

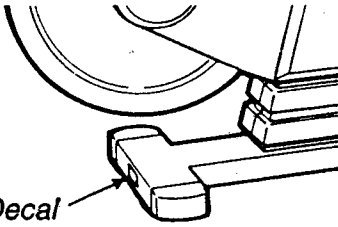
740

ADJUSTABLE
RESISTANCE

PRO-FORM[®]

Model No. PF740030

Serial No. _____



Serial
Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. **TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** Our trained technicians will provide immediate assistance, free of charge.

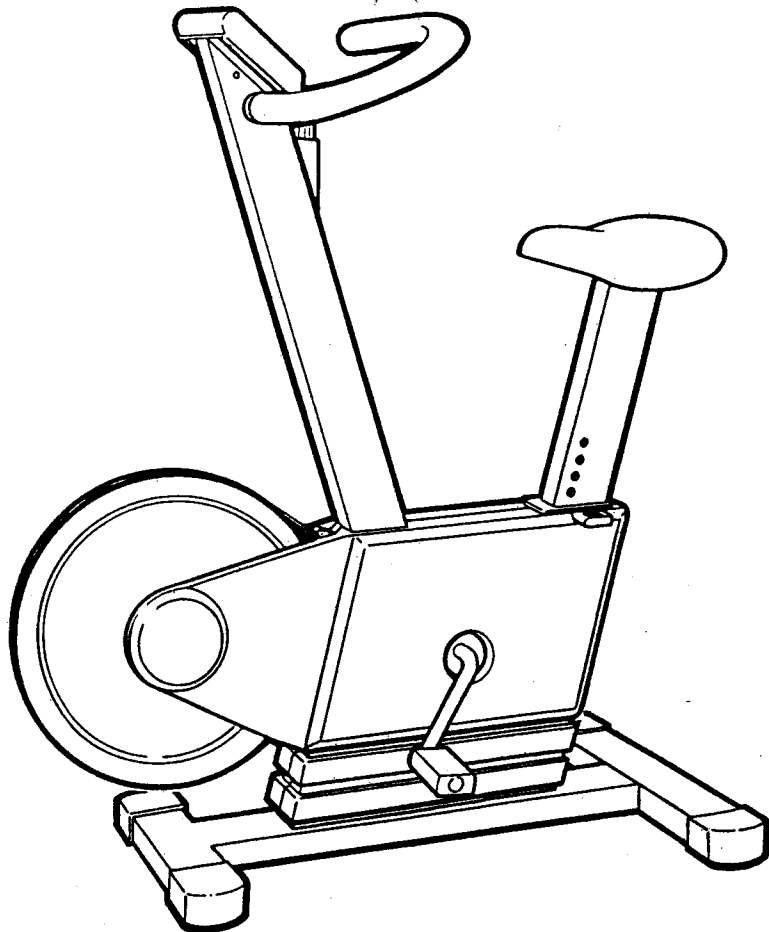
CUSTOMER HOT LINE:

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

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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 using the exercise bike; do not wear loose clothing that could become caught in the exercise bike. Always wear athletic shoes for foot protection.
3. Keep small children away from the exercise bike at all times.
4. Use the exercise bike only as described in this manual.

