

# PRO-FORM<sup>®</sup>

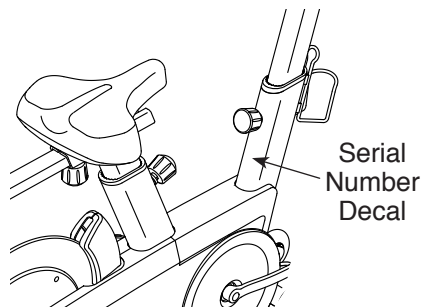


proformfitness.ca

Model No. PFEX01218C.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [iconservice.ca](http://iconservice.ca).

## CUSTOMER SERVICE

Call toll-free 1-888-936-4266  
Mon.–Fri. 7:30 a.m.–4:30 p.m. ET  
(excluding holidays)

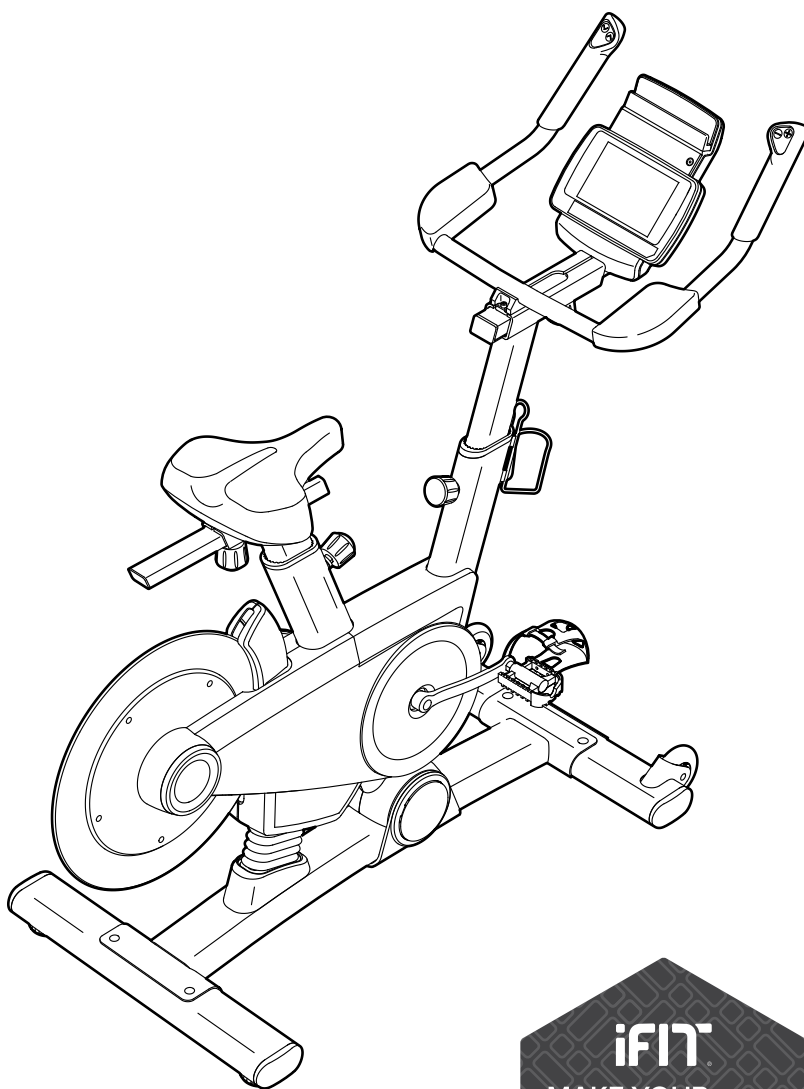
or email us at  
[customerservice@iconcanada.ca](mailto:customerservice@iconcanada.ca)

**Please do not contact the store.**

## ⚠ CAUTION

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

# USER'S MANUAL

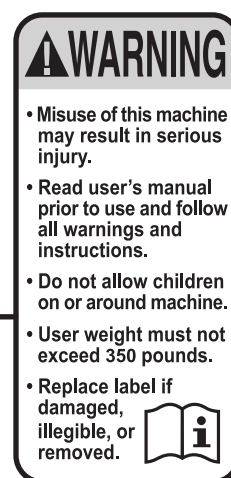
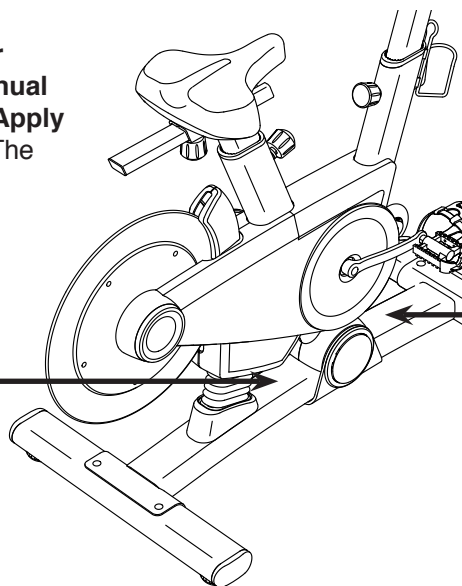


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## WARNING DECAL PLACEMENT

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 burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON 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 exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The exercise bike 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 exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
7. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the exercise bike at all times.
10. When connecting the power cord, plug the power cord into a grounded circuit.
11. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
12. Do not operate the exercise bike if the power cord or plug is damaged, or if the exercise bike is not working properly.
13. **DANGER:** Always unplug the power cord and press the power switch to the off position when the exercise bike is not in use and before cleaning the exercise bike. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
14. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
15. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
16. Be careful when mounting and dismounting the exercise bike.

**17. Always keep your back straight while using the exercise bike; do not arch your back.**

**of breath, or if you experience pain while exercising, stop immediately and cool down.**

**18. Over exercising may result in serious injury or death. If you feel faint, if you become short**

**19. This Class B digital apparatus complies with Canadian ICES-003.**

**SAVE THESE INSTRUCTIONS**

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment represents a significant investment in your health. Protect your investment now from unexpected mechanical or electrical failures for up to five years.

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## PLAN FEATURES

- Protection for one to five years
- Over 100 authorized repair centers
- Highly trained repair technicians
- A national toll-free repair hotline
- Simple repair claim procedure
- No claim forms
- Easy enrollment
- Fast, efficient repair anywhere in Canada
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To protect your fitness equipment today, please  
call Customer Care at **1-888-936-4266**  
Or, email us at [customerservice@iconcanada.ca](mailto:customerservice@iconcanada.ca)

 **ICON**<sup>TM</sup>  
du/of Canada Inc.

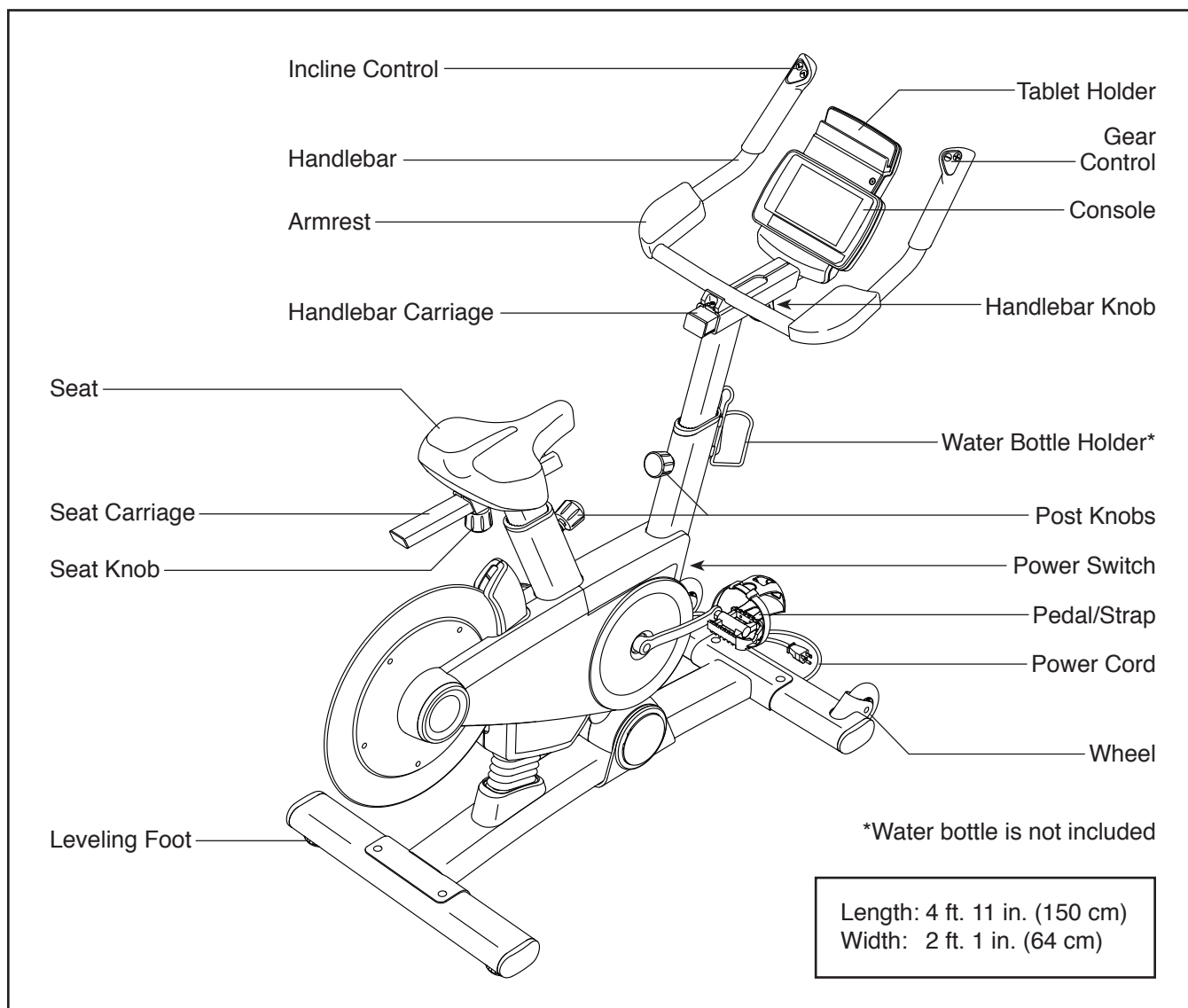
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PROFORM® LE TOUR DE FRANCE® exercise bike. The LE TOUR DE FRANCE exercise bike is unlike any other exercise bike. With an incline system that allows you to simulate actual terrain and an array of other features, the LE TOUR DE FRANCE exercise bike is designed to let you enjoy the outdoor cycling experience indoors.

