

**PRO-  
FORM**

**KICK XCS**<sup>TM</sup>  
*X-COUNTRY SKIER*

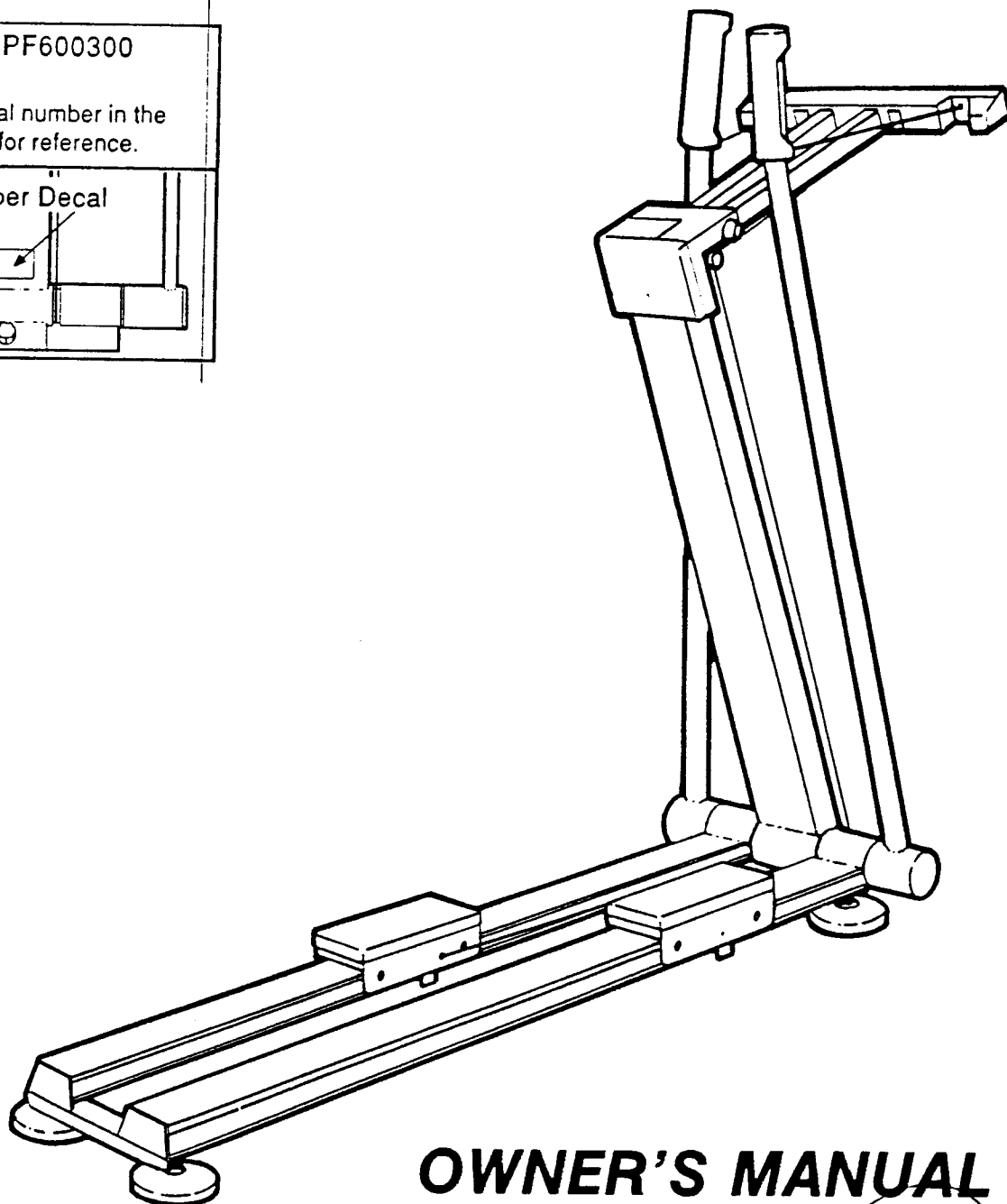
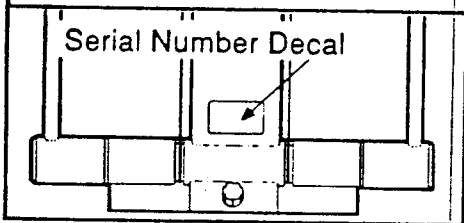
A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF600300

Serial No.

Write the serial number in the  
space above for reference.

