FREEMOTION®

Model No. SFEL91009.0
Serial No. _____

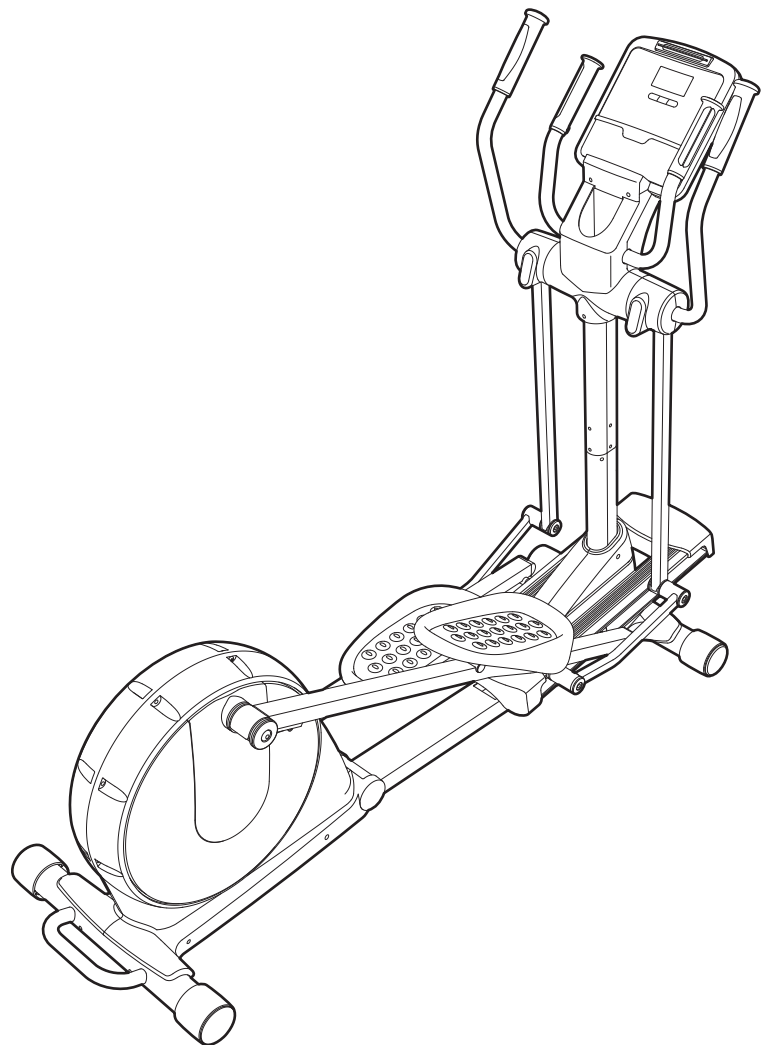Write the serial number in the space above for reference.
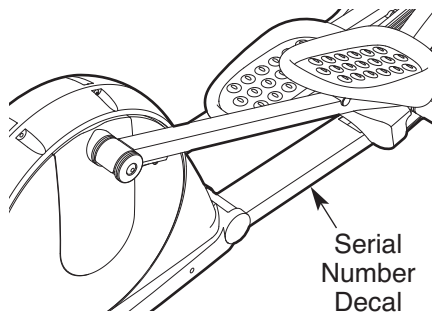
Serial Number Decal

QUESTIONS?

If you have questions, or if parts are damaged or missing, **CONTACT THE STORE WHERE YOU PURCHASED THIS PRODUCT.**

If you are unable to contact the store, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

⚠ CAUTION

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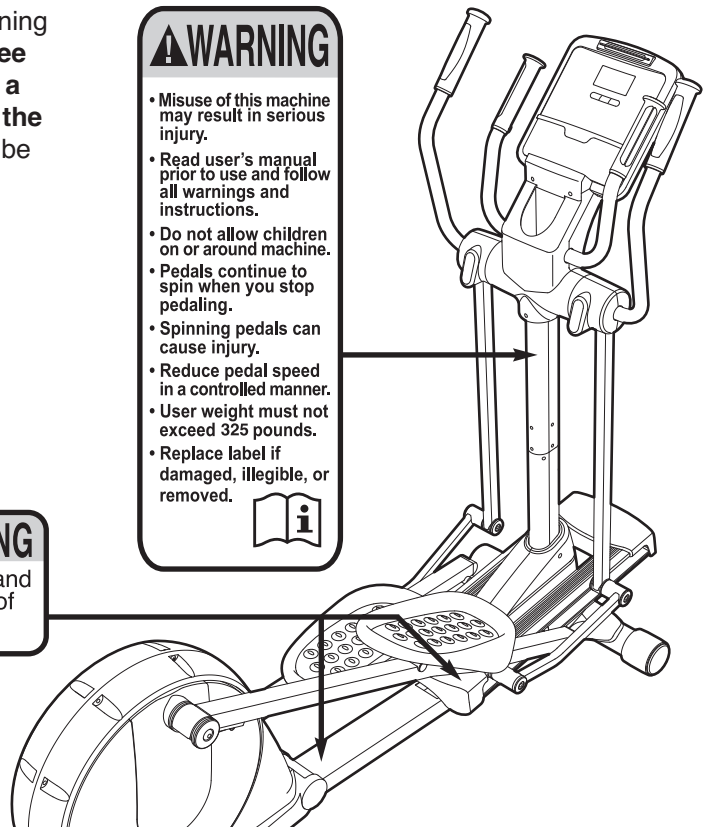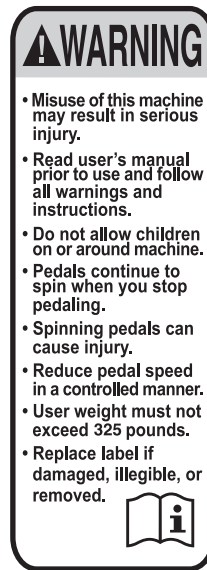
USER'S MANUAL

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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, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

⚠️ **WARNING**

• Misuse of this machine may result in serious injury.

• Read user's manual prior to use and follow all warnings and instructions.

• Do not allow children on or around machine.

• Pedals continue to spin when you stop pedaling.

• Spinning pedals can cause injury.

• Reduce pedal speed in a controlled manner.

• User weight must not exceed 325 pounds.

• Replace label if damaged, illegible, or removed.

⚠️ **WARNING**

Keep hands and fingers clear of this area.

FREEMOTION is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. FreeMotion Fitness 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. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.

4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser 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 elliptical exerciser and 2 ft. (0.6 m) on each side.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under age 12 and pets away from the elliptical exerciser at all times.

7. The elliptical exerciser should not be used by persons weighing more than 325 lbs. (147 kg).

8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on the elliptical exerciser. Always wear athletic shoes for foot protection.

9. Hold the upper body arms or the handlebars when mounting, dismounting, or using the elliptical exerciser.

10. Keep your back straight while using the elliptical exerciser; do not arch your back.

11. The pulse sensor is not a medical device. Various factors, including the user's movement, 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. 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.

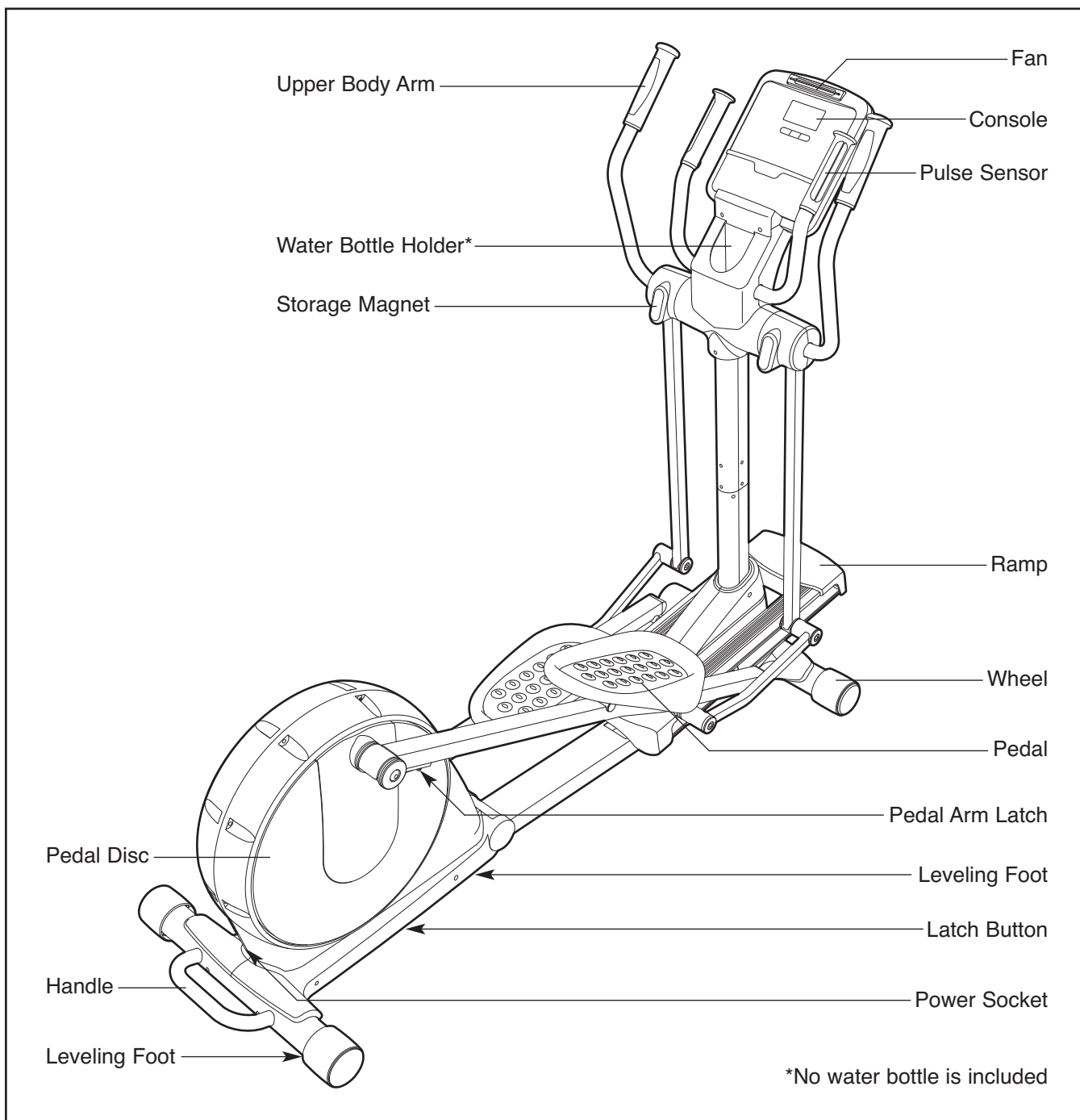13. Use the elliptical exerciser only as described in this manual.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® E 4.2 elliptical exerciser. The E 4.2 elliptical exerciser 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 elliptical exerciser. If you have questions after reading this manual, please see the back 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.