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 familiarize yourself with the parts that are labeled in the drawing below.

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

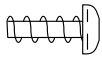


# PART IDENTIFICATION CHART

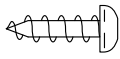
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**



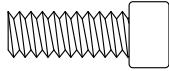
#8 x 6mm  
Screw (92)–1



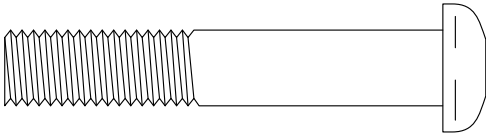
#8 x 10mm  
Screw (110)–2



M4 x 12mm  
Screw (94)–4



M6 x 16mm  
Screw (103)–4



M10 x 58mm Screw (74)–4

# ASSEMBLY

- 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 complete all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 7.

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

one Phillips screwdriver

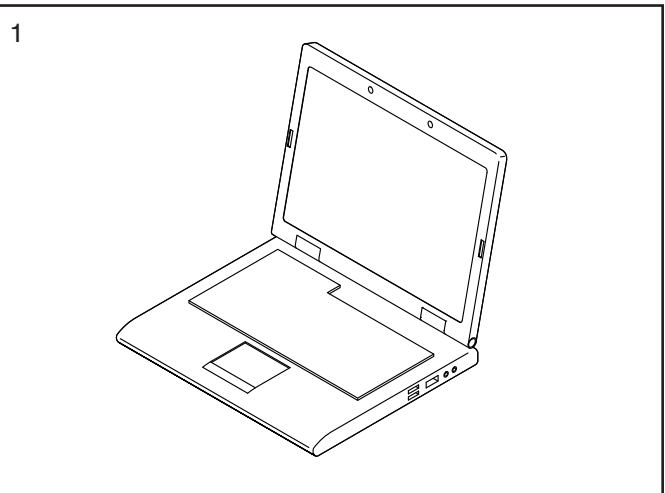


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to [iconservice.ca/CustomerService/registration](http://iconservice.ca/CustomerService/registration) and register your product.**

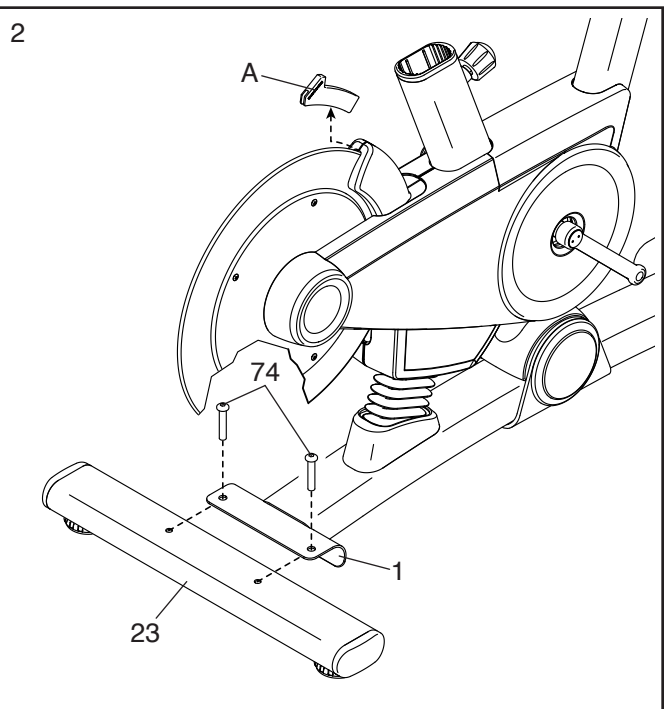
- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

Note: If you do not have internet access, call Customer Service (see the front cover of this manual) and register your product.



2. **Remove and discard the indicated shipping insert (A). If there are shipping screws in the Rear Stabilizer (23), remove and discard them.**

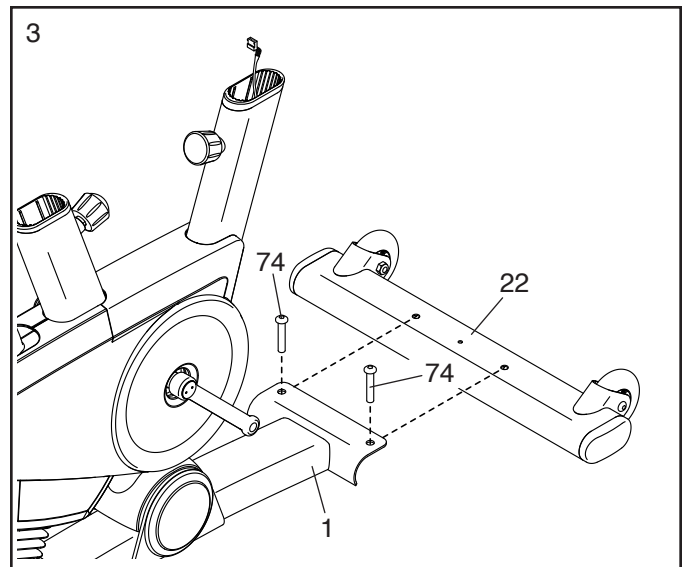
Attach the Rear Stabilizer (23) to the Base (1) with two M10 x 58mm Screws (74).



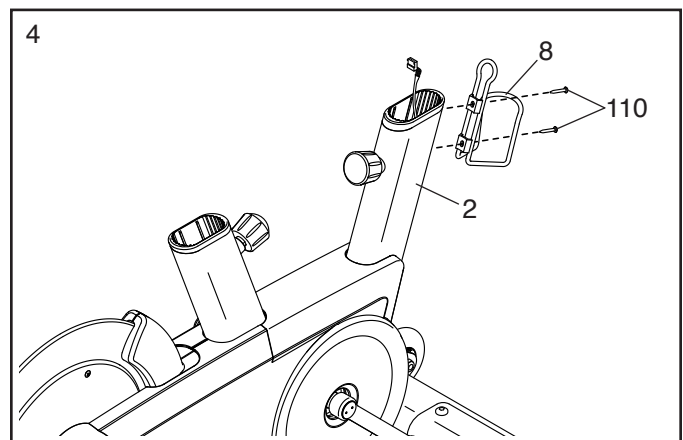


3. If there are shipping screws in the Front Stabilizer (22), remove and discard them.

Attach the Front Stabilizer (22) to the Base (1) with two M10 x 58mm Screws (74).

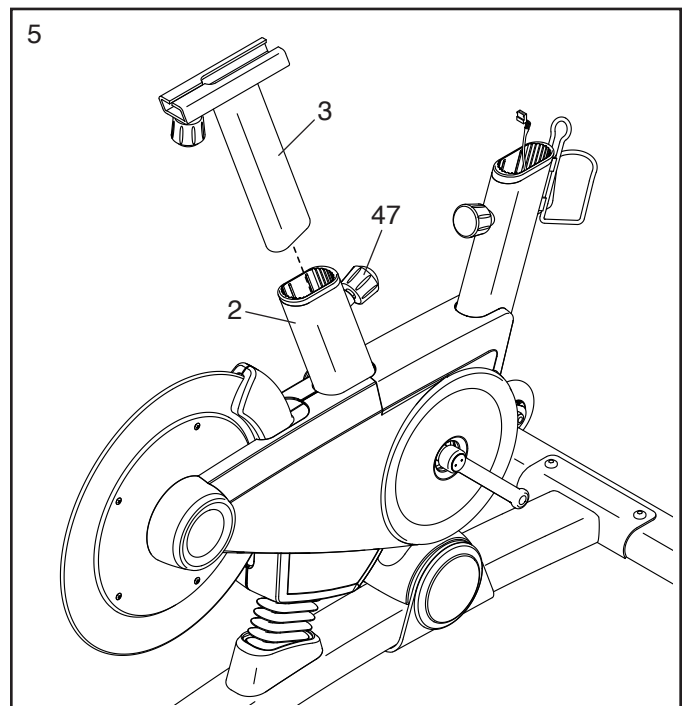


4. Attach the Water Bottle Holder (8) to the Frame (2) with two #8 x 10mm Screws (110); **start both Screws, and then tighten them.**



