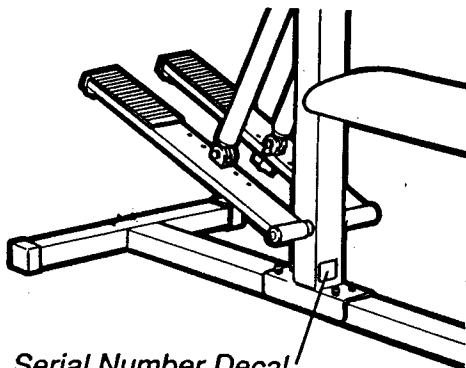


# PRO-FORM®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF075010

Serial No. \_\_\_\_\_



Serial Number Decal

## QUESTIONS?

*As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you 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**

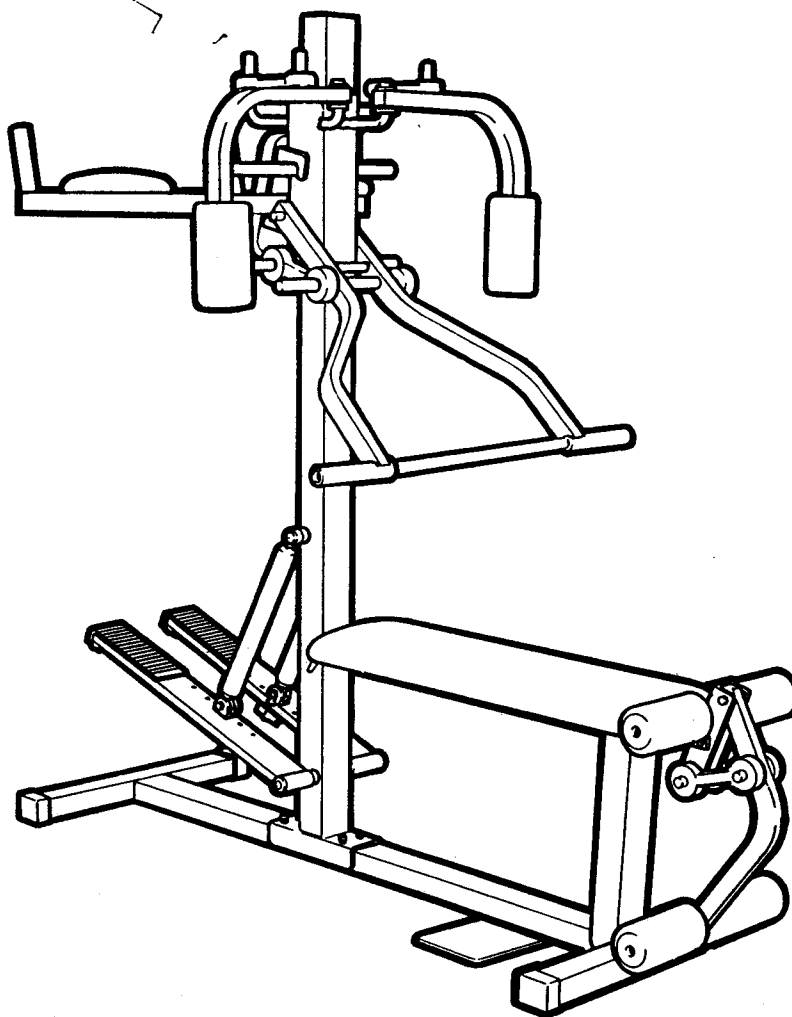
**Mon.-Fri., 6 a.m.-6 p.m. MST.**

## CAUTION:

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

# FLEX FORCE™

## VKR • FREE ACTION STEPPER



## OWNER'S MANUAL

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment. Use this equipment only as described in this manual and in any accompanying literature.
2. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear shoes for foot protection. Keep small children away from the equipment at all times.
4. Always clip retainers next to the weightbands to prevent the weightbands from slipping off.
5. Always stand on the foot plate when performing any exercise that could cause the equipment to tip.
6. The butterfly arms must be positioned at least two inches above the user's head when the user is seated on the bench. Make sure the lock knob on the frame sleeve is engaged in one of the holes in the main frame.
7. Never release the main arm, butterfly arms or leg lift while the weightbands are stretched.
8. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

