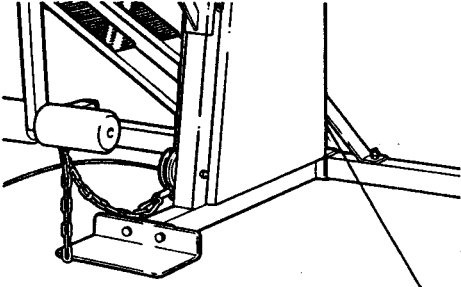


PRO-FORM®

Model No. PF853030

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.

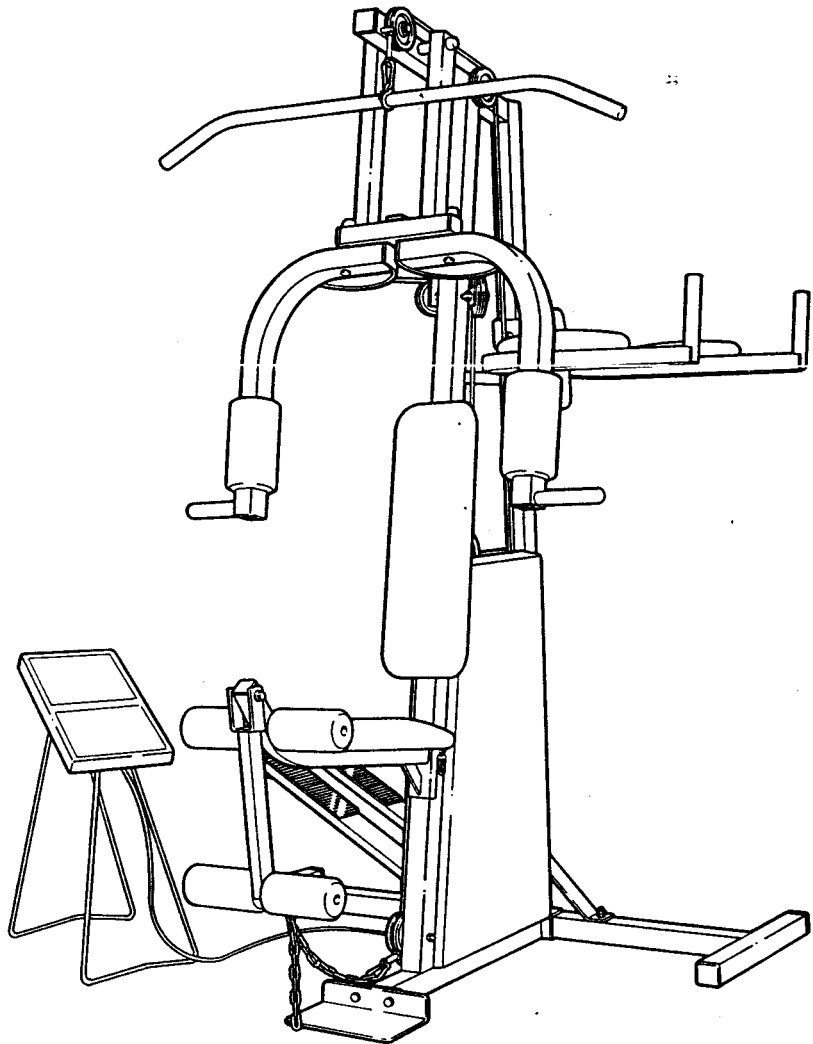
**CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST**

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™



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 and in the accompanying literature before using this equipment. Use this equipment only as described.
2. Keep the power cord away from walkways and heated surfaces. Always unplug the transformer on the power cord when this equipment is not in use.
3. Inspect and tighten all parts each time this equipment is used. Replace worn parts immediately.
4. Always wear athletic shoes for foot protection. Keep your hands away from moving parts. Keep small children away from this equipment at all times.
5. Stand on the foot plate when doing any exercise that could cause this equipment to tip.
6. To prevent damage to this equipment, do not put any tension on the arms, leg lever or cables while changing the resistance setting. Never use more than one cable at a time. Never release the arms, leg lever or cables while they are under tension.
7. Always remove the lat bar, nylon strap and chain when they are not in use.
8. Make sure that the seat frame and the VKR frame are fully seated on the frame before using.
9. When using the stepper, never set the resistance so high that you must push against the stepper handle to press the pedals down. Exercising in this manner could result in heart risk.
10. The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them.
11. When using the stepper, keep your feet on the pedals at all times. If you lift your feet off the pedals, the pedals may separate from the resistance cylinders, causing serious injury.

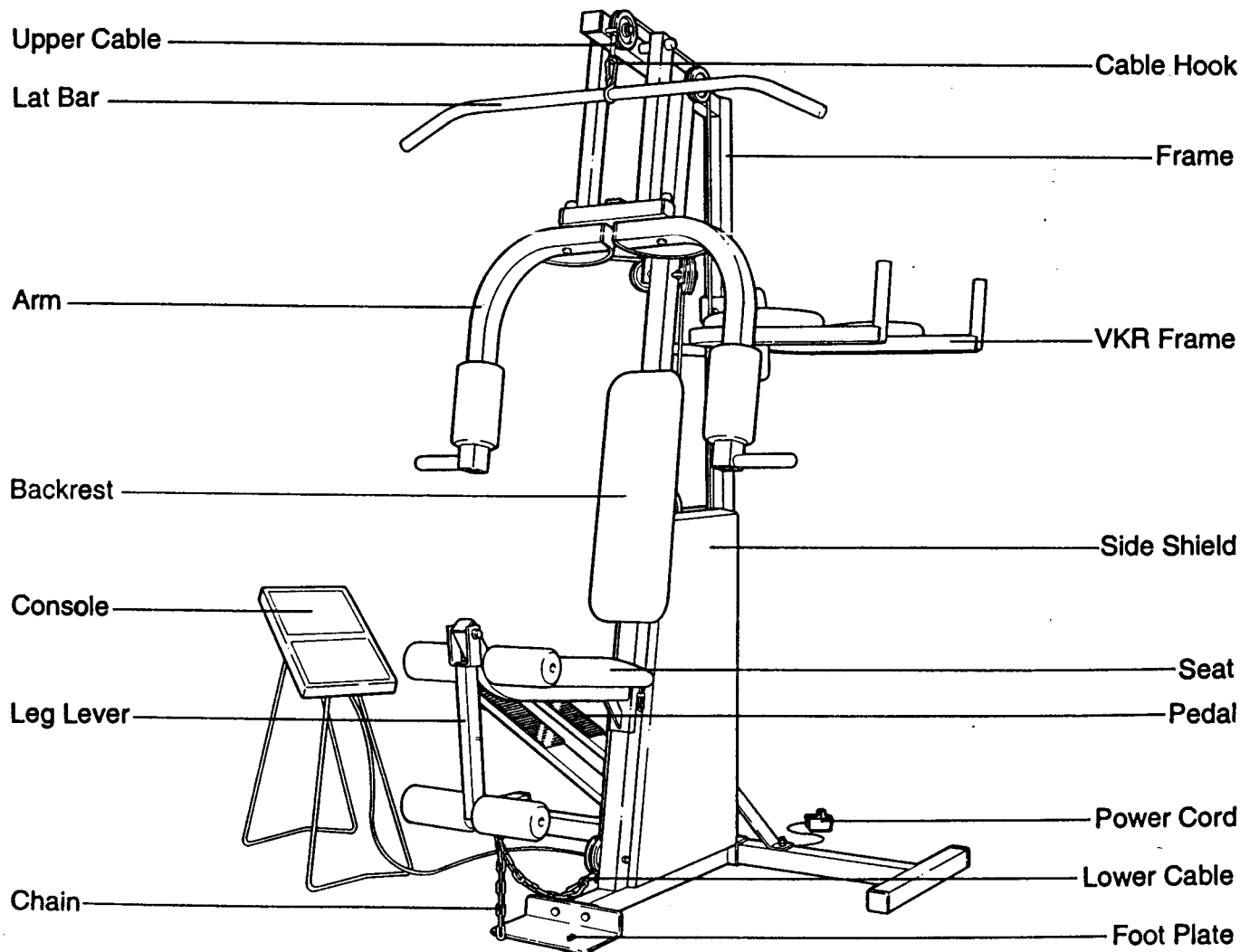
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this equipment. PROFORM assumes no responsibility for personal injury or property 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 Body Manager 2.5 Console allows you to change the resistance setting with the touch of a button. Whether you want to build dramatic muscle size and strength, shape and tone your body or develop your heart and lungs, the EDGE 3001 will help you to achieve your goals in the privacy and comfort of your home.

