

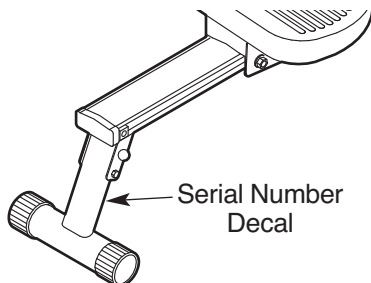
PRO-FORM[®]

980 ZLW

Model No. PIRW34008.0

Serial No. _____

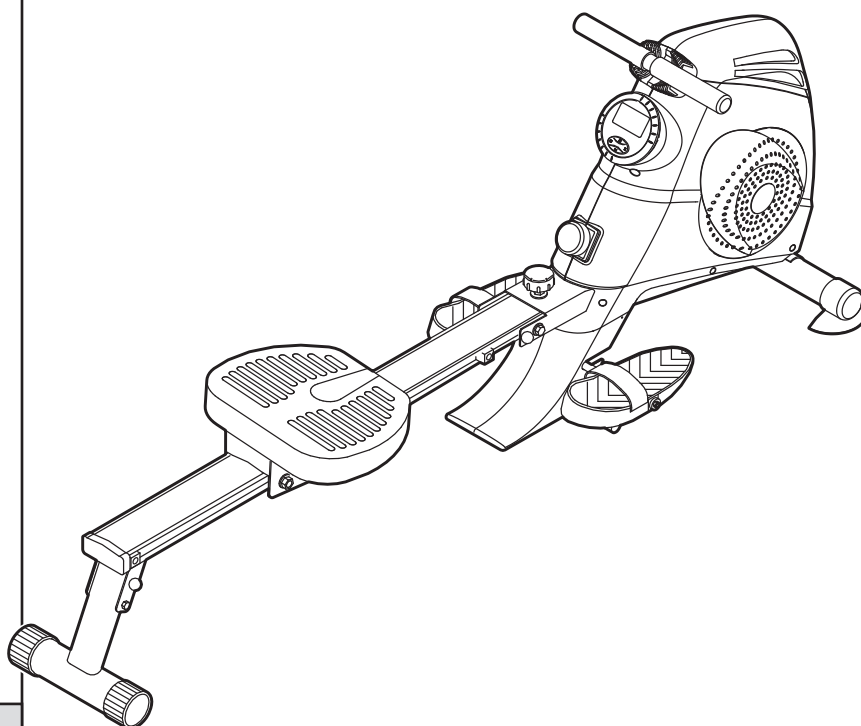
Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **CONTACT THE STORE WHERE YOU PURCHASED THIS PRODUCT.**



⚠ CAUTION

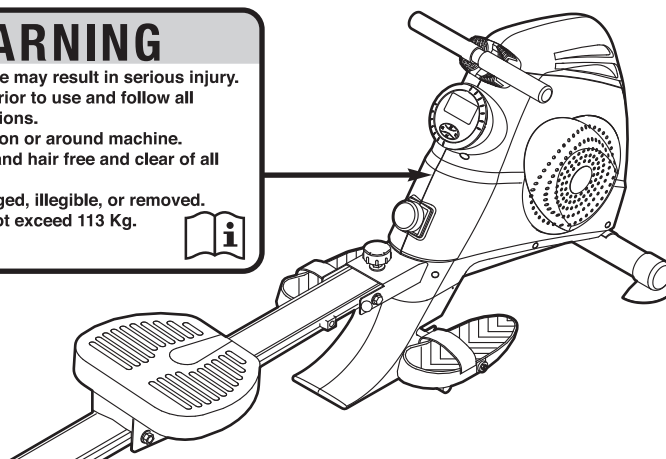
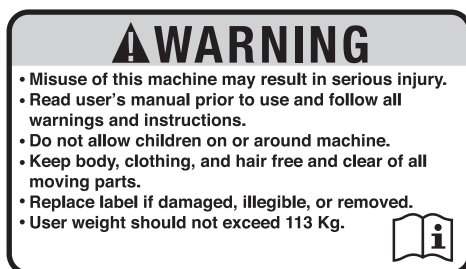
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your rower before using your rower. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all precautions.
3. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
4. Keep the rower indoors, away from moisture and dust. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance on each side of the rower.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the rower at all times.
7. The rower should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
9. Keep your hands away from moving parts.
10. Keep your back straight while using the rower; do not arch your back.
11. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
12. Use the rower only as described in this manual.

