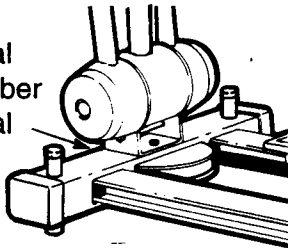


PRO-FORM®

Model No. TLXC61040

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:

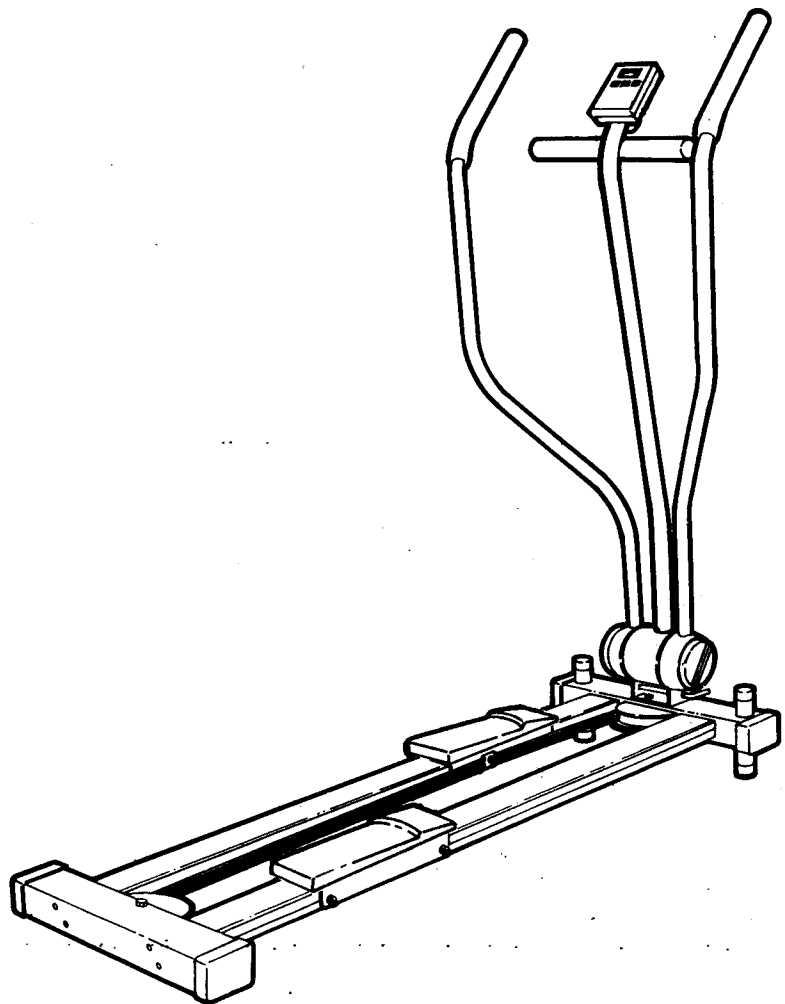
1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

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

ONE ON ONE TRAINER®



OWNER'S MANUAL

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read all safety precautions and instructions in this manual before using the cross-country skier.

1. Use the cross-country skier only on a level surface.
2. Inspect and tighten all parts each time you use the cross-country skier.
3. Keep small children away from the cross-country skier at all times.
4. Always wear appropriate attire, including athletic shoes, when using the cross-country skier.
5. Always dismount the cross-country skier before changing the resistance of the ski poles.
6. Use the cross-country skier only as described in this manual.

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 this manual carefully before using this product. PROFORM assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

