

VIDEO TRACK PROGRAMMABILITY

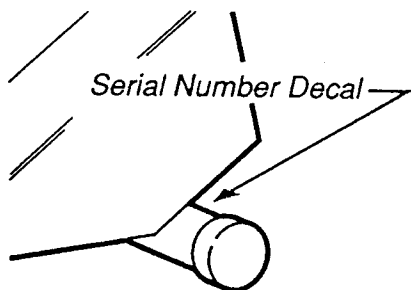
PRO-FORM®

CLUB VTP

TRIPLE ACTION PROFESSIONAL CLUB CYCLE • MOTIVATIONAL CALORIE/PULSE MONITOR

Model No. PF410021

Serial No. _____



OWNER'S MANUAL

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.

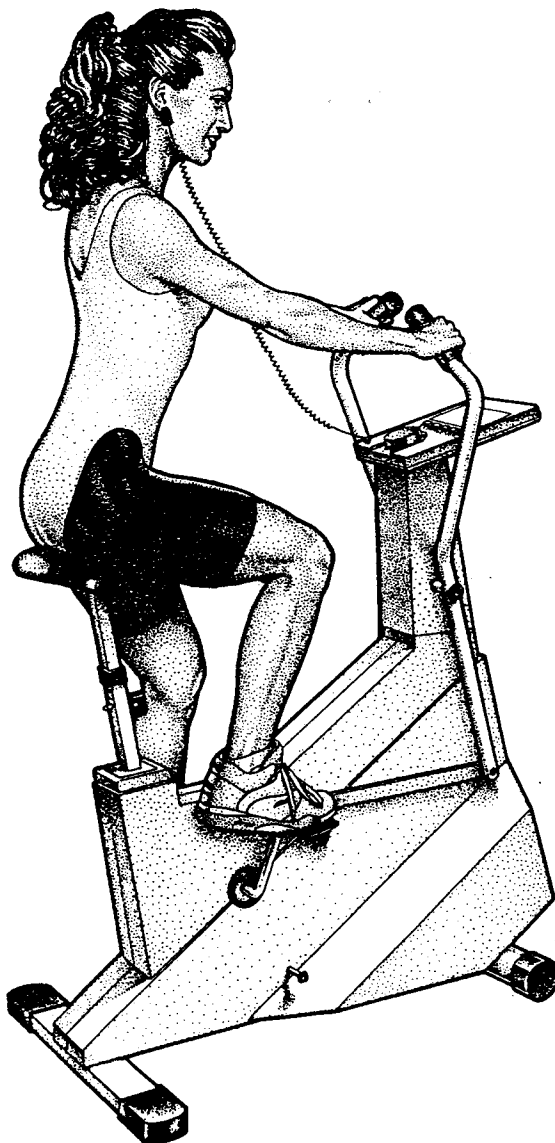
TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

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.



PATENT PENDING

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IMPORTANT SAFETY PRECAUTIONS

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

1. Place the exercise bike on a level surface. Do not use the bike near water or outdoors.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the exercise bike. Always wear athletic shoes for foot protection.
3. Keep small children away from the exercise bike at all times.
4. The pulse earclip is not a medical device. Various factors, including the user's movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
5. Use the exercise bike only as described in this manual.

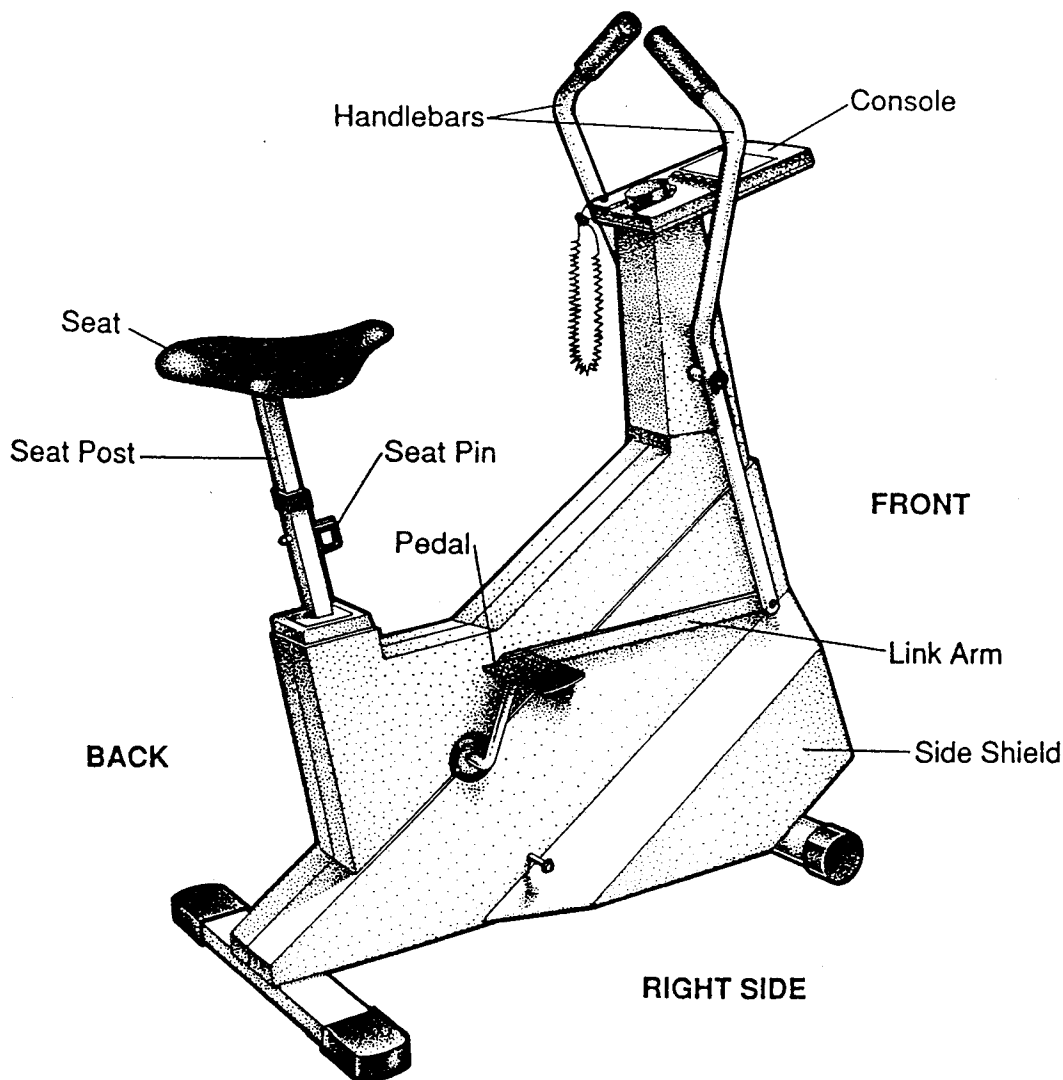
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® CLUB VTP triple action professional club cycle. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The sophisticated CLUB VTP offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the exercise bike. 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 mention the product model number and serial number when calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the exercise bike (see the front cover of this manual for the location of the decal).

