

PRO FORM®

CROSS

TRAINER™

WEIGHT SYSTEM STAIR CLIMBER

PERSONAL TRAINER™

ELECTRONIC WORKOUT INSTRUCTION

ASSEMBLY

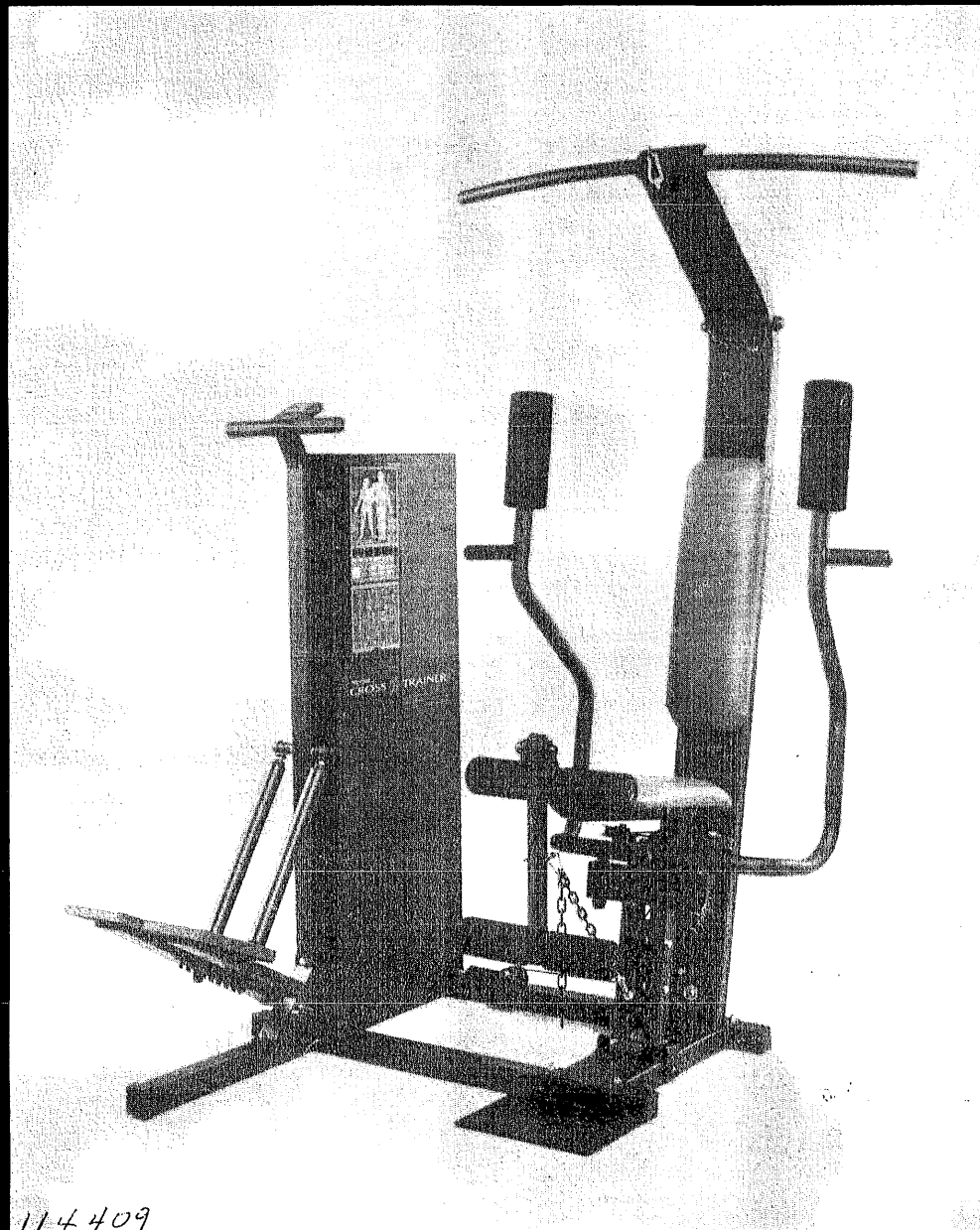
OPERATION

EXERCISE GUIDE

MAINTENANCE

PARTS

WARRANTY



OWNER'S MANUAL

WARNING: Read this owner's manual carefully before using the CROSS TRAINER e.

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important safety precautions before using the CROSS TRAINER e. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. PROFORM assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

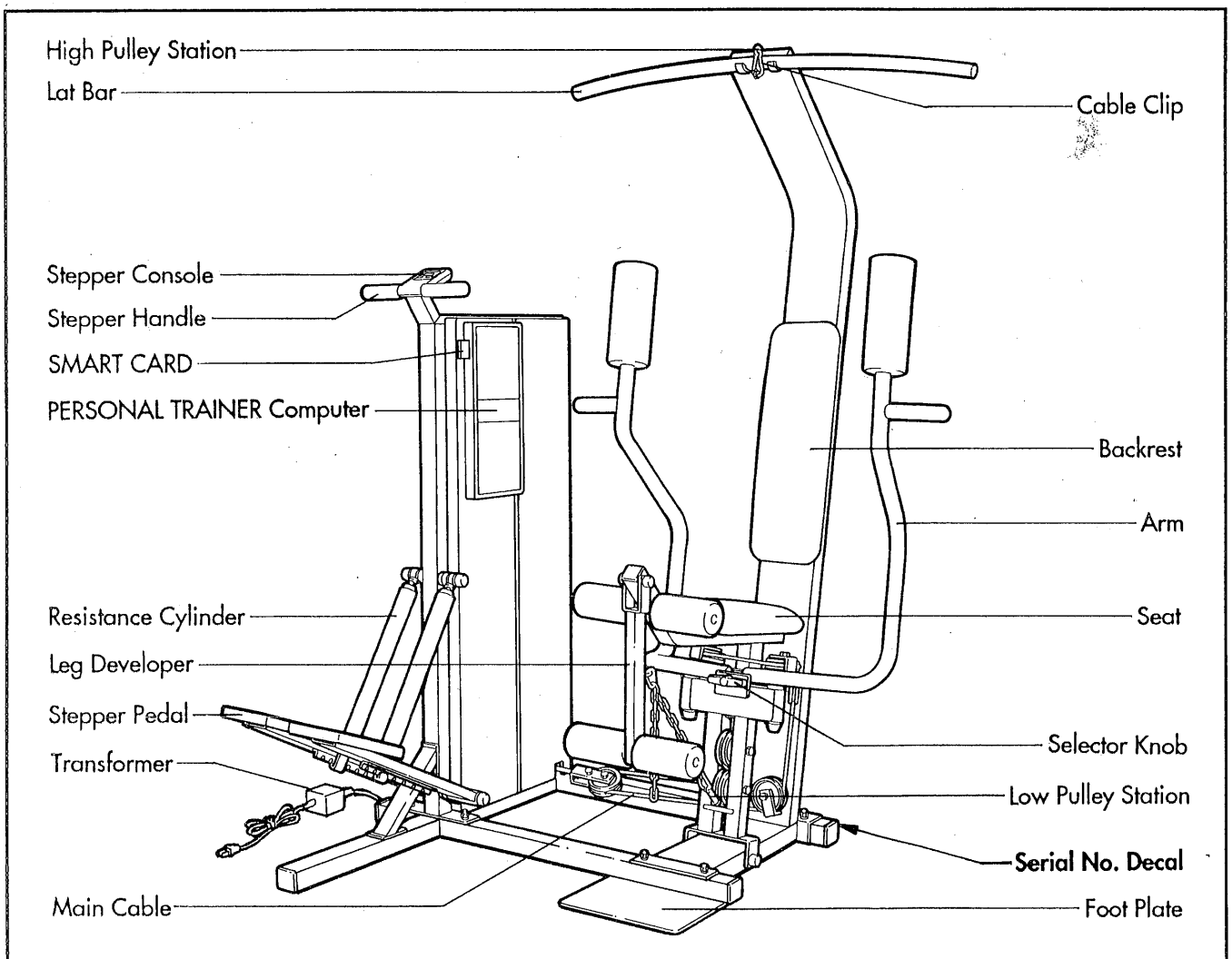
1. Read this owner's manual and the accompanying FITNESS JOURNAL carefully before using the CROSS TRAINER e. Use the CROSS TRAINER e only as described.
2. Inspect and tighten all parts each time you use the CROSS TRAINER e. Replace any worn parts immediately.
3. Do not use the transformer if it is damaged. Keep the power cord away from walkways and heated surfaces.
4. Keep your hands away from moving parts. Always wear athletic shoes for foot protection.
5. Keep small children away from the CROSS TRAINER e at all times.
6. To prevent damage to the weight system, do not put any pressure on the leg developer, arms or cables while the weight setting is changing. If the lat bar or rower bar is attached to the high pulley station, rest it in the rack near the high pulley station. (See OPERATING THE PERSONAL TRAINER COMPUTER on page 12 of this owner's manual).
7. Always stand on the foot plate when performing any exercise that could cause the CROSS TRAINER e to tip.
8. Make sure that the main cable remains in the grooves in the pulleys as you use the CROSS TRAINER e.
9. The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them. Cover the floor beneath the stepper for protection. A small amount of oil leakage is normal for hydraulic cylinders. When using the stepper, keep your feet on the pedals at all times. If you lift your feet off the pedals, the pedals may become separated from the resistance cylinders, resulting in injury.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing.

# BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® CROSS TRAINER e. The versatile CROSS TRAINER e combines a multiple-station weight system with a full-size stepper to let you enjoy true cross training workouts in the convenience of your own home. To help you get the most from each workout, the CROSS TRAINER e features the advanced PERSONAL TRAINER™ weight training computer. Whether your goal is a shapelier figure, a toned body, increased muscle size or improved cardiovascular fitness, the CROSS TRAINER e will help you to achieve the specific results you want.

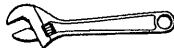
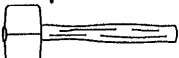
**For your safety and benefit, read this owner's manual and the accompanying FITNESS JOURNAL carefully before using the CROSS TRAINER e.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you quickly, please note the model number and serial number of your CROSS TRAINER e before calling. The model number is **DR852030**. The serial number can be found on a decal attached to the CROSS TRAINER e. The location of the decal is shown in the drawing below. Write the serial number in the following space for reference: \_\_\_\_\_.

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



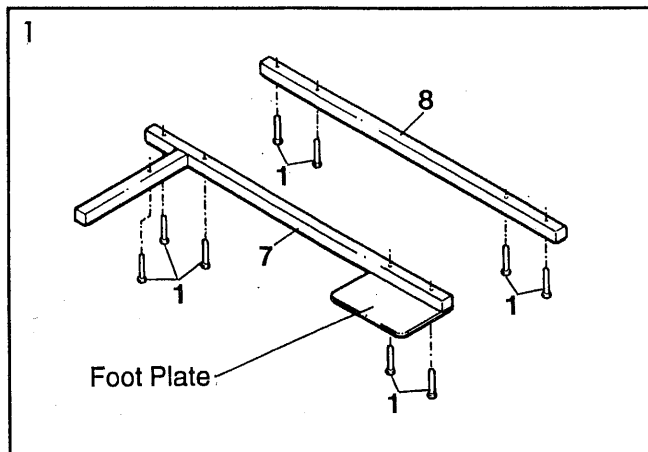
# ASSEMBLY

Assembly requires two persons. Due to the weight of the CROSS TRAINER e, it should be assembled in the location where it will be used. Place all parts of the CROSS TRAINER e in a cleared area. Remove the packing materials, **except for the packing materials mentioned in assembly steps 2 and 11**. Do not dispose of the packing materials until assembly is completed. Read each assembly step and examine each drawing carefully. **Make sure that all parts are oriented as shown in the drawings.**

The following tools (not included) are required for assembly: two 8" Adjustable Wrenches  and a Rubber Mallet . The included lubricant and a small amount of soapy water are also required.

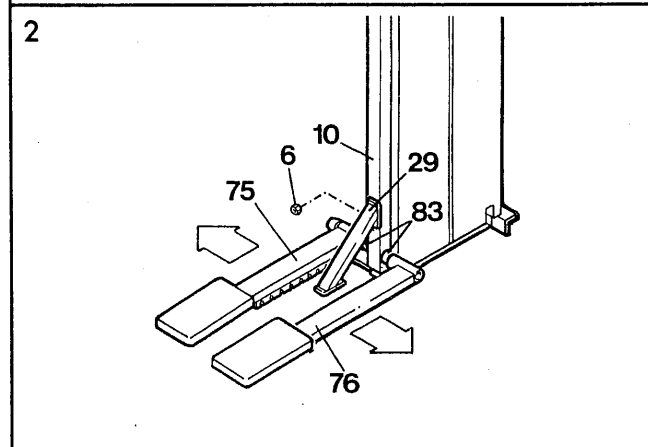
1. Set the Front Base (7) and the Rear Base (8) on the floor as shown. Turn the Front Base so the foot plate is on the floor. Turn the Rear Base so the indented holes are toward the floor.

Insert the nine  $3/8" \times 2 1/2"$  Carriage Bolts (1) up through the indicated holes in the Front and Rear Bases (7, 8).



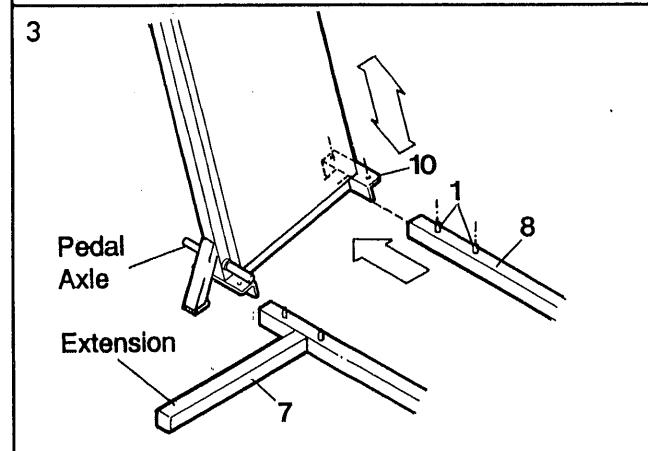
2. Remove the wire securing the Left and Right Pedals (75, 76) to the Tower Frame (10), and carefully lower the Pedals. Remove the Pedals from the Tower Frame. **Do not remove the two  $3/4"$  Metal Covers (83); make sure that they remain in place until assembly step 7 is completed.**

Slide the Brace (29) onto the threaded bolt protruding from the Tower Frame (10). Thread a  $3/8"$  Nylock Nut (6) onto the threaded bolt. **Do not tighten the Nylock Nut yet.**



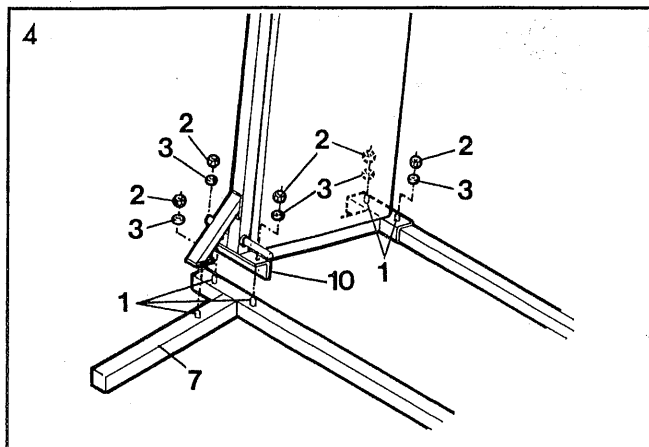
3. With the help of a second person, hold the Tower Frame (10) near the indicated ends of the Front and Rear Bases (7, 8). Make sure that the Tower Frame is turned so the pedal axle is on the same side as the extension on the Front Base.

