PRO-FORM®

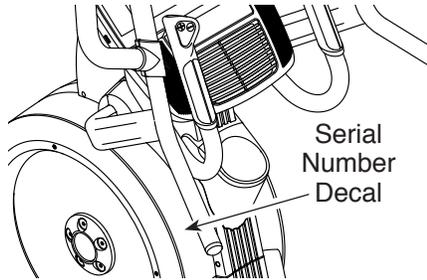## CARDIO HIIT PRO
TRAINER

proform.com

Model No. PFEL01415.5
Serial No. _____

Write the serial number in the space above for reference.

Serial
Number
Decal

USER'S MANUAL

ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.proform.com.

CUSTOMER CARE

For service at any time, go to proformservice.com.

Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.
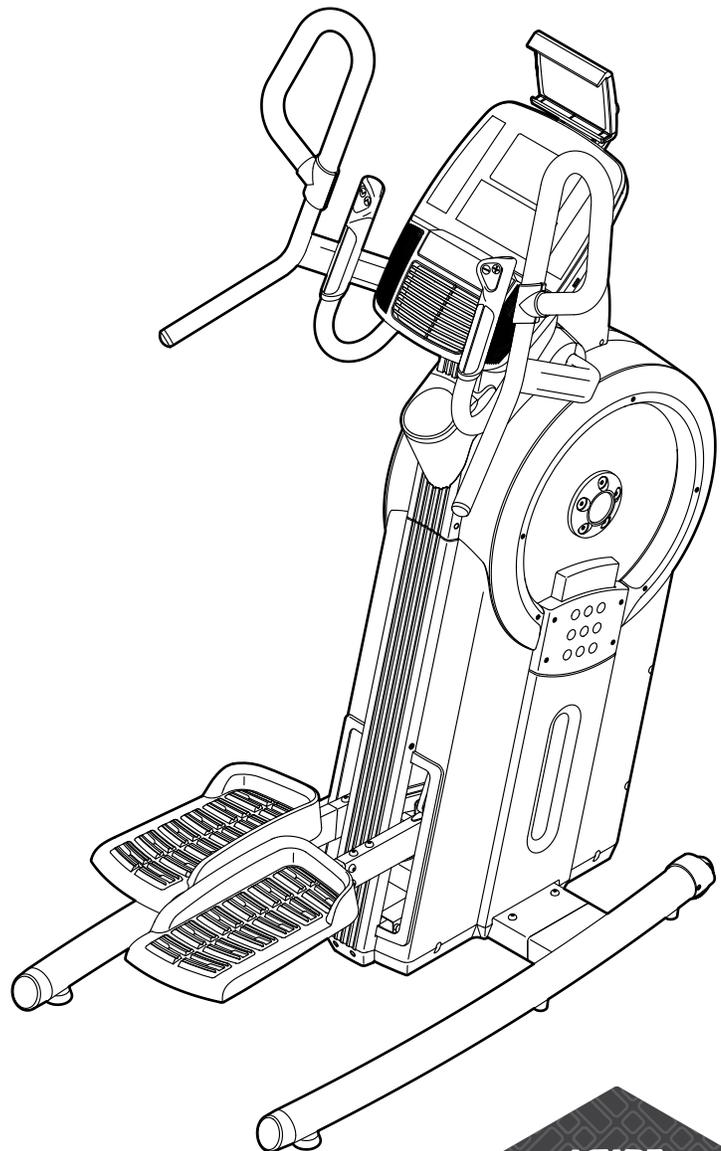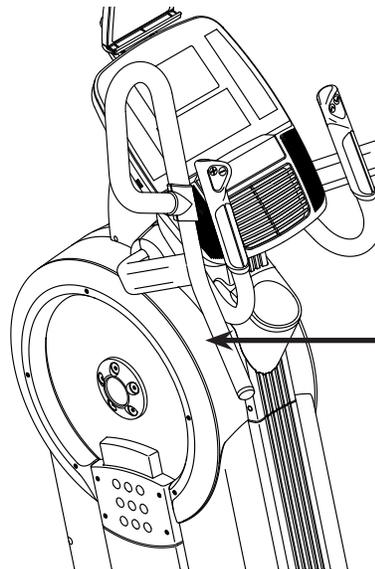
iFIT®
MAKE YOUR FITNESS GOALS A REALITY
iFIT.COM

TABLE OF CONTENTS

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.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 350 pounds.
• 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 burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your trainer before using your trainer. 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 trainer 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 trainer 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 trainer by someone responsible for their safety.

4. Use the trainer only as described in this manual.

5. The trainer is intended for home use only. Do not use the trainer in a commercial, rental, or institutional setting.

6. Keep the trainer indoors, away from moisture and dust. Do not put the trainer in a garage or covered patio, or near water.

7. Place the trainer on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the trainer and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the trainer.

8. Inspect and properly tighten all parts each time the trainer is used. Replace any worn parts immediately.

9. Keep children under age 13 and pets away from the trainer at all times.

10. When connecting the power cord (see page 15), plug the power cord into a grounded circuit.

11. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.

12. Do not operate the trainer if the power cord or plug is damaged, or if the trainer is not working properly.

13. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the trainer is not in use and before cleaning the trainer. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

14. The trainer should not be used by persons weighing more than 350 lbs. (159 kg).

15. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the trainer. Always wear athletic shoes for foot protection while exercising.

16. Hold the handlebars or the upper body arms when mounting, dismounting, or using the trainer.

17. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

18. The trainer does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
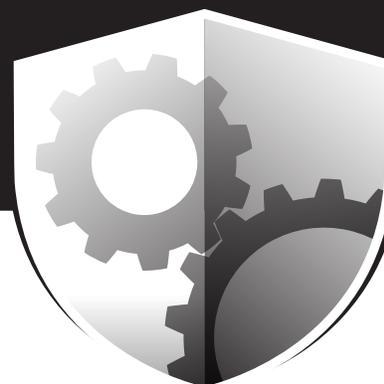
19. Keep your back straight while using the trainer; do not arch your back.

20. 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.

SAVE THESE INSTRUCTIONS

PROTECT
YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN

Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
$0.00 to $1000.00	$199.99	$289.99
$1001.00 to $1500.00	$259.99	$379.99
$1501.00 to $2500.00	$339.99	$489.99
(Bikes/Systems Only) $0.00 to $2500.00	$139.99	NA

Features:

• Includes an annual preventive maintenance and performance check at your convenience

• Unlimited in-home repairs; no shipping required

• Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts

• Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
$0.00 to $300.00	$29.99	$39.99	$59.99
$301.00 to $1000.00	$89.99	$119.99	$149.99
$1001.00 to $2000.00	$109.99	$139.99	$179.99
$2001.00 to $3000.00	$179.99	$209.99	$239.99

Features:

• Unlimited in-home repairs; no shipping required

• Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts

• Up to 3 years of coverage available

To protect your fitness equipment today, please

call Customer Care at **1-800-677-3838.**

Or, visit us online at **www.utserv.com.**
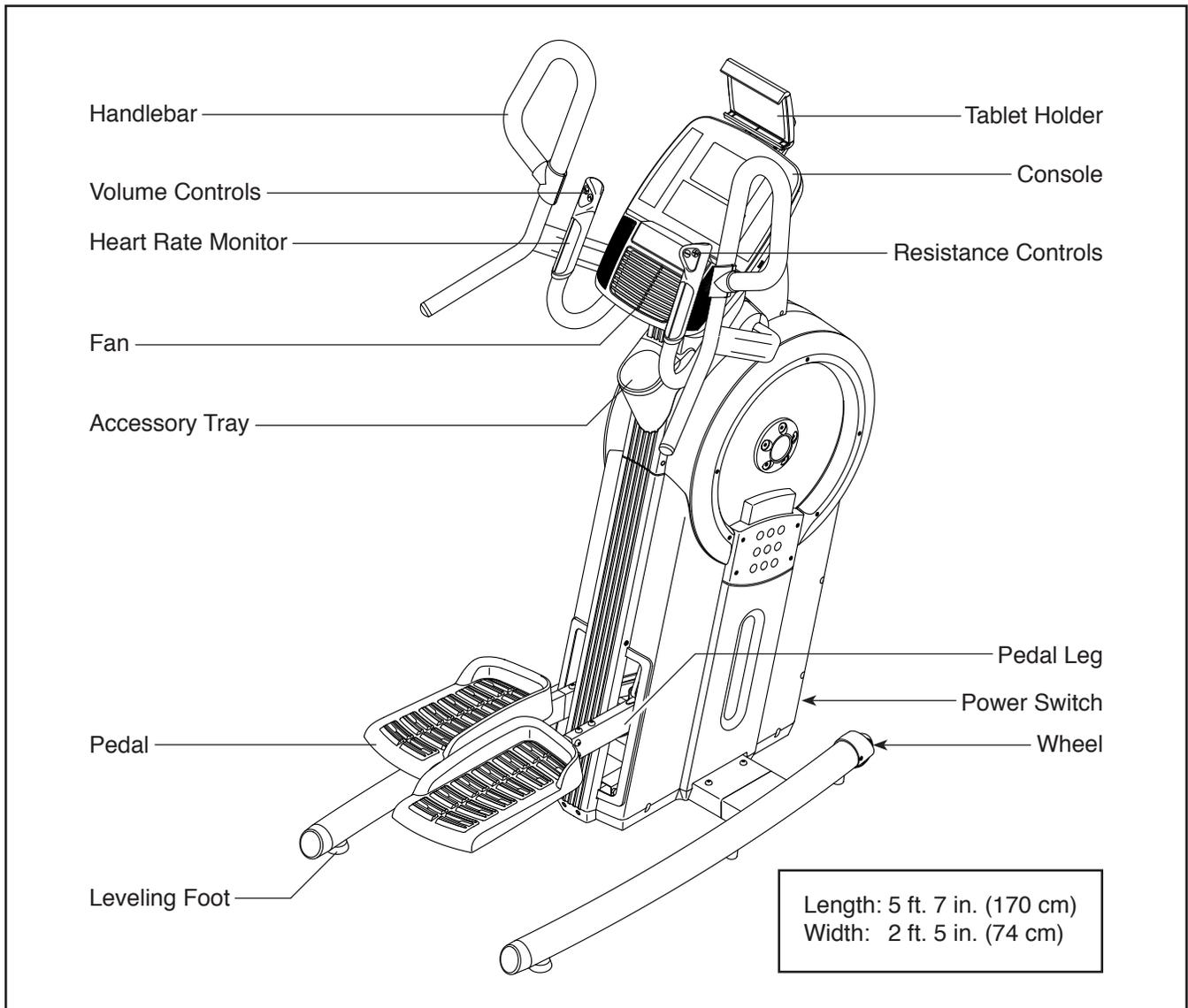
UTS
UNIVERSAL TECHNICAL SERVICES