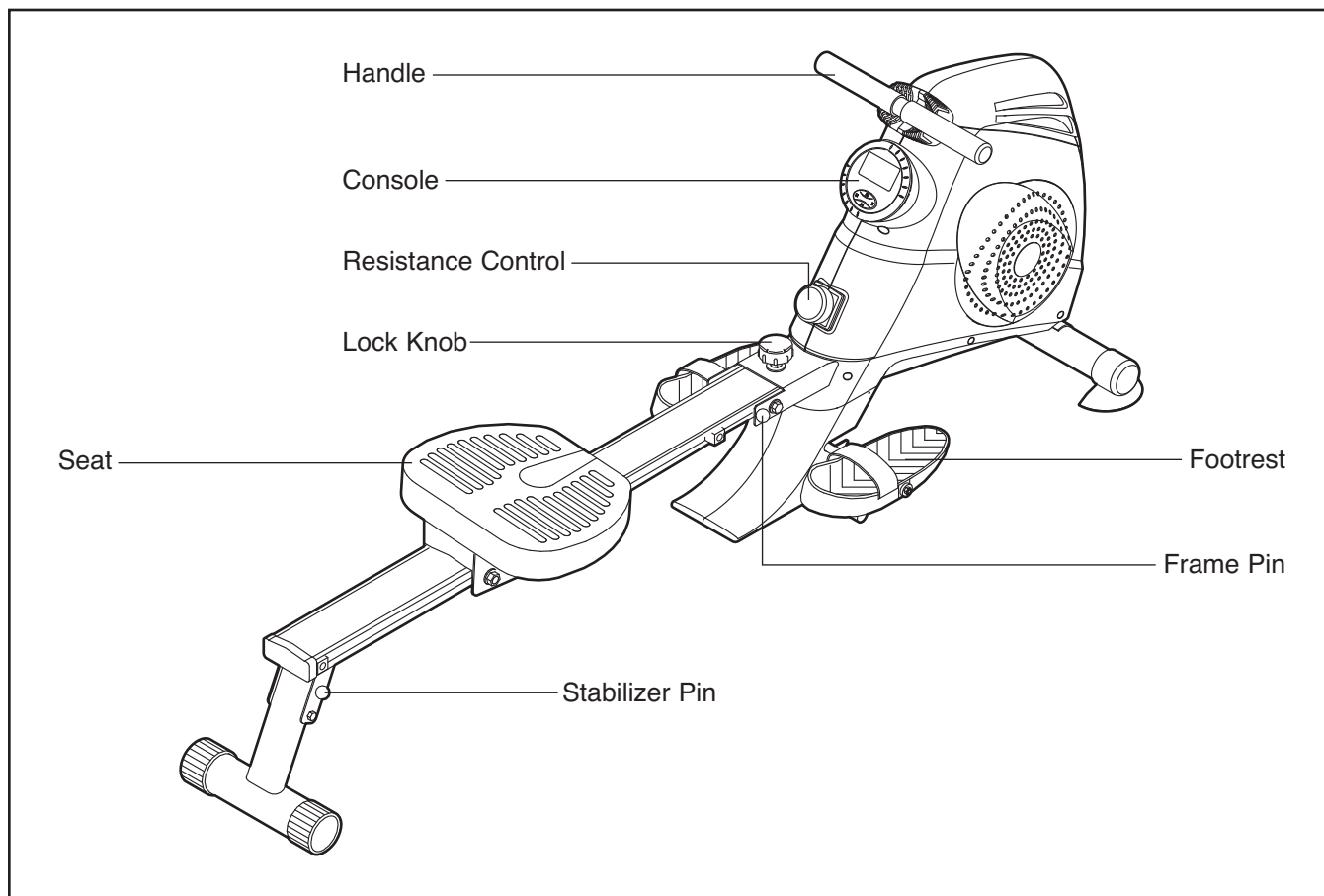
BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 980 ZLW rower. Rowing is an effective exercise for toning the body, strengthening the muscles, and building the cardiovascular system. The 980 ZLW is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the rower. If you have questions after read-

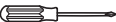
ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

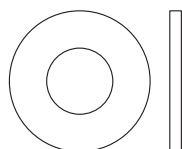


ASSEMBLY

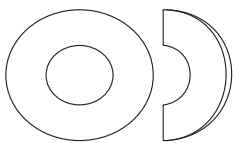
Assembly requires two persons. Place all parts of the rower in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  and an adjustable wrench .

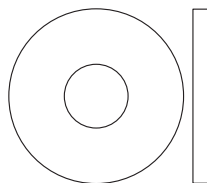
As you assemble the rower, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



