

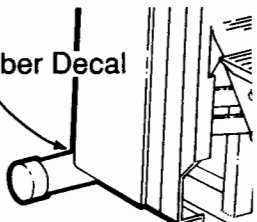
# PRO-FORM® CLUBSX<sup>2</sup>

INDEPENDENT DUAL ACTION MOTIVATIONAL  
CLUB STEPPER • SILENT DRIVE RESISTANCE

Model No. PF201521

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.

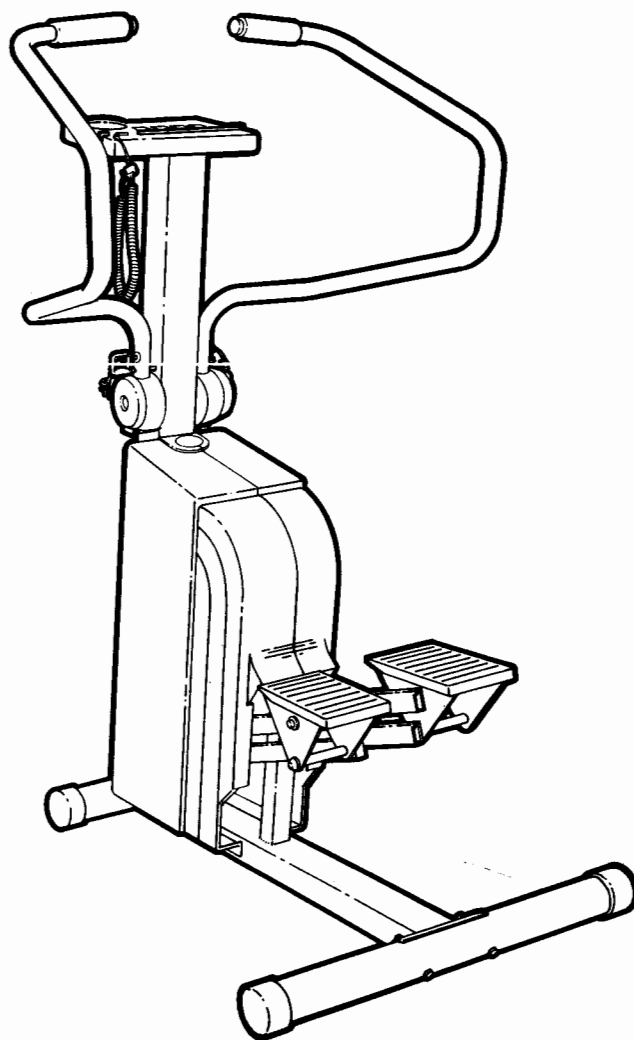
**CUSTOMER HOT LINE:**

**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. Position the stepper on a level surface. Do not use the stepper outdoors or near water.**
- 2. Wear suitable exercise clothing, including athletic shoes, when using the stepper.**
- 3. Always hold the handlebars when using the stepper. Keep your hands away from the pedals and link arms. Keep small children away from the stepper at all times.**
- 4. Never set the stepping resistance so high that you must pull against the handlebars with your arms in order to press the pedals down. Exercising in this manner could result in heart risk.**
- 5. Use the stepper only as described in this manual. Servicing other than the procedures described in this manual should be performed only by an authorized service representative.**

