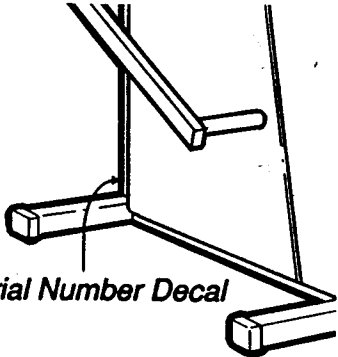


PRO·FORM®

Model No. PF400110
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.

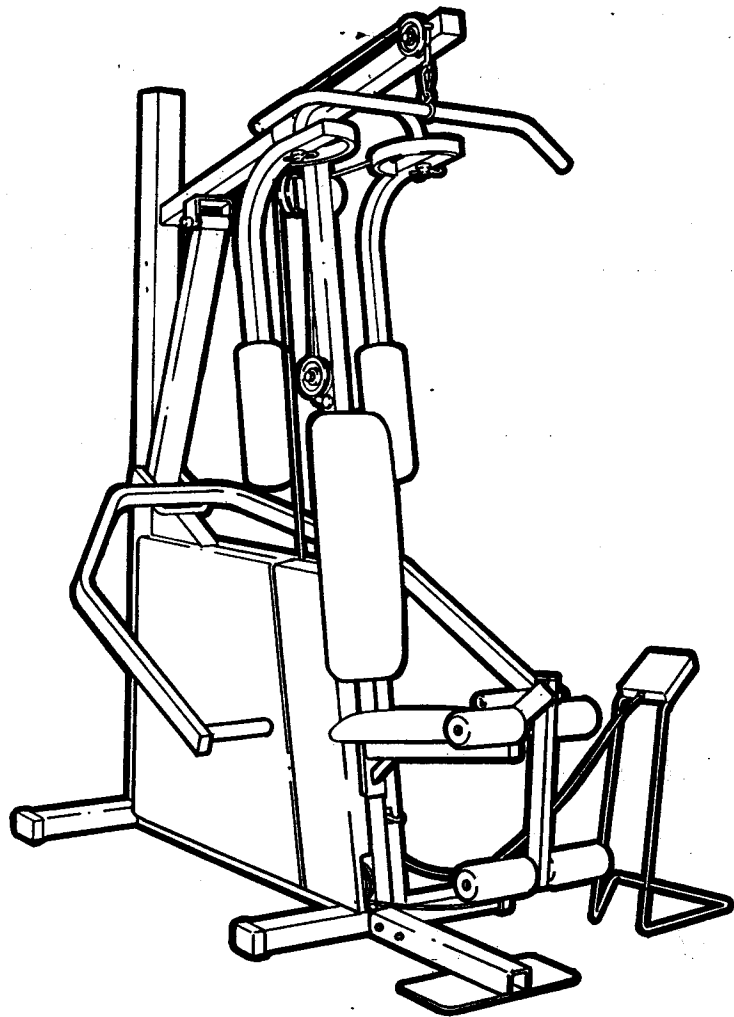
CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION:

Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

EDGE 4001™

**MULTI-DIMENSIONAL TRAINING SYSTEM •
250 LBS ELECTRONIC RESISTANCE CONTROL**



PATENT PENDING

OWNER'S MANUAL

TABLE OF CONTENTS

Important Safety Precautions	2
Before You Begin	3
Assembly	4
Operation and Adjustment	5
Maintenance and Trouble-Shooting	7
Exercise Guidelines	8
Part List	10
Exploded Drawing	11
Ordering Replacement Parts	Back Cover
Warranty	Back Cover

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the system.

- 1. Read all instructions in this owner's manual before using the system. Use the system only as described in this owner's manual.**
- 2. Inspect and tighten all parts each time the system is used. Replace any worn parts.**
- 3. Always wear shoes for foot protection. Keep your hands away from moving parts other than the designated handles. Keep small children away from the system at all times.**
- 4. Always stand on the foot plate when performing any exercise that could cause the system to tip.**
- 5. To prevent damage to the system, do not put any pressure on the system while changing the weight. Never use more than one cable at a time.**
- 6. Always remove the lat bar and chain when not in use (see OPERATION AND ADJUSTMENT in this manual).**
- 7. Never release the press arm, butterfly arms, lat bar or leg lever while they are under tension.**

