

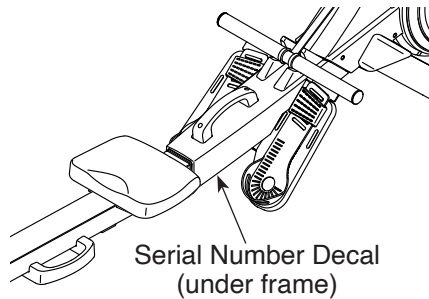
PRO-FORM[®]

750R

Model No. PFRW58121-INT.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

MEMBER CARE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

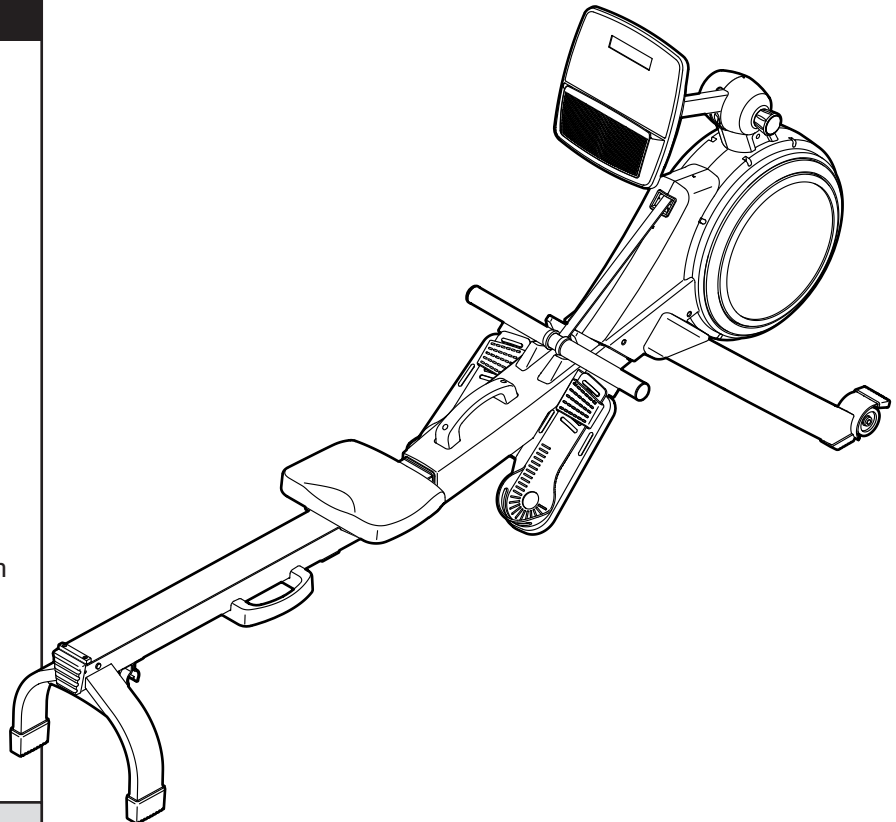
Write:

iFIT Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



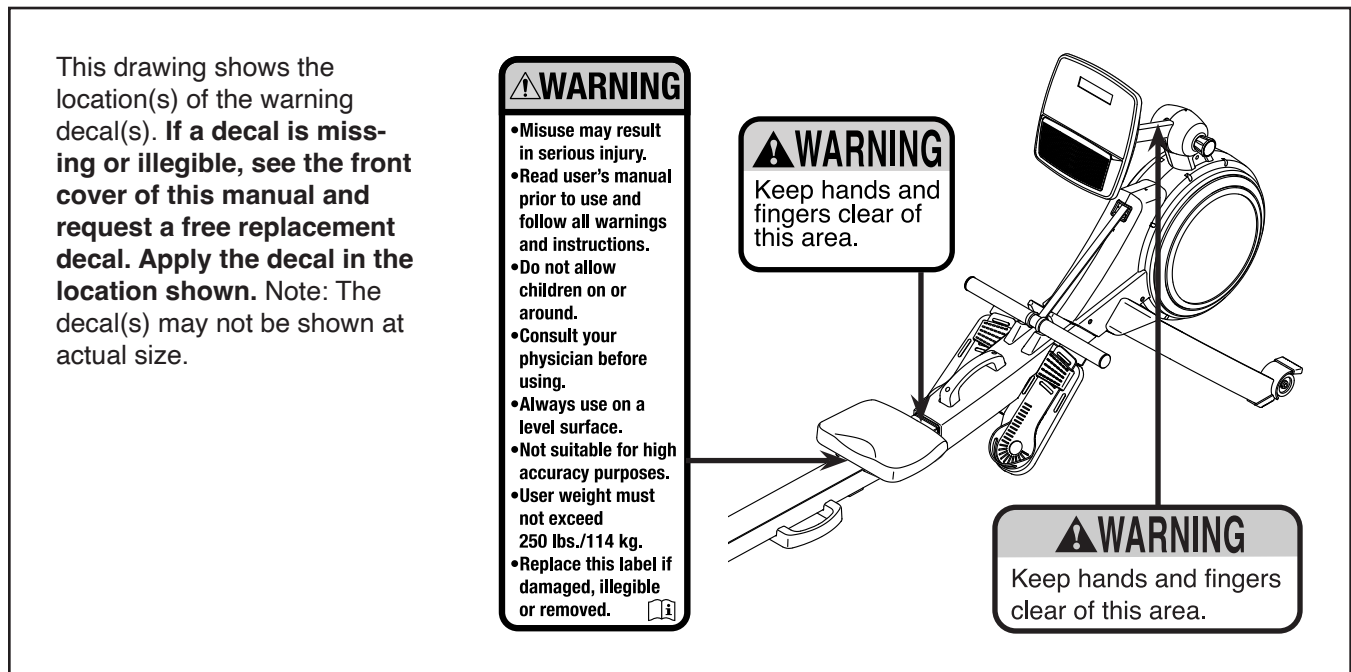
⚠ CAUTION

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

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WARNING DECAL PLACEMENT



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IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the rower at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the rower only as authorized by your health care provider.
5. The rower 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 rower by someone responsible for their safety.
6. Use the rower only as described in this manual.
7. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
8. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio or near water.
9. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.
10. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
12. The rower should not be used by persons weighing more than 250 lbs. (114 kg).
13. Always keep your back straight while using the rower; do not arch your back.
14. Do not release the row bar while the strap is extended.
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.

