

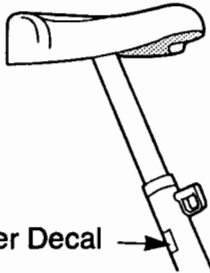
# 720

DUAL ACTION  
AIR RESISTANCE

## PRO-FORM®

Model No. PF720030

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:**

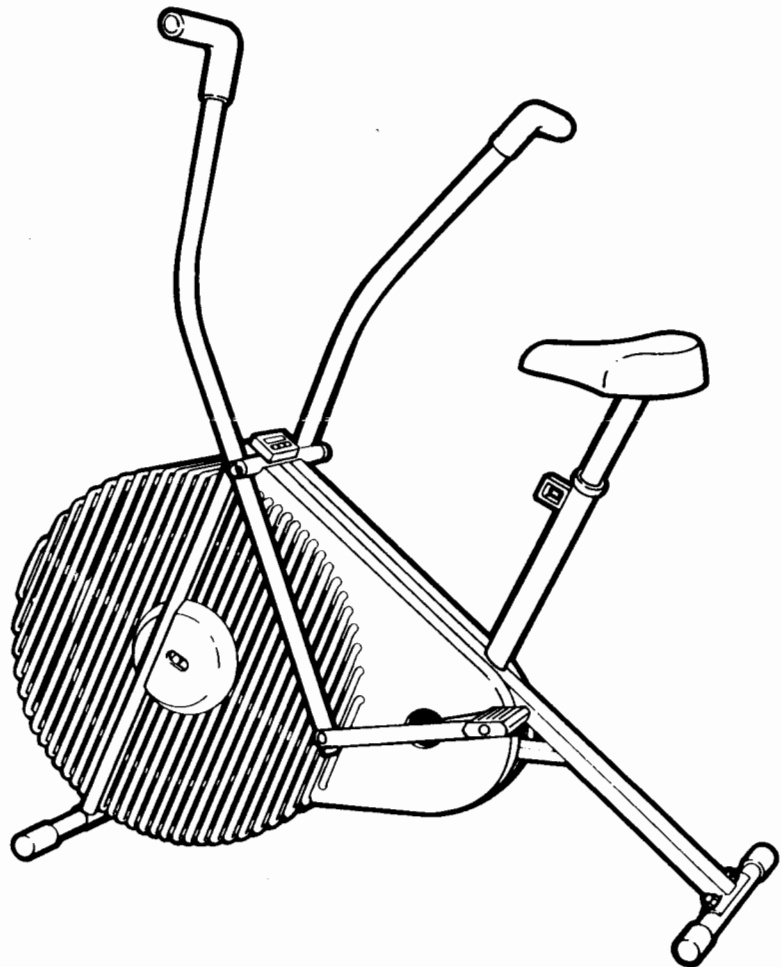
**1-800-999-3756**

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.

PATENT PENDING



## OWNER'S MANUAL

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important safety precautions before using the exercise bike.

1. Place the exercise bike on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the exercise bike. Always wear athletic shoes for foot protection.
3. When adjusting the seat, at least two inches of the seat post must be inside of the frame. The seat pin must be inserted from the front, as shown in the drawing on page 3. If the seat pin is inserted from the back, it may slip out, resulting in injury to the user.
4. Keep your hands and feet away from the link arms when using the exercise bike. Keep small children away from the exercise bike at all times.
5. Keep the chain properly adjusted (see TROUBLE-SHOOTING AND MAINTENANCE in this manual).

