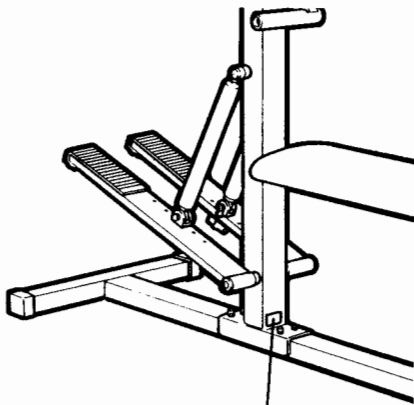


PRO-FORM®

Model No. PF812020

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

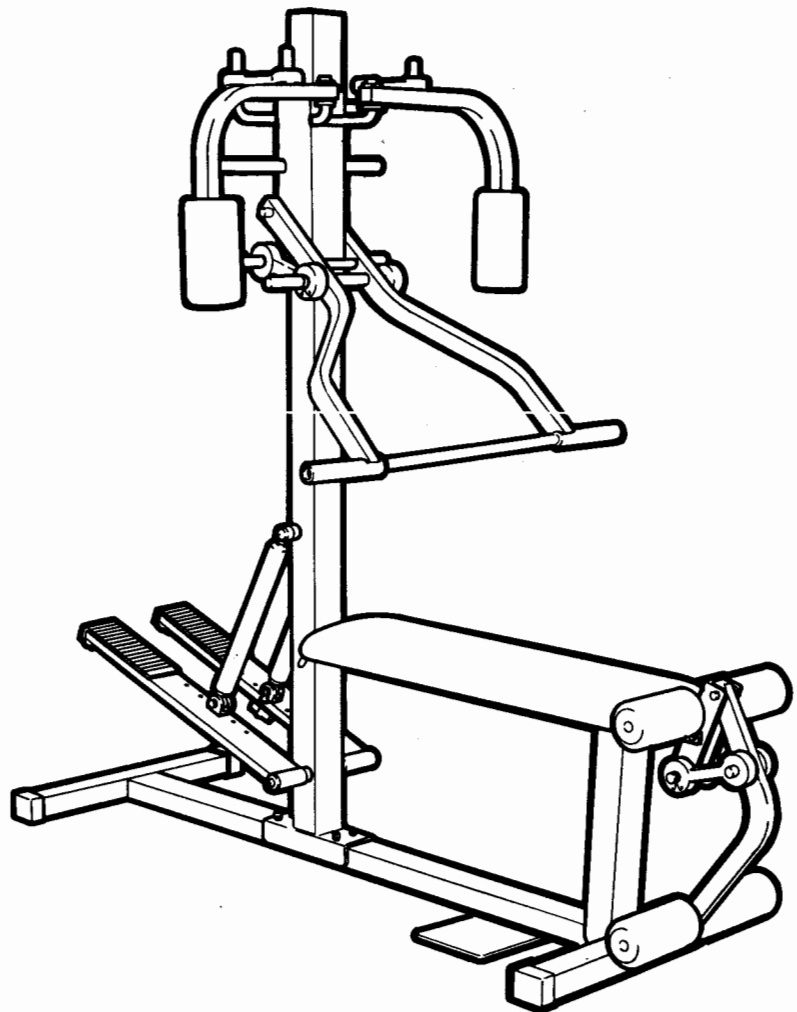
CAUTION!

Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

PATENT PENDING

FLEX COMP™

CROSS TRAINING SYSTEM



OWNER'S MANUAL

TABLE OF CONTENTS

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment; use this equipment only as described in this manual and in any accompanying literature.
2. Inspect and tighten all parts each time you use this equipment. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear shoes for foot protection.
4. Keep small children away from this equipment at all times.
5. Always clip retainer springs next to the weightbands to prevent them from slipping off.
6. Always stand on the foot plate when performing any exercise that could cause this equipment to tip.
7. When using the butterfly arms, position the upright sleeve so that the butterfly arms are at least two inches above your head when you are seated on the bench. Make sure that the lock knob is fully engaged in one of the holes in the upright.
8. Never release the press arm, butterfly arms or leg lever while the weightbands are stretched.
9. When using the stepper, never set the resistance so high that you must push against the post on the frame sleeve with your arms in order to press the pedals down. Exercising in this manner could result in heart risk.
10. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

