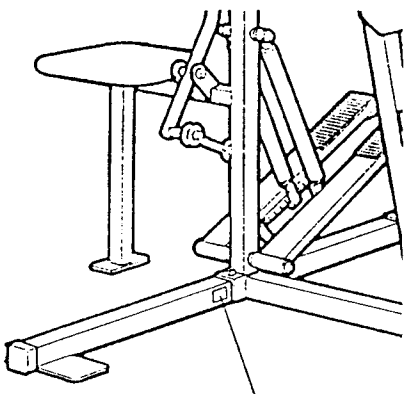


PRO-FORM®

Model No. PF813020

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!

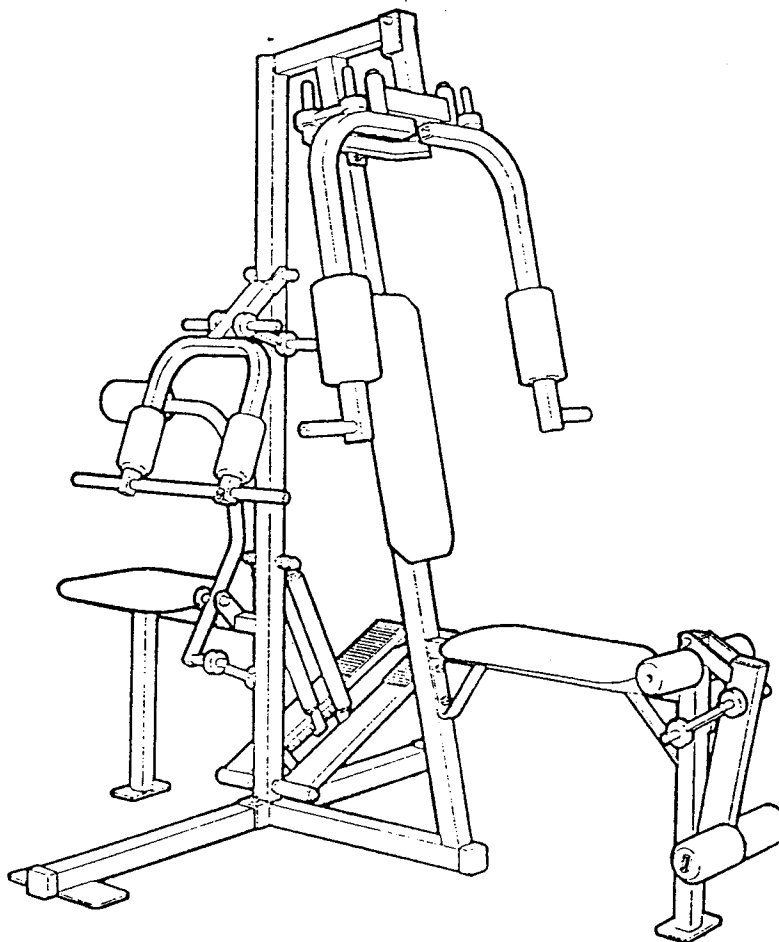
Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

PATENT PENDING

FLEX™

VXT

CROSS TRAINING SYSTEM



OWNER'S MANUAL

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
OPERATION AND ADJUSTMENT	7
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENTS PARTS	Back Cover
LIMITED WARRANTY	Back Cover

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 this equipment is used. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear shoes for foot protection. Keep small children away from this equipment at all times.
4. Always clip cotter pins next to the weightbands in the locations indicated in this manual to prevent the weightbands from slipping off.
5. Always stand on the foot plate when performing any exercise that could cause this equipment to tip.
6. Never release the butterfly/press arm, ab arm, squat arm or leg lever while the weightbands are stretched.
7. When using the stepper, never set the resistance so high that you must push or pull against the long post in order to press the pedals down. Exercising in this manner could result in heart risk.
8. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them. It is recommended that the floor underneath the resistance cylinders be covered in case of slight oil leakage.
9. Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.

