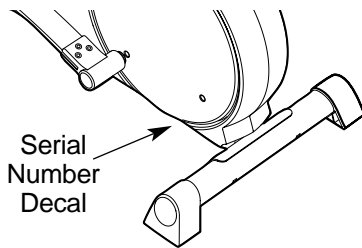


PRO-FORM

750 RX

Model No. PFEVEL34020

Serial No. _____



USER'S MANUAL

QUESTIONS?

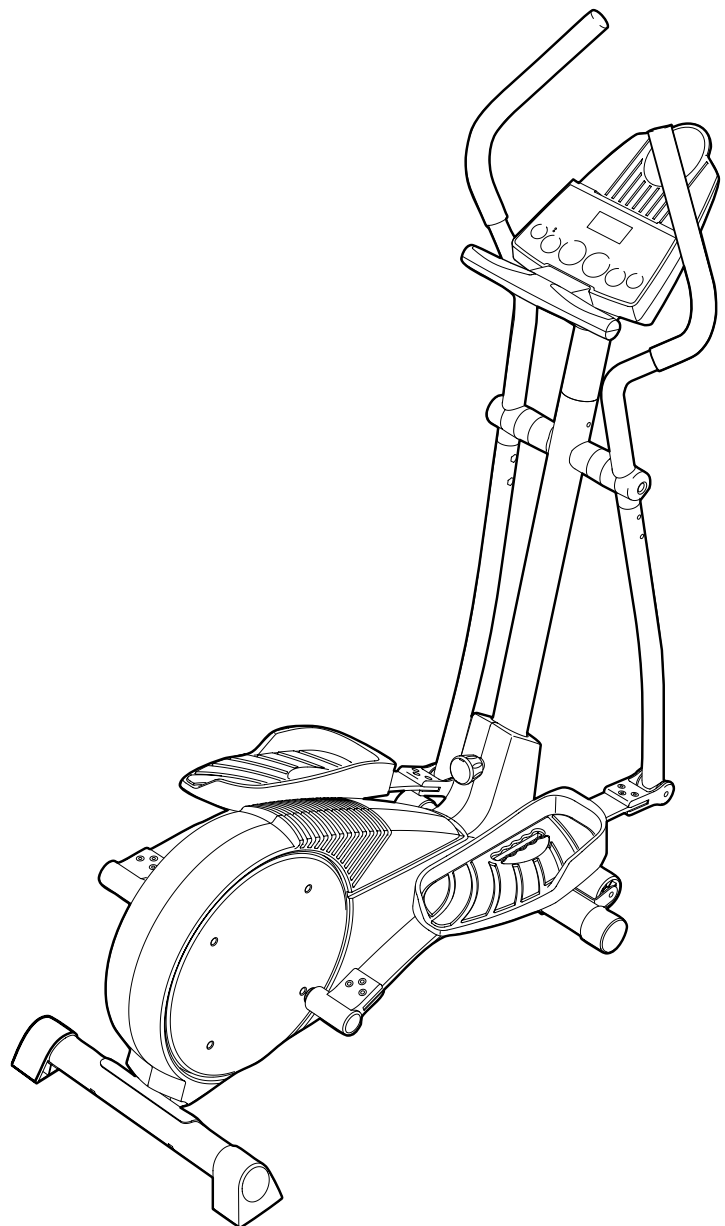
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com



⚠ CAUTION

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



Visit our website at

www.iconeurope.com



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. Read all instructions in this manual before using the elliptical crosstrainer.
2. It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.
3. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under 12 and pets away from the elliptical crosstrainer at all times.
6. The elliptical crosstrainer should not be used by persons weighing more than 114 kg (250 lbs).
7. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.
8. Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical crosstrainer.
9. 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.
10. Keep your back straight when using the elliptical crosstrainer; do not arch your back.
11. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. The elliptical crosstrainer is intended for home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.

⚠ 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. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

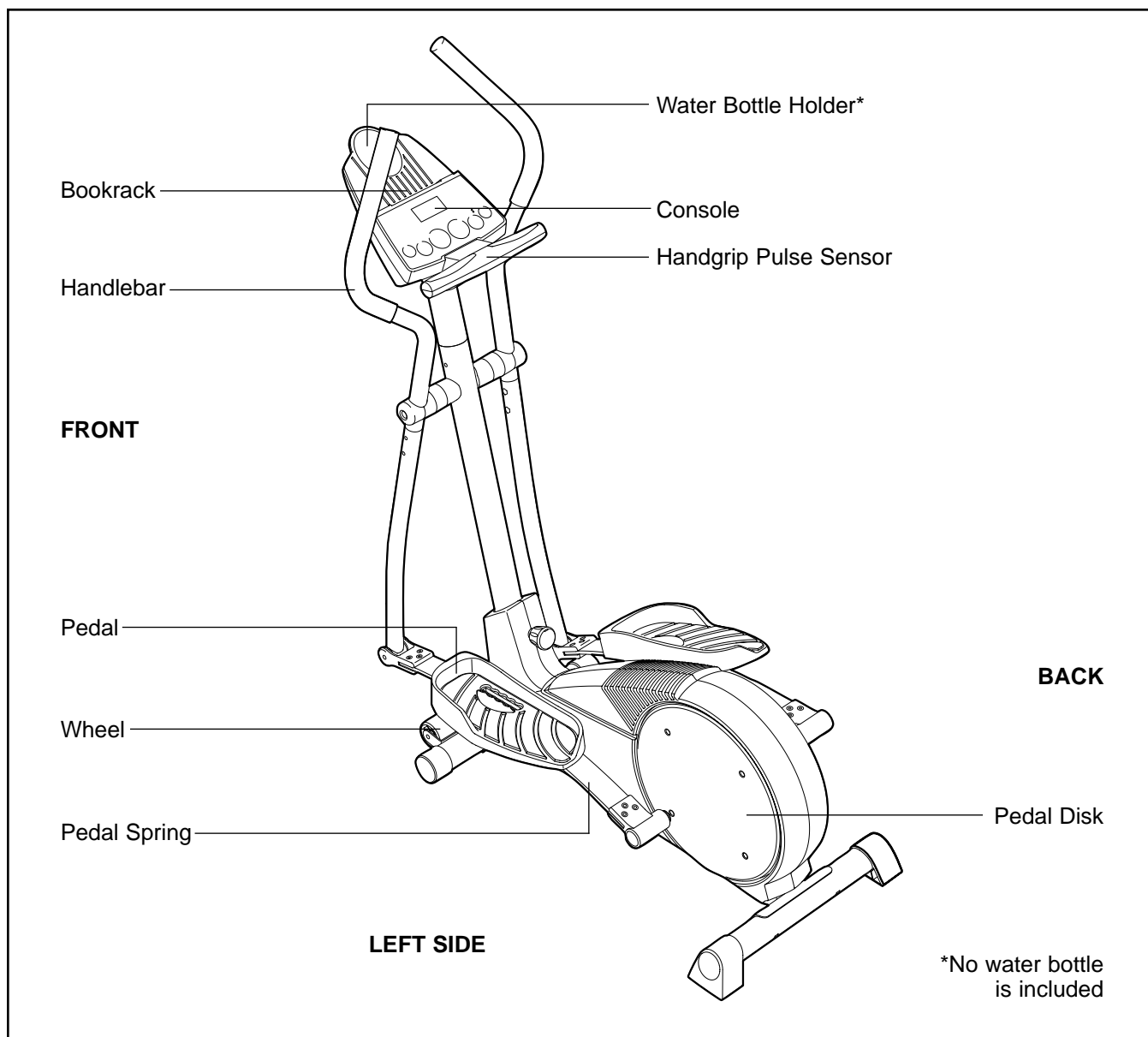
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 750 RX elliptical crosstrainer. The PROFORM® 750 RX is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. And the unique PROFORM® 750 RX features adjustable resistance and an easy-to-use console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.




