

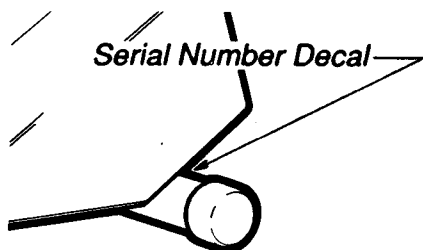
2101 CTX™

MOTIVATIONAL FITNESS TRAINER
PROGRAMMABLE RESISTANCE

PRO-FORM®

Model No. PF210110

Serial No. _____



QUESTIONS?

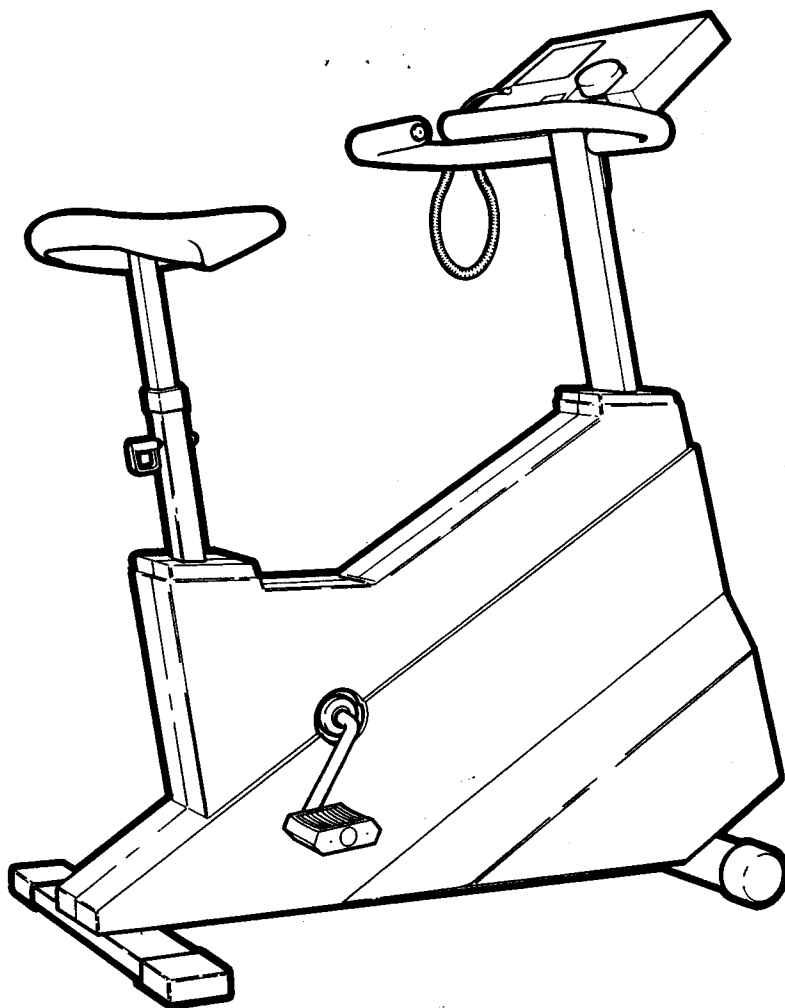
As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE 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. **Place the exercise bike on a level surface. Do not use the bike near water or outdoors.**
2. **Plug in the power cord and turn on the power when using the exercise bike, or the bike could be damaged. Position the power cord away from walkways and heated surfaces. Never use the bike if the power cord or plug is damaged. (Refer to the BEFORE YOU BEGIN section of this manual if the bike is damaged.)**
3. **Wear appropriate clothing when exercising. Do not wear loose clothing that could become caught in the exercise bike. Always wear running shoes for foot protection.**
4. **Keep your hands and feet away from the link arms when using the bike. Keep small children away from the bike at all times.**
5. **The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**
6. **Servicing other than the procedures described in this manual should be performed by an authorized service representative only.**