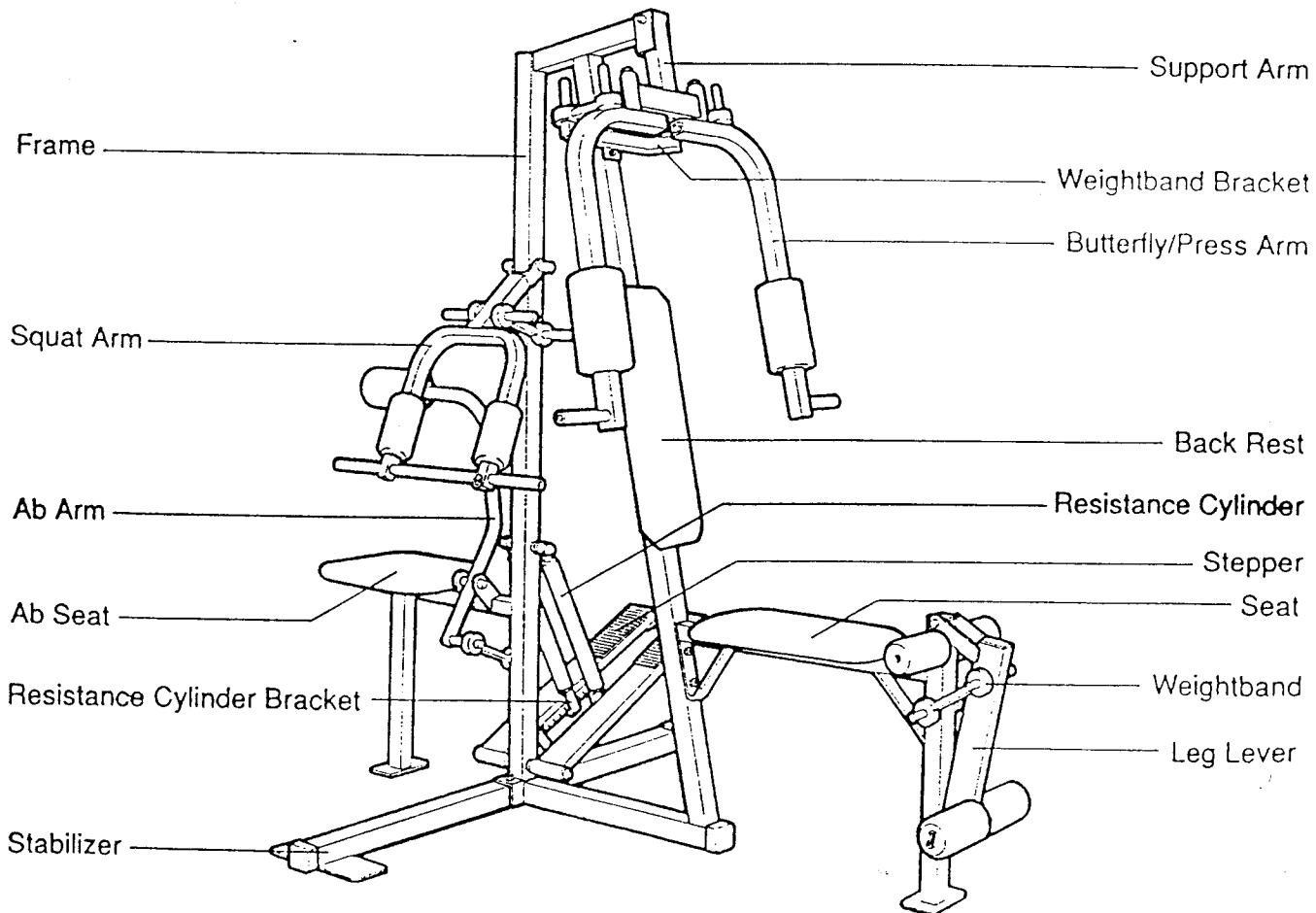
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® FLEX VXT cross training system. The unique FLEX VXT is a total body conditioning machine, offering both aerobic and weight training exercises for a true cross training workout. Whether you want to build dramatic muscle size and strength, shape and tone your body, increase your stamina and flexibility or develop your heart and lungs, the FLEX VXT will help you to achieve your goals in the privacy and convenience of your home.

This manual is provided to help you understand the assembly, adjustment and use of the system. For your safety and benefit, read this manual carefully before using this equipment. 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 is printed on the front cover of this manual. The serial number is printed on a decal attached to the product (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.



ASSEMBLY

Two persons are required in order to assemble the FLEX VXT. Place all parts in a cleared area, and remove the packing materials. Make sure all parts are included before disposing of the packing materials. Read each step carefully before beginning assembly. Assembly can be completed using two adjustable wrenches, a hammer and a bowl of soapy water (not included).

1. Press Frame Endcaps (9) onto the ends of the Stabilizer (4) and the front of the Frame (3).

Insert the three $3/8 \times 2 \frac{1}{2}$ " Carriage Bolts (16) from the underside of the Stabilizer (4) and set the Stabilizer on the floor with the foot plate on the floor. Attach the Frame (3) to the Stabilizer with two $3/8$ " Nuts (64) and two $3/8$ " Lock Washers (63) as shown.

