

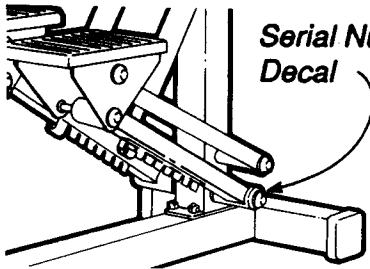
# FREE<sup>®</sup> STEP

INDEPENDENT STEPPING ACTION

## PRO-FORM<sup>®</sup>

Model No. PF103020

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.*

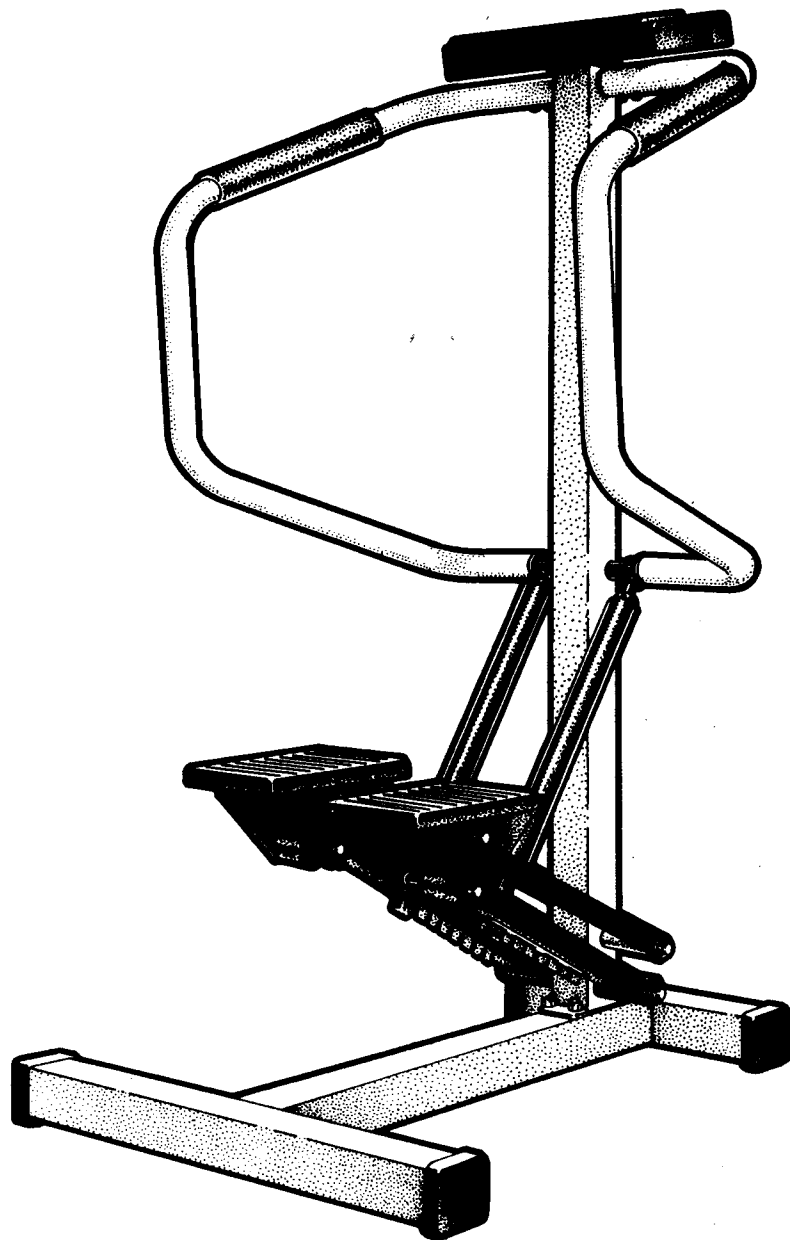
**CUSTOMER HOT LINE:**

**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.*



## 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 the stepper.

1. Place the stepper on a level surface. Keep the console out of direct sunlight or the LCD display may be damaged.
2. Inspect and tighten all parts each time you use the stepper.
3. Always wear appropriate clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails when using the stepper.
5. Keep small children away from the stepper at all times.
6. Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.
7. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.
8. Use the stepper only as described in this manual.

