

BODYLIFT CTS™

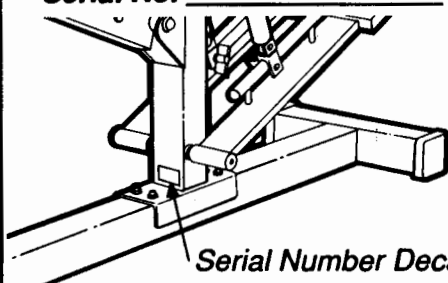
C R O S S • T R A I N I N G • S Y S T E M

PRO-FORM®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF202010

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.

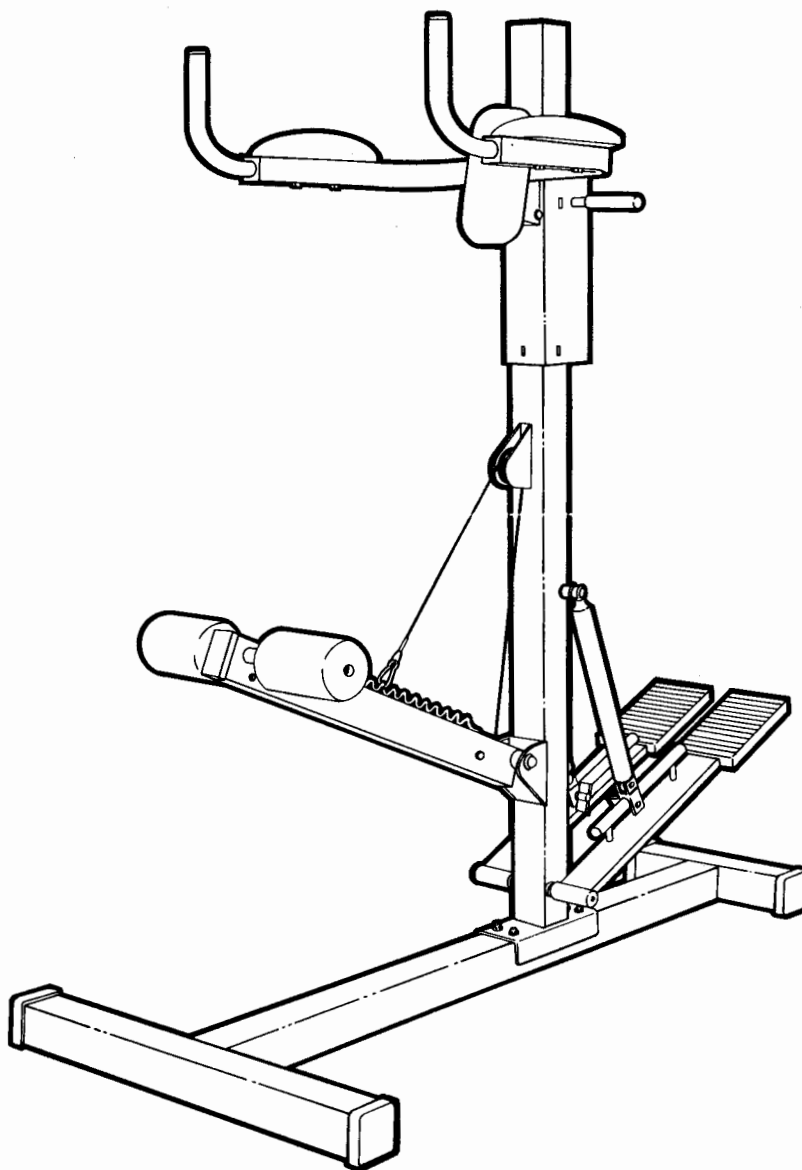
CUSTOMER HOT LINE:

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 this system.

