

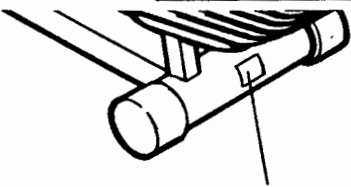
738

TRIPLE ACTION
AIR RESISTANCE

PRO-FORM®

Model No. PF738030

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:

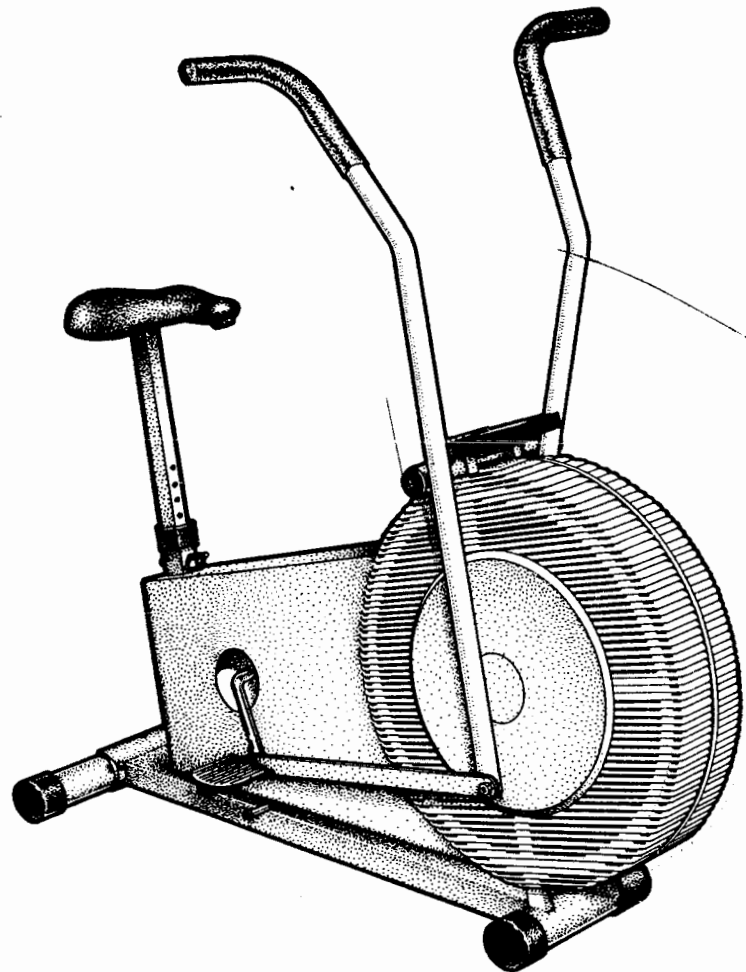
1-800-999-3756

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.

