

# AIROBIC TRAINER™

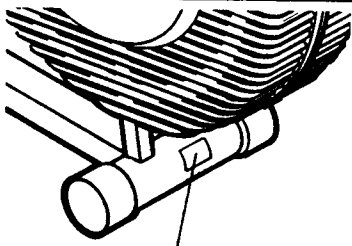
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## PROGRAMMABLE RESISTANCE

Model No. PF411900

Serial No. \_\_\_\_\_

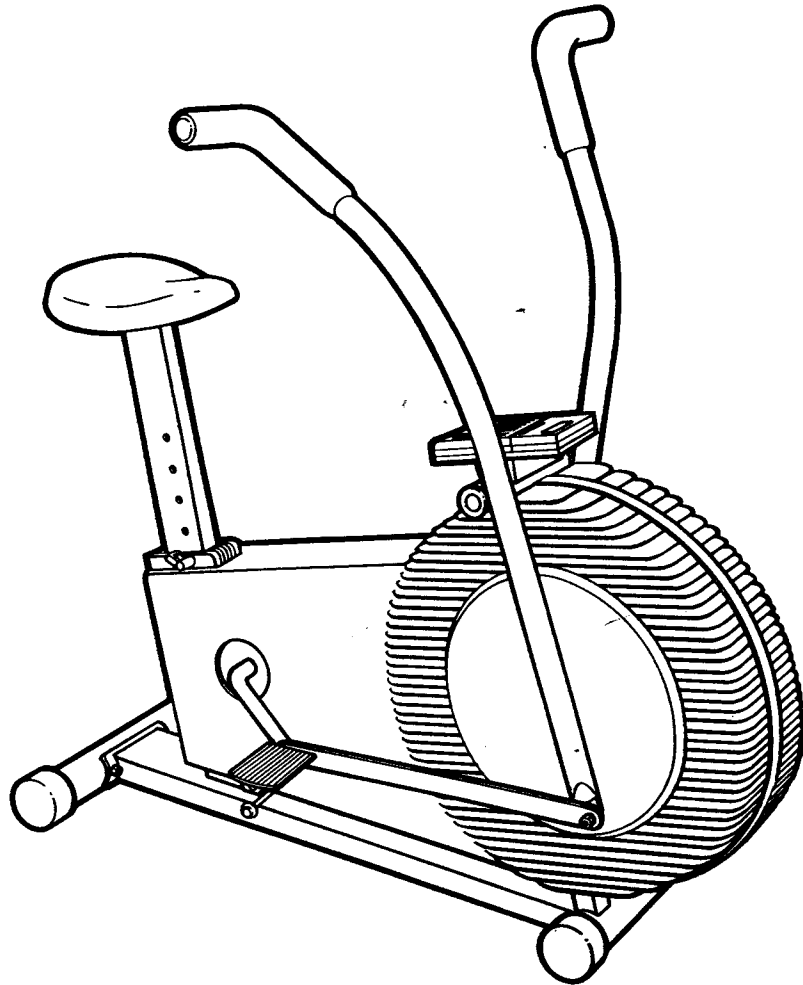
Record the serial number  
in the space above.



Serial Number Decal

**PRO·FORM®**

A Subsidiary of Welder Health and Fitness, Inc.



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## OWNER'S MANUAL

**QUESTIONS?:** As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find damaged or missing parts, we will guarantee you direct assistance from our 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 "CUSTOMER HOT LINE", at no charge to you, at 1-800-999-3756, Mon. - Fri., 6 am - 6 pm MST.

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

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## 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**

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## **IMPORTANT SAFETY PRECAUTIONS**

**WARNING:** To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the exercise bike.

1. Plug the power cord directly into any standard grounded outlet. No other appliance should be on the same circuit as the bike. (See the OPERATION AND ADJUSTMENT section of this manual for proper grounding instructions.) Do not use an extension cord. Position the cord on the floor away from walkways and heated surfaces.
2. Never operate the exercise bike if the power cord or plug are damaged, or if the bike is not functioning properly. (Refer to the BEFORE YOU BEGIN section in this case.)
3. Position the exercise bike on a level surface. Do not use the bike near water or outdoors.
4. Wear appropriate workout clothing when exercising. Do not wear flowing clothing that could become caught in the bike. Always wear running or aerobic shoes.
5. Keep small children away from the bike during use.
6. Use this exercise bike only as described in this manual. Servicing other than the procedures described in this manual should be performed by an authorized service representative only.

