

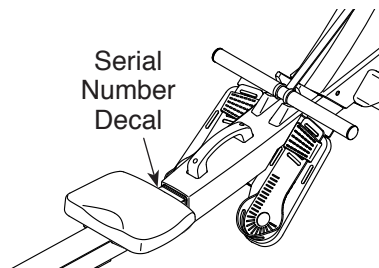
PRO-FORM®

750R

Model No. PFEVRW41019.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

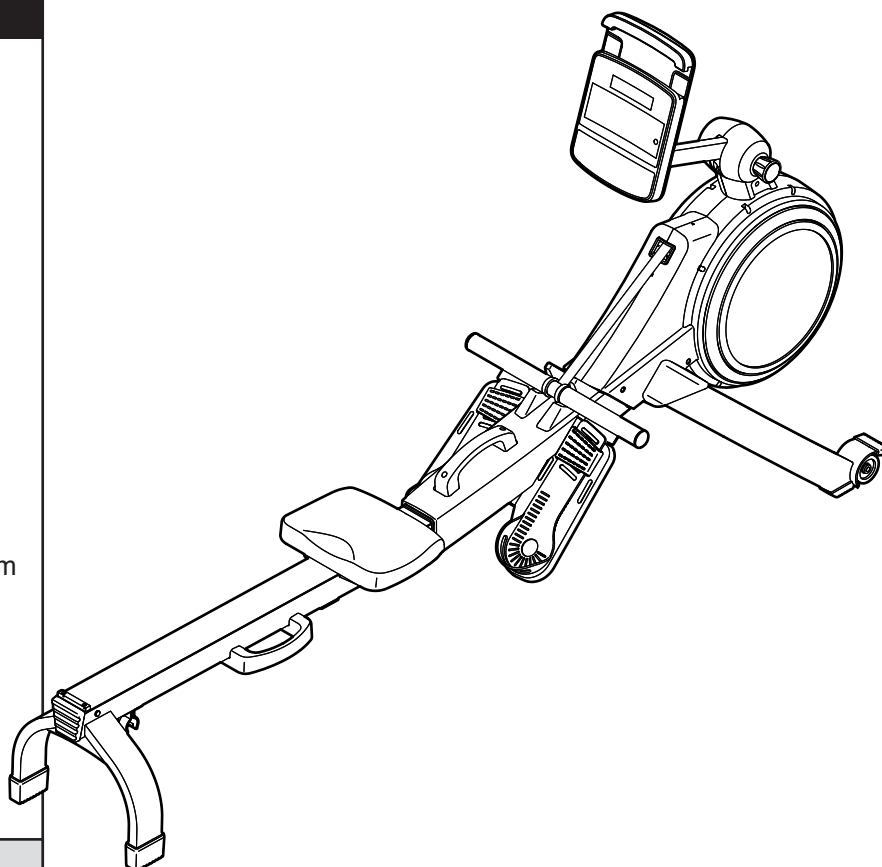
Write:

ICON Health & Fitness

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.

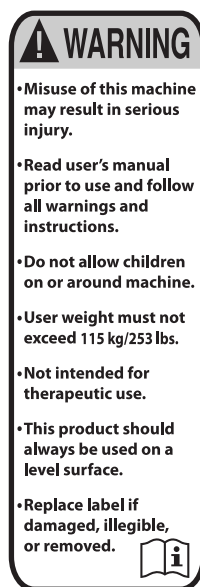
iconeurope.com

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WARNING DECAL PLACEMENT

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



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the rower before using the rower. 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 rower 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 rower is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the rower by someone responsible for their safety.
4. Use the rower only as described in this manual.
5. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
6. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio or near water.
7. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.
8. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately.
9. Keep children under age 16 and pets away from the rower at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
11. The rower should not be used by persons weighing more than 253 lbs. (115 kg).
12. Always keep your back straight while using the rower; do not arch your back.
13. Do not release the row bar while the strap is extended.
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

