

Cabinet Copy

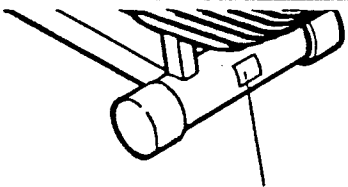
# 738

TRIPLE ACTION  
AIR RESISTANCE

## PRO-FORM®

Model No. PF738031

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:**

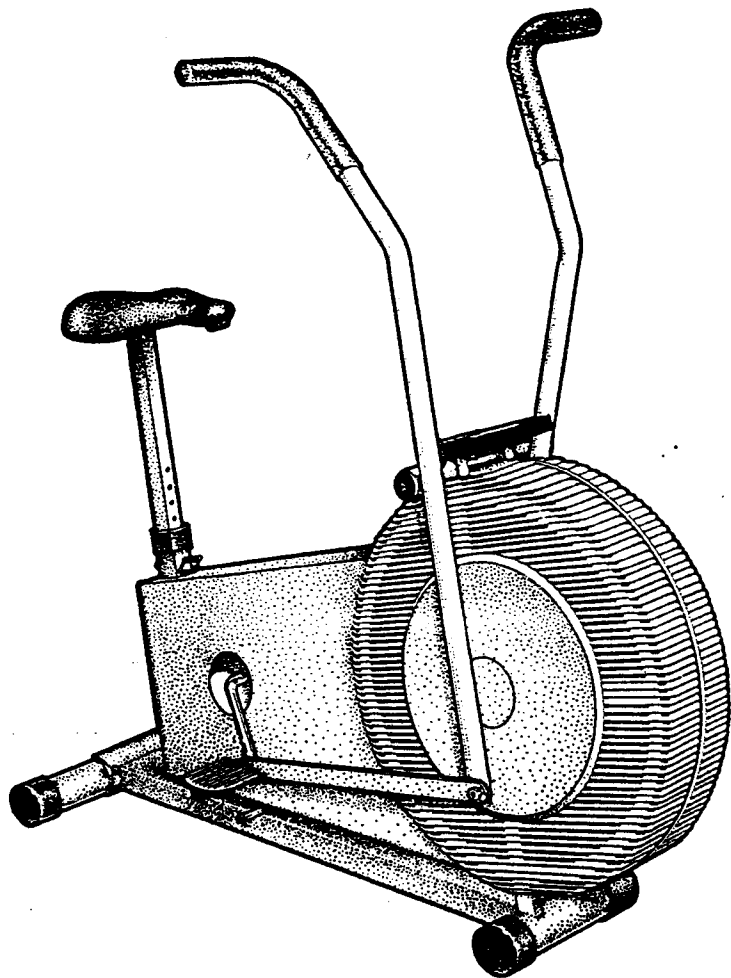
**1-800-999-3756**

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).

