

NORDICTM XC-SKIER

CROSS COUNTRY SKIER • ADJUSTABLE INCLINE • MOTIVATIONAL CALORIE MONITOR

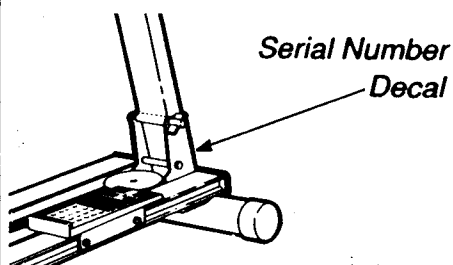
U.S. Patent 5,000,442

Patent Pending

PRO-FORM[®]

Model No. PF602020

Serial No. _____



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.

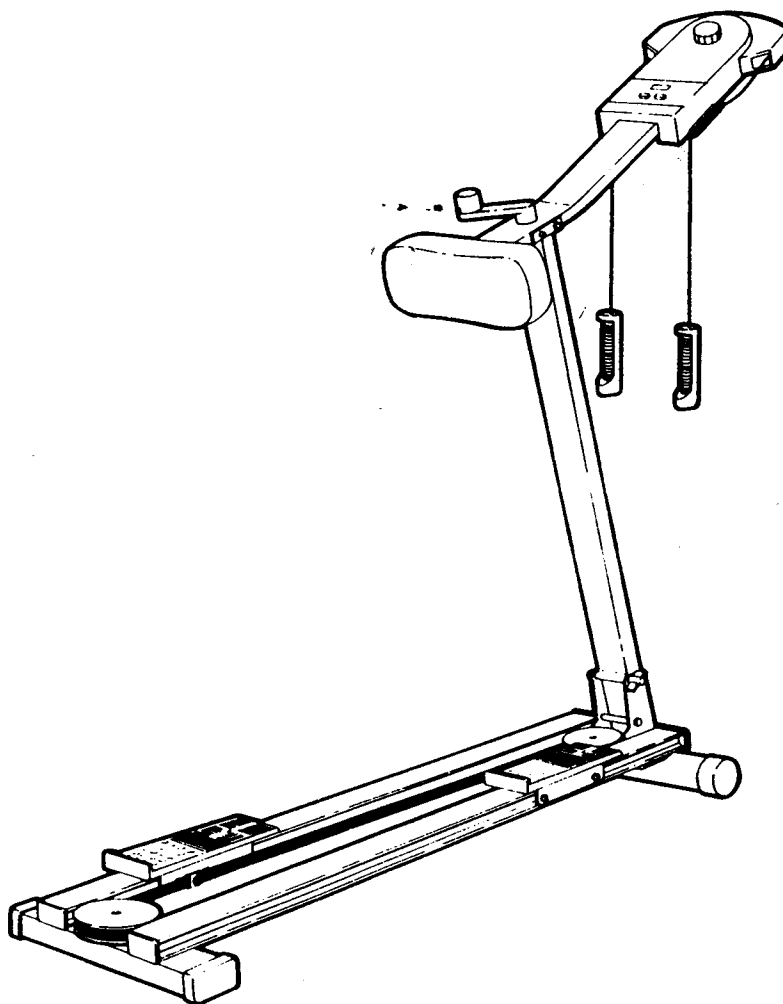
CUSTOMER HOT LINE:

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.



OWNER'S MANUAL

NORDIC™ XC-SKIER

CROSS COUNTRY SKIER • ADJUSTABLE INCLINE • MOTIVATIONAL CALORIE MONITOR

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the cross-country skier.

1. Use the cross-country skier only on a level surface.
2. Keep small children away from the cross-country skier at all times.
3. Always wear appropriate clothing, including running or aerobic shoes, when using the cross-country skier.
4. Use the cross-country skier only as described in this manual.

