

STEP USA™

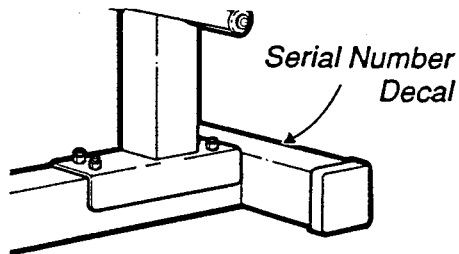
MOTIVATIONAL STEPPER • INDEPENDENT STEPPING ACTION

PRO-FORM®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF101110

Serial No. _____



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.

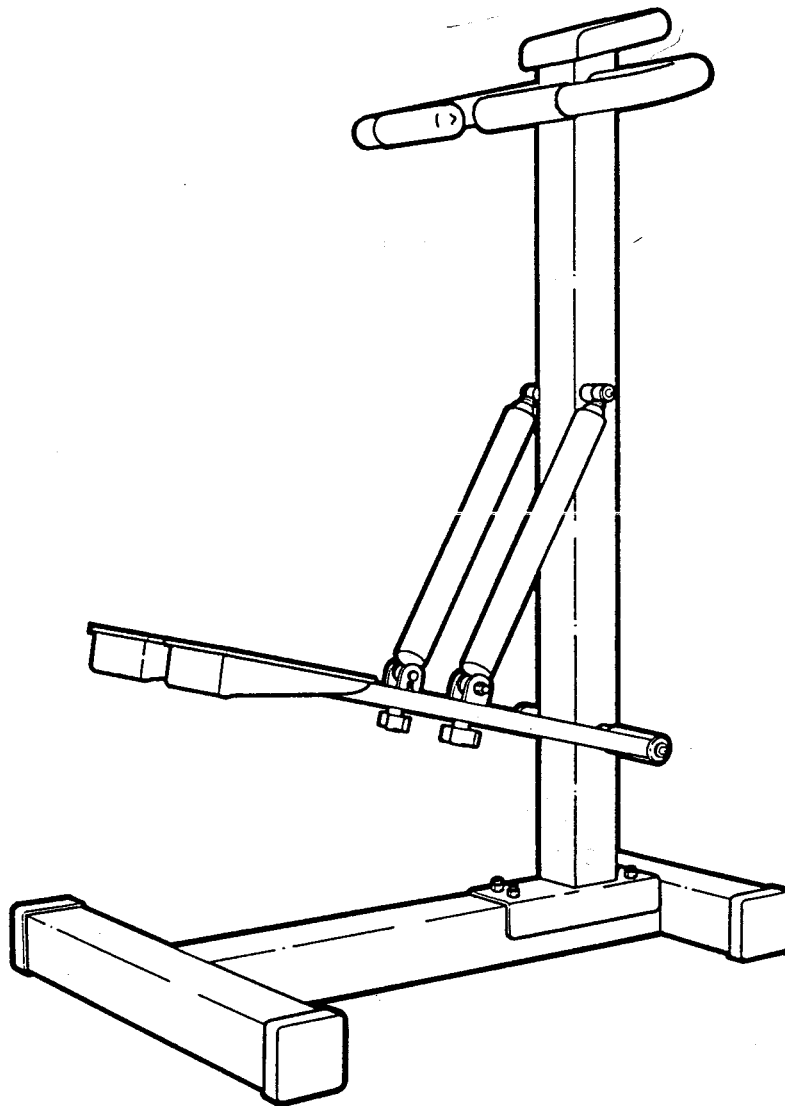
CUSTOMER HOT LINE:

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.



OWNER'S MANUAL

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IMPORTANT SAFETY PRECAUTIONS

1. Position the stepper on a level surface. The electronic monitor must be out of direct sunlight or the LCD display may be damaged.
2. Make sure that all parts are tightened securely before each workout.
3. Always wear appropriate clothing, including athletic shoes, when using the stepper.
4. Always hold the handlebars when using the stepper.
5. Keep small children away from the stepper during use.
6. The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.
7. Use the stepper only as described in this manual.