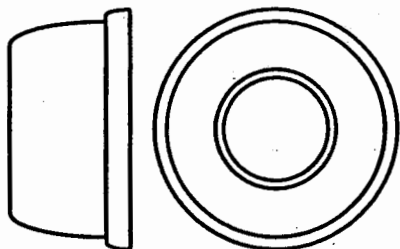
For your safety and benefit, read this owner's manual and the accompanying literature before using the EDGE 3001. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PF853030. The serial number can be found on a decal attached to the EDGE 3001 (see the front cover of this owner's manual for the location of the decal).

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

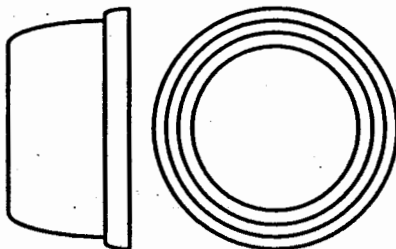


PART CHART

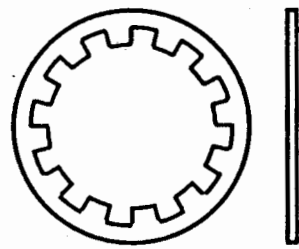
Use this chart to identify the small hardware used in assembly. The number in parenthesis beneath each part refers to the key number of the part. The last number refers to the quantity used in assembly. (Some of the hardware may already be attached to one of the parts to be assembled.) If a part is missing, see the back cover of the owner's manual for instructions.



