

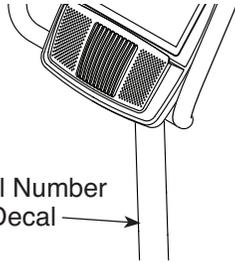
PRO-FORM[®]

PRO C10U

Model No. PFEX52921-INT.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number
Decal →

USER'S MANUAL

MEMBER CARE

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

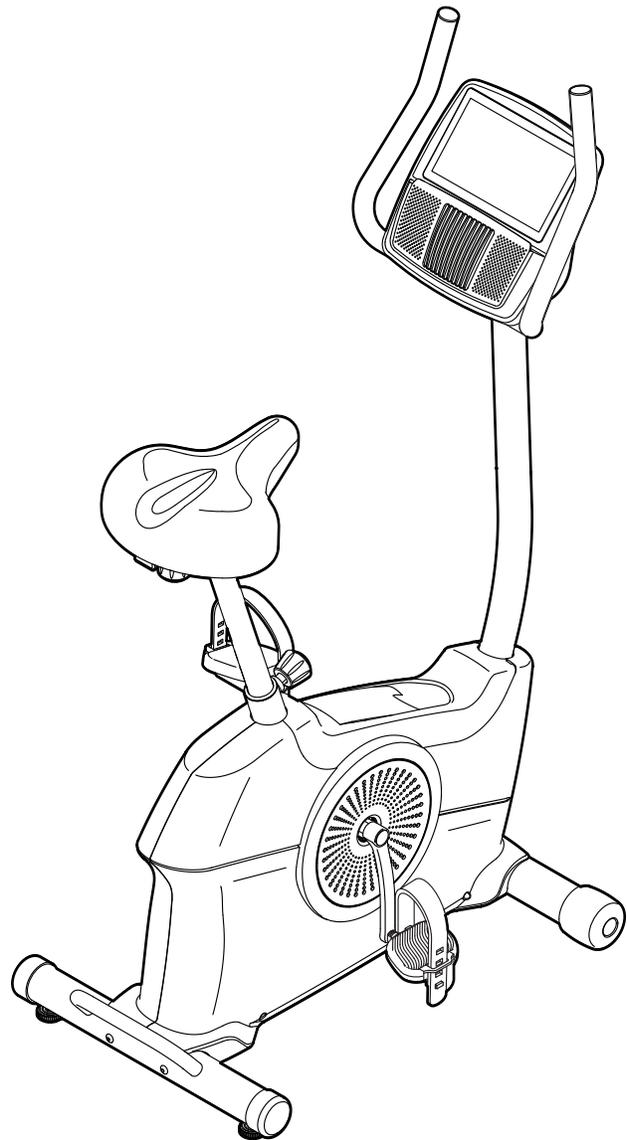
Write:

iFIT Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



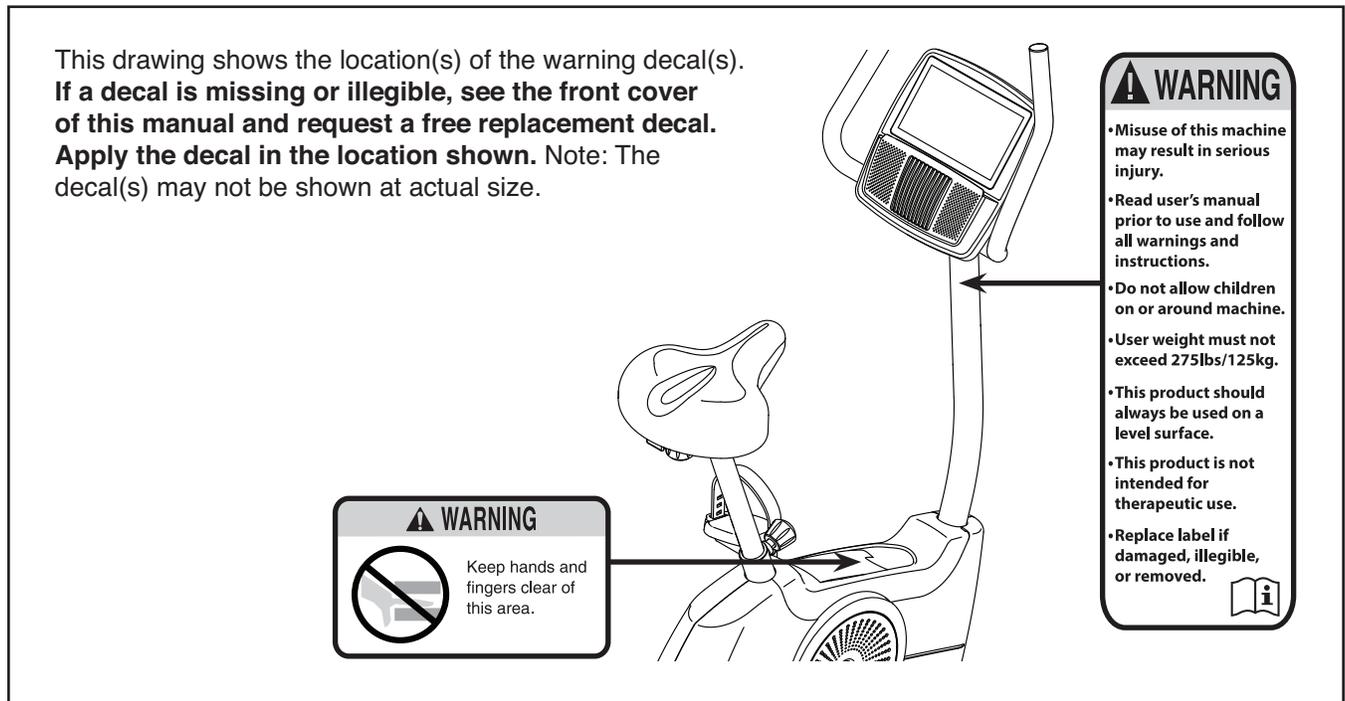
⚠ CAUTION

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

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WARNING DECAL PLACEMENT



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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 your exercise bike before using your exercise bike. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the exercise bike at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the exercise bike only as authorized by your health care provider.
5. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
6. Use the exercise bike only as described in this manual.
7. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
8. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
9. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
10. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
12. The exercise bike should not be used by persons weighing more than 275 lbs. (125 kg).
13. Be careful when mounting and dismounting the exercise bike.
14. Always keep your back straight while using the exercise bike; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

