

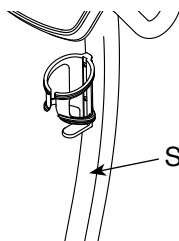
PRO-FORM®

210 CSX

Model No. PFEX21020-INT.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number
Decal

USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

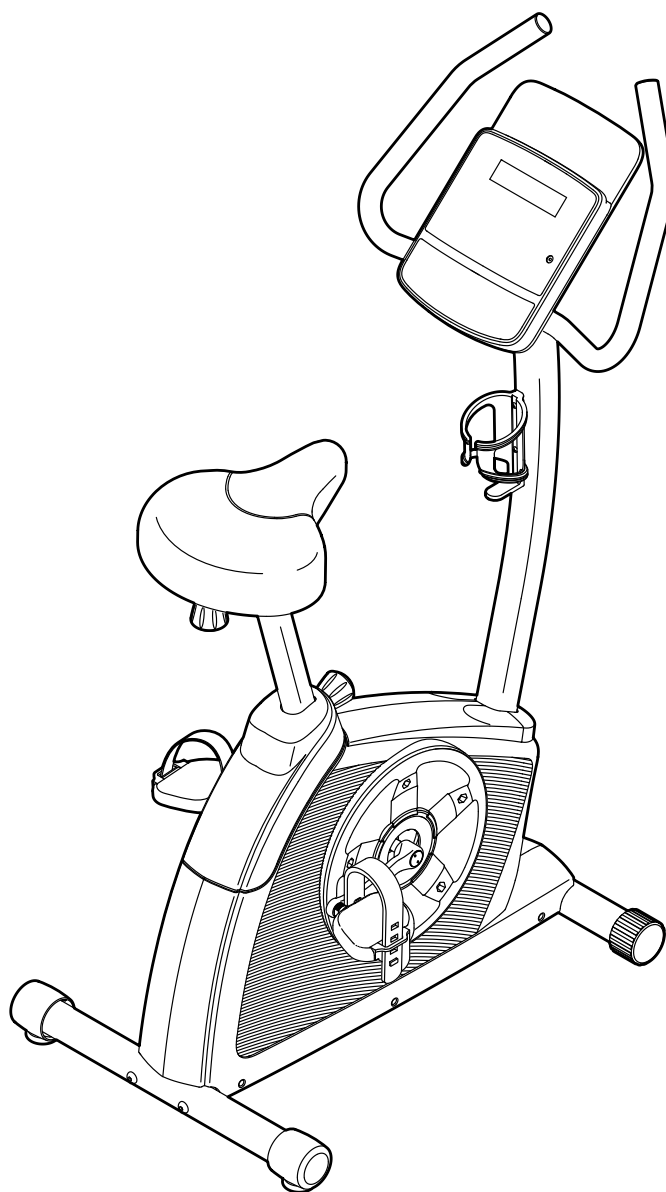
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



CAUTION

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

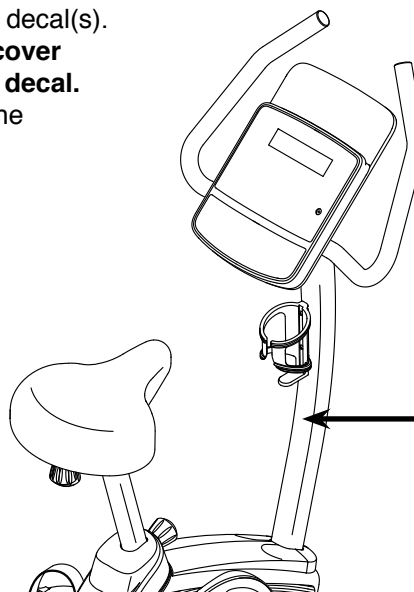
iconeurope.com

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WARNING DECAL PLACEMENT

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



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.
- User weight must not exceed 275 pounds.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



PROFORM and IFIT are registered trademarks of ICON Health & Fitness, Inc. App Store is a trademark of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google LLC. The Bluetooth® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The 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.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. 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.
7. 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.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 16 and pets away from the exercise bike at all times.
10. 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.
11. The exercise bike should not be used by persons weighing more than 275 lbs. (125 kg).
12. Be careful when mounting and dismounting the exercise bike.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
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.

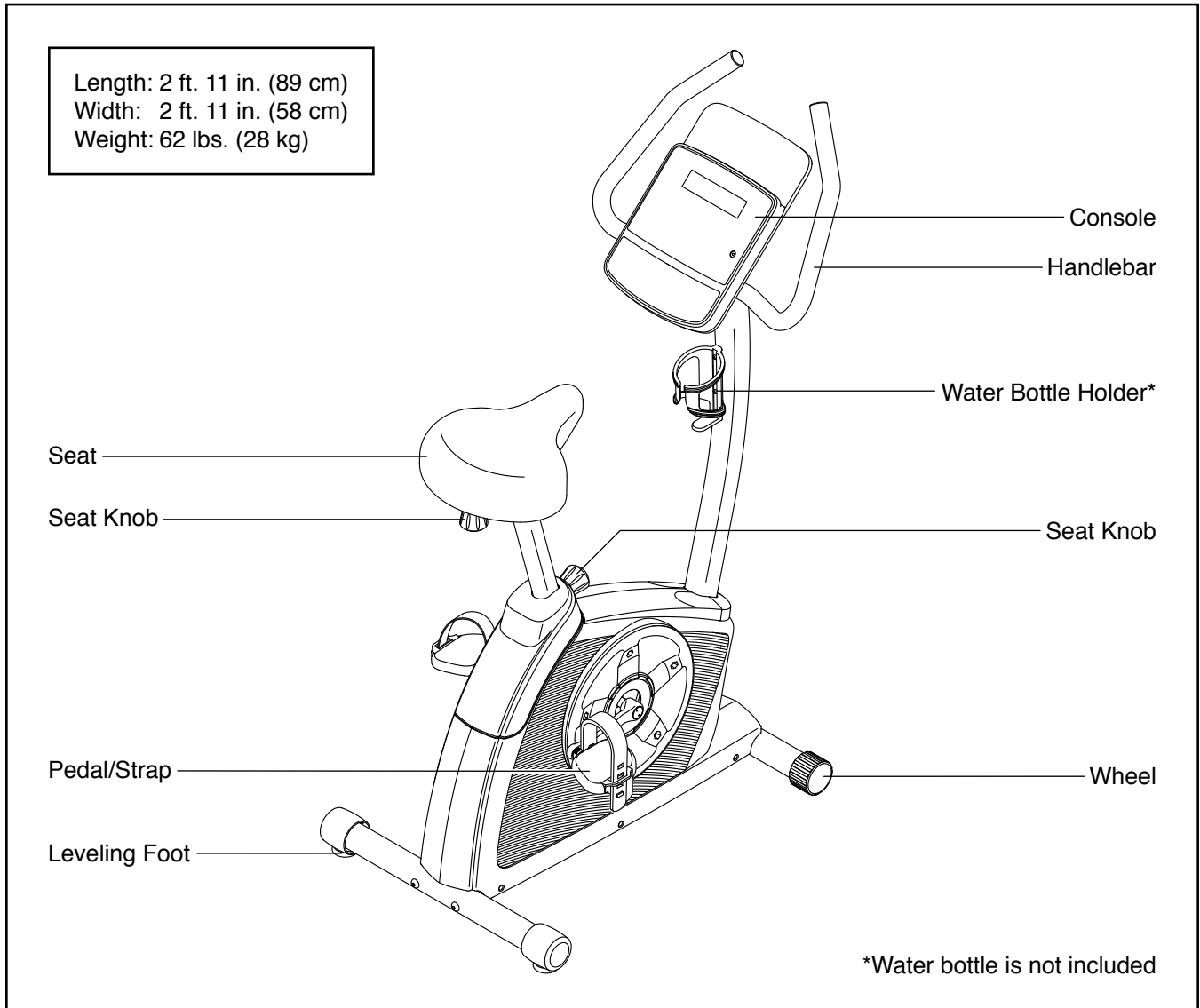
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 210 CSX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 210 CSX 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