Raise the back of the Tower Frame (10) and lower it onto the two indicated  $3/8" \times 2 1/2"$  Carriage Bolts (1) in the Rear Base (8).



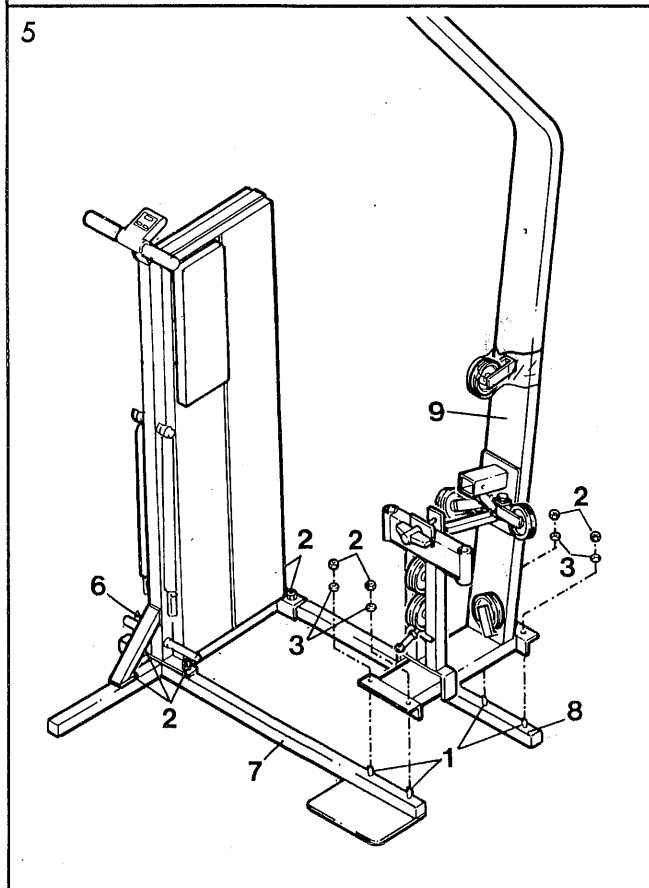
4. Raise the front of the Tower Frame (10) and lower it onto the three indicated 3/8" x 2 1/2" Carriage Bolts (1) in the Front Base (7).

Adjust the position of the Tower Frame (10) so the five indicated 3/8" x 2 1/2" Carriage Bolts (1) are centered in the slotted holes in the Tower Frame. Thread a 3/8" Nut (2) with a 3/8" Lockwasher (3) onto each of the Carriage Bolts. **Do not tighten the Nuts yet.**



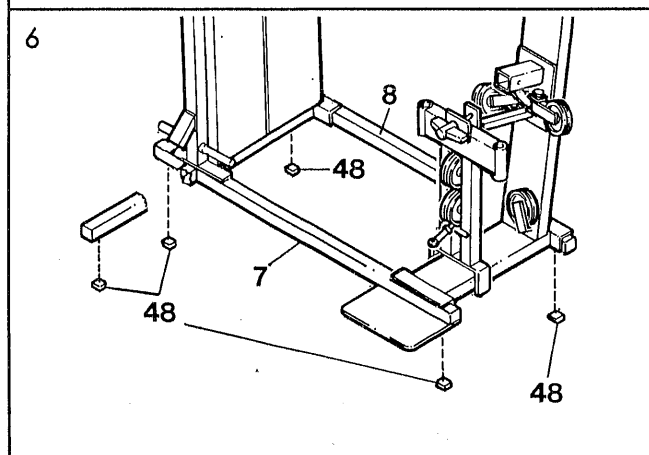
5. With the help of a second person, lift the Upright (9) and lower it onto the four indicated 3/8" x 2 1/2" Carriage Bolts (1) in the Front and Rear Bases (7, 8). Tighten a 3/8" Nut (2) with a 3/8" Lockwasher (3) onto each of the Carriage Bolts.

**Tighten the 3/8" Nylock Nut (6) attached in assembly step 2, and the five 3/8" Nuts (2) attached in assembly step 4.**



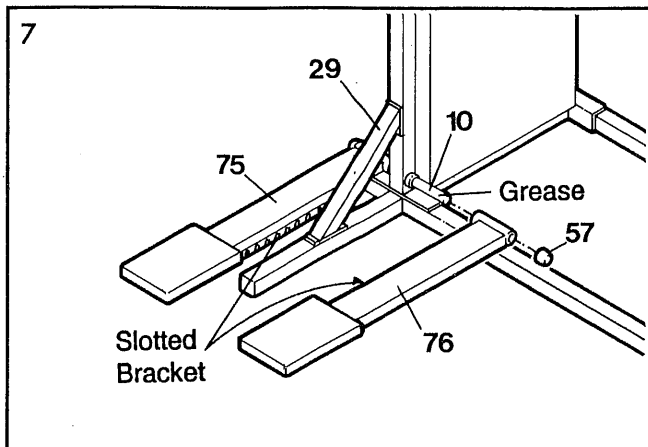
6. With the help of a second person, lift the Front Base (7). Peel the backing off three Rubber Pads (48) and press them onto the underside of the Front Base in the locations shown. Lower the Front Base.

Press the other two Rubber Pads (48) onto the Rear Base (8) in the same manner.

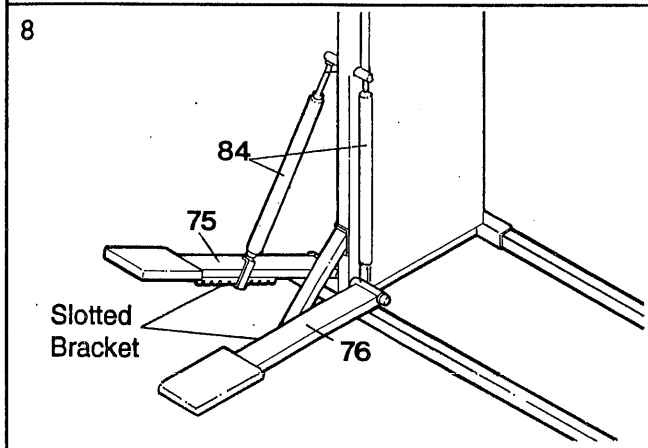


- Apply half of the included lubricant to the pedal axle on the Tower Frame (10). Slide the Right Pedal (76) onto the right end of the pedal axle. **Make sure that the Right Pedal is on the correct side—the slotted bracket must be turned toward the Brace (29).** Tap a 3/4" Plastic Cap (57) onto the pedal axle.

Attach the Left Pedal (75) to the left end of the pedal axle in the same manner.



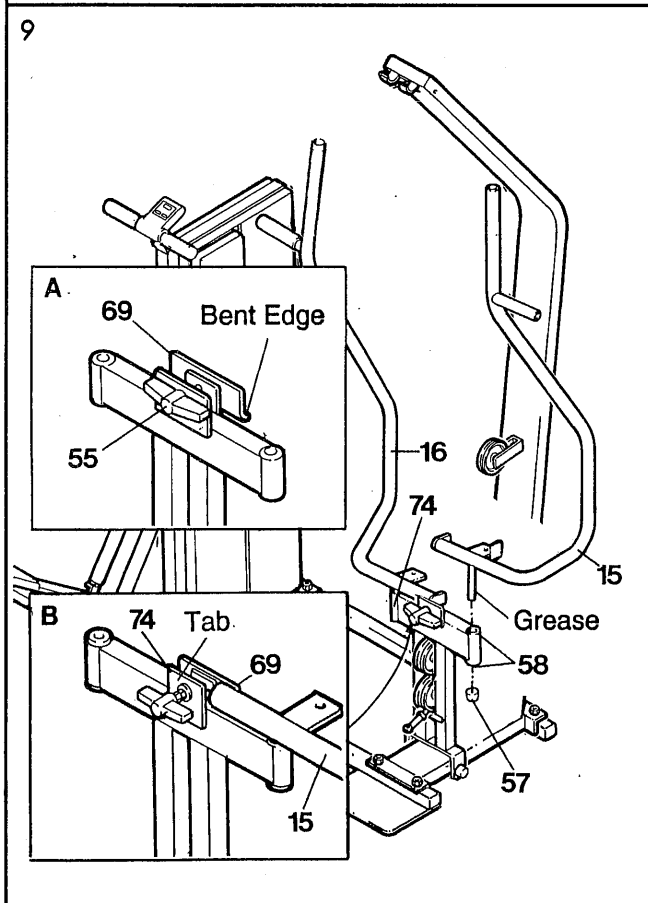
- Raise the Left and Right Pedals (75, 76). Rest the Pedals on the hooks at the lower ends of the Resistance Cylinders (84). **Make sure that the hooks are fully inserted into the same slots under both Pedals.**



- Make sure that there are four Plastic Bushings (58) in the Moment Arm (74).

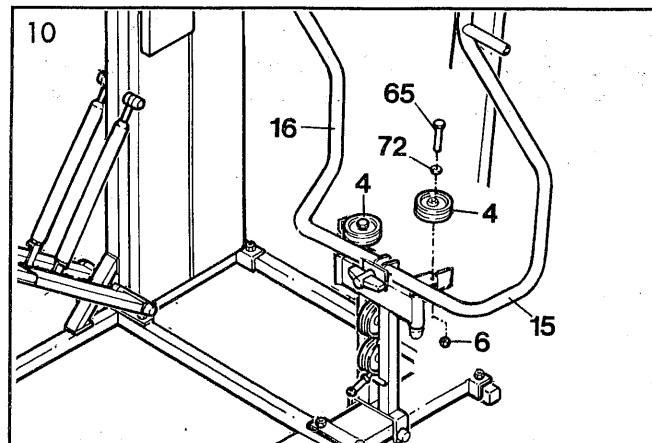
Turn the Selector Knob (55) so the Selector Plate (69) is horizontal, and the bent edge of the Selector Plate is downward (see inset drawing A). Apply lubricant to the post on the lower end of the Left Arm (15). Insert the post into the Plastic Bushings (58) in the Moment Arm (74). **Make sure that the lower end of the Left Arm is between the Selector Plate (69) and the tab on the Moment Arm (see inset drawing B).** Tap a 3/4" Plastic Cap (57) onto the post.

Attach the Right Arm (16) to the Moment Arm (74) in the same manner.



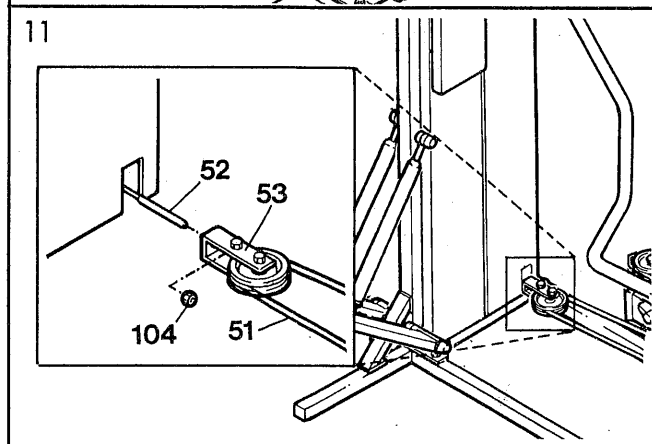
10. Insert a 3/8" x 2 1/2" Bolt (65) through a 3/8" Flat Washer (72), a Thick 3 1/2" Pulley (4) and the bracket on the back of the Left Arm (15). Thread a 3/8" Nylock Nut (6) onto the Bolt. **Do not tighten the Nylock Nut yet.**

Attach the other Thick 3 1/2" Pulley (4) to the Right Arm (16) in the same manner.



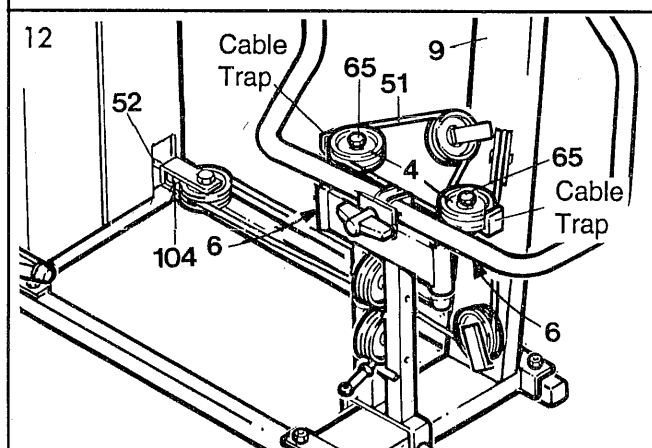
11. Remove the packaging securing the Adjustment Bracket (53) to the Upright (not shown).

Insert the threaded bolt at the end of the Resistance Cable (52) into the Adjustment Bracket (53). Thread the 5/16" Nut (104) two complete turns onto the Resistance Cable.



