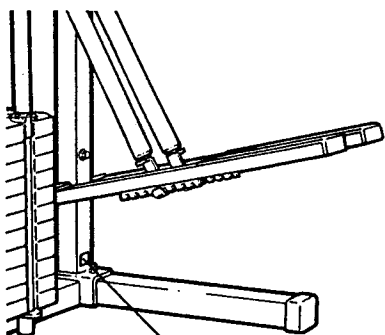


# PRO-FORM®

Model No. PF803030

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 before using this equipment. Save this manual for future reference.

PATENT PENDING

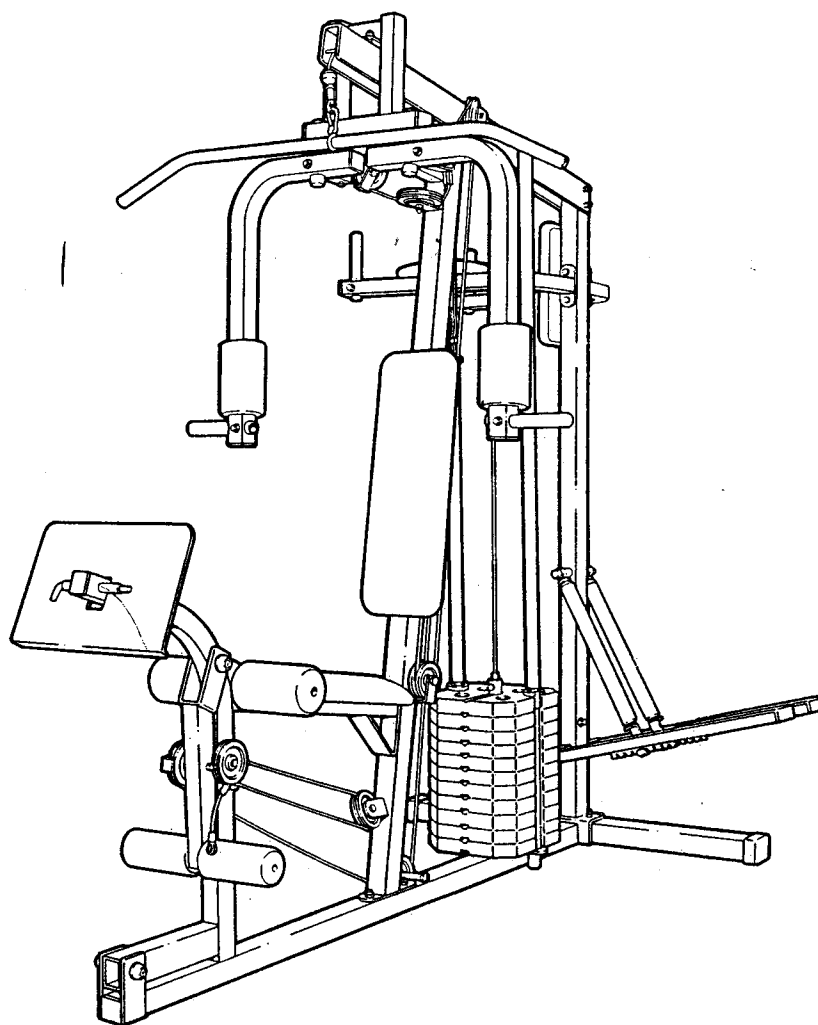
# 300<sup>TM</sup> CR

CROSS TRAINING SYSTEM

40+ EXERCISES

100 LBS CONCOR<sup>TM</sup>

TRIAD<sup>TM</sup> LEG SYSTEM



## 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 cross training system.

1. Read all instructions in this owner's manual and in the accompanying literature before using the cross training system. Use the cross training system only as described.
2. Inspect and properly tighten all parts of the cross training system each time you exercise. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear athletic shoes for foot protection.
4. Keep small children away from the cross training system at all times.
5. Never release the arms, leg lever, leg press plate, lat bar or nylon strap while weights are raised. The weights will fall with great force.
6. Always lock the arms in the stationary position with the 4 1/2" "L" pins except when performing the butterfly or reverse butterfly exercise.
7. The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them. Cover the floor beneath the stepper for protection. A small amount of oil leakage is normal for hydraulic cylinders.
8. When using the stepper, keep your feet on the pedals at all times. If you lift your feet off the pedals, the pedals may separate from the resistance cylinders, resulting in injury.
9. Make sure that the cables remain on the pulleys as you use the cross training system.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

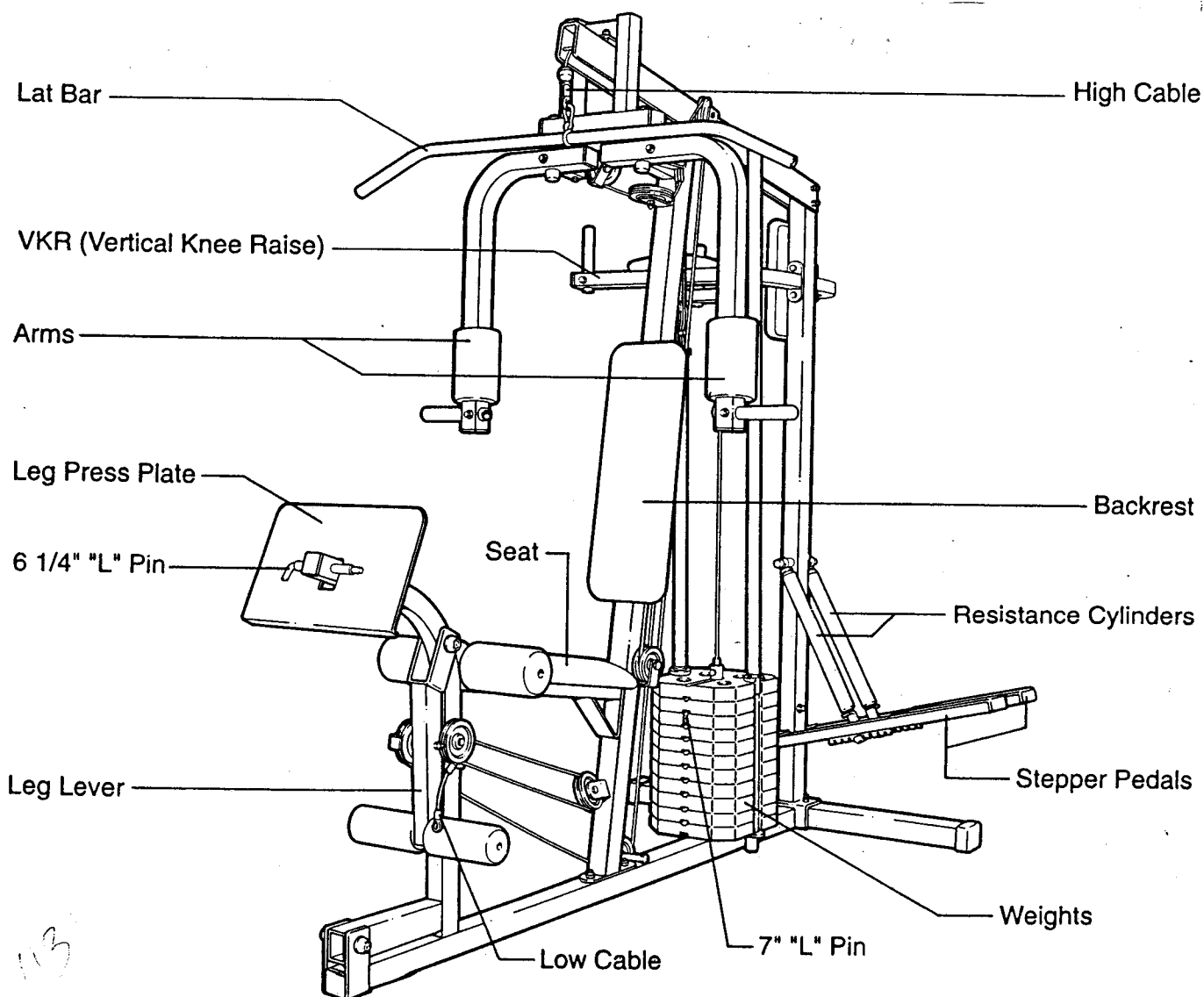
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. PROFORM assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 300 CR cross training system. The innovative PROFORM 300 CR offers an impressive array of weight training and aerobic exercises to let you enjoy true cross training workouts in the convenience of your home. Whether your goal is improved cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the PROFORM 300 CR will help you to achieve the specific results you want!

**For your safety and benefit, read this owner's manual and the accompanying literature before using the PROFORM 300 CR.** 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 PF803030. The serial number can be found on a decal attached to the PROFORM 300 CR (see the front cover of this owner's manual for the location of the decal).

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



# ASSEMBLY

Assembly requires two people and will take about 4 hours. **The following tools (not included) are required: two 8" adjustable wrenches, a rubber mallet, a phillips screwdriver and a standard screwdriver. Grease and a small bowl of soapy water are also required.** As you assemble the cross training system, read each step and examine each drawing carefully. **Make sure that all parts are oriented as shown in the drawings.** Refer to the PART IDENTIFICATION (ID) CHART accompanying this owner's manual for help identifying the small parts used in assembly. Due to the size and weight of the cross training system, it should be assembled in the place where it will be used. Place all parts of the cross training system in a cleared area and remove the packing materials; do not dispose of the packing materials until the cross training system is completely assembled.

1. Press a 2" x 2" Outer Cap (36) onto each end of the Stabilizer (73). Press the 2" x 2" Inner Cap (29) into the Base (69).

Insert two 5/16" x 2 3/4" Carriage Bolts (35) and a 5/16" x 2 1/2" Carriage Bolt (22) up through the Stabilizer (73).

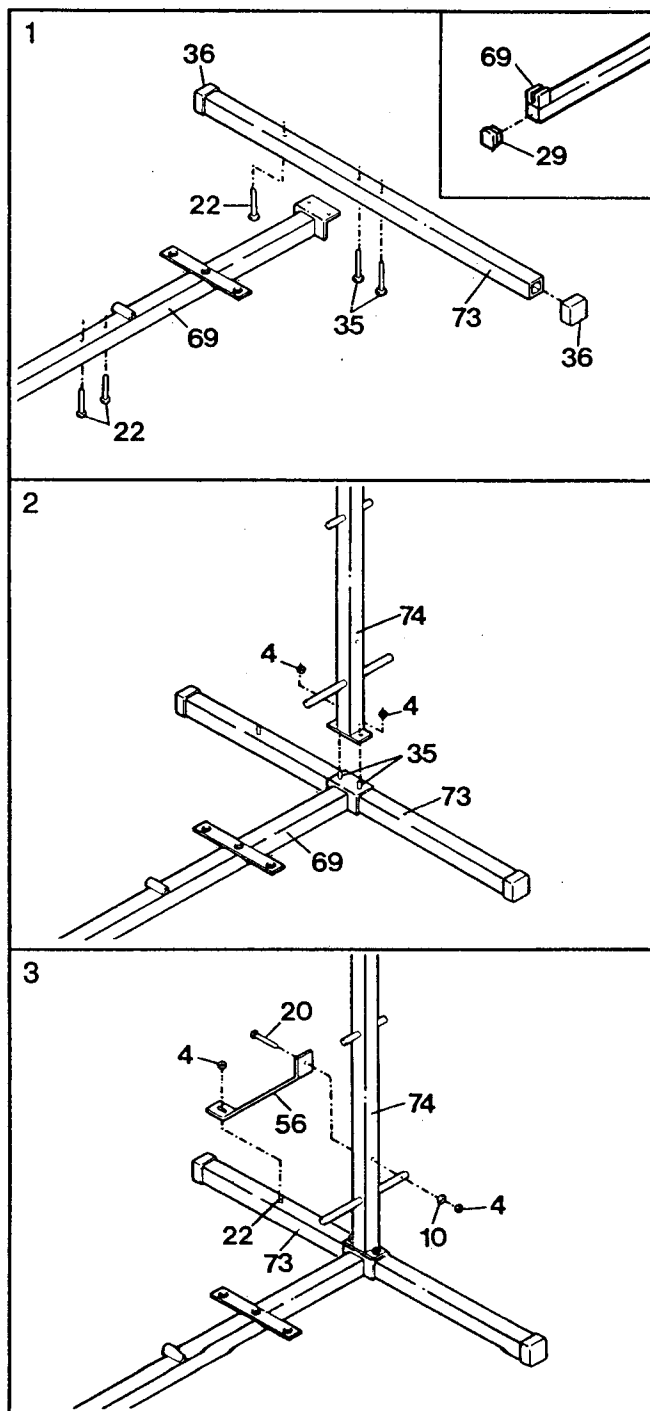
Insert two 5/16" x 2 1/2" Carriage Bolts (22) up through the Base (69). Slide the end of the Base over the two 5/16" x 2 3/4" Carriage Bolts (35) in the Stabilizer (73).

