

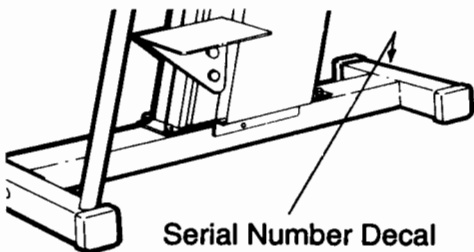
# EVEREST

TOTAL BODY MOTION  
ADJUSTABLE RESISTANCE

## PRO-FORM®

Model No. PF089030

Serial No. \_\_\_\_\_



Serial Number Decal

### QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

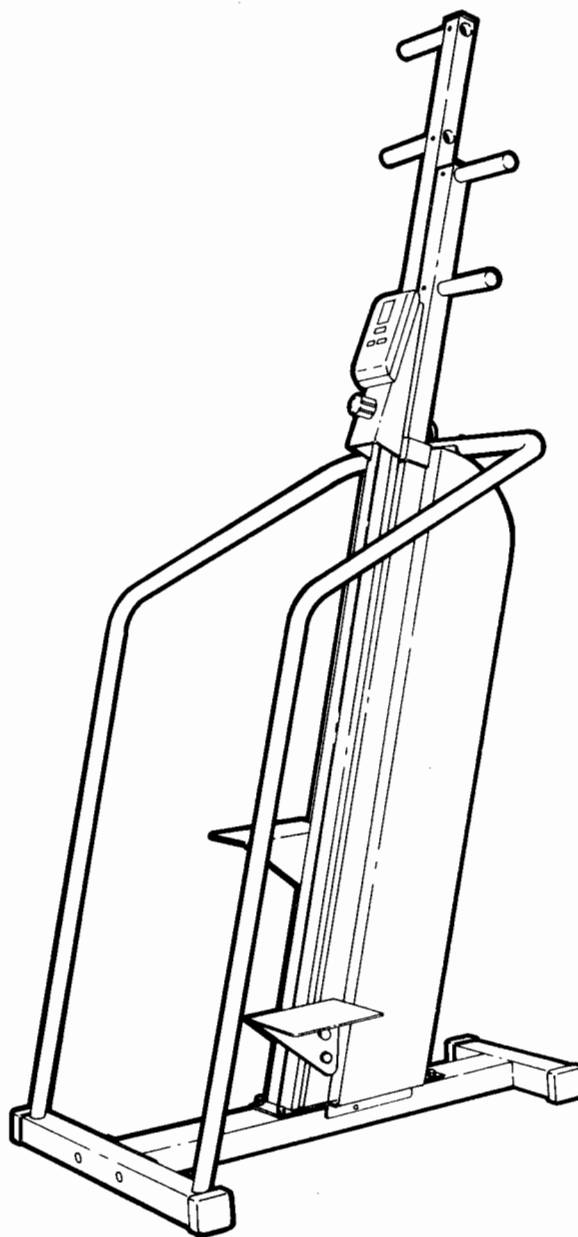
CUSTOMER HOT LINE:

**1-800-999-3756**

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

### CAUTION!

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



## OWNER'S MANUAL

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## IMPORTANT SAFETY PRECAUTIONS

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

1. Use the EVEREST only on a level surface.
2. Inspect and tighten all parts of the EVEREST regularly. Replace any worn parts immediately.
3. Always wear suitable exercise clothing, including athletic shoes, when using the EVEREST.
4. Keep hands away from moving parts other than the handles when using the EVEREST. Keep small children away from the EVEREST at all times.
5. Use the EVEREST only as described in this manual.

