

PRO-FORM[®]

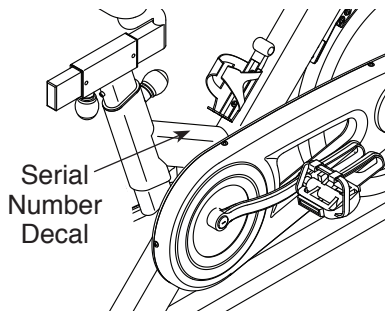
400 SPX

proformfitness.ca

Model No. PFEX02817C.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

ACTIVATE YOUR WARRANTY

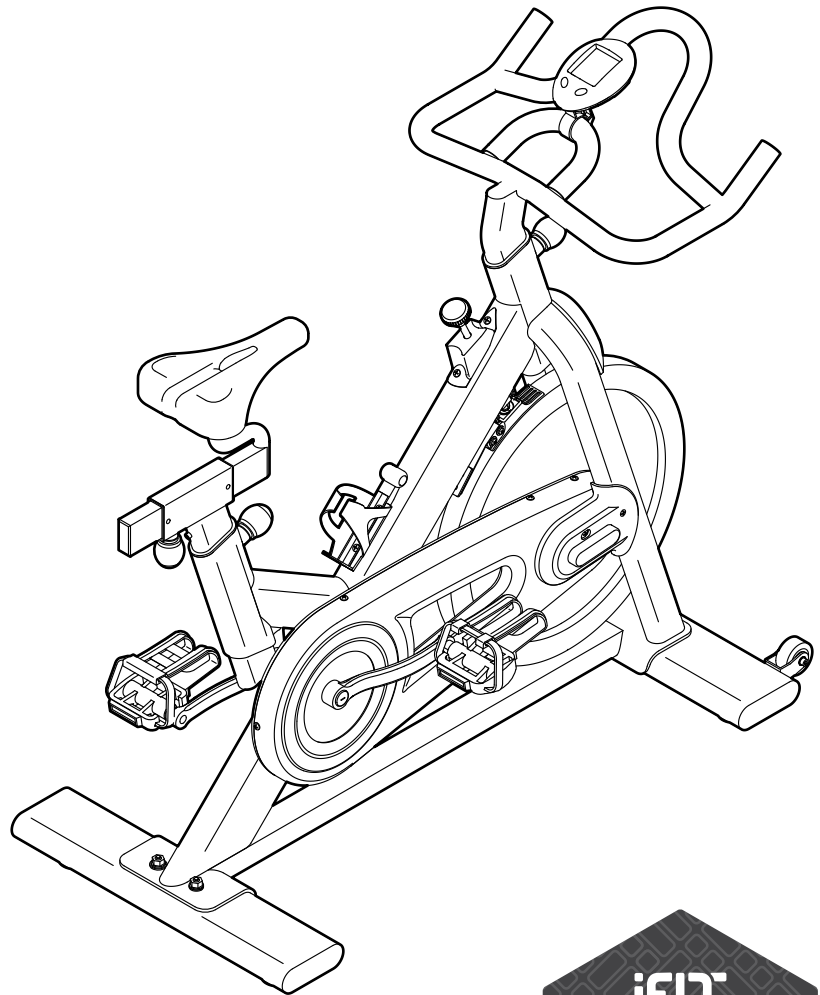
To register your product and activate your warranty today, go to iconservice.ca.

CUSTOMER SERVICE

Call toll-free 1-888-936-4266
Mon.–Fri. 7:30 a.m.–4:30 p.m. ET
(excluding holidays)

or email us at
customerservice@iconcanada.ca

Please do not contact the store.



⚠ CAUTION

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



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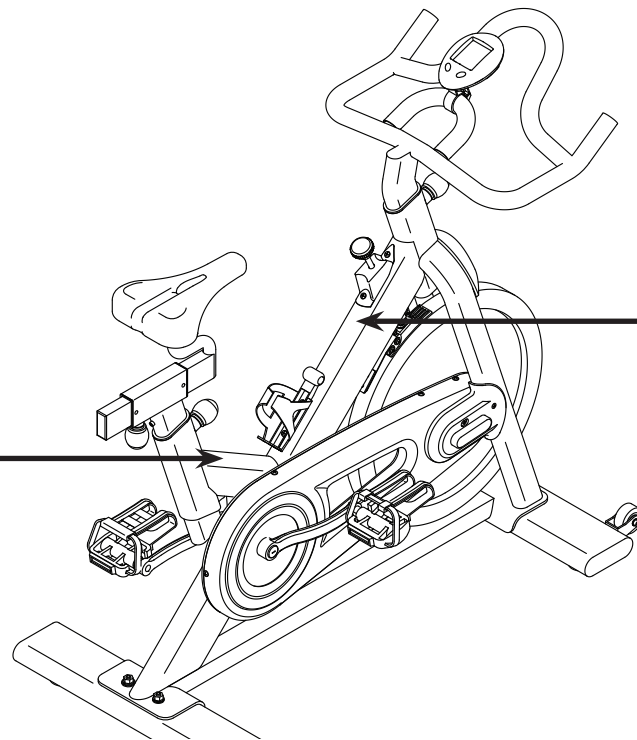
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WARNING DECAL PLACEMENT

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

WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Set the resistance to maximum when the bike is not in use.
- Replace label if damaged, illegible, or removed.

