

1030 STX™

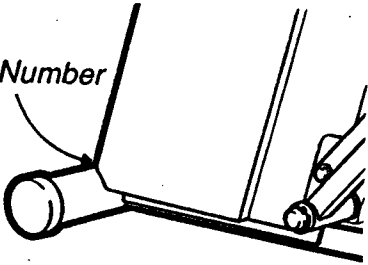
PROGRAMMABLE RESISTANCE • MOTIVATIONAL ELECTRONICS

PRO-FORM®

Model No. PF300010

Serial No. _____

Serial Number
Decal



PATENT PENDING

QUESTIONS?

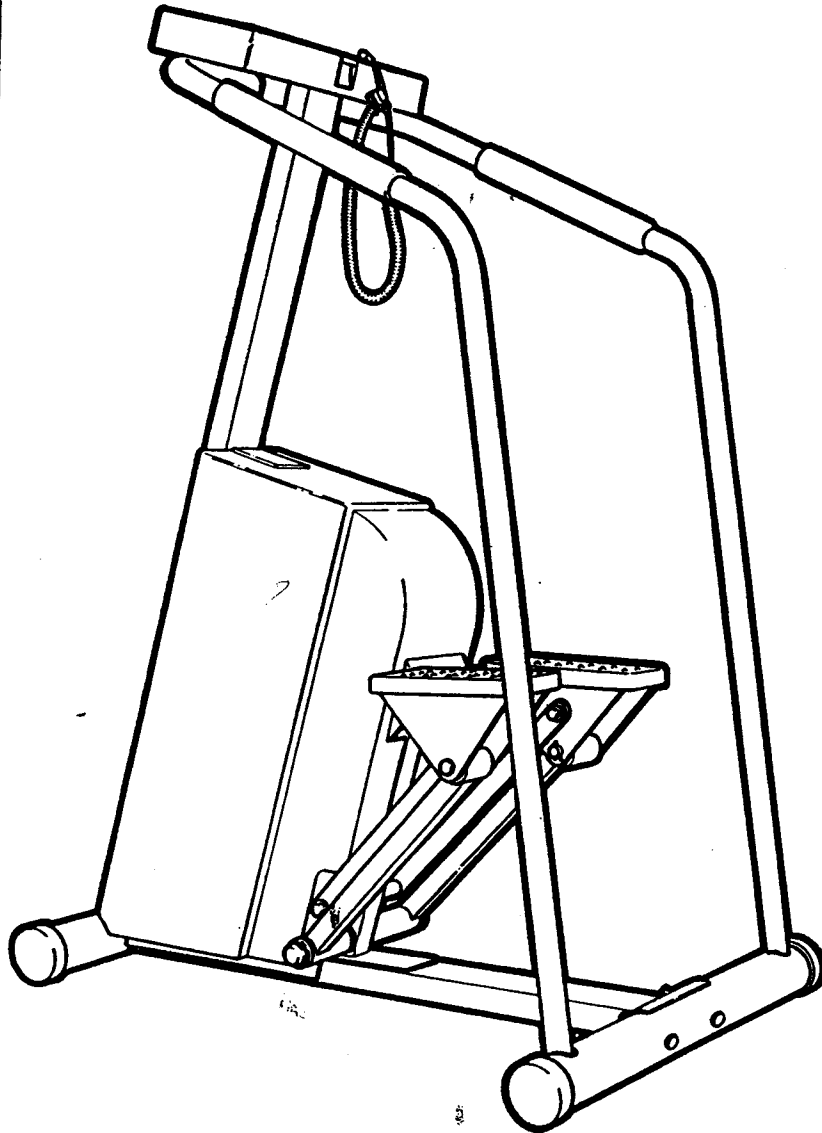
As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE 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

IMPORTANT SAFETY PRECAUTIONS

1. Position the stepper on a level surface. Do not use the stepper outdoors or near water.
2. Plug in the power cord and turn on the power before using the stepper, or the stepper could be damaged. Place the power cord away from walkways or heated surfaces. Do not use the stepper if the power cord is damaged. Do not use an extension cord.
3. Wear suitable exercise attire, including running or aerobic shoes, when using the stepper.
4. Keep your hands away from the pedals, chains and link arms during use. Keep small children away from the stepper during use.
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. 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.