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® CARDIO HIIT PRO TRAINER. The CARDIO HIIT PRO TRAINER trainer provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

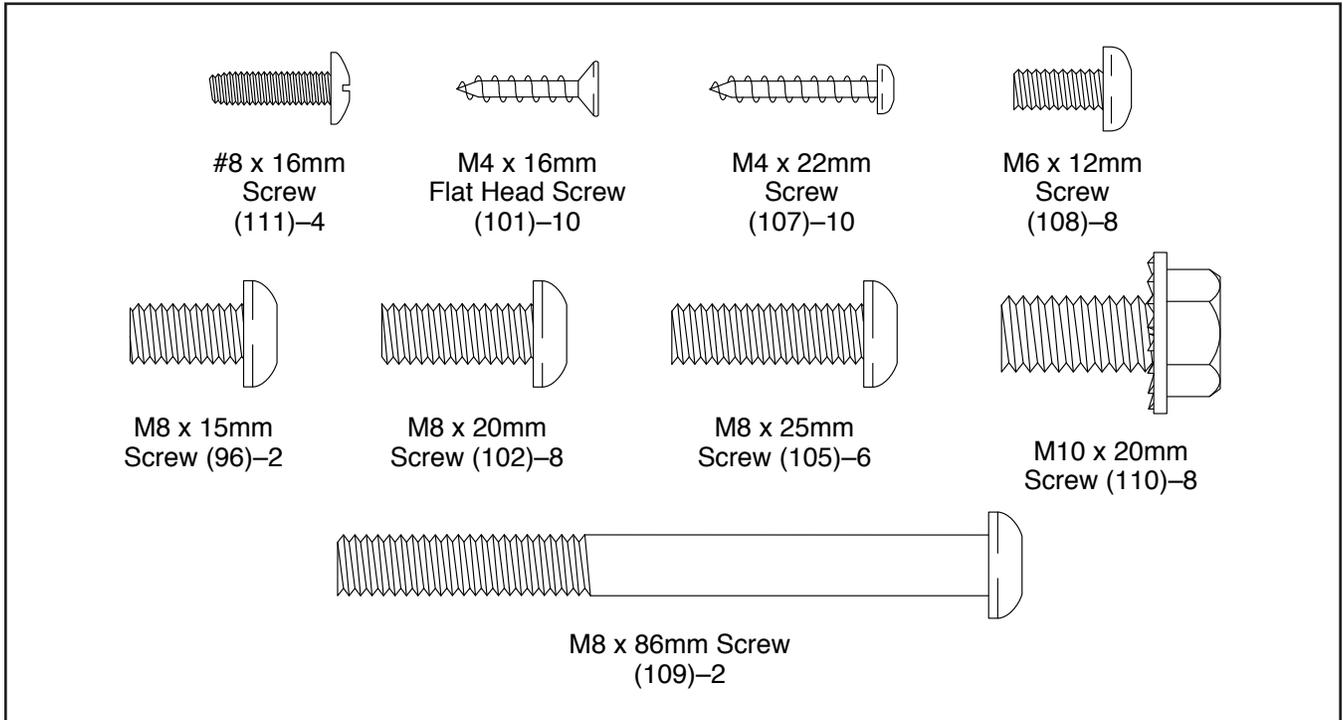**For your benefit, read this manual carefully before you use the trainer.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the 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.

Handlebar

Volume Controls

Heart Rate Monitor

Fan

Accessory Tray

Pedal

Leveling Foot

Tablet Holder

Console

Resistance Controls

Pedal Leg

Power Switch

Wheel

Length: 5 ft. 7 in. (170 cm)
Width: 2 ft. 5 in. (74 cm)

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 if it has been preassembled. Extra parts may be included.**

#8 x 16mm
Screw
(111)–4

M4 x 16mm
Flat Head Screw
(101)–10

M4 x 22mm
Screw
(107)–10

M6 x 12mm
Screw
(108)–8

M8 x 15mm
Screw (96)–2

M8 x 20mm
Screw (102)–8

M8 x 25mm
Screw (105)–6

M10 x 20mm
Screw (110)–8

M8 x 86mm Screw
(109)–2

7

ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.

- Assembly requires two persons.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.

- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."

- To identify small parts, see page 7.

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

  one Phillips screwdriver
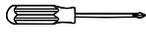
  one adjustable wrench

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

1. **Go to my.proform.com on your computer and register your product.**

   - documents your ownership

   - activates your warranty

   - ensures priority customer support if assistance is ever needed

   Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.
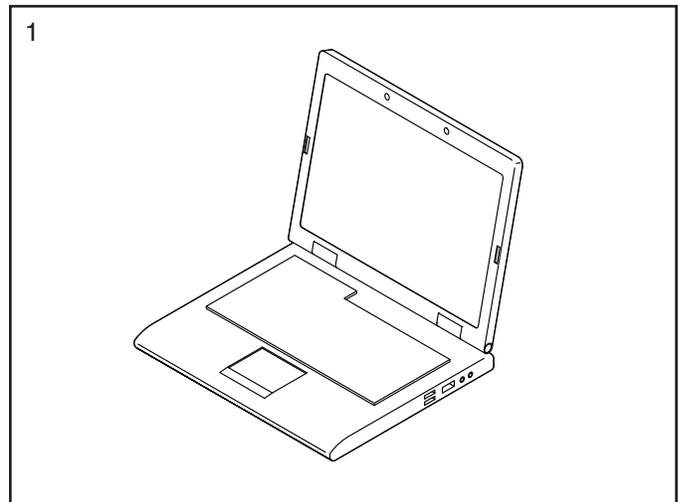
2. Identify the Right and Left Stabilizers (8, 9), and orient them as shown.

Have a second person hold the Frame (1) and tip it to the left. **IMPORTANT: Be careful not to damage the Shields (50, 51).**

Attach the Right Stabilizer (8) to the Frame (1) with four M10 x 20mm Screws (110); **start all the Screws, and then tighten them.** Note: Disregard the two unthreaded holes in the underside of the Frame.

IMPORTANT: Make sure to tighten the M10 x 20mm Screws (110) firmly and completely.

Have the second person lower the Frame (1) to the floor. **IMPORTANT: Be careful not to damage the Shields (50, 51).**
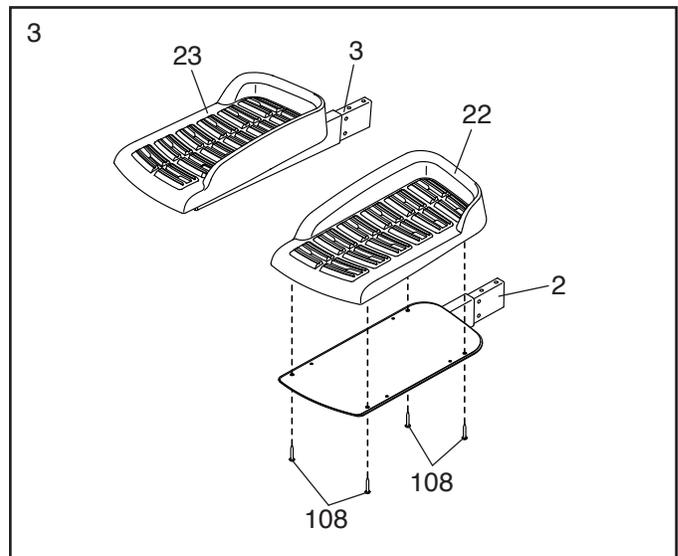
Attach the Left Stabilizer (9) in the same way.
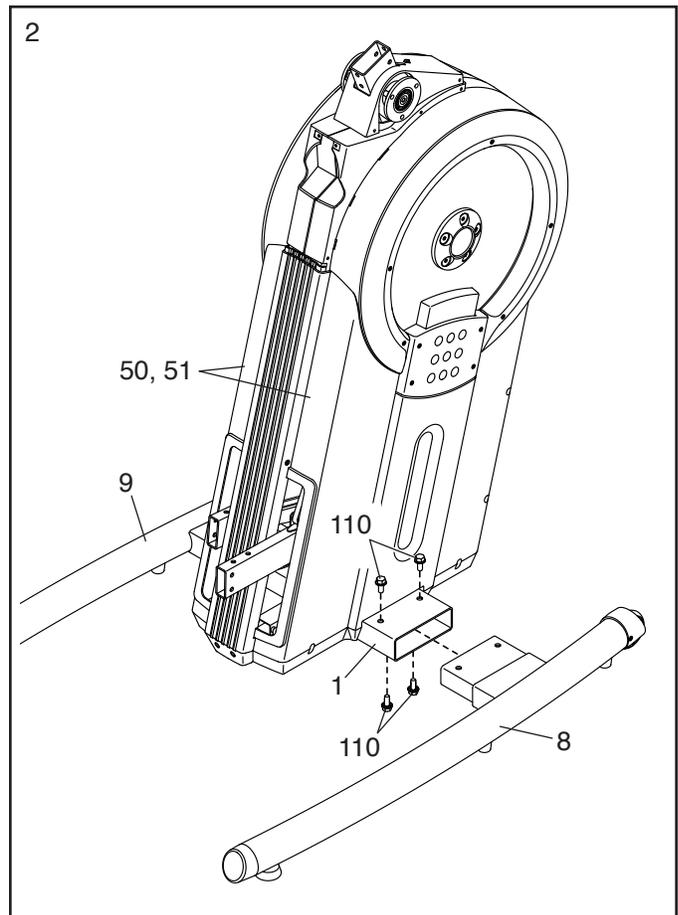
3. Identify the Right and Left Pedal Bases (2, 3) and the Right and Left Pedals (22, 23), and orient them as shown.

