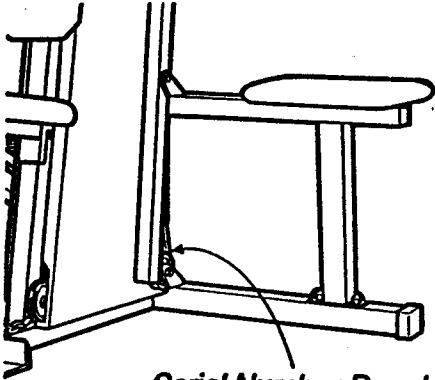


PRO-FORM®

Model No. PF853020

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

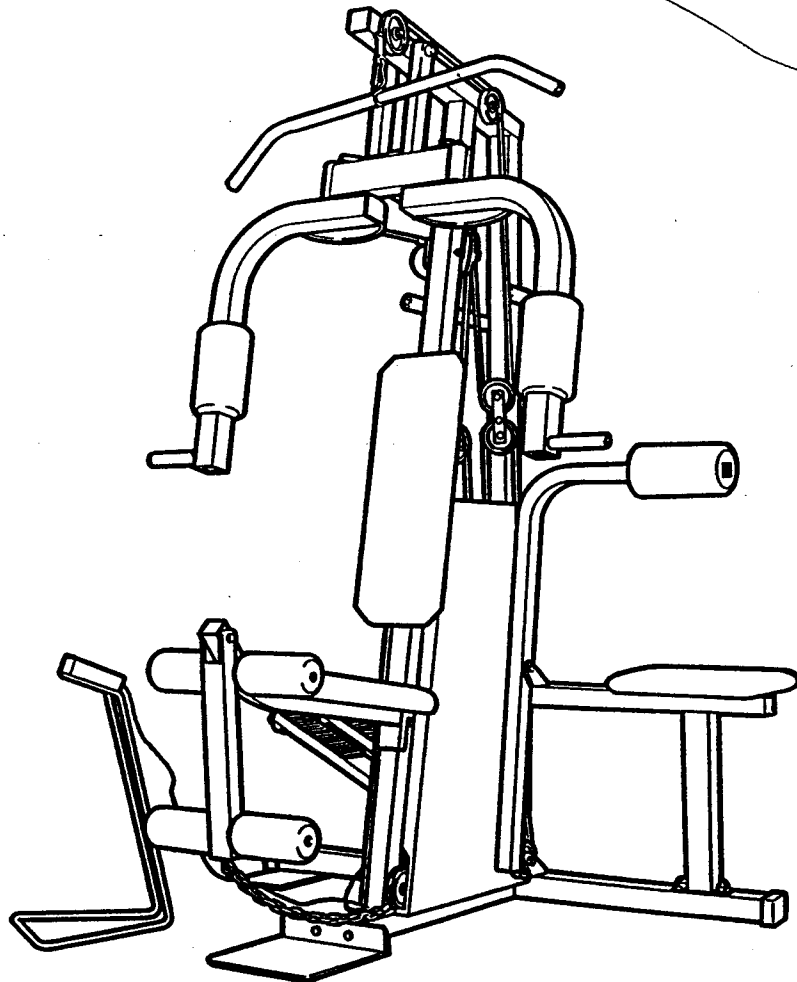
CAUTION!

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

PATENT PENDING

EDGE 3001™

**CROSS TRAINING SYSTEM • 7 WORKOUT STATIONS
250 LBS • 2 PERSON CAPABILITY • 35 PLUS EXERCISES**



109890

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 this equipment.

1. Read all instructions in this owner's manual before using the system. Use the system only as described in the owner's manual.
2. Inspect and tighten all parts each time the system is used. Replace any worn parts immediately.
3. Always wear shoes for foot protection. Keep your hands away from moving parts other than the designated handles. Keep small children away from the system at all times.
4. Always stand on the foot plate when performing any exercise that could cause the system to tip.
5. To prevent damage to the system, do not put any tension on the system while changing the weight. Never use more than one cable at a time.
6. Always remove the lat bar and chain when not in use (see OPERATION AND ADJUSTMENT).
7. Never release the press/butterfly arm, lat bar, ab arm or leg lever while they are under tension.
8. When using the stepper, never set the resistance so high that you must push or pull against the stepper handlebar in order to press the pedals down. Exercising in this manner could result in heart risk.
9. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them. Because hydraulic cylinders may leak a small amount of oil, it is recommended that the floor beneath the resistance cylinders be covered.

