

# AIROBIC CYCLE™

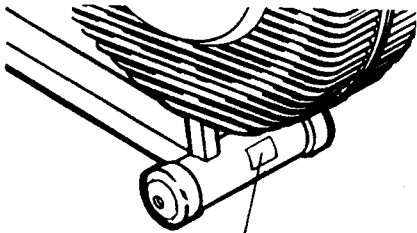
VARIABLE RESISTANCE CALORIE/PULSE MONITOR

**PRO-FORM®**

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF310110

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.

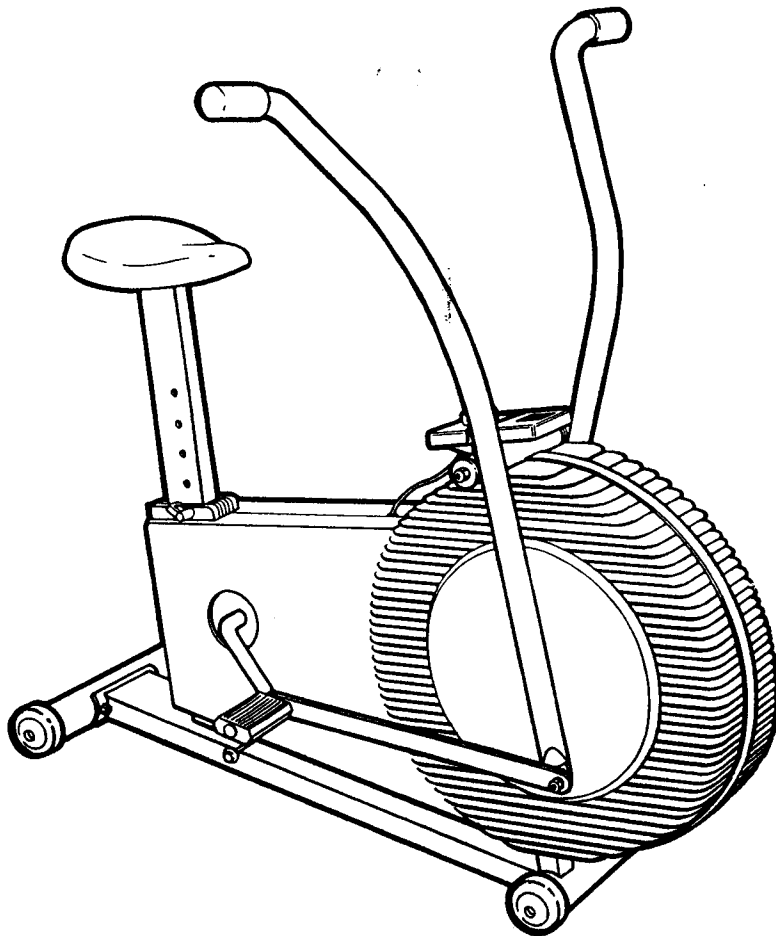
**CUSTOMER HOT LINE:**

**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

1. Use the exercise bike only on a level surface.
2. Do not wear loose clothing that could become caught in the exercise bike. Always wear running shoes when using the bike.
3. Keep hands and feet away from the link arms during use. Do not allow small children near the bike during use.
4. Make sure the chain is properly adjusted. (See MAINTENANCE AND TROUBLE-SHOOTING.)