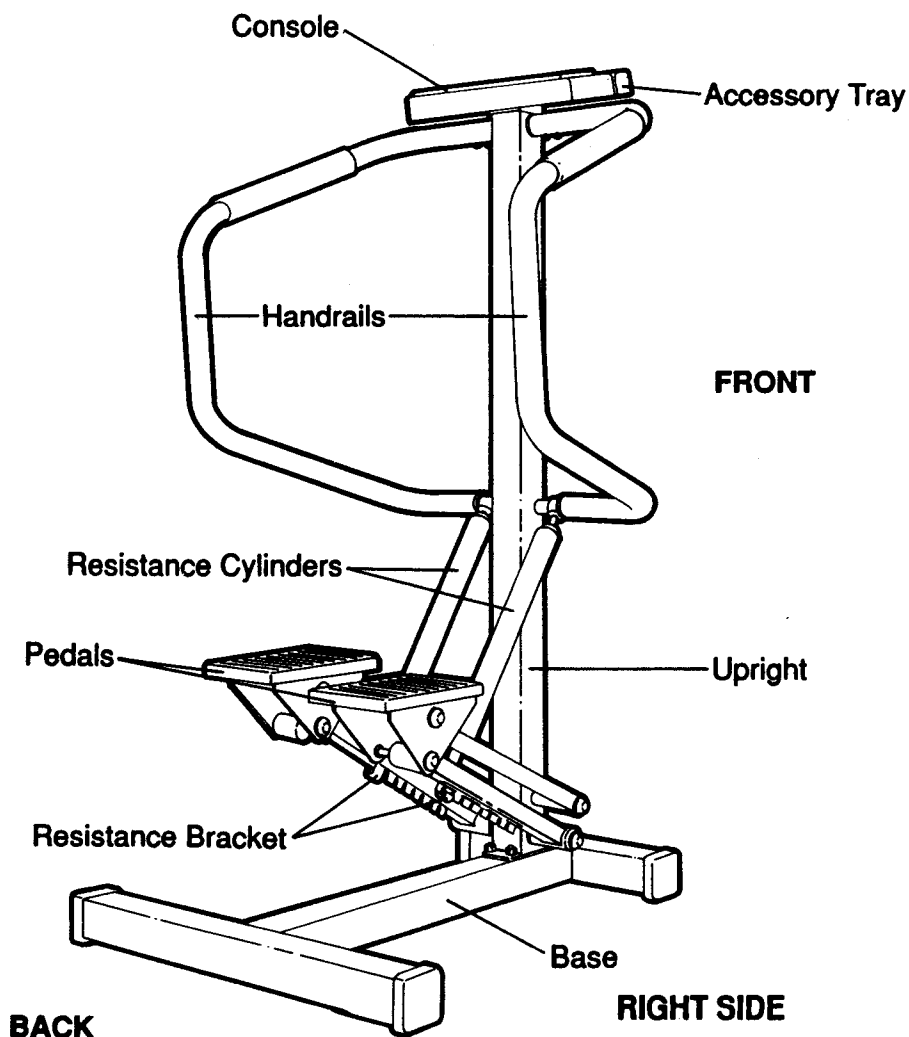
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. PROFORM assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® FREE STEP stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The FREE STEP blends advanced engineering with contemporary styling to let you enjoy this invigorating exercise in the comfort and privacy of your own home. Feel better, look better and be healthier in just a few minutes a day.

**For your safety and benefit, read this manual carefully before using the stepper.** 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 the product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location).

