

FLEX PLUSTM

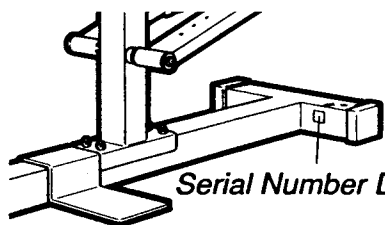
CROSS TRAINING SYSTEM

PRO-FORM[®]

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF085010

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.

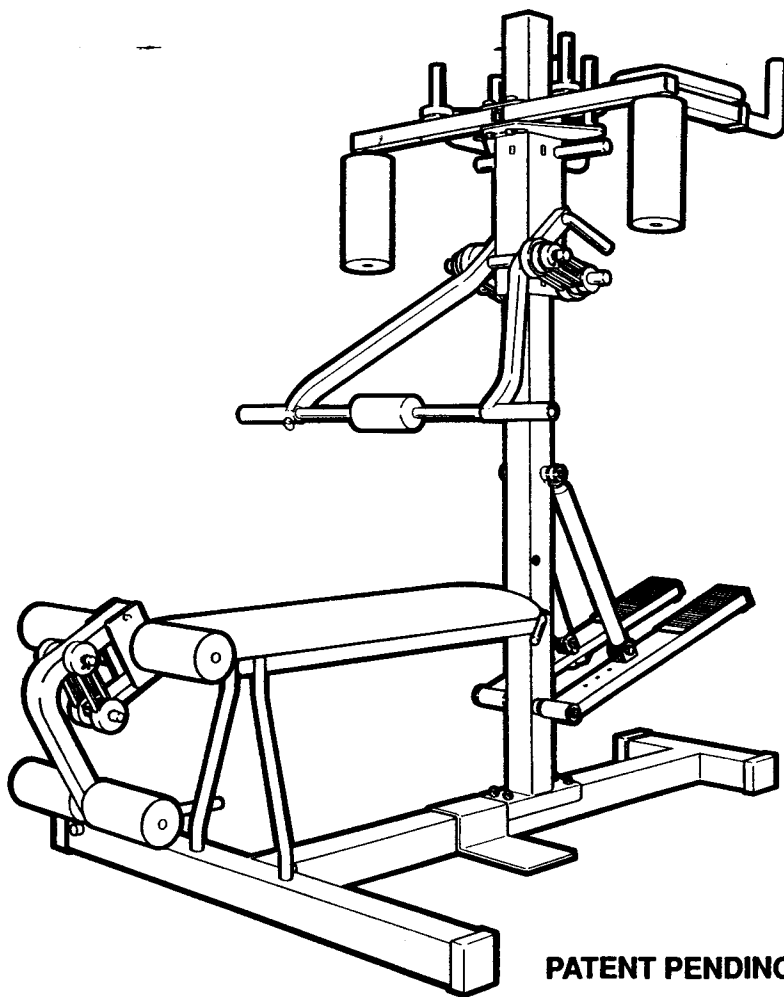
CUSTOMER HOT LINE:

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.



PATENT PENDING

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.