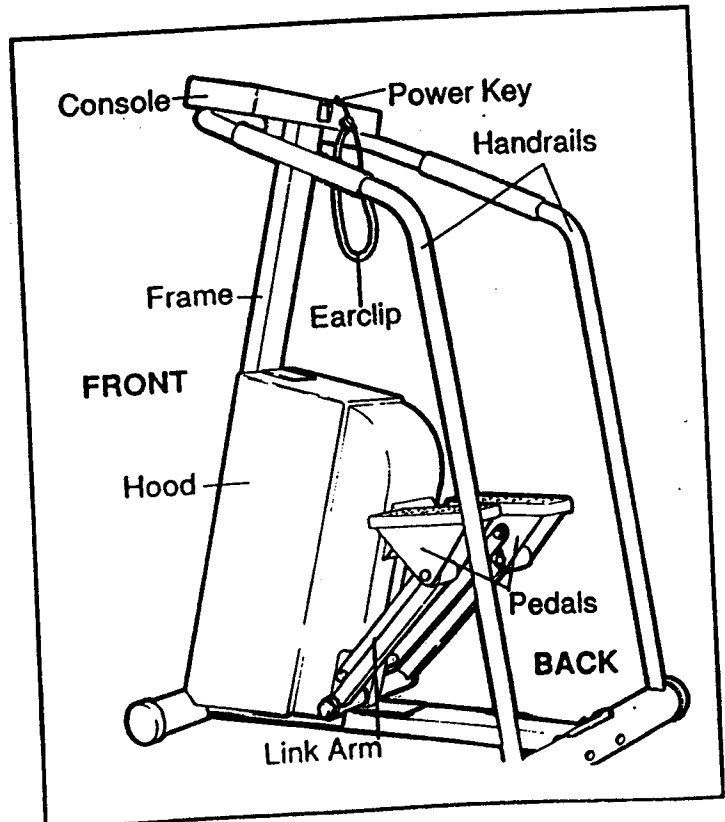
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 1030 STX stepper. The 1030 STX stepper blends advanced engineering with innovative styling to provide you with an effective and enjoyable form of cardiovascular exercise in the convenience of your own home.

For your safety and benefit, read this manual carefully before using this 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 quickly, please mention your product model number and serial number when calling. The model number is printed on the front cover of this manual. The serial number can be found on a decal attached to the stepper (see the drawing on the front cover).

Before reading further, please familiarize yourself with the diagram at the right.



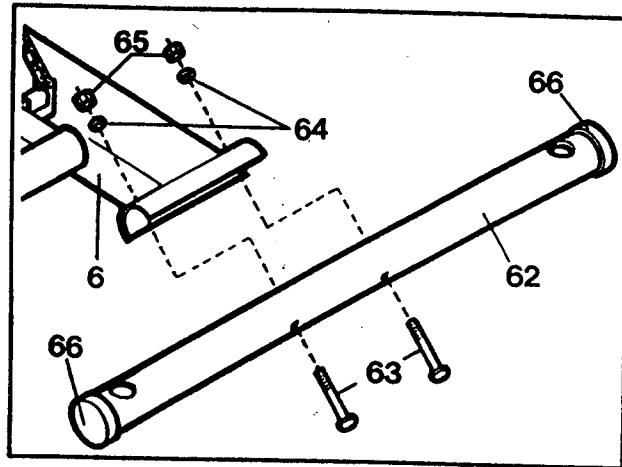
ASSEMBLY

Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using the allen wrench included and your own adjustable wrench.

ATTACHING THE STABILIZER

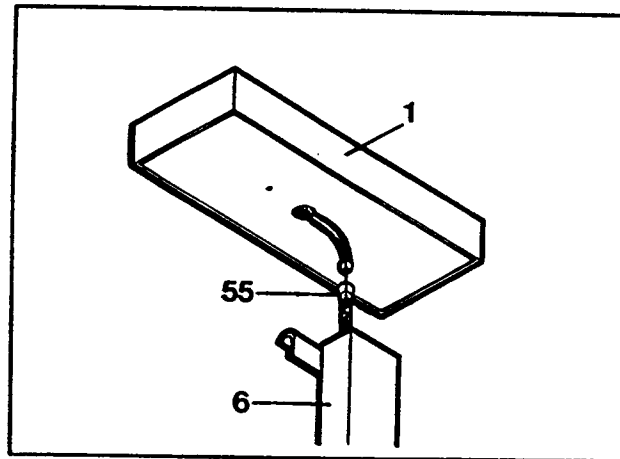
Turn the Stabilizer (62) so the indented bolt holes are toward the Frame (6). Attach the Stabilizer to the Frame with the two Stabilizer Bolts (63), Washers (64) and Nuts (65).