12. Wrap the Main Cable (51) around the two Thick 3 1/2" Pulleys (4) as shown. **Make sure that the Main Cable is between the Thick 3 1/2" Pulleys and the indicated cable traps.** Tighten the 3/8" Nylock Nuts (6) on the 3/8" x 2 1/2" Bolts (65). **Do not overtighten the Nylock Nuts; the Thick 3 1/2" Pulleys must turn freely.**

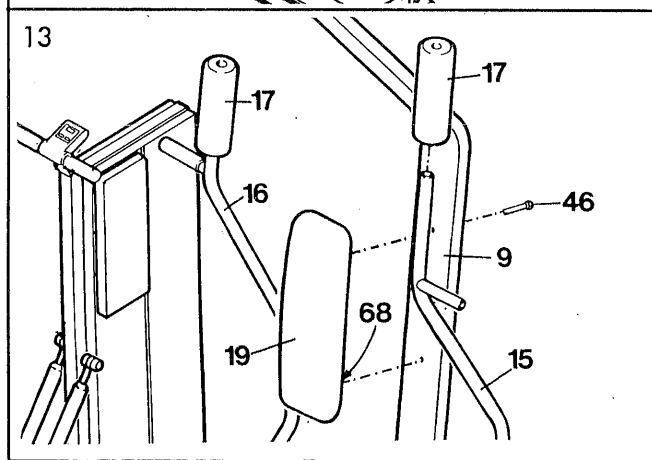
Finger tighten the 5/16" Nut (104) onto the Resistance Cable (52) until the Main Cable (51) is tight. **Do not overtighten the Main Cable.**



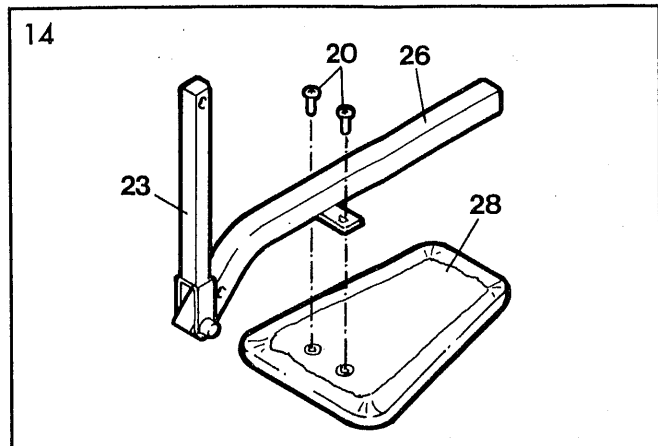
13. Wet the upper ends of the Left and Right Arms (15, 16) and the insides of the two Large Pads (17) with soapy water. Slide the Large Pads onto the Left and Right Arms.

Press the Plastic Fastener (68) at the lower end of the Backrest (19) into the lower hole in the Upright (9).

Tighten the 1/4" x 2 1/2" Bolt (46) into the upper hole in the Upright (9) and the Backrest (19).

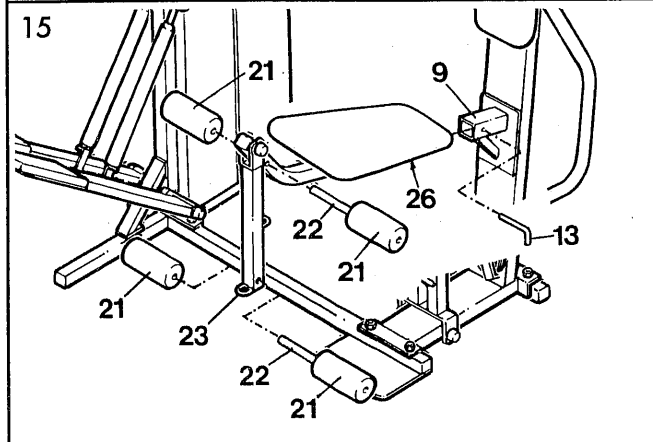


14. Attach the Seat (28) to the Seat Frame (26) with the two 1/4" x 5/8" Bolts (20). Make sure that the Seat is turned so the wide end is on the same side as the Leg Developer (23).

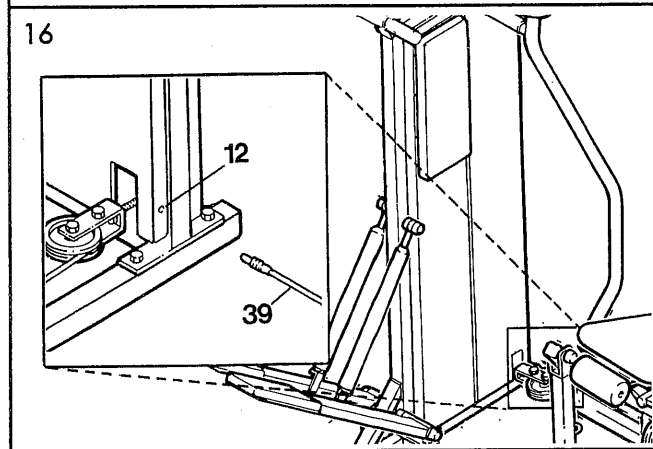


15. Slide the Seat Frame (26) into the seat tube on the Upright (9). Insert the "L" Pin (13) fully into the seat tube and the Seat Frame.

Center one Pad Tube (22) in the Seat Frame (26), and the other Pad Tube in the Leg Developer (23). Slide the four Small Pads (21) onto the ends of the Pad Tubes.



16. Plug the Transformer (39) into the jack located near the bottom of the Right Side Shield (12).



17. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTING THE CROSS TRAINER e, beginning on page 8 of this owner's manual.

18. Before using the CROSS TRAINER e, test the main cable and the pulleys. Make sure that the main cable is in the grooves in the pulleys. If the main cable does not move smoothly over the pulleys, locate and correct the problem before using the CROSS TRAINER e. If the main cable is not properly routed, it will be damaged when used.



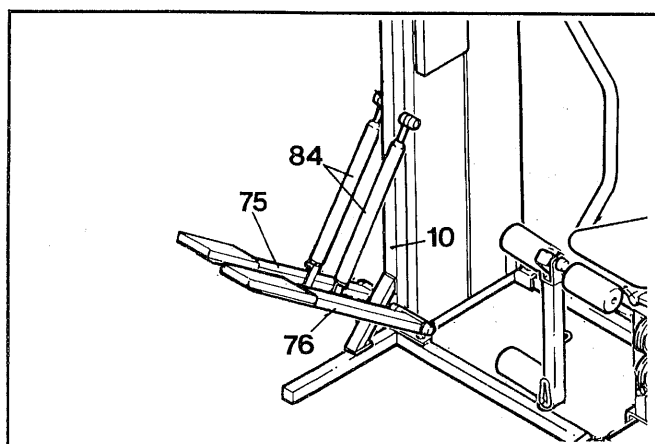
# ADJUSTING THE CROSS TRAINER e

The CROSS TRAINER e is designed to be changed from station to station quickly and easily. The instructions below describe how each part of the CROSS TRAINER e can be adjusted. Please read these instructions carefully before using the CROSS TRAINER e. Refer to pages 17 through 27 of this owner's manual to see how the CROSS TRAINER e should be set up for each individual exercise.

**IMPORTANT:** For effective exercise, the CROSS TRAINER e must be set up correctly for each exercise. When attaching the lat bar, rower bar or strap, attach them directly to the CROSS TRAINER e or use the chain to attach them—make sure that the lat bar, rower bar or strap is in the correct starting position for each exercise. If there is any slack in the cable or chain as you perform an exercise, the effectiveness of the exercise will be reduced.

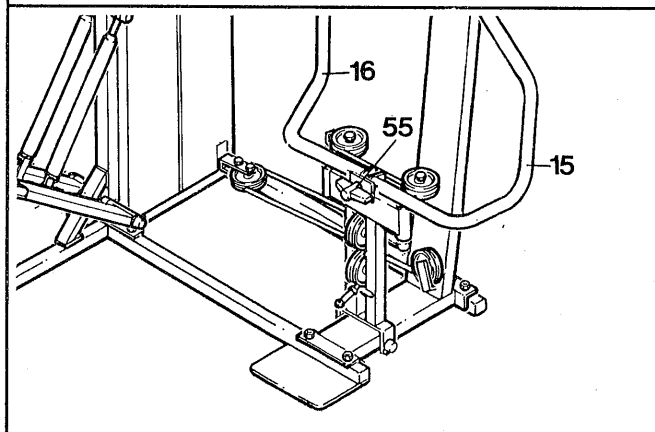
## 1. CHANGING THE STEPPING RESISTANCE

To change the resistance of the Left and Right Pedals (75, 76), first lift the Pedals off the hooks at the lower ends of the Resistance Cylinders (84). Move the hooks to different slots under the Pedals. **Make sure that the hooks are fully inserted into the same slots under both Pedals.** The farther the hooks are from the Tower Frame (10), the greater the resistance will be. **WARNING:** The Resistance Cylinders become very hot during use. Allow the Resistance Cylinders to cool before touching them.



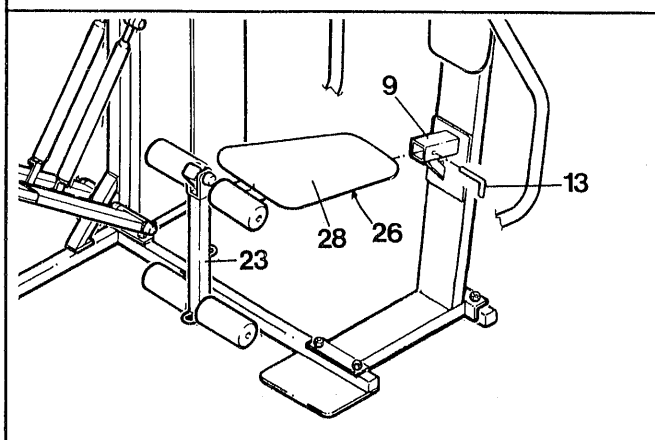
## 2. CHANGING THE ARMS TO THE BUTTERFLY MODE AND PRESS MODE

The Arms (15, 16) can be changed to either the butterfly mode or the press mode. To perform the BUTTERFLY exercise, change the Arms to the butterfly mode by turning the Selector Knob (55) so the Selector Plate (69) is vertical. To perform the BENCH PRESS exercise, change the Arms to the press mode by turning the Selector Knob so the Selector Plate (69) is horizontal.



## 3. ATTACHING AND DETACHING THE SEAT

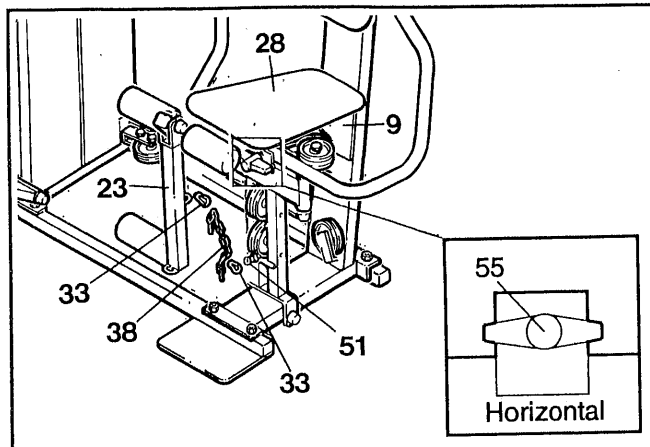
To attach the Seat (28), slide the Seat Frame (26) into the seat tube on the Upright (9). Insert the "L" Pin (13) fully into the seat tube and the Seat Frame (26).



To remove the Seat (28), make sure that the cable is disconnected from the Leg Developer (23) (see CONNECTING THE LEG DEVELOPER TO THE LOW PULLEY STATION below). Withdraw the "L" Pin (13) and pull the Seat Frame (26) out of the seat tube on the Upright (9).

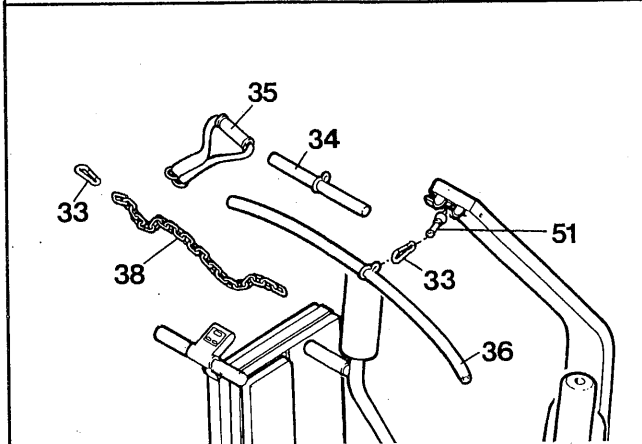
#### 4. CONNECTING THE LEG DEVELOPER TO THE LOW PULLEY STATION

Attach the Seat (28) to the Upright (9) (see ATTACHING AND DETACHING THE SEAT above). Attach one end of the Chain (38) to the Leg Developer (23) with a Cable Clip (33). Attach the other end of the Chain to the Main Cable (51) with another Cable Clip. **Make sure that there is no slack in the Chain.** When sitting on the Seat and using the Leg Developer, make sure that the Selector Knob (55) is in a **horizontal** position or it will be damaged (see the inset drawing).



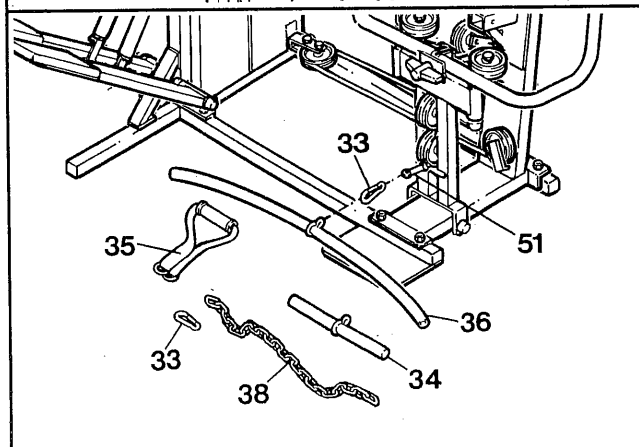
#### 5. ATTACHING THE LAT BAR, ROWER BAR OR STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (36) to the Main Cable (51) with a Cable Clip (33). For some exercises, the Chain (38) should be attached between the Lat Bar and the Main Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Main Cable so the Lat Bar is in the correct starting position for the exercise to be performed.** The Rower Bar (34) or the Strap (35) can be attached in the same manner.



#### 6. ATTACHING THE LAT BAR, ROWER BAR OR STRAP TO THE LOW PULLEY STATION

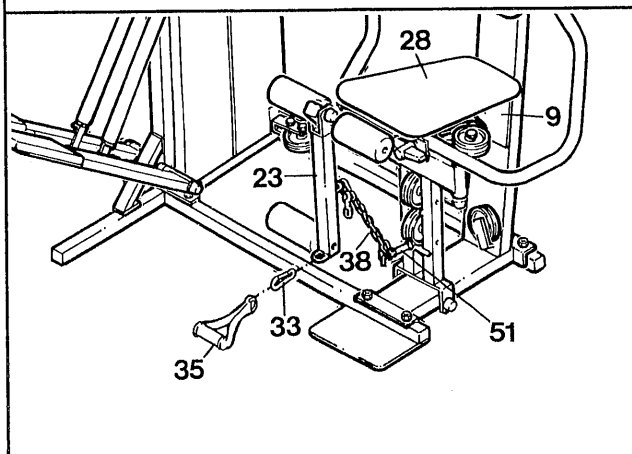
Remove the seat (see ATTACHING AND DETACHING THE SEAT above). Attach the Lat Bar (36) to the Main Cable (51) with a Cable Clip (33). For some exercises, the Chain (38) should be attached between the Lat Bar and the Main Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Main Cable so the Lat Bar is in the correct starting position for the exercise to be performed.** The Rower Bar (34) or the Strap (35) can be attached in the same manner.