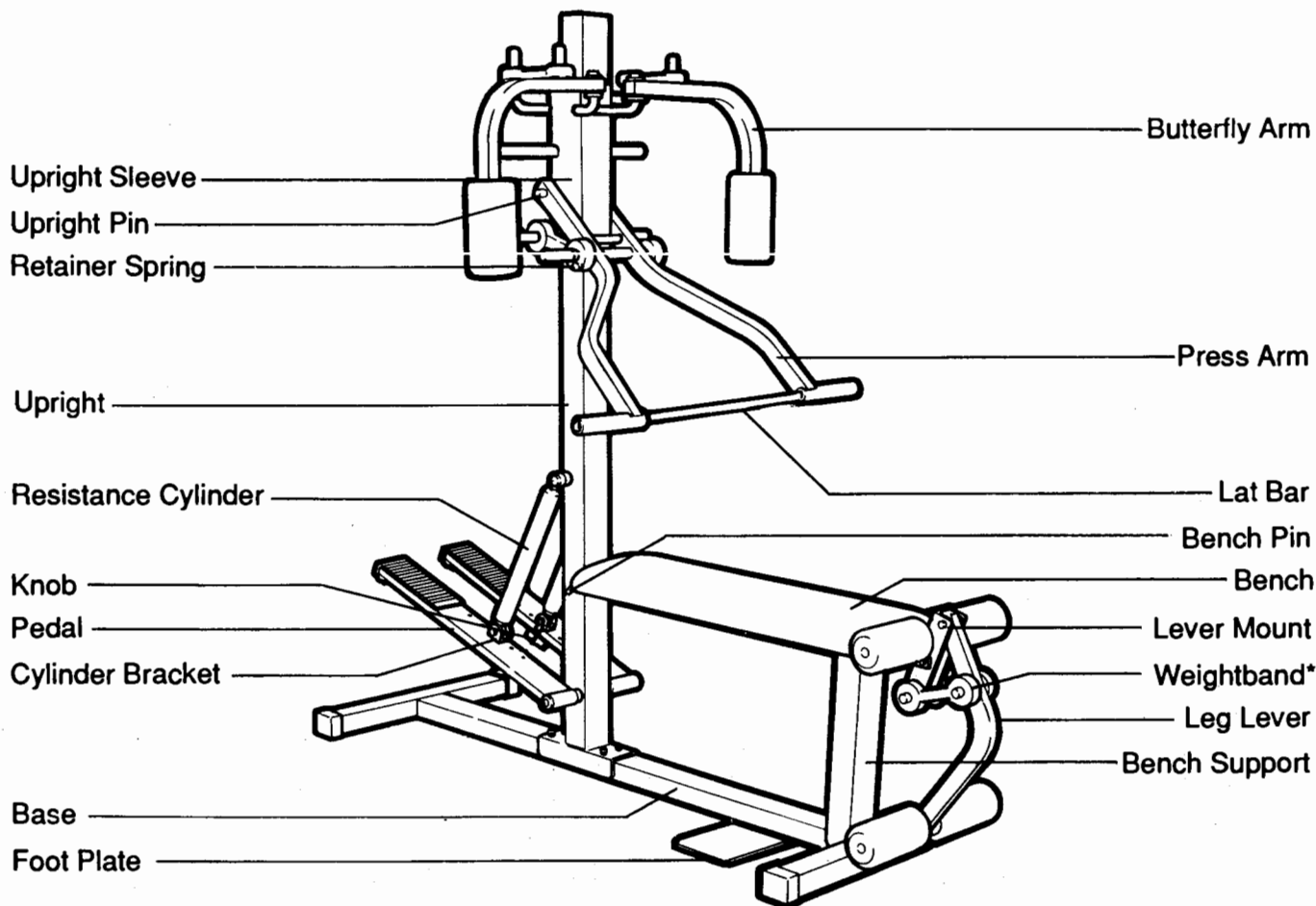
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® FLEX COMP cross training system. With a wide selection of both aerobic and weight training exercises, the FLEX COMP is a total body conditioning system. Whether you want to build dramatic muscle size and strength, shape and tone your body, increase your endurance or develop your heart and lungs, the FLEX COMP will help you to achieve your goals in the convenience and privacy of your home.

This manual is provided to help you assemble, operate and maintain the FLEX COMP. **For your safety and benefit, read this manual carefully before using the FLEX COMP.** 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 your product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the FLEX COMP (see the front cover for the location of the decal).