5/8" Plastic Cap (37)-2



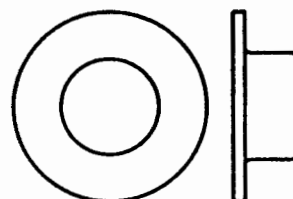
3/4" Plastic Cap (22)-4



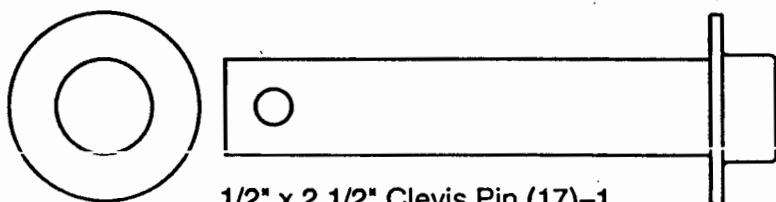
3/4" Retainer (76)-2



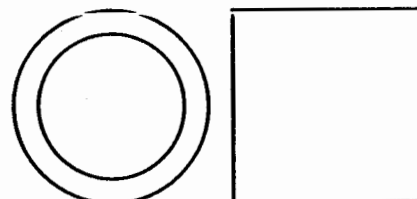
3 1/8" Clevis Pin (12)-1



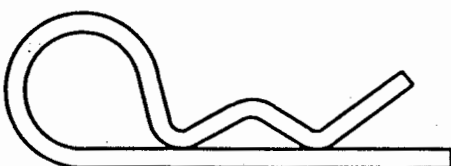
1/2" Hat Cap (18)-3



1/2" x 2 1/2" Clevis Pin (17)-1



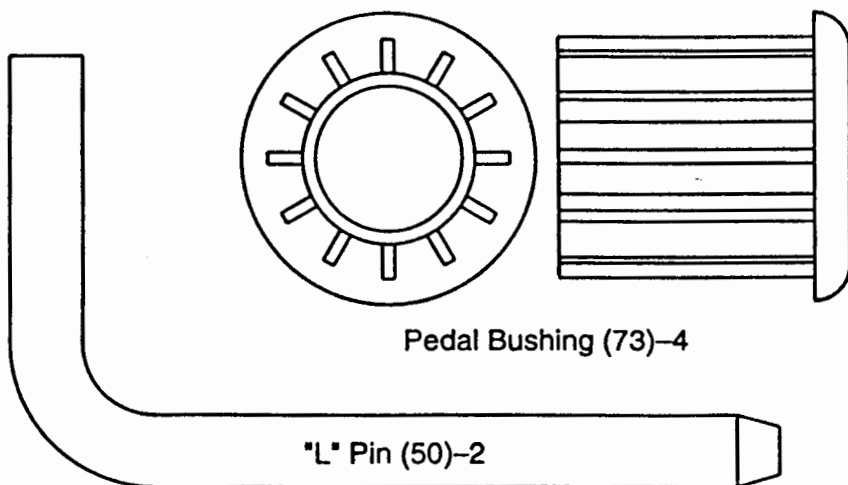
Cylinder Spacer (39)-2



Hairpin Cotter (11)-1

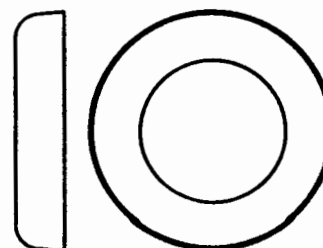


Pulley Sleeve (49)-2



Pedal Bushing (73)-4

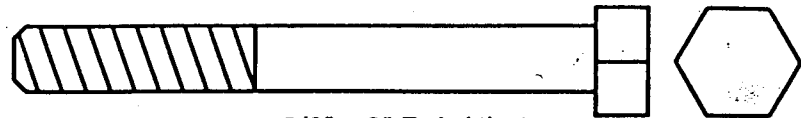
"L" Pin (50)-2



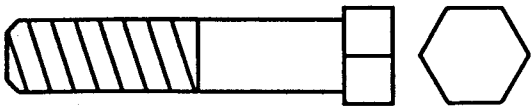
Pedal Spacer (74)-2



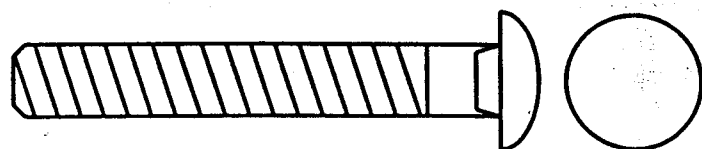
5/16" x 1" Bolt (19)-2



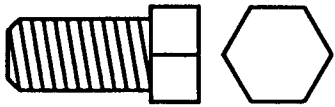
3/8" x 3" Bolt (4)-1



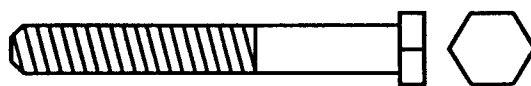
3/8" x 1 3/4" Bolt (7)-2



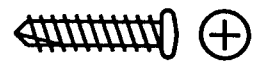
3/8" x 2 1/2" Carriage Bolt (3)-3



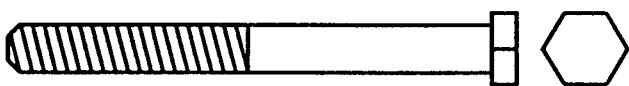
3/8" x 3/4" Bolt (27)-2



1/4" x 2" Bolt (16)-4



3/4" Tap Screw (20)-2



1/4" x 2 1/2" Bolt (26)-1



1/4" x 3/4" Bolt (14)-4



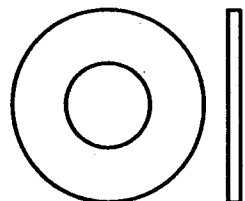
5/16" Nylock Nut (10)-2



3/8" Nylock Nut (5)-5



3/8" Nut (1)-3



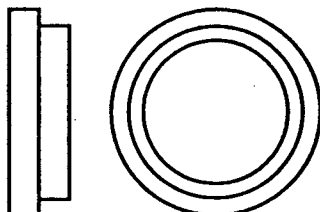
3/8" Washer (6)-2



3/8" Lock Washer (2)-3



Support Spacer (15)-2



Brass Bushing (23)-4

ASSEMBLY

Assembly requires two people. Due to the size of the cross training system, it should be assembled in the place where it will be used. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. As you assemble the cross training system, read each step and examine each drawing carefully. **Make sure that all parts are oriented as shown in the drawings.** Refer to the PART CHART on pages 4 and 5 of this owner's manual for help identifying the small parts used in assembly.

Assembly requires the following tools (not included): two 8" adjustable wrenches, two rubber mallets, a phillips screwdriver and a standard screwdriver. A small bowl of soapy water is also required.

1. Press four 2" x 2" Inner Caps (25) into the Base (55).

Turn the Base (55) so the indented square holes are toward the floor.

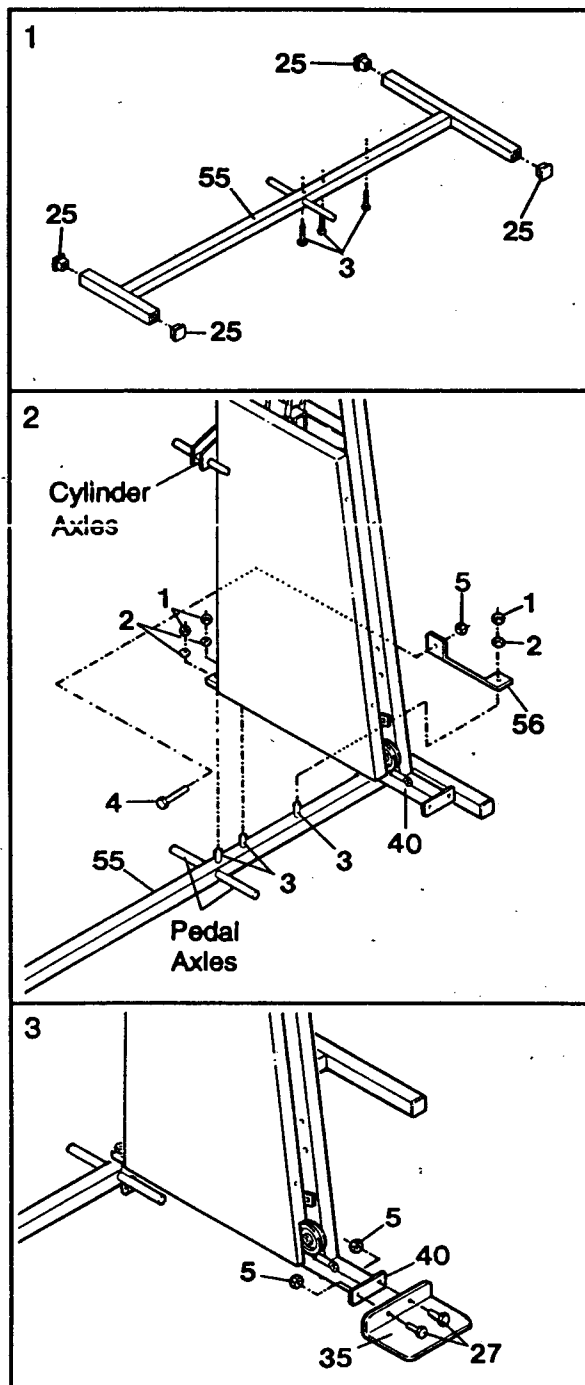
Insert the three 3/8" x 2 1/2" Carriage Bolts (3) up through the Base (55) as shown.

2. Place the Frame (40) over the two indicated 3/8" x 2 1/2" Carriage Bolts (3). Make sure that the Frame is turned so the cylinder axes are on the same side as the pedal axes. Finger tighten two 3/8" Nuts (1) with 3/8" Lock Washers (2) onto the Carriage Bolts.

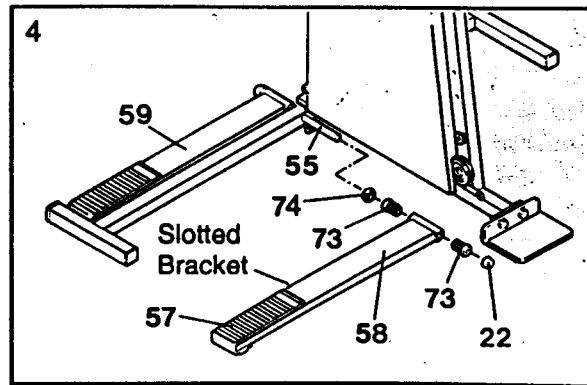
Place one end of the Brace (56) over the indicated 3/8" x 2 1/2" Carriage Bolt (3). Finger tighten a 3/8" Nut (1) with a 3/8" Lock Washer (2) onto the Carriage Bolt. Attach the other end of the Brace to the Frame (40) with a 3/8" x 3" Bolt (4) and 3/8" Nylock Nut (5).

Tighten all four 3/8" Nuts (1) used in this step. To avoid damage to the Base (55), pull upward on the 3/8" x 2 1/2" Carriage Bolts (3) as you tighten the Nuts.

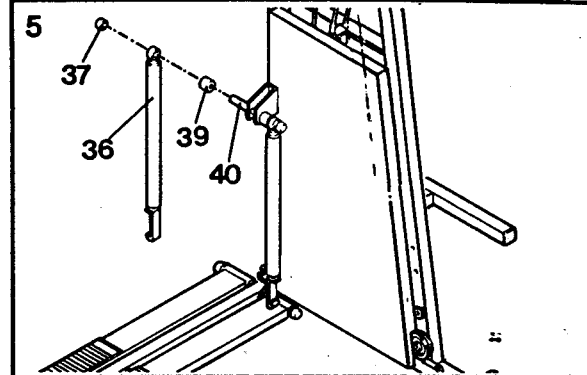
3. Attach the Foot Plate (35) to the Frame (40) with the two 3/8" x 3/4" Bolts (27) and two 3/8" Nylock Nuts (5).



4. Liberally grease the pedal axles on the Base (55). Slide a Pedal Spacer (74) onto the right axle, with the open side of the Pedal Spacer turned toward the Base. Make sure that there are two Pedal Bushings (73) in the Right Pedal (58). Slide the Right Pedal onto the right axle. If the Right Pedal is on the correct side, the Pedal Cover (57) will be on top and the slotted bracket will be next to the Base. Tap a 3/4" Plastic Cap (22) onto the right axle. Assemble the Left Pedal (59) in the same manner.

