

PRO·FORM[®]

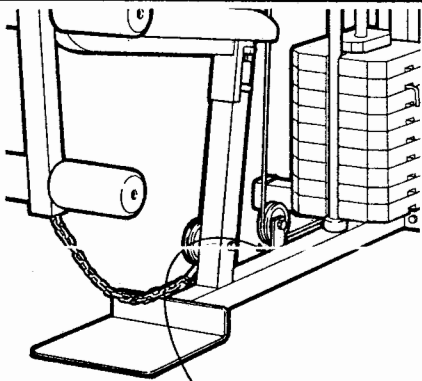
System 2

SEARS[®]

Model No. 831.159213

Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



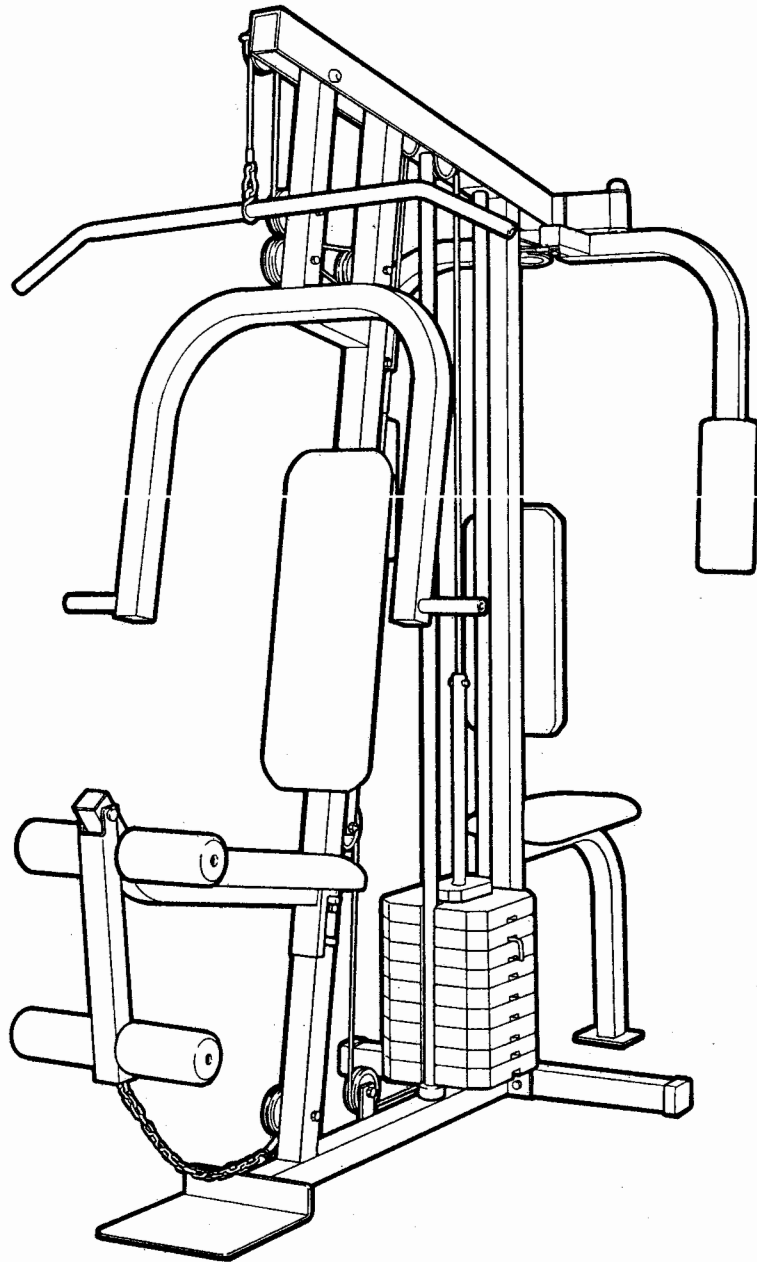
Serial Number Decal

CAUTION!:

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

PATENT PENDING

OWNER'S MANUAL



SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

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IMPORTANT SAFETY PRECAUTIONS

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

1. Read all instructions in this owner's manual and in the accompanying literature before using this equipment. Use this equipment only as described.
2. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
3. Always wear athletic shoes for foot protection. Keep your hands away from moving parts other than the designated handles.
4. Keep small children away from this equipment at all times.
5. Always stand on the foot plate when performing any exercise that could cause this equipment to tip.
6. To prevent damage to this equipment, never use more than one cable at a time.
7. Never release the press arm, butterfly arms, lat bar, leg lever or ankle strap while they are under tension.

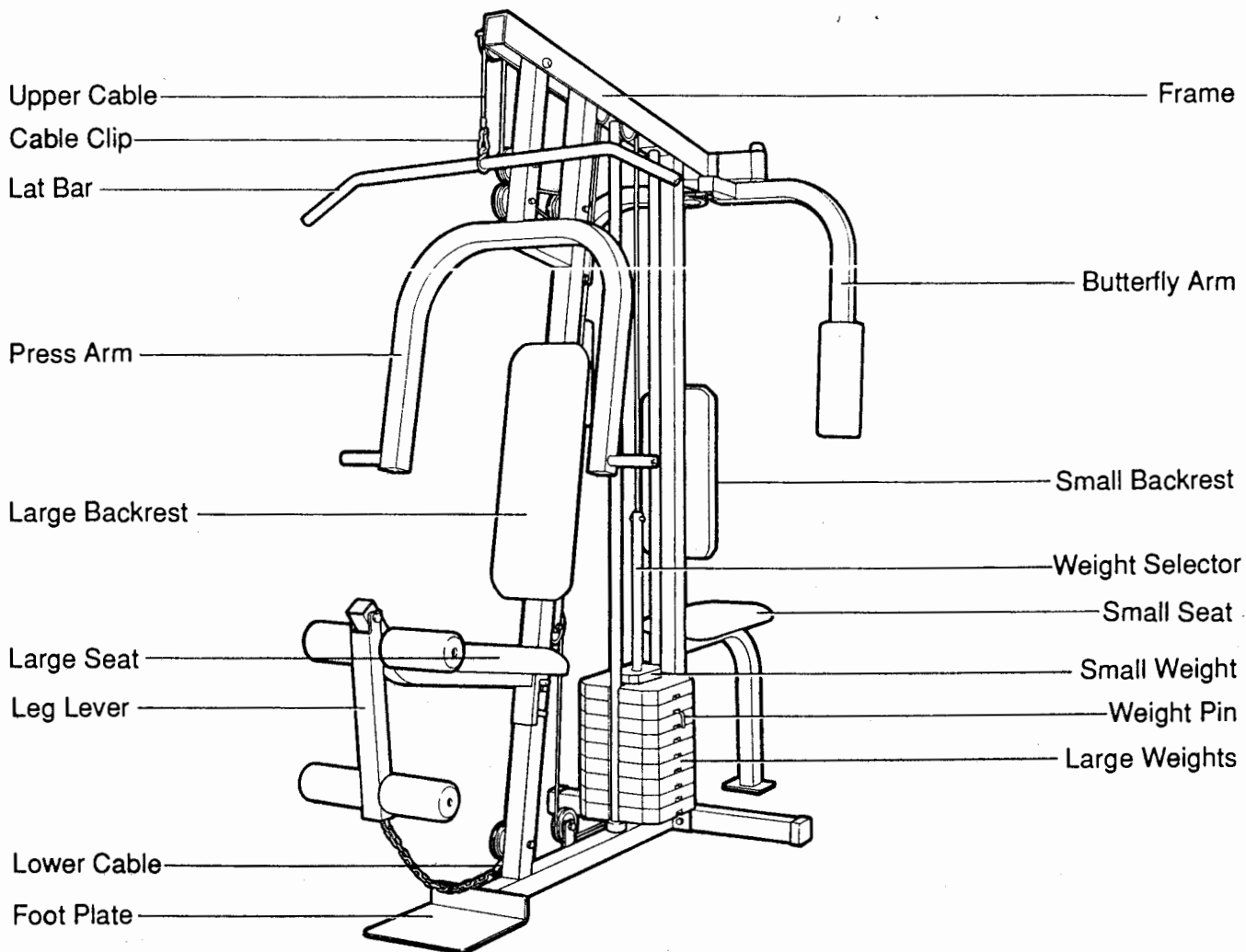
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the versatile PROFORM® SYSTEM 2. The PROFORM SYSTEM 2 is designed to let you enjoy an impressive variety of exercises in the convenience and privacy of your home. Whether your goal is to improve your cardiovascular fitness, shape and tone your body or develop dramatic muscle size and strength, the PROFORM SYSTEM 2 will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the PROFORM SYSTEM 2. 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 831.159213. The serial number can be found on a decal attached to the PROFORM SYSTEM 2 (see the front cover of this manual).