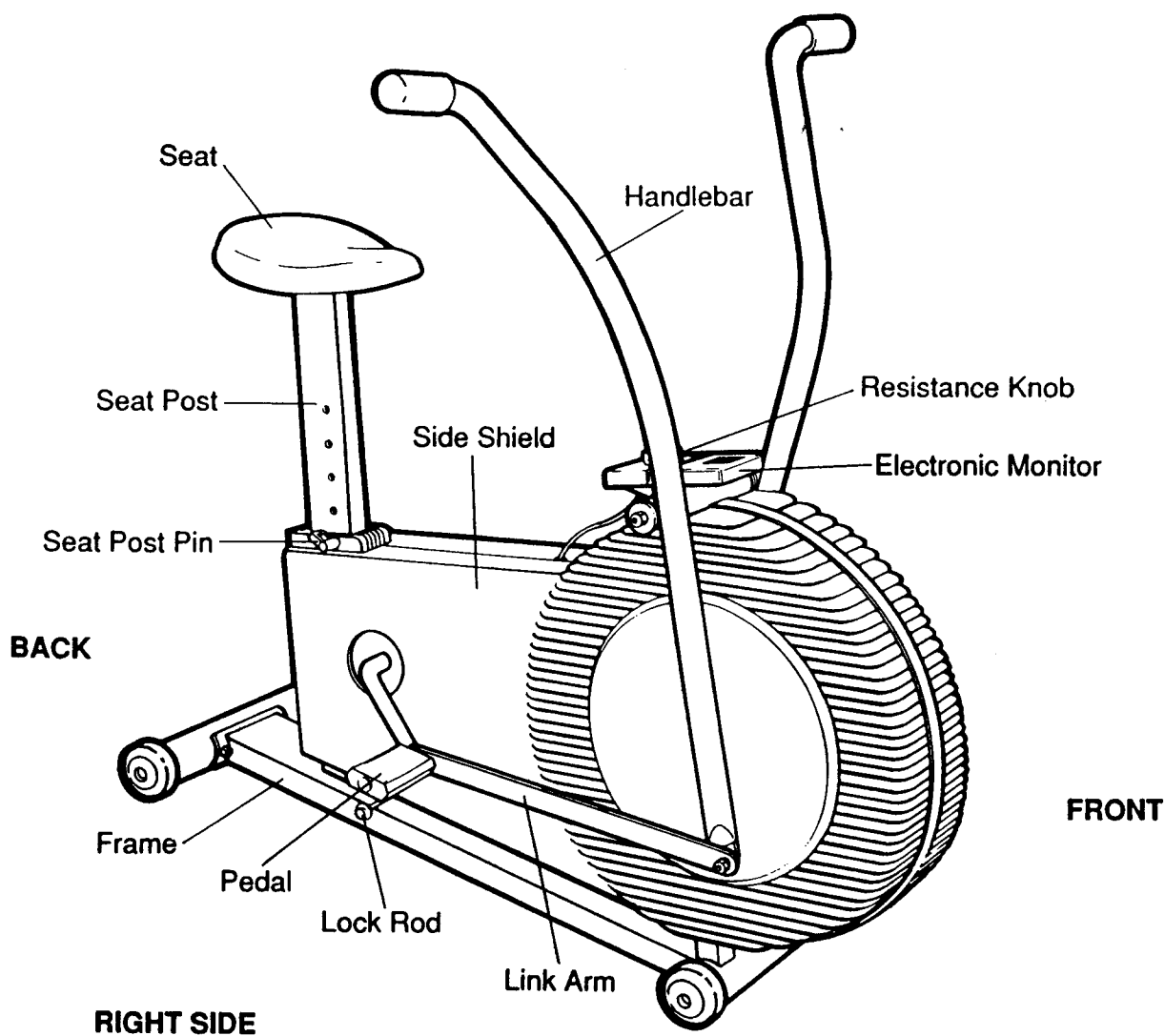
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PRO FORM assumes no responsibility for personal injury or property damage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

# BEFORE YOU BEGIN

Thank you for selecting the Pro Form AIROBIC CYCLE exercise bike. The AIROBIC CYCLE blends advanced engineering with ergonomic styling to provide you with an effective form of low-impact, cardiovascular exercise in the convenience and privacy of your home.

For your safety and benefit, **read this manual carefully before using this exercise bike.** 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 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 on the bike frame (see the drawing on the front cover).

