

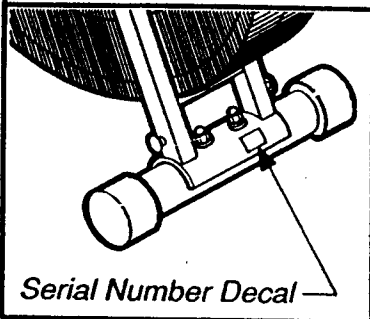
AIR EXPRESS™

**variable resistance
calorie/pulse monitor**

Model No. PF411500

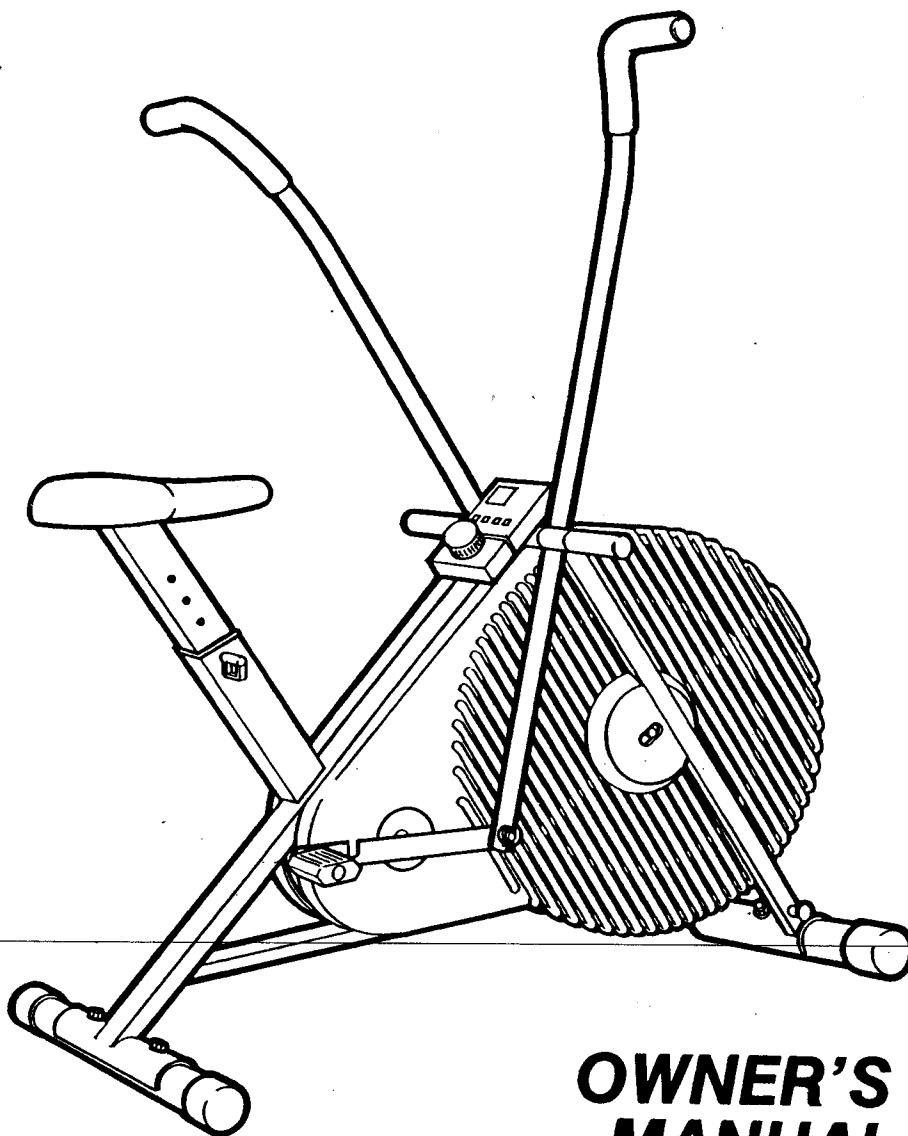
Serial No. _____

Write the serial number in the space above for reference.