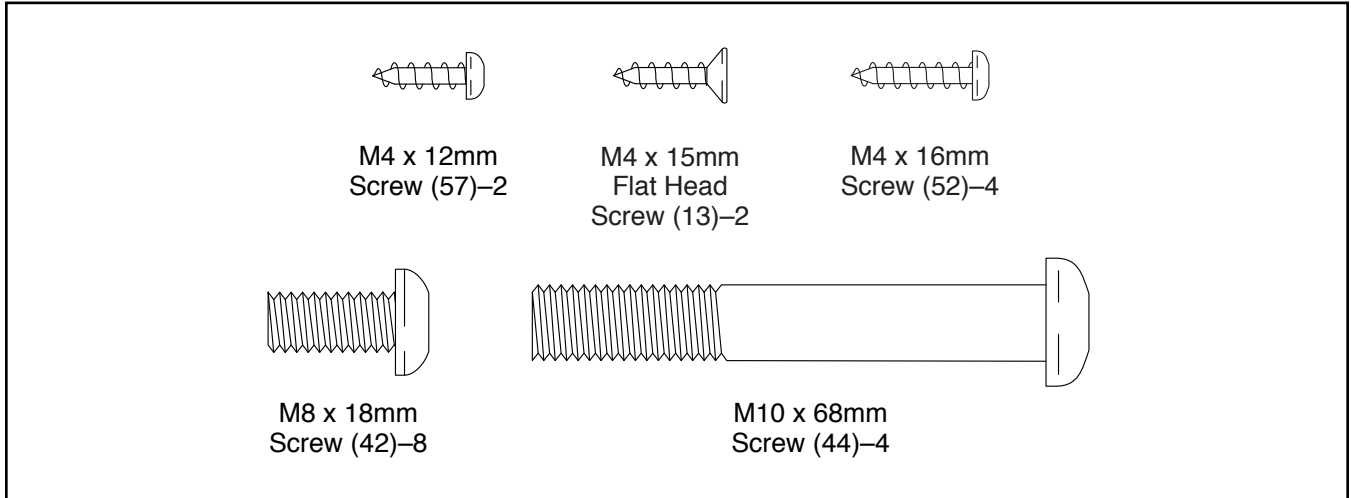
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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 

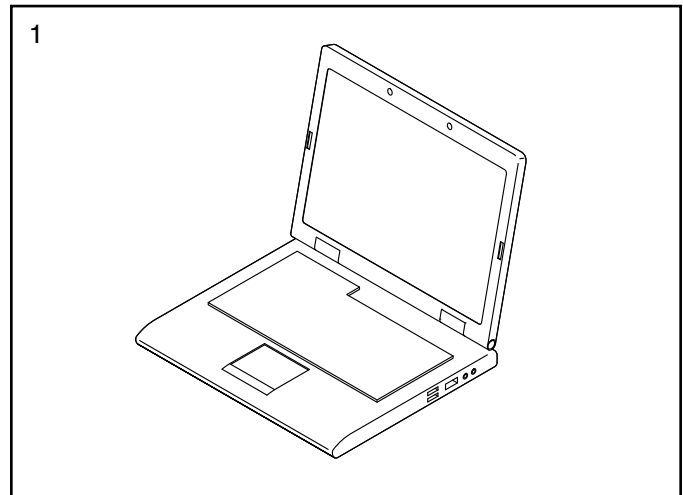
one adjustable wrench 

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 Customer Service (see the front cover of this manual).

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

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



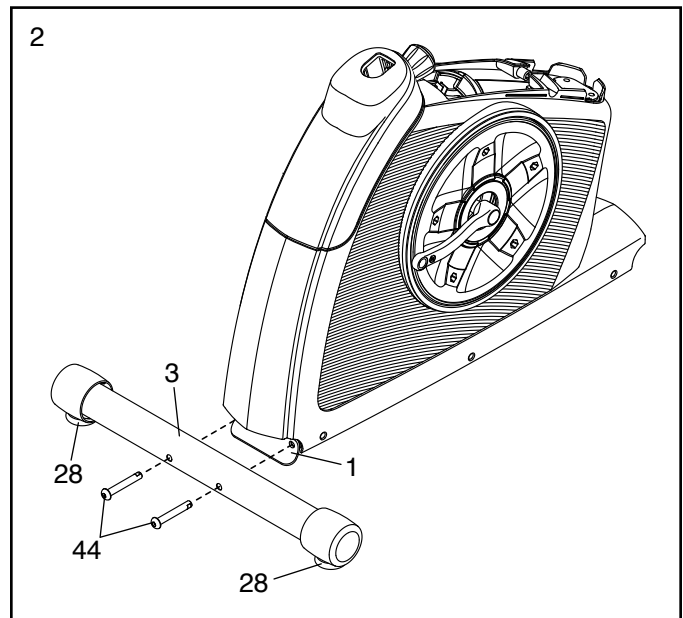
2. If there are shipping brackets (not shown) on the rear of the Frame (1), remove the screws from the shipping brackets and discard the screws and the shipping brackets.

Identify the Rear Stabilizer (3), which has a Leveling Foot (28) near each end.

Set a sturdy piece of packing material (not shown) under the rear of the Frame (1).

Orient the Rear Stabilizer (3) as indicated by the sticker. Attach the Rear Stabilizer to the Frame (1) with two M10 x 68mm Screws (44).

Then, remove the packing material.