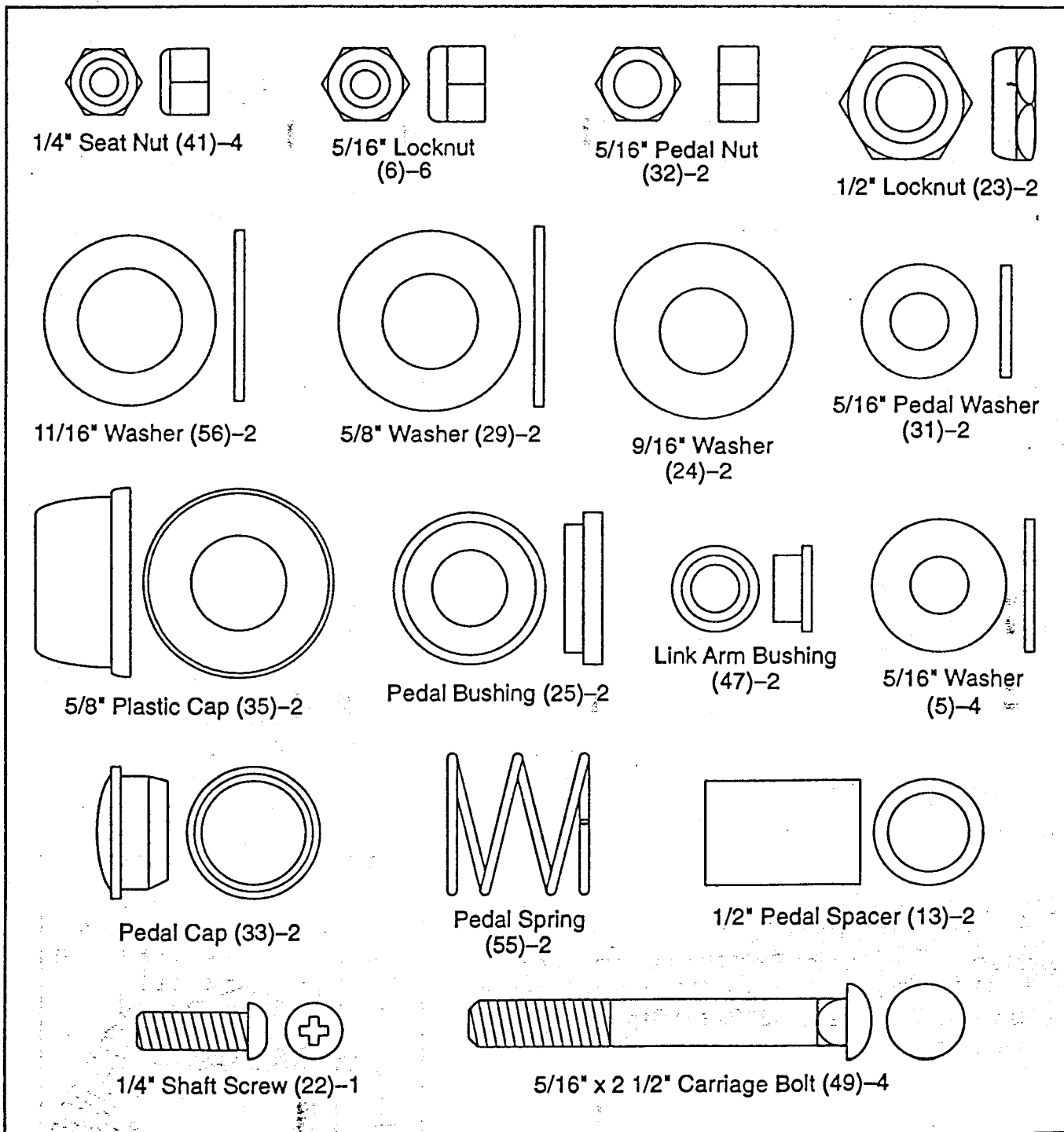
1. Place the exercise bike on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the exercise bike. Always wear athletic shoes for foot protection.
3. When adjusting the seat, at least two inches of the seat post must be inside of the 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.

ASSEMBLY

Place all parts of the exercise bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. In addition to the tools included, a hammer is required for assembly.

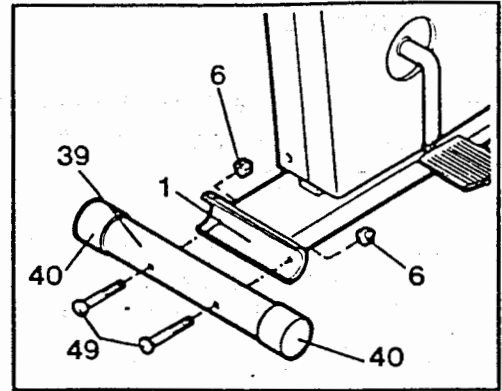
Read all steps and examine all drawings on pages 4 and 5 before beginning. Use the part chart below to identify the small hardware used in assembly. The number in parenthesis beneath each part refers to the key number of the part. The second number refers to the quantity included. Note: Some of the small hardware used in assembly may be attached to the parts to be assembled. If a part is missing, see the back cover for instructions.