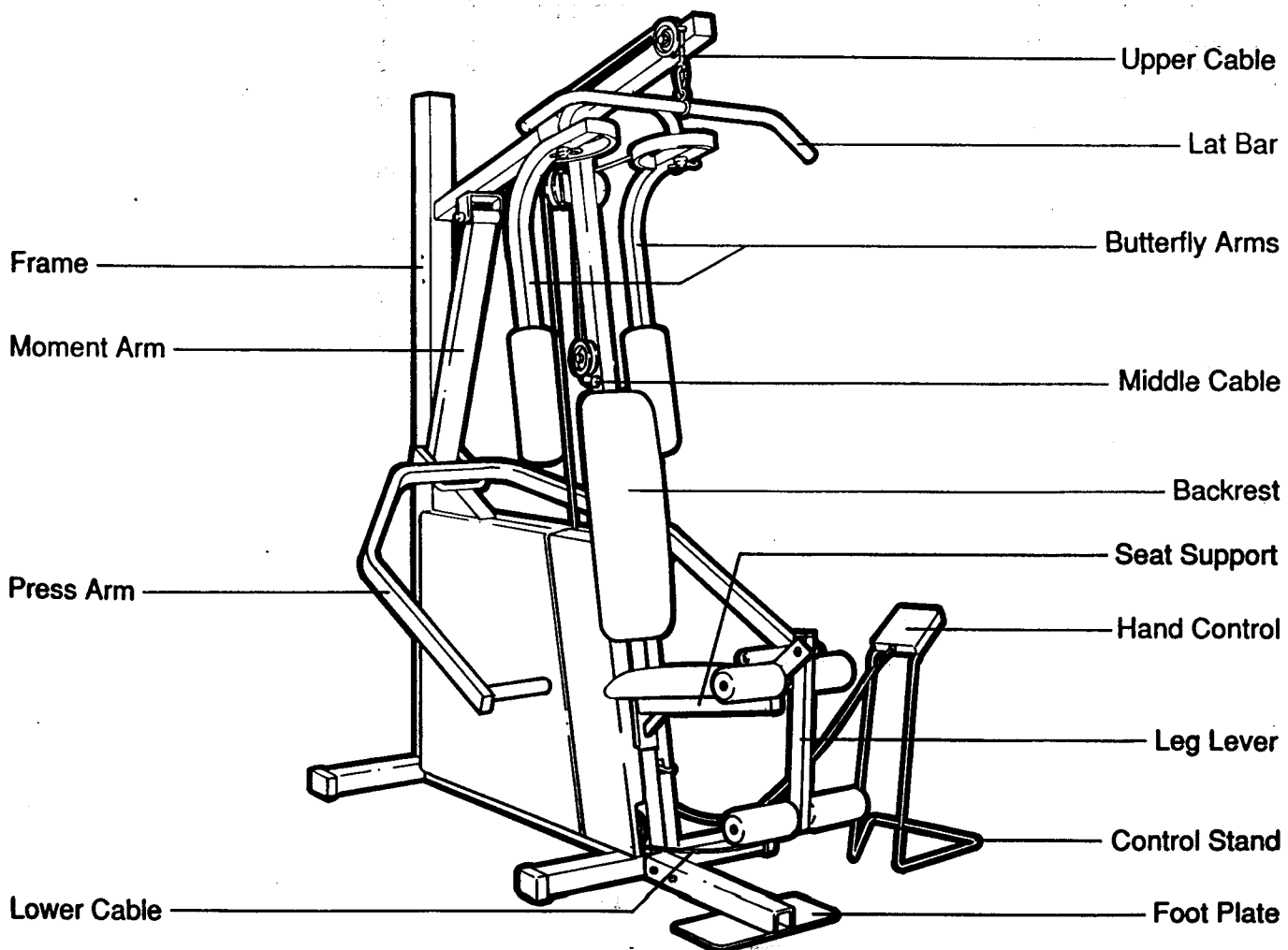
WARNING: Before beginning this or any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Pro Form assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Congratulations for selecting the Pro Form EDGE 4001 Multi-Dimensional Training System. The unique EDGE 4001 is a total body conditioning system, offering both weight training and aerobic exercises. Moving from station to station on the EDGE 4001 is quick and easy, and the digital hand control allows you to change weight with the touch of a button. Whether you want to build dramatic muscle size and strength, shape and tone your body, increase your endurance and flexibility or develop your heart and lungs, the EDGE 4001 will help you achieve your goals in the privacy and comfort of your home.