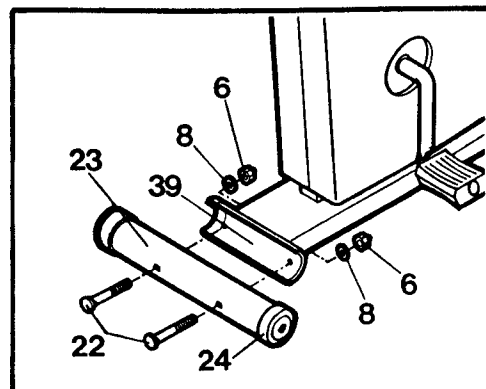
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



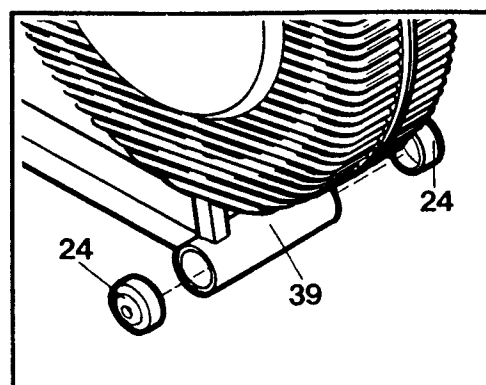
# ASSEMBLY

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 and all parts are accounted for.** Read the instructions carefully before beginning.

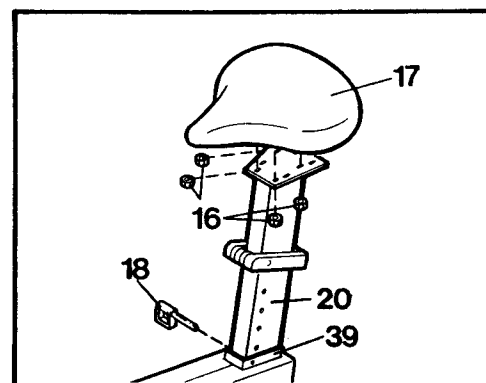
1. Turn the Rear Stabilizer (23) so that the indented bolt holes in the Stabilizer are toward the Frame (39). Attach the Stabilizer to the Frame with two Carriage Bolts (22), Washers (8) and Nuts (6). Press an Endcap (24) onto each end of the Stabilizer.



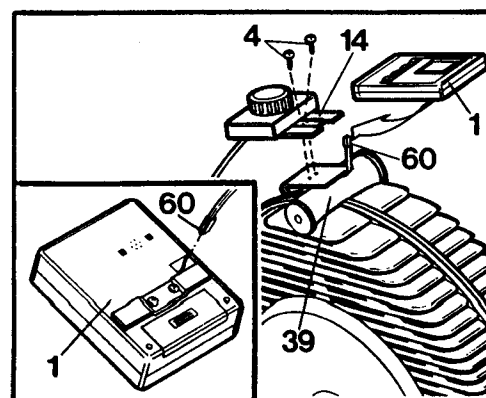
2. Press an Endcap (24) onto each end of the tube at the front of the Frame (39).



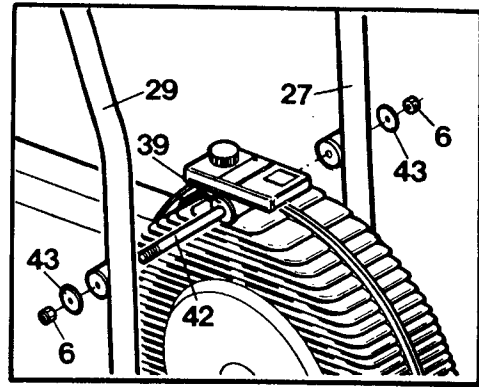
3. Raise the Seat Post (20) to maximum height, and insert the Seat Post Pin (18) through the Frame (39) and Seat Post. Remove the four Seat Nuts (16) from the underside of the Seat (17). Attach the Seat to the top of the Seat Post with the four Seat Nuts. Remove the Seat Post Pin, adjust the Seat to the desired height, and reinsert the Pin. **CAUTION:** At least 2" of the Seat Post must be inside of the Frame.