Attach the Right Pedal (22) to the Right Pedal Base (2) with four M6 x 12mm Screws (108); **start all the Screws, and then tighten them.**

Attach the Left Pedal (23) to the Left Pedal Base (3) in the same way.

4. Attach the Right Pedal Base (2) to the Right Pedal Leg (24) with four M8 x 20mm Screws (102); **start all the Screws, and then tighten them.**
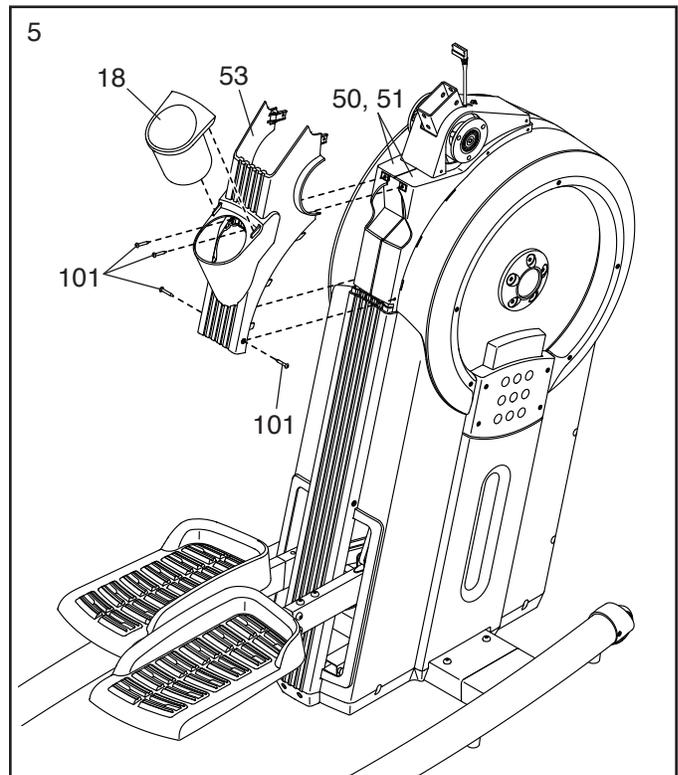
   Attach the Left Pedal Base (not shown) to the Left Pedal Leg (not shown) in the same way.
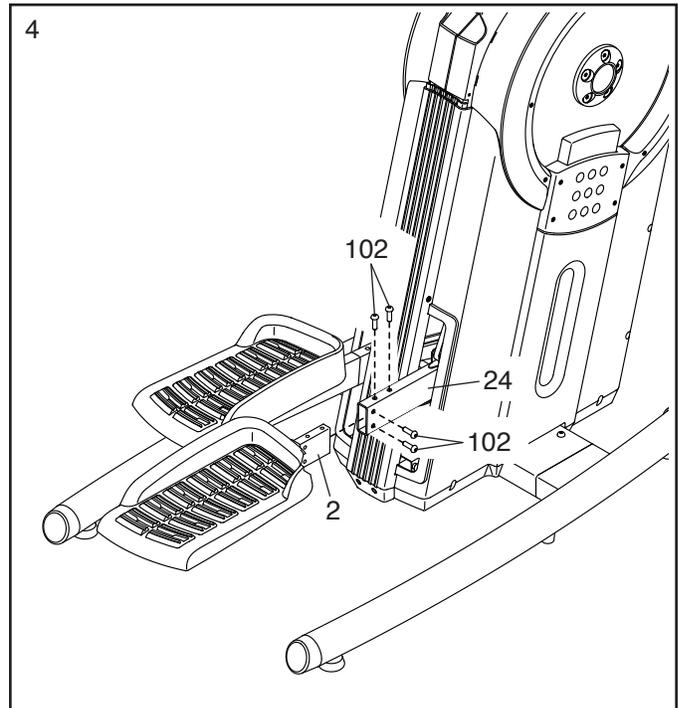
5. Press the Rear Cover (53) onto the Left and Right Shields (50, 51).

   Attach the Rear Cover (53) with four M4 x 16mm Flat Head Screws (101); **start all the Flat Head Screws, and then tighten them.**

   Then, insert the Accessory Tray (18) into the Rear Cover (53).

6. **See the upper drawing.** With the help of a second person, orient the Console (5), the Console Cover (7), and the Console Bracket (4) as shown. Then, route the wires (A) on the Console through the Console Cover and the Console Bracket; **make sure to insert the wires through the upper opening in the Console Bracket, as shown in the inset drawing.**

   See the lower drawing. Tip: Avoid pinching the wires. Attach the Console (5) and the Console Cover (7) to the Console Bracket (4) with four M4 x 22mm Screws (107); **start all the Screws, and then tighten them.**

Avoid pinching the wires
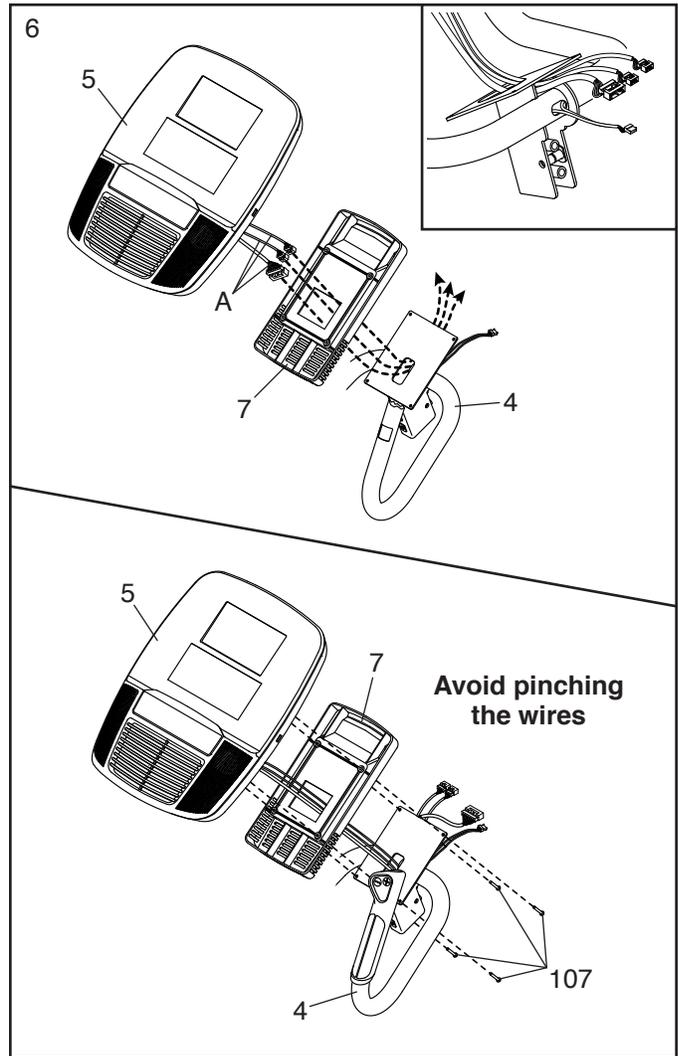
7. Attach the Tablet Holder (6) to the Console (5) with four #8 x 16mm Screws (111); **start all the Screws, and then tighten them.**
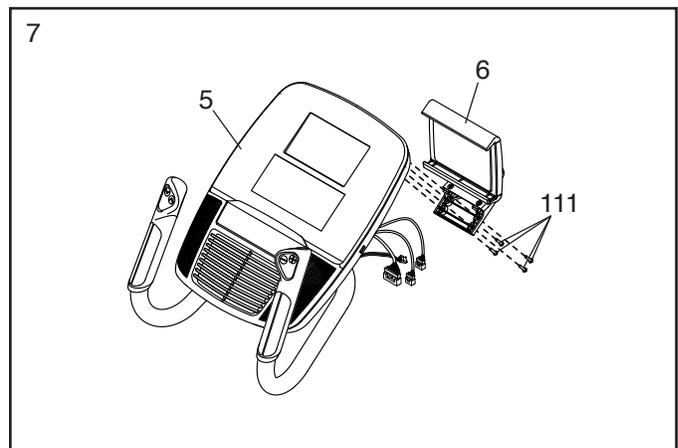
8. While a second person holds the Console Bracket (4) near the Frame (1), connect the wires on the Console to the Main Wire (115) and to the Left and Right Pulse Wires (117, 125).

