

PRO-FORM®

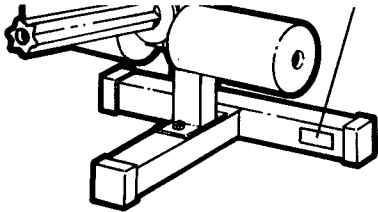
WEIGHT TRAINING BENCH
LAT TOWER EXERCISE STATION
MULTI POSITION INCLINE BENCH
ADJUSTABLE WIDTH CATCH RACK
DUAL FUNCTION LEG DEVELOPER

PRO-MEDALIST

Model No. PF892020

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.

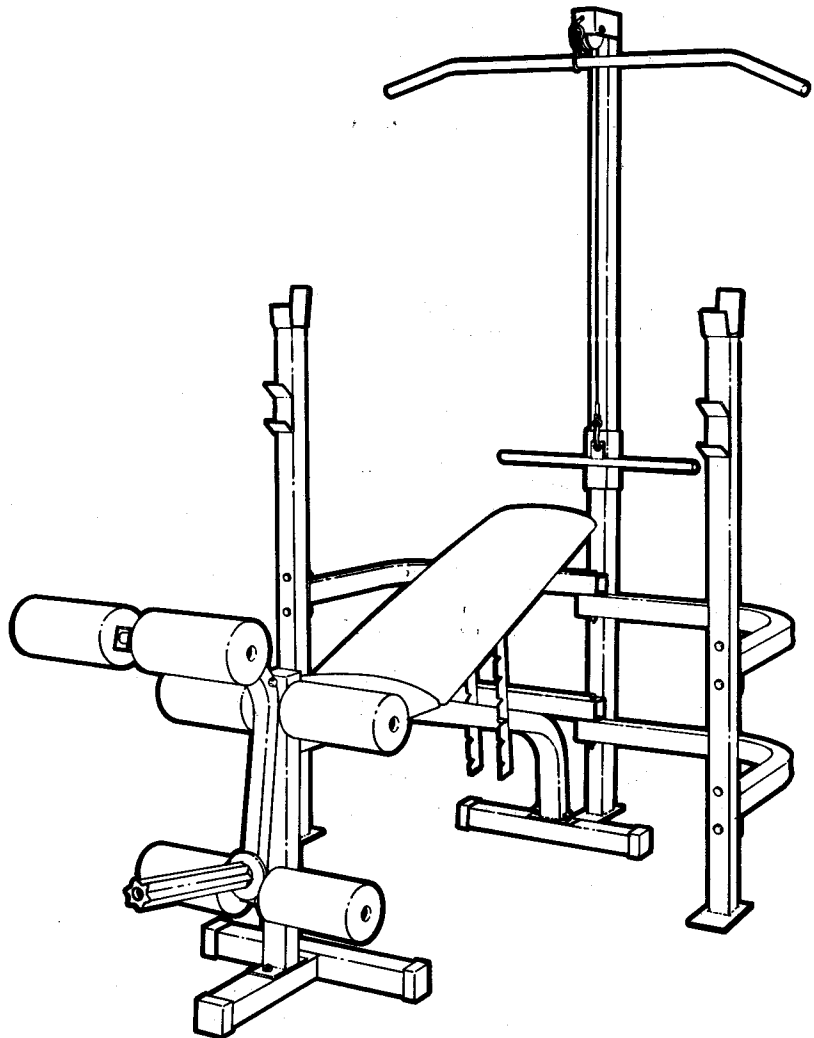
CUSTOMER HOT LINE:

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.



OWNER'S MANUAL

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, carefully read all safety precautions and instructions in this manual before using this equipment.

1. Use this equipment only as described in this manual.
2. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear shoes for foot protection.
4. Keep small children away from this equipment at all times.
5. When attaching weights (not included) to the weight slide, always insert a cotter pin into each end of the post on the weight slide, or the weights may slip off.
6. When attaching the lat bar to the cable, make sure that the cable clip closes completely or the lat bar may slip out.
7. When adjusting the bench, make sure that the slots in the bench adjustment brackets slide completely onto the adjustment pins.
8. Never release the leg lever or the lat bar while weights are raised. The leg lever or the weight slide will fall with great force.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
10. This equipment is designed to support a maximum of 450 pounds, including the user, a weight bar and weights. Do not set more than 320 pounds, including a weight bar and weights, on the weight racks. Do not place more than 200 pounds of weight on the leg lever or the weight slide.