CAUTION

To stop, reduce your pedal speed in a controlled way.

To stop quickly, use the brake.

Pedals will continue to spin so use caution when slowing and stopping.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
7. Place the exercise bike on a level surface, with 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.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the exercise bike at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
11. The exercise bike should not be used by persons weighing more than 250 lbs. (113 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 resistance knob downward.
16. When the exercise bike is not in use, tighten the resistance knob completely to prevent the flywheel from moving.
17. To avoid damaging the brake pads, do not lubricate the brake pads.
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.
19. This Class B digital apparatus complies with Canadian ICES-003.
20. Dispose of batteries in accordance with all local codes and ordinances.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment represents a significant investment in your health. Protect your investment now from unexpected mechanical or electrical failures for up to five years.

PLAN FEATURES

- Protection for one to five years
- Over 100 authorized repair centers
- Highly trained repair technicians
- A national toll-free repair hotline
- Simple repair claim procedure
- No claim forms
- Easy enrollment
- Fast, efficient repair anywhere in Canada
- In-home repairs covered
- Parts and labour covered
- Mechanical and electrical failures covered

To protect your fitness equipment today, please
call Customer Care at **1-888-936-4266**
Or, email us at customerservice@iconcanada.ca

 **ICON**[™]
du/of Canada Inc.

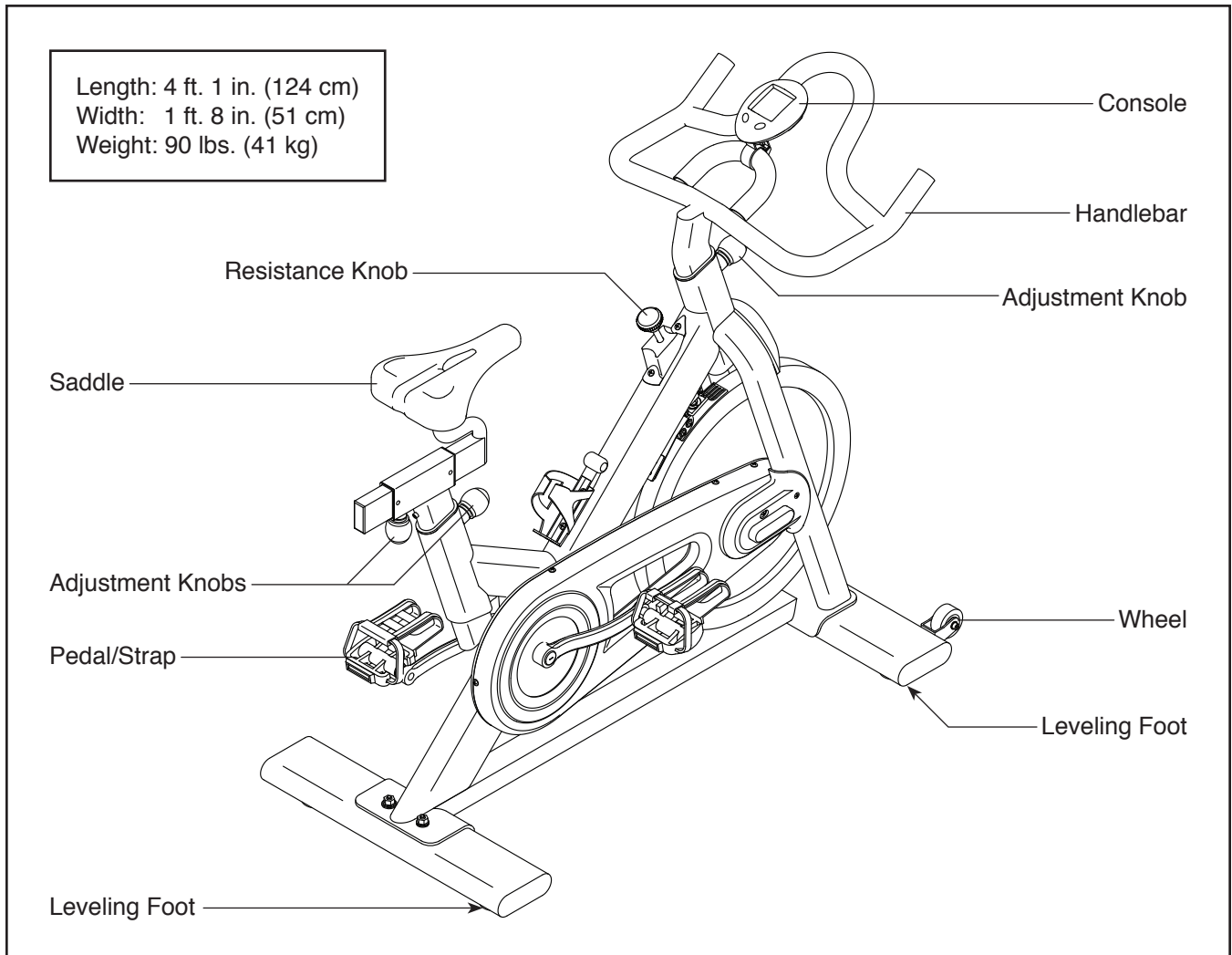
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 400 SPX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 400 SPX exercise 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. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



