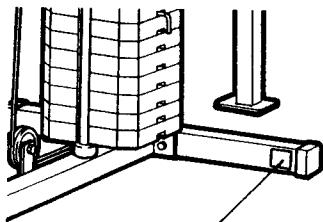


PRO-FORM®

System 2

Model No. PF832220

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.

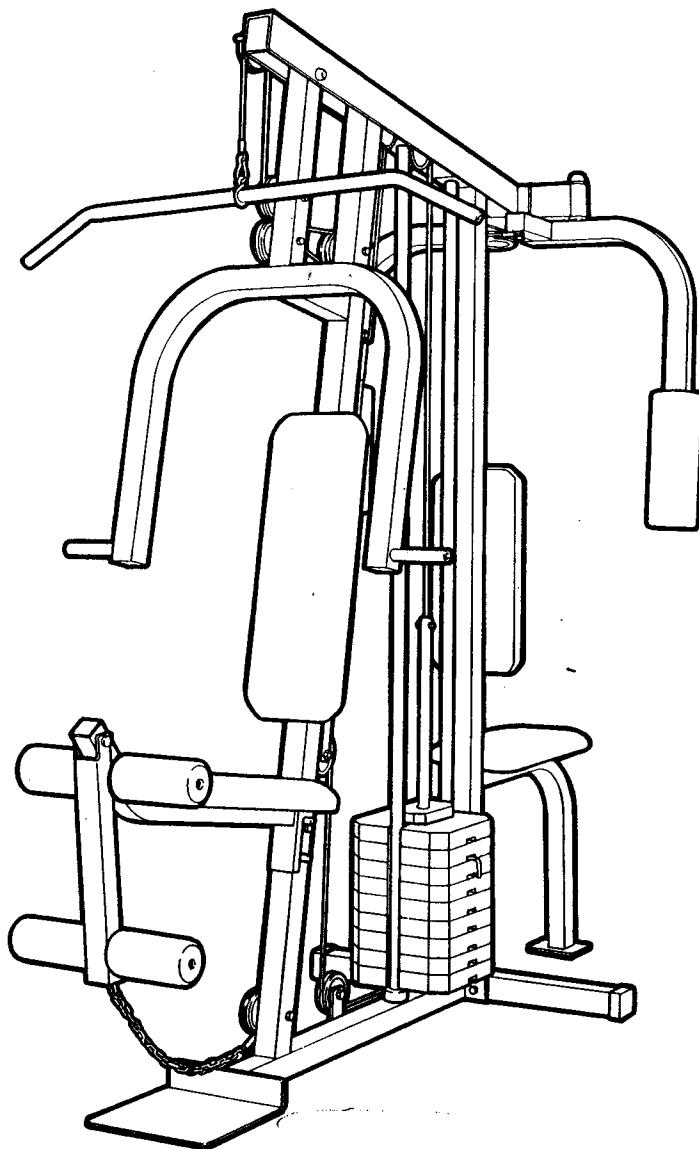
TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

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 this equipment.

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

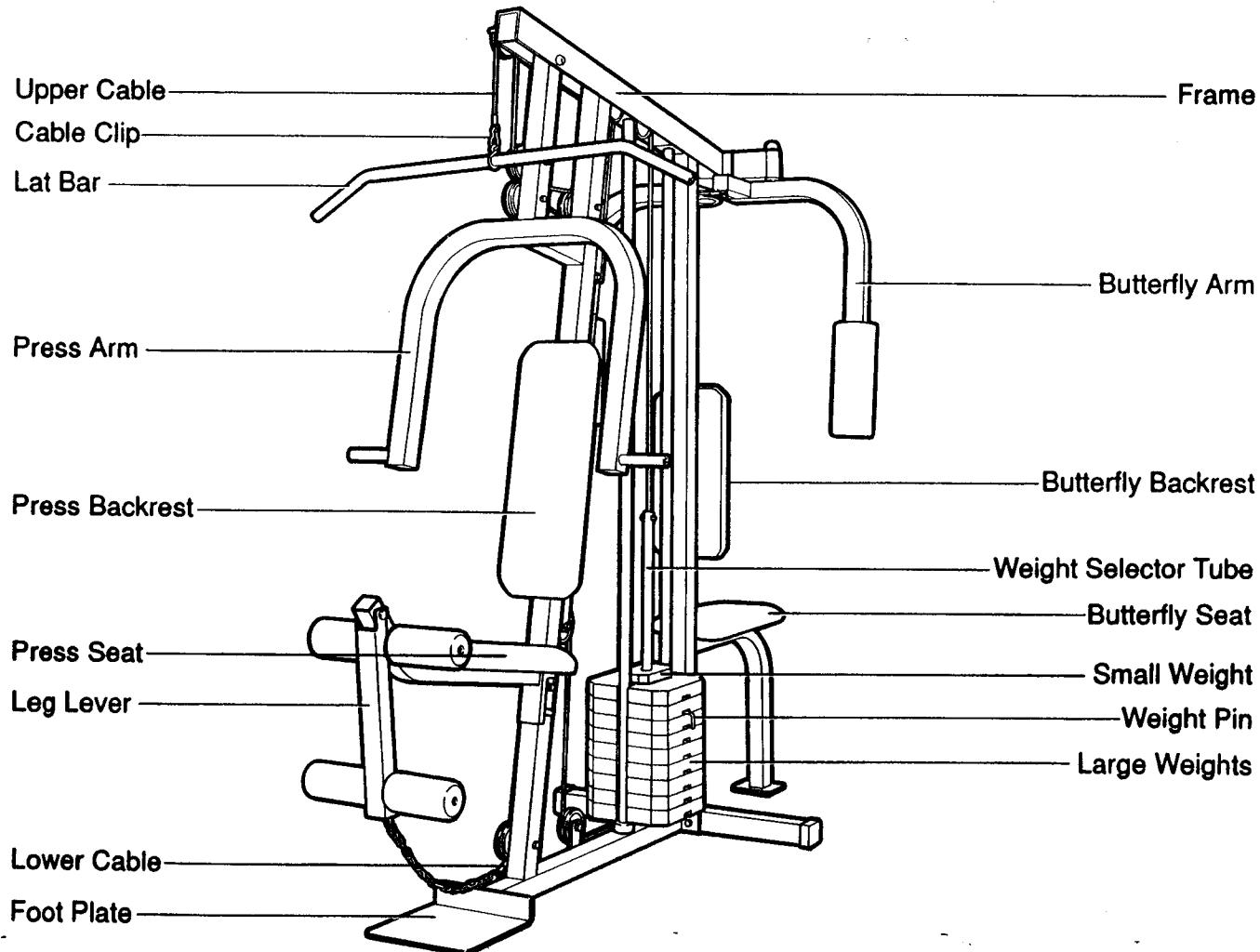
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. PROFORM assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