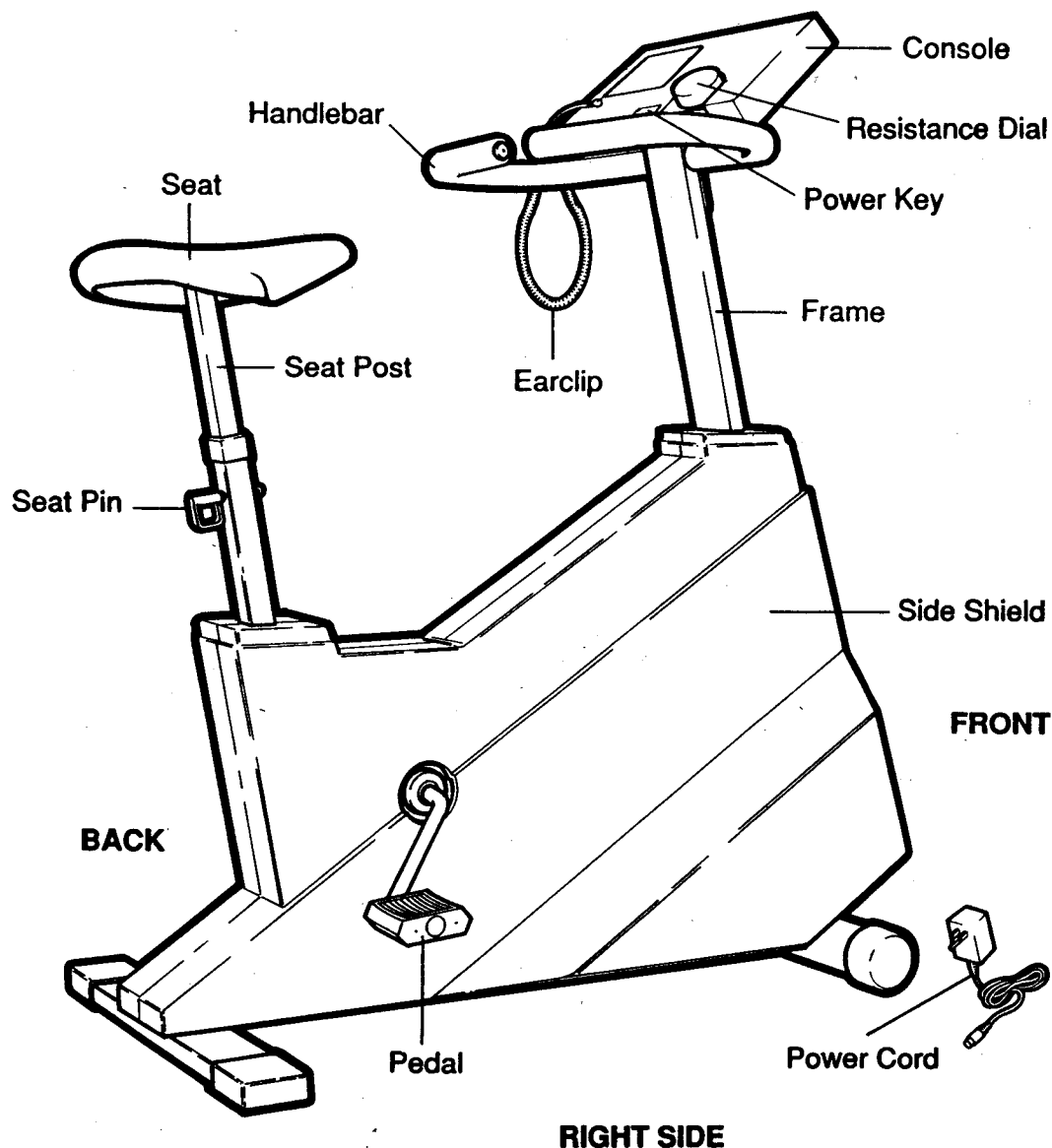
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Pro Form assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the Pro Form 2101 CTX. Cycling is one of the most effective forms of low-impact, cardiovascular exercise known. The 2101 CTX blends state-of-the-art engineering with ergonomic styling to let you enjoy this healthful exercise in the convenience and privacy of your 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 - Friday, 6 a.m.- 6 p.m. Mountain Time (excluding holidays). To help us assist you quickly, please note your product model number and serial number before calling. The model number is printed on the front cover of this manual. The serial number is recorded on a decal attached to the product (see the drawing on the front cover).

