

AEROBIC TRAINER™

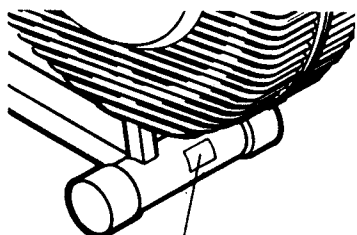
PROGRAMMABLE RESISTANCE

PRO-FORM®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF310510

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.

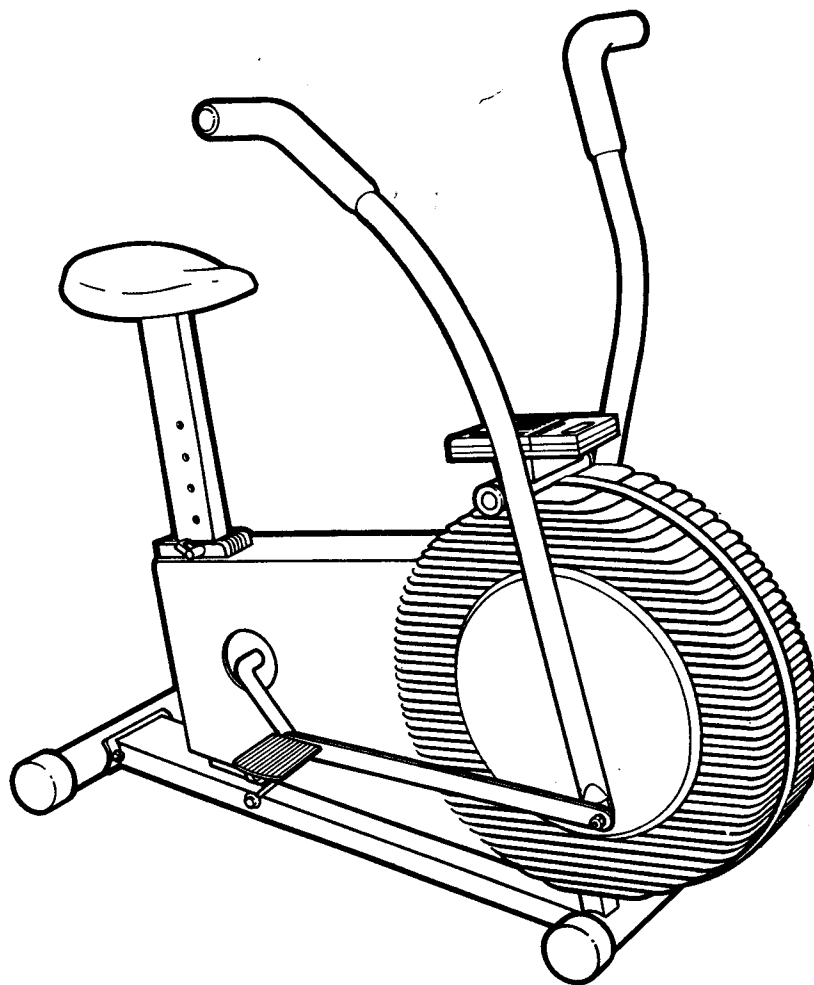
CUSTOMER HOT LINE:

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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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. Pre-authorization may be obtained by calling Pro Form's Customer Service Department at 1-800-999-3756. 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

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 are 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 hands and feet away from the link arms when using the bike. Always keep small children away from the bike.
5. 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.