2. Slide the Rear Upright (74) over the two 5/16" x 2 3/4" Carriage Bolts (35) in the Stabilizer (73) and Base (69). Attach the Rear Upright with two 5/16" Nylock Nuts (4). **Do not fully tighten the Nylock Nuts yet.**

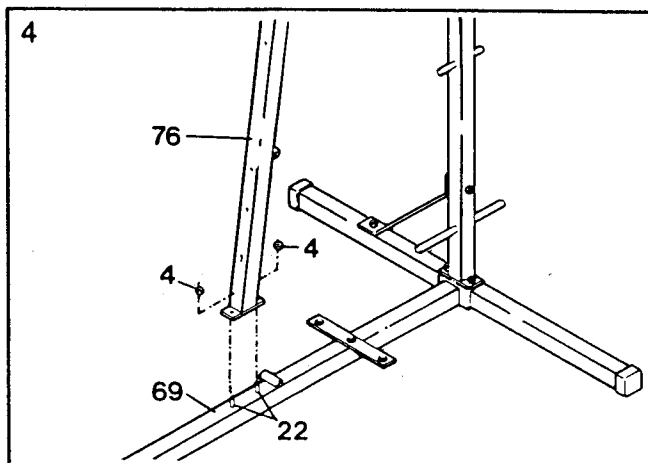
3. Slide the end of the Brace (56) that has an oblong hole in it over the 5/16" x 2 1/2" Carriage Bolt (22) in the Stabilizer (73). Attach the Brace with a 5/16" Nylock Nut (4). **Do not fully tighten the Nylock Nut yet.**

Attach the other end of the Brace (56) to the Rear Upright (74) with a 5/16" x 2 1/2" Bolt (20), 5/16" Washer (10) and 5/16" Nylock Nut (4).

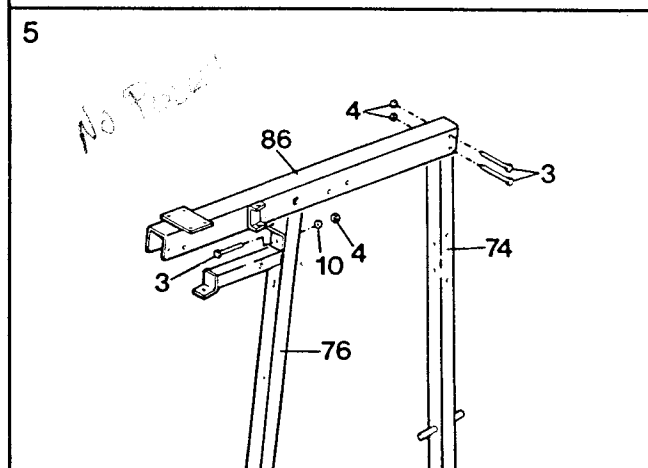
**Tighten all Nylock Nuts used in assembly steps 1-3.**



4. Slide the Front Upright (76) over the two 5/16" x 2 1/2" Carriage Bolts (22) in the Base (69). Attach the Front Upright with two 5/16" Nylock Nuts (4). **Do not fully tighten the Nylock Nuts until completing step 24.**

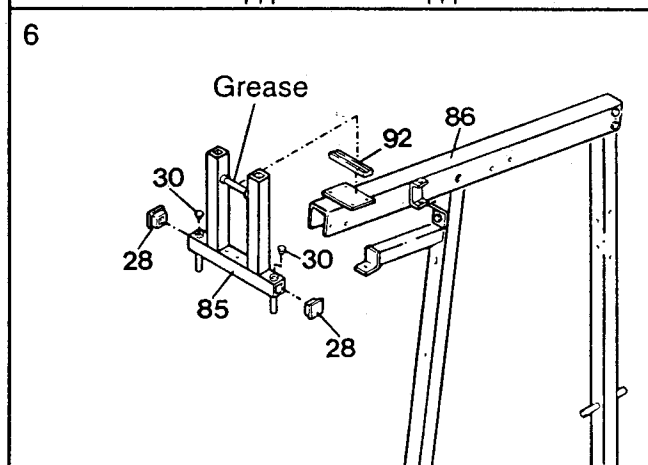


5. Place the Top Brace (86) on top of the Front and Rear Uprights (76, 74). Attach the bracket on the Top Brace to the Front Upright with a 5/16" x 2 3/4" Bolt (3), 5/16" Washer (10) and 5/16" Nylock Nut (4). **Do not fully tighten the Nylock Nuts until completing step 24.**



Attach the Top Brace (86) to the Rear Upright (74) with two 5/16" x 2 3/4" Bolts (3) and 5/16" Nylock Nuts (4). **Do not fully tighten the Nylock Nuts until completing step 24.**

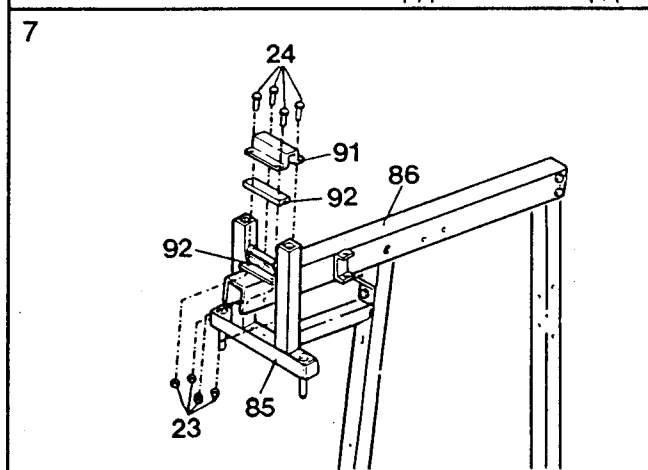
6. Press a 1 3/4" x 1 3/4" Inner Cap (28) into each side of the Arm Support (85). Press a 3/4" Round Inner Cap (30) into each side of the Arm Support.



Apply grease to the rod of the Arm Support (85).

Turn an Arm Support Bushing (92) so the rounded groove is on top. Place the Arm Support Bushing on top of the plate on the Top Brace (86). Rest the rod of the Arm Support (85) in the rounded groove in the Arm Support Bushing.

7. Place the other Arm Support Bushing (92) on top of the rod of the Arm Support (85). Place the Bushing Bracket (91) over the Arm Support Bushings. Attach the Bushing Bracket to the plate on the Top Brace (86) with four 1/4" x 3/4" Screws (24) and 1/4" Nylock Nuts (23).



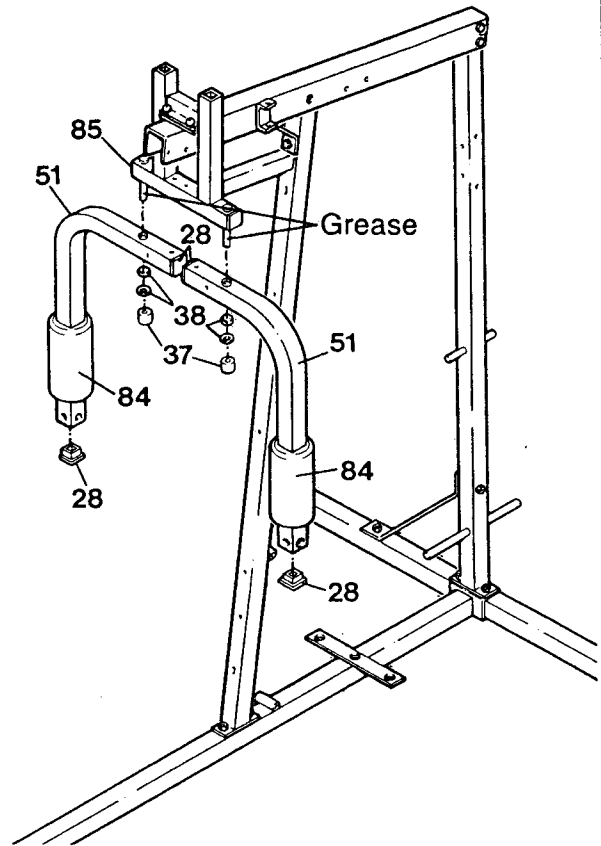
8. Press two 1 3/4" x 1 3/4" Inner Caps (28) into each of the Arms (51).

Apply grease to the axles on the Arm Support (85). Slide an Arm (51) onto the right axle. Hold two 1 5/16" Retainer Rings (38) and a 1" Plastic Cap (37) against the lower end of the axle. Make sure that the teeth on the Retainer Rings bend downward. Tap the Retainer Rings and Plastic Cap onto the axle.

Attach the other Arm (51) in the same manner.

Wet the lower ends of the Arms (51) and the insides of the two 6 1/2" Foam Pads (84) with soapy water. Slide the Foam Pads onto the Arms until the Foam Pads are 3" from the lower ends.

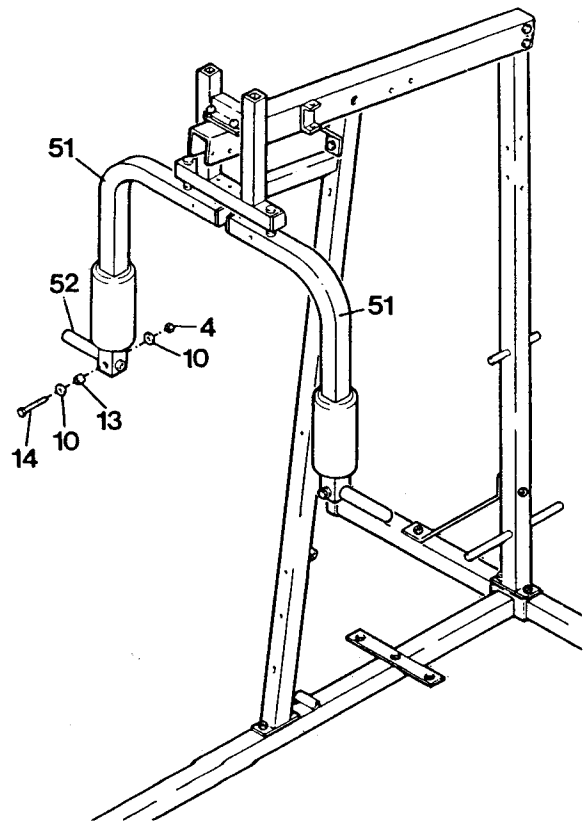
8



9. Insert the end of a Handle (52) that has a hole through it into the right Arm (51). Slide a 5/16" Washer (10) and 5/16" x 3/8" Metal Spacer (13) onto a 5/16" x 2 1/4" Bolt (14). Insert the Bolt through the Arm and the Handle. Slide another 5/16" Washer (10) onto the Bolt and tighten a 5/16" Nylock Nut (4) onto the Bolt.

Assemble a Handle (52) to the left Arm (51) in the same manner.

9



10. Attach a 3 1/2" "U" Bracket (98) to the left Arm (51) with a 5/16" x 2 1/2" Bolt (20), 3/8" Washer (8) and 5/16" Nylock Nut (4). Do not overtighten the Nylock Nut—the "U" Bracket must be able to pivot freely.

Attach a Thin "L" Bracket (99) to the 3 1/2" "U" Bracket (98) with a 5/16" x 2 1/4" Bolt (14) and 5/16" Nylock Nut (4). Make sure that the Thin "L" Bracket is turned as shown. Do not overtighten the Nylock Nut—the Thin "L" Bracket must be able to pivot freely.

Attach a 3 1/2" "U" Bracket (98) and Thin "L" Bracket (99) to the right Butterfly Arm (51) in the same manner.

11. Press two 1 3/4" x 1 3/4" Inner Caps (28) into the Leg Press Frame (72).

Attach the Leg Press Frame (72) to the Base (69) with a 3/8" x 2 3/4" Bolt (16) and 3/8" Nylock Nut (15).

12. Attach the Leg Lever (71) to the Leg Press Frame (72) with a 5/16" x 2 3/4" Bolt (3) and 5/16" Nylock Nut (4).

Press a 1 1/2" x 1 1/2" Inner Cap (95) into the Leg Lever (71). Attach the 1" Bumper (31) to the Leg Lever with the 3/4" Screw (32).

