

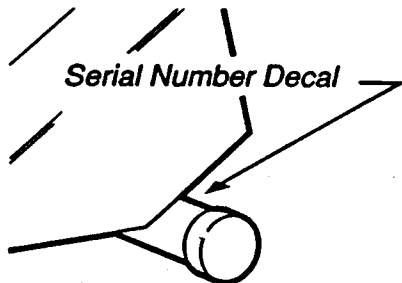
TM 4100 CSX

MOTIVATIONAL CLUB TRAINER • INTERACTIVE ELECTRONIC RESISTANCE

PRO-FORM®

Model No. PF410010

Serial No. _____



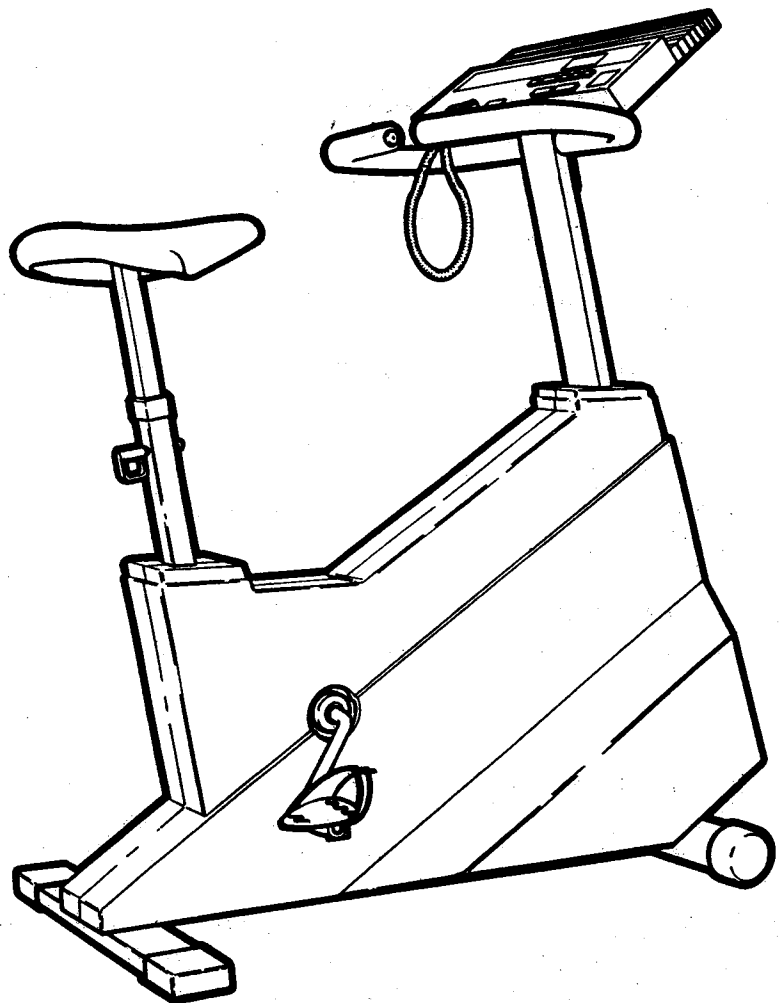
QUESTIONS?

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

165 798

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IMPORTANT SAFETY PRECAUTIONS

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

1. Place the exercise bike on a level surface. Do not use the bike near water or outdoors.
2. The exercise bike must be grounded (see OPERATION AND ADJUSTMENT for grounding instructions). Keep the power cord away from walkways and heated surfaces. Do not use an extension cord. Do not use the bike if the power cord or plug is damaged, or if the bike is not functioning properly (see BEFORE YOU BEGIN if the bike is not functioning properly). Always plug in the power cord and turn on the power when using the bike, or the bike could be damaged.
3. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the exercise bike. Always wear athletic shoes for foot protection.
4. Keep small children away from the exercise bike at all times.
5. 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.
6. Use the exercise bike only as described in the manual. Servicing other than the procedures described in this manual should be performed by an authorized service representative only. The power board is a 120-volt device and should never be touched or serviced while the power cord is plugged in.

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.