**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.

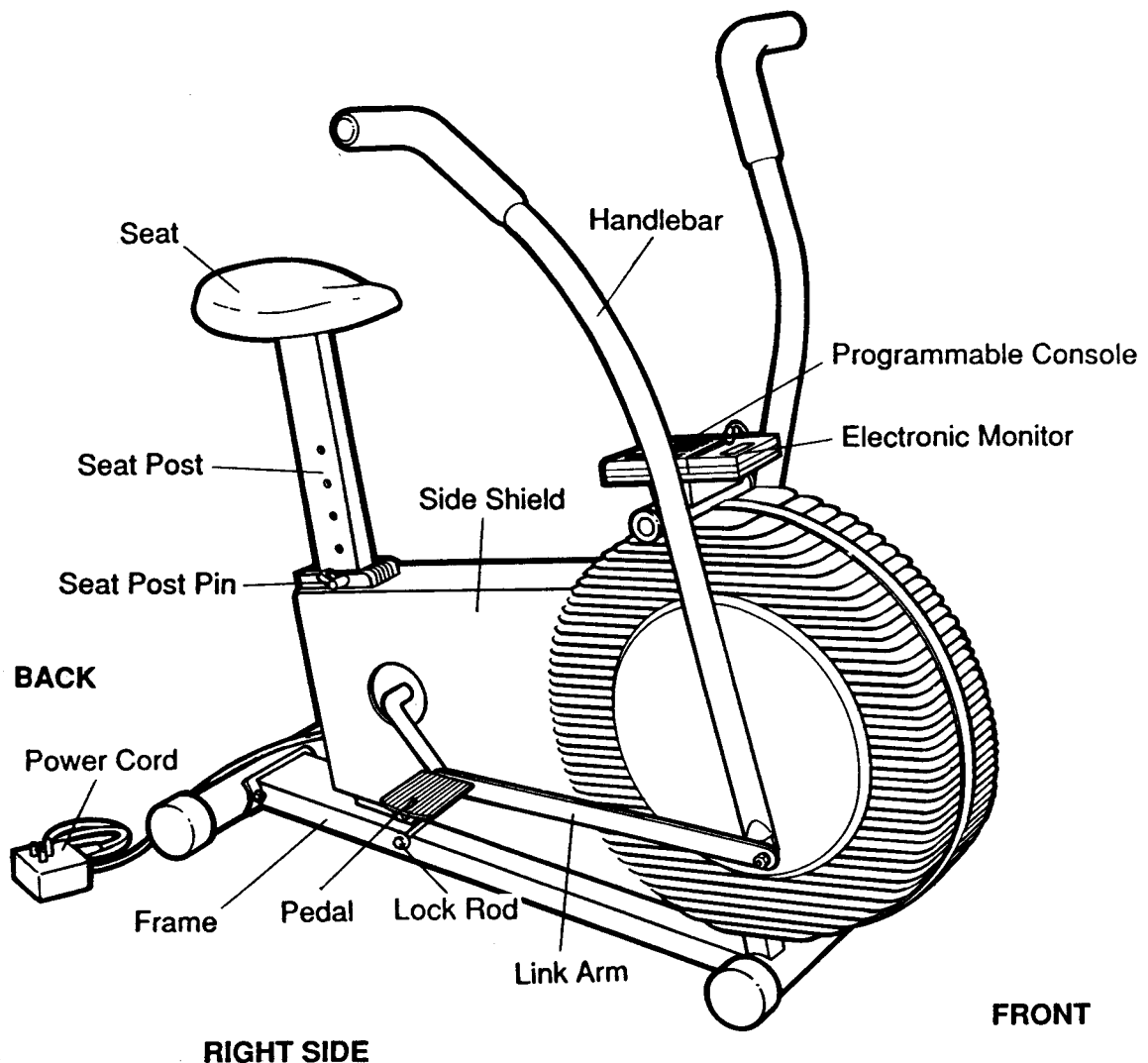
**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

Thank you for purchasing the Pro Form AIROBIC TRAINER Programmable Resistance exercise bike. The Pro Form AIROBIC TRAINER blends advanced engineering with ergonomic styling to offer you an effective and enjoyable cardiovascular workout in the convenience and privacy of your home. The heart of the AIROBIC TRAINER is a unique programmable console, designed to control pedaling resistance automatically according to custom workout programs you create.

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).

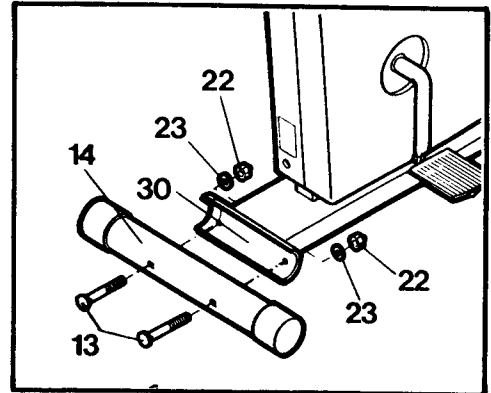
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



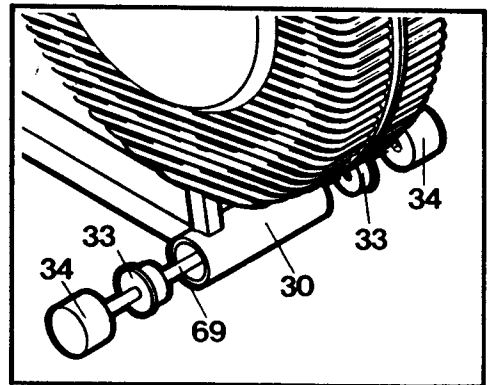
# ASSEMBLY

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 below carefully before beginning.

