

FREE STEP™

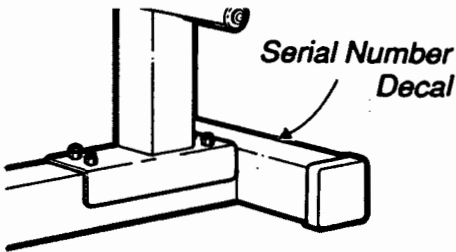
INDEPENDENT STEPPING ACTION

PRO·FORM®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF103010

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.

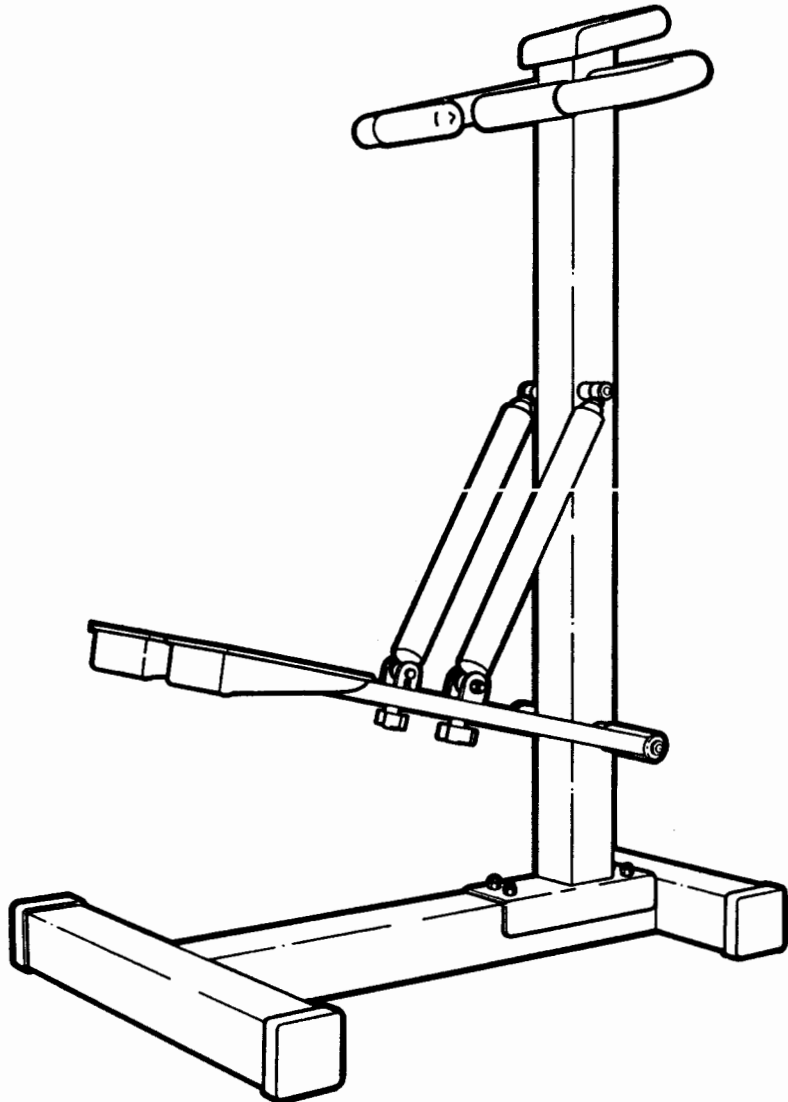
CUSTOMER HOT LINE:

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 during use. Allow the cylinders to cool before touching them.
7. Use the stepper only as described in this manual.