PRO-FORM®

A Subsidiary of Weider Health and Fitness, Inc.



**OWNER'S
MANUAL**

PATENT PENDING

QUESTIONS?: As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find damaged or missing parts, we will guarantee you direct assistance from the factory. **AVOID THE HASSLE OF TRYING TO CONTACT OR RETURN TO THE STORE WHERE YOU PURCHASED YOUR PRODUCT.** Let our trained technicians help you. For immediate assistance, call our "CONSUMER HOT LINE" at no charge to you, 1-800-999-3756, Mon.- Fri., 6 am - 6 pm MST.

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

Part No. 102575 2/91

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

AIR EXPRESS

**variable resistance
calorie/pulse monitor**

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IMPORTANT SAFETY PRECAUTIONS

1. Use the exercise bike only on a level surface.
2. Do not wear loose clothing that could become caught in the exercise bike. Always wear running shoes when using the bike.
3. Keep hands and feet away from the link arms during use. Do not allow small children near the bike during use.
4. Make sure the chain is properly adjusted. (See MAINTENANCE AND TROUBLE-SHOOTING on page 8.)

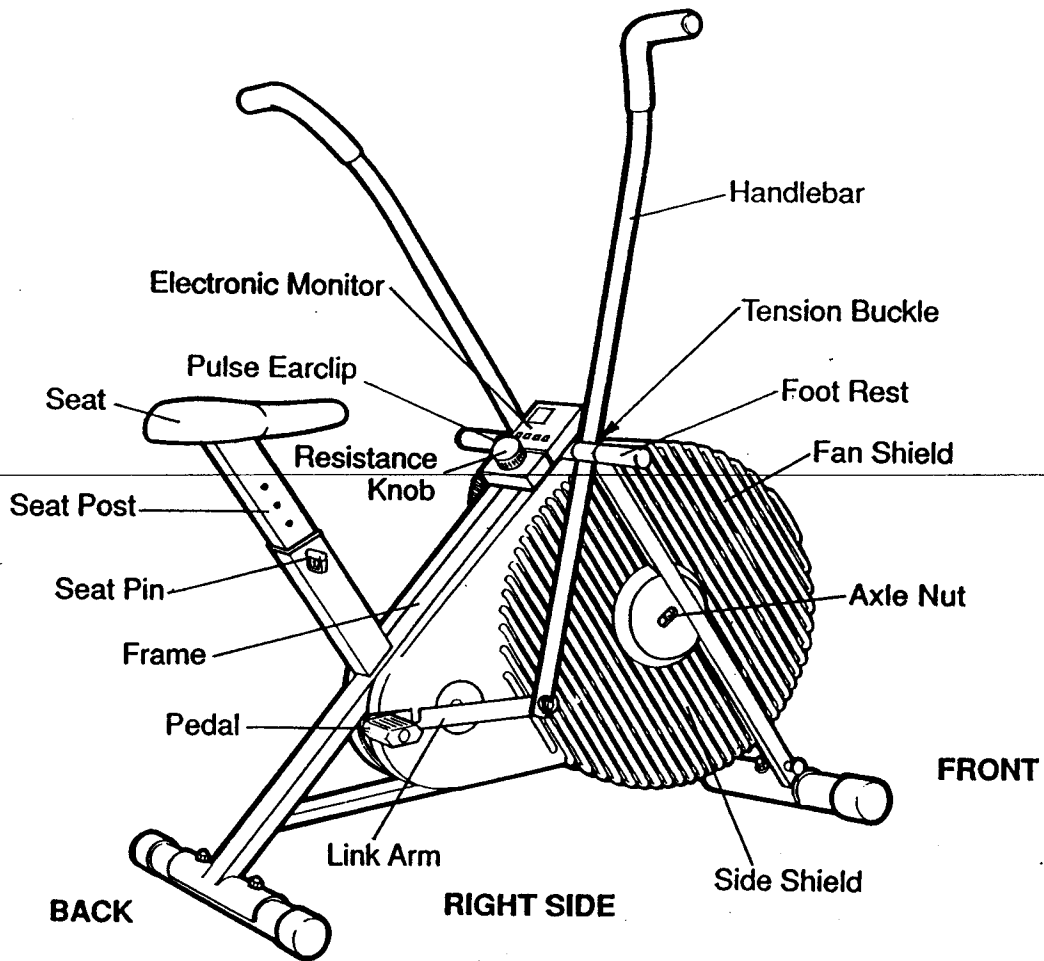
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of thirty-five or persons with pre-existing health problems. Read all instructions before using. Proform assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Thank you for selecting the Pro Form AIR EXPRESS Variable Resistance Calorie/Pulse Monitor. The Pro Form AIR EXPRESS blends advanced engineering with ergonomic styling to offer you an effective and enjoyable cardiovascular workout in the convenience and privacy of your home.