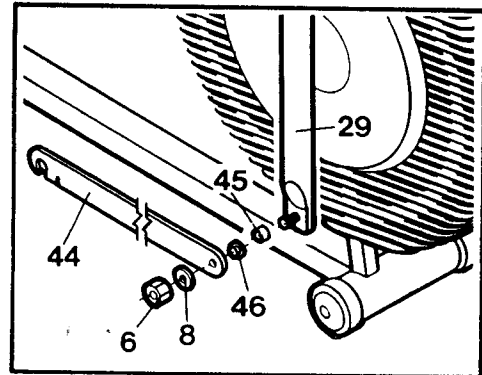
4. Attach the Mounting Plate (14) to the Frame (39) with two Screws (4). Plug the Sensor Wire (60) into the back of the Electronic Monitor (1). Slide the Monitor onto the Mounting Plate.



- Slide the Pivot Shaft (42) into the Frame (39), and center the Shaft in the Frame. Slide the Left Handlebar (27) onto the left end of the Shaft. Slide the Right Handlebar (29) onto the right end of the Shaft. Attach each Handlebar with a Large Washer (43) and Nut (6).



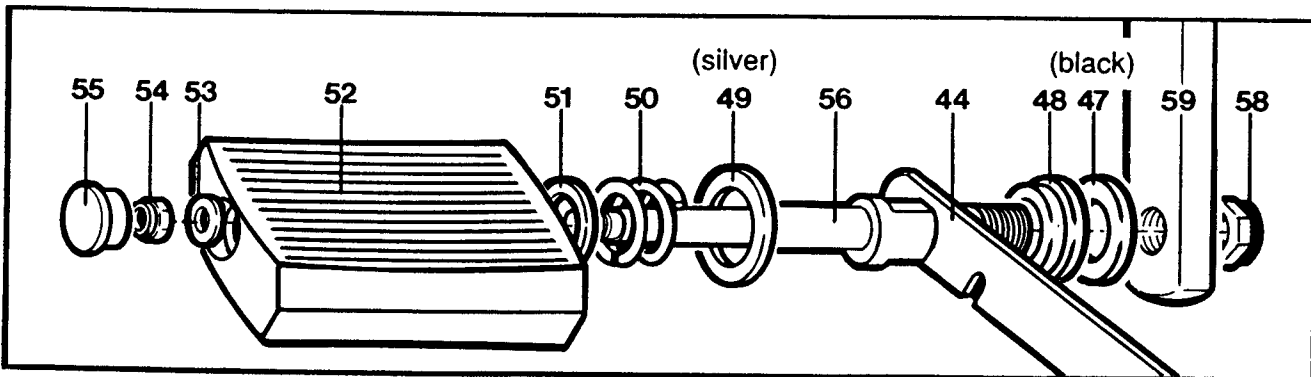
- Slide a Handlebar Spacer (45) and a Link Arm Bushing (46) onto the lower end of the Right Handlebar (29). The large flange of the Bushing must be toward the Handlebar. Attach a Link Arm (44) to the Handlebar with a Washer (8) and Nut (6). The Link Arm must be attached with the open end downward as illustrated.



Attach the other Link Arm to the Left Handlebar in the same manner (not shown).

- Slide a Pedal Bushing (48) and a Shaft Washer (47) onto the end of a Pedal Shaft (56). Thread the Pedal Shaft clockwise into the right arm of the Crank (59) and **tighten the Pedal Shaft firmly**. Tighten a Shaft Nut (58) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (44) over the Pedal Shaft and **slide it onto the Pedal Bushing**. Slide a Pedal Washer (49), Pedal Spring (50), Spring Washer (51) and Pedal (52) onto the Pedal Shaft. (The end of the Pedal with the deepest recess should be away from the bike.) Attach the Pedal with an Outer Pedal Washer (53) and Outer Pedal Nut (54). Do not over-tighten the Pedal Nut. The Pedal should move back and forth slightly on the Shaft. Press a Pedal Cap (55) into the end of the Pedal.

