

3101 CTXTM

MOTIVATIONAL FITNESS TRAINER • PROGRAMMABLE RESISTANCE

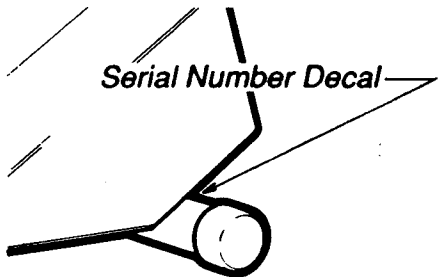
PRO-FORM[®]

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF510010

Serial No. _____

Serial Number Decal



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

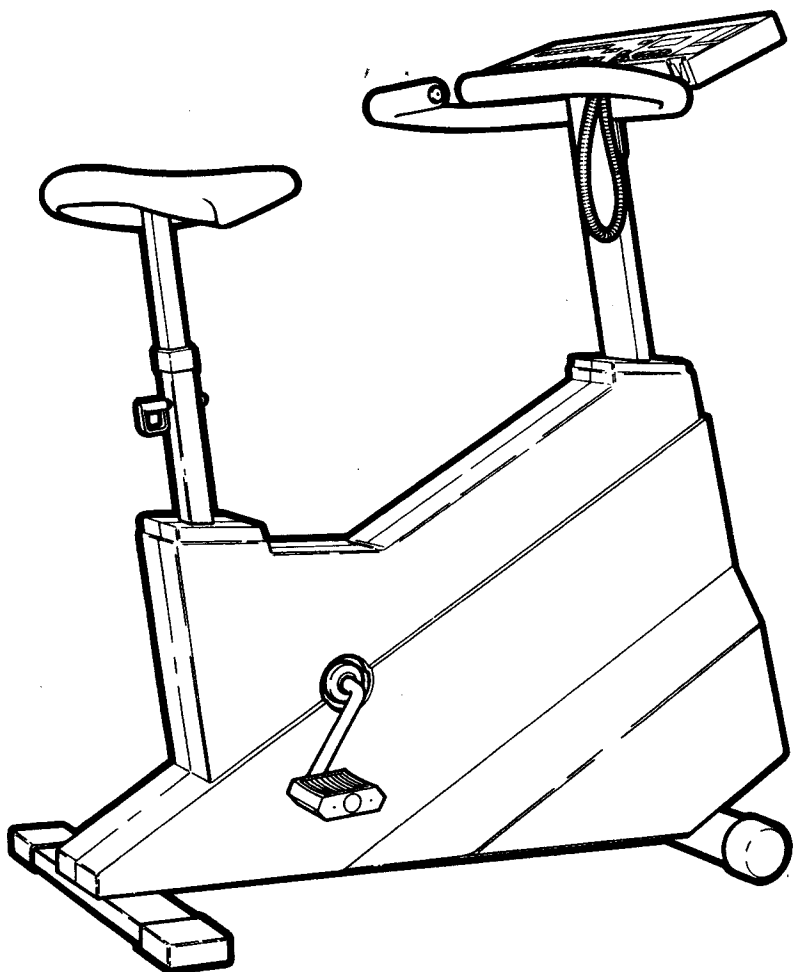
1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST.

CAUTION:

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

MASTERS



OWNER'S MANUAL

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IMPORTANT SAFETY PRECAUTIONS

1. Place the exercise bike on a level surface. Do not use the bike near water or outdoors.
2. Plug in the power cord and turn on the power when using the exercise bike, or the bike could be damaged. Position the power cord away from walkways and heated surfaces. Never use the bike if the power cord or plug are damaged, or if the bike is not working properly. (See BEFORE YOU BEGIN if the bike is not working properly.)
3. Wear appropriate clothing when exercising. Do not wear loose clothing that could become caught in the bike. Always wear running shoes for foot protection.
4. Keep small children away from the bike at all times.
5. Servicing other than the procedures described in this manual should be performed by an authorized service representative only.