#### 7. ATTACHING THE STRAP TO THE LEG DEVELOPER

When the Strap (35) is attached in this manner, the weight will be reduced by half.

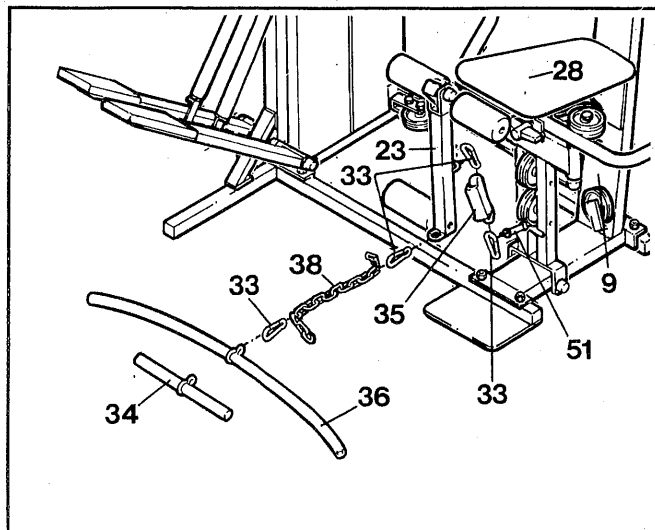
Attach the Seat (28) to the Upright (9) (see ATTACHING AND DETACHING THE SEAT above). Attach the Chain (38) between the Leg Developer (23) and the Main Cable (51) (see CONNECTING THE LEG DEVELOPER TO THE LOW PULLEY STATION above). Attach the Strap (35) to the loop at the lower end of the Leg Developer with a Cable Clip (33).



## 8. ATTACHING THE LAT BAR OR ROWER BAR TO THE LEG DEVELOPER

When the Lat Bar (36) or Rower Bar (34) is attached in this manner, the weight will be reduced by half.

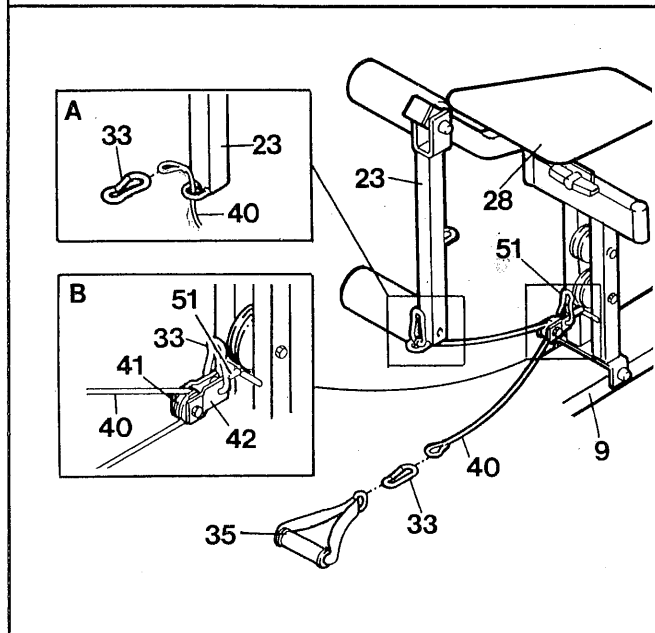
Attach the Seat (28) to the Upright (9) (see ATTACHING AND DETACHING THE SEAT above). Attach the Strap (35) between the Leg Developer (23) and the Main Cable (51) with two Cable Clips (33). Attach one end of the Chain (38) to the Leg Developer with a Cable Clip. Attach the Lat Bar (36) to the other end of the Chain with a Cable Clip. **Adjust the length of the Chain between the Lat Bar and the Leg Developer so the Lat Bar is in the correct starting position for the exercise to be performed.** The Rower Bar (34) can be attached in the same manner.



## 9. ATTACHING THE 1" PULLEY

When the 1" Pulley (41) is used, the weight will be reduced by half. **Do not use a weight setting higher than 40 pounds when using the 1" Pulley.**

Attach the Seat (28) to the Upright (9) (see ATTACHING AND DETACHING THE SEAT above). Insert one end of the Cord (40) up through the loop at the lower end of the Leg Developer (23), and attach a Cable Clip (33) to the Cord (see inset drawing A). Attach the Brackets (42) to the Main Cable (51) with a Cable Clip (see inset drawing B). Make sure that the Cord is centered on the 1" Pulley (41). Attach the Strap (35) to the other end of the Cord with a Cable Clip.

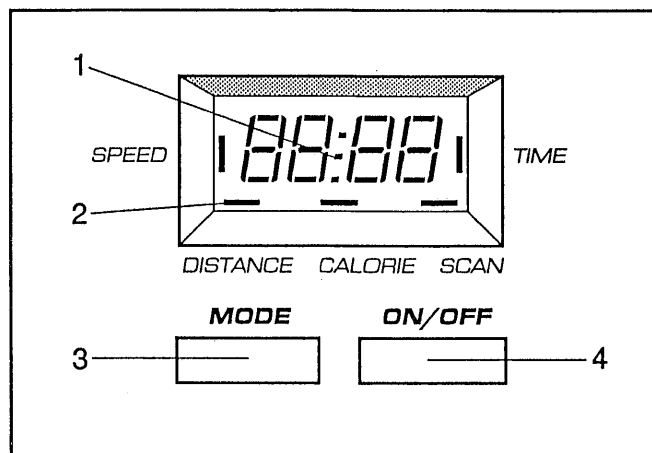


# OPERATING THE STEPPER CONSOLE

The stepper console is designed to give you instant feedback as you exercise on the stepper. Please read these instructions carefully before operating the console. Note: Remove the clear plastic from the front of the console.

## DIAGRAM OF THE CONSOLE

1. LCD display—Display for all modes.
2. Mode indicators—Show which mode is currently selected and displayed.
3. MODE button—Selects modes.
4. ON/OFF button—Turns the power on and off, and resets the display.



## DESCRIPTION OF THE CONSOLE MODES

**SPEED**—Displays your stepping speed, in steps per minute.

**TIME**—Displays the elapsed time. Note: Time will be counted only while you are stepping. If you stop for ten seconds or longer, the TIME mode will pause until you resume stepping.

**DISTANCE**—Displays the total number of steps you have completed.

**CALORIE**—Displays the total number of Calories you have burned. Note: If the stepping resistance is near the lowest or highest setting, the actual number of Calories you have burned may be slightly lower or higher than the number displayed.

**SCAN**—Displays the SPEED, TIME, DISTANCE and CALORIE modes, for five seconds each, in a repeating cycle.

## CONSOLE OPERATION

1. To turn on the power, press the ON/OFF button or simply begin stepping.
2. Select one of the five modes:
  - A. **SCAN**—When the power is turned on, the SCAN mode will be selected automatically. One mode indicator will appear by the word "SCAN." The SPEED, TIME, DISTANCE and CALORIE modes will all be displayed, for five seconds each, in a repeating cycle. A second mode indicator will show which mode is currently displayed.
  - B. **SPEED, TIME, DISTANCE or CALORIE**—The SPEED, TIME, DISTANCE or CALORIE mode can be selected for continuous display by repeatedly pressing the MODE button. The modes will be selected in the following order: SPEED, TIME, DISTANCE, CALORIE, SCAN.
3. To reset the LCD display, turn the power off and then on again by pressing the ON/OFF button twice.
4. When you are finished exercising, press the ON/OFF button to turn off the power. Note: If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically to conserve the batteries.

# OPERATING THE PERSONAL TRAINER COMPUTER

The heart of the CROSS TRAINER e is the advanced PERSONAL TRAINER computer. With the PERSONAL TRAINER computer, you can change the weight setting with a touch of a button. As you exercise, the computer will measure your range of motion, show the number of Calories you have burned and keep track of the repetitions and sets you have completed. In the trainer mode, you can select a specific muscle group, and the computer will guide you through a series of exercises that will develop the selected muscle group. In the program mode, the included SMART CARD allows you to create custom workout programs and store them in memory for future workouts. Preprogrammed SMART CARDS can also be purchased to help you achieve specific exercise goals. **See the included brochure for more information.** Please read these instructions carefully before operating the computer.

## TURNING ON THE POWER

Plug the transformer into a 120-volt outlet. All indicators and displays on the computer will flash three times.

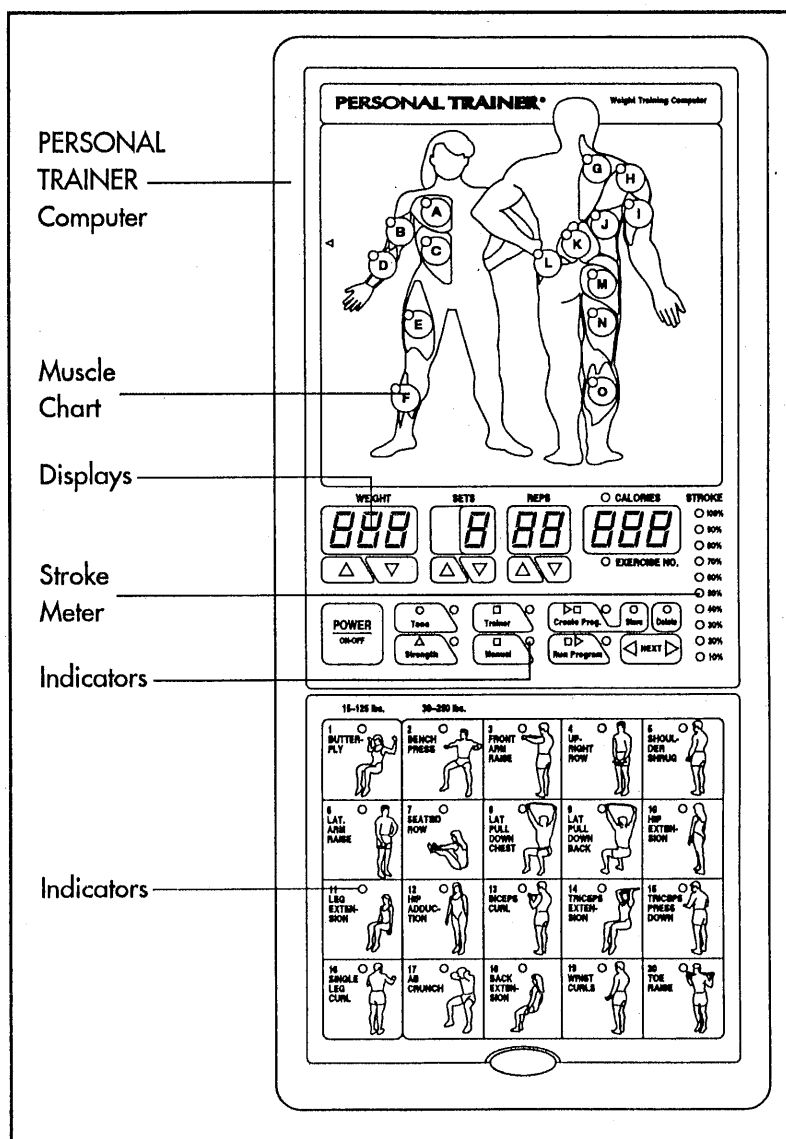
To turn on the power, press the POWER button. The four displays and various indicators on the computer will light. The system motor may be heard while the weight system recalibrates. **Note: Always turn on the power when using the CROSS TRAINER e.**

## SELECTING THE TONE OR STRENGTH MODE

The PERSONAL TRAINER computer offers both a tone mode and a strength mode. If your goal is to tone your muscles and develop endurance, the tone mode should be selected. If you want to increase the size and strength of your muscles, the strength mode should be selected. When the power is turned on, the tone mode will be selected automatically. The tone indicator will light. To select the strength mode, press the STRENGTH button. The strength indicator will light.

## USING THE MANUAL MODE

When the power is turned on, the computer will be in the manual mode. The lower part of the computer shows 20 exercises that can be performed on the CROSS TRAINER e. The indicator on exercise 1 will be flashing. Press the right or left arrow on the NEXT button until the indicator is flashing on the first exercise that you want to do. The number of the exercise you select will be shown in the CALORIES/EXERCISE NO. display. **Note:** If you want help selecting an exercise, refer to the muscle chart on the upper part of the computer. Press on the muscle group that you want to exercise—be sure to press on the circled letter. As long as you continue to press on one of the muscle groups, indicators will light on the lower part of the computer to show you which exercise(s) will develop the selected muscle group.



The WEIGHT display will show the recommended weight setting for the exercise that you have selected. If desired, the weight setting can be changed by pressing the increase or decrease button beneath the WEIGHT display. Each time one of the buttons is pressed, the weight setting will change by 1 pound. The buttons can be held down to change the weight setting quickly. (Refer to pages 17 through 27 of this owner's manual to find the weight range for each exercise.)

**IMPORTANT:** While the weight setting is changing, the motor will be heard and the SETS and REPS displays will show a rapidly rotating indicator. To prevent damage to the weight system, do not put any pressure on the leg developer, arms or cables while the weight setting is changing. If the lat bar or rower bar is attached to the high pulley station, rest it in the rack near the high pulley station. Wait for the sound of the motor to stop before you continue. If the computer senses pressure on the weight system while the weight setting is changing, the WEIGHT display will show an error code ("EEE") for two seconds, and the weight setting will stop changing. The WEIGHT display will then show the current weight setting. Make sure that there is no pressure on the leg developer, arms or cables. Press the increase or decrease button beneath the WEIGHT display again to change the weight setting as desired.

The SETS and REPS displays will show the recommended numbers of sets and repetitions for the exercise that you have selected. If desired, the number of sets or repetitions can be changed by pressing the increase or decrease buttons beneath the SETS or REPS display. Each time one of the buttons is pressed, the number of sets or repetitions will change by 1. The range of sets is 1 to 9. The range of repetitions is 2 to 20.

