

PRO-FORM®

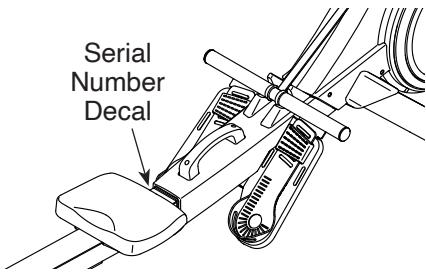
750R ROWER

proformfitness.ca

Model No. PFRW58125C.0

Serial No. _____

Write the serial number in the space above for reference.



REGISTER YOUR PRODUCT

To register your product and activate your warranty today, go to iconservice.ca.

MEMBER CARE

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

or email us at
service.ca@ifit.com

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

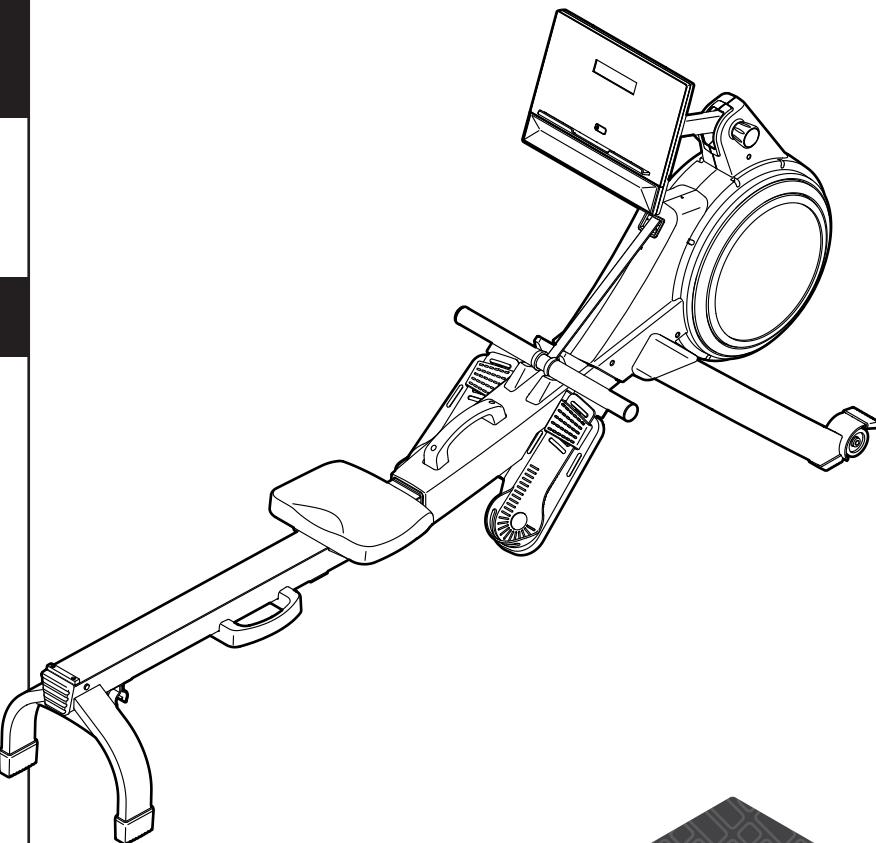
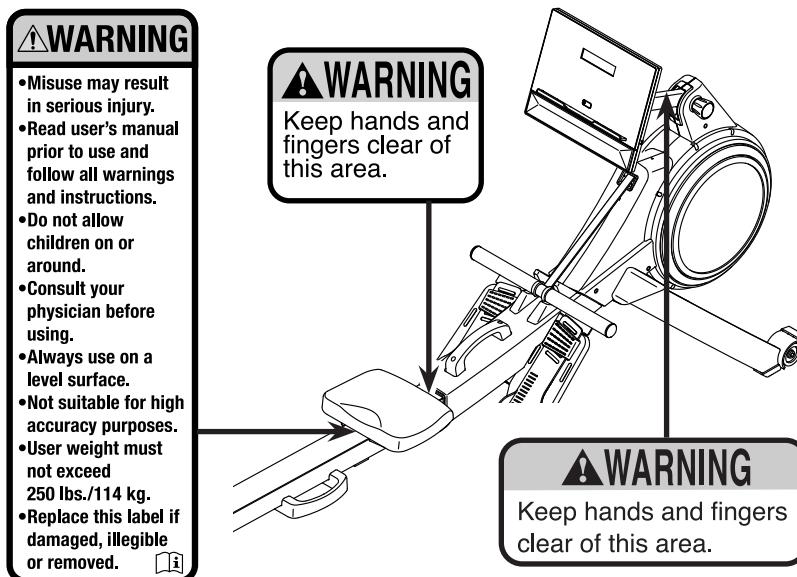


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WARNING DECAL PLACEMENT

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

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

BEFORE YOU BEGIN

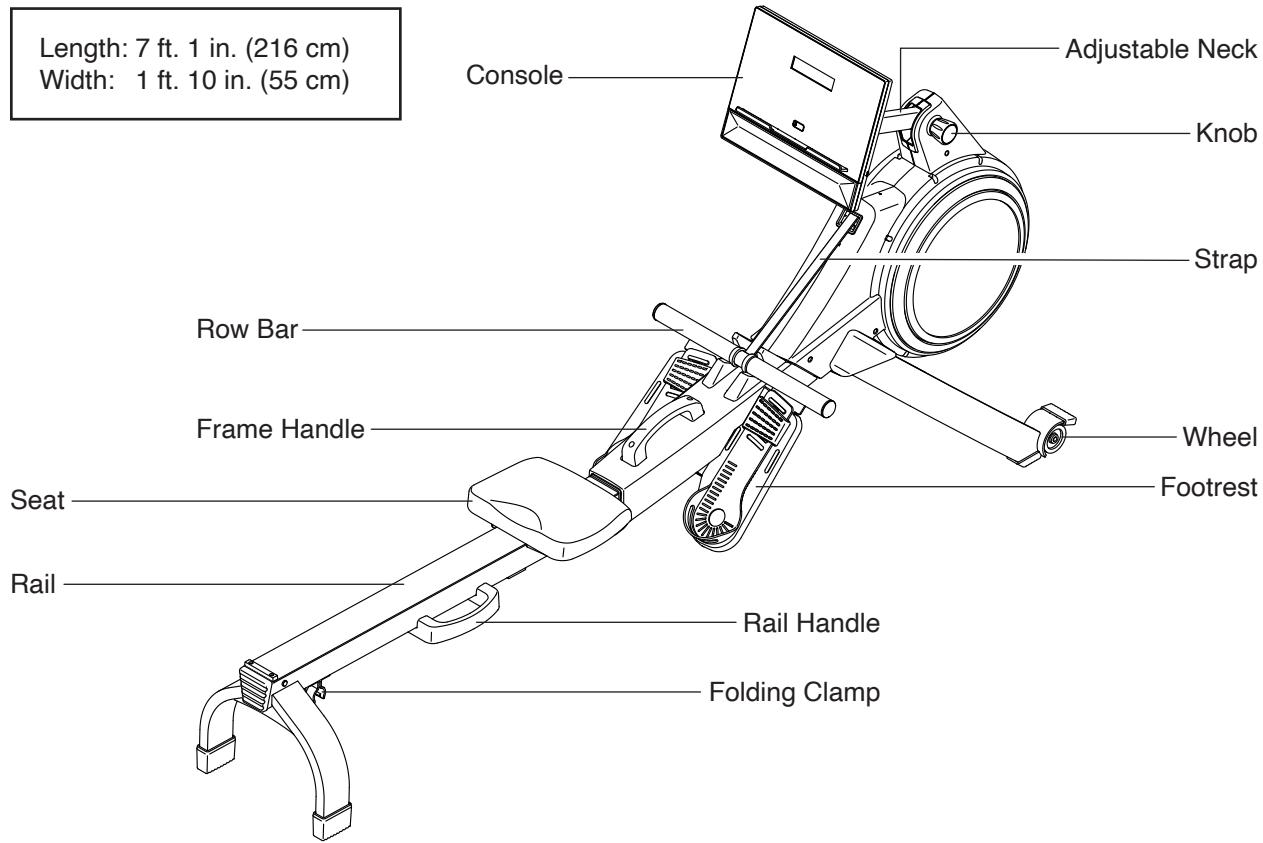
Thank you for selecting the new PROFORM® 750R rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 750R rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

