

3001-STX™

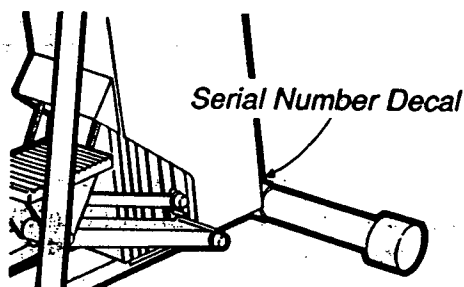
PROGRAMMABLE RESISTANCE MOTIVATIONAL STEPPER

PRO-FORM®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. PF300110

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we 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.

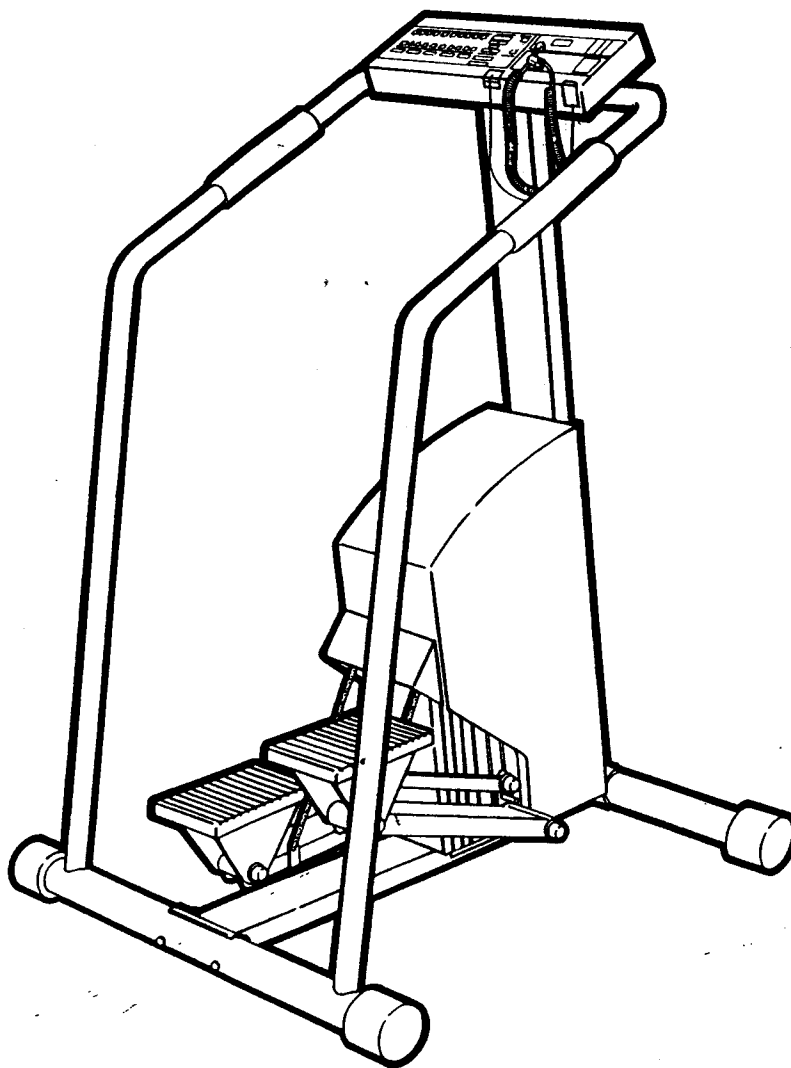
CUSTOMER HOT LINE:

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

LIMITED WARRANTY

PRO FORM Fitness Products, Inc. ("Pro Form"), 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. PRO FORM's obligation under this warranty is limited to replacing or repairing, at PRO FORM's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by PRO FORM 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 PRO FORM. 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 an PRO FORM authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PRO FORM.

PRO FORM 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.

PRO FORM FITNESS PRODUCTS, INC., 1500 S. 1000 W., Logan, UT 84321-9813

TABLE OF CONTENTS

Warranty	2
Important Safety Precautions	3
Before You Begin	4
Assembly	5
Stepper Operation	6
Maintenance and Trouble-Shooting	10
Conditioning Guidelines	10
Part List	14
Exploded Drawing	15
Ordering Replacement Parts	Back Cover

IMPORTANT SAFETY PRECAUTIONS

1. Position the stepper on a level surface. Do not use the stepper outdoors or near water.
2. Plug in the power cord and turn on the power before using the stepper, or the stepper could be damaged. Place the power cord away from walkways or heated surfaces. Do not use the stepper if the power cord is damaged. Do not use an extension cord.
3. Wear suitable exercise attire, including running or aerobic shoes, when using the stepper.
4. Keep hands away from the pedals and chains during use. Do not allow small children near the stepper during use.
5. Use the stepper only as described in this manual. Servicing other than the procedures described in this manual should be performed only by an authorized service representative.