Serial Number Decal



**OWNER'S MANUAL**

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

Part No. 101809 7/90

## **LIMITED WARRANTY**

Pro Form Fitness Products, Inc. ("Pro Form") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. Pro Form's obligation under this Warranty is limited to replacing or repairing, at Pro Form's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by Pro Form at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by Pro Form. Pre-authorization may be obtained by calling Pro Form's Customer Service Department at 1-800-999-3756. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a Pro Form authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Pro Form.

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THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**PRO FORM Fitness Products, Inc., P.O. Box 4087, Logan, UT 84321**

# PRO·FORM<sup>®</sup> KICK XCS<sup>™</sup> X-COUNTRY SKIER

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## IMPORTANT SAFETY PRECAUTIONS

1. Always use the skier on a clear, level surface.
2. Keep your hands away from the cord and resistance strap during operation. Do not insert any object into any opening.
3. Always wear running or aerobic shoes when exercising on the skier.
4. Keep small children away from the skier during operation.
5. Use the skier only as described in this manual.

**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.

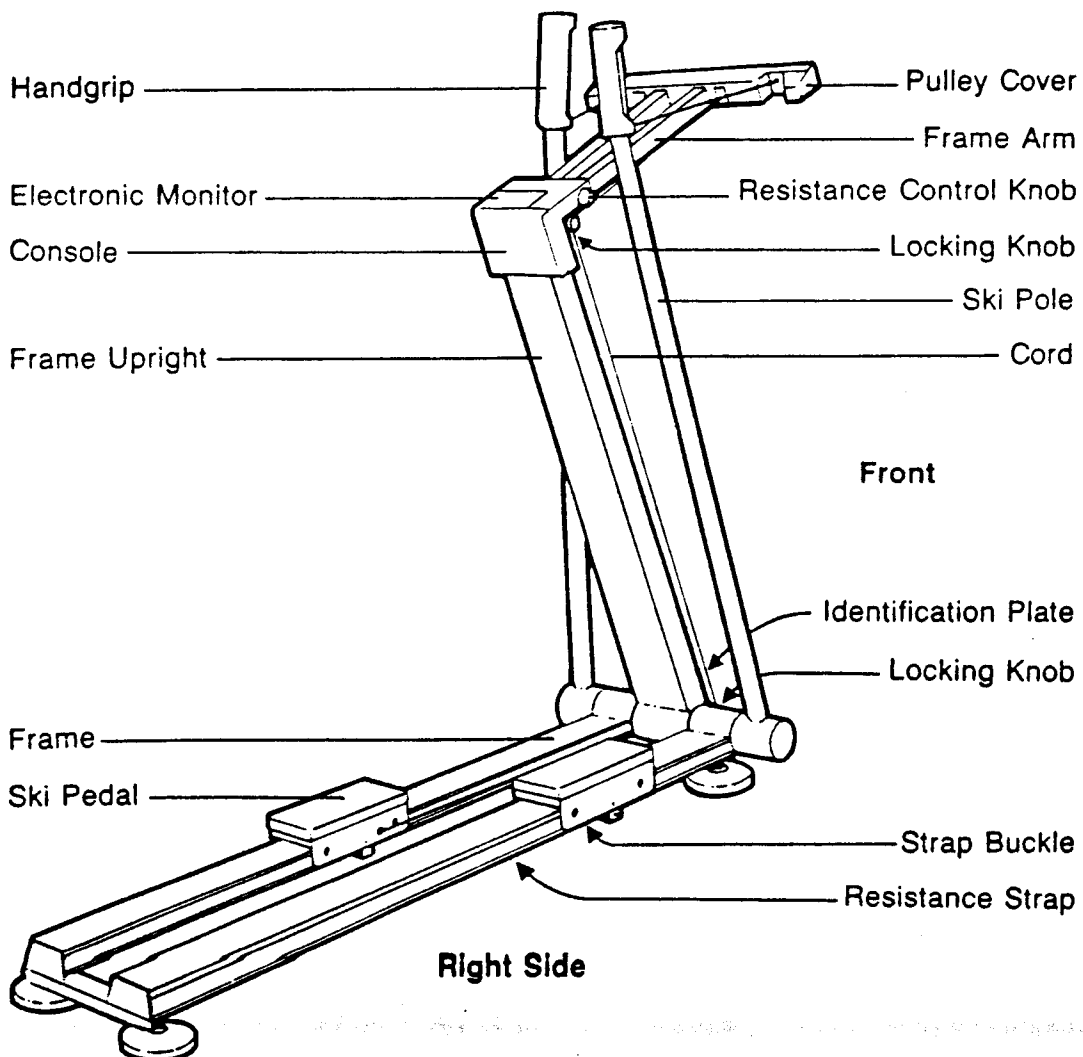
# **BEFORE YOU BEGIN**

Thank you for purchasing a PRO FORM KICK XCS X-COUNTRY SKIER. The KICK XCS combines advanced engineering with innovative design to let you enjoy one of the best forms of cardiovascular, muscle-toning exercise at your convenience, in the privacy of your own home.