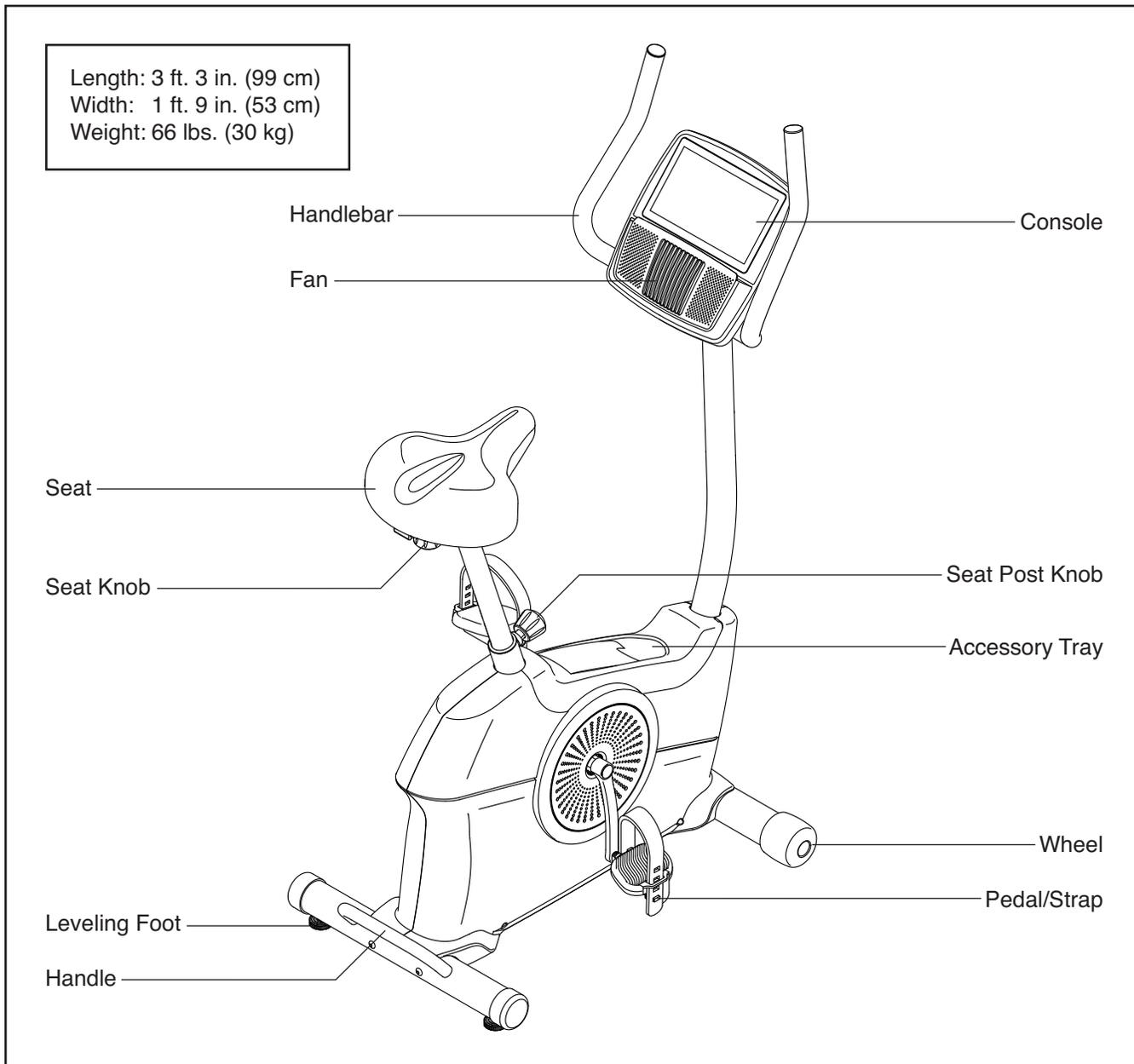
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® PRO C10U exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The PRO C10U exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

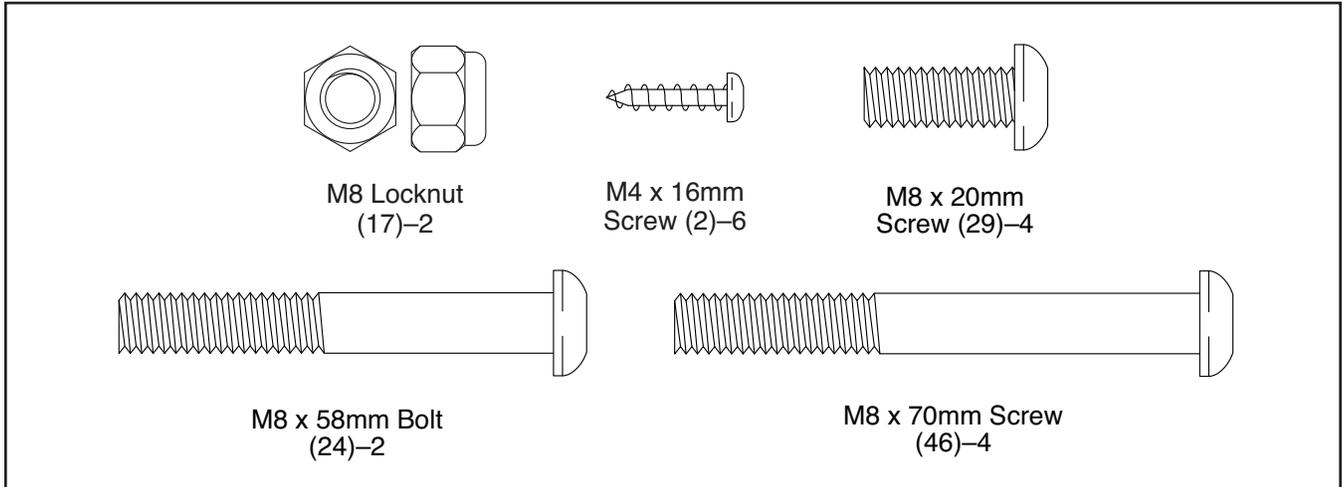
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

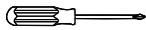
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



ASSEMBLY

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

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

one Phillips screwdriver 

one standard screwdriver 

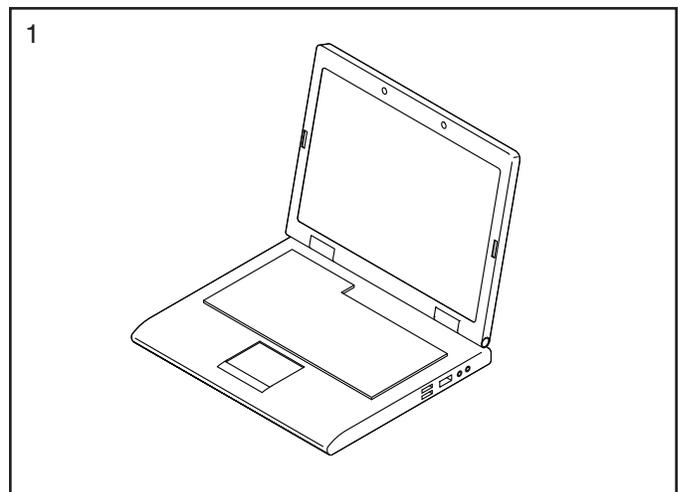
one adjustable wrench 

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

1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, call Member Care (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)



- Using a standard screwdriver, carefully pry the Shield Cover (26) off the Left and Right Shields (37, 58).

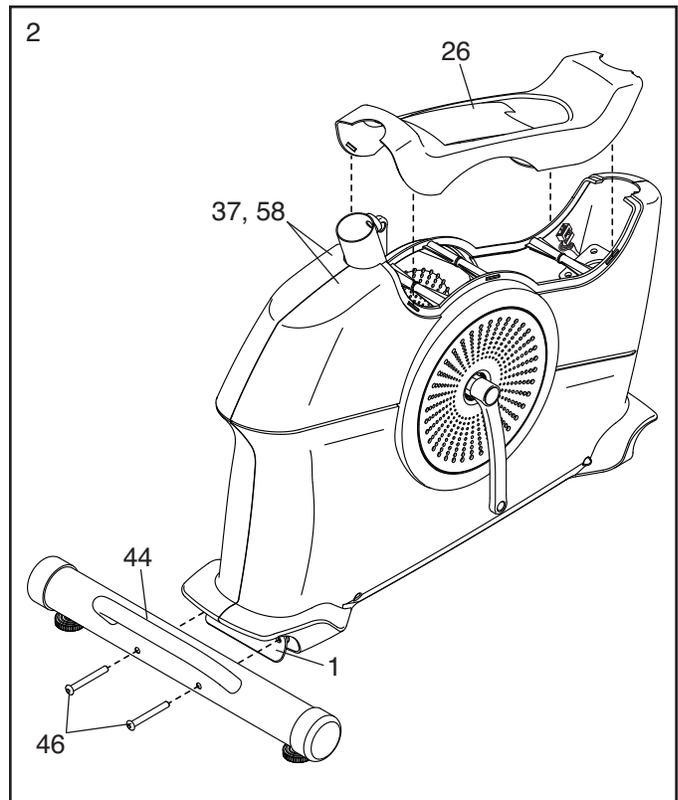
If there is a shipping tube (not shown) on the rear of the Frame (1), remove the screws from the shipping tube, and discard the screws and the shipping tube.