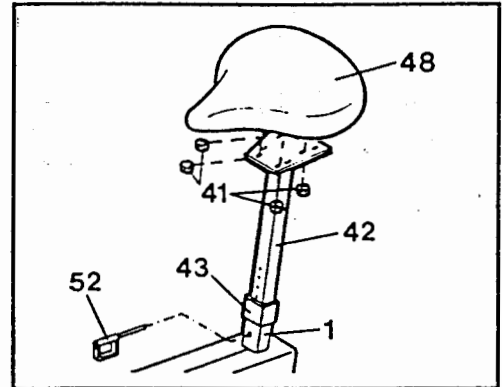
1. Press two Endcaps (40) onto each of the Stabilizers (39).

Turn one of the Stabilizers (39) so the round holes are toward the bracket on the rear of the Frame (1). Attach the Stabilizer with two 5/16" x 2 1/2" Carriage Bolts (49) and 5/16" Locknuts (6).

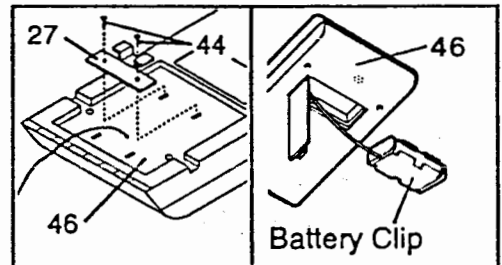
Attach the other Stabilizer (39) to the bracket on the front of the Frame (1) in the same manner.



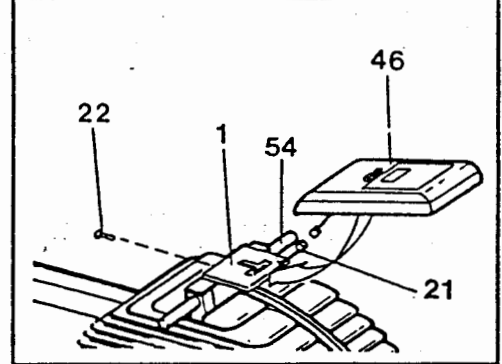
2. Remove the four 1/4" Seat Nuts (41) from the Seat (48). Attach the Seat to the top of the Seat Post (42) with the 1/4" Seat Nuts. Adjust the Seat to the desired height, and insert the Seat Pin (52) through the Frame (1) and the Seat Post. Slide the Seat Post Sleeve (43) down over the Frame. **CAUTION: 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.**



3. Attach the Monitor Bracket (27) to the back of the Electronic Monitor (46) with the two 3/16" x 1/2" Screw (44). The Electronic Monitor requires two "AA" batteries (not included). Alkaline batteries are recommended. Open the battery cover and carefully remove the battery clip. Find the markings inside the battery clip showing which direction the batteries must be turned. Insert the batteries into the battery clip. Close the battery cover.

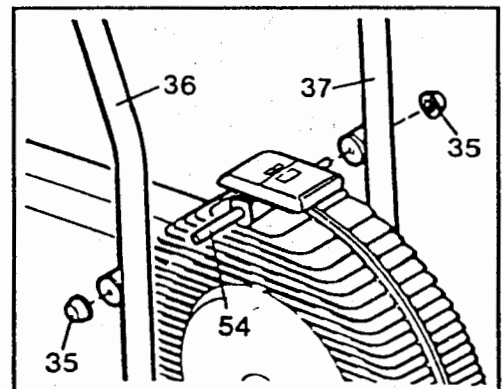


Insert the Handlebar Shaft (54) into the Frame (1). Align the hole in the center of the Handlebar Shaft with the hole in the Frame. Tighten the 1/4" Shaft Screw (22) into the Frame and the Handlebar Shaft.

