

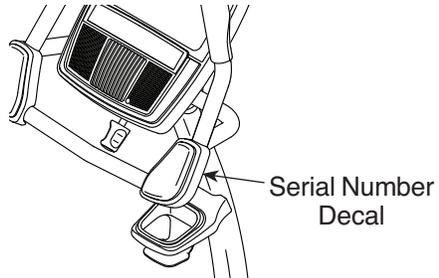
PRO-FORM[®]

PROC10 U

Model No. PFEX17820-INT.0

Serial No. _____

Write the serial number in the space above for reference.



CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

Write:

ICON Health & Fitness, Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA

⚠ CAUTION

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

USER'S MANUAL

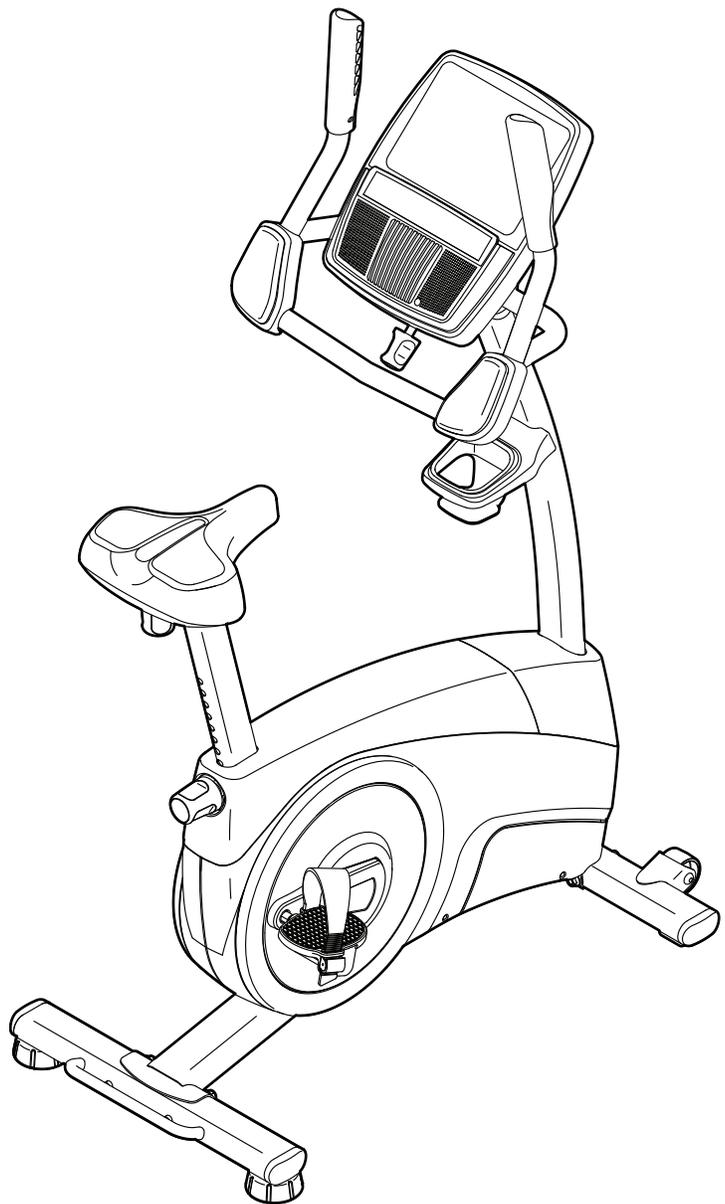


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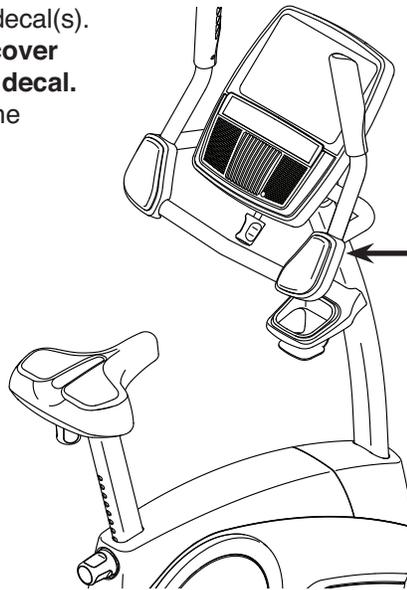
EXPLODED DRAWING.....34

ORDERING REPLACEMENT PARTS Back Cover

RECYCLING INFORMATION Back Cover

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.



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 300 lbs. / 136 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



PROFORM and IFIT are registered trademarks of ICON Health & Fitness, Inc. The Bluetooth® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. Google Maps is a trademark of Google LLC. Wi-Fi is a registered trademark of Wi-Fi Alliance. WPA and WPA2 are trademarks of Wi-Fi Alliance.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the exercise bike before using the 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. Use only manufacturer-supplied parts.
9. Keep children under age 16 and pets away from the exercise bike at all times.
10. 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.
11. The exercise bike should not be used by persons weighing more than 300 lbs. (136 kg).
12. Be careful when mounting and dismounting the exercise bike.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. 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.

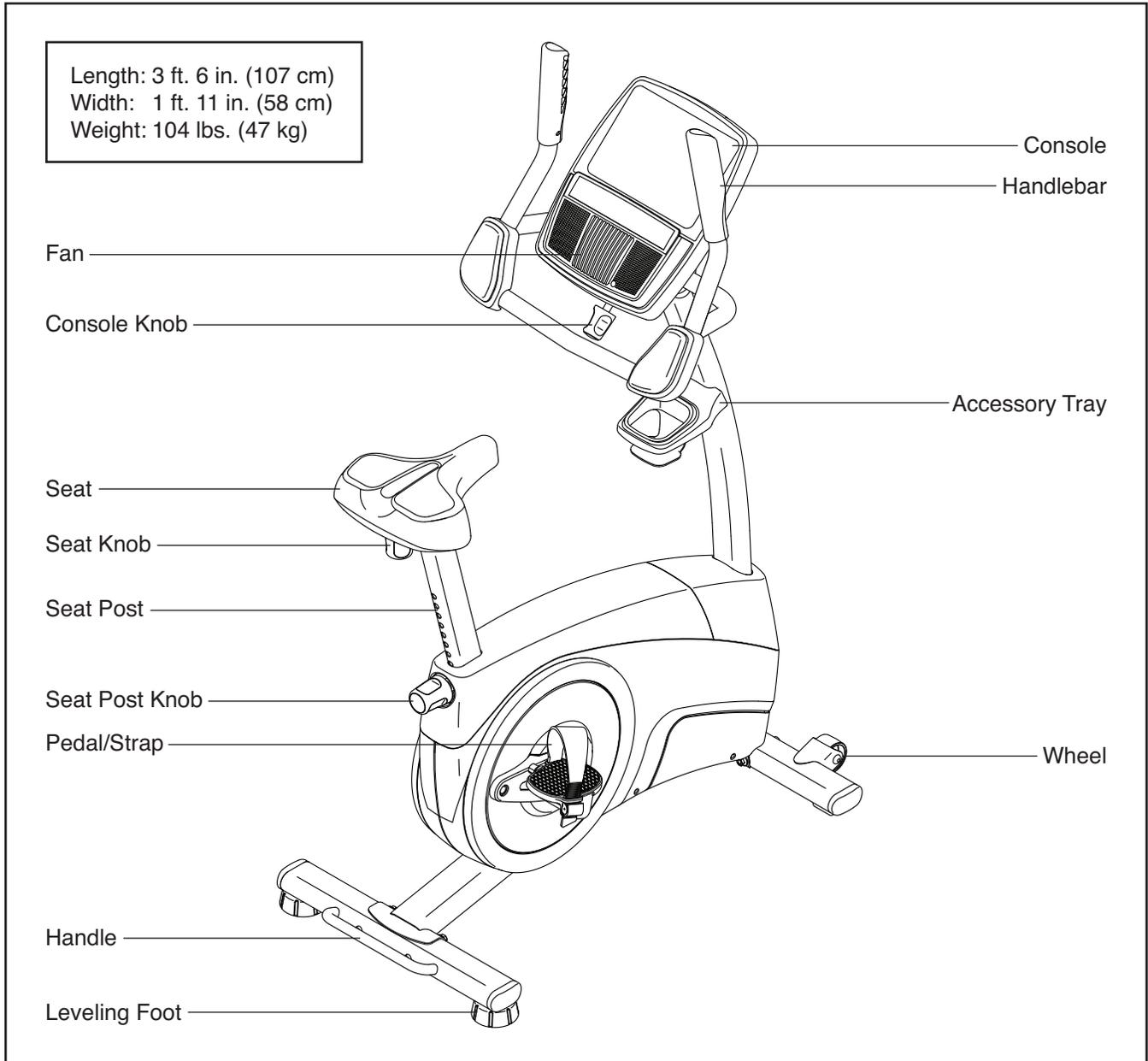
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® PRO C10 U exercise bike. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PRO C10 U exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