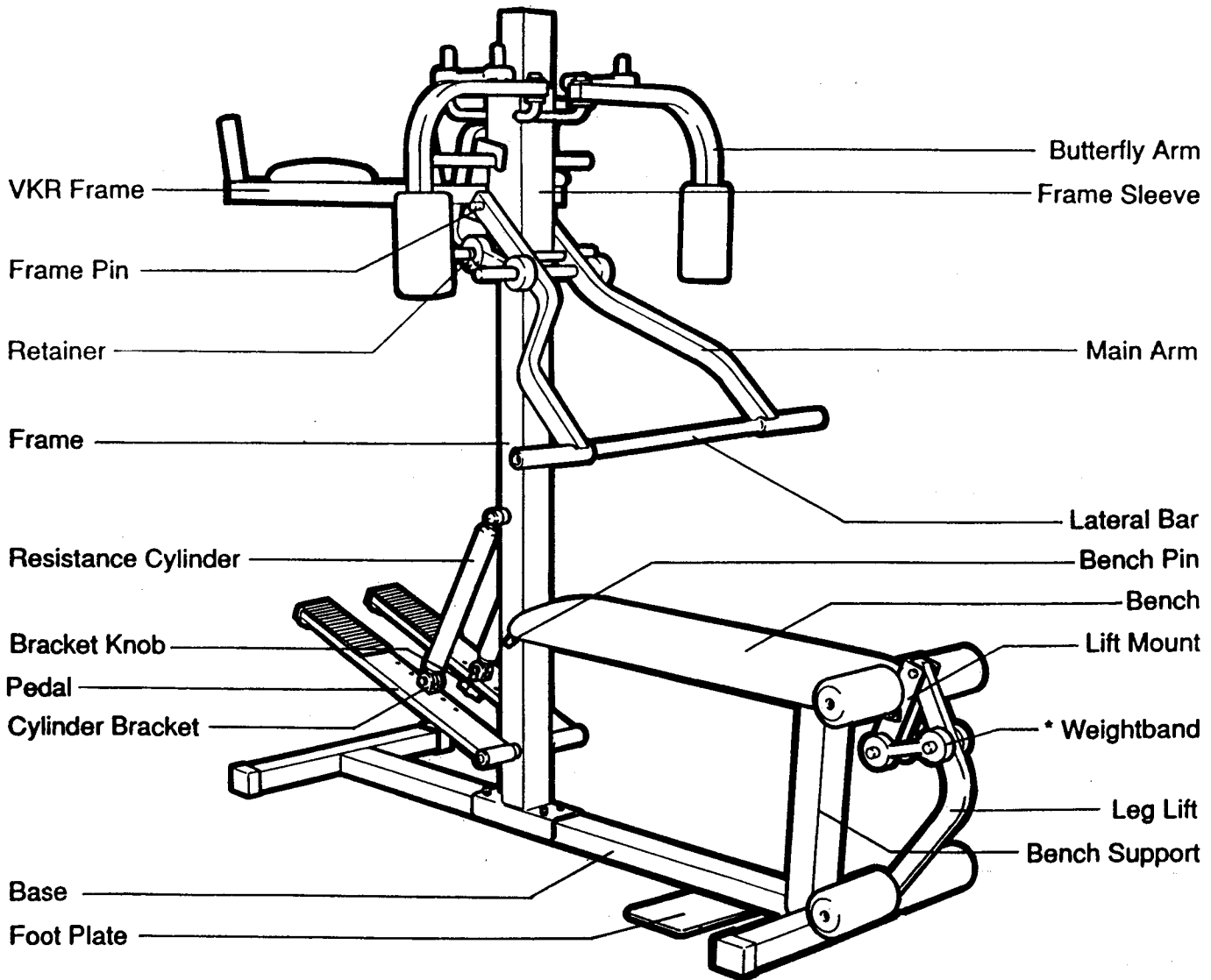
**WARNING:** Before beginning this or any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Proform assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

Congratulations for selecting the FLEX FORCE with VKR and Free Action Stepper. With a full selection of both aerobic and anaerobic exercises, the FLEX FORCE is a total body conditioning machine. Whether your goal is to dramatically increase your muscle size and strength, shape and tone your body, extend your endurance and flexibility, reduce stress, or develop your heart and lungs, the FLEX FORCE gives you the power to make it happen.

This manual is provided to help you understand the simple assembly, adjustment and use of the FLEX FORCE. For your safety and benefit, **read this manual carefully before using this equipment.** If you have additional 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 your product model number and serial number before calling. The model number is listed on the front cover of this manual. The serial number is recorded on a decal on the frame (see the drawing on the front cover for the location of the decal).

Before reading further, please review the drawing below and familiarize yourself with the parts labeled.