ASSEMBLY

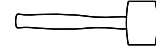
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- In addition to the included tool(s), assembly requires the following tool(s):

one adjustable wrench



one rubber mallet

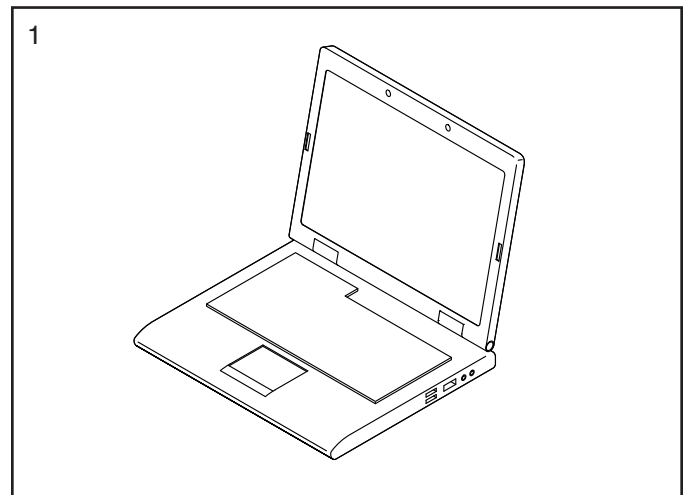


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to iconservice.ca/CustomerService/registration and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

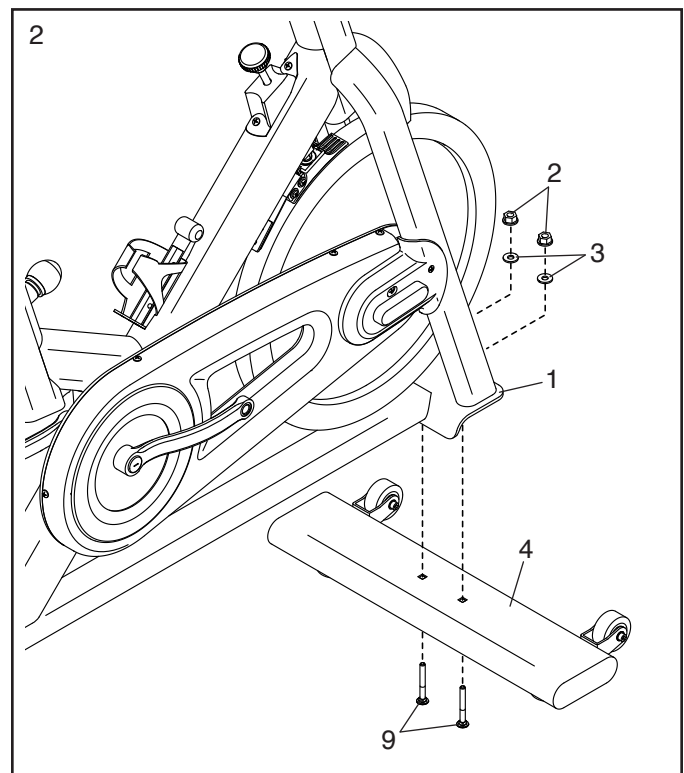
Note: If you do not have internet access, call Customer Service (see the front cover of this manual) and register your product.



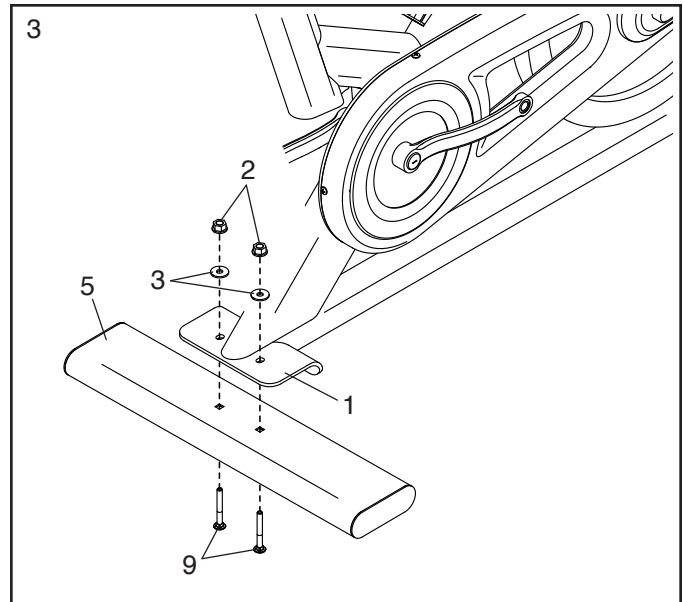
- ## 2. If there are shipping tubes (not shown) attached to the front and rear of the Frame (1), remove and discard the shipping tubes and the hardware attaching them.

