

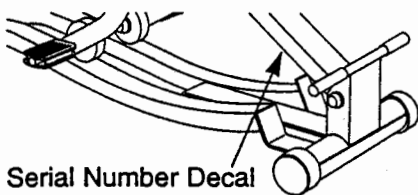
PRO-FORM®

R-930

Model No. DR64060

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

USER'S MANUAL

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QUESTIONS?

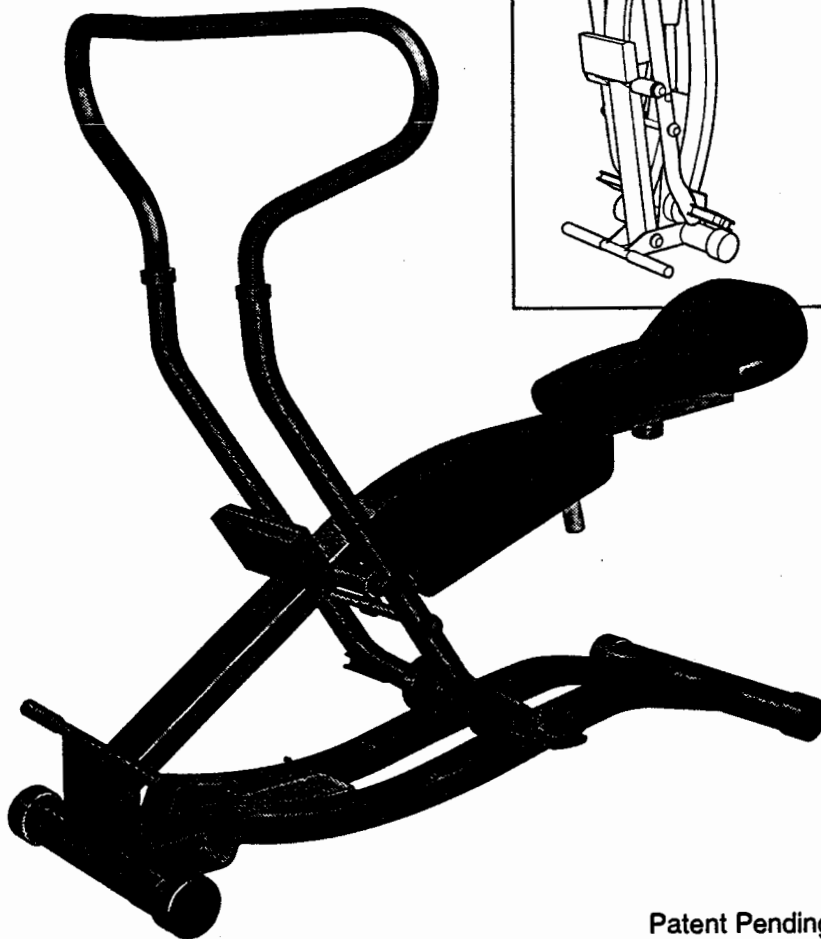
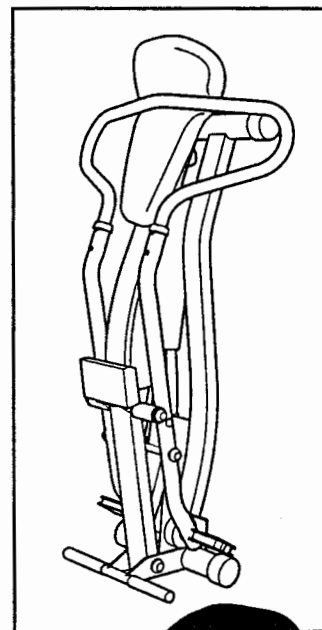
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

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

Patent Pending

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® R-930.

1. It is the responsibility of the owner to ensure that all users of the R-930 are adequately informed of all precautions.
2. Read all instructions in this manual before using the R-930. Use the R-930 only as described.
3. Position the R-930 indoors, on a level surface. Place a mat beneath the R-930 to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep small children and pets away from the R-930 at all times.
6. The R-930 should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the R-930. Always wear athletic shoes for foot protection.
8. After adjusting the position of the seat, make sure that the seat knob is firmly retightened (see HOW TO ADJUST THE SEAT on page 5).
9. Always keep your back straight when using the R-930. Do not arch your back.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. When raising the R-930 to the vertical storage position or lowering it, hold both the handlebar and the rear tube of the frame (see HOW TO STORE THE R-930 on page 7).
12. When storing the R-930 in the vertical position, make sure that the R-930 is resting on a level surface, and that the side with the crossbar is against a wall for stability.
13. The R-930 is intended for in-home use only. Do not use the R-930 in any commercial, rental, or institutional setting.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