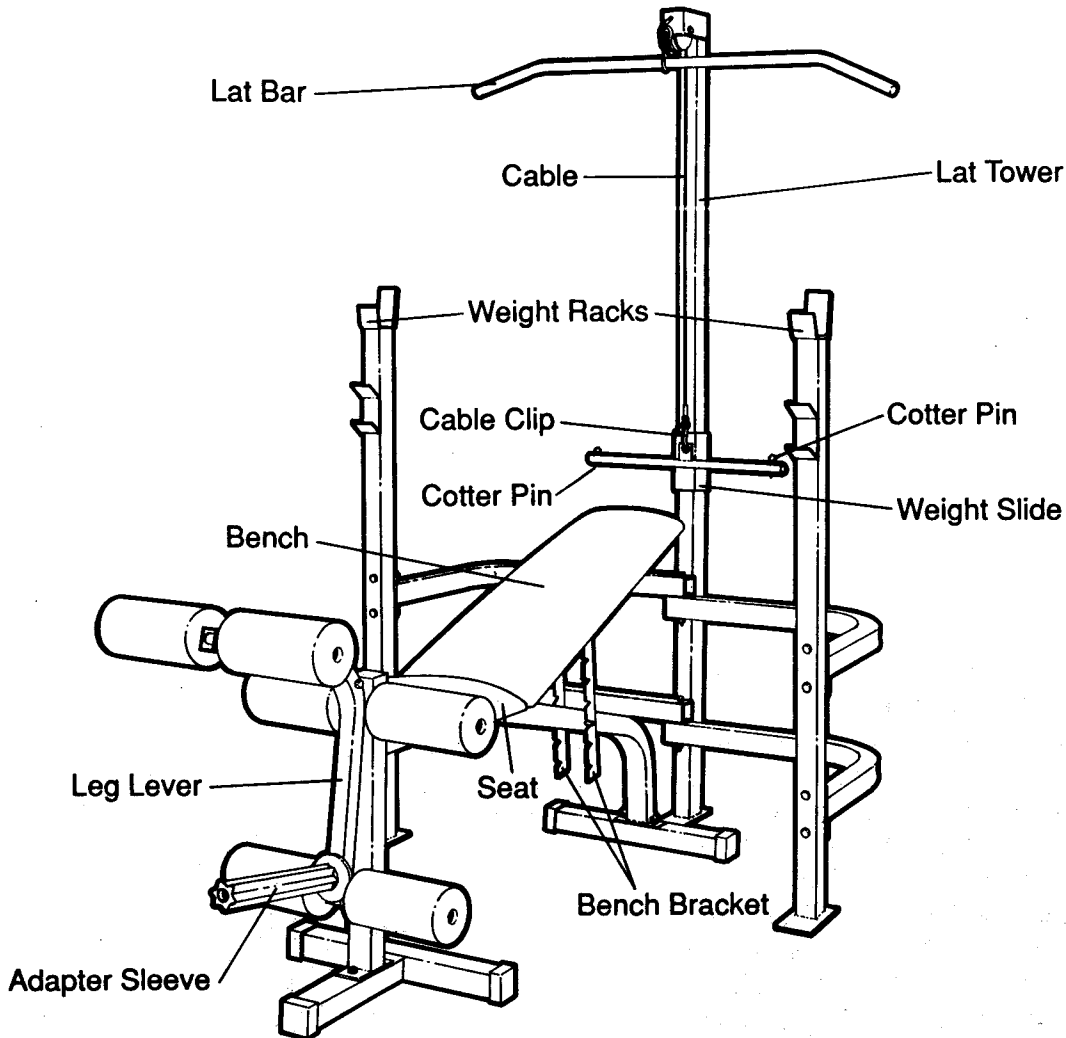
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. PROFORM assumes no responsibility for personal injury or property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

BEFORE YOU BEGIN

Congratulations for selecting the PRO•FORM® PRO•MEDALIST weight training bench. The PRO•MEDALIST is designed to be used with your own weight set (not included) to provide a wide selection of both aerobic and weight training exercises. Whether your goal is to improve your cardiovascular fitness, shape and tone your body or develop dramatic muscle size and strength, the PRO•MEDALIST 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 PRO•MEDALIST. 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 PF892020. The serial number can be found on a decal attached to the PRO•MEDALIST (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.