For your benefit, read this manual carefully before you use the elliptical crosstrainer. If you have ques-

tions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is PFEVEL34020. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

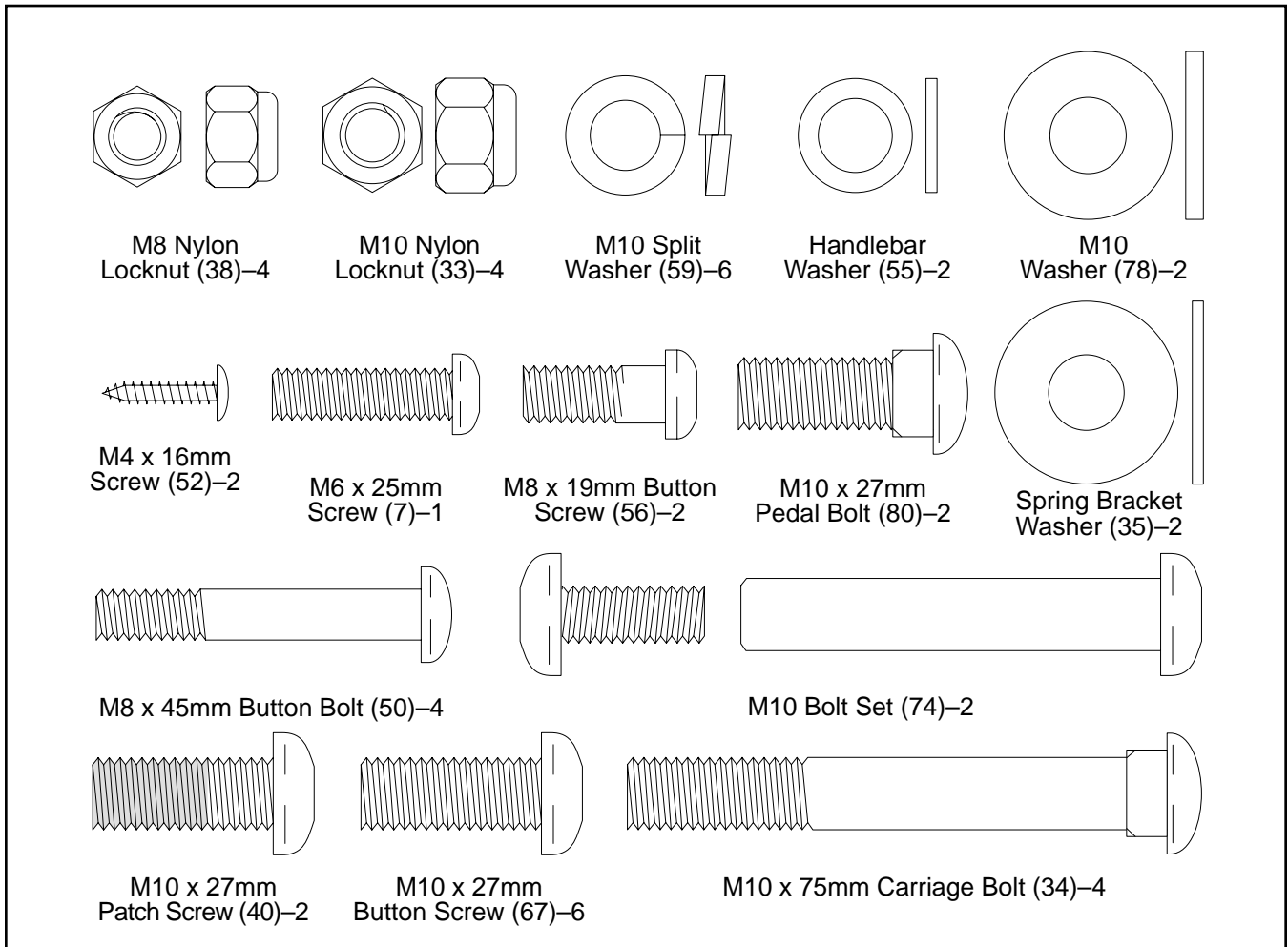
Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



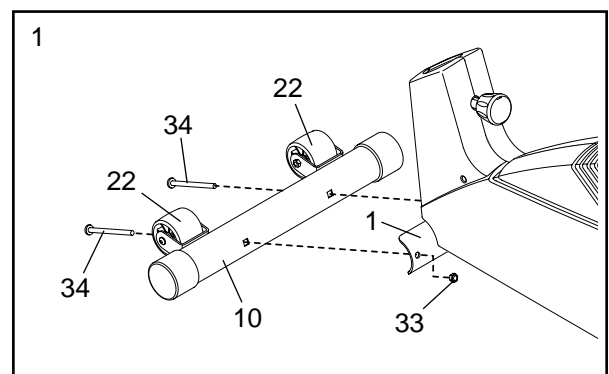
ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical crosstrainer 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 allen wrenches, assembly requires a phillips screwdriver** , **an adjustable spanner** , **and a rubber mallet** .

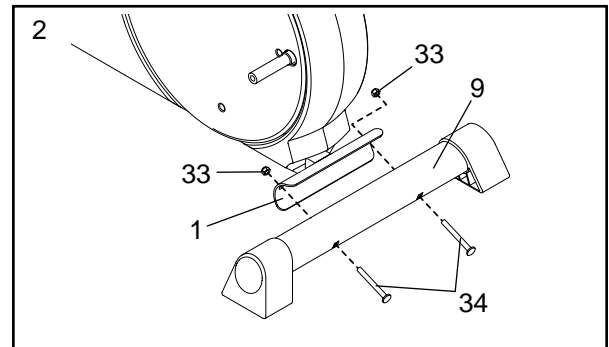
As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 18. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



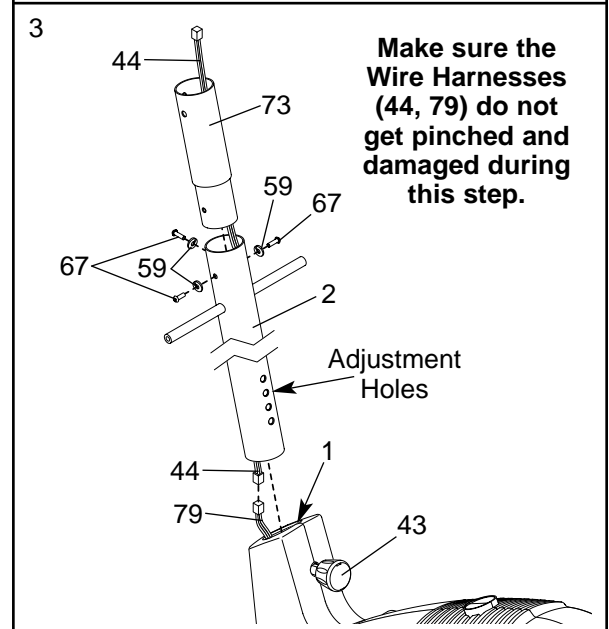
1. Identify the Front Stabiliser (10), which has Wheels (22) attached to it. Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33). **Make sure that the Front Stabiliser is turned so the Wheels are not touching the floor.**



2. Whilst another person lifts the back of the Frame (1), attach the Rear Stabiliser (9) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).