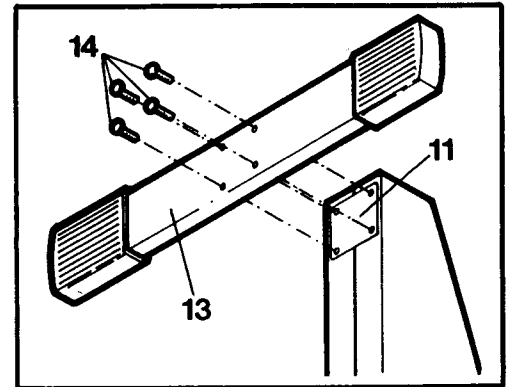
Before reading further, please familiarize yourself with the diagram below.



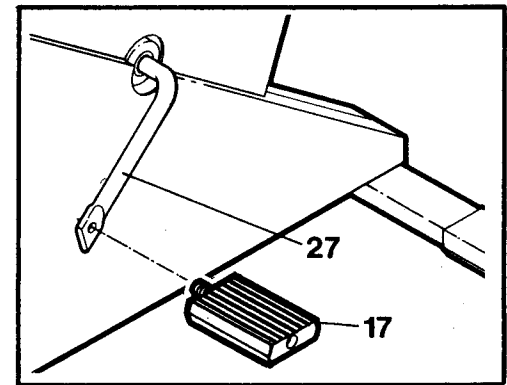
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. **Do not dispose of the packing materials until the bike is fully assembled.** Read each step carefully before beginning. The assistance of a second person is recommended.

1. Tip the bike forward. Attach the Stabilizer (13) to the Frame (11) with the four Stabilizer Bolts (14). Tip the bike back.

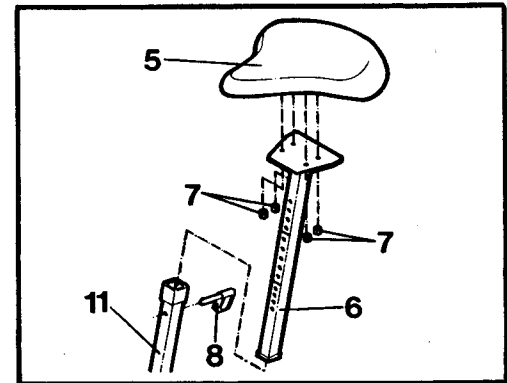


2. Tighten the Left Pedal (17) counterclockwise into the left arm of the Crank (27). Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank. The Pedals are marked for identification.

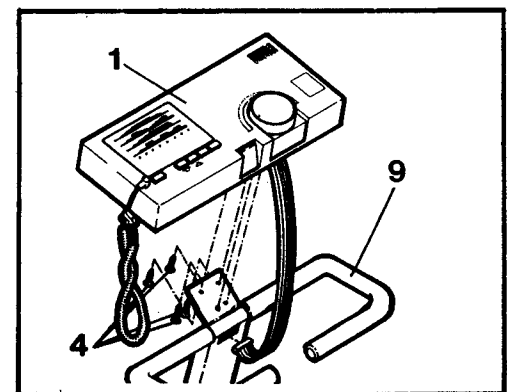


3. Remove the four Seat Nuts (7) from the underside of the Seat (5). Attach the Seat to the top of the Seat Post (6) with the four Seat Nuts.

