

ProForm Carbon EX – Elliptical Machine

Simple Setup:

1. **Place the elliptical** on a flat, non-slip surface.
2. **Attach the pedals and arms** if they aren't already assembled. Use the included tools and follow the markings (L for left, R for right).
3. **Plug it in** to a grounded outlet using the included power cord.

Basic Use:

1. **Step onto the machine** by holding the handlebars for balance.
2. **Start pedaling slowly** to wake up the console.
3. **Select a workout** or use manual mode by pressing the buttons on the console.
4. **Hold the handles or use the heart rate grips** if needed for balance or tracking.
5. **Pedal smoothly** at your own pace and increase resistance gradually.
6. **Cool down after your workout** with a few minutes of slower pedaling.

Safety Tips:

1. **Talk to your doctor** before beginning any new workout program.
2. **Check bolts, pedals, and handles** before each use to make sure they are tight.
3. **Don't use the elliptical** if it's wobbly or making strange noises.
4. **Stay centered** on the pedals to avoid tipping or slipping.
5. **Keep children and pets** away while in use.

Maintenance:

1. **Wipe down the machine** with a soft, damp cloth after each use (avoid harsh cleaners).
2. **Inspect the machine** every few weeks for loose bolts or worn parts.