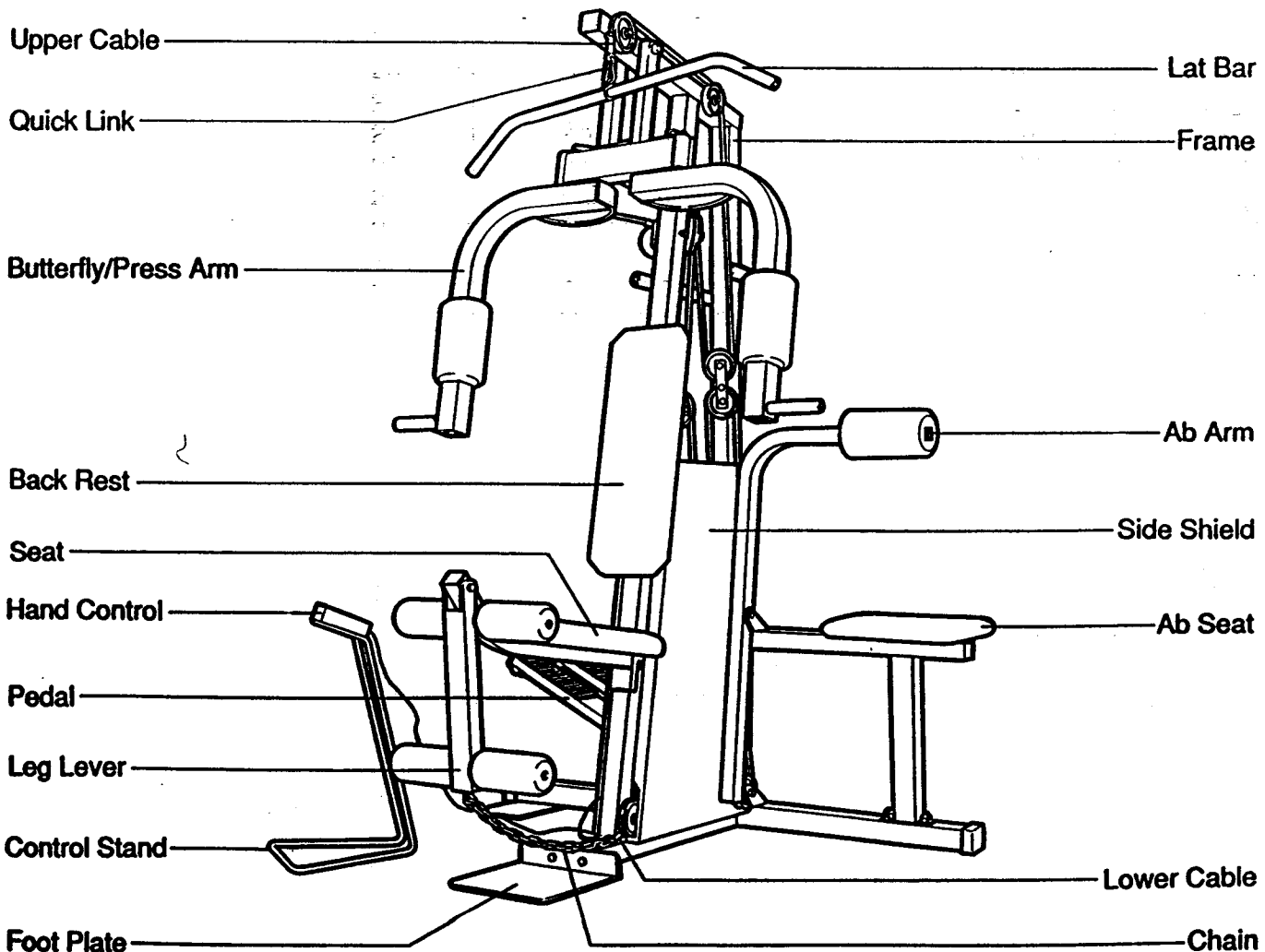
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® EDGE 3001 cross training system. The unique EDGE 3001 is a total body conditioning system, offering both weight training and aerobic exercises. Moving from station to station on the EDGE 3001 is quick and easy, and the digital hand control allows you to change weight with the touch of a button. Whether you want to build dramatic muscle size and strength, shape and tone your body, increase your endurance and flexibility or develop your heart and lungs, the EDGE 3001 will help you to achieve your goals in the privacy and comfort of your home.

This manual is provided to help you understand the assembly, adjustment and operation of the system. For your safety and benefit, read this manual carefully before using the system. 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 listed on the front cover of this manual. The serial number can be found on a decal attached to the system (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 people are required in order to assemble the EDGE 3001. Read all steps carefully before beginning. Assembly can be completed using two adjustable wrenches and soapy water (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.