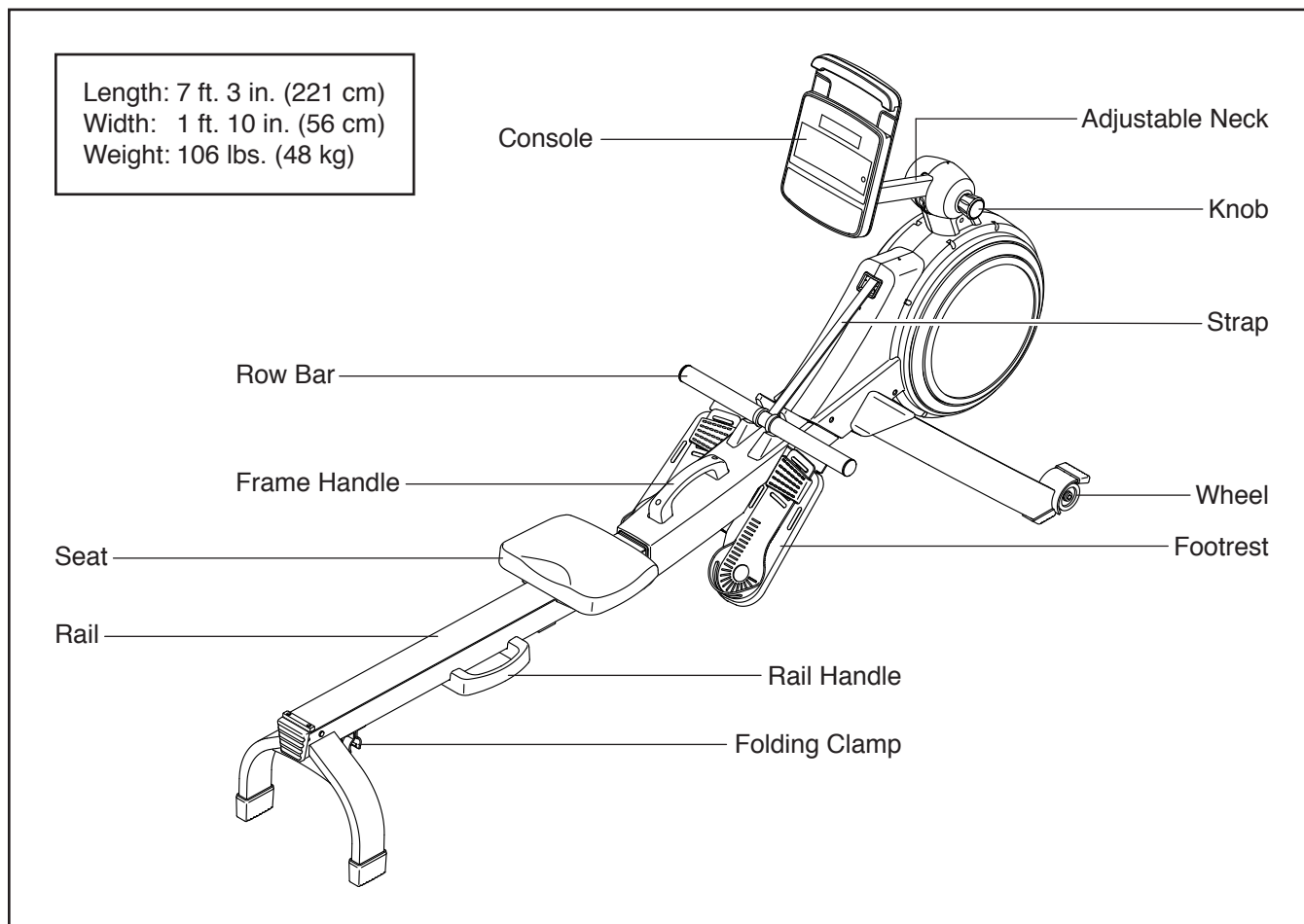
BEFORE YOU BEGIN

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

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


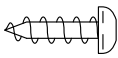
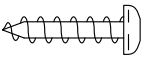
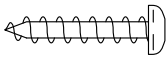
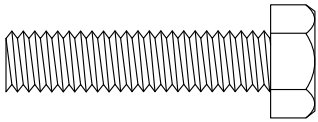
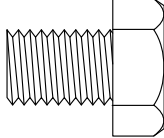
this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



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.**

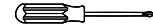
| | | | |
|---|---|--|---|
|  |  |  |  |
| M4 x 8mm Screw (104)–2 | M4 x 12mm Screw (105)–4 | M4 x 16mm Screw (68)–2 | M4 x 19mm Screw (69)–2 |
|  | |  | |
| M8 x 35mm Screw (82)–4 | | M10 x 14mm Screw (61)–2 | |

ASSEMBLY

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

- Assembly requires the following tool(s):

one Phillips screwdriver



one adjustable wrench



To avoid damaging parts, do not use power tools.

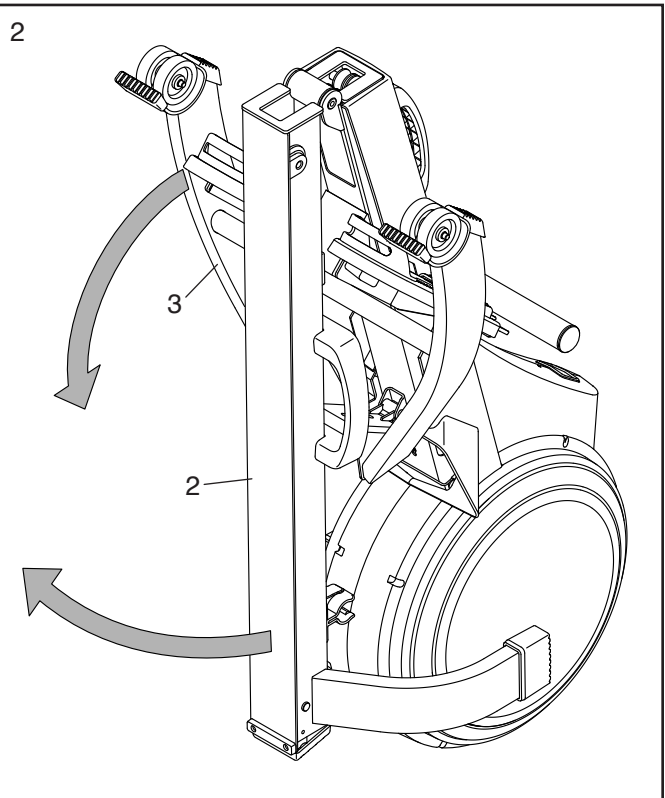
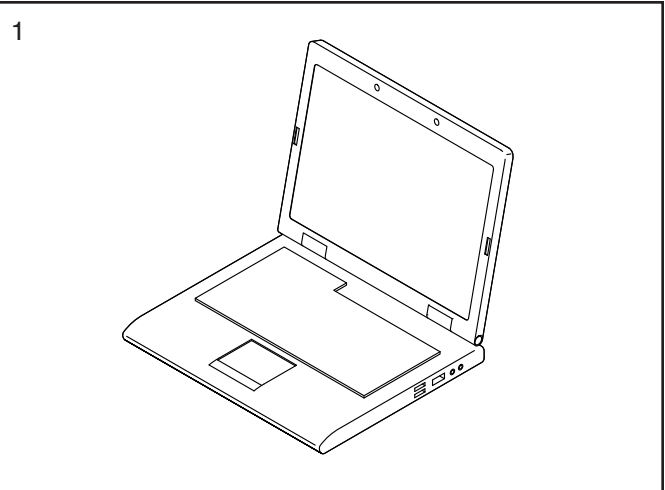
1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, call Customer Service (see the front cover of this manual).

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

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

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

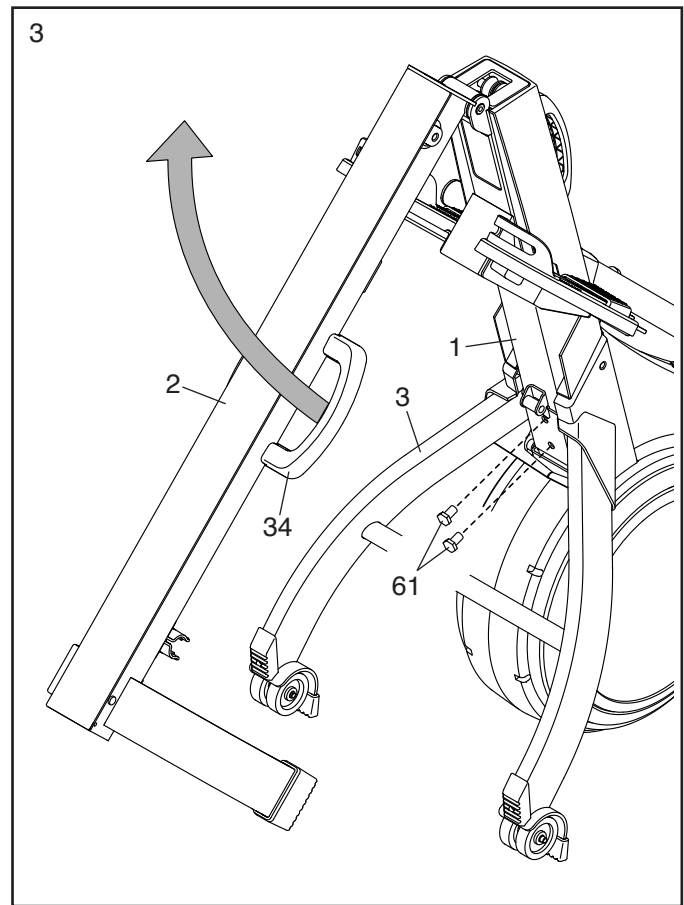
With the help of a second person, pull the Rail (2) outward and rotate the Stabilizer (3) downward.



