

PRO-FORM[®]
CROSS WALK
DUAL • MOTION • CROSS • TRAINER



OWNER'S MANUAL

Model No. WC705023

▲ WARNING: For your safety, read and understand all safety precautions and instructions in this manual before using the CROSS WALK Dual Motion Cross Trainer. Save this manual for future reference.

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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. PROFORM extends a limited ten (10) year warranty on the frame and steel parts. 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. All returns must be pre-authorized by PROFORM. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a PROFORM authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PROFORM.

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

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

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

PROFORM FITNESS PRODUCTS, INC., 1500 S. 1000 W., LOGAN UT 84321-9813

IMPORTANT SAFETY PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the CROSS WALK.

1. Place the CROSS WALK on a level surface, with at least 8 feet of clearance behind it. Do not place the CROSS WALK near water, outdoors or on a surface that blocks any air openings. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see PLUGGING IN THE POWER CORD on page 5), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the CROSS WALK is not working properly. (See BEFORE YOU BEGIN on page 4 if the CROSS WALK is not working properly.)
4. The roller guards must be 1/8 inch from the rear roller. Turn the power off and adjust the roller guards, if necessary.
5. Wear appropriate clothing when exercising. Never wear loose clothing that could become caught in the CROSS WALK. *Always wear athletic shoes; never use the CROSS WALK with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
6. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
7. Never start the CROSS WALK while you are standing on the walking belt. Always hold the upper body arms when exercising on the CROSS WALK.
8. To reduce the possibility of overheating, never operate the CROSS WALK continuously for longer than 1 hour.
9. The CROSS WALK should be used only by persons weighing 250 pounds or less. Never allow more than one person on the CROSS WALK at a time.
10. Use the CROSS WALK only as described in this manual.
11. Keep small children away from the CROSS WALK at all times. Never leave the CROSS WALK unattended while the walking belt is moving. Always turn the power off when the CROSS WALK is not in use.
12. Never drop or insert any object into any opening.
13. The CROSS WALK is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.
14. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures described in this manual should be performed by an authorized service representative only.

⚠ 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 the CROSS WALK. PROFORM assumes no responsibility for personal injury or property damage sustained by or through the use of the CROSS WALK.

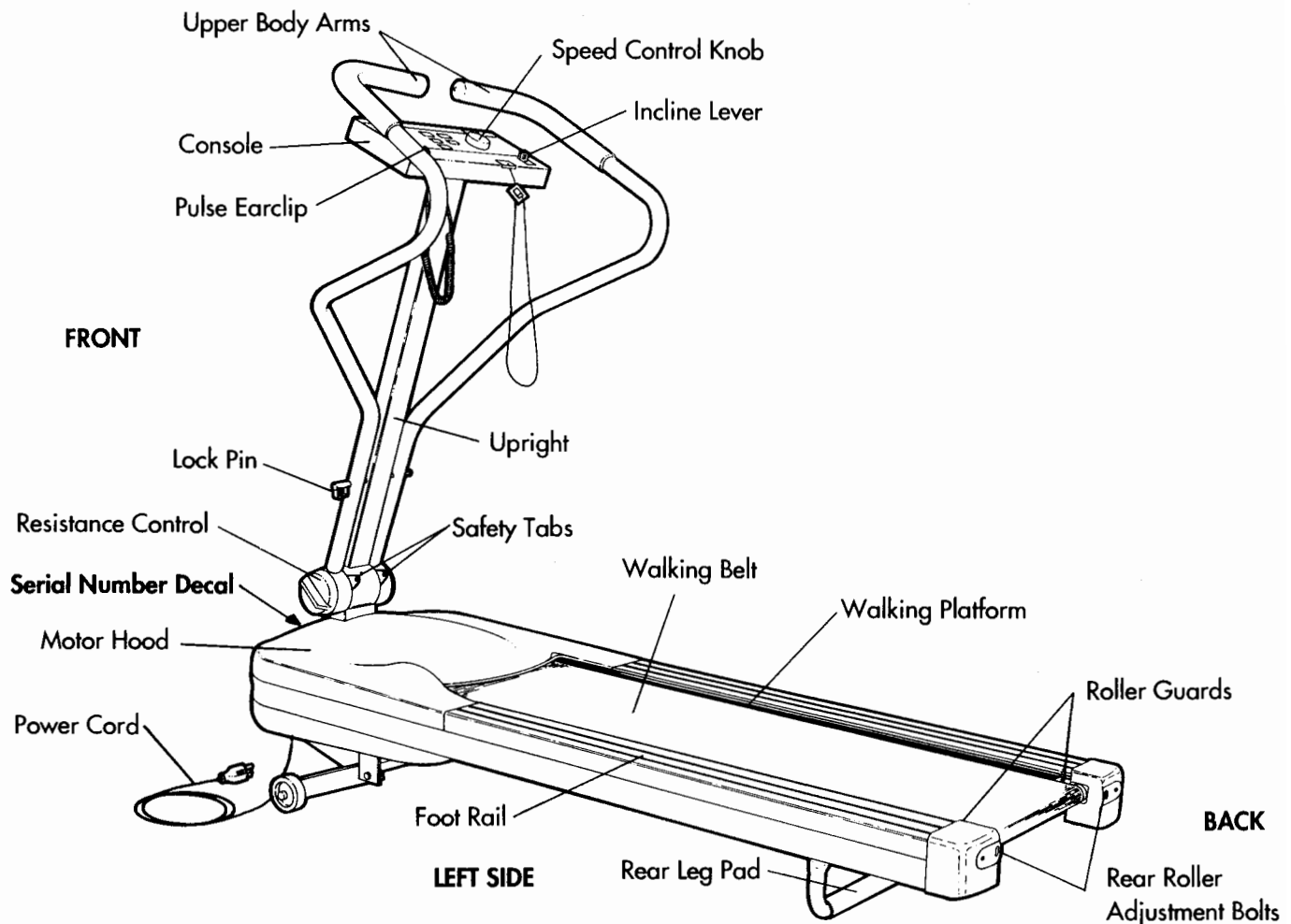
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® CROSS WALK Dual Motion Cross Trainer. The CROSS WALK combines the best features of today's most popular home exercise equipment in one compact unit. The natural motion and versatility of treadmills have made them the most popular way to get an effective lower body and cardiovascular workout. Now with the dual motion design of the CROSS WALK, you can get a complete upper body workout as well. And the adjustability of the CROSS WALK allows every user to work at their own level. Whether you are a beginner or a seasoned athlete, you'll enjoy the performance and uncompromising quality that only the CROSS WALK offers.