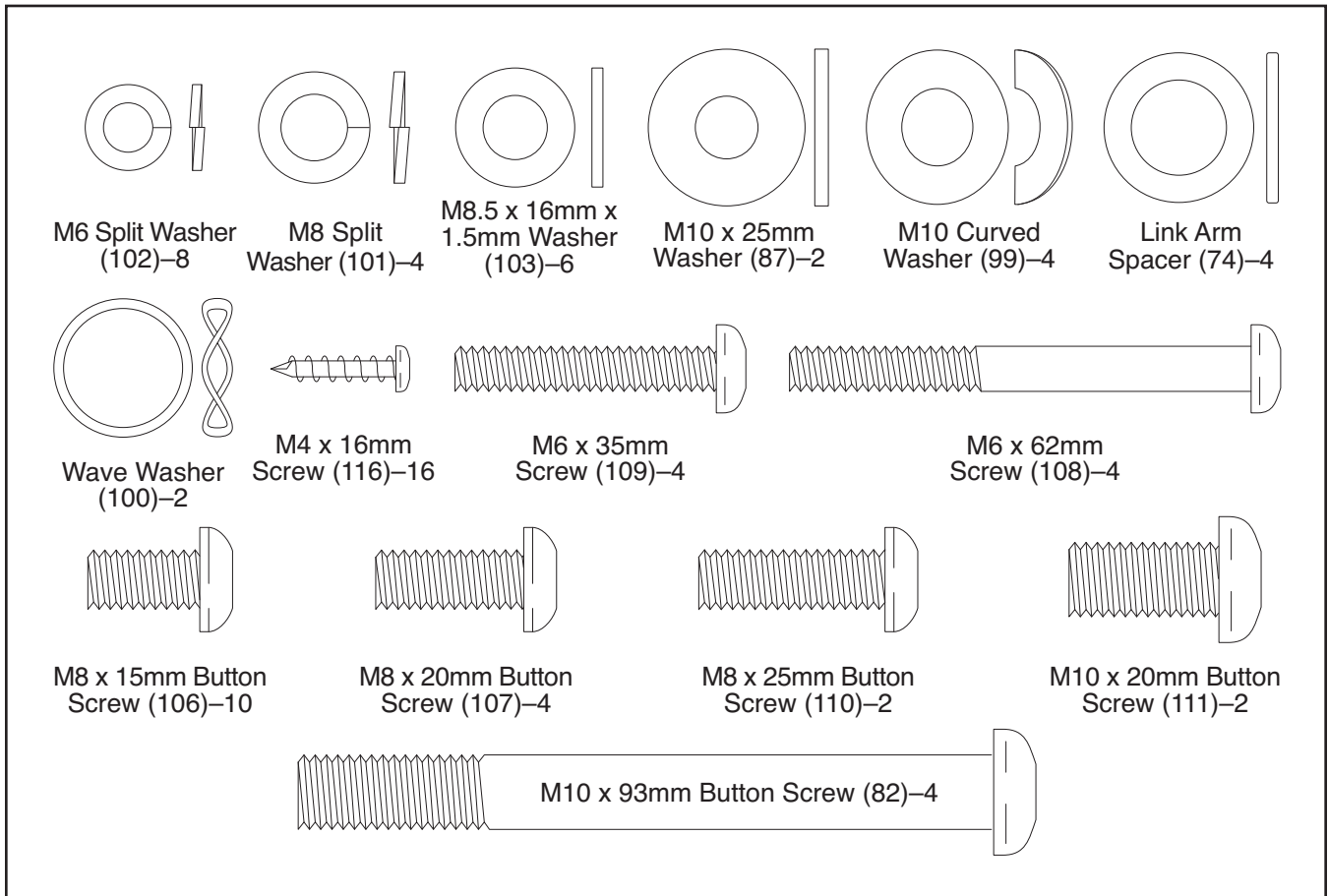Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Upper Body Arm

Water Bottle Holder*

Storage Magnet

Fan

Console

Pulse Sensor

Ramp

Wheel

Pedal

Pedal Arm Latch

Leveling Foot

Latch Button

Power Socket

Pedal Disc

Handle

Leveling Foot

*No water bottle is included

ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver ▭▭▭ **and a rubber mallet** ▭▭ .

As you assemble the elliptical exerciser, use the drawings below to identify small parts. 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 parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**

M6 Split Washer (102)–8   M8 Split Washer (101)–4   M8.5 x 16mm x 1.5mm Washer (103)–6   M10 x 25mm Washer (87)–2   M10 Curved Washer (99)–4   Link Arm Spacer (74)–4

Wave Washer (100)–2   M4 x 16mm Screw (116)–16   M6 x 35mm Screw (109)–4   M6 x 62mm Screw (108)–4

M8 x 15mm Button Screw (106)–10   M8 x 20mm Button Screw (107)–4   M8 x 25mm Button Screw (110)–2   M10 x 20mm Button Screw (111)–2

M10 x 93mm Button Screw (82)–4

1. If there is a shipping bracket attached to the rear of the Folding Frame (not shown), remove the screw and the shipping bracket from the Folding Frame. Discard the screw and the shipping bracket.

   See HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER on page 11 and unfold the elliptical exerciser.

   While another person lifts the front of the Frame (1), attach the Front Stabilizer (4) to the Frame with two M10 x 93mm Button Screws (82) and two M10 Curved Washers (99).

5
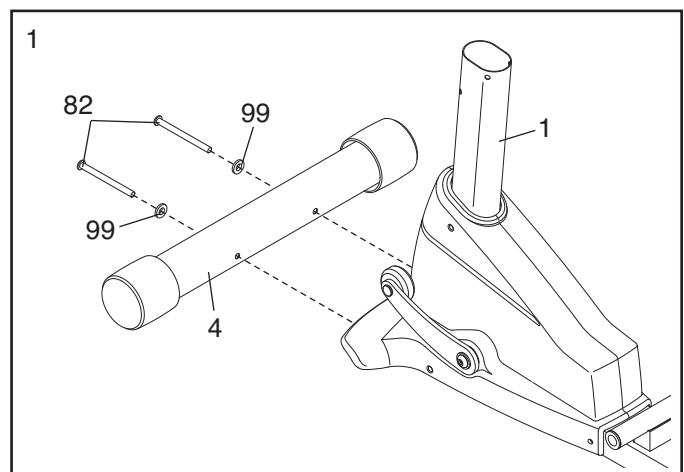
2. While another person lifts the Folding Frame (2), attach the Rear Stabilizer (3) to the Folding Frame with two M10 x 93mm Button Screws (82) and two M10 Curved Washers (99).

   Tighten the Center Foot (95) into the Frame (1).
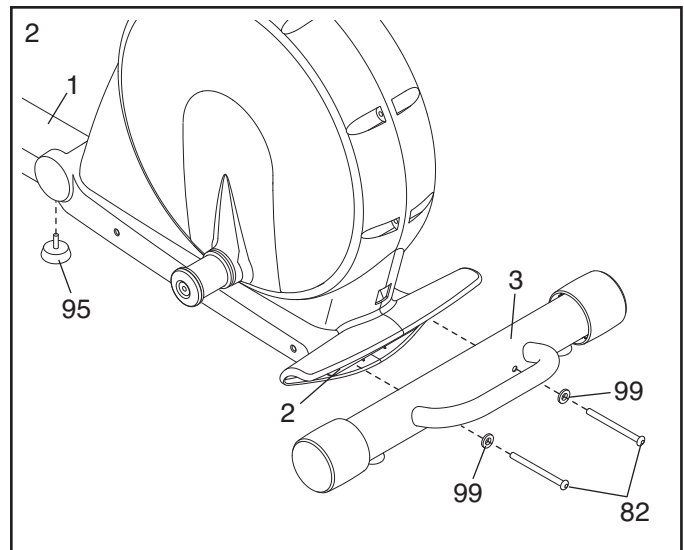
3. Attach the Front Ramp Cover (6) to the Ramp (5) with four M4 x 16mm Screws (116).

   Slide an M10 x 25mm Washer (87) onto an M10 x 20mm Button Screw (111). Tighten the Button Screw into one end of the Ramp Axle (72). Apply a small amount of the included grease to the Ramp Axle.

   Orient the Ramp (5) as shown. Align the lower end of the Ramp with the welded tube on the Frame (1). Insert the Ramp Axle (72) into the Ramp and the welded tube.