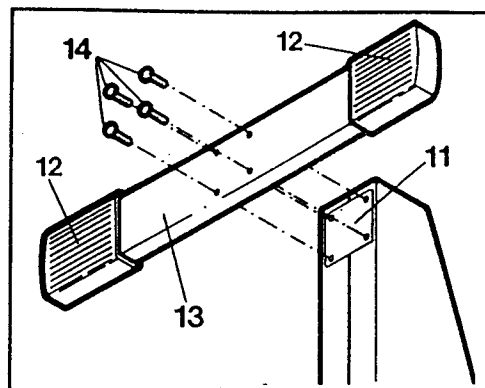
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



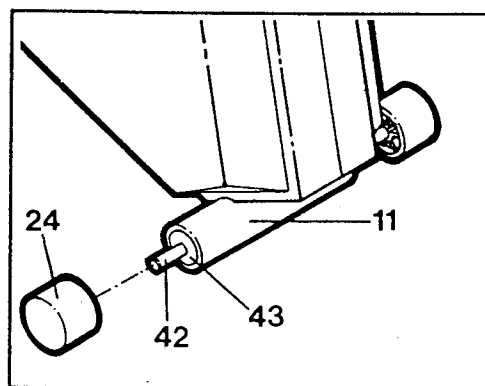
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. **Do not dispose of the packing materials until the bike is fully assembled.** Read all steps carefully before beginning. The assistance of a second person is recommended.

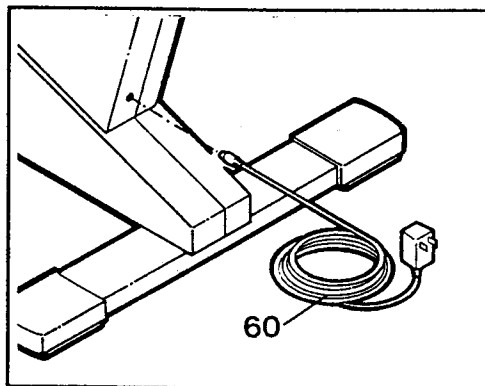
1. Raise the back end of the exercise bike. Attach the Stabilizer (13) to the Frame (11) with the four Stabilizer Bolts (14). The ribbed sides of the Endcaps (12) must be downward as shown. Lower the exercise bike.



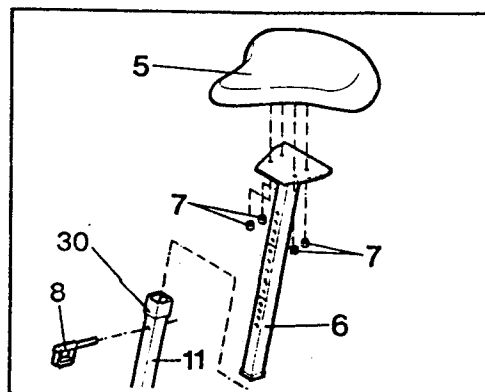
2. Slide the free end of the Roller Axle (42) through the Bushings (43) in the Frame (11). Press the unattached Roller (24) onto the end of the Axle. Twist the Roller, if necessary, to press it fully onto the Axle.



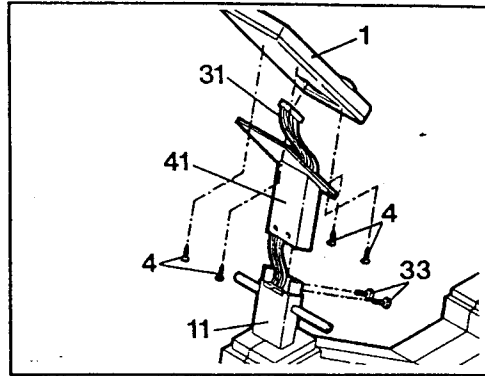
3. Plug the Power Cord (60) into the power jack at the back of the exercise bike.