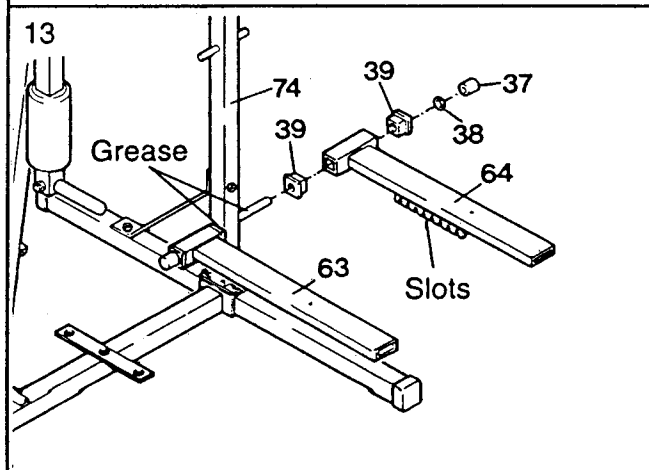
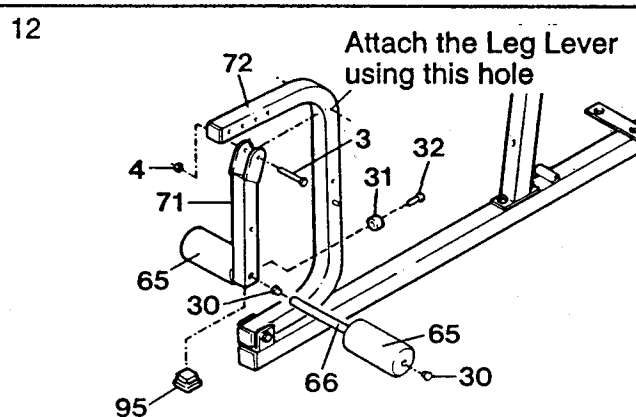
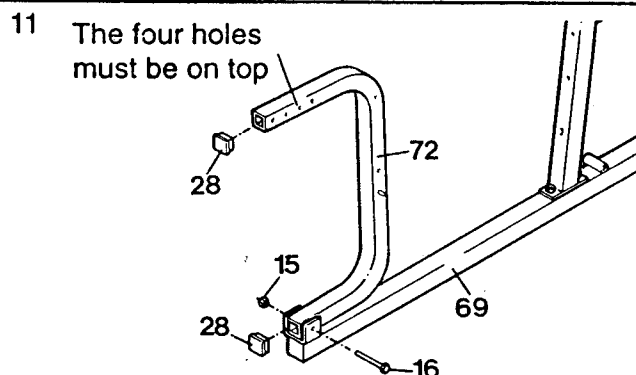
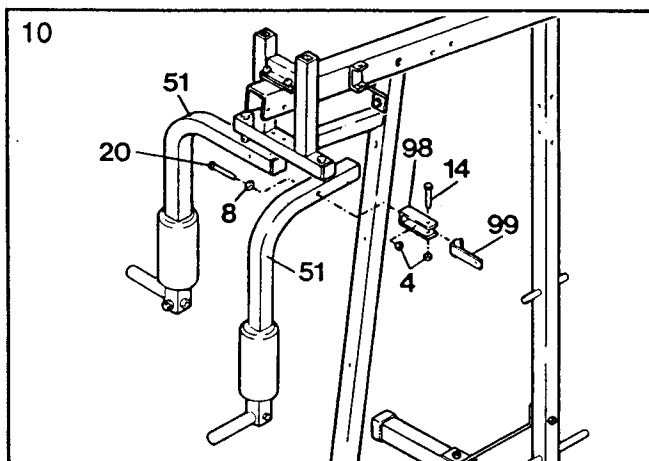
Press a 3/4" Round Inner Cap (30) into each end of a Pad Tube (66).

Insert the Pad Tube (66) into the lower end of the Leg Lever (71). Center the Pad Tube and slide a 6" Foam Pad (65) onto each end of it.

13. Apply grease to the pedal axles on the Rear Upright (74).

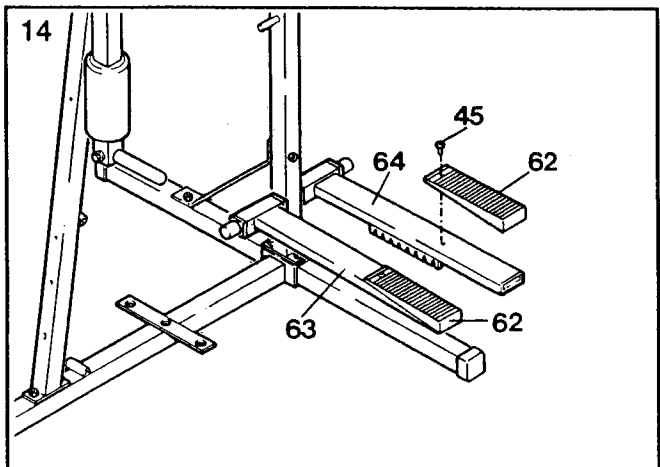
Press two Pedal Bushings (39) into the Right Pedal (64). Slide the Right Pedal onto the right pedal axle. **Note: Make sure that the Pedal is on the correct side—the slots under the pedal must be oriented as shown.** Hold a 1 5/16" Retainer Ring (38) and 1" Plastic Cap (37) against the end of the pedal axle. Make sure that the teeth on the Retainer Ring bend outward. Tap the Retainer Ring and Plastic Cap onto the pedal axle.

Attach the Left Pedal (63) in the same manner.



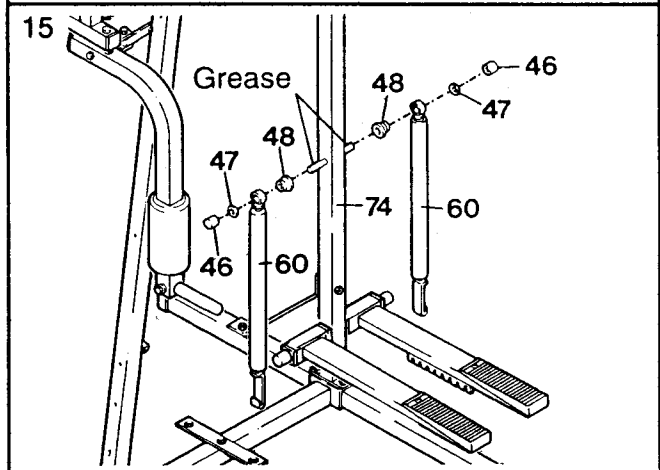
14. Place a Foot Pad (62) on the end of the Right Pedal (64). Attach the Foot Pad with a 1/2" Pan Screw (45).

Attach the other Foot Pad (62) to the Left Pedal (63) in the same manner.



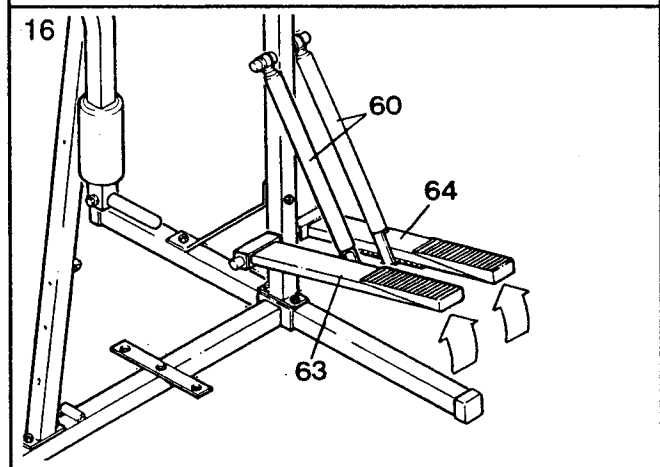
- \*15. Apply grease to the cylinder axles on the Rear Upright (74).

Slide a Cylinder Spacer (48) and a Resistance Cylinder (60) onto each cylinder axle. Hold a 1" Retainer Ring (47) and 5/8" Plastic Cap (46) against the end of the left cylinder axle. Make sure that the teeth on the Retainer Ring bend outward. Tap the Retainer Ring and Plastic Cap onto the cylinder axle. Attach a 1" Retainer Ring (47) and 5/8" Plastic Cap (46) to the right cylinder axle in the same manner.



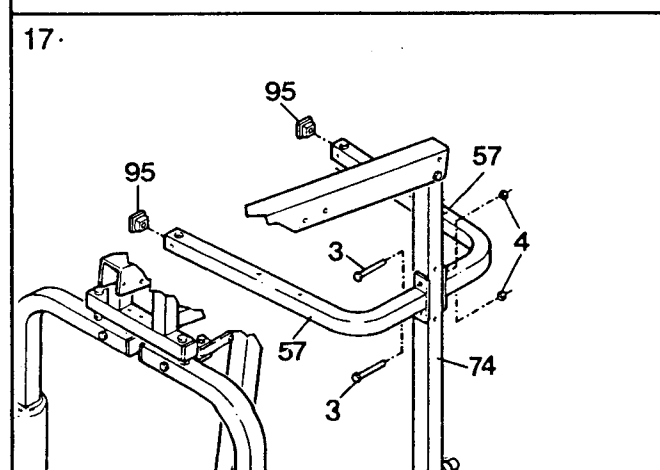
16. Raise the Right Pedal (64) and rest it on the bracket at the lower end of the right Resistance Cylinder (60). Make sure that the bracket is in one of the slots under the Pedal.

Rest the Left Pedal (63) on the bracket at the lower end of the left Resistance Cylinder (60). Make sure that the brackets are in the same slots under both Pedals.



17. Attach the two VKR Arms (57) to the Rear Upright (74) with two 5/16" x 2 3/4" Bolts (3) and 5/16" Nylock Nuts (4).

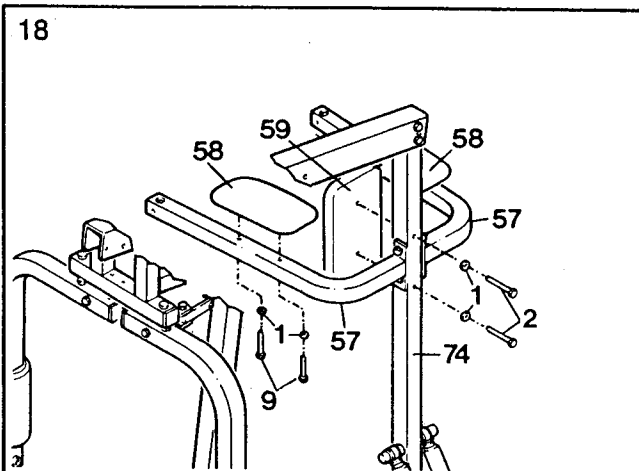
Press a 1 1/2" x 1 1/2" Inner Cap (95) into each VKR Arm (57).





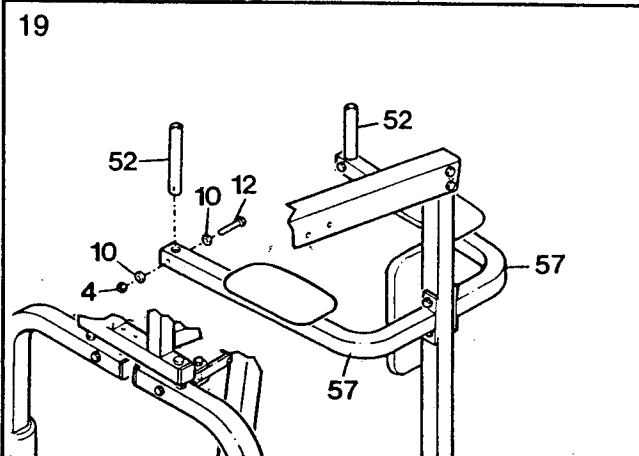
18. Attach a VKR Armrest (58) to each VKR Arm (57) with two 1/4" x 2" Screws (9) and 1/4" Washers (1).

Attach the VKR Backrest (59) to the Rear Upright (74) with two 1/4" x 2 1/2" Screws (2) and 1/4" Washers (1).



19. Insert the end of the Handle (52) that has a hole through it into the left VKR Arm (57). Slide a 5/16" Washer (10) onto a 5/16" x 2" Bolt (12). Insert the Bolt through the VKR Arm and the Handle. Slide another 5/16" Washer (10) onto the Bolt and tighten a 5/16" Nylock Nut (4) onto the Bolt.

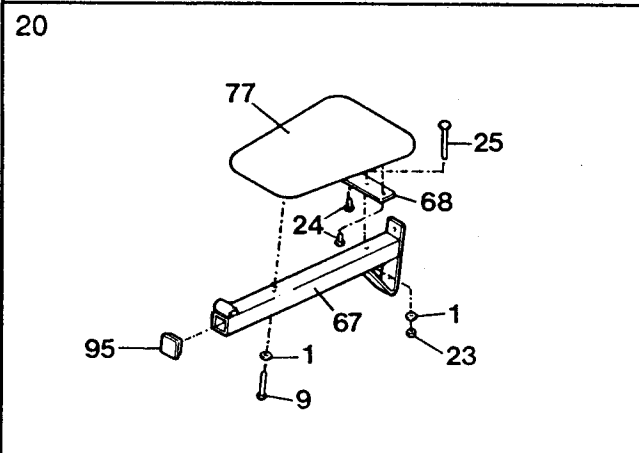
Assemble a Handle (52) to the right VKR Arm (57) in the same manner.



20. Press a 1 1/2" x 1 1/2" Inner Cap (95) into the Seat Frame (67). Attach the Seat Plate (68) to the Seat Frame with the 1/4" x 2" Carriage Bolt (25), a 1/4" Washer (1) and a 1/4" Nylock Nut (23).

Attach the Seat (77) to the Seat Plate (68) with two 1/4" x 3/4" Screws (24).

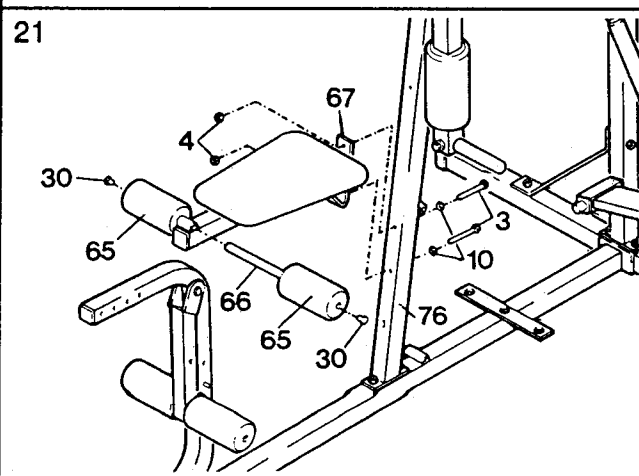
Attach the Seat (77) to the Seat Frame (67) with a 1/4" x 2" Screw (9) and 1/4" Washer (1).



