

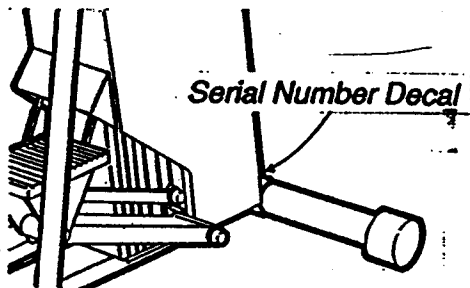
# 3001 SILENT DRIVE™

PROGRAMMABLE ELECTRONICS • ELECTROMAGNETIC DRIVE

Patent Pending

## PRO-FORM®

Model No. PF300131/PF3001E1  
Serial No. \_\_\_\_\_

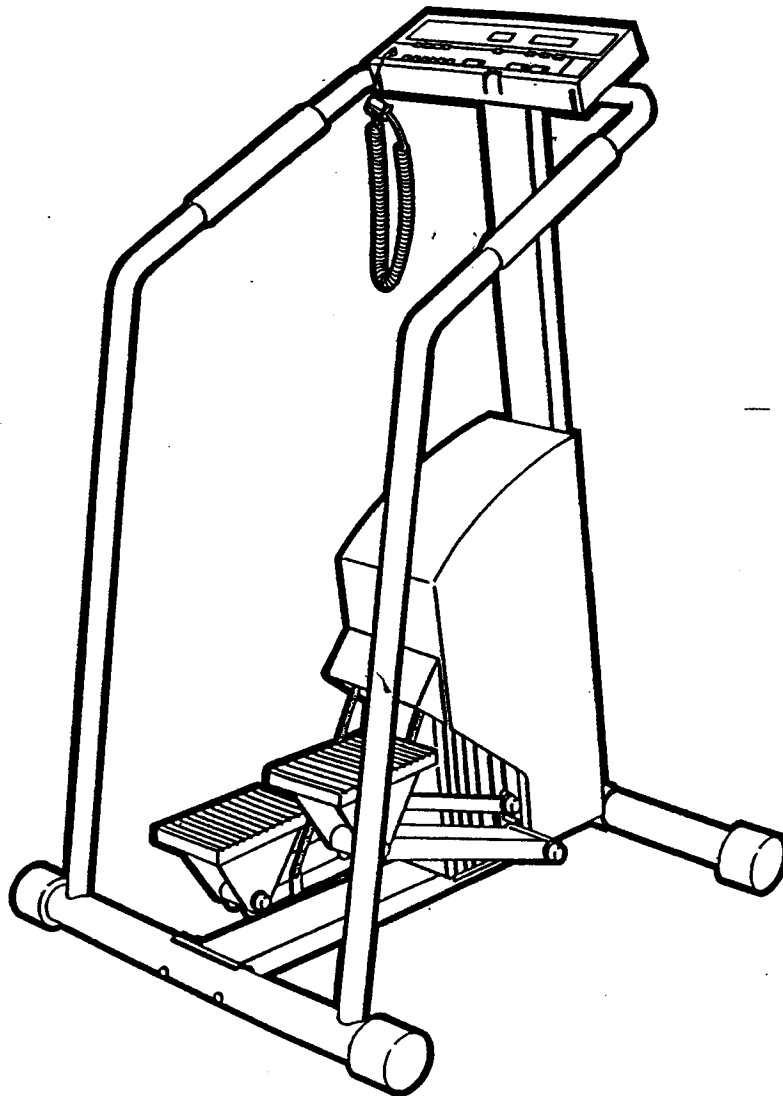


### QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we 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

## 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.

PRO FORM FITNESS PRODUCTS, INC., 1500 S. 1000 W., Logan, UT 84321-9813

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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. Plug in the power cord and turn on the power when using the stepper, or the stepper could be damaged (see STEPPER OPERATION on page 6). Keep the power cord away from walkways and heated surfaces. Do not use the stepper if the power cord is damaged. Do not use an extension cord.
3. Wear suitable exercise clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails when using the stepper.
5. Keep your hands away from the pedals, chains and link arms during use. Keep small children away from the stepper at all times.
6. The pulse earclip is not a medical device. Various factors, including the user's 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.
7. 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.
8. Always unplug the power cord when performing the maintenance and adjustment procedures described in this manual.