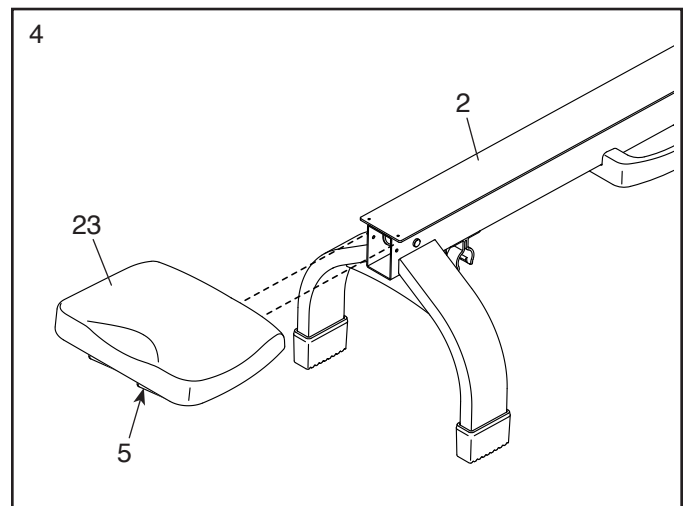
3. **Have a second person hold the Rail (2) during this step.**

Attach the Stabilizer (3) to the Frame (1) with two M10 x 14mm Screws (61).

Then, hold the Rail Handle (34), pull the Rail (2) outward, and rest the Rail on the floor (see the drawing in step 4).



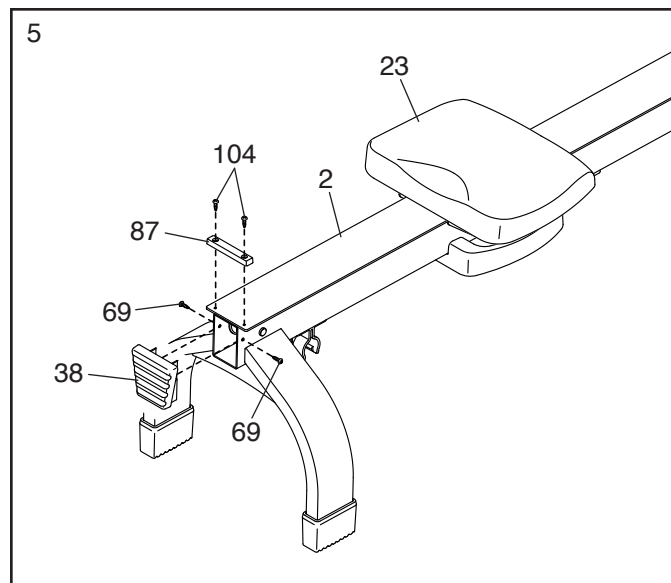
4. Orient the Seat (23) as shown, and slide the Seat Carriage (5) onto the Rail (2).



5. Slide the Seat (23) to the front of the Rail (2).

Next, attach the Rear Stop (87) to the Rail (2) with two M4 x 8mm Screws (104).

Then, attach the Rail Cap (38) to the Rail (2) with two M4 x 19mm Screws (69).

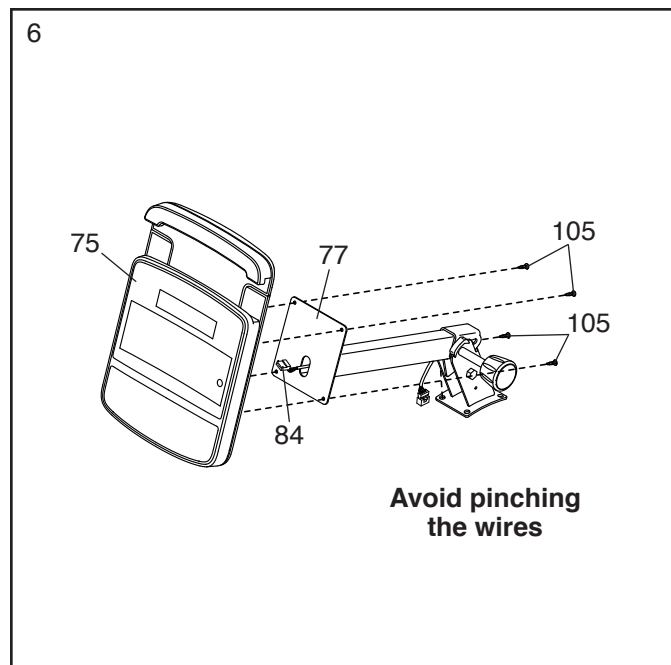


6. While a second person holds the Console (75) near the Upright (77), plug the Upright Wire (84) into the receptacles on the Console.

The connector on the Upright Wire (84) should slide easily into the receptacle and snap into place. If the connector does not slide easily into the receptacle, turn the connector and try again. **If you do not connect the connector properly, the Console (75) may become damaged when you use the rower.**

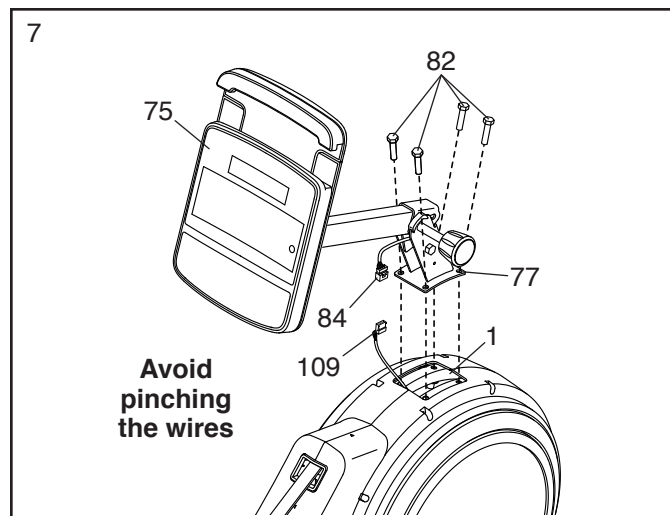
Insert the excess wire into the Upright (77) or into the Console (75).

