

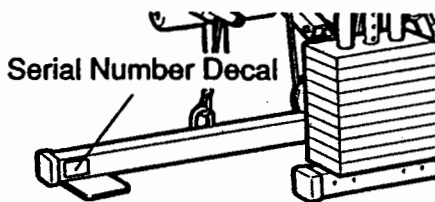
PRO-FORM®

Patent Pending

HARD CORE 400ERS™

Model No. PF831520

Serial No. _____



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:

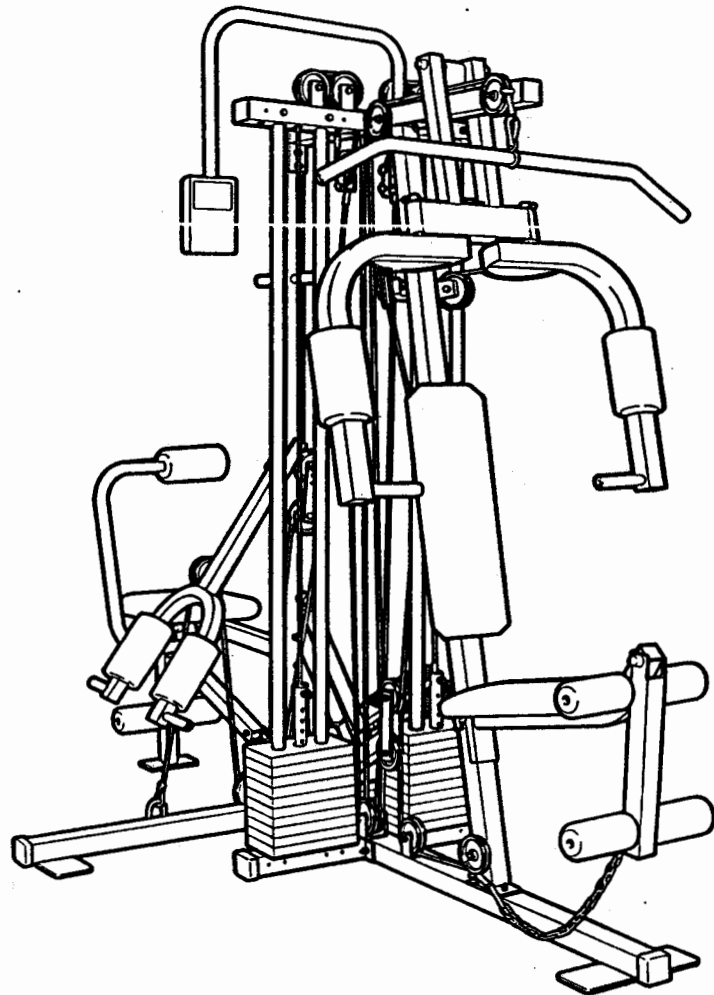
1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

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

**ELECTRONIC READOUT SYSTEM
CROSS TRAINING SYSTEM
THREE PERSON CAPACITY
WEIGHT DOUBLING SYSTEM
400 LBS RESISTANCE
EIGHT WORKOUT STATIONS**



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 manual and in any accompanying literature before using the cross-training system. Use the cross-training system only as described in this manual.
2. Inspect and tighten all parts each time you use the cross-training system. 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 the cross-training system at all times.
5. Always keep a weight pin inserted under the top large weight on each weight stack.
6. Never release the lat bar, leg lever or arms while weights are raised. The weights will fall with great force.
7. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
8. When using the stepper, always keep your feet on the pedals. If you lift your feet off the pedals, the pedals may become separated from the cylinder brackets, resulting in injury.
9. The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them. Hydraulic cylinders may leak a small amount of oil. It is recommended that the floor beneath the stepper be covered.

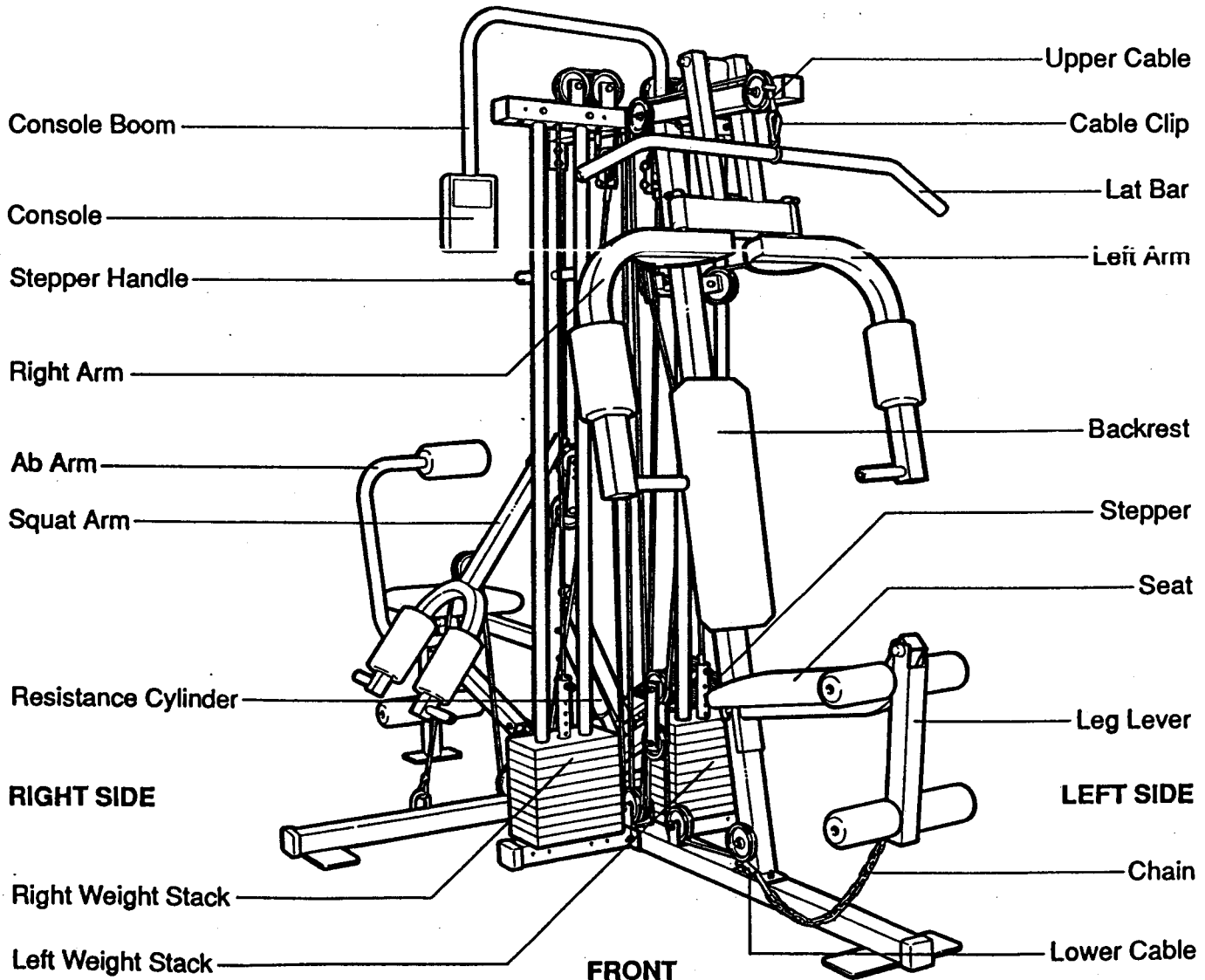
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. PROFORM assumes no responsibility for personal injury or property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

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® HARD CORE 400 ERS cross-training system. The HARD CORE 400 ERS offers a wide array of both aerobic and weight training exercises for true cross-training workouts. Whether your goal is to improve your cardiovascular fitness, tone and shape your body or develop dramatic muscle size and strength, the HARD CORE 400 ERS will help you to achieve the specific results you want in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the HARD CORE 400 ERS. 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 PF831520. The serial number can be found on a decal attached to the HARD CORE 400 ERS (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. **IMPORTANT:** Please note the location of the front, rear, left side and right side of the HARD CORE 400 ERS.



ASSEMBLY

Set all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until the cross-training system is completely assembled. **Read all steps and examine all drawings carefully. Each drawing is labeled with the number of the assembly step it illustrates.**

Assembly can be completed using grease (included), and two adjustable wrenches, a hammer and soapy water (not included). The assistance of a second person is required.

1. Press an Endcap (33) onto each end of the Stabilizer (32). Insert two 10mm x 62mm Carriage Bolts (25) up through the Stabilizer. Attach the Rear Upright (29) to the Stabilizer with two 10mm Flat Washers (10) and 10mm Nylock Nuts (4); do not tighten the Nuts yet.
2. Press an Endcap (33) onto the Base (31). Attach the Base to the Stabilizer (32) with two 10mm x 68mm Bolts (5), 10mm Flat Washers (10) and 10mm Nylock Nuts (4); do not tighten the Nuts.

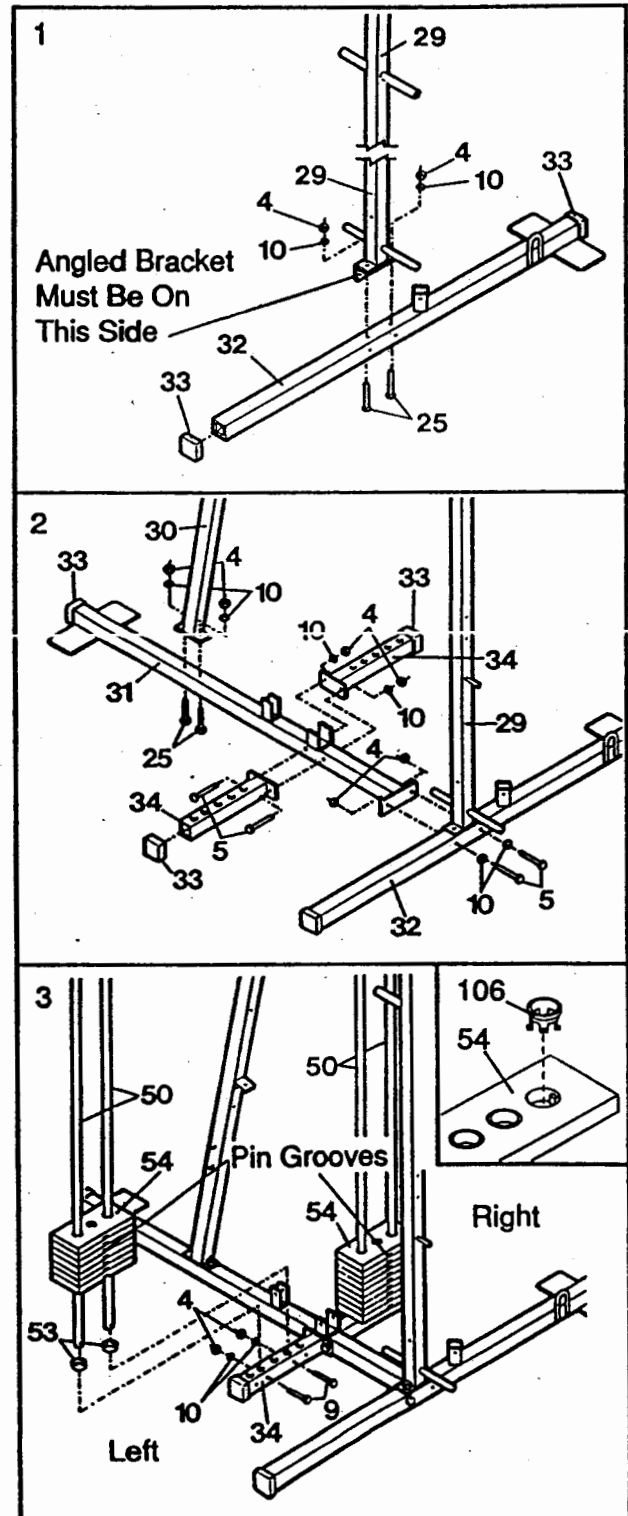
Press an Endcap (33) onto each Lower Weight Bracket (34). Attach the Lower Weight Brackets to the Base (31) with two 10mm x 68mm Bolts (5), 10mm Flat Washers (10) and 10mm Nylock Nuts (4).

Insert two 10mm x 62mm Carriage Bolts (25) up through the Base (31). Attach the Front Upright (30) to the Base with two 10mm Flat Washers (10) and 10mm Nylock Nuts (4); do not tighten the Nuts yet.

3. Slide a Bumper (53) onto the lower end of each Weight Guide (50). Insert the Weight Guides into the indicated holes in the Lower Weight Brackets (34). Attach each Weight Guide with a 10mm x 62mm Bolt (9), 10mm Flat Washer (10) and 10mm Nylock Nut (4).

Place the nineteen Large Weights (54) on the floor with the pin grooves facing down. Press three Weight Sleeves (106) into each Weight (see the inset drawing). Note: The Weight Sleeves must be turned correctly or they will not fit into the Weights.

