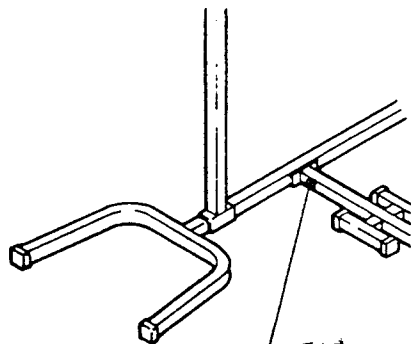


PRO·FORM[®]

Model No. PF898030

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!

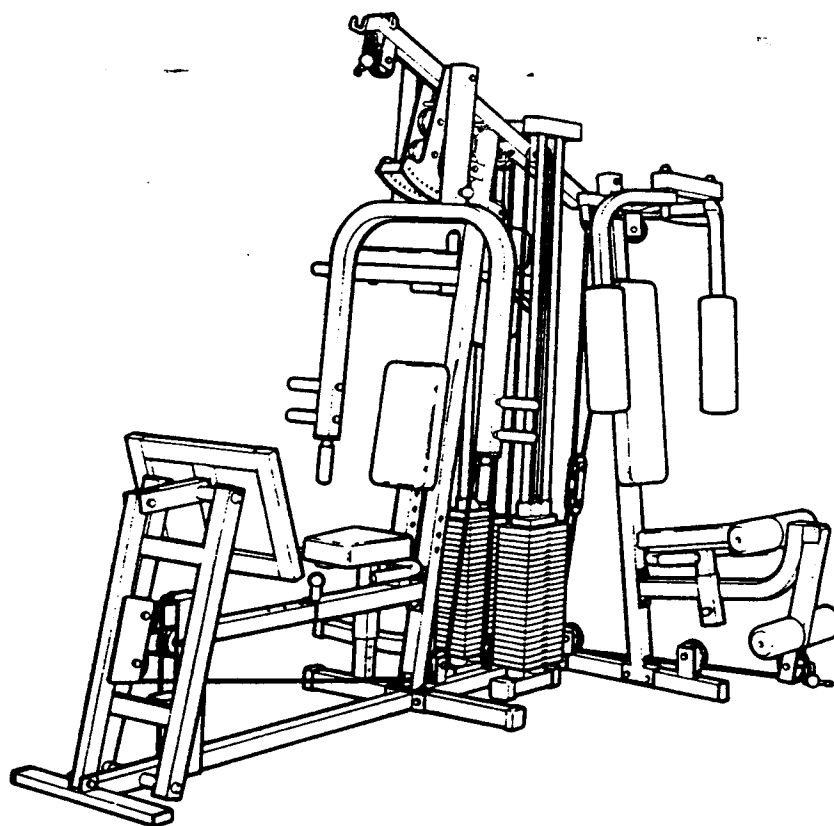
Read all safety precautions and instructions in this manual before using this equipment. Save this manual for future reference.

PATENT PENDING

Dim
44"x68" 62.5H

980TMci

CAST IRON • RESISTANCE



OWNER'S MANUAL

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IMPORTANT SAFETY PRECAUTIONS

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

1. Read all instructions in this owner's manual and in the accompanying literature before using the system. Use the system only as described.
2. Inspect and tighten all parts each time you use the 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 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, leg press, 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 system
8. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

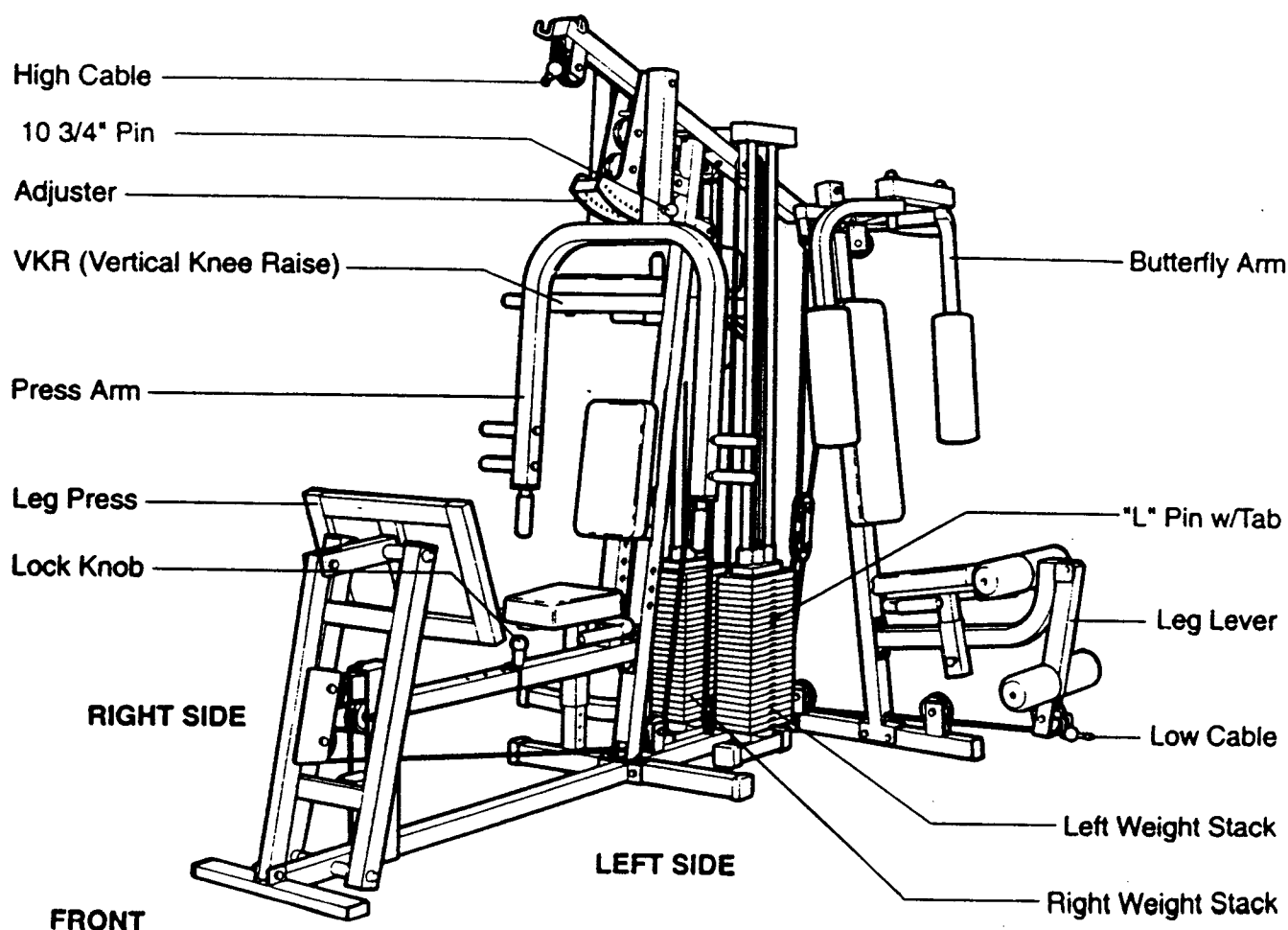
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. PROFORM assumes no responsibility for personal injury or property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

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 980 CI weight training system. The PROFORM 980 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 980 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 980 CI. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 9 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 PF898030. The serial number can be found on a decal attached to the PROFORM 980 CI (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. **IMPORTANT:** Please note the location of the left and right sides of the PROFORM 980 CI.

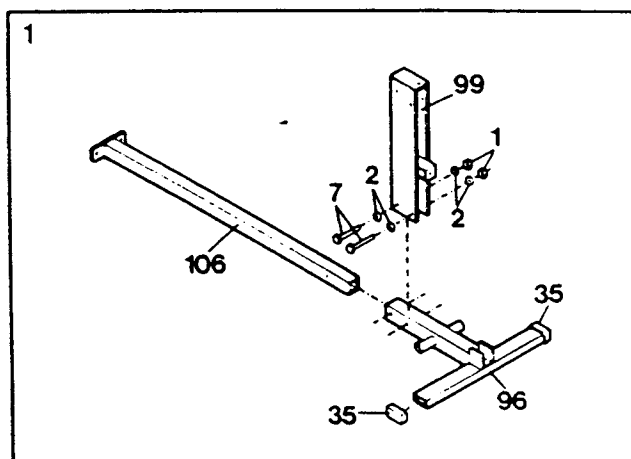


ASSEMBLY

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 980 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 owner's manual for help identifying the small parts used in assembly. Due to the size and weight of the PROFORM 980 CI, it should be assembled in the location where it will be used. Place all parts of the PROFORM 980 CI in a cleared area and remove the packing materials; do not dispose of the packing materials until the PROFORM 980 CI is completely assembled.

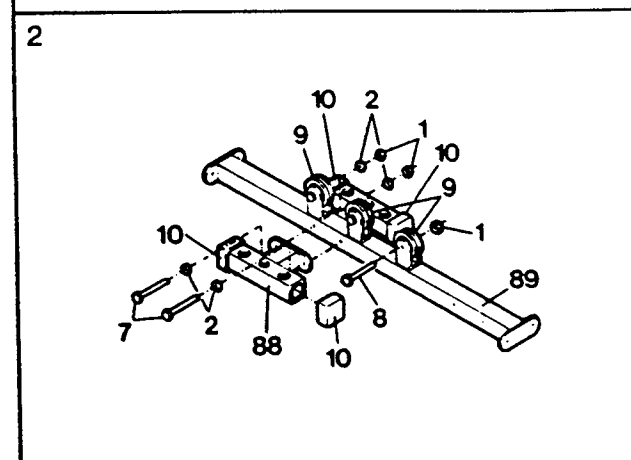
1. Press a 1" x 2" Outer Cap (35) onto each side of the Leg Press Stabilizer (96).

Slide the Leg Press Stabilizer (96) onto the Leg Press Base (106). Using a rubber mallet, tap the Leg Press Support (99) onto the Leg Press Stabilizer. Connect the Leg Press Support, Leg Press Stabilizer and Leg Press Base with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



2. Attach the Weight Guide Base (88) to the Base (89) with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.

Attach three Pulleys (9) to the Base (89) with 3/8" x 2" Shank Bolts (8) and 3/8" Nylock Nuts (1). Do not overtighten the Nylock Nuts. **Note: All Pulleys on the IMAGE 518 must turn freely or they will be damaged.**

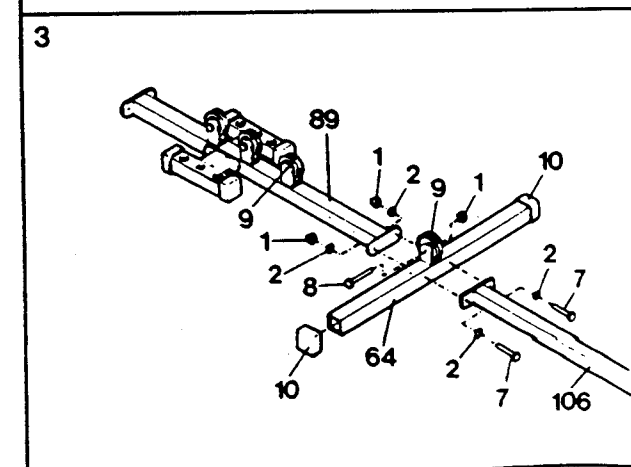


Press four 2" x 2" Outer Caps (10) onto the Base (89) and the Weight Guide Base (88).

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

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

Connect the Leg Press Base (106), Stabilizer (64) and Base (89) with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1) as shown. Be sure the Base (89) is turned so that the indicated Pulley (9) on the Base is toward the Stabilizer. Do not fully tighten the Nylock Nuts yet.



4. Attach three Pulleys (9) to the "U" Stabilizer (83) with 3/8" x 2" Shank Bolts (8) and 3/8" Nylock Nuts (1).

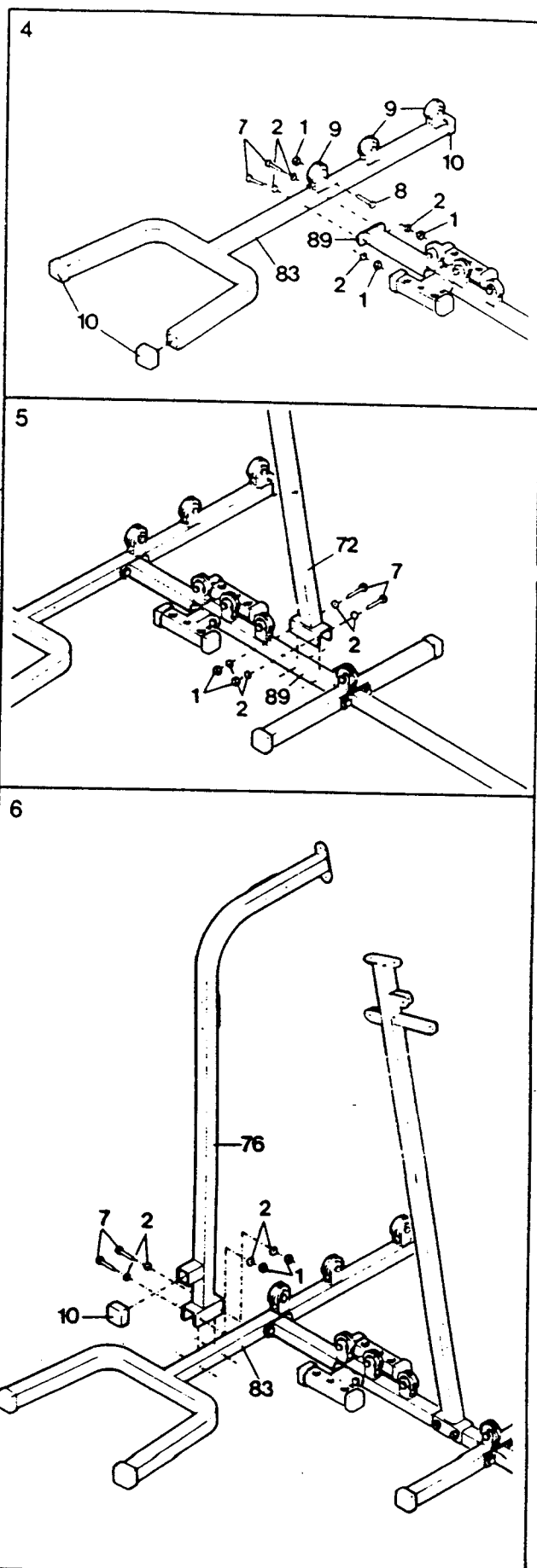
Press three 2" x 2" Outer Caps (10) onto the "U" Stabilizer (83).