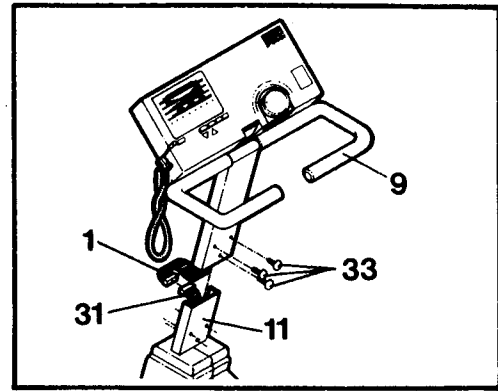
Remove the Seat Pin (8) from the Frame (11). Insert the Seat Post into the Frame, adjust the Seat to the desired height, and insert the Seat Pin through the Frame. At least 2" of the Seat Post must be inside of the Frame.



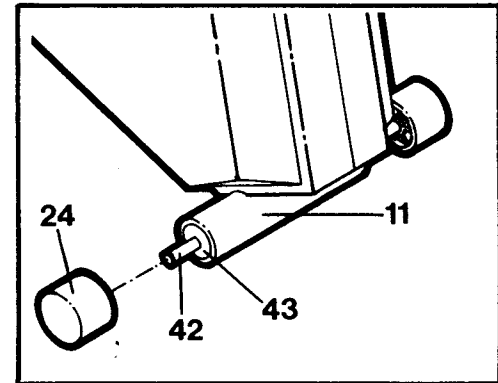
4. Insert the wire harness from the Console (1) into the slot in the Handlebar (9). Attach the Console to the bracket on the Handlebar with the four Console Screws (4).



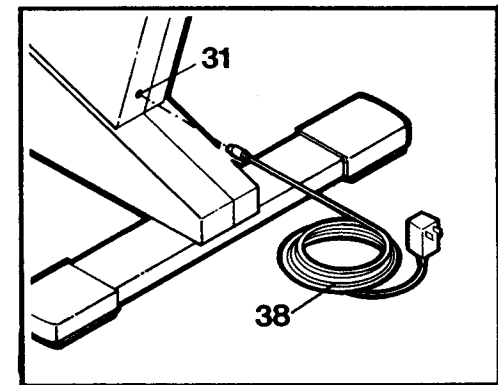
5. Connect the wire harness from the Console (1) to the Main Wire Harness (31). Slide the Handlebar (9) onto the Frame (11), being careful not to pinch the wires. Attach the Handlebar with the three Handlebar Screws (33).



6. Slide the free end of the Roller Axle (42) through the Bushings (43) and Frame (11). Press the unattached Roller (24) onto the end of the Roller Axle.

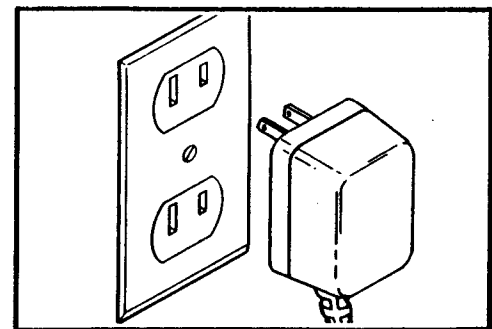


7. Plug the Power Cord (38) into the plug on the Main Wire Harness (31).



OPERATING THE EXERCISE BIKE

Plug the transformer into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the exercise bike, or the bike could be damaged.