Tip: Avoid pinching the wires. Attach the Console (75) to the Upright (77) with four M4 x 12mm Screws (105); **start all the Screws, and then tighten them.**



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

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

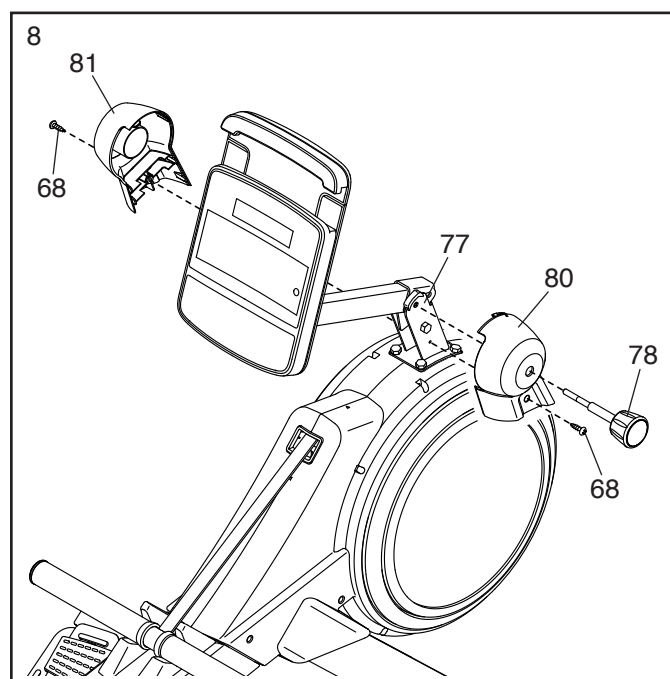


8. Loosen and remove the Knob (78) from the Upright (77).

Next, identify the Right and Left Upright Covers (80, 81), and orient them as shown.

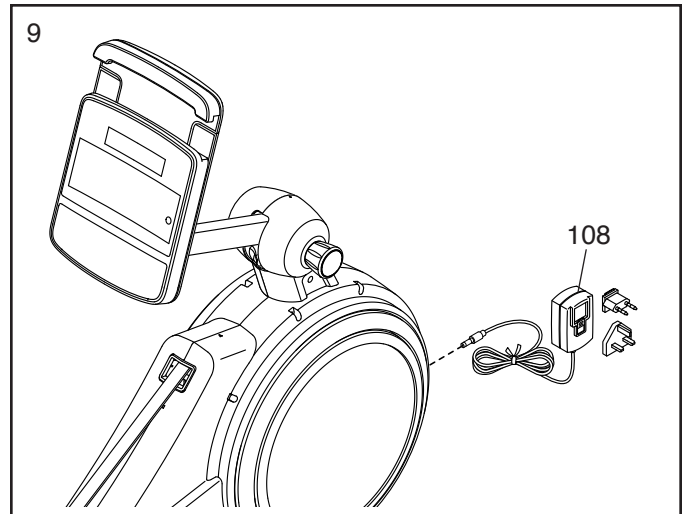
Press the Right and Left Upright Covers (80, 81) together around the Upright (77), and attach them to the Upright with two M4 x 16mm Screws (68).

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



9. Plug the Power Adapter (108) into the receptacle on the frame of the rower.

Note: To plug the Power Adapter (108) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 11.



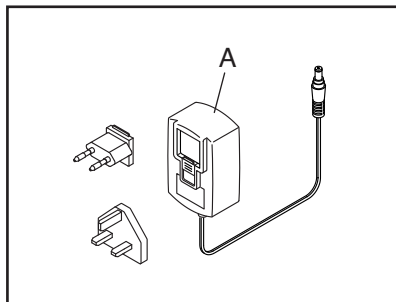
10. **Make sure that all parts are properly tightened.** Extra parts may be included. Place a mat beneath the rower to protect the floor.

HOW TO USE THE ROWER

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the rower has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the Power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

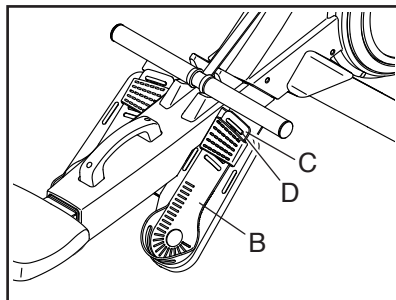
Plug the Power Adapter (A) into the receptacle on the frame of the rower. Insert the appropriate plug adapter into the Power Adapter if necessary. Then, plug the Power Adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO ADJUST THE FOOT PADS

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

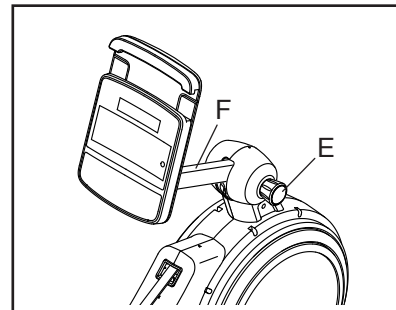
Next, press the Footrest Bracket (C), slide the Foot Pad (B) to the desired position, and then release the Footrest Bracket so that the Tab (D) engages a slot in the Foot Pad. Then, tighten the strap over your foot.



Adjust the other foot pad in the same way. Make sure that both foot pads are in the same position.

HOW TO ADJUST THE CONSOLE VIEWING ANGLE

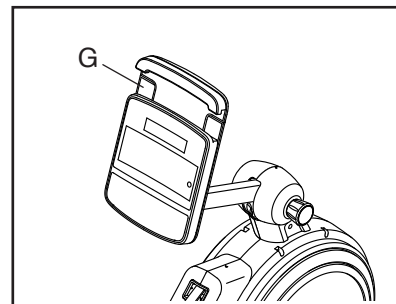
To adjust the console to the desired viewing angle, loosen the Knob (E), raise or lower the Neck (F) to the desired angle, and then tighten the Knob; **do not hold or pull on the console.**



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.

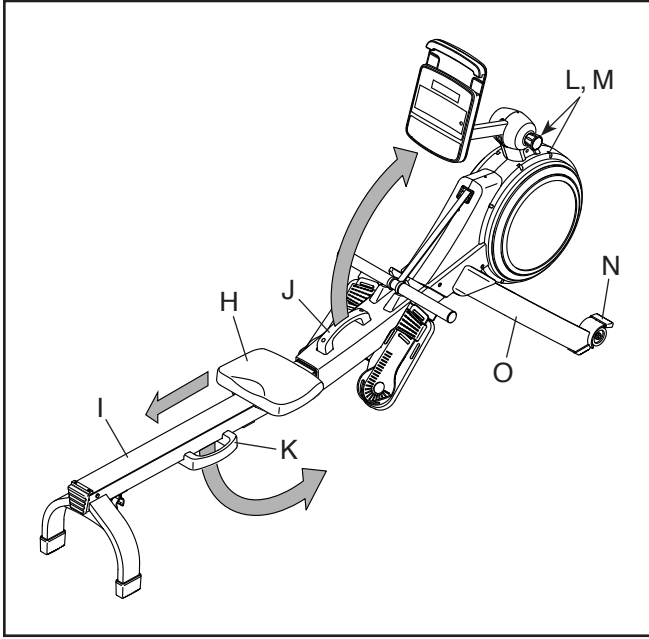
To insert a tablet into the Tablet Holder (G), set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the Tablet Holder.** Reverse these actions to remove the tablet from the Tablet Holder.