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



ASSEMBLY

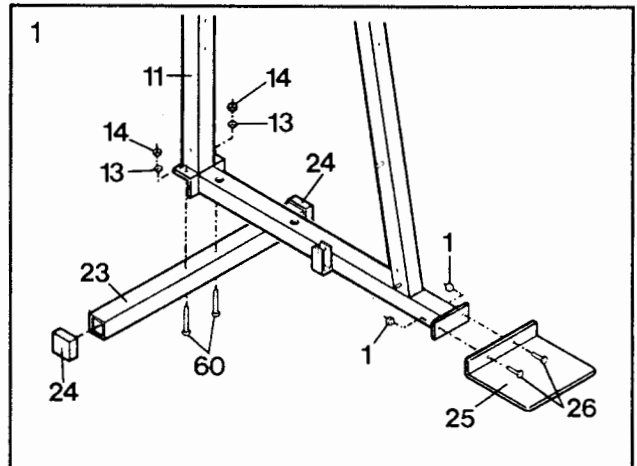
Due to the size and weight of the SYSTEM 2, assemble the SYSTEM 2 in the location where it will be used. Assembly requires two persons. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. As you assemble the SYSTEM 2, 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 (I.D.) Chart accompanying this owner's manual for help identifying the small parts used in assembly.

The following tools are required for assembly: two 8" adjustable wrenches and two rubber mallets (not included). Grease (included) and a small amount of soapy water are also needed.

1. Press the two Stabilizer Caps (24) onto the Stabilizer (23).

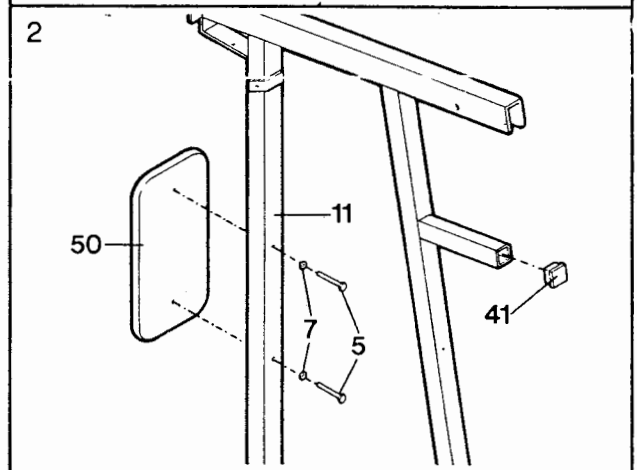
Turn the Stabilizer (23) so that the indented bolt holes are toward the floor. Insert the two 3/8" x 2 1/2" Carriage Bolts (60) up through the Stabilizer. Slide the Frame (11) onto the two 3/8" x 2 1/2" Carriage Bolts. Attach the Frame with the two 3/8" Lock Washers (13) and 3/8" Nuts (14).

Attach the Foot Plate (25) to the Frame (11) with the two 3/8" x 3/4" Bolts (26) and two 3/8" Nylock Nuts (1).



2. Attach the Small Backrest (50) to the Frame (11) with two 1/4" x 2 1/2" Bolts (5) and 1/4" Lock Washers (7).

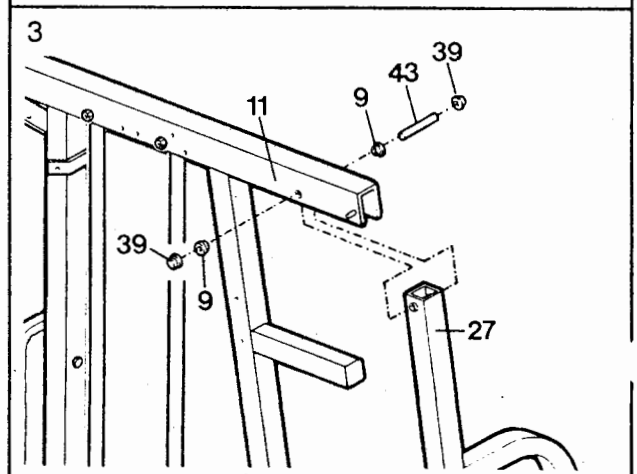
Press the Frame Cap (41) into the Frame (11).



3. Tap the two 1/2" Brass Bushings (9) into the indicated holes in the Frame (11).

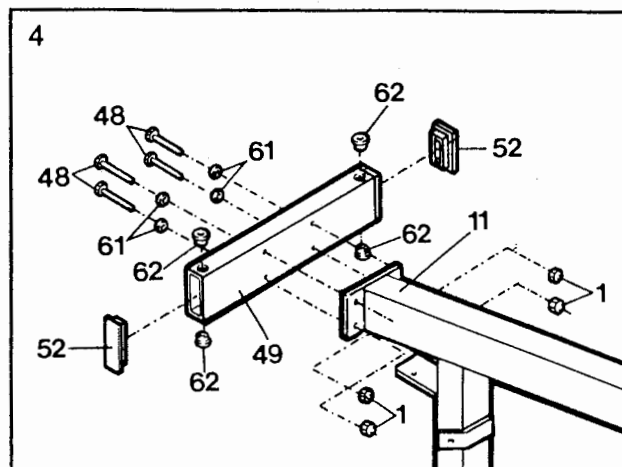
Tap a 1/2" Hat Cap (39) onto one end of the Press Arm Axle (43). Grease the Press Arm Axle.

Hold the upper end of the Press Arm (27) between the two 1/2" Brass Bushings (9) in the Frame (11). Insert the Press Arm Axle (43) through the 1/2" Brass Bushings and the Press Arm. While holding a mallet against the first 1/2" Hat Cap (39), tap another 1/2" Hat Cap onto the other end of the Press Arm Axle.

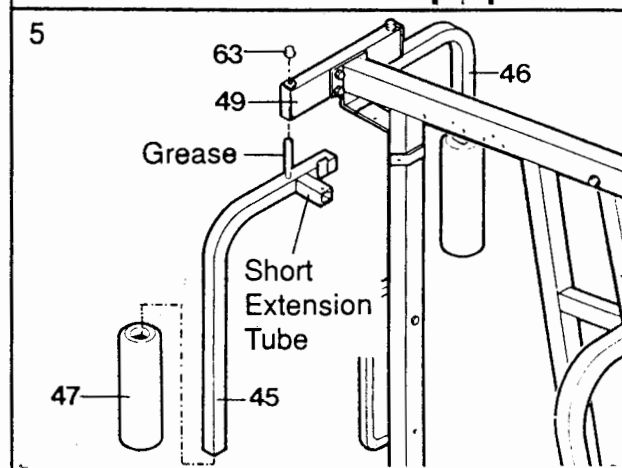


4. Tap the four 3/4" Brass Bushings (62) into the Butterfly Arm Support (49). Press the two Support Caps (52) into the ends of the Butterfly Arm Support.