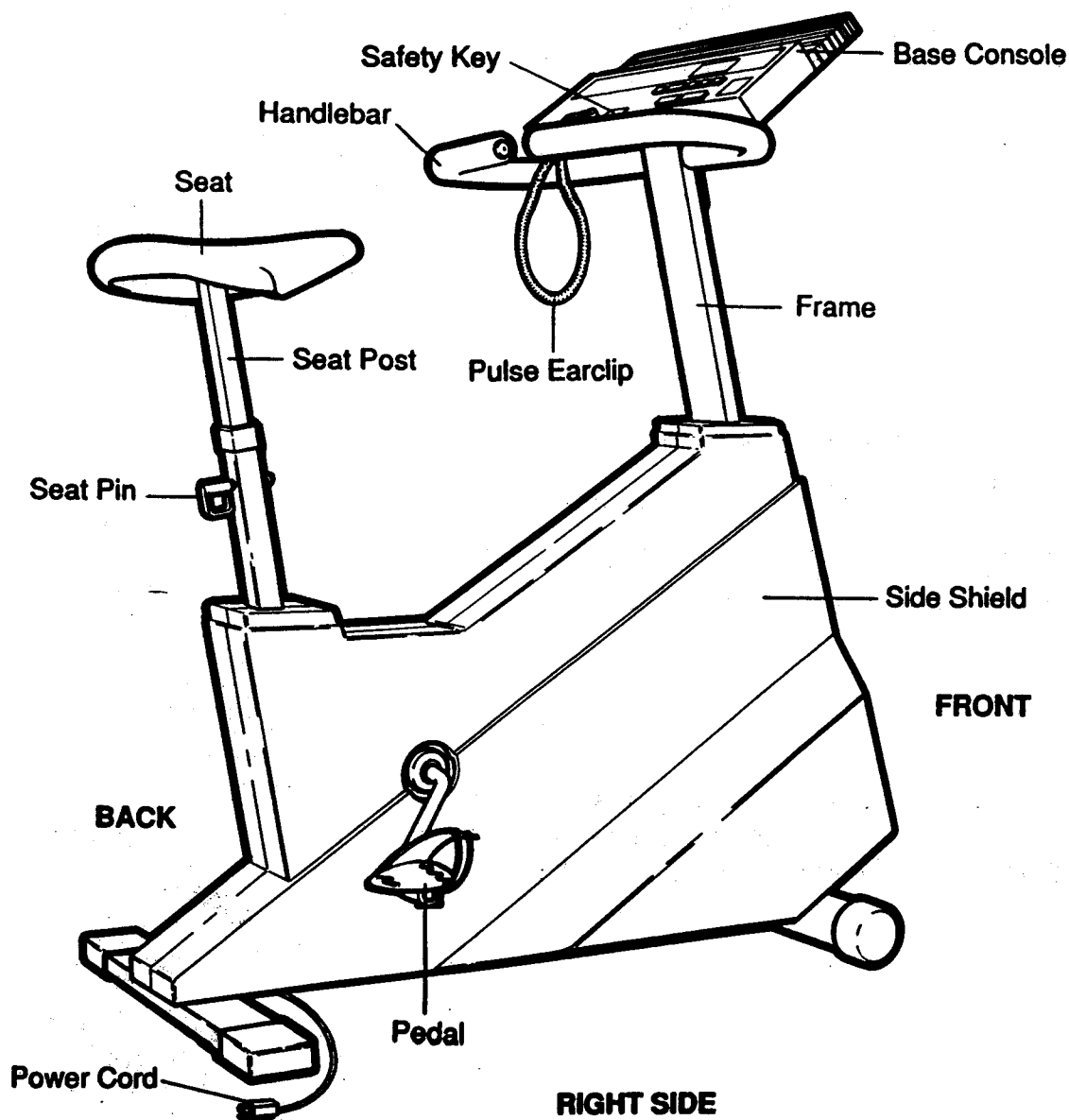
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the Pro Form 4100 CSX exercise bike. The 4100 CSX blends advanced engineering with ergonomic styling to let you enjoy an effective form of low-impact, cardiovascular exercise in the convenience and privacy of your home. The heart of the 4100 CSX is the unique OPTIONS base console, offering an impressive array of features to help you get the most from your exercise.

Please 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, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is printed on the front cover of this manual. The serial number is recorded on a decal attached to the product (see the drawing on the front cover).