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

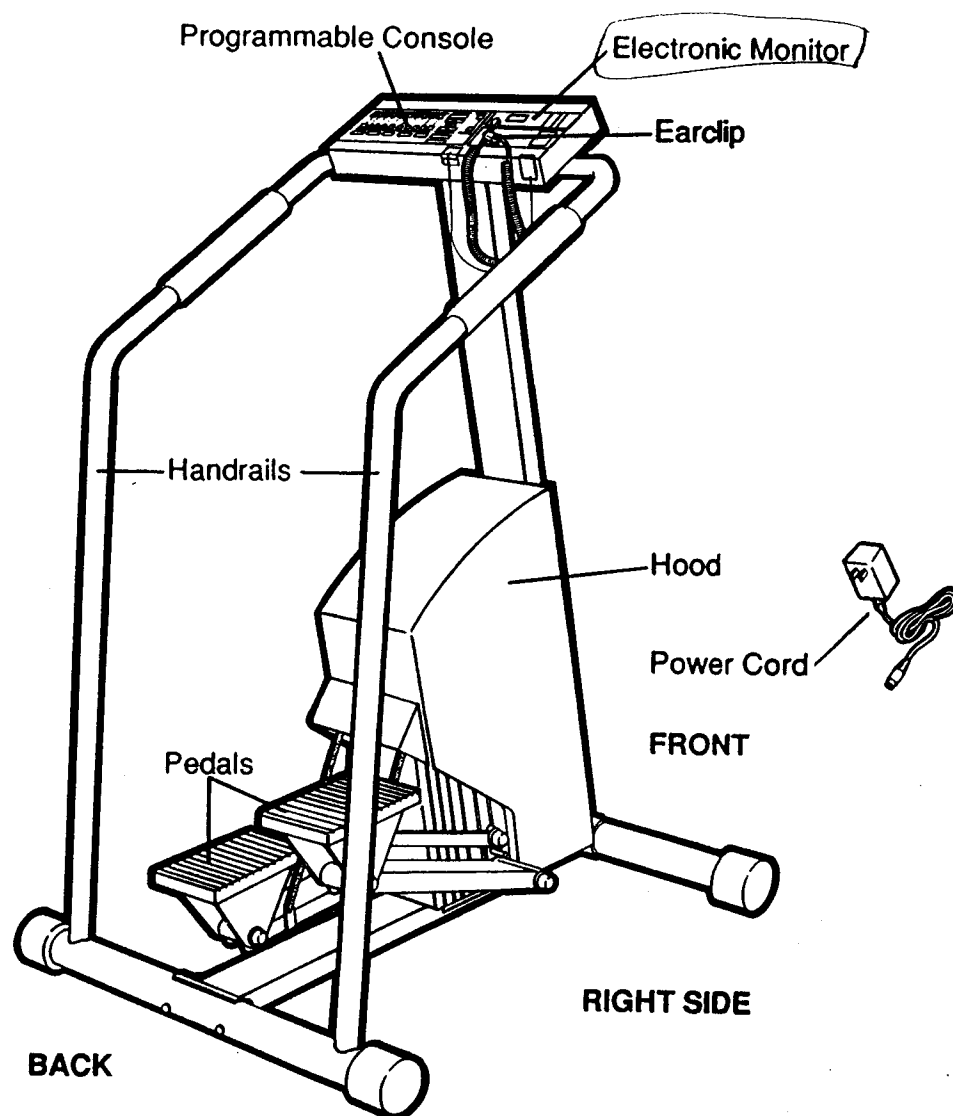
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the Pro Form 3001 STX Programmable Stepper. The 3001 STX blends advanced engineering with innovative styling to provide you with an effective form of low-impact, cardiovascular exercise in the comfort of your own home. Your exercise on the 3001 STX will be more enjoyable with such features as independent pedals, a heavy flywheel for smooth stepping, and a programmable exercise computer.

For your safety and benefit, read this manual carefully before using this equipment. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, during our business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. In all communications regarding this product, please refer to the product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover).