1. Read all instructions in this owner's manual before using the system. Use the system only as described in the owner's manual.
2. Inspect and tighten all parts each time the system is used. Replace any worn parts.
3. Always wear shoes for foot protection. Keep your hands away from moving parts other than the designated handles. Keep small children away from the system at all times.
4. Make sure the lock knob is fully engaged in one of the holes in the frame.
5. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

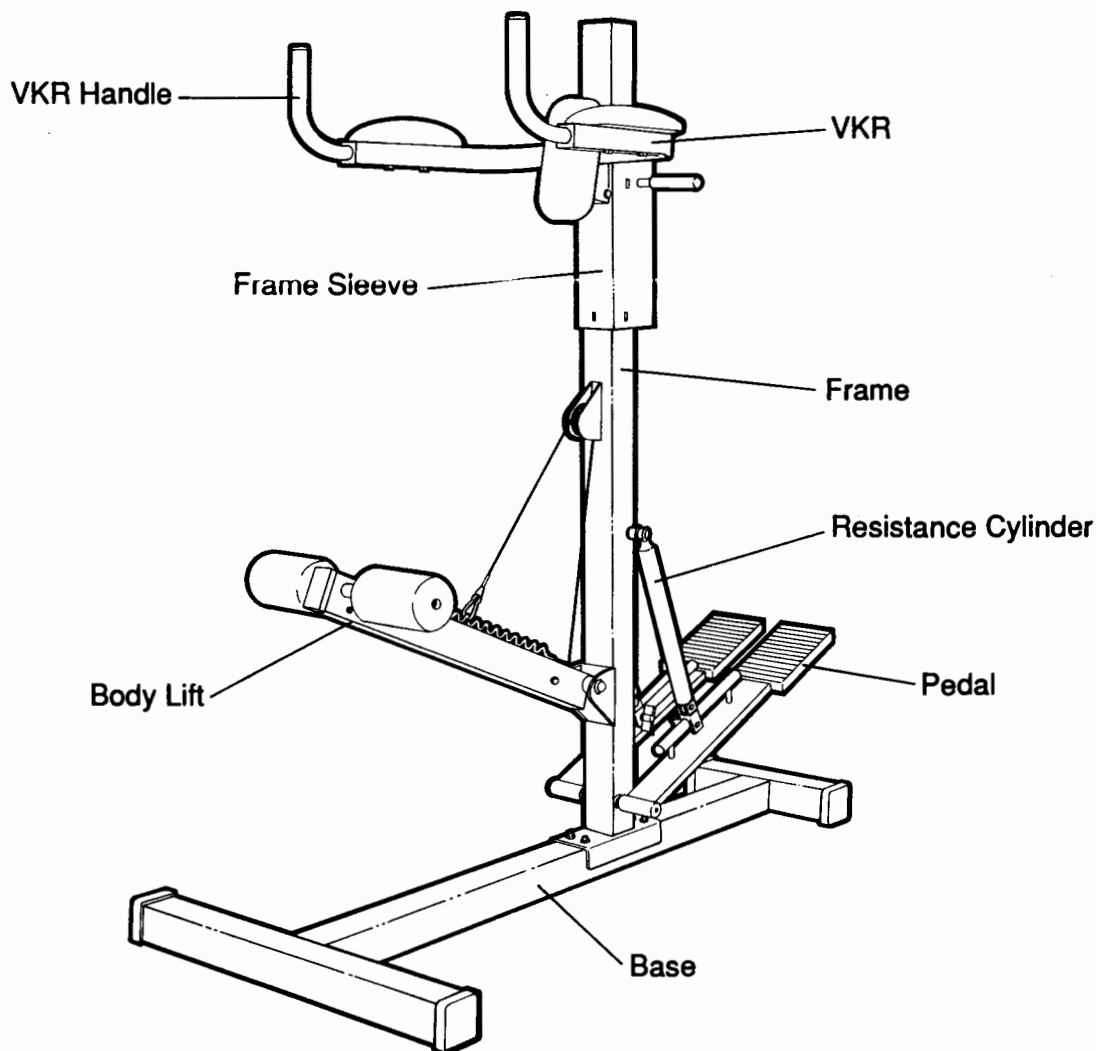
WARNING: Before beginning this or any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Pro Form assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Congratulations for selecting the Pro Form BODYLIFT Cross Training System. The unique BODYLIFT offers a wide variety of exercises to give you a true cross-training workout. Whether you want to build dramatic muscle size and strength, shape and tone your body, increase your endurance and flexibility or develop your heart and lungs, the BODYLIFT will help you achieve your goals in the privacy and convenience of your home.

This manual is provided to help you understand the easy assembly, adjustment and operation of the system. **For your safety and benefit, read this manual carefully before using the system.** 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 listed on the front cover of this manual. The serial number is recorded on a decal attached to the system (see the front cover for the location of the decal).