This manual is provided to help you understand the assembly, adjustment and operation of the system. **For your safety and benefit, read this manual carefully before using the system.** 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 note your product model number and serial number before calling. The model number is listed on the front cover of this manual. The serial number is recorded on a decal attached to the system (see the front cover for the location of the decal).

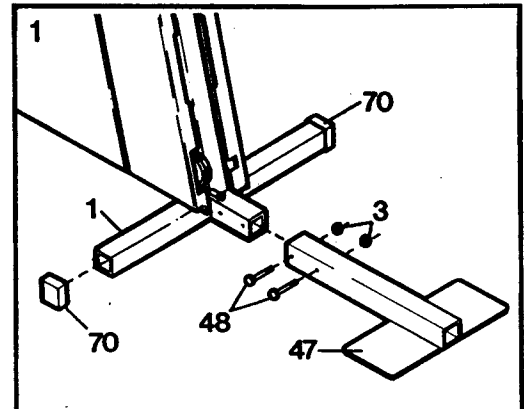
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



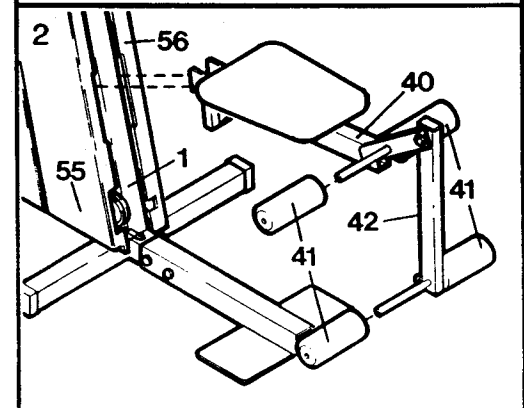
ASSEMBLY

Two persons are recommended in order to assemble the system. Set all parts in a cleared area. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using a standard screwdriver and two adjustable wrenches (not included).

1. Press a Front Stabilizer Cap (70) onto each side of the front stabilizer of the Frame (1). Slide the Foot Plate (47) onto the Frame. Align the holes in the Foot Plate with the holes in the Frame, and attach the Foot Plate with the two Extension Bolts (48) and Nylock Nuts (3).

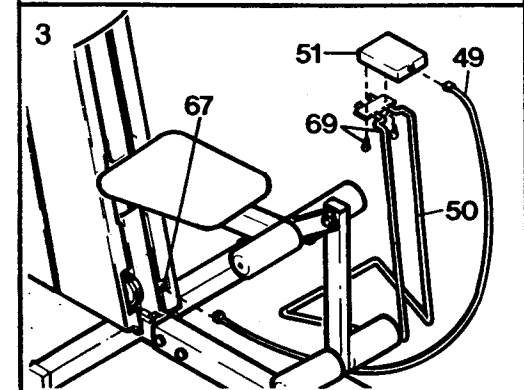


2. Rotate the Leg Lever (42) to the position shown. Insert the bracket of the Seat Support (40) into the slots in the Side Shields (55, 56). Slide the bracket onto one of the three sets of pins on the Frame (1); use the pins which put the Seat Support in the most comfortable position. **WARNING: Be sure the pins are fully inside of the slots in the bracket.**

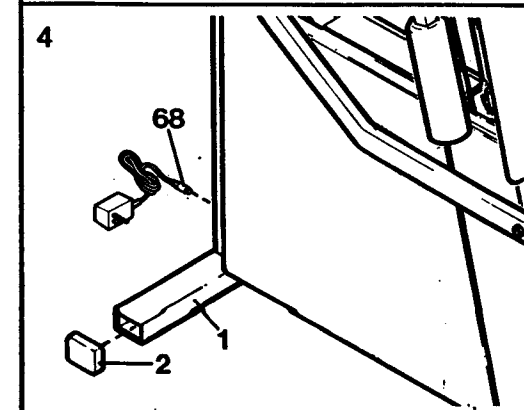


Slide the four Leg Lever Pads (41) onto the posts on the Seat Support (40) and Leg Lever (42).

3. Attach the Hand Control (51) to the Control Stand (50) with the two Control Stand Screws (69). Plug one end of the Control Cord (49) into the Hand Control. Plug the other end of the Control Cord into the Control Cord Socket (67) at the front of the system.