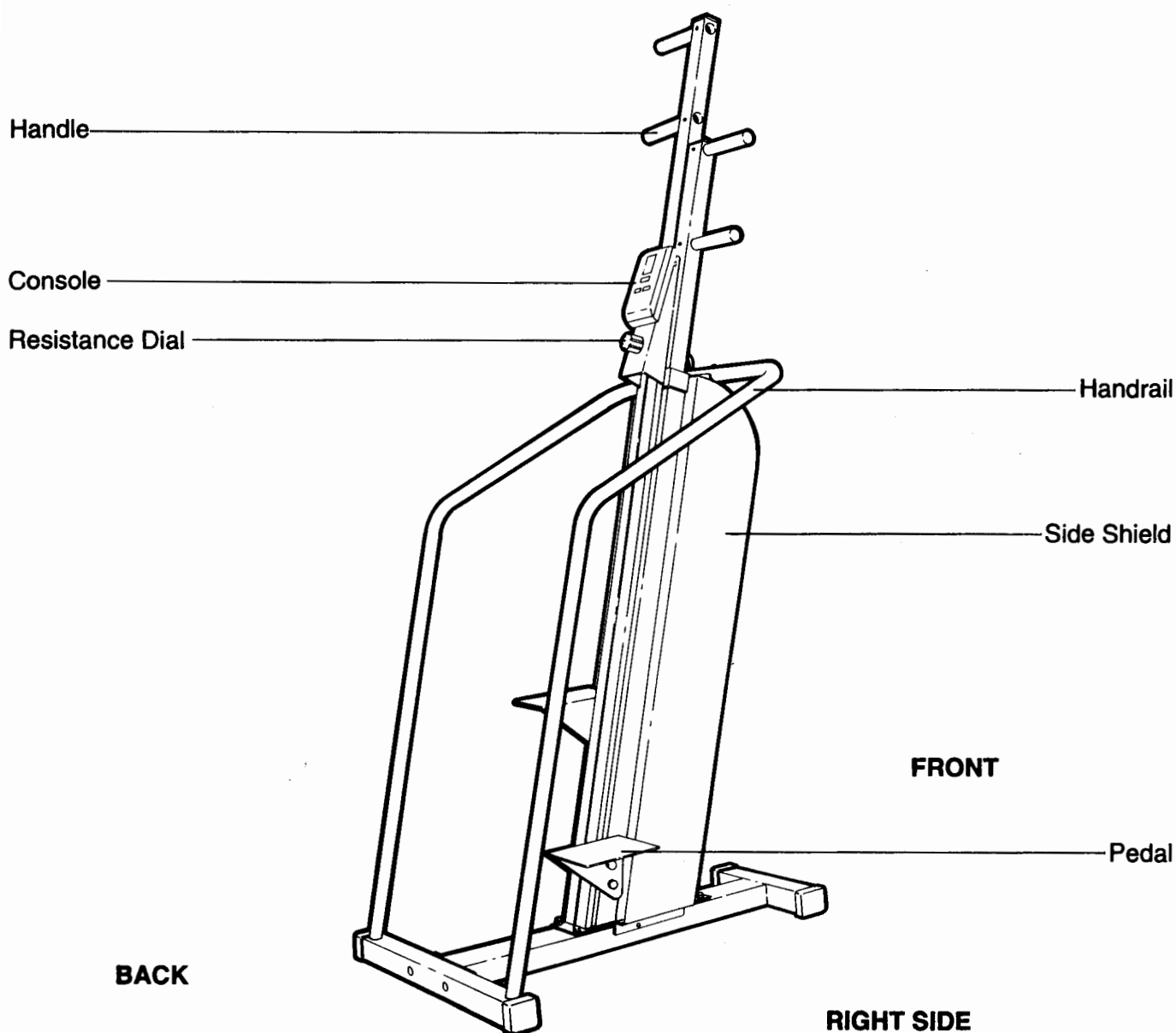
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage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

# BEFORE YOU BEGIN

Thank you for purchasing the innovative PROFORM® EVEREST. The EVEREST blends advanced engineering with contemporary styling to let you enjoy an effective form of low-impact cardiovascular exercise in the convenience and privacy of your home. Feel better, look better and be healthier in just a few minutes a day.