Attach the other Pedal to the left arm of the Crank in the same manner (not shown).



- The Resistance Strap around the Fan (not shown) has been tightened for shipping purposes. It may be necessary to loosen the Strap before using the exercise bike. See PEDALING RESISTANCE on page 8 for Strap adjustment instructions.

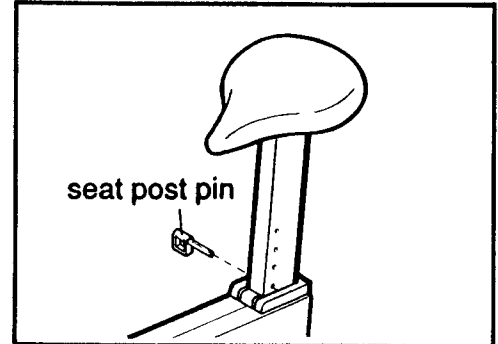
# OPERATION AND ADJUSTMENT

## ELECTRONIC MONITOR OPERATION

See the Electronic Monitor Operation Guide. A 9-volt battery (not included) is required for operation.

## SEAT ADJUSTMENT

Proper seat height is important for efficient 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 to the correct height: stand beside the bike, hold the seat, and withdraw the seat post pin. Raise or lower the seat, and re-insert the pin. **CAUTION:** At least 2" of the seat post must be inside of the frame.

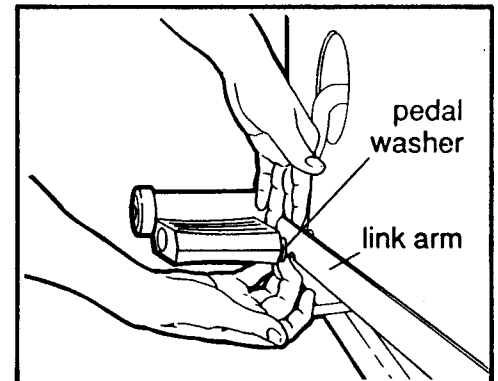


## HANDLEBAR OPERATION

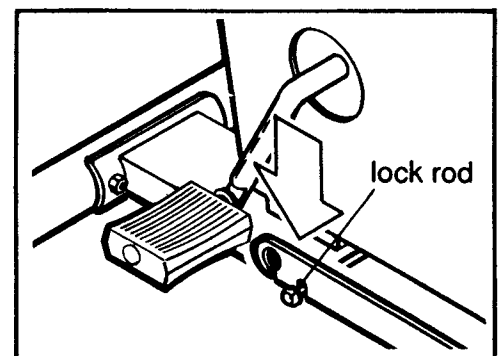
The handlebars are designed to be used either in the stationary mode, for pedaling exercise, or in the dual-action mode, to add upper-body exercise to your workout.

### STATIONARY MODE

To convert the handlebars to the stationary mode, the link arms must be disconnected from the pedals. Pull the link arms outward against the pedal washers, while pulling against the bottom of the pedal washers with your fingers. Lift the link arms off the pedals.

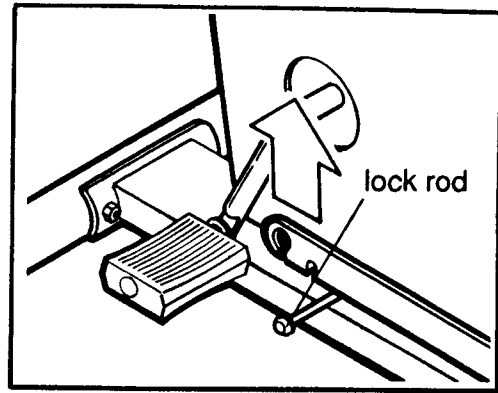


Clip the ends of the link arms onto the lock rods on the bike frame.