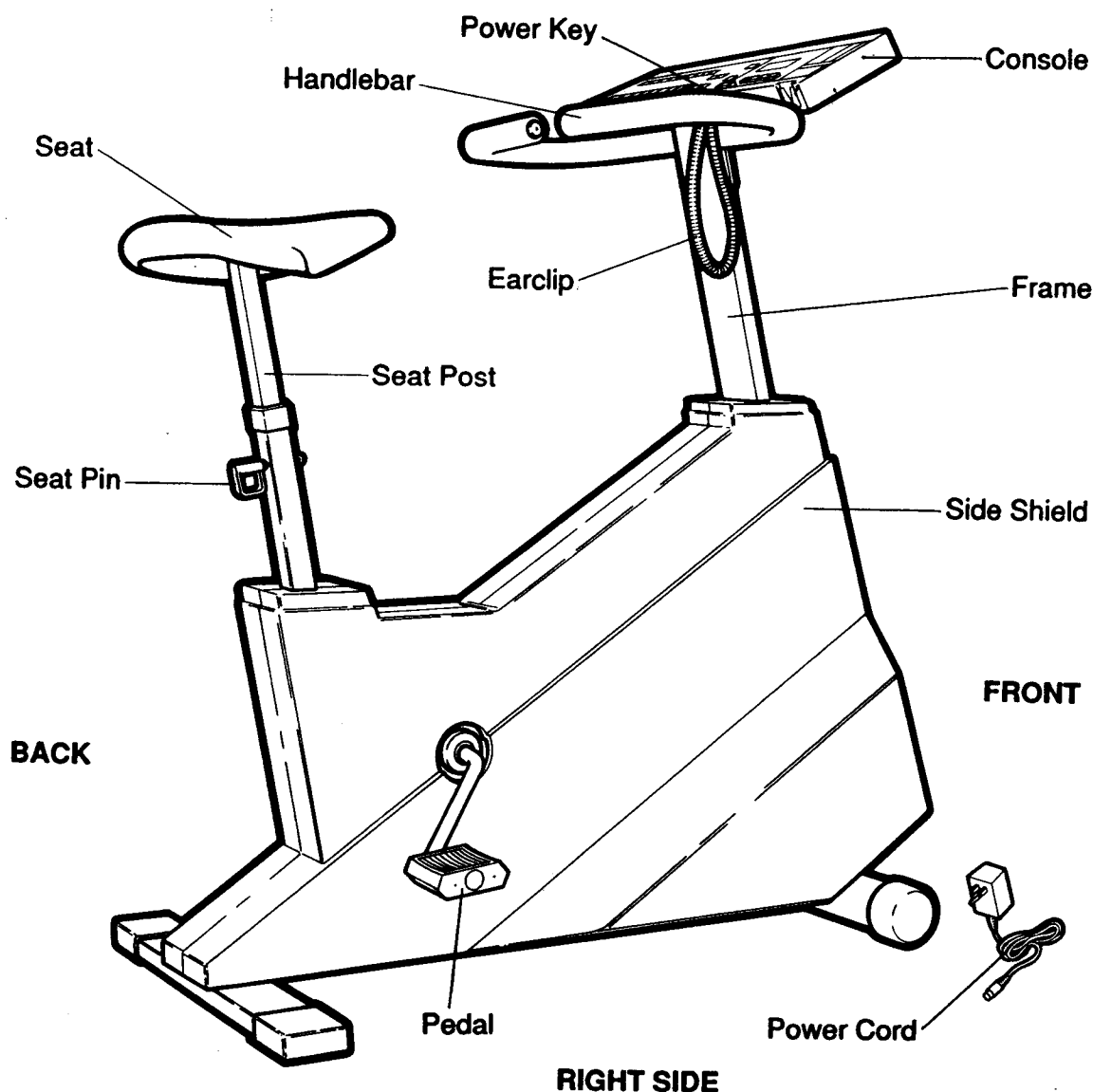
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PRO FORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the Pro Form 3101 CSX. Cycling is one of the most effective forms of low-impact, cardiovascular exercise known. The 3101 CSX blends state-of-the-art engineering with ergonomic styling to let you enjoy this healthful exercise 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, Monday - Friday, 6 a.m. - 6 p.m. Mountain Time (excluding holidays). To help us assist you quickly, please note your product model number and serial number before calling. The model number is printed on the front cover of this manual. The serial number is recorded on a decal attached to the product (see the drawing on the front cover).