Press an Endcap (66) onto each end of the Stabilizer.



PLUGGING THE WIRE HARNESS INTO THE CONSOLE

Plug the wires protruding from the Console (1) into the Wire Harness (55). Carefully lower the Console so it hangs from the Frame (6).

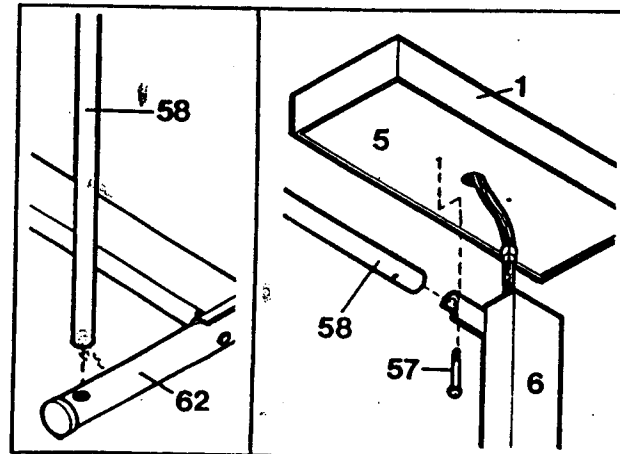


ATTACHING THE HANDRAILS AND CONSOLE

Insert the lower end of the Left Handrail (58) into the Stabilizer (62).

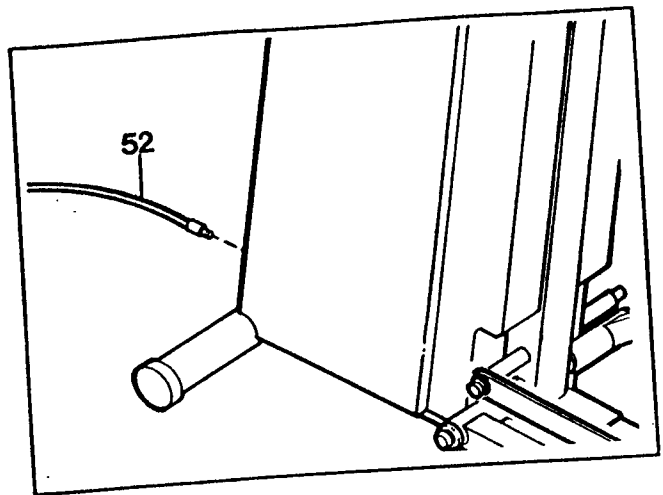
Hold the upper end of the Left Handrail (58) under the bracket on the Frame (6) as shown. Insert a Handrail Bolt (57) up through the Handrail and Frame. Position the Console (1) on top of the Frame, and tuck the wires into the Frame. Thread the Handrail Bolt (57) into the Console Plate (5), but do not tighten it.

Attach the Right Handrail (not shown) to the Frame (6) in the same manner. Tighten both Handrail Bolts (57).



PLUGGING IN THE POWER CORD

Plug the Power Cord (52) into the power jack at the front of the stepper.