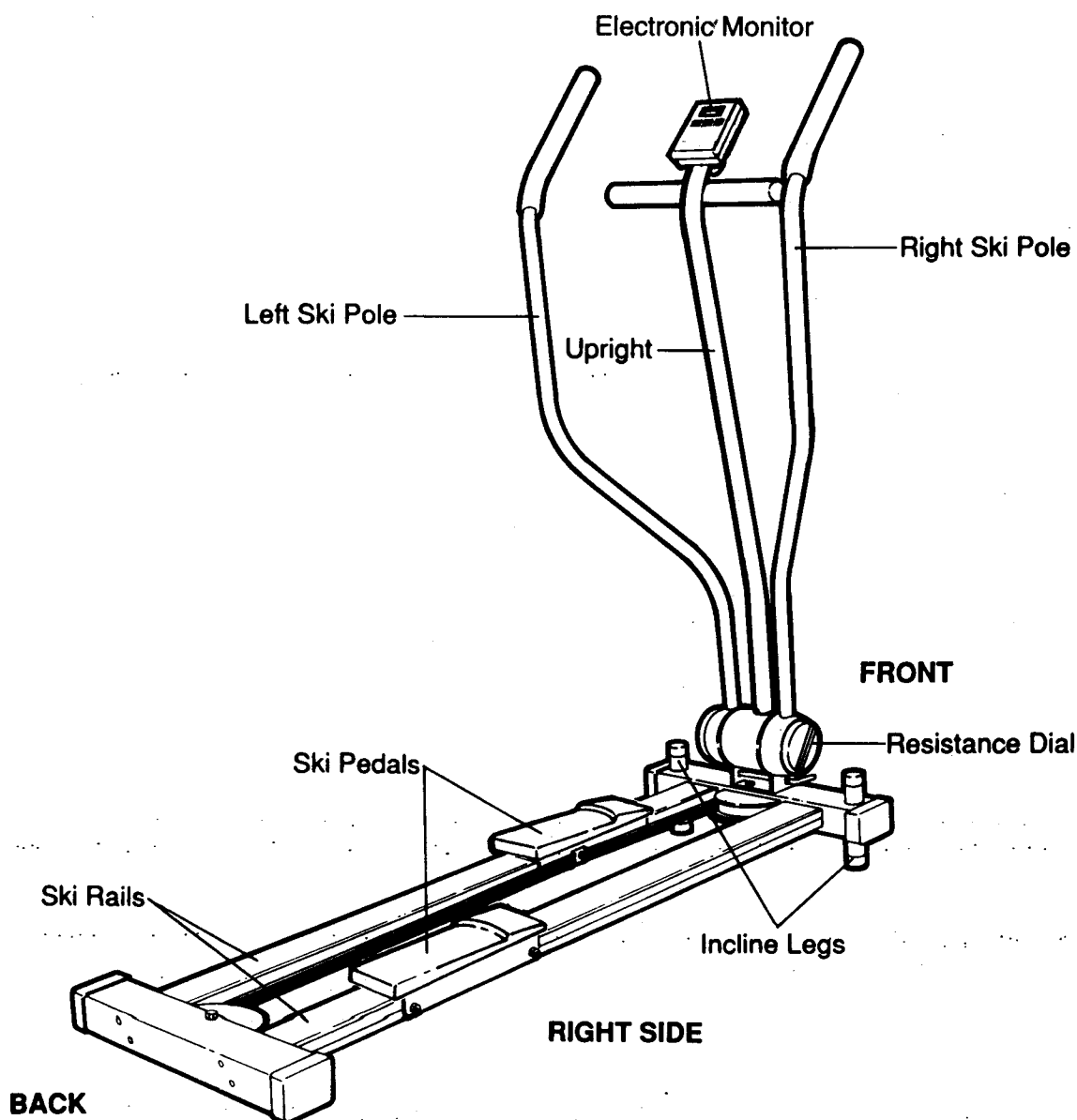
BEFORE YOU BEGIN

Thank you for selecting TONY LITTLE'S ONE-ON-ONE TRAINER® Cross-Country Skier. Cross-country skiing is one of the most effective exercises for increasing cardiovascular fitness, building endurance and toning the entire body. TONY LITTLE'S ONE-ON-ONE TRAINER® Cross-Country Skier features ultra-smooth skiing pedals, adjustable resistance and an electronic exercise monitor to let you enjoy this dynamic exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the cross-country skier.

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 TLXC61040. The serial number can be found on a decal attached to the cross-country skier (see the front cover of this manual for the location of the decal).