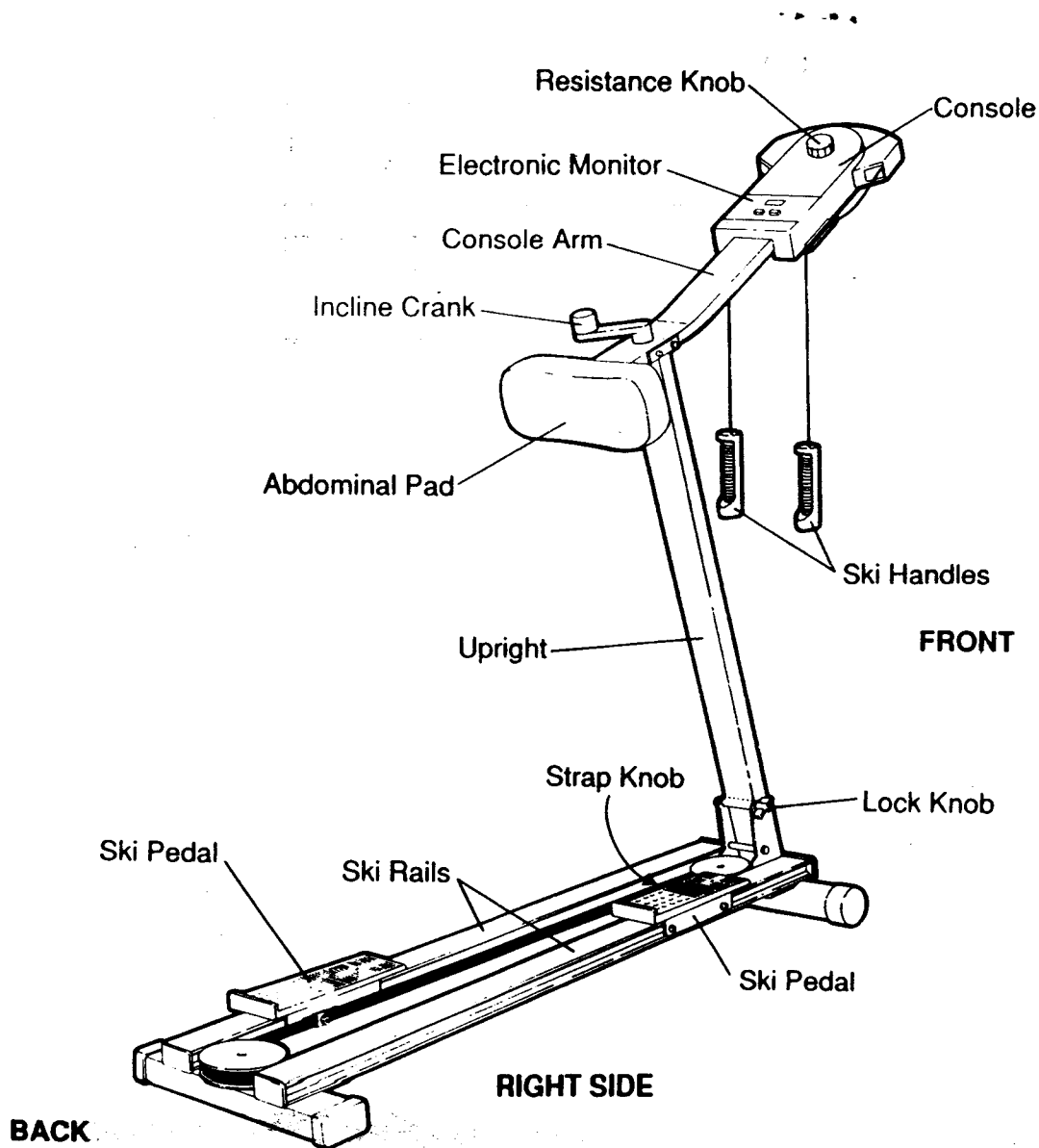
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the **PROFORM® NORDIC XC-SKIER**. Cross-country skiing is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The NORDIC XC-SKIER combines advanced engineering with innovative styling to let you enjoy this dynamic exercise in the convenience and privacy of your own home.