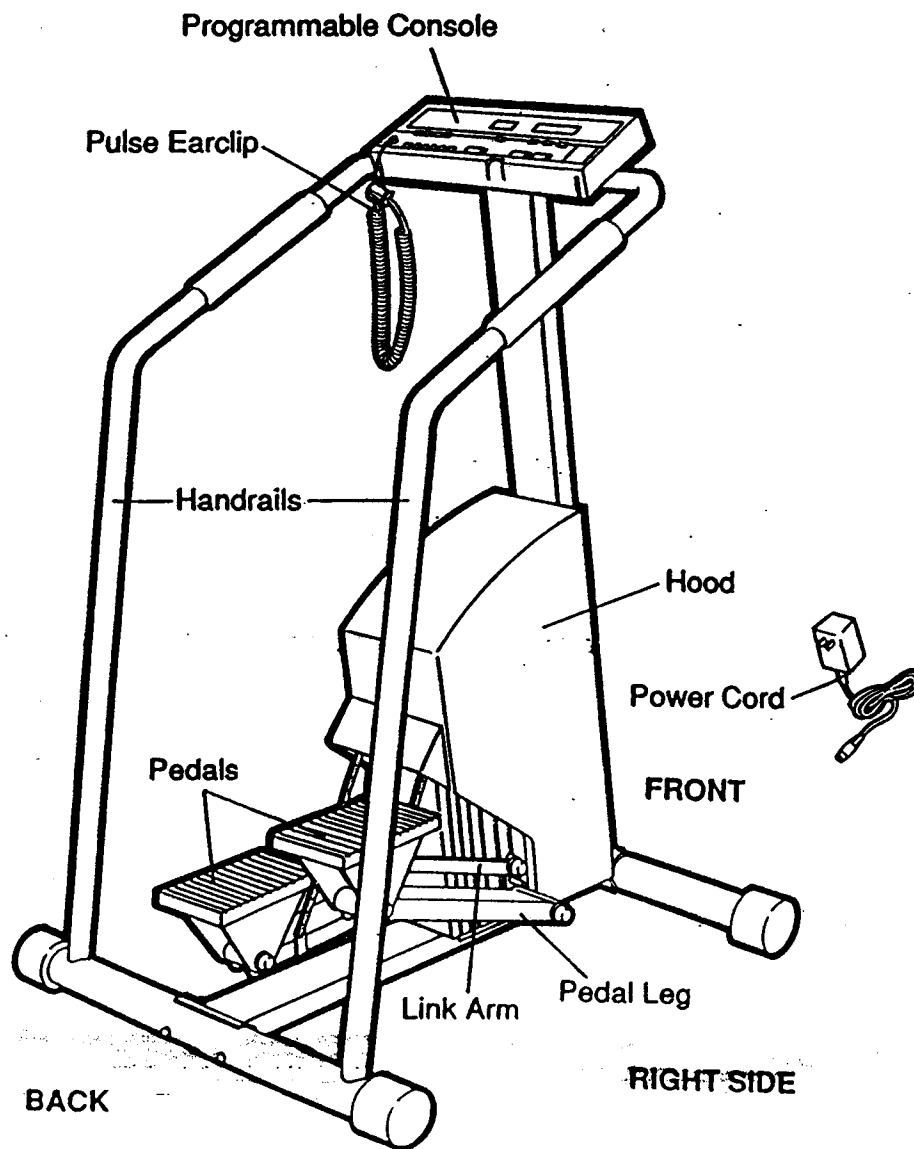
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage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

# BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 3001 SILENT DRIVE stepper with programmable electronics and electro-magnetic drive. The 3001 SILENT DRIVE stepper blends advanced engineering with innovative styling to provide you with a unique form of low-impact cardiovascular exercise in the comfort and privacy of your home. Your workouts on the 3001 SILENT DRIVE stepper will be more effective and enjoyable with such features as independent-action pedals, adjustable pace, and a programmable exercise computer.

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 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 for the location of the decal).

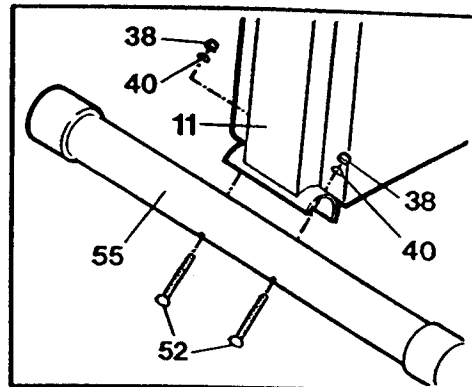
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



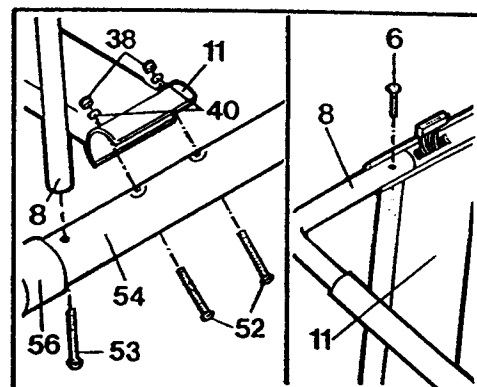
# ASSEMBLY

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until the stepper is fully assembled and all parts are accounted for. Read each step carefully before beginning. Assembly can be completed using your own adjustable wrench.

1. Turn the Front Stabilizer (55) so the indented bolt holes are toward the Frame (11). (Note: The Front Stabilizer is similar to the Rear Stabilizer [not shown], but there are holes near the ends of the Rear Stabilizer.) Attach the Front Stabilizer to the Frame with two Carriage Bolts (52), Stabilizer Washers (40) and Nuts (38).