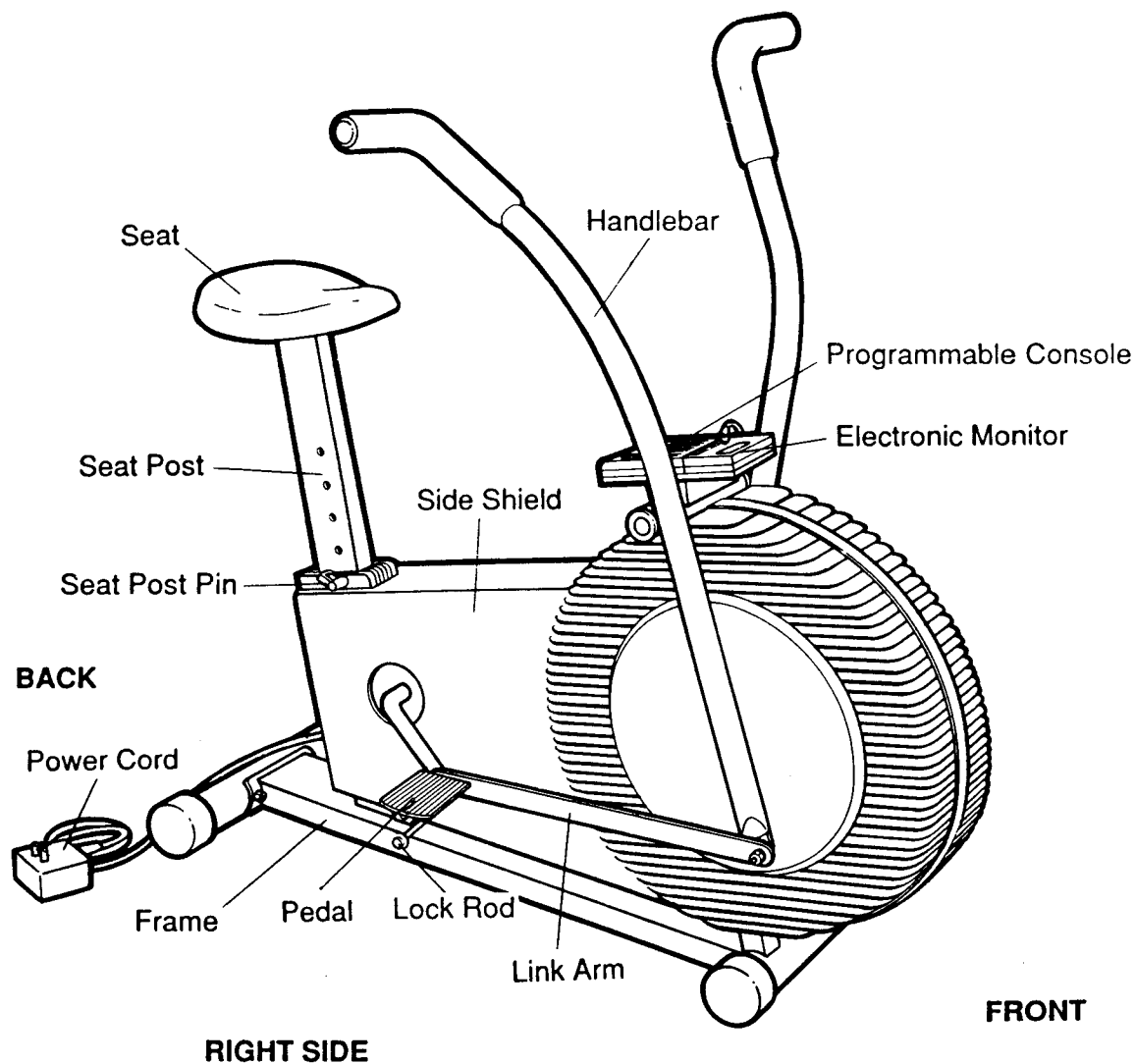
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for purchasing the Pro Form AIROBIC TRAINER Programmable Resistance exercise bike. The Pro Form AIROBIC TRAINER blends advanced engineering with ergonomic styling to offer you an effective and enjoyable cardiovascular workout in the convenience and privacy of your home. The heart of the AIROBIC TRAINER is a unique programmable console, designed to control pedaling resistance automatically according to custom workout programs you create.

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**, during our business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. In all communications regarding this product, please refer to the product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover).

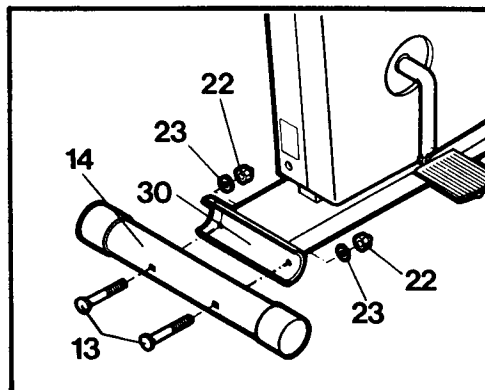
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



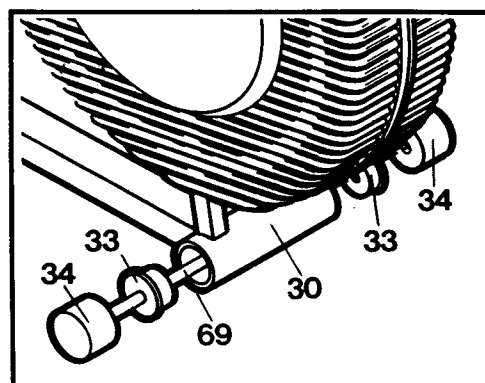
ASSEMBLY

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 below carefully before beginning.

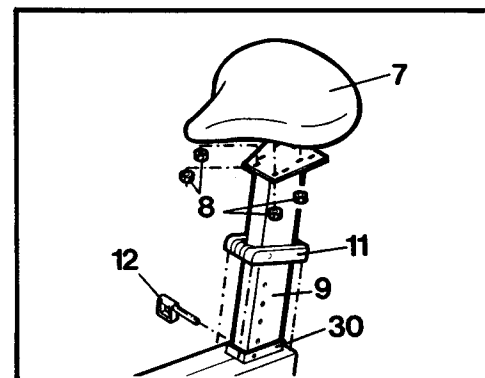
1. Attach the Rear Stabilizer (14) to the Frame (30) with two Carriage Bolts (13), Washers (23) and Nuts (22). (The Stabilizer must be turned so that the indented holes in the Stabilizer are toward the Frame.)



