

PRO-FORM

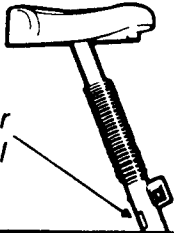
BREEZE™

Model No. 411101

Serial No.

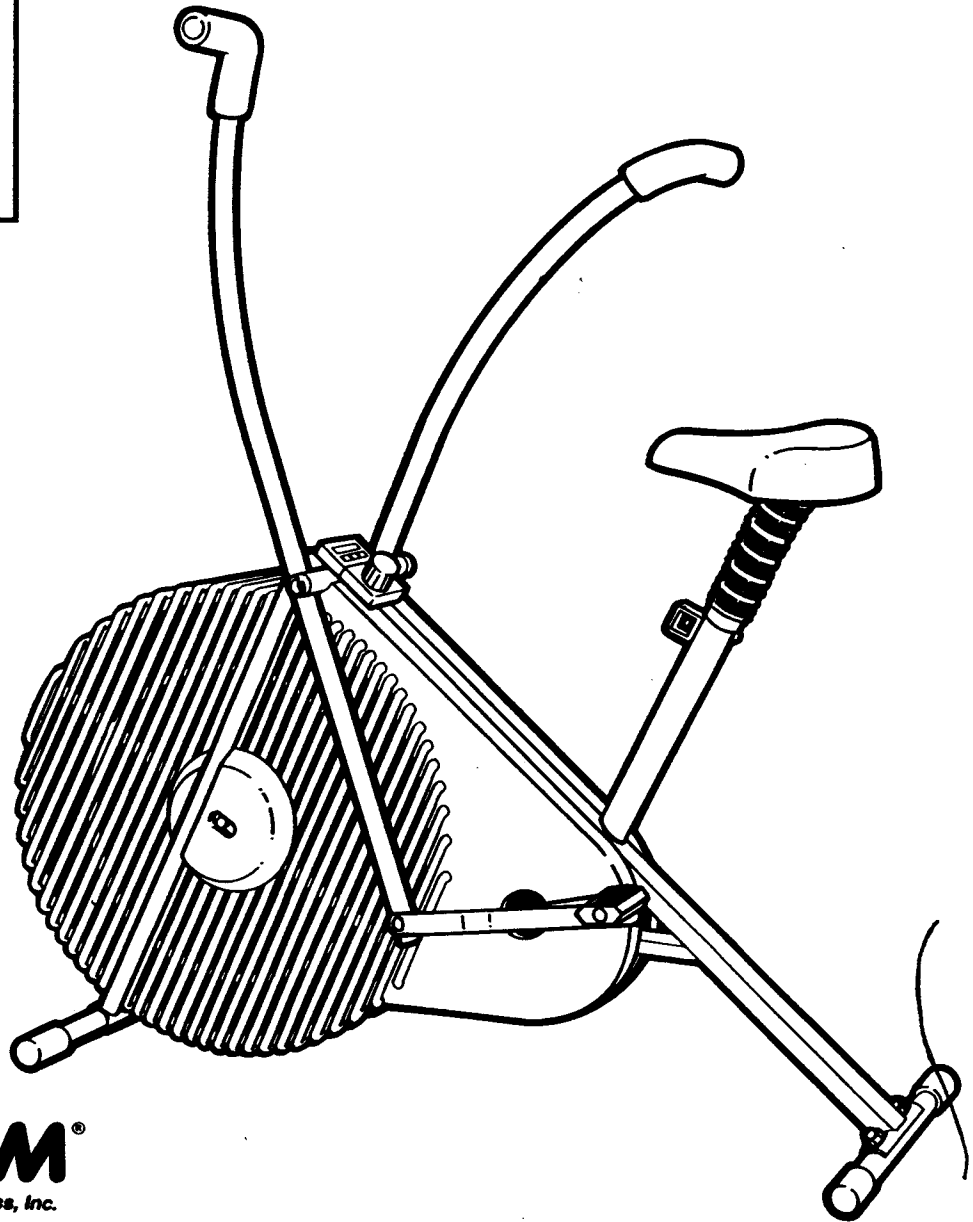
Write the serial number in the space above for reference.