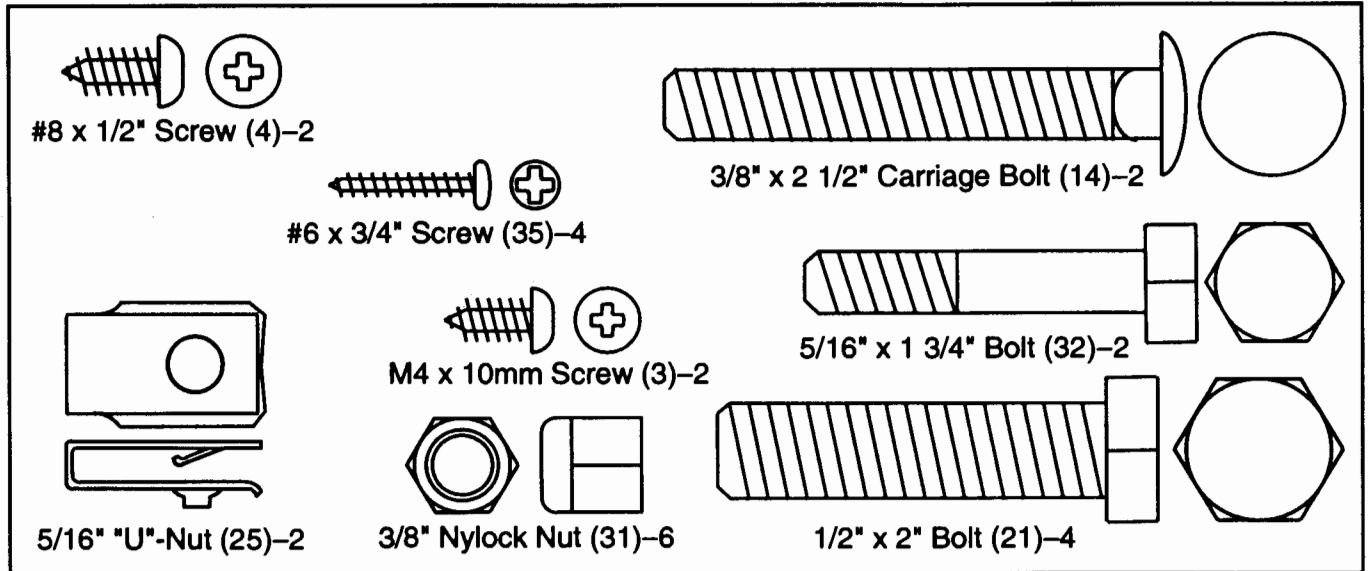
**For your safety and benefit, read this manual carefully before using the EVEREST.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PF089030. The serial number can be found on a decal attached to the EVEREST (see the drawing on the front cover of this manual for the location of the decal).

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



# ASSEMBLY

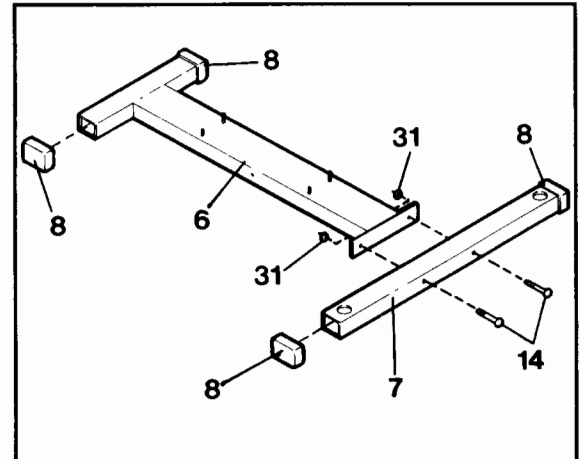
Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part. The second number refers to the quantity used is assembly. **Assembly requires an adjustable wrench and a phillips screwdriver (not Included).**



1. Make sure that there are two Outer Caps (8) on the Base (6). Turn the Base so the four threaded bolt ends are on top.

Make sure that there are two Outer Caps (8) on the Stabilizer (7). Turn the Stabilizer so the two large holes are on top.

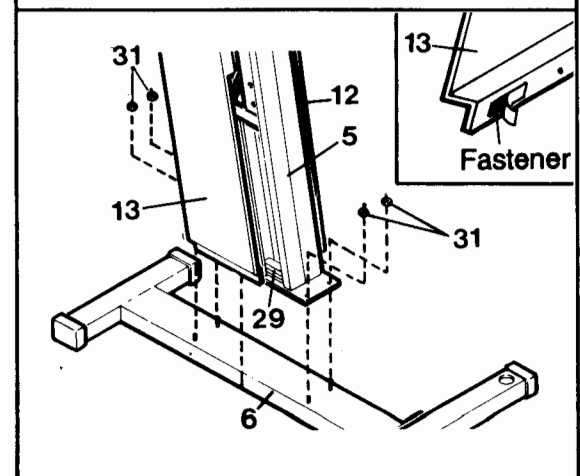
Attach the Stabilizer (7) to the Base (6) with the two 3/8" x 2 1/2" Carriage Bolts (14) and two 3/8" Nylock Nuts (31).



