

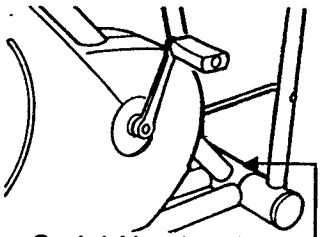
**PRO·FORM**<sup>®</sup>

A Subsidiary of Welder Health and Fitness, Inc.

# TAILWIND<sup>®</sup>

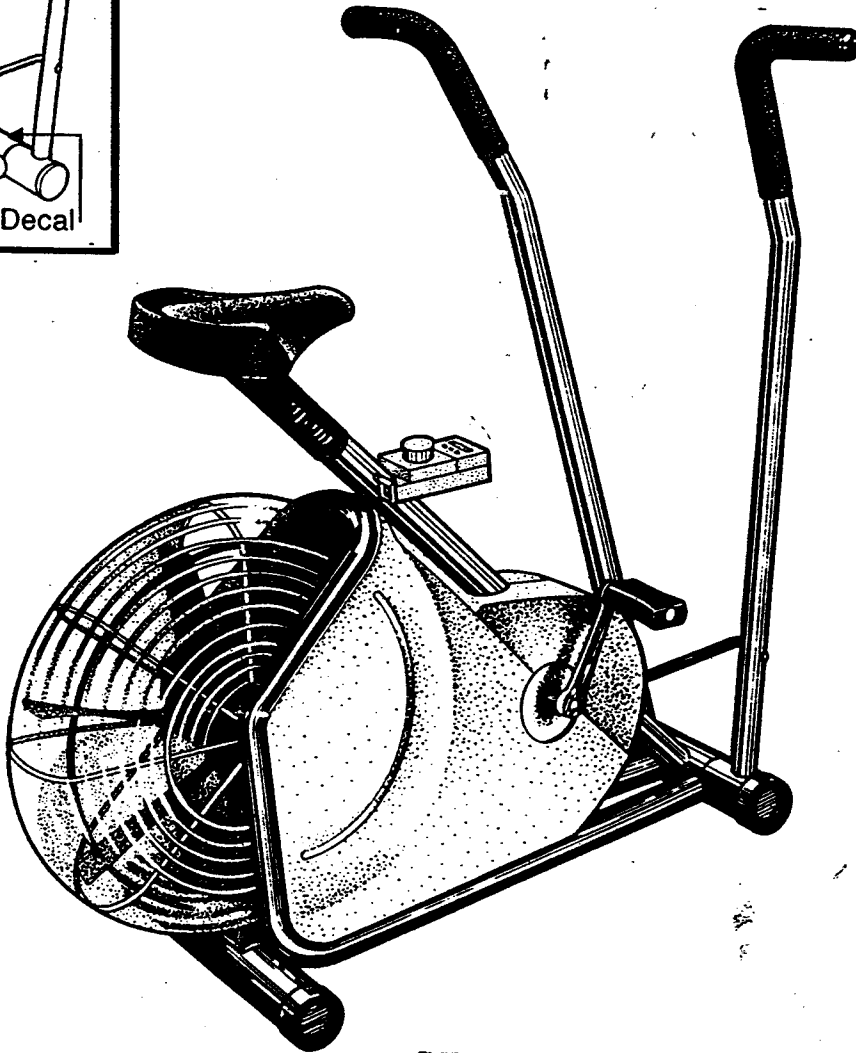
Model No. PF411300  
Serial No

Write the serial number in the  
space above for reference.



Serial Number Decal

## VARIABLE RESISTANCE CALORIE MONITOR



## 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.

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

# TAILWIND®

## VARIABLE RESISTANCE CALORIE MONITOR

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GAP

### IMPORTANT SAFETY PRECAUTIONS

1. Refrain from wearing flowing clothing, such as a gown or robe, that could become caught or tangled in the bike.
2. Do not insert objects into the Fan Guard at any time.
3. Remember that the Pedals do not freewheel, but move whenever the Fan moves. Always be alert and attentive when your feet are on the foot pedals.
4. Make sure that the Chain is always tight.