Begin the exercise that you have selected. (Refer to pages 17 through 27 of this owner's manual for information about the proper form for the exercise.) During your first repetition, the computer will measure your range of motion—try to move through the full range of motion for the exercise. During each following repetition, the STROKE meter will show your range of motion. Try to reach 100% during each repetition. As you exercise, the SETS and REPS displays will count down the repetitions and sets you have completed. One tone will sound after each repetition, two tones will sound after each set, and three tones will sound after all repetitions and sets have been completed. (Note: If you select an exercise that involves only one arm or leg, such as the LATERAL ARM RAISE or SINGLE LEG CURL exercise, the repetitions and sets shown in the SETS and REPS displays should be performed once using the right arm or leg, and once using the left arm or leg. After completing the repetitions and sets using one arm or leg, press the right arrow on the NEXT button, then press the left arrow on the NEXT button, and then repeat the repetitions and sets using the other arm or leg.) In addition, the CALORIES indicator will light, and the CALORIES/EXERCISE NO. display will show the number of Calories that you have burned.

**IMPORTANT:** For effective weight training exercise, it is important to rest for 1 minute between sets if you are doing a tone workout, and 3 minutes between sets if you are doing a strength workout. Your body will burn Calories at all times—at a decreased rate while you are resting, and at an increased rate while you are performing repetitions. As soon as the power is turned on, the computer will begin counting the Calories you are burning while you are resting; the computer will continue to count the Calories you burn until the power is turned off. In order to find the number of Calories you have burned during your workout, note the number that is shown as soon as you complete your last exercise.

When all repetitions and sets have been completed for the first exercise that you selected, press the right or left arrow on the NEXT button to select the next exercise that you want to do. Repeat the procedure described above. Select as many exercises as desired until your workout is completed.

#### USING THE TRAINER MODE

Press the TRAINER button. The trainer indicator will light. On the upper part of the computer is a muscle chart showing the muscle groups of the body. An indicator will be lighted on muscle group "A." If you want to exercise a different muscle group first, press on the desired muscle group—be sure to press on the circled letter.

Once you have selected the first muscle group that you want to exercise, refer to the lower part of the computer. One or

more indicators will be lighted, showing you which exercise(s) to do to develop the selected muscle group. One of the indicators will be flashing to show you which exercise to do first. If you want to skip the first exercise, press the right arrow on the NEXT button until the indicator is flashing on the exercise that you want to do first. The number of the exercise will be shown in the CALORIES/EXERCISE NO. display.

The WEIGHT display will show the recommended weight setting for the first exercise. If desired, the weight setting can be changed. This can be done in the same manner as when the computer is in the manual mode.

The SETS and REPS displays will show the recommended numbers of sets and repetitions for the first exercise. If desired, the number of sets or repetitions can be changed. This can be done in the same manner as when the computer is in the manual mode.

Begin the first exercise. (Refer to pages 17 through 27 of this owner's manual for information about the proper form for the exercise.) As you exercise, the computer will provide the same feedback as when it is in the manual mode.

When all repetitions and sets have been completed for the first exercise, press the right arrow on the NEXT button to select the next exercise that you want to do. Do as many of the indicated exercises as desired.

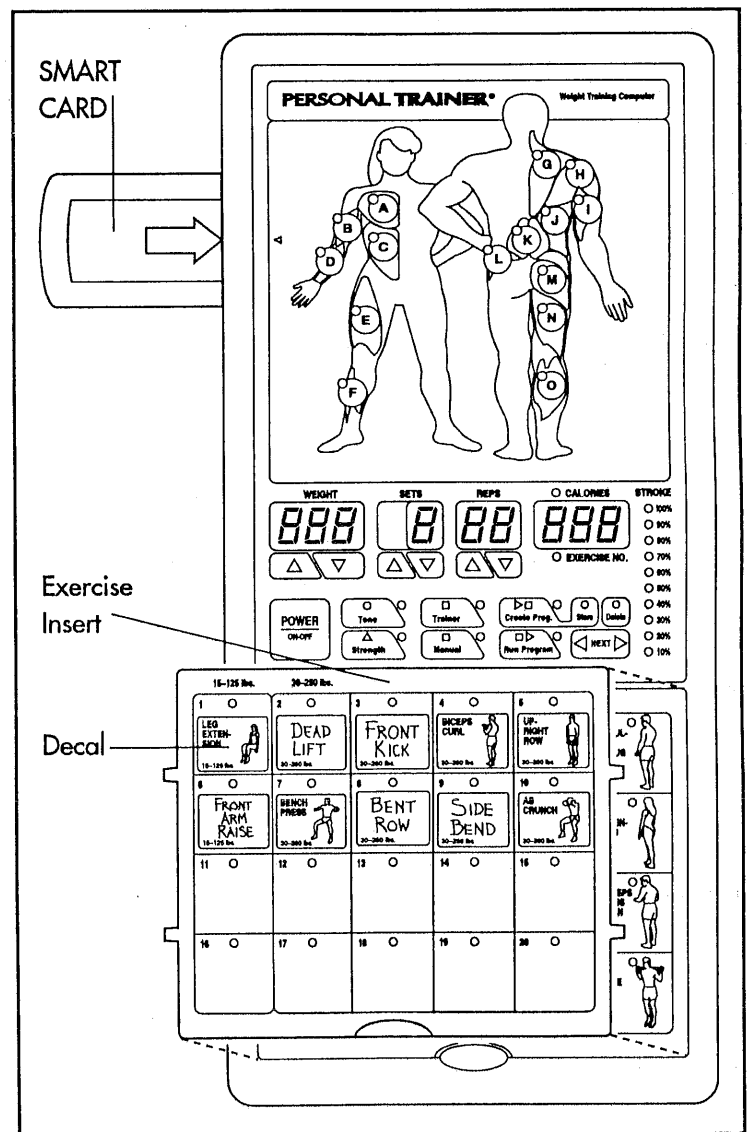
When you have completed the desired exercises for the first muscle group that you selected, press on the next muscle group that you want to exercise. Do as many of the indicated exercises as desired. Select as many muscle groups as desired until your workout is completed.

#### USING THE PROGRAM MODE

Press the **POWER** button to turn off the power.

**Note:** Always turn off the power before inserting or removing the **SMART CARD**. Carefully insert the **SMART CARD** into the left side of the computer. Press the **POWER** button to turn on the power.

The first step in creating a workout program is to select the exercises that you want to include in your workout. To do this, the exercise insert and the exercise decal sheet are needed. Lay the insert down so the spaces numbered 1 through 20 are on top. Next, refer to pages 17 through 27 of this owner's manual and select about 6 to 10 exercises that you want to include in your workout. For each exercise that you select, apply a decal to one of the first 6 to 10 spaces on the insert. If there is a printed decal for the exercise, apply the printed decal. If there is not a printed decal, apply a blank decal and write the name of the exercise on the decal. Notice that the left column of the insert is for exercises with weight ranges of 15 to 125 pounds. All other spaces are for exercises with weight ranges of 30 to 250 pounds. A sample workout is shown at the right.



After you have applied the desired decals to the insert, fit the insert into the lower part of the computer so the spaces on the insert numbered 1 through 20 are visible. (The use of the remaining spaces on the insert will be explained later.) The next step in creating a workout program is to program a weight, set and resistance setting for each exercise that you have selected, and to store the exercises on the SMART CARD. Press the CREATE PROGRAM button. The indicator next to the button will light. Press the right or left arrow on the NEXT button, if necessary, until the indicator is flashing on the first exercise on the insert. The number of the exercise will be shown in the CALORIES/EXERCISE NO. display. Program the desired weight setting for the first exercise by pressing the increase or decrease button beneath the WEIGHT display. Each time one of the buttons is pressed, the weight setting will change by 1 pound. The buttons can be held down to program a weight setting quickly. Next, press the increase or decrease buttons beneath the SETS and REPS displays to program the desired numbers of sets and repetitions for the first exercise. Each time one of the buttons is pressed, the number of sets or repetitions will change by 1. The range of sets is 1 to 9. The range of repetitions is 2 to 20. When you have programmed the desired weight, set and repetition settings, press the STORE button. The indicator will remain lighted on the first exercise on the insert, and the indicator will begin flashing on the next exercise on the insert. Program weight, set and repetition settings for the next exercise as described above. Press the STORE button. Repeat the procedure described above for each of the exercises on the insert. The workout program will then be stored on the SMART CARD and will be ready to run.

When you are ready to run the workout program, press the RUN PROGRAM button. The indicator next to the button will light. The indicators will light on all of the exercises on the insert, and the indicator on the first exercise will begin flashing. Begin the first exercise. (Refer to pages 17 through 27 of this owner's manual for information about the proper form for the exercise.) As you exercise, the computer will provide the same feedback as when it is in the manual mode.

When all repetitions and sets have been completed the first exercise, press the right arrow on the NEXT button until the indicator is flashing on the next exercise on the insert. Perform the next exercise as described above. Continue in this manner until all of the exercises in the workout program have been completed.

The workout program can be revised as your fitness level increases or your goals change. To revise a workout program, first press the CREATE PROGRAM button. To revise the settings for an exercise, press the right or left arrow on the NEXT button until the indicator is flashing on the exercise that you want to revise. Press the increase or decrease buttons below the WEIGHT, SETS or REPS displays to change the settings. Press the STORE button. To delete an exercise, press the right or left arrow on the NEXT button until the indicator is flashing on the exercise that you want to delete. Press the DELETE button. Remove the decal for the exercise from the insert. To add an exercise, attach a decal to the insert and press the right or left arrow on the NEXT button until the indicator is flashing on the new exercise on the insert. Program weight, set and repetition settings as described above. Press the STORE button.

Since there are 40 spaces on the insert, a number of different workout programs can be stored on the SMART CARD at the same time. For example, a Monday/Wednesday/Friday workout program could be created using the spaces numbered 1 through 10. A different Tuesday/Thursday workout program could be created using the spaces numbered 11 through 20. In addition, a training partner could turn the insert over and create two different workout programs using the spaces numbered 21 through 40. To run one of the workout programs, first press the RUN PROGRAM button. Press the right or left arrow on the NEXT button until the indicator is flashing on the first exercise that you want to do. Then, complete the desired workout program as described above. The SMART CARD can be programmed in a variety of ways to fit your individual needs.

#### TURNING OFF THE POWER

To turn off the power, press the POWER button. **Note: If no buttons on the computer are pressed for 30 minutes, the power will turn off automatically.** The transformer should be unplugged from the 120-volt outlet during periods of nonuse.



# EXERCISE GUIDE

## SAFETY

The CROSS TRAINER e is a tool, and learning to use it properly is essential for your safety as well as the success of your exercise program. Read this owner's manual and the accompanying FITNESS JOURNAL carefully before using the CROSS TRAINER e. Remember, the information in this owner's manual and in the FITNESS JOURNAL is general in nature. For more information about exercise, consult your physician or obtain a reputable book about exercise.

**WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

## THE FOUR BASIC TYPES OF EXERCISE PROGRAMS

### STRENGTH

In order to increase the size and strength of your muscles, you must subject your muscles to above-normal workloads. You must also progressively increase the intensity of your exercise so that your muscles will continue to adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the weight setting, or the number of repetitions or sets completed. The proper weight setting and number of sets and repetitions for each exercise depends upon the individual user.

Each workout should include about 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

### TONING

To tone your muscles, select moderate weight settings and increase the number of repetitions in each set. Work your muscles by completing more repetitions rather than by using high weight settings.

### LOSING WEIGHT

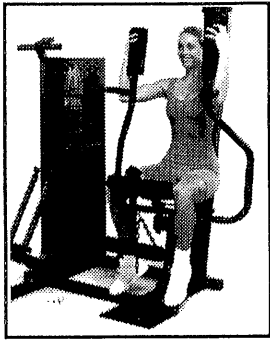
To lose weight, select low weight settings and increase the number of repetitions in each set. Exercising on the stepper will also help you to burn Calories and shed extra pounds.

### CROSS TRAINING

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. The CROSS TRAINER e is ideal for cross training. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

### EXERCISE FORM

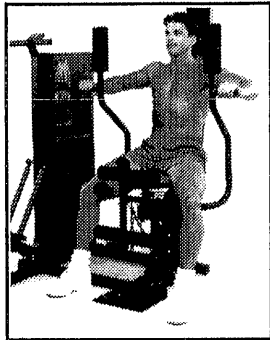
In order to obtain the greatest benefits from exercising, it is essential to maintain proper form. Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. On pages 17 through 27 of this owner's manual, you will find photographs showing the correct form for each exercise. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart in the accompanying FITNESS JOURNAL to find the locations of the muscles. As you exercise, the repetitions in each set should be performed smoothly and without pausing. The exertion phase of each repetition should last only about half as long as the return phase. Rest for 1 minute between sets if you are doing a tone workout, and 3 minutes between sets if you are doing a strength workout. Plan to spend the first two weeks learning the proper form for each exercise.



## 1. BUTTERFLY (15-125 Lbs.)

*Muscles affected: pectoralis major and minor, deltoids*

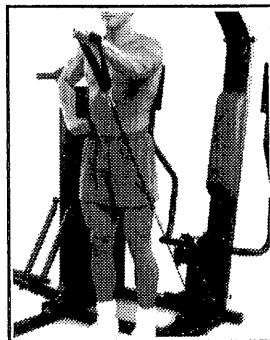
Refer to adjustment 2 on page 8 of this owner's manual. Change the arms to the butterfly mode. Sit on the seat and hold the pads on the arms as shown; your arms should be bent at 90° angles. Keep your back straight. Press the arms together until the pads touch. Return to the starting position.



## 2. BENCH PRESS (30-250 Lbs.)

*Muscles affected: pectoralis major and minor, anterior deltoids, triceps*

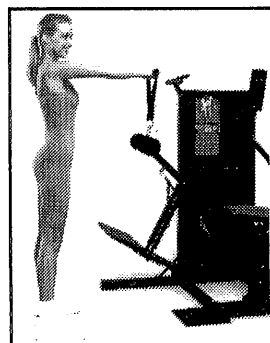
Refer to adjustment 2 on page 8 of this owner's manual. Change the arms to the press mode. Sit on the seat and hold the handles on the arms with an overhand grip. Raise your elbows as shown. Keep your back straight. Fully extend your arms. Return to the starting position.



## 3. FRONT ARM RAISE (30-250 Lbs.)

*Muscles affected: deltoids, rhomboids*

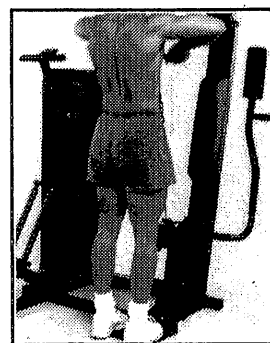
Refer to adjustment 6 on page 9 of this owner's manual. Attach the strap to the low pulley station. Stand with one heel on the foot plate. Hold the strap with an overhand grip with your arm at your side. Keep your back straight. Raise the strap until your hand is level with your shoulder as shown. Return to the starting position.