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

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

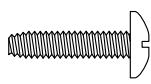
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

Length: 7 ft. 1 in. (216 cm)
Width: 1 ft. 10 in. (55 cm)

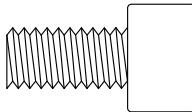


PART IDENTIFICATION CHART

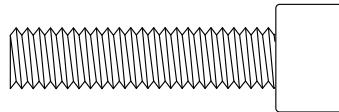
Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



M4 x 16mm
Machine
Screw (110)-2



M8 x 16mm
Socket Screw
(61)-2



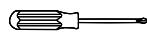
M8 x 35mm
Socket Screw
(82)-4

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 finish all assembly steps.

- Assembly requires the following tool(s):

one Phillips screwdriver



one adjustable wrench



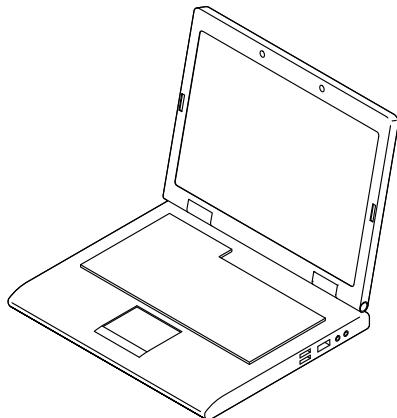
To avoid damaging parts, do not use power tools.

1. Go to 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 Member Care (see the front cover of this manual) and register your product.

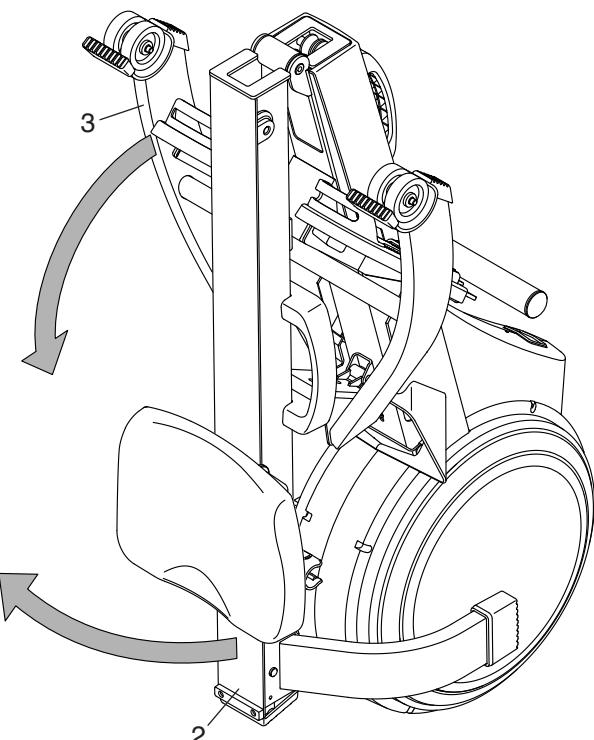
1



2. If there are shipping tubes (not shown) attached to the rower, remove and discard the shipping tubes and the hardware attaching them.

With the help of a second person, pull the Rail (2) outward and rotate the Stabilizer (3) downward (see the drawing in step 3).

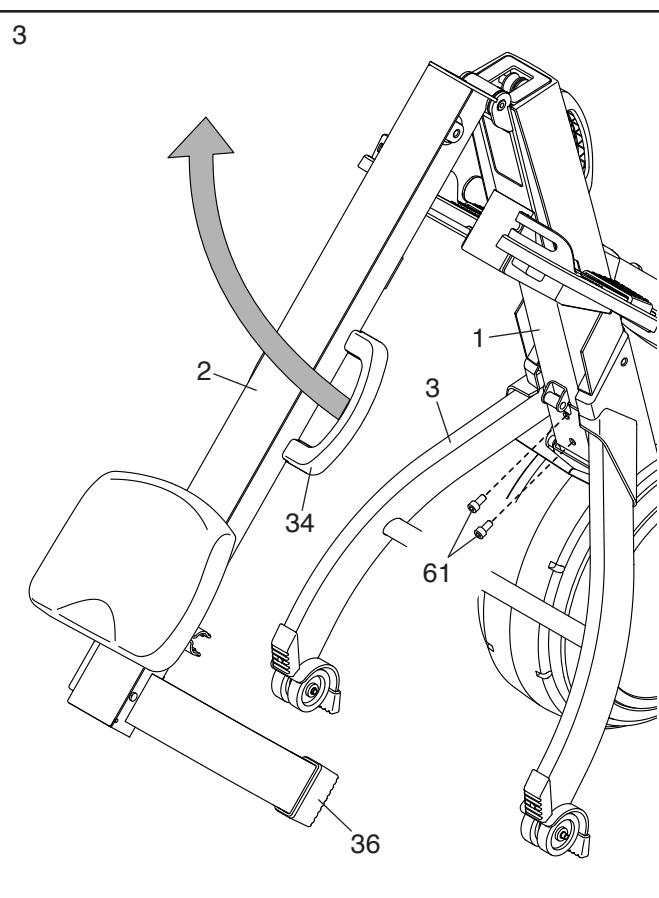
2



3. Have a second person hold the Rail (2) during this step.

Secure the Stabilizer (3) to the Frame (1) with two M8 x 16mm Socket Screws (61).