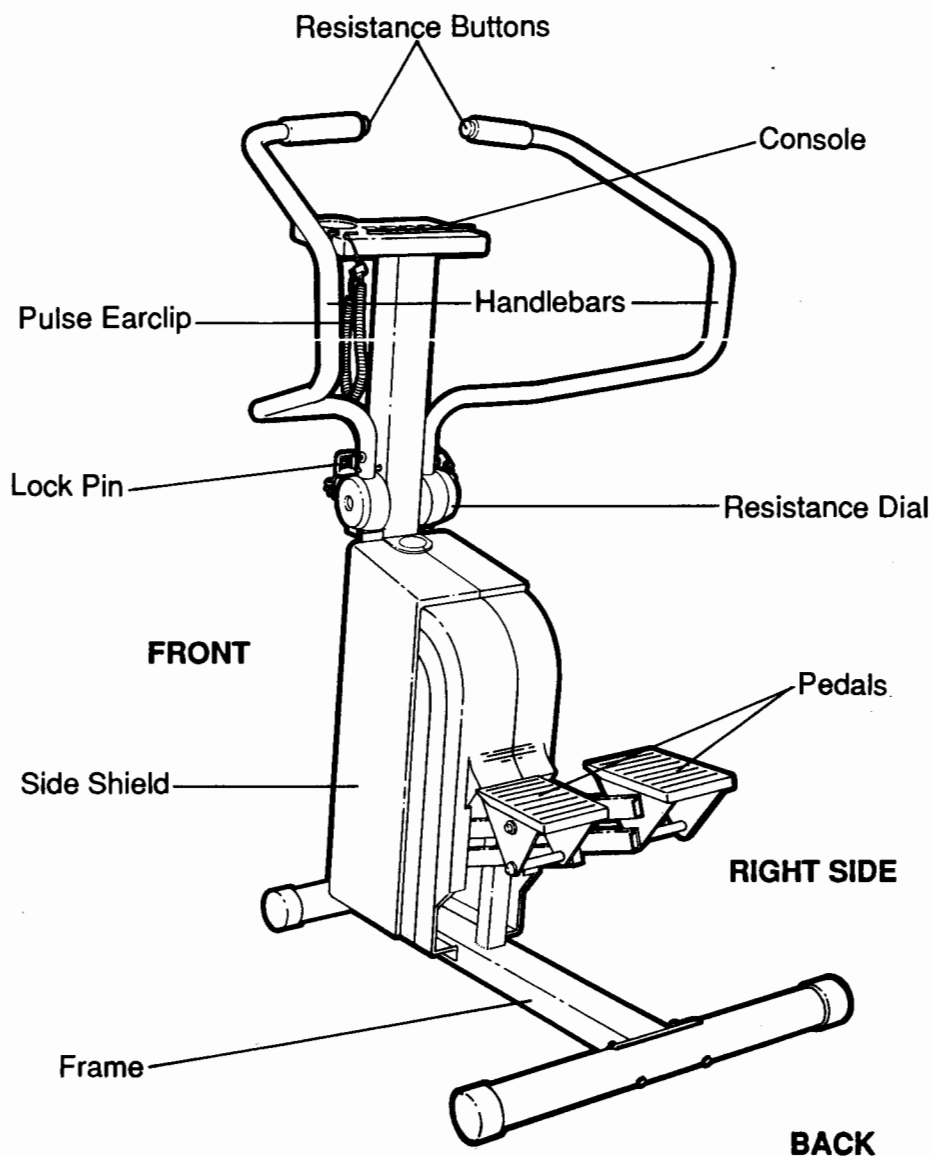
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

# BEFORE YOU BEGIN

Congratulations for selecting the sophisticated PROFORM® CLUB SX2 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The CLUB SX2 combines advanced technology with innovative styling to let you enjoy this dynamic exercise in the convenience and privacy of your home.

