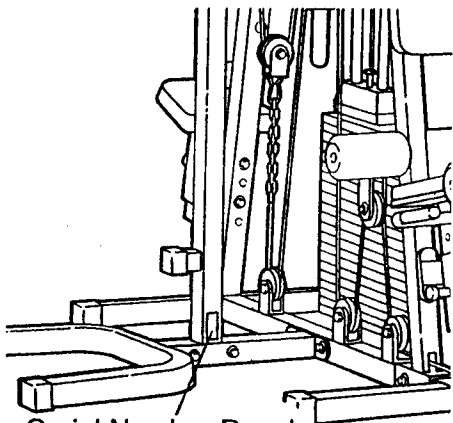


PRO·FORM®

Model No. PF897030

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

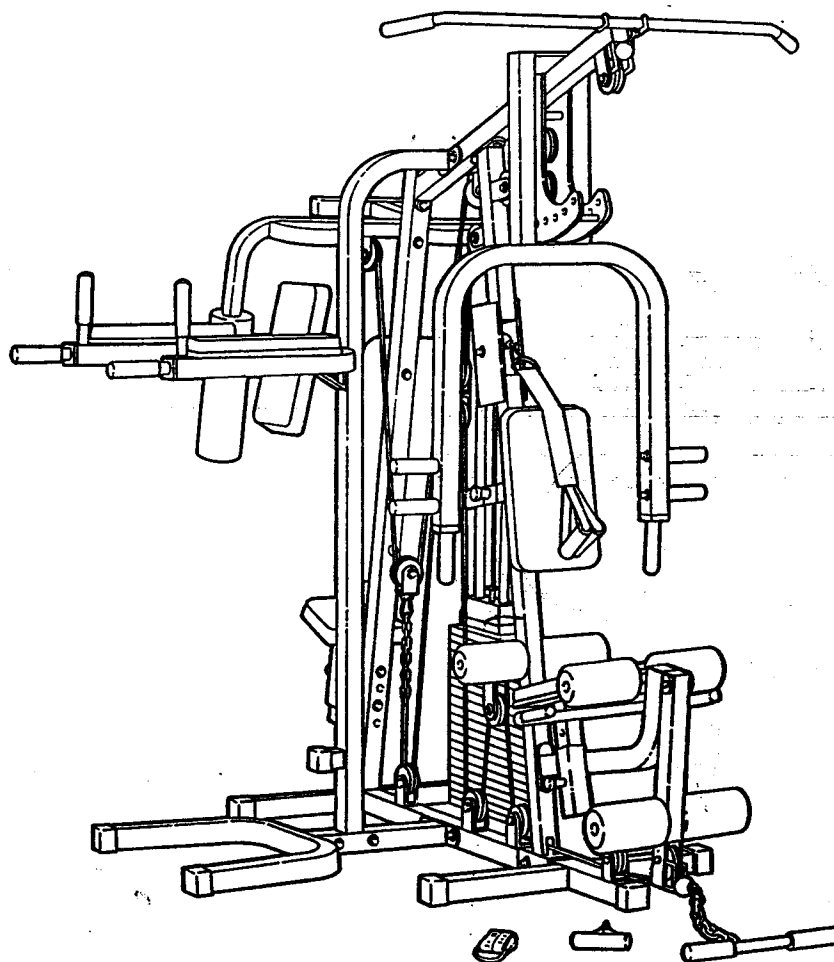
CAUTION!

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

PATENT PENDING

970TMci

CAST IRON • RESISTANCE



OWNER'S MANUAL

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
USING THE PROFORM 970 CI	20
TROUBLE-SHOOTING AND MAINTENANCE	23
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the weight training system.

1. Read all instructions in this manual and in the accompanying literature before using the weight training system. Use the weight training system only as described.
2. Inspect and tighten all parts each time you use the weight training system. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear athletic shoes for foot protection.
4. Keep small children away from the weight training system at all times.
5. When adjusting either of the seats, make sure that the pin of the lock knob is in one of the holes in the seat post. If the pin is not in one of the holes, the seat may slip during use, causing serious injury.
6. Never release the press arm, butterfly arms, leg lever, bars or straps while weights are raised. The weights will fall with great force.
7. Make sure that the cables remain on the pulleys as you use the weight training system.
8. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

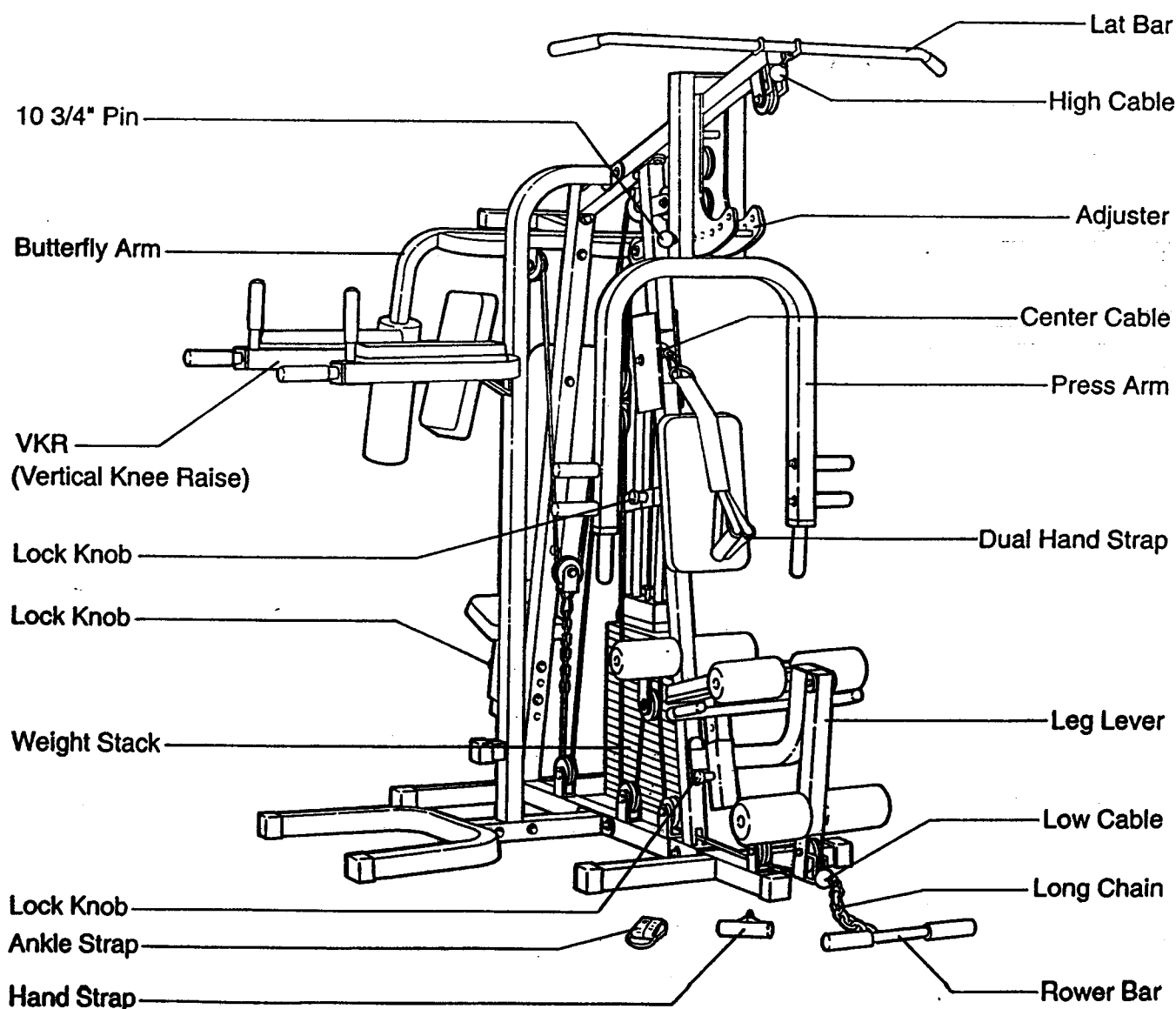
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. PROFORM assumes no responsibility for personal injury or property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

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 970 CI weight training system. The PROFORM 970 CI offers an impressive array of weight training exercises to develop every major muscle group of the body. Whether your goal is improved cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the PROFORM 970 CI will help you to achieve the specific results you want.

For your safety and benefit, read this manual and the accompanying literature before using the PROFORM 970 CI. 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 PF897030. The serial number can be found on a decal attached to the PROFORM 970 CI (see the front cover of this manual for the location of the decal).

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



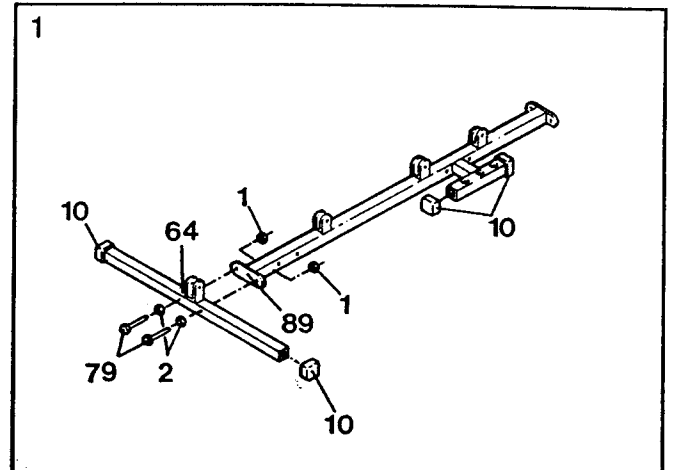
ASSEMBLY

Assembly requires two persons and will take about 8 hours. **The following tools (not included) are required for assembly:** two 8" adjustable wrenches, a 9/16" socket wrench, a 1/2" socket wrench, a rubber mallet and a standard screwdriver. A small amount of grease and a small bowl of soapy water are also needed. As you assemble the PROFORM 970 CI, read each step and examine each drawing carefully. **Make sure that all parts are oriented as shown in the drawings.** Refer to the PART IDENTIFICATION (ID) CHART accompanying this manual for help identifying the small parts used in assembly. Due to the size and weight of the PROFORM 970 CI, it should be assembled in the location where it will be used. Place all parts of the PROFORM 970 CI in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

1. Press two 2" x 2" Outer Caps (10) onto the Base (89).

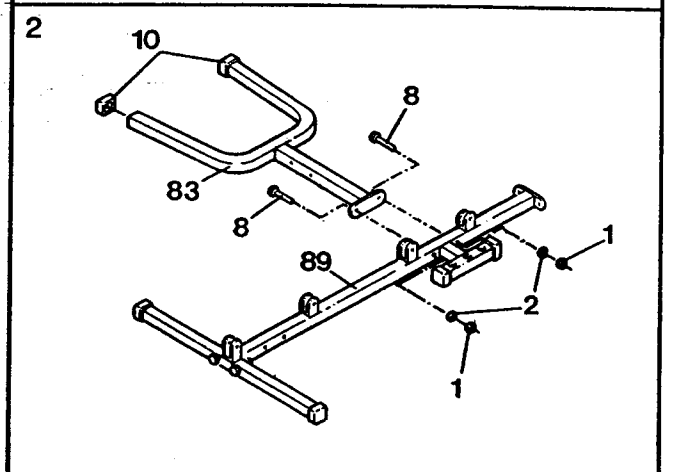
Press two 2" x 2" Outer Caps (10) onto the Stabilizer w/Bracket (64).

Attach the Stabilizer w/Bracket (64) to the Base (89) with two 3/8" x 2 3/4" Bolts (79), 3/8" Washers (2) and 3/8" Nylock Nuts (1).



2. Press two 2" x 2" Outer Caps (10) onto the "Y" Stabilizer (83).

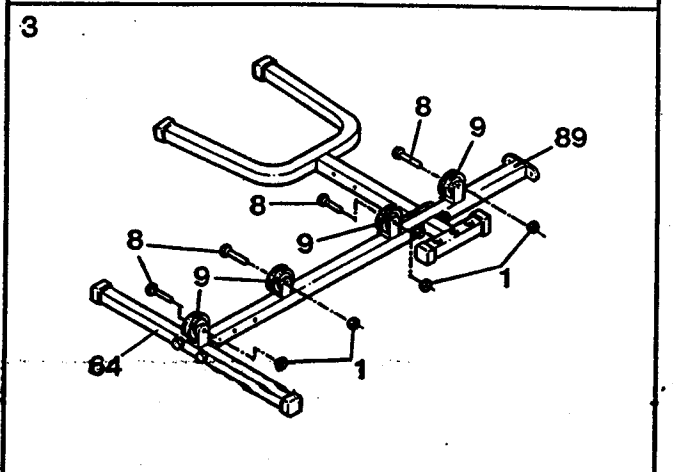
Attach the "Y" Stabilizer (83) to the Base (89) with two 3/8" x 2" Shank Bolts (8), 3/8" Washers (2) and 3/8" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



3. Attach a Pulley (9) to the Stabilizer w/Bracket (64) with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).

Attach three Pulleys (9) to the Base (89) with 3/8" x 2" Shank Bolts (8) and 3/8" Nylock Nuts (1).