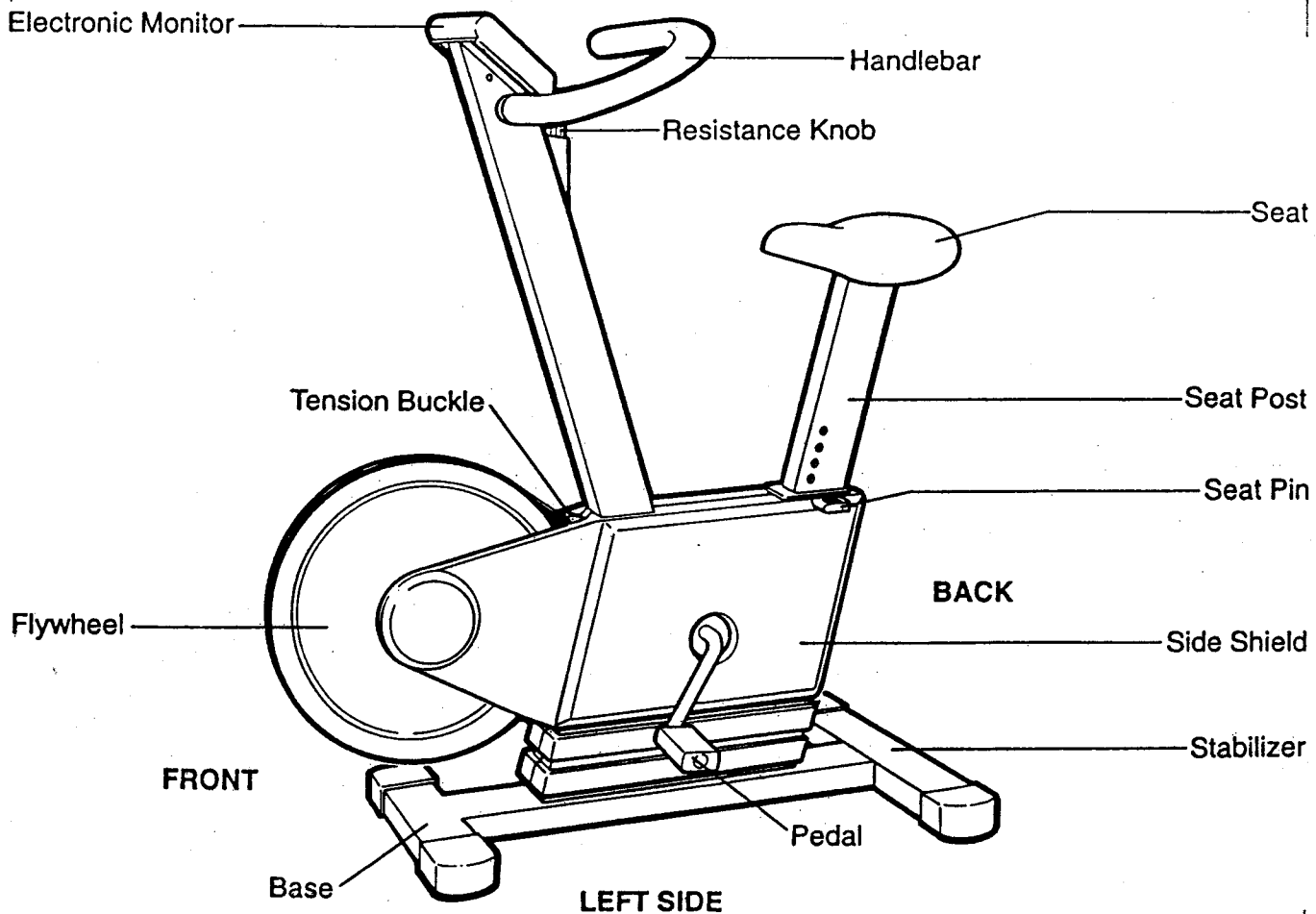
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 740 Adjustable Resistance Cycle. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The PROFORM® 740 blends advanced engineering with innovative styling to let you enjoy this dynamic 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 mention the product model number and serial number when calling. The model number is PF740030. 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).