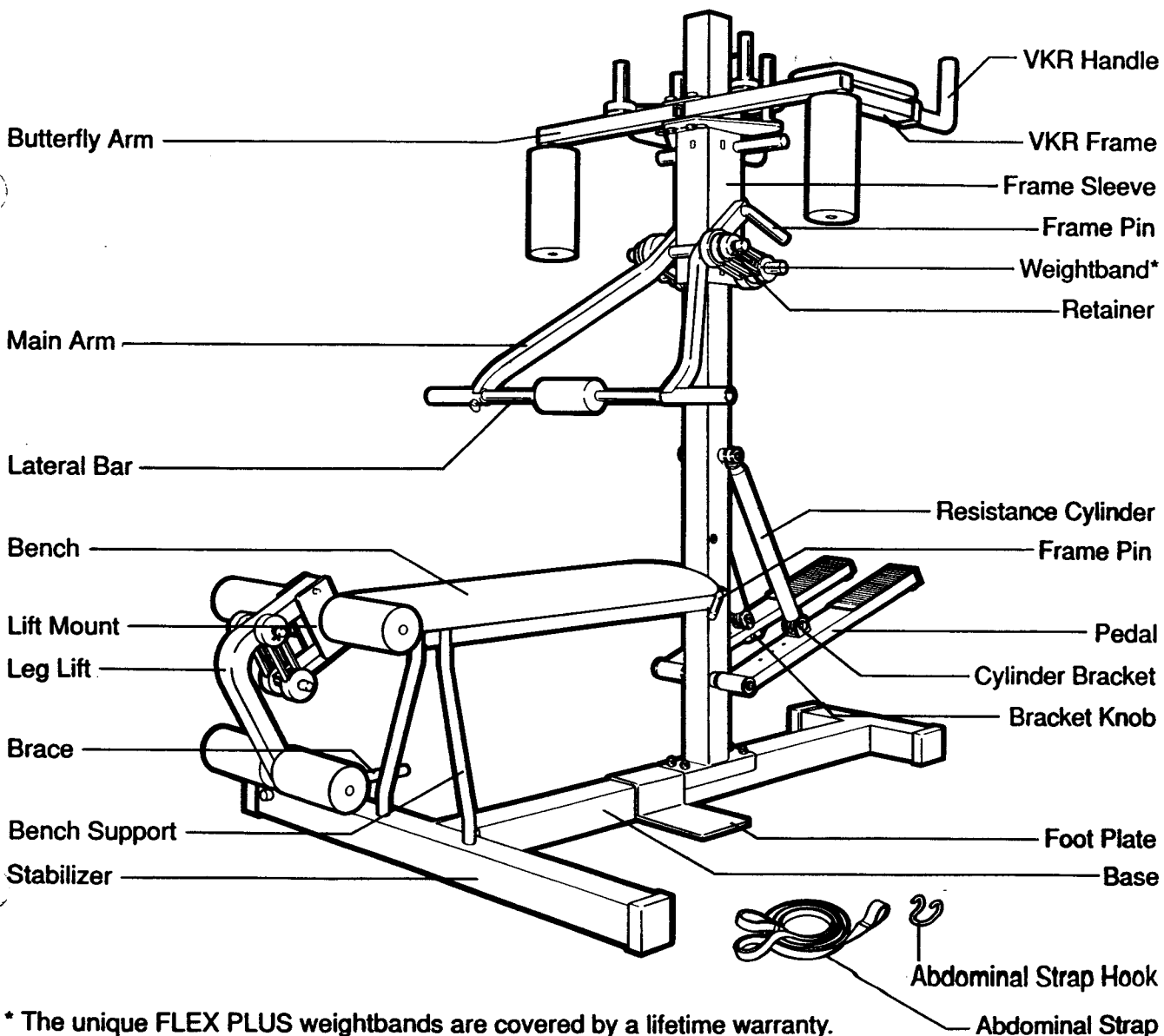
WARNING: Before beginning this or any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Proform assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Congratulations for selecting the Proform FLEX PLUS Cross Training System. The unique FLEX PLUS is a total body conditioning machine, offering both aerobic and weight training exercises for a true cross training workout. Whether you want to build dramatic muscle size and strength, shape and tone your body, increase your stamina and flexibility or develop your heart and lungs, the FLEX PLUS will help you to achieve your goals, in the privacy and convenience of your home.

This manual is provided to help you understand the simple assembly, adjustment and use of the FLEX PLUS. 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 main frame (see the front cover for the location of the decal).

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



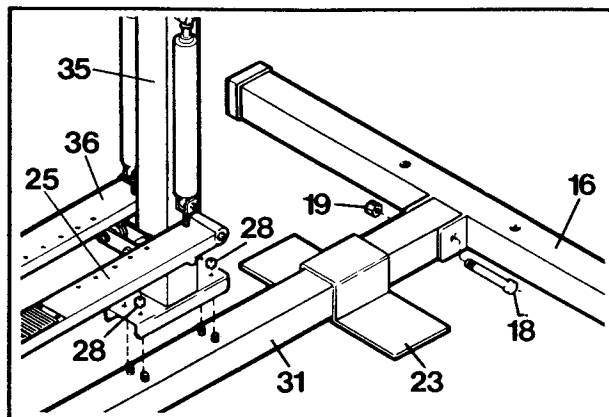
* The unique FLEX PLUS weightbands are covered by a lifetime warranty.

