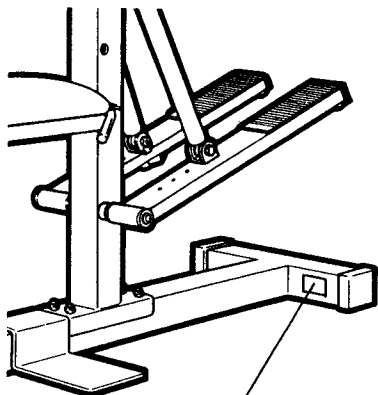


PRO·FORM[®]

Model No. PF085020

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

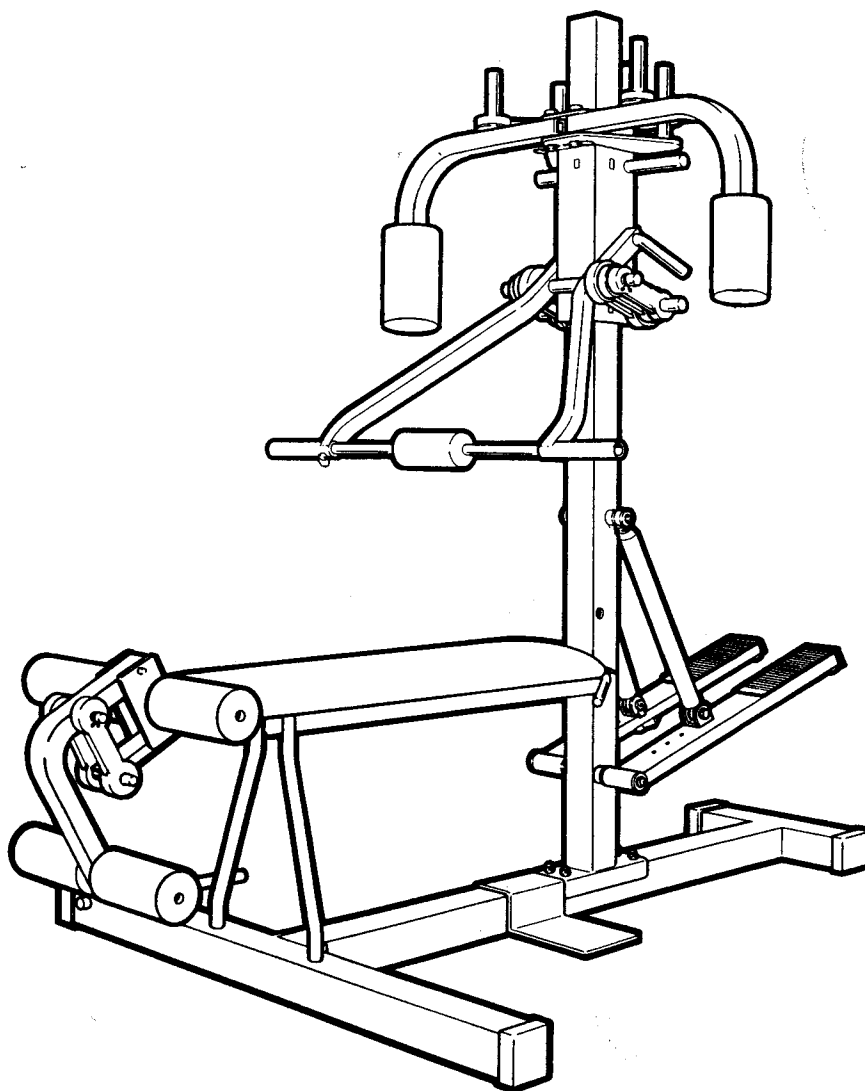
CAUTION!

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

PATENT PENDING

CROSS FLEX[™]

CROSS TRAINING SYSTEM



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 this equipment at all times.
4. Always clip retainer springs 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 this 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. It is recommended that the floor underneath the resistance cylinders be covered in case of slight oil leakage.