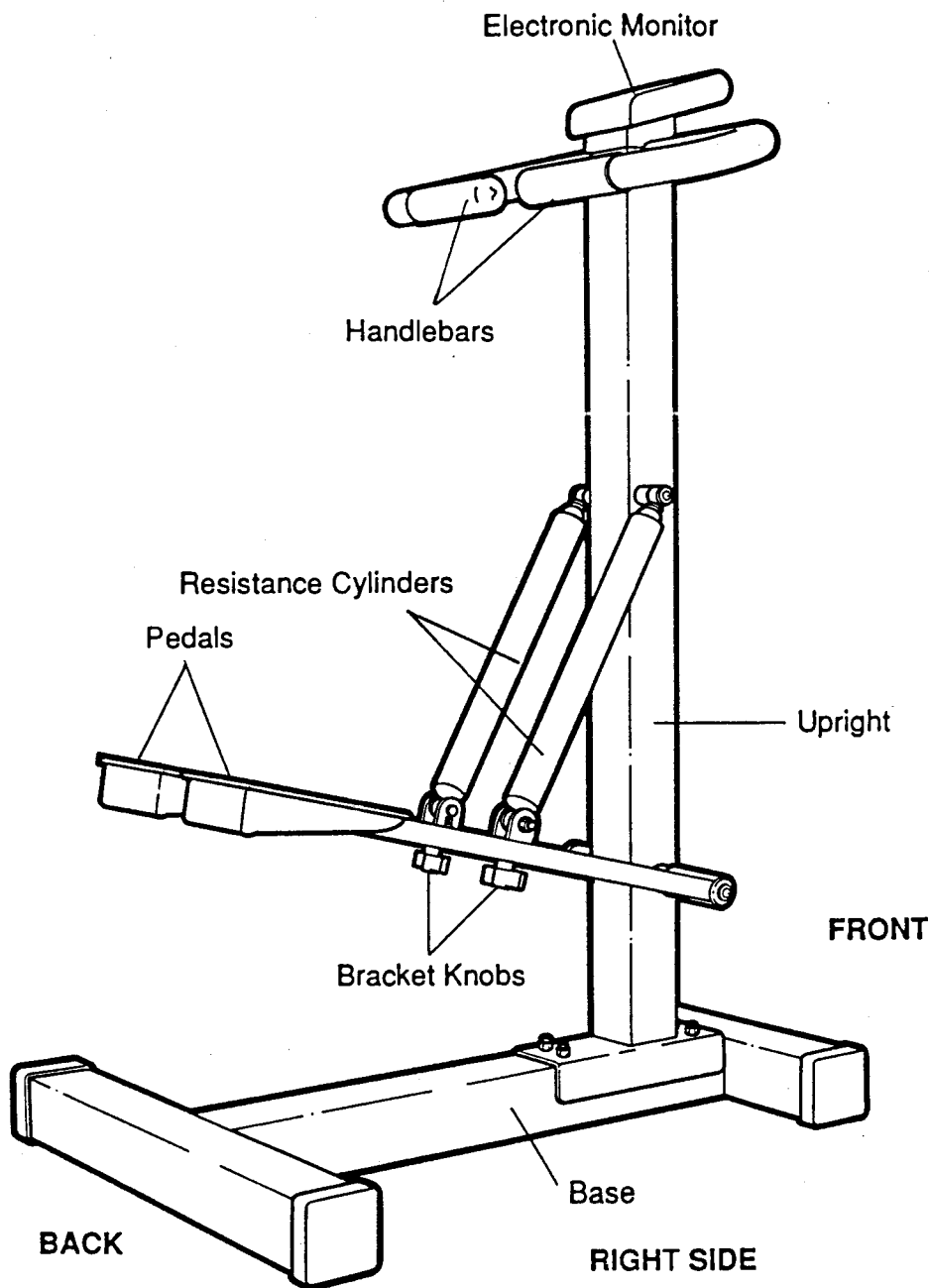
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PRO FORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the STEP USA Stepper. The STEP USA blends advanced engineering with innovative styling to provide you with an effective, low-impact form of cardiovascular exercise in the comfort of your own home.