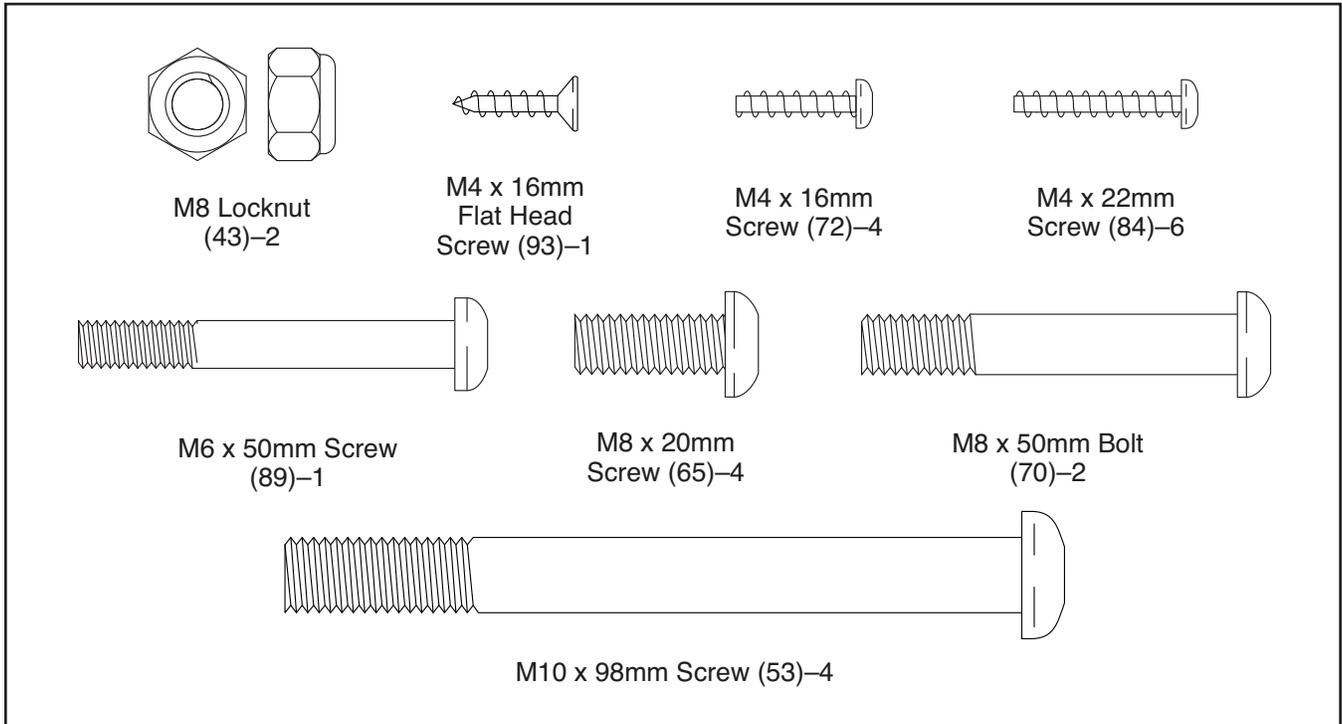
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

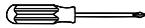
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

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

one Phillips screwdriver 

one adjustable wrench 

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

1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, call Customer Service (see the front cover of this manual).

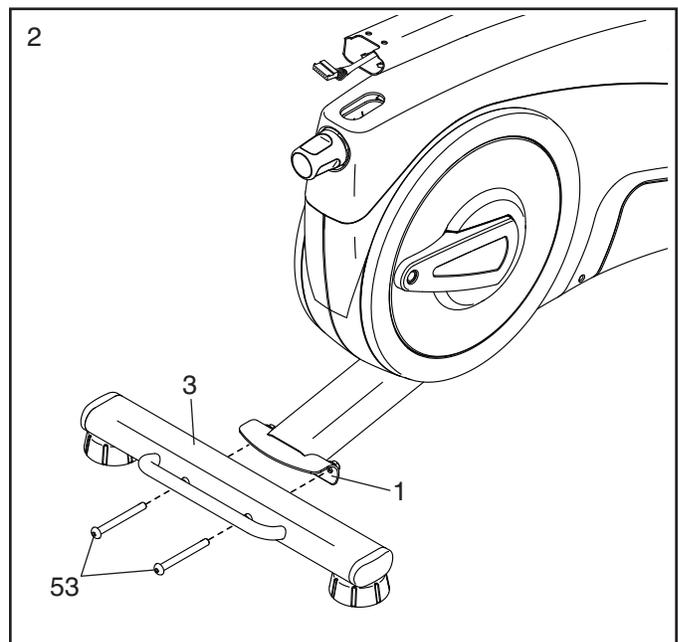
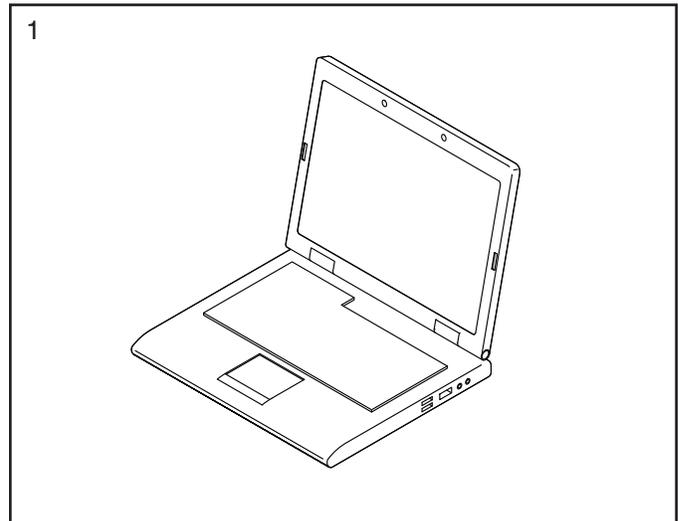
To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

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

2. Set a sturdy piece of packing material under the rear of the Frame (1).

Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 98mm Screws (53).

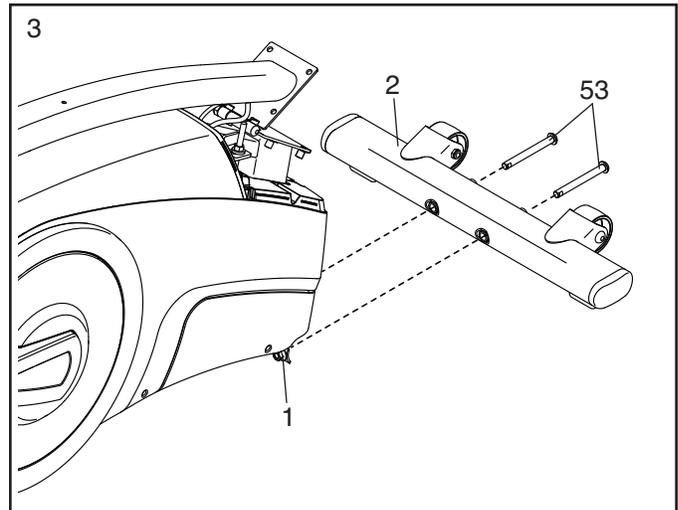
Then, remove the packing material.



3. Set a sturdy piece of packing material under the front of the Frame (1).

Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 98mm Screws (53).

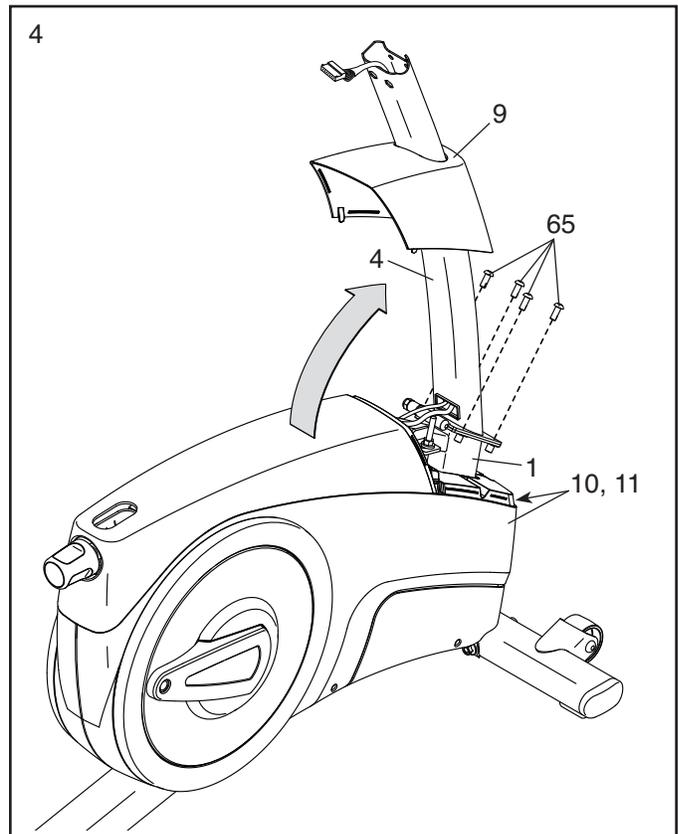
Then, remove the packing material.



