

PRO-FORM®

PERFORMANCE & INNOVATION

Model No. PFIVEX51811.0
Serial No. _____

Write the serial number in the
space above for reference.

QUESTIONS ?

If you have questions, or if there are
missing parts, please contact us:

UK

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

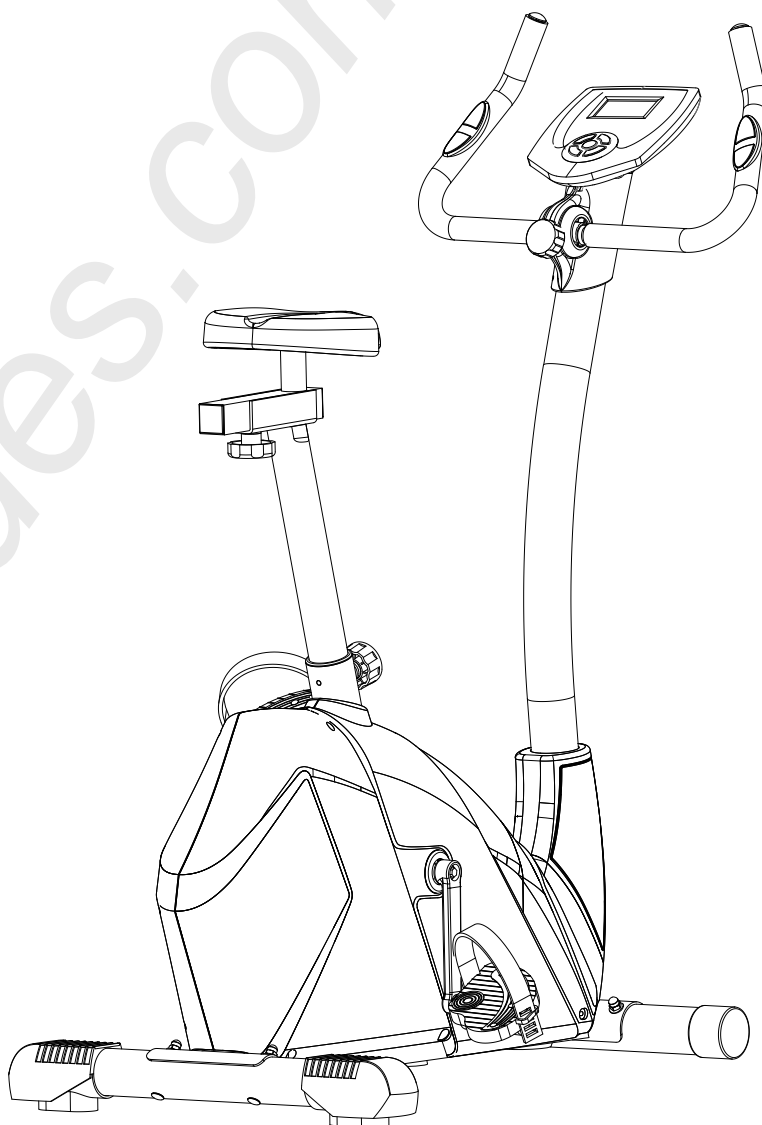
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK



CAUTION

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

USER'S MANUAL



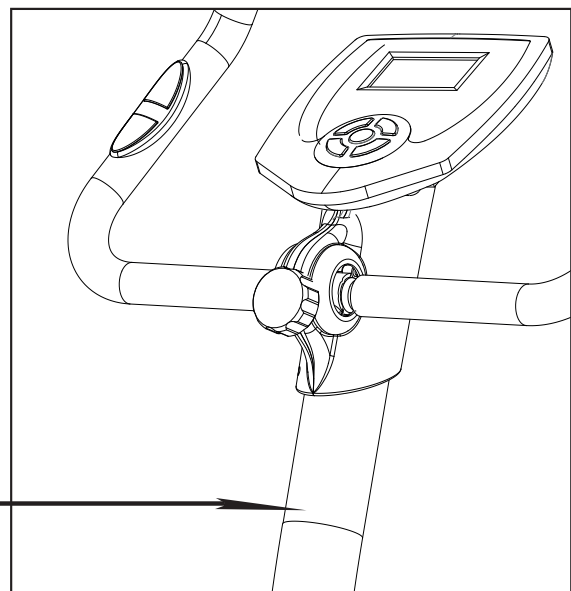
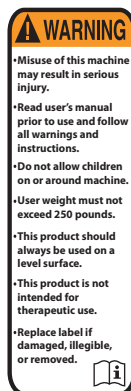
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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, call the telephone number on 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.



IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use this bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the bike are adequately informed of all precautions.
4. The bike is intended for home use only. Do not use the bike in a commercial, rental, or institutional setting.
5. Keep the bike indoors, away from moisture and dust. Place the bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the bike and 2 ft. (0.6 m) on each side.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the bike at all times.
8. The bike should not be used by persons weighing more than 250 lbs. (115 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the bike. Always wear athletic shoes for foot protection while exercising.
10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the bike.
11. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. Keep your back straight while using the bike; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Thank you for purchasing the ProForm® 275 ZLX. The bike! provides an array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model

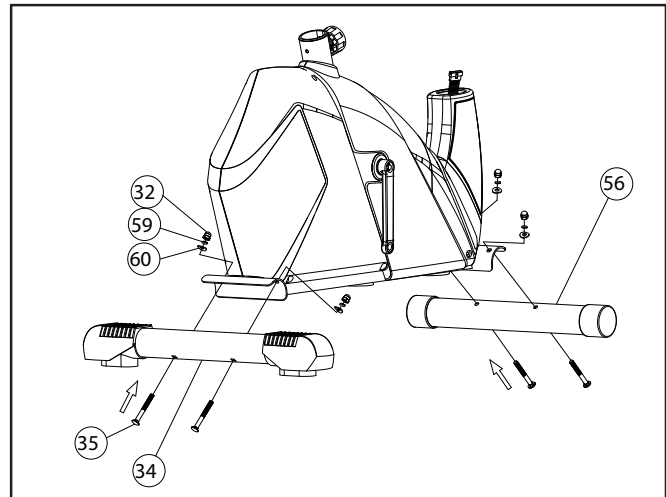
number and serial number before contacting us. The model number is PFIVEX51811.0 and the location of the serial number decal are shown on the front cover of this manual.

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

ASSEMBLY

STEP 1

Lift the front of the main frame and fit the Front Stabilizer (56) with 2 x Carriage Bolts (35), 2 x Curved Washers (60), 2 x Spring Washers (59) and 2 x Cap Nuts (32). Now repeat this process for the Rear Stabilizer (34).



STEP 2

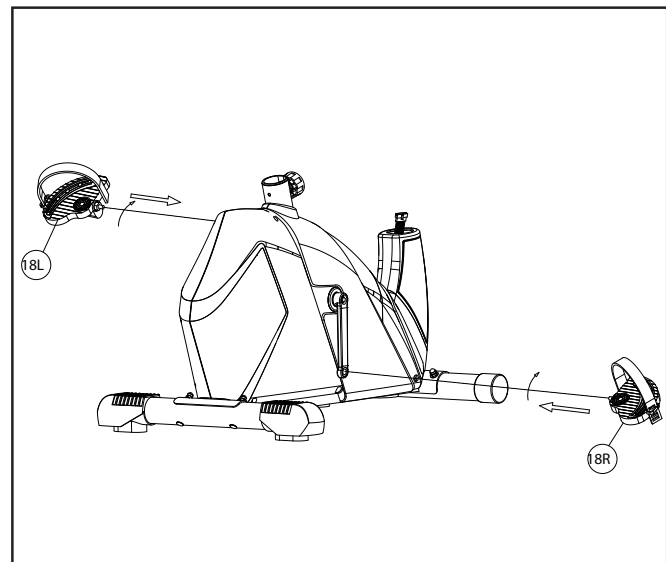
Attach right pedal (18R) on the right pedal crank.

(NOTE: The screw direction is clockwise).

Now repeat this process for the left pedal (18L).
(NOTE: The screw direction is anti-clockwise).

Then mount the pedal straps left and right on the associated pedals.

Note : The pedals are signed with "L" for left and "R" for Right.



