

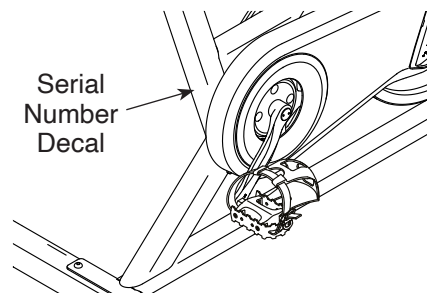
# PRO-FORM<sup>®</sup>

## PRO TRAINER 500

Model No. PFX30124-INT.0

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### MEMBER CARE

#### UNITED KINGDOM

Website: [iconsupport.eu](http://iconsupport.eu)

E-mail: [csuk@iconeurope.com](mailto: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](mailto:australiacc@iconfitness.com)

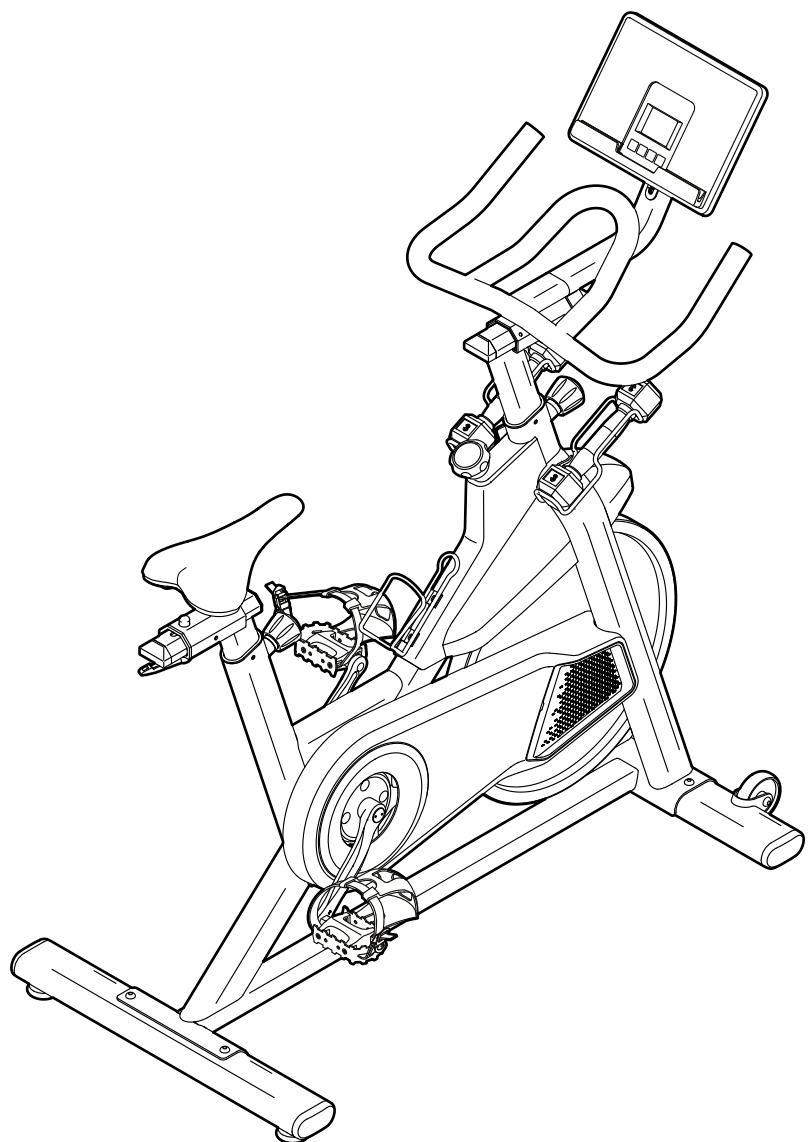
**Write:**

iFIT Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



### ⚠ CAUTION

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

---

# TABLE OF CONTENTS

IMPORTANT PRECAUTIONS.....	3
WARNING DECAL PLACEMENT.....	4
BEFORE YOU BEGIN.....	5
PART IDENTIFICATION CHART.....	6
ASSEMBLY.....	7
HOW TO USE THE EXERCISE BIKE.....	13
HOW TO USE THE CONSOLE.....	15
MAINTENANCE AND TROUBLESHOOTING.....	20
EXERCISE GUIDELINES.....	22
PART LIST.....	25
EXPLODED DRAWING.....	26
ORDERING REPLACEMENT PARTS.....	Back Cover
RECYCLING INFORMATION.....	Back Cover
UK/EU DECLARATION OF CONFORMITY.....	Back Cover

PROFORM and IFIT are registered trademarks of iFIT Inc. App Store is a trademark of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google LLC. The Bluetooth® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

# IMPORTANT PRECAUTIONS

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

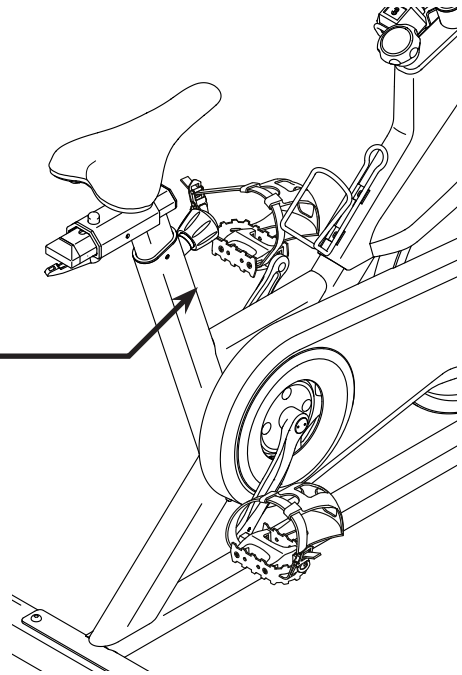

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the exercise bike at all times.
3. Consult your health care provider before beginning any exercise program. This is especially 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 exercise bike only as authorized by your health care provider.
5. 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.
6. Use the exercise bike only as described in this manual.
7. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
8. 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.
9. Place the exercise bike 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 exercise bike.
10. Inspect and properly tighten all parts each time the exercise bike 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 exercise bike. Always wear athletic shoes for foot protection.
12. The exercise bike should not be used by persons weighing more than 250 lbs. (114 kg).
13. Be careful when mounting and dismounting the exercise bike.
14. Always keep your back straight while using the exercise bike; do not arch your back.
15. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
16. To stop the flywheel quickly, press the brake knob downward.
17. To avoid damaging the brake pad, do not lubricate the brake pad.
18. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

# WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

**⚠ WARNING**

- Misuse 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.
- Not suitable for high accuracy purposes.
- Always use on a level surface.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- Stop pedals and use care when mounting or dismounting.
- Lock or set resistance to maximum when not using.
- User weight must not exceed 250 lbs./114 kg.
- Replace this label if damaged, illegible or removed.