4. Raise the Upright (4) to the vertical position. **Have a second person hold the Upright until you complete this step.**

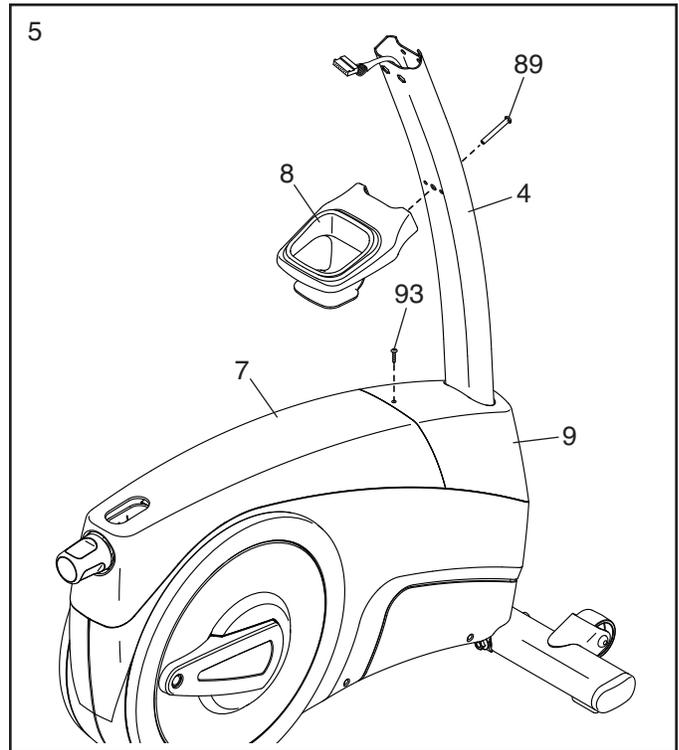
Attach the Upright (4) to the Frame (1) with four M8 x 20mm Screws (65); **start all the Screws, and then tighten them.**

Next, orient the Front Shield Cover (9) as shown, and slide it downward onto the Upright (4). Then, press the Front Shield Cover onto the Right and Left Shields (10, 11).



5. Attach the Front Shield Cover (9) to the Rear Shield Cover (7) with an M4 x 16mm Flat Head Screw (93).

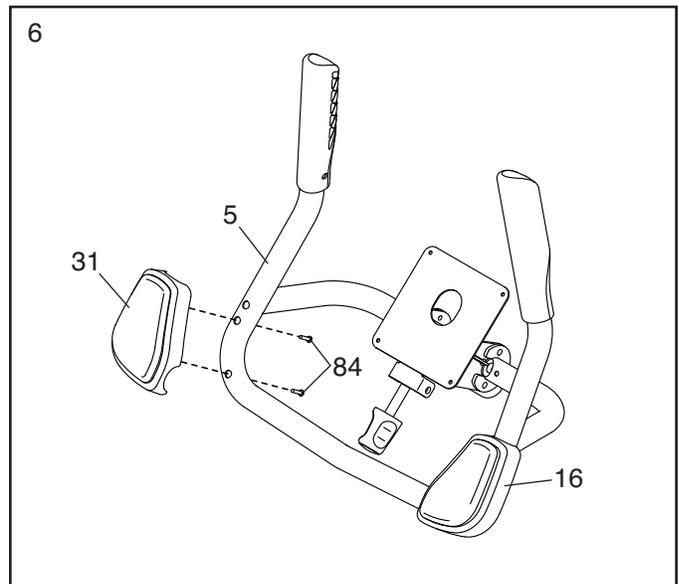
Then, attach the Accessory Tray (8) to the Upright (4) with an M6 x 50mm Screw (89).



6. Identify the Left Armrest (31).

Attach the Left Armrest (31) to the Handlebar (5) with two M4 x 22mm Screws (84).

Attach the Right Armrest (16) in the same way.

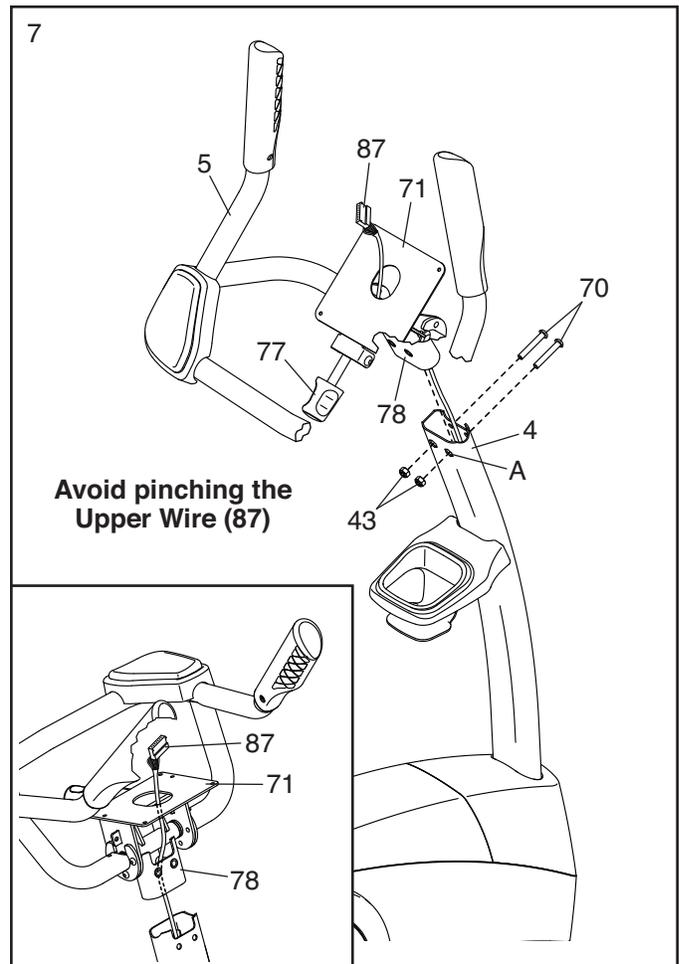


7. Have a second person hold the Handlebar (5) near the Upright (4).

See the inset drawing. Route the Upper Wire (87) through the Pivot Post (78) and the Pivot Bracket (71) as shown. **Tip: It may be easier to route the Upper Wire if you adjust the angle of the Pivot Bracket by turning the Console Knob (77).**

Tip: Avoid pinching the Upper Wire (87). Insert the Pivot Post (78) into the Upright (4).

Attach the Pivot Post (78) with two M8 x 50mm Bolts (70) and two M8 Locknuts (43); **make sure that the Locknuts are in the hexagonal holes (A).**

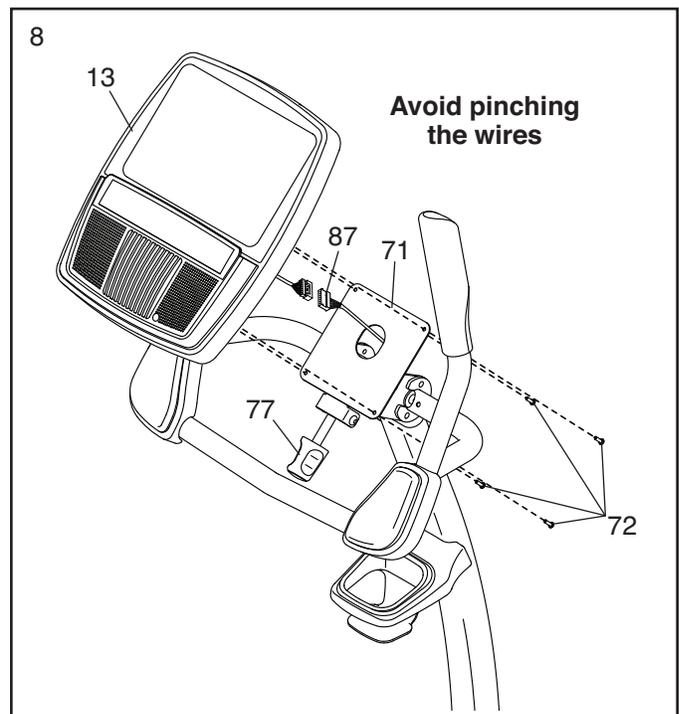


8. **IMPORTANT: Turn the Console Knob (77) until the Pivot Bracket (71) is in the most vertical position.**

While a second person holds the Console (13) near the Pivot Bracket (71), connect the wire on the Console to the Upper Wire (87). **Tip: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again.**