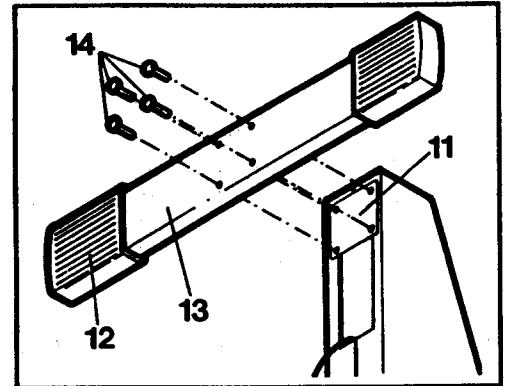
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



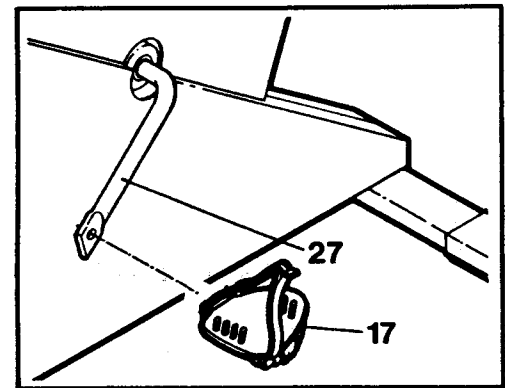
ASSEMBLY

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. Read each step carefully before beginning. The assistance of a second person is recommended.

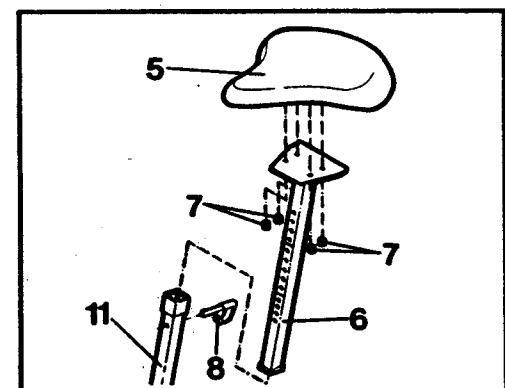
1. Tip the bike forward. Attach the Stabilizer (13) to the Frame (11) with the four Stabilizer Bolts (14). Make sure the ribbed sides of the Endcaps (12) are downward as shown. Tip the bike back.



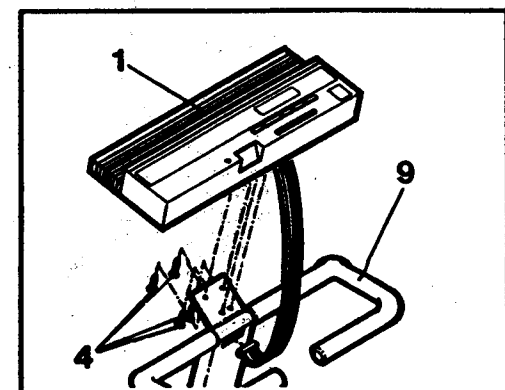
2. Tighten the Left Pedal (17) counterclockwise into the left arm of the Crank (27). Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank. The Pedals are marked for identification.



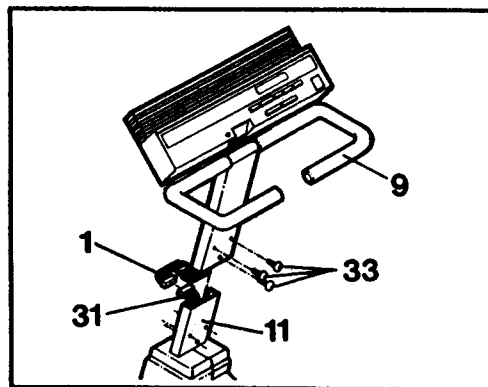
3. Remove the four Seat Nuts (7) from the underside of the Seat (5). Attach the Seat to the top of the Seat Post (6) with the four Seat Nuts. Remove the Seat Pin (8) from the Frame (11). Insert the Seat Post into the Frame, adjust the Seat to the desired height, and insert the Seat Pin through the Frame. CAUTION: At least 2" of the Seat Post must be inside of the Frame.



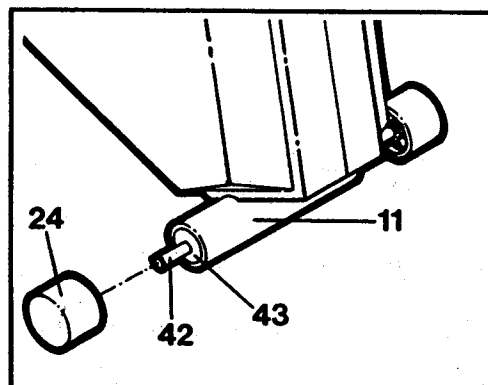
4. Insert the wire harness from the Base Console (1) into the slot in the Handlebar (9). Attach the Base Console to the bracket on the Handlebar with the four Screws (4).