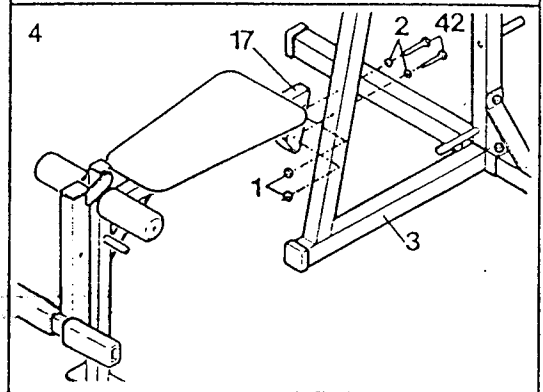
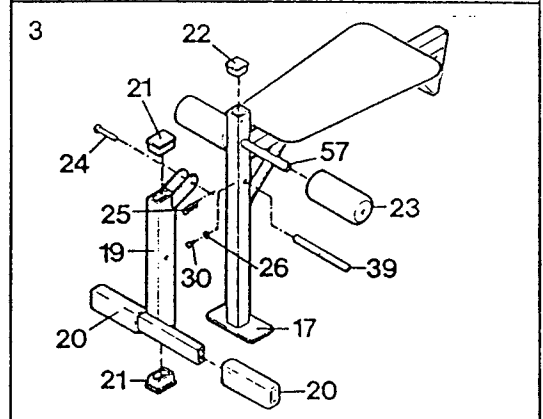
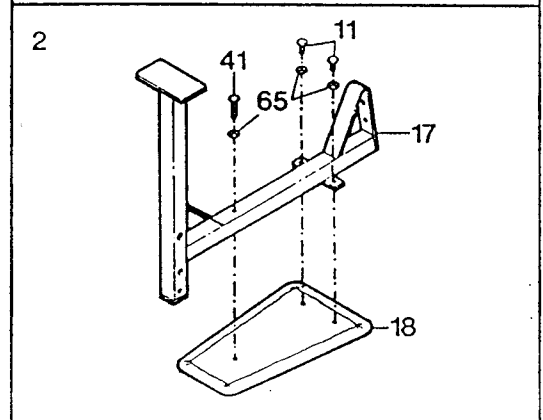
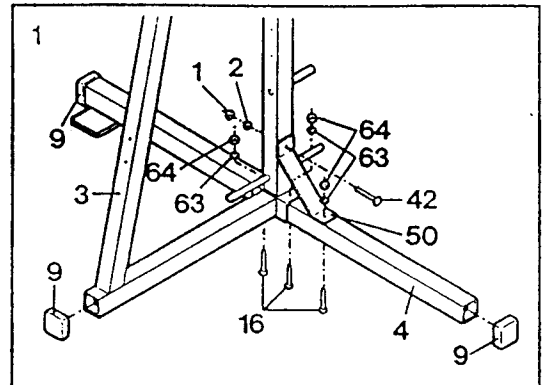
Place one end of the Stepper Brace (50) onto the $3/8 \times 2 \frac{1}{2}$ " Carriage Bolt (16) inserted from the underside of the Stabilizer (4). Attach the other end of the Brace to the Frame (3) with a $3/8 \times 3$ " Bolt (42), $3/8$ " Washer (2), and $3/8$ " Nylock Nut (1). Thread a $3/8$ " Nut (64) with a $3/8$ " Lock Washer (63) onto the Carriage Bolt.

2. Attach the Seat (18) to the Seat Frame (17) with two $1/4 \times 3/4$ " Bolts (11), the $1/4 \times 2$ " Bolt (41) and three $1/4$ " Lock Washers (65).

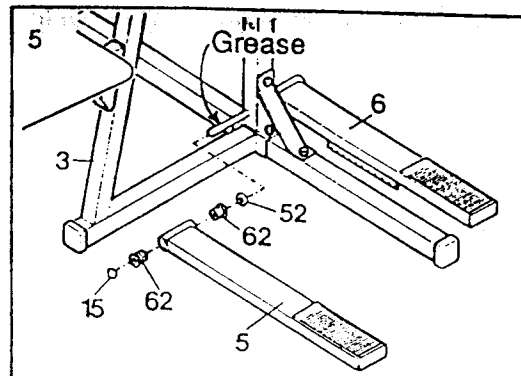
3. Press the Seat Frame Endcap (22) into the Seat Frame (17). Center the Pad Post (57) in the Seat Frame. Slide a Seat Frame Pad (23) onto each end of the Pad Post. Center the Seat Weightband Post (39) in the Seat Frame. Secure the Seat Weightband Post with the $1 \frac{1}{4}$ " Screw (30) and a Star Washer (26).

Press a Leg Lever Endcap (21) into each end of the Leg Lever (19). Wet the lower end of the Leg Lever and the insides of two Foam Pads (20) with soapy water. Slide the Foam Pads onto the ends of the Leg Lever. Attach the Leg Lever to the Seat Frame (17) with the Leg Lever Pin (24) and the Small Cotter Pin (25).

4. Attach the Seat Frame (17) to the Frame (3) with two $3/8 \times 3$ " Bolts (42), $3/8$ " Washers (2) and $3/8$ " Nylock Nuts (1).