For safe and effective operation of the KICK XCS, read this manual carefully before initial use. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. If possible, place the KICK XCS near your telephone for easy reference when calling.

In all communications regarding this product, please refer to the product model number and serial number. The model number can be found on the front cover of this manual. The serial number is recorded on a decal located on the product (see front cover for the location of the decal).

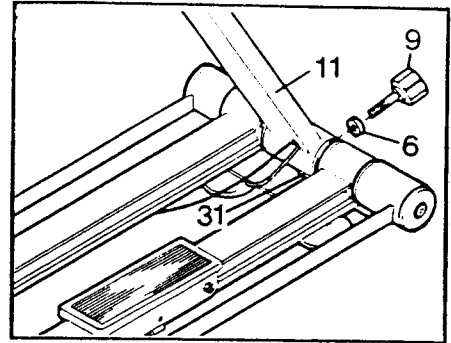
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



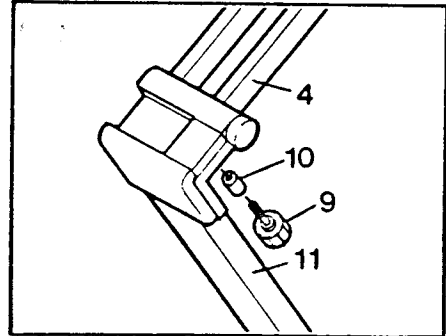
# ASSEMBLY

Set the skier in a clear area on the floor and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.** Please read all instructions before beginning assembly. Refer to the Exploded Drawing and the Part List on pages 10 and 11 for help in part identification.

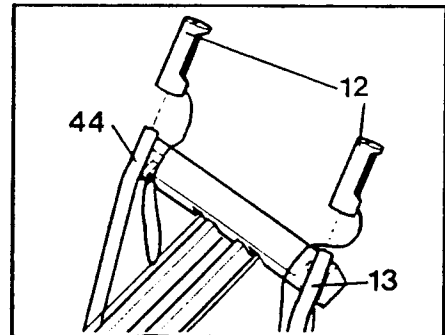
1. Raise the Frame Upright (11) as shown. Place a Washer (6) onto a Locking Knob (9), insert the Knob through the base of the Upright and tighten it into the Frame (31).



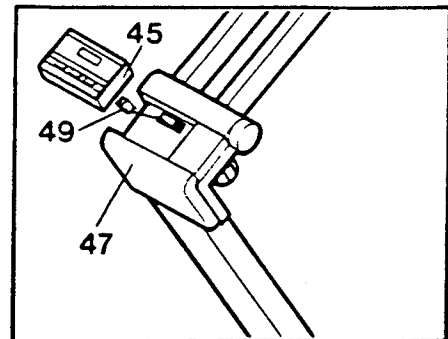
2. Pivot the Frame Arm (4) upward until it forms a right angle with the Frame Upright (11). Place the Knob Spacer (10) onto a Locking Knob (9), insert the Knob through the Frame Arm and tighten it into the Frame Upright.



3. Raise the Right and Left Ski Poles (13, 44) and slide the Handgrips (12) onto the Poles as shown.



4. Plug the Sensor Wire (49) into the back of the Electronic Monitor (45) and press the Monitor into the Console (47).



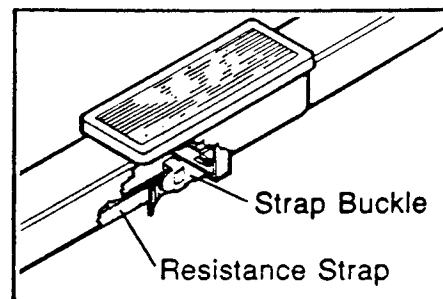
**Make sure that all parts are tightened securely before exercising.**

# **ADJUSTMENT AND OPERATION**

## **RESISTANCE ADJUSTMENT**

To vary the level of exercise intensity, the resistance against the ski pedals and ski poles can be changed. The resistance is controlled with the knob located on the right side of the console (see the drawing on page 4). To increase resistance, turn the knob clockwise. Turn the knob counterclockwise to decrease resistance.