**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 of the decal).

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



# ASSEMBLY

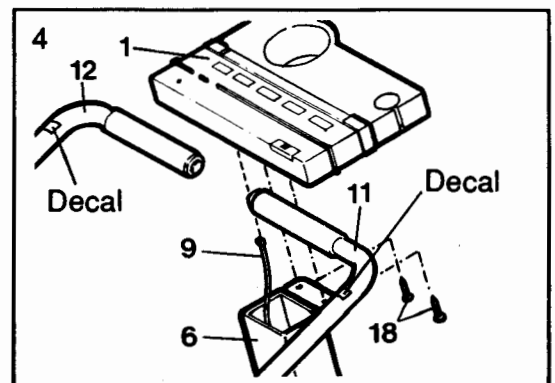
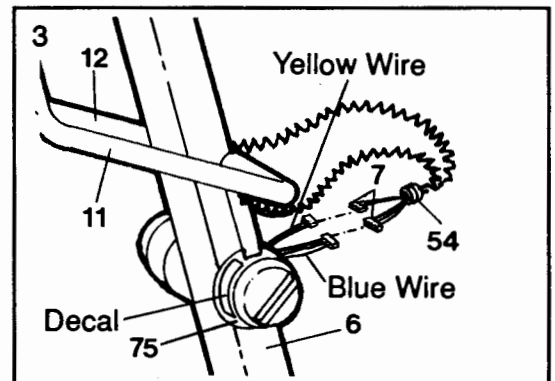
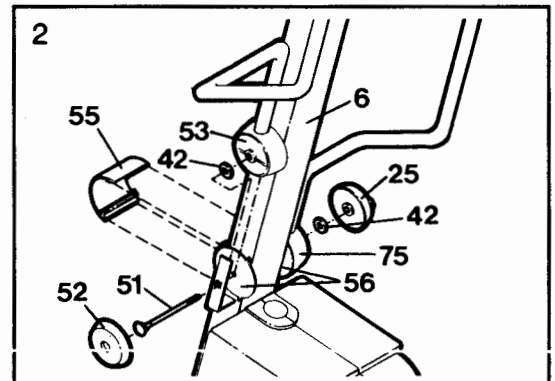
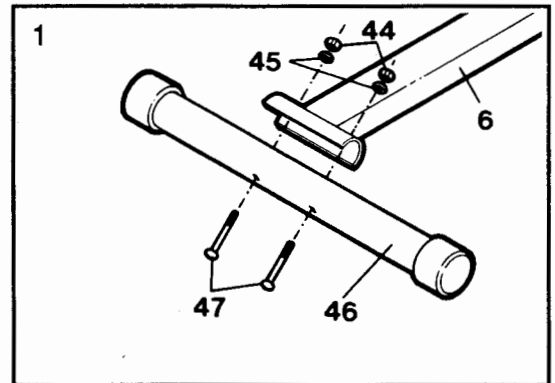
**Read all steps carefully before beginning.** Assembly can be completed using two adjustable wrenches and a phillips screwdriver (not included). The help of a second person is recommended. **Make sure that all parts are included before disposing of the packing materials.**

1. Turn the Stabilizer (46) so that the indented bolt holes are toward the Frame (6). Attach the Stabilizer with the two Stabilizer Bolts (47), Washers (45) and Nuts (44).
2. Place a Friction Plate (56) on the left side of the Frame (6). Insert two of the tabs on the Plate into the slots in the side of the Frame. Apply grease to a Nylon Washer (42). Place the Washer in the Left Handlebar Housing (53). (See page 3 for help identifying the Left Handlebar.) Hold the Left Handlebar Housing in the bracket on the Frame. Apply grease to the Long Bolt (51). Insert the Bolt from the left through the bracket, Nylon Washer, Left Handlebar Housing, Friction Plate and Frame. **Be careful not to damage the Sensor Wire (not shown) inside the Frame.**

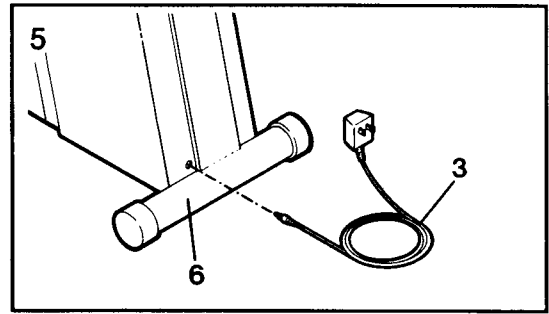
Hold the Frame Cap (55) against the Frame (6). Place a Friction Plate (56) on the right side of the Frame. Insert two of the tabs on the Plate into the slots in the side of the Frame. Insert the other two tabs on both Friction Plates into the Frame Cap. Hold the Right Handlebar Housing (75) and a greased Nylon Washer (42) in the bracket on the Frame. Insert the Long Bolt (51) through all parts.

Tighten the Resistance Dial (25) onto the end of the Long Bolt (51). The square part of the Bolt head must be in the square hole in the bracket on the Frame (6). Remove the backing from the adhesive strips on the Housing Cap (52). Press the Housing Cap onto the bracket on the Frame.