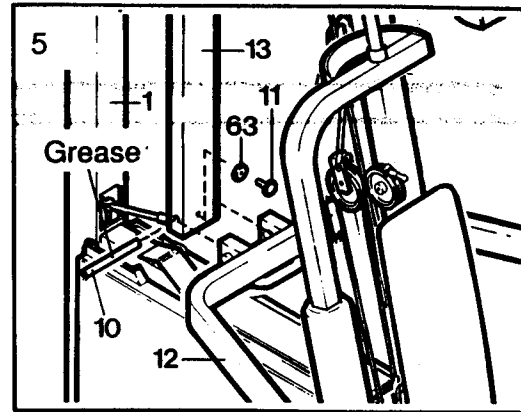


4. Press a Rear Stabilizer Endcap (2) onto each side of the rear stabilizer of the Frame (1). Plug the Power Cord (68) into the socket at the back of the system.



5. Liberally grease the Press Arm Axle (10). Align the holes in the Press Arm (12) with the holes in the Moment Arm (13). Insert the Press Arm Axle through the Press Arm and Moment Arm.

Using a standard screwdriver, turn the Press Arm Axle (10) until the hole in the Axle is aligned with the hole in the front of the Moment Arm. Tighten the Press Arm Axle Bolt (11) and Lock Washer (63) into the Moment Arm and Press Arm Axle.

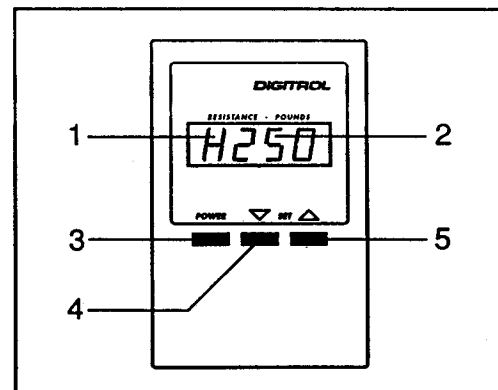


OPERATION AND ADJUSTMENT

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 system, or the system could be damaged. When you are finished using the system, always unplug the transformer.

DIAGRAM OF THE HAND CONTROL

1. Low/High Range Indicator—Shows when the system is set at minimum or maximum weight.
2. Weight Display—Displays the current weight setting.
3. Power Button—Turns the power on and off.
4. Weight Decrease Button—Decreases the weight.
5. Weight Increase Button—Increases the weight.



TURNING ON THE POWER AND RESETTING THE SYSTEM

Press the power button. **IMPORTANT:** Each time the power is turned on, the system must be reset before the weight can be changed. The weight display will read "E---." To reset the system, press the weight increase or decrease buttons until the display reads "H250" (maximum weight) or "L30" (minimum weight).

CHANGING THE WEIGHT SETTING OF THE SYSTEM

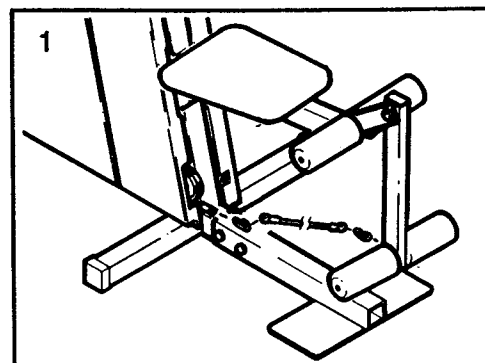
The weight can be changed from a minimum of 30 lbs, to a maximum of 250 lbs, in increments of 1 pound. To increase the weight, press the weight increase button. To decrease the weight, press the weight decrease button. The buttons can be held down to change the weight quickly. **IMPORTANT:** To prevent damage to the system, do not put any pressure on the system while changing the weight. Do not push on the press arm or leg lever. If the lat bar is attached to the system, it may be helpful to support the weight of the lat bar with one hand. The system motor will emit a sound to alert you while the weight is being changed.

ATTACHING AND REMOVING THE SEAT SUPPORT

The seat support should be attached as described in the assembly instructions. For certain exercises, the seat support must be removed. First, disconnect the leg lever from the weight system. Next, lift the seat support until the bracket is free of the pins on the frame.