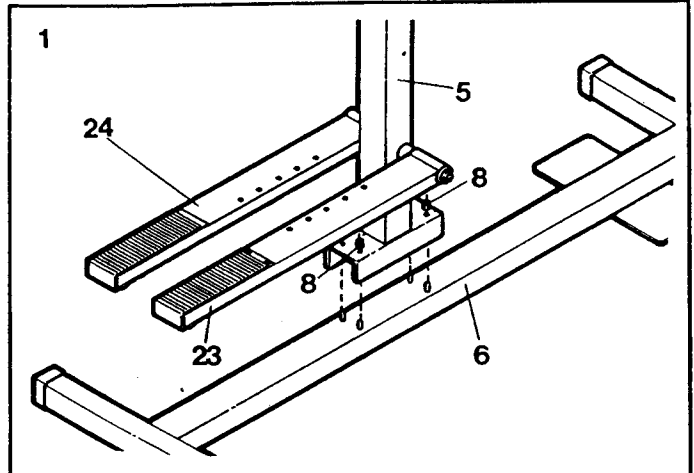


\* The unique FLEX FORCE weightbands are covered by a lifetime warranty.

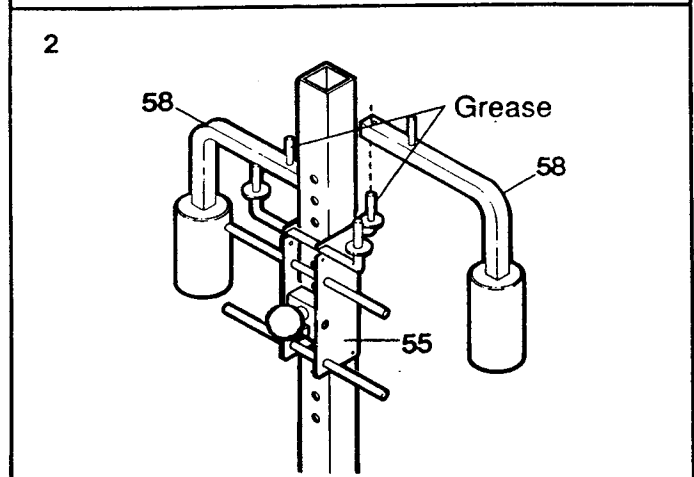
# ASSEMBLY

Two people are required in order to assemble the FLEX FORCE. Place all parts in a cleared area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning assembly. Refer to the PART LIST on page 10 and the EXPLODED DRAWING on page 11 for help identifying parts, if necessary. Assembly can be completed using two adjustable wrenches (not included).

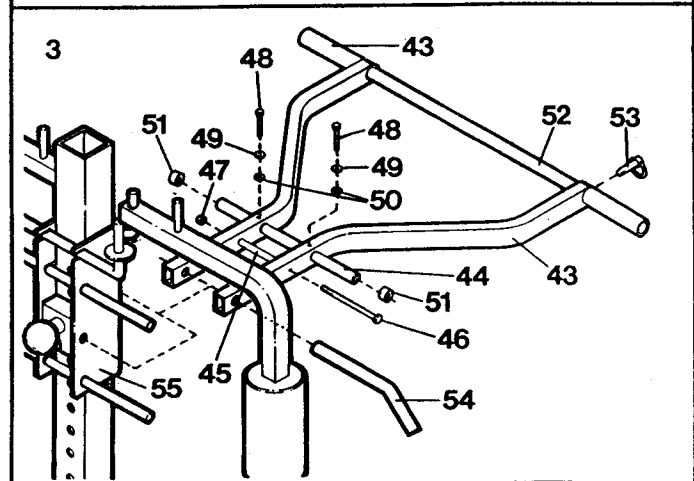
1. Rotate the Stepper Pedals (23, 24) to the position shown. Turn the Base (6) so the threaded ends of the bolts are upward. Attach the Frame to the Base with four Locknuts (8).



2. Lightly grease the butterfly posts on the Frame Sleeve (55). Slide a Butterfly Arm (58) onto each post.
3. Lay the two sections of the Main Arm (43) on the floor. Insert the Arm Rod (44) through the Main Arm. Turn the Rod so that the holes in the Rod are aligned with the holes in the Main Arm, and attach the Rod with the Rod Bolts (48), Lock Washers (49) and Washers (50). Slide a Weightband Spacer (51) onto each end of the Rod. Place the Arm Brace (45) between the sections of the Main Arm. Insert the Brace Bolt (46) through the Brace, and tighten the Brace Nut (47) onto the end of the Bolt. **CAUTION:** Do not overtighten the Brace Nut or the Main Arm may be damaged.