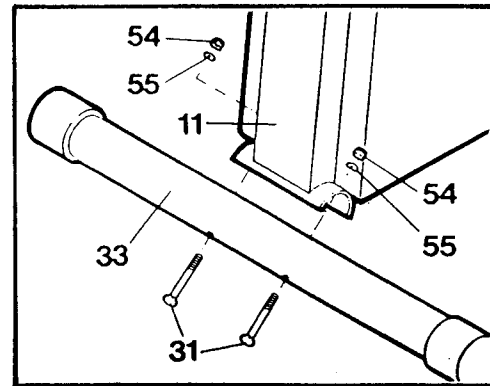
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



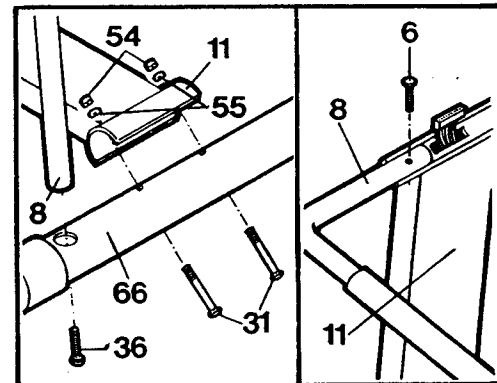
ASSEMBLY

Remove all parts from the packing carton. Do not dispose of the packing materials until the stepper is fully assembled. Read all instructions carefully before beginning. Assembly can be completed using your own adjustable wrench.

1. Turn the Front Stabilizer (33) so that the indented bolt holes are toward the Frame (11). (The Front Stabilizer can be distinguished from the Rear Stabilizer [see step 2] by the large holes at the ends of the Rear Stabilizer.) Attach the Front Stabilizer to the Frame with two Carriage Bolts (31), Washers (55) and Stabilizer Nuts (54).

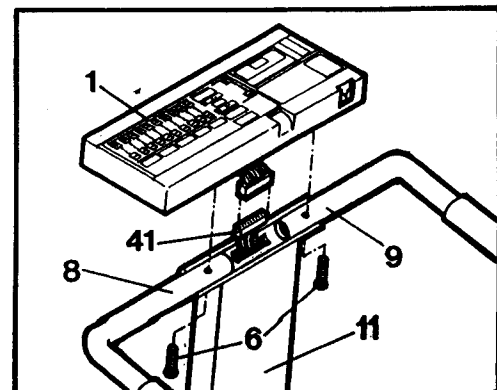


2. Turn the Rear Stabilizer (66) so that the large holes at the ends of the Stabilizer are on top. Attach the Rear Stabilizer to the Frame (11) with two Carriage Bolts (31), Washers (55) and Stabilizer Nuts (54). Insert the lower end of the Left Handrail (8) into the hole at the left end of the Stabilizer. Rest the upper end of the Handrail on top of the Frame as shown. Insert a Console Bolt (6) down through the Handrail to hold it temporarily in place. Tip the Frame forward and place a support under the back so that the back is about a foot off the floor. Attach the Handrail to the Stabilizer with a Handrail Mounting Bolt (36).

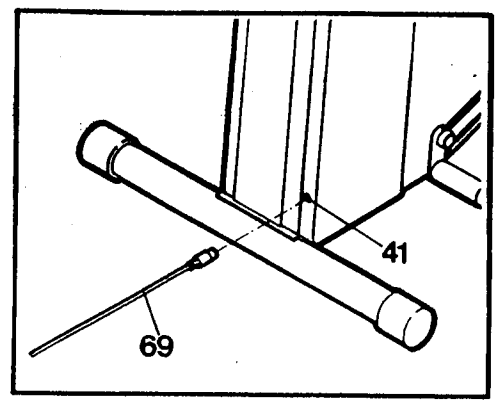


Attach the Right Handrail (not shown) to the Frame in the same manner.

3. Remove the Console Bolts (6) from the Left and Right Handrails (8, 9). Plug the Wire Harness (41) into the Programmable Console (1). Attach the Programmable Console to the Frame (11) with the two Console Bolts.

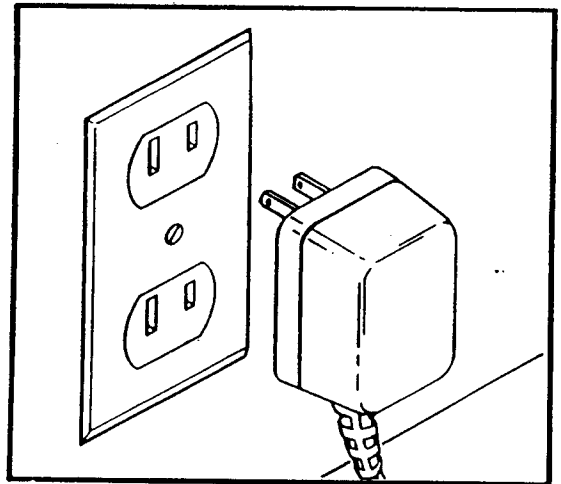


4. Plug the Power Cord (69) into the Power Plug (41).



STEPPER OPERATION

Plug the transformer into a 120-volt outlet. Make sure the power cord is away from walkways or heated surfaces. Do not operate the stepper unless the power cord is plugged in and the power is turned on, or the stepper could be damaged (see TURNING THE POWER ON on page 7).