5. Locate the Post Knob (47) near the rear of the Frame (2). Loosen the Post Knob, and then pull it outward.

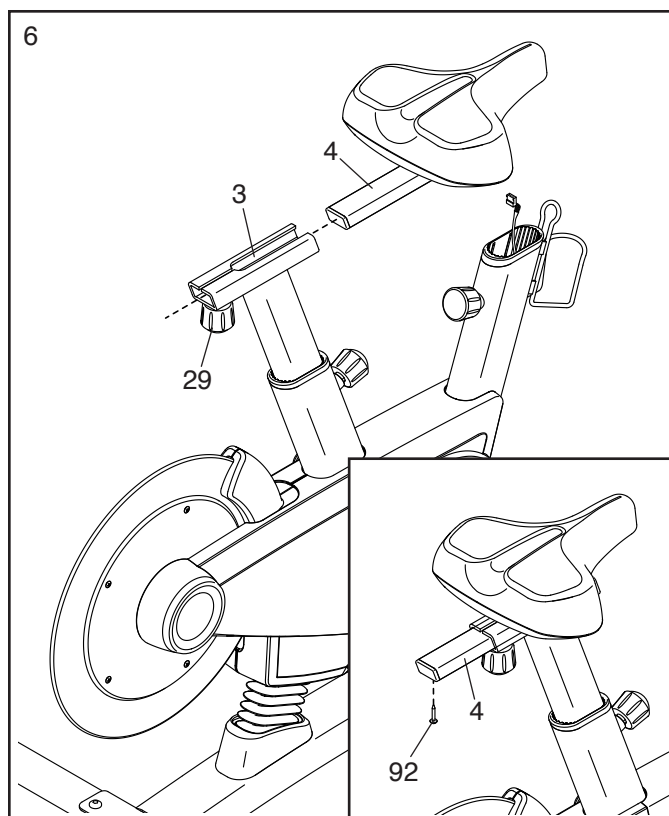
Next, insert the Seat Post (3) into the Frame (2), and release the Post Knob (47) into one of the adjustment holes in the Seat Post. **Make sure that the Post Knob is in an adjustment hole.** Then, tighten the Post Knob.



6. Loosen the Seat Knob (29), and then pull it downward.

Next, insert the Seat Carriage (4) into the Seat Post (3), and release the Seat Knob (29) into one of the adjustment holes in the Seat Carriage. **Make sure that the Seat Knob is in an adjustment hole.** Then, tighten the Seat Knob.

**See the inset drawing.** Tighten a #8 x 6mm Screw (92) into the underside of the Seat Carriage (4).

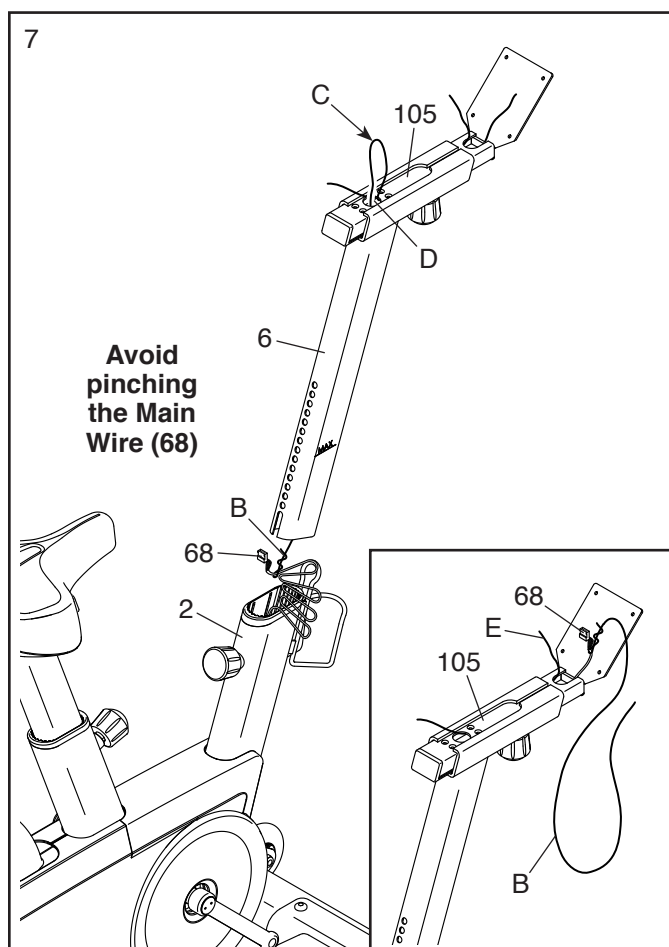


7. Have a second person hold the Handlebar Post (6) near the Frame (2).

Locate the long wire tie (B) in the Handlebar Post (6). Tie the lower end of the long wire tie to the Main Wire (68).

Next, locate the middle of the long wire tie (C) in the access hole (D) in the Handlebar Carriage (105). Pull the long wire tie upward until the end of the Main Wire (68) is in the access hole.

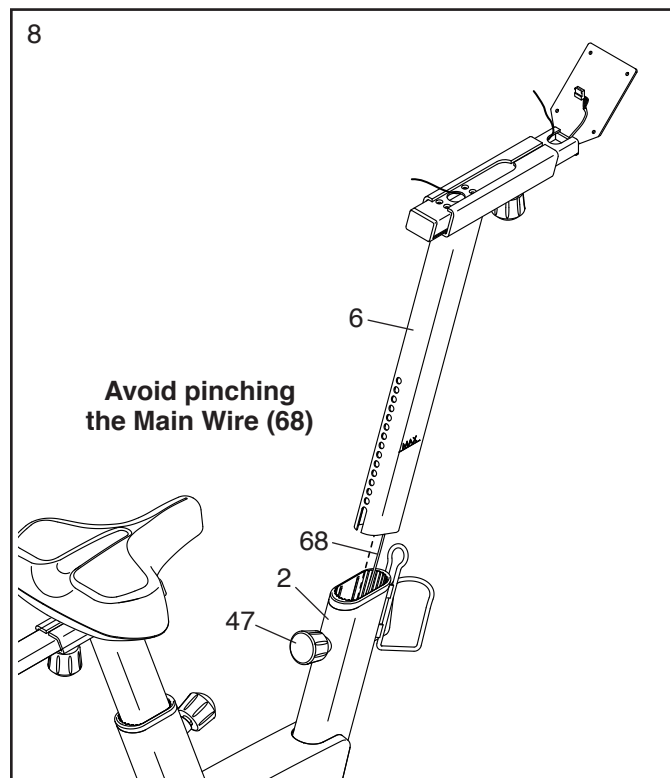
**See the inset drawing.** Next, pull the free end of the long wire tie (B) until the Main Wire (68) is routed through the Handlebar Carriage (105) as shown. Then, untie and discard the long wire tie; **do not remove the short wire tie (E).**



8. **Tip: Avoid pinching the Main Wire (68) during this step.**

Locate the Post Knob (47) near the front of the Frame (2). Loosen the Post Knob, and then pull it outward.

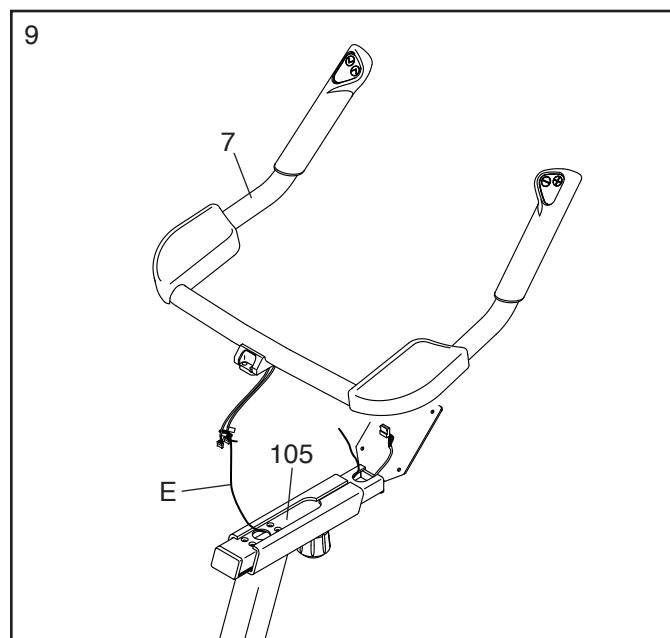
Next, insert the Handlebar Post (6) into the Frame (2), and release the Post Knob (47) into one of the adjustment holes in the Handlebar Post. **Make sure that the Post Knob is in an adjustment hole.** Then, tighten the Post Knob.



9. Have a second person hold the Handlebar (7) near the Handlebar Carriage (105).

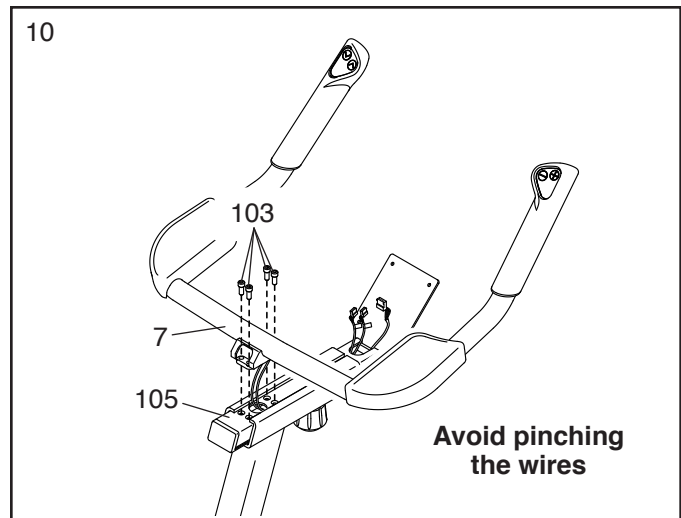
Locate the remaining wire tie (E) in the Handlebar Carriage (105). Tie the indicated end of the wire tie to the two wires on the Handlebar (7).