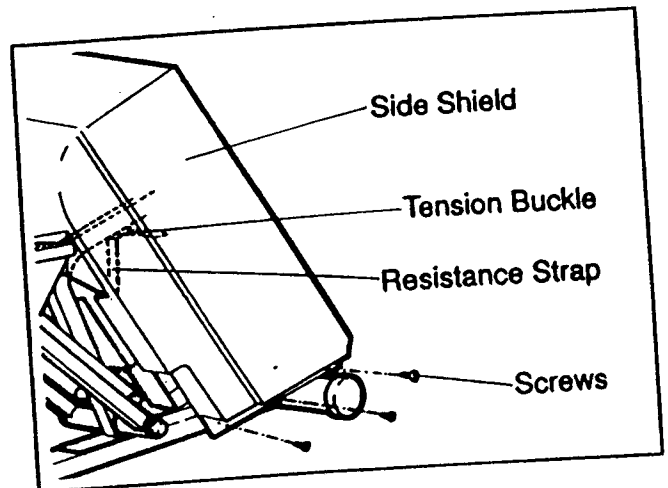


MAINTENANCE AND TROUBLE-SHOOTING

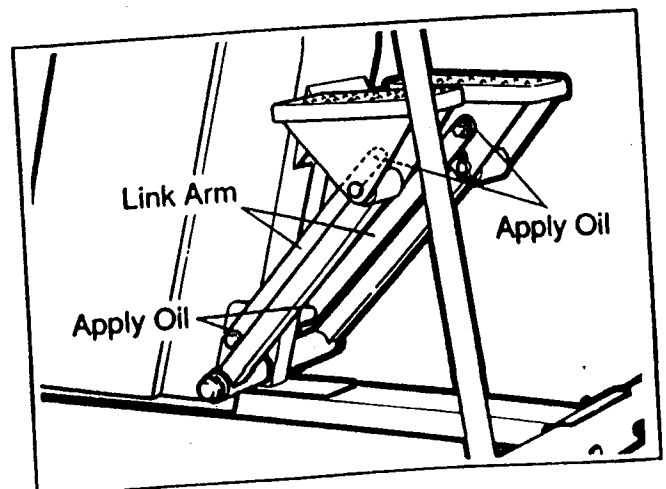
Inspect and tighten all parts of the stepper regularly. Be sure that the cotter pins are securely attached to the clevis pins in the pedals. Outside surfaces of the stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

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.

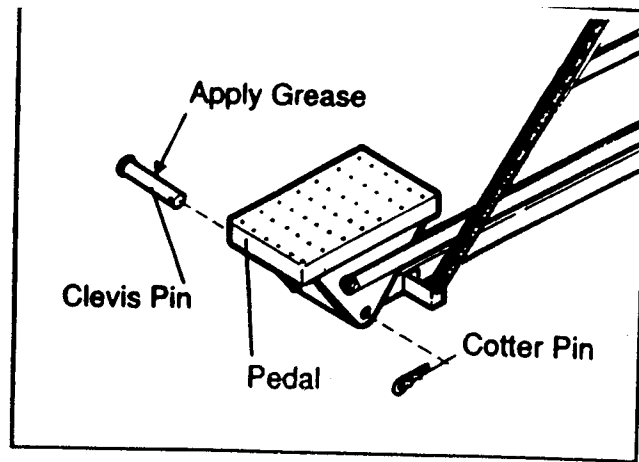
If the range of stepping resistance is too high or too low, the range can be adjusted. Remove the screws from the bottom of the side shields. Carefully pry the bottom of the side shields apart, until the side shields can be lifted off the frame. Locate the tension buckle on the underside of the frame. To raise the range of resistance, open the tension buckle, pull the resistance strap slightly tighter and close the buckle firmly. To lower the range of resistance, loosen the resistance strap slightly. Replace the side shields, and reattach the side shields with the screws.



The axles to which the link arms are attached should be oiled every six months, or whenever the joints become noisy. Apply a few drops of light multi-purpose oil at the locations indicated in the drawing.

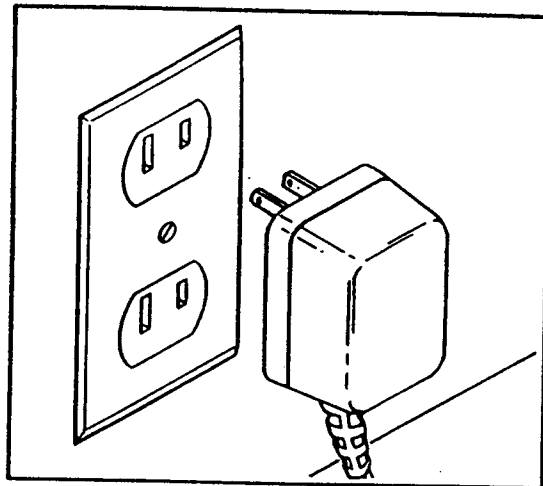


every six months, or whenever the pedals become noisy. Remove the cotter pins from the clevis pins, and slide the clevis pins out of the pedals. Apply grease to the clevis pins, and reattach the pedals.