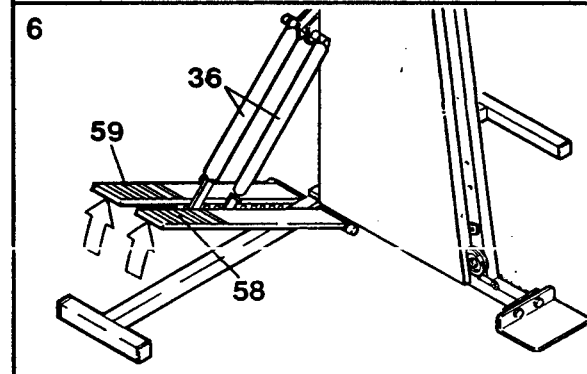


5. Liberally grease the cylinder axles on the Frame (40). Slide a Cylinder Spacer (39) and a Resistance Cylinder (36) onto the right axle. Tap a 5/8" Plastic Cap (37) onto the right axle.

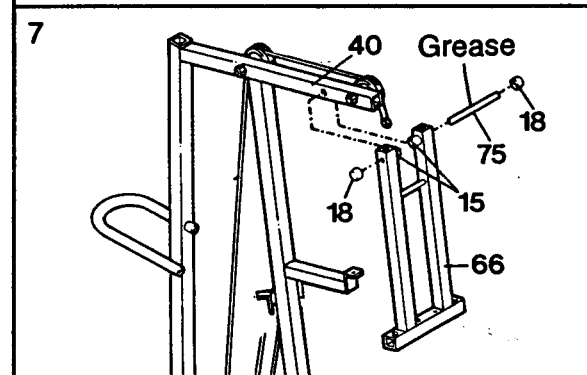


Attach the other Resistance Cylinder in the same manner.

6. Rest the slotted brackets under the Right and Left Pedals (58, 59) on the hooks at the lower ends of the Resistance Cylinders (36). Make sure that the hooks are in the same slots under both Pedals.

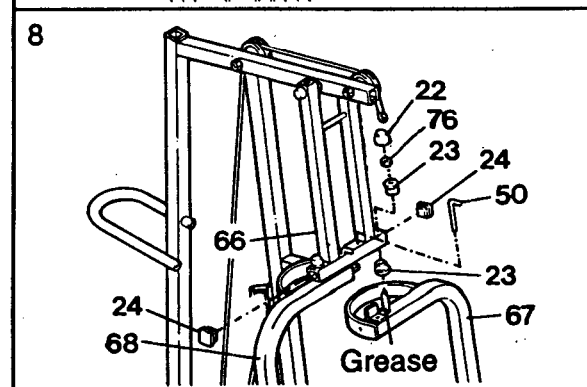


7. Tap a 1/2" Hat Cap (18) onto one end of the 9 1/4" Axle (75). Liberally grease the Axle. Insert the Axle through the Arm Support (66), the two Support Spacers (15) and the Frame (40) as shown. Tap a 1/2" Plastic Cap (21) onto the other end of the Axle.



8. Press a 1 1/2" x 1 1/2" Inner Cap (24) into each side of the Arm Support (66).

Make sure the four Brass Bushings (23) are pressed into the Arm Support (66). Grease the post of the Left Arm (67). Insert the post into the Arm Support and tap a 3/4" Retainer (76) and a 3/4" Plastic Cap (22) onto the post. Make sure the 3/4" Retainer is turned so the teeth are pointing upward. Insert a Pull Pin (50) into the Arm Support and the Left Arm.



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

9. Wet the lower end of the Left Arm (67) and the inside of an Arm Pad (47) with soapy water. Slide the Arm Pad onto the Left Arm until it is 6" from the lower end. Attach a Handle (48) to the Left Arm with a 3/4" Tap Screw (20).

Attach an Arm Pad (47) and Handle (48) to the Right Arm (68) in the same manner.

10. Press the Backrest Post (33) at the lower end of the Backrest (41) into the Frame (40) as shown. Attach the upper end of the Backrest to the Frame with the 1/4" x 2 1/2" Bolt (26).

11. Center a Pulley Sleeve (49) in a Pulley (30) (see inset). Attach the Pulley to the left side of the Frame (40) with a 3/8" x 1 3/4" Bolt (7), 3/8" Washer (6) and a 3/8" Nylock Nut (5). **Do not tighten the Nylock Nut yet. The Pulley must be loose.**

Remove the shipping Bolt and Nut securing the Arm Cables (31) to the Frame (40). Remove the left Cable and reattach the right Cable to the Frame.

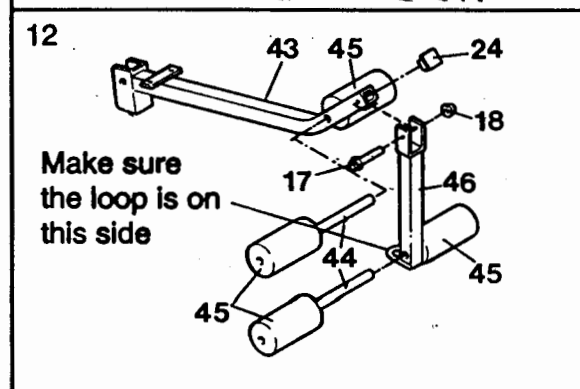
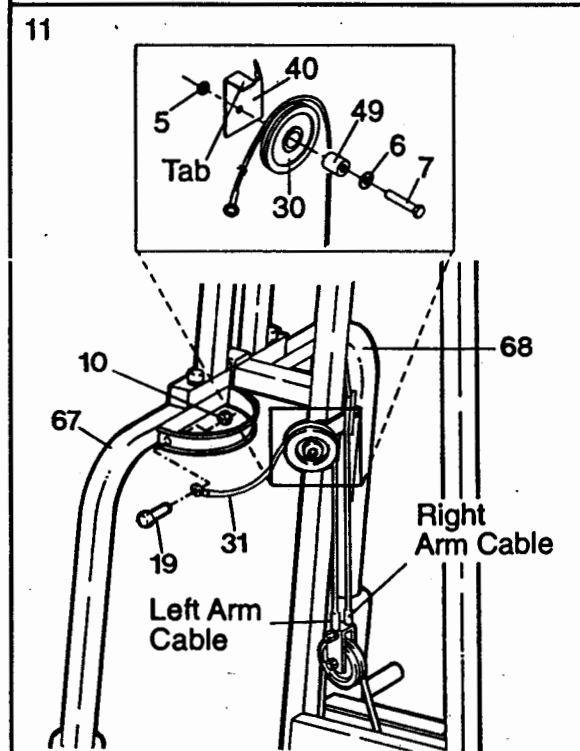
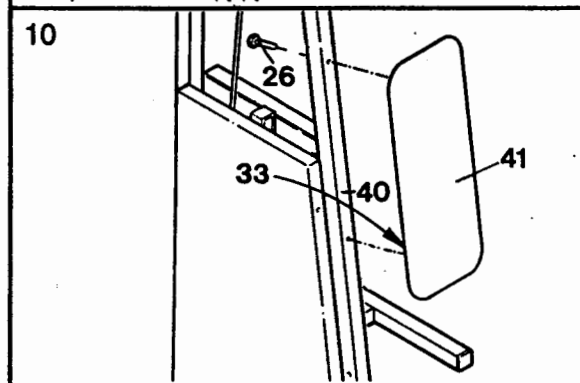
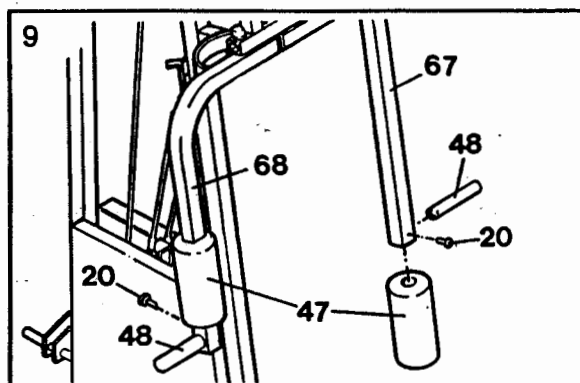
Lay the left Arm Cable (31) over the Pulley (30). Make sure that the Cable is between the Pulley and the indicated tab. **Tighten the 3/8" Nylock Nut (5) so the Pulley is tight.** Attach the Arm Cable to the Left Arm (67) with a 5/16" x 1" Bolt (19) and 5/16" Nylock Nut (10). **Do not overtighten the 5/16" Nylock Nut or the Arm Cable will be damaged. The Arm Cable must swivel freely.**

Attach the right Arm Cable (31) to the Right Arm (68) in the same manner. The shipping Bolt and Nut may be discarded.