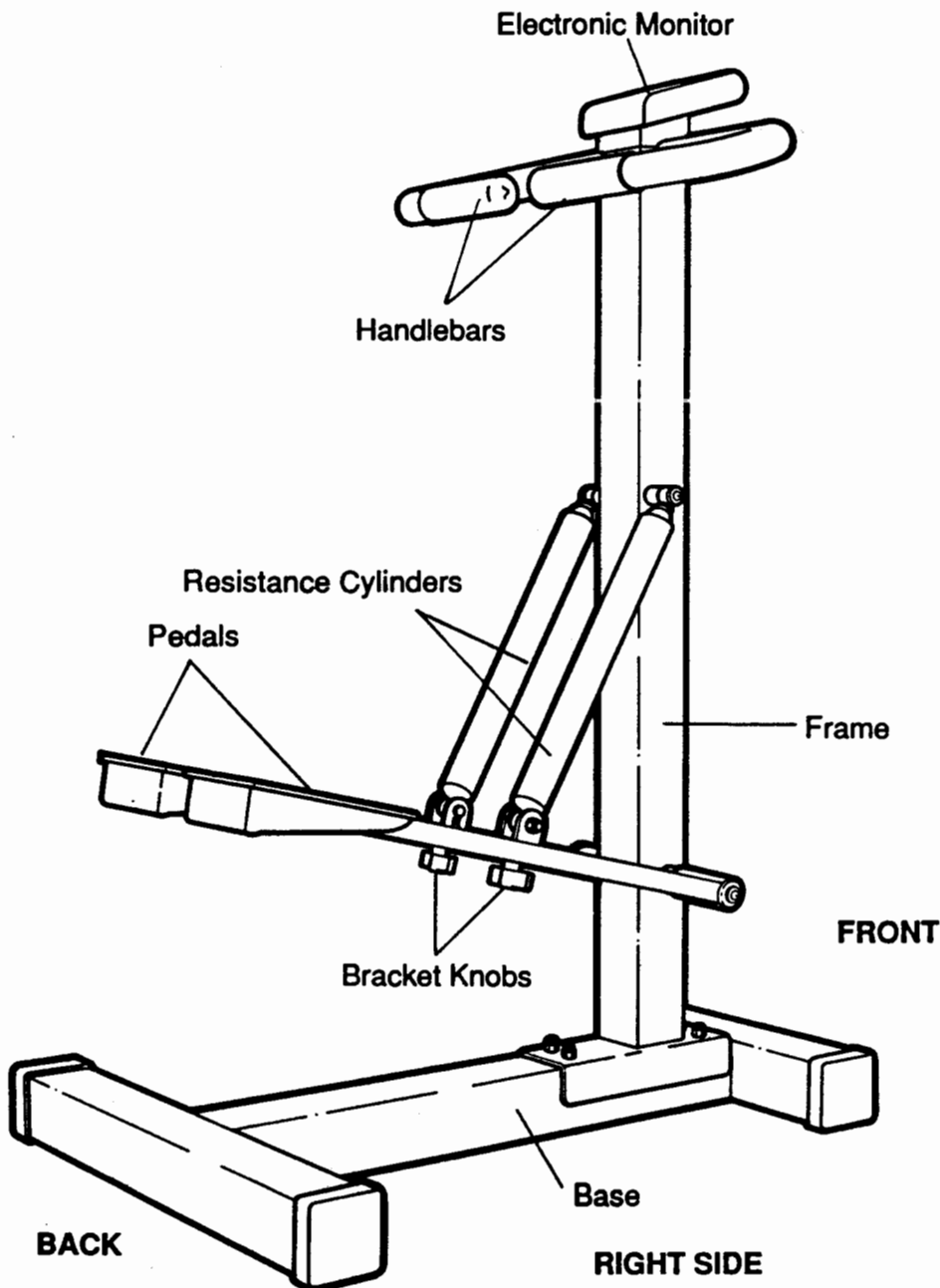
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PRO FORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the Pro Form FREE STEP stepper. The FREE STEP blends advanced engineering with innovative styling to provide you with an effective, low-impact form of cardiovascular exercise in the convenience 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 mention the model number and serial number of your stepper when 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).