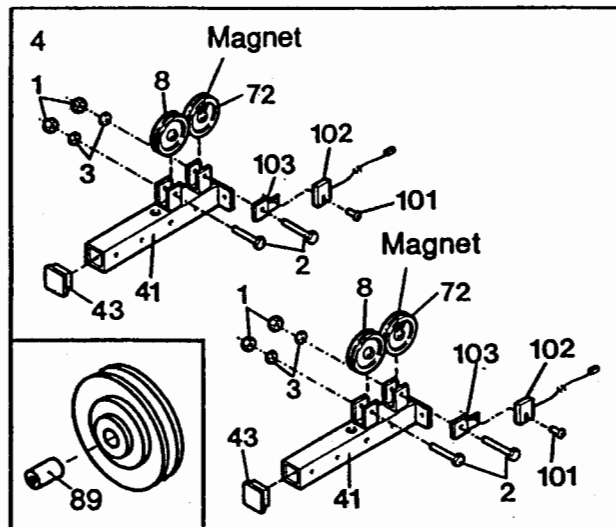
Slide nine Large Weights (54) onto the left Weight Guides (50) and rest them on the Bumpers (53). Make sure all of the Weights are turned so the pin grooves are facing down and are on the same side. Slide ten Large Weights onto the right Weight Guides in the same manner.



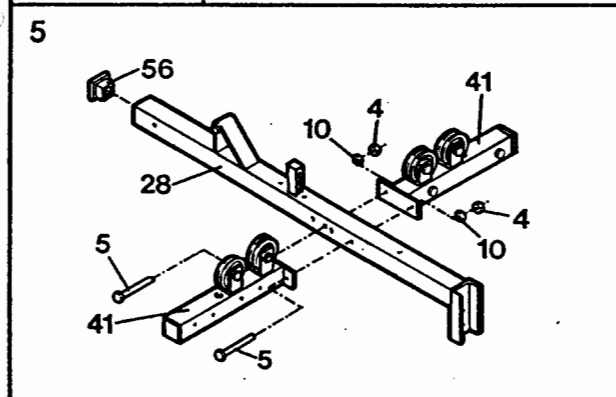
- Press a Large Inner Endcap (43) into one of the Upper Weight Brackets (41). Attach a Pulley (8) to the Upper Weight Bracket as shown with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). **Note: As you attach each Pulley in assembly steps 4–23, Insert a Pulley Sleeve (89) into each Pulley.**

Slide a Reed Switch Bracket (103) onto an 8mm x 42mm Bolt (2). Attach a Pulley w/Magnet (72) to the Upper Weight Bracket (41) as shown with the 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Make sure the Pulley is turned so the Magnet is on the indicated side. Attach a Reed Switch (102) to the Reed Switch Bracket (103) as shown with a 4mm x 8mm Machine Screw (101).

Repeat the above procedure with the other Weight Bracket (41).

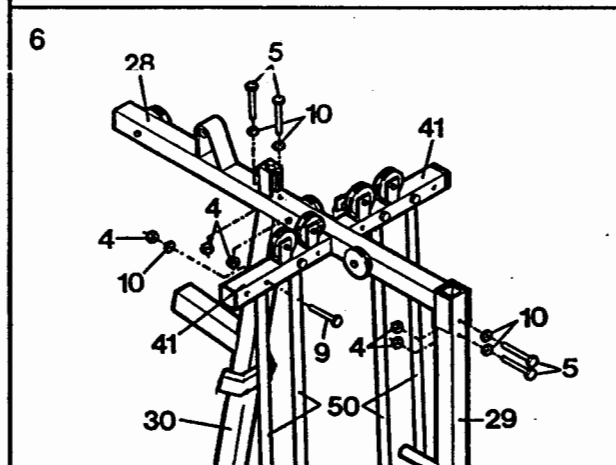


- Press the Endcap w/Decal (56) into the Upper Brace (28). Attach the two Upper Weight Brackets (41) to the Upper Brace with two 10mm x 68mm Bolts (5), 10mm Flat Washers (10) and 10mm Nylock Nuts (4).



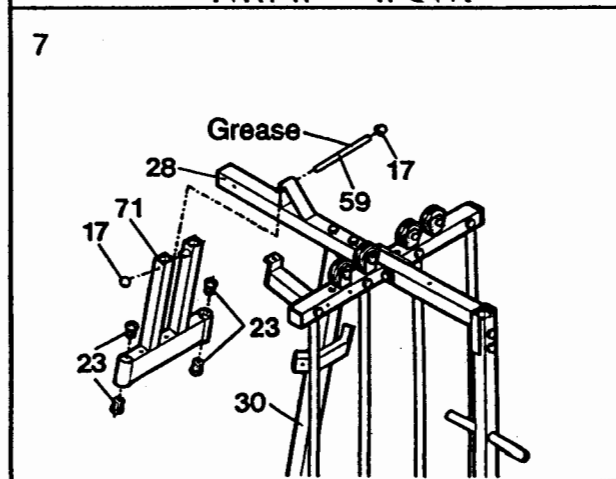
- Slide the two Upper Weight Brackets (41) onto the upper ends of the Weight Guides (50). Attach the Upper Brace (28) to the Front Upright (30) with two 10mm x 68mm Bolts (5), 10mm Flat Washers (10) and 10mm Nylock Nuts (4). Attach the Upper Brace to the Rear Upright (29) with two 10mm x 68mm Bolts (5), 10mm Flat Washers (10) and 10mm Nylock Nuts (4).

Attach each Weight Guide (50) to the Upper Weight Brackets (41) with a 10mm x 62mm Bolt (9), 10mm Flat Washer (10) and 10mm Nylock Nut (4).



Tighten all Nuts used in assembly steps 1– 6.

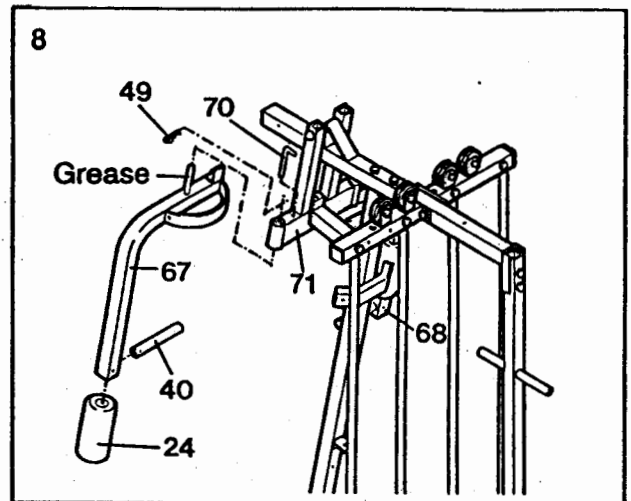
- Tap a 1/2" Dome Axle Cap (17) onto one end of the Arm Support Axle (59). Apply grease to the Axle. Press four Bushings (23) into the Arm Support (71). Align the holes in the upper end of the Arm Support with the hole in the bracket on the Upper Brace (28). Make sure the decal on the Arm Support is turned away from the Front Upright (30). Insert the Arm Support Axle through the Arm Support and the Upper Brace. Tap a 1/2" Dome Axle Cap (17) onto the end of the Axle.



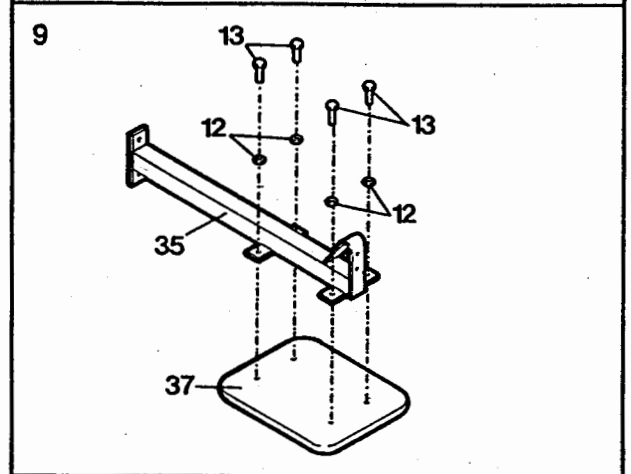
- Apply grease to the post on the Left Arm (67). Insert the post through the Arm Support (71). Insert a Hairpin Cotter Pin (49) through the post. Lock the Left Arm in place by inserting a Pull Pin (70) through the Arm Support and the Left Arm.

Wet the lower end of the Left Arm (67) and the inside of a Butterfly Pad (24) with soapy water. Slide the Pad onto the Left Arm until the Pad is 6" from the end. Tighten a Handle (40) clockwise into the Left Arm.

Assemble the Right Arm (68) in the same manner.



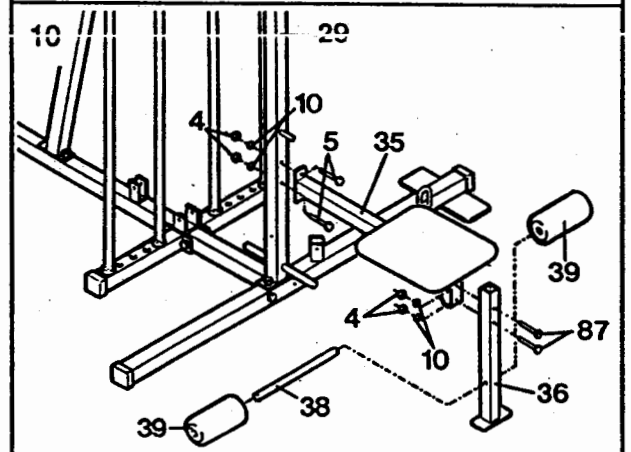
- Attach the Ab Seat (37) to the Ab Frame (35) with four 6mm x 14mm Bolts (13) and 6mm Star Washers (12).



- Attach the Ab Frame Leg (36) to the Ab Frame (35) with two 10mm x 56mm Bolts (87), 10mm Flat Washers (10) and 10mm Nylock Nuts (4).

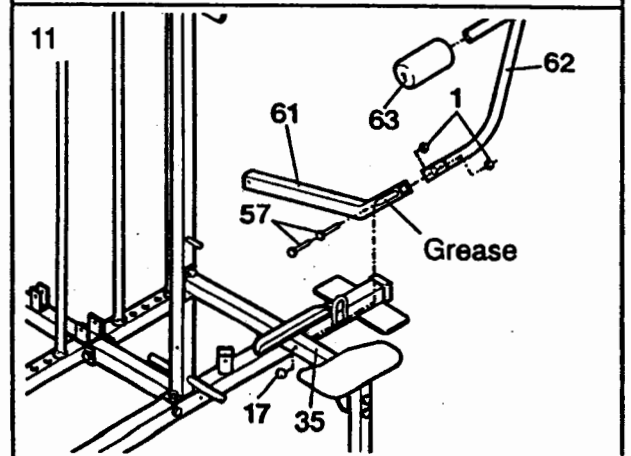
Attach the Ab Frame (35) to the Rear Upright (29) with two 10mm x 68mm Bolts (5), 10mm Flat Washers (10) and 10mm Nylock Nuts (4).

Insert a Pad Tube (38) into the Ab Frame Leg (36). Wet the ends of the Pad Tube and the insides of two Leg Lever Pads (39) with soapy water. Slide the Pads onto the Pad Tube.

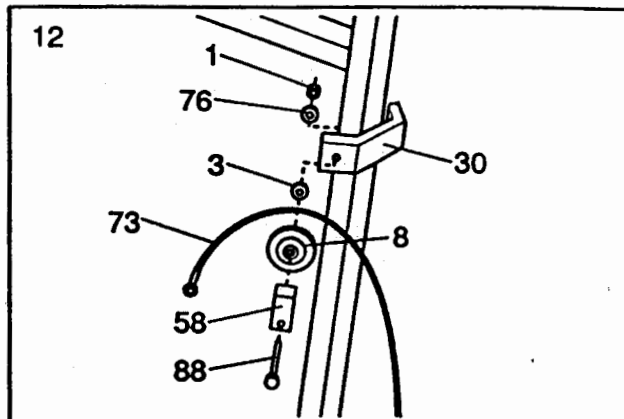


- Attach the Ab Arm (62) to the Ab Arm Bracket (61) with two 8mm x 51mm Bolts (57) and 8mm Nylock Nuts (1). Grease the post on the Ab Arm Bracket. Insert the post through the Ab Frame (35). Tap a 1/2" Dome Axle Cap (17) onto the post.

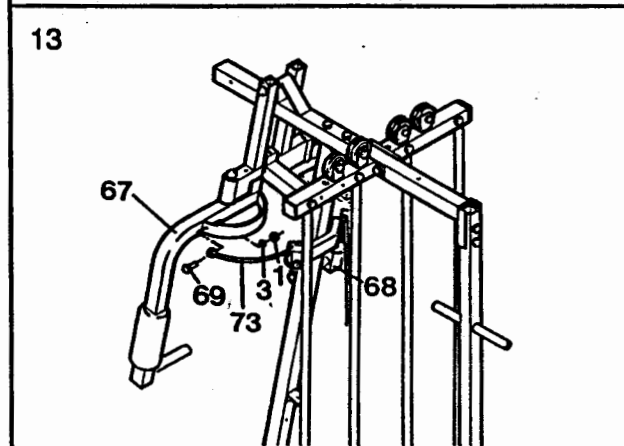
Wet the end of the Ab Arm (62) and the inside of the Ab Pad (63) with soapy water. Slide the Pad onto the Ab Arm.