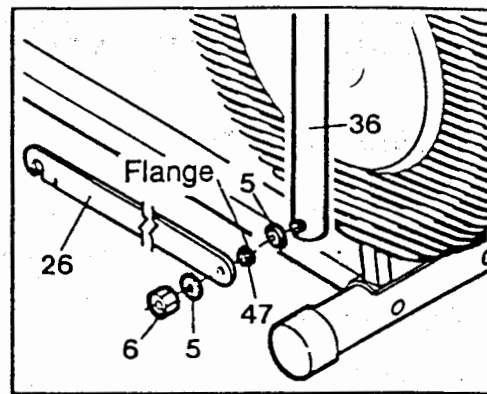


Plug the Sensor Wire (21) into the wire extending from the Electronic Monitor (46). Slide the Electronic Monitor onto the Frame (1). Make sure that the Sensor Wire is not pinched between the Electronic Monitor and the Frame.

4. Slide the Right Handlebar (36) onto the right end of the Handlebar Shaft (54). (Note: See the drawing on the front cover to make sure that the Right Handlebar is turned correctly.) Slide the Left Handlebar (37) onto the left end of the Handlebar Shaft. Tap a 5/8" Plastic Cap (35) onto each end of the Handlebar Shaft.



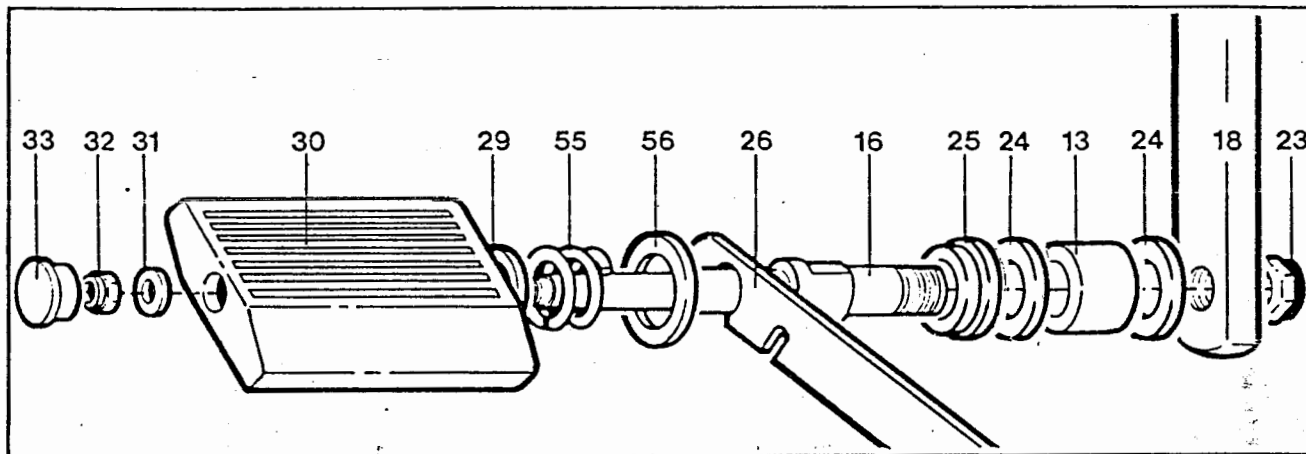
5. Slide a 5/16" Washer (5), a Link Arm Bushing (47) and a Link Arm (26) onto the threaded pin on the lower end of the Right Handlebar (36). Make sure that the Link Arm Bushing is turned so the flange is next to the Washer, and that the opening in the end of the Link Arm is downward as shown. Tighten a 5/16" Locknut (6), with a 5/16" Washer (5), onto the threaded pin.