Orient the Front Stabilizer (4) as shown.

Attach the Front Stabilizer (4) to the Frame (1) with two M8 x 55mm Carriage Bolts (9), two M8 Washers (3), and two M8 Flange Nuts (2).

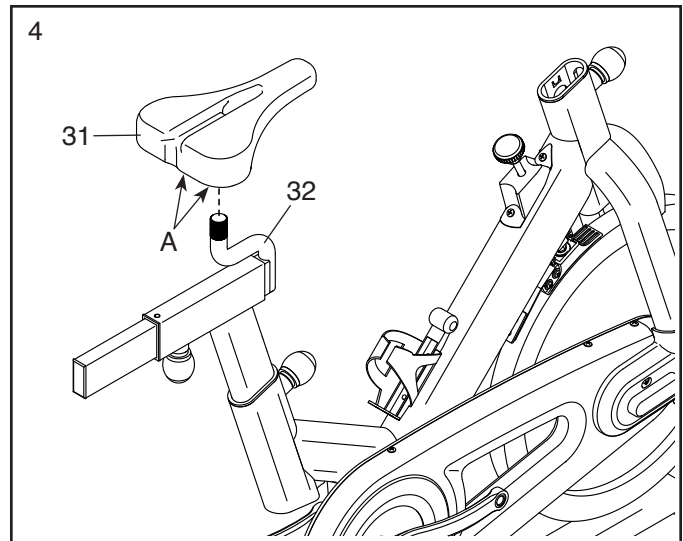


3. Attach the Rear Stabilizer (5) to the Frame (1) with two M8 x 55mm Carriage Bolts (9), two M8 Washers (3), and two M8 Flange Nuts (2).



4. Orient the Saddle (31) as shown.

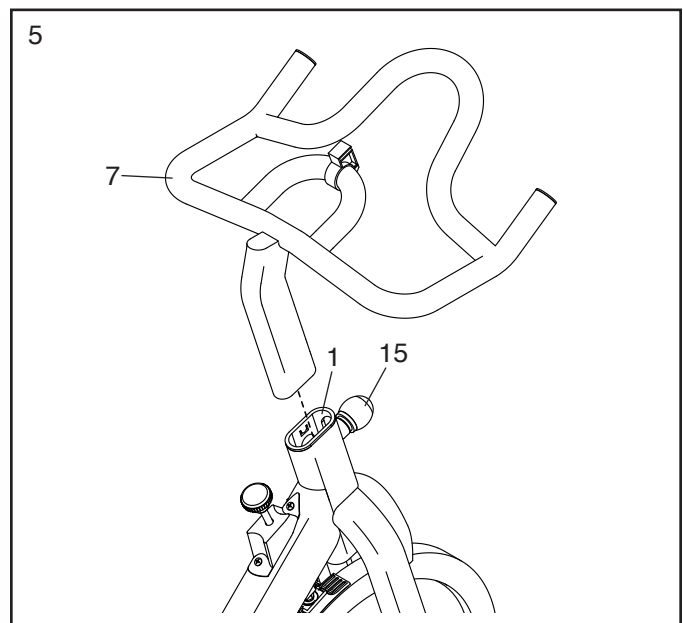
Slide the Saddle (31) onto the Saddle Carriage (32); **make sure that the Saddle is level and is pointing straight ahead.** Then, tighten the two nuts (A) beneath the Saddle.



5. Orient the Handlebar (7) as shown.

Locate the Adjustment Knob (15) on the front of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Handlebar (7) into the Frame.

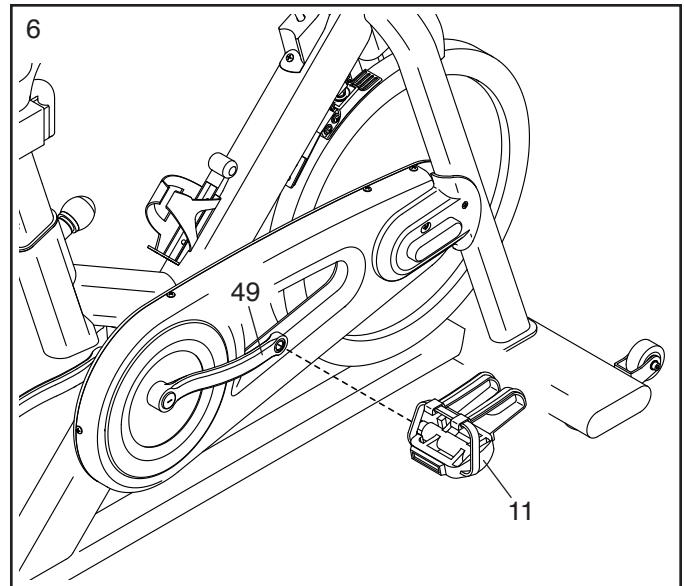
Move the Handlebar (7) upward or downward to the desired position, release the Adjustment Knob (15) into an adjustment hole in the Handlebar, and then tighten the Adjustment Knob. **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**



