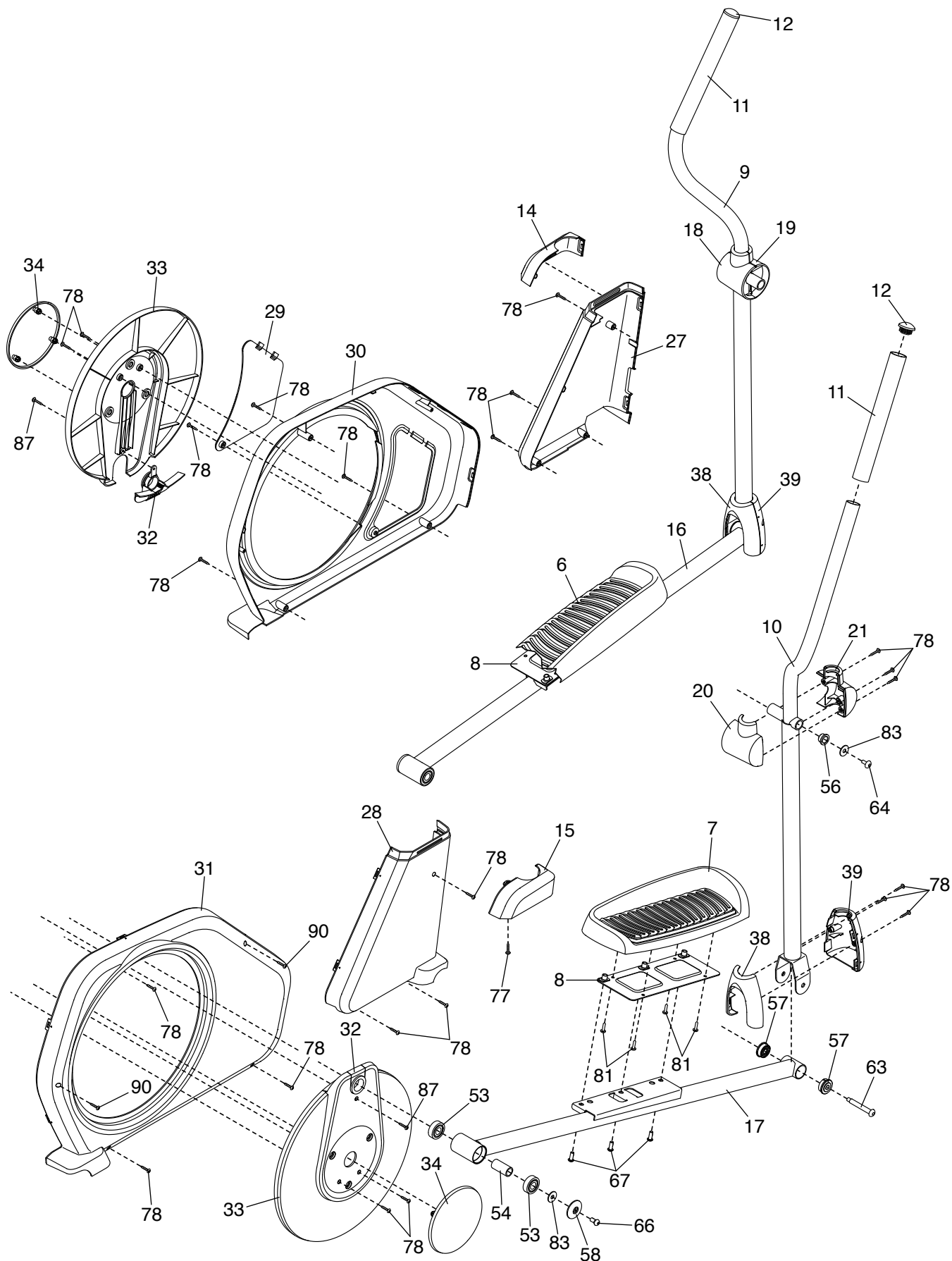
EXPLODED DRAWING A

Model No. PFEL54925-INT.0 R0724A



EXPLODED DRAWING B

Model No. PFEL54925-INT.0 R0724A



ORDERING REPLACEMENT PARTS

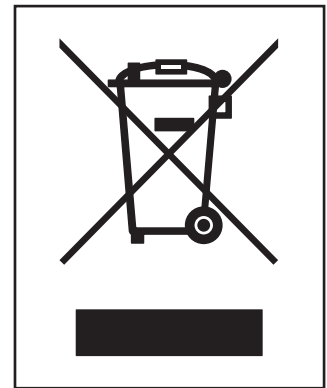
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- 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

PFEL54925-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