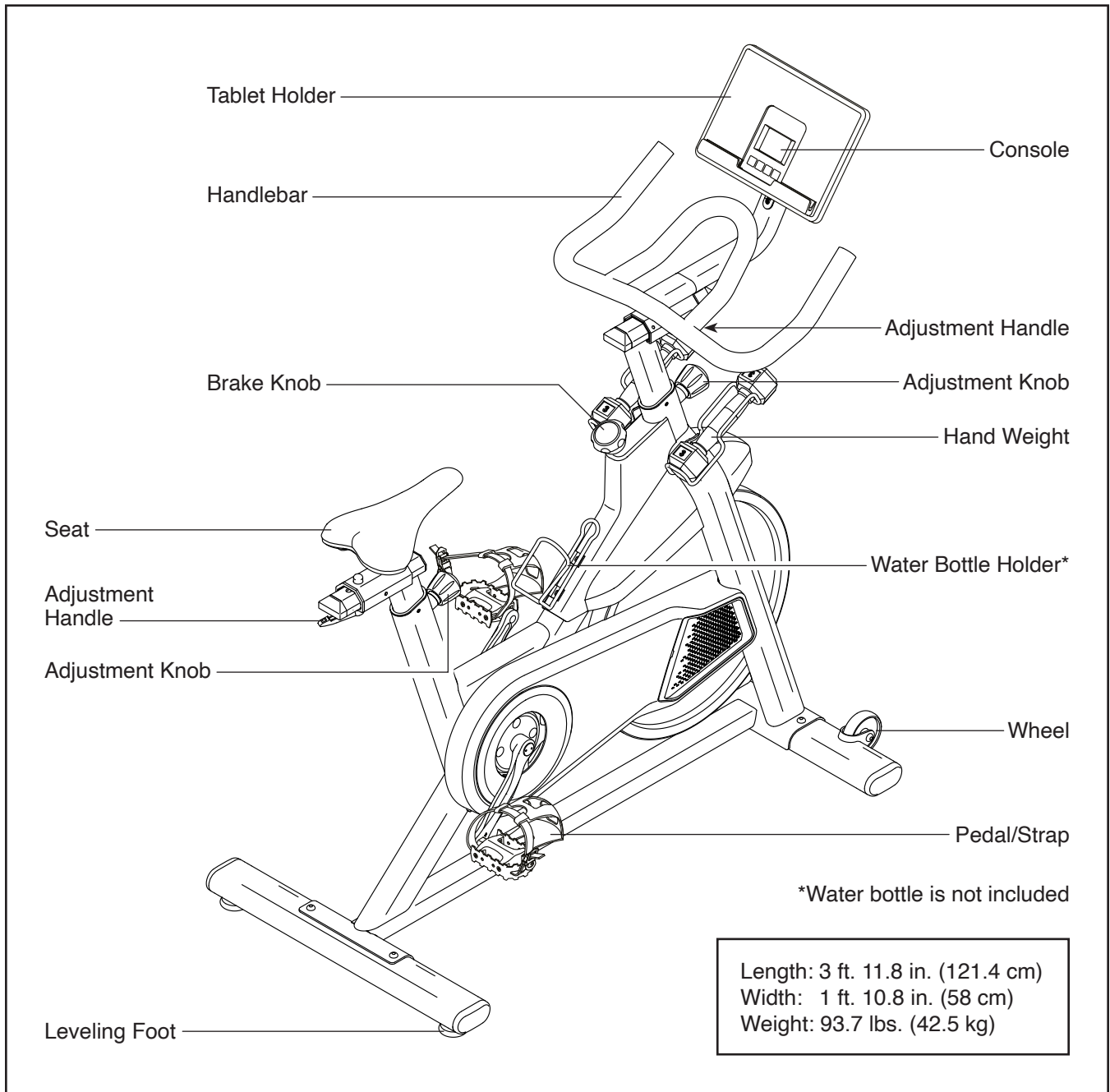
# BEFORE YOU BEGIN

Thank you for choosing the new PROFORM® PRO TRAINER 500 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The PRO TRAINER 500 exercise bike provides a 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

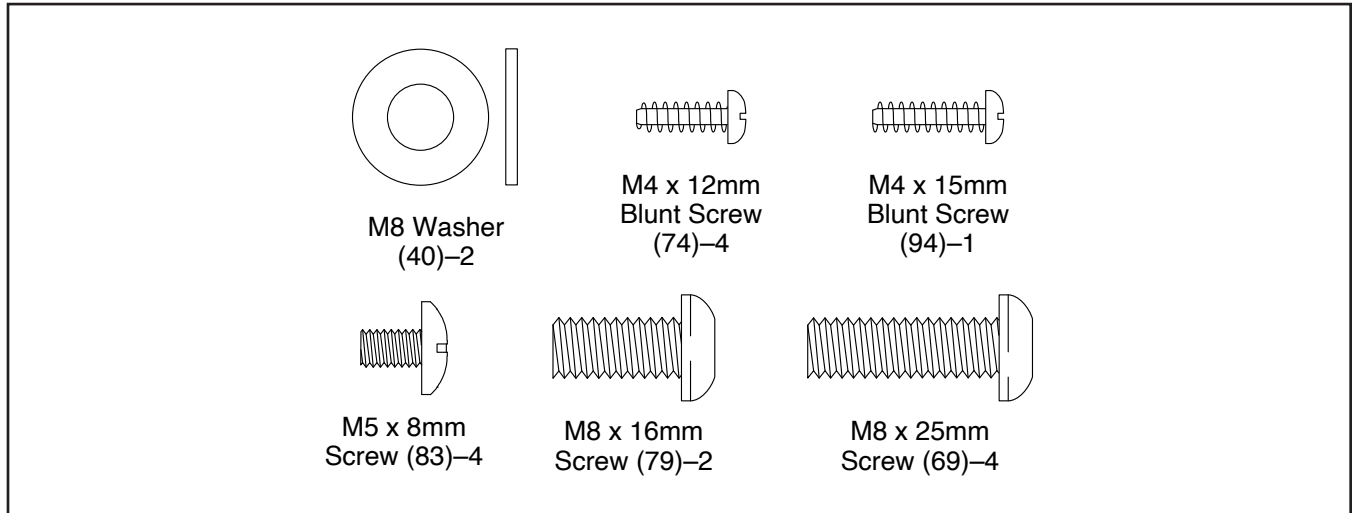
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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.**

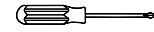


# ASSEMBLY

- 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.”

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

one Phillips screwdriver



one rubber mallet



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

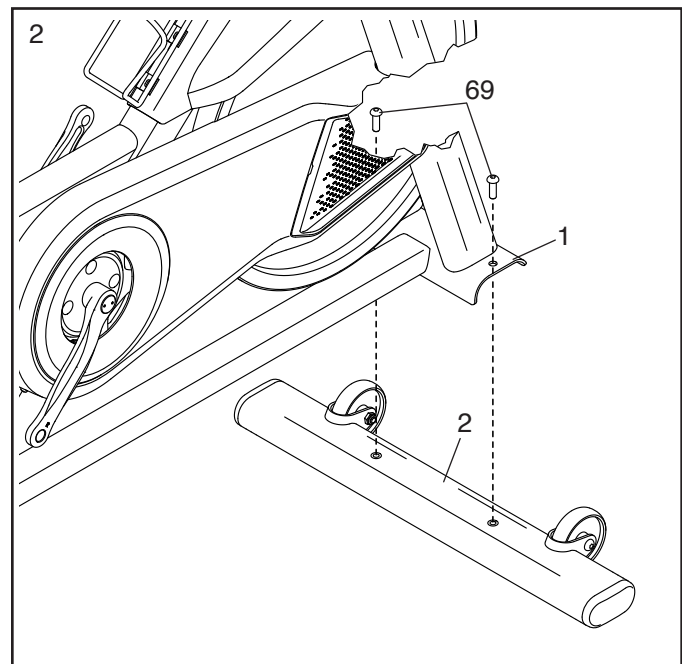
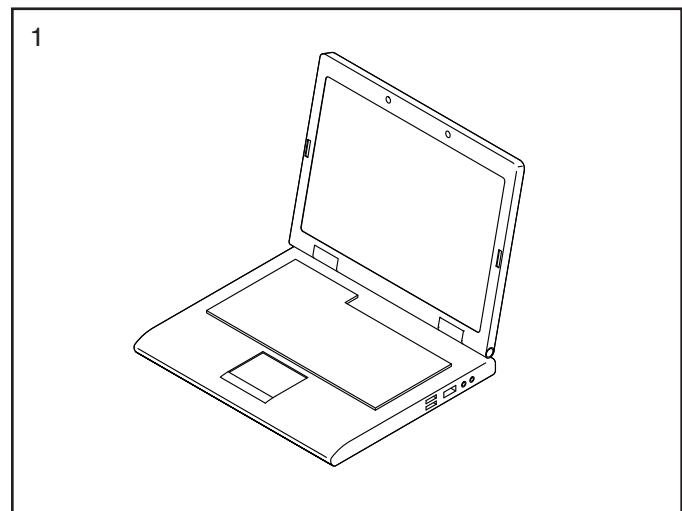
1. **To register your product and activate your warranty in the UK**, go to [iFITsupport.eu](http://iFITsupport.eu). If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

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

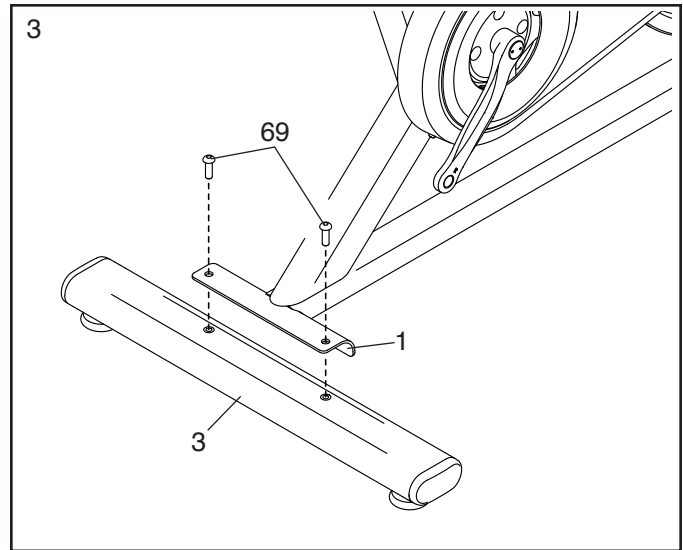
- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

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

Orient the Front Stabilizer (2) as shown. Attach the Front Stabilizer to the Frame (1) with two M8 x 25mm Screws (69).