Attach the "U" Stabilizer (83) to the Base (89) with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.

5. Attach the Front Upright (72) to the Base (89) with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1). See step 6 below for help identifying the Front Upright. Do not fully tighten the Nylock Nuts yet.

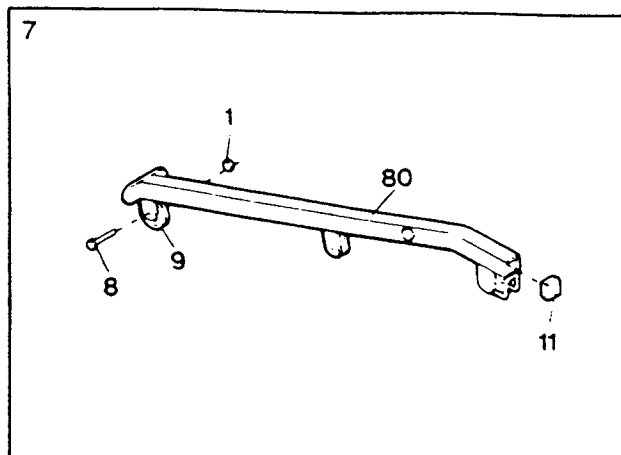
6. Attach the VKR Upright (76) to the "U" Stabilizer (83) with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.

Press a 2" x 2" Outer Cap (10) onto the VKR Upright (76).



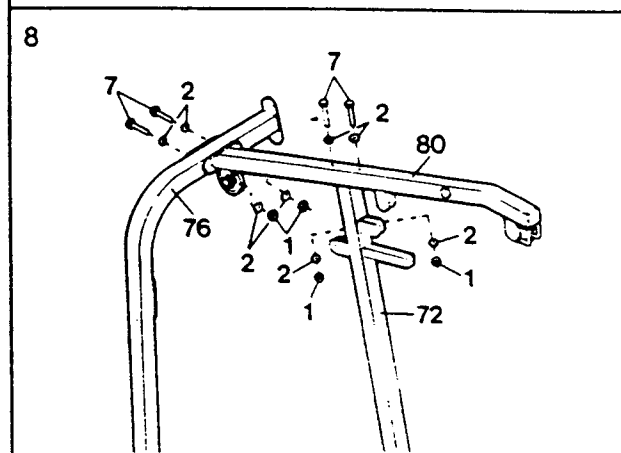
7. Attach a Pulley (9) to the Frame Top (80) with a $\frac{3}{8}$ " x 2" Shank Bolt (8) and $\frac{3}{8}$ " Nylock Nut (1).

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

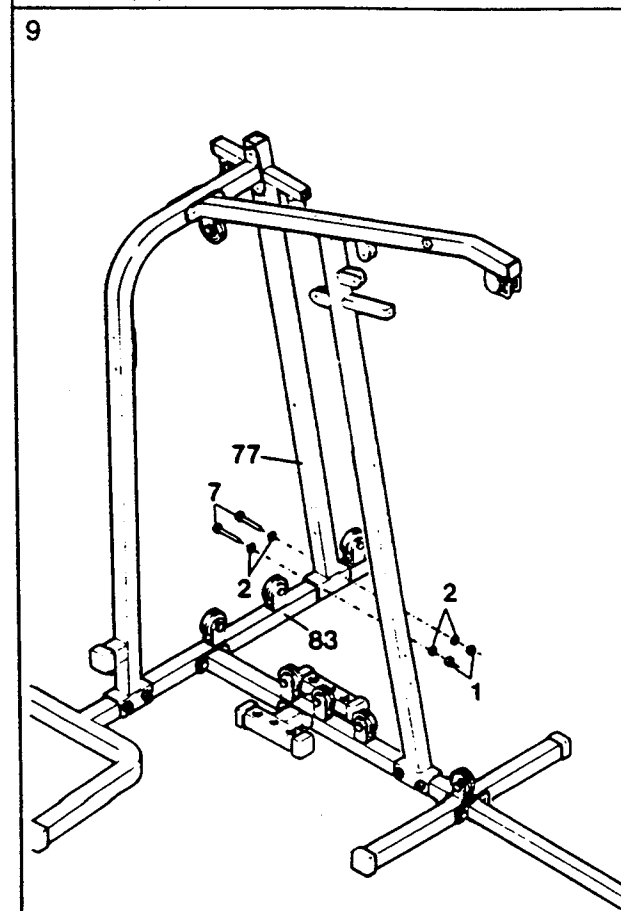


8. Attach the center of the Frame Top (80) to the Front Upright (72) with two $\frac{3}{8}$ " x 3" Bolts (7), four $\frac{3}{8}$ " Washers (2) and two $\frac{3}{8}$ " Nylock Nuts (1). Do not fully tighten the Nylock Nuts — yet.

Attach the rear of the Frame Top (80) to the VKR Upright (76) with two $\frac{3}{8}$ " x 3" Bolts (7), four $\frac{3}{8}$ " Washers (2) and two $\frac{3}{8}$ " Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



9. Attach the Butterfly Upright (77) to the "U" Stabilizer (83) with two $\frac{3}{8}$ " x 3" Bolts (7), four $\frac{3}{8}$ " Washers (2) and two $\frac{3}{8}$ " Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



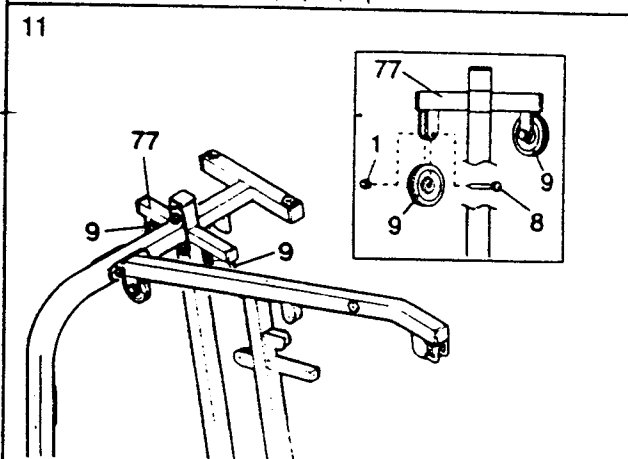
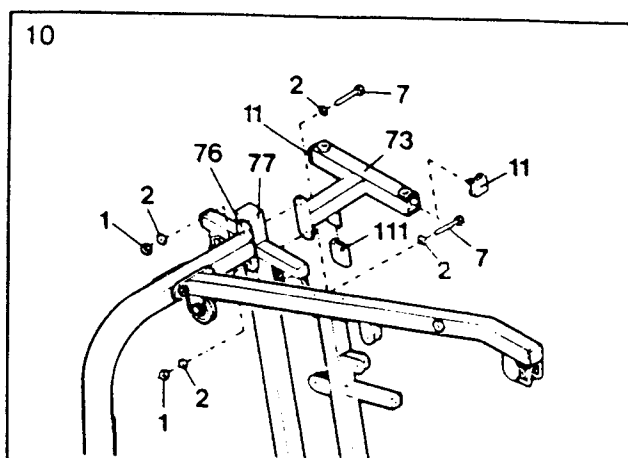
10. Press two 2" x 2" Inner Caps (11) into the Butterfly Arm Support (73).

Press the Bumper Cap (111) onto the Butterfly Arm Support (73).

Connect the Butterfly Arm Support (73) to the Butterfly Upright (77) and VKR Upright (76) with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1).

Tighten all Nuts used in assembly steps 2-10.

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



12. Apply grease to the threaded post on the Right Butterfly Arm (75). Insert the post up through the Butterfly Arm Support (73). Tighten a 1/2" Nylock Nut (22) with an 11/16" Washer (21) and an 1/2" washer (20) onto the post. Do not overtighten the Nylock Nut.

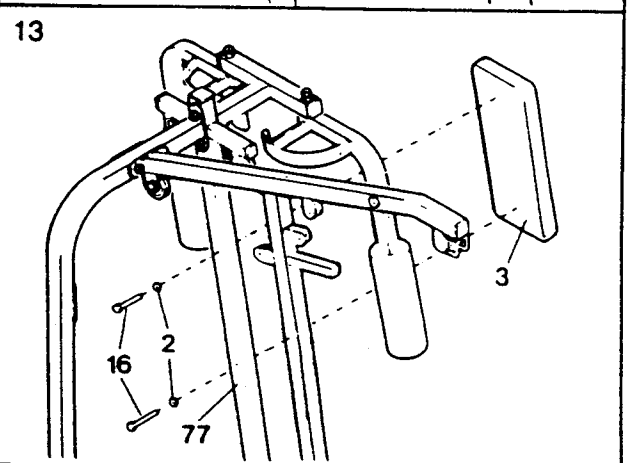
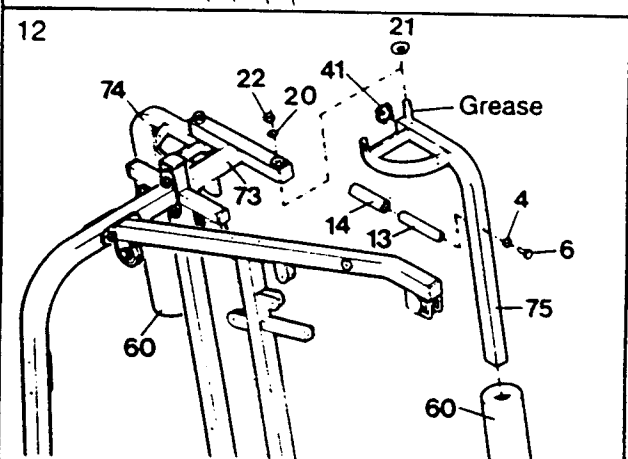
Press a 1 1/2" x 1 1/2" Inner Cap (41) into the upper end of the Right Butterfly Arm (75).

Find the end of a Handle (13) that contains an inset nut. Insert that end of the Handle into the Right Butterfly Arm (75). Attach the Handle with an 8mm x 3/4" Bolt (6) and 8mm Washer (4). Slide a Handle Grip (14) onto the Handle. It may be helpful to wet the Handle with soapy water.

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

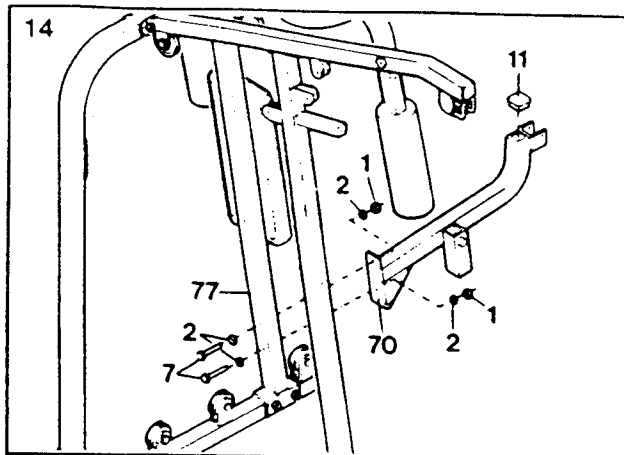
Assemble the Left Butterfly Arm (74) in the same manner.

13. Attach the Large Backrest (3) to the Butterfly Upright (77) with two 3/8" x 2 3/4" Bolts (16) and 3/8" Washers (2).



14. Attach the Leg Lever Frame (70) to the Butterfly Upright (77) with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1).

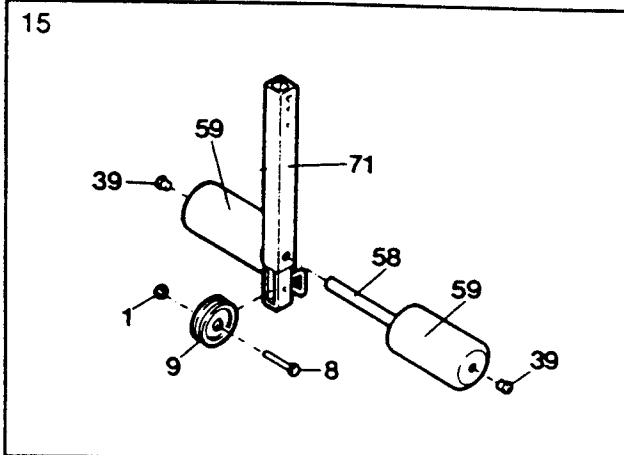
Press a 2" x 2" Inner Cap (11) into the Leg Lever Frame (70).



15. 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).

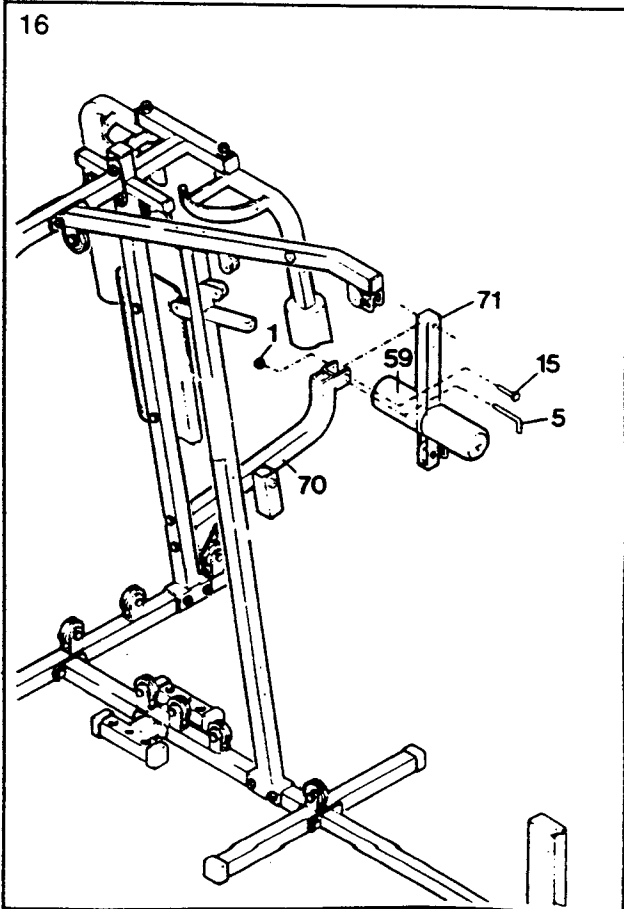
Press a Tube Cap (39) into each end of a Pad Tube (58).