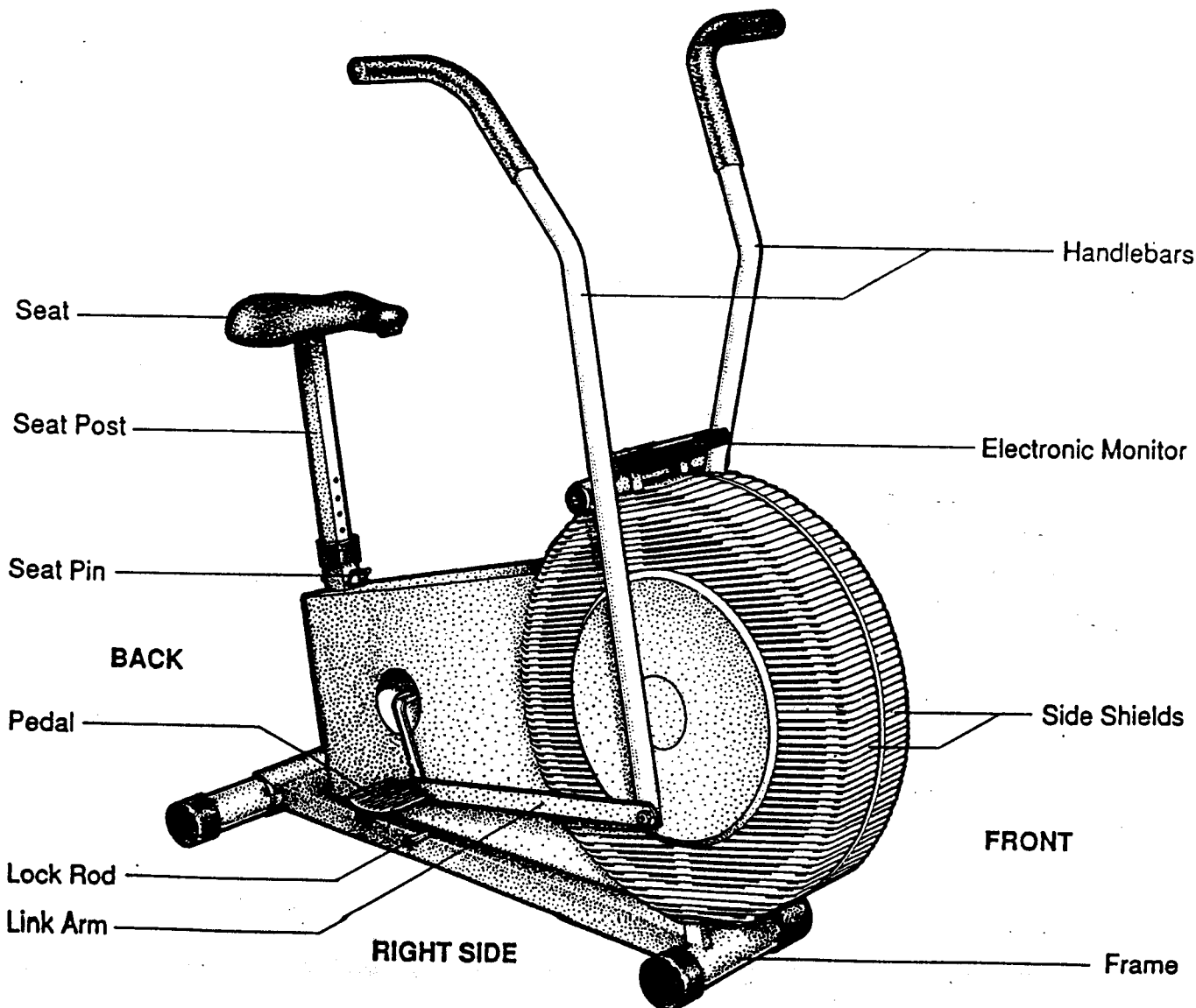
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage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

# BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 738 Triple Action Air Resistance Cycle. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The PROFORM® 738 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 PF738031. 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.

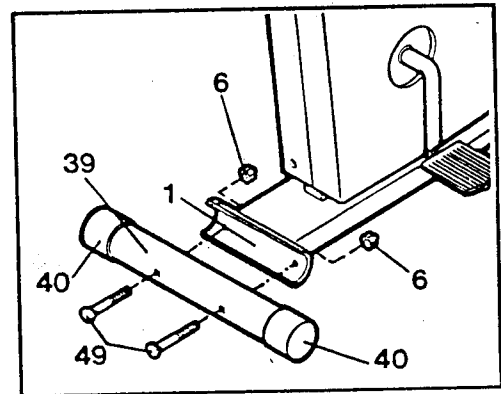


# ASSEMBLY

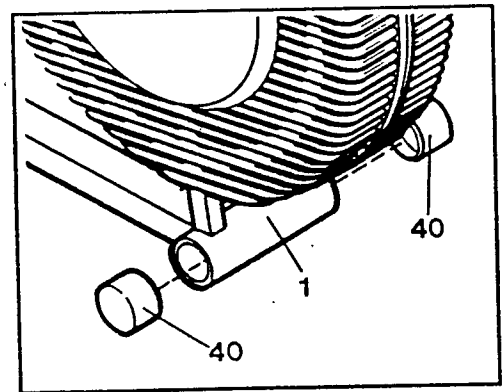
Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until the exercise bike is fully assembled and all parts are accounted for. Read each step carefully before beginning assembly. **An 8" adjustable wrench (not included) is required.**