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 printed on the front cover of this manual. The serial number can be found on a decal attached to the product (see the drawing on the front cover).

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

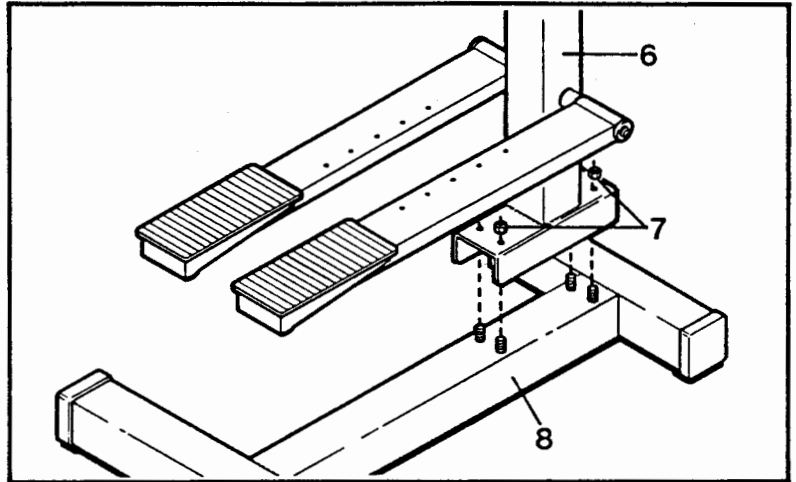


ASSEMBLY

Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using an adjustable wrench and phillips screwdriver (not included).

ASSEMBLING THE BASE

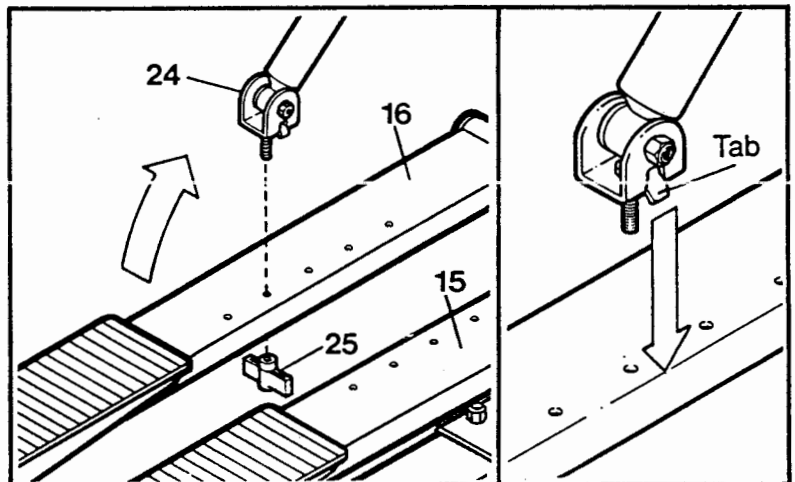
Turn the Base (8) so that the threaded ends of the bolts are upward. Position the Upright (6) over the bolts in the Base. Attach the Upright with four Nylock Nuts (7).



ASSEMBLING THE RESISTANCE CYLINDERS

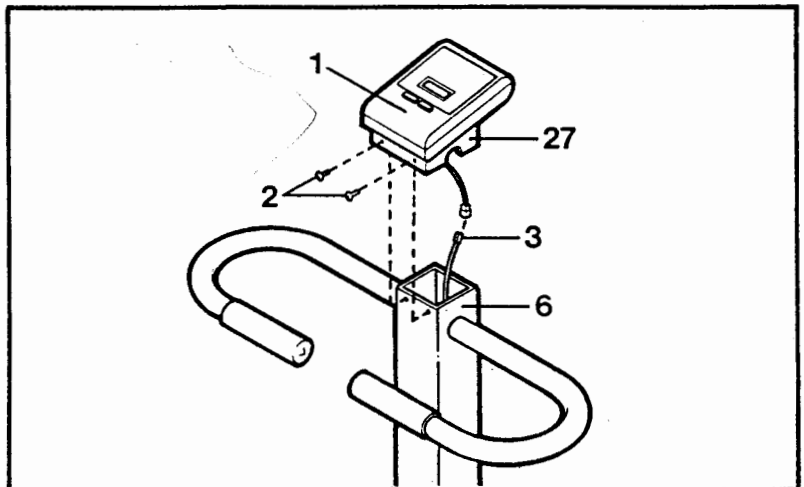
Lift the Left Pedal (16) and insert the left Cylinder Bracket (24) through one of the holes in the Pedal. The tab on the Bracket must be against the inside of the Pedal. Tighten a Bracket Knob (25) onto the end of the Cylinder Bracket.