For your safety and benefit, read this manual carefully before using the cross-country skier. If you have additional questions, please 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 mention the product model number and serial number when calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the cross-country skier. (See the front cover of this manual for the location of the decal.)

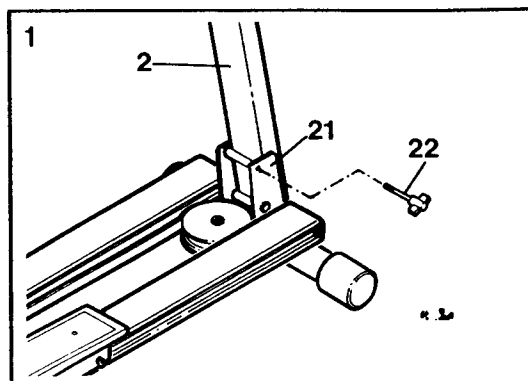
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Set all parts of the cross-country skier in a cleared area and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Read all steps carefully before beginning assembly.

1. Raise the Upright (2) to a vertical position. Insert the Lock Knob (22) through the Front Bracket (21) and the Upright, and tighten the Lock Knob into the Front Bracket.

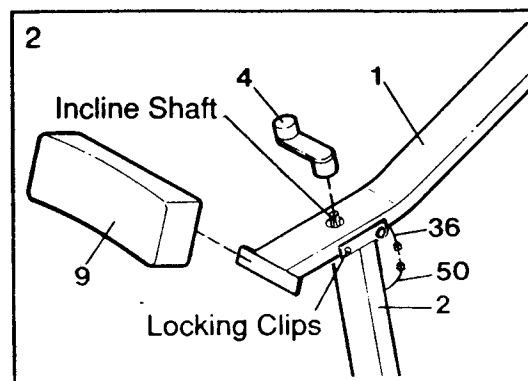


2. Raise the Console Arm (1) to the position shown. The locking clips must snap into the holes in the Upright (2). **Make sure that the Carriage Bolt (not shown) in the end of the Console Arm does not slide out.**

Press the Incline Crank (4) onto the shaft at the top of the Upright (2).

Slide the Abdominal Pad (9) onto the bracket on the Console Arm (1); the Pad can be turned either of two ways, for a low or high position.

Plug the Extension Wire (50) into the Console Wire (36).



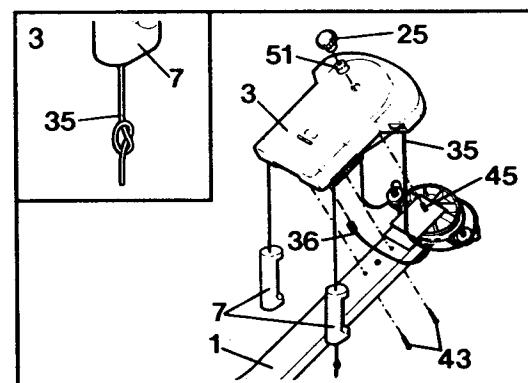
3. Plug the Console Wire (36) into the back of the Console (3).

Insert the ends of the Handle Cord (35) through the openings in the Console (3) as shown.

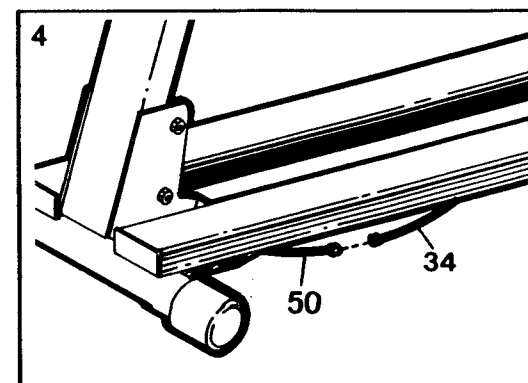
Attach the Console (3) to the Console Arm (1) with the two Console Screws (43).