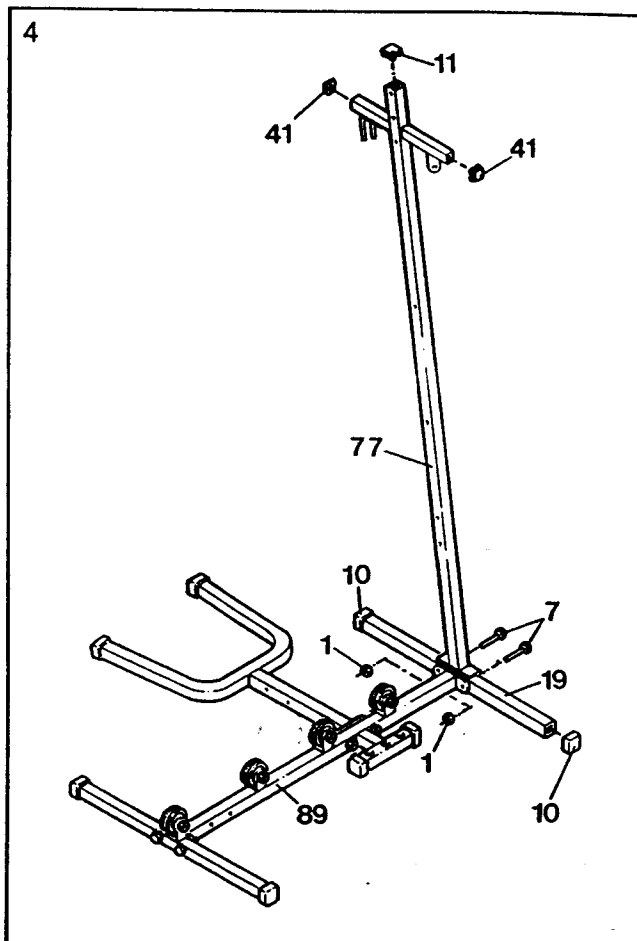
Note: Do not overtighten the Nylock Nuts. All Pulleys on the weight training system must turn freely or they will be damaged.



4. Press two 1 1/2" x 1 1/2" Inner Caps (41) into the Butterfly Upright (77). Press a 2" x 2" Inner Cap (11) into the Butterfly Upright.

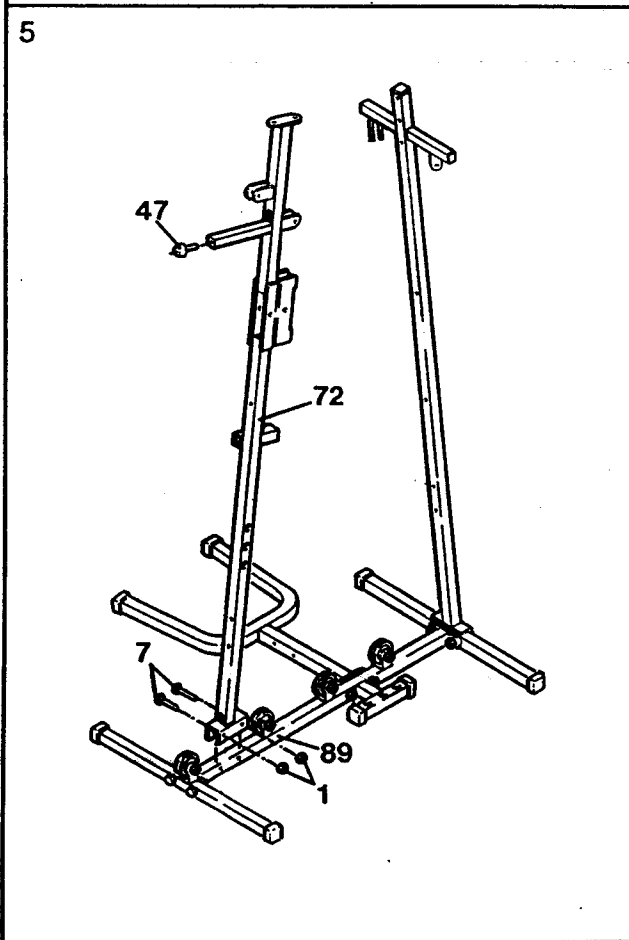
Press two 2" x 2" Outer Caps (10) onto the Stabilizer (19).

Hold the Butterfly Upright (77) on top of the Stabilizer (19) as shown. Attach the Butterfly Upright and the Stabilizer to the Base (89) with two 3/8" x 3" Bolts (7) and 3/8" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



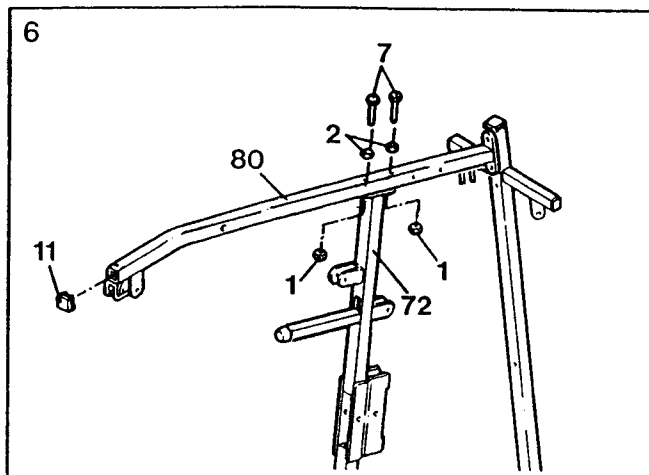
5. Tighten the threaded shaft of the Bumper (47) into the post on the Front Upright (72).

Attach the Front Upright (72) to the Base (89) with two 3/8" x 3" Bolts (7) and 3/8" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



6. Press a 2" x 2" Inner Cap (11) into the Frame Top (80).

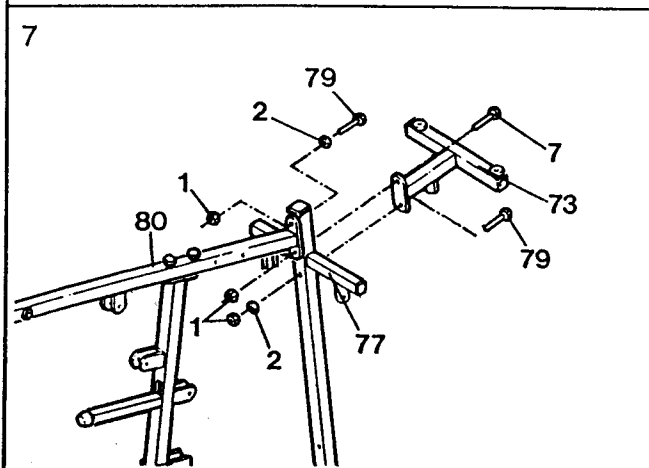
Attach the Frame Top (80) to the Front Upright (72) with two 3/8" x 3" Bolts (7), 3/8" Washers (2) and 3/8" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



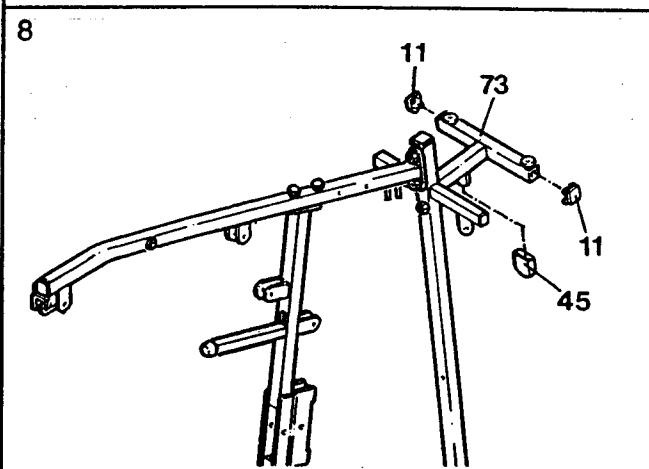
7. Insert a 3/8" x 2 3/4" Bolt (79), with a 3/8" Washer (2), through the Butterfly Upright (77) and the upper hole in the Frame Top (80). Thread a 3/8" Nylock Nut (1) onto the Bolt.

Insert a 3/8" x 3" Bolt (7) through the upper hole in the Butterfly Support (73), the Butterfly Upright (77) and the lower hole in the Frame Top (80). Thread a 3/8" Nylock Nut (1) onto the Bolt.

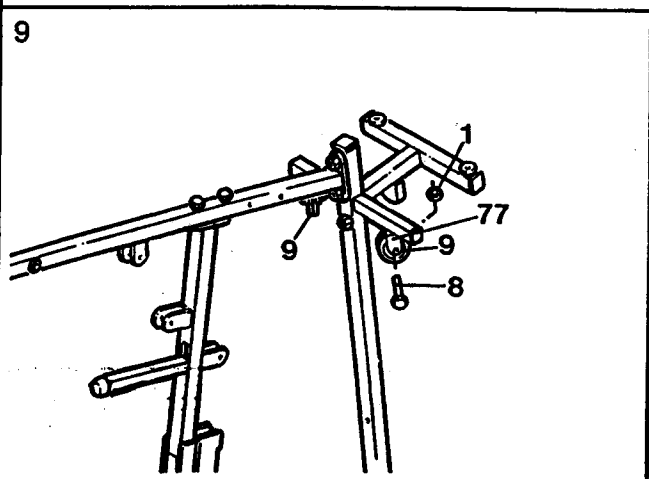
Insert a 3/8" x 2 3/4" Bolt (79) through the lower hole in the Butterfly Support (73) and the Butterfly Upright (77). Slide a 3/8" Washer (2) onto the Bolt and thread a 3/8" Nylock Nut (1) onto the Bolt.



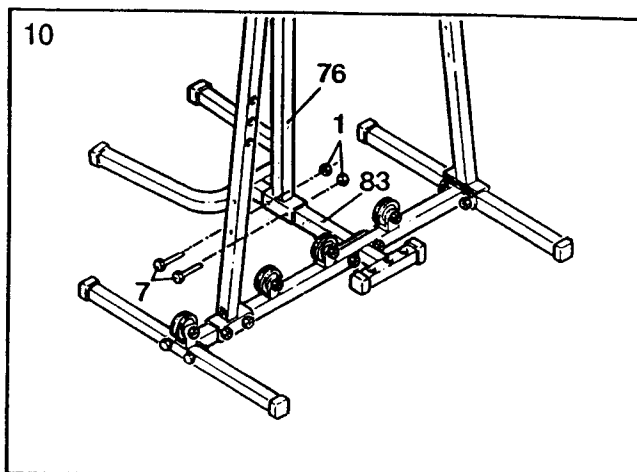
8. Press two 2" x 2" Inner Caps (11) into the Butterfly Support (73). Press a Bumper Cap (45) onto the Butterfly Support.



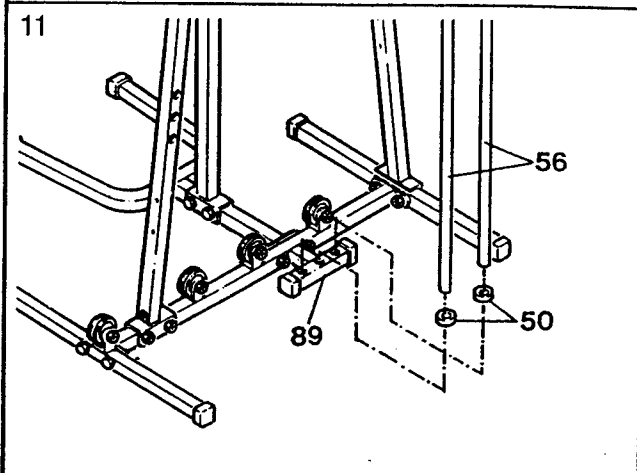
9. Attach two Pulleys (9) to the brackets on the Butterfly Upright (77) with 3/8" x 2" Shank Bolts (8) and 3/8" Nylock Nuts (1).