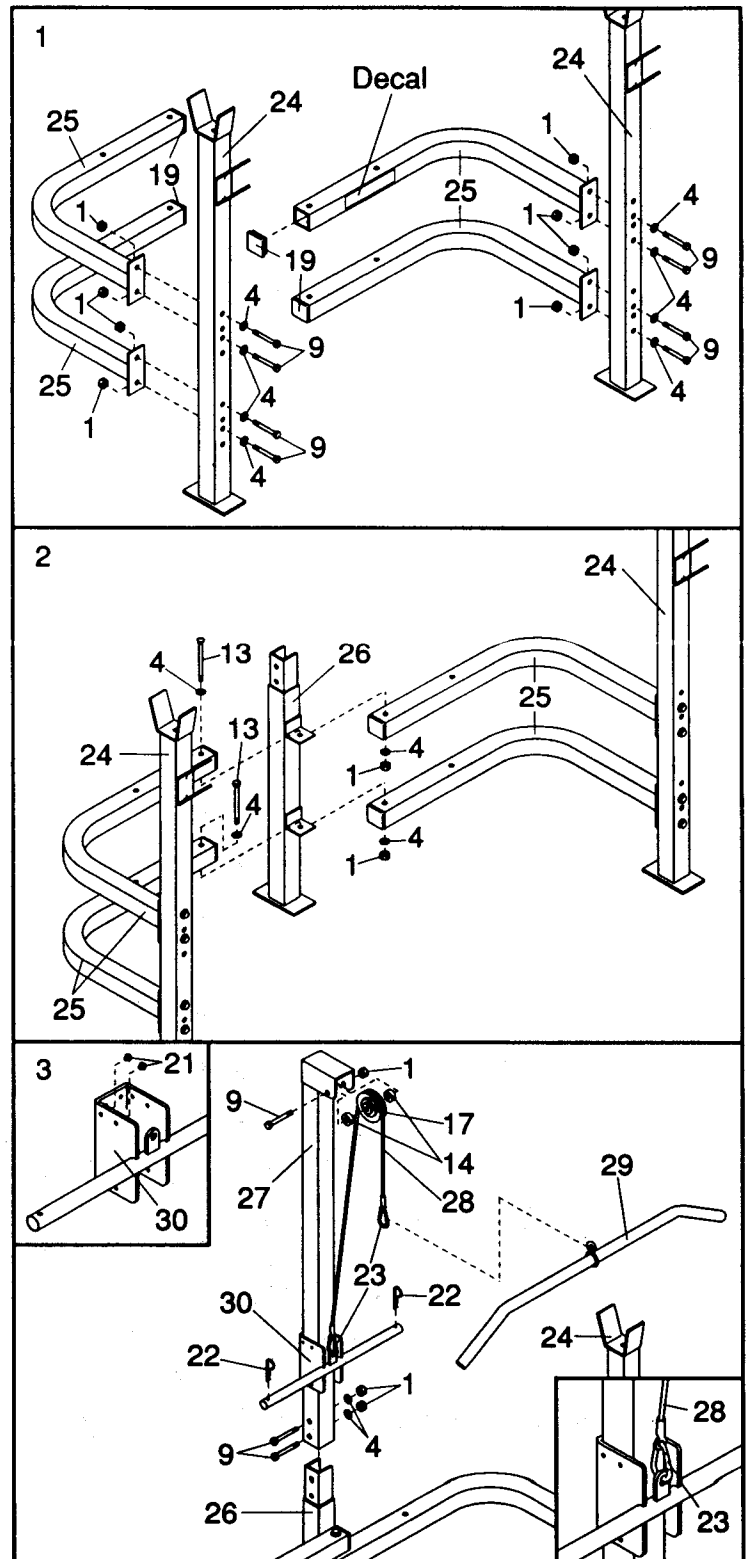


ASSEMBLY

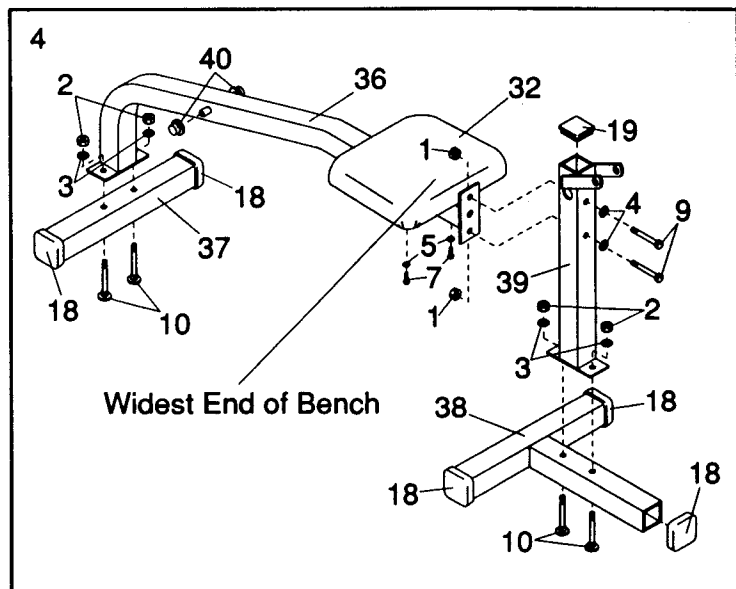
Read all steps and review all drawings carefully before beginning assembly. Refer to page 3 to see how the PRO-MEDALIST will appear when properly assembled. Assembly can be completed using a hammer, two adjustable wrenches and a bowl of soapy water (not included). The assistance of a second person is required. Place all parts in a cleared area on the floor and remove the packing materials. Do not dispose of the packing materials until the PRO-MEDALIST is completely assembled.