For your safety and benefit, 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, 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 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).

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

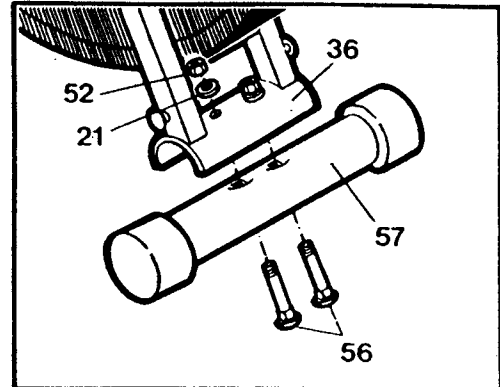


ASSEMBLY

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 and all parts are accounted for.** Read the instructions carefully before beginning.

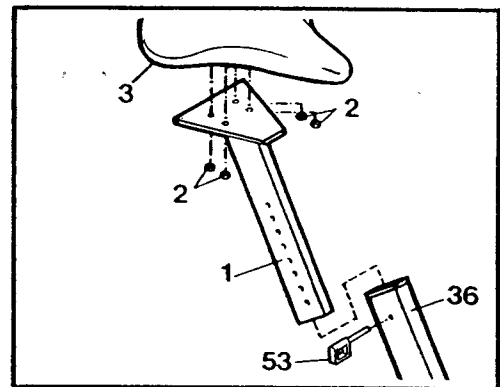
1. Attach a Stabilizer (57) to the front of the Frame (36) with two Carriage Bolts (56), Washers (21) and Lock Nuts (52). (The Stabilizer must be turned so that the recessed holes are on top of the Stabilizer.)

Attach the other Stabilizer to the back of the Frame in the same manner (not shown).

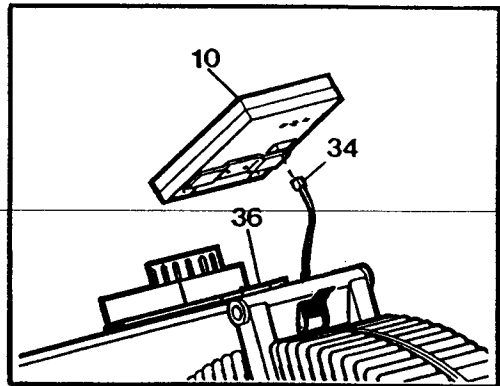


2. Remove the four Seat Nuts (2) from the underside of the Seat (3). Attach the Seat to the top of the Seat Post (1) with the four Nuts.

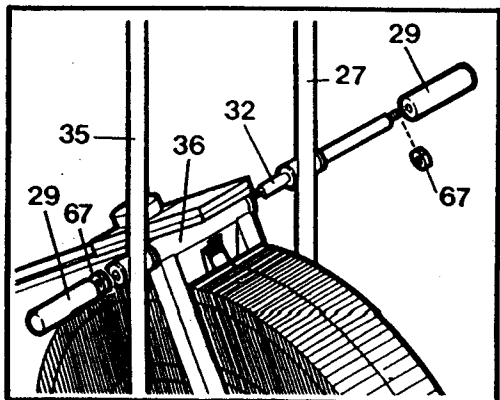
Insert the Seat Post into the Frame (36), adjust the Seat to the desired height, and insert the Seat Pin (53) through the Frame and Seat Post.