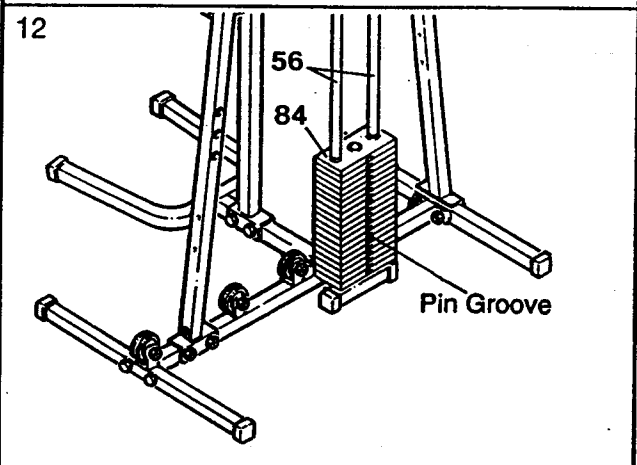
10. Attach the VKR Upright (76) to the "Y" Stabilizer (83) with two 3/8" x 3" Bolts (7) and 3/8" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



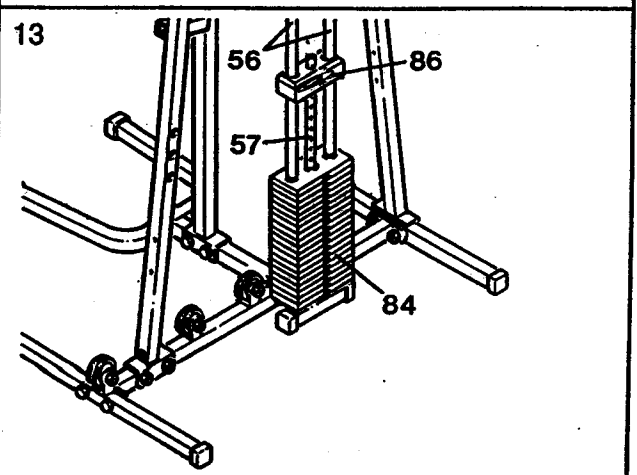
11. Slide the two Weight Bumpers (50) onto the Weight Guides (56). Insert the Weight Guides into the indicated holes in the Base (89).



12. Slide the nineteen Weights (84) down onto the Weight Guides (56). Make sure that all of the Weights are turned so the pin grooves are under the Weights and are on the indicated side.



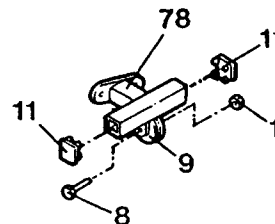
13. Slide the Top Weight (86) and the Weight Selector (57) down onto the Weight Guides (56). Insert the Weight Selector into the Weights (84).



14. Press two 2" x 2" Inner Caps (11) into the Weight Guide Top (78).

Attach a Pulley (9) to the Weight Guide Top (78) with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).

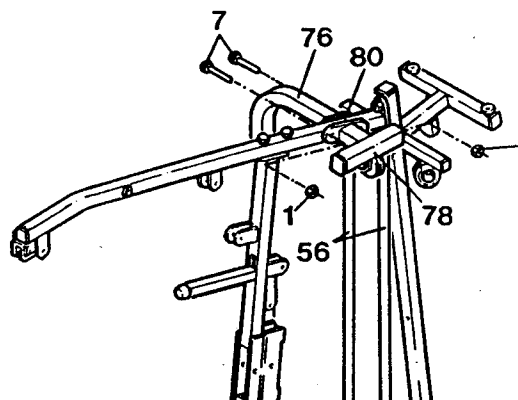
14



15. Slide the Weight Guide Top (78) onto the upper ends of the Weight Guides (56). Attach the Weight Guide Top to the Frame Top (80) and the VKR Upright (76) with two 3/8" x 3" Bolts (7) and 3/8" Nylock Nuts (1).

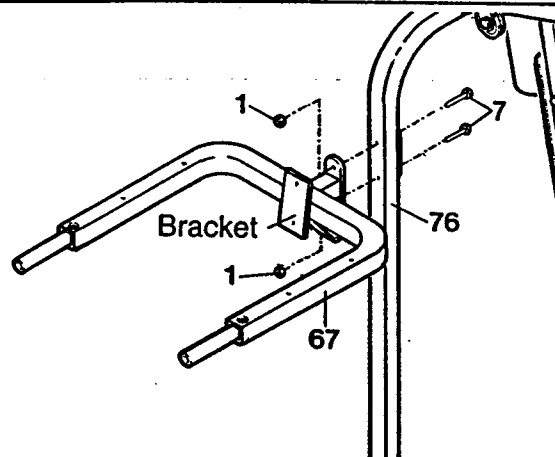
Properly tighten all Nylock Nuts used in assembly steps 2 through 15.

15



16. Attach the VKR Frame (67) to the VKR Upright (76) with two 3/8" x 3" Bolts (7) and 3/8" Nylock Nuts (1). Make sure that the VKR Frame is turned so the indicated bracket is angled as shown.

16



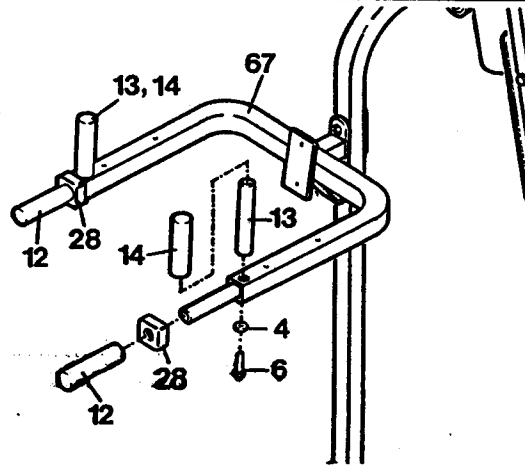
17. Press a 2" x 2" Outer Cap w/Hole (28) onto each end of the VKR Frame (67). Wet the ends of the VKR Frame with soapy water and slide a Large Handgrip (12) onto each end.

Find the end of a Handle (13) that contains an inset nut. Insert that end of the Handle into one side of the VKR Frame (67). Attach the Handle with an 8mm x 3/4" Bolt (6) and 8mm Washer (4).

Attach a Handle (13) to the other side of the VKR Frame (67) in the same manner.

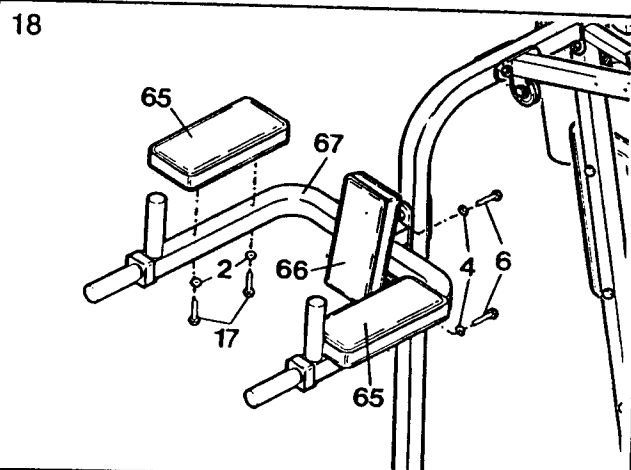
Wet the Handles (13) with soapy water and slide a Small Handgrip (14) onto each one.

17



18. Attach the VKR Backrest (66) to the center of the VKR Frame (67) with two 8mm x 3/4" Bolts (6) and 8mm Washers (4).

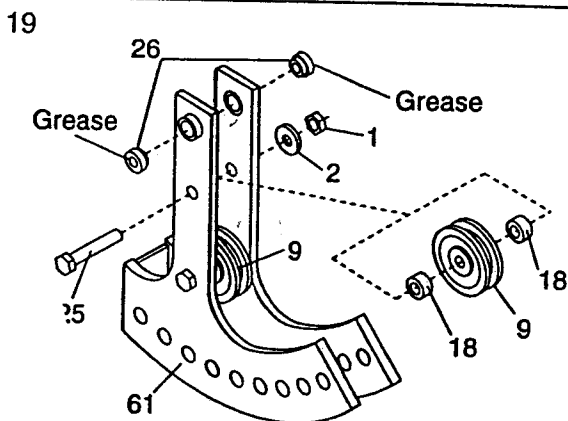
Attach the two VKR Armrests (65) to the VKR Frame (67) with 3/8" x 2" Bolts (17) and 3/8" Washers (2).



19. Insert a 3/8" x 3 1/2" Shank Bolt (25) into one side of the Adjuster (61). Slide a 3/4" x 3/4" Spacer (18), a Pulley (9) and another 3/4" x 3/4" Spacer onto the Bolt. Insert the Bolt through the other side of the Adjuster. Slide a 3/8" Washer (2) onto the Bolt and tighten a 3/8" Nylock Nut (1) onto the Bolt.

Attach another Pulley (9) to the Adjuster (61) in the same manner.

Insert the two Thick 5/8" Bushings (26) into the Adjuster (61) from the outside as shown. Grease the insides of the Bushings. **Make sure that the Bushings remain in the Adjuster during assembly steps 24 and 25.**

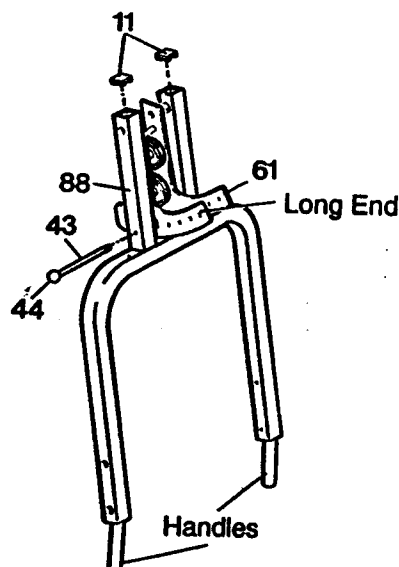


20. Press two 2" x 2" Inner Caps (11) into the posts on the Press Arm (88).

Tighten the Pin Knob (44) onto the 10 3/4" Pin (43).

Hold the Adjuster (61) between the posts on the Press Arm (88) as shown. See the drawing at the right to make sure that the Adjuster is turned correctly—note the position of the long end of the Adjuster and the angle of the handles on the Press Arm. Insert the 10 3/4" Pin (43) through the Press Arm and one of the holes in the Adjuster.

20



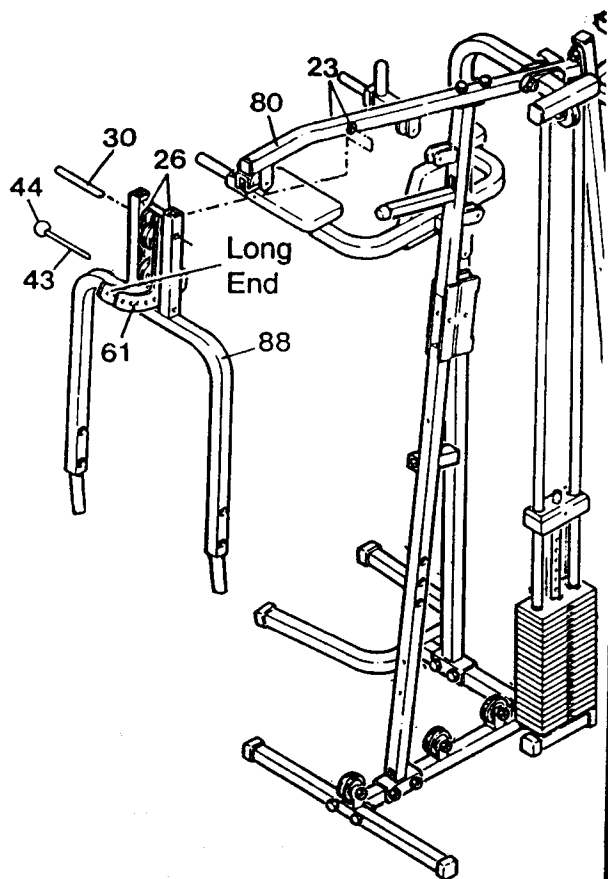
21. Grease the insides of the two 1/2" Bushings (23) in the Frame Top (80).

Slide the Press Arm (88) onto the Frame Top (80). Align the two Thick 5/8" Bushings (26) in the Adjuster (61) with the 1/2" Bushings (23) in the Frame Top. Make sure that the Press Arm is turned so the long end of the Adjuster is on the indicated side. Using a rubber mallet, tap the 7 1/2" Axle (30) into the Press Arm, Adjuster and Frame Top.