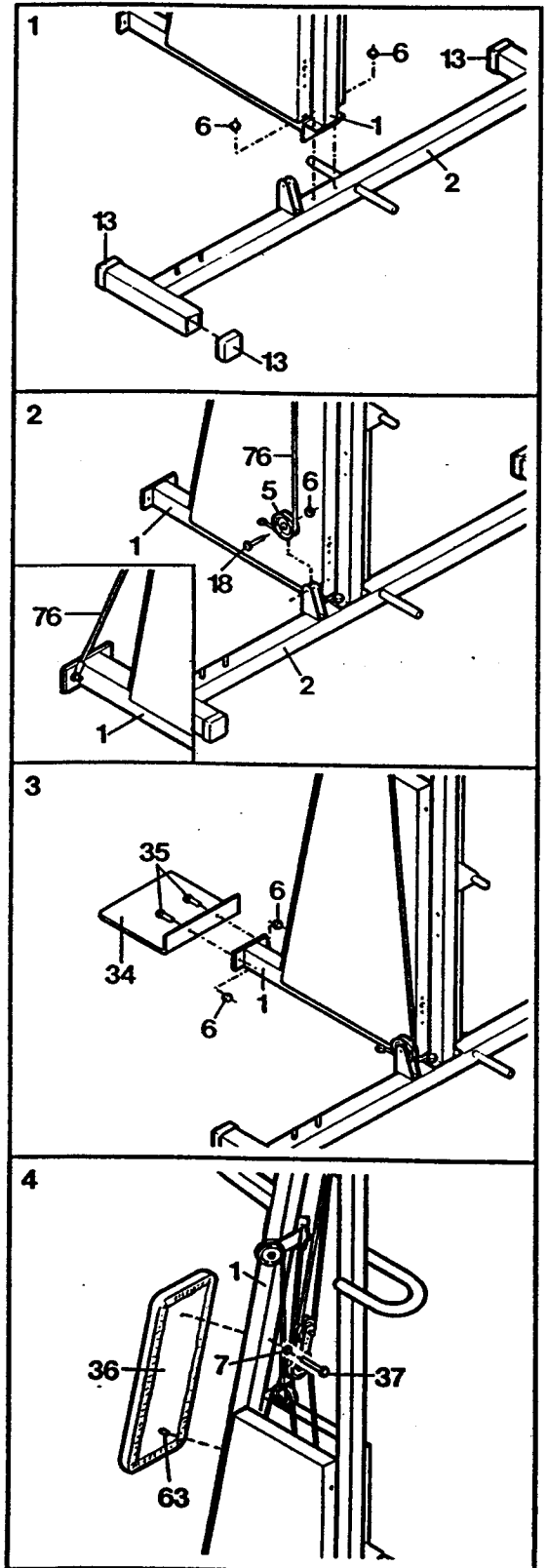
1. Press the four Stabilizer Endcaps (13) onto the Stabilizer (2).

Attach the Frame (1) to the Stabilizer with two Nylock Nuts (6).

2. Remove the bolt and nut which secure the Lower Cable (76) to the Frame (1) as shown in the inset. Lay the Cable around the Pulley (5). Attach the Pulley to the Stabilizer (2) with a Short Pulley Bolt (18) and a Nylock Nut (6) as shown. Be sure the Cable is centered in the Pulley's groove.

3. Attach the Foot Plate (34) to the Frame (1) with the two Foot Plate Bolts (35) and Nylock Nuts (6).

4. Press the end of the Back Rest (36) with the Back Rest Post (63) into the Frame (1) as shown. Attach the upper end of the Back Rest to the Frame with the Back Rest Bolt (37) and Washer (7).



5. Press an Endcap (19) into the end of the Ab Seat Frame (3).

Attach the Ab Seat Frame (3) to the Stabilizer (2) and Frame (1) with four Nylock Nuts (6).

6. Press an Endcap (19) into the upper end of the Ab Arm. Wet the upper end of the Ab Arm (21) and the inside of the Ab Arm Pad (25) with soapy water. Slide the Pad onto the Ab Arm.

Liberaly grease the "D" Axle (23). Attach the Ab Arm (21) to the Ab Seat Frame (3) with the "D" Axle and two Axle Caps (24).

Attach the Lower Cable (76) to the Ab Arm (21) with the Ab Arm Bolt (22) and a Nylock Nut (6).