Set a sturdy piece of packing material under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

Identify the Rear Stabilizer (44), which has a handle.

Attach the Rear Stabilizer (44) to the Frame (1) with two M8 x 70mm Screws (46).

Then, remove the packing material from under the rear of the Frame (1).

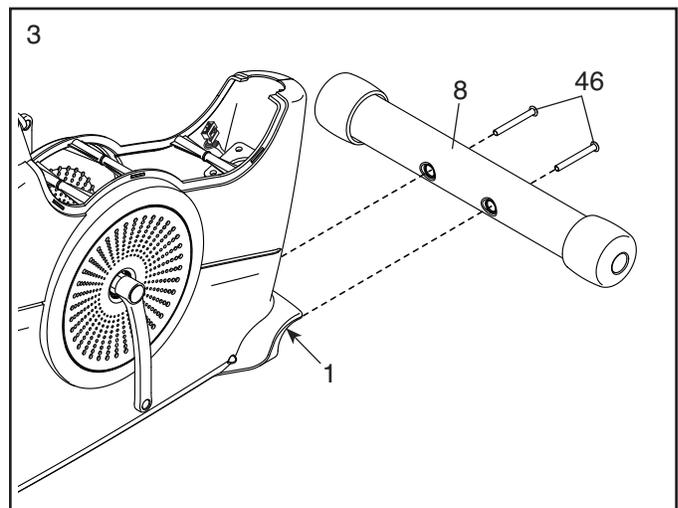


- If there is a shipping tube (not shown) on the front of the Frame (1), remove the screws from the shipping tube and discard the screws and the shipping tube.

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

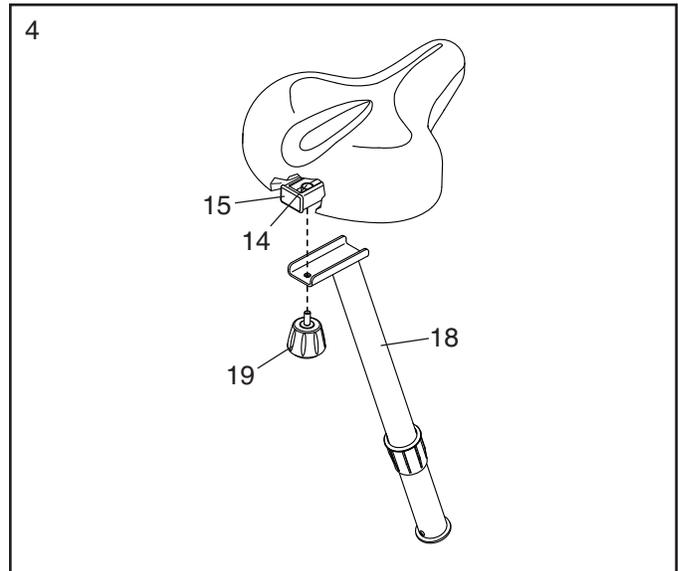
Attach the Front Stabilizer (8) to the Frame (1) with two M8 x 70mm Screws (46).

Then, remove the packing material from under the front of the Frame (1).



4. Set the Seat Carriage (15) on the Seat Post (18) and hold it in place.

Insert the Seat Knob (19) upward into the Seat Post (18), and tighten the Seat Knob into the Seat Bracket (14) inside the Seat Carriage (15).



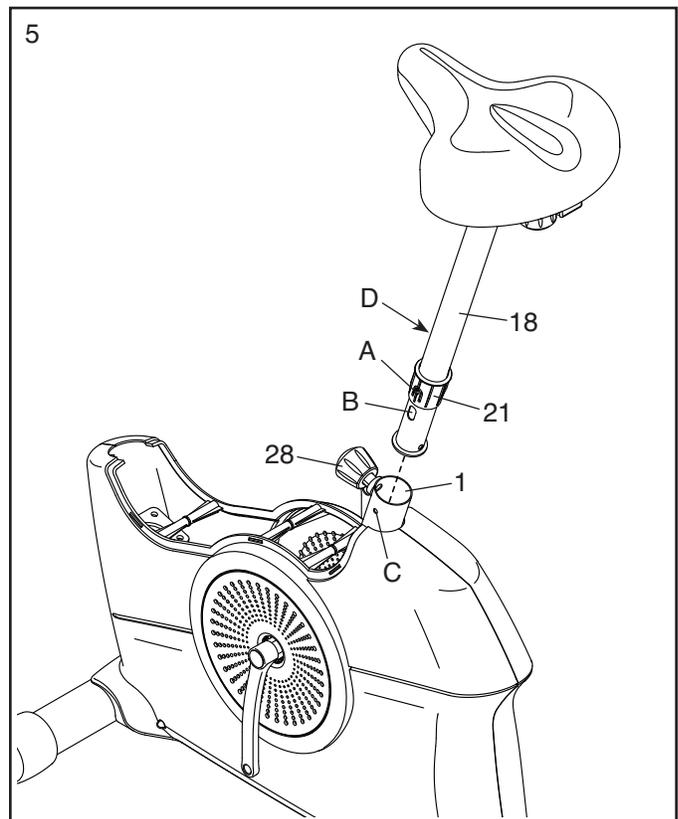
5. Hold the Seat Post (18) near the Frame (1), and position the Seat Post Bushing (21) so that the lock tab (A) is covering the oval hole (B) in the Seat Post.

Have a second person loosen the Seat Post Knob (28) a few turns and pull it outward.

Insert the Seat Post (18) and the Seat Post Bushing (21) into the Frame (1) until the lock tab (A) snaps into the indicated hole (C) in the Frame.

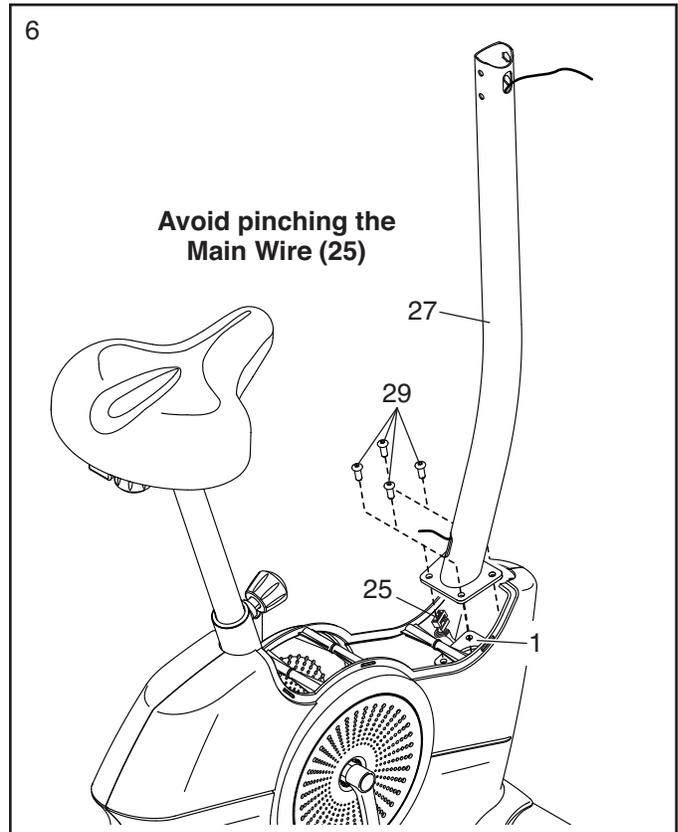
Next, slide the Seat Post (18) upward or downward to the desired position, and release the Seat Post Knob (28) into an adjustment hole (D) in the Seat Post. Then, tighten the Seat Post Knob.