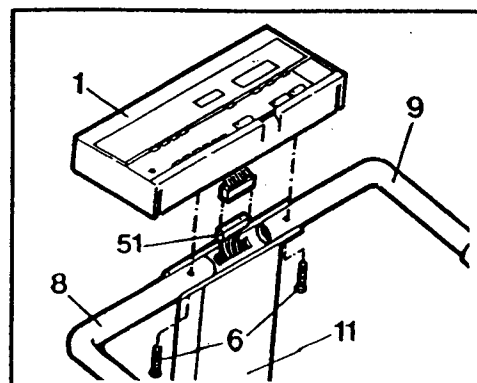


2. Turn the Rear Stabilizer (54) so the indented bolt holes are toward the Frame (11). Attach the Rear Stabilizer to the Frame with two Carriage Bolts (52), Stabilizer Washers (40) and Nuts (38). Raise the back of the Frame about one foot and place a support under it. Attach the lower end of the Left Handrail (8) to the Rear Stabilizer with a Handrail Mounting Bolt (53). If necessary, move the Endcap (56) slightly until the Left Handrail is flush against the Rear Stabilizer. Rest the upper end of the Left Handrail in the Frame as shown. Insert a Console Bolt (6) down through the Left Handrail to hold it in place temporarily.

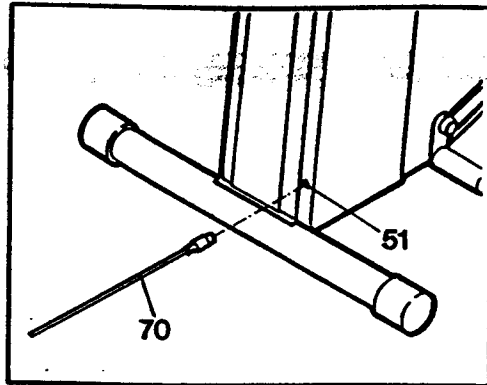


Attach the Right Handrail (not shown) to the Frame in the same manner.

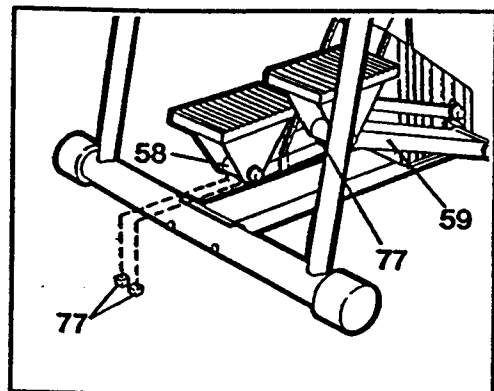
3. Plug the Wire Harness (51) into the Programmable Console (1). Remove the Console Bolts (6) from the Left and Right Handrails (8, 9). Attach the Programmable Console to the Frame (11) with the two Console Bolts.



4. Plug the Power Cord (70) into the Power Plug (51).

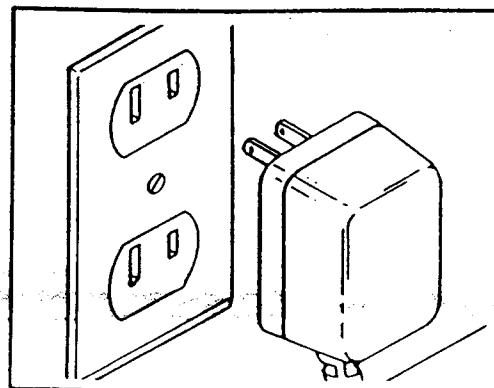


5. Press two Bumpers (77) onto the Left Pedal Leg (58), and two Bumpers (77) onto the Right Pedal Leg (59).



## STEPPER OPERATION

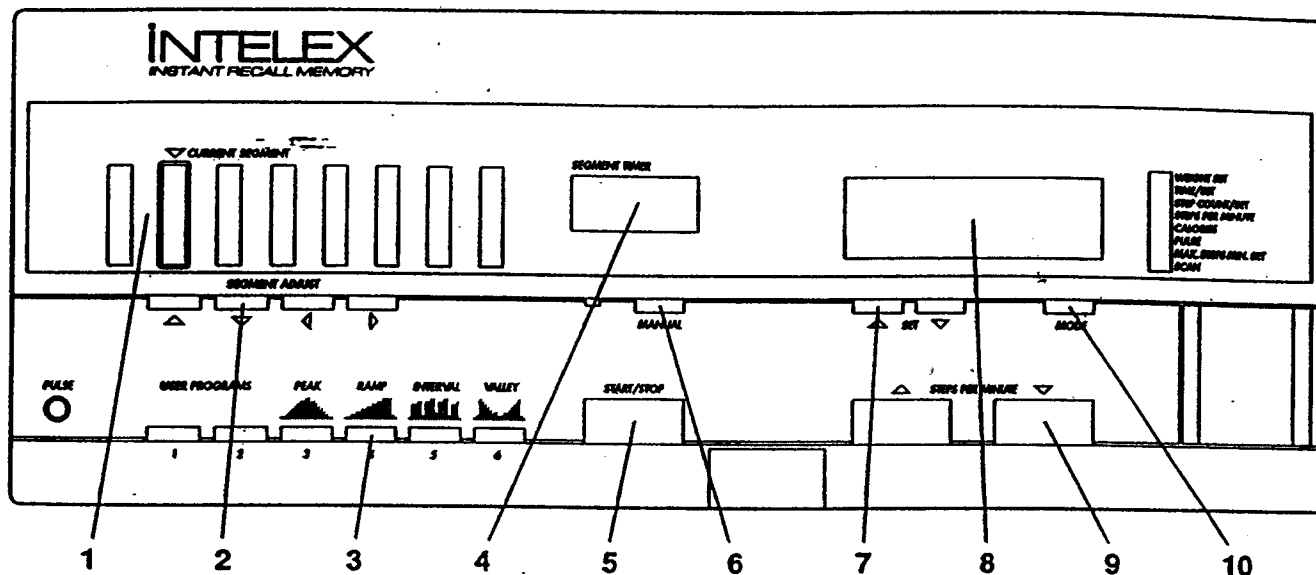
Plug the transformer on the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the stepper, or the stepper could be damaged.