   Slide an M10 x 25mm Washer (87) onto an M10 x 20mm Button Screw (111). Tighten the Button Screw into the open end of the Ramp Axle (72).
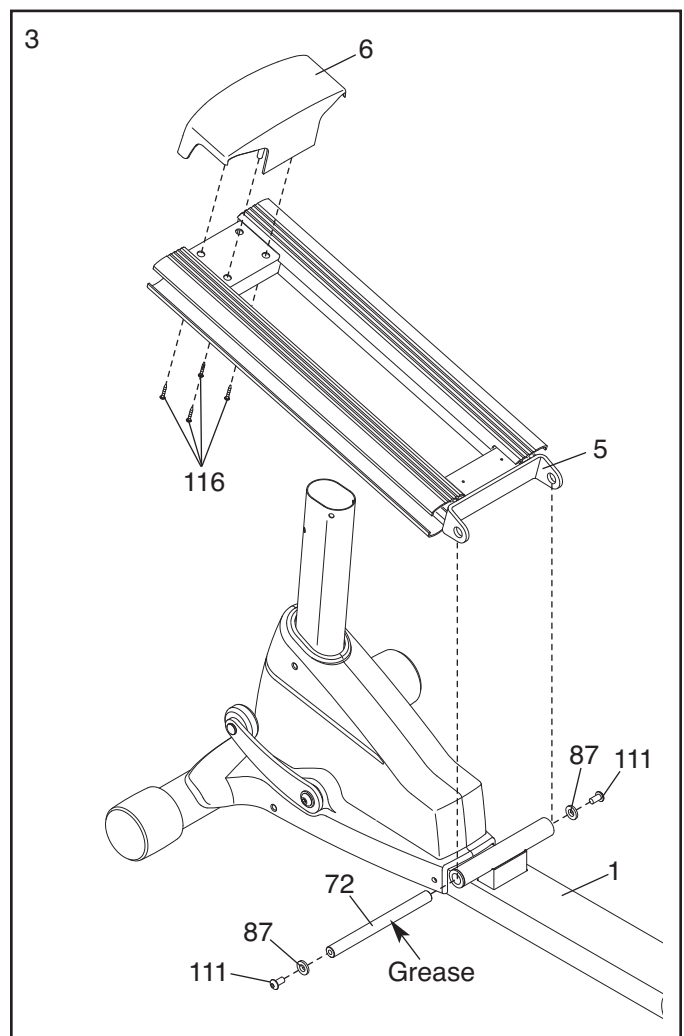
4. Identify the Left Pedal (34) and the Left Pedal Arm (32), which are marked with stickers.

Attach the Left Pedal (34) to the Left Pedal Arm (32) with two M6 x 62mm Screws (108), two M6 x 35mm Screws (109), and four M6 Split Washers (102).

Attach the Right Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.
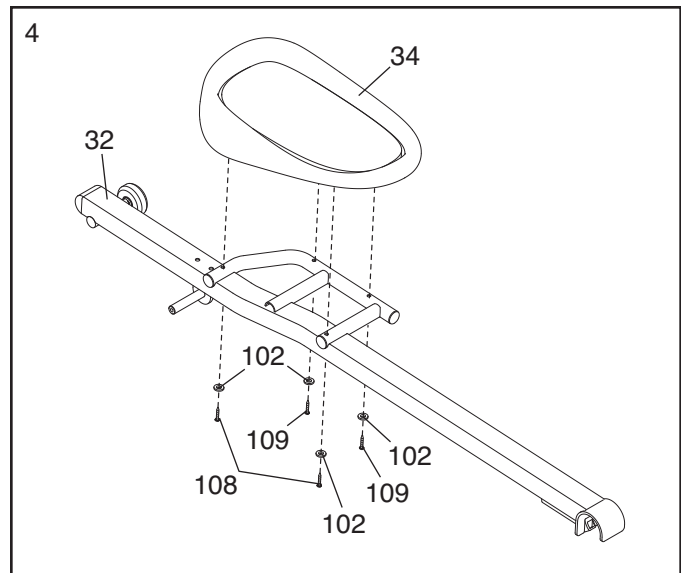

5. Insert the Roller (38) on the Left Pedal Arm (32) and the Roller on the Right Pedal Arm (33) into the sides of the Ramp (5).

Attach the Rear Ramp Cover (7) to the Ramp (5) with two M4 x 16mm Screws (116).

See the inset drawing. Lift the Pedal Arm Latch (41) on the Left Pedal Arm (32) and set the end of the Left Pedal Arm on the left Crank Bushing Sleeve (54). Release the Pedal Arm Latch; make sure that the Left Pedal Arm is securely connected to the Crank Bushing Sleeve.

Connect the Right Pedal Arm (33) to the right Crank Bushing Sleeve (not shown) in the same way.
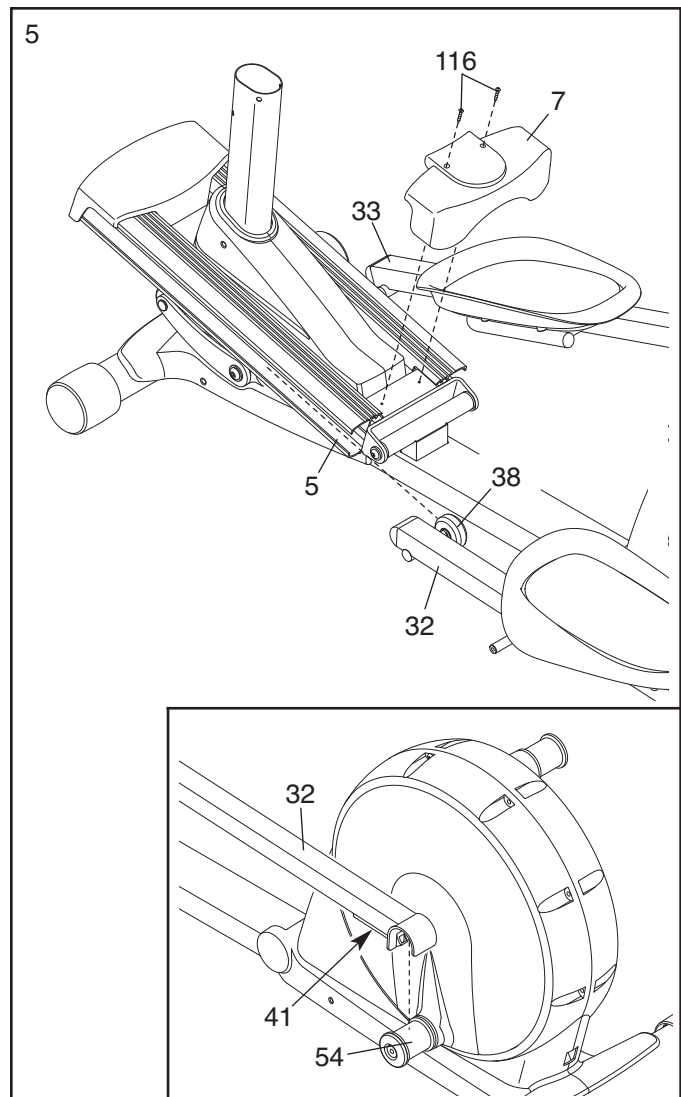
6. While another person holds the Upright (10) near the Frame (1), connect the Upper Wire Harness (65) to the Lower Wire Harness (64).
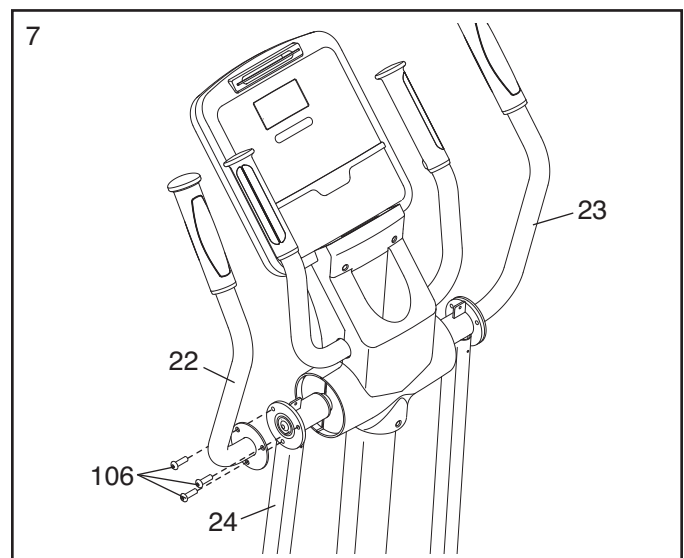
    Tip: Avoid pinching the Wire Harnesses (64, 65). Carefully insert the Upright (10) into the Frame (1).

    Attach the Upright (10) with four M8 x 20mm Button Screws (107) and four M8 Split Washers (101).
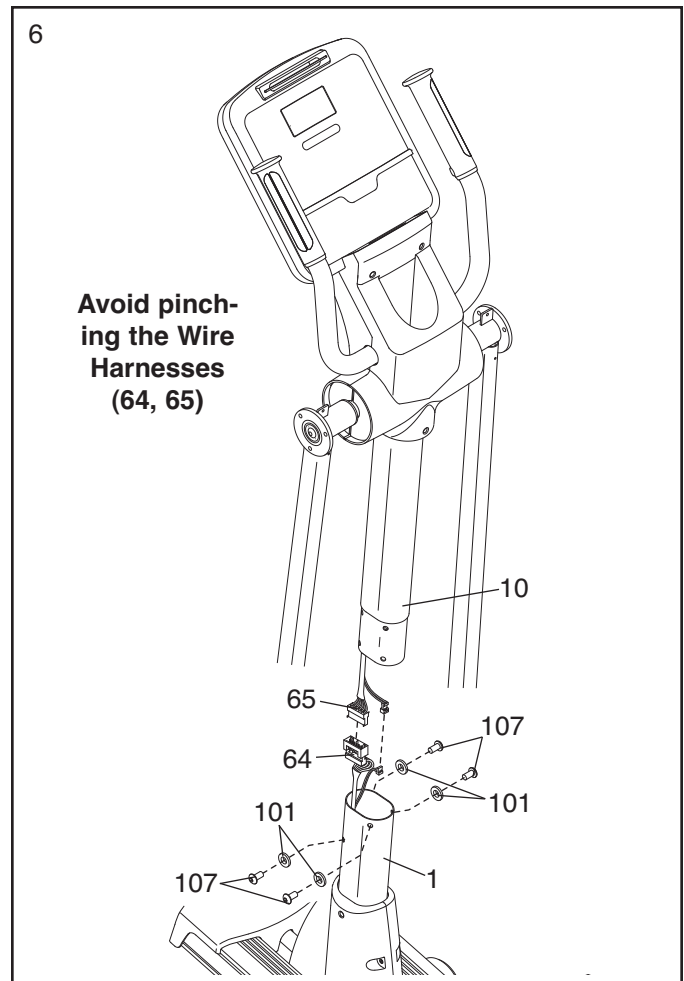

7. Attach the Left Upper Body Arm (22) to the left Upper Body Leg (24) with three M8 x 15mm Button Screws (106).

    Attach the Right Upper Body Arm (23) in the same way.

8. Hold the Left Rear Upper Body Cover (26) and the Left Front Upper Body Cover (27) around the left Upper Body Leg (24). Attach the Upper Body Covers with five M4 x 16mm Screws (116).