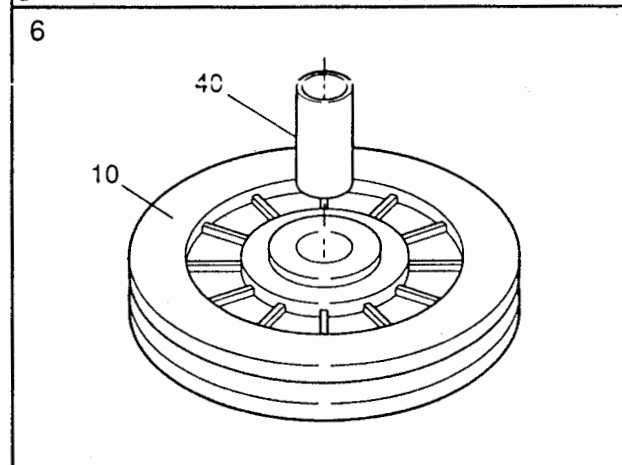
Attach the Butterfly Arm Support (49) to the Frame (11) with four 3/8" x 2 1/2" Bolts (48), 3/8" Washers (61) and 3/8" Nylock Nuts (1).



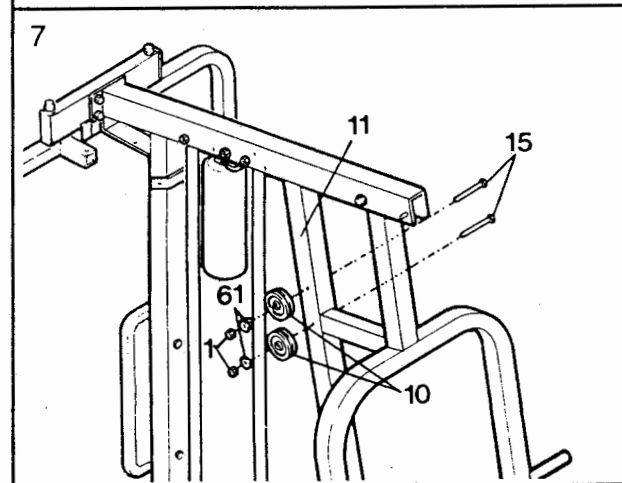
5. Grease the post on the Left Butterfly Arm (45). (The Left Butterfly Arm is the Arm with the shortest extension tube on it.) Insert the post through the left end of the Butterfly Arm Support (49). Tap a 1/2" Plastic Cap (63) onto the post. Wet the lower end of the Left Butterfly Arm and the inside of a Large Foam Pad (47) with soapy water. Slide the Pad onto the Left Butterfly Arm until the Pad is flush with the lower end. Attach the Right Butterfly Arm (46) to the Butterfly Arm Support in the same manner.



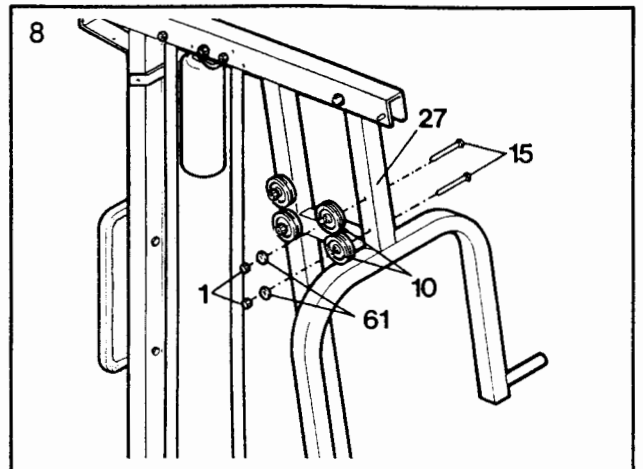
6. Lay the sixteen Pulleys (10) on the floor and insert a Pulley Sleeve (40) into each one. As you assemble each Pulley in steps 7-21, make sure to keep the Pulley Sleeves in the Pulleys.



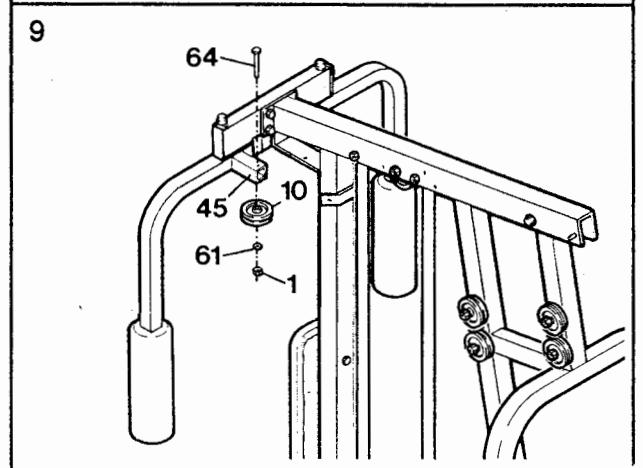
7. Attach two Pulleys (10) to the Frame (11) with two 3/8" x 3 1/2" Bolts (15), 3/8" Washers (61) and 3/8" Nylock Nuts (1).



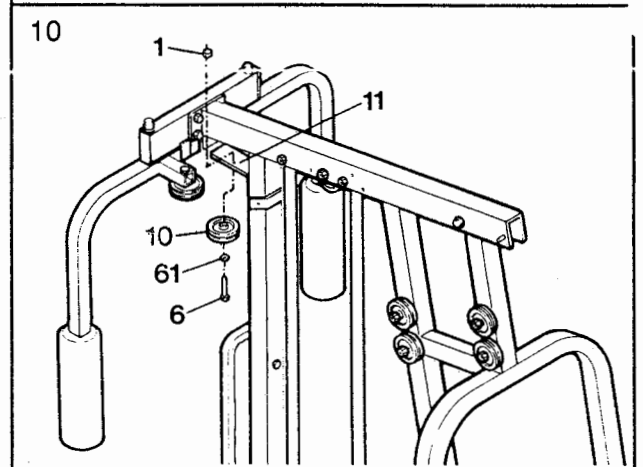
8. Attach two Pulleys (10) to the Press Arm (27) with two 3/8" x 3 1/2" Bolts (15), 3/8" Washers (61) and 3/8" Nylock Nuts (1).



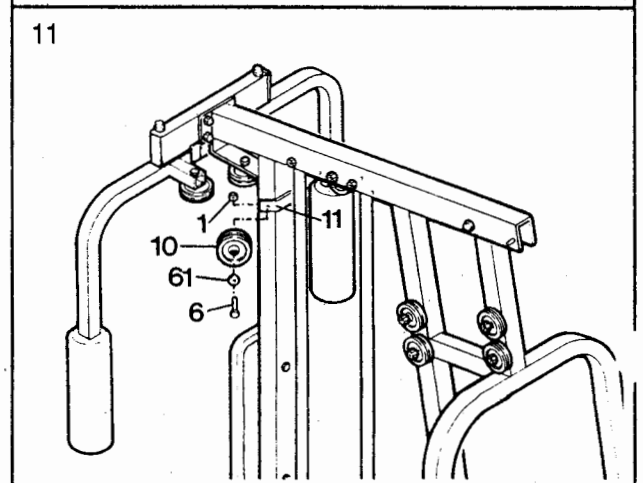
9. Attach a Pulley (10) to the Left Butterfly Arm (45) with the 3/8" x 3" Bolt (64), a 3/8" Washer (61) and a 3/8" Nylock Nut (1).



10. Attach a Pulley (10) to the indicated bracket on the Frame (11) with a 3/8" x 1 3/4" Bolt (6), 3/8" Washer (61) and 3/8" Nylock Nut (1).