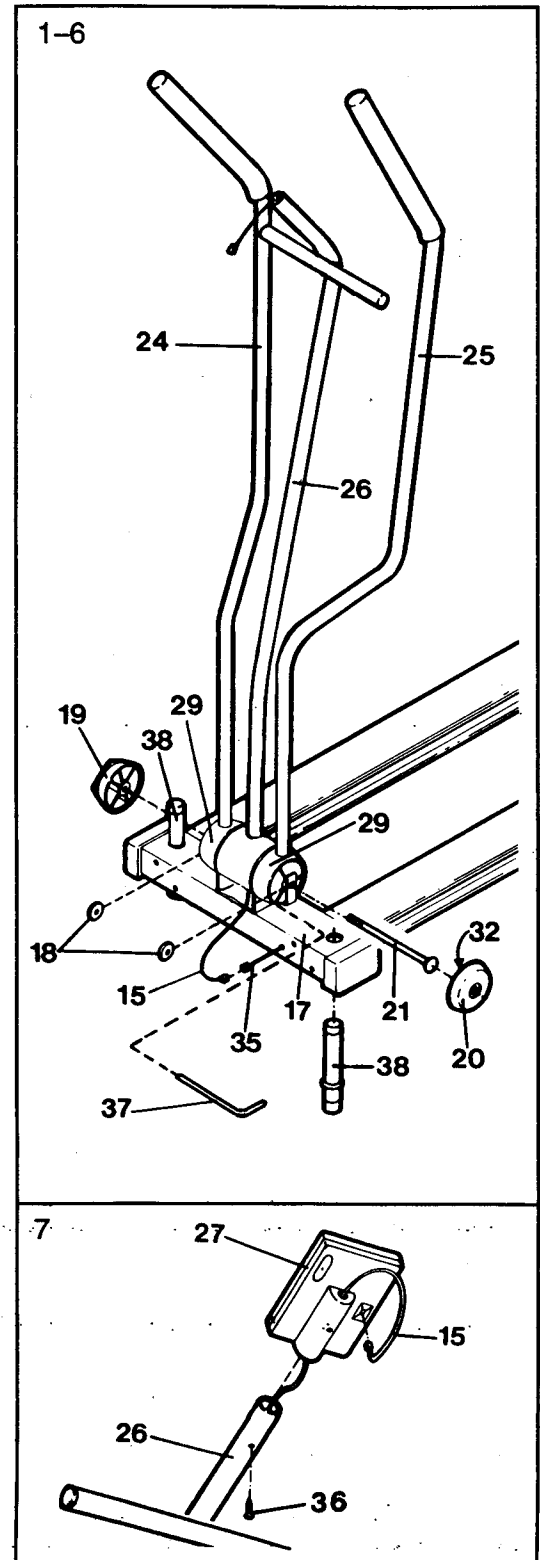
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

Set all parts of the cross-country skier in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Carefully read all steps before beginning. The assistance of a second person is recommended. **The following tools (not included) are required: a phillips screwdriver, pliers and a rubber mallet. A small amount of grease is also required.**

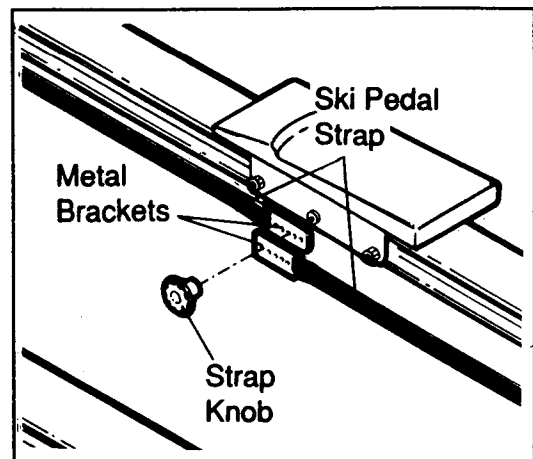
1. Remove the Resistance Dial (19) from the Long Bolt (21). Using a rubber mallet, tap the threaded end of the Long Bolt until the head protrudes from the bracket on the Front Stabilizer (17). Using pliers, grip the head of the Long Bolt and pull it out of the bracket.
2. Grease both sides of the two Nylon Washers (18). Press a Nylon Washer (18) into the outer sides of each Ski Pole Housing (29). Hold the Ski Pole Housings in the bracket on the Front Stabilizer (17). Make sure that the Right and Left Ski Poles (24, 25) are on the correct sides.
3. Grease the Long Bolt (21). Insert the Long Bolt from the left side through the bracket on the Front Stabilizer (17). The Long Bolt must pass through the Nylon Washers (18), Ski Pole Housings (29), Ski Poles (24, 25) and Upright (26). Tighten the Resistance Dial (19) onto the Long Bolt. **Make sure that the square part of the head of the Long Bolt is in the square hole in the bracket on the Front Stabilizer.**
4. Remove the backing from the Adhesive Pads (32) on the Housing Cap (20). Press the Housing Cap onto the left side of the bracket on the Front Stabilizer (17). Make sure that the notch in the lower edge of the Housing Cap fits around the bracket.
5. Plug the lower end of the Monitor Wire (15) into the Reed Switch Wire (35). Lift the Front Stabilizer (17) and insert the Incline Legs (38) as shown.
6. Raise the Upright (26) and the Ski Poles (24, 25). Insert the Lock Pin (37) through the bracket on the Front Stabilizer (17) and the lower end of the Upright. Be careful to avoid damaging the Monitor Wire.
7. Insert the upper end of the Monitor Wire (15) through the Electronic Monitor (27) as shown. Plug the Monitor Wire into the jack on the Electronic Monitor. Slide the Electronic Monitor onto the Upright (26). Be careful to avoid pinching the Monitor Wire. Tighten a Monitor Screw (36) into the Electronic Monitor and the Upright.