STEPPER OPERATION

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



STEPPER OPERATION

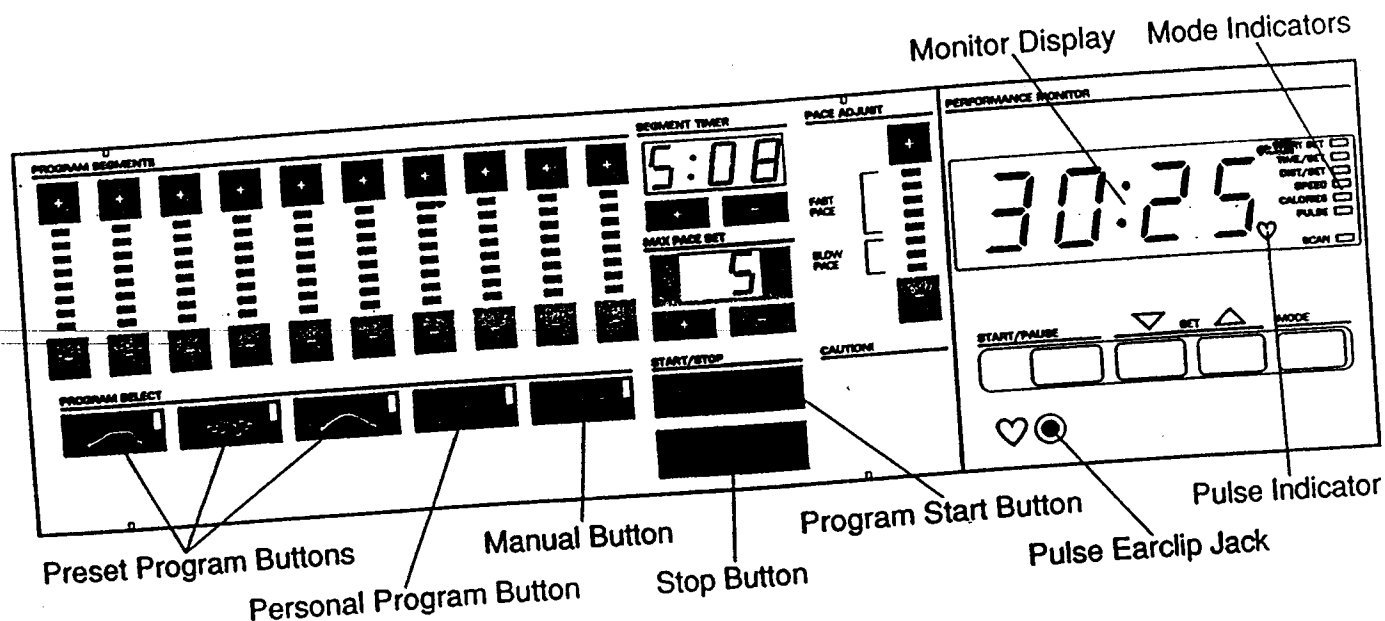
Hold the handrails with an overhand grip, and step onto the pedals. Begin stepping, alternately pressing the right and left pedals down with a smooth, rhythmic motion. Because the pedals move independently, it is important to maintain a continuous motion. Adjust the stepping resistance as necessary until you can comfortably maintain a continuous motion. (See MANUAL PACE MODE on page 6.) **IMPORTANT: Never allow the pedals to hit the floor.**

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. For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps.

PROGRAMMABLE CONSOLE OPERATION

The state-of-the-art stepper console offers both manual and programmable modes. In addition, the console features a performance monitor to provide you with instant exercise feedback. Please read these instructions carefully before operating the console.

DIAGRAM OF THE CONSOLE



TURNING THE POWER ON

Insert the power key into the front of the console. The monitor display will turn on, the indicator on the MANUAL button will light, and one indicator in the PACE ADJUST display will light. A tone will sound to indicate that the console is ready for operation.

MANUAL MODE

When the power is turned on, the console will be in the manual mode. As you exercise, your stepping pace can be adjusted by pressing the plus (+) and minus (-) buttons in the PACE ADJUST display. Each time the plus button is pressed, the resistance will decrease and your stepping pace will increase. (Because the pedals move independently, as the resistance decreases you must increase your stepping pace or both pedals will sink to the floor.) Every fourth time the plus button is pressed, an additional indicator in the display will light. Each time the minus button is pressed, the resistance will increase and your stepping pace will decrease. Every fourth time the button is pressed, an additional indicator will darken. The buttons can be held down to adjust your stepping pace quickly.

PROGRAMMABLE PACE MODE

In the programmable mode, the stepping pace will be controlled automatically by programs you select, leaving you free to concentrate on exercising. Three different preset programs are offered. In addition, you can create an endless number of your own personal programs and store them in memory for future workouts.