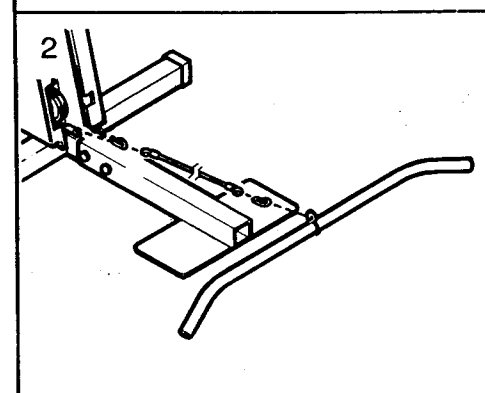
CONNECTING THE LEG LEVER TO THE WEIGHT SYSTEM

To connect the leg lever to the weight system, attach the cable extension between the leg lever and the lower cable with two connector links (see figure 1).

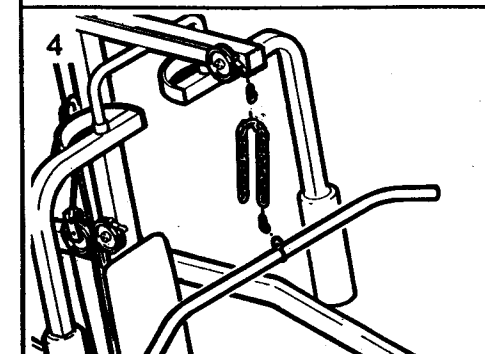
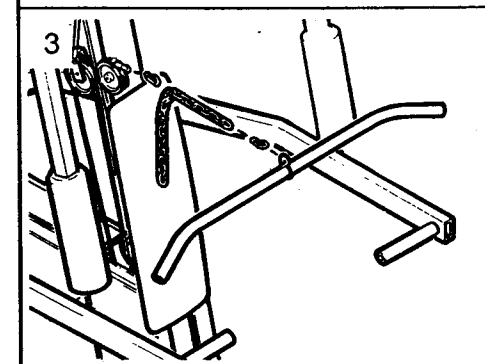


ATTACHING THE LAT BAR TO THE WEIGHT SYSTEM

To attach the lat bar to the lower cable, first disconnect the leg lever from the weight system and remove the seat support. Attach the cable extension between the lat bar and the lower cable with two connector links (see figure 2).



To attach the lat bar to the middle or upper cable, the chain should be attached between the lat bar and the cable with two connector links. The length of chain between the lat bar and the cable can be adjusted by attaching the connector links closer together or farther apart. **IMPORTANT:** The proper length of chain between the lat bar and the upper cable should be determined by the exercise to be performed; adjust the length of chain until the lat bar is in a comfortable starting position (see figures 3 and 4).

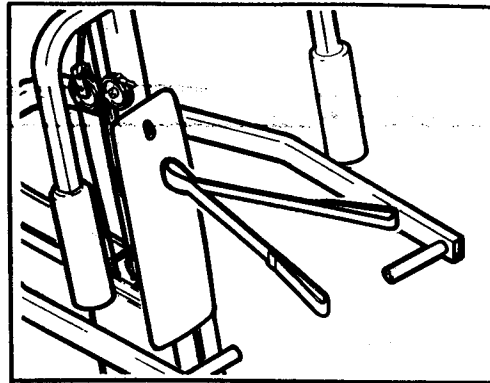


ATTACHING THE ROWER BAR TO THE WEIGHT SYSTEM

The rower bar should be attached to the weight system in the same manner as the lat bar (see ATTACHING THE LAT BAR TO THE WEIGHT SYSTEM above).

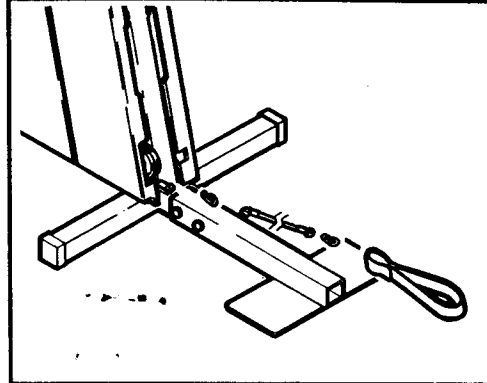
ATTACHING THE ABDOMINAL STRAP TO THE WEIGHT SYSTEM

The abdominal strap should be attached the middle cable. Remove any attachments from the middle cable. Attach the abdominal strap to the middle cable with a connector link.