ADJUSTMENT AND OPERATION

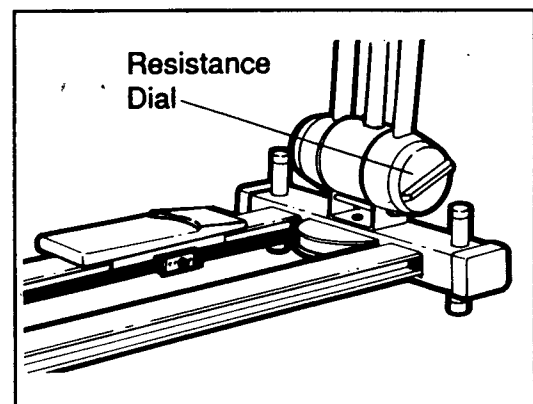
ADJUSTING THE TENSION OF THE SKI PEDAL STRAP

Before using the cross-country skier, the tension of the ski pedal strap should be adjusted. The strap should be kept tight enough that it will not slip off the pulleys. **CAUTION: Always dismount the cross-country skier before adjusting the strap.** Remove the strap knob from the ski pedal and slide off the two metal brackets. Pull the ends of the strap together until the strap is properly tight. Slide the metal brackets back onto the ski pedal and tighten the strap knob onto the ski pedal. Make sure that the metal brackets remain level as you tighten the knob.



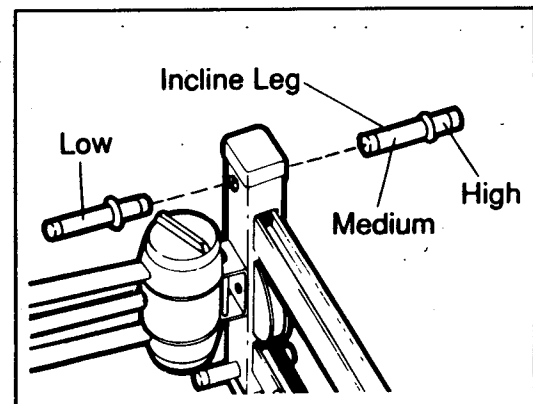
CHANGING THE RESISTANCE OF THE SKI POLES

The resistance of the ski poles can be changed by turning the resistance dial at the lower end of the right ski pole. **CAUTION: Always dismount the cross-country skier before changing the resistance.** To increase the resistance, turn the dial clockwise; to decrease the resistance, turn the dial counterclockwise.