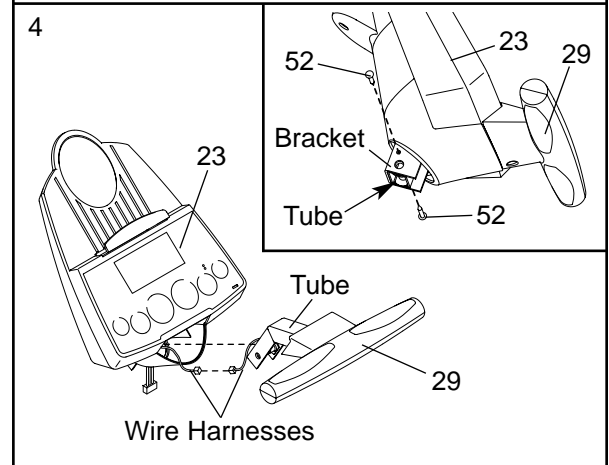
3. Whilst another person holds the Upright (2) in the position shown, connect the Extension Wire Harness (44) to the Wire Harness (79). **Carefully pull the upper end of the Extension Wire Harness to remove any slack. Whilst holding the upper end of the Extension Wire Harness, insert the Upright into the Frame (1). Do not pinch the Wire Harnesses.**



Next, turn the Upright Knob (43) counterclockwise several turns. Pull the Knob, slide the Upright (2) down until the Knob is aligned with one of the four adjustment holes, and then release the Knob. Do not tighten the Knob yet.

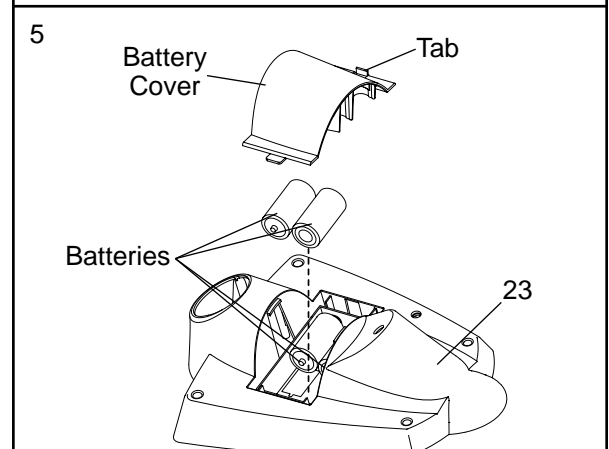
Feed the upper end of the Extension Wire Harness (44) through the Upright Extension (73). Attach the Upright Extension to the Upright (2) with three M10 x 27mm Button Screws (67) and three M10 Split Washers (59).

4. Connect the wire harness on the Handgrip Pulse Sensor (29) to the indicated wire harness on the Console (23). Insert both wire harnesses into the opening in the bottom of the Console. Next, insert the metal tube on the Handgrip Pulse Sensor into the opening in the bottom of the Console. **Be careful not to pinch the wire harnesses.**



See the inset drawing. Align the holes in the bracket on the Console (23) with the holes in the metal tube on the Handgrip Pulse Sensor (29). Tighten two M4 x 16mm Screws (52) through the bracket into the tube as shown.

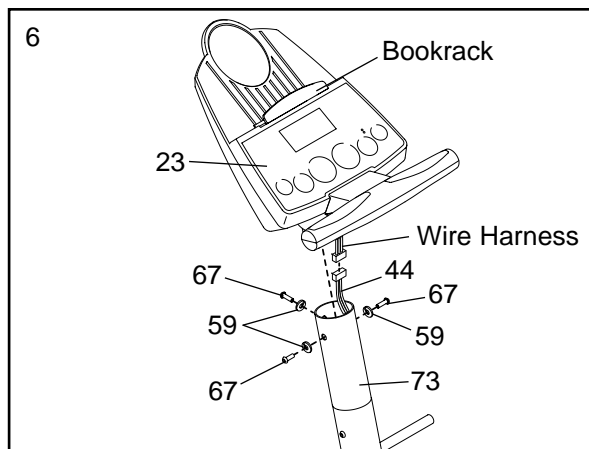
5. The Console (23) requires four 1.5V "D" batteries; alkaline batteries are recommended. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Reattach the battery cover.



- Whilst another person holds the Console (23) in the position shown, connect the wire harness on the Console to the Extension Wire Harness (44). Insert the excess wire harness into the Upright Extension (73).

Attach the Console (23) to the Upright Extension (73) with three M10 x 27mm Button Screws (67) and three M10 Split Washers (59). **Be careful to avoid pinching the wire harnesses.**

Snap the bookrack onto the Console (23) in the indicated location.

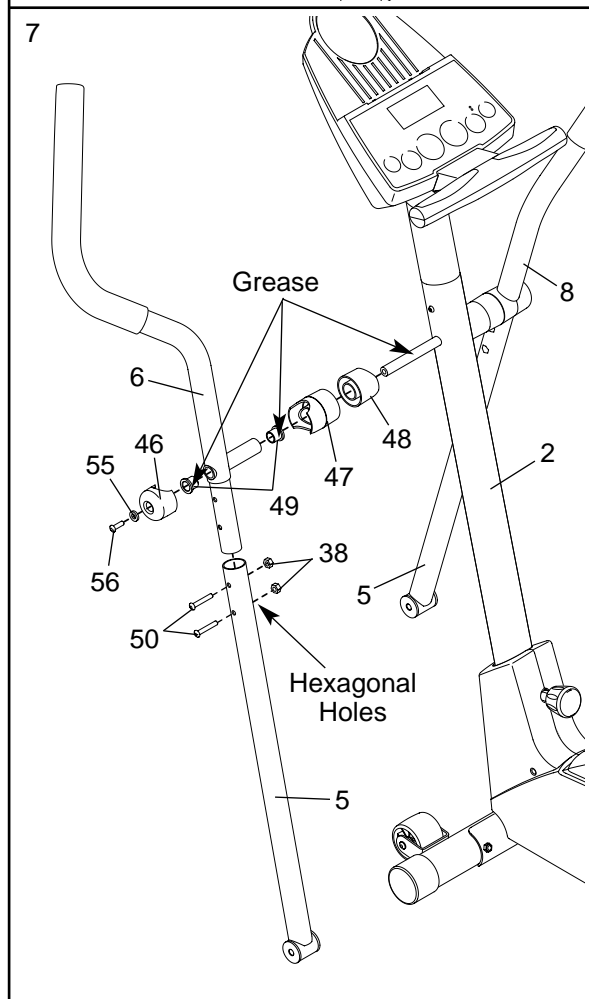


- Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Legs (5); **make sure that the Handlebar Leg is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar to the Handlebar Leg with two M8 x 45mm Button Bolts (50) and two M8 Nylon Locknuts (38). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

Apply a light coat of the included grease to the left axle on the Upright (2) and inside of the two Small Handlebar Bushings (49) in the Left Handlebar (6).