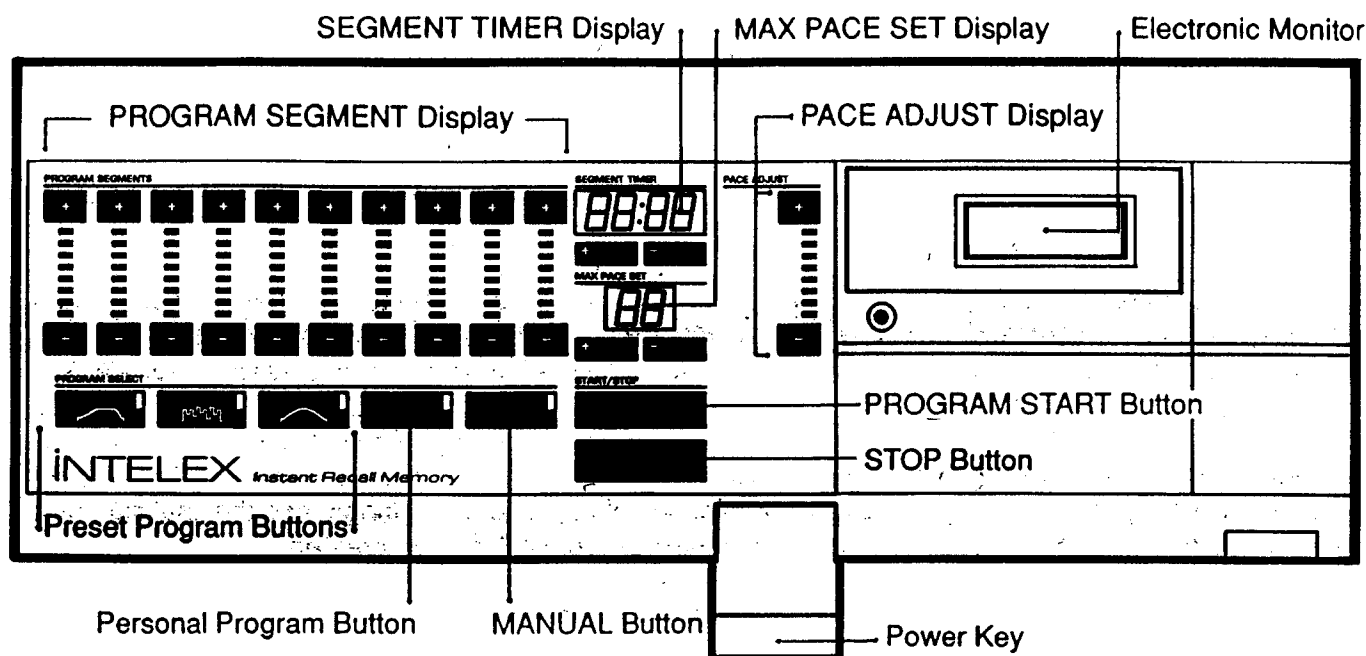
STEPPER OPERATION

Hold the handrails with an overhand grip, and step onto the pedals. Begin stepping, alternately pressing the right and left pedals down with a smooth, rhythmic motion. Because the pedals move independently, it is important to maintain a continuous motion. Adjust the stepping pace as necessary until you can comfortably maintain a continuous motion. (See MANUAL PACE MODE and PROGRAMMABLE PACE MODE.) **IMPORTANT: Never allow the pedals to hit the floor, or the pedals may be damaged.**

The muscles of the upper legs can be emphasized by keeping your feet flat on the pedals as you step. To focus on the calf muscles, rise on your toes. Stand erect as you exercise, or lean forward slightly, always keeping your back straight to avoid injury. For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps.

PROGRAMMABLE CONSOLE

The state-of-the-art stepper console features both a manual mode, with finger-touch pace control, and a programmable mode, capable of controlling the stepping pace automatically. In addition, the console offers a multi-function electronic monitor to measure your exercise performance. **Please read these instructions carefully before operating the stepper console.**



TURNING THE POWER ON

Insert the power key into the slot in the front of the console. The electronic monitor will turn on, the indicator on the MANUAL button will light, and one bar in the PACE ADJUST display will light. A tone will sound, and the console will be ready for operation.