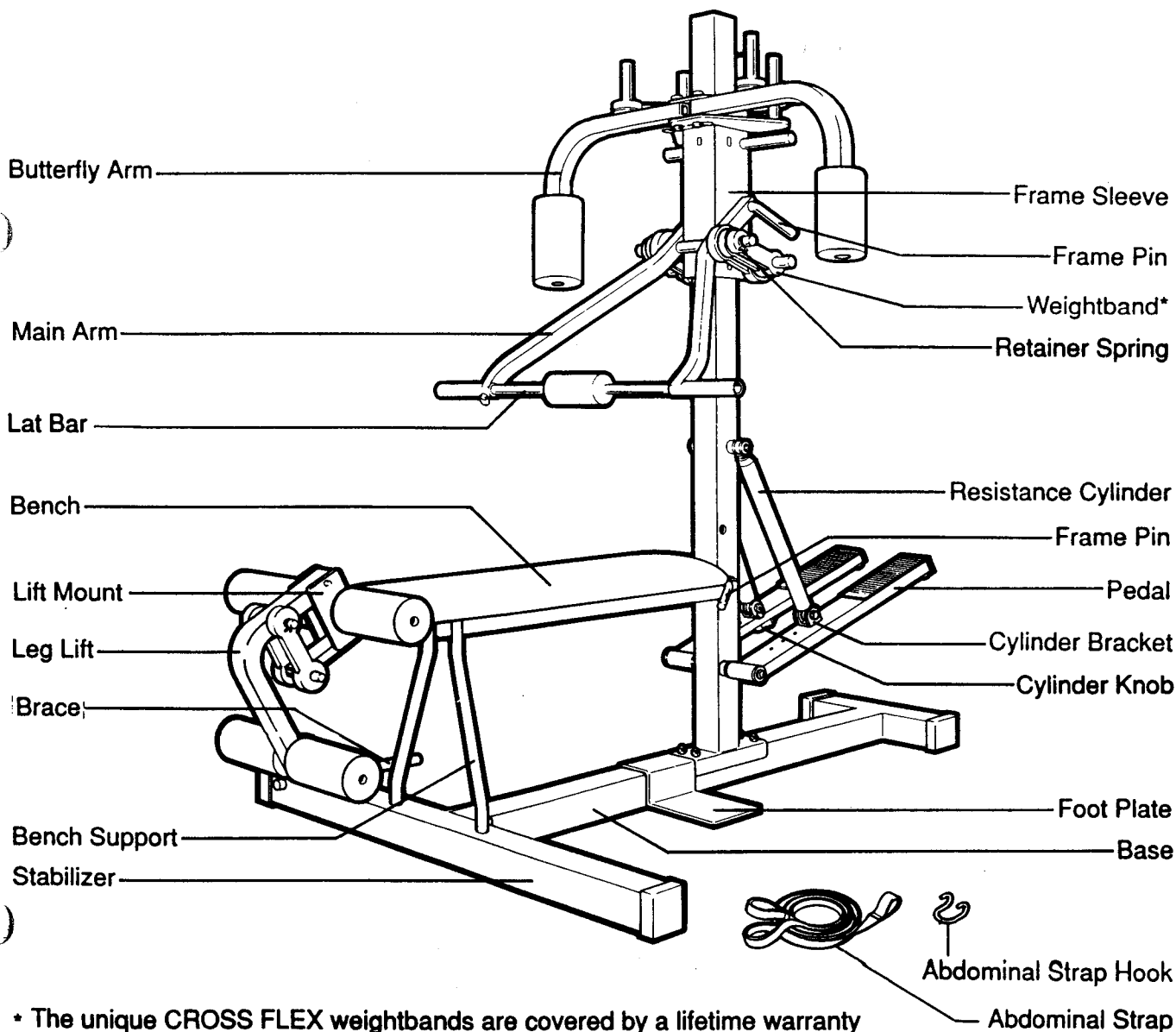
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® CROSS FLEX cross training system. The unique CROSS FLEX 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 CROSS FLEX will help you to achieve your goals in the convenience and privacy of your home.

This manual is provided to help you assemble and use the system properly. **For your safety and benefit, read this manual carefully before using the system.** 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 printed on the front cover of this manual. The serial number is printed on a decal attached to the system (see the front cover of this manual for the location of the decal).