Next, pull the other end of the wire tie (E) until the two wires are routed through the Handlebar Carriage (105). Then, untie and discard the wire tie.



10. **Tip: Avoid pinching the wires during this step.**

Attach the Handlebar (7) to the Handlebar Carriage (105) with four M6 x 16mm Screws (103); **start all the Screws, and then tighten them.**

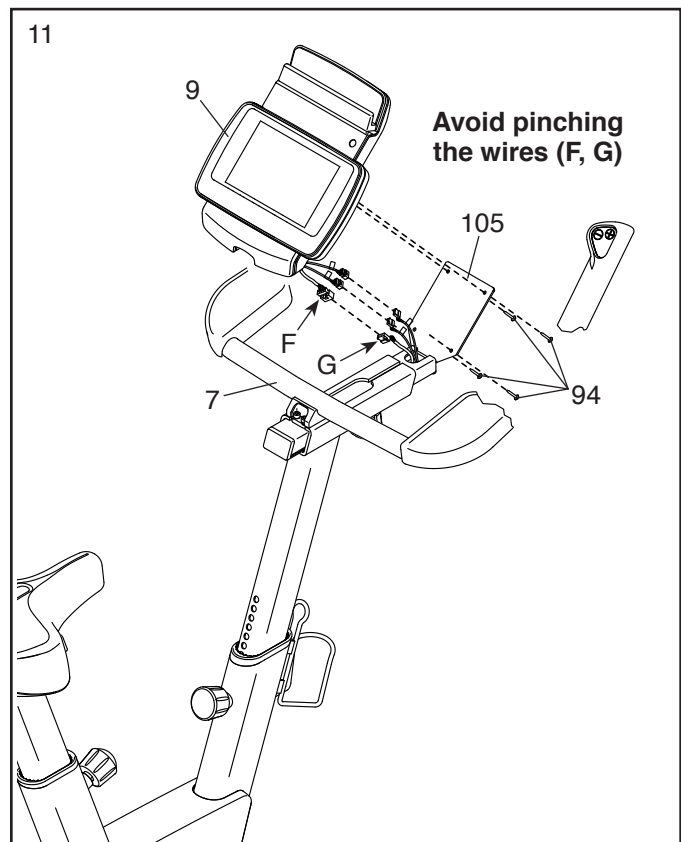


11. **Tip: Avoid pinching the wires (F, G) during this step.**

Have a second person hold the Console (9) near the Handlebar Carriage (105).

Connect the console wires (F) to the matching wires (G) in the Handlebar (7); **make sure to connect the console wire that has an “L” tag to the wire that has an “L” tag, and connect the console wire that has an “R” tag to the wire that has an “R” tag.** Insert the excess wire into the Handlebar Carriage (105).

Then, attach the Console (9) to the Handlebar Carriage (105) with four M4 x 12mm Screws (94); **start all the Screws, and then tighten them.**

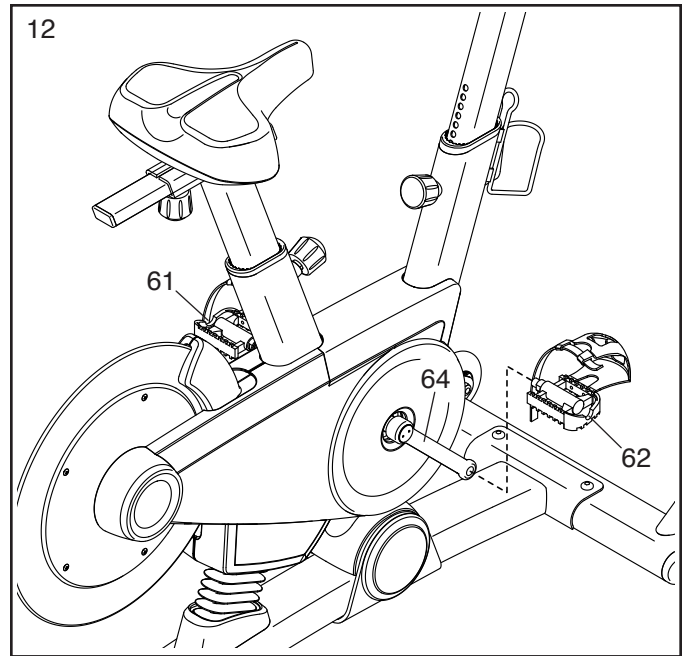


12. Identify the Right Pedal (62).

Using the included flat wrench tool, **firmly tighten** the Right Pedal (62) **clockwise** into the Right Crank Arm (64).

**Firmly tighten the Left Pedal (61) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.**

To adjust the straps on the Pedals (61, 62), see HOW TO USE THE PEDALS on page 16.



13. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

# HOW TO USE THE EXERCISE BIKE

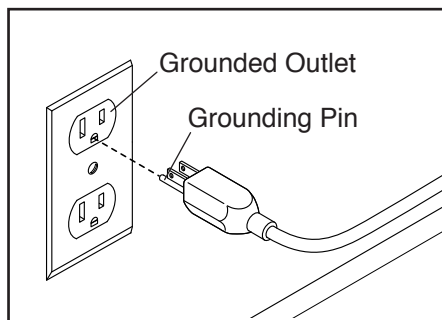
## HOW TO PLUG IN THE POWER CORD

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

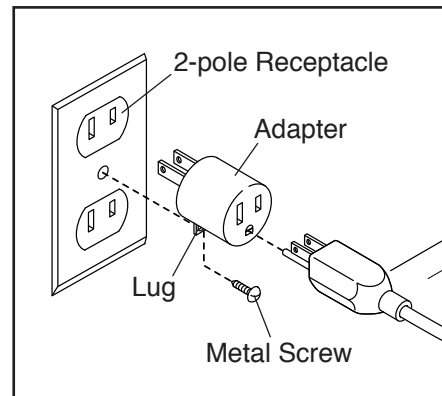
**⚠ DANGER:** Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

The outlet must be on a nominal 120-volt circuit.



A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.

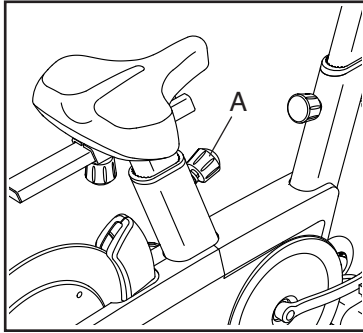


The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

## HOW TO ADJUST THE HEIGHT OF THE SEAT

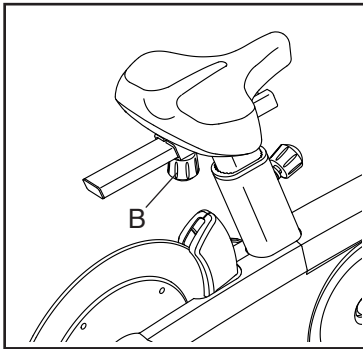
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the seat, first loosen the post knob (A) and pull it outward. Then, move the seat post upward or downward, release the post knob into an adjustment hole in the seat post, and firmly tighten the post knob. **Make sure that the post knob is engaged in an adjustment hole.**



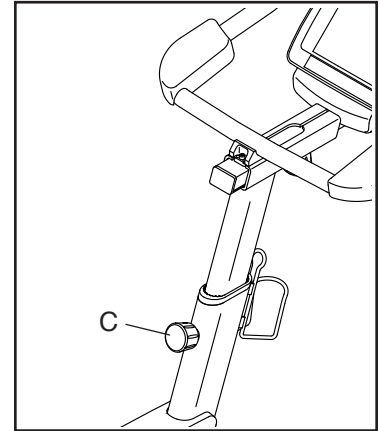
## HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

To adjust the horizontal position of the seat, first loosen the seat knob (B) and pull it downward. Then, move the seat carriage forward or backward, release the seat knob into an adjustment hole in the seat carriage, and firmly tighten the seat knob. **Make sure that the seat knob is engaged in an adjustment hole.**



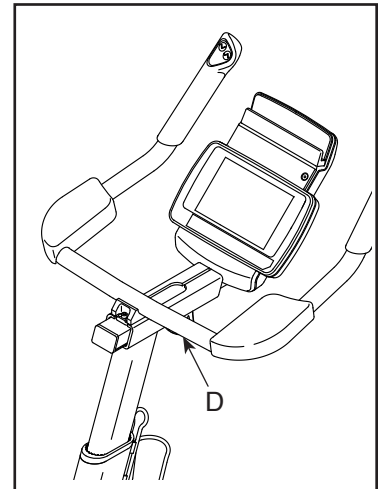
## HOW TO ADJUST THE HEIGHT OF THE HANDLEBAR

To adjust the height of the handlebar, first loosen the post knob (C) and pull it outward. Then, move the handlebar post upward or downward, release the post knob into an adjustment hole in the handlebar post, and firmly tighten the post knob. **Make sure that the post knob is engaged in an adjustment hole.**



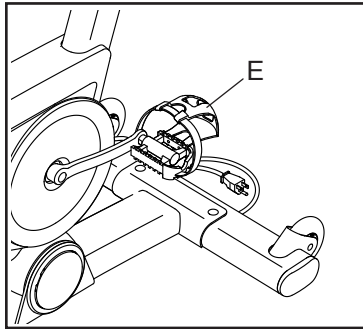
## HOW TO ADJUST THE HORIZONTAL POSITION OF THE HANDLEBAR

To adjust the horizontal position of the handlebar, first loosen the handlebar knob (D). Then, move the handlebar carriage forward or backward, and firmly tighten the handlebar knob.