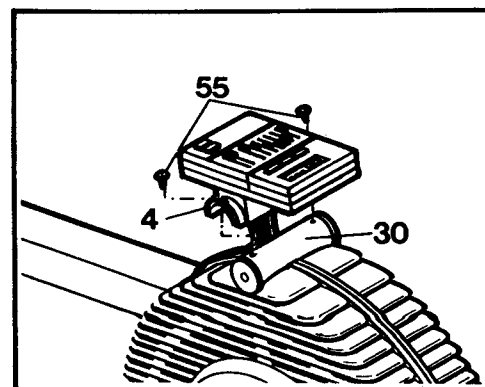
2. Press the two Roller Bushings (33) into the Frame (30) with a twisting motion. Slide the end of the Roller Axle (69) through the Bushings. Press the unassembled Roller (34) onto the end of the Axle. Be sure that both Rollers are pressed fully onto the Axle.



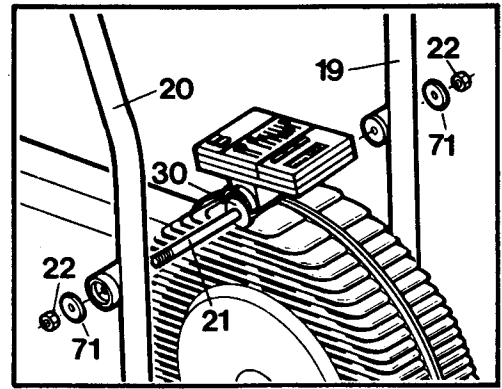
3. Raise the Seat Post (9) to maximum height and insert the Seat Post Pin (12) through the Frame (30). Remove the four Seat Nuts (8) from the underside of the Seat (7). Attach the Seat to the top of the Seat Post with the four Nuts. Remove the Seat Post Pin, adjust the Seat to the desired height, and reinsert the Pin. **CAUTION:** At least 2 inches of the Seat Post must be inside of the Frame.



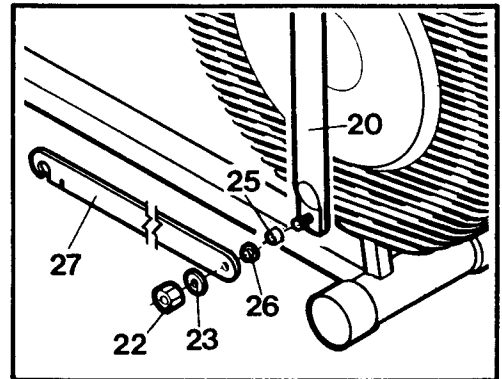
4. Attach the Mounting Bracket (4) to the Frame (30) with two Screws (55). Tuck any excess wiring into the Mounting Bracket.



- Slide the Pivot Shaft (21) into the Frame (30), and center the Shaft in the Frame. Slide the Left Handlebar (19) onto the left end of the Shaft. Slide the Right Handlebar (20) onto the right end of the Shaft. (Note: For quiet operation, it is recommended that a small amount of lubricant [not included] be applied to each end of the Pivot Shaft.) Attach each Handlebar with a Large Washer (71) and Nut (22).



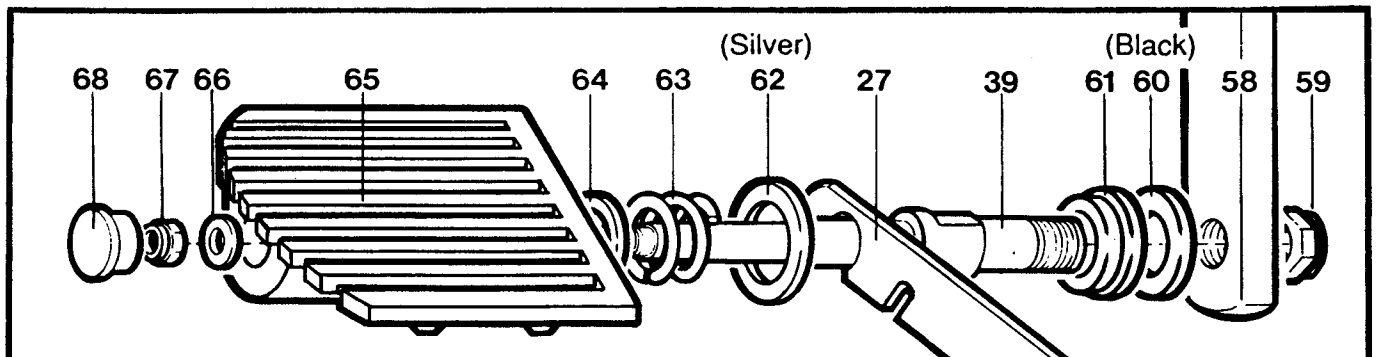
- Slide a Handlebar Spacer (25) and a Link Arm Bushing (26) onto the lower end of the Right Handlebar (20). (The wide end of the Bushing must be toward the Handlebar.) Attach a Link Arm (27) to the Handlebar with a Washer (23) and Nut (22). (The Link Arm must be turned as shown.)