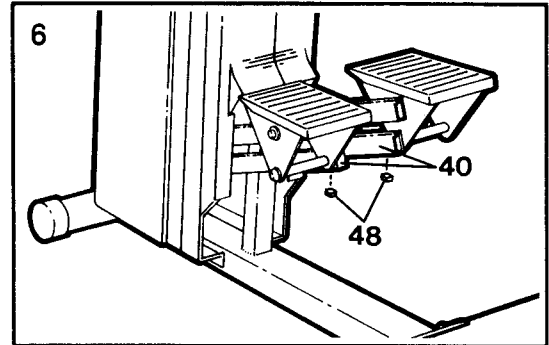
3. Connect the Wire (7) from the Right Handlebar (11) to the indicated plug with the blue wire. Connect the Wire from the Left Handlebar (12) to the plug with the yellow wire. Insert all excess wire into the hole in the Frame (6). Fit the Grommet (54) around the Handlebar Wires. Press the Grommet into the hole in the Frame. Apply the "ARC" decal to the Right Handlebar Housing (75) in the indicated location. The "+" arrow must be at the top of the decal.
4. Plug the Sensor Wire (9) into the Console (1). Attach the Console to the Frame (6) with two Mounting Screws (18). Make sure that the Sensor Wire is not pinched between the Console and the Frame. Apply the "PRESS RIGHT BUTTON" decal to the Right Handlebar (11) in the indicated location. Apply the "PRESS LEFT BUTTON" decal to the Left Handlebar (12).



5. Plug the Power Cord (3) into the jack at the front of the Frame (6).



6. Press a Bumper (48) onto the underside of each Lower Pedal Arm (40).



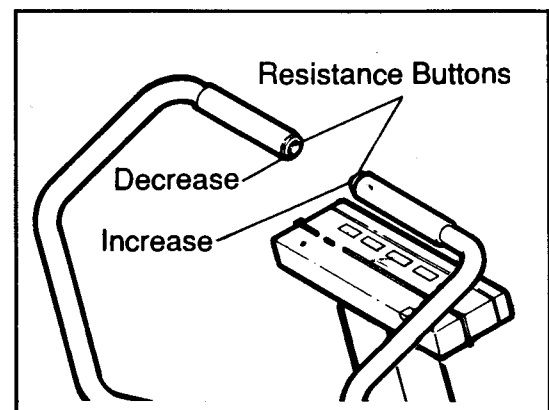
## STEPPER OPERATION

Place the stepper on a level surface. Keep the console out of direct sunlight or the LCD display may be damaged. The accessory tray on the console is designed to hold a beverage and a towel. Press a corner of your towel into the slot in the right side of the tray. The stepper features precision hydraulic cylinders; due to the nature of hydraulic cylinders, it is recommended that the floor underneath the stepper be covered in case of slight oil leakage.

Plug the transformer on the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Hold the handlebars with an overhand grip and step onto the pedals. Both pedals will slowly sink. Begin stepping, 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 stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE STEPPING RESISTANCE below). Note: If your steps are too shallow, the console may not display correct feedback. Move the pedals through a wide range of motion, without letting the pedals hit the floor. As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To exercise 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.

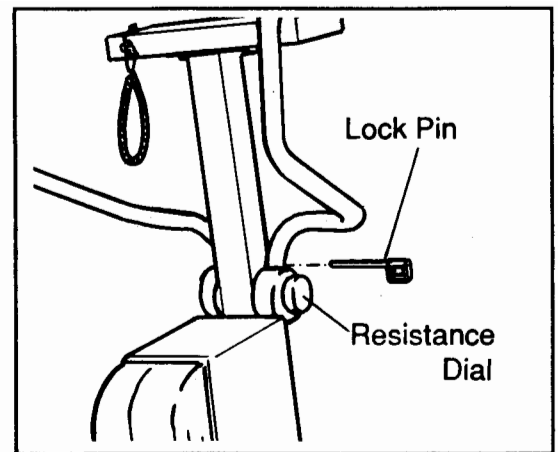
### ADJUSTING THE STEPPING RESISTANCE

To vary the intensity of your exercise, the stepping resistance can be changed using the electronic buttons in the handlebars. As you press the right button, the resistance will increase and your stepping pace will decrease. As you press the left button, the resistance will decrease and your pace will increase. **IMPORTANT:** If a button sticks after it is pressed, tap the button until it releases. If the button does not release, unplug the transformer to prevent the motor or transformer from being damaged, and call our Customer Service Department at 1-800-999-3756.