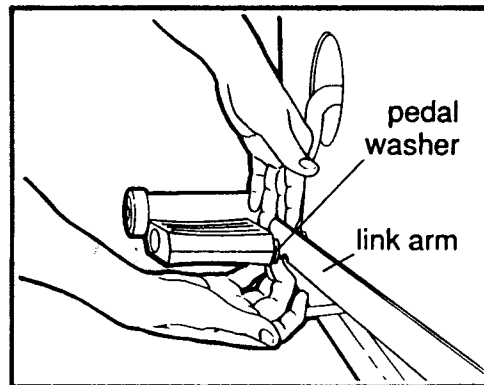
## DUAL-ACTION MODE

To convert the handlebars to the dual-action mode, first remove the link arms from the lock rods on the frame.



Pull the link arms outward against the pedal washers, while pulling against the bottom of the pedal washers with your fingers. Slide the link arms onto the pedal bushings. It may be necessary to move the link arms up and down slightly until they slide onto the bushings.

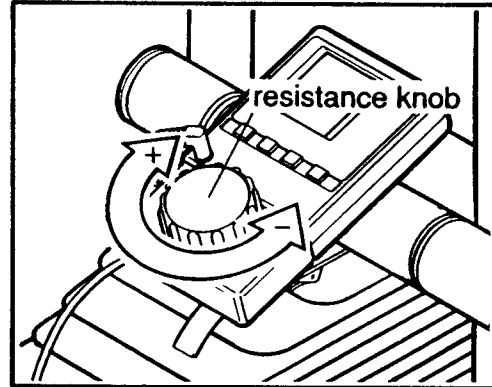
To isolate the muscles of the upper body, rest your feet on the side shields, and exercise using only your arms.



## RESISTANCE ADJUSTMENT

To vary the level of exercise intensity, the pedaling resistance can be adjusted with the resistance knob mounted below the electronic monitor. To increase resistance, turn the knob clockwise. To decrease resistance, turn the knob counterclockwise. There are five resistance levels.

If the range of resistance is too high or too low, refer to the MAINTENANCE AND TROUBLE-SHOOTING section for adjustment instructions.



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# MAINTENANCE AND TROUBLE-SHOOTING

## ELECTRONIC MONITOR

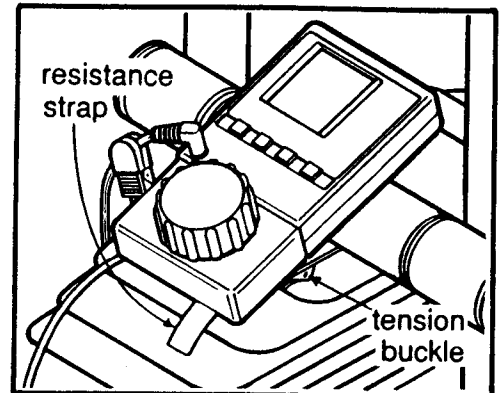
If the electronic monitor does not function properly, test the monitor using a new battery. Most problems are the result of a drained battery.

## PULSE EARCLIP

If the pulse earclip does not function properly, the problem may be solved by cleaning the earclip. Press the earclip open, and wipe the two clear bubbles inside the earclip, using a cotton swab saturated with denatured alcohol.

## PEDALING RESISTANCE

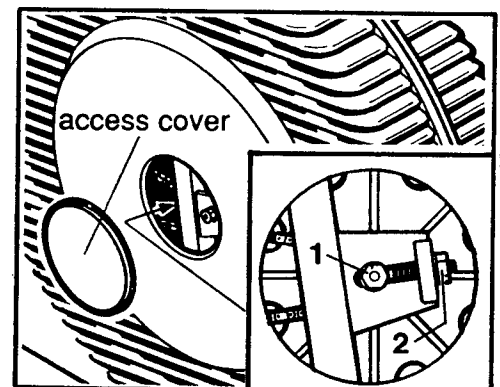
If the range of pedaling resistance is too high or too low, it can be adjusted using the tension buckle located under the resistance knob. Turn the knob counterclockwise until it stops. To raise the range of resistance, open the tension buckle, pull the resistance strap slightly tighter, and close the buckle. To lower the range of resistance, loosen the strap slightly.