Resistance is created by a strap connected to the ski pedals. If resistance decreases due to stretching of the strap, the strap can be adjusted. Turn the resistance control knob counterclockwise until it stops. Locate the strap buckle under the right pedal. To increase resistance, pull the resistance strap tighter through the buckle.

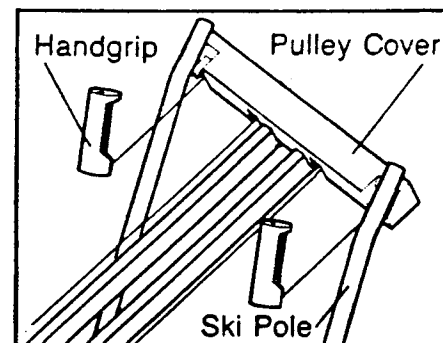


## **EXERCISING ON THE SKIER**

Step onto the ski pedals facing the console and hold the handgrips on the ski poles. Correct cross-country skiing form is similar to that of walking. Move your arms and legs forward and back with a smooth, rhythmic motion. Your back should be straight and your knees slightly bent. Begin with short strides at low resistance until you are comfortable with the motion. Note: There is resistance against the pedals in both directions. As with cross-country skiing, however, there is resistance against the poles in only one direction.

For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid strides at low resistance. To concentrate on strengthening the muscles, long, slow strides at higher resistance are more effective.

For a freer arm movement, the handgrips can be used without the ski poles. Slide the handgrips from the ski poles and rest the poles on the pulley cover. Exercise as described above, keeping tension on both handgrips at all times.



## **ELECTRONIC MONITOR OPERATION**

See the OPERATION GUIDE accompanying this manual.

# **MAINTENANCE AND STORAGE**

The KICK XCS is designed to be virtually maintenance-free. Make sure that all parts are tightened securely before each use. Outside surfaces can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic monitor.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems with monitors are the result of drained batteries. Always remove the batteries when storing the skier.

Store the skier in a cool, dry location, out of direct sunlight. The skier can be folded for compact storage in the following manner (see the ASSEMBLY section for illustrations):

1. Slide the handgrips off of the ski poles and lay the poles down beside the frame.
2. Loosen the locking knob at the base of the frame arm and lower the arm.
3. Loosen the locking knob at the base of the frame upright and lower the upright.

# **CONDITIONING GUIDELINES**

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

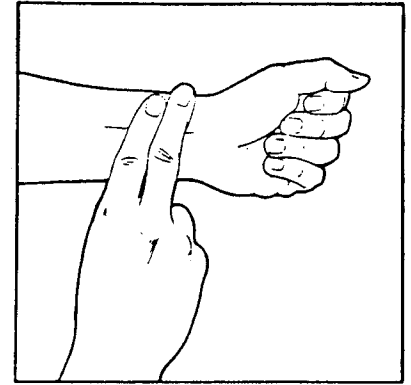
## **EXERCISE INTENSITY**

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

<b>AGE</b>	<b>UNCONDITIONED TRAINING ZONE (BEATS/MIN)</b>	<b>CONDITIONED TRAINING ZONE (BEATS/MIN)</b>	<b>AGE</b>	<b>UNCONDITIONED TRAINING ZONE (BEATS/MIN)</b>	<b>CONDITIONED TRAINING ZONE (BEATS/MIN)</b>
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. As your condition improves, a greater workload will be required in order to raise your heart rate to 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

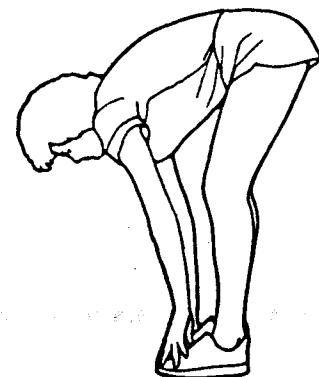
To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR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

### TOE TOUCHES

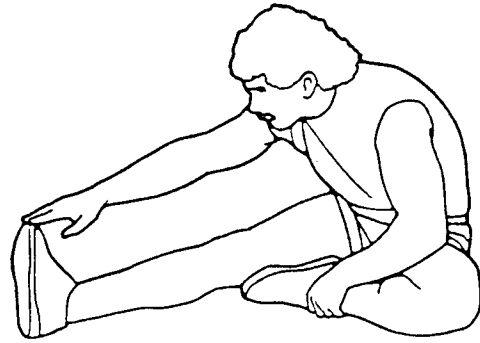
With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.