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

For your safety and benefit, read this manual carefully before using the PROFORM SYSTEM 2. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PF832220. The serial number can be found on a decal attached to the PROFORM SYSTEM 2 (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

READ ALL STEPS AND REVIEW ALL DRAWINGS CAREFULLY BEFORE BEGINNING. Assembly requires two adjustable wrenches, a hammer and soapy water (not included). The assistance of a second person is recommended. Place all parts in a cleared area and remove the packing materials. Make sure that all parts are included before disposing of the packing materials.

1. Press the two Stabilizer Endcaps (24) onto the ends of the Stabilizer (23).

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

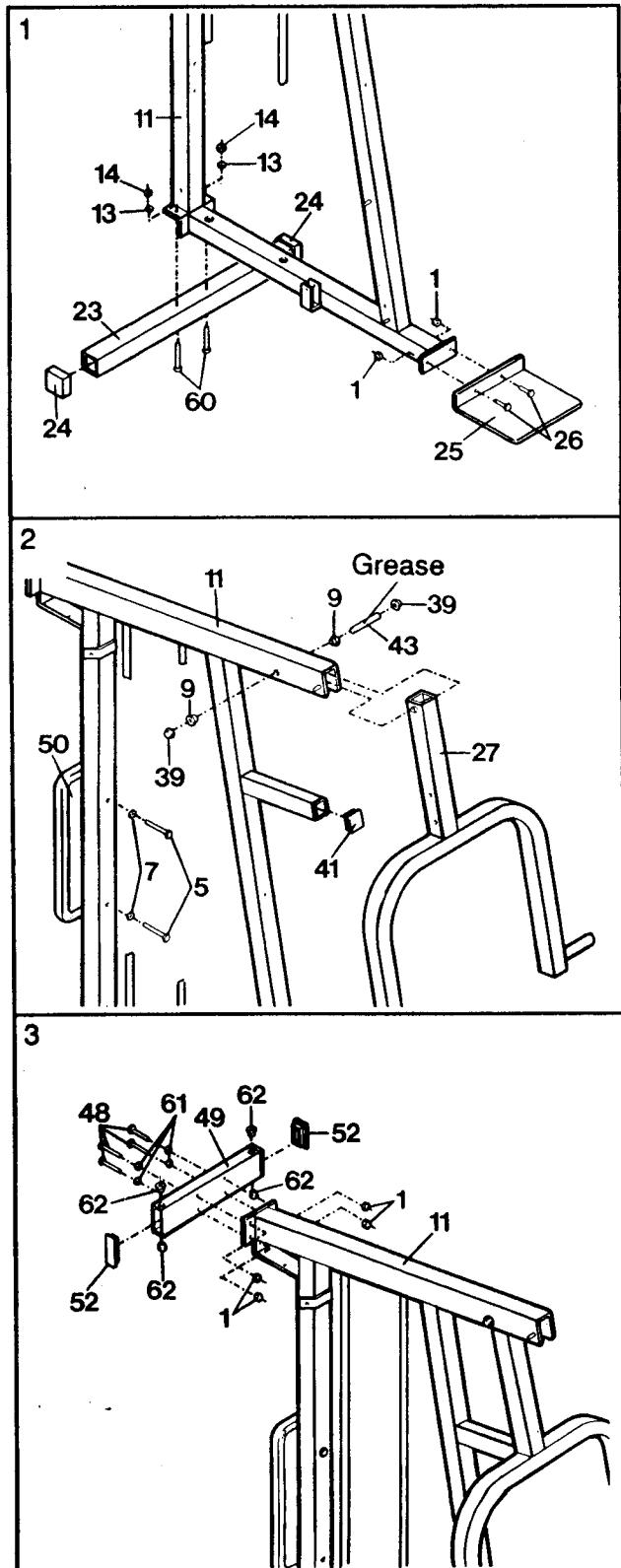
Attach the Foot Plate (25) to the Frame (11) with two 3/8" x 3/4" Bolts (26) and 3/8" Nylock Nuts (1).