12. Slide a Cable Guide (58), a Pulley (8) and a Small 8mm Washer (3) onto an 8mm x 58mm Bolt (88). Insert the Bolt into the bracket on the Front Upright (30). Slide a Large 8mm Washer (76) onto the Bolt, and thread an 8mm Nylock Nut (1) onto the Bolt. Before tightening the Nut, lay one end of a No. 109456 Cable (73) over the Pulley, under the Cable Guide. Attach a Pulley, the other Cable Guide and the other No. 109456 Cable to the other side of the bracket in the same manner. **Note: Each of the eight Cables used in assembly steps 11–21 can be identified by locating the part number printed on one end of the Cable.**

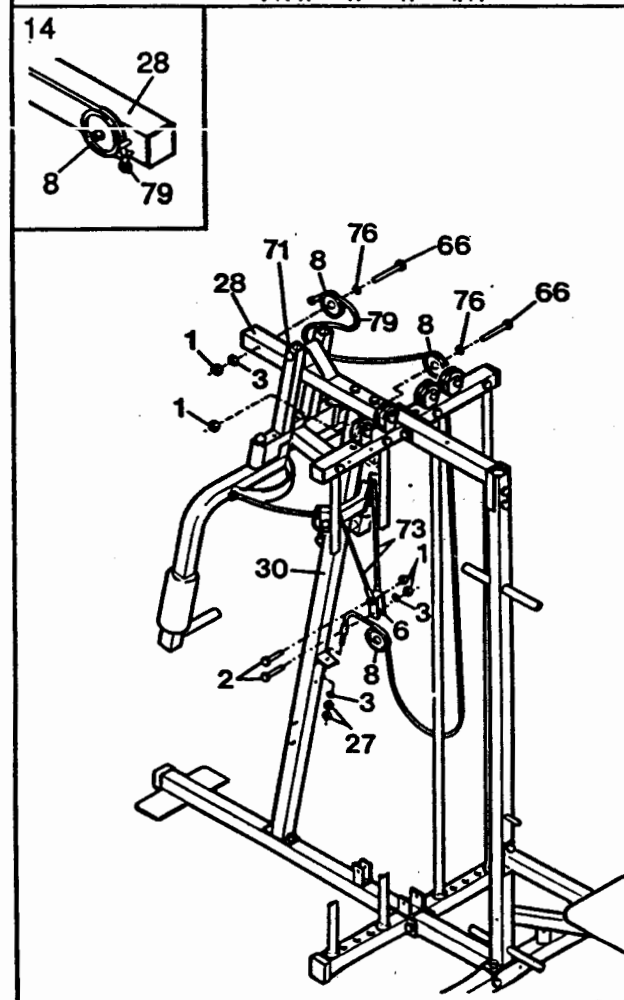


13. Attach the end of the left No. 109456 Cable (73) to the Left Arm (67) with an 8mm x 20mm Bolt (69), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Make sure the flat side of the eyelet on the end of the Cable is against the Left Arm. Do not overtighten the Nut—the Cable must be able to swivel freely. Attach the right No. 109456 Cable in the same manner.



14. Attach the ends of the No. 109456 Cables (73) to a "U"-Bracket (6) with an 8mm x 42mm Bolt (2) and 8mm Nylock Nut (1); do not tighten the Nylock Nut yet.

Insert the eyelet end of the No. 109461 Cable (79) between the right side of the Arm Support (71) and the Upper Brace (28) as shown. Lay the end of the Cable over a Pulley (8). Attach the Pulley to the front of the Upper Brace with an 8mm x 85mm Bolt (66), a Large 8mm Washer (76), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Make sure the collar on the eyelet is in front of the guide pin on the Upper Brace (see the inset drawing).



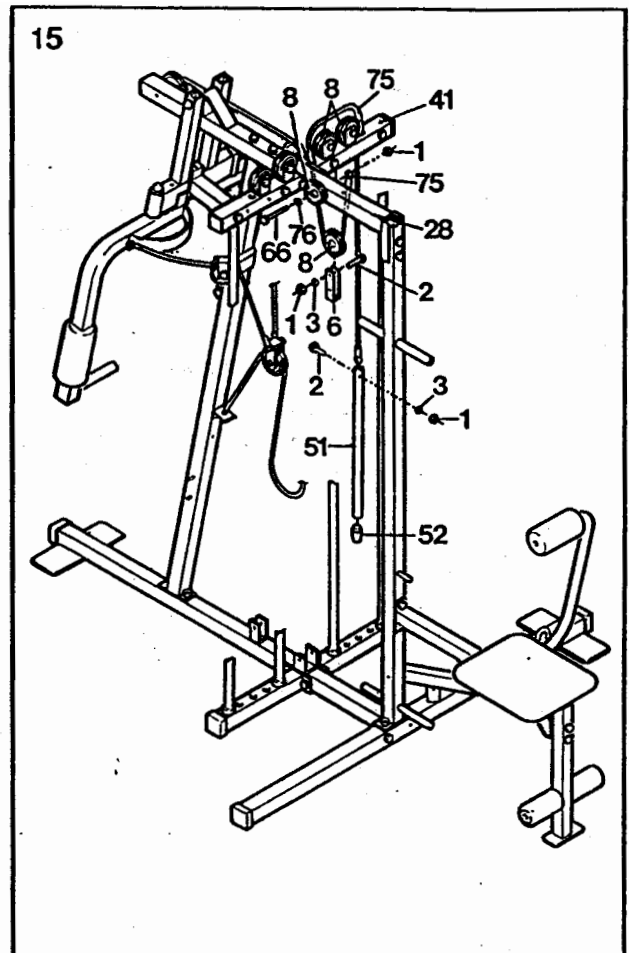
Lay the center of the No. 109461 Cable (79) over a Pulley (8). Attach the Pulley to the center of the Upper Brace (28) with an 8mm x 85mm Bolt (66), a Large 8mm Washer (76) and an 8mm Nylock Nut (1).

Lay the threaded end of the No. 109461 Cable (79) over a Pulley (8). Attach the Pulley to the "U"-Bracket (6) with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Insert the end of the Cable into the bracket on the Front Upright (30). Thread two 5/16" Adjustment Nuts (27), with a Small 8mm Washer (3), onto the Cable. Tighten the 8mm Nylock Nut (1) attaching the No. 109456 Cables (73) to the "U"-Bracket.

15. Slide a Large 8mm Washer (76) and a Pulley (8) onto an 8mm x 85mm Bolt (66). Insert the Bolt into the Upper Brace (28). Slide one end of a No. 109459 Cable (75) onto the Bolt. Tighten an 8mm Nylock Nut (1) onto the Bolt.

Insert the free end of the No. 109459 Cable (75) up through the indicated hole in the right Upper Weight Bracket (41). Lay the Cable over the two indicated Pulleys (8). Insert the end of the Cable down through the indicated hole in the Upper Weight Bracket. Attach the Cable to a Weight Selector Tube (51) with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Press an Endcap (52) into the lower end of the Weight Selector Tube.

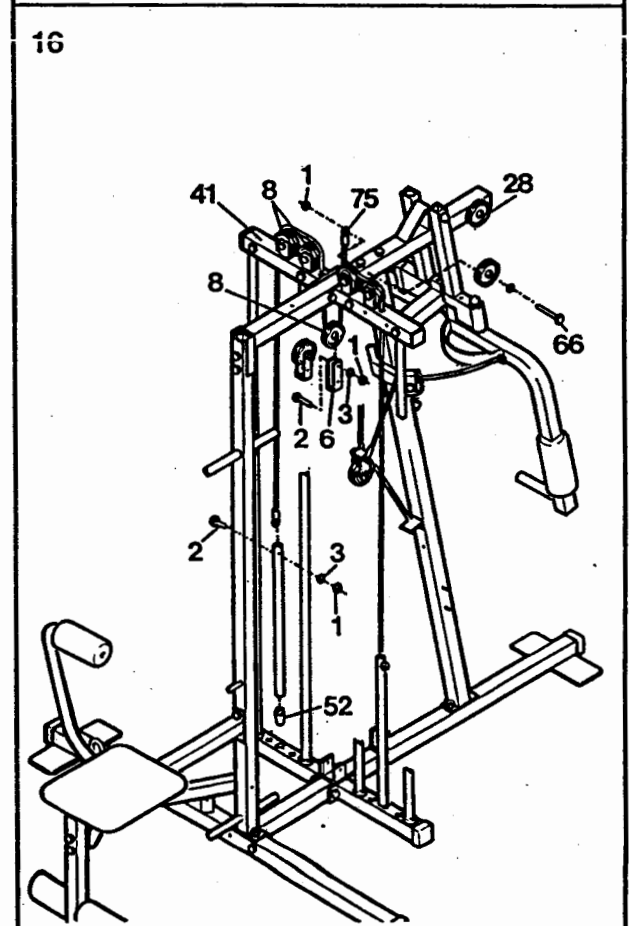
Position a Pulley (8) in the No. 109459 Cable (75) as shown. Attach a "U"-Bracket (6) to the Pulley with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1).



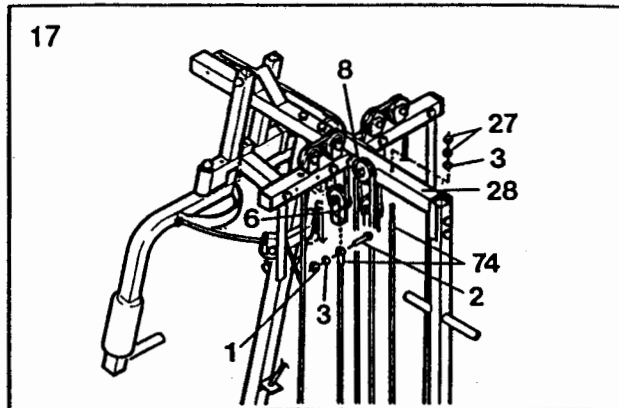
16. Remove the 8mm Nylock Nut (1) from the 8mm x 85mm Bolt (66). Slide one end of a No. 109459 Cable (75) onto the end of the Bolt. Retighten the Nylock Nut onto the Bolt.

Insert the free end of the No. 109459 Cable (75) up through the indicated hole in the left Upper Weight Bracket (41). Lay the Cable over the two indicated Pulleys (8). Insert the end of the Cable down through the indicated hole in the Upper Weight Bracket. Attach the Cable to a Weight Selector Tube (51) with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Press an Endcap (52) into the lower end of the Weight Selector Tube.

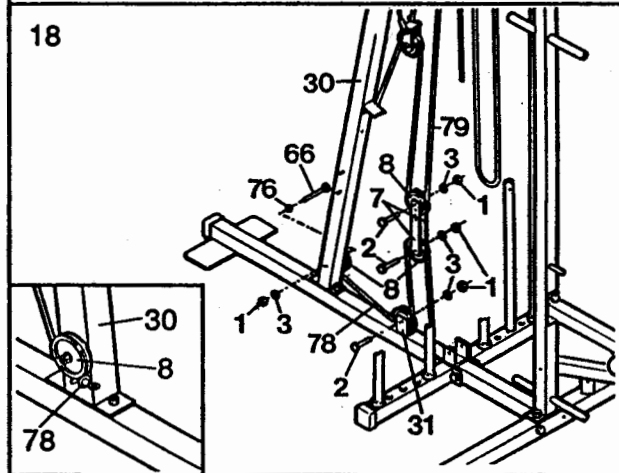
Position a Pulley (8) in the No. 109459 Cable (75) as shown. Attach a "U"-Bracket (6) to the Pulley with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1).



17. Insert the threaded end of the No. 109462 Cable (74) up through the Upper Brace (28). Thread two 5/16" Adjustment Nuts (27), with a Small 8mm Washer (3), onto the end of the Cable. Lay the center of the Cable over the indicated Pulley (8). Insert the eyelet end of the Cable into the bottom of the left "U"-Bracket (6). Attach the Cable with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1).