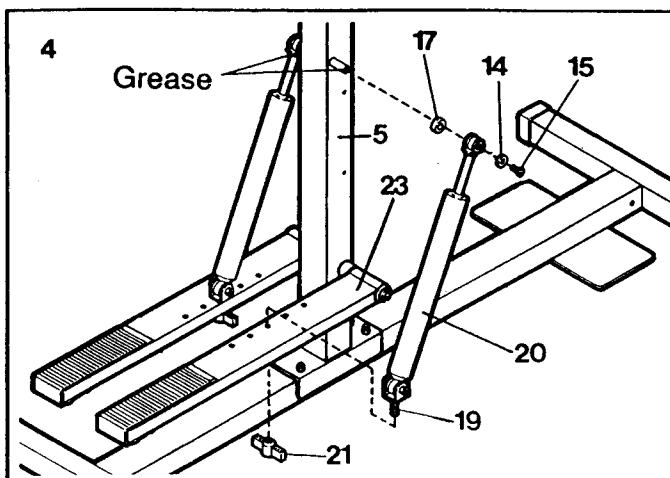


Slide the Lateral Bar (52), one end at a time, into the Main Arm (43). Align the hole in the Lateral Bar with one of the holes in the Main Arm, and insert the Pull Pin (53).



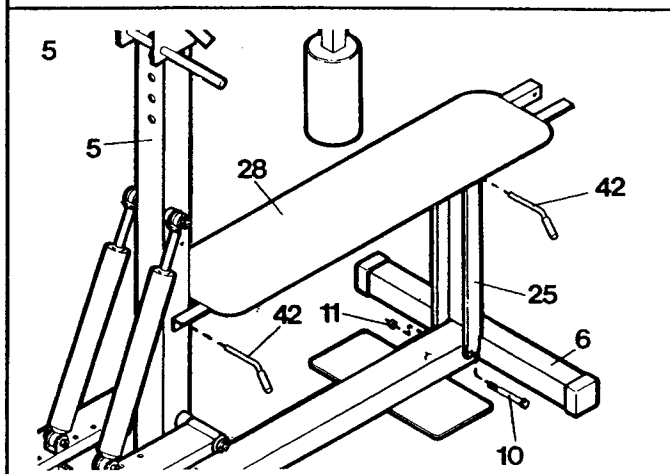
Align the Main Arm (43) with the holes in the sides of the Frame Sleeve (55). Attach the Main Arm by inserting the Frame Pin (54).

4. Lightly grease the cylinder axle on the Frame (5). Slide a Cylinder Spacer (17) and a Resistance Cylinder (20) onto the right side of the axle. Attach the Resistance Cylinder with a Bolt (15) and an Upper Washer (14).



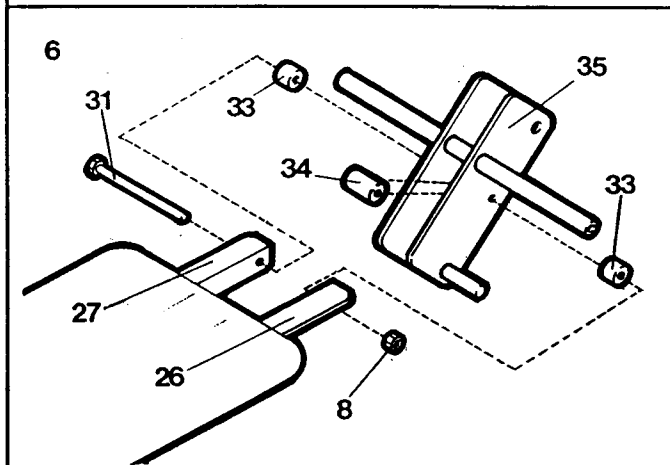
Insert the right Cylinder Bracket (19) into one of the holes in the Right Pedal (23). The tab on the Bracket must be against the inside of the Pedal. Tighten a Knob (21) onto the end of the Bracket. Attach the other Resistance Cylinder in the same manner.

5. Attach the Bench Support (25) to the Base (6) with the Support Bolt (10) and Nut (11). Do not overtighten the Nut. The Bench Support should swivel freely.

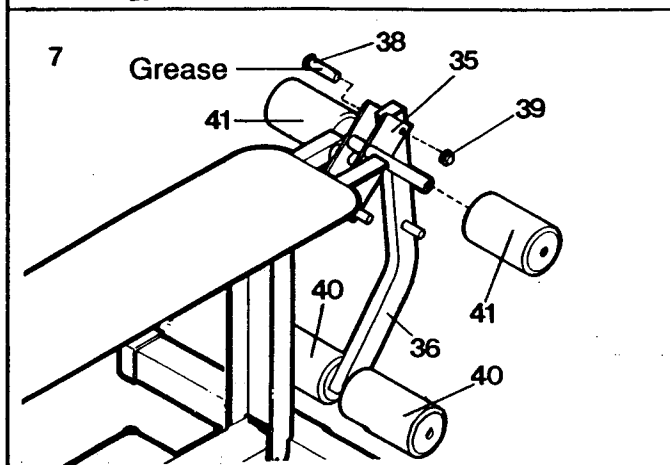


Attach the Bench (28) to the Bench Support (25) by inserting a Bench Pin (42). Attach the Bench to the Frame (5) with the other Bench Pin. There are two sets of holes in the Frame. The Bench can be attached in either a horizontal or an inclined position.