1. Press an Endcap (40) onto each end of the Rear Stabilizer (39).

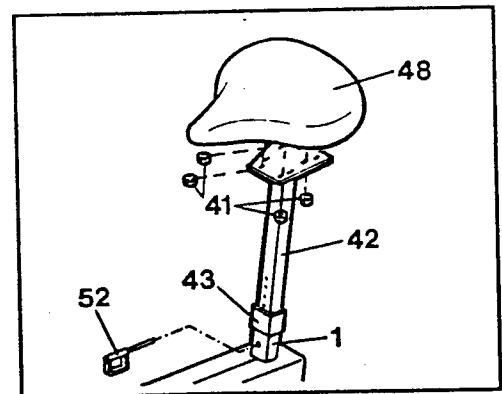
Turn the Rear Stabilizer (39) so that the recessed holes in the Stabilizer are toward the Frame (1). Attach the Stabilizer to the Frame with the two 5/16" x 2 1/2" Bolts (49) and two 5/16" Locknuts (6).



2. Press an Endcap (40) onto each end of the tube on the front of the Frame (1).

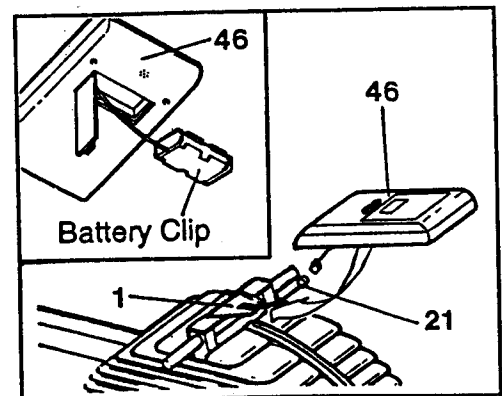


3. Remove the four 1/4" Seat Nuts (41) from the underside of the Seat (48). Attach the Seat to the top of the Seat Post (42) with the four Nuts. Raise the Seat Post, adjust the Seat to the desired height, and insert the Seat Pin (52) through the Frame (1) and the Seat Post. Slide the Seat Post Sleeve (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.**

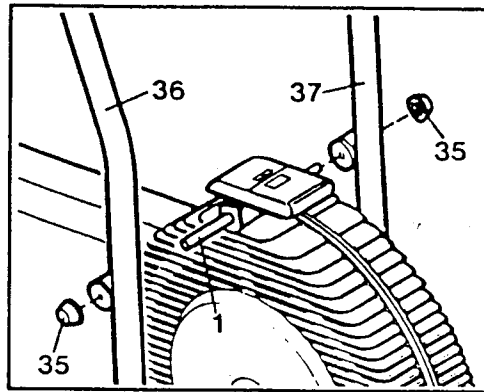


4. The Electronic Monitor (46) requires two "AA" batteries (not included). Alkaline batteries are recommended. Open the battery cover as shown and carefully remove the battery clip. Find the marks inside the battery clip showing which direction the batteries must be turned. Insert the batteries into the battery clip. Close the battery cover.

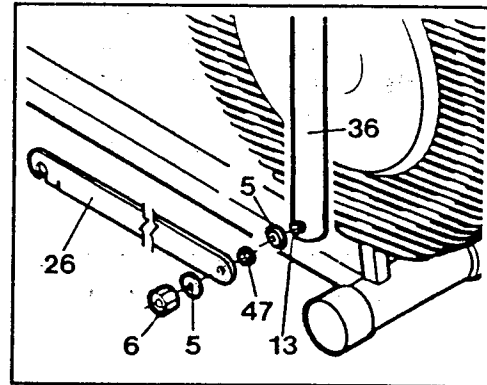
Plug the Sensor Wire (21) into the wire extending from the Electronic Monitor (46). Slide the Electronic Monitor onto the Frame (1). Make sure that the Sensor Wire is not pinched between the Electronic Monitor and the Frame.