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

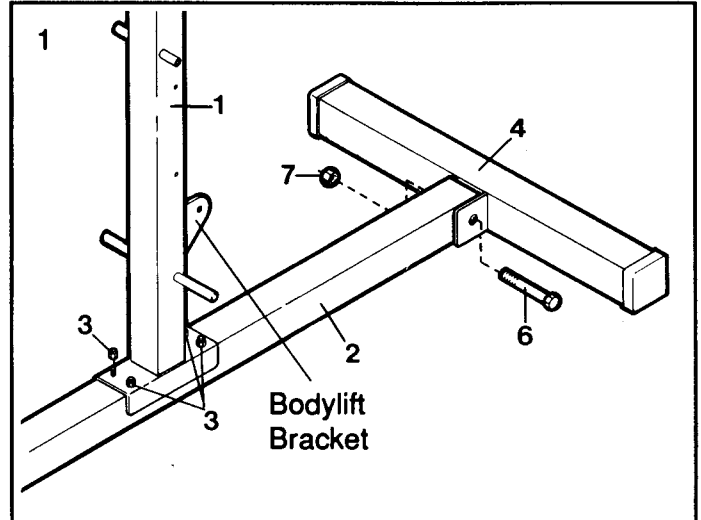


ASSEMBLY

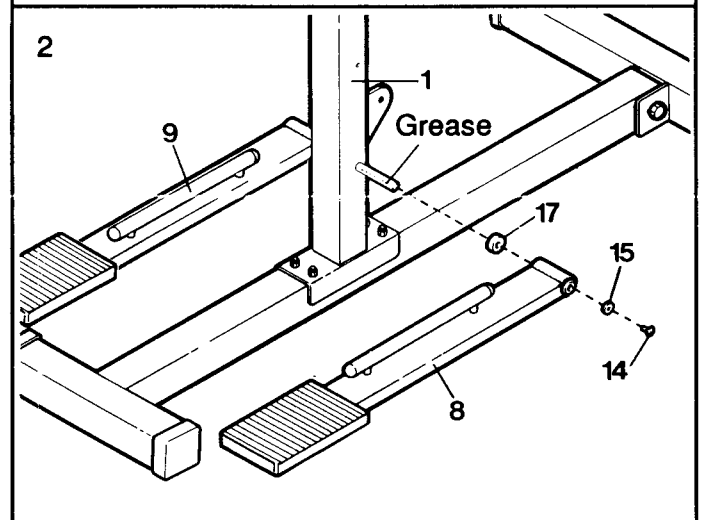
Two people are required in order to assemble the BODYLIFT. Set all parts in a cleared area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using two adjustable wrenches (not included).

1. Turn the Base (2) so that the threaded ends of the bolts are upward. Turn the Stabilizer (4) so that the two large holes are toward the floor. Attach the Stabilizer to the Base with the Stabilizer Bolt (6) and Nut (7).

Attach the Frame (1) to the Base (2) with four Locknuts (3). **The Frame must be turned so that the bodylift brackets on the Frame are toward the Stabilizer (4).**



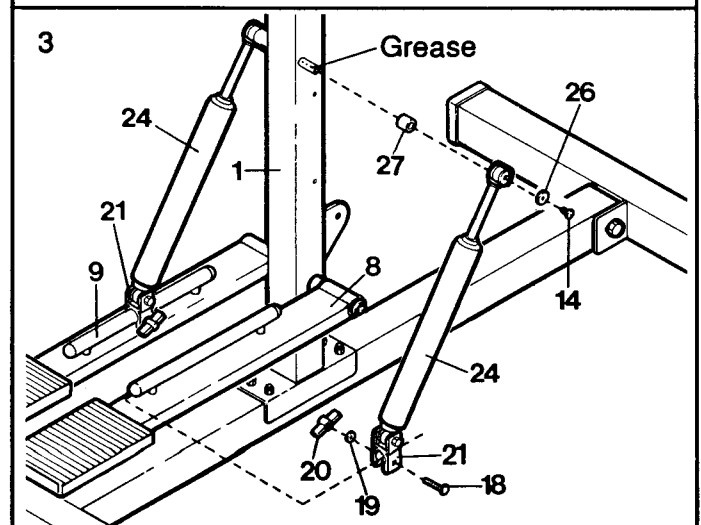
2. Lightly grease the pedal axles on both sides of the Frame (1). Slide a Pedal Spacer (17) and the Right Pedal (8) onto the right axle. Attach the Pedal with a Screw (14) and Lower Washer (15). Attach the Left Pedal (9) in the same manner.