2. Attach the Butterfly Backrest (50) to the Frame (11) with two 1/4" Lock Washers (7) and 1/4" x 2 1/2" Bolts (5). Press the Frame Endcap (41) into the Frame (11).

Tap the two 1/2" Brass Bushings (9) into the large holes in the Frame (11) as shown. Tap a Hat Axle Cap (39) onto one end of the Press Arm Axle (43). Grease the Press Arm Axle. Align the holes in the upper end of the Press Arm (27) between the two 1/2" Brass Bushings and insert the Press Arm Axle. Tap a Hat Axle Cap onto the other end of the Press Arm Axle.

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

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



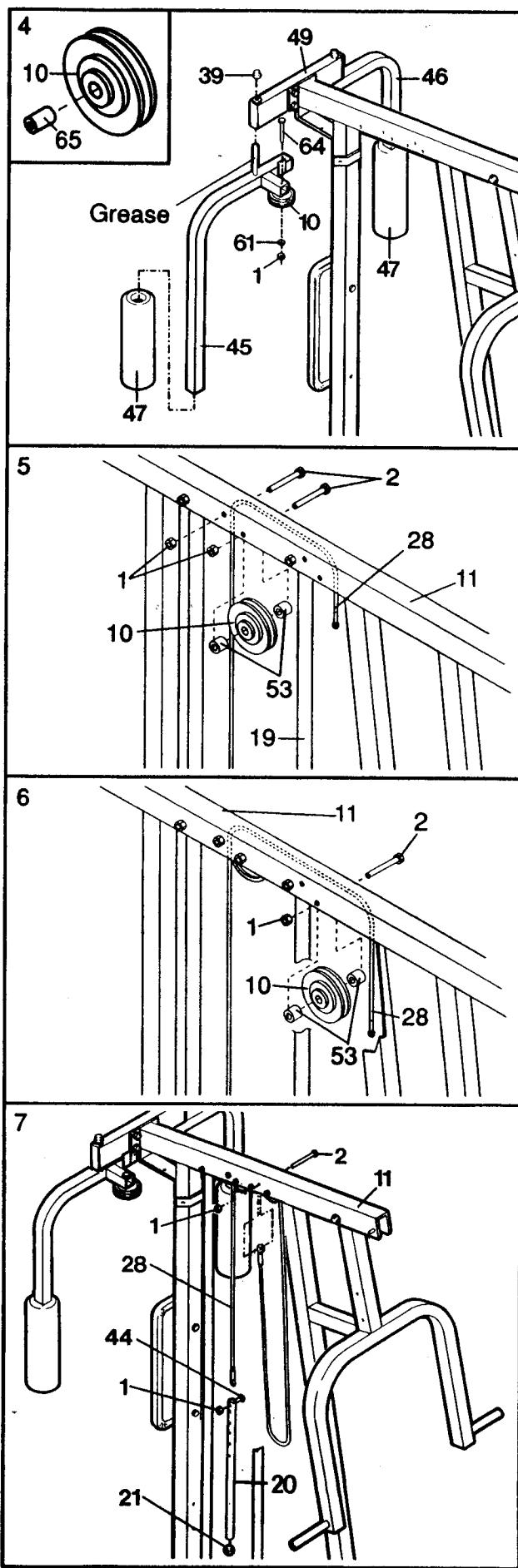
4. Grease the post of the Left Butterfly Arm (45). (The Left Butterfly Arm is the Arm with the shortest extension on it.) Insert the post into the hole in the left end of the Butterfly Support (49). Tap a Hat Axle Cap (39) onto the post. Wet the lower end of the Left Butterfly Arm and the inside of a Large Foam Pad (47) with soapy water. Slide the Pad onto the Left Butterfly Arm until the Pad is flush with the end of the Arm. Attach the Right Butterfly Arm (46) to the Butterfly Support in the same manner.

Attach a Pulley (10) to the Left Butterfly Arm (45) with the 3/8" x 3" Bolt (64), 3/8" Washer (61) and 3/8" Nylock Nut (1). Note: As you attach each Pulley in steps 4–10, insert a Pulley Sleeve (65) into each Pulley.

5. Insert one end of the Weight Cable (28) over the top of the indicated Weight Guide (19) as shown. Lay the Cable over a Pulley (10). Make sure that the Weight Cable is on the side of the Pulley shown. Attach the Pulley, with a Spacer (53) on each side, inside the Frame (11) with a 3/8" x 2 3/4" Bolt (2) and 3/8" Nylock Nut (1). Attach another 3/8" x 2 3/4" Bolt (2) and 3/8" Nylock Nut (1) to the Frame through the indicated hole.

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

7. Attach the indicated end of the Weight Cable (28) to the Weight Selector Tube (20) with the 3/8" x 1 1/2" Bolt (44) and a 3/8" Nylock Nut (1). Attach the other end of the Weight Cable inside the Frame (11) with a 3/8" x 2 3/4" Bolt (2) and 3/8" Nylock Nut (1).