- Slide the Right Handlebar (36) onto the right end of the handlebar shaft on the Frame (1). (Note: See the drawing on page 3 for the correct orientation of the Handlebars.) Slide the Left Handlebar (37) onto the left end of the handlebar shaft. Tap a Handlebar Pushnut (35) onto each end of the handlebar shaft.



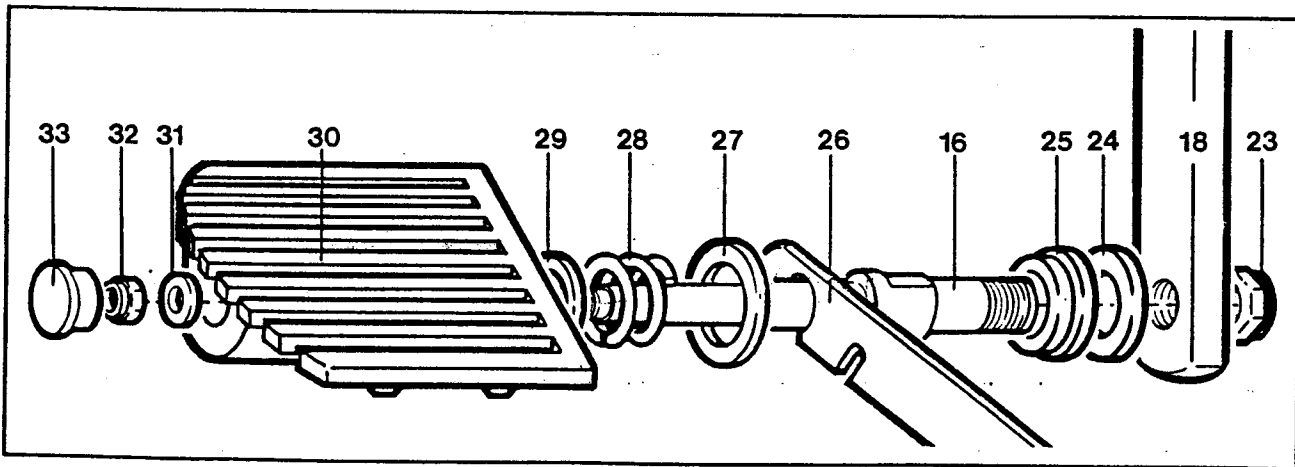
- Insert a 5/16" x 1 3/4" Handlebar Screw (13) through the hole near the lower end of the Right Handlebar (36). Slide a 5/16" Washer (5) and a Link Arm Bushing (47) onto the Handlebar Screw. Make sure that the flange of the Bushing is next to the Washer. Slide a Link Arm (26) onto the Handlebar Screw. Make sure 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 Handlebar Screw.



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

- Slide a Pedal Bushing (25) and a 1/2" Washer (24) onto the end of a Pedal Shaft (16) as shown. Turning the Pedal Shaft clockwise, firmly tighten the Pedal Shaft into the right arm of the Crank (18). Tighten a 1/2" Locknut (23) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (26) onto the Pedal Shaft and slide it onto the Pedal Bushing (25). Slide an 11/16" Washer (27), Pedal Spring (28), 5/8" Washer (29) and Pedal (30) onto the Pedal Shaft. Be sure that the end of the Pedal with the deepest hole is turned away from the exercise bike. Tighten a 5/16" Pedal Washer (31) and a 5/16" Pedal Nut (32) onto the end of the Pedal Shaft. Do not overtighten the Pedal Nut; the Pedal should move back and forth slightly on the Pedal Shaft. Press a Pedal Cap (33) into the end of the Pedal.