6. Place the Lift Mount (35) between the Bench Rails (26, 27) as shown. Place one Outer Spacer (33) on each side of the Lift Mount, between the Bench Rails. Place the Inner Spacer (34) inside the Lift Mount. Insert the Mount Bolt (31) through the Bench Rails, Outer Spacers, Lift Mount and Inner Spacer. (Note: It may be helpful to place each part in position as the Mount Bolt is inserted.) Tighten a Locknut [8] onto the Mount Bolt. Do not overtighten the Locknut. The Lift Mount should swivel freely.



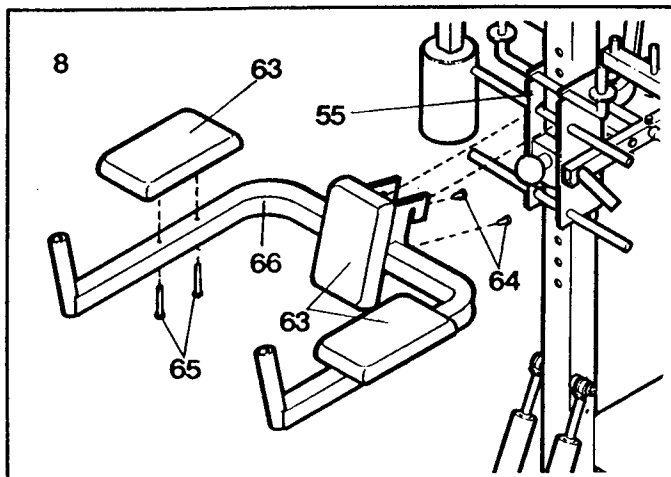
7. Lightly grease the Leg Lift Pin (38). Place the upper end of the Leg Lift (36) inside the Lift Mount (35), and insert the Leg Lift Pin through the Lift Mount and Leg Lift. Tap the Pushnut (39) onto the Leg Lift Pin.



Slide a Long Pad (40) onto each end of the tube on the Leg Lift (36). Slide a Short Pad (41) onto each end of the tube on the Lift Mount.

8. Attach a VKR Pad (63) to the center of the VKR Frame (66) with the two Short Bolts (64). Attach a VKR Pad to each side of the VKR Frame with two Long Bolts (65).

Slide the VKR Frame (66) onto the post going through the Frame Sleeve (55).



## ADJUSTING THE FLEX FORCE

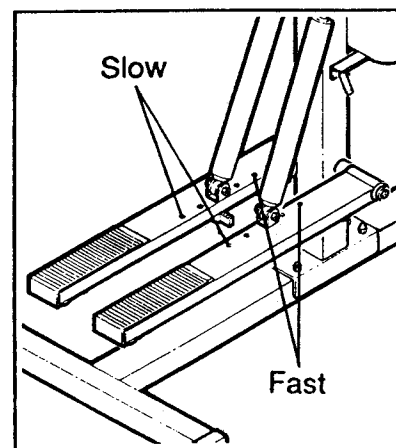
### ADJUSTING THE STEPPER RESISTANCE

The resistance of the stepper can be changed by moving the cylinder brackets to different holes in the stepper pedals. There are five different resistance levels. To change the resistance, first remove the knobs from the cylinder brackets. Move the cylinder brackets to the desired holes in the pedals, and re-attach the knobs.

**WARNING:** The resistance cylinders may become hot during use. Allow the resistance cylinders to cool before touching them.

### ATTACHING AND REMOVING THE LATERAL BAR

Certain exercises require the use of the lateral bar. The lateral bar should be attached as described in the assembly instructions. The lateral bar can be removed after withdrawing the pull pin.



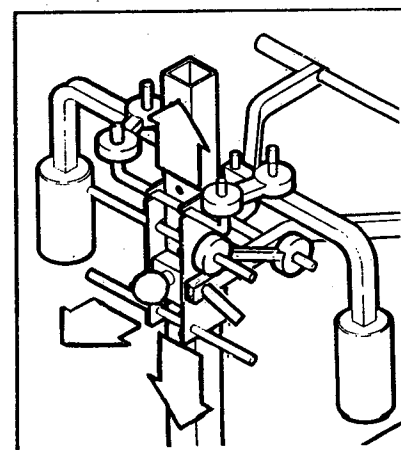
### ATTACHING AND REMOVING THE MAIN ARM

The main arm should be attached as described in the assembly instructions. To remove the main arm, take off any weightbands and withdraw the frame pin.