Then, hold the Rail Handle (34) and pull the Rail (2) outward until the Rail is fully extended and the Rail Feet (36) are resting on the floor.

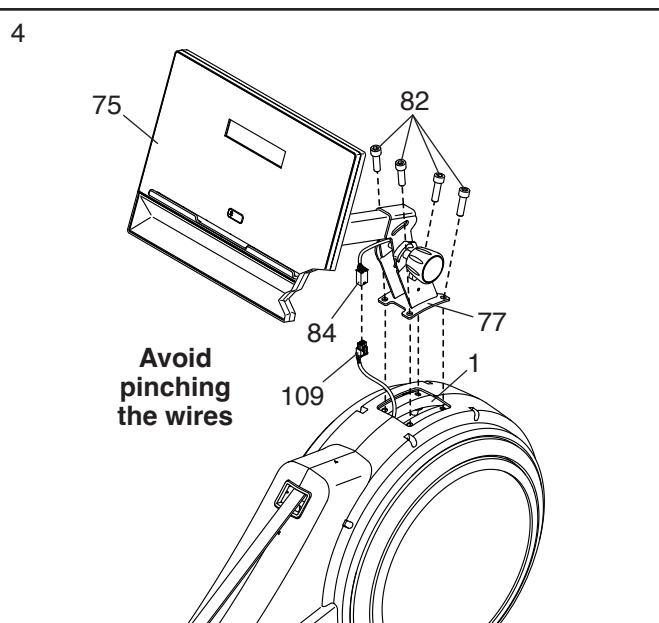


4. While a second person holds the Console (75) and the Upright (77) near the Frame (1), connect the Upright Wire (84) to the Main Wire (109).

IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your rower to function properly.

Then, insert the excess wire into the Frame (1).

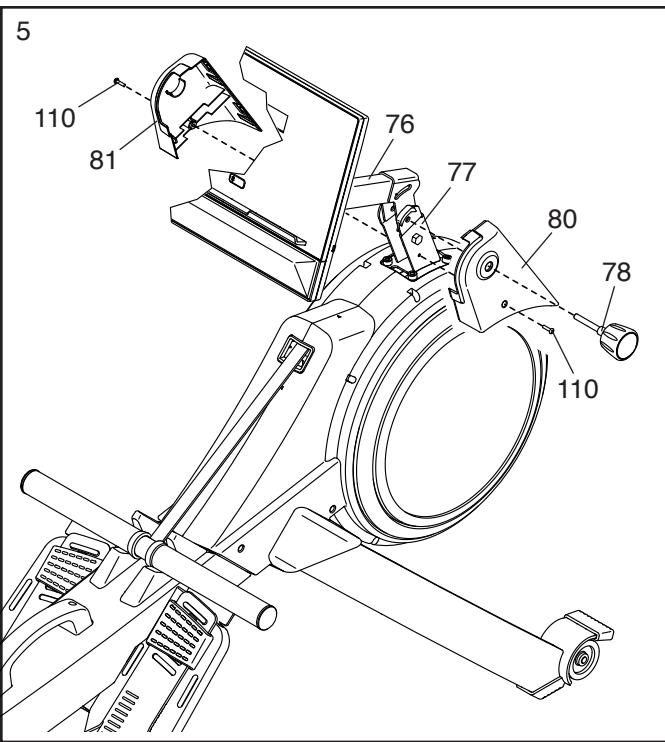
Avoid pinching the wires. Attach the Upright (77) to the Frame (1) with four M8 x 35mm Socket Screws (82); **start all four Socket Screws, and then tighten them.**



5. Hold the Neck (76), and loosen and remove the Knob (78).

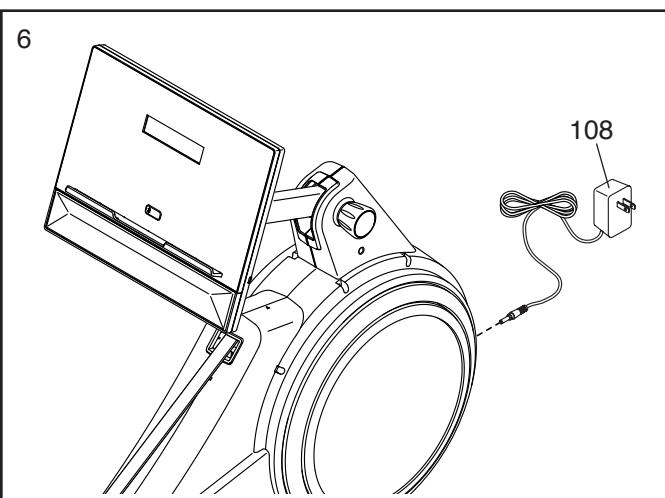
Next, identify the Right and Left Upright Covers (80, 81). Hold the Upright Covers together around the Upright (77), and attach them to the Upright with two M4 x 16mm Machine Screws (110).

Then, insert the Knob (78) into the Right Upright Cover (80) and tighten the Knob into the Upright (77).



6. Plug the Power Adapter (108) into the receptacle on the front of the rower.

Note: To plug the Power Adapter (108) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 9.



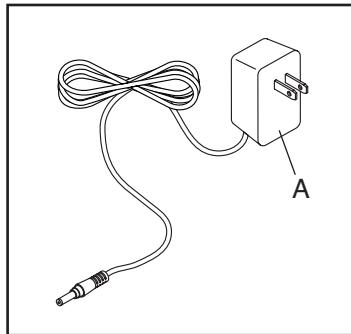
7. **Make sure that all parts are properly tightened.** Extra parts may be included. Place a mat beneath the rower to protect the floor.

HOW TO USE THE ROWER

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the rower 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.

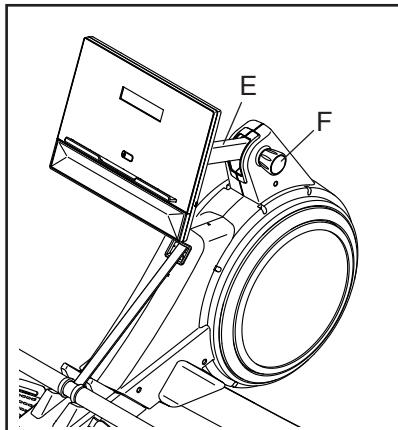
Plug the Power Adapter (A) into the receptacle on the front of the rower. Then, plug the Power Adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO ADJUST THE CONSOLE VIEWING ANGLE

To adjust the console to the desired viewing angle, first **hold the Neck (E)**.