CHANGING THE INCLINE OF THE SKI RAILS

The ski rails can be set at any of three incline levels. For a low incline level, set the front stabilizer on the floor and insert the incline legs into the top of the front stabilizer. For a medium or high incline level, first tip the cross-country skier onto its side. Insert the incline legs into the bottom of the front stabilizer. The incline level will differ depending on which ends of the incline legs are inserted. Set the cross-country skier upright. **CAUTION: When the cross-country skier is inclined, carefully mount and dismount or the pedals may slide unexpectedly.**



EXERCISING ON THE CROSS-COUNTRY SKIER

Hold both ski poles firmly. Step onto the ski pedals and center your feet on the pedals. Correct form for exercising on the cross-country skier is similar to the motion of walking. Move your arms and legs forward and back with a smooth, rhythmic motion. Keep your back straight and your knees bent slightly.

For an effective aerobic workout, exercise physiologists recommend short, rapid strides at low resistance. To strengthen the muscles, long, slow strides at medium resistance are recommended.

For a lower-body workout only, the cross-country skier can be used with the ski poles in a stationary position. When using the cross-country skier in this manner, always hold the ski poles for support.

ELECTRONIC MONITOR OPERATION

The simple-to-operate electronic monitor features five different modes to provide you with continuous feedback as you exercise. Please read these instructions before operating the monitor.

DESCRIPTION OF THE MODES

SPEED—Displays your current speed, in strides per minute.

TIME—Displays the elapsed time. Note: If you stop exercising for ten seconds or longer, the TIME mode will pause until you resume.

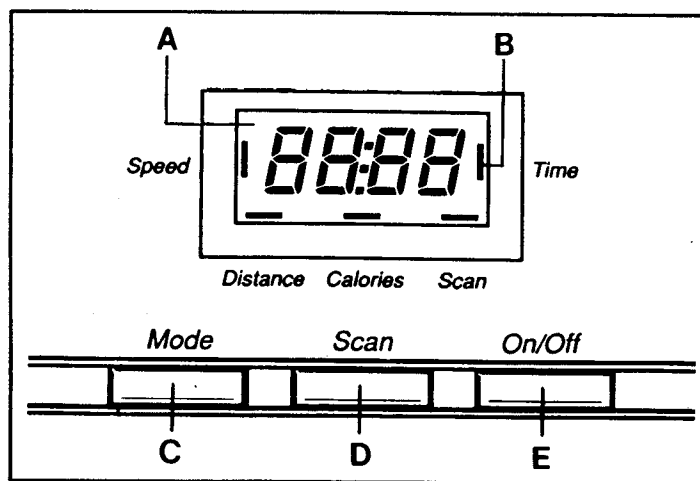
DISTANCE—Displays the total number of strides you have completed.

CALORIES—Displays the approximate number of nutritional Calories that you have burned. Note: The actual number of Calories that you burn will vary slightly depending on the length of your stride and the resistance of the ski poles.

SCAN—Displays all of the above modes, for five seconds each, in a repeating cycle.

ELECTRONIC MONITOR DIAGRAM

- A. LCD display.
- B. Mode indicators—Show which mode is currently selected.
- C. Mode button—Selects all modes except the SCAN mode.
- D. Scan button—Selects the SCAN mode.
- E. On/off button—Turns the power on and off.



OPERATING THE ELECTRONIC MONITOR

1. To turn on the power, press the on/off button or simply begin exercising. The entire display will appear for two seconds. The monitor will then be ready for operation.

2. Select one of the five modes:

SCAN mode—When the power is first turned on, the scan mode will be selected automatically. One mode indicator will show that the SCAN mode has been selected, and a second mode indicator will show which mode is currently displayed. The SCAN mode can also be selected by pressing the scan button.