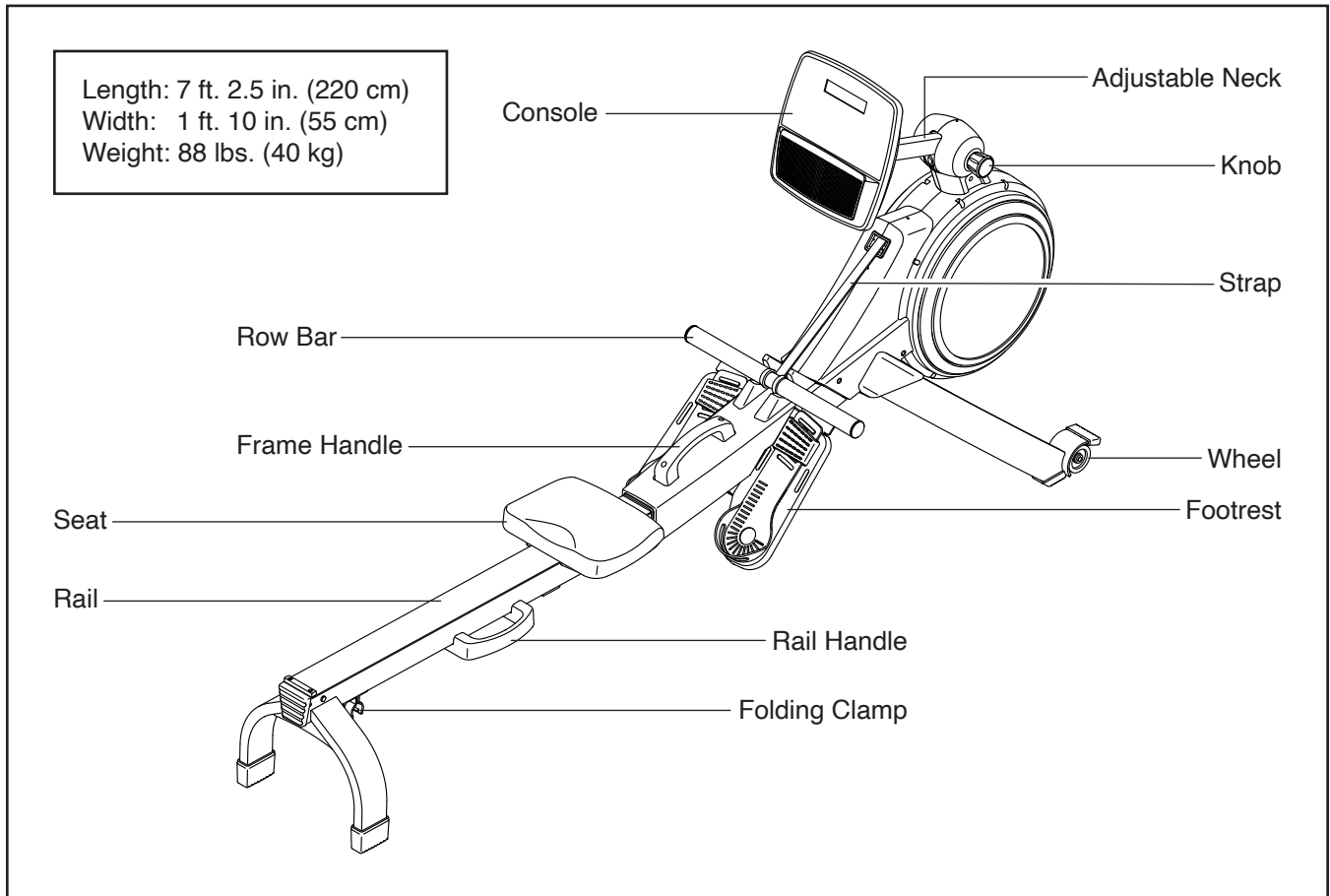
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 750R rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 750R rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the rower. 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 review the drawing below and familiarize yourself with the labeled parts.

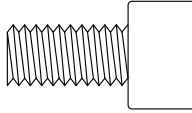


PART IDENTIFICATION CHART

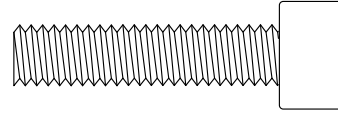
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



M4 x 16mm
Machine
Screw (110)-2



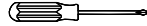
M8 x 16mm
Socket Screw
(61)-2



M8 x 35mm
Socket Screw
(82)-4

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.

- Assembly requires the included hex key and a Phillips screwdriver. 

To avoid damaging parts, do not use power tools.

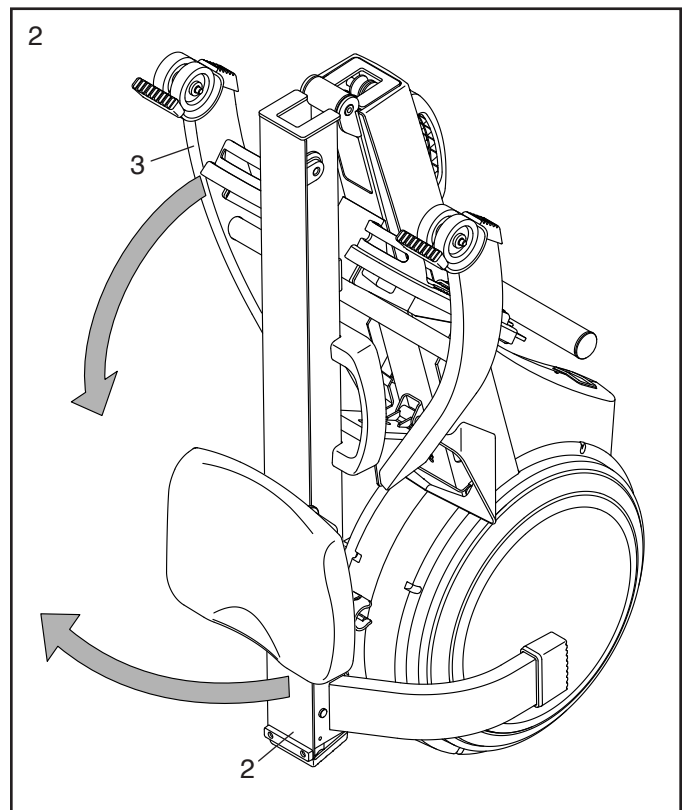
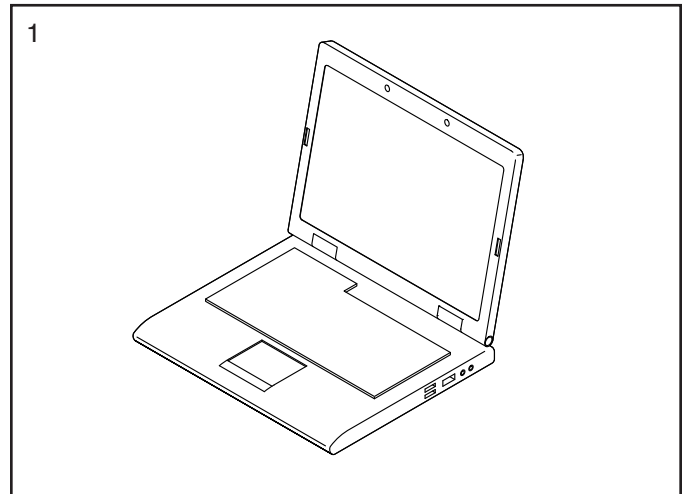
1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, call Member Care (see the front cover of this manual).

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

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

2. If there are shipping tubes (not shown) attached to the rower, remove and discard the shipping tubes and the hardware attaching them.