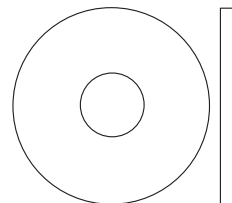
M8 x 16mm
Washer (75)–6



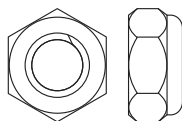
M8 Curved
Washer (74)–2



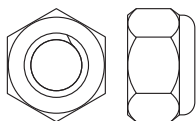
M8 x 23mm
Washer (76)–2



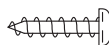
M8 x 26mm
Washer (77)–1



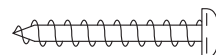
Jam Nut
(78)–1



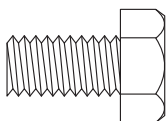
M8 Locknut
(73)–4



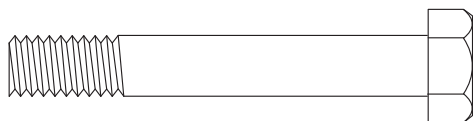
M3 x 12mm
Screw (42)–2



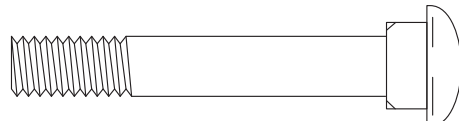
M4 x 25mm
Screw (84)–2



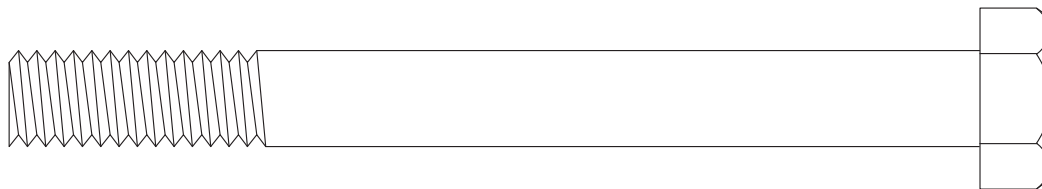
M8 x 15mm Hex
Screw (86)–4



M8 x 55mm Hex
Screw (83)–2



M8 Carriage Bolt
(82)–2

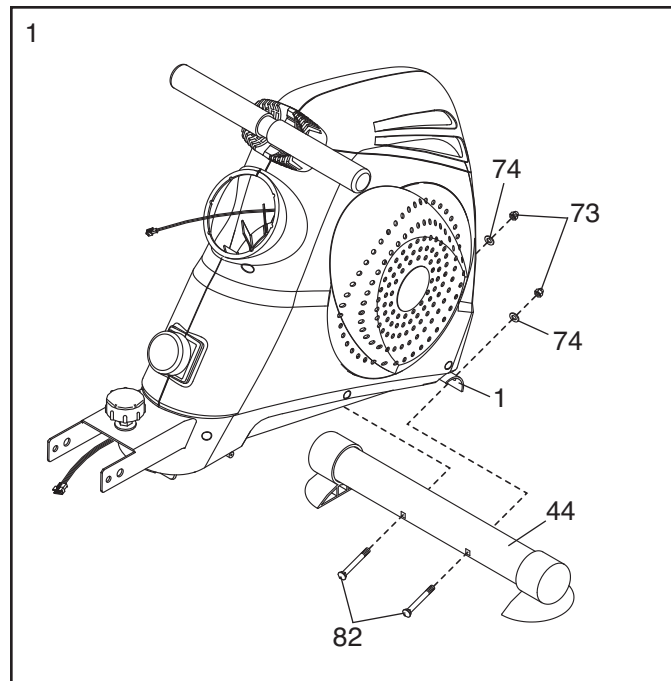


1/2" x 127mm Hex Bolt (88)–1

1.

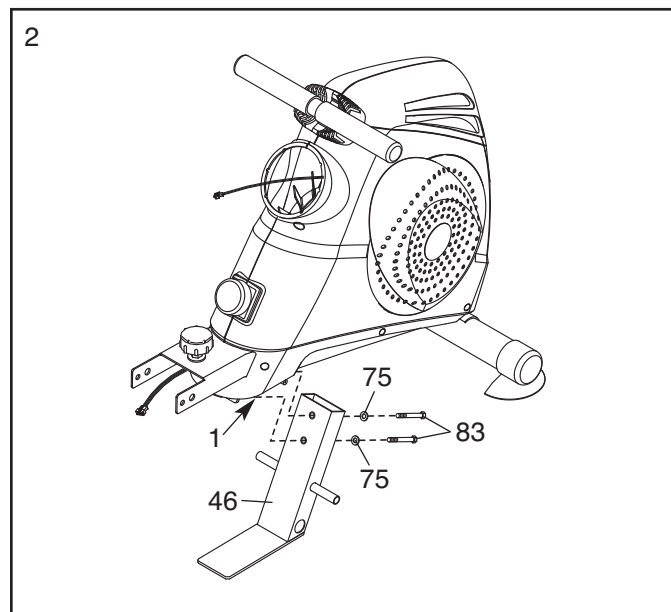
To make assembly easier, read the information on page 5 before you begin.

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (44) to the Frame with two M8 Carriage Bolts (82), two M8 Curved Washers (74), and two M8 Locknuts (73).



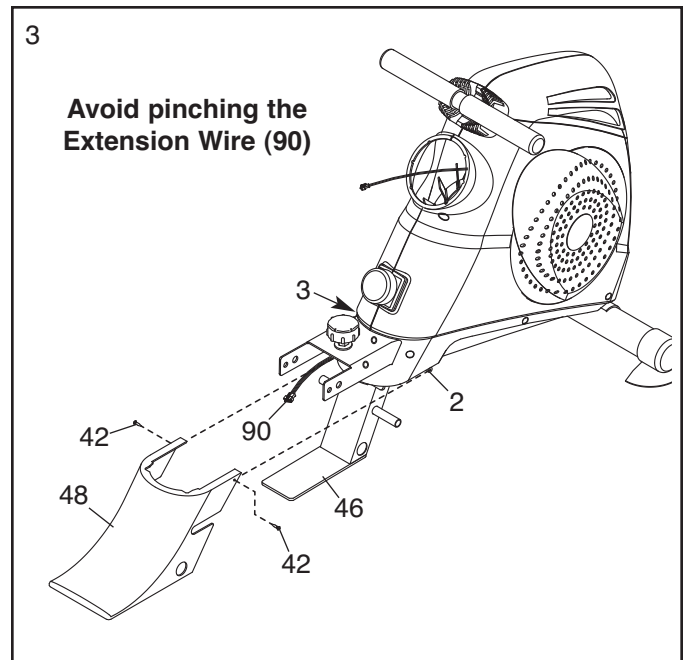
2. While a second person lifts the rear of the Frame (1), slide the Footrest Bracket (46) onto the bracket on the underside of the Frame.