## DIAGRAM OF THE CONSOLE

The sophisticated INTELEX console is designed to help you get the most from your workouts. In the manual mode, the stepping pace can be controlled with the touch of a button. As you exercise, the console will give you instant feedback on your performance. In the program mode, the console will guide you through any of four preset workout programs, each designed to give you a different type of workout. Or, you can create your own workout programs, and store them in memory for future use.

If there is a clear protective film on the console display, remove it. Please read these instructions carefully before using the console.



1. PROGRAM DISPLAY—This display shows the pace settings of user programs and preset programs.
2. SEGMENT ADJUST BUTTONS—These buttons are used to program or change pace settings for user programs and preset programs.
3. PROGRAM BUTTONS—These buttons are used to select user programs and preset programs.
4. SEGMENT TIMER DISPLAY—This display shows the time remaining in the current segment when user programs or preset programs are in progress.
5. START/STOP BUTTON—This button starts and stops the console.
6. MANUAL BUTTON—This button switches the console to the manual mode.
7. SET BUTTONS—These buttons are used to set goals for the WEIGHT SET, TIME/SET, STEP COUNT/SET and MAX. STEPS MIN. SET modes.
8. MONITOR DISPLAY—This display shows all of the monitor modes.
9. PACE (STEPS PER MINUTE) BUTTONS—These buttons are used to control the stepping pace.
10. MODE BUTTON—This button is used to select monitor modes. Modes are selected in the following order: WEIGHT SET, TIME/SET, STEP COUNT/SET, STEPS PER MINUTE, CALORIES, PULSE, MAX. STEPS MIN. SET and SCAN.

## **MANUAL MODE OPERATION**

When the power is turned on, the console will be in the manual mode and the stepping pace will be set at 25 steps per minute. The pace setting can be changed, if desired, by pressing the PACE (STEPS PER MINUTE) BUTTONS. Each time the PACE increase button is pressed, the pace setting will increase by 5 steps per minute. The button can be held down to increase the pace setting rapidly. The PACE decrease button operates in the same manner to decrease the pace setting. The pace setting can be changed from a minimum of 25 steps per minute, up to a maximum of 140 steps per minute, in increments of 5 steps per minute. Note: After the PACE buttons are pressed, it will take a few seconds for the stepper to reach the selected pace setting. Each time the console is stopped, the pace setting will automatically change to 25 steps per minute.

Hold the handrails and step onto the pedals; both pedals will slowly sink. Begin stepping, alternately pressing the right and left pedals down with a smooth, rhythmic motion. Because the pedals move independently, a continuous motion must be maintained or both pedals will sink to the floor. Adjust the stepping pace as desired by pressing the PACE buttons.

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.

## **SELECTING MONITOR MODES**

The console offers a wide selection of monitor modes to give you instant feedback on your performance as you exercise. The modes can be selected by repeatedly pressing the MODE button. Mode indicators will light to show which mode is currently displayed. Press the START/STOP button to start or stop the modes. The mode indicators will flash to show when the modes are stopped. The MONITOR display can be reset, if desired, by removing the safety key and then reinserting it. The monitor modes are described below.

**WEIGHT SET:** For the CALORIES mode to be accurate, this mode should be selected and 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 1 pound. The buttons can be held down to enter your weight quickly.

**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. (Make sure the SCAN mode is not selected.) Make sure the mode is stopped, and press the SET buttons to set 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 set a time goal rapidly. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound and the pace setting will automatically change to 25 steps per minute. Note: Time goals can be set only when the console is in the manual mode.

**STEP COUNT/SET:** This mode displays the total number of steps you have completed. This mode also allows step goals to be set. To set a step goal, first select the STEP COUNT/SET mode. (Make sure the SCAN mode is not selected.) Press the SET buttons to set the number of steps you plan to complete. Each time one of the buttons is pressed, the number displayed will change by 10 steps. The buttons can be held down to set a step goal rapidly. As you exercise, the steps will be counted down. When the step goal is completed, a tone will sound and the pace setting will automatically change to 25 steps per minute. Note: Step goals can be set only when the console is in the manual mode.

**STEPS PER MINUTE:** This mode displays your current stepping pace, in steps per minute. Note: Each time one of the PACE buttons is pressed, this mode will be displayed automatically for approximately 5 seconds.

**CALORIES:** This mode displays the total number of Calories you have burned. For accuracy, first 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. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, rub your ear lobe lightly and reposition the earclip.