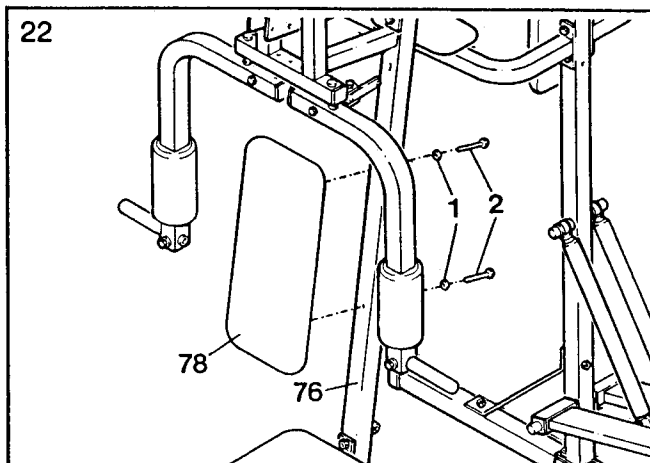
21. Attach the Seat Frame (67) to the Front Upright (76) with two 5/16" x 2 3/4" Bolts (3), 5/16" Washers (10) and 5/16" Nylock Nuts (4).

Press a 3/4" Round Inner Cap (30) into each end of a Pad Tube (66).

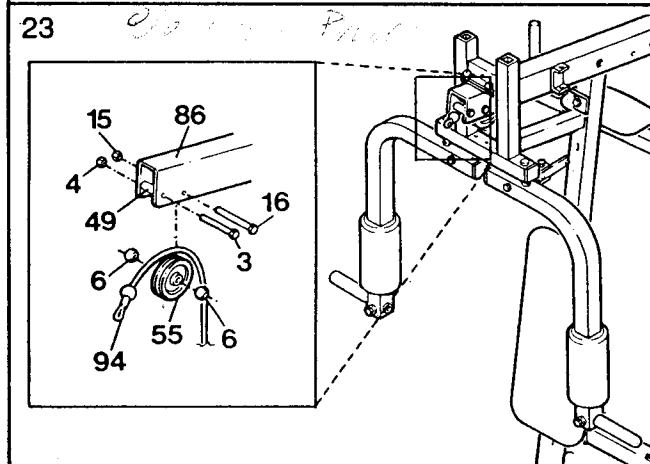
Insert the Pad Tube (66) into the Seat Frame (67). Center the Pad Tube and slide a 6" Foam Pad (65) onto each end of it.



22. Attach the Backrest (78) to the Front Upright (76) with two 1/4" x 2 1/2" Screws (2) and 1/4" Washers (1).

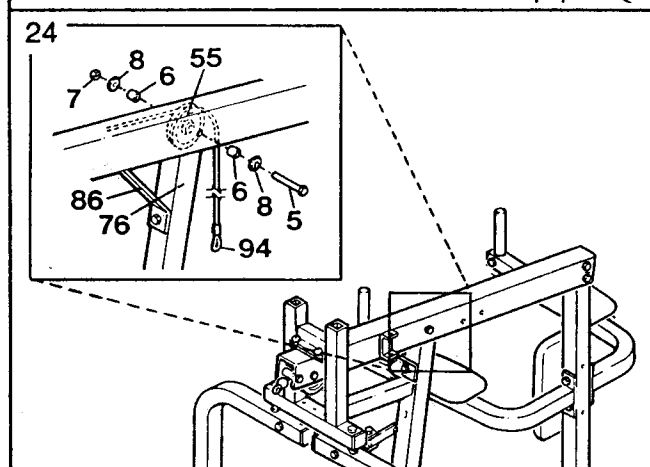


23. Insert a 3/8" x 2 3/4" Bolt (16) into one side of the Top Brace (86). Slide a 3/8" x 3/8" Metal Spacer (6) onto the Bolt. Lay the ball-end of the Short Cable (94) over a 3 1/2" Pulley (55). Slide the Pulley and another 3/8" x 3/8" Metal Spacer (6) onto the Bolt. Insert the Bolt through the other side of the Top Brace and tighten a 3/8" Nylock Nut (15) onto the Bolt.



Attach the 2" Metal Spacer (49) inside the Top Brace (86) with a 5/16" x 2 3/4" Bolt (3) and 5/16" Nylock Nut (4). Make sure that the Short Cable (94) is under the 2" Metal Spacer.

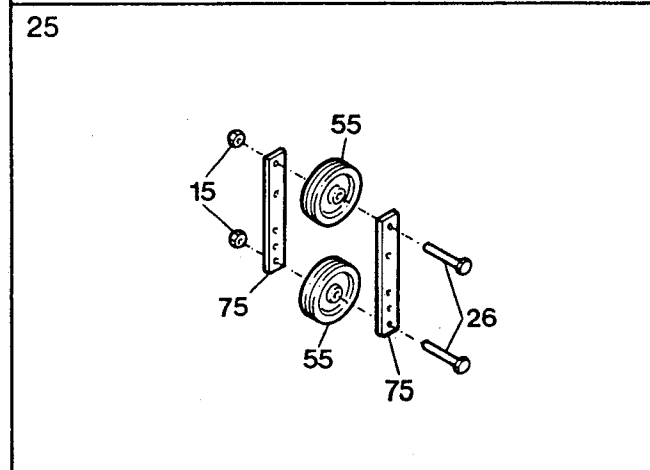
24. Insert the other end of the Short Cable (94) over the top of the bracket on the Top Brace (86) and the Front Upright (76). Lay the Cable over a 3 1/2" Pulley (55). Hold the Pulley in the upper end of the Front Upright.



Slide a 3/8" Washer (8) and 3/8" x 3/8" Metal Spacer (6) onto a 3/8" x 3 1/2" Bolt (5). Insert the Bolt through the Top Brace (86), Front Upright (76) and 3 1/2" Pulley (55). Slide another 3/8" x 3/8" Metal Spacer (6) and 3/8" Washer (8) onto the Bolt and tighten a 3/8" Jam Nut (7) onto the Bolt.

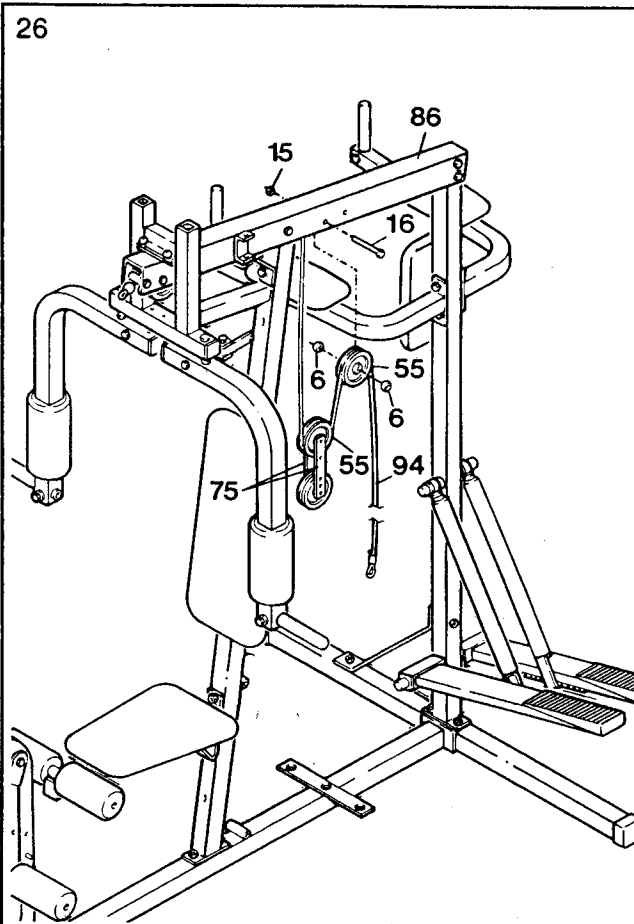
**Tighten all Nylock Nuts used in assembly steps 4-5.**

25. Attach two 3 1/2" Pulleys (55) to the two "I" Plates (75) with 3/8" x 1 3/4" Bolts (26) and 3/8" Nylock Nuts (15). Make sure that the Pulleys are attached to the holes in the ends of the "I" Plates.



26. Route the end of the Short Cable (94) around the indicated 3 1/2" Pulley (55) in the "I" Plates (75).

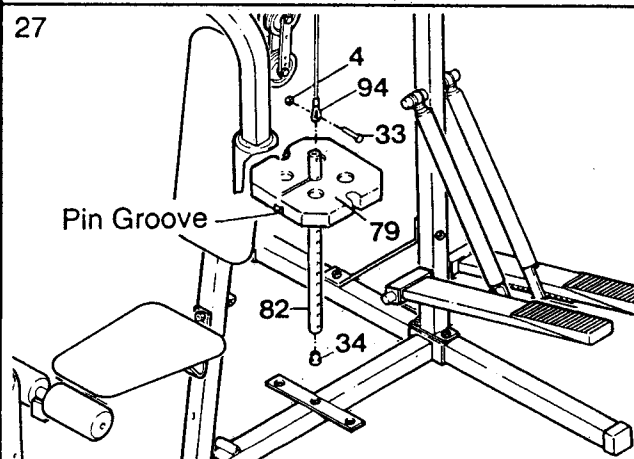
Insert a 3/8" x 2 3/4" Bolt (16) into one side of the Top Brace (86). Slide a 3/8" x 3/8" Metal Spacer (6) onto the Bolt. Lay the Short Cable (94) over a 3 1/2" Pulley (55). Slide the Pulley and another 3/8" x 3/8" Metal Spacer (6) onto the Bolt. Insert the Bolt through the other side of the Top Brace and tighten a 3/8" Nylock Nut (15) onto the Bolt.



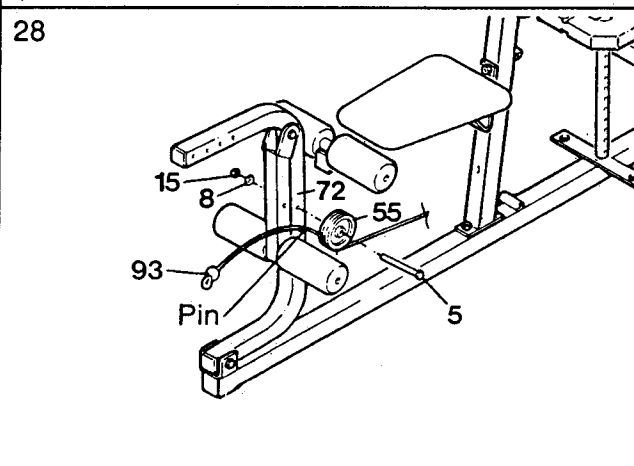
27. Press the Domed Inner Cap (34) into the lower end of the Weight Selector (82).

Slide a Weight (79) onto the upper end of the Weight Selector (82). Make sure that the Weight is turned so the pin groove is downward.

Insert the end of the Short Cable (94) into the upper end of the Weight Selector (82) and attach it with the 5/16" x 1 1/2" Bolt (33) and a 5/16" Nylock Nut (4).

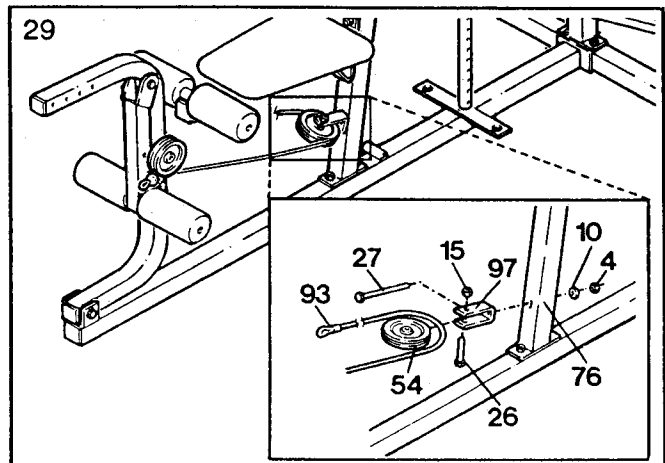


28. Wrap the ball-end of the Long Cable (93) under a 3 1/2" Pulley (55). Attach the Pulley to the Leg Press Frame (72) with a 3/8" x 3 1/2" Bolt (5), 3/8" Washer (8) and 3/8" Nylock Nut (15). Make sure that the Cable is between the Pulley and the pin on the Leg Press Frame.



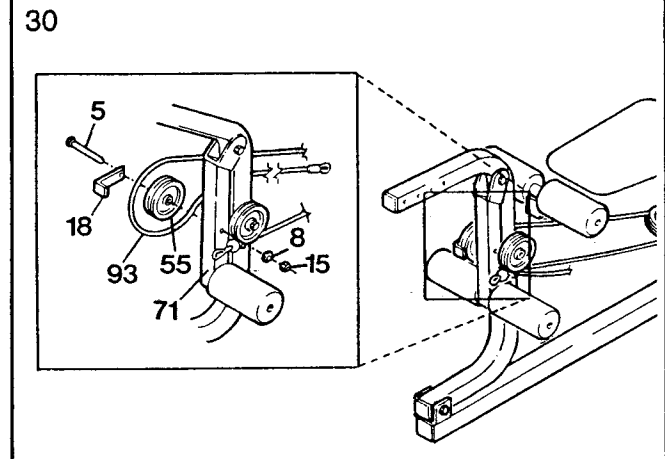
29. Attach a 3" "U" Bracket (97) to the Front Upright (76) with a 5/16" x 4" Bolt (27), 5/16" Washer (10) and 5/16" Nylock Nut (4). **The Nylock Nut should be threaded onto the Bolt four complete turns. The cabling will be too short if the Nylock Nut is overtightened.**

Wrap the Long Cable (93) around a 4 1/2" Pulley (54) as shown. Attach the Pulley to the 3" "U" Bracket (97) with a 3/8" x 1 3/4" Bolt (26) and 3/8" Nylock Nut (15).