1. Press four 2" Inner Caps (19) into the ends of the four Curved Braces (25). Attach the Curved Braces to the Weight Racks (24) with eight 3/8" x 2 1/2" Bolts (9), 3/8" Flat Washers (4) and 3/8" Nylock Nuts (1). Make sure that the Bolts are inserted through the indicated holes.
2. Position two of the Curved Braces (25) on top of the brackets on the Base (26), and two of the Curved Braces under the brackets. Attach the Curved Braces with two 3/8" x 4 1/2" Bolts (13), four 3/8" Flat Washers (4) and two 3/8" Nylock Nuts (1) as shown. Note: Use the holes near the ends of the Curved Braces to assemble the Weight Racks in a wide position; use the holes in the middle of the Curved Braces to assemble the Weight Racks in a narrow position.
3. Lay the Cable (28) over the Pulley (17). Attach the Pulley, with a Wide Plastic Spacer (14) on each side, to the Lat Tower (27) with a 3/8" x 2 1/2" Bolt (9) and 3/8" Nylock Nut (1). Do not over-tighten the Nylock Nut.

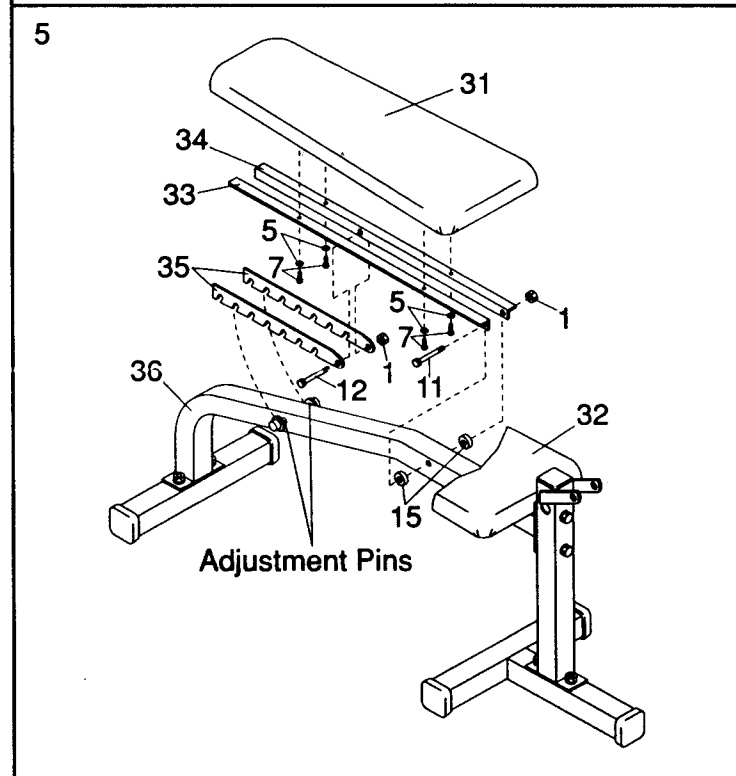
Press the twelve Guides (21) into the inside of the Weight Slide (30) (see the inset). Insert a Cotter Pin (22) into each end of the post on the Weight Slide. Slide the Weight Slide onto the lower end of the Lat Tower (27). Make sure that the post on the Weight Slide is on the same side of the Lat Tower as the Pulley (17), and that the hook on the Weight Slide is upward. Slide the Lat Tower onto the Base (26). Attach the Lat Tower with two 3/8" x 2 1/2" Bolts (9), 3/8" Flat Washers (4) and 3/8" Nylock Nuts (1). Attach the Cable (28) to the Weight Slide with a Cable Clip (23) (see the inset). Attach the Lat Bar (29) to the Cable with the other Cable Clip.



4. Press two 2" Outer Caps (18) onto the ends of the Bench Stabilizer (37). Attach the Bench Stabilizer to the Bench Brace (36) with two 3/8" x 2 1/2" Carriage Bolts (10), 3/8" Lock Washers (3) and 3/8" Nuts (2). Press three 2" Outer Caps onto the Bench Base (38). Attach the Bench Base to the Bench Leg (39) with two 3/8" x 2 1/2" Carriage Bolts (10), 3/8" Lock Washers (3) and 3/8" Nuts (2). Press a 2" Inner Cap (19) into the Bench Leg. Attach the Bench Leg to the Bench Brace with two 3/8" x 2 1/2" Bolts (9), 3/8" Flat Washers (4) and 3/8" Nylock Nuts (1). Tap the two Hat Caps (40) onto the adjustment pins on the Bench Brace. Attach the Seat (32) to the Bench Brace with two 1/4" x 3/4" Bolts (7) and 1/4" Lock Washers (5). Make sure that the Seat is turned as shown.