Attach the Footrest Bracket (46) to the Frame (1) with two M8 x 55mm Hex Screws (83) and two M8 x 16mm Washers (75).



3. Slide the Footrest Bracket Cover (48) onto the Footrest Bracket (46).

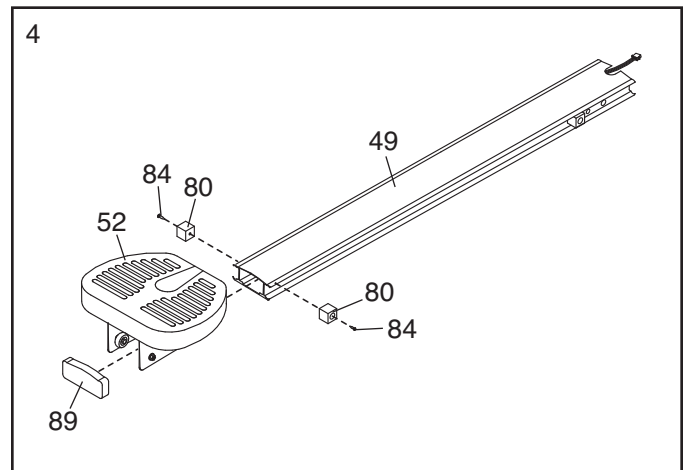
Tip: Avoid pinching the Extension Wire (90).
Attach the Footrest Bracket Cover (48) to the Right and Left Shields (2, 3) with two M3 x 12mm Screws (42).



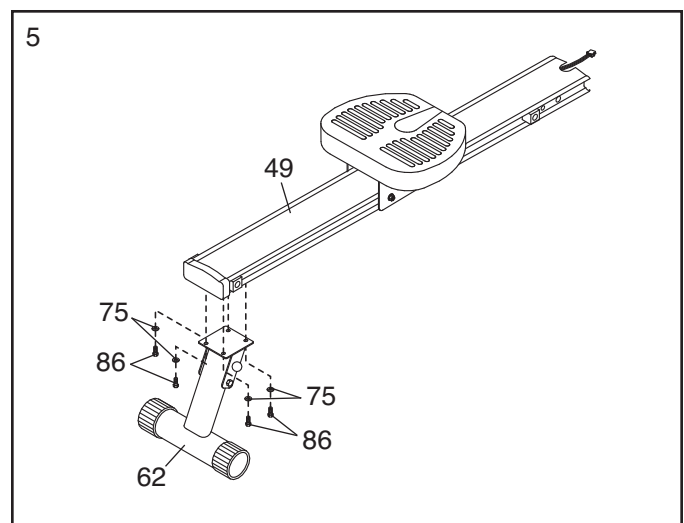
4. Orient the Seat (52) and the Rail (49) as shown. Then, slide the Seat onto the Rail.

Attach a Bumper (80) to each side of the Rail (49) with an M4 x 16mm Screws (84).

Press the Rail Cap (89) onto the end of the Rail (49).



5. Attach the Rear Stabilizer (62) to the underside of the Rail (49) with four M8 x 15mm Hex Screws (86) and four M8 x 16mm Washers (75).



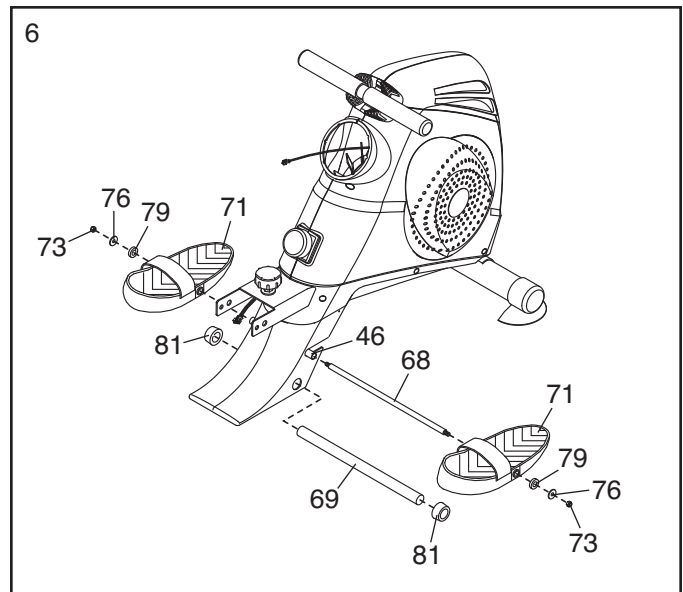
6. Insert the Footrest Axle (68) into the upper hole in the Footrest Bracket (46) and center it.