2. Slide the Frame (5) onto the four bolts in the Base (6). Attach the Frame with four 3/8" Nylock Nuts (31).

The bottom of the Left Side Shield (13) should be attached to the Base (6) with the fastener (see the inset drawing). Peel the backing off the fastener as shown, and press it firmly onto the Base. Attach the bottom of the Right Side Shield (12) to the Base in the same manner.

Insert three Slider Bumpers (29) into the left side of the Frame (5) in the location shown. Insert three Slider Bumpers into the right side of the Frame.



3. Insert the lower end of the Left Handrail (16) into the Stabilizer (7). (See the drawing on page 3 if you need help identifying the Left Handrail.)

Slide a 5/16" "U"-Nut (25) onto the left end of the curved bracket on the Frame (5). The flat side of the "U"-Nut must be on top. Rest the upper end of the Left Handrail in the curved bracket. Insert a 5/16" x 1 3/4" Bolt (32) down through the Left Handrail and the curved bracket. Tighten the Bolt into the "U"-Nut.

Attach the Right Handrail (not shown) in the same manner.

4. Press an Inner Cap (26) into the upper end of the Left Slider (20).

Insert a Handle (27) into the upper hole in the Left Slider (20). Align the small hole near the end of the Handle with the small hole in the Left Slider. Attach the Handle with a #6 x 3/4" Screw (35). Attach a Handle to the lower hole in the Left Slider in the same manner.

Press a Round Cap (28) into each of the Handles (27).

Repeat step 4 with the Right Slider (19).

5. Attach the Console Bracket (2) to the Console (1) with the two M4 x 10mm Screws (3).

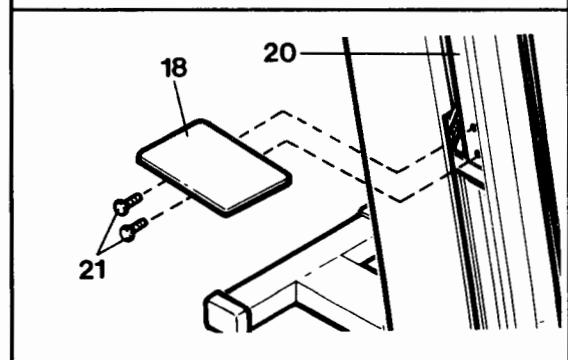
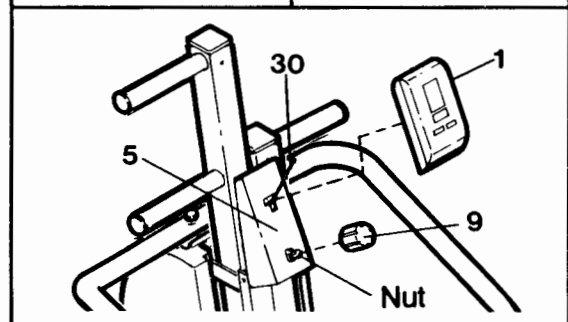
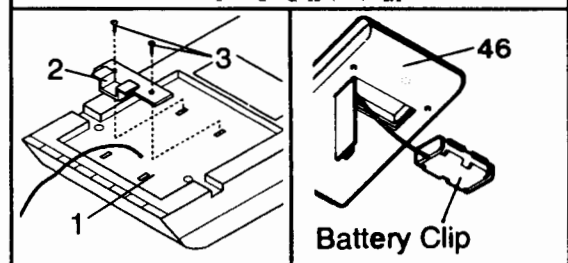
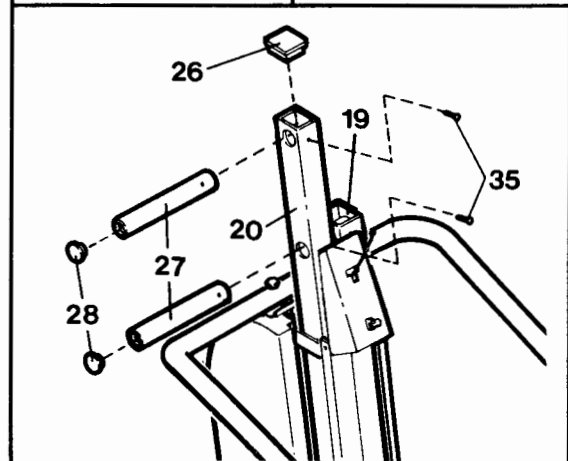
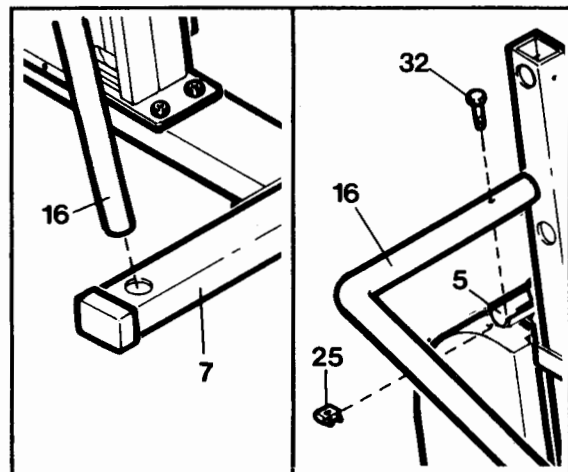
The Console (1) requires **two "AA" batteries** (not included). Alkaline batteries are recommended. Open the battery cover and remove the battery clip. Find the markings inside the battery clip showing which direction the batteries should be turned. Press the batteries into the battery clip. Close the battery cover.