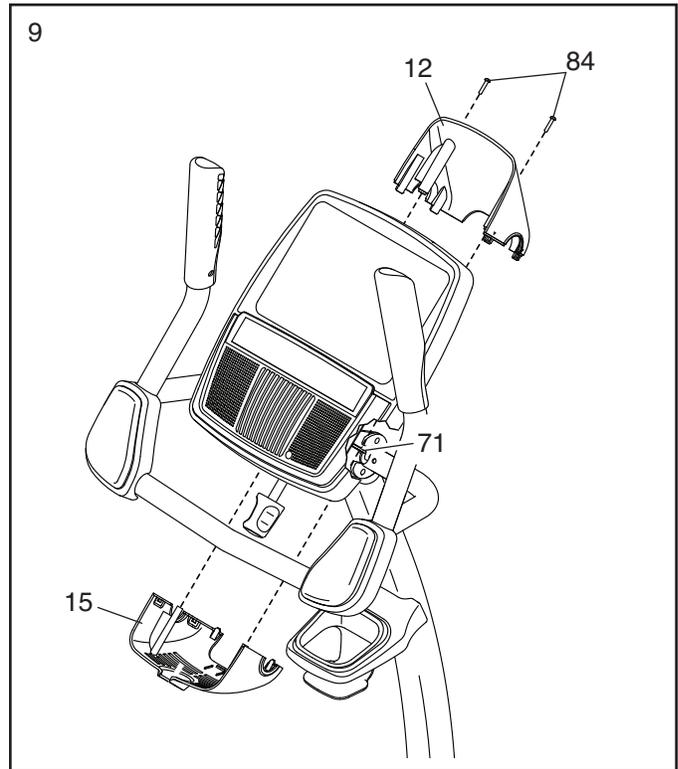
Insert the excess wire downward through the Pivot Bracket (71). **Do not insert the excess wire into the Console (13); the wire may interfere with the fan.**

Tip: Avoid pinching the wires. Attach the Console (13) to the Pivot Bracket (71) with four M4 x 16mm Screws (72).



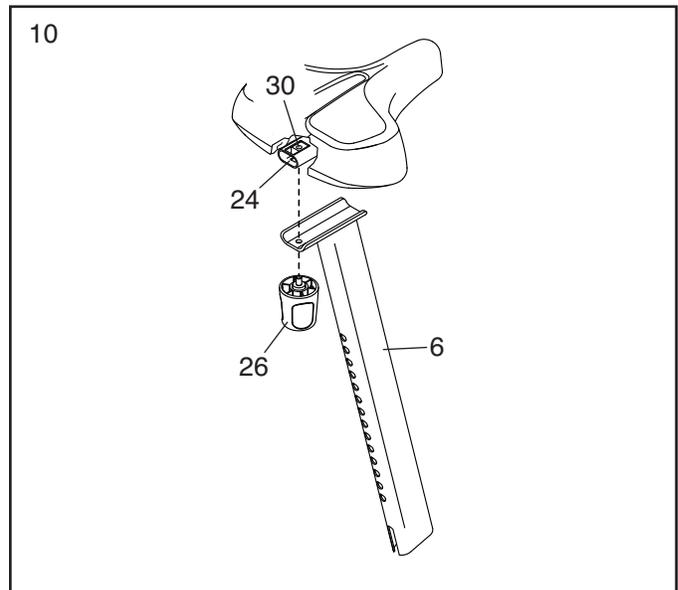
9. Press the Front Pivot Cover (12) and the Rear Pivot Cover (15) together around the Pivot Bracket (71).

Attach the Front and Rear Pivot Covers (12, 15) to the Pivot Bracket (71) with two M4 x 22mm Screws (84).



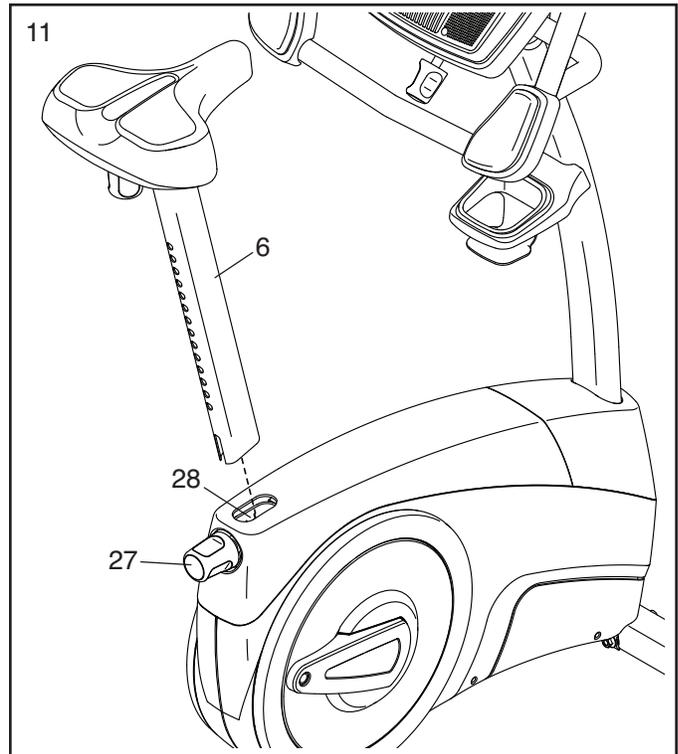
10. Remove the Seat Knob (26) from the Seat Bracket (30) inside the Seat Carriage (24).

Next, hold the Seat Carriage (24) on the Seat Post (6). Insert the Seat Knob (26) upward into the Seat Post, and tighten the Seat Knob into the Seat Bracket (30) inside the Seat Carriage.



11. Loosen the Seat Post Knob (27) and pull it outward. **Then, remove and discard the shipping bracket (not shown) that is inside the Seat Post Sleeve (28).**

Next, insert the Seat Post (6) into the Seat Post Sleeve (28), and release the Seat Post Knob (27). **Move the Seat Post upward or downward slightly to make sure that the Seat Post Knob is engaged in one of the adjustment holes in the Seat Post.** Then, tighten the Seat Post Knob.

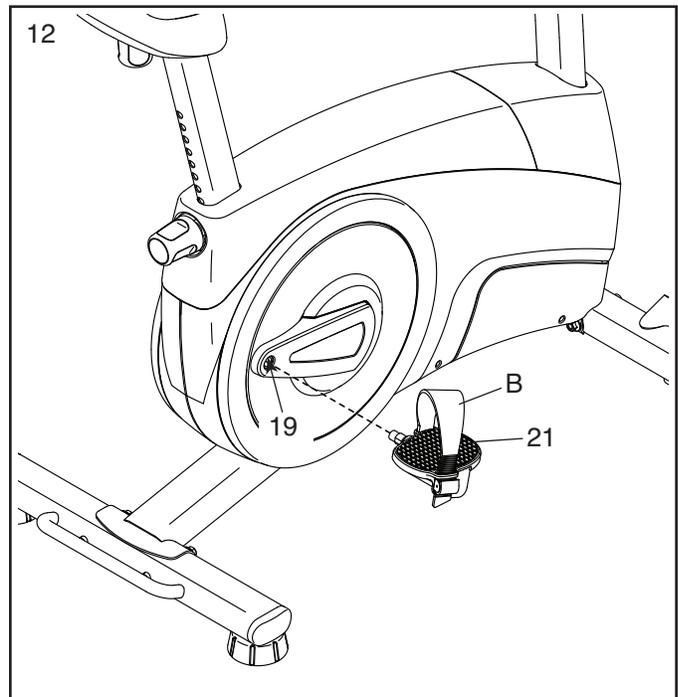


12. Identify the Right Pedal (21).

Using an adjustable wrench, **firmly tighten** the Right Pedal (21) **clockwise** into the Right Crank Arm (19).

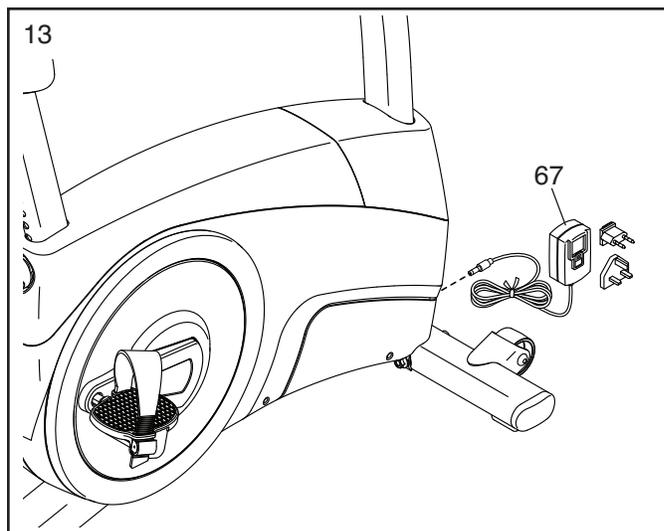
Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

Then, attach the right pedal strap (B) to the Right Pedal (21) as shown. **Attach the left pedal strap (not shown) in the same way.**



13. Plug the Power Adapter (67) into the receptacle on the frame of the exercise bike.

Note: To plug the Power Adapter (67) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



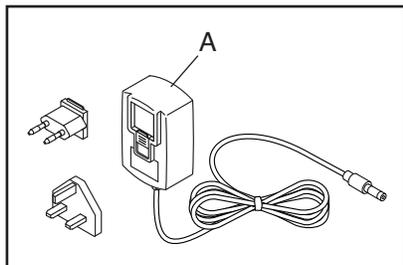
14. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly, that it functions properly, and that all parts are properly tightened.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the exercise bike 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 exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

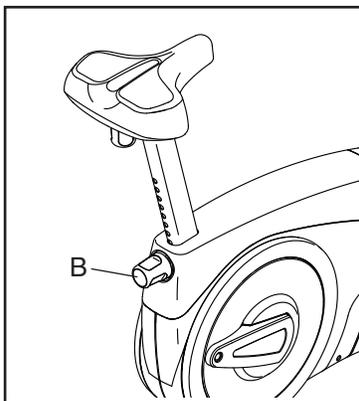


HOW TO ADJUST THE HEIGHT OF THE SEAT

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.