Serial Number
Decal



DUAL ACTION FITNESS TRAINER

OWNER'S MANUAL



PRO-FORM®

A Subsidiary of Welder Health and Fitness, Inc.

CAUTION: Read all instructions in this manual carefully before using this equipment. Save this manual for future reference.

Part No. 101217 6/90

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



BREEZE™

DUAL ACTION FITNESS TRAINER

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IMPORTANT SAFETY PRECAUTIONS

- 1. Always use this exercise bike on a clear, 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.**
- 5. Make sure that the chain is always properly adjusted (see MAINTENANCE AND TROUBLE-SHOOTING).**

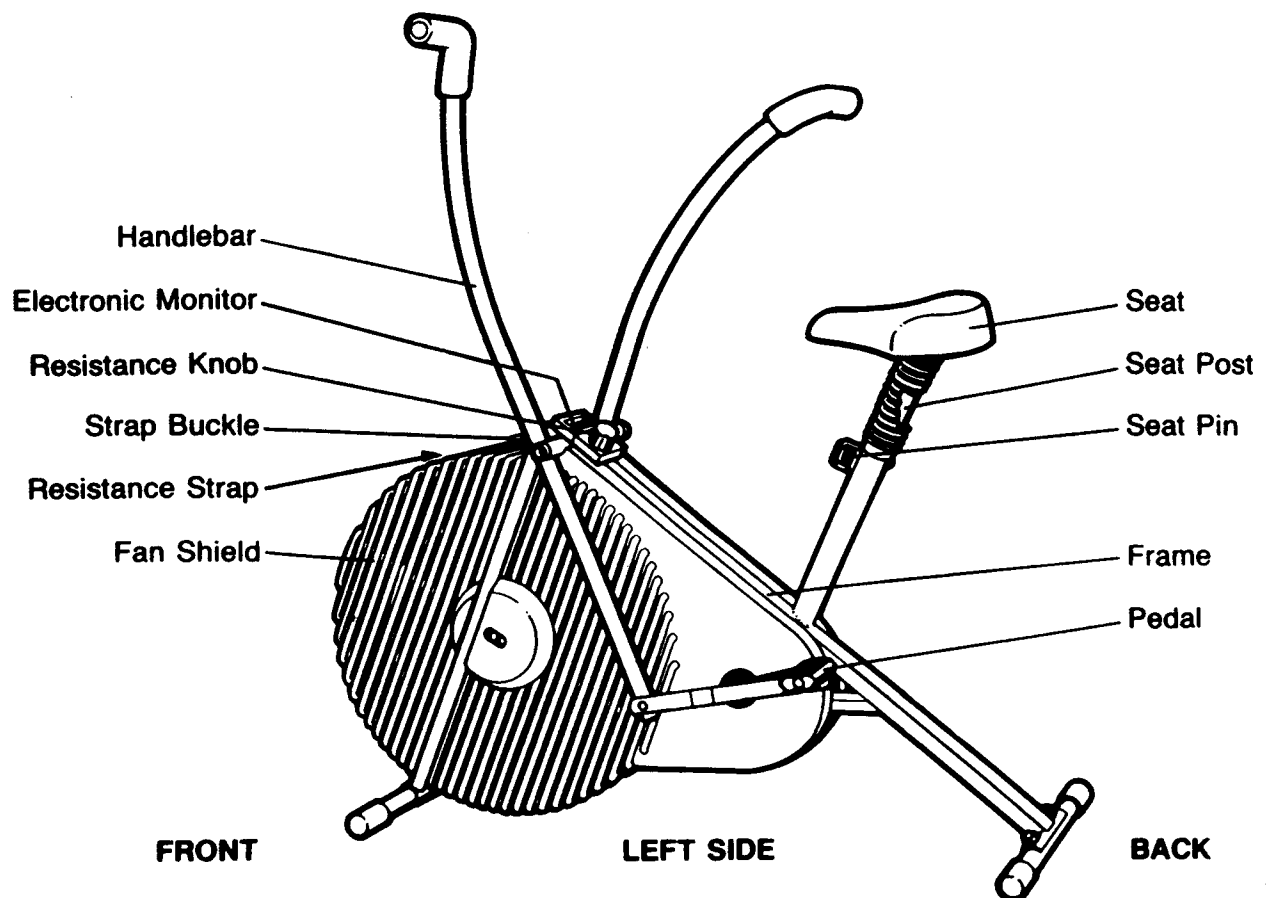
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Pro Form assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for purchasing a Pro Form BREEZE exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The unique BREEZE combines advanced engineering with innovative design to let you enjoy this healthful exercise in the convenience and privacy of your own home.