Orient the Footrests (71) as shown. Slide a Footrest onto each end of the Footrest Axle (68).

Slide a Plastic Bushing (79) and an M8 x 23mm Washer (76) onto each end of the Footrest Axle. Then, tighten an M8 Locknut (73) onto each end of the Footrest Axle.

Insert the Rest Bar (69) into the lower hole in the Footrest Bracket (46) and center it.

Press a Rest Pad (81) onto each end of the Rest Bar (69).



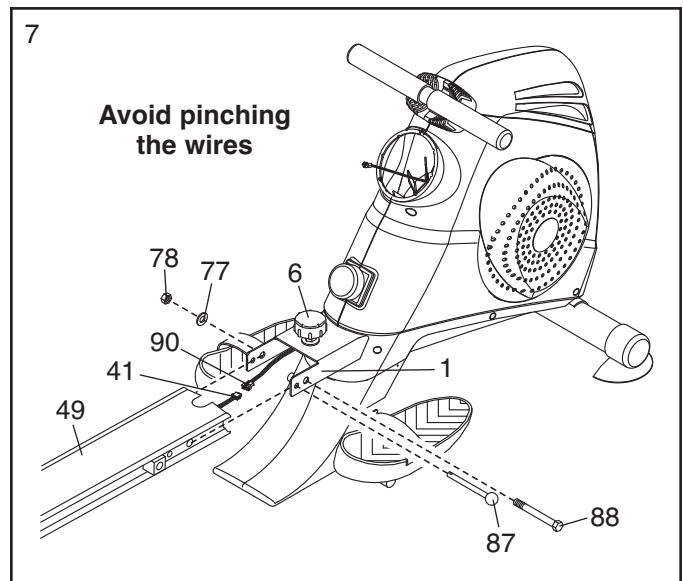
7. While a second person holds the Rail (49) near the Frame (1), connect the Extension Wire (90) to the Reed Switch Wire (41).

Insert the excess wire into the Rail (49).

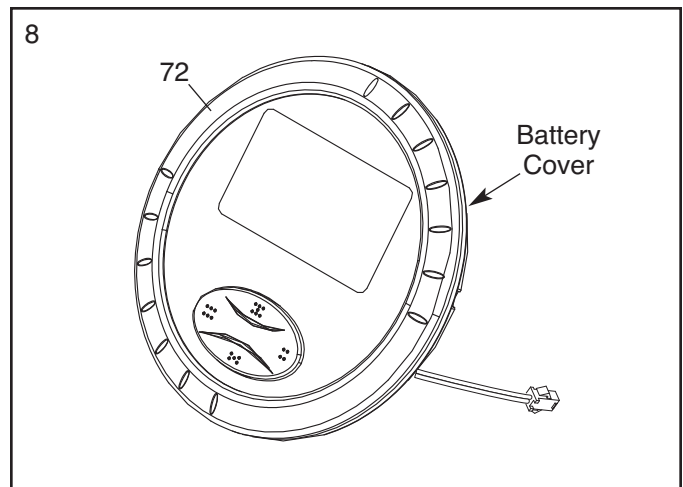
Tip: Avoid pinching the wires. Position the Rail (49) inside the bracket on the Frame (1).

Insert a 1/2" x 127mm Hex Bolt (88) through the Frame (1) and the Rail (49). Slide an M8 x 26mm Washer (77) onto the Hex Bolt and then tighten a Jam Nut (78) onto the Hex Bolt.

Insert the Frame Pin (87) through the Frame (1) and the Rail (49). Then, tighten the Lock Knob (6).



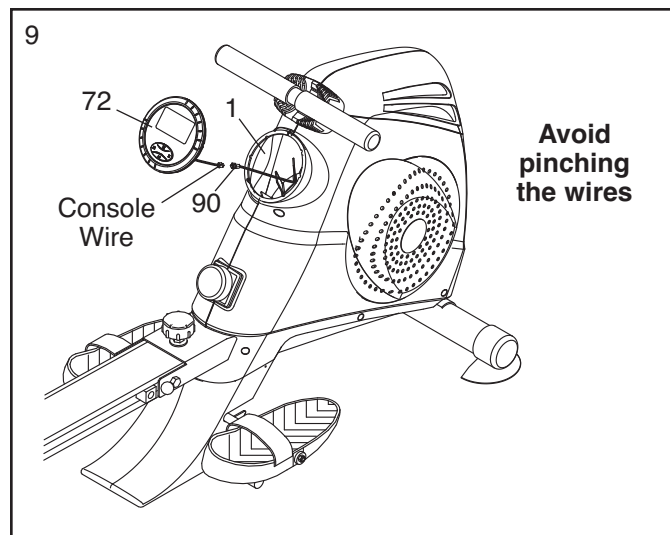
8. The Console (72) can use two AA batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover, insert the batteries into the battery compartment, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**



9. While a second person holds the Console (72) near the Frame (1), connect the console wire to the Extension Wire (90).

Insert the excess wire into the Frame (1).

Tip: Avoid pinching the wires. Press the Console (72) into the Frame (1).