ATTACHING THE ANKLE STRAP TO THE WEIGHT SYSTEM

The ankle strap should be attached to the lower cable. Remove any attachments from the lower cable. The cable extension can be attached between the ankle strap and the lower cable with two connector links. The ankle strap can also be attached directly to the lower cable with a single connector link.

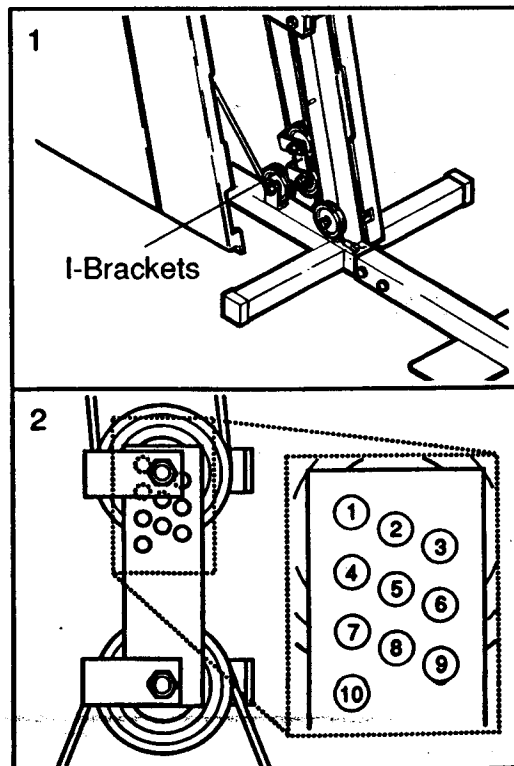


MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts each time the system is used. Replace any worn parts immediately. The outside of the system can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE WEIGHT SYSTEM

If there is slack in the weight system before the weight engages, the cables may need to be adjusted. To adjust the cables, a phillips screwdriver and two adjustable wrenches (not included) are required. Remove the four screws from the right side shield, and carefully move the side shield out of the way (see figure 1). Locate the two pulleys connected by two I-brackets. The I-brackets have a selection of ten holes which can be used to tighten the cables in small increments. Remove the upper pulley from the I-brackets using two adjustable wrenches. Move the pulley to the next lower hole in the I-Brackets. (Figure 2 shows the way in which the pulley should be moved.) Reattach the pulley to the I-brackets in the new position. Test the weight system before reattaching the side shield. If the motor stalls or hesitates, the cables are too tight; move the pulley back to the previous hole in the I-brackets. If there is still slack in the weight system, move the pulley to the next lower hole. If the cable is attached to the lowest hole and there is still slack in the weight system, the cables should be replaced (see the back cover). Reattach the side shield.



LUBRICATING THE BUTTERFLY ARMS AND PRESS ARM

The butterfly arms and press arm should be lubricated every six months with a petroleum-base grease. To lubricate the butterfly arms, remove the hairpin cotter pins and slide the butterfly arms off the frame. Grease the bushings in the butterfly arms. Reattach the butterfly arms with the hairpin cotter pins.

To lubricate the press arm, an adjustable wrench is required. Remove the bolt and lock washer from the lower end of the moment arm. While supporting the press arm, remove the press arm axle. Liberally grease the axle. Reattach the press arm to the moment arm as described in assembly step 5 (see page 5).

EXERCISE GUIDELINES

WARNING: Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

WEIGHT TRAINING

This system offers a wide selection of weight training exercises. Follow the guidelines below to outline an exercise program which will help you to achieve the specific results you want. Your exercise program should include three 30-minute workouts each week, with at least one day of rest between workouts. Schedule your workouts for the time of day when your energy level is the highest. Each workout should include 6-10 different exercises; select exercises which will develop all major muscle groups, with emphasis on the areas you want to develop the most. To give balance and variety to your workouts, vary the exercises from day to day.

To increase the size and strength of the muscles, the muscles must be worked to capacity. Each exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of "repetitions" and "sets" performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of consecutive repetitions.)

Be careful not to overexert yourself. Begin and end every workout with 5-10 minutes of stretching or light calisthenics. Rest for 30 seconds between sets, and 1 minute between exercises. Concentrate on learning the exercises correctly. Exhale as you exert yourself, and inhale as you relax—never hold your breath.