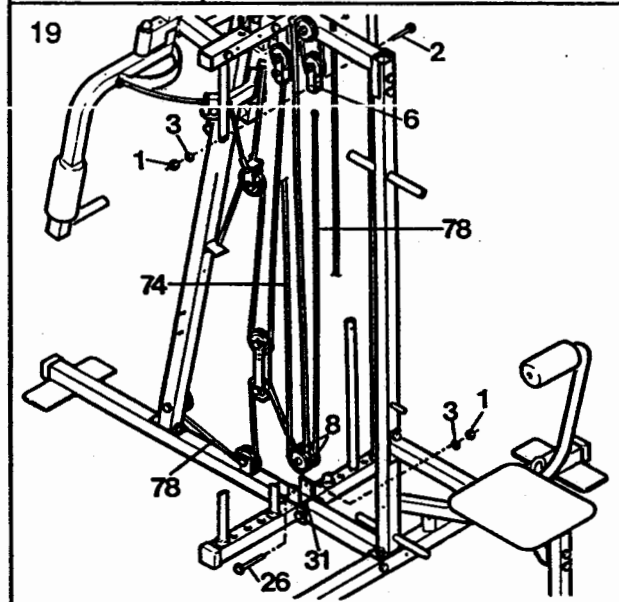


18. Position a Pulley (8) in the No. 109461 Cable (79) as shown. Attach an "I"-Plate (7) to each side of the Pulley with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Make sure the Bolt is through the upper hole in the "I"-Plates.

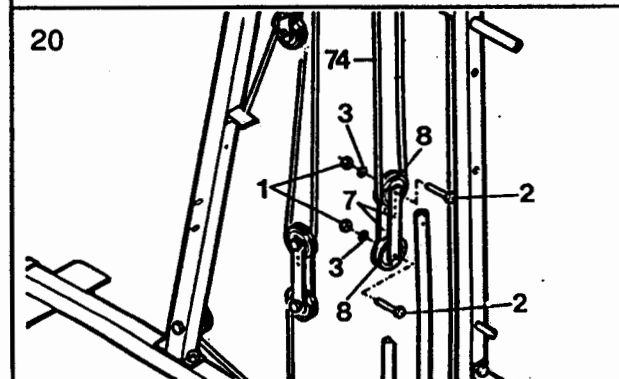


Find the end of the No. 109460 Cable (78) with the collar on the eyelet. Lay that end of the Cable under a Pulley (8). Attach the Pulley to the Front Upright (30) with an 8mm x 85mm Bolt (66), a Large 8mm Washer (76), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Make sure that the collar on the eyelet is in front of the guide pin on the Front Upright (see the inset drawing). Wrap the Cable under another Pulley. Attach the Pulley to the indicated bracket on the Base (31) with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Lay the Cable over another Pulley. Attach the Pulley to the "I"-Plates with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1).

19. Insert the end of the No. 109460 Cable (78) into the bottom of the indicated "U"-Bracket (6). Attach the Cable with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Position one Pulley (8) in the No. 109460 Cable (78), and one Pulley in the No. 109462 Cable (74) as shown. Attach both Pulleys to the indicated bracket on the Base (31) with the 8mm x 65mm Bolt (26), a Small 8mm Washer (3) and an 8mm Nylock Nut (1).

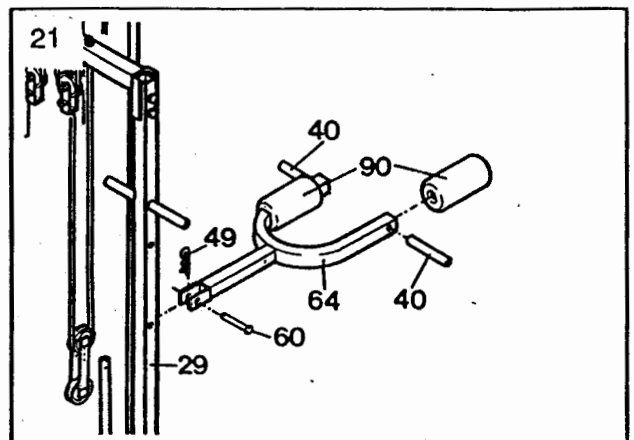


20. Position a Pulley (8) in the No. 109462 Cable (74) as shown. Attach an "I"-Plate (7) to each side of the Pulley with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Make sure the Bolt is through the upper hole in the "I"-Plates. Attach another Pulley to the "I"-Plates with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1).



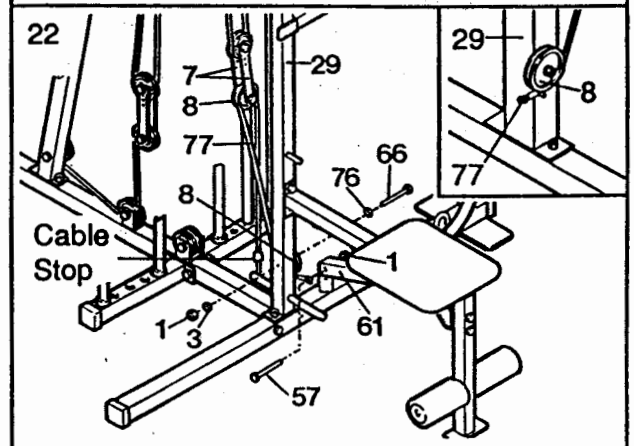
21. Attach the Squat Arm (64) to the Rear Upright (29) with the Clevis Pin (60) and a Hairpin Cotter Pin (49) as shown.

Wet the ends of the Squat Arm (64) and the insides of the two Squat Arm Pads (90) with soapy water. Slide the Pads onto the Squat Arm. Tighten a Handle (40) clockwise into each side of the Squat Arm.

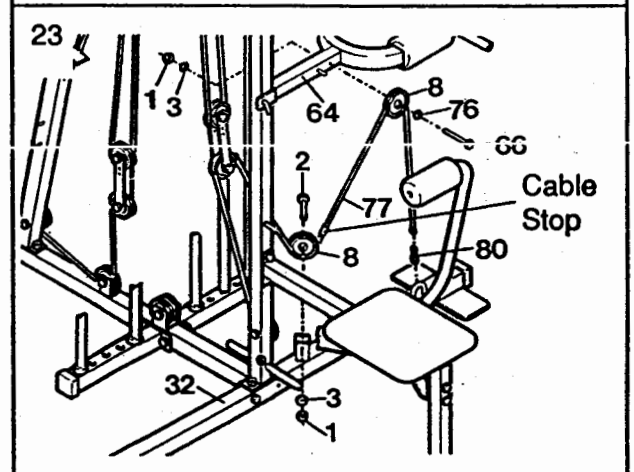


22. Hold the No. 109463 Cable (77) by the cable stop and find the longest end of the Cable. Attach that end of the Cable to the Ab Arm Bracket (61) with an 8mm x 51mm Bolt (57) and 8mm Nylock Nut (1). Make sure the flat side of the eyelet on the end of the Cable is against the Ab Arm Bracket. Do not overtighten the Nut—the Cable must be able to swivel freely.

Wrap the No. 109463 Cable (77) under a Pulley (8). Attach the Pulley to the Rear Upright (29) with an 8mm x 85mm Bolt (66), a Large 8mm Washer (76), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Make sure the Cable is on top of the guide pin on the Rear Upright (see the inset drawing). Insert the Cable through the indicated "I"-Plates (7) and lay the Cable over the Pulley (8) at the lower end of the "I"-Plates.

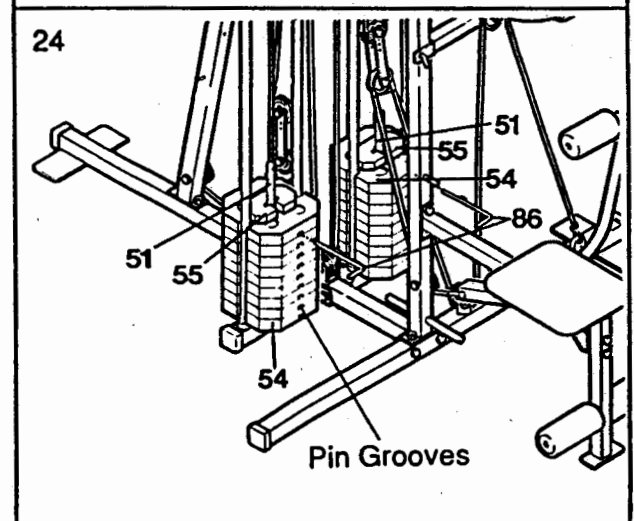


23. Wrap the No. 109463 Cable (77) under a Pulley (8). Make sure the cable stop is on the indicated side of the Pulley. Attach the Pulley to the bracket on the Stabilizer (32) with an 8mm x 42mm Bolt (2), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Lay the Cable over another Pulley. Attach the Pulley to the Squat Arm (64) with an 8mm x 85mm Bolt (66), a Large 8mm Washer (76), a Small 8mm Washer (3) and an 8mm Nylock Nut (1). Make sure the Cable is held on the Pulley by the guide pin on the Squat Arm. Attach the end of the Cable to the hook on the Stabilizer with the Large Cable Clip (80).



24. Make sure the two Weight Selector Tubes (51) are inserted into the central holes in the Large Weights (54). Place one Small Weight (55) on top of each stack of Large Weights. Insert a Weight Pin (86) under the top Large Weight on each stack and turn the ends of the Pins downward.

The use of the other two Weight Pins (86) will be explained in the ADJUSTMENT section (see page 13).



25. Peel the backing from the Reed Switch Tape (93). Press the Tape onto the small bracket at the lower end of the Rear Upright (29). Turn the Pedal Reed Switch (92) as shown and press it onto the Tape.

Make sure there are two Pedal Bushings (23) in the Left Pedal (18). Peel the backing from the underside of a Pedal Pad (20). Fit the "U"-shaped part of the Pad around the end of the Left Pedal and press the Pad onto the Pedal.

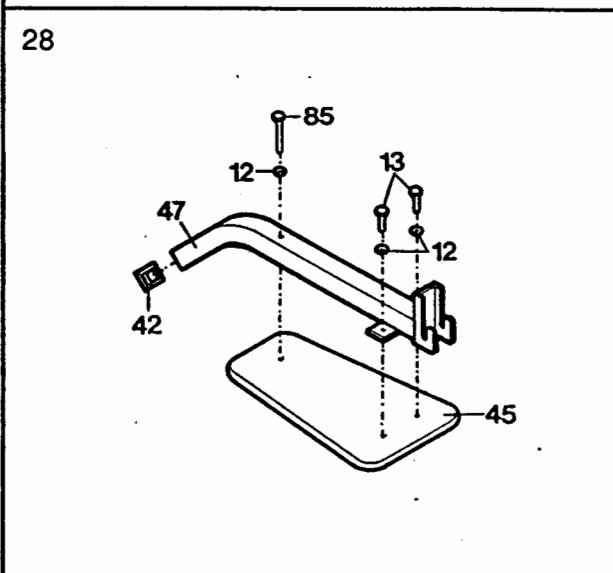
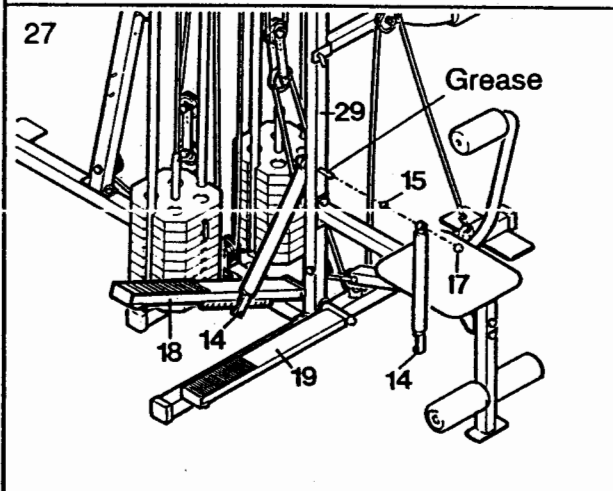
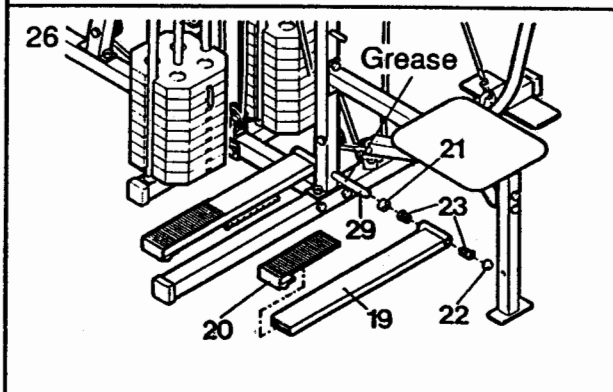
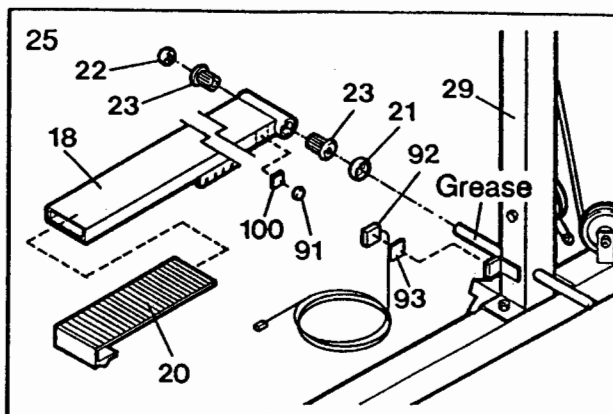
Apply grease to the pedal axles on the Rear Upright (29). Slide a Large Spacer (21) onto the left pedal axle, with the open side of the Spacer toward the Rear Upright. Slide the Left Pedal (18) onto the axle. Make sure the slotted bracket is on the side of the Pedal closest to the Rear Upright. Tap a 3/4" Axle Cap (22) onto the axle.