For your safety and benefit, read this manual carefully before using this exercise bike. If you have additional questions, please call one of our Customer Service representatives 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 the 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 on the frame (see the drawing on the front cover).

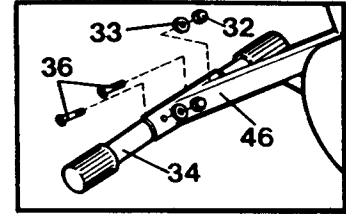
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



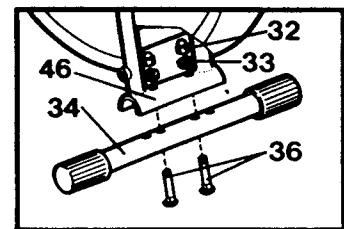
ASSEMBLY

Remove all parts from the packing carton. **Make sure all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Some of the hardware used in assembly will be found on one of the parts to be assembled, and must be removed before assembly. Assembly can be completed using the tools provided.

1. Attach one of the Stabilizers (34) to the rear of the Frame (46) with two Carriage Bolts (36), Curved Washers (33) and Acorn Nuts (32). (The Stabilizer must be turned so that the square holes in the Stabilizer are downward.)

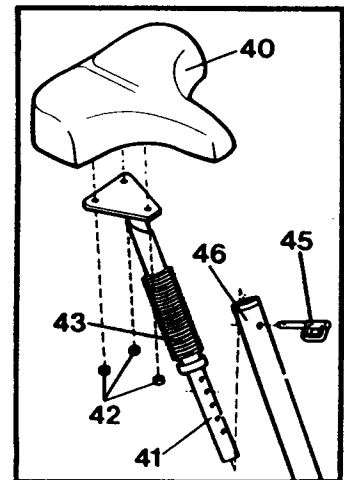


2. Attach the other Stabilizer (34) to the front of the Frame (46) with two Carriage Bolts (36), Curved Washers (33) and Acorn Nuts (32).

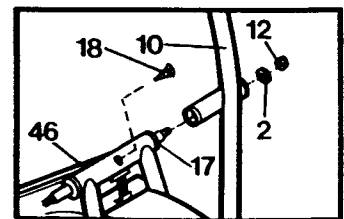


3. Remove the three Nuts (42) from the underside of the Seat (40). Attach the Seat to the top of the Seat Post (41) with the three Nuts.

Slide the Bellows (43) onto the Seat Post (41) as shown. Remove the Seat Pin (45), and insert the Seat Post into the Frame (46). Adjust the Seat (40) to the desired height, and insert the Seat Pin into the Frame and Seat Post.

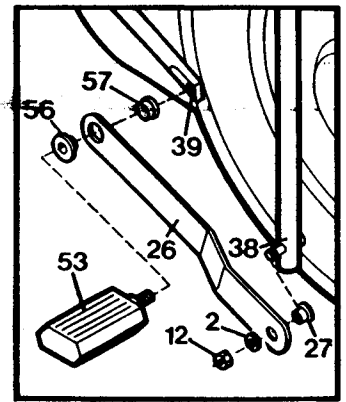


4. Slide the Pivot Shaft (17) into the Frame (46) and attach the Pivot Shaft with the Shaft Screw (18). Slide the Left Handlebar (10) onto the left end of the Shaft as shown. Attach the Handlebar with a Flat Washer (2) and Locknut (12). Attach the Right Handlebar to the right end of the Shaft in the same manner (not shown).