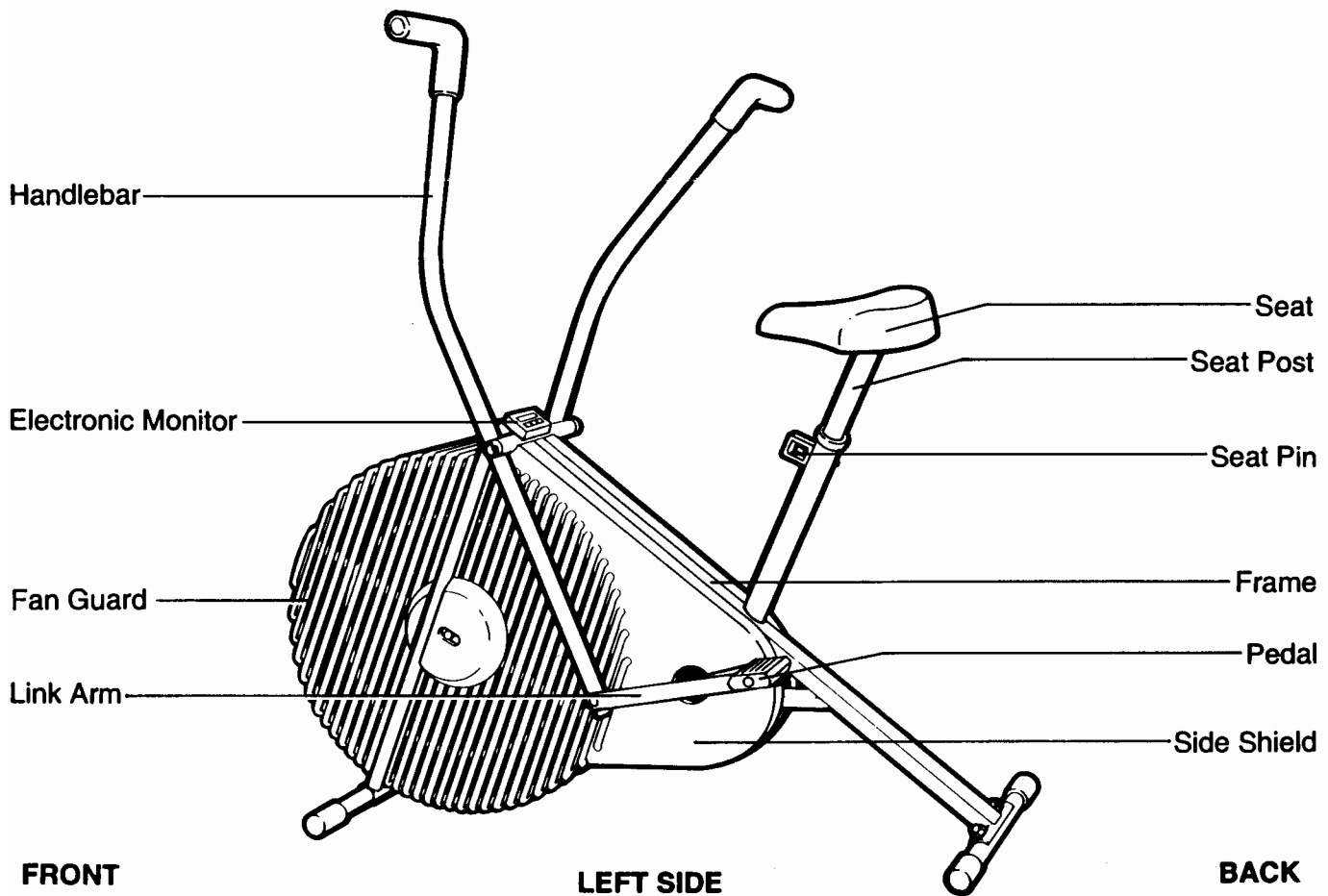
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage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

# BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 720 Dual Action Air Resistance exercise bike. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The PROFORM® 720 blends state-of-the-art engineering with innovative 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 the exercise bike.** 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 note the product model number and serial number before calling. The model number is PF720030. The serial number can be found on a decal attached to the exercise bike (see the front cover of this manual for the location of the decal).