   Tip: Avoid pinching the wires. Attach the Console Bracket (4) to the Frame (1) with two M8 x 86mm Screws (109) and two M8 x 15mm Screws (96); **start all the Screws, and then tighten them.**

Avoid pinching the wires
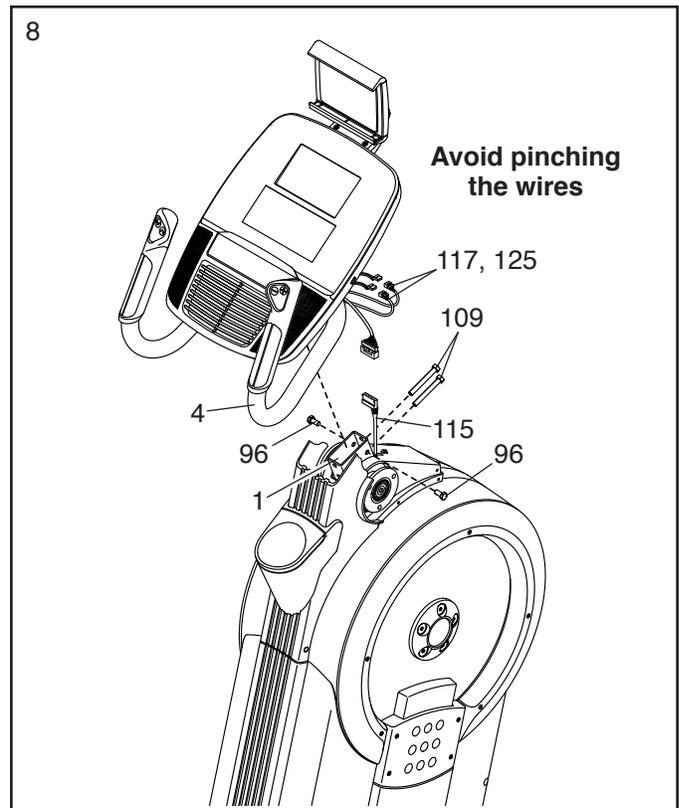
9. Identify the Right and Left Handlebars (10, 11).

   Make sure that the Pedals (not shown) are level. Attach the Right Handlebar (10) to the Right Handlebar Arm (15) with three M8 x 25mm Screws (105); **start all the Screws, and then tighten them. Tip: It may be helpful to rotate the Right Handlebar for better access to tighten the Screws.**

   Attach the Left Handlebar (11) in the same way.
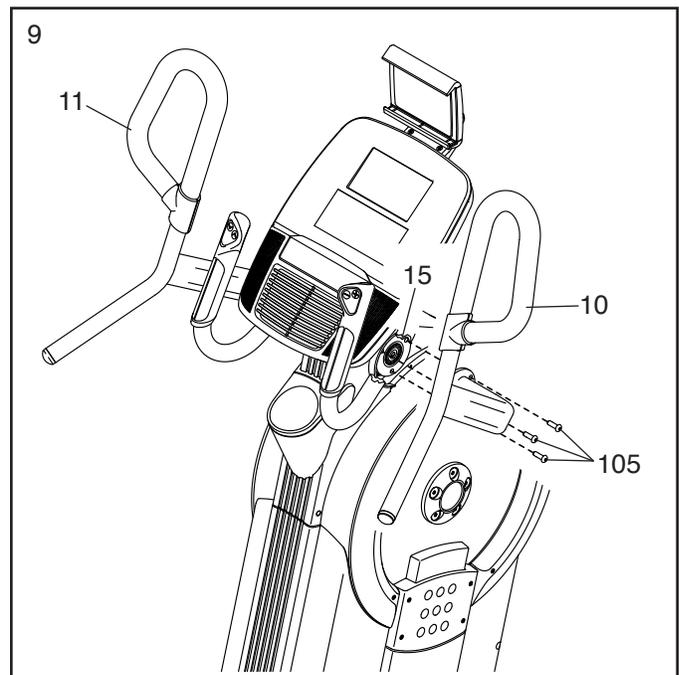
10. Identify the Rear and Front Pivot Covers (65, 66).

Press a set of Rear and Front Pivot Covers (65, 66) together around the Right Handlebar (10) near the bend (A). Then, attach them to each other with two M4 x 22mm Screws (107).

See the inset drawing. Slide the Rear and Front Pivot Covers (65, 66) toward the Shield Cover (12). Attach the Front Pivot Cover to the Right Handlebar (10) with an M4 x 22mm Screw (107).

Repeat this step on the other side of the trainer.
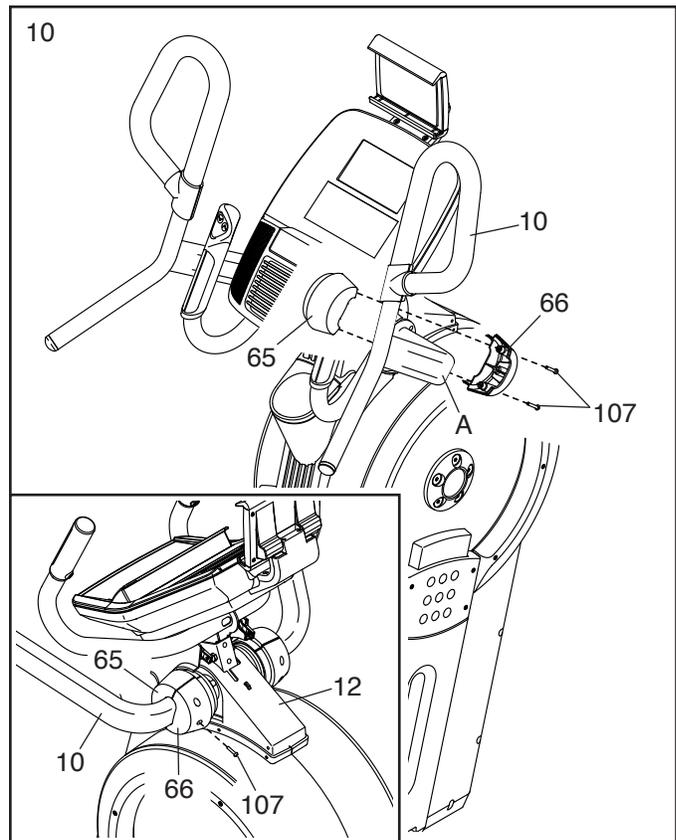
11. Attach the Front Cover (52) to the Left and Right Shields (50, 51) with six M4 x 16mm Flat Head Screws (101); **start all the Flat Head Screws, and then tighten them.**
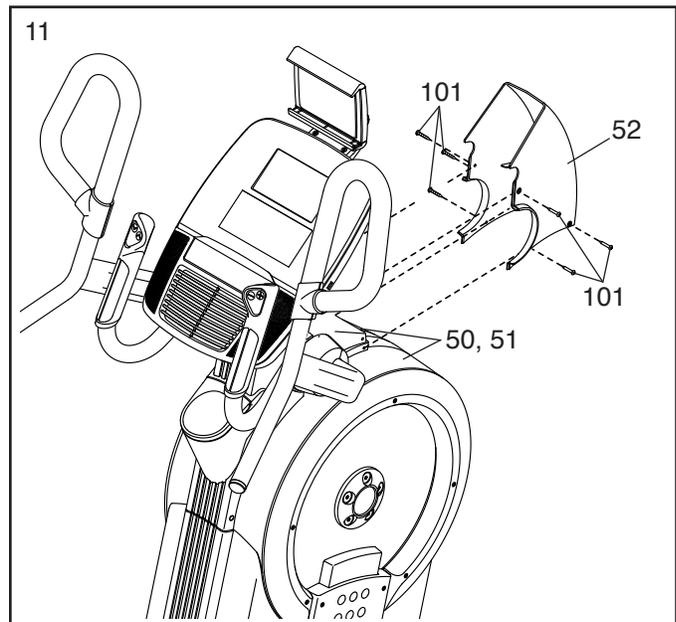
12. **Make sure that all parts are properly tightened before you use the trainer.** Extra parts may be included. Place a mat beneath the trainer to protect the floor.

THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). **If the heart rate monitor looks like the one shown in drawing 2,** insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E). Then, press the end of the transmitter under the buckle (F) on the chest strap; the tab should be flush with the transmitter.