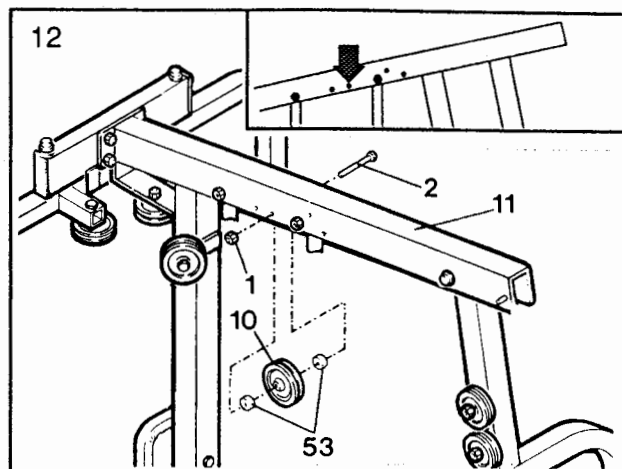


11. Attach a Pulley (10) to the indicated bracket on the Frame (11) with a 3/8" x 1 3/4" Bolt (6), 3/8" Washer (61) and 3/8" Nylock Nut (1).



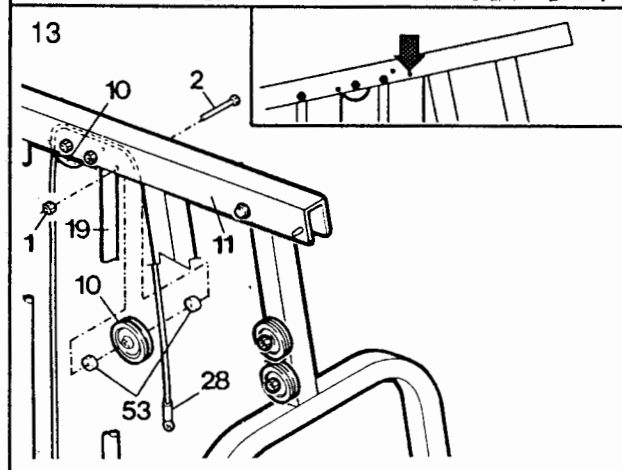
12. Note: The inset drawings in assembly steps 12–15 show a profile view of the top of the Frame (11). The arrows indicate which hole to use in each step.

Attach a Pulley (10), with a Spacer (53) on each side of it, inside the Frame (11) with a $3/8"$ x $2 3/4"$ Bolt (2) and $3/8"$ Nylock Nut (1). It may be helpful to slide the parts onto the $3/8"$ x $2 3/4"$ Bolt one at a time as you insert the Bolt.

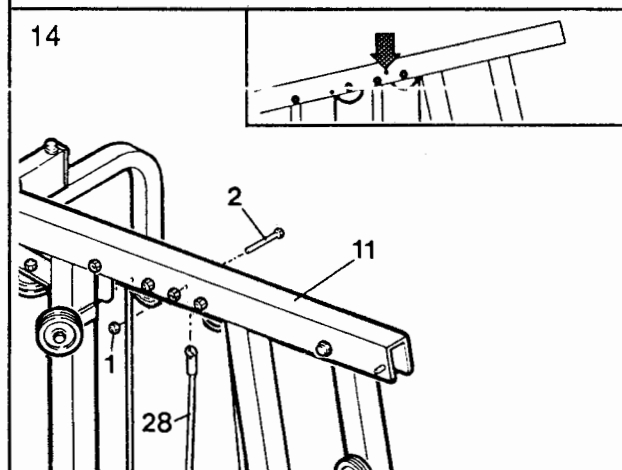


13. Find Cable #110290 (28). (Note: The part number of each Cable is printed on the end of the Cable.) Route one end of the Cable over the Pulley (10) attached in the previous step and over the top of the indicated Weight Guide (19).

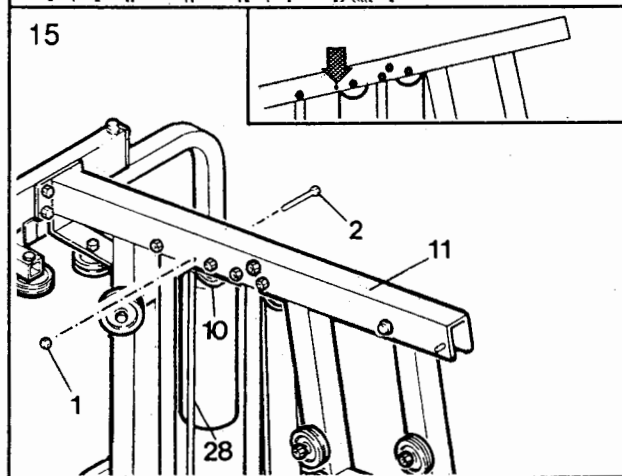
Lay the end of Cable #110290 (28) over another Pulley (10). Attach the Pulley, with a Spacer (53) on each side of it, inside the Frame (11) with a $3/8"$ x $2 3/4"$ Bolt (2) and $3/8"$ Nylock Nut (1).



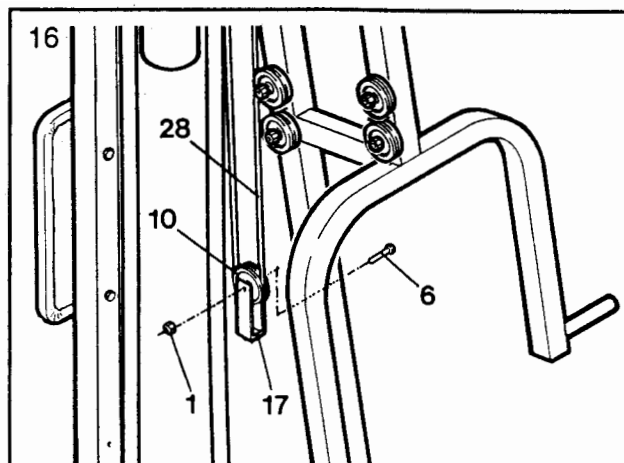
14. Attach the indicated end of Cable #110290 (28) inside the Frame (11) with a $3/8"$ x $2 3/4"$ Bolt (2) and $3/8"$ Nylock Nut (1).



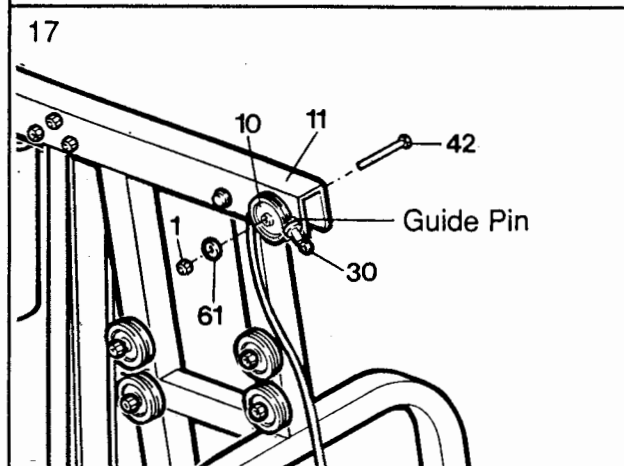
15. Attach a $3/8"$ x $2 3/4"$ Bolt (2) and $3/8"$ Nylock Nut (1) to the Frame (11). Be sure that Cable #110290 (28) is between the $3/8"$ x $2 3/4"$ Bolt and the indicated Pulley (10).



16. Hold a Pulley (10) in Cable #110290 (28) as shown. Attach the "U"-Bracket (17) to the Pulley with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1).