12. Press a 1 1/2" x 1 1/2" Inner Cap (24) into the Seat Frame (43).

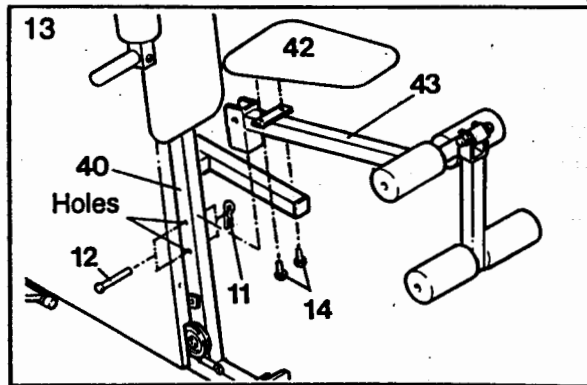
Liberal grease the Axle w/Hat Cap (17). Insert the Axle through the Leg Lever (46) and the Seat Frame (43). While holding one mallet against the Axle, tap the 1/2" Hat Cap (18) onto the other end of the Axle.

Center one Pad Tube (44) in the Seat Frame (43) and one in the Leg Lever (46). Slide the Small Foam Pads (45) onto the Pad Tubes.



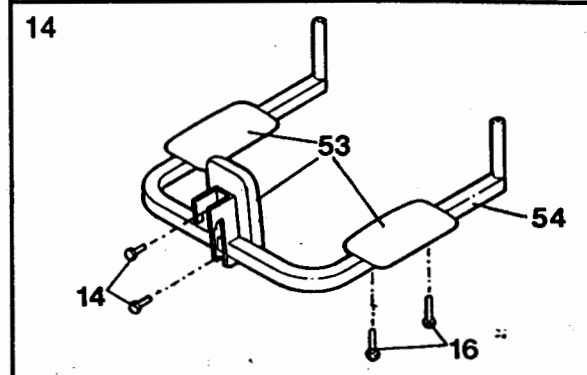
13. Attach the Seat (42) to the Seat Frame (43) with two 1/4" x 3/4" Bolts (14).

Align the hole in the Seat Frame (43) with either the high or low hole in the Frame (40). Insert the Clevis Pin (12) into the Seat Frame and Frame. Insert the Hairpin Cotter (11) into the Clevis Pin.

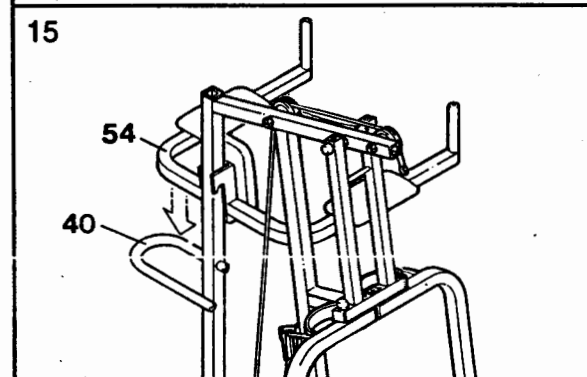


14. Attach a VKR Pad (53) to the center of the VKR Frame (54) with two 1/4" x 3/4" Bolts (14).

Attach a VKR Pad (53) to each side of the VKR Frame (54) with 1/4" x 2" Bolts (16).



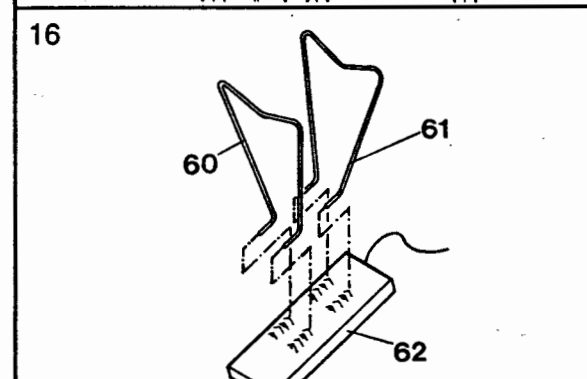
15. Slide the VKR Frame (54) onto the stepper handle on the Frame (40) as shown. **WARNING: Make sure that the VKR Frame is fully seated on the stepper handle.**



16. Place the Console (62) face down on the floor. Slide the Short Leg (61) into the sockets near the end of the Console where the cord is attached.

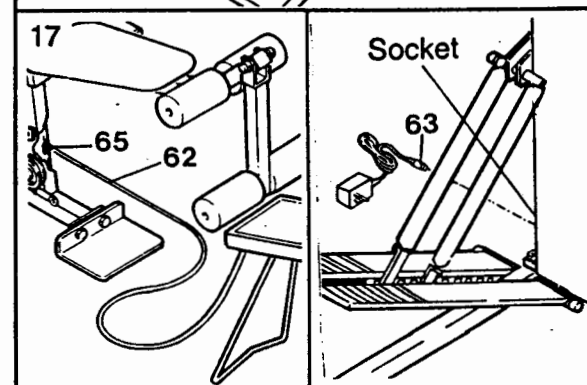
Slide the Tall Leg (60) into the other sockets on the Console (62). Stand the Console upright.

IMPORTANT: Do not insert the tips of the Short or Tall Legs (61, 60) down into the Console (62), or the Console may be damaged.



17. Plug the end of the cord attached to the Console (62) into the Wire Adapter (65).

Plug the Power Cord (63) into the indicated socket at the back of the system.



OPERATION AND ADJUSTMENT

Plug the transformer on the power cord into a 120-volt outlet. Always turn on the power when using the system, or the system may be damaged. Remove the clear plastic film from the console.

TURNING THE POWER ON

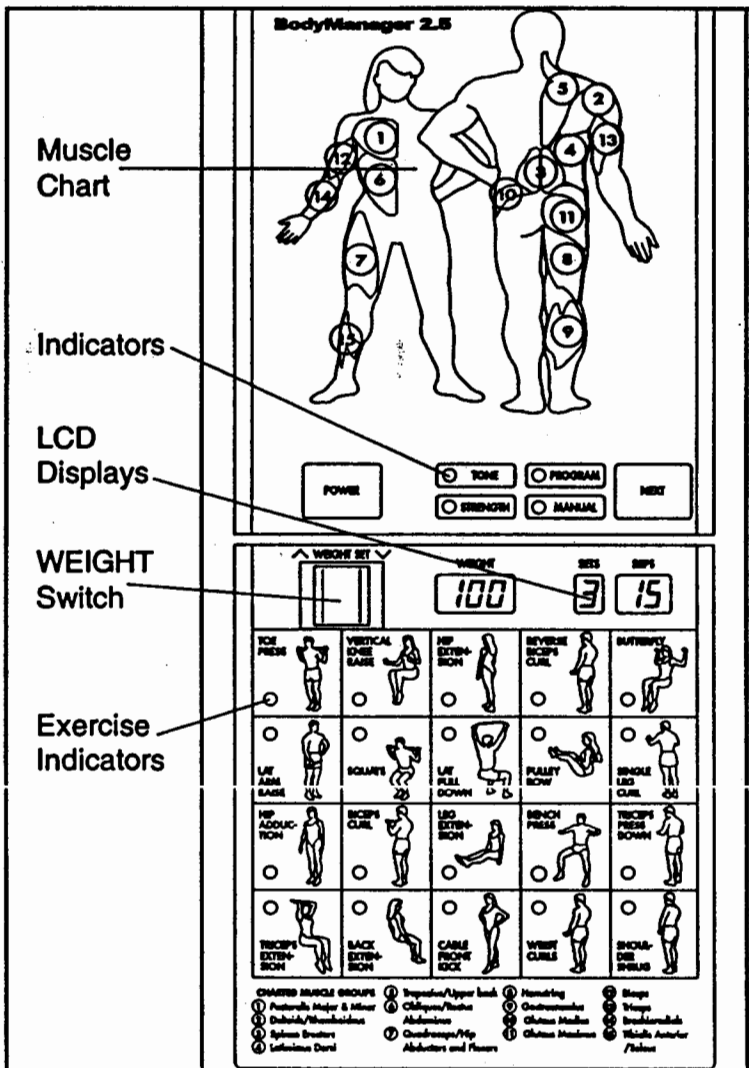
Press the POWER key. Various indicators on the console will light. **IMPORTANT:** Each time the power is turned on, the resistance setting must be adjusted to 30 pounds before the console can be operated. If an "E - -" appears in the WEIGHT display, press the right side of the WEIGHT switch until a "30" appears in the WEIGHT display. If the console is not used for 7 1/2 minutes, the power will turn off automatically.