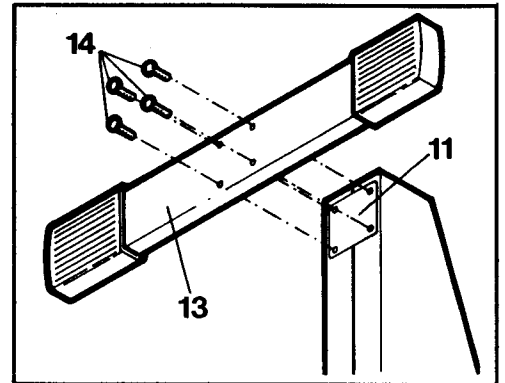
Before reading further, please familiarize yourself with the diagram below.



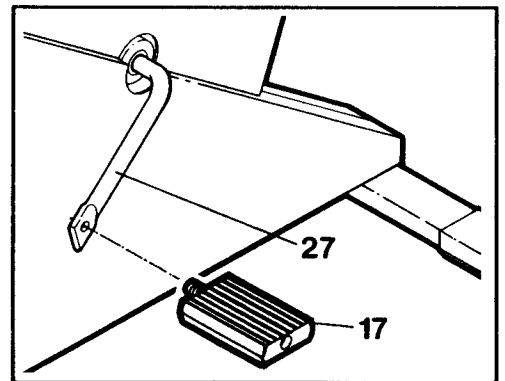
ASSEMBLY

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.** Read each step carefully before beginning. The assistance of a second person is recommended.

1. Tip the bike forward. Attach the Stabilizer (13) to the Frame (11) with the four Stabilizer Bolts (14). Tip the bike back.



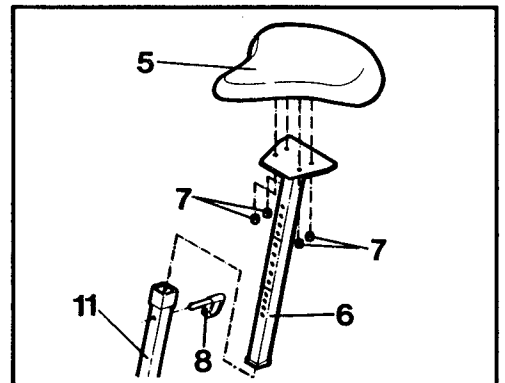
2. Tighten the Left Pedal (17) counterclockwise into the left arm of the Crank (27). Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank. The Pedals are marked for identification.



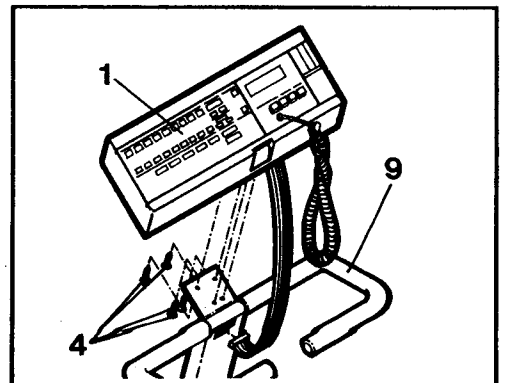
3. Remove the four Seat Nuts (7) from the underside of the Seat (5). Attach the Seat to the top of the Seat Post (6) with the four Seat Nuts.

Remove the Seat Pin (8) from the Frame (11). Insert the Seat Post into the Frame, adjust the Seat to the desired height, and insert the Seat Pin through the Frame.

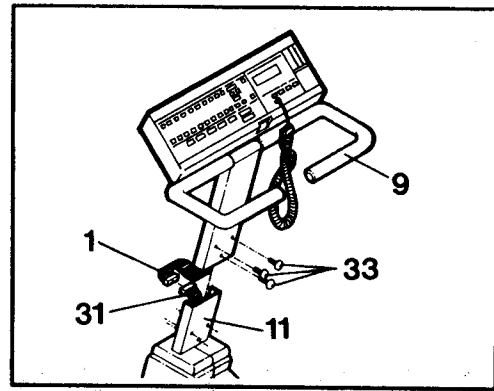
WARNING: At least 2" of the Seat Post must be inside of the Frame.