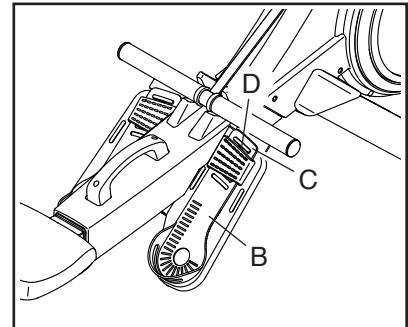
Next, loosen the Knob (F), raise or lower the Neck, and then tighten the Knob; **do not hold or pull on the console.**



HOW TO ADJUST THE FOOT PADS

First, sit on the seat and place your feet in the Foot Pads (B).

Next, press the Footrest Bracket (C) forward, slide the Foot Pad (B) to the desired position, and then release the Footrest Bracket so that the Tab (D) engages a slot in the Foot Pad. Then, tighten the strap over your foot. **Adjust the other foot pad in the same way. Make sure that both foot pads are in the same position.**



HOW TO ROW ON THE ROWER

Sit on the seat, place your feet in the footrests, and adjust the straps to fit your feet. Then, hold the row bar with an overhand grip.

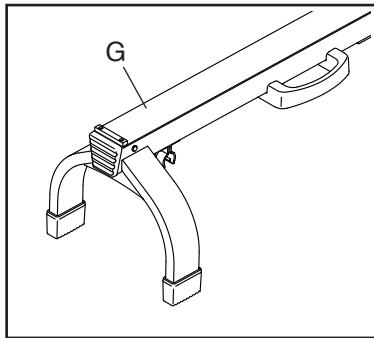
Correct rowing form consists of three phases:

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

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

HOW TO MOVE THE ROWER IN THE UNFOLDED POSITION

Take any necessary measures to avoid damaging your floor. Stand behind the rower and lift the Rail (G) until the rower will roll on the front wheels. Then, carefully move the rower to the desired location, and lower the Rail to the floor. **Do not hold or pull on the console when moving the rower.**

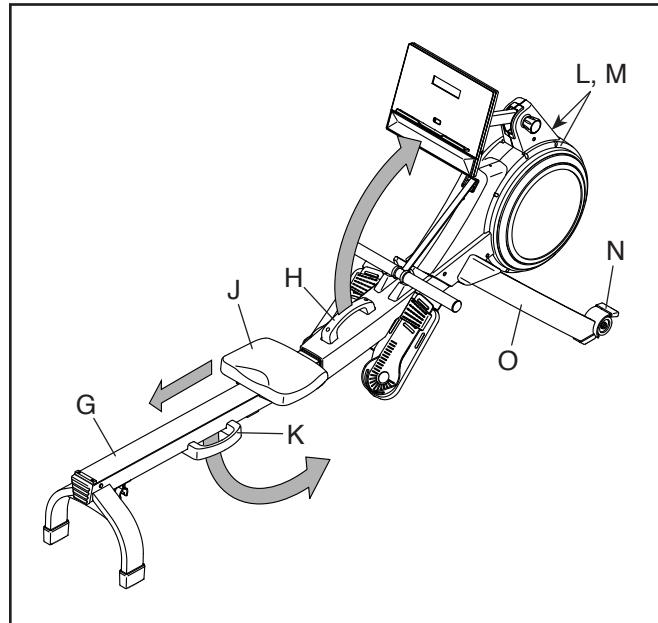
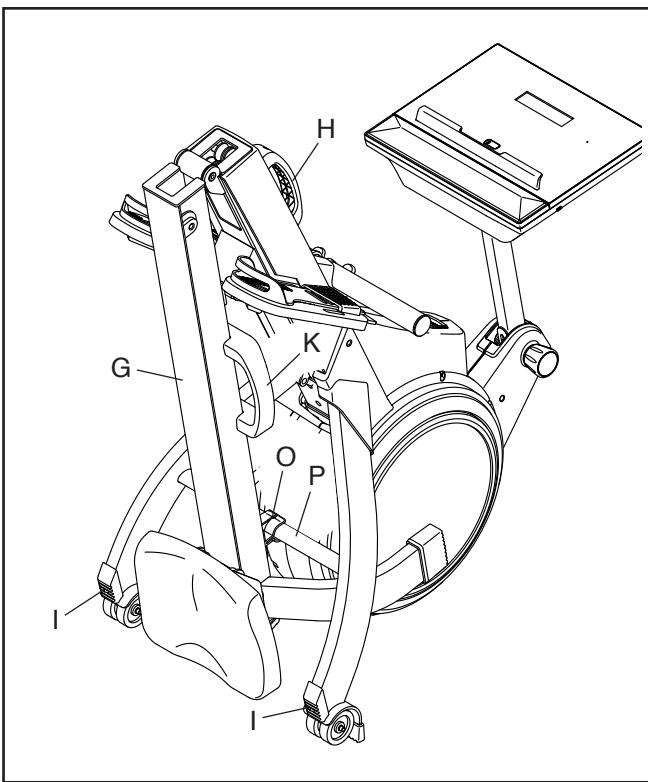


HOW TO FOLD THE ROWER

The rower can be folded to conserve space when it is not in use or when it is stored. **Keep the rower in a location where children cannot tip it.** Unplug the power adapter when the rower is not in use.

To store the rower, first slide the Seat (J) to the rear of the Rail (G).

Then, pull the Rail Handle (K) inward until the Folding Clamp (O) engages the bar on the Stabilizer (P).



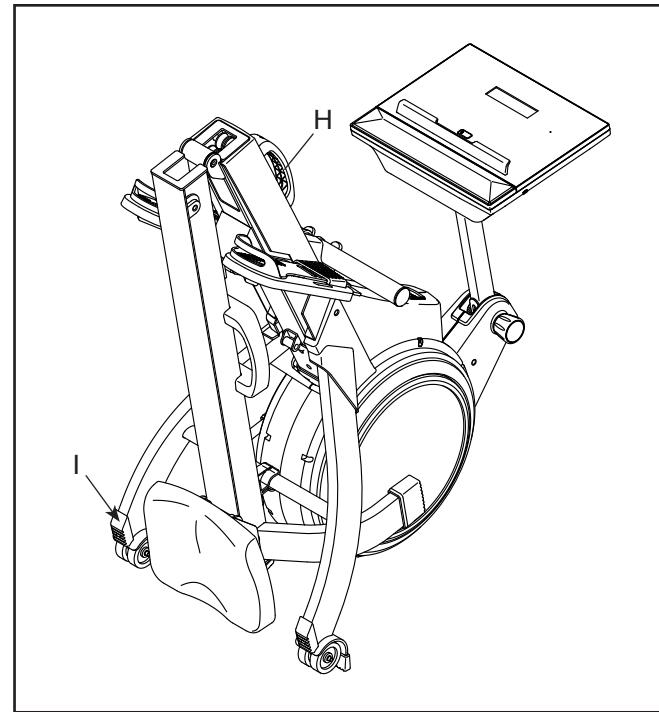
Next, hold and lift the Frame Handle (H) and the Rail Handle (K), and tip the rower forward onto the Shields (L, M) and the Storage Feet (N).

