

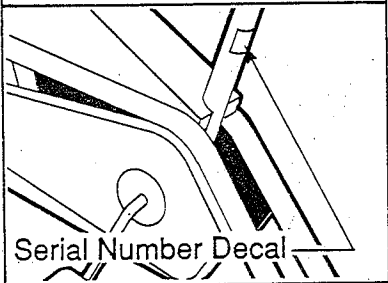
PRO-FORM®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF410100

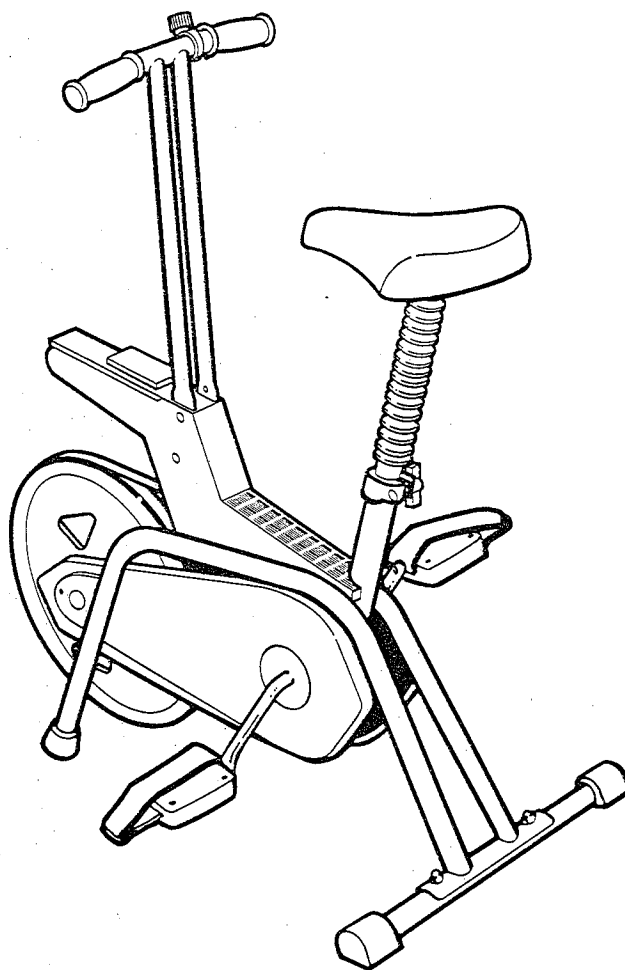
Serial No.

Record the serial number in
the space above.



440

electronic ergometer



OWNER'S MANUAL

CAUTION: Read all safety precautions and instructions in this owner's manual carefully before using this equipment. Save this manual for your future reference.

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.

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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., P.O. Box 4087, Logan, UT 84321

PRO-FORM[®]

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IMPORTANT SAFETY PRECAUTIONS

1. Always use the exercise bike on a level surface.
2. Do not wear flowing clothing that could become caught in the exercise bike.
3. Keep your hands away from moving parts.
4. Keep small children away from the exercise bike during use.