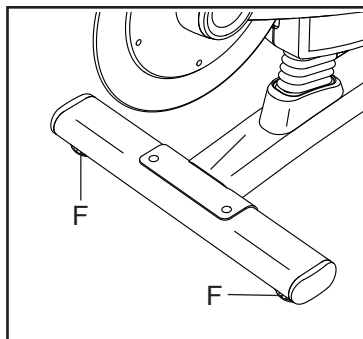
## HOW TO USE THE PEDALS

To use the pedals, insert your shoes into the toe cages (E), and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs on the buckles, adjust the toe straps to the desired position, and then release the tabs.



## HOW TO LEVEL THE EXERCISE BIKE

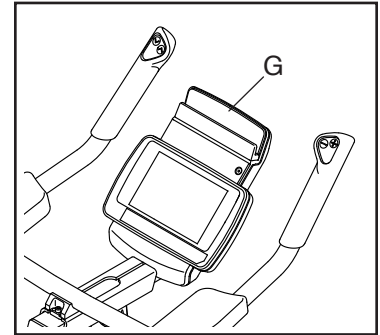
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet (F) beneath the rear stabilizer until the rocking motion is eliminated.



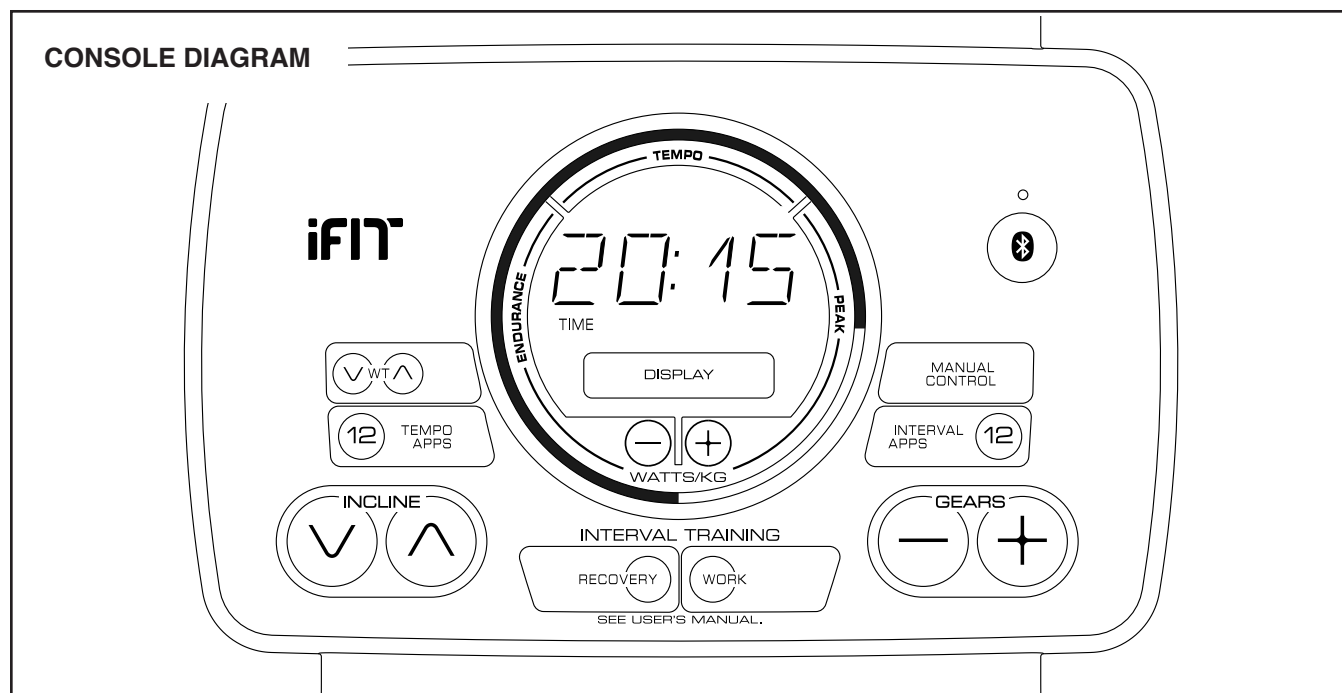
## HOW TO USE THE TABLET HOLDER

**IMPORTANT:** The tablet holder (G) is designed for use with most small tablets. Do not place any other electronic device or object into the tablet holder.

To insert a tablet into the tablet holder (G), set the bottom edge of the tablet in the tray. **Make sure that the tablet is firmly secured in the tablet holder.** Reverse these actions to remove the tablet from the tablet holder.







## FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the incline (resistance) of the exercise bike and change gears with the touch of a button.

You can also create custom manual workouts with alternating high- and low-intensity intervals.

While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using an optional heart rate monitor. **See page 22 for information about purchasing an optional chest heart rate monitor.**

You can also connect your tablet to the console and use the iFit®—Smart Cardio Equipment app to record and track your workout information.

The console also offers a selection of onboard workouts. Each workout automatically changes the incline (resistance) of the exercise bike and allows you to change gears to maintain your pedaling cadence.

You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

**To turn on the power**, see page 18. **To use the manual mode**, see page 18. **To use an onboard workout**, see page 21.

**To use the sound system**, see page 22. **To connect your tablet to the console**, see page 22. **To connect your heart rate monitor to the console**, see page 23. **To use the settings mode**, see page 22.

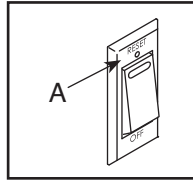
The console can display speed and distance in either miles or kilometers and weight in either pounds or kilograms. To find which unit of measurement is selected, see step 3 on page 23.

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

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 14). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then turn on and the console will be ready for use.

**Note:** When you turn on the power for the first time, the incline system may calibrate automatically. The exercise bike will move forward and backward as it calibrates. When the exercise bike stops moving, the incline system is calibrated.

**IMPORTANT:** If the incline system does not calibrate automatically, see step 3 on page 23 and manually calibrate the incline system.

**IMPORTANT:** The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see THE SETTINGS MODE on page 23.

## 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 POWER on page 18.

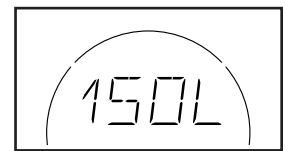
2. **Select the manual mode.**

When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, reselect the manual mode by pressing the Manual Control button.

3. **Enter your weight.**

Press the Wt increase and decrease buttons to enter your weight.

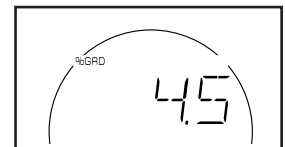


**Note:** The console will use your weight to calculate your approximate power output and calories burned. If you do not enter your weight, the console will use a default value to calculate your power output and calories burned.

4. **Change the incline (resistance) of the exercise bike as desired.**

Begin pedaling to start the manual mode.

As you pedal, you can change the incline (resistance) of the exercise bike. To change the incline level, press the Incline increase and decrease buttons on the console or press the Incline increase and decrease buttons on the left handlebar.



**Note:** After you press a button, it will take a moment for the exercise bike to reach the selected incline level. **You will hear the incline motor while the incline is changing. This is normal.**

**CAUTION:** The exercise bike can move to a broad range of incline levels. Hold the handlebars and be prepared for the exercise bike to move when you change the incline.

## 5. Change gears as desired.

Note: The exercise bike has simulated gears; there are no actual gears.

As you pedal, you can change gears to make pedaling easier or harder. To change gears, press the Gears increase and decrease buttons on the console or press the Gears increase and decrease buttons on the right handlebar.



Note: After you press a button, it will take a moment for the exercise bike to change to the selected gear.

## 6. Do interval training, if desired.

As you exercise, you can alternate between intervals of low-intensity (recovery) exercise and intervals of high-intensity (work) exercise, if desired.

To create a recovery interval, first adjust the incline to the desired level. Then, press and hold the Recovery button until two tones sound to save the interval setting.

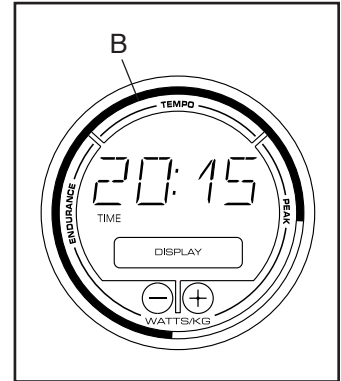
To create a work interval, first adjust the incline to the desired level. Then, press and hold the Work button until two tones sound to save the interval setting.

As you exercise, press the Recovery and Work buttons as desired to alternate between the saved interval settings. After you press a button, the incline level of the exercise bike will automatically adjust to the level that you saved.

To change the interval settings at any time during your workout, simply repeat this step.

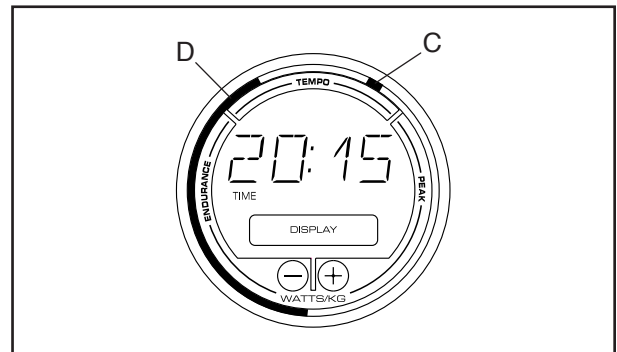
## 7. Follow your progress with the power ring, and set a power output target, if desired.