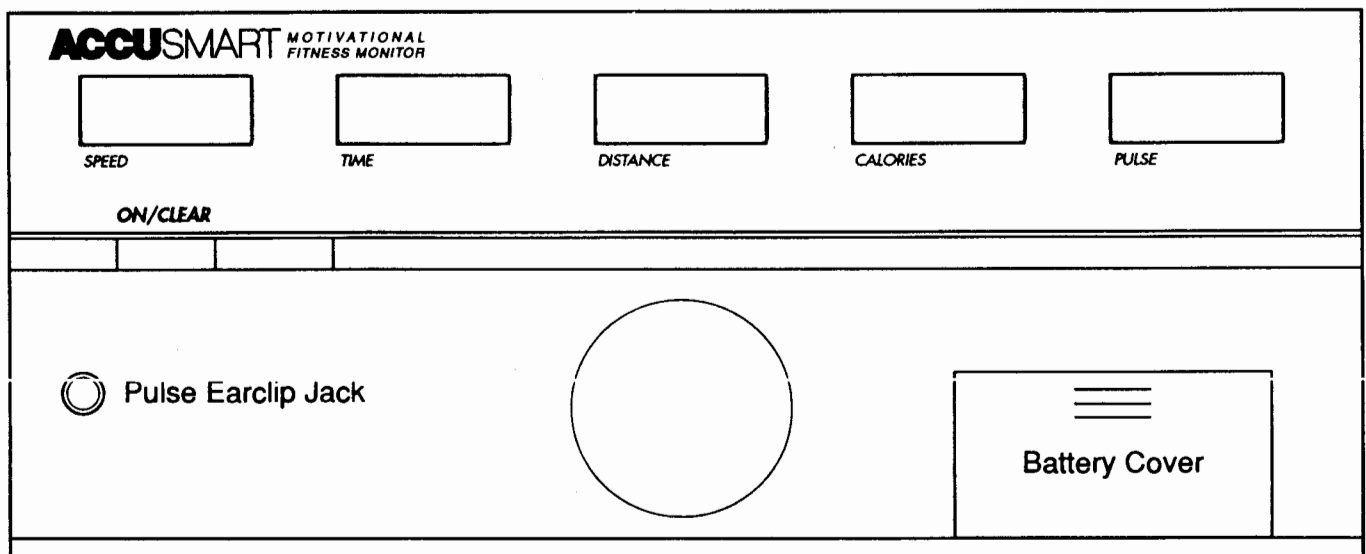


## HANDLEBAR OPERATION

The handlebars can be used in either the stationary mode for stepping exercise only, or the dual-action mode for both upper- and lower-body exercise. To use the handlebars in the stationary mode, raise both handlebars and insert the lock pin through the handlebars and frame. To use the handlebars in the dual-action mode, remove the lock pin and store it in the tube on the front of the frame. The resistance of the handlebars can be changed by turning the resistance dial. To increase the resistance, turn the dial clockwise; to decrease the resistance, turn the dial counterclockwise.



## CONSOLE OPERATION



## 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. Find the markings inside the battery clip showing the direction that the batteries should be inserted. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

## OPERATING THE CONSOLE

To turn the power on, press the ON/CLEAR button or simply begin stepping. When the power is turned on, the five displays of the motivational fitness monitor will be activated. The displays can be reset by pressing the ON/CLEAR button. The five displays are described below:

**SPEED**—This display shows your current stepping speed, in steps per minute.

**TIME**—This display shows the elapsed time. Note: Time will be counted only while you are stepping. If you stop for ten seconds or longer, the time will hold until you resume.