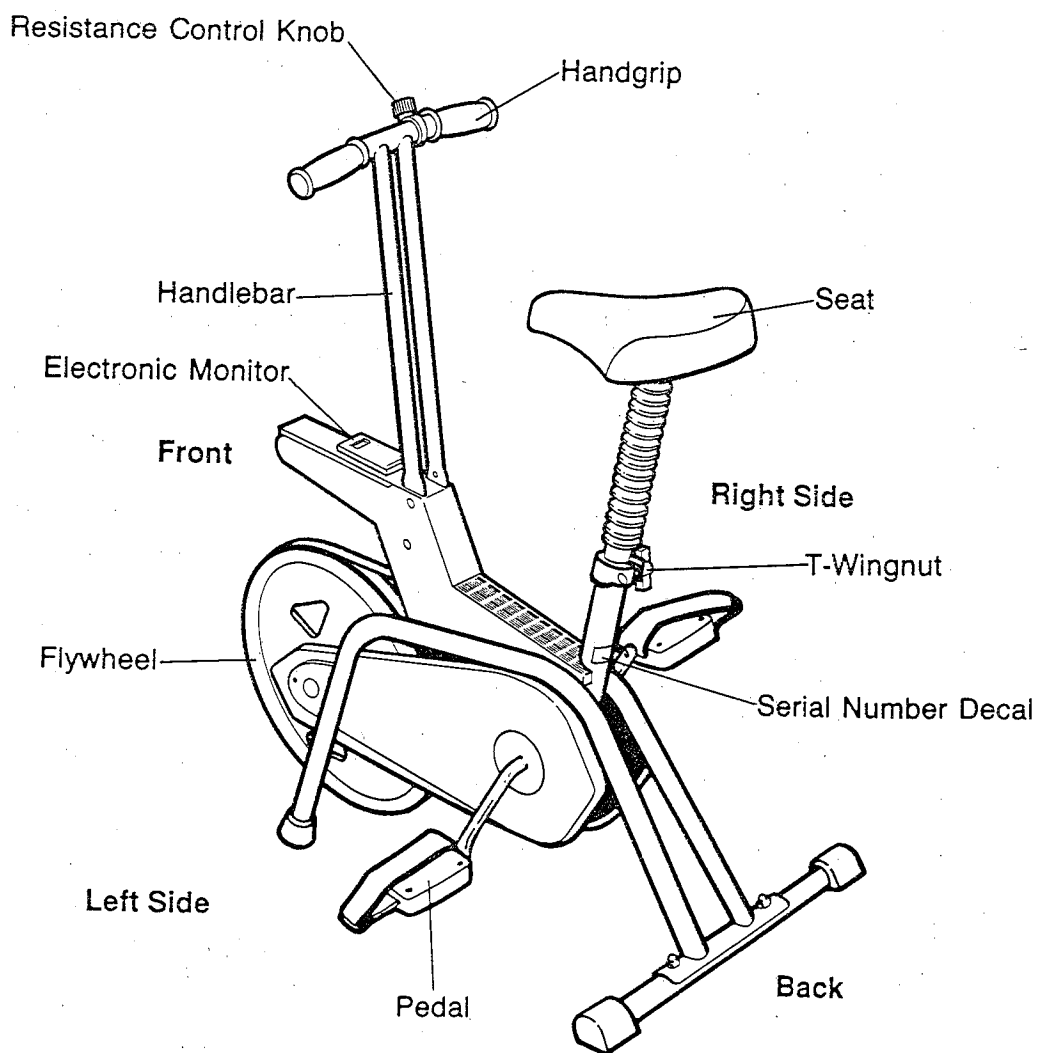
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Pro Form assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the PRO FORM C40 Electronic Ergometer exercise bike. There are many benefits to be gained from regular, conscientious exercise. Exercising conditions the heart and lungs, strengthens and tones the muscles, aids in weight control and in many other ways helps you to look and feel better! The C40 is designed to let you enjoy one of the best forms of cardiovascular exercise in the comfort and privacy of your own home. The C40 features adjustable pedaling resistance, a heavy flywheel for smooth pedaling and a microprocessor-based electronic exercise monitor.

For your safety and benefit, please read this manual carefully before initial use of the exercise bike. If you have any questions, please call our Customer Service department toll-free at **1-800-999-3756**, during regular business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain time. In all communications regarding this product, please refer to the 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 for the location of the decal).