For your safety and benefit, read this manual carefully before using the CROSS WALK. If you have additional questions, please call our Customer Service Department toll-free at **1-800-667-2140**, 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 WC705023. The serial number can be found on a decal attached to the CROSS WALK (see the drawing below for the location of the decal).

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

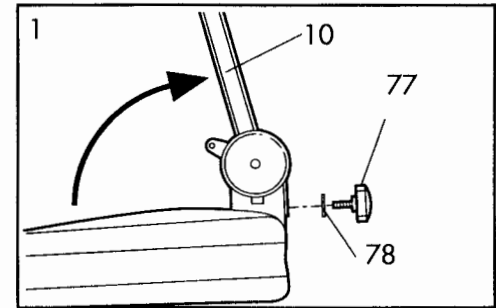


- 4 Note: The rear leg pad may mark some types of linoleum. Mild household cleaning agents will remove any marks.

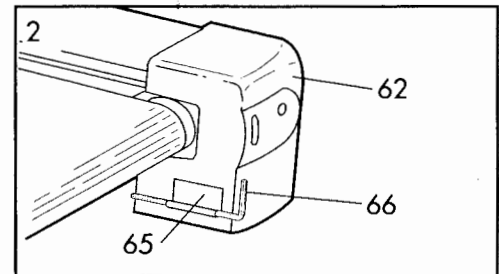
ASSEMBLY AND OPERATION

1. The CROSS WALK is delivered in the compact stowaway position. Set the CROSS WALK in a cleared area and remove all packing materials. Do not dispose of the packing materials until the CROSS WALK is assembled.

Raise the Upright (10) to the vertical position. Slide the Lock Knob Washer (78) onto the Lock Knob (77) and tighten the Lock Knob into the Upright.

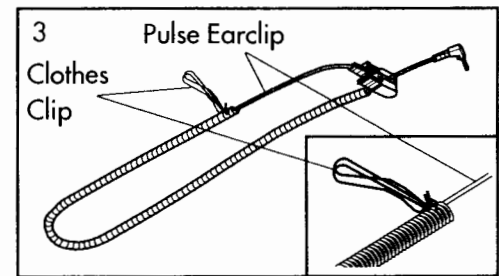


2. Remove the paper backing from the Wrench Clip (65). Press the Wrench Clip onto the Right Roller Bracket (62) in the indicated location. Press the Allen Wrench (66) into the Wrench Clip.



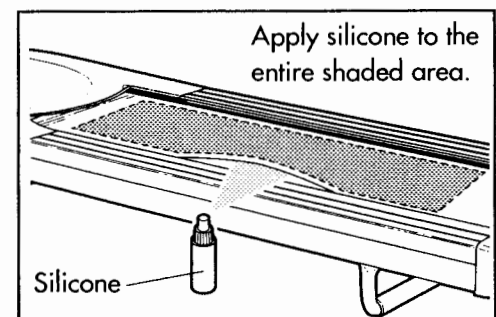
3. Slide the metal Clothes Clip onto the Pulse Earclip in the indicated location. The use of the Pulse Earclip is explained in OPERATING THE MOTIVATIONAL FITNESS MONITOR.

Make sure that all parts are tightened securely before using the treadmill.
Note: To protect the floor, a covering should be placed under the treadmill. The use of the remaining parts will be described in other sections of this manual.