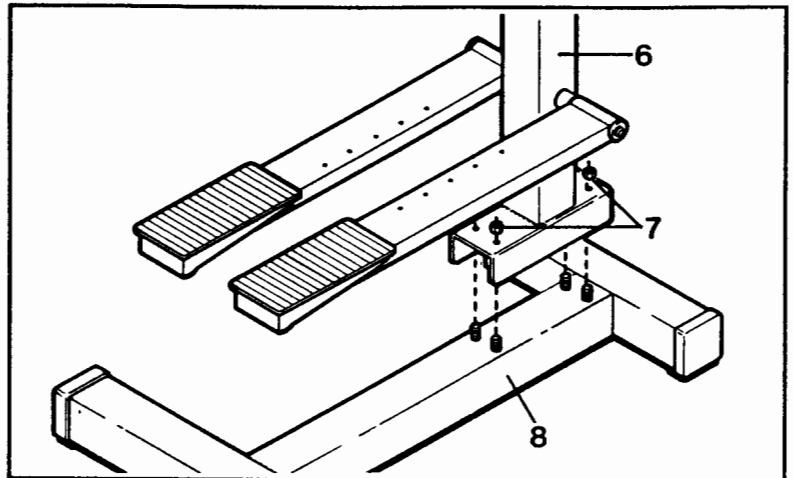
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



ASSEMBLY

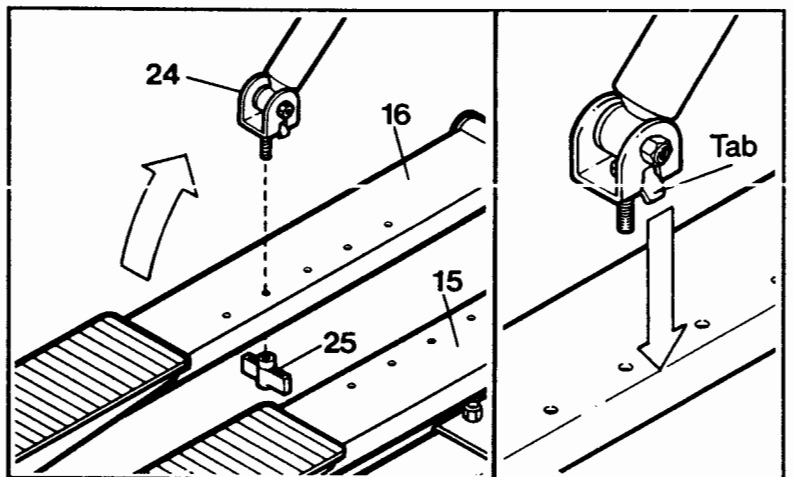
Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using an adjustable wrench and phillips screwdriver (not included).

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

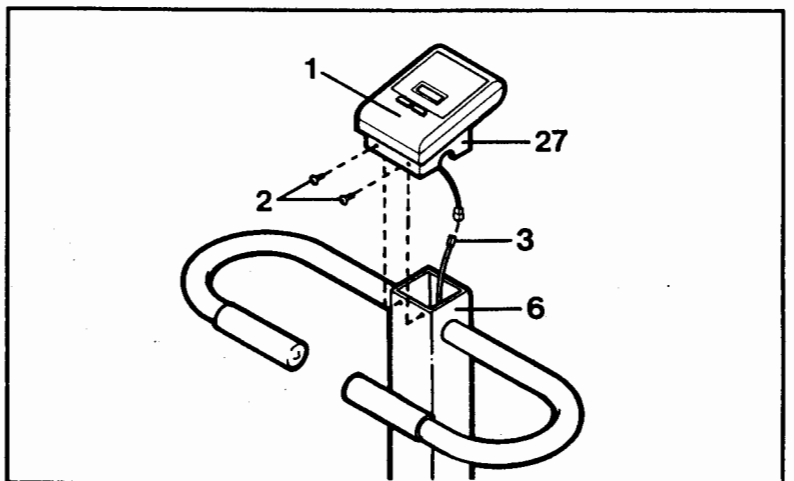


2. Lift the Left Pedal (16) and insert the left Cylinder Bracket (24) through one of the holes in the Pedal. (The tab on the Bracket must be against the inside of the Pedal.) Tighten a Bracket Knob (25) onto the end of the Cylinder Bracket.