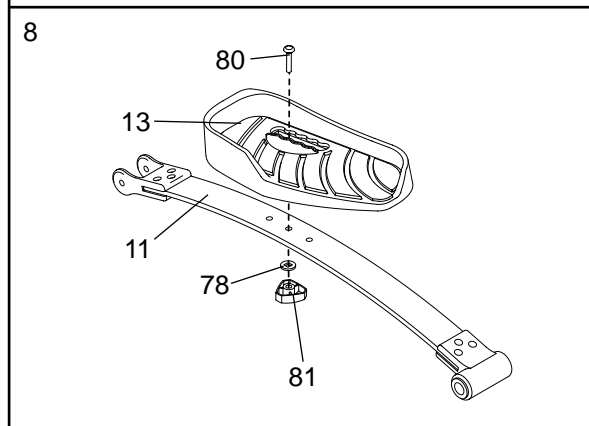
Carefully slide an Upright Spacer (48), a Handlebar Spacer (47), the Left Handlebar (6), and a Handlebar Cap (46) onto the left axle on the Upright (2) as shown. Slide a Handlebar Washer (55) onto an M8 x 19mm Button Screw (56), and tighten the Button Screw into the axle.

Assemble the Right Handlebar (8) and the other Handlebar Leg (5) in the same way.



- Identify the left Pedal Spring (11), which is marked with a sticker. Attach the Left Pedal (13) to the left Pedal Spring with an M10 x 27mm Pedal Bolt (80), an M10 Washer (78), and a Pedal Knob (81) as shown. Note: The Left Pedal can be attached in several positions using the five positions in the Left Pedal and the three holes in the Pedal Spring.

Attach the Right Pedal (not shown) in the same way. Make sure that both Pedals are in the same hole and in the same pedal position.



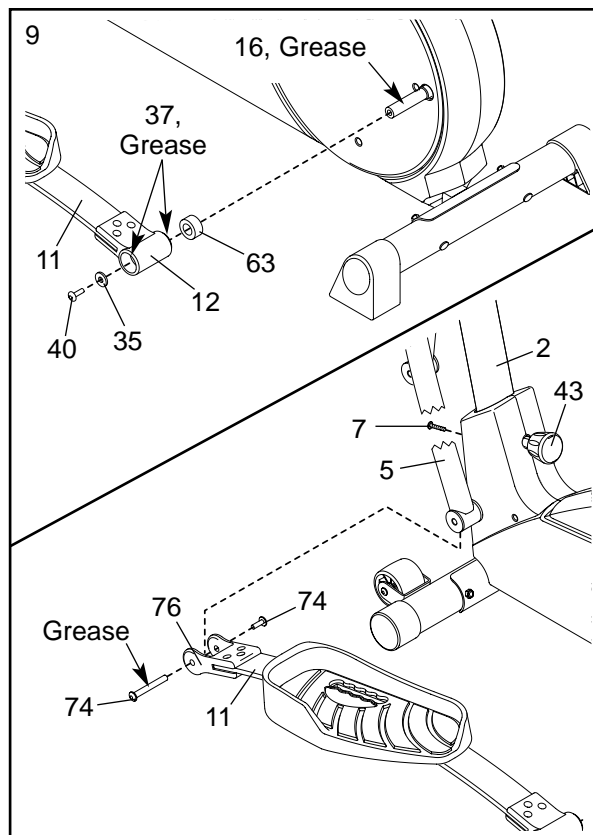
9. Identify the Left Rear Spring Bracket (12) on the left Pedal Spring (11). Apply a light coat of grease inside of the Pedal Arm Bushings (37) in the Left Rear Spring Bracket and to the axle on the left Disc Crossbar (16). Slide a Spring Spacer (63) onto the axle; **make sure that the Spring Spacer is turned so the flat side is facing the elliptical crosstrainer**. Next, slide the Left Rear Spring Bracket onto the axle. Slide a Spring Bracket Washer (35) onto an M10 x 27mm Patch Screw (40), and tighten the Patch Screw into the axle.

Next, hold the lower end of the left Handlebar Leg (5) inside of the Front Spring Bracket (76) on the left Pedal Spring (11). Apply grease to an M10 Bolt Set (74). Attach the Handlebar Leg to the Front Spring Bracket with the Bolt Set. **Do not overtighten the Bolt Set; the Handlebar Leg must pivot freely.**

Attach the right Pedal Spring (not shown) to the right side of the elliptical crosstrainer in the same way.

Tighten the M6 x 25mm Screw (7) into the Upright (2). Turn the Upright Knob (43) clockwise until it is tight.

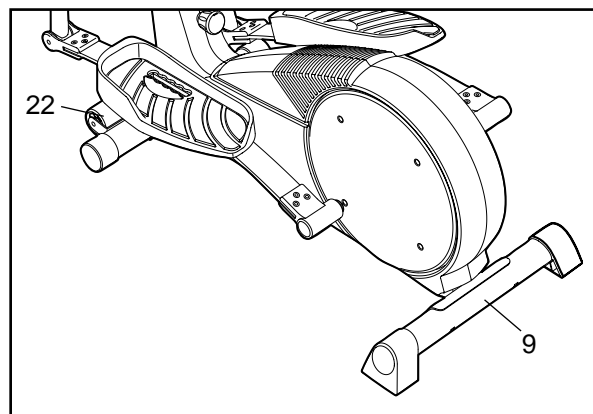
See step 7. Tighten the M8 x 45mm Button Bolts (50) in the Handlebar Legs (5).



10. **Make sure that all parts of the elliptical crosstrainer 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 crosstrainer.

HOW TO MOVE THE ELLIPTICAL CROSSTRAINER

Stand behind the elliptical crosstrainer, hold the Rear Stabiliser (9) firmly, and lift the elliptical crosstrainer until it can be moved on the Wheels (22). Carefully move the elliptical crosstrainer to the desired location and then lower it. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight as you lift the Rear Stabiliser; make sure to lift with your legs rather than your back.**

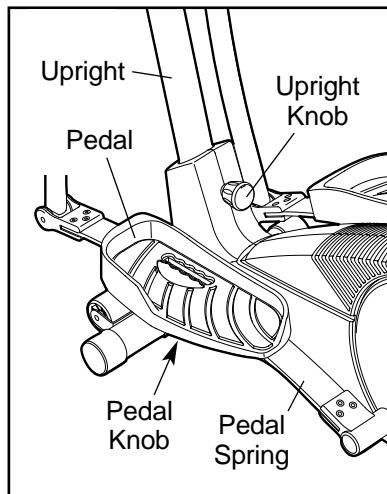


HOW TO USE THE ELLIPTICAL CROSSTRAINER

HOW TO ADJUST THE PEDALS AND THE UPRIGHT

The motion of the elliptical crosstrainer is determined by the positions of the pedals and the upright. Follow the instructions below to adjust the motion of the elliptical crosstrainer.