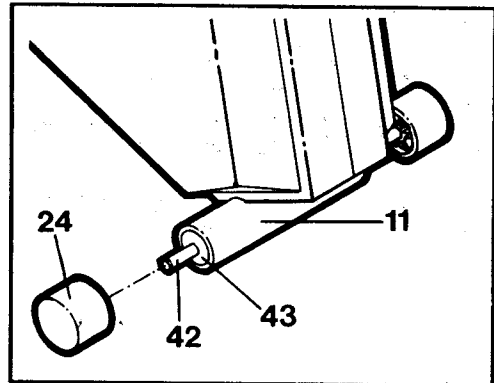
4. Insert the wire harness from the Console (1) into the slot in the Handlebar (9). Attach the Console to the bracket on the Handlebar with the four Console Screws (4).



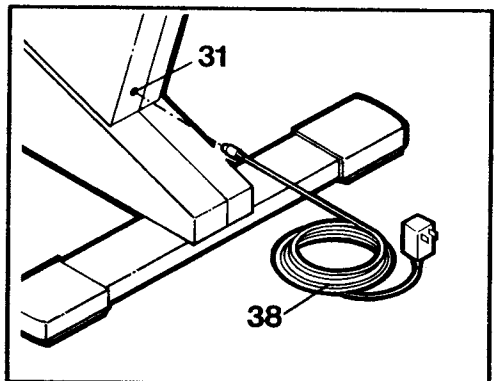
5. Connect the wire harness from the Console (1) to the Main Wire Harness (31). Slide the Handlebar (9) onto the Frame (11), being careful not to pinch the wires. Attach the Handlebar with the three Handlebar Screws (33).



6. Slide the free end of the Roller Axle (42) through the Bushings (43) and Frame (11). Press the unattached Roller (24) onto the end of the Roller Axle. It may be helpful to twist the Roller to press it fully onto the Roller Axle.

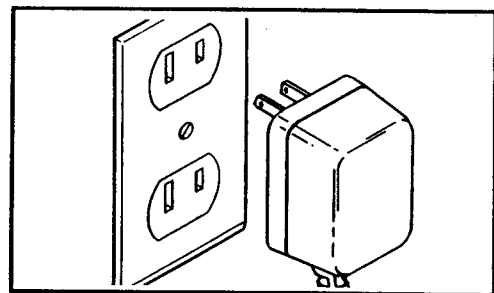


7. Plug the Power Cord (38) into the plug on the Main Wire Harness (31).



OPERATING THE EXERCISE BIKE

Plug the transformer on the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the exercise bike, or the bike could be damaged.