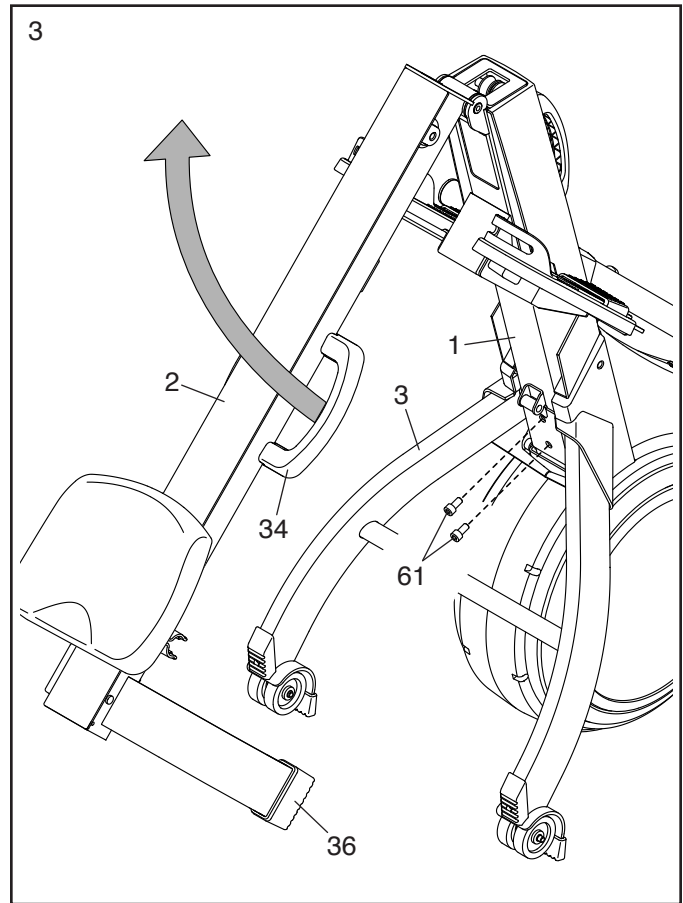
Then, with the help of a second person, pull the Rail (2) outward and rotate the Stabilizer (3) downward (see the drawing in step 3).



3. **Have a second person hold the Rail (2) during this step.**

Attach the Stabilizer (3) to the Frame (1) with two M8 x 16mm Socket Screws (61).

Then, hold the Rail Handle (34) and pull the Rail (2) outward until the Rail is fully extended and the Rail Feet (36) are resting on the floor.

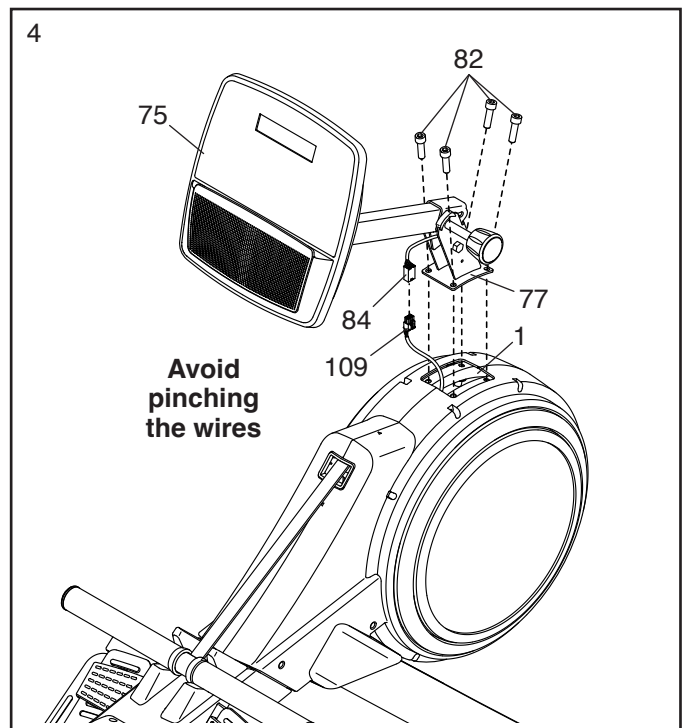


4. While a second person holds the Console (75) and the Upright (77) near the Frame (1), connect the Upright Wire (84) to the Main Wire (109).

IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the connectors properly for your console to function properly.

Then, insert the excess wire into the Frame (1).

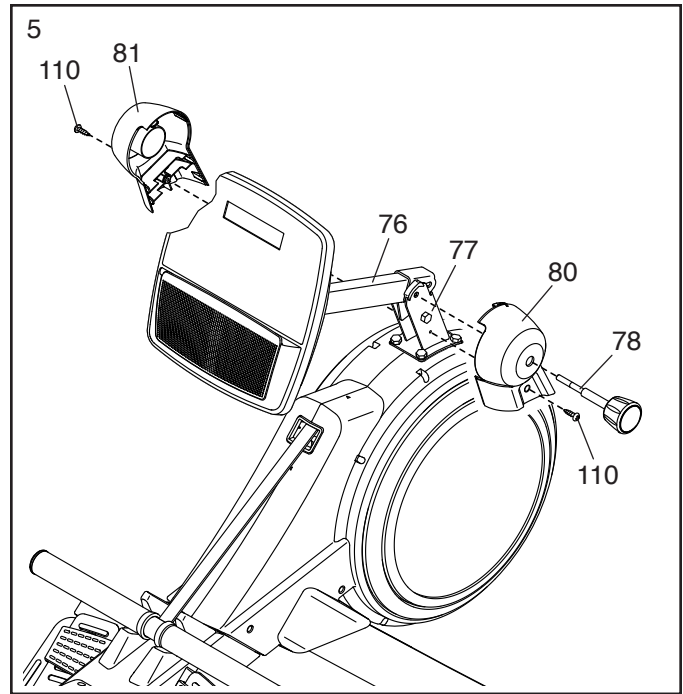
Avoid pinching the wires. Attach the Upright (77) to the Frame (1) with four M8 x 35mm Socket Screws (82); **start all four Socket Screws, and then tighten them.**



5. Hold the Neck (76), and loosen and remove the Knob (78).

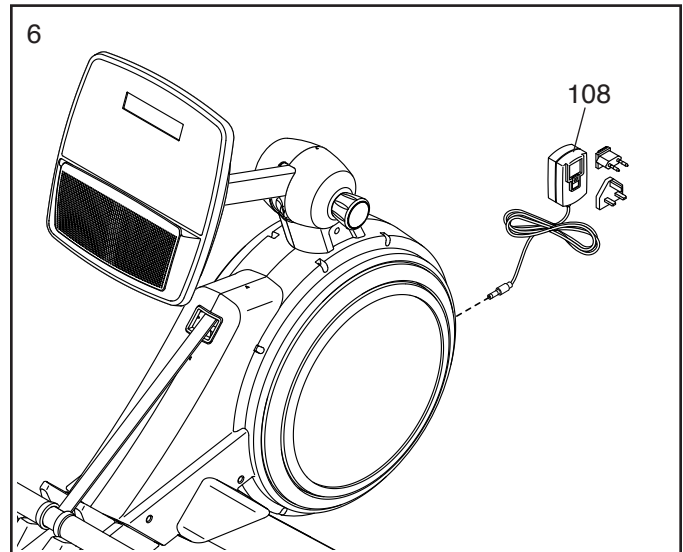
Next, identify the Right and Left Upright Covers (80, 81). Hold the Upright Covers together around the Upright (77), and attach them to the Upright with two M4 x 16mm Machine Screws (110).