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

5. Slide a Pedal Bushing (25), a 9/16" Washer (24), a 1/2" Pedal Spacer (13) and another 9/16" Washer (24) onto a Pedal Shaft (16) as shown. Firmly tighten the Pedal Shaft clockwise into the right arm of the Crank (18). Tighten a 1/2" Locknut (23) onto the Pedal Shaft. Fit the end of the right Link Arm (26) onto the Pedal Shaft and slide the Link Arm onto the Pedal Bushing (25). Slide an 11/16" Washer (56), a Pedal Spring (55), a 5/8" Washer (29) and a Pedal (30) onto the Pedal Shaft. Make sure that the Pedal is turned so the end with the largest hole is away from the exercise bike. Tighten a 5/16" Pedal Nut (32), with a 5/16" Pedal Washer (31), onto the Pedal Shaft. Do not overtighten the Pedal Nut—the Pedal must be able to move back and forth slightly on the Pedal Shaft. Press a Pedal Cap (33) into the Pedal.

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



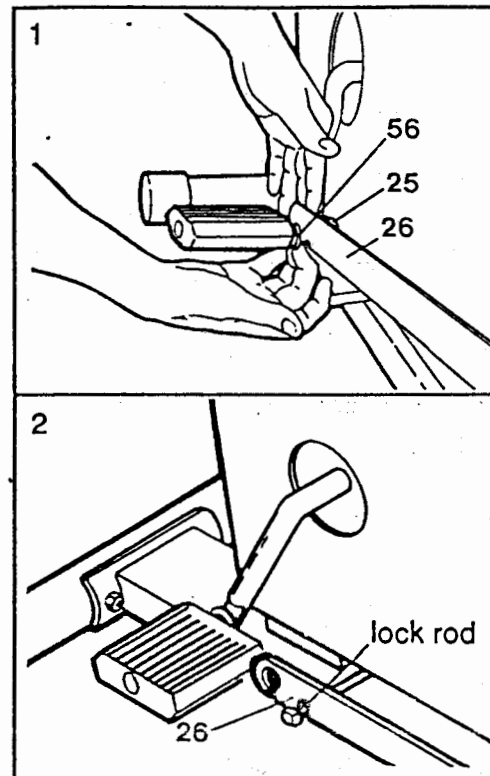
OPERATION AND ADJUSTMENT

HANDLEBAR OPERATION

The handlebars can be used in either the stationary mode, for pedaling exercise only, or the dual-action mode, for both upper-body and lower-body exercise.

STATIONARY MODE

To convert the handlebars to the stationary mode, the Link Arms (26) must be disconnected from the pedals. Pull the Link Arms outward against the 11/16" Washers (56), until the Link Arms are free of the Pedal Bushings (25). **CAUTION: Be careful not to pinch your fingers. Lift the Link Arms off the pedals.**



Clip the Link Arms (26) onto the lock rod as shown.

DUAL-ACTION MODE

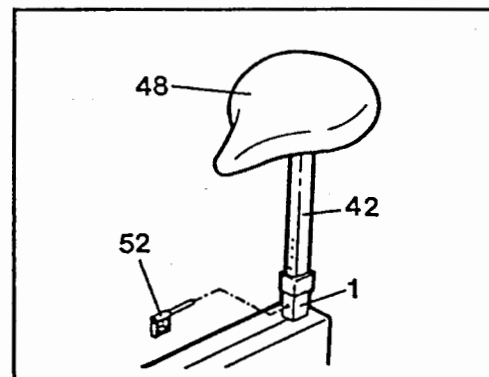
To convert the handlebars to the dual-action mode, the Link Arms must be connected to the pedals. Lift the Link Arms (26) off the lock rod (see drawing 2 above).

Pull the Link Arms (26) outward against the tops of the 11/16" Washers (56), while pulling against the bottoms of the 11/16" Washers with your fingers (see drawing 1 above). **CAUTION: Be careful not to pinch your fingers.** Slide the Link Arms onto the Pedal Bushings (25). It may be helpful to move the link arms up and down slightly until they slide onto the Pedal Bushings. **CAUTION: Make sure that the Link Arms are on the Pedal Bushings. If the Link Arms are not on the Pedal Bushings, the Link Arms may slip off during use, resulting in injury to the user.**

For upper-body exercise only, rest your feet on the side shields and exercise using only your arms.