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



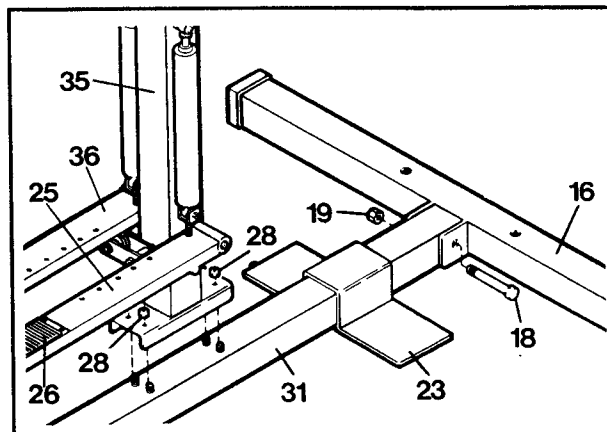
* The unique CROSS FLEX weightbands are covered by a lifetime warranty

ASSEMBLY

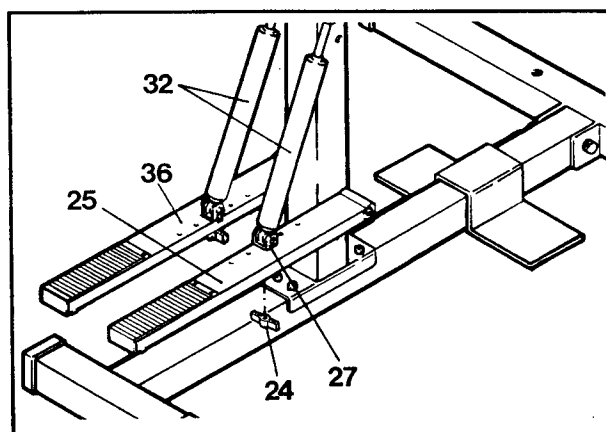
Two persons are required in order to assemble the CROSS FLEX. Place all parts in a cleared area, and remove the packing materials. **Make sure all parts are included before disposing of the packing materials.** Read each step carefully before beginning assembly. Assembly can be completed using two adjustable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

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.

Rotate the Stepper Pedals (25, 36) around so that the Pedal Footpads (26) are on top. Attach the Main Frame (35) to the Base (31) with four Locknuts (28). Note: The Main Frame must be attached with the Pedals pointing away from the Stabilizer (16).

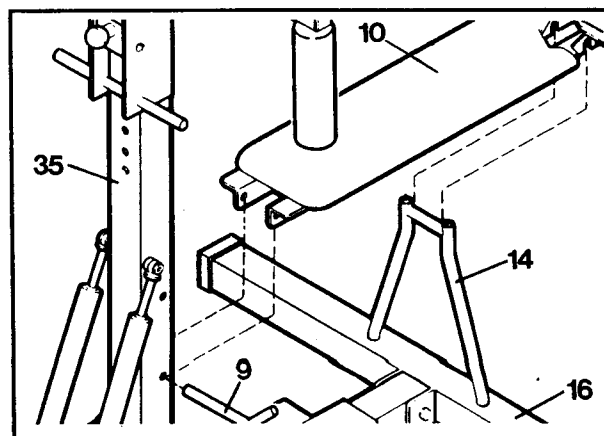


2. Raise the Right Pedal (25). Insert the Cylinder Bracket (27) on the right Resistance Cylinder (32) through one of the holes in the Right Pedal. The tab on the Cylinder Bracket must be against the inside of the Pedal. Tighten a Cylinder Knob (24) onto the end of the Cylinder Bracket. Attach the Cylinder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