3. Lightly grease the cylinder axles on both sides of the Frame (1). Slide a Cylinder Spacer (27) onto the right axle. **The open side of the Cylinder Spacer must be toward the Frame.** Slide a Resistance Cylinder (24) onto the right axle, and attach the Resistance Cylinder with a Screw (14) and Upper Washer (26).

Slide the right Cylinder Bracket (21) onto the adjustment tube on the Right Pedal (8). Secure the Cylinder Bracket to the adjustment tube with a Bracket Bolt (18), Bracket Washer (19) and Knob (20).

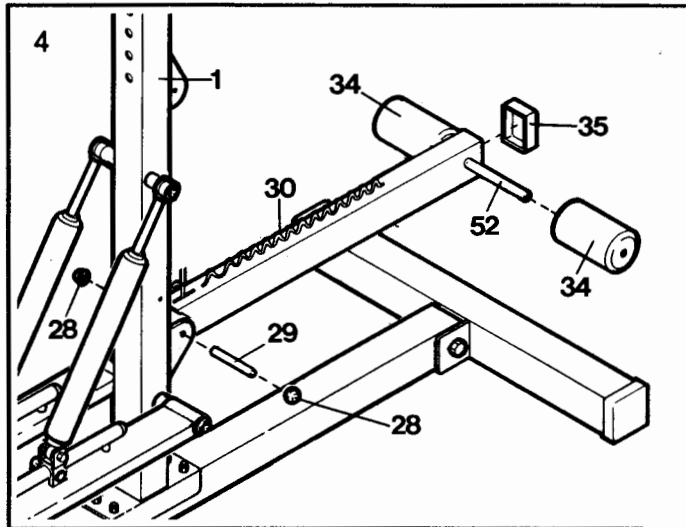
Attach the other Resistance Cylinder (24) and Cylinder Bracket (21) to the Frame (1) and Left Pedal (9) in the same manner.



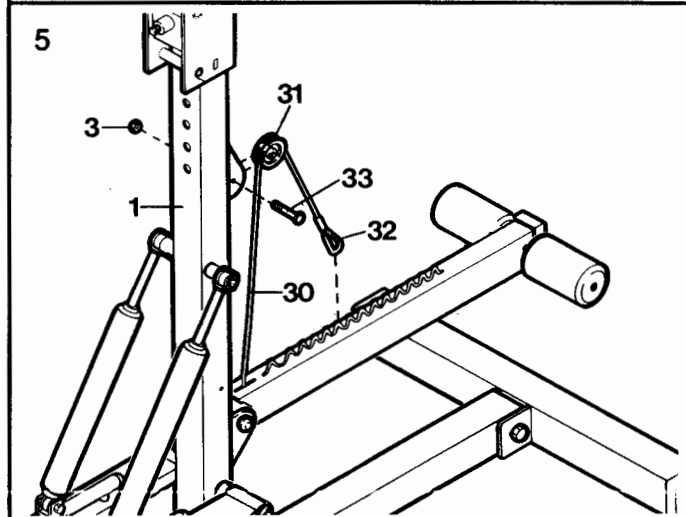
4. Position the Bodylift Arm (30) in the lower bracket on the Frame (1) and align the holes. Insert the Bodylift Axle (29) and center it. Press a Pushnut (28) onto each end of the Axle.

Center the Bodylift Bar (52) in the Bodylift Arm (30). Slide a Bodylift Pad (3) onto each end of the Bodylift Bar.

Slide the Bodylift Cap (35) onto the Bodylift Arm (30).



5. Wrap the cable protruding from the Bodylift Arm (30) around the Pulley (31). Attach the Pulley to the upper bracket on the Frame (1) with the Bodylift Bolt (33) and a Locknut (3). Clip the Connector Link (32) onto the end of the cable, and onto one of the loops on the Bodylift Arm.