If you want a workout designed to tone your muscles, press the TONE key. If you want a workout to increase your muscle strength, press the STRENGTH key. The indicator on the key you press will light.

USING THE PROGRAM MODE

Press the PROGRAM key. The indicator on the PROGRAM key will light.

On the upper half of the console is a chart showing the different muscle groups of the body. Press on the muscle group that you want to exercise first. (Be sure to press on the circled number.) Indicators will light on the lower half of the console to show you a selection of exercises that will develop the selected muscle group.



One of the indicators will flash to show you which exercise to do first. If you want to skip the exercise shown, press the NEXT key. The flashing indicator will darken, and another indicator will begin to flash.

When you are ready to begin one of the exercises, select a resistance setting. Press the left side of the WEIGHT switch to increase the setting, or the right side of the switch to decrease the setting. Each time the switch is pressed, the setting will change by 1 pound. The switch can be held down to change the setting rapidly. The range of resistance is 30 to 250 pounds. **IMPORTANT:** To prevent damage to the system, do not put any tension on the arms, leg lever or cables while changing the resistance setting. The system motor will be heard while the resistance setting is being changed. Wait for the sound of the motor to stop before continuing.

The SETS and REPS displays will show the number of sets and repetitions you should do.

Begin the first exercise (see the EXERCISE GUIDE for instructions about each exercise). The console will count down the repetitions and sets you have completed. **Note:** you must move through the full range of motion of each exercise or your repetitions and sets will not be counted. When all

repetitions and sets are completed, the flashing indicator will darken. Do as many of the indicated exercises as desired. When you have completed the desired exercises for the first muscle group, press on the next muscle group that you want to exercise. Do the indicated exercises as described above. Continue selecting muscle groups until your workout is completed.

USING THE MANUAL MODE

Press the MANUAL key. The indicator on the MANUAL key will light.

One indicator will light on the lower half of the console. Press the NEXT key repeatedly until the indicator lights on the first exercise that you want to do.

Press the WEIGHT switch to select a resistance setting as described above for the first exercise. The SETS and REPS displays will show the number of sets and repetitions you should do. As you exercise, the console will count down the repetitions and sets you have completed. When all repetitions and sets are completed, press the NEXT key repeatedly to select the next exercise that you want to do. Continue in this manner until your workout is completed.

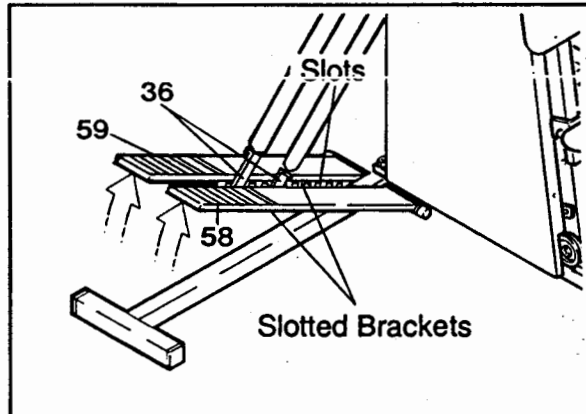
TURNING THE POWER OFF

If the console is not used for 7 1/2 minutes, the power will turn off automatically. (See TURNING THE POWER ON.) Unplug the transformer on the power cord when you are finished exercising.

USING THE STEPPER

The stepper features precision resistance cylinders for long life. It is recommended that the floor beneath the stepper be covered—a small amount of oil leakage is normal for hydraulic cylinders.

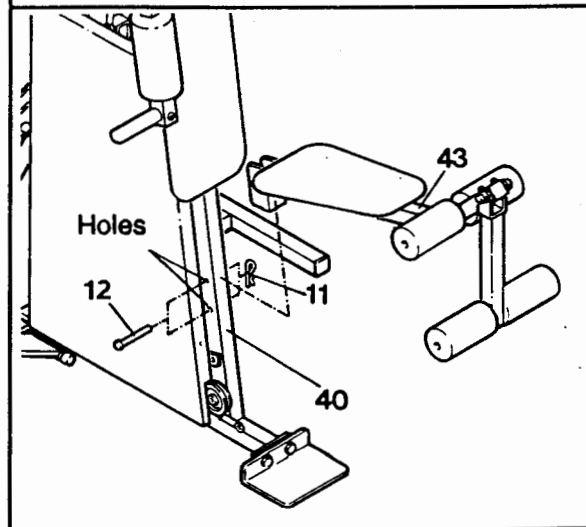
The resistance of the Pedals (58, 59) can be changed by moving the hooks on the Resistance Cylinders (36) to different slots under the Pedals. Make sure that the hooks are fully inserted into the slotted brackets under the Pedals, and that the hooks are in the same slots under both Pedals. **WARNING: The Resistance Cylinders become very hot during use. Allow the Resistance Cylinders to cool before touching them.**



ATTACHING AND REMOVING THE SEAT FRAME

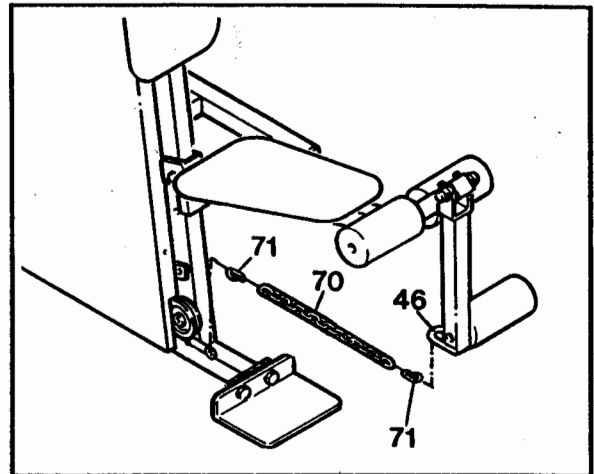
The Seat Frame (43) should be attached as described in assembly step 13 on page 9. To remove the Seat Frame, remove the Hairpin Cotter (11) from the Clevis Pin (12). While holding the Seat Frame remove the Clevis Pin. Lift the Seat Frame from the Frame (40).

To adjust the height of the Seat Frame (43), first remove the Seat Frame as described above. Align the hole in the Seat Frame with either the high or low hole in the Frame (40). Insert the Clevis Pin into the Seat Frame and Frame. Insert the Hairpin Cotter (11) into the Clevis Pin.