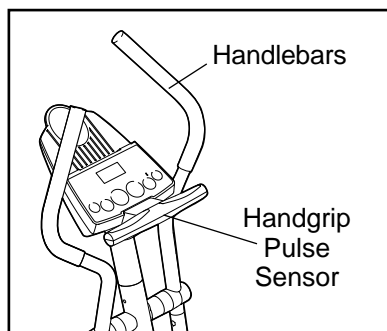
To adjust the pedals, first remove the pedal knob beneath each pedal. Slide the pedals forward or backward and reattach each pedal using one of the five holes in the pedal and one of the three holes in the pedal spring. Make sure that both pedals are in the same position.



To adjust the upright, first turn the upright knob counter-clockwise a few turns to loosen it. Next, pull the knob, raise or lower the upright to the desired height, and then release the knob. **Move the upright up and down slightly until the pin on the knob snaps into one of the four adjustment holes in the upright. Make sure that the upright is not resting on top of the pin.** Then, turn the knob clockwise until it is tight.

HOW TO USE THE HANDLEBARS

The handlebars are designed to add upper-body exercise to your workouts. As you exercise, push and pull the handlebars to work your arms, shoulders, and back. To exercise only your lower body, hold the handgrip pulse sensor as you exercise.



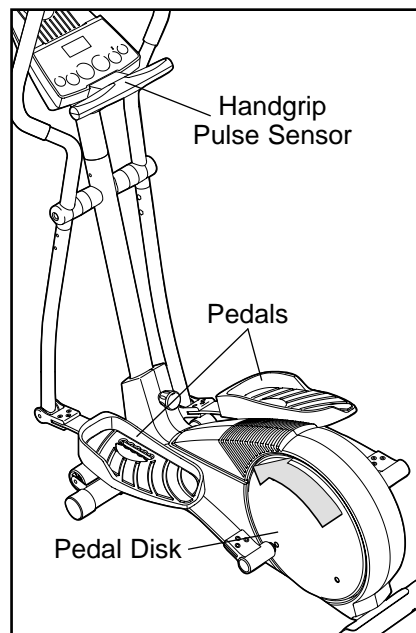
HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handgrip pulse sensor and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

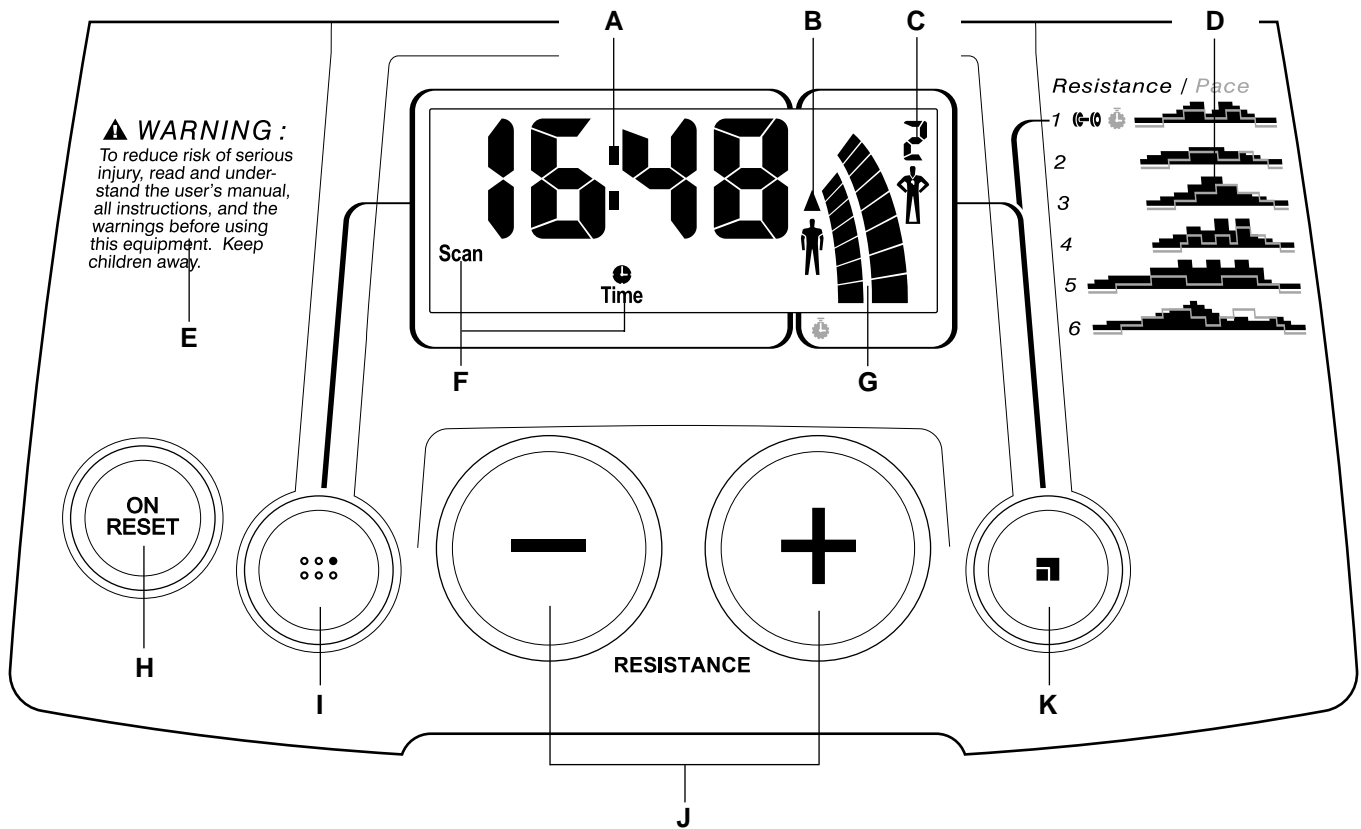
Note: The pedal disks can turn in either direction. It is recommended

that you move the pedal disks in the direction shown by the arrow; however, for variety, you may turn the pedal disks in the opposite direction.

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



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical crosstrainer can be adjusted with a touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor. Note: See page 14 for information about an optional chest pulse sensor.

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

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

CONSOLE DESCRIPTION

See the drawing on page 10.

A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a workout program), the distance that you have pedaled, the resistance level, the approximate number of calories you have burned, the approximate number of fat calories you have burned (see FAT BURNING on page 16), and your heart rate (when you use the handgrip pulse sensor or the optional chest pulse sensor). If the scan mode is selected, the display will change from one mode to the next every few seconds. Or, you can select a single mode for continuous display.