Tighten the Spacer (51) and Resistance Knob (25) onto the Carriage Bolt (45).

Insert the ends of the Handle Cord (35) through the Ski Handles (7). Tie an overhand knot in each end of the Cord (see inset). Lay the Cord in the guides on either side of the Console (3).



4. Plug the Extension Wire (50) into the Reed Switch Wire (34).



ADJUSTMENT AND OPERATION

CROSS-COUNTRY SKIING FORM

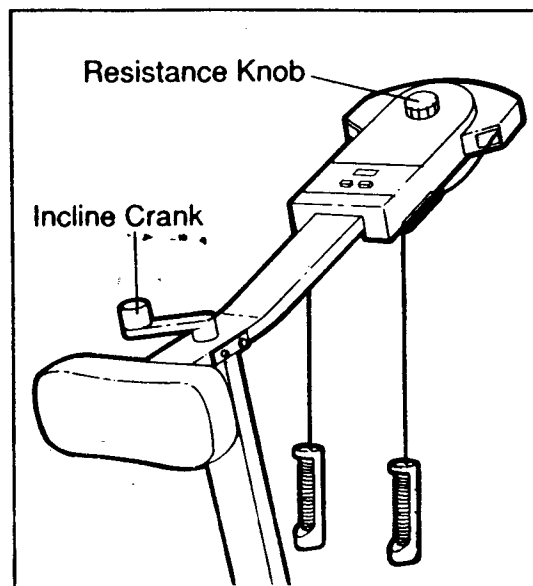
Step onto the ski pedals and center your feet on the pedals. Rest your abdomen against the abdominal pad and hold the ski handles. Correct cross-country skiing form is similar to the motion of walking: move your arms and legs forward and backward with a smooth, rhythmic motion. Your back should be straight and your knees bent slightly. Begin with short strides until you are comfortable with the motion of the cross-country skier. Keep tension on both ski handles in order to prevent the handle cord from slipping off the pulleys. For a lower-body workout only, hold the top of the abdominal pad and exercise using only your legs.

SKI HANDLE RESISTANCE ADJUSTMENT

To vary the intensity of your upper-body exercise, the resistance of the ski handles can be adjusted. The resistance is controlled by the knob located on the console. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.

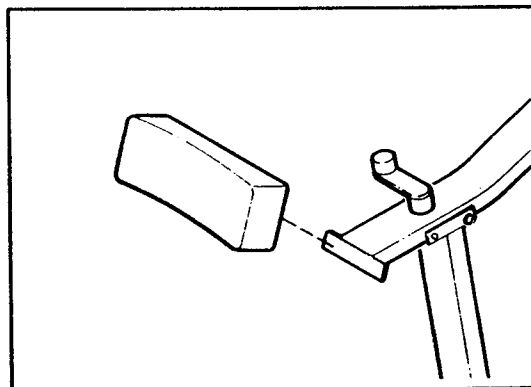
INCLINE ADJUSTMENT

To vary the intensity of your lower-body exercise, the incline of the cross-country skier can be adjusted. The incline is controlled by the crank at the top of the upright. To adjust the incline, first **dismount the cross-country skier**. To increase the incline, turn the crank clockwise; to decrease the incline, turn the crank counterclockwise.



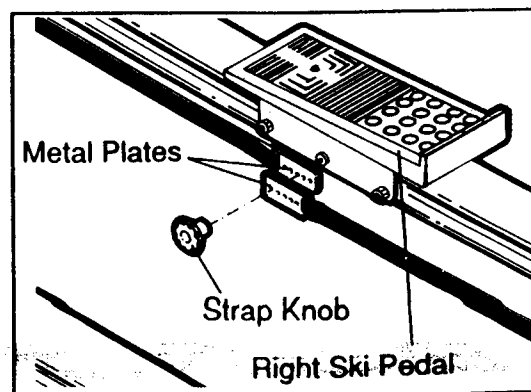
ABDOMINAL PAD ADJUSTMENT

For your comfort while using the cross-country skier, the height of the abdominal pad can be changed. There are two positions. To change the position, slide the pad to the side until it is free of the console arm. Turn the pad over and slide it back onto the console arm.