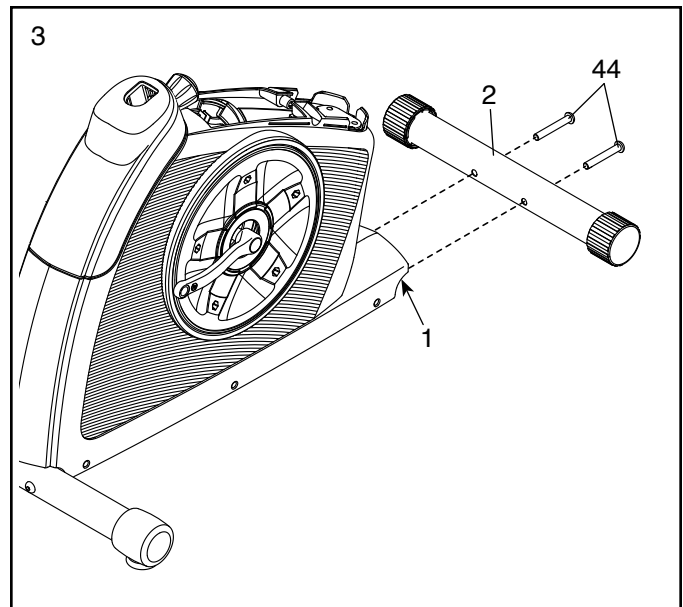


3. If there are shipping brackets (not shown) on the front of the Frame (1), remove the screws from the shipping brackets and discard the screws and the shipping brackets.

Set a sturdy piece of packing material (not shown) under the front of the Frame (1).

Orient the Front Stabilizer (2) as indicated by the sticker. Attach the Front Stabilizer to the Frame (1) with two M10 x 68mm Screws (44).

Then, remove the packing material.



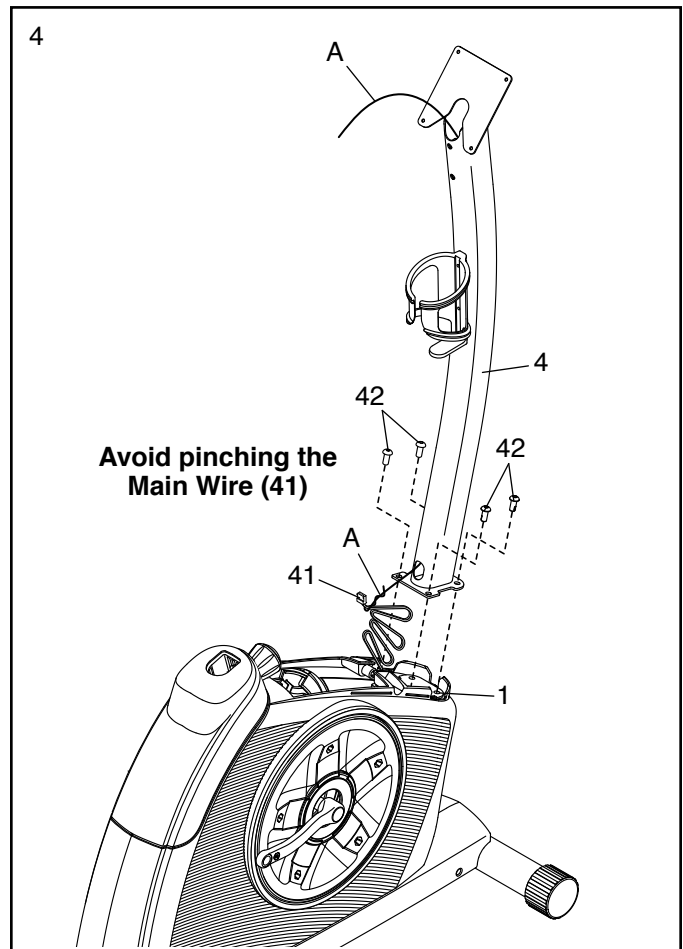
4. Orient the Upright (4) as shown.

Tip: Avoid pinching the Main Wire (41).

Attach the Upright (4) to the Frame (1) with four M8 x 18mm Screws (42); **start all the Screws, and then tighten them.**

Next, locate the wire tie (A) in the Upright (4). Tie the lower end of the wire tie to the Main Wire (41). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright.

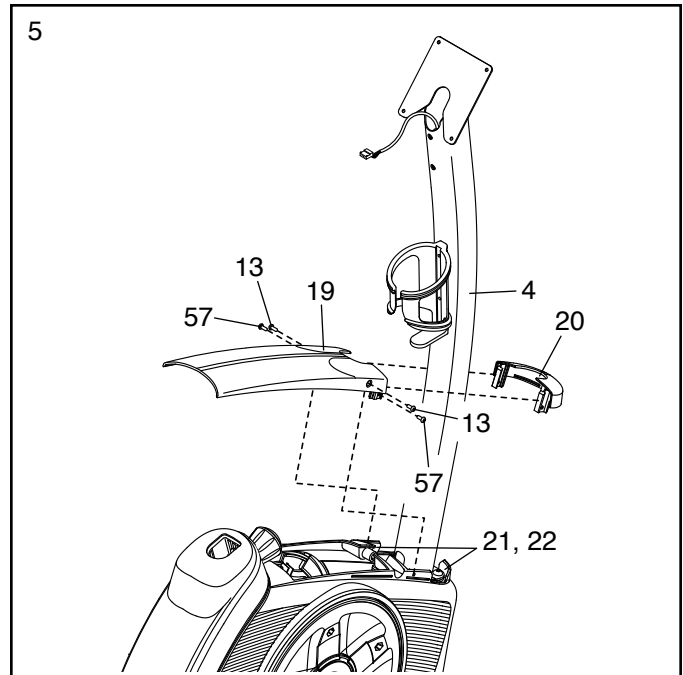
Tip: To prevent the Main Wire (41) from falling into the Upright (4), secure the Main Wire with the wire tie (A).