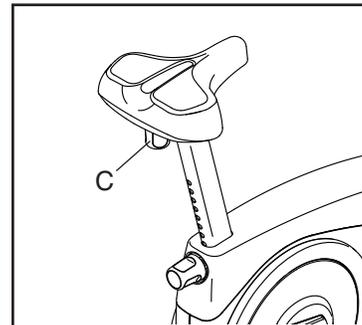
To adjust the seat, first turn the seat post knob (B) counterclockwise several turns to loosen it. Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob.

Move the seat post up or down slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post. Then, turn the knob clockwise to tighten it.



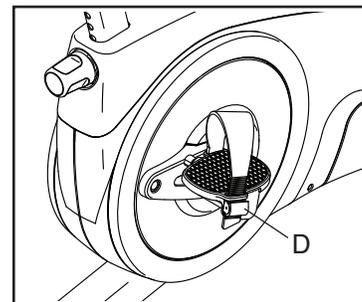
HOW TO ADJUST THE LATERAL POSITION OF THE SEAT

To adjust the lateral position of the seat, first loosen the seat knob (C) a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.



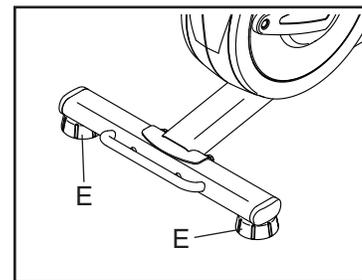
HOW TO ADJUST THE PEDAL STRAPS

To tighten a pedal strap, pull downward on the end of the strap. To loosen a strap, press the tab (D) and pull upward on the strap.



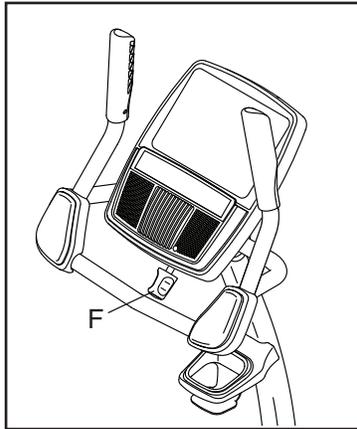
HOW TO LEVEL THE EXERCISE BIKE

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



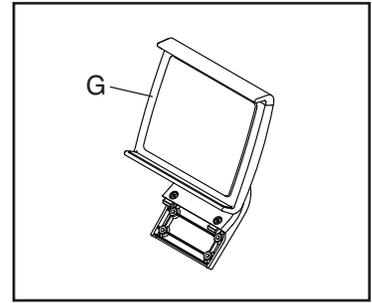
HOW TO ADJUST THE CONSOLE

The console can be adjusted to several angles. To adjust the console, turn the console knob (F) until the console is at the desired angle.

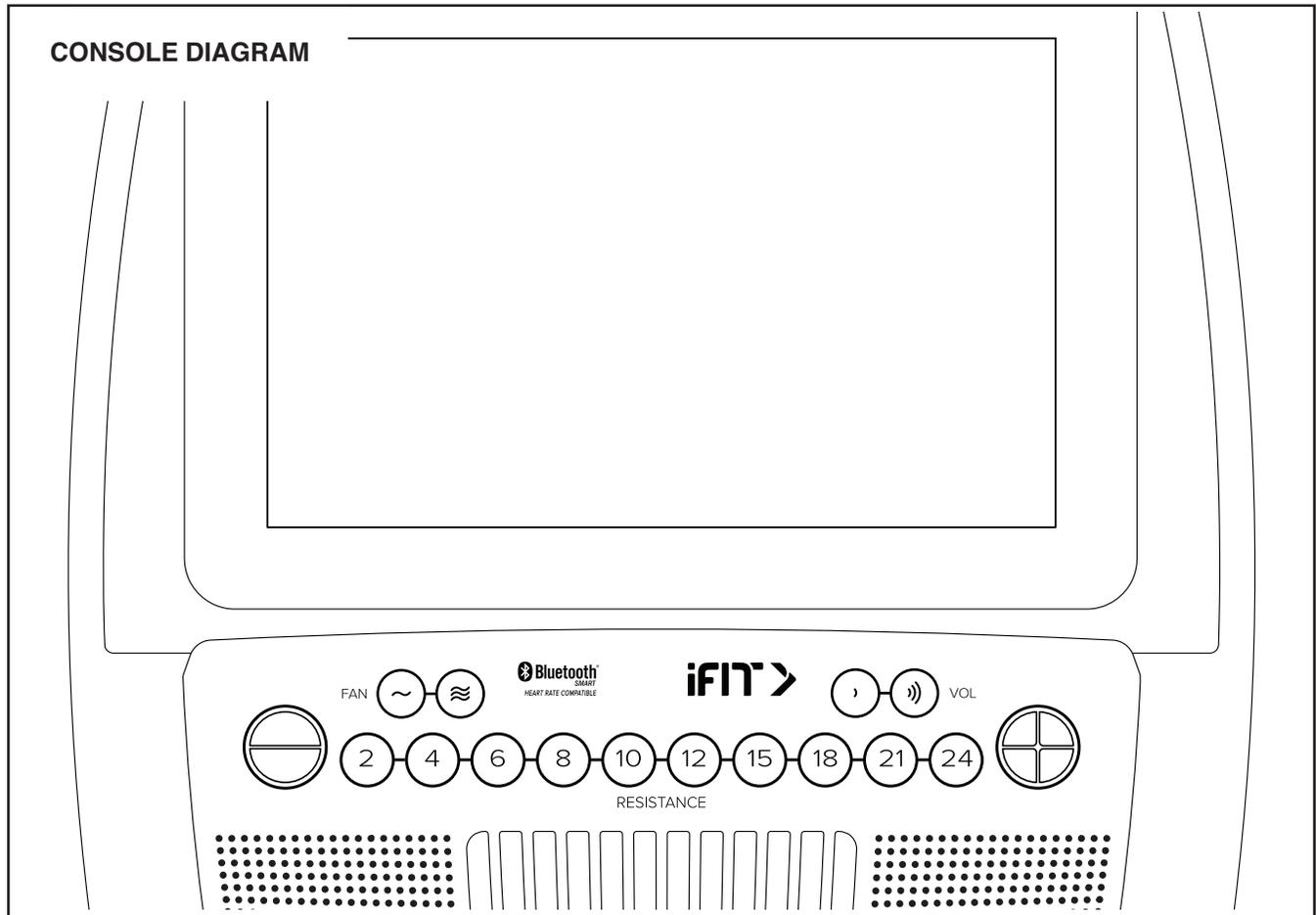


THE OPTIONAL TABLET HOLDER

The optional tablet holder (G) will hold your tablet securely in place and enable you to use your tablet while you exercise. The optional tablet holder is designed for use with most full-size tablets. **To purchase a tablet holder, please see the front cover of this manual.**



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

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

The console features wireless technology that enables the console to connect to iFit. With iFit, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

In addition, the console features a selection of featured workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective exercise session.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor.

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

To turn on and turn off the console, see page 16. **To learn how to use the touch screen**, see page 16. **To set up the console**, see page 17.

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the exercise bike. See HOW TO PLUG IN THE POWER ADAPTER on page 13. When the power adapter is plugged in, touch the screen or press any button on the console to turn on the console.

HOW TO TURN OFF THE CONSOLE

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

If the pedals do not move for several minutes, the screen is not touched, and the buttons are not pressed, the console will turn off.

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

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch *?123*. To view more characters, touch *~[<*. Touch *?123* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

HOW TO SET UP THE CONSOLE

Before you use the exercise bike for the first time, set up the console.

1. Connect to your wireless network.

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

2. Customize settings.

Follow the prompts on the screen to set the desired unit of measurement and your time zone.

Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 24.

3. Log into or create an iFit account.

Follow the prompts on the screen to log into your iFit account or to create an iFit account.

4. Check for firmware updates.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 24.

The console is now ready for you to begin working out. The following pages explain the workouts and other features that the console offers.

To use the manual mode, see this page. **To use a featured workout**, see page 19. **To create a draw-your-own-map workout**, see page 21. **To use an iFit workout**, see page 22.

To change console settings, see page 24. **To connect to a wireless network**, see page 25. **To use the sound system**, see page 27.