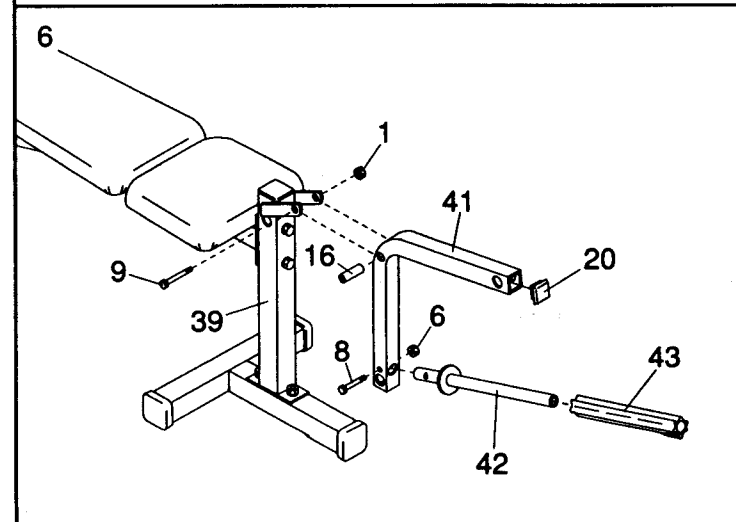


5. Attach the Bench Rails (33, 34) to the Bench (31) with four 1/4" x 3/4" Bolts (7) and 1/4" Lock Washers (5). Make sure that the ends of the Bench Rails that have holes in them are at the widest end of the Bench. Attach the two Bench Adjustment Brackets (35) to the Bench Rails with the 3/8" x 3 1/2" Bolt (12) and a 3/8" Nylock Nut (1). Do not overtighten the Nylock Nut—the Bench Adjustment Brackets must pivot freely.

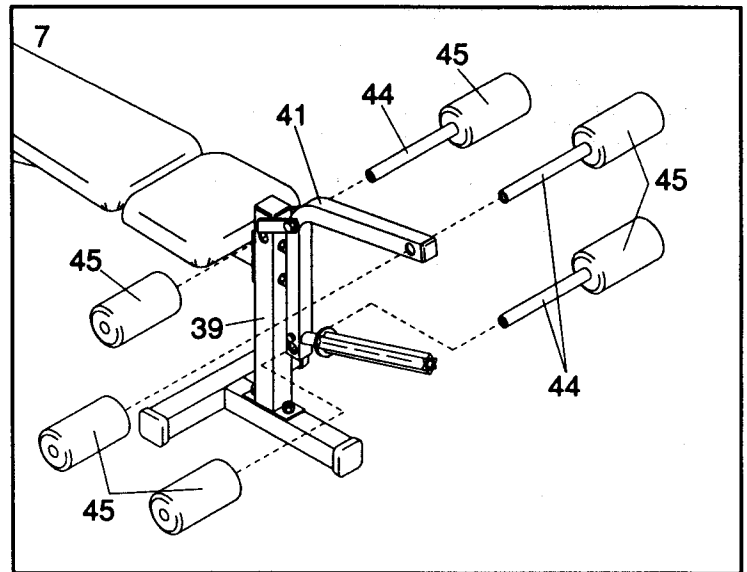


Place the Bench (31) on the Bench Brace (36), with the widest end of the Bench touching the Seat (32). Hold the two Narrow Plastic Spacers (15) between the Bench Rails (33, 34) and the Bench Brace. Insert the 3/8" x 3" Bolt (11) through the Bench Rails, Narrow Plastic Spacers and Bench Brace. Tighten a 3/8" Nylock Nut (1) onto the Bolt until the Bench cannot move from side to side.

6. Press the 1 1/2" Inner Cap (20) into the Leg Lever (41). Insert the Steel Spacer (16) into the Leg Lever. Attach the Leg Lever to the Bench Leg (39) with a 3/8" x 2 1/2" Bolt (9) and 3/8" Nylock Nut (1). Attach the Weight Post (42) to the Leg Lever with the 1/4" x 1 3/4" Bolt (8) and 1/4" Nylock Nut (6). Slide the Adapter Sleeve (43) onto the Weight Post.



7. Insert two Pad Tubes (44) into the Leg Lever (41) and one Pad Tube into the Bench Leg (39). Wet the ends of the Pad Tubes and the insides of the six Foam Pads (45) with soapy water. Slide the Foam Pads onto the Pad Tubes.



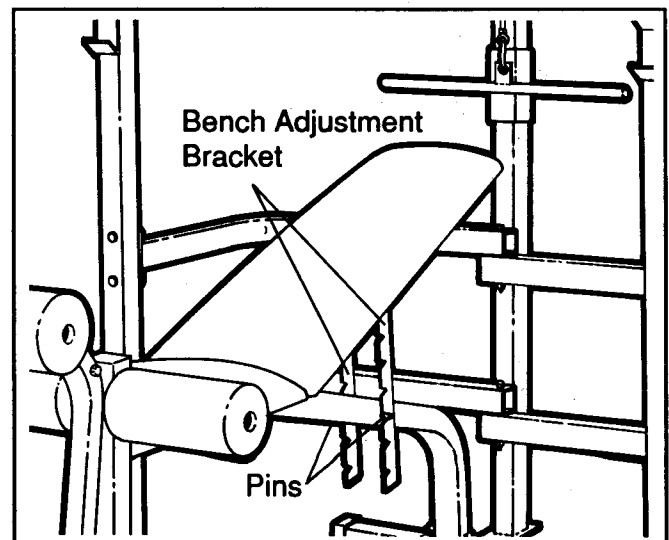
ADJUSTING THE PRO-MEDALIST

ADJUSTING THE POSITION OF THE WEIGHT RACKS

The weight racks can be used in either a wide position or a narrow position. To change the position, see assembly step 2 on page 4.