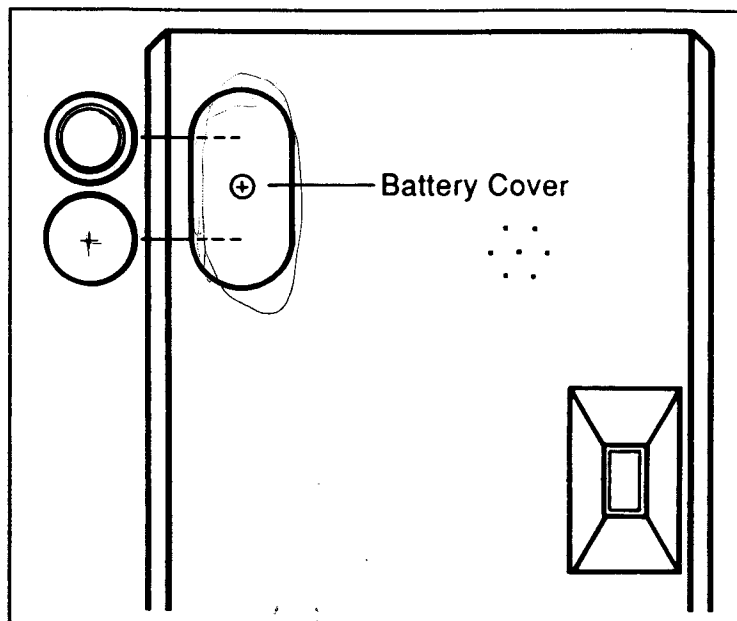
SPEED, TIME, DISTANCE or CALORIES mode—These modes can be selected for continuous display by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes are selected in the following order: SPEED, TIME, DISTANCE, CALORIES, SCAN.

3. To turn off the power, press the on/off button. Note: If the ski pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically.

INSTALLING BATTERIES

If the electronic monitor does not function properly, or if the LCD display becomes faint, the batteries should be replaced; most monitor problems are the result of drained batteries. Two 1.5-volt watch batteries are required.

Remove the screw attaching the electronic monitor to the upright, and remove the monitor from the upright. Remove the small screw attaching the battery cover, and remove the battery cover. Discard the old batteries. Insert two new batteries, with the batteries turned as shown in the drawing at the right. Reattach the battery cover with the small screw. Reattach the monitor to the upright with the screw.



TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the cross-country skier. Clean the cross-country skier periodically using a soft, dry cloth; do not allow liquid to come in contact with the electronic monitor. Apply a few drops of light, multi-purpose oil to the hubs of the pulleys at the ends of the cross-country skier every six months. To store the skier, remove the lock pin and lower the upright and the ski poles.

ELECTRONIC MONITOR

If the electronic monitor does not function properly, or if the LCD display becomes faint, the batteries should be replaced; most problems are the result of drained batteries. See **INSTALLING BATTERIES** above. In addition, make sure that the monitor wire is plugged fully into the monitor and the reed wire.

SKI PEDALS

If the ski pedals are difficult to move, the ski pedal strap may be too tight. The tension should be decreased. See **ADJUSTMENT AND OPERATION** on page 5 for adjustment instructions. If the movement of the ski pedals becomes rough or noisy, clean the ski rails and the ski pedal rollers with a soft, dry cloth. Next, apply a non-oil-, non-petroleum base silicone lubricant to the rails where the rollers make contact. (We recommend Uni•Sport™ spray, which can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. Lubricant is also available at most automotive and hardware stores.) Apply lubricant at least once every three months. If the movement of the ski pedals is still rough, the rollers may need to be replaced. See **ORDERING REPLACEMENT PARTS** on the back cover.

SKI POLES

If the ski poles squeak when they are moved, a small amount of grease should be applied to the four resistance pads on each ski pole housing. See **ASSEMBLY** on page 4 to see how to remove the ski pole housings. If the ski poles have little resistance, even when the resistance dial is turned clockwise, the resistance pads should be replaced. See **ORDERING REPLACEMENT PARTS** on the back cover.

CONDITIONING GUIDELINES

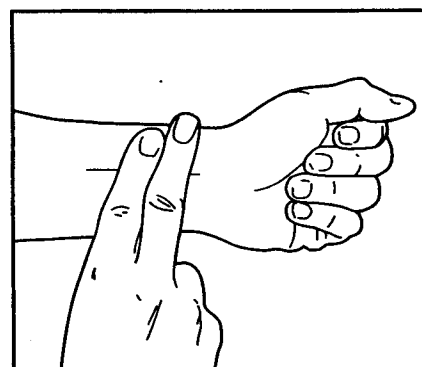
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, as well as reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