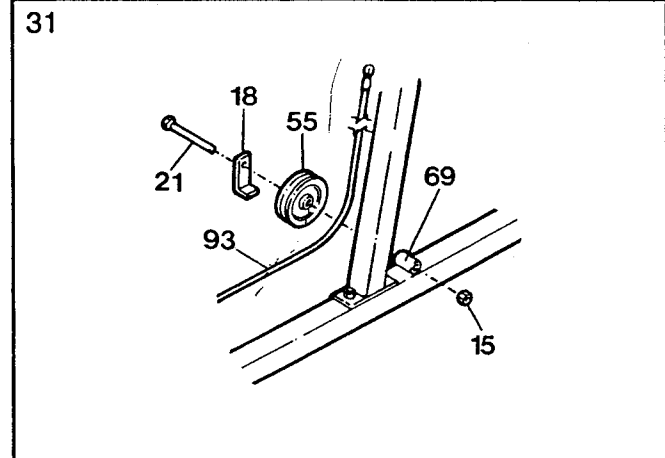
30. Slide a Plastic Cable Guide (18) and a 3 1/2" Pulley (55) onto a 3/8" x 3 1/2" Bolt (5). Insert the Bolt into the Leg Lever (71). Slide a 3/8" Washer (8) onto the Bolt and tighten a 3/8" Nylock Nut (15) onto the Bolt.

Pull back the Plastic Cable Guide (18) and wrap the Long Cable (93) around the 3 1/3" Pulley (55). Turn the Plastic Cable Guide so it holds the Cable on the Pulley.



31. Slide a Plastic Cable Guide (18) and a 3 1/2" Pulley (55) onto a 3/8" x 3 3/4" Bolt (21). Insert the Bolt into the tube on the Base (69) and tighten a 3/8" Nylock Nut (15) onto the Bolt.

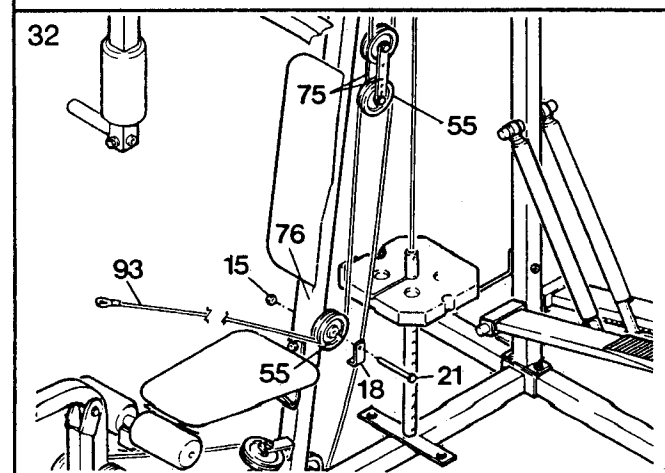
Pull back the Plastic Cable Guide (18) and wrap the Long Cable (93) under the 3 1/3" Pulley (55). Turn the Plastic Cable Guide so it holds the Cable on the Pulley.



32. Route the Long Cable (93) over the 3 1/2" Pulley (55) at the lower end of the "I" Plates (75).

Slide a Plastic Cable Guide (18) and a 3 1/2" Pulley (55) onto a 3/8" x 3 3/4" Bolt (21). Insert the Bolt into the tube on the Front Upright (76) and tighten a 3/8" Nylock Nut (15) onto the Bolt.

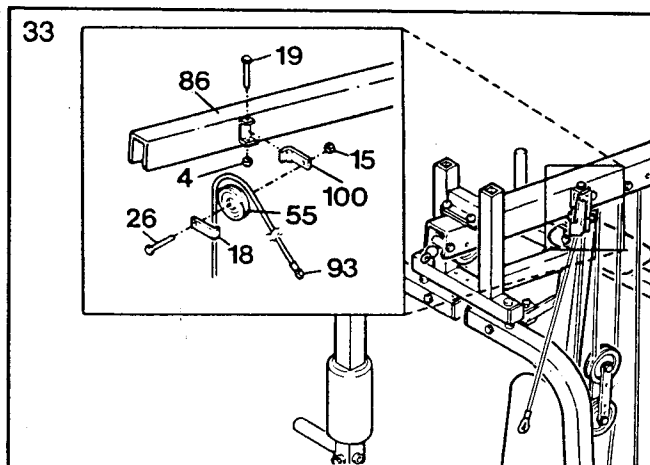
Pull back the Plastic Cable Guide (18) and wrap the Long Cable (93) under the 3 1/3" Pulley (55). Turn the Plastic Cable Guide so it holds the Cable on the Pulley.



33. Attach a Thick "L" Bracket (100) to the bracket on the Top Brace (86) with a 5/16" x 3 1/4" Bolt (19) and 5/16" Nylock Nut (4). Make sure that the Thick "L" Bracket is turned as shown.

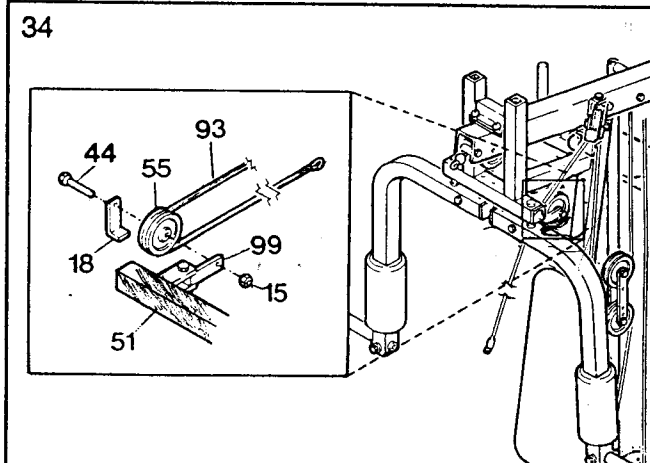
Slide a Plastic Cable Guide (18) and a 3 1/2" Pulley (55) onto a 3/8" x 1 3/4" Bolt (26). Insert the Bolt into the Thick "L" Bracket (100) and tighten a 3/8" Nylock Nut (15) onto the Bolt.

Pull back the Plastic Cable Guide (18) and lay the Long Cable (93) over the 3 1/2" Pulley (55). Turn the Plastic Cable Guide so it holds the Cable on the Pulley.



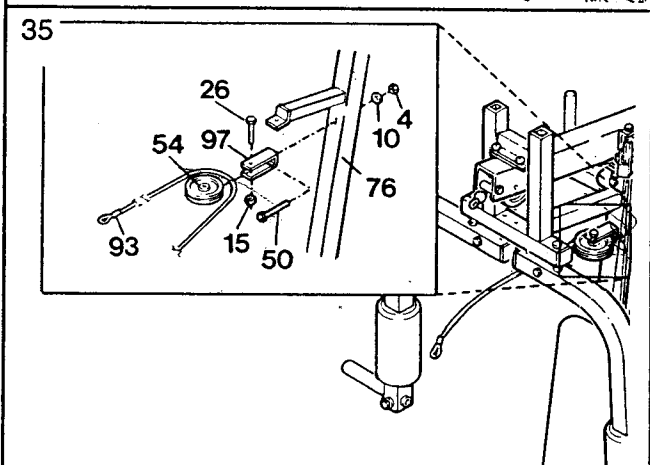
34. Slide a Plastic Cable Guide (18) and a 3 1/2" Pulley (55) onto a 3/8" x 2" Bolt (44). Insert the Bolt into the Thin "L" Bracket (99) on the left Arm (51) and tighten a 3/8" Nylock Nut (15) onto the Bolt.

Pull back the Plastic Cable Guide (18) and wrap the Long Cable (93) around the 3 1/2" Pulley (55). Turn the Plastic Cable Guide so it holds the Cable on the Pulley.



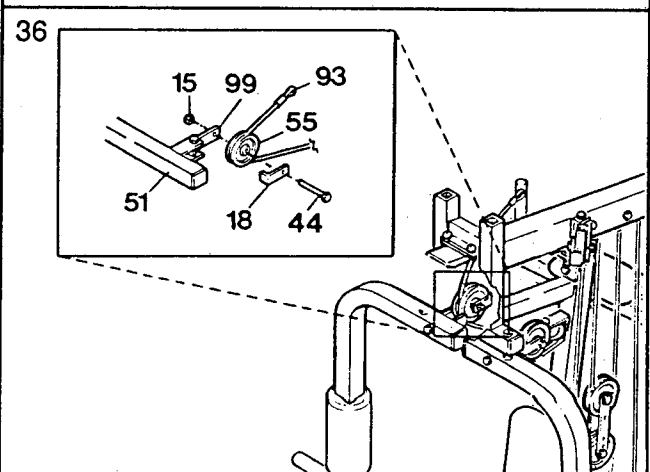
35. Attach a 3" "U" Bracket (97) to the Front Upright (76) with a 5/16" x 4" Bolt (27), 5/16" Washer (10) and 5/16" Nylock Nut (4). **The Nylock Nut should be threaded onto the Bolt four complete turns. The cabling will be too short if the Nylock Nut is overtightened.**

Wrap the Long Cable (93) around a 4 1/2" Pulley (54). Attach the Pulley to the 3" "U" Bracket (97) with a 3/8" x 1 3/4" Bolt (26) and 3/8" Nylock Nut (15).

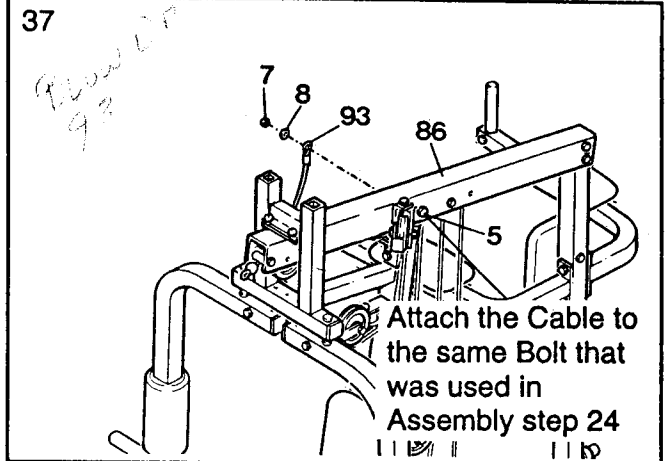


36. Slide a Plastic Cable Guide (18) and a 3 1/2" Pulley (55) onto a 3/8" x 2" Bolt (44). Insert the Bolt into the Thin "L" Bracket (99) on the right Arm (51) and tighten a 3/8" Nylock Nut (15) onto the Bolt. **Note: Make sure that the 3 1/2" Pulley is attached on the side of the Thin "L" Bracket as shown.**

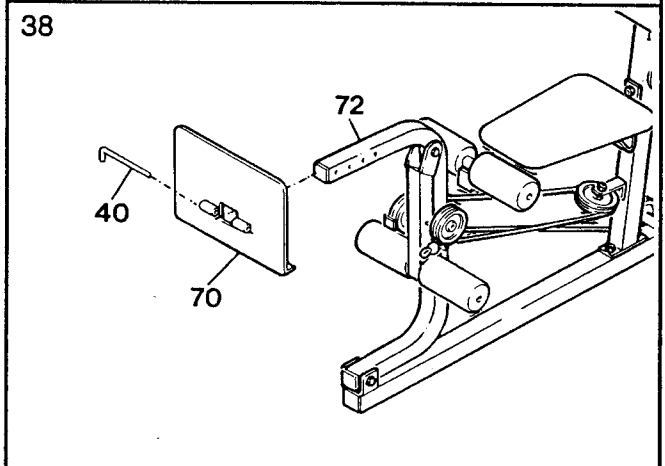
Pull back the Plastic Cable Guide (18) and wrap the Long Cable (93) around the 3 1/2" Pulley (55). Turn the Plastic Cable Guide so it holds the Cable on the Pulley.