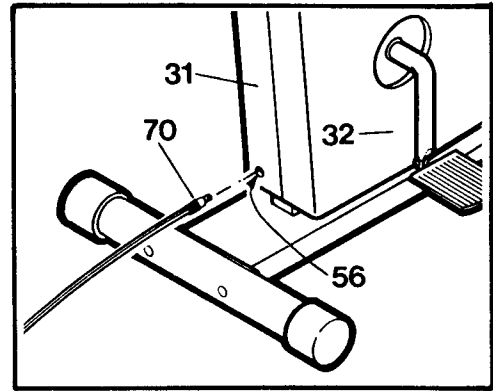
Attach the other Link Arm to the Left Handlebar in the same manner (not shown).

- Slide a Pedal Bushing (61) and a Shaft Washer (60) onto the end of a Pedal Shaft (39). Thread the Pedal Shaft clockwise into the right arm of the Crank (58) and **tighten the Pedal Shaft firmly**. Tighten a Shaft Nut (59) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (27) over the Pedal Shaft and **slide it onto the Pedal Bushing**. Slide a Pedal Washer (62), Pedal Spring (63), Spring Washer (64) and Pedal (65) onto the Pedal Shaft. (The curved end of the Pedal must be toward the outside.) Attach the Pedal with an Outer Pedal Washer (66) and Outer Pedal Nut (67). (Do not overtighten the Pedal Nut. The Pedal should move slightly back and forth on the Shaft.) Press a Pedal Cap (68) into the end of the Pedal.

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



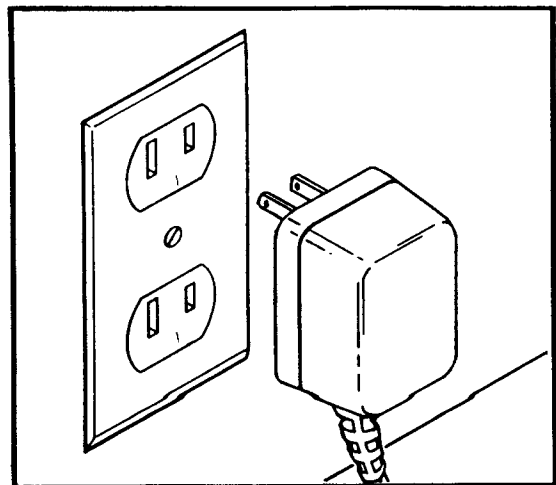
8. Plug the Power Cord (70) into the Power Plug (56) at the rear of the Side Shields (31, 32).