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

HOW TO USE THE MANUAL MODE

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. Note: It may take a few moments for the console to be ready for use.

2. Select the home screen.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the numbered Resistance buttons or the Resistance increase and decrease buttons.

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

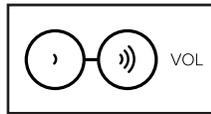
4. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

Drag upward on the screen to enter the fullscreen display mode. Drag downward on the screen to view the workout information displays.

Touch the various workout information displays to view more options. Touch the more button (+ symbol) to view statistics or charts. Touch the center of the screen to view even more display mode options.

If desired, adjust the volume level by pressing the Vol increase and decrease buttons.



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

To end the workout session, 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.

5. Wear a compatible heart rate monitor and measure your heart rate if desired.

You can wear a compatible heart rate monitor to measure your heart rate. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

A compatible heart rate monitor is included with some models. If a heart rate monitor is included, see THE HEART RATE MONITOR in this manual to learn how to use it.

If this model does not include a compatible heart rate monitor, see page 26 for information about ordering one.

The console will connect to your compatible heart rate monitor automatically. When your heartbeat is detected, your heart rate will be shown.

Note: Various factors may affect the accuracy of heart rate readings. Heart rate monitors are intended only as exercise aids in determining heart rate trends in general.

6. Turn on the fan if desired.

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals are not moved for a while when the home screen is selected, the fan will turn off automatically.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

HOW TO USE A FEATURED WORKOUT

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. Note: It may take a few moments for the console to be ready for use.

2. Select the home screen or the workout library.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

3. Select a workout.

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

Note: To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 25).

The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFit account to save a featured workout (see HOW TO USE AN IFIT WORKOUT on page 22).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 21.

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.

4. Start the workout.

Touch *Start Workout* to start the workout.

The workout will function in the same way as the manual mode (see page 17).

During some workouts, an iFit coach 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.

During some workouts, the screen may show a target speed. As you exercise, keep your pedaling speed near the target speed shown on the screen. A message may appear prompting you to increase, decrease, or maintain your pedaling speed.

IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a cadence that is comfortable for you.

Note: The calorie goal 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, your pedaling speed will affect the number of calories you burn.

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

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

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 22) or adding the workout to your favorites list. Then, touch *Save Workout* to return to the home screen.

5. Follow your progress.

See step 4 on page 18.

6. Wear a compatible heart rate monitor and measure your heart rate if desired.

See step 5 on page 18.

7. Turn on the fan if desired.

See step 6 on page 18.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. Note: It may take a few moments for the console to be ready for use.

2. Select a draw-your-own-map workout.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

To select a draw-your-own-map workout, touch the Create button at the bottom of the screen.

3. Draw your map.

Navigate to the area on the map where you want to draw your workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

If you want to start and end your workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for your workout.

4. Save your workout.

Touch *Save New Workout* to save your workout. If desired, enter a title and description for your workout. Then, touch the continue button (> symbol).

5. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 19).

6. Follow your progress.

See step 4 on page 18.

7. Wear a compatible heart rate monitor and measure your heart rate if desired.

See step 5 on page 18.

8. Turn on the fan if desired.

See step 6 on page 18.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

HOW TO USE AN iFIT WORKOUT

To use an iFit workout, you must be logged into your iFit account (see step 3 below) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 25). An iFit account is also required.

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. Note: It may take a few moments for the console to be ready for use.

2. Select the home screen.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

3. Log in to your iFit account.

If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFit account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFit account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

4. Select an iFit workout from the home screen or the workout library.

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

The featured iFit workouts shown on the home screen will change periodically.

The workout library contains all of the iFit workouts available for your exercise bike, organized into categories. To search the workout library, touch the search button (magnifying glass symbol), and select the desired filtering options.

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

You can select options such as adding the workout to your schedule (see step 5) or marking the workout as a favorite (see step 6).

5. Schedule an iFit workout on the calendar if desired.

If desired, you can schedule an iFit workout for a future date. Simply view the overview or workout summary of the desired iFit workout, touch *Schedule*, and then select the desired date on the calendar.

When the selected date arrives, the iFit workout that you scheduled will appear on the home screen.

6. Create a list of favorite iFit workouts if desired.

To mark an iFit workout as a favorite, simply view the overview or workout summary of the desired iFit workout and touch the favorites button (heart symbol).

To view a list of iFit workouts that you have marked as your favorites, select the workout library (Browse button), and then touch *My Favorites*.

7. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 19).

8. Follow your progress.

See step 4 on page 18.

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

See step 5 on page 18.

10. Turn on the fan if desired.

See step 6 on page 18.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

For more information about iFit, go to iFit.com.

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: Some of the settings and features described may not be enabled. Occasionally, a firmware update may cause your console to function slightly differently.

1. Select the settings main menu.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 16). Note: It may take a few moments for the console to be ready for use.

Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Account

- My Profile
- In Workout
- Manage Accounts

Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

About

- Legal

3. Customize the unit of measurement and other settings.

To customize the unit of measurement, the time zone, or other settings, touch *Equipment Info* or *Equipment Settings*, and then touch the desired settings.

The console can display speed and distance in either standard or metric units of measurement.

4. View machine information or console app information.

Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your exercise bike or about the console app.

5. Update the console firmware.

For the best results, regularly check for firmware updates. Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the exercise bike, do not unplug the power adapter while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the exercise bike will turn off and then turn back on. If it does not, unplug the power adapter. Wait for several seconds, and then plug in the power adapter. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

6. Calibrate the incline system.

To calibrate the incline system, touch Maintenance, touch *Calibrate Incline*, and then touch *Begin*. The exercise bike will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

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

7. Exit the settings main menu.

If you are in a settings menu, touch the back button. Then, touch the close button (x symbol) to exit the settings main menu.

HOW TO CONNECT TO A WIRELESS NETWORK

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network.

1. Select the home screen.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 16). Note: It may take a few moments for the console to be ready for use.

Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

2. Select the wireless network menu.

Touch the menu button (three horizontal lines symbol), and then touch *Wi-Fi* to select the wireless network menu.

3. Enable Wi-Fi.

Make sure that Wi-Fi® is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 16.)

When the console is connected to your wireless network, a checkmark will appear next to the wireless network name.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

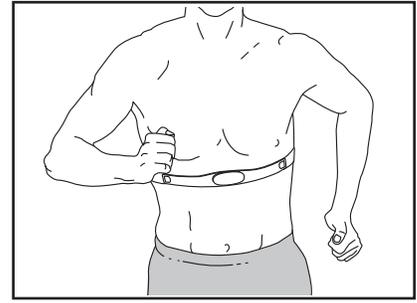
Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

5. Exit the wireless network menu.

To exit the wireless network menu, touch the back button (arrow symbol).

THE OPTIONAL HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a heart rate monitor, please see the front cover of this manual.**



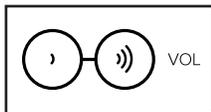
Note: The console is compatible with all Bluetooth Smart heart rate monitors.

HOW TO USE THE SOUND SYSTEM

Connect with an Audio Cable

If the console has an audio jack, you can connect an audio cable to play audio through the console sound system. Plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the audio 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 Vol increase and decrease buttons or the volume control on your personal audio player.



Connect Your Device with Bluetooth

If the console has a Bluetooth Audio button, you can connect your Bluetooth-compatible device to play audio through the console sound system.

1. **Place or hold your Bluetooth-compatible device near the console.**
2. **Enable the Bluetooth setting on your device.**
3. **Pair your device to the console.**

Press and hold the Bluetooth Audio button on the console for 3 seconds. The Bluetooth Audio button will begin flashing and the console will enter pairing mode. When your device and the console pair successfully, the audio from your device will play through the console sound system.

Note: The console can save 8 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 device memory if necessary.**

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

Connect Your Headphones

If the console has a headphones jack, you can plug your headphones into the headphones jack to listen to audio from the console through your headphones.

Connect Your Headphones with Bluetooth

If the console is enabled with this feature, you can connect your Bluetooth-compatible headphones to listen to audio from the console through your headphones.

To connect your headphones to the console, first turn on your headphones and place them near the console. Next, select a featured workout (see page 19) or an iFit workout (see page 22). Then, touch *Connect Bluetooth Headphones* when this option appears on the screen.

To pair your headphones to the console, select your headphones from the list on the screen. When your headphones and the console pair successfully, the audio from the console will play through your headphones.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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. Use only manufacturer-supplied parts.