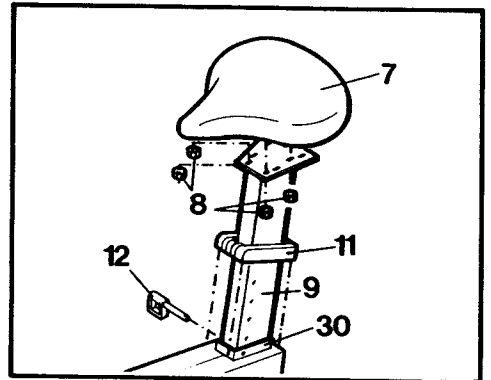
1. Attach the Rear Stabilizer (14) the Frame (30) with two Carriage Bolts (13), Washers (23) and Nuts (22). (The Stabilizer must be turned so that the indented holes in the Stabilizer are toward the Frame.)



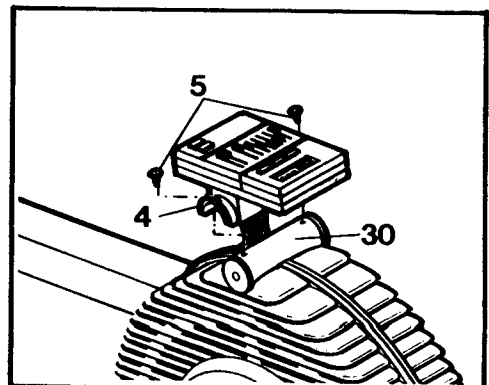
2. Press the two Roller Bushings (33) into the front tube of the Frame (30). Slide the free end of the Roller Axle (69) through the Bushings and Frame. Press the unattached Roller (34) onto the end of the Roller Axle. (To press the Roller Bushings and Roller fully into place, it may be helpful to twist the parts as you press.)



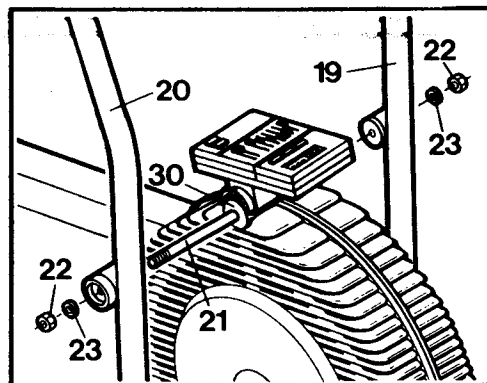
3. Raise the Seat Post (9) to the maximum height and insert the Seat Post Pin (12). Remove the four Seat Nuts (8) from the underside of the Seat (7). Attach the Seat to the top of the Seat Post with the four nuts. Remove the Seat Post Pin and adjust the seat height to the desired height. Reinsert the Pin fully.



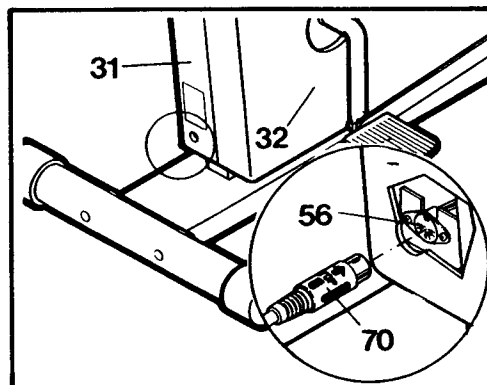
4. Bolt the Mounting Bracket (4) to the Frame (30) with the two Bracket Screws (5). (Be sure the excess wiring is tucked inside the Mounting Bracket.)



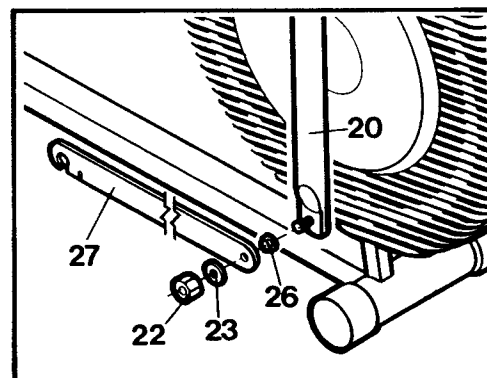
- Slide the Pivot Shaft (21) into the Frame (30), and center the Shaft in the Frame. Slide the Left Handlebar (19) onto the left end of the Shaft. Slide the Right Handlebar (20) onto the right end of the Shaft. Attach each Handlebar with a Washer (23) and Nut (22).



- Plug the Power Cord (70) into the Power Plug (56) at the Rear of the Side Shields (31 & 32). Be sure the Power Cord is inserted with the "TOP" oriented in the up position.



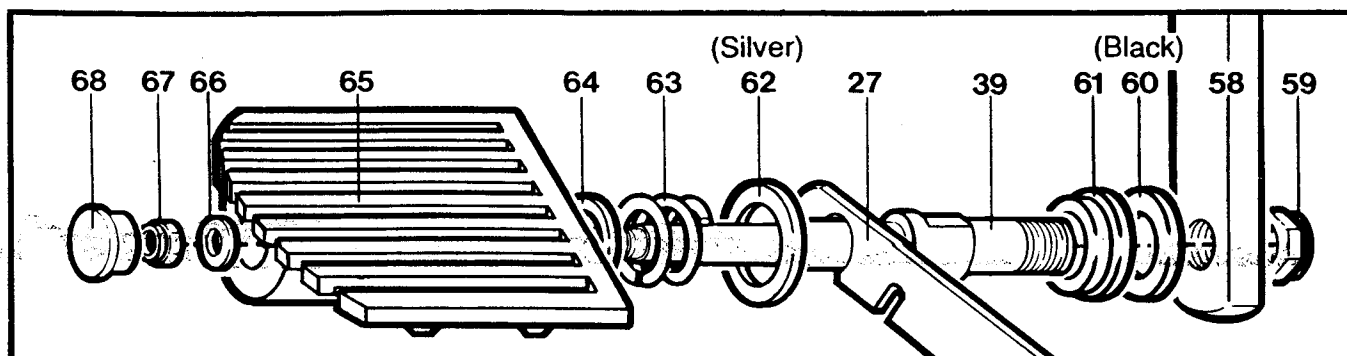
- Slide a Link Arm Bushing (26) onto the pin on the lower end of the Right Handlebar (20). (The flange of the Bushing must be toward the Handlebar.) Attach a Link Arm (27) to the Handlebar with a Washer (23) and Nut (22). (The Link Arm must be turned as shown.)