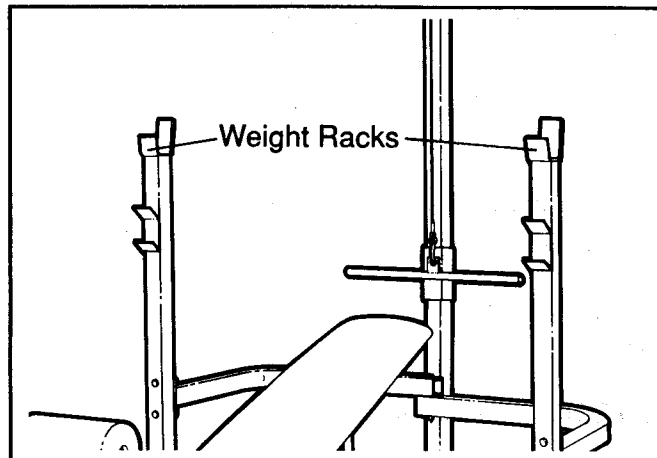
ADJUSTING THE ANGLE OF THE BENCH

The bench can be used in either an inclined, a horizontal or a declined position. To adjust the angle of the bench, pivot the bench to the desired position and slide the bench adjustment brackets onto the adjustment pins. **WARNING: Make sure that the slots in the bench adjustment brackets slide completely onto the adjustment pins.**



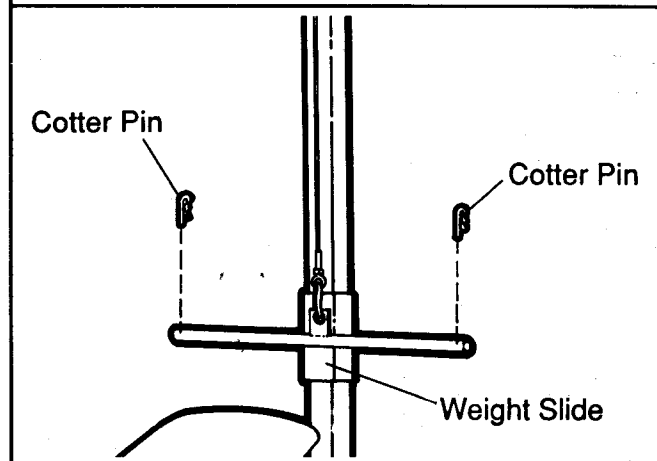
USING THE WEIGHT RACKS

The weight racks are designed to hold a single weight bar and weights (not included). **WARNING: Do not set more than 320 pounds, including a weight bar and weights, on the weight racks.**



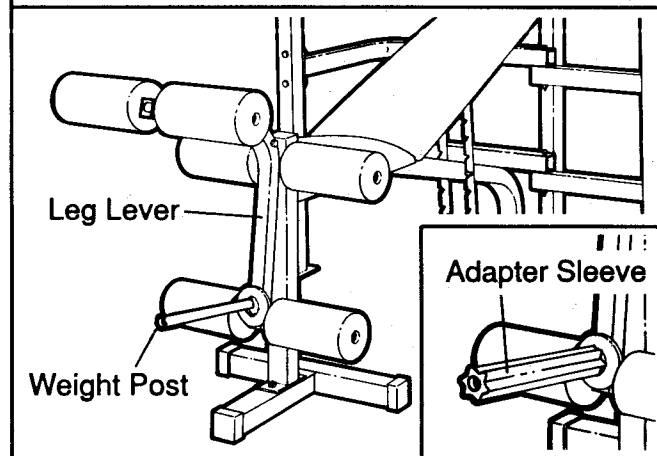
ATTACHING WEIGHTS TO THE WEIGHT SLIDE

Slide the desired weights (not included) onto the post on the weight slide. Always place equal amounts of weight on both ends of the post. Insert a cotter pin into each end of the post to prevent the weights from slipping off. **WARNING: Do not place more than 200 pounds of weight on the weight slide.**



ATTACHING WEIGHTS TO THE LEG LEVER

Slide the desired weights (not included) onto the weight post on the leg lever. Always slide the smallest weights on first. For international-size weights, the adapter sleeve should be used; for other weights, the adapter sleeve should be removed. **WARNING: Do not place more than 200 pounds of weight on the leg lever.**