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



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



OPERATION AND ADJUSTMENT

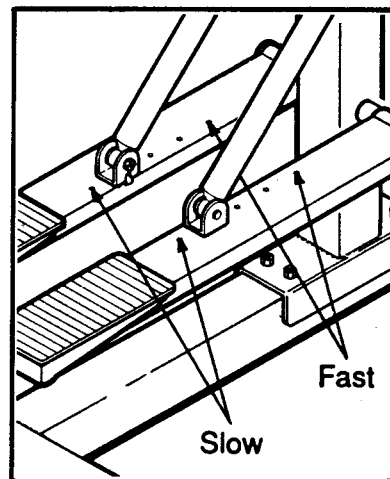
Hold the handlebars with an overhand grip. Step onto the pedals and let both pedals sink to the floor. Begin stepping by alternately pressing the right and left pedals down with a rapid, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change 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 during 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.

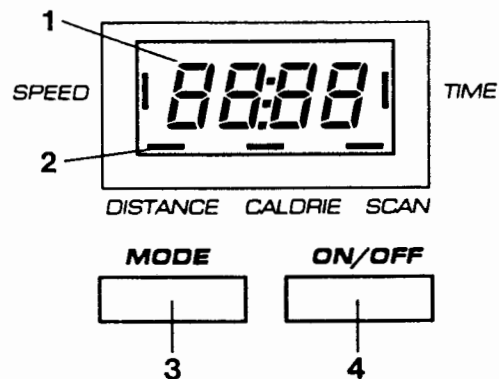
DISTANCE- Displays the total number of steps you have completed.

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

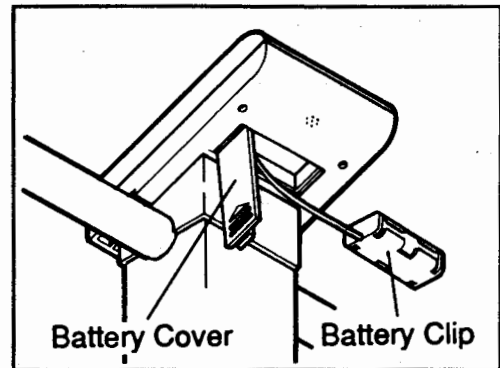
Two AA-size batteries (not included) are required for operation. See MONITOR CARE.

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 turn off automatically.

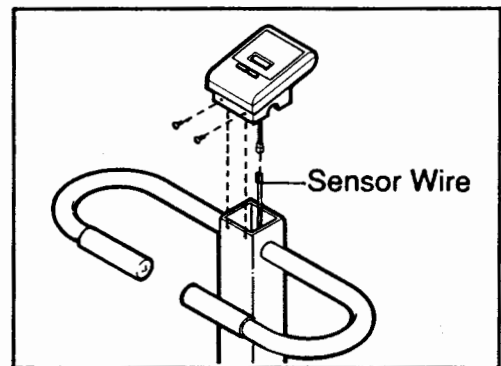
MONITOR CARE

Keep the monitor out of direct sunlight, or the display may be damaged. Clean the monitor periodically using a soft, dry cloth. Liquids should never come in contact with the monitor.

The monitor requires two AA-size batteries for operation. Alkaline batteries are recommended. The battery compartment is located in the underside of the monitor. Open the battery cover as shown, and carefully remove the battery clip. Insert two new AA-size batteries, in the directions shown on the inside of the battery clip. Close the battery cover.