Plug the Sensor Wire (30) into the back of the Console (1). Slide the Console onto the bracket on the Frame (5). **Be careful not to damage the wire.**

Press the Pace Dial (9) firmly onto the indicated nut.

6. Attach the Left Pedal (18) to the Left Slider (20) with two 1/2" x 2" Bolts (21).

Attach the Right Pedal (not shown) to the Right Slider (not shown) in the same manner.

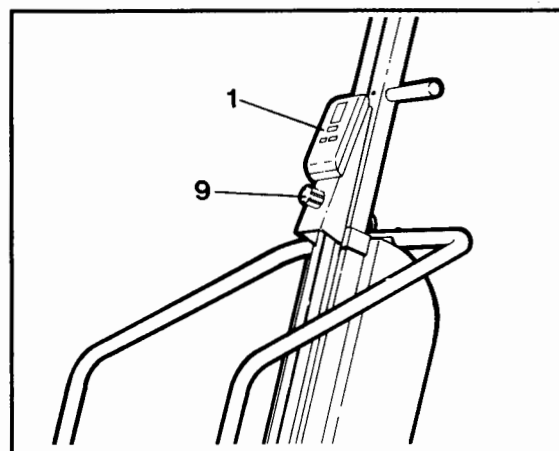


# ADJUSTMENT AND OPERATION

Hold the handrails firmly and step onto the pedals. Begin stepping, alternately pressing the right and left pedals down with a smooth, rhythmic motion. For a lower body workout, hold the handrail as you exercise. For a total body workout, hold the handles on the sliders. There are two sets of handles on the sliders; hold the handles that are at the most comfortable height.

## RESISTANCE ADJUSTMENT

To vary the intensity of your exercise, the stepping resistance can be adjusted. The resistance is controlled by the Resistance Dial (9) located below the Console (1). To increase the resistance, turn the Resistance Dial clockwise. To decrease the resistance, turn the Resistance Dial counterclockwise. Note: If the range of stepping resistance is too high or too low for you, the range can be adjusted. See ADJUSTING THE RANGE OF RESISTANCE on page 8 of this manual.



## DESCRIPTION OF THE CONSOLE MODES

The console features five different modes to give you instant exercise feedback:

**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 will hold until you resume stepping.

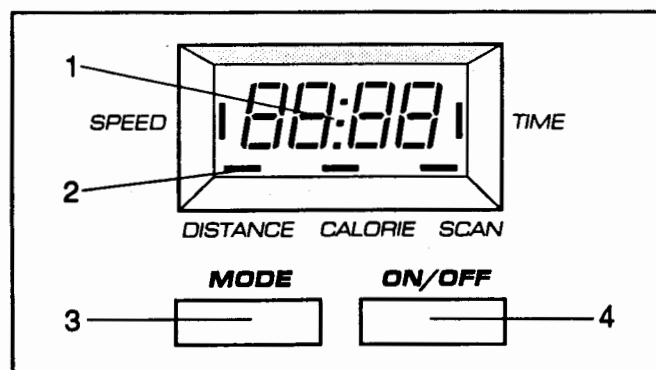
**DISTANCE**—Displays the total number of steps you have taken during your workout.