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



16. Attach the Leg Lever (71) to the Leg Lever Frame (70) with the 3 1/8" Shank Bolt (15), and a 3/8" Nylock Nut (1).

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



17. Press a 1" x 2" Inner Cap (5) into each end of the Short Seat Post (69).

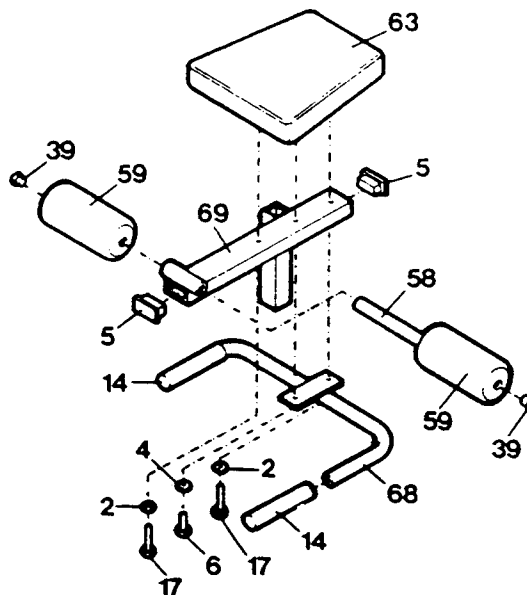
Slide a Handle Grip (14) onto each end of a "U" Handle (68). It may be helpful to wet the "U" Handle with soapy water.

Attach the "U" Handle (68) and the Short 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 a Tube Cap (39) into each end of a Pad Tube (58).

Slide the Pad Tube (58) into the Short Seat Post (69). Center the Pad Tube and slide a 6" Foam Pad (59) onto each end of it.

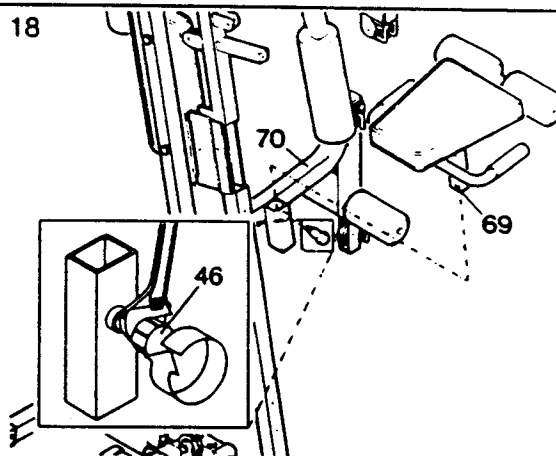
17



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

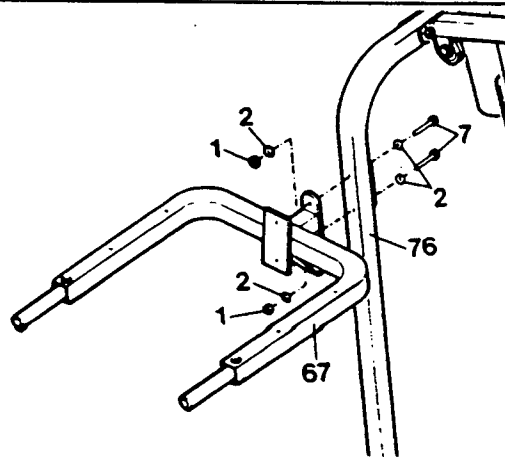
Turn the Lock Knob (46) counterclockwise and pull it outward (see page 27). Insert the Short Seat Post (69) into the Leg Lever Frame (70) and adjust it to the desired height. Release the Lock Knob and turn it clockwise until it stops. **Make sure that the pin of the Lock Knob is in one of the holes in the Short Seat Post.**

18



19. Attach the VKR Frame (67) to the VKR Upright (76) with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1).

19



20. Find the ends of two Handles (13) that contain inset nuts. Insert those ends of the Handles into the VKR Frame (67). Attach each Handle with an 8mm x 3/4" Bolt (6) and an 8mm Washer (4).

Press a 2" x 2" Outer Cap w/Hole (28) onto each end of the VKR Frame (67).

Slide a Handle Grip (14) onto each Handle (13). Slide a Handle Grip onto each end of the VKR Frame (67). It may be helpful to wet the Handles and the VKR Frame with soapy water.

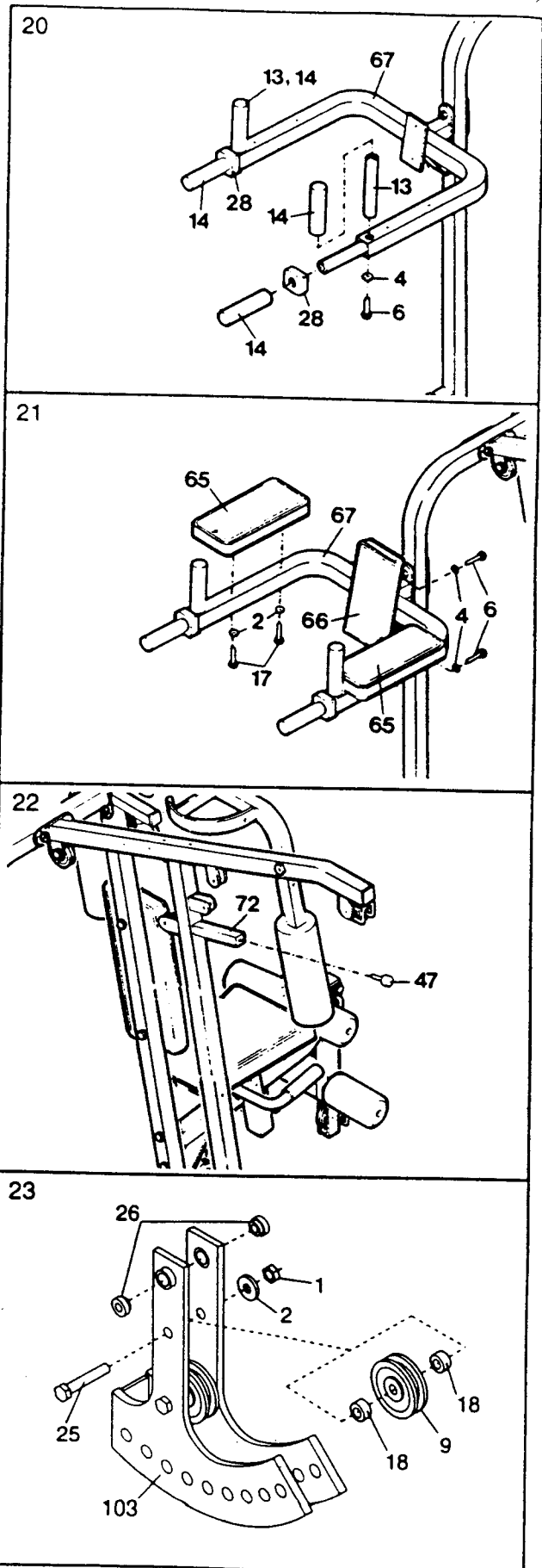
21. Attach the VKR Backrest (66) to the center of the VKR Frame (67) with two 8mm x 3/4" Bolts (6) and 8mm Washers (4).

Attach an Armrest (65) to each side of the VKR Frame (67) with two 3/8" x 2" Bolts (17) and 3/8" Washers (2).

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

23. Insert a 3/8" x 3 1/2" Shank Bolt (25) into one side of the Adjuster (103). 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. Tighten a 3/8" Nylock Nut (1) with a 3/8" Washer (2) onto the Bolt.

Remove the wire tie from the two Thick 5/8" Bushings (26). Insert the Bushings into the Adjuster (103) from the outside as shown. Grease the insides of the Bushings. **Make sure the Bushings remain in place during assembly steps 24 and 25.**

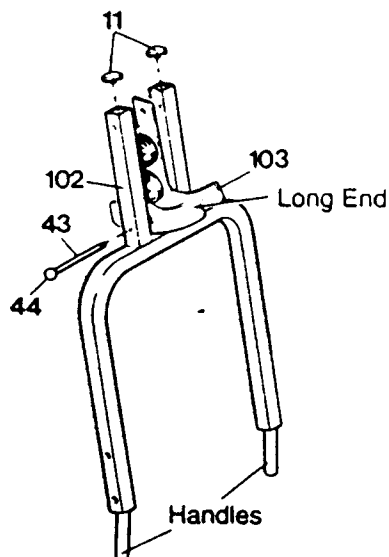


24. Press two 2" x 2" Inner Caps (11) into the posts on the Press Arm (102).

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

Hold the Adjuster (103) between the posts on the Press Arm (102) as shown. 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 of the Press Arm in the drawing at the right. Insert the 10 3/4" Pin (43) through the Press Arm and one of the holes in the Adjuster.

24



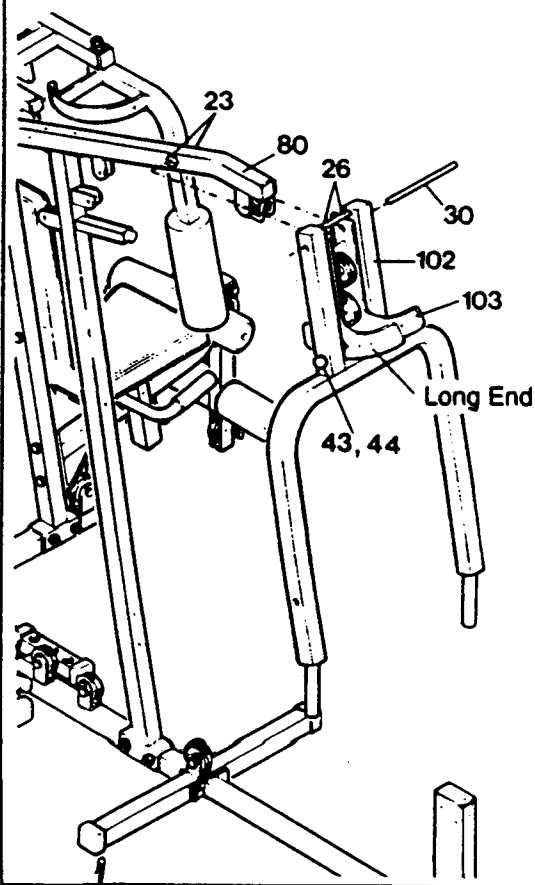
25. Grease the insides of the two 1/2" Bushings (23) in the Frame Top (80).

Slide the Press Arm (102) onto the Frame Top (80). Align the two Thick 5/8" Bushings (26) in the Adjuster (103) with the 1/2" Bushings (23) in the Frame Top. Make sure the Press Arm is turned so the long end of the Adjuster is on the side shown. 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 (102) and the Adjuster (103). 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 (102) and one of the holes in the Adjuster (103).

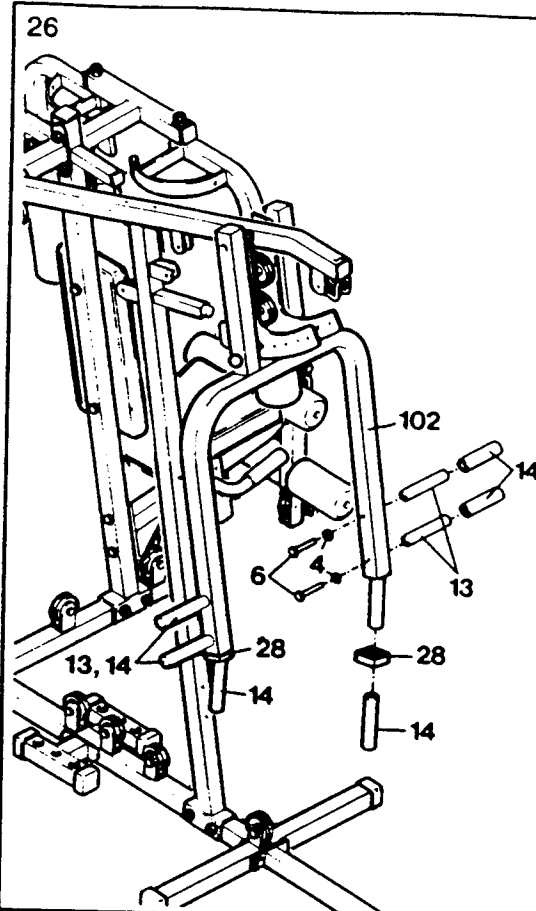
25



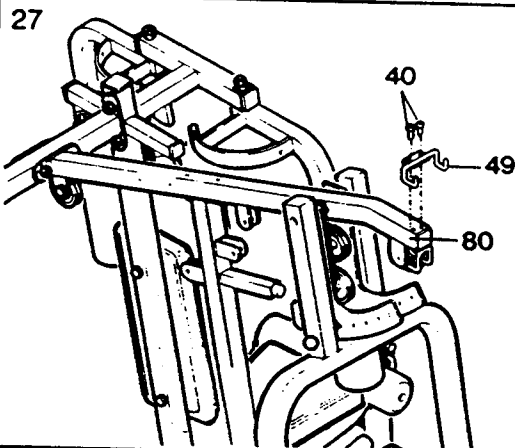
26. Find the ends of four Handles (13) that contain inset nuts. Insert those ends of the Handles into the sides of the Press Arm (102). Attach each Handle with an 8mm x 3/4" Bolt (6) and an 8mm Washer (4).

Press a 2" x 2" Outer Cap w/Hole (28) onto each end of the Press Arm (102).

Slide a Handle Grip (14) onto each Handle (13). Slide a Handle Grip onto each end of the Press Arm (102). It may be helpful to wet the Handles and the Press Arm with soapy water.

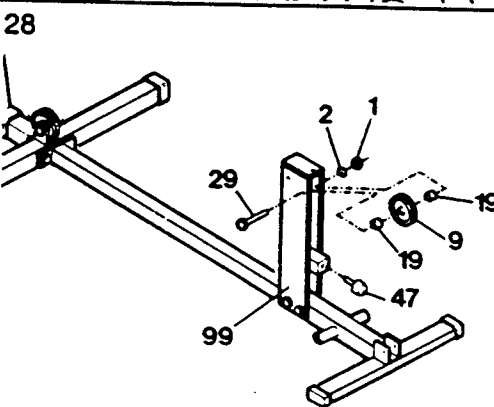


27. Attach the Lat Bar Holder (49) to the Frame Top (80) as shown with the two 3/16" Screws (40).



28. Insert a 3/8" x 2 3/4" Shank Bolt (29) into one side of the Leg Press Support (99). Slide a 3/4" x 5/16" Spacer (19), a Pulley (9) and another 3/4" x 5/16" Spacer onto the Bolt. Insert the Bolt through the other side of the Leg Press Support. Tighten a 3/8" Nylock Nut (1) with a 3/8" Washer (2) onto the Bolt.