### ADJUSTING THE FRAME SLEEVE

The main arm and butterfly arms are attached to the frame sleeve. The frame sleeve can easily be raised or lowered to the position that is most comfortable. Support the weight of the frame sleeve with one hand, and pull back the lock knob with the other hand. Raise or lower the frame sleeve to the desired position, and replace the lock knob in the locked position.

**WARNING:** Be sure the lock knob is engaged in one of the holes in the main frame. When using the butterfly arms, the frame sleeve must be positioned so that the butterfly arms are at least 2" above the user's head when the user is seated on the bench.



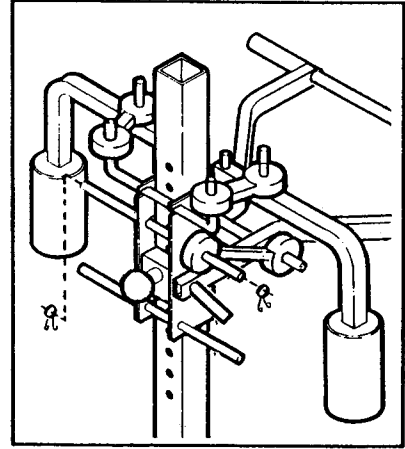
## ADJUSTING THE WORKLOAD

The FLEX FORCE utilizes specially engineered polymer weightbands to create resistance. The key to the effectiveness of the weightbands is "variable resistance." As the weightbands are stretched, the resistance increases, working your muscles at their capacity throughout the range of motion. The eight weightbands included can be used in different combinations to create resistance in increments of about 10 pounds.

When using the main arm, slide one end of the weightbands onto the posts on the main arm. Slide the other end of the weightbands onto either the upper or lower posts on the frame sleeve, depending on the exercise to be performed. Note: When first putting weightbands onto the main arm, it may be necessary to push on the main arm.

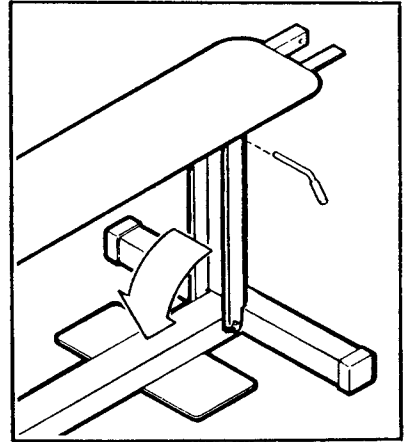
When using the butterfly arms, slide the weightbands onto the posts on top of the butterfly arms and the frame sleeve. When using the leg lift, slide the weightbands onto the posts on the leg lift and the lift mount.

**WARNING:** Always clip retainers onto the posts to prevent the weightbands from slipping off.



## ATTACHING AND REMOVING THE BENCH

The bench should be attached as described in the assembly instructions. For certain exercises, the end of the bench must rest directly on the stabilizer. If the lift mount and leg lift are attached to the bench, remove the mount bolt and nut, and remove the lift mount and leg lift. Note the order of the spacers so the lift mount and leg lift can be re-attached later. Remove the bench pin from the bench support and rotate the bench support onto the base. Lower the end of the bench onto the stabilizer. To remove the bench completely, withdraw the bench pin from the frame.



## ATTACHING AND REMOVING THE VKR FRAME

The VKR frame should be attached as described in the assembly instructions. To remove the VKR, lift the VKR away from the post.

# EXERCISING ON THE STEPPER

**WARNING:** Before beginning this or any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. When using the stepper, never set the resistance so high that you must push or pull against the posts to press the pedals down. Exercising in this manner could result in heart risk.

Face the FLEX FORCE and hold the upper or lower posts on the frame sleeve. Step onto the stepper pedals and let both pedals sink to the floor. Begin stepping, alternately pressing the right and left pedals down with a rapid, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE STEPPER RESISTANCE). For an effective aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance.

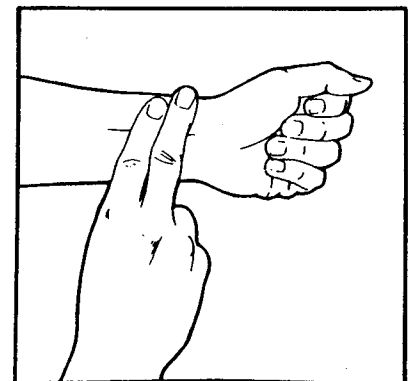
As you step, you can exercise the upper leg muscles by keeping your feet flat on the pedals. To focus on the calf muscles, rise on your toes as you step. Whether standing erect or leaning forward slightly, always keep your back straight in order to avoid injury.