Note: The console can show speed and distance in either miles or kilometres. To change the unit of measurement, hold down the On/Reset button for six seconds. The mode indicators (see F on this page) will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

B. Increase and decrease arrows—During workout programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

C. Manual mode/program indicators—When a workout program is selected, the upper right corner of the display will show a 1, 2, 3, 4, 5, or 6, depending on which program is selected. When the manual mode is selected, the upper right corner will be blank.

D. Program profiles—These profiles show how the resistance of the elliptical crosstrainer and the target pace will change during workout programs.

E. Warnings—See page 3.

F. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, distance,

resistance level, calories, fat calories, or heart rate) is currently shown. Note: When the distance is shown, the word “Miles” or the letters “Kms” will appear; when your speed is shown, the letters “MPH” or “Km/H” will appear.

G. Pace indicators—When the manual mode is selected, only the left pace indicator will appear. This indicator shows your pedaling pace. As you increase or decrease your pace, the indicator will increase or decrease in height. When a workout program is selected, both pace indicators will appear. The left indicator will show your actual pedaling pace, and the right indicator will show a target pace. During the program, the target pace will periodically change; as the right indicator changes in height, simply adjust your pace so that both indicators are at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**

H. On/Reset button—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance (see A on this page).

I. Display button—This button is used to select the feedback modes. The modes will be selected in the following order: scan, speed, time, distance, resistance level, calories, fat calories, and heart rate (when the handgrip pulse sensor or the optional chest pulse sensor is used).

J. + and – buttons—These buttons control the resistance of the elliptical crosstrainer. There are ten resistance levels; level 10 is the most challenging.

K. Program button—This button is used to select the manual mode and workout programs.

HOW TO USE THE MANUAL MODE

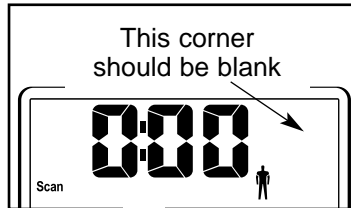
1 Turn on the console.

Note: The console requires four 1.5V “D” batteries. If you have not installed batteries, see assembly step 5 on page 6.

To turn on the console, press the On/Reset button or begin pedalling.

2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a workout program has been selected, select the manual mode by pressing the Program button repeatedly until the upper right corner of the display is blank.

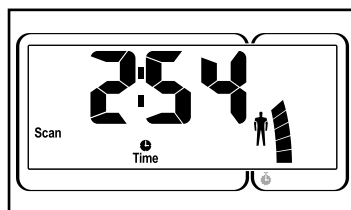


3 Begin pedalling and adjust the resistance of the elliptical crosstrainer.

As you pedal, adjust the resistance of the elliptical crosstrainer as desired by pressing the + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

4 Follow your progress with the feedback modes and the left pace indicator.

When the console is turned on, the scan mode will be selected. As you pedal, the display will show your current speed, the elapsed time, the distance that you have pedalled, the current resistance level,



and the approximate numbers of calories and of fat calories you have burned (see FAT BURNING on page 16). In addition, your heart rate will be shown when you use the handgrip pulse sensor or the optional chest pulse sensor. Note: Each time the resistance level changes, the console will show the resistance level for six seconds. When a program is selected, the display will show the time remaining in the program instead of the elapsed time.

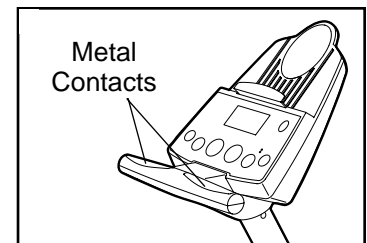
If desired, you can select a single feedback mode for continuous display. Press the Display button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Resist., Cals., or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.

In addition, the left pace indicator will appear in the display. As you increase or decrease your pace, the indicator will increase or decrease in height.

5 Measure your heart rate if desired.

Note: If you wear the optional chest pulse sensor and hold the handgrip pulse sensor at the same time, the console may not display your heart rate accurately.

Note: If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic.



To use the handgrip pulse sensor, place your hands on the metal contacts. Your palms must be on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

6 When you are finished exercising, the console will automatically turn off after a few minutes.

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

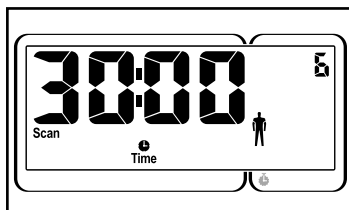
HOW TO USE A PRESET PROGRAM

1 Turn on the console.

See step 1 on page 12.

2 Select one of the six preset programs.

Each time the console is turned on, the manual mode will be selected. To select a preset program, press the Program button repeatedly until the number 1, 2, 3, 4, 5, or 6 appears in the upper right corner of the display.



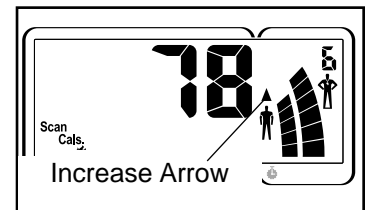
The profiles on the right side of the console show how the resistance of the elliptical crosstrainer and the target pace will change during the programs. For example, profile number 3 shows that during program 3, both the resistance and the target pace will gradually increase during the first half of the program, and then decrease during the last half.

3 Start the program.

To start the program, simply begin pedaling. Each program consists of either twenty or thirty, one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical crosstrainer will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can change the resistance level by pressing the + and – buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

The target pace settings for the program will be shown by the right pace indicator in the display. (The left indicator will show your



actual pedaling pace.) As the right indicator changes in height during the program, simply adjust your pace so that both indicators are at the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display to prompt you to increase your pace; if your pace is faster than the target pace, the decrease arrow will appear. **Important: The target pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the target pace settings, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. If you continue pedaling after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the feedback modes.

See step 4 on page 12.

5 Measure your heart rate if desired.

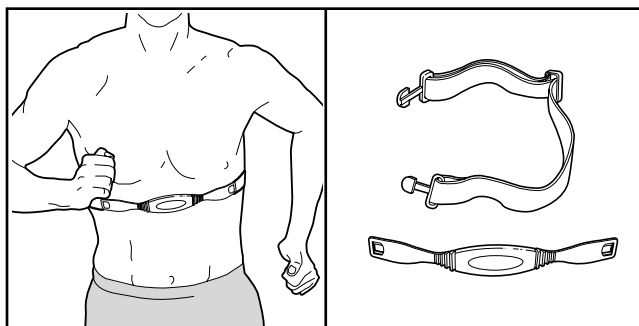
See step 5 on page 12.