The power ring will provide a visual representation of your power output in watts per kilogram of body weight. As your power output increases or decreases, a solid bar (B) will appear or disappear in the power ring.



To set a power output target, press the Watts/Kg increase and decrease buttons until the desired power output target appears in the display.

If you set a power output target during the manual mode, a flashing indicator will appear in the power ring to indicate your power output target (C). As you exercise, adjust your pedaling speed, the gears, and/or the incline level to keep your actual power output (D) near the power output target.



To change the power output target at any time during your workout, simply repeat the actions above.

**IMPORTANT:** The power output target is intended only to provide motivation. Make sure to pedal at a speed, a gear setting, and an incline level that is comfortable for you.

During an onboard workout, the power ring will show the preset power output target for each segment of the workout (see step 4 on page 21).

## 8. Follow your progress with the display.

The display can show the following workout information:

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

**Distance (MI or KI)**—The distance that you have pedaled in miles or kilometers. When the manual mode is selected, the distance will count up. When an onboard workout is selected, the distance will count down.

**Gear**—The number of the currently selected gear.  
Note: This workout information will appear for a few seconds each time you change gears.

**Incline (% GRD)**—The incline level of the exercise bike.

**Pace**—Your pedaling speed in minutes per mile or minutes per kilometer.

**Pulse (heart symbol)**—Your heart rate when you wear a compatible heart rate monitor (see step 8).

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

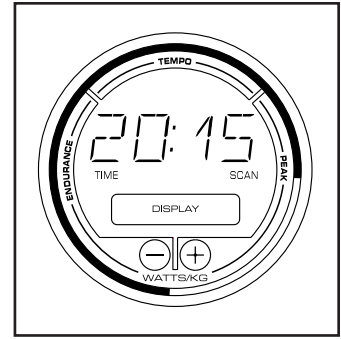
**Speed**—Your pedaling speed in miles or kilometers per hour.

**Time**—The elapsed time.

**Watts**—Your power output in watts.

Press the Display button 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 select the scan mode, press the Display button repeatedly until the word SCAN appears in the display.



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

Note: The console can show weight, pedaling speed, and distance in standard or metric units of measurement. To change the unit of measurement, see THE SETTINGS MODE on page 22.

## 9. Wear a heart rate monitor and measure your heart rate if desired.

You can wear an optional heart rate monitor to measure your heart rate. **For more information about the optional heart rate monitor, see page 22.** Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

When your heartbeat is detected, your heart rate will be shown in the pulse display.

## 10. When you are finished exercising, unplug the power cord.

If the pedals do not move for several seconds, the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the exercise bike may wear prematurely.**

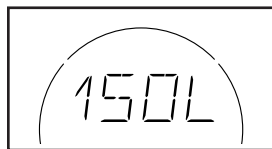
## HOW TO USE AN ONBOARD WORKOUT

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

See HOW TO TURN ON THE POWER on page 18.

### 2. Enter your weight.

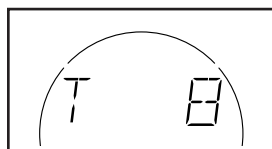
Press the Wt increase and decrease buttons to enter your weight.



Note: The console will use your weight to calculate your approximate power output and calories burned. If you do not enter your weight, the console will use a default value to calculate your power output and calories burned.

### 3. Select an onboard workout.

To select an onboard workout, press the Tempo Apps button or the Interval Apps button repeatedly until the name of the desired workout appears in the display. A few seconds after you press a button, the total distance of the workout will appear in the display.



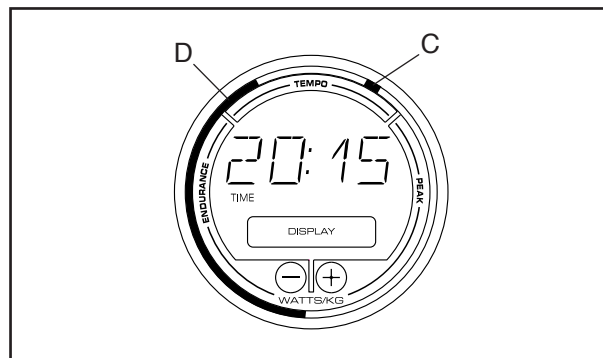
### 4. Start the workout.

Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One incline level and one power output target are programmed for each segment. Note: The same incline level and/or power output target may be programmed for consecutive segments.

At the end of each segment of the workout, a series of tones will sound. The incline level for the next segment will appear in the display for a few seconds to alert you. The incline level will then change.

The power ring will show a flashing indicator that represents the power output target (C) for the segment. The solid bar represents your actual power output (D). Note: In the power ring, power output is displayed in watts per kilogram of body weight.



As you exercise, keep your power output near the power output target for the current segment by adjusting your pedaling speed and/or the gears.

**IMPORTANT: The power output target is intended only to provide motivation. Make sure to pedal at a speed, a gear setting, and an incline level that is comfortable for you.**

If the incline level for the current segment is too high or too low, you can manually override the setting by pressing the Incline buttons. **IMPORTANT: When the current segment of the workout ends, the exercise bike will automatically adjust to the incline level programmed for the next segment.**

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

### 5. Follow your progress with the display.

See step 8 on page 20.

### 6. Measure your heart rate if desired.

See step 9 on page 20.

### 7. When you are finished exercising, unplug the power cord.

See step 10 on page 20.

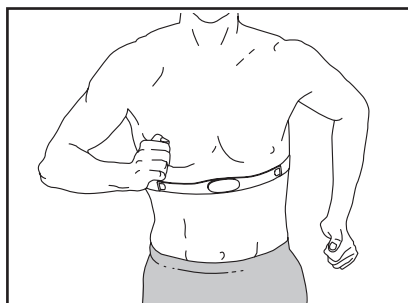
## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in.** **Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume control on your personal audio player.

## THE OPTIONAL CHEST 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 chest 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 a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all BLUETOOTH Smart heart rate monitors.

## HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports BLUETOOTH connections to tablets via the iFit–Smart Cardio Equipment Tablet app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

### 1. Download and install the iFit–Smart Cardio Equipment Tablet app on your tablet.

On your iOS® or Android™ tablet, open the App Store<sup>SM</sup> or the Google Play™ store, search for the free iFit–Smart Cardio Equipment Tablet app, and

then install the app on your tablet. **Make sure that the BLUETOOTH option is enabled on your tablet.**

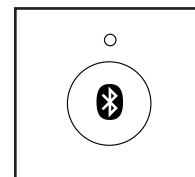
Then, open the iFit–Smart Cardio Equipment Tablet app and follow the instructions to set up an iFit account and customize settings.

### 2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE at the right.

### 3. Connect your tablet 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–Smart Cardio Equipment Tablet app to connect your tablet to the console.



When a connection is established, the LED on the console will turn solid blue.

### 4. Record and track your workout information.

Follow the instructions in the iFit–Smart Cardio Equipment Tablet app to record and track your workout information.

### 5. Disconnect your tablet from the console if desired.

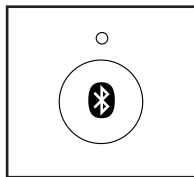
To disconnect your tablet from the console, first select the disconnect option in the iFit–Smart Cardio Equipment Tablet app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

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

## HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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 a connection is established, 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 tablets, heart rate monitors, and so forth) will be disconnected.

## THE SETTINGS MODE

### 1. Select the settings mode.

To select the settings mode, press and hold down the Manual Control button until the settings mode information appears in the display.

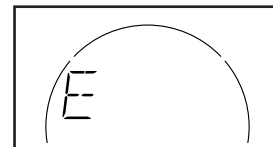
### 2. Navigate the settings mode.

Press the Tempo Apps button repeatedly until the desired settings option appears in the display.

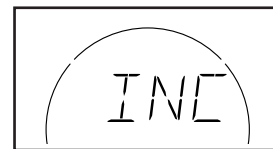
### 3. Change settings as desired.

**Change the Unit of Measurement**—The display will alternate showing the console version number and the unit of measurement.

The console can show weight, pedaling speed, and distance in standard or metric units of measurement. An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the Interval Apps button repeatedly.



**Calibrate the Incline System**—The words INC UPDN will appear in the display.

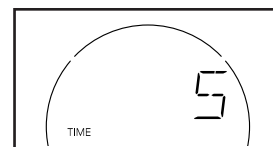


To calibrate the incline system, press the Incline increase or decrease button. The exercise bike will automatically move forward and backward to the maximum incline and decline levels, and then return to the starting position. This will calibrate the incline system.

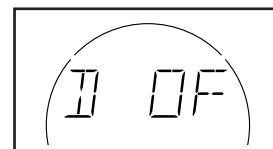
**IMPORTANT: Keep pets, feet, and other objects away from the exercise bike while the incline system is calibrating.**

### View Usage

**Information**—The display will alternate showing the total time (in hours) that the console has been used since the exercise bike was purchased and the total distance (in miles or kilometers) that the exercise bike has been pedaled.



**Turn the Demo Mode Off or On**—The console features a demo mode, designed to be used if the exercise bike is displayed in a store. Press the Gears increase button repeatedly to turn the demo mode on or off.



### 4. Exit the settings mode.

Press the Tempo Apps button repeatedly to exit the settings mode.