For an effective aerobic workout, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. As you exercise, your heart rate should be kept at a level between 70% and 85% of your maximum heart rate. This is your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both unconditioned and conditioned persons, ages 20 to 85 years.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

The easiest way to measure your heart rate is to pause during exercise and place two fingers over your wrist as shown. Carefully 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 after you stop exercising.) Compare your heart rate to your training zone, and adjust your pace or the stepping resistance as necessary. During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone. Over the course of a few months, your heart rate can be increased until it is near the high end of your training zone.



Begin each workout with 5-10 minutes of stretching or light calisthenics. Warming up in this manner prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. After warming up, exercise for 20-30 minutes with your heart rate in your training zone. End each workout with 5-10 minutes of stretching to aid circulation and increase flexibility. To maintain or improve your condition, exercise three times each week, with at least one day of rest between workouts. After a few months, the number of workouts can be increased to 4-5 per week. The key to achieving successful results is CONSISTENCY.

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## **WEIGHT TRAINING GUIDELINES**

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

The FLEX FORCE offers a full selection of weight training exercises, designed to develop all major muscle groups of the body. Follow the guidelines below to outline an exercise program that will help you achieve the specific results you want.

Your exercise program should include three 30-minute workouts each week, with at least one day of rest between workouts. Schedule your workouts for the time of day when your energy level is the highest. Each workout should consist of 6-10 different exercises. Select exercises which will develop all major muscle groups, while emphasizing the areas you want to develop most. To give balance and variety to your workouts, vary the exercises from day to day.

To increase the size and strength of the muscles, the muscles must be worked to capacity. As greater workloads are placed upon the muscles, the muscles will grow in response. Each exercise can be tailored to the proper intensity level by changing the amount of resistance used, or the number of "repetitions" and "sets" performed. (A repetition is a single exercise movement, such as one sit-up. A set is a number of repetitions performed continuously.)

To tone the muscles, exercises should be performed with less intensity. The muscles should not be worked to capacity. Instead, use low resistance, and do as many repetitions and sets as desired. Endurance is more important than strength for toning.

Be careful not to overexert yourself. Begin and end every workout with 5-10 minutes of stretching or light calisthenics. Rest for 30 seconds between each set, and 1 minute between each exercise. Concentrate on learning the exercises correctly. Exhale as you exert yourself, and inhale as you relax. Never hold your breath.

Wear clothing that is loose-fitting and allows unrestricted movement. Always wear shoes for foot protection. For added motivation, keep a record of your workouts. List the date, exercises performed, resistance used, and number of repetitions and sets completed. Record key body measurements every 4-6 weeks. For successful results, proper nutrition and adequate rest are essential. For more information about exercise and diet, consult with your physician.