ASSEMBLY

Two persons are required in order to assemble the FLEX PLUS. Place all parts in a cleared area, and remove all packing materials. **Make sure all parts are included before disposing of the packing materials.** Read each step carefully before beginning assembly. Assembly can be completed using two adjustable wrenches (not included).

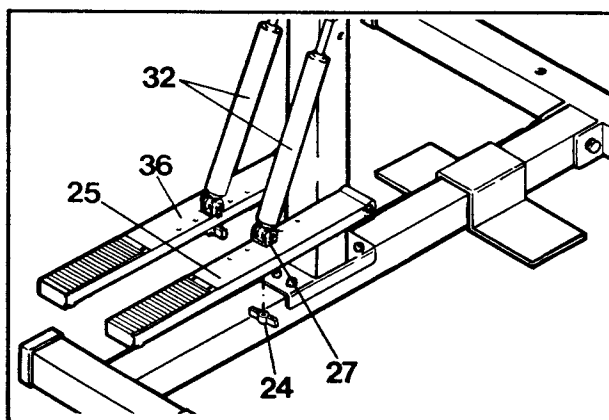
ASSEMBLING THE BASE

1. Turn the Base (31) so the threaded ends of the bolts are upward. Attach the Stabilizer (16) to the Base with the Stabilizer Bolt (18) and Nut (19). Place the Foot Plate (23) over the Base.
2. Rotate the Stepper Pedals (25, 36) to the position shown. Attach the Main Frame (35) to the Base (31) with four Locknuts (28).



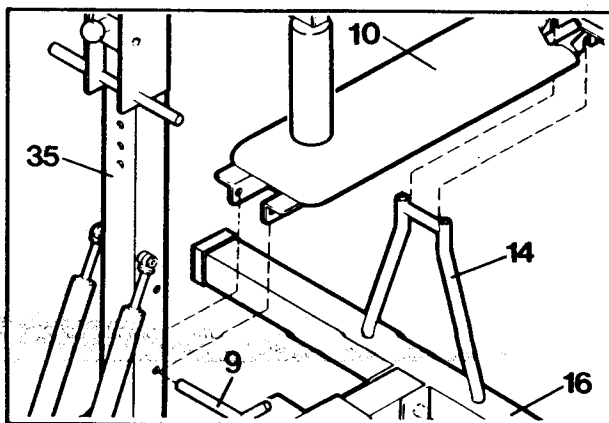
ASSEMBLING THE STEPPER PEDALS

1. Raise the Right Pedal (25). Insert the Cylinder Bracket (27) on the right Resistance Cylinder (32) through one of the holes in the Right Pedal. The tab on the Cylinder Bracket must be against the inside of the Right Pedal. Tighten a Bracket Knob (24) onto the end of the Cylinder Bracket. Attach the other Cylinder Bracket to the Left Pedal (36) in the same manner.



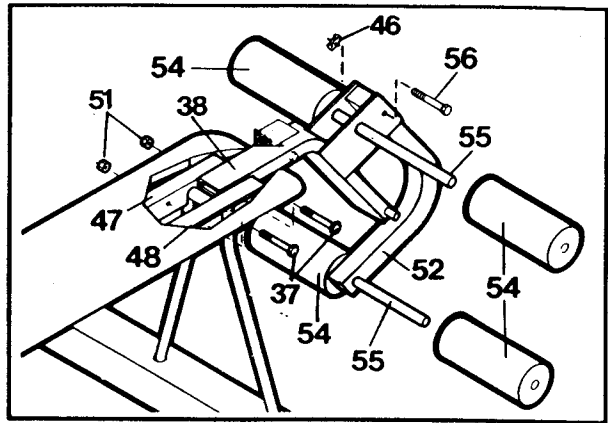
ASSEMBLING THE BENCH

1. Insert the Bench Support (14) into the holes in the top of the Stabilizer (16).
2. Fit the Bench (10) onto the Bench Support (14). Attach the Bench to the Main Frame (35) by inserting a Frame Pin (9). Note: There are two sets of holes in the Main Frame. The Bench can be attached in either a horizontal or an inclined position.