CREATING A PERSONAL PROGRAM

Press the PERSONAL PROGRAM button. The indicator on the PERSONAL PROGRAM button will light, and the indicator on the MANUAL button will darken.

The first step in creating a personal program is to select a maximum pace level for the program. There are ten maximum pace levels. If level 1 is selected, the program will offer only slow pace settings. If level 10 is selected, the program will offer a wide range of pace settings, from slow to fast. The program is preset at level 1, as shown in the MAX PACE SET display. If you want to select a different level, press the plus (+) button in the MAX PACE SET display. Each time the button is pressed, the maximum pace level will increase by 1.

All personal and preset programs consist of ten equal time periods, called "segments." The stepping pace will change automatically at the beginning of each segment. Ten pace settings should now be programmed on the PROGRAM SEGMENTS display. The display is divided into ten individual segments, each with a plus (+) and minus (-) button and eight small indicators. A different pace setting can be programmed on each segment. The lighted indicators in each segment show the pace setting of that segment. One lighted indicator is the slowest pace setting, and eight lighted indicators is the fastest pace setting. If a program has not previously been created, four indicators will be lighted in each segment. To program a pace setting on the first segment (at far left), press the plus or minus buttons in the first segment. Each time the plus button is pressed, a tone will sound and the pace setting will increase. Every fourth time the button is pressed, an additional indicator will light. Each time the minus button is pressed, a tone will sound and the pace setting will decrease. Every fourth time the button is pressed, an additional indicator will darken. The buttons can be held down to program a pace setting quickly. Pace settings should be programmed on the remaining nine segments in the same manner. You may wish to program a low setting on the first segment for a warm-up, a combination of higher settings on the middle segments, and a low setting on the final segment for a cool-down. An endless variety of profiles can be created on the PROGRAM SEGMENTS display.

The final step in creating a personal program is to set the length of time each program segment will last (all ten segments will last for the same length of time). Each segment is preset to last for 2 minutes, as shown in the SEGMENT TIMER display. (Since there are ten segments, the program will last for 20 minutes.) If you want to change the length of time each segment will last, press the plus (+) or minus (-) buttons in the SEGMENT TIMER display. Each time one of the buttons is pressed, the length of time displayed will change by 10 seconds. The buttons can be held down to change the length of time quickly. Each segment can be set to last for a minimum of 30 seconds, up to a maximum of 9 minutes and 50 seconds.

When you are ready to start the program, press the PROGRAM START button and begin stepping. The first segment of the PROGRAM SEGMENTS display will begin to flash, and the stepping pace will automatically adjust to the setting of the first segment. The time remaining in the first segment will be shown in the SEGMENT TIMER display. When no time remains, the second segment will begin to flash, the stepping pace will adjust to the setting of the second segment, and the SEGMENT TIMER display will show the time remaining in the second segment. The program will continue in this manner until all ten segments have been completed.

The settings of the program can be changed while the program is running, if desired. If you need to stop the program before the program has ended, press the STOP button. The console will then be in the same state as if the program had ended.

After the program has ended, a preset program can be selected or the console can be switched to the manual mode by pressing the MANUAL button. The current settings of the program will be saved in memory. The settings will be saved as long as the power cord remains plugged in; however, when the power cord is unplugged, the settings will be erased.

Press the PLATEAU, INTERVAL or MOUNTAIN buttons. The indicator on the button you press will light. Next, select a maximum pace level for the program. This is done in the same manner as for a personal program. The ten pace settings of the selected program will appear on the PROGRAM SEGMENTS display. If desired, the setting of any segment can be changed by pressing the plus (+) or minus (-) buttons in that segment. Next, set the length of time you want each program segment to last. This is done in the same manner as for a personal program.

When you are ready to start the program, press the PROGRAM START button and begin exercising. The program will run in exactly the same manner as a personal program. The settings of the program can be changed while the program is running, if desired. If you need to stop the program before the program has ended, press the STOP button. The console will then be in the same state as if the program had ended.

After the program has ended, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL button. Any changes you made to the settings of the program will not be saved in memory. Only the original program settings will be saved.