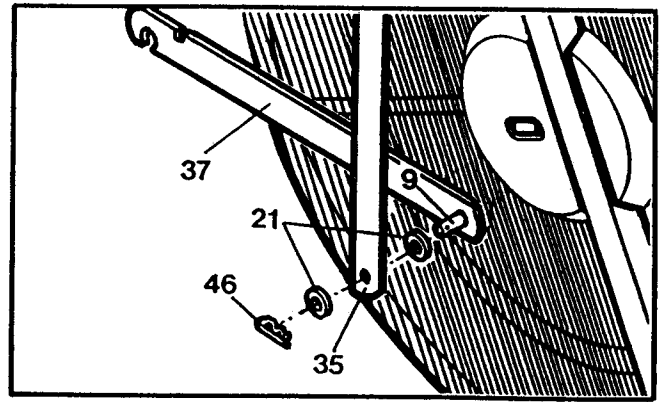
3. Plug the Sensor Wire (34) into the back of the Electronic Monitor (10). Slide the Monitor onto the bracket on the Frame (36).



4. Slide the Pivot Shaft (32) into the Frame (36). Slide the Left Handlebar (27) onto the left end of the Shaft. Slide the Right Handlebar (35) onto the right end of the Shaft. Put a Pivot Shaft Lock Washer (67) on each end of the Shaft, and tighten a Foot Rest (29) into each end of the Shaft. Note: The Foot Rests should be tightened regularly.

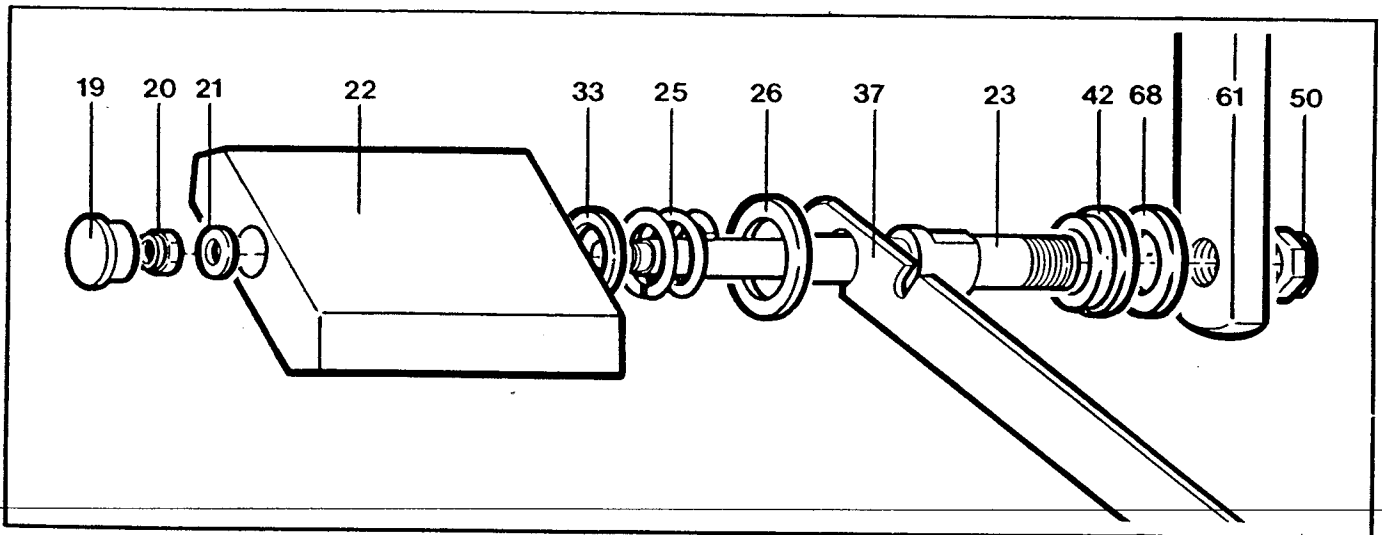


5. Insert the Pin (9) in the Right Link Arm (37) through the hole in the lower end of the Right Handlebar (35), with a Washer (21) on both sides of the Handlebar. (The Right Link Arm can be identified by observing the drawing at the right. The hole in the end of the Link Arm must be downward.) Insert a Cotter Pin (46) through the end of the pin. Attach the Left Link Arm to the Left Handlebar in the same manner (not shown).