3. Attach the Rear Stabilizer (3) to the Frame (1) with two M8 x 25mm Screws (69).

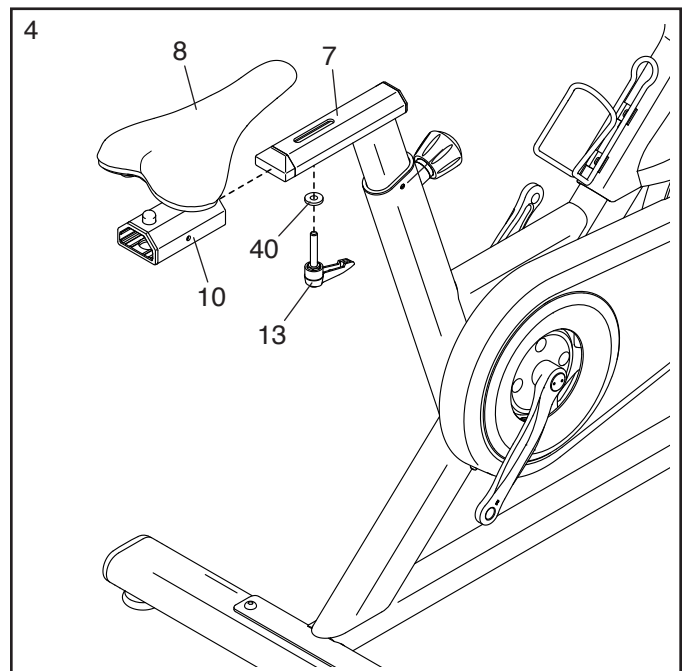


4. Slide the Seat Carriage (10) onto the Seat Post (7).

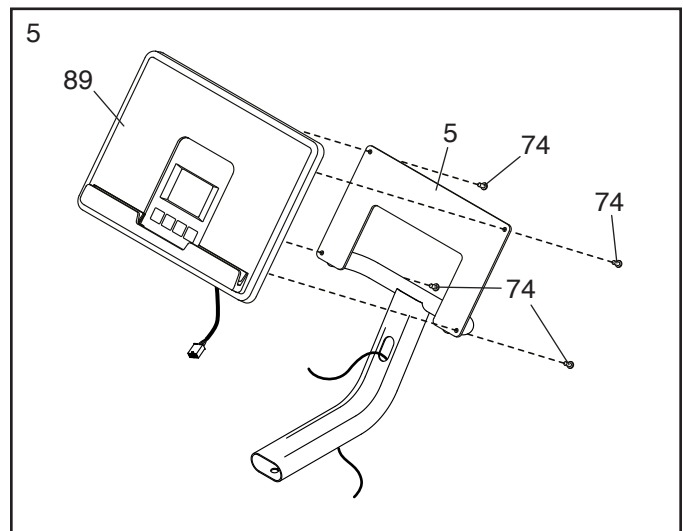
Next, slide an M8 Washer (40) onto an Adjustment Handle (13), insert the Adjustment Handle upward into the Seat Post (7), and tighten the Adjustment Handle into the Seat Carriage (10).

Note: The Adjustment Handle (13) functions like a ratchet. Turn the Adjustment Handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

Note: To adjust the Seat (8) after you assemble the exercise bike, see pages 13 and 14.

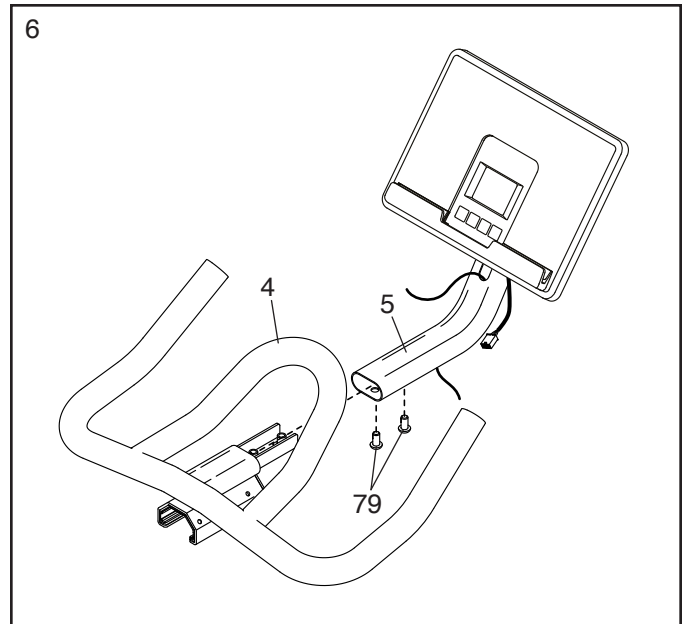


5. Attach the Console Deck (89) to the Console Mount (5) with four M4 x 12mm Blunt Screws (74); **start all four Blunt Screws, and then tighten them.**





- Slide the Console Mount (5) onto the Handlebar (4). Attach the Console Mount with two M8 x 16mm Screws (79).



- Remove the plastic tie (not shown) securing the Upper Wire (90) to the Frame (1).

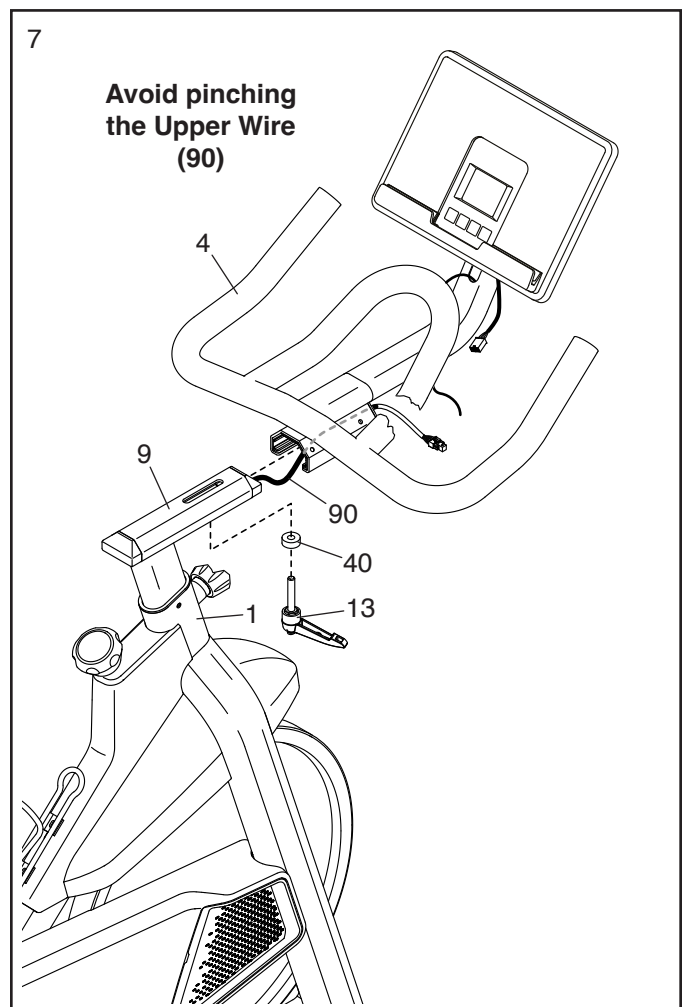
Next, hold the Handlebar (4) near the Handlebar Post (9), and route the Upper Wire (90) through the Handlebar as shown.

**Avoid pinching the Upper Wire (90).** Slide the Handlebar (4) onto the Handlebar Post (9).

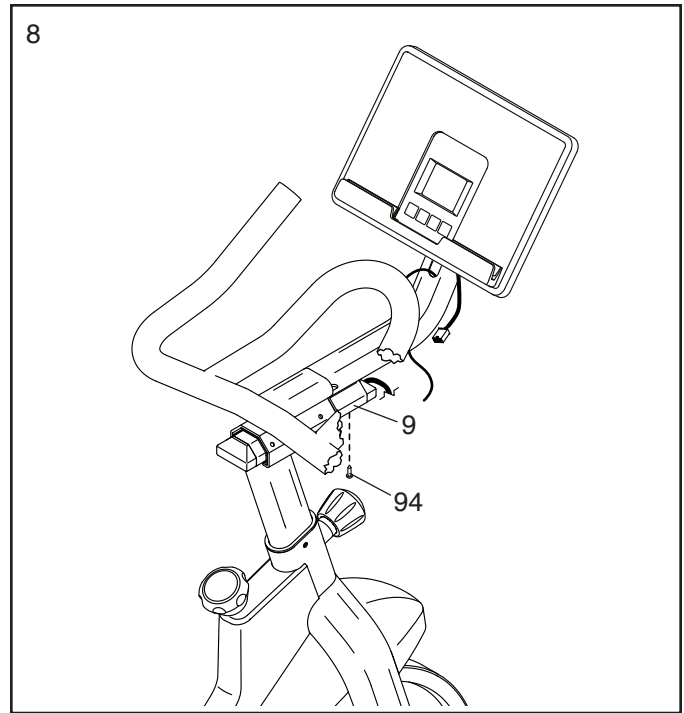
Next, slide an M8 Washer (40) onto an Adjustment Handle (13), insert the Adjustment Handle upward into the Handlebar Post (9), and tighten the Adjustment Handle into the Handlebar (4).