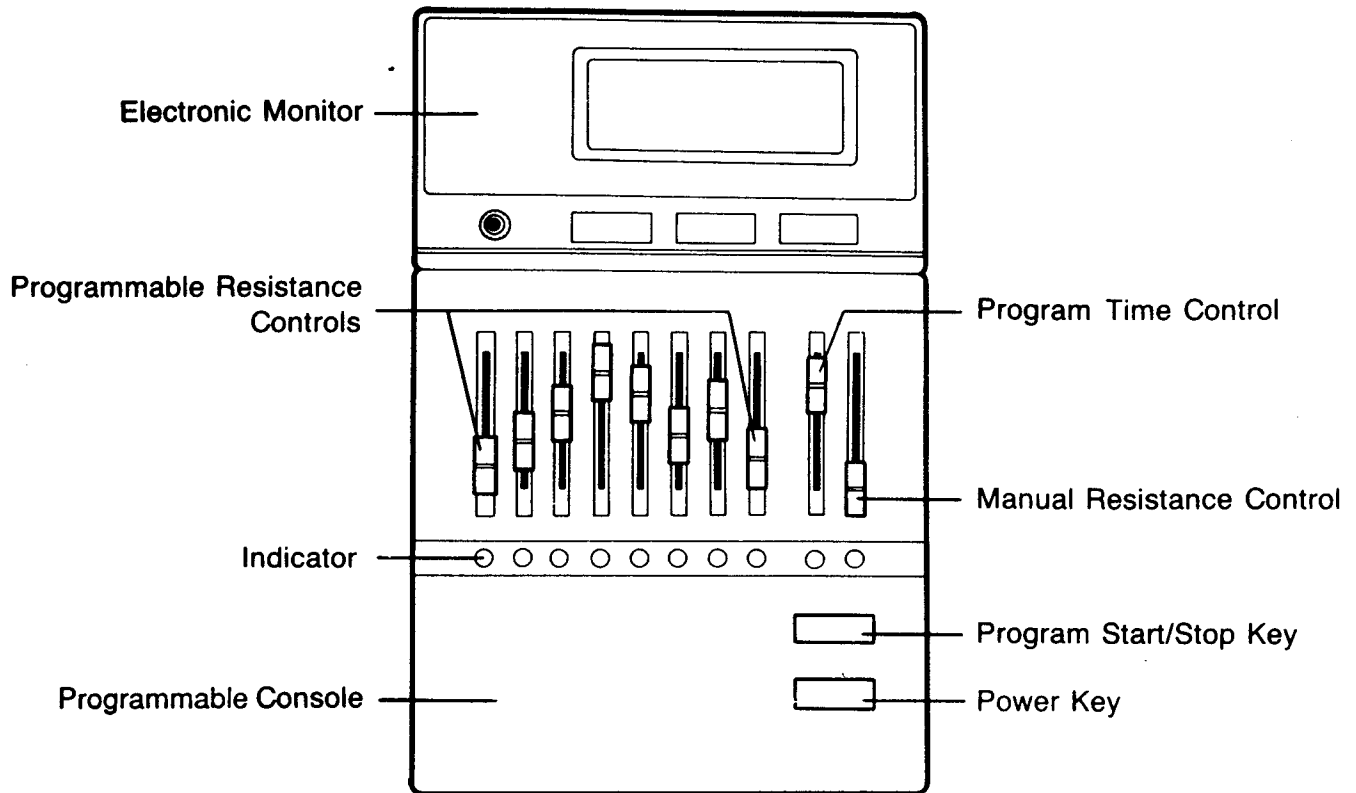
9. The Resistance Strap around the Fan (not shown) has been tightened for shipping purposes. It may be necessary to loosen the Strap before using the exercise bike. See MAINTENANCE AND TROUBLE-SHOOTING on page 10 of this manual for Strap adjustment instructions.

OPERATION AND ADJUSTMENT

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.



ELECTRONIC CONSOLE DIAGRAM



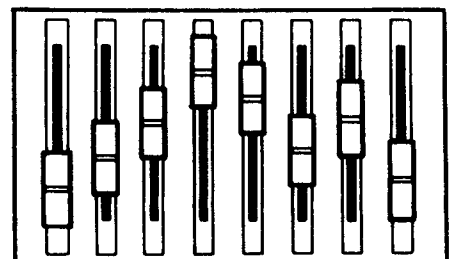
MANUAL RESISTANCE MODE OPERATION

1. Before turning the power on, move the manual resistance control to the lowest position.
2. Turn the power on by pressing the power key.
3. As you pedal, move the manual resistance control slowly up or down until the desired resistance level is reached.

PROGRAMMABLE RESISTANCE MODE OPERATION

The programmable resistance mode allows you to create custom workout programs. Simply enter the length of time that you plan to exercise, and program eight resistance settings. With the touch of a key, the computer will then take over, controlling the pedaling resistance automatically while you exercise.

1. Set the program time control for the length of time you plan to exercise, from 5 to 40 minutes.
2. Set the eight programmable resistance controls at the desired levels. The controls can be set in an endless variety of patterns. A sample program is shown at right. This program will begin with a low resistance setting to provide a warm-up period. The resistance will then increase gradually to simulate a challenging climb. Next, the resistance will decrease slightly, and then increase a final time. The program will end with a low setting to provide a cool-down period.



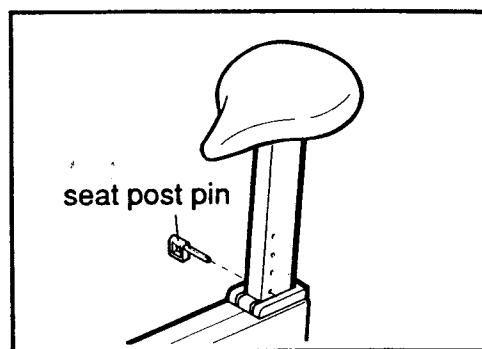
3. Press the program start/stop key and begin pedaling. The first programmable resistance control will be activated, and the pedaling resistance will adjust to the setting of the first control. After one-eighth of the total time you set has elapsed, the second control will be activated, and the resistance will adjust to the setting of the second control. (The indicators below the programmable resistance controls will show which control is currently active.) The program will continue in this manner until all eight controls have been activated and the total time you set has elapsed. The console will then return to the manual mode, and the indicator below the manual resistance control will light. **Note:** The programmable resistance controls can be changed while the program is running, if desired. To return the console to the manual mode before the program has ended, simply press the program start/stop key.

ELECTRONIC MONITOR OPERATION

See the Electronic Monitor Operation Guide accompanying this manual.