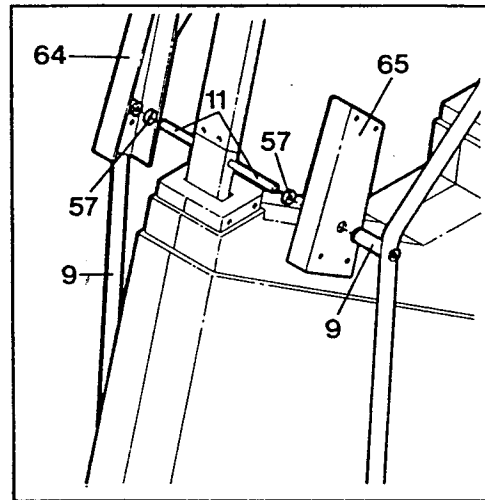
4. Remove the four Seat Nuts (7) from the underside of the Seat (5). Attach the Seat to the top of the Seat Post (6) with the four Nuts. Insert the Seat Post into the Frame (11), adjust the Seat to the desired height, and insert the Seat Pin (8) through the Frame and Seat Post. Slide the Seat Post Collar (30) down over the Frame. **CAUTION: At least two inches of the Seat Post must be inside of the frame.**



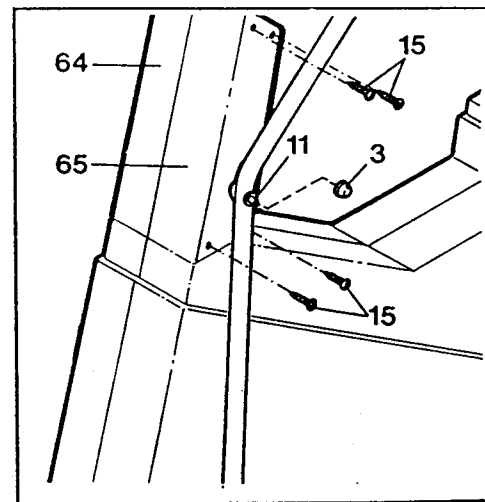
5. Insert the Wire Harness (31) through the Console Mount (41). Slide the Console Mount onto the Frame (11). **CAUTION: Be careful to avoid pinching your fingers or the Wire Harness.** Attach the Console Mount with the two Mount Screws (33). Plug the Wire Harness fully into the jack under the Console (1). Attach the Console to the Console Mount with the four Console Screws (4).



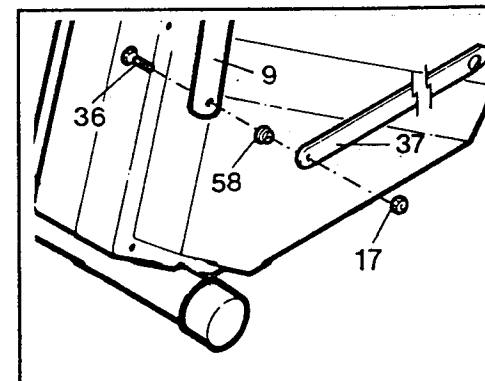
6. Slide a Handlebar Spacer (57) onto each side of the handlebar shaft of the Frame (11). The open side of each Spacer must be turned toward the Frame. Insert the posts on the Handlebars (9) into the holes in the Right and Left Neck Shields (64, 65) as shown. Slide the Handlebars onto the handlebar shaft.



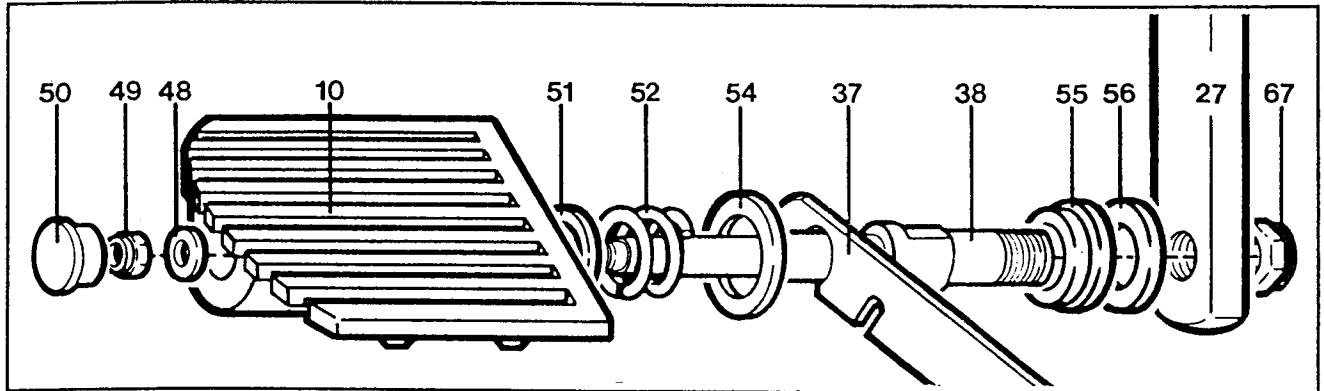
7. Fit the Right and Left Neck Shields (64, 65) together. Insert four Side Shield Screws (15) into the Left Neck Shield and tighten them into the Right Neck Shield. Press a Handlebar Pushnut (3) onto each end of the handlebar shaft of the Frame (11).