Note: The Adjustment Handle (13) functions like a ratchet. Turn the Adjustment Handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

Note: To adjust the Handlebar (4) after you assemble the exercise bike, see page 13.

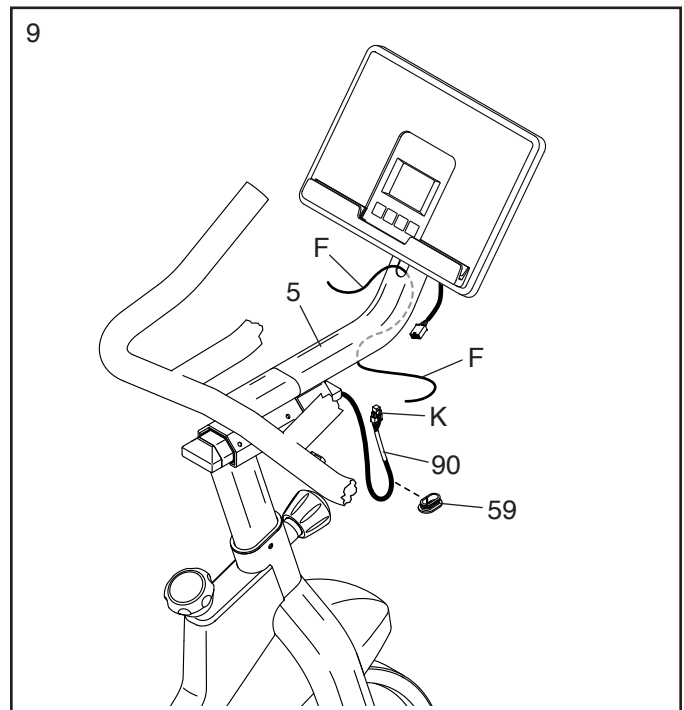


8. Tighten an M4 x 15mm Blunt Screw (94) into the underside of the Handlebar Post (9).



9. Locate the wire tie (F) inside of the Console Mount (5). Tie the lower end of the wire tie to the Upper Wire (90). Then, pull the upper end of the wire tie until the Upper Wire is routed through the Console Mount.

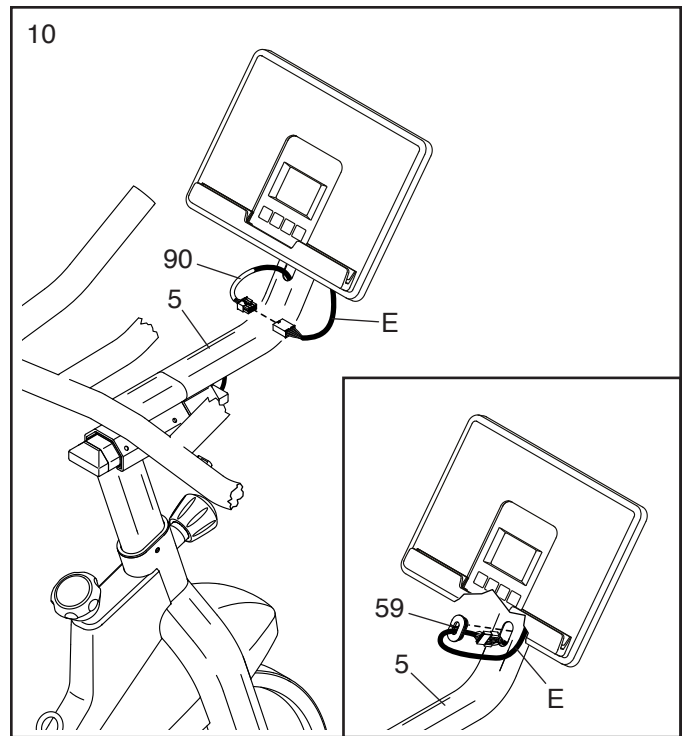
Next, slide a Grommet (59) onto the Upper Wire (90), and press the Grommet into the underside of the Console Mount (5).



10. Connect the Upper Wire (90) to the console wire (E).

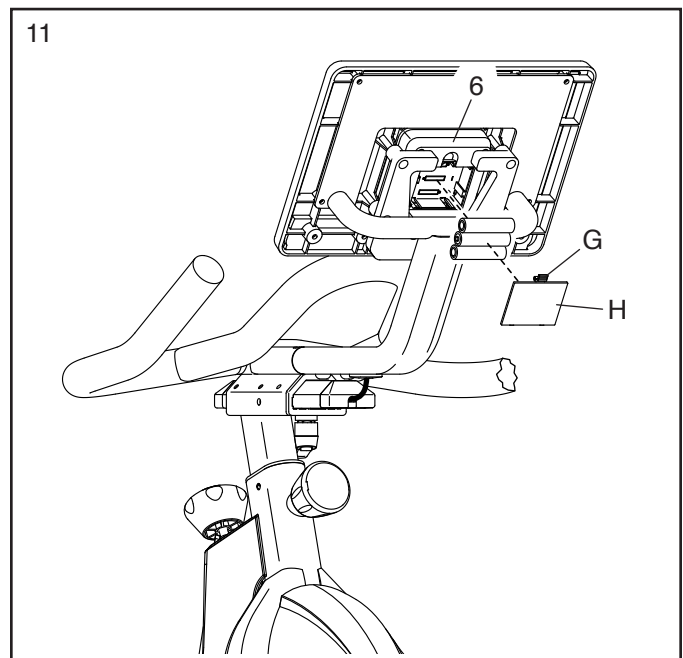
The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again. You must connect the connectors properly for the console to function properly. Then, insert the connectors into the Console Mount (5).

**See the inset drawing.** Slide a Grommet (59) onto the console wire (E), and press the Grommet into the Console Mount (5).



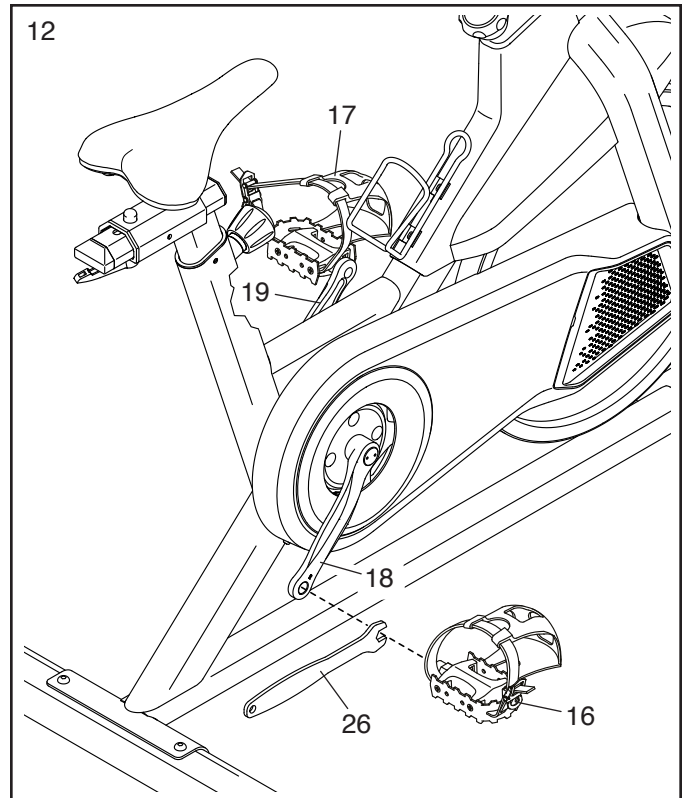
11. The Console (6) requires three AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.**

Press the tab (G) on the battery cover (H), and remove the battery cover. Next, insert three batteries into the battery compartment; **make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



12. Identify the Right Pedal (16). Using your fingers, turn the Right Pedal clockwise about halfway into the Right Crank Arm (18). Then, use the included Pedal Wrench (26) to **FIRMLY TIGHTEN** the Right Pedal.