5. Orient the Rear and Front Upright Covers (19, 20) as shown.

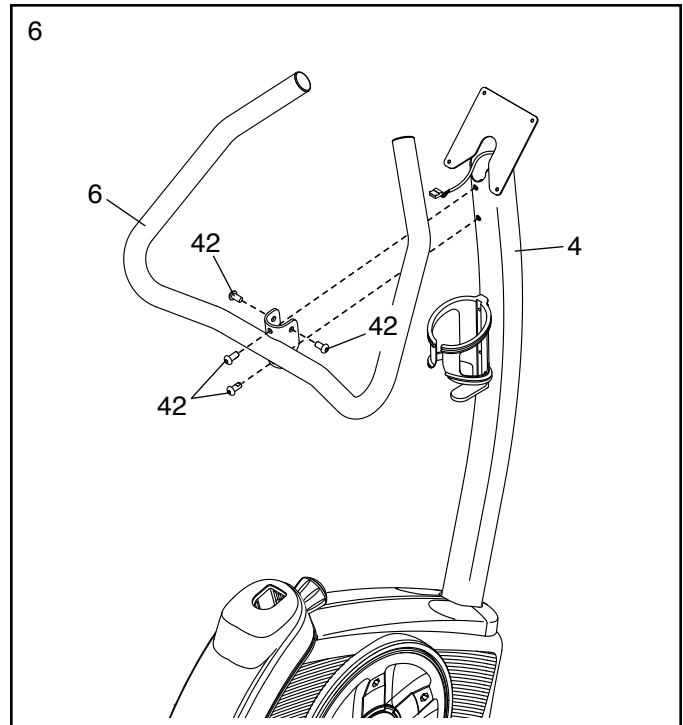
Press the Rear and Front Upright Covers (19, 20) together around the Upright (4), and join them with two M4 x 12mm Screws (57).

Then, press the Rear and Front Upright Covers (19, 20) downward onto the Left and Right Shields (21, 22). Attach the Rear Upright Cover with two M4 x 15mm Flat Head Screws (13).



6. Orient the Handlebar (6) as shown.

Attach the Handlebar (6) to the Upright (4) with four M8 x 18mm Screws (42); **start all the Screws, and then tighten them.**



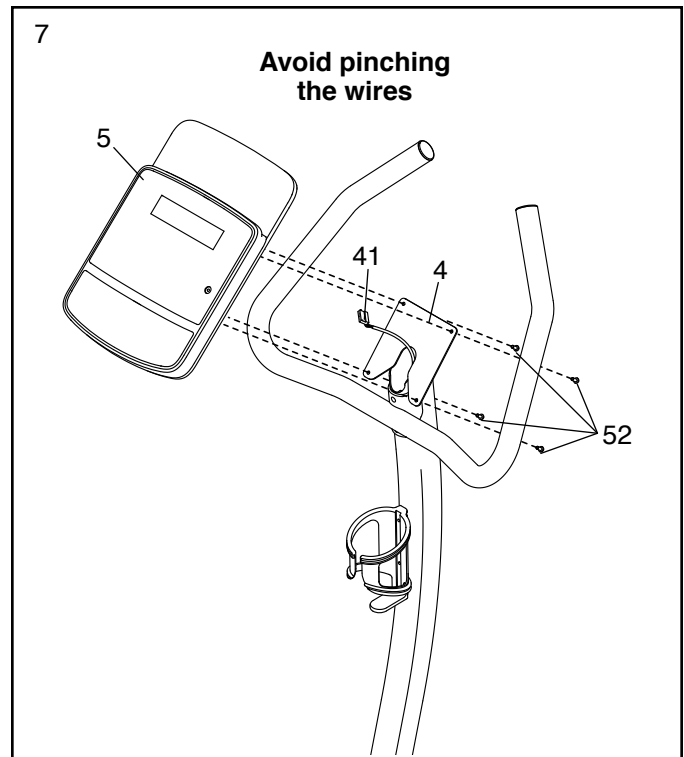
7. Untie and discard the wire tie on the Main Wire (41).

While a second person holds the Console (5) near the Upright (4), plug the Main Wire (41) into the receptacle on the Console.

The connector on the Main Wire (41) should slide easily into the receptacle and snap into place. If the connector does not slide easily into a receptacle, turn the connector and try again. If you do not connect the connector properly, the Console (5) may become damaged when you use the exercise bike.

Insert the excess wire into the Upright (4).

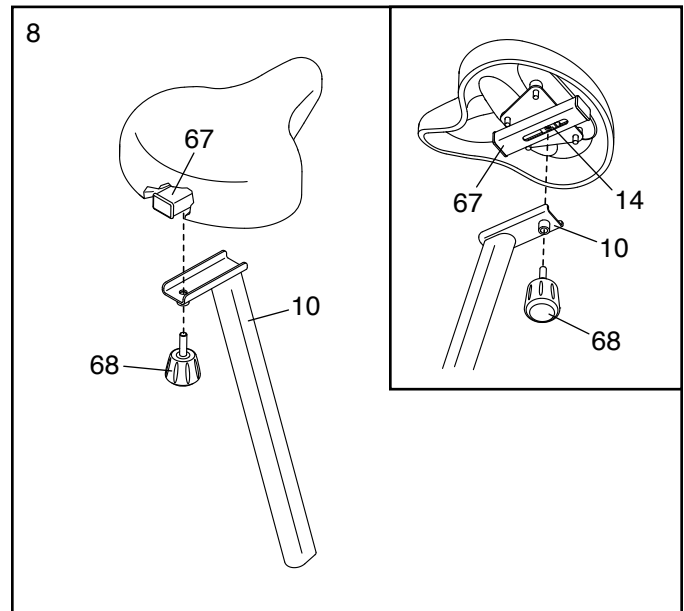
Tip: Avoid pinching the wires. Attach the Console (5) to the Upright (4) with four M4 x 16mm Screws (52); **start all the Screws, and then tighten them.**



8. Remove the Seat Knob (68) from the Seat Carriage (67).

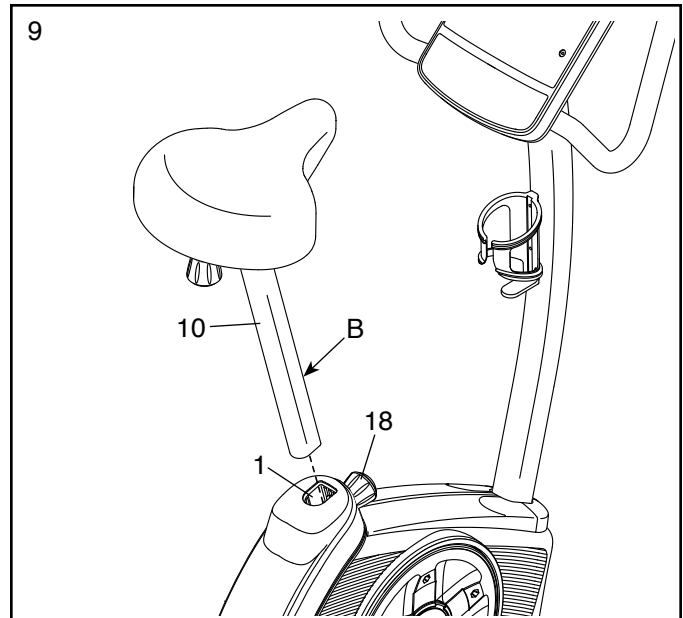
Next, set the Seat Carriage (67) on the Seat Post (10) and hold it in place.