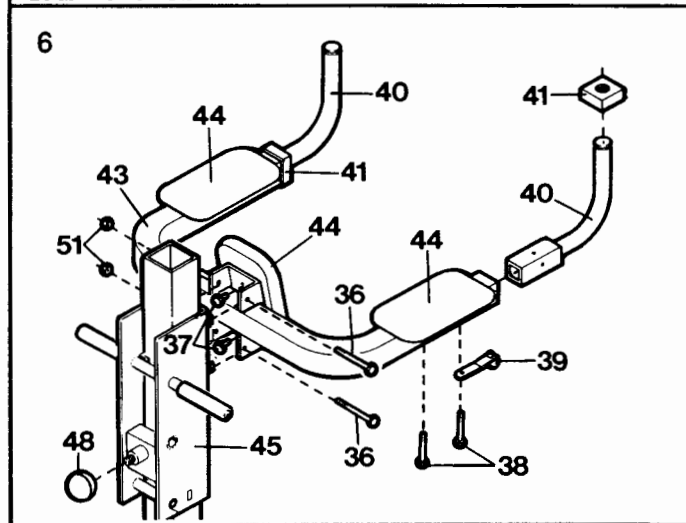
6. Attach a VKR Pad (44) to the center of the VKR (43) with the two Short VKR Bolts (37).

Attach a VKR Pad (44) and a Locking Spring (39) to each side of the VKR (43) with two Long VKR Bolts (38). **The Locking Springs must be turned as shown.**

Attach the VKR (43) to the Frame Sleeve (45) with the two Sleeve Bolts (36) and Nuts (51).

Pull down the Locking Springs (39), and insert the VKR Handles (40) into the ends of the VKR (43). The VKR Handles can be inserted in any of four positions. Slide the Collars (41) onto the VKR Handles.

Thread the Lock Knob (48) onto the Lock Pin (50).



OPERATION AND ADJUSTMENT

ADJUSTING THE STEPPER RESISTANCE

The resistance of the stepper can be changed by sliding the cylinder brackets to different positions on the adjustment tubes. To change the resistance, loosen the knobs on the cylinder brackets. Move the cylinder brackets to the desired position on the adjustment tubes, and tighten the knobs.

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

ADJUSTING THE FRAME SLEEVE

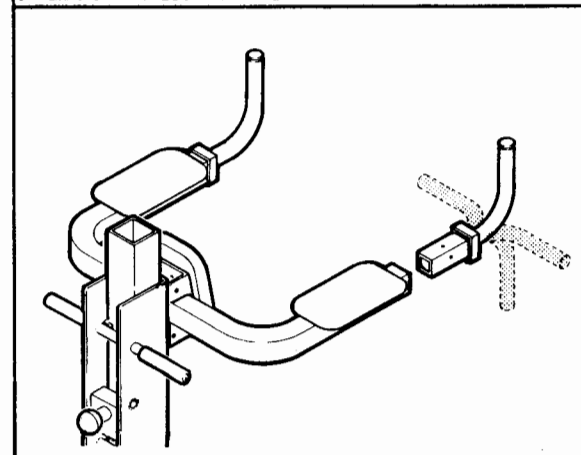
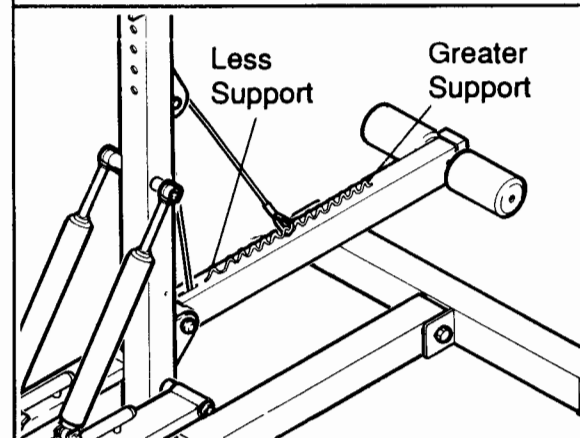
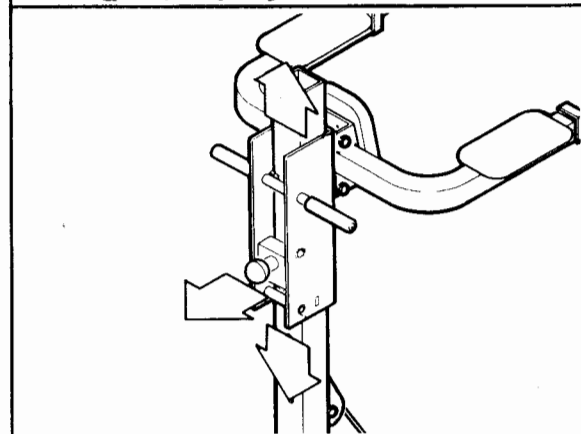
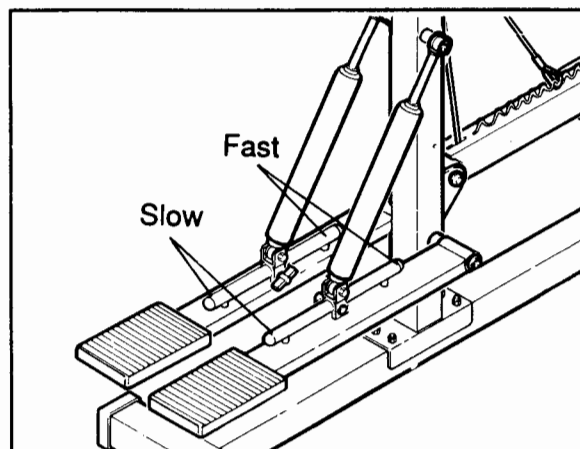
The VKR is attached to the frame sleeve. The frame sleeve can easily be raised or lowered to the position that is most comfortable. Support the frame sleeve with one hand, and pull back the lock knob with the other hand. Raise or lower the frame sleeve to the desired position, and replace the lock knob in the locked position. Make sure the lock knob is fully engaged in one of the holes in the frame.