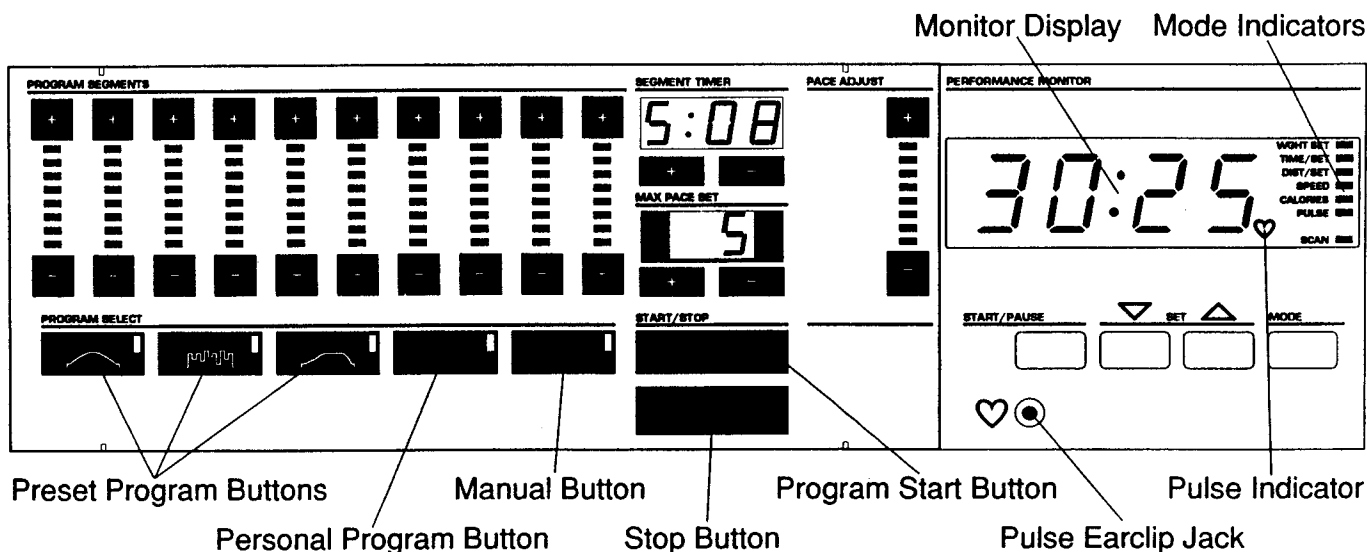


Proper seat height is important for effective exercise. As you pedal, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat height, stand beside the bike and remove the seat pin from the frame. Raise or lower the seat to the proper height, and insert the seat pin through the frame. **WARNING:** At least 2" of the seat post must be inside of the frame.

CONSOLE OPERATION

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The state-of-the-art console features both a manual mode and a programmable mode. In the manual mode, the pedaling resistance can be adjusted with the touch of a button. In the programmable mode, workout programs will control the pedaling resistance automatically. The built-in performance monitor offers seven different modes to provide you with instant feedback as you exercise.



TURNING THE POWER ON

Insert the power key into the slot in the front of the console. The console will light, a tone will sound and the console will be ready for operation.

MANUAL MODE

When the power key is inserted, the console will be in the manual mode. As you exercise, the pedaling resistance can be adjusted using the plus (+) and minus (-) buttons in the PACE ADJUST display. The eight indicators in the display show the resistance setting. One lighted indicator is the lowest resistance setting, and eight lighted indicators is the highest resistance setting. Each time the plus button is pressed, a tone will sound and the resistance will increase. Every fourth time the button is pressed, an additional indicator will light. The minus button functions in the same manner to decrease the resistance. The buttons can be held down to adjust the resistance quickly.

PROGRAMMABLE MODE

In the programmable mode, workout programs will control the pedaling resistance automatically, leaving you free to concentrate on exercising. Three different preset programs are offered. In addition, an endless number of customized personal programs can be created. The latest personal program can be stored in the console's memory for future workouts.

CREATING A PERSONAL PROGRAM

Press the PERSONAL PROGRAM button. Next, select a maximum pace level for the program. There are 10 maximum pace levels. If level 1 is selected, the program will offer only low resistance settings. If level 10 is selected, the program will offer a wide range of resistance settings, from low to high. The maximum pace level is shown in the MAX PACE SET display. To change the level, press the plus (+) or minus (-) buttons in the display. Each time one of the buttons is pressed, the level will change by 1.

Each personal program is divided into ten equal time periods, called "segments." During the program, the pedaling resistance will change automatically at the beginning of each segment. Ten resistance settings should now be programmed on the PROGRAM SEGMENTS display. One resistance setting can be programmed on each of the ten vertical segments. The eight indicators in each segment show the resistance setting of the segment. One lighted indicator is the lowest resistance setting, and eight lighted indicators is the highest resistance setting. If a personal program has not previously been created, four indicators will be lighted in each segment. To program a resistance setting on the first segment (at far left), press the plus (+) or minus (-) buttons in the segment. Each time the plus button is pressed, a tone will sound and the resistance setting will increase. Every fourth time the button is pressed, an additional indicator will light. The minus button functions in the same manner to decrease the resistance setting. The buttons can be held down to program the resistance setting quickly. Resistance settings should be programmed on the remaining nine segments in the same manner. You may wish to program a low setting on the first segment for a warm-up, a combination of higher settings on the middle segments, and a low setting on the final segment for a cool-down.