8. Place a Pulley (10) in the Weight Cable (28) as shown. Attach the "U"-Bracket (17) to the Pulley with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1) (see inset A).

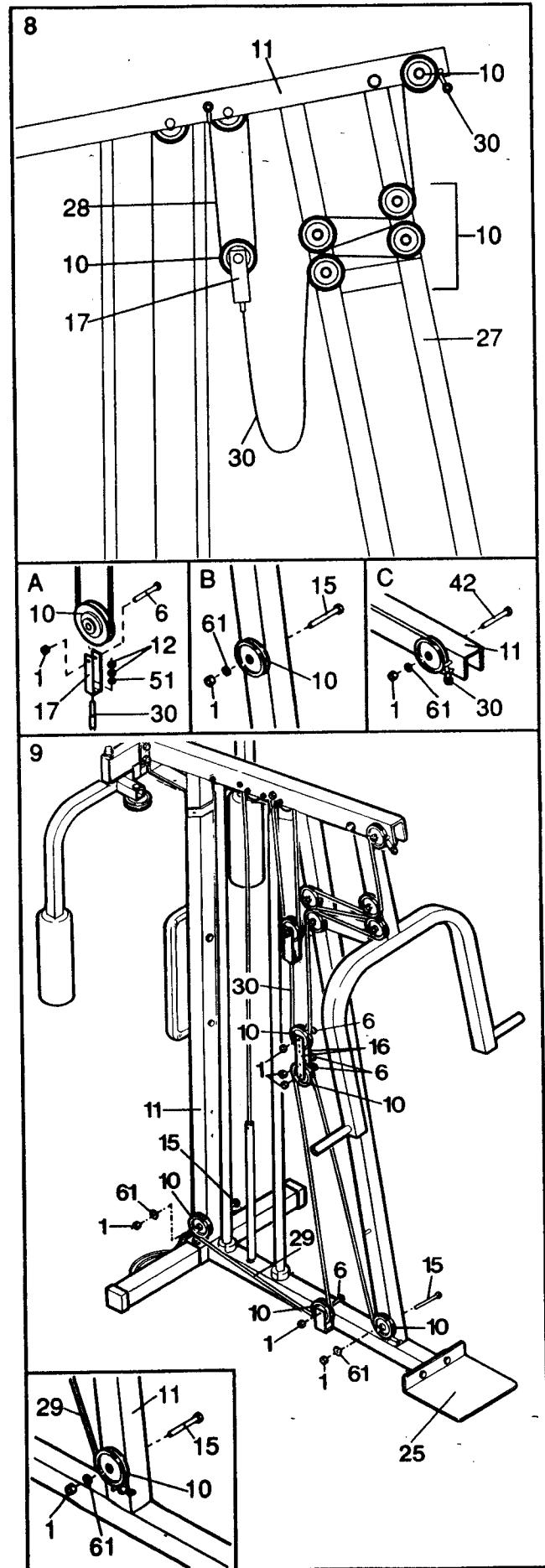
Insert the threaded end of the Upper Cable (30) into the lower end of the "U"-Bracket (17). Slide the 5/16" Washer (51) onto the end of the Cable, and thread the two 5/16" Adjustment Nuts (12) onto the end of the Cable (see inset A).

Attach two Pulleys (10) to the Press Arm (27), and two Pulleys to the Frame (11), with 3/8" x 3 1/2" Bolts (15), 3/8" Washers (61) and 3/8" Nylock Nuts (1) (inset B shows how each Pulley should be attached). **NOTE:** As you attach each Pulley, wrap the Upper Cable (30) around the Pulley as shown; the Cable cannot be wrapped after the Pulleys are attached.

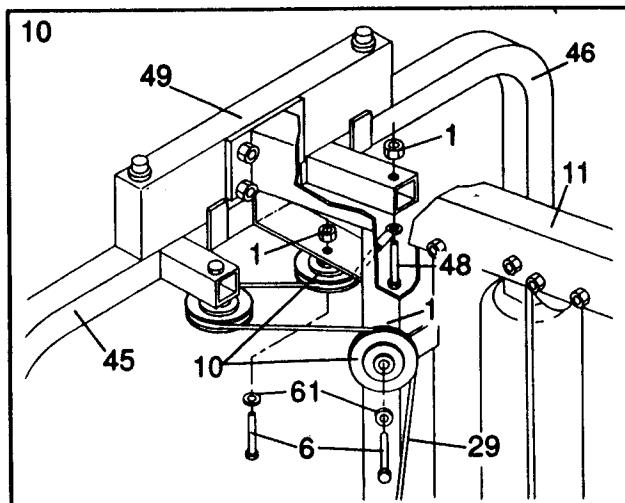
Lay the eyelet end of the Upper Cable (30) over a Pulley (10). Attach the Pulley to the Frame (11) with the 3/8" x 4" Bolt (42), a 3/8" Washer (61) and a 3/8" Nylock Nut (1) (see inset C). Make sure that the collar on the eyelet is in front of the guide pin on the Frame.