6 When you are finished exercising, the console will automatically turn off after a few minutes.

See step 6 on page 13.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call 08457 089 009.**



MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical crosstrainer, use a damp cloth and a small amount of mild detergent. **Important: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

BATTERY REPLACEMENT

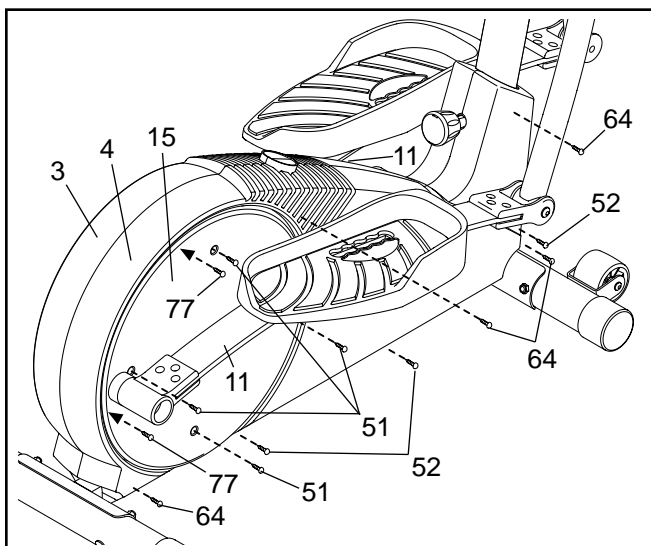
If the console display becomes dim, the batteries should be replaced. See assembly step 5 on page 6.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands whilst using the handgrip pulse sensor; excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the handgrip pulse sensor, clean the metal contacts with a soft cloth—do not use alcohol, abrasives, or chemicals.

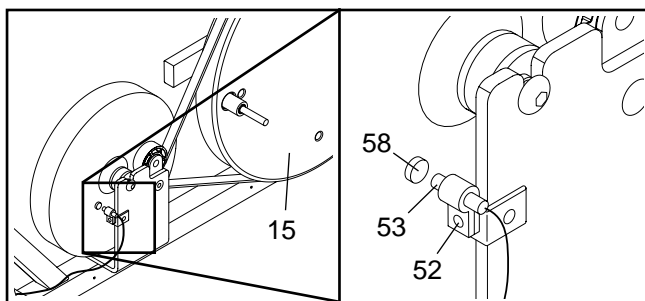
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To do this, you must remove the Pedal Springs (11), the right Pedal Disc (15), and the Side Shields (3, 4). See step 9 on page 8 and remove the Pedal Springs.



Next, remove the four Screws (51) from the right Pedal Disc (15), and slide the Pedal Disc off. Remove all Screws (52, 64) from the Right Side Shield (4) and the two Screws (77) from beneath the Pedal Disc, and remove the Right Side Shield. Remove all Screws (52) from the Left Side Shield (3) and remove the Left Side Shield.

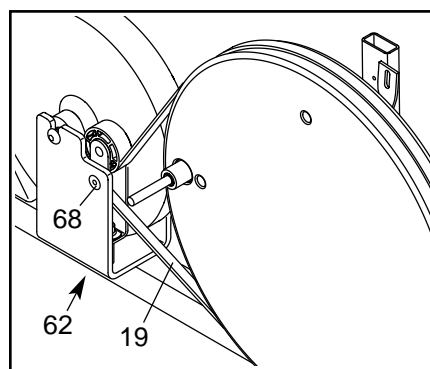
Next, see the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated M4 x 16mm Screw (52). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel. Retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Side Shields (3, 4), the right Pedal Disc (15), and the Pedal Springs (11).



HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip whilst you are pedalling, even when the resistance is adjusted to the highest level, the Drive Belt (19) may need to be adjusted.

To adjust the Drive Belt, you must first remove both side shields. See HOW TO ADJUST THE REED SWITCH at the left and remove the side shields.



Next, loosen the M8 x 22mm Flat Head Screw (68) and turn the M10 x 70mm Bolt (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, tighten the Flat Head Screw. Reattach the side shields.

CONDITIONING 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.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age on the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible 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 as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising 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.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help 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. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

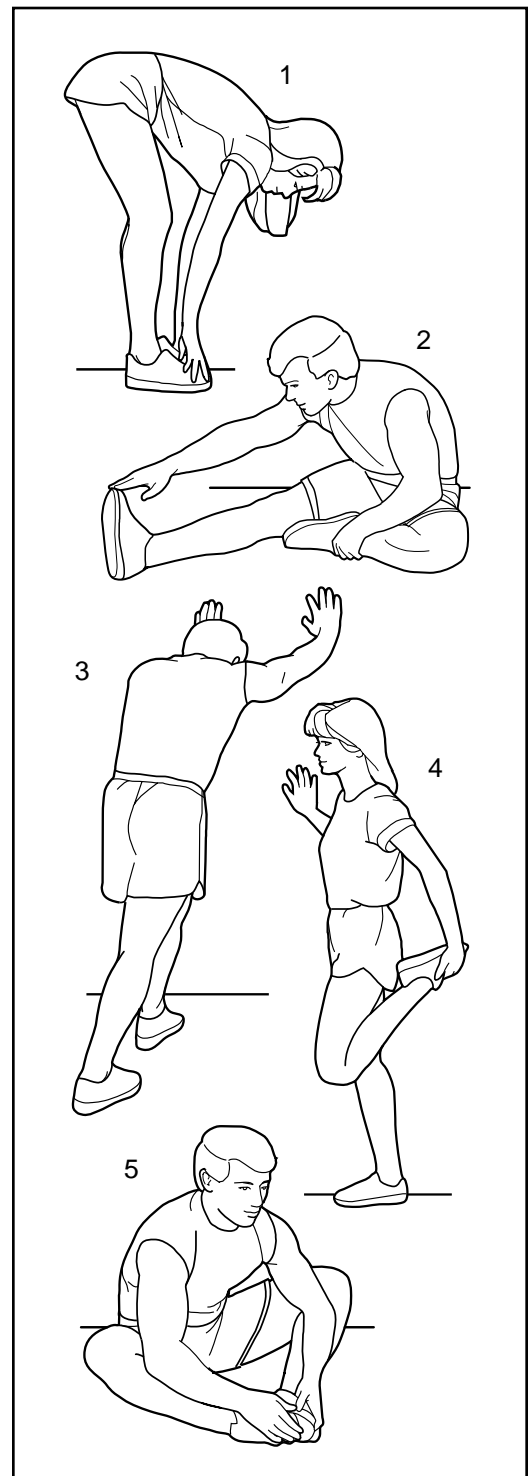
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST—Model No. PFEVEL34020