10. **Make sure that all parts of the rower are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the rower.

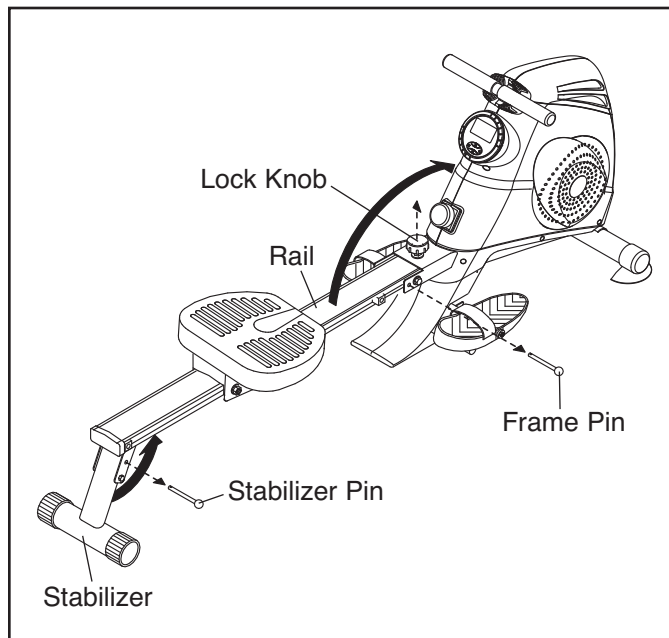
HOW TO USE THE ROWER

HOW TO FOLD AND UNFOLD THE ROWER

When the rower is not in use, the rail and the stabilizer can be folded out of the way.

1. Loosen the lock knob and remove the frame pin.
2. Raise the rail until it is folded against the frame. Then, reinsert the frame pin.
3. Remove the stabilizer pin and move the stabilizer downward until it is folded against the rail. Reinsert the stabilizer pin.

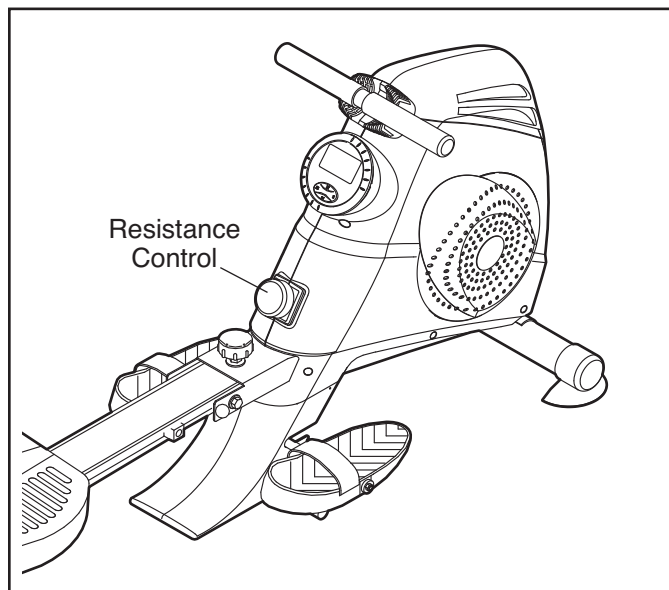
To unfold the rower, reverse the steps listed above.



HOW TO ADJUST THE RESISTANCE

To increase the resistance of the handle, turn the resistance control clockwise; to decrease the resistance, turn the resistance control counterclockwise.

IMPORTANT: Stop turning the knob when turning becomes difficult, or you may damage the rower.

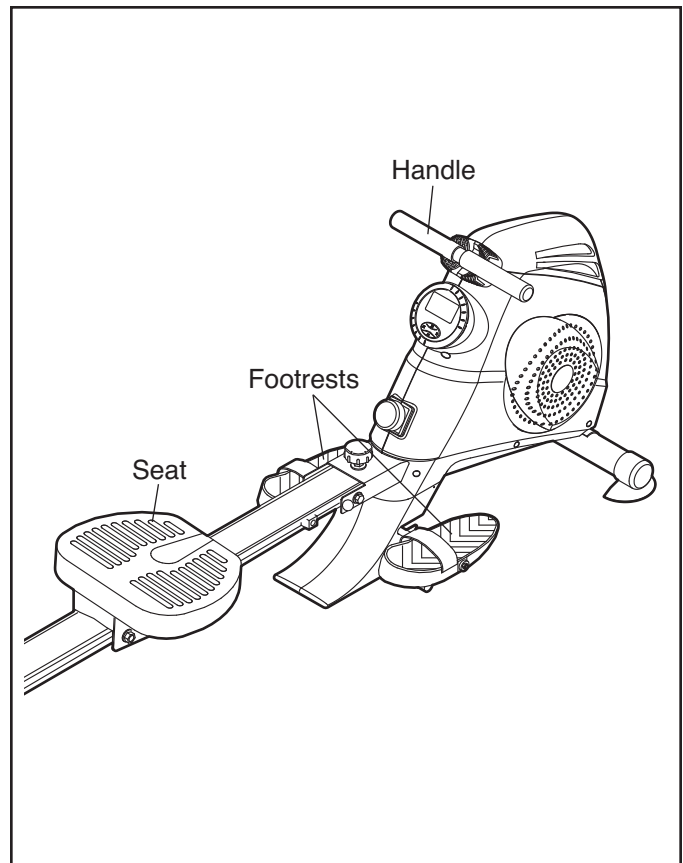


HOW TO EXERCISE ON THE ROWER

Sit on the seat, facing the footrests. Place your feet in the footrests and adjust the straps to fit your feet. Hold the handle with an overhand grip. Correct rowing form consists of three phases:

1. The first phase is the **CATCH**. Slide the seat forward until your knees are almost touching your chest. Pull the handle until your hands are close to your feet.
2. The second phase is the **DRIVE**. Push backward using your legs. Keep your back straight. Lean back slightly at the hips (not at the waist) and begin pulling the handle toward your chest. Keep your elbows outward.
3. The third phase is the **FINISH**. Your legs should be nearly straight. Continue to pull the handle until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row—never hold your breath.



FEATURES OF THE CONSOLE

The console features five modes that provide instant exercise feedback during your workouts:

Scan—Displays the Time, Count, Total Count, and Calories modes in a repeating cycle.

Time—Displays the elapsed time. Note: If you set a time goal (see step 3), this mode will display the time remaining in your workout.

Count—Displays the number of repetitions completed during the current workout. Note: If you set a count goal (see step 3), this mode will display the number of repetitions remaining in your workout.

Total Count—Displays the total number of repetitions completed since the Total Reset button was last pressed.

Calories—Displays the approximate number of calories you have burned. Note: If you set a calorie-burning goal (see step 3), this mode will display the number of calories still to be burned in your workout.

HOW TO USE THE CONSOLE

Note: Before using the console, make sure that batteries are installed (see assembly step 8 on page 8). If there is a sheet of clear plastic on the display, remove the plastic.

1. Turn on the console.

Press a button on the console or begin rowing to turn on the console.

2. Select a mode for display.

Press the Mode button repeatedly to select the desired mode for display.

3. Set a workout goal, if desired.

To set a time, count, or calorie-burning goal for your workout, press the Mode button repeatedly until the Time, Count, or Calories mode is selected.

Next, press the Set button repeatedly to set the desired goal.

4. Begin rowing and follow your progress with the display.

As you exercise, the console will provide instant feedback about your workout.

If you have set a workout goal, a tone will sound for several seconds when you reach your goal.

5. Reset the console, if desired.

To reset the Time, Count, or Calories mode to zero, press the Reset button while that mode is selected.

To reset all modes to zero and restart the console, press the Total Reset button.

6. When you are finished exercising, the console will turn off automatically.

If the seat does not move and the console buttons are not pressed for a few minutes, the console will turn off automatically.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the rower regularly.
Replace worn parts immediately.

To clean the rower, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO STORE THE ROWER

The rower can be stored in a folded position to conserve space (see HOW TO FOLD AND UNFOLD THE ROWER on page 10). **Store the rower in a location where children cannot tip it.** Remove the batteries from the console when storing the rower.

CONSOLE TROUBLESHOOTING

If the console does not function properly, the batteries should be replaced. Most problems are the result of drained batteries. See assembly step 8 on page 8 for battery installation instructions.