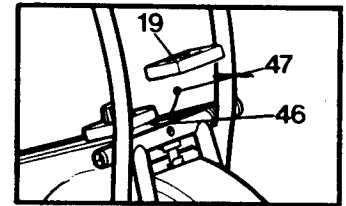


5. Slide a Pedal Bushing (56), a Link Arm (26) and a Link Arm Bushing (57) onto the shaft of the Right Pedal (53) as shown. (The shaft of each Pedal is marked with an "R" or an "L" for identification.) Tighten the Right Pedal clockwise into the right arm of the Crank (39). Slide the other Pedal Bushing, Link Arm and Link Arm Bushing onto the Left Pedal and tighten the Pedal counter-clockwise into left arm of the Crank (not shown).

Attach the right Link Arm (26) to the Right Handlebar (38) with a Handlebar Bushing (27), Flat Washer (2) and Locknut (12) as shown. Attach the left Link Arm to the Left Handlebar in the same manner (not shown).



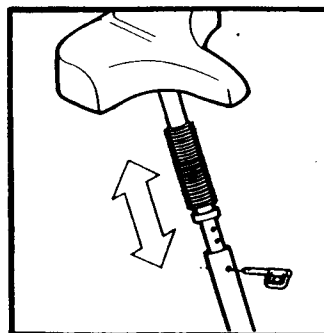
6. Pull the red strip gently out of the Electronic Monitor (19). Plug the Sensor Wire (47) into the back of the Monitor. Slide the Monitor onto the clip on the Frame (46). Make sure that all parts are tightened securely.



ADJUSTMENT AND OPERATION

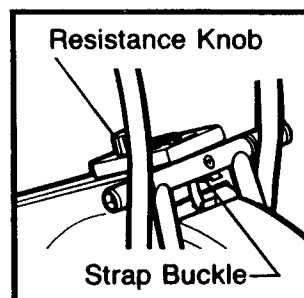
SEAT ADJUSTMENT

Proper seat height is important for efficient exercise. As you pedal the bike, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat, stand beside the bike, remove the seat pin, raise or lower the seat and replace the pin.



RESISTANCE ADJUSTMENT

To vary the level of exercise difficulty, the resistance against the pedals can be adjusted with the knob located below the electronic monitor. To increase resistance, turn the knob clockwise. To decrease resistance, turn the knob counterclockwise. As you turn the resistance knob counterclockwise (decreasing resistance), **stop when it becomes difficult to turn the knob**. If you continue to turn the knob, the knob may be damaged.



If the range of resistance is too high or too low, the range can be adjusted. Turn the resistance knob counterclockwise until it stops. Open the strap buckle mounted on the frame above the fan. To lower the range of resistance, loosen the resistance strap and close the buckle. To raise the range of resistance, tighten the strap and close the buckle.

During shipping, the resistance strap may slip from around the fan. If this happens, there will be no pedaling resistance, even if the resistance knob is adjusted. To reposition the strap, simply remove the screws securing the fan shield, lift off the fan shield, and replace the strap around the fan.

ELECTRONIC MONITOR OPERATION

See the OPERATION GUIDE accompanying this manual.

MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. (Liquids should never come in contact with the electronic monitor.)

Due to the action of the link arms between the pedals and the handlebars, the pedals may be loosened after a period of use. For best performance, and to prevent undue wear on the pedals, tighten both pedals regularly.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems are the result of worn batteries.