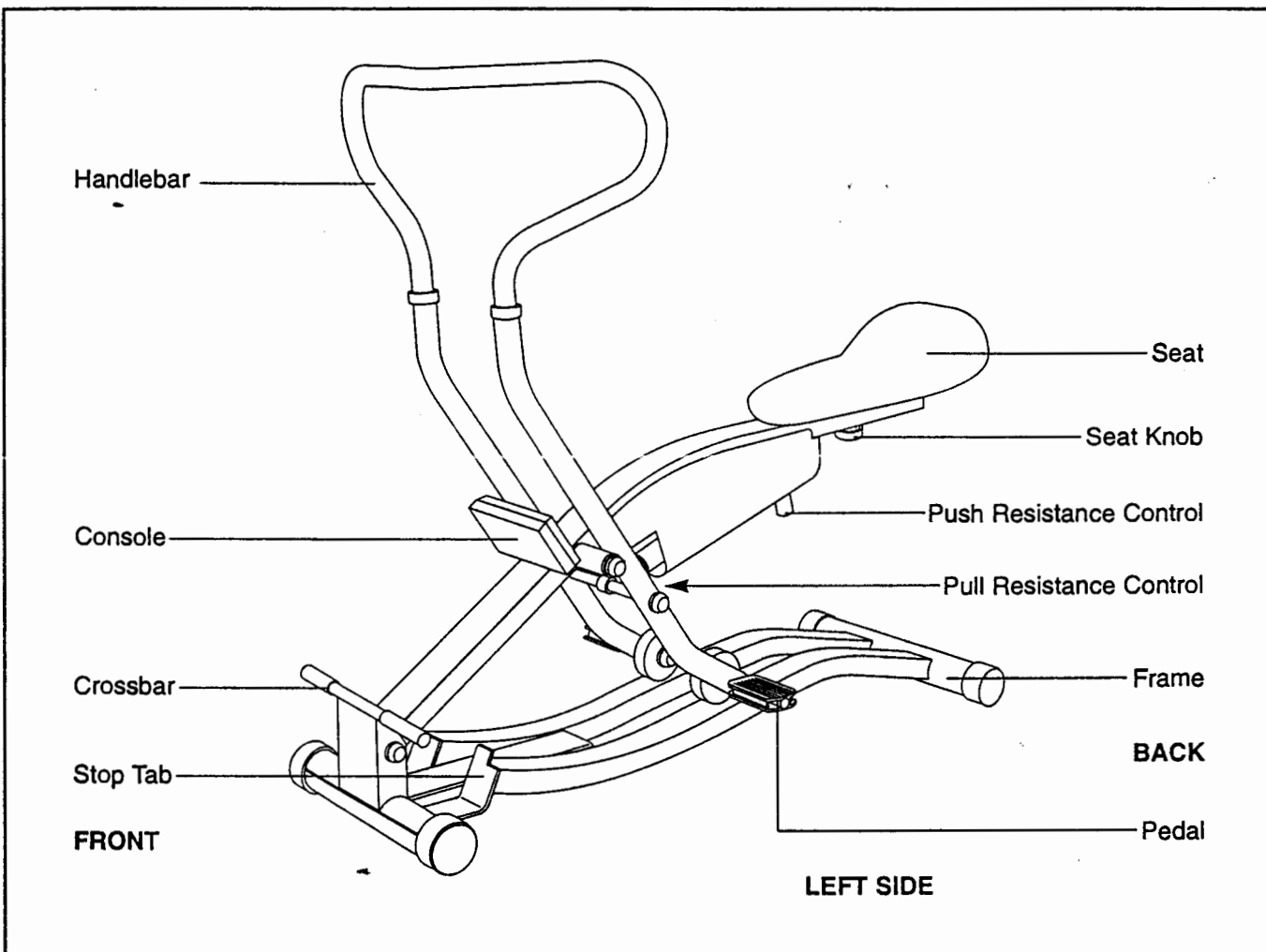
BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® R-930. The R-930 offers a unique form of low-impact exercise that works both the upper body and the lower body for greater cardiovascular benefits and increased muscle toning. The R-930 features independent push and pull resistance controls that let you tailor your exercise to the level that's perfect for you. And when you're not exercising, the R-930 can be folded for compact storage.