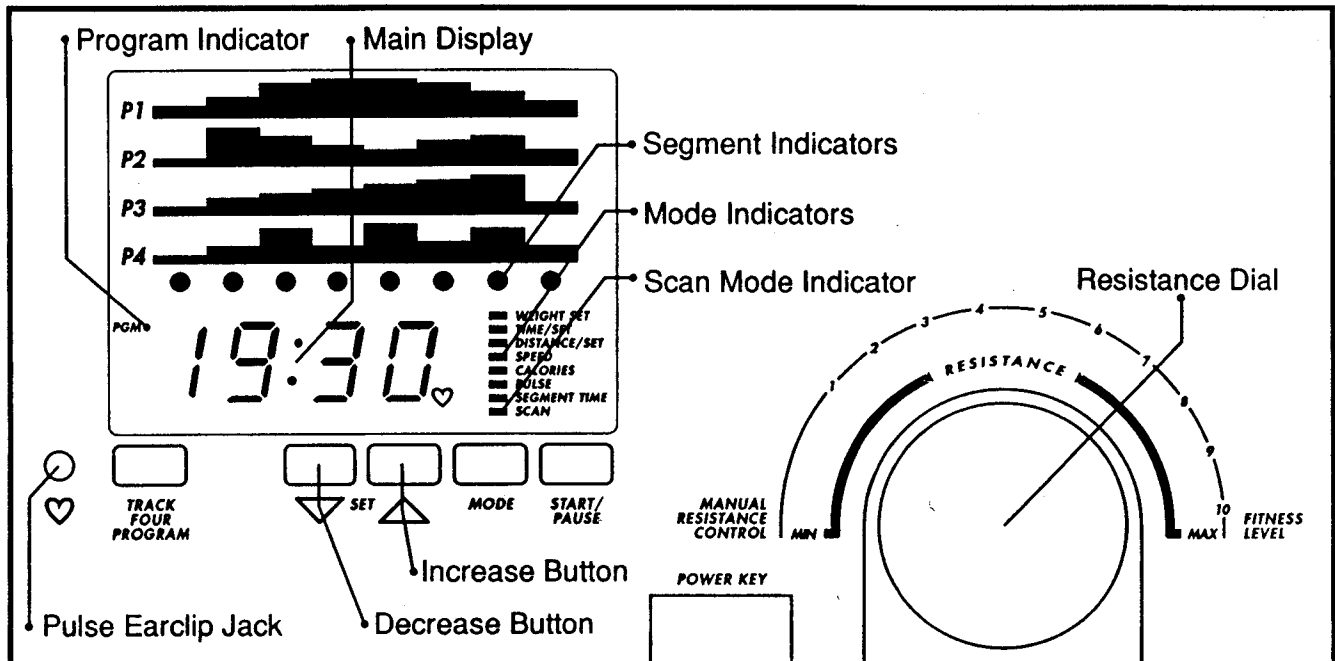


Proper seat height is important for effective exercise. As you pedal the bike, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat height, stand beside the bike and remove the seat pin from the frame. Raise or lower the seat to the proper height, and insert the seat pin through the frame. **WARNING:** At least 2" of the seat post must be inside the frame.

DIAGRAM OF THE CONSOLE

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Please read all instructions carefully. Refer to the diagram below and to the bike console.



DESCRIPTION OF THE CONTROLS

TRACK FOUR PROGRAM BUTTON- This button switches the console to the program mode. The program indicator will light when the console is in the program mode.

SET BUTTONS- These buttons are used to select programs, enter your weight into the console, and set time and distance goals.

MODE BUTTON- This button is used to select monitor modes.

START/PAUSE BUTTON- This button starts and stops the console. The mode indicators will flash when the console is stopped.

RESISTANCE DIAL- This dial is used to control the pedaling resistance, and to select a fitness level for programs.

TURNING ON THE POWER

Insert the power key into the slot in the front of the console. **Wait for at least 3 seconds before operating the console.**

MANUAL RESISTANCE MODE

When the power is turned on, the console will be in the manual mode. As you pedal the bike, the pedaling resistance can be controlled by turning the resistance dial. Turn the dial clockwise to increase the resistance, or counterclockwise to decrease the resistance.

PROGRAM MODE

In the program mode, preset programs will control the pedaling resistance automatically, leaving you free to concentrate on your exercise. Four different programs are offered. You can choose how long the programs will last, and adjust the intensity of the programs for your individual fitness level.

Each program consists of eight equal time periods, or "segments." The pedaling resistance will change automatically at the beginning of each segment. The four graphs (labeled P1-P4) on the console show how the resistance will change during each program. During program 1, for example, the resistance will gradually increase, and then gradually decrease. During program 4, the resistance will alternately increase and decrease.

To switch the console to the program mode, press the TRACK FOUR PROGRAM button. The program indicator and the eight segment indicators will light. To select one of the four programs, press either of the SET buttons. A "P1," "P2," "P3" or "P4" will appear on the main display to show which program you have selected. Next, select a fitness level for the program by turning the resistance dial clockwise. The farther the dial is turned, the more challenging the program will be.