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



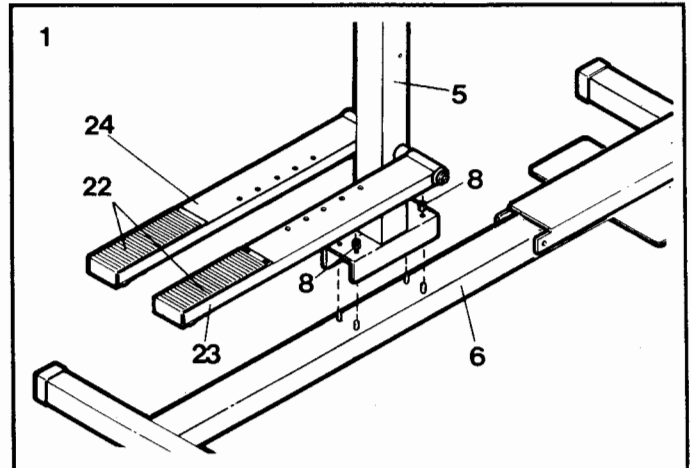
* The unique FLEX COMP weightbands are covered by a lifetime warranty.

ASSEMBLY

Two people are recommended in order to assemble the FLEX COMP. Read all steps carefully before beginning. See the PART LIST on page 10 and the EXPLODED DRAWING on page 11 for help identifying parts, if necessary. Assembly can be completed using two adjustable wrenches (not included).

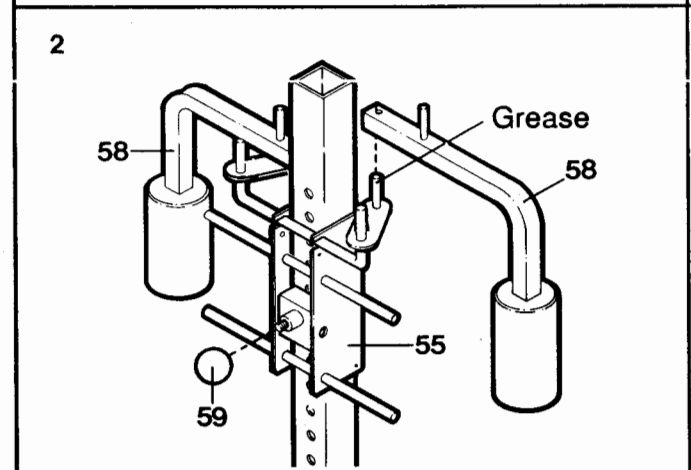
Place all parts in a cleared area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.**

1. Turn the Base (6) so that the threaded ends of the bolts are upward. Rotate the Stepper Pedals (23, 24) so that the Pedal Covers (22) are on top. Place the Upright (5) on the Base, with the Pedals pointing away from the foot plate. Attach the Upright to the Base with four Locknuts (8).

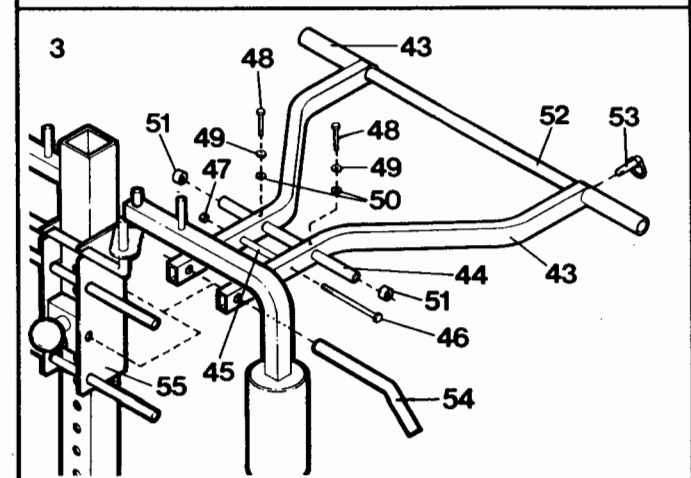


2. Lightly grease the butterfly posts on the Upright Sleeve (55). Slide a Butterfly Arm (58) onto each post.

Thread the Lock Knob (59) onto the Lock Pin (61).