   Attach the Right Rear Upper Body Cover (28) and the Right Front Upper Body Cover (29) in the same way.
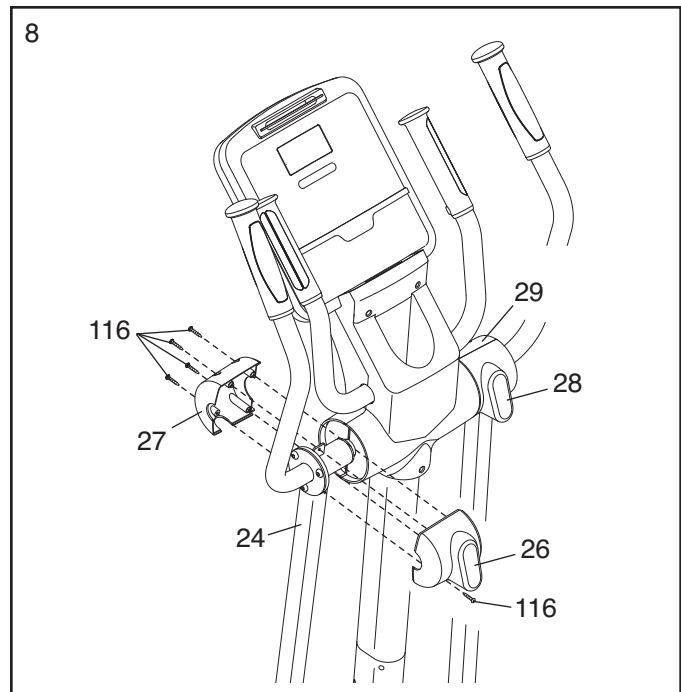
9. Apply a small amount of grease to the axle on the Left Link Arm (30), to the axle on the Left Pedal Arm (32), and to a Wave Washer (100).

   Slide the Wave Washer (100) onto the axle on the Left Pedal Arm (32). Next, slide a Link Arm Spacer (74) onto the axle on the Left Link Arm (30).

   Then, **gradually** work the axle on the Left Link Arm (30) into the left Upper Body Leg (24) **while at the same time** working the Left Link Arm onto the axle on the Left Pedal Arm (32).

   Tip: These parts are designed to fit tightly. It may be helpful to move the Left Pedal Arm (32) while working these parts into place.

   Repeat this step with the Right Link Arm (31).

9
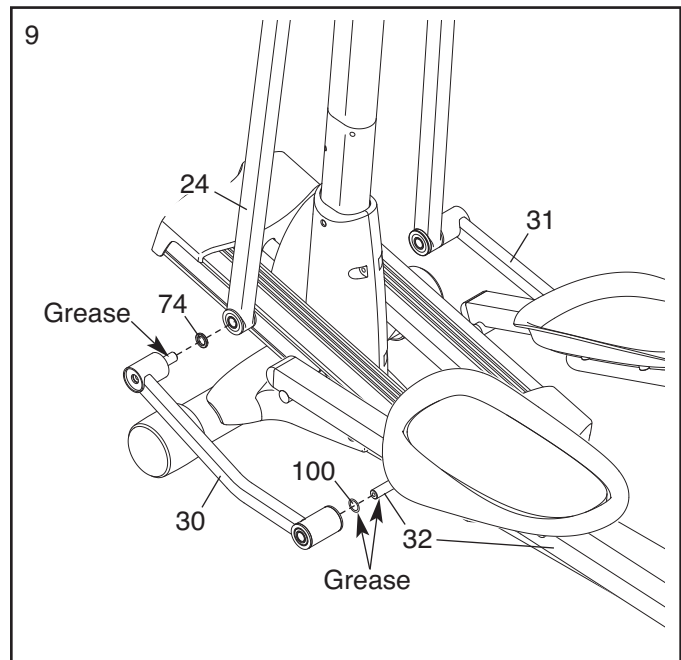
10. Attach the Left Link Arm (30) to the Left Pedal Arm (32) with an M8 x 15mm Button Screw (106), an M8.5 x 16mm x 1.5mm Washer (103), and an Axle Cover (66).

Attach the Left Link Arm (30) to the left Upper Body Leg (24) with an M8 x 25mm Button Screw (110), two M8.5 x 16mm x 1.5mm Washers (103), two Axle Covers (66), a Link Arm Spacer (74), and an M8 x 15mm Button Screw (106) as shown.

Attach the Right Link Arm (31) in the same way.
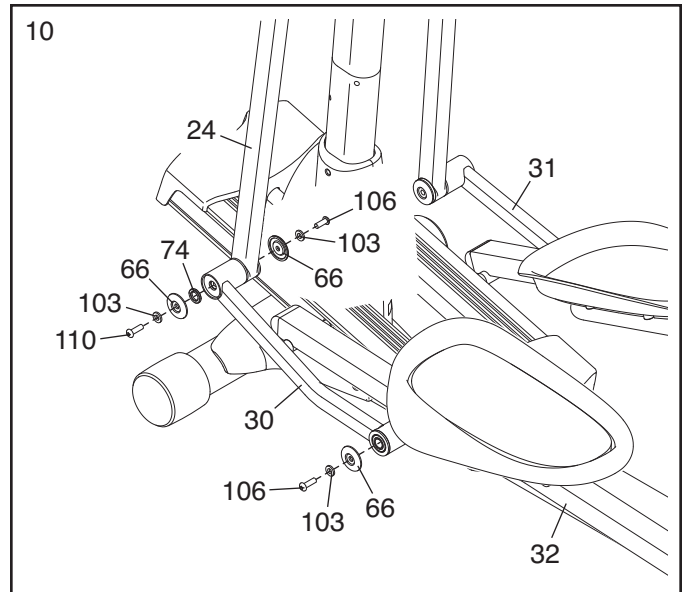
11. Plug the Power Cord (133) into the power socket at the rear of the elliptical exerciser (see HOW TO PLUG IN THE POWER CORD on page 11). **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

Note: When you plug in the elliptical exerciser for the first time (see HOW TO PLUG IN THE POWER CORD on page 11), the Ramp (not shown) will calibrate automatically. The Ramp will move upward and downward as it calibrates. When the Ramp stops moving, the Ramp is calibrated.

IMPORTANT: If the Ramp (not shown) does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 22 and manually calibrate the Ramp.
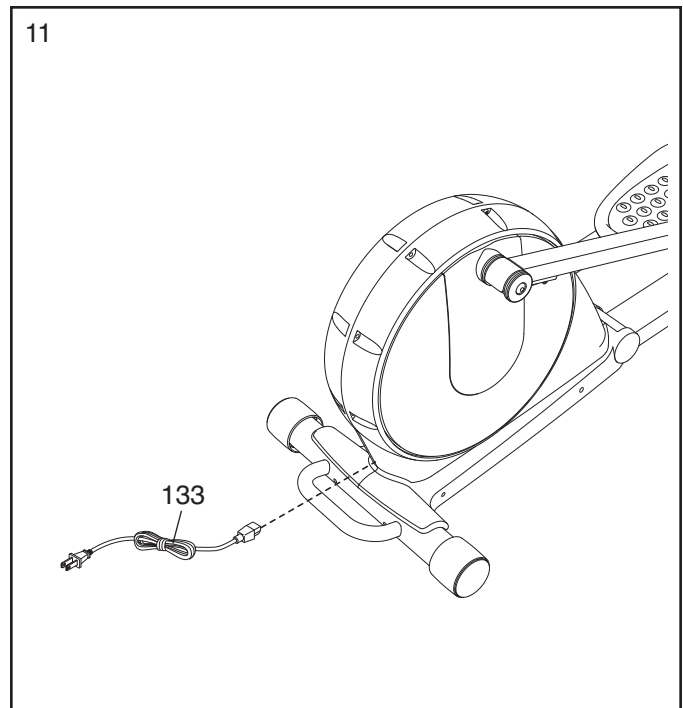
12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO PLUG IN THE POWER CORD

This product must be grounded. If it should mal-function or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appro-priate outlet that is properly installed and ground-ed in accordance with all local codes and ordi-nances. This product is for use on a nominal 120-volt circuit. IMPORTANT: The elliptical exerciser is not compatible with GFCI-equipped outlets.**

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or service-man if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

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

available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.
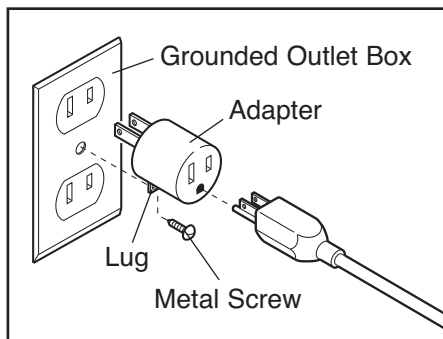
The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle out-let box covers are not grounded. Contact a quali-fied electrician to determine if the outlet box cover is grounded before using an adapter.**

HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. First, lift the latch under each pedal arm, and lift the pedal arms off the sleeves on the crank arms.
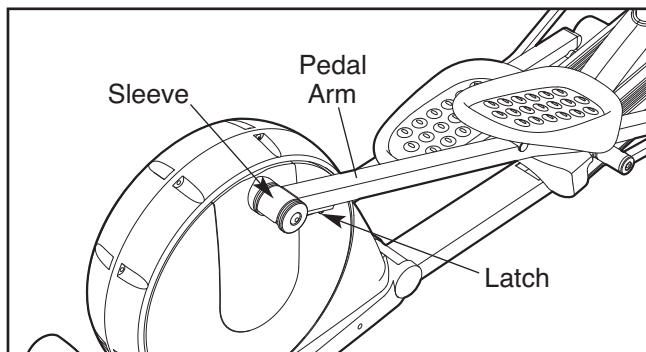
Next, raise the pedal arms until they touch the mag-nets on the upper body legs; the magnets will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks in a vertical position.
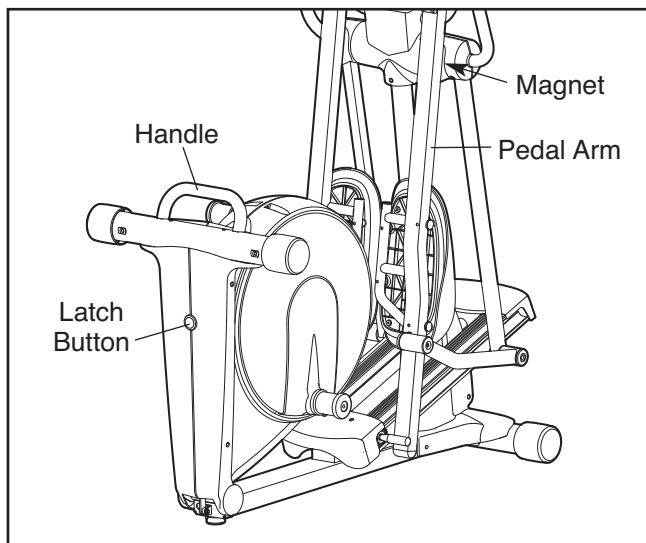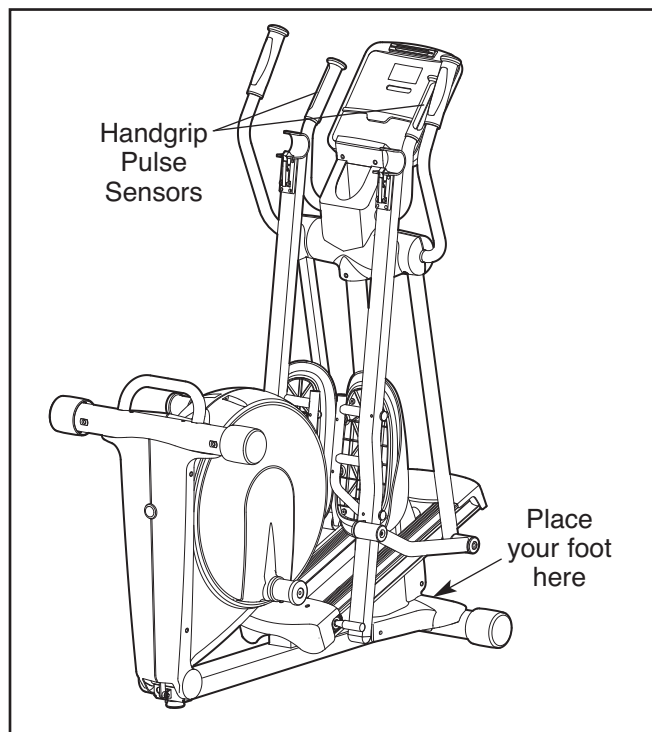

To use the elliptical exerciser, first hold the handle, press the latch button, and lower the frame.

Next, pull the pedal arms off the magnets on the upper body legs. Then, **lift the latches under the pedal arms,** and set the pedal arms on the sleeves on the crank arms. Release the latches, and make sure that the pedal arms are securely connected to the crank arms.

HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described on page 11. Next, stand in front of the elliptical exerciser, hold the handgrip pulse sensors, and place one foot against the center of the front stabilizer. Pull the pulse sensors until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired position, and then lower it.

Handgrip Pulse Sensors

Place your foot here

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety you can turn the crank arms in the opposite direction.

Upper Body Arms

Pedals

Crank Arm
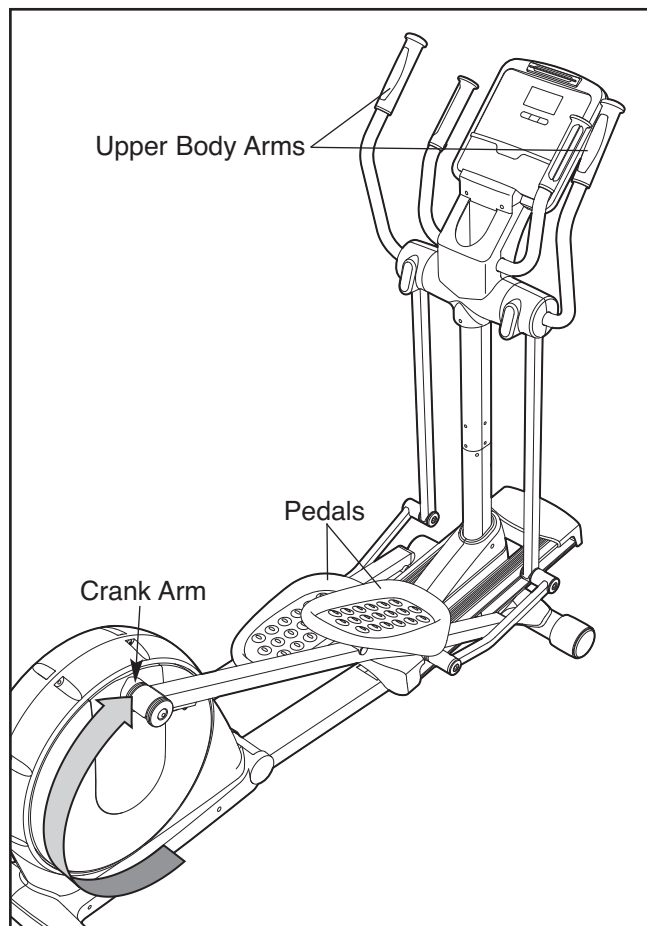
To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM
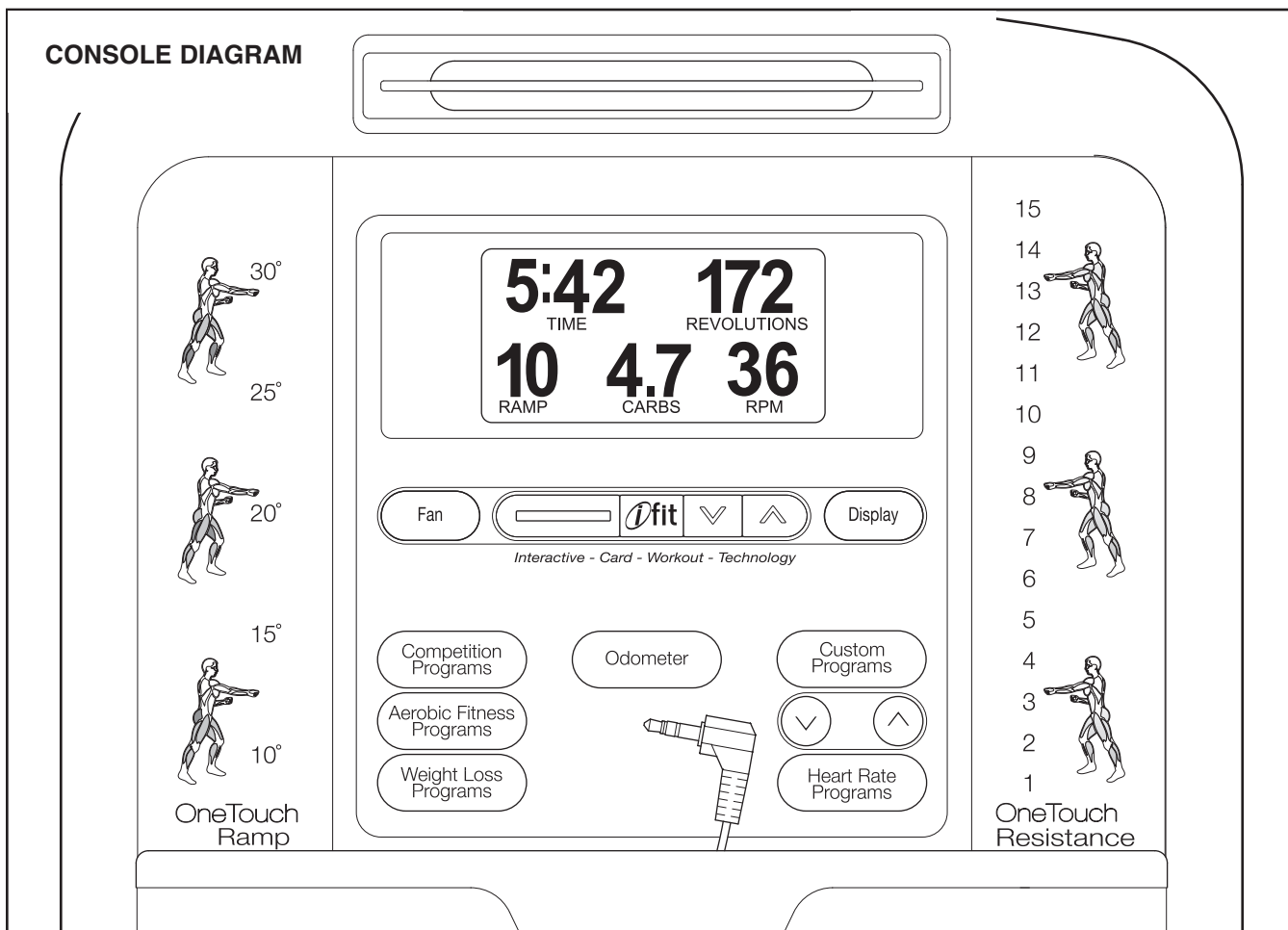
FEATURES OF THE CONSOLE

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

When you select the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers twenty preset programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

The console also offers two custom programs that allow you to create your own workout programs and store them in memory for future use.

In addition, the console features two heart rate programs that change the resistance of the pedals to keep your heart rate near target heart rate settings while you exercise.

The console features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the back cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD 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 14. **To use a preset program,** see page 16. **To create a custom program,** see page 17. **To use a custom program,** see page 18. **To use a heart rate program,** see page 19. **To use an iFit program,** see page 21. **To use the sound system,** see page 21.

HOW TO USE THE MANUAL MODE

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

1. **Press any button on the console or begin pedaling to turn on the console.**

    When you turn on the console, the display will light. A tone will then sound and the console will 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 any of the Programs buttons repeatedly until zeros appear in the display.
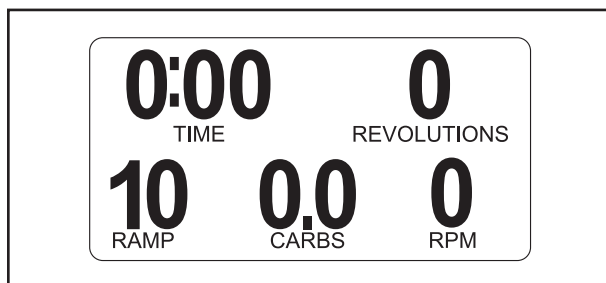

3. **Begin pedaling and change the resistance of the pedals and the incline of the ramp as desired.**

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

    To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press the OneTouch Ramp buttons. There are five incline levels. Note: After you press the buttons, it will take a moment for the ramp to reach the selected incline level.