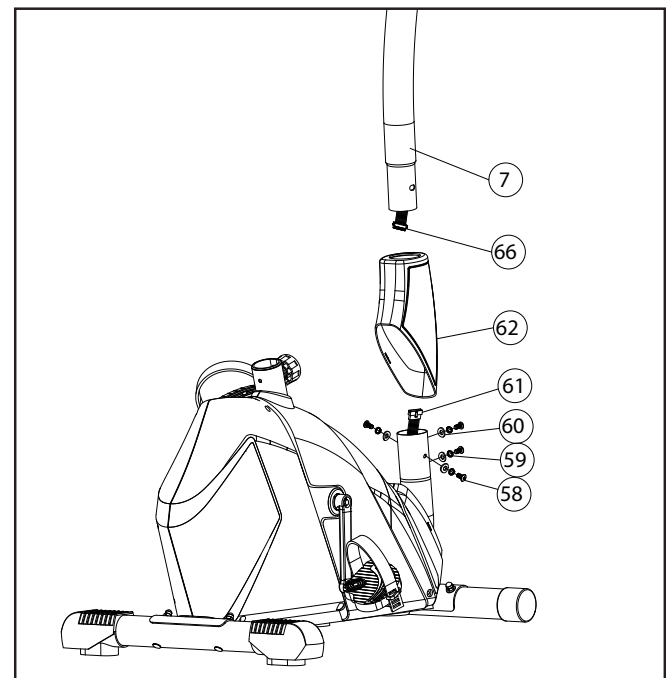
STEP 3

Carefully lift the Handlebar Post (7) until it is vertical.

Slide the front plastic cover (62) onto handlebar post (7).

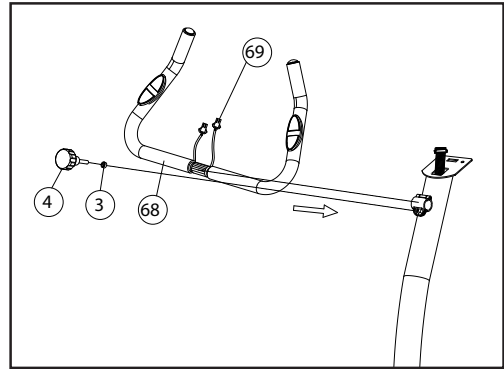
Join the upper Computer Cable (66) to the lower Computer Cable (61).

Then put the Handlebar Post into Main Frame, and secure them with 4 Curved Washers (60), 4 Spring Washers (59) and 4 Allen Bolts (58).



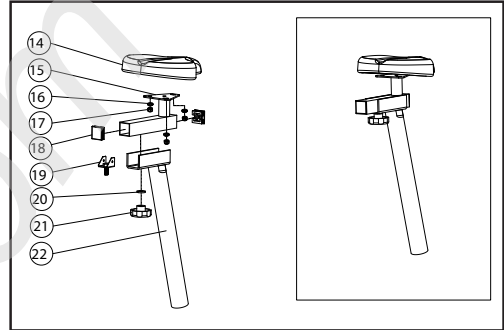
STEP 4

Take the Handlebar (68) and fix into place using Metal Spacer (3) and Knob (4). Make sure you slide the Hand Pulse Cable (69) over the Computer Bracket through the hole on the back of handlebar post. Tighten fully.

**STEP 5**

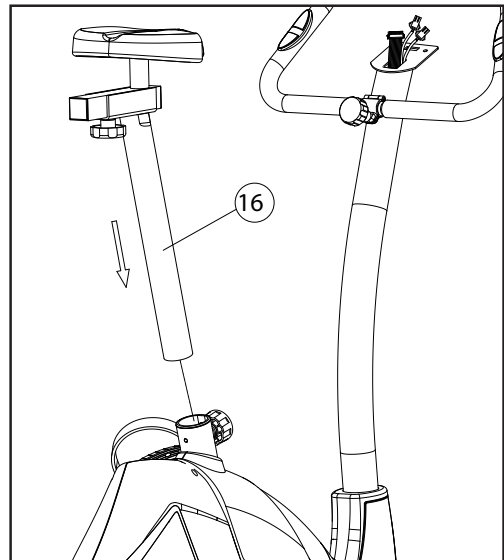
Remove three preassembled washers (10) and nylon nuts (11) from back of the seat. Attach the Seat onto Sliding Set (9) and secure them with three washers (10) and three nylon nuts (11). Attach the seat with sliding set onto Seat post (16), keep the bolt on the sliding set outside.

Then secure the bolt with flat washer (14) and knob (15) tightly.

**STEP 6**

Put the Seat Post (16) into Main Frame. Select a suitable height setting and secure in place with the Seat Support Adjuster Knob.

Note : Further more, you must ensure when setting this desired position that the seat pillar is not pulled out of the main frame further than the highest setting position, which is marked.

