

ProForm Bike PFEX78915G.1:

Setup:

- 1) Put the bike on a flat surface.
- 2) Change the seat to be at the same height as your hips.
- 3) Sit down, hold the handlebars, and start pedaling.
- 4) Press “Start” or just start pedaling to begin.
- 5) Use the plus and minus buttons to change the resistance.

Useful tips:

- 1) Always sit down before you start pedaling.
- 2) Start slowly (10 to 15 minutes).
- 3) Stop if you feel dizzy or have trouble breathing.
- 4) Hold the handles when you get on or off.
- 5) Check with your doctor before you begin.

Maintenance:

- 1) Clean it after you use it.
- 2) Unplug it when you’re not using it.
- 3) Check parts every month.

Do you need help.

Call:1-888-533-1333

Visit: proform.com/support for help