For your benefit, read this manual carefully before you use the PROFORM® R-930. If you have addition-

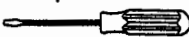
al questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is DRCR64060. The serial number can be found on a decal attached to the R-930 (see the front cover of this manual).

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



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ASSEMBLY

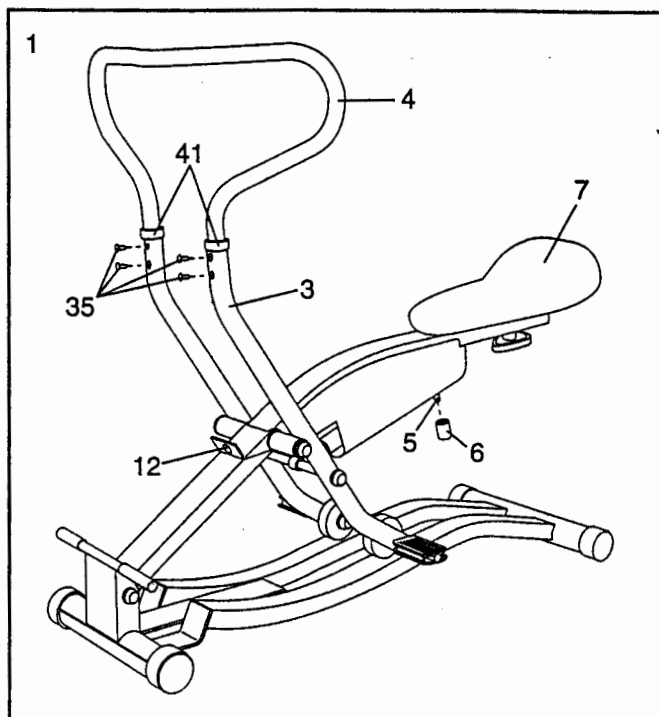
Place all parts of the R-930 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. **Assembly requires a phillips screwdriver**  (not Included).

1. Firmly hold the Seat (7) with one hand and the Handlebar Frame (3) with the other hand. Lift the Seat and pivot the Handlebar Frame to the position shown at the right.

Make sure that there are two Handlebar Bushings (41) in the upper end of the Handlebar Frame (3). Slide the Handlebar (4) into the Handlebar Frame. The Handlebar must be turned as shown. Tighten the four #8 x 1/2" Screws (35) into the Handlebar Frame and the Handlebar.

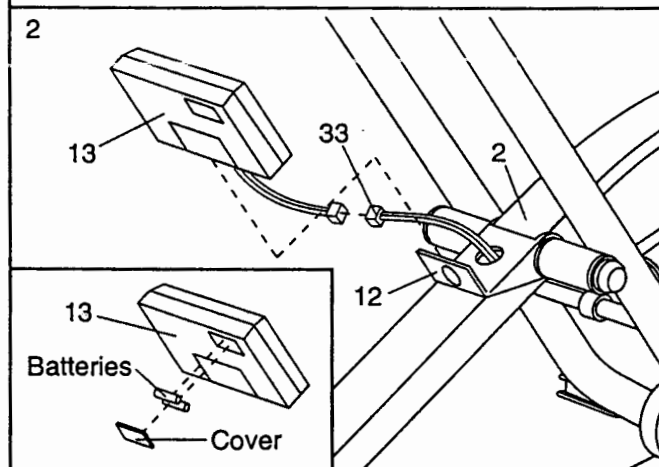
Pivot the Console Bracket (12) to the position shown.

Push the Resistance Knob (6) onto the shaft on the Resistance Cylinder (5).



2. The Console (13) requires two "AA" batteries (not included). Alkaline batteries are recommended. See the inset drawing. Open the battery cover on the back of the Console. Insert two batteries into the Console. **Make sure that the negative (-) ends of the batteries are touching the springs in the Console.** Close the battery cover.

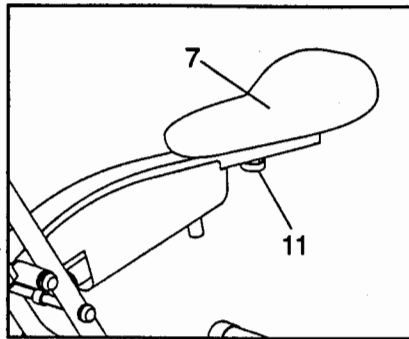
Connect the Reed Switch Wire (33) to the wire on the Console (13). Feed any excess wire into the Seat Frame (2). Insert the Console into the Console Bracket (12) until the tab on the Console snaps into the hole in the Console Bracket.