ELECTRONIC MONITOR OPERATION

See the Electronic Monitor Operation Guide accompanying this manual for complete instructions.

MANUAL PACE MODE

When the power is turned on, the console will be in the manual mode. As you exercise, the stepping pace can be controlled using the plus (+) and minus (-) buttons in the PACE ADJUST display. The lighted bars in the PACE ADJUST display show the pace setting. One lighted bar is the slowest pace setting, and eight lighted bars is the fastest pace setting. Each time the plus button is pressed, a tone will sound and the pace will increase. Every fourth time the button is pressed, an additional bar will light. Each time the minus button is pressed, a tone will sound and the pace will decrease. Every fourth time the button is pressed, an additional bar will darken. The buttons can be held down to change the pace quickly.

PROGRAMMABLE PACE MODE

In the programmable pace mode, the stepper computer will control the stepping pace automatically according to programs you select. Three preset programs are offered. In addition, you can create an endless number of your own personal programs.

CREATING A PERSONAL PROGRAM

Press the PERSONAL PROGRAM button. The indicator on the PERSONAL PROGRAM button will light, and the indicator on the MANUAL button will darken.

The first step in creating a program is to select a maximum pace level for the program. There are 10 pace levels: 1 is the slowest, and 10 is the fastest. The program is preset for level 1, as shown in the MAX PACE SET display. To select a higher level, press the plus "+" button in the MAX PACE SET display. Each time the button is pressed, the level will change by 1.

Ten pace settings should now be programmed on the PROGRAM SEGMENTS display. The display consists of ten individual segments, each with a plus (+) and minus (-) button and eight small bars. A different pace setting can be programmed on each segment. The lighted bars in each segment show the pace setting of that segment. One lighted bar is the slowest pace setting, and eight lighted bars is the fastest pace setting. (If a program has not previously been created, four bars will be lighted in each segment. Four lighted bars is a pace setting almost halfway between the slowest and fastest settings.) To program the first segment (at far left), press the plus (+) or minus (-) buttons in that segment. Each time the plus button is pressed, a tone will sound and the pace setting will increase. Every fourth time the button is pressed, an additional bar will light. Each time the minus button is pressed, a tone will sound and the pace setting will decrease. Every fourth time the button is pressed, an additional bar will darken. The buttons can be held down to program the segment quickly. The remaining nine segments should be programmed in the same manner. You may wish to program the first segment at a low pace setting to warm up, the next segments at a combination of higher pace settings, and the final segment at a low pace setting to cool down. An endless variety of "profiles" can be created.

The final step in creating a program is to set the length of time the program segments will run. The segments are preset to run for 2 minutes, as shown in the SEGMENT TIMER display. (Since there are ten segments, the program will run for a total of 20 minutes.) If you wish to change the length of time the segments will run, press the plus (+) or minus (-) buttons in the SEGMENT TIMER display. Each time one of the buttons is pressed, the length of time displayed will increase or decrease by 10 seconds. The buttons can be held down to set the length of time quickly. The segments can be set for a minimum of 30 seconds, up to a maximum of 9 minutes and 50 seconds.

The program is now ready to be started. Press the PROGRAM START button and begin exercising. The first segment of the PROGRAM SEGMENTS display will begin to flash, and the pace will adjust to the setting of the first segment. The time remaining for the first segment will be shown in the SEGMENT TIMER display. When the time reaches zero, the second segment will begin to flash, the pace will adjust to the setting of the second segment, and the SEGMENT TIMER display will show the time remaining for the second segment. When all ten segments have been completed, the program will end. Note: The program settings can be changed while the program is running. If you wish to stop the program before the program has ended, press the STOP button. The console will then be in the same state as if the program had ended.

After the personal program has ended, the program can be restarted, a preset program can be selected (see below), or the console can be switched to the manual mode by pressing the MANUAL button. When the console is switched to another mode, or the power is turned off, the program settings you made will be saved in the computer's memory. The settings will be saved as long as the power cord remains plugged in. When the power cord is unplugged, however, the program settings you made will be erased.

SELECTING A PRESET PROGRAM

8 Press the PLATEAU, INTERVAL or MOUNTAIN buttons. The indicator on the button pressed will light.

Select a maximum pace level for the program. There are 10 pace levels: 1 is the slowest, and 10 is the fastest. The program is preset for level 1, as shown in the MAX PACE SET display. If you wish to select a higher level, press the plus (+) button in the MAX PACE SET display. Each time the button is pressed, the pace level will change by 1.