9. Place a Pulley (10) in the Upper Cable (30) as shown. Attach an "I"-Plate (16) to each side of the Pulley with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1). Make sure that the Bolt is through the highest holes in the "I"-Plates.

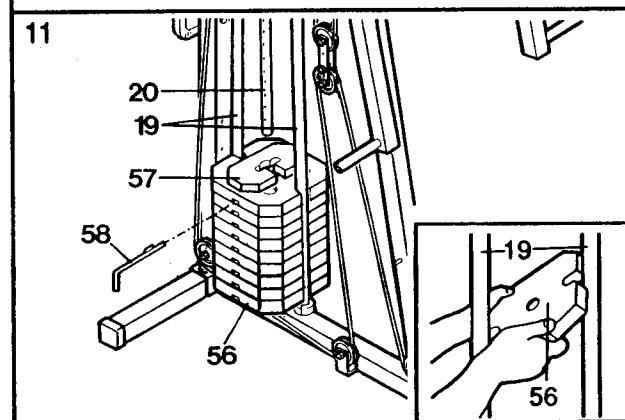
Find the end of the Long Cable (29) with the collar on the eyelet. Wrap that end of the Cable under a Pulley (10). Attach the Pulley to the lower Frame (11) near the Foot Plate (25) with a 3/8" x 3 1/2" Bolt (15), 3/8" Washer (61) and 3/8" Nylock Nut (1) (see the inset). Make sure that the collar on the eyelet is in front of the guide pin on the Frame. Lay the Cable over another Pulley. Attach the Pulley to the "I"-Plates (16) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1). Attach another 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1) to the "I"-Plates just above the Pulley. Wrap the Cable under another Pulley. Attach the Pulley to the bracket on the side of the Frame with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1). Wrap the Cable under another Pulley. Attach the Pulley to the lower Frame with a 3/8" x 3 1/2" Bolt (15), 3/8" Washer (61) and 3/8" Nylock Nut (1).



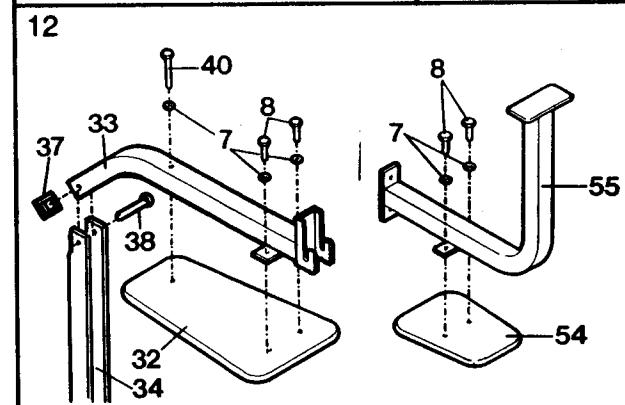
10. Attach two Pulleys (10) to the Frame (11) in the indicated positions with 3/8" x 1 3/4" Bolts (6), 3/8" Washers (61) and 3/8" Nylock Nuts (1). Wrap the Long Cable (29) around the three Pulleys shown. Attach the end of the Cable to the extension on the Right Butterfly Arm (46) with a 3/8" x 2 1/2" Bolt (48) and a 3/8" Nylock Nut (1). Do not overtighten the Nylock Nut—the Cable must be able to pivot freely.



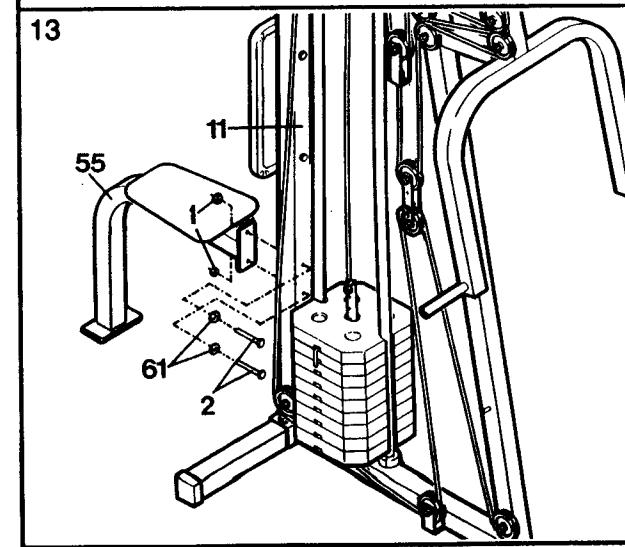
11. Raise the Weight Selector Tube (20). Place the nine Large Weights (56) and the Small Weight (57) between the Weight Guides (19) by tipping the Weights as shown (see the inset). Make sure that all of the Large Weights are turned so that the pin grooves are under the Weights and are on the same side. Insert a Weight Pin (58) under the top Large Weight and turn the end of the Pin downward. The other Weight Pin will be used to select the weight setting (see ADJUSTMENT).