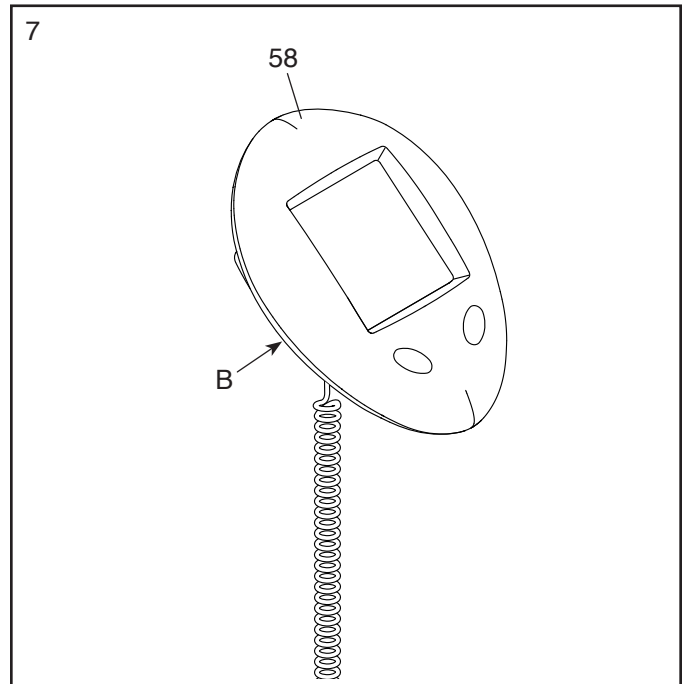
6. Identify the Right Pedal (11).

Using an adjustable wrench, **firmly tighten** the Right Pedal (11) **clockwise** into the Right Crank Arm (49).

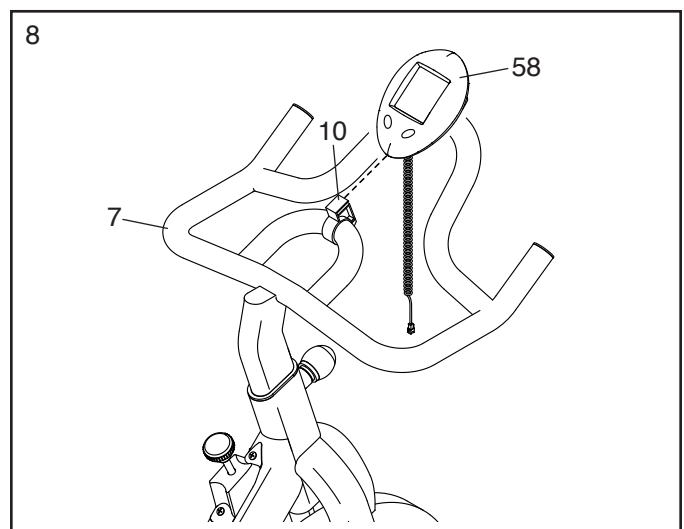
Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.



7. The Console (58) can use two AAA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover, and insert the batteries into the battery compartment (B). **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

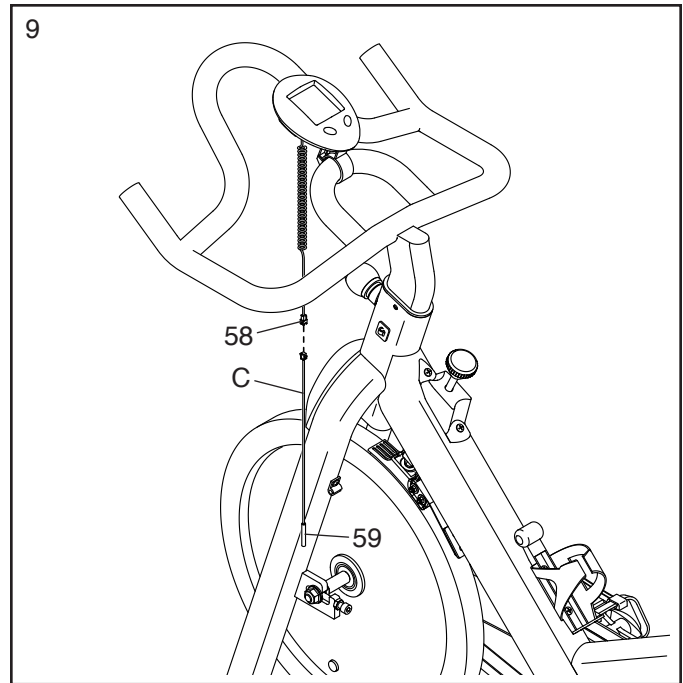


8. Slide the Console (58) onto the Console Bracket (10) on the Handlebar (7).



9. Hold the wire (C) on the Reed Switch (59) on the left side of the exercise bike as shown.

Connect the wire (C) on the Reed Switch (59) to the wire on the Console (58).