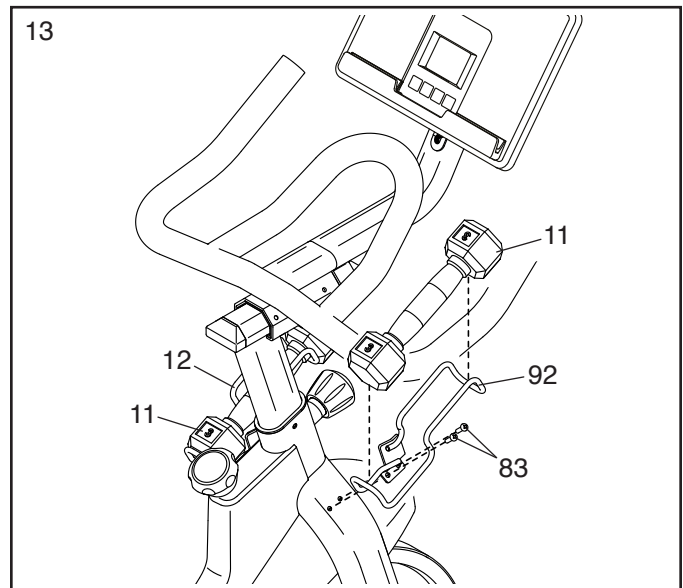
**Attach the Left Pedal (17) to the Left Crank Arm (19) in the same way.**  
**IMPORTANT: You must turn the Left Pedal COUNTERCLOCKWISE to attach it.**



13. Identify the Right Weight Rest (92). Attach the Right Weight Rest to the Frame (1) with two M5 x 8mm Screws (83).

**Attach the Left Weight Rest (12) in the same way.**

Then, set the Hand Weights (11) in the Weight Rests (12, 92).

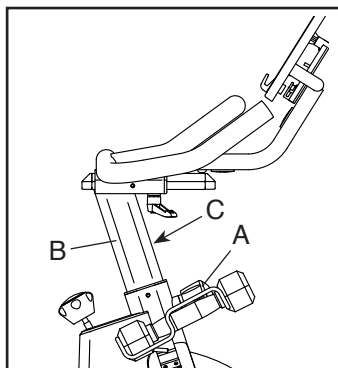


14. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly, that it functions properly, and that all parts are properly tightened.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

# HOW TO USE THE EXERCISE BIKE

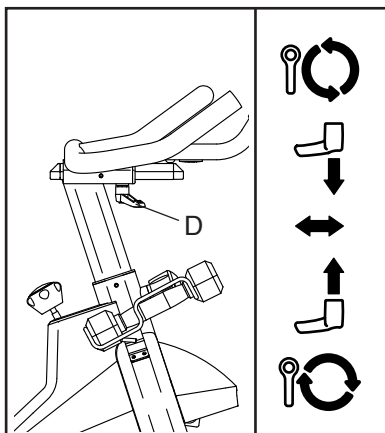
## HOW TO ADJUST THE HEIGHT OF THE HANDLEBAR

To adjust the height of the handlebar, first loosen the indicated adjustment knob (A) a few turns and pull it outward. Next, slide the handlebar post (B) upward or downward to the desired position. Then, release the adjustment knob into one of the adjustment holes (C) in the handlebar post, and tighten the adjustment knob. **Move the handlebar post upward or downward slightly to make sure that the adjustment knob is engaged in an adjustment hole.**



## HOW TO ADJUST THE HORIZONTAL POSITION OF THE HANDLEBAR

To adjust the horizontal position of the handlebar, first loosen the indicated adjustment handle (D) a few turns. Then, move the handlebar forward or backward, and firmly tighten the adjustment handle.

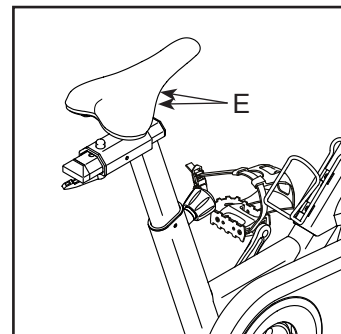


Note: The adjustment handle (D) functions like a ratchet. Turn the adjustment handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

## HOW TO ADJUST THE ANGLE OF THE SEAT

You can adjust the angle of the seat to the position that is most comfortable.

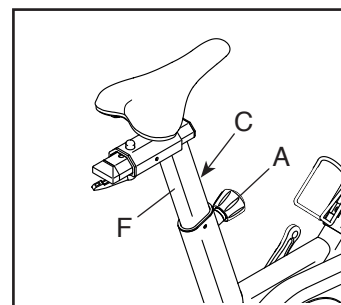
To adjust the seat, first loosen the nuts (E) on the seat clamp. Next, tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the nuts.



## HOW TO ADJUST THE HEIGHT OF THE SEAT

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

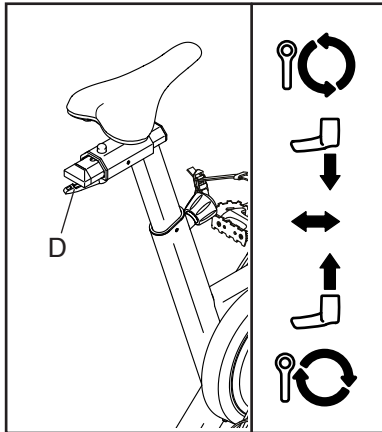
To adjust the height of the seat, first loosen the indicated adjustment knob (A) a few turns and pull it outward. Next, slide the seat post (F) upward or downward to the desired position. Then, release the adjustment knob into one of the adjustment holes (C) in the seat post, and tighten the adjustment knob. **Move the seat post upward or downward slightly to make sure that the adjustment knob is engaged in an adjustment hole.**



## HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

You can adjust the seat forward or backward to increase your comfort or to adjust the distance to the handlebar.

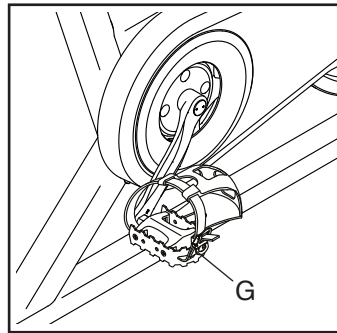
To adjust the horizontal position of the seat, first loosen the indicated adjustment handle (D) a few turns. Then, move the seat forward or backward, and firmly tighten the adjustment handle.



Note: The adjustment handle (D) functions like a ratchet. Turn the adjustment handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

## HOW TO USE THE PEDALS

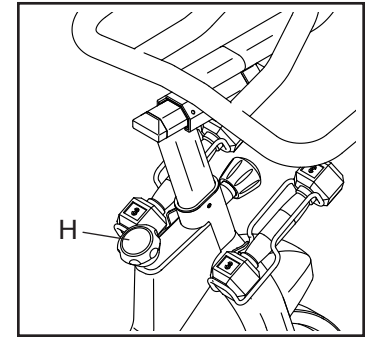
To use the pedals (G), insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs on the buckles, adjust the toe straps to the desired position, and then release the tabs.



Note: You can attach your own pedals to the exercise bike if desired.

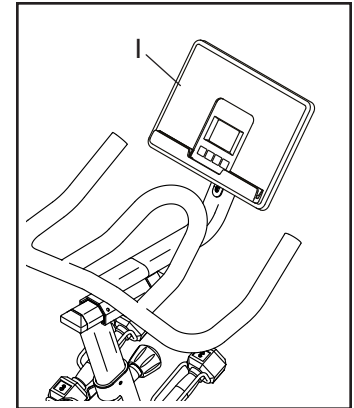
## HOW TO USE THE BRAKE KNOB

To change the resistance of the pedals, press the buttons on the console (see step 3 on page 16). To stop the flywheel, push the brake knob (H) downward. The flywheel should quickly come to a complete stop.