**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

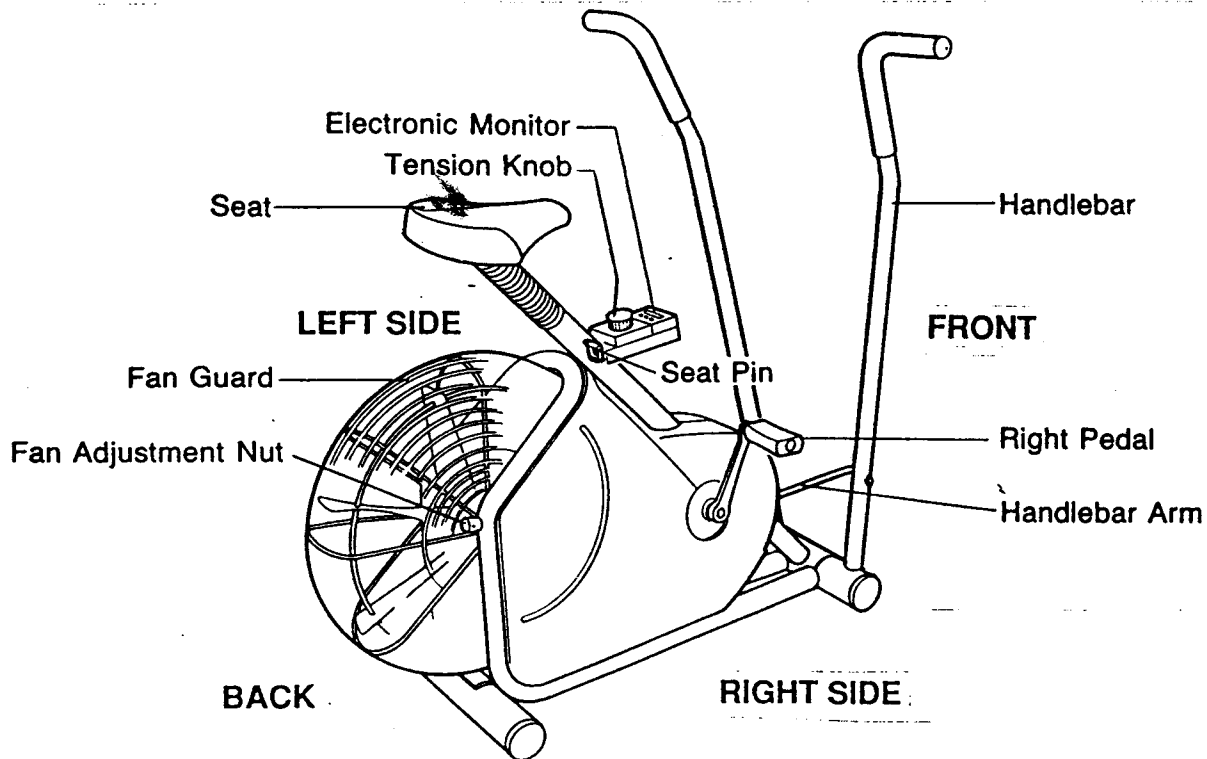
Thank you for purchasing a Pro Form TAILWIND Variable Resistance Calorie Monitor exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The unique TAILWIND combines advanced engineering with innovative design to let you enjoy this healthful exercise at your convenience, in the privacy of your own home. The TAILWIND utilizes air resistance for smooth pedaling, a microprocessor-based electronic exercise monitor, and moving handlebars designed to add upper-body exercise to your workout.

For your benefit and safety, please read this manual carefully before using the exercise bike. If you have additional questions regarding assembly or operation, 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 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).

## INTRODUCTION

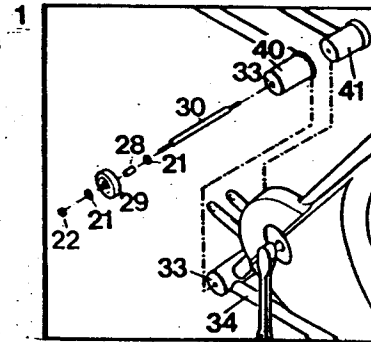
To help you understand the descriptions in this manual clearly, please examine the drawing below and familiarize yourself with the parts identified.



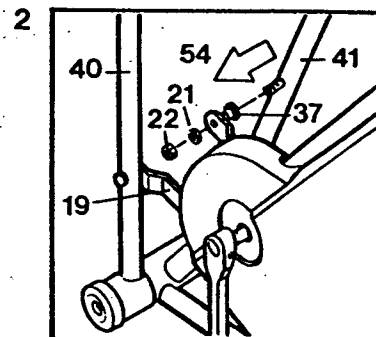
# ASSEMBLY

Please read the instructions carefully before beginning assembly. Assembly can be completed using the tools provided.