APPLYING SILICONE LUBRICANT

To reduce the friction of the walking belt and minimize wear, a non-oil-, non-petroleum-base silicone lubricant must be applied to the walking platform before the CROSS WALK is used. **WITH THE POWER CORD UNPLUGGED**, lift each side of the walking belt and spray lubricant generously onto the indicated area. Reapply lubricant after every ten hours of use, or whenever performance decreases. Lubricant is available at hardware and automotive stores. Uni•Sport™ spray is recommended.



PLUGGING IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug as shown in Drawing 1. A temporary adapter like the adapter shown in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green-colored ear, lug, or the like extending from the adapter **must** be connected to a permanent ground such as a properly grounded outlet box cover. When ever the adapter is used, it **must** be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

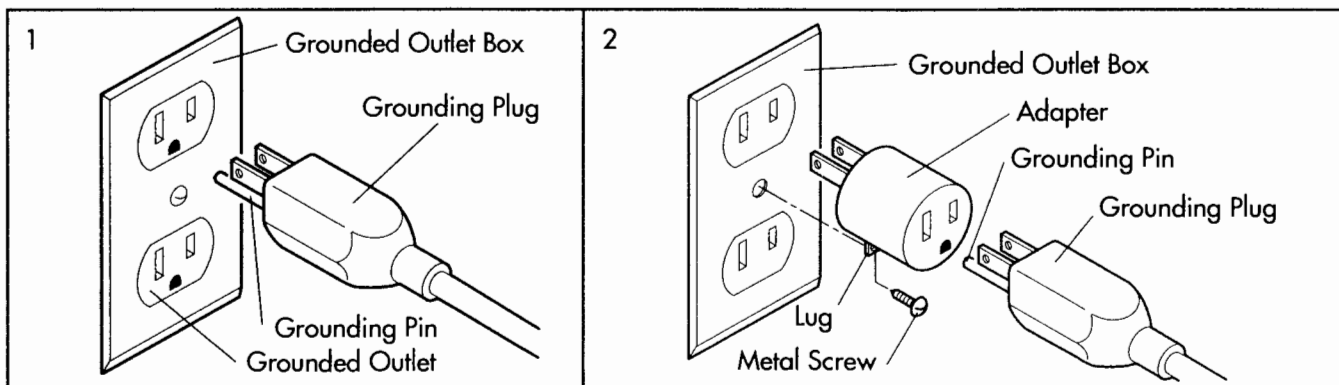
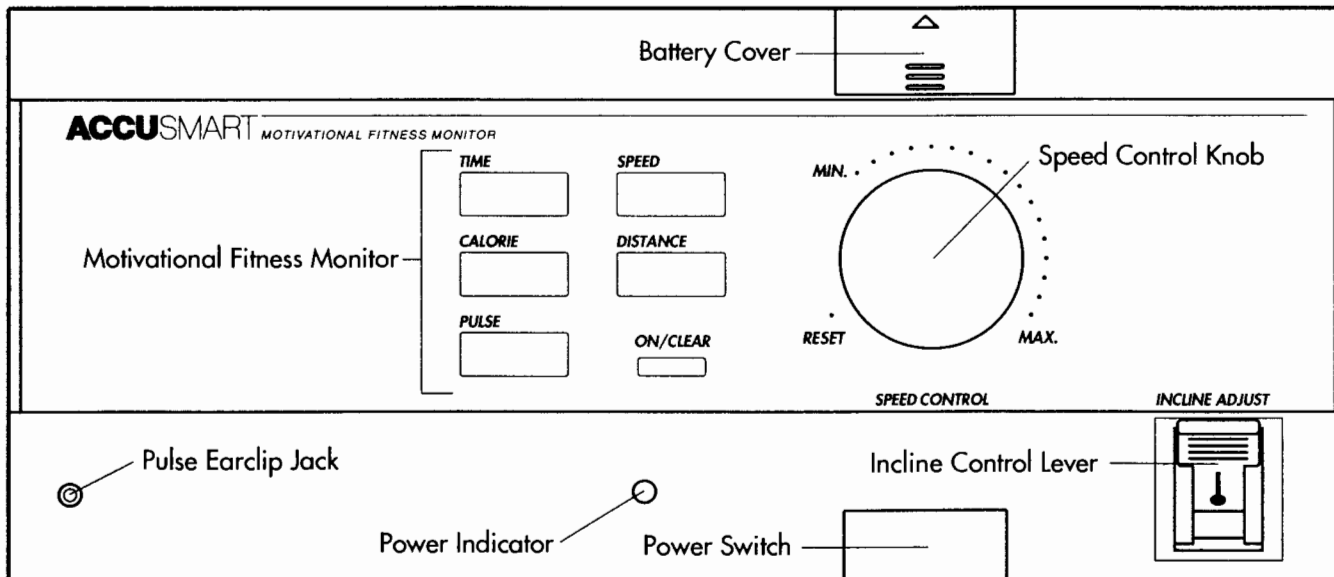