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 reinsert the pin. **CAUTION:** At least 2 inches of the seat post must be inside of the frame.

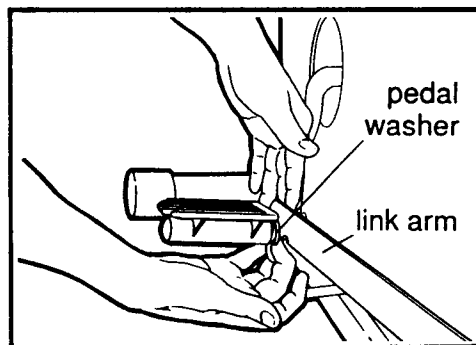


HANDLEBAR OPERATION

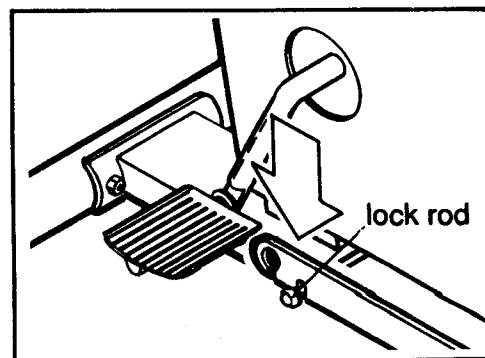
The handlebars are designed to be used either in a stationary position, for pedaling exercise only, or in a dual-action position, adding upper-body exercise to your workout.

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.

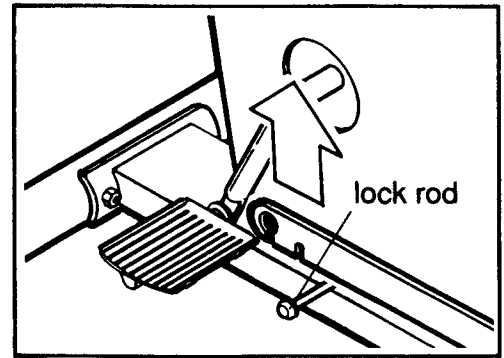


Clip the ends of the link arms onto the lock rods on the bike frame.

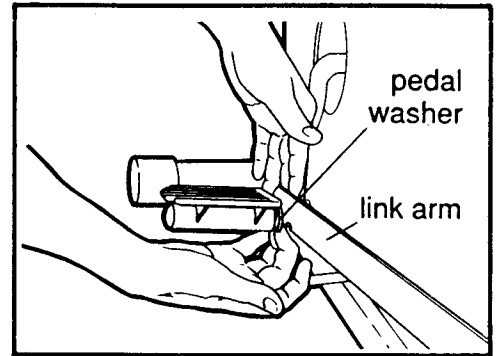


DUAL-ACTION MODE

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



Press 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 helpful to move the link arms up and down slightly until they slide onto the bushings.



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

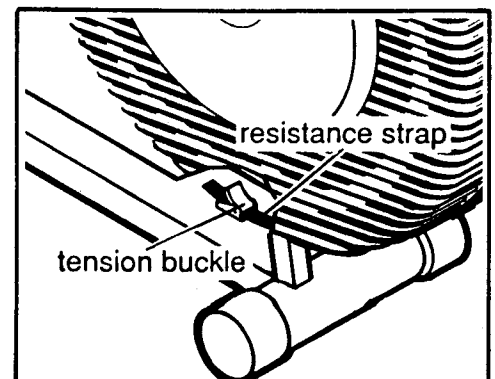
MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Inspect and tighten all parts periodically. Place the bike in a cool, dry location, out of direct sunlight. During extended periods of nonuse, the bike should be covered.

If the electronic monitor appears to malfunction, the speed and power wires to the monitor should be checked. Remove the two screws attaching the monitor to the mounting bracket, and make sure that both wires are plugged fully into the back of the monitor. Reattach the monitor with the two screws.

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.

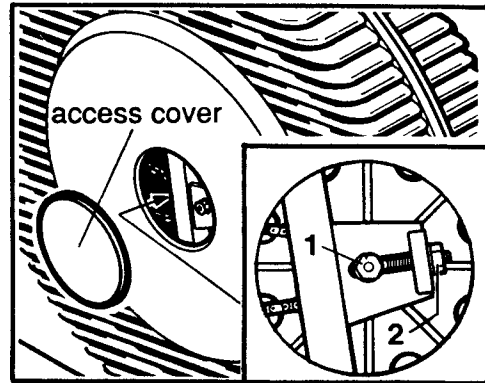
If the range of pedaling resistance is too high or too low, it can be adjusted using the tension buckle located on the frame under the side shields. To raise the range of resistance, open the tension buckle, pull the resistance strap slightly tighter and close the buckle. To lower the range of resistance, open the buckle, loosen the strap slightly and close the buckle.



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.

