PRO-FORM®

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CARBON PRO 10 BIKE

USER'S MANUAL
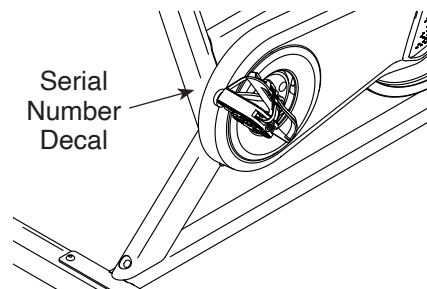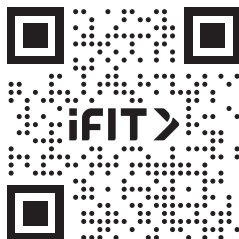
⚠ CAUTION

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

iFIT
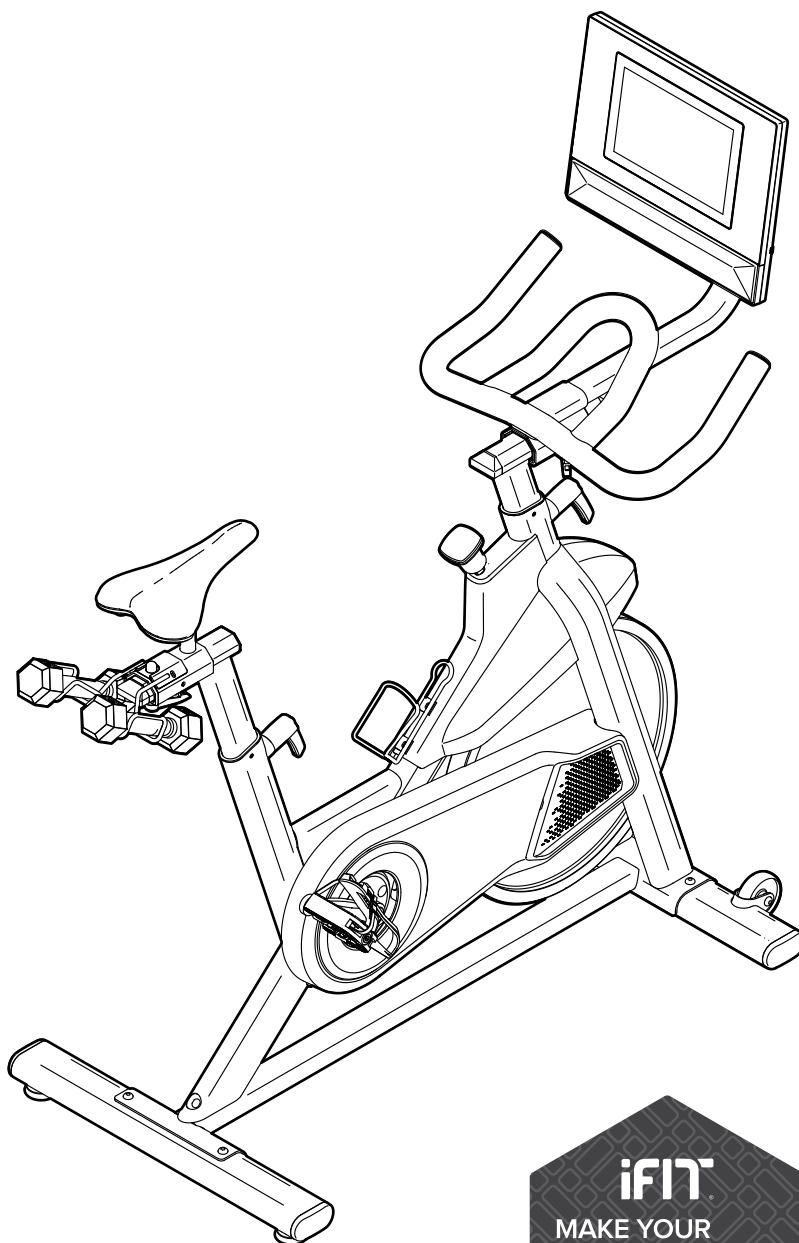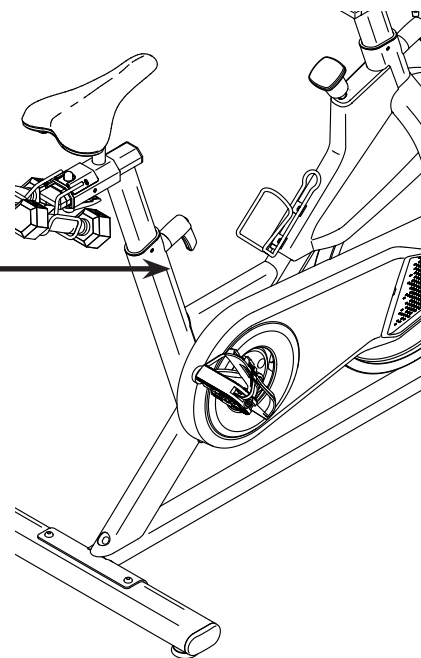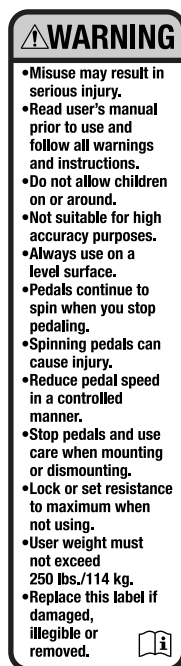MAKE YOUR FITNESS GOALS A REALITY
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WARNING DECAL PLACEMENT

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 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.
•Not suitable for high accuracy purposes.
•Always use on a level surface.
•Pedals continue to spin when you stop pedaling.
•Spinning pedals can cause injury.
•Reduce pedal speed in a controlled manner.
•Stop pedals and use care when mounting or dismounting.
•Lock or set resistance to maximum when not using.
•User weight must not exceed 250 lbs./114 kg.
•Replace this label if damaged, illegible or removed.

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IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.

2. Keep children under age 16 and pets away from the exercise bike at all times.

3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.

4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the exercise bike only as authorized by your health care provider.

5. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the exercise bike by someone responsible for their safety.

6. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.

7. 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.

8. Place the exercise bike 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 exercise bike.

9. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

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 250 lbs. (114 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. To stop the flywheel quickly, press the brake knob downward.

16. To avoid damaging the brake pad, do not lubricate the brake pad.

17. Use the exercise bike only as described in this manual.

18. 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.
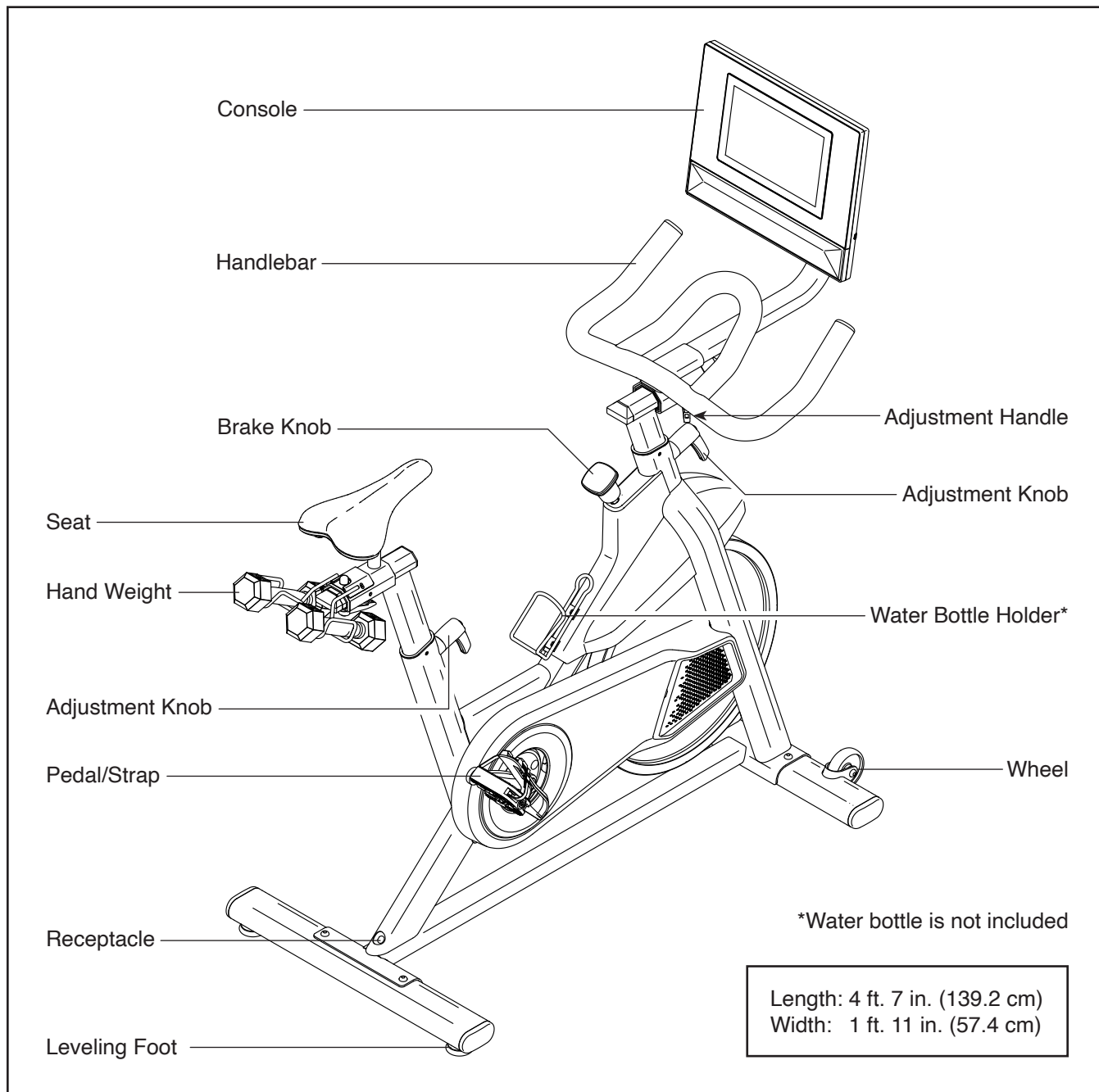
BEFORE YOU BEGIN