HOW TO USE THE R-930

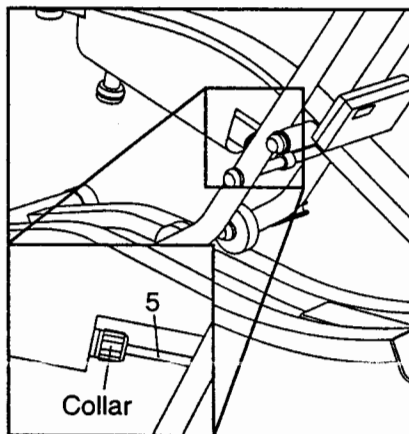
HOW TO ADJUST THE SEAT

To adjust the position of the Seat (7), first turn the Seat Knob (11) to loosen it. Slide the Seat to the desired position and firmly retighten the Seat Knob.



HOW TO ADJUST THE PULL RESISTANCE

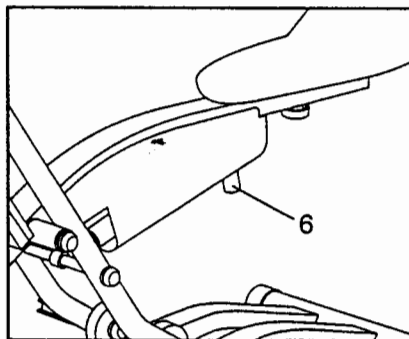
The unique R-930 allows you to adjust the push and pull resistance levels independently. To change the resistance you feel when you pull the handlebar, turn the collar at the front of the Resistance



Cylinder (5). There are twelve different resistance levels. A small arrow on the right side shield will show which resistance level is selected.

HOW TO ADJUST THE PUSH RESISTANCE

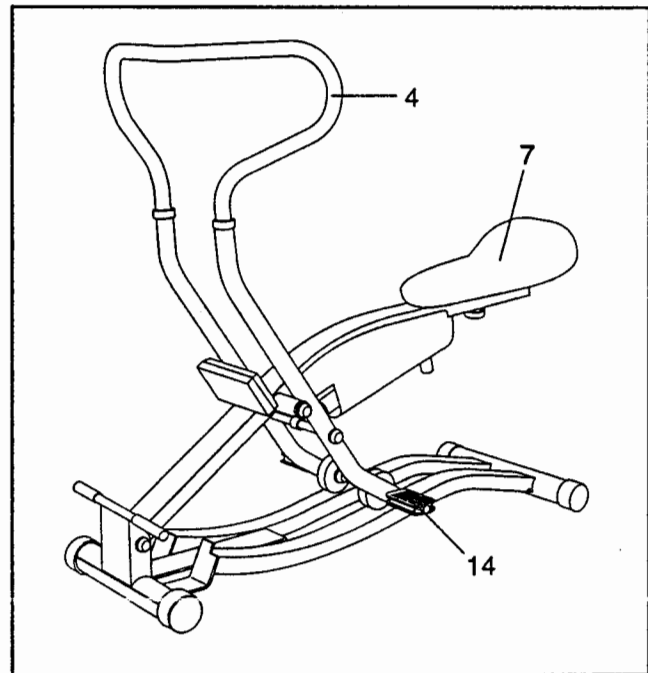
To change the resistance you feel as you push the handlebar, turn the Knob (6) at the back of the Resistance Cylinder. Note: If the resistance is set too high, the



R-930 will not move. Reduce the resistance setting and the R-930 will operate normally.

HOW TO EXERCISE ON THE R-930

Sit on the Seat (7), place your feet on the Pedals (14), and hold the Handlebar (4). Your hands can be positioned on the top, sides, or bottom of the Handlebar, close together or far apart, or in an overhand or underhand grip. If necessary, adjust the position of the Seat.



To begin exercising, pull the Handlebar (4) toward your waist while pushing the Pedals (14) away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace.