EXERCISE GUIDELINES

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

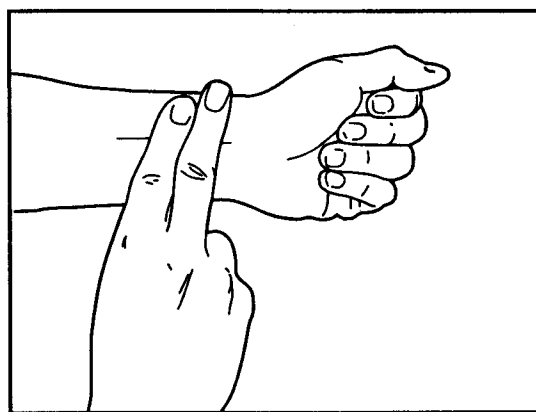
The PRO-MEDALIST is designed to be used with your own weight set (not included) to provide a wide selection of both aerobic and weight training exercises. Follow the guidelines below to get started with your exercise program. **Remember, these are only general guidelines. For detailed information about exercise, consult the manual provided with your weight set, or obtain a reputable exercise book.**

CARDIOVASCULAR FITNESS

The PRO-MEDALIST can be used for effective aerobic workouts. Use a low amount of weight for all exercises. As you exercise, your heart rate should be kept at a level between 70% and 85% of your maximum heart rate—this is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons, ages 20 to 85. Find the column that applies to you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count and multiply the result by 10. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your training zone. If your heart rate is too low, increase the intensity of your exercise; if your heart rate is too high, decrease the intensity.



To maintain or improve your condition, your exercise program should include three workouts per week, with at least one day of rest between workouts. After a few months of regular exercise, you can work out up to five times each week if desired. Begin every workout with 5–10 minutes of stretching or light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for about 30 minutes; this can be done in one continuous 30-minute period, or in a few shorter periods, such as three 10-minute periods. Finish every workout with 5–10 minutes of stretching to cool down and develop increased flexibility.

MUSCLE BUILDING

In order to increase the size and strength of your muscles, you must work your muscles to capacity. The intensity of your exercise must be progressively increased so that your muscles will continue to adapt and grow. The PRO•MEDALIST used with your own weight set (not included) provides a wide selection of weight training exercises. **Consult the manual provided with your weight set or obtain a reputable exercise book for information about specific exercises.**

Your weight training program should include three 30-minute workouts each week. Schedule your workouts for the time of day when your energy level is the highest. Each workout should include 6-10 different exercises. Select exercises for every major muscle group, with emphasis on the areas you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

The intensity of each exercise can be tailored to the proper level by changing the amount of weight used, or the number of repetitions and sets completed. (A repetition is one complete cycle of an exercise, such as one sit-up. A set is a series of consecutive repetitions.) The proper amount of weight to use for each exercise depends upon the individual user. It is up to you to gauge your limits. We recommended that you begin with three sets of 8 to 12 repetitions. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight. When your muscles reach the desired size and strength, stop increasing the amount of weight.

Be careful not to overexert yourself. Begin each workout with 10 minutes of stretching to warm up. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. As you perform each exercise, concentrate on maintaining correct form. Rest for 30 seconds between sets, and 1 minute between exercises. Proper breathing is also important. Exhale as you exert yourself, and inhale as you relax—never hold your breath. Finish each workout with 10 minutes of stretching to cool down. **WARNING: If you feel pain or dizziness at any time while exercising, stop immediately and begin to cool down.** Each workout should be followed by at least one day of rest.

For added motivation, keep a record of your workouts. List the dates, exercises performed, weight used, and number of repetitions and sets completed. Record key body measurements at the end of every month. For successful results, proper nutrition and adequate rest are also essential.

TONING

If your goal is to tone your body, your exercise program should follow almost the same pattern described above. The major difference is that your muscles should not be worked to capacity. Instead, use a low to moderate amount of weight for all exercises, and complete as many sets of 15 to 20 repetitions as you can without discomfort. Endurance is more important than strength for toning the body.