5. Connect the wire harness from the Base Console (1) to the Main Wire Harness (31). Slide the Handlebar (9) onto the Frame (11), being careful not to pinch the wires. Attach the Handlebar with the three Handlebar Screws (33).



6. Slide the free end of the Roller Axle (42) through the Bushings (43) and Frame (11). Press the unattached Roller (24) onto the end of the Roller Axle.



MAINTENANCE AND TROUBLE-SHOOTING

PULSE EARCLIP

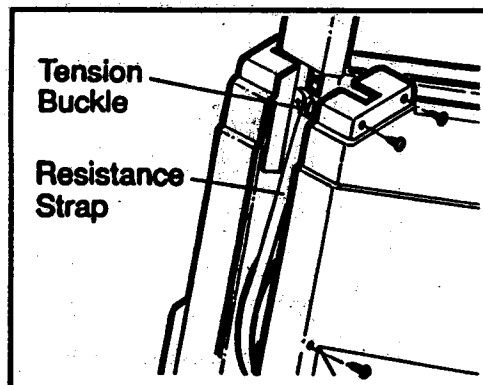
If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol. **WARNING: The pulse earclip is not a medical device. Various factors, including the user's 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.**

TIGHTENING THE CHAIN

The tension of the chain should be kept properly adjusted. To check the tension of the chain, remove the right side shield and press down on the center of the chain. There should be between 1/4" and 1" of vertical movement in the center of the chain. If the chain needs to be adjusted, loosen the flange nuts on the ends of the flywheel axle and slide the flywheel forward or backward as needed. Make sure the flywheel is aligned with the frame, and tighten the flange nuts firmly.

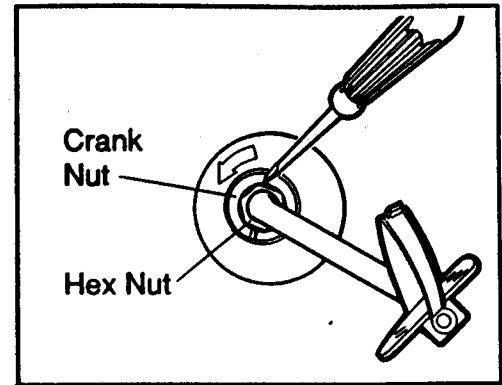
ADJUSTING THE RANGE OF PEDALING RESISTANCE

If the range of pedaling resistance is too high or too low, the range can be adjusted. Remove three screws from the left side shield as shown. Carefully pull the side shield away from the bike until the tension buckle on the front of the frame is exposed. To raise the range of resistance, open the buckle, pull the resistance strap slightly tighter, and close the buckle tightly. To lower the range of resistance, loosen the strap slightly. Replace the three screws in the left side shield.



TIGHTENING THE CRANK ARMS

If the crank arms become loose, they should be tightened in order to prevent excessive wear. Loosen the hex nut on the left arm of the crank. Place the end of a standard screwdriver in one of the grooves in the crank nut. Lightly tap the screwdriver with a hammer to turn the crank nut counterclockwise, until the crank arms are no longer loose. Do not overtighten the crank nut. When the crank nut is properly tightened, tighten the hex nut.