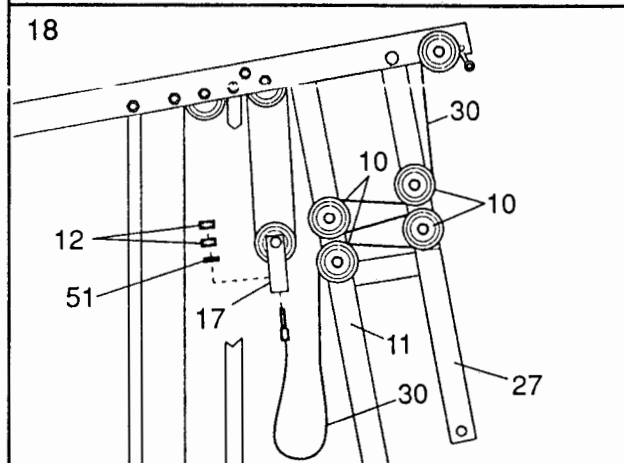


17. Lay the eyelet end of Cable #109461 (30) over a Pulley (10). Attach the Pulley to the Frame (11) with the 3/8" x 4" Bolt (42), a 3/8" Washer (61) and a 3/8" Nylock Nut (1). Make sure that the collar on the eyelet is in front of the guide pin on the Frame.



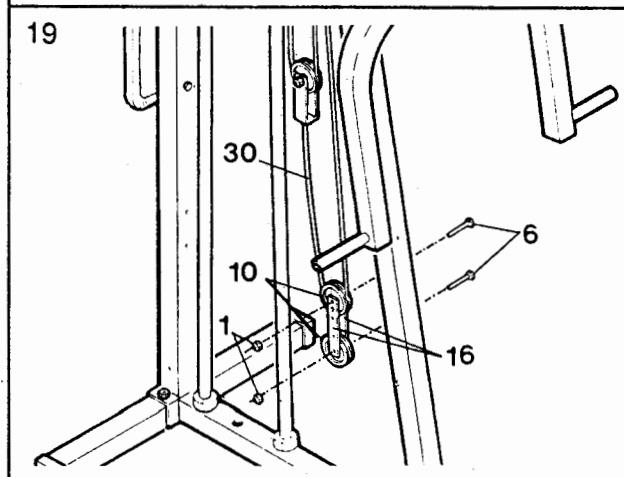
18. Route Cable #109461 (30) around the four Pulleys (10) attached to the Frame (11) and the Press Arm (27) as shown.

Insert the threaded end of Cable #109461 (30) into the bottom of the "U"-Bracket (17). Slide the 5/16" Washer (51) onto the end of the Cable. Thread the two 5/16" Adjustment Nuts (12) half-way down the threads on the end of the Cable. Tighten the upper Nut against the lower Nut.



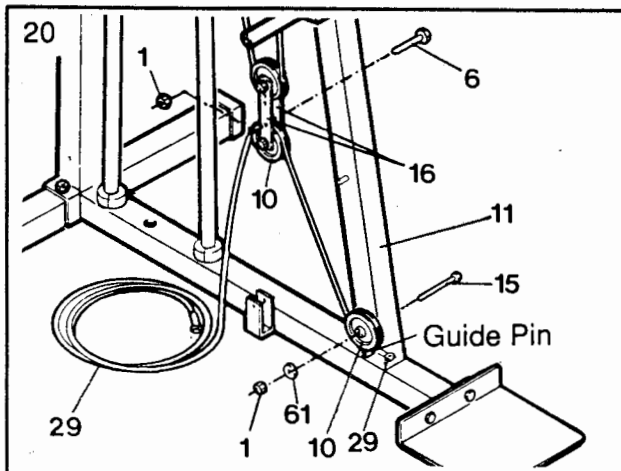
19. Hold a Pulley (10) in Cable #109461 (30) as shown. Hold an "I"-Plate (16) on each side of the Pulley. Make sure that the "I"-Plates are turned so that the ends with the three holes are at the top. Attach the Pulley to the highest holes in the "I"-Plates with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1).

Attach another Pulley (10) to the lowest holes in the "I"-Plates (16) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1).



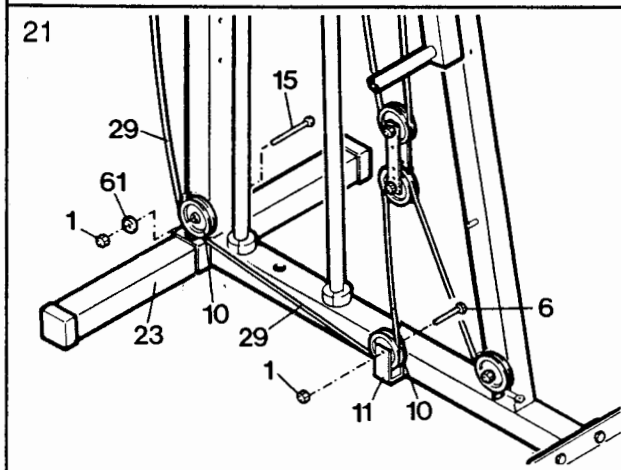
20. Find the end of Cable #110737 (29) that has a collar on the eyelet. Wrap that end of the Cable under a Pulley (10). Attach the Pulley to the Frame (11) with a 3/8" x 3 1/2" Bolt (15), 3/8" Washer (61) and 3/8" Nylock Nut (1). Make sure that the collar on the eyelet is in front of the guide pin on the Frame.

Insert the other end of Cable #110737 (29) between the "I"-Plates (16) and rest the Cable on the indicated Pulley (10). Attach a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1) to the "I"-Plates just above the Cable and Pulley.

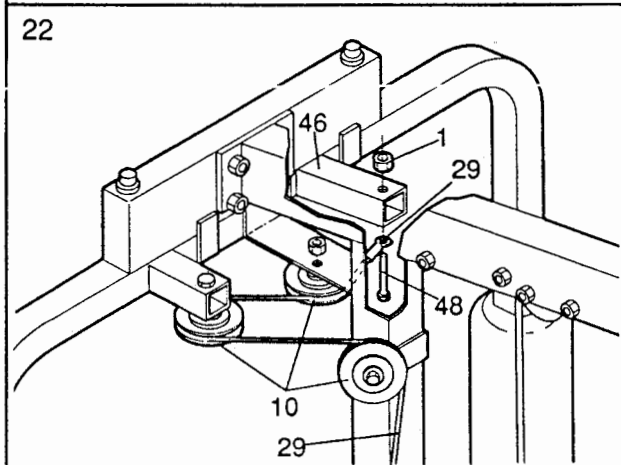


21. Wrap Cable #110737 (29) under a Pulley (10). Attach the Pulley to the "U"-bracket on the side of the Frame (11) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1).

Wrap Cable #110737 (29) under another Pulley (10). Attach the Pulley to the Frame (11) near the Stabilizer (23) with a 3/8" x 3 1/2" Bolt (15), 3/8" Washer (61) and 3/8" Nylock Nut (1).

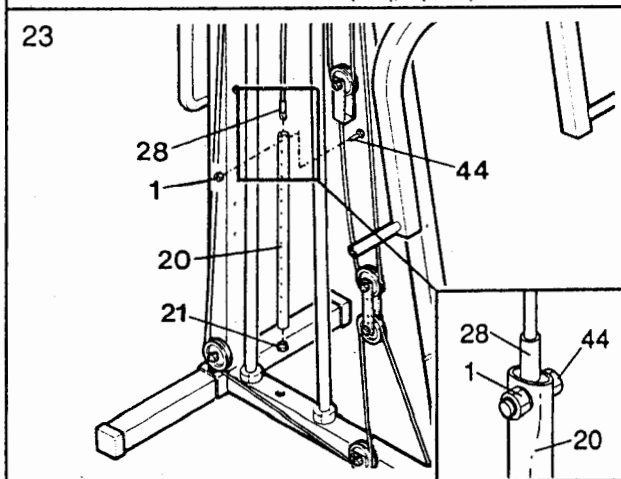


22. Route the end of Cable #110737 (29) around the three indicated Pulleys (10) as shown. Attach the end of the Cable to the extension tube on the Right Butterfly Arm (46) with a 3/8" x 2 1/2" Bolt (48) and 3/8" Nylock Nut (1). Do not overtighten the Nylock Nut—the Cable must be able to pivot freely.