Move the Seat Post (18) upward or downward slightly to make sure that the Seat Post Knob (28) is engaged in an adjustment hole (D).



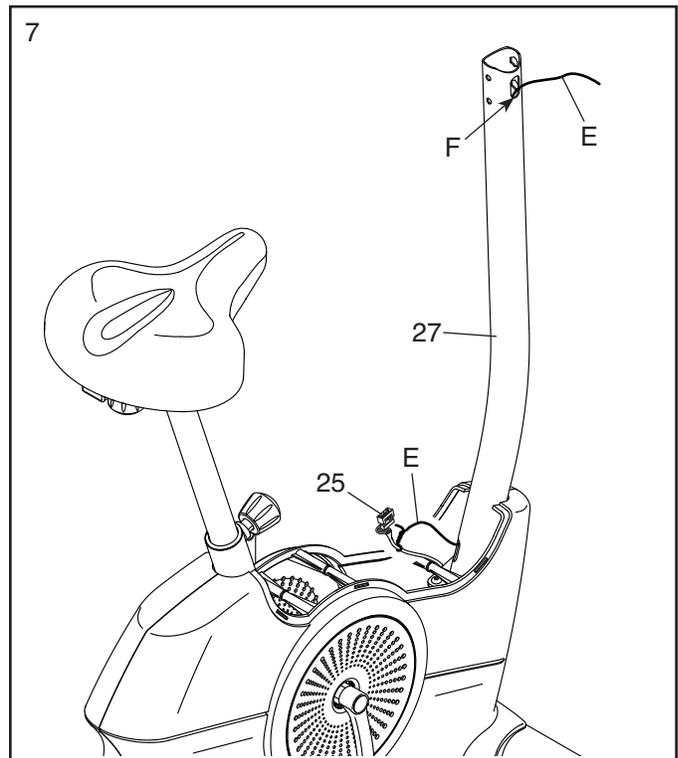
6. **Tip: Avoid pinching the Main Wire (25).** Orient the Upright (27) as shown, and hold it on the Frame (1).

Attach the Upright (27) with four M8 x 20mm Screws (29); **start all the Screws, and then tighten them.**

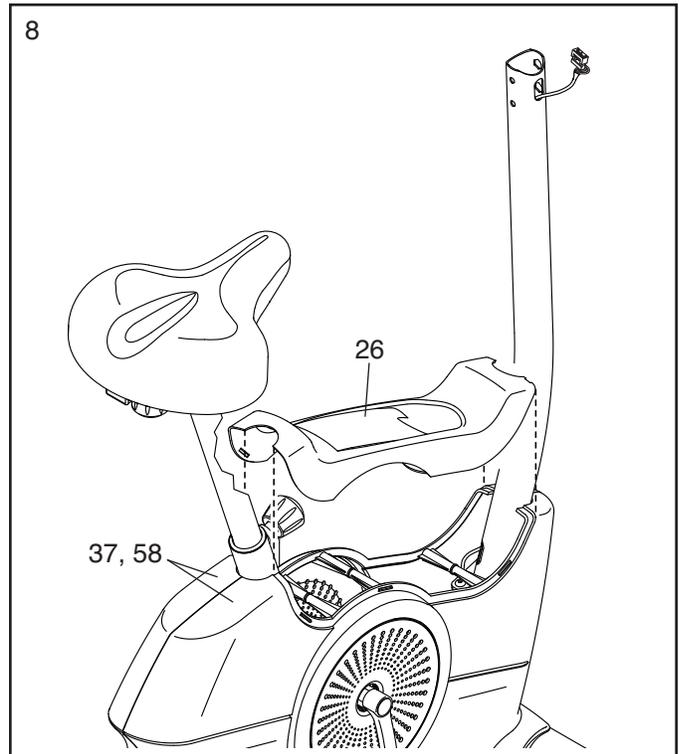


7. Locate the lower end of the wire tie (E) in the Upright (27). Tie the wire tie to the Main Wire (25). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright and out of the indicated hole (F).

Tip: To prevent the Main Wire (25) from falling into the Upright (27), secure the Main Wire with the wire tie (E).



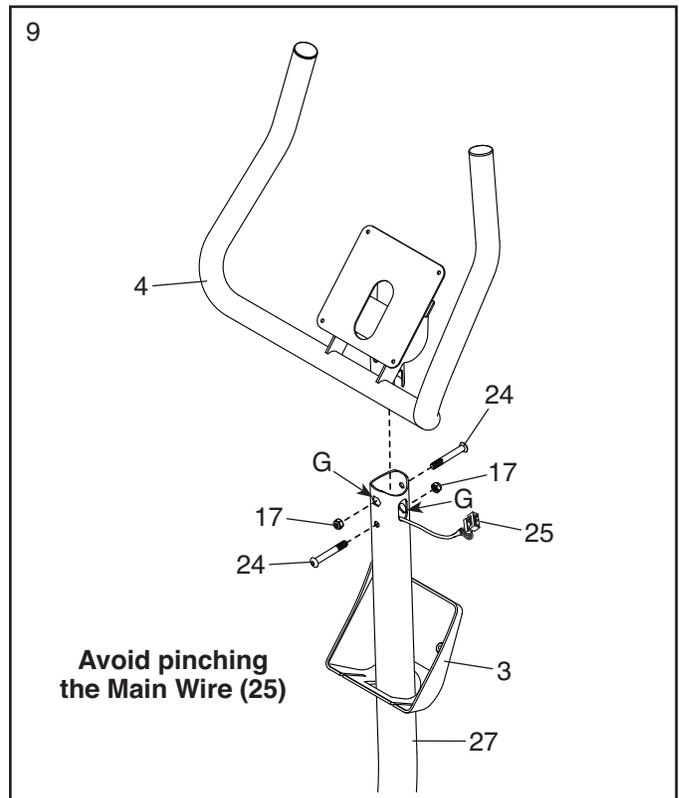
8. Orient the Shield Cover (26) as shown, and press it onto the Left and Right Shields (37, 58).



9. Orient the Console Cover (3) as shown, and slide it onto the Upright (27).

Tip: Avoid pinching the Main Wire (25). Insert the Handlebar (4) into the Upright (27).

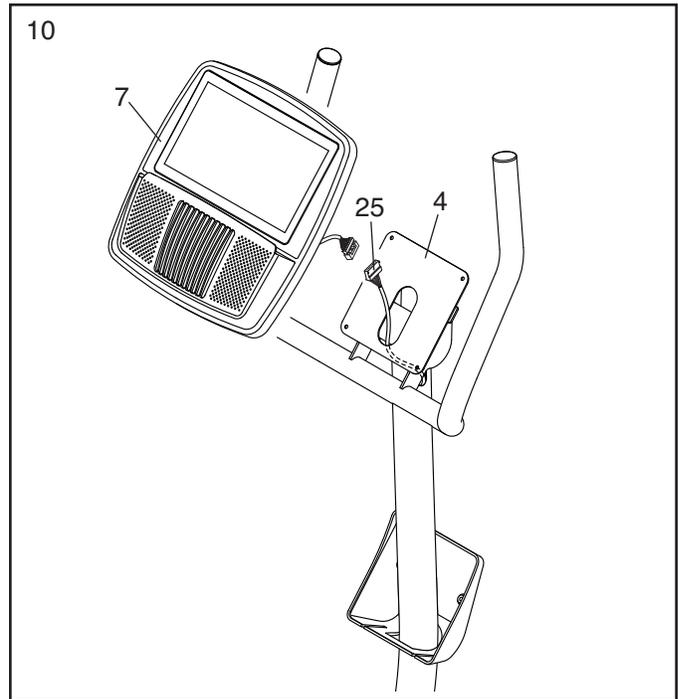
Attach the Handlebar (4) with two M8 x 58mm Bolts (24) and two M8 Locknuts (17). **Make sure that the Locknuts are in the hexagonal holes (G).**



