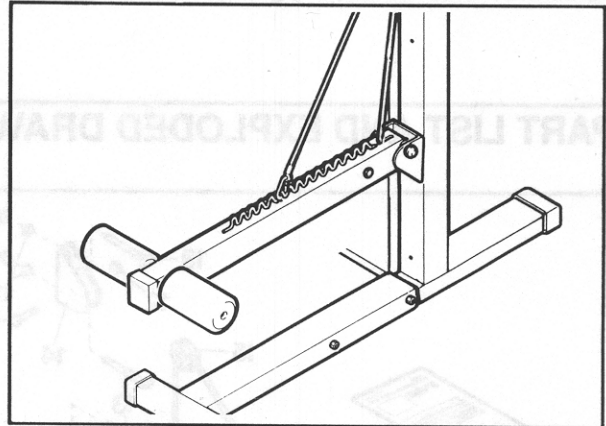


PRO·FORM®

Model No. PF200310

CONNEXION BODY LIFT™

Congratulations for purchasing the CONNEXION BODY LIFT for your system. Please read these instructions carefully before assembling the BODY LIFT. 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 product model number (PF200310) when calling.



ASSEMBLY

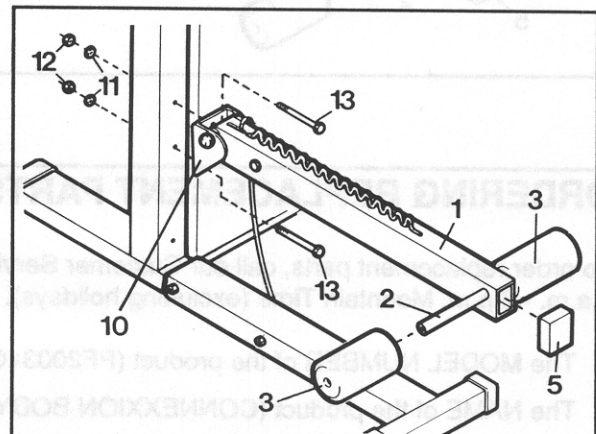
Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Assembly can be completed using two adjustable wrenches (not included).

IMPORTANT: The CONNEXION BODY LIFT is designed to be used with the CONNEXION VKR. Attach the VKR to your system first. Then attach the BODY LIFT to your system, on the same side as the VKR. If the CONNEXION STEPPER is attached to your system, it must be removed temporarily while the BODY LIFT is attached. Your system may differ slightly from the system shown in the drawings below.

1. Insert two Bolts (13) through the Body Lift Bracket (10). While holding the Bolts in the Bracket, insert the Bolts through the frame of your system. Tighten two Nuts (12) with Washers (11) onto the Bolts.

Center the Bar (2) in the Body Lift Arm (1). Slide a Pad (3) onto each end of the Bar.

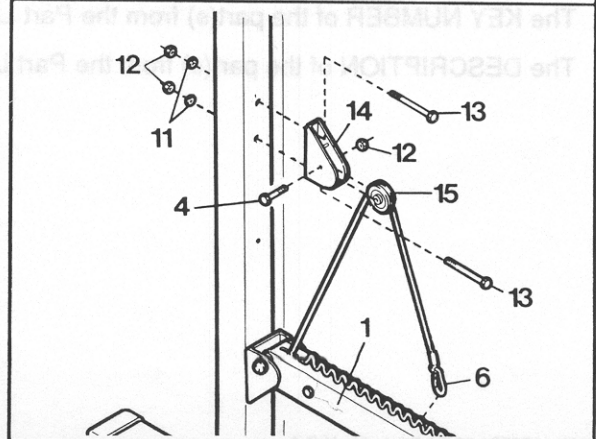
Slide the Body Lift Cap (5) onto the Body Lift Arm (1).



2. Attach the Pulley Bracket (14) to the frame of your system with two Bolts (13), Washers (11) and Nuts (12).

Wrap the cable protruding from the Body Lift Arm (1), around the Pulley (15). Attach the Pulley to the Pulley Bracket (14) with the Short Bolt (4) and a Nut (12). Clip the Connector Link (6) onto the end of the cable, and then clip the Connector Link onto one of the loops on the Body Lift Arm.

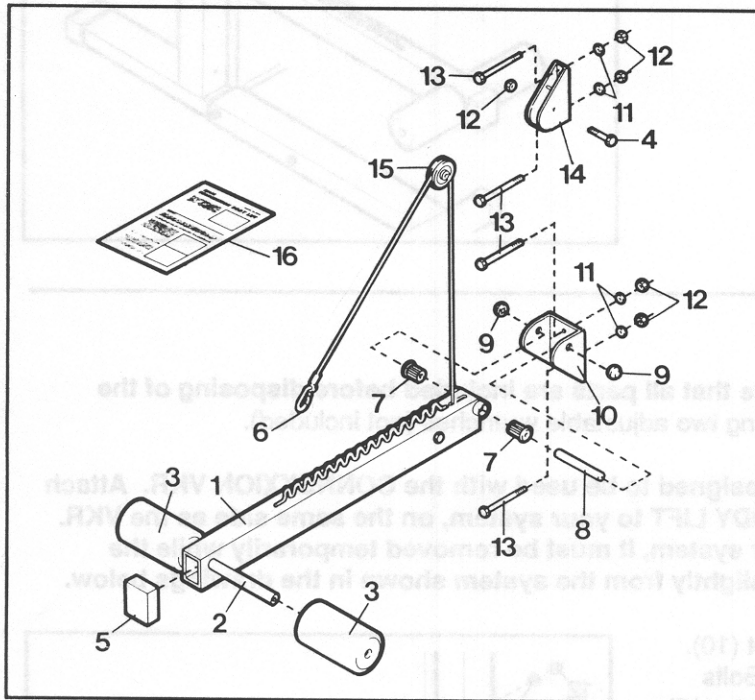
If you have a CONNEXION STEPPER, it can now be attached to your system.



RESISTANCE ADJUSTMENT

The resistance (amount of lift) of the CONNEXION BODY LIFT can be adjusted as desired. To change the resistance, simply move the connector link to a different loop on the body lift arm. The farther away from the frame the link is moved, the greater the resistance will be.

PART LIST AND EXPLODED DRAWING - Model No. PF200310



Key No.	Qty.	Description
1	1	Body Lift Arm
2	1	Bar
3	2	Pad
4	1	Short Bolt
5	1	Body Lift Cap
6	1	Connector Link
7	1	Axle
9	2	Push Cap
10	1	Body Lift Bracket
11	4	Washer
12	5	Nut
13	4	Bolt
14	1	Pulley Bracket
15	1	Pulley
16	1	Owner's Manual

ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at **1-800-999-3756**, Monday - Friday, 6 a.m. - 6 p.m. Mountain Time (excluding holidays). When ordering parts, please give the following information:

1. The **MODEL NUMBER** of the product (PF200310).
2. The **NAME** of the product (CONNEXION BODY LIFT).
3. The **KEY NUMBER** of the part(s) from the Part List.
4. The **DESCRIPTION** of the part(s) from the Part List.