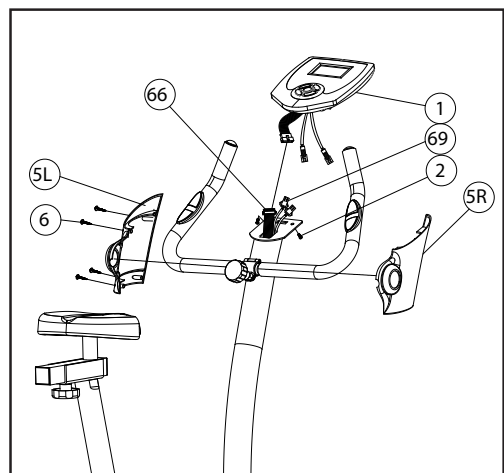
**STEP 7**

Remove the 2 pre-fitted Screws (2) from the backside of the Computer (1).

Connect the Upper Computer Cable (66) and two hand pulse cable (69) with the cable on the back of computer (1) separately, then secure the computer onto Handlebar Post Bracket using the 2 previously removed Screws (2).

Attach the Handlebar Cover (5L+R) onto handlebar with 4 Screws (6).

Now, your machine is ready for use.



CONSOLE FEATURES



CONSOLE FEATURES

Follow your progress with the display.

The console has six displays that show the following workout information:

Speed— This display shows your estimate speed, in kilometer per hour.

Time— This display shows the elapsed time.

Note: When a smart program is selected, the display will show the time remaining in the program instead of the elapsed time.

Distance— This display shows the distance you have pedaled, in total revolutions.

Calories— This display shows the approximate number of calories you have burned.

RPM— This display shows your pedaling speed, in revolutions per minute (rpm).

Watts— This display shows the watts you developed during the workout.

HOW TO USE THE CONSOLE

Make sure to plug the power adapter.

If there is a sheet of clear plastic on the face of the console, remove it.

1. Turn on the console

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

2. Press the buttons :

UP:

Press this button to increase the resistance during the workout or during the setting mode to increase the values of Time, Distance, Calories, Age or gender or the programs.

DOWN :

Press this button to decrease the resistance during the workout or during the setting mode to decrease

the values of Time, Distance, Calories, Age or Gender or programs.

MODE :

During the time setting mode, press this button to validate the hours and minutes.

During the setting mode, press this button to validate the adjusted values.

During the STOP mode, press this button to reset the values.

START/STOP:

For a quick start, press this button to start the counting of the console, it will start at 0. If you hold this button for more than 2 sec it rests the values.

PULSE RECOVERY :

Press this button to activate the recovery test.

3. Start pedaling and follow your progress with the display :

While you exercise, the console will display the selected mode.

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

If the pedals do not move for a few seconds the console will pause. The console has an “auto-off” feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically.

How to use the Pulse Recovery Test :

It is a function to check the condition of pulse recovery that is scaled from A+ to C while A+ means the best and C means the worst and the increment is like this : A+, A, B+, B, C+, C.

In order to get rated correctly, users must test it right after the workout finished by pressing “TEST(RECOVERY) ” key and then stop exercising. After the key is pressed, please also apply the heart rate detector appropriately, the test will last for 1 minute and the result will show in the display. If the computer does not detect your current heart rate, pressing “TEST(RECOVERY) ” will not enter into pulse recovery test. During the pulse recovery test, press “TEST(RECOVERY) ” to exit the test and return to the stop status.

1. Turn on the console.

To turn on the console, press a button or begin pedaling. The entire display will light for a moment; 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. If you have selected a program, reselect the manual mode by pressing the Smart Programs button repeatedly until zeros appear in the display.

Press the UP ou DOWN to select Program 1. The resistance level is 5 by default. TIME will flash on the console, press the UP and DOWN button to select the length of your workout. Press MODE to validate. Then do as before for the DISTANCE, CALORIES and PULSE. Finally press START/STOP button to start.

3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are 24 resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the display.

The console displays the elapsed time and the distance you've pedaled. Note: When a smart program is selected, the display will show the time remaining in the program instead of the elapsed time. It also displays your pedaling speed (in RPM), the calories and fat calories you 've burnt and also your heart rate when you use the handgrip pulse sensor.