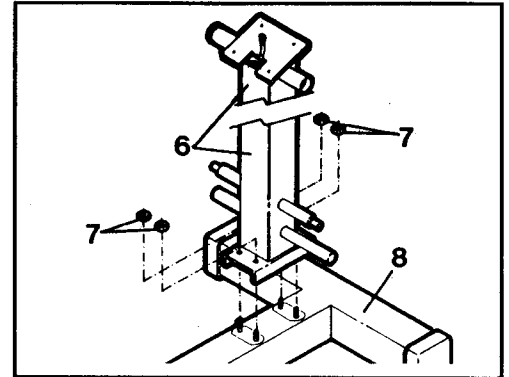
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



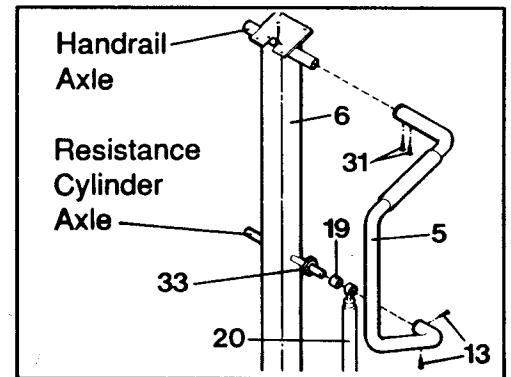
# ASSEMBLY

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

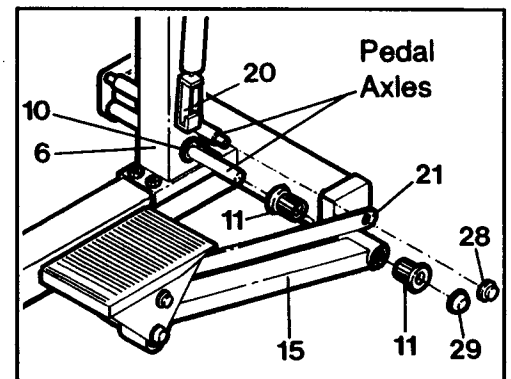
1. Turn the Base (8) so that the threaded ends of the bolts are upward. Attach the Upright (6) to the Base with four Nylock Nuts (7). Make sure that the plate at the top of the Upright is angled down toward the back of the Base.



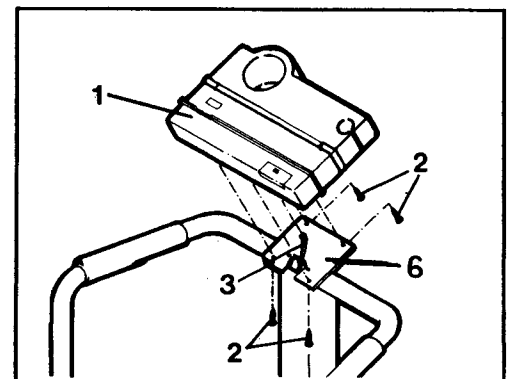
2. Slide a Small Cylinder Spacer (33), a Cylinder Spacer (19) and a Resistance Cylinder (20) onto the resistance cylinder axle on the Upright (6). Make sure that the open side of the Small Cylinder Spacer is turned toward the Upright. Back the two Axle Screws (13) out of the Right Handrail (5). Slide the Handrail onto the Upright as shown, making sure that the handrail is flush against the Resistance Cylinder. Attach the Handrail with two Handrail Screws (31) and two Axle Screws (13). Attach the other Resistance Cylinder and the Left Handrail (not shown) in the same manner.



3. Press a Bushing (11) into each side of the Right Pedal Arm (15). Slide a Pedal Arm Spacer (10) onto the lower pedal axle on the Upright (6). Make sure that the open side of the Spacer is turned toward the Upright. Apply grease to the lower pedal axle. Slide the Right Pedal Arm (15) and Link Arm (21) onto the pedal axles as shown. Press a Push Cap (28) onto the upper pedal axle, and an Axle Cap (29) onto the lower pedal axle. Attach the Left Pedal Arm and Link Arm (not shown) in the same manner. Rest the Pedal Arms on the brackets at the lower end of the Resistance Cylinders (20). Make sure that each bracket is fully inserted into one of the slots in the underside of the Pedal Arms.