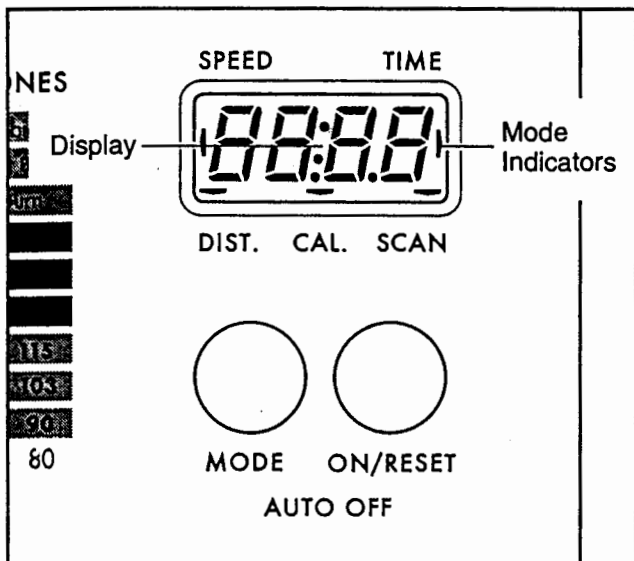
CAUTION: To avoid injury, keep your back straight. Do not arch your back. As you exercise, adjust the push and pull resistance levels as desired.

Note: The console will automatically turn on when you begin exercising on the R-930. The operation of the console is described on page 6.

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DESCRIPTION OF THE CONSOLE

The console features five modes that provide instant exercise feedback during your workouts. The modes are described below.



- **Speed**—Displays your speed, in repetitions per minute.
- **Time**—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.
- **Distance**—Displays the total number of repetitions you have completed, up to 999. The display will then reset to zero and continue counting.
- **Calorie**—Displays the approximate number of Calories you have burned.
- **Scan**—Displays the speed, time, distance, and calorie modes, for 5 seconds each, in a repeating cycle.

BATTERY INSTALLATION

Before the console can be operated, two "AA" batteries must be installed. If you have not installed batteries, see assembly step 2 on page 4.

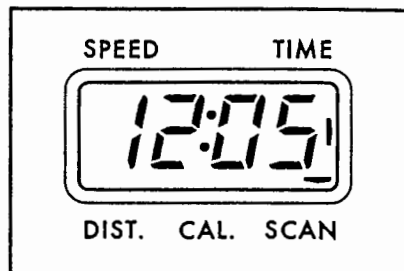
HOW TO OPERATE THE CONSOLE

1. To turn on the power, press the on/reset button or simply begin exercising on the R-930. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for operation.
2. Select one of the five modes:

Scan mode—

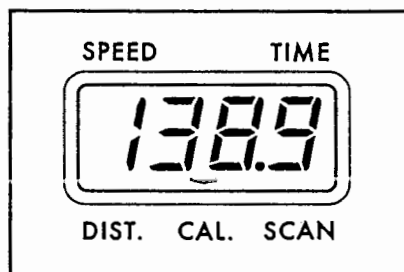
When the power is turned on, the scan mode will automatically be selected. One mode indicator will

show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the mode button.



Speed, time, distance or calorie mode—To select one of these modes for continuous display, repeatedly press the

mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)



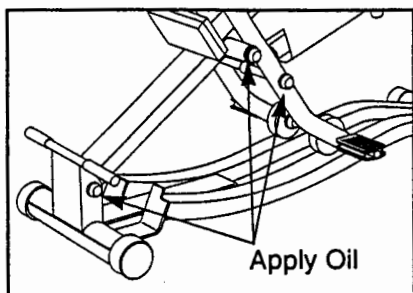
3. To reset the display, press the on/reset button.
4. To turn off the power, simply wait for about four minutes. Note: The console has an "auto-off" feature. If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

MAINTENANCE AND STORAGE

Inspect and tighten all parts of the R-930 regularly. Clean the R-930 periodically with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

HOW TO LUBRICATE THE R-930

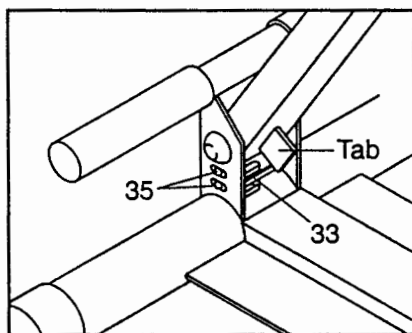
Every three months, a small amount of light multi-purpose oil should be applied to the R-930. Apply a few drops of oil between the dome caps and the frame in the locations shown at the right. Be sure to apply oil to both sides of the R-930.



CONSOLE TROUBLE-SHOOTING

If the console does not operate properly, the batteries should be replaced. See assembly step 2 on page 4 for installation instructions.