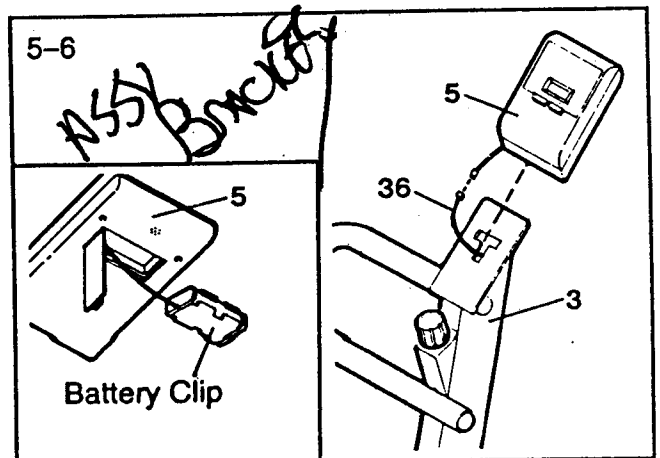
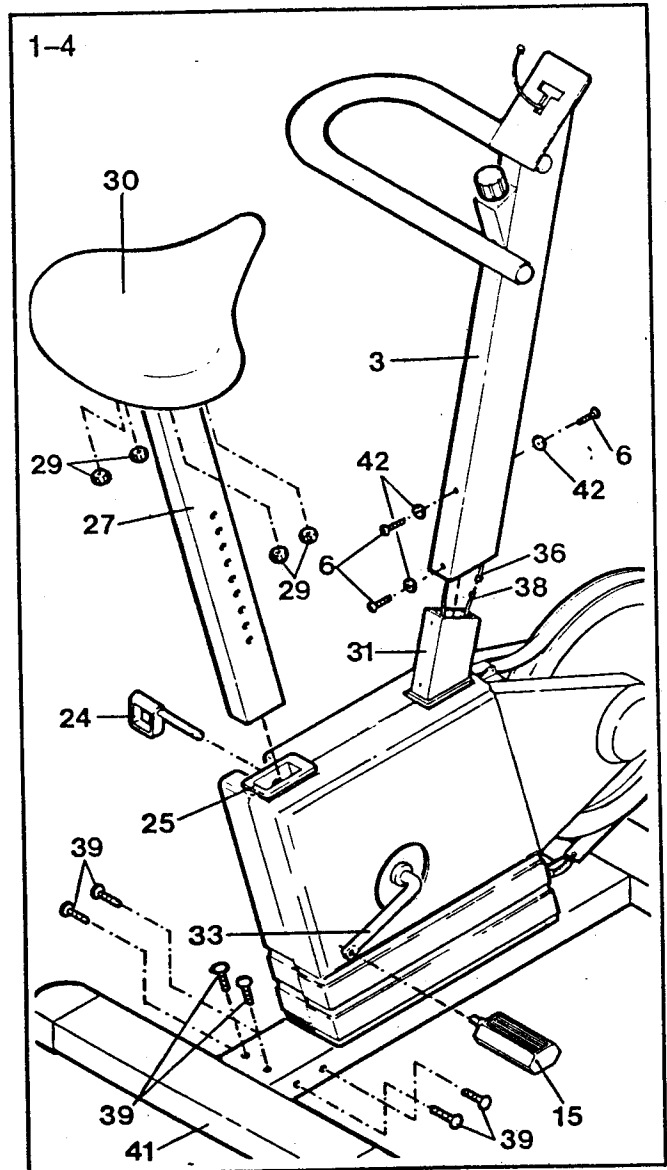
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Place the shipping carton in a cleared area. Tear down the sides of the carton and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly can be completed using the allen wrench included.**

1. Attach the Stabilizer (41) to the Frame (31) with the six Base Screws (39).
2. Find the Right Pedal (15). Each Pedal is marked with an "R" or "L" for identification. Tighten the Right Pedal clockwise into the right arm of the Crank (33). Tighten the Left Pedal (not shown) counterclockwise into the left arm of the Crank (33).
3. Remove the four Locknuts (29) from the Seat (30). Attach the Seat to the Seat Post (27) with the four Locknuts.
4. Slide the Seat Post (27) into the Seat Post Bushing (25). Adjust the Seat Post to the desired height, making sure that the Seat Post Bushing remains in the Frame (31). Insert the Seat Pin (24) through the Seat Post Bushing (25), Frame (31) and Seat Post (27). **CAUTION: The Seat Pin must be inserted completely through the Seat Post Bushing and the Frame.**
5. Plug the Sensor Wire (38) into the Reed Switch Wire (36). Push the excess Wire into the Frame (31) and slide the Handlebar Post (3) onto the Frame. **CAUTION: Be careful to avoid pinching your fingers or the Wires.** Attach the Handlebar Post with the three Handlebar Post Bolts (6) and Lock Washers (42).
6. The Electronic Monitor (5) requires two "AA" batteries (not included). Alkaline batteries are recommended. The battery compartment is located in the back of the Electronic Monitor. 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 two new "AA" batteries into the battery clip. Close the battery cover.
7. Connect the Sensor Wire (36) to the wire on the Electronic Monitor (5). Slide the Electronic Monitor onto the Handlebar Post (3) as shown.