The ten pace settings of the preset program will appear on the PROGRAM SEGMENTS display. If desired, the pace setting of any segment can be changed by pressing the plus (+) or minus (-) buttons in that segment.

Set the length of time the program segments will run. The segments are preset to run for 2 minutes, as shown in the SEGMENT TIMER display. (Since there are ten segments, the program will run for a total of 20 minutes.) If you wish to change the length of time the segments will run, press the plus (+) or minus (-) buttons in the SEGMENT TIMER display. Each time one of the buttons is pressed, the length of time displayed will increase or decrease by 10 seconds. The buttons can be held down to set the length of time quickly. The segments can be set for a minimum of 30 seconds, up to a maximum of 9 minutes and 50 seconds.

The program is now ready to be started. Press the PROGRAM START button and begin exercising. The first segment of the PROGRAM SEGMENTS display will begin to flash, and the pace will adjust to the setting of the first segment. The time remaining for the first segment will be shown in the SEGMENT TIMER display. When the time reaches zero, the second segment will begin to flash, the pace will adjust to the setting of the second segment, and the SEGMENT TIMER display will show the time remaining for the second segment. When all ten segments have been completed, the program will end. Note: The program settings can be changed while the program is running. If you wish to stop the program before the program has ended, press the STOP button. The console will then be in the same state as if the program had ended.

After the program has ended, the same program can be restarted, a different program can be selected, or the console can be switched to the manual mode by pressing the MANUAL button. When the console is switched to another mode, or the power is turned off, any changes you made to the program settings will not be saved in the computer's memory. Only the original program settings will be saved.

TURNING THE POWER OFF

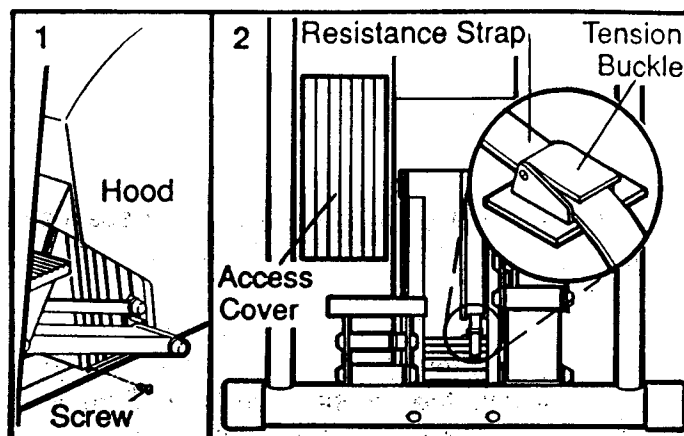
To turn the power off, simply remove the power key from the console. Always turn the power off when the stepper is not in use. The power key can be stored in a secure location to prevent small children from operating the console.

MAINTENANCE AND TROUBLE-SHOOTING

Periodically inspect and tighten all parts of the stepper. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic monitor or programmable console.

If the pulse earclip or the electronic monitor do not function properly, see the Electronic Monitor Operation Guide for instructions. The stepper console is designed to remain functional even if the monitor must be removed for servicing.

If the range of stepping resistance is too high or too low, the range can be adjusted using the tension buckle mounted inside the hood. Remove the small screw from each side of the hood (see drawing 1). Gently pull outward on the side of the hood, and remove the access cover. Locate and open the tension buckle (see drawing 2). Pull the resistance strap slightly tighter to raise the range of resistance, or loosen the strap slightly to lower the range of resistance. Close the tension buckle tightly and step for a minute. If necessary, readjust the resistance strap. When the range of resistance is properly adjusted, replace the access cover and reattach the two small screws.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **CAUTION: Never exercise with the stepping pace at a level where you must pull against the handrails with your arms in order to press the pedals down. Exercising in this manner could result in heart risk. Before beginning this or any exercise routine, consult your physician.**

EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone." You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

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

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the **ELECTRONIC MONITOR OPERATION GUIDE**). Set the monitor for four minutes, and exercise at a comfortable pace until the time elapses. Immediately measure your heart rate using the pulse mode. If your heart rate is below your Training Zone, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. Resting, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. Resting. Warming up should be an important part of every workout, preparing the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. 5-10 minutes of stretching can provide a good warm-up. After warming up, begin exercising with low intensity for a few minutes. Then increase the intensity of your exercise to raise your heart rate to your Training Zone for a period of 20-30 minutes. To aid circulation and help prevent soreness, finish your workout with 5-10 minutes of stretching or light exercise.

EXERCISE FREQUENCY

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to a successful program is **REGULAR** exercise.