Remove the 10 3/4" Pin (43) from the Press Arm (88) and the Adjuster (61). Remove the Pin Knob (44) from the 10 3/4" Pin. Hold one end of the 10 3/4" Pin against one end of the 7 1/2" Axle (30). Using a rubber mallet, tap the 10 3/4" Pin until the 7 1/2" Axle is centered in the Press Arm.

Tighten the Pin Knob (44) back onto the 10 3/4" Pin (43). Insert the 10 3/4" Pin through the Press Arm (88) and one of the holes in the Adjuster (61).

21



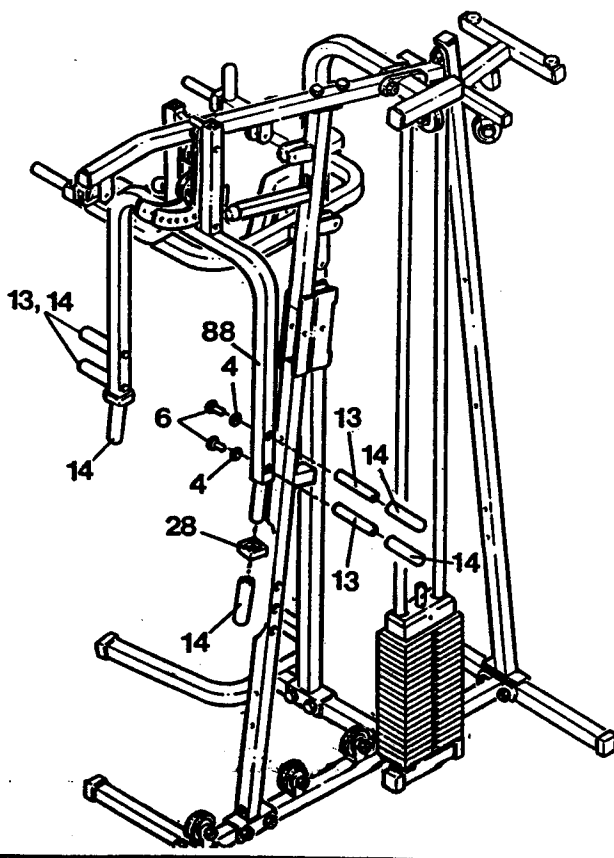
22. Press a 2" x 2" Outer Cap w/Hole (28) onto each end of the Press Arm (88). Wet the ends of the Press Arm with soapy water and slide a Small Handgrip (14) onto each end.

Find the ends of two Handles (13) that contain inset nuts. Insert those ends of the Handles into one side of the Press Arm (88). Attach each Handle with an 8mm x 3/4" Bolt (6) and 8mm Washer (4).

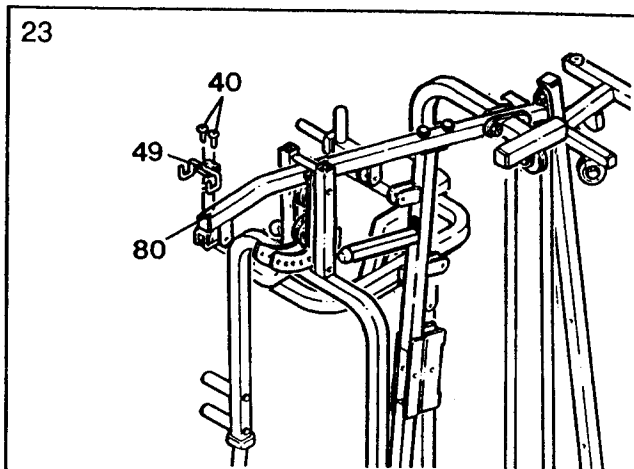
Attach two Handles (13) to the other side of the Press Arm (88) in the same manner.

Wet the four Handles (13) with soapy water and slide a Small Handgrip (14) onto each one.

22

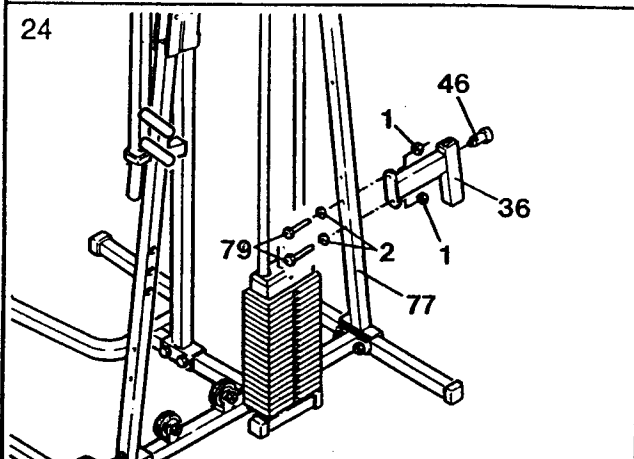


23. Attach the Lat Bar Holder (49) to the Frame Top (80) with the two 3/16" Screws (40).



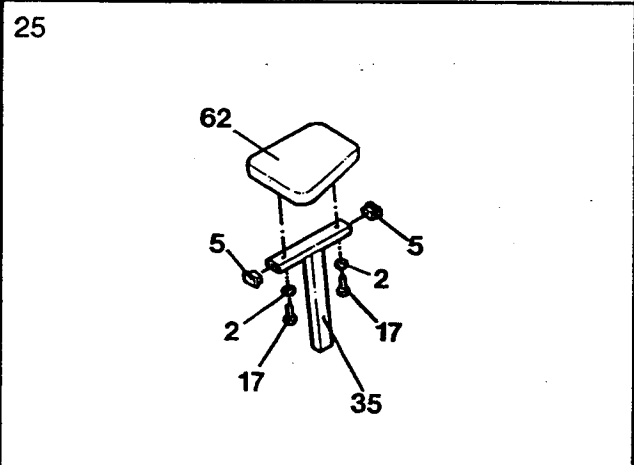
24. Attach the Small Seat Frame (36) to the Butterfly Upright (77) with two 3/8" x 2 3/4" Bolts (79), 3/8" Washers (2) and 3/8" Nylock Nuts (1). Note: The Butterfly Upright has two sets of holes so the Small Seat Frame can be attached at either of two different heights.

Using an adjustable wrench, tighten the shaft of a Lock Knob (46) into the Small Seat Frame (36) as shown.

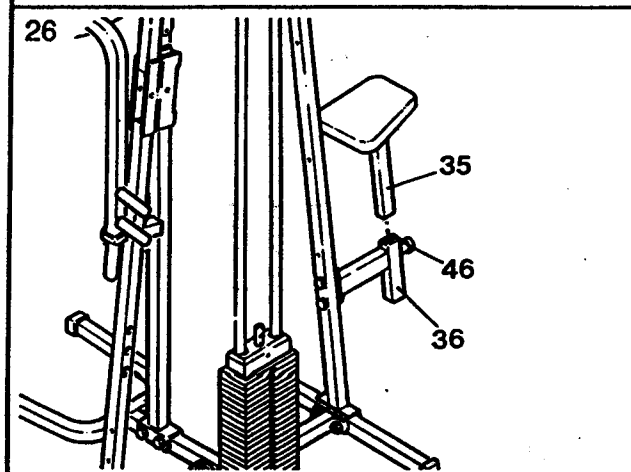


25. Press two 1" x 2" Inner Caps (5) into the Small Seat Post (35).

Attach the Small Seat (62) to the Small Seat Post (35) with three 3/8" x 2" Bolts (17) and 3/8" Washers (2).



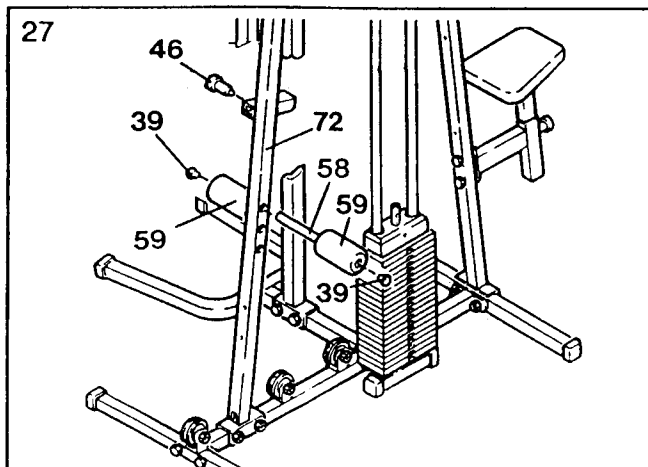
26. Turn the Lock Knob (46) on the side of the Small Seat Frame (36) counterclockwise and pull it outward (see page 21). Insert the Small Seat Post (35) into the Small Seat Frame and adjust it to the desired height. Release the Lock Knob and turn it clockwise until it stops. **Make sure that the pin of the Lock Knob is in one of the holes in the Small Seat Post.**



27. Using an adjustable wrench, tighten the shaft of a Lock Knob (46) into the bracket on the Front Upright (72) as shown.

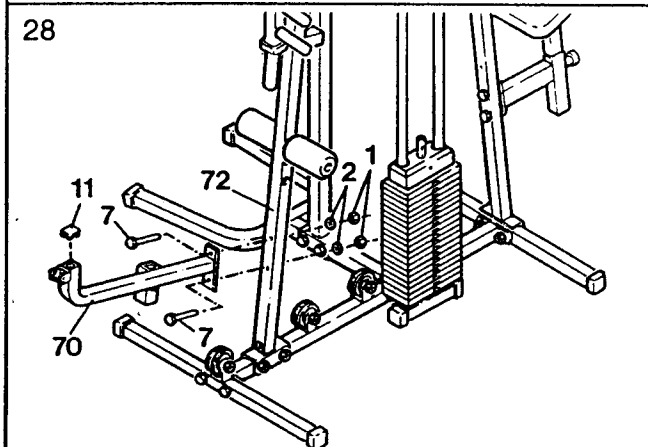
Press two Tube Caps (39) into a Pad Tube (58).

Insert the Pad Tube (58) into the Front Upright (72) and center it. Slide a 6" Foam Pad (59) onto each end of the Pad Tube. Note: The Front Upright has three holes so the Pad Tube can be attached at any of three different heights.



28. Press a 2" x 2" Inner Cap (11) into the Leg Lever Frame (70).

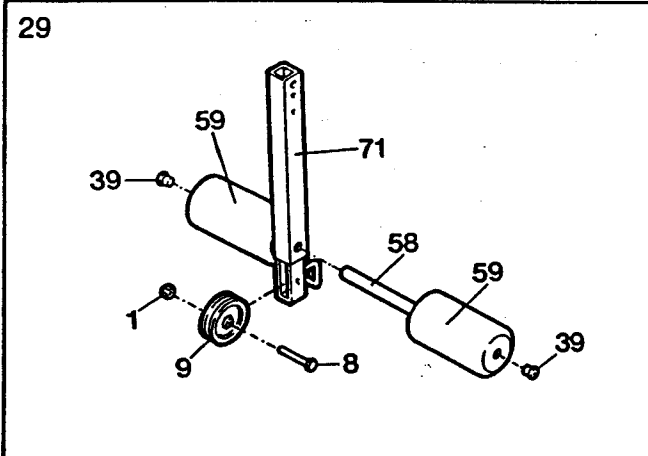
Attach the Leg Lever Frame (70) to the Front Upright (72) with two 3/8" x 3" Bolts (7), 3/8" Washers (2) and 3/8" Nylock Nuts (1). Note: The Front Upright has two sets of holes so the Leg Lever Frame can be attached at either of two different heights.



29. Attach a Pulley (9) to the lower end of the Leg Lever (71) with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).

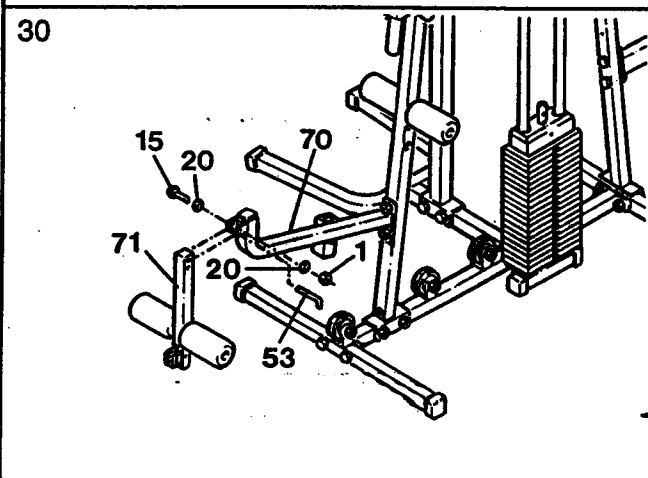
Press two Tube Caps (39) into a Pad Tube (58).