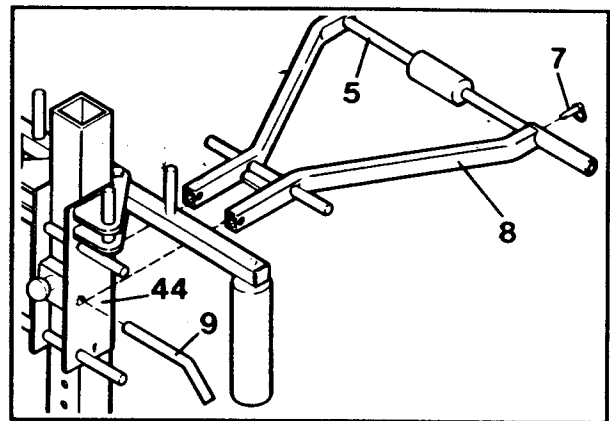
ASSEMBLING THE LEG LIFT

1. Slide the Lift Mount (38) between the Bench Rails (47, 48) as shown. Attach the Lift Mount with the two Mount Bolts (37) and Nuts (51). Tighten the Mount Nuts only finger tight.
2. Attach the Leg Lift (52) to the Lift Mount (38) with the Leg Lift Bolt (56) and Wingnut (46).
3. Insert a Pad Mount Tube (55) into the Leg Lift (52). Slide a Lift Pad (54) onto each end of the Tube. Attach a Pad Mount Tube and Lift Pads to the Lift Mount (38) in the same manner.



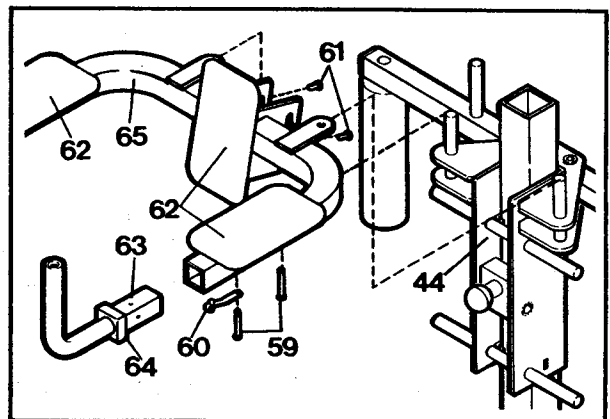
ASSEMBLING THE MAIN ARM

1. Slide the Lateral Bar (5), one end at a time, into the Main Arm (8). Align the hole in the Lateral Bar with the hole in the Main Arm, and insert the Pull Pin (7).
2. Align the end of the Main Arm (8) with the holes in either side of the Frame Sleeve (44). Connect the Main Arm to the Frame Sleeve by inserting a Frame Pin (9).



ASSEMBLING THE VKR ARM

1. Attach a VKR Pad (62) to the center of the VKR Frame (65) with the two Short VKR Bolts (61).
2. Attach a VKR Pad (62) and a Locking Spring (60) to each side of the VKR Frame (65) with two Long VKR Bolts (59). The Locking Springs must be turned as shown.
3. Slide the VKR Frame (65) onto the posts on top of the Frame Sleeve (44).
4. Pull down the Locking Springs (60), and insert the VKR Handles (63) into the ends of the VKR Frame (65). The VKR Handles can be inserted in any of four positions. Slide the Collars (64) onto the VKR Handles.

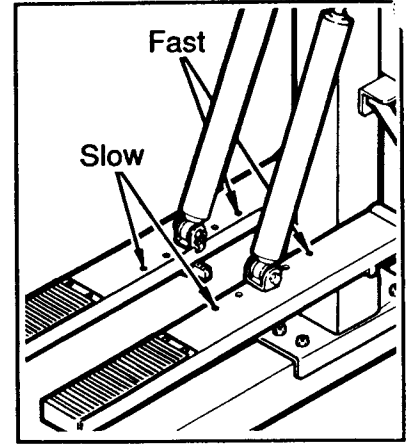


ADJUSTING THE FLEX PLUS

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.