**DISTANCE**—This display shows the total number of steps you have completed.

**CALORIES**—This display shows the total number of nutritional Calories you have burned. Note: The number displayed is averaged. The actual number may be slightly higher or lower depending on the stepping resistance and the resistance of the handlebars.

**PULSE**—This display shows your heart rate. Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to minimize movement of the earclip wire. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed after a few seconds, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your heart rate.

## TURNING THE POWER OFF

If no buttons are pressed and the stepper pedals are not moved for five minutes, the power will turn off automatically.

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# TROUBLE-SHOOTING AND MAINTENANCE

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 console.

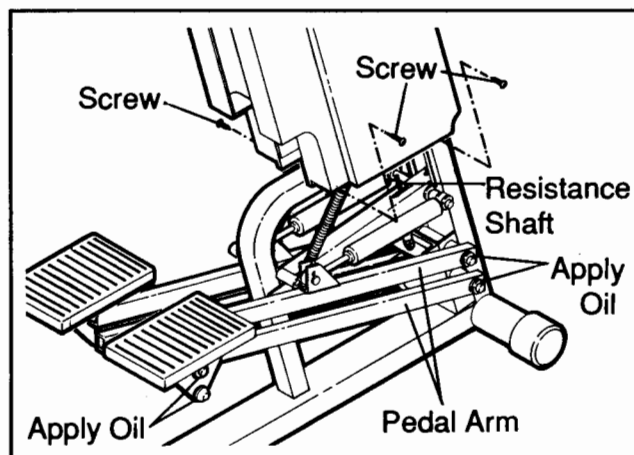
## CONSOLE

If the console does not function properly, or if the display becomes faint, the batteries should be replaced (see **INSTALLING BATTERIES** on page 6). Most problems are the result of drained batteries.

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

## PEDALS

The lower end of the resistance shaft and the axles to which the pedals and pedal arms are attached should be oiled regularly. Apply oil every six months, or whenever the joints become noisy. Remove the four screws at the bottom of the side shields. Pull the bottom of the side shields apart slightly, until the side shields can be lifted off the frame. Apply a few drops of light multi-purpose oil at the locations indicated in the drawing. Reattach the side shields with the screws.



## STEPPING RESISTANCE

If the stepping resistance does not change when the buttons in the handlebars are pressed, make sure that the power cord is plugged in. If the resistance still does not change, the wire connections should be checked. **UNPLUG THE POWER CORD.** Remove the grommet from the hole in the front of the frame, and make sure that the handlebar wires are plugged fully into the wires in the frame. Reinsert the grommet into the hole. Next, check the switches in the handlebars. Using an adjustable wrench, turn the plastic nut on each switch until the switches can be removed from the handlebars. Make sure that the wires in the handlebars are plugged fully into the switches. Retighten the plastic nuts on the switches and press the switches back into the handlebars.

# 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 individuals over the age of 35 or individuals 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)	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. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

## 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 your muscles as well as help to decrease 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