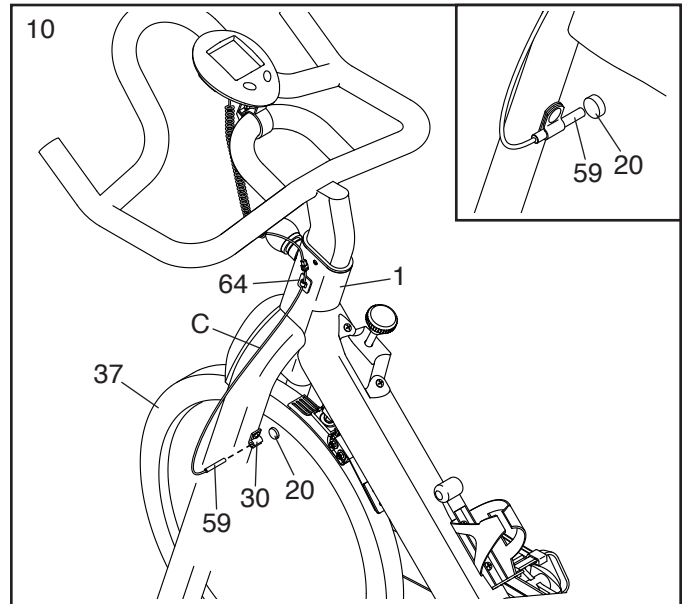


10. Insert the wire (C) on the Reed Switch (59) into the Clip (64) on the left side of the Frame (1).

Next, insert the Reed Switch (59) into the Clamp (30) on the Frame (1).

Then, rotate the Flywheel (37) so that the Magnet (20) is facing the Reed Switch (59).

See the inset drawing. Move the Reed Switch (59) so that it is 1/2" (1–2 cm) away from the Magnet (20).



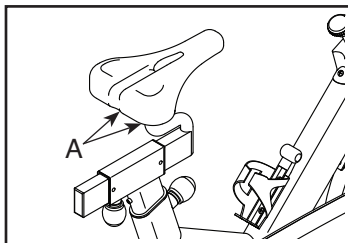
11. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE ANGLE OF THE SADDLE

You can adjust the angle of the saddle to the position that is most comfortable. You can also slide the saddle forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the saddle, loosen the nuts (A) on the saddle clamp a few turns, and then tilt the saddle upward or downward or slide the saddle forward or backward to the desired position. Then, retighten the nuts.

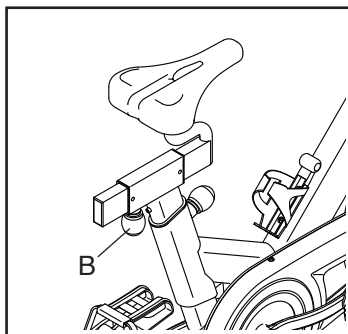


HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet on the front and rear stabilizers (see the drawing on page 5) until the rocking motion is eliminated.

HOW TO ADJUST THE HORIZONTAL POSITION OF THE SADDLE

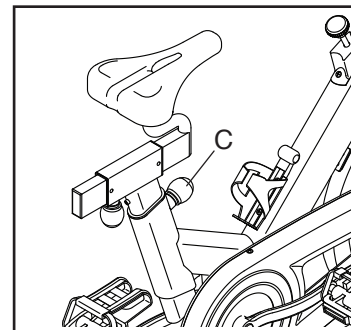
To adjust the position of the saddle, first loosen the adjustment knob (B) and pull it downward. Then, move the saddle forward or backward, release the adjustment knob into an adjustment hole in the saddle carriage, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



HOW TO ADJUST THE SADDLE POST

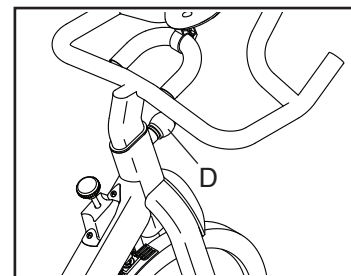
For effective exercise, the saddle should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the saddle post, first loosen the adjustment knob (C) and pull it outward. Then, move the saddle post upward or downward, release the adjustment knob into an adjustment hole in the saddle post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



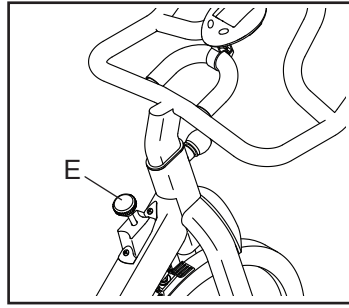
HOW TO ADJUST THE HANDLEBAR

To adjust the height of the handlebar, first loosen the adjustment knob (D) and pull it outward. Then, move the handlebar upward or downward, release the adjustment knob into an adjustment hole in the handlebar, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob (E) clockwise; to decrease the resistance, turn the resistance knob counterclockwise.