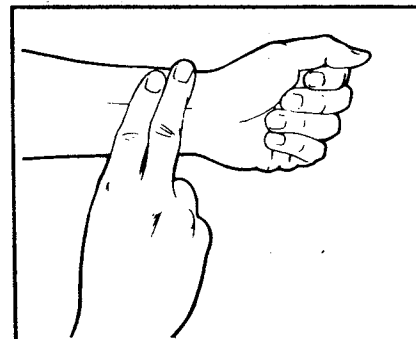
Wear clothing that is loose-fitting and allows unrestricted movement. Always wear shoes for foot protection. For added motivation, keep a record of each workout. List the date, exercises performed, weight used, and number of repetitions and sets completed. Record key body measurements at the end of every month. For successful results, proper nutrition and adequate rest are also essential. For more information about exercise and diet, consult with your physician.

CARDIOVASCULAR CONDITIONING

The leg lever, lat bar and press arm can be used for excellent cardiovascular workouts. Change the weight to the lowest setting and do as many repetitions and sets as desired. For an effective cardiovascular workout, your heart rate should be kept 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 unconditioned and conditioned persons, ages 20 to 85 years.

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. To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Carefully take a six-second heartbeat count and multiply the result by 10 to find your heart rate. (For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your training zone. If your heart rate is below your training zone, increase the intensity of your exercise. If your heart rate is too high, decrease the intensity.



Begin and end every workout with 5-10 minutes of stretching or light calisthenics. Exercise with your heart rate in your training zone for about 30 minutes; it makes no difference whether this is done in one continuous 30-minute period, or in a few shorter periods, such as three 10-minute periods. To maintain or improve your condition, exercise three times each week, with at least one day of rest between workouts. After a few months, the number of workouts can be increased to four or five per week.