OPERATING THE PERFORMANCE MONITOR

The performance monitor offers seven different modes to provide you with instant exercise feedback. The modes can be selected by pressing the MODE button. Mode indicators will light to show which mode you have selected. Press the START/PAUSE button to start or stop the modes. The mode indicators will flash to show when the modes are stopped. The modes are described below:

Weight Set: When the power is turned on, the Weight Set mode will be selected automatically. For the Calories mode to be accurate, your weight should be entered into the console. 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. **IMPORTANT NOTE:** Your weight must be entered into the console immediately after the power is turned on, and before you step onto the stepper pedals. If the pedals are moved before your weight has been entered, the power key must be removed and then reinserted before your weight can be entered.

Time/Set: This mode displays the elapsed time. This mode also allows time goals 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.) Be sure the mode is stopped, and press the SET buttons to enter the length of time you plan to exercise. Each time one of the buttons is pressed, the length of time displayed will change by 1 second. The buttons can be held down to enter a time goal quickly. When the mode is started, the time will be counted down. **Note:** Time goals should be set only when the console is in the manual mode. When the console is in the programmable mode, the console will be controlled by the Segment Timer.

Distance/Set: This mode displays the distance you have stepped, in vertical miles. This mode also allows distance goals 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.) Be sure the mode is stopped, and press the SET buttons to enter the distance you plan to step. Each time one of the buttons is pressed, the distance displayed will change by 0.01 vertical mile. The buttons can be held down to enter a distance goal quickly. When the mode is started, the distance will be counted down as you exercise. **Note:** Distance goals should be set only when the console is in the manual mode.

Speed: This mode displays your current stepping speed, in vertical miles per hour.

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

Pulse: This mode displays 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 prevent excessive movement of the earclip wire. When your pulse is detected, the heart-shaped pulse indicator on the display will flash. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed, try rubbing your ear lobe and repositioning the earclip.

Scan: This mode displays the Time/Set, Distance/Set, Speed, Calories and Pulse modes, for approximately five seconds each, in a repeating cycle.

TURNING THE POWER OFF

To turn the power off, simply remove the power key from the console.

CONDITIONING GUIDELINES

WARNING: Before beginning this or any exercise program, consult your physician.

To maximize the benefits of exercising, it is important to exercise with the proper level of exertion. The proper level of exertion 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 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.

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. After a few months, gradually increase your heart rate 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 your level of exertion; if your heart rate is too low, increase your level of exertion.

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. 5-10 minutes of stretching or light calisthenics will provide a good warm-up. After warming up, exercise with your heart rate in your training zone for 20-30 minutes. Finish your workout with 5-10 minutes of stretching to cool down. This will help to offset muscle contractions and other problems caused when you stop exercising suddenly.