Attach the other Link Arm to the Left Handlebar in the same manner (not shown).

- Slide a Pedal Bushing (61) and a Shaft Washer (60) onto the end of a Pedal Shaft (39). Thread the Pedal Shaft clockwise into the right arm of the Crank (58) and **tighten the Pedal Shaft firmly**. Tighten a Shaft Nut (59) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (27) over the Pedal Shaft and slide it onto the Pedal Bushing. Slide a Pedal Washer (62), Pedal Spring (63), Spring Washer (64) and Pedal (65) onto the Pedal Shaft. (The curved end of the Pedal should be toward the outside.) Attach the Pedal with an Outer Pedal Washer (66) and Outer Pedal Nut (67). Press a Pedal Cap (68) into the end of the Pedal.

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



9. 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 page 10 of this manual for strap adjustment instructions.

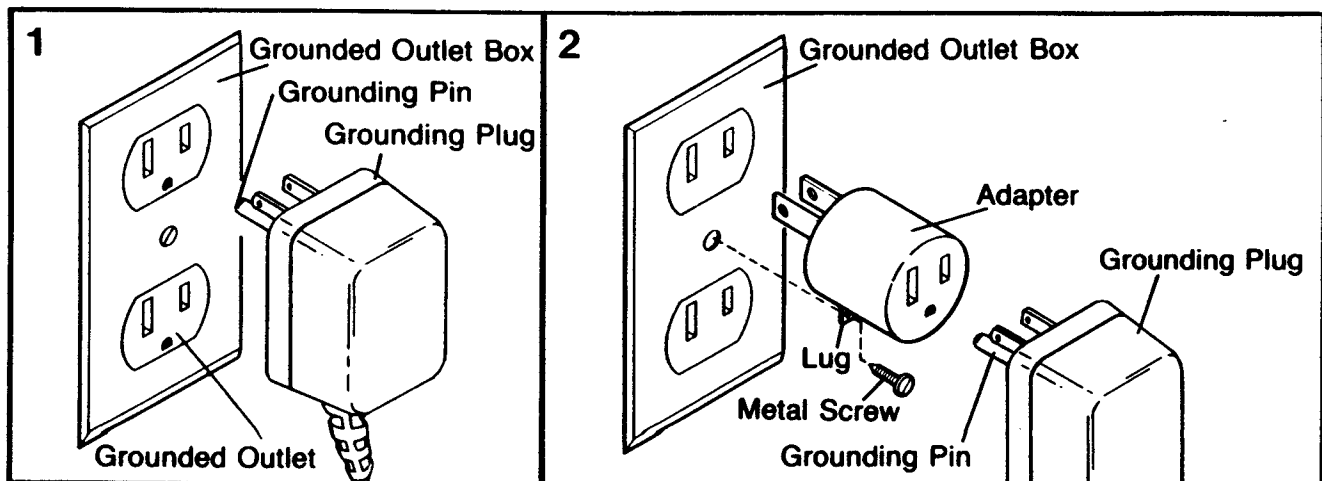
## OPERATION AND ADJUSTMENT

### GROUNDING INSTRUCTIONS

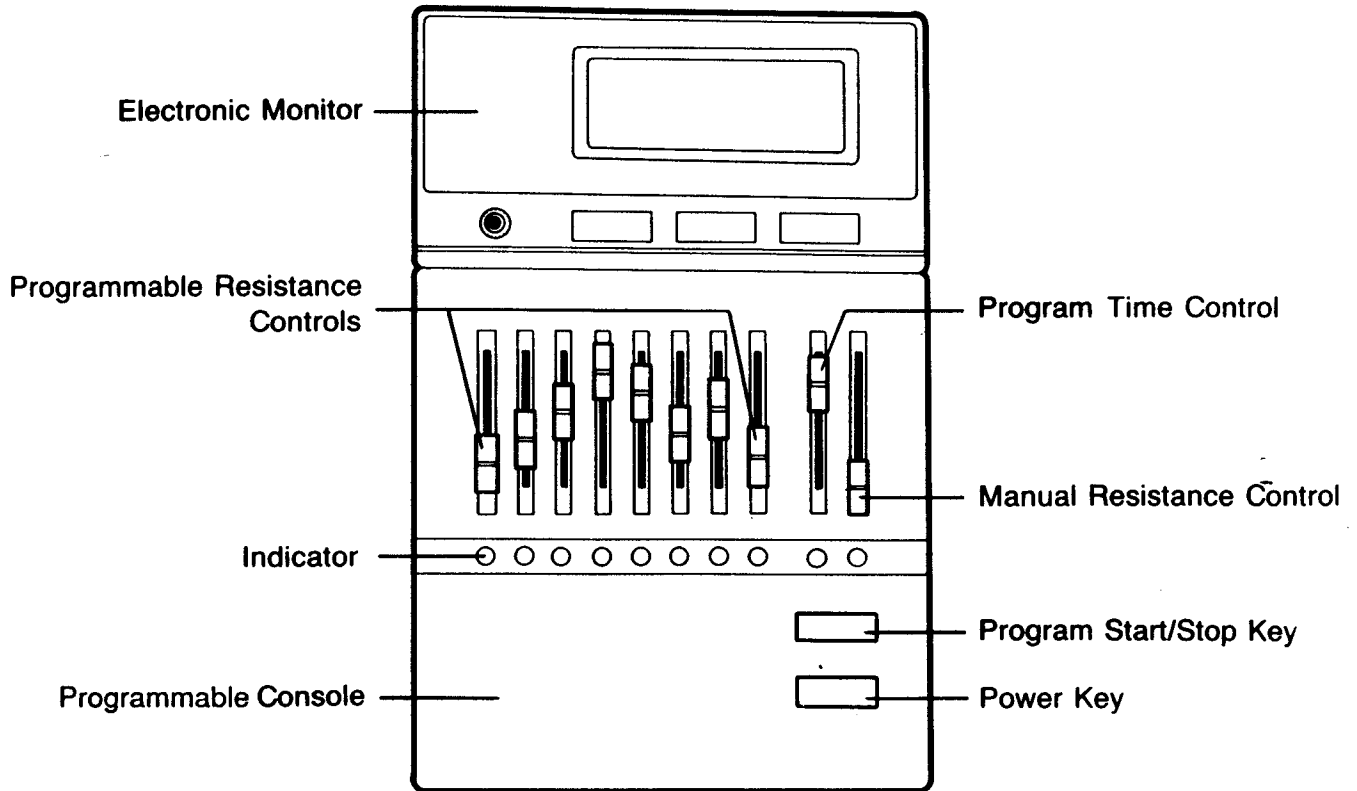
This product **must be grounded**. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged 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 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.



## ELECTRONIC CONSOLE DIAGRAM



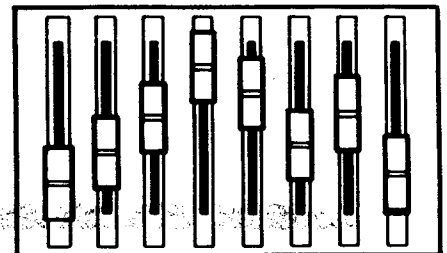
### MANUAL RESISTANCE MODE OPERATION

1. Before turning the power on, move the manual resistance control to the lowest position.
2. Turn the power on by pressing the power key.
3. As you pedal, move the manual resistance control slowly up or down until the desired resistance level is reached.

### PROGRAMMABLE RESISTANCE MODE OPERATION

The programmable resistance mode allows you to create custom workout programs. Simply enter the length of time that you plan to exercise, and program eight resistance settings. With the touch of a key, the computer then takes over, controlling the pedaling resistance automatically as you exercise.