Then, insert the Knob (78) into the Right Upright Cover (80) and tighten the Knob into the Upright (77).



6. Plug the Power Adapter (108) into the receptacle on the front of the rower.

Note: To plug the Power Adapter (108) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 9.



7. **Make sure that all parts are properly tightened.** Extra parts may be included. Place a mat beneath the rower to protect the floor.

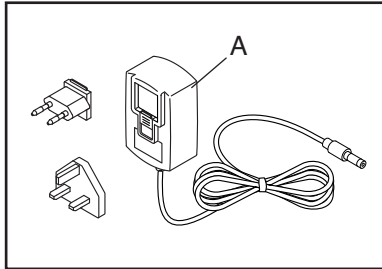
HOW TO USE THE ROWER

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the rower 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.

IMPORTANT: Always plug the power adapter (A) into the rower before you plug it into an outlet.

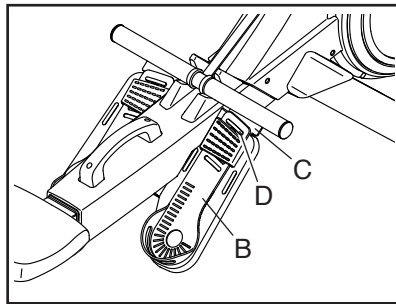
Make sure that the power adapter (A) is plugged into the receptacle on the front of the rower. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO ADJUST THE FOOT PADS

First, sit on the seat and place your feet in the Foot Pads (B).

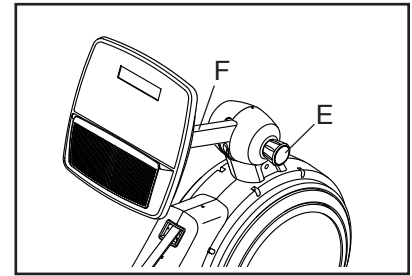
Next, press the Footrest Bracket (C), slide the Foot Pad (B) to the desired position, and then release the Footrest Bracket so that the Tab (D) engages a slot in the Foot Pad.



Then, tighten the strap over your foot. **Adjust the other foot pad in the same way. Make sure that both foot pads are in the same position.**

HOW TO ADJUST THE CONSOLE VIEWING ANGLE

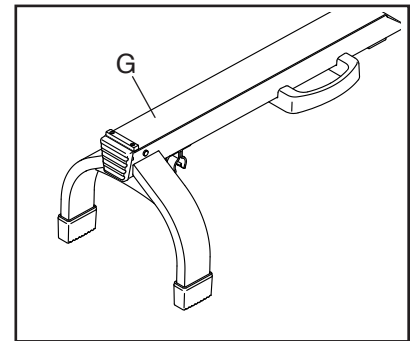
To adjust the console to the desired viewing angle, loosen the Knob (E), raise or lower the Neck (F) to the desired angle, and then tighten the Knob; **do not hold or pull on the console.**



HOW TO MOVE THE ROWER IN THE UNFOLDED POSITION

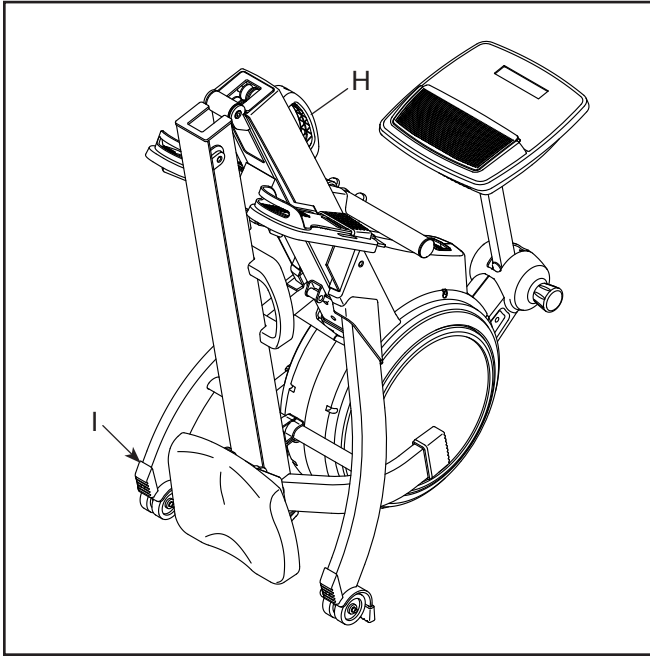
Take any necessary measures to avoid damaging your floor.

Stand behind the rower and lift the Rail (G) until the rower will roll on the wheels. Then, carefully move the rower to the desired location, and lower the Rail to the floor. **Do not hold or pull on the console when moving the rower.**



HOW TO MOVE THE ROWER IN THE FOLDED POSITION

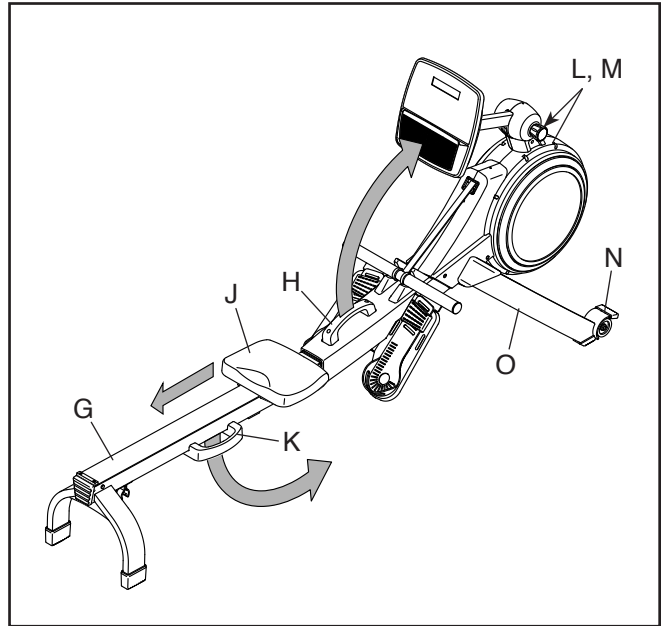
Take any necessary measures to avoid damaging your floor. See HOW TO FOLD AND STORE THE ROWER at the right, and fold the rower. Then, hold the Frame Handle (H), place your foot on a Stabilizer Foot (I), and tip the rower until it will roll on the wheels. Carefully move the rower to the desired location, and then tip it into the storage position. **Do not hold or pull on the console when moving the rower.**