3. Insert the Bench Support (14) into the holes in the top of the Stabilizer (16).

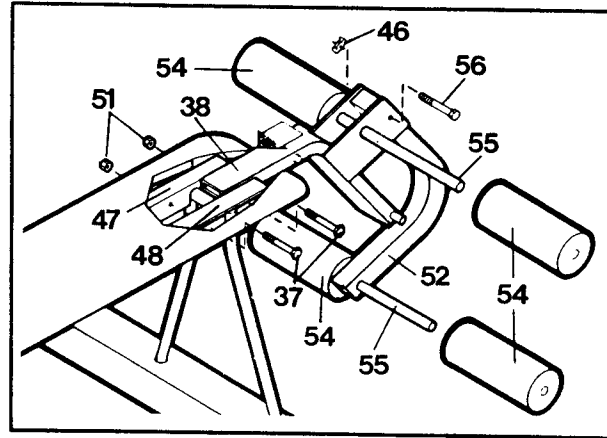
Fit the Bench (10) onto the Bench Support (14). Attach the Bench to the Main Frame (35) by inserting a Frame Pin (9). Note: There are two holes in the Main Frame. The Bench can be attached in either a horizontal or an inclined position.



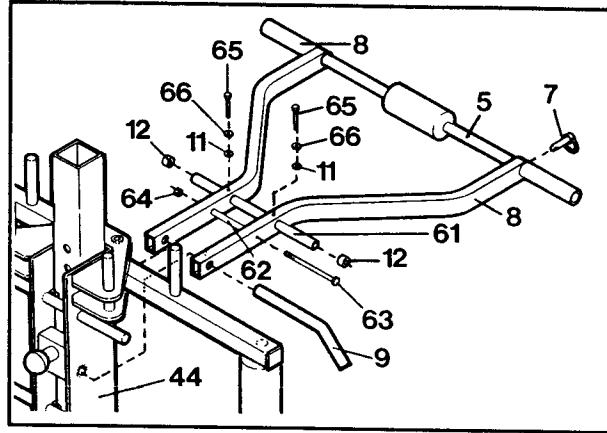
4. Slide the Lift Mount (38) between the Bench Rails (47, 48) as shown. Attach the Lift Mount with the two Mount Bolts (37) and Nuts (51). Tighten the Mount Nuts only finger tight.

Attach the Leg Lift (52) to the Lift Mount (38) with the Leg Lift Bolt (56) and Wingnut (46).

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.



5. Lay the two sections of the Main Arm (8) on the floor. Insert the Arm Rod (61) 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 (65), Lockwashers (66) and Washers (11). Slide a Weightband Spacer (12) onto each end of the Rod. Place the Arm Brace (62) between the sections of the Main Arm. Insert the Brace Bolt (63) through the Brace, and tighten the Brace Nut (64) onto the end of the Bolt. **CAUTION:** Do not overtighten the Brace Nut or the Main Arm may be damaged.



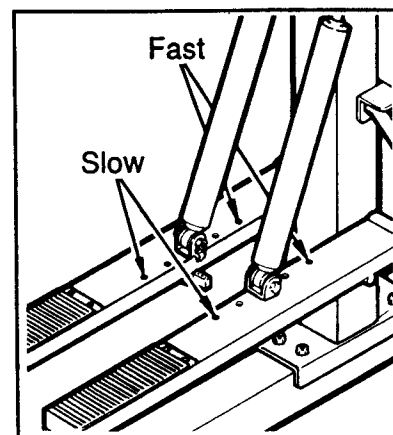
Slide the Lat Bar (5), one end at a time, into the Main Arm (8). Align the hole in the Lat Bar with one of the holes in the Main Arm, and insert the Pull Pin (7).

Align the Main Arm (8) with the holes in the sides of the Frame Sleeve (44). Attach the Main Arm by inserting a Frame Pin (9).

ADJUSTING THE CROSS FLEX

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 cylinder knobs from the cylinder brackets. Move the cylinder brackets to the desired holes in the pedals, and reattach the cylinder knobs.



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

ATTACHING AND REMOVING THE LAT BAR

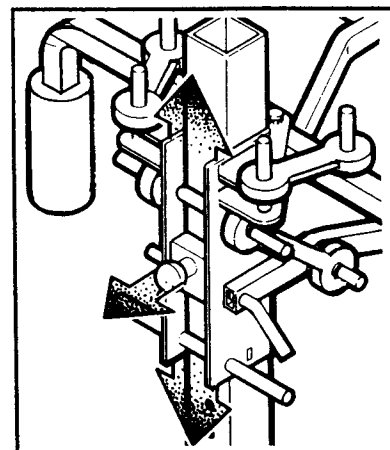
Certain exercises require the use of the lat bar. The lat bar should be attached as described in the assembly instructions. The lat bar can be removed after withdrawing the pull pin.