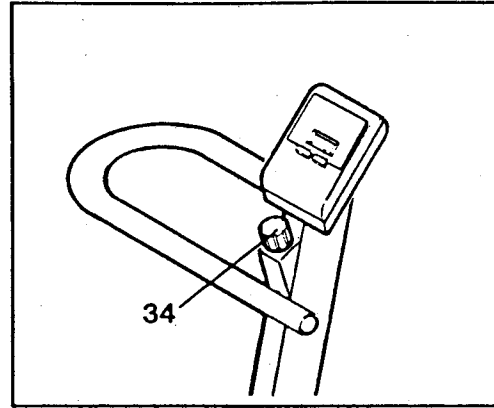


OPERATION AND ADJUSTMENT

RESISTANCE ADJUSTMENT

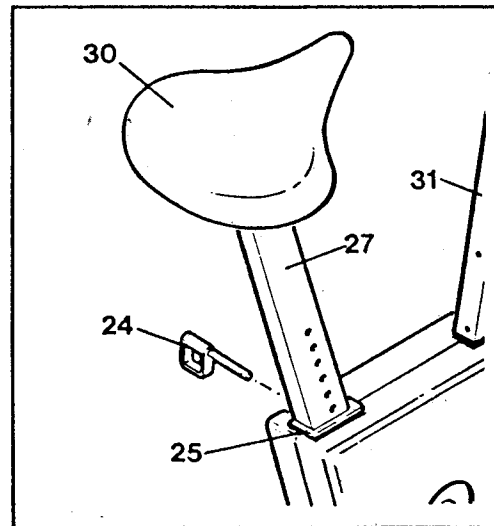
To vary the intensity of your exercise, the pedaling resistance can be changed using the Resistance Knob (34) in front of the electronic monitor. To increase the resistance, turn the Knob clockwise; to decrease the resistance, turn the Knob counterclockwise. **IMPORTANT:** Stop turning the Knob when turning becomes difficult, or the Knob may be damaged.

If the range of pedaling resistance is too high or too low, the range can be adjusted. See **MAINTENANCE AND TROUBLESHOOTING** on page 7 of this manual.



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 change the seat height, first dismount the exercise bike. Hold the Seat (30) and remove the Seat Pin (24). Adjust the Seat Post (27) to the proper height, making sure that the Seat Post Bushing (25) remains in the Frame (31). Insert the Seat Pin through the Seat Post Bushing, Frame and Seat Post. **CAUTION: The Seat Pin must be inserted completely through the Seat Post Bushing and the Frame.**



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.

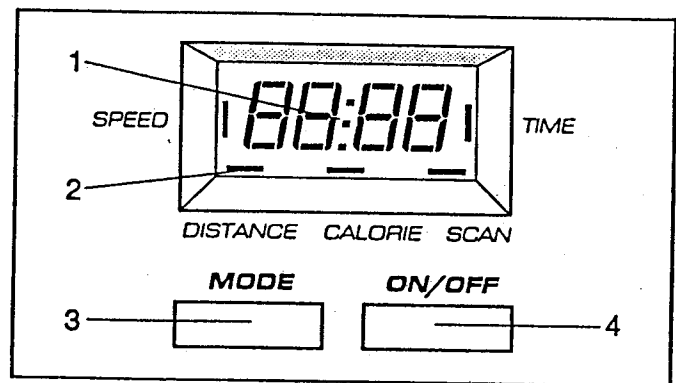
DISTANCE—Displays the total distance you have pedaled, in miles.

CALORIE—Displays the total number of Calories you have burned. Note: If the pedaling resistance is near the lowest or highest setting, the actual number of Calories you have burned will be slightly lower or higher than the number displayed.

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 of this manual, 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 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.