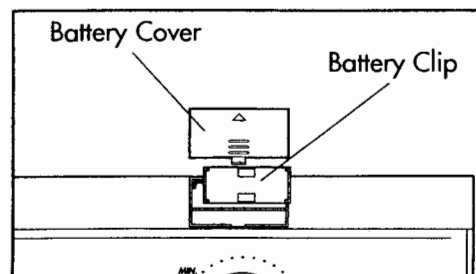
DIAGRAM OF THE CONSOLE

The CROSS WALK features the innovative ACCUSMART console, designed to help you get the most from your work-outs. The ACCUSMART console offers electronic speed control, finger-touch incline control and a motivational fitness monitor with five independent displays. Please read the instructions below before operating the console. **Note: If there is a sheet of clear plastic on the face of the console, remove it before operating the console.**



INSTALLING BATTERIES

The motivational fitness monitor requires **two** "AA" batteries (not included); alkaline batteries are recommended. Slide the battery cover open. Remove the battery clip from the console. Find the markings inside the battery clip showing which direction the batteries should be turned. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.



TURNING ON THE POWER

Step onto the foot rails of the CROSS WALK and hold the upper body arms. (See OPERATING THE UPPER BODY ARMS below.) Locate the clip attached by a cord to the safety key. Slide the clip onto your waistband. **CAUTION: Do not stand on the walking belt while turning on the power. Always wear the clip while operating the CROSS WALK; if you fall, the safety key will be pulled from the power switch, instantly turning off the power.**

Insert the safety key into the power switch. The power indicator will light. The five displays of the motivational fitness monitor will not appear until the ON/CLEAR button is pressed or the walking belt begins to move. (See CONTROLLING THE SPEED OF THE WALKING BELT below.) Note: If batteries were just installed, the five displays will appear already.

CONTROLLING THE SPEED OF THE WALKING BELT

For your safety, the walking belt will be motionless each time the power is turned on. To start the walking belt, first turn the speed control knob to the "reset" position. Next, turn the knob slowly clockwise until the walking belt begins to move at slow speed. **CAUTION: After the knob is turned, there will be a brief pause before the walking belt begins to move. Adjust the speed slowly until you are familiar with the operation of the CROSS WALK.**

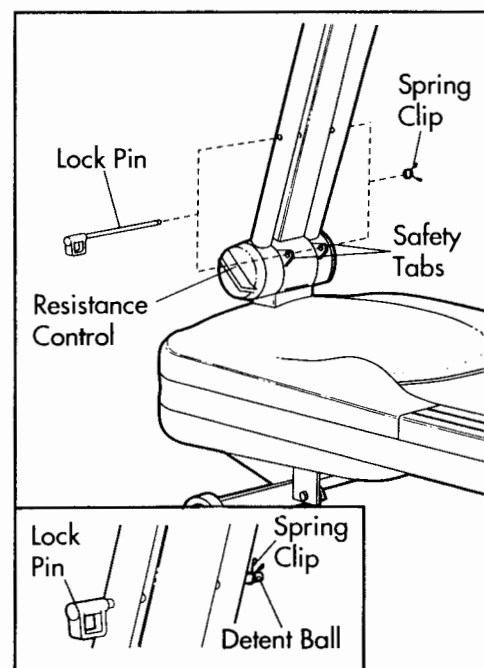
Step carefully onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control knob. To stop the walking belt, turn the knob to the "reset" position.

CHANGING THE INCLINE

To vary the intensity of your exercise, the incline of the CROSS WALK can be changed using the lever on the right side of the console. To increase the incline, **stand toward the back of the foot rails** and pull back the lever until the desired incline is reached. To decrease the incline, **stand toward the front of the foot rails**, lean forward, and pull back the lever. You may need to raise and lower the treadmill several times to break in the incline shock. **CAUTION: Do not change the incline while you are walking or running on the CROSS WALK.**

OPERATING THE UPPER BODY ARMS

The upper body arms can be used in either the stationary position or the dual motion position. To use the upper body arms in the stationary position, insert the lock pin through the arms and the upright. *It may be necessary to twist each upper body arm slightly in order to align the holes that the lock pin goes through.* **Do not twist the upper body arms too far or you may damage the treadmill.** Firmly tighten the resistance control. Attach the spring clip to the end of the lock pin. Make sure that the spring clip is over the detent ball (see the inset drawing.) To use the upper body arms in the dual motion position, first make sure the resistance control is tightened. Remove the lock pin from the arms and the upright, and insert it through the safety tabs at the base of the upright. Attach the spring clip to the lock pin. In the dual motion position, you can move the arms forward and back as you walk or run, exercising your arms, back and shoulders for a total body workout. To tailor the intensity of your exercise, the resistance of the arms can be changed. To increase the resistance, turn the resistance control clockwise; to decrease the resistance, turn the control counterclockwise.