All programs are preset to last for 16 minutes (each segment will last for 2 minutes). If you want to change the length of time the program will last, first press the MODE button until the TIME/SET indicator lights. (Be sure the SCAN indicator is not lighted also.) Press the SET buttons to set the length of time you want the program to last. Each time one of the buttons is pressed, the length of time displayed will change by 10 seconds. The program must be set for at least 4 minutes.

When you are ready to start the program, press the START/PAUSE button and begin pedaling. The first segment indicator will flash to show that the first segment of the program has started, and the pedaling resistance will automatically adjust to the first setting. When only 10 seconds remain in the first segment, the time will be counted down on the main display. When the first segment is completed, the second segment indicator will flash, and the pedaling resistance will adjust to the second setting. The program will continue in this manner until all eight segments are completed. If you need to stop the program before the program has ended, press the START/PAUSE button. To restart the program, press the START/PAUSE button again.

The console can be switched to the manual mode by pressing the TRACK FOUR PROGRAM button.

SELECTING MONITOR MODES

The console features eight monitor modes to give you instant feedback as you exercise. When the power is turned on, the SCAN mode will be selected automatically. In the SCAN mode, the TIME/SET, DISTANCE/SET, SPEED, CALORIES, PULSE and SEGMENT TIME modes will all be displayed in a repeating cycle. (Note: The PULSE mode will be displayed only if the pulse earclip is worn [see PULSE below]. The SEGMENT TIME mode will be displayed only if the console is in the program mode.) Individual modes can be selected by pressing the MODE button. Indicators will light to show which mode you have selected. The main display can be reset to zero, if desired, by removing the power key and then re-inserting it. The eight modes are described below:

SCAN: This mode automatically displays all other modes, except WEIGHT, in a repeating cycle.
Note: The PULSE mode will be displayed only if the pulse earclip is worn. The SEGMENT TIME mode will be displayed only if the console is in the program mode.

WEIGHT: Before selecting the CALORIES mode, your weight should be entered into the console. Select the WEIGHT mode, and then press the SET buttons to enter your weight, in pounds. Each time one of the buttons is pressed, the weight displayed will change by 5 pounds. The buttons can be held down to enter your weight quickly.

TIME/SET: This mode displays the elapsed time. This mode also allows a time goal to be set. To set a time goal, first select the TIME/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to enter the length of time you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be held down to enter the length of time quickly. When the console is started, the time will be counted down.

DISTANCE/SET: This mode displays the total distance you have pedaled. This mode also allows a distance goal to be set. To set a distance goal, first select the DISTANCE/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to enter the total distance you plan to pedal. Each time one of the buttons is pressed, the number displayed will change by 0.1 mile. The buttons can be held down to enter the distance quickly. As you exercise, the distance will be counted down.

SPEED: This mode displays your current pedaling speed, in miles per hour.

CALORIES: This mode displays the number of Calories you have burned. For an accurate count, first select the WEIGHT mode, and enter your weight into the console.

PULSE: This mode displays your heart rate during your workout (your heart rate must be higher than 70 beats per minute to be displayed). 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 prevent excessive movement of the earclip wire. Note: If your heart rate is not displayed after a few seconds, try rubbing your ear lobe and repositioning the earclip.

SEGMENT TIME: When the console is in the program mode, this mode displays the time remaining in the current program segment. Note: Even if this mode is not selected, the time remaining will be displayed during the last ten seconds of each segment.

TURNING OFF THE POWER

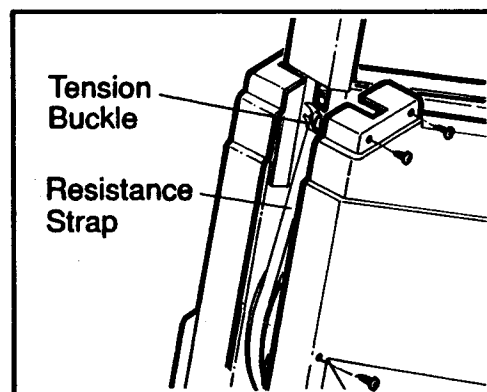
Remove the power key from the console. Store the key in a secure location.

MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Periodically inspect and tighten all parts of the bike. Outside surfaces of the bike can be cleaned using a soft cloth and mild detergent. Do not allow liquid to come in contact with the console.

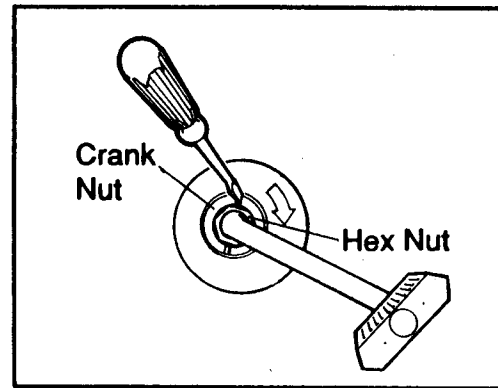
If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

If the range of pedaling resistance is too high or low, the range can be adjusted. Remove three screws from the left side shield as shown. Carefully pull the side shield away from the bike, and locate the tension buckle on the front of the frame. To raise the range of resistance, open the buckle, pull the resistance strap slightly tighter, and close the buckle tightly. To lower the range of resistance, loosen the strap slightly. Replace the three screws in the left side shield.



TIGHTENING THE CRANK ARMS

If the crank arms become loose, they should be tightened in order to prevent excessive wear on the exercise bike. Loosen the hex nut on the left arm of the crank. Place the end of a standard screwdriver in one of the grooves in the crank nut. Lightly tap the screwdriver with a hammer to turn the crank nut clockwise, until the crank arms are no longer loose. Do not overtighten the crank nut. When the crank nut is properly tightened, tighten the hex nut.



CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found using the 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 called 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. Find 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, your heart rate can be increased gradually until it is near the high end of your training zone. You can find 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 above your training zone, decrease the intensity of your exercise. If your heart rate is too low, increase 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 strenuous exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Warm up with 5-10 minutes of stretching or light calisthenics. Follow the warm-up with a few minutes of light exercise. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. Finish your workout with 5-10 minutes of stretching to cool down. This will help to develop flexibility, as well as offset muscle contractions caused when you stop exercising suddenly.