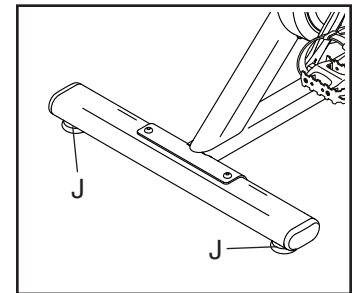
## HOW TO USE THE TABLET HOLDER

To use your tablet while you exercise, simply set the lower edge of your tablet in the tablet holder (I). **IMPORTANT: The tablet holder is designed for use with most full-size tablets. Do not place any other device in the tablet holder.**

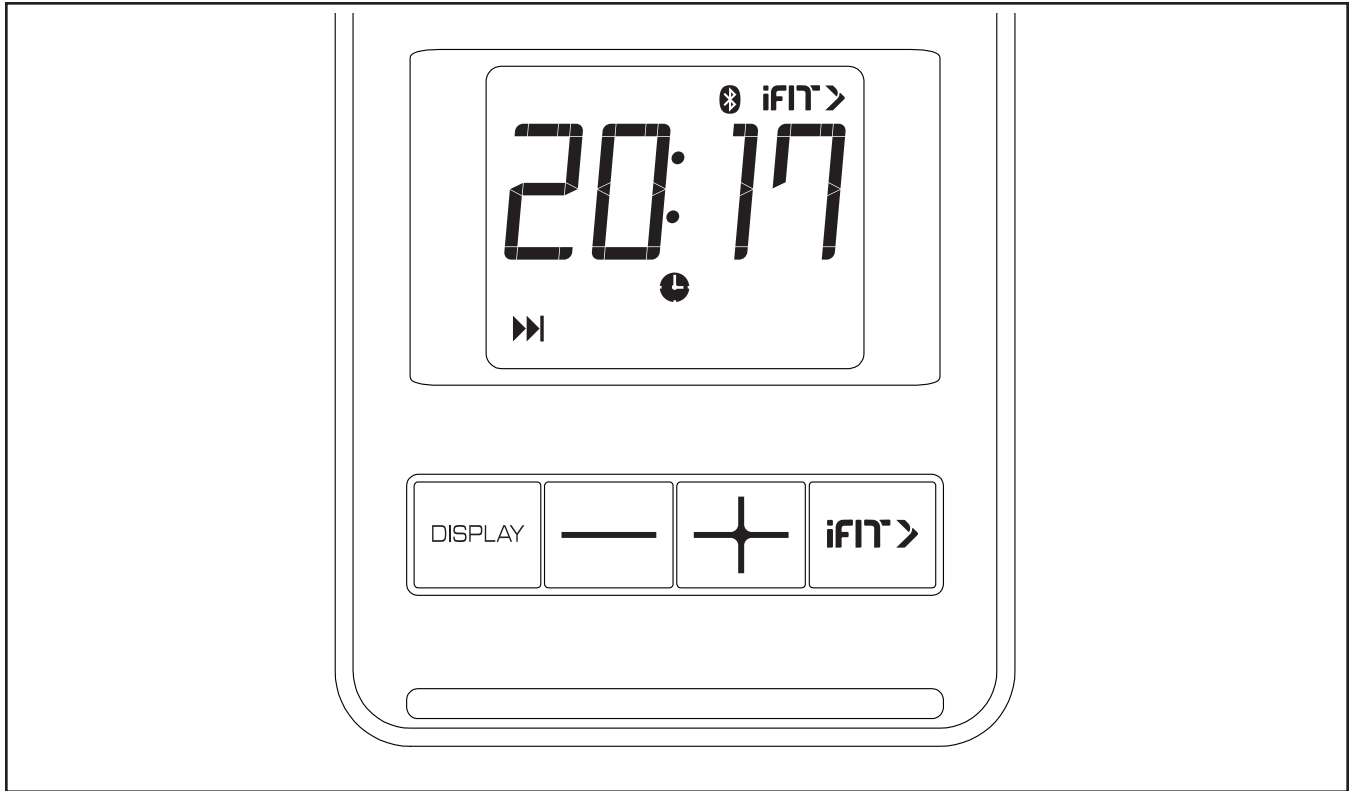


## HOW TO LEVEL THE EXERCISE BIKE

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



# HOW TO USE THE CONSOLE



## FEATURES OF THE CONSOLE

The easy-to-use console enables you to change the resistance of the pedals with a touch of a button. While 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 on your smart device, you can choose from a rotating selection of featured workouts and follow along as iFIT trainers guide you through immersive exercise sessions.

With an iFIT subscription, you can access a large and varied library of thousands of on-demand destination and studio workouts.

You can even monitor your heart rate when you use a compatible heart rate monitor. **To purchase a compatible heart rate monitor, see page 19.**

**To use the manual mode, see page 16. To use an iFIT workout, see page 17.**

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

## HOW TO USE THE MANUAL MODE

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

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

### 2. Get ready for the workout.

To wear a heart rate monitor, see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 19.

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

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

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

If the message CH0 or CH1 appears in the display when you press the increase and decrease buttons, you must recalibrate the resistance system. First, see assembly step 11 on page 11 and remove the batteries from the console. Next, press and hold any button on the console for 20 seconds. Then, release the button and reinsert the batteries into the console; the exercise bike will adjust to the lowest resistance level.

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

The display can show the following workout information:

**Scan (scan arrow icon)**—This mode displays the speed, pulse, RPM, time, and distance modes, for a few seconds each, in a repeating cycle.

**Speed (rabbit icon)**—This mode displays your pedaling speed, in miles per hour.

**Pulse (heart icon)**—This mode displays your heart rate in beats per minute when you are using an optional heart rate monitor (see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 19).

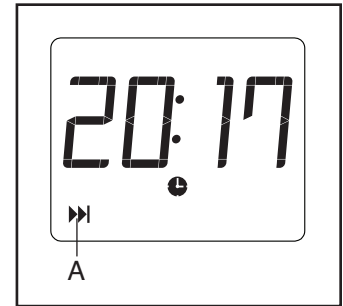
**RPM (circular arrow icon)**—This mode displays your pedaling speed, in revolutions per minute (RPM).

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

**Distance (road icon)**—This mode displays the distance that you have pedaled during your workout, in miles.

**Scan mode**—When the console is turned on, the scan mode will automatically be selected. **The scan arrow icon (A) will appear in the display when the scan mode is selected.** Note: If

a different mode is selected, select the scan mode again by pressing the Display button repeatedly.

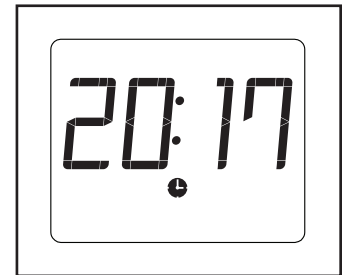


**Speed, pulse, RPM, time, and distance mode**—

To select one of these modes for continuous display, press the Display button repeatedly.

The mode icons will show which

mode is selected. **Make sure that the scan arrow icon does not appear.**



### 5. Pause or end the workout.

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

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



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

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

**IMPORTANT: When you are finished exercising, make sure to disconnect your smart device and/or heart rate monitor from the console (see step 7 on page 18 and HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 19). If you do not do this, the console may not turn off and the batteries will drain more quickly.**

## HOW TO USE AN IFIT WORKOUT

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

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

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

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

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

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

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

**To wear a heart rate monitor,** see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 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 button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFIT app to connect your smart device to the console. When your smart device is connected, the Bluetooth icon will appear in the display.

#### 4. Select an iFIT workout.

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

Note: The featured workouts on the home screen are always available and will change periodically. The workouts in the workout library require an iFIT subscription to access.

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

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

#### 5. Start the workout.

Touch *Start Workout* to start the workout.

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

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

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

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

**Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you 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. To continue the workout, touch the play option on the screen.

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

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

#### 7. Disconnect your smart device from the console.

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

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

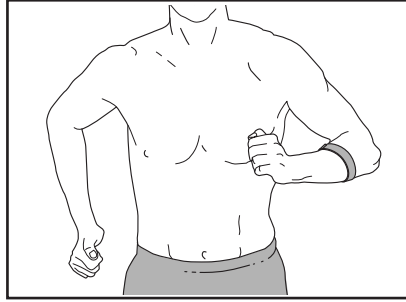
#### 8. When you are finished exercising, the console will turn off automatically.

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

**IMPORTANT: When you are finished exercising, make sure to disconnect your smart device and/or heart rate monitor from the console (see step 7 above and HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 19). If you do not do this, the console may not turn off and the batteries will drain more quickly.**

## HOW TO USE AN OPTIONAL HEART RATE MONITOR

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



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

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

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

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

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

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the 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 detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## PEDAL MAINTENANCE

Tighten the pedals weekly. Tighten the **right** pedal **clockwise**, and tighten the **left** pedal **counterclockwise**.

## TROUBLESHOOTING

Many problems can be solved with the simple steps in this section. If further assistance is needed, please see the front cover of this manual.

### HOW TO TROUBLESHOOT THE CONSOLE

If the console display becomes dim, replace the batteries (see assembly step 11 on page 11); most console problems are the result of low batteries.

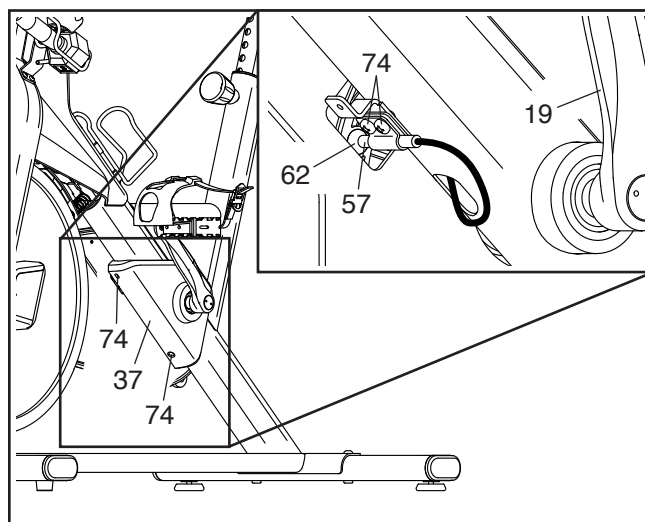
If the exercise bike will not be used for an extended period of time, remove the batteries from the console.