If the display becomes faint, or if the monitor does not function properly, the batteries should be replaced. If the monitor still does not function properly, the sensor wire should be checked. Remove the two screws from the monitor bracket, and lift the monitor off of the stepper. Make sure the sensor wire is plugged into the wire protruding from the monitor. Replace the monitor bracket on the stepper.



MAINTENANCE AND TROUBLE-SHOOTING

This stepper is designed to be virtually maintenance free. Inspect and tighten all parts periodically. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic monitor.

If the electronic monitor does not function properly, see MONITOR CARE above.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your personal fitness program. Remember that adequate rest and good nutrition are essential to the success of your fitness program. **WARNING: Before beginning any exercise program, consult your physician.**

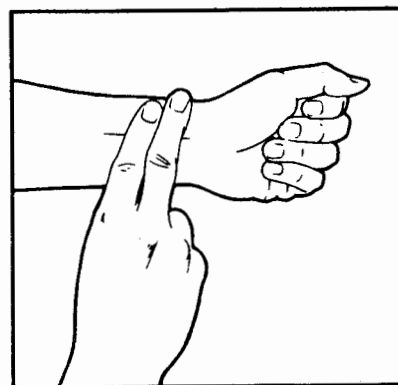
EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands, while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, your heart rate must be maintained 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 conditioned and unconditioned persons according to age. Use 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 weeks of your exercise program, keep your heart rate near the low end of your training zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your training zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your training zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist as shown. Carefully take a six-second heart beat count. Add a "0" to the result to find your heart rate. (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 below your training zone, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Every workout should consist of the following 5 parts: 1. Resting, 2. Warming up, 3. Training zone exercise, 4. Cooling down, 5. Resting. Warming up should be a part of every workout, preparing the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. 5-10 minutes of stretching will provide a good warm-up. After warming up, begin exercising with low intensity. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for a period of 20-30 minutes. To aid circulation, and help prevent soreness, finish your workout with 5-10 minutes of stretching or light exercise.

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**.

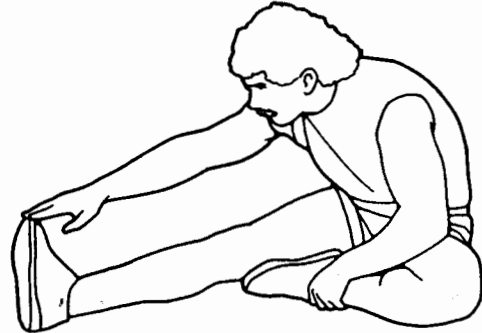
SUGGESTED STRETCHES

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.

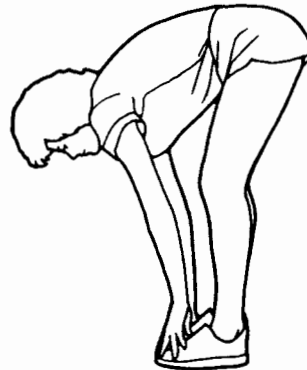
Stretches: Quadriceps, hip muscles.