ADJUSTING THE BODYLIFT

To change the support provided by the bodylift arm, move the cable clip to different loops on the assist arm. The farther the clip is from the frame, the greater the support will be.

ADJUSTING THE VKR

The height of the VKR can be adjusted by raising or lowering the frame sleeve. The position of the handles in the VKR can be changed by pulling down the spring clips, removing the handles, and reinserting the handles in different positions.



EXERCISE GUIDELINES

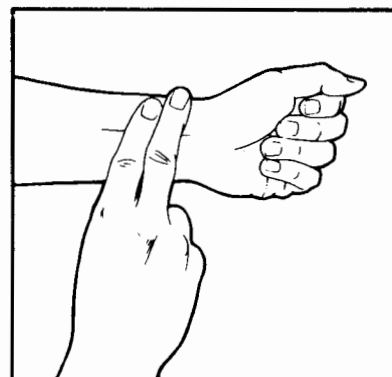
WARNING: Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. When using the stepper, never set the resistance so high that you must push or pull against the handles to press the the pedals down. Exercising in this manner could result in heart risk.

For an effective aerobic workout, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. As you exercise, your heart rate should be kept 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 unconditioned and conditioned persons, ages 20 to 85 years.

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 weeks of exercise, keep your heart rate near the low end of your training zone. To measure your heart rate, stop exercising and place two fingers over your wrist as shown. Carefully take a six-second heartbeat count. Multiply the result by 10 to find you 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. If your heart rate is below your training zone, increase the intensity of your exercise. If your heart rate is too high, decrease the intensity.



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 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 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. Always end your workouts with 5-10 minutes of stretching to cool down. Stretching after exercising will help 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 explained 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 successful results 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.

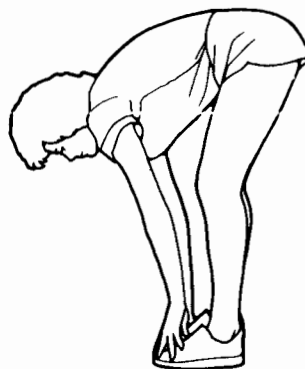
Stretches: Quadriceps, hip muscles.



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.