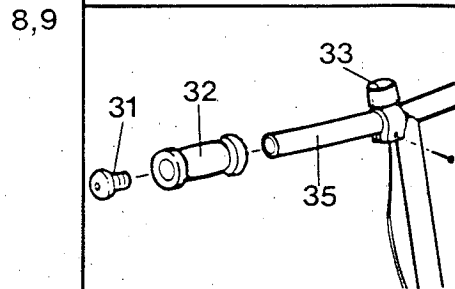
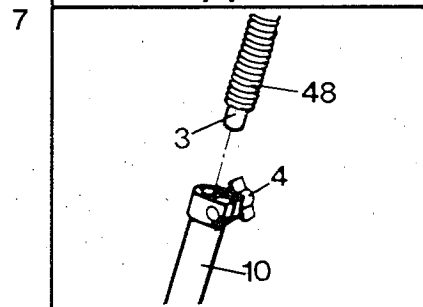
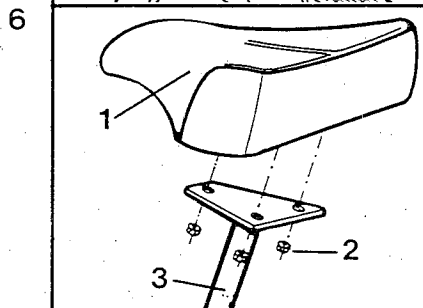
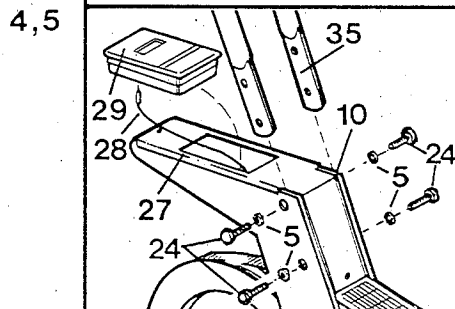
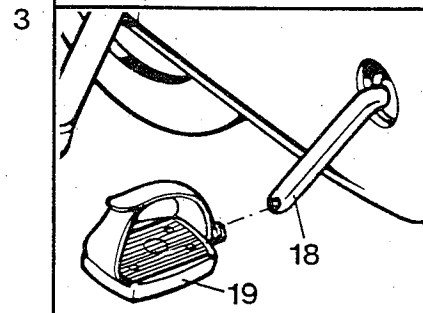
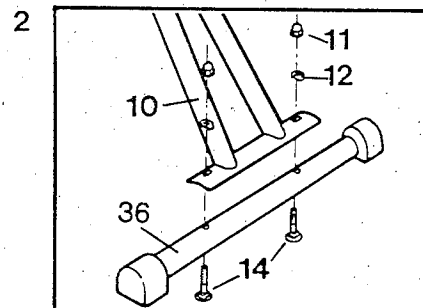
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



ASSEMBLY

Please read all instructions carefully before beginning assembly. Refer to the Part List and the Exploded Drawing for help with part identification. Assembly can be completed using the tool provided.

1. Place all bike parts in a clear area on the floor and remove the packing materials. Make sure that all parts are included before disposing of the packing materials.
2. Attach the Rear Leg (36) to the Frame (10) with the two Carriage Bolts (14), Molded Washers (12) and Acorn Nuts (11).
3. Thread the Pedal marked "Left" (19) counterclockwise into the left arm of the crank (18). Thread the Pedal marked "Right" clockwise into the right arm of the Crank. Tighten both Pedals firmly.
4. Slide the Handlebar (35) into the Frame (10) as shown. Attach the Handlebar to the Frame with two Flat Washers (5) and Handlebar Screws (24) through the lower holes in the Frame, and two Flat Washers and Handlebar Screws through the upper holes in the Frame.
5. Plug the Monitor Wire (28) into the jack on the underside of the Electronic Console (29). If the Console has self-adhesive strips, remove the backing from the strips. Press the Console into the Console Hood (27).
6. Remove the three Nuts (2) from the bottom of the Seat (1). Attach the Seat to the bracket at the top of the Seat Post (3) with the three Nuts.
7. Slide the Bellows (48) onto the Seat Post (3). Insert the Seat Post into the seat tube of the Frame (10), and tighten the T-Wingnut (4) firmly. *Caution: The Seat Post must be inserted a minimum of 2 inches.*
8. Remove the small screw from the Resistance Control Knob (33). Clip the Knob onto the Handlebar (35), and replace and tighten the small screw.
9. Moisten the ends of the Handlebar (35), and push the Handgrips (32) on. Insert the Handgrip Caps (31) into the ends of the Handlebar.
10. Make sure that all parts are tightened securely before using the exercise bike.