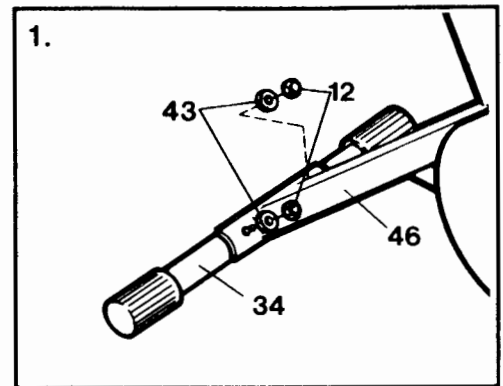
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



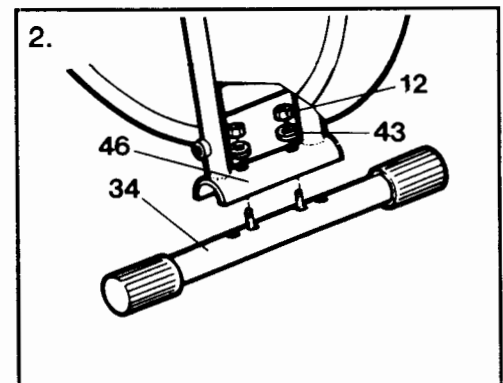
# ASSEMBLY

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until the exercise bike is fully assembled and all parts are accounted for. Read each step carefully before beginning assembly. **An 8" adjustable wrench (not included) is required.**

1. Turn one of the Stabilizers (34) so that the threaded bolts in the Stabilizer are toward the rear of the Frame (46). Attach the Stabilizer to the Frame with two 5/16" Zinc Washers (43), and Acorn Nuts (12).

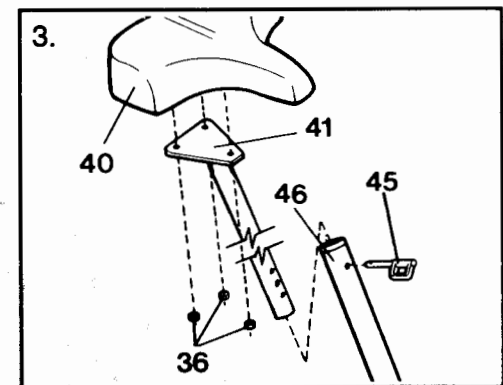


2. Turn the other Stabilizer (34) so that the threaded bolts in the Stabilizer are toward the front of the Frame (46). Attach the Stabilizer to the Frame with 5/16" Zinc Washers (43) and Acorn Nuts (12).

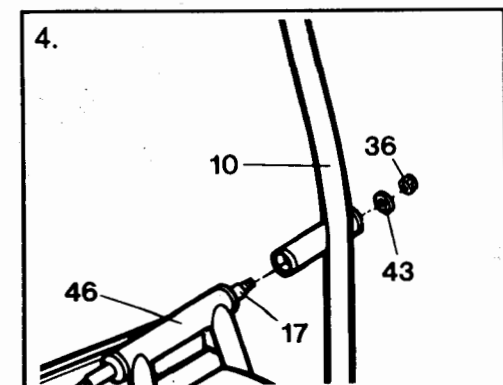


3. Remove the three 8mm Zinc Locknuts (36) from the underside of the Seat (40). Attach the Seat to the top of the Seat Post (41) with the three Nuts.

Insert the Seat Post into the Frame (46). Adjust the Seat to the desired height and insert the Seat Pin through the front of the Frame and Seat Post as shown. **CAUTION: At least two inches of the Seat Post must be inside of the Frame. The Seat Pin must be inserted from the front, as shown. If the Seat Pin is inserted from the back, it may slip out, resulting in injury to the user.**

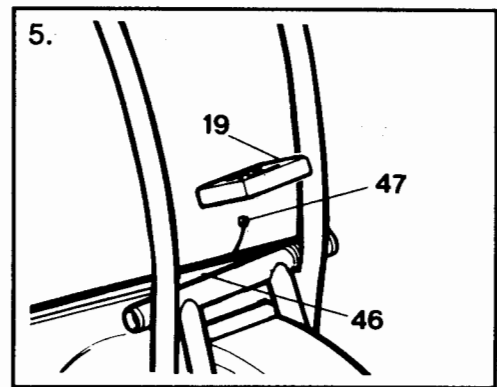


4. Remove the 8mm Zinc Locknuts (36) and the 5/16" Zinc Washers (43) from the ends of the Pivot Shaft (17). Slide the Pivot Shaft (17) into the Frame (46). Slide the Left Handlebar (10) onto the left end of the Shaft. Note: See the drawing on page 3 to make sure the Left Handlebar is on the correct side. Slide the Right Handlebar (not shown) onto the right end of the Shaft. Attach a 5/16" Zinc Washer and 8mm Zinc Locknut to each end of the Shaft.