CAUTION: Always insert the lock pin through the safety tabs when using the upper body arms in the dual motion position. If you fall while exercising, the lock pin will limit the downward movement of the arms. When the lock pin is inserted through the safety tabs, do not lean on the upper body arms or the lock pin may be damaged. If the spring clip is not attached to the lock pin as instructed, the lock pin may slip out, resulting in injury to the user.

OPERATING THE MOTIVATIONAL FITNESS MONITOR

The five displays of the motivational fitness monitor are designed to provide you with instant exercise feedback. To reset the displays, press the ON/CLEAR button. The five displays are described below:

TIME—This display shows the elapsed time. Note: When the walking belt is stopped, the TIME display will go into a pause mode after a few seconds.

CALORIE—This display shows the approximate total number of nutritional Calories that you have burned.

PULSE—This display shows your heart rate. Plug the pulse earclip into the console and hook the metal clothes clip onto the earclip wire. Attach the earclip to your left ear lobe and slide the clothes clip onto your collar. (When using the upper body arms in the dual motion position, attach the earclip to your right ear lobe.) After a few seconds, your heart rate will be displayed. If your heart rate is not displayed, rub your ear lobe and reposition the earclip. It may also be helpful to stand still for a moment.

SPEED—This display shows the current speed of the walking belt.

DISTANCE—This display shows the total distance that you have walked or run.

Note: If the walking belt is stopped and remains stationary for about four minutes, the five displays of the motivational fitness monitor will be reset and will darken, although the power will remain on. The five displays will appear again when the ON/CLEAR button is pressed, or the walking belt is restarted.

TURNING OFF THE POWER

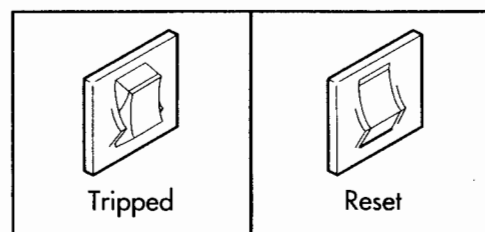
To turn off the power, remove the safety key from the console. The power indicator will darken. Store the safety key in a secure location.

TROUBLE-SHOOTING AND MAINTENANCE

Most problems can be solved by following the simple steps below. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-667-2140, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged in properly. (See **PLUGGING IN THE POWER CORD** on page 7.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- Make sure that the safety key is inserted fully into the console. Turn the speed control knob to the "reset" position. (See **TURNING ON THE POWER** on page 7.)
- Check the circuit breaker located on the front of the frame. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the **CROSS WALK** to cool for five minutes, and then push the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Make sure that the power cord is plugged in.
- Check the circuit breaker located on the front of the frame. If the circuit breaker has tripped, the switch will protrude. (See the drawing above.) To reset the circuit breaker, allow the **CROSS WALK** to cool for five minutes, and then push the switch back in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Turn the speed control knob to the "reset" position.

3. SYMPTOM: THE MOTIVATIONAL FITNESS MONITOR DOES NOT FUNCTION PROPERLY

- Check the batteries in the console. (See **INSTALLING BATTERIES** on page 6.) Most problems are the result of drained batteries.

4. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- Make sure that the pulse earclip is plugged fully into the console. Attach the metal clip to your collar.
- Rub your ear lobe and reposition the earclip.
- Stand still while measuring your pulse.
- The pulse earclip may need to be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab moistened with water.

⚠ WARNING: The pulse earclip is not a medical device. Various factors, including your movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

5. SYMPTOM: THE CROSS WALK DOES NOT INCLINE

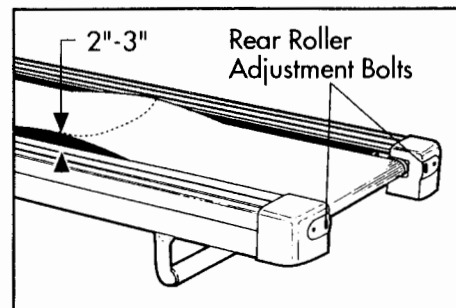
- Stand at the back of the foot rails while increasing the incline. Stand at the front of the foot rails and lean forward while decreasing the incline. You may need to raise and lower the treadmill several times to break in the incline shock. (See **CHANGING THE INCLINE** on page 7.)

6. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- Silicone lubricant must be applied to the walking platform before the CROSS WALK is used. Lubricant should be reapplied after every 10 hours of use, and whenever a decrease in performance is noticed. (See **APPLYING SILICONE LUBRICANT** on page 5 for application instructions.) Uni•Sport silicone spray is recommended. **CAUTION: ALWAYS UNPLUG THE POWER CORD WHEN APPLYING LUBRICANT.**

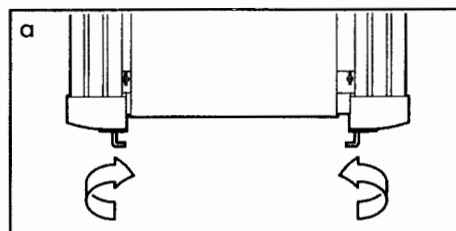
- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

- If the walking belt is overtightened, performance may be reduced and the walking belt permanently damaged. **UNPLUG THE POWER CORD.** Using the allen wrench included, turn both rear roller adjustment bolts counterclockwise $\frac{1}{4}$ of a turn. When the tension of the walking belt is correct, you should be able to lift each side of the walking belt 2–3 inches; the center of the walking belt should just touch the surface of the walking platform. Be sure to keep the walking belt centered. Run the treadmill for a few minutes. Repeat until the tension of the walking belt is correct.

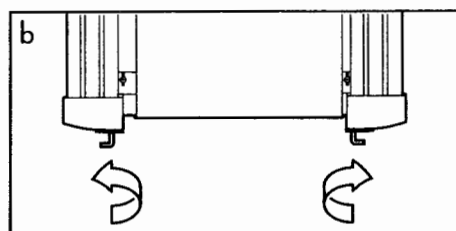


7. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS

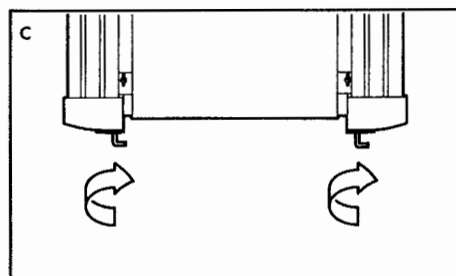
- If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD.** Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, $\frac{1}{4}$ of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the belt is centered.



- If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD.** Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, $\frac{1}{4}$ of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the belt is centered.



- If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD.** Using the allen wrench, turn both rear roller adjustment bolts clockwise, $\frac{1}{4}$ of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2–3 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



8. SYMPTOM: IT IS DIFFICULT TO INSERT OR REMOVE THE LOCK PIN

- It may be necessary to twist each upper body arm slightly in order to align the holes that the lock pin goes through. **Do not twist the upper body arms too far or you may damage the treadmill.**

Before converting the CROSS WALK to the stowaway position, turn the resistance control (see the drawing on page 7) counterclockwise until the control turns freely. Next, unplug the power cord. Remove the lock knob and washer from the upright and lay the upright and the upper body arms on the walking belt. Keep the lock knob and washer in a secure location.

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 individuals over the age of 35 or individuals with pre-existing health problems.

WHY EXERCISE?

Exercise has proven essential for good health, longevity and general well-being. Studies have shown that staying in good physical condition is better than any drug for helping to prevent or alleviate several diseases, including heart disease, diabetes and cancer. Americans are saying that the narrow fitness goals of the past have been replaced by the desire for an overall healthier lifestyle.

Regular participation in a well-rounded exercise program results in a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased ability to deal with stress, and greater self-esteem and confidence.

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 of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

⚠ WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

WORKOUT GUIDELINES

A well-rounded workout develops the heart, muscles and body composition by including the following phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate and circulation in preparation for strenuous exercise. Stretching also guards against muscle, tendon and ligament sprains. (See SUGGESTED STRETCHES on page 13.)

A cardiovascular phase, including 20–30 minutes of exercising with your heart rate in your training zone.

A cool-down phase, consisting of 5–10 minutes of activity similar to that of the warm-up phase. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably tired.

Instead of waiting for a convenient time to exercise, plan a specific time. The morning hours work well for many, and the self-discipline required to rise early and exercise often carries through the day to help increase productivity in other areas. For some, exercising before dinner initiates a period of winding-down from the day's activities. Whatever time you choose, be consistent and stick with it.

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. Remember, the key to success is CONSISTENCY.

WORKOUT ATTIRE

Exercise clothing should be comfortable and allow unrestricted movement. Do not wear rubberized or plastic clothing that can interfere with the evaporation of sweat from your skin. Always wear athletic shoes that are flexible and provide good protection and support.

ADDITIONAL SUGGESTIONS

Creating a more active lifestyle, in addition to establishing a regular exercise program, will help you to achieve your fitness goals. It's easy to improve your lifestyle by making a few changes in your daily routine:

Keep yourself moving throughout the day. Use the stairs instead of the elevator. Park a half mile away from work or get off the bus a couple of blocks before your stop and walk the remaining distance.

Increase midday productivity, creativity and energy by replacing a heavy lunch with a light meal. Spend the extra time in physical activity such as walking.

Substitute manually-operated devices for automatic equipment such as lawn-care machinery, power tools and snow removers.

Stop smoking; smoking nearly doubles the risk of coronary heart disease. (Framington Heart Study)

Reduce or eliminate alcohol consumption. Alcohol is a major cause of liver problems and other health disorders. (Office of Disease Prevention and Health Promotion)

Reduce your intake of fat. Less than 30% of the calories you consume each day should come from fat. Excessive fat consumption has been linked to numerous causes of death, including heart disease and cancer.