PART LIST—Model No. PF400110

Rev. 5/92

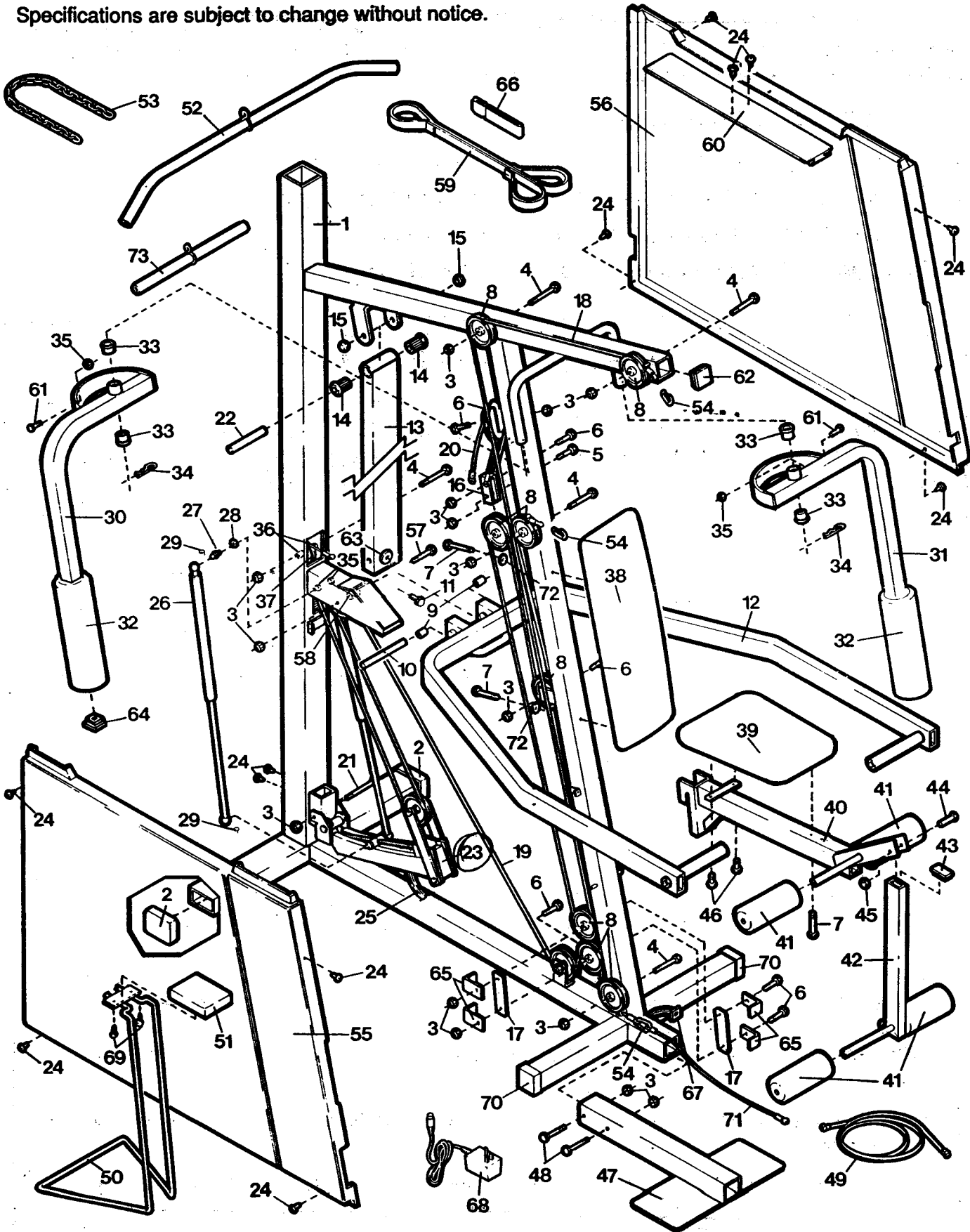
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	39	1	Seat
2	2	Rear Stabilizer Endcap	40	1	Seat Support
3	17	Nylock Nut	41	4	Leg Lever Pad
4	5	3/8" x 3.50" Bolt	42	1	Leg Lever
5	1	3/8" x 1.75" Bolt	43	1	Leg Lever Cap
6	7	3/8" x 2.00" Bolt	44	1	Leg Lever Pin
7	3	1/4" x 2.5" Bolt	45	1	Leg Lever Pushnut
8	12	Pulley	46	2	Seat Bolt
9	2	Press Arm Bushing	47	1	Base Extension
10	1	Press Arm Axle	48	2	Extension Bolt
11	1	Press Arm Axle Bolt	49	1	Control Cord
12	1	Press Arm	50	1	Control Stand
13	1	Moment Arm	51	1	Hand Control
14	2	Moment Arm Bushing	52	1	Lat Bar
15	2	Moment Arm Pushnut	53	1	Chain
16	1	Pulley U-Bracket	54	3	Connector Link
17	2	Pulley I-Bracket	55	1	Right Side Shield
18	1	Upper Cable	56	1	Left Side Shield
19	1	Lower Cable	57	1	3/8" x 2.25" Bolt
20	2	Butterfly Cable	58	1	PVC Spacer
21	1	3/8" x 3.00" Bolt	59	1	Abdominal Strap
22	1	Moment Arm Axle	60	1	Top Shield
23	1	Weight Mechanism	61	2	5/16" x 1.00" Bolt
24	12	Screw	62	1	Frame Cap
25	1	Wire Harness	63	1	Lock Washer
26	2	Gas Shock	64	2	Butterfly Cap
27	2	Ball Joint	65	4	L-Bracket
28	2	Washer	66	1	Ankle Strap
29	4	Gas Shock Clip	67	1	Control Cord Socket
30	1	Right Butterfly Arm	68	1	Power Cord
31	1	Left Butterfly Arm	69	2	Control Stand Screw
32	2	Butterfly Pad	70	2	Front Stabilizer Cap
33	4	Butterfly Bushing	71	1	Cable Extension
34	2	Hairpin Cotter Pin	72	2	Backrest Washer
35	4	Small Nut	73	1	Rower Bar
36	2	Small Pulley Spacer	#	1	Owner's Manual
37	1	Small Pulley	#	1	Exercise Manual
38	1	Backrest	#	1	Grease

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

EXPLODED DRAWING—Model No. PF400110

Rev. 5/92

Specifications are subject to change without notice.



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). When ordering parts, please be prepared to give the following information:

1. The **MODEL NUMBER** of the product (PF400110).
2. The **NAME** of the product (Pro Form EDGE 4001 Multi-Dimensional Training System).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 10 of this manual.
5. The **DESCRIPTION** of the part(s) from page 10 of this manual.

LIMITED WARRANTY

PRO FORM Fitness Products, Inc. ("Pro Form"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. PRO-FORM's obligation under this warranty is limited to replacing or repairing, at PRO FORM's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by PRO FORM at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by PRO FORM. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a PRO FORM authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PRO FORM.

PRO FORM IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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