6. Slide a Link Arm Bushing (42) and a Link Arm Washer (68) onto the end of a Pedal Shaft (23). Thread the Pedal Shaft clockwise into the right arm of the Crank (61) and **tighten the Pedal Shaft firmly**. Tighten a Shaft Nut (50) onto the end of the Pedal Shaft. Fit the end of the Right Link Arm (37) over the Pedal Shaft and **slide it onto the Link Arm Bushing**. Slide the Pedal Washer (26), Pedal Spring (25), Spring Washer (33) and Pedal (22) onto the Pedal Shaft. (The end of the Pedal with the deepest recess should be toward the outside.) Attach the Pedal with a Washer (21) and Pedal Nut (20). Press a Pedal Cap (19) into the end of the Pedal.

Attach the other Pedal to the left arm of the Crank in the same manner (not shown).



7. The Resistance Strap around the Fan (not shown) has been tightened for shipping purposes. It may be necessary to loosen the Strap before using the exercise bike. See MAINTENANCE AND TROUBLE-SHOOTING on page 8 of this manual for Strap adjustment instructions.

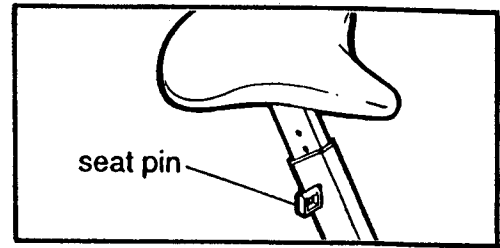
OPERATION AND ADJUSTMENT

ELECTRONIC MONITOR OPERATION

- 6 See the Electronic Monitor Operation Guide. A 9-volt battery (not included) is required for 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 height: stand beside the bike, hold onto the seat and withdraw the seat pin. Raise or lower the seat, and reinsert the seat pin. **CAUTION:** Failure to fully insert the seat pin could result in injury.

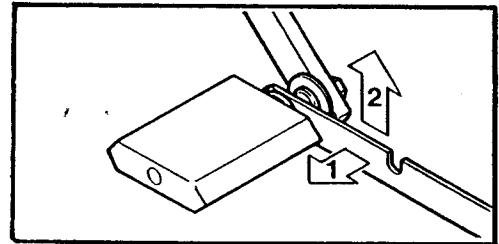


HANDLEBAR OPERATION

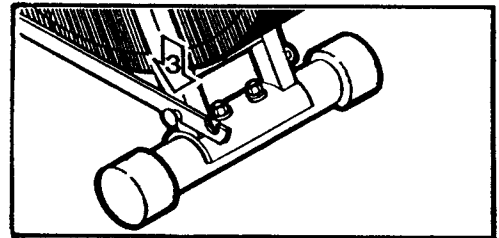
The handlebars are designed to be used either in a stationary position, for pedaling exercise only, or in a dual-action position, adding upper-body exercise to your workout.

STATIONARY MODE

To convert the handlebars to the stationary mode, first press the link arms outward against the pedal washers (1), and lift the link arms off the pedals (2).

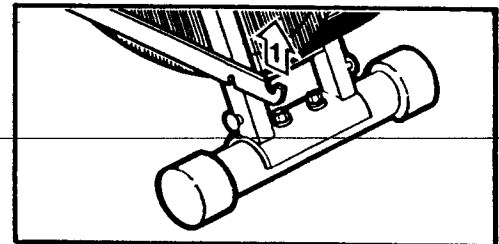


Rotate the link arms up and forward, and clip the ends of the link arms onto the locking pegs on the bike frame (3). In the stationary mode, the muscles of the legs are emphasized.