HOW TO FOLD AND STORE THE ROWER

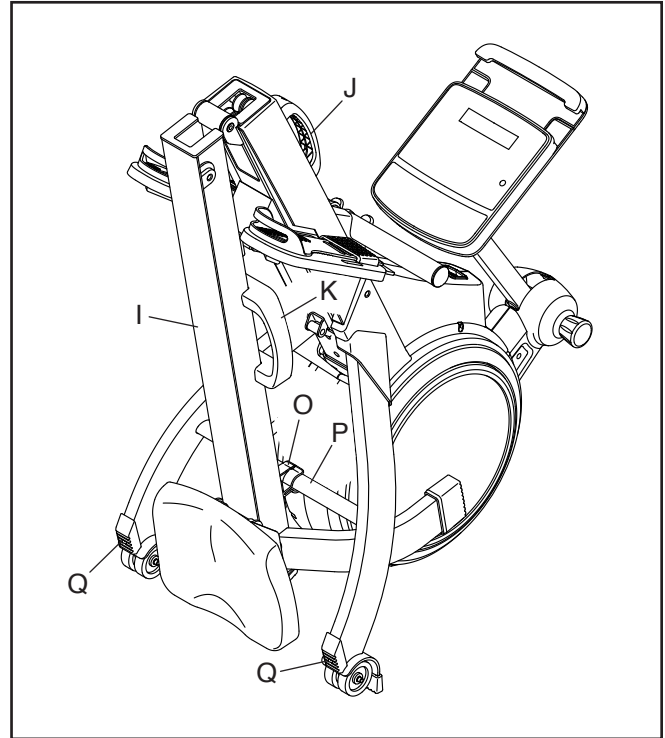
The rower can be stored in a folded position to conserve space. **Store the rower in a location where children cannot tip it.** Unplug the power adapter when storing the rower for extended periods of time.

To store the rower, first slide the Seat (H) to the rear of the Rail (I).



Next, hold and lift the Frame Handle (J) and the Rail Handle (K), and tip the rower forward onto the Shields (L, M) and the Storage Feet (N) (see the drawing at the right).

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

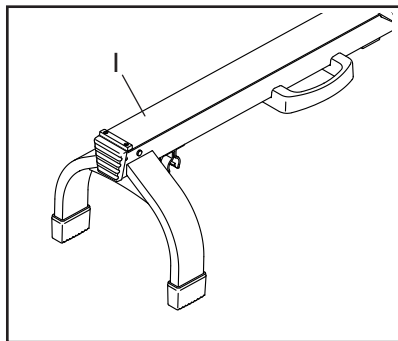


To unfold the rower, first place your foot on a Stabilizer Foot (Q) and pull the Rail Handle (K) outward to disengage the Folding Clamp (O).

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

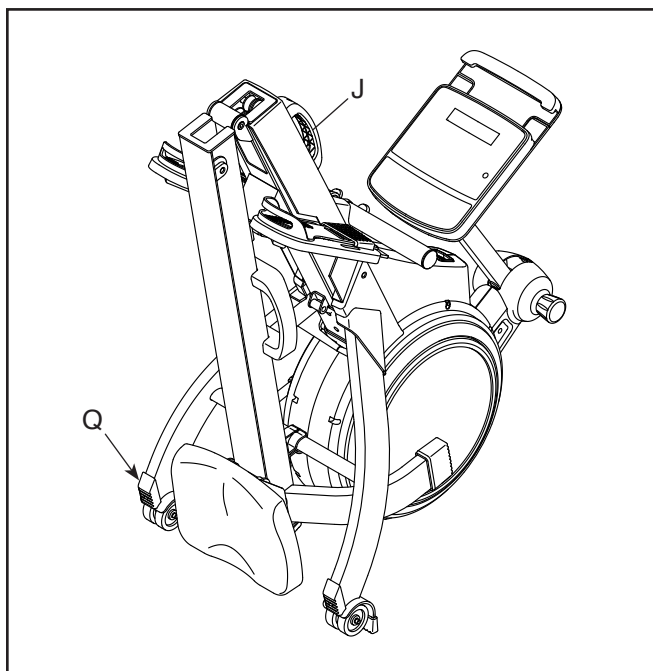
HOW TO MOVE THE ROWER IN THE UNFOLDED POSITION

Stand behind the rower and lift the Rail (I) until the rower will roll on the wheels. Then, carefully move the rower to the desired location, and lower the Rail to the floor. **Do not hold or pull on the console when moving the rower.**



HOW TO MOVE THE ROWER IN THE FOLDED POSITION

See HOW TO FOLD AND STORE THE ROWER on page 12, and fold the rower. Then, hold the Frame Handle (J), place your foot on a Stabilizer Foot (Q), and tip the rower until it will roll on the wheels. Carefully move the rower to the desired location, and then tip it into the storage position. **Do not hold or pull on the console when moving the rower.**



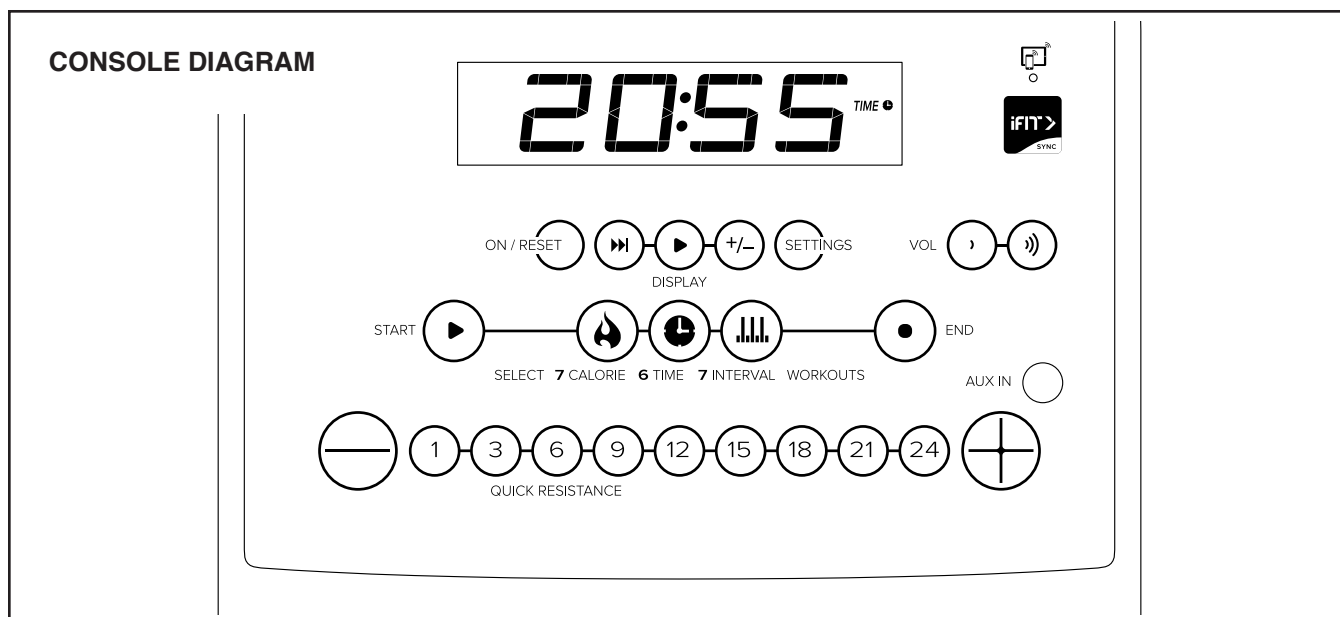
HOW TO ROW ON THE ROWER

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

Correct rowing form consists of three phases:

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

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



FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can adjust the resistance of the row bar with the touch of a button. As you exercise, the console will display continuous exercise feedback.