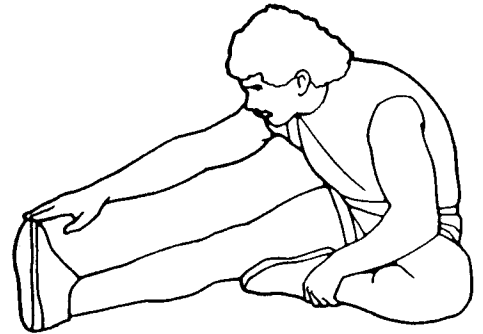
SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch- never bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, lower back and groin.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

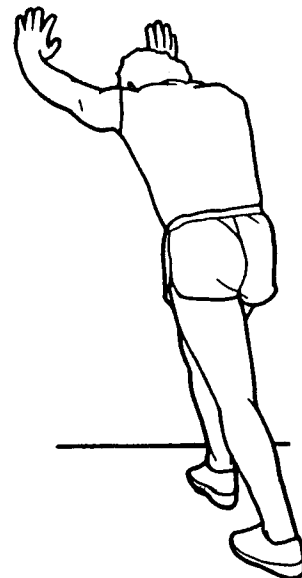
Stretches: Quadriceps, hip muscles.



CALF/ACHILLES STRETCH

With one leg in front of the other, and arms forward, lean against a wall. Keep your back leg straight and back foot flat on the floor. Bend your front leg and lean forward, moving your hips toward the wall. Hold for 15 counts, then repeat on the other side. To cause further stretching of the achilles tendons, bend back leg as well.

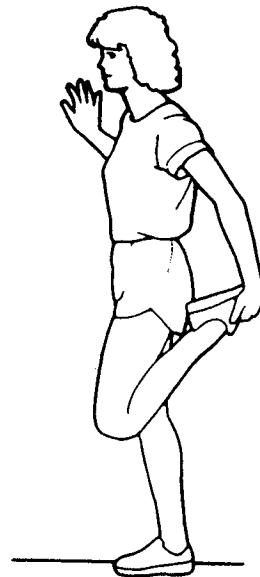
Stretches: Calves, achilles tendons, and ankles.



QUADRICEPS STRETCH

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

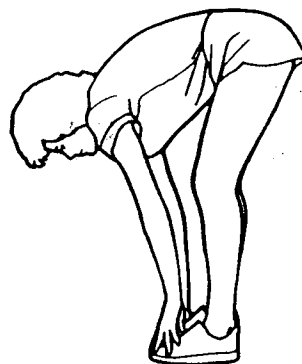
Stretches: Quadriceps, hip muscles.



TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, back of knees, back.