If the message CH0 or CH1 appears in the display when you press the increase and decrease buttons, you must recalibrate the resistance system. First, see assembly step 11 on page 11 and remove the batteries from the console. Next, press and hold any button on the console for 20 seconds. Then, release the button and reinsert the batteries into the console; the exercise bike will adjust to the lowest resistance level.

### HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, first remove the two M4 x 12mm Blunt Screws (74) from the Crank Cover (37), and remove the Crank Cover.



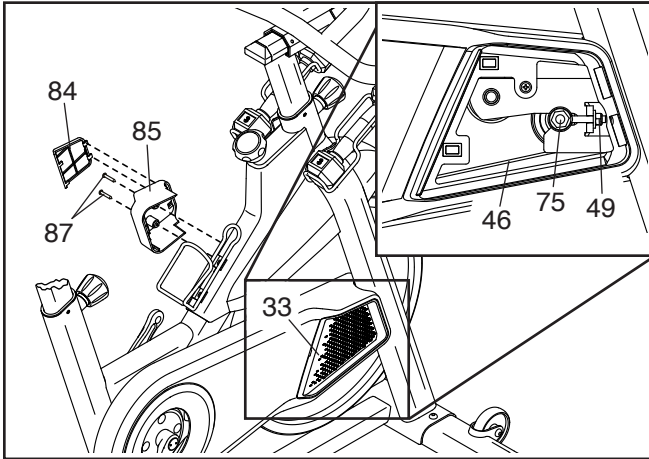
Next, locate the Reed Switch (57). Slightly loosen the two indicated M4 x 12mm Blunt Screws (74). Then, turn the Left Crank Arm (19) until a Magnet (62) is aligned with the Reed Switch. Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the Blunt Screws.

Turn the Left Crank Arm (19) for a moment. Repeat the procedure above, if necessary, until the console displays correct feedback. Then, reattach the Crank Cover (37).

## HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first use a standard screwdriver to carefully pry off the Right Hub Cover (33) and the Left Hub Cover (84). Then, remove the two indicated M4 x 19mm Screws (87) and the Hub Shield (85).



Next, loosen, but do not remove, the M10 Flange Nut (75) on each side of the exercise bike (only one side is shown).

Next, tighten the Adjustment Nut (49) on each side of the exercise bike (only one side is shown) until the Drive Belt (46) is tight.

Then, firmly tighten the M10 Flange Nuts (75).

Pedal the exercise bike and test the adjustment. Repeat the above procedure, if necessary. When the drive belt is properly tightened, 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	

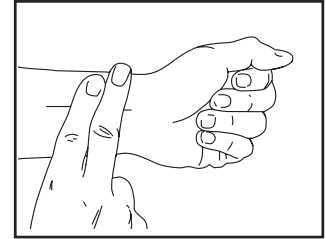
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

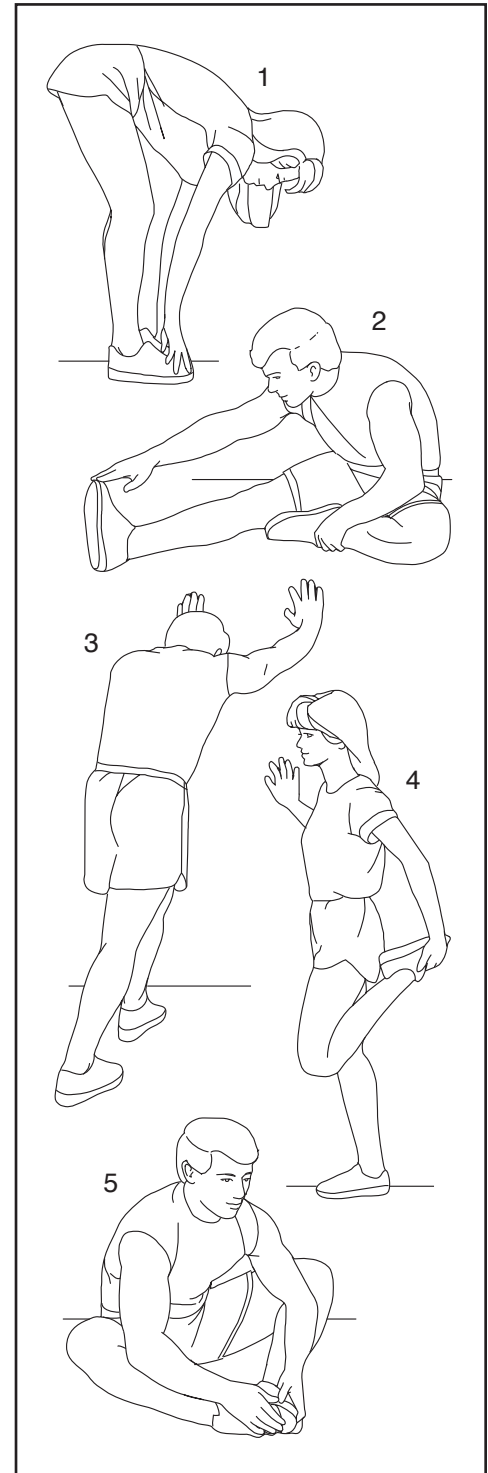
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