ATTACHING THE LEG LEVER TO THE LOWER CABLE

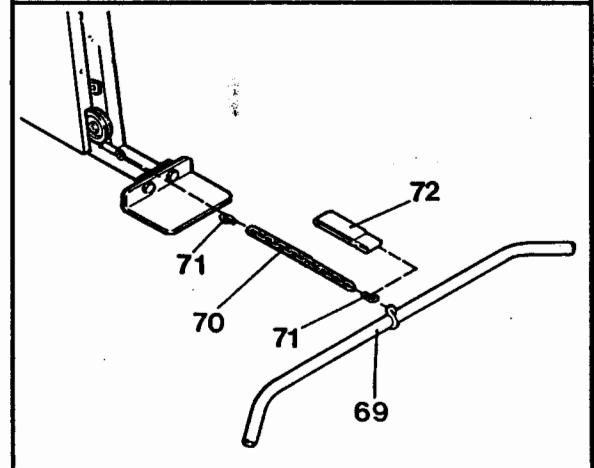
Attach the Chain (70) between the Leg Lever (46) and the lower cable with the two Cable Hooks (71).



ATTACHING THE LAT BAR OR THE NYLON STRAP TO THE LOWER CABLE

To attach the Lat Bar (69) to the lower cable, first remove the seat frame from the frame as described above. Attach the Chain (70) between the Lat Bar and the lower cable with the two Cable Hooks (71). The distance between the Lat Bar and the lower cable can be adjusted by attaching the Cable Hooks closer together or farther apart along the Chain.

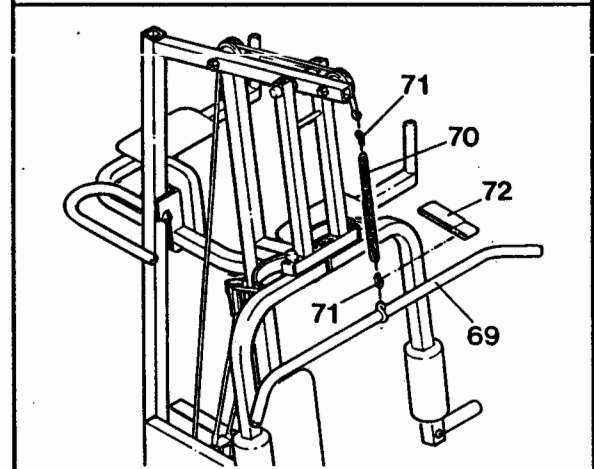
The Nylon Strap (72) can be attached in the same manner.



ATTACHING THE LAT BAR OR THE NYLON STRAP TO THE UPPER CABLE

Attach the Chain (70) between the Lat Bar (69) and the upper cable with the two Cable Hooks (71). The distance between the Lat Bar and the upper cable can be adjusted by attaching the Cable Hooks closer together or farther apart along the Chain.

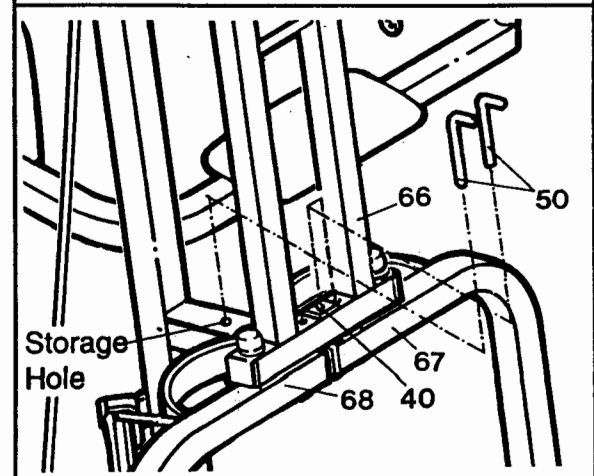
The Nylon Strap (72) can be attached in the same manner.



OPERATING THE ARMS

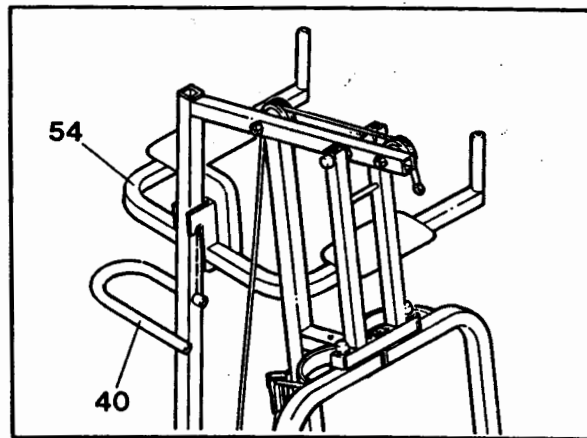
To use the Arms (67, 68) in the press mode, insert the Pull Pins (50) into the Arm Support (66) and the Arms as described in assembly step 8 on page 7.

To use the Arms (67, 68) in the butterfly mode, remove the Pull Pins (50) from the Arm Support (66) and the Arms. Insert one Pull Pin into the Frame (40) and the Arm Support as shown. Insert the other Pull Pin into the indicated storage hole.



ATTACHING AND REMOVING THE VKR FRAME

The VKR Frame (54) should be attached as described in the assembly step 15 on page 9. To remove the VKR Frame, lift it off the stepper handle as shown. **WARNING: The VKR Frame must be fully seated on the stepper handle, or the VKR Frame could slip off, causing personal injury.**



MAINTENANCE AND TROUBLE-SHOOTING

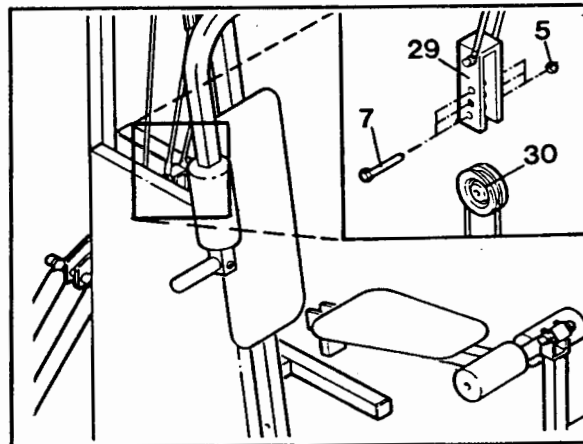
Inspect and tighten all parts of the system regularly. Replace any worn parts immediately. The system can be cleaned using a damp cloth and a mild non-abrasive detergent. Do not use solvents.

PROBLEM: RESISTANCE SETTING STICKS AT "30"

When you first use the Body Manager 2.5 Console after assembly is completed, the resistance setting may stick at "30." If this happens, perform a few exercises with the resistance setting at "30." This should correct the problem.

PROBLEM: SLACK IN THE CABLES

If there is slack in the cables before the resistance engages, the cables should be adjusted. Locate the Pulley (30) connected to the "U" Bracket (29). The "U" Bracket has four adjustment holes which can be used to tighten the cables. Remove the Pulley (30) from the "U" Bracket using two adjustable wrenches. Move the Pulley to the next higher hole in the "U" Bracket and reattach the Pulley. **Do not overtighten the 3/8" x 1 3/4" Bolt (7) and 3/8" Nylock Nut (5) that attach the Pulley to the "U" Bracket. The Pulley should turn freely.**



If the motor stalls or hesitates, the cables are too tight; move the Pulley down one hole in the "U" Bracket as described above. If the cables cannot be adjusted further and there is still slack in the cables, the cables should be replaced (see the back cover of this manual).