HOW TO FOLD AND STORE THE ROWER

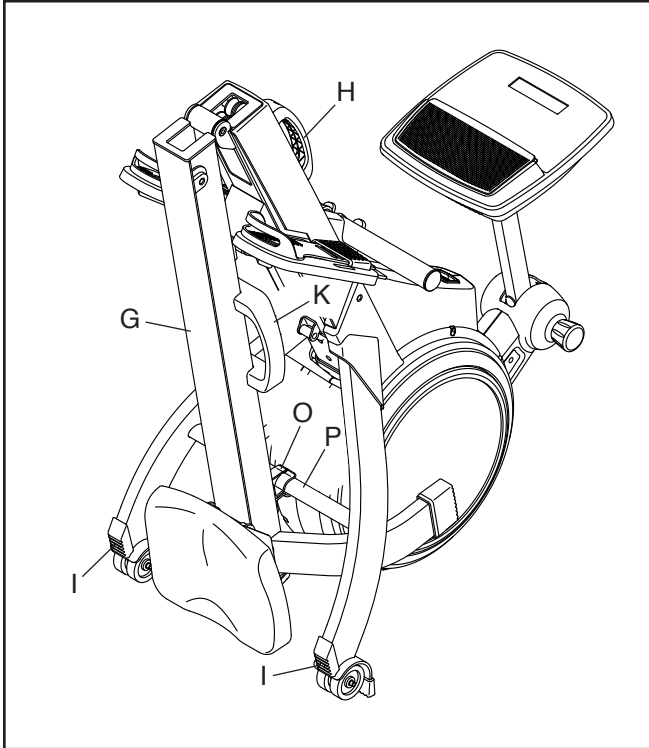
The rower can be stored in a folded position to conserve space. **Store the rower in a location where children cannot tip it.** Unplug the power adapter when storing the rower for extended periods of time.

To store the rower, first slide the Seat (J) to the rear of the Rail (G).



Next, hold and lift the Frame Handle (H) and the Rail Handle (K), and tip the rower forward onto the Shields (L, M) and the Storage Feet (N) (see the drawing on page 11).

Then, pull the Rail Handle (K) inward until the Folding Clamp (O) engages the bar on the Stabilizer (P).



To unfold the rower, first place your foot on a Stabilizer Foot (I) and pull the Rail Handle (K) outward to disengage the Folding Clamp (O).

Then, hold the Rail Handle (K) and the Frame Handle (H), pull the Rail Handle outward, and lower the Rail (G) to the floor.

HOW TO ROW ON THE ROWER

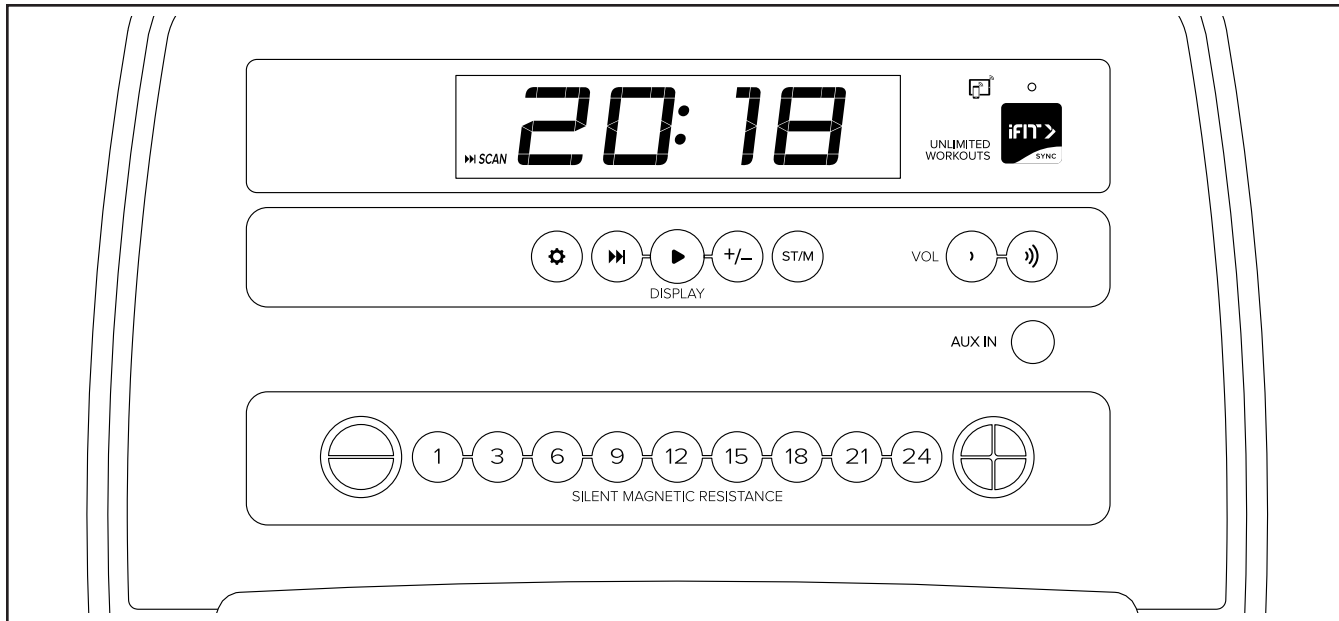
Sit on the seat, place your feet in the footrests, and adjust the straps to fit your feet. Then, hold the row bar with an overhand grip.

Correct rowing form consists of three phases:

1. **The first phase is the CATCH.** Slide the seat forward until your knees are almost touching your chest. Pull the row bar until your hands are directly above your feet.
2. **The second phase is the DRIVE.** Push backward with your legs. Lean back slightly at the hips (not at the waist), keeping your back straight. As you straighten your legs, pull the row bar toward your chest. Keep your elbows outward.
3. **The third phase is the FINISH.** Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat this sequence, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

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 adjust the resistance of the row bar with a touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor. **To purchase a compatible heart rate monitor, see page 17.**

You can also use the console sound system while you exercise.

The console also offers unlimited iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

With the iFIT app, you can access a large and varied library of iFIT video workouts, create your own workouts, track your workout results, and access many other features.

Each iFIT workout automatically changes the resistance of the row bar as an iFIT coach guides you through an immersive and effective video workout.

To use the manual mode, see page 13. To use the sound system, see page 14.

To use an iFIT workout, see page 15. To change console settings, see page 16. To connect your heart rate monitor to the console, see page 17.

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

HOW TO USE THE MANUAL MODE

1. Turn on the console.

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

The displays will turn on and the console will be ready for use.

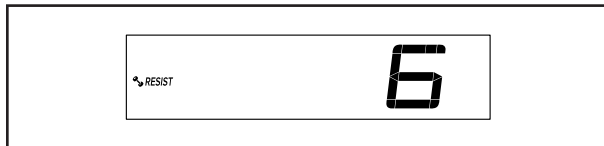
2. Select the manual mode.

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

3. Change the resistance of the row bar as desired.

Begin rowing to start the manual mode.

As you row, you can change the resistance of the row bar. 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 rower to reach the selected resistance level.

4. Follow your progress with the displays.

As you exercise, the following display modes will provide instant exercise feedback:

Calories (CAL)—The approximate number of calories you have burned.