Tighten the threaded shaft of a Bumper (47) into the indicated post on the Leg Press Support (99).



29. Hold the Leg Press "H" Frame (98) in a vertical position and press two 2" x 2" Inner Caps (11) into the upper end.

Insert four 5/8" Bushings (24) into the lower end of the Leg Press "H" Frame (98), and two 5/8" Bushings into the Leg Press Stabilizer (96). Grease the insides of all six Bushings.

Align the 5/8" Bushings (24) in the Leg Press "H" Frame (98) with the 5/8" Bushings in the Leg Press Stabilizer (96). Using a rubber mallet, tap a 13 1/4" Axle (31) through the Leg Press "H" Frame and the Leg Press Stabilizer. Center the 13 1/4" Axle and tap a 3/4" Plastic Cap (36) onto each end of it.

30. Hold the Leg Press Lever (97) in the position shown. Press the 1" x 2" Grooved Cap (12) into the upper end.

Insert two 1/2" Bushings (23) into the lower end of the Leg Press Lever (97). Grease the insides of the Bushings.

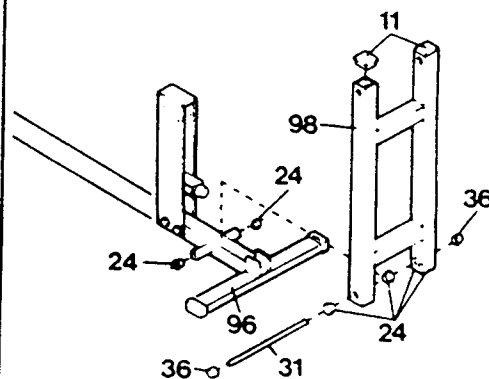
Attach the Leg Press Lever (97) to the Leg Press Stabilizer (96) with a 1/2" x 3" Bolt (34), two 9/16" Washers (33) and a 1/2" Nut (32).

Attach two Pulleys (9) to the Leg Press Lever (97) with 3/8" x 2" Shank Bolts (8) and 3/8" Nylock Nuts (1).

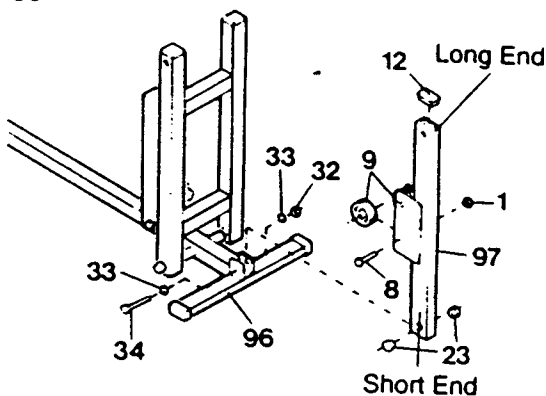
31. Press four 1" x 2" Inner Caps (5) into the Leg Press Plate (104).

32. Insert two 5/8" Bushings (24) into the Leg Press Plate (104), and four 5/8" Bushings into the Leg Press "H" Frame (98). Insert two 1/2" Bushings (23) into the Leg Press Lever (97). Grease the insides of all eight Bushings. **Make sure the Bushings remain in place during assembly step 33.**

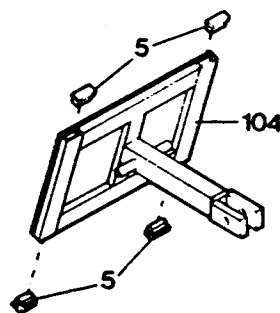
29



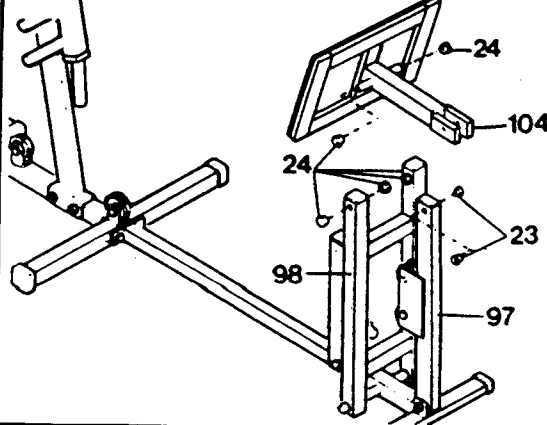
30



31

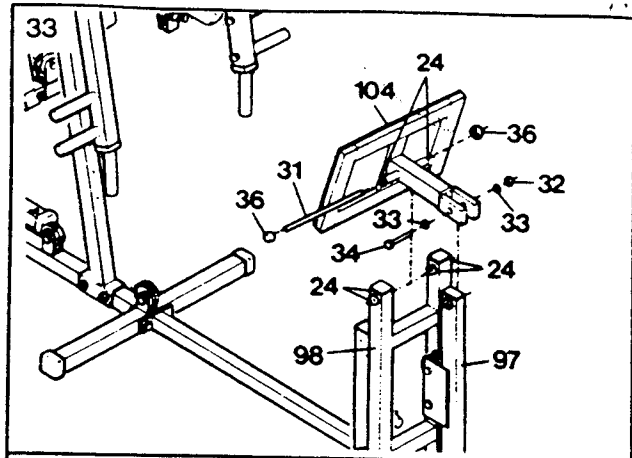


32



33. Align the 5/8" Bushings (24) in the Leg Press Plate (104) with the 5/8" Bushings in the Leg Press "H" Frame (98). Make sure that the Leg Press Plate is angled as shown. Using a rubber mallet, tap a 13 1/4" Axle (31) through the Leg Press Plate and the Leg Press "H" Frame. Center the 13 1/4" Axle and tap a 5/8" Plastic Cap (36) onto each end of it.

Attach the Leg Press Plate (104) to the Leg Press Lever (97) with a 1/2" x 3" Bolt (34), two 9/16" Washers (33) and a 1/2" Nut (32).



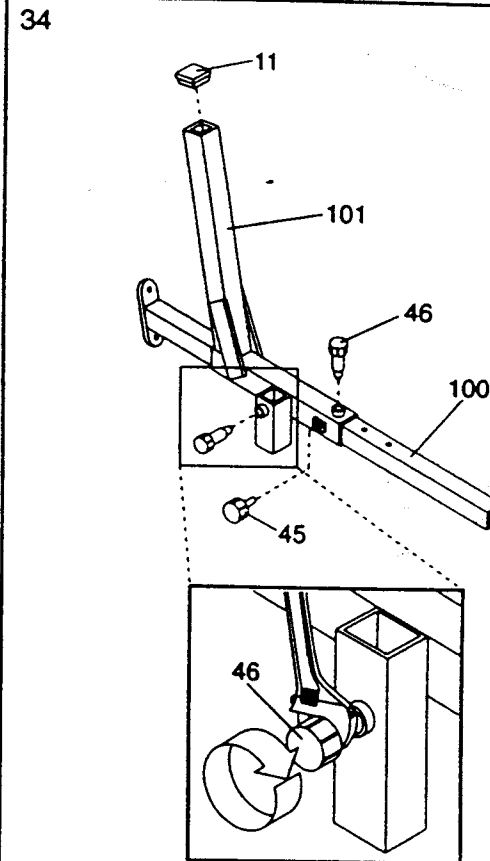
34. Press a 2" x 2" Inner Cap (11) into the upper end of the Leg Press Frame (101).

Using an adjustable wrench, tighten the shaft of a Lock Knob (46) into the side of the Leg Press Frame (101). (see the inset drawing). Tighten a Lock Knob into the top of the Leg Press Frame in the same manner.

Thread the Threaded Knob (45) into the side of the Leg Press Frame (101).

Turn the Lock Knob (46) on top of the Leg Press Frame (101) counterclockwise and pull it upward (see page 27). Slide the Leg Press Frame onto the Leg Press Rail (100). Make sure that the Leg Press Rail is turned so that the bracket on the end is angled as shown. 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 Leg Press Rail.**

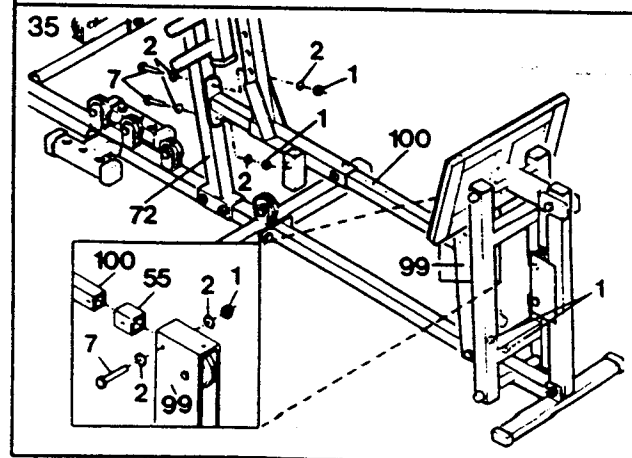
Tighten the Threaded Knob (45).



35. Slide the Sleeve (55) onto the end of the Leg Press Rail (100). Insert the Sleeve and the Leg Press Rail into the top of the Leg Press Support (99). Connect the Leg Press Support, Sleeve and Leg Press Rail with a 3/8" x 3" Bolt (7), two 3/8" Washers (2) and a 3/8" Nylock Nut (1).

Attach the Leg Press Rail (100) to the Front Upright (72) with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1).

Tighten the 3/8" Nylock Nuts (1) at the lower end of the Leg Press Support (99).

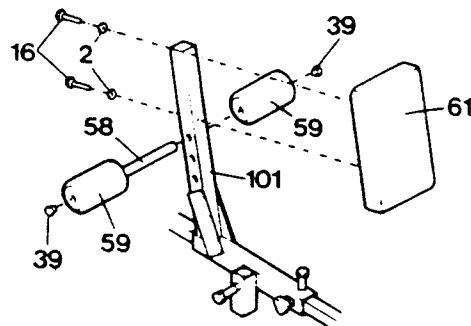


36. Press a Tube Cap (39) into each end of a Pad Tube (58).

Insert the Pad Tube (58) into the Leg Press Frame (101). Center the Pad Tube and slide a 6" Foam Pad (59) onto each end of it.

Attach the Leg Press Backrest (61) to the Leg Press Frame (101) with two $\frac{3}{8}$ " x $2\frac{3}{4}$ " Bolts (16) and $\frac{3}{8}$ " Washers (2).

36

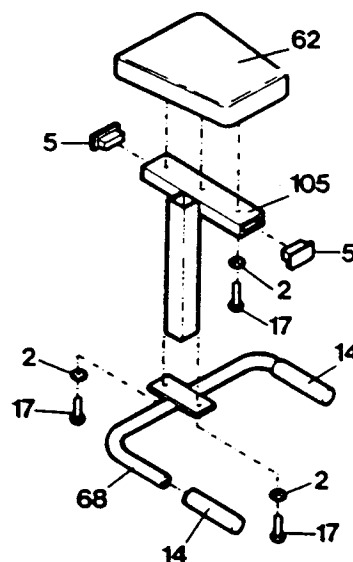


37. Press a 1" x 2" Inner Cap (5) into each end of the Long Seat Post (105).

Slide a Handle Grip (14) onto each end of a "U" Handle (68). It may be helpful to wet the "U" Handle with soapy water.

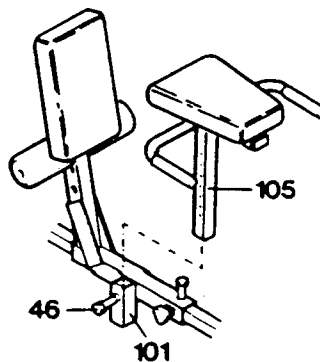
Attach the "U" Handle (68) and the Long Seat Post (105) to the Small Seat (62) with three $\frac{3}{8}$ " x 2" Bolts (17) and $\frac{3}{8}$ " Washers (2).

37



38. Turn the Lock Knob (46) on the side of the Leg Press Frame (101) counterclockwise and pull it outward (see page 27). Insert the Long Seat Post (105) into the Leg Press Frame and adjust it to the desired height. Release the Lock Knob and turn it clockwise until it stops. **Make sure the pin of the Lock Knob is in one of the holes in the Long Seat Post.**

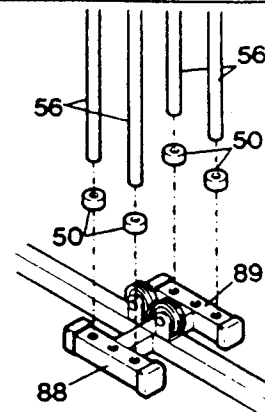
38



39. Slide a Weight Bumper (50) onto the lower end of each of the four Weight Guides (56).

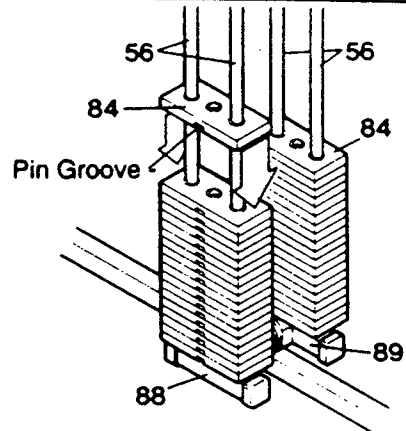
Insert the Weight Guides (56) into the indicated holes in the Weight Guide Base (88) and the Base (89).

39



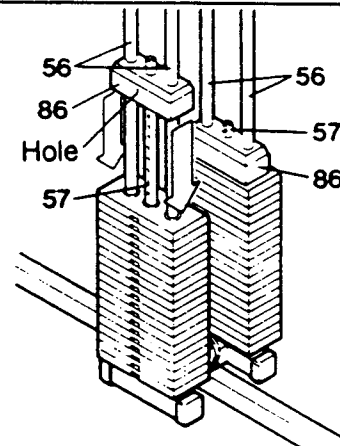
40. Slide 19 Weights (84) down onto each pair of Weight Guides (56). Make sure the Weights are turned so the pin grooves are downward and outward.

40



41. Slide a Top Weight (86) and a Weight Selector (57) down onto each pair of Weight Guides (56). Make sure the holes in the sides of the Top Weights are outward.

41

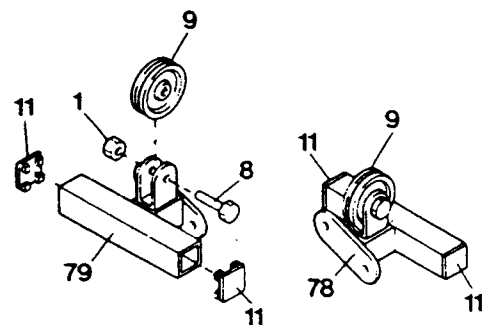


42. Press two 2" x 2" Inner Caps (11) into the Right Weight Guide Top (78), and two 2" x 2" Inner Caps into the Left Weight Guide Top (79).