Attach the right Resistance Cylinder (not shown) to the Right Pedal (15) in the same manner.



ASSEMBLING THE ELECTRONIC MONITOR

Connect the Sensor Wire (3) to the wire protruding from the Electronic Monitor (1). Attach the Monitor Bracket (27) to the top of the Upright (6) with the two Bracket Screws (2).



OPERATION AND ADJUSTMENT

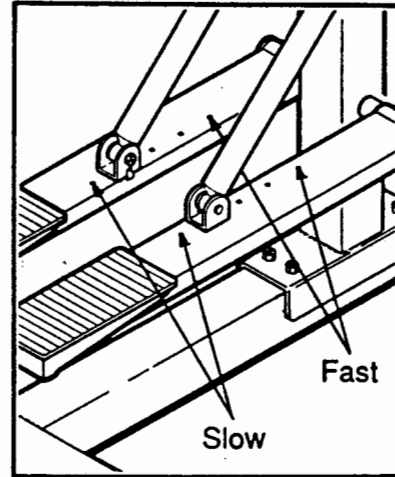
Hold the handlebars with an overhand grip. Step onto the pedals and let both pedals sink to the floor. Begin stepping by alternately pressing the right and left pedals down with a rapid, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING 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 to avoid injury.

ADJUSTING 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 resistance levels. To change the resistance, first remove the bracket knobs from the cylinder brackets. Move the cylinder brackets to the desired holes in the pedals, and reattach the bracket knobs.

WARNING: The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.



ELECTRONIC MONITOR OPERATION

The simple-to-operate electronic monitor features five different modes to provide you with feedback as you exercise. Please read the instructions below before using the monitor.

DESCRIPTION OF THE MODES

SPEED- Displays your stepping speed, in steps per minute.

TIME- Displays the elapsed time. Note: The time will be counted only while you are stepping. If you stop for ten seconds or longer, the time will hold until you resume stepping.

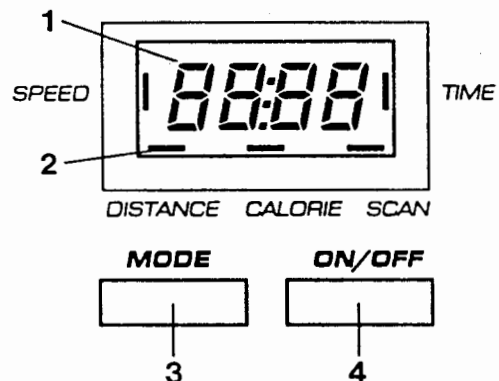
DISTANCE- Displays the total number of steps you have completed.

CALORIE- Displays the total number of Calories you have burned. Note: If your stepping speed is very fast or very slow, the actual number of Calories you have burned will be slightly higher or lower than the number shown.

SCAN- Displays the SPEED, TIME, DISTANCE and CALORIE modes, for 5 seconds each, in a repeating cycle.

MONITOR DIAGRAM

1. LED display- Display for all modes.
2. Mode indicator- Shows which mode is currently selected.
3. Mode button- Selects modes.
4. On/off button- Turns the power on and off.



MONITOR OPERATION

Two AA-size batteries (not included) are required for operation. See ~~MONITOR CARE~~.