ADJUSTMENT AND OPERATION

SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine the correct height for you, sit on the seat with your feet on the pedals and turn the pedals slowly. When your legs are at their fullest extension there should be a slight bend in the knees. To adjust the seat height:

1. Stand beside the bike.
2. Turn the T-wingnut on the Seat Clamp counterclockwise until the Seat Post can be raised or lowered.
3. Adjust the Seat to the desired height. The Seat must be inserted a minimum of two inches.
4. Firmly retighten the T-wingnuts.

PEDALING RESISTANCE ADJUSTMENT

As you pedal the bike, you can increase or decrease the amount of pedaling resistance using the control knob mounted on the handlebar. To increase the resistance, turn the knob clockwise. To decrease the resistance, turn the knob counterclockwise.

If the range of resistance is too high or low, it can be adjusted with the tension buckle located on the frame above the flywheel. Remove the screws from the console hood and the plastic hood and lift off the hoods. Turn the resistance control knob counterclockwise until it stops, and open the tension buckle. To raise the range of resistance, pull the tension belt tighter and close the buckle. To lower the range of resistance, loosen the tension belt and close the buckle. Replace the console hood and the plastic hood.

ELECTRONIC MONITOR OPERATION

See the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual.

MAINTENANCE AND TROUBLE-SHOOTING

Your exercise bike is designed to be virtually maintenance-free. To assure continued smooth operation, lubricate the chain periodically with a few drops of light multi-purpose oil. Be sure that all parts are tightened securely before exercising. Store the bike in a cool, dry place, away from direct sunlight.

ELECTRONIC MONITOR

If the monitor does not function properly, test the monitor using new batteries. (See the Electronic Monitor Operation Guide.) Most problems are the result of weak batteries.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. For more complete and detailed information consult your physician or obtain a book at your library.

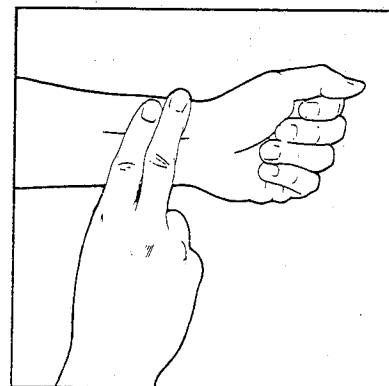
EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the 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 given for both conditioned and unconditioned persons. 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

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the 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 your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



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 you reach the high end of your Training Zone.

As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity 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 light exercise or stretching will allow the body to 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 times per week. The key to a successful program is **REGULAR EXERCISE**.

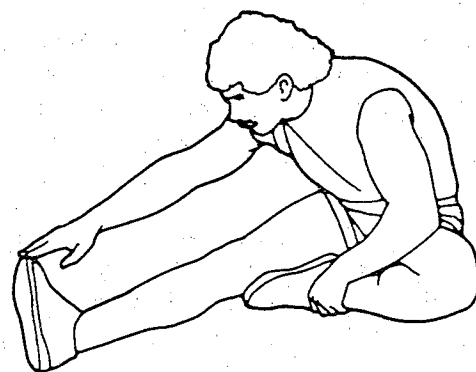
STRETCHING

The following stretches provide a good warm-up. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly — don't bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

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. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

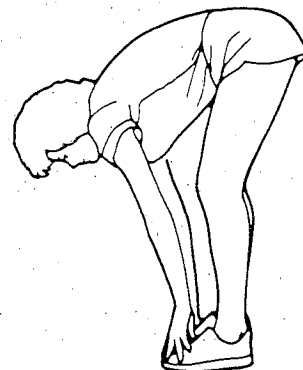
Stretches: Inner thigh muscles.