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

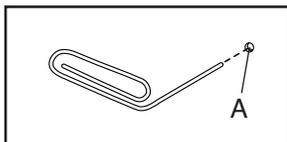
CONSOLE TROUBLESHOOTING

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

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, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

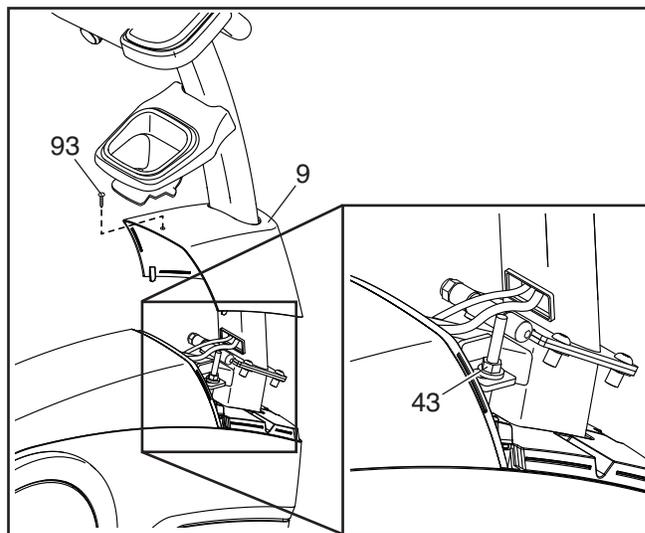
If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the back or the side of the console. Using a bent paper clip, press and hold the reset button inside the opening, and have a second person plug in the power adapter. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug and then plug in the power adapter. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 24). Note: It may take a few minutes for the console to be ready for use.



HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. **Before you adjust the drive belt, unplug the power adapter.**

Next, remove the M4 x 16mm Flat Head Screw (93) from the Front Shield Cover (9). Then, using a standard screwdriver, release the Front Shield Cover and slide it out of the way.



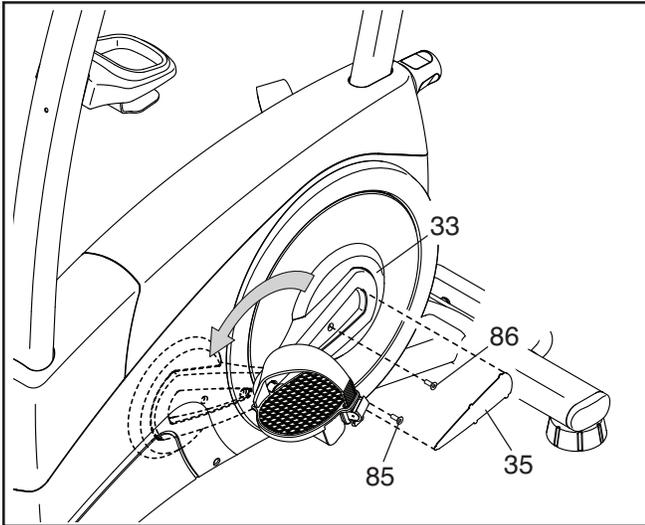
Next, tighten the indicated M8 Locknut (43) slightly to tighten the Drive Belt (not shown). Then, reattach the Front Shield Cover (9) and plug in the power adapter.

Repeat this process, if necessary, until the pedals no longer slip.

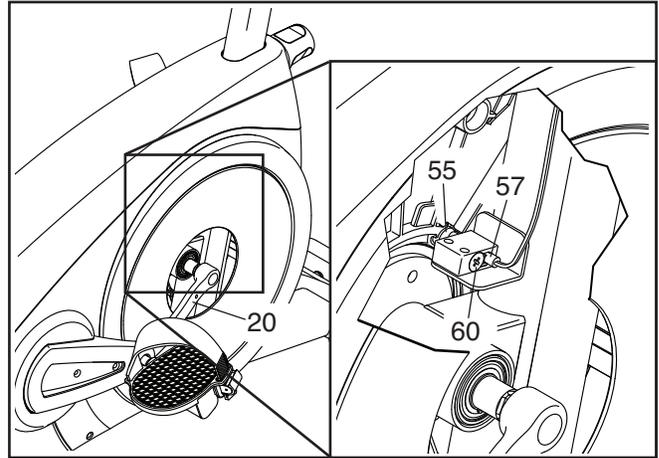
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. **Before you adjust the reed switch, unplug the power adapter.**

Using a small standard screwdriver, carefully pry the left Cover Insert (35) off the left Crank Arm Cover (33). Next, remove the M5 x 12mm Screw (85) and the M5 x 21mm Screw (86). Then, rotate the left Crank Arm Cover out of the way.



Next, locate the Reed Switch (57). Rotate the Left Crank Arm (20) until a Magnet (55) is aligned with the Reed Switch. Then, loosen the M5 x 16mm Flat Head Screw (60), slide the Reed Switch slightly toward or away from the Magnet, and then retighten the Flat Head Screw.



Plug in the power adapter and rotate the Left Crank Arm (20) for a moment. 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	♥️
<hr/>							
20	30	40	50	60	70	80	

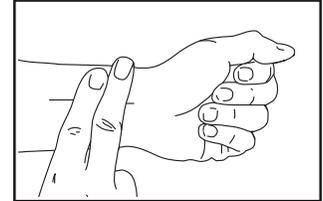
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

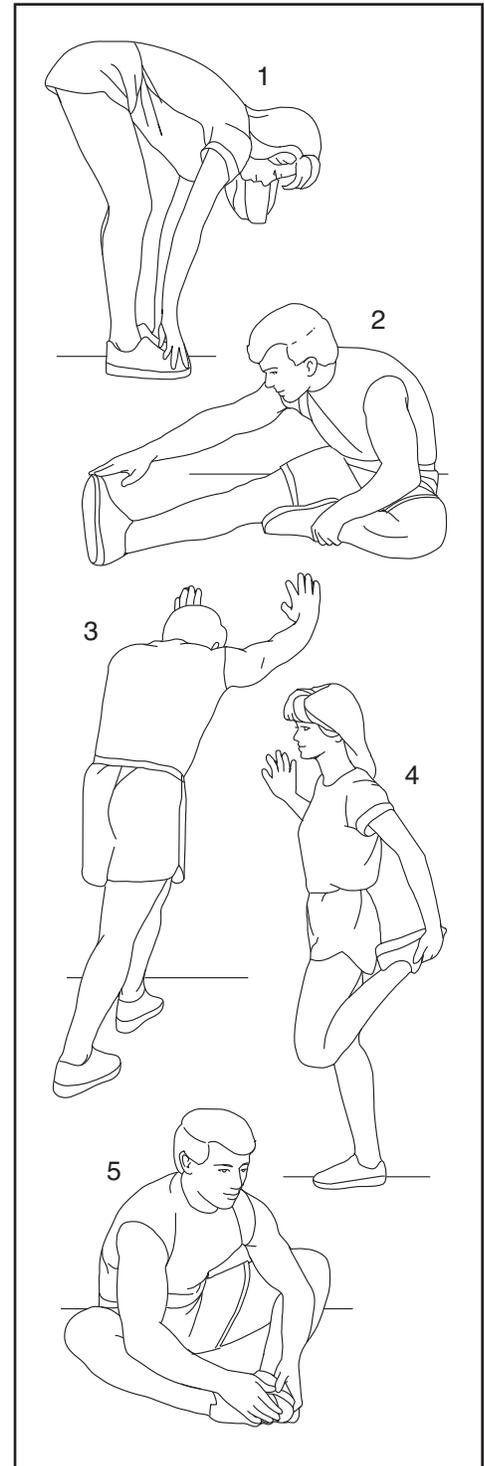
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFEX17820-INT.0 R0321A