Attach a Pulley (9) to the Left Weight Guide Top (79) with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).

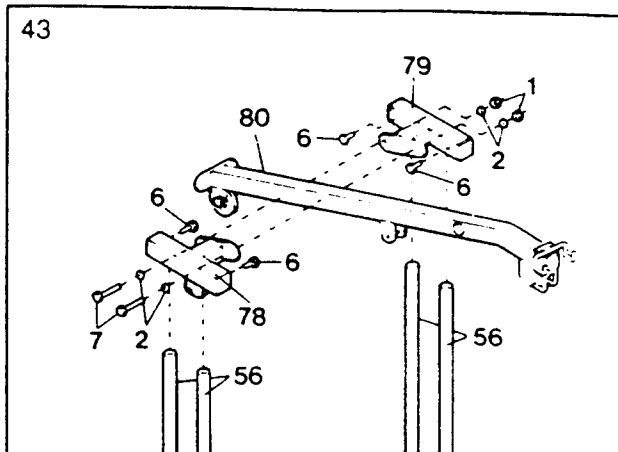
Attach a Pulley (9) to the Right Weight Guide Top (78) in the same manner.

42

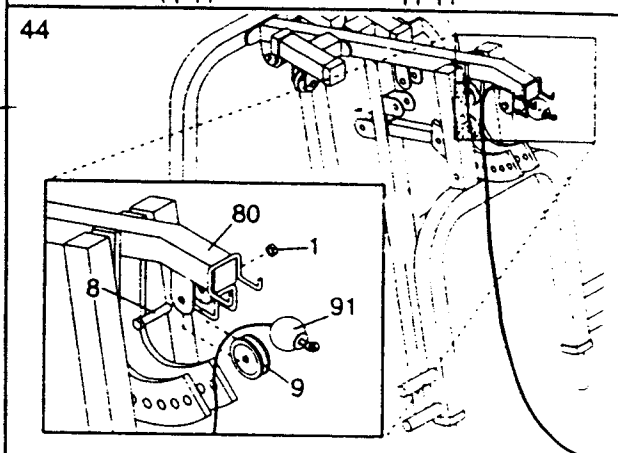


43. Slide the Right and Left Weight Guides Tops (78, 79) onto the upper ends of the Weight Guides (56). Carefully observe the drawing at the right to make sure the Weight Guide Tops are on the correct sides. Attach the Weight Guide Tops to the Frame Top (80) with two 3/8" x 3" Bolts (7), four 3/8" Washers (2) and two 3/8" Nylock Nuts (1).

Tighten two 8mm x 3/4" Bolts (6) into the Right Weight Guide Top (78) to secure the upper ends of the Weight Guides (56). Tighten two 8mm x 3/4" Bolts into the Left Weight Guide Top (79).

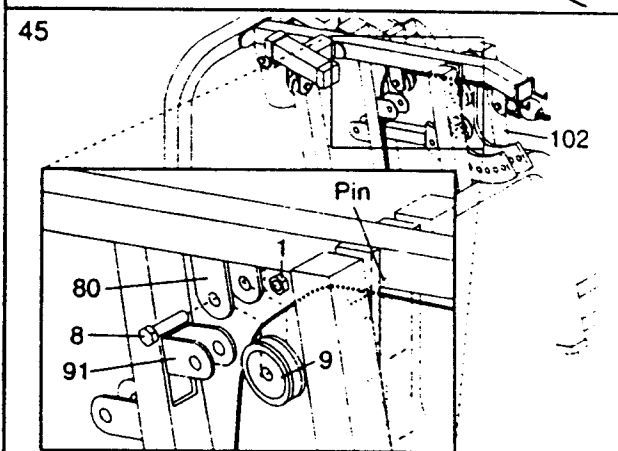


44. Find Cable #1 (91). **Note: There is a label attached to one end of each Cable to identify the Cable.** Make sure that the rubber ball and two metal washers are at one end of the Cable, and the rubber ring and two metal washers are at the other end. Lay the rubber ball-end of the Cable over a Pulley (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).



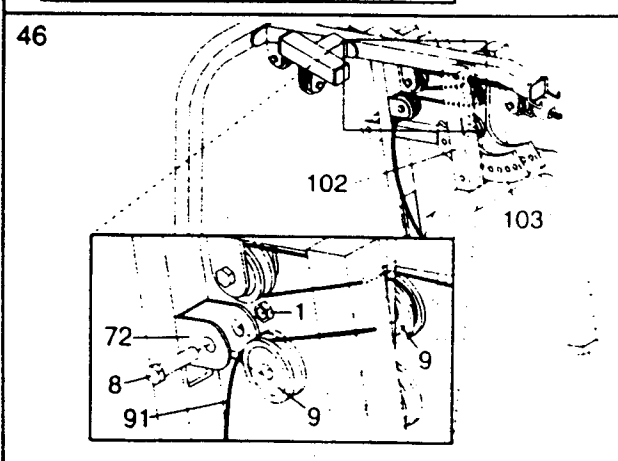
45. **Note: Make sure that the rubber ring and two metal washers remain at the end of Cable #1 (91) during assembly steps 45 through 50.** Insert the rubber ring-end of the Cable over the indicated pin on the Press Arm (102).

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).



46. Insert the end of Cable #1 (91) under the indicated pin on the Press Arm (102). Wrap the Cable around the upper Pulley (9) on the Adjuster (103).

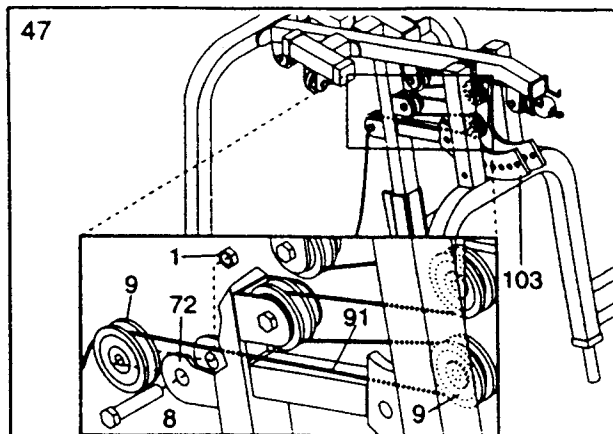
Lay Cable #1 (91) over a Pulley (9). Attach the Pulley to the indicated bracket on the Front Upright (72) with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).



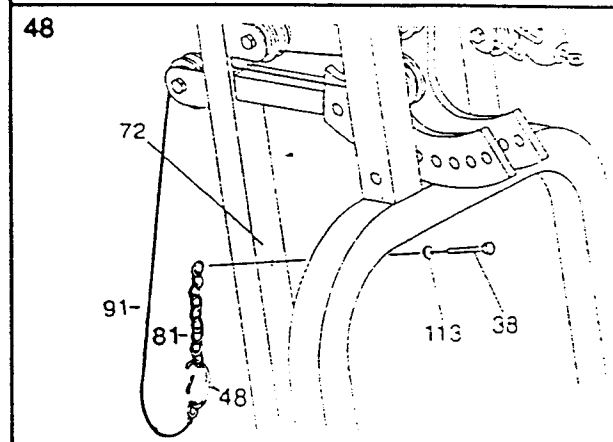
47. Wrap Cable #1 (91) around the lower Pulley (9) on the Adjuster (103).

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

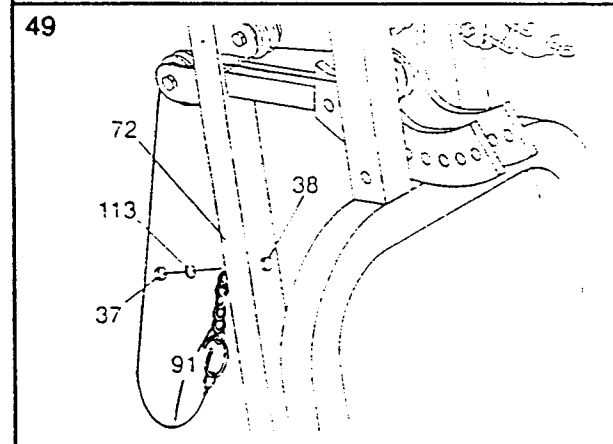
Lay Cable #1 (91) over another Pulley (9). Attach the Pulley to the indicated bracket on the Front Upright (72) with a 3/8" x 2" Shank Bolt (8) and 3/8" Nylock Nut (1).



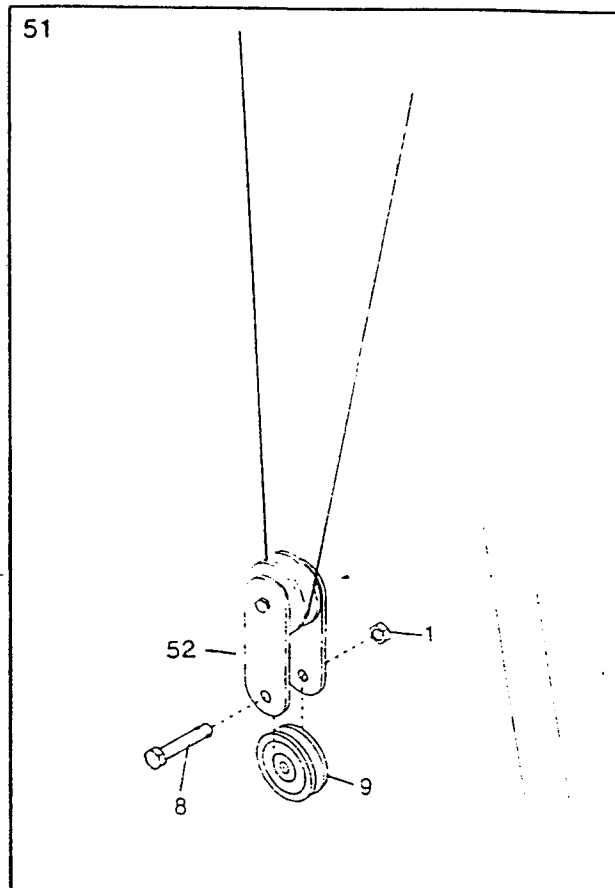
48. Slide a 5/16" Washer (113) onto the 5/16" x 2 3/4" Bolt (38). Insert the Bolt through the Front Upright (72) from the indicated side. Slide the end of A short chain (81). Slide the other end of the short chain (81) onto the clip (48) and close the clip. Attach the eyelet end of cable #1 (91) onto the clip.



49. Slide a 5/16" Washer (113) onto the 5/16" x 2 3/4" Bolt (38) and tighten a 5/16" Nylock Nut (37) onto the Bolt.

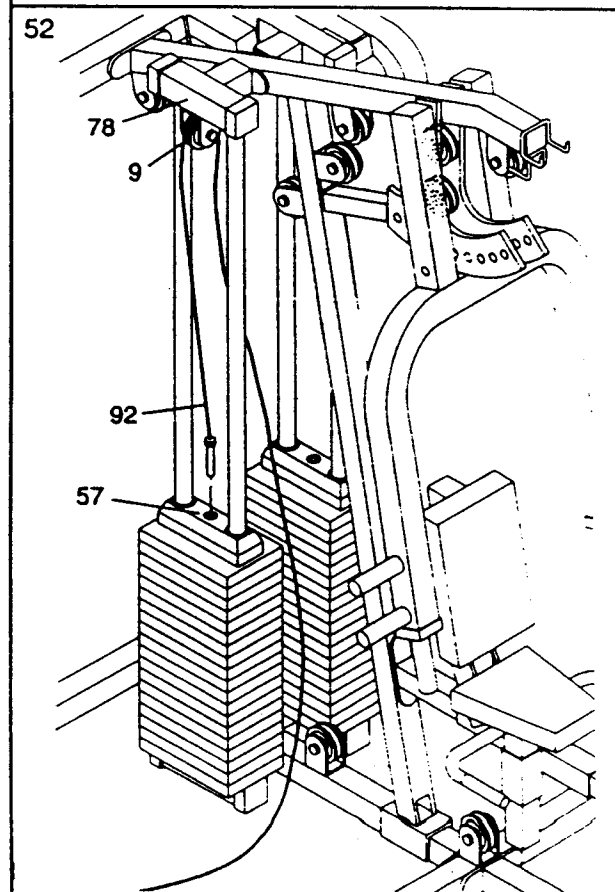


51. Hold a pulley (9) in cable #1 (91) in the indicated location. Attach two bracket plate (52) to the pulley with a $\frac{3}{8}$ "x2" shank bolt (8) and $\frac{3}{8}$ " nylon nut (1) for both side.



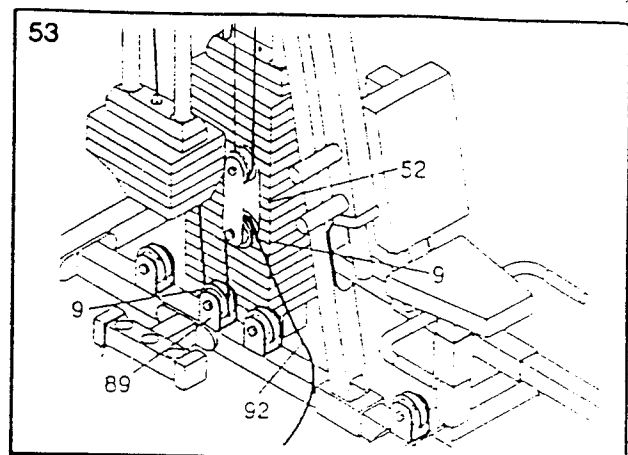
52. Find Cable #2 (92). Insert the eyelet-end of the Cable over the top of the Pulley (9) on the Right Weight Guide Top (78).

Thread the bolt-end of Cable #2 (92) into the indicated Weight Selector (57) until about half the threads are inside the Weight Selector.



53. Route the eyelet-end of cable #2 (92) under the indicated pulley (9) on the base (89).

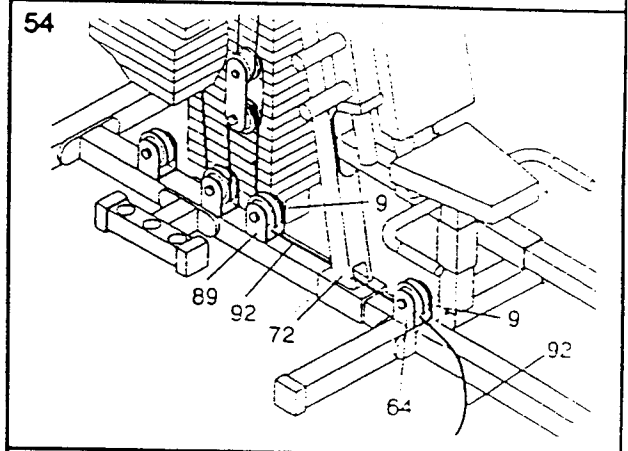
Insert the eyelet-end of cable #2 (92) over over the pulley (9) on the indicated bracket plate (52).