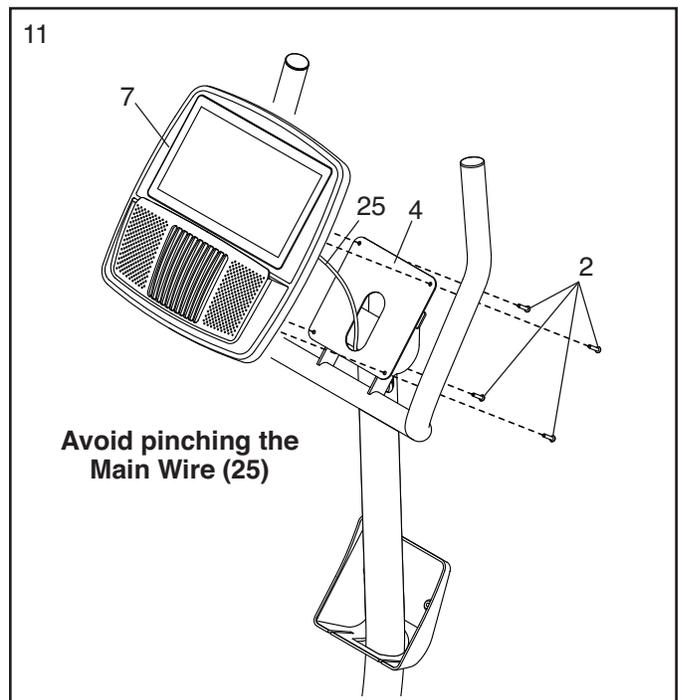
10. Untie and discard the wire tie on the Main Wire (25). Then, route the Main Wire upward through the Handlebar (4) as shown.

While a second person holds the Console (7) near the Handlebar (4), connect the wire on the Console to the Main Wire (25). **Tip: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again.**

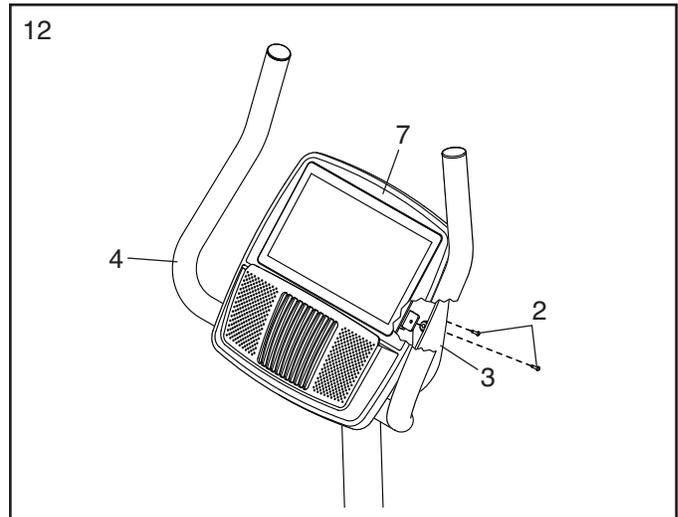
Then, insert the excess wire into the Handlebar (4).



11. **Tip: Avoid pinching the Main Wire (25).** Attach the Console (7) to the Handlebar (4) with four M4 x 16mm Screws (2); **start all the Screws, and then tighten them.**



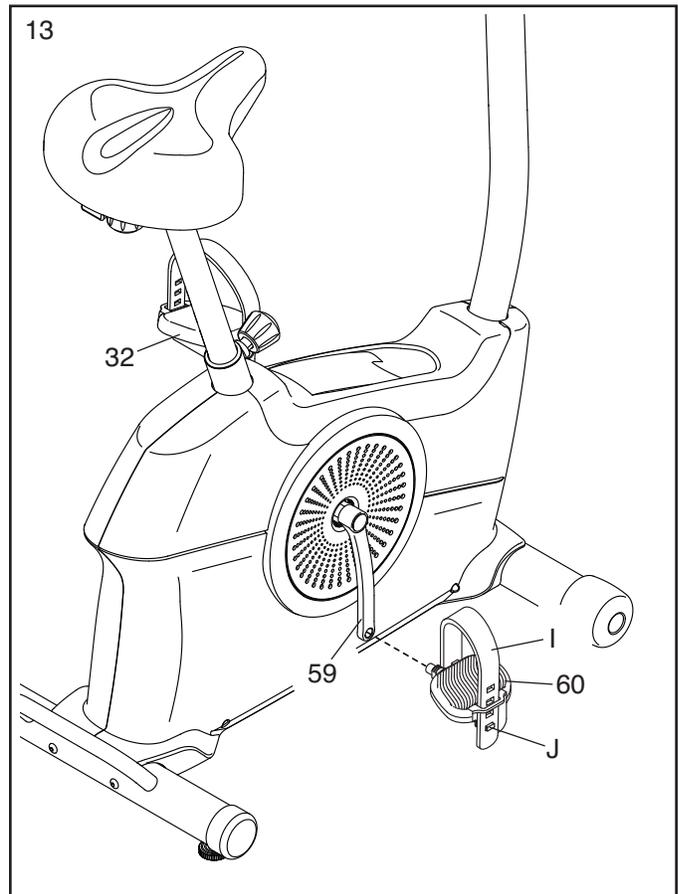
12. Slide the Console Cover (3) upward to the Handlebar (4). Attach the Console Cover to the Handlebar and to the Console (7) with two M4 x 16mm Screws (2).



13. Identify the Right Pedal (60). Using your fingers, turn the Right Pedal about halfway into the Right Crank Arm (59). Then, use an adjustable wrench to **FIRMLY TIGHTEN** the Right Pedal.

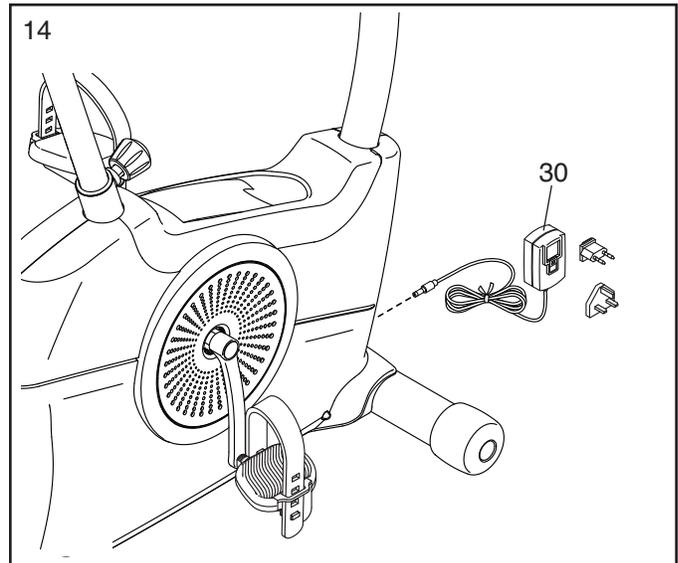
Repeat this step with the Left Pedal (32).
IMPORTANT: You must turn the Left Pedal COUNTERCLOCKWISE to attach it.

Adjust the strap on the Right Pedal (60) to the desired position, and press the ends of the strap (I) onto the tabs (J) on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



14. Plug the Power Adapter (30) into the receptacle on the front of the exercise bike.

Note: To plug the Power Adapter (30) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.