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 4 minutes, and exercise at a comfortable pace until the time elapses. Immediately measure your heart rate using the pulse mode of the electronic 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 **CONSISTENCY**.

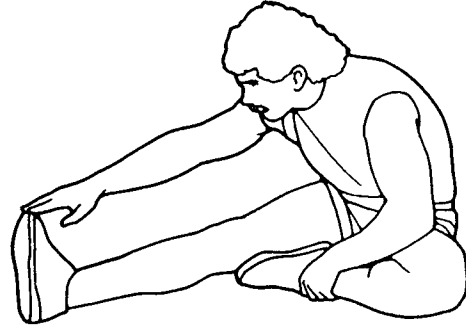
SUGGESTED STRETCHES

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.

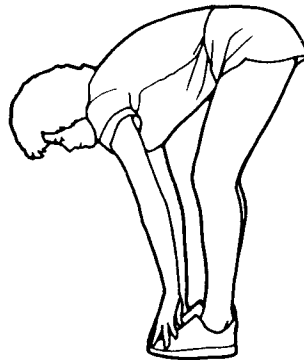
Stretches: Quadriceps, hip muscles.



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

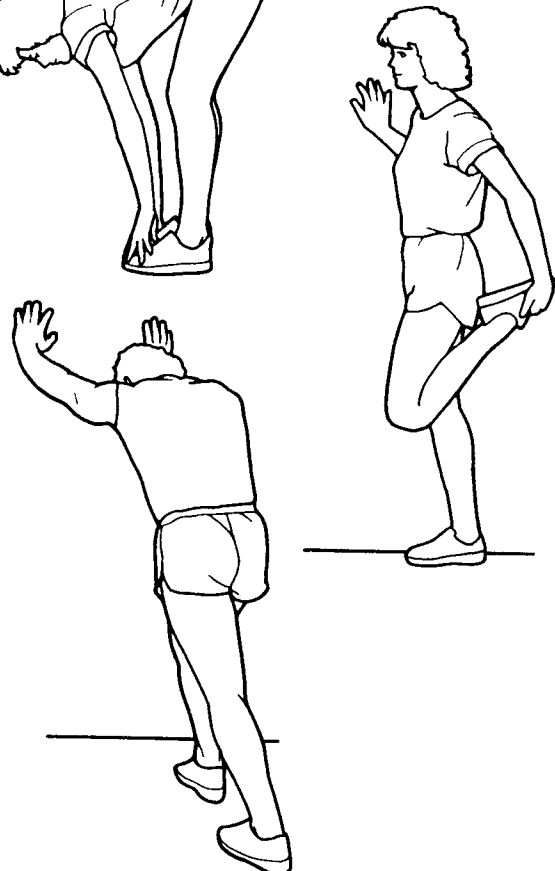
With one hand against a wall for balance, reach behind you and grasp your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times for both legs.

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. PF310510

Rev. 6/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Programmable Console	38	1	Fan Bearing Assembly
2	1	Electronic Monitor	39	2	Pedal Shaft
3	5	Console Screw	40	1	Fan Axle
4	1	Mounting Bracket	41	1	Fan w/Sprocket
5	6	Side Shield Screw	42	1	Resistance Strap
6	1	Earclip	43	1	Spring Assembly
7	1	Seat	44	1	Tension Motor Assembly
8	4	Seat Nut	45	1	Sensor Wire/Reed Switch
9	1	Seat Post	46	1	Spacer
10	1	Inner Sleeve	47	1	Tension Rope
11	1	Seat Post Sleeve	48	2	Protective Cap
12	1	Seat Post Pin	49	1	Tension Buckle
13	2	Carriage Bolt	50	1	Tension Buckle Screw
14	1	Rear Stabilizer	51	2	Adjustment Nut
15	2	Rear Stabilizer Endcap	52	1	Fan Bearing
16	1	Chain	53	2	Adjustment Bracket
17	2	Handlebar Endcap	54	3	Wire Tie
18	2	Handlebar Foam	55	11	Screw
19	1	Left Handlebar	56	1	Power Plug
20	1	Right Handlebar	57	2	Power Plug Screw
21	1	Pivot Shaft	58	1	Crank/Sprocket Assembly
22	6	Nut	59	2	Shaft Nut
23	9	Washer	60	2	Shaft Washer
24	6	Handlebar Bushing	61	2	Pedal Bushing
25	2	Handlebar Spacer	62	2	Pedal Washer
26	2	Link Arm Bushing	63	2	Pedal Spring
27	2	Link Arm	64	2	Spring Washer
28	2	Access Cover	65	2	Pedal
29	2	Motor Mounting Screw	66	2	Outer Pedal Washer
30	1	Frame	67	2	Outer Pedal Nut
31	1	Left Side Shield	68	2	Pedal Cap
32	1	Right Side Shield	69	1	Roller Axle
33	2	Roller Bushing	70	1	Power Cord
34	2	Roller	71	2	Large Washer
35	2	Adjustment Bolt	72	2	Outer Fan Washer
36	4	Fan Nut	#	1	Owner's Manual
37	1	Sensor Magnet	#	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.