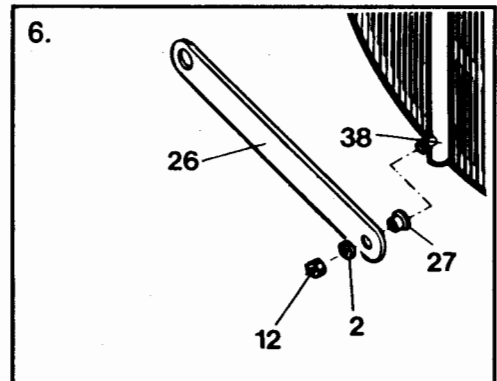
5. If there is a red strip in the back of the Electronic Monitor (19), remove the strip.

Plug the Sensor Wire (47) into the Electronic Monitor (19). Slide the Electronic Monitor onto the Frame (46). Make sure that the Sensor Wire is not pinched between the Electronic Monitor and the Frame.



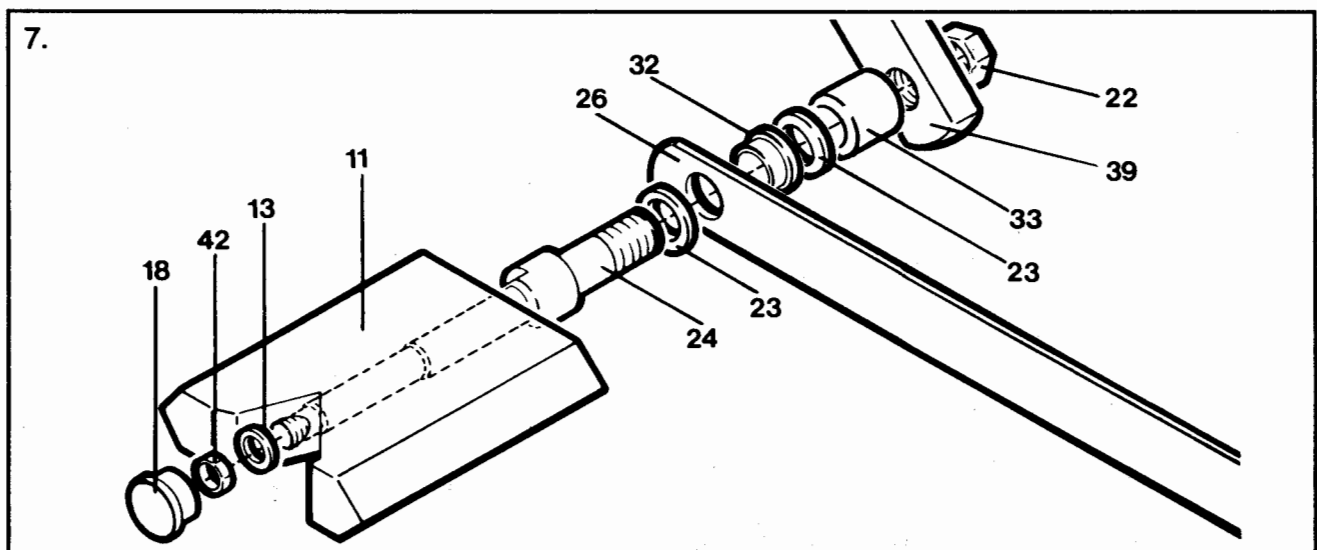
6. Remove the 8mm x 16 mm Washer (2) and the 8mm Locknut (12) from the lower end of the Right Handlebar (38). Connect a Link Arm (26) with a Brass Handlebar Bushing (27), 8mm x 16mm Washer and 8mm Locknut. Note: Be sure to connect the Link Arm with the flange end of the Brass Handlebar Bushing toward the Handlebar, as shown.