5. Measure your heart rate if desired.

Note: If there are sheets of clear plastic on the metal contacts of the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor, with your palms resting against the metal contacts. Avoid moving your hands or gripping the contacts tightly. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes will appear. After a moment, your heart rate will be shown in the display. For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes. If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hand excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the

metal contacts using a soft cloth; never use alcohol, abrasives, or chemicals to clean the contacts.

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

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause.

If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

HOW TO USE THE PRESET PROGRAMS :**1. Turn on the console**

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

2. Select your preset program

Press the UP/DOWN button to select a program. Select your program according to your goals and profiles that is displayed on the console.

3. Adjust the program according to your daily goals :

TIME will flash on the console, press the UP or DOWN button to select the length of your workout. Press the MODE button to validate. DISTANCE will then flash, repeat the operations to select and validate the distance. Do as before for CALORIES and PULSE. Finally, press the START/STOP button to start your workout.

4. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are 24 resistance levels.

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

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

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

HEART RATE CONTROL PROGRAMS :

1. Turn on the console

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

2. Select your preset program

Press the UP and DOWN button to select Heart Rate program. Wait until the word PROGRAM begins flashing. Press the MODE button to validate.

Each program corresponds to a specific target :

Program 12 corresponds to 60% of Max HRC
Program 13 corresponds to 70% of Max HRC
Program 14 corresponds to 85% of Max HRC
Program 15 you define your HRC target

The HRC is calculated as follow : $220 - \text{your age}$. For instance, for a person of 35 years old : $220 - 35 = 185$ pulse/min.

3. Entering your datas

AGE will flash, press the UP and DOWN button to select your AGE, then press the UP and DOWN button to select your target, then press MODE to validate.

Do as before, to set up TIME, DISTANCE and CALORIES.

Finally, press START/STOP to start.

4. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are 24 resistance levels.

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

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

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause.

If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

WATT PROGRAM :

1. Turn on the console

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

2. Select your preset program

Press the UP and DOWN button to select program written WATT. Wait until the word PROGRAM begins flashing. Press the MODE button to validate.

3. Entering your datas

TIME will flash, press the UP and DOWN button to select your TIME, then press the UP and DOWN button to select your DISTANCE and WATTS. Press the MODE button to validate. Finally, press START/STOP to start.

This program depends on your speed, as a consequence, you cannot adjust your resistance level.

4. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are 24 resistance levels.

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

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

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause.

If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

USER SETTING PROGRAMS :

1. Turn on the console

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

2. Select your preset program

Press the UP and DOWN button to select program (written U1 to U4). Wait until the word PROGRAM begins flashing. Press the MODE button to validate.

3. Entering your datas

Users are free to edit the values in the order of TIME, DISTANCE, CAL, and the level of resistance in 10 intervals. The values and profiles will be stored in the memory after setup.

To do that, once the program is selected and you hold the MODE button during 3 seconds, the first column will be flashing and you'll use the UP and DOWN button to create your profile. Press MODE to validate, you'll then move on the 2nd column. Again hold during 3 seconds de MODE buttons to adjust the level of the colonn. Do the same as before for the 10 columns. Finally press START/STOP button to start.

4. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

If the pedal do not move for a few seconds, the word STOP will appear in the display, and the console will pause. The console has an "auto-off" feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

BODYFAT TEST :

1. Turn on the console

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

2. Select your preset program

Press the UP and DOWN button to select program 20 (written BODY FAT). Wait until the word PROGRAM begin flashing. Press the MODE button to validate. It's a special program designed to calculate users' body fat ratio.

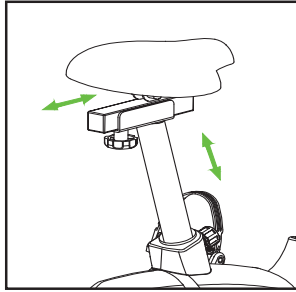
3. Entering your datas

Press "MODE" key to select HEIGHT WEIGHT, AGE and GENDER. Then, press UP or DOWN button to adjust the values. After pressing "START/STOP" key to calculate body fat, please also apply the heart rate detector appropriately. If the detector cannot pick up any signals, an error message "Err" will show up in the profile display. If it happens, press "START/STOP" key to calculate again. Then, the body Fat will be shown in the display.