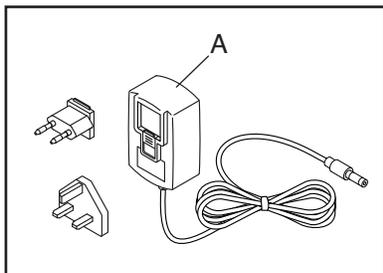
15. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly, that it functions properly, and that all parts are properly tightened.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

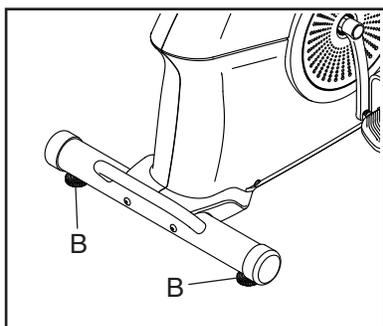
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter (A) into the receptacle on the front of the exercise bike. 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 LEVEL THE EXERCISE BIKE

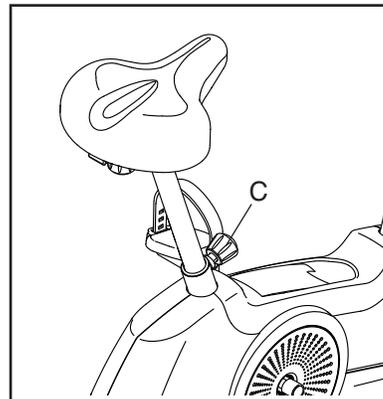
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet (B) beneath the rear stabilizer until the rocking motion is eliminated.



HOW TO ADJUST THE HEIGHT OF THE SEAT

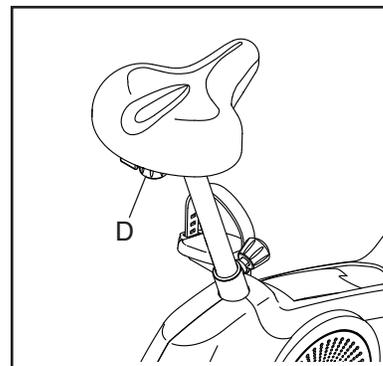
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

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



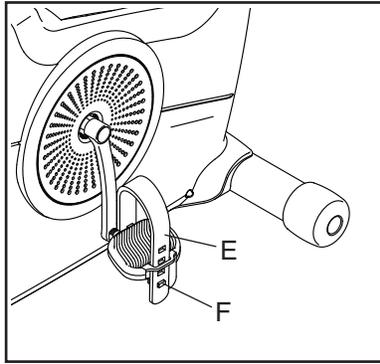
HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

To adjust the horizontal position of the seat, loosen the seat knob (D) a few turns, move the seat forward or backward to the desired position, and then firmly tighten the seat knob.



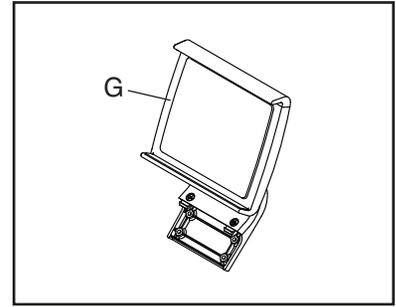
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps (E) off the tabs (F) on the pedals. Then, adjust the straps to the desired position, and press the ends of the straps onto the tabs.

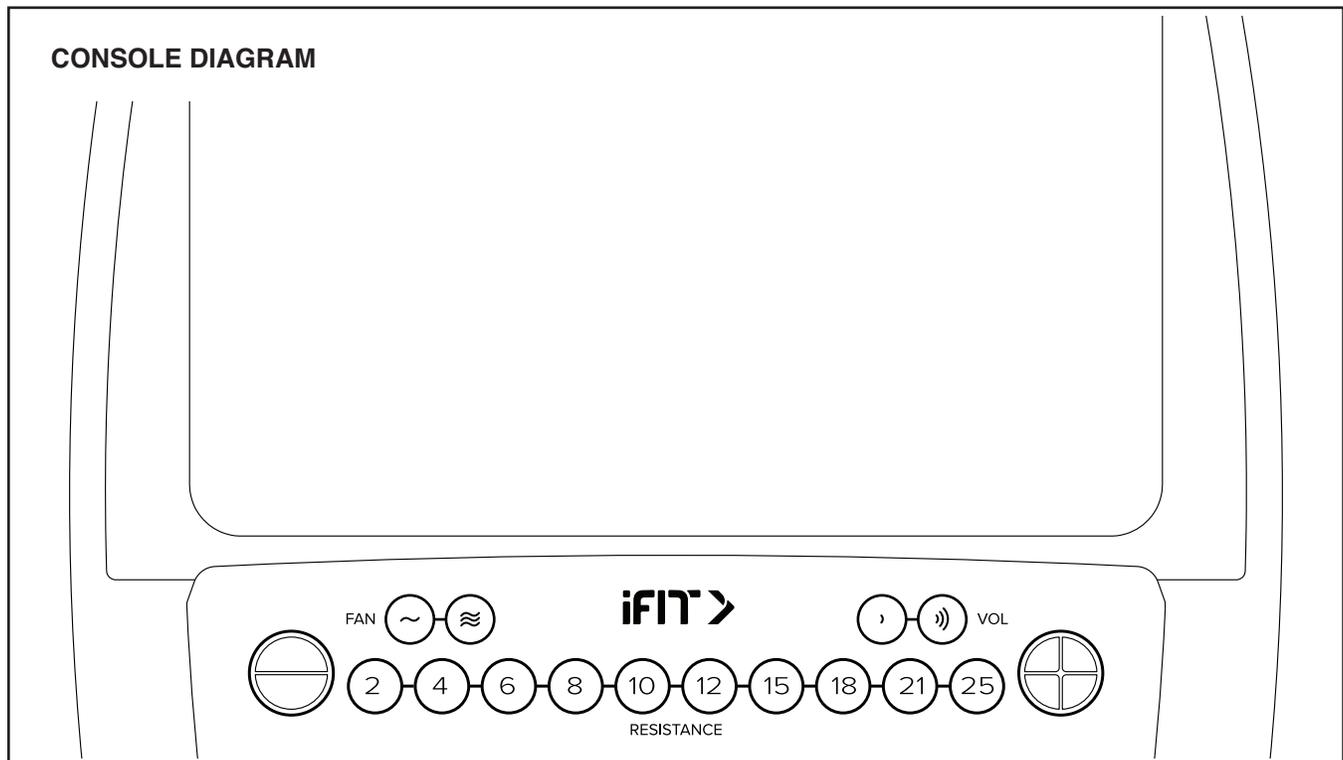


THE OPTIONAL TABLET HOLDER

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



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

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

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

In addition, the console offers a selection of featured 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 a compatible heart rate monitor.

To turn on and turn off the console, see page 17.

To learn how to use the touch screen, see page 17. **To set up the console,** see page 17.

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the exercise bike. See HOW TO PLUG IN THE POWER ADAPTER on page 14. When the power adapter is plugged in, simply touch the screen or press any button on the console to turn on the console.

HOW TO TURN OFF THE CONSOLE

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

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

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

HOW TO USE THE TOUCH SCREEN

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

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

HOW TO SET UP THE CONSOLE

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

1. Connect to your wireless network.

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

2. Customize settings.

Follow the prompts on the screen to set the desired unit of measurement and your time zone. Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

3. Log into or create an iFIT account.

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

4. Check for firmware updates.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

Firmware updates are always designed to improve your exercise experience. As a result, new settings and features may not be described in this manual. Take time to explore the console to learn how new settings and features work. Also, some settings and features described in this manual may no longer be enabled.

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 page 18. **To use a featured workout**, see page 20. **To create a draw-your-own-map workout**, see page 22. **To use an iFIT workout**, see page 23. **To change console settings**, see page 25. **To connect to a wireless network**, see page 26.

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

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

2. Select the home screen.

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

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

3. Change the resistance of the pedals as desired.

Touch *Manual Start* and begin pedaling.