Next, wrap the heart rate monitor around your chest in the location shown; the heart rate monitor must be under your clothes, tight against your skin. Make sure th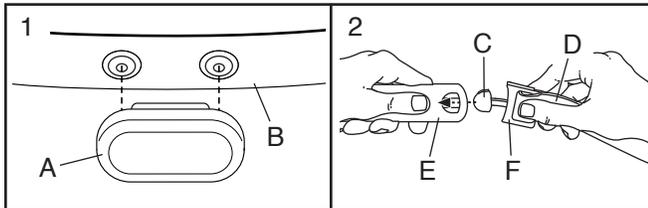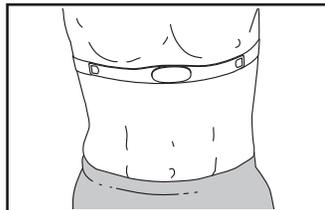at the logo is right-side-up. Then, attach the other end of the chest strap. Adjust the length of the chest strap, if necessary.

Next, pull the transmitter and the chest strap away from your body a few inches and locate the two electrode areas (G). Using saliva or contact lens solution, wet the electrode areas. Then, return the transmitter and the chest strap to a position against your chest.
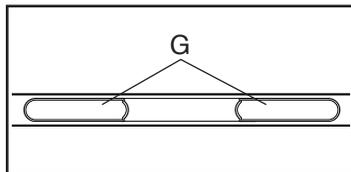
CARE AND MAINTENANCE

• Thoroughly dry the electrode areas with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.

• Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.

• Do not expose the heart rate monitor to direct sunlight for extended periods of time, and do not expose it to temperatures above 122°F (50°C) or below 14°F (-10°C).

• Do not excessively bend or stretch the heart rate monitor when using or storing it.

• To clean the transmitter, use a damp cloth and a small amount of mild soap. Then, wipe the transmitter with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the transmitter. Hand wash and air dry the chest strap.

TROUBLESHOOTING

• If the heart rate monitor does not function when positioned as described at the left, move it slightly lower or higher on your chest.

• If heart rate readings are not displayed until you begin perspiring, re-wet the electrode areas.

• For the console to display heart rate readings, you must be within arm's length of the console.

• If there is a battery cover on the back of the transmitter, replace the battery with a new battery of the same type.

• The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

• The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

HOW TO USE THE TRAINER

HOW TO PLUG IN THE POWER CORD

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

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

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.

Grounded Outlet

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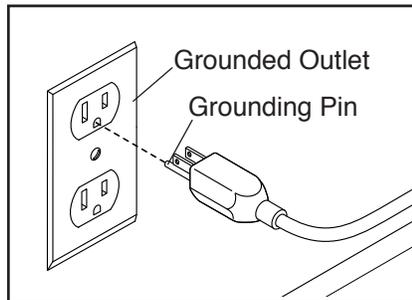
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.

2-pole Receptacle

Adapter

Lug
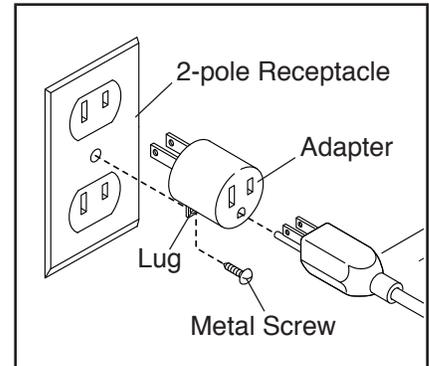
Metal Screw

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

HOW TO MOVE THE TRAINER

Due to the size and weight of the trainer, moving it requires two persons. Stand in front of the trainer, hold the console bracket (A), and place one foot against one of the wheels (B). Have a second person help you pull on the console bracket until the trainer will roll on the wheels. Carefully move the trainer to the desired location, and then lower it to the floor.
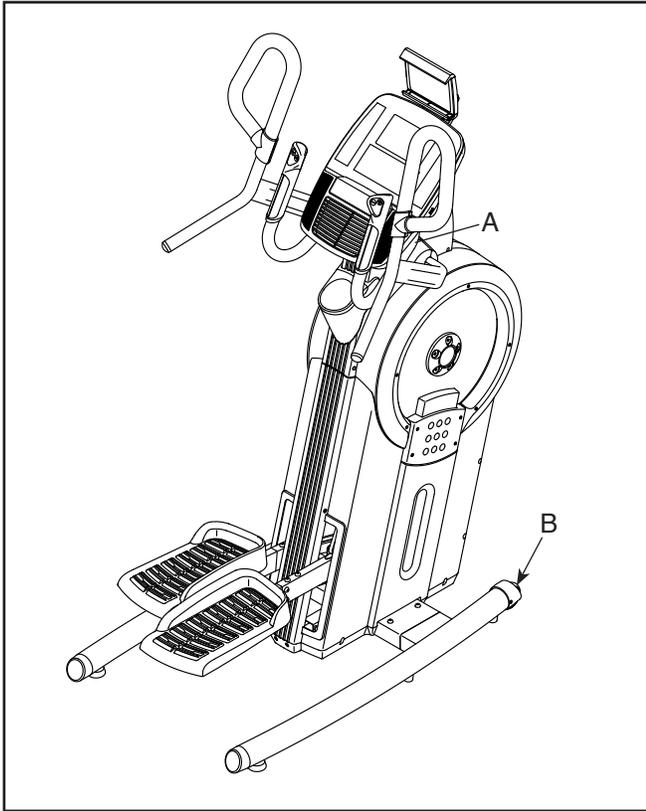
HOW TO EXERCISE ON THE TRAINER

To mount the trainer, hold the handlebars (C) or the pulse grips (D) and step onto the pedal (E) that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**
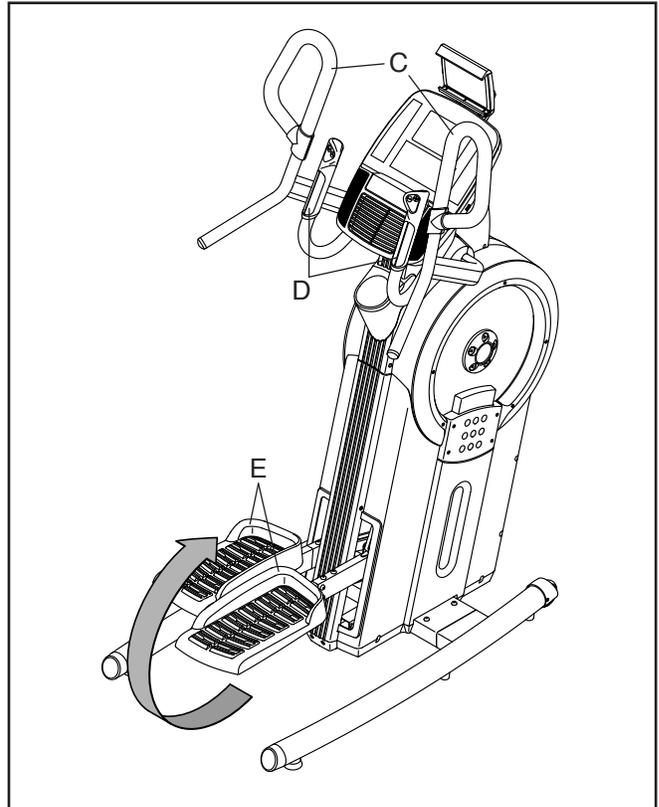
To dismount the trainer, wait until the pedals (E) come to a complete stop. **Note: The trainer does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO LEVEL THE TRAINER

If the trainer rocks slightly on your floor during use, turn one or both of the leveling feet (F) beneath the stabilizers until the rocking motion is eliminated.
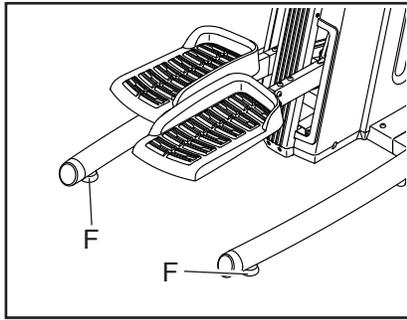
HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder (G) is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder (G), set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.** Rotate the tablet holder to the desired angle. Reverse these actions to remove the tablet from the tablet holder.