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 (48), stand beside the exercise bike, hold the Seat and remove the Seat Pin (52). Raise or lower the Seat and reinsert the Seat Pin. **CAUTION: At least two inches of the Seat Post (42) must be inside of the Frame (1). 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 OPERATION

DESCRIPTION OF THE MODES

Speed—Displays your pedaling speed, in miles per hour.

Time—Displays the elapsed time. Note: Time will be counted only while you are pedaling. If you stop pedaling for ten seconds or longer, the Time mode will pause until you resume.

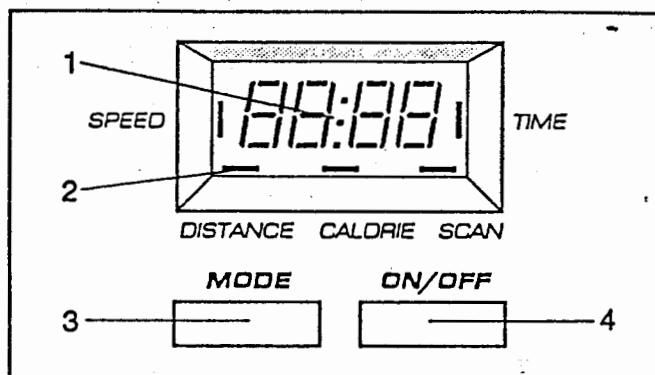
Distance—Displays the total distance you have pedaled, in miles.

Calorie—Displays the total number of Calories you have burned.

Scan—Displays the Speed, Time, Distance and Calorie modes in a repeating cycle.

ELECTRONIC MONITOR DIAGRAM

1. LCD display—Display for all modes.
2. Mode indicator—Shows which mode is currently selected.
3. Mode button—Selects modes.
4. On/off button—Turns the power on and off, and resets the display.



ELECTRONIC MONITOR OPERATION

Note: The electronic monitor requires two "AA" batteries (not included). See assembly step 3 on page 4 for battery installation instructions.

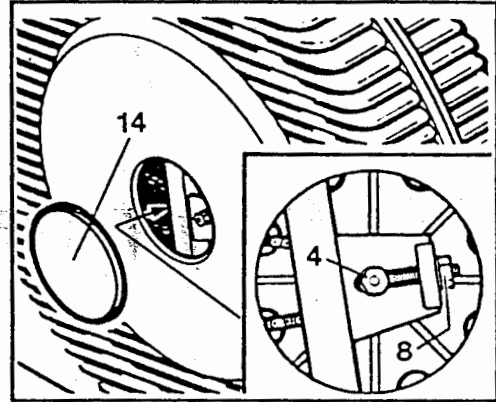
1. To turn on the power, press the on/off button or simply begin pedaling.
2. Select one of the five modes:
 - A. **Scan**—When the power is turned on, the Scan mode will be selected automatically. A mode indicator will appear by the word "SCAN." The Speed, Time, Distance and Calorie modes will all be displayed, for five seconds each, in a repeating cycle. A second mode indicator will show which mode is currently displayed.
 - B. **Speed, Time, Distance or Calorie**—The Speed, Time, Distance or Calorie mode can be selected for continuous display by repeatedly pressing the mode button. The modes will be selected in the following order: Speed, Time, Distance, Calorie, Scan.
3. To reset the LCD display, turn the power off and then on again by pressing the on/off button twice.
4. When you are finished exercising, press the on/off button to turn off the power. Note: If the pedals are not turned and the electronic monitor buttons are not pressed for four minutes, the power will turn off automatically to conserve the batteries.