Hold the Left Pedal (18) parallel to the floor. Peel the backing from the Magnet Tape (100). Press the Tape onto the Left Pedal in the indicated location. Press the Magnet (91) onto the Magnet Tape (100) so the Magnet is aligned with the Pedal Reed Switch (92).

26. Make sure there are two Bushings (23) in the Right Pedal (19). Peel the backing from the underside of a Pedal Pad (20). Fit the "U"-shaped part of the Pad around the end of the Right Pedal and press the Pad onto the Pedal. Slide a Large Spacer (21) onto the right pedal axle on the Rear Upright (29), with the open side of the Spacer toward the Rear Upright. Slide the Right Pedal onto the axle. Tap a 3/4" Axle Cap (22) onto the axle.

27. Apply grease to the cylinder axles on the Rear Upright (29). Slide a Small Spacer (15) onto the right axle, with the open side of the Spacer toward the Rear Upright. Slide a Resistance Cylinder (14) onto the axle. Tap a 1/2" Dome Axle Cap (17) onto the axle. Rest the Right Pedal (19) on the bracket at the lower end of the Resistance Cylinder. Attach the other Resistance Cylinder to the Rear Upright and the Left Pedal (18) in the same manner.

28. Press the Small Inner Endcap (42) into the Seat Support (47). Attach the Seat (45) to the Seat Support with a 6mm x 48mm Bolt (85), two 6mm x 14mm Bolts (13) and three 6mm Star Washers (12).



29. Slide the bracket on the Seat Support (47) onto one of the sets of pins on the Front Upright (30).

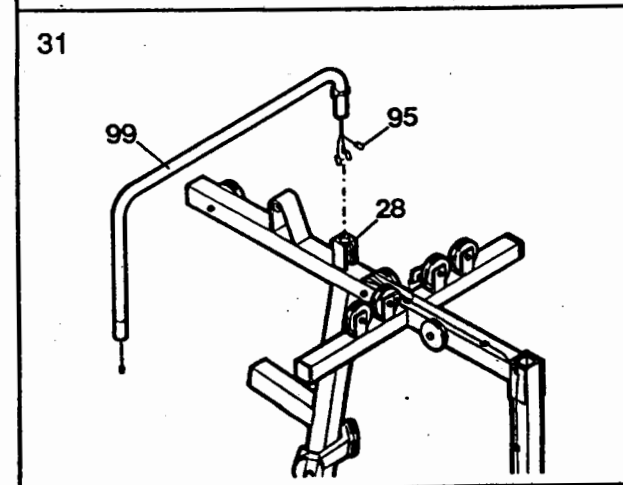
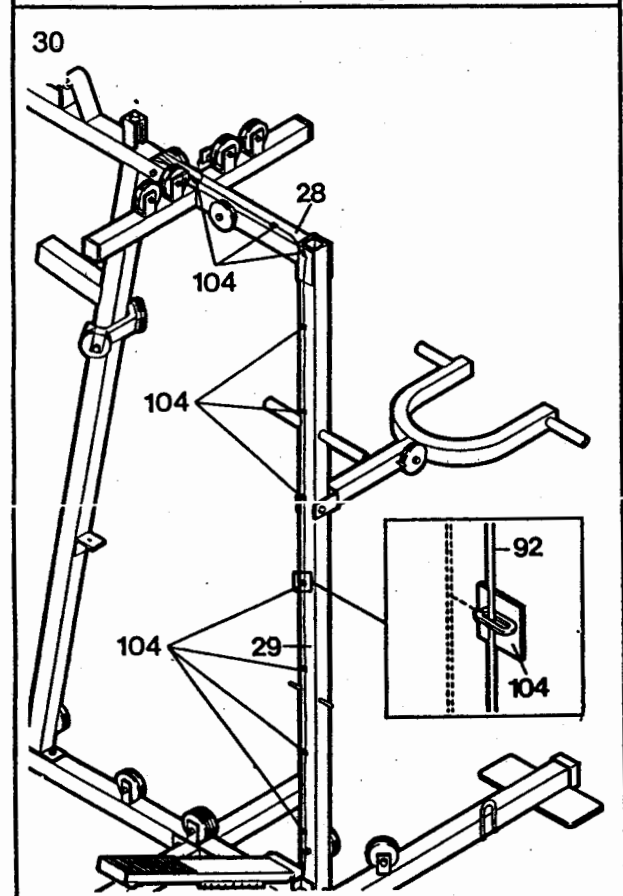
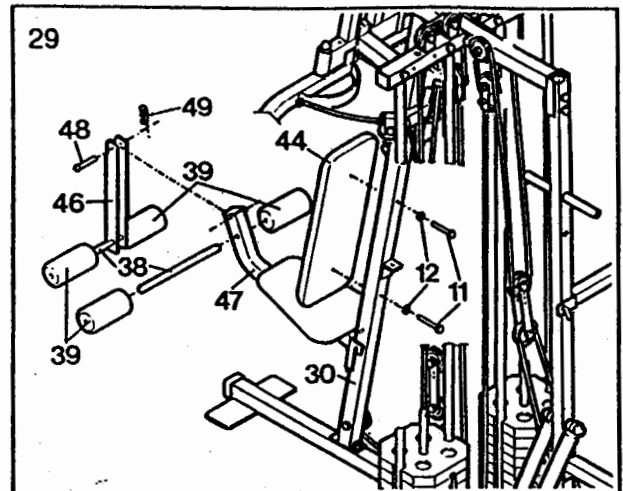
Attach the Leg Lever (46) to the Seat Support (47) as shown with the Leg Lever Pin (48) and a Hairpin Cotter Pin (49). Insert one Pad Tube (38) into the Leg Lever and one into the Seat Support. Wet the ends of the Pad Tubes and the insides of four Leg Lever Pads (39) with soapy water. Slide the Pads onto the Tubes.

Attach the Backrest (44) to the Front Upright (30) with two 6mm x 60mm Bolts (11) and 6mm Star Washers (12).

30. Press seven Plastic Clips (104) onto the side of the Rear Upright (29) in the indicated locations. (Remove the backing from each clip as you attach it.) The Clips should be spaced about one foot apart. Press the remaining three Clips onto the Upper Brace (28) in the indicated locations.

Insert the wire from the Pedal Reed Switch (92) into the ten Plastic Clips (104) as shown.

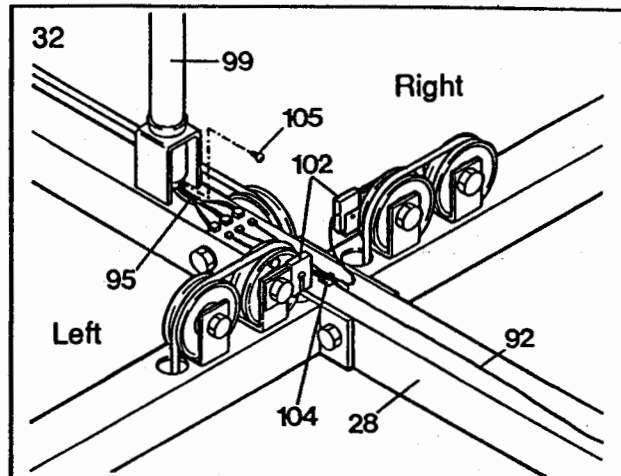
31. Insert the end of the Console Wire (95) and the end of the Console Boom (99) into the socket on top of the Upper Brace (28). Make sure the Console Wire does not get pinched.



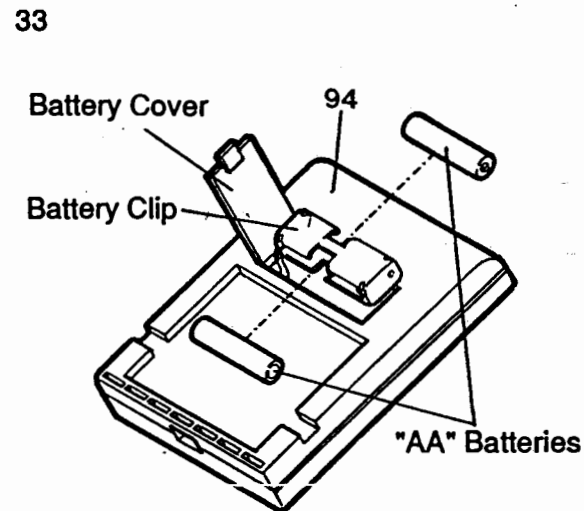
32. Pivot the Console Boom (99) so the small hole in the end is above the Console Wire (95). Tighten the 4mm x 12mm Screw (105) into the hole.

The Console Wire (95) has three plugs at the end. Connect the wire from the right Pulley Reed Switch (102) to the plug which has a black wire. Connect the wire from the Pedal Reed Switch (92) to the plug which has only two wires. Connect the left Pulley Reed Switch (102) to the remaining plug.

Fold all excess wires and tuck them into the indicated Plastic Clip (104).



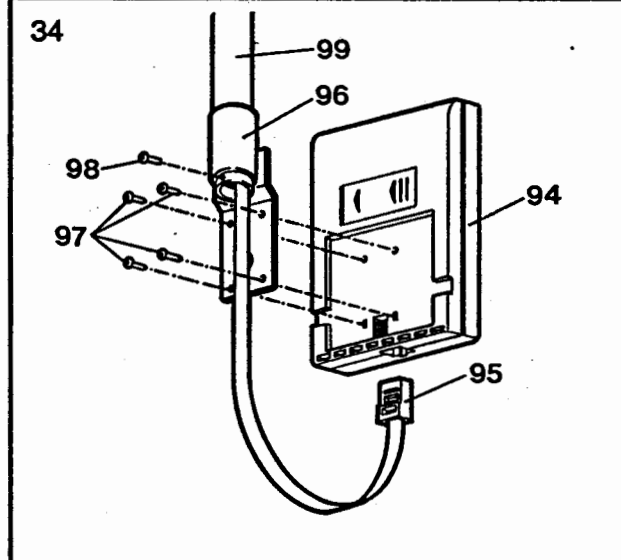
33. The Console (94) requires two "AA" batteries (not included). Alkaline batteries are recommended. The battery compartment is in the back of the Console. Slide the battery cover to the side and open it. Carefully remove the battery clip from the console. Find the "+" and "-" marks inside the battery clip showing which direction batteries should be inserted. Insert batteries into the battery clip. Replace the battery clip in the Console and close the battery cover.



34. Attach the Console Bracket (96) to the back of the Console (94) with the four 3.5mm x 11mm Screws (97).

Slide the Console Bracket (96) onto the lower end of the Console Boom (99). Tighten the 4mm x 6.5mm Screw (98) into the small hole in the Console Boom.

Plug the end of the Console Wire (95) into the jack at the lower end of the Console (94).

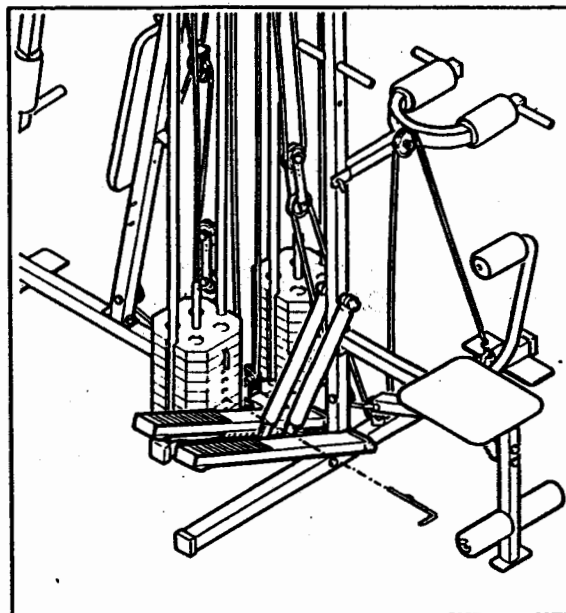


35. **IMPORTANT:** Before using the cross-training system, all of the cables should be tested without weights. If the cables are not tested, they may be permanently damaged. To test the cables, first remove all weight pins from both weight stacks. Pull the end of each cable a few times to make sure the cable moves smoothly over the pulleys. If a cable does not move smoothly, locate and correct the problem before using the cable with weights. (To see the correct position of each cable, see the CABLE CHART accompanying this manual.)