4. Connect the Sensor Wire (3) to the wire protruding from the Console (1). Insert all excess wire into the Upright (6). Attach the Console to the plate at the top of the Upright with four Console Screws (2).



# OPERATION AND ADJUSTMENT

Place the stepper on a level surface. Keep the console out of direct sunlight or the LCD display may be damaged. The stepper features precision hydraulic cylinders for long life and trouble-free operation; due to the nature of hydraulic cylinders, it is recommended that the floor underneath the stepper be covered in case of slight oil leakage.

Hold the handlebars with an overhand grip. Step onto the pedals and let both pedals sink to the floor. Begin stepping, alternately pressing the right and left pedals down with a smooth, 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 RESISTANCE). For an effective aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance. For strengthening the muscles, slower steps at medium resistance are more effective.

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

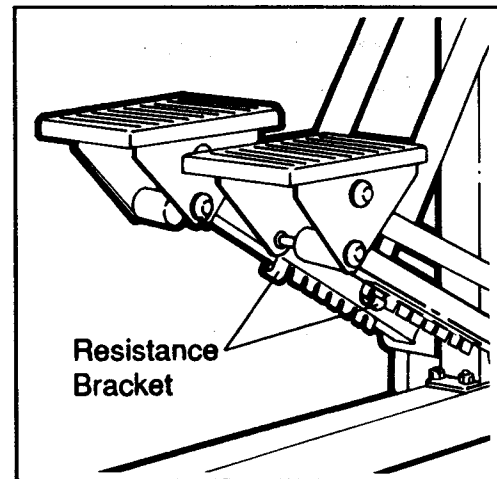
**WARNING: Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.**

The accessory tray on the console is designed to hold a drink and your exercise towel. Slide a corner of your towel into the slot in the right side of the tray.

## ADJUSTING THE RESISTANCE

The resistance of the stepper pedals can be changed by moving the resistance brackets. Change the resistance of one pedal at a time. Hold the resistance bracket with one hand, and lift the pedal with the other hand. To decrease the resistance, move the bracket closer to the upright; to increase the resistance, move the bracket farther away from the upright. Make sure that the bracket is fully inserted into one of the slots under the pedal. Change the resistance of the other pedal in the same manner, making sure that the resistance brackets are in the same position on both pedals.

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



# CONSOLE OPERATION

The console features a five-mode electronic monitor to provide you with instant feedback as you exercise. Please read these instructions before operating the monitor.

## DESCRIPTION OF THE MODES

**SPEED**—Displays your current speed, in steps per minute.

**TIME**—Displays the elapsed time. Note: If you stop exercising for ten seconds or longer, the TIME mode will pause until you resume.

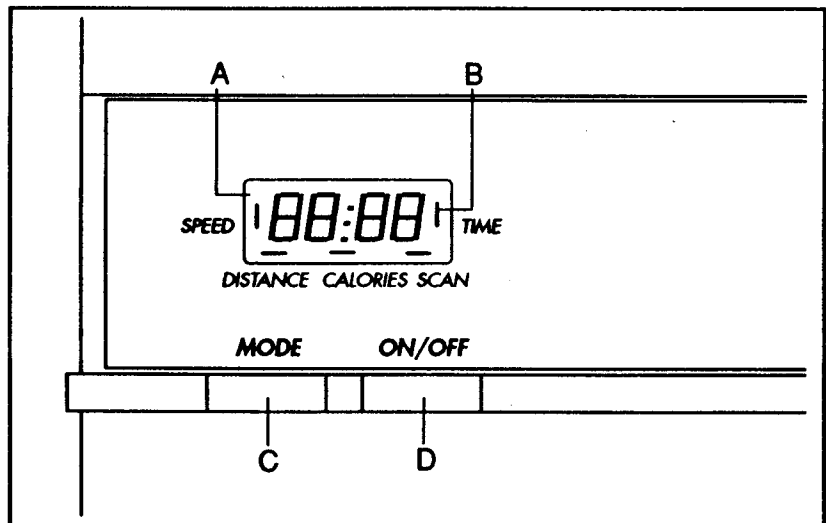
**DISTANCE**—Displays the total number of steps you have completed.