---

# NOTES



# PART LIST

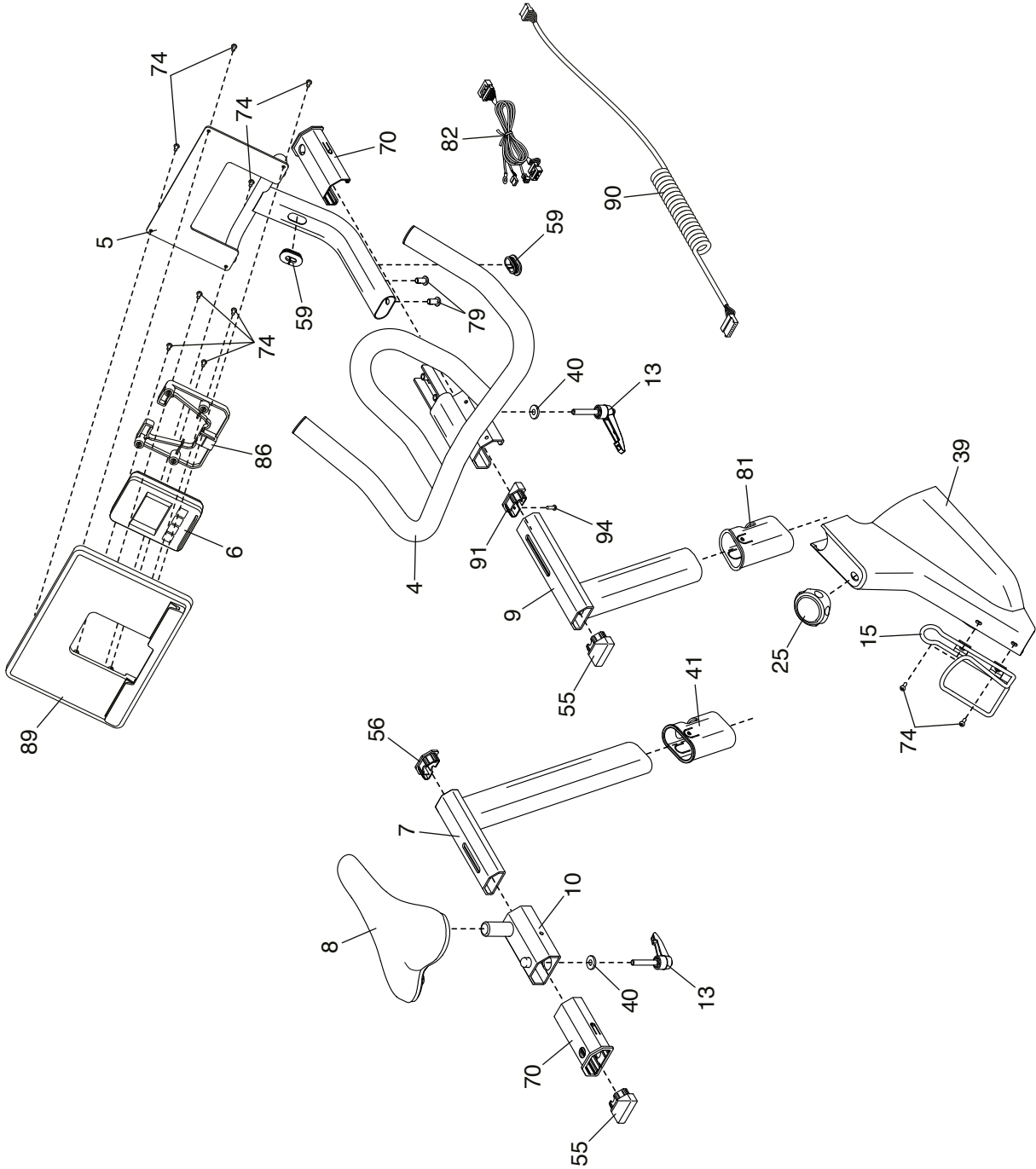
Model No. PFEX30124-INT.0 R1123A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	1	Left Flywheel Spacer
2	1	Front Stabilizer	51	2	Wheel
3	1	Rear Stabilizer	52	2	Foot
4	1	Handlebar	53	2	Leveling Foot
5	1	Console Mount	54	4	Cap
6	1	Console	55	2	Post Cap
7	1	Seat Post	56	1	Seat Post Cap
8	1	Seat	57	1	Reed Switch/Wire
9	1	Handlebar Post	58	1	Clamp
10	1	Seat Carriage	59	2	Grommet
11	2	Hand Weight	60	1	Right Flywheel Spacer
12	1	Left Weight Rest	61	2	Clip Nut
13	2	Adjustment Handle	62	2	Magnet
14	2	Adjustment Knob	63	4	M8 x 20mm Flat Head Screw
15	1	Water Bottle Holder	64	4	M8 Locknut
16	1	Right Pedal	65	1	Left Inner Hub Cover
17	1	Left Pedal	66	1	Metal Retention Clip
18	1	Right Crank Arm/Crank	67	1	Brake Nut
19	1	Left Crank Arm	68	3	M8 Jam Locknut
20	1	Resistance Cable	69	4	M8 x 25mm Screw
21	1	Resistance Bracket	70	2	Post Sleeve
22	1	Resistance Spring	71	2	Plastic Retention Clip
23	1	Resistance Magnet	72	2	M8 x 42mm Bolt
24	1	Resistance Motor	73	2	M6 x 45mm Shoulder Screw
25	1	Brake Knob	74	24	M4 x 12mm Blunt Screw
26	1	Pedal Wrench	75	3	M10 Flange Nut
27	1	Brake Shaft	76	1	M5 Locknut
28	1	Brake Spring	77	1	M5 x 35mm Bolt
29	1	Brake Bracket	78	1	Brake Bushing
30	2	Brake Spacer	79	2	M8 x 16mm Screw
31	1	Idler	80	2	M4 x 16mm Screw
32	1	Pulley Cover	81	1	Handlebar Post Sleeve
33	1	Right Hub Cover	82	1	Lower Wire
34	1	Outer Belt Cover	83	4	M5 x 8mm Screw
35	1	Inner Belt Cover	84	1	Left Hub Cover
36	1	Idler Cover	85	1	Hub Shield
37	1	Crank Cover	86	1	Console Housing
38	1	Motor Cover	87	6	M4 x 19mm Screw
39	1	Brake Cover	88	1	Ground Screw
40	2	M8 Washer	89	1	Console Deck
41	1	Seat Post Sleeve	90	1	Upper Wire
42	2	Crank Arm Cap	91	1	Handlebar Post Cap
43	2	Snap Ring	92	1	Right Weight Rest
44	2	Crank Bearing	93	1	M4 x 16mm Machine Screw
45	1	Pulley	94	3	M4 x 15mm Blunt Screw
46	1	Drive Belt	95	2	M4 x 10mm Blunt Screw
47	1	Flywheel	*	–	Assembly Tool
48	2	M10 Washer	*	–	User's Manual
49	2	Adjustment Bolt/Washer/Nut			

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.

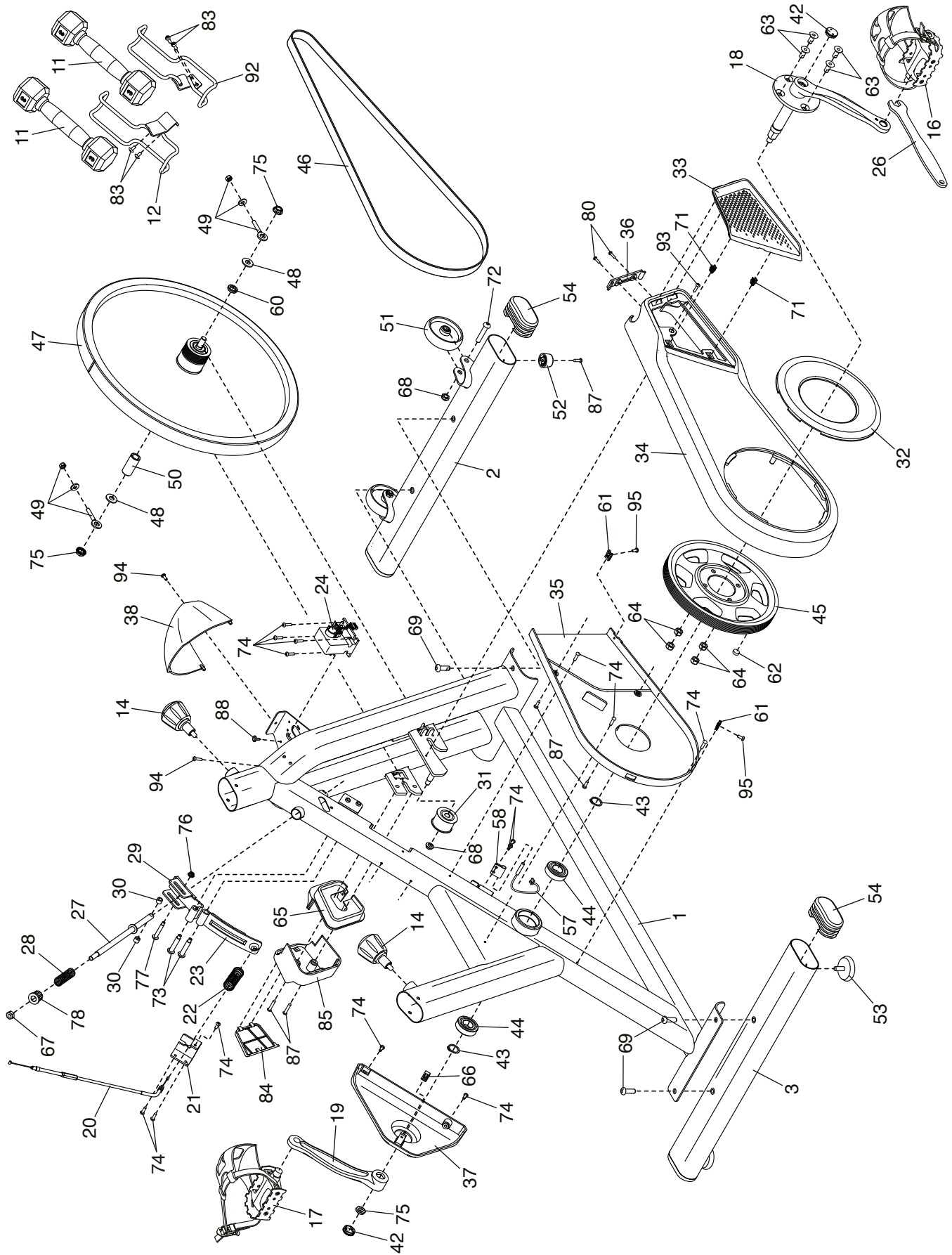
# EXPLODED DRAWING A

Model No. PFEX30124-INT.0 R1123A



# EXPLODED DRAWING B

Model No. PFEX30124-INT.0 R1123A



---

# ORDERING REPLACEMENT PARTS

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

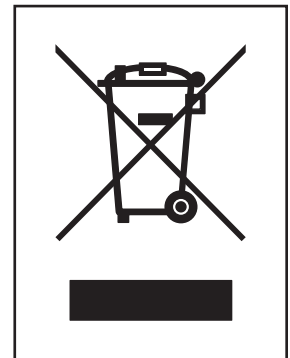
- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

---

# RECYCLING INFORMATION

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

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



---

# UK/EU DECLARATION OF CONFORMITY

PFEX30124-INT contains the BMD-ICN-1 Bluetooth module.

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

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

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

Object of the declaration: FCCID OMCBMD1 - Broadcast Frequency: 2.402GHz to 2.480GHz Transmit Power: +4dBm

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

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

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