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

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

## 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.



## CONSOLE OPERATION

Note: The console requires two "AA" batteries (not included). Alkaline batteries are recommended. See assembly step 5 on page 5 of this manual for battery installation instructions.

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. A 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.

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## TROUBLE-SHOOTING AND MAINTENANCE

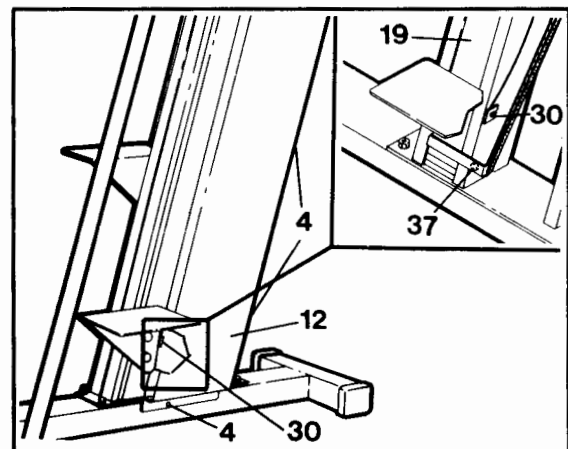
Inspect and tighten all parts regularly; make sure that the bolts attaching the pedals are tight. Replace any worn parts immediately. Outside surfaces can be cleaned using mild detergent. Keep liquids away from the console. Keep the console out of direct sunlight, or the LCD display may be damaged.

### CONSOLE

If the LCD display becomes faint, the batteries should be replaced. Most problems are the result of drained batteries. The console requires two "AA" batteries (not included). Alkaline batteries are recommended. See assembly step 5 on page 5 of this manual for battery installation instructions.

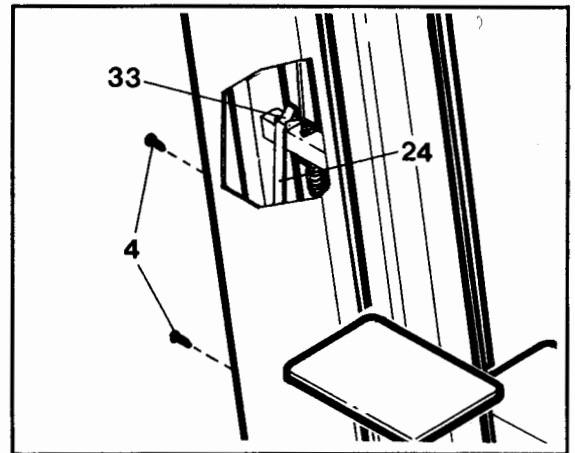
If the console displays incorrect information, the sensor wire should be checked. See assembly step 5 on page 5 of this manual. Make sure that the sensor wire is plugged fully into the back of the console.

If the console still displays incorrect information, the Reed Switch (30) should be checked. Remove the five #8 x 1/2" Screws (4) attaching the Right Side Shield (12). Raise the Right Slider (19) until the Magnet (37) on the front of the Right Slider is level with the Reed Switch (30). There should be a 3/16" gap between the Magnet and the Reed Switch. If necessary, pull the Reed Switch off the pad and reposition it so there is a 3/16" gap. Reattach the Right Side Shield.