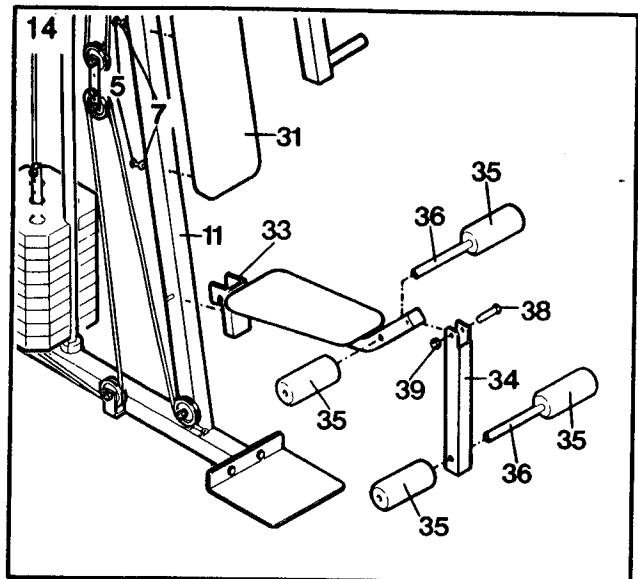
12. Press the Endcap (37) into the Press Seat Rail (33). Attach the Press Seat Rail to the Press Seat (32) with the 1/4" x 2" Bolt (40), two 1/4" x 3/4" Bolts (8) and three 1/4" Lock Washers (7). Note: If the Leg Lever (34) is attached to the Press Seat Rail, withdraw the Leg Lever Pin (38) and set the Leg Lever aside until step 14.



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



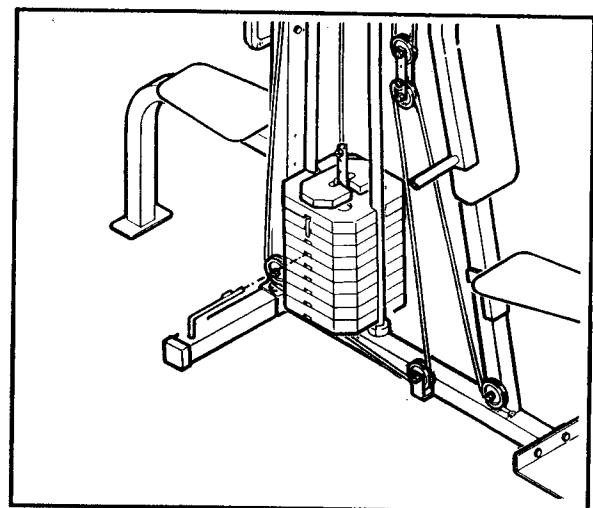
14. Slide the bracket of the Press Seat Rail (33) onto the indicated pins on the Frame (11). Attach the Leg Lever (34) to the Press Seat Rail as shown with the Leg Lever Pin (38) and a Hat Axle Cap (39). Center one Pad Tube (36) in the Press Seat Rail, and one in the Leg Lever. Wet the ends of the Pad Tubes and the insides of the four Small Foam Pads (35) with soapy water. Slide the Pads onto the Tubes until the Pads are flush with the ends of the Tubes.



ADJUSTMENT

CHANGING THE WEIGHT SETTING

Although the large and small weights weigh 10 and 5 pounds respectively, the resistance will be doubled due to the design of the equipment. The weight setting can be changed from a minimum of 20 pounds, up to a maximum of 200 pounds, in increments of 10 pounds. To increase the weight setting, insert one of the weight pins lower in the weight stack and turn the end of the pin downward. To decrease the weight setting, insert the weight pin higher in the weight stack. Always keep one weight pin inserted under the top large weight. Note: If using only one large weight, remove the top three large weights and then insert the weight pin under the top large weight.

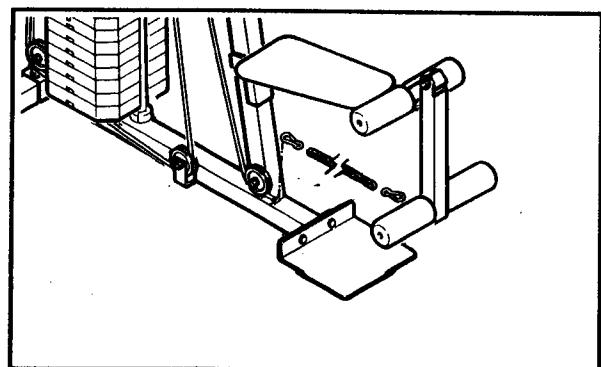


ATTACHING AND REMOVING THE PRESS SEAT

The press seat should be attached as described in assembly step 14 at the top of this page. For certain exercises, the press seat must be removed. If the chain is attached to the leg lever, remove the chain. Lift the press seat rail until the bracket is free of the pins on the frame.

ATTACHING THE LEG LEVER TO THE LOWER CABLE

Attach the chain between the leg lever and the lower cable with the two cable clips.