## FRONT ARM RAISE (15-125 Lbs.)

*Muscles affected: deltoids, rhomboids*

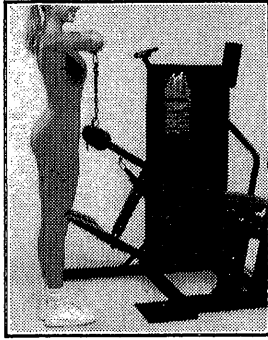
Refer to adjustment 7 on page 9 of this owner's manual. Attach the strap to the leg developer, and the leg developer to the low pulley station. Stand facing the CROSS TRAINER e. Hold the strap with an overhand grip with your arm extended downward. Keep your back straight. Raise the strap until your hand is level with your shoulder as shown. Return to the starting position.



## 4. UPRIGHT ROW (30-250 Lbs.)

*Muscles affected: biceps, deltoids, trapezius*

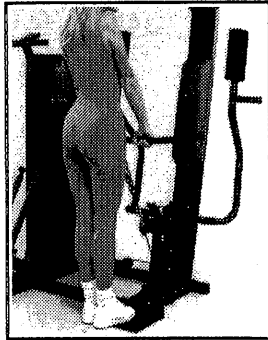
Refer to adjustment 6 on page 9 of this owner's manual. Attach the rower bar to the low pulley station. Stand with your feet on the foot plate. Hold the rower bar with an overhand grip with your arms extended downward. Keep your back straight. Lift the rower bar until your hands are level with your chest as shown. Return to the starting position.



## UPRIGHT ROW (15–125 Lbs.)

*Muscles affected: biceps, deltoids, trapezius*

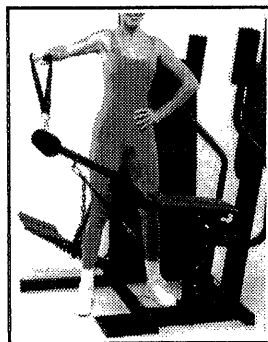
Refer to adjustment 8 on page 10 of this owner's manual. Attach the rower bar to the leg developer, and the leg developer to the low pulley station. Stand facing the CROSS TRAINER e. Hold the rower bar with an overhand grip with your arms extended downward. Keep your back straight. Lift the rower bar until your hands are level with your chest as shown. Return to the starting position.



## 5. SHOULDER SHRUG (30–250 Lbs.)

*Muscles affected: trapezius, rhomboids*

Refer to adjustment 6 on page 9 of this owner's manual. Attach the lat bar to the low pulley station. Stand with your feet on the foot plate. Hold the lat bar with an overhand grip with your arms extended downward. Keep your back straight and your arms at your sides. Shrug your shoulders up as far as possible. Return to the starting position.



## 6. LATERAL ARM RAISE (15–125 Lbs.)

*Muscles affected: deltoids, trapezius*

Refer to adjustment 7 on page 9 of this owner's manual. Attach the strap to the leg developer, and the leg developer to the low pulley station. Stand with your side toward the CROSS TRAINER e. Hold the strap with an overhand grip with your arm at your side. Keep your back straight. Raise the strap to the side until your hand is level with your shoulder as shown. Return to the starting position.



## 7. SEATED ROW (30–250 Lbs.)

*Muscles affected: deltoids, trapezius, biceps, brachioradials, latissimus dorsi*

Refer to adjustment 6 on page 9 of this owner's manual. Attach the rower bar to the low pulley station. Sit on the floor with your heels on the foot plate. Lean forward, extend your arms and hold the rower bar with an overhand grip. Pull the rower bar toward your stomach and lean back, keeping your elbows close to your sides. Return to the starting position.



## 8. LAT PULL-DOWN—CHEST (30–250 Lbs.)

*Muscles affected: latissimus dorsi, trapezius, pectoralis major*

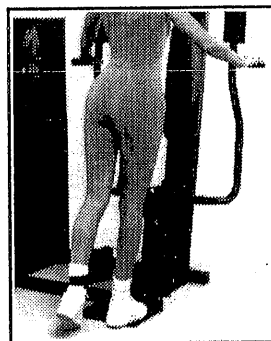
Refer to adjustment 5 on page 9 of this owner's manual. Attach the lat bar to the high pulley station. Sit on the seat facing the CROSS TRAINER e. Extend your arms upward and hold the lat bar with an overhand grip. Keep your back straight. Pull the lat bar down until your hands are level with your neck as shown. Return to the starting position. Note: If you are taller than average, try removing the seat and kneeling on the foot plate to perform this exercise.



## 9. LAT PULL-DOWN—BACK (30–250 Lbs.)

*Muscles affected: latissimus dorsi, trapezius*

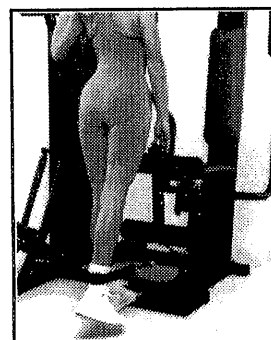
Refer to adjustment 5 on page 9 of this owner's manual. Attach the lat bar to the high pulley station. Sit on the seat facing the CROSS TRAINER e. Extend your arms upward and hold the lat bar with an overhand grip. Keep your back straight and lean forward slightly. Pull the lat bar down behind your head until your hands are level with your neck. Return to the starting position. Note: If you are taller than average, try removing the seat and kneeling on the foot plate to perform this exercise.



## 10. HIP EXTENSION (30–250 Lbs.)

*Muscles affected: gluteus maximus*

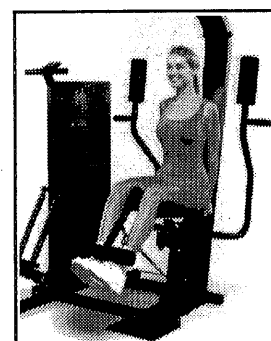
Refer to adjustment 6 on page 9 of this owner's manual. Attach the strap to the low pulley station. Stand with one foot on the foot plate. Insert one leg into the strap. Keep your back straight. Keep your leg straight and move it backward as far as possible. Return to the starting position.



## HIP EXTENSION (15–40 Lbs.)

*Muscles affected: gluteus maximus*

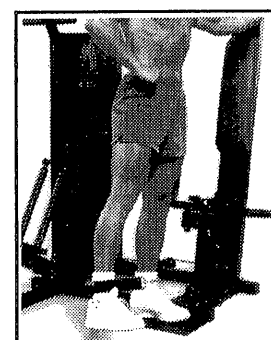
Refer to adjustment 9 on page 10 of this owner's manual. Attach the strap to the low pulley station with the 1" pulley. Stand with one foot on the foot plate. Insert one leg into the strap. Keep your back straight. Keep your leg straight and move it backward as far as possible. Return to the starting position.



## 11. LEG EXTENSION (15–125 Lbs.)

*Muscles affected: quadriceps*

Refer to adjustment 4 on page 9 of this owner's manual. Sit on the seat and position your feet under the pads on the leg developer. Keep your back straight. Raise the leg developer until your legs are straight. Return to the starting position.



## 12. HIP ABDUCTION (30–250 Lbs.)

*Muscles affected: abductor, gluteus medius*

Refer to adjustment 6 on page 9 of this owner's manual. Attach the strap to the low pulley station. Stand with your side toward the CROSS TRAINER e with one foot on the foot plate. Insert your outside leg into the strap. Keep your back straight. Keep your leg straight and move it to the side as far as possible. Return to the starting position.



## HIP ABDUCTION (15-40 Lbs.)

*Muscles affected: abductor, gluteus medius*

Refer to adjustment 9 on page 10 of this owner's manual. Attach the strap to the low pulley station with the 1" pulley. Stand with your side toward the CROSS TRAINER e with one foot on the foot plate. Insert your outside leg into the strap. Keep your back straight. Keep your leg straight and move it to the side as far as possible. Return to the starting position.



## 13. BICEPS CURL (30-250 Lbs.)

*Muscles affected: biceps, brachioradials*

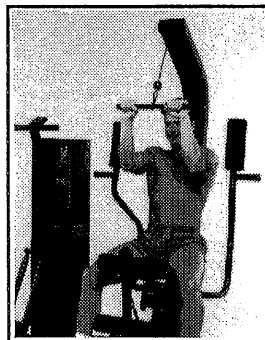
Refer to adjustment 6 on page 9 of this owner's manual. Attach the rower bar to the low pulley station. Stand with your feet on the foot plate. Hold the rower bar with an underhand grip with your arms extended downward. Keep your back straight and your elbows close to your sides. Curl the rower bar up toward your chest as shown. Return to the starting position.



## BICEPS CURL (15-125 Lbs.)

*Muscles affected: biceps, brachioradials*

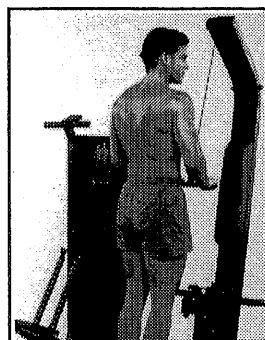
Refer to adjustment 8 on page 10 of this owner's manual. Attach the rower bar to the leg developer, and the leg developer to the low pulley station. Stand facing the CROSS TRAINER e. Hold the rower bar with an underhand grip with your arms extended downward. Keep your back straight and your elbows close to your sides. Curl the rower bar up toward your chest as shown. Return to the starting position.



## 14. TRICEPS EXTENSION (30-250 Lbs.)

*Muscles affected: triceps, brachioradials*

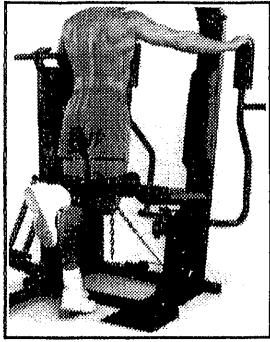
Refer to adjustment 5 on page 9 of this owner's manual. Attach the rower bar to the high pulley station. Sit on the seat, hold the rower bar above your head and bend your elbows as shown. Keep your back straight and your elbows in. Slowly straighten your arms. Return to the starting position.



## 15. TRICEPS PRESS-DOWN (30-250 Lbs.)

*Muscles affected: triceps, brachioradials*

Refer to adjustment 5 on page 9 of this owner's manual. Attach the rower bar to the high pulley station. Stand with your feet on the foot plate. Hold the rower bar with an overhand grip with your hands at chest level. Keep your back straight and your elbows close to your sides. Press the rower bar down until your arms are straight. Return to the starting position.



## 16. SINGLE LEG CURL (15–125 Lbs.)

*Muscles affected: hamstring, gastrocnemius*

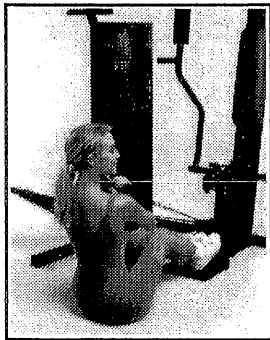
Refer to adjustment 4 on page 9 of this owner's manual. Stand facing the CROSS TRAINER e and rest the back of one leg against the lower pad on the leg developer. Raise the leg developer as far as possible by bending your leg as shown. Return to the starting position.



## 17. AB CRUNCH (30–250 Lbs.)

*Muscles affected: rectus abdominus, upper abdominals*

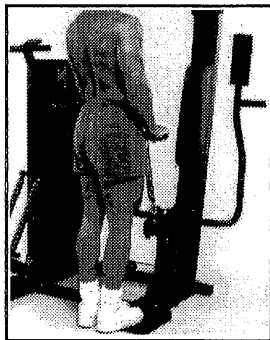
Refer to adjustment 5 on page 9 of this owner's manual. Attach the strap to the high pulley station. Sit on the seat and hold the strap behind your head as shown. Keep your back straight. Slowly bend forward at the waist until your upper body is at a 45° angle. Return to the starting position.



## 18. BACK EXTENSION (30–250 Lbs.)

*Muscles affected: hip extensors*

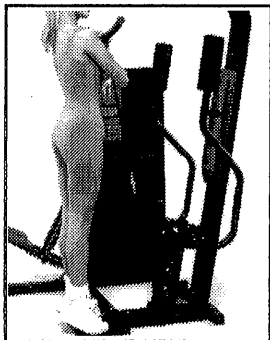
Refer to adjustment 6 on page 9 of this owner's manual. Attach the rower bar to the low pulley station. Sit on the floor with your heels on the foot plate. Cross your arms and hold the rower bar against your chest as shown. Keep your back straight. Bend back at the waist. Return to the starting position.



## 19. WRIST CURL (30–250 Lbs.)

*Muscles affected: brachioradials*

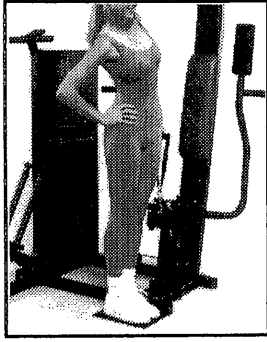
Refer to adjustment 6 on page 9 of this owner's manual. Attach the rower bar to the low pulley station. Stand with your feet on the foot plate. Hold the rower bar with an overhand grip with your arms extended downward. Keep your arms stationary and curl your hands up as far as possible. Return to the starting position.



## 20. TOE RAISE (30–250 Lbs.)

*Muscles affected: gastrocnemius*

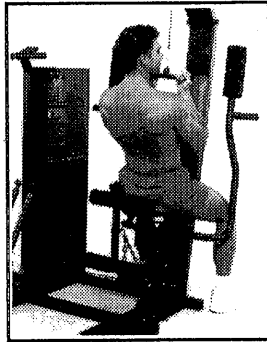
Refer to adjustment 6 on page 9 of this owner's manual. Attach the lat bar to the low pulley station. Stand with your feet on the foot plate. Cross your arms and hold the lat bar against your chest as shown. Keep your back straight. Rise up on your toes as far as possible. Return to the starting position.



### A. SIDE BEND (30-250 Lbs.)

*Muscles affected: latissimus dorsi, biceps, posterior deltoids*

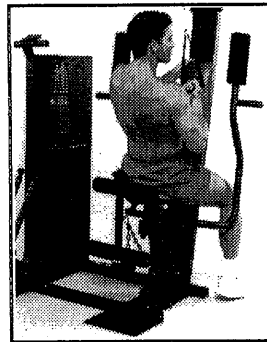
Refer to adjustment 6 on page 9 of this owner's manual. Attach the strap to the low pulley station. Stand with your side toward the CROSS TRAINER e with your feet on the foot plate. Hold the strap with an overhand grip with your arm at your side. Keep your back straight. Bend toward the side as shown. Return to the starting position.