To unfold the rower, first place your foot on a Stabilizer Foot (I) and pull the Rail Handle (K) outward to disengage the Folding Clamp (O).

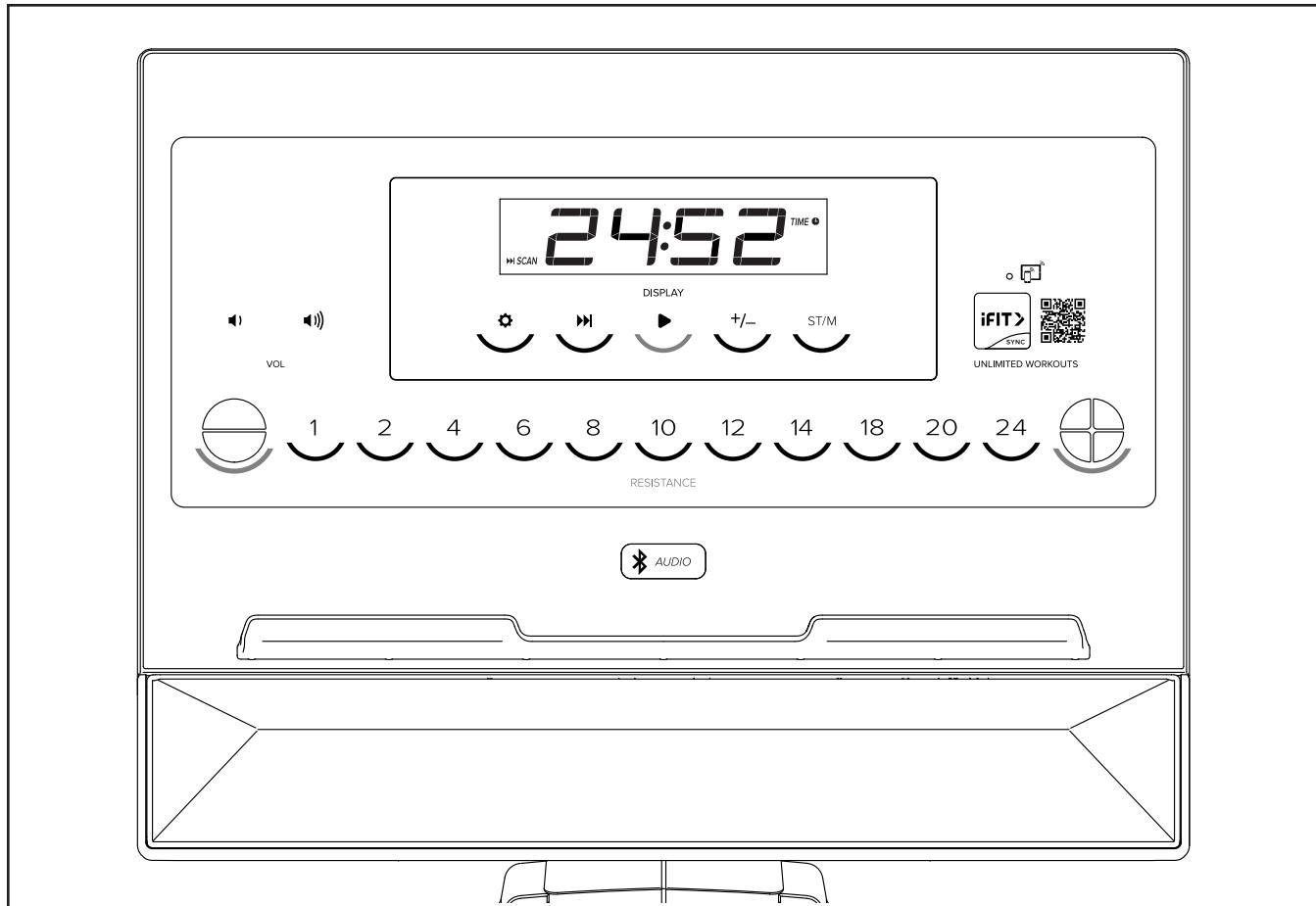
Then, hold the Rail Handle (K) and the Frame Handle (H), pull the Rail Handle outward, and lower the Rail (G) to the floor.

HOW TO MOVE THE ROWER IN THE FOLDED POSITION

Take any necessary measures to avoid damaging your floor. See HOW TO FOLD THE ROWER on page 10, and fold the rower. Then, hold the Frame Handle (H), place your foot on a Stabilizer Foot (I), and tip the rower until it will roll on the wheels. Carefully move the rower to the desired location, and then tip it into the storage position. **Do not hold or pull on the console when moving the rower.**



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 row bar with a touch of a button. As you exercise, the console will display continuous exercise feedback.

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 row bar as iFIT trainers guide you through immersive exercise sessions.

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

You can also use the charging port on the console to charge your USB-C compatible device while you exercise (see page 18).

To use the manual mode, see page 13. **To use an iFIT workout**, see page 15. **To change console settings**, see page 16.

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

HOW TO USE THE MANUAL MODE

1. Turn on the console.

To turn on the console, press any button on the console or simply begin rowing.

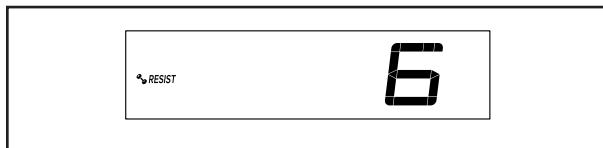
2. Get ready for the workout.

To use the sound system, see page 18.

To use an optional heart rate monitor, see page 19.

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

To change the resistance of the row bar 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 row bar 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 (M)—The distance that you have rowed in meters or feet. 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 19).

Resistance (RESIST)—The resistance level of the row bar.

Strokes—This mode shows the number of rowing strokes that you have completed.

Strokes Per Minute (STR/MIN)—This mode shows the number of rowing strokes that you are completing per minute.

Speed (KPH)—Your rowing pace in kilometers per hour or miles per hour. To change the unit of measurement, press the ST/M button.

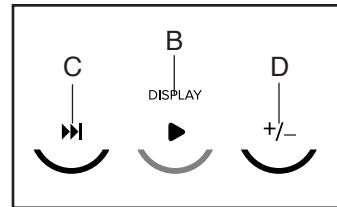
Time—The elapsed time.