54. Route the eyelet-end of Cable #2 (92) under the indicated Pulley (9) on the Base (89).

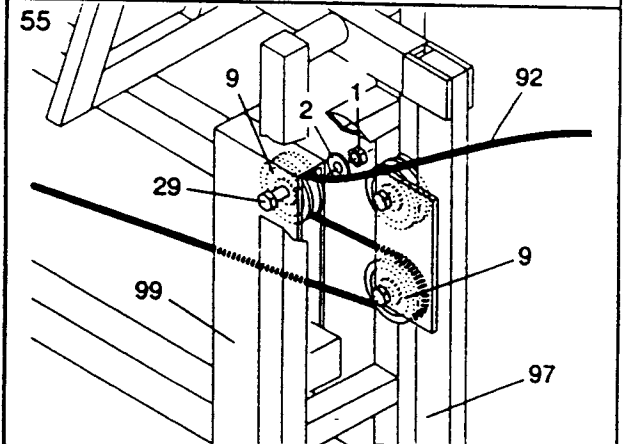
Insert the eyelet-end of Cable #2 (92) through the indicated hole in the Front Upright (72).

Route the eyelet-end of Cable #2 (92) under the Pulley (9) on the Stabilizer (64).



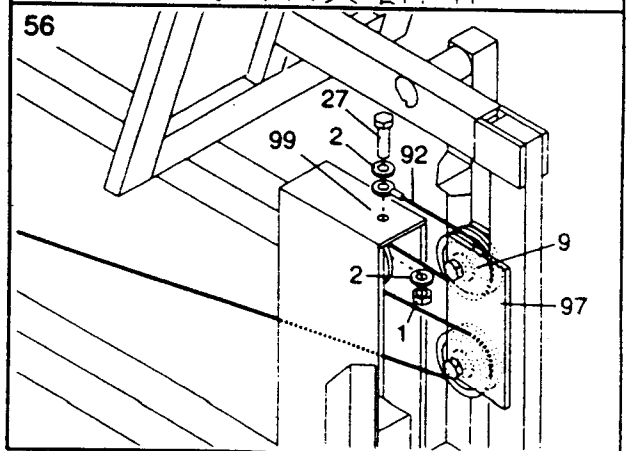
55. Route the eyelet-end of Cable #2 (92) around the lower Pulley (9) on the Leg Press Lever (97).

Remove the 3/8" Nylock Nut (1) and 3/8" Washer (2) from the 3/8" x 2 3/4" Shank Bolt (29). Slide out the Shank Bolt until you can insert the eyelet-end of Cable #2 (92) around the Pulley (9) on the Leg Press Support (99). Slide the Shank Bolt back in and reattach the 3/8" Nylock Nut (1) and 3/8" Washer (2).

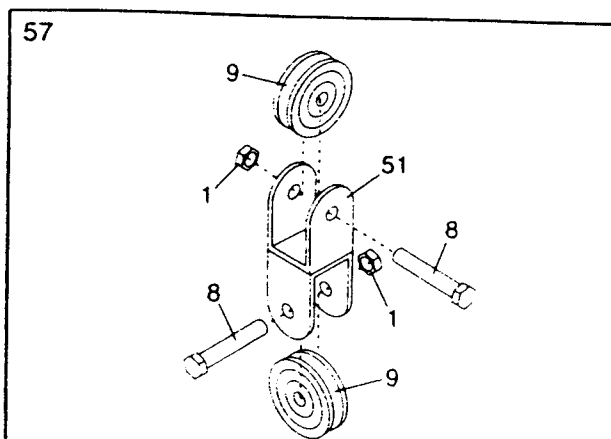


56. Route the eyelet-end of Cable #2 (92) around the upper Pulley (9) on the Leg Press Lever (97).

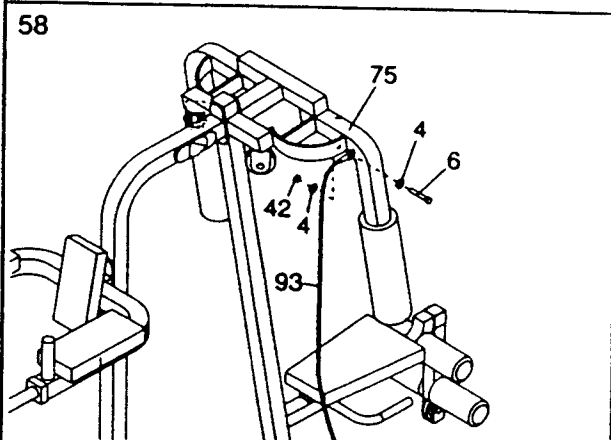
Attach the eyelet-end of Cable #2 (92) to the top of the Leg Press Support (99) with the 3/8" x 1" Bolt (27), two 3/8" Washers (2) and a 3/8" Nylock Nut (1).



57. Attach two Pulleys (9) to the Swivel Bracket (51) with 3/8" x 2" Shank Bolts (8) and 3/8" Nylock Nuts (1).



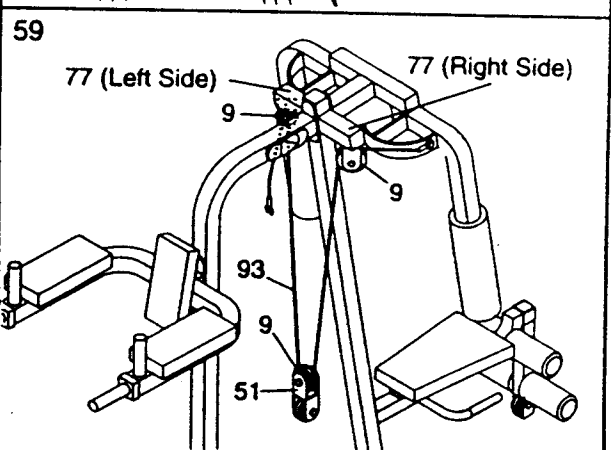
58. Find Cable #3 (93). Attach one end of the Cable to the Right Butterfly Arm (75) with an 8mm x 3/4" Bolt (6), two 8mm Washers (4) and an 8mm Nylock Nut (42). Do not over-tighten the Nylock Nut.



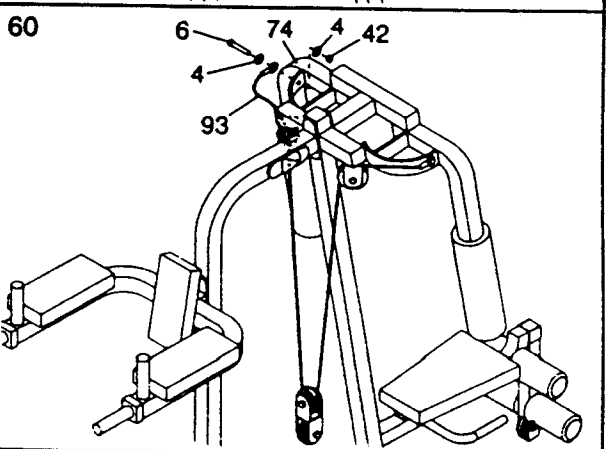
59. Insert the free end of Cable #3 (93) over the Pulley (9) on the right side of the Butterfly Upright (77).

Slide one of the Pulleys (9) on the Swivel Bracket (51) onto Cable #3 (93).

Insert the free end of Cable #3 (93) over the Pulley (9) on the left side of the Butterfly Upright (77).

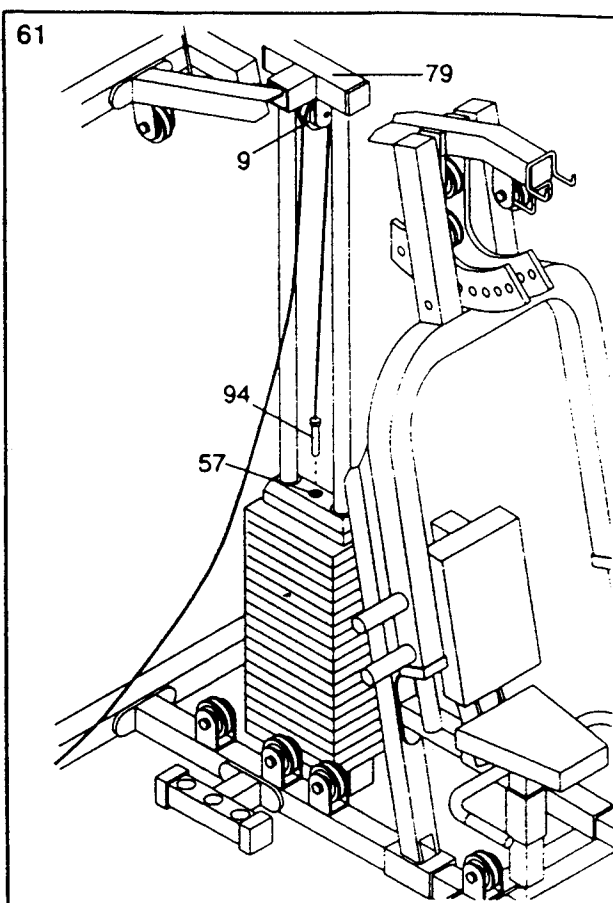


60. Attach the free end of Cable #3 (93) to the Left Butterfly Arm (74) with an 8mm x 3/4" Bolt (6), two 8mm Washers (4) and an 8mm Nylock Nut (42). Do not overtighten the Nylock Nut.



61. Find Cable #4 (94). Insert the eyelet-end of the Cable over the top of the Pulley (9) on the Left Weight Guide Top (79).

Thread the bolt-end of Cable #4 (94) into the indicated Weight Selector (57) until about half the threads are inside the Weight Selector.

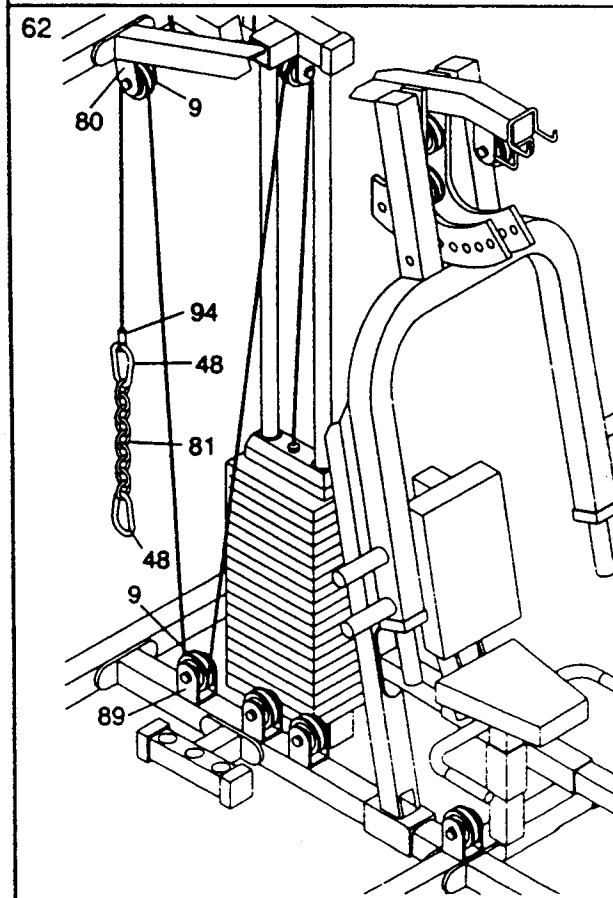


62. Route the eyelet-end of Cable #4 (94) under the indicated Pulley (9) on the Base (89).

Insert the eyelet-end of Cable #4 (94) over the indicated Pulley (9) on the Frame Top (80).

Open a Cable Clip (48) and slide it onto the end of eyelet-end of Cable #4 (94). Slide one end of a Short Chain (81) into the Cable Clip and close the Cable Clip.

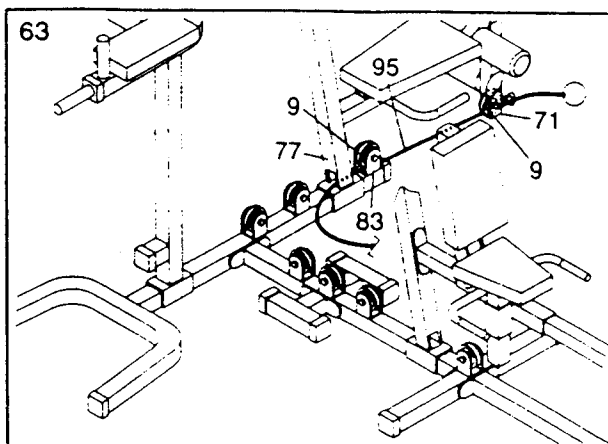
Attach another Cable Clip (48) to the other end of the Short Chain (81) in the same manner.



63. Find Cable #5 (95). Insert the eyelet-end of the Cable under the Pulley (9) at the lower end of the Leg Lever (71).

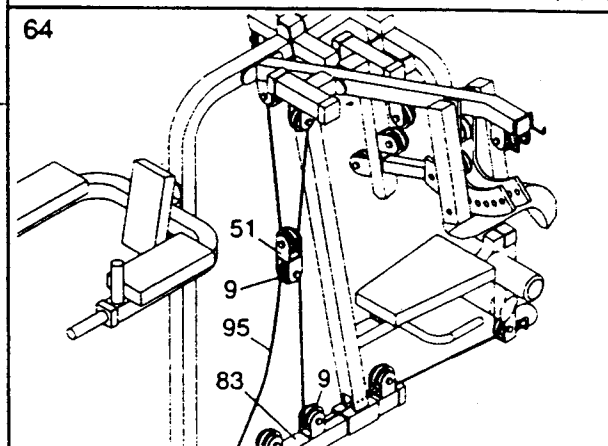
Route the eyelet-end of Cable #5 (95) under the indicated Pulley (9) on the "U" Stabilizer (83).

Insert the eyelet-end of Cable #5 (95) through the hole in the lower end of the Butterfly Upright (77).