7. Attach the Ab Seat (20) to the Ab Seat Frame (3) with four Seat Bolts (8) and Washers (7).

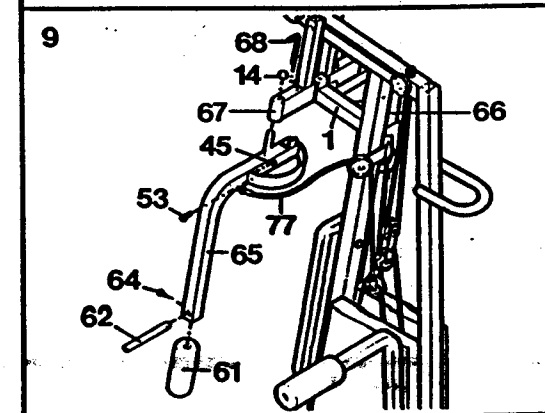
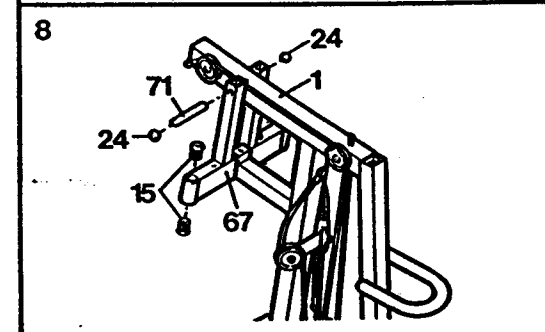
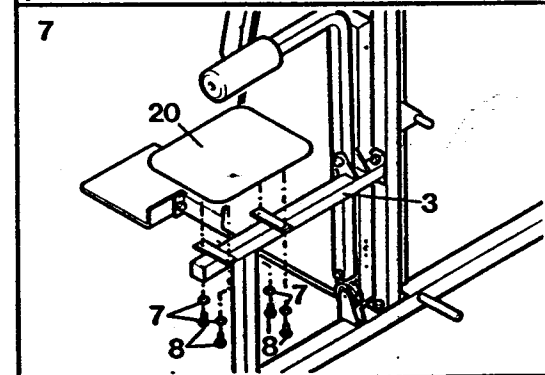
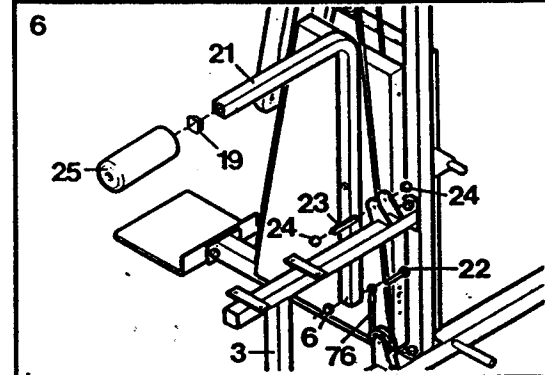
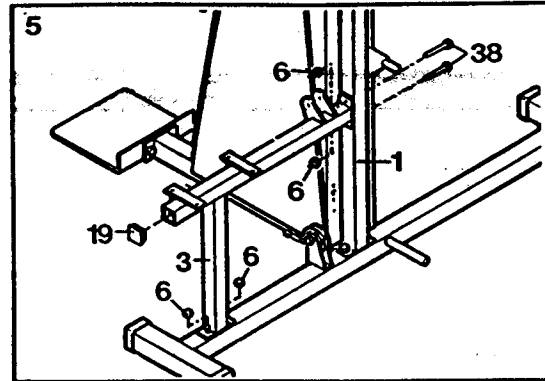
8. Press four Large Bushings (15) into the Support Arm (67).

Liberaly grease the Support Axle (71). Attach the Support Arm (67) to the Frame (1) with the Support Axle and two Axle Caps (24).

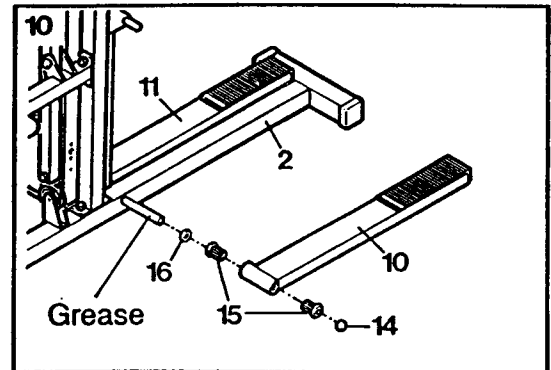
9. Wet the lower end of the Left Butterfly Arm (65) and the inside of a Butterfly Pad (61). Slide the Pad onto the Butterfly Arm above the large hole where the Press Handle (62) is attached. Attach the Press Handle to the Butterfly Arm with a Handle Screw (64).

Liberaly grease the axle of the Left Butterfly Arm (65). Attach the Butterfly Arm to the Support Arm (67) with a Large Axle Cap (14).

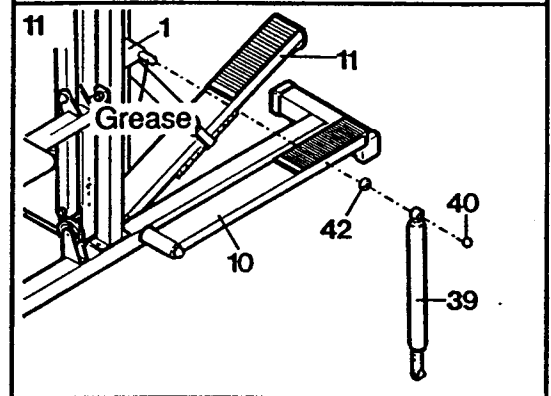
Remove the bolt and nut which secures the Butterfly Cables (77) to the Frame (1). Do not release the Cables until completing this assembly step. Attach the Cable to the Left Butterfly Arm (65) with a Butterfly Bolt (53) and a Small Nylock Nut (45). Insert a Pull Pin (68) into the Support Arm (67) and the Butterfly Arm. Attach the Right Butterfly Arm (66) in the same manner.



10. Press two Large Bushings (15) into the Left Pedal (10) as shown. Libera­ly grease the pedal axle on the Stabilizer (2). Slide a Pedal Spacer (16) and the Left Pedal (10) onto the left axle as shown. Tap a Large Axle Cap (14) onto the axle. Assemble the Right Pedal (11) in the same manner.