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



7. Remove the two 9/16" Zinc Washer (23), Steel Link Arm Bushing (32), Pedal Spacer (33) and the 1/2" Zinc Locknut (22) from the Pedal Axle (24). Slide a 9/16" Zinc Washer onto the end of a Pedal Axle. Insert the end of the Pedal Axle through the right Link Arm (26) and slide a Steel Link Arm Bushing, 9/16" Zinc Washer and Pedal Spacer onto the Pedal Axle. **Firmly tighten the Pedal Axle clockwise into the right arm of the Crank (39).** Tighten a 1/2" Zinc Locknut onto the end of the Pedal Axle.

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

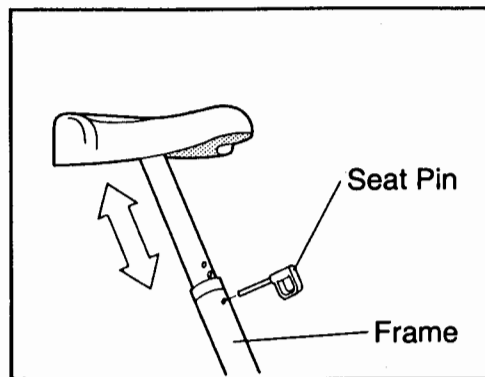


# OPERATION AND ADJUSTMENT

## SEAT ADJUSTMENT

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 exercise bike, hold the seat and remove the seat pin. Raise or lower the seat and reinsert the seat pin.

**CAUTION: At least two inches of the seat post must be inside of the frame. The seat pin must be inserted from the front, as shown. If the seat pin is inserted from the back, it may slip out, resulting in injury to the user.**



## ELECTRONIC MONITOR

The electronic monitor features five different modes to give you instant exercise feedback. The five modes are described below.

**SPEED**—Displays your current pedaling speed, in miles per hour.

**TIME**—Displays the elapsed time.

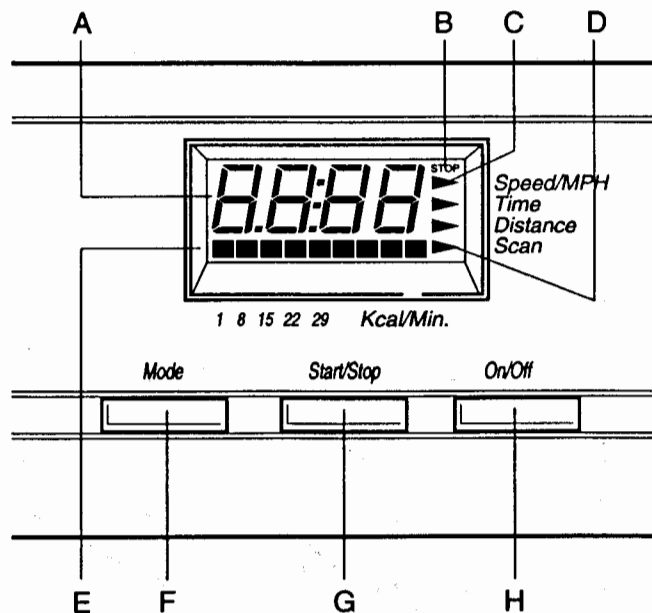
**DISTANCE**—Displays the distance you have pedaled, in miles.

**SCAN**—Displays the **SPEED**, **TIME** and **DISTANCE** modes in a repeating cycle.

**CALORIE**—Displays the approximate number of nutritional Calories (kilocalories, or kcals) you are burning per minute.

## DIAGRAM OF THE ELECTRONIC MONITOR

- A. Main display—Displays the **SPEED**, **TIME**, **DISTANCE** and **SCAN** modes.
- B. Stop indicator—Shows whether modes are stopped or started.
- C. Mode arrow—Shows which mode is currently displayed.
- D. **SCAN** mode arrow—Indicates when the **SCAN** mode has been selected.
- E. **CALORIE** mode display.
- F. Mode button—Selects modes.
- G. Start/Stop button—Starts and stops modes.
- H. On/Off button—Turns the power on and off.



## ELECTRONIC MONITOR OPERATION

If there is a piece of clear protective plastic on the front of the monitor, remove and discard it.