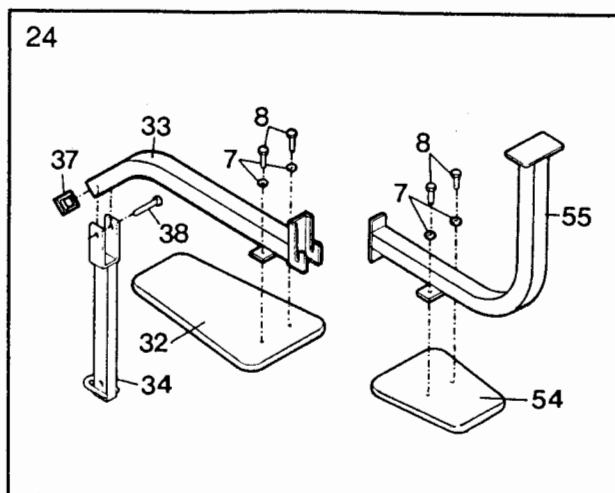
23. Attach the free end of Cable #110290 (28) inside the flattened end of the Weight Selector (20) with the 3/8" x 1 1/2" Bolt (44) and a 3/8" Nylock Nut (1) (see the inset drawing).

Press the Selector Cap (21) into the lower end of the Weight Selector (20).

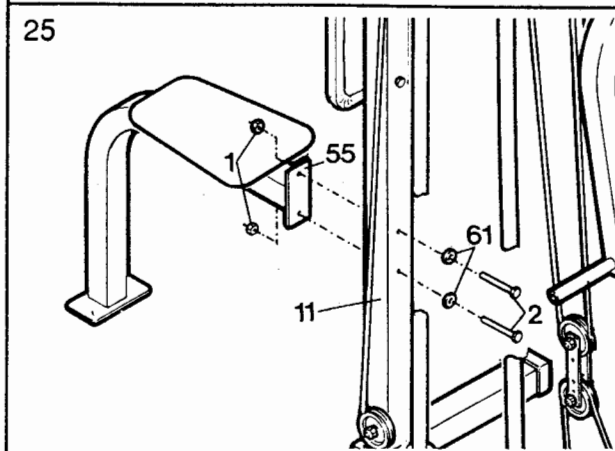


24. Press the Press Seat Rail Cap (37) into the Press Seat Rail (33). Attach the Press Seat Rail to the Large Seat (32) with two 1/4" x 3/4" Bolts (8) and 1/4" Lock Washers (7). Note: If the Leg Lever (34) is attached to the Press Seat Rail, withdraw the Leg Lever Pin (38) and set the Leg Lever aside until step 27.

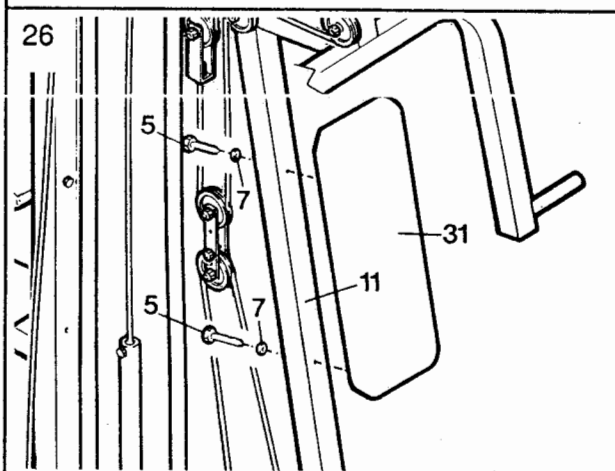
Attach the Butterfly Seat Rail (55) to the Small Seat (54) with two 1/4" x 3/4" Bolts (8) and 1/4" Lock Washers (7).



25. Attach the Butterfly Seat Rail (55) to the Frame (11) with two 3/8" x 2 3/4" Bolts (2), 3/8" Washers (61) and 3/8" Nylock Nuts (1).

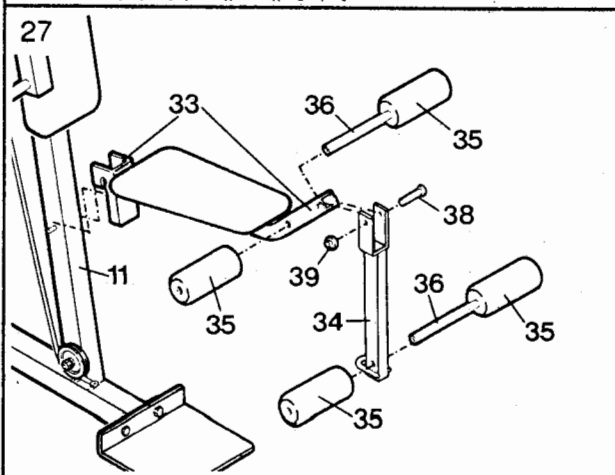


26. Attach the Large Backrest (31) to the Frame (11) with two 1/4" x 2 1/2" Bolts (5) and 1/4" Lock Washers (7).

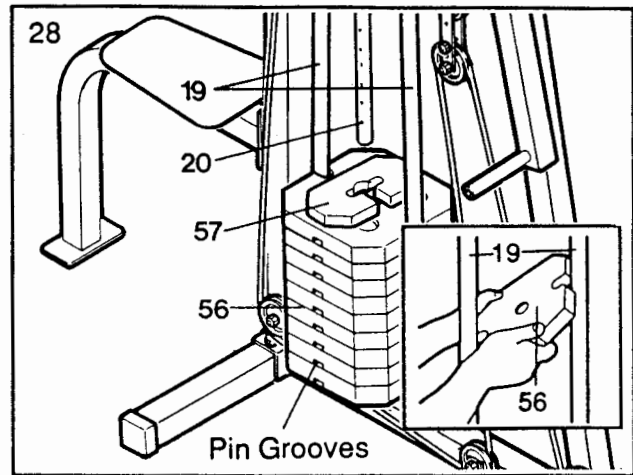


27. Align the upper end of the Leg Lever (34) with the end of the Press Seat Rail (33). Insert the Leg Lever Pin (38) through the Leg Lever and the Press Seat Rail. While holding a mallet against the head of the Leg Lever Pin, tap a 1/2" Hat Cap (39) onto the other end. Slide the bracket of the Press Seat Rail onto the indicated pins on the Frame (11).

Center one Pad Tube (36) in the Press Seat Rail (33), and one in the Leg Lever (34). Wet the ends of the Pad Tubes and the insides of the four Small Foam Pads (35) with soapy water. Slide the Pads onto the Tubes.



28. Raise the Weight Selector (20). Place the nine Large Weights (56) and the Small Weight (57) between the Weight Guides (19) by tipping the Weights as shown (see the inset drawing). Make sure that all the Large Weights are turned so that the pin grooves are under the Weights and are on the same side.



29. Make sure that all parts are tightened securely. The use of all remaining parts is explained in USING THE SYSTEM 2, beginning on page 12 of this owner's manual.
30. Before using the SYSTEM 2, test the cables and pulleys. Pull the end of each cable a few times to make sure that the cables move smoothly over the pulleys. If any of the cables do not move smoothly, locate and correct the problem before using the SYSTEM 2. **IMPORTANT:** If the cables are not properly routed, they may be permanently damaged when used with heavy weights.

USING THE SYSTEM 2

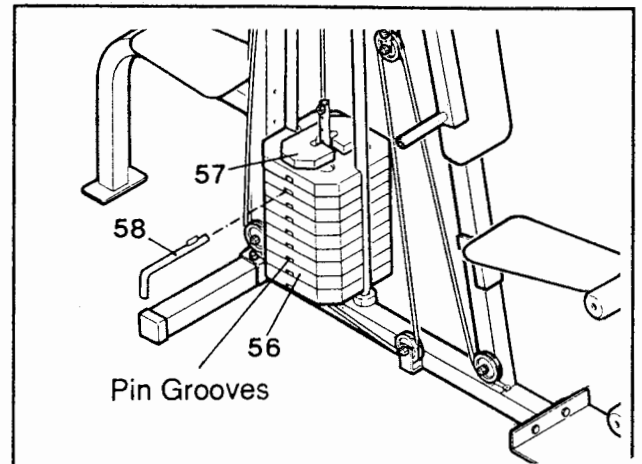
The instructions below describe how the components of the SYSTEM 2 can be adjusted. See the Exercise Guide accompanying this owner's manual to see how the SYSTEM 2 should be set up for each individual exercise.