**MAX. STEPS MIN. SET:** This mode is used to select maximum pace settings for user programs and preset programs. Note: This mode can be selected only when user programs or preset programs are selected.

**SCAN:** This mode automatically displays all modes except WEIGHT SET and MAX. STEPS MIN. SET, for approximately 5 seconds each, in a repeating cycle. Note: The PULSE mode will be displayed only if the pulse earclip is worn.

## **PROGRAM MODE OPERATION**

### **CREATING A USER PROGRAM**

Press the USER PROGRAM 1 or USER PROGRAM 2 button. A "U1" (USER 1) or "U2" (USER 2) will appear for five seconds in the SEGMENT TIMER display to show which program you have selected.

The first step in creating a user program is to select a maximum pace setting for the program. The maximum pace setting is preset at 140 steps per minute, as shown in the MONITOR display. The maximum pace setting can be changed, if desired, by pressing the SET buttons. Each time one of the buttons is pressed, the setting will change by 5 steps per minute. The buttons can be held down to change the setting rapidly. The maximum pace setting can be from 60 steps per minute to 140 steps per minute. Note: The minimum pace setting is preset at 25 steps per minute, and cannot be changed.

Each program consists of twenty equal time periods, called segments. A different pace setting can be programmed for each segment. The segments are displayed in the vertical columns of the PROGRAM display. Up to eight segments are displayed at a time: the segment most recently completed, the current segment, and the next six upcoming segments. The lighted indicators in each vertical column show the pace setting programmed for the segment displayed. One lighted indicator represents the slowest pace setting, and eight lighted indicators represents the maximum pace setting. If a program has not previously been created, four indicators will be lighted in each column.

To program a pace setting for the first program segment, displayed in the CURRENT SEGMENT column, press the SEGMENT ADJUST increase or decrease buttons until the desired number of indicators is lighted. Each time the increase button is pressed, the pace setting will increase; every fourth time the button is pressed, an additional indicator will light. The button can be held down to increase the pace setting rapidly. The SEGMENT ADJUST decrease button operates in the same manner to decrease the pace setting. Next, press the SEGMENT ADJUST left button. The first program segment will move to the left, and the second segment will be displayed in the CURRENT SEGMENT column. Program a pace setting for the second segment in the same manner. Repeat this procedure until you have programmed pace settings for all twenty segments. You may wish to program slow pace settings for the first few segments, a combination of faster pace settings for the middle segments and slow pace settings for the final few segments. An endless variety of pace settings can be programmed.

Each program segment is preset to last for 1 minute, as shown in the SEGMENT TIMER display. Since there are 20 segments, the program will last for 20 minutes. The segments can be set to last for a different length of time, if desired. First, select the TIME/SET mode by repeatedly pressing the

MODE button. (Make sure the SCAN mode is not selected.) Next, press the SET buttons to change the length of time the segments will last. Each time one of the buttons is pressed, the length of time will change by 1 second. ~~(The length of time the program will last will be shown in the MONITOR display.)~~ The buttons can be held down to change the length of time quickly. The segments can be set to last for a minimum of 30 seconds, up to a maximum of 3 minutes.

To start the program, press the START/STOP button and begin stepping. The first program segment will be displayed in the CURRENT SEGMENT column, and the stepping pace will change to the first setting. The time remaining in the first segment will be shown in the SEGMENT TIMER display. When no time remains, the first segment will move to the left, the second segment will be displayed in the CURRENT SEGMENT column and the stepping pace will change to the second setting. The program will continue in this manner until the twentieth segment is displayed in the CURRENT SEGMENT column and no time remains.

While the program is in progress, you can change the stepping pace during the current segment, if desired, by pressing the SEGMENT ADJUST increase or decrease button. If you desire to stop the program before the program has ended, press the START/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. The user program you have created will be stored in memory.

### SELECTING A PRESET PROGRAM

Press the PEAK, RAMP, INTERVAL or VALLEY button. A "P3" (PEAK), "P4" (RAMP), "P5" (INTERVAL) or "P6" (VALLEY) will appear for five seconds in the SEGMENT TIMER display to show which program you have selected. The small diagrams above the PROGRAM buttons show how the stepping pace will change during each program. During the PEAK program, for example, the pace will gradually increase and then gradually decrease.

After a program has been selected, a maximum pace setting should be selected for the program. This is done in the same manner as for a user program.

The first seven segments of the selected program will be shown in the PROGRAM display. If desired, the pace setting of any segment can be changed. Press the SEGMENT ADJUST left or right buttons until the segment you want to change is displayed in the CURRENT SEGMENT column. Press the SEGMENT ADJUST increase or decrease buttons to change the pace setting of the segment.

Next, set the length of time you want each program segment to last. This is done in the same manner as for a user program.

To start the program, press the START/STOP button and begin stepping. The program will run in exactly the same manner as a user program. 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. Although the settings of a preset program can be changed, any changes made to the pace settings will not be saved in memory.