1. To turn the power on, press the on/off button, or simply begin stepping.
2. Select one of the five modes:
 - A. **SCAN-** When the power is turned on, the SCAN mode will be selected automatically. A mode indicator will appear by the word "SCAN." The SPEED, TIME, DISTANCE and CALORIE modes will be displayed, for five seconds each, in a repeating cycle. A second mode indicator will show which mode is currently displayed.
 - B. **SPEED, TIME, DISTANCE or CALORIE-** The SPEED, TIME, DISTANCE or CALORIE modes can be selected by repeatedly pressing the mode button. Modes are selected in the following order: SPEED, TIME, DISTANCE, CALORIE, SCAN.
3. When you are finished exercising, press the on/off button to turn the power off. Note: The monitor has an "auto shut-off" feature to prevent the batteries from being drained when the stepper is not in use. If the stepper pedals are not moved and the monitor buttons are not pressed for four minutes, the power will shut off automatically.

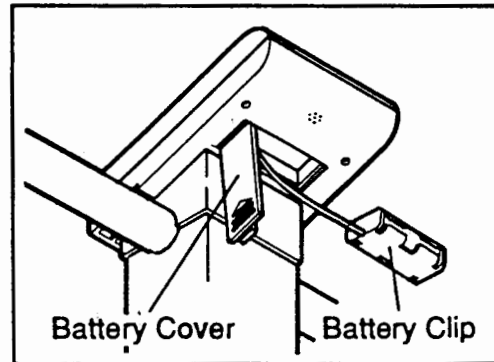
TROUBLE-SHOOTING AND MAINTENANCE

Most stepper problems can be solved by following the simple steps below. If further assistance is needed, 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).

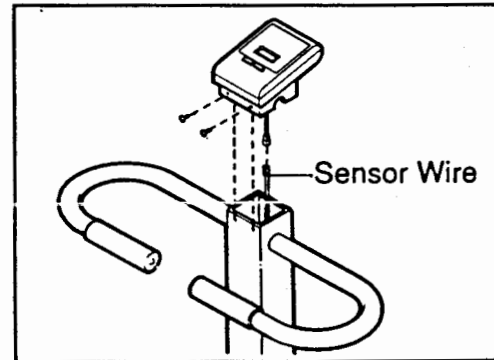
Inspect and tighten all parts of the stepper regularly. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the electronic monitor.

TROUBLE-SHOOTING THE ELECTRONIC MONITOR

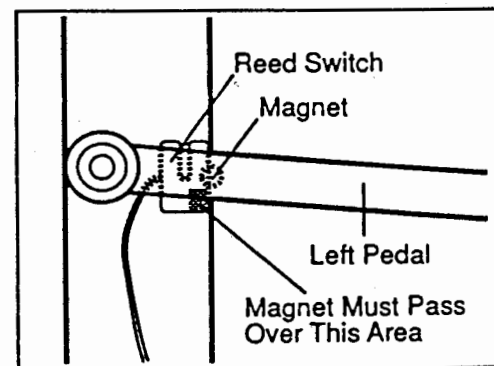
1. If the electronic monitor does not function properly, the batteries should be replaced. Most problems are the result of weak batteries. Two "AA"-size batteries are required (alkaline batteries are recommended). The battery compartment is located in the underside of the monitor. Open the battery cover and carefully remove the battery clip. Insert two new batteries, in the directions shown on the inside of the battery clip. Close the battery cover.



2. If the monitor displays incorrect feedback, the sensor wire should be checked. Remove the screws from the monitor bracket, and lift the monitor off of the stepper. Make sure the sensor wire is plugged fully into the wire protruding from the monitor. Reattach the monitor to the stepper.



3. If the monitor still displays incorrect feedback, the reed switch should be repositioned. Hold the left pedal down. Carefully pull the reed switch off of the fastener strip. Position the reed switch on the fastener strip so that the magnet on the left pedal passes directly over the area shaded in the drawing at the right. Reposition the reed switch until the monitor displays correct feedback.



LUBRICATING THE PEDALS AND RESISTANCE CYLINDERS

The pedals and resistance cylinders should be lubricated every six months. Remove the pedals and resistance cylinders from the frame. Lubricate the axles on the frame with a petroleum-based grease. Reattach the pedals and resistance cylinders. (See the EXPLODED DRAWING on page 11 for help, if necessary.)