8. Insert a Link Arm Bolt (36) through the lower end of the left Handlebar (9) as shown. **CAUTION: The lower end of the Handlebar may have a rough edge. Use caution to avoid cutting your fingers.** Slide a Link Arm Bushing (58) onto the Bolt, with the flange of the Bushing turned toward the Handlebar. Slide a Link Arm (37) onto the Bolt, with the opening in the end of the Link Arm downward as shown. Tighten a Nut (17) onto the Bolt. Do not overtighten the Nut; the Link Arm must be able to pivot freely. Attach the other Link Arm to the right Handlebar (not shown) in the same manner.



9. Slide a Pedal Bushing (55) and a Shaft Washer (56) onto the end of a Pedal Shaft (38) as shown. (The Shaft Washers are similar in appearance to the Pedal Washers [54], but the Shaft Washers are slightly smaller.) Firmly tighten the Pedal Shaft, in a clockwise direction, into the right arm of the Crank (27). Tighten a Shaft Nut (67) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (37) onto the Pedal Shaft and slide it onto the Pedal Bushing. Slide a Pedal Washer (54), Pedal Spring (52), Spring Washer (51) and Pedal (10) onto the Pedal Shaft. The end of the Pedal with the deepest hole must be turned away from the exercise bike. Tighten an Outer Pedal Nut (49) with an Outer Pedal Washer (48) onto the Pedal Shaft. Do not overtighten the Pedal Nut; the Pedal must be able to move back and forth slightly on the Shaft. Press a Pedal Cap (50) into the Pedal. Attach the other Pedal to the left arm of the Crank (not shown) in the same manner.



ADJUSTMENT AND OPERATION

SEAT ADJUSTMENT

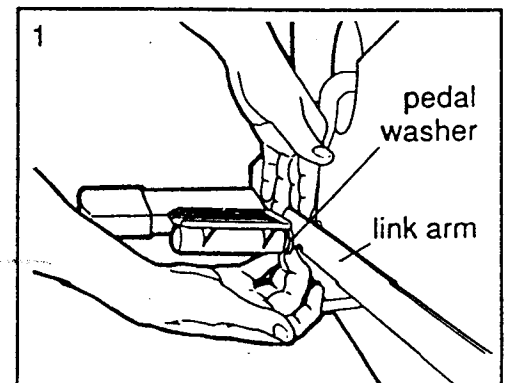
Proper seat height is important for effective exercise. As you pedal, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat height, first dismount the exercise bike. Hold the seat and remove the seat pin. Adjust the seat to the proper height and insert the seat pin through the frame and seat post. **CAUTION: At least two inches of the seat post must be inside of the frame.**

TRIPLE ACTION OPERATION

The exercise bike can be used in any of three modes: the pedaling mode, for lower-body exercise only; the pedaling/rowing mode, for both lower-body and upper-body exercise; or the rowing mode, for upper-body exercise only.

PEDALING MODE

To convert the exercise bike to the pedaling mode, the link arms must be disconnected from the pedals. Pull each link arm against the top of the pedal washer with one hand, while pulling against the bottom of the pedal washer with your other hand. **CAUTION: Be careful not to pinch your fingers.** Lift the link arm off the pedal. (See drawing 1.)

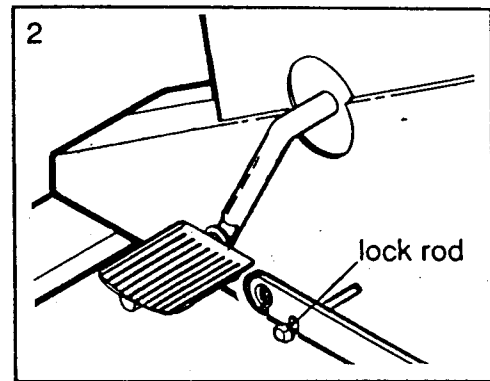


Clip the end of the link arm onto the lock rod on the bike frame. (See drawing 2 on the following page.)

PEDALING/ROWING MODE

To convert the exercise bike to the pedaling/rowing mode, the link arms must be connected to the pedals. Lift each link arm off the lock rod on the bike frame. (See drawing 2.)

Pull each link arm against the top of the pedal washer with one hand, while pulling against the bottom of the pedal washer with your other hand. **CAUTION: Be careful not to pinch your fingers.** Slide the link arm onto the pedal bushing. Move the link arm up and down slightly, if necessary, until it slides onto the pedal bushing. (See drawing 1.)

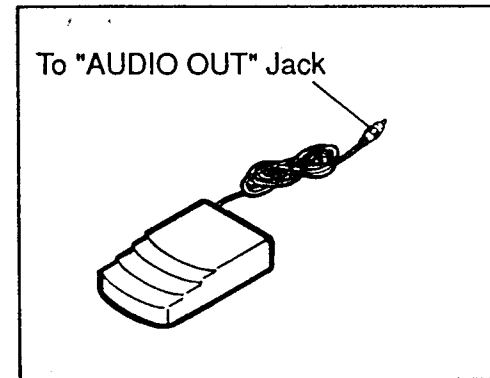


ROWING MODE

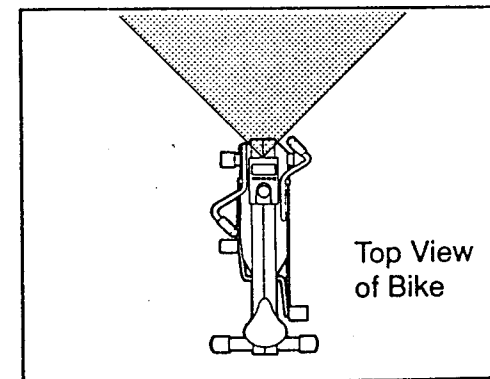
To convert the exercise bike to the rowing mode, connect the link arms to the pedals as described above. Rest your feet on the side shields, and exercise using only your arms. (See drawings 2 and 1.)