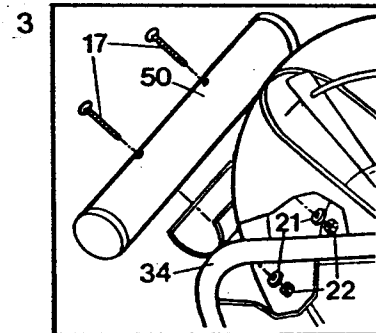
1. Make sure that there is a Large Bushing (33) in each side of the Left and Right Handlebars (40, 41), and in each side of the front tube of the Frame (34). Lay the Handlebars flat on the ground and align them with the front of the Frame as shown. Make sure the Handlebars bend back towards the bike. Insert the Pivot Rod (30) through the Handlebars and the Frame, and attach a Wheel (29) onto each end with a Spacer (28), two Washers (21) and a Nut (22) as shown.



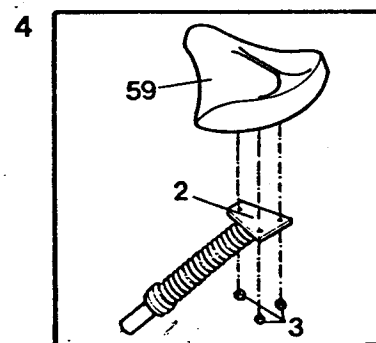
2. Attach the Left and Right Handlebar Arms (19, 54) to the insides of the Left and Right Handlebars (40, 41) with a Nut (22), Washer (21) and Bushing (37) as shown.



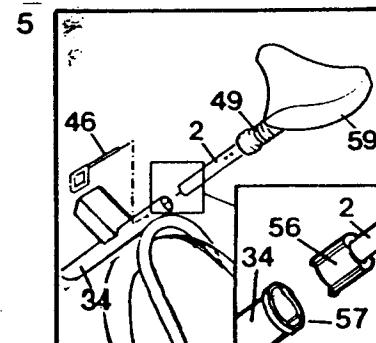
3. Carefully tip the bike forward and rest it on the Handlebars. Attach the Rear Leg (50) to the Frame (34) with two Carriage Bolts (17), Washers (21) and Nuts (22). Tip the bike back onto the Rear Leg.



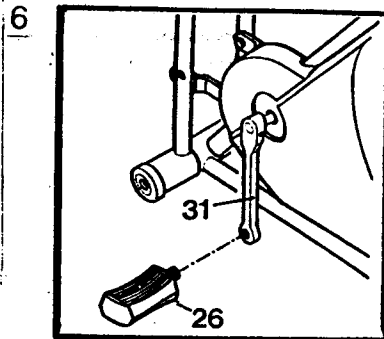
4. Remove the three Nuts (3) from the bottom of the Seat (59). Attach the Seat to the bracket on the Seat Post (2) with the three Nuts.



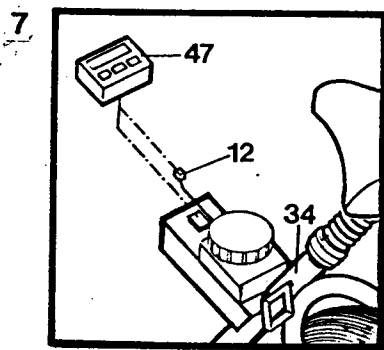
5. Push the Bellows (49) up the Seat Post (2). Turn the Seat (59) so that the Pilot (56) on the end of the Seat Post fits into the Liner (57) in the seat tube of the Frame (34). Insert the Seat Post into the seat tube. Turn the Seat forward, adjust the Seat to the desired height, and insert the Seat Pin (46) through the seat tube. Pull the Bellows down over the top of the seat tube.



6. Thread the Left Pedal (26) counterclockwise into the Left Crank Arm (31). Thread the Right Pedal (6) clockwise into the Right Crank Arm (5). Tighten both Pedals firmly. Note: The Pedals are marked with a "R" or an "L" on the Pedal shaft for identification.



7. Plug the Sensor Wire (12) into the back of the Electronic Monitor (47). Slide the Monitor onto the bracket on the seat tube of the Frame (34). Make sure that all parts are fastened securely and the Chain (not shown) is tight before using the exercise bike. (See the MAINTENANCE AND TROUBLE-SHOOTING section of this Manual for Chain tightening instructions.)



## **ADJUSTMENT**

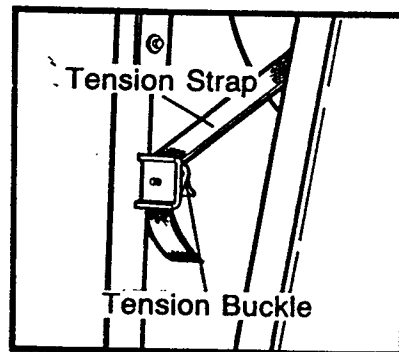
### **SEAT HEIGHT ADJUSTMENT**

For maximum pedaling efficiency, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat height, stand beside the bike and remove the Seat Pin from the seat tube of the frame. Raise or lower the Seat to the correct height and re-insert the Seat Pin.