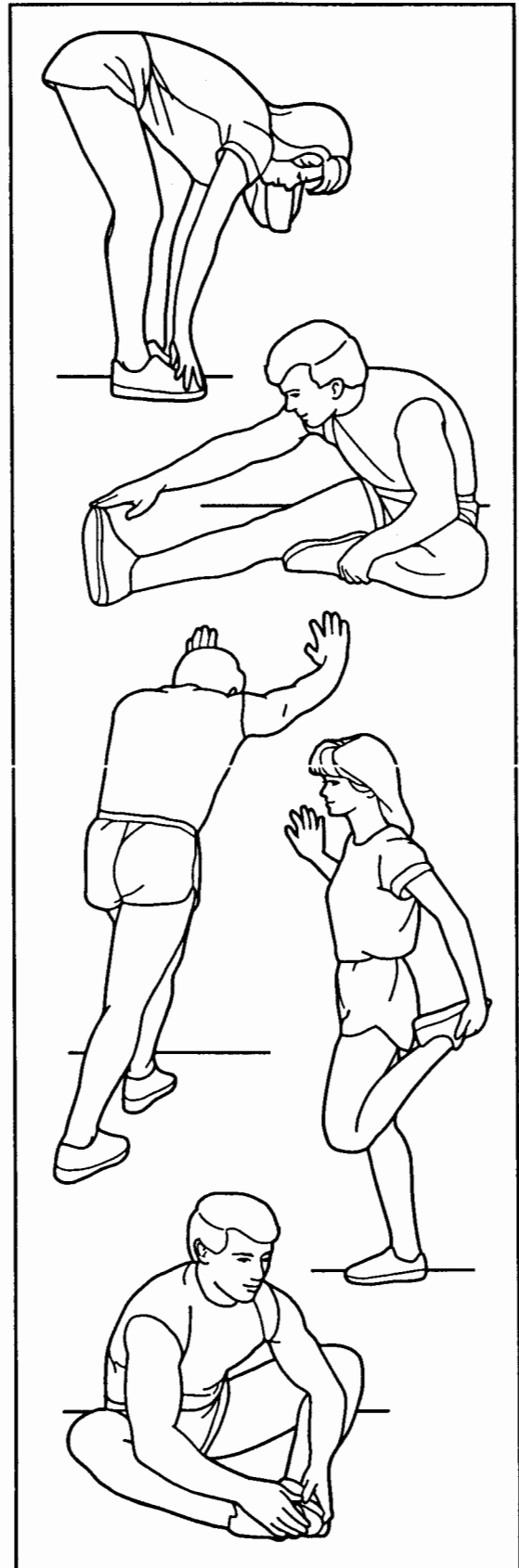
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

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.