PART LIST—Model No. PIRW34008.0

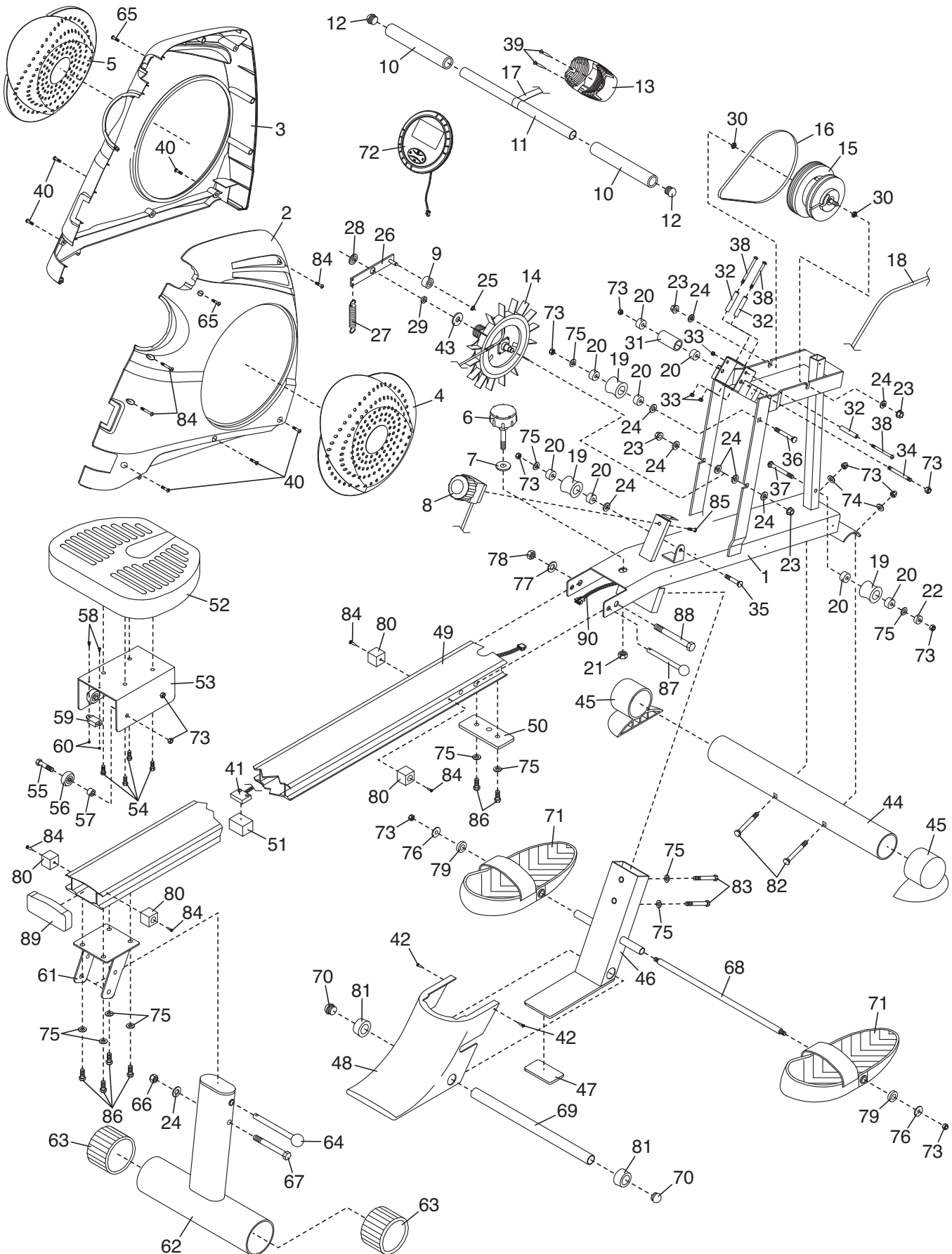
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	1	EVA Plate
2	1	Right Shield	48	1	Footrest Bracket Cover
3	1	Left Shield	49	1	Rail
4	1	Right Shield Cover	50	1	Plate
5	1	Left Shield Cover	51	1	Foam Block
6	1	Lock Knob	52	1	Seat
7	1	Knob Washer	53	1	Seat Carriage
8	1	Resistance Control/Cable	54	4	1/4" x 1/2" Seat Screw
9	1	Idle Roller	55	4	M8 x 28mm Bolt
10	2	Foam Grip	56	4	Carriage Wheel
11	1	Handle	57	4	Carriage Bushing
12	2	Handle Cap	58	2	M3 x 10mm Bolt
13	1	Handle Rest	59	1	Seat Magnet
14	1	Fan	60	2	M3 Nut
15	1	Pulley	61	1	Rear Stabilizer Bracket
16	1	Drive Belt	62	1	Rear Stabilizer
17	1	Strap	63	2	Rear Stabilizer Cap
18	1	Elastic Rope	64	1	Stabilizer Pin
19	3	Roller	65	2	M4 x 16mm Screw
20	8	Bearing	66	1	3/8" Locknut
21	1	1/2" Nut	67	1	3/8" Bolt
22	1	Bushing	68	1	Footrest Axle
23	4	Acorn Nut	69	1	Rest Bar
24	9	M10 Washer	70	2	Rest Cap
25	1	C-clip	71	2	Footrest
26	1	Idle Arm	72	1	Console
27	1	Tension Spring	73	13	M8 Locknut
28	1	Hat Washer	74	2	M8 Curved Washer
29	1	M4 x 18mm Washer	75	11	M8 x 16mm Washer
30	2	Thin Nut	76	2	M8 x 23mm Washer
31	1	Large Plastic Roller	77	1	M8 x 26mm Washer
32	3	Small Plastic Roller	78	1	Jam Nut
33	3	M6 Locknut	79	2	Plastic Bushing
34	1	M8 x 80mm Stud	80	4	Bumper
35	1	M8 x 40mm Carriage Bolt	81	2	Rest Pad
36	1	M8 x 50mm Carriage Bolt	82	2	M8 Carriage Bolt
37	1	M8 x 63mm Carriage Bolt	83	2	M8 x 55mm Hex Screw
38	3	M6 x 70mm Bolt	84	7	M4 x 25mm Screw
39	2	M4 x 16mm Screw	85	1	M5 x 20mm Screw
40	6	5/8" Screw	86	6	M8 x 15mm Hex Screw
41	1	Reed Switch/Wire	87	1	Frame Pin
42	2	M3 x 12mm Screw	88	1	1/2" x 127mm Hex Bolt
43	1	30mm Washer	89	1	Rail Cap
44	1	Front Stabilizer	90	1	Extension Wire
45	2	Front Stabilizer Cap	*	—	User's Manual
46	1	Footrest Bracket	*	—	Assembly Tool

Note: Specifications are subject to change without notice. For information about ordering replacement parts, please see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. PIRW34008.0

R0310A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