Watts—Your approximate power output in watts.

500 Meter Split (500 M SPLIT)—Your rowing pace in the number of minutes that it takes to row 500 meters.

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.

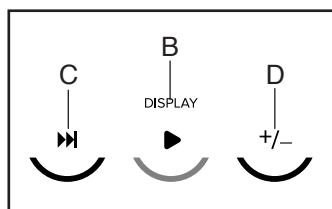


To manually advance the scan cycle, press the Scan button (C) repeatedly.

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.

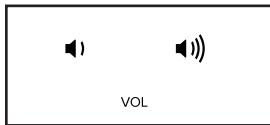


Next, press the Add/Remove button (D) to add or remove that workout information from the scan cycle. **When workout information is added**, its indicator will turn on in the display. **When workout information is removed**, its indicator will turn off.

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

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

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

If the row bar are not moved and the console buttons are not pressed for a few seconds, the console will pause.

If the row bar are not moved and the console buttons are not pressed for a few minutes, the console will turn off automatically.

Note: The console features a demo mode designed to be used if the rower 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 HOW TO CHANGE CONSOLE SETTINGS on pages 16 and 17.

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 Store® 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 18.

To use an optional heart rate monitor, see page 19. 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 rowing. To continue the workout, simply resume rowing.

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

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

7. Disconnect your smart device from the console.

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

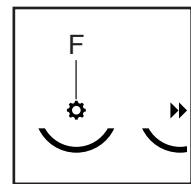
6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 14.

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To change console settings, you must select the settings mode after you plug in the power adapter but before you start rowing. If you have started rowing, unplug the power adapter and then plug it back in. Then, press the settings button (F) to select the settings mode.



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.



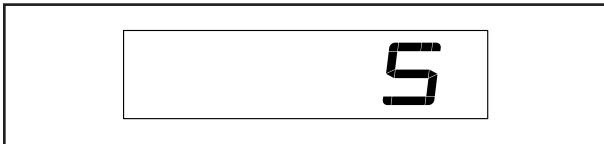
Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

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 rower 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 rower has been rowed.

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

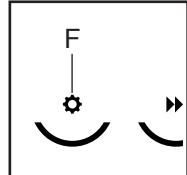


Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the rower is displayed in a store. If the demo mode is turned on, the console will not become inactive and the display will not be reset when you finish exercising. Press 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 (F) to exit the settings mode.



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 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.**
- 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.**

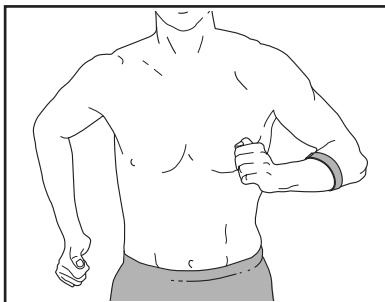
If you need to erase all of the Bluetooth-enabled devices saved in the console's memory, press and hold the Bluetooth Audio button for 10 seconds

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

To purchase an optional heart rate monitor, please see the front cover of this manual.



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.

IC INFORMATION

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: 1. This device may not cause interference. 2. This device must accept any interference, including interference that may cause undesired operation of the device.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

CAN ICES-3 (B)/NMB-3(B)

Note: The console contains IC ID: 3673A-BMD1.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

For best results, clean the rail, the seat carriage, and the carriage rollers daily.

TROUBLESHOOTING

Some problems can be solved with the simple steps in this section. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power adapter is fully plugged in.

If you are having problems connecting the console to a wireless network, or if you are having problems with your iFIT account or iFIT workouts, go to support.iFIT.com.

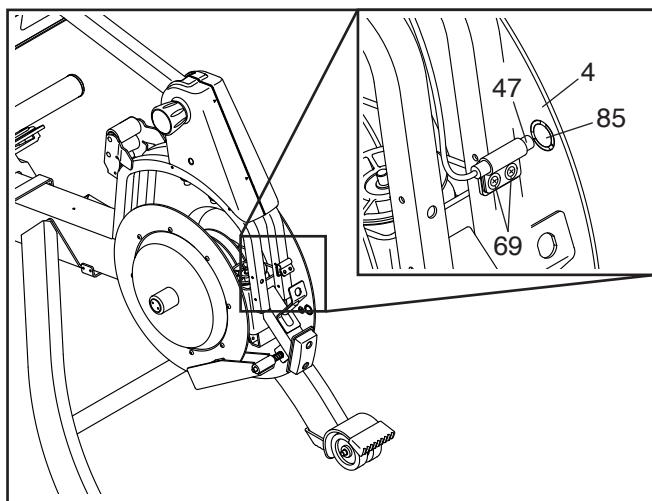
If a replacement power adapter is needed, see the front cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

HOW TO ADJUST THE REED SWITCH

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

See **EXPLODED DRAWING B on page 27.** Locate the Right and Left Shields (7, 8). Remove the four M4 x 19mm Screws (69) and the nine M4 x 16mm Screws (68) from the Right and Left Shields. Then, carefully remove the Right and Left Shields.

Next, locate the Reed Switch (47). Turn the Left Flywheel (4) until a Magnet (85) is aligned with the Reed Switch. Then, slightly loosen the two indicated M4 x 19mm Screws (69), slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screws.



Turn the Left Flywheel (4) so that the Magnet (85) passes the Reed Switch (47) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the parts that you removed.

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	

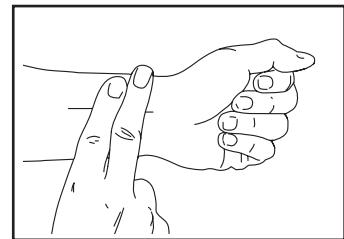
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