1. Press the On/Off button. The entire display will appear for a few seconds; the monitor will then be ready for operation.

2. Select one of the five modes:

**SCAN**—Press the Mode button. A mode arrow will point to the word "Scan." Press the Start/Stop button to start the mode. The SPEED, TIME and DISTANCE modes will all be displayed, for about 5 seconds each, in a repeating cycle. A second mode arrow will show which mode is currently displayed.

**SPEED, TIME or DISTANCE**—While the SCAN mode is operating (see above), the SPEED, TIME and DISTANCE modes will be displayed in a repeating cycle. If desired, a single mode can be selected for continuous display. Simply wait until the desired mode is displayed, and then press the Mode button again. The SCAN mode will be cancelled.

**CALORIE**—The CALORIE mode will be activated whenever the pedals are turned. The numbers beneath the display show the number of Calories you are burning per minute. (To find the total number of Calories you have burned during a workout, multiply the number of Calories burned per minute by the number of minutes you have exercised. For example, if you have burned 8 Calories per minute for 20 minutes, you have burned a total of 160 Calories.) Note: The numbers beneath the display are based on an average pedaling speed. If the pedaling speed is faster or slower, the actual number of Calories burned will be slightly higher or lower than the number shown.

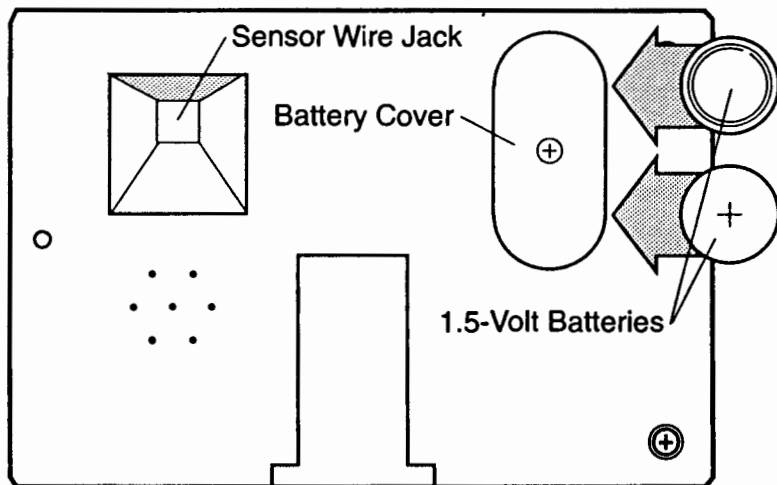
3. Modes can be started and stopped at any time by pressing the Start/Stop button.

4. When you are finished exercising, press the On/Off button to turn the power off. Note: If the pedals are not turned and no buttons are pressed for 4–5 minutes, the power will turn off automatically to prevent the batteries from being drained.

## ELECTRONIC MONITOR CARE

The monitor can be cleaned using a soft, dry cloth. Do not allow liquid to come in contact with the monitor. Keep the monitor out of direct sunlight, or the monitor display may be damaged. Always remove the batteries when storing the bike.

If the display becomes faint, or if the monitor does not function properly, the batteries should be replaced. Most problems are the result of drained batteries. To replace the batteries, first remove the monitor from the bike and unplug the sensor wire. Remove the screw attaching the battery cover to the back of the monitor. Insert two new 1.5-volt watch batteries, with the writing face-down on the upper battery, and face-up on the lower battery. Reattach the battery cover, reconnect the sensor wire, and replace the monitor on the bike.



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# TROUBLE-SHOOTING AND MAINTENANCE

## ADJUSTING THE CHAIN

The exercise bike features a precision chain which must be kept properly adjusted and lubricated. Apply a few drops of light multi-purpose oil to the chain every three months. If the chain is too tight, the bearings may be damaged; if the chain is too loose, the fan may be damaged. If the chain causes excessive noise or slips as you pedal, check the chain in the following manner:

1. Remove the right pedal assembly.
2. Remove the screws attaching the fan guard and the right side shield to the exercise bike.
3. Check the tension of the chain. **There should be no more than 1 inch, and no less than 1/4 inch, of vertical movement in the center of the chain.** If the chain is properly adjusted, reattach the fan guard, right side shield and right pedal assembly; if the chain needs to be adjusted, see steps 4 and 5.
4. Loosen the axle nut on each side of the fan axle. To tighten the chain, turn the adjustment nuts on the front of the frame clockwise. To loosen the chain, turn the adjustment nuts counterclockwise. Retighten the axle nuts, making sure to keep the fan aligned with the frame.
5. Reattach the right side shield, fan guard, and right pedal assembly.