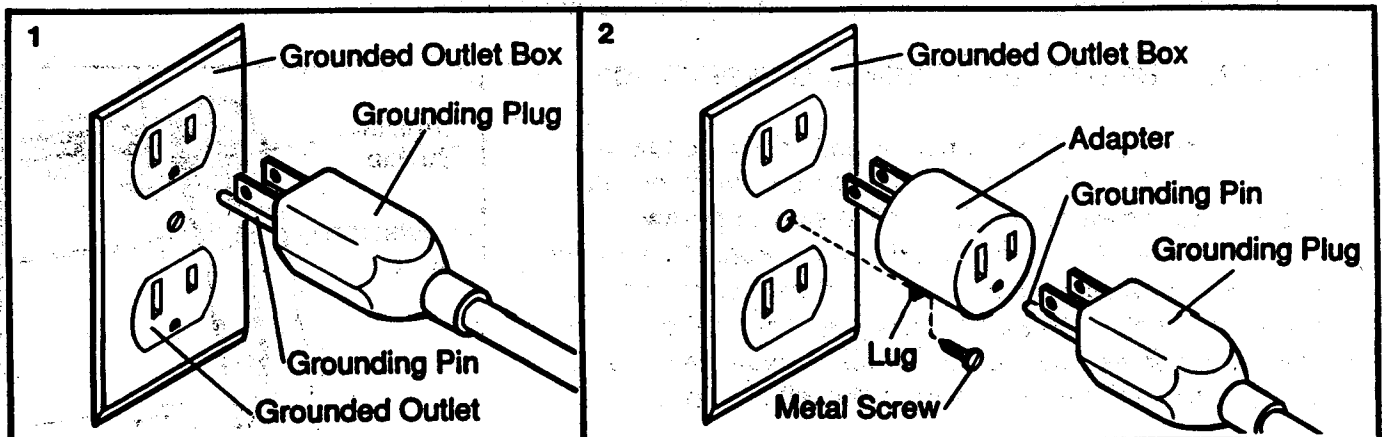
OPERATION AND ADJUSTMENT

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet (Drawing 1) is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



CONSOLE OPERATION

The heart of the exercise bike is the innovative OPTIONS base console. The OPTIONS base console features a safety key-operated power switch, a large, easy-to-read LED display, convenient push-button speed controls and a multiple-mode exercise monitor. And the OPTIONS base console is modular—up to three different modules (not included) can be added to give you even more options!

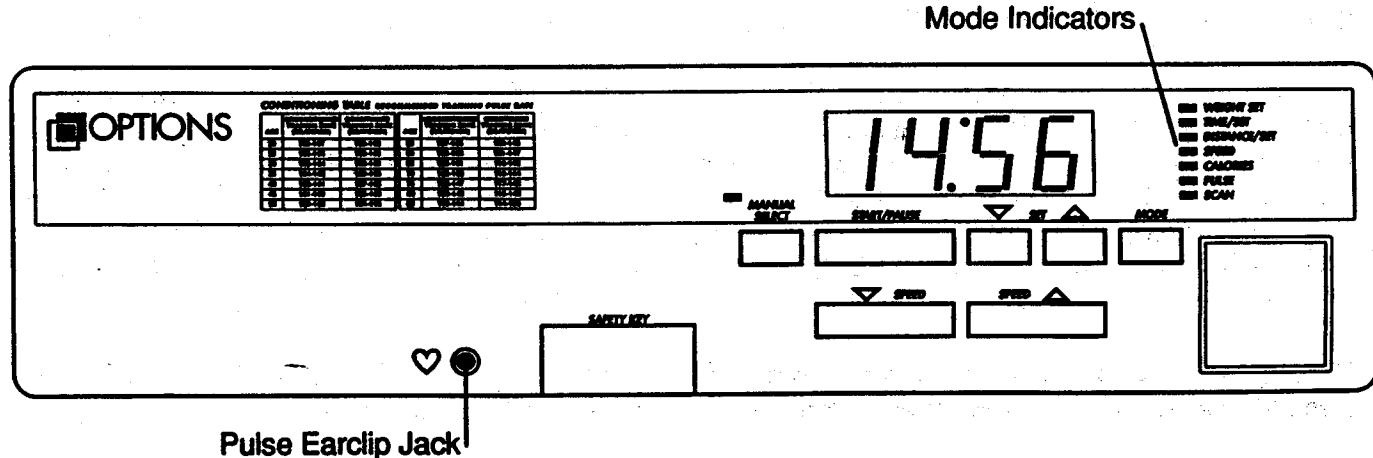
By adding the state-of-the-art VIDEO TRACK module, the base console can be connected to your TV and VCR for exciting motivational workouts. As you exercise, a videocassette will take you on a tour of some of the most breathtaking scenery in America, while the module controls the pedaling speed automatically to simulate the terrain you are viewing.

The powerful TRACK FIVE module offers five preset workout programs, each designed to give you a different type of workout. Simply select one of the programs, set the length of time you plan to exercise and choose a workout intensity level. The TRACK FIVE module will control the pedaling speed automatically as it guides you through an invigorating cardiovascular workout.

The versatile PERSONAL TRAINER PLUS module lets you create an endless variety of custom workout programs. Up to four programs can be stored in memory at the same time, and recalled for future workouts. The module is also compatible with PERSONAL TRAINER programs. Just connect the module to your telephone, and give your PERSONAL TRAINER a call. Your PERSONAL TRAINER will ask you questions about your fitness goals, and then program the module via your telephone, with a PERSONAL TRAINER program designed to help you achieve the specific results you want.