MONITOR CARE

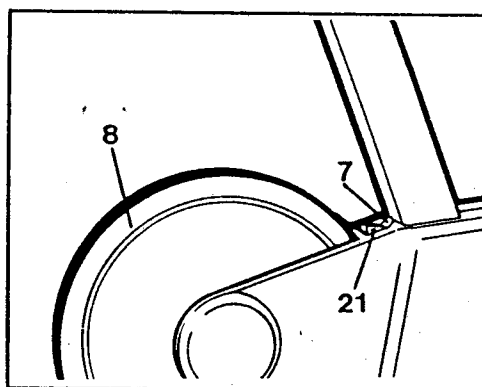
Keep the electronic monitor out of direct sunlight, or the LCD display may be damaged. Clean the monitor periodically using a soft, dry cloth. Do not allow liquids to come in contact with the monitor.

If the LCD display becomes faint, or if the electronic monitor does not function properly, the batteries should be replaced. See assembly step 6 on page 4 of this manual for battery installation instructions. If the monitor still does not function properly, the sensor wire should be checked. See assembly step 7 on page 4 of this manual to see how the sensor wire should be connected.

MAINTENANCE AND TROUBLE-SHOOTING

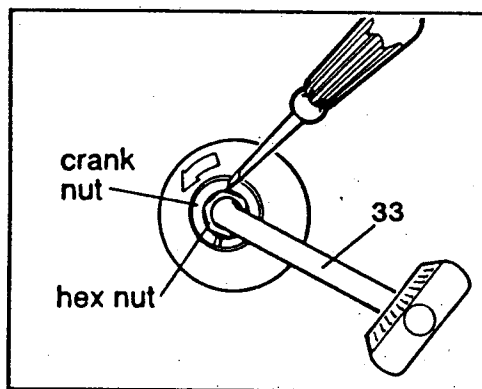
ADJUSTING THE RANGE OF PEDALING RESISTANCE

If the range of pedaling resistance is too high or too low, the range can be adjusted. Find the Tension Buckle (42) located on the frame above the Flywheel (8). Open the Tension Buckle. To raise the range of resistance, pull the Resistance Strap (7) slightly tighter and close the Tension Buckle tightly. To lower the range of resistance, loosen the Resistance Strap slightly and close the Tension Buckle tightly.



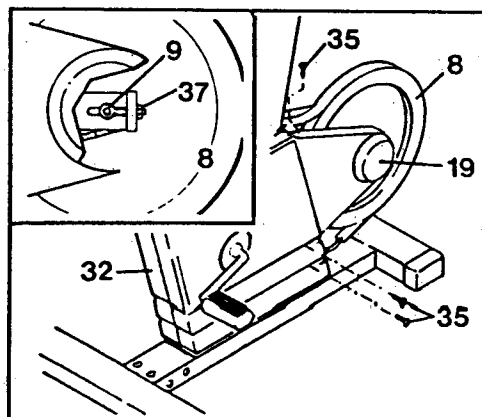
TIGHTENING THE CRANK ARMS

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 (33). 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, retighten the hex nut.



ADJUSTING THE CHAIN

Remove the three Self-Tapping Screws (35) from the front of each of the Side Shields (19, 32). Carefully pry the Side Shields apart until you can loosen the two 3/8" Axle Nuts (9) (see the inset). To tighten the chain, turn the Chain Adjustment Nuts (37) clockwise; to loosen the chain, turn the Chain Adjustment Nuts counterclockwise. **There should be no more than 1 inch, and no less than 1/4 inch, of vertical movement in the center of the chain.** Make sure that the Flywheel (8) is straight, tighten the 3/8" Axle Nuts (9) and reattach the Side Shields with the Self-Tapping Screws (35).