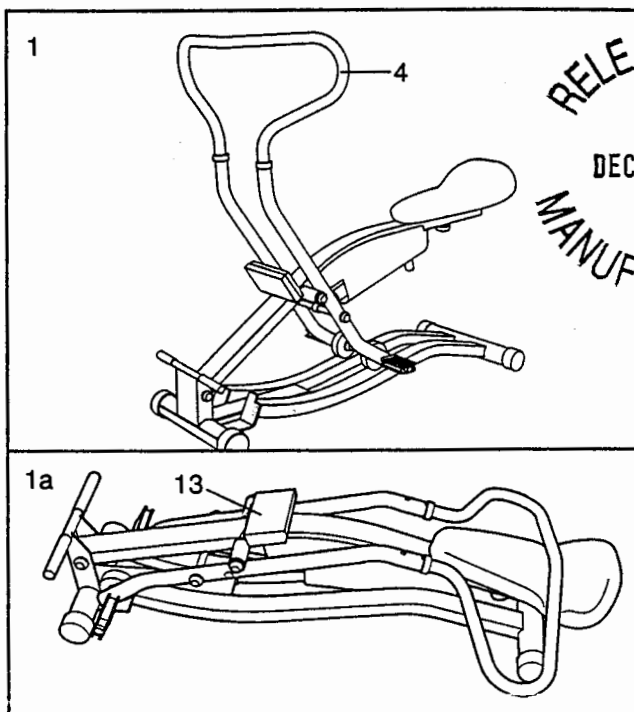
If the console does not display correct feedback, the position of the Reed Switch (33) should be adjusted. Loosen, but do not remove, the two indicated #8 x 1/2" Screws (35). Slide the Screws slightly forward or backward in the slots, making sure to keep the upper Screw directly above the lower Screw. Make sure that the lever on the Reed Switch is behind the indicated tab. Tighten the Screws. Exercise on the R-930 for a moment. Repeat until the console displays correct feedback.



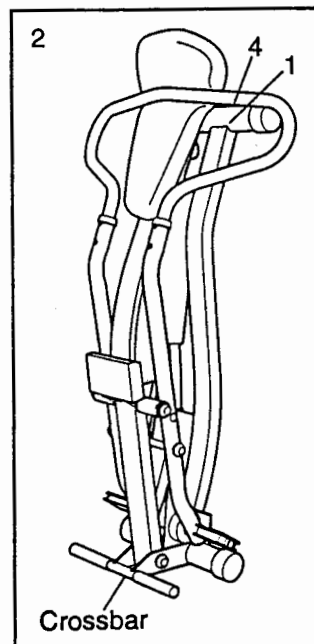
HOW TO STORE THE R-930

When the R-930 is not in use, it can be folded for compact storage. Follow the steps at the right to fold the R-930. Note: If the seat is near the rear of the seat frame, the R-930 cannot be folded for storage. If necessary, move the seat forward before folding the R-930 (see HOW TO ADJUST THE SEAT on page 5.)

1. Hold the Handlebar (4) firmly and pivot it back and down until the Wheel (26) hits the stop tab. Next, lift the Seat (7) slightly and continue to pivot the Handlebar down until the R-930 is in the position shown in drawing 1a. Fold down the Console (13).



2. If desired, the R-930 can be stored in a vertical position. Fold the R-930 as described above. Next, firmly hold the Handlebar (4) with one hand, and hold the rear tube of the Frame (1) with the other hand. Raise the R-930 to the position shown at the right. Make sure that the R-930 is resting on a level surface, and that the side with the crossbar is against a wall for stability.



To set up the R-930 for use, follow the steps above in reverse order. When lowering the R-930 from the vertical storage position, remember to hold both the handlebar and the rear tube of the frame.

CONDITIONING GUIDELINES

The following general guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

BPM		HEART RATE TRAINING ZONES						
Age		Fat Burn			Max Fat Burn			Aerobic
		Low	Mid	High	Low	Mid	High	
20		165						
30		145	155					
40		125	135	145				
50			120	130	140			
60				115	125	135		
70					110	118	125	
80						105	110	115
							95	105
								90

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the three numbers in light grey boxes. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *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 your pace until your heart rate is near the lowest number in your training zone as you exercise. It may also be helpful to set the collar at the front of the resistance cylinder to level 1, 2, 3, or 4.