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

    While you pedal, the upper left corner of the display will show the elapsed time. Note: During a program, except for heart rate program 1, the display will show the time remaining in the program.
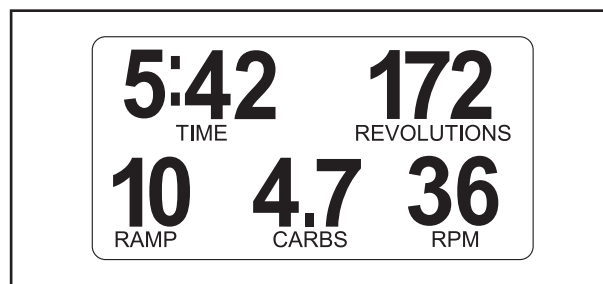
The upper right corner of the display will show the distance you have pedaled, in total revolutions. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15).

The lower left corner of the display will show the ramp incline level.

The lower center of the display will show the approximate number of grams of carbs you have burned.

The lower right corner of the display will show your pedaling pace, in revolutions per minute.

The center of the display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

You can also view selected information at a larger size. Press the Display button repeatedly to view the elapsed time and the distance you have pedaled, the elapsed time and the approximate number of calories you have burned, the elapsed time, or the approximate number of calories you have burned. Press the Display button again to view a workout history of resistance levels and pedaling pace.

To again view the time, distance, ramp incline, number of grams of carbs burned, and pedaling pace, press the Display button again.

To view the total distance pedaled since the elliptical exerciser was purchased and the trip distance, press the Odometer button. The information will appear in the display for a few seconds. To reset the trip distance, hold down the Odometer button for a few seconds.

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

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.**
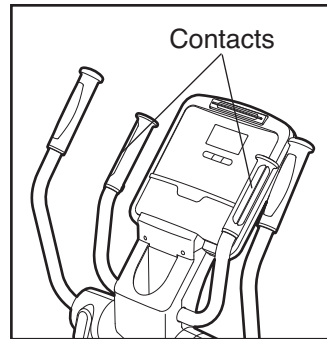
Contacts

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

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

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

To turn on the fan at high speed, press the Fan button. To turn on the fan at low speed, press the Fan button a second time. To select the auto mode, press the Fan button again; when the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.

Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

To turn off the fan, press the Fan button again. Note: If the pedals are not moved for about thirty seconds, the fan will automatically turn off.

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

If the pedals are not moved for several seconds, a series of tones will sound and the console will pause.

If the pedals are not moved for about five minutes, the console will turn off and the display will be reset.

HOW TO USE A PRESET PROGRAM

1. **Turn on the console.**

   See step 1 on page 14.

2. **Select a preset program.**

   To select a weight loss program, press the Weight Loss Programs button repeatedly; to select an aerobic fitness program, press the Aerobic Fitness Programs button; to select a competition program, press the Competition Programs button.

   When you select a preset program, the name of the program, the program time, and the maximum pace and resistance level for the program will appear in the display for a few seconds. A profile of the resistance levels of the program will then appear in the display.
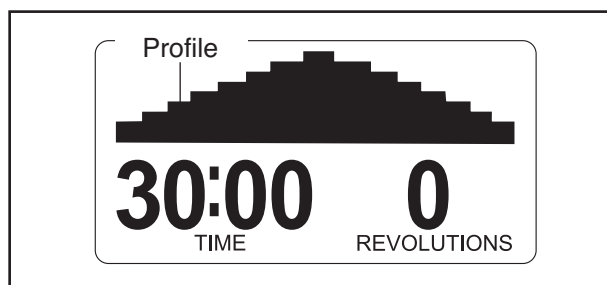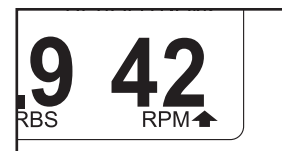

3. **Begin pedaling to start the program.**

   Each program is divided into 20, 30, or 45 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for two or more consecutive segments.

During the program, the program profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. 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 pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When an upward-pointing arrow or the prompt SPEED UP appears next to the pace information in the display (see step 4 on page 17), increase your pace. When a downward-pointing arrow or the prompt SLOW DOWN appears, decrease your pace. When no arrow or prompt appears, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the OneTouch Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the program will pause. To restart the program, simply resume pedaling. The program will continue until the last segment of the profile flashes and the last segment of the program ends.

4. Follow your progress with the display.

During the program, the display will show the program profile, the time remaining in the program, and the distance you have pedaled.

To view the profile, your pedaling pace, and the distance you have pedaled, press the Display button. Note: The words SPEED UP or SLOW DOWN may appear in the display to prompt you to keep your pedaling pace near the target pace setting for the current segment.

To view the time remaining in the program and the distance pedaled, press the Display button. Press the Display button again to view the time remaining and the approximate number of calories burned.

To view the time remaining, distance pedaled, ramp incline, number of grams of carbs burned, and pedaling pace, press the Display button again. Note: An upward- or downward-pointing arrow may appear in the display to prompt you to keep your pedaling pace near the target pace setting for the current segment.

To view the first display again, press the Display button again.

5. Measure your heart rate if desired.

See step 5 on page 15.

6. Turn on the fan if desired.

See step 6 on page 15.

7. When you are finished exercising, the console will turn off automatically.
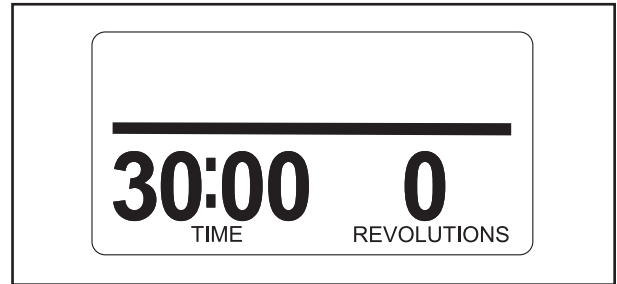
See step 7 on page 15.

HOW TO CREATE A CUSTOM PROGRAM

1. Turn on the console.

See step 1 on page 14.

2. Select a custom program.

To select a custom program, press the Custom Programs button once or twice. When you select a custom program, the name of the program and the settings for the program will appear in the display for a few seconds.

3. Begin pedaling to start the program, and program the desired settings.

Each custom program is divided into 30 one-minute segments. You can program one resistance level and one target pace setting for each segment.

To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the OneTouch Resistance buttons. To program a target pace for the first segment, simply pedal at the desired pace.

At the end of the first segment, the program will store the current resistance level and your current pace in memory. Program a resistance level and a target pace for the second segment as described above.

Continue exercising for up to forty minutes. Stop pedaling when you are finished with your workout. The program you created will then be stored in memory. Note: If your workout is less than thirty minutes long, any remaining segments in the program will be stored with the last resistance level and target pace setting you programmed.

4. When the program is finished, the console will turn off automatically.

See step 7 on page 15.

HOW TO USE A CUSTOM PROGRAM

1. **Turn on the console.**

   See step 1 on page 14.

2. **Select a custom program.**

   To select a custom program, press the Custom Programs button repeatedly until the words CUSTOM 1 or CUSTOM 2 appear in the display.

   When you select a custom program, the name of the program, the program time, and the maximum pace and resistance level will appear in the display for a few seconds. A profile of the resistance levels of the program will then appear in the display.

   Profile

   30:00   **0**

   TIME   REVOLUTIONS
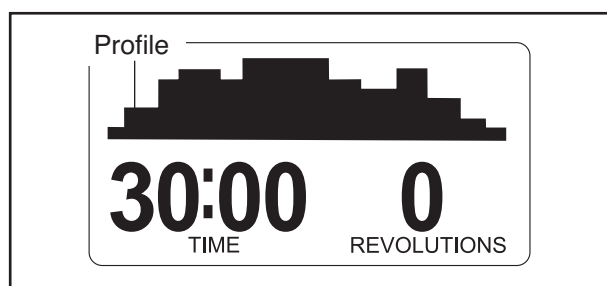
3. **Begin pedaling to start the program.**

   Each custom program is divided into 30 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for two or more consecutive segments.

   During the program, the program profile will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. 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 pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When an upward-pointing arrow or the prompt SPEED UP appears next to the pace information in the display (see step 4 on page 17), increase your pace. When a downward-pointing arrow or the prompt SLOW DOWN appears, decrease your pace. When no arrow or prompt appears, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the OneTouch Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the program will pause. To restart the program, simply resume pedaling. The program will continue until the last segment of the profile flashes and the last segment of the program ends.

4. **Change the program if desired.**

   If desired, you can change the program while using it. **To change the resistance level for the current segment,** simply press the OneTouch Resistance buttons. At the end of the current segment, the new resistance level will be stored in memory. **To change the target pace for the current segment,** simply change your pedaling pace. At the end of the current segment, your pace will be stored in memory. You can continue exercising and changing the program for up to thirty minutes.

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5. Follow your progress with the display.

See step 4 on page 17.

6. Measure your heart rate if desired.

See step 5 on page 15.

7. Turn on the fan if desired.

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE A HEART RATE PROGRAM

1. Turn on the console.

See step 1 on page 14.

2. Select a heart rate program.

To select one of the heart rate programs, press the Heart Rate Programs button repeatedly until the words HEART RATE 1 or HEART RATE 2 appear in the display.

3. Enter a target heart rate setting.

A few seconds after you select a heart rate program, the words ENTER MAX TARGET HEART RATE FOR THIS WORKOUT will appear in the display and the number 110 will begin to flash.

During heart rate program 1, the same target heart rate setting will be programmed for all segments of the program. If you have selected heart rate program 1, press the increase and decrease buttons above the Heart Rate Programs button to enter the desired target heart rate setting (see EXERCISE INTENSITY on page 23).

During heart rate program 2, different target heart rate settings will be programmed for different segments of the program. If you have selected heart rate program 2, press the increase and decrease buttons above the Heart Rate Programs button to enter the desired maximum target heart rate setting for the program (see EXERCISE INTENSITY on page 23).