Thank you for choosing the new PROFORM® CARBON PRO10 BIKE exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The CARBON PRO10 BIKE provides a selection of features designed to make your workouts at home more effective and enjoyable.

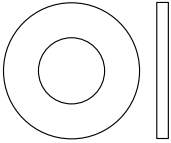**For your benefit, read this manual carefully before you use the exercise bike.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

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

Console

Handlebar

Brake Knob

Seat

Hand Weight

Adjustment Knob

Pedal/Strap

Receptacle

Leveling Foot

Adjustment Handle

Adjustment Knob

Water Bottle Holder*

Wheel

*Water bottle is not included

Length: 4 ft. 7 in. (139.2 cm)
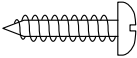Width: 1 ft. 11 in. (57.4 cm)
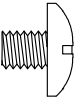
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts used 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 afterr the key number is the quantity used 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.**
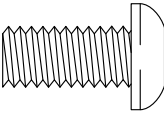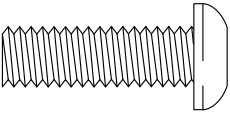
M8 Washer
(40)–2

M4 x 15mm
Screw (94)–1

M5 x 6mm
Screw (83)–2

M8 x 16mm
Screw (79)–2

M8 x 25mm
Screw (69)–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.

- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."

- To identify small parts, see page 5.

- Assembly can be completed using the included tools. Note: One or more of the included tools may be needed to make adjustments in the future. To avoid damaging parts, do not use power tools for assembly or adjustment.

1.

For assistance with assembly, scan the QR code at the right and watch the assembly video.
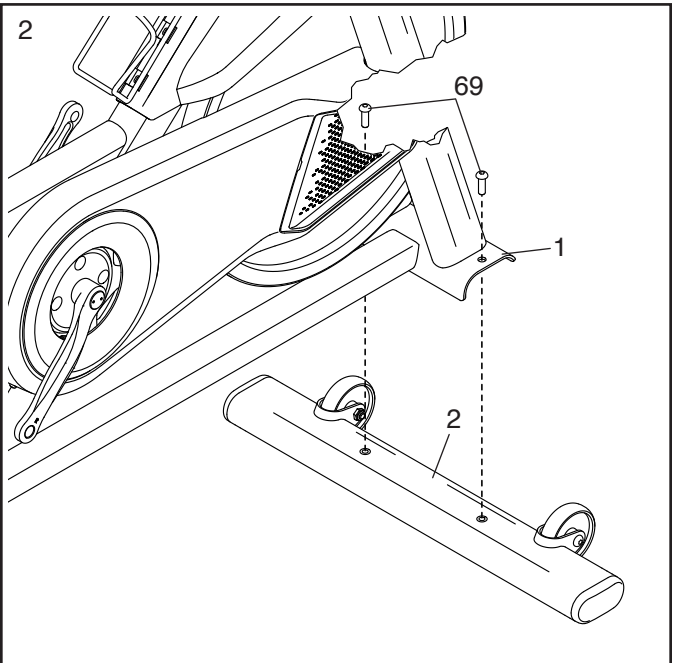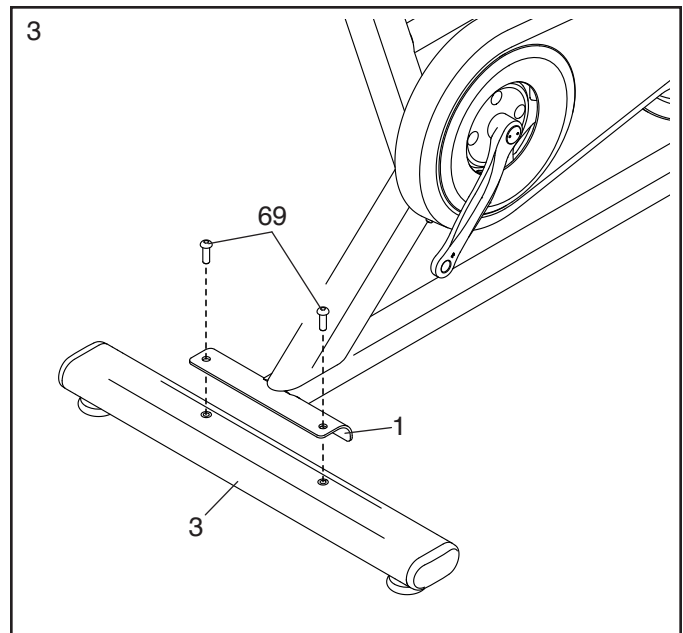
1

2. If there are shipping tubes (not shown) attached to the front and rear of the Frame (1), remove the bolts attaching the shipping tubes, and **discard the bolts and the shipping tubes.**

   Then, set the front of the Frame (1) on the Front Stabilizer (2), and attach the Front Stabilizer with two M8 x 25mm Screws (69).

3. Attach the Rear Stabilizer (3) to the Frame (1) with two M8 x 25mm Screws (69).

4. Slide the Seat Carriage (10) onto the Seat Post (7).

   Next, slide an M8 Washer (40) onto an Adjustment Handle (13), insert the Adjustment Handle upward into the Seat Post (7), and tighten the Adjustment Handle into the Seat Carriage (10).

   Note: The Adjustment Handle (13) functions like a ratchet. Turn the Adjustment Handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.
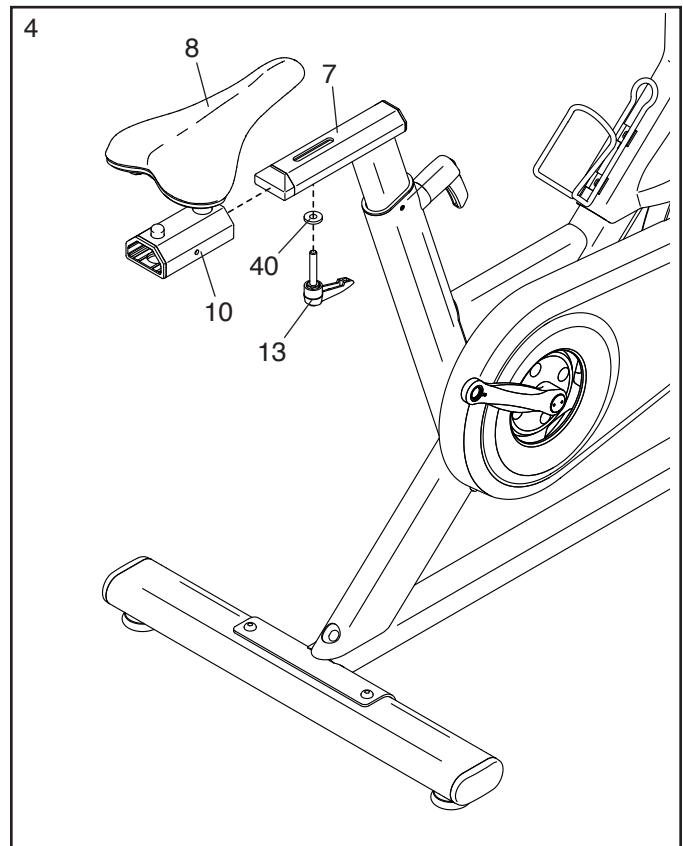
5. Slide the Console Neck (5) onto the Handlebar (4). Attach the Console Neck with two M8 x 16mm Screws (79).