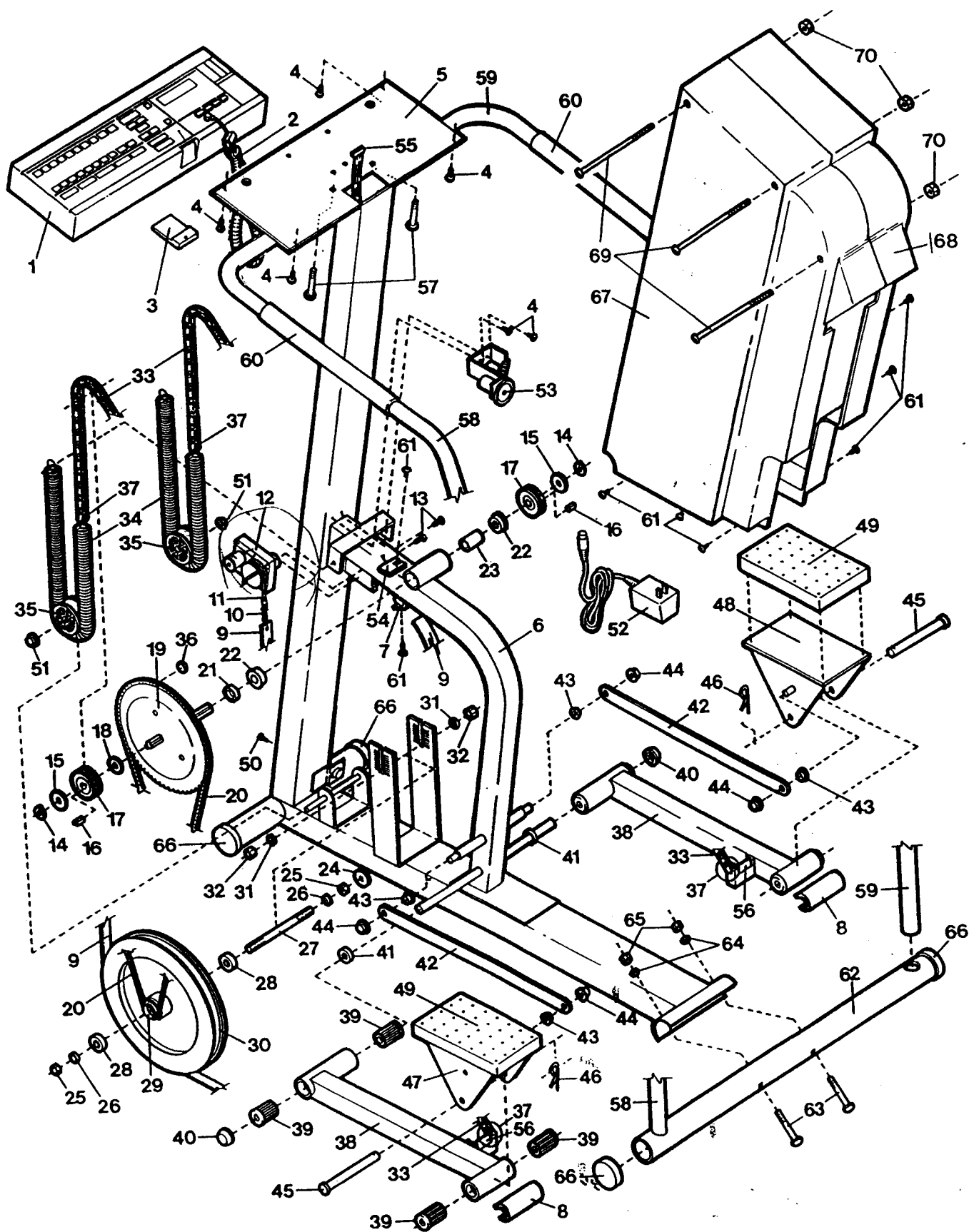
described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is CONSISTENCY.

PART LIST—Model No. PF300010

Rev. 12/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	37	4	Master Link
2	1	Pulse Earclip	38	2	Pedal Arm
3	1	Power Key	39	8	Pedal Arm Bushing
4	6	Screw	40	2	Pedal Arm Pushnut
5	1	Console Plate	41	2	Pedal Arm Spacer
6	1	Frame	42	2	Link Arm
7	1	Tension Buckle	43	4	Link Arm Bushing
8	2	Large Bumper	44	4	Link Arm Pushnut
9	1	Resistance Strap	45	2	Clevis Pin
10	1	Spring Assembly	46	2	Cotter Pin
11	1	Tension Rope	47	1	Left Pedal
12	1	Tension Motor	48	1	Right Pedal
13	2	Tension Motor Screw	49	2	Pedal Foot Pad
14	2	Snap Ring	50	1	Power Plug Screw
15	2	Large Sprocket Washer	51	2	Spring Wheel Pushnut
16	2	Sprocket Key	52	1	Power Cord
17	2	Small Sprocket	53	1	Voltage Meter
18	1	Small Sprocket Washer	54	1	Reed Switch
19	1	Large Sprocket	55	1	Wire Harness
20	1	Large Sprocket Chain	56	2	Small Bumper
21	1	Sprocket Spacer Cup	57	2	Handrail Bolt
22	2	Sprocket Bearing	58	1	Left Handrail
23	1	Spacer	59	1	Right Handrail
24	1	Large Flywheel Washer	60	2	Handrail Foam
25	2	Thin Nut	61	8	Mounting Screw
26	2	Beveled Washer	62	1	Stabilizer
27	1	Flywheel Axle	63	2	Stabilizer Bolt
28	2	Flywheel Bearing	64	2	Stabilizer Washer
29	1	Flywheel Sprocket	65	2	Stabilizer Nut
30	1	Flywheel	66	4	Stabilizer Endcap
31	2	Small Flywheel Washer	67	2	Left Side Shield
32	2	Thick Nut	68	1	Right Side Shield
33	2	Large Chain	69	1	Side Shield Bolt
34	2	Spring	70	1	Side Shield Nut
35	2	Spring Wheel	#	1	Owner's Manual
36	1	Magnet	#	1	Grease

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

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 quickly, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (PF300010).
2. The NAME of the product (PROFORM® 1030 STX 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.

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