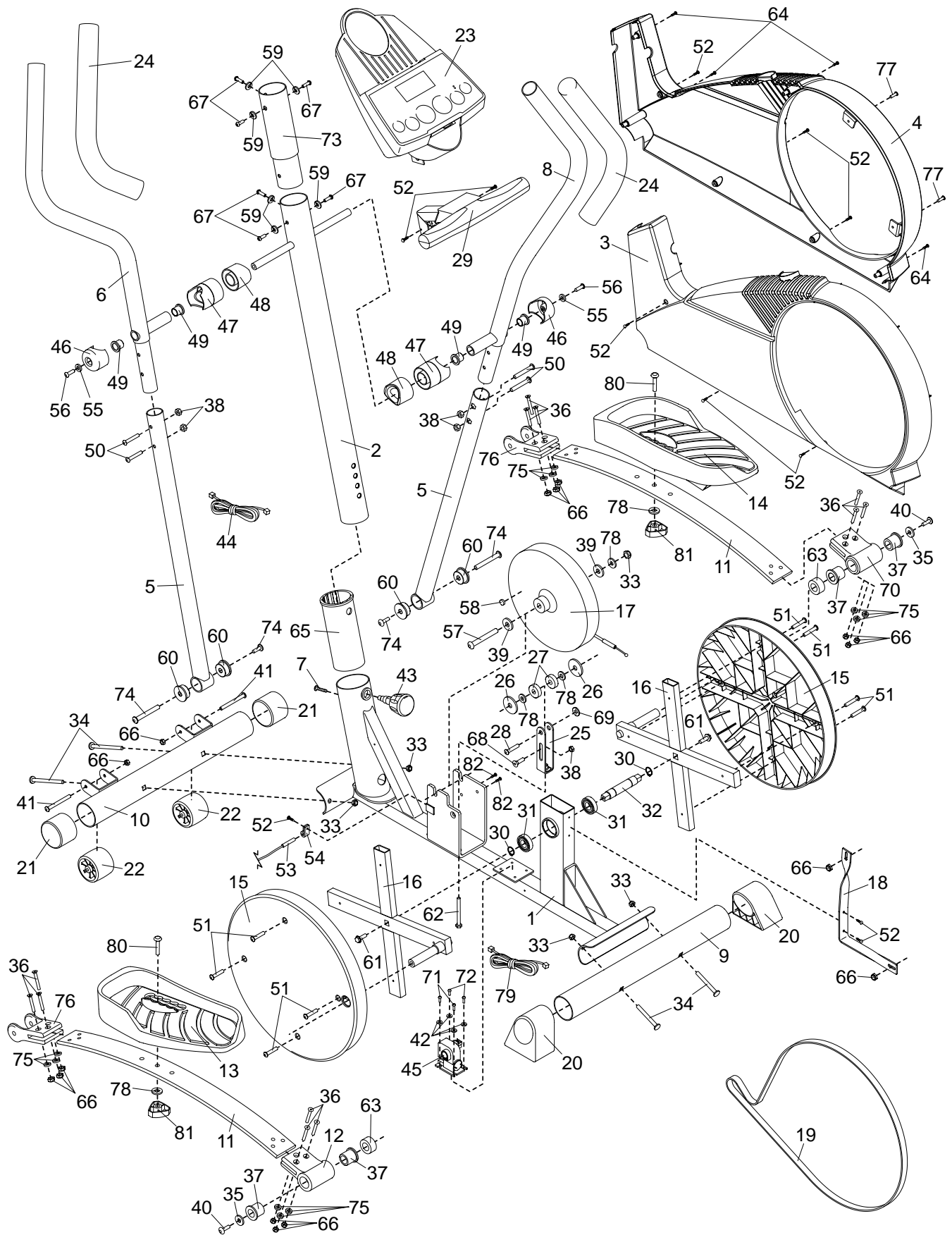
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| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|--------------------------|---------|------|------------------------------|
| 1 | 1 | Frame | 44 | 1 | Extension Wire Harness |
| 2 | 1 | Upright | 45 | 1 | Resistance Control Motor |
| 3 | 1 | Left Side Shield | 46 | 2 | Handlebar Cap |
| 4 | 1 | Right Side Shield | 47 | 2 | Handlebar Spacer |
| 5 | 2 | Handlebar Leg | 48 | 2 | Upright Spacer |
| 6 | 1 | Left Handlebar | 49 | 4 | Small Handlebar Bushing |
| 7 | 1 | M6 x 25mm Screw | 50 | 4 | M8 x 45mm Button Bolt |
| 8 | 1 | Right Handlebar | 51 | 8 | M6 x 30mm Screw |
| 9 | 1 | Rear Stabiliser | 52 | 12 | M4 x 16mm Screw |
| 10 | 1 | Front Stabiliser | 53 | 1 | Reed Switch/Wire |
| 11 | 2 | Pedal Spring | 54 | 1 | Cable Clamp |
| 12 | 1 | Left Rear Spring Bracket | 55 | 2 | Handlebar Washer |
| 13 | 1 | Left Pedal | 56 | 2 | M8 x 19mm Button Screw |
| 14 | 1 | Right Pedal | 57 | 1 | M10 Flat Head Bolt |
| 15 | 2 | Pedal Disc | 58 | 1 | Magnet |
| 16 | 2 | Disc Crossbar | 59 | 6 | M10 Split Washer |
| 17 | 1 | Flywheel | 60 | 4 | Large Handlebar Arm Bushing |
| 18 | 1 | Side Shield Bracket | 61 | 2 | 5/16" x 25.4mm Hex Bolt |
| 19 | 1 | Drive Belt | 62 | 1 | M10 x 70mm Bolt |
| 20 | 2 | Rear Endcap | 63 | 2 | Spring Spacer |
| 21 | 2 | Front Endcap | 64 | 4 | M4 x 25mm Screw |
| 22 | 2 | Wheel | 65 | 1 | Upright Bushing |
| 23 | 1 | Console | 66 | 16 | M6 Nylon Locknut |
| 24 | 2 | Handgrip | 67 | 6 | M10 x 27mm Button Screw |
| 25 | 1 | Idler Bracket | 68 | 1 | M8 x 22mm Flat Head Screw |
| 26 | 2 | Idler Washer | 69 | 1 | Push Nut |
| 27 | 2 | Idler Bearing | 70 | 1 | Right Rear Spring Bracket |
| 28 | 1 | Idler Axle | 71 | 2 | M5 x 16mm Self-tapping Screw |
| 29 | 1 | Handgrip Pulse Sensor | 72 | 2 | M5 x 12mm Screw |
| 30 | 2 | Large Snap Ring | 73 | 1 | Upright Extension |
| 31 | 2 | Large Bearing | 74 | 2 | M10 Bolt Set |
| 32 | 1 | Pedal Axle | 75 | 12 | M6 Washer |
| 33 | 5 | M10 Nylon Locknut | 76 | 2 | Front Spring Bracket |
| 34 | 4 | M10 x 75mm Carriage Bolt | 77 | 2 | M6 x 18mm Screw |
| 35 | 2 | Spring Bracket Washer | 78 | 5 | M10 Washer |
| 36 | 12 | M6 x 33.5mm Bolt | 79 | 1 | Wire Harness |
| 37 | 4 | Pedal Arm Bushing | 80 | 2 | M10 x 27mm Pedal Bolt |
| 38 | 5 | M8 Nylon Locknut | 81 | 2 | Pedal Knob |
| 39 | 2 | M10 Washer | 82 | 2 | M5 x 14mm Self-tapping Screw |
| 40 | 2 | M10 x 27mm Patch Screw | # | 1 | Allen Wrench |
| 41 | 2 | M6 x 72mm Bolt | # | 1 | Grease |
| 42 | 4 | M5 Washer | # | 1 | User's Manual |
| 43 | 1 | Upright Knob | | | |

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. PFEVEL34020

R0502A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVEL34020)
- the NAME of the product (PROFORM® 750 RX elliptical crosstrainer)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 18 of this manual)