37. Slide the end of the Long Cable (93) onto the end of the 3/8" x 3 1/2" Bolt (5) in the Top Brace (86). Slide a 3/8" Washer (8) onto the Bolt and tighten the 3/8" Jam Nut (7) onto the Bolt. **Note: The 3/8" x 3 1/2" Bolt (5) is the Bolt that was used in assembly step 24. The Bolt will already have one Nut threaded onto it. The step described above will attach the Long Cable to the remaining threads so there will be two Nuts on the Bolt.**

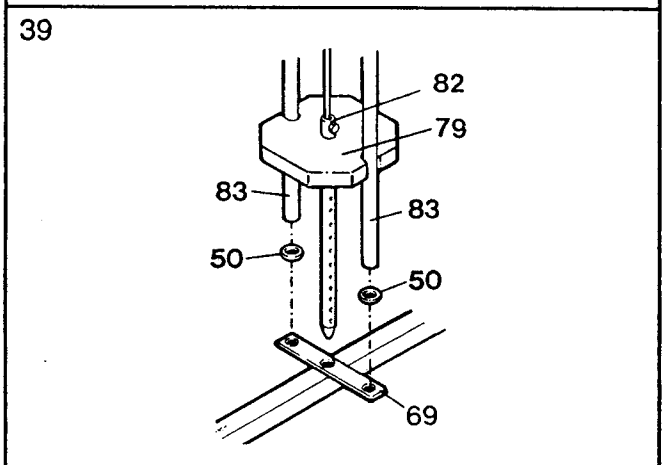


38. Slide the Leg Press Plate (70) onto the end of the Leg Press Frame (72). Insert the 7" "L" Pin (40) through the Leg Press Plate and one of the four holes in the Leg Press Frame.



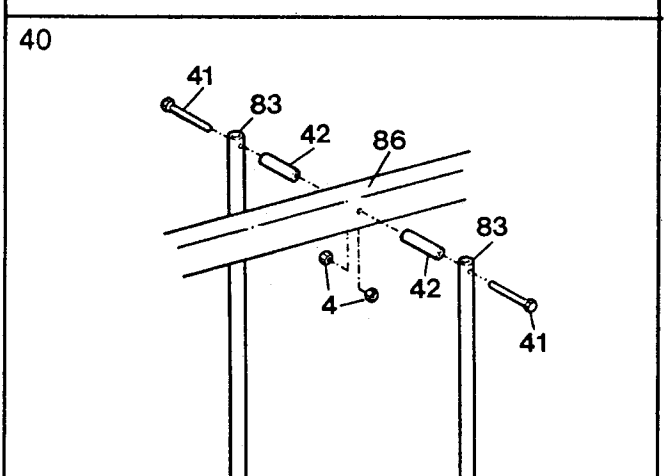
39. Find the lower ends of the two Weight Guides (83) (there are holes near the upper ends of the Weight Guides). Slide a Weight Bumper (50) onto the lower end of each Weight Guide. Insert the Weight Guides into the bracket on the Base (69).

Fit the Weight Guides (83) into the recesses in the sides of the Weight (79) on the Weight Selector (82).

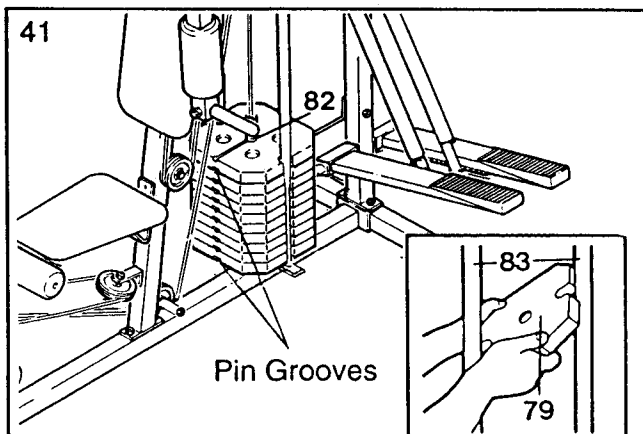


40. Insert a 5/16" x 4 1/4" Bolt (41) through the upper end of one of the Weight Guides (83). Slide a 2 5/8" Metal Spacer (42) onto the Bolt and insert the Bolt into the Top Brace (86). Tighten a 5/16" Nylock Nut (4) onto the Bolt.

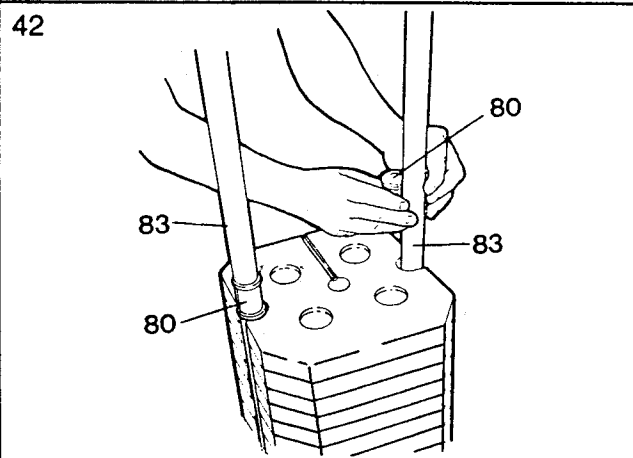
Attach the other Weight Guide (83) to the Top Brace (86) in the same manner.



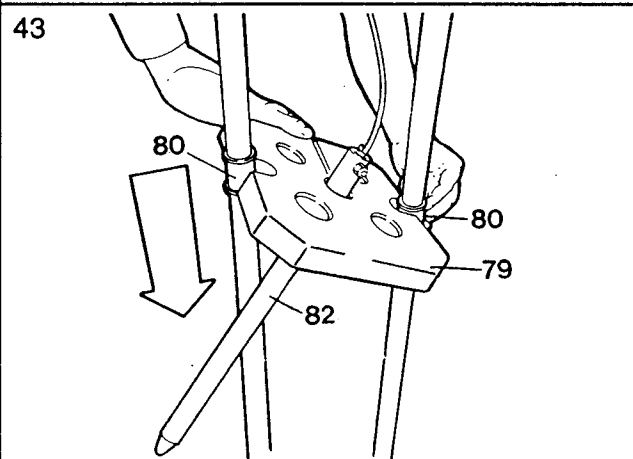
41. Raise the Weight Selector (82). Place the remaining nine Weights (79) on the Weight Guides (83) by tipping the Weights as shown. Make sure that the Weights are turned so all of the pin grooves are under the Weights and are on the same side. Lower the Weight Selector into the Weights.



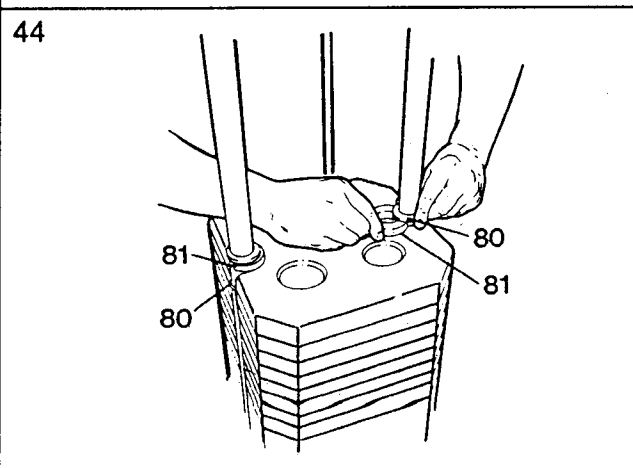
42. Open a Weight Sleeve (80) and close it around one of the Weight Guides (83). Close the other Weight Sleeve (80) around the other Weight Guide. Turn the Weight Sleeves so the hinged sides are toward each other.



43. Tip the top Weight (79) as shown. Fit the low side of the Weight into a Weight Sleeve (80). Fit the high side of the Weight into the other Weight Sleeve. Press the Weight and the Weight Sleeves down until they are resting on top of the other Weights.



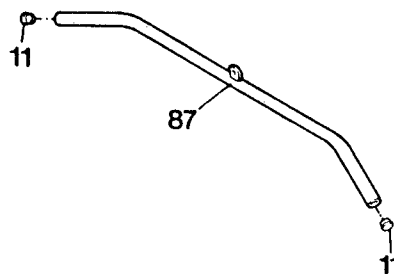
44. Hold the open end of a Weight Sleeve Clip (81) against one of the Weight Sleeves (80) as shown. Firmly press the Weight Sleeve Clip until it snaps around the Weight Sleeve.



Press the other Weight Sleeve Clip (81) onto the other Weight Sleeve (80) in the same manner.

45. Press a 1" Round Inner Cap (11) into each end of the Lat Bar (87).

45

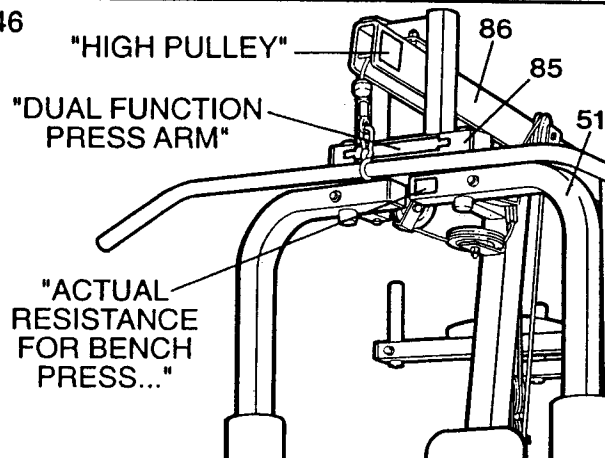


46. Remove the "HIGH PULLEY" decal from the Decal Sheet (not shown). Apply the decal to the side of the Top Brace (86).

Remove the "DUAL FUNCTION PRESS ARM" decal from the Decal Sheet (not shown). Center the decal on the front of the Arm Support (85).

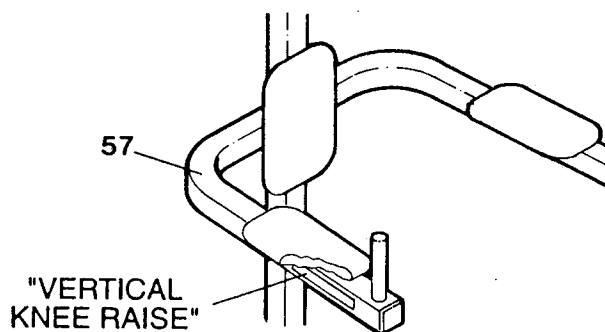
Remove the "ACTUAL RESISTANCE FOR BENCH PRESS . . ." decal from the Decal Sheet (not shown). Apply the decal to the left Arm (51).

46



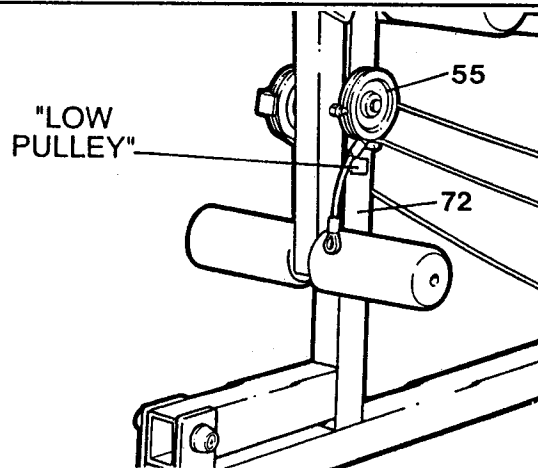
47. Remove the "VERTICAL KNEE RAISE" decal from the Decal Sheet (not shown). Apply the decal to the side of the right VKR Arm (57).

47



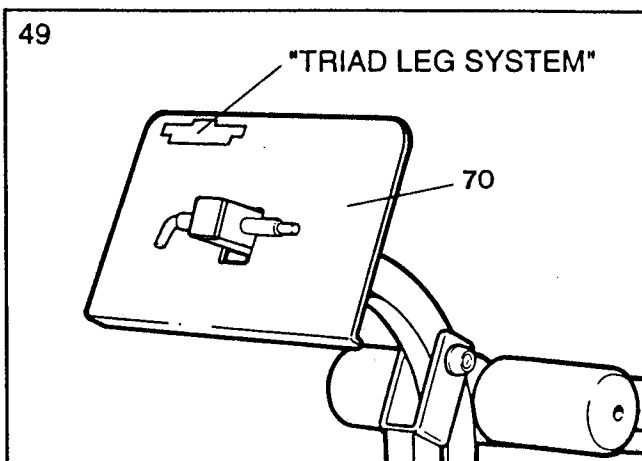
48. Remove the "LOW PULLEY" decal from the Decal Sheet (not shown). Apply the decal to the Leg Press Frame (72) below the indicated 3 1/2" Pulley (55).

48

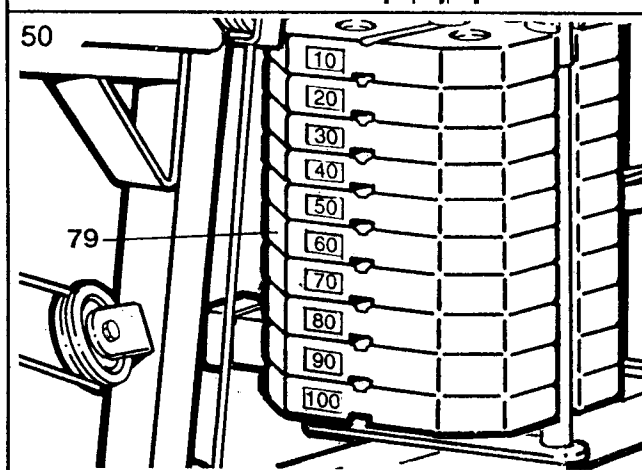




49. Remove the "TRIAD LEG SYSTEM" decal from the Decal Sheet (not shown). Apply the decal to the corner of the Leg Press Plate (70).