CONDITIONING GUIDELINES

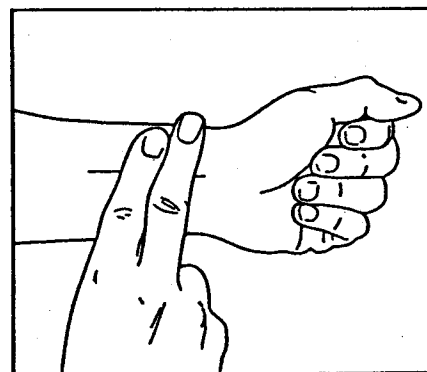
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or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

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

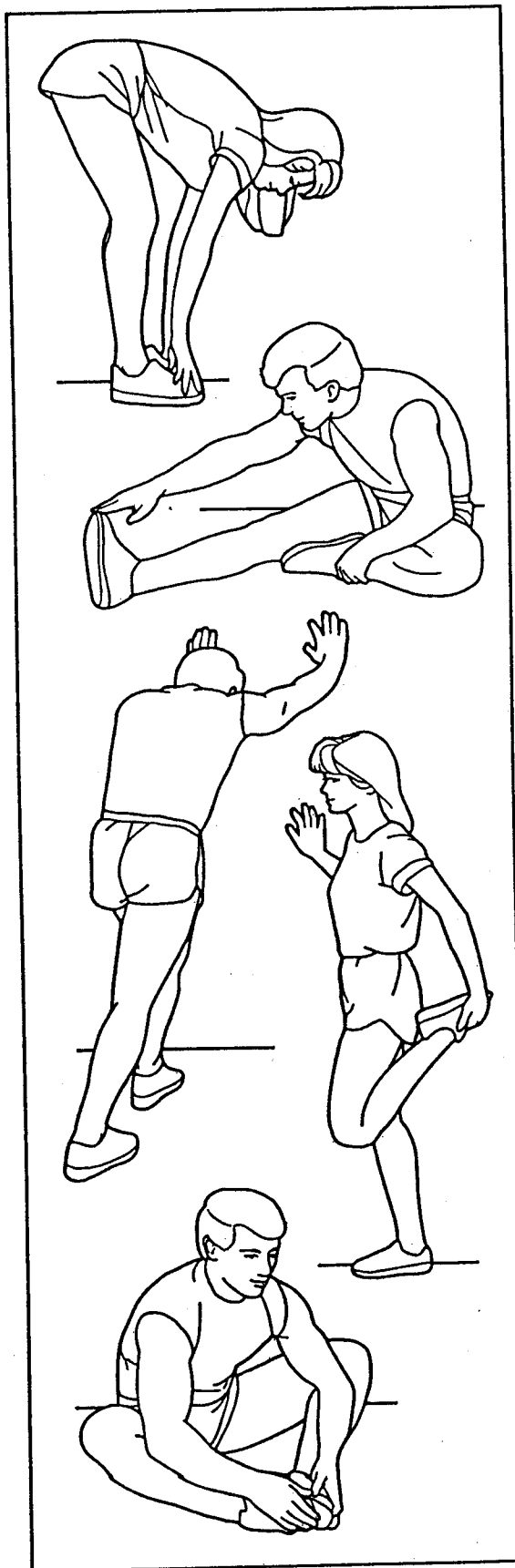
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