HOW TO OPERATE THE EXERCISE CYCLE

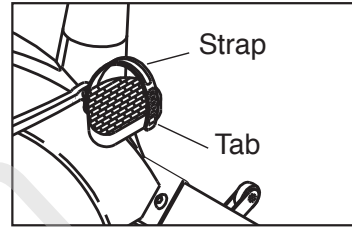
HOW TO ADJUST THE HEIGHT AND LATERAL POSITION OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height or the lateral position of the seat, first loosen the seat post knob. Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob. Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post. Then, tighten the knob.



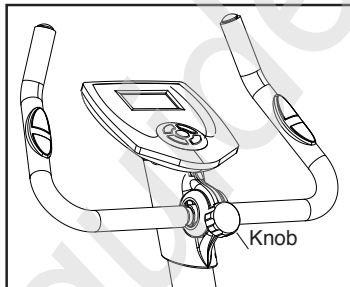
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the pedal straps off the tabs on the pedals. Adjust the pedal straps to the desired position, and then press the ends of the pedal straps onto the tabs.



HOW TO ADJUST THE HANDLEBAR

To adjust the handlebar, first loosen the adjustment handle. Pivot the handlebar forward or backward to the desired position and then retighten the adjustment handle.

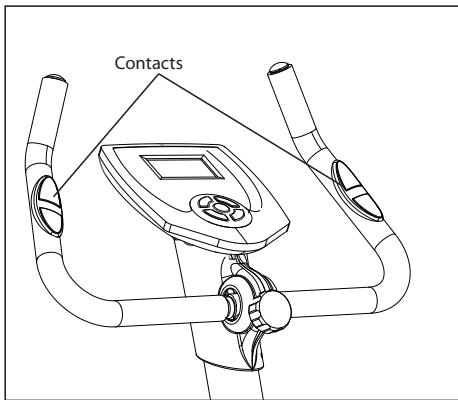


HOW TO MEASURE YOUR PULSE

Measure your heart rate if desired

You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor.

Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately. If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. Avoid moving your hands or gripping the contacts tightly.



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

If the pedals do not move for several seconds, a tone will sound and the console will pause.

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

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly.

Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild detergent.

Important: To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.

EXERCISE GUIDELINES




WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor 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 one. 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.

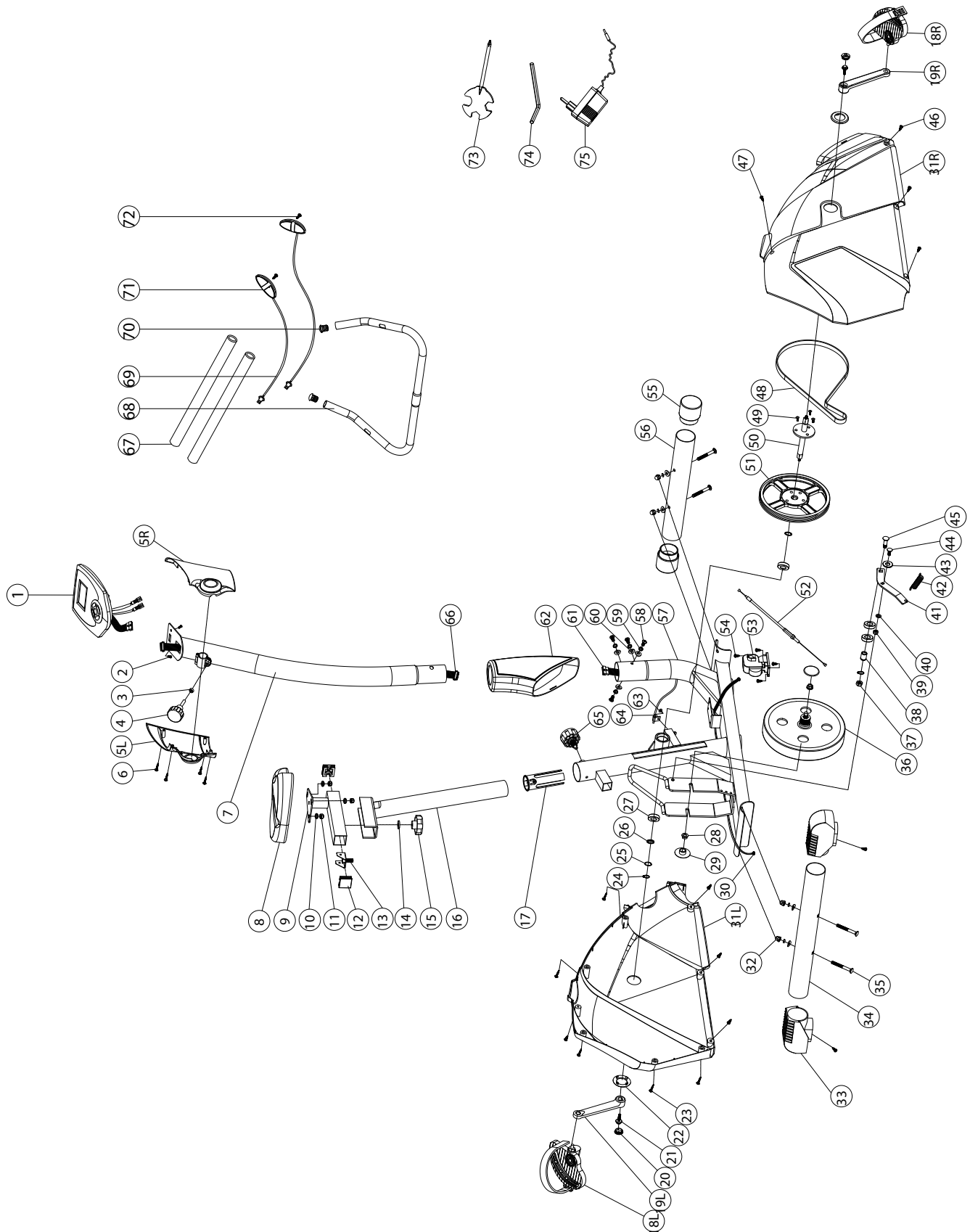
Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