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. PF103010

Rev. 9/91

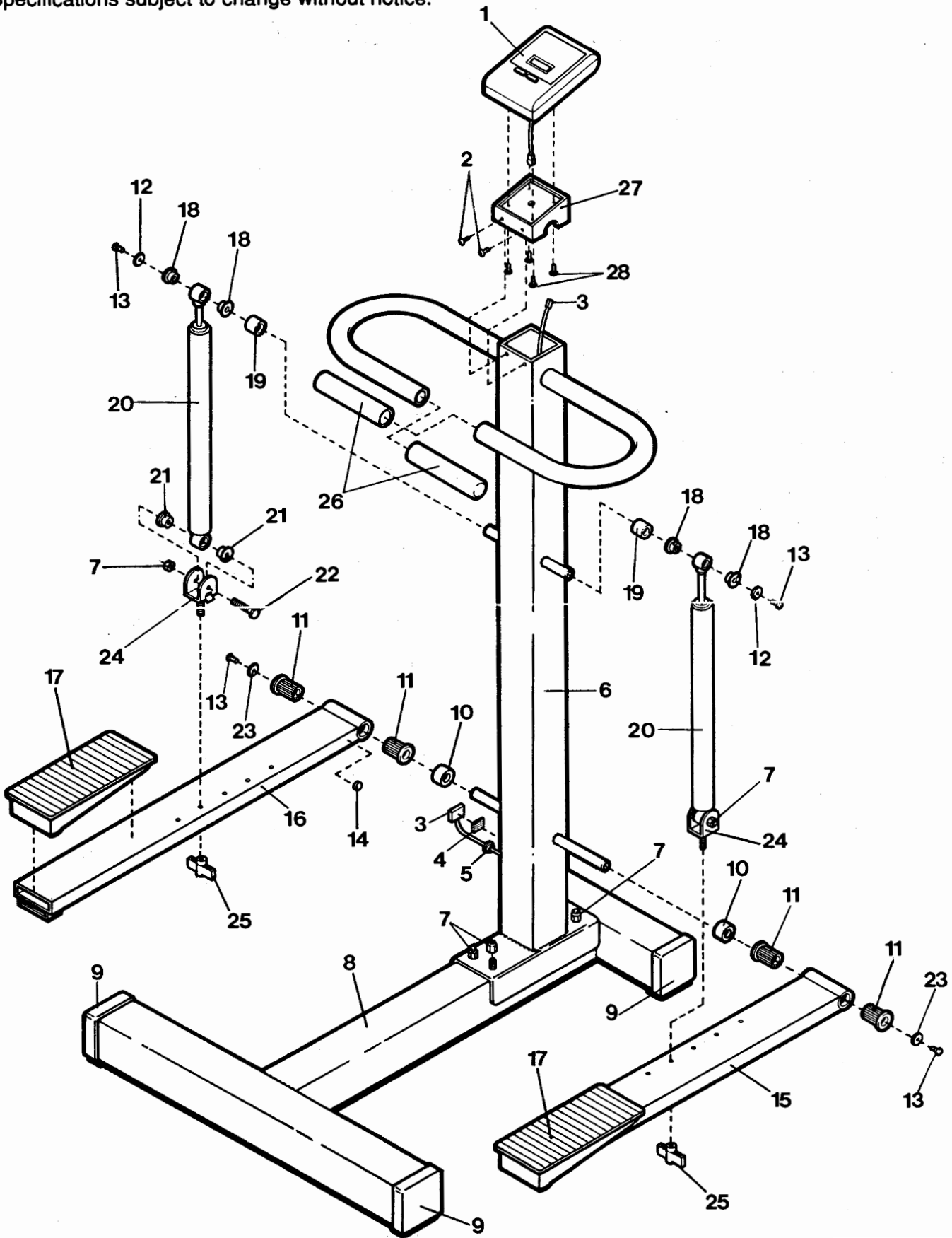
| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-------------------------|---------|------|------------------------|
| 1 | 1 | Electronic Monitor | 16 | 1 | Left Pedal Assembly |
| 2 | 2 | Bracket Screw | 17 | 2 | Pedal Foot Pad |
| 3 | 1 | Sensor Wire/Reed Switch | 18 | 4 | Upper Cylinder Bushing |
| 4 | 1 | Fastener Strip | 19 | 2 | Cylinder Spacer |
| 5 | 1 | Grommet | 20 | 2 | Resistance Cylinder |
| 6 | 1 | Frame | 21 | 4 | Lower Cylinder Bushing |
| 7 | 6 | Nut | 22 | 2 | Bracket Bolt |
| 8 | 1 | Base | 23 | 2 | Fender 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.

EXPLODED DRAWING - Model No. PF103010

Rev. 9/91

Specifications 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:

1. The **MODEL NUMBER** of the product (PF103010).
2. The **NAME** of the product (Pro Form FREE STEP).
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