6. Remove the plastic tie (not shown) securing the Upper Wire (90) to the Frame (1).

Next, have a second person hold the Handlebar (4) and the Console Neck (5) near the Handlebar Post (9). Then, route the Upper Wire (90) through the Handlebar as shown.
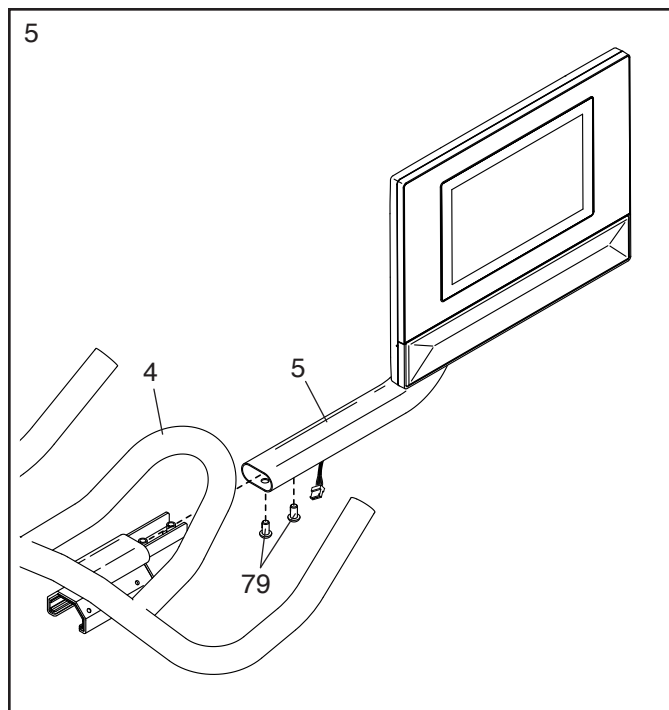
Avoid pinching the Upper Wire (90). Slide the Handlebar (4) onto the Handlebar Post (9).

Next, slide an M8 Washer (40) onto an Adjustment Handle (13), insert the Adjustment Handle upward into the Handlebar Post (9), and tighten the Adjustment Handle into the Handlebar (4).

See the inset drawing. Tighten an M4 x 15mm Screw (94) into the underside of the Handlebar Post (9).

Avoid pinching the Upper Wire (90)
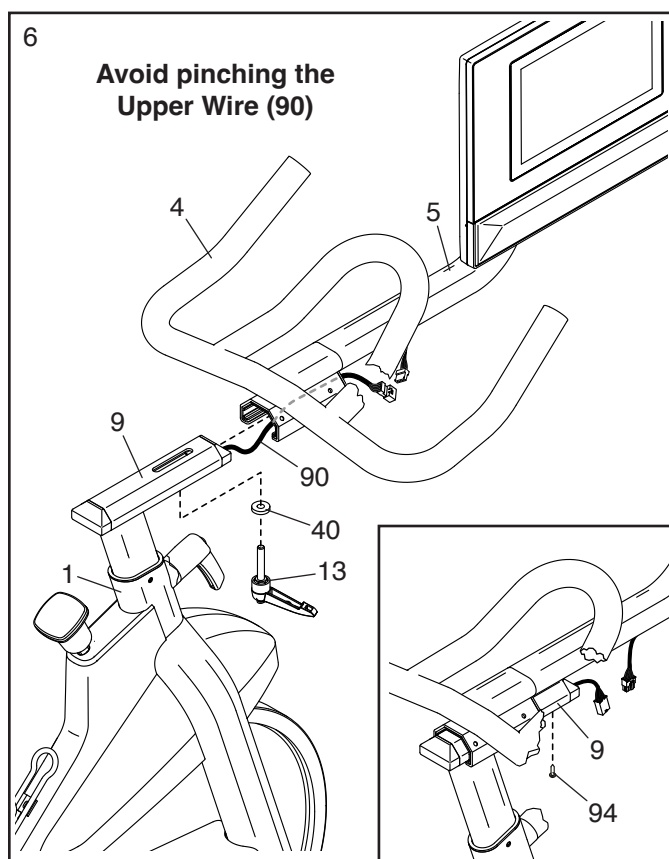
7. Grip the sides of the Console (6) and rotate the Console to the position shown.

Next, remove the plastic tie (not shown) securing the console wire (E) to the Console Neck (5).

Connect the console wire (E) to the Upper Wire (90). **IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the connectors properly for your exercise bike to function properly.**

Next, insert the connectors upward into the Console Neck (5).

Then, slide a Grommet (59) onto the Upper Wire (90), and press the Grommet into the Console Neck (5).
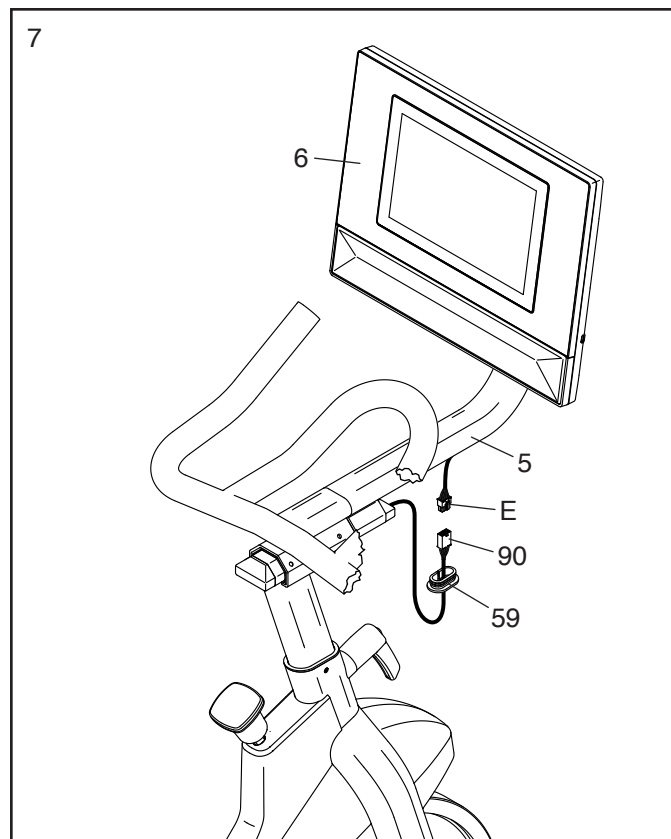
8. Identify the Right Pedal (16). Using your fingers, turn the Right Pedal clockwise about halfway into the Right Crank Arm (18). Then, use the included Pedal Wrench (26) to **FIRMLY TIGHTEN** the Right Pedal.

Attach the Left Pedal (not shown) to the Left Crank Arm (not shown) in the same way. IMPORTANT: You must turn the Left Pedal COUNTERCLOCKWISE to attach it.
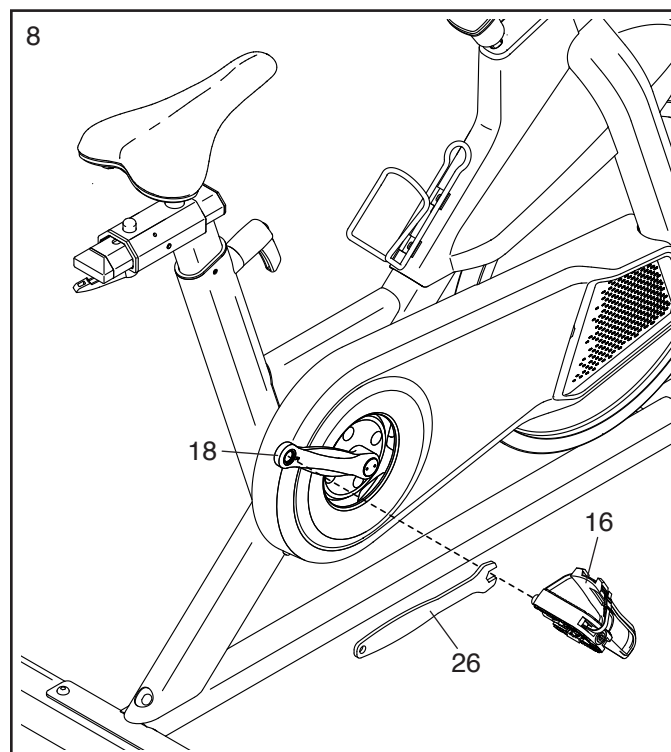
9. Attach the Weight Rest (92) to the Seat Carriage (10) with two M5 x 6mm Screws (83).