## CHAIN MAINTENANCE

This exercise bike utilizes a high-precision chain which must be kept properly lubricated and adjusted. If the chain is too loose, the fan may be damaged. If the chain is too tight, the bearings may be damaged. Check the chain periodically in the following manner:

1. Gently pry the access cover off the right side shield.
2. Reach into the access hole, and press down on the chain. The chain should not move up and down more than 1/4 inch. If the chain is properly adjusted, reattach the access cover. If the chain needs to be adjusted, see step 3.
3. Remove the access cover from the left side shield. Loosen the fan nuts (1). To tighten the chain, turn the fan adjustment nuts (2) clockwise. Turn the adjustment nuts counterclockwise to loosen the chain. Tighten the fan nuts and reattach the access covers.



Always check the chain if it slips or causes excessive noise when pedaling. A few drops of light multi-purpose oil should be applied to the chain periodically. The chain may be reached by removing the access cover from the right side shield.

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## CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your 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, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the

heart rate as a guide. For effective aerobic exercise, your heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone." You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use 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, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater work load will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the Electronic Monitor Operation Guide). Set the monitor for four minutes, and exercise at a comfortable pace until the time elapses. Measure your heart rate immediately using the pulse mode of the monitor. If your heart rate is below your Training Zone, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

### WORKOUT PATTERN

Each workout should consist of 5 basic stages: 1. Resting, 2. Warming Up, 3. Training Zone Exercise, 4. Cooling Down, 5. Resting.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity of your exercise to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will provide an adequate cool-down.

### EXERCISE FREQUENCY

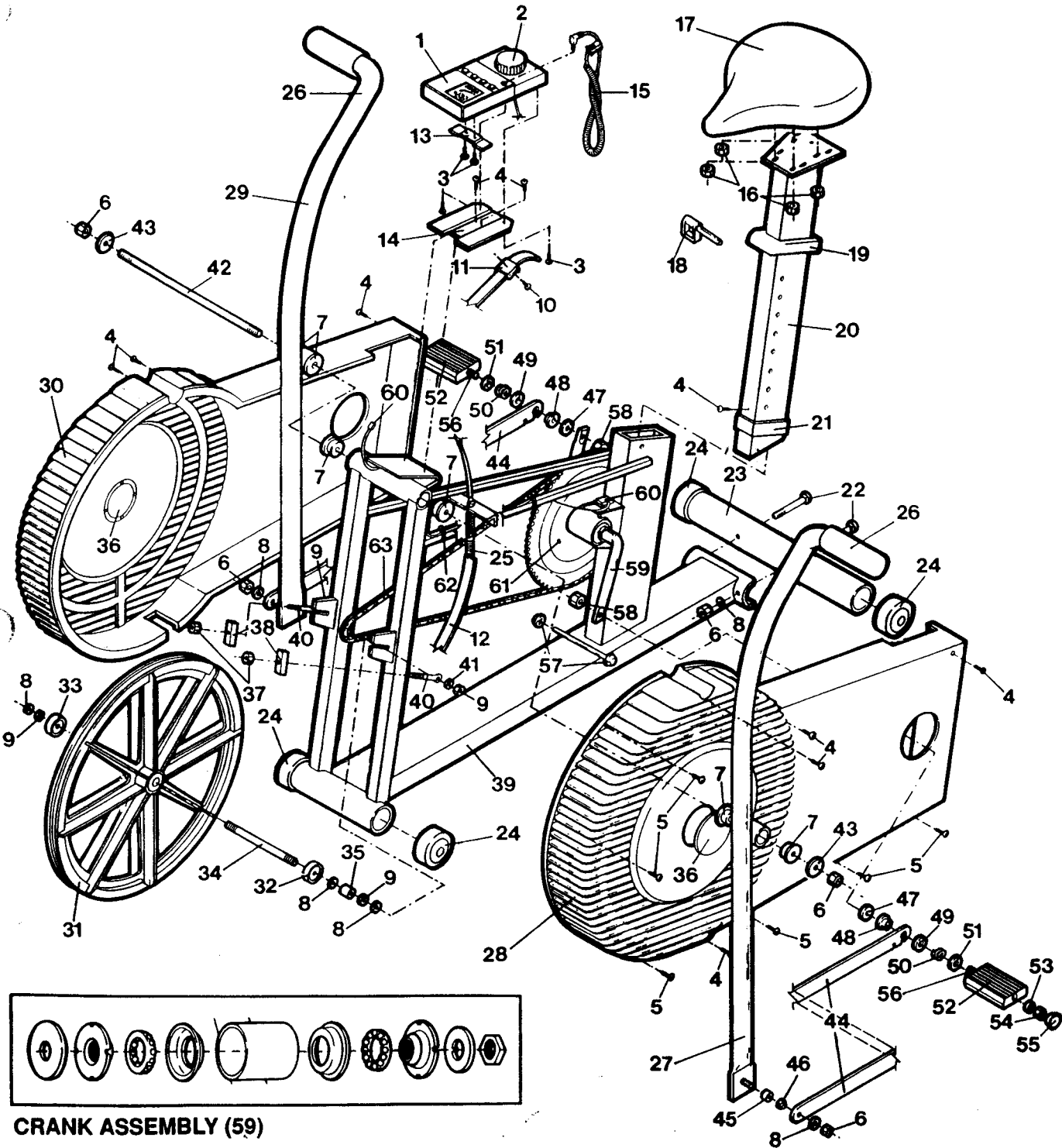
To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to a successful program is REGULAR exercise.