ADJUSTMENT

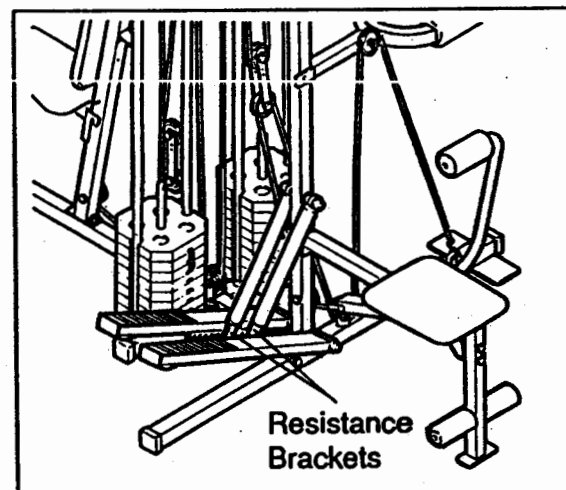
CHANGING THE WEIGHT

The dual weight stacks allow two exercise stations to be used at the same time, in addition to the stepper. The right weight stack is connected to the upper cable, lower cable and the left and right arms. The left weight stack is connected to the ab arm and the squat arm. To increase the weight setting of either weight stack, insert one of the weight pins lower in the stack and turn the end of the pin downward; to decrease the weight setting, insert the weight pin higher in the stack. Always keep one weight pin inserted under the top large weight. **Note:** The two small weights can be placed on either weight stack. Although the large and small weights weigh 10 and 5 pounds respectively, the resistance will be twice that amount due to the design of the equipment. The weight setting of either weight stack can be changed from 20 pounds up to 300 pounds, in increments of 10 pounds.



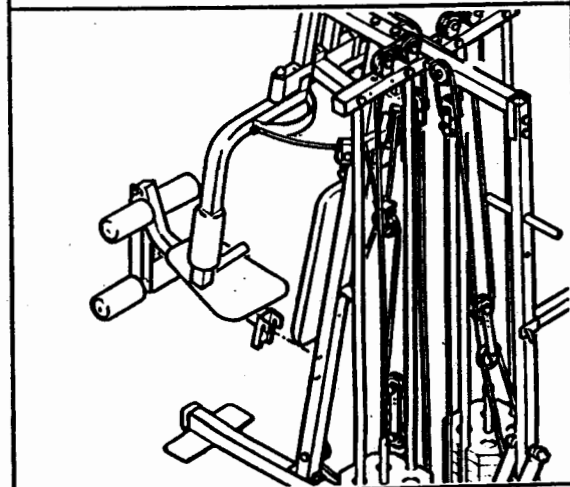
USING THE STEPPER

The resistance of the stepper can be changed by moving the resistance brackets. Change the resistance of 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 rear upright; to increase the resistance, move the bracket farther away from the rear upright. Make sure the bracket is fully inserted into one of the slots under the pedal. Change the resistance of the other pedal in the same manner. Make sure the resistance brackets are in the same position on both pedals. **Note:** The stepper features precision resistance cylinders; due to the nature of resistance cylinders, the floor beneath the stepper should be covered in case of slight oil leakage. **WARNING:** The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.



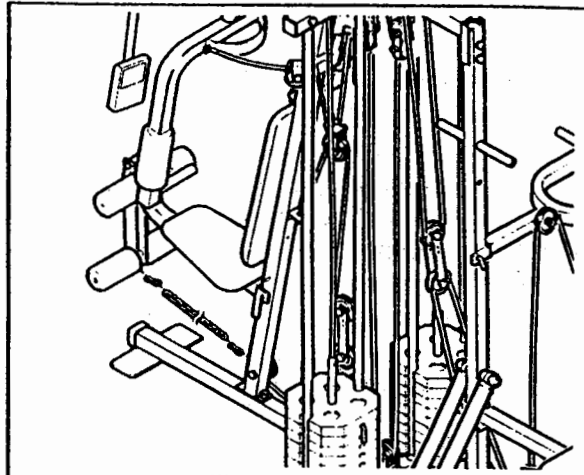
ATTACHING AND REMOVING THE SEAT SUPPORT

The seat support should be attached as described in assembly step 29 on page 12 of this manual. For certain exercises, the seat support must be removed. If the chain is attached to the leg lever, remove the chain. Then, lift the seat support until the bracket on the seat support is free of the pins on the frame.



ATTACHING THE LEG LEVER TO THE WEIGHT SYSTEM

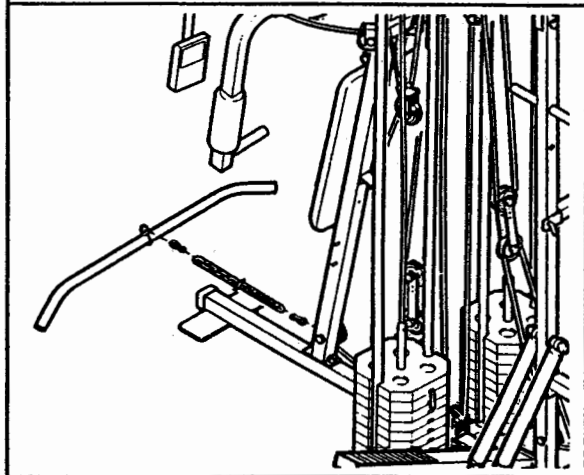
Attach the chain between the leg lever and the lower cable with the two cable clips.



ATTACHING THE LAT BAR, ROWER BAR OR ANKLE STRAP TO THE WEIGHT SYSTEM

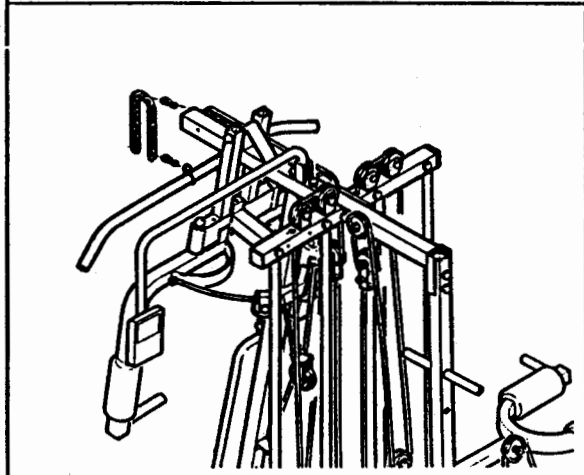
To attach the lat bar to the lower cable, first remove the seat support from the front upright as described above. Attach the chain between the lat bar and the lower cable with the two cable clips.

Attach the ankle strap or rower bar to the lower cable in the same manner as the lat bar.



To use the lat bar with the upper cable, the chain must be attached between the lat bar and the cable using the two cable clips. The chain can be shortened by attaching the cable clips closer together along the chain. **Note: The proper length of chain between the lat bar and the upper cable should be determined by the exercise to be performed. Adjust the length of the chain until the lat bar is in a comfortable position.**

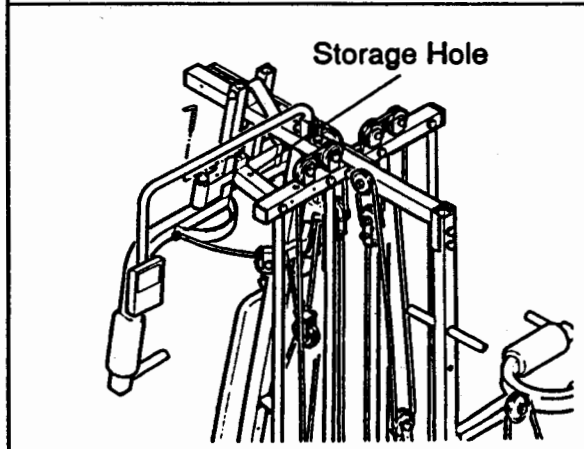
Attach the rower bar to the upper cable in the same manner as the lat bar.



USING THE LEFT AND RIGHT ARMS

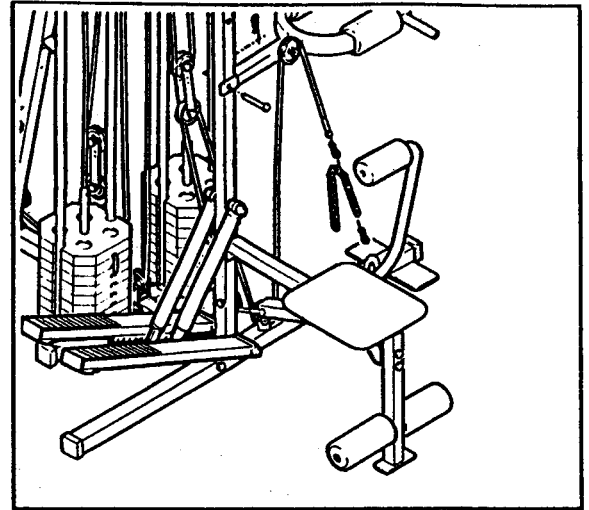
To use the arms in the press mode, insert the pull pins into the arm support and the arms as described in assembly step 8 on page 6 of this manual. **IMPORTANT: Always insert the pull pins when using the arms or the arms will be damaged.**

To use the arms in the butterfly mode, remove the pull pins from the arm support and the arms. Insert one of the pull pins into the front upright and the arm support as shown in the drawing at the right. Insert the other pull pin into the indicated storage hole.



USING THE SQUAT ARM

The squat arm can be used in either the high or low position. To change the position, remove the cotter pin and clevis pin and reattach the squat arm to the other hole in the rear upright. When using the squat arm in the high position, the chain must be attached between the cable and the hook on the stabilizer using one small cable clip and one large cable clip. The chain can also be used when the squat arm is in the low position. The chain can be shortened by attaching the cable clips closer together along the chain.



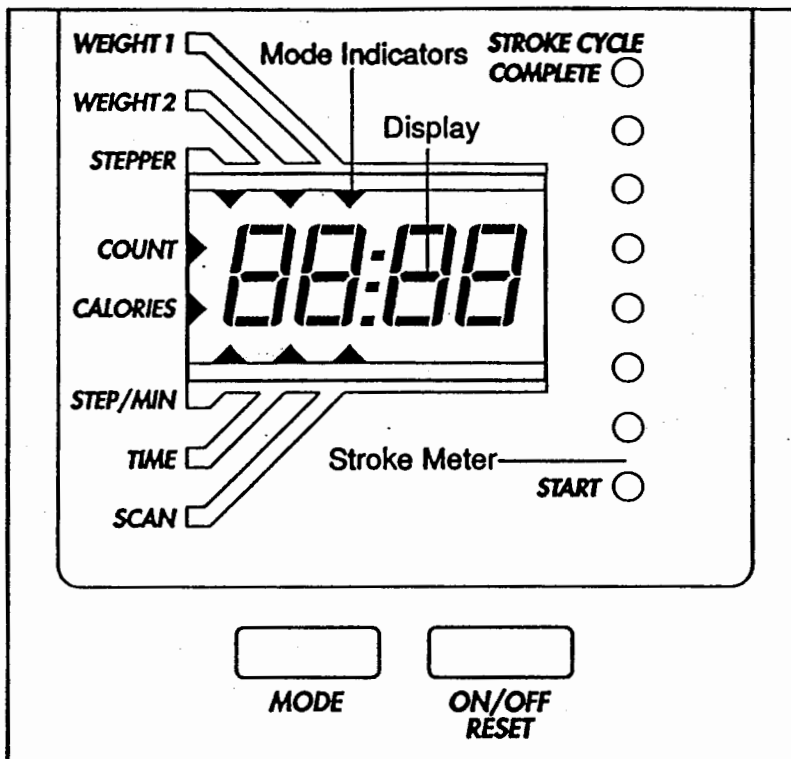
MXT CONSOLE OPERATION

The multiple-mode MXT™ console is designed to provide you with instant exercise feedback as you work out.

During weight training exercises, the console will display the number of repetitions you have completed. The console also features a stroke meter to help you pace your repetitions.

As you exercise on the stepper, the console will display the number of steps you have completed, the total number of Calories you have burned, your current stepping speed, and the elapsed time.

Please read the instructions below before operating the console.



INSTALLING BATTERIES

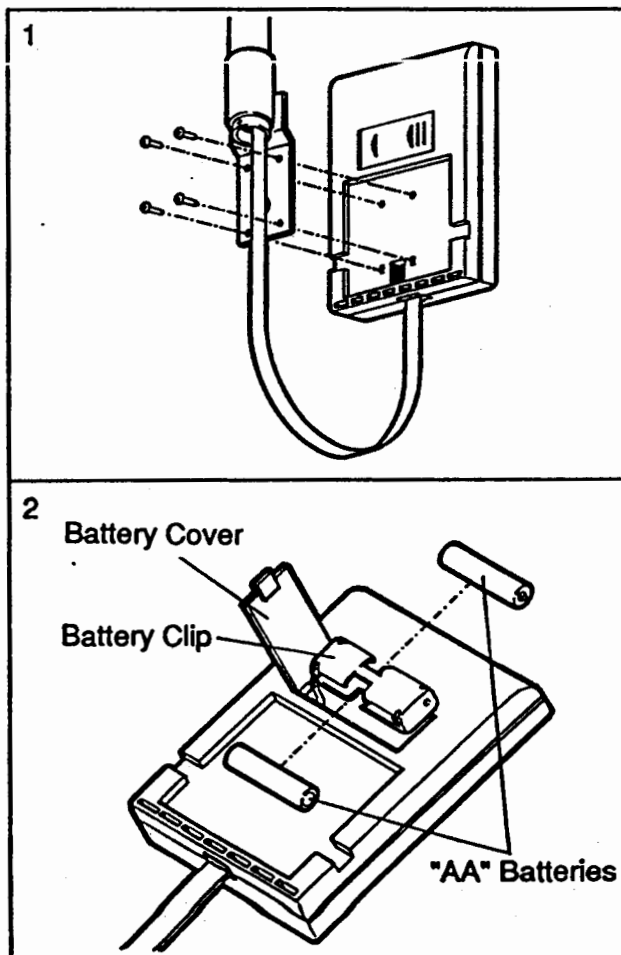
The MXT console requires two "AA" batteries (not included). Alkaline batteries are recommended. Follow the steps below to install or replace batteries.