To change the resistance of the pedals, press the numbered Resistance buttons on the console, press the Resistance increase and decrease buttons on the console, or touch the resistance sliders on the screen.

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

Note: To view the resistance sliders on the screen, touch the screen in any open space and then touch the controls options to enable this feature.

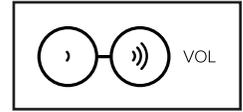
4. Follow your progress.

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

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

Touch the various workout information displays to view more options. Touch the more button (+ symbol) to view statistics or charts. Touch the screen in any open space to view even more display mode options.

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



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

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

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

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

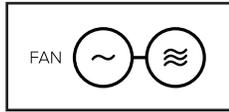
A compatible heart rate monitor is included with some models. If a heart rate monitor is included, see THE HEART RATE MONITOR in this manual to learn how to use it.

If this model does not include a compatible heart rate monitor, see page 19 for information about ordering one.

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

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 on the console repeatedly to select a fan speed or to turn off the fan.



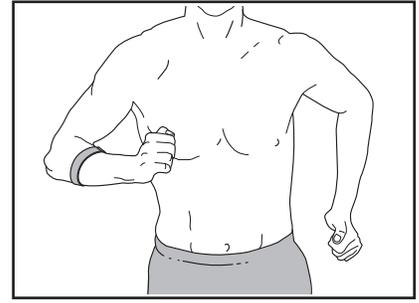
Note: If the pedals are not moved for a while when the home screen is selected, the fan will turn off automatically.

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

See HOW TO TURN OFF THE CONSOLE on page 17.

THE OPTIONAL HEART RATE MONITOR

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



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

HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

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

See HOW TO TURN ON THE CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

2. Select the home screen or the workout library.

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

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

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

3. Select a workout.

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

The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFIT account to save a featured workout (see step 3 on page 23).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 22.

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

4. Start the workout.

Touch *Start Workout* to start the workout.

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

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

During some workouts, you may be prompted to maintain a target speed. As you exercise, keep your pedaling speed near the target 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 (see step 3 on page 18).

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

If the smart adjust feature is enabled, the console will scale the intensity level of the workout automatically based on your manual overrides of the resistance. To enable the smart adjust feature, touch the screen in any open space and then touch the smart adjust toggle.

IMPORTANT: 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.

If the active pulse feature is enabled, the console will scale the intensity level of the workout automatically based on your heart rate when you wear a compatible heart rate monitor (see step 6). To enable the active pulse feature, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

To follow your progress with the display modes, see step 4 on page 18.

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

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

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 23) or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

5. Wear headphones if desired.

To connect your headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

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

See step 5 on page 18.

7. Turn on the fan if desired.

See step 6 on page 19.

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

See HOW TO TURN OFF THE CONSOLE on page 17.

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

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

See HOW TO TURN ON THE CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

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

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

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

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

3. Draw your map.

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

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

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

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

4. Save your workout.

Touch the options on the screen to save your workout. If desired, enter a title and description for your workout.

5. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 20).

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

See step 5 on page 18.

7. Turn on the fan if desired.

See step 6 on page 19.

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

See HOW TO TURN OFF THE CONSOLE on page 17.

HOW TO USE AN iFIT WORKOUT

To use an iFIT workout, you must be logged into your iFIT account (see step 3 below) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

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

See HOW TO TURN ON THE CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

2. Select the home screen.

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

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

3. Log in to your iFIT account.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

7. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 20).

8. Wear headphones if desired.

To connect your headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

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

See step 5 on page 18.

10. Turn on the fan if desired.

See step 6 on page 19.

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

See HOW TO TURN OFF THE CONSOLE on page 17.

For more information about iFIT, go to [iFIT.com](https://www.ifit.com).

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: Firmware updates are always designed to improve your exercise experience. As a result, new settings and features may not be described in this manual. Take time to explore the console to learn how new settings and features work. Also, some settings and features described in this manual may no longer be enabled.

1. Select the settings main menu.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 17). Note: It may take a few moments for the console to be ready for use.

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

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

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

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

Account

- My Profile
- In Workout
- Manage Accounts

Equipment

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

About

- Legal

3. Customize workout settings.

To customize workout settings and enable workout features, touch *In Workout*, and then touch the desired settings.

When the active pulse feature is enabled, the console will scale the intensity level of workouts based on your heart rate when you wear a compatible heart rate monitor. To enable the active pulse feature, touch the active pulse toggle. Then, select your resting and maximum heart rates and adjust related settings as desired.

4. Customize the unit of measurement and other settings.

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

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

5. View machine information or console app information.

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

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 exercise bike, do not turn off the console while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug in the power adapter again. 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 to exit the settings main menu.

HOW TO CONNECT TO A WIRELESS NETWORK

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

1. Select the home screen.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 17). Note: It may take a few moments for the console to be ready for use.

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

2. Select the wireless network menu.

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

3. Enable Wi-Fi.

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

4. Set up and manage a wireless network connection.

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

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

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

Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 17.)

When the console is connected to your wireless network, a confirmation message will appear on the screen.

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).

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

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

PEDAL MAINTENANCE

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

CONSOLE TROUBLESHOOTING

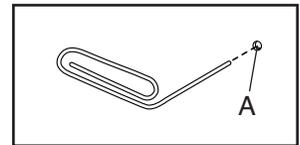
If the console does not turn on, make sure that the power adapter is fully plugged in.

If you are having problems connecting the console to a wireless network or if you are having problems with your iFIT account or iFIT workouts, go to support.iFIT.com.

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

If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing**

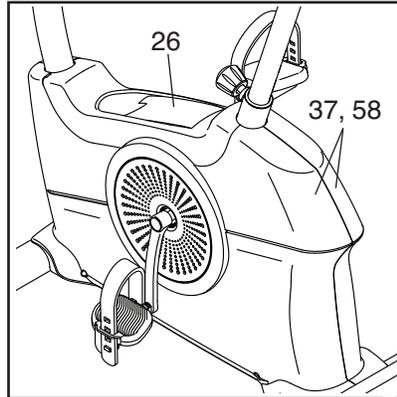
this will erase all custom settings you have made to the console. Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the side or on the back of the console. Using a bent paper clip, press and hold the reset button inside the opening, and have a second person plug in the power adapter. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug and then plug in the power adapter. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 25). Note: It may take a few minutes for the console to be ready for use.



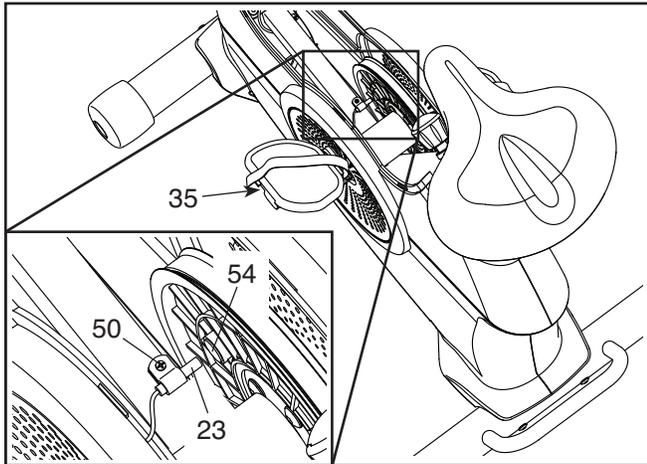
HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, **first unplug the power adapter.** Using a standard screwdriver, carefully pry the Shield Cover (26) off the Left and Right Shields (37, 58).



Next, locate the Reed Switch (23). Slightly loosen the M4 x 19mm Screw (50).



Next, rotate the Left Crank Arm (35) until a Magnet (54) is aligned with the Reed Switch (23). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 19mm Screw (50).