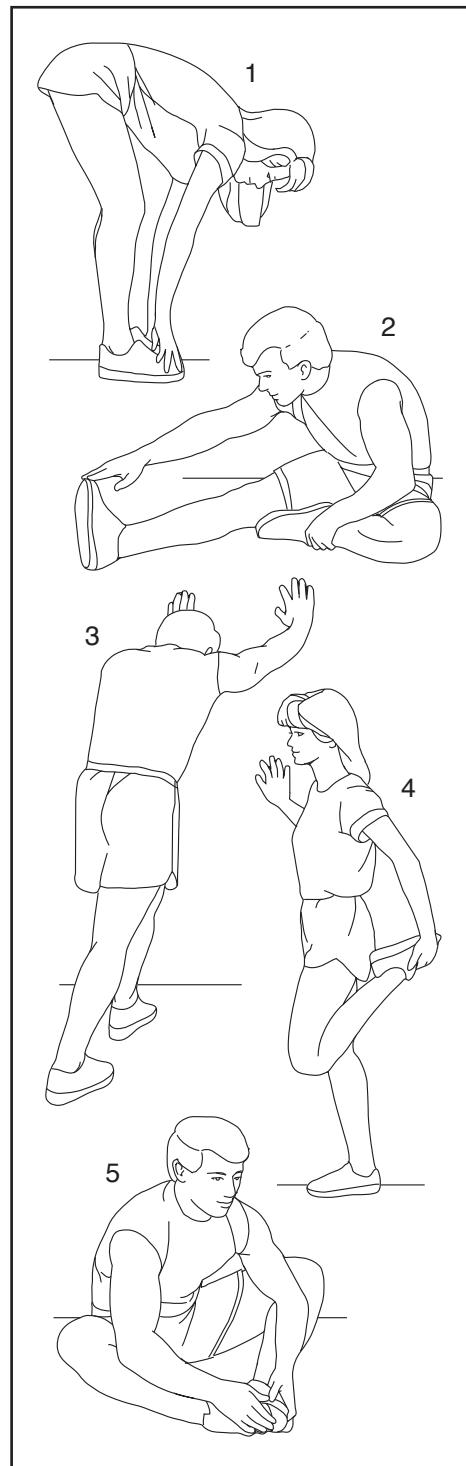
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFRW58125C.0 R1024A

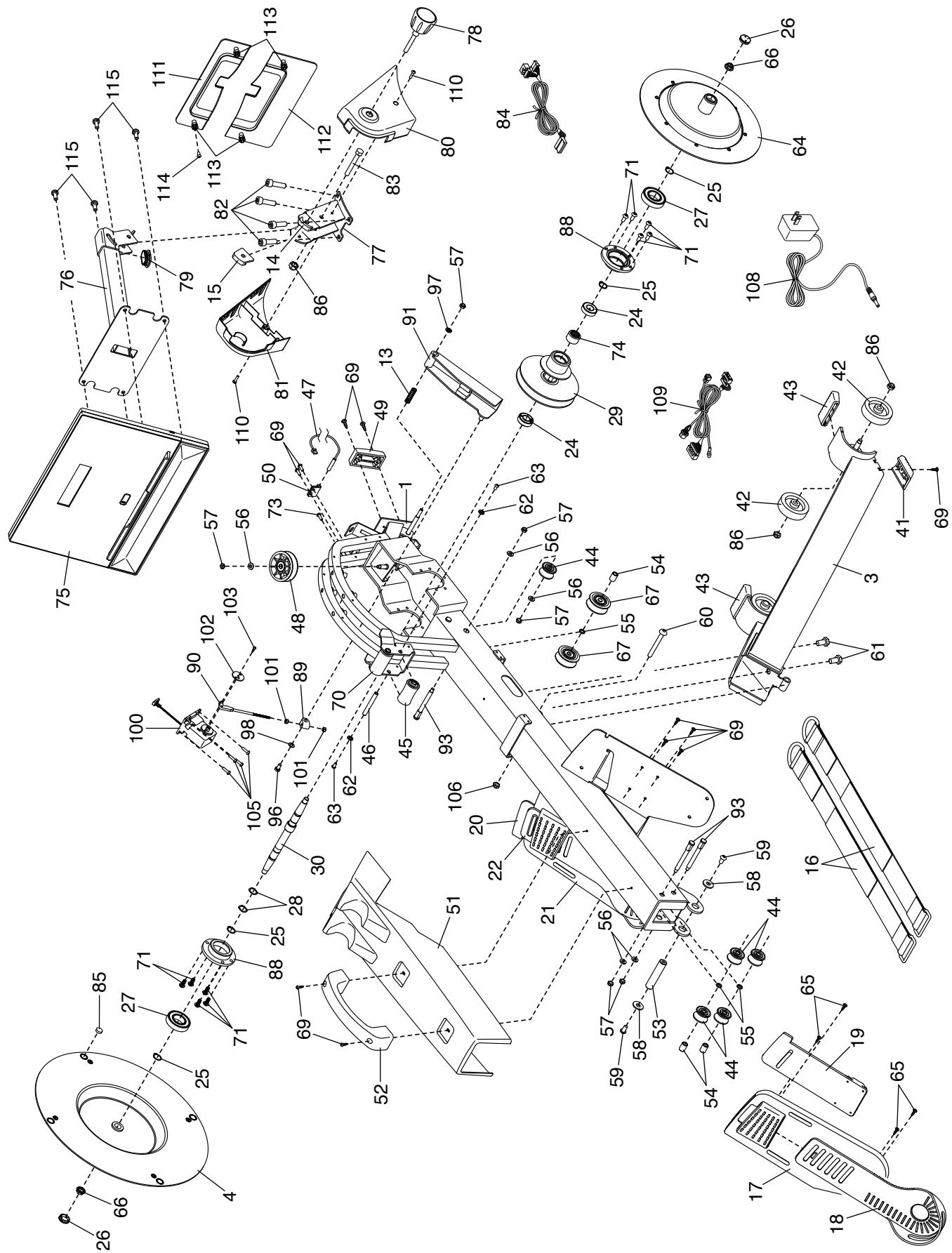
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	1	Clamp
2	1	Rail	51	1	Row Bar Rest
3	1	Stabilizer	52	1	Frame Handle
4	1	Left Flywheel	53	1	Pivot Axle
5	1	Seat Carriage	54	3	17mm Spacer
6	2	Accent Ring	55	4	2.3mm Spacer
7	1	Right Shield	56	9	M6 x 15mm Washer
8	1	Left Shield	57	9	M6 Locknut
9	2	Disc	58	2	M8 x 22mm Washer
10	1	Strap Grommet	59	2	M8 x 12mm Screw
11	1	Bungee Cord	60	1	M10 x 40mm Bolt
12	1	Row Bar/Strap	61	2	M8 x 16mm Socket Screw
13	1	Spring	62	8	M5 Washer
14	1	Right Neck Bushing	63	8	M5 x 10mm Screw
15	1	Left Neck Bushing	64	1	Right Flywheel
16	2	Footrest Strap	65	12	M6 x 15mm Screw
17	1	Right Footrest	66	2	M10 Flange Nut
18	1	Right Foot Pad	67	4	Large Rail Pulley
19	1	Right Footrest Bracket	68	9	M4 x 16mm Screw
20	1	Left Footrest Bracket	69	22	M4 x 19mm Screw
21	1	Left Footrest	70	1	Strap Roller B
22	1	Left Foot Pad	71	10	M6 x 12mm Screw
23	1	Seat	72	1	4.8mm Spacer
24	2	Bearing A	73	1	Ground Screw
25	4	Snap Ring	74	1	One-way Bearing
26	2	Axle Cap	75	1	Console
27	2	Bearing B	76	1	Neck
28	2	Wave Washer	77	1	Upright
29	1	Pulley Assembly	78	1	Knob
30	1	Axle	79	1	Wire Grommet
31	2	Pivot Bushing	80	1	Right Upright Cover
32	2	Front Stop	81	1	Left Upright Cover
33	1	Bumper	82	4	M8 x 35mm Socket Screw
34	1	Rail Handle	83	1	M8 x 50mm Hex Bolt
35	1	Folding Clamp	84	1	Upright Wire
36	2	Rail Foot	85	4	Magnet
37	2	Small Carriage Roller	86	5	M8 Locknut
38	1	Rail Cap	87	1	Rear Stop
39	2	Large Carriage Roller	88	2	Bearing Bracket
40	2	Carriage Axle	89	1	Link Block
41	2	Stabilizer Foot	90	1	Link Arm
42	4	Wheel	91	1	Magnet Bracket
43	2	Storage Foot	92	1	58mm Pulley Axle
44	5	Small Rail Pulley	93	3	83mm Pulley Axle
45	1	Strap Roller A	94	2	Clip
46	2	Strap Axle	95	4	M4 x 19mm Blunt Screw
47	1	Reed Switch/Wire	96	1	M6 x 12mm Hex Screw
48	1	Frame Pulley	97	1	M6 x 13mm Washer
49	1	Frame Foot	98	1	M6 Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
99	20	M4 x 12mm Blunt Screw	109	1	Main Wire
100	1	Resistance Motor	110	2	M4 x 16mm Machine Screw
101	2	M5 Nut	111	1	Upper Console Cover
102	1	Resistance Disc	112	1	Lower Console Cover
103	1	M3 x 8mm Screw	113	4	Mushroom Fastener
104	2	M4 x 8mm Screw	114	4	#8 x 1/2" Screw
105	4	M4 x 12mm Screw	115	4	M6 x 16mm Screw
106	1	M10 Locknut	*	—	Assembly Tool
107	6	M4 x 10mm Screw	*	—	User's Manual
108	1	Power Adapter/Cord			