# MAINTENANCE AND TROUBLESHOOTING

## HOW TO MAINTAIN THE EXERCISE BIKE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

To clean the exercise bike, 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.**

## CONSOLE TROUBLESHOOTING

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

## INCLINE SYSTEM TROUBLESHOOTING

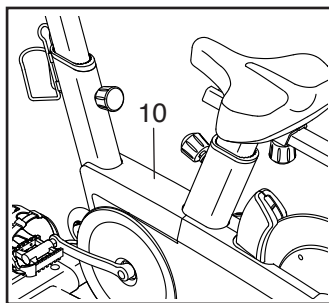
If the exercise bike does not move to the correct incline or decline level, see step 3 on page 23 and calibrate the incline system.

## HOW TO ADJUST THE REED SWITCH

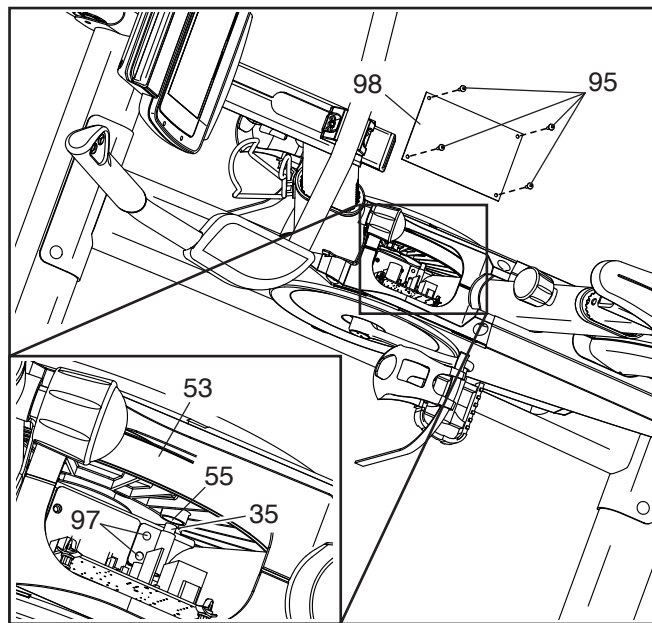
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first **press the power switch to the off position and unplug the power cord.**

Then, use a standard screwdriver to remove the Shield Cover (10) from the exercise bike.



Next, remove the four #8 x 1/2" Screws (95) and the Electronics Shield (98). Then, locate the Reed Switch (35), and **loosen** the two #8 x 19mm Tek Screws (97).



Next, rotate the Crank Pulley (53) until a Pulley Magnet (55) is aligned with the Reed Switch (35). Slide the Reed Switch slightly toward or away from the Pulley Magnet. Then, retighten the #8 x 19mm Tek Screws (97).

Plug in the power cord and press the power switch to the reset position. Rotate the Crank Pulley (53) for a moment. Repeat these actions, if necessary, until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the electronics shield and the shield cover. Then, plug in the power cord.



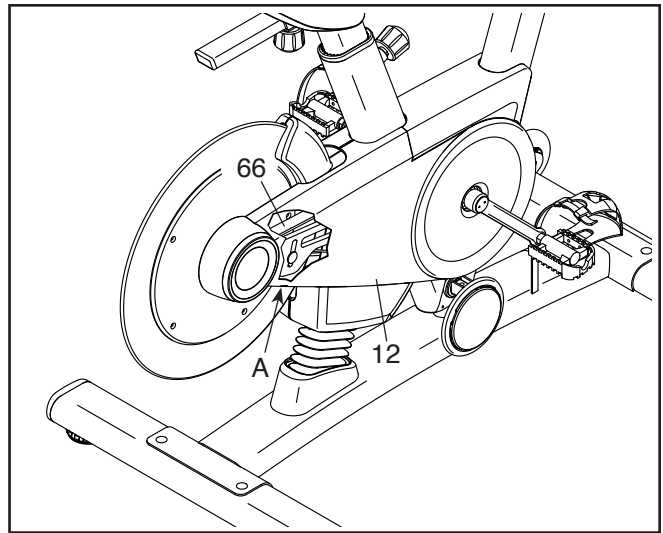
## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, the drive belt may need to be adjusted.

To adjust the drive belt, first **press the power switch to the off position and unplug the power cord.**

Next, locate the access hole (A) in the underside of the Right Shield (12). Insert a hex key into the access hole, and tighten the Idler Adjustment Screw (not shown) slightly.

Then, plug in the power cord and press the power switch to the reset position. Pedal the exercise bike for a moment. Repeat these actions, if necessary, until the pedals no longer slip while you are pedaling.



# 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	♥
<hr/>							
20	30	40	50	60	70	80	

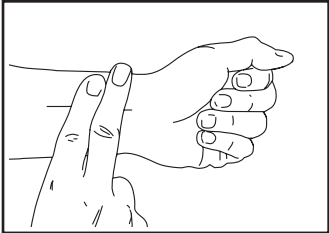
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

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

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

## 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

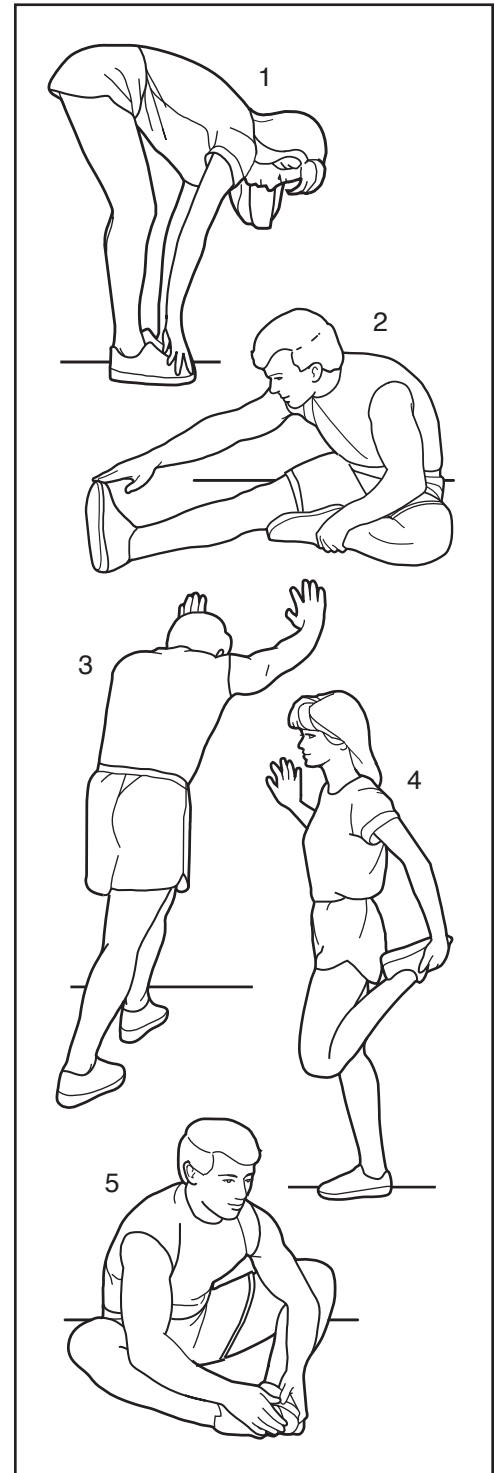
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFEX01218C.0 R0718A