Know and keep a record of your cholesterol level, blood pressure and other health information. Keep your blood pressure below 140/90; below 125/85 is preferable.

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

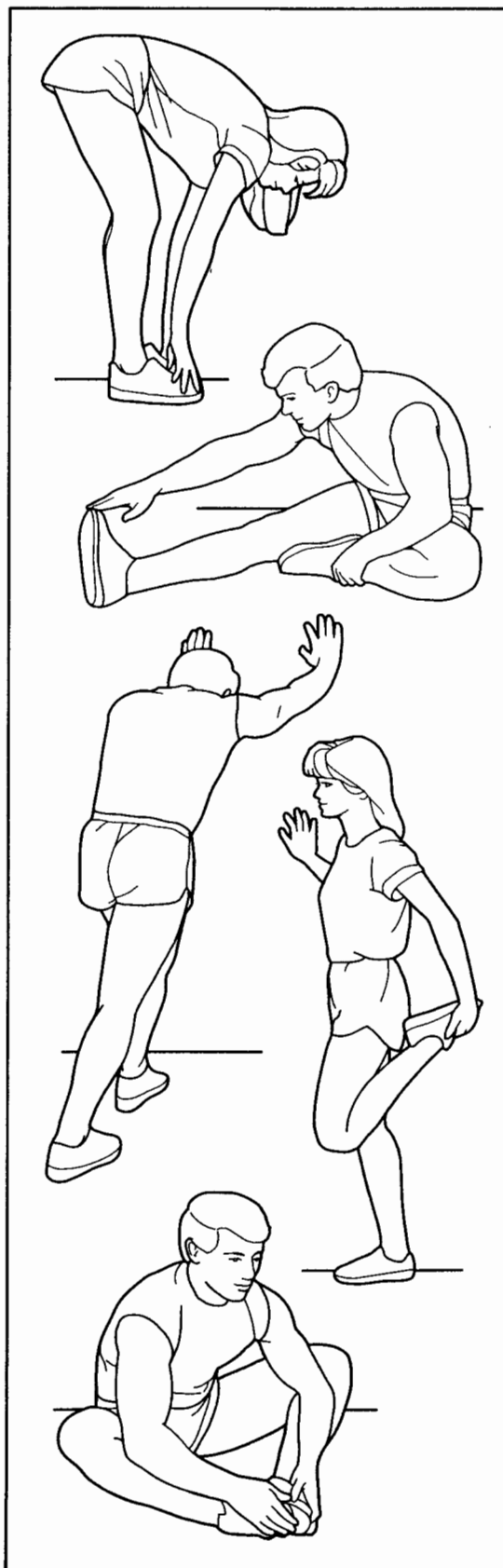
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