Next, set the length of time you want each program segment to last (all segments will last for the same length of time). Each segment is preset to last for 2 minutes, as shown in the SEGMENT TIMER display. (Since there are ten segments, the program will last for 20 minutes.) To change the length of time each segment will last, press the plus (+) or minus (-) buttons in the SEGMENT TIMER display. Each time one of the buttons is pressed, the length of time will change by 10 seconds. The buttons can be held down to change the length of time quickly. Each segment can be set for a minimum of 30 seconds, up to a maximum of 9 minutes, 50 seconds.

When you are ready to start the program, press the PROGRAM START button and begin pedaling. The first segment of the PROGRAM SEGMENTS display will begin to flash, and the pedaling resistance will automatically adjust to the setting of the first segment. The time remaining in the first segment will be shown in the SEGMENT TIMER display. When no time remains, the second segment will begin to flash, the resistance will automatically adjust to the setting of the second segment, and the time remaining in the second segment will be shown in the SEGMENT TIMER display. The program will continue in this manner until all ten segments have been completed.

The settings of the program can be changed while the program is running, if desired. To stop the program before the program has ended, press the STOP button. The console will then be in the same state as if the program had ended. The console can be switched to the manual mode by pressing the MANUAL button. The current settings of the program will be saved in memory as long as the power cord remains plugged in. When the power cord is unplugged, however, the settings will be erased.

SELECTING A PRESET PROGRAM

Press the MOUNTAIN, INTERVAL or PLATEAU buttons. Next, select a maximum pace level for the program in the same manner as for a personal program.

The ten resistance settings of the program will appear on the PROGRAM SEGMENTS display. The setting of any segment can be changed by pressing the plus (+) or minus (-) buttons in the segment.

Next, set the length of time you want each program segment to last. This is done in the same manner as for a personal program.

To start the program, press the PROGRAM START button and begin exercising. The program will run in exactly the same manner as a personal program.

The settings of the program can be changed while the program is running, if desired. To stop the program before the program has ended, press the STOP button. The console will then be in the same state as if the program had ended.

The console can be switched to the manual mode by pressing the MANUAL button. Any changes you make to the settings of the program will not be saved in memory. Only the original program settings will be saved.

OPERATING THE PERFORMANCE MONITOR

The performance monitor offers seven different modes to provide you with instant feedback as you exercise. The modes can be selected by pressing the MODE button. Mode indicators will light to show which mode you have selected. Press the START/PAUSE button to start or stop the modes. The mode indicators will flash when the modes are stopped. The modes are described below:

WEIGHT SET: For the CALORIES mode to be accurate, your weight must be entered into the console. Press the SET buttons to enter your weight. Each time one of the buttons is pressed, the weight displayed will change by 5 pounds. The buttons can be held down to enter your weight quickly. **IMPORTANT NOTE: Your weight must be entered immediately after the power key is inserted, before the pedals are turned. If necessary, remove the power key and then reinsert it, and then enter your weight.**

TIME SET: This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the TIME SET mode. (Be sure the SCAN mode is not selected.) Be sure the mode is stopped, and press the SET buttons to enter the length of time you plan to exercise. Each time one of the buttons is pressed, the length of time displayed will change by 1 second. The buttons can be held down to enter a time goal quickly. When the mode is started, the time will be counted down. When the goal is completed, a tone will sound until the START/STOP button is pressed. Note: Set time goals only when the console is in the manual mode. When the console is in the program-mable mode, the console will be controlled by the SEGMENT TIMER.

DISTANCE SET: This mode displays the distance you have pedaled, in miles. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE SET mode. (Be sure the SCAN mode is not selected.) Be sure the mode is stopped, and press the SET buttons to enter the distance you plan to pedal. Each time one of the buttons is pressed, the distance displayed will change by 0.01 mile. The buttons can be held down to enter a distance goal quickly. When the mode is started, the distance will be counted down as you exercise. When the goal is completed, a tone will sound until the START/STOP button is pressed. Note: Set distance goals only when the console is in the manual mode.