See the inset drawing. Insert the Seat Knob (68) upward into the Seat Post (10), and tighten the Seat Knob into the Carriage Clamp (14) inside the Seat Carriage (67). **Make sure that the Seat Knob is tightened into the Carriage Clamp.**



9. Orient the Seat Post (10) as shown. Loosen the Post Knob (18) a few turns, pull it outward, and insert the Seat Post into the Frame (1).

Next, slide the Seat Post (10) upward or downward to the desired position, and release the Post Knob (18) into one of the adjustment holes (B) in the Seat Post. **Move the Seat Post upward or downward slightly to make sure that the Post Knob is engaged in one of the adjustment holes.** Then, tighten the Post Knob.

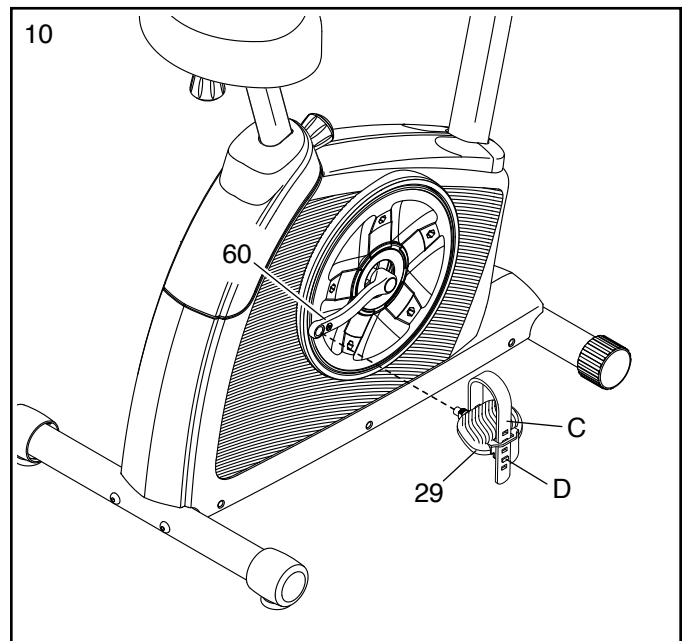


10. Identify the Right Pedal (29).

Using an adjustable wrench, **firmly tighten** the Right Pedal (29) **clockwise** into the Right Crank Arm (60).

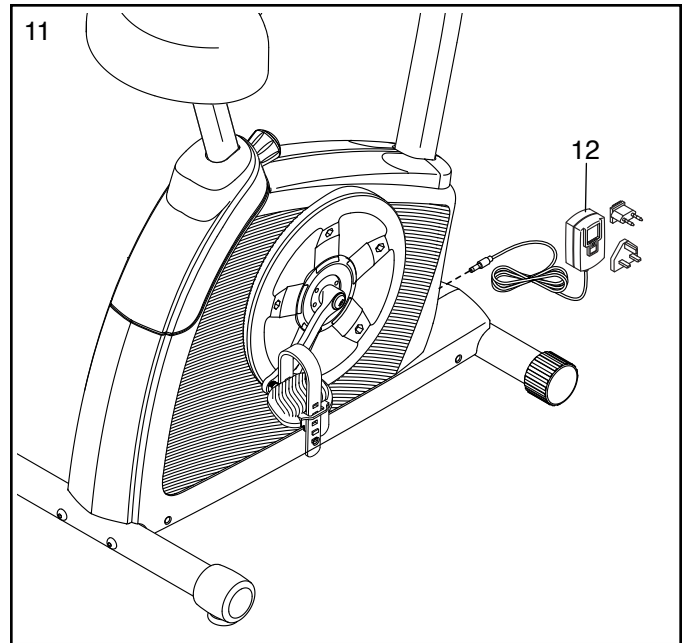
Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

Next, adjust the strap (C) on the Right Pedal (29) to the desired position, and press the end of the strap onto the tab (D) on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



11. Plug the Power Adapter (12) into the receptacle on the front of the exercise bike.

Note: To plug the Power Adapter (12) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 12.



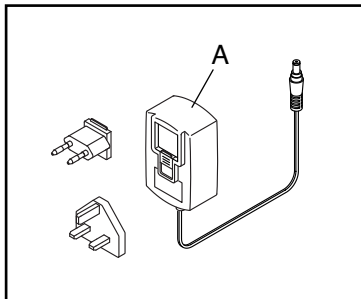
12. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

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.

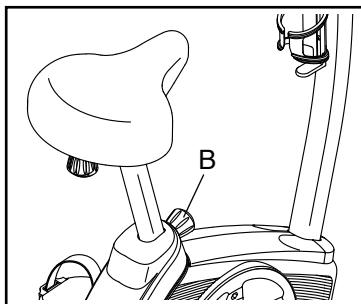
Plug the power adapter (A) into the receptacle on the front of the exercise bike. Insert the appropriate plug adapter into the power adapter if necessary. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO ADJUST THE HEIGHT OF THE SEAT

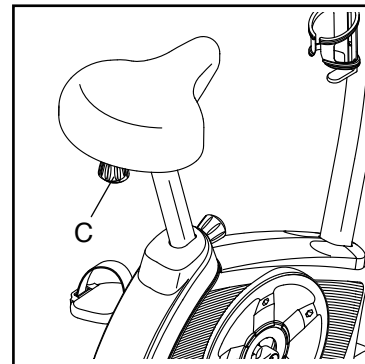
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

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



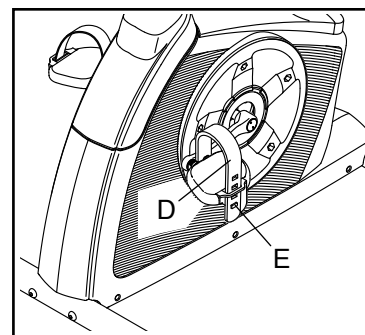
HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