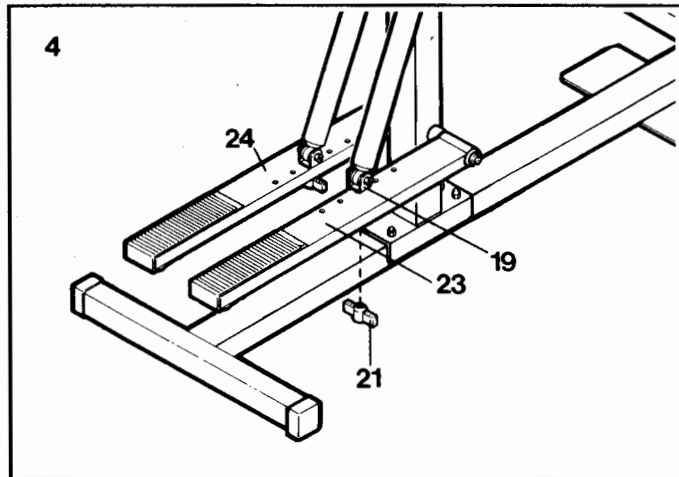
3. Lay the two sections of the Press Arm (43) on the floor. Insert the Press Arm Rod (44) through the Press Arm. Turn the Rod until the holes in the Rod are aligned with the holes in the Press Arm. Attach the Rod with the two Rod Bolts (48), Rod Lockwashers (49) and Rod Washers (50). Slide a Rod Spacer (51) onto each end of the Rod. Place the Press Arm Spacer (45) between the two sections of the Press Arm. Insert the Spacer Bolt (46) through the Spacer, and tighten the Spacer Nut (47) onto the end of the Bolt. **CAUTION: Do not overtighten the Spacer Nut or the Press Arm may be damaged.**



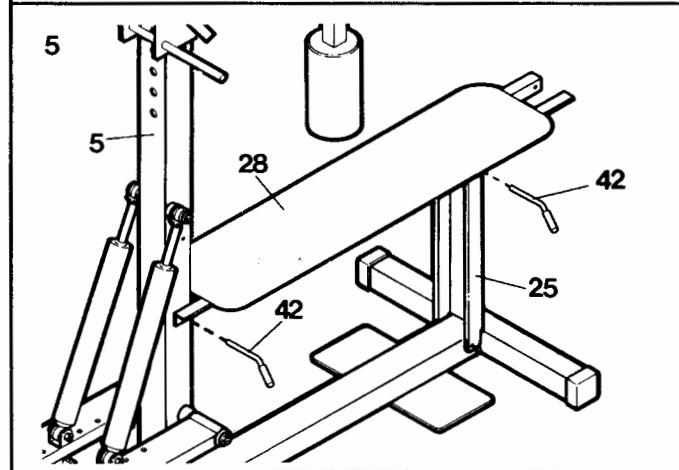
Slide the Lat Bar (52), one end at a time, into the Press Arm (43). Align the hole in the Lat Bar with one of the holes in the Press Arm. Insert the Pull Pin (53). Align the Press Arm (43) with the holes in the sides of the Upright Sleeve (55). Attach the Press Arm with the Upright Pin (54).

4. Insert the right Cylinder Bracket (19) into one of the holes in the Right Pedal (23). The tab on the Bracket must be against the inside of the Pedal. Tighten a Knob (21) onto the end of the Bracket.

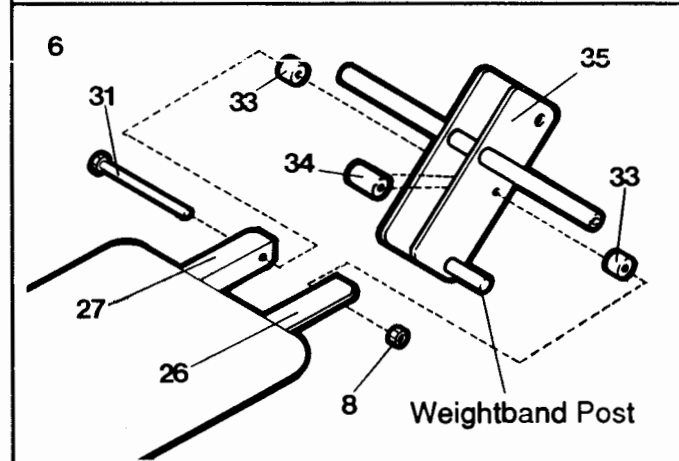
Attach the other Cylinder Bracket to the Left Pedal (24) in the same manner.



5. Attach the Bench (28) to the Bench Support (25) by inserting a Bench Pin (42). Attach the Bench to the Upright (5) with the other Bench Pin. There are two sets of holes in the Upright so that the Bench can be attached in either a horizontal or an inclined position.