    See the inset drawing. Set the Hand Weights (11) in the Weight Rest (92).

10. Plug the Power Adapter (111) into the Receptacle (110) on the rear of the exercise bike.

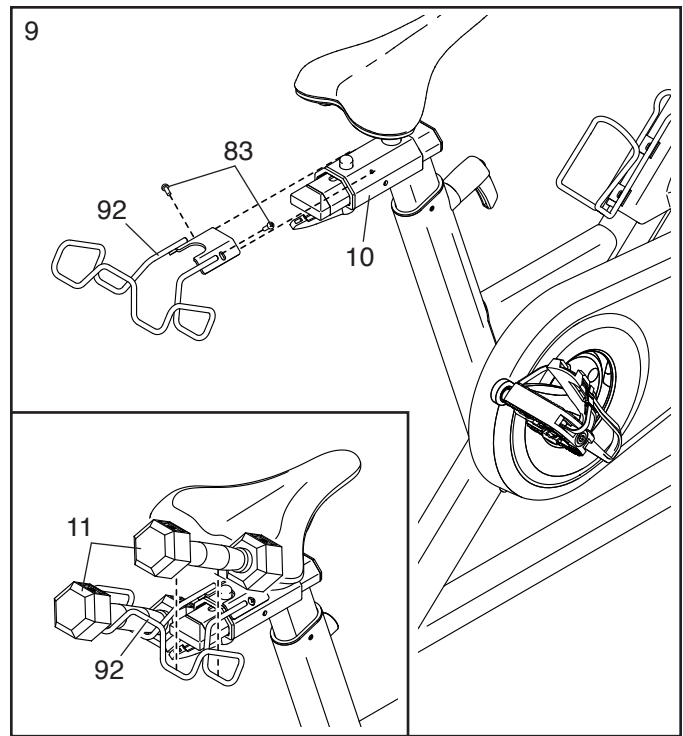   Note: To plug the Power Adapter (111) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 11.
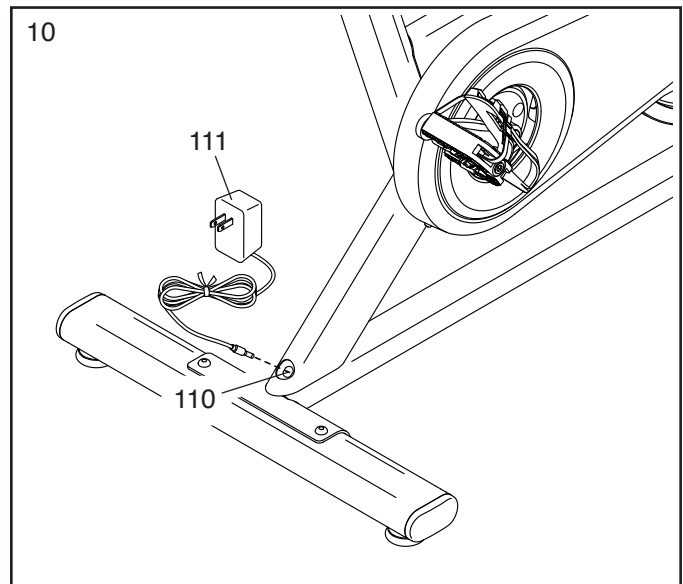
11. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly, that it functions properly, and that all parts are properly tightened.** Place a mat under the exercise bike to protect the floor or carpet. Note: Extra parts may be included. Keep the included tools. One or more of the tools may be needed to make adjustments in the future.

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 display or other electronic components.
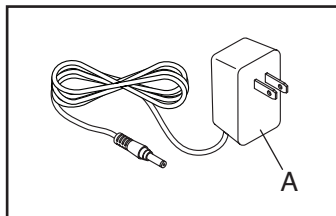
Plug the power adapter (A) into the receptacle on the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

HOW TO ADJUST THE HEIGHT OF THE HANDLEBAR

To adjust the height of the handlebar, first loosen the indicated adjustment knob (B) **four turns** and pull it outward. Next, slide the handlebar post (C) upward or downward to the desired position. Then, release the adjustment knob into one of the adjustment holes (D) in the handlebar post, and tighten the adjustment knob four turns. **Make sure that the adjustment knob is engaged in an adjustment hole.** Then, pull the adjustment knob outward, turn it so that it points downward as shown, and then release it.
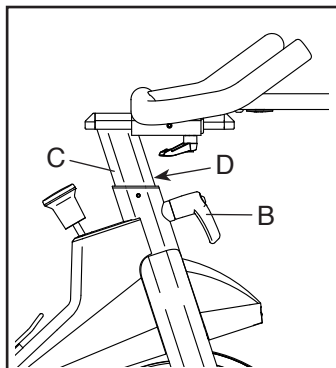
HOW TO ADJUST THE HORIZONTAL POSITION OF THE HANDLEBAR

To adjust the horizontal position of the handlebar, first loosen the indicated adjustment handle (E) a few turns. Then, move the handlebar forward or backward, and firmly tighten the adjustment handle.
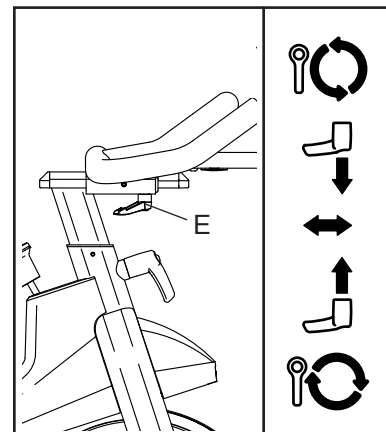
Note: The adjustment handle (E) functions like a ratchet. Turn the adjustment handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

HOW TO ADJUST THE ANGLE OF THE SEAT

You can adjust the angle of the seat to the position that is most comfortable.

To adjust the seat, first loosen the nuts (F) on the seat clamp. Next, tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the nuts.
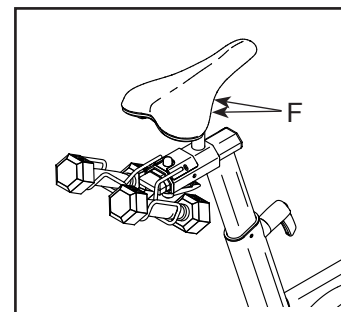
HOW TO ADJUST THE HEIGHT OF THE SEAT

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 indicated adjustment knob (B) **four turns** and pull it outward. Next, slide the seat post (G) upward or downward to the desired position. Then, release the adjustment knob into one of the adjustment holes (D) in the seat post, and tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.** Then, pull the adjustment knob outward, turn it so that it points downward as shown, and then release it.

HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

You can adjust the seat forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the horizontal position of the seat, first loosen the indicated adjustment handle (E) a few turns. Then, move the seat forward or backward, and firmly tighten the adjustment handle.
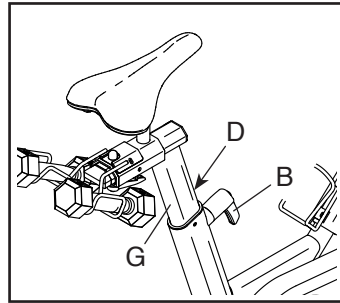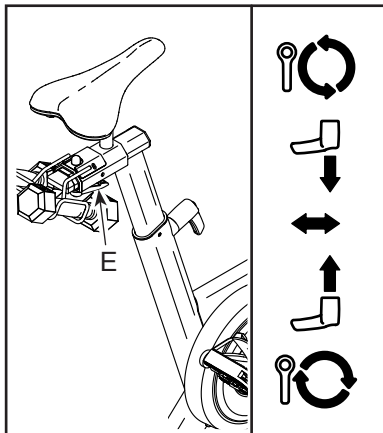
Note: The adjustment handle (E) functions like a ratchet. Turn the adjustment handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

HOW TO ADJUST THE POSITION OF THE CONSOLE

The console (H) can be tilted upward and downward and pivoted from side to side. To adjust the position of the console, grip the sides of the console and press it to the desired position. You can pivot the console all of the way to the side so that you can view it while standing next to the exercise bike to perform hand weight exercises or other floor exercises.
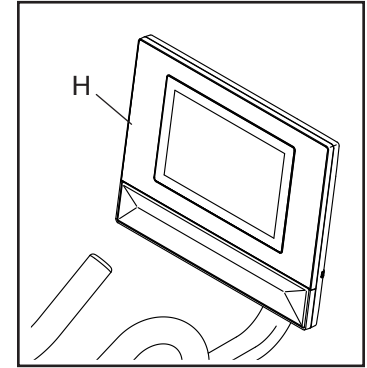
If the console feels loose or does not stay in place when it is tilted upward or downward or pivoted from side to side, see HOW TO ADJUST THE CONSOLE PIVOT AND TILT on page 29.