This exercise bike utilizes a high precision chain which must be kept properly adjusted. If the chain is too loose, the fan may be damaged. If the chain is too tight, the tension will cause bearing noise and wear. The chain should be checked periodically in the following manner:

1. Remove the right pedal.
2. Remove the screws securing the right side shield to the frame and lift off the side shield.
3. Check the chain for proper tightness. There should be almost no up and down movement in the chain.
4. If the chain is properly adjusted, reattach the side shield and pedal assembly. If the chain is not properly adjusted, remove the screws securing the fan shield and lift off the fan shield.
5. If the chain is loose, turn the adjustment nut clockwise until the correct tension is reached. If the chain is tight, turn the adjustment nut counterclockwise. Be sure to keep the fan aligned with the frame.
6. Reattach the fan shield, the side shield and the pedal assembly.

Always check the chain if it slips or causes excessive noise while pedaling. A few drops of light multi-purpose oil should be applied to the chain periodically.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. **However, before beginning this or any exercise program, consult your physician.** Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

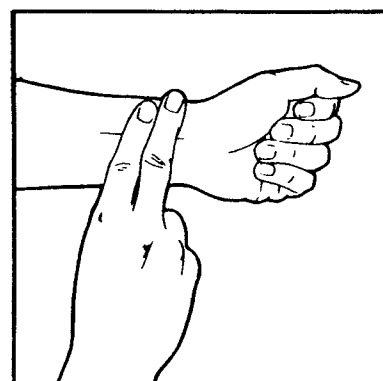
EXERCISE INTENSITY

To maximize health benefits from 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 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.



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**.