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



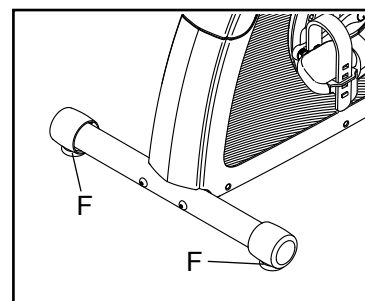
HOW TO ADJUST THE PEDAL STRAPS

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

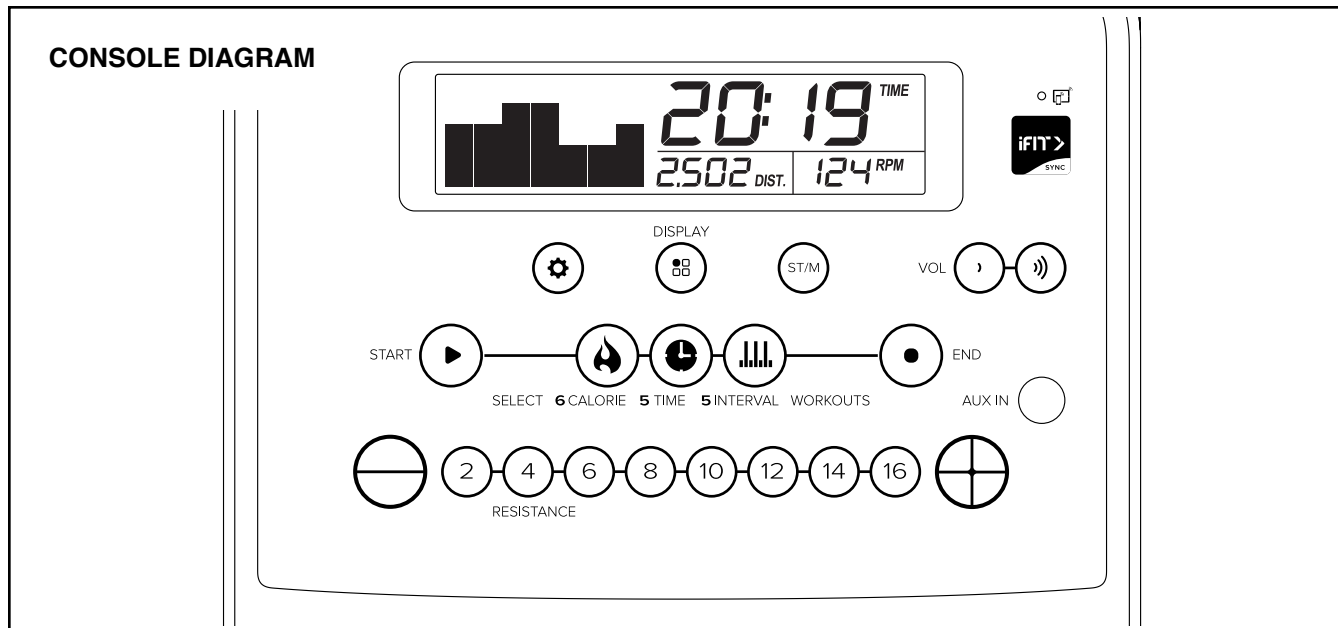


HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet (F) under the rear stabilizer until the exercise bike is level.



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.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor.

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

The console also offers a selection of onboard workouts. Each onboard workout automatically changes the resistance of the pedals and prompts you to maintain a target pedaling speed as it guides you through an effective workout.

You can even listen to your favorite workout music or audio books with the console sound system while you exercise.

To use the manual mode, see page 14. **To use an onboard workout**, see page 16. **To connect your tablet to the console**, see page 17. **To connect your heart rate monitor to the console**, see page 17. **To use the sound system**, see page 17. **To change console settings**, see page 18.

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

Note: The console can display speed and distance in either standard or metric units. To change the unit of measurement, press the St/M button repeatedly. For simplicity, all instructions in this section refer to standard units.

HOW TO USE THE MANUAL MODE

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

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select the manual mode.

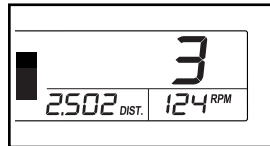
When you turn on the console, the manual mode will be selected automatically.

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

3. Change the resistance of the pedals as desired.

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

As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered Resistance buttons or press the Resistance increase and decrease buttons.



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

4. Follow your progress with the display.

The displays can show the following workout information:

Calories (CALs.)—When the manual mode and most onboard workouts are selected, the approximate number of calories you have burned. When calorie workouts are selected, the approximate number of calories that remain to be burned in the workout.

Distance (DIST.)—The distance that you have pedaled in miles or kilometers. To change the unit of measurement, press the St/M button.

Heart Rate (heart symbol)—Your heart rate when you use a compatible heart rate monitor (see step 5).

Matrix—When the manual mode is selected, a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. When an onboard workout is selected, a profile of the resistance levels of the workout.

Resistance Level—The resistance level of the pedals.

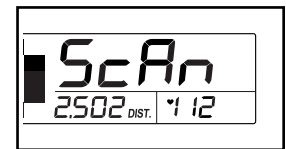
RPM—Your pedaling speed in revolutions per minute (RPM).

Speed—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/M button.

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

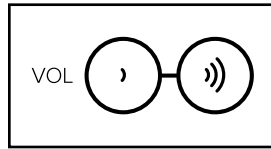
Press the Display button repeatedly to view the desired workout information in the displays.

Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. To turn on the scan mode, press the Display button repeatedly until the word SCAN appears in the display.



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

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



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

To end the workout, press the End button repeatedly.

Note: The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button.

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 chest heart rate monitor is included with some models. If a chest heart rate monitor is included, see THE CHEST 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 18 for information about ordering one.

To connect a compatible heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice. When your heart-beat is detected, your heart rate will be shown. See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 17 for more information.

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

If the pedals do not move for several seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume pedaling.

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

Note: The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 18.

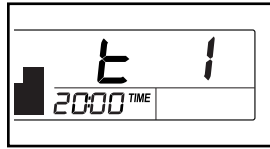
HOW TO USE AN ONBOARD WORKOUT

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

When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select an onboard workout.**

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



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

3. **Start the workout.**

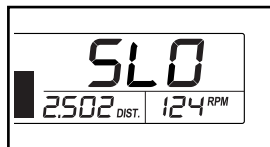
Press the Start button or begin pedaling to start the workout.

Calorie and Interval Workouts—Each Calorie and Interval workout is divided into segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

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

As you exercise, the matrix will show a profile of the resistance levels of the workout.

You will be prompted to keep your pedaling speed near the target speed for the current segment. **When the words TOO SLO appear in the display**, increase your pedaling speed. **When the words TOO FAST appear**, decrease your pedaling speed. **When no words appear**, maintain your current pedaling speed.



IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons.

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

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

To end the workout, press the End button repeatedly.

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

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

To end the workout, press the End button repeatedly.

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

See step 4 on page 14.

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

See step 5 on page 15.

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

See step 6 on page 15.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

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

1. Download and install the iFit app on your tablet.

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

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

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

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

3. Connect your tablet to the console.

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

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

4. Record and track your workout information.

Follow the instructions in the iFit app to record and track your workout information.

5. Disconnect your tablet from the console if desired.

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

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

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

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

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

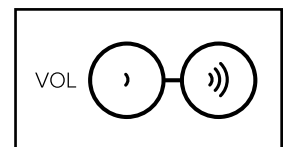
To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

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

HOW TO USE THE SOUND SYSTEM

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

Next, press the play button on your personal audio player. Adjust the volume level using the Vol increase and decrease buttons on the console or the volume control on your personal audio player.



HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

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

2. Navigate the settings mode.

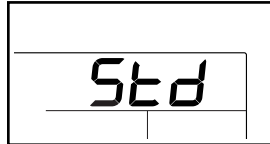
While the settings mode is selected, you can navigate through several settings screens. Press the Display button repeatedly to select the desired settings screen.

3. Change settings as desired.

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

Unit of Measurement—

The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.

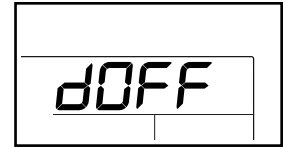


Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

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

Total Time and Total Distance—The display will show the total number of hours that the exercise bike has been used and the total distance (in miles or kilometers) that the exercise bike has been pedaled.

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

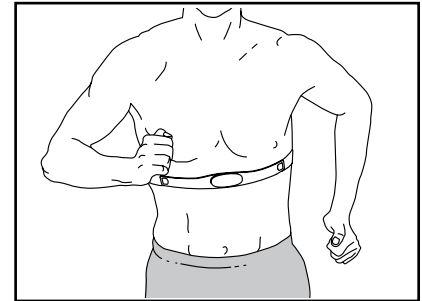


4. Exit the settings mode.

Press the Settings button (gear symbol) to exit the settings mode.

THE OPTIONAL CHEST HEART RATE MONITOR

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



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

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.

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.**

CONSOLE TROUBLESHOOTING

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

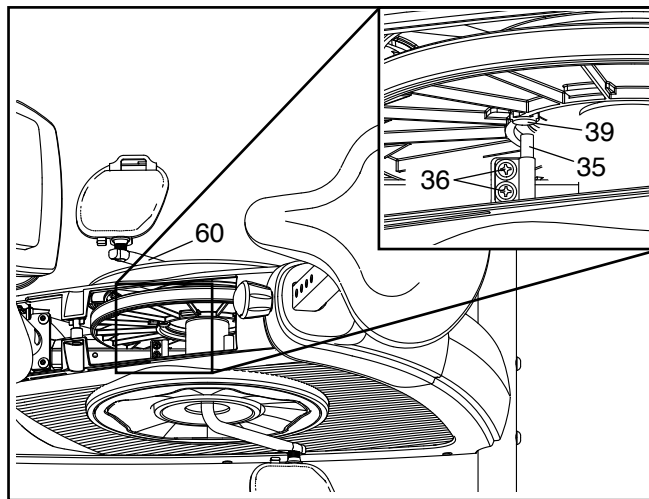
HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, first **unplug the power adapter**. Then, remove the parts described below.

See assembly step 5 on page 8. Identify the Rear Upright Cover (19). Remove the two M4 x 15mm Flat Head Screws (13) from the Rear Upright Cover. Next, use a standard screwdriver to release the tabs along the bottom edges of the Rear and Front Upright Covers (19, 20), remove the two M4 x 12mm Screws (57), and then remove the Rear and Front Upright Covers.

Next, locate the Reed Switch (35). Turn a Crank Arm (60) until a Magnet (39) is aligned with the Reed Switch. Next, slightly loosen the two indicated M4.5 x 12mm Flange Screws (36). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Flange Screws.



Plug in the power adapter, and then turn the Crank Arm (60) so that the Magnet (39) passes the Reed Switch (35) repeatedly. Repeat these actions until the console displays correct feedback.

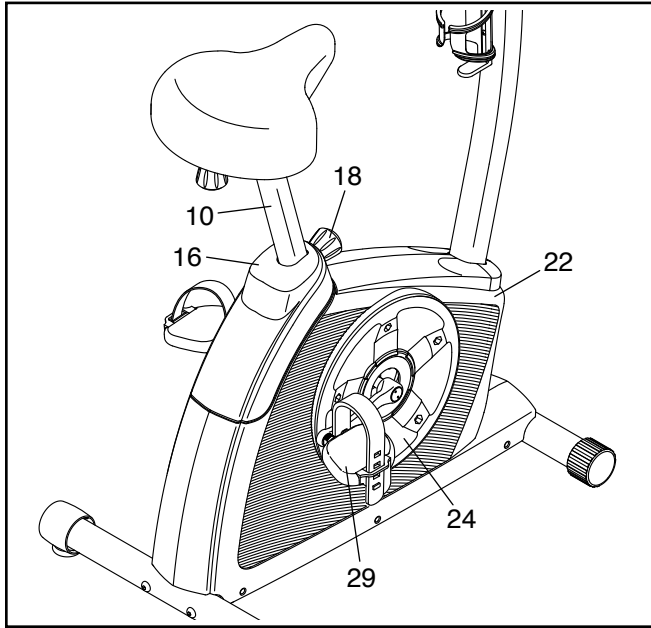
When the reed switch is correctly adjusted, reattach the parts that you removed and plug in the power adapter.

HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first **unplug the power adapter**. Then, remove the parts described below.

To remove the Seat Post (10), loosen the Post Knob (18) a few turns, pull the Post Knob outward, and remove the Seat Post. Then, using an adjustable wrench, remove the Post Knob.



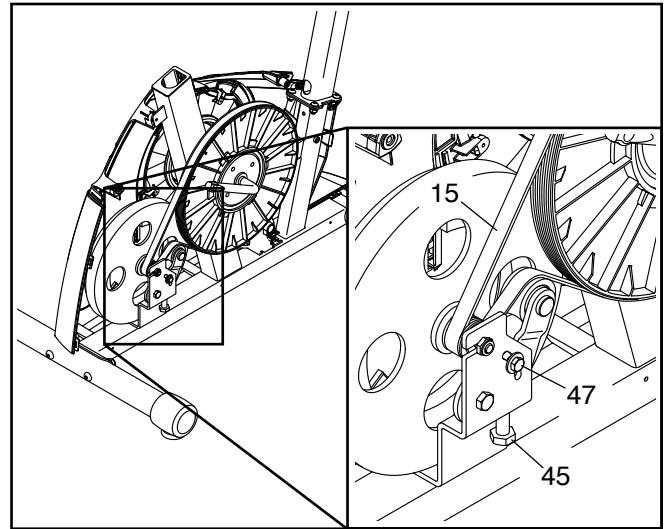
Using a standard screwdriver, release the tabs along the bottom edge of the Post Cover (16), and remove the Post Cover.

Next, using an adjustable wrench, turn the Right Pedal (29) counterclockwise and remove it. Then, using a standard screwdriver, release the tabs around the edge of the right Access Disc (24), and remove the Access Disc from the Right Shield (22).

See assembly step 5 on page 8. Remove the two M4 x 16mm Screws (52) from the Rear Upright Cover (19).

See the **EXPLODED DRAWING** on page 23. Identify the Left and Right Shields (21, 22). Remove all of the screws from the Left and Right Shields; **there are two sizes of screws in the Shields—note which size of screw you remove from each hole**. Then, gently remove the Right Shield.