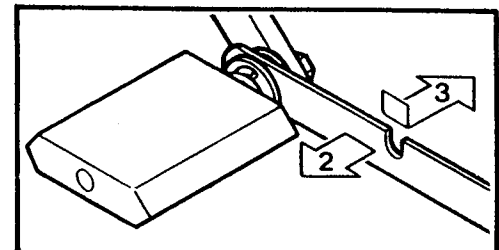


DUAL-ACTION MODE

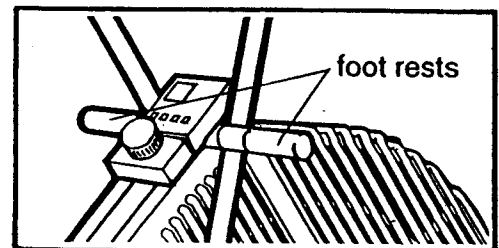
To convert the handlebars to the dual-action mode, first remove the link arms from the locking pegs on the frame (1). Rotate the link arms up and back until they reach the pedals.



Press the ends of the link arms outward against the pedal washers (2), and slide the link arms onto the link arm bushings (3). (The link arms fit tightly onto the link arm bushings. It may be necessary to move the link arms up and down slightly until they slide onto the link arm bushings.) In the dual-action mode, both the arms and legs can be exercised by pushing and pulling the handlebars as you pedal.



To isolate the muscles of the upper-body, you can rest your feet on the foot rests and exercise using only your arms. Note: Due to the action of the handlebars, the foot rests should be tightened regularly.



RESISTANCE ADJUSTMENT

To vary the level of exercise intensity, the pedaling resistance can be adjusted with the knob mounted below the electronic monitor. To increase resistance, turn the knob clockwise. To decrease resistance, turn the knob counterclockwise. There are five resistance levels.

MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Be sure that all parts are kept tightened securely. A few drops of light multi-purpose oil should be applied to the chain every three months through the opening in the left side shield. Place the bike in a cool, dry location, out of direct sunlight. During periods of storage, it is recommended that the bike be covered.

If the electronic monitor does not function properly, test the monitor using a new battery. Most problems are the result of a drained battery.

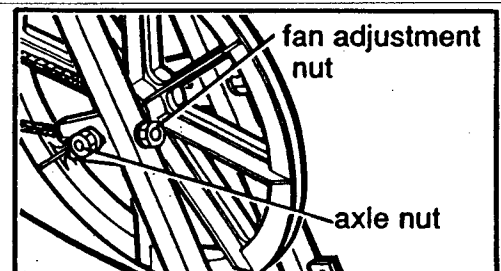
If the range of pedaling resistance is too high or too low, it can be adjusted using the tension buckle located on the front of the bike frame above the fan guard. To raise the range of resistance, open the tension buckle, pull the resistance strap slightly tighter, and close the buckle. To lower the range of resistance, open the buckle, loosen the strap slightly, and close the buckle.

TIGHTENING THE CHAIN

This exercise bike utilizes a precision chain which must be kept properly adjusted. If the Chain is too loose, the fan may be damaged. If too tight, the bearings may be damaged. Check the chain periodically in the following manner (refer to page 11 for help with part identification, if necessary):

1. Remove the screws from the right side shield and slide the side shield over the right pedal.
2. Press down on the chain. The chain should not move up and down more than 1/4 inch. If the chain is properly adjusted, reattach the right side shield. If the chain needs to be adjusted, see step 3.

3. Remove the fan shield from the front of the bike. Loosen the axle nuts on the ends of the fan axle. If the chain is loose, turn both fan adjustment nuts clockwise until the proper tension is reached. If the chain is too tight, turn both fan adjustment nuts counterclockwise. Be sure the fan is aligned with the frame, retighten the axle nuts and reattach the fan shield.



Always check the chain if it slips or causes excessive noise while you are pedaling. A few drops of light, multi-purpose oil should be applied to the chain every three months.