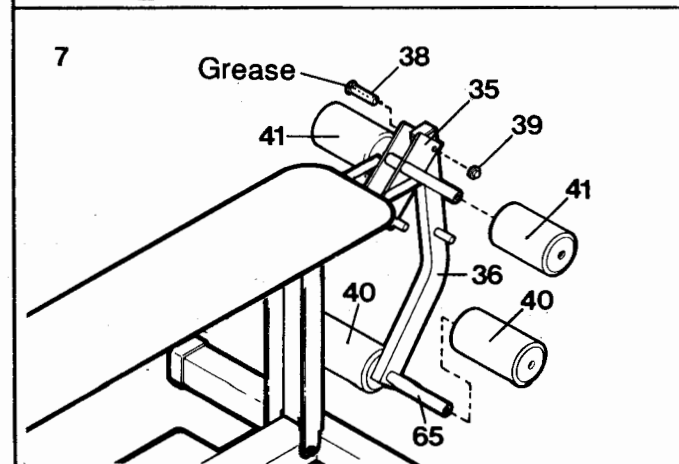


6. Place the Lever Mount (35) between the Right and Left Bench Rails (26, 27). The weightband post must be at the bottom of the Lever Mount as shown. Place an Outer Spacer (33) on each side of the Lever Mount, between the Bench Rails. Place the Inner Spacer (34) inside the Lever Mount. Insert the Mount Bolt (31) through the Bench Rails, Outer Spacers, Lever Mount and Inner Spacer. It may be helpful to place each part in position as you insert the Mount Bolt. Tighten a Locknut (8) onto the Mount Bolt. Do not overtighten the Locknut—the Lever Mount should swivel freely.



7. Lightly grease the Leg Lever Pin (38). Place the end of the Leg Lever (36) with the small hole inside of the Lever Mount (35), and insert the Leg Lever Pin through the Lever Mount and the Leg Lever. Tap the Axle Cap (39) onto the end of the.

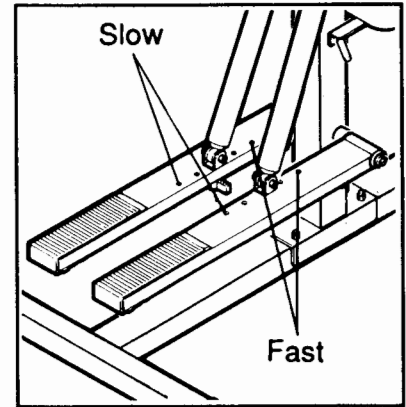
Center the Pad Mounting Tube (65) in the large hole at the lower end of the Leg Lever (36). Slide a Long Foam Pad (40) onto each end of the Tube. Slide a Short Foam Pad (41) onto each end of the tube on the Lever Mount (35).



ADJUSTING THE FLEX COMP

ADJUSTING THE STEPPER RESISTANCE

The resistance of the stepper can be changed by moving the cylinder brackets to different holes in the stepper pedals. There are five different resistance levels. To change the resistance, first remove the knobs from the cylinder brackets. Move the cylinder brackets to the desired holes in the pedals, and reattach the knobs.



WARNING: The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

ATTACHING AND REMOVING THE LAT BAR

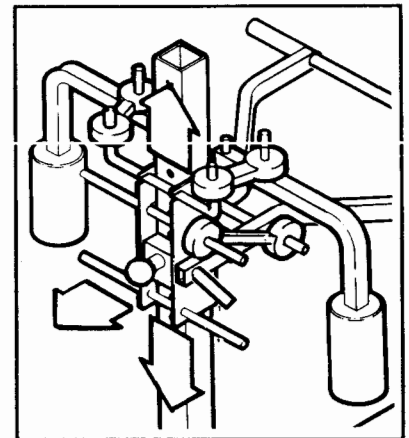
Certain exercises require the use of the lat bar. The lat bar should be attached as described in the assembly instructions. To remove the lat bar, withdraw the pull pin and slide the lat bar, one end at a time, out of the press arm.

ATTACHING AND REMOVING THE PRESS ARM

The press arm should be attached as described in the assembly instructions. To remove the press arm, take off any weightbands and withdraw the upright pin.

ADJUSTING THE UPRIGHT SLEEVE

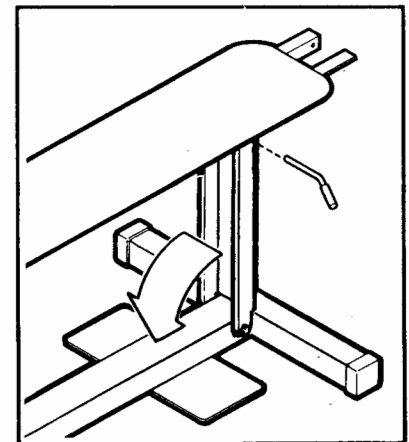
The press arm and butterfly arms are attached to the upright sleeve. The upright sleeve can easily be raised or lowered to the position that is most comfortable for you. Support the weight of the upright sleeve with one hand, and pull back the lock knob with the other hand. Raise or lower the upright sleeve to the desired position, and replace the lock knob in the locked position.