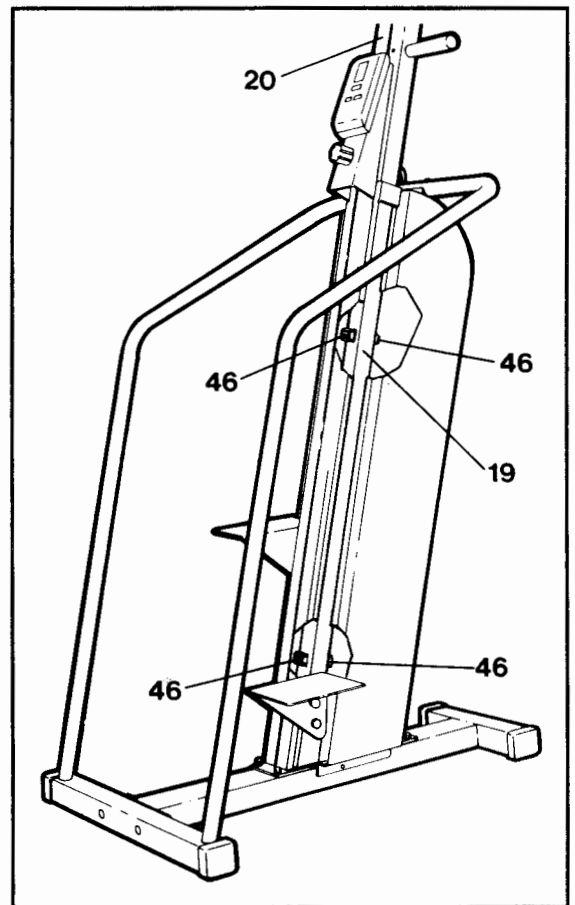
## ADJUSTING THE RANGE OF RESISTANCE

If the range of stepping resistance is too high or too low for you, or if the pedals slip as you step, the Resistance Strap (24) should be adjusted. Remove the five #8 x 1/2" Screws (4) attaching one of the side shields. Locate the Tension Buckle (33) and open it. To raise the range of resistance, pull the Resistance Strap slightly tighter and close the Tension Buckle tightly. To lower the range of resistance, loosen the Resistance Strap slightly and close the Tension Buckle tightly. Reattach the side shield.



## LUBRICATING THE SLIDER SPACERS

The Slider Spacers (46) on the Right and Left Sliders (19, 20) should be lubricated at least once every three months. Apply a small amount of non-oil-, non-petroleum base silicone lubricant to the four Slider Spacers on each Slider. We recommend Uni-Sport™ spray, which can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. Lubricant is also available at most hardware and automotive stores. Note: A small amount of lubricant may leak onto the floor. The floor beneath the Sliders should be covered for protection.