PART LIST—Model No. PF892020

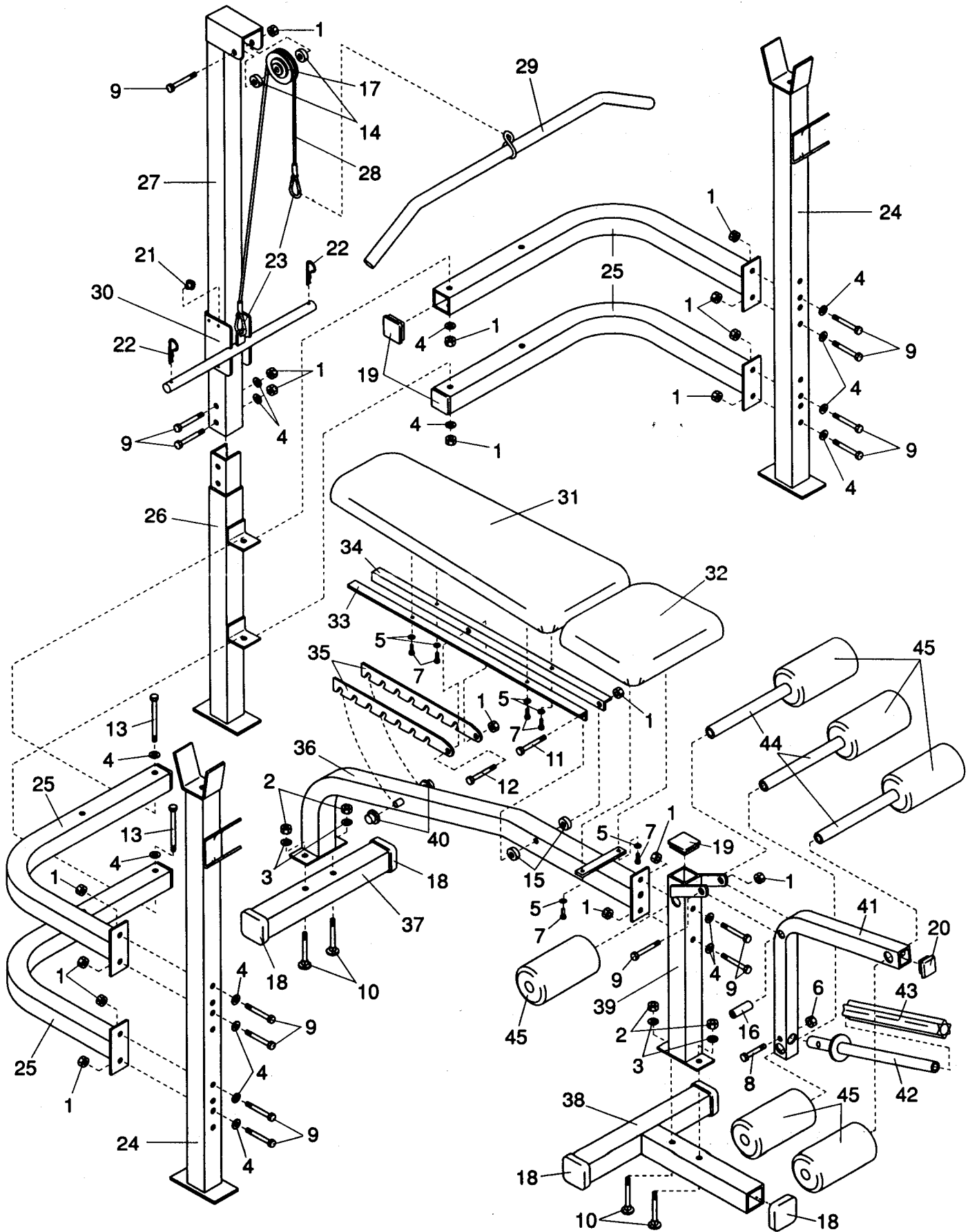
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	18	3/8" Nylock Nut	24	2	Weight Rack
2	4	3/8" Nut	25	4	Curved Brace
3	4	3/8" Lock Washer	26	1	Lat Tower Base
4	16	3/8" Flat Washer	27	1	Lat Tower
5	6	1/4" Lock Washer	28	1	Cable
6	1	1/4" Nylock Nut	29	1	Lat Bar
7	6	1/4" x 3/4" Bolt	30	1	Weight Slide
8	1	1/4" x 1 3/4" Bolt	31	1	Bench
9	14	3/8" x 2 1/2" Bolt	32	1	Seat
10	4	3/8" x 2 1/2" Carriage Bolt	33	1	Right Bench Rail
11	1	3/8" x 3" Bolt	34	1	Left Bench Rail
12	1	3/8" x 3 1/2" Bolt	35	2	Bench Adjustment Bracket
13	2	3/8" x 4 1/2" Bolt	36	1	Bench Brace
14	2	Wide Plastic Spacer	37	1	Bench Stabilizer
15	2	Narrow Plastic Spacer	38	1	Bench Base
16	1	Steel Spacer	39	1	Bench Leg
17	1	Pulley	40	2	Hat Cap
18	5	2" Outer Cap	41	1	Leg Lever
19	5	2" Inner Cap	42	1	Weight Post
20	1	1 1/2" Inner Cap	43	1	Adapter Sleeve
21	12	Weight Slide Guide	44	3	Pad Tube
22	2	Cotter Pin	45	6	Foam Pad
23	2	Cable Clip	#	1	Owner's Manual

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. PF892020

Rev. 10/92



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 (PF892020).
2. The NAME of the product (PROFORM® PRO-MEDALIST weight training bench).
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