CONSOLE DIAGRAM
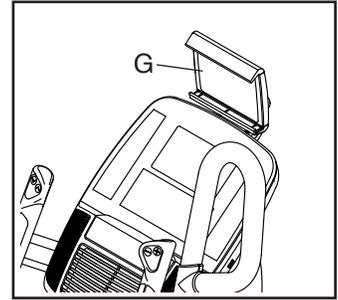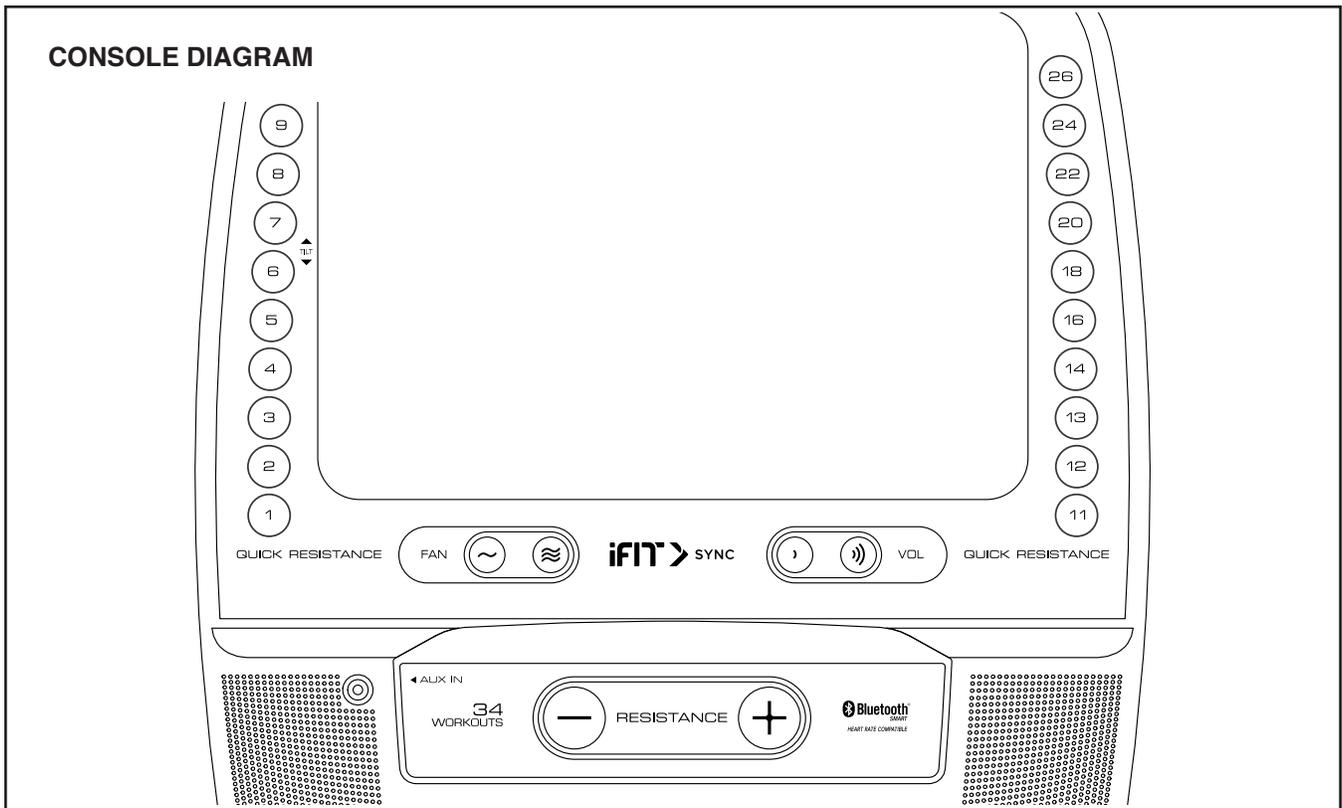
FEATURES OF THE CONSOLE

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 onboard workouts. Each workout automatically controls 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 the handgrip heart rate monitor or the included chest 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 the power, see page 19. **To learn how to use the touch screen,** see page 19. **To set up the console,** see page 20.

HOW TO TURN ON THE POWER

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

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 15). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position (A).

A
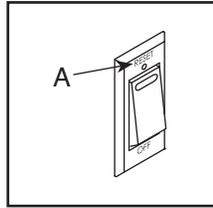
HOW TO USE THE TOUCH SCREEN

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 *Alt*. Touch *Alt* 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 trainer 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 26.

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. **Tour the console.**

   The first time you use the console, a tour presentation will guide you through the features of the console. Note: To view the tour presentation again at any time, touch the profile button (person symbol) at the bottom of the screen, touch *Settings*, and then touch *How It Works*.

5. **Check for firmware updates.**

   First, touch the profile button, 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 26.

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 map workout or an onboard workout,** see page 22. **To create a draw-your-own-map workout,** see page 24. **To use an iFit workout,** see page 25.

To change console settings, see page 26. **To connect to a wireless network,** see page 27. **To use the sound system,** see page 28. **To connect an HDMI cable,** see page 28.

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 POWER on page 19. Note: It may take a few moments for the console to be ready for use.

2. **Select the main menu.**

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

   If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. 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 main menu.

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

   Touch *Manual Start* and begin pedaling.

   You can change the resistance of the pedals by pressing one of the numbered Quick Resistance buttons or by pressing the Resistance increase and decrease buttons.

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

4. **Follow your progress.**

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

To select the desired display mode or to view statistics and charts, drag downward on the screen. You can also touch the more button (+ symbol) to view statistics or charts.

If desired, adjust the volume level by pressing the Vol increase and decrease buttons.
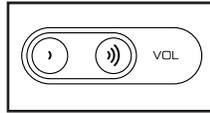
To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

To end the workout session, first touch the screen to pause the workout. Next, touch *End*; a workout summary will appear on the screen. If desired, you can publish your results using one of the options on the screen. Then, touch *Finish* to return to the main menu.

5. **Measure your heart rate if desired.**

You can measure your heart rate using either the handgrip heart rate monitor or the included chest heart rate monitor. Note: The console is compatible with all BLUETOOTH® Smart heart rate monitors.

To use the chest heart rate monitor, see page 14. To use the handgrip heart rate monitor, follow the instructions at the right. **Note: If you use both heart rate monitors at the same time, the chest heart rate monitor will have priority.**

If there are sheets of plastic on the metal contacts (B) on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor
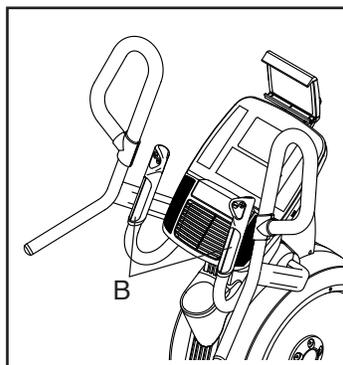
with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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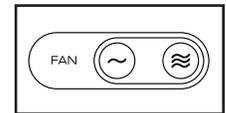
Note: If the pedals are not moved for a while when the main menu is selected, the fan will turn off automatically.

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

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

HOW TO USE A MAP WORKOUT OR AN ONBOARD WORKOUT

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

   See HOW TO TURN ON THE POWER on page 19. Note: It may take a few moments for the console to be ready for use.

2. **Select the main menu or the workout library.**

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

   If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. 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 main menu.

   Touch the buttons at the bottom of the screen to select either the main menu or the workout library.

3. **Select a workout.**

   To select a workout from the main menu 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 map workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 27).

   The featured map workouts on your console will change periodically. To save one of the featured map 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 map workout (see step 3 on page 25).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 24.

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* to start 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.

   The display modes will also show your progress. To select the desired display mode or to view statistics and charts, swipe downward on the screen. You can also touch the more button (+ symbol) to view statistics or charts.

   The workout will function in the same way as the manual mode (see page 20).

   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 speed that is comfortable for you.

If the resistance level is too high or too low, you can manually override the setting by pressing the Resistance buttons. **If you press a Resistance button,** you can then manually control the resistance level (see step 3 on page 20). **To return to the programmed resistance settings of the workout,** touch *Follow Workout*.

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

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

When the workout comes to an end, a workout summary will appear on the screen. If desired, you can publish your results using one of the options on the screen. Then, touch *Finish* to return to the main menu.

5. **Follow your progress.**

   See step 4 on page 21.

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

   See step 5 on page 21.

7. **Turn on the fan if desired.**

   See step 6 on page 21.

8. **When you are finished exercising, unplug the power cord.**

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

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 POWER on page 19. 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 main menu will appear on the screen after the console boots up.

    If you are in a workout, touch the screen, touch *Pause*, touch *End,* and then touch *Finish* to return to the main menu. 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 main menu.

    To select a draw-your-own-map workout, touch the draw-your-own-map button (map symbol) 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 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 *Loop* or *Out & Back* on the left side of the screen. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* on the left side of the screen.

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* to start the workout. The workout will function in the same way as a map workout or an onboard workout (see page 22).

6. **Follow your progress.**

    See step 4 on page 21.

7. **Measure your heart rate if desired.**

    See step 5 on page 21.

8. **Turn on the fan if desired.**

    See step 6 on page 21.

9. **When you are finished exercising, unplug the power cord.**

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

HOW TO USE AN IFIT WORKOUT

To use an iFit workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 27). An iFit account is also required.

1. **Add workouts to your schedule on iFit.com.**

    On your computer, smartphone, tablet, or other device, open an internet browser, go to iFit.com, and log in to your iFit account.

    Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

    Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

    Take time to explore the iFit.com website before you log out.

2. **Select the main menu.**

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

    If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. 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 main menu.

3. **Log in to your iFit account.**

    If you have not already done so, touch the profile button (person symbol) at the bottom of the screen 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 profile button, 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 that you have previously added to your schedule on iFit.com.**

    IMPORTANT: Before iFit workouts will load, you must add them to your schedule on iFit.com (see step 1).

    To load an iFit workout from iFit.com to the console, touch the calendar button (calendar symbol) at the bottom of the screen.

    When you load 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* to start the workout. The workout will function in the same way as a map workout or an onboard workout (see page 22). Note: During a distance or time workout, the screen will not show a map.

6. **Follow your progress.**

    See step 4 on page 21.

7. **Measure your heart rate if desired.**

    See step 5 on page 21.

8. **Turn on the fan if desired.**

    See step 6 on page 21.

9. **When you are finished exercising, unplug the power cord.**

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

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 power (see HOW TO TURN ON THE POWER on page 19). Note: It may take a few moments for the console to be ready for use.

   Next, select the main menu. When you turn on the console, the main menu will appear on the screen after the console boots up. If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu.

   Next, touch the profile button (person symbol) at the bottom of 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
   • How It Works
   • Feedback
   • Legal

3. **View the console tour presentation.**

   To view a tour presentation that will guide you through the features of the console, touch *How It Works*.