PART LIST - Model No. PF300110

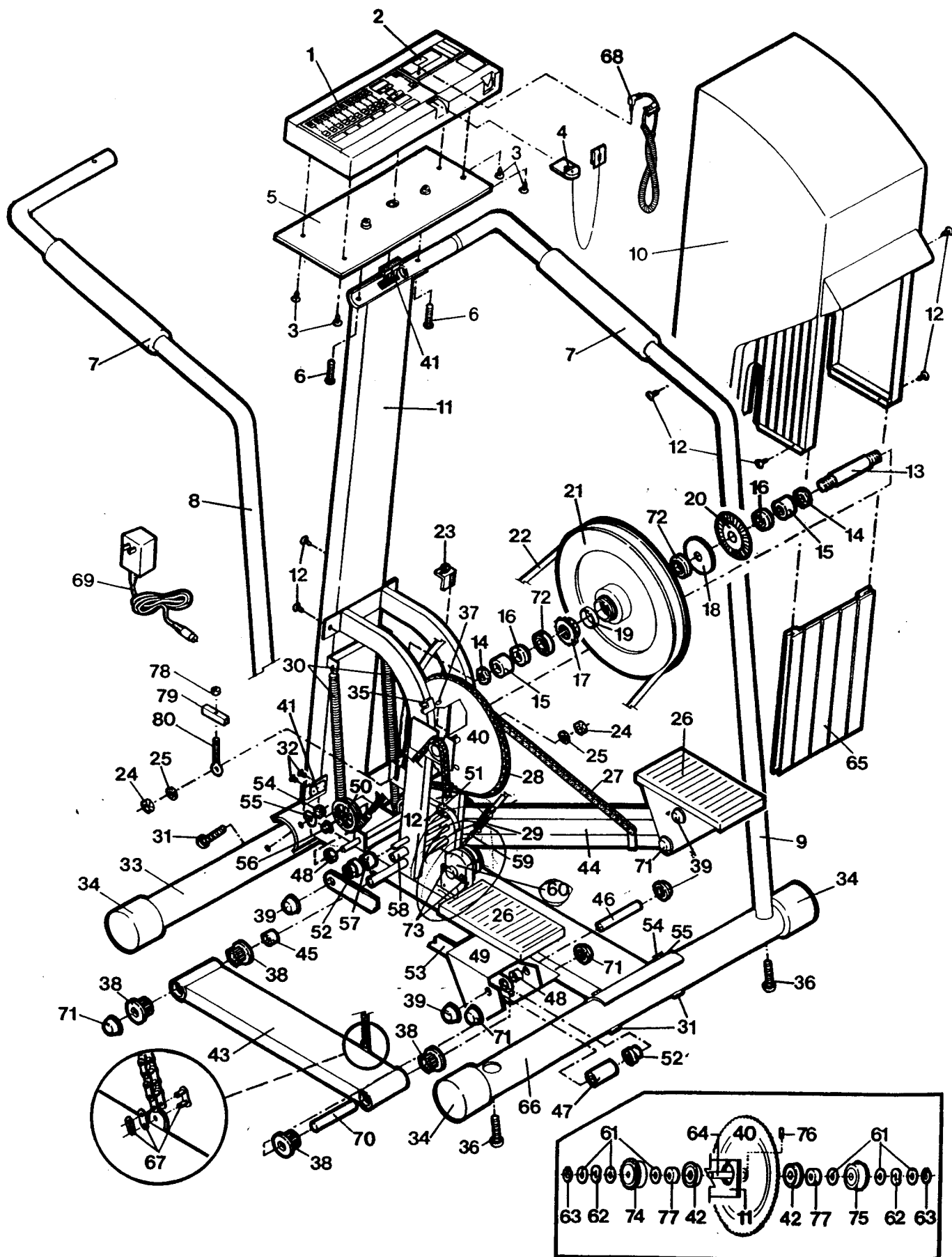
Rev. 7/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Programmable Console	42	2	Bearing
2	1	Electronic Monitor	43	1	Left Pedal Leg
3	4	Console Screw	44	1	Right Pedal Leg
4	1	Power Key/Clip	45	2	Front Spacer
5	1	Console Plate	46	2	Pedal Rod
6	2	Console Bolt	47	2	Rear Spacer
7	2	Handrail Foam	48	4	Small Spacer
8	1	Left Handrail <i>white PHT</i>	49	2	Pedal
9	1	Right Handrail	50	2	Pulley
10	1	Hood -	51	1	Tension Buckle
11	1	Frame	52	4	Bushing
12	7	Screw	53	2	Link Arm
13	1	Flywheel Axle	54	4	Stabilizer Nut
14	2	Jam Nut	55	4	Washer
15	2	Flywheel Spacer	56	2	Pulley Axle Cap
16	2	Beveled Washer	57	2	Link Arm Spacer
17	1	Flywheel Sprocket	58	2	Bumper
18	1	Adhesive Disk \	59	1	Tension Rope
19	1	Spacer	60	1	Tension Motor
20	1	Optical Disk \	61	6	Sprocket Washer
21	1	Flywheel	62	2	Spring Washer
22	1	Resistance Strap	63	2	Retainer
23	1	Optical Reader	64	1	Axle
24	2	Axle Nut	65	1	Access Cover
25	2	Axle Washer	66	1	Rear Stabilizer
26	2	Foot Pad	67	4	Master Link Assembly
27	2	Pedal Chain	68	1	Earclip
28	1	Drive Chain	69	1	Power Cord
29	1	Spring Assembly	70	2	Lower Pedal Rod
30	2	Pedal Spring	71	6	Large Pushnut
31	4	Carriage Bolt	72	2	Flywheel Bearing
32	2	Power Plug Mtg. Screw	73	2	Tension Motor Mtg. Screw
33	1	Front Stabilizer	74	1	Left Sprocket
34	4	Endcap	75	1	Right Sprocket
35	1	Sensor Wire/Reed Switch	76	1	Roll Pin
36	2	Handrail Mounting Bolt	77	2	Axle Spacer
37	3	Magnet	78	2	Alignment Nut
38	8	Pedal Bushing	79	2	Alignment Bracket
39	6	Pushnut	80	2	Alignment Eyebolt
40	1	Sprocket	#	1	Owner's Manual
41	1	Wire Harness/Power Plug	#	1	Monitor Operation Guide

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

EXPLODED DRAWING - Model No. PF300110

Rev. 7/91



ORDERING REPLACEMENT PARTS

Replacement parts 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 (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (PF300110).
2. The NAME of the product (Pro Form 3001 STX Stepper).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 14 of this manual.
5. The DESCRIPTION of the part(s) from page 14 of this manual.

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