### **PEDALING RESISTANCE**

As you exercise, you can increase or decrease the amount of pedaling resistance. The resistance is controlled with the Knob mounted on the front of the seat tube of the frame. Turn the Knob clockwise to increase the resistance, or counterclockwise to decrease the resistance. There are 5 resistance settings.

If the range of resistance is too high or too low, it can be adjusted with the Buckle located on the underside of the bike frame. Carefully tip the bike forward until it rests on the handlebars and locate the Tension Buckle. Turn the Resistance Knob to setting 1 and open the Tension Buckle. To raise the range of resistance, pull the Tension Strap tighter and close the Buckle. To lower the range of resistance, loosen the Tension Strap and close the Buckle.



## **MAINTENANCE AND TROUBLE-SHOOTING**

This 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. Outside surfaces of the bike can be cleaned with a soft cloth and mild detergent. Do not use solvents. Be sure that all parts of the bike are kept securely tightened.

Store the bike in a cool, dry place, out of direct sunlight. Remove the batteries from the electronic monitor when storing the bike for extended periods of time.

This bike utilizes a high-precision Chain which must be kept tight at all times in order to prevent damage to the Fan. The Chain should be checked for proper tightness in the following manner:

1. Carefully tip the bike forward until it rests on the Handlebars. Reach through the opening in the underside of the bike and move the Chain from side to side. There should be almost no play.
2. If the Chain needs to be adjusted, remove the Rubber Caps from the Fan Adjustment Nuts. Turn the Fan Adjustment Nuts clockwise to tighten the Chain, or counterclockwise to loosen the Chain. Make sure the Fan is aligned with the frame of the bike and replace the Rubber Caps.

If the Chain is not adjusted properly after performing steps #1 and #2 above, proceed with the following steps:

3. Remove the Crank Nuts and Pins from the Right and Left Crank Arms and pull off the Arms.
4. Remove the Bolts and Screws from the Right and Left Side Shields, lift off the Side Shields and loosen the Axle Nuts on each side of the Fan.
5. Repeat step #2 above until the Chain is tight. Replace the Side Shields and the Crank Arms.

The Chain should always be checked if it slips or causes excessive noise while pedaling. A few drops of light multi-purpose oil should be applied to the Chain periodically through the opening in the underside of the bike.

If the Pedals move slightly from side to side while pedaling, the Crank Arms should be tightened. Loosen the Nuts on the Crank Pins, tap the Crank Pins firmly into place with a hammer, and retighten the Crank Nuts.

## **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.

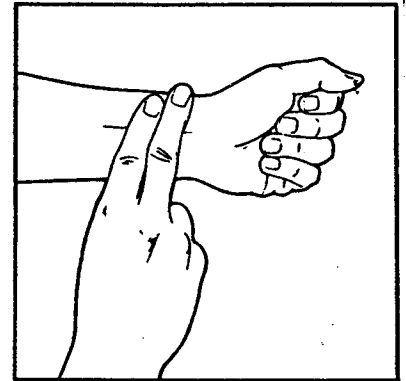
### **EXERCISE INTENSITY**

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of 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 following table. 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.

## 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**.

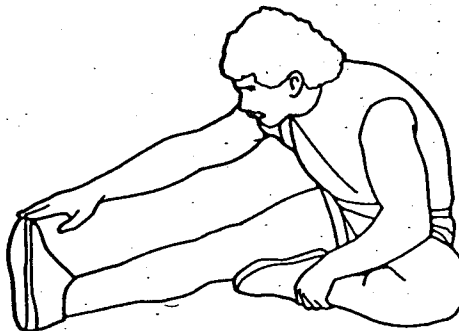
## STRETCHING

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.

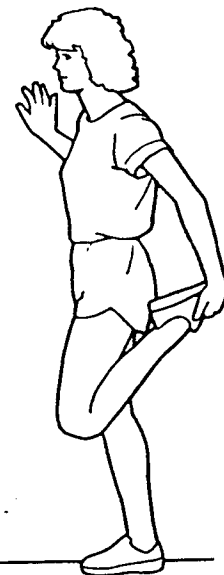
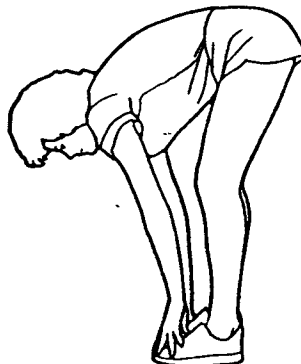
**Stretches:** Inner thigh muscles.