4. **Customize the unit of measurement and other settings.**

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

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

5. **View machine information.**

   Touch *Equipment Info*, and then touch *Machine Info* to view information about your trainer.

6. **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 trainer, do not turn off the power while the firmware is being updated.**

   The screen will show the progress of the update. When the update is complete, the trainer will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. 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.

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 main menu.**

   First, turn on the power (see HOW TO TURN ON THE POWER on page 19). Note: It may take a few moments for the console to be ready for use.

   Next, select the main menu. When you turn on the console, the main menu will appear on the screen after the console boots up. If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu.

2. **Select the wireless network menu.**

   Touch the Wi-Fi button (wireless symbol) at the bottom of the screen 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 19.)

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).

HOW TO USE THE SOUND SYSTEM

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

Next, press the play button on your personal audio player. Adjust the volume level using the Vol increase and decrease buttons or the volume control on your personal audio player.
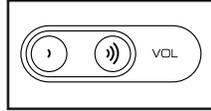
HOW TO CONNECT AN HDMI CABLE

To show your console screen on a TV or monitor, plug an HDMI cable (not included) into the port on the console and into a port on your TV or monitor; **make sure that the HDMI cable is fully plugged in. Note: To purchase an HDMI cable, see your local electronics store.**

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and the receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

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

Note: The console contains FCC ID: SMFOMC360526A.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

To clean the trainer, 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 cord is fully plugged in and that the power switch is in the reset position.

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 the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 21.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 14.

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, press the power switch and unplug the power cord. Next, locate the small reset opening (A) near the USB port on 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 cord and press the power switch. 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, press the power switch off and then on again. Once the console turns on, check for firmware updates (see step 6 on page 26). Note: It may take a few minutes for the console to be ready for use.
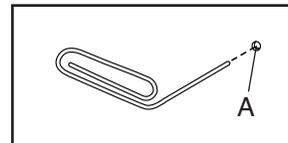
**TABLET HOLDER TROUBLESHOOTING**

If the tablet holder does not stay in place, rotate the tablet holder backward and tighten the screw (B) until the tablet holder stays in place when it is rotated to the desired position.
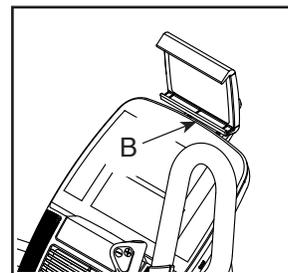
HOW TO ADJUST THE REED SWITCH

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

Next, remove the four indicated M4 x 16mm Flat Head Screws (101), and then remove the Lower Rear Shield Cover (68).
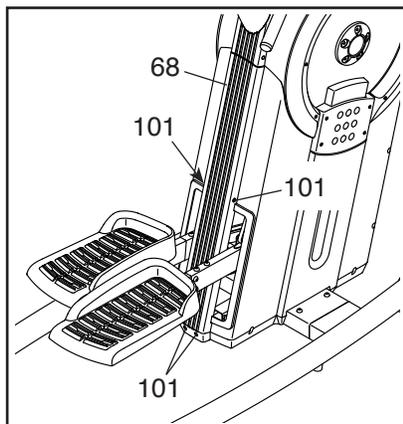
Next, turn the Large Pulley (21) until a Pulley Magnet (121) is aligned with the Reed Switch (116). Then, slightly loosen the M4 x 19mm Screw (113), slide the Reed Switch slightly closer to or away from the Pulley Magnet, and retighten the Screw.
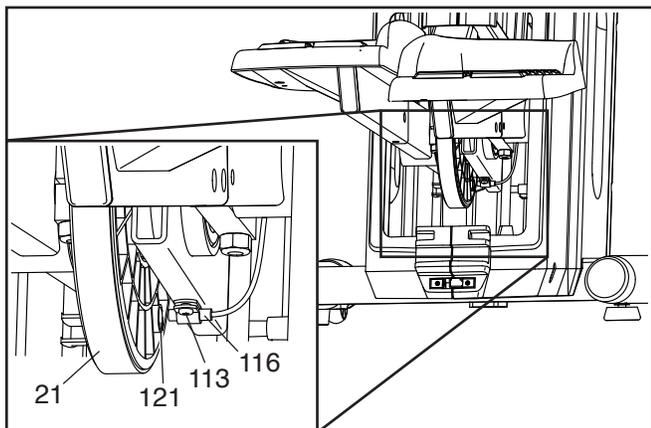
Then, plug in the power adapter and turn the Large Pulley (21) for a moment. Repeat these actions, if necessary, until the console displays correct feedback. Then, reattach the lower rear shield cover.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belts may need to be adjusted. To adjust the drive belts, first **unplug the power adapter.**

Next, remove the four indicated M4 x 16mm Flat Head Screws (101), and then remove the Lower Rear Shield Cover (68).
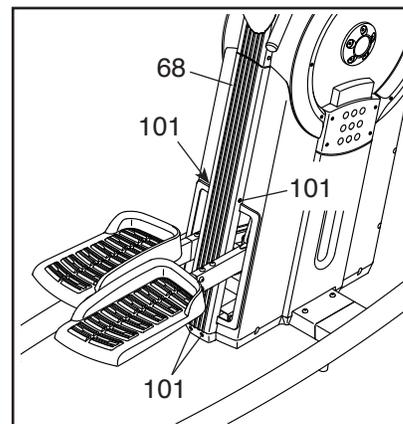
Then, locate the lower Adjustment Screw (B). Tighten the lower Adjustment Screw four turns; this will tighten the Large Drive Belt (31).
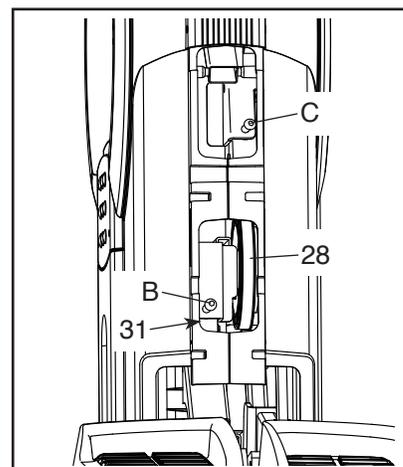
Stand on the trainer and pedal for a few moments. If the pedals still slip, step off the trainer and locate the upper Adjustment Screw (C). Tighten the upper Adjustment Screw two turns; this will tighten the Small Drive Belt (28).

Stand on the trainer again and pedal for a few moments. If the pedals still slip, step off the trainer and tighten the lower Adjustment Screw (B) four turns; this will again tighten the Large Drive Belt (31).

When you have properly adjusted the drive belts, reattach the lower rear shield cover.

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.**

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♡
145	138	130	125	118	110	103	♡
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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

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

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

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.

PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Right Shield
2	1	Right Pedal Base	52	1	Front Cover
3	1	Left Pedal Base	53	1	Rear Cover
4	1	Console Bracket	54	1	Accessory Tray Base
5	1	Console	55	2	Stabilizer Cap
6	1	Tablet Holder	56	4	Foot
7	1	Console Cover	57	2	Wheel
8	1	Right Stabilizer	58	1	Right Wheel Cover
9	1	Left Stabilizer	59	2	Handlebar Cap
10	1	Right Handlebar	60	2	Grip
11	1	Left Handlebar	61	1	Left Rear Handlebar Cover
12	1	Shield Cover	62	1	Left Front Handlebar Cover
13	2	Pulse Grip	63	1	Right Rear Handlebar Cover
14	1	Left Handlebar Arm	64	1	Right Front Handlebar Cover
15	1	Right Handlebar Arm	65	2	Rear Pivot Cover
16	1	Magnet Bracket	66	2	Front Pivot Cover
17	2	Idler	67	2	Boss
18	1	Accessory Tray	68	1	Lower Rear Shield Cover
19	1	Exchange Axle	69	2	Leveling Foot
20	1	Medium Pulley	70	12	Small Bearing
21	1	Large Pulley	71	4	Medium Bearing
22	1	Right Pedal	72	2	Large Bearing
23	1	Left Pedal	73	8	Bushing
24	1	Right Pedal Leg	74	2	Large Spacer
25	1	Left Pedal Leg	75	2	Small Spacer
26	2	Connector Arm	76	2	M10 Jam Nut
27	1	Disc Axle	77	2	Crank Washer
28	1	Small Drive Belt	78	6	M8 Washer
29	2	Crank Arm	79	4	M6 Washer
30	1	Crank	80	2	M5 Nut
31	1	Large Drive Belt	81	2	M10 Shoulder Bolt
32	2	Disc	82	5	M4 x 42mm Screw
33	2	Disc Hub	83	8	Clip
34	1	Sprocket	84	4	M6 x 14mm Screw
35	2	Link Arm	85	4	M5 x 16mm Screw
36	1	Resistance Motor	86	1	M3.5 x 12mm Screw
37	1	Resistance Disc	87	8	M8 x 16mm Screw
38	1	Resistance Arm	88	10	Disc Screw
39	1	Resistance Block	89	2	M10 Locknut
40	1	Power Switch	90	2	M10 x 55mm Hex Bolt
41	1	Small Pulley	91	2	Axle Screw
42	1	Clamp	92	2	Flange
43	3	Key	93	2	Stud
44	2	Magnet Cover	94	2	M10 x 55mm Bolt
45	2	Cover Bracket	95	2	Adjustment Screw
46	1	Left Wheel Cover	96	2	M8 x 15mm Screw
47	1	Right Magnet Shield	97	2	M8 Shoulder Screw
48	1	Left Magnet Shield	98	1	M8 x 30mm Bolt
49	2	Disc Ring	99	3	M8 Locknut
50	1	Left Shield	100	6	M8 x 23mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	14	M4 x 16mm Flat Head Screw	118	1	Power Cord
102	8	M8 x 20mm Screw	119	2	Crank Cover Disc
103	18	Cap Screw	120	2	Slant Cap
104	2	M6 x 110mm Screw	121	2	Pulley Magnet
105	6	M8 x 25mm Screw	122	1	Power Board
106	16	M4 x 16mm Screw	123	1	Chest Heart Rate Monitor
107	10	M4 x 22mm Screw	124	1	Grommet
108	8	M6 x 12mm Screw	125	1	Right Pulse Wire
109	2	M8 x 86mm Screw	126	1	Spring
110	8	M10 x 20mm Screw	127	1	Frame Spacer
111	4	#8 x 16mm Screw	128	1	Disc Axle Washer
112	1	M8 Screw	129	2	Self-aligning Bearing
113	25	M4 x 19mm Screw	130	2	M8 Small Washer
114	15	M4 x 12mm Screw	131	2	Snap Ring
115	1	Main Wire	*	–	User's Manual
116	1	Reed Switch/Wire	*	–	Assembly Tool
117	1	Left Pulse Wire	*	–	Grease Packet