## 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.

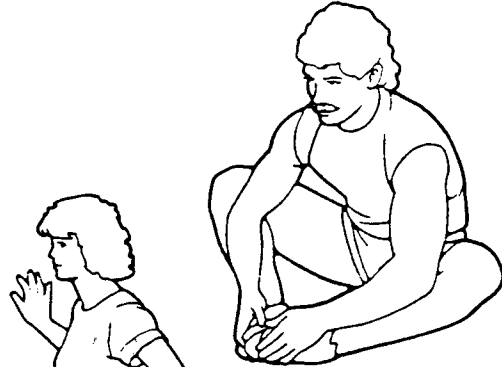
Stretches: Hamstrings, lower back and groin.



## 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.

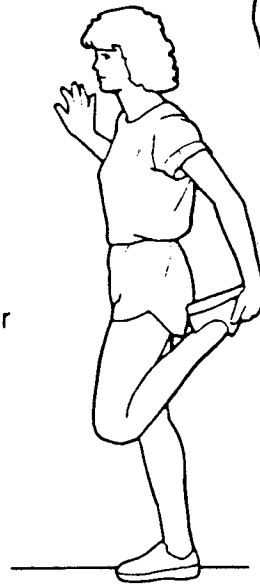
Stretches: Inner thigh muscles.



## 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.

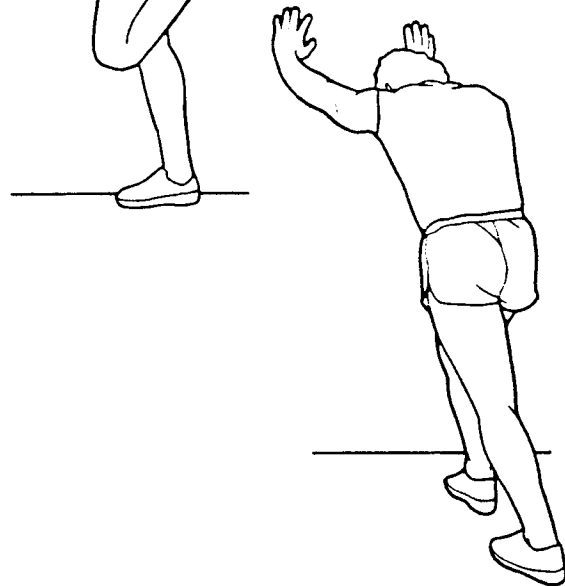
Stretches: Quadriceps, hip muscles.