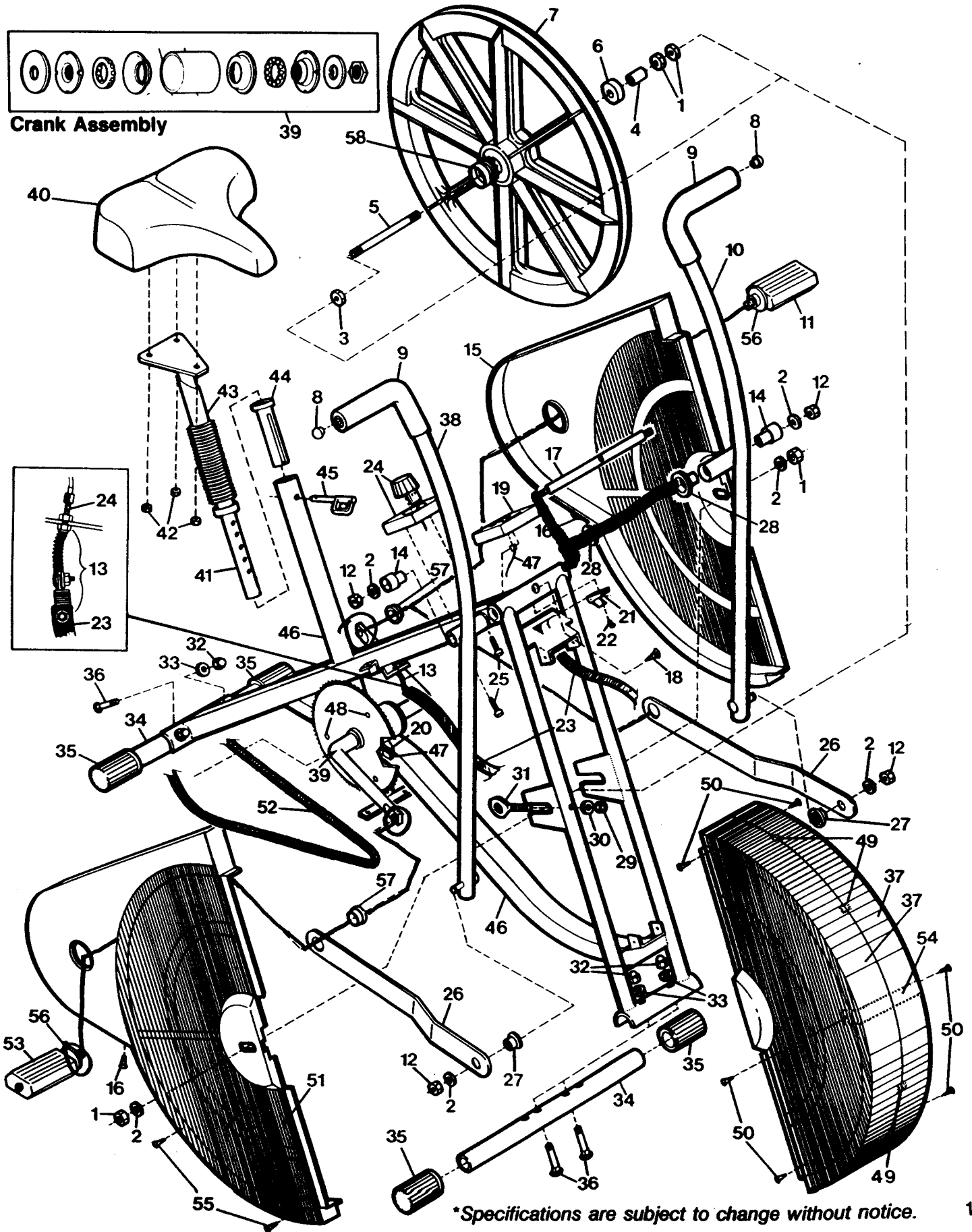
PART LIST - Model No. 411101

Rev. 6/90

Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	Axle Nut	32	4	Acorn Nut
2	6	Flat Washer	33	4	Curved Washer
3	1	Thin Axle Nut	34	2	Stabilizer
4	1	Axle Spacer	35	4	Stabilizer Cap
5	1	Axle Shaft	36	4	Carriage Bolt
6	1	Bearing	37	2	Fan Shield
7	1	Fan w/Sprocket	38	1	Right Handlebar
8	2	Handlebar Endcap	39	1	Crank/Sprocket Assy.
9	2	Foam Grip	40	1	Seat
10	1	Left Handlebar	41	1	Seat Post
11	1	Left Pedal	42	3	Seat Nut
12	4	Lock Nut	43	1	Bellows
13	1	Short Spring Assy.	44	1	Seat Post Sleeve
14	2	Outer Pivot Bushing	45	1	Seat Pin
15	1	Left Side Shield	46	1	Frame
16	2	Side Shield Screw	47	1	Sensor Wire/Reed Switch
17	1	Pivot Shaft	48	3	Sensor Magnet
18	1	Shaft Screw	49	4	Clip
19	1	Electronic Monitor	50	6	Fan Shield Screw
20	3	Adhesive Tape	51	1	Right Side Shield
21	1	Strap Buckle	52	1	Chain
22	1	Strap Buckle Screw	53	1	Right Pedal
23	1	Resistance Strap	54	1	Fan Shield Bracket
24	1	Resistance Knob/Cable	55	4	Self-Tapping Screw
25	2	Knob Screw	56	2	Pedal Bushing
26	2	Link Arm	57	2	Link Arm Bushing
27	2	Handlebar Bushing	58	1	Bearing Cup Assembly
28	4	Inner Pivot Bushing	#	1	Owner's Manual
29	1	Adjustment Nut	#	1	Monitor Guide
30	1	Formed Washer	#	1	Socket Tool
31	1	Adjustment Bolt	#	1	Screwdriver Tool

Note: “#” indicates a non-illustrated part.

See the back cover of this manual for part ordering information.



Crank Assembly

**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, 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 (411101).
2. The NAME OF THE PRODUCT (Pro Form BREEZE exercise bike).
3. The SERIAL NUMBER OF THE PRODUCT, found on a decal affixed to the product (see the drawing on the front cover for the location of the decal).
4. The KEY NUMBER OF THE PART from page 10 of this manual.
5. The DESCRIPTION OF THE PART from page 10 of this manual.

If possible, place the exercise bike near your telephone when calling.