CONDITIONING GUIDELINES

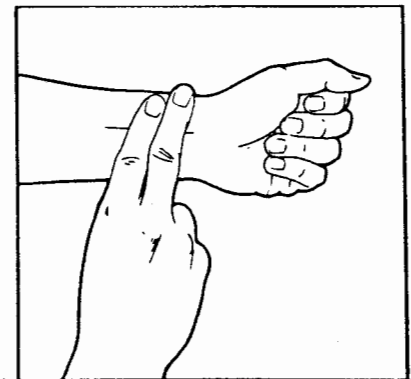
The following guidelines will help you to outline a personal exercise program. **Before beginning this or any exercise program, consult your physician.**

EXERCISE INTENSITY

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

To find your heart rate, stop exercising and place two fingers on your wrist as shown. Carefully take a six-second heart-beat 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 the intensity of your exercise as necessary. During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20-30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Warm up with 5-10 minutes of stretching or light calisthenics. After warming up, begin exercising at a light pace. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. Finish your workout with 5-10 minutes of stretching to cool down. This will improve flexibility, as well as offset muscle contractions and other problems caused when you stop exercising suddenly.

To maintain or improve your condition, exercise 2-3 times per week following the pattern described above, with at least one day of rest between workouts. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is **CONSISTENCY**.

EXERCISE FREQUENCY

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to a successful program is **CONSISTENCY**.

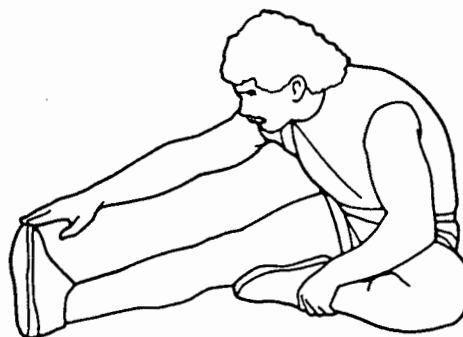
SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch- never bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, lower back and groin.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

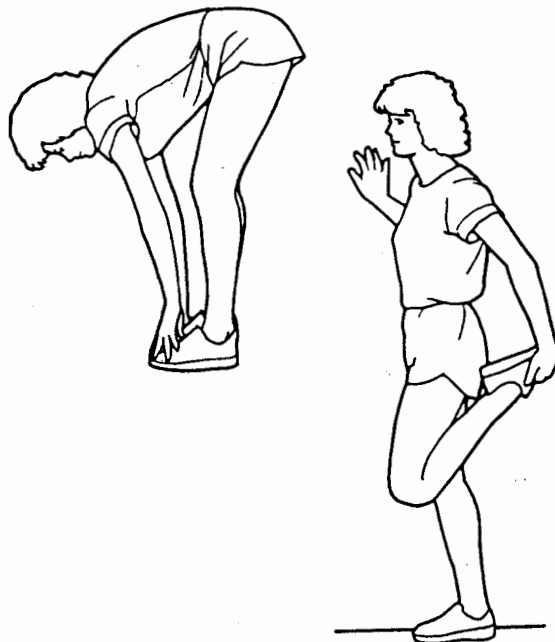
Stretches: Quadriceps, hip muscles.



TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and grasp your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times for both legs.