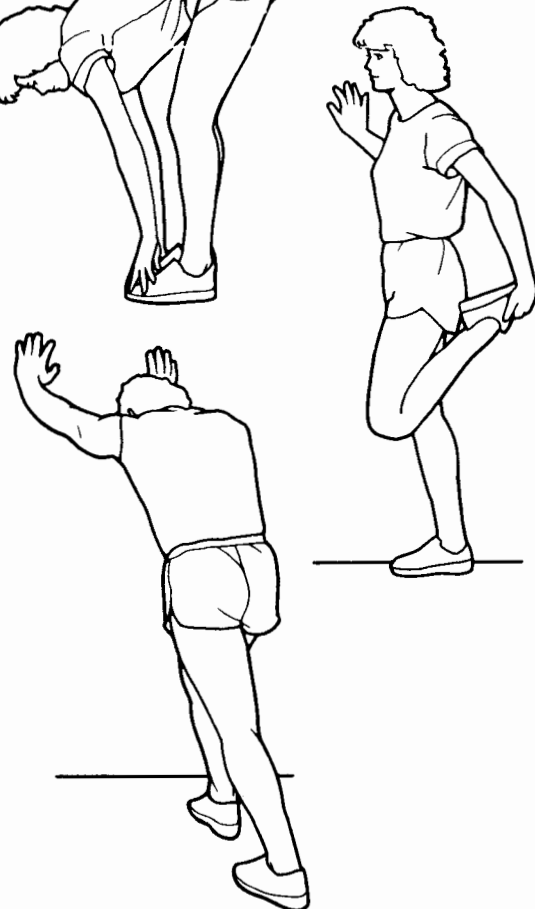
Stretches: Hamstrings, back of knees, back.



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.



CALF/ACHILLES STRETCH

With one leg in front of the other, and arms forward, lean against a wall. Keep your back leg straight and back foot flat on the floor. Bend your front leg and lean forward, moving your hips toward the wall. Hold for 15 counts, then repeat on the other side. To cause further stretching of the achilles tendons, bend back leg as well.

Stretches: Calves, achilles tendons, and ankles.

EXERCISING ON THE STEPPER

Face the system and hold the handles on the frame sleeve. Step onto the stepper pedals and let both pedals sink to the floor. 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 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 in order to avoid injury.

LEG LIFT/KNEE RAISES

Lower the VKR and turn the handles to the vertical position. Face away from the frame and rest your back against the pad in the center of the VKR. Place your forearms on top of the VKR, and grasp the handles firmly. To perform leg lifts, raise your legs until they are parallel with the floor, and return to the starting position. To perform knee raises, bend your legs as you raise them, until your upper legs are parallel with the floor, and return to the starting position. Raise both legs at once or raise them one at a time.

DIPS

Lower the VKR and turn the handles so they point downwards. Face the frame, kneel on the pads on the bodylift arm, grasp the handles, and push yourself up until your arms are straight. Lower yourself until your chest is level with your hands, and return to the starting position.

PULL-UPS/CHIN-UPS

Raise the VKR and turn the handles to a horizontal position. The handles can point either inward or outward, for either a close grip or a wide grip. Face the frame, kneel on the pads on the bodylift arm, and hold the handles with either an overhand or underhand grip. Pull yourself up until your chin is level with your hands, and return to the starting position.