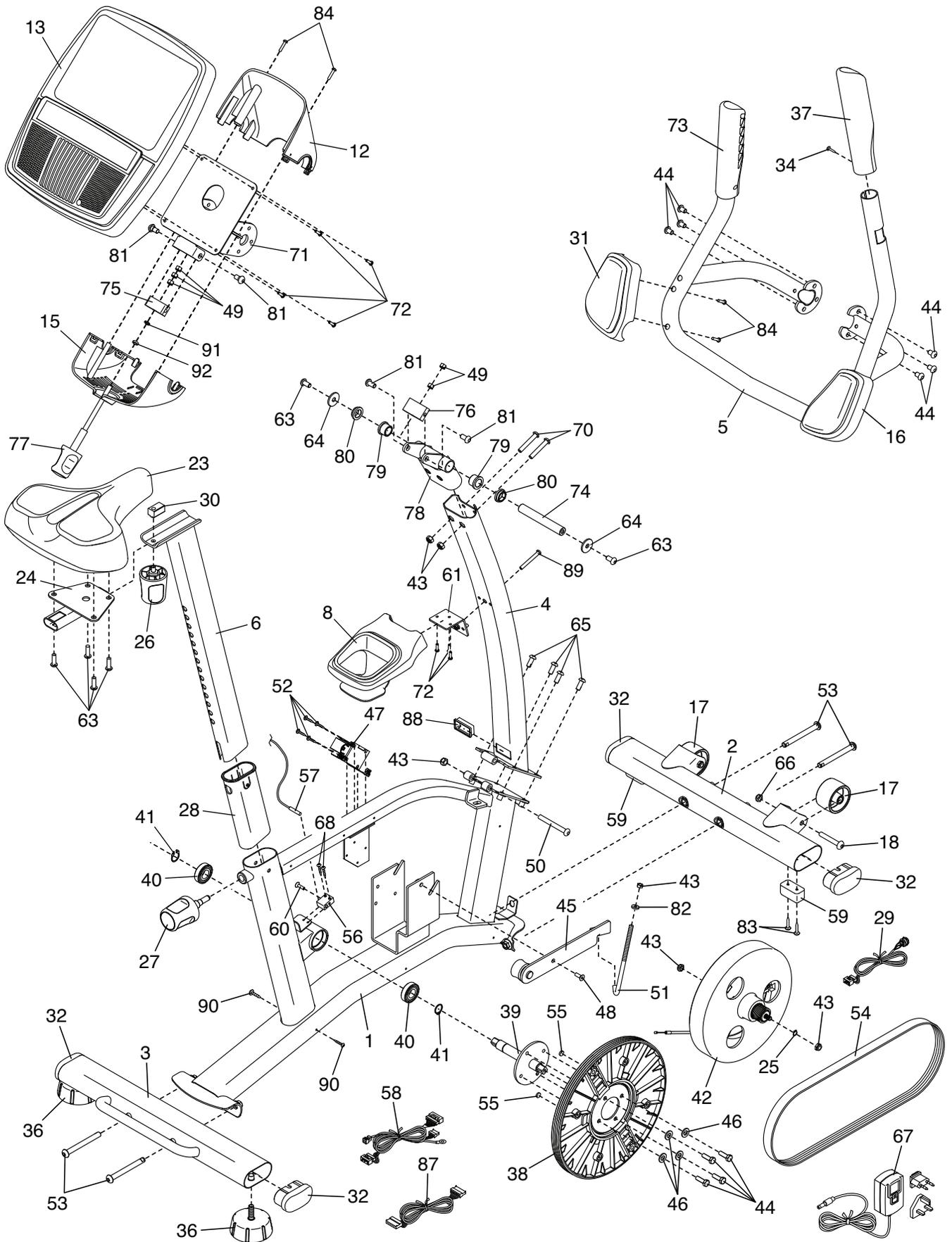
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	43	6	M8 Locknut
2	1	Front Stabilizer	44	10	M8 x 12mm Screw
3	1	Rear Stabilizer	45	1	Idler
4	1	Upright	46	4	M8 Black Split Washer
5	1	Handlebar	47	1	Resistance Motor
6	1	Seat Post	48	1	M8 x 18mm Screw
7	1	Rear Shield Cover	49	5	Knob Nut
8	1	Accessory Tray	50	1	M8 x 76mm Bolt
9	1	Front Shield Cover	51	1	J-bolt
10	1	Right Shield	52	4	#10 x 12mm Screw
11	1	Left Shield	53	4	M10 x 98mm Screw
12	1	Front Pivot Cover	54	1	Drive Belt
13	1	Console	55	2	Magnet
14	2	Shield Ring	56	1	Clamp
15	1	Rear Pivot Cover	57	1	Reed Switch/Wire
16	1	Right Armrest	58	1	Lower Wire
17	2	Wheel	59	2	Stabilizer Foot
18	2	M10 x 62mm Bolt	60	1	M5 x 16mm Flat Head Screw
19	1	Right Crank Arm	61	1	Tray Bracket
20	1	Left Crank Arm	62	2	M8 Flange Screw
21	1	Right Pedal/Strap	63	6	M8 x 16mm Screw
22	1	Left Pedal/Strap	64	2	M8 Washer
23	1	Seat	65	4	M8 x 20mm Screw
24	1	Seat Carriage	66	2	M10 Jam Nut
25	1	Small Snap Ring	67	1	Power Adapter
26	1	Seat Knob	68	2	M4 x 19mm Screw
27	1	Seat Post Knob	69	2	Clip Nut
28	1	Seat Post Sleeve	70	2	M8 x 50mm Bolt
29	1	Power Receptacle/Wire	71	1	Pivot Bracket
30	1	Seat Bracket	72	7	M4 x 16mm Screw
31	1	Left Armrest	73	1	Left Grip
32	4	Stabilizer Cap	74	1	Pivot Axle
33	2	Crank Arm Cover	75	1	Small Block
34	16	#8 x 16mm Screw	76	1	Large Block
35	2	Cover Insert	77	1	Console Knob
36	2	Leveling Foot	78	1	Pivot Post
37	1	Right Grip	79	2	Large Bushing
38	1	Pulley	80	2	Small Bushing
39	1	Crank	81	4	M8 x 15mm Shoulder Screw
40	2	Crank Bearing	82	1	J-bolt Washer
41	2	Large Snap Ring	83	4	M4 x 32mm Screw
42	1	Eddy Mechanism	84	9	M4 x 22mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
85	2	M5 x 12mm Screw	91	1	M8 x 12mm x 1.5mm Washer
86	2	M5 x 21mm Screw	92	1	M8 x 12mm x 4.5mm Washer
87	1	Upper Wire	93	1	M4 x 16mm Flat Head Screw
88	1	Grommet	*	–	User's Manual
89	1	M6 x 50mm Screw	*	–	Assembly Tool
90	2	M5 x 16mm Screw			

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

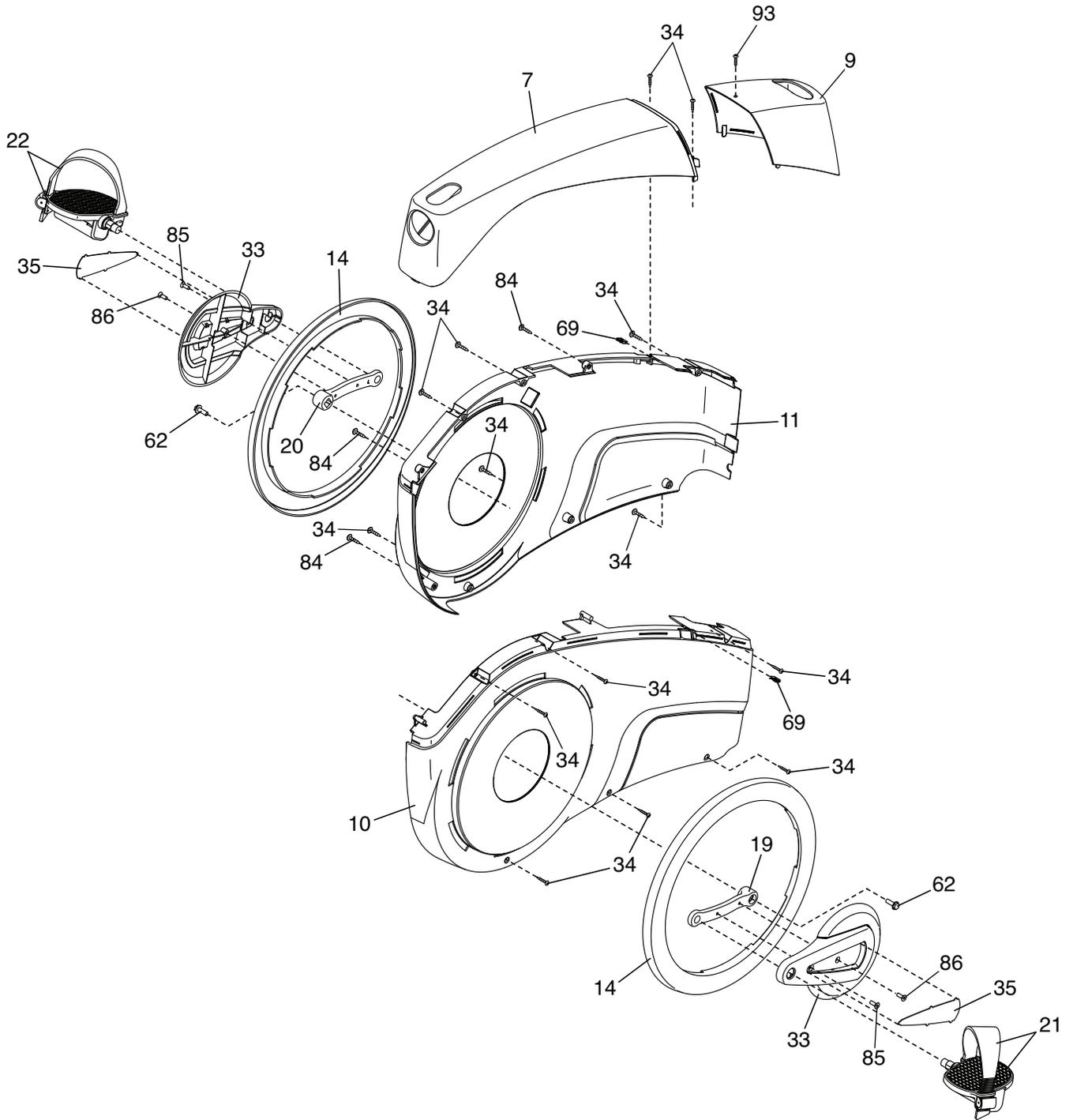
EXPLODED DRAWING A

Model No. PFX17820-INT.0 R0321A



EXPLODED DRAWING B

Model No. PFEX17820-INT.0 R0321A



ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

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

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