CONNECTING THE TRANSMITTER TO YOUR VCR

To use the video track mode of the console, you must have a TV and a VCR with a standard "AUDIO OUT" jack. Plug the cord of the transmitter into the "AUDIO OUT" jack of your VCR. Turn the transmitter so that the curved end will be directed toward the console of the exercise bike.

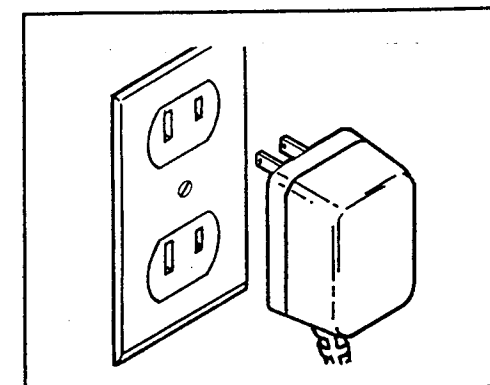


Position the exercise bike from six to twenty feet from the transmitter. Turn the bike so that the console is directed toward the transmitter. The console will not receive signals from the transmitter if the transmitter is located outside of the area shaded in the drawing at the right.



CONNECTING THE POWER CORD

Plug the transformer on the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the exercise bike or the bike may be damaged.



OPERATING THE CONSOLE

DIAGRAM OF THE CONSOLE

TRACK FOUR PROGRAM BUTTON—This button switches the console to the program mode. The PGM indicator will light when the console is in the program mode.

VIDEO TRACK BUTTON—This button switches the console to the video track mode. The VCR indicator will light when the console is in the video track mode.

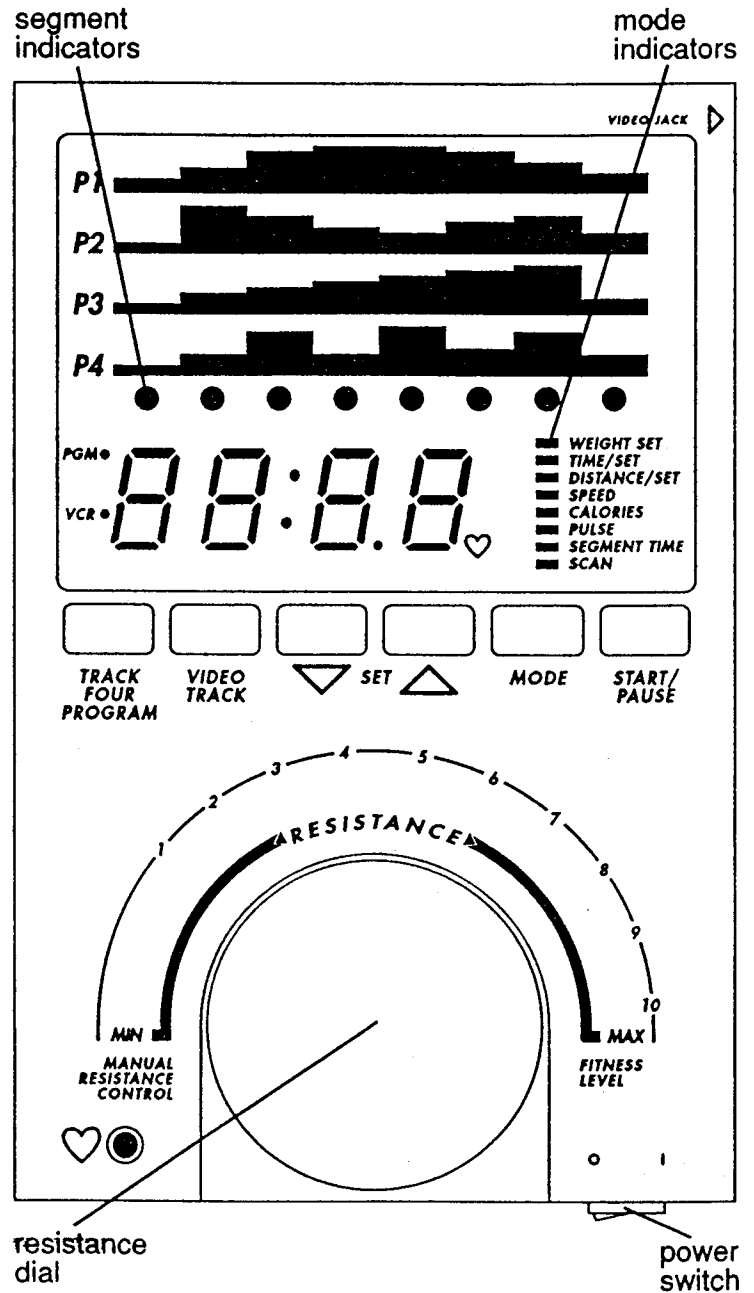
SET BUTTONS—These buttons are used to select programs, set time and distance goals and enter your weight into the console.

MODE BUTTON—This button is used to select monitor modes.

START/PAUSE BUTTON—This button starts and stops the console. The mode indicators will flash when the console is stopped.

RESISTANCE DIAL—This dial is used to control the pedaling resistance and select fitness levels for programs.

POWER SWITCH—This switch turns the power on and off.



TURNING THE POWER ON

Remove the clear protective film from the console display. Plug in the transformer on the power cord. (See **CONNECTING THE POWER CORD** on page 7.) Press the power switch to the "on" position. Wait for at least three seconds before continuing.