**CALORIES**—Displays the total number of nutritional Calories you have burned. Note: The number displayed is an averaged figure. The actual number may vary depending on the stepping resistance.

**SCAN**—Displays all of the above modes, for five seconds each, in a repeating cycle.

## MONITOR DIAGRAM

- A. LCD display.
- B. Mode indicators—Show which mode is currently selected.
- C. Mode button—Selects modes.
- D. On/off button—Turns the power on and off.



## INSTALLING BATTERIES

The console requires two "AA" batteries (not included) for operation; alkaline batteries are recommended. Slide the battery cover open and remove the battery clip from the console. Find the markings inside the battery clip showing which direction the batteries must be turned. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

## OPERATING THE MONITOR

1. To turn the power on, press the on/off button or simply begin exercising. The entire display will appear for two seconds. The monitor will then be ready for operation.

2. Select one of the five modes:

**SCAN mode**—When the power is turned on, the SCAN mode will be selected automatically. One mode indicator will show that the SCAN mode has been selected, and a second mode indicator will show which mode is currently displayed. The SCAN mode can also be selected by repeatedly pressing the MODE button.

SPEED, TIME, DISTANCE or CALORIES mode—These modes can be selected by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes are selected in the following order: SPEED, TIME, DISTANCE, CALORIE and SCAN.

3. To reset the modes, turn the power off and then on again by pressing the on/off button.
4. To turn the power off, press the on/off button. Note: If the stepper pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically.

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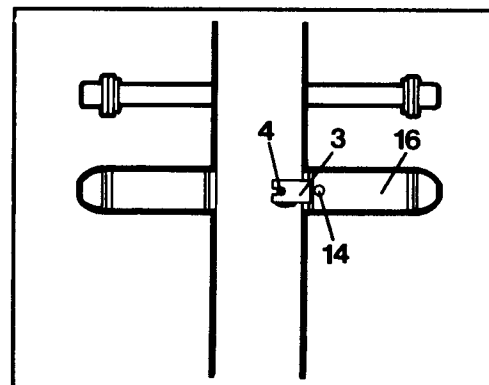
## TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the stepper. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

### ELECTRONIC MONITOR

If the electronic monitor displays incorrect feedback, or if the display becomes faint, the batteries should be replaced; most problems are the result of drained batteries. (See CONSOLE OPERATION.)

If the electronic monitor still displays incorrect feedback, the Reed Switch (3) should be repositioned. Loosen the Reed Switch Screw (4). Hold the left pedal so that the Left Pedal Arm (16) is parallel to the floor. Adjust the position of the Reed Switch so that there is a  $\frac{3}{16}$ " gap between the Reed Switch and the Magnet (14). Tighten the Reed Switch Screw.



# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **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.**

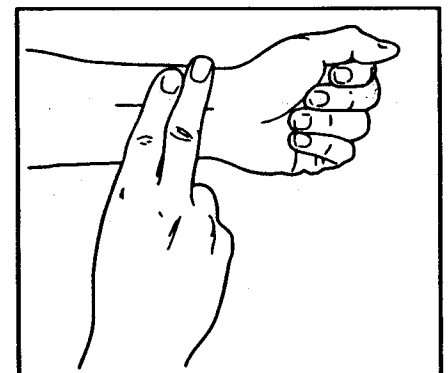
## EXERCISE INTENSITY

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

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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle 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 when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



## WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

## SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

### TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

### CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

### QUADRICEPS STRETCH

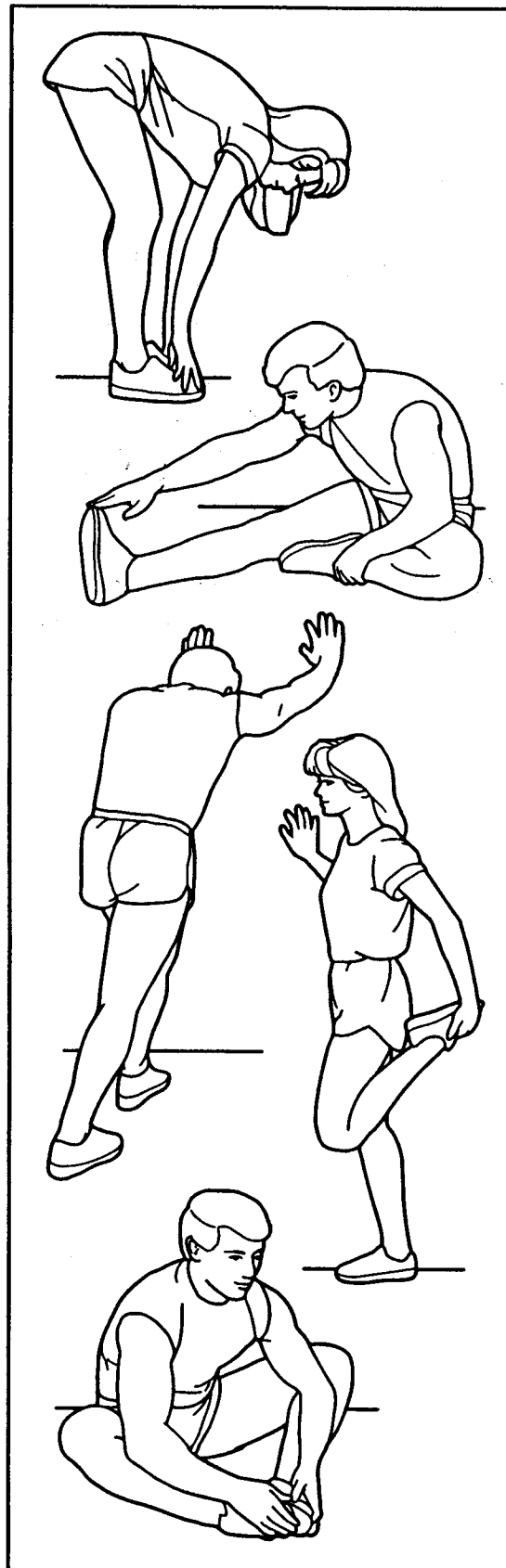
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