PART LIST—Model No. PF853030

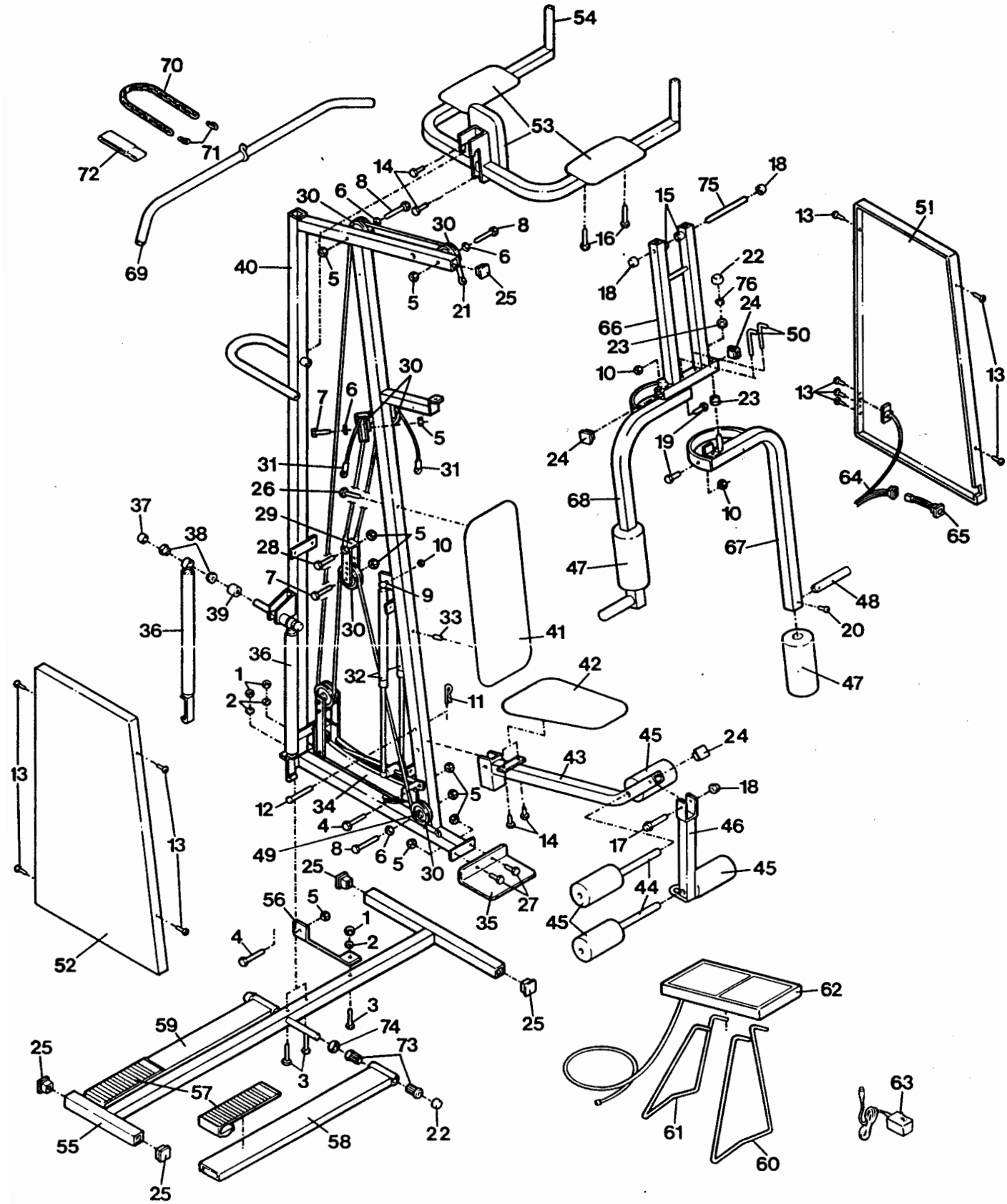
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| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-----------------------------|---------|------|-------------------|
| 1 | 3 | 3/8" Nut | 41 | 1 | Backrest |
| 2 | 3 | 3/8" Lock Washer | 42 | 1 | Seat |
| 3 | 3 | 3/8" x 2 1/2" Carriage Bolt | 43 | 1 | Seat Frame |
| 4 | 2 | 3/8" x 3" Bolt | 44 | 2 | Pad Tube |
| 5 | 11 | 3/8" Nylock Nut | 45 | 4 | Small Foam Pad |
| 6 | 5 | 3/8" Washer | 46 | 1 | Leg Lever |
| 7 | 3 | 3/8" x 1 3/4" Bolt | 47 | 2 | Arm Pad |
| 8 | 3 | 3/8" x 3 1/2" Bolt | 48 | 2 | Handle |
| 9 | 2 | 5/16" Ball Joint | 49 | 6 | Pulley Sleeve |
| 10 | 4 | 5/16" Nylock Nut | 50 | 2 | "L" Pin |
| 11 | 1 | Hairpin Cotter | 51 | 1 | Left Side Shield |
| 12 | 1 | 3 1/8" Clevis Pin | 52 | 1 | Right Side Shield |
| 13 | 10 | 3/4" Screw | 53 | 3 | VKR Pad |
| 14 | 4 | 1/4" x 3/4" Bolt | 54 | 1 | VKR Frame |
| 15 | 2 | Support Spacer | 55 | 1 | Base |
| 16 | 4 | 1/4" x 2" Bolt | 56 | 1 | Brace |
| 17 | 1 | Axle w/Hat Cap | 57 | 2 | Foot Pad |
| 18 | 3 | 1/2" Hat Cap | 58 | 1 | Right Pedal |
| 19 | 2 | 5/16" x 1" Bolt | 59 | 1 | Left Pedal |
| 20 | 2 | 3/4" Tap Screw | 60 | 1 | Tall Leg |
| 21 | 1 | Long Cable | 61 | 1 | Short Leg |
| 22 | 4 | 3/4" Plastic Cap | 62 | 1 | Console |
| 23 | 4 | Brass Bushing | 63 | 1 | Power Cord |
| 24 | 3 | 1 1/2" x 1 1/2" Inner Cap | 64 | 1 | Wire Harness |
| 25 | 5 | 2" x 2" Inner Cap | 65 | 1 | Wire Adapter |
| 26 | 1 | 1/4" x 2 1/2" Bolt | 66 | 1 | Arm Support |
| 27 | 2 | 3/8" x 3/4" Bolt | 67 | 1 | Left Arm |
| 28 | 1 | 3/8" x 2" Bolt | 68 | 1 | Right Arm |
| 29 | 1 | "U" Bracket | 69 | 1 | Lat Bar |
| 30 | 6 | Pulley | 70 | 1 | Chain |
| 31 | 2 | Arm Cable | 71 | 2 | Cable Hook |
| 32 | 2 | Gas Shock | 72 | 1 | Nylon Strap |
| 33 | 1 | Backrest Post | 73 | 4 | Pedal Bushing |
| 34 | 1 | Weight Mechanism | 74 | 2 | Pedal Spacer |
| 35 | 1 | Foot Plate | 75 | 1 | 9 1/4" Axle |
| 36 | 2 | Resistance Cylinder | 76 | 2 | 3/4" Retainer |
| 37 | 2 | 5/8" Plastic Cap | # | 1 | Owner's Manual |
| 38 | 2 | Cylinder Bushing Set | # | 1 | Exercise Guide |
| 39 | 2 | Cylinder Spacer | # | 1 | Grease |
| 40 | 1 | Frame | | | |

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. PF853030

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ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information: ...

1. The MODEL NUMBER of the product (PF853030).
2. The NAME of the product (PROFORM® EDGE 3001).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from the PART LIST/EXPLODED DRAWING accompanying this owner's manual.

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