To stop the flywheel, push the resistance knob downward. The flywheel should quickly come to a complete stop.

IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.

HOW TO MAINTAIN THE EXERCISE BIKE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

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

HOW TO TROUBLESHOOT THE CONSOLE

If the console display becomes dim, replace the batteries (see assembly step 7 on page 8); most console problems are the result of low batteries.

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, see assembly step 10 on page 9. Slide the Reed Switch (59) slightly closer to or away from the Magnet (20). Then, turn the Flywheel (37) for a moment.

Repeat these actions until the console displays correct feedback.

FEATURES OF THE CONSOLE

The easy-to-use console features six modes that provide instant exercise feedback during your workouts.

Scan (SCAN)—This mode displays the time, speed, distance, calories, and odometer modes, for a few seconds each, in a repeating cycle.

Time (TIME)—This mode displays the elapsed time. Note: If you set a time goal (see step 2 on this page), this display will show the time remaining in your workout.

Speed (SPEED)—This mode displays your pedaling speed, in kilometers per hour.

Distance (DIS)—This mode displays the distance that you have pedaled during your workout, in kilometers. Note: If you set a distance goal (see step 2 on this page), this display will show the distance remaining in your workout.

Calories (CAL)—This mode displays the approximate number of calories you have burned during your workout. Note: If you set a calorie-burning goal (see step 2 on this page), this display will show the number of calories yet to be burned in your workout.

Odometer (ODO)—This mode displays the total distance, in kilometers, that has been pedaled since the odometer was last reset. Note: To reset the odometer, remove the batteries from the console and then reinsert them.

HOW TO USE THE CONSOLE

Make sure that batteries (not included) are installed in the console (see assembly step 7 on page 8). If there is a sheet of plastic on the console, remove the plastic.

1. Turn on the console.

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

2. Set a workout goal if desired.

To set a time, distance, or calorie-burning goal for your workout, press the Mode button repeatedly until the word TIME, DIS, or CAL appears in the display. **Make sure that the word SCAN does not appear in the display.**

Next, press the Set button repeatedly to set a goal. To set a goal quickly, hold down the Set button. To reset the goal, press and hold the Mode button until zeros appear in the display.

3. Begin pedaling and follow your progress with the display.

Scan mode—To select the scan mode, press the Mode button repeatedly until the word SCAN appears in the display.

Time, speed, distance, calories, or odometer mode—To select one of these modes for continuous display, press the Mode button repeatedly until the name of the desired mode appears in the display. Make sure that the word SCAN does not appear in the display.

As you exercise, the console will provide instant feedback about your workout.

When a workout goal is not set, an upward-pointing arrow will appear in the display when the time, distance, or calories mode is selected. **When a workout goal is set**, a downward-pointing arrow will appear in the display when the time, distance, or calories mode is selected.

If you have set a workout goal, the display will count down and show zeros when you reach your goal; if you continue to exercise, the display will begin to count upward.

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

If the pedals do not move for a few seconds, the console will pause.

The console has an auto-off feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

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	

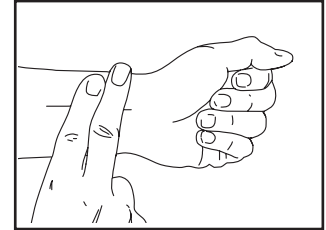
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