### B. LAT PULL-DOWN—CLOSE GRIP (30-250 Lbs.)

*Muscles affected: latissimus dorsi, biceps, posterior deltoids*

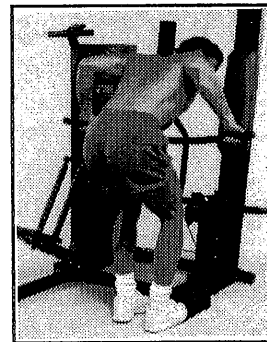
Refer to adjustment 5 on page 9 of this owner's manual. Attach the rower bar to the high pulley station. Sit on the seat facing the CROSS TRAINER e. Extend your arms upward and hold the rower bar with an underhand grip. Keep your back straight. Pull the rower bar down until your hands are level with your neck. Return to the starting position.



### C. SINGLE ARM LAT PULL-DOWN (30-250 Lbs.)

*Muscles affected: latissimus dorsi, biceps, posterior deltoids*

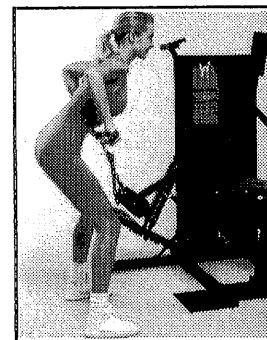
Refer to adjustment 5 on page 9 of this owner's manual. Attach the strap to the high pulley station. Sit on the seat facing the CROSS TRAINER e. Extend one arm upward and hold the strap with an underhand grip. Keep your back straight. Pull the strap down until your hand is level with your neck. Return to the starting position.



### D. BENT ROW (30-250 Lbs.)

*Muscles affected: biceps, brachioradials, deltoids, trapezius, latissimus dorsi, rhomboids*

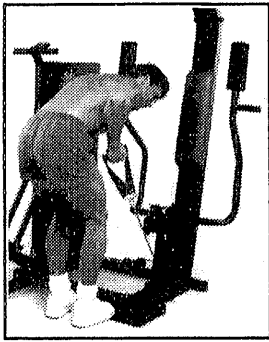
Refer to adjustment 6 on page 9 of this owner's manual. Attach the lat bar to the low pulley station. Stand with your feet on the foot plate and bend forward as shown. Hold the lat bar with an overhand grip with your arms extended downward. Keep your back straight. Pull the lat bar toward your stomach. Return to the starting position.



### BENT ROW (15-125 Lbs.)

*Muscles affected: biceps, brachioradials, deltoids, trapezius, latissimus dorsi, rhomboids*

Refer to adjustment 8 on page 10 of this owner's manual. Attach the lat bar to the leg developer, and the leg developer to the low pulley station. Stand facing the CROSS TRAINER e and bend forward as shown. Hold the lat bar with an overhand grip with your arms extended downward. Keep your back straight. Pull the lat bar toward your stomach. Return to the starting position.



### E. SINGLE ARM BENT ROW (30-250 Lbs.)

*Muscles affected: biceps, brachioradials, deltoids, trapezius, latissimus dorsi, rhomboids*

Refer to adjustment 6 on page 9 of this owner's manual. Attach the strap to the low pulley station. Stand with your feet on the foot plate and bend forward as shown. Hold the strap with an overhand grip with your arm extended downward. Keep your back straight. Pull the strap toward your stomach. Return to the starting position.



### SINGLE ARM BENT ROW (15-125 Lbs.)

*Muscles affected: biceps, brachioradials, deltoids, trapezius, latissimus dorsi, rhomboids*

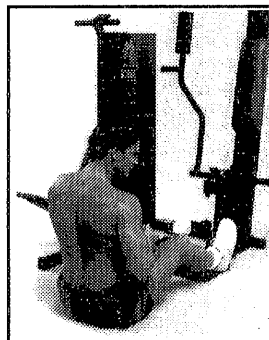
Refer to adjustment 7 on page 9 of this owner's manual. Attach the strap to the leg developer, and the leg developer to the low pulley station. Stand facing the CROSS TRAINER and bend forward as shown. Hold the strap with an overhand grip with your arm extended downward. Keep your back straight. Pull the strap toward your stomach. Return to the starting position.



### F. SEATED ROW—WIDE GRIP (30-250 Lbs.)

*Muscles affected: deltoids, trapezius, biceps, brachioradials, latissimus dorsi*

Refer to adjustment 6 on page 9 of this owner's manual. Attach the lat bar to the low pulley station. Sit on the floor with your heels on the foot plate. Lean forward, extend your arms and hold the lat bar with an overhand grip. Pull the lat bar toward your stomach and lean back, keeping your elbows close to your sides. Return to the starting position.



### G. SINGLE ARM SEATED ROW (30-250 Lbs.)

*Muscles affected: biceps, brachioradials, deltoids, trapezius, latissimus dorsi, rhomboids*

Refer to adjustment 6 on page 9 of this owner's manual. Attach the strap to the low pulley station. Sit on the floor with your heels on the foot plate. Lean forward, extend one arm and hold the strap. Pull the strap toward your stomach and lean back, keeping your elbow close to your side. Return to the starting position.



### H. REVERSE BICEPS CURL (30-250 Lbs.)

*Muscles affected: biceps, brachioradials*

Refer to adjustment 6 on page 9 of this owner's manual. Attach the rower bar to the low pulley station. Stand with your feet on the foot plate. Hold the rower bar with an overhand grip with your arms extended downward. Keep your back straight and your elbows close to your sides. Curl the rower bar up toward your chest as shown. Return to the starting position.

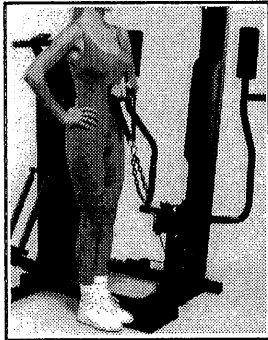




## REVERSE BICEPS CURL (15–125 Lbs.)

*Muscles affected: biceps, brachioradials*

Refer to adjustment 8 on page 10 of this owner's manual. Attach the rower bar to the leg developer, and the leg developer to the low pulley station. Stand facing the CROSS TRAINER e. Hold the rower bar with an overhand grip with your arms extended downward. Keep your back straight and your elbows close to your sides. Curl the rower bar up toward your chest as shown. Return to the starting position.



## I. SIDE CURL (30–250 Lbs.)

*Muscles affected: biceps, brachioradials*

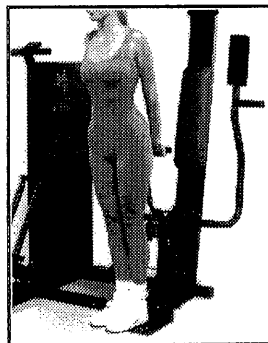
Refer to adjustment 6 on page 9 of this owner's manual. Attach the strap to the low pulley station. Stand with your side toward the CROSS TRAINER e with one foot on the foot plate. Hold the strap with an underhand grip with your arm extended downward. Pull the strap up until your hand is level with your chest. Return to the starting position.



## SIDE CURL (15–125 Lbs.)

*Muscles affected: biceps, brachioradials*

Refer to adjustment 7 on page 9 of this owner's manual. Attach the strap to the leg developer, and the leg developer to the low pulley station. Stand with your side toward the CROSS TRAINER e. Hold the strap with an underhand grip with your arm extended downward. Pull the strap up until your hand is level with your chest. Return to the starting position.



## J. REVERSE WRIST CURL (30–250 Lbs.)

*Muscles affected: brachioradials*

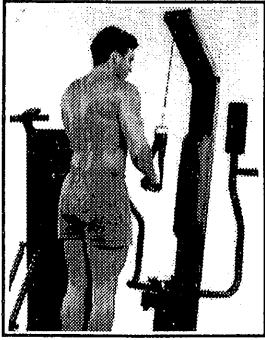
Refer to adjustment 6 on page 9 of this owner's manual. Attach the rower bar to the low pulley station. Stand facing away from the CROSS TRAINER e with your heels on the foot plate. Hold the rower bar behind your back as shown. Keep your arms stationary and curl your hands up as far as possible. Return to the starting position.



## K. REVERSE TRICEPS PRESS-DOWN (30–250 Lbs.)

*Muscles affected: triceps, brachioradials*

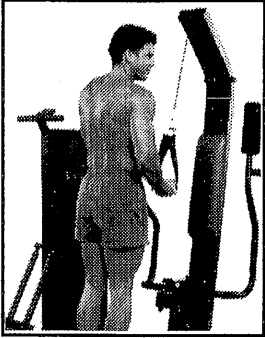
Refer to adjustment 5 on page 9 of this owner's manual. Attach the rower bar to the high pulley station. Stand with your feet on the foot plate. Hold the rower bar with an underhand grip with your hands at chest level. Keep your back straight and your elbows close to your sides. Press the rower bar down until your arms are straight. Return to the starting position.



## L. SINGLE ARM TRICEPS PRESS-DOWN (30-250 Lbs.)

*Muscles affected: triceps, brachioradials*

Refer to adjustment 5 on page 9 of this owner's manual. Attach the strap to the high pulley station. Stand with your feet on the foot plate. Hold the strap with an overhand grip with your hand at chest level. Keep your back straight and your elbow close to your side. Press the strap down until your arm is straight. Return to the starting position.



## M. REV. SINGLE ARM TRICEPS PRESS-DOWN (30-250 Lbs.)

*Muscles affected: biceps, brachioradials, posterior deltoids*

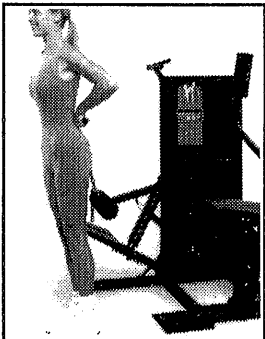
Refer to adjustment 5 on page 9 of this owner's manual. Attach the strap to the high pulley station. Stand with your feet on the foot plate. Hold the strap with an underhand grip with your hand at chest level. Keep your back straight and your elbow close to your side. Press the strap down until your arm is straight. Return to the starting position.



## N. REVERSE UPRIGHT ROW (30-250 Lbs.)

*Muscles affected: biceps, deltoids, trapezius*

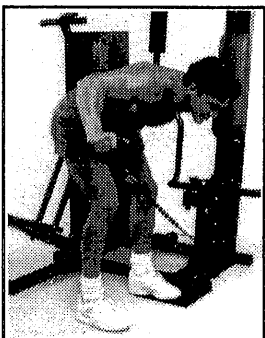
Refer to adjustment 6 on page 9 of this owner's manual. Attach the rower bar to the low pulley station. Stand facing away from the CROSS TRAINER e with your heels on the foot plate. Hold the rower bar behind your back with your arms extended downward. Lift the rower bar up as far as possible. Return to the starting position.



## REVERSE UPRIGHT ROW (15-125 Lbs.)

*Muscles affected: biceps, deltoids, trapezius*

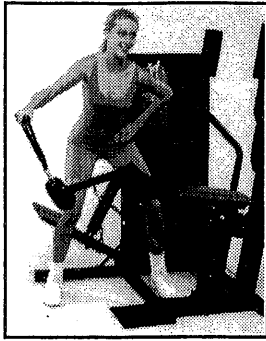
Refer to adjustment 8 on page 10 of this owner's manual. Attach the rower bar to the leg developer, and the leg developer to the low pulley station. Stand facing away from the CROSS TRAINER e. Hold the rower bar behind your back with your arms extended downward. Lift the rower bar up as far as possible. Return to the starting position.



## O. BENT LATERAL ARM RAISE (30-250 Lbs.)

*Muscles affected: deltoids, trapezius*

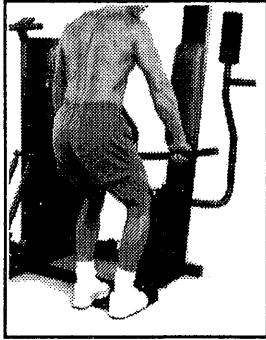
Refer to adjustment 6 on page 9 of this owner's manual. Attach the strap to the low pulley station. Stand with your side toward the CROSS TRAINER e, place one foot on the foot plate and bend forward as shown. Hold the strap with an overhand grip with your arm at your side. Keep your back straight. Raise the strap to the side until your hand is level with your shoulder. Return to the starting position.



## **BENT LATERAL ARM RAISE (15-125 Lbs.)**

*Muscles affected: deltoids, trapezius*

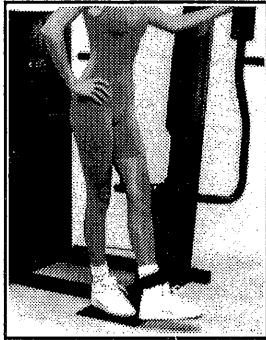
Refer to adjustment 7 on page 9 of this owner's manual. Attach the strap to the leg developer, and the leg developer to the low pulley station. Stand with your side toward the CROSS TRAINER e and bend forward as shown. Hold the strap with an overhand grip with your arm at your side. Keep your back straight. Raise the strap to your side until your hand is level with your shoulder. Return to the starting position.



## **P. DEAD LIFT (30-250 Lbs.)**

*Muscles affected: quadriceps*

Refer to adjustment 6 on page 9 of this owner's manual. Attach the lat bar to the low pulley station. Stand with your feet on the foot plate and bend your knees as shown. Hold the lat bar with an overhand grip. Keep your head up and your arms and back straight. Lift the lat bar by straightening your legs. Return to the starting position.



## **Q. HIP ADDUCTION (30-250 Lbs.)**

*Muscles affected: adductor, gluteus medius*

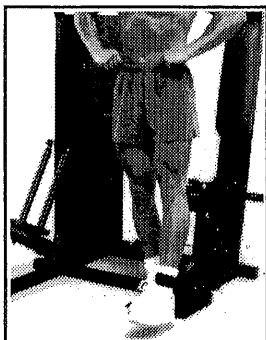
Refer to adjustment 6 on page 9 of this owner's manual. Attach the strap to the low pulley station. Stand with your side toward the CROSS TRAINER e with one foot on the foot plate. Insert your inside leg into the strap. Keep your back straight. Keep your leg straight and move it to the side as far as possible. Return to the starting position.



## **HIP ADDUCTION (15-40 Lbs.)**

*Muscles affected: adductor, gluteus medius*

Refer to adjustment 9 on page 10 of this owner's manual. Attach the strap to the low pulley station with the 1" pulley. Stand with your side toward the CROSS TRAINER e with one foot on the foot plate. Insert your inside leg into the strap. Keep your back straight. Keep your leg straight and move it to the side as far as possible. Return to the starting position.



## **R. FRONT KICK (30-250 Lbs.)**

*Muscles affected: hip flexors, sartorius*

Refer to adjustment 6 on page 9 of this owner's manual. Attach the strap to the low pulley station. Stand facing away from the CROSS TRAINER e with one foot on the foot plate. Insert one leg into the strap. Keep your leg straight and move it away from the CROSS TRAINER e as far as possible. Return to the starting position.