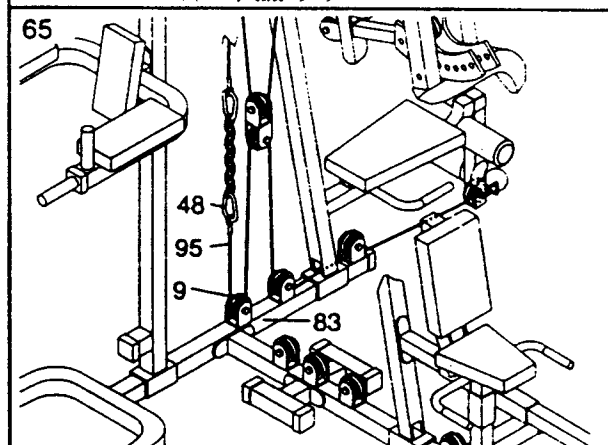
64. Route the eyelet-end of Cable #5 (95) under the indicated Pulley (9) on the "U" Stabilizer (83).

Insert the eyelet-end of Cable #5 (95) over the indicated Pulley (9) on the Swivel Bracket (51).



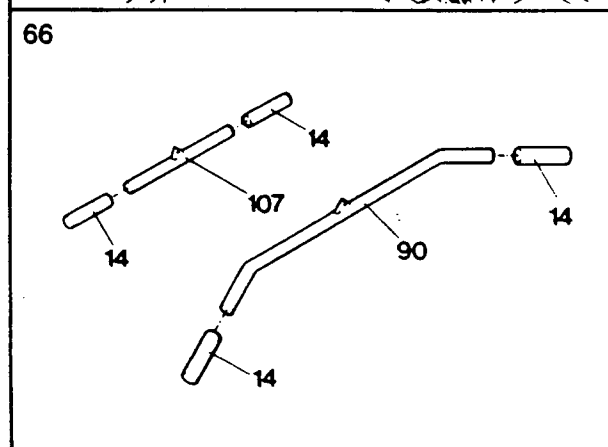
65. Route the eyelet-end of Cable #5 (95) under the indicated Pulley (9) on the "U" Stabilizer (83).

Open the indicated Cable Clip (48). Slide the end of Cable #5 (95) onto the Cable Clip and close the Cable Clip.



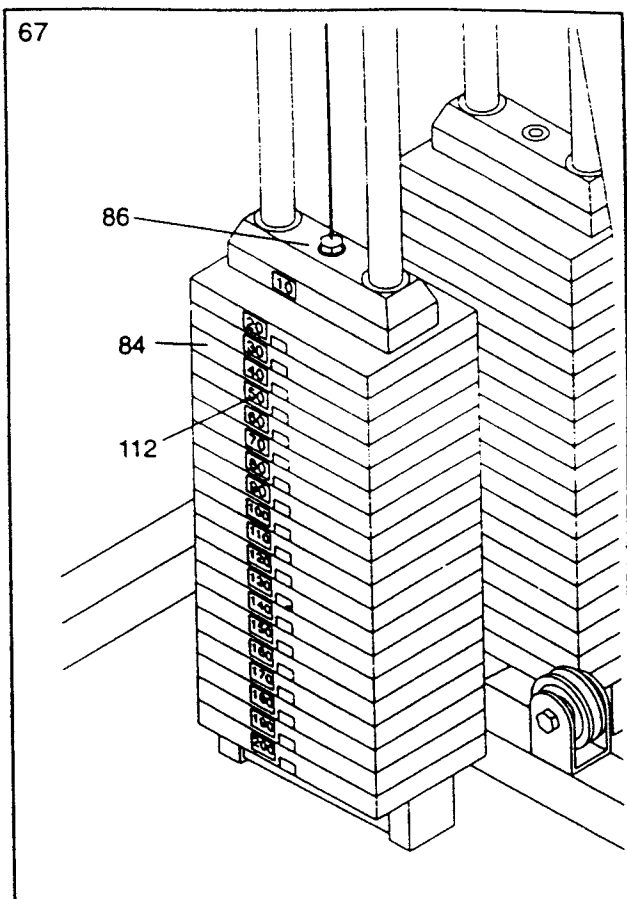
66. Slide a Handle Grip (14) onto each end of the Rower Bar (107). It may be helpful to wet the Rower Bar with soapy water.

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



67. Apply one of the sheets of numbered Weight Decals (112) to one of the weight stacks as shown. The Weight Decal numbered "10" should be pressed onto the Top Weight (86); the Weight Decals numbered "20" through "200" should be pressed onto the nineteen Weights (84).

Apply the other sheet of numbered Weight Decals (112) to the other weight stack in the same manner.

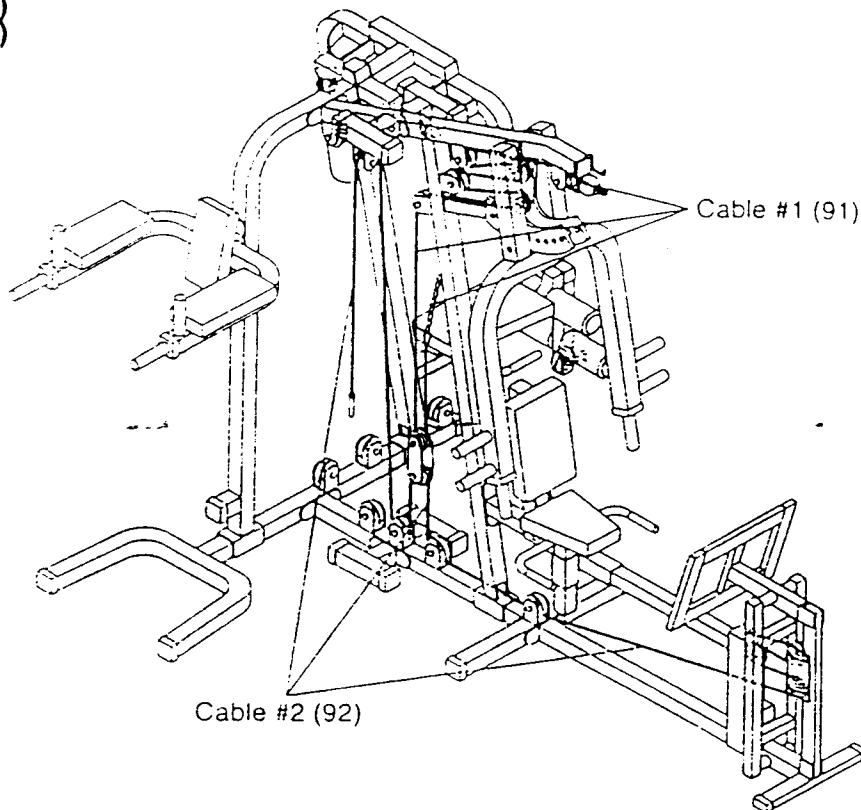


68. Make sure that all parts are tightened securely. The use of all remaining parts will be explained in USING THE PROFORM 980 CI, beginning on page 27 of this owner's manual.
69. Before using the PROFORM 980 CI, see the cable diagrams on the next 2 pages and make sure that each of the five cables is properly routed.

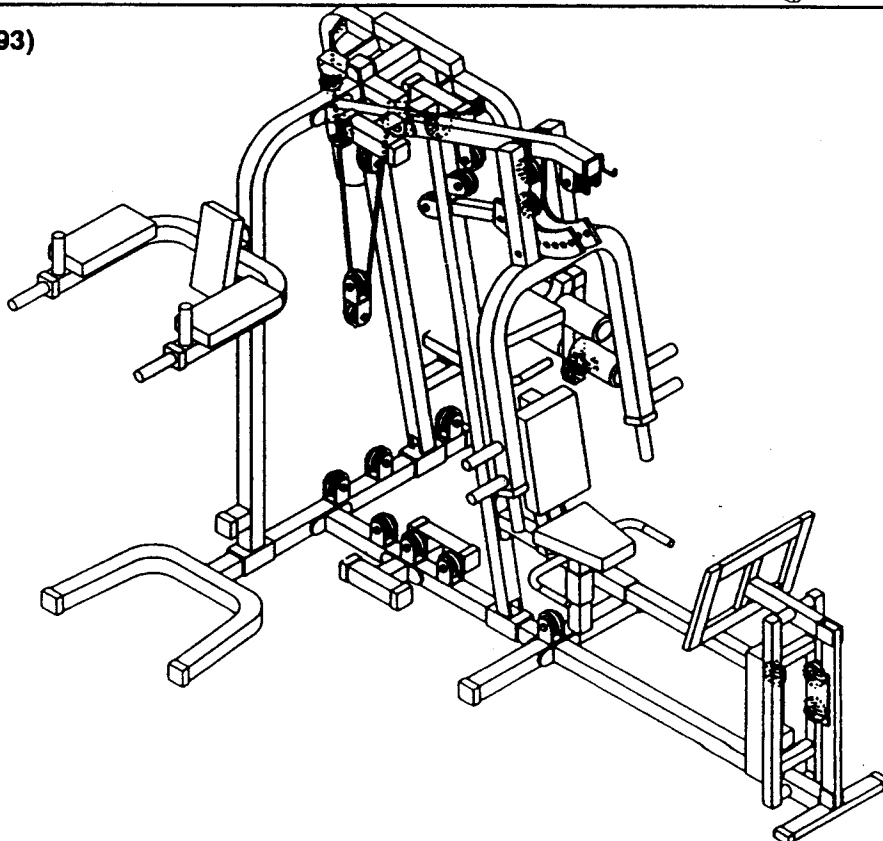
Next, test the cables and pulleys. Make sure that the "L" pins w/tabs are not inserted into the weight stacks—only the top weights should be attached to the weight selectors. Pull the end of each cable a few times to make sure that the cable moves smoothly over the pulleys. Move the butterfly arms and the leg press plate a few times. If any of the cables does not move smoothly, locate and correct the problem before using the PROFORM 980 CI. **IMPORTANT: If the cables are not properly routed, they may be permanently damaged when used with heavy weights.**

CABLE DIAGRAMS

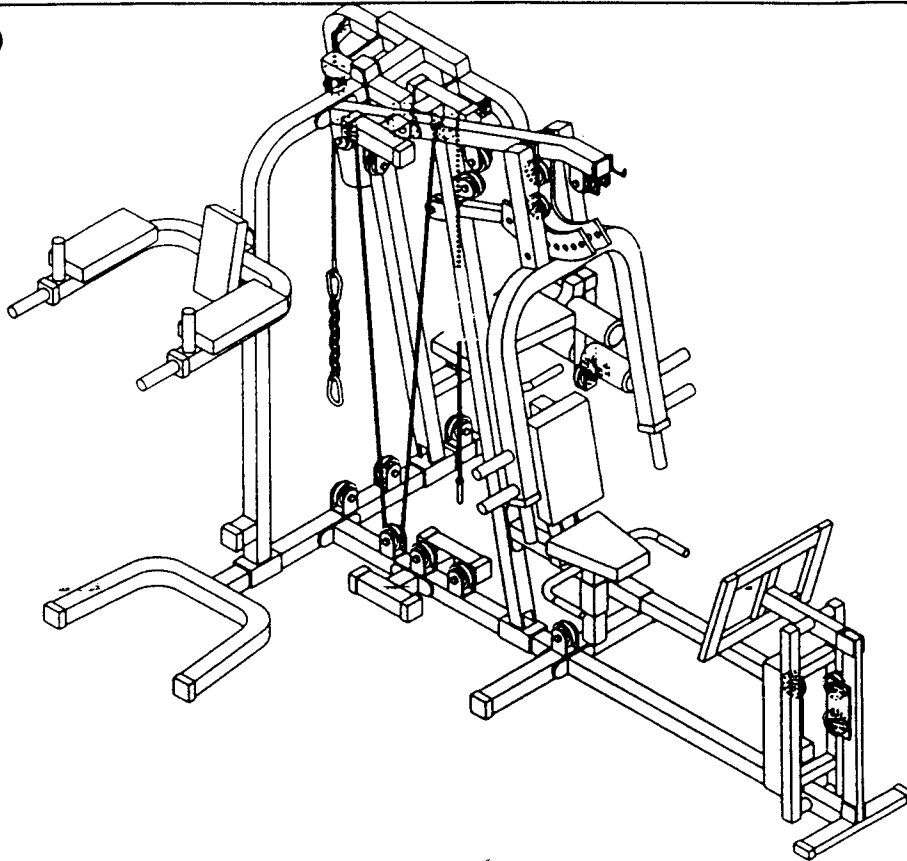
Cable #1 (91)
Cable #2 (92)



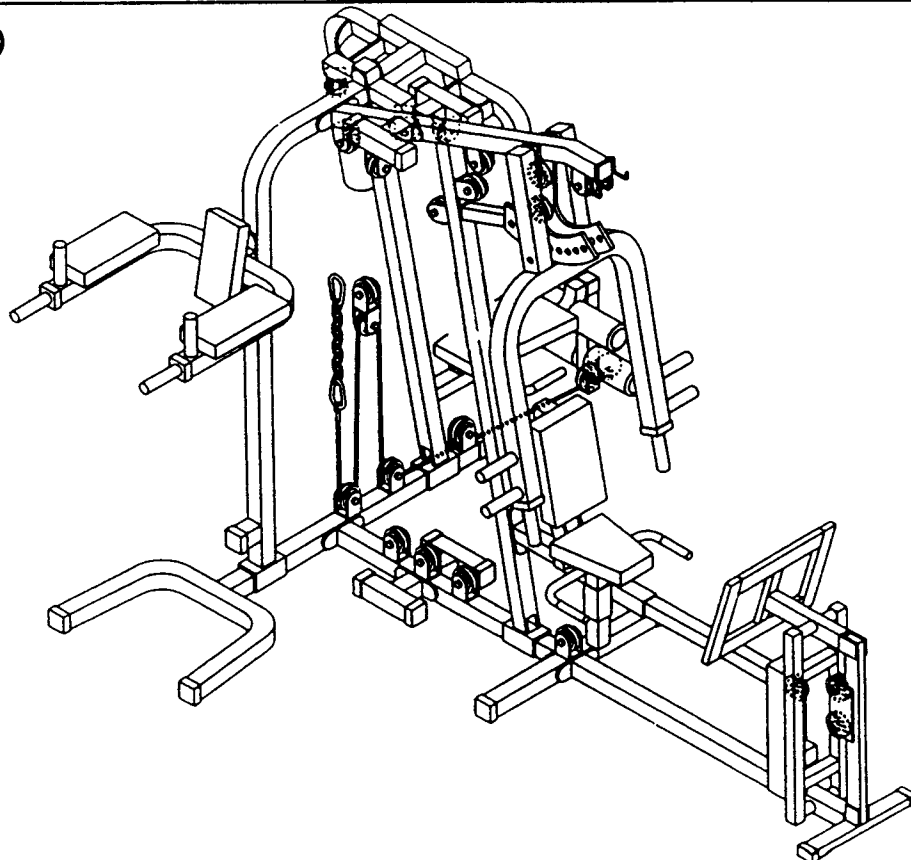
Cable #3 (93)



Cable #4 (94)



Cable #5 (95)

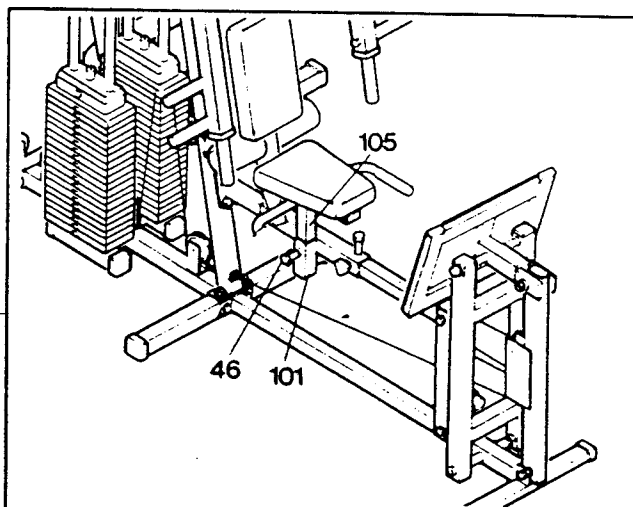


USING THE PROFORM 980 CI

The instructions below describe how each component of the PROFORM 980 CI can be adjusted. See the Exercise Guide accompanying this owner's manual to see how the PROFORM 980 CI should be set up for each individual exercise.