1. Set the program time control for the length of time that you plan to exercise, from 5 to 40 minutes.
2. Set the eight programmable resistance controls at the desired resistance levels. The controls can be set in an infinite variety of ways. A sample program is shown at the right. This program begins with low resistance settings to give you a good warm-up, then increases the resistance gradually to simulate a challenging climb, then decreases the resistance for a period of rest before a final climb, ending with a low resistance setting to allow you to cool down.



3. Press the program start/stop key and begin pedaling. The indicator below the first programmable resistance control will light, and the pedaling resistance will automatically adjust to the setting of the first control. After one-eighth of the total time has elapsed, the indicator below the second programmable resistance control will light, and the pedaling resistance will adjust to the setting of the second control. (The console will sequentially activate all eight programmable resistance controls.) When the total time has elapsed, the bike will return to the manual mode and the indicator below the manual resistance control will light.

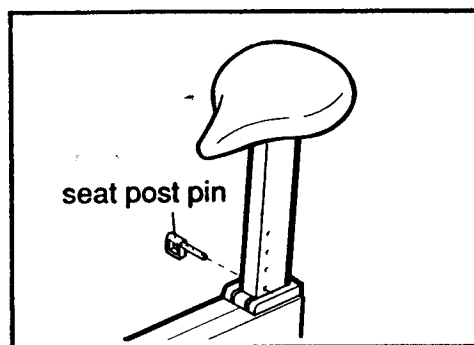
**Note:** The programmable resistance controls can be changed while the program is running if desired. To return the bike to the manual mode before the program has ended, simply press the program start/stop key.

## ELECTRONIC MONITOR OPERATION

See the Electronic Monitor Operation Guide accompanying this manual.

## 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 to the correct height: stand beside the bike, hold the seat and withdraw the seat post pin. Raise or lower the seat, and reinsert the pin. **CAUTION:** Failure to fully insert the seat post pin could result in injury.