HOW TO USE THE BRAKE KNOB

To change the resistance of the pedals, see step 3 on page 16). **To stop the flywheel, push the brake knob (I) downward. The flywheel should quickly come to a complete stop.**
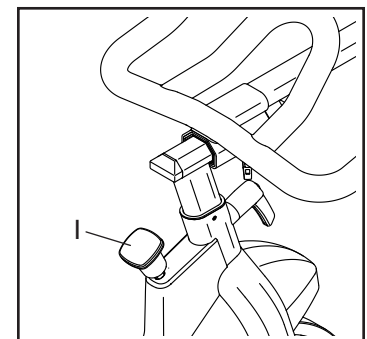
HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet (J) until the rocking motion is eliminated.
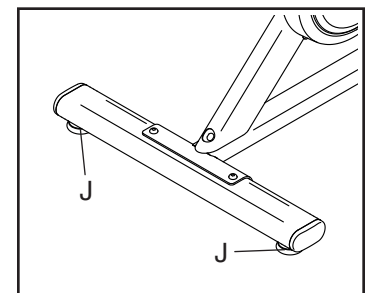
HOW TO USE THE PEDALS

Note: You can remove the pedals and attach your own pedals to the exercise bike if desired.

How to Use the Toe Cage Side of the Pedals

To use the toe cage side of the ped-als (K), insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs (L) on the buckles, adjust the toe straps to the desired position, and then release the tabs.
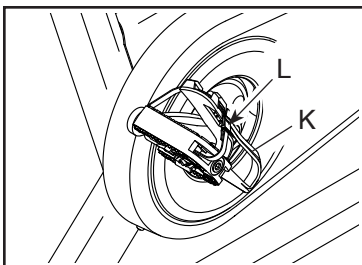
How to Attach the Cleats and Adjust the Spring Tension of the Pedals

To use the clip-in side of the pedals, you must first attach the included cleats to your cycling shoes (not included).

Using the included hex key, attach a cleat (M) to the bottom of a cycling shoe with a cleat bracket (N) and two cleat screws (O). **Attach the other cleat to your other cycling shoe in the same way.**
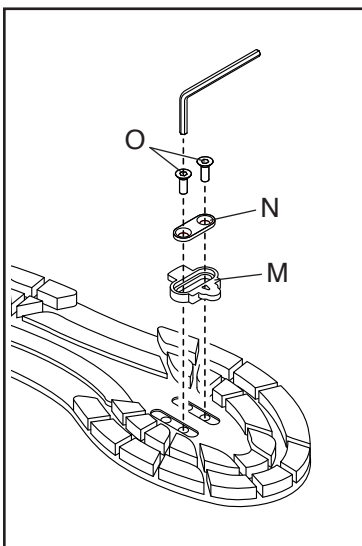
The spring tension affects how easy or difficult it is to clip in and unclip from the pedals. To adjust the spring tension of a pedal (K), use the included hex key and tighten or loosen the adjust-ment screw (P) as desired. **Adjust the spring tension of the other pedal in the same way.**
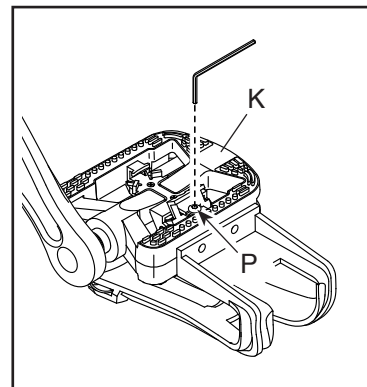
How to Use the Clip-in Side of the Pedals

To use the clip-in side of the pedals, you must wear cycling shoes (not included) and the included cleats must be attached to your cycling shoes. See HOW TO ATTACH THE CLEATS AND ADJUST THE SPRING TENSION OF THE PEDALS at the left.

To clip into the pedals, press the cleats on your cycling shoes firmly into the slots in the pedals until they snap into place. To unclip from the pedals, twist the heels of your cycling shoes outward from the pedals.

HOW TO USE THE CONSOLE
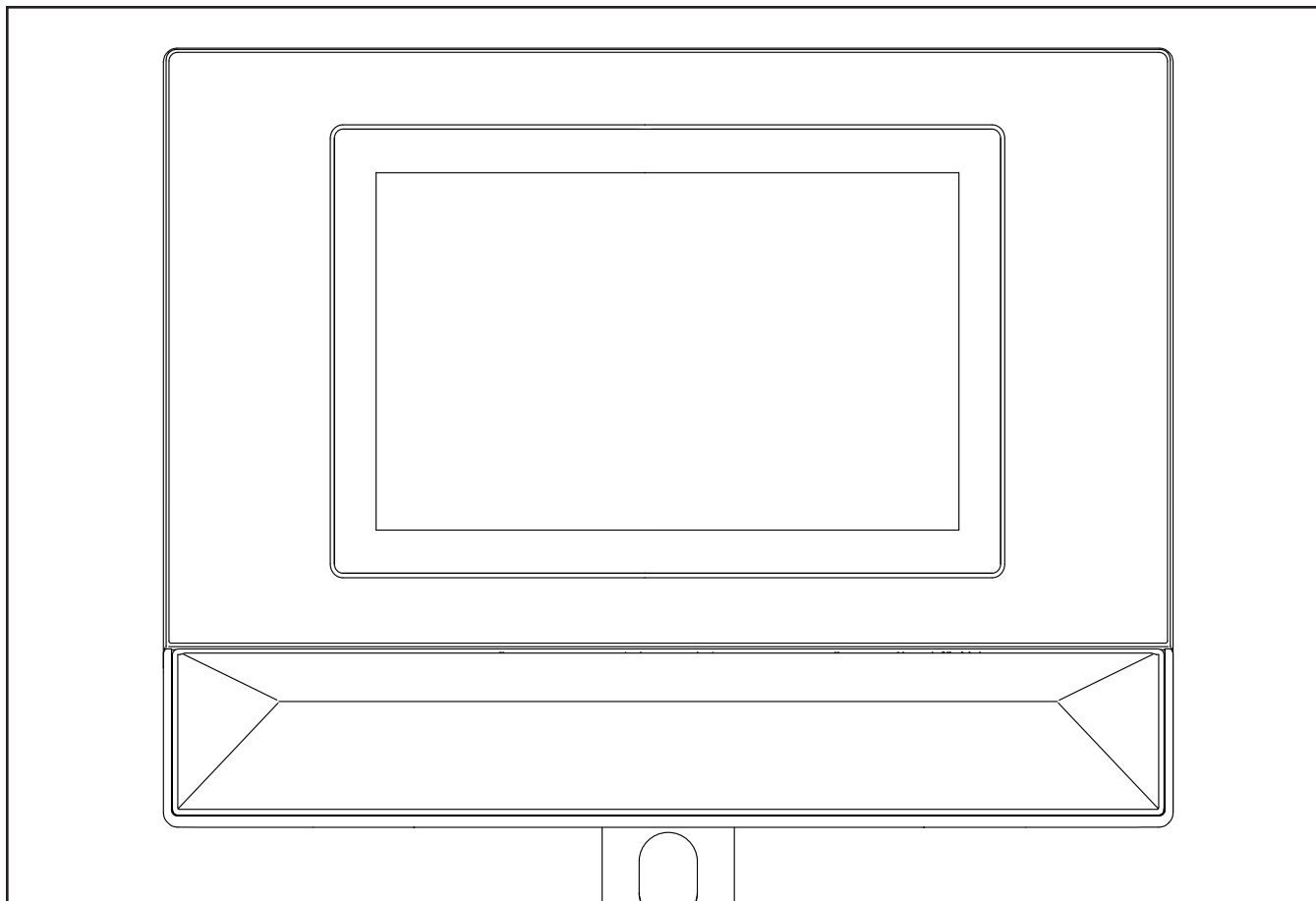
FEATURES OF THE CONSOLE

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 a touch of a button. While you exercise, the console will display continuous exercise feedback.

The console also features wireless technology that enables the console to connect to iFIT®. With iFIT, you can choose from a changing selection of featured workouts that automatically control the resistance of the pedals as iFIT trainers guide you through immersive exercise sessions.

With an iFIT subscription, you can access a library of thousands of on-demand destination and studio workouts, create your own workouts, track your workout results, and access many other features. Go to iFIT.com to learn more.