WARNING: When using the butterfly arms, position the upright sleeve so that the butterfly arms are at least two inches above your head when you are seated on the bench. Make sure that the lock knob is fully engaged in one of the holes in the upright.

ATTACHING AND REMOVING THE BENCH

The bench should be attached as described in the assembly instructions. For certain exercises, the end of the bench must rest directly on the base. If the lever mount and the leg lever are attached to the bench, remove the mount bolt and nut, and remove the lever mount and the leg lever. Remember the order of the spacers so that the lever mount and the leg lever can be reattached correctly. Remove the bench pin from the bench support and rotate the bench support down onto the base. Lower the end of the bench onto the base. If you desire to remove the bench completely, withdraw the bench pin.



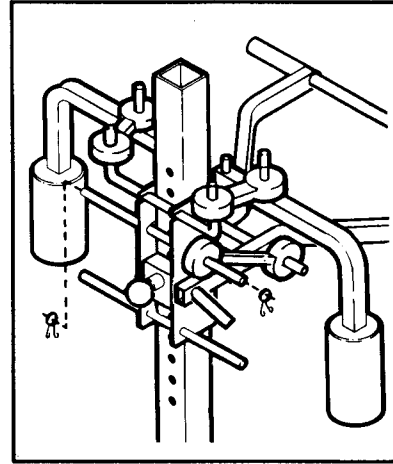
ADJUSTING THE WORKLOAD

The FLEX COMP utilizes specially engineered polymer weightbands to create resistance. The key to the effectiveness of the weightbands is "variable resistance." As the weightbands are stretched, the resistance increases, working your muscles at their capacity throughout the range of motion. The eight weightbands included can be used in different combinations to create resistance in increments of about 10 pounds.

To use the press arm, slide one end of each weightband that you plan to use onto the post on the press arm. Slide the other end of each weightband onto either the upper or lower post on the upright sleeve, depending on which exercise you plan to perform. Note: When first putting weightbands onto the press arm, it may be necessary to push on the press arm slightly.

To use the butterfly arms, slide the weightbands onto the posts on top of the butterfly arms and the upright sleeve. To use the leg lever, slide the weightbands onto the posts on the leg lever and the lever mount.

WARNING: Always clip retainer springs onto the posts to prevent the weightbands from slipping off.



EXERCISE GUIDELINES

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. When using the stepper, never set the resistance so high that you must push against the post on the frame sleeve with your arms in order to press the pedals down. Exercising in this manner could result in heart risk.

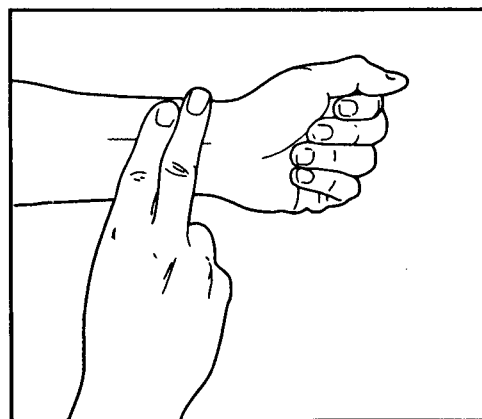
EXERCISING ON THE STEPPER

Face the system and hold the upper or lower post on the frame sleeve. Step onto the stepper pedals and let both pedals sink to the floor. Begin stepping, alternately pressing the right and left pedals down with a continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE FLEX COMP). For effective stepping exercise, exercise physiologists recommend relatively short, rapid steps at low resistance. As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly, always keeping your back straight in order to avoid injury.

For effective aerobic workouts, it is important to exercise with the proper level of intensity. The proper level of intensity can be found by using your heart rate as a guide. As you exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate. This is known as your training zone. You can find your training zone by consulting the table below. Training zones are listed for both unconditioned and conditioned persons according to age. Find the column that is appropriate for you.

| 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. 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 after you stop exercising.) Compare your heart rate to your training zone. If your heart rate is too low, increase the intensity of your exercise. If your heart rate is too high, decrease the intensity of your exercise.



Begin every workout with 5 to 10 minutes of stretching or light exercise to warm up. Warming up prepared your body for exercise by increasing circulation, delivering more oxygen to your muscles and raising your body temperature. After warming up, exercise with your heart rate in your training zone for about 30 minutes. This can be done in one continuous 30-minute period, or in several shorter periods, such as three 10-minute periods. Finish every workout with 5-10 minutes of stretching to cool down. Stretching at this time is most effective for developing flexibility, and will help to prevent soreness and other post-exercise problems.