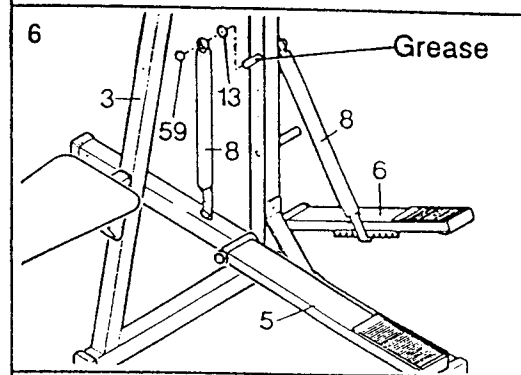


5. Press two Pedal Bushings (62) into the Left Pedal (5) as shown. Liberally grease the pedal axle on the Frame (3). Slide a Pedal Spacer (52) and the Left Pedal onto the left axle. Make sure that the open side of the Pedal Spacer is turned toward the Frame. Tap a 3/4" Dome Axle Cap (15) onto the axle. Assemble the Right Pedal (6) in the same manner.



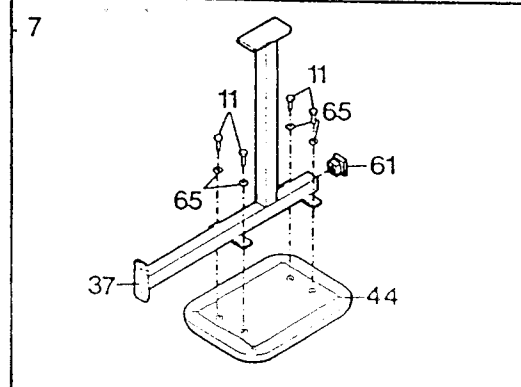
6. Liberally grease the resistance cylinder axle on the Frame (3). Slide a Cylinder Spacer (13) and a Resistance Cylinder (8) onto the left axle. Make sure that the open side of the Cylinder Spacer is turned toward the Frame. Tap a 5/8" Dome Axle Cap (59) onto the axle.

Rest the Left Pedal (5) on the bracket at the lower end of the Resistance Cylinder (8). Assemble the other Cylinder to the Right Pedal (6) in the same manner.

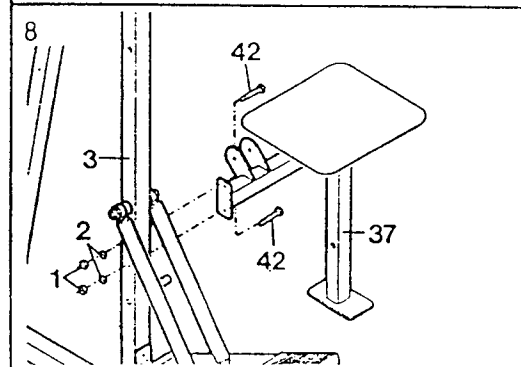


7. Attach the Ab Seat (44) to the Ab Frame (37) with four 1/4" x 3/4" Bolts (11) and four 1/4" Lock Washers (65).

Press the Ab Frame Endcap (61) into the Ab Frame (37).

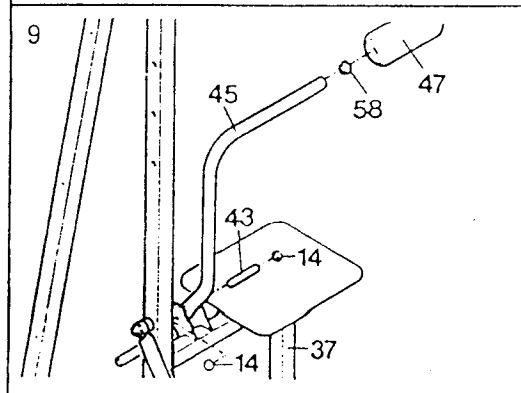


8. Attach the Ab Frame (37) to the Frame (3) with two 3/8" x 3" Bolts (42), 3/8" Washers (2) and 3/8" Nylock Nuts (1).



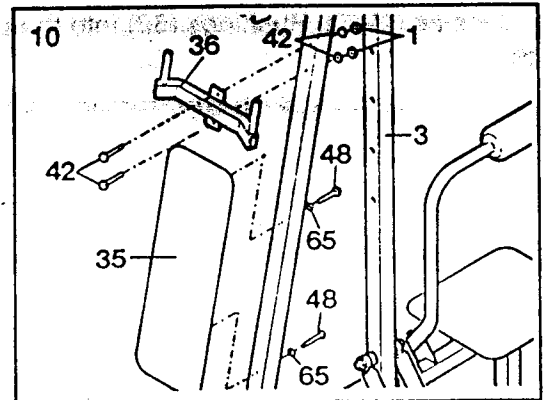
9. Tap a 1/2" Dome Axle Cap (14) onto one end of the Ab "D" Axle (43). Liberally grease the Ab "D" Axle. Attach the Ab Arm (45) to the Ab Frame (37) with the Ab "D" Axle. Tap a 1/2" Dome Axle Cap onto the other end of the "D" Axle.