For maximum fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

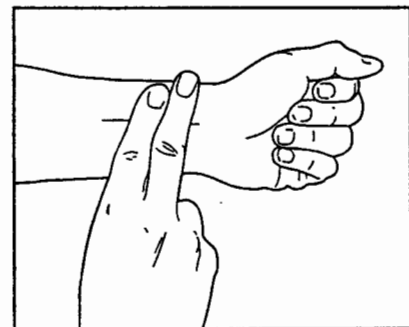
If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust your pace until your heart rate is near the highest number in your training zone. It may also be helpful to set the collar at the front of the resistance cylinder to level 5, 6, 7, or 8.

Strength Training

To strengthen and tone your muscles, you must exercise your muscles at a moderate to high percentage of their capacity. Set the collar at the front of the resistance cylinder to level 9, 10, 11, or 12.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first 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. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

Adjust the intensity of your exercise until your heart rate is at the desired level. You can adjust the intensity of your exercise by adjusting the resistance or by changing your pace.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching helps to offset problems caused

when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should leave you relaxed and comfortably tired.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 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 make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

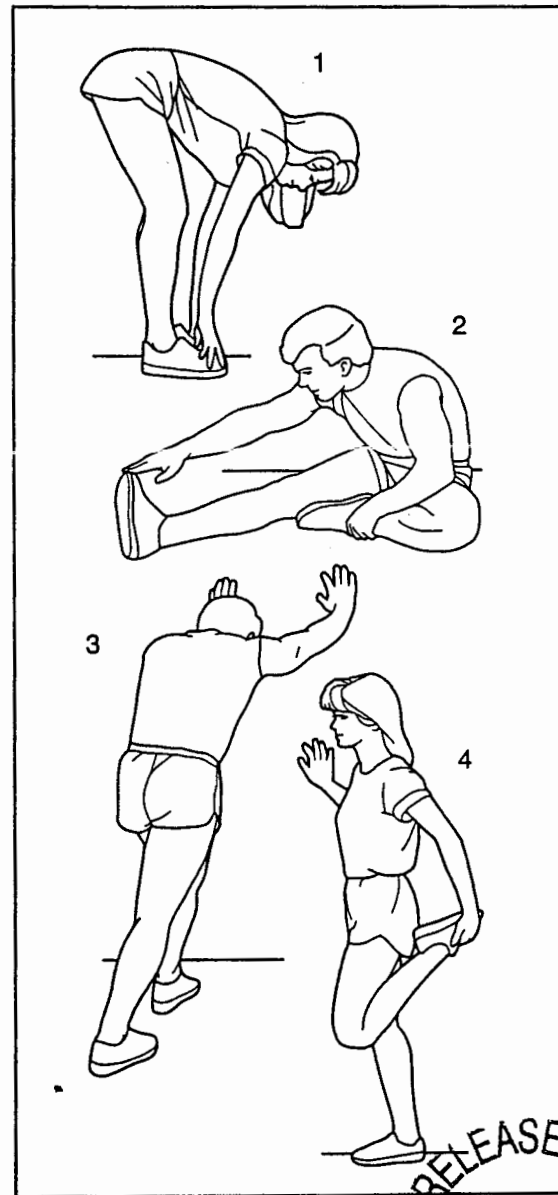
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



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PART LIST—Model No. DRCR64060