TOE TOUCHES

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

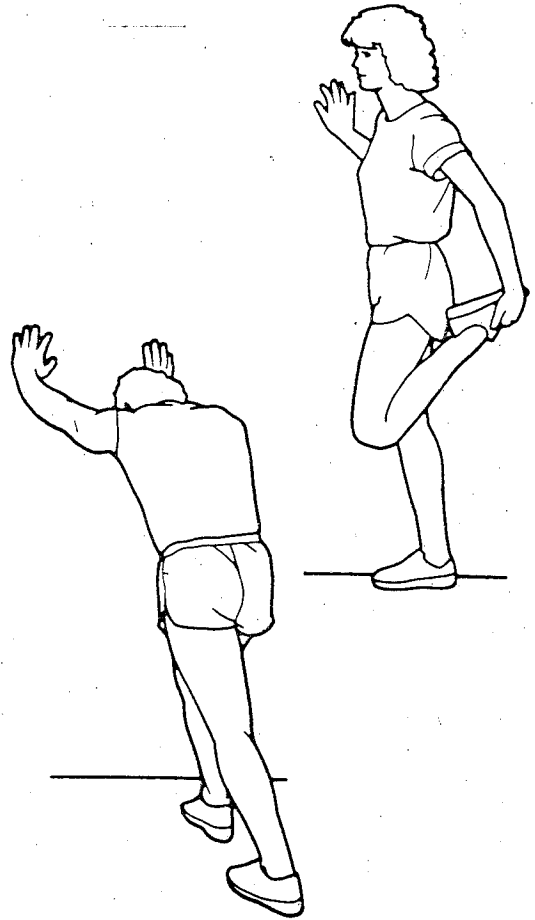
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, hip muscles.

CALF/ACHILLES STRETCH

With one leg in front of the other and arms forward, lean against the wall. Keep your back leg straight and back foot flat on the floor; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts. To cause further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, achilles tendons, and ankles.