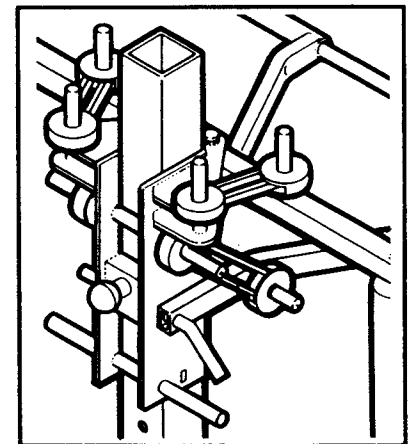
ADJUSTING THE WORKLOAD

The FLEX PLUS 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.



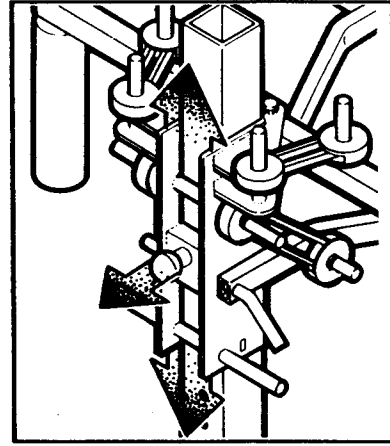
ATTACHING AND REMOVING THE VKR FRAME

The VKR frame should be attached as described in the assembly instructions. The VKR handles can be turned to any of four positions, depending on the exercise to be performed. To change the position of the VKR handles, pull down the locking springs, remove the handles, and re-insert the handles. The VKR frame can be removed by lifting it off the posts on top of the frame sleeve.

ADJUSTING THE FRAME SLEEVE

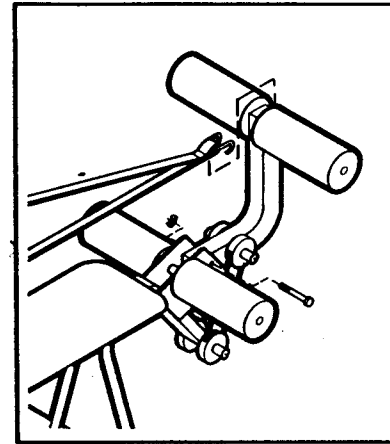
The main arm and butterfly arms are attached to the frame sleeve. The frame sleeve can easily be raised or lowered to the position that is most comfortable. Support the weight of the frame sleeve with one hand, and pull back the lock knob with the other hand. Raise or lower the frame sleeve to the desired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



ATTACHING AND REMOVING THE LEG LIFT

The leg lift should be attached as described in the assembly instructions. For certain exercises, the leg lift must be attached in a vertical position (see the drawing). Take off any weightbands, and remove the leg lift bolt and wingnut. Turn the leg lift to the vertical position and replace the leg lift bolt and wingnut.



ATTACHING THE ABDOMINAL STRAP

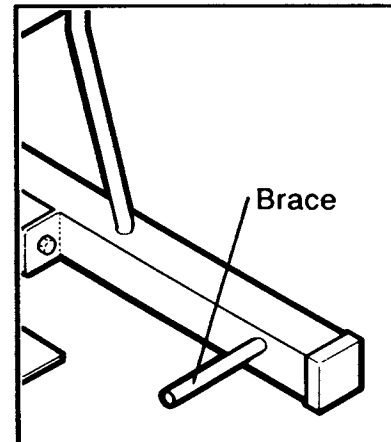
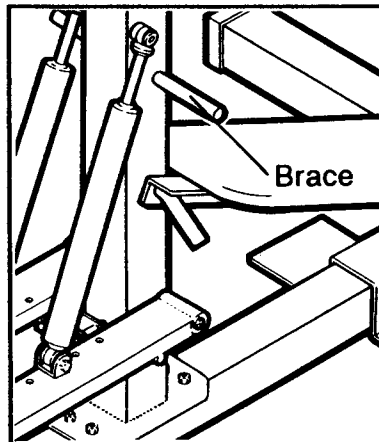
The abdominal strap can be attached to the leg lift using the abdominal strap hook. Attach the hook between the lift pads on the leg lift (see the drawing).