SKI PEDAL STRAP ADJUSTMENT

The ski pedal strap should be kept sufficiently tight so that it will not slip off the pulleys. To adjust the strap, first **dismount the cross-country skier**. Remove the strap knob from the right ski pedal, and slide the two metal plates off. To tighten the strap, overlap the metal plates so that the ends of the strap are closer together. Slide the metal plates back onto the ski pedal, and tighten the strap knob onto the ski pedal. Make sure that the metal plates remain parallel to each other as you tighten the knob.



ELECTRONIC MONITOR OPERATION

The console features a simple-to-operate electronic monitor with five different modes to provide you with continuous exercise feedback. Please read these instructions before operating the monitor.

DESCRIPTION OF THE MODES

SPEED—Displays your current speed, in strides per minute.

TIME—Displays the elapsed time. Note: The time will be counted only while you are exercising. If you stop for ten seconds or longer, the TIME mode will hold until you resume.

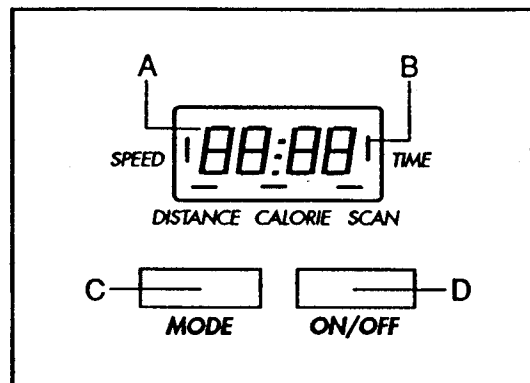
DISTANCE—Displays the total number of strides you have completed.

CALORIE—Displays the total number of nutritional Calories you have burned. Note: The number displayed is an averaged figure. The actual number will vary depending on the length of your stride, the resistance of the ski handles and the incline of the cross-country skier.

SCAN—Displays all of the above modes, for five seconds each, in a repeating cycle.

MONITOR DIAGRAM

- A. LCD display.
- B. Mode indicators—Show which mode is selected.
- C. Mode button—Selects modes.
- D. On/off button—Turns the power on and off.



OPERATING THE MONITOR

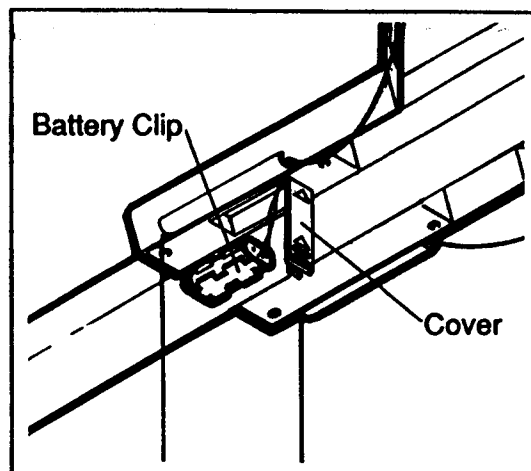
Two "AA" batteries (not included) must be installed before the monitor can be operated; alkaline batteries are recommended. (See INSTALLING BATTERIES.)

1. To turn the power on, press the on/off button or simply begin exercising.
2. Select one of the five modes:
 - A. **SCAN mode**—When the power is first turned on, the SCAN mode will be selected automatically. The SCAN mode can also be selected by repeatedly pressing the mode button. One mode indicator will show that the SCAN mode has been selected, and a second mode indicator will show which mode is currently displayed.
 - B. **SPEED, TIME, DISTANCE or CALORIE mode**—These modes can be selected by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes will be selected in the following order: SPEED, TIME, DISTANCE, CALORIE and SCAN.
3. To reset the display, turn the power off and then on again by pressing the on/off button.
4. To turn the power off, press the on/off button. Note: If the ski pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically.