PULSE EARCLIP

If the pulse earclip does not function properly, the problem may be solved by cleaning the earclip. Press the earclip open, and wipe the two clear bubbles inside the earclip, using a cotton swab saturated with denatured alcohol.

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. Before beginning this or any exercise program, consult your physician.

EXERCISE INTENSITY

To maximize the 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 listed for both conditioned and unconditioned persons according to age. 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

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 it reaches 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.

You can measure your heart rate using the electronic monitor (see the Electronic Monitor Operation Guide). Set four minutes on the monitor, and exercise until the four minutes are elapsed. Immediately measure your heart rate using the pulse mode and the pulse earclip. Compare your heart rate to your Training Zone. If your heart rate is too high, reduce your level of exertion. If your heart rate is too low, increase your level of exertion.

WORKOUT GUIDELINES

Each workout should consist of the following 5 basic phases: 1. Resting, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. Resting. Warming up prepares the body for exercising by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching or light calisthenics provides a good warm-up. After warming up, begin exercising at a light pace for a few minutes. Then increase the intensity of your exercise to raise your heart rate to your Training Zone for 20-30 minutes. In order to help prevent soreness, cool down with 5-10 minutes of stretching or light calisthenics after exercising.

PART LIST - MODEL NO. PF411500

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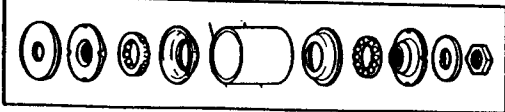
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat Post	36	1	Frame
2	4	Seat Nut	37	1	Right Link Arm
3	1	Seat	38	2	Console Plate Screw
4	1	Seat Post Sleeve	39	1	Tension Buckle
5	4	Handlebar Endcap	40	1	Tension Buckle Screw
6	2	Foam Grip	41	2	Monitor Screw
7	4	Resistance Housing Screw	42	2	Link Arm Bushing
8	1	Console Plate	43	1	Left Link Arm
9	2	Pin	44	6	Fan Shield Screw
10	1	Electronic Monitor	45	1	Fan Shield Bracket
11	1	Thin Axle Nut	46	2	Cotter Pin
12	1	Axle Shaft	47	2	Adjustment Nut
13	1	Fan w/Sprocket	48	2	Adjustment Washer
14	1	Left Side Shield	49	2	Adjustment Bolt
15	2	Side Shield Screw	50	2	Shaft Nut
16	2	Bearing	51	4	Fan Shield Clip
17	1	Axle Spacer	52	4	Lock Nut
18	1	Resistance Knob Assembly	53	1	Seat Pin
19	2	Pedal Cap	54	2	Fan Shield
20	2	Pedal Nut	55	4	Stabilizer Cap
21	10	Washer	56	4	Carriage Bolt
22	2	Pedal	57	2	Stabilizer
23	2	Pedal Shaft	58	1	Right Side Shield
24	1	Monitor Plate	59	4	Self-Tapping Screw
25	2	Pedal Spring	60	1	Chain
26	2	Pedal Washer	61	1	Crank/Sprocket Assembly
27	1	Left Handlebar	62	1	Resistance Strap
28	6	Pivot Bushing	63	1	Spring Assembly
29	2	Foot Rest	64	1	Sensor Magnet
30	3	Axle Nut	65	1	Pulse Earclip
31	4	Axle Washer	66	1	Clothes Clip
32	1	Pivot Shaft	67	2	Pivot Shaft Lock Washer
33	2	Spring Washer	68	2	Link Arm Washer
34	1	Sensor Wire/Reed Switch	#	1	Owner's Manual
35	1	Right Handlebar	#	1	Monitor Operation Guide
36	1	Frame			