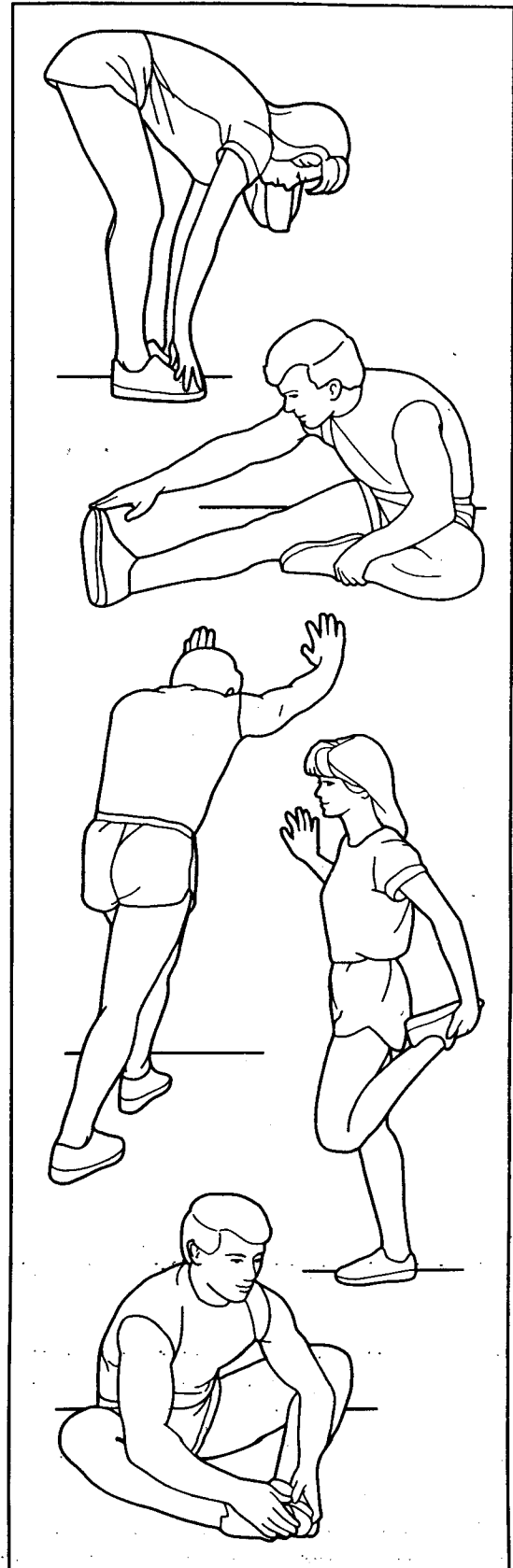
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