Loosen the M6 x 20mm Hex Screw (47). Then, tighten the Idler Screw (45) until the Drive Belt (15) is tight.



When the Drive Belt (15) is tight, tighten the M6 x 20mm Hex Screw (47).

Then, reattach the parts that you removed and plug in the power adapter.

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	

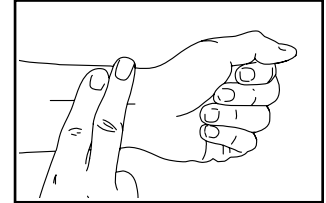
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

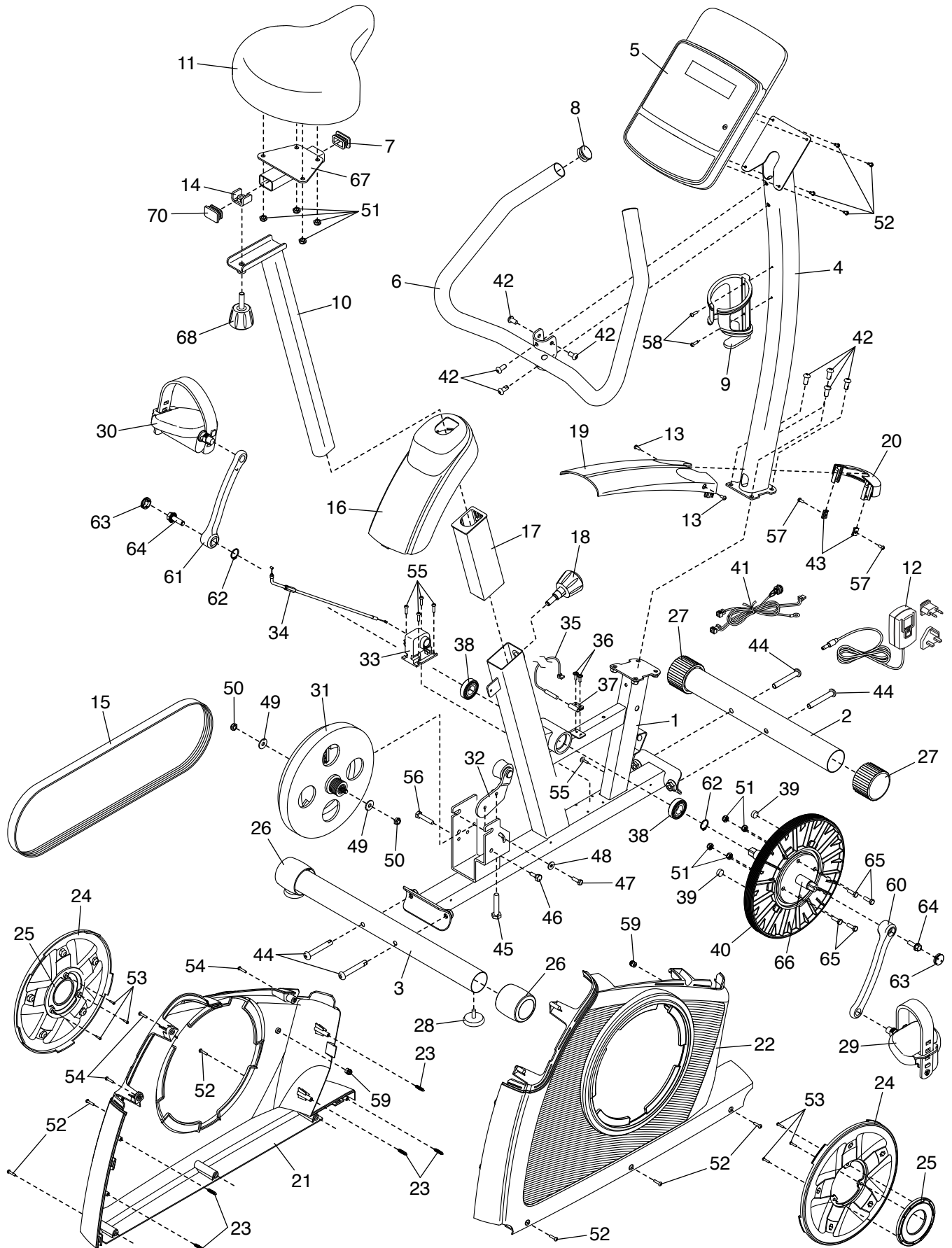
Model No. PFEX21020-INT.0 R0820A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	2	M4.5 x 12mm Flange Screw
2	1	Front Stabilizer	37	1	Clamp
3	1	Rear Stabilizer	38	2	Crank Bearing
4	1	Upright	39	2	Magnet
5	1	Console	40	1	Pulley
6	1	Handlebar	41	1	Main Wire
7	2	Carriage Cap	42	8	M8 x 18mm Screw
8	2	Handlebar Cap	43	2	Clip
9	1	Water Bottle Holder	44	4	M10 x 68mm Screw
10	1	Seat Post	45	1	Idler Screw
11	1	Seat	46	1	M6 x 20mm Shoulder Screw
12	1	Power Adapter	47	1	M6 x 20mm Hex Screw
13	2	M4 x 15mm Flat Head Screw	48	1	M6 Washer
14	1	Carriage Clamp	49	2	M10 Washer
15	1	Drive Belt	50	2	M10 Thin Locknut
16	1	Post Cover	51	8	M8 Locknut
17	1	Post Sleeve	52	10	M4 x 16mm Screw
18	1	Post Knob	53	6	M3 x 12mm Screw
19	1	Rear Upright Cover	54	3	M4 x 25mm Screw
20	1	Front Upright Cover	55	5	M4 x 12mm Flange Screw
21	1	Left Shield	56	1	M8 x 32mm Screw
22	1	Right Shield	57	2	M4 x 12mm Screw
23	5	Tree Fastener	58	2	M4 x 22mm Screw
24	2	Access Disc	59	2	Mushroom Fastener
25	2	Crank Cover	60	1	Right Crank Arm
26	2	Rear Stabilizer Cap	61	1	Left Crank Arm
27	2	Wheel Cap	62	2	Snap Ring
28	2	Leveling Foot	63	2	Crank Cap
29	1	Right Pedal/Strap	64	2	M8 Flange Screw
30	1	Left Pedal/Strap	65	4	M8 x 18mm Bolt
31	1	Eddy Mechanism	66	1	Crank
32	1	Idler	67	1	Seat Carriage
33	1	Resistance Motor	68	1	Seat Knob
34	1	Resistance Cable	*	-	User's Manual
35	1	Reed Switch/Wire	*	-	Assembly Tool

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. PFEX21020-INT.0 R0820A



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.