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 two mount bolts and nuts, and remove the lift mount and leg lift. Remove the bench support and lower the end of the bench onto the stabilizer. To remove the bench completely, withdraw the frame pin.

POSITIONING THE BRACE

When performing exercises with the bench resting on the stabilizer, insert the brace through the main frame to provide a brace for the hands or feet. When performing roman sit-ups, insert the brace into the stabilizer to provide a brace for the feet.



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 PLUS 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 by 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.

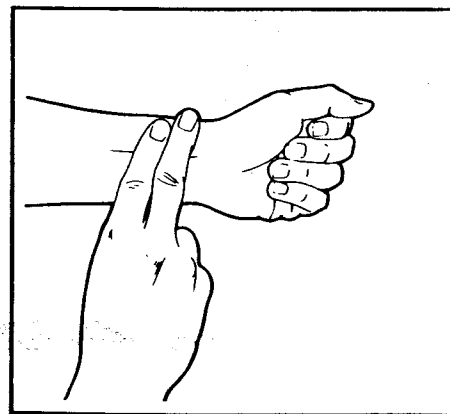
As you step, you can exercise the upper leg muscles by keeping your feet flat on the pedals. To focus on the calf muscles, rise on your toes as you step. Whether standing erect or leaning forward slightly, always keep your back straight in order to avoid injury.

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**.

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 PLUS offers a full selection of weight training exercises, designed to develop all of the 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 of the 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 pushed 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 pushed 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. PF085010

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	#5 Weightband	41	2	Butterfly Arm Endcap
2	2	#10 Weightband	42	1	Lock Knob
3	2	#25 Weightband	43	4	Lower Cylinder Bushing
4	2	#50 Weightband	44	1	Frame Sleeve
5	1	Lateral Bar	45	2	Butterfly Pin
6	1	Lateral Bar Pad	46	1	Wingnut
7	1	Pull Pin	47	1	Left Bench Rail
8	1	Main Arm	48	1	Right Bench Rail
9	2	Frame Pin	49	1	Lock Pin Assembly
10	1	Bench	50	2	Sleeve Slider Bushing
11	2	Upper Washer	51	2	Mount Nut
12	1	Main Arm Bumper	52	1	Leg Lift
13	6	Phillips Bolt	53	1	Leg Lift Endcap
14	1	Bench Support	54	4	Lift Pad
15	1	Brace	55	2	Pad Mount Tube
16	1	Stabilizer	56	1	Leg Lift Bolt
17	4	Frame Endcap	57	1	Spring
18	1	Stabilizer Bolt	58	4	Retainer
19	1	Stabilizer Nut	59	4	Long VKR Bolt
20	2	Pedal Spacer	60	2	Locking Spring
21	4	Pedal Bushing	61	2	Short VKR Bolt
22	4	Button Head Bolt	62	3	VKR Pad
23	1	Foot Plate	63	2	VKR Handle
24	2	Bracket Knob	64	2	Collar
25	1	Right Pedal	65	1	VKR Frame
26	2	Pedal Footpad	66	1	Abdominal Strap
27	2	Cylinder Bracket	67	1	Abdominal Strap Hook
28	6	Locknut	#	1	Owner's Manual
29	2	Cylinder Bolt			
30	2	Lower Washer			
31	1	Base			
32	2	Resistance Cylinder			
33	4	Upper Cylinder Bushing			
34	2	Cylinder Spacer			
35	1	Main Frame			
36	1	Left Pedal			
37	2	Mount Bolt			
38	1	Lift Mount			
39	2	Butterfly Pad			
40	2	Butterfly Arm			

Optional (not included)