## FRONT KICK (15-40 Lbs.)

*Muscles affected: hip flexors, sartorius*

Refer to adjustment 9 on page 10 of this owner's manual. Attach the strap to the low pulley station with the 1" pulley. Stand facing away from the CROSS TRAINER e with one foot on the foot plate. Insert one leg into the strap. Keep your leg straight and move it away from the CROSS TRAINER e as far as possible. Return to the starting position.

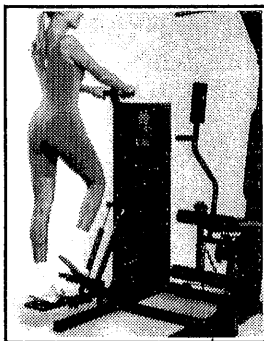
The following two exercises can be performed on the CROSS TRAINER e, but should not be included in workout programs created with the PERSONAL TRAINER computer. The computer will not count your repetitions or sets when the SIT-UP exercise is performed. When the STEPPER is used, the stepper console will give you feedback on your exercise.



## SIT-UP

*Muscles Affected: rectus abdominus*

Lie on your back with your knees bent and your feet on the seat. Interlock your hands behind your head. Lift your head and arms, keeping your lower back on the floor. Hold for a few seconds. Return to the starting position.



## STEPPER

*Muscles Affected: quadriceps, hip extensors*

Refer to adjustment 1 on page 8 of this owner's manual. Hold the stepper handle and step onto the pedals. Begin stepping, alternately pressing the left and right pedals down with a smooth, continuous motion. Because the pedals are independent, a continuous motion must be maintained or both pedals will sink to the floor. Adjust the stepping resistance until you can comfortably maintain a continuous motion.

## TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the CROSS TRAINER e. Replace any worn parts immediately. Outside surfaces of the CROSS TRAINER e can be cleaned using a damp cloth and mild detergent. Keep all liquids away from the stepper console and the PERSONAL TRAINER computer. **Most CROSS TRAINER e problems can be solved by following the steps below.** Find the applicable symptom and follow the step(s) listed. If further assistance is needed, 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).

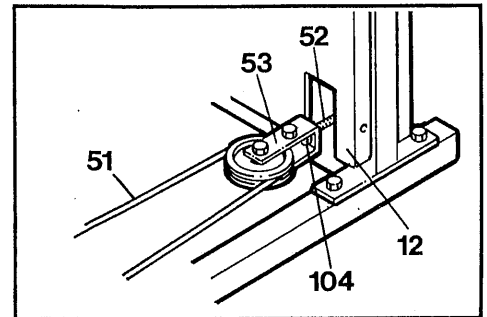
1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure that the transformer is fully plugged into the jack on the CROSS TRAINER e, and into a 120-volt outlet.

2. SYMPTOM: THE MAIN CABLE DOES NOT MOVE SMOOTHLY, OR THERE IS SLACK IN THE MAIN CABLE

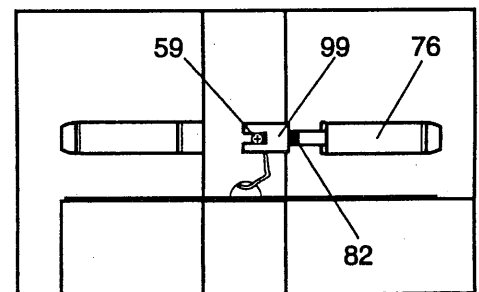
- a. Inspect the routing of the Main Cable (51) and make sure that it is in the grooves in all of the pulleys. If it is not, correct the problem. **If the Main Cable is not properly routed, it will be damaged when used.**

- b. If there is slack in the Main Cable (51), locate the Adjustment Bracket (53) near the bottom of the Right Side Shield (12). Hold the Resistance Cable (52) firmly, and slide the Adjustment Bracket farther onto the Resistance Cable. Tighten the 5/16" Nut (104) against the Adjustment Bracket. Test the Main Cable. If the motor stalls or hesitates, loosen the 5/16" Nut slightly. If the 5/16" Nut is tightened as far as possible and there is still slack, the Main Cable should be replaced. See ORDERING REPLACEMENT PARTS on the back cover of this owner's manual.

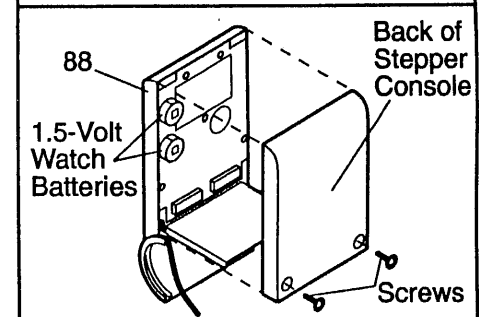


3. SYMPTOM: THE STEPPER CONSOLE DOES NOT FUNCTION PROPERLY

- a. As you step, move the stepper pedals vertically at least 8 inches. If your steps are too shallow, the movement of the stepper pedals will not be detected. If the stepper console still gives incorrect feedback, loosen the Reed Switch Screw (59). Hold down the Right Pedal (76). Adjust the position of the Reed Switch (99) so that there is a 1/8" gap between the Reed Switch and the Magnet (82) on the Right Pedal. Tighten the Reed Switch Screw.



- b. If the LCD display becomes dim, the 1.5-volt watch batteries in the Stepper Console (88) should be replaced. Remove the 3/4" screw (not shown) attaching the Stepper Console to the CROSS TRAINER e. Remove the two screws attaching the back of the Stepper Console. Using a screwdriver, carefully push the two batteries out of the battery clips, being careful to note which way the batteries are turned. Insert two new 1.5-volt watch batteries into the battery clips. Reattach the back of the Stepper Console, and reattach the Stepper Console to the CROSS TRAINER e.



4. SYMPTOM: THE PERSONAL TRAINER COMPUTER DISPLAYS AN ERROR CODE ("EEE")

- a. While the weight setting is changing, the motor will be heard and the SETS and REPS displays will show a rapidly rotating indicator. To prevent damage to the weight system, do not put any pressure on the leg developer, arms or cables while the weight setting is changing. If the lat bar or rower bar is attached to the high pulley station, rest it in the rack near the high pulley station. Wait for the sound of the motor to stop before you continue. If the computer senses pressure on the weight system while the weight setting is changing, the WEIGHT display will show an error code ("EEE") for two seconds, and the weight setting will stop changing. The WEIGHT display will then show the current weight setting. Make sure that there is no pressure on the leg developer, arms or cables. Press the increase or decrease button beneath the WEIGHT display to change the weight setting as desired.

# PART LIST—MODEL NO. DR852030

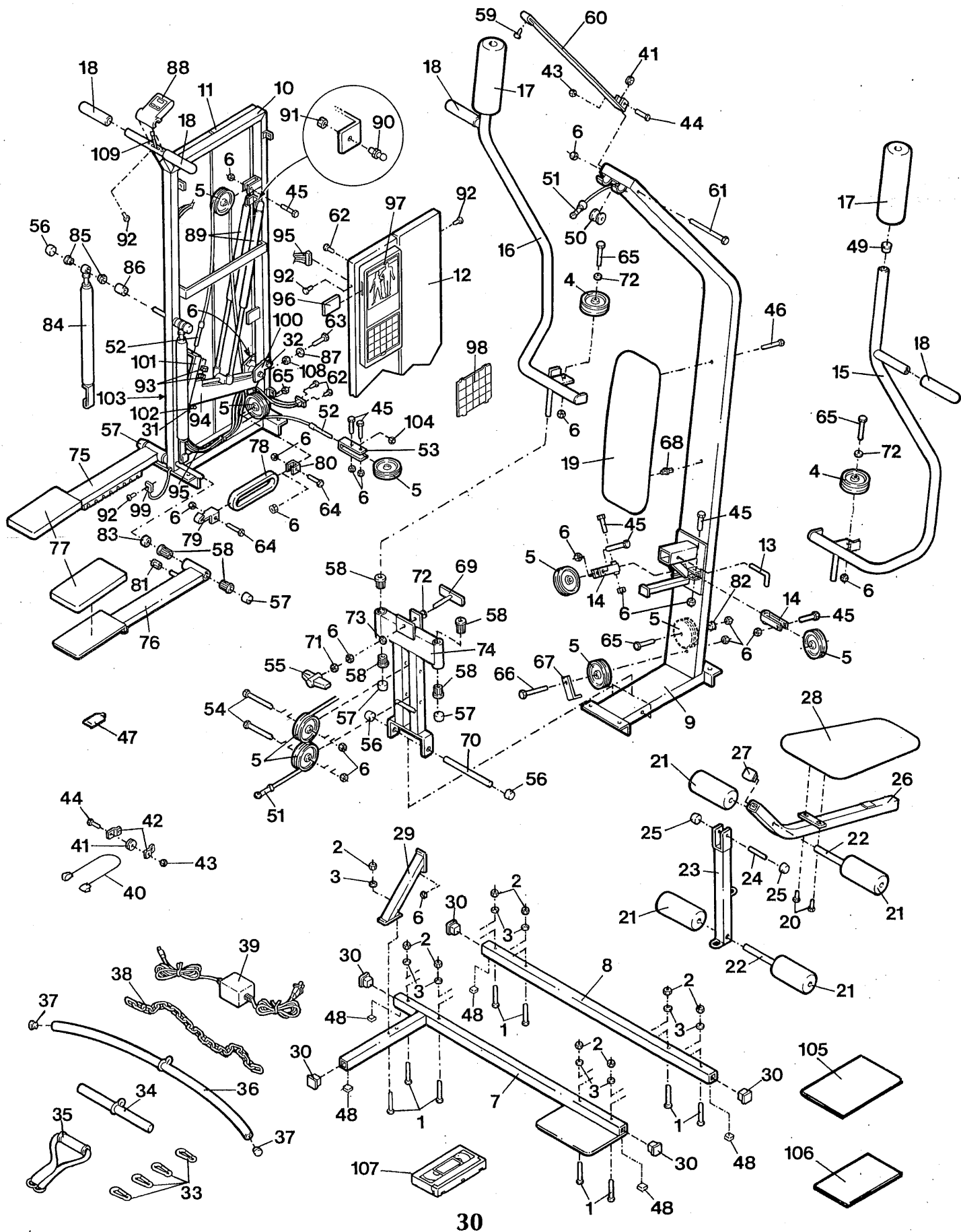
Rev. 1/94

KEY NO.	QTY.	DESCRIPTION	KEY NO.	QTY.	DESCRIPTION
1	9	3/8" x 2 1/2" Carriage Bolt	56	4	5/8" Plastic Cap
2	9	3/8" Nut	57	4	3/4" Plastic Cap
3	9	3/8" Lockwasher	58	8	Plastic Bushing
4	2	Thick 3 1/2" Pulley	59	1	1/2" Pan Screw
5	9	3 1/2" Pulley	60	1	Long Pulley Bracket
6	20	3/8" Nylock Nut	61	1	3/8" x 6 1/2" Bolt
7	1	Front Base	62	8	3/4" Screw
8	1	Rear Base	63	1	3/8" x 1 1/2" Full Threaded Bolt
9	1	Upright	64	2	3/8" x 1 1/2" Bolt
10	1	Tower Frame	65	4	3/8" x 2 1/2" Bolt
11	1	Left Side Shield	66	1	3/8" x 3 1/2" Bolt
12	1	Right Side Shield	67	1	Thin Cable Trap
13	1	"L" Pin	68	1	Plastic Fastener
14	2	Swivel Bracket	69	1	Locking Plate
15	1	Left Arm	70	1	5/8" x 6 1/2" Axle
16	1	Right Arm	71	1	3/8" Jam Nut
17	2	Large Pad	72	3	3/8" Flat Washer
18	4	Grip	73	1	Rubber Washer
19	1	Backrest	74	1	Moment Arm
20	2	1/4" x 5/8" Bolt	75	1	Left Pedal
21	4	Small Pad	76	1	Right Pedal
22	2	Pad Tube	77	2	Pedal Cover
23	1	Leg Developer	78	1	Resistance Strap
24	1	1/2" x 2 1/2" Axle	79	1	Strap Hook
25	2	1/2" Plastic Cap	80	1	Strap "U" Bracket
26	1	Seat Frame	81	1	Magnet Sleeve
27	1	1 1/2" x 1 1/2" Cap	82	1	Nylon Washer
28	1	Seat	83	2	3/4" Metal Cover
29	1	Brace	84	2	Resistance Cylinder
30	5	2" x 2" Cap	85	2	5/8" Bushing
31	6	3/8" Nylon Washer	86	2	5/8" Spacer
32	1	3/8" x 3" Bolt	87	1	3/8" Fender Washer
33	4	Cable Clip	88	1	Stepper Console
34	1	Rower Bar	89	2	Gas Shock
35	1	Strap	90	2	Ball Joint
36	1	Lat Bar	91	2	5/16" Nylock Nut
37	2	1 1/4" Cap	92	10	3/4" Self Tapping Screw
38	1	Chain	93	2	5/16" Jam Nut
39	1	Transformer	94	1	Mechanism
40	1	Cord	95	1	Wire Harness
41	2	1" Pulley	96	1	SMART CARD
42	2	Bracket	97	1	PERSONAL TRAINER Computer
43	2	1/4" Nylock Nut	98	1	Insert
44	2	1/4" x 1" Bolt	99	1	Reed Switch Wire
45	7	3/8" x 1 3/4" Bolt	100	1	Mechanism Adjustment Bracket
46	1	1/4" x 2 1/2" Bolt	101	1	Mechanism Cable Bracket
47	1	Lubricant	102	1	3/8" x 3 1/2" Clevis Pin
48	5	Rubber Pad	103	1	3/8" Hat Cap
49	2	1 1/2" Internal Cap	104	1	5/16" Nut
50	1	2" Pulley	105	1	Owner's Manual
51	1	Main Cable	106	1	Fitness Journal
52	1	Resistance Cable	107	1	Videocassette
53	1	Adjustment Bracket	108	1	3/8" Zinc Jam Nut
54	2	3/8" x 4 1/2" Bolt	109	1	Wire Adapter
55	1	Selector Knob			

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# EXPLODED DRAWING—MODEL NO. DR852030

Rev. 1/94



# ORDERING REPLACEMENT PARTS

To order replacement parts, simply 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 quickly, please be prepared to give the following information:

1. The MODEL NUMBER of the product (DR852030).
2. The NAME of the product (PROFORM® CROSS-TRAINER e).
3. The SERIAL NUMBER of the product (see BEFORE YOU BEGIN on page 2 of this owner's manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see page 29 of this owner's manual).

## LIMITED WARRANTY

Proform Fitness Products, Inc. ("PROFORM") extends a limited ten (10) year warranty on the frame and steel parts. 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. 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.

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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.

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