Calories per Hour (CAL/HR)—The approximate number of calories you are burning per hour.

Distance (M)—The distance that you have rowed in meters or feet. Press the ST/M button to select the desired unit of measurement.

Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see step 5).

Resistance (RESIST)—The resistance level of the row bar.

Strokes—This mode shows the number of rowing strokes you have completed.

Strokes Per Minute (STR/MIN)—This mode shows the number of rowing strokes you are completing per minute.

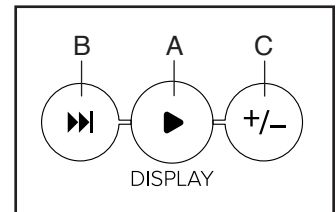
Speed (KPH)—Your rowing pace in kilometers per hour or miles per hour. Press the ST/M button to select the desired unit of measurement.

Time—The elapsed time.

Watts—Your approximate power output in watts.

500 Meter Split (500 M SPLIT)—Your rowing pace in the number of minutes it takes to row 500 meters.

Press the Display button (A) repeatedly to view the desired workout information in the display.



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 scan button (B); the scan indicator (D) and the word SCAN will turn on in the display.



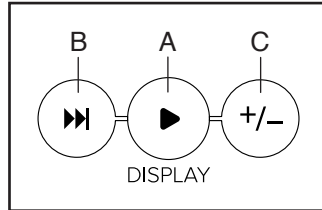
To manually advance the scan cycle, press the scan button (B) repeatedly.

To turn off the scan mode, press the Display button (A); the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

To customize the scan mode, first press the Display button (A) repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

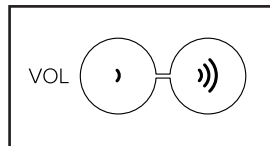
Next, press the add/remove button (C) to add or remove that workout information from the scan cycle. **When workout information is added**, its indicator will turn on in the display. **When workout information is removed**, its indicator will turn off.



Then, press the scan button (B) to turn on the scan mode.

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

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



To pause the console, simply stop rowing. When the console is paused, the time will flash in the display. To continue your workout, simply resume rowing.

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. **To purchase a compatible heart rate monitor, see page 17.**

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 heartbeat 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 row bar is not moved for a few seconds, the console will pause.

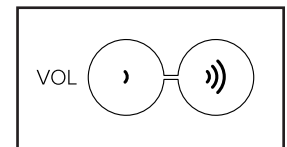
The console has an auto-off feature. If the row bar is not moved and the console buttons are not pressed for a few minutes, the console will turn off automatically.

Note: The console features a demo mode, designed to be used if the rower 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 16.

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 USE AN iFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

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

1. Download and install the iFIT app on your smart device.

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

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

Take time to explore the iFIT app and learn about its features and settings.

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

If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 17.

3. Connect your smart device 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 smart device to the console.

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

4. Select an iFIT workout.

In the iFIT app, touch the buttons at the bottom of the screen to select either the main menu (Home button) or the workout library (Browse button).

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

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

5. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT coach will guide you through a video workout. Touch the sound button (music notes symbol) to select music, trainer voice, and volume options for the workout.

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

If the resistance setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the Resistance buttons on the console. **IMPORTANT: When the current segment ends, the resistance will automatically adjust to the resistance setting programmed for the next segment.**

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories that you burn will be affected.

To pause the workout, simply touch the screen or stop rowing. To continue the workout, simply resume rowing.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the main menu.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch *Save Workout* to return to the main menu.

6. Disconnect your smart device from the console.

To disconnect your smart device from the console, select the disconnect option in the iFIT app.

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

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

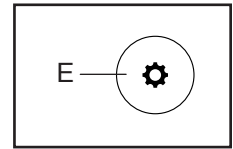
If the row bar is not moved for a few seconds, the console will pause.

The console has an auto-off feature. If the row bar is not moved and the console buttons are not pressed for a few minutes, the console will turn off automatically.

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the settings button. 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.

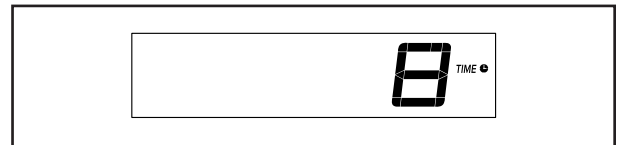
3. Change settings as desired.

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

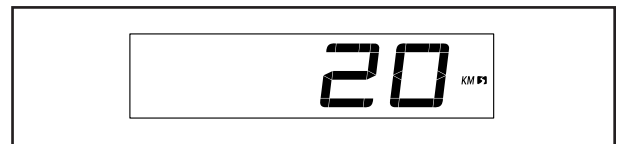
Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

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

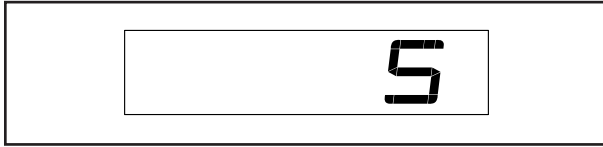
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the rower has been used.



Total Distance—The letters KM or MI will appear in the display. The display will show the total distance in kilometers or miles that the rower has been rowed.



Contrast Level—The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

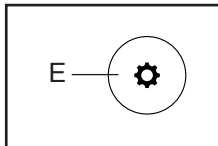


Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the rower is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the 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.



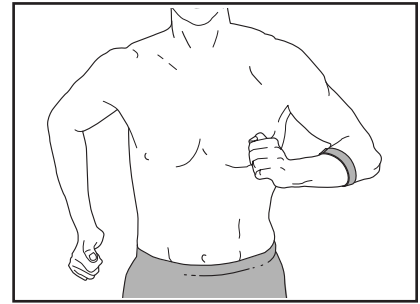
4. Exit the settings mode.

Press the settings button to exit the settings mode.



THE OPTIONAL HEART RATE MONITOR

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



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

HOW TO 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 smart devices, heart rate monitors, and so forth) will be disconnected.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

For the best results, clean the rail, the seat carriage, and the carriage rollers daily.

TROUBLESHOOTING

Some problems can be solved with the simple steps in this section. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

CONSOLE TROUBLESHOOTING

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

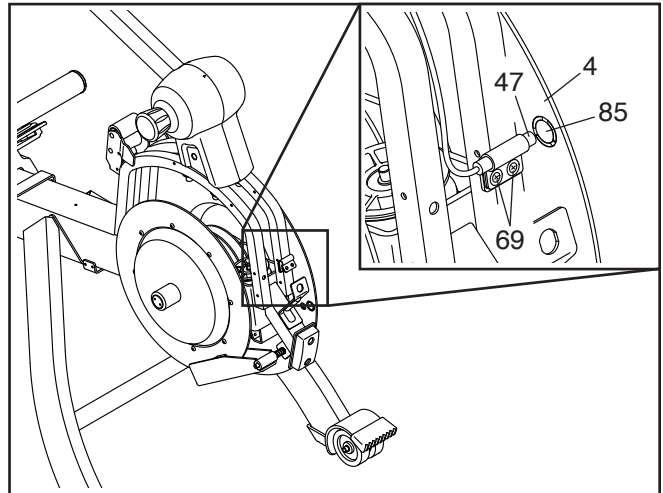
If a replacement power adapter is needed, please see the front cover of this manual to purchase one. **IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. **First, unplug the power adapter.**

See **EXPLODED DRAWING B** on page 23. Locate the Right and Left Shields (7, 8). Remove the four M4 x 19mm Screws (69) and the nine M4 x 16mm Screws (68) from the Right and Left Shields. Then, gently remove the Right and Left Shields.