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.

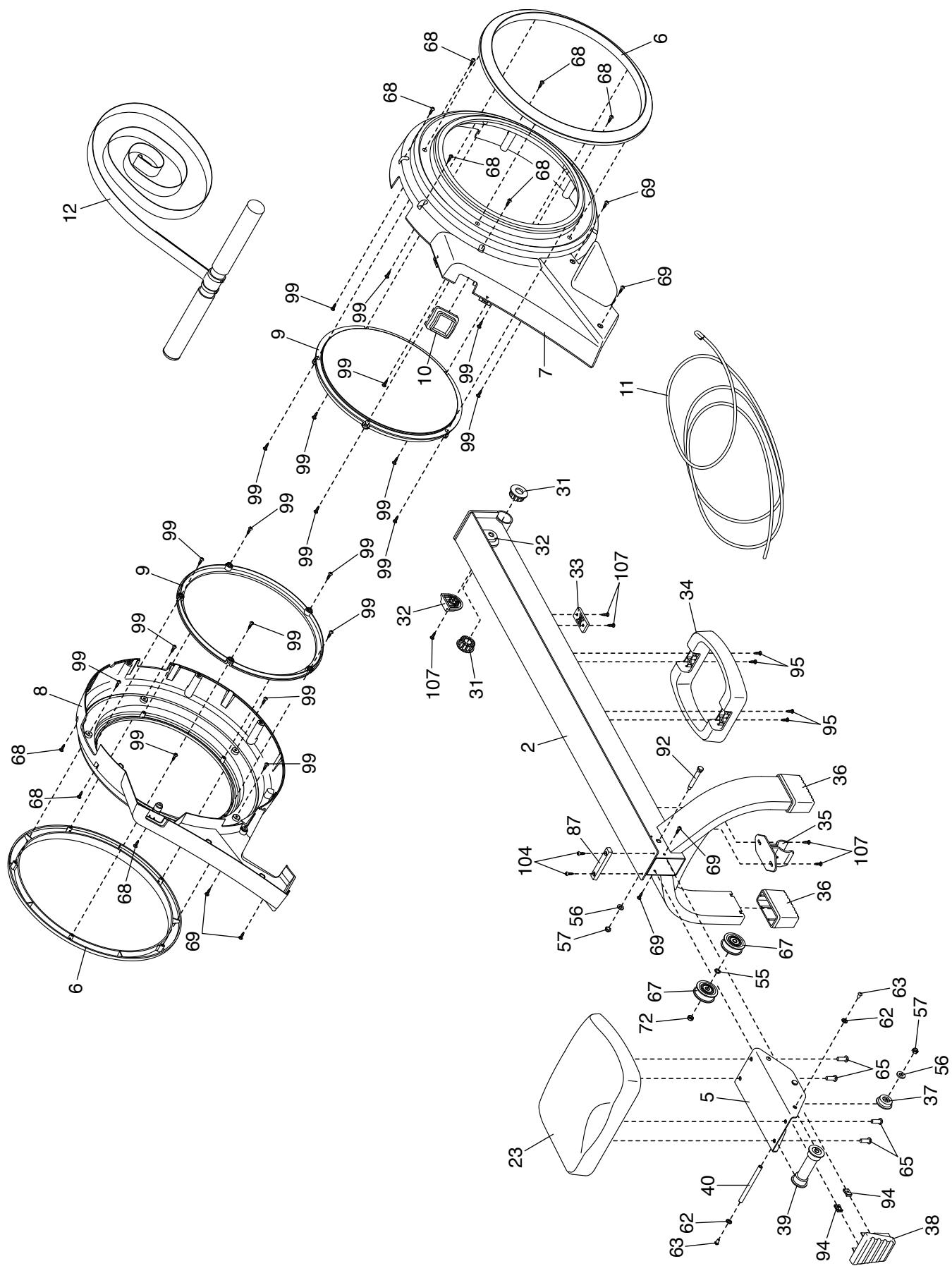
EXPLODED DRAWING A

Model No. PFRW58125C.0 R1024A



EXPLODED DRAWING B

Model No. PFRW58125C.0 R1024A



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

iFIT Inc. (iFIT) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for five (5) years from the date that you receive this product. Parts and labor are warranted for one (1) year.

This warranty extends only to the original purchaser (customer) and is not transferrable. iFIT's obligation under this warranty is limited to repairing or replacing, at iFIT's discretion, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by iFIT. 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 the product is purchased or transported outside the USA, (3) if any instruction or warning in this manual is not followed, (4) if the product is abused or improperly or abnormally used, (5) if the product is modified to alter functionality or capability without the written permission of iFIT, or (6) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by iFIT.

iFIT 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 states 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 states 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 state to state.

For warranty service, please go to my.iFIT.com. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

iFIT Inc., 1500 S. 1000 W., Logan, UT 84321-9813