To maintain or improve your condition, exercise three times each week, with at least one day of rest between workouts. After a few months of regular exercise, you may exercise up to five times each week if desired.

WEIGHT TRAINING

This system offers a wide selection of weight training exercises. Follow the guidelines below and in the accompanying exercise manual to outline an exercise program which will help you to achieve the specific results you want.

Your exercise program should include three 30-minute workouts each week, with at least one day of rest between workouts. Schedule your workouts for the time of day when your energy level is the highest. Each workout should include 6-10 different exercises. Select exercises which will develop all of the major muscle groups, while focusing on the areas you want to develop the most. To give balance and variety to your workouts, vary the exercises from day to day.

To increase the size and strength of your muscles, the muscles must be worked to capacity. The intensity of your exercise should never get easy. Each exercise should be tailored to the proper intensity level by changing the amount of weight used, or the number of "repetitions" and "sets" performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up; a "set" is a series of consecutive repetitions.)

Be careful not to overexert yourself. Begin and end every workout with 5-10 minutes of stretching or light calisthenics to warm up. Rest for 30 seconds between sets, and 1 minute between exercises. Concentrate on learning the exercises correctly. The correct form for each exercise is shown in the accompanying exercise manual. Proper breathing is also important. Exhale as you exert yourself, and inhale as you relax—never hold your breath.

Wear clothing that is loose-fitting and allows unrestricted movement. Always wear shoes for foot protection. For added motivation, keep a record of each workout. List the date, exercises performed, weight used, and number of repetitions and sets completed. Record key body measurements at the end of every month. For successful results, proper nutrition and adequate rest are essential. For more information about exercise and diet, consult your physician or obtain a reputable book about exercise.