PART LIST - MODEL NO. PF410100

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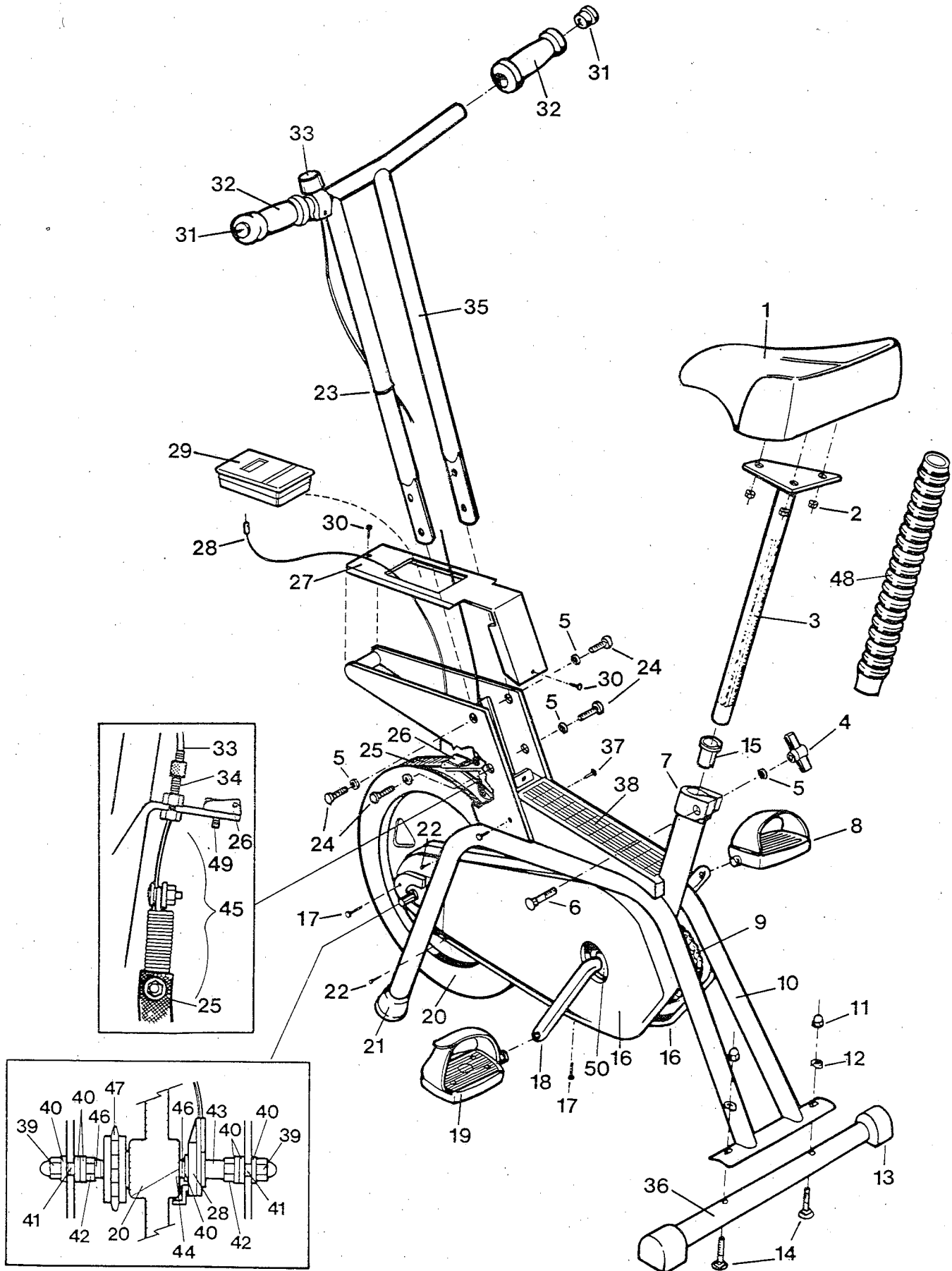
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat	26	1	Tension Buckle
2	3	Seat Nut	27	1	Console Hood
3	1	Seat Post	28	1	Monitor Wire w/Drive
4	1	T-Wingnut	29	1	Electric Console
5	5	Flat Washer	30	2	Console Hood Screw
6	1	Clamp Bolt	31	2	Handgrip Cap
7	1	Aluminum Clamp	32	2	Handgrip
8	1	Right Pedal	33	1	Resistance Control Knob w/Cable
9	1	Chain	34	1	Hollow Bolt
10	1	Frame	35	1	Handlebar
11	2	Acorn Nut	36	1	Rear Leg
12	2	Molded Washer	37	2	Hood Screw
13	2	Rear Rubber Cap	38	1	Plastic Hood
14	2	Carriage Bolt	39	2	Acorn Nut
15	1	Seat Tube Liner	40	7	Washer
16	2	Chain Guard	41	1	Axle
17	4	Chain Guard Screw	42	2	Nut
18	1	Crank w/Sprocket	43	1	Large Spacer
19	1	Left Pedal	44	2	Flywheel Bearing
20	1	Flywheel	45	1	Spring Assembly
21	2	Front Rubber Cap	46	2	Tapered Spacer
22	4	Small Chain Guard Screw	47	1	Small Sprocket
23	1	Cable Clip	48	1	Bellows
24	4	Handlebar Screw	49	1	Buckle Screw
25	1	Tension Belt	50	1	Crank Bearing
			#	1	Owner's Manual
			#	1	Electronic Operation Guide

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

EXPLODED DRAWING - MODEL NO. PF410100

Rev. 8/90

*Specifications are subject to change without notice.



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-3756**, during regular business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain time. When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (PF410100).
2. The NAME of the product (Pro Form C40).
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.

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