Insert the Pad Tube (58) into the Leg Lever (71) and center it. Slide a 6" Foam Pad (59) onto each end of the Pad Tube.



30. Attach the Leg Lever (71) to the Leg Lever Frame (70) with the 3 1/8" Shank Bolt (15), the two 1/2" Washers (20) and a 3/8" Nylock Nut (1). Do not overtighten the Nylock Nut. The Leg Lever must pivot freely.

Insert the "L" Pin (53) through the indicated hole in the Leg Lever Frame (70) and the Leg Lever (71).



31. Press two 1" x 2" Inner Caps (5) into the Large Seat Post (69).

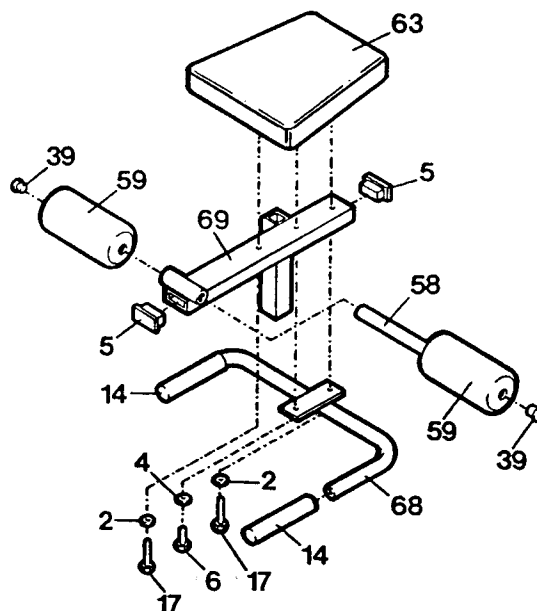
Wet the ends of the "U" Handle (68) with soapy water and slide a Small Handgrip (14) onto each end.

Attach the "U" Handle (68) and the Large Seat Post (69) to the Large Seat (63) with two 3/8" x 2" Bolts (17), two 3/8" Washers (2), an 8mm x 3/4" Bolt (6) and an 8mm Washer (4).

Press two Tube Caps (39) into a Pad Tube (58).

Insert the Pad Tube (58) into the Large Seat Post (69) and center it. Slide a 6" Foam Pad (59) onto each end of the Pad Tube.

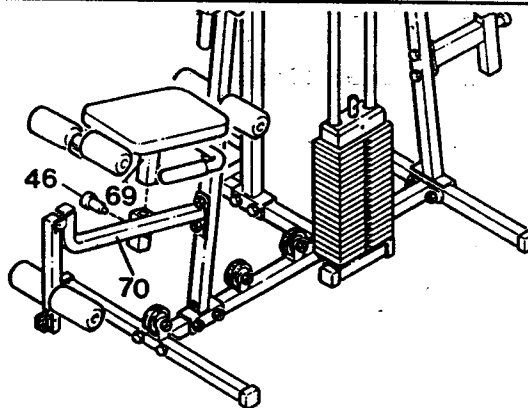
31



32. Using an adjustable wrench, tighten the shaft of a Lock Knob (46) into the Leg Lever Frame (70).

Turn the Lock Knob (46) counterclockwise and pull it outward (see page 21). Insert the Large Seat Post (69) into the Leg Lever Frame (70) and adjust it to the desired height. Release the Lock Knob and turn it clockwise until it stops. **Make sure that the pin of the Lock Knob is in one of the holes in the Large Seat Post.**

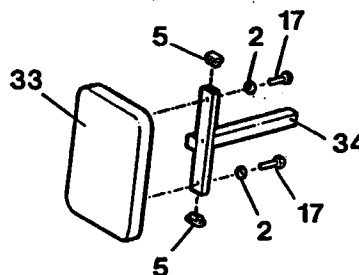
32



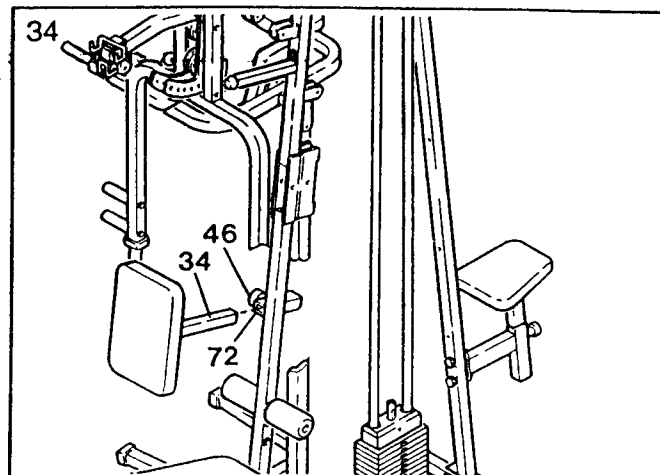
33. Press two 1" x 2" Inner Caps (5) into the Small Backrest Post (34).

Attach the Small Backrest (33) to the Small Backrest Post (34) with two 3/8" x 2" Bolts (17) and 3/8" Washers (2).

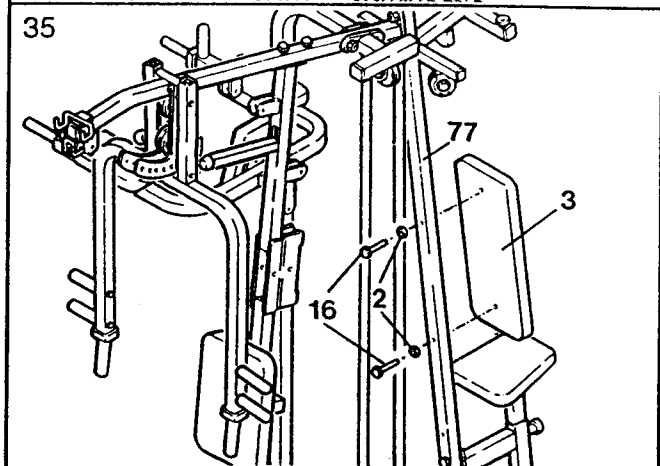
33



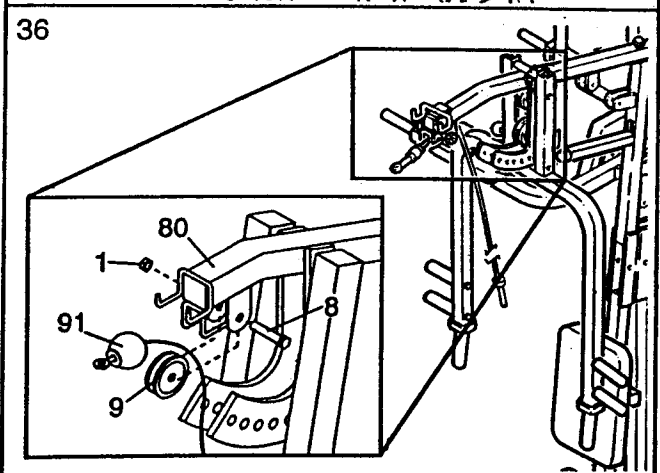
34. Turn the Lock Knob (46) on the side of the Front Upright (72) counterclockwise and pull it outward (see page 21). Insert the Small Backrest Post (34) into the Front Upright and adjust it to the desired position. Release the Lock Knob and turn it clockwise until it stops. **Make sure that the pin of the Lock Knob is in one of the holes in the Small Backrest Post.**



35. Attach the Large Backrest (3) to the Butterfly Upright (77) with the two 3/8" x 2 1/2" Bolts (16) and two 3/8" Washers (2).

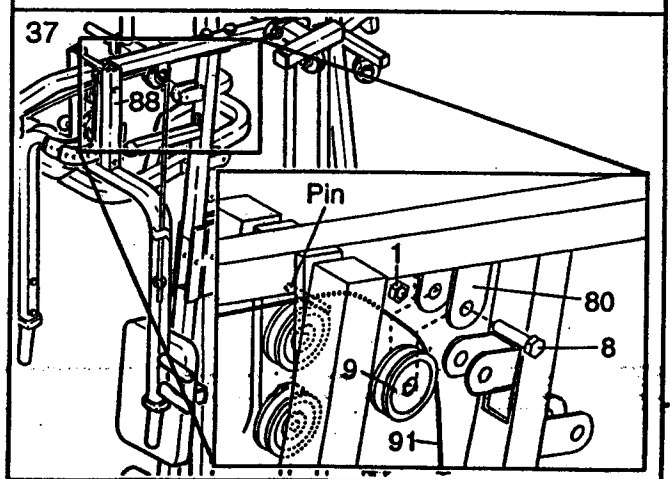


36. Find Cable #1 (91). **Note: There is a label attached to one end of each Cable to identify the Cable.** Slide the rubber ball and the two metal washers to the end of the Cable that has an eyelet on it. Lay that end of the Cable over a Pulley (9). Attach the Pulley to the indicated bracket on the Frame Top (80) with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).



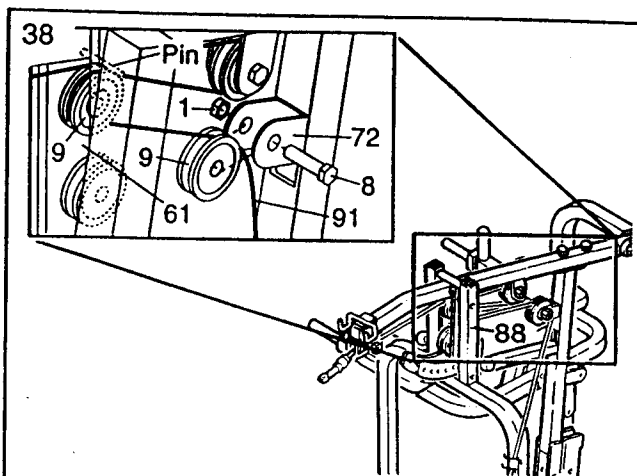
37. Route the other end of Cable #1 (91) ^{under} the indicated pin on the Press Arm (88).

Lay Cable #1 (91) over a Pulley (9). Attach the Pulley to the indicated bracket on the Frame Top (80) with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).



38. Route the end of Cable #1 (91) under the indicated pin on the Press Arm (88). Wrap the Cable around the upper Pulley (9) on the Adjuster (61).

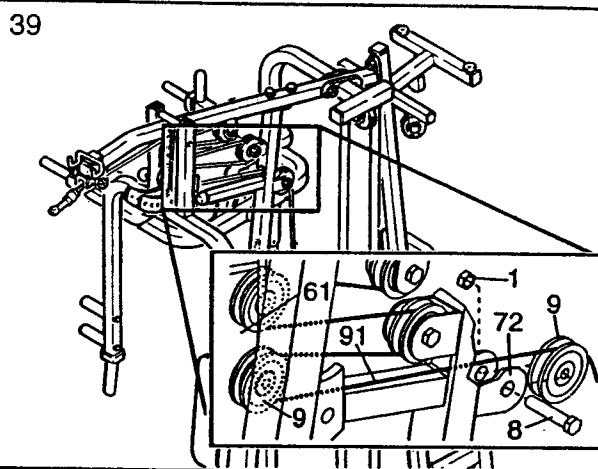
Lay Cable #1 (91) over a Pulley (9). Attach the Pulley to the indicated bracket on the Front Upright (72) with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).



39. Wrap Cable #1 (91) around the lower Pulley (9) on the Adjuster (61).

Insert the end of Cable #1 (91) through the indicated hole in the Front Upright (72).

Lay Cable #1 (91) over a Pulley (9). Attach the Pulley to the indicated bracket on the Front Upright (72) with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).