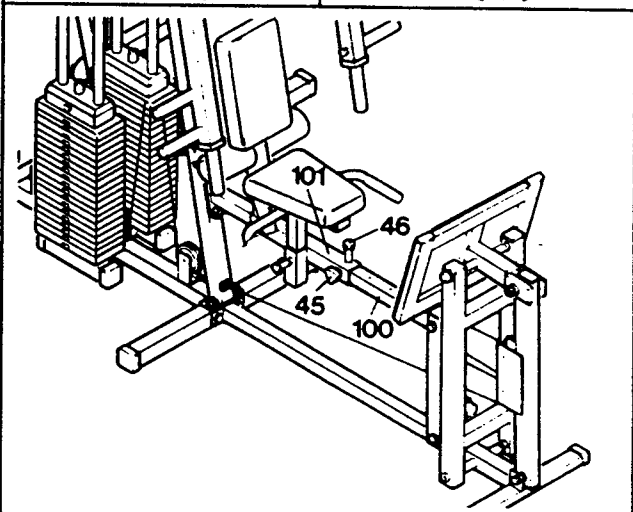
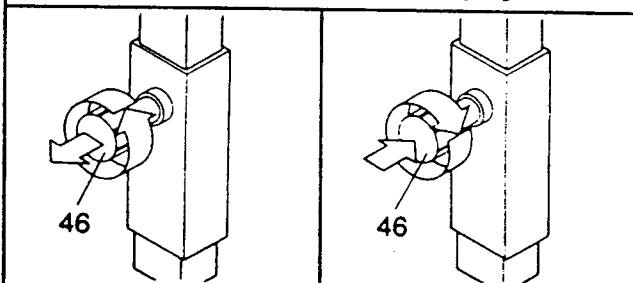
ADJUSTING THE HEIGHT OF THE SMALL SEAT

1. Turn the Lock Knob (46) on the side of the Leg Press Frame (101) counterclockwise until it turns freely. Pull the Lock Knob outward.
2. Raise or lower the Long Seat Post (105) 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 Long Seat Post (105). **CAUTION: If the pin is not in one of the holes, the Long Seat Post could slip during use, resulting in injury.** Push on the Lock Knob and turn it clockwise until it will no longer turn.



ADJUSTING THE POSITION OF THE SMALL SEAT

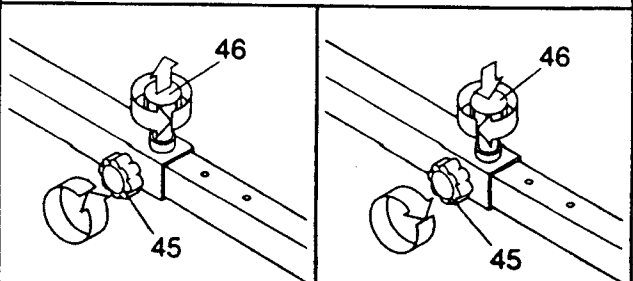
1. Loosen the Threaded Knob (45).
2. Turn the Lock Knob (46) on top of the Leg Press Frame (101) counterclockwise until it turns freely. Pull the Lock Knob up and hold it.
3. Slide the Leg Press Frame (101) forward or backward to the desired position. **CAUTION: Be careful to avoid pinching your hand.**
4. Release the Lock Knob (46), making sure that the pin on the Lock Knob is in one of the holes in the Leg Press Rail (100). **CAUTION: If the pin is not in one of the holes, the Leg Press Frame could slip during use, resulting in injury.** Push on the Lock Knob and turn it clockwise until it will no longer turn.



5. Tighten the Threaded Knob (45).

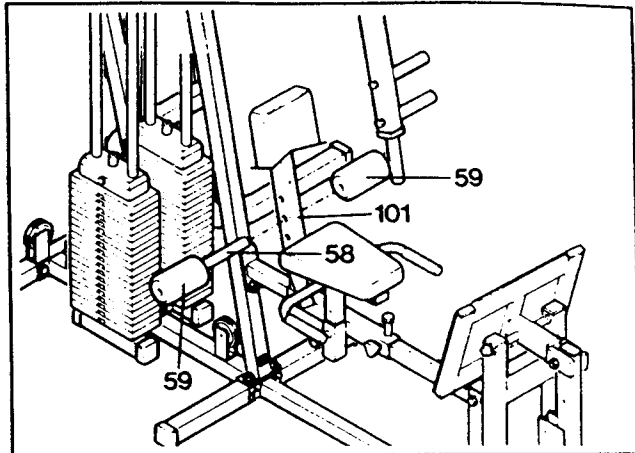
ADJUSTING THE HEIGHT OF THE LARGE SEAT

The Large Seat can be adjusted in the same manner as the Small Seat. See ADJUSTING THE HEIGHT OF THE SMALL SEAT above.



ADJUSTING THE PADS ON THE SMALL SEAT

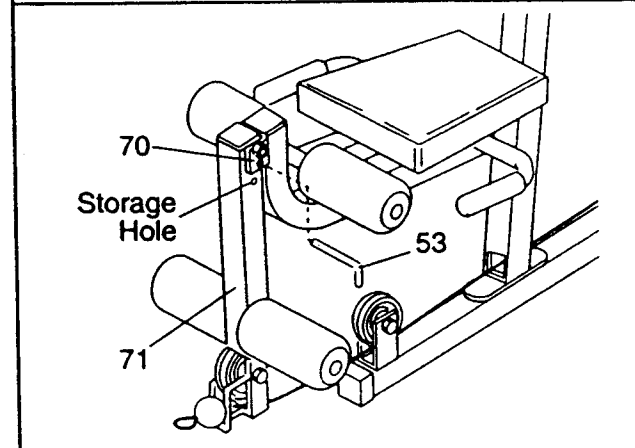
The 6" Foam Pads (59) on the Leg Press Frame (101) can be adjusted to any of three heights. To change the height, first slide one Foam Pad off the Pad Tube (58). Remove the Pad Tube and insert it into a different hole in the Leg Press Frame. Slide the Foam Pad back onto the Pad Tube.



LOCKING THE LEG LEVER

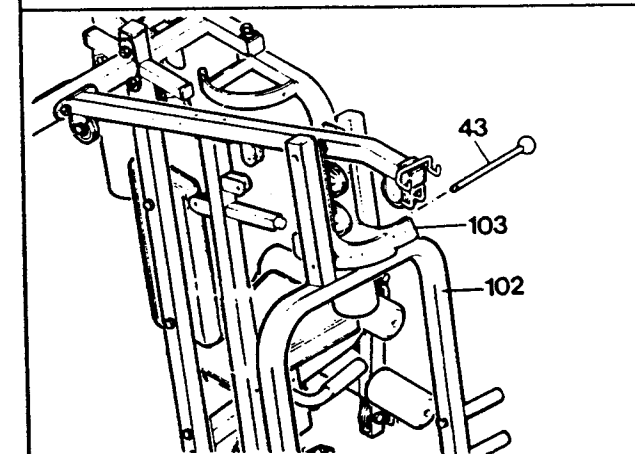
To use the rower bar or the ankle strap with the low cable, the Leg Lever (71) should be locked in a stationary position. To lock it, insert the "L" Pin (53) through the indicated hole in the Leg Lever Frame (70) and the Leg Lever.

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



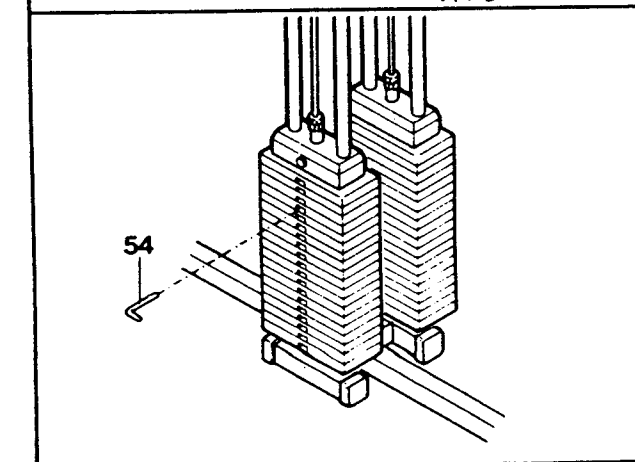
ADJUSTING THE PRESS ARM

The position of the Press Arm (102) 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 (103). 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.



CHANGING THE WEIGHT SETTING

The dual weight stacks allow two exercise stations to be used at the same time. The right weight stack is connected to the high cable, center cable and leg press. The left weight stack is connected to the low cable, leg lever and butterfly arms. To increase the weight setting of either weight stack, insert an "L" Pin w/Tab (54) lower in the stack and turn the end of the Pin downward; to decrease the weight setting, insert the Pin higher in the stack. Each weight, including the top weight, weighs 10 pounds. The weight setting of either weight stack can be changed from 10 pounds up to 200 pounds in increments of 10 pounds. **Note: When using the leg press, the amount of weight will be doubled.**



ATTACHING THE LAT BAR, ROWER BAR, HAND STRAP OR AB STRAP TO THE HIGH CABLE

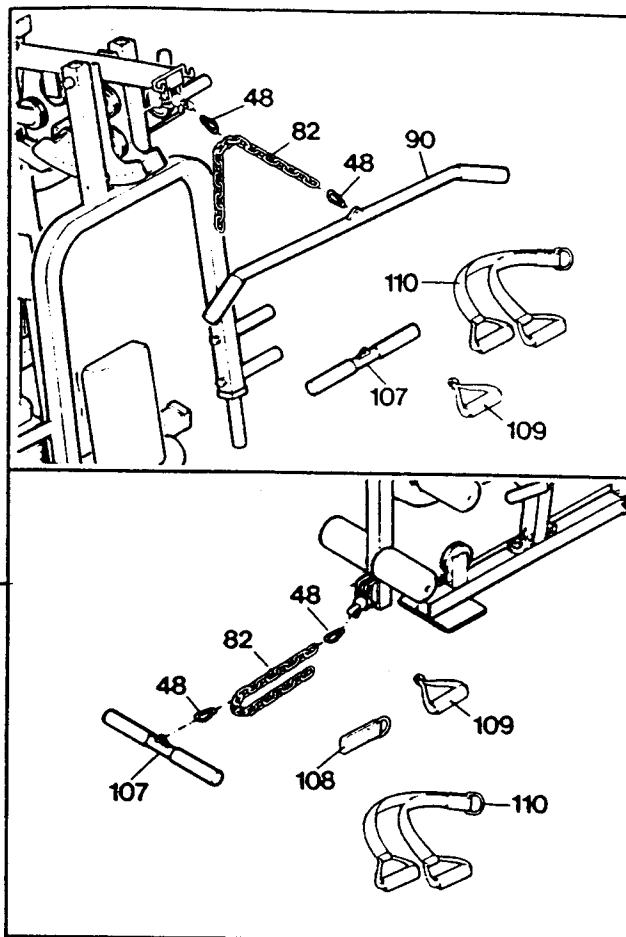
The Lat Bar (90) can be attached to the high cable with a Cable Clip (48). For some exercises, the Long Chain (82) should be attached between the Lat Bar and the high cable with two Cable Clips. The length of Chain between the Lat Bar and the high cable can be adjusted by attaching the Cable Clips closer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

The Rower Bar (107), Hand Strap (109) and Ab Strap (110) can be attached to the high cable in the same manner.

ATTACHING THE ROWER BAR, HAND STRAP, AB STRAP OR ANKLE STRAP TO THE LOW CABLE

The Rower Bar (107) can be attached to the low cable with a Cable Clip (48). For some exercises, the Long Chain (82) should be attached between the Rower Bar and the low cable with two Cable Clips. The length of Chain between the Rower Bar and the low cable can be adjusted by attaching the Cable Clips closer together or farther apart along the Chain. Adjust the length of Chain until the Rower Bar is in a comfortable starting position.

The Hand Strap (109), Ab Strap (110) and Ankle Strap (108) can be attached to the low cable in the same manner.



TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts of the PROFORM 980 CI regularly. Replace any worn part immediately. The PROFORM 980 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 attached to the right weight stack, find the bolt on the end of Cable #2 (92). Turn the bolt clockwise to thread it farther into the Weight Selector (57) until the cables are tight. To tighten the cables attached to the left weight stack, find the bolt on the end of Cable #4 (94). Turn the bolt clockwise to thread it farther into the Weight Selector (57). If the cables cannot be tightened enough by turning the bolts, follow the instructions below.

ADJUSTING THE SHORT CHAINS

Find the bolts on the ends of Cable #2 (92) and Cable #4 (94) (see the drawing above). Turn the bolts until half the threads are inside the Weight Selectors (57).

To adjust the cables attached to the left and right weight stack, find the Short Chain (81) with a Cable Clip (48) on either end. Open one of the Cable Clips, and slide a different link of the Chain onto the Cable Clip so the cables are tight.