MANUAL MODE

When the power is turned on, the console will be in the manual mode. As you pedal, the pedaling resistance can be controlled by turning the resistance dial. To increase the resistance, turn the dial clockwise; to decrease the resistance, turn the dial counterclockwise.

PROGRAM MODE

When the console is in the program mode, the pedaling resistance will be controlled automatically by any of four different programs. Each program is divided into eight equal time periods, called segments. The resistance will change automatically at the beginning of each segment. The four graphs, labeled "P1"—"P4," show how the resistance will change during each program. During program 1, for example, the resistance will gradually increase and then gradually decrease.

To switch the console to the program mode, press the TRACK FOUR PROGRAM button. To select one of the programs, press either of the SET buttons. A "P1," "P2," "P3" or "P4" will appear on the display to show which program you have selected. Next, select a "fitness level" for the program by turning the resistance dial; the farther the dial is turned clockwise, the more challenging the program will be.

Each program is preset to last for 16 minutes (each segment will last for 2 minutes). If desired, the program can be set to last for a different length of time. Press the MODE button until the TIME/SET indicator lights. (Be sure the SCAN indicator is not lighted also.) Press the SET buttons to set the length of time that you want the program to last. Each time one of the buttons is pressed, the length of time displayed will change by 10 seconds. The program must be set to last for at least 4 minutes.

To start the program, press the START/PAUSE button and begin pedaling. The first segment indicator will flash to show that the first segment of the program has started, and the pedaling resistance will adjust automatically to the first setting. When only 10 seconds remain in the first segment, the time will be counted down on the display. When the first segment is completed, the second segment indicator will flash and the pedaling resistance will change automatically to the second setting. The program will continue in this manner until all eight segments are completed.

If you desire to change the pedaling resistance while the program is in progress, turn the resistance dial to select a different fitness level. If you need to stop the program, press the START/PAUSE button. To restart the program, press the START/PAUSE button again. The console can be switched back to the manual mode by pressing the TRACK FOUR PROGRAM button.

VIDEO TRACK MODE

When the console is in the video track mode, a videocassette program will take you on a scenic tour of breathtaking Canyonlands in Southern Utah. As you exercise, the console will control the pedaling resistance automatically to simulate the terrain you are viewing. (Other videocassettes featuring different locations and workouts are available.)

The videocassette program includes three segments: a 4-minute warm-up, a 20-minute workout and a 3-minute cool-down. Turn your TV and VCR on, and start the videocassette. After you have completed the warm-up, get onto the exercise bike, turn the power on and press the VIDEO TRACK button. Next, press the START/PAUSE button and turn the resistance dial to select a fitness level for the workout. When the workout starts, wait for a tone to sound and then begin pedaling. A graph representing the workout will appear on the upper left of your TV screen. As you exercise, a colored line will move along the graph, showing your progress. When the colored line moves up or down, the pedaling resistance will change automatically. A tone will sound to alert you each time the resistance is about to change. After 20 minutes, the colored line will reach the right end of the graph and the workout will end. The workout will be followed by the cool-down.

If you desire to change the pedaling resistance while the workout is in progress, turn the resistance dial to select a different fitness level. If you need to stop the workout before the workout has ended, press the START/PAUSE button and stop the videocassette. To restart the program, start the videocassette and press the START/PAUSE button. Wait for a tone to sound and then begin pedaling. The console can be switched back to the manual mode by pressing the VIDEO TRACK button.

SELECTING MONITOR MODES

The console features eight monitor modes to give you instant feedback on your performance as you exercise. When the power is turned on, the SCAN mode will be selected automatically. In the SCAN mode, the TIME/SET, DISTANCE/SET, SPEED, CALORIES, PULSE and SEGMENT TIME modes will all be displayed in a repeating cycle. (Note: The PULSE mode will be displayed only if the pulse earclip is worn [see PULSE below]. The SEGMENT TIME mode will be displayed only if the console is in the program mode [see SEGMENT TIME below].) Individual modes can be selected by repeatedly pressing the MODE button. Mode indicators will light to show which mode you have selected. The display can be reset to zero, if desired, by pressing the power switch off and then on again. The eight modes are described below:

SCAN: This mode displays all other modes, except WEIGHT SET, in a repeating cycle. Note: The PULSE mode will be displayed only if the pulse earclip is worn (see PULSE below). The SEGMENT TIME mode will be displayed only if the console is in the program mode (see SEGMENT TIME below).

WEIGHT SET: For the CALORIES mode to be accurate, your weight should be entered into the console. Select the WEIGHT SET mode and press the SET buttons to enter your weight, in 5 pound increments. The buttons can be held down to enter your weight quickly.

TIME/SET: This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the TIME/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to set the length of time that you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be held down to set a time goal quickly. When the console is started, the time will be counted down. Note: Set time goals only when the console is in the manual mode. When the console is in the program or video track mode, time goals will be set already.

DISTANCE/SET: This mode displays the total distance you have pedaled. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to set the total distance that you plan to pedal. Each time one of the buttons is pressed, the distance displayed will change by 0.1 mile. The buttons can be held down to set a distance goal quickly. As you exercise, the distance will be counted down. Note: Set distance goals only when the console is in the manual mode.

SPEED: This mode displays your pedaling speed, in miles per hour.

CALORIES: This mode displays the number of Calories you have burned. For accuracy, first select the WEIGHT SET mode and enter your weight into the console.