# CONDITIONING GUIDELINES

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

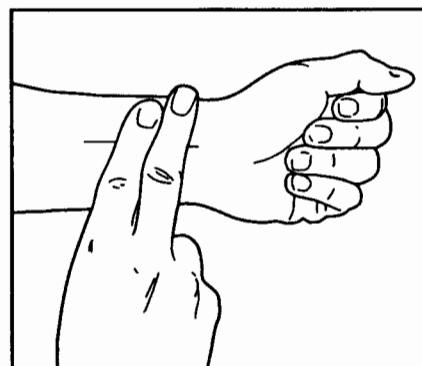
## EXERCISE INTENSITY

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

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

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



## WORKOUT GUIDELINES

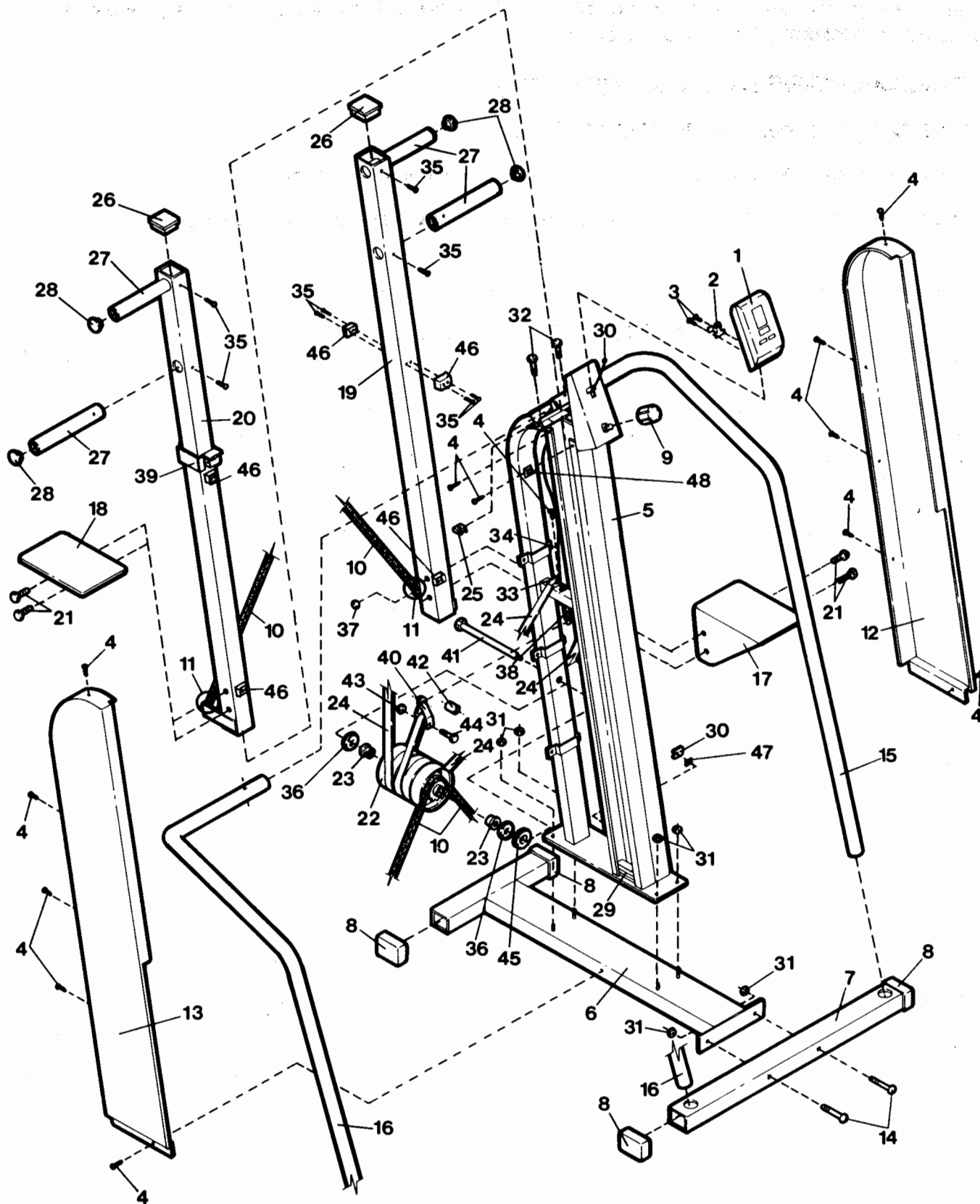
Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes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

# PART LIST—Model No. PF089030

Rev. 9/93

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	26	2	Inner Cap
2	1	Console Bracket	27	4	Handle
3	2	M4 x 10mm Screw	28	4	Round Cap
4	16	#8 x 1/2" Screw	29	6	Slider Bumper
5	1	Frame	30	1	Reed Switch/Sensor Wire
6	1	Base	31	6	3/8" Nylock Nut
7	1	Stabilizer	32	2	5/16" x 1 3/4" Bolt
8	4	Outer Cap	33	1	Tension Buckle
9	1	Resistance Dial	34	1	Cable Tie
10	1	Chain	35	20	#6 x 3/4" Screw
11	2	Master Link Assembly	36	2	Nylon Washer
12	1	Right Side Shield	37	1	Magnet
13	1	Left Side Shield	38	1	Tension Cable Assembly
14	2	3/8" x 2 1/2" Carriage Bolt	39	2	Slider Bushing
15	1	Right Handrail	40	2	Tension Strap Bracket
16	1	Left Handrail	41	1	Hub Bolt
17	1	Right Pedal	42	1	Spacer
18	1	Left Pedal	43	1	5/16" Nylock Nut
19	1	Right Slider	44	1	5/16" x 1 1/2" Bolt
20	1	Left Slider	45	1	Metal Washer
21	4	1/2" x 2" Bolt	46	8	Slider Spacer
22	1	Resistance Hub	47	1	Fastener
23	2	Brass Bushing	#	3	Wire Tie
24	1	Resistance Strap	#	1	Owner's Manual
25	2	5/16" "U"-Nut			

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



# 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, please note the following information before calling:

1. The MODEL NUMBER of the product (PF089030).
2. The NAME of the product (PROFORM® EVEREST).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see page 10 of this manual).

## LIMITED WARRANTY

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

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

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

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

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