Next, locate the Reed Switch (47). Turn the Left Flywheel (4) until a Magnet (85) is aligned with the Reed Switch. Then, slightly loosen the two indicated M4 x 19mm Screws (69), slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screws.



Plug in the power adapter and turn the Left Flywheel (4) so that the Magnet (85) passes the Reed Switch (47) 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.

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	

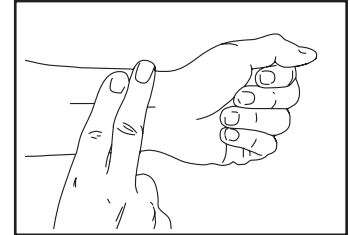
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, 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. PFRW58121-INT.0 R0224A

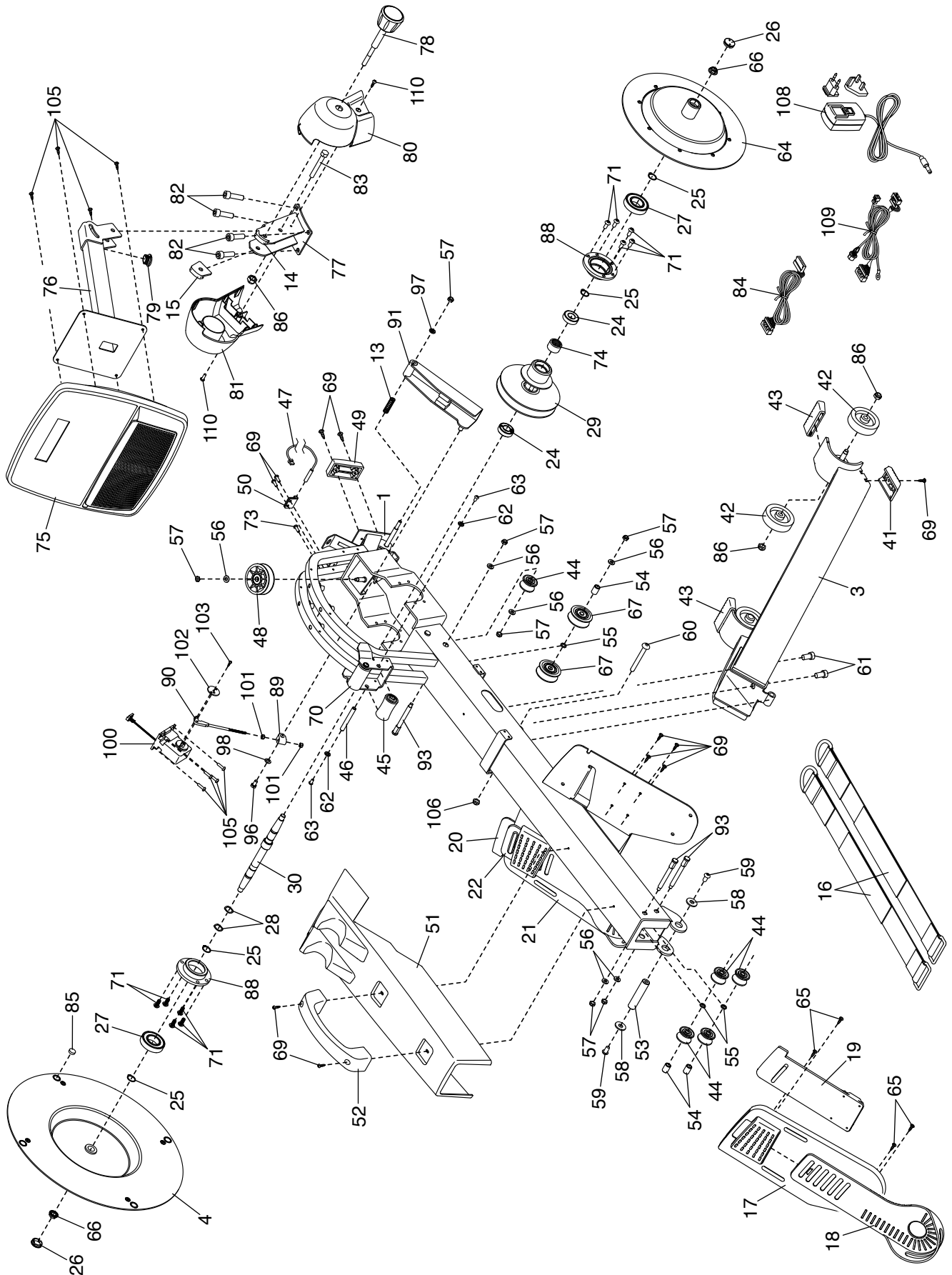
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Row Bar Rest
2	1	Rail	52	1	Frame Handle
3	1	Stabilizer	53	1	Pivot Axle
4	1	Left Flywheel	54	3	17mm Spacer
5	1	Seat Carriage	55	4	2.3mm Spacer
6	2	Accent Ring	56	9	M6 x 15mm Washer
7	1	Right Shield	57	10	M6 Locknut
8	1	Left Shield	58	2	M8 x 22mm Washer
9	2	Disc	59	2	M8 x 12mm Screw
10	1	Strap Grommet	60	1	M10 x 40mm Bolt
11	1	Bungee Cord	61	2	M8 x 16mm Socket Screw
12	1	Row Bar/Strap	62	8	M5 Washer
13	1	Spring	63	8	M5 x 10mm Screw
14	1	Right Neck Bushing	64	1	Right Flywheel
15	1	Left Neck Bushing	65	12	M6 x 15mm Screw
16	2	Footrest Strap	66	2	M10 Flange Nut
17	1	Right Footrest	67	4	Large Rail Pulley
18	1	Right Foot Pad	68	9	M4 x 16mm Screw
19	1	Right Footrest Bracket	69	22	M4 x 19mm Screw
20	1	Left Footrest Bracket	70	1	Strap Roller B
21	1	Left Footrest	71	10	M6 x 12mm Screw
22	1	Left Foot Pad	72	1	4.8mm Spacer
23	1	Seat	73	1	Ground Screw
24	2	Bearing A	74	1	One-way Bearing
25	4	Snap Ring	75	1	Console
26	2	Axle Cap	76	1	Neck
27	2	Bearing B	77	1	Upright
28	2	Wave Washer	78	1	Knob
29	1	Pulley Assembly	79	1	Wire Grommet
30	1	Axle	80	1	Right Upright Cover
31	2	Pivot Bushing	81	1	Left Upright Cover
32	2	Front Stop	82	4	M8 x 35mm Socket Screw
33	1	Bumper	83	1	M8 x 50mm Hex Bolt
34	1	Rail Handle	84	1	Upright Wire
35	1	Folding Clamp	85	4	Magnet
36	2	Rail Foot	86	5	M8 Locknut
37	2	Small Carriage Roller	87	1	Rear Stop
38	1	Rail Cap	88	2	Bearing Bracket
39	2	Large Carriage Roller	89	1	Link Block
40	2	Carriage Axle	90	1	Link Arm
41	2	Stabilizer Foot	91	1	Magnet Bracket
42	4	Wheel	92	1	58mm Pulley Axle
43	2	Storage Foot	93	3	83mm Pulley Axle
44	5	Small Rail Pulley	94	2	Clip
45	1	Strap Roller A	95	4	M4 x 19mm Blunt Screw
46	2	Strap Axle	96	1	M6 x 12mm Hex Screw
47	1	Reed Switch/Wire	97	1	M6 x 13mm Washer
48	1	Frame Pulley	98	1	M6 Washer
49	1	Frame Foot	99	20	M4 x 12mm Blunt Screw
50	1	Clamp	100	1	Resistance Motor