INSTALLING BATTERIES

If the electronic monitor does not function properly, or if the LCD display becomes faint, the batteries should be replaced; most problems are the result of drained batteries. Two "AA" batteries are required for operation; alkaline batteries are recommended.

The battery compartment is located in the underside of the console. Open the cover and carefully remove the battery clip. Insert two new batteries, in the positions shown on the inside of the battery clip. Hold the battery clip inside the battery compartment and close the cover.



TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the cross-country skier. Clean the cross-country skier periodically using a soft, dry cloth; do not allow liquid to come in contact with the electronic monitor. Apply a few drops of light multi-purpose oil to the hubs of the strap pulleys every six months.

ELECTRONIC MONITOR

If the electronic monitor does not function properly, or if the LCD display becomes faint, the batteries should be replaced; most problems are the result of drained batteries. (See ELECTRONIC MONITOR OPERATION.) Make sure that the console wire, extension wire and reed switch wire are properly connected.

SKI PEDALS

If the ski pedals are difficult to move, the ski pedal strap may be too tight. The tension should be decreased. (See ADJUSTMENT AND OPERATION.) If the movement of the ski pedals becomes rough or noisy, clean the ski rails and the ski pedal rollers with a soft, dry cloth. Next, apply a non-oil-, non-petroleum base silicone lubricant to the rails where the rollers make contact. (We recommend Uni-Sport™ spray, which can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. Lubricant is also available at most automotive and hardware stores.) Apply lubricant at least once every three months. If the movement of the ski pedals is still rough, the rollers may need to be replaced. (See ORDERING REPLACEMENT PARTS.)

STORAGE

Slide the abdominal pad off the console arm. Remove the incline crank. Depress the locking clips in the console arm and lower the arm. Remove the lock knob and lower the upright. Remove the batteries from the console. Cover the cross-country skier during extended periods of storage.

CONDITIONING GUIDELINES

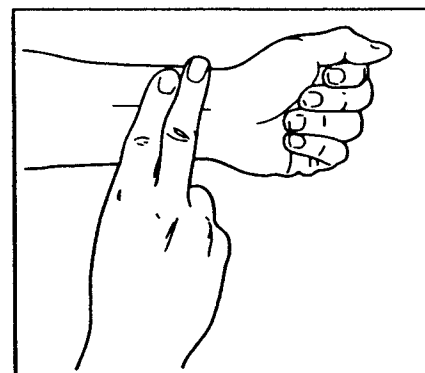
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity can be found by using your 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 known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned 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 months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 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. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