You can even measure your heart rate using a compatible heart rate monitor. **See page 18 for information about purchasing an optional chest heart rate monitor.**

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

The console also offers a selection of onboard workouts. Each onboard workout automatically changes the resistance of the row bar as it guides you through an effective workout.

You can even connect your personal audio player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 15. **To use an onboard workout**, see page 17. **To use the sound system**, see page 18. **To connect your tablet to the console**, see page 19. **To connect your heart rate monitor to the console**, see page 19. **To change console settings**, see page 20.

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

HOW TO USE THE MANUAL MODE

1. Begin rowing 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. Select the manual mode.

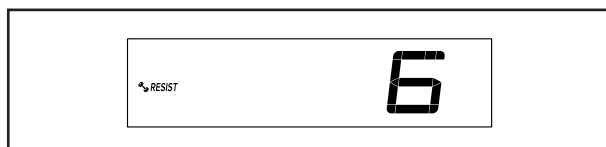
When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, reselect the manual mode by pressing any of the Workouts buttons repeatedly until zeros appear in the display.

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

Press the Start button or begin rowing to start the manual mode.

As you row, you can change the resistance of the row bar. To change the resistance, press one of the numbered Quick Resistance buttons or press the Quick Resistance increase and decrease buttons.



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

4. Follow your progress with the display.

The display can show the following workout information:

Calories (CALs)—When the manual mode and most onboard workouts are selected, the

approximate number of calories you have burned. When calorie workouts are selected, the approximate number of calories that remain to be burned in the workout.

Calories per Hour (CALs/HR)—The approximate number of calories you are burning per hour.

Distance (M)—The distance that you have rowed in meters.

Pulse (BPM and heart symbol)—Your heart rate when you use the handgrip heart rate monitor or a compatible heart rate monitor (see step 5).

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

Strokes—The number of rowing strokes you have completed during your workout.

Strokes Per Minute (SPM)—The number of rowing strokes you are completing per minute.

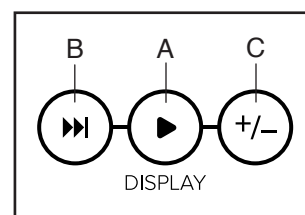
Speed (K PH)—Your rowing pace in kilometers per hour.

Time—When the manual mode or a calorie workout is selected, the elapsed time. When an onboard workout is selected, the time remaining in the workout.

Watts—Your approximate power output in watts.

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

Press the Display button (A) repeatedly to view the desired workout information in the display.



Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. To turn on the scan mode, press the Scan button (B); the scan indicator (D) and the word SCAN will turn on in the display.



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

To turn off the scan mode, press the Display button; the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

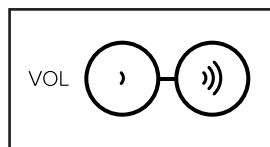
To customize the scan mode, first press the Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

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

Then, press the Scan button to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a heart rate monitor.

To change the volume level of the console, press the Vol increase and decrease buttons.



To pause the console, simply stop rowing or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume rowing.

To end the workout, press the End button repeatedly.

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

You can wear an optional heart rate monitor to measure your heart rate. For more information about the optional heart rate monitor, see page 18. Note: The console is compatible with Bluetooth® Smart heart rate monitors.

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

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

If the row bar does not move for several seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume rowing.

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

Note: The console features a demo mode, designed to be used if the rower is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 20.

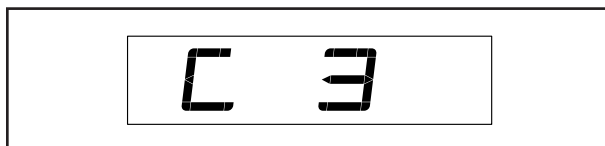
HOW TO USE AN ONBOARD WORKOUT

1. Begin rowing 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. Select an onboard workout.

To select an onboard workout, press the Calorie, Time, or Interval Workouts button repeatedly until the name of the desired workout appears in the display.



A few seconds after you press a button, the duration of the workout or the number of calories to be burned will appear in the display. The maximum resistance level may also appear.

3. Start the workout.

Press the Start button or begin rowing to start the workout.

Calorie and Interval Workouts—Each Calorie and Interval workout is divided into one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the row bar will then change.

If the resistance level for the current segment is too high or too low, you can manually override the

setting by pressing the Quick Resistance buttons.

IMPORTANT: When the current segment of the workout ends, the row bar will automatically adjust to the resistance level programmed for the next segment.

The workout will continue in this way until the last segment ends. To pause the console, simply stop rowing or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume rowing.

To end the workout, press the End button repeatedly.

Time Workouts—Each Time workout is divided into one-minute segments. Adjust the resistance level and your rowing speed as desired during each segment of a Time workout.

The workout will continue in this way until the last segment ends. To pause the console, simply stop rowing or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume rowing.

To end the workout, press the End button repeatedly.

4. Follow your progress with the display.

See step 4 on page 15.

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

See step 5 on page 16.

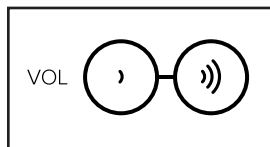
6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 16.

HOW TO USE THE SOUND SYSTEM

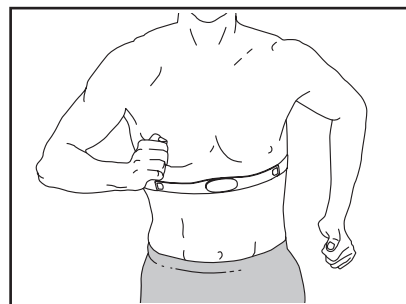
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in.** **Note: To purchase an audio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



THE OPTIONAL CHEST HEART RATE MONITOR

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



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

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

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

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

On your iOS® or Android™ tablet, open the App StoreSM or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the Bluetooth option is enabled on your tablet.**

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

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

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

3. Connect your tablet to the console.

Press the iFit Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console.

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

4. Record and track your workout information.

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

5. Disconnect your tablet from the console if desired.

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

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

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

To connect your Bluetooth Smart heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

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

To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

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

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the Settings button. The first settings screen will appear in the display.

Note: If you are using the manual mode or an onboard workout, press the End button repeatedly to end your workout before you press the Settings button.

2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Display button repeatedly to select the desired settings screen.