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.
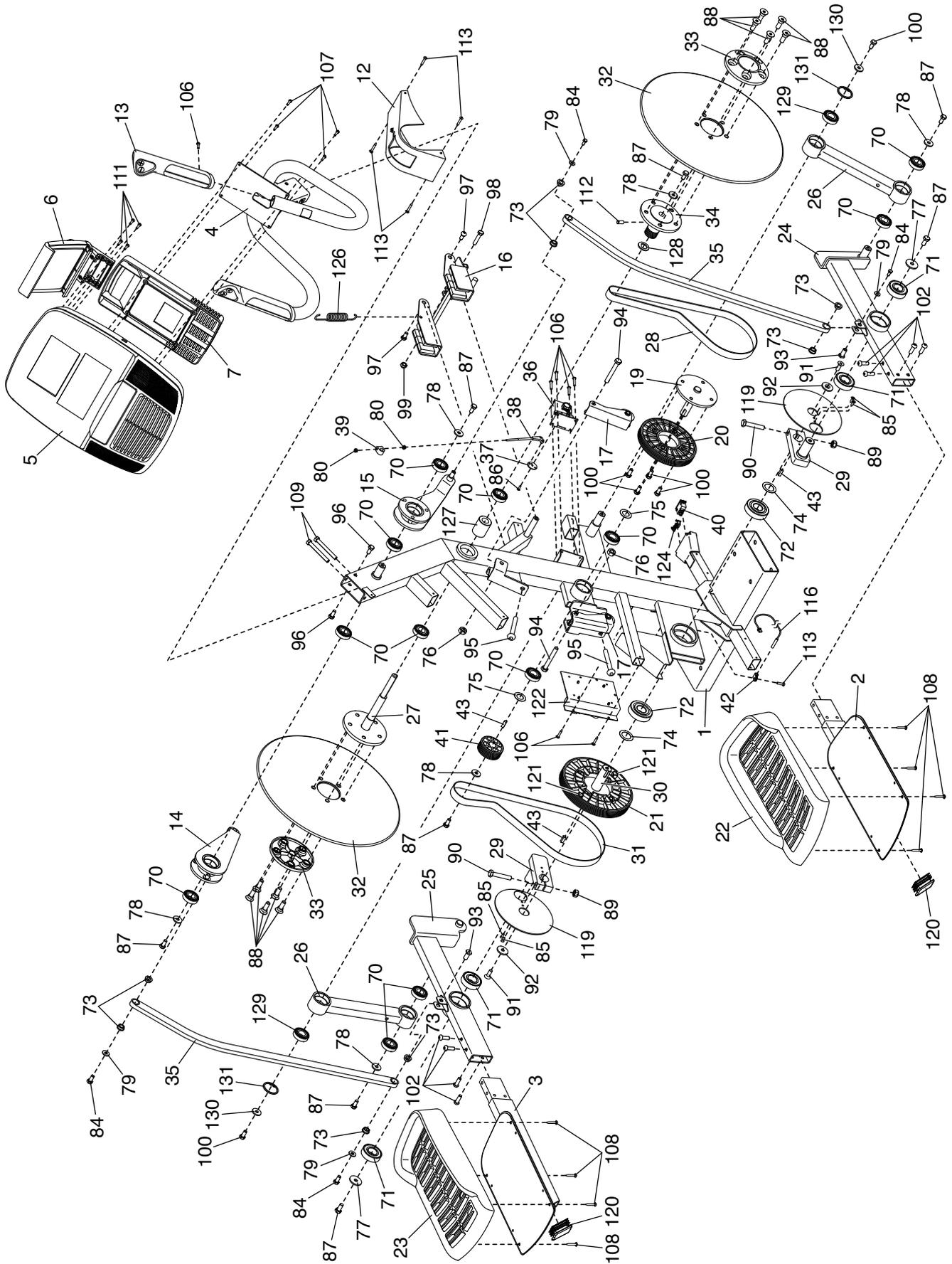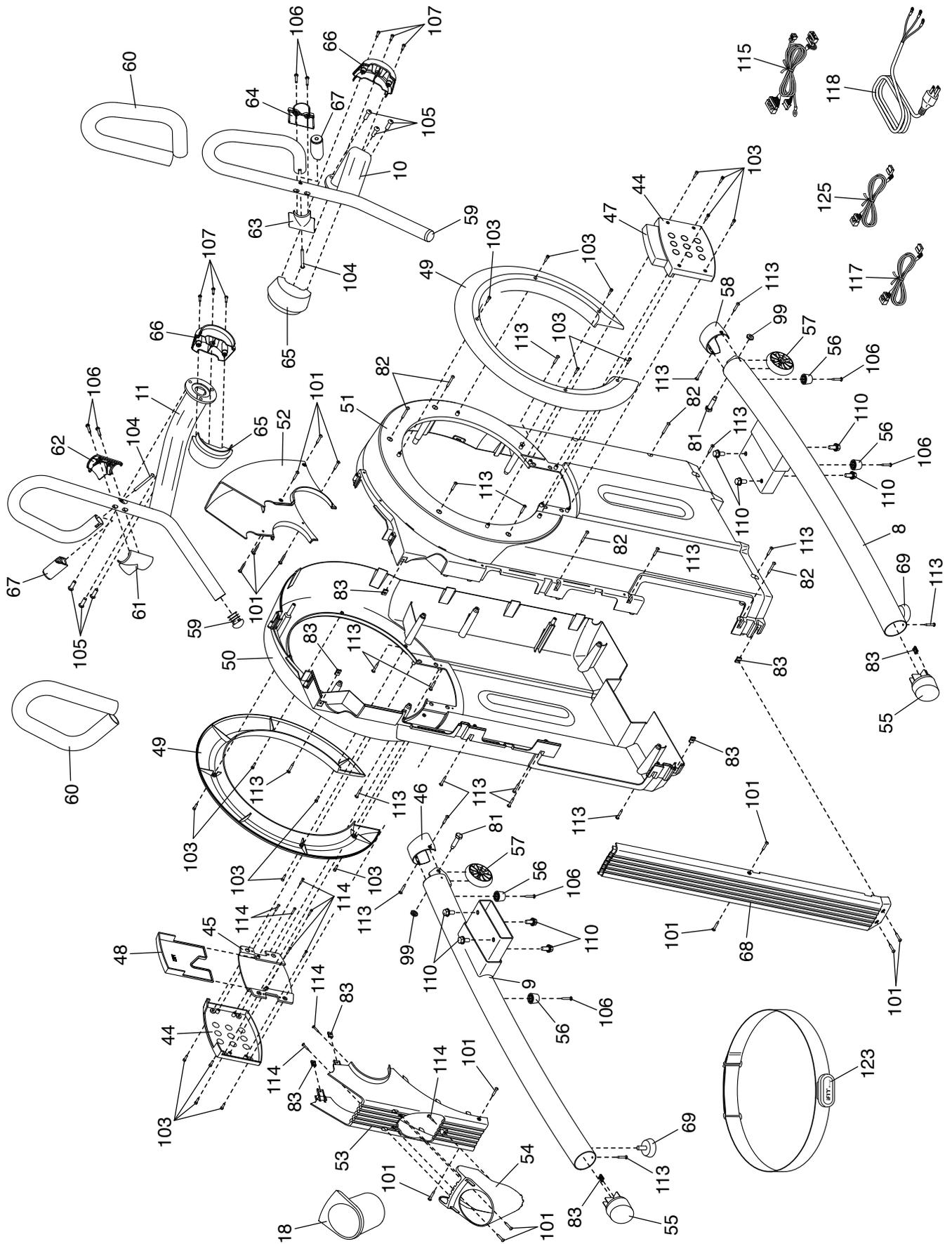
ORDERING REPLACEMENT PARTS

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

• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

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

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for the lifetime of the original purchaser (customer). Parts are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813