### 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.

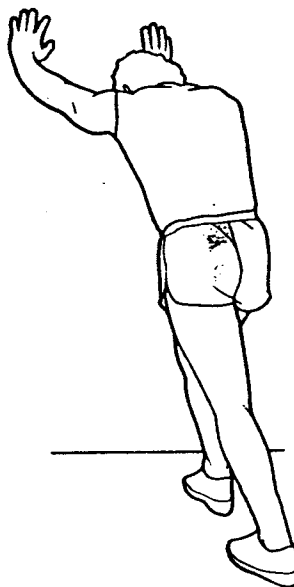
**Stretches:** Hamstrings, back of knees, back.



### 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.

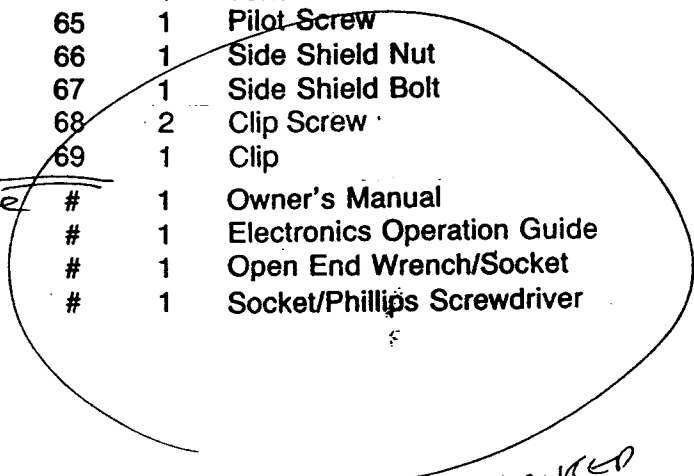


# PART LIST - Model No. PF411300

Rev. 5/90

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tension Knob/Cable	37	4	Bushing
2	1	Seat Post	38	6	Large Washer
3	3	Seat Nut	39	1	Left Side Shield
4	1	Right Side Shield	40	1	Left Handlebar
5	1	Right Crank Arm	41	1	Right Handlebar
6	1	Right Pedal	42	2	Thin Nut
7	2	Fan Adjustment Bolt	43	1	Large Tapering Bushing
8	15	Washer	44	1	Sprocket
9	2	Fan Adjustment Nut	45	1	Drive Chain
10	6	Screw	46	1	Seat Pin
11	3	Magnet	47	1	Electronic Monitor
12	1	Sensor Wire	48	1	Side Shield Screw
13	1	Fan w/Sprocket	49	1	Seat Post Bellows
14	2	Fan Guard	50	1	Rear Leg
15	2	Axle Nut	51	2	Handlebar Foam
16	1	Fan Axle	52	2	Bearing
17	2	Carriage Bolt	53	8	Fan Guard Screw
18	2	Leg Cap	54	1	Right Handlebar Arm
19	1	Left Handlebar Arm	55	1	Crank Assembly
20	1	Arm Chain	56	1	Seat Post Pilot
21	13	Washer	57	1	Seat Tube Liner
22	10	Nut	58	1	Tapered Washer
23	1	Arm Gear	59	1	Seat
24	2	Handlebar Cap	60	1	Pulley
25	1	Arm Sprocket	61	6	Pulley Screw
26	1	Left Pedal	62	1	Tension Strap
27	1	Long Side Shield Screw	63	1	Tension Buckle
28	2	Spacer	64	4	Tension Control Screw
29	2	Wheel	65	1	Pilot Screw
30	1	Pivot Rod	66	1	Side Shield Nut
31	1	Left Crank Arm	67	1	Side Shield Bolt
32	2	Crank Pin Set	68	2	Clip Screw
33	6	Large Bushing	69	1	Clip
34	1	Frame	#	1	Owner's Manual
35	2	Bolt	#	1	Electronics Operation Guide
36	2	Rubber Cap	#	1	Open End Wrench/Socket
			#	1	Socket/Phillips Screwdriver

*Spacer*



*Checked*

*1.5 volt watch Batteries*

Note: "#" indicates a non-illustrated part.

See the back cover of this manual for information on ordering replacement parts.

# **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 (PF411300).
2. The NAME OF THE PRODUCT (TAILWIND).
3. The SERIAL NUMBER OF THE PRODUCT (see the front cover).
4. The KEY NUMBER OF THE PART from page 11 of this manual.
5. The DESCRIPTION OF THE PART from page 11 of this manual.

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