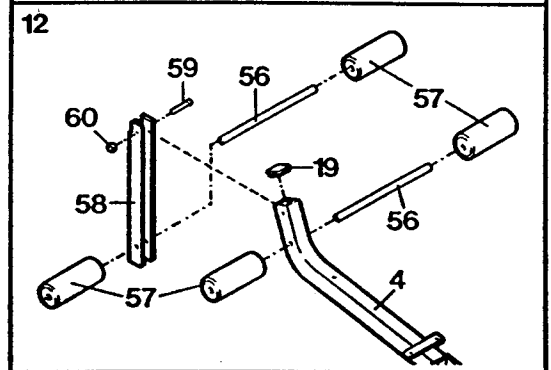


11. Libera­ly grease the resistance cylinder axle on the Frame (1). Slide Cylinder Spacer (42) and a Resistance Cylinder (39) onto the axle. Tap a Cylinder Axle Cap (40) onto the end of the axle.



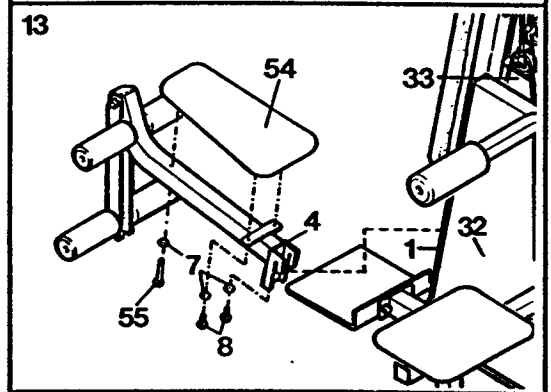
Rest the Left Pedal (10) on the bracket at the lower end of the Resistance Cylinder (39). Assemble the other Cylinder to the Right Pedal (11) in the same manner.

12. Press an Endcap (19) into the end of the Seat Support (4). Libera­ly grease the Leg Lever Pin (59). Attach the Leg Lever (58) to the Seat Support (4) with the Leg Lever Pin and Leg Lever Axle Cap (60).



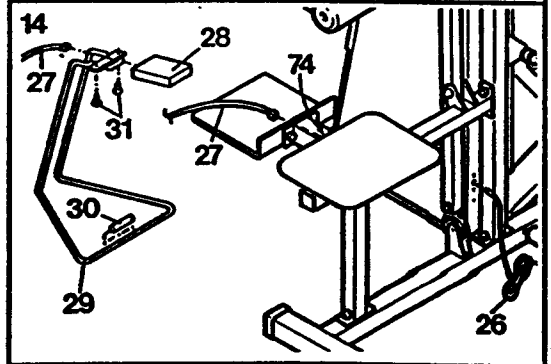
Wet the two Pad Posts (56) and the insides of the four Small Foam Pads (57) with soapy water. Center a Pad Post in the Seat Support (4) and the Leg Lever (58). Slide the Foam Pads onto the ends of the Pad Posts.

13. Attach the Seat (54) to the Seat Support (4) with two Seat Bolts (8), the Long Seat Bolt (55), and three Washers (7).



Insert the bracket on the Seat Support (4) into the slots in the Side Shields (32, 33), and slide the bracket onto one of the pins in the Frame (1). **WARNING:** Be sure that the pins are inside of the slots in the bracket.

14. Separate the ends of the Control Stand (29). Slide the Plastic Sleeve (30) onto one of the ends. Bring the ends together and center the Plastic Sleeve between the ends.



Plug one end of the Control Cord (27) into the Hand Control (28). Plug the other end of the Cord into the Wire Adapter (74) at the front of the system.

Attach the Hand Control (28) to the Control Stand (29) with the two Hand Control Screws (31).

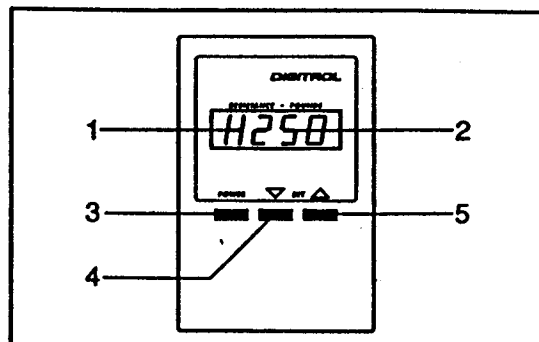
Plug the Power Cord (26) into the socket at the back of the system.

OPERATION AND ADJUSTMENT

Plug the transformer into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the system, or the system could be damaged. When you are finished using the system, always unplug the transformer.

DIAGRAM OF THE HAND CONTROL

1. Low/High Range Indicator—Shows when the system is set at minimum or maximum weight.
2. Weight Display—Displays the current weight setting.
3. Power Button—Turns the power on or off.
4. Weight Decrease Button—Decreases the weight.
5. Weight Increase Button—Increases the weight.