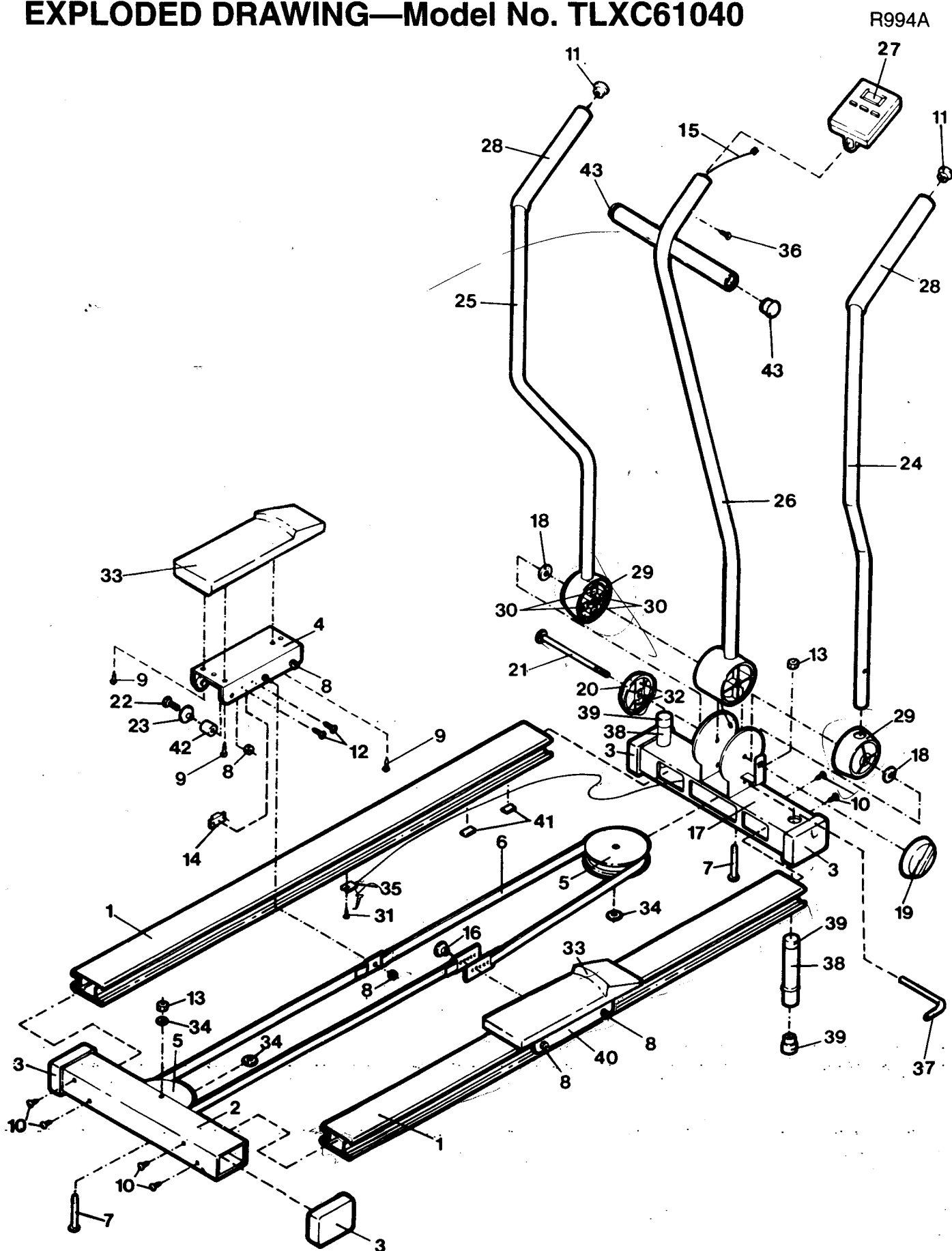
PART LIST—Model No. TLXC61040

R994A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Ski Rail	23	8	Ski Pedal Roller
2	1	Rear Stabilizer	24	1	Right Ski Pole
3	4	Stabilizer Cap	25	1	Left Ski Pole
4	1	Left Ski Pedal ✓	26	1	Upright
5	2	Pulley	27	1	Electronic Monitor
6	1	Ski Pedal Strap	28	2	Foam Grip
7	2	Pulley Bolt	29	2	Ski Pole Housing
8	9	Nut	30	8	Resistance Pad
9	6	Screw	31	1	Reed Switch Screw
10	8	Stabilizer Screw	32	2	Adhesive Pad
11	2	Ski Pole Cap	33	2	Ski Pedal Cover
12	2	Magnet Screw	34	3	Pulley Washer
13	2	Pulley Nut	35	1	Reed Switch/Wire
14	1	Magnet	36	1	Monitor Screw
15	1	Monitor Wire	37	1	Lock Pin
16	1	Strap Knob	38	2	Incline Leg
17	1	Front Stabilizer	39	4	Incline Leg Cap
18	2	Nylon Washer	40	1	Right Ski Pedal ✓
19	1	Resistance Dial	41	2	Wire Clip
20	1	Housing Cap	42	8	Ski Pedal Spacer
21	1	Long Bolt	43	2	Handlebar Cap
22	8	Roller Bolt	#	1	Owner's Manual
			#	1	Video Tape

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacements parts.

EXPLODED DRAWING—Model No. TLXC61040



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered conveniently by calling 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 following information before calling.

1. The **MODEL NUMBER** of the product (TLXC61040).
2. The **NAME** of the product (TONY LITTLE'S ONE-ON-ONE® TRAINER Cross-Country Skier).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 10 of this manual.
5. The **DESCRIPTION** of the part(s) from page 10 of this manual.

LIMITED WARRANTY

Proform Fitness Products, Inc. ("PROFORM"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. PROFORM's obligation under this warranty is limited to replacing or repairing, at PROFORM's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by PROFORM at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by PROFORM. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a PROFORM authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PROFORM.

PROFORM IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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