PULSE: This mode displays your heart rate as you exercise. Plug the pulse earclip into the jack on the console and attach the earclip to your left ear lobe. Slide the metal clothes clip onto the earclip wire and attach the clothes clip to your collar. If your heart rate is not displayed after a few seconds, try rubbing your ear lobe and repositioning the earclip.

SEGMENT TIME: When the console is in the program mode, this mode displays the time remaining in the current program segment. Note: Even if this mode is not selected, the time remaining will be displayed during the last ten seconds of each segment.

TURNING THE POWER OFF

Press the power switch to the "off" position.

MAINTENANCE AND TROUBLE-SHOOTING

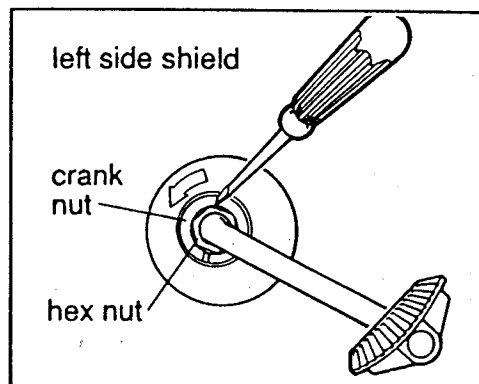
Inspect and tighten all parts each time you use the exercise bike. The bike can be cleaned using a damp cloth and mild, non-abrasive detergent. Keep liquids away from the console.

PULSE EARCLIP

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

TIGHTENING THE CRANK ARMS

If the crank arms become loose, they should be tightened in order to prevent excessive wear. Loosen the hex nut on the left arm of the crank. Place the end of a standard screwdriver in one of the grooves in the crank nut. Lightly tap the screwdriver with a hammer to turn the crank nut counterclockwise, until the crank arms are no longer loose. Do not overtighten the crank nut. When the crank nut is properly tightened, tighten the hex nut.



CONSOLE

If the console does not function properly, or if the console appears to function properly but the pedaling resistance cannot be changed, the wire harness should be checked. See assembly step 5 on page 5 of this manual. Make sure that the wire harness is plugged fully into the console.

CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

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

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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

WORKOUT GUIDELINES

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 stretching and light 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 your muscles as well as help to decrease 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**.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

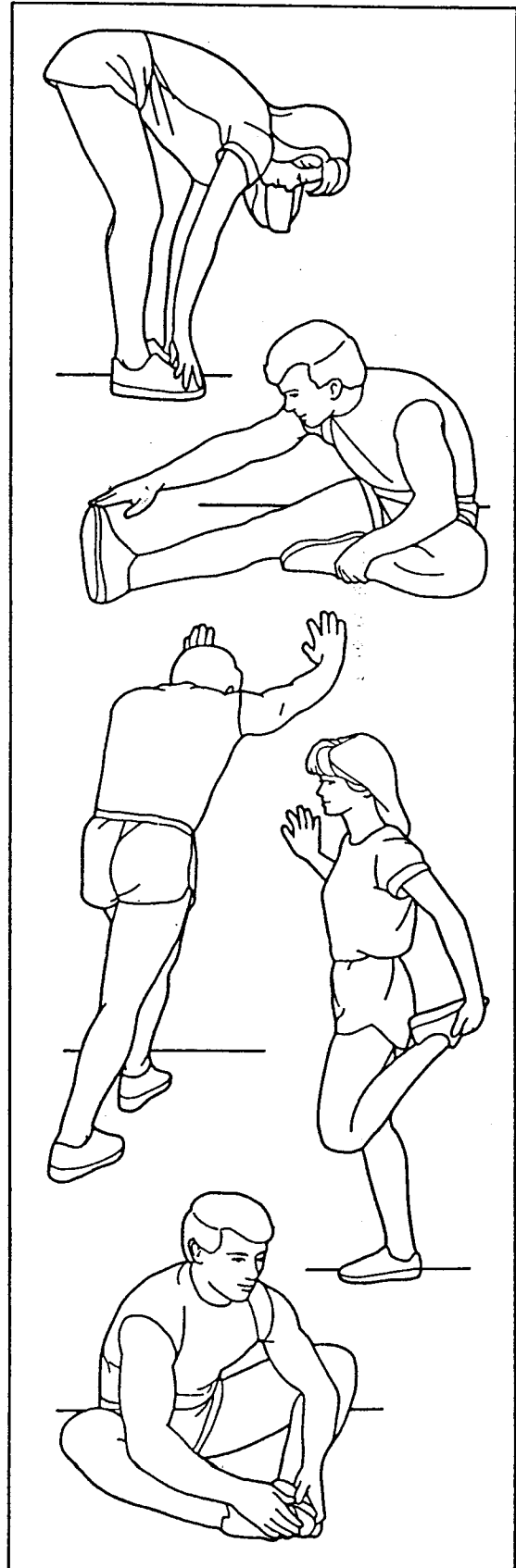
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