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

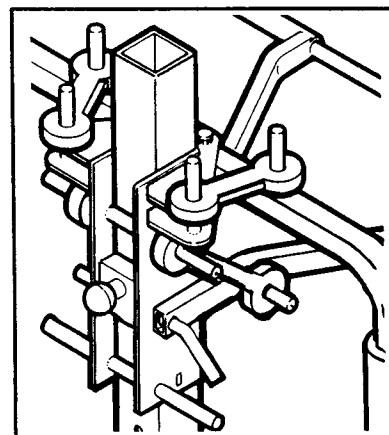
The main arm and butterfly arms are attached to the frame sleeve. The frame sleeve can easily be raised or lowered to the position that is most comfortable. Support the weight of the frame sleeve with one hand, and pull back the lock knob with the other hand. Raise or lower the frame sleeve to the desired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



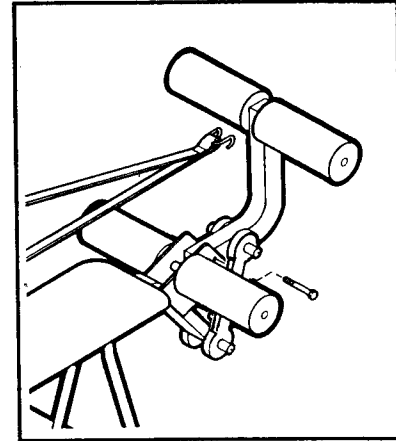
When using the main arm, slide one end of the weightbands onto the posts on the main arm. Slide the other end of the weightbands onto either the upper or lower posts on the frame sleeve, depending on the exercise to be performed. Note: When first putting weightbands onto the main arm, it may be necessary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

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

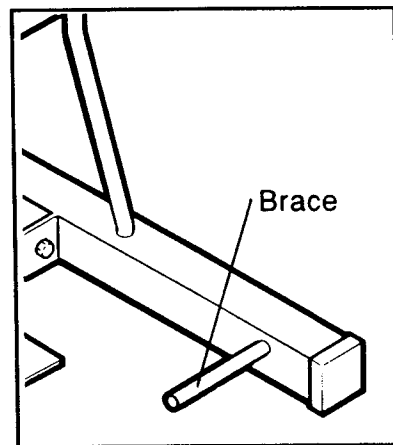
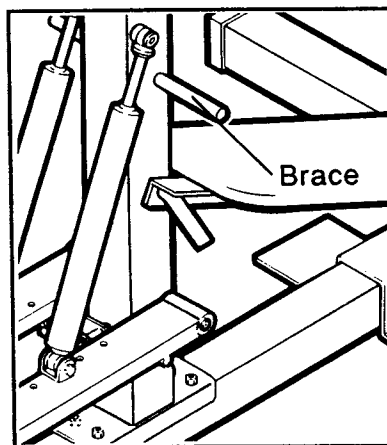
The abdominal strap can be attached to the leg lift using the abdominal strap hook. Set the leg lift in the vertical position and attach the hook between the lift pads on the leg lift (see the drawing).

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.



EXERCISE GUIDELINES

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. When using the stepper, never set the resistance so high that you must push against the post on the frame sleeve with your arms in order to press the pedals down. Exercising in this manner could result in heart risk.

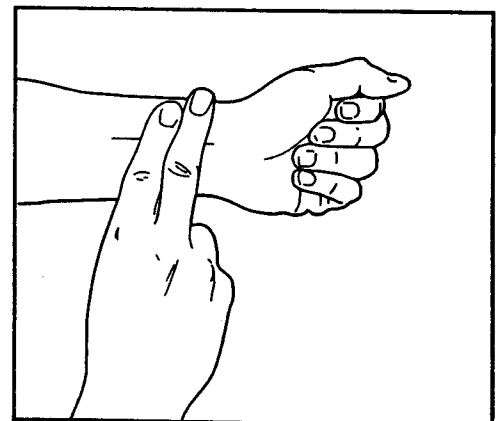
EXERCISING ON THE STEPPER

Face the system and hold the upper or lower post 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 continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE CROSS FLEX). For effective stepping exercise, exercise physiologists recommend relatively short, rapid steps at low resistance. As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly, always keeping your back straight in order to avoid injury.