TURNING ON THE POWER AND RESETTING THE SYSTEM

Press the power button. **IMPORTANT:** Each time the power is turned on, the system must be reset before the weight can be changed. The weight display will read "E—." To reset the system, press the weight increase or decrease buttons until the display reads "H250" (maximum weight) or "L30" (minimum weight).

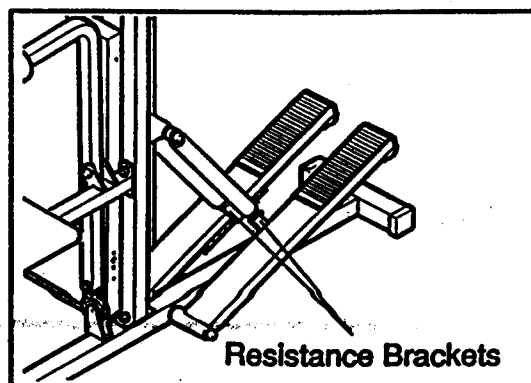
CHANGING THE WEIGHT SETTING OF THE SYSTEM

The weight can be changed from a minimum of 30 pounds, to a maximum of 250 pounds, in increments of 1 pound. To increase the weight, press the weight increase button. To decrease the weight, press the weight decrease button. The buttons can be held down to change the weight quickly. **IMPORTANT:** To prevent damage to the system, do not put any tension on the system while changing the weight. Do not push on the press arm, ab arm or leg lever. If the lat bar is attached to the system, it may be helpful to support the weight of the lat bar with one hand. The system motor will emit a sound to warn you while the weight is being changed.

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

The resistance of the stepper pedals can be changed by moving the resistance brackets. To change the resistance, first dismount the stepper. 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. Make sure that the bracket is fully inserted into one of the slots. 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.



ATTACHING AND REMOVING THE SEAT SUPPORT

The seat support should be attached to the system as described in the assembly instructions. For certain exercises, the seat support must be removed from the system. First, remove the chain from the leg lever. 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 two quick links.

ATTACHING THE LAT BAR AND ANKLE STRAP TO THE WEIGHT SYSTEM

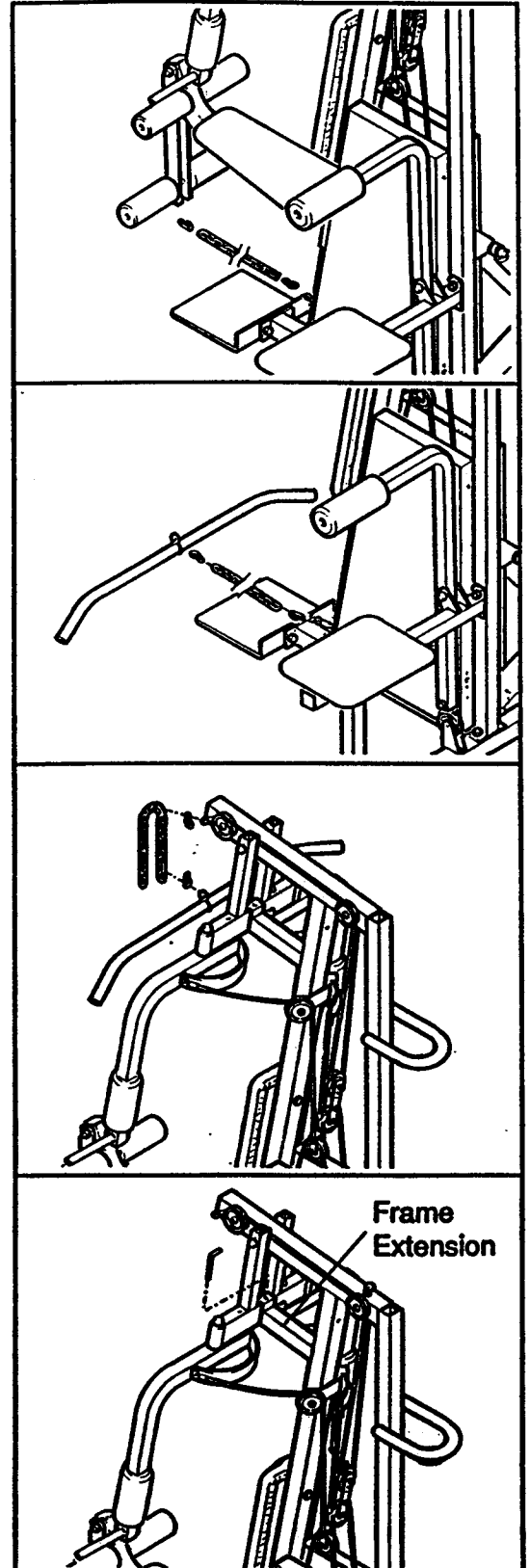
To attach the lat bar to the lower cable, first remove the seat support from the frame as described above. Attach the chain between the lat bar and the lower cable with the two quick links.