ATTACHING AND REMOVING THE PRESS SEAT RAIL

The press seat rail should be attached as described in assembly step 27 on page 10. For certain exercises, the press seat rail must be removed. If the chain is attached to the leg lever, remove the chain. Lift the press seat rail until the bracket is free of the pins on the frame.

CHANGING THE WEIGHT SETTING

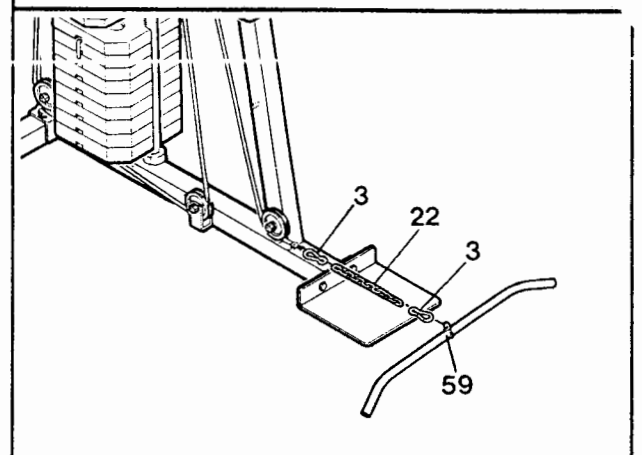
Although the Large and Small Weights (56, 57) weigh 10 and 5 pounds respectively, **the resistance will be doubled** due to the design of the equipment. The weight setting can be changed from a minimum of 20 pounds, up to a maximum of 200 pounds, in increments of 10 pounds. To increase the weight setting, insert the Weight Pin (58) lower in the weight stack and turn the end of the Pin downward. To decrease the weight setting, insert the Pin higher in the weight stack.



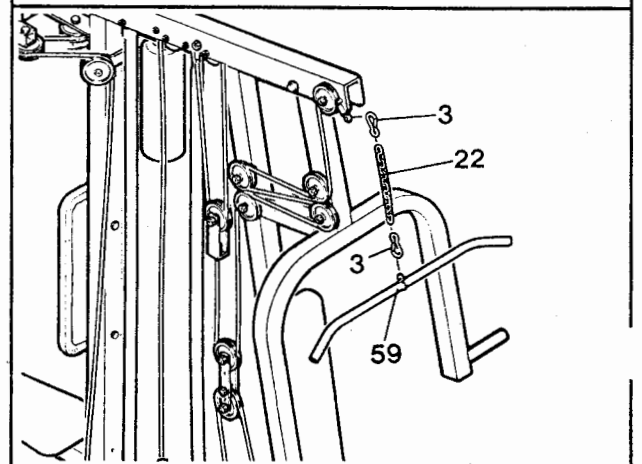
ATTACHING THE LAT BAR OR THE ANKLE STRAP TO THE WEIGHT SYSTEM

To attach the Lat Bar (59) to the lower cable, first remove the press seat rail from the frame as described above. Attach the Chain (22) between the Lat Bar and the lower cable with the two Cable Clips (3).

The Ankle Strap (not shown) can be attached to the lower cable in the same manner.

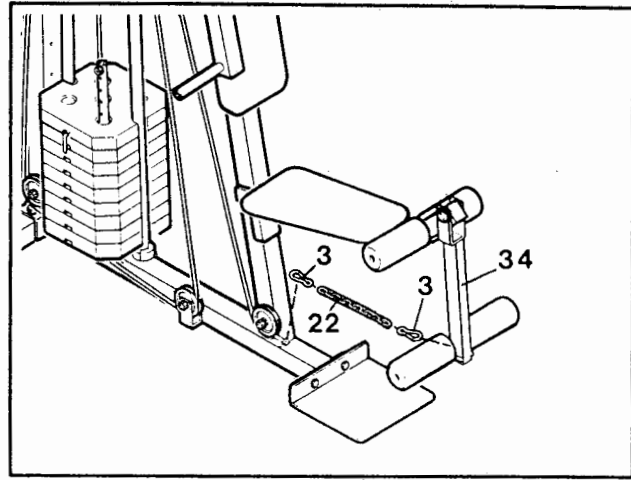


To use the Lat Bar (59) with the upper cable, attach the Chain (22) between the Lat Bar (59) and the upper cable with the two Cable Clips (3). The length of the Chain can be changed by attaching the Cable Clips closer together or farther apart on the Chain. **IMPORTANT: The proper length of the Chain between the Lat Bar and the upper cable should be determined by the exercise to be performed. Adjust the length of the Chain until the Lat Bar is in a comfortable starting position.**



ATTACHING THE LEG LEVER TO THE LOWER CABLE

Attach the Chain (22) between the Leg Lever (34) and the lower cable with the two Cable Clips (3).



TROUBLE-SHOOTING AND MAINTENANCE

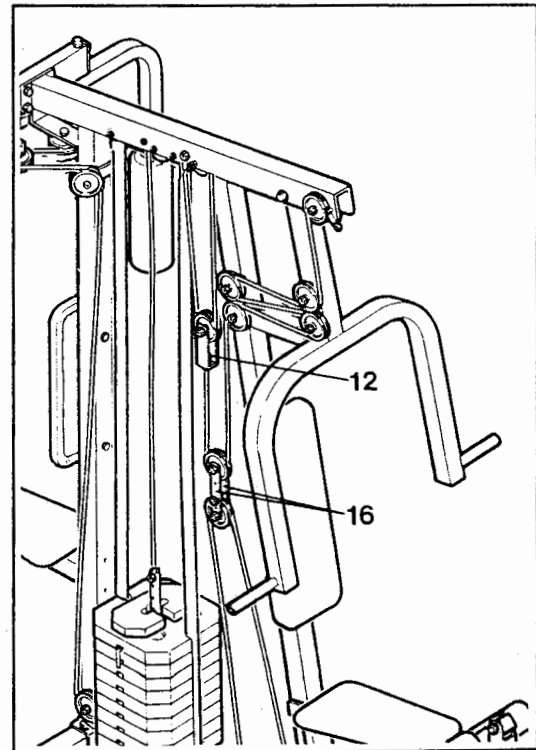
Inspect and tighten all parts of the SYSTEM 2 regularly. Replace any worn parts immediately. The SYSTEM 2 can be cleaned using a damp cloth and mild non-abrasive detergent. Never use solvents.

ADJUSTING THE CABLES

If there is slack in the weight system before resistance is felt, the cables should be adjusted. The two 5/16" Adjustment Nuts (12) located in the "U"-bracket allow fine adjustment of the cables. Loosen the upper Nut, and turn the lower Nut clockwise until the cables are tight. **Do not allow the cable to twist.** Tighten the upper Nut onto the lower Nut. If the cable cannot be tightened enough using the Adjustment Nuts, follow the instructions below.

Loosen the Adjustment Nuts (12) until they are at the end of the cable threads. Locate the pulleys connected by the two "I"-Plates (16). The "I"-Plates have three adjustment holes which can be used to tighten the cables. Remove the upper pulley from the "I"-Plates using two adjustable wrenches. Move the pulley to the next lower hole in the "I"-Plates and reattach the pulley. Tighten the Adjustment Nuts as described above until the cables are tight.

If the cables still cannot be tightened enough, see the back cover of this owner's manual to order new cables.