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



# OPERATION AND ADJUSTMENT

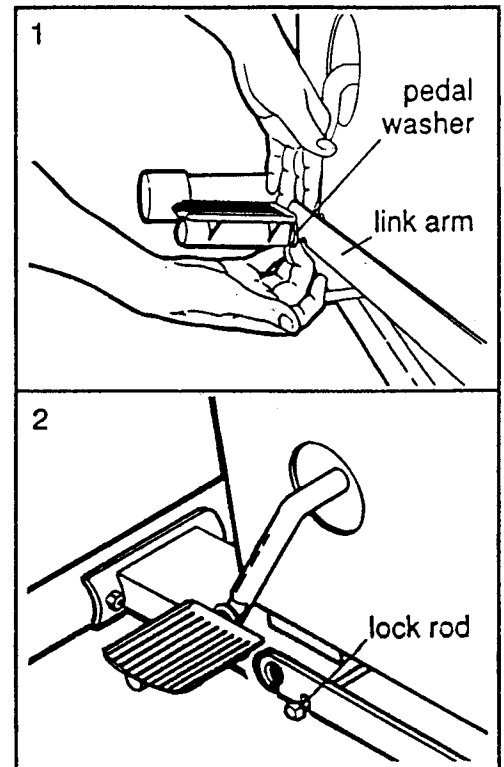
## HANDLEBAR OPERATION

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 must be disconnected from the pedals. Pull the link arms outward against the tops of the pedal washers, while pulling against the bottoms of the pedal washers with your fingers. **Be careful not to pinch your fingers.** Lift the link arms off the pedals (see drawing 1).

Clip the ends of the link arms onto the lock rod on the bike frame (see drawing 2).



### DUAL-ACTION MODE

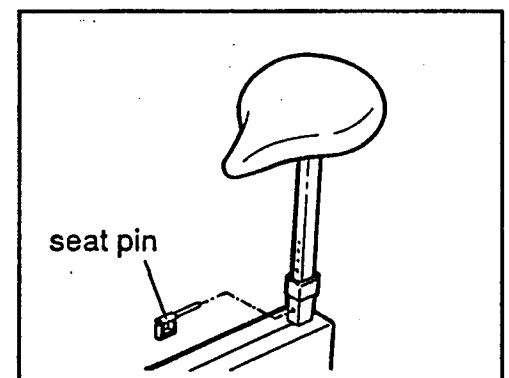
To convert the handlebars to the dual-action mode, first lift the link arms off the lock rod on the bike frame (see drawing 2).

Pull the link arms outward against the tops of the pedal washers, while pulling against the bottoms of the pedal washers with your fingers. **Be careful not to pinch your fingers.** Slide the link arms onto the pedal bushings. It may be necessary to move the link arms up and down slightly until they slide onto the pedal bushings (see drawing 1).

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 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 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 for ten seconds or longer, the time will hold until you resume pedaling.

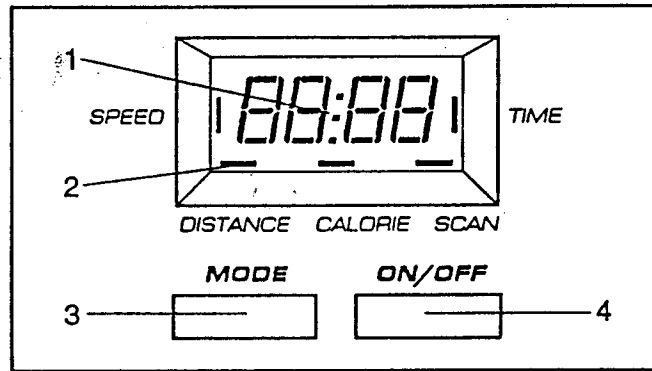
**Distance**—Displays the total distance you have pedaled, in miles.

**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"-size batteries (not included). See assembly step 4 on page 4 for battery installation instructions.

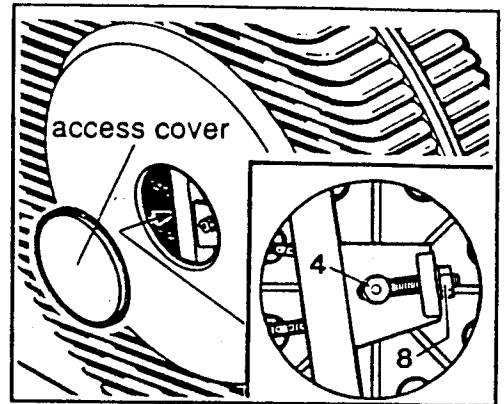
1. To turn on the power, press the on/off button or simply begin pedaling.
2. Select one of the five modes:
  - A. **Scan**—When the power is turned on, the Scan mode will be selected automatically. A mode indicator will appear by the word "SCAN." The Speed, Time, Distance and Calorie modes will all 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 and 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 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. Carefully pry the access cover 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 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. Be sure the fan is straight, tighten the fan nuts and reattach the access covers.