For effective aerobic workouts, it is important to exercise with the proper level of intensity. The proper level of intensity can be found by using your heart rate as a guide. As you exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate. This is known as your training zone. You can find your training zone by consulting the table below. Training zones are listed for both unconditioned and conditioned persons according to age. Find the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. 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. If your heart rate is too low, increase the intensity of your exercise. If your heart rate is too high, decrease the intensity of your exercise.



Begin every workout with 5 to 10 minutes of stretching or light exercise to warm up. Warming up prepared your body for exercise by increasing circulation, delivering more oxygen to your muscles and raising your body temperature. After warming up, exercise with your heart rate in your training zone for about 30 minutes. This can be done in one continuous 30-minute period, or in several shorter periods, such as three 10-minute periods. Finish every workout with 5-10 minutes of stretching to cool down. Stretching at this time is most effective for developing flexibility, and will help to prevent soreness and other post-exercise problems.

To maintain or improve your condition, exercise three times each week, with at least one day of rest between workouts. After a few months of regular exercise, you may exercise up to five times each week if desired.

WEIGHT TRAINING

This system offers a wide selection of weight training exercises. Follow the guidelines below and in the accompanying exercise manual to outline an exercise program which will help you to 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 include 6-10 different exercises. Select exercises which will develop all of the major muscle groups, while focusing on the areas you want to develop the most. To give balance and variety to your workouts, vary the exercises from day to day.

To increase the size and strength of your muscles, the muscles must be worked to capacity. The intensity of your exercise should never get easy. Each exercise should be tailored to the proper intensity level by changing the amount of weight used, or the number of "repetitions" and "sets" performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up; a "set" is a series of consecutive repetitions.)

Be careful not to overexert yourself. Begin and end every workout with 5-10 minutes of stretching or light calisthenics to warm up. Rest for 30 seconds between sets, and 1 minute between exercises. Concentrate on learning the exercises correctly. The correct form for each exercise is shown in the accompanying exercise manual. Proper breathing is also important. 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 each workout. List the date, exercises performed, weight used, and number of repetitions and sets completed. Record key body measurements at the end of every month. For successful results, proper nutrition and adequate rest are essential. For more information about exercise and diet, consult your physician or obtain a reputable book about exercise.

PART LIST—Model No. PF085020

Rev. 8/92

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	2	Lower Cylinder Bushing Set
4	2	#50 Weightband	44	1	Frame Sleeve
5	1	Lat Bar	45	2	Butterfly Pin
6	1	Lat Bar Pad	46	1	Wingnut
7	1	Pull Pin	47	1	Left Bench Rail
8	2	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	4	Washer	51	2	Mount Nut
12	2	Weightband Spacer	52	1	Leg Lift
13	6	Phillips Bolt	53	2	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 Spring
19	1	Stabilizer Nut	59	1	Abdominal Strap
20	2	Pedal Spacer	60	1	Abdominal Strap Hook
21	4	Pedal Bushing	61	1	Arm Rod
22	4	Button Head Bolt	62	1	Arm Brace
23	1	Foot Plate	63	1	Brace Bolt
24	2	Cylinder Knob	64	1	Brace Nut
25	1	Right Pedal	65	2	Rod Bolt
26	2	Pedal Footpad	66	2	Rod Lockwasher
27	2	Cylinder Bracket	#	1	Owner's Manual
28	6	Locknut			
29	2	Cylinder Bolt			
30	2	Lower Washer			
31	1	Base			
32	2	Resistance Cylinder			
33	2	Upper Cylinder Bushing Set			
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			