To turn on and turn off the console, see page 15. **To learn how to use the touch screen,** see page 15. **To set up the console,** see page 15.

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

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the exercise bike (see page 11). After the power adapter is plugged in, it may take a moment for the console to be ready for use. If the console is inactive, simply touch the screen to activate the console.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, the console will pause. If the pedals do not move for several minutes, the screen is not touched, and the buttons are not pressed, the console will turn off.

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

HOW TO USE THE TOUCH SCREEN

The console features an advanced tablet with a full-color touch screen. You can slide or flick your finger against the screen to move images on the screen, such as the displays in a workout. Note: The screen is not pressure sensitive; you do not need to press hard.

To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters, touch *?123*. To view more characters, touch *~[<*. To return to the letter keyboard, touch ABC. To use a capital character, touch the shift button (upward-facing arrow symbol). To clear text, touch the clear button (backward-facing arrow with an X).

HOW TO SET UP THE CONSOLE

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

1. **Connect to your wireless network.**

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

2. **Customize settings.**

    Follow the prompts on the screen customize settings. Note: To change settings later, see page 21.

3. **Create or log in to your iFIT account.**

    Follow the prompts on the screen to create an iFIT account or to log in to your iFIT account. Available subscription options will be shown.

4. **Check for firmware updates.**

    Touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 20.

The console is now ready for you to begin working out. The following pages explain the workouts and other features that the console offers.

To use the manual mode, see page 16. **To use a featured workout,** see page 17. **To create a draw-your-own-map workout,** see page 18. **To use an iFIT workout,** see page 19.

To change console settings, see page 20. **To connect to a wireless network,** see page 21.

HOW TO USE THE MANUAL MODE

1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. Get ready for the workout.

Touch *Manual Start* and begin pedaling. A warm-up period will begin.

To use a heart rate monitor, see page 22.

3. Change the resistance of the pedals as desired.

Touch *End Warmup* or pedal until the warm-up period ends to start the workout.

To change the resistance of the pedal, touch the resistance sliders on the screen. After you adjust the resistance, it will take a moment for the pedals to reach the selected resistance level.

Note: To view the resistance sliders on the screen, touch the screen in any open space and then touch *Controls.*

4. Follow your progress.

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

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

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

If desired, adjust the volume level by touching the screen in any open space and then touching the volume control.

5. Pause or end the workout.

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

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

6. When you are finished exercising, turn off the console (see page 15).

HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see page 20).

1. Select the home screen or the workout library.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

To select the workout library, touch *Browse.*

2. Select a workout.

To select a workout from the home screen or the workout library, simply touch the desired workout image on the screen. Slide or flick the screen to scroll as necessary.

The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged in to your iFIT account to save a featured workout (see step 3 on page 19).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 18.

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 that you will burn during the workout.

3. Get ready for the workout.

Touch *Start Workout* and begin pedaling. A warm-up period will begin.

To use Bluetooth headphones or a heart rate monitor, see page 22.

4. Start the workout.

Touch *End Warmup* or pedal until the warm-up period ends to start the workout.

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

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

During some workouts, you may be prompted to maintain a target speed. As you exercise, keep your pedaling speed near the target speed.

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

If the resistance level is too high or too low, you can manually override the setting by pressing the Resistance buttons (see step 3 on page 16).

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

If the smart adjust feature is enabled, the console will scale the intensity level of the workout automatically based on your manual overrides of the resistance settings.

To enable the smart adjust feature, touch the screen in any open space and then touch the smart adjust toggle.

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

If the active pulse feature is enabled, the console will scale the intensity level of the workout automatically based on your heart rate when you wear a compatible heart rate monitor (see page 22).

To enable the active pulse feature, see HOW TO CHANGE CONSOLE SETTINGS on page 20.

To follow your progress with the display modes, see step 4 on page 16.

To pause or end the workout, see step 5 on page 16.

5. **When you are finished exercising, turn off the console (see page 15).**

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

To use a draw-your-own-map workout, you must be logged in to your iFIT account (see step 2 on page 19) and the console must be connected to a wireless network (see page 21).

1. **Select a draw-your-own-map workout.**

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

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

2. **Draw a workout on the map.**

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

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

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

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

3. **Save the workout.**

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

4. **Get ready for the workout.**

Touch *Start Workout* and begin pedaling. A warm-up period will begin.

To use Bluetooth headphones or a heart rate monitor, see page 22.

5. **Start the workout.**

Touch *End Warmup* or pedal until the warm-up period ends to start the workout. The workout will function in the same way as a featured workout (see step 4 on page 17).

6. **When you are finished exercising, turn off the console (see page 15).**

HOW TO USE AN IFIT WORKOUT

To use an iFIT workout, you must be logged in to your iFIT account (see step 2 below) and the console must be connected to a wireless network (see page 21). **For more information about iFIT, go to iFIT.com.**

1. **Select the home screen.**

   When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. **Log in to your iFIT account.**

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

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

3. **Select an iFIT workout from the home screen or the workout library.**

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

   To select an iFIT workout from the home screen or the workout library, simply touch the desired workout image on the screen. Slide or flick the screen to scroll as necessary.

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

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

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

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

4. **Schedule an iFIT workout on the calendar if desired.**

   If desired, you can schedule an iFIT workout for a future date. Simply view the overview or workout summary of the desired iFIT workout, touch *Schedule,* and then select the desired date on the calendar. When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

5. **Create a list of favorite iFIT workouts if desired.**

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

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

6. **Get ready for the workout.**

   Touch *Start Workout* and begin pedaling. A warm-up period will begin.

   To use Bluetooth headphones or a heart rate monitor, see page 22.

7. **Start the workout.**

   Touch *End Warmup* or pedal until the warm-up period ends to start the workout. The workout will function in the same way as a featured workout (see step 4 on page 18).

8. **When you are finished exercising, turn off the console (see page 15).**

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings main menu.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

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

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

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

Account
• My Profile
• In Workout
• Manage Accounts

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

About
• Legal

3. Customize workout settings.

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

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

4. Customize the unit of measurement and other settings.

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

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

5. View machine information or console app information.

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

6. Update the console firmware.

For the best results, regularly check for firmware updates. Touch *Maintenance* and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the exercise bike, do not turn off the console while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug the power adapter back in. Note: It may take a moment for the console to be ready for use.

Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

7. Exit the settings main menu.

To exit the settings main menu, touch the back button (arrow symbol).

HOW TO CONNECT TO A WIRELESS NETWORK

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

1. **Select the settings main menu.**

   When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

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

2. **Set up and manage a wireless network connection.**

   Touch *Wi-Fi* to select the wireless network menu. If *Wi-Fi* is not enabled, touch the *Wi-Fi* toggle to enable it. When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

   Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported). The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password. Follow the prompts on the screen to enter your password and connect to the selected wireless network. Passwords are case-sensitive.

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

If you are having problems connecting to an encrypted network, make sure that your password is correct. **If you have questions after following these instructions, go to my.iFIT.com for assistance.**

3. **Exit the wireless network menu.**

   To exit the wireless network menu, touch the back button (arrow symbol).

HOW TO USE THE CHARGING PORT

The console features a charging port to charge USB-C compatible devices, such as smartphones and tablets, while you exercise.

To use the charging port, plug a USB-C charging cable (not included) into the receptacle on your device and into the charging port on the right side of the console; **make sure that the USB-C charging cable is fully plugged in.** Note: The charging port cannot be used to view or transfer data or to play music through the console sound system.

HOW TO CONNECT HEADPHONES

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

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

HOW TO USE AN 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. The console is compatible with all Bluetooth® Smart heart rate monitors. **To purchase an optional heart rate monitor, please see the front cover of this manual.**
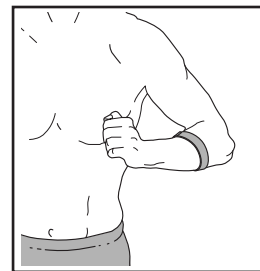
When your compatible heart rate monitor is turned on and placed in pairing mode, the console will connect to it automatically. When your heartbeat is detected, your heart rate will be shown on the screen.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and the receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: OMC453584C (Compal) or OMC453584V (CVTE)

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. **Replace any worn parts immediately.** Use only manufacturer-supplied parts.
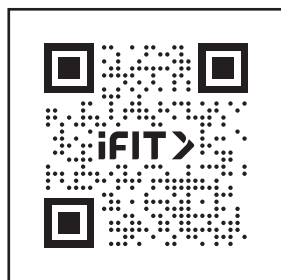
To clean the exercise bike, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

PEDAL MAINTENANCE

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

TROUBLESHOOTING

Many 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, go to my.iFIT.com, scan the QR code at the right, or call 1-833-680-IFIT (1-833-680-4348).