Press the Ab Arm Endcap (58) into the upper end of the Ab Arm (45). Wet the upper end of the Ab Arm and the inside of the Ab Arm Pad (47) with soapy water. Slide the Ab Arm Pad onto the Ab Arm.



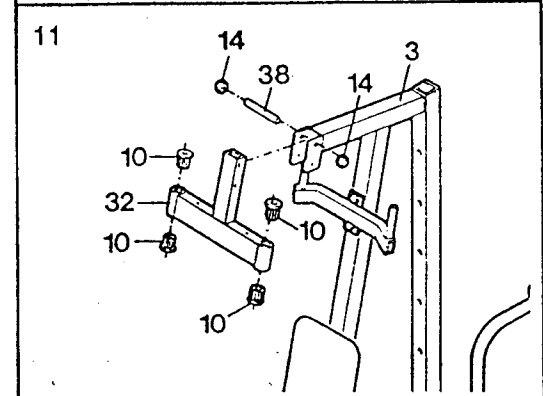
10. Attach the Weightband Bracket (36) to the Frame (3) with two 3/8" x 3" Bolts (42), Large 3/8" Washers (60) and 3/8" Nylock Nuts (1). Be sure the posts are pointed upward.

Attach the Back Rest (35) to the Frame (3) with two 1/4" x 2 1/2" Bolts (48) and 1/4" Lock Washers (65).



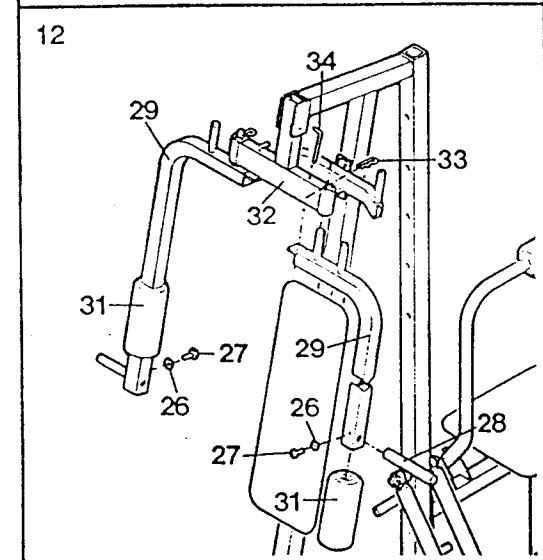
11. Press the four Bushings (10) into the Support Arm (32) as shown.

Tap a 1/2" Dome Axle Cap (14) onto one end of the Support Arm Axle (38). Liberally grease the Support Arm Axle. Attach the Support Arm (32) to the Frame (3) with the Support Arm Axle. Tap a 1/2" Dome Axle Cap onto the other end of the Support Arm Axle.



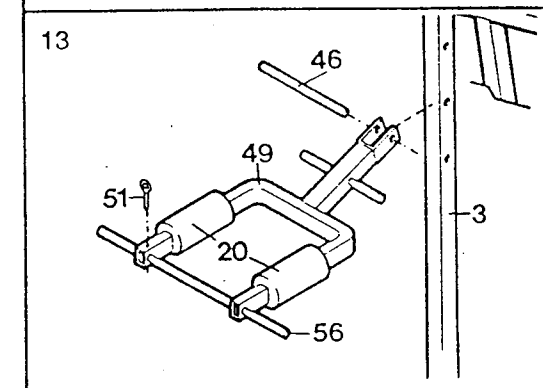
12. Wet the lower end of a Butterfly Arm (29) and the inside of a Butterfly Pad (31). Slide the Butterfly Pad onto the end of the Butterfly Arm. Attach the Butterfly Handle (28) to the Butterfly Arm with a 3/4" Screw (27) and Star Washer (26).

Attach the Butterfly Arm (29) to the Support Arm (32) with a Large Cotter Pin (33) as shown. Insert a Pull Pin (34) through the Support Arm and the Butterfly Arm. Attach the other Butterfly Arm to the Support Arm in the same manner.



13. Wet the ends of the Squat Arm (49) and the inside of two Foam Pads (20) with soapy water. Slide the Foam Pads onto the Squat Arm as shown. Center the Squat Bar (56) in the Squat Arm. Insert the Squat Arm Pin (51) into the Squat Arm and through the Squat Bar.

Attach the Squat Arm (49) to the Frame (3) with a Long Post (46) as shown.