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. WC705023

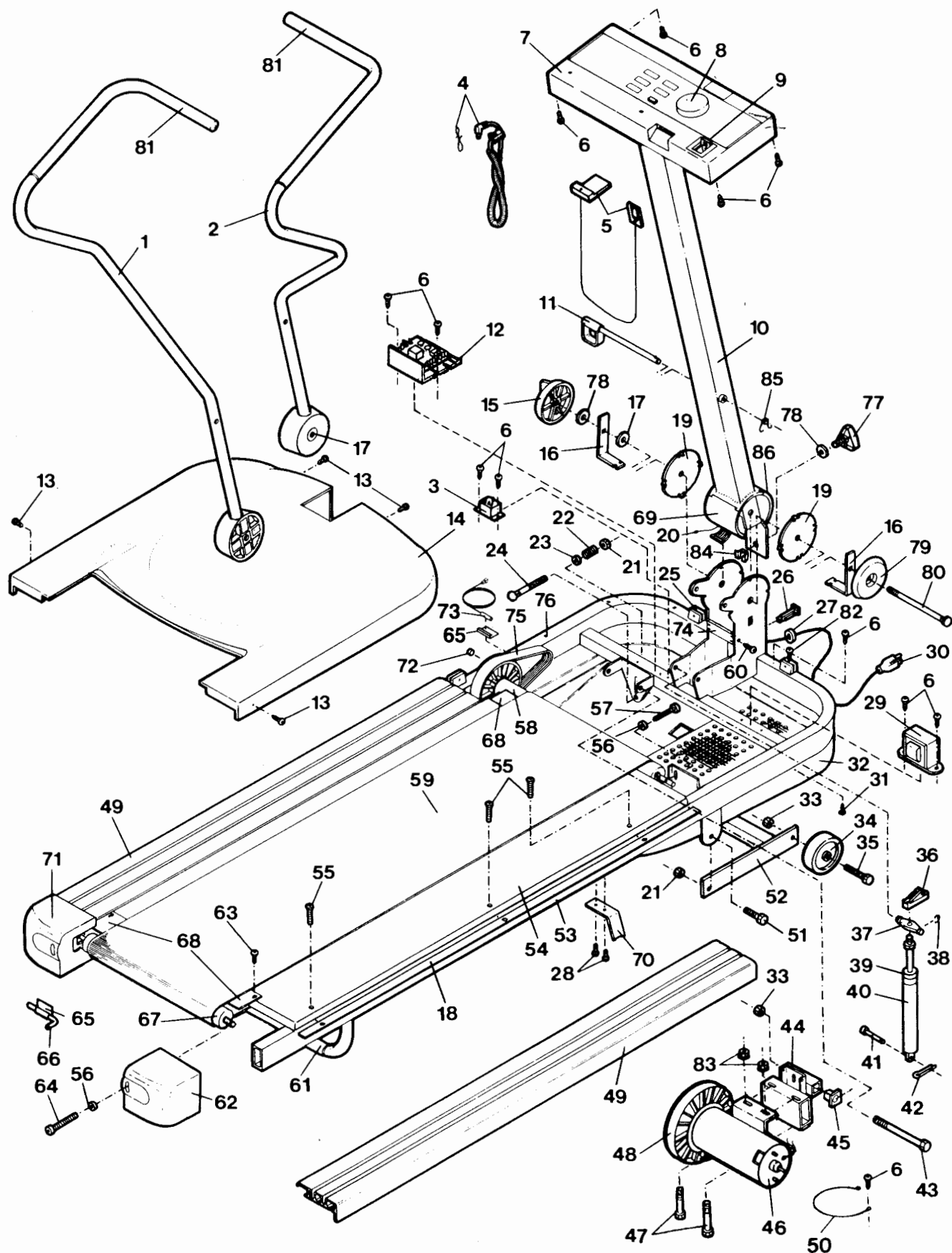
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upper Body Arm/Foam/Housing	45	2	Motor Isolator
2	1	Right Upper Body Arm/Foam/Housing	46	1	Motor
3	1	Relay	47	2	Motor Bolt
4	1	Pulse Earclip w/Clothes Clip	48	1	Pulley/Flywheel/Fan
5	1	Safety Key/Clip	49	2	Foot Rail
6	13	Screw	50	1	Motor Ground Wire
7	1	Console	51	2	Incline Leg Bolt
8	1	Speed Control Knob	52	1	Incline Leg
9	1	Incline Lever	53	1	Frame
10	1	Upright	54	1	Walking Platform
11	1	Lock Pin	55	6	Platform Screw
12	1	Controller	56	3	Roller Adjustment Washer
13	4	Hood Screw	57	1	Front Roller Adjustment Bolt
14	1	Motor Hood w/Decal	58	1	Front Roller/Pulley
15	1	Resistance Control	59	1	Walking Belt
16	2	Friction Bracket	60	2	Cover Screw
17	2	Flat Washer	61	1	Rear Leg Pad
18	2	Platform Shim	62	1	Right Endcap
19	2	Friction Plate	63	4	Small Screw
20	1	Incline Cable	64	2	Rear Roller Adjustment Bolt
21	3	Nut	65	2	Wrench Clip
22	1	Tension Spring	66	1	Allen Wrench
23	2	Tension Washer	67	1	Rear Roller
24	1	Carriage Bolt	68	3	Roller Guard
25	3	Hood Bracket	69	1	Upright Cover, Short
26	1	Circuit Breaker	70	2	Belt Guide
27	1	Grommet	71	1	Left Endcap
28	4	Belt Guide Screw	72	1	Magnet
29	1	Choke	73	1	Reed Switch/Sensor Wire
30	1	Power Cord	74	1	Mechanism Cover
31	8	Motor Pan Screw	75	1	Belt
32	1	Motor Pan	76	4	Wire Clip
33	3	Lock Nut	77	1	Lock Knob
34	2	Front Wheel	78	2	Lock Knob Washer/Control Washer
35	2	Wheel Bolt	79	1	Friction Cover
36	1	Shock Release	80	1	Pivot Bolt
37	1	Shock Bracket	81	2	Upper Body Arm Foam Grip
38	1	E-Clip	82	3	Hood Bracket Screw
39	1	Shock Cushion	83	2	Motor Nut
40	1	Incline Shock	84	1	Cage Nut
41	1	Shock Pin	85	1	Spring Clip
42	1	Cotter Pin	86	1	Upright Cover, Long
43	1	Motor Pivot Bolt	#	1	Owner's Manual
44	1	Motor Mount Bracket			

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

EXPLODED DRAWING—Model No. WC705023

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ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at **1-800-667-2140**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WC705023).
2. The NAME of the product (PROFORM® CROSS WALK Dual Motion Cross Trainer).
3. The SERIAL NUMBER of the product (see BEFORE YOU BEGIN).
4. The KEY NUMBER of the part(s) needed (see page 14 of this manual).
5. The DESCRIPTION of the part(s) needed (see page 14 of this manual).

If possible, place the CROSS WALK near your telephone for easy reference when calling.