PART LIST—Model No. PF812020

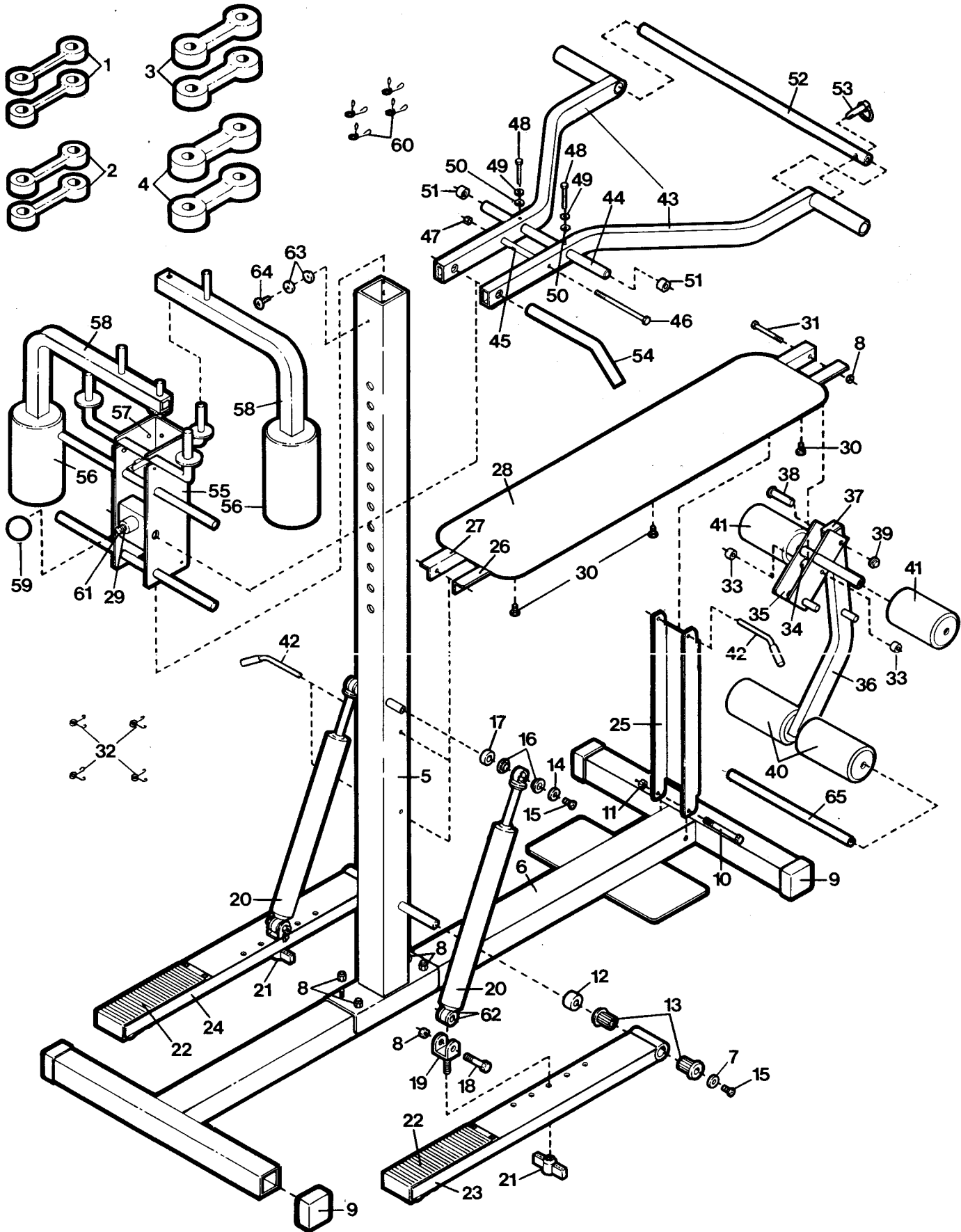
Rev. 6/92

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|----------------------------|---------|------|----------------------------|
| 1 | 2 | #5 Weightband | 35 | 1 | Lever Mount |
| 2 | 2 | #10 Weightband | 36 | 1 | Leg Lever Assembly |
| 3 | 2 | #25 Weightband | 37 | 1 | Leg Lever Endcap |
| 4 | 2 | #50 Weightband | 38 | 1 | Leg Lever Pin |
| 5 | 1 | Upright | 39 | 1 | Axle Cap |
| 6 | 1 | Base | 40 | 2 | Long Foam Pad |
| 7 | 2 | Pedal Washer | 41 | 2 | Short Foam Pad |
| 8 | 7 | Locknut | 42 | 2 | Bench Pin |
| 9 | 4 | Base Endcap | 43 | 2 | Press Arm |
| 10 | 1 | Bench Support Bolt | 44 | 1 | Press Arm Rod |
| 11 | 1 | Bench Support Nut | 45 | 1 | Press Arm Spacer |
| 12 | 2 | Pedal Spacer | 46 | 1 | Spacer Bolt |
| 13 | 4 | Pedal Bushing | 47 | 1 | Spacer Nut |
| 14 | 2 | Upper Washer | 48 | 2 | Rod Bolt |
| 15 | 4 | Bolt | 49 | 2 | Rod Lockwasher |
| 16 | 2 | Upper Cylinder Bushing Set | 50 | 2 | Rod Washer |
| 17 | 2 | Cylinder Spacer | 51 | 2 | Rod Spacer |
| 18 | 2 | Cylinder Bolt | 52 | 1 | Lat Bar |
| 19 | 2 | Cylinder Bracket | 53 | 1 | Pull Pin |
| 20 | 2 | Resistance Cylinder | 54 | 1 | Upright Pin |
| 21 | 2 | Knob | 55 | 1 | Upright Sleeve Assembly |
| 22 | 2 | Pedal Cover | 56 | 2 | Butterfly Foam Pad |
| 23 | 1 | Right Pedal Assembly | 57 | 12 | Button Bushing |
| 24 | 1 | Left Pedal Assembly | 58 | 2 | Butterfly Arm |
| 25 | 1 | Bench Support | 59 | 1 | Lock Knob |
| 26 | 1 | Right Bench Rail | 60 | 4 | Large Retainer Spring |
| 27 | 1 | Left Bench Rail | 61 | 1 | Lock Pin Assembly |
| 28 | 1 | Bench | 62 | 2 | Lower Cylinder Bushing Set |
| 29 | 1 | Spring | 63 | 2 | Flat Washer |
| 30 | 6 | Phillips Bolt | 64 | 1 | Small Screw |
| 31 | 1 | Mount Bolt | 65 | 1 | Pad Mounting Tube |
| 32 | 4 | Small Retainer Spring | # | 1 | Owner's Manual |
| 33 | 2 | Outer Spacer | # | 1 | Exercise Manual |
| 34 | 1 | Inner Spacer | # | 1 | Grease |

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

EXPLODED DRAWING—Model No. PF812020

Rev. 6/92



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). Please note the following information before calling:

1. The MODEL NUMBER of the product (PF812020).
2. The NAME of the product (PROFORM® FLEX COMP cross training system).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 10 of this manual.
5. The 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