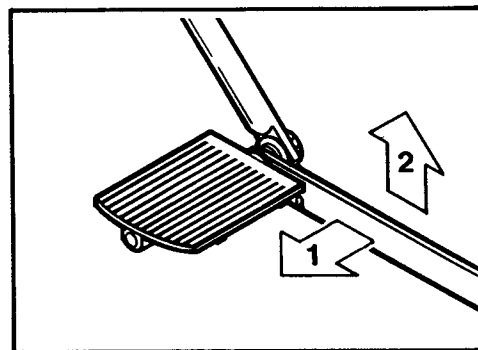


## HANDLEBAR OPERATION

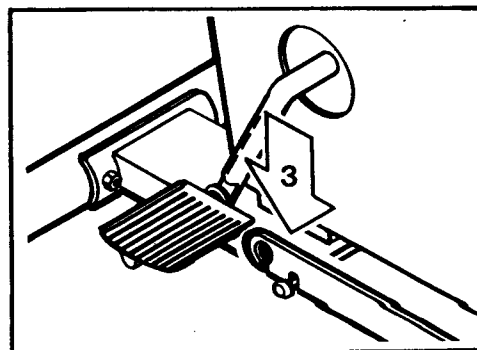
The handlebars are designed to be used either in a stationary position, for pedaling exercise only, or in a dual-action position, adding upper-body exercise to your workout.

### 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).

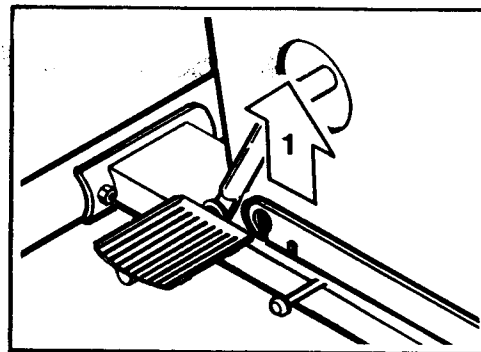


Clip the ends of the link arms onto the lock rod on the bike frame (3). In the stationary mode, the muscles of the legs are emphasized.

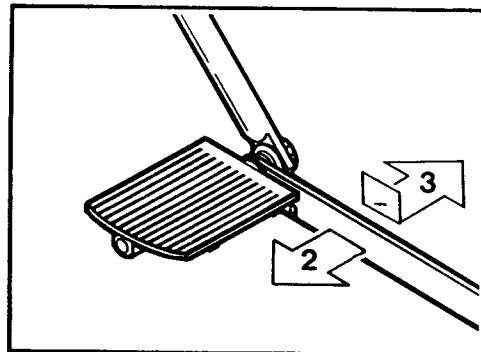


## DUAL-ACTION MODE

To convert the handlebars to the dual-action mode, first remove the link arms from the lock rod on the frame (1).



Press the ends of the link arms outward against the pedal washers (2), and slide the link arms onto the pedal bushings (3). (The link arms fit tightly onto the pedal bushings. It may be necessary to move the link arms up and down slightly until they slide onto the pedal 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 side shields and exercise using only your arms.

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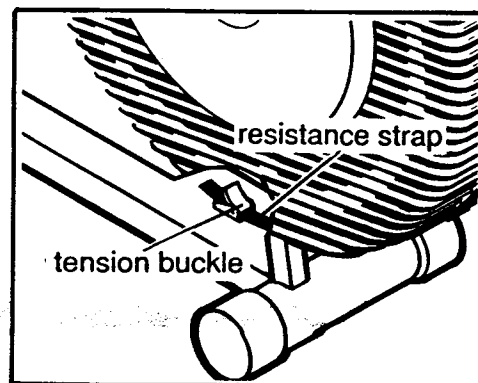
## MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Inspect and tighten all parts periodically. Place the bike in a cool, dry location, out of direct sunlight. During extended periods of nonuse, the bike should be covered.

If the electronic monitor appears to malfunction, the speed and power wires to the monitor should be checked. Remove the two screws attaching the monitor to the mounting bracket, and make sure that both wires are plugged fully into the back of the monitor. Reattach the monitor with the two screws.

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.

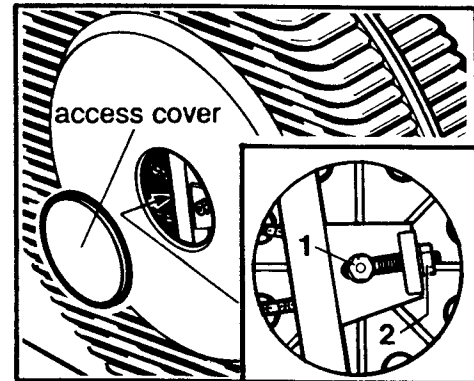
If the range of pedaling resistance is too high or too low, it can be adjusted using the tension buckle located on the frame under the side shields. To raise the range of resistance, open the tension buckle, pull the resistance strap slightly tighter and close the buckle. To lower the range of resistance,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



## CHAIN MAINTENANCE

This exercise bike utilizes a high-precision chain which must be kept properly lubricated and adjusted. If the chain is too loose, the fan may be damaged. If the chain is too tight, the bearings may be damaged. Check the chain periodically in the following manner:

1. Gently pry the access cover off the right side shield.
2. Reach into the access hole, and 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 access cover. If the chain needs to be adjusted, see step 3.
3. Remove the access cover from the left side shield. Loosen the fan nuts (1). To tighten the chain, turn the fan adjustment nuts (2) clockwise. Turn the adjustment nuts counterclockwise to loosen the chain. Tighten the fan nuts and reattach the access covers.