TROUBLE-SHOOTING AND MAINTENANCE

ADJUSTING THE CHAIN

The exercise bike features a precision chain which must be kept properly lubricated and adjusted. 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. Carefully pry the Access Cover (14) off the right side shield. Reach into the access hole and press down on 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 Access Cover. If the chain needs to be adjusted, see step 2.
2. Pry the Access Cover (14) off the left side shield. Loosen the Fan Nuts (4). To tighten the chain, turn the Adjustment Nuts (8) clockwise; to loosen the chain, turn the Adjustment Nuts counterclockwise. Make sure that the fan is straight, tighten the Fan Nuts and reattach the Access Covers.



ELECTRONIC MONITOR

If the electronic monitor does not function properly, the batteries should be replaced. Most problems are the result of drained batteries. See assembly step 3 on page 4 for battery installation instructions. If the electronic monitor still does not function properly, the sensor wire should be checked. See assembly step 3 on page 4. Slide the electronic monitor off the frame and make sure that 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 shafts into the arms of the crank. Tighten the 1/2" locknuts onto the pedal shafts (see assembly step 6 on page 5).

CONDITIONING GUIDELINES

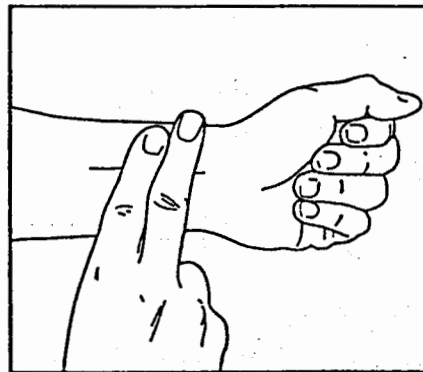
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or 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 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, 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. PF738030