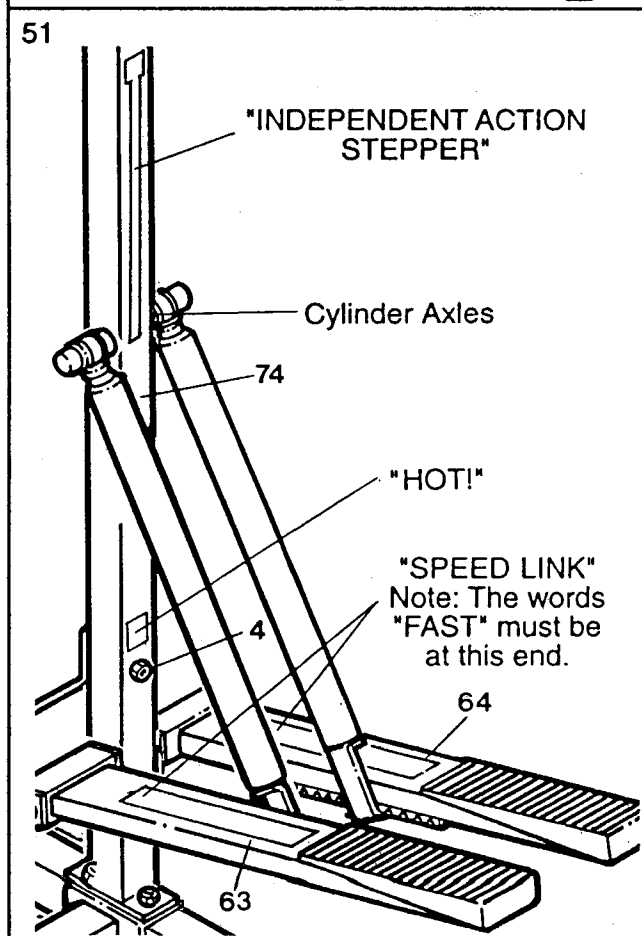
50. Remove the ten small decals numbered "10" through "100" from the Decal Sheet (not shown). Apply the decals to the ten Weights (79) in the indicated locations. The decal numbered "10" should be applied to the top Weight; the decal numbered "100" should be applied to the bottom Weight.



51. Remove the "INDEPENDENT ACTION STEPPER" decal from the Decal Sheet (not shown). Apply the decal to the Rear Upright (74). The lower end of the decal should be aligned with the cylinder axles.

Remove the "HOT" decal from the Decal Sheet (not shown). Apply the decal to the Rear Upright (74) above the indicated 5/16" Nylock Nut (4).

Remove the two "SPEED LINK" decals from the Decal Sheet (not shown). Apply the decals to the Left and Right Pedals (63, 64). Make sure that both decals are turned so the words "FAST" are toward the Upright (74).



52. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in USING THE PROFORM 300 CR, beginning on page 19 of this owner's manual.

**WARNING: For your safety and benefit, attach all decals before using the cross training system.**

Before using the cross training system, make sure that both of the cables are properly routed. Pull the ends of both cables a few times to make sure that the cables move smoothly over the pulleys. Move the butterfly arms and the leg press plate a few times. If either of the cables does not move smoothly, locate and correct the problem before using the cross training system. **IMPORTANT: If the cables are not properly routed, they may be permanently damaged when used with heavy weights.**

# USING THE PROFORM 300 CR

The instructions below describe how each part of the cross training system can be adjusted. See the EXERCISE GUIDE accompanying this owner's manual to see how the cross training system should be set up for each individual exercise.

## CHANGING THE WEIGHT SETTING

The weight stack near the stepper is connected to the press arm and the leg press plate. The weight stack near the cam arm is connected to the cam arm and the butterfly arms. To select a weight setting for either weight stack, insert a 7" "L" Pin w/Tab (56) under the desired Weight (105) in the weight stack. Turn the end of the Pin down-ward. Always leave one 7" "L" Pin w/Tab (56) under the top Weight on each weight stack. **IMPORTANT: When using the press arms, the weight will be doubled. When using the leg press plate, the weight will be tripled.**

Up to fifteen Weights (105) can be placed on either weight stack. **IMPORTANT: When moving Weights from one weight stack to the other, always leave the Weights with the Sleeves (57) and Guides (58) on top of the weight stacks.**

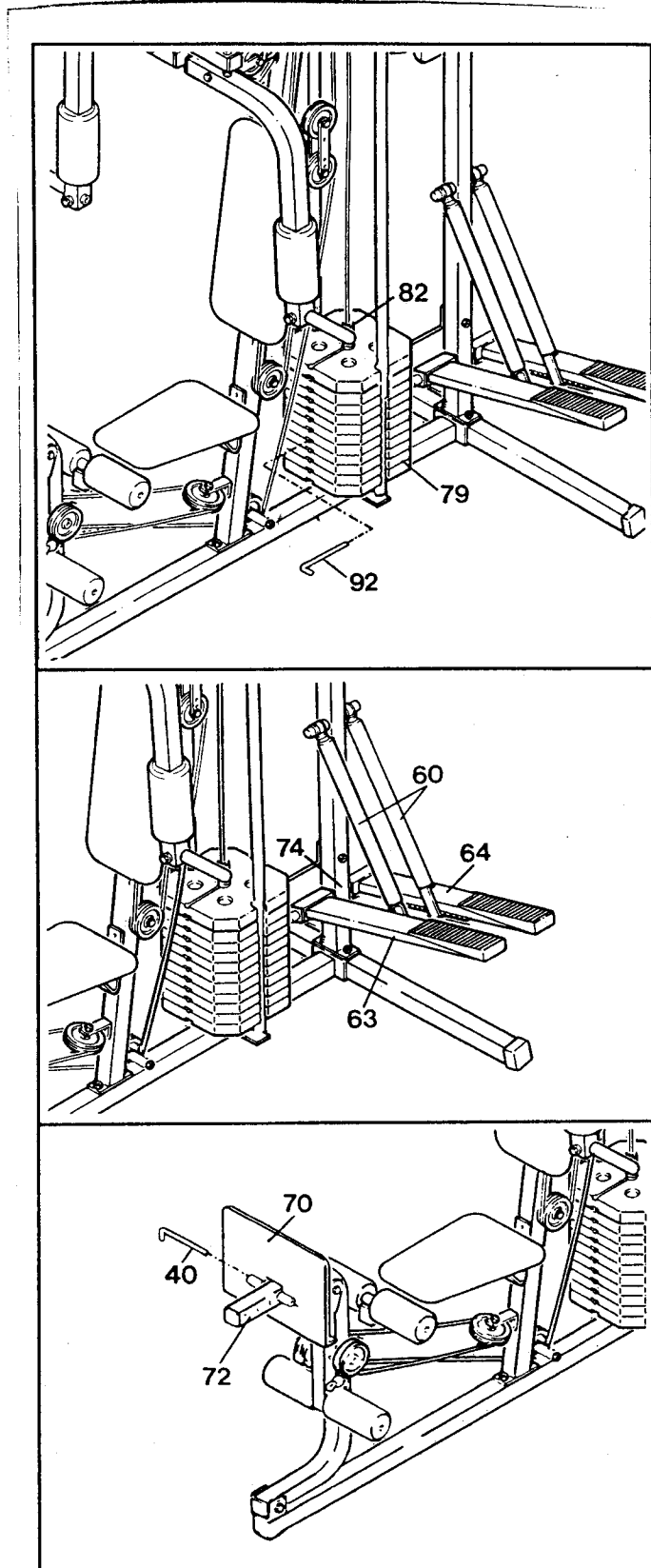
## CHANGING THE STEPPING RESISTANCE

To vary the intensity of your workouts, the resistance of the stepper pedals can be changed. To change the resistance, lift the Pedals (63, 64) off the brackets at the lower ends of the Resistance Cylinders (60). Move the brackets to different slots under the Pedals. Make sure that the brackets are in the same slots under both Pedals. The farther the Resistance Cylinders are from the Rear Upright (74), the greater the resistance will be.

## ADJUSTING THE LEG PRESS PLATE

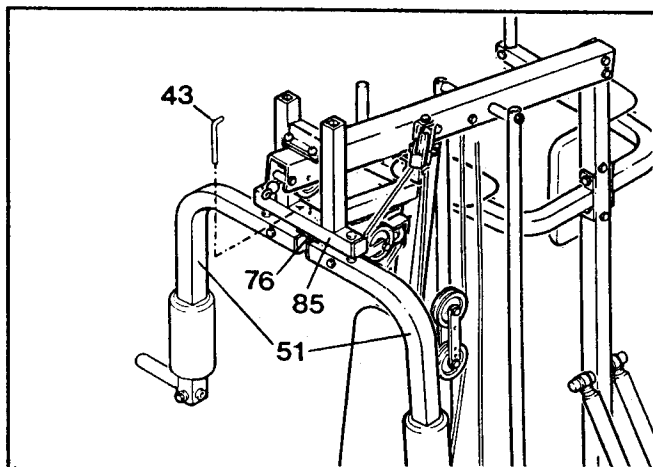
The Leg Press Plate (70) can be adjusted to any of four positions. To change the position, first remove the 7" "L" Pin (40). Move the Leg Press Plate forward or backward and insert the "L" Pin through the Leg Press Plate and the Leg Press Frame (72).

For certain exercises, the Leg Press Plate (70) should be removed from the Leg Press Frame (72).



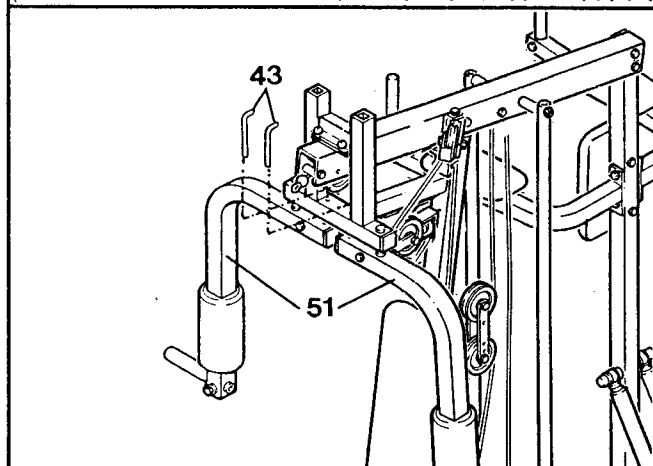
## USING THE ARMS IN THE BUTTERFLY MODE

To use the Arms (51) in the butterfly mode, the Arm Support (85) must be locked in a stationary position. To lock the Arm Support, insert a 4 1/2" "L" Pin (43) down through the center of the Arm Support and the bracket on the Front Upright (76). Set the other 4 1/2" "L" Pin (43) aside.



## USING THE ARMS IN THE PRESS MODE

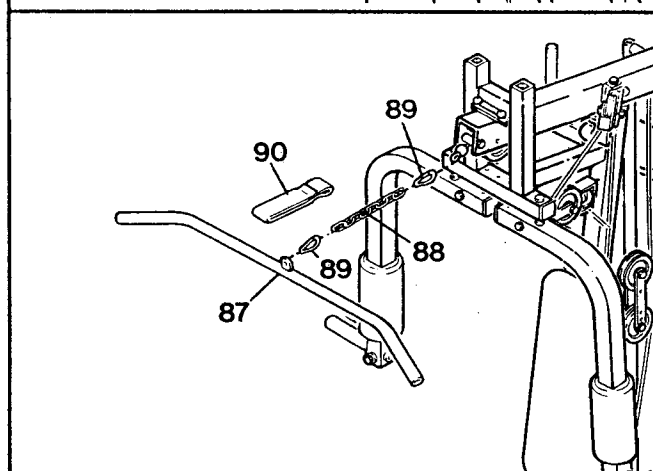
To use the Arms (51) in the press mode, the Arms must be locked in a stationary position. Insert the two 4 1/2" "L" Pins (43) down through the Arm Support and the Arms. **IMPORTANT: Always lock the arms in the stationary position with the 4 1/2" "L" Pins except when performing the butterfly or reverse butterfly exercise.**



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH CABLE

The Lat Bar (87) can be attached to the high cable with a Cable Clip (89). For some exercises, the Chain (88) must be attached between the Lat Bar and the high cable with two Cable Clips. The distance between the Lat Bar and the high cable can be adjusted by attaching the Cable Clips closer together or farther apart along the Chain.

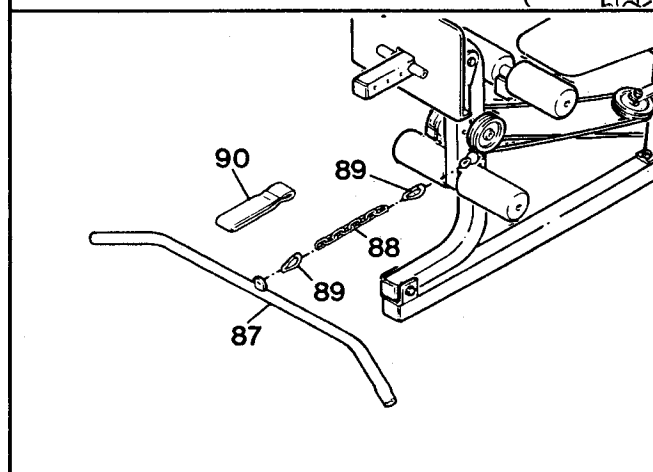
The Nylon Strap (90) can be attached to the high cable in the same manner.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW CABLE

The Lat Bar (87) can be attached to the low cable with a Cable Clip (89). For some exercises, the Chain (88) must be attached between the Lat Bar and the low cable with two Cable Clips. The distance between the Lat Bar and the low cable can be adjusted by attaching the Cable Clips closer together or farther apart along the Chain.