1. Remove the four 3.5 mm x 11mm screws attaching the console to the console bracket.
2. The battery compartment is in the back of the console. Slide the battery cover to the side and open it.

Carefully remove the battery clip from the console. Find the "+" and "-" marks inside the battery clip showing which direction the batteries should be turned. Insert batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

Reattach the console to the console bracket with the four 3.5 mm x 11mm screws.

Make sure that the console wire is plugged fully into the jack at the bottom of the console.



TURNING THE POWER ON

Move the console to a convenient position by pivoting the boom and rotating the console on the boom.

To turn the power on, press the ON/OFF RESET button. All indicators on the display will briefly appear; the WEIGHT 1 indicator, COUNT indicator and one "0" will then appear.

USING THE CONSOLE FOR WEIGHT TRAINING EXERCISES

To use the right weight stack, press the MODE button until the WEIGHT 1 indicator appears. (If the power has just been turned on, the WEIGHT 1 indicator will appear already.) The COUNT indicator will also appear.

To use the left weight stack, press the MODE button until the WEIGHT 2 indicator appears. The COUNT indicator will also appear.

As you exercise, the console will display the number of repetitions you have completed. As you begin each repetition, the stroke meter on the right side of the console will be activated and the eight indicators will light in succession. Adjust the speed of your movement until all eight indicators light during each repetition.

USING THE CONSOLE FOR STEPPING EXERCISE

To use the stepper, press the MODE button until the STEPPER indicator appears. The SCAN indicator will also appear. When the SCAN indicator appears, the COUNT, CALORIES, STEP/MIN and TIME indicators will appear, one at a time, in a repeating cycle. As you exercise, the console will display the following feedback:

1. When the COUNT indicator appears, the console will display the total number of steps you have completed.
2. When the CALORIES indicator appears, the console will display the total number of nutritional Calories you have burned.
3. When the STEP/MIN indicator appears, the console will display your current stepping speed, in steps per minute.
4. When the TIME indicator appears, the console will display the elapsed time. If you stop exercising for ten seconds or longer, the TIME mode will stop until you resume.

If desired, the SCAN mode can be cancelled, and the COUNT, CALORIES, STEP/MIN or TIME modes can be displayed continuously. Press the MODE button until the SCAN indicator disappears and only the desired mode indicator appears.

RESETTING THE CONSOLE DISPLAY

To reset the display, press the ON/OFF RESET button once to turn power off, and then press the button again.

TURNING THE POWER OFF

To turn the power off, press the ON/OFF RESET button. Note: If you do not use the weight stacks or the stepper for four minutes, and no console buttons are pressed, the console will turn off automatically to conserve the batteries.

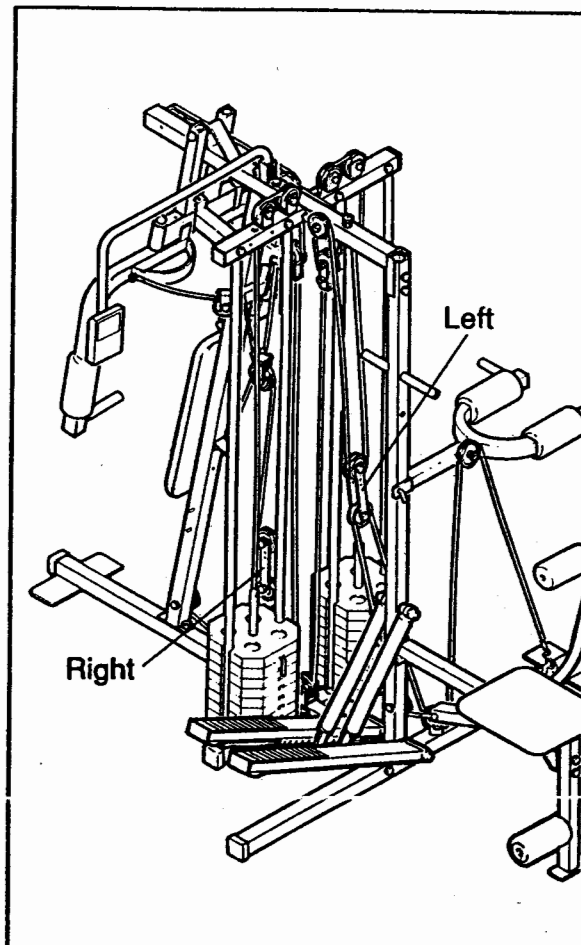
MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts regularly. Replace any worn part 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 slack in the cables before the weight engages, the cables may need to be adjusted. To adjust the cables on the left weight stack, find the two adjustment nuts located on top of the upper brace. Loosen the upper nut. Turn the lower nut clockwise until the cables are tight. **Do not allow the cable to twist.** Tighten the upper nut onto the lower nut. To adjust the cables on the right weight stack, find the two adjustment nuts located on the front upright. Loosen the lower nut. Turn the upper nut clockwise until the cables are tight. **Do not allow the cables to twist.** Tighten the lower nut onto the upper nut. If the cables cannot be tightened sufficiently using the adjustment nuts, follow the instructions below.

Loosen the adjustment nuts as described above, until they are at the end of the cable threads. To adjust the cables on the left weight stack, locate the "I"-plates labeled "Left" in the drawing. To adjust the cables on the right weight stack, locate the "I"-plates labeled "Right." The "I"-plates have five adjustment holes to tighten the cables. Remove the upper pulley from the "I"-plates. Move the pulley to the next lower hole in the "I"-plates and reattach the pulley. Tighten the adjustment nuts until the cables are tight as described above.



MXT CONSOLE

If the console display becomes faint, the batteries should be replaced. (See **INSTALLING BATTERIES** on page 17 of this manual.)

If the console displays incorrect feedback, all wires should be checked. Make sure the three wires on top of the upper brace are connected to the three plugs at the end of the console wire. (See assembly step 32 on page 13 of this manual.) Make sure the console wire is plugged fully into the jack on the console. (See assembly step 34 on page 13 of this manual.)

If the console still displays incorrect feedback, the reed switches should be checked. Make sure the pulley reed switches on top of the upper weight brackets are properly attached. (See assembly step 4 on page 5 of this manual.) Make sure the pedal reed switch is properly positioned. When the left pedal is held parallel to the floor, the pedal reed switch should be level with the magnet on the left pedal. Adjust the position of the pedal reed switch if necessary.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered conveniently by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the following information before calling:

1. The MODEL NUMBER of the product (PF831520).
2. The NAME of the product (PROFORM® HARD CORE 400 ERS 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) (see the PART LIST/EXPLODED DRAWING supplement).
5. The DESCRIPTION of the part(s) (see the PART LIST/EXPLODED DRAWING supplement)

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.

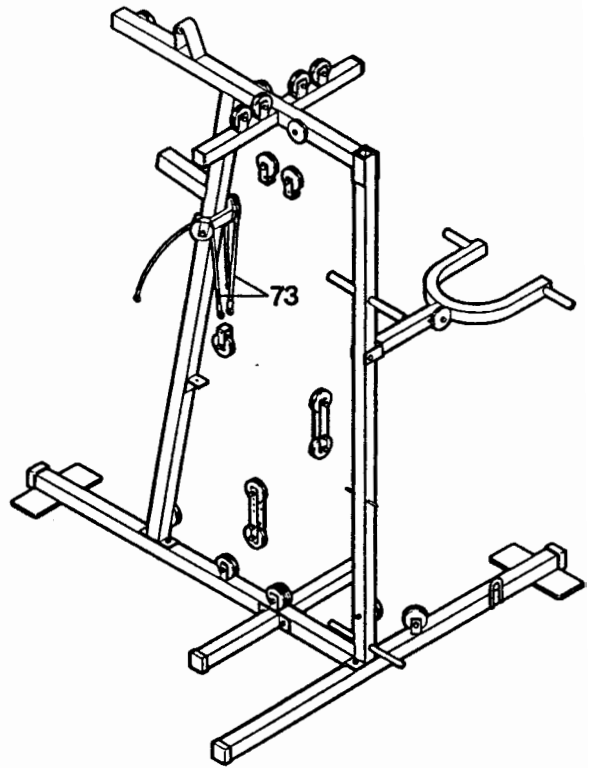
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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

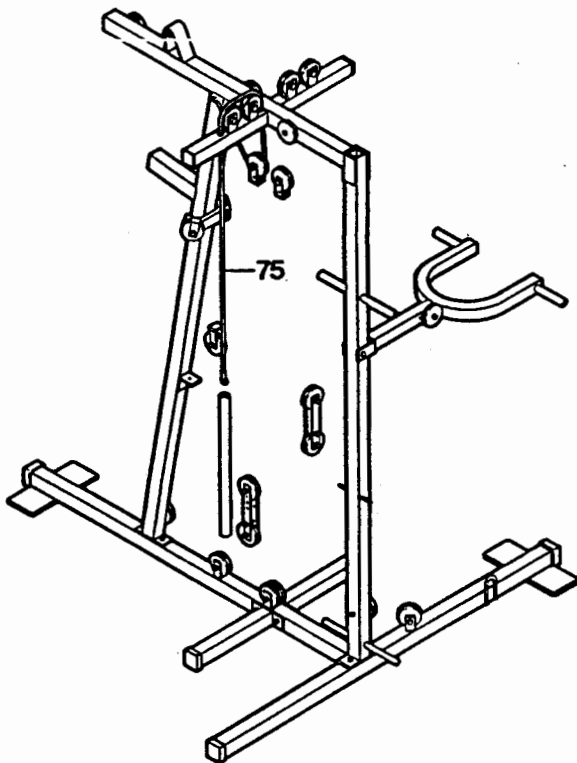
CABLE DIAGRAM

This chart shows the proper location of each of the eight cables on the cross-training system.

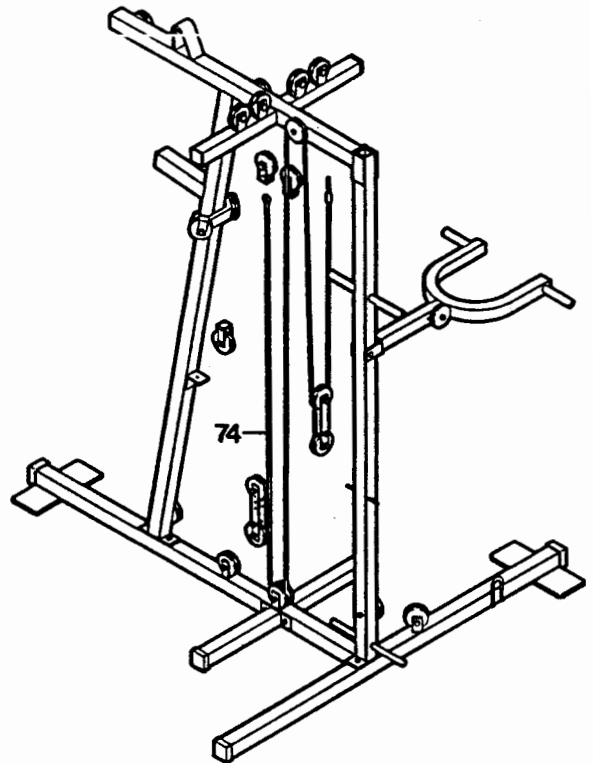
As you assemble the cross-training system, use this chart to make sure each cable is assembled correctly. (See ASSEMBLY on pages 4 through 13 of the OWNER'S MANUAL.)