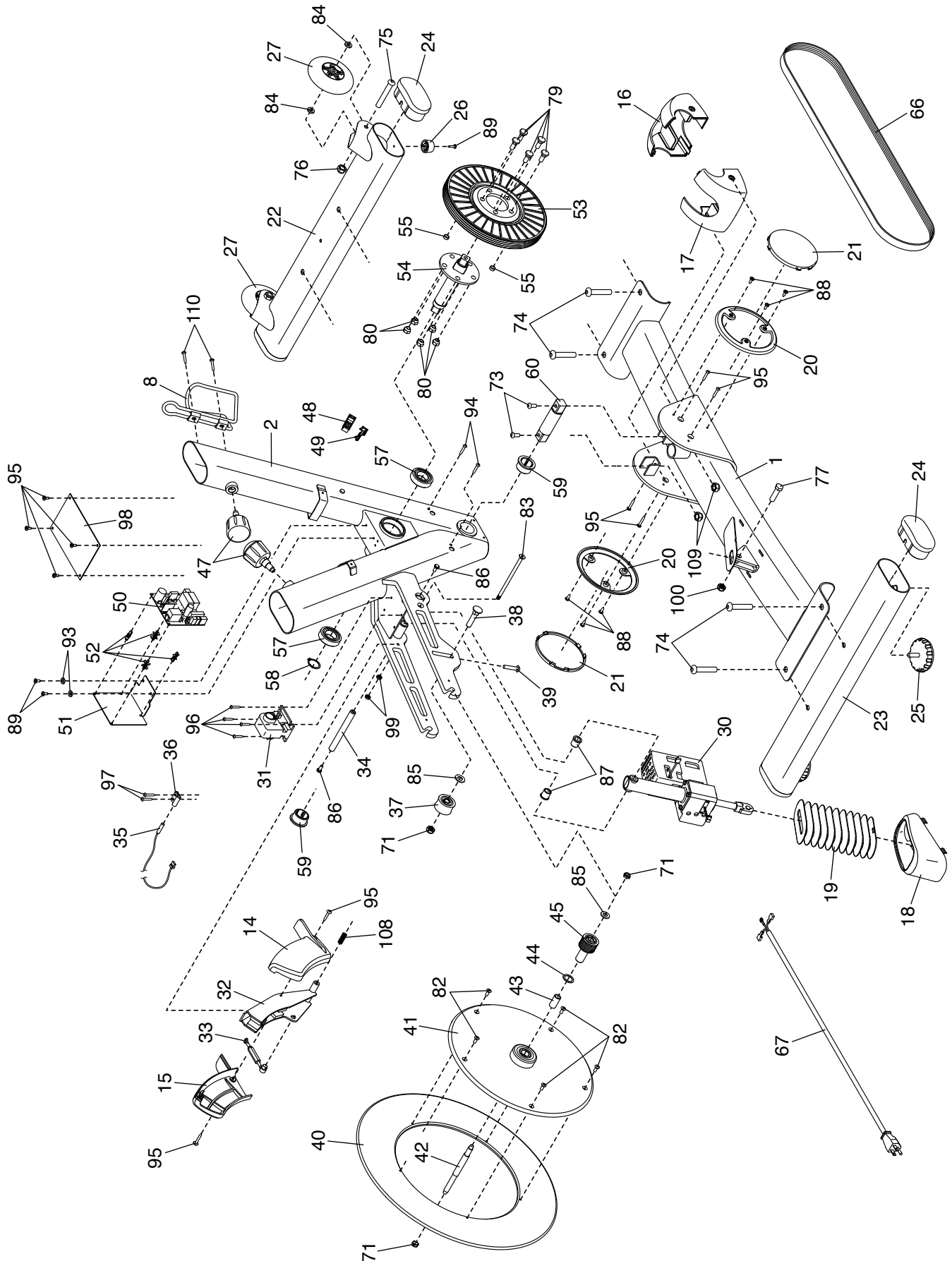
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Board Bracket
2	1	Frame	52	4	Standoff
3	1	Seat Post	53	1	Crank Pulley
4	1	Seat Carriage	54	1	Crank
5	1	Seat	55	2	Pulley Magnet
6	1	Handlebar Post	56	4	M8 x 16mm Screw
7	1	Handlebar	57	2	Bearing
8	1	Water Bottle Holder	58	1	Snap Ring
9	1	Console	59	2	Frame Bushing
10	1	Shield Cover	60	1	Pivot Axle
11	1	Left Shield	61	1	Left Pedal
12	1	Right Shield	62	1	Right Pedal
13	2	Shield Disc	63	1	Left Crank Arm
14	1	Right Magnet Cover	64	1	Right Crank Arm
15	1	Left Magnet Cover	65	2	Crank Arm Cap
16	1	Front Pivot Cover	66	1	Drive Belt
17	1	Rear Pivot Cover	67	1	Power Cord
18	1	Base Shield	68	1	Main Wire
19	1	Flexible Cover	69	1	Left Armrest
20	2	Pivot Ring	70	1	Left Grip/Wire
21	2	Pivot Disc	71	3	3/8" Jam Nut
22	1	Front Stabilizer	72	1	Right Armrest
23	1	Rear Stabilizer	73	2	1/4" x 32mm Screw
24	4	Stabilizer Cap	74	4	M10 x 58mm Screw
25	2	Leveling Foot	75	2	5/16" x 1 3/4" Bolt
26	2	Foot	76	2	5/16" Locknut
27	2	Wheel	77	1	M10 x 35mm Hex Screw
28	2	Seat Carriage Cap	78	2	5/16" x 17mm Flange Screw
29	1	Seat Knob	79	5	M8 x 30mm Screw
30	1	Lift Motor	80	5	M8 Nut
31	1	Resistance Motor	81	1	Right Grip/Wire
32	1	Resistance Magnet	82	5	#10 x 1/2" Flat Head Screw
33	1	Arm	83	1	1/4" x 125mm Flat Head Screw
34	1	Magnet Axle	84	4	Wheel Spacer
35	1	Reed Switch/Wire	85	2	M10 Washer
36	1	Clamp	86	2	M8 x 15mm Screw
37	1	Idler Pulley	87	2	Lift Motor Bushing
38	1	Idler Bolt	88	8	#8 x 13mm Screw
39	1	Idler Adjustment Screw	89	9	#8 x 16mm Screw
40	1	Flywheel Ring	90	2	Mount/Screw
41	1	Flywheel Hub	91	2	M4 x 16mm Screw
42	1	Flywheel Axle	92	1	#8 x 6mm Screw
43	1	Flywheel Spacer	93	2	#8 Star Washer
44	1	Thrust Washer	94	8	M4 x 12mm Screw
45	1	Flywheel Pulley	95	10	#8 x 1/2" Screw
46	2	Post Bushing	96	4	M4 x 12mm Flange Screw
47	2	Post Knob	97	2	#8 x 19mm Tek Screw
48	1	Power Switch	98	1	Electronics Shield
49	1	Grommet	99	2	1/4" Nut
50	1	Control Board	100	1	M10 Locknut

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Receiver/Wire	108	1	Spring
102	2	#8 x 1/2" Self-tapping Screw	109	2	1/4" Locknut
103	4	M6 x 16mm Screw	110	2	#8 x 10mm Screw
104	1	Handlebar Carriage Cap	111	2	#8 x 6mm Screw
105	1	Handlebar Carriage	112	4	#8 x 19mm Screw
106	1	Brake Pad/Locks	*	—	Assembly Tool
107	1	Handlebar Knob	*	—	User's Manual

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.

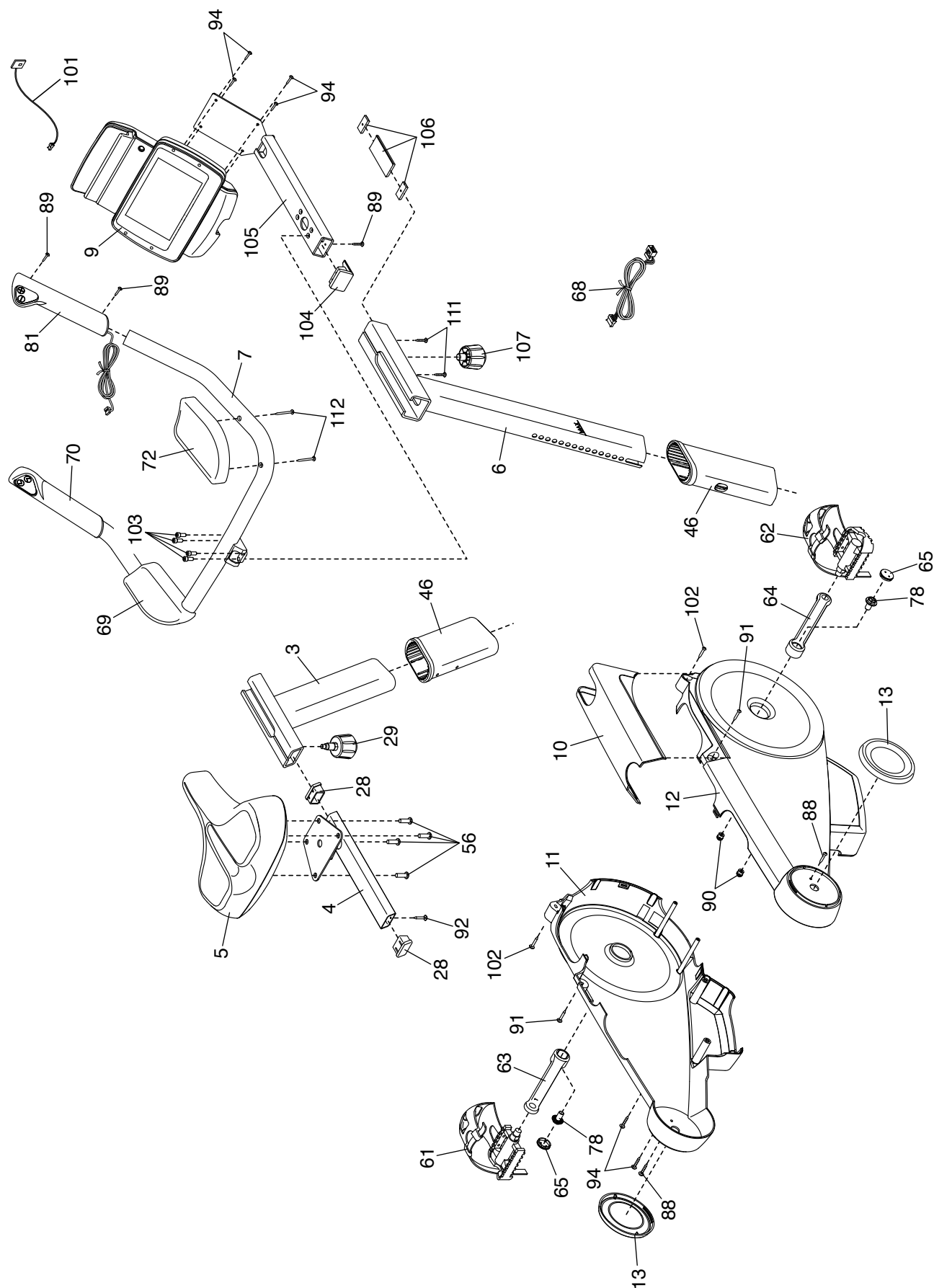
# EXPLODED DRAWING A

Model No. PFEX01218C.0 R0718A



# EXPLODED DRAWING B

Model No. PFEX01218C.0 R0718A



# 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)

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 5.**

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for the lifetime of the original purchaser (customer). Parts are warranted for three (3) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if all instructions and warnings in this manual are not followed, (3) if the product is abused or improperly or abnormally used, or (4) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from province to province.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

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