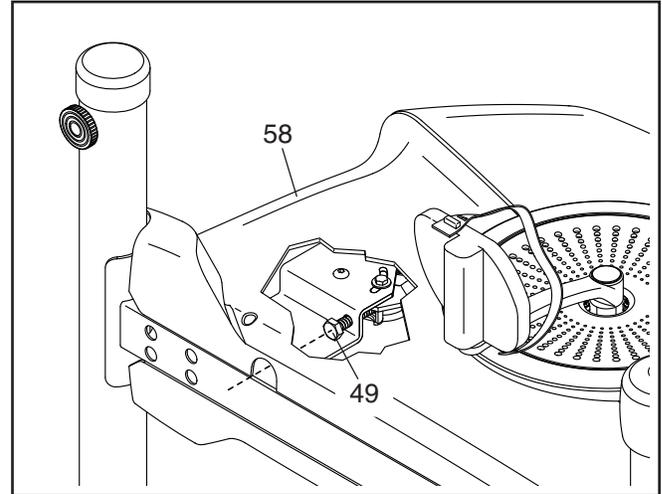
Plug in the power adapter and rotate the Left Crank Arm (35) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the shield cover.

HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, **first unplug the power adapter.** Next, carefully tip the exercise bike onto its left side as shown.



Using an M10 socket wrench with an extension (not included), reach into the opening in the bottom of the Right Shield (58) and tighten the M10 x 50mm Screw (49) a few turns until the Drive Belt (not shown) is tight; **do not overtighten the Drive Belt.**

Then, tip the exercise bike upright, plug in the power adapter, and pedal the exercise bike to test the drive belt. Repeat this process, if necessary, until the pedals no longer slip.

EXERCISE GUIDELINES

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

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

EXERCISE INTENSITY

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

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

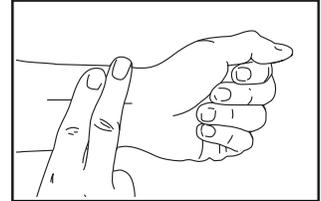
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

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

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

HOW TO MEASURE YOUR HEART RATE

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



WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST

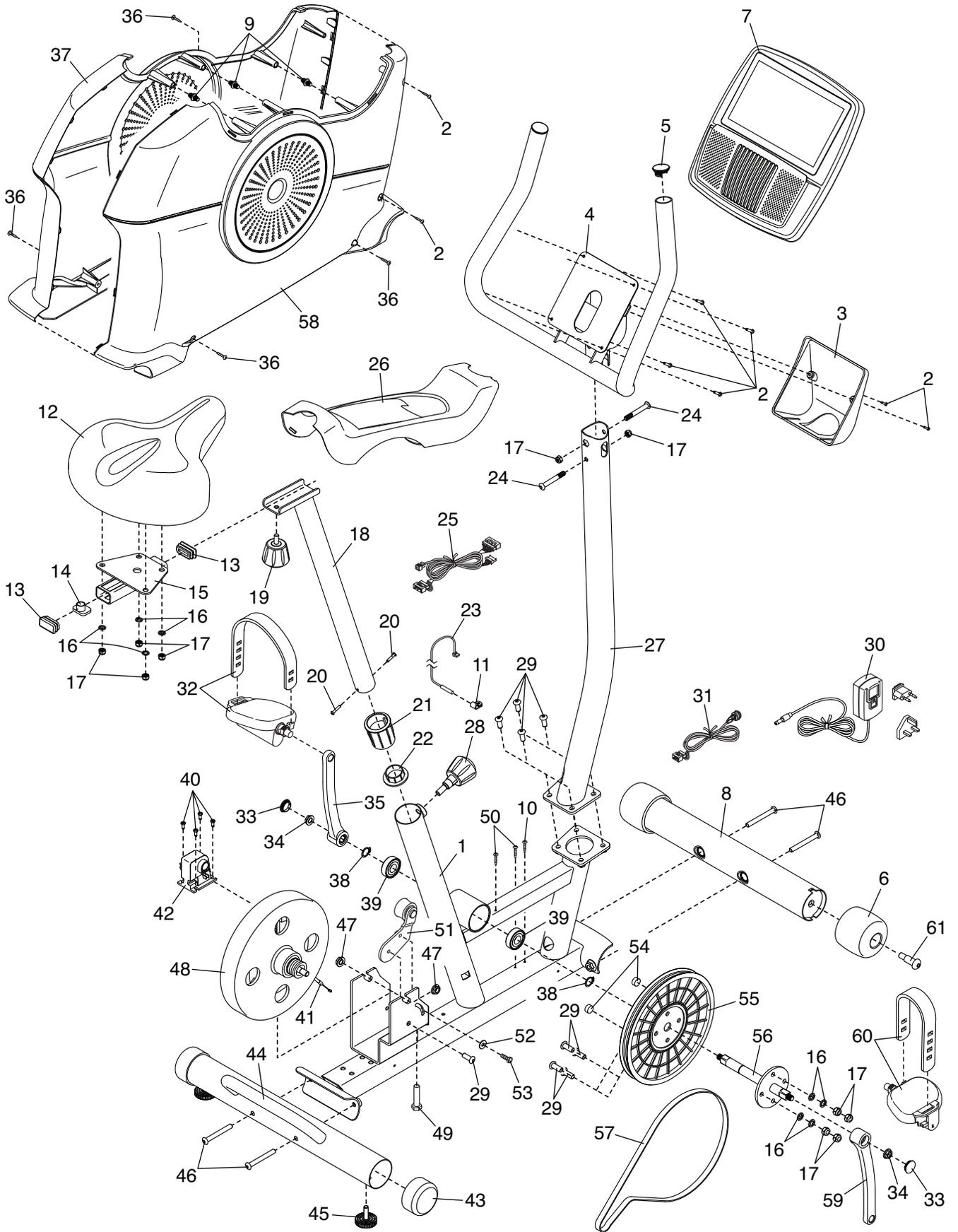
Model No. PFEX52921-INT.0 R0921A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	33	2	Crank Cap
2	8	M4 x 16mm Screw	34	2	Crank Nut
3	1	Console Cover	35	1	Left Crank Arm
4	1	Handlebar	36	4	M4 x 19mm Self-tapping Screw
5	2	Handlebar Cap	37	1	Left Shield
6	2	Wheel	38	2	Snap Ring
7	1	Console	39	2	Bearing
8	1	Front Stabilizer	40	4	M4 x 12mm Screw
9	3	Fastener	41	1	Resistance Cable
10	1	M4 x 19mm Bright Screw	42	1	Resistance Motor
11	1	Clamp	43	2	Stabilizer Cap
12	1	Seat	44	1	Rear Stabilizer
13	2	Carriage Cap	45	2	Leveling Foot
14	1	Seat Bracket	46	4	M8 x 70mm Screw
15	1	Seat Carriage	47	2	M10 Flange Nut
16	8	M8 Split Washer	48	1	Eddy Mechanism
17	10	M8 Locknut	49	1	M10 x 50mm Screw
18	1	Seat Post	50	2	M4 x 19mm Screw
19	1	Seat Knob	51	1	Idler
20	2	#8 x 3/4" Screw	52	1	M6 Washer
21	1	Seat Post Bushing	53	1	M6 x 20mm Screw
22	1	Seat Post Cap	54	2	Magnet
23	1	Reed Switch/Wire	55	1	Pulley
24	2	M8 x 58mm Bolt	56	1	Crank
25	1	Main Wire	57	1	Drive Belt
26	1	Shield Cover	58	1	Right Shield
27	1	Upright	59	1	Right Crank Arm
28	1	Seat Post Knob	60	1	Right Pedal/Strap
29	9	M8 x 20mm Screw	61	2	M10 x 41mm Screw
30	1	Power Adapter	*	—	Assembly Tool
31	1	Power Receptacle/Wire	*	—	User's Manual
32	1	Left Pedal/Strap			

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

Model No. PFEX52921-INT.0 R0921A



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.