SPEED: This mode displays your current pedaling speed, in miles per hour.

CALORIES: This mode displays the number of Calories you have burned. For an accurate count, your weight must first be entered into the console.

PULSE: This mode displays your heart rate. Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to prevent excessive movement of the earclip wire. When your pulse is detected, the heart-shaped pulse indicator on the monitor will flash. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, try rubbing your ear lobe and repositioning the earclip.

SCAN: This mode displays the TIME SET, DISTANCE SET, SPEED, CALORIES and PULSE modes, for approximately five seconds each, in a repeating cycle.

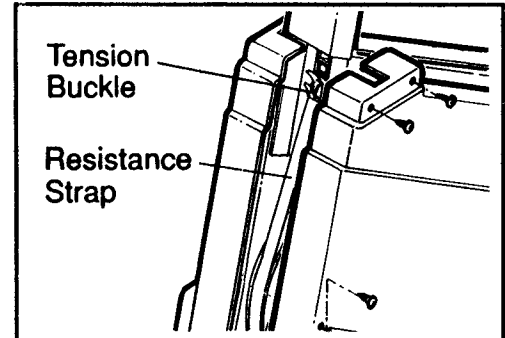
TURNING THE POWER OFF

To turn the power off, remove the power key from the console. Always turn the power off when the exercise bike is not in use.

MAINTENANCE AND TROUBLE-SHOOTING

Periodically inspect and tighten all parts of the bike. Outside surfaces of the bike can be cleaned using a soft cloth and mild detergent. Do not allow liquid to come in contact with the console. If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

If the range of pedaling resistance is too high or low, the range can be adjusted. Remove three screws from the left side shield as shown. Carefully pull the side shield away from the bike, and locate the tension buckle on the front of the frame. To raise the range of resistance, open the buckle, pull the resistance strap slightly tighter, and close the buckle tightly. To lower the range of resistance, loosen the strap slightly. Replace the three screws in the left side shield.



CONDITIONING GUIDELINES

The following guidelines will help you to outline a 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, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is called your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons, according to age.

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, 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 is near the high end of your training zone. You can find your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. Compare your heart rate to your training zone, and adjust the intensity of your exercise as necessary.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20-30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching will provide a good warm-up. After warming up, begin exercising at a light pace. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. Always end your workouts with 5-10 minutes of stretching to cool down. This will help to offset muscle contractions and other problems caused when you stop exercising suddenly.