PART LIST—Model No. 831.159213

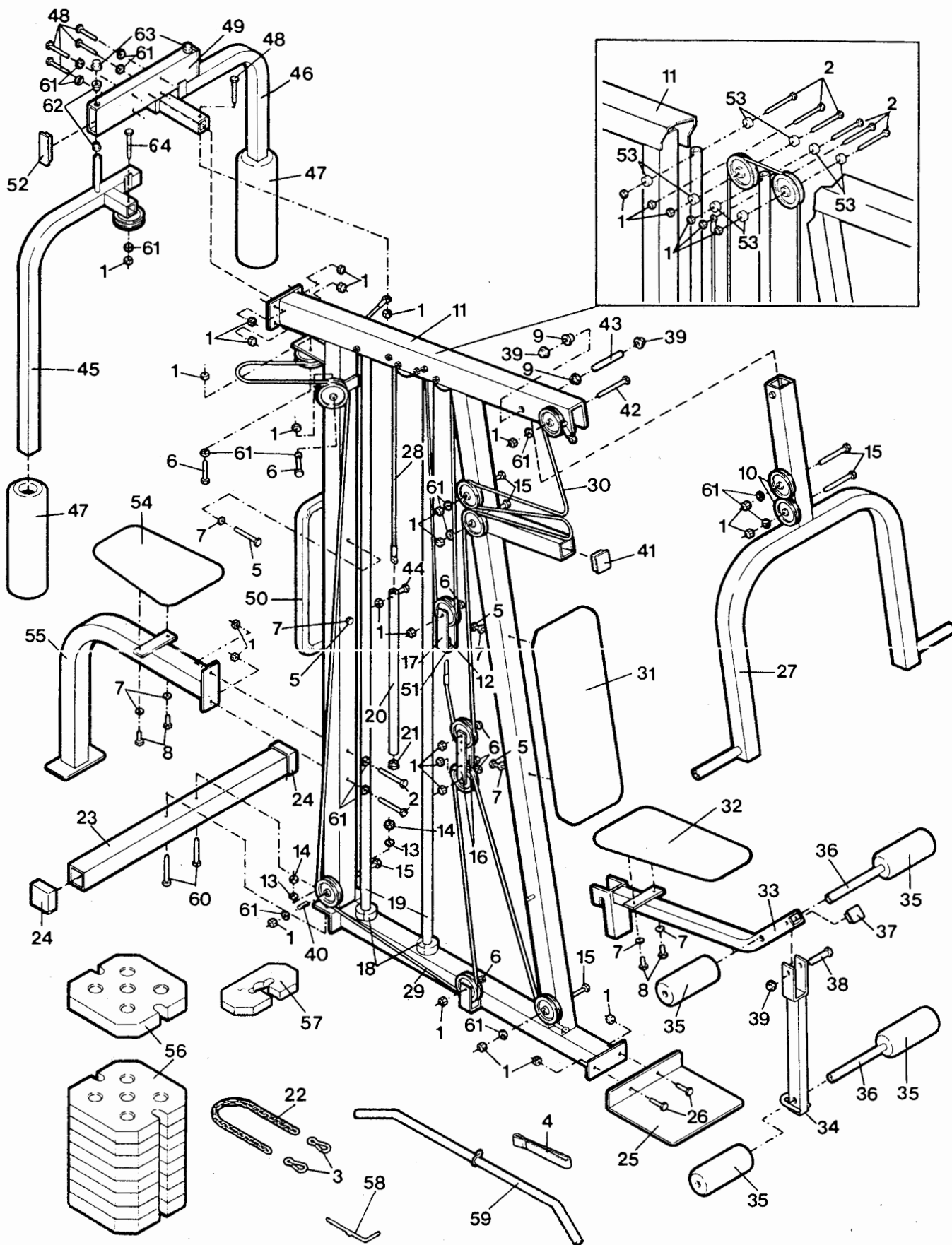
Rev. 3/93

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	012108	31	3/8" Nylock Nut	35	103805	4	Small Foam Pad
2	105329	8	3/8" x 2 3/4" Bolt	36	108726	2	Pad Tube
3	103087	2	Cable Clip	37	103833	1	Press Seat Rail Cap
4	107048	1	Ankle Strap	38	111181	1	Leg Lever Pin
5	013341	4	1/4" x 2 1/2" Bolt	39	100150	3	1/2" Hat Cap
6	013564	7	3/8" x 1 3/4" Bolt	40	111470	16	Pulley Sleeve
7	014062	8	1/4" Lock Washer	41	111097	1	Frame Cap
8	013456	4	1/4" x 3/4" Bolt	42	101263	1	3/8" x 4" Bolt
9	111180	2	1/2" Brass Bushing	43	112203	1	Press Arm Axle
10	111175	16	Pulley	44	013369	1	3/8" x 1 1/2" Bolt
11	110678	1	Frame	45	112320	1	Left Butterfly Arm
12	101138	2	5/16" Adjustment Nut	46	112317	1	Right Butterfly Arm
13	110468	2	3/8" Lock Washer	47	105342	2	Large Foam Pad
14	012159	2	3/8" Nut	48	103045	5	3/8" x 2 1/2" Bolt
15	104049	6	3/8" x 3 1/2" Bolt	49	111187	1	Butterfly Arm Support
16	109875	2	"I"-Plate	50	110713	1	Small Backrest
17	110727	1	"U"-Bracket	51	014041	1	5/16" Washer
18	105433	2	Weight Bumper	52	110722	2	Support Cap
19	110923	2	Weight Guide	53	105309	8	Spacer
20	111182	1	Weight Selector	54	110718	1	Small Seat
21	110726	1	Selector Cap	55	110709	1	Butterfly Seat Rail
22	105315	1	Chain	56	109431	9	Large Weight
23	112202	1	Stabilizer	57	109392	1	Small Weight
24	105723	2	Stabilizer Cap	58	110723	1	Weight Pin
25	108832	1	Foot Plate	59	105311	1	Lat Bar
26	105134	2	3/8" x 3/4" Bolt	60	108674	2	3/8" x 2 1/2" Carriage Bolt
27	111183	1	Press Arm	61	014087	16	3/8" Washer
28	110290	1	Cable #110290	62	112204	4	3/4" Brass Bushing
29	110737	1	Cable #110737	63	103735	2	1/2" Plastic Cap
30	109461	1	Cable #109461	64	013519	1	3/8" x 3" Bolt
31	110761	1	Large Backrest	#	112676	1	Owner's Manual
32	110763	1	Large Seat	#	110814	1	Exercise Manual
33	112207	1	Press Seat Rail	#	104838	1	Grease Tube
34	109878	1	Leg Lever	#	112663	1	Part I.D. Chart

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. 831.159213

Rev. 3/93



Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

Each SYSTEM has its own MODEL NUMBER. Always mention this MODEL NUMBER when requesting service or repair parts for your SYSTEM.

All parts listed herein may be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most SEARS RETAIL STORES.

If parts you need are not stocked locally, your order will be transmitted to a SEARS PARTS DISTRIBUTION CENTER for handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER of the product (831.159213).
2. The NAME of the product (PROFORM® SYSTEM 2).
3. The PART NUMBER of the part(s), from page 14 of this manual.
4. The DESCRIPTION of the part(s), from page 14 of this manual.

Your Sears merchandise has added value when you consider that Sears has service units nationwide, staffed with Sears trained technicians specifically trained on Sears products, having the parts, tools and equipment to ensure that we meet our pledge to you: "We service what we sell."

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in this Owner's Manual are followed, SEARS will, free of charge, repair or replace and install a replacement part for any defective part, when this system is used in a normal manner.

This warranty does not apply when this system is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY CONTACTING YOUR NEAREST SEARS SERVICE CENTER/DEPARTMENT IN THE UNITED STATES.

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

**SEARS, ROEBUCK AND CO., DEPT. 817WA,
3333 BEVERLY ROAD, HOFFMAN ESTATES, IL 60179**