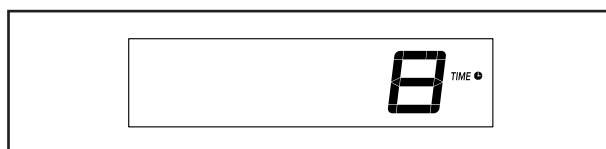
3. Change settings as desired.

Software Version Number—The software version number will appear in the display.

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

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

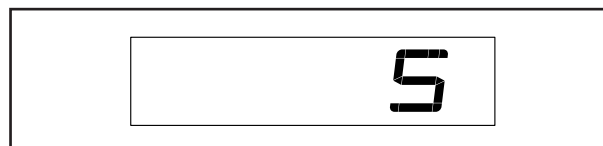
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the rower has been used.



Total Distance—The letters KM will appear in the display. The display will show the total distance in kilometers that the rower has been rowed.



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



Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the rower is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Quick Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



4. Exit the settings mode.

Press the Settings button to exit the settings mode.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

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

CONSOLE TROUBLESHOOTING

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

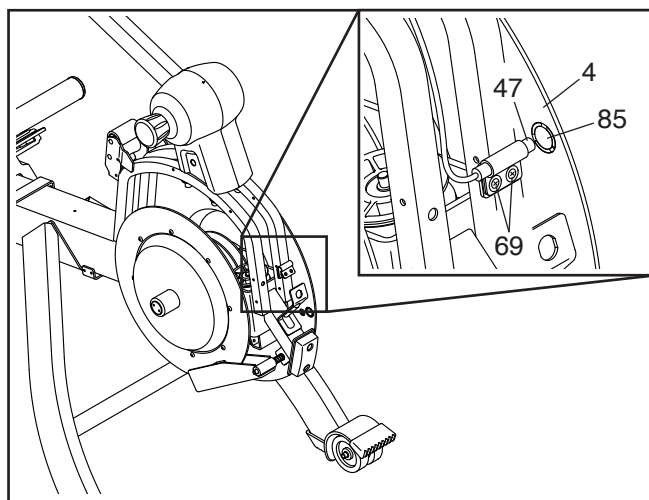
If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

HOW TO ADJUST THE REED SWITCH

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

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

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



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

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

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

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

EXERCISE INTENSITY

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

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

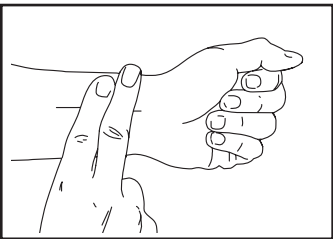
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

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

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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

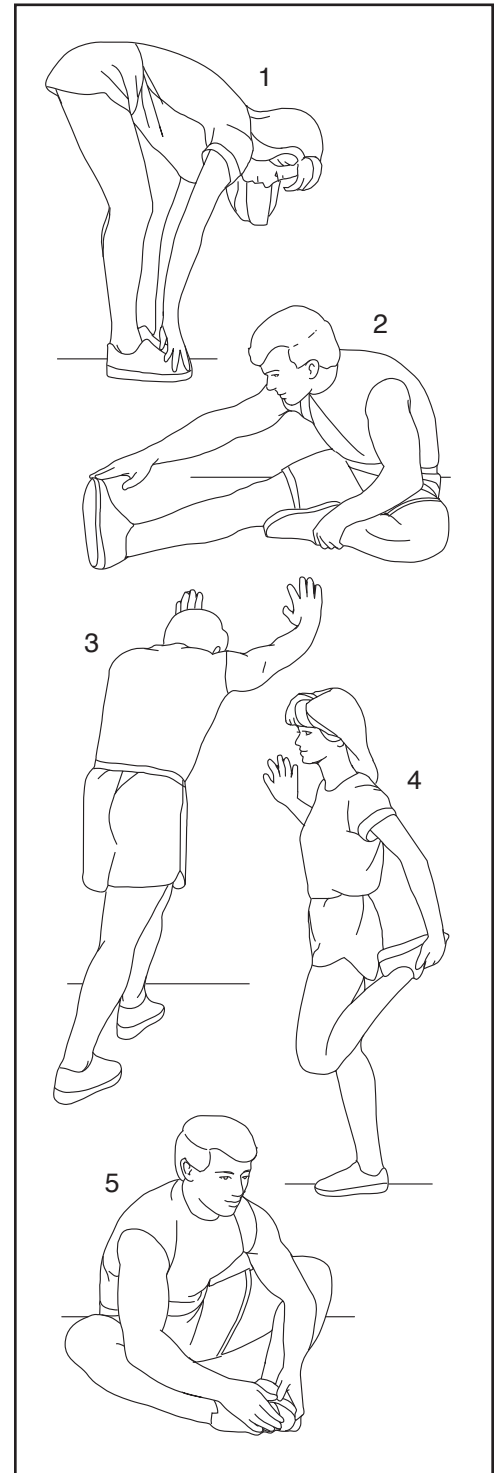
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. PFEVRW41019.0 R0919A