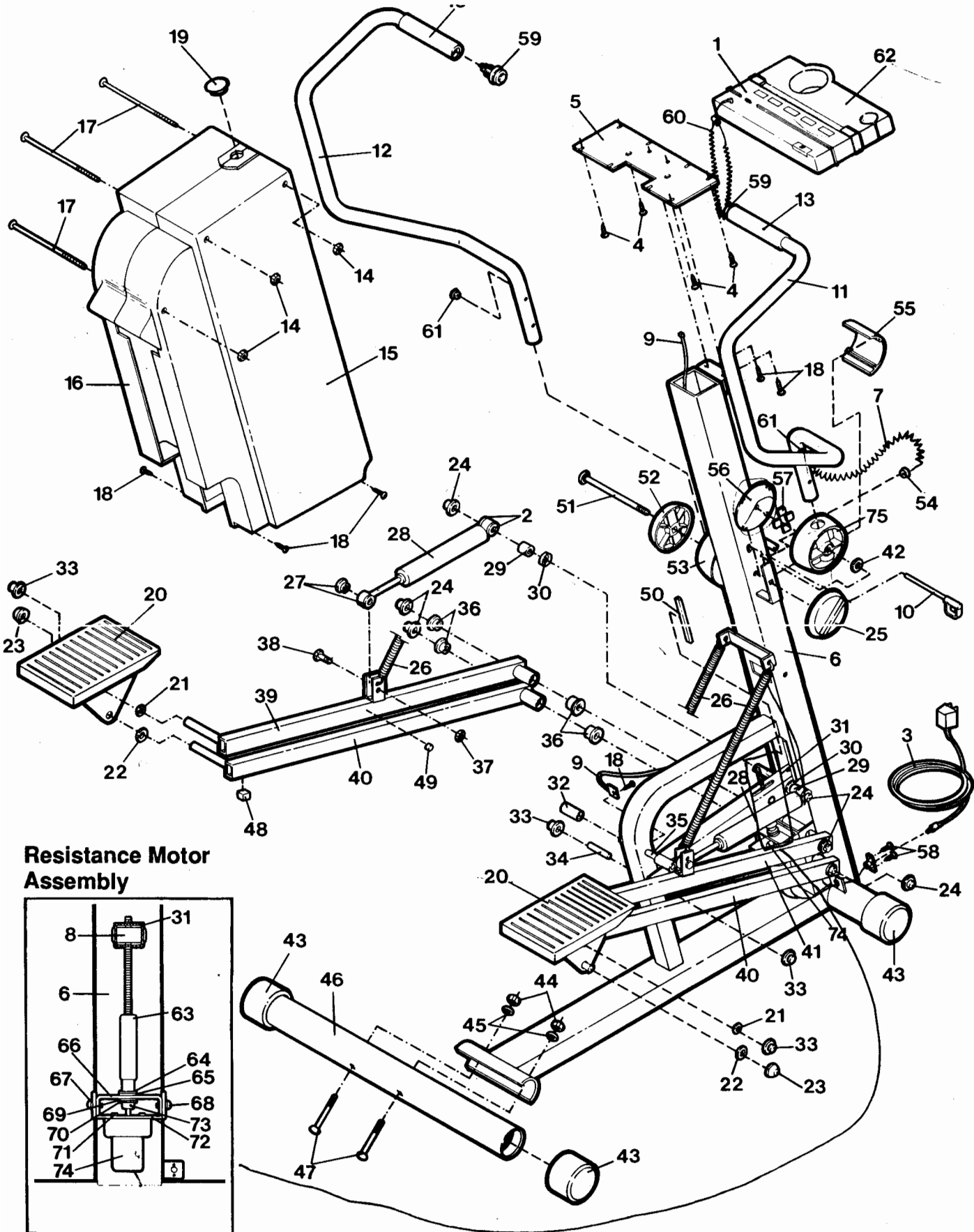


# PART LIST—Model No. PF201521

Rev. 10/15/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	40	2	Lower Pedal Arm
2	4	Upper Cylinder Bushing	41	1	Right Upper Pedal Arm
3	1	Power Cord	42	2	Nylon Washer
4	4	Console Screw	43	4	Stabilizer Endcap
5	1	Console Plate	44	2	Stabilizer Nut
6	1	Frame	45	2	Stabilizer Washer
7	2	Handlebar Wire	46	1	Stabilizer
8	1	Slide Nut	47	2	Stabilizer Bolt
9	1	Reed Switch/Sensor Wire	48	2	Pedal Arm Bumper
10	1	Handlebar Pin	49	1	Magnet
11	1	Right Handlebar	50	2	Plastic Slide
12	1	Left Handlebar	51	1	Long Bolt
13	2	Handlebar Foam	52	1	Housing Cap
14	3	Side Shield Nut	53	1	Left Handlebar Housing
15	1	Right Side Shield	54	1	Grommet
16	1	Left Side Shield	55	1	Frame Cap
17	3	Side Shield Bolt	56	2	Friction Plate
18	7	Mounting Screw	57	8	Friction Pad
19	1	Side Shield Plug	58	2	Power Jack Screw
20	2	Pedal	59	2	Handlebar Switch
21	2	Pedal Washer	60	1	Pulse Earclip
22	2	Large Pedal Washer	61	2	Grommet
23	2	Pedal Pushnut	62	1	Accessory Tray
24	6	Pedal Pushcap	63	1	Adjustment Shaft
25	1	Resistance Dial	64	1	Metal Washer
26	2	Spring	65	1	Nylon Bushing
27	4	Lower Cylinder Bushing	66	1	Adjustment Bracket
28	2	Resistance Cylinder	67	2	Lock Washer
29	2	Cylinder Spacer	68	2	Bracket Screw
30	2	Thin Spacer	69	1	Nylon Bracket Washer
31	1	Resistance Arm	70	1	E-Clip
32	2	Bumper	71	2	Motor Plate Screw
33	4	Small Push cap	72	1	Motor Plate
34	1	Resistance Arm Pin	73	1	Pin
35	1	Bumper Shaft	74	1	Resistance Motor
36	8	Pedal Arm Bushing	75	1	Right Handlebar Housing
37	2	Pedal Arm Nut	#	1	Motor Assembly
38	2	Pedal Arm Bolt	#	1	Owner's Manual
39	1	Left Upper Pedal Arm			

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.



# ORDERING REPLACEMENT PARTS

Replacement parts can be ordered conveniently by calling 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 following information before calling:

1. The MODEL NUMBER of the product (PF201521).
2. The NAME of the product (PROFORM® CLUB SX2 stepper).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see page 10 of this manual).

If possible, place the stepper near your telephone for reference when calling.

## 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.

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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.

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