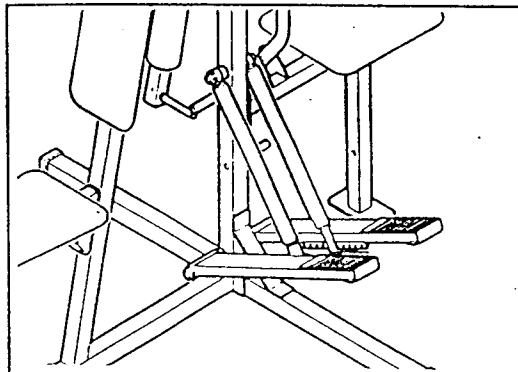


OPERATION AND ADJUSTMENT

USING THE STEPPER

The stepper features precision resistance cylinders for long life and trouble-free operation; due to the nature of resistance cylinders, it is recommended that the floor underneath the stepper be covered in case of slight oil leakage.

The resistance of the stepper pedals can be changed by moving the resistance brackets. Change the resistance on one pedal at a time. Hold the resistance bracket with one hand, and lift the pedal with the other hand. To decrease the resistance, move the bracket closer to the frame; to increase the resistance, move the bracket farther away from the frame. Set the pedal back on the bracket, making sure that the bracket is inserted into one of the slots in the underside of the pedal. Change the resistance of the other pedal in the same manner, making sure that the resistance brackets are in the same position on both pedals.

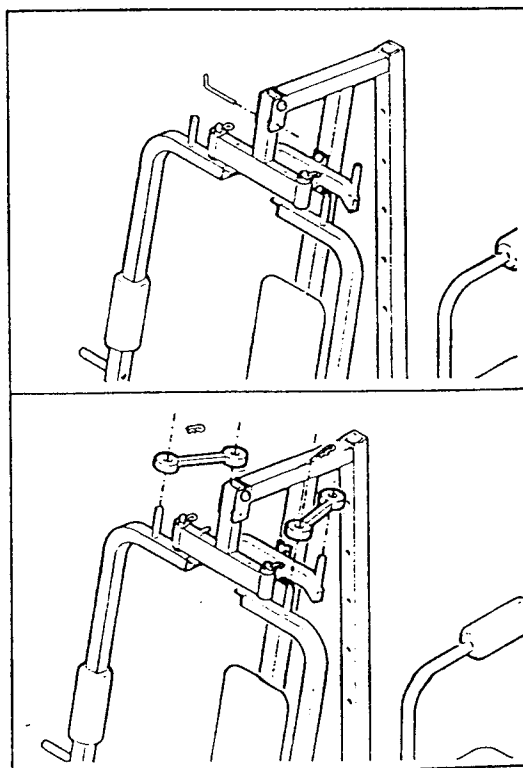


WARNING: The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

USING THE BUTTERFLY/PRESS ARM

To use the butterfly/press arm in the press arm mode, insert the pull pins as shown in ASSEMBLY on page 6. To convert to the butterfly mode, remove the pull pins which lock the butterfly arms. Insert one of the pull pins into the location shown at the right.

Slide one end of each weightband that you plan to use onto the butterfly arm posts. Attach the other end of each weightband to the weightband bracket posts. **WARNING:** Attach a large cotter pin to the butterfly arm posts on both butterfly arms to ensure that the weightbands will not slip off.



USING THE LEG LEVER

Attach the leg lever as described in ASSEMBLY on page 4. Center the short post in the leg lever. Slide one end of each weightband that you plan to use onto the short post. Attach the other end of each weightband to the seat weightband post.