The Nylon Strap (90) can be attached to the high cable in the same manner.



# TROUBLE-SHOOTING AND MAINTENANCE

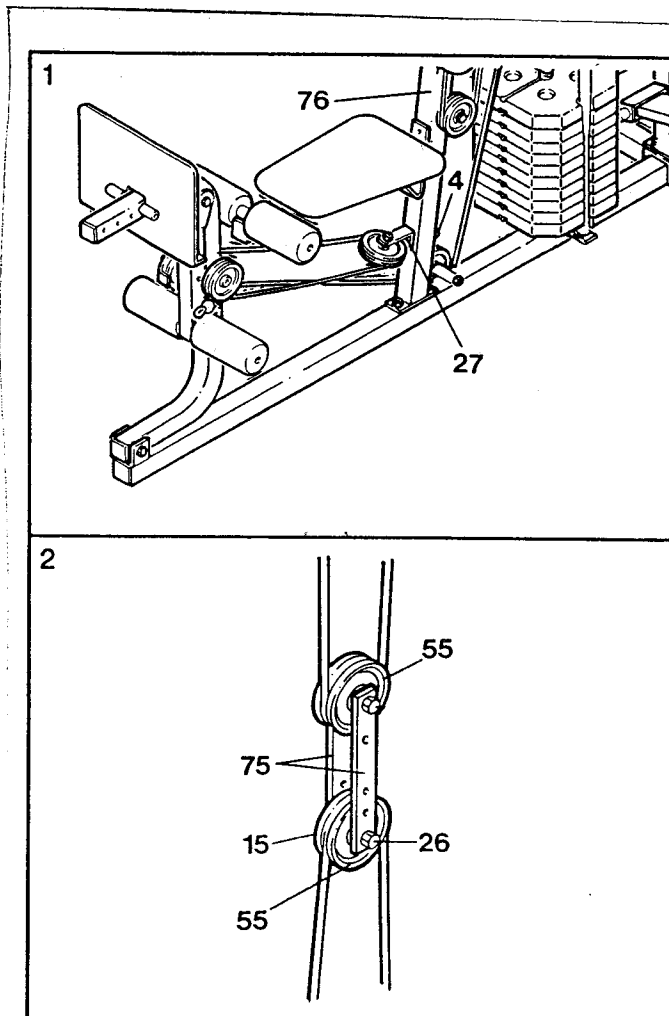
Inspect and properly tighten all parts of the cross training system each time you exercise. Replace any worn parts immediately. The cross training system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

## ADJUSTING THE CABLES

If there is too much slack in the cables, the cables can be adjusted. To tighten the cables, find the 5/16" Nylock Nut (4) near the lower end of the Front Upright (76). To tighten the cables, hold the 5/16" x 4" Bolt (27) and turn the Nylock Nut clockwise. If the cables cannot be tightened enough by turning the Nylock Nut, see the instructions below.

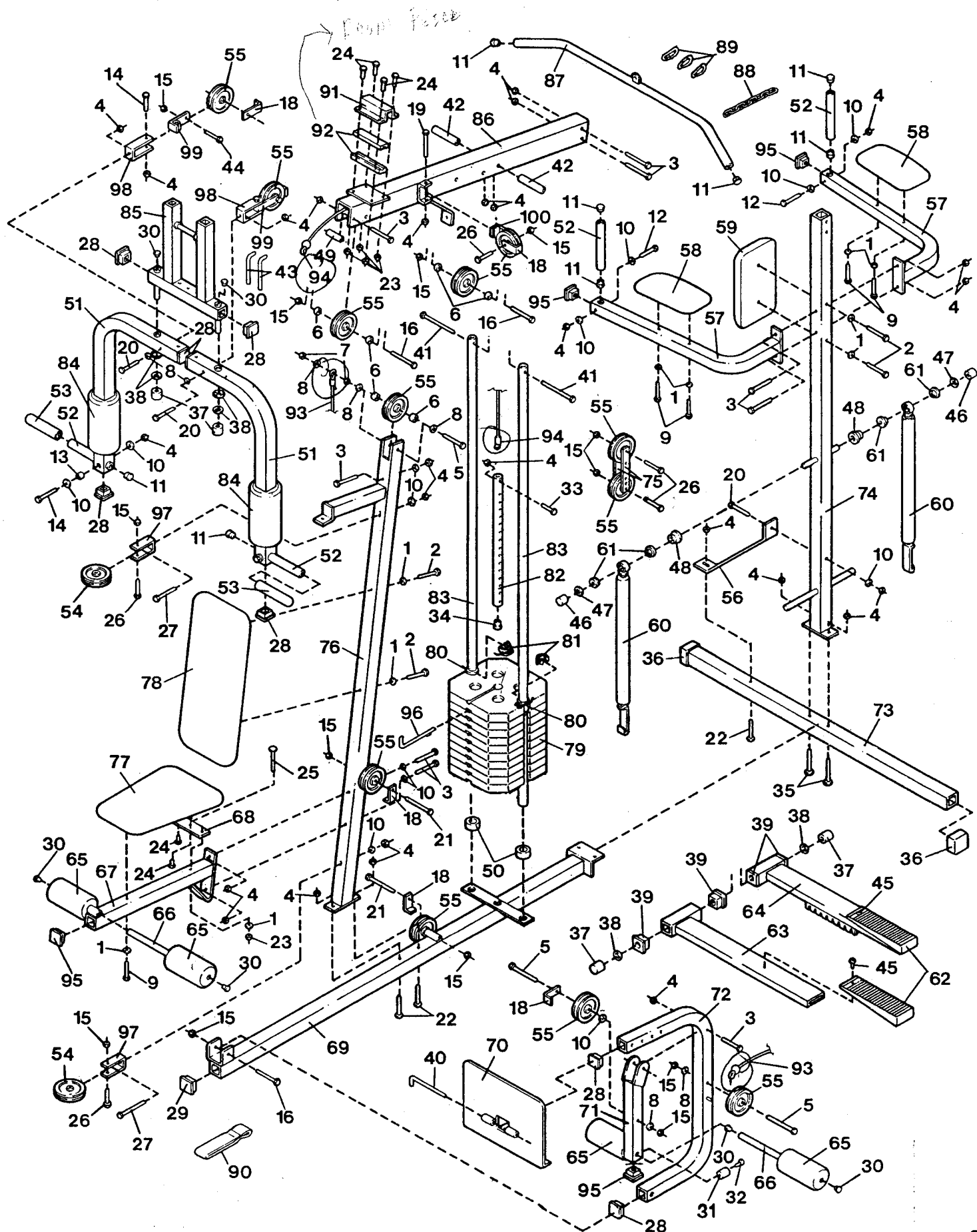
Locate the two 3 1/2" Pulleys (55) attached to the "I" Plates (75). The "I" Plates have three adjustment holes for tightening the cables. Remove the 3/8" Nylock Nut (15) and 3/8" x 1 3/4" Bolt (26) attaching the lower Pulley to the "I" Plates. Attach the Pulley to the next higher hole in the "I" Plates. Turn the 5/16" Nylock Nut (4) clockwise until the cables are tight (see drawing 1).

If the cables still cannot be tightened enough, see the back cover of this owner's manual to order new cables.



# PART LIST/EXPLODED DRAWING—Model No. PF803030

| Key No. | Qty. | Description                  | Key No. | Qty. | Description               |
|---------|------|------------------------------|---------|------|---------------------------|
| 1       | 10   | 1/4" Washer                  | 53      | 2    | Handle Grip               |
| 2       | 4    | 1/4" x 2 1/2" Screw          | 54      | 2    | 4 1/2" Pulley             |
| 3       | 11   | 5/16" x 2 3/4" Bolt          | 55      | 12   | 3 1/2" Pulley             |
| 4       | 29   | 5/16" Nylock Nut             | 56      | 1    | Brace                     |
| 5       | 3    | 3/8" x 3 1/2" Bolt           | 57      | 2    | VKR Arm                   |
| 6       | 6    | 1/2" x 3/8" Metal Spacer     | 58      | 2    | VKR Armrest               |
| 7       | 2    | 3/8" Jam Nut                 | 59      | 1    | VKR Backrest              |
| 8       | 8    | 3/8" Washer                  | 60      | 2    | Resistance Cylinder       |
| 9       | 5    | 1/4" x 2" Screw              | 61      | 4    | Cylinder Bushing          |
| 10      | 14   | 5/16" Washer                 | 62      | 2    | Foot Pad                  |
| 11      | 8    | 1" Round Inner Cap           | 63      | 1    | Left Pedal                |
| 12      | 2    | 5/16" x 2" Bolt              | 64      | 1    | Right Pedal               |
| 13      | 4    | 3/8" x 3/8" Metal Spacer     | 65      | 4    | 6" Foam Pad               |
| 14      | 4    | 5/16" x 2 1/4" Bolt          | 66      | 2    | Pad Tube                  |
| 15      | 14   | 3/8" Nylock Nut              | 67      | 1    | Seat Frame                |
| 16      | 2    | 3/8" x 2 3/4" Bolt           | 68      | 1    | Seat Plate                |
| 17      | 1    | Decal Sheet                  | 69      | 1    | Base                      |
| 18      | 6    | Cable Guide                  | 70      | 1    | Leg Press Plate           |
| 19      | 1    | 5/16" x 3 1/4" Bolt          | 71      | 1    | Leg Lever                 |
| 20      | 3    | 5/16" x 2 1/2" Bolt          | 72      | 1    | Leg Press Frame           |
| 21      | 2    | 3/8" x 3 3/4" Bolt           | 73      | 1    | Stabilizer                |
| 22      | 3    | 5/16" x 2 1/2" Carriage Bolt | 74      | 1    | Rear Upright              |
| 23      | 8    | 1/4" Nylock Nut              | 75      | 2    | "I" Plate                 |
| 24      | 6    | 1/4" x 3/4" Screw            | 76      | 1    | Front Upright             |
| 25      | 1    | 1/4" x 2" Carriage Bolt      | 77      | 1    | Seat                      |
| 26      | 5    | 3/8" x 1 3/4" Bolt           | 78      | 1    | Backrest                  |
| 27      | 2    | 5/16" x 4" Bolt              | 79      | 10   | Weight                    |
| 28      | 8    | 1 3/4" x 1 3/4" Inner Cap    | 80      | 2    | Weight Sleeve             |
| 29      | 1    | 2" x 2" Inner Cap            | 81      | 2    | Weight Sleeve Clip        |
| 30      | 6    | 3/4" Round Inner Cap         | 82      | 1    | Weight Selector           |
| 31      | 1    | 1" Bumper                    | 83      | 2    | Weight Guide              |
| 32      | 1    | 3/4" Screw                   | 84      | 2    | 6 1/2" Foam Pad           |
| 33      | 1    | 5/16" x 1 1/2" Bolt          | 85      | 1    | Arm Support               |
| 34      | 1    | Domed Inner Cap              | 86      | 1    | Top Brace                 |
| 35      | 2    | 5/16" x 2 3/4" Carriage Bolt | 87      | 1    | Lat Bar                   |
| 36      | 2    | 2" x 2" Outer Cap            | 88      | 1    | Chain                     |
| 37      | 4    | 1" Plastic Cap               | 89      | 3    | Cable Clip                |
| 38      | 4    | 1 5/16" Retainer Ring        | 90      | 1    | Nylon Strap               |
| 39      | 2    | Pedal Bushing                | 91      | 1    | Bushing Bracket           |
| 40      | 1    | 7" "L" Pin                   | 92      | 2    | Arm Support Bushing       |
| 41      | 2    | 5/16" x 4 1/4" Bolt          | 93      | 1    | Long Cable                |
| 42      | 2    | 2 5/8" Metal Spacer          | 94      | 1    | Short Cable               |
| 43      | 2    | 4 1/2" "L" Pin               | 95      | 4    | 1 1/2" x 1 1/2" Inner Cap |
| 44      | 2    | 3/8" x 2" Bolt               | 96      | 1    | 6" "L" Pin                |
| 45      | 2    | 1/2" Pan Screw               | 97      | 2    | 3" "U" Bracket            |
| 46      | 2    | 5/8" Plastic Cap             | 98      | 2    | 3 1/2" "U" Bracket        |
| 47      | 2    | 1" Retaining Ring            | 99      | 2    | Thin "L" Bracket          |
| 48      | 2    | Cylinder Spacer              | 100     | 1    | Thick "L" Bracket         |
| 49      | 1    | 2" Metal Spacer              | #       | 1    | Owner's Manual            |
| 50      | 2    | Weight Bumper                | #       | 1    | Part Identification Chart |
| 51      | 2    | Arm                          | #       | 1    | Exercise Manual           |
| 52      | 4    | Handle                       |         |      |                           |



# 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:

1. The MODEL NUMBER of the product (PF803030).
2. The NAME of the product (PROFORM® 300 CR cross training system).
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 the PART LIST/EXPLODED DRAWING accompanying this owner's manual.

## LIMITED WARRANTY

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