## 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. PF600300

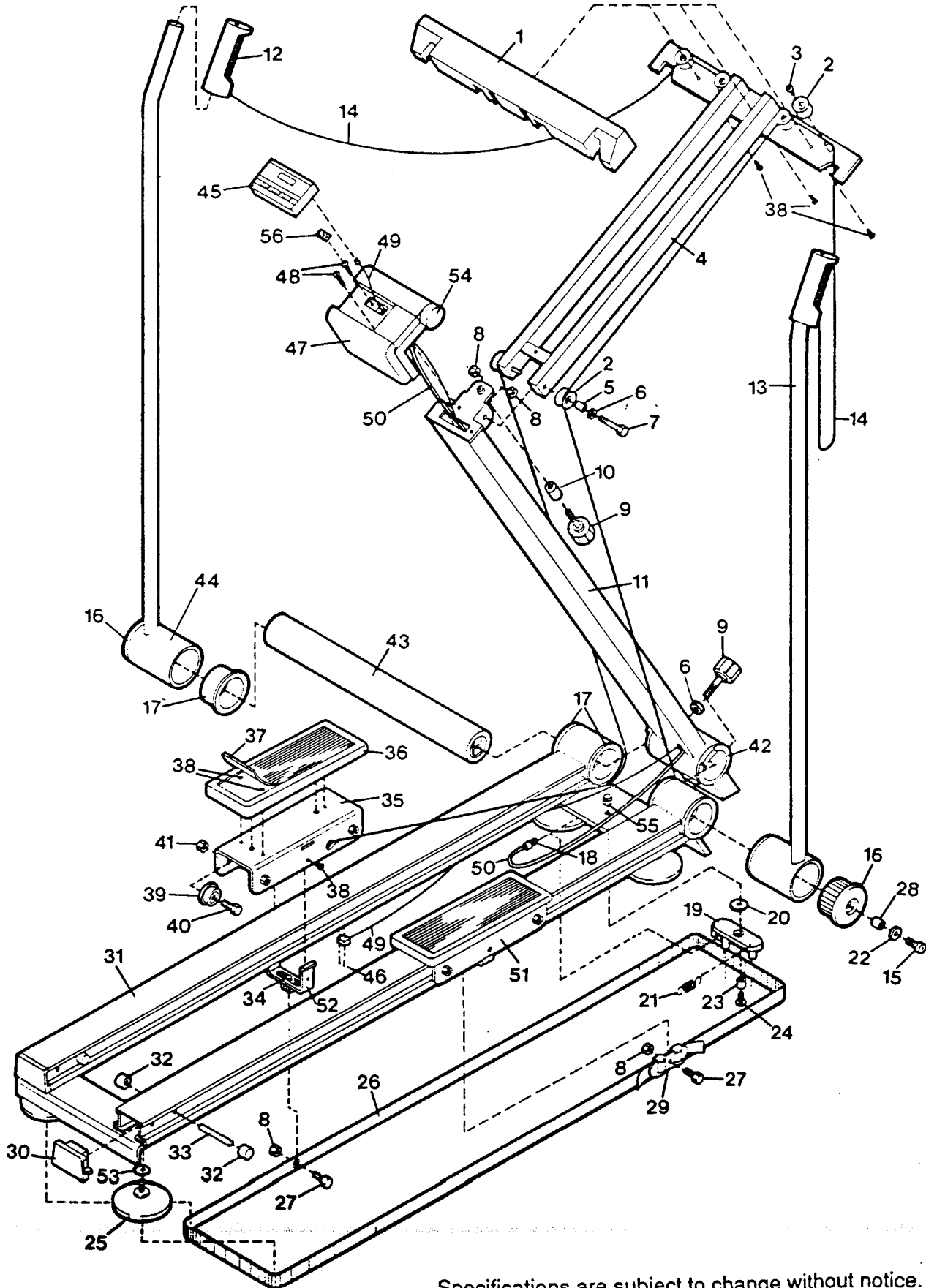
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Pulley Cover	31	1	Frame
2	6	Pulley	32	4	Pedal Bumper
3	4	Pulley Screw	33	2	Bumper Pin
4	1	Frame Arm	34	1	Magnet
5	2	Metal Bushing	35	1	Left Ski Pedal
6	3	Washer	36	2	Pedal Plate
7	2	Long Hex Bolt	37	2	Grip Pad
8	4	Locknut	38	13	Phillips Screw
9	2	Locking Knob	39	8	Pedal Wheel
10	1	Knob Spacer	40	8	Hex Bolt
11	1	Frame Upright	41	8	Nylon Locknut
12	2	Handgrip	42	2	Notched Bushing
13	1	Right Ski Pole	43	1	Pivot Shaft
14	2	Cord	44	1	Left Ski Pole
15	2	Button Head Bolt	45	1	Electronic Monitor
16	2	End Cap	46	2	Small Screw
17	6	Bushing	47	1	Console w/Pad
18	1	Hollow Bolt Assembly	48	2	Console Screw
19	1	Tension Bracket	49	1	Sensor Wire/Switch
20	1	Bracket Washer	50	1	Resis. Control Cable
21	1	Spring	51	1	Right Ski Pedal
22	2	End Cap Washer	52	2	Strap Bracket
23	1	Metal Spacer	53	4	Flat Washer
24	1	Phillips Bolt	54	1	Resis. Control Knob
25	4	Molded Foot	55	1	Acorn Nut
26	1	Resistance Strap	56	1	Fastener Strip
27	2	Strap Bolt	#	1	Owner's Manual
28	2	End Cap Spacer	#	1	Monitor Oper. Guide
29	1	Strap Buckle			
30	2	Frame End Cap			

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

# EXPLODED DRAWING - Model No. PF600300

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Specifications are subject to change without notice.

## **ORDERING REPLACEMENT PARTS**

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*Mon-Friday?*  
Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, during our business hours: 6 a.m. until 6 p.m. Mountain Time. When ordering parts, please be prepared to give the following information:

1. The name of the product (PRO FORM KICK XCS).
2. The model number of the product (PF600300).
3. The serial number of the product (see the front cover of this manual).
4. The key number of the part from the Part List in this manual.
5. The description of the part from the Part List in this manual.

If possible, place the KICK XCS near your telephone for easy reference when calling.