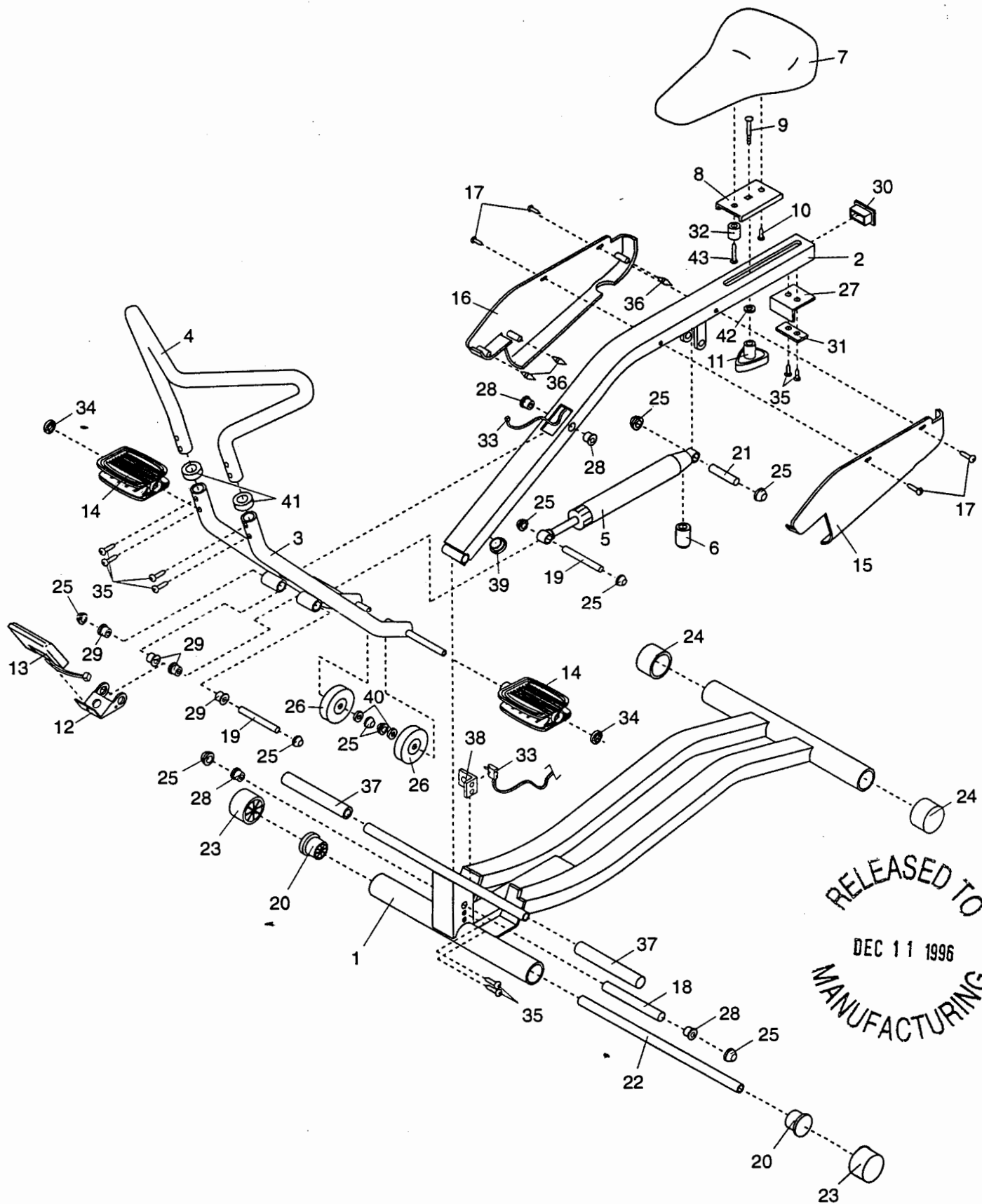
R1096A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	23	2	3" Wheel
2	1	Seat Frame	24	2	Frame Cap
3	1	Handlebar Frame	25	10	Dome Cap
4	1	Handlebar	26	2	3 1/2" Wheel
5	1	Resistance Cylinder	27	1	Storage Clip
6	1	Resistance Knob	28	4	Bronze Pivot Bushing
7	1	Seat	29	4	Plastic Pivot Bushing
8	1	Seat Bracket	30	1	1 1/2" x 3" Inner Cap
9	1	Carriage Bolt	31	1	Latch Plate
10	2	Seat Bracket Screw	32	1	Seat Spacer
11	1	Seat Knob	33	1	Reed Switch w/Wire
12	1	Console Bracket	34	4	1/2" Push Nut
13	1	Console	35	8	#8 x 1/2" Screw
14	2	Pedal	36	3	Fastener
15	1	Left Side Shield	37	2	Grip
16	1	Right Side Shield	38	1	Reed Switch Bracket
17	4	Side Shield Fastener	39	1	1" Plastic Grommet
18	1	1/2" x 5" Axle	40	2	Washer
19	2	1/2" x 10 3/4" Axle	41	2	Handlebar Bushing
20	2	Plastic Wheel Bushing	42	1	3/8" Washer
21	1	1/2" x 2" Axle	43	1	1/4" x 1" Screw
22	1	0.312" x 16" Axle	#	1	User's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. For information about ordering replacement parts, refer to the back page of this manual.

EXPLODED DRAWING—Model No. DRCR64060

R1096A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (DRCR64060).
- The NAME of the product (PROFORM® R-930).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 10 of this manual).

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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 is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813