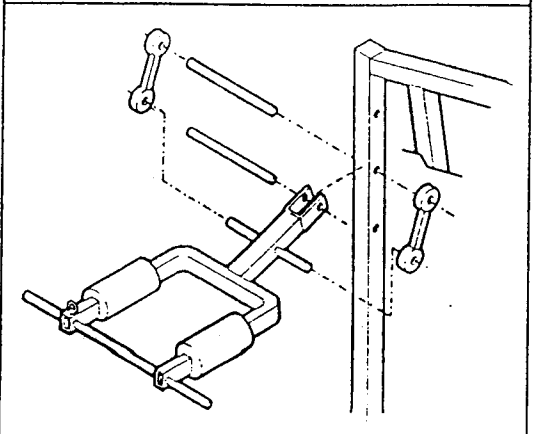
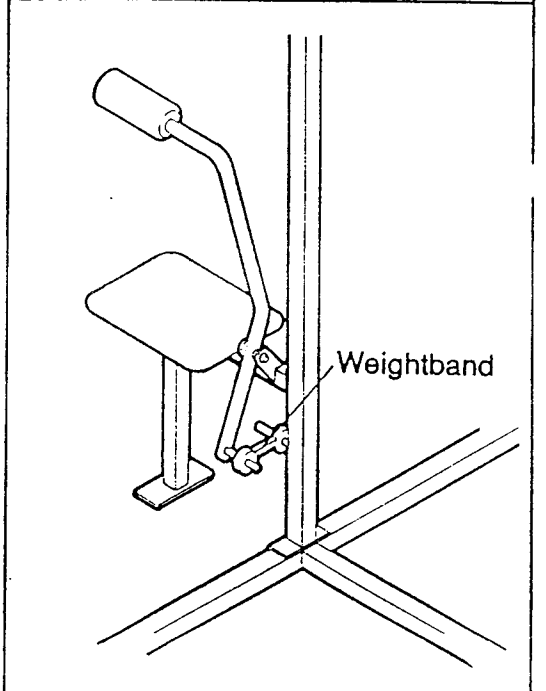
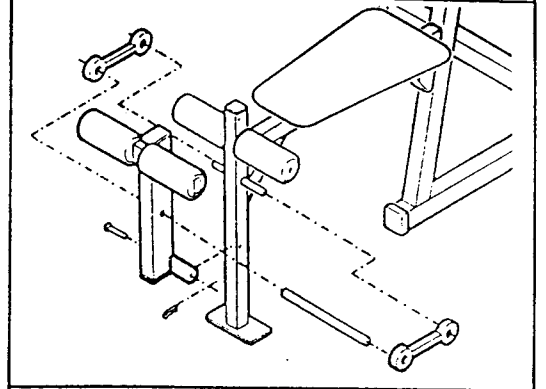
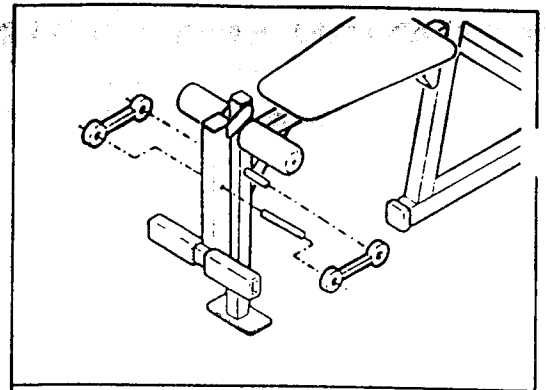
For certain exercises, the leg lever must be attached in the leg press position. Remove the small cotter pin and while supporting the leg lever, remove the leg lever pin. Reattach the leg lever as shown at the right with the leg lever pin and small cotter pin. Center a long post in the leg lever. Follow the instructions above to attach the weightbands.

USING THE AB STATION

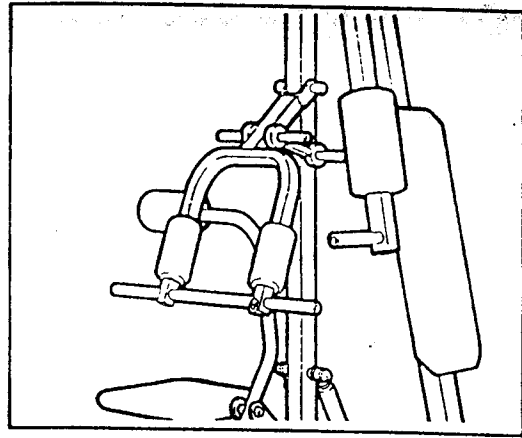
To use the ab station, slide one end of each weightband that you plan to use onto the post indicated at the right. Attach the other end of each weightband to the ab arm.

USING THE SQUAT ARM

Attach the squat arm to the system as described in ASSEMBLY on page 6. Insert a long post one hole above or below the squat arm. Slide one end of each weightband that you plan to use onto the long post. Attach the other end of each weightband to the squat arm weightband post.



For certain exercises, the squat arm must be attached at a downward angle. Attach the squat arm as described in ASSEMBLY on page 6, but turn the squat arm as shown.