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

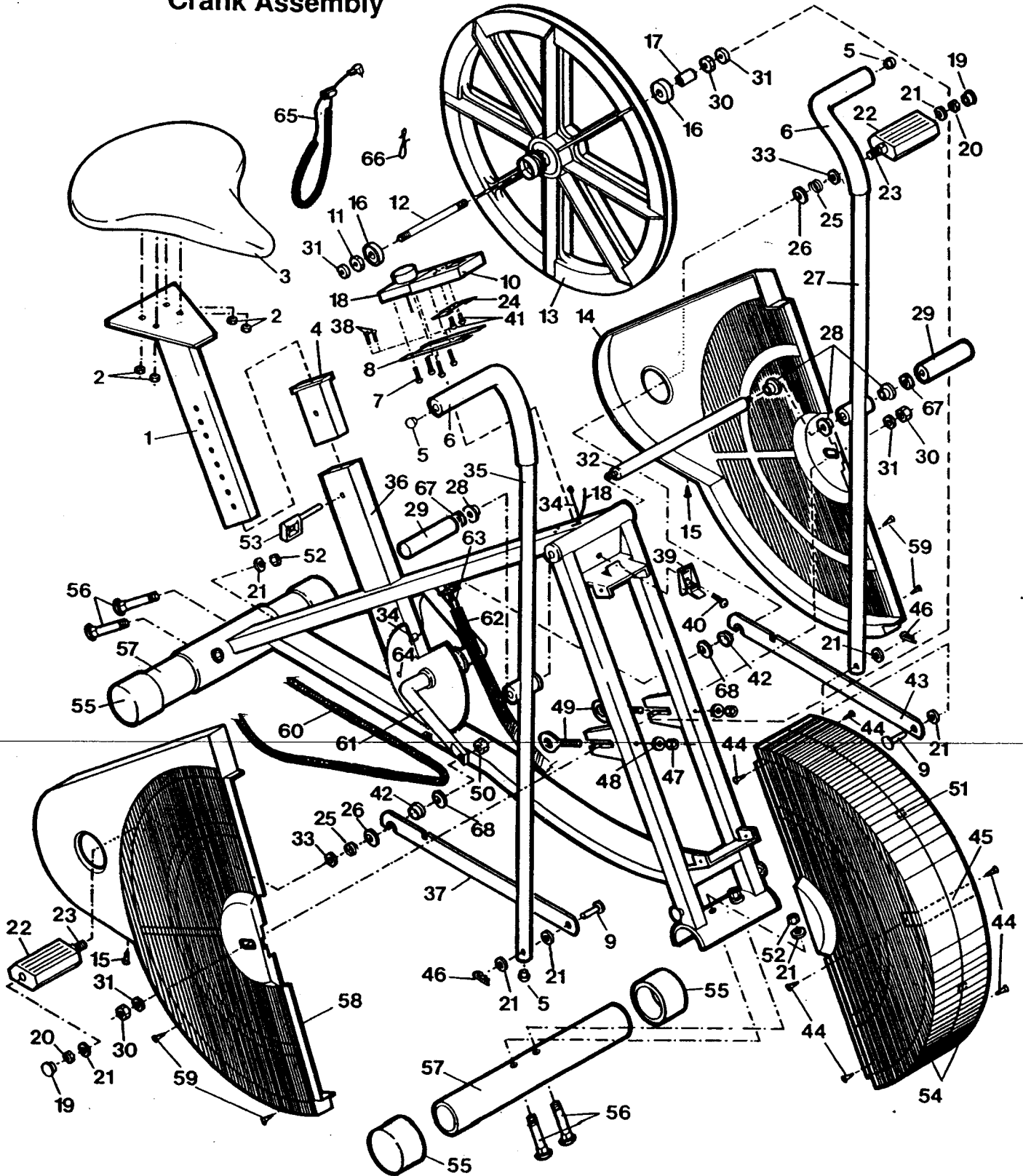
EXPLODED DRAWING - MODEL NO. PF411500

Rev. 2/91

Specifications are subject to change without notice.



Crank Assembly



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-99WESLO (999-3756), during our 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 (PF411500).
2. The NAME of the product (Pro Form AIR EXPRESS Variable Resistance Calorie/Pulse Monitor).
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 exercise bike near your telephone for easy reference when calling.