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, see TROUBLESHOOTING above to purchase one. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

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

If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the left side of the console. Using a bent paper clip, press and hold the reset button inside of the opening, and have a second person plug in the power adapter. **Continue holding the reset button until the console turns on.** When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter, and then plug it in again. Once the console turns on, check for firmware updates (see page 20). Note: It may take a few minutes for the console to be ready for use.
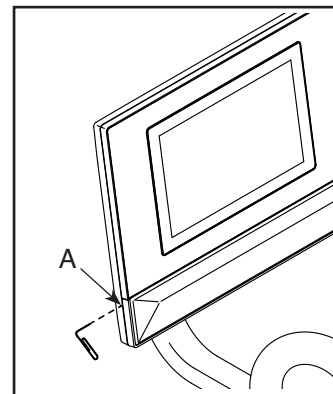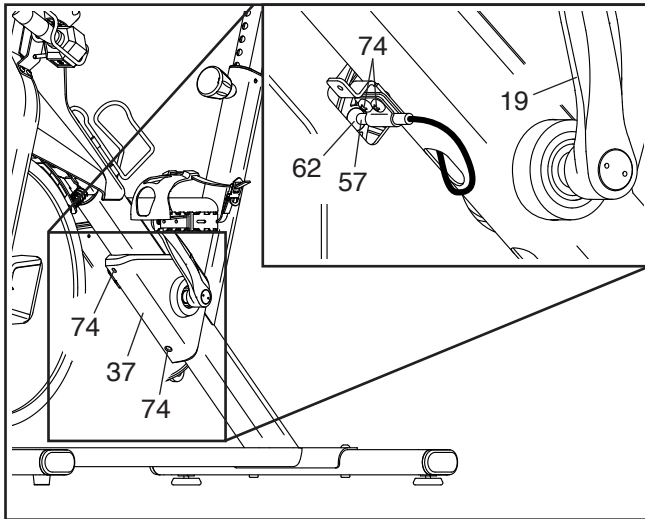
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first remove the two M4 x 12mm Blunt Screws (74) from the Left Hub Cover (37), and move the Left Hub Cover out of the way.


See the inset drawing. Locate the Reed Switch (57). Slightly loosen the two indicated M4 x 12mm Blunt Screws (74). Then, turn the Left Crank Arm (19) until a Magnet (62) is aligned with the Reed Switch. Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the Blunt Screws.

Turn the Left Crank Arm (19) again for a moment. Repeat the above procedure, if necessary, until the console displays correct feedback. Then, reattach the Left Hub Cover (37).

HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first use a standard screwdriver to carefully pry off the Right Hub Cover (33).
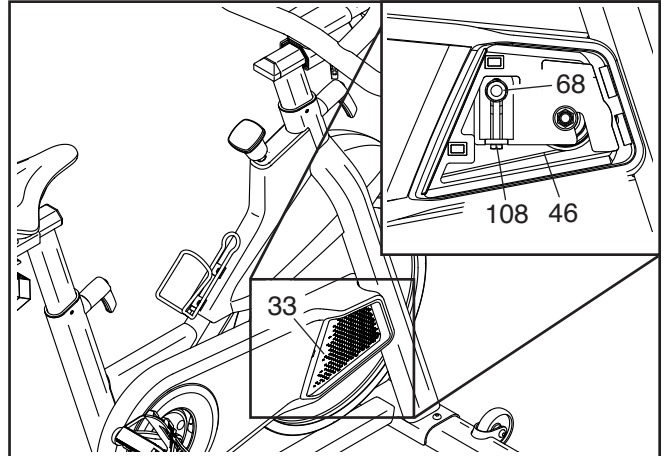
See the inset drawing. Loosen, but do not remove, the M8 Jam Locknut (68). Then, tighten the Idler Screw (108) until the Drive Belt (46) is tight. Then, firmly tighten the Jam Locknut.

Pedal the exercise bike and test the adjustment. Repeat the above procedure, if necessary. When the drive belt is properly tightened, reattach the parts that you removed.

HOW TO ADJUST THE CONSOLE PIVOT AND TILT

If the console does not stay in place when it is moved from side to side, first carefully pry the Access Cover (89) off the Console Head (86). Next, use the included Crown Tool (107) to slightly tighten the Crown Nut (102) inside of the Console Head. Then, press the Access Cover back into place.
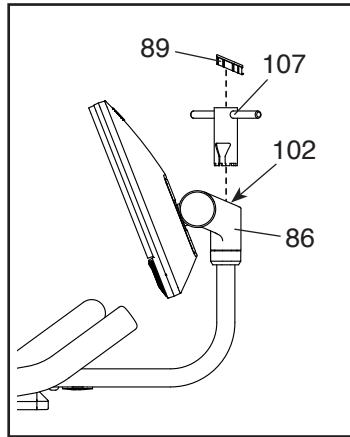
If the console does not stay in place when it is tilted upward and downward, first tilt the console upward as far as possible. Then, use the included small hex key (B) to slightly tighten the two M6 x 16mm Cap Screws (105) inside of the Console Head (86).
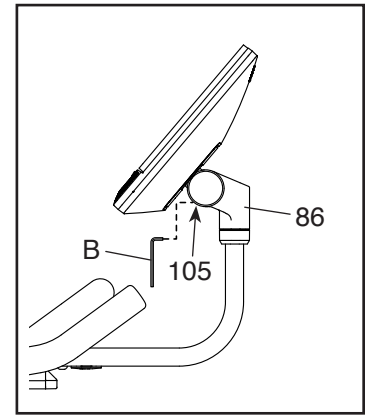
EXERCISE GUIDELINES

⚠ 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	🖤
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.
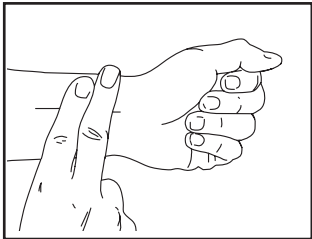
WORKOUT GUIDELINES

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

| Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Wheel
2	1	Front Stabilizer	52	2	Foot
3	1	Rear Stabilizer	53	2	Leveling Foot
4	1	Handlebar	54	4	Stabilizer Cap
5	1	Console Neck	55	2	Post Cap
6	1	Console	56	1	Seat Post Cap
7	1	Seat Post	57	1	Reed Switch/Wire
8	1	Seat	58	1	Clamp
9	1	Handlebar Post	59	2	Grommet
10	1	Seat Carriage	60	1	Right Flywheel Spacer
11	2	Hand Weight	61	2	Clip Nut
12	1	Console Bracket	62	2	Magnet
13	2	Adjustment Lever	63	4	M8 x 20mm Flat Head Screw
14	2	Adjustment Handle	64	4	M8 Locknut
15	1	Water Bottle Holder	65	1	Left Inner Hub Cover
16	1	Right Pedal	66	1	Metal Retention Clip
17	1	Left Pedal	67	1	Brake Nut
18	1	Right Crank Arm/Crank	68	3	M8 Jam Locknut
19	1	Left Crank Arm	69	4	M8 x 25mm Screw
20	1	Resistance Cable	70	2	Post Sleeve
21	1	Resistance Bracket	71	2	Plastic Retention Clip
22	1	Resistance Spring	72	2	M8 x 42mm Bolt
23	1	Resistance Magnet	73	2	M6 x 45mm Shoulder Screw
24	1	Resistance Motor	74	16	M4 x 12mm Blunt Screw
25	1	Brake Knob	75	3	M10 Flange Nut
26	1	Pedal Wrench	76	1	M5 Locknut
27	1	Brake Shaft	77	1	M5 x 35mm Bolt
28	1	Brake Spring	78	1	Brake Bushing
29	1	Brake Bracket	79	2	M8 x 16mm Screw
30	2	Brake Spacer	80	2	M4 x 16mm Screw
31	1	Idler	81	1	Brake Washer
32	1	Pulley Cover	82	1	Lower Wire
33	1	Right Hub Cover	83	2	M5 x 6mm Screw
34	1	Outer Belt Cover	84	1	Left Hub Cover
35	1	Inner Belt Cover	85	1	Hub Shield
36	1	Idler Cover	86	1	Console Head
37	1	Left Hub Cover	87	6	M4 x 19mm Screw
38	1	Motor Cover	88	1	Ground Screw
39	1	Brake Cover	89	1	Access Cover
40	2	M8 Washer	90	1	Upper Wire
41	1	Seat Post Sleeve	91	1	Handlebar Post Cap
42	2	Crank Arm Cap	92	1	Weight Rest
43	2	Snap Ring	93	1	M4 x 16mm Machine Screw
44	2	Crank Bearing	94	3	M4 x 15mm Screw
45	1	Pulley	95	2	M4 x 10mm Blunt Screw
46	1	Drive Belt	96	1	Upper Console Cover
47	1	Flywheel	97	1	Lower Console Cover
48	2	M10 Washer	98	1	Head Base
49	1	Handlebar Post Sleeve	99	2	Neck Bushing
50	1	Left Flywheel Spacer	100	1	Double Tab Bushing