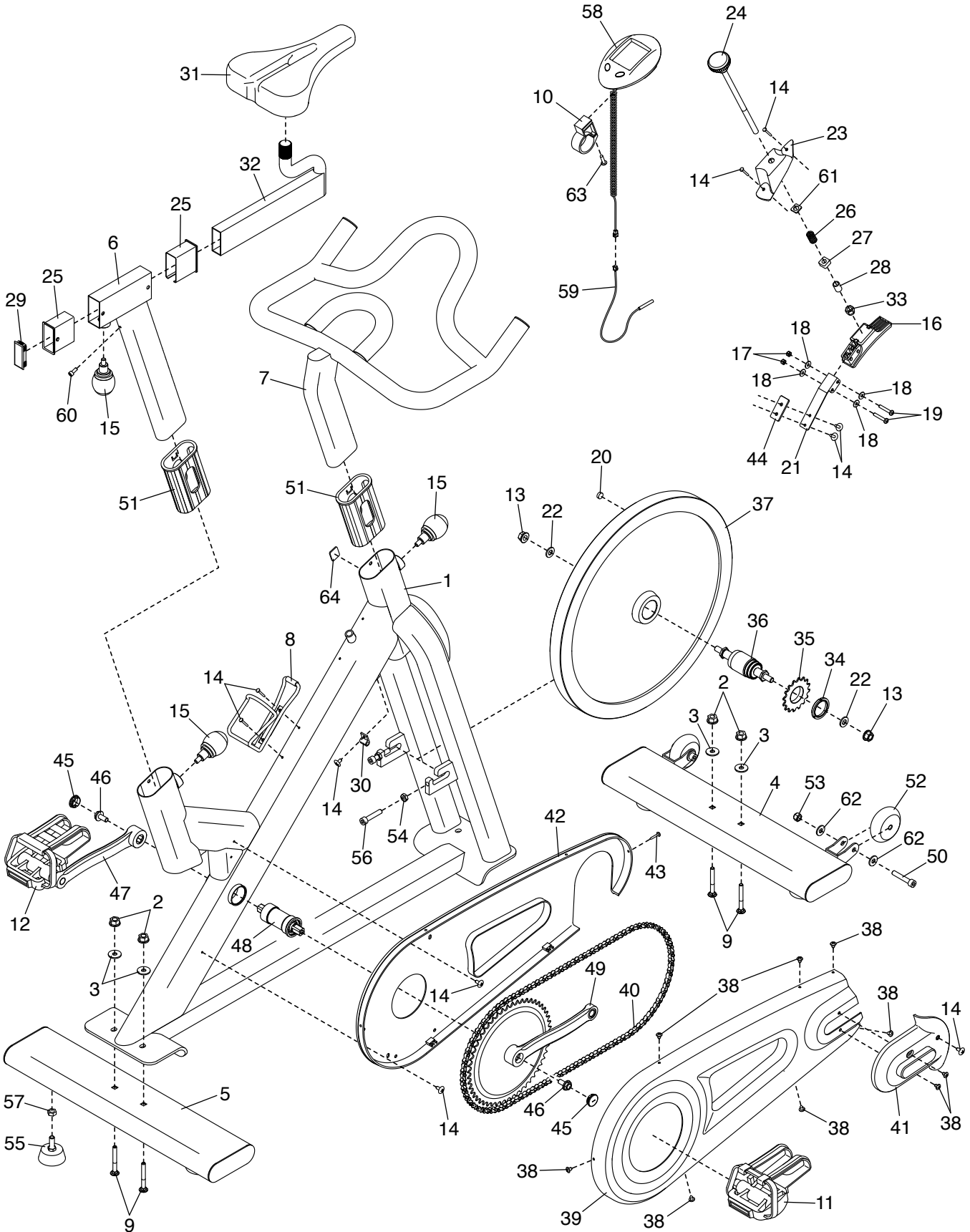
Model No. PFEX02817C.0 R1117A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	34	1	Lock Ring
2	4	M8 Flange Nut	35	1	Sprocket
3	4	M8 Washer	36	1	Hub Set
4	1	Front Stabilizer	37	1	Flywheel
5	1	Rear Stabilizer	38	9	#10 x 12mm Screw
6	1	Saddle Post	39	1	Outer Chain Guard
7	1	Handlebar	40	1	Chain
8	1	Water Bottle Holder	41	1	Chain Guard Cover
9	4	M8 x 55mm Carriage Bolt	42	1	Inner Chain Guard
10	1	Console Bracket	43	1	#12 x 15mm Screw
11	1	Right Pedal	44	1	Brake Bracket Pad
12	1	Left Pedal	45	2	Crank Cap
13	2	M10 Flange Nut	46	2	M8 x 16mm Screw
14	10	#8 x 20mm Screw	47	1	Left Crank Arm
15	3	Adjustment Knob	48	1	Bottom Bracket
16	1	Brake Pad Assembly	49	1	Right Crank Arm/Sprocket
17	2	M5 Locknut	50	2	M6 x 40mm Bolt
18	4	M5 Washer	51	2	Frame Sleeve
19	2	M5 x 30mm Bolt	52	2	Wheel
20	1	Magnet	53	2	M6 Locknut
21	1	Brake Bracket	54	2	M8 Nut
22	2	M10 Washer	55	4	Leveling Foot
23	1	Brake Cover	56	2	M8 x 40mm Bolt
24	1	Resistance Knob	57	4	3/8" Nut
25	2	Carriage Sleeve	58	1	Console
26	1	Spring	59	1	Reed Switch/Wire
27	1	Square Spacer	60	1	M5 x 12mm Screw
28	1	Resistance Spacer	61	1	Brake Cover Spacer
29	1	Carriage Cap	62	4	M6 Washer
30	1	Clamp	63	1	Console Bracket Screw
31	1	Saddle	64	1	Clip
32	1	Saddle Carriage	*	—	Assembly Tool
33	1	3/8" Nut	*	—	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING

Model No. PFEX02817C.0 R1117A



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)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for five (5) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if all instructions and warnings in this manual are not followed, (3) if the product is abused or improperly or abnormally used, or (4) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from province to province.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

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