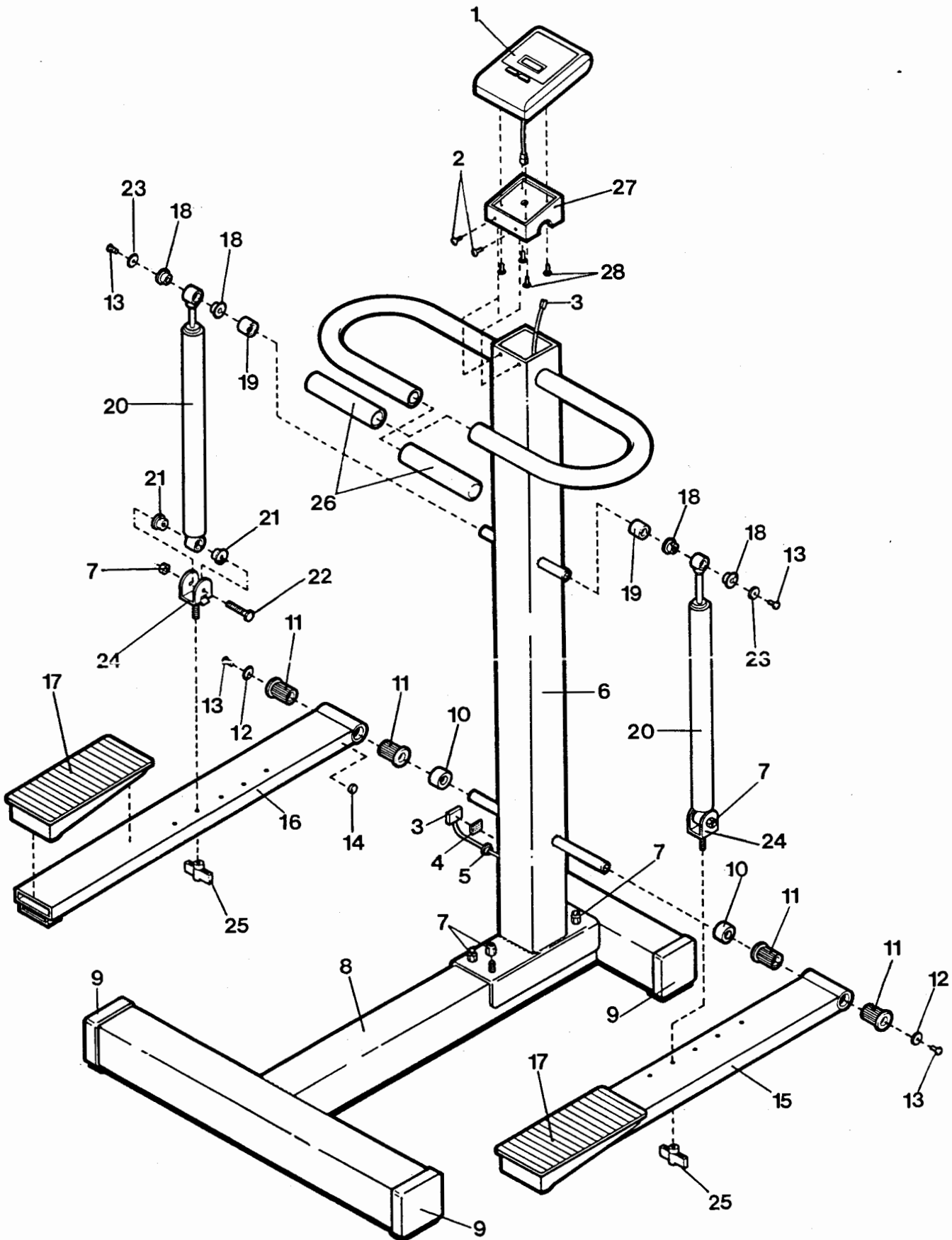
Stretches: Quadriceps, hip muscles.

PART LIST - Model No. PF101110

Rev. 11/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Electronic Monitor	16	1	Left Pedal Assembly
2	2	Bracket Screw	17	2	Pedal Cover
3	1	Sensor Wire/Reed Switch	18	4	Upper Cylinder Bushing
4	1	Fastener Strip	19	2	Cylinder Spacer
5	1	Snap Bushing	20	2	Resistance Cylinder
6	1	Upright w/Decal	21	4	Lower Cylinder Bushing
7	6	Nylock Nut	22	2	Bracket Bolt
8	1	Base	23	2	Cylinder Washer
9	4	Base Endcap	24	2	Cylinder Bracket
10	2	Pedal Spacer	25	2	Bracket Knob
11	4	Pedal Bushing	26	2	Handgrip
12	2	Washer	27	1	Monitor Bracket
13	4	Screw	28	4	Monitor Screw
14	1	Magnet	#	1	Owner's Manual
15	1	Right Pedal Assembly			

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

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). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (PF101110).
2. The NAME of the product (STEP USA).
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