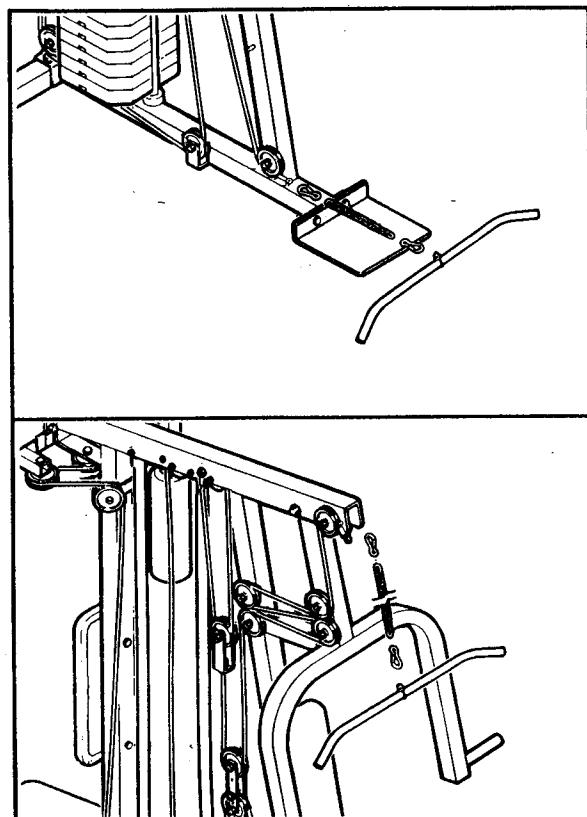
ATTACHING THE LAT BAR OR THE ANKLE STRAP TO THE WEIGHT SYSTEM

To attach the lat bar to the lower cable, first remove the press seat from the frame as described above. Attach the chain between the lat bar and the lower cable with the two cable clips.

The ankle strap can be attached to the lower cable in the same manner.

To use the lat bar with the upper cable, the chain must be attached between the lat bar and the cable using the two cable clips. The chain can be shortened by attaching the cable clips closer together along the chain.

IMPORTANT: The proper length of the chain between the lat bar and the upper cable should be determined by the exercise to be performed. Adjust the length of the chain until the lat bar is in a comfortable starting position.



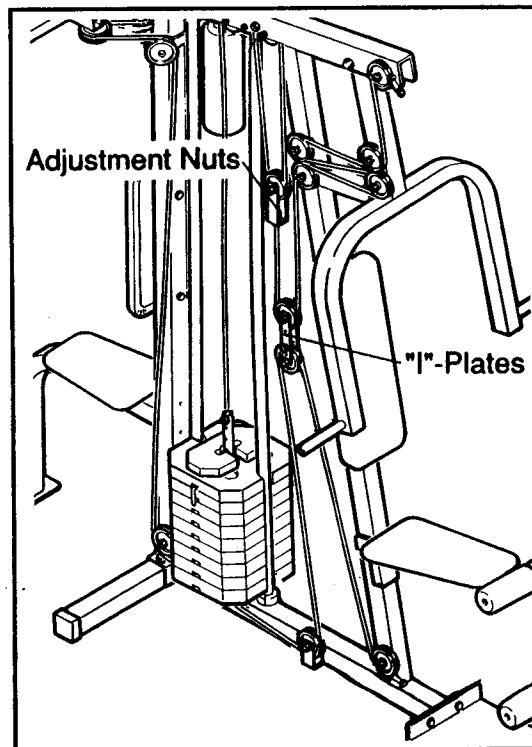
MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of this equipment regularly. Replace any worn parts immediately. This equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Never use solvents.

ADJUSTING THE CABLES

If there is slack in the weight system before resistance is felt, the cables should be adjusted. There are two adjustment nuts located in the "U"-bracket which allow fine adjustment. Loosen the upper nut, and turn the lower nut clockwise until the cables are tight. **Do not allow the cable to twist as you turn the nut.** Tighten the upper nut onto the lower nut. If the cable cannot be tightened enough using the adjustment nuts, follow the instructions below.

Loosen the adjustment nuts until they are at the end of the cable threads. Locate the two pulleys connected by the two "I"-plates. The "I"-plates have three adjustment holes which can be used to tighten the cables. Remove the upper pulley from the "I"-plates using two adjustable wrenches. Move the pulley to the next lower hole in the "I"-plates and reattach the pulley. **Do not overtighten the bolt and nut attaching the pulley to the "I"-plates; the pulley must be able to turn freely.** Tighten the adjustment nuts until the cables are tight as described above.