For more information, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

DIAGRAM OF THE BASE CONSOLE



MANUAL SELECT BUTTON—This button switches the base console to the manual mode. Note: This button is needed only when modules are used with the base console.

START/PAUSE BUTTON—This button starts and stops the TIME SET mode. Note: This button also starts and stops programs when modules are used with the base console.

SET BUTTONS—These buttons are used to set time and distance goals, and to enter your weight into the base console.

MODE BUTTON—This button is used to select monitor modes.

SPEED BUTTONS—These buttons are used to control your pedaling speed.

TURNING ON THE POWER AND ADJUSTING THE PEDALING SPEED

Insert the safety key into the front of the base console. When the power is turned on, the base console will be in the manual mode and the pedaling speed will be on the fastest setting. As you pedal, your pedaling speed can be adjusted using the SPEED buttons. When the SPEED decrease button is pressed, the pedaling resistance will increase, and your pedaling speed will decrease. When the SPEED increase button is pressed, the pedaling resistance will decrease, and your pedaling speed will increase. The SPEED buttons can be held down to adjust your pedaling speed quickly. Note: After the SPEED buttons are pressed, it will take a few seconds for the selected setting to be reached.

SELECTING MONITOR MODES

The base 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. Indicators will light to show which mode is currently displayed. The 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, select the WEIGHT SET mode and press the SET buttons to enter your weight into the base console. 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.) 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 quickly. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound. The base console will then display the time elapsed since the goal was completed. Note: Time goals can be set only when the base console is in the manual mode.

DISTANCE/SET: This mode displays the distance you have pedaled. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (Make sure the SCAN mode is not selected.) Press the SET buttons to set the distance you plan to pedal. Each time one of the buttons is pressed, the distance displayed will change by 0.2 miles. The buttons can be held down to set a distance goal quickly. As you exercise, the distance will be counted down. When the distance goal is completed, a tone will sound. The base console will then display the distance you have pedaled since the goal was completed. Note: Distance goals can be set only in the manual mode.

SPEED: This mode displays your pedaling speed. Note: Each time one of the SPEED 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 base console.

PULSE: This mode displays your heart rate. Plug the pulse earclip into the jack on the base console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to prevent excessive movement of the earclip wire. 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.

SCAN: This mode automatically displays all modes except WEIGHT SET, for approximately 3 seconds each, in a repeating cycle. Note: The PULSE mode will be displayed only if the pulse earclip is worn.

TURNING OFF THE POWER

To turn the power off, remove the safety key from the base console.

CONDITIONING GUIDELINES

The following guidelines will help you to outline a personal exercise program. Remember that adequate rest and good nutrition are essential for successful results. 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. 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.

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

You can find your heart rate using the pulse mode of the base 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 your 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. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching to warm up. 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 three 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 five per week. The key to achieving successful results is **CONSISTENCY**.