PART LIST- Model No. PF202010

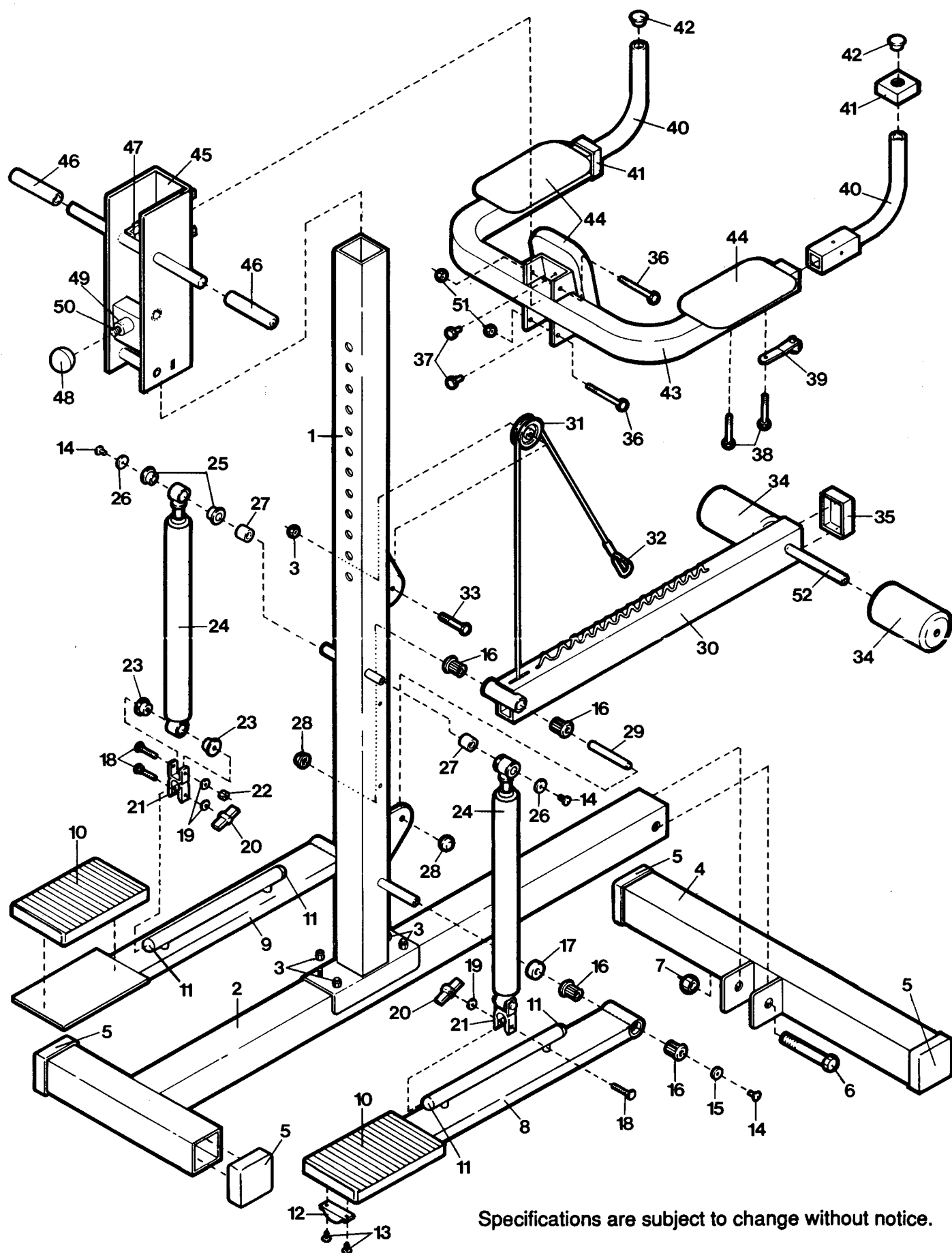
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	29	1	Bodylift Axle
2	1	Base	30	1	Bodylift Arm
3	5	Nylock Nut	31	1	Pulley
4	1	Stabilizer	32	1	Connector Link
5	4	Endcap	33	1	Bodylift Bolt
6	1	Stabilizer Bolt	34	2	Bodylift Pad
7	1	Stabilizer Nut	35	1	Bodylift Cap
8	1	Right Pedal Assembly	36	2	Sleeve Bolt
9	1	Left Pedal Assembly	37	2	Short VKR Bolt
10	2	Pedal Foot Pad	38	2	Long VKR Bolt
11	4	Adjustment Tube Endcap	39	2	Locking Spring
12	2	Bumper	40	2	VKR Handle
13	4	Bumper Screw	41	2	Collar
14	4	Screw	42	2	Handle Cap
15	2	Pedal Washer	43	1	VKR
16	6	Bushing	44	3	VKR Pad
17	2	Pedal Spacer	45	1	Frame Sleeve
18	4	Bracket Bolt	46	2	Stepper Handle
19	4	Bracket Washer	47	2	Sleeve Bushing
20	2	Knob	48	1	Lock Knob
21	2	Cylinder Bracket	49	1	Spring
22	2	Bracket Nut	50	1	Lock Pin Assembly
23	4	Lower Cylinder Bushing	51	2	Sleeve Nut
24	2	Resistance Cylinder	52	1	Bodylift Bar
25	4	Upper Cylinder Bushing	#	1	Owner's Manual
26	2	Cylinder Washer	#	1	Allen Wrench
27	2	Cylinder Spacer	#	1	Grease
28	2	Push Nut			

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. PF202010

Rev. 10/91



Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

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

1. The **MODEL NUMBER** of the product (PF202010).
2. The **NAME** of the product (Pro Form BODYLIFT Cross Training System).
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.

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