### TURNING OFF THE POWER

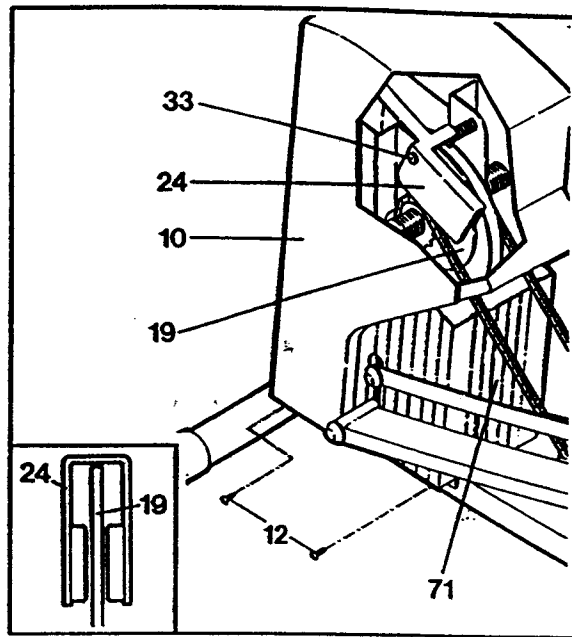
Remove the power key from the console. Keep the power key in a secure location. Note: If no console buttons are pressed and the stepper pedals are not moved for 10 minutes, the display will darken and the console will go into a "sleep" mode to conserve power. To "wake" the console, press any button.

# MAINTENANCE AND TROUBLE-SHOOTING

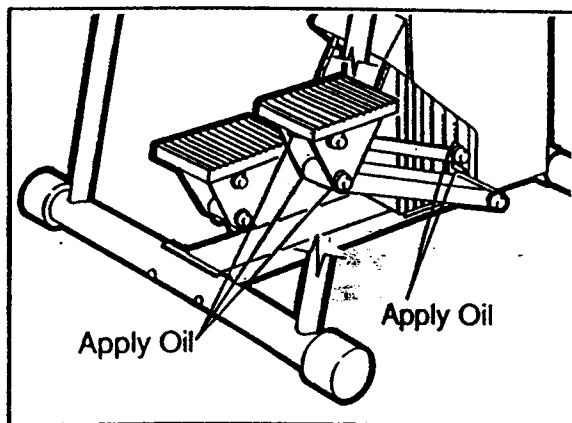
Inspect and tighten all parts of the stepper regularly. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

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.

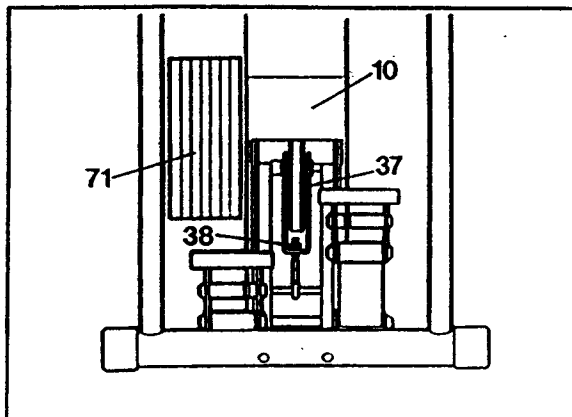
If the stepper produces a grinding sound as you step, the Tension Bracket (24) may need to be adjusted. Unplug the power cord. Gently pull outward on the sides of the Hood (10) until you can remove the Access Cover (71). Remove the two Screws (12) from each side of the Hood. Gently pull outward on the sides of the Hood and lift the Hood off the stepper. Locate the Tension Bracket (24). If the Tension Bracket is touching the right side of the Resistance Disk (19), turn the Adjustment Bolt (33) clockwise until the Tension Bracket is centered (see inset). If the Tension Bracket is touching the left side, turn the Adjustment Bolt counterclockwise. Reattach the Hood (10) to the stepper with the four Screws (12). Replace the Access Cover (71).



The axles to which the link arms are attached should be oiled every six months. Apply a few drops of light multi-purpose oil at both ends of the link arms.



If the pedals slip as you step, the tension of the tension pulley belt may need to be adjusted. Unplug the power cord. Gently pull outward on the sides of the Hood (10) until you can remove the Access Cover (71). Locate the Nut (38) in the Pulley Bracket (37). Turn the Nut clockwise one third of a turn. Step for a few minutes. If further adjustment is needed, turn the Nut clockwise an additional one third of a turn. Repeat until the tension is properly adjusted. **IMPORTANT: Do not overtighten the Nut.** Replace the Access Cover (71) in the Hood (10).



# 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.

| 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 below your training zone, increase the intensity. **WARNING: The pulse earclip is not a medical device. Various factors, including the user's 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. The warm-up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Warm up with 5 to 10 minutes of stretching or light exercise. Follow the warm-up with a few minutes of light exercise. Next, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Finish each workout with 5 to 10 minutes of stretching to cool down. This will help to develop flexibility as well as offset muscle contractions and other problems caused when you stop exercising suddenly.

To maintain or improve your condition, work out 2 to 3 times per week as described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4 to 5 per week. The key to achieving successful results is **CONSISTENCY**.