Always check the chain if it slips or causes excessive noise when pedaling. A few drops of light multi-purpose oil should be applied to the chain periodically. The chain may be reached by removing the access cover from the right side shield.

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## CONDITIONING GUIDELINES

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

### EXERCISE INTENSITY

To maximize the benefits of 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, your 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 work load will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). Set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes are elapsed. Measure your heart rate immediately using the Pulse function. If your heart rate is below your Training Zone, increase your level of exertion. If your heart rate is too high, reduce your level of exertion.

### WORKOUT PATTERN

Each workout should consist of 5 basic stages: 1. Resting, 2. Warming Up, 3. Training Zone Exercise, 4. Cooling Down, 5. Resting.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity of your exercise 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 stretching or light exercise will provide an adequate 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 per week. The key to a successful program is REGULAR exercise.

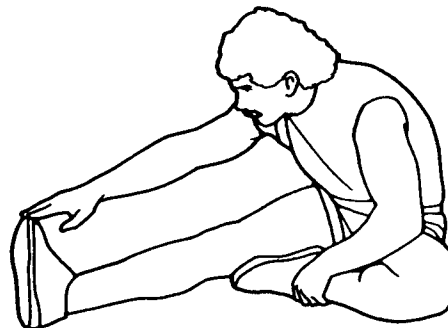
## SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch- never bounce.

### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

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. Hold for 15 counts, then relax. Repeat three times.

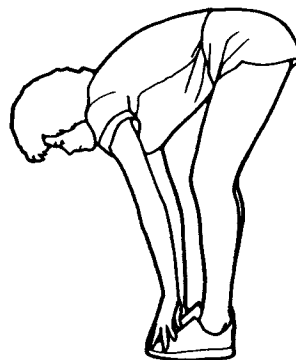
Stretches: Quadriceps, hip muscles.



### TOE TOUCHES

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

Stretches: Hamstrings, back of knees, back.



### QUADRICEPS STRETCH

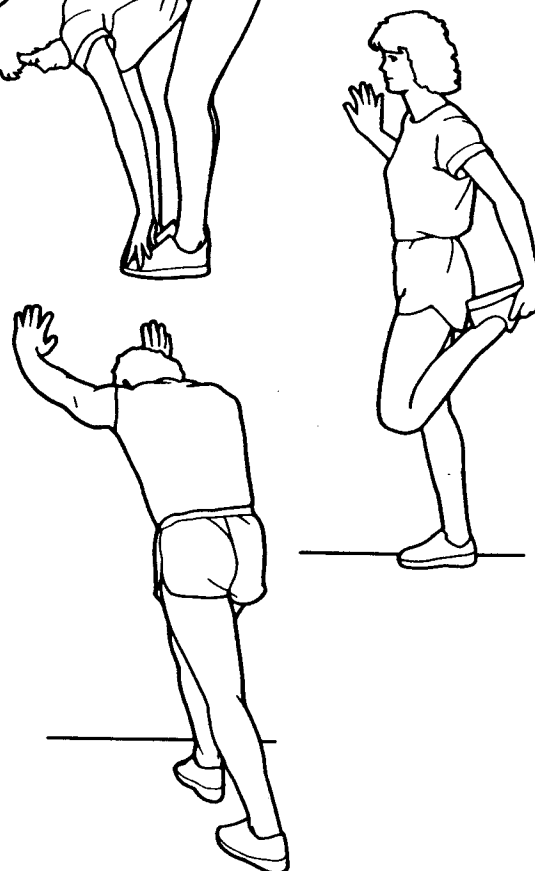
With one hand against a wall for balance, reach behind you and grasp your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Quadriceps, hip muscles.

### CALF/ACHILLES STRETCH

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

Stretches: Calves, achilles tendons, and ankles.