PART LIST—Model No. PF410021

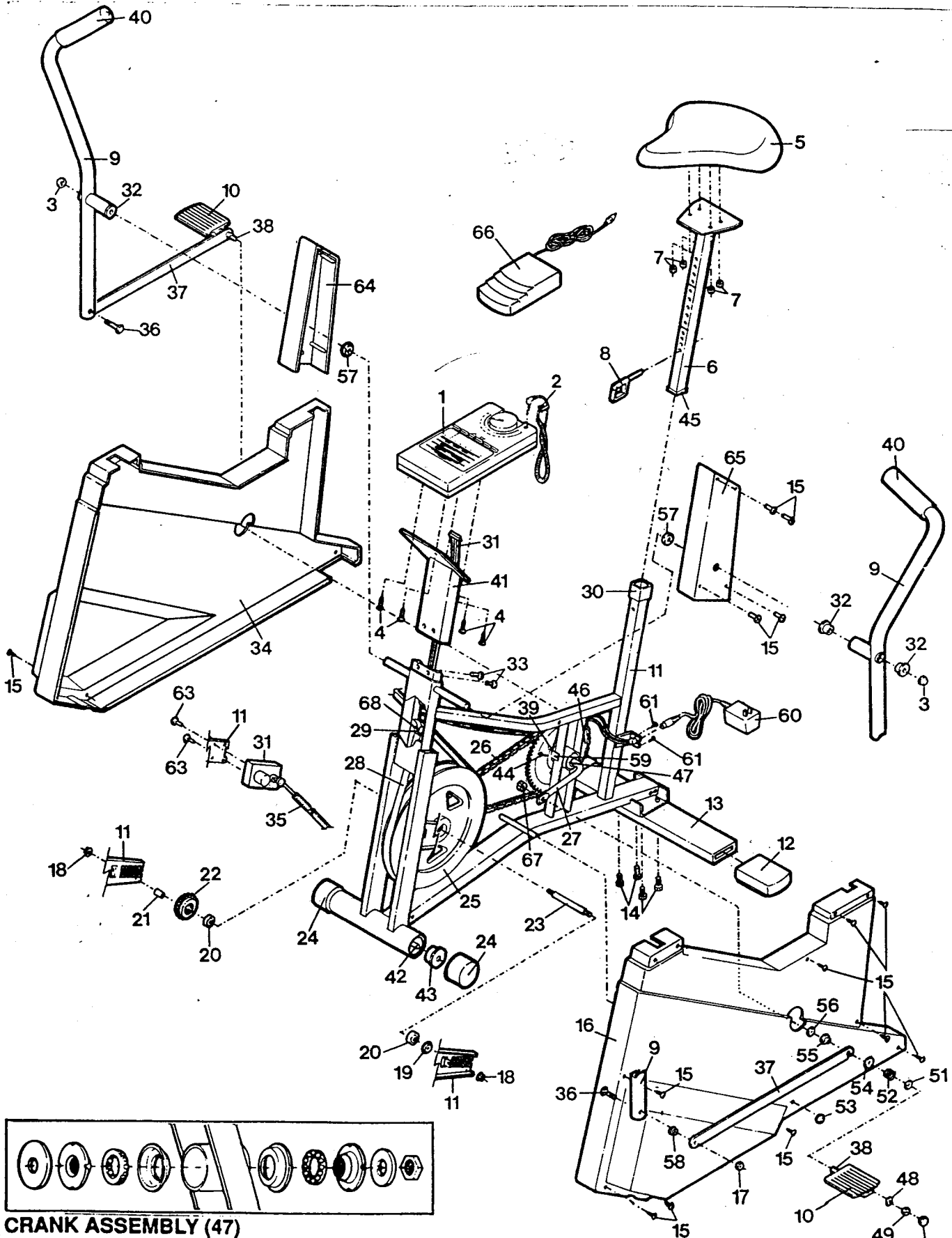
Rev. 12/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	36	1	Link Arm Bolt
2	1	Pulse Earclip	37	2	Link Arm
3	2	Handlebar Pushnut	38	2	Pedal Shaft
4	4	Console Screw	39	1	Magnet
5	1	Seat	40	2	Foam Grip
6	1	Seat Post	41	1	Console Mount
7	4	Seat Nut	42	1	Roller Axle
8	1	Seat Pin	43	2	Roller Bushing
9	2	Handlebar	44	1	Reed Switch Screw
10	2	Pedal	45	1	Seat Post Glide
11	1	Frame	46	1	Sprocket
12	2	Stabilizer Endcap	47	1	Crank Assembly
13	1	Stabilizer	48	2	Outer Pedal Washer
14	4	Stabilizer Bolt	49	2	Outer Pedal Nut
15	16	Side Shield Screw	50	2	Pedal Cap
16	1	Left Side Shield	51	2	Spring Washer
17	2	Nut	52	2	Pedal Spring
18	2	Flange Nut	53	2	Lock Rod Cap
19	1	Washer	54	2	Pedal Washer
20	2	Bearing	55	2	Pedal Bushing
21	1	Large Spacer	56	2	Shaft Washer
22	1	Small Sprocket	57	2	Handlebar Spacer
23	1	Flywheel Axle	58	2	Link Arm Bushing
24	2	Roller	59	1	Reed Switch/Wire
25	1	Flywheel	60	1	Power Cord
26	1	Chain	61	2	Power Plug Screw
27	1	Crank	62	1	Tension Motor
28	1	Resistance Strap	63	2	Tension Motor Screw
29	1	Tension Buckle	64	1	Right Neck Shield
30	1	Seat Post Collar	65	1	Left Neck Shield
31	1	Wire Harness	66	1	Transmitter
32	4	Handlebar Bushing	67	2	Shaft Nut
33	2	Mount Screw	68	1	Tension Buckle Screw
34	1	Right Side Shield	#	1	Owner's Manual
35	1	Tension Spring Assembly	#	1	Videocassette

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

EXPLODED DRAWING—Model No. PF410021

Rev. 12/92



CRANK ASSEMBLY (47)

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 mention the following information when calling:

1. The MODEL NUMBER of the product (PF410021).
2. The NAME of the product (PROFORM® CLUB VTP triple-action professional club cycle).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

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