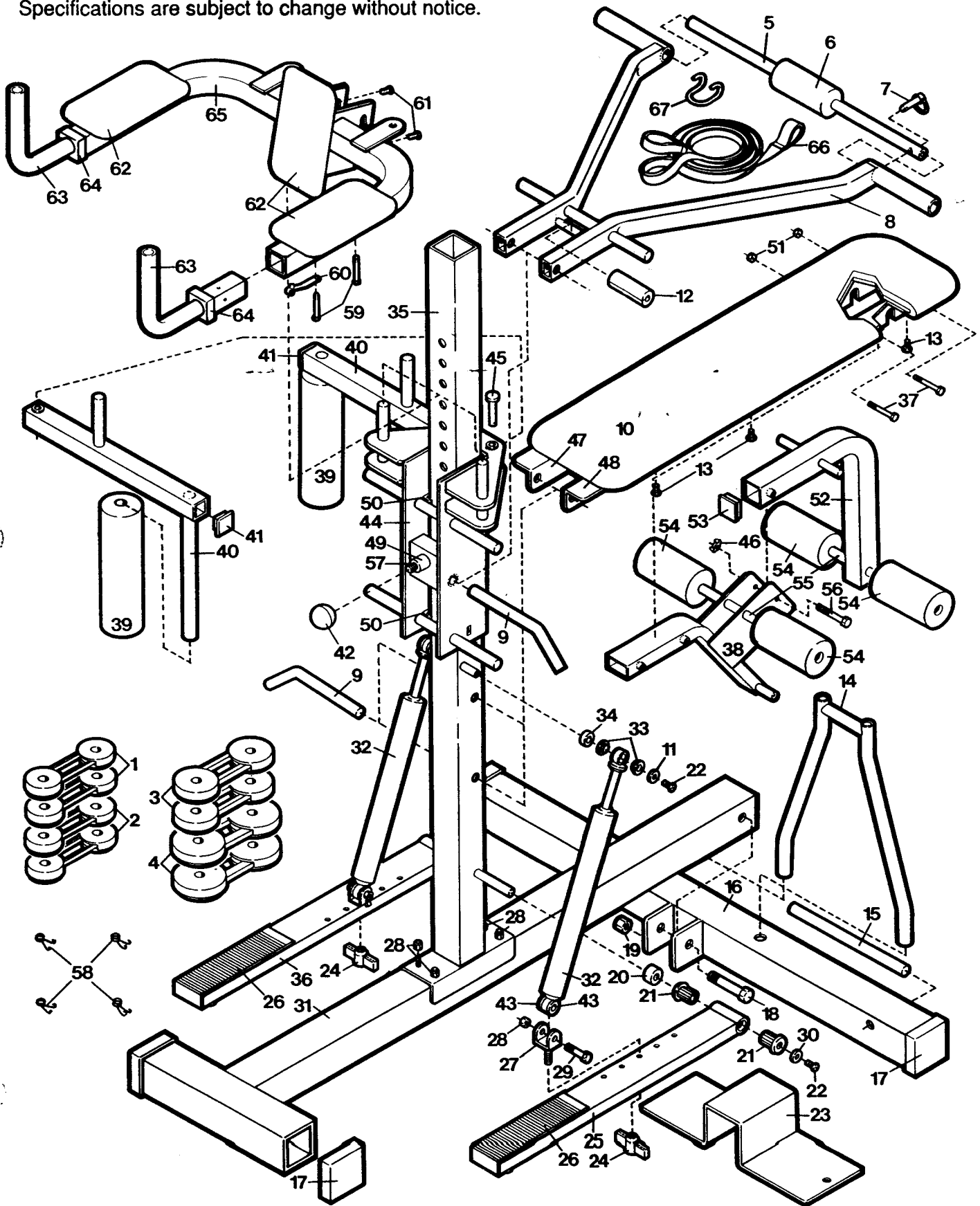
2 Locking Band
 Additional exercises can be performed using optional locking bands. Locking bands can be ordered following the instructions on the back cover of this manual. Note: To attach the locking bands, lift the main arm to the highest position. Slide one end of the locking bands onto the posts on the main arm, and the other end onto the upper posts on the frame sleeve.

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

EXPLODED DRAWING- Model No. PF085010

Rev. 8/91

Specifications are subject to change without notice.



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 when calling:

1. The MODEL NUMBER of the product (PF085010).
2. The NAME of the product (Proform FLEX PLUS Cross Training System).
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