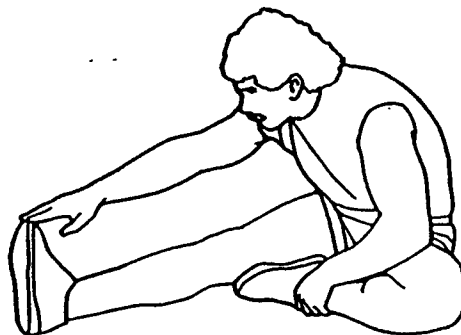
## SUGGESTED STRETCHES

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.

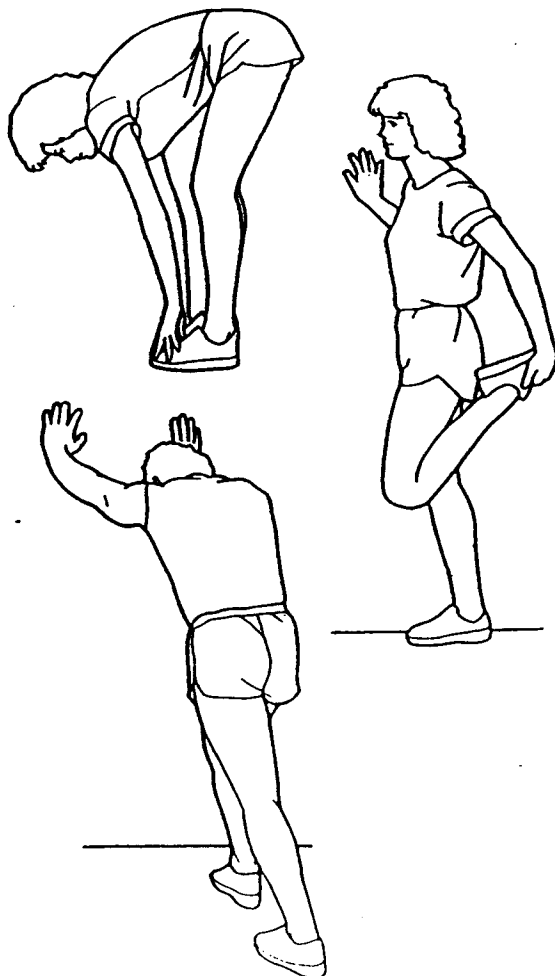
Stretches: Quadriceps, hip muscles.