PART LIST—Model No. PF813020

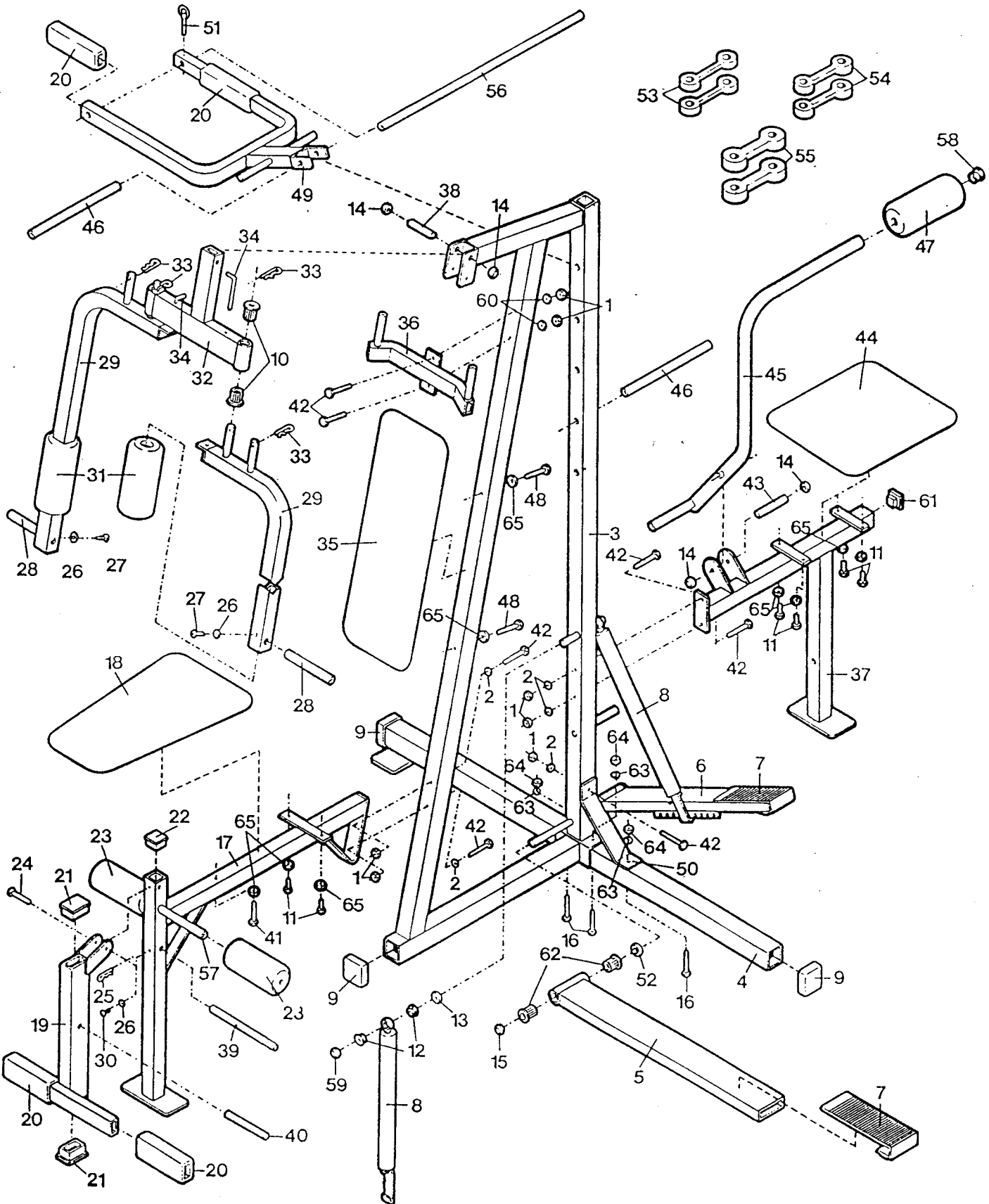
Rev. 9/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	7	3/8" Nylock Nut	35	1	Back Rest
2	5	3/8" Washer	36	1	Weightband Bracket
3	1	Frame	37	1	Ab Frame
4	1	Stabilizer	38	1	Support Arm Axle
5	1	Left Pedal Assembly	39	1	Seat Weightband Post
6	1	Right Pedal Assembly	40	1	Short Post
7	2	Pedal Cover Assembly	41	1	1/4" x 2" Bolt
8	2	Resistance Cylinder	42	7	3/8" x 3" Bolt
9	3	Frame Endcap	43	1	Ab "D" Axle
10	4	Bushing	44	1	Ab Seat
11	6	1/4" X 3/4" Bolt	45	1	Ab Arm
12	2	Cylinder Bushing Set	46	2	Long Post
13	2	Resistance Cylinder Spacer	47	1	Ab Arm Foam Pad
14	4	1/2" Dome Axle Cap	48	2	1/4" x 2 1/2" Bolt
15	2	3/4" Dome Axle Cap	49	1	Squat Arm
16	3	3/8" x 2 1/2" Carriage Bolt	50	1	Stepper Brace
17	1	Seat Frame	51	1	Squat Arm Pin
18	1	Seat	52	2	Pedal Spacer
19	1	Leg Lever	53	2	Weightband #1
20	4	Foam Pad	54	2	Weightband #2
21	2	Leg Lever Endcap	55	2	Weightband #3
22	1	Seat Frame Endcap	56	1	Squat Bar
23	2	Seat Frame Pad	57	1	Pad Post
24	1	Leg Lever Pin	58	1	Ab Arm Endcap
25	1	Small Cotter Pin	59	2	5/8" Dome Axle Cap
26	3	Star Washer	60	2	Large 3/8" Washer
27	2	3/4" Screw	61	1	Ab Frame Endcap
28	2	Butterfly Handle	62	2	Pedal Bushing Set
29	2	Butterfly Arm	63	3	3/8" Lock Washer
30	1	1 1/4" Screw	64	3	3/8" Nut
31	2	Butterfly Pad	65	9	1/4" Lock Washer
32	1	Support Arm Assembly	#	1	Owner's Manual
33	4	Large Cotter Pin	#	1	Exercise Manual
34	2	Pull Pin	#	1	Grease

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. PF813020

Rev. 9/92



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 (PF813020).
2. The NAME of the product (PROFORM® FLEX VXT 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.

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