**PART LIST—Model No. PF103020**

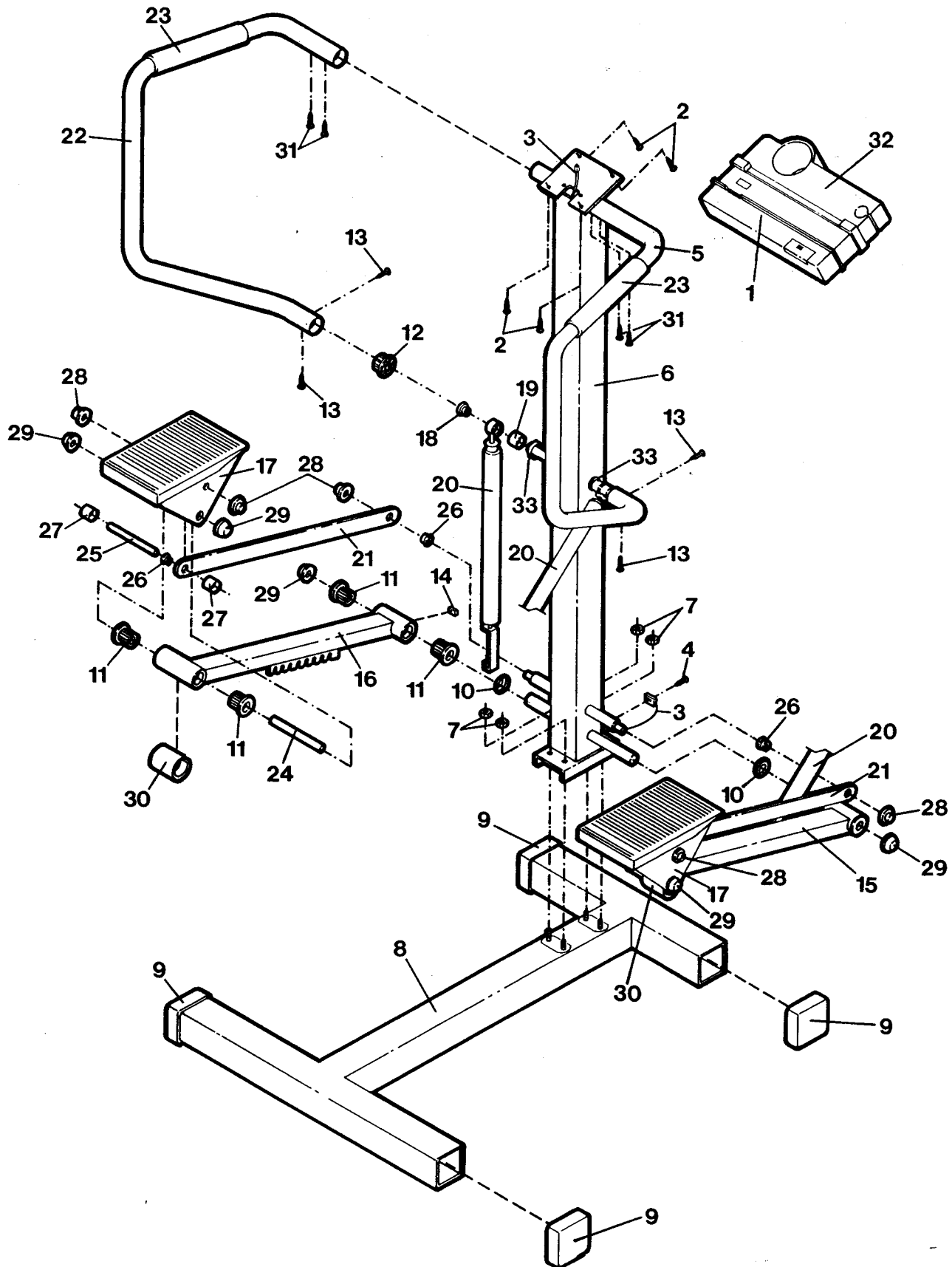
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<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>	<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>
1	1	Console	18	4	Resistance Cylinder Bushing
2	4	Console Screw	19	2	Cylinder Spacer
3	1	Sensor Wire/Reed Switch	20	2	Resistance Cylinder
4	1	Reed Switch Screw	21	2	Link Arm
5	1	Right Handrail	22	1	Left Handrail
6	1	Upright	23	2	Handrail Foam
7	4	Nylock Nut	24	2	Pedal Arm Axle
8	1	Base	25	2	Link Arm Axle
9	4	Base Endcap	26	4	Link Arm Bushing
10	2	Pedal Arm Spacer	27	4	Link Arm Spacer
11	8	Pedal Arm Bushing	28	6	Push Cap
12	2	Handrail Bushing	29	6	Axle Cap
13	4	Axle Screw	30	2	Bumper
14	1	Magnet	31	4	Handrail Screw
15	1	Right Pedal Arm	32	1	Accessory Tray
16	1	Left Pedal Arm	33	2	Small Cylinder Spacer
17	2	Pedal	#	1	Owner's Manual

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. PF103020

Rev. 9/92



# 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 (PF103020).
2. The NAME of the product (PROFORM® FREE STEP stepper).
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**