PART LIST—Model No. PF410010

Rev. 4/92

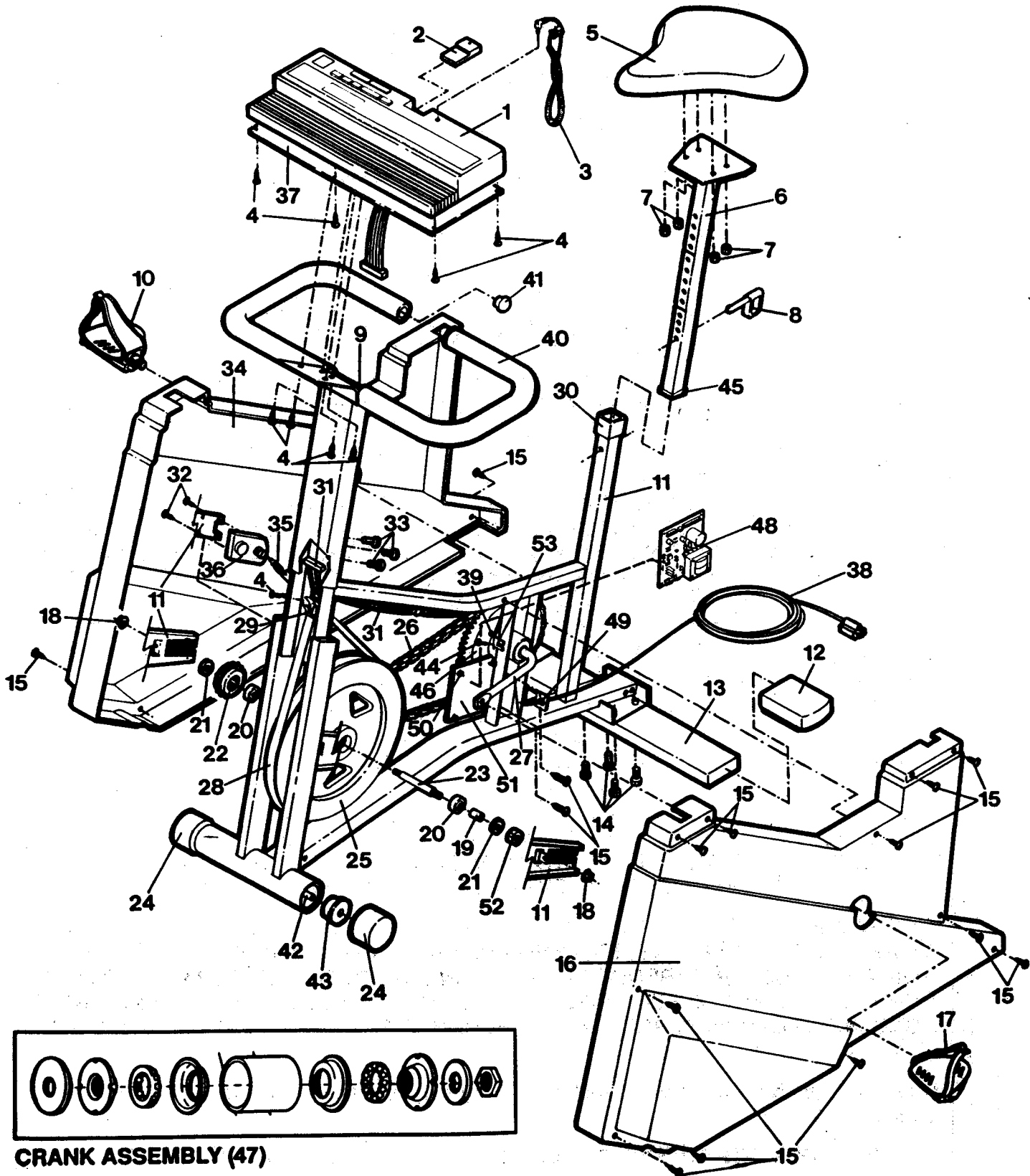
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base Console	28	1	Resistance Strap
2	1	Safety Key	29	1	Tension Buckle
3	1	Pulse Earclip	30	1	Seat Post Collar
4	9	Screw	31	1	Main Wire Harness Assembly
5	1	Seat	32	2	Motor Mounting Screw
6	1	Seat Post	33	3	Handlebar Screw
7	4	Seat Nut	34	1	Right Side Shield
8	1	Seat Pin	35	1	Tension Spring Assembly
9	1	Handlebar	36	1	Motor Assembly
10	1	Right Pedal	37	1	Console Plate
11	1	Frame	38	1	Power Cord
12	2	Stabilizer Endcap	39	1	Magnet
13	1	Stabilizer	40	2	Foam Grip
14	4	Stabilizer Bolt	41	2	Handlebar Endcap
15	16	Side Shield Screw	42	1	Roller Axle
16	1	Left Side Shield	43	2	Roller Bushing
17	1	Left Pedal	44	1	Reed Switch Fastener
18	2	Flange Nut	45	1	Seat Post Glide
19	1	Spacer	46	1	Sprocket
20	2	Bearing	47	1	Crank Assembly
21	2	Washer	48	1	Power Board
22	1	Small Sprocket	49	1	Grommet
23	1	Flywheel Axle	50	4	Plastic Clip
24	2	Roller	51	1	Power Board Plate
25	1	Flywheel	52	1	Nut
26	1	Chain	53	1	Reed Switch/Sensor Wire
27	1	Crank	#	1	Owner's Manual

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

EXPLODED DRAWING—Model No. PF410010

Rev. 4/92

Specifications are subject to change without notice.



CRANK ASSEMBLY (47)

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 when calling:

1. The MODEL NUMBER of the product (PF410010).
2. The NAME of the product (Pro Form 4100 CSX exercise bike).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and 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.

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