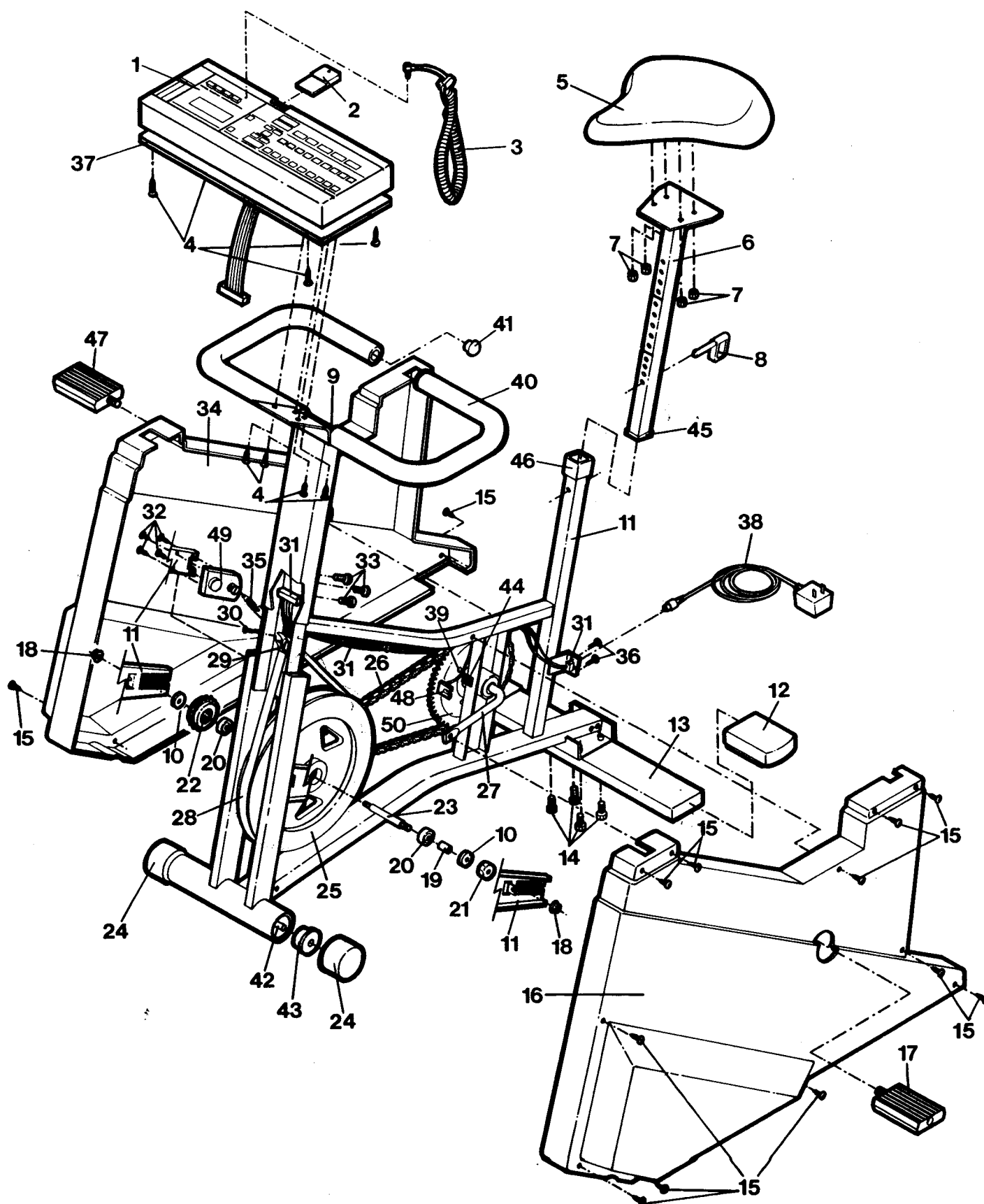
To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is CONSISTENCY.

PART LIST- Model No. PF510010

Rev. 10/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	26	1	Chain
2	1	Power Key/Clip	27	1	Crank
3	1	Pulse Earclip	28	1	Resistance Strap
4	8	Console Screw	29	1	Tension Buckle
5	1	Seat	30	1	Tension Buckle Screw
6	1	Seat Post	31	1	Main Wire Harness Assembly
7	4	Seat Nut	32	4	Motor Mounting Screw
8	1	Seat Pin	33	3	Handlebar Screw
9	1	Handlebar	34	1	Right Side Shield
10	2	Washer	35	1	Tension Spring Assembly
11	1	Frame	36	2	Power Plug Screw
12	2	Stabilizer Endcap	37	1	Console Plate
13	1	Stabilizer	38	1	Power Cord
14	4	Stabilizer Bolt	39	1	Magnet
15	14	Side Shield Screw	40	2	Foam Grip
16	1	Left Side Shield	41	2	Handlebar Endcap
17	1	Left Pedal	42	1	Roller Axle
18	2	Flange Nut	43	2	Roller Bushing
19	1	Spacer	44	1	Reed Switch Fastener
20	2	Bearing	45	1	Seat Post Glide
21	1	Nut	46	1	Seat Post Collar
22	1	Small Sprocket	47	1	Right Pedal
23	1	Flywheel Axle	48	1	Reed Switch/Wire
24	2	Roller	49	1	Tension Motor Assembly
25	1	Flywheel	50	1	Sprocket
			#	1	Owner's Manual

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



Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

To order replacement parts, simply call 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). To help us assist you, please be prepared to give the following information when calling:

1. The **MODEL NUMBER** of the product (PF510010).
2. The **NAME** of the product (Proform 3101 CTX).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** and **DESCRIPTION** of the part(s) from page 10 of this manual.

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. 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 an 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.

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