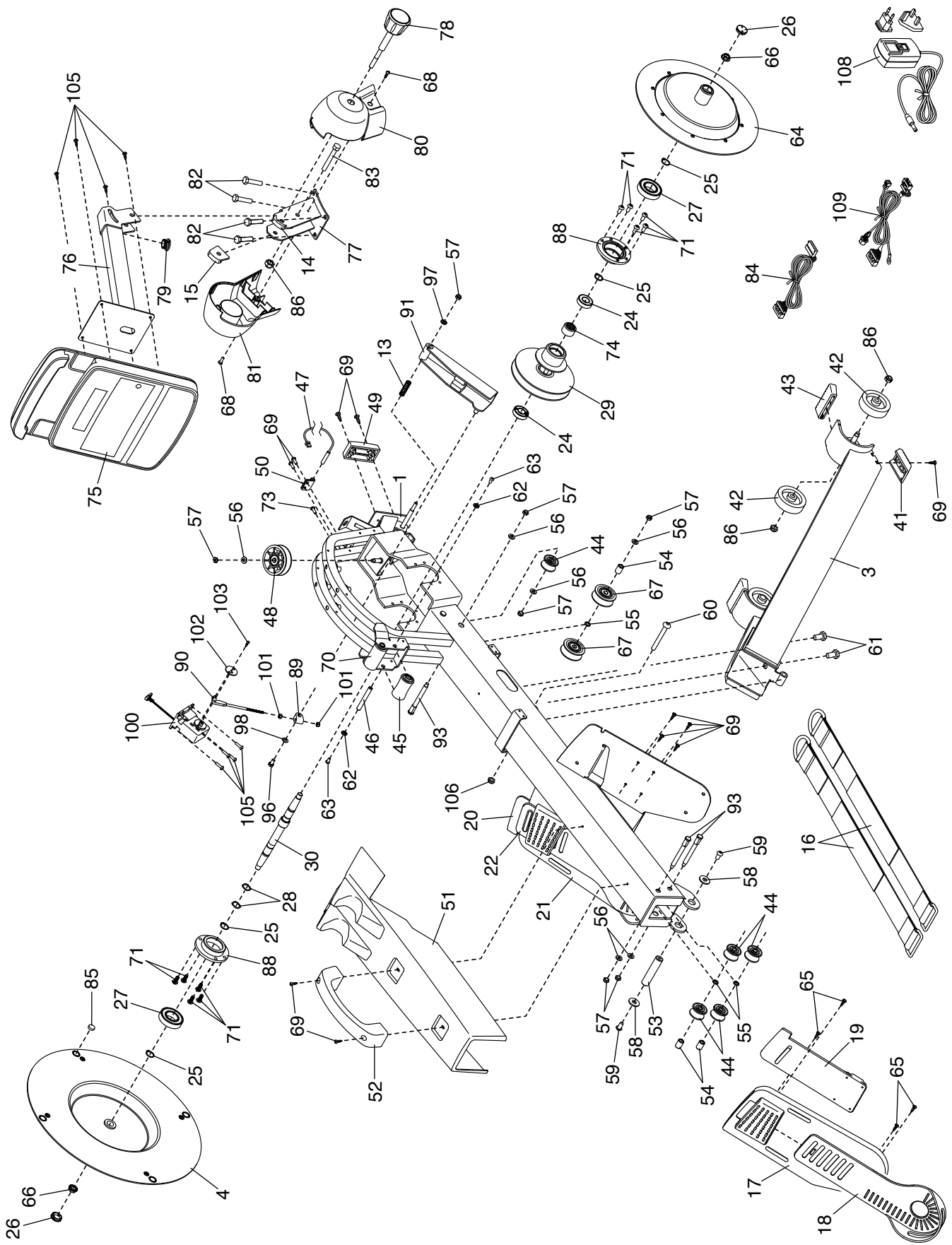
| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|------------------------|---------|------|-----------------------|
| 1 | 1 | Frame | 49 | 1 | Frame Foot |
| 2 | 1 | Rail | 50 | 1 | Clamp |
| 3 | 1 | Stabilizer | 51 | 1 | Row Bar Rest |
| 4 | 1 | Left Flywheel | 52 |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

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-----------------------|---------|------|-----------------|
| 97 | 1 | M6 x 13mm Washer | 105 | 8 | M4 x 12mm Screw |
| 98 | 1 | M6 Washer | 106 | 1 | M10 Locknut |
| 99 | 20 | M4 x 12mm Blunt Screw | 107 | 6 | M4 x 10mm Screw |
| 100 | 1 | Resistance Motor | 108 | 1 | Power Adapter |
| 101 | 2 | M5 Nut | 109 | 1 | Main Wire |
| 102 | 1 | Resistance Disc | * | — | User's Manual |
| 103 | 1 | M3 x 8mm Screw | * | — | Assembly Tool |
| 104 | 2 | M4 x 8mm Screw | | | |

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.

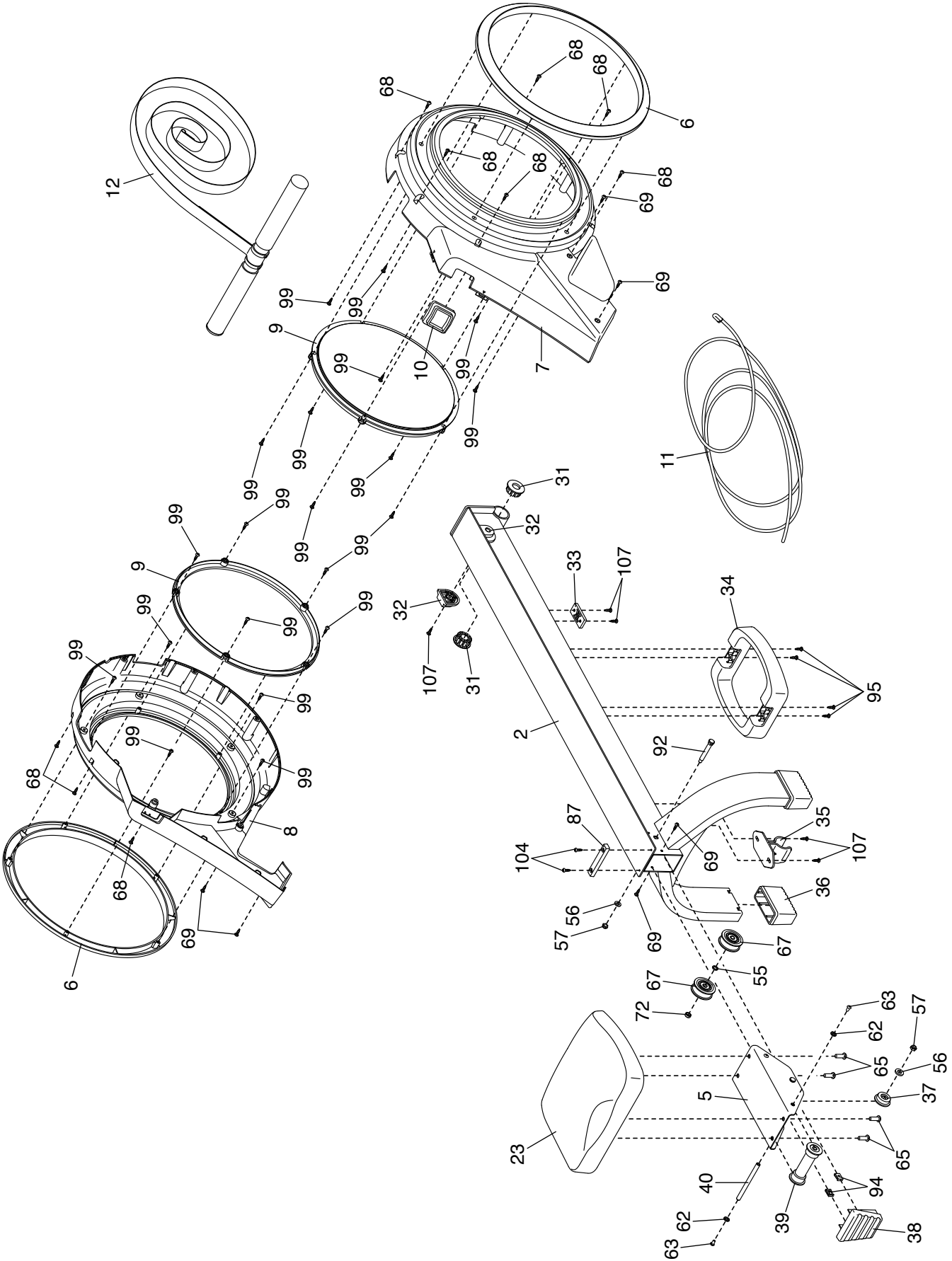
EXPLODED DRAWING A

Model No. PFEVRW41019.0 R0919A



EXPLODED DRAWING B

Model No. PFEVRW41019.0 R0919A



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.