### 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.

**PART LIST—Model No. PF300131/PF3001E1**

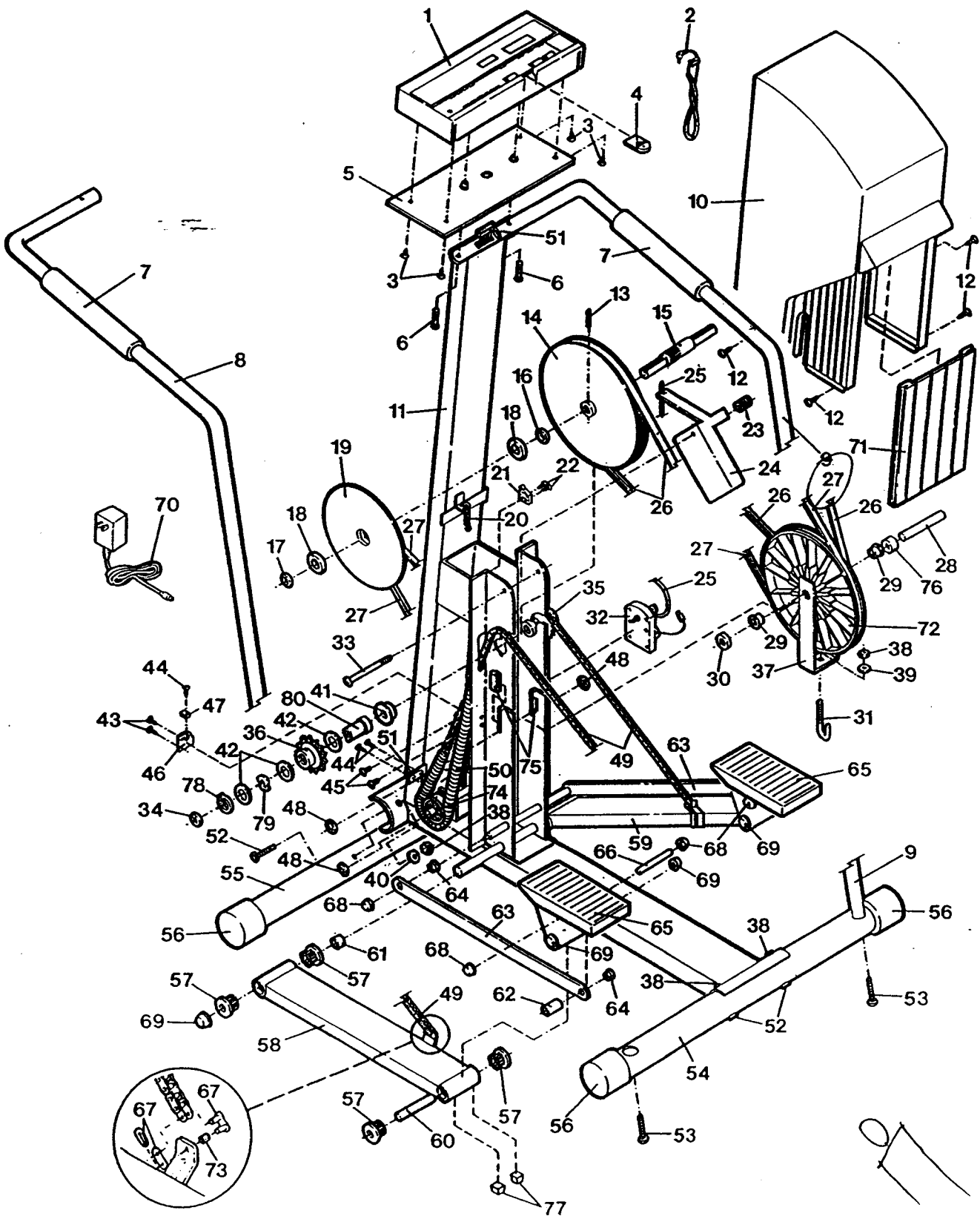
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| <b>Key No.</b> | <b>Qty.</b> | <b>Description</b>   | <b>Key No.</b> | <b>Qty.</b> | <b>Description</b>      |
|----------------|-------------|----------------------|----------------|-------------|-------------------------|
| 1              | 1           | Programmable Console | 42             | 6           | Shaft Washer            |
| 2              | 1           | Pulse Earclip        | 43             | 2           | Sensor Bracket Screw    |
| 3              | 4           | Console Screw        | 44             | 3           | Small Screw             |
| 4              | 1           | Power Key            | 45             | 2           | Tension Motor Screw     |
| 5              | 1           | Console Plate        | 46             | 1           | Sensor Bracket          |
| 6              | 2           | Console Bolt         | 47             | 1           | Optical Sensor          |
| 7              | 2           | Handrail Foam        | 48             | 4           | Small Pushnut           |
| 8              | 1           | Left Handrail        | 49             | 2           | Pedal Chain             |
| 9              | 1           | Right Handrail       | 50             | 2           | Pedal Spring            |
| 10             | 1           | Hood                 | 51             | 1           | Wire Harness/Power Plug |
| 11             | 1           | Frame                | 52             | 4           | Carriage Bolt           |
| 12             | 4           | Screw                | 53             | 2           | Handrail Mounting Bolt  |
| 13             | 1           | Roll Pin             | 54             | 1           | Rear Stabilizer         |
| 14             | 1           | Drive Pulley         | 55             | 1           | Front Stabilizer        |
| 15             | 1           | Drive Shaft          | 56             | 4           | Stabilizer Endcap       |
| 16             | 1           | Spacer               | 57             | 8           | Pedal Bushing           |
| 17             | 1           | Thin Spacer          | 58             | 1           | Left Pedal Leg          |
| 18             | 2           | Bearing              | 59             | 1           | Right Pedal Leg         |
| 19             | 1           | Resistance Disk      | 60             | 2           | Lower Pedal Rod         |
| 20             | 1           | Small Tension Spring | 61             | 2           | Front Spacer            |
| 21             | 1           | Limit Switch         | 62             | 2           | Link Arm Spacer         |
| 22             | 2           | Limit Switch Screw   | 63             | 2           | Link Arm                |
| 23             | 1           | Large Tension Spring | 64             | 4           | Link Arm Bushing        |
| 24             | 1           | Tension Bracket      | 65             | 2           | Pedal                   |
| 25             | 1           | Tension Rope         | 66             | 2           | Link Arm Axle           |
| 26             | 1           | Drive Belt           | 67             | 4           | Master Link Assembly    |
| 27             | 1           | Tension Pulley Belt  | 68             | 6           | Small Axle Cap          |
| 28             | 1           | Pulley Axle          | 69             | 6           | Large Axle Cap          |
| 29             | 2           | Small Bushing        | 70             | 1           | Power Cord              |
| 30             | 1           | Pulley Axle Spacer   | 71             | 1           | Access Cover            |
| 31             | 1           | J-Bolt               | 72             | 1           | Tension Pulley          |
| 32             | 1           | Tension Motor        | 73             | 4           | Master Link Bushing     |
| 33             | 1           | Adjustment Bolt      | 74             | 2           | Pulley                  |
| 34             | 2           | Large Pushnut        | 75             | 2           | Axle Shim               |
| 35             | 1           | Right Sprocket       | 76             | 1           | Large Spacer            |
| 36             | 1           | Left Sprocket        | 77             | 4           | Bumper                  |
| 37             | 1           | Pulley Bracket       | 78             | 2           | Retainer                |
| 38             | 5           | Nut                  | 79             | 2           | Spring Washer           |
| 39             | 1           | J-Bolt Washer        | 80             | 2           | Sprocket Bushing        |
| 40             | 4           | Stabilizer Washer    | #              | 1           | Owner's Manual          |
| 41             | 2           | Tabbed Bushing       |                |             |                         |

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

# EXPLODED VIEW—Model No. PF300131/PF3001E1

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# 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:

1. The MODEL NUMBER of the product (PF300131/PF3001E1).
2. The NAME of the product (PROFORM® 3001 SILENT DRIVE 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 14 of this manual.
5. The DESCRIPTION of the part(s) from page 14 of this manual.

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