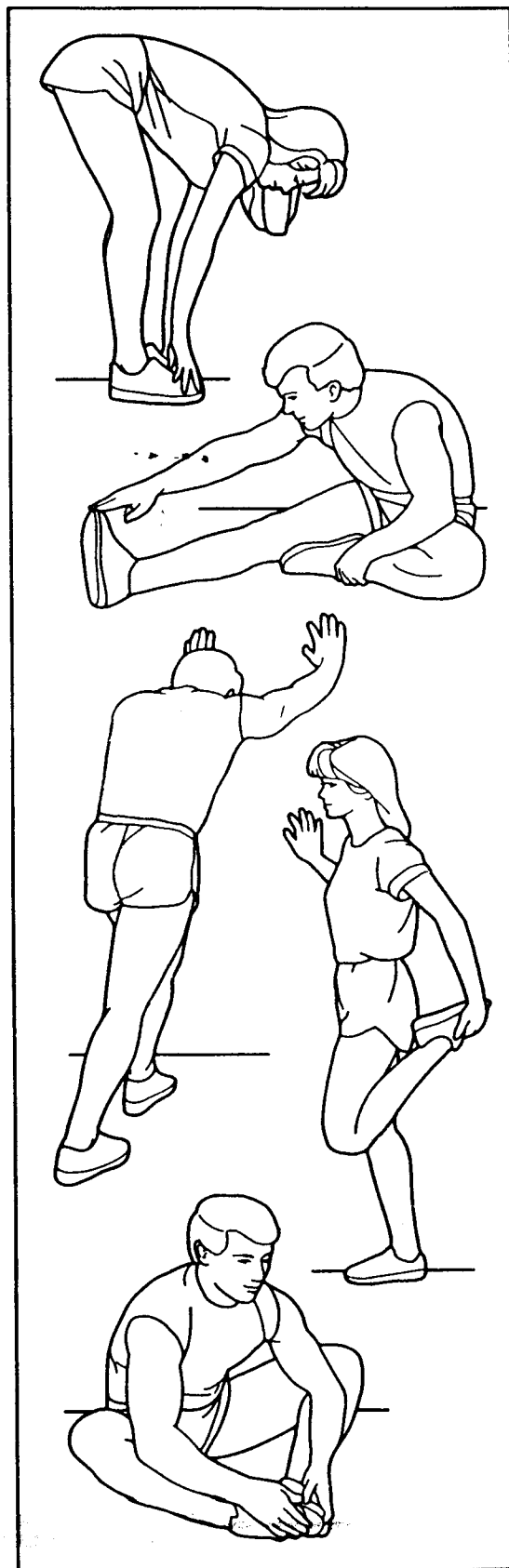
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