Attach the ankle strap 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 quick links. The chain can be shortened by attaching the quick links closer together along the chain. **IMPORTANT:** 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 starting position.

OPERATING THE PRESS ARM AND BUTTERFLY ARMS

To operate the press arm in the press arm mode, insert the pull pins into the support arm and the butterfly arms as described in assembly. To operate the press arm in the butterfly mode, remove the pull pins from the support arm and the butterfly arms. Insert a pull pin into the frame extension and the support arm.



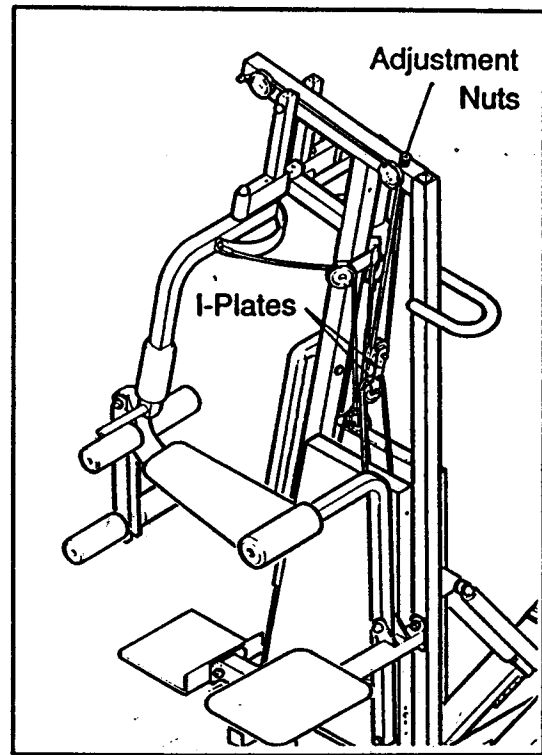
MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the system regularly. Replace any worn parts immediately. The system can be cleaned using a damp cloth and a mild non-abrasive detergent. Do not use solvents.

ADJUSTING THE WEIGHT SYSTEM

If there is slack in the weight system before the weight engages, the cables may need to be adjusted. There are two cable adjustment nuts located at the top of the frame which allow fine adjustment. Loosen the upper nut, and turn the lower nut clockwise until the cables are tight. Do not allow the cable to twist as you turn the nut. Tighten the upper nut onto the lower nut. If the cable cannot be tightened any further using the adjustment nuts, follow the instructions below.

Loosen the adjustment nuts until they are at the end of the cable threads. Locate the two pulleys connected by the two I-plates. The I-plates have three adjustment holes which can be used to tighten the cables. Remove the upper pulley from the I-plate using two adjustable wrenches. Move the pulley to the next lower hole in the I-plates and reattach the pulley. Do not overtighten the bolt and nut which attach the pulley to the I-plates; the pulley should turn freely. Tighten the adjustment nuts until the cables are tight as described above.



If the motor stalls or hesitates, the cables are too tight; loosen the cables slightly using the adjustment nuts as described above. If cable cannot be adjusted further and there is still slack in the weight system, the cables should be replaced (see the back cover of this owner's manual).