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. PF740030

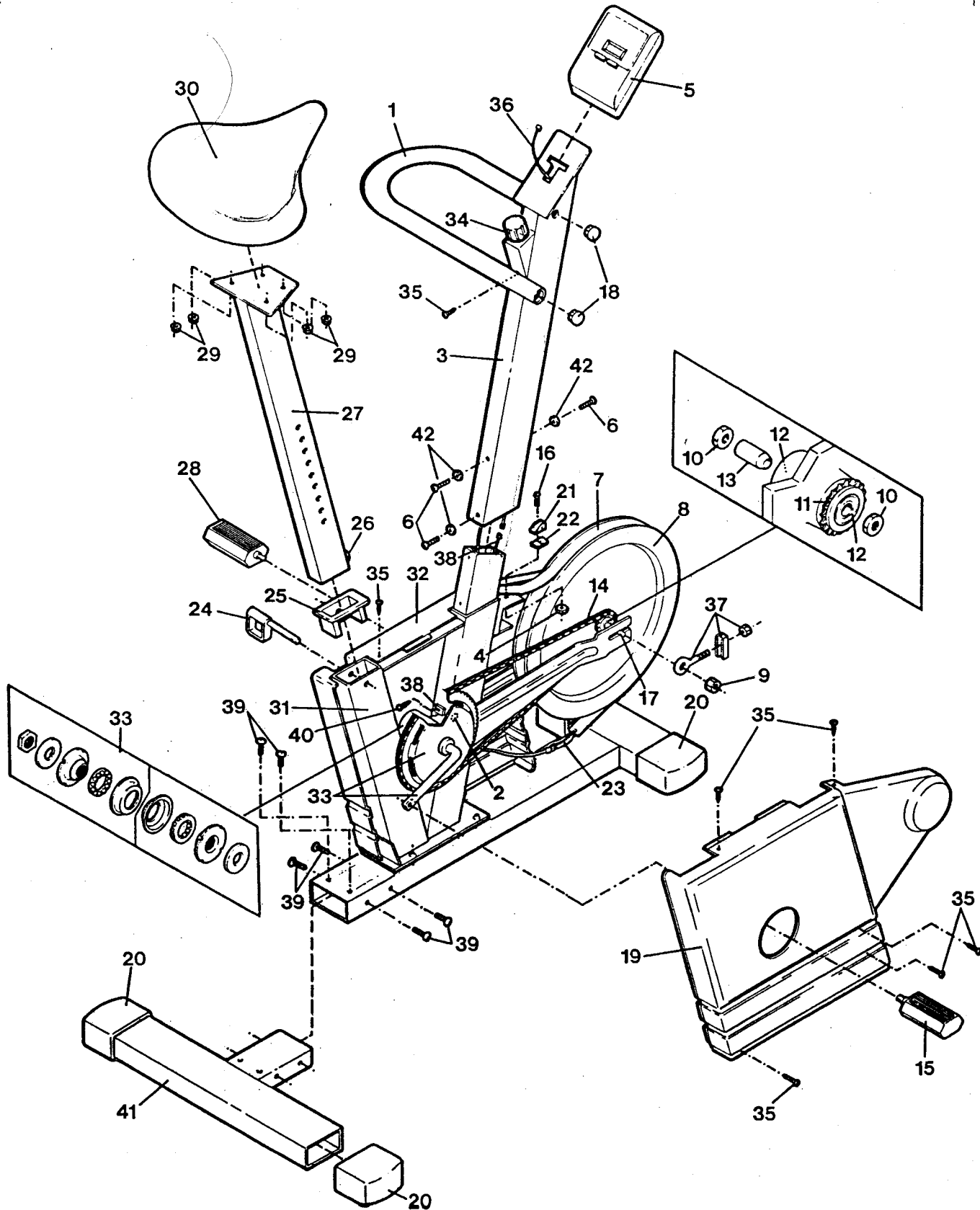
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Foam Grip	23	1	Spring Assembly
2	1	Magnet	24	1	Seat Pin
3	1	Handlebar Post	25	1	Seat Post Bushing
4	1	Tension Buckle Nut	26	1	Seat Post Guide
5	1	Electronic Monitor	27	1	Seat Post
6	3	Handlebar Post Bolt	28	1	Left Pedal
7	1	Resistance Strap	29	4	Locknut
8	1	Flywheel	30	1	Seat
9	2	3/8" Axle Nut	31	1	Frame/Base
10	2	3/8" Thin Axle Nut	32	1	Left Side Shield
11	1	Freewheel Sprocket	33	1	Crank/Sprocket Assembly
12	2	Flywheel Bearing	34	1	Resistance Knob w/Cable
13	1	Axle Spacer	35	11	Self-Tapping Screw
14	1	Chain	36	1	Sensor Wire
15	1	Right Pedal	37	2	Chain Adjustment Bolt Assembly
16	1	Tension Buckle Screw	38	1	Reed Switch/Wire
17	1	Axle	39	6	Base Screw
18	2	Handlebar Endcap	40	1	Reed Switch Screw
19	1	Right Side Shield	41	1	Stabilizer
20	4	Base Endcap	42	3	Lock Washer
21	1	Tension Buckle	#	1	Allen Wrench
22	1	Tension Buckle Spacer	#	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.

EXPLODED DRAWING—Model No. PF740030

Rev. 8/93



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 be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (PF740030).
2. The NAME of the product (PROFORM® 740 Adjustable 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) from 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