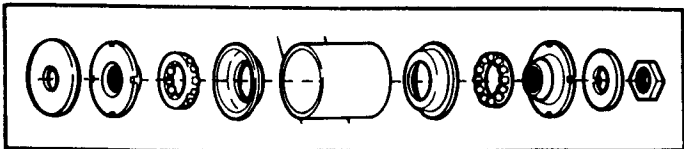
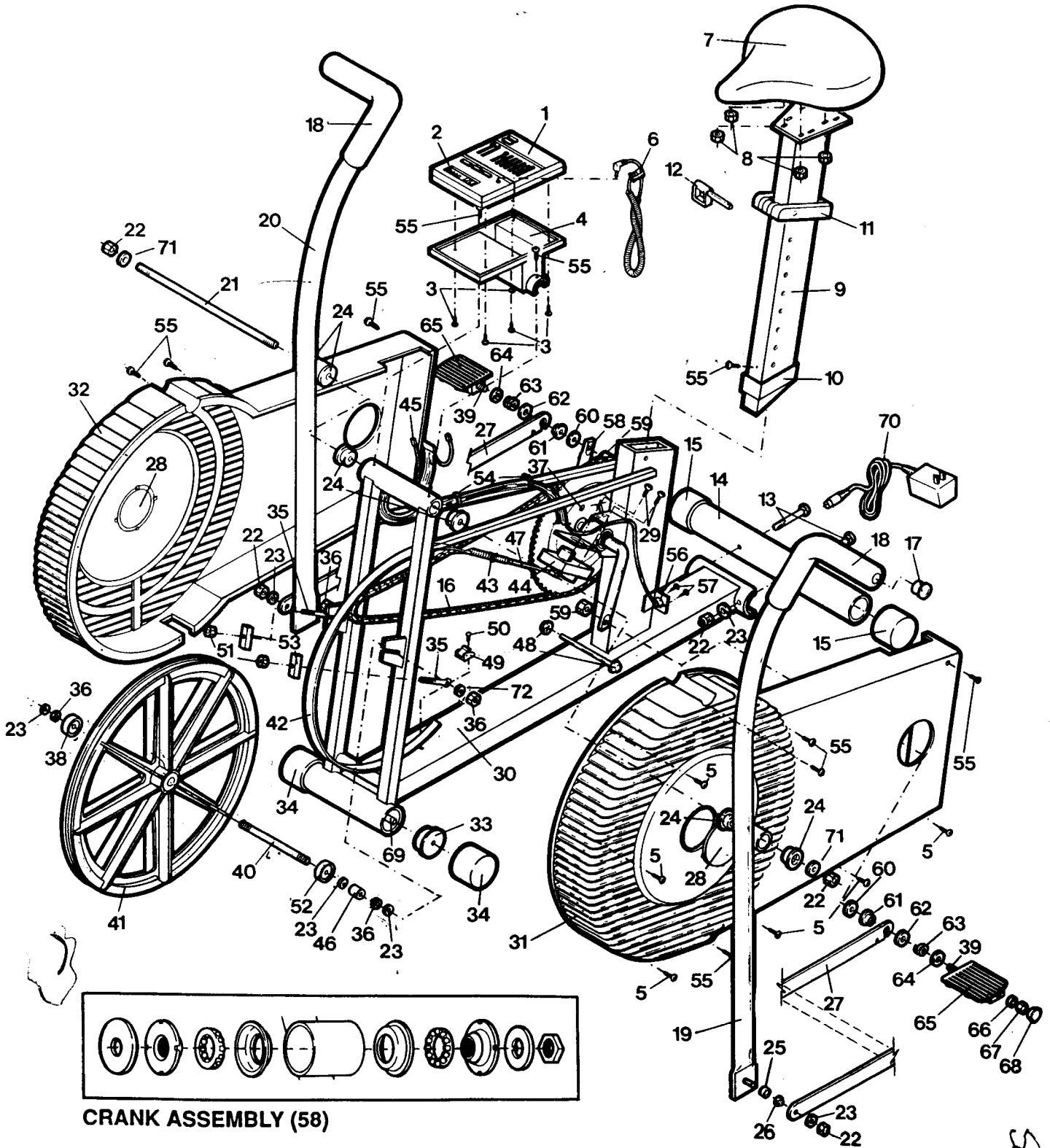
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EXPLODED DRAWING - Model No. PF310510

Rev. 6/91

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Specifications are subject to change without notice.



CRANK ASSEMBLY (58)

102405

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 (PF310510).
2. The **NAME** of the product (Pro Form AIROBIC TRAINER Programmable Resistance bike).
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 exercise bike near your telephone for reference when calling.