Always check the chain if it slips or causes excessive noise as you pedal.

## ELECTRONIC MONITOR

If the electronic monitor does not function properly, the batteries should be replaced. Most problems are the result of weak batteries. See ELECTRONIC MONITOR CARE on page 7 for battery installation instructions. If the electronic monitor still does not function properly, the sensor wire should be checked. Slide the electronic monitor off the frame and make sure the sensor wire is plugged fully into the wire extending from the electronic monitor.

## TIGHTENING THE PEDALS

If the pedals become loose, tighten the pedal axles into the arms of the crank. Tighten the 1/2" zinc locknuts onto the ends of the pedal axles (see assembly step 7 on page 5).

# CONDITIONING GUIDELINES

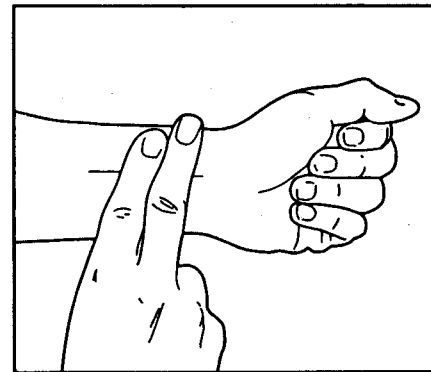
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or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

# PART LIST—Model No. PF720030

Rev. 9/93

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Axle Nut	29	2	Adjustment Nut
2	1	Fan Plate	30	2	Formed Washer
3	2	Spacer	31	2	Adjustment Bolt
4	1	Fan Sprocket	32	2	Steel Link Arm Bushing
5	1	Fan Axle Shaft	33	2	Pedal Spacer
6	2	Flange Bushing	34	2	Stabilizer
7	1	Fan Assembly	35	4	Stabilizer Endcap
8	4	Handlebar Endcap	36	7	8mm Zinc Locknut
9	2	Foam Grip	37	2	Fan Guard
10	1	Left Handlebar	38	1	Right Handlebar
11	2	Pedal	39	1	Crank/Sprocket Assembly
12	4	Acorn Nut	40	1	Seat
13	2	8mm x 16mm Zinc Washer	41	1	Seat Post
14	2	Outer Pivot Bushings	42	2	6mm Zinc Locknut
15	1	Left Side Shield	43	10	5/16" Zinc Washer
16	2	Side Shield Screw	44	1	Seat Post Bushing
17	1	Pivot Shaft	45	1	Seat Pin
18	2	Pedal Cap	46	1	Frame
19	1	Electronic Monitor	47	1	Sensor Wire/Reed Switch
20	1	Adhesive Block	48	1	Sensor Magnet
21	3	1 1/4" Plate Screw	49	4	Fan Guard Clip
22	2	1/2" Zinc Locknut	50	6	Fan Guard Screw
23	2	9/16" Zinc Washer	51	1	Right Side Shield
24	2	Pedal Axle	52	1	Chain
25	2	Fan Nut	53	4	3/4" Flat Washer
26	2	Link Arm	54	1	Fan Guard Bracket
27	2	Brass Handlebar Bushing	55	4	Self-Tapping Screw
28	4	Inner Pivot Bushing	#	1	Owner's Manual

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



# ORDERING REPLACEMENT PARTS

To order replacement parts, 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 note the following information before calling:

1. The **MODEL NUMBER** of the product (PF720030).
2. The **NAME** of the product (PROFORM® 720 Dual Action Air Resistance exercise bike).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** and **DESCRIPTION** of the part(s) (see page 10 of this manual).

## 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**