4. Hold the handgrip pulse sensor.

It is not necessary to hold the handgrip pulse sensor continuously during heart rate programs; however, you should hold the handgrip pulse sensor frequently for the programs to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. **Begin pedaling to start the program.**

Heart rate program 1 is divided into 40 one-minute segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

Heart rate program 2 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During the program, the program profile in the display will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the target heart rate setting for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash.
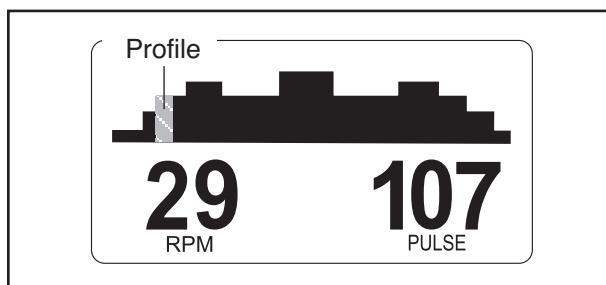
During both programs, the console will regularly compare your heart rate to the target heart rate setting for the current segment of the program. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

While you exercise, you will be prompted to maintain a constant pedaling pace. When an upward-pointing arrow or the prompt

SPEED UP appears next to the pace information in the display (see step 6 on this page), increase your pace. When a downward-pointing arrow or the prompt SLOW DOWN appears, decrease your pace. When no arrow or prompt appears, maintain your current pace.
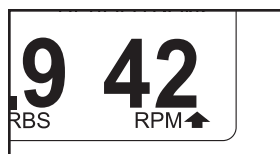
If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the OneTouch Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a series of tones will sound and the program will pause. To restart the program, simply resume pedaling. The program will continue until the last segment of the program ends.

6. **Follow your progress with the display.**

During heart rate program 1, the display will show a graphic that represents a heartbeat each time your heartbeat is detected, the elapsed time, and the distance that you have pedaled. **During heart rate program 2,** the display will show the program profile, the time remaining in the program, and the distance that you have pedaled.

To view the profile, your pedaling pace, and the distance you have pedaled, press the Display button. Note: The words SPEED UP or SLOW DOWN may appear in the display to prompt you to keep your pedaling pace near the target pace setting for the current segment.

To view the time remaining in the program and the distance pedaled, press the Display button. Press the Display button again to view the time remaining and the approximate number of calories burned.

To view the time remaining, distance pedaled, ramp incline, number of grams of carbs burned, and pedaling pace, press the Display button again. Note: An upward- or downward-pointing arrow may appear in the display to prompt you to keep your pedaling pace near the target pace setting for the current segment.

To view the first display again, press the Display button again.

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

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE AN IFIT PROGRAM

iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

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

   A moment after you begin pedaling or press a button, a tone will sound, and the display will light.

2. **Insert an iFit card and select a program.**

   To use an iFit program, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so that the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will light and text will appear in the display.
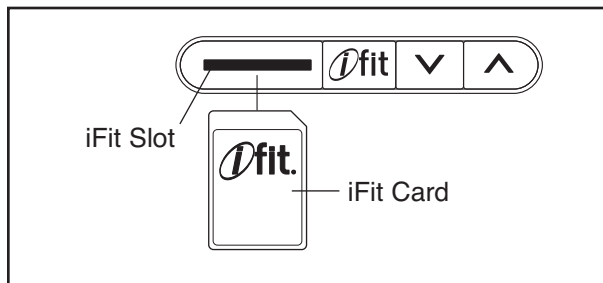
   Next, select the desired program on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

   A moment after you select a program, the voice of a personal trainer will begin guiding you through your workout.

   iFit programs function in the same way as preset programs. To use the program, see steps 3 to 7 on pages 16–17.

3. **When you are finished exercising, remove the iFit card.**

   Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, first locate the audio cable in the center of the console. Plug the audio cable into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**
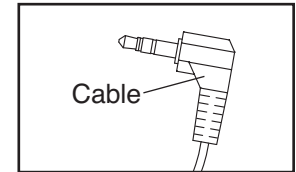
Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

When not in use, insert the audio cable into the storage recess on the console.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, 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.**
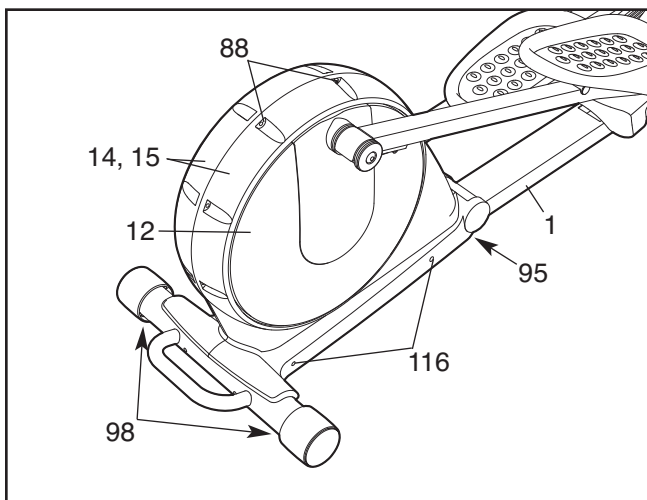
HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 15.

HOW TO LEVEL THE ELLIPTICAL EXERCISER OR ELIMINATE FLEXING IN THE FRAME

If the elliptical exerciser rocks on your floor during use, turn one or both of the Leveling Feet (98) until the rocking motion is eliminated.

If the elliptical exerciser flexes in the center during use, turn the Center Foot (95) until the flexing is eliminated.

HOW TO ELIMINATE RUBBING OF THE DISCS

See the drawing above. If the Discs (12) rub against the Side Shields (14, 15) during use, make sure that the Center Foot (95) is installed in the Frame (1). If the Center Foot is installed, loosen the two indicated Bolt Sets (88) and the two M4 x 16mm Screws (116) in each side of the elliptical exerciser.

Adjust the position of the Side Shields (14, 15) until the Discs (12) no longer rub against them, and then tighten the Bolt Sets (88) and the M4 x 16mm Screws (116).

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, press and hold the Fan button for about 5 seconds until the display on the console changes. Next, press the Display button once, and then press the OneTouch Ramp 10° button or the OneTouch Ramp 30° button. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the ramp is calibrated. Then, press the Display button repeatedly to return to the manual mode.

HOW TO ADJUST THE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the belt may need to be adjusted. To adjust the belt, first carefully pry off the left Disc Cover (13)
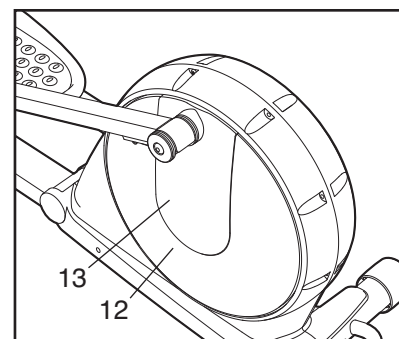
using a flat screwdriver. Next, remove the four screws (not shown) from the center of the left Disc (12). Gently rotate the Disc Cover and the Disc away from the elliptical exerciser.

Loosen, but do not remove, the three 1/4" x 19mm Button Screws (114). Insert the shaft of a screwdriver downward between the Idler (47) and the Idler Pulley (48). Pull the top of the screwdriver
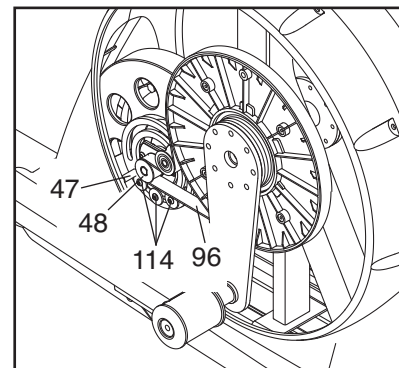
toward the rear of the elliptical exerciser until the Belt (96) is tight, and then tighten the three Button Screws.

Reattach the left disc with the four screws and then reattach the left disc cover.