# PART LIST - Model No. PF411900

Rev. 10/90

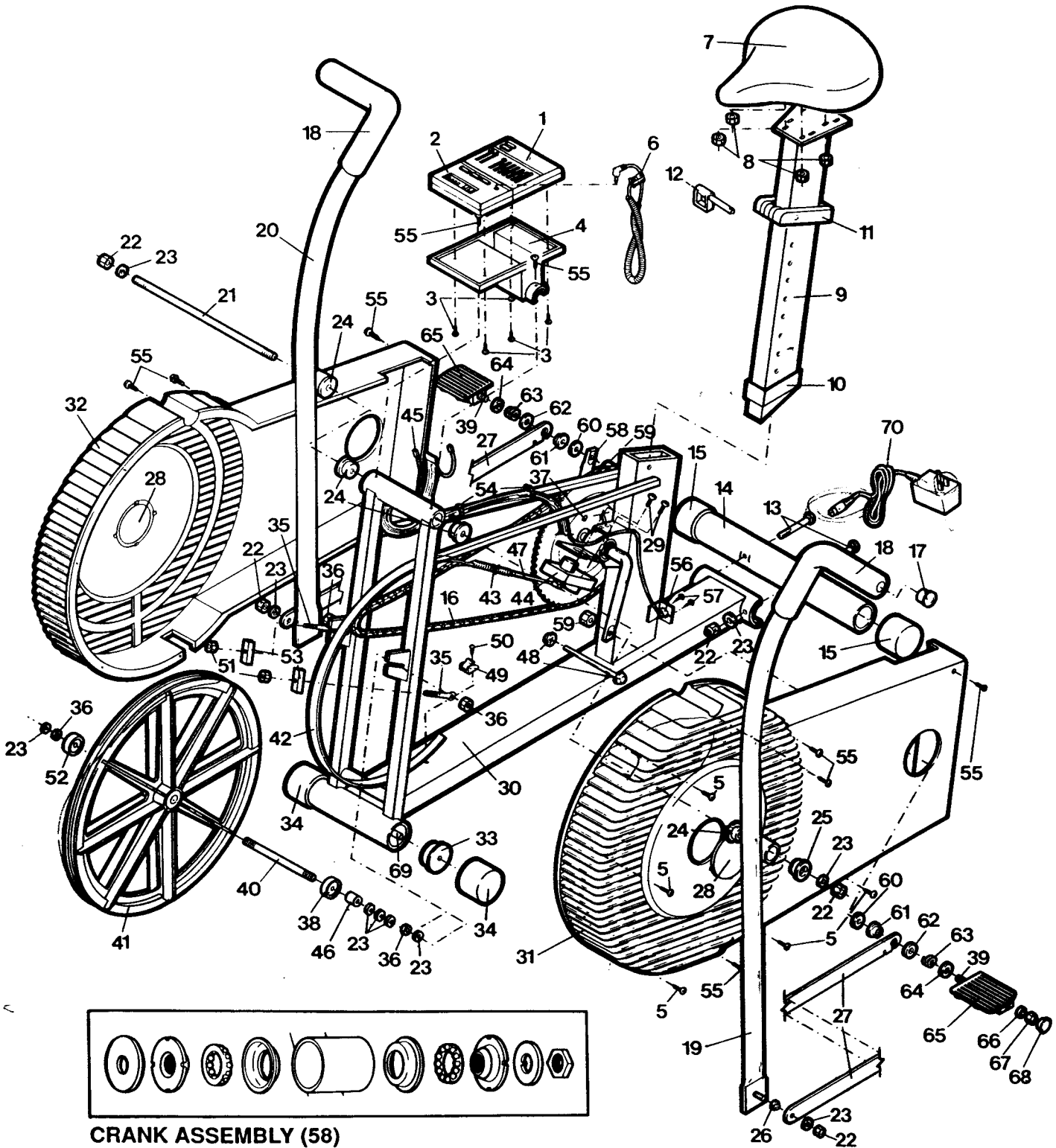
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Programmable Console	38	1	Fan Bearing Assembly
2	1	Electronic Monitor	39	2	Pedal Shaft
3	5	Console Screw	40	1	Fan Axle
4	1	Mounting Bracket	41	1	Fan w/Sprocket
5	5	Side Shield Screw	42	1	Resistance Strap
6	1	Earclip	43	1	Spring Assembly
7	1	Seat	44	1	Tension Motor Assembly
8	4	Seat Nut	45	1	Sensor Wire/Reed Switch
9	1	Seat Post	46	1	Spacer
10	1	Inner Sleeve	47	1	Tension Rope
11	1	Seat Post Sleeve	48	2	Protective Cap
12	1	Seat Post Pin	49	1	Tension Buckle
13	2	Carriage Bolt	50	1	Tension Buckle Screw
14	1	Rear Stabilizer	51	2	Adjustment Nut
15	2	Rear Stabilizer Endcap	52	2	Fan Bearing
16	1	Chain	53	2	Adjustment Bracket
17	2	Handlebar Endcap	54	3	Wire Tie
18	2	Handlebar Foam	55	10	Screw
19	1	Left Handlebar	56	1	Power Plug
20	1	Right Handlebar	57	2	Power Plug Screw
21	1	Pivot Shaft	58	1	Crank/Sprocket Assembly
22	6	Nut	59	2	Shaft Nut
23	11	Washer	60	2	Shaft Washer
24	4	Inner Handlebar Bushing	61	2	Pedal Bushing
25	2	Outer Handlebar Bushing	62	2	Pedal Washer
26	2	Link Arm Bushing	63	2	Pedal Spring
27	2	Link Arm	64	2	Spring Washer
28	2	Access Cover	65	2	Pedal
29	2	Motor Mounting Screws	66	2	Outer Pedal Washer
30	1	Frame	67	2	Outer Pedal Nut
31	1	Left Side Shield	68	2	Pedal Cap
32	1	Right Side Shield	69	1	Roller Axle
33	2	Roller Bushing	70	1	Power Cord
34	2	Roller	#	1	Owner's Manual
35	2	Adjustment Bolt	#	1	Monitor Operation Guide
36	4	Fan Nut			
37	1	Sensor Magnet			

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. PF411900

Rev. 10/90

Specifications are subject to change without notice.



CRANK ASSEMBLY (58)

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## **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling 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. When ordering parts, please be prepared to give the following information:

1. The **MODEL NUMBER** of the product (PF411900).
2. The **NAME** of the product (Pro Form AIROBIC TRAINER Programmable Resistance bike).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 14 of this manual.
5. The **DESCRIPTION** of the part(s) from page 14 of this manual.

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