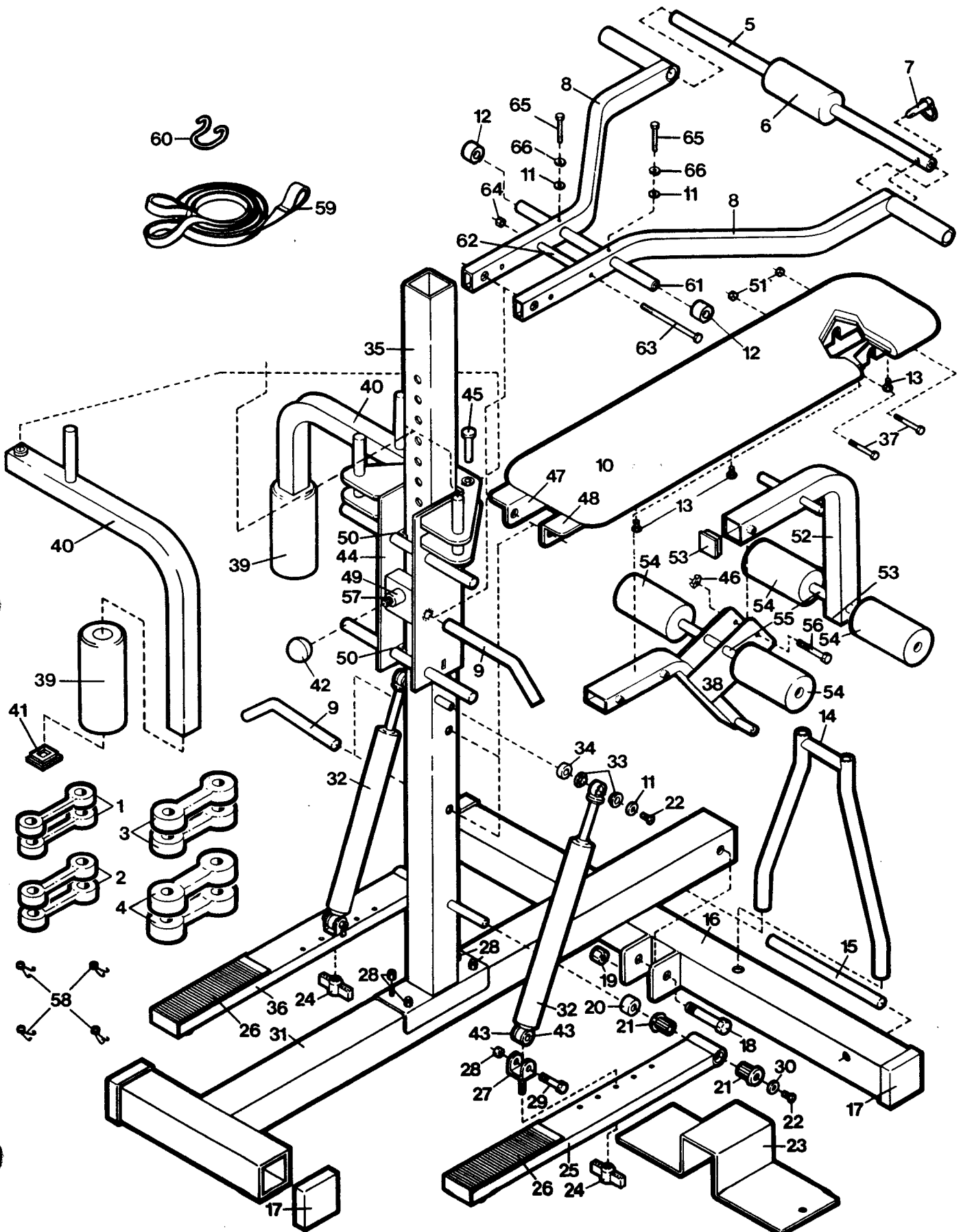
Optional (not included)
2 Locking Band

(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. PF085020

Rev. 8/92



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 (PF085020).
2. The **NAME** of the product (PROFORM® CROSS FLEX 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

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

PROFORM 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.

PROFORM FITNESS PRODUCTS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813