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 zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.
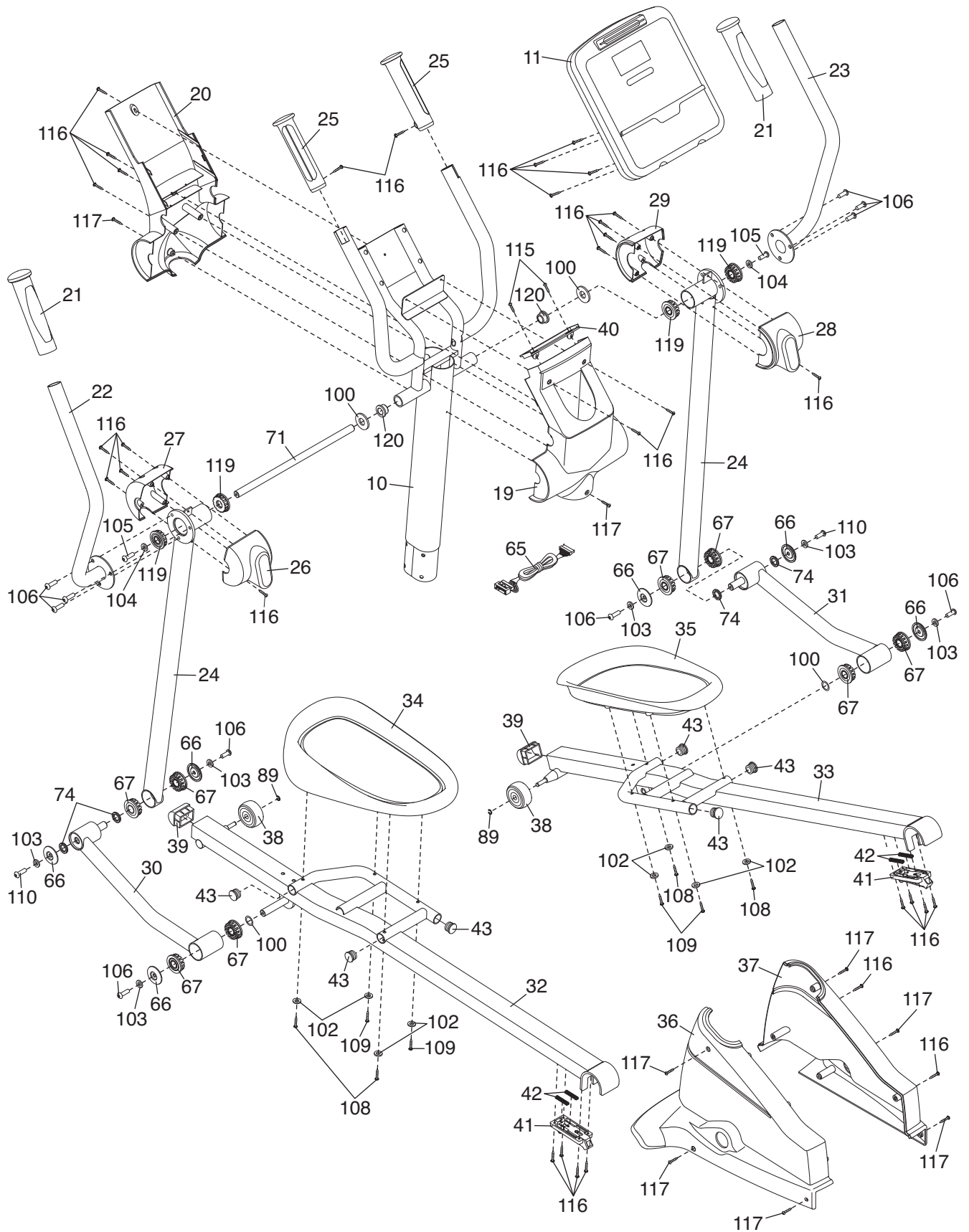
PART LIST—Model No. SFEL91009.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Clamp
2	1	Folding Frame	52	2	Large Axle Cover
3	1	Rear Stabilizer	53	2	Crank Bushing
4	1	Front Stabilizer	54	2	Crank Bushing Sleeve
5	1	Ramp	55	2	Crank Arm
6	1	Front Ramp Cover	56	1	Crank Arm Spacer
7	1	Rear Ramp Cover	57	1	Large Pulley
8	2	Side Ramp Cover	58	1	Crank Flange
9	1	Lift Motor	59	2	Crank Bearing Assembly
10	1	Upright	60	1	Crank Spacer
11	1	Console	61	1	Crank
12	2	Disc	62	2	Lift Bracket
13	2	Disc Cover	63	1	Lift Axle
14	1	Left Side Shield	64	1	Lower Wire Harness
15	1	Right Side Shield	65	1	Upper Wire Harness
16	2	Rear Cap	66	6	Axle Cover
17	2	Wheel	67	8	Bushing Assembly
18	2	Wheel Cover	68	4	Brass Bushing
19	1	Rear Upright Cover	69	1	Latch Bracket
20	1	Front Upright Cover	70	1	Latch Button
21	2	Handgrip	71	1	Upper Body Axle
22	1	Left Upper Body Arm	72	1	Ramp Axle
23	1	Right Upper Body Arm	73	1	Pivot Axle
24	2	Upper Body Leg	74	4	Link Arm Spacer
25	2	Pulse Sensor/Wire	75	1	Latch Axle
26	1	Left Rear Upper Body Cover	76	1	Latch Spring
27	1	Left Front Upper Body Cover	77	2	Lift Axle Screw
28	1	Right Rear Upper Body Cover	78	1	Button Frame
29	1	Right Front Upper Body Cover	79	2	Hairpin Cotter
30	1	Left Link Arm	80	2	Lift Axle Washer
31	1	Right Link Arm	81	1	Control Board
32	1	Left Pedal Arm	82	4	M10 x 93mm Button Screw
33	1	Right Pedal Arm	83	2	Crank Snap Ring
34	1	Left Pedal	84	2	Crank Arm Washer
35	1	Right Pedal	85	2	Outside Crank Bushing
36	1	Left Frame Cover	86	1	Flange Screw
37	1	Right Frame Cover	87	4	M10 x 25mm Washer
38	4	Roller	88	5	Bolt Set
39	2	Pedal Arm Cap	89	4	Small Snap Ring
40	1	Tray	90	1	Idler Snap Ring
41	2	Pedal Arm Latch	91	1	Eddy Snap Ring
42	4	Pedal Arm Latch Spring	92	1	Idler Spacer
43	6	Pedal Arm Cap	93	2	M10 Locknut
44	1	Eddy Mechanism	94	3	Idler Washer
45	1	Eddy Crank Assembly	95	1	Center Foot
46	1	Pillow Block	96	1	Belt
47	1	Idler	97	1	Control Box
48	1	Idler Pulley	98	2	Leveling Foot
49		Eddy Motor	99	4	M10 Curved Washer
50	1	Reed Switch/Wire	100	4	Wave Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	4	M8 Split Washer	120	2	Upright Brass Bushing
102	12	M6 Split Washer	121	1	Left Lift Arm
103	8	M8.5 x 16mm x 1.5mm Washer	122	1	Right Lift Arm
104	4	M8 x 20mm x 2mm Washer	123	2	Lift Bushing
105	4	M8 x 16mm Button Screw	124	1	Transformer
106	10	M8 x 15mm Button Screw	125	1	Control Box Cover
107	8	M8 x 20mm Button Screw	126	1	Motor Clevis Pin
108	4	M6 x 62mm Screw	127	1	Bracket Pin
109	4	M6 x 35mm Screw	128	1	Lift Reed Switch
110	6	M8 x 25mm Button Screw	129	1	Switch Cover
111	4	M10 x 20mm Button Screw	130	1	Power Socket
112	8	M8 x 25mm Shoulder Screw	131	2	Motor Spacer
113	2	M8 x 30mm Button Screw	132	4	M4 x 10mm Screw
114	5	1/4" x 19mm Button Screw	133	1	Power Cord
115	3	M4 x 12mm Screw	*	-	User's Manual
116	56	M4 x 16mm Screw	*	-	Hex Key
117	8	M4 x 16mm Cupped Screw	*	-	Grease Packet
118	4	M6 Locknut	*	-	Lift Motor Power Wire
119	4	Bearing Assembly	*	-	Lift Motor Sensor Wire

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.
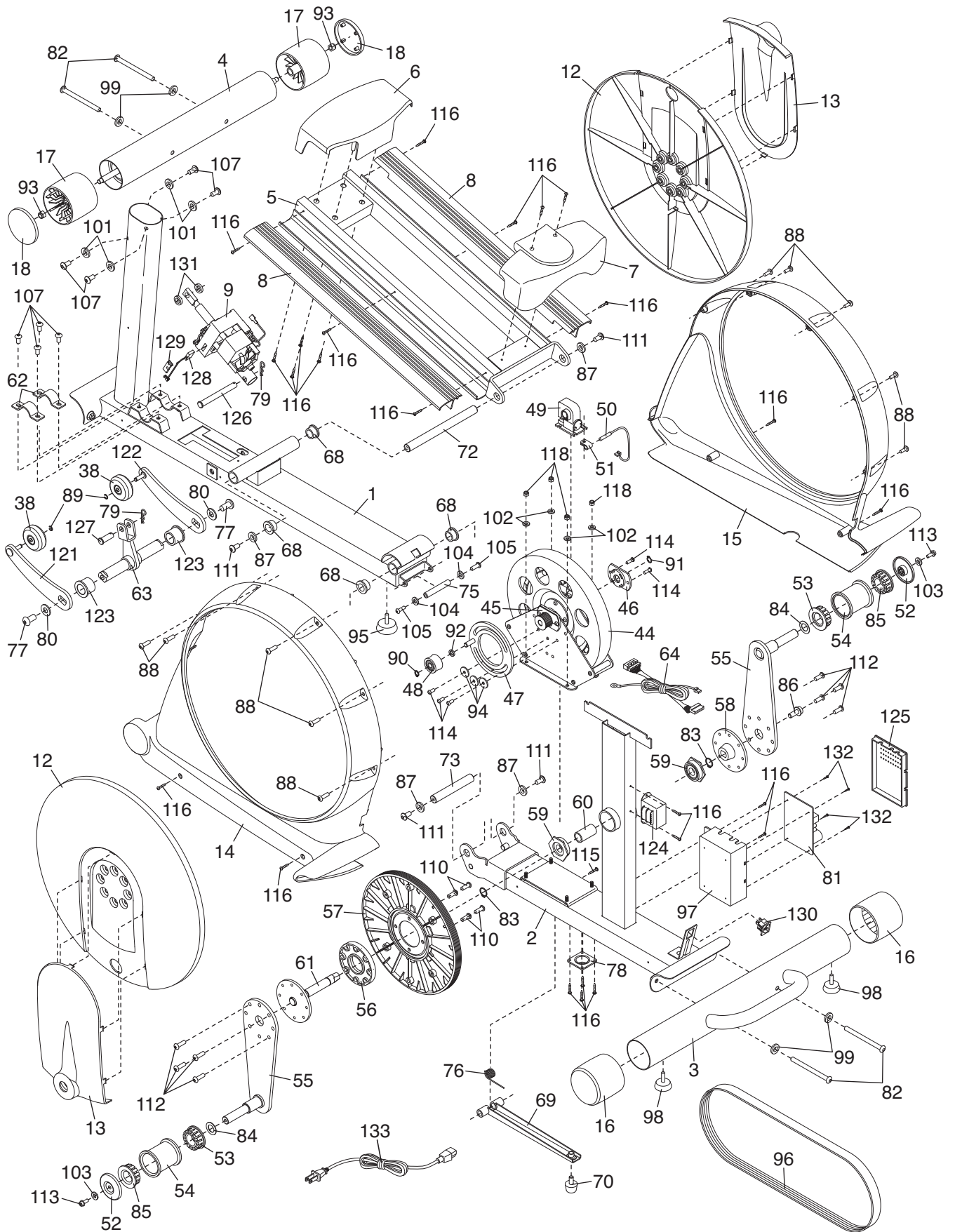
HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, **please contact the store where you purchased this product.** If you are unable to contact the store, contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

In the United States
Call: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT
Email: fmfvmcustomerservice@freemotionfitness.com
Write:
FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States
Call: 001-435-786-3521
Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area; you may be charged additionally for service calls beyond this service area. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a FreeMotion authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by FreeMotion Fitness.

FreeMotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

FreeMotion Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813