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M5 Nut	107	6	M4 x 10mm Screw
102	1	Resistance Disc	108	1	Power Adapter
103	1	M3 x 8mm Screw	109	1	Main Wire
104	2	M4 x 8mm Screw	110	2	M4 x 16mm Machine Screw
105	8	M4 x 12mm Screw	*	–	User's Manual
106	1	M10 Locknut	*	–	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.

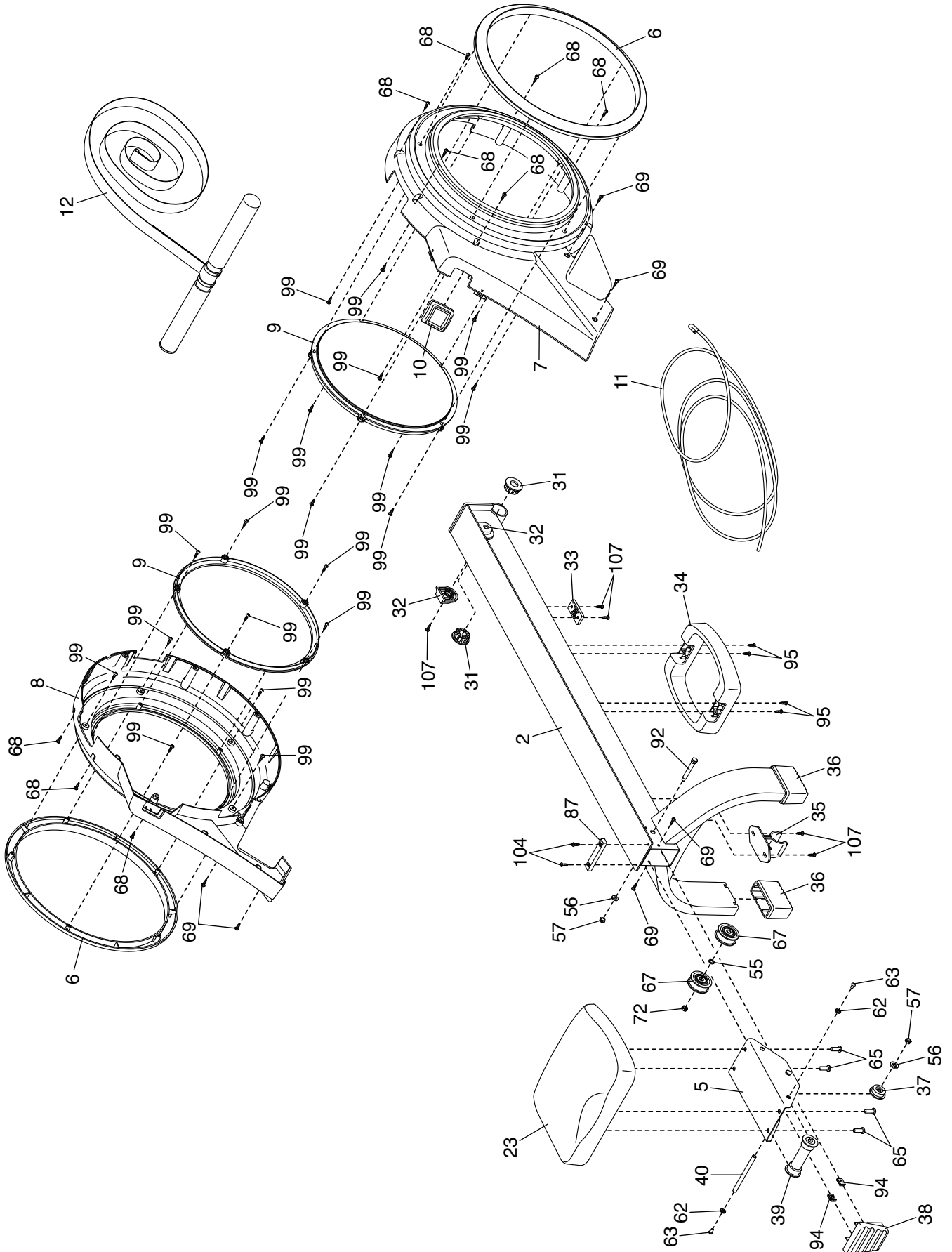
EXPLODED DRAWING A

Model No. PFRW58121-INT.0 R0224A



EXPLODED DRAWING B

Model No. PFRW58121-INT.0 R0224A



ORDERING REPLACEMENT PARTS

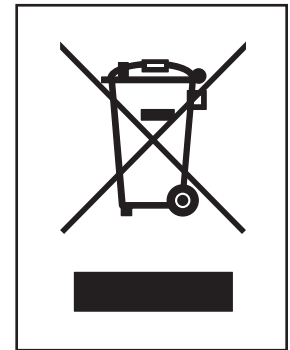
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- 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.



UK/EU DECLARATION OF CONFORMITY

PFRW58121-INT contains the BMD-ICN-1 Bluetooth module.

Hereby, iFIT Health & Fitness declares that the radio equipment type BMD-ICN-1 is in compliance with Directive 2014/53/EU and Radio Equipment Regulation 2017.

iFIT Health & Fitness, 1500 S 1000 W, Logan, UT 84320, USA

This declaration of conformity is issued under the sole responsibility of the manufacturer.

Object of the declaration: FCCID OMCBMD1 - Broadcast Frequency: 2.402GHz to 2.480GHz Transmit Power: +4dBm

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/AC:2015, Article 3.1b – EMC EN 301 489-17 V3.2.4, Article 3.2 – Radio parameters EN 300 328 V2.2.2

UK Representative: ICON Health & Fitness Ltd, Unit 1D The Gateway, Fryers Way, Silkwood Park, Ossett WF5 9TJ, United Kingdom

EU Representative: iFIT Health & Fitness SAS Business Park, 5 rue Alfred de Vigny, 78112 Fourqueux, France