PART LIST—Model No. PF602020

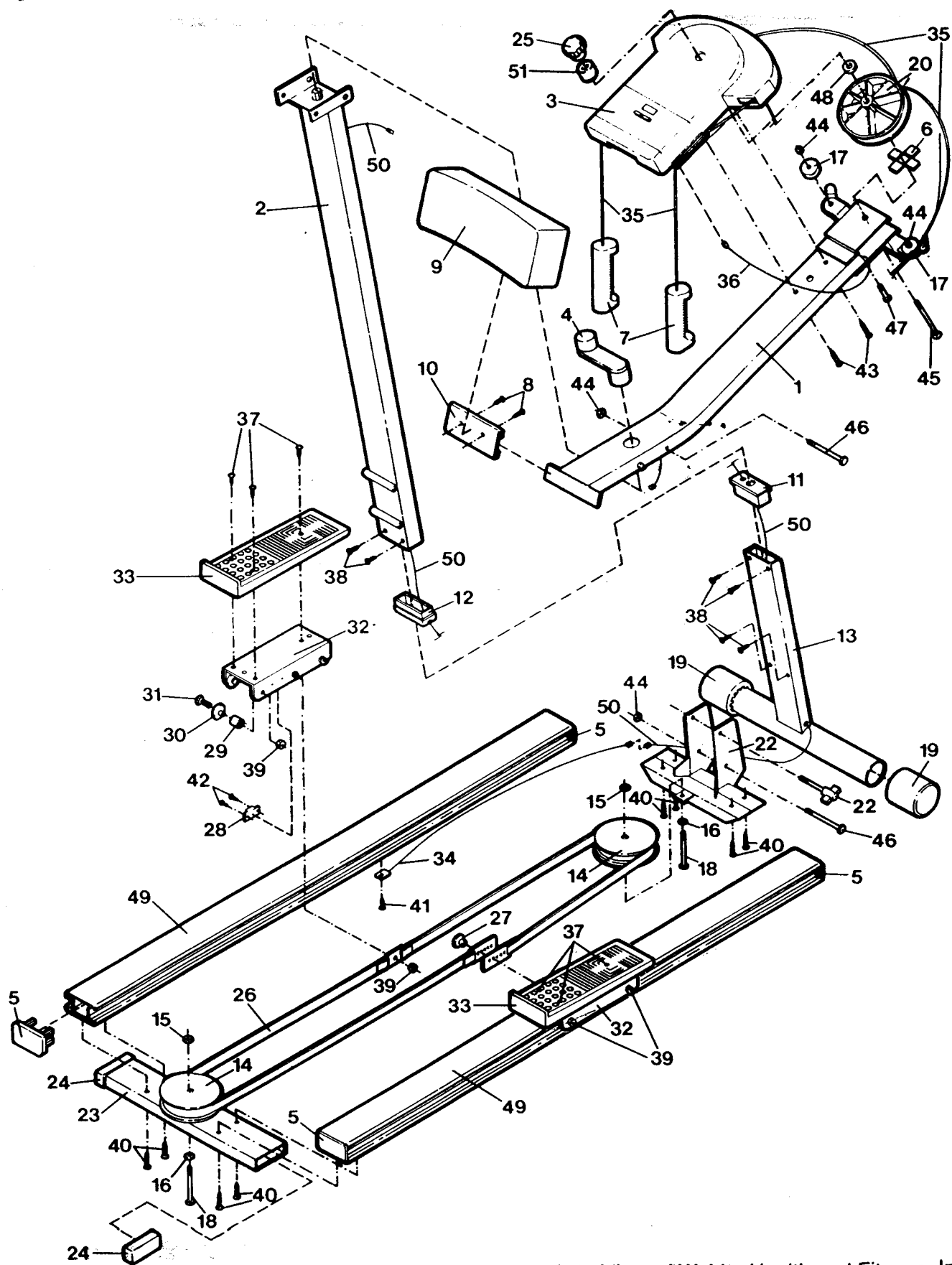
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console Arm	27	1	Strap Knob
2	1	Upright	28	1	Magnet
3	1	Console	29	8	Ski Pedal Spacer
4	1	Incline Crank	30	8	Ski Pedal Roller
5	4	Ski Rail Endcap	31	8	Roller Bolt
6	4	Resistance Plate	32	2	Ski Pedal
7	2	Ski Handle	33	2	Pedal Cover
8	2	Pad Screw	34	1	Reed Switch/Wire
9	1	Abdominal Pad	35	1	Handle Cord
10	1	Pad Bracket	36	1	Console Wire
11	1	Lower Wire Guide	37	6	Ski Pedal Screw
12	1	Upper Wire Guide	38	6	Upright Screw
13	1	Front Stabilizer	39	9	Ski Pedal Nut
14	2	Strap Pulley	40	8	Rail Screw
15	2	Pulley Nut	41	1	Reed Switch Screw
16	2	Pulley Washer	42	2	Magnet Screw
17	2	Small Pulley	43	2	Console Screw
18	2	Pulley Bolt	44	4	Nut
19	2	Front Stabilizer Endcap	45	1	Carriage Bolt
20	1	Resistance Pulley	46	2	Hex Head Bolt
21	1	Front Bracket	47	2	Small Bolt
22	1	Lock Knob	48	1	Washer
23	1	Rear Stabilizer	49	2	Ski Rail
24	2	Rear Stabilizer Endcap	50	1	Extension Wire
25	1	Resistance Knob	51	1	Spacer
26	1	Ski Pedal Strap	#	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 replacements parts.

EXPLODED DRAWING—Model No. PF602020

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ORDERING REPLACEMENT PARTS

Replacement parts can be ordered conveniently by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. To help us assist you, please note the following information before calling:

1. The **MODEL NUMBER** of the product (PF602020).
2. The **NAME** of the product (PROFORM® XC-SKIER).
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.

If possible, place the cross-country skier near your telephone for easy reference when calling.

LIMITED WARRANTY

Proform Fitness Products, Inc. ("PROFORM"), 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. PROFORM's obligation under this warranty is limited to replacing or repairing, at PROFORM's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by PROFORM 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 PROFORM. 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 PROFORM authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PROFORM.

PROFORM 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.

PROFORM FITNESS PRODUCTS, INC., 1500 S. 1000 W., LOGAN UT 84321-9813