PART LIST—Model No. PF832220

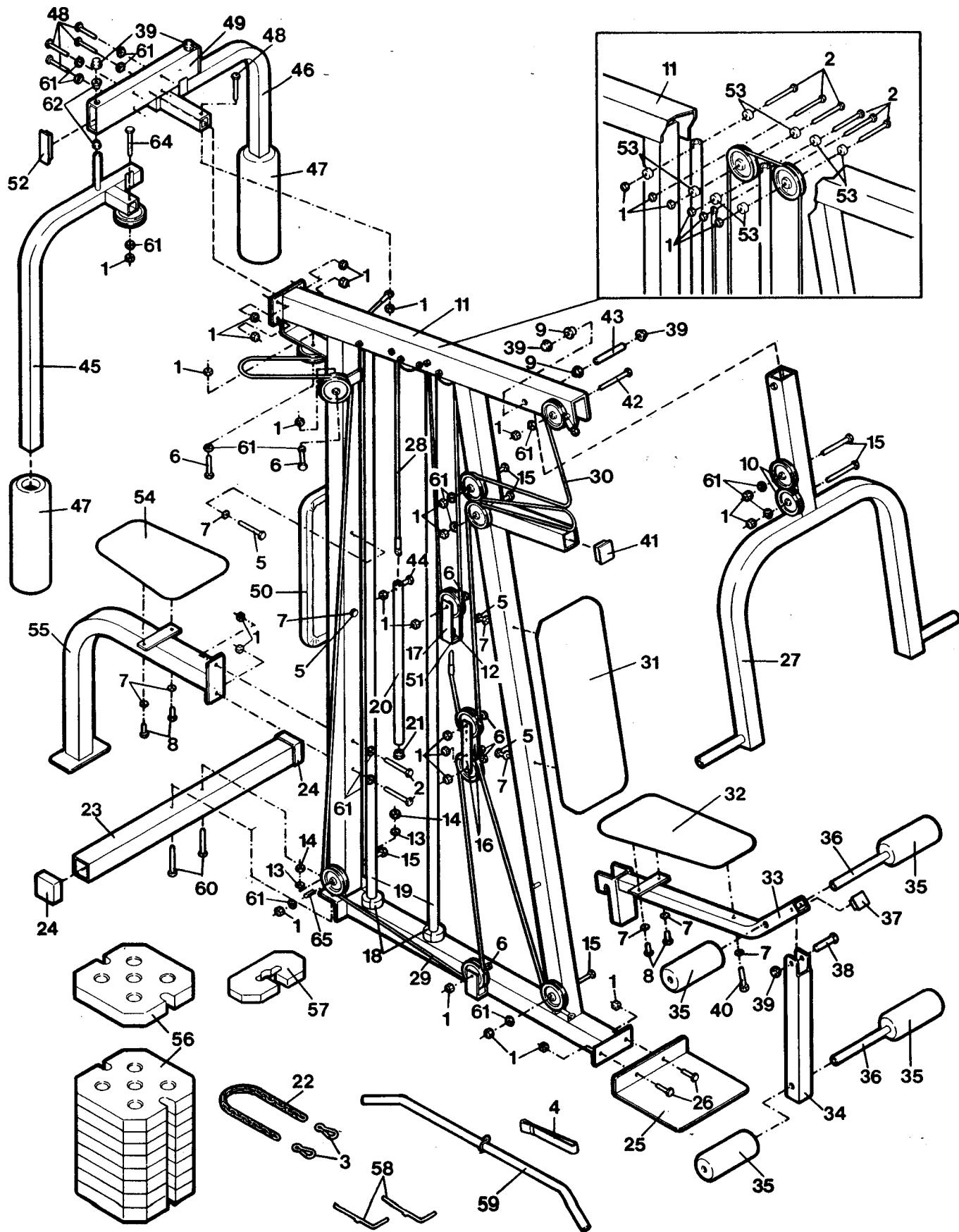
Rev. 10/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	31	3/8" Nylock Nut	35	4	Small Foam Pad
2	8	3/8" x 2 3/4" Bolt	36	2	Pad Tube
3	2	Cable Clip	37	1	Press Seat Rail Endcap
4	1	Ankle Strap	38	1	Leg Lever Pin
5	4	1/4" x 2 1/2 Bolt	39	3	Hat Axle Cap
6	7	3/8" x 1 3/4" Bolt	40	1	1/4" x 2" Bolt
7	9	1/4" Lock Washer	41	1	Frame Endcap
8	4	1/4" x 3/4" Bolt	42	1	3/8" x 4" Bolt
9	2	1/2" Brass Bushing	43	1	Press Arm Axle
10	16	Pulley	44	1	3/8" x 1 1/2" Bolt
11	1	Frame	45	1	Left Butterfly Arm
12	2	5/16" Adjustment Nut	46	1	Right Butterfly Arm
13	2	3/8" Lock Washer	47	2	Large Foam Pad
14	2	3/8" Nut	48	5	3/8" x 2 1/2" Bolt
15	6	3/8" x 3 1/2" Bolt	49	1	Butterfly Support
16	2	"I"-Plate	50	1	Butterfly Backrest
17	1	"U"-Bracket	51	1	5/16" Washer
18	2	Weight Bumper	52	2	Butterfly Support Endcap
19	2	Weight Guide	53	8	Spacer
20	1	Weight Selector Tube	54	1	Butterfly Seat
21	1	Weight Tube Endcap	55	1	Butterfly Seat Rail
22	1	Chain	56	9	Large Weight
23	1	Stabilizer	57	1	Small Weight
24	2	Stabilizer Endcap	58	2	Weight Pin
25	1	Foot Plate	59	1	Lat Bar
26	2	3/8" x 3/4" Bolt	60	2	3/8" x 2 1/2" Carriage Bolt
27	1	Press Arm	61	16	3/8" Washer
28	1	Weight Cable	62	4	3/4" Brass Bushing
29	1	Long Cable	63	2	Large Axle Cap
30	1	Upper Cable	64	1	3/8" x 3" Bolt
31	1	Press Backrest	65	16	Pulley Sleeve
32	1	Press Seat	#	1	Owner's Manual
33	1	Press Seat Rail	#	1	Exercise Manual
34	1	Leg Lever	#	1	Grease Tube

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

EXPLODED DRAWING—Model No. PF832220

Rev. 10/92



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). Please note the following information before calling:

1. The MODEL NUMBER of the product (PF832220).
2. The NAME of the product (PROFORM® SYSTEM 2).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 10 of this manual.
5. The DESCRIPTION of the part(s) from 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