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Single Tab Bushing	109	1	Idler Washer
102	1	Crown Nut	110	1	Receptical
103	1	Bracket Mount	111	1	Power Adapter
104	2	Inner Bracket Mount	112	4	M6 x 16mm Screw
105	6	M6 x 16mm Cap Screw	113	2	Cleat Assembly
106	4	M4 x 10mm Screw	*	–	Assembly/Adjustment Tool Kit
107	1	Crown Tool	*	–	User's Manual
108	1	Idler Screw			

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.
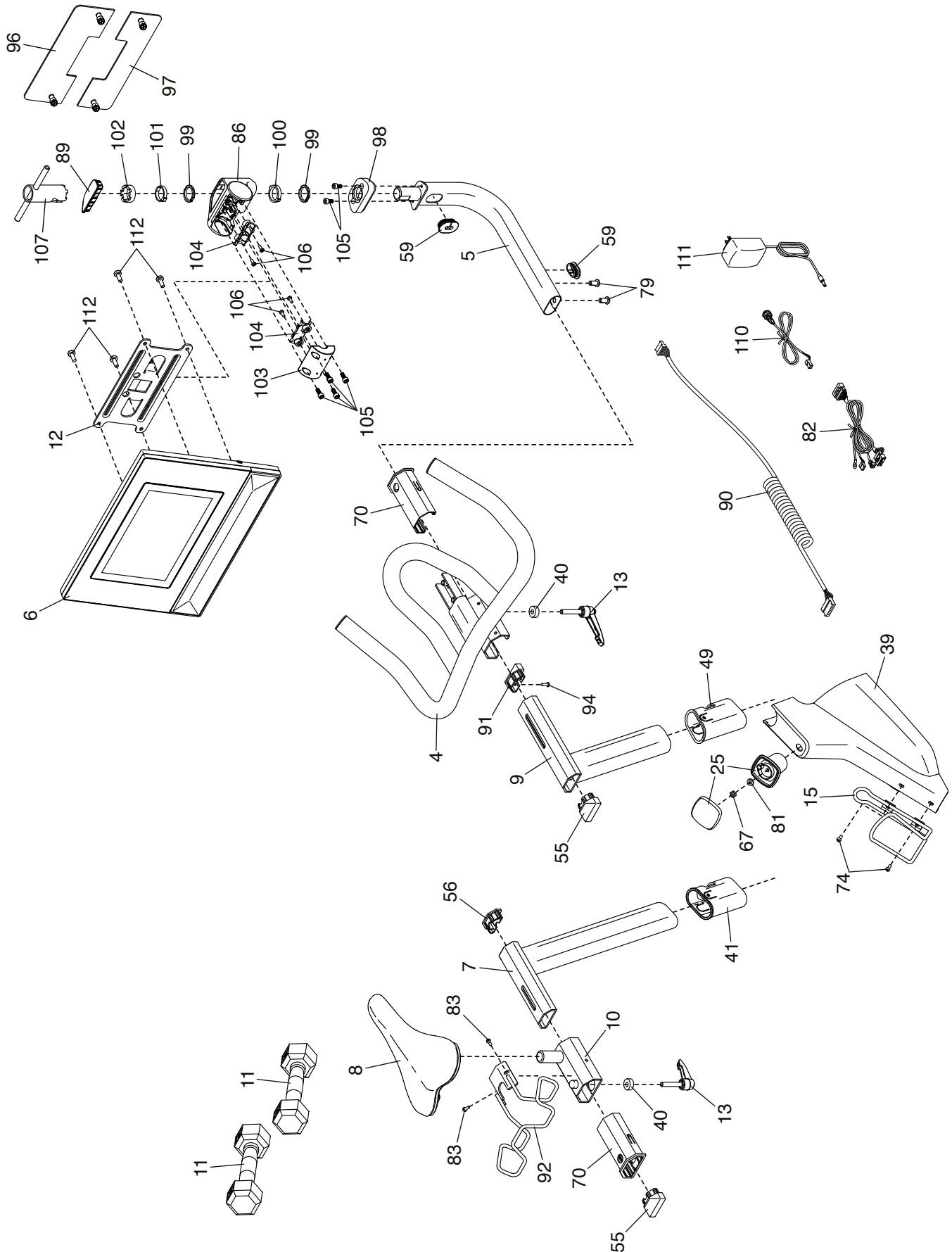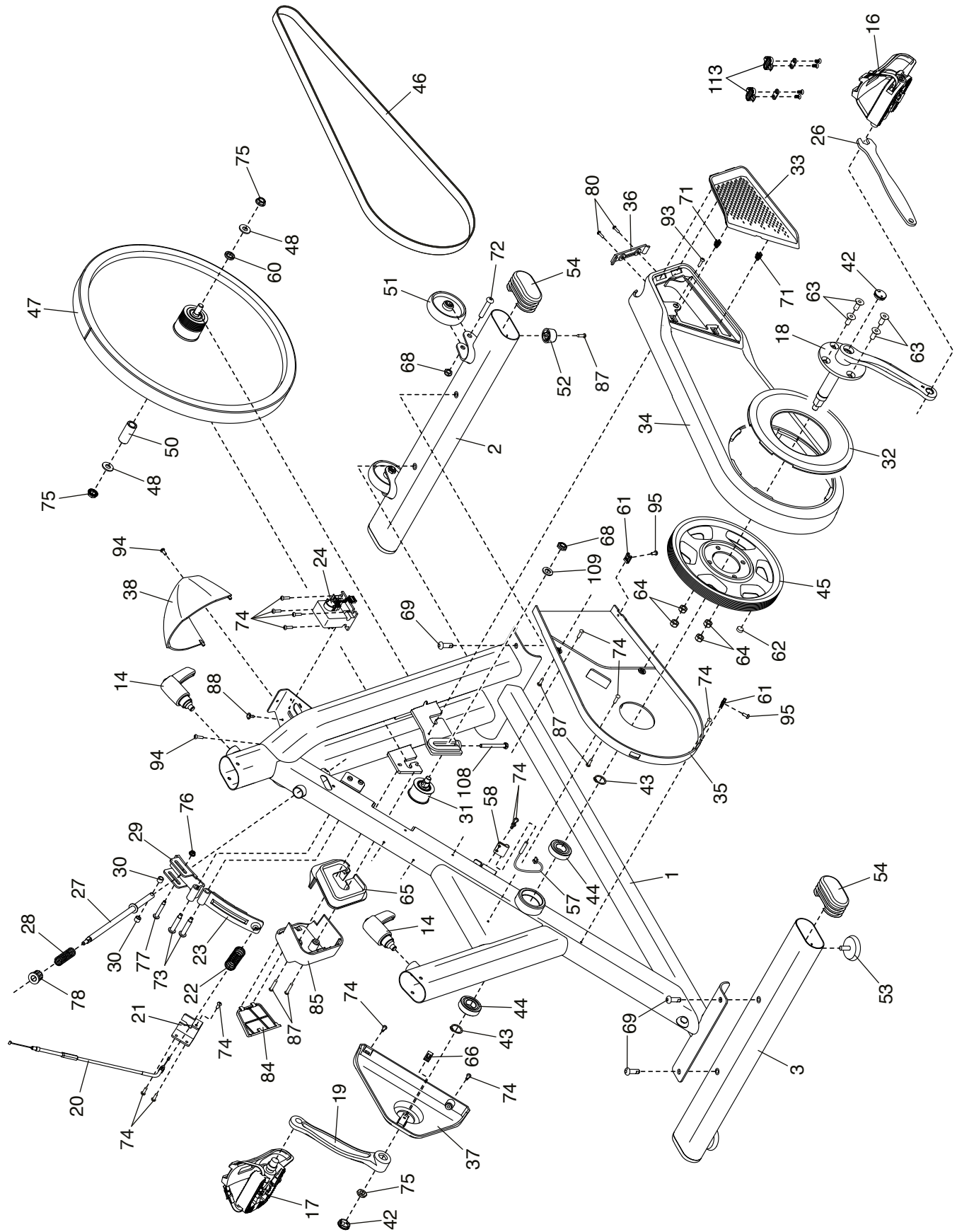
ORDERING REPLACEMENT PARTS

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)