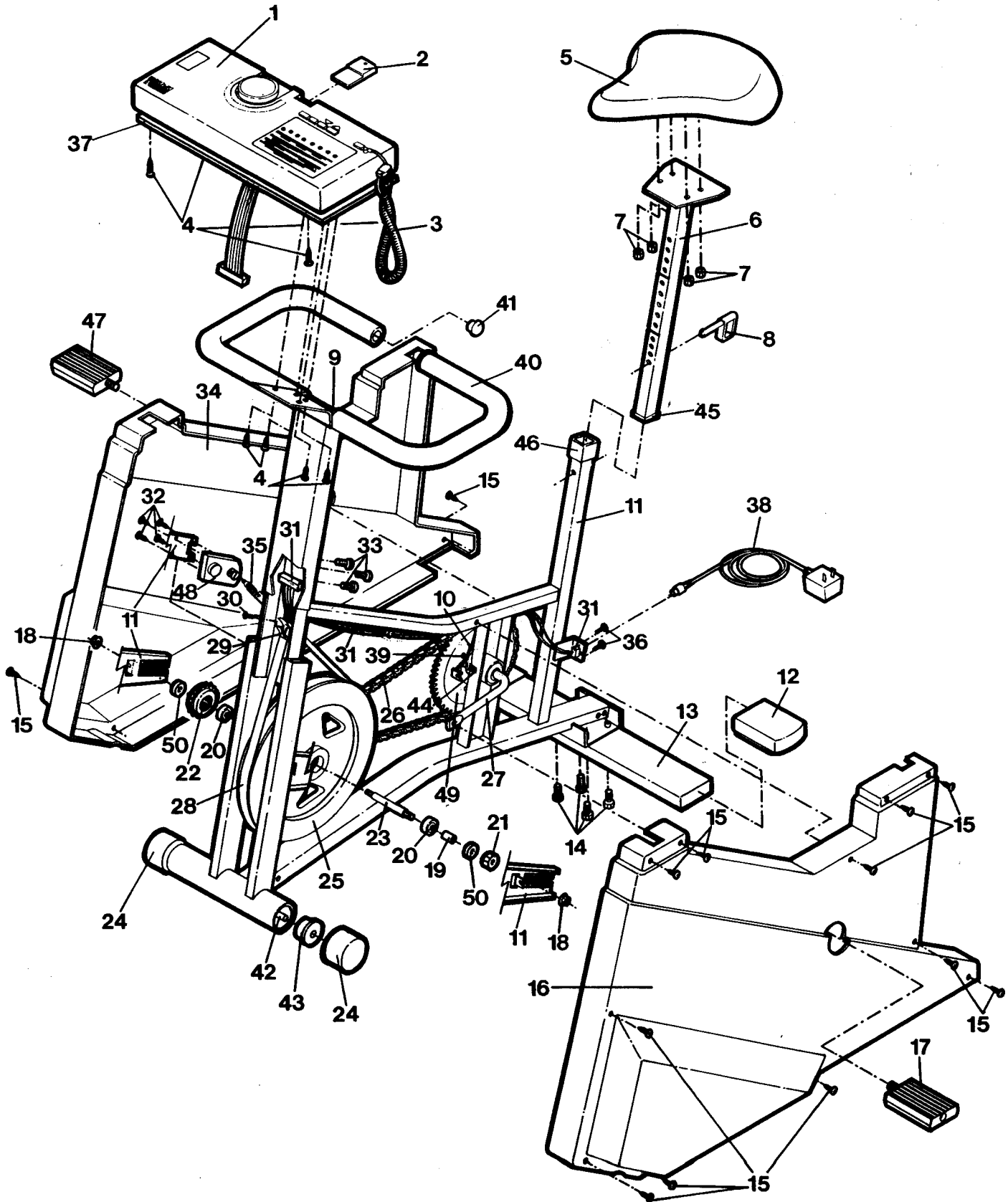
To maintain or improve your condition, exercise 2-3 times per week following the pattern described above, with at least one day of rest between workouts. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is CONSISTENCY.

PART LIST - Model No. PF210110

Rev.2/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	26	1	Chain
2	1	Power Key	27	1	Crank/Sprocket Assembly
3	1	Pulse Earclip	28	1	Resistance Strap
4	8	Console Plate Screw	29	1	Tension Buckle
5	1	Seat	30	1	Tension Buckle Screw
6	1	Seat Post	31	1	Main Wire Harness Assy.
7	4	Seat Nut	32	4	Motor Mounting Screw
8	1	Seat Pin	33	3	Handlebar Screw
9	1	Handlebar	34	1	Right Side Shield
10	1	Reed Switch/Wire	35	1	Tension Spring Assembly
11	1	Frame	36	2	Power Plug Screw
12	2	Stabilizer Endcap	37	1	Console Plate
13	1	Stabilizer	38	1	Power Cord
14	4	Stabilizer Bolt	39	1	Magnet
15	14	Side Shield Screw	40	2	Foam Grip
16	1	Left Side Shield	41	2	Handlebar Endcap
17	1	Left Pedal	42	1	Roller Axle
18	2	Flange Nut	43	2	Roller Bushing
19	1	Spacer	44	1	Reed Switch Fastener
20	2	Bearing	45	1	Seat Post Glide
21	1	Jam Nut	46	1	Seat Post Collar
22	1	Small Sprocket	47	1	Right Pedal
23	1	Flywheel Axle	48	1	Tension Motor Assembly
24	2	Roller	49	1	Sprocket
25	1	Flywheel	50	2	Axle Washer
			#	1	Owner's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.



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 (PF210110).
2. The **NAME** of the product (Pro Form 2101 CTX).
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 a 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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