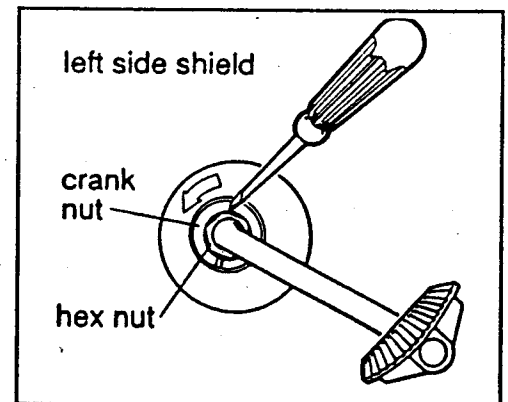


## ELECTRONIC MONITOR

If the electronic monitor does not function properly, the batteries should be replaced. Most problems are the result of weak batteries. See assembly step 4 on page 4 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 CRANK ARMS

If the crank arms become loose, they should be tightened in order to prevent excessive wear. Loosen the hex nut on the left arm of the crank. Place the end of a standard screwdriver in one of the grooves in the crank nut. Lightly tap the screwdriver with a hammer to turn the crank nut counterclockwise until the crank arms are no longer loose. Do not overtighten the crank nut. When the crank nut is properly tightened, tighten the hex nut.



## 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 ends of the pedal shafts (see assembly step 7 on page 5).

# CONDITIONING GUIDELINES

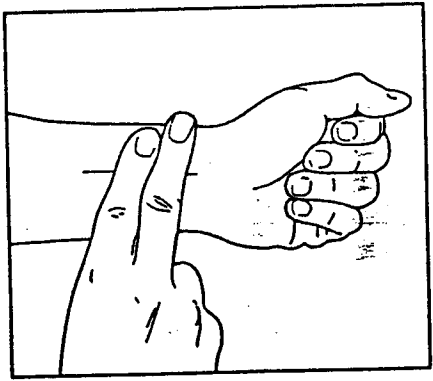
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or 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 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. PF738031

Rev. 6/93

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	28	2	Pedal Spring
2	9	Small Screw	29	2	5/8" Washer
3	4	3/16" x 3/4" Shield Screw	30	2	Pedal
4	4	5/16" Fan Nut	31	2	5/16" Pedal Washer
5	7	5/16" Washer	32	2	5/16" Pedal Nut
6	4	5/16" Locknut	33	2	Pedal Cap
7	2	Bushing	34	4	Handlebar Bushing
8	2	1/4" Adjustment Nut	35	2	Handlebar Pushnut
9	2	1/4" x 2" Adjustment Bolt	36	1	Right Handlebar
10	2	Adjustment Bracket	37	1	Left Handlebar
11	1	Fan Axle	38	2	Handlebar Foam
12	1	Fan w/Sprocket	39	1	Rear Stabilizer
13	2	5/16" x 1 3/4" Handlebar Screw	40	4	Endcap
14	2	Access Cover	41	4	1/4" Seat Nut
15	1	Sprocket	42	1	Seat Post
16	2	Pedal Shaft	43	1	Seat Post Sleeve
17	1	Chain	44	1	Inner Sleeve
18	1	Crank	45	1	Spacer
19	2	Protective Cap	46	1	Electronic Monitor
20	1	3/16" x 3/4" Screw	47	2	Link Arm Bushing
21	1	Reed Switch/Sensor Wire	48	1	Seat
22	1	Crank Assembly	49	2	5/16" x 2 1/2" Bolt
23	2	1/2" Locknut	50	1	Right Side Shield
24	2	1/2" Washer	51	1	Left Side Shield
25	2	Pedal Bushing	52	1	Seat Pin
26	2	Link Arm	53	1	Sensor Magnet
27	2	11/16" Washer	#	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, 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 (PF738031).
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.

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