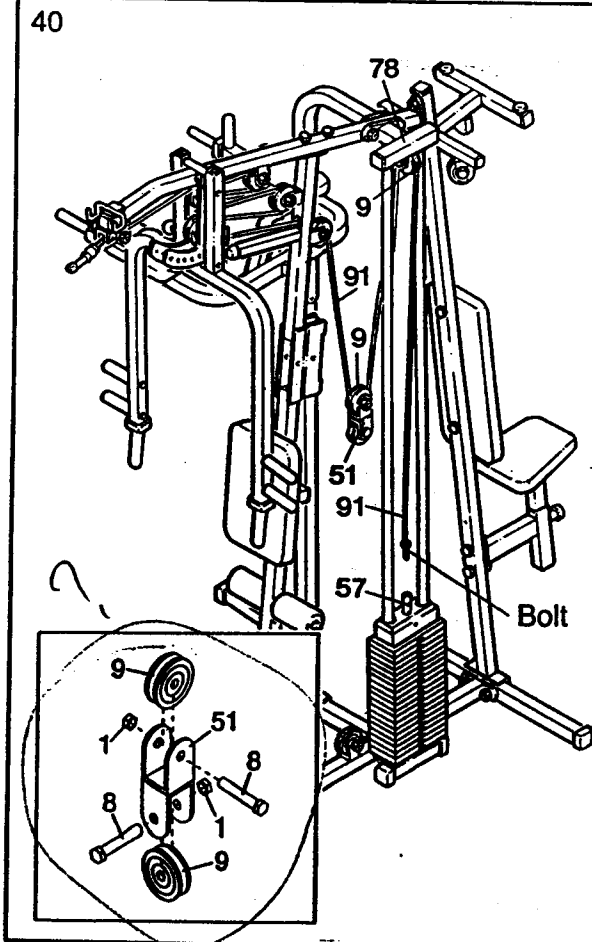
40. Attach two Pulleys (9) to one of the Swivel Brackets (51) with 3/8" x 2" Shank Bolts (8) and 3/8" Nylock Nuts (1) (see the inset drawing).

Attach two Pulleys (9) to the other Swivel Bracket (51) in the same manner (not shown).

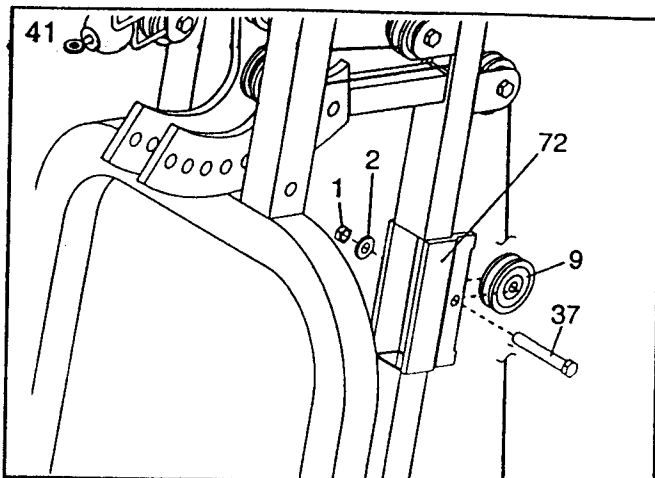
Route the end of Cable #1 (91) under one of the Pulleys (9) on one of the Swivel Brackets (51) as shown.

Route the end of Cable #1 (91) over the Pulley (9) on the Weight Guide Top (78).

Thread the bolt on the end of Cable #1 (91) about halfway into the Weight Selector (57).



41. Attach a Pulley (9) to the indicated bracket on the **Front Upright (72)** with the **3/8" x 3 1/4" Bolt (37)**, a **3/8" Washer (2)** and a **3/8" Nylock Nut (1)**.

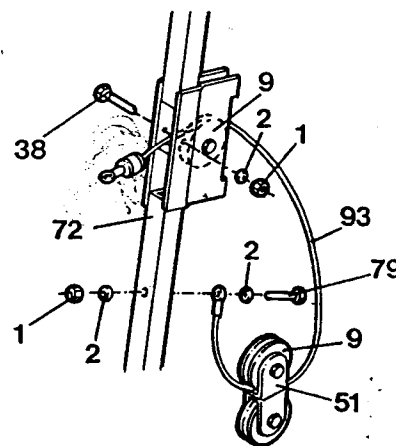


42. Find Cable #3 (93). Slide the rubber ring and the two metal washers to one end of the Cable. Lay that end of the Cable over the indicated Pulley (9) on the Front Upright (72). Insert the **3/8" x 3" Shank Bolt (38)** through the indicated hole in the Front Upright. Slide a **3/8" Washer (2)** onto the Bolt and tighten a **3/8" Nylock Nut (1)** onto the Bolt. Make sure that the Cable is between the Bolt and the Pulley.

Route the other end of Cable #3 (93) under one of the Pulleys (9) on the other Swivel Bracket (51) as shown.

Attach the end of Cable #3 (93) to the Front Upright (72) with a **3/8" x 2 3/4" Bolt (79)**, two **3/8" Washers (2)** and a **3/8" Nylock Nut (1)**.

42



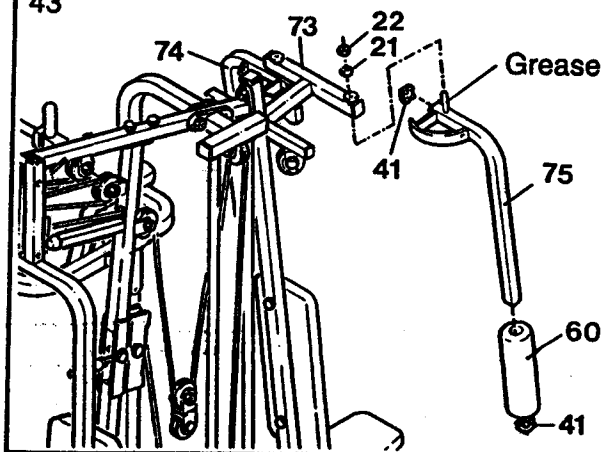
43. Press two **1 1/2" x 1 1/2" Inner Caps (41)** into the **Right Butterfly Arm (75)**.

Grease the threaded post on the **Right Butterfly Arm (75)**. Insert the post up through the **Butterfly Support (73)**. Tighten a **1/2" Nylock Nut (22)**, with an **11/16" Washer (21)**, onto the post. Do not overtighten the Nylock Nut.

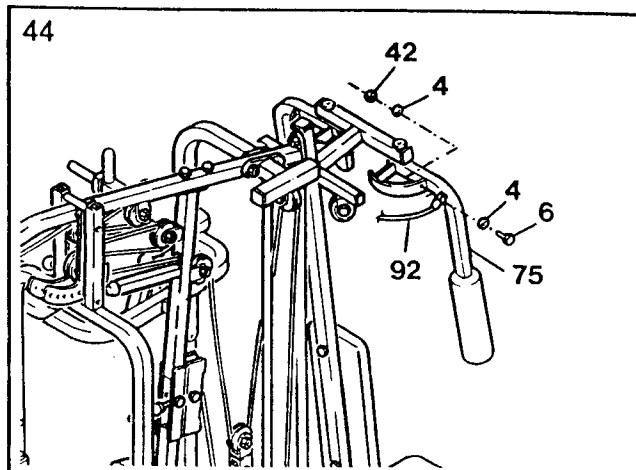
Wet the lower end of the **Right Butterfly Arm (75)** with soapy water. Slide a **15 1/2" Foam Pad (60)** onto the **Right Butterfly Arm**.

Assemble the **Left Butterfly Arm (74)** in the same manner.

43



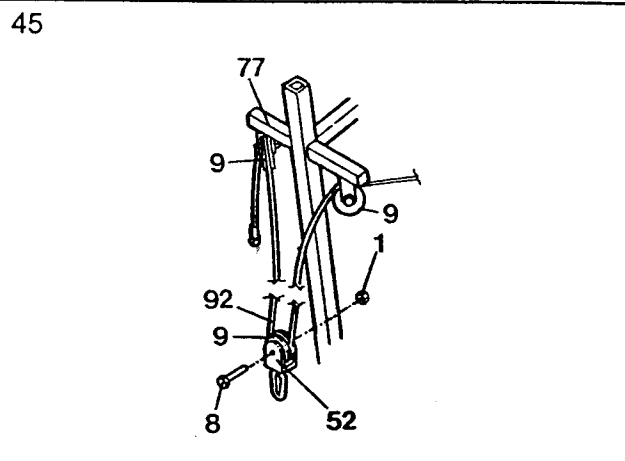
44. Find Cable #2 (92). Attach one end of the Cable to the Right Butterfly Arm (75) with an 8mm x 3/4" Bolt (6), two 8mm Washers (4) and an 8mm Nylock Nut (42). Do not over-tighten the Nylock Nut. The Cable must swivel freely.



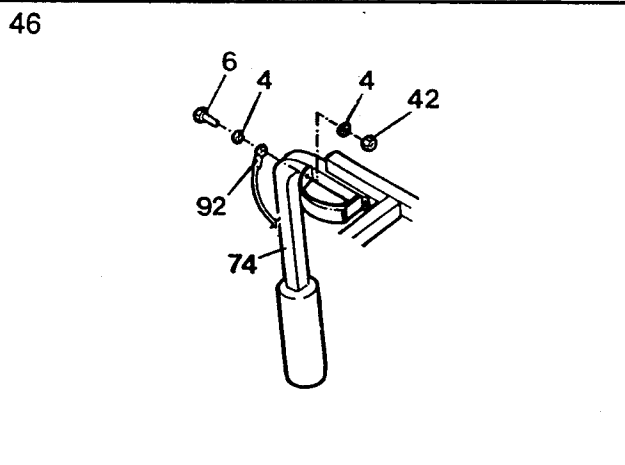
45. Route the other end of Cable #2 (92) over the Pulley (9) on the right side of the Butterfly Upright (77).

Hold a Pulley (9) in the indicated location in Cable #2 (92). Attach the "U" Bracket (52) to the Pulley with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).

Route the end of Cable #2 (92) over the Pulley (9) on the left side of the Butterfly Upright (77).



46. Attach the end of Cable #2 (92) to the Left Butterfly Arm (74) with an 8mm x 3/4" Bolt (6), two 8mm Washers (4) and an 8mm Nylock Nut (42). Do not overtighten the Nylock Nut. The Cable must swivel freely.

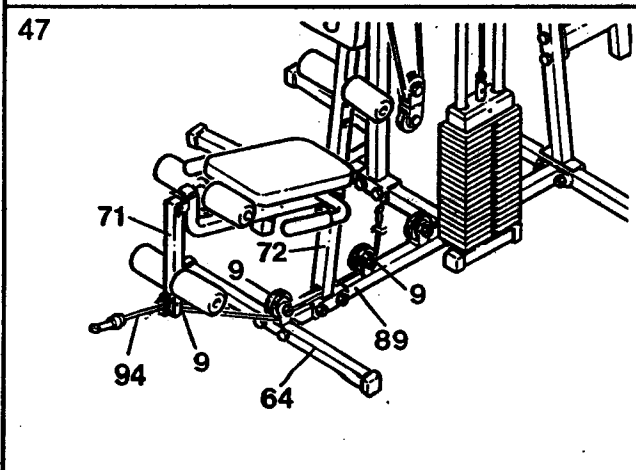


47. Find Cable #4 (94). Slide the rubber ball and the two metal washers to one end of the Cable. Insert the other end of the Cable under the Pulley (9) at the lower end of the Leg Lever (71).

Route the end of Cable #4 (94) under the Pulley (9) on the Stabilizer w/Bracket (64).

Insert the end of Cable #4 (94) through the hole in the lower end of the Front Upright (72).

Route the end of Cable #4 (94) under the indicated Pulley (9) on the Base (89).



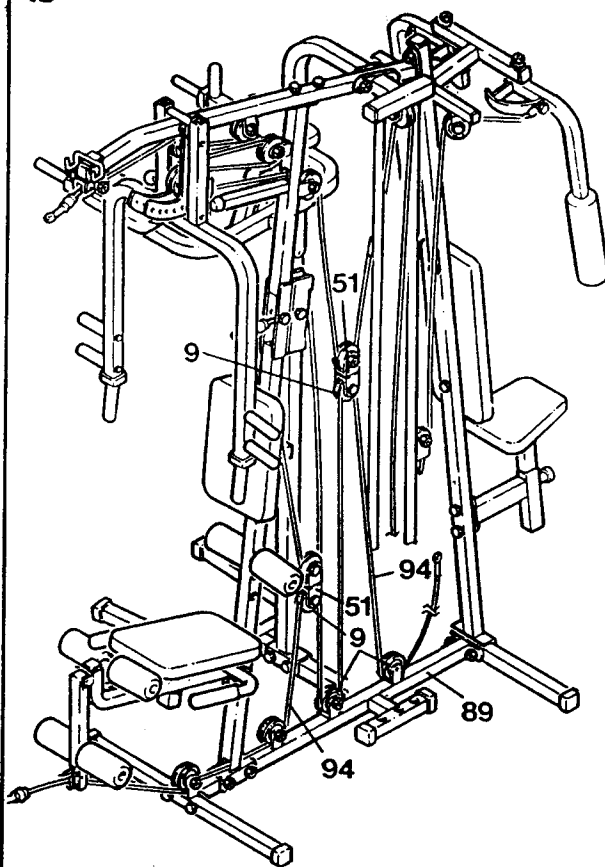
48. Route the end of Cable #4 (94) over the lower Pulley (9) on the indicated Swivel Bracket (51).