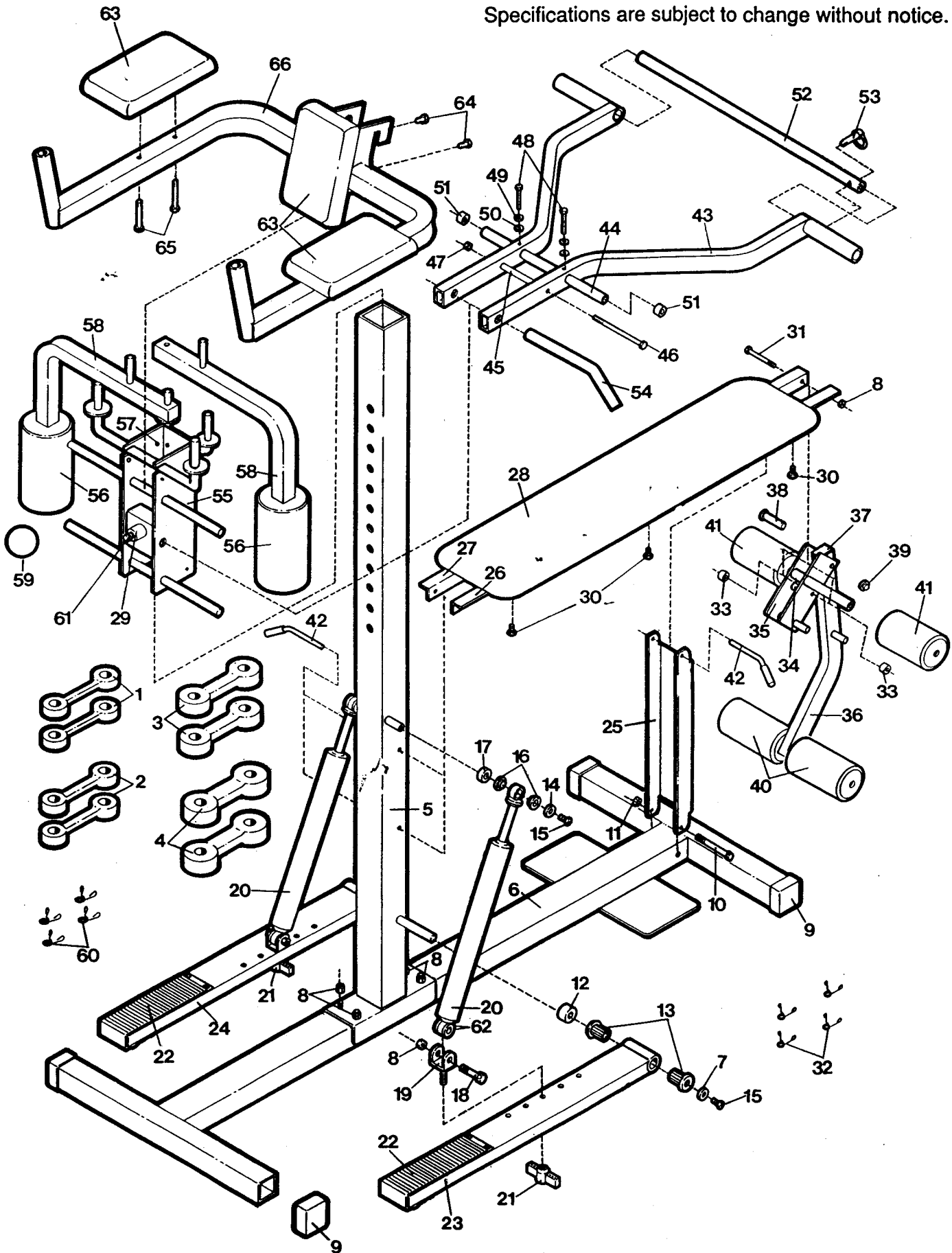
# PART LIST- Model No. PF075010

Rev. 11/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	#5 Weightband	36	1	Leg Lift
2	2	#10 Weightband	37	1	Leg Lift Cap
3	2	#25 Weightband	38	1	Leg Lift Pin
4	2	#50 Weightband	39	1	Pushnut
5	1	Frame	40	2	Long Pad
6	1	Base	41	2	Short Pad
7	2	Lower Washer	42	2	Bench Pin
8	7	Locknut	43	2	Main Arm
9	4	Base Endcap	44	1	Arm Rod
10	1	Support Bolt	45	1	Arm Brace
11	1	Support Nut	46	1	Brace Bolt
12	2	Pedal Spacer	47	1	Brace Nut
13	4	Pedal Bushing	48	2	Rod Bolt
14	2	Upper Washer	49	2	Rod Lock Washer
15	4	Bolt	50	2	Rod Washer
16	4	Upper Cylinder Bushing	51	2	Weightband Spacer
17	2	Cylinder Spacer	52	1	Lateral Bar
18	2	Cylinder Spacer	53	1	Pull Pin
19	2	Cylinder Bracket	54	1	Frame Pin
20	2	Resistance Cylinder	55	1	Frame Sleeve
21	2	Knob	56	2	Butterfly Pad
22	2	Pedal Footpad	57	12	Button Bushing
23	1	Right Pedal	58	2	Butterfly Arm
24	1	Left Pedal	59	1	Lock Knob
25	1	Bench Support	60	4	Retainer
26	1	Right Rail	61	1	Lock Pin Assembly
27	1	Left Rail	62	4	Lower Cylinder Bushing
28	1	Bench	63	3	VKR Pad
29	1	Spring	64	2	Small Bolt
30	6	Phillips Bolt	65	4	Large Bolt
31	1	Mount Bolt	66	1	VKR Frame
32	4	Small Retainer	#	1	Owner's Manual
33	2	Outer Spacer	#	1	Exercise Manual
34	1	Inner Spacer	#	1	Grease
35	1	Lift Mount			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

Specifications are subject to change without notice.



# ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-3756**, Monday - Friday, 6 a.m. - 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The **MODEL NUMBER** of the product (PF075010).
2. The **NAME** of the product (FLEX FORCE).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 10 of this manual.
5. The **DESCRIPTION** of the part(s) from page 10 of this manual.

## LIMITED WARRANTY

PRO FORM Fitness Products, Inc. ("Pro Form"), 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. PRO-FORM's obligation under this warranty is limited to replacing or repairing, at PRO FORM's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by PRO FORM 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 PRO FORM. 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 PRO FORM authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PRO FORM.

PRO FORM 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 OTHER 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.

**PRO FORM FITNESS PRODUCTS, INC., 1500 S. 1000 W., Logan, UT 84321-9813**