# PART LIST - Model No. PF310110

Rev. 7/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Electronic Monitor	33	1	Fan Bearing Assembly
2	1	Resistance Knob	34	1	Fan Axle
3	4	Console Screw	35	1	Spacer
4	9	Screw	36	2	Access Cover
5	6	Side Shield Screw	37	2	Adjustment Nut
6	6	Nut	38	2	Adjustment Bracket
7	6	Handlebar Bushing	39	1	Frame
8	7	Washer	40	2	Adjustment Bolt
9	4	Fan Nut	41	2	Outer Fan Washer
10	1	Tension Buckle Screw	42	1	Pivot Shaft
11	1	Tension Buckle	43	2	Large Washer
12	1	Resistance Strap	44	2	Link Arm
13	1	Mounting Bracket	45	2	Link Arm Spacer
14	1	Mounting Plate	46	2	Link Arm Bushing
15	1	Pulse Earclip	47	2	Shaft Washer
16	4	Seat Nut	48	2	Pedal Bushing
17	1	Seat	49	2	Pedal Washer
18	1	Seat Post Pin	50	2	Pedal Spring
19	1	Seat Post Sleeve	51	2	Spring Washer
20	1	Seat Post	52	2	Pedal
21	1	Inner Sleeve	53	2	Outer Pedal Washer
22	2	Carriage Bolt	54	2	Outer Pedal Nut
23	1	Rear Stabilizer	55	2	Pedal Cap
24	4	Endcap	56	2	Pedal Shaft
25	1	Spring Assembly	57	2	Protective Cap
26	2	Handlebar Foam	58	2	Shaft Nut
27	1	Left Handlebar	59	1	Crank/Sprocket Assembly
28	1	Left Side Shield	60	1	Reed Switch/Sensor Wire
29	1	Right Handlebar	61	1	Sensor Magnet
30	1	Right Side Shield	62	5	Wire Tie
31	2	Fan w/Sprocket	63	1	Chain
32	1	Fan Bearing	#	1	Owner's Manual
			#	1	Monitor Operation Guide

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

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 (PF310110).
2. The NAME of the product (Pro Form AIROBIC CYCLE).
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.

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