PART LIST—Model No. PF853020

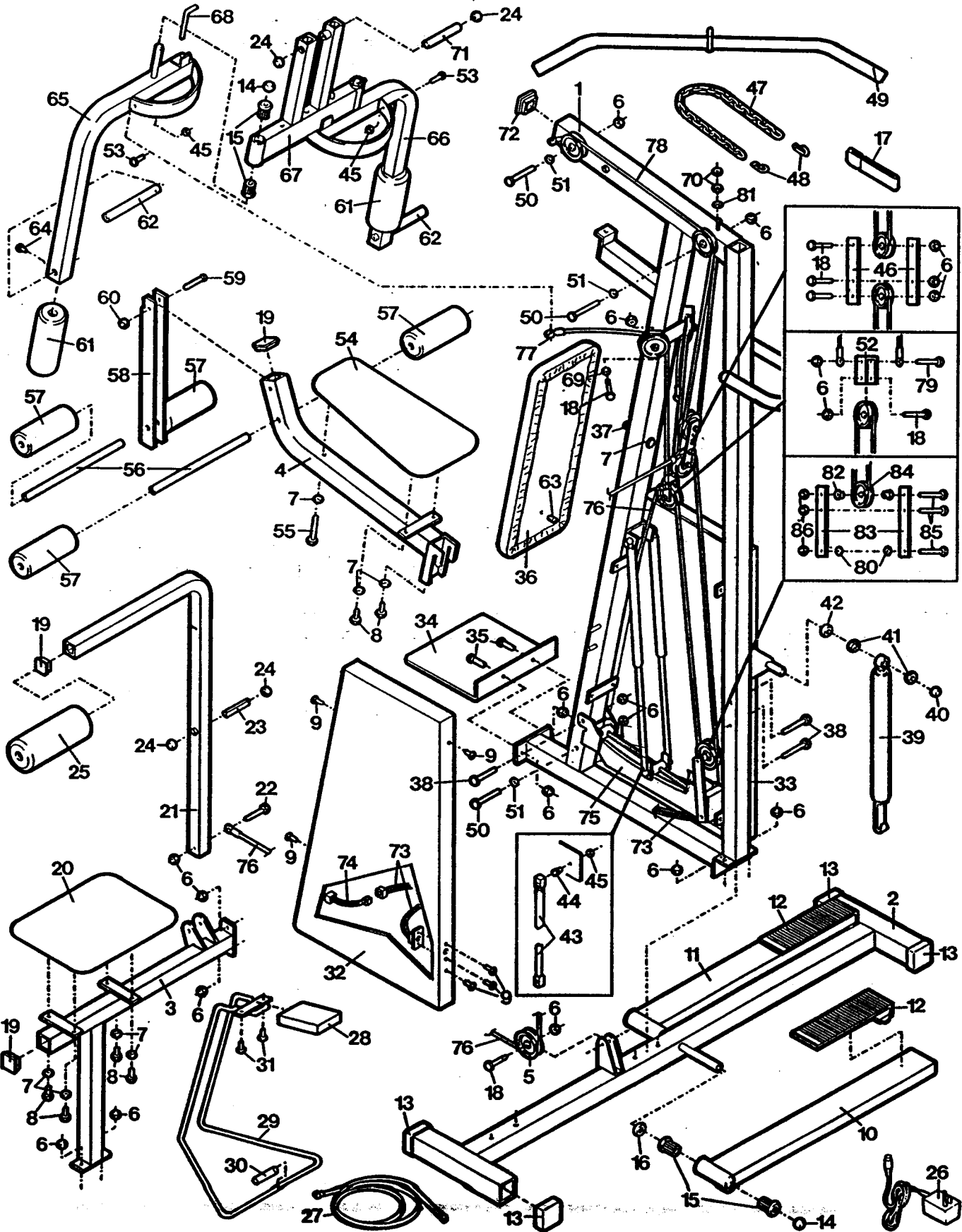
Rev. 7/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	2	Pulley I-Plate
2	1	Stabilizer	47	1	Chain
3	1	Ab Seat Frame	48	2	Quick Link
4	1	Seat Support	49	1	Lat Bar
5	9	Pulley	50	3	Long Pulley Bolt
6	21	Nylock Nut	51	3	Pulley Washer
7	8	Washer	52	1	U-Bracket
8	6	Seat Bolt	53	2	Butterfly Bolt
9	10	Side Shield Screw	54	1	Seat
10	1	Left Pedal Assembly	55	1	Long Seat Bolt
11	1	Right Pedal Assembly	56	2	Pad Post
12	2	Pedal Cover	57	4	Small Foam Pad
13	4	Stabilizer Endcap	58	1	Leg Lever
14	4	Large Axle Cap	59	1	Leg Lever Pin
15	4	Large Bushing Set	60	1	Leg Lever Axle Cap
16	2	Pedal Spacer	61	2	Butterfly Pad
17	1	Ankle Strap	62	2	Press Handle
18	7	Short Pulley Bolt	63	1	Back Rest Post
19	3	Endcap	64	2	Handle Screw
20	1	Ab Seat	65	1	Left Butterfly Arm
21	1	Ab Arm	66	1	Right Butterfly Arm
22	1	Ab Arm Bolt	67	1	Support Arm
23	1	"D" Axle	68	2	Pull Pin
24	4	Axle Cap	69	2	Large Pulley Washer
25	1	Ab Arm Pad	70	2	Cable Adjust Nut
26	1	Power Cord	71	1	Support Axle
27	1	Control Cord	72	1	Frame Endcap
28	1	Hand Control	73	1	Wire Harness
29	1	Control Stand	74	1	Wire Adapter
30	1	Plastic Sleeve	75	1	Weight Mech.
31	2	Hand Control Screw	76	1	Lower Cable
32	1	Left Side Shield	77	2	Butterfly Cable
33	1	Right Side Shield	78	1	Upper Cable
34	1	Foot Plate	79	1	U-Bracket Bolt
35	2	Foot Plate Bolt	80	1	Plastic Washer Set
36	1	Back Rest	81	1	Cable Adjust Washer
37	1	Back Rest Bolt	82	1	Mech. Spacer Set
38	3	Frame Bolt	83	1	Extension Arm Set
39	2	Resistance Cylinder	84	1	Weight Mech. Pulley
40	2	Cylinder Axle Cap	85	3	Clevis Pin
41	2	Cylinder Bushing Set	86	3	Push Washer
42	2	Cylinder Spacer	#	1	Owner's Manual
43	2	Gas Shock	#	1	Exercise Manual
44	2	Ball Joint	#	2	Grease
45	4	Small Nylock Nut			

Not: "#" 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. PF853020

Rev. 7/92



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 (PF853020).
2. The **NAME** of the product (PROFORM® EDGE 3001 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