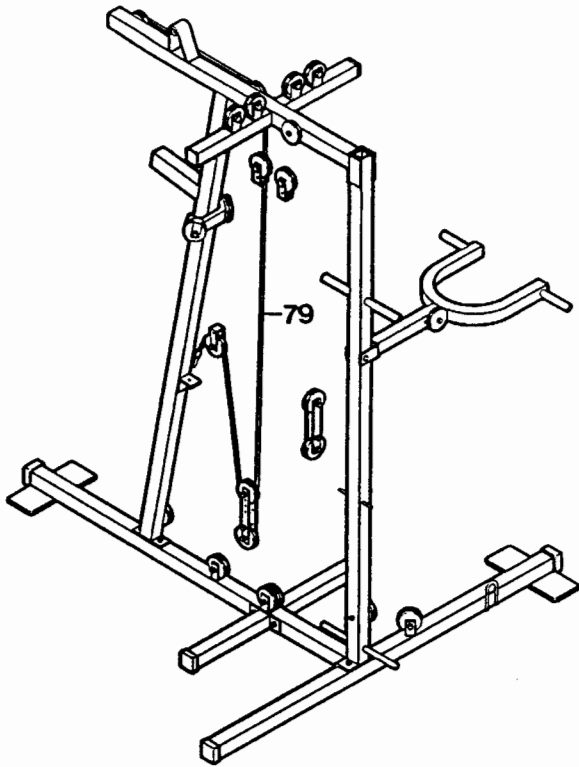
No. 109456 Cables (73)
See assembly steps 12-14



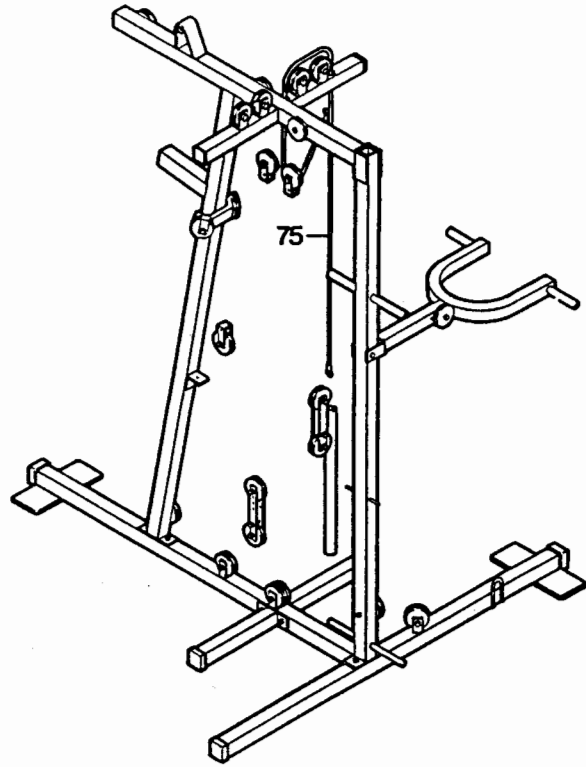
No. 109459 Cable (75)
see assembly step 16



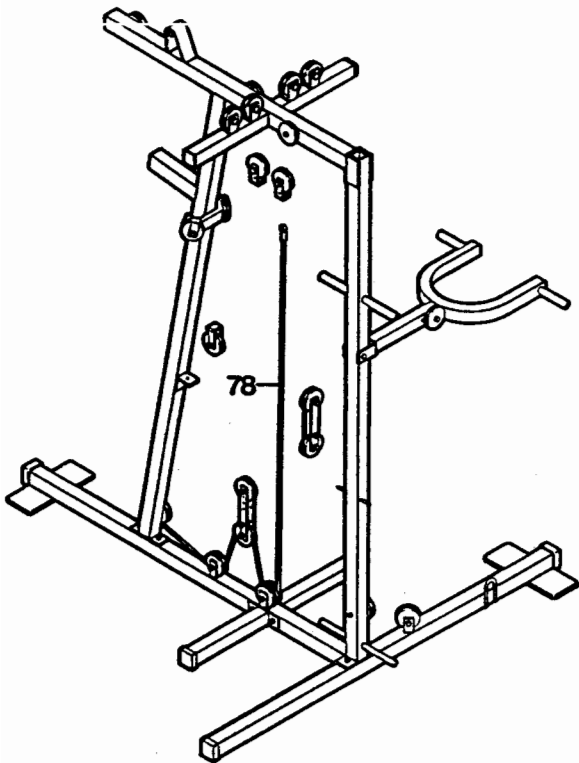
No. 109462 Cable (74)
See assembly steps 17, 19, 20



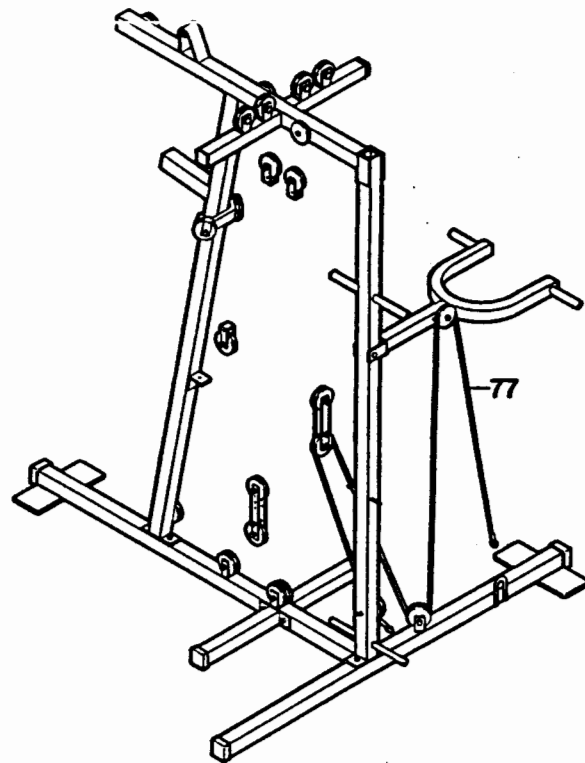
No. 109461 Cable (79)
See assembly step 14



No. 109459 Cable (75)
See assembly step 15



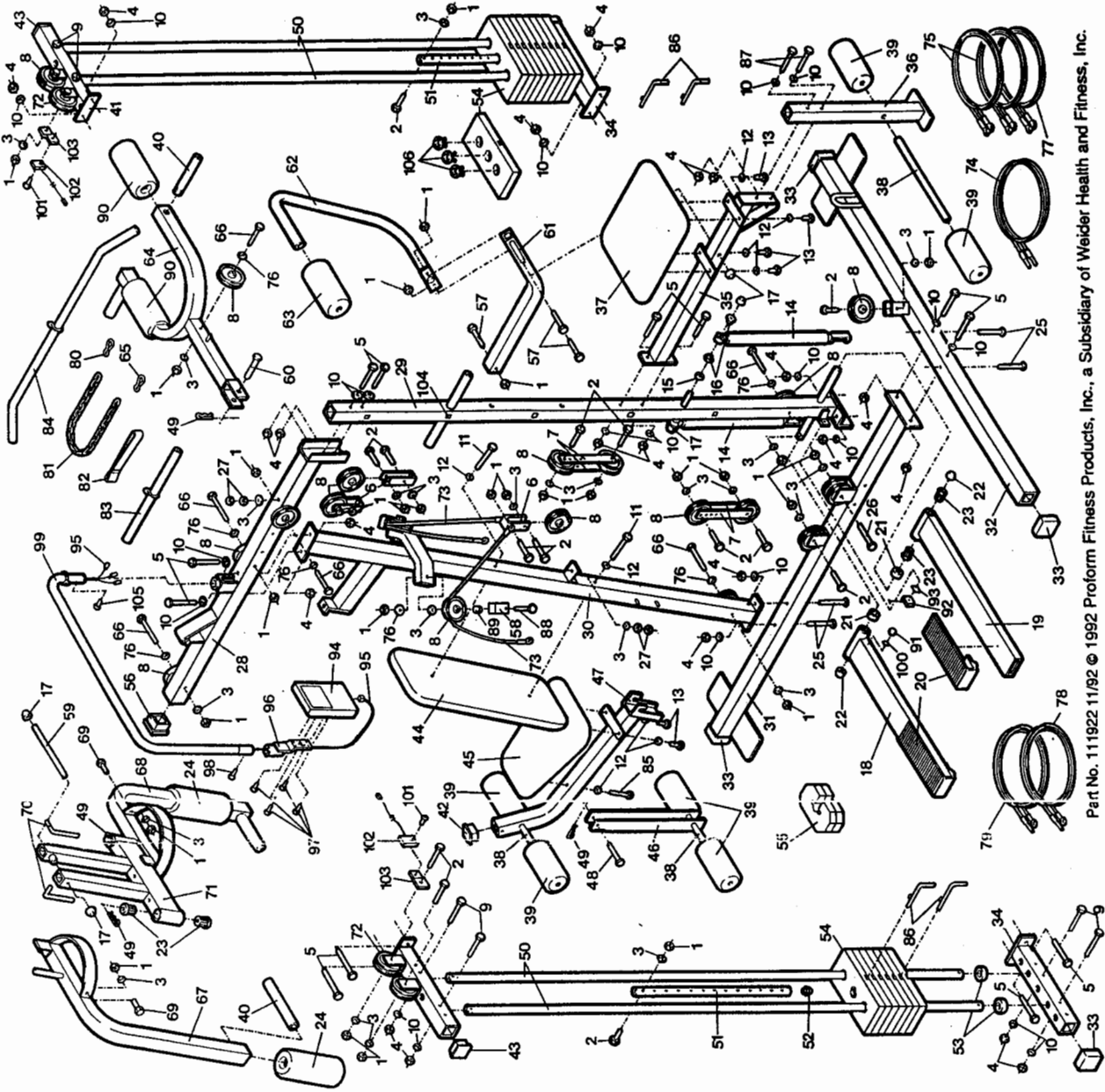
No. 109461 Cable (78)
Assembly steps 18, 19



No. 109463 Cable (77)
See assembly steps 22, 23

PART LIST/EXPLODED DRAWING

Model No. PF831520



Key No.	Qty.	Description	Key No.	Qty.	Description
1	32	8mm Nylock Nut	57	3	8mm x 51mm Bolt
2	18	8mm x 42mm Bolt	58	2	Cable Guide
3	28	Small 8mm Washer	59	1	Arm Support Axle
4	4	10mm Nylock Nut	60	1	Clevis Pin
5	12	10mm x 68mm Bolt	61	1	Ab Arm Bracket
6	3	"U"-Bracket	62	1	Ab Arm
7	4	"I"-Plate	63	1	Ab Pad
8	21	Pulley	64	1	Squat Arm
9	8	10mm x 62mm Bolt	65	1	Small Cable Clip
10	26	10mm Flat Washer	66	6	8mm x 85mm Bolt
11	2	6mm x 60mm Bolt	67	1	Left Arm
12	9	6mm Star Washer	68	1	Right Arm
13	6	6mm x 14mm Bolt	69	2	8mm x 20mm Bolt
14	2	Resistance Cylinder	70	2	Pull Pin
15	2	Small Spacer	71	2	Arm Support
16	2	Resistance Cyl. Bushing Set	72	2	Pulley w/Magnet
17	5	1/2" Dome Axle Cap	73	2	Cable 109456
18	1	Left Pedal Assembly	74	2	Cable 109462
19	1	Right Pedal Assembly	75	2	Cable 109459
20	2	Pedal Pad	76	8	Large 8mm Washer
21	2	Large Spacer	77	1	Cable 109463
22	2	3/4" Axle Cap	78	1	Cable 109460
23	8	Bushing	79	1	Cable 109461
24	2	Butterfly Pad	80	1	Large Cable Clip
25	4	10mm x 62mm Carriage Bolt	81	1	Chain
26	1	8mm x 65mm Bolt	82	1	Ankle Strap
27	4	5/16" Adjustment Nut	83	1	Rower Bar
28	1	Upper Braces	84	1	Lat Bar
29	1	Rear Upright	85	4	6mm x 48mm Bolt
30	1	Front Upright	86	4	Weight Pin
31	1	Base	87	2	10mm x 58mm Bolt
32	1	Stabilizer	88	2	8mm x 58mm Bolt
33	5	Endcap	89	23	Pulley Sleeve
34	2	Lower Weight Bracket	90	2	Squat Arm Pad
35	1	Ab Frame	91	1	Magnet
36	1	Ab Frame Leg	92	1	Pedal Reed Switch
37	1	Ab Seat	93	1	Reed Switch Tape
38	3	Pad Tube	94	1	Console Wire
39	6	Leg Lever Pad	95	1	Console Bracket
40	4	Handle	96	4	3.5mm x 11mm Screw
41	2	Upper Weight Bracket	97	4	4mm x 6.5mm Screw
42	1	Small Inner Endcap	98	1	Console Boom
43	2	Large Inner Endcap	99	1	Magnet Tape
44	1	Backrest	100	2	4mm x 8mm Machine Screw
45	1	Seal	101	2	Pulley Reed Switch
46	1	Leg Lever	102	2	Reed Switch Bracket
47	1	Seat Support	103	2	Plastic Clip
48	1	Leg Lever Pin	104	10	Weight Sleeve
49	4	Hairpin Cotter Pin	105	1	4mm x 12mm Screw
50	4	Weight Guide	106	57	Weight Sleeve
51	2	Weight Selector Tube	#	#	Owner's Manual
52	2	Selector Tube Endcap	#	#	Part List/Exploded Drawing
53	4	Weight Guide Bumper	#	#	Exercise Manual
54	19	Large Weight	#	#	Grease
55	2	Small Weight	#	#	Resistance Cylinder Decal
56	1	Endcap w/Decal			

Part No. 111922 11/92 © 1992 Proform Fitness Products, Inc., a Subsidiary of Weider Health and Fitness, Inc.

Note: "*" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the owner's manual for information about ordering replacement parts.