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.

EXPLODED DRAWING—Model No. PFIVEX51811.0



PART LIST—Model No.PFIVEX51811.0

Item	Description	Qty.	Item	Description	Qty.
1	Computer	1	38	Tube spacer	1
2	Screw	2	39	M8 Nylon nut	1
3	Metal spacer	1	40	Φ17*22*2t Washer	1
4	Knob	1	41	Idler Rack	1
5	Handlebar cover (L+R)	1	42	Spring	1
6	Screw	4	43	Φ10*19*1.5t Washer	1
7	Handlebar post	1	44	M8*20 Carriage bolt	1
8	Saddle	1	45	M10*38 Carriage bolt	1
9	Sliding set	1	46	M5*15 Screw	8
10	Washer	3	47	M5*20 Screw	2
11	Nylon nut	3	48	Belt	1
12	End cap	3	49	Allen bolt	3
13	Bolt	1	50	Drive wheel shaft	1
14	Φ10*25*3t Washer	1	51	Belt wheel	1
15	M10 Knob	1	52	Conducting wire	1
16	Seat post	1	53	Motor	1
17	Inner plastic cover	1	54	M5*20 Screw	4
18	Pedal (L+R)	1	55	Front end cap	2
19	Crank (L+R)	1	56	Front stabilizer	1
20	Crank end cap	2	57	Main frame	1
21	M8*25 Bolt	2	58	M8*20 Allen bolt	4
22	End cap	2	59	Φ8 Spring washer	8
23	M4.5*25 Self-tapping Screw	5	60	Φ8*19*1.5t Curved washer	8
24	C shape clip	2	61	Lower computer cable	1
25	Waved washer	1	62	Front plastic cover	1
26	Φ17*22*1t Washer	2	63	Screw	1
27	Bearing	4	64	Sensor with cable	1
28	Nut	2	65	Quick pin	1
29	End cap	2	66	Upper computer cable	1
30	Main adaptor socket & lead	1	67	Handlebar foam	2
31	Chain cover (L+R)	1	68	Handlebar	1
32	M8 Cap nut	4	69	Hand pulse cable	2
33	Rear end cap	2	70	End cap	2
34	Rear Stabilizer	1	71	Hand pulse pads	2
35	M8 Carriage bolt	4	72	Screw	2
36	Flywheel	1	73	Combination wrench	1
37	M10 Nylon nut	1	74	Allen key wrench	1
			75	Adaptor	1

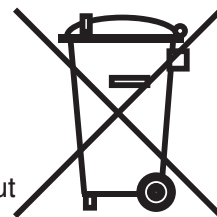
ORDERING REPLACEMENT PARTS

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)

IMPORTANT RECYCLING INFORMATION FOR E. U. CUSTOMERS

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.



SPECIFICATION :

Open Dimension : (L x l x h): 118 x 54 x 137 cm
Product Weight : 31 Kg