Route the end of Cable #4 (94) under the indicated Pulley (9) on the Base (89).

Route the end of Cable #4 (94) over the lower Pulley (9) on the other Swivel Bracket (51).

Route the end of Cable #4 (94) under the indicated Pulley (9) on the Base (89).

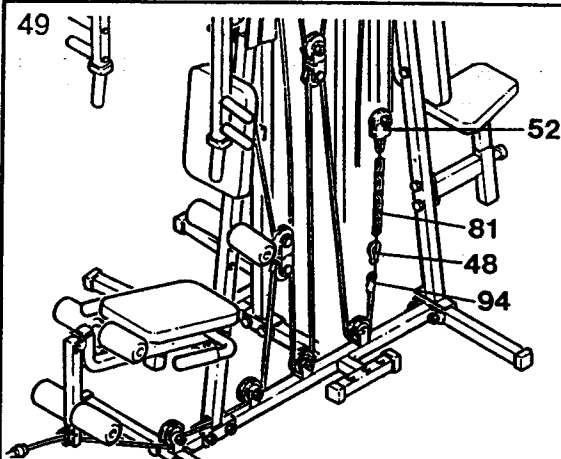
48



49. Open the clip on the "U" Bracket (52). Slide one end of the Short Chain (81) onto the clip.

Attach the end of Cable #4 (94) to the other end of the Short Chain (81) with a Cable Clip (48).

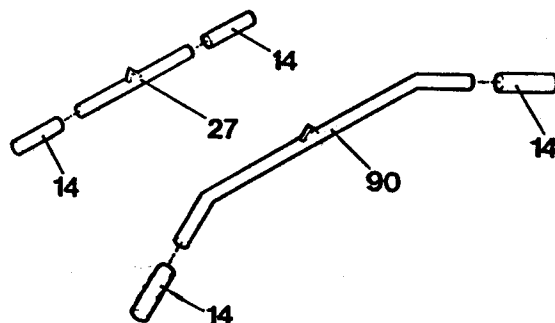
49



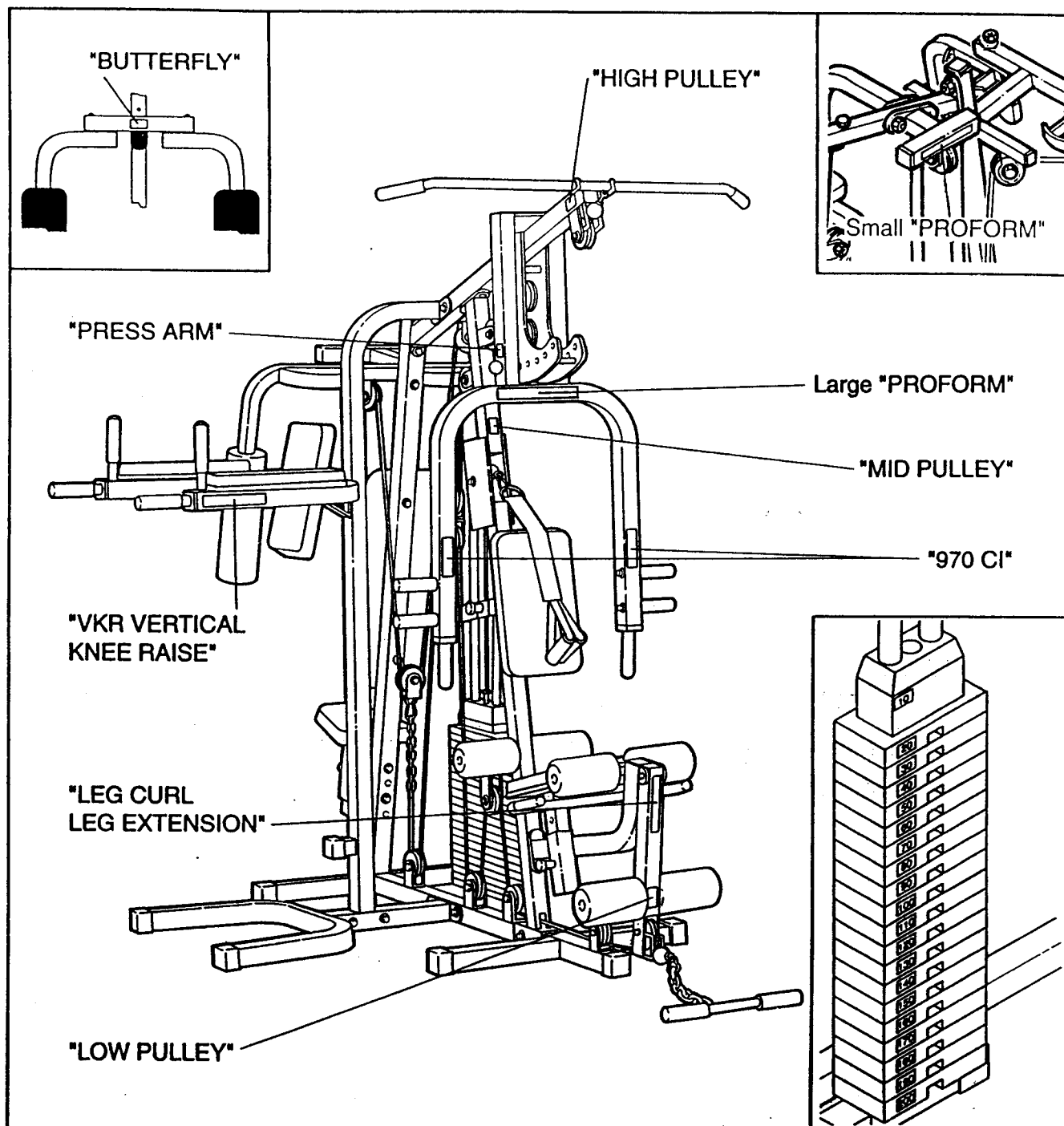
50. Wet the ends of the Rower Bar (27) with soapy water and slide a Small Handgrip (14) onto each end.

Slide a Handgrip (14) onto each end of the Lat Bar (90) in the same manner.

50



51. Remove the decals from the Decal Sheet (55) (not shown) and apply them in the locations shown in the drawings below.



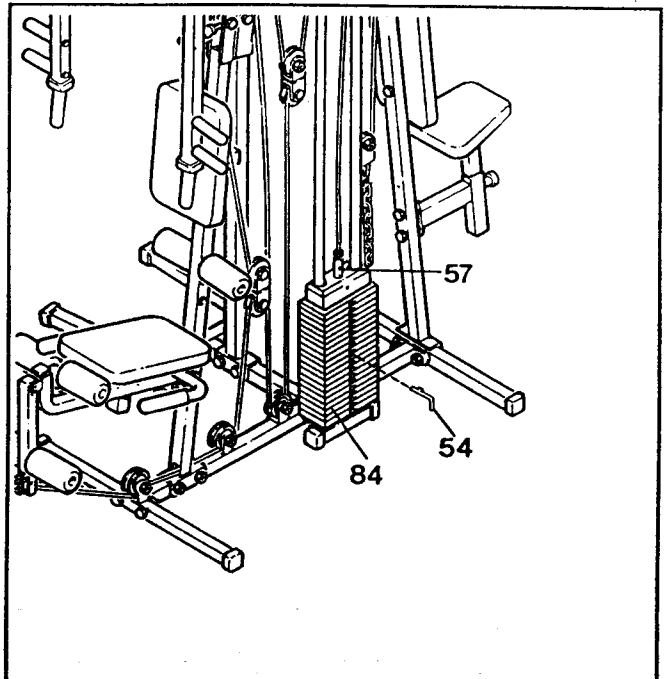
52. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in USING THE PROFORM 970 CI, beginning on page 20 of this owner's manual.
53. Before using the PROFORM 970 CI, test the cables and pulleys. Pull the end of each cable a few times to make sure that the cable moves smoothly over the pulleys. Move the press arm, butterfly arms and leg lever a few times. If one of the cables does not move smoothly, locate and correct the problem before using the PROFORM 970 CI. **IMPORTANT: If the cables are not properly routed, they may be permanently damaged when used with heavy weights.**

USING THE PROFORM 970 CI

The instructions below describe how each component of the PROFORM 970 CI can be adjusted. See the EXERCISE GUIDE accompanying this owner's manual to see how the PROFORM 970 CI should be set up for each individual exercise.

CHANGING THE WEIGHT SETTING

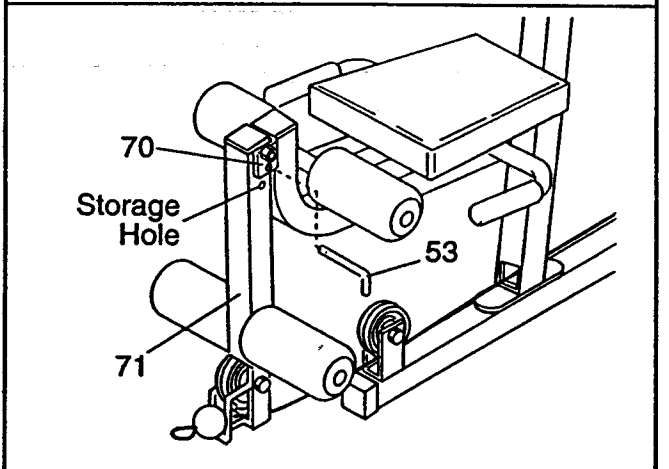
The weight setting can be changed from a minimum of 10 pounds, up to a maximum of 150 pounds, in increments of 10 pounds. To select a weight setting, insert the "L" Pin w/Tab (54) under one of the Weights (84) and through the Weight Selector (57). Turn the end of the "L" Pin w/Tab downward. The decal on the Weight just above the "L" Pin w/Tab will show the selected weight setting.



LOCKING THE LEG LEVER

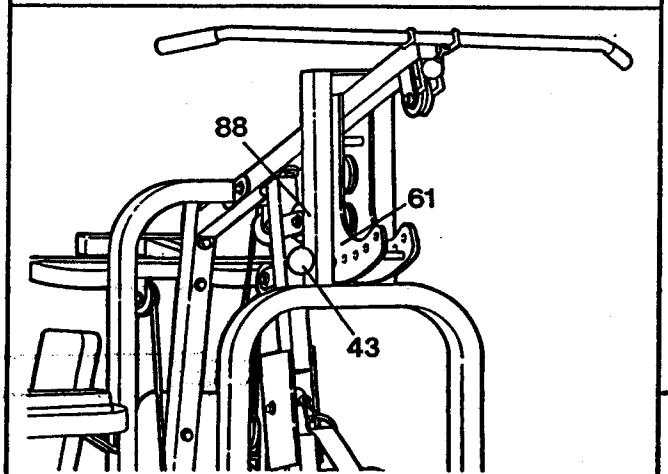
For certain exercises, the Leg Lever (71) should be locked in a stationary position. To lock the Leg Lever, insert the "L" Pin (53) through the indicated hole in the Leg Lever Frame (70) and the Leg Lever.

To use the Leg Lever (71), remove the "L" Pin (53) and insert it into the storage hole in the Leg Lever.



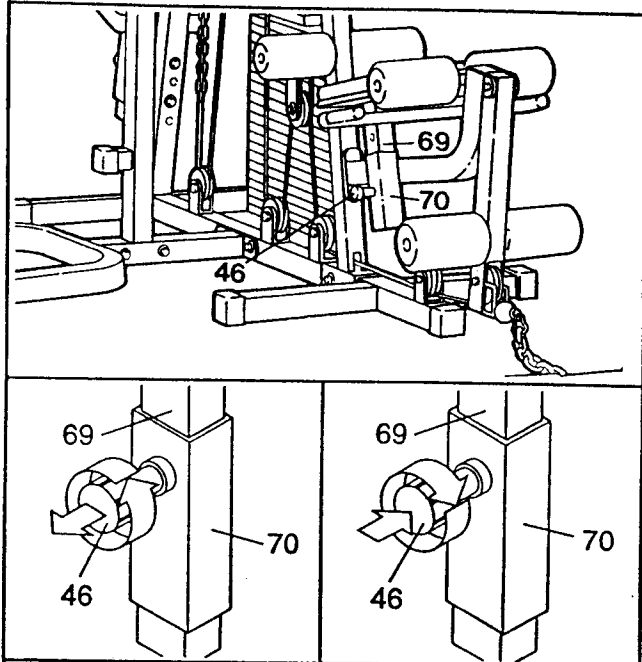
ADJUSTING THE PRESS ARM

The position of the Press Arm (88) can be adjusted for different exercises. To adjust the position, first remove the 10 3/4" Pin (43) from the Press Arm and the Adjuster (61). Pivot the Press Arm forward or backward, and insert the 10 3/4" Pin through the Press Arm and a different hole in the Adjuster.