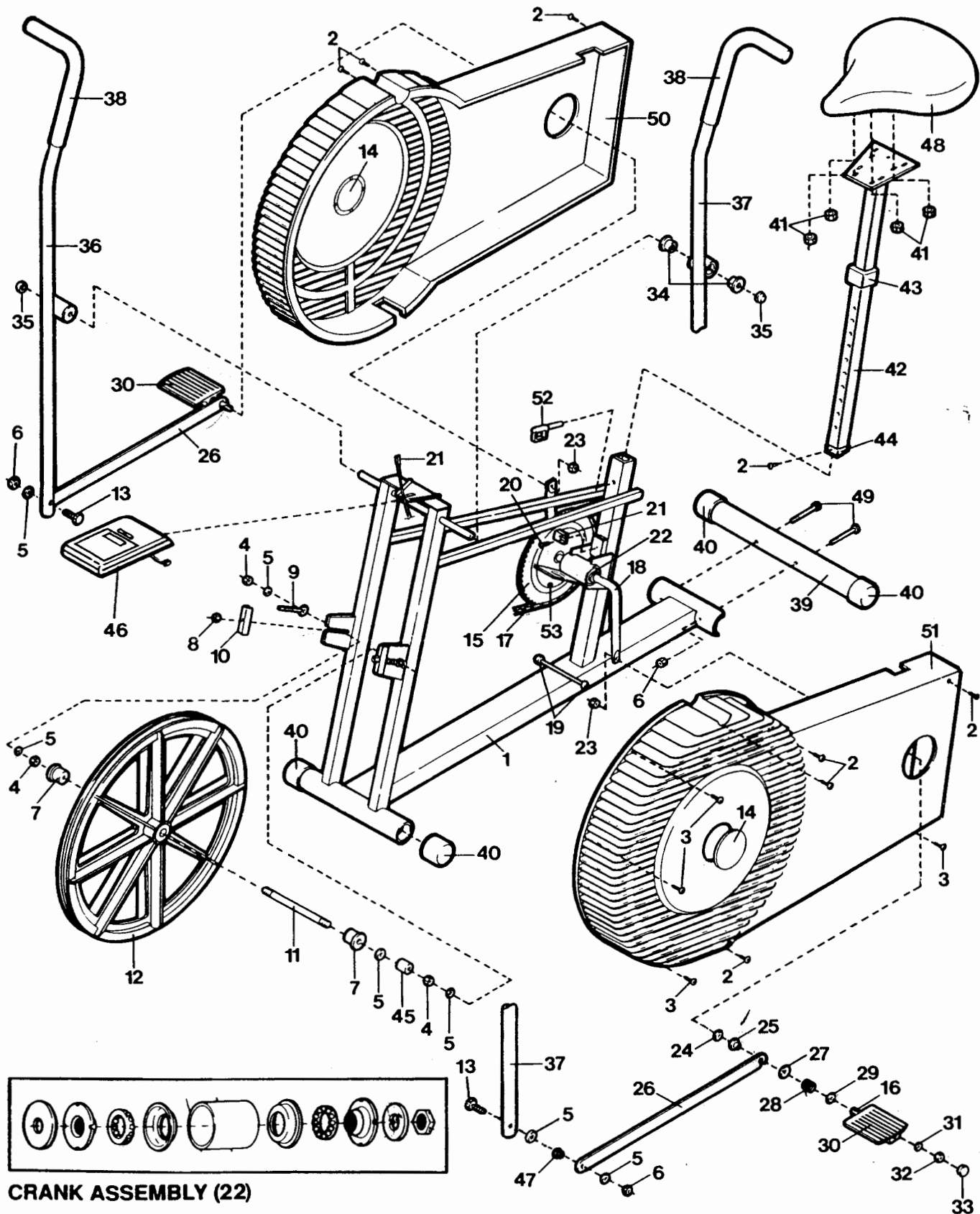
Rev. 9/93

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	33	2	Pedal Cap
2	9	3/16" Small Screw	34	4	Handlebar Bushing
3	4	3/16" x 3/4" Shield Screw	35	2	5/8" Plastic Cap
4	2	5/16" Fan Nut	36	1	Right Handlebar
5	4	5/16" Washer	37	1	Left Handlebar
6	4	5/16" Locknut	38	2	Handlebar Foam
7	2	Flange Bushing	39	1	Rear Stabilizer
8	2	1/4" Adjustment Nut	40	4	Endcap
9	2	1/4" x 2" Adjustment Bolt	41	4	1/4" Seat Nut
10	2	Adjustment Bracket	42	1	Seat Post
11	1	Fan Axle Shaft	43	1	Seat Post Sleeve
12	1	Fan Assembly	44	2	3/16" x 1/2" Screw
13	1	1/2" Pedal Spacer	45	2	Spacer
14	2	Access Cover	46	1	Electronic Monitor
15	1	Sprocket	47	2	Link Arm Bushing
16	2	Pedal Shaft	48	1	Seat
17	1	Chain	49	2	5/16" x 2 1/2" Carriage Bolt
18	1	Crank	50	1	Right Side Shield
19	2	Protective Cap	51	1	Left Side Shield
20	1	3/16" x 3/4" Screw	52	1	Seat Pin
21	1	Reed Switch/Sensor Wire	53	1	Sensor Magnet
22	1	1/4" Shaft Screw	54	1	Handlebar Shaft
23	2	1/2" Locknut	55	2	Pedal Spring
24	4	9/16" Washer	56	2	11/16" Washer
25	2	Pedal Bushing	57	2	Handlebar Endcap
26	2	Link Arm	58	4	3/4" Flat Washer
27	1	Monitor Bracket	59	2	Fan Nut
28	1	Crank Assembly	60	3	1 1/4" Plate Screw
29	2	5/8" Washer	61	2	Fan Plate
30	2	Pedal	62	1	Fan Sprocket
31	2	5/16" Pedal Washer	#	1	Owner's Manual
32	2	5/16" Pedal Nut			

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.

EXPLODED DRAWING—Model No. PF738030

Rev. 6/93
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CRANK ASSEMBLY (22)

113155

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 note the following information before calling:

1. The **MODEL NUMBER** of the product (PF738030).
2. The **NAME** of the product (PROFORM® 738 Triple Action Air Resistance Cycle).
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.

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