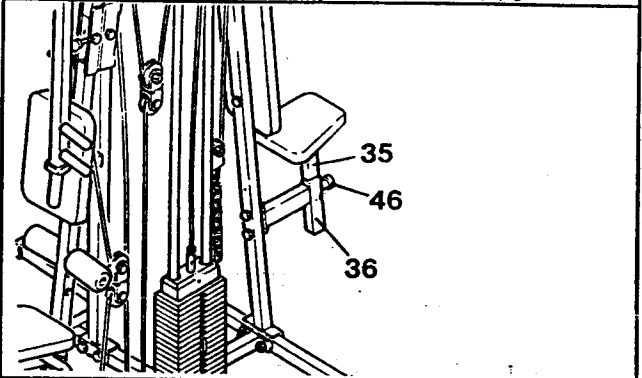
ADJUSTING THE HEIGHT OF THE LARGE SEAT

1. Turn the Lock Knob (46) on the side of the Leg Lever Frame (70) counterclockwise until it turns freely. Pull the Lock Knob outward.
2. Raise or lower the Large Seat Post (69) to the desired height. **CAUTION: Be careful to avoid pinching your hand.**
3. Release the Lock Knob (46). Make sure that the pin on the Lock Knob is in one of the holes in the Large Seat Post (69). **CAUTION: If the pin is not in one of the holes, the Large Seat Post could slip, resulting in injury.**
4. Push on the Lock Knob (46) and turn it clockwise until it will no longer turn.



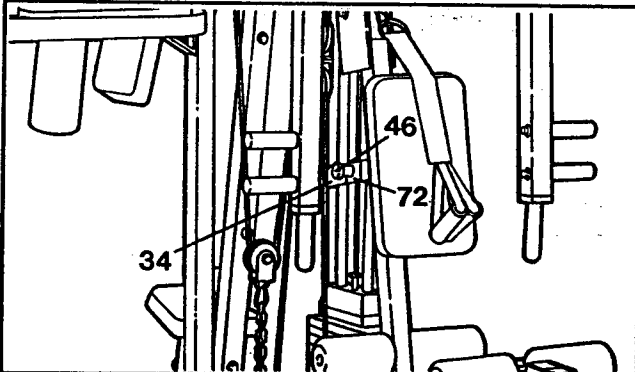
ADJUSTING THE HEIGHT OF THE SMALL SEAT

The small seat can be adjusted in the same manner as the large seat (see ADJUSTING THE HEIGHT OF THE LARGE SEAT above). Loosen the Lock Knob (46) on the Small Seat Frame (36) and raise or lower the Small Seat Post (35).



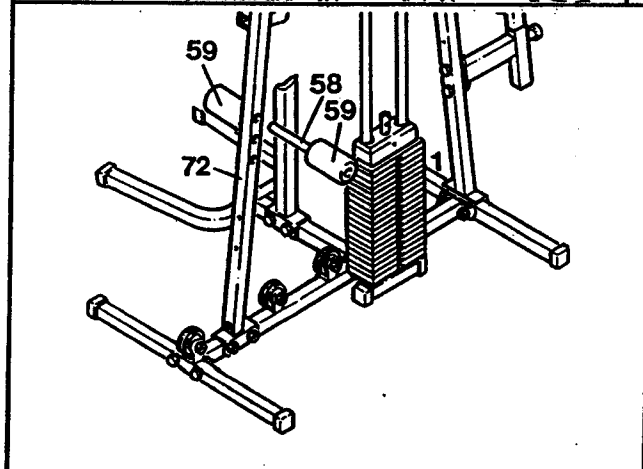
ADJUSTING THE POSITION OF THE SMALL BACKREST

The small backrest can be adjusted in the same manner as the large seat (see ADJUSTING THE HEIGHT OF THE LARGE SEAT above). Loosen the Lock Knob (46) on the side of the Front Upright (72) and move the Small Backrest Post (34) forward or backward.



ADJUSTING THE PADS ON THE SMALL SEAT

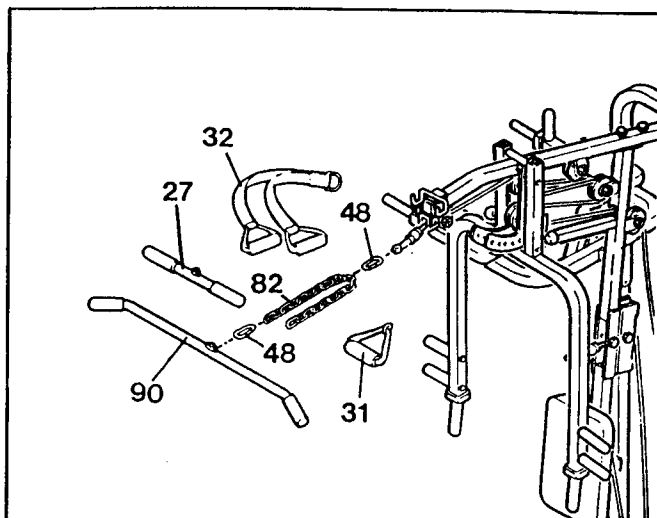
The Front Upright (72) has three holes so the 6" Foam Pads (59) can be attached at any of three different heights. To change the height, first slide one Foam Pad off the Pad Tube (58). Remove the Pad Tube and insert it into a different hole in the Front Upright. Slide the Foam Pad back onto the Pad Tube.



USING THE HIGH CABLE

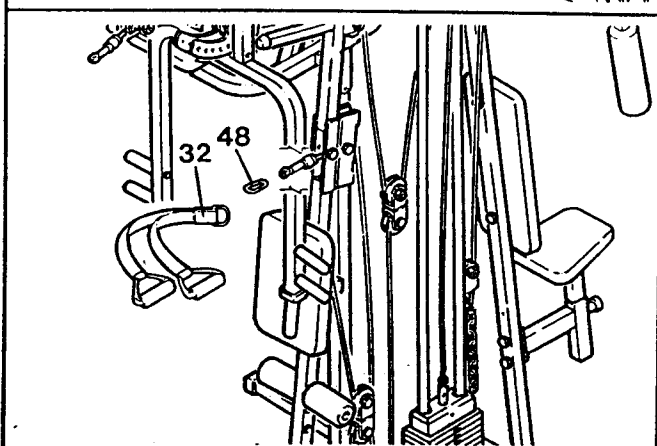
The Lat Bar (90) can be attached to the high cable with a Cable Clip (48). For certain exercises, the Long Chain (82) should be attached between the Lat Bar and the high cable with two Cable Clips. The length of the Chain between the Lat Bar and the high cable can be adjusted by attaching the Cable Clips closer together or farther apart. Adjust the length of the Chain until the Lat Bar is in a comfortable starting position.

The Rower Bar (27), Hand Strap (31) and Dual Hand Strap (32) can be attached in the same manner.



USING THE CENTER CABLE

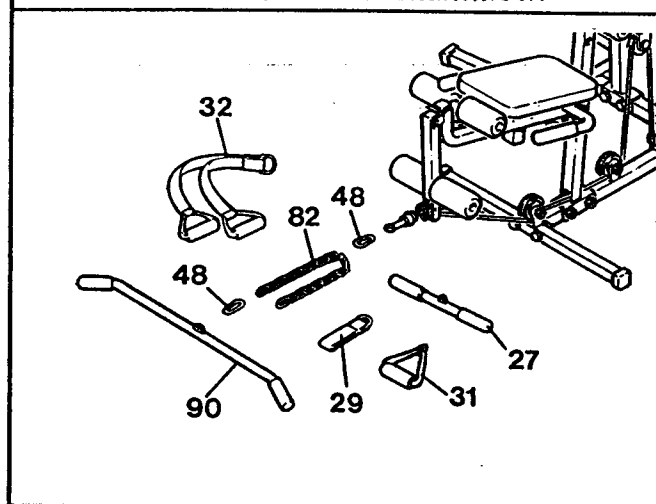
The Dual Hand Strap (32) can be attached to the center cable with a Cable Clip (48).



USING THE LOW CABLE

The Lat Bar (90) can be attached to the low cable with a Cable Clip (48). For certain exercises, the Long Chain (82) should be attached between the Lat Bar and the low cable with two Cable Clips. The length of the Chain between the Lat Bar and the low cable can be adjusted by attaching the Cable Clips closer together or farther apart. Adjust the length of the Chain until the Lat Bar is in a comfortable starting position.

The Rower Bar (27), Hand Strap (31), Dual Hand Strap (32) and Ankle Strap (29) can be attached in the same manner.



TROUBLE-SHOOTING AND MAINTENANCE

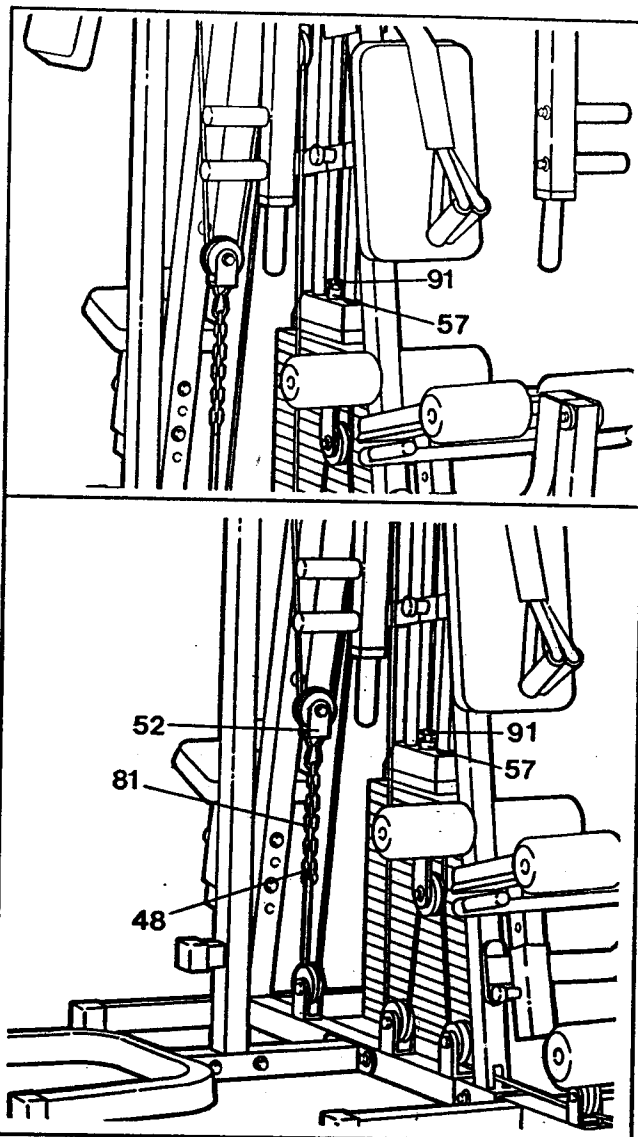
Inspect and tighten all parts of the PROFORM 970 CI regularly. Replace any worn parts immediately. The PROFORM 970 CI can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

ADJUSTING THE CABLES

If there is too much slack in the cables, the cables can be adjusted. To tighten the cables, find the bolt on the end of Cable #1 (91). Turn the bolt clockwise to thread it farther into the Weight Selector (57) until the cables are tight. If the cables cannot be tightened enough by turning the bolt, refer to the instructions below.

Find the bolt on the end of Cable #1 (91). Turn the bolt until about half the threads are inside the Weight Selector (57).

Next, find the Short Chain (81). To tighten the cables, decrease the length of the Short Chain between the "U" Bracket (52) and the Cable Clip (48) by opening the clip on the "U" Bracket, and sliding a different link of the Short Chain onto the "U" Bracket.



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 (PF897030